




ASSABAH'S INITIATIVES FOR SOCIAL HEALTH

The background of the image is a photograph of a large, multi-story white building with blue accents, identified as Assabah College. The building has a central entrance with a sign that reads "ASSABAH" and "ASSABAH COLLEGE" below it. There are several trees in front of the building, and a paved area in the foreground. The sky is blue with some clouds.

**“EMPOWERING HEALTH,  
INSPIRING HUMANITY:  
TOGETHER FOR A BETTER  
TOMORROW”**

## ASSABAH'S INITIATIVES FOR SOCIAL HEALTH (AISH)

Welcome to ASSABAH's Initiatives for Social Health (AISH), a forward-thinking community-oriented practice dedicated to addressing critical health challenges and fostering a culture of empathy, awareness, and proactive engagement. Our mission is to create a healthier and more compassionate society by empowering individuals and communities through targeted health initiatives, education, and advocacy, with a special focus on leveraging the passion and creativity of young minds.

### Objectives of AISH

- 1. To Counter Blood Shortage:** We organize regular blood donation camps and maintain a comprehensive blood donors directory and Whats App group to ensure a steady and reliable supply of blood for those in need.
- 2. To Improve the Lives of Persons with Disabilities and Terminal Illnesses:** We implement palliative care initiatives and supportive programs designed to enhance the quality of life for individuals with disabilities and terminal illnesses, providing them with essential resources and emotional support.
- 3. To Enhance Altruism and Empathy Among Students:** We engage students in volunteer opportunities and educational programs aimed at cultivating a sense of empathy and altruism, encouraging them to contribute positively to society.
- 4. To Enhance Awareness About Health Issues Through Community Engagement:** Through workshops, seminars, and public awareness campaigns, we aim to educate the community on various health issues, promoting a culture of informed and proactive health management.
- 5. To Enhance Healthcare Access Through Medical Camps:** We organize medical camps in underserved areas to provide essential healthcare services, ensuring all community members have access to medical care and health screenings.
- 6. To Use Young Minds in Empowering Health Advocacy:** We involve young individuals in health advocacy projects, empowering them to develop innovative strategies that address community-specific health challenges and promote public health initiatives.

### Events Held by AISH

- 1. Blood Donation:** A major event where community members, including students, staff, and residents, come together to donate blood, addressing the critical need for a steady blood supply. We maintain an extensive directory of blood donors and facilitate a WhatsApp group to ensure quick and efficient communication and coordination for blood donations during emergencies.
- 2. Palliative Care Initiatives:** Programs and activities focused on providing compassionate care and support to individuals with terminal illnesses, ensuring they receive the best possible quality of life.
- 3. Awareness Programs:** Educational campaigns and workshops designed to raise awareness about various health issues, from mental health to chronic diseases, empowering the community with knowledge and preventive strategies.
- 4. Medical Camps:** Outreach events that bring essential healthcare services to underserved communities, offering medical check-ups, consultations, and basic treatments to those without access to care.

Through these objectives and events, AISH strives to build a healthier, more inclusive community where everyone has the opportunity to thrive, Join us in our mission to make a meaningful difference in the lives of individuals and the broader community.

