



ST. GREGORIOS COLLEGE KOTTARAKARA

3.4.1. Extension Activities





UNIVERSITY OF KERALA
NATIONAL SERVICE SCHEME



NOT ME BUT YOU



Unit No.30 A & B
ST. GREGORIOS COLLEGE,
KOTTARAKARA
(Re Accredited By NAAC with A Grade)

UNIT ACTIVITIES 2022-2023

PREFACE

St. Gregorios College, Kottarakkara, Kerala, the first and only higher educational institution in Kottarakkara Taluk was named after St. Gregorios of Parumala, the canonized saint of Malankara Orthodox Church. The Institution was founded in 1964 by His Holiness Moran Mar Baselios Marthoma Mathews II, former Catholicos of the East and Malankara Metropolitan. The college affiliated to the University of Kerala is under the aegis of St. George Bethlehem Ashram, Chengamanad, Kottarakkara, and has been catering to the educational needs of all sections of people in and around Kottarakkara. The institution is in its 58th year of envious existence reiterating its motto “**Study Serve and Sanctify in God**”. The college has been accredited by the NAAC, with B++ grade in 2006 and re-accredited with A Grade in March 2022.

The NSS unit has been contributing a major role in achieving the motto of the institution. Moreover, NSS students with great enthusiasm contribute their best for the betterment of rural communities and society. The social service and extension activities conducted by the NSS unit aims at developing the talents of the students and making them responsible citizens with social commitment. The NSS unit had constructed homes for homeless people, and various other social service activities were conducted by the unit. They organize legal awareness lectures every year to make the students aware of their duties and responsibilities as an Indian citizen. The Red Ribbon Club of NSS unit conducts HIV and AIDS awareness camps within the campus and also at public places. The club also actively takes the initiatives of spreading awareness about blood donation and massive blood donation camps are organized. Palliative care activities supply medicines, clothes, food and care to the needy persons.

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ABOUT THE NSS UNIT

The National Service Scheme of St. Gregorios College, Kottarakkara comprising two units has won many accolades in the past years. The unit was recognized with the Indira Gandhi National Award for the Best NSS unit in the year 2013- 2014. In the year 2013-14 & 2014-15 the unit won the award for the Overall Best Unit, Best Programme Officer and Best Volunteer at the University Level in the year 2015-2016, 2016 -17, 2017-18 , 2018-19, 2019-20, 2020-21 and 2021-2022. During the year 2019-2020, certificate of appreciation for the programme officer and best NSS Volunteer award is achieved through **Prof. AshaG** and **K S Parthasarathy**. During the year 2018-19, **Jyothis Raj**, 2019-20 **K S Parthasarathy**, 2020-21 **Karis George Koshy** has achieved The Best NSS Volunteer Award from University of Kerala. Our NSS Unit got **Best Palliative Care Unit award during 2021-2022**. **NSS Unit also got District Level Best Units Sparsham Project 2021**. **During the academic year 2021-2022, our NSS unit got Best Unit, Best Programme Officer, Best Volunteer award, First time SajithBabu Memorial award**. The unit bagged the best volunteer award through Sri. **Jishnu**, representative of University of Kerala in the **Republic Day** parade in Delhi and **AjmalSha J**, a Bonafede volunteer of our unit, also represented the University in the **Republic Day** parade in the year 2018. Our NSS unit has been working relentlessly and continuously, keeping pace with the needs of the society and with the plans of the policy makers. The unit has organized numerous community development and social work activities over the years.

Some of the highlights of the services of the NSS unit in 2020 - 23 are the **student palliative care unit activities, Covid Warriors activities, Kerala flood relief activities, energy conservation project, the implementation of the welfare projects in the adopted colonies by providing them with necessities like food, medicines etc. Blood donation camps, Leadership training, Inter Collegiate competition programmes, Cultural programmes, Programmes to fight against social evils like Aids, drug abuse and awareness programmes on zero waste management, cancer and other health issues, Onam kits distribution, etc.**

The National Service Scheme Unit of St. Gregorios College has three adopted colonies- Gurumuttam colony ward 4, Thozhuvattamkuzhy colony ward 4 and Thoikonam school colony ward 7 of KottarakkaraGramapanchayat. The unit has been working relentlessly and continuously, keeping pace with the needs of the society, especially the domiciles of the adopted colonies and to improvise their socio- economic status. The unit has a remarkable period during the academic year 2022– 2023 with a wide range of programmes enlisted in this report.

Camps/Workshops/External Programmes

During the academic year **2022-2023**, programmes are conducted both online and offline modes.

Sl. No	Name of camp/programme/ workshop	Organized by	Place	Date	No: of days
1	National integration Camp	NSS Regional directorate & NSS Cell	Mary Matha Arts & Science College, Mananthavady	04/03/2023 to 10/03/2023	7
2	National Youth Festival 2023	NSS Regional directorate & NSS Cell	Hubbali–Dharwad, Karnataka from 12 to 16 January 2023.	12/01/2023 to 16/01/2023	5
3	Indian Parliament Visit	NSS & NYK	Indian Parliament, Delhi	31 /10/ 2022	1
4	Adventure Camp	NSS Regional directorate & NSS Cell	Pong Dam at Himachal Pradesh	29/10/2022 to 07/11/2022	10
5	Volunteer Leadership Training Camp,Prayathna	NSS, Kerala University	Student's Centre, University of Kerala, Thrivananthapuram	23/09/2022 to 25/09/2022	3
6	Palliative Care Training Programme	Pallium India, Kerala University NSS Cell and Department of Student's services	Student's Centre, University of Kerala, Thrivananthapuram	27/07/2022 to 29/07/2022	3
7	Vimukthi Camp	Kollam District NSS Unit and Excise Department Karunagappally	Excise Department Karunagappally	04/10/2022 to 05/10/2022	2
8	Vimukthi Camp	University of Kerala	Govt. BJM Govt. College, Chavara	29/10/2022	1

		and Kollam, Pathanamthitta, Alappuzha District NSS Unit			
9	Annual seven day special camp Chirath 2022	NSS Unit St. Gregorios College	Baselios Marthoma Mathews II Teachers training College, Kottarakara	21/12/2022 to 27/12/2022	7
10	Workshop	Our NSS unit together with Ministry of youth affairs and sports, Nehru Yuva Kendra Kollam conducted a Career Guidance Workshop 2023	Our NSS unit together with Ministry of youth affairs and sports, Nehru Yuhakendra Kollam conducted a Career Guidance Workshop 2023	18/03/2023	1
11	District Level Neighbourhood Youth Parliament	Govt. of India, Ministry of Youth Affairs – NYK & NSS	SN College Kollam	18/02/2023	1
12	Yuva Utsav 2022	Govt. of India, Ministry of Youth Affairs – NYK & NSS	SN College Kollam	15-10-2022	1
13	Training in Youth Leadership and Community Development (TYLCD)	NYK, Kollam	Marthoma Dhyana Theer am, Perungalam, Munroe Islands, and Kollam	03/03/2023 to 05/03/2023	3
14	The Citizen 2022	Constitution literacy Campaign organised by Kollam district planning committee and KILA	KILA Kottarakara	11/05/2022 To 12/05/2022	2
15	Workshop	Govt. of Kerala,	SN College Kollam	23/02/2023	1

		Social Justice Department, Higher Education Department & NSS State Cell			
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Important days observed by the NSS unit during the year 2022 – 2023

Sl No.	DAY / PARTICULARS	DATE
1	World Environment Day	05/06/2022
2	World ocean day	07/06/2022
3	World day against child labor	12/06/2022
4	World Blood donor's day	14/06/2022
5	World reading day	19/06/2022
6	World Yoga day	21/06/2022
7	International day against Drugs	24/06/2022
8	World population day	11/07/2022
9	Kargil Memorial Day	26/07/2022
10	Hiroshima day	06/08/2022
11	Independence Day	15/08/2022
12	Sadhbhavana day	20/08/2022
13	Onam celebration and kit distribution	02/09/2022
14	Teachers day	02/09/2022 05/09/2022

15	World Literacy Day	07/09/2022
16	Ozone day	16/09/2022
17	World Bamboo day	18/09/2022
18	NSS Day	24/09/2022
19	Elders Day	01/10/2022
20	Gandhi Jayanthi	02/10/2022
21	Children's Day	14/11/2022
22	National Integration Day	19/11/2022
23	International day for the elimination of violence against women	25/11/2022
24	World Aids day	01/12/2022
25	Human Rights Day	10/12/2022
26	Christmas	25/12/2022
27	National Youth day	12/01/2023
28	Palliative Care Day	15/01/2023
29	Republic day	26/01/2023
30	Martyrs day	30/01/2023
31	Cancer Day	04/02/2023
32	Women's Day	08/03/2023
33	Forest Day	21/03/2023

CHAPTER 1

VIMUKTHI

1. VIMUKTHI

Vimukthi is an anti-narcotics campaign launched by the Government of Kerala to highlight the seriousness of the situation and to create awareness among the people, especially the youth. It is a collective effort aims at eradicating all sorts of narcotic substances from our society. St. Gregorios College Kottarakara participated in the Vimukthi program organized by the National Service Scheme State Office under the auspices of the Department of Higher education.

National Service Scheme Unit of St. Gregorios College Kottarakara has been one among the prime unit of Kerala University which is been renowned for its activities of anti-intoxication that includes various outlooks like awareness programmes, rallies, competitions like debates, quiz competitions, flash mobs, exhibitions, street play, friendly football match etc.

1.1 Bodhapournami

As per the circular from Kerala University regarding the anti-intoxication programmes NSS unit of St. Gregorios College Kottarakara has planned and initiated many programmes. The whole programmes made under the title **Bodhapournami**. The programmes in unit level includes is shown in the table.

SL.NO.	Date	PROGRAMMES
1	24/06/2022 & 12/08/2022	Awareness sessions
2	06/08/2022	Anti – Intoxication Squad
3	06/08/2022 & 11/10/2022	Quiz Competition
4	06/08/2022	Open Talk Sessions
5	06/08/2022	Vimukthijwala
6	11/08/2022	Class Wise Campaigns
7	11/08/2022	Exhibition
8	14/08/2022	Wall Painting
9	12/09/2022 to 17/09/2022	Poster Making
10	21/09/2022	Poster Inauguration
11	21/09/2022	ICPF Awareness Session and Drama
12	04/10/2022 to 05/10/2022	Vimukthi Two day Residential Camp
13	06/10/2022	Speech by CM
14	15/10/2022	Flash Mob

	& 01/12/2022	
15	24/10/2022 to 29/10/2022	Wall Painting at College Campus
16	27/10/2022	Manushyachangala
17	29/10/2022	One Day Training Programme for Vimukthi Club Volunteer Leader
18	31/10/2022	Unity Run
19	31/10/2022	Inauguration of Wall Painting
20	31/10/2022 & 23/12/2022	Oath Taking
21	01/11/2022	Rally
22	01/11/2022	Sign the board
23	09/11/2022	Friendly Football Match
24	26/11/2022	Inspection at College Campus
25	08/12/2022	Poster Pasting for Public awareness
26	21/01/2023	Bodhapournami Magazine Making
27	27/01/2023	Street Play
28	04/02/2023	Prize Distribution
29	06/02/2023	Deaddiction Centre Visit
30	27/10/2022 23/02/2023 23/03/2023 & 31/03/2023	AsaadSena
31	25/03/2023	Short Film Making

1.2 Awareness Sessions

As part of Bodhapournami, awareness programmes were conducted for volunteers.

1.2.1 Anti-intoxication and Judicial Protection

The session was taken by Adv. Satheesh Chandran, Taluk Legal Service Society, Kottarakara. The session was conducted on 12th August 2022 where discussions and interactive session over anti-intoxication and laws related to the same in our Indian judicial system were also spoken on. The session was very informative and volunteers got an idea about the laws behind it.

