

UNARVU

Unified Network for Assistance, Relief, and Volunteerism in Uplifting Communities.

*Community Oriented Holistic Development Program Organized by Various
Departments of ASSABAH Arts and Science College, Valayamkulam*

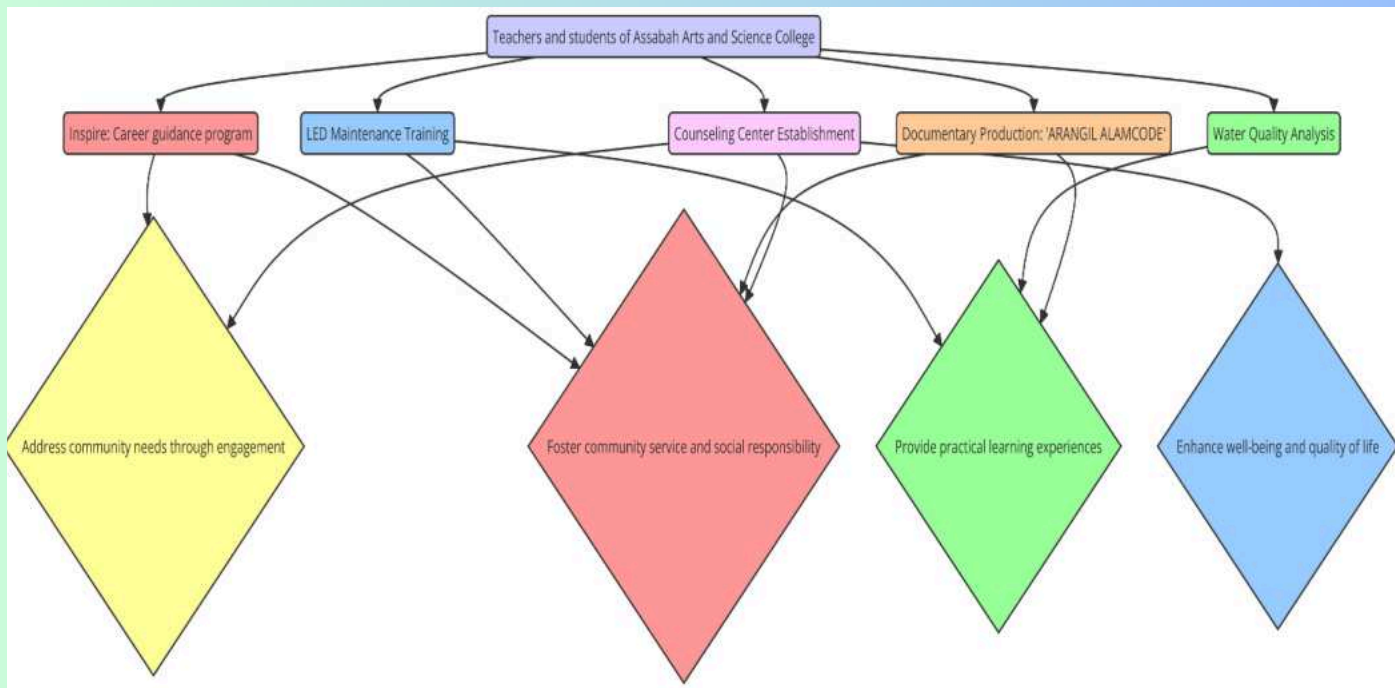


**“STUDENTS LEADING
CHANGE,
STRENGTHENING
COMMUNITIES”**

Objectives of the Practice

- Address the identified needs of the local community through collaborative engagement and educational initiatives.
- Foster a culture of community service and social responsibility among students.
- Enhance the well-being and quality of life of community members through targeted interventions.
- Provide students with practical learning experiences that contribute to their personal and professional development.

The underlying principles of the UNARVU include community empowerment, student leadership, interdisciplinary collaboration, and experiential learning.



The UNARVU (Unified Network for Assistance, Relief, and Volunteerism in Uplifting Communities) is a comprehensive program launched by Assabah Arts and Science College to address the diverse needs of the local community while providing students with valuable practical learning experiences. Guided by principles of community empowerment, student leadership, interdisciplinary collaboration, and experiential learning, the initiative includes several key activities.

The **"Inspire" career guidance program** was organized manually to address the career-related concerns of students from Alamcode panchayat. Held in 2023 and 2024, the program featured career guidance sessions led by experts, including Riyas Rumi in 2023 and Abdul Latheef CM in 2024. Teachers from various departments of Assabah College also presented subject-specific insights, helping students make informed career choices and explore future opportunities.

The initiative offered **LED maintenance training** through workshops held on December 10, 2019, and December 21, 2023. These workshops, organized by the ED Club and the Departments of Physics and the Energy Conservation Cell, provided practical training in assembling and repairing LED bulbs. Students learned to fix faulty bulbs from the neighborhood, enhancing their technical skills and promoting energy conservation and sustainability.

