

NSS Report 2019-20

AbhayamBhavanaNirmanam

The volunteers volunteered to do manual labour in the month of may and help in the construction of the house under taken



Environment Day



The Environment Day was observed planting new seeds and saplings in the NSS garden. The unit distributed Seeds provided by the KrishiBhavan, Guruvayoor to Staff and Students in the college . They also planted and distributed around 1000 seedlings.

Eye Camp

The NSS unit organised an Eye Camp in Collaboration with RAB optical on 11th June 2019. Around 600 beneficiaries which included people from the locality and students made use of this opportunity



Talk on waste management and nature conservation



A talk on 'Clean air safe living' was arranged on 13th June 2019. All the volunteers and the UG students in the college attended the awareness programme

International Blood Donation Day



The International Blood donation Day was observed by the unit on 14th June 2019. The Volunteers went on a rally distributing leaflets to create awareness. Talk on safe blood donation was arranged in collaboration with The Department of Zoology. Dr Thanooja talked about safe blood donation and about diseases transmitted through blood.

Eye Camp at participatory village.

The NSS unit organised an Eye Camp in Collaboration with RAB opticals on 16th June 2019. Around 70 people from the locality made use of this opportunity.



Blood Donation Camp

A blood donation camp was arranged in the college on 18th June 2019. Around 130 people volunteered to donate blood among which 34 succeeded.



Yoga Day

The international yoga day was celebrated in a commendable way on 21st June. The volunteers gave a demonstration and attended a talk about benefits of yoga.



Anti-Narcotics Day

The Anti-Narcotics Day was observed by the unit on 26th June 2019. The programmes charted were group discussion, poster making and choreographing a street play.

Youth parliament

The volunteers participated in the youth parliament on 5th July called forth by the Guruvayoor Municipality. The volunteer representatives spoke out boldly about the challenges they face in volunteering.



Anti-Narcotic awareness rally and street play

The unit conducted an anti-narcotic awareness rally on 7th July 2019 around the Kunnamkulam bus stand. They also performed street plays at the bus stand, taxi stand junction, Municipal hospital and Biju road junction.



Youth Skills Day

As part of the Youth skills day the unit organised an interdepartmental on the spot eco-friendly product making contest on 16th July 2019. Around 70 students took part in the contest.



17 th July Eco friendly products expo.

“Saanch”

An intercollegiate Painting contest was arranged by the unit Sponsored by the SBI Chavakkad branch in commemoration of the 150th Birth day celebration of Mahathma Gandhi on 31st July 2019. Around 110 participants painted on the topic ‘Gandhi and truth’.



Swachathafortnight- Swachathapary2nd to 15th august

The swachatha fortnight of was inaugurated at the Guruvayoor municipal library on 5th August 2019 .The unit collaborated with the NehruYuva Kendra for this Zero waste venture. the volunteers cleaned thegurvayoor public library premises.



The swachathapary was observed in committed attitude. The volunteers took initiative to clean labs, classrooms, toilets. The road in front of the college, atm surroundings, bus stop, They motivated people of the locality to take up similar attitude and clean their surroundings. Each volunteer took up the mission in their own homes.



“Shanti yoddha”

The unit arranged an interdepartmental costume extempore contest ‘shanti yoddha’ on 8th August 2019 commemorating the Hiroshima Nagasaki day and in connection with 150th birthday celebration of Bapuji. The occasion became a moment to remember personalities from various eras who worked for the progress of humanity through nonviolent means.



Flood relief Camp visit.

The unit visited a flood relief camp at Mary Magdalene School on 13th august. There were around 70 people who were affected by the heavy rains, accommodated there. The volunteers gave information necessary to be taken care of during the floods through short quiz and other interesting programmes. On the whole the volunteers brightened the spirit of the camp dwellers.



Independence Day

In spite of heavy rains, the volunteers took active part in the celebration of Independence Day at the college.



Onam

On September 3rd, the unit celebrated Onam with the inmates of the dementia centre. The delicacies for the feast was prepared by the volunteers themselves.



Golden Jubilee of NSS

The NSS Day was celebrated in a befitting manner by the unit. The formal function was arranged in the Rani Maria NSS Hall. The Principal Rev Dr Sr Philo Jeas Inaugurated the Golden Jubilee Celebration and spoke motivating the volunteers gathered.



The main invitee to the function was our Abhayam Bhavana Nirmana Padhathi beneficiary Mr. Babu. The unit was glad to hand over the keys of the home through the principal. Mr. Babu spoke a few words of thanks and gratitude.



The Final year volunteers took turns to share their experience as a volunteer. The aspect that thrilled the gathering was the fact that all the seniors noted that they felt NSS in their blood and they were NSS Volunteer forever.



The Programme Officer Teresa J Heloise gave a brief orientation to the New NSS volunteers and the first years were officially initiated to NSS. Sweets were distributed. After the vote of thanks the volunteers went around the campus collecting Plastic waste and Cleaning. An exhibition of the NSS activities of the past two years in relation to the NSS day was arranged.