1.2.2 Anti-intoxication Awareness

The session was conducted on 24th June 2022 as a part international day for drug abuse and illicit trafficking day. The session was taken by Binoj Kumar K C, Civil Excise Officer, Kottarakara. The session was very informative and students aware about different situations in their day today life. Volunteers take a pledge after the awareness sessio



Session by Adv. SatheshChandran and Binoj Kumar and pledge taking

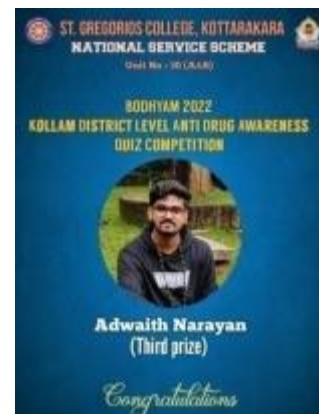
1.3 Bodhapournami Activities

As a result of the unit level meeting for the discussion based on the Vimukthi circular, an anti-intoxication squad was created. NSS volunteer Nandana A S was selected as the squad leader. On the same day quiz competition, open talk session and Vimukthijwala is conducted. The title of the open talk section was "Solutions to curb the issues of drug abuse among youngsters ". NSS volunteers were able to hear many experiences through this section. The unit also coordinated a lamp lighting programme, in which everyone light the candle which indicates the light of wisdom that flamed in their heart. This promise marked the real beginning of the programme.





On October 11, 2022 NSS unit conducted a quiz competition as a selection process for district level quiz competition “Bodhyam 2022” by NSS and Excise Department. Volunteer **Adwaith Narayanan** was selected for the same and **got third position** for it.



1.4 Class Wise Campaigns

In order to sensitize the adverse effect of drugs, certain programmes were conducted on the district. As the part of the Mission, the NSS volunteer conducted a campaign to give awareness on harmful effect of drug usage to the students of their college. For that, they moved on different classes of respective department and gave awareness to ‘The Mission Bodhapournami’.

Through this Campaign, The Unit was able to make students of the college to be aware about the programmes; Held and to be held as a part of anti - intoxication programmes; aiming to spread the ideas of the need for a drug free society of youth.



Class Wise Campaign - Programme Officer Asha G and volunteers

1.5 Exhibition

An anti-intoxication exhibition named Bhodhapornamy Expo on 11th August 2022. The ideas posters awareness picturizations were all part of the expo presentations. An Exhibition was conducted on August 11th 2022 based on the programme 'Bodhapournami' an anti - drug Campaign.

The exhibition was conducted by the posters made by NSS volunteers.

The all posters were based on anti-drug awareness. Posters was made by the NSS volunteers, they highlight the importance of Mission Bodhapournami. Each poster convinces the different ideas. Each person have different point of view or different ideas based on that, we decided to make posters for the exhibition. We were arranging a class for conducting the exhibition. Then we collected all the posters made by the volunteers and arrange them in the Hall. Then we allowed all the students in the college to explore the exhibition and this created awareness among all the students in the college about the anti-drug Campaign.



Exhibition conducted at College

1.6 Wall Painting

Volunteers Hari A R and Gopika had been in the wall painting programme at Karunagapally by Excise Department on 14 August 2022. The painting was done to spread

awareness to the society about the bad effects and consequences of the drugs. This had received a widespread attention from the people.



Wall painting at Karunagapally

1.7 Poster Making

The awareness activities were also extend on poster makings where volunteers made an enlarged sized poster on anti-drug awareness which is to be inaugurated and submitted for community level activities of the unit.

The awareness activities were also extended on poster makings where volunteers made an enlarged sized poster (containing 9 charts) on anti-drug awareness. All the 9 charts were made by 9 different groups of 2 or 3 volunteers and sticked together on a frame and this programme was inaugurated by Benny George, Excise Officer Kottarakara. The volunteers behind in this frame got appreciation for their hands as well. The poster created a wide awareness around the college campus.



Poster made against drugs

1.8 Poster Inauguration

The volunteers have made a huge poster on the anti-drug programme “Vimukthi ”, which was made to make a wide awareness to the students and staff of the college. The poster was inaugurated by **Benny George**, Excise Officer Kottarakara. The poster has created an anti-toxic environment around the campus. The poster was hug on the main entrance of the college office block so that many people who come to college can witness the truth that the society is going through. Also, it made them aware of the harmful effects of drugs.



News paper report

1.9 I.C.P.F (Inter Collegiate Prayer Fellowship) awareness session and Drama

Drug is a thing which is killing our society for some time, but it has to be stopped. So as a first step for that a program was conducted at the St. Gregorios College, Kottarakara by ANGELOS a part of ICPF(Inter Collegiate Prayer Fellowship). All the students have participated in the programme which was a visual effect for the students on the various problems and side effects of drugs and over use of social Medias.

It was a part of the 'Kerala anti-drug Yathra' from ICPF which they have travelled around Kerala in spreading the idea "drug is a killing machine ". On which welcome speech was done by Samuel Daniel (Kollam ICPF coordinator). Excise Vimukthi Mission and SG College NSS Unit jointly coordinated the programme. EzhukoneVimukthi Coordinator Vishnuraj gives the message and Civil Excise Officer K C Binojkumar takes the pledge.

They have given wonderful and thoughtful moments to the students which have made them spend some time thinking about their habits. Also, it has given them courage to speak up on the various problems they face. The act was well prepared and presented by them to tell the audience about the effect of drugs in our life.





Excise officer taking the session

1.10 Vimukthi Two Day Residential Camp

The use of drugs has increased with the time. For the reduction and to stop the use many camps and programmes have been conducted throughout the state. As a part of this a camp was organized by the Karunagappally Excise and Kollam District NSS Units combined to put on a camp for the student on October 4 and 5, 2022 at Karunagappally Excise Office.

NSS volunteers Gopika, BrijeshBabu, AbyKunjumon, Hareesh H and NSS PO Asha G have participated in the two day residential camp. The camp was inaugurated by Merin Joseph IPS. She gave a wonderful speech which was a motivation to the volunteers, to fight the battle against drugs. Also, on the two-day camp many personalities have taken sessions. The Sessions were not only on drugs, there were topics about cybercrime and its laws and other factors.

The camp has given a brief knowledge to the volunteers on how to fight drugs and cyber-attacks. They have grasped many ideas to implement it in society. So that we can eliminate substance abuse among the youth of the society and come out from this situation which is faced by the generation.



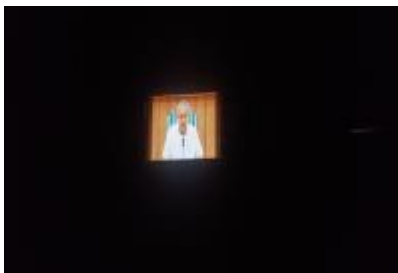


Programme photos

1.11 Speech by CM

In confine with Vimukthi, an interactive session was taken by the Chief Minister of Kerala PinarayiVijayan to the students all over Kerala about the causes and consequences of using drugs. In connection with this a live streaming was conducted in the college Digital Theatre for the students.

The Chief Minister proposed initiatives and advices can be done to demolish the harmful effects of drugs. It was about an hour long. After that YouTube videos created by the NSS volunteers against drugs was displayed on the screen.



1.12 Flash Mob

Flash mob at College Campus and KSRTC Bus Stand

As part of 'Vimukthi', the team 'Bodhapournami' has conducted flash mob at their college basketball court. After the flash mob, a rally was conducted by the NSS volunteers in the campus and raised slogans against the drunkenness. As the Vimukthiprogrammes extended to the community as an awareness to the society the NSS volunteers have performed a flash mob at the Kottarakara KSRTC bus stand, by the support of the Kottarakara Municipality. The programme was an eye opening for most of the persons at the bus stand. Programme Officer Asha G and Leader Nandana A S and Bodapournami members lead the programme.



Students performing flash mob

1.13 Wall Painting at College Campus

In connection with Bodhapournami a wall painting has been painted in the campus. A group of 14 NSS volunteers created the wall against drug abuse with guidance of NSS Programme Officer **Asha G**. The painting has been painted in the student's parking space, which is nearer to the entrance of the college, so that all the students and other people can see and think about it. The picture painted was affiliated by the Excise department. This helps to create awareness among the students and a wide range of other people.



Wall painting

1.14 Manushyachangala

As part of eradicating drugs from the society, a 'Manushyachangala' was organized by the municipality in which the NSS volunteers were also joined. It was on the motto to build human wall against drug abuse. The programme enlightens and awareness to the people. Also, lot of other people have joint with the NSS volunteers by seeing and get inspired to build a wall against drugs.





Manusyachangala

1.15 One Day Training Programme For Vimukthi Club Volunteer Leader

As part of the Anti- Drug Campaign, a One-day Training Programme for Vimukti Volunteers 2022-23 was organized by Kerala University. The programme was conducted at BJM Govt.College, Chavara on 29th October. Our NSS volunteer, **Nandana.A.S** participated in the Training Programme.



Vimukthi camp at BJM College, Chavara

1.16 Unity Run

As a part of Unity Day, The Unity Run program was jointly organized NSS Unit and Kollam Nehru Yuva Kendra on October 31, 2022. Municipal Chairman A Shaju flagged off the program. NSS Volunteers participated for the Unity Run Program emphasizes the importance of everyone working together to promote anti-drug activities as this year the theme of the programme was set to be drug free youth.



ദേശീയ ഏകതാ ദിനാഘോഷം നടത്തി

കൊട്ടാരക്കര: കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളേജിൽ ദേശീയ ഏകതാ ദിനാഘോഷം നടത്തി. സെന്റ് ഗ്രിഗോറിയോസ് കോളേജ് എൻ്റേഴ്സൈസ് യൂണിറ്റും കൊല്ലം നെഹ്റു യുവകേന്ദ്രവും സംയുക്തമായാണ് യൂണിറ്റി രണ്ട് പ്രോഗ്രാം സംഘടിപ്പിച്ചത്. കൊട്ടാരക്കര രുനിസിപ്പൽ ചെയർമാൻ എ ഷാജു പ്രോഗ്രാം ഫ്ലാഗ് ഓഫ് ചെയ്തു. ലഹരി വിരുദ്ധ പ്രവർത്തനത്തിന്റെ പ്രചാരകാവാനെ എല്ലാവരും ഒത്തൊത്തയോടെ പ്രവർത്തിക്കേണ്ടതിന്റെ പ്രാധാന്യം നൽകുന്ന യൂണിറ്റി രണ്ട് പ്രോഗ്രാമിന് എൻ്റേഴ്സൈസ് വോളണ്ടിയേഴ്സും എൻ്റേഴ്സൈസ്

വൈകെയും ഒരുമിച്ച് പ്രവർത്തിക്കുകയും ഏകതാ ദിന പ്രതിഭാസങ്ങളെയും ചെയ്തു. പ്രോഗ്രാം ഓഫീസർ ജി ആശ, എൻ്റേഴ്സൈസ് ഡോ.പൗർണ്ണമി കോഡിനേറ്റർ ലിയ അന്ന യോഹന്നാൻ, ആൽബിൻ സജു, അലൻ സാബു, നന്ദന, അലൻ സാബു പട്ടാഴി, യതിൻ, എ വി ഗണേഷ്, ലക്ഷ്മി എന്നിവർ നേതൃത്വം നൽകി.

CHANGE OF NAME
I, SHAHUL HAMEEDU THADATHIL JAMAL, holder of Passport Number K 7817215 do hereby change my name to SHAHUL

1.17 Inauguration of Wall Painting

After the completion of wall painting, inauguration was conducted on 31 October 2022. This was inaugurated by Kottarakkara Excise Officer Benny George. The volunteers behind the wall painting explained the theme behind it. It was really appreciated by the entire excise department team. Inauguration session was lead by Nandana and Bodhapournami team members.