In response to community needs identified by the panchayat authority, a comprehensive **water quality analysis** was conducted. Interdisciplinary teams from the Departments of Chemistry, Food Technology, and Geology tested water samples from 15 households to assess iron content, chlorine levels, hardness, and softness. The analysis aimed to address environmental and health concerns. Results were compiled into a detailed report and shared with both the households and the panchayat authorities to inform and improve local water quality.

The **Film Club produced a documentary titled "ARANGIL ALAMCODE,"** directed by Shaheem Kochanoor. The film explored the history and cultural relevance of Alamcode, showcasing community stories, local heritage, and significant personalities. This project not only fostered community pride but also preserved local heritage, enhancing collaboration between the college and local authorities.

The **UNARVU Community Counseling Center**, established in December 2023 under the Department of Psychology, provides professional mental health support to students, faculty, non-teaching staff, and local residents. The center offers individual and group counseling, workshops, crisis intervention, and referral services. Operating on Mondays and Fridays for community service, and on other weekdays for students and staff, the center is supported by a full-time consultant psychologist. Although in its early stages, the center has already begun addressing community mental health needs and promoting holistic well-being.

“Inspire” Career guidance program

Objective: Address the career guidance needs of students in the Alamcode Panchayat.

The "Inspire" career guidance programme, organized to cater to the career guidance needs of students in the Alamcode Panchayat, was successfully conducted in two sessions. The first session in 2023 was led by Riyas Rumi, who provided insightful career counseling and guidance. This was followed by the second session in 2024, conducted by Abdul Latheef CM, who further offered expert career development strategies and advice.

Each session was further enhanced by presentations from teachers across all departments of Assabah Arts and Science College. These department-specific presentations allowed students to explore various career paths relevant to their fields of study, highlighting the practical applications of their subjects and the professional opportunities available.

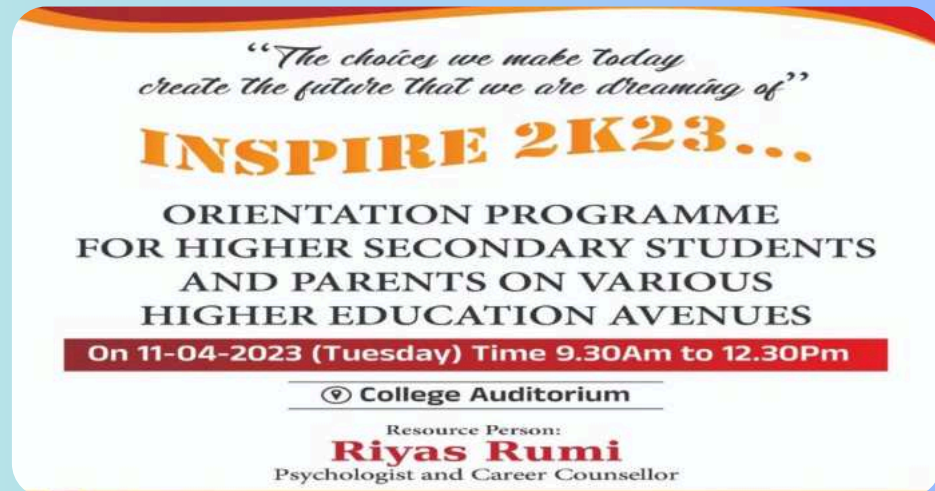
The programme also included workshops and seminars on essential skills such as resume writing, interview techniques, and the significance of soft skills in career success. Additionally, industry professionals were invited to deliver guest lectures, offering valuable insights into different professions and the current job market.

Interactive Q&A sessions provided students with the opportunity to engage directly with the experts, addressing their queries and gaining personalized advice. The feedback received from participants was highly positive, with students appreciating the thorough and practical guidance provided. The community, including parents and local leaders, expressed strong support for the initiative, recognizing its importance in helping students navigate their career paths.

Building on the success of the programme, we plan to continue organizing such career guidance sessions annually, with plans to expand the range of topics covered and involve more industry professionals. The "Inspire" programme has effectively empowered students to make informed career choices, equipping them with the necessary skills and knowledge for their future careers.



INSPIRE 2023 INUAGURATION



POSTER



SESSION LED DR. HARIKSRISHNAN ON CAREERS IN LANGUAGE AND LITERATURE



Malappuram, Kerala, India
P3M3+7HJ, Thrissur - Kunnamkulam Rd, Kerala 679591, India
Lat 10.733452°

INSPIRE 2024 INUAGURATION



Malappuram, Kerala, India
P3M3+7HJ, Thrissur - Kunnamkulam Rd, Kerala 679591, India
Lat 10.733452°
Long 76.053971°
06/05/24 10:52 AM GMT +05:30

MR. ABDU LATHEEF CM LEADING SESSION ON CAREER GUIDANCE

INSPIRE2024

*"The choices we make today
create the future that we are dreaming of"*

INSPIRE 2K24...

