



# **NATIONAL SERVICE SCHEME**

UNIT NO.50

**ACTIVITIES IN CAMPUS**

**2020 - 2021**

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.

### 05.06.2020 -WORD ENVIRONMENT DAY

World Environment Day was observed on 5<sup>th</sup> June. Dr M R Renuka, Principal planted a guava sapling in the college campus in the presence of seven volunteers and the two Programme Officers to mark the occasion.

### 14.06.2020 -WORLD BLOOD DONOR DAY

Donation of blood is a great humanitarian act. It helps to save precious lives. Awareness messages were passed on through social media to the volunteers to encourage voluntary donation of blood. Also, poster competition on the importance of blood donation was organised to commemorate the occasion of world Blood Donor Day in which 35 RRC volunteers participated.



### **World Blood Donor Day -Brochure**

### 19.06.2020 -DAY OF READING

June 19- Day of reading was observed by the NSS unit. An online quiz competition was conducted. 100 volunteers participated in this programme.

### 21.06.2020 -6<sup>TH</sup> INTERNATIONAL DAY OF YOGA

June 21- International Yoga day was observed with theme “Yoga at home, Yoga with family”. Volunteers did yoga at their home in the morning.

### 26.06.2020-INTERNATIONAL DAY AGAINST DRUG ABUSE

As part of International day against drug abuse volunteers were given message of awareness about the need to keep away from drugs.

### 11.07.2020 - WORLD POPULATION DAY

An online quiz competition was conducted for volunteers in connection with the day's observance.

### 26.07.2020

July 26 The volunteers who are in lock down were instructed through Google Classroom to clean their households, contribute to environmental protection and also to help parents in domestic tasks for a week and to hand in their activity report as assignment. The volunteers responded to the assignment in a very positive manner. While lockdown may have restricted their social movements, many volunteers used this as an opportunity to learn new skills and to develop deeper bonds with parents and siblings as has been evident from their enthusiastic involvement in the assigned activities. 100 volunteers participated.

### 27.07.2020- DEATH ANNIVERSARY DR. APJ ABDUL KALAM

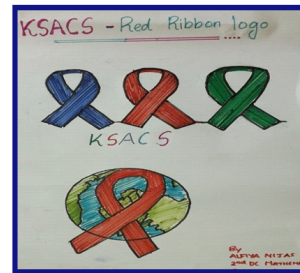
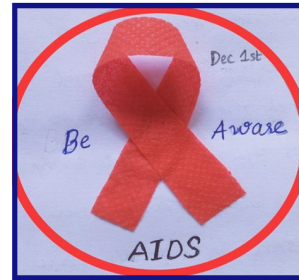
Dr APJ Abdul Kalam, the former President of India was a multi-faceted personality. An excellent scientist, writer, motivator to name just a few of his talents, the distinguishing feature that sets him apart from the rest was his humility, his passion, and his tremendous faith in the people of India, especially the youth. He called upon the youth of India to dream big, to think big, to make the country great. To commemorate the death anniversary of this great son of India on the occasion of his 5th death anniversary, a quiz was conducted based on his life and achievements and e certificates were given to the students who participated. A video about Dr APJ Abdul Kalam was prepared and shown to the volunteers.

### 03.08.2020 - EK BHARAT SHRESHT BHARAT QUIZ

August 3 A short video on Himachal Pradesh was prepared for familiarizing students with this beautiful north eastern state which is the pairing state of Kerala for the EBSB programme. Also a quiz was conducted online about Himachal Pradesh and e-certificates were given to the students who participated.

### 12.08.2020 - INTERNATIONAL YOUTH DAY

As part of the observance of the International Youth Day, logos and trolls related to significance of the occasion were invited from the volunteers. Besides an essay competition in the subject "Youth and Covid- Challenges and Responsibilities" was organised. The students were given one week time for submission. Totally 47 RRC volunteers participated in different competitions. A select few of the posters, one troll and some essays are shown below.