ലഹരിക്കെതിരെ ചുവർ ചിത്രവുമായി വിദ്യാർത്ഥികൾ



കോട്ടാരക്കര: കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളേജിൽ ദേശീയ ഏകതാ ദിനാഘോഷം നടത്തി. സെന്റ് ഗ്രിഗോറിയോസ് കോളേജ് എൻ്റേഴ്സൈസ് യൂണിറ്റും കൊല്ലം നെഹ്റു യുവകേന്ദ്രവും സംയുക്തമായാണ് യൂണിറ്റി രണ്ട് പ്രോഗ്രാം സംഘടിപ്പിച്ചത്. കൊട്ടാരക്കര രുനിസിപ്പൽ ചെയർമാൻ എ ഷാജു പ്രോഗ്രാം ഫ്ലാഗ് ഓഫ് ചെയ്തു. ലഹരി വിരുദ്ധ പ്രവർത്തനത്തിന്റെ പ്രചാരകാവാനെ എല്ലാവരും ഒത്തൊത്തയോടെ പ്രവർത്തിക്കേണ്ടതിന്റെ പ്രാധാന്യം നൽകുന്ന യൂണിറ്റി രണ്ട് പ്രോഗ്രാമിന് എൻ്റേഴ്സൈസ് വോളണ്ടിയേഴ്സും എൻ്റേഴ്സൈസ്

Wall painting Inauguration

1.18 Oath taking

1.18.1 Community Level

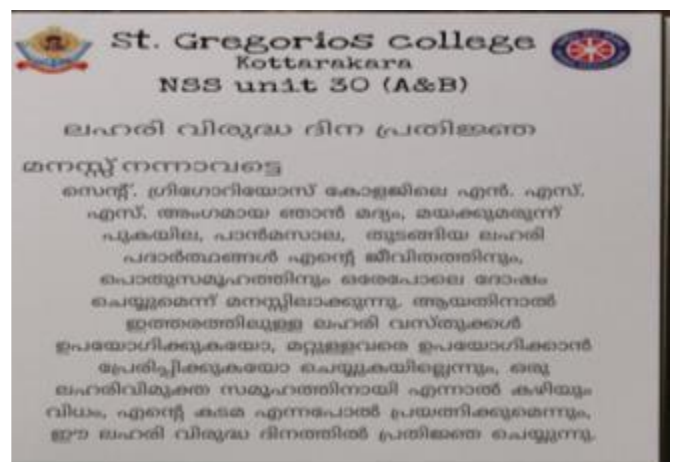
We took a pledge **Liya Anna Yohannan**, Senior Volunteer Secretary was taken the pledge to other volunteers. The theme of the pledge was the a strong Armor to the society from the usage of drugs able to fought against drugs and willing to give awareness to the society by explained the adverse effect of drugs. Oath is taken at Meenpidipara ecotourism centre.



Taking the oath

1.18.2 Unit Level

At unit level they took a pledge. Liya Anna Yohannan, Senior Volunteer Secretary was taken the pledge to other volunteers. The theme of the pledge was the strong Armor to the society from the usage of drugs. All volunteers, Programme officers, principal and officers from the excise department gathered here taken the pledge. Through this pledge, all volunteers were able to fight against drugs and willing to give awareness to the society by explained the adverse effect of drugs. The pledge was written by our NSS volunteer Yathin. T



Pledge taken by the volunteers

1.19 Rally

Unit as a part of its Community level anti intoxication programmes had join hands with the excise department, Kottarakara to conduct a “LahariMuktha Nava Kerala rally” through the Kottarakara town on November 1, 2022.



Rally conducted in community level

1.20 Sign the Board

As part of anti-drug awareness, a white board signing programme was initiated on the theme ‘Say No to Drugs’. All the college students and teachers participated in that programme. That showed the minds that united for removing the toxic substances from our society. This was a great motivation for the volunteers for put forth this activity for uplifting our society from drugs. Also, it was a great initiative to make everyone aware about the effects of drug usage by the unified effort of both students and teachers.



Students and teachers signing the board

1.21 Friendly Football Match

As a part of eradicating drugs from the society a friendly football match was conducted at Adoor on November 9, 2022. One of the NSS volunteer **SarathLal S** had participated for the same. This initiative could create awareness among the youth about the need of prevention of drugs.



1.22 Inspection at College Campus

A group of excise officers along with **Benny George** (Excise Officer, Kottarakara) visited our campus. They inspected the surroundings of the campus and give some instruction about the places. NSS volunteers and Programme Officer Asha G assisted the team.



Inspection by the Excise Officers

1.23 Poster pasting for public Awareness

Volunteers also did public awareness by pasting the posters of the anti-intoxication programmes in public pass ways. Poster is also pasted in the college campus.





Volunteers pasting the poster in public place and college campus

1.24 Bodhapournami Magazine Making

A Newspaper magazine was made by the volunteers of the unit named Bodhapournami which had collections of newspaper articles related to anti intoxication and case study examples in the same which were collected by the volunteers.



Volunteers doing the magazine work



Magazine release

1.25 Street Play

AbyKunjumon, NSS Volunteer of the unit had been part of street plays been played as a community programmes to spread awareness among races on drugs and its ill harms.



Street play at the public place

1.26 Prize Distribution

The Prizes of the competition conducted through the awareness campaign by the unit as a part of anti-intoxication activities were distributed in a appreciation ceremony on February 4, 2023.



Prize distribution

1.27 Deaddiction Centre Visit

NSS volunteers of St.Gregorios College Kottarakara visited Aswasdeaddiction Center Valakom. This deaddiction center is under the supervision of MalankaraMarthoma Syrian Church, kottarakaraPunalur Diocese. This institution came into existence in 2018. The main stages of treatment methods are awareness, treatment, follow up and after care.



Discussion with officers of deaddictioncentre

1.28 Short Film Making

The unit also conducted a short film competition for the volunteers of the NSS unit and the students of St. Gregorios College Kottarakara. The videos were uploaded on the official YouTube channel of the unit for public awareness. Link is shown.

1. Link: https://youtu.be/E-26kEYAGZ0?si=uA_eqAZMWNSsUPDT
2. Link: https://youtu.be/DGahjqe01uc?si=83S0JKPiRHsZpb_r
3. Link: https://youtu.be/yDq3ToogIsE?si=0q-L7M76u_p1Cazo

1.29 ASAAD SENA

1.29.1 State Level Inauguration

Asaad Sena is an anti drug Karma Sena formed jointly by NSS and NCC volunteers. The official inauguration of the Asaad Sena was done by Honourable Higher Education Minister on 27 October 2022 at Jimmy George Indoor Stadium. Volunteers of our college viewed the live streaming ceremony of this inauguration programme.



1.29.2 District Level One Day Workshop for NSS Programme Officers

Government of Kerala, Department of Social Justice, Higher Education Department, NSS State Cell jointly organised a one day workshop for NSS Programme Officers at SN College Kollam on February 23, 2023 in connection with AsaadSena. NSS Programme Officer Asha G participated in this programme.



1.29.3 AsaadSena Unit Formations

As per the University Circular the Anti-drug Sena called AsaadSena was formulated with 20 volunteers on 23 March 2023. It is formed on the intention to break the chain of drugs from the society.

The first meeting was held on 30 March 2023. In that meeting they planned the upcoming activities and the date for inauguration was fixed also the volunteers made posters against the usage of drugs. That was really helpful for creating awareness on the usage of drugs among the students.

1.29.4 Asaad Sena Unit Inauguration

The Asaad Sena unit of our college was inaugurated by the Kottarakkara Excise Circle Inspector Vinoj. It was presided over by the college principal Dr. Sumi Alex. The function began with the NSS choir. The NSS Programme Officer Prof. Asha. G welcomed the gathering. A session on the harmful effects of drugs was taken by Vishnu T, Kottarakkara Excise Preventive Officer. NSS Programme Officer Dr. Manu V offered felicitation for the function. The inaugural session was concluded by the thanking note of Alan Sabu (Asaad Sena Leader).

As part of spreading the message to create a strong and healthy future generation from the hands of drugs a tree named as HOPE TREE was created. The volunteers wrote and tagged their thoughts on the impacts of using drugs.

An exhibition of posters against drugs was arranged. Those posters were made by the volunteers. It expressed the harmful side of drugs in human life. The programmes ended up with the National Anthem.



Newspaper Cutting

CHAPTER 2

HOSPICE AND PALLIATIVE CARE

2.1 Introduction

NSS Unit of St. Gregorios College Kottarakara has always given prior importance to Palliative Care work as a part of NSS social services provided by NSS Volunteer. The title of **College Level First Student Palliative Care Unit in Kollam District** for NSS unit SGC evidences the same. From then (since) NSS Unit of SGC holds a student's unit for palliative care which runs parallel with NSS annual activities in collaboration with Taluk Hospital Kottarakara which performs continuous activities like palliative care field works with trained volunteers, blood donations, medicine supplies, financial charitable supports, awareness programmes and so on. The report below shows detailed information about activities and social works held by the palliative care unit of St. Gregorios College Kottarakara. This includes

- ❖ Volunteer Training
- ❖ Student Palliative Care Unit
- ❖ Survey and data collection
- ❖ Home care field visit
- ❖ Gandhibhavan visit
- ❖ Cloth donation
- ❖ Medicine supplies
- ❖ Food supplement supply
- ❖ Wheelchair donation
- ❖ Palliative care day celebration

By recognising the activities in this field our NSS Unit was awarded with **Best Palliative Care University Award** in the period **2020-21**. **Ms. Asha G** who is awarded with Best Programme Officer Award and **Yathin T** also get award for Best Palliative Care Volunteer by Kerala University. Unit also got the best Palliative Care award during the year **2021-2022**.

2.2 University Level and District Level Training

2.2.1 University Level Training Programme 2022

A three-day residential camp was held at Kerala University Student's Centre PMG Thiruvananthapuram on 27 to 29 July 2022 by the Pallium India. Also, the camp was inaugurated by Prof. (Dr.) V.P. Mahadevan Pillai, Honourable Former Vice Chancellor of Kerala University. **Alan Sabu** had participated in this training programme.



University level three-day camp

2.2.2 District Level training Programme 2022

A one-day camp for the student Palliative members around the Kollam, Alappuzha and Pathanamthitta districts from various colleges were held on 13 August 2022 at Baby John Memorial Govt. College Chavara, Kollam. Dr. SujithVijayanPillai (MLA Chavara) officially inaugurated the session and delivered inaugural address for the session. The session was arranged with Pallium India. The session was carried out by Mr. Sajan V.S. (nurse in charge in-patient facility Pallium India) and other faculties of Pallium India. Volunteer **AlbinSaju** from our Student Palliative Care Unit attended the awareness class.

2.3 Unit Level Training

2.3.1 Unit Level Awareness Session 2022

The orientation session for the new batch of palliative care was conducted by **Alan Sabu** (Volunteer Leader Palliative care unit Batch 2022-23) for the NSS volunteer batch 2022-24 where he took a detailed class on Palliative Care explain what who were and how on Palliative Care with the help of his experience on Palliative Care activities like home care and lessons from university level Palliative Care training conducted by Pallium India.

The orientation session for the new batch of palliative care was conducted by **Alan Sabu** (Volunteer leader Palliative care unit Batch 2022-23) for the NSS volunteer batch 2022-24 where he took a detailed class on Palliative Care explain what who were and how on Palliative Care with the help of his experience on Palliative Care activities like home care and lessons from university level Palliative Care training conducted by Pallium India.



Unit level orientation class by volunteer Alan Sabu

2.4 Survey and Data Collection

2022

A survey was conducted on palliative care patients on the locality of the adopted village of NSS unit of St. Gregorios College, Kottarakkara and also details of them after lives post covid was too studied. The details of palliative care patients were noted for further activities and programme to be implemented for them.