ORIENTATION PROGRAMME
ON CALICUT UNIVERSITY FOUR YEAR
UNDERGRADUATION PROGRAMM

On 06-05-2024 (Monday) Time 9.30Am to 12.30 Pm

@ Conference Hall

Resource Person:

Abul latheef CM

Career Guidance Cell, State Faculty, Govt. of Kerala

Prof. Mohamed Koya MN

Principal Assabah Arts and Science College, Valayamkulam



Organised By IQAC

Assabah Arts and Science College
Valayamkulam

PROGRAMME OFFERED

- B.Com with Computer Application
- B.Com Finance
- B.Com Co-Operation
- BBA
- BSc. Chemistry
- BSc. Physics
- BSc. Mathematics
- BSc. Computer Science
- M.Com Finance
- MSc. Physics
- MSc. Chemistry\
- MSc Food Science

POSTER

Training Programme on LED Bulb Repairing and Assembling

Objective: To provide students with hands-on skills in LED bulb assembling and repairing, promote community service, and support energy conservation and sustainability through the repair and reuse of LED bulbs.

At Assabah Arts and Science College, we successfully conducted two impactful training programmes focused on LED bulb repairing and assembling. The first workshop, held on December 10, 2019, was organized by the ED Club in collaboration with the PG Department of Physics. The second workshop took place on December 21, 2023, and was jointly organized by our Department of Physics and the Energy Conservation Cell of Ansar Women's College.

Both workshops began with an introduction to LED technology, covering essential topics such as the operational principles of LED bulbs, their components, and the advantages they offer over traditional lighting. The participants engaged in hands-on training sessions where they learned to assemble and repair LED bulbs. They were trained to identify faulty components, use appropriate tools for disassembly and reassembly, and test the repaired bulbs to ensure their functionality. Our experienced instructors provided practical demonstrations and supervised the students throughout the process.

We ensured that all necessary materials, including LED bulb components, repair tools, and testing equipment, were available for the students. The training was delivered by knowledgeable faculty members and industry professionals, ensuring a comprehensive learning experience that combined both theoretical and practical aspects of LED repair.

The outcomes of these workshops were highly successful. Students developed valuable technical skills that enhanced their employability and understanding of electronic repairs. The repaired LED bulbs were donated to neighboring houses, fostering community engagement and reducing electronic waste by providing functional lighting solutions. Additionally, the workshops highlighted the importance of energy conservation and sustainability, encouraging students to embrace and promote these practices. Feedback from the participants was overwhelmingly positive, with students appreciating the practical nature of the training and expressing a greater interest in electronic repair and sustainability. The local community also expressed their gratitude for the repaired LED bulbs, which strengthened the bond between the college and the community. Based on the success of these workshops, we plan to continue organizing similar training programmes in the future to further develop student skills and support sustainable practices in our community.



WORKSHOP ON LED MAINTANANCE HELD ON DECEMBER 10, 2019



WORKSHOP ON LED MAINTANANCE HELD ON DECEMBER 21, 2023



ASSEMBLED LED BULBS DISTRIBUTED TO NIEGBOURING FAMILIES



ASSEMBLED LED BULBS DISTRIBUTED TO NIEGBOURING FAMILIES

Water quality testing 2023-24

At Assabah Arts and Science College, we conducted a detailed analysis of local water sources, collaborating with the Departments of Chemistry, Food Technology, and Geology. Our aim was to evaluate the water quality by measuring iron content, chlorine levels, and the hardness and softness of the water. The samples were collected from 15 households to ensure a comprehensive assessment.

Our analysis revealed that the iron content in the water samples ranged from 0.1 to 0.5 milligrams per liter (mg/L), which is within the acceptable limits for drinking water. Chlorine levels were found to be within the recommended range for disinfection, ensuring the water is safe for consumption. The water hardness varied from 50 to 200 milligrams per liter (mg/L), indicating that the water is moderately hard to hard. Water softness was measured between 10 to 50 milligrams per liter (mg/L) as calcium carbonate equivalent, reflecting moderately soft to slightly hard water.

Based on these findings, we provided recommendations for any necessary treatments to improve water quality, such as iron removal or water softening. The results were shared with the community to enhance their awareness of water quality issues and to support informed decisions about water use and treatment. Additionally, a comprehensive report was submitted to the Panachayath authority to facilitate regulatory oversight and ensure compliance with water quality standards. This initiative highlights our commitment to public health and environmental stewardship through effective water management.

Planning stage: An interdisciplinary meeting will be held at the Food Technology Lab to form a committee.