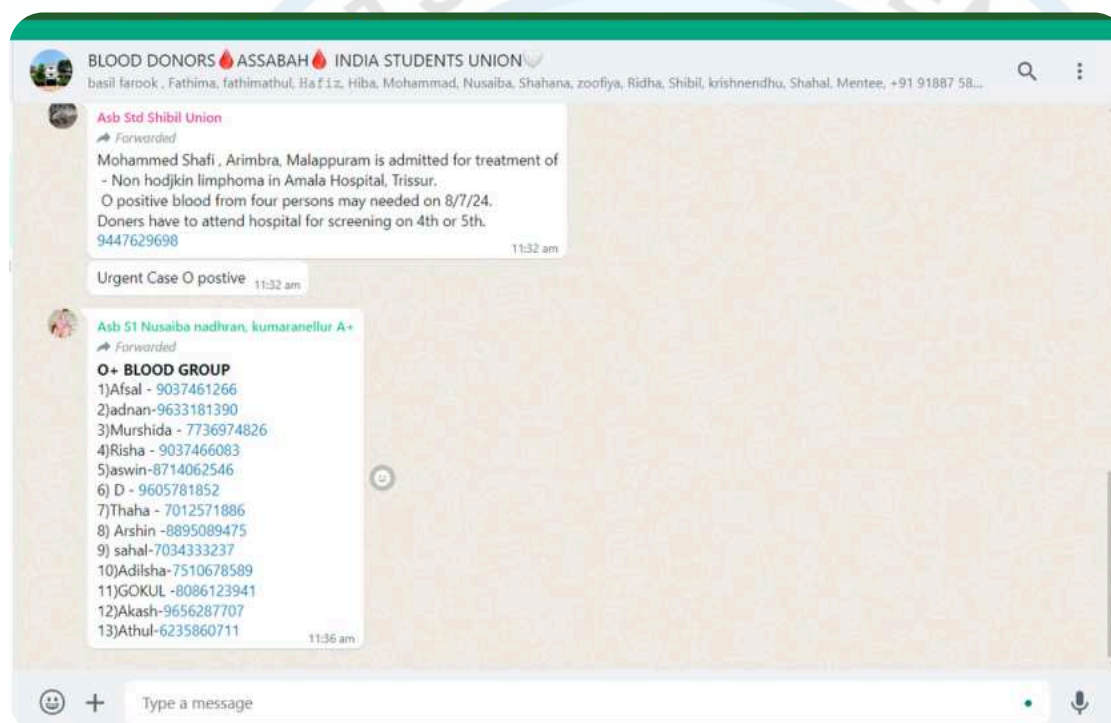


## Activities under each objective

### 1. To Counter Blood Shortage

#### Blood donors directory and WhatsApp group

we have established a WhatsApp group to connect blood donors with those in need. This initiative aims to facilitate quick and efficient communication between potential donors and patients or hospitals requiring blood. By joining the group, members can receive real-time notifications about urgent blood requirements and volunteer to donate. This platform enhances our ability to respond swiftly to emergencies and fosters a supportive network of individuals committed to saving lives through blood donation.



#### Blood donation camps

1. During the academic year 2019-2020, our college organized a blood donation camp on December 9, 2019, in association with Blood Donors Kerala. The event aimed to collect blood for hospitals and educate students about donating blood. Around 120 students registered for donation and more than 45 units of blood were collected. The blood donation camp was successful, demonstrating the college community's commitment to social responsibility and helping those in need. It was a day filled with kindness and generosity, leaving everyone involved feeling proud and accomplished

- On October 11, 2022, our college hosted a successful blood donation camp in collaboration with B.D.K Ponnani Taluk. The event took place in the college auditorium from 9 AM to 4 PM, with the primary goal of collecting blood for hospitals and patients in need. Donating blood can save lives, and it's a meaningful way for students and staff to contribute to the community. Over 126 students and staff members registered to donate blood, with 54 students successfully donating. Medical professionals were present to ensure the safety and comfort of the donors, while volunteers from the student body assisted in organizing the event and guiding donors. The event began with registration, followed by a health check-up conducted by medical staff to ensure donors were fit to give blood. After donating, participants received snacks and drinks to help them recover. The event raised awareness about the importance of blood donation, and many first-time donors expressed their willingness to donate again in the future.

## BLOOD DONATION CAMP 2019



**BLOOD DONORS KERALA**  
REG. NO. 17/M/12/18/01/2014



NACO

NBCTC

FBD

**സന്നദ്ധ രക്തദാന ക്യാമ്പ് സംഘടിപ്പിച്ചു.**



Post Date : 11-10-2022

ബി ഡി കെ പൊന്നാനി താലൂക്ക് കമ്മിറ്റിയും വളയംകുളം അസ്പബാഹ് കോളേജ് ഹെൽത്ത് ക്ലബ്ബ് ഹെൽത്ത് യൂണിറ്റും സംയുക്തമായി നടത്തിയ ഹെൽത്ത് ക്യാമ്പിൽ

