

Sadakath Outreach Programme (SOP)

ACTIVITIES 2025-2026

1. Kids for a Cause

Date: 07-08-2025

Place: Santhaipettai

The Sadakath Outreach Programme (SOP), in collaboration with the PG & Research Department of Commerce, successfully conducted “Kids for a Cause”—an engaging awareness initiative at Union Primary School, Santhaipettai on 07th August, 2025 (Thursday). The event was coordinated by Dr. A.I. Shakul Hameed, SOP Coordinator, and Dr. J. Abdul Khader, Assistant Professor of Commerce, with active participation from 26 First Year M.Com and 5 First year B.Com students. To kick off the event, M.Com students performed a thought-provoking skit highlighting the adverse effects of mobile phone addiction, encouraging children to adopt healthier screen habits.



2. Swachh and Rural Amenities & Facilities

Bharat

Survey

Date: 11-08-2025

Place: Seydunganallur

On 11th August 2025, the Sadakath Outreach Programme (SOP), in collaboration with the PG & Research Department of History, organized a community initiative titled “Swachh Bharat and Rural Amenities & Facilities Survey” at the adopted village of Seydunganallur. Led by Dr. A.I. Shakul Hameed, SOP Coordinator, and Dr. sintha mathar, Assistant Professor of History, the programme saw active participation from 31 students. The initiative comprised two key components: a cleaning drive and a household survey.



Seydunganallur, Tamil Nadu, India
Mr7h+gp5, Seydunganallur, Tamil Nadu 628809, India
Lat 8.663925° Long 77.829267°
11/08/2025 10:56 AM GMT +05:30

3. IRON UP FOR A HEALTHY LIFE

Date: 12-08-2025

Place: miyakhan palli

The Department of Nutrition & Dietetics (UG & PG) and Sadakath Outreach Programme (SOP) jointly organized an awareness campaign on “IRON UP FOR A HEALTHY LIFE” at our adopted village miyakhan palli on 12th August, 2025 (Tuesday) between 10.30 a.m. to 1 p.m. Dr. A. I. Shakul Hameed (Assistant Professor and Co-ordinator of SOP), and Ms. F. Fathima Farzana, Assistant Professor and Department In-charge (SOP) presided the awareness campaign. 20 Girl students from I and II B.Sc and I M.Sc Nutrition and Dietetics had participated. Our students highlighted the importance of iron in the diet and promoting healthy eating habits to prevent iron deficiency anemia.



4. Swachh Bharat and Rural Amenities & Facilities Survey

Date: 13-08-2025

Place: Aarampannai

On 13th August 2025, the **Sadakath Outreach Programme (SOP)**, in collaboration with the PG & Research Department of Commerce, organized a community initiative titled “*Swachh Bharat and Rural Amenities & Facilities Survey*” at the adopted village of Aarampannai. Led by Dr. A.I. Shakul Hameed, SOP Coordinator, and Dr. J. Abdul Khader, Assistant Professor of Commerce, the programme saw active participation from 32 students—25 from First M.Com and 7 from First B.Com. Male students took the lead in clearing bushes and cleaning public spaces, while female students conducted a door-to-door survey to assess household amenities and identify the specific needs of the villagers.



5. Orientation Programme

Date: 18-08-2025

Place: Seminar Hall

Sadakath Outreach Program (SOP) organizes Orientation Programme for first year PG Students and first year Part V SOP Students on 18-08-2025. The Vice Principal Dr.R.Janet Rani, presides over the function. The SOP Coordinator Dr. A.I.Shakul Hameed, felicitates the function. In this function we honored the special invitees from our adopted villages. The Chief Guest Dr.Mohamed Rilwan, Assistant Professor, Department of maths, Sadakathullah Appa College, Rahmath nagar, Tirunelveli delivered the lecture on “Nature of Outreach Program and its benefits”. The main objective of this Programme is to explain about the valuable information regarding SOP.



6. From Light to Life: Powering the Planet with Green Energy

Date: 19-08-2025

Place: Miyakhan palli

PG and Research Departments of Physics and Sadakath Outreach Programme (SOP) jointly organized an Awareness Programme on “From Light to Life: Powering the Planet with Green Energy” at Government Middle school, Miyakhan palli, Vallanadu on 19th August 2025 (Tuesday) between 10.00 a.m. and 1.00 p.m. The programme was presided over by Dr. A. I. Shakul Hameed (Assistant Professor and Coordinator of SOP), Dr. A. Ponchitra (Assistant Professor, PG Physics, and Department In-Charge of SOP), Dr.Kairoun Mubina). A total of 8 students (4 boys and 4 girls) from the first-year M.Sc (Physics) participated in the event. The awareness session focused on the significance of green energy, the urgent need for renewable energy adoption, and its role in mitigating climate change. Key topics included solar power, wind energy, biofuels, and sustainable living practices.