**SAMPLE COLLECTION INUAGURATED BY PROF. PRINCIPAL MOHAMMED KOYA
M N**



SURVEY AND DATA COLLECTION FROM HOUSES OF ALAMCODE PANCHAYAT



COLLECTED SAMPLES LABELED AND MIXED WITH STANDARD REAGENTS



PHYSIO-CHEMICAL ANALYSIS



MICRO-BIOLOGICAL ANALYSIS



RESULTS AND RECOMMENDATIONS PROVIDED TO HOUSEHOLDS

RESULT ANALYSIS

SI N O.	WAR D NO.	HOUSE NO.	NAME	pH	TDS	TURBIDIT Y	CL	Fe	DO	HARDNES and SOFTNES (ml)
1	11	224	Kamaucheen	6.5 3	50.5	slight	No	slight	0.7	0.4
2	11	25	Nawas mubkunath	6.1 0	175. 5	high	yes	slight	2.5	1.4
3	11	202	Shibil	6.4 0	29.8	No	No	slight	2.9	0.3
4	11	230	Hameed	6.5 9	53	high	yes	slight	1.1	0.2
5	11	35	Sainucheen Erangathayil	6.5 9	42.1	No	No	slight	1.6	0.3
6	11		Assabah	6.6 5	58.7	No	No	slight	2.4	0.2
7	11	234	Ummer	6.5 1	60.5	No	No	slight	0.9	0.7
8	11	32	Kariyatt rasiya	6.4 6	57.8	No	No	slight	0.6	0.5
9	11	38	Jasheedha Erangathayil	6.5 3	108. 1	No	No	slight	0.2	1.2
10	11	253	Aboubacker	6.4 5	73.1	No	No	slight	1.5	0.2
11	11	263	Abas	6.5 1	86.5	No	No	slight	1.1	0.7
12	14	254	Abdurahman	6.4 3	111. 8	slight	No	high	1.1	2
13	15	158	Hameed	6.5 6	58	slight	No	high	2.6	0.4
14	15	195	Kunjumamm ed	6.4 4	150. 8	slight	No	slight	2	0.5
15	15	200	Nabeesa	6.4 0	54.6	slight	No	slight	1.5	0.4

*The values given in the table are primarily based on the international standards for drinking water as recommended by WHO.



RESULTS AND RECOMMENDATIONS PROVIDED TO HOUSEHOLDS



THE CONSOLIDATED REPORT PROVIDED TO ALAMCODE PANCHAYAT AUTHORITY: FROM LEFT VIBHITHA (HOD, GEOLOGY DEPARTMENT), RISWANA NASRIN (HOD, FOOD TECHNOLOGY DEPARTMENT) NAZREEN P V (ASSISTANT PROFESSOR, CHEMISTRY DEPARTMENT) SHAHEER V (ALAMCODE PANCHAYAT PRESIDENT) ABDUL RAHMAN (NSS COORDINATOR)

Documentary production 2023-24**Title: ARANGIL ALAMCODE****Director: Shaheem Kochanoor (Assistant Professor of English)****Link to documentary: [Click to view](#)**

Objective: The documentary "ARANGIL ALAMCODE" was created to capture and showcase the rich historical and cultural heritage of Alamcode. Our objective was to preserve and share the community's heritage, fostering a deeper understanding and appreciation of Alamcode's historical and cultural significance.

Assabah Arts and Science College, in collaboration with the Film Club and under the directorship of Shaheem Kochanoor, embarked on the production of "ARANGIL ALAMCODE" with the goal of documenting and preserving the heritage of Alamcode. The project began with a thorough survey and research phase. Our dedicated team explored archival records, historical documents, and prior studies to gather comprehensive information about Alamcode.

Interviews played a crucial role in adding depth to the documentary. We engaged with long-time residents, local historians, cultural experts, and community leaders to capture personal insights and anecdotes that highlight Alamcode's unique historical and cultural aspects. This rich collection of data formed the backbone of the documentary's script and narrative.

Filming took place at various historically significant locations within Alamcode. The process involved recording interviews and capturing visuals that depicted the region's cultural heritage. The editing phase followed, where the footage was refined to ensure a coherent and engaging representation of Alamcode's history and culture, with Shaheem Kochanoor overseeing the final production.

The documentary "ARANGIL ALAMCODE" explores several themes, including the early history of Alamcode, its cultural traditions, significant personalities, and community narratives. It provides an in-depth look at Alamcode's origins, significant historical events, and the cultural practices that define the community.

The impact of this documentary has been profound. It has engaged the local community, fostering pride and a sense of ownership in their shared heritage. Additionally, "ARANGIL ALAMCODE" serves as a valuable educational resource for students, researchers, and anyone interested in Alamcode's history and culture. By documenting the region's intangible cultural heritage, the film ensures that this knowledge is preserved for future generations.



