



NATIONAL SERVICE SCHEME

UNIT NO.50

EXTENSION ACTIVITIES

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 Extension activities undertaken during the period is furnished below.

CONSTRUCTION OF HOUSE AND DIGGING OF TOILET PIT (11 MAY 2018)

The volunteers lent their helping hands in constructing the house of Sri.Gopi.T K, Thayil, Kangazha-686 541 of Vazhoor Block Panchayath. The Panchayath had sought the service of the College NSS unit to help complete the building, 3/4th of which was already built by funds allocated under the Life Mission programme. The beneficiary could not however complete the remaining work due to financial crisis. With disciplined and dedicated work the 16 NSS volunteers provided the labour necessary for finishing the construction work.



11.05.2018

Construction work of house



11.05.2018

Digging of Toilet pit

07 JUNE 2018 THURSDAY - 29 JUNE 2018 FRIDAY SWACHHTA SURVEY



Vazhoor panchayath survey.

Swachhta Survey was conducted in 300 households in adopted wards of Vazhoor Grama Panchayath to collect first-hand information about the extent of plastic menace, the state of sanitation facilities and the awareness level of the people about plastic pollution. 100 volunteers participated in this programme.

SPORTS AWARENESS JULY 6 2018

Sports and games provide both fun and fitness. The National Service Scheme volunteers participated in the football awareness campaign titled Football fever 2018 organised by the Physical Education Department and Cabnet Channel. The participation was intended to bring the spirit and jubilation of world cup, and thereby the importance of sports and games, to the midst of public attention and discourse. Our 100 NSS volunteers and 22 teachers participated in this programme.



06/07/2018- Football Fever 2018 - Vazhoor Grama Panchayath Member Sri Ramshad flagging off the torch run of at Kodungoor



NEWS ON “FOOTBALL FEVER 2018” HELD ON 06/07/2018 (MATHRUBHUMI)

GREEN ENVIRONMENT (JULY 14 2018)

The College NSS Unit participated in the ambitious programme of the State government to plant one lakh jack tree saplings across the State to mark the proclamation of jack fruit as the official fruit of Kerala. A total of 78 no.s of saplings were procured for the purpose from the Tropical Institute of Ecological Sciences. All the 100 volunteers participated in this programme.



Dr N.Jayaraj, MLA planting jack tree sapling planting in the College premise.



News “one lakh jack tree project” held on 14.07.2018 (Mathrubhumi)

FLOOD RELIEF (23 JULY 2018)

Due to floods, large number of people was forced to take refuge in relief camps. Acting in coordination with the Suchitwa Mission and local administration NSS Unit No. 50 bought provisions including one sack rice, essential grocery items and dress materials. The same were handed over to the relief camp set up in Ward No, 3 of the Manarcad Grama Panchayath. 100 volunteers engaged in this programme.



Volunteers handing Over relief material at Manarkadu (23.07.2018)



Newspaper report of the aid to Flood Relief Camp on 23.07.2018

FLOOD RELIEF (18 AUGUST 2018)

The volunteers brought home-made meal packed in plantain leaves, and newly bought essential items and dress materials to the college campus early in the morning and the same were handed over to the authorities of flood relief camp set up at SB College Changanacherry by a team headed by the Principal Dr G Pramod. 100 Volunteers participated in this programme.



18.08.2018- Relief materials collected by volunteers



18.08.2018

Handing over of Relief materials collected by volunteers to authorities of Camp at SB College, Changanacherry

FLOOD RELIEF - MOTIVATION FOR FLOOD VICTIMS (23 AUGUST 2018)

NSS volunteers visited the relief Camp at Kangazha and interacted with the inmates, many of whom were in a state of severe mental depression. The volunteers encouraged them to come out of their mental shell and share their experiences. CDPO and other officials were present on the occasion. 5 volunteers and programme officers participated.



