



## Criterion 3: Research, Innovations and Extension

3.4.3 Number of extension and outreach Programs conducted by the institution through NSS/ NCC/ Red Cross/ YRC etc., (including the programs such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organized in collaboration with industry, community and NGOs during the last five years

**SKIP A MEAL**

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**CAMPUS**

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# SAINTGITS COLLEGE OF APPLIED SCIENCES PATHAMUTTOM, KOTTAYAM

## REPORT ON SKIP A MEAL

NSS volunteers of Saintgits college of Applied Science had organised a programme called "Skip a Meal" on 17th October 2017, where they served one-time meal to the homeless people who have been staying in the road sides. 17th October is celebrated as the National Poverty Day throughout the world. On this day, our volunteers prepared food from home for about 50 people. There were vegetarian and non-vegetarian meals which consist of rice, veg & non-veg curries. It also included snacks such as spring rolls, cutlets, bread, fruits etc. The volunteers say they feel honoured and blessed for being able to serve in this way. They also understand the value of giving and of reaching out to those in need. They got an opportunity to acknowledge the effort and struggle of people living in poverty.



NSS Volunteers distributing meals to people who resides in road sides

Submitted By,

Lr. David Joseph

NSS Program Officer





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## PARTICIPANT'S LIST – SKIP A MEAL

| S/N | Name of the Volunteers | Male/<br>Female | Class |
|-----|------------------------|-----------------|-------|
| 1   | ACHSAH BABU            | F               | TI    |
| 2   | AJAY T J               | M               | BI    |
| 3   | AJITH SAJI             | M               | SIA   |
| 4   | AKSHAY LAL             | M               | BI    |
| 5   | ALMA MARIAM THOMAS     | F               | TI    |
| 6   | ANNA ACHU KURIAN       | F               | TI    |
| 7   | ANEENA MARIA ABRHAM    | F               | SIA   |
| 8   | ANU VARGHESE           | F               | SIA   |
| 9   | ASWATHY S KUMAR        | F               | BI    |
| 10  | AUGUSTIN P             | M               | EI    |
| 11  | BILAL PATHAN           | M               | TI    |
| 12  | CHIPPY ANN JACOB       | F               | SIA   |
| 13  | DENNIS VARGHESE        | M               | TI    |
| 14  | FINNY VARGHESE         | M               | SIA   |
| 15  | GOKUL KRISHNA          | M               | CI    |
| 16  | GREESHMA K S           | F               | CI    |
| 17  | JAYSON TOM JOSE        | M               | TI    |
| 18  | JEEVAN SHIBU           | M               | BI    |
| 19  | JERLIN JOSE            | M               | SIA   |
| 20  | JESLIN JOSEPH          | M               | TI    |
| 21  | JILU P JOSEPH          | F               | CI    |
| 22  | JINNY SUSAN JOSEPH     | F               | TI    |
| 23  | JOB M REJI             | M               | SIA   |
| 24  | JOEL E JOHN            | M               | BI    |
| 25  | JOEL MATHEW JOHN       | M               | EI    |
| 26  | JUBINA BIJU            | F               | CI    |



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|    |                             |   |     |
|----|-----------------------------|---|-----|
| 27 | KARTHIK P NAIR              | M | BI  |
| 28 | KEVIN YOHAN JOHN            | M | SIB |
| 29 | MEBIN K THOMAS              | M | CI  |
| 30 | MEREESA SARA SAJI           | F | TI  |
| 31 | NAVEENA ANN BIJU            | F | TI  |
| 32 | NEHA SAIRA KURUVILA         | F | TI  |
| 33 | NIRANJAN RAJAN              | M | EI  |
| 34 | NOWFAL KAMARUDDIN           | M | TI  |
| 35 | PRILBY BIJU                 | M | SIB |
| 36 | RESHMA MARIAM<br>ZAHCHARIAH | F | SIB |
| 37 | RESHMA RAJESH               | F | CI  |
| 38 | RIA SUNNY                   | F | TI  |
| 39 | RIBIN ROY PAUL              | M | SIB |
| 40 | RICHIE JACOBS TOM           | M | BI  |
| 41 | RIZWAN JALAL                | M | CI  |
| 42 | SANDEEP N S                 | M | TI  |
| 43 | SANGEETHA M SAJAN           | F | EI  |
| 44 | SARAH JOY                   | F | SIB |
| 45 | SEENU V S                   | F | CI  |
| 46 | SHAWN VILAVINAL SAJI        | M | TI  |
| 47 | SUDEEV R                    | M | BI  |
| 48 | THANUJ V RAJ                | M | TI  |
| 49 | TINKLE TONY ABRAHAM         | F | SIB |
| 50 | VIKNESH                     | M | EI  |



*[Handwritten signature in green ink]*