



ST. GREGORIOS COLLEGE KOTTARAKARA

3.4.1 Extension Activity (NSS Report)





ST. GREGORIOS COLLEGE, KOTTARAKARA NATIONAL SERVICE SCHEME



NSS UNIT REPORT 2023-24

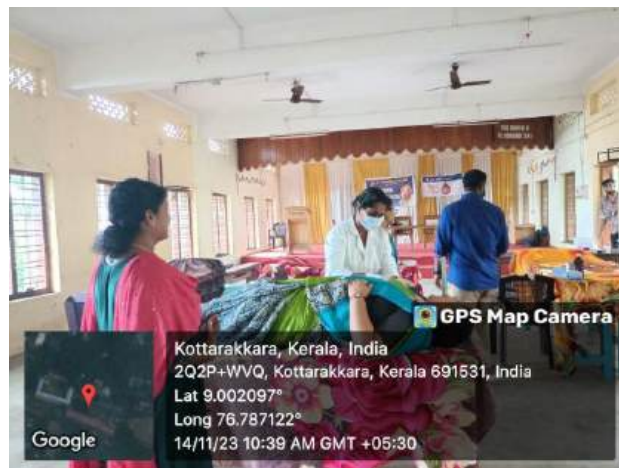
GENERAL ACTIVITIES

1. BLOOD DONATION

Blood donation, aptly referred to as 'life donation', is a selfless act that offers a second chance and renewed hope to those in need. Recognizing the significance of this noble deed, the NSS Unit has taken the initiative to organize blood donation camps at regular intervals of every three months. This commendable effort has inspired numerous individuals to embrace blood donation as an integral part of their lives, thereby making a profound impact on the lives of others.

This humanitarian endeavour has garnered substantial support from both the college and the community, serving as a testament to the power of collective generosity and compassion. By donating blood, we not only save lives but also instil hope and positivity in the lives of others, creating a ripple effect of kindness and goodwill.

1.1 Blood Donation Camp 14/11/2023



College Principal donating blood

National Service Scheme of St. Gregorios College, Kottarakkara has conducted a Blood donation camp with Punalur Taluk Hospital, Sponsored by HDFC bank. The blood donation was conducted on 14 November 2023 at the seminar hall of St. Gregorios College, Kottarakkara. The representatives of Punalur Taluk Hospital had reached at the college at 10:00 am. After the arrangements of the equipment for the blood donation camp, the camp was started with the maanavageetham and welcome speech by the Programme officer Prof. Asha G. The blood donation was inaugurated by Dr. Sumi K Alex, Principal of St. Gregorios College, Kottarakkara, by donating blood. Students of the college have donated most of the blood to the camp. The camp collected over 40 units of blood. Most of the donors of the camp were students, and they were active in taking part in such a charitable programme.



1.2 Blood Donation Camp 23/03/2024

St. Gregorios College, Kottarakara has conducted a Blood Donation Camp on 23/03/2024 in association with Government Taluk Hospital, Punalur. The blood donation was started with a Manavagetham followed by a explaining the importance Blood donation by Dr. Smitha of Taluk Hospital, Punalur.

Afterwards the camp started. The Students of college and peoples of nearby locality has participated in the programme. The programme officers and college faculties also donated blood for the camp. The programme was a great success with nearly 30 unit of blood where donated to the camp.



College faculty and NSS Programme Officer Dr. Mavu V donating blood



NSS Volunteers Karan Mohan and AswinKrishanan U donating blood

2. PEDESTRIANS SAFETY

This document is based on the activities and programmes that were conducted, organized and participated by the National Service Scheme Unit of St.Gregorios College, Kottarakara.The programme was mainly come under the title of MVD.

2.1 Safe Kerala Music Album

Safe Kerala is a music Album introduced by Kerala Motor Vehicle Department and National Service Scheme unit of St.Gregorios College, Kottarakara. The album aims to the road safety of the pedestrian. The Motor Vehicle Department and St. Gregorios College joined together to complete the programme. The crew includes NSS volunteers of St.Gregorios College along with Programme officers Asha G and Manu V.



2.1.1 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 were given to the unit. The work was completed.

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



NSS Volunteers Abhiram A K and Ebin Shaji

2.1.2 Video Shooting

Motor Vehicle Inspector Ramji K Karan and his crew had arrived in the college for the shooting of Safe Kerala video album. The album has prepared for the public awareness about road safety. All the first year volunteers, second year leaders and the MVD crew had started the shooting in the various parts of the college with the placards and slogans. The placard contains various road signs and symbols. Volunteers had created awareness to the common people and drivers about the traffic rules.



2.1.3 SAFE KERALA ALBUM RELEASE

'The Safe Kerala' an album that was a road safety awareness video song, was made under the coordination of Kerala Motor Vehicle Department and NSS unit of St.Gregorios College,Kottarakara was successfully telecasted in between the 7 day residential camp named JEEVANAM. The video launched by S Sreejith ADGP Transport Commissioner of the state. The motive of this song was to make people aware of road safety. The video was also uploaded on various social media platforms including YouTube. Famous social media influencer Aparna also known as quppi has also participated in the ceremony.



The YouTube link of the Safe Kerala Album Song was given below.

<https://youtu.be/72ljuxFQxew?si=rQ3sfXJ7BVa5qBD>

3. PALLIATIVE CARE ONAM KIT DISTRIBUTION

3.1 Onam kit distribution

As a part of charity programmes done by the National Service Scheme of St. Gregorios College, Kottarakara Onam Kit distribution was conducted on August 22, 2023 to the Palliative Care Unit of Government Taluk Hospital, Kottarakara. The volunteers handed over the Onam Kit to the Palliative Care patients of Government Taluk Hospital, Kottarakara. The kit was for the patients who were suffering from financial crises.



(S. R Ramesh delivering inaugural speech)

The programme was inaugurated by S.R. Ramesh (Municipality Chairman, Kottarakara) through his speech. He appreciated and thanked the National Service Scheme unit for their valuable charity contributions and their willingness to do everything that helps people of the country. After the inauguration, Dr. Anilkumar (RMO Taluk Head Quarters Hospital, Kottarakara), Dr. Minju George (Physiotherapist & Palliative Care MO incharge) and Joseph Vadakkedath (Kottarakara Municipality Health Standing Committee Chairman) shared their wishes for the program. Afterwards the Onam kits were distributed to the patients or the relatives of patients. The Onam kits for patients were sponsored by the National Service Scheme unit of St. Gregorios College, Kottarakara.



NSS Volunteer Aswin Krishnan U, Alan Sabu & PO Asha G handing over the Onam Kit to a patient

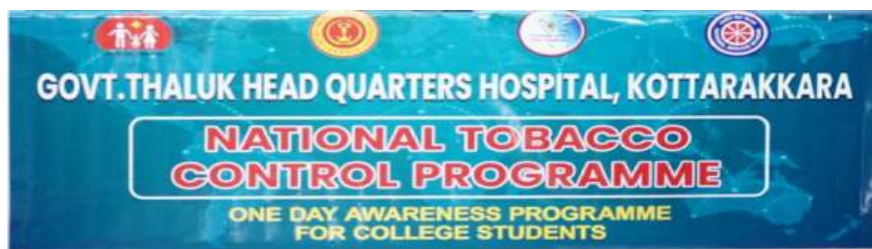
3.2 Air Bed Donation

The air bed was donated to the palliative care unit of Government Taluk Hospital Kottarakara, NSS Programme officers **Asha G. and Dr. Manu V.** along with NSS volunteers **Aswin Krishnan U, Pranav P, Abhima Anil, and Nandana S Biju.** The air bed and walker was handed over to the palliative care nurse Jasmine M.S.



Air bed and Walker handed over to palliative care unit of Government Taluk Hospital, Kottarakkara

3.3 NATIONAL TOBACCO CONTROL PROGRAMME



The National Tobacco Control Programme was held on July 22, 2023. The program was hosted by the Government Taluk Headquarters Hospital, Kottarakkara. Harishma Krishnan anchored the programme, and Farzana Shareef delivered the welcome speech. Anilkumar, the RMO of Kottarakkara, delivered the presidential address. Following this, the resource person, Aswathy, the TB Organizer at Taluk Hospital, Kottarakkara, conducted a session on the health hazards of tobacco usage. She presented the harmful effects of tobacco and its impact on society in a compelling manner, captivating the audience. Subsequently, Psychiatric Counsellor Shyne discussed the harmful effects of drugs, with a focus on tobacco. Shyne effectively raised awareness about the importance of tobacco control in society. Aroma A P delivered the vote of thanks, and the program concluded with the National Anthem.



The presidential address by Anil Kumar RMO Kottarakkara



Session by Shyne, Pshycatric counsellor and Aswathy, TB Organiser Taluk Hospital Kottarakkara

3.4 STUDENTS INITIATIVE IN PALLIATIVE CARE-III EDITION



(Poster of the programme)

Students Initiative in Palliative Care-III Edition was a state-level programme organized by Pallium India in association with APJAKTU NSS CELL and KTU care. Pallium India is a non-governmental organization based in India that focuses on providing palliative care services. Palliative care is a branch of healthcare that aims to improve the quality of life for patients with serious illnesses, particularly those with advanced stages of cancer and other life-limiting conditions. Pallium India works to promote and provide Palliative care services, education, and advocacy in India.

On October 2 Pallium India in association with APJAKTU organized the inauguration and official launch of the sans-pain group and presentations of the programmes done by the palliative care unit of several colleges. The Venue was the seminar hall of the LBS Institute of Technology for Women, Poojappura.



(Inauguration ceremony)

The programme was started with Manavageetham by NSS volunteers of LBSITW followed by the welcome speech of R Reena (Community social officer, Pallium India) given a short introduction about Pallium India and the programme. The presidential address was delivered by Joy Varghese, State Program Coordinator, APJAKTU NSS. The keynote address was by Dr. Jayamohan J, Principal of LBSITW, Poojapura. The official launch of the sans-pain group and the programme was inaugurated by Tiffany Brar (The Founder of Jyothirgamaya Foundation and also a disability rights activist) and DeejaSatheshan, Director, Nymitra Food Products Private Limited. The Felicitation was addressed by Manoj G S (Executive director, Pallium India) and Prof. Seena KR (NSS Program officer LBSITW) SulthanaSayed (NSS Volunteer Secretary, LBSITW) officially conducted the vote of thanks.