Entertainment programmes at Kangazha Camp (23.08.2018)

FLOOD RELIEF -STRESS RELIEF FOR FLOOD AFFECTED (24 AUGUST 2018)

A total of 52 NSS volunteers under the supervision of Programme Officers visited the camp at **Koothrapally** in the morning and **Karukachal** in the afternoon. Interactive sessions were held where the inmates shared their agonising experiences. The volunteers also engaged the children through various games and performances with a view to retrieve their playful selves. They were able to create a cheerful atmosphere and a positive outlook amongst the inmates.



Volunteers at Karukachal camp (24.08.2018)

CLEANING OF FLOOD AFFECTED HOUSEHOLDS (24 AUGUST 2018)

Our volunteers Akash Chandran, Jagan S Kumar and Arjun Hari actively took part in the massive cleaning work at Aranmula jointly with NGOs.



**24.08.2018
Flood relief
activity at
Aranmula**



REMITTANCE OF FUND RAISED FOR FLOOD RELIEF (13 SEPTEMBER 2018)

The amount of Rs.20000/- collected by NSS Unit no.50 for flood relief was credited to the Account of the Officer of the State level NSS Office, Thiruvananthapuram. A/c no.67313393002, SBI, Vikhas Bhavan, IFSC code- SBIN007041

SWATCHH BHARAT SUMMER INTERNSHIP PROGRAMME (11 AUGUST 2018)

The volunteers cleaned the bus stop, auto rickshaw stand, and the side drains of the road from the college junction up to the entrance. A rally was organised from the College Junction to the Campus with volunteers carrying multi-coloured placards and banners highlighting the importance of cleanliness and Swatchh Bharath. A total of 72 volunteers involved in this programme.



**11.08.2018
Swatchh Bharat
Summer
Internship
Programme**



SWACHHTA- AWARENESS (13 AUGUST 2018)

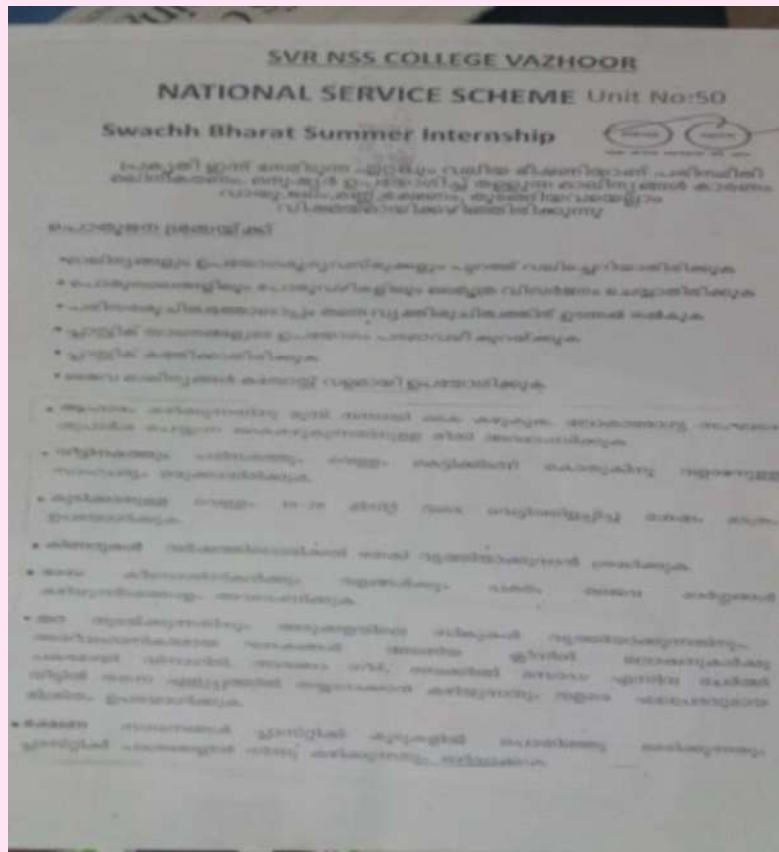
A leaflet containing important points for keeping the environment clean, was prepared and circulated among all the students of the college. Volunteers also resolved to do away with plastic plates and cups in all functions and to use steel plates and cups instead.



