

NATIONAL SERVICE SCHEME UNIT NO: 48

LITTLE FLOWER COLLEGE, GURUVAYUR

REPORT OF NSS REGULAR ACTIVITIES OF THE YEAR 2015-16

Environment Day Observation on 5th June 2015

The NSS Unit of Little flower college Guruvayoor is blessed with a group of energetic and vibrant, hardworking, dedicated volunteers. The NSS activities of this academic year was launched with the world environment day observation. On 4th June 2015 NSS team with the Programme Officer visited Sri Achuthan Councilor of ward 33, the adopted village of our NSS Unit and made necessary arrangement for the observation of Environmental Day in association with the 'HARITHASREE PROJECT' initiated by Kerala Govt.

To make our NSS Volunteers as the eco stewards, we premeditated numerous programmes. We observed the World Environment Day with great enthusiasm. We collected plants from Manorama and Guruvayoor Municipality. At 10.30 am we went to our adopted village (ward 33 Guruvayoor Municipality) as a rally by carrying the saplings in hands so as to propagate the message of the green. A common meeting was arranged at the premises of house of Sri Joshy Vazhappully, including the local people and local representatives. Ward Councilor Sri Achuthan inaugurated the function which gave an awareness to protect the environment. College Vice principal Rev.Dr.Sr.Moly Clare felicitated the function and distributed the saplings to the local people. Thereafter, the NSS Volunteers planted the saplings along the roadside in the ward premises in order to make the environment green. The local people were very supportive and they assisted the volunteers in doing all these things.

In the afternoon at 3.pm an official meeting was arranged in the campus in which the ward councilor Sri.O.K.R. Manikandan(ward 16) inaugurated the distribution of saplings to different departments. In his inaugural speech he pointed that it is our duty to preserve the nature for the future generations. He reminded the students to be a part of eco stewardship and if we are ready to do that then only we can hope

anything good from the nature. As a memento of environment day celebration, he planted a sapling in the college premises which is allocated for the caring of NSS Volunteers. The students cleaned their respective gardens and planted the saplings. We gave the volunteers an opportunity to discuss about the environmental problems and there was a debate session on the topic what we can do to preserve nature.

On 6th January the yearly project of Malayala Manorama – Boomikku oru kuda was arranged in our campus and our volunteers participated actively in the activity .



Programmes undertaken during this week

1. Public Meeting – generate awareness among the people
2. Distribution of saplings to the local people
3. Planting of the saplings along the road side of ward no 33
4. Campus cleaning and greening initiatives- planting of saplings, vegetable garden preparation, flower garden, collection and disposal of inorganic waste.
5. Debate on the topic what ought to be done to preserve the nature

6. Rally -proclaiming the good news for GREEN EARTH
7. Speech competition for the college students.

Action Plan formation on 9th June 2015

Our volunteers under the leadership of NSS Secretary and the Programme Officer held a discussion about activities to be conducted in the year 2015-16 and prepared Action Plan .

World Blood Donor's Day Observation and Activities

On 16th June we organized a seminar for our NSS volunteers and Sri Sebi Vallachirakkaran ,Co-ordinator Blood Donation Forum Thrissur was the resource person. We initiated the project “*chorakku cheera*” to motivate our Volunteers to donate blood. By this project we planned to produce *cheera* (spinach) in large scale in the campus and also to help our students to cultivate *cheera* in their houses. Mr Sebi formally inaugurated the project by sowing the seeds of cheera and distributed the seeds among the students.



International Yoga Day Observation

On 23rd June in connection with the International Yoga day, a demonstration class and talk on yoga by Yogacharya Babu was organized for all the students in our college. Our NSS volunteers actively made the necessary arrangements and became a part of it passionately.

Anti Narcotic Day Activities

An awareness seminar on the use and abuse was exclusively conducted for the volunteers under the initiative of the NSS unit of the college and it was led by Mrs. Ester Mani, Asst Professor, Department of English of our college. The active participation of our volunteers were really appreciative throughout the session and all the volunteers took the Anti-Narcotic oath.