SCREEN SHOTS FROM DOCUMENTARY



SCREEN SHOTS FROM DOCUMENTARY



SCREEN SHOTS FROM DOCUMENTARY



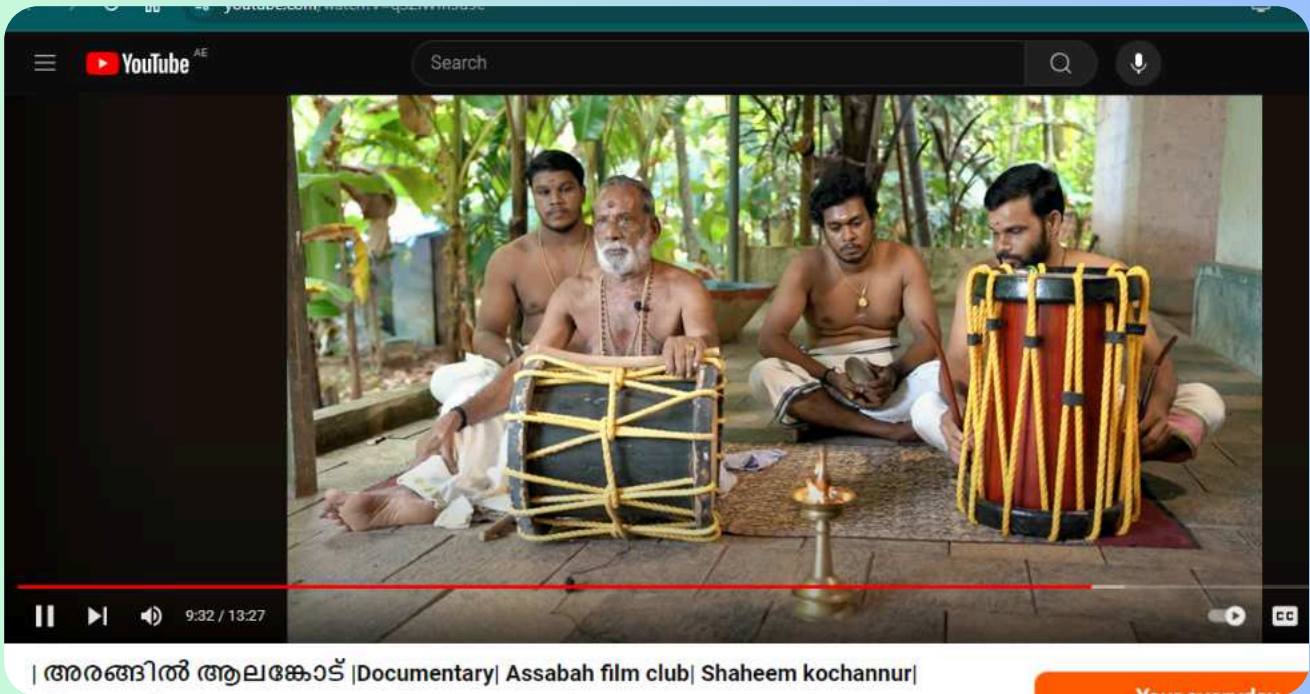
SCREEN SHOTS FROM DOCUMENTARY



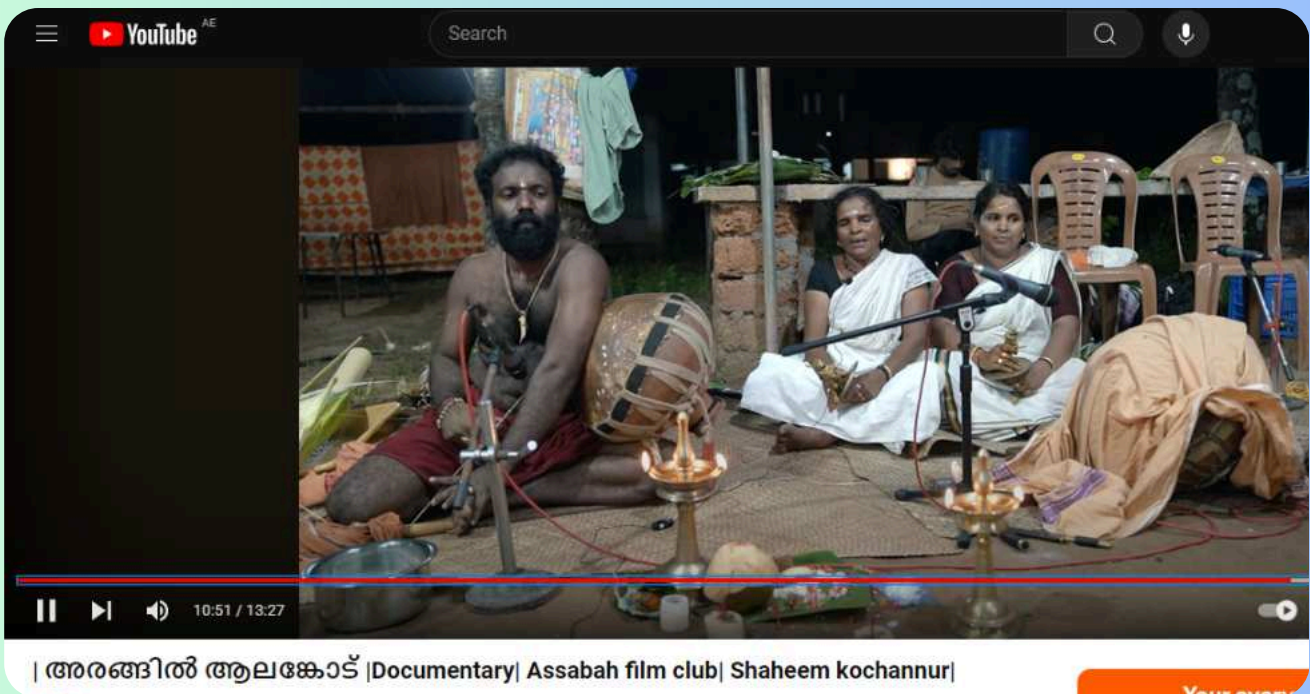
SCREEN SHOTS FROM DOCUMENTARY



SCREEN SHOTS FROM DOCUMENTARY



SCREEN SHOTS FROM DOCUMENTARY



SCREEN SHOTS FROM DOCUMENTARY

UNARVU Community Mental health Center

Objective: Provide professional counseling services to students, faculty, and non-teaching staff. - Offer support for addressing various mental health concerns and promoting holistic well-being. - Extend counseling services to residents of Valayamkulam at a nominal fee.

At Assabah Arts and Science College proud to present the UNARVU Community Counseling Center, established in December 2023 under our Department of Psychology. Directed by our Head of the Department of Psychology and staffed by a full-time consultant psychologist, the center is dedicated to providing professional counseling services aimed at addressing a wide range of mental health concerns and promoting holistic well-being.

The center offers various services including individual counseling for personal concerns, group counseling sessions to discuss common issues, and educational workshops and seminars on topics such as stress management, mindfulness, and self-care. We also provide crisis intervention for urgent mental health situations and referral services to connect individuals with specialized mental health professionals when needed.

The UNARVU Community Counseling Center is committed to serving both our college community and the residents of Valayamkulam. We have designated Mondays and Fridays exclusively for community service, operating from 9:30 AM to 4:30 PM. On other weekdays, we focus on the students and staff of Assabah College during the same hours. Appointments can be easily scheduled through contact details provided on our college website.

Despite being in its early stages, the center has already seen positive engagement from community members who are utilizing our services. This reflects our ongoing commitment to meeting the mental health needs of our community. The center is funded by the management of Assabah College, with a nominal fee collected from community clients to support our operations and ensure sustainability.

Our facilities are designed to provide a supportive and confidential environment, and our full-time psychologist is dedicated to offering comprehensive mental health services. We believe that through the UNARVU Community Counseling Center, we are making significant strides in promoting mental health awareness and support within our college and the wider community.