**13 August 2018
Swachhta Awareness class**



**13 August 2018 – Swachhta -
Drive towards plastic reduction
- steel cups and utensils bought by NSS Unit**



SWACCHTA LEAFLET

CERTIFICATES (08 OCTOBER 2018)

The Soft copy of the certificate for issue to 72 students of institution who have successfully completed the Swachh Bharat Summer Internship 2018 programme has been forwarded by The Ministry of Drinking Water and Sanitation to the College.



HUMANITARIAN WORK FOR MEDICAL TREATMENT (09 SEPTEMBER 2018)

The NSS volunteers participated in the initiative taken by the Vazhoor Grama Panchayath, Jeevan Raksha Samithi and Prathyasha, Changanacherry to raise amount to arrange treatment of two persons viz., Smt Bindu, Parakkal House, ward 16 and Sri. Jayakrishnan, Thathapally House, ward 2 of Vazhoor Grama Panchayath who are afflicted with kidney ailment. 80 volunteers participated in the door to door visit.



09 September 2018 - Volunteers in door to door visit

News report regarding drive for collecting funds for medical aid on

09 September 2018



SWACHHATA HI SEVA 2018 (02 OCTOBER 2018)

A rally was held from the College Campus to 17 th mile junction in KK Road at 9.00 am on 02/10/18 to generate awareness about sanitation and to spread the message of the importance of healthy and hygienic practices

A set of 50 volunteers took part in the cleaning drive “Swachhata hi seva 2018 “ of Swach Bharath Mission in Vazhoor Grama Panchayath. They cleaned the road sides at Elampalli junction in Kottayam-Kumily road by removing the garbage and clearing the bushes.



02 October 2018 - Swachhta Hi Seva- Brochure



**02 October 2018
Swachhta Hi Seva- Awareness Rally**



**02 October
2018
Cleaning at
Elampalli
Junction**



BLOOD DONATION CAMP (10 OCTOBER 2018)

Donating blood is a great humanitarian service. National Service Scheme and SVR NSS College Vazhoor conducted a blood donation camp at College Seminar hall on 10/10/2018. The camp was held in collaboration with the Blood Donors Kerala, Kottayam, SH Medical Center, Kottayam, Lions Club Vazhoor and HDFC Bank. 80 National Service scheme volunteers registered for blood donation and 35 donated blood.



10.10.2018
Blood
donation
camp



Date: 01/11/2018

APPRECIATION LETTER

Dear NSS Volunteers,

Please accept our sincere thanks for the excellent support provided by NSS volunteers in organizing and hosting Voluntary Blood Donation Camp on 10th October 2018. Arrangements were excellent and the support by your volunteers was outstanding. Your efforts contributed substantially to the quality of the Blood Donation Camp and Blood Donor's Data Connection. We believe that this was one of the most successful camps. Thank you for your gracious hospitality.

Sincerely,

Secretary
Kottayam Dist. Unit



President
Kottayam Dist. Unit

To
Unit Coordinator
National Service Scheme Unit
SVRNSS College, Vazhoor

**APPRECIATION LETTER
FOR BLOOD DONATION
CAMP**

RENEWAL OF VOTER'S LIST (25TH OCTOBER 2018)

The 15 NSS volunteers undertook the online electoral registration of eighty students of the college and completed the formalities for issue of electoral ID cards to them, as part of the renewal and updation work of voters' list. Nodal Officer Dr. Maya T Nair (NSS Programme Officer), Campus Ambassador, Kum. Saranya Vijayan (Volunteer Secretary), Deputy Tehsildar, Changanacherry Taluk and other officials were present.

**Volunteers in electoral
enrolment work
25/10/2018**



EXTENSION ACTIVITIES UNDERTAