



NATIONAL SERVICE SCHEME

UNIT NO.50

ACTIVITIES IN CAMPUS

2018 - 2019

The National Service Scheme Unit no.50 undertook a wide range of activities during 2018-19 as per the suggestions and recommendations of the college Advisory Committee and directions from the University, State and Central Government. Programme Officers Dr Maya T Nair and Sri Jayakumar A G under the guidance of the Principal Dr. G Pramod supervised by the activities. A report of activities is furnished below.

05 JUNE 2018

TUESDAY OBSERVANCE OF ENVIRONMENT DAY AND CLEANING

Programme Officers and volunteers took pledge for protecting the environment. The various activities /projects that can be done at the Unit level for the health of the environment like planting trees, reducing plastic use, waste composting, water conservation, organic farming, etc., were discussed. Tree saplings were planted to mark the occasion, followed by cleaning of the entire campus. 100 volunteers participated in this programme.



Planting tree sapling , Dr G Pramod, Principal



Planting saplings by volunteers

21 JUNE 2018 MONDAY YOGA DAY- PROMOTION OF HEALTH

The National Service Scheme and National Cadet Corps jointly organised the 4th International Yoga Day Celebrations in the College. Swamini Antaryogini Theertha of Vazhoor Theerthapadashramam, popularly known as “Mataji” delivered the keynote address in the meeting held in the College Auditorium presided over by the College Principal Dr. G Pramod. All 100 volunteers participated in this programme.



Swamini Antaryogini Theertha lighting the lamp at the International Yoga day function (L) and delivering keynote address at the meeting (R).



Yoga practice as part of International yoga day function

16 JULY 2018 MONDAY - CAMPUS CLEANING- ZOOLOGY LAB

As part of the campus cleaning work, the volunteers cleaned the Zoology Lab



Zoology Lab cleaning.



Arranging the equipments in zoology lab.

28 JULY 2018 SATURDAY CAMPUS CLEANING-BEAUTIFICATION

Campus Cleaning was done near the Chemistry Department block.



Cleaning the Chemistry Department



Cleaning the dirty yard.

06 AUGUST 2018 MONDAY-NUTRITION AWARENESS EXHIBITION-VISIT

Volunteers attended the awareness programme cum exhibition on Nutrition titled Poshaka Bhavanam organised by the Govt. of Kerala at CMS College Kottayam, The exhibition was very informative about various aspects related to the proper nutrition and also about locally available and nutri-rich food items.



Poshaka Bhavanam still model at exhibition.



Ragi biscuit given at the exhibition.

21 SEPTEMBER 2018 FRIDAY- PCOS AWARENESS WALKATHON

Programme Officer Dr. Maya T Nair participated on behalf of the College NSS unit in the “Walk together with her” programme conducted by Kottayam Obstetrics and Gynecological Society, Mitera Hospital and Decathlon for raising awareness about Polycystic Ovarian Syndrome (PCOS) which is the number one cause of infertility in women.



**PCOS Awareness –
Walkathon about to
commence**



24 SEPTEMBER 2018 MONDAY NSS DAY OBSERVANCE

NSS day was celebrated by the college NSS Unit in a solemn manner. In the presence of NSS volunteers and Programme officers, NSS flag was hoisted by Dr T.N Bhanu, Head of the Department of Hindi at 10.00 am. In the afternoon, volunteers cleaned the entire college premises. 100 volunteers participated.



02 OCTOBER 2018 TUESDAY GANDHI JAYANTHI CELEBRATION AND INAUGURATION OF CLEAN CAMPUS, GREEN CAMPUS

The Gandhi Jayanthi was observed by the NSS volunteers imbibing the spirit of service that has always been the hallmark of the Father of our Nation. The day was marked by the inauguration of the Shuchitwa Mission initiative “Green campus, Clean Campus” in the College by the Principal, Dr. G Pramod . A set of 50 volunteers then started work of removing a huge pile of garbage and waste materials accumulated over a long period of time in the vicinity of girls’ rest room with the support of JCB. The volunteers cleaned the place and the collected waste materials were safely disposed of. Simultaneously, another set of volunteers cleaned the entire campus.



Inauguration of Clean campus, Green Campus



Cleaning campus



PARTICIPATION OF NSS VOLUNTEERS IN COLLEGE /INTERCOLLEGIATE AND OTHER ACTIVITIES

The two volunteers Anandhu Satheesh and Ajaykrishnan P J participated in the quiz competition conducted by Baselious College on 24/09/18 and won third place.