NSS WORK REPORT JULY 2015

The NSS activities for the month of July opened by a demonstration class on paper bag making, held on 7th July. A senior student Jelly Rose from the English Department demonstrated the art of making paper bags and explained the advantages of using paper bags. The volunteers in groups made a bag each. The gusto of the volunteers to initiate a shift from plastic to paper made us to think of an occasion to display the talents of our volunteers and make it a viral habit within the campus. Thus we resolved to conduct an exhibition and sale of bags in the college premises. And the fund shall be used for eco friendly activities.

On 13th July four of our volunteers participated in paper presentation competition (PPT) on the topic, "Population A Boon Or Curse With Reference To India", conducted by the NSS Unit of Vimala College Thrissur at their college.

On 14th July the Programme Officer Sr. J. Bincy attended a Workshop on Voluntary Blood Donation conducted by Thrissur Blood Donation Forum at St Thomas College Thrissur.

THE ANTI-PLASTIC EXPO 2015

21st July was the day of our volunteer's prolonged effort met the upshot. We successfully hosted an Anti Plastic Expo 2015 in our campus, in collaboration with the department of English of our college. The exhibition hall was filled with numberless charts proclaiming the anti plastic jingles and cartoons, along with the paper bags made by our Eco Stewards.

Their perseverance and sincere participation added yet another episode to the victorious events of the college NSS Unit. The expo was officially inaugurated at 3.00 pm by the Principal by writing an Eco Slogan in the *Raise Your Voice*, the open canvas, which was later reverberated with the comments, feedback and anti- plastic slogans. A paper bag, handmade by our volunteers was complemented to the Principal as a token of gratitude. The efforts, pain and moreover the unity of the volunteers to join their hands for the cause of a good earth, good habitat for the sustaining generations was outstanding. And this was better movement in the cold war with Plastic.





N.S.S. WORK REPORT AUGUST 2015

The NSS unit of the college celebrated the month of August with the arrival of new volunteers to the unit. The freshers were introduced to NSS and they were given an opportunity to get to know about the Service Scheme and its functions through an introductory session conducted to the entire First year students of the college on 3-8-2015. Later, the very next day, 4-8-2015, the new folk of volunteers were selected to the unit and the programme officer, sr. J. Bincy, delivered a speech and trained our new flames to remain ignited for the service to the Nation.

An orientation class was held on 11-8-2015 by Ms. Esther Mani, Asst. Professor, department of English, for the new volunteers. This gave a new light to the freshers.

The independence day was celebrated without losing its spirit and vigour. Prior to the independence day, on 13-8-2015 patriotic song and extempore speech competition on the topic Clean India: Prospects and Challenges were held. There was an active participation from the part of all the students.

On 15-8-2015 The Independence day was celebrated with all the respect to the nation. To remind the young India about the need for Patriotism, a skit was performed by the NSS Volunteers on the theme patriotism. It was really appreciated by all.



Food is a priority in everyone's life and it is a right too. But the crisis today is the scarcity of healthy food. To inspire our students, a vegetable gardening project Green Corner was designed. On 21-8-2015, the unit members started preparation for the project launch. They found a suitable plot for cultivation and prepared the soil. Members were fully dedicated and enthusiastic to take up the role of farmers.

The month of September passed with full on energy. On 5-9-2015, the project Green Corner in the campus was opened for cultivation. About an acre of land in the campus was sown with the seeds of Ladies Finger, Peas, spinach, melon etc. the notable event here is the students themselves collected the seeds. Each step in the cultivation was purely organic and every work was carried by the students themselves. And from then on, students eagerly watered, manured and nurtured their crops keenly.

Remembering the old saying old is gold, on 15-9-2015, our volunteers paid a visit to the old age home and Dementia Center at kottappady. Thirty volunteers from the unit was accompanied by the supporting staff. The visit was really an eye opener to us. Our presence was really a consolation to the inmates. Our students entertained them, comforted them and was really eager to reach every inmates to talk to them. The visit left an evergreen memory in every minds.