7. Personal Hygiene

Date: 20-08-2025

Place: Seydunganallur

On Aug. 20, 2025 The PG and Research Department of Microbiology, in collaboration with the Sadakath Outreach Programme (SOP), organized an awareness programme at the Muslim Middle School, Seydunganallur. The event was held between 11:30 a.m. and 12:30 p.m. and featured interactive sessions designed to educate school students on the importance of personal hygiene and healthy living. The programme included lectures, thought-provoking dramas, and storytelling sessions presented by postgraduate students of the department along with first-year undergraduates. The initiative was guided by Dr. A. I. Shakul Hameed, Assistant Professor and Coordinator of SOP, and Dr. K. Kavitha, Assistant Professor and SOP Department In-charge. The sessions highlighted the significance of personal hygiene, nutritious food habits, and a healthy lifestyle. Special emphasis was laid on understanding the importance of each organ in the human body and the role of “super foods” in protecting them for sustainable health.



8. Digital Awareness

Date: 21-08-2025

Place: Miyakhan palli

A Digital Awareness was carried out by the Sadakath Outreach Programme (SOP) of our college in Miyakhan palli on 21.08.2025. Dr.Pradeepa, Assistant Professor, Department of Computer Science, presided over the awareness campaign, and Dr. A. I. Shakul Hameed coordinated the students. A total of 25 volunteers from the college participated in the programme. The staffs from Govt middle School appreciated the gesture.



9. Swachh Bharat and Rural Amenities& Facilities Survey

Date: 11-08-2025

Place: Burkitmanagaram

On 11th August 2025, the Sadakath Outreach Programme (SOP), in collaboration with the PG & Research Department of chemistry, organized a community initiative titled “Swachh Bharat and Rural Amenities& Facilities Survey” at the adopted village of Burkitmanagaram. Led by Dr. A.I. Shakul Hameed, SOP Coordinator, and Dr. mohideen and Dr.Khalith, Assistant Professors, the programme saw active participation from 18 students. The initiative comprised two key components: a cleaning drive and a household survey.



10. Eat Right, Fight Anemia

Date: 10-09-2025

Place: Burkitmanagaram

The PG and Research Departments of Physics and the Sadakath Outreach Programme (SOP) jointly organized an Awareness Programme on “Eat Right, Fight Anemia” at Burkitmanagaram on 10th September 2025 (Wednesday) between 10.00 a.m. to 1.00 p.m. The programme was presided over by Dr. A. I. Shakul Hameed (Assistant Professor and Coordinator of SOP), Dr. A. Ponchitra (Assistant Professor, PG Physics, and Department In-Charge of SOP) and Ms.F. Fathima Farzana (Assistant Professor, PG Nutrition and Dietetics, Department In-Charge of SOP). As part of the programme, demonstrations of iron-rich and easy-to-prepare recipes were conducted to encourage homemakers to adopt simple, nutritious cooking practices. The session was further enriched with interactive presentations, nutritional charts, and educational videos that illustrated how diet plays a vital role in combating anemia.



11. Awareness Programme on Healthy Mind, Healthy Body'

Date: 12-09-2025

Place: Aarampannai

The PG and Research Department of Microbiology, in collaboration with the Sadakath Outreach Programme (SOP), organized an awareness programme on 'Healthy Mind, Healthy Body' at the Meera Matriculation School, Aarampannai. The event was held between 11:00 a.m. and 12:30 p.m. and featured interactive sessions designed to educate school students on the importance of personal hygiene and healthy living. The programme featured an engaging mix of lectures, interactive skits, and storytelling sessions conducted by postgraduate students of the department, with active participation from first-year undergraduates. The initiative was carried out under the guidance of Dr. A. I. Shakul Hameed, Assistant Professor and SOP Coordinator, and Dr. K. Kavitha, Assistant Professor and SOP Department In-charge, who appreciated the students' creativity and enthusiastic involvement.



12. Blood Awareness Programme

Date: 17-09-2025

Place: Burkitmanagaram

The Blood Donation Awareness program conducted under the *Sadakath Outreach Program (SOP)* and dept of history and maths of Sadakathullah Appa College (Autonomous), Tirunelveli, at aimed to:

- Create awareness among students and the public about the significance of blood donation.
- Highlight the health benefits for donors.
- Encourage regular and voluntary blood donation to meet the growing demand in hospitals.