CHAPTER 3

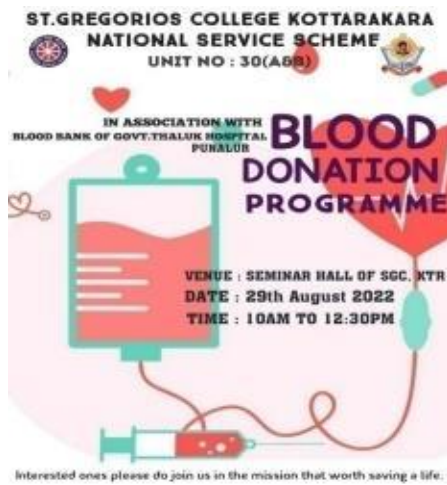
BLOOD DONATION

Blood donation can also be called as life donation because blood is life. If we donate it, we are giving a second chance and hope to people which can be donate at an interval of every three months. So, as a chance for giving a hope to people the NSS Unit conduct blood donation camps at every three months interval which has made lot people to donate blood as a part of their life. This initiative is receiving a huge support from the college as well as from the community.

3.1 Blood Donation Camp - 29 August 2022

Blood donation camp was conducted on 29th August 2022 by NSS Unit of St. Gregorios College Kottarakara collaborates with Blood Bank of General Hospital Punalur.

From 10-1, 40 unit Blood was donated.



Volunteer **Alan sabu**, and Prof. **Asha G** donating blood



3.2 Blood Donation Camp 9 December 2022

Blood donation camp was conducted on 9th December 2022 by NSS Unit of St. Gregorios College Kottarakara collaborates with IMA Kollam and HDFC Bank. The Camp was inaugurated by Mr.Shaju A, Chairman Kottarkara Municipality. 30 Blood Donors Participated in the donation. 24 units of blood are donated.



ShajuChairman &Volunteer **Liya Anna Yohannan**donating blood



രക്തദാന ക്യാമ്പ്

കൊട്ടാരക്കര: കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളജ് എൻ എസ്എസ് യൂണിറ്റും കൊല്ലം ഐ എംഎയും എച്ച്ഡിഎഫ്സി ബാങ്കും സംയുക്തമായി രക്തദാന ക്യാമ്പ് സംഘടിപ്പിച്ചു. കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളജിനടന്ന ക്യാമ്പ് കൊട്ടാരക്കര മുനിസിപ്പാലിറ്റി ചെയർമാൻ എ. ഷാജു ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പാൾ ജി പി ബീന അധ്യക്ഷത വഹിച്ച ചടങ്ങിൽ എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസർ ജി ആശ സ്വാഗതം പറഞ്ഞു. ഡോ. അനീത, ഡോ. മുരുകൻ, രതീഷ്, എൻ എസ് എസ് വോളണ്ടിയർമാരായ ആൽ ബിൻ സജു, അലൻ സാബു, ലിയ അന്ന യോഹന്നാൻ, നന്ദന, സുദീന എന്നിവർ നേതൃത്വം നൽകി.

Volunteer AlbinSaju donating blood

3.3 Blood Donation Drive

The Covid Pandemic had called for a huge scarcity of blood and its donor. NSS unit in that time had worked effectively in providing donor as required, for this a blood donors directory is also made from NSS volunteers of the unit which is annually updated. The NSS unit organizes various programmes in order to spread the awareness about importance of blood donations. A team of senior volunteers under the guidance of Programme Officers visited various classes and gave awareness on blood donation. This includes campaigns, posters, charts etc. These programmes are carried out both inside and outside the campus. The unit also observed world blood donors day on every year and conduct blood donation camps. Moreover, the unit also spread awareness about blood donation through charts, posters, cultural programmes etc.

St. Margaret's College, Kottayam
National Service Scheme Unit No: 80
BLOOD DONATION DIRECTORY 51

Sl. No.	Name	Phone Number	Sex	Blood Group
1	Lija Anna Yohannan	9247050235	F	B ⁺
2	Sreedath R.	8590889946	M	B ⁺
3	Ajyanandha	7596897084	F	O ⁺
4	Ajuna S.E	869880112	F	A ⁺
5	Alan Saju	8309970977	M	B ⁺
6	Nandana A.S	8590894978	F	O ⁺
7	Vignesh K.S	688331574	M	AB ⁺
8	Lekshmi B	9539763542	F	O ⁺
9	Shree Sajan	9019091684	M	A ⁺
10	Sharan S	9448661259	M	B ⁺
11	Adithya M.S	7012662189	F	B ⁺
12	Arya Krishnan	9747011536	F	O ⁺
13	Bibi Biju	7012223489	F	O ⁺
14	Ajama M. Nau	8261490893	F	O ⁺
15	Aleena Suku	9207052652	F	AB ⁺
16	Taruna B.S	9780726371	F	O ⁺
17	Fathima S	7012582588	F	AB ⁺
18	Jyothil P	8221255971	M	O ⁺
19	Sarath S	9947399443	M	B ⁺
20	Rahul Krishnan	8069444761	M	O ⁺
21	Sajin Nizar	8282346143	M	O ⁺
22	Albin Saju	9445220952	M	O ⁺
23	Sarath V.C. Saji	9177819648	M	B ⁺
24	Smitha Sajin	8301285194	F	O ⁺
25	Abhis Chand AR	686207003	M	B ⁺
26	Anuram P.Nas	7012671073	M	B ⁺
27	Sraji S.O	7736584630	M	A ⁺
28	Amitha Raju	9697711878	F	O ⁺
29	Anusathy S.kumar	9946268699	F	AB ⁺
30	Geas Nandana	8590461018	F	A ⁺
31	Keerthy Anilkumar	9048117945	F	O ⁺
32	Chapika Krishnan	9566654801	F	O ⁺
33	Shalvina S.N	7736820373	F	A ⁺
34	Thirsa mol	8606768188	F	O ⁺

A single drop of blood can make a huge difference. Blood donation is the key element of our Unit. Time is very valuable for catching blood donors. Our Unit maintained a Blood Donation Directory, a record of all the volunteer's blood group details. This is very useful to find a suitable blood donor.

CHAPTER 4

HEALTH PROGRAMME

(CAMPS AND CAMPAIGNS)

4.1 Hair Donation Awareness Campaign 2022

Hair donation awareness campaign was organized at Baseliomarthoma Mathews II Teachers Training College and St. Gregorios Higher Secondary School Kottarakara on the importance of hair donation. The campaign was led by **NSS PO Asha G and volunteers Yathin T, Abhiram A K, Ganesh A V, SarathLal S, Karis George Koshy**. From the training college students came to our college and donate their hair.



Hair donation was considered as a love gift and a short video bit given by the leading stars through social media to join as part of it was uploaded in the Youtube channel. Hair donation programme was also promoted through social media.

<https://youtu.be/JmFKeJ9Ze5A>.

Hair donation is a way for us to help people who are suffering from cancer. Many people and organizations have been working for making a smile on their faces. Giving hair is a way for cancer patients to shed light on their new life. So, for being a part of that smile we have been conducting hair donation campaign. As the start we have started our campaign at 22 January 2022 at St. Gregorios College Kottarakara under the leadership of the NSS unit as a helping hand to cancer patients.

കേശദാനം നടത്തി
 കൊച്ചിയിലെ നിർധന കാർഡർ രോഗികൾക്കായി വിദ്യാർഥിനികളുടെ കേശദാനം. കൊച്ചിയിലെ സെന്റ് ഗ്രിഗോറിയസ് കോളേജ് എൻ എസ്എസ് യൂണിറ്റും തൃശ്ശൂർ ഹെയർ ബാങ്കും ചേർന്ന നടത്തിയ കേശദാന ക്യാമ്പിൽ കോളേജിലെ 39 വിദ്യാർഥിനികൾ മുടി മുറിച്ചു നൽകി.

കീഴോരതറപ്പിയിൽ തലമുടി പൂർണ്ണമായും കൊഴിഞ്ഞു പോയ വർക്ക് സൗജന്യമായി നൽകും. കേശദാനത്തിലൂടെ ലഭിക്കുന്ന മുടി വിശ്വാസി സുകഷിപ്രം കഴിഞ്ഞ വർഷവും കേശദാനം നടന്നു അഭിവാഷ് കൊച്ചിയിലെ ഇടവകയ്ക്ക് കൈമാറ്റം ചെയ്തു.

എസ്എസ് കോളേജ് എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസർമാരായ ഗ്രഹ.ജി.ആശ.ഡോ.വി. മനു. ഹെയർ ബാങ്ക് മാനേജർ ഹര്യൂഖ്. അനസ്. അരുൺ എന്നിവർ നേതൃത്വം നൽകി.



News report of the donation

4.3 Hair Donation Awareness Campaign 2023

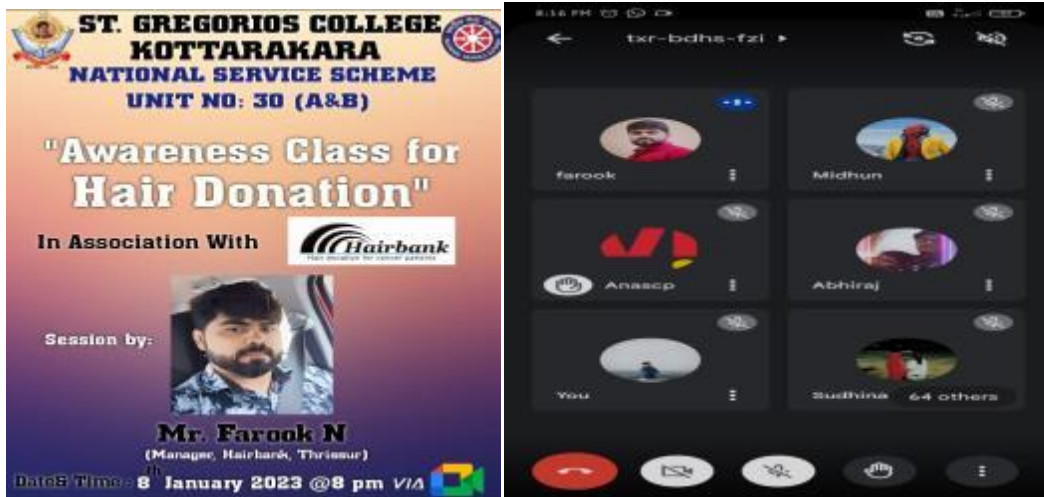
The correct knowledge and information get the minds of people which are what needed and we can do for motivating people for donate their hair. So, hair donation awareness campaign was organized at BaseliosMarthoma Mathews II Teachers Training College and St. Gregorios Higher Secondary School Kottarakara on the importance and the use of hair donation. The campaign was led by **NSS PO Asha G and volunteers Alan Sabu, AlbinSaju, Liya Anna Yohannan and Nandana A S**. From the training college students came to our college to donate their hair.

Also an awareness vedio was too prepared by volunteers on behafe of the same, which was uploaded in the youtube channel of NSS unit St. gregarious college Kottarakara.



Awareness video

Also, an online awareness session was conducted by the NSS unit to the volunteers which was taken by Farook N (Manager Hair Bank Thrissur) which as an efficient class for the volunteers, made many to get to know more about the donation. Also the volunteers cleared their doubts and many of them donated their hair.



Screenshot and poster of the session

4.4 Wig Donation

The collected hair was made into wigs by the hairbank and was given to the needy ones. Thus we can make a piece of happiness in the life of those persons who love to fulfill their dream to go back to their old days. Through this hair donation programme we are very happy to donate a wig to one of the patient **Lissy Kunjukutty**.



Wig donation

4.5 Eye Care Camp

Our eyes show of the strength of our soul that make as see the beauty around us. But the protection and care of it is always questionable, so our palliative care and NSS unit conducted a free eye care camp at St. Gregorios College Kottarakara on 06/01/2023 in associate with Sreenethra eye care Kottarakara. The camp was so useful for the students and the people around the college. Which made them understand the good care of our eyes? Around 150 people have participated and persons with problems were prescribed with medicines and improved facilities.



