



NATIONAL SERVICE SCHEME

UNIT NO.50

ACTIVITIES IN CAMPUS

2019 - 2020

The National Service Scheme undertook various activities as per the suggestions and recommendations of the college Advisory Committee and as per the directions from the University, State and Central Governments. The activities were co-ordinated by the Programme Officers Dr Maya T Nair and Sri Jayakumar A G under the guidance of the Principal Dr.M R Renuka. A brief report of the activities is furnished below.

JUNE 05 ENVIRONMENT DAY - OBSERVANCE

In a meeting convened on the World Environment Day, Programme officers and volunteers discussed about the importance of this year's theme - Beat Air pollution. and the possible works that can be done at the unit and community level towards achieving the objective of the theme.

After the meeting concluded, a poster competition was held. Colourful posters highlighting the importance of environmental protection were prepared by the volunteers.



Posters made by volunteers in connection with World Environment Day conducted on 06.06.2019

JUNE 15 ENVIRONMENT RELATED ACTIVITIES

In continuation of the observance of Environment Day on June 5, the college principal Dr M R Renuka gave the environment day message and asked the students to be always in the fore-front of efforts to keep the environment clean and pure. The principal planted a mahogany sapling in the campus.



Mahogany Sapling by College Principal Dr. M.R Renuka on 15.06.2019

The Principal also inaugurated the college level implementation of Litter free campus/village/town programme. The volunteers also cleaned the entire campus and premises.



College Principal Dr. M.R Renuka inaugurating Litter Free campus/Village/Town Programme



Volunteers clearing the Litter outside the campus

JUNE 21- INTERNATIONAL YOGADAY

The International Day of Yoga was celebrated in a grand manner in the function organized at the College Auditorium

Sampoojya Bhoomananda Theerthapada Swamikal of Theerthapadasramam, Vazhoor gave a talk on the science and philosophy behind the ancient system of yoga. In the speech it was said that yoga is a comprehensive holistic system for the harmonic all round development of man. Swamiji called upon the students to reap the benefits of yoga through regular practice.



The talk was followed by a yoga training session by Yoga Pramukh Smt. Sreeja M P in which proper breathing techniques were explained and common asanas demonstrated. The yoga session helped the students and teachers experience deep relaxation of body and mind. They also learned a set of yoga postures that even a person with busy schedule can do daily in a short time. Over 300 students and 10 teachers participated.



Yoga practice by Yoga pramugh Sreeja MP

JULY 1-13

CLEAN CAMPUS, GREEN CAMPUS- COMPOST PIT CONSTRUCTION

In a major effort to keep the campus clean and green, a concrete ring compost pit having adequate capacity to handle all the daily food waste and turn it into fertile manure, was installed in the college. The entire manual works relating to the digging of the pit and erecting a shed for the same, were done by the volunteers and the Programme officers.



Compost pit construction

JULY 1-15 PLANTATION OF TREES

As part of nurturing the trees in the campus the NSS volunteers tended the ebony-tree saplings planted in the college campus as part of the green campus clean campus initiative of the NSS Unit in association with the Forest Division, Kottayam on October 2018. Protective fences were erected for 35 saplings and the work on the rest of the



saplings is continuing.



Thirty seven volunteers planted saplings of various indigenous trees like mango, jack fruit at their homes and they furnished the details of saplings planted and their assurance that they will nurture the plants.

AUGUST 1-15, SUCHITWA PAKVADA

In observance of the Suchitwa Pakwada, the volunteers cleaned class rooms, library and the entire premises in daily sessions regularly for a period of two weeks

AUGUST 15, INDEPENDENCE DAY CELEBRATION, FLOOD RELIEF

Volunteers participated in the Independence day ceremony, in which the tricolour was hoisted and independence day message given by Dr T N Bhanu, Department of Indian Languages.

AUGUST 31- ORIENTATION PROGRAMME FOR NEW VOLUNTEERS.

An orientation programme for the new volunteers was conducted. All the volunteers participated in the Orientation Programme. Dr.Maya T Nair, programme officer gave an overview of NSS and its activities. The discussion and training sessions that followed were handled by the volunteer leaders. The plan of action for the year which is also the 150th year of Mahatma Gandhi's birth and 50th year of NSS was discussed.