13. Pollution Control and Tree Plantation

Date: 17-09-2025

Place: Santhaipettai

The Sadakath Outreach Program (SOP) of Sadakathullah Appa College, in association with the Department of English, conducted a one-day Blood Donation Awareness Program at Santhaipettai Village on 17th September 2025. The program aimed to educate the villagers about the importance of voluntary blood donation in saving lives and promoting community health. The initiative received valuable support from Dr. A. I. Shahul Hameed, Coordinator of the Sadakath Outreach Program, and Dr. M. Sumathy, Assistant Professor of English, who guided and encouraged the students throughout the campaign. A total of 18 students from the Department of English actively participated in the event. They canvassed the villagers and explained how one unit of blood can save multiple lives. To make the message more accessible, the students also distributed informative pamphlets that highlighted the safety, benefits, and need for blood donation.



14. Blood awareness program

Date: 24-09-2025

Place: Miyakhan palli

The Blood Donation Awareness program conducted under the *Sadakath Outreach Program (SOP)* of Sadakathullah Appa College (Autonomous), Tirunelveli, aimed to:

- Create awareness among students and the public about the significance of blood donation.
- Highlight the health benefits for donors.
- Encourage regular and voluntary blood donation to meet the growing demand in hospitals.



15. Plastic Awareness Program

Date: 25-09-2025

Place: Seydunganallur

A Plastic Awareness Programme was carried out by the Sadakath Outreach Programme (SOP) of our college in Seydunganallur on 25.09.2025. Dr. Mohideen, Assistant Professor Department of zoology and Dr. S.B. Mohamed Khalith, Assistant Professor, Department of Chemistry presided over the awareness campaign, and Dr. A. I. Shakul Hameed coordinated the students. PG Students of zoology and chemistry from the college participated in the programme. The villagers appreciated the gesture.



16. Rabies Awareness Programme

Date: 15-10-2025

Place: Santhaipeetai

Rabies Awareness Programme was conducted at Santhaipeetai Primary and Elementary School, organized by Sadakathullah Appa College(Autonomous) under the banner of its Sadakath Outreach Programme (SOP) and Unnat Bharat Abhiyan (UBA) initiative on 15.10.2025. Dr. A.Muthuraman, the UBA Coordinator of the college, addressed the students and explained in detail about What rabies is, How it spreads, How to identify symptoms, Precautionary measures, and the importance of rabies vaccinations. The session was informative and interactive, with the participation of both the school's teachers and students. The event was organized under the leadership of Dr. Shakul Hameed, SOP Coordinator of the college, with arrangements made by second-year SOP student volunteers



17. Plastic Awareness Program

Date: 24-10-2025

Place: Miyankhan Palli

Prevention of dog bites-an Awareness Programme was conducted at Miyankhan Palli, organized by Sadakathullah Appa College (Autonomous) under the banner of its Sadakath Outreach Programme (SOP) initiative on 24-10-2025. Pamphlets issued contains the detail about What rabies is, How it spreads, How to identify symptoms, Precautionary measures, and the importance of rabies vaccinations. The event was organized under the leadership of Dr. Shakul Hameed, SOP Coordinator of the college, and Mr.Pavith Dept in charge with arrangements made by second-year SOP student volunteers



18. Porunai museum visit

Date: 10-01-2026

Place: Porunai museum

The Sadakath Outreach Programme (SOP) of our college and union primary school, santhaipeitai arranged a visit at porunai muesum in Tirunelveli on 10.01.2026. Dr. A. I. Shakul Hameed coordinated the students' campaign. A total of 25 school students participated in the programme. The villagers appreciated the gesture.



19. Promoting Health and Hygiene for a Cleaner, Safer Future

Date: 23-01-2026

Place: Arampannai

Sadakath Outreach Programme (SOP), and PG dept of computer science conducted an awareness programme on “Promoting Health and Hygiene for a Cleaner, Safer Future” was successfully conducted at Meera Matriculation School, Arampannai. The programme aimed to create awareness among school students about the importance of health and hygiene practices in daily life. The programme was organized and carried out by students with the objective of educating school children on various hygiene practices, including personal hygiene, food hygiene, environmental hygiene, public hygiene, mental hygiene, and digital hygiene. Dr. Shakul Hameed, SOP Coordinator of the college coordinate the event.



20. Fast foods vs traditional foods

Date: 31-01-2025

Place: miyakhan palli

Sadakath Outreach Programme (SOP), and PG dept of Nutrition and Dietetics conducted an awareness programme on “Fast foods vs traditional foods” was successfully conducted at Sarah Matriculation School, miyakhan palli. The programme aimed to create awareness among school students about the importance of Traditional food is vital for long-term health, offering essential nutrients, vitamins, and minerals derived from natural, whole ingredients. Conversely, fast food prioritizes convenience and taste but is typically high in calories, unhealthy fats, sugar, and sodium, which can contribute to chronic health conditions like obesity, diabetes, and heart disease when consumed frequently. Dr. Shakul Hameed, SOP Coordinator and Dr. Aruna sundari Assistant professor of the college coordinate the event.