Eye care camp

4.6 Medical Camp

A medical camp was conducted on November 19, 2022 by Palliative care unit and medical council, Kottarakara municipality at Vimalambika School Kottarakara. Homeo, Ayurveda and Sidha Streams of medical care were given through the camp.



CHAPTER 5

ENVIRONMENT AND SOCIAL WORKS

Environmental social work assists humanity to create and maintain a biodiverse planetary ecosystem. Core social work values, skills and knowledge can be adapted to promote social change, helping practitioners to respond to and mitigate environmental degradation.

Unit had been in many programmes including awareness programmes environment related days celebration planting trees, etc. The discussions and teachings on environmental education enable him to make an analysis and evaluation of the circumstances affecting the environment. This in turn prompts him to make informed judgment and decisions based on their assessment of the situation in relation to the environment. The process results in the children developing critical thinking skills that are beneficial to him in life. It also provides him with an opportunity to comprehensively understand the myriad of challenges facing the environment, with possible mitigation measures that could be employed to address them. By this his civic involvement in environmental conservation activities results in a more cohesive society that is anchored on inclusivity.

It is vital that the entire human race joins together to make a positive contribution in environmental conservation. Every individual should play a role in ensuring that we secure a safer, cleaner and indeed better environment for generations to come.

5.1 River cleaning

Rivers are the life source of many lives. Also, the river provides many life skills to people around it which makes it more useful to the people around it. So, the preservation and the proper maintenance is required to sustain the living organisms. Keeping rivers and lakes clean is the duty of every citizen as they are the source of our drinking water and food production. Rivers are a lifeline to humans as they benefit them in various ways.

In the light of that 70 municipalities from Kerala have registered to participate in the Indian Swachhta League, which is being held as part of the Swach Amrita Mahotsava campaign. For that a rally was held on 17 September 2022 from College Junction to Meenpidippara for spreading the thought for saving the rivers which was flag off by Kottarakara municipality chairman A Shaju.

After the rally volunteers and other people joined their hands to clean the river and its surroundings. Also, the collected waste where separated the plastic waste and bio degradable waste. Then the waste was handover to the municipality for the proper disposal. With that an oath was taken about safeguarding rivers by the NSS volunteers.



Pictures of the rally and cleaning

5.2 World Environment Day

5 June 2022

On the world environment day, we the NSS volunteers of St. Gregorioscollege have participated in many programmes along with planting trees. On this day shriArun Kumar Annor who was the winner of O.N.V Yuvasahithya Award on 2021, also a snehadaram was also provided for his achievement. He was the chef guest also planted trees along with the principal Beena. A tree plantation campaign was started and planted many trees at the college campus also all volunteers were asked to plant trees at their homes in order to regain our natural tree resource. Asha G and Manu v programme officers also planted trees.



Pictures of the snehadaram



Pictures of Arun Kumar, principal Beena and **Asha G**programme officer and **AlbinSaju** planting trees

With that an awareness class and a oath taking was also conducted that every volunteer will plant a tree at their home also to spread the idea of planting trees to live. Also, an awareness video was made and was posted on the YouTube channel which was seen by more than hundreds of people. The video creation was an effective way for spreading ideas. So, a video was made about the importance and the need for our survival and for the future generation.



<https://youtu.be/ikum86zeIVo> Volunteer Vignesh planting tree at his house

5.3 World Ozone Day

On 19 December 1994, the UN General Assembly proclaimed 16 September to be the International Day for the Preservation of the Ozone Layer, commemorating the date when the Montreal Protocol on Substances that Deplete the Ozone Layer was signed in 1987. The day was first celebrated on September 16, 1995.

The NSS Unit of St. Gregorios College Kottarakara conducted an online program on ozone day at 7 pm on 16 october 2022. The program was anchored by Ms. BibiBiju

The session was managed by Ms. Fathima.S (Second year NSS Volunteer). She points out the importance of World Ozone Day. The theme for International Day was Preservation of the Ozone Layer 2022. This year the theme announced by the UN Environment Programme for International Day for the Preservation of the Ozone Layer 2022 is 'Global Cooperation Protecting Life on Earth. She points out 'Why do we celebrate the Ozone Day? How do you celebrate Ozone Day? Classes were taken in a way that everyone could understand each of the volunteers shared their thoughts about the class. The session became more informative for all volunteers.



Screenshot and poster of the session

5.4 Nature Camp

On March 9 volunteers went for a three days trip to Idukki. The journey was started at 10 am and reached the destination at 4:30 pm. A session was taken by Joeseph the forest officer. He explained the various areas and vegetation of the forest. The session was concluded with a group discussion.

On the second day here was a trucking to Idukki dam areas and another trucking was to the reserved forest area. That area was reserved only for those who were attending the camp offered by the forest department, the volunteers returned from the spot about noon. At the evening Joseph (Forest officer) took a session about forest wildlife, reserved area and so on. This was really a informative session which cleared the doubts regarding the same. The session included the articles and acts related to forest conservation. He explained the fines and penalties which should be given to the Government. He also described about the next trucking spot. There was a plenary and discussion conducted about various topics related to forest and wildlife.

The last day the trucking was to Vyshalipara which was a place that makes your mind refreshed with fresh air and thoughts. The place was entirely closed for the outsiders. The

meals were provided for the volunteers. With a boating trip in the Idukki dam the visiting at Idukki was concluded. Then they visited Pruthumpara and they reached back at 11 pm.



Pictures of the camp



Volunteers **Alan Sabu** and **Alan Sabu** receiving certificates along with **Liya Anna Yohannan** and **Albin Saju**

5.5 Zoo and Museum Visit

NSS volunteers and the Programme Officer Asha. G visited Zoo and Napier Museum Thiruvananthapuram on 16 October 2022.



CHAPTER 6

SAHAYAHASTHAM

6.1 Medicine and Medical Equipment Donations

Medicines and medical equipment like water bed and colostomy bags were given to Thaluk Hospital, Kottarakara on December 15, 2022. The needful medical items were donated to the hospital which could reach to the needy ones



Pictures of the colostomy bag donation

6.2 Wig Donation

Our unit conduct a hair donation camp on 14 January 2023. Through this hair donation programme we are very happy to donate a wig to one of the patient **Lissy Kunjukutty**. Thus we can make a piece of happiness in the life of those persons who loves to fulfill their dream to go back to their old days.



Pictures of wig donation

6.3 Onam Kit donation

The charity works of student Palliative Care of St. Gregorios College Kottarakara always took it to have a prior importance on food supplement donation, which has been continued since the beginning. To note the unit had distributed onam kits to needs on September 2, 2022. Kits were also distributed to Street vendors as well as college cleaning workers on days followed.



Volunteers **AlbinSaju** and **Alan Sabu** giving Onam kits to people

പാലിയേറ്റീവ് രോഗികൾക്ക് ഓണക്കിറ്റ് വിതരണം ചെയ്തു

കൊട്ടാരക്കര: കൊട്ടാരക്കര നഗരസഭയുടെയും ജില്ലാ ആരോഗ്യകേരളത്തിന്റെയും ആഭിമുഖ്യത്തിൽ കൊട്ടാരക്കര താലൂക്ക് ആശുപത്രിയിലെ സെക്കന്ററി പാലിയേറ്റീവ് രോഗികൾക്കായുള്ള ഓണക്കിറ്റ് വിതരണം നടത്തി. നഗരസഭ ആരോഗ്യ സ്റ്റാൻഡിങ് കമ്മിറ്റി ചെയർമാൻ ഹൈസൽ ബഷീർ അധ്യക്ഷത വഹിച്ച ചടങ്ങ്, നഗരസഭ ചെയർമാൻ എ ഷാജു ഉദ്ഘാടനം ചെയ്തു. എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസർ ജി ആശ, ജെസിഎ പ്രസിഡന്റ് പ്രവീൺ മേനോൻ എന്നിവർ സംസാരിച്ചു. എൻഎസ്എസ് വോളണ്ടിയർമാരായ യതിൻ, അലൻ സാബു, ആൽബിൻ സജ്ജ, അജിരാം, അലിന എന്നിവർ നേതൃത്വം വഹിച്ചു. താലൂക്ക് ആശുപത്രി സൂപ്രണ്ട് ഡോ. കെ ആർ സുനീൽകുമാർ സ്വാഗതവും പാലിയേറ്റീവ് മെഡിക്കൽ ഓഫീസർ ഡോ. മിഞ്ചു ജോർജ് നന്ദിയും പറഞ്ഞു.



News report of the donation

6.4 Cloth Donation

The charity works of palliative care unit had also extend up in cloth donation programmes in which daily required dress materials were distributed to palliative patients. As a part of the unit had conducted a programme on December 25,2022 called Kuppayakudu in collaboration with Karuthal Group and BappujiVayanasalaPerumkulam, and via that dress were collected by volunteers, packed and given to needs.



Pictures of the cloth donation

CHAPTER 7

VISITS TO THE SPECIAL CARE HOMES

Our NSS volunteers visit old age homes and special schools.

7.1 Mahatma JanasevanaKendram Visit

Volunteers of the palliative care unit visit the Gandhi Bhavan at Adoor on December 20, 2022. They meet the residents and created a lasting memory with them. There was a space for creating more happiness by doing cultural programmes by the volunteers and members of the Bhavan. They all together made the Christmas celebration more joyful and meaningful. The unit had also visited **Mahatma JanasevanGramam**, Adoor where an Artificial Village was build up for homeless.



Visit at Mahatma JanasevanaKendram

7.2 Snehabhavan visit

Life Lessons are much learned through real eyes, Palliative care volunteers had also visited SnehabhavanSpecial School, sharing times with children and people there and hence knowing much more about their life and struggles.

Visit on 16 December 2022

On this day the volunteers of St. Gregoris College visited the special school and spent time with the Childrens.



Pictures of the visit

Visit on 19 January 2023

A good time was spent with the specially-abled students. The volunteers and programme office prof.Asha G spent the day with students and engaged with them by cultural programme and all were happy and tent to visit again.



Pictures of the visit

7.3 SHALABHANGAL

A mega exhibition called "SHALABHANGAL "was held on November 26,2022 under the patronage of MalankaraMarthommaSeriyan church Kizhakketheruvu, Kottarakkara. AlbinSaju, Alan Sabu, Ganesh and Harish, NSS volunteers of the college visited the programme. The programme was held from 10 am to 6 pm. The programme was held under the leadership of Comprehensive Development Center for Children.

Apart from the exhibition held on November 25 and 26, includes the extra sessions of speech therapy, physiotherapy, behavioral therapy and occupational therapy.



Volunteers visiting the exhibition

CHAPTER 8

WOMEN AND CHILD EMPOWERMENT AND GENDER SENSITIZATION

8.1 International Day for the Elimination of Violence against Women. (25/11/2022)

The date of November 25 was chosen to commemorate the lives of the Mirabal sisters from the Dominican Republic who were violently assassinated in 1960. The NSS unit of St. Gregorios College Kottarakkara was conducted a programme on international day for the Elimination of Violence against Women. The theme for this year is 'UNITE' Activism to end violence against women and girls.



Formation of ManushyaChangala by NSS Volunteers

8.2 Prevention of Abuse Against Women (26/11/2022)

The day is observed to prevent and eliminate violence against women and girls around the world. The day is celebrated by raising awareness, promoting advocacy, and creating better opportunities for women. The main aim of it is to mobilize society to create activists for the prevention of violations against women.

On the occasion of international day for the elimination of violence against women, orange campaign the world program was organized by NSS unit of St. Gregorios College Kottarakkara & Women and child development department, ICDS Kottarakkara.



Debate competition conducted by ICDS

8.3 Menstrual Hygiene Is Empowerment (21/03/2023)

Kerala State Youth Welfare Board, Kollam District Youth Centre together with Our NSS unit conducted a Seminar on the topic "Menstrual Hygiene is Empowerment".