PoshanMaha September 1 to30

The month of September was punctuated with various programmes related to Healthy living, Nutritious eating and the like. On 17th of September forenoon a talk was arranged for the volunteers to create awareness among them about eating healthy. The resource person Sr. Lovely Jacob A, Assistant Professor, Department of Chemistry, spoke on causes of obesity and life style disease in youth, nutrition and malnutrition.



On 18th the volunteers enacted a eat healthy awareness street play at Mamiyoor junction. They also participated in debate.



On 19th September the volunteers prepared for talks and conducted awareness class at little flower school about harms of junk food and eating healthy.



21st September, the volunteers went on an awareness rally and home to home awareness campaign in ward 30, 31, 32 of Guruvayoor municipality. Saplings of nutritious vegetables and herbs were planted in homes.



23rd September, a door to door breast feeding campaign was done by the volunteers selecting homes with young children.



24th September, the unit joined hands with the women and child development section at Chavakad to welcome the PoshanExpress. They also performed a street play on this occasion.



Sachatha hi seva 3rd September to 27th October

25th September the volunteers along with department of English went on a cleaning drive to the Guruvayoor railway station.

27th September, volunteers went to the houses in the ward 29,30,31,32 of Guruvayoor municipality, gave them awareness on one time plastic use. They also collected e - waste from these homes.



28th September, volunteers segregated the waste collected into e waste, plastic bottles, one time plastic etc., for easy and segregated disposal of waste.



30th September the unit began its cloth bag making unit.



2nd October, Gandhi Jayanthi was celebrated by remembering Gandhi through a symposium, the afternoon section of the day was spent in shramdhan.



Legal Awareness Class

A class on Legal Awareness was arranged on 15th October afternoon by the unit. The whole college attended the programme. An interesting session was led by....



26th October, the volunteers went on a rally in and around the ward 12, 13 and 14 of Kunnamkulam Municipality.



29th October, the waste collected and segregated was disposed with the help of Clean India and by Guruvayoor Municipality. An ecofriendly bag unit was opened by the volunteers.

Vigilance week

31st October was observed as vigilance awareness day. A talk on the subject was rendered to the volunteers by Mr. Jimmy Paul, Vigilance Officer.



Peace Messenger (Kooda project)

As part of the KOODE project and in connection with the 150th birth year of Mahathma Gandhi, the unit took up a special task of spreading the means to grow peace and harmony. Every volunteer in the unit visited minimum of one institution and spoke to at least 40 students in the age group of 14 to 18 about how to enhance peace in oneself and surroundings. They took time to initiate discussion on various day to day difficulties they encounter.

The unit was successful in visiting around 42 institutions and speak to approximately 5000 students between the months of October and November 2020.



Helping at Chavakad Bloock Panchayath



Volunteers helping at Chavakad block panchayath in data entry on 21st, 22nd, 23rd October 2019.

Swap stall

A swap stall was arranged three consecutive weeks in November beginning from 5th of that month. The intention of the swap stall was to circulate usable items that someone does not want but another would want.



Back to Agriculture

A talk on the topic Back to Agriculture was arranged by the unit

on 8th November 2019 afternoon . This was attended by the whole college. The talk was led by the members from Guruvayoor Krishibhavan.



World Diabetic Day

The volunteers took part in the antidiabetic walkathon held at Thrissur as well as Guruvayoor on 14th November 2019.



World Aids Day

The Unit observe the World AIDS DAY by going on an Awareness Rally. They also enacted a street play conveying the message of AIDS control.



World Youth Day

The world youth Day was celebrated in a interesting way on 14th January 2020. The volunteers were given chance to express their feelings about being young...and also to share their dreams, aspirations and fears. This led the group to feel some kind of unknown connection within themselves. The other programmes on the day were One minute Games and debate.



Road Safety Week

As a part of observing the road safety week the unit distributed Pamphlets containing Road safety measures/ traffic rules at the nearby petrol pumps on 15th January 2020.



Anti-addiction Pledge

The whole college including the staff and students took the Anti addiction pledge on 16th January 2020.



Fit India Day

In connection to the Fit India Day the unit went on a slow run on 18th January 2020. All most all the volunteers participated in this event which intended to spread the message of good health and the necessity to eat healthy and exercise.



Palliative care Day

In connection with the Palliative care Day the DMO's Office Thrissur had arranged a Poster contest on 23rd January 2020. The volunteers from our unit participated in it.



The poster made by Hafnah was selected as first and thereby next year's palliative care day poster. She was awarded on 25th January 2020 Palliative care day at a district level function arranged at St.Thomas College, Thrissur.



Republic Day

The Unit observed the Republic Day in the college and then participated in the Republic Day flag hoisting and Parade at the Guruvayoor Municipality. The Unit received First place in the parade.



Self Defence

A self-defence class was arranged on 11th February 2020 in collaboration with Kerala Police.



Eco Friendly Bag Making Course.

Volunteers Jissa, Hafnah, Seemaya and went to Prajothi Nikethan College, Puddukad as resource persons on 26th February 2020 to engage the students there in eco-friendly bag making. They taught them to make paper bag and two types of cloth bags.



Woman's Day

The unit went out on a rally and street play about woman empowerment on 8th March.