In association with the Dementia centre, Kottappady, the NSS unit conducted an awareness rally to Mammiyoor junction. The rally flagged off by the Principal and the rally caught the attention of the local population so that we were able to convey the causes, symptoms of the Alzheimers to them and how to treat such affected family members. The students themselves prepared the placards and their active co-operation made this event one another successful venture of the NSS



Identifying the fact that most of our students are ignorant in their consumer rights, a seminar was organized by the NSS, in association with the Legal Service Committee, Thrissur Forum for all the students in our college, on

the topic Consumer Rights. Adv. Johny and Adv. Jaffer from Chavakkad Municipal Court were the resource persons to the seminar.

The Differently abled people are really talented and they need the care and attention of the society. Following this, in order to raise a fund for their welfare, a Blind Orchestra was organized under the initiative of the NSS. The event collected a sum of rs.22468/-, which was contributed for the welfare of the blind.



N.S.S. WORK REPORT OCTOBER 2015

The NSS activities of the month had a good start on 1-10-2015. Our five NSS volunteers attended a workshop on voluntary blood donation and we received **BEST VOLUNTARY BLOOD DONATION CAMPUS AWARD** from IMA Thrissur for the year 2014-15.

As a follow-up to our Anti-Plastic campaign, the college Nss unit conducted an Anti-Plastic campaign at Little Flower U.P. School Mammiyoor on 6-10-2015. The awareness programme was a grand success among the school

children. The paper bag expo, Commentation tree, the interactive session, the street play, paper bag making work shop etc were arranged as part of the campaign.



Each young mind attended the programme took the anti plastic oath and determined to follow the three R's, Reduce, Reuse and Recycle plastic. The most appreciated part of the programme was the commentation tree, where the students were eager to write their part regarding plastic.

A single drop of blood saves lives. Emphasizing this, the next programme of the month was a Blood Donation Camp, in association with IMA on 19-10-2015. More than 60 students and few teachers were able to donate their blood, out of a mass of students who came to join this venture. And 150 students participated in the Blood group detection programme. By conducting this, we were able to spread an awareness among our students on the need to donate blood and to remove the fears regarding blood donation.



We also have conducted a blood donation camp, in association with IMA on 15.03.2016. The camp was inaugurated by Dr Sr Moly Clare our Wise Principal, and felicitated by DR Vijayakumar, IMA Thrissur. The volunteers took pledge to donate blood voluntarily for 25 times and few teacher were able to donate their blood, out of a mass of students who came to join the venture. And 60 students participated in the blood group detection programme. By conducting this we were able to spread awareness among our students on the need to donate blood.



On 29-10-2015, a cancer awareness programme was conducted in the college in association with M.I. hospital Engandiyoor. A team of 10, including two famous oncologists arrived for the programme. The seminar gave a total awareness on Breast Cancer through the charts, videos and such other visual aids. the seminar discussed and clarified the doubts regarding the topic. A medical check-up was also a part of the programme.



The same day was the harvesting day of the organic farming. Our Principal Dr.Sr.Treesa Dominic, together with Sri. Sivadasan Thaniyil, the Karshaka Sree award winner, Guruvayoor inaugurated the harvest. It was really a proud moment for the unit members that their prolonged hard work found a successful conclusion. The unit collected Rs.1150/- by the sale and auction of the vegetables.



The national integration Day and Sardar Vallabhai Patel Day was observed in the college under the leadership of the NSS unit. A seminar and oath taking ceremony was a part of the programme. The key note address of the seminar was delivered by Dr. Robinson from Christ College Irinjalakkuda

On 31st October one day special camp for our NSS Volunteers was the most fabulous programme of this month. Official inauguration of the NSS Activities of the year was inaugurated by the Principal Rev.Dr Sr Treesa Dominic.

A full day demonstration class was arranged as a part of the one day special camp. It was led by Dr Robinson NSS P.O (Christ College Irinjalakkuda). Five NSS Volunteeresses from Christ College were also a part of this programme. group discussion and demo for paper bag making, paper file making, pen making etc energized the programme.

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The NSS volunteers from the Christ College guided the workshop on Audio-Recording of study materials for blind students. Workshops on File Making and Paper Bag making were also held the same day.



N.S.S WORK REPORT NOVEMBER-2015

The steps on the street, music in heart we created an atmosphere to express our mind to people . Waste was always a devil with power of destruction and the destructive object is always our nature. On 24 November 2015 our multi talented volunteers showed their idea to protect the nature from waste. NSS volunteers on the streets of played a flash mob and gave awareness to the people about waste management; this earned the volunteers the support of the local people.