Awareness class given by Kottarakara Municipality Health Inspector Kiran



CHAPTER 9

SURVEY

9.1 Palliative Care Survey and Post Covid Survey

A survey was conducted on palliative care patients on the locality of the adopted village of NSS unit of St. Gregorios College, Kottarakkara and also details of their after lives post covid was too studied. The details of palliative care were noted for further activities and programmes to be implemented for them.



Volunteers Collecting the Details Regarding Post COVID Effects

9.2 Survey on Energy Conservation

The usage and consumption of energy is increasing day by day, as a step to know about the same a survey was conducted. The large scale consumption of energy could result in the lack of it for future. It is important to manage efficiently for the upcoming generation.

The survey included the questions regarding the electronic gadgets and the monthly current usage. This was really helpful to know more about the energy onsumption.



Volunteers seeking the information from houses

9.3 Survey on Youth Policy 2025

Unemployed youths are increasing every year in our country. It is very important to overcome this situation as youth are the future of the Nation. To do so, central government organized a programme 'YOUTH POLICY 2025'. For that, NSS volunteer were divided into four groups and the four groups has respective places around the college area. The Aim of the Survey was collected the details of youngsters who were looking for job and have illiterate or jobless. Through this survey, all four groups got information about youngsters around the college location. Our NSS unit also collected the information of our adopted village persons.



Volunteers collecting the details

9.4 Survey On Digital Literacy

The usage of digital gadgets are increasing day by day for various purposes. Most of the people is using these online services as a easy way to access various needs like banking,payment options,also government services.Various Government services are now available at the respective portals these kind of services are really helpful to avoid grater consumption of by visitng Government offices.

To get the information about the people who are making use of this online platforms,a survey was conducted by the volunteers .The survey included questions like how many people know how to use this electronic gadgets.The survey which gave a graph regarding the usage of such online services and about the number of people who were aware about such online services.



Volunteers Filling the Survey Questions

CHAPTER 10

NSS & NYK

On behalf of participation of youth for our country in paying homage to our national leaders their birth anniversary in the Indian Parliament **Abhiram A. K** third year NSS Volunteer of St. Gregorios College, Kottarakkara represented National Service Scheme, Kerala on 31 October 2022 on the Indian Parliament.



Pictures and news paper report of the camp

10.1 Career Guidance Workshop 2023

The future belongs to those who believe in the beauty of their dreams and The FUTURE is created by what to do today, not tomorrow. On the basis of this theme, Our NSS unit together with Ministry of youth affairs and sports, Nehru Yuhakendra Kollam conducted a Career Guidance Workshop 2023. The Session was taken by Smt.Arya Suresh, Career Guidance Trainer and De-addiction counsellor.



Picture of the session

10.2 District Level Neighbourhood Youth Parliament

Ministry of Youth Affairs and Sports, Nehru Yuva Kendra -Kollam together with NSS unit conducted a programme based on the theme " One Earth One Family One Future " at SN college Kollam on 18 February 2023.



Pictures of the programme

10.3 YuvaUtsav 2022

The volunteers of the NSS Unit have participated in the District Level YuvaUtsavorganised by Nehru Yuva Kendra in Kollam district on 15-10-2022 at SN College Kollam. Liya Anna Yohannan had received prize for Yuva Samvad.



10.4 Three Day Residential Camp

The Ministry of Youth Affairs & Sports Nehru Yuva Kendra, Kollam has conducted a three-day residential camp- Training in Youth Leadership and Community Development

(TYLCD) Between 3 march 2023 to 5 March 2023 at MarthomaDhyanatheeram, Perungalam, Munroe Islands, and Kollam. Three volunteers have participated in the camp.



10.5 National Youth Parliament 2023

The NSS Volunteer **RanaMariyam Sunny** was selected in the district level competition from Pathanamthitta district.

CHAPTER 11

ROAD SAFETY PROGRAMME

Road accidents are increasing day by day due to the carelessness in following the traffic rules. Most of the victims are pedestrian's .The recent studies in accidents records cleared that 21% pedestrians are the victims of careless driving.

11.1 Awareness Session (04/02/2023)

A awareness session was conducted on the topic Rules and the Safety Measures to be followed in road.The programme was inaugurated by Sumi Alex, the college Principal. The class was really helpful to make others aware about the safety measures that must be obeyed in road.The session was took by the Motor Vehicle Inspector Ramji K Karan, it took an hour long.He explained each every law regarding the safety measures. He focused on the causes of road accidents, most of the accidents were caused by the careless driving and lack of the knowledge about the road safety measures. A doubt clearance session was followed by the class .Students asked their various doubts regarding the laws and its enforcement.





Ramji sir talking class

11.2 Road safety Campaign(4 March 2023)

To overcome the situation, Kerala Road Safety Authority took the initiative to aware the people by giving instructions to follow traffic rules from the motor vehicle department. For that, they seek help from the NSS volunteers of St. Gregorios College.

The volunteers had actively participated in the awareness campaign. They stood on different spots at Kottarakara traffic signal by holding different posters of traffic instructions for an hour. The campaign was inaugurated by Ramji K Karan (Motor Vehicle Inspector) and also gave instructions to the volunteers for the things to do. He came along with his colleagues (Asst. Motor Vehicle Inspectors) Rajeev P and Lijin V R. The media also did not hesitate to support that good cause. For more public attention on social media a youtuber Aparna was invited to the campaign. The volunteers were so active and showed no hesitation on pointing the mistakes shown by the drivers on road.

The campaign received a great attention from the public. The effort of the volunteers were encouraged by the people over the locality. They commented such initiatives are really worthful for the proper enforcement of laws and regulations. The main reason behind the misuse of the laws is the due to the lack of knowledge about it. The campaign was really to create a correct sense of safety measures among the society.

They gained a wide appreciation on social media; the department thanked the volunteers and showed interest in planning the same programme on another day.



Volunteers giving awareness

കാൽനടയാത്രക്കാരുടെ സുരക്ഷ: ബോധവൽക്കരണവുമായി മോട്ടോർ വാഹന വകുപ്പ്

കൊട്ടാരക്കര: കാൽനടയാത്രക്കാരുടെ സുരക്ഷ ഉറപ്പാക്കാൻ ആർടീജിയൽ ഫോഴ്സെന്റ് വിഭാഗം രംഗത്ത്. ട്രാൻസ്പോർട്ട് കമ്മീഷണറുടെ നിർദ്ദേശത്തെത്തുടർന്നാണ് ബോധവൽക്കരണ പരിപാടിയുമായി ഇദ്ദേഹസ്ഥലം നിരത്തിലിറങ്ങിയത്. കൊട്ടാരക്കര പള്ളിയിൽ സംഘടിപ്പിച്ച പരിപാടിയിൽ കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയസ് കോളേജിലെ നാഷണൽ സർവ്വീസ് സ്കീം വാളണ്ടിയർമാരായ വിദ്യാർത്ഥികളും പങ്കെടുത്തു. കാൽനടയാത്രക്കാർ ഏങ്ങനെ റോഡ് ഉപയോഗിക്കണമെന്നും, കാൽനടയാത്രക്കാർക്കായി വാഹനങ്ങൾ എങ്ങനെ നിർത്തി കൊടുക്കണമെന്നും ബോധവൽക്കരണം നടത്തി. നിയമം ലംഘിച്ചവരെല്ലാം വഴിയരികിൽ തടഞ്ഞു ബോധവൽക്കരണം നടത്തി. റെൽമെന്റ്



ബോധവൽക്കരണ പരിപാടിയിൽ വിദ്യാർത്ഥികൾ

ധരിക്കാതെയും, സീബ്ര ലൈനിൽ പാർക്ക് ചെയ്യും ട്രാഫിക് ലാലനങ്ങൾ നിരവധിയായിരുന്നു. മോട്ടോർ വെഹിക്കിൾ ഇൻസ്പെക്ടർ രാജി കെ കരൻ, അസി. മോട്ടോർ വെഹിക്കിൾ ഇൻസ്പെക്ടർമാരായ ലിജിൻ, മഞ്ജു, രാജീവ് എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസർ ആശ എനീവർ പരിപാടിക്ക്

നേതൃത്വം നൽകി. റോഡ് മാർക്കിങ്ങുകൾ മനസ്സിലാക്കി, കാൽനടയാത്രക്കാരുടെ സുരക്ഷ ഉറപ്പാക്കി ഗതാഗത നിയമങ്ങൾ പാലിച്ച് വാഹനം ഓടിക്കണമെന്നും, ആവർത്തിച്ചാൽ കടുത്ത നിയമനടപടികൾ ചെയ്യുമെന്നും എൻഫോഴ്സ്മെന്റ് ആർടീജിയൽ ഫോഴ്സെന്റ് അറിയിച്ചു.



Newspaper cutting of the awareness

11.3 Video Creation (10 April 2023)

In connection of creating a sense of road safety among the people a video on the theme of enforcing safety road rules were taken. Almost every volunteer participated in the programme which organized by the Motor Vehicle Department. Motor vehicle inspector Ramji K Karan and his crew was helped to create the video. The NSS volunteers was actively participate for the shooting. Social Media play a major role in spreading a awareness video around the world. Through this Aim, The road safety awareness video decided to post on social media to spread awareness about road safety.



Video creating at the college

11.4 Song Composition

As part of the campaign an idea of composing a song was given by Motor Vehicle Department. The lyrics were given by the department. Certain volunteers were selected for singing. The editing and composition was given to the unit. The work is in progress.

The highlighting factor of this initiative is this song will be used as the theme song for the road safety activity all over Kerala.



11.5 Road Safety Week

The road safety week was observed from January 11 to 17. A poster presentation was organised. Students from various departments had participated in it.

Slogans were created on the road safety awareness measures. Volunteers had actively participated in the programme.



Orientation class at the college

CHAPTER 12

THE CITIZEN

THE CITIZEN 2022 (26 April 2022)

The Citizen 2022 is a Constitution Literacy Campaign jointly organised by the Kollam District planning committee District Panchayat and Kerala Institute of Local Administration in the aim to make the people aware about the Constitution of India. It was held in the sense to achieve Kollam as the first district in India to be completely constitution district literate. Our NSS unit actively participated in this programme.

The campaign was started with a rally at Kollam with the participation of NSS volunteers from the district along with other organisations. The rally was flag off by Sri. Mukesh (MLA Kollam).The rally was held with participation of the people from various corners of the society including educational organisations, Government organisations etc.



Volunteers participating in the constitution rally

12.1 Constitution camp(11-12 May 2022)

Constitution campaign was organized under the Kerala Institute of Local Administration (KILA). Ten volunteers participated in the two days residential campaign.



Volunteers Liya, Alan and Nandana in the camp.

12.2 Orientation

In order to sensitize Kollam district as the first complete constitutionally literate district in Kerala, certain programmes were conducted throughout the district. As the first step to attain the complete literacy on constitution campaign the NSS unit of St. Gregorios College had conducted an orientation class to literate college students on constitution.

12.2.1 College Level Orientation

NSS volunteers conducted awareness class, class campaigning in every class and also, stucked the preamble of the constitution on the wall of the class rooms and handed over the copies of preamble to all the departments, office building and main block of the institution.



Volunteers Liya Anna Yohannan and Nandana A S taking class about constitution



Distribution of preamble at the college

12.2.2 Community Level

In order to carry forward the campaign the NSS volunteers of St Gregorios College conducted a session to the NSS volunteer's camp at Chovallur School on 13 August 2022.

The sessions were handled by Ms. **Liya Anna Yohannan** and Ms. **Nandana A S** (NSS volunteers). The orientation programme was successful for providing the students with a bare knowledge on Indian Constitution which helped the students to understand the history and the struggles of Indian constitution. The aim of this program was to make aware what are the duties and rights of the citizens of India.