12.08.2020  
Logo making  
competition

### 15.08.2020- INDEPENDENCE DAY

August 15 Along with the entire nation, the 74 th Independence Day was celebrated in the College and the celebration was live streamed through Google Meet. In function jointly organised by the NSS and NCC units, Dr M R Renuka, Principal hoisted the national flag at 8:45 AM and gave the Independence day message. The Principal in her message highlighted the importance of team work and said that the unity of people is of paramount importance for the country as well as the world for coming out of crisis situations like the current covid pandemic. This was followed by the singing of National Anthem. An online quiz competition was conducted and e- certificates were issued to participants. As per the instructions of the University, volunteers watched the webcast of the launching of the Fit India Youth Clubs.

### 08.09.2020 -INTERNATIONAL LITERACY DAY

As part of observance of International Literacy Day, a general awareness quiz programme was conducted. Volunteers were also asked to contribute essays on the topic “The power of literacy” within one week’s time.

### 14.09.2020- EBSB QUIZ

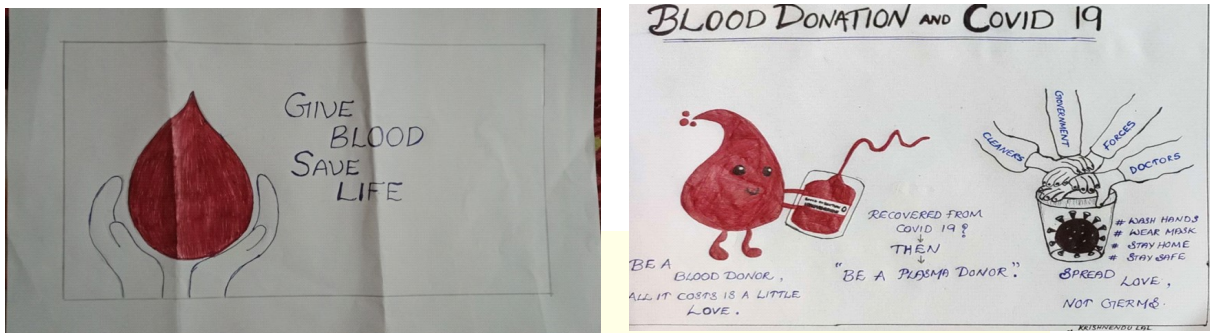
September 14 Programme Officer Dr Maya T Nair participated on behalf of the volunteers in the online quiz conducted by the Ek Bharath Shreshta Bharath Club of Wazir Ram Singh Govt. College on the occasion of “Hindi Diwas 2020” and received the e- certificate. The quiz questions based on Hindi language were later discussed with the volunteers to enhance their knowledge.

## 24.09.2020 - NATIONAL SERVICE SCHEME DAY

National Service Scheme day was observed on September 24. A meeting was conducted through google meet and the Principal Dr. M R Renuka gave the message of National Service Scheme to the volunteers. Hundred volunteers participated. Afternoon volunteers started the one week cleaning programme.

## 01.10.2020- BLOOD DONOR DAY

As part of Blood donor day poster presentation competition was organised. Thirty two volunteers participated in this programme. The RRC unit decided to give 100Rs. for three students for the best Poster. The posters made by the volunteers are shared through Whatsapp group and thereby the volunteers got awareness about the importance of blood donation and related matters.



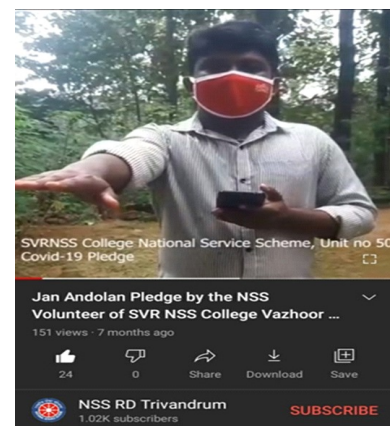
**01.10.2020 BLOOD DONOR DAY POSTERS**

## 02.10.2020 -GANDHIJAYANTHI

152 Gandhijayanthi day was observed. In the morning volunteers cleaned the surroundings of their own home and collected plastic waste. The message of Principal Dr M R Renuka was shared to volunteers. Programme officers and the volunteers also shared their views on life and ideology of Mahatma Gandhi.