Two other volunteers Parvathy krishnakumar and Rahul Rajesh actively participated in the debate competition in the same College. Two volunteers Aryadevi C.S and Aparna Prasad attended one day state level seminar conducted by National Service Scheme, Unit No.5 , Baselious College on 06/10/18

Volunteers Jayadev J and Nitheeshkumar M attended three day media camp organized by NSS unit No. 87 of Keezhoor D.B College on 2018 October 12,13 and 14. Another volunteer Nihar B participated in training programme conducted by SB College Changanacherry on 13/10/18.

20 OCTOBER 2018 SATURDAY- MAINTENANCE OF VEGETABLE GARDEN

Groups of ten volunteers each were constituted for regular maintenance of the vegetable garden set up in the college premise on a rotation basis.

NSS Volunteers doing works
in the vegetable garden



26TH OCTOBER 2018 FRIDAY

GREEN CAMPUS CLEAN CAMPUS-PLANTATION

The NSS volunteers planted **150 ebony-tree saplings** in the college campus as part of the green campus clean campus initiative of the NSS Unit in association with the Forest Division, Kottayam..



Inaugural
function of
planting 150
ebony
saplings



06 NOVEMBER 2018 TUESDAY - GREEN CAMPUS CLEAN CAMPUS

On Deepavali day NSS Volunteers cleaned the entire campus as part of Suchitwa Mission project 2018.

They also put up sign boards in various points instructing against throwing garbage and waste materials out in the open.



01 DECEMBER 2018 SATURDAY-AIDS AWARENESS



An awareness class and group discussion session was conducted as part of world AIDS day, in association with Red Ribbon Club.

Group discussion about AIDS

22.12.2018- MOTIVATIONAL CLASSES

Noted cartoonist and Best Teacher award recipient Sri. Karthika Kattanam took a class titled “Varayile Rasathanthram”. Through drawings, anecdotes and reflections of certain historic events centering around the freedom struggle he emphasized on the point that unity is strength and called upon the volunteers to foster the sense of unity and spirit of service for the creation of a harmonious and prosperous society.



Class by cartoonist Karthika Kattanam



Cartoonist Karthika Kattanam presenting caricature of Prof. M J Mathew

The volunteers also attended class by Sri Anish Mohan, motivational trainer Institute for Person Centered Approaches in India(IPCAI). In the motivational class techniques for developing a positive mental attitude were discussed. There were also fun-filled games intended to remove the stress and tensions of the volunteers. The class turned out to be an entertaining, energizing and uplifting experience for the volunteers



**Class by motivational trainer
Sri. Anish Mohan**

24.12.2018- ANTIDRUG AWARENESS CLASS

Civil Excise Officer. Changanacherry, Sri Pradeep Kumar took a class on the topic “ Drug free life- meaningful life.” The speaker highlighted the harmful effects of drugs and alcohol and wanted everyone in the audience to reflect upon how these destroy lives, wreck families and create psychopaths



**Class by Sri. Pradeepkumar, on the
topic “Drug free life meaningful life”**

24.12.2018- HEALTH AWARENESS CLASS



Dr M S Viswambharan Nair, Director &Chief Physician, Amrutham, Vazhoor took a class on Natural Way to Health. The speaker gave a simple way to follow healthy diet mainly comprised of naturally occurring food items and having the capability to boost the immunity, strength and vitality if followed on a regular basis.

**Class by Dr.M.S .Viswambaran Nair, Director &Chief Physician, Amrutham, Vazhoor
on the topic “Natural Way to Health”**

26.12.2018-AWARENESS CLASS- SAFE USE OF INTERNET

Sri. Rajesh Manimala, Police officer, DCRB, Kottayam took a class on the pit falls of internet- what the youth needs to know and needs not know. As a cyber-expert of the Kerala Police, Also whatever data you transfer or communicate through digital means is always retrievable. Hence it is of utmost importance that the youth of today should exercise adequate caution in using internet by becoming aware of its dark side where con-men, swindlers, character assassins, fraudsters, psychopaths roam free.



26.12.2018- BREAST CANCER AWARENESS CLASS

The medical students of the Kottayam Medical College conducted a class for the volunteers about Breast cancer awareness. Creating awareness among about breast cancer will go a long way in safeguarding the health of our female population The medical team explained various procedures like mammography and other diagnostic tests for early detection of breast cancer available at hospitals and called upon the women to use these facilities



Sakhi- Breast Cancer awareness programme by students of MCH, Kottayam

23 JANUARY 2019 WEDNESDAY- ORGANIC FARMING AWARENESS- SCREENING OF "SAMAKSHAM"



The screening of "Samaksham", the full length feature film created by Mahatma Gandhi University for the cause of organic farming, was arranged by the NSS Unit at the College Auditorium. The film was viewed by all the students, teachers and staff.