NSS activities for the acadameic year 2015-2016 were successful with vibrant themes and activitie. Sr. J Bincy, the programme officer of NSS has provided different opportunities for NSS volunteers to show their love and care to

nature , humans and to society by showing their respect and services to the surroundings. With the warmth of their heart they showed an ideal picture to our nation.

God created nature for beauty and for living.

We humans forgot that nature is not for granted. It is our duty to develop its corns with our own sweat.NSS volunteers in their “GREEN CORNER” on 18 November 2015 sowed seeds to new life. Every NSS volunteers group gained their own plots for gardening. And also on 20 November 2015 we were caring our plants with our love.

N.S.S WORK REPORT DECEMBER 2015

In association with the Dementia centre, Kottappady, the NSS unit conducted an awareness rally to Mammiyoor junction. The rally flagged off by the Principal and the rally caught the attention of the local population so that we were able to convey the causes, symptoms of the Alzheimers to them and how to treat such affected family members. The students themselves prepared the placards and their active co-operation made this event one another successful venture of the NSS .



On 29-10-2015, a CANCER AWARENESS PROGRAMME was conducted in the college in association with M.I. hospital Engandiyoor. A team of 10, including two famous oncologists arrived for the programme. The seminar gave a total awareness on Breast Cancer through the charts, videos and such other visual aids. the seminar discussed and clarified the doubts regarding the topic. A medical check-up was also a part of the programme.

On 01.12.2015 all the NSS volunteers conducted A RALLY FOR THE SUPPORT OF HIV POSITIVE, they spread the message to the society that HIV infectants are humans they should be not segregated from the society. The guest of the day Reetha Jose, Perakam made the positive speech to the NSS volunteers about the impact of HIV and how the HIV patients suffer. She made the volunteers realize that even if a patient is infected he/she have the right to live.

SPARSH 2015 was the most colorful and celebrated event RRC in this year. An exhibition on HIV awareness was initiated and naming the event itself was an episode. The title SPARSH indicated a pampering touch, a consoling touch of RRC to the HIV to the infectance to assure that they are not alone and make aware society that HIV is not transmitted through contact was really apt. The exhibition conducted for the entire college and a demonstration was made in the college ground on the topic A FIGHT AGAINST HIV .

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NSS



SPARSH 2015 was the most colorful and celebrated event RRC in this year. An exhibition on HIV awareness

volunteer a camp is a special feeling to express their talent and skills. On 08.12.2015 all the NSS volunteers gathered for the preparation for the camp which was to be held on ADUPUTTI .The preparation started with the ideas of the volunteers ,they shared their views how we should conduct our camp.

On 15.12.2015 a primary meeting about the cultural festival be conducted, and the materials brought with the students .The main objective of our camp was “ANTI-ALCOHOLIC MOVEMENT AMONG YOUTH”. To fulfill this objective an awareness and study class was organized for the campers by MR.Shaji Mathew .He demonstrated how the campers should behave among the victims, he also taught how to conduct the survey .Mr Shaji also taught about the different stages of behavior of alcoholic persons

After the camp the students shared their experiences about how they felt about the seven days of the camp. The other volunteers who visited the camp also expressed how grateful they were

REBUILDING OF THE DRAINAGE SYSTEM (CANA NIRMANAM)

The rebuilding of the drainage system (cana nirmanam) in Aduputty Colony (13 th Ward of Kunnamkulam Municipality) was one of the most important target of 2015's NSS 7 day special camp and it was inaugurated by Sri.Shaji Aalikkal (13th ward councilor) on 20.12.2015 . .With all the efforts and spirits volunteers started their works at 9 am .ans ended at 1 pm. After four days of continuous and hard work we the volunteers of NSS Unit have successfully completed this main agenda of the camp..



NSS Unit conducted CANCER AWARENESS CLASS on 23.12.2015 in collaboration with Christu Jyothi Social Center under the leadership of Rev Brother Tom Alen(Mmb,Conviner,Ollur Pulse Santhwana Sparsham), and Dr Augastine (Retired professor,Aggriculture University,Mannuthy) . A good number of local people participated in the programme and as a precaution against Cancer “Lakshmi Tharu”saplings were distributed to the local people.