## 08.10.2020 -COVID 19 PLEDGE

We are going through a pandemic situation, and therefore as directed by the Ministry of Youth affairs and Sports the national service scheme unit of SVR NSS College and Red Ribbon Club taken the covid 19 pledge on 08.10.2020. With this also we made a small video and shared through whatsapp group and thereby we are able to give awareness about the precautions to be taken against corona virus among the volunteers and their family members, to stay safe and keep others healthy.



## 11.10.2020-INTERNATIONAL DAY OF GIRL CHILD

Our unit conducted a speech competition among our volunteers about the safety of girls and many issues related to women. One video selected and given to the channel. With this also we made a small video and shared to our NSS whatsapp group.

## 08.11.2020 -DARSANAM MEET

In association with Darsanam an online meet was conducted on November 8. Adv.M Pareethkunju gave key note address. Darsanam is an open forum for world citizens to be connected and enquire in to the possibility of creating a new sustainable world order based on mutualism. The slogan that Darsanam put forward is “You belong to me; therefore I belong to you”. A meditation programme called Manushika Dhyanam also conducted for volunteers in the same day.

## 01.12.2020 - AIDS DAY



An online quiz competition was conducted as part of world AIDS day. 100 volunteers participated in this programme. Prizes were also given to winners. Video related to last year’s AIDS day programme was shared to volunteers group. Three students wrote about HIV/AIDS: Overview, Causes and Symptoms

## **01.12.2020 - AIDS DAY BROCHURE**

## 03.01.2021 -AWARENESS ON SAFETY MEASURES AGAINST COVID 19

An online awareness programme on “safety measures against Covid -19 “was conducted for students as part of college reopening . Junior health inspector Sri . Manoj G took class. 250 students participated.

## 05.02.2021 – 11.02.2021 -SEVEN DAY SPECIAL CAMP

Seven day Special Camp of the academic year was conducted from February 5 to 11 online mode with offline activities in the neighbourhood. Camp was inaugurated by Sri V P Reji , President, Vazhoor grama panchayath in a Google meet presided over by the principal, Dr M R Renuka. During the camp days various activities such as cleaning the surroundings, preparation work of grow bag farming, planting in grow bags, Covid survey in the neighbourhood and presentation of survey report. Various motivation and awareness classes were taken through Google meet. Yoga performances on the morning and Cultural program in the evening were also part of the virtual camp.

## 06.02.2021 CLEANING

Volunteers cleaned the surrounding of their home. They started the work at 10.30 am. Within 2 hours they cleaned the surroundings of homes.



## 06.02.2021 CLASS ON FARMING IN GROW BAG

A class on organic farming in grow bags was conducted through Google meet. Karshakasree award winner Sri.K N Raveendran Nair took class on methods of farming using growbags. It was very informative and useful for volunteers

## 07.02.2021 ORGANIC FARMING

Third day voluntary work was to preparatios for organic farming using grow bags. Volunteers made preparations for grow bag farming in their homes as they learnt in previous day class on grow bag farming.Each volunteer filled 5 to 10 grow bags with soil and organic fertilizers.



**07.02.2021 PREPARATIOS FOR ORGANIC FARMING**

### 07.02.2021 MOTIVATION CLASS

A motivation class was conducted through Google meet. Class titled “Challenge Yourself” was lead by Sri. Sanju P Cherian, assistant professor, SAINT GITS college. Class was very interesting and motivating . Volunteers actively participated .