Activities

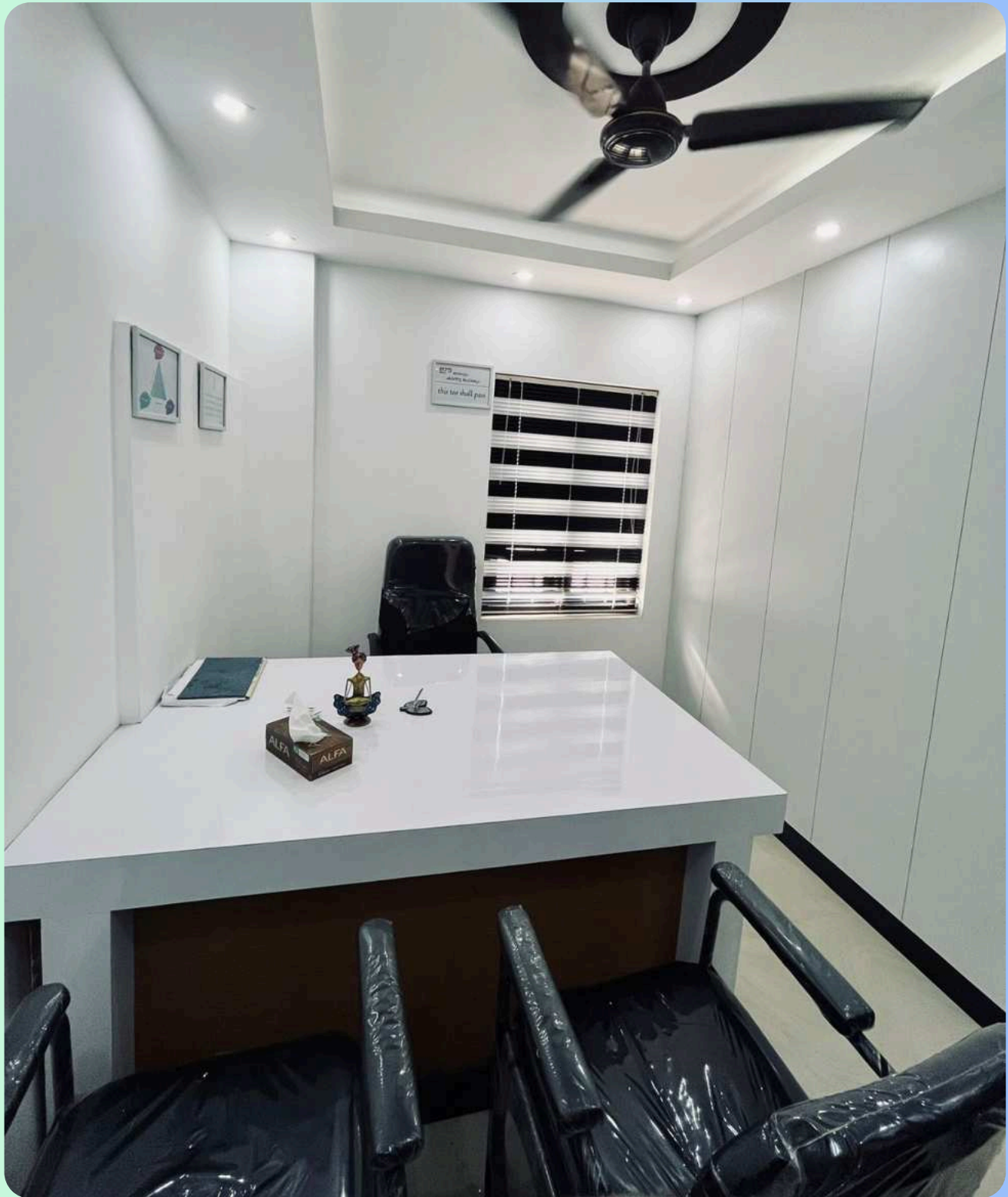


Life skill training



Life skill training





WELL FURNISHED COUNSELING ROOM

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 FOR THE DOCUMENTARY "ARANGIL ALAMCODE"



Alamcode Gramapanchayath

(ISO 9001:2015)

PO Nannammukku, PIN:679575, District :Malappuram, Phone :0494-2650452

To,
The Film Club
Assabah Arts and Science College
Valayamkulam, Kerala

Subject: Appreciation for the Documentary "Arangil Alamcode"

Dear Members of the Film Club,

On behalf of Alamcode Panchayat, I am writing to extend our heartfelt appreciation for your outstanding work on the documentary titled "Arangil Alamcode." This exceptional piece of work has wonderfully captured and portrayed the rich history and heritage of Alamcode.

Your dedication and meticulous effort in researching, filming, and producing this documentary are truly commendable. It not only serves as an invaluable resource for the residents of Alamcode but also reflects the spirit and culture of our community with remarkable authenticity.

The documentary's portrayal of our historical landmarks, cultural evolution, and the stories of our ancestors will undoubtedly inspire future generations to take pride in their heritage. Your work exemplifies the powerful role that art and media can play in preserving and promoting local history.

We would especially like to acknowledge Shaheem Kochanoor, the coordinator of the Film Club and director of this documentary, for his exceptional leadership and creative vision.

We are grateful for your contribution and look forward to future collaborations that continue to highlight and celebrate our community's rich legacy.

Once again, thank you for your exceptional effort and dedication.

Warm regards,

Shaheer K V
President
Alamcode Panchayat



Shaheer. K.V
President
Alamcode Grama Panchayat
Nannammukku, P. O, Pin - 679575
Tel : 04942 650452

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

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

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Run by Assabah Association Trust

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

APPRECIATION FOR LAUNCHING "UNARVU" COMMUNITY MENTAL HEALTH CENTRE



Alamcode Gramapanchayath

(ISO 9001:2015)

PO Nannammukku, PIN:679575, District :Malappuram, Phone :0494-2650452

To,

Assabah Arts and Science College
Valayamkulam, Kerala

Subject: Appreciation for Launching UNARVU Community Mental Health Centers

Dear principal

On behalf of Alamcode Panchayat, I am writing to extend our heartfelt appreciation for the establishment of the UNARVU Community Mental Health Centers by Assabah Arts and Science College.

The initiation of these centers marks a significant milestone in addressing the mental health needs of our community. The commitment and proactive approach of your institution in providing vital mental health support are highly commendable and demonstrate a deep sense of social responsibility.

The UNARVU centers will undoubtedly serve as a crucial resource for our residents, offering much-needed support and intervention in mental health matters. This initiative not only reflects the innovative spirit of Assabah Arts and Science College but also contributes positively to the overall well-being of our community.