Class taken at Chovallur

YuvadharaGrandhasala

On the 73th Republic Day, YuvadharaGrandhashala, Chantoor conducted a programme related to constitution literacy. Our NSS volunteers, **Liya Anna Yohannan and Nandana.A. S** taken a class related to Constitution Literacy. The first session was taken by **Liya Anna Yohannan** on the topic “What is constitution?” and explains the history of constitution. The second session was taken by Nandana A S on the topic “Fundamental Rights and Duties”.



Liya Anna Yohannan and Nandana A S taking class of constitution

12.3 Preamble distribution at adopted colony

The preamble was given to the houses of Gurumuttam adopted colony. The NSS Programme Officer Prof.Asha G and volunteers visited the houses and also made them aware about the campaign. The copies were distributed to around 50 houses. This was really helpful to make them understand the need to learn and know our Constitution.



Preamble distribution

The preamble was distributed to the public and the administrative officers. The NSS volunteers and the program officer Asha G visited certain government offices and gave the preamble of the Indian Constitution like Kottarakara Police Station, Pink Police and Traffic police SI also given a preamble to Bapuji Library. This has created a feeling towards the constitution. To aware the peoples about the constitution, we distributed preamble to some houses around the college.



● കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളജിലെ എൻ.എസ്. എസ് യൂണിറ്റ് ഭാരവാഹികൾ എസ്.ഐ. കെ.എസ്. ദീപുവിന് ഭരണഘടനയുടെ ആമുഖം കൈമാറുന്നു.



Preamble distribution at SP Office & Bappuji Smaraka Vayanasala



Newspaper report publish

CHAPTER 13

DISASTER MANAGEMENT

13.1 Team Kerala

Team Kerala is a youth force by uniting the youth for helping the calamity struck people. Its aim was to prepare some volunteers who could engage in such important disaster managements, relief works, palliative care; awareness works etc. **From St. Gregorios college Kottarakkara 27 volunteers were participated in the passing out parade.**

A passing out parade, two-day program was organized in Thiruvananthapuram on 23, 24 February 2023 for thousand selected members of the team Kerala from all districts. Akhila.S.Nair third year NSS Volunteer was selected as a commander of one group. The passing out parade was conducted on February 24 at 4 pm. The volunteers of the team Kerala started the passing out parade with our national flag and various flags. The Honourable Chief Minister was saluted by the team Kerala volunteers, that was the highlight of the program. Passing out parade was a different experience to all the volunteers of our college.



Pictures of Team Kerala

CHAPTER 14

HUMAN RIGHTS

Human rights are fundamental privileges and conditions of freedom, protected by law, to which every human being is entitled. They focus on individual, political, civil, spiritual, social, economic and cultural aspects of our lives. When human rights are respected, they allow us to develop to our fullest potential and create the foundation for peace within and among Nations. Whoever or wherever you are, as a young person you have the ability to stand up for your rights and the rights of others. You can advocate for rights on a local, national, and international level, raise awareness among peers, and keep governments and institutions accountable

14.1 HUMAN RIGHTS DAY: Need of Human Rights

On December 10, 2022 the Human Rights Day was celebrated on the theme “Dignity, Freedom and Justice for all”. The efforts to protect human rights and those who defend them continue to rise. The day aims to enlighten us about how are rights are a foundation of sustainable and peaceful societies.

There was a legal session given to the volunteers about the need of human rights and its implementation by Nandana. Also, a pledge was taken that the volunteers will make awareness about the human rights to the public.



Photo of the session

CHAPTER 15

AWARENESS CLASSES AND IMPORTANT ACTIVITIES

15.1. Orientation Class By Brahmanayakam Mahadevan

An orientation class was given to the first year students on **17 June 2022** by the International motivational Speaker Brahmanayakam Mahadevan. It was a one day training session to the budding NSS Volunteers of the unit.

The class included various sessions to build the leadership skills of the volunteers. The volunteers had actively participated in the training programme. The session up to noon was handled by Brahmanayakam Mahadevan. There was a session to motivate volunteers and to take maximum potential from them.



A portrait drawn by the NSS Volunteer Gopika was presented to the Brahmanayakam Mahadevan.

15.2. Crafting Skills

On **18 June 2022** there was a class for develop the crafting skills of students and to frame an interest in them. The class was taken by Roopa Teacher which was very interesting. She managed the time very well by conducting the class consisting of a great content in a short period of time. She gave chances for students to try it out. Students were so patient throughout the class.



Roopa Teacher taking the craft session

15.3. Pan India Awareness

To make the community aware about the cyber crimes and the usage of social media an awareness session on the topic ‘**Cyber Laws use of Social Media**’ was given to the volunteers on **11 November 2022**. The session took by Adv.G.KSreejith. The session included empowerment of citizens through Legal Awareness and Outreach. The session was really informative and the volunteers used to clear all doubts regarding the cyber laws. He explained various aspects of the cyber laws and social media usage.



Poster and session conducted

15.4 Anganavadi Renovation

A renovation programme was conducted at the anganavadi K R 15 in '**Gurumuttam**'. **Gurumuttam is our adopted village**. The project was named as **SWAPNAKODU**. The volunteers painted the entire building and pictures and letters were drawn on the wall, it helps children to develop their grasping capacity and creative mentality. It took five days to complete. Volunteers **AlbinSaju, Liya Anna Yohannan and Alan Sabu** have coordinated the programme.

This programme was helpful to impart basic education for children.



Volunteers doing art work in Anganavaadi

15.5. Anganavadi Inauguration

Our renovated Anganavadi was inaugurated on **January 11, 2023**. Kottarakara Municipality Chairman A Shaju Inaugurated the Anganavadi. Ward Counsilor Jaicy John, College Principal Prof. Beena G P, Anganavadi teacher Usha, Parents, Programme Officers, and Volunteers participated in the inauguration function.



Pictures of the inauguration

15.6 College Level Selection for the Pre Rd Camp

College level selection for the Pre RD camp has been conducted at the college on **26 October 2022**. From those two volunteers **Liya Anna Yohannan** and Sarath V C Saji has been selected and participated in the University level selection.



Photos of the Pre RD Selection

15.7. Pre RD Selection at University Level

The volunteers Sarath V C Saji and Liya Anna Yohannan had participated in the University Level Pre RD selection representing the unit on **29 October 2022**. The volunteers had done their maximum effort for the selection process. They had cleared all the three levels of the process. Liya Anna Yohannan had taken place in the waiting list.



Photo of the selection

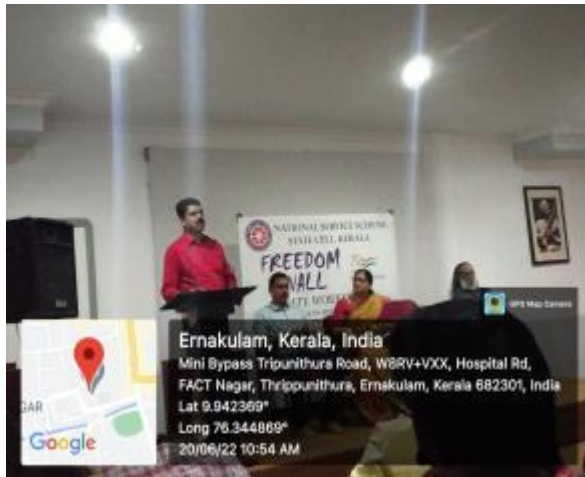
15.8 Freedom Wall

St. Gregorios College Kottarakara participated in the Freedom wall program organized by the National Service Scheme State Office under the auspices of the Department of Higher education.

Volunteers from our unit participated in the program held at RLV College Thripunithura, Ernakulam and BJM Govt. College Chavara regarding the formation of Freedom wall. A small Freedom wall has also been painted in our college.

15.8.1 Meeting at RLV College Thripunithura

The meeting of freedom wall was held at RLV College of Music And Fine Arts, Thripunithura, Ernakulum on June 20, 2022. The meeting was held under the leadership of State NSS Officer Dr. Anzer R.N and NSS Kollam District Coordinator Dr. Gopakumar. G and BrahmanayakamMahadevan Sir. In the meeting it was discussed that freedom wall should be implemented in all the Government Colleges in Kerala and then each group will be divided and how to implement freedom wall in Kollam district and how freedom fighters should participate in the activities of freedom wall. Our volunteers **Abhiram A K and BrijeshBabu** attended the meeting.



Pictures of the programme

15.8.2 Meeting at BJM Govt. College Chavara

A general meeting of Freedom wall in connection with NSS was held at BJM Government College Chavara on 29 June 2022. In the meeting Volunteers Abhiram A K and BrijeshBabu from our unit participated as Freedom wall Kollam district volunteer coordinators. BJM Government College Principal, NSS Kollam district coordinator Dr.

Gopakumar. G, District coordinator of professional college, chaired the meeting and gave instructions to the volunteers.



Photo of the meeting

15.8.3 Freedom wall in our Campus

A freedom wall was painted in our college campus resembling the Gandhian Ideologies. Students of SGC lined up with the Freedom wall in celebration of the 75th Independence Day. The Father of the Nation was depicted with the Freedom wall on a tricolor background. The volunteers gave an effective contribution in its all stages. The idea was coordinated by all the volunteers in the sense to spread the values and paths shown by Mahatma Gandhi for the Society.

Freedom wall was inaugurated by our college principal Prof. Beena G P on 12 August 2022. Our college Vice Principal Dr. JubinMattappallil led the construction of Freedom wall. In this Freedom wall construction work, our NSS volunteers Sarath V C Saji, Anoomi Raj, Bipitha played important role. NSS programme officers, teachers and all students participated in the inauguration programme.



Wall painting Picture

CHAPTER 16

IMPORTANT DAYS OBSERVED


1. INDEPENDENCE DAY

15 August 2022		Principal Prof. Beena G P hosted the flag and deliver independence day message. Rally is the conducted. Rally was flag off by municipality chairman A. Shaju.
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2. NSS DAY CELEBRATION

24 September 2022		Hosted the NSS flag. Arrange an alumini meeting. the volunteers who has won the university awards was also honoured by Kottarakara municipality chairman A Shaju. Pledge was taken.
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3.GANDHIJAYANTI

2 October 2022		<p>NSS Program was conducted through online. The program started with NSS Prayer song. NSS Volunteers spoke to make others understand the importance of Gandhi Jayanti. Gandhi's quotes were presented to inspire others. A cleaning activity was conducted on the occasion of Gandhi Jayanti. All volunteers sent pictures of themselves engaged in cleaning activities. Conducted quiz competition.</p>
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4. REPUBLIC DAY

26 January 2023		<p>The flag was hosted by the college principal Prof. Beena G P. After that a rally was conducted from Kottarakkara Boys High School ground. The rally was flag-off by A. Shaju (Kottarakkara municipality, chairman) Our volunteers participated in the rally from Kottarakkara Boys High school ground to Pulamon junction.</p>
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5.MARTYR'S DAY

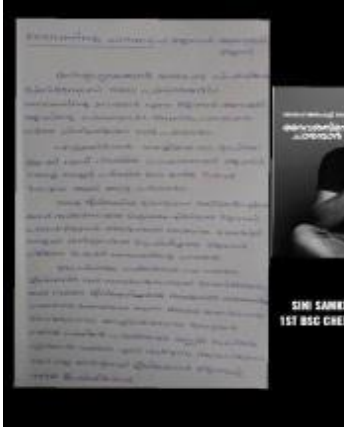
	<p>On 30 January 2023 Documentary was shown to the volunteers at the digital theatre of the college. Conducted an essay competition on the topic "Puthuthalamurayil Gandhiyan Aashayangalude Swadeenam"</p>
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6. UNITY DAY