### 08.02.2021 PLANTING VEGETABLES

All volunteers has to continue the remaining work of organic farming in grow bag. Volunteers planted vegetable plants in the grow bags prepared



**LANTING VEGETABLE PLANTS IN THE GROW BAGS**

### 08.02.2021 AWARENESS CLASS ON DRUG ABUSE

An awareness program on Drug abuse was conducted through Google meet. Changanassery Circle Excise inspector Sri Alphonse Jacob took the class. It was very informative and useful for volunteers

### 09.02.2021 AWARENESS CLASS - COVID AND HEALTH

A class on COVID 19 was conducted. Doctors of Vazhoor primary health centre lead the class. Class was very helpful and volunteers activity participated.

### 2021 MAY 31. WORLD NO TOBACCO DAY

NSS unit observed world ‘No tobacco day’ on May 31. A pledge was taken by the volunteers to away from the use of tobacco in any form considering its danger to health and addictive nature. College Principal Dr. M R Renuka read out the pledge. 100 volunteers participated in the programme



**2021 MAY 31**  
**‘NO TOBACCO DAY’**  
**PLEDGE**





## 2021 JUNE 5 WORLD ENVIRONMENT DAY

World Environment day was observed by the NSS Unit on June 5. 100 volunteers planted one tree sapling each in the premises of their own houses. An environmental day quiz was conducted and 124 responses were received



2021 JUNE 5 PLANTING TREE SAPLING



**2021 JUNE 12 CAMPAIGN 12 ANEMIA AWARENESS PROGRAMME**

A 12-day programme related to Anemia awareness was started on 12 th June. The first class was taken by Ms.Sherin Thomas, Assistant Professor, Assumption College , Changanacherry . 100 students participated.



**2021 June 12 Anemia awareness programme**

**2021 JUNE 13 - CAMPAIGN 12 ANEMIA AWARENESS PROGRAMME**

Anemia related awareness campaign second day class was taken by Dr.Soumya, Government Ayurveda Hospital, Kangazha. 100 students participated



**2021 JUNE 13 - ANEMIA AWARENESS PROGRAMME-BROCHURE**



**2021 JUNE 17 WEBINAR ON CAMPAIGN 12 ANEMIA AWARENESS PROGRAMME**

Anemia related awareness campaign third day class was taken by Dr.Anjana, Government Ayurveda Hospital, Nedumkunnam. 100 students participated

**SVR NSS COLLEGE, VAZHOOR**  
National Service Scheme, Unit No. 50  
& Women Study Unit

**വനിതാ ശിശു വികസന വകുപ്പ്**  
ഐ സി ഡി എസ്

ക്യാമ്പയിൻ 12  
അന്ധതയെ കുറയ്ക്കുന്ന പരിപാടി

**Third Day**  
ക്ലാസ്സ്:  
ഡോ. അഞ്ജന,  
ഗവൺമെന്റ് ആയുർവേദ  
ആശുപത്രി, നെടുങ്കുന്നം



Google Meet

2021 ജൂൺ 17, 12 പി എം





**2021 JUNE 20 CAMPAIGN 12 ANEMIA AWARENESS PROGRAMME**

Anemia related awareness campaign fourth day class was taken by Dr.Anu eldhose, Ayursparsh, Ayurvedic wellness and natural care, Mavilangu. 100 students participated.

**SVR NSS COLLEGE, VAZHOOR**  
National Service Scheme, Unit No. 50  
& Women Study Unit

**വനിതാ ശിശു വികസന വകുപ്പ്**  
ഐ സി ഡി എസ്

ക്യാമ്പയിൻ 12  
അന്ധതയെ കുറയ്ക്കുന്ന പരിപാടി

**Fourth Day**  
ക്ലാസ്സ്:  
ഡോ. അനു എൽദോസ്,  
ആയുർവേദം,  
ആയുർവേദിക  
വെൽനസ്സ് & നാച്യുറൽ  
കെയർ, മാവിലങ്ങ



Google Meet

2021 ജൂൺ 20, 12 പി എം







**2021 JUNE 14 WORLD BLOOD DONOR DAY**

A poster competition to highlight the importance of donating blood was conducted for the volunteers as part of observance of world blood donor day . Out of the 100 responses, 17 posters were selected