(NSS Volunteer Liya Anna Yohannan presenting the report)



(NSS volunteers Pranav.P. and Aswin Krishnan.U. presenting the video)

The presentation started at noon. Several colleges participated in the presentation. Farook College, Calicut, SN College, Kollam, ACE College of Engineering, Trivandrum, St. Gregorios College, Kottarakara were some of them. Every college had 15 minutes to present their Palliative care unit programme report. Liya Anna Yohannan (NSS Volunteer Secretary, St. Gregorios College, Kottarakara) presented the slide presentation and provided an overview of the presentation. The presentation included palliative care activities conducted by the National Service Scheme Unit of St. Gregorios College such as home visits, blood donation camp, wheelchair donation, Hair donation camp, eye camp etc. which has been great success due the participation of many students in the college and peoples from the nearby localities. After the presentation, other colleges presented their presentations that included numerous innovative ideas. These presentations help to improve palliative care activities by adopting the ideologies and modifying them in their own way.

After the presentation, a video presentation was also conducted. The video was presented by **Pranav P and Aswin Krishnan U**, which was about the Palliative Care activities of the National Service Scheme unit of each college. St. Gregorios College also presented a video about the activities in palliative care

After the session, the participants were awarded a certificate of participation and participants were allowed to leave.

3.5 Cultural Programme for Palliative Patients



Palliative Care of St. Gregorios College Kottarakara had conducted a cultural programme for the palliative care patients in Mar Thoma Episcopial Jubilee Mandiram, Kottarakara. The programme was in realtion with Palliative Care Day week programme with the help of Government Taluk Hospital, Kottarakara. The programme was in presence of father Shibu John Samuel, Jasmine M S (Palliative Care Staff Nurse). The volunteer presented their cultural talents in the programme.



Volunteers performing their cultural programme

4. DIGITAL LITERACY

4.1. PRADHAN MANTRI GRAMIN DIGITAL SAKSHARTA ABHIYAAN (PMGDISHA)

4.1.1 Digital Literacy Class at SNWC, Kollam

On 24 June, 2023 a training session regarding Digital Literacy was held at SreeNarayana Women's College, Kollam. **Alan Sabu, Albin Saju** NSS volunteers from St. Gregorios College, Kottarakara also participated in that class. It was totally a complete session about digital literacy. The aim of the training programme is to enable effective use of digital jobs and services along with ensuring secure online financial transactions. It will also train the public to maintain dignity and tolerance in social networking platforms. The programme started with the NSS Song. Then the welcome speech was delivered by Devipriya (NSS Programme Officer SNWC, Kollam) and Sunil Kumar (Principal SNWC, Kollam) also shared his words about the session.



(Photo of the training session)

It was a very useful class that included how to make people digitally literate, what to teach them, how to teach them, how to register on Digital Literacy, instructions related to the exam, etc. The class also provided necessary documents files for the participants that helped them on the Digital Literacy programme. After that there was a session for clearing the doubts, etc regarding the training.

4.2. DIGITAL LITERACY EXAMINATION

Pradhan Mantri Gramin Digital Saksharta Abhiyaan (PMGDISHA) aims to provide digital literacy training to rural citizens, which will enable them to access various government services and information online. PMGDISHA is an important initiative that is expected to bring significant benefits to rural communities in India. By bridging the digital divide and empowering the rural citizens with access to digital technology, the programme is helping to build a more inclusive and digitally empowered India.

The digital literacy exam under PradhanMantriGramin Digital SakshartaAbhiyaan scheme was conducted on 06/07/2023, 11/07/2023, 13/07/2023 and 18/07/2023, for the NSS volunteers of St. Gregorios College, Kottarakara. The exam was conducted under the leadership of NSS volunteer **Alan Sabu**. Candidates are asked to attempt 25 questions in a time period of 60 minutes. The pattern of the exam contains true or false questions as well as objective type questions. 16 NSS volunteers appeared for the exam and successfully completed it. They were provided the certificates online.



Certificate for the exam of PMGDISHA

5. ADMISSION HELPDISK

As the admission for UG courses of the University of Kerala, the National Service Scheme volunteers of St. Gregorios College, Kottarakara had prepared a Helpdesk for the students to make their admission procedure efficient. In the month of July 2023 helpdesk had been prepared for six days 03/07/2023, 04/07/2023, 05/07/2023, 06/07/2023, 07/07/2023, and 08/07/2023. The help desk was arranged in the ground floor of the office and this should help many students who have come for admission into St. Gregorios College, Kottarakara.



(NSS Volunteers helping newly admitted students on their admission procedure)

6. MIGRATION PATHWAYS FOR GRADUATES AND OPPORTUNITIES IN AUSTRALIA

Australia was truly a land of opportunities and actively learning has helped pave the way for many International studies. On the basis of Migration pathway for graduation, NSS unit of St. Gregorios College, Kottarakara has conducted a seminar in the topic study abroad career guidance.

The session was held on July 7, 2023 at the A/C seminar hall of St. Gregorios College, Kottarakara. The seminar was anchored by **Alfiya khan** (Second year NSS volunteer). The session started with a NSS song by the choir followed by the welcome speech of **Neha Johnson** (Second year NSS volunteer). Afterwards session was handled by Parvathi Vijayamma Anil (Family Violence Case Manazger Melbourne, Australia). In the session she talked about the process of making a career and how to successfully complete your studies in Australia. She explained about the various universities and job opportunities in Australia. Studying in Australia

as a student is rewarding, life-enriching experiences. In fact, Australia boasts some of the best universities in the world. The lifestyle is very different to India, at the age of 15 students will find a job for their own and live their life for their own. ParvathiVijayamma Anil had wonderfully completed the session and she had done a beautiful job to encourage the students to study abroad and to find a job for their own.



Session handled by Parvathi Vijayamma Anil

After the session, viewers shared their thoughts about the session as a feedback followed by programme officer Asha G also talked about the session and shared her memories with Parvathi Vijayamma Anil. Programme officer Manu V also shared his thoughts about the session. Afterwards a memento has been awarded to ParvathiVijayamma Anil as a gratitude to the National Service Scheme unit of St. Gregorios College, Kottarakkara. Then super senior volunteer secretary Karis George Koshy expressed his interest in it. The NSS volunteer Siddharth S officially conducted the vote of thanks. The programme concluded with the National Anthem.



7. YOUNG INNOVATORS PROGRAMME (YIP) 3.0

Young Innovators Programme was a flagship level programme of Government of Kerala launched by the Kerala Develop and Innovation strategic Council (K- DISC). The programme aims to encourage innovative ideas of the young mind of the state by participating in the YIP.

7.1 DISCUSSION MEETING

The Young Innovators Programme 3.0 (YIP) discussion was conducted by the Kottarakkara Municipality. The ceremony was conducted at Govt. Boys HSS, Kottarakkara. The main motive of the

programme was to explore the innovative ideas of the youngsters for the development of the nation. How the upcoming grand ceremony of YIP can be improvised was discussed in the programme.

The programme was inaugurated by the Municipality Chairman S.R. Ramesh. Representatives from the colleges like UIT, Kottarakara, St. Gregorios College, Kottarakara, IHRD, Kottarakara, TKMCAS etc. participated. National Service Scheme volunteers of St. Gregorios College, Kottarakara along with the programme office professor Asha G participated in this discussion session.

YIP Coordinators shared the purpose of the programme and discussed how the upcoming programme was improvised. Many new ideas evolved from this programme. Many officers shared their experiences with the viewers. The programme concluded at 5:30 pm.



Volunteers attending programme

7.2. YIP 3.0

The Young Innovators Programme was held on 21 July 2023 at Jubilee Mandiram, Kottarakara. Young Innovators Programme is a specially designed programme under Kerala Development and Innovation Strategic Council (K -DISK). It is a platform to foster young minds with scientific enthusiasm and a credo to solve the problem facing the globe.

The programme was inaugurated by the Finance Minister of Kerala, K.N. Balagopal and the Presidential address was done by J Chinchu Rani, Minister for Animal Husbandry and Dairy Development.

All the NSS volunteers attended this ceremony. The programme was co-anchored by **RanaMariyam Sunny**, NSS volunteer of St. Gregorios College, Kottarakara. Students and Teachers from different Districts of Kerala attended the programme. Cash awards were distributed to the winners of all districts.



K N Balagopal, Minister of Finance talking in the ceremony

8. PRE-REPUBLIC DAY CAMP SELECTION

A selection process was conducted at SreeNarayana College for women, Kollam on September 15, 2023 to select the female NSS volunteers to participate in the Republic Day Parade on 26th January 2024 at Delhi Parliament. 9 NSS volunteers from 9 colleges had arrived to participate in the selection of this parade. Selection was conducted by a couple of NSS teachers from the SreeNarayana College for Women, Kollam and

two NSS teachers from two other colleges. For its selection process, the first step was to run one and a half kilometres in 10 minutes. After that parade selection was conducted by NCC teachers of SreeNarayana College for Women, Kollam and senior NCC volunteers. Then, each volunteer was called for the next Step of the selection. It was an interview for culture.



The interviewers interviewing the participants came for selection process

After that, the marks of each volunteer's performance were tabulated and the results were announced. 9 volunteers participated but 6 volunteers got selection on the basis of their marks. Finally, the teachers thanked all the participating students and the program adjourned.

9. POSTER EXHIBITION

The National Service Scheme volunteers of St. Gregorios College, Kottarakara conducted an exhibition for the first year students of the college on 17th October 2023. The volunteers exhibited many posters relating to social issues such as Women Empowerment, Anti-Drugs and Plastic waste management. All the posters were very visually sensible and caught the attention of everyone. Afterwards many NSS Volunteers came to see the exhibition.