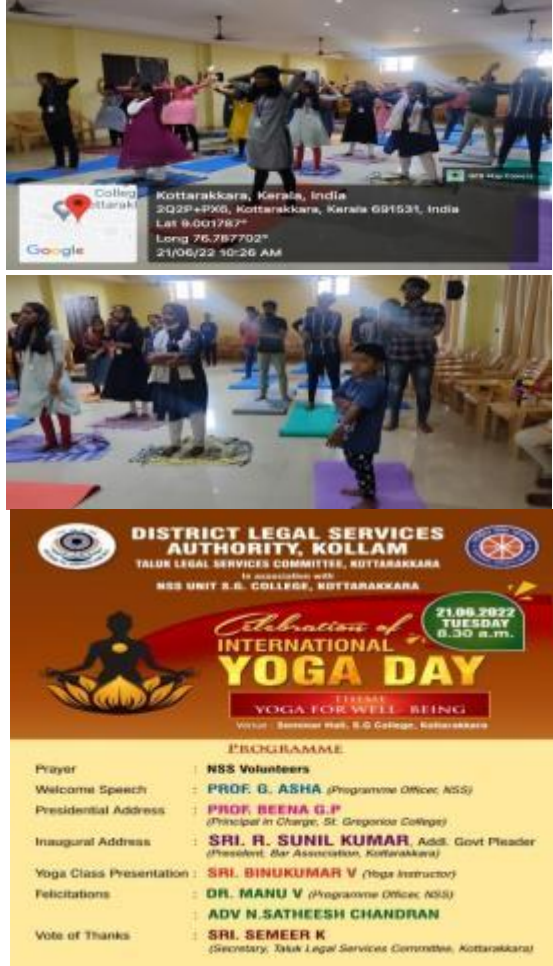
<p>31 October 2022</p>		<p>Abhiram A. K third year NSS Volunteer of St. Gregorios College, Kottarakkara represented National Service Scheme, Kerala on 31 October 2022 on the Indian Parliament.</p>
<p>31 October 2022</p>		<p>The rally started from the college junction and ended at the college. And at the end of the rally, all the students and teachers took the unit day pledge. A video was made and posted it in the YouTube channel https://youtu.be/WBHw08tw2Vs</p>

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7. READING WEEK CELEBRATIONS

<p>19 June 2022</p>		<p>A poster presentation is arranged in the seminar hall. The importance of reading and a message was delivered by our Vice Principal Dr. JubinMattappallil.</p>
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8. YOGA DAY CELEBRATION

<p>21 June 2022</p>	 <p>DISTRICT LEGAL SERVICES AUTHORITY, KOLLAM TALUK LEGAL SERVICES COMMITTEE, KOTTARAKKARA In association with NBS UNIT S.S. COLLEGE, KOTTARAKKARA</p> <p>Celebration of INTERNATIONAL YOGA DAY THEME: YOGA FOR WELL-BEING Date: 21.06.2022 TUESDAY 8.30 a.m.</p> <p>PROGRAMME</p> <ul style="list-style-type: none"> Prayer : NBS Volunteers Welcome Speech : PROF. G. ASHA (Programme Officer, NSS) Presidential Address : PROF. BEENA G.P (Principal in Charge, St. Grigorian College) Inaugural Address : SRI. R. SUNIL KUMAR, Addl. Govt Pleader (President, Bar Association, Kottarakkara) Yoga Class Presentation : SRI. BINUKUMAR V (Yoga Instructor) Felicitations : DR. MANU V (Programme Officer, NSS) Vote of Thanks : ADV N.SATHEESH CHANDRAN Secretary, Taluk Legal Services Committee, Kottarakkara 	<p>As part of the yoga day, A programme was conducted on the theme of "Yoga For Well-being" . The session was taken by BinuKumar.V, yoga instructor. The session enhanced our mental growth.</p>
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9. KERALA PIRAVI DAY CELEBRATION



A rally was held on the theme 'Laharimuktha Nava Keralam'. The rally started from Pulamon junction and ended at the college. The program ended after delivering a drug-related message for the younger generation.

10. CHILDREN'S DAY



On 14 November 2023, our NSS volunteers visited Anganavadi at our adopted village Gurumuttam Colony and distribute story books and colouring books. A small cultural programme is arranged and sweets are distributed.

11. SIPC DAY

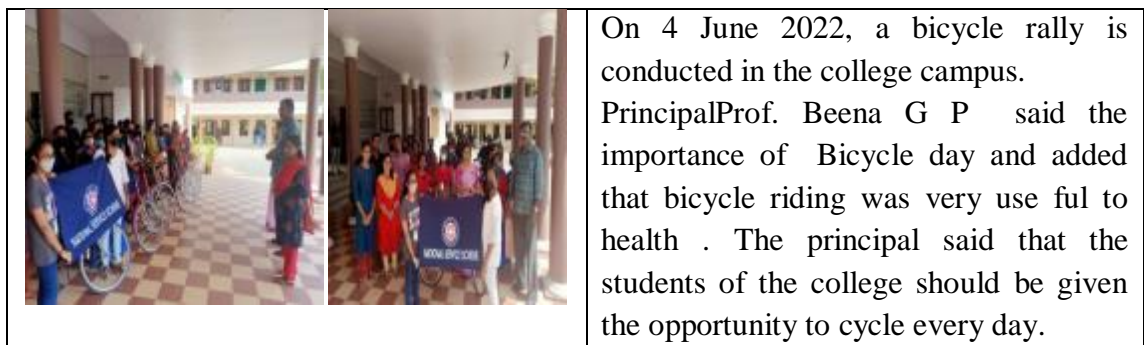


An online meeting was conducted for celebrating SIPC Day and the annual conference for student's palliative care was on 2 October 2022 by the Pallium India. in which Mr.Gopinathmuthukad (director, magic planet) has inaugurated the meeting. On which the student volunteers from various colleges have participated and shared their memorable moments with the group. Thirteen students of our palliative care unit have also participated in the meeting.

12. AIDS DAY



13. WORLD BICYCLE DAY



CHAPTER 17

SPECIAL CAMPS

17.1 Chirath # enlighten ourselves 2022

Seven Day Special Camp Report (December 21-27, 2022)

NSS Unit of St. Gregorios College Kottarakara has organised the seven-day special camp named as **Chirath 2022 # to enlighten ourselves**. The camp was offline which was conducted at the Baselios Mathews II Teachers Training College Kottarakara from December 21-27, 2022.



Day 1 (21.12.2022)

Chirath 2022 camp started with **Palliative Care** activity. The volunteers visited the old age home Mahathma Jana Sevana Kendram, Adoor and provided some food items, medicines and daily essentials to the inmates.



A parents meeting was conducted for the volunteers at 2 pm in the presence of NSS Programme officers Asha. G and Dr. Manu V. All the parents and volunteers attended the meeting. The details of the camp and instructions were given. The meeting was ended at 4 pm.



Photo of the PTA meeting

Day 2 (22.12.2022)

The NSS unit of St. Gregorioscollege Kottarakara conducted 7-day camp "Chirath". The main objective of the camp was "**LahariMukthaNaleykkayiYuvaKeralam**".As regarding to this objective, the second day of the camp was a poster making competition. The poster is related to anti-drug awareness. The volunteers were prepared the poster to the next day of the camp. The volunteers prepared posters according to the subject(awareness against drugs) which was to make awareness to the volunteers and the society.



Day 3 (23.12.2022)

The official inauguration of the camp “**Chirath 2022**” was conducted at the college seminar hall at 10 am. The camp was inaugurated by **B.Padmakumar (ADGP Kerala Police)**. The function was presided by the college principal Prof. Beena G.P.





Day 4 (24.12.2022)

The NSS flag was hoisted by NSS program officers Prof. Asha. G and Manu. V. And then sung the manangeetham by volunteers. Along with the assembly aerobic session was conducted by Dhanya U D(3rd Year NSS volunteer). Unexpectedly **Dr. Anzer R N, State NSS officer** visited the camp and spent some time with volunteers.



After the breakfast, the first session was from **Fire and Rescue** team. The session was taken by Aneesh from Kottarakara fire station. He demonstrated how to overcome some danger situation like if a person falls into some water bodies. The volunteer is also demonstrated how to give CPR. After the session Principal Prof Beena G. P visited the camp and provided with necessary instructions.



The evening session was taken by the Karis George Koshy (Former NSS Volunteer Secretary and Best Volunteer awardee). He explained how NSS changed his life through some experiences and stories.



Cultural programme is arranged at night. At that time camp was visited by the Chemistry department teachers Dr. Pinky Abraham, Dr. Binil P Sasidharan and dr. Jisha K R. The teachers give additional support and energetic participation from their side. The day ended with cultural activities of the volunteers.



Day 5 (25.12.2022)

The day was started with the morning assembly at 6:30am. The flag hosting was done before the assembly. The group presented the newspaper which was a clear reflection of the past day. Also, a Yoga Session was also conducted.



A **Palliative Care Programme KUPPAYAKOODU** was conducted. The volunteers collected clothes and handed over it to the Karuthal members. The organisers collected the clothes from our camp. The expressed their gratitude to the volunteers for their active participation.



An **awareness session** about the importance of voting was taken by Reheem (Deputy Tahasildhar Pathanapuram). He explained the session through a simple snake and ladder like game which was a great way to get the ideas into the minds of the volunteers.



A **cultural programme** was conducted by the volunteers which was a great happiness to them. They went for the dinner and a cheerful Christmas Eve was given to the volunteers. The college administrator Fr.GeorgeKutty had given the Christmas message.



Day 6 (26.12.2022)

The morning assembly was started by 6:30 am and a effective yoga session was followed.

The volunteers were divided into 5 groups and went for the **Survey**. The survey included the various dimensions and problems of the society like covid, electricity, literacy etc.



A session on **Gender Equality** was took by Mrs. Beena R, DPM Gender. Volunteers cleared the doubts about the topic. The session was really helpful to them.



Day 7 (27.12.2022)

The volunteers assembled at 6.30. The assembly started with the manvgeetham by NSS volunteers. And they presented the newspaper of the last day. An aerobic session was conducted by NSS volunteer Abhima. After the assembly there was a nature walk to Meenpidippara. The NSS volunteers enjoyed Nature walk and that nature walk refresh the volunteers' mind. **Our adopted river Meenpidippara cleaning** was conducted. Then volunteers take river protection pledge.



Volunteers also engaged in cleaning activity at the camp center.



We had two physically challenged volunteers (**Christo K Chacko & Sidharth V Pillai**) in our camp. They enthusiastically attended the camp for seven days and actively participated in all the activities.



The alumni volunteers visited the camp. They spoke about their NSS memories and they were happy for the visit to the camp. NSS volunteers spoke about their experiences and memories in the 7-day camp. The volunteers were happy. Their face was filled with

happiness and sad. They had a lot of memories to remember about the camp. The camp was ended with the feedback session.



17.2 Adventure Camp

The NSS Programme Officer **DrManu.V** was selected as the contingent leader of the Adventure Camp to Pong Dam at Himachal Pradesh conducted from 29 October 2022 to 7 November 2022. The camp was conducted at various adventure spots of India.



17.3 National Youth Festival

The second year NSS Volunteer **Liya Anna Yohannan** had got selection for the 26th National Youth Festival 2023, at Hubballi –Dharwad, Karnataka from 12 to 16 January 2023.



17.4 National Integration Camp 2023

Our NSS Volunteer **Mithul M S** had got selection for the National Integration Camp at Mary Matha Arts & Science College, Mananthavady from 04 to 10 March 2023.



17.5 Volunteer Leadership Camp 2023

Volunteer leadership camp PRAYATHNA was conducted on September 23, 24, 25 at Student's Centre Trivandrum. **AlbinSaju** (2nd year NSS Volunteer) and **Liya Anna Yohannan** (2nd year NSS Volunteer) had participated in the camp. The three days residential camp was compressed of various sessions like leader ship building, skill development and so on.



Our NSS volunteers participated in Palliative Care Camp, Vimukthi related Camp, Nature Camp etc and details of these are mentioned in the concerned chapter.