**SVR NSS COLLEGE, VAZHOOR**  
National Service Scheme, Unit No. 50  
& Red Ribbon Club

**WORLD BLOOD DONOR DAY**

2021 June 14, Monday

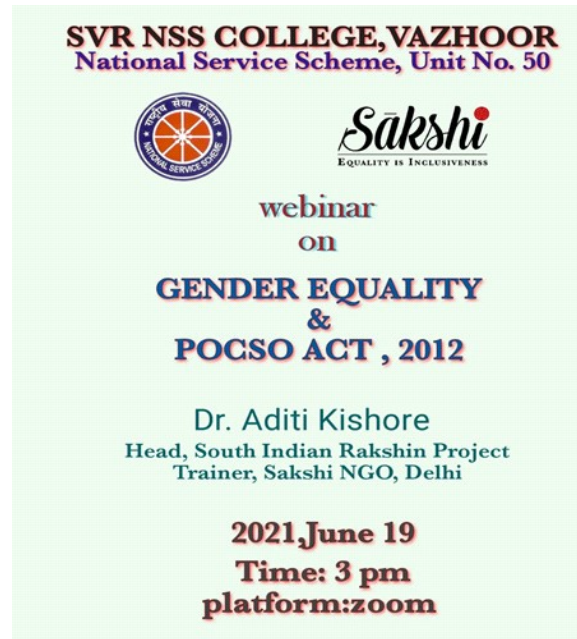
“Give blood and keep the world heating”



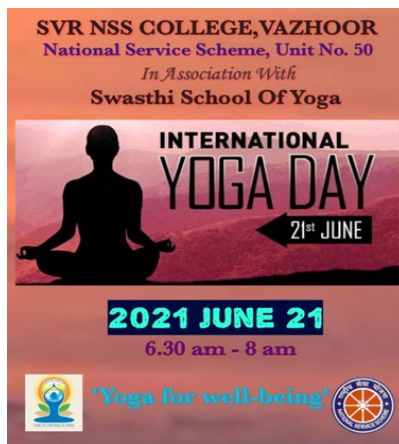
KSACS POSTER DESIGNING COMPETITION  
Topic: Blood Donation And COVID -19

## 2021 JUNE 19 WEBINAR ON GENDER EQUALITY AND POCSO ACT, 2012

Sakshi is an NGO that has been working for so many years in dealing with child safety measures, the practice of everyday equality, prevention of child sexual abuse, gender-based violence, laid the Vishaka guidelines 1997 for the formation of POSH 2013 and the recent launch of the Rakshin project to educate youths and spread awareness about POCSO Act 2012. For our NSS volunteers, Dr. Aditi Kishore, Head, South Indian Rakshin project was the speaker and hundred volunteers participated in the webinar. This was a very informative to the volunteers



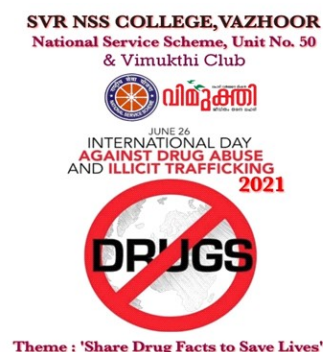
## 2021 JUNE 21 INTERNATIONAL YOGA DAY



This year National Service Scheme unit of College in association with Swasthi school of yoga, Ponkunnam celebrated the seventh international yoga day. Hundred volunteers enthusiastically done their practices at their own homes. Yoga pramugh Sreeja MP instructed the asanas. As part of international yoga day, our volunteers already undergone a ten days online workshop in Yoga from 01.06.2021 to 10.06.2021

## 2021 JUNE 26 INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

As part of international day against Drug abuse and illicit Trafficking, an online essay competition held among the volunteers to raise an awareness of the major problems on drugs-from health risks and solutions to tackle the problem ,to evidence- based prevention, treatment and care.