Students watching the poster in the exhibition hall

Along with the first year students, second year and third year students also came for the exhibition. The students enjoyed and gained knowledge about the social problems and were inspired through the exhibition. The exhibition adjourned with the bell for the class at 2 pm.

10. MERI MAATI MERA DESH

10.1. DISCUSSION MEETING

A meeting was convened on July 12th, 2023, at the college, focusing on the 'Meri Matti Mera Desh' programme. This initiative, launched by the Ministry of Youth Affairs and Sports, aims to promote a plantation campaign. In collaboration with the District Administration, Forest Department, Nehru Yuva Kendra, and social organizations, the programme seeks to plant saplings across the district. Specifically, at least 75 saplings will be planted in each grama panchayat, encouraging community involvement in environmental conservation. During the meeting, the Programme officer, Assistant Professor Asha G. elaborated on the 'MeraMattiMeraDesh' programme, and the volunteers subsequently completed a survey form to provide valuable feedback.



The programme officer Prof. Asha G explaining about Meri Matti Mera Desh

10.2. AMRIT KALASH YATHRA

Nehru Yuva Kendra, Kollam organised a Block level programme in St. Gregorios College, named 'MeraMattiMeraDesh' which means My soil My country. This campaign, inaugurated on August 9th, 2023, is a heartfelt tribute to the brave soldiers who made the ultimate sacrifice for our nation. By launching this initiative, we honor their memory and celebrate their selfless dedication to our country's freedom and security.

Students from various colleges and schools including NSS volunteers and NCC cadets took part in this ceremony. The campaign started off with a rally from Kottarakara College Junction to St. Gregorios College Kottarakara.



Rally for 'Meri Matti Mera Desh' programme

After successfully completing the rally, next was the official inauguration of the programme 'Meri Matti Mera Desh'. It was hosted by NSS volunteer Sariga R S. The welcome speech was delivered by the coordinator of NCC, St. Gregorios College Kottarakara, Dr Indulal. After welcoming the guests present in the event, the programme was officially inaugurated by the vice principal of St. Gregorios College, Kottarakara, Dr. Jubin Mattappallil.



NSS Volunteer Sariga R S hosting the programme



Vice Principal Dr. JubinMattappallil giving inaugural speech

He gave a captivating speech, through which he mentioned about the soil and its importance and also about nation. He presented the speech in a very impressive manner which grew a sense of responsibility among the students and paved a path towards protecting the land of our nation.

The inaugural speech was followed by filling the soil in AmritKalash. Students were called upon the podium to fill the AmritKalash with the soil bought by them. Students and teachers got to the stage one by one to fill the AmritKalash, from various colleges and schools. All of them actively participated in this event.



NSS Volunteer Aswin Krishnan filling the AmritKalash

By successfully completing the Amrit Kalash, the National song of India, 'VandeMataram' was sung by second-year NSS volunteers of St. Gregorios College, Kottarakara.



NSS volunteers singing the National song 'Vande Mataram'

As a part of winding up of the ceremony, a felicitation speech was delivered by Beena G P, she shared her views on this programme held by Nehru Yuva Kendra, Kollam. She gave her wishes to all of them present at the event. A vote of thanks was delivered by the NSS volunteer Siddharth V Pillai.

11. DISTRICT-LEVEL VIGILANCE AWARENESS WEEK QUIZ COMPETITION AT BJMGC, CHAVARA

In accordance with the Vigilance Awareness Week 2023 a district level inter-college quiz competition was conducted on October 31 at Baby John Memorial Government College, Chavara. **Amina Noushad** and **Anjali V**, NSS volunteers from St. Gregorios College, Kottarakara participated in that quiz competition and won second prize. There were 11 teams from different colleges.

The programme started with manavageetham. After that, Dr. Minitha R (NSS Programme Officer), Baby John Memorial Government College, Chavara. Following the welcome speech Gopakumar G (NSS Programme Officer, Baby John Memorial Government College, Chavara) addressed the chief guests from Indian Rare Earths Limited (IREL, Chavara). SimanchalRath (Senior Manager), and Ajith Kumar (Deputy Manager) were the chief guests. The chief guests showered their felicitations on everyone and made aware the participants and audience about Vigilance Awareness and the importance of Vigilance Awareness Week. First of all they talked about Corruption and Anti-Corruption, and then motivated everyone to be aware of the corruption in India and to fight against anti-corruption.



NSS volunteers and program officers taking pledge on Vigilance Awareness week

After the programme they explained about the mode of the quiz competition to be conducted. The competition is organised with a multiple choice type question paper which allows the participants to mark the correct answer among the 4 options with 21 questions related to Vigilance and Corruption topics. All of the participants completed the given question paper within 20 minutes and the audience was invited to value each of the answers. Gopakumar G (NSS Programme Officer Baby John Memorial Government College, Chavara) announced the questions and answers to the judges. After the valuation. The winners were announced by the Gopakumar G (NSS Programme Officer, Baby John Memorial Government College, Chavara). The first prize was won by the SreeNarayana College, Kollam. The second prize was won by the St. Gregorios College, Kottarakara, and the third prize was won by the Baby John Memorial Government College, Chavara. Afterward, a pledge was taken by everyone relating to the Vigilance Awareness Week. At last vote of thanks was delivered by Abhinav A (Volunteer Secretary, Baby John Memorial Government College, Chavara). The programme adjourned with the National anthem.

Prize distribution of district level quiz competition held in connection with Villigilance awareness week was held at IREL, Chavara on November 6, 2023. The programme started with prayer. Wg. Cdr. D Anil Kumar (Retd), DGM (HRM) & Vigilance Officer gave a warm welcome to everyone through his welcome speech. The presidential address was delivered by M.B. Divya. N. S Ajith (GM & Head) delivered the unit head address. Afterward the programme was inaugurated by the chief guest Mervin Alexander (Former Joint Secretary DAE). He shared his valuable life lessons and motivated everyone through his excellent speech. He spoke about corruption and other frauds that exist in the country and motivated everyone to eradicate them completely. After his wonderful speech prize distribution was held.



(NSS volunteers Anjali V and Amina Noushad were awarded second prize for the quiz competition)

At first the prize was handed over by the chief guest to the school students and college students who got 1st, 2nd and 3rd prize in the quiz competition. Then the prize for the competition held at the IREL was handed over to the winners. The vote of thanks was delivered by K. Suresh Kumar (DG-Technical).

12. KERALEEYAM 2023

12.1 Working Model Construction

On November 7, for the last day of the Keralaleyam programme which started on November 1, 2023, in Thiruvananthapuram District, the NSS unit of St. Gregorios College, Kottarakkara received an invitation to arrange a stall for the programme. The NSS unit has decided to present working models, games, bottle arts, craftworks, anti-smoking awareness illustrations etc. for this the NSS volunteers gathered and prepared the above models presented in the Keralaleyam expo.



NSS volunteer Nandhana S Biju, Athira A S and Aswin Krishnan U constructing the working model and craft work

12.2.KERALEEYAM

On November 7, 2023 the 22 volunteers of St. Gregorios College, Kottarakara reached University College Thiruvananthapuram for the programme and arranged the stall with different types of artwork and bottle art from the volunteers of the unit for the expo. The stall was presented with working models and artworks of the volunteers of St. Gregorios College, Kottarakara



The stall set up by the NSS volunteers at University College, Thiruvananthapuram

13. VHSE NSS PROGRAMME OFFICER ONE DAY TRAINING CAMP



Some photos of the session

On November 10, 2023 the National Service Scheme Unit of St. Gregorios College, Kottarakara hosted a one-day training camp and send-off function for the NSS programme officers of vocational higher secondary. NSS programme officers from the districts of Thiruvananthapuram, Kollam, Pathanamthitta, and Alappuzha attended the training camp. NSS district co-ordinator Ansar inaugurated the camp. He also visited the NSS office of St. Gregorios College, Kottarakara and interacted with the volunteers. The camp was arranged as different sessions on various topics. The NSS volunteers of St. Gregorios College had actively engaged to fulfil the needs of faculties who attended the camp. NSS regional director P N Santhosh and State NSS Officer Dr. Anzer R N visited the training camp. It was a golden moment for the NSS unit.

14. NSS WEEK

September 24 has been designated as National Service Scheme Day, commemorating its founding and mission. As part of NSS Day volunteers of St. Gregorios College, Kottarakara conducted several programmes for the 7 days from the NSS day. The details regarding various programmes were listed below.

NSS Day

On 24 September 2023, flag host was conducted as the part of the NSS day celebration. The volunteers were gathered on the college and the programme started with a manavageetham. Afterward Sramadhan was held at College campus. The programme was organized as a part of NSS Day Celebration. The Volunteers cleaned the entire campus and the collected garbages. The volunteers were provided with gloves and mask for the clening purpose. The wastes were collected and classified and handed over to Haritha Karma Sena.



Volunteers Cleaning the Campus

14.1. OPEN YOUR MIND ON A BIT OF PAPER

On 25th September 2023, as a part of the one-week celebration of NSS day, the Volunteers of St. Gregorios College, Kottarakara had set up a board and some sticky notes. The students of the college were pleased to take a small quote, their thoughts and views about mental health on the sticky note and board. It was a fabulous experience for all the students.



Some photos of the programme

14.2 VIDEO MAKING

On 26 September, 2023 the National Service Scheme volunteers of St. Gregorios College, Kottarakara conducted a video making for the students about WOMEN EMPOWERMENT, ANTI DRUGS, WASTE MANAGEMENT poster. Later the video was uploaded to the YouTube channel of the National Service Scheme Unit of St. Gregorios College, Kottarakara.