## BLOOD DONATION CAMP 2022





## To Improve the Lives of Persons with Disabilities and Terminal Illnesses & To Enhance Altruism and Empathy Among Students

- **Palliative care initiatives:** The Student Initiative in Palliative Care (SIP) at Assabah Arts and Science College has been making a meaningful impact since 2015, teaming up closely with Karunyam Palliative Care, Changaramkulam. SIP organizes both on-campus and community-wide fund collection drives, powered by the enthusiasm of SIP and NSS volunteers, to support those in medical need, including terminally ill patients, palliative care homes, and orphanages. These initiatives have really made a difference, providing crucial resources for medical treatments and easing financial burdens. Our visits to palliative care and orphan care homes are heartwarming experiences, where students offer companionship and emotional support, building empathy and understanding among all involved. Volunteer participation is at the heart of SIP's success. Each year, we ensure our volunteers are registered and engaged through workshops and peer discussions that highlight the importance of palliative care. These efforts not only bolster our activities but also spread awareness about the needs within our community. We greatly value feedback from the community, which helps us refine our initiatives and ensure they meet real needs effectively. Currently partnered with Karunyam Palliative Clinic, SIP looks forward to expanding collaborations with organizations like the ILA Foundation and IPM, aiming to broaden our impact and support network. During the challenges of the COVID-19 pandemic, SIP adapted by focusing on COVID-19 related volunteering, such as distributing essential supplies and supporting vaccination efforts. Now, with formal registration under the Indian Students Union in 2023-24, we're excited to further expand our outreach through more visits, stronger partnerships, and engaging workshops that promote palliative care and social responsibility.

## STUDENT INITIATIVE IN PALLIATIVE FORMAL INAUGURATION AND TRAINING ON SIP WAS HELD ON 5 DECEMBER 2019 UNDER THE LEADERSHIP INQUILAB STUDENTS UNION



**SIP**  
STUDENTS INITIATIVE IN PALLIATIVE  
**ASSABAH UNIT 2019-20**  
ഉദ്ഘാടനവും  
മോട്ടിവേഷൻ ക്ലാസും  
2019 ഡിസംബർ 5 വ്യാഴം, രാവിലെ 10.00 മണിക്ക്

Welcome Speech	:Muhammed Fayis (SIP convener)
Presidential Speech	:Shajitha.v (SIP CO-Ordinator)
Inauguration	:Pro.Aboobacker (Principal)
Chief Guest	:Rahees Edathanattukara (SIP Trainer)
Felicitation	:Muhammedunni Haji (GS, Assabah Trust)
	:Baiju M K (Vice Principal)
	:Praveen K U (Staff Secretary)
	:Ranju Raj (Students Advisor)
	:Muhammed Ahras (Students Union Chairman)
	:Rajesh Kannan (NSS Programme Officer)
Vote Of Thanks	:Musthafa U H (SIP President)

CHIEF GUEST  
Rahees Edathanattukara  
(SIP TRAINER)

INQUILAB STUDENTS UNION

The Program inaugurated by college principal Pro. Aboobacker Sir, Rahees Edathanattukara was the chief guest. Muhammed Unnihaji (GS Assabah trust), Baiju sir (Vice Principal), Praveen (Staff secretary), Ranju raj (Student Advisor), Muhammed Ahras (Union chairman), Rajesh Kannan (NSS program officer), Musthafa (SIP President) were joined in program.