We are grateful for your leadership and dedication in enhancing mental health services and look forward to seeing the positive impact of these centers on the lives of our residents.

Once again, thank you for your exceptional effort and contribution to our community's health and well-being.

Warm regards,

Shaheer K V

President, Alamcode Gramapanchayath



Shaheer. K.V
President

Alamcode Grama Panchayat
Nannammukku, P. O, Pin : 679575
Tel : 04942 650452

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



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

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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 FOR WATER QUALITY TESTING AND REPORTING



Alamcode Gramapanchayat

(ISO 9001:2015)

PO Nannammukku, PIN:679575, District :Malappuram, Phone :0494-2650452

To,

Departments of Chemistry, Food Technology, and Geology
Assabah Arts and Science College
Valayamkulam, Kerala

Subject: Appreciation for Water Quality Testing and Reporting

Dear Heads of Departments,

On behalf of Alamcode Panchayat, I am writing to express our sincere gratitude and appreciation for the invaluable support provided by the Departments of Chemistry, Food Technology, and Geology of Assabah Arts and Science College in conducting the recent water quality testing.

The comprehensive analysis and detailed report submitted to the Panchayat President have been instrumental in addressing our community's water safety concerns. Your collaborative effort in this initiative reflects the high standards of academic excellence and social responsibility upheld by your esteemed institution.

Your meticulous work not only aids in ensuring the health and well-being of our residents but also strengthens our efforts in maintaining safe and clean water resources in Alamcode. The clarity and precision of your report are highly commendable and greatly appreciated.

We value the partnership between Alamcode Panchayat and Assabah Arts and Science College and look forward to continuing this collaboration on future projects that benefit our community.

Thank you once again for your dedication and excellent service.

Warm regards,

Shaheer K V

President, Alamcode Panchayat



P.O. KOKKUR
PIN: 679 591

Date:

Shaheer. K.V
President
Alamcode Grama Panchayat
Nannammukku, P. O. Pin - 679575
Tel : 04942 650452

MOHAMED KOYA. M.N.
Principal
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Ph: 0494 - 2654333, E-mail: assabahasc@gmail.com, Web: www.assabahasc.org

Future Prospects of UNARVU

Looking ahead, UNARVU is set to expand its impact by continuing its existing programs while also addressing new community needs. A significant future focus will be on initiatives designed to support the geriatric population within the community. Recognizing the unique challenges faced by elderly residents, UNARVU plans to develop targeted interventions that enhance their quality of life and provide necessary support.

Collaborative Efforts:

Addressing the needs of the geriatric community will require a collaborative approach, involving multiple departments within the college. By leveraging the expertise and resources of various academic disciplines, UNARVU aims to create comprehensive and impactful programs tailored to the elderly.

Sustainable Funding:

To sustain and expand its initiatives, UNARVU will seek funding through contributions from students, fundraising activities organized by the NSS, SIP, and other college clubs, and revenue generated by the UNARVU Community Mental Health Centre. These funding measures will ensure the continuity and growth of the initiative, enabling it to reach a larger segment of the community.

Strategic Partnerships:

The college is also exploring strategic partnerships to bolster its efforts. A key partnership with Karunya Palliative Care will be established to enhance the geriatric project. This collaboration will bring in specialized expertise and resources, enabling the initiative to provide more comprehensive care and support to the elderly.

Long-Term Impact:

Through these planned activities, UNARVU aims to create a lasting impact on both the community and the students involved. By continuing to address pressing community needs and expanding its scope to include the elderly, the initiative will foster a culture of empathy, responsibility, and social commitment among students, while also significantly improving the well-being of the local population.

Conclusion

The UNARVU initiative at Assabah Arts and Science College stands as a beacon of how academic institutions can effectively contribute to community well-being. By aligning the college's educational resources with the needs of the local community, this initiative has successfully fostered a culture of social responsibility and active citizenship among students. Through diverse programs such as career guidance, LED maintenance workshops, water quality testing, documentary production, and mental health counseling, UNARVU has not only addressed critical community issues but also provided students with invaluable experiential learning opportunities.

The initiative's success is reflected in the high participation rates, positive feedback, and tangible improvements in community welfare. While challenges such as resource constraints and the need for sustained engagement exist, the commitment of Assabah Arts and Science College to expanding and enhancing these efforts ensures that UNARVU will continue to make a meaningful impact. As the program evolves, it will undoubtedly serve as a model for other institutions seeking to integrate academic excellence with community service.

UNARVU has demonstrated a profound commitment to enhancing community well-being through a variety of impactful initiatives. By addressing educational, environmental, and mental health needs, the program has successfully fostered a culture of service and social responsibility among students. Looking forward, UNARVU will continue its core activities while expanding its focus to support the geriatric population within the community. This new direction will involve collaborative efforts across departments, sustainable funding strategies, and strategic partnerships, ensuring that UNARVU remains a cornerstone of positive change and community engagement.