Link of the video: <https://youtu.be/1FzM5ZWw-4I?si=t17wviExg3wKEvQF>

14.3 ONLINE QUIZ

On 27 September, 2023 the National Service Scheme unit Of St. Gregorios College, Kottarakara conducted an online quiz competition about the G-20 summit. The quiz was conducted via Google form which contains 25 multiple-choice questions the volunteers have one hour to answer them all. Many volunteers actively participated in the quiz; the results and answers were published afterwards.



Poster of the quiz competition

14.4. HOUSE CLEANING



NSS volunteers cleaning their house and nearby areas

On 28 September, 2023 as a part of the one-week celebration of NSS Day, the volunteers had an activity to clean their house. The programme aims to make our houses and surroundings clean to avoid pathogenic diseases etc. and keep hygiene throughout homes.

14.5. DEBATE AND SKIT

On 30 September, 2023 the NSS unit of St. Gregorios College, Kottarakara had conducted a programme that was a debate competition and skit round. The programme was held as a part of the celebration of NSS Day throughout the week. The programme was mainly dedicated to first-year NSS volunteers. The aim

of the programme was to make new volunteers familiar with the National Service Scheme Unit of the College and find out different talents in them.



Debate session conducted among the first year volunteers

The programme was hosted by the second-year volunteers Pranav P and Nandana S Biju. After the welcome speech, the debate was conducted. It was about the topic of Social Media. The first-year volunteers were divided into two groups and given 5 minutes time to prepare a name for their group as well as a leader for their group. After the preparation time, the debate started and the volunteers actively participated and performed. Each group had their own thoughts about the topic and expressed them in their own way.



Each of the groups presenting their stage play

After this session, the fellow volunteers were divided into 5 groups and as mentioned above the groups were asked to find a leader for each group and also find an appropriate name for them. Afterwards, each group was asked to perform a stage play based on the theme of anti-drugs and awareness about anti-drugs. Each group performed the programme on the stage for a fixed amount of time and the other group will give them marks based on their view that the participants had a very good time with the programme. After this session, a feedback session was conducted in which the volunteers shared their experiences about the session.

15. YUVA UTSAV-2023

Nehru Yuva Kendra Kollam conducted the YuvaUtsav - 2023 programme at SN college, Kollam on 17 June, 2023 in coordination with National Service Scheme, Kerala University, Kollam district. The programme was about nurturing the talents of youth in the district and promote the vision of India@2047 and Panchpran of Amritkaal across the country. NYKS conducted this mega programme as a part of AzadiKaAmritMahotsav with expanded macro outreach. The NSS volunteers of St. Gregorios College, Kottarakara participated in a variety of items like mobile photography competition, declamation contest, folk dance.

The programme began at 10 am. Welcome speech was delivered by Shri. Sandeep Krishnan P, NYK district youth officer. The Presidential address was given by Dr. P. K. Gopan, Hon. District panchayath president, Kollam. The inauguration was done by Shri. Chittayam Gopakumar, Hon. Deputy speaker of Kerala. Guest of honour of the event was Shri. Mukund Thakur IAS, Sub collector and District development commissioner, Kollam. The keynote address was given by Shri. Anilkumar.M, State director of NYK. Special address was given by Dr. S. V. Manoj, Principal, SN college, Kollam. The felicitation was given by Dr. G. Gopakumar, District Programme coordinator and Dr. N. Shaji, NSS programme officer, SN college, Kollam. Vote of thanks was delivered by Dr. Vidya.S, NSS programme officer, SN college, Kollam.

About 20 NSS volunteers of St. Gregorios College participated in the mobile photography contest. 6 volunteers participated in the folk dance competition. **Liya Anna Yohannan**, NSS volunteer secretary, St. Gregorios College, Kottarakkara got second prize for the declamation contest. Every participant was provided with certificates. There was also an exhibition stall of various departments.



Folk dance team

16. DIGITALISATION WEBINAR



Poster of the programme

On 31 December, 2023 a Webinar was taken about Digitalisation. The session started with NSS Manavageetham by the NSS Choir team and followed by the welcome speech. The session was handled by NSS Volunteers **SIDHARTH V PILLAI & SARIGA R S**. The first session was taken by **SIDHARTH V PILLAI**. He had explained about how to create a digital poster very simply. And the second session was taken by **SARIGA R S**. She explained how to write the report of a programme digitally. After the session the NSS Programme Officers Prof. Asha G and Dr. Manu V had shared their feedback. Followed by Vote of thanks the session adjourned.

17. CONNECT 2K24

In connection with Thaddeshiyam 2024, Kollam Kudumbasree District Mission and Municipality, Kottarakkara organised the job fair Connect 2k24 on 10th February at Marthoma Girls High School, Kottarakkara. About 60 volunteers from the NSS unit of St. Gregorios College, Kottarakkara participated in it to help the organisers. The service was done in 4 categories. Around 25 volunteers were assigned for classroom duty. The rest were assigned to Food distribution, Crowd Management and Parking.



(Poster of the Programme)

55 companies participated in the job fair. All the volunteers reached the school at time and the volunteers started their assigned duties. P. K. Gopan (President, Kollam District Panchayat) performed the initiation. S.R. Ramesh (Municipality Chairman, Kottarakkara) presided and Vanaja Rajeev (Municipality Wise Chairperson, Kottarakkara) welcomed the guests.



Photo of the programme

The fair was attended by job seekers between 18 and 40 years of age ranging from SSLC to post graduation degree. All the volunteers performed their work assigned to them very accurately and systematically. The fair ended with the distribution of certificates to the volunteers who participated in the programme.



Photos of Job Fair

18. VOLUNTEER TRAINING PROGRAMME

On 19 May, 2023 a volunteer training programme was conducted under the leadership of the VaidyaRatna Section at the Bishop Jerome Nagar Auditorium, Kollam. The name of the programme was "ANGANA". The idea behind the programme was women empowerment. The coordinators of the programme were SreekumaranThampi and SreejithUnni. Dr Reena conveyed the felicitation of the programme. The session was conducted by Dr. Radhika. The main objectives behind the programme were Mental and physical health of women. Everyone discussed the main topic of women empowerment. Women Empowerment refers to making women powerful to make them capable of deciding for themselves.



Photos of the programme

It was a very good interactive session. Students from various colleges and schools of Kollam district participated in that programme. Main topics of this programme were, "How to improve Women empowerment" and "How to improve adolescent care". The session became more informative for all volunteers. Each volunteer shared their experiences about the programme.



NSS volunteers with certificate

19. DISTRICT LEVEL NEIGHBOURHOOD YOUTH PARLIAMENT-2024

District level Neighbourhood Youth Parliament 2024 was held at the seminar hall of St. Gregorios College, Kottarakara on 2 March, 2024. Different college students and clubmembers participated in the programme. Classes of eminent resource persons were held in the programme.

The meeting started with manavageetham. The presidential address was done by Dr. Sumi Alex (Principal St. Gregorios College, Kottarakara). The Welcome speech was delivered by Sandeep Krishnan P (District Youth officer, Nehru Yuva Kendra, Kollam). The programme was inaugurated by S.R. Ramesh (Municipality Chairman, Kottarakara). The chief guest was Nanda kumar S (Deputy Superintendent of Police, Kottarakara), Sheikh Hassan Khan (Mountaineer, Conquered Mount Everest and highest peaks in 5 continents of the world and social media influencer), Dr. Gopakumar G (NSS District Co-ordinator Kerala University, Kollam), Dr. Manu V (NSS programme officer, St. Gregorios College, Kottarakara), Biju Mavelikkara (Master Trainer, social media and Infotainment, NaTAR), Vishnu Prasad M.V. (Career Coach, Master Trainer NaTAR), Prof. Asha G (NSS programme officer, St. Gregorios College, Kottarakara, etc. completed the day. After the inaugural function, Sheikh Hassan Khan conducted an interactive session. He shared his experiences while he was fulfilling his dreams. He clarified the doubts arising during the session and he shared a lot of experiences that created an inspirational thought in the mind of the audience. After that, Biju Mavelikkara and Vishnu Prasad M.V. also conducted an interesting interactive session. They conducted a Mock Parliament. **Devianjana** an NSS volunteer from St. Gregorios College, Kottarakara was selected as the Governor of the Parliament. The volunteers grouped themselves as left and right wings and conducted the debates. The vote of thanks was delivered by Prof. Asha.G., she thanked everyone for their active participation.



(Photos of the programme)

20. KERALA'S FIRST CAMPUS INDUSTRIAL PARK INAUGURATION

Kerala's first campus industrial park was inaugurated at Kottarakkara IHRD College on 19 February, 2024. The NSS Volunteers of St. Gregorios College, Kottarakkara also participated in the programme. The welcome speech was done by Dr. Rathan.U.Kelkar IAS (Secretary of E&IT, Government of Kerala). PinarayiVijayan, (Chief Minister, Government of Kerala) inaugurated the first campus industrial park. K.N. Balagopal, (Finance Minister, Government of Kerala) graced the program. The Minister talked about the startup and finance jobs that students can start.

After that Dr. R.Bindu (Minister of Higher Education, Government of Kerala) gave the keynote speech. She talked about getting better education for the industrial park. S.R.Ramesh (Municipality Chairman, Kottarakkara) talked about the college and its benefits. Later Dr. V A Arunkumar (Director, IHRD) thanked the program. He thanked all the distinguished faculty and students.



(Photos of the programme)

Afternoon an interactive section started. The students and the representatives of Zoho discussed the activities of the company and the work done by its IT. This section was conducted by Tony.G.Thomas (Co-founder of Zoho) and Sridhar Vembu (Founder and CEO Zoho).

21. SPEAK FOR INDIA KERALA EDITION 2023-24

Federal bank Speak for India Kerala Edition 2023-24 in association with mathrubhumi is an inter college debate competition. It is an initiative by Federal Bank Hormis Memorial Foundation to encourage young, dynamic, enthusiastic minds across the Nation.