Orientation programme for new volunteers

SEPTEMBER 7- BLOCK LEVEL NEIGHBOURHOOD YOUTH PARLIAMENT

With the support of Nehru Yuva Kendra ,Kottayam (under Ministry of youth affairs and sports, government of India), one-day Block level Neighbourhood Youth Parliament and Yoga training session was organised by National Service Scheme Unit in association with Udaya Youth and Arts Club, Vellavoor, at the College Assembly Hall. The programme was formally inaugurated by Dr M R Renuka, Principal, SVRNSS College. Vazhoor. Sri Sachin H, District Youth Coordinator, Nehru Yuva Kendra, Kottayam delivered the main talk about the importance of model parliament as a platform for creative discussions and deliberation among the youth. Dr Preethi K N, IQAC Coordinator and HoD, Department of Economics talked about the status of women in society in the past, present and the emerging future. After the talks, a debate session on various issues related to women in today's society was held. Subsequently a yoga class –cum- training session by Smt Sreeja M P, Yoga Pramukh and Director, Swasthi School of Yoga, Ponkunnam was held.



Inauguration Neighbourhood Youth Parliament

SEPTEMBER 16- OCTOBER 10 NSS @ 50 GANDHIJI @ 150 CELEBRATION

The 50th year of the formation of the National Service Scheme and the 150th birth anniversary of Mahatma Gandhi, the father of our nation, was celebrated by a variety of programmes during the period from 16th September to 10th October. From September 16 to October 10, a dedicated drive for cleaning the campus was undertaken. Every day from 3.15 to 4.30 during the period, the volunteers cleaned classrooms, library and the college premises on a rotation basis. The programmes included:



**VOLUNTEERS
CLEANING THE
COLLEGE
LIBRARY AND
CAMPUS**



SEPTEMBER 24 NSS DAY

Dr M R Renuka, Principal hoisted the NSS flag on the 50th anniversary day of the formation of National Service Scheme .100 stems of Tapioca were planted in the campus to mark the day. Also, 27 mango saplings provided by the Vazhoor Grama Panchayath were planted at the river bank at Sasthankavu . Prof. S Pushkaladevi, President, Vazhoor Grama Panchath inaugurated the programme by planting the first sapling.





NSS volunteers planting tapioca (100 nos) in the campus to mark the 50th anniversary day

OCTOBER 2- GANDHI JAYANTHI

Gandhi Jayanthi day was duly observed, commemorating the birth anniversary of the father of our nation. Mahatma Gandhi's life and vision will always remain as a beacon light to the entire humanity which shows the way to collective welfare without violence. One team of volunteers cleaned the road sides near Sasthamkavu Junction while another team cleared the roadside outside the college entrance. These sites are situated in the adopted wards VI and IX of Vazhoor Grama Panchayath respectively.

A meeting was organised to mark the first anniversary of the planting of 150 ebony saplings in the college campus, and to inaugurate the 150 day long Suchitwa Saksharatha Yajnam programme. Prof. S Pushkala Devi, President, Vazhoor Grama Panchayath, inaugurated the programme held in the college auditorium which was presided over by Dr MR Renuka. The Suchitwatha pledge affirming to stop littering, burning plastic and to take personal responsibility for his/her waste, was taken by all present. Sri N Jayaraj, HoD, Dept of Mathematics, Sri. Binu, Environmental activist and member, Department of Forest and Wildlife and Dr Maya T Nair, programme officer spoke on the occasion. "Vrikshavidyan" a documentary film directed by Sri Eldho Jacob about the notable conservation efforts of Sri Binu was screened.



Sri Binu and Sri Eldho Jacob were felicitated by the NSS unit for their passion, enthusiasm and contribution for environmental protection.



NSS volunteers taking the pledge to take responsibility for the waste generated by oneself and to avoid the burning of plastic and littering the surroundings with non-decomposable solid waste during the meeting held to formally launch the “Suchitwa Saksharatha Yajnam-150 days” programme

OCTOBER 31 NATIONAL UNITY DAY

National unity day was organised by NSS unit on October 31, 2019 which has been the 163rd Birthday of Sardar Vallabhai Patel. 60 volunteers participated in the function which was presided over by the college Principal Dr M R Renuka. The volunteers took the unity pledge. After that Sri Balu, Department of Politics lead a discussion cum seminar on ‘the Role of Sardar Vallabhai Patel in unifying India’. In connection with the programme, poster presentations were made by the volunteers. At 3.30 unity run from the college to the nearest junction was conducted in which volunteers and programme officers participated



National Unity Day pledge



National Unity Day seminar



National Unity Day “unity run

NOVEMBER 19-25 – QUAMI EKTA WEEK

Along with the nation the “Qaumi Ekta Week” (National Integration Week) was observed by the National Service Scheme in the college from the 19th to 25th November, 2019 to reaffirm age old traditions and faith in the values of tolerance, co-existence and brotherhood in our multi-cultural and multi-religious society. The Programme officers and the volunteers reaffirmed their commitments to strive for unity in diversity and discussed the significance of these intervening days viz., Linguistic Harmony Day (November 21). Weaker Sections Day (November 22) Cultural Unity Day (November 23) Women’s Day (November 24) and Conservation Day (November 25)