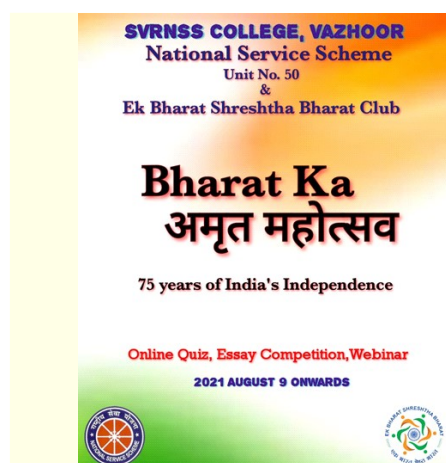


## 2021 JULY 11 WORLD POPULATION DAY

An online Quiz competition was conducted for the volunteers in connection with world population day. All the volunteers attended the quiz.



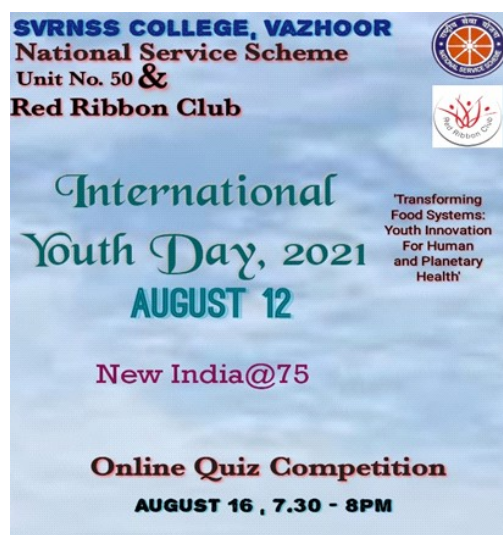
## 2021 AUGUST 9 - BHARATH KA AMRUT MAHOTSAV



In association with the EBSB Club of the college, National Service Scheme unit conducted an essay competition for the volunteers on the topic “Swathanthra India” as the nation prepares to celebrate its 75<sup>th</sup> Independence day. The last day for receiving responses was fixed as 31<sup>st</sup> August 2021

## 2021 AUGUST 12 INTERNATIONAL YOUTH DAY

Awareness materials relating to significance of celebrating international youth day was shared by the Programme officers with the volunteers through Google Classroom. In association with the Red Ribbon Club, an online quiz comprising questions relating to youth, health, HIV, sports etc was conducted on August 16, 2021 using “Quizizz “. The list of winners was sent to the Kerala State AIDS Control Society. 100 volunteers participated. Also cash prizes were given to the holders of the first three positions.



### 2021 AUGUST 13 WORLD ORGAN DONATION DAY

Volunteers created a short duration video that highlights the importance of organ donation, which is a noble humanitarian act helping to save many lives. Also, an awareness programme was conducted on August 14 through Google Meet. 100 volunteers participated. <https://youtu.be/AUyTW5hQED8>



### 2021 AUGUST 15 INDEPENDENCE DAY

In association with the NCC and EBSB, the NSS Unit observed the 75<sup>th</sup> Independence Day. In the function organized in the college campus as per the Covid protocol, Principal Dr M R Renuka hoisted the tricolor at 8:45 AM and gave independence day message. An online quiz open to all was conducted though Google form. 137 responses were obtained. E- Certificates were provided to all the participants. <https://forms.gle/bx1P1LMUTuJguKx9A>



### 2021 AUGUST 30- ORGANIC FARMING IN GROW BAGS

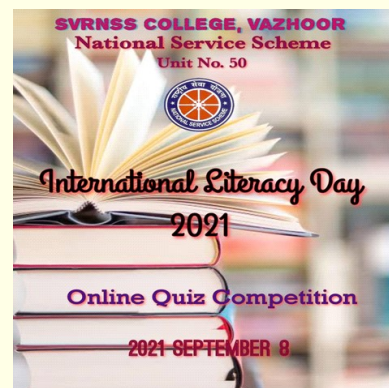
The volunteers started to cultivate some vegetables using only organic pesticides and fertilizers in their home. We encouraged all the hundred volunteers do this programme compulsorily.