(Poster of the programme)

The block level competition was held at St. Gregorios College, Kottarakara on 17 January, 2024. The topic for block level was "Women reservation is must for women empowerment". Participants from various colleges actively participated in the competition. They all illustrated their views in different perspectives. NSS Volunteers of St. Gregorios College also participated in the competition. The programme was organised in a way that there are many games for the active participation of the audience as well. So the participants as well as the audience are equally prevalent throughout the event. Speak for India gives the youth the mike to speak on diverse topics.





NSS Volunteers with Speak For India Team

22. ANTI-RAGGING AWARENESS CAMPAIGN

The Anti-Ragging Awareness Campaign was on 23 March, 2024. The Taluk Legal Service Authority, Kottarakkara conducted a legal awareness programme on the basis of the topic 'Anti-ragging' awareness campaign. The programme started with manavageetham followed by the welcome speech. After the welcome speech, the Resource person, Adv. G K Sreejith Sir (Taluk legal service committee member) started the session by sharing the history of ragging, how ragging began, in such cases what should person do, what are the laws based on ragging. The programme aims to make aware of the law and fundamental rights of a student and how to face such situation legally. The session was very instructive to the volunteer and also makes them aware of their fundamental rights.

In feedback session, the Programme Officer Prof. Asha G shared her experience and thanked him for taking such an instructive session for the volunteers. After the feedback session, the programme adjourned.



Photos of the session

23. NAVA KERALA SADAS

Nava Kerala Sadas is the outreach programme of the Government of Kerala, in which the chief minister and ministers travelled through all assembly constituencies of the State. On December 18, 2023 Nava Kerala Sadas was organised at Marthoma Episcopal Jubilee Mandiram, Kottarakkara.

23.1. Nava Kerala Sadas Rally

On December 13, 2023 under the leadership of the Kottarakkara Municipality, a rally was held in connection with the Nava Kerala Sadas to be held at Kottarakkara on December 18, 2023 to which National Service Scheme volunteers from St. Gregorios College also participated. The volunteers reached the Government Boys HSS, Kottarakkara ground. The rally started with the flagged off by S.R. Ramesh (Municipality Chairman, Kottarakkara). Municipality employees, school students, college students and others from various fields participated in the program.



NSS volunteers and Programme Officers along with the rally organisers

The rally from the Government Boys HSS ground ending at the Kottarakkara college junction was an event that attracted people's attention. The main objective of this program was to inform people about the upcoming Nava Kerala Sadas at Kottarakkara.

23.2. Nava Kerala Sadas Flashmob

As a part of the upcoming programme of Nava Kerala Sadas at Jubilee Mandiram, Kottarakara on 18th of December, 2023, in association with the municipality of the same, the volunteers of NSS Unit of St. Gregorios College, Kottarakara conducted a flashmob at KSRTC bus stand, Kottarakara on 14 December, 2023. S.R. Ramesh (Municipality Chairman, Kottarakara) shared his valuable words and presence in this programme. He shared his thoughts on the upcoming programme of the same and also welcomed the NSS program officer Prof. Asha.G. and the fellow volunteers for the flashmob.



NSS volunteers presenting flashmob at Kottarakkara KSRTC Bus Station

A total of 12 volunteers participated in the flash mob. It was a 5-minute long performance. Everybody present there was impressed by their performance and gave a positive response to the same. They grabbed the attention of all of the audience present there.

The programme adjourned with the vote of thanks by the S.R. Ramesh (Municipality Chairman, Kottarakara). He thanked all of the volunteers and also the programme officer Prof. Asha.G.

23.3 Nava Kerala Sadas Rally

On December 15, 2023 a rally was organised by the Kottarakkara Municipality as a part of welcoming the Nava Kerala Sadas to be held at Kottarakkara on December 18, 2023. The National Service Scheme volunteers of St. Gregorios College, Kottarakkara also participated in the rally. The rally started in the evening from Kottarakkara Vaidyuthi Bhawan under the leadership of Kottarakkara Municipality Chairman S.R. Ramesh.



(NSS volunteers with Programme Officer Prof. Asha.G.)

Pranav.P, Aswin Krishnan.U., Siddharth.S., Karan Mohan, Abhiraj.A., Anand.A. were dressed up like the renaissance heroes Mahatma Gandhi, Chattampi Swamikal, Sri Narayana Guru, E. M. S. Namboothiripad, Swami Vivekanandan and Ayyankali for the rally. The rally attracted a lot of attention that created a sense of upcoming Nava Kerala Sadas. The rally ended at Kottarakkara Pulamon junction.

23.4. Nava Kerala Sadas

On 18 December, 2023 all the NSS volunteers of St. Gregorios College, Kottarakkara were invited to the function by the Kottarakkara municipality for helping the municipality, police officers, organisers, etc. Volunteer registration was done first. Then ID cards were given to the volunteers. Police officers and other organisers gave necessary instructions to everyone. After that the volunteers started their activities.



(NSS Programme Officers & Volunteers of St. Gregorios College, Kottarakkara)

First everyone arranged chairs in the venue. Volunteers provided necessary help to the stage as well. A folk song programme was conducted by the famous folk singer, Praseetha Chalakudy and team. The audience enjoyed the energetic program. The volunteers also made necessary help for the program presenters.



(A folk song program conducted by the famous)

Afternoon, the volunteers were divided into groups and assigned different duties. Volunteers proved their excellence in many places such as in the help desk where petitions for the ministers are collected from the people and in order to control the crowd there, in providing drinking water for the people who came to the program and for their better convenience, supervising, distribution of reading materials relating to the Government and the program, etc. Volunteers everywhere showed their excellence by putting their full effort.



(Assigning duties to the divided groups by a Police Officer)

Traffic control was an important duty. Most of the volunteers engaged with the traffic control and crowd control outside the venue along with the police officers. The city was crowded with people. The volunteers helped them to safely reach the venue. The actions of each volunteer helped a lot to prevent traffic jams and inconvenience to passengers and others due to congestion on the road. About 1 km from the venue the volunteers were arranged for traffic control. Necessary assistance was also provided to ensure that traffic jams were not created and facilities were provided to park vehicles and so on. Everyone including the high officials such as municipality chairman, police officers, etc admired and appreciated the volunteers for their hard work and excellent work even without using a hat or an umbrella in the extreme heat and sun throughout the day time.

Almost 8 hours the volunteers excelled in their assigned duties. The volunteers showed the power of youth and a sense of responsibility to others through their actions. At evening the Chief Minister and other ministers reached the venue in the Nava Kerala bus, the luxury bus specially built for the Nava Kerala Sadas which made a big rush in the venue. Along with the police officers the volunteers also helped to control the rush.

Most of the ministers speak about their administration, thoughts and views, experiences and appreciated different Departments under the state government for their good performance. They talked about their new ideas and projects to be implemented in Kerala which makes the state for further enhancement and development. NSS volunteers were able to arrange all the gifts received by the Chief Minister in the programme and carry them in the Nava Kerala bus. The volunteers retired from their duty and refreshments were provided to them.

24. YUVA SAMVAD DEMOCRATIC INDIA @ 2047 ELOCUTION COMPETITION

On February 16, 2023 YuvaSamvad Democratic India @ 2047 elocution competition was conducted at SreeSankaracharya University of Sanskrit Panmana, Kollam. The competition was organised by the NSS Unit of the SreeSankaracharya University of Sanskrit Panmana, Kollam. NSS volunteers **Theertha.S.Pillai**, **Sivaganga.B.** and **Gopika.C.** from St. Gregorios College, Kottarakara also participated in the competition and 1 volunteer got second prize in the elocution competition.

The programme started at 10 am with the welcome speech of Ninitha (NSS Programme Officer, SreeSankaracharya University of Sanskrit Panmana, Kollam). The programme was inaugurated by Dr. Geetha Devi (College Campus Director). In her inaugural speech she spoke about the challenges faced by India. 6 groups competed in the first competitive item debate.

Afternoon an elocution competition was conducted. Almost 20 students participated in the program from almost 10 colleges. **Theertha.S.Pillai** NSS volunteer from St. Gregorios College, Kottarakara got 2nd prize in the competition. The closing ceremony was inaugurated by Dr. Geetha Devi (College campus director). The programme concluded with the prize distribution to the winners of different competitive items.

25. DR. VANDANA DAS - CONDOLENCES RALLY

The murder of Vandana Das, a medical doctor, took place at Kottarakkara Taluk Hospital on 10 May, 2023. She was stabbed to death while on hospital duty by an addict suffering from withdrawal paranoia who was brought to the Kottarakkara Taluk Hospital by the police. The deceased Vandana was a student at Azeezia Medical College and was appointed in the Kottarakkara Taluk hospital for her house surgeoncy training. Various protests mounted all over the state following her death. The NSS Volunteers of St. Gregorios College, Kottarakara took part in a rally offering condolences to the victim. They carried badges and placards offering the same. The rally started from KSRTC bus station and ended at Kottarakkara Taluk Hospital, the place where the murder happened. Many social, political personalities as well as students and teachers participated in the rally. A condolence meeting was held there in the presence of K. N. Balagopal (Finance Minister, Government of Kerala).



NSS Volunteers with programme officer Prof. Asha. G

26. DISTRICT LEVEL AWARENESS PROGRAMME ON INDIAN CONSTITUTION

On June 20, 2023 a one day workshop based on the Constitution was held at Baby John Memorial Government College, Chavara. It was a district level programme namely 'Awareness Programme on Indian Constitution' organised by the Department of History, BJMGC, Chavara. Anjali V and Amina Naushad, NSS volunteers from St. Gregorios College, Kottarakara.



Photos of the programme

The programme started with the manavageetham. Dr. Gopakumar.G. (NSS District Co-ordinator, Kollam) welcomed everyone through his warm welcome speech. The presidential address was delivered by Dr. Anitha.P. (Principal, BJMGC, Chavara). The programme was inaugurated by Adv. Suresh Kumar (President, GramaPanchayath, Chavara) through his inaugural speech. He talked about the Indian Constitution and the need to be aware about the Constitution of India Harilal (Secretary, KELSA, Karunagappally). The felicitation for the programme was given by Dr. Minibabu (NAAC Co-ordinator), Dr. Sajith S (IQAC Co-ordinator) and Prof. Laiju (PTA Secretary). And then the official programme concluded with the vote of thanks by Dr. Minitha.R. (NSS Programme Officer, BJMGC, Chavara).