Volunteers and Programme Officers taking the Quami Ekta Pledge in the College

NOVEMBER 20- EK BHARAT SHRESHTA BHARATH-PREPARATORY SESSION

A meeting of the volunteers was convened wherein the Programme Officers Dr Maya T Nair and Sri Jayakumar A.G informed the volunteers that the pairing state of Kerala for the Ek Bharat Shreshta Bharath programme is Himachal Pradesh. It was therefore instructed to study about the State, its people, culture, traditions, history, language in depth by collecting as much information as possible, offline and online. The schedule of activities from Nov 2019 to Feb 2020 were discussed. 57 volunteers attended

NOVEMBER 21 -EK BHARAT SHRESHTA BHARATH - SEMINAR, SCREENING OF FILM

In a seminar held at the College Seminar hall, various topics ranging from the importance of Ek Bharat Shreshta Bharath programmes, the history of Arunachal Pradesh, the role of cultural exchanges in national integration, the need for national integration etc., were discussed. The speakers were Dr M R Renuka , Principal, Dr Maya T Nair, NSS Programme Officer, Dr. T N Banu, HoD, department of Indian languages, Smt. Parvathy Thankachy, HoD, Department of English and Sri. Balu, Department of Political sciences. In the seminar, 54 volunteers attended.

After the seminar, a documentary film and the feature film “SAANJH” were screened. The films were thoroughly enjoyed by the students, volunteers and teachers as they were masterly crafted and vividly cinematographed, thereby providing glimpses into the various facets of life in the amazing state of Arunachal

Pradesh including the exquisite beauty of its landscape , the simplicity and innocence of people, their harmonious relationship with nature and their traditions and customs. 54 volunteers attended the screening in addition to other students and teachers.



NOVEMBER 26- CONSTITUTION DAY



In association with Economics Department, the National Service Scheme volunteers organized the Constitution Day celebrations in the College. In a function held in the College seminar hall in the morning and attended by students, staff and teachers the Principal Dr M R Renuka read out the Preamble of the Constitution of India. In the afternoon, a two-hour long class was given by Sri Balu, guest lecturer, Political Science

at the college seminar hall on the topic” Fundamental Rights and Fundamental Duties” for the benefit of volunteers and the students of Economics Department.

JANUARY 16-LAHARIMUKTHANAVAKERALAM PLEDGE AND POSTER EXHIBITION

As part of the intense awareness campaign to sensitize people against the danger of tobacco, liquor and substance abuse, initiated by the government of Kerala, the NSS Unit of the college organized a pledge taking function and poster exhibition. The pledge stating the resolve to reject



drugs and intoxicating substances, administered by the Principal Dr M R Renuka in the foreground of the college, was taken by all the teachers, students and members of the office staff. Thereafter an exhibition of posters drawn by the NSS volunteers relating to the theme of drug abuse and the consequential dangers was held at the college front yard. About 40 posters showing health and mental hazards caused by drug abuse and liquor addiction were exhibited, indicating an enthusiastic participation by the volunteers



LAHARIMUKTHA NAVAKERALAM POSTER EXHIBITION

FEBRUARY 2- EK BHARATH SRESHTA BHARATH ACTIVITIES

The students of EBSB club of SVRNSS College learned Basics of Pahari language and training has been done for the performance of Paharinati dance of Himachal Pradesh. Programme officer Dr. Maya T Nair participated in the Ek Bharat Shreshta Bharat Quiz competition conducted by ministry of Tourism, Government of India. 29 volunteers participated in this programme.



EBSB Learning Himachali
language "Pahari"



EBSB Learning Himachali dance

MARCH-3 HEALTH CAMP AND DISTRIBUTION OF DE-WORMING PILLS

The NSS Unit in association with Primary Health Center Vazhoor conducted a health camp in the campus. During the camp, de-worming pills were also distributed to all the first year and second year students.

MARCH 5 - EKBHARATHSRESHTABHARATH ACTIVITIES

The volunteers participated in various programmes like essay competition, poster competition conducted by EBSB club of college related to Kerala and Himachal Pradesh. The winners of each programme were given prizes also. 21 volunteers participated in this programme.



**EBSB
POSTER
COMPETITIONS**

**EBSB
ESSAY
COMPETITIONS**