**Organic farming in grow bags**

## 2021 SEPTEMBER 8-INTERNATIONAL LITERACY DAY

In connection with international literacy day an online quiz open to all was conducted through Google form. 89 responses were obtained. E- Certificates were provided to all the participants

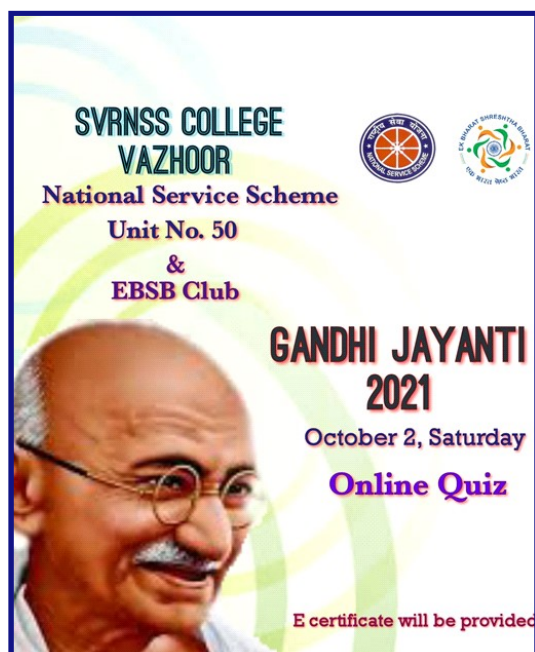


## SEPTEMBER 24, 2021- NATIONAL SERVICE SCHEME DAY



**Principal  
Dr.M R Renuka giving  
NSS Day message to  
volunteers on  
24.09.2021**

## OCTOBER 02, 2021-GANDHI JAYANTI DAY

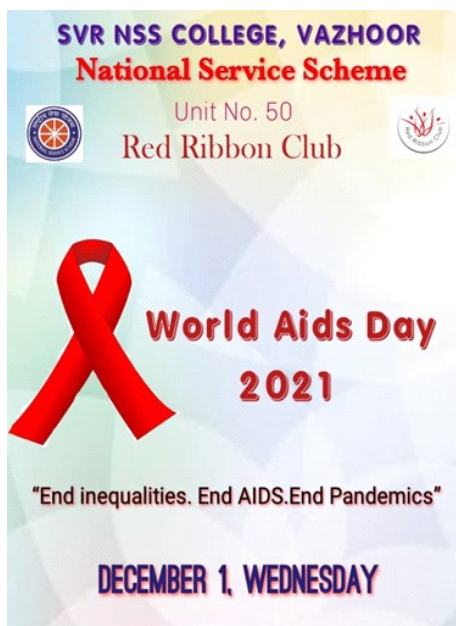


## OCTOBER 31, 2021-NATIONAL UNITY DAY

Volunteers took the National Unity Day pledge at their homes and sent in their videow such videos uploaded in youtube are available in the following links



## DECEMBER 01, 2021-WORLD AIDS DAY



*Dr.Maya RRC PO, sharing the experiences of Alice George, an HIV Positive Speaker, to volunteers on 04/12/2021*

## SPECIAL CAMP

The National Service Scheme Unit no.50 of SVR NSS College, Vazhoor conducted 7-day special camp named **Pratheeksha 2021** from 23<sup>th</sup> to 29<sup>th</sup> December 2021 at SVR NSS College. The advisory committee of the college decided to conduct the camp via offline mode and instructed that the volunteers and Programme officers should mandatorily take RTPCR test, and only those tested negative shall be admitted. Accordingly all the volunteers and the two Programme Officers took RTPCR test. 100 eligible volunteers took part in the camp. Various activities including yoga training, personality development and orientation sessions, motivational classes, paper pen, bag and cloth floor mat making workshops in association with haritha kerala mission, anti-drug awareness campaigns,



'Sparsham 2021' awareness campaign in association with Kerala Excise Department, cleaning activities, cultural programmes. Socio-economic health survey questionnaire preparation in association with Vazhoor grama panchayath etc., Thanks to the dedication and disciplined conduct of the volunteers, the strict observance of all the covid protocols, whole hearted support from Principal Dr M R Renuka and the teaching and non-teaching staff, the action filled camp safely and successfully concluded on 29<sup>th</sup> December, 2021.