## FUND AND MATERIAL COLLECTION DRIVES



**PALIAIVE DAY 2019**



**EDUACATIONAL MATERAILS AND FUND COLLECTED DURING COVID TIME 2020-21**



**FUND COLLECTING HANDING OVER TO MIP MEMBERS DURING 2021-22**

**“EMPOWERING HEALTH, INSPIRING HUMANITY: TOGETHER FOR A BETTER TOMORROW”**



## FUND AND MATERIAL COLLECTION DRIVES



**FUND COLLECTED FROM COLLEGE HANDING OVER TO KARUNYAM PALIATIVE 2021-22**



**MATERILS COLLECTED HANDING OVER TO KARNYAM PALIATIVE CLINIC 2022-23**




**MATERILS COLLECTED HANDING OVER TO KARNYAM PALIATIVE CLINIC 2022-23**

**“EMPOWERING HEALTH, INSPIRING HUMANITY: TOGETHER FOR A BETTER TOMORROW”**

## TRAINING VOLUNTEERS FOR BLS MANAGEMENT

10/08/2023 2:30 PM College Auditorium





**ORIENTATION PROGRAM**

In Collaboration with  
കാരൂണ്യം പാലിയേറ്റീവ് കെയർ ക്ലിനിക്ക്  
ചങ്ങനംകുളം

**Emergency Medical Care**

- ✓ Demo Presentation
- ✓ Training Sessions

 **NATIONAL SERVICE SCHEME 240 UNIT**  
**ASSABAH ARTS AND SCIENCE COLLEGE**  
**VALAYAMKULAM** 





## FUND AND MATERIAL PROVIDED TO DIFFERENT ORGANISATION WORKING IN PALIATIVE CARE





## VISITS TO VARIOUS INSTITUTIONS TO PROMOTE EMPATHY



**“EMPOWERING HEALTH, INSPIRING HUMANITY: TOGETHER FOR A BETTER TOMORROW”**



## INITIATIVES TO IMPROVE LIFE OF PERSONS WITH DISABILITY



**FAMILY MEET OF CARETAKERS OF PERSONS WITH DISABILITY**



**STUDENT COLLOQUIUM ON UNDERSTANDING DISABILITY**



**BASKET BALL COURT INUAGURATION MATCH**

**“EMPOWERING HEALTH, INSPIRING HUMANITY: TOGETHER FOR A BETTER TOMORROW”**

## INITIATIVES TO IMPROVE LIFE OF PERSONS WITH DISABILITY



**STUDENTS VOLUNTEERING FOR UDID REGISTRATION CAMP**



**ONLINE SEMINAR ON DISABILITY AND INCLUSION**



**FINACIAL ASSISATNCE TO A CHILD WITH MULTIPLE DISABILITIES**

**“EMPOWERING HEALTH, INSPIRING HUMANITY: TOGETHER FOR A BETTER TOMORROW”**



## AWARENESS PROGRAM ON ALZHIEMES

DEPARTMENT OF PSYCHOLOGY  
DEPARTMENT OF FOOD TECHNOLOGY  
JOINTLY ORGANISES  
OBSERVATION OF

**ALZHEIMER'S**  
*awareness month*

September 27  
2.30 PM

COLLEGE CONFERENCE HALL

Inauguration: Prof. Mohammad Koya M N

Sessions

Understanding Alzheimer's Disease: Lidiya Silvester  
(Asst. Professor Psychology)

Nutrition and Alzheimer's Disease: Riswana Nasrin  
(Asst. Professor Food Tech)