The workshop was organised as 2 sessions. The first session was based on the topic "Indian Constitution, An Overview" which was scheduled between 11:30 am to 12:30 am. The session was handled by Dr. Abhilash Kumar K.G. (HoD, Department of Political Science, BJMGC, Chavara). The session was such a valuable session that gives a complete overview of the Indian Constitution. He explained about the different parts, types, etc of the constitution and helped to understand the need of a constitution in a country. He made complete sense about the constitution to those who attended the session. After the session a discussion was done between the participants of the programme. After the discussion the first session concluded.

The second session was arranged in the afternoon from 1:30 pm to 3 pm based on the topic "Indian Constitution and Legal System" handled by Adv. Thrideep Kumar.B. The 2nd session was with deep information about the Indian Constitution and the legal system. Along with the constitution a legal system is also necessary for a nation for its peace, prosperity, unity, etc. The session ended with the discussion and Evaluation on the topic. Then the programme adjourned with the distribution of participation certificates to the participants.



NSS Volunteer Liya Anna Yohanan Receiving the participation certificate

27. QUIZ AND DEBATE

On 17 February, 2024 a quiz and debate competition was organised for the first year NSS Volunteers. The quiz competition was based on different topics like sports, administration and general topics.



Photo of conducting Quiz

Topic for debate was Artificial Intelligence. Volunteers were grouped into two groups, one for and one against AI. It helped each volunteer to know more about the positive and negative aspects of AI in the current generation. The volunteers actively participated in both the sessions.



Photo of Debate session

28. Jeevanam Pre-Camp Orientation Workshop.



Dr. G. Gopakumar taking the session

On 9 December, 2023 an orientation session was given for NSS volunteers. The session was taken by Dr. G Gopakumar (NSS District Programme co-ordinator, Kollam District, Kerala University). He explained the aims and objectives of the National Service Scheme. It inculcates the spirit of voluntary work among students and teachers through sustained community interaction. It brings our academic institutions closer to society. He also explained about the duties of a volunteer and the benefits of volunteering.

His session was filled with fun and interesting activities that engaged volunteers into it. He made sure of the active participation of each volunteer throughout the session. His mode of giving orientation with interesting activities along with providing knowledge is very unique. He sang many songs using duff (a musical percussion instrument). These all made the session more interesting.

Mathrubhumi മാതൃഭൂമി

എസ്.ജി.കോളേജിൽ ക്രമീകരണ ശില്പശാല

കൊട്ടാരക്കര എസ്.ജി.കോളേജിൽ 'ജീവനം' ശില്പശാല എൻ.എസ്.എസ്. ജില്ലാ കോ-ഓർഡിനേറ്റർ ഡോ. ജി.ഗോപകുമാർ ഉദ്ഘാടനം ചെയ്യുന്നു.

കൊട്ടാരക്കര • സെന്റ് ഗ്രിഗോറിയോസ് കോളേജിലെ എൻ.എസ്.എസ്.യുണിറ്റ് 'ജീവനം' പ്രി-ക്യാമ്പ് ക്രമീകരണ ശില്പശാല നടത്തി. എൻ.എസ്.എസ്. ജില്ലാ കോ-ഓർഡിനേറ്റർ ഡോ. ജി.ഗോപകുമാർ ഉദ്ഘാടനം ചെയ്തു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. സുമി അലക്സ്, പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. വി.മനു, പ്രൊഫ. ജി.ആശ, വൈദ്യുതി വിജയൻ, ആമിന നൗഷാദ്, പ്രണവ്, അശ്വിൻ കൃഷ്ണൻ, ആൽഫിയ ഖാൻ, നന്ദന ബിജു, അഭിജിത്, സിദ്ധാർത്ഥ്, സരിഗ, അഞ്ജലി എന്നിവർ നേതൃത്വം നൽകി.

12/12/2023 KOTTARAKKARA Pg.02

'ജീവനം' പ്രി ക്യാമ്പ് ഓറിയന്റേഷൻ വർക്ക്ഷോപ്പ്

കൊട്ടാരക്കര: കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയോസ് കോളേജ് നാഷണൽ സർവീസ് സ്കീം യൂണിറ്റ് 'ജീവനം' പ്രി ക്യാമ്പ് ഓറിയന്റേഷൻ വർക്ക്ഷോപ്പ് സംഘടിപ്പിച്ചു. കോളേജ് സെമിനാർ ഹാളിൽ നടന്ന ചടങ്ങിൽ നാഷണൽ സർവീസ് സ്കീം ജില്ലാ കോർഡിനേറ്റർ ഡോ. ജി. ഗോപകുമാർ ഉദ്ഘാടനം ചെയ്തു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. സുമി അലക്സ്, എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. വി. മനു, പ്രൊഫ. ജി. ആശ, വൈദ്യുതി വിജയൻ, ആമിന നൗഷാദ്, പ്രണവ്, അശ്വിൻ കൃഷ്ണൻ, ആൽഫിയ ഖാൻ, നന്ദന ബിജു, അഭിജിത്, സിദ്ധാർത്ഥ്, സരിഗ, അഞ്ജലി എന്നിവർ നേതൃത്വം നൽകി.

'ജീവനം' വർക്ക്ഷോപ്പ് നടത്തി

കൊട്ടാരക്കര • സെന്റ് ഗ്രിഗോറിയോസ് കോളേജ് നാഷണൽ സർവീസ് സ്കീം യൂണിറ്റ് 'ജീവനം' പ്രി ക്യാമ്പ് ഓറിയന്റേഷൻ വർക്ക്ഷോപ്പ് ജില്ലാ കോർഡിനേറ്റർ ഡോ. ജി.ഗോപകുമാർ ഉദ്ഘാടനം ചെയ്തു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. സുമി അലക്സ്, എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. വി. മനു, പ്രൊഫ. ജി. ആശ, വൈദ്യുതി വിജയൻ, ആമിന നൗഷാദ്, പ്രണവ്, അശ്വിൻ കൃഷ്ണൻ, ആൽഫിയ ഖാൻ, നന്ദന ബിജു, അഭിജിത്, സിദ്ധാർത്ഥ്, സരിഗ, അഞ്ജലി എന്നിവർ നേതൃത്വം നൽകി.

29. SNEHAARAMAM

On May 3, 2023, the Chief Minister of Kerala announced a three-phase Malinya Muktham Nava Keralam campaign intending to find a lasting solution to waste management issues in the State by March 2024. In an interaction with people's representatives from local bodies across the state as well as secretaries of various departments, as per the announcement, all Government departments will have a role to play in ensuring that Kerala becomes waste-free.



Civic body representatives, NSS programme officers, unit secretaries, and officials of Malinya Muktham Nava Keralam will meet this week to chart out the modalities of their projects. By September 30, the civic bodies will submit an official form carrying the details of the garbage heaps in their area, besides their plans to convert them into Sneharamams.

As a part of this innovative programme, the NSS volunteers of St. Gregorios College, Kottarakara, selected three sites and decided to construct these sites waste-free places and construct Sneharamams.

The three selected sites are:-

1. Pulamon Junction, Near Thalir, Adoor Road, Kottarakara.
2. Pulamon Junction, Near Dimos, Punalur Road, Kottarakara.
3. Chenthara, Near Railway station, Kottarakara

Programme officers of St. Gregorios College, Kottarakara, Prof. Asha G and Dr Manu V visited with the faculties of the municipality at the initial condition of the site. The site was filled with waste and also covered by grass. It was such a miserable condition in which the waste removal itself was a herculean task. The sites were filled with diapers and other organic wastes that caused a foul smell to the surroundings.



(Near Dimos, Punalur road, Kottarakara)



(Near Thalir, Adoor Road, Kottarakara)



(Chentara, Near Railway Station, Kottarakara)



30. VIMUKTHI AND ASAAD SENA

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.

The activities mainly come under the Vimukthi Campaign and ASAAD sena. The unit had always given a prior importance to intoxication activities and programmes through various awareness session and action activities.

30.1 ASAAD SENA one day Workshop



Photo of the Programme

ASAAD sena, Agents for Social Awareness against Drugs is a club of students that comes under the Excise department, Higher Education department and Social justice department. The major aim of this club is to educate students about the disastrous effects of drug abuse and to take control of drug trafficking and illegal substances both inside and outside the campus. This club contains students of different clubs such as NSS, NCC etc. to fight against drugs effectively.

The district level workshop of ASAAD SENA was conducted on 14th July 2023 at SreeNarayana College, Kollam. It was a one day training programme for 2 volunteers of each college in Kollam. Aswin Krishnan U and Pranav P has participated in the same. The programme was conducted by the NSS unit of SreeNarayana College Kollam. The programme began with an NSS song followed by the welcome speech of Dr. Vidhya S, NSS Programme officer SN College, Kollam followed by the presidential address of Dr. S V Manoj, Principal of SN College, Kollam. The ASAAD sena workshop was inaugurated by the state programme officer Dr. Anzer R N. The felicitation by Dr. G Gopakumar, NSS District Coordinator, Kollam. The vote of thanks was delivered by Sandra Sajikumar B, NSS Volunteer Secretary SN College, Kollam.

30.2 VIMUKTHI

Vimukti is a movement that codifies all anti-drug activities of National Service Scheme of St.Gregorios College, Kottarakara. The Vimukthi programme is an initiative aimed at combating substance abuse and promoting rehabilitation among individuals struggling with addiction. The programme also focuses on raising awareness about the harmful effects of substance abuse and advocating for policies to address the issue effectively. Vimukthi strives to help individuals break free from addiction and lead fulfilling lives.

30.2.1 Anti-Drug Awareness camp

On 2 February 2024, an anti-drug awareness class was conducted at Kottarakkara Town UPS related to Nashamukta Bharat Abhiyan. The program was organised under the joint auspices of Kollam District Administration, District Social Justice Office, Kalayapuram Ashraya and Kottarakkara Municipality.