NSS Unit organized a special program “ammakkorumma meant for caring and honouring the senior women members of Kudumbasree moovement in Aduputty, 13th ward of Kunnamkulam Municipality

considering the efforts in their life to empower themselves and the women folk of that society.



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As a part of our special camp , we have conducted a free medical camp on 20.12.2015 which was inaugurated by Rev.Fr.Joy Vaidyakkaran (St.George Monestry).. For making this camp at its great success the associates and staffs of Dr.Ranimenons Clinic and Chithra Lab were also present in the occasion and it was conducted in colobaration with them.. The free blood and eye checkup camp started at morning 9.30 am to 1pm noon.100’s of peoples of Adupputty had used this opportunity very well. The camp includes checkup for eye, blood group detection, blood pressure and sugar. We also gave specs at subsidized prices. At most its extreme level whole NSS volunteers cared the adults and the people who attended the camp

Blood Group Directory of the members of the 13 th ward of Kunnankulam Municipalty was prepared by the NSS Volunteeress of Little Flower College . It was released on the occasion of valedictory function of the

special Camp of the year 2015-16 by Smt. Seetha Raveendhran(chair-person,Kunnamkulam municipality),which was one of the great achievement.

Visit and Xmas celebration at Mareena Home , Kallazhikunnu on 22.12.2015 camp coordinators and all members went to Mereena Home. There we all enjoyed the Christmas and new year celebrations along with our elder ones and with the coordinators of Mereena Home. Volunteers distributed sweets, also shared their care and love to them



**Christmas and new year celebrations along with our elder ones of Mereena Home on
22-12-2015**



As a precaution against Cancer “Lakshmi Tharu” saplings were distributed to the local people as part of Cancer Day on 23-12-2015

N.S.S WORK REPORT JANUARY 2016

ANTI TABACCO SEMINAR was held on 19.01.2016 .Tobacco is a dangerous drug which could destroy a person’s life. This seminar was conducted in the district level to give awareness among the students to make them understand how a person’s life can affect the life. It provided an opportunity among the volunteers to understand the defects of the drug

On REPUBLIC DAY all the NSS volunteers conducted a rally which was initiated by Guruvayoor municipality .Which formulated a national feeling also we performed a flash mob which represented the unity of the nation .On this occasion we were able to express our gratitude to our nation . We won first prize in the parade



provided an opportunity to NSS volunteers to show sacrifices. Our coordinator Sr.J.Bincy represented the entire NSS Unit for the collection of financial aid to the project.

VISIT TO OLD AGE HOME AND DEMENTIA CENTER AT KOTTAPPADY

Remembering the old saying old is gold, on 15-9-2015, our volunteers paid a visit to the old age home and Dementia Center at kottappady. Thirty volunteers from the unit was accompanied by the supporting staff. The visit was really an eye opener to us. Our presence was really a consolation to the inmates. Our students entertained them, comforted them and was really eager to reach every inmates to talk to them. The visit left an evergreen memory in every minds.



N.S.S WORK REPORT MARCH 2016

A single drop of blood save lives.Emphasising this,the next program of month was a blood donation camp,in association with IMA on 15.03.2016 .The camp was inaugurated by Dr Sr Moly Clare our Wise Principal ,and felicitated by DR Vijayakumar,IMA Thrissur. The volunteers took pledge to donate blood voluntarily for 25 times and few teacher were able to donate their blood, out of a mass of students who came to join the venture. And 60 students participated in the blood group detection programme .By conducting this we were able to spread awareness among our students on the need to donate blood .



On 21.03.2016 NSS volunteers visited VICTORY CENTRE .There we could different children's with special character .They showed their talent ,we all were so amazed with their talent .Some danced ,singd, played. We collected and handover a kit of stationary items and sweets.



The NSS activities of this academic year was a grand success with the support of our principal, programme officer, supporting teaching staff and non teaching staff. "Not me but You" is our motto. We got the spirit of co-operation, selfless service, loving concern to poor and age old, faith and hope through NSS activities.