### 23.12.2021 DAY 1



*Flag hoisting by  
College principal  
Dr M R Renuka on  
23.12.2021 at 3 pm*

### INAUGURATION

The inaugural session of the camp started with NSS song. Camp was inaugurated by honorable Govt. Chief Whip Dr. N Jayaraj. College Principal Dr M R Renuka presided over the meeting. Vazhoor grama panchayat president V P Reji delivered key note address. Sri T Jayaraj, head of the department of Mathematics, Smt. Kumari Suja V R, college council secretary, Dr Preethi K N, IQAC coordinator, Sri M G Santhoshkumar, office head accountant gave felicitations to the programme. Program officers Dr Maya T Nair and Jayakumar A G delivered welcome speech and vote of thanks.



**Presidential address by  
Dr. M R Renuka, College  
Principal**



**Inaugural address by  
Govt. Chief whip  
Dr. N Jayaraj**

24.12.2021 DAY 2

Preparation work of questionnaire-Socio Economic Health survey

25.12.2021 DAY 3

Cleaning work inside the Campus

26.12.2021 DAY 4

Class by Dr.Adv.G Madhukumar, Former Principal, S V R N S S College on the topic "Crime and Punishment"

## 27.12.2021 DAY 5



Yoga class by Smt.Sreeja MP, Yoga Pramugh, Swasthy school of yoga, Ponkunnam

## SPARSHAM 2021 (26 /12/2021 &29/12/2021)

The volunteers and programme officers of National Service Scheme Unit No.50 and Vimukthi club of SVRNSS College, Vazhoor actively participated in the awareness programme “SPARSHAM 2021” conducted as part of the seven day residential camp of National Service Scheme from 23<sup>rd</sup> to 29<sup>th</sup> December 2021. 100 volunteers participated in the programme. The campaign activities which comprised of awareness class, Poster presentation and a rally inside the campus highlighted and cautioned against the dangers of drug abuse and the resultant health issues.



28.12.2021 Day 6



Yoga class by Smt.Sreeja MP, Yoga Pramugh, Swasthy school of yoga, Ponkunnam

29.12.2021 DAY 7



വാഴൂരിൽ എൻ.എസ്.എസ്.ക്യാമ്പ്



വാഴൂർ എൻ.എസ്.എസ്.കോളേജിലെ എൻ.എസ്.എസ്. ക്യാമ്പ് ചീഫ് വിപ് ലോ.എൻ.ജയരാജ് ഉദ്ഘാടനം ചെയ്യുന്നു

വാഴൂർ എൻ.എസ്.എസ്. കോളേജിലെ നാഷണൽ സർവീസ് സ്കീം യൂണിറ്റ് ക്യാമ്പ് ഗവ.ചീഫ് വിപ് ലോ. എൻ.ജയരാജ് ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ ഡോ. എം.ആർ. രേണുക അധ്യക്ഷത വഹിച്ചു. പഞ്ചായത്ത് പ്രസിഡൻ്റ് വി.പി.റെജി മുഖ്യപ്രഭാഷണം നടത്തി. സെമിനാറുകൾ, യോഗ പരിശീലനം, ശുചീകരണം, ഉദ്യാനപരിപാലനം, കടലാസ്, തുണി ഉൽപ്പന്നങ്ങൾ എന്നിവയുടെ നിർമ്മാണ പരിശീലനം എന്നിവ നടത്തി. പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ.മായ സി.നായർ, എ.ജി.ജയകുമാർ, വെള്ളനിയർ സെക്രട്ടറിമാരായ വി.എസ്.ജിഷ്ണു, നീതു മോഹൻ എന്നിവർ നേതൃത്വം നൽകി.