Gopalakrishnan Pillai, Best Teacher of the Year 2003, Member of Village Knowledge Centre, spoke about the increasing use of drugs in society and the problems arising from it and the brutality of drug addicts in Kottarakkara. The anti-drug awareness class was inaugurated by S.R. Ramesh, Municipal Corporation Chairman, Kottarakkara. He spoke about the issue of intoxication in and around the Kottarakkara bus stand and the awareness programs being conducted for it.



30.2.2 Vimukthi Two Day Shilpashala

'VIMUKHI TWO DAY SHILPASHALA' was anti-drug awareness study camp organised by the Karunagapally Excise office and NSS Kollam District, which held on 11th, 12th November 2023 at

Karunagappally Excise Range Office. Such a camp was created to eliminate the problems of drug addiction among the youth of the society and to create awareness about its harmful effects. As part of 'VIMUKTHI', LahariVarjana Mission formed by the State Government to strengthen anti-drug activities with the participation of the public, this camp was organized for the students under the leadership of the Karunagappally Excise VIMUKTHI study center in collaboration with the Kerala university National Service Scheme and Kollam district. The workshop was inaugurated by Chavara MLA SujithVijayanpillai on November 11, 2023.



Chavara MLA SujithVijayanpillai inaugurates the ceremony by lighting the candle

Then the experts conducted very extensive classes on various topics about the uses of alcohol and the harmful effects of it. There was a Laharivilambara procession starts from Karunagappally Model Higher Secondary School and ends at Karunagappally KSRTC bus stand. The rally was flagged off by V S PradeepKumar, assistant Commissioner of police Karunagappally.



KSRTC stand with NSS volunteers Liberation Proclamation March

The programme was concluded by distributing certificate to all the participated volunteers.



NSS volunteer Alfiya Khan receiving certificate

30.2.3 Anti-Drug Awareness Session

An anti-drug awareness session of Excise Department was held on 24 June 2023 at St. Gregorios College, Kottarakara. The session was handled by women civil excise officer Aneesha. The session was about the harmful after effects of drug usage and the problems which cause by drug addiction. It was an interactive session. The programme officers Prof. Asha G and Dr. Manu V shared their views about drug usage among youngsters.

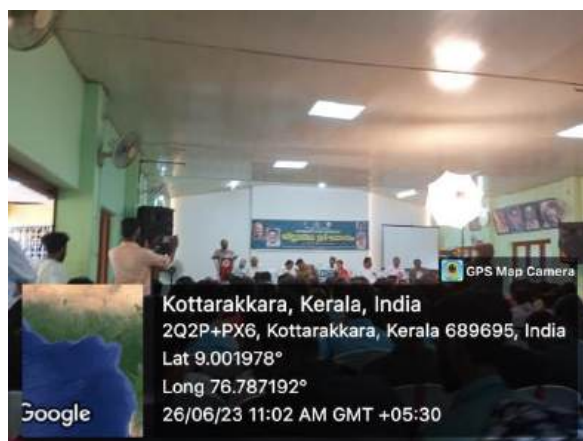
There was a session by Excise Department Officer Jayaraj on how alcohol is destroying the new generation and what changes alcohol has brought in the new generation.



Women civil excise officer Aneesha handled the class

30.2.4 Nashamukth

On June 26, 2023, a one-day awareness programme was organized at Kalayapuram Asraya. It was an awareness programme against drug abuse. Drugs are the most dangerous weapons against the youth. It can destroy the power source, youth in a country. The program was started at 10 am and ended at 4.30 pm. This orientation awakened the mind against drugs. Kollam district Collector Afsana Parveen, Kerala Finance Minister K N Balagopal attended the programme.



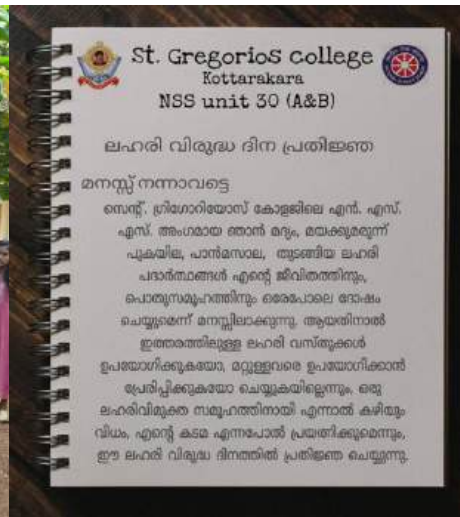
30.2.5 Bhodhapournami Campaign

As part of NSS day on 24 September 2023, programme officers and all the NSS volunteers assembled in the college. After the flag hoisting, everyone took a pledge prepared by the former Palliative Care Leader

Yathin.T. onBhodhapournami campaign (Anti alcohol and drug abuse awareness campaign) which was coordinated by the NSS volunteers Nandhana S.



(Everyone taking the pledge).



(Pledge)

31. MAPATHON

An interactive session regarding 'The Renovation of PulamonThodu' (a part of the Mapathon Project) was conducted at the digital theatre of St. Gregorios College, Kottarakkara. The imperative session was marshalled by the public-oriented initiative 'HarithaKeralam'. It was chaired by AswathyJithin, a Young Professional affiliated with Haritha Kerala Mission. In that session, she expounded upon the central aim of theMapathon Project, which is to create extensive local maps of Kerala encompassing physical infrastructure, natural resources, and other pertinent information conducive to planning and developmental initiatives.



Additionally, she featured in a video related to the project, organised by Haritha Kerala Mission. Following this, Aswathy introduced a free online mapping tool, Open Street Map (OSM), which is utilised for this mapping event in accordance with the Kerala government's policy to bolster activities centred on free knowledge and Free and Open Source Software (FOSS). She imparted instructions to the volunteers regarding the installation and proficient usage of the app. Concluding the session, she extended gratitude to all attendees for their participation in the event.

A brief speech about the importance of the renovation of PulamonThodu was delivered by Viswalekha, who was the resource person of Haritha Kerala Mission at the time when St. Gregorios College was declared as the 'Green Campus'. Following her speech, Prof. Asha G (Programme Officer), conveyed her thoughts about the project.

32. UDID TRAINING

On January 10, 2024, a UDID training session was convened at the Kollam Collectorate Office, under the auspices of the district collector. The session garnered participation from various program officers and National Service Scheme (NSS) volunteers representing different colleges. Noteworthy among the attendees were Pranav P and Alfiya Khan, NSS volunteers from St. Gregorios College, Kottarakkara, alongside Program Officer Dr. Manu V.

The primary objective of the program was to facilitate the issuance of UDID cards for every disabled individual across the nation. This initiative is being implemented through a dedicated portal named 'Thanmudhra'. Attendees were tasked with comprehending the procedures presented during the training and subsequently disseminating this knowledge to fellow college students. The training session employed an effective pedagogical approach, utilising a projector to demonstrate the process step by step. Additionally, participants were provided with written instructions to supplement their understanding. Emphasis was placed on conducting the process digitally, utilising mobile phones. As a result of the training, approximately 40 volunteers registered for the survey on the designated portal.



33. SURVEY OF YOUTH NOT IN FORMAL EDUCATION OR REGULAR EMPLOYMENT

The Ministry of Youth Affairs conducted a comprehensive survey targeting young individuals not engaged in formal education or regular employment as part of its efforts to implement the National Youth Policy. The survey was facilitated with the assistance of National Service Scheme (NSS) volunteers. Notably, the NSS unit of St. Gregorios College, Kottarakkara, played a pivotal role in executing this initiative.

The survey and subsequent corrections took place on four specified dates: 10/07/2023, 12/07/2023, 19/07/2023, and 20/07/2023. During this period, volunteers meticulously reviewed and rectified the forms submitted by various colleges, including those from St. Gregorios College. This rigorous process ensured the accuracy and completeness of the collected data, thereby enhancing the effectiveness of the survey in capturing the demographics and needs of the target population.