Monitered by IQAC



## TRAINING VOLUNTEERS FOR AWARENESS PROGRAM

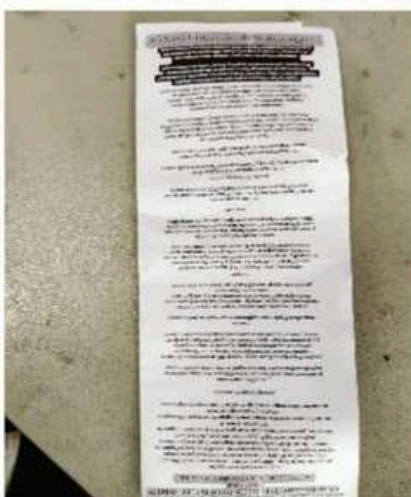


**VOLUNTEERS DISTRIBUTING PAMLETS AND SPREADING AWARENESS**

**“EMPOWERING HEALTH, INSPIRING HUMANITY: TOGETHER FOR A BETTER TOMORROW”**



## AWARENESS PROGRAM ON BREAST CANCER





## MEDICAL CAMPS



### Conclusion

Events hosted by AISH encompass a range of impactful initiatives aimed at fostering community well-being and support. Our blood donation drives are pivotal, uniting students, staff, and residents in contributing to vital blood supplies. Maintaining a comprehensive directory of donors and a WhatsApp group ensures swift responses during emergencies, facilitating timely blood donations. Our palliative care programs emphasize compassionate support for those with terminal illnesses, striving to enhance their quality of life through dedicated initiatives. Awareness campaigns tackle crucial health issues, equipping our community with knowledge and preventive strategies through engaging workshops. Medical camps extend essential healthcare services to underserved populations, offering check-ups and treatments to improve health outcomes. At AISH, our mission is to cultivate a healthier and more inclusive society, empowering individuals and fostering community resilience. Join us in making a meaningful difference in the lives of many

**CERTIFICATES AND ACKNOWLEDGMENTS BY AUTHORITIES****ASSABAH ARTS AND SCIENCE COLLEGE**

(Affiliated to the University of Calicut, Approved by Govt.)

Run by Assabah Association Trust

Valayamkulam, P.O. Kokkur-679591, Malappuram Dist

**APPRECIATION LETTER FROM KARUNYAM PALLIATIVE CARE****KARUNYAM  
PALLIATIVE CARE CLINIC**

(Run by Karun Yam Palliative Care & Rehabilitation Society, Reg. No. 383/10)  
CHANGARAMKULAM, P.O. NANNAMUKKU - 679575, Malappuram Dt. Kerala  
Mobile: 9946729739, E-mail: karun yampalliactivecare@gmail.com

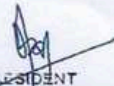
Ref. \_\_\_\_\_

Date: \_\_\_\_\_


**APPRECIATION LETTER**

On behalf of the entire team at Karun Yam Palliative Care Clinic Changaramkulam, I Wanted to extend our deepest Appreciation for the invaluable contributions made by Assabah Arts & Science college Valayamkulam in association with Karun Yam Palliative Care Clinic. We are truly grateful for your partnership and look forward to continuing our collaboration in the future.



  
PRESIDENT  
KARUNYAM PALLIATIVE CARE &  
REHABILITATION SOCIETY  
Reg. No. 383/10  
CHANGARAMKULAM  
P.O. NANNAMUKKU -679 575



  
MOHAMED KOYA. M.N  
Principal  
Assabah Arts and Science College  
Valayamkulam

Ph: 0494 - 2654333, E-mail: assabahasc@gmail.com, Web: www.assabahasc.org



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#### BLOOD DONATION CERTIFICATE

**DEPT. OF TRANSFUSION MEDICINE**  
**GENERAL HOSPITAL, THRISSUR**

*Certificate*

This is to certify that ..... *Assabah Arts & Science College* .....  
..... *Valayamkulam (NSS unit 240)* .....

has successfully organised a voluntary blood donation camp with the professional participation of Dept. of Transfusion Medicine, General Hospital, Thrissur on *11/10/2022* at *Assabah Arts & Science College Valayamkulam*.

During the camp ..... *54* ..... donors have donated blood. We express our sincere appreciation and gratitude to the organisation.

*[Signature]*  
BLOOD BANK MEDICAL OFFICER  
GENERAL HOSPITAL  
THRISSUR - PIN 680001



*[Signature]*  
**MOHAMED KOYA. M.N**  
Principal

Ph: 0494 - 2654333, E-mail: [assabahasc@gmail.com](mailto:assabahasc@gmail.com), Web: [www.assabahasc.org](http://www.assabahasc.org)



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APPRECIATION CERIFICATE FROM KARUNAYM PALIATIVE CARE



**KARUNYAM  
PALLIATIVE CARE &  
REHABILITATION SOCIETY  
Reg.NO.383/10  
CHANGARAMKULAM**

*This is appreciation of your  
social commitment for the uplift and  
care of needy peoples*

**ASSABAH ARTS AND SCIENCE  
COLLEGE , VALAYAMKULAM**



MOHAMED KOYA. M.N  
Principal  
Assabah Arts and Science College  
Valayamkulam

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