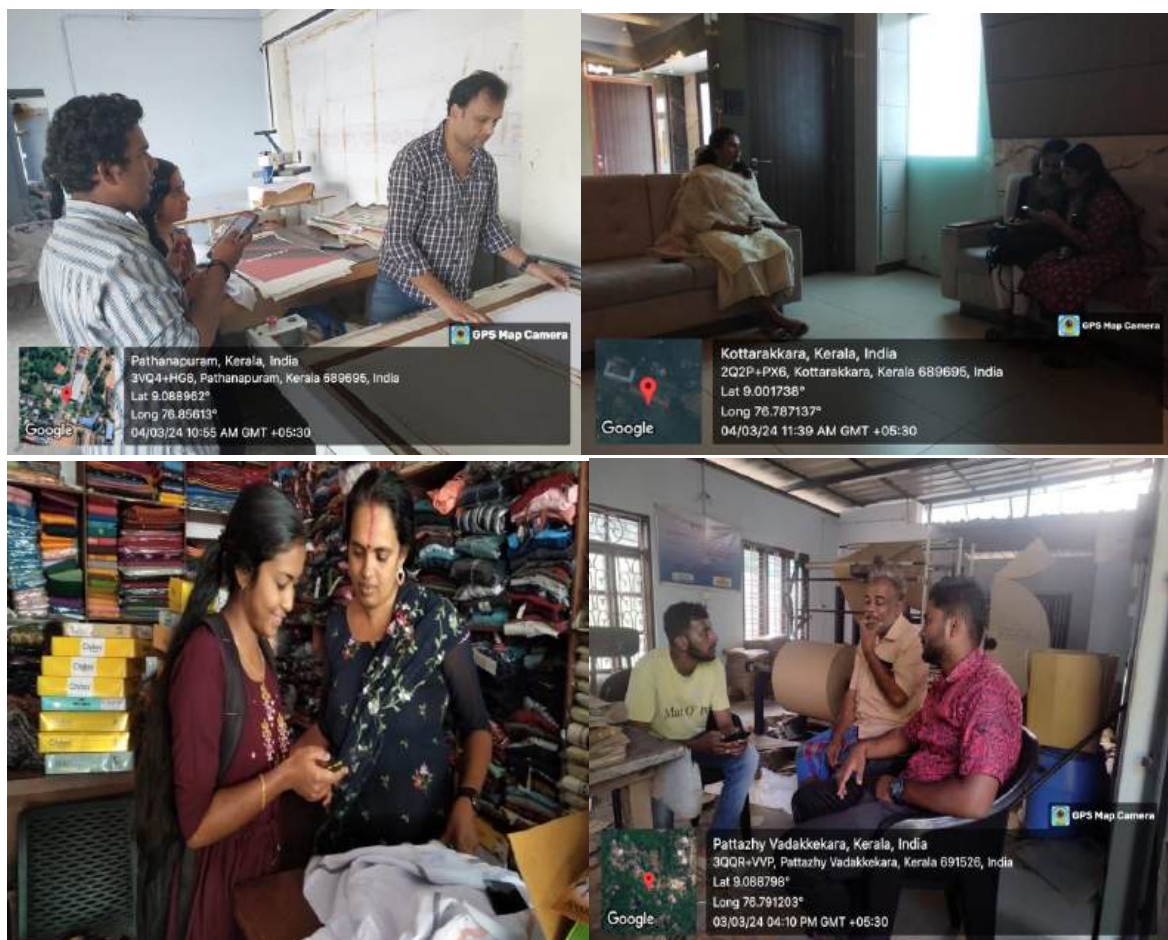


(Working on survey programme)

34. CMD Survey

As part of the CMD project, the NSS volunteers of St. Gregorios College, Kottarakara, were entrusted with the task of surveying 164 enterprises. A team of 50 dedicated volunteers participated in the survey, which was conducted across various locations, including Kottarakkara Municipality, Mylom, Pooyappally, Velinalloor, Neduvathoor, Pathanapuram, Pattazhy, Vadakkekara, Thalavoor, Vettikavala, Kulakada, Karavallur, Kadakkal, Kareepra, Ezhukone, Pavithreswaram, and Punalur Municipality.

The volunteers efficiently completed the survey within a week, ensuring that all entrepreneurs were informed and appointments were scheduled in advance. The survey teams then visited the designated locations, collecting valuable data and insights. The survey was a resounding success, with all volunteers demonstrating exceptional dedication and enthusiasm. As anticipated, the survey was completed within the allotted timeframe of one day, a testament to the volunteers' hard work and commitment.



(Volunteers conducting the survey)

35. SVEP Survey

As part of the Strengthening of Women's Enterprises in Pidavoor (SVEP) initiative, the task of conducting a comprehensive survey was delegated to the NSS volunteers of St. Gregorios College, Kottarakara, by the Pidavoor Block Office. The survey encompassed 310 enterprises enlisted under the SVEP program, with a team comprising 25 investigators appointed for the task. The enterprises were distributed among the investigators, with 10, 11, 12, and 13 ventures assigned to individual investigators respectively. Additionally, a

few co-investigators complemented the primary investigative team. The survey spanned across the Panchayats of Pattazhy Vadakkekara, Pattazhi, Thalavoor, Pathanapuram, and Piravanthur. Investigators scheduled visits within a week and diligently conducted the survey.



36. Awards and Achievements

This document contains the awards and achievements of NSS Unit of St. Gregorios College, Kottarakara. This unit has been granted many awards in the year 2023-24. Moreover, the programs conducted by this unit have been ranked at the state level.

36.1: World Blood Donors' Day

In connection with World Blood Donors' Day, an award distribution function was organised by LBS Technology for Women, Poojappura in association with APJAKTU NSS Cell All Kerala Blood Donors' Society for honouring the great contribution to the society.



The function was inaugurated by Adv. Antony Raju (Transport Minister). The chief guest was C. Venugopal (Play Back singer). Our 6 volunteers **Alan Sabu, Alan Sabu, AlbinSaju, SudhanaBeevi, Beema L, Karis George Koshy** along with **programme officer Asha G** also received various awards including Best Blood Donor.

36.2: Say No To Drugs

On October 27,2023, Government of Kerala and Higher Education Department with National Service Scheme gave an appreciation certificate to the NSS unit of St. Gregorios College, Kottarakara for the outstanding performance and significant contribution to the fulfilment of ‘SAY NO TO DRUGS’, the flagship programme of the State NSS Cell during the year 2022-23.This certificate was received by the college programme officer, **Prof.Asha G.** from the state NSS Officer Dr. R N Anzar.



The college PTA also awarded the Vimukthi Best Volunteers to AlbinSaju, Nandana A.S and Alan Sabu.



(NSS Volunteers Alan Sabu,AlbinSaju and Nandana A.S receiving the awards)

36.3: Vigilance Awareness Week

November 6, 2023

In conjunction with the Vigilance Awareness Week 2023, a district level inter college quiz competition was held at IREL, Chavara. The programme was headed by the NSS programme Officers: Gopakumar and Dr. Minitha R of BJM college, Chavara and it was inaugurated by the chief guests :Simanchal Rath(Senior Manager) and Ajith Kumar(Deputy Manager) from Indian Rare Earths Limited (IREL, Chavara). Our two volunteers **Amina Noushad and Anjali V** had participated in that quiz competition and won second prize.



NSS Volunteers Anjali V and Amina Noushad receiving awards for second prize in quiz competition

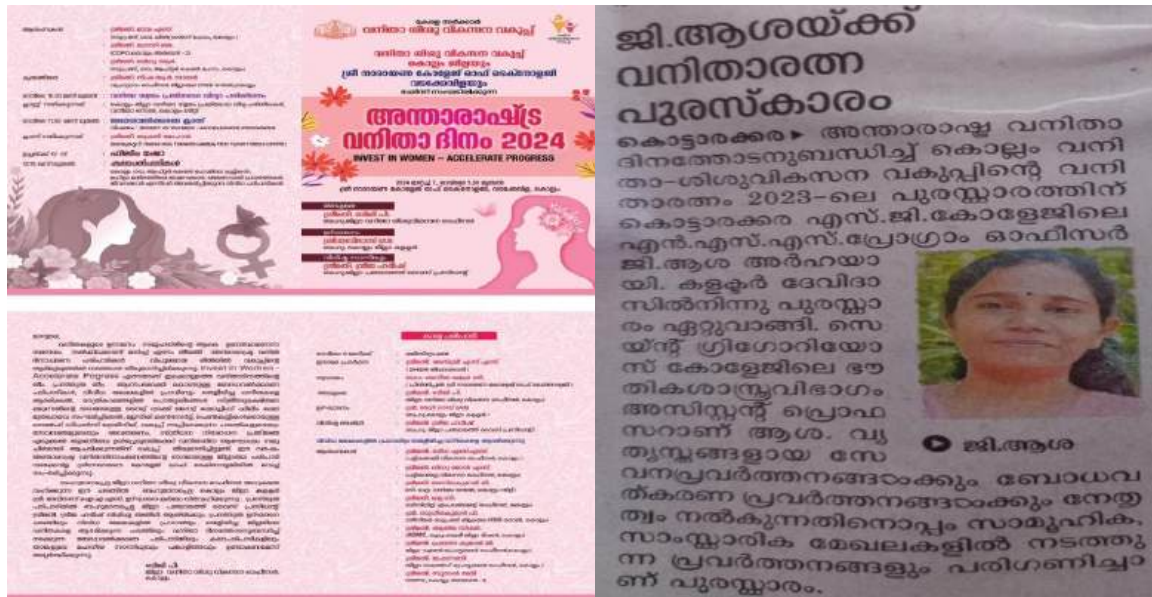
36.4: YuvaSamvad Democratic India Competition

On February 16, 2024, a YuvaSamvad Democratic India @2047 programme was conducted at Sree Sankaracharya University Of Sanskrit, Panmana, Kollam. The programme was inaugurated by Dr. Geetha Devi (College campus director). Our three volunteers **Gopika C, Shivaganga B and Theertha S Pillai** had participated in that programme. **Theertha S Pillai** got second prize in the Elocution competition conducted there and the award was also received.



36.5: International Women's Day

March 7,2024



On March 7, 2024, in accordance with International Women's Day 2024, an awareness programme was held at Sree Narayana College Of Technology, at Vadakkevila,Kollam. The programme was conducted by the Department Of Women And Child Development and the theme was ‘INVEST IN WOMEN - ACCELERATE PROGRESS’. The programme was inaugurated by Devi Das IAS, District Collector, Kollam. The programme had the presence of Biji.P(District Child Development Officer) and Dr. Anitha Shankar C (Principal, SN College,Vadakkevila) also were in the dais. Two volunteers **Aswin Krishnan U and Alfiya Khan** had attended the programme. **Prof. Asha G.** got a ‘**VanithaRatnam**’ award on behalf of social service.



Volunteers Aswin Krishnan U and Alfiya Khan receiving the award

36.6: All Kerala Blood Donors' Society (KEBS)



On March 8, 2024, in connection with INTERNATIONAL WOMEN'S DAY 2024 and 21st ANNIVERSARY CELEBRATION of All Kerala Blood Donors Society(KEBS), Dr. Ruchi Sharma Memorial Blood Donation Award Distribution was conducted at YMCA Hall Statue, Thiruvananthapuram. The Programme was inaugurated by Geromic George IAS, District Collector, Thiruvananthapuram. The programme had the presence of the state NSS Officer R N Anzer, BhahmanayakamMahadevan also were in the dias. The St. Gregorios college NSS unit has won the Blood Donation Unit Award.



Prof.Asha G receiving award



Prof. Asha G. was honoured with an award for her impactful contributions in voluntary blood donation as part of KEBS during the period 2023-24. In addition to this, **NSS Unit of St. Gregorios College, Kottarakara** had also got an award for conducting blood donation camps in the college during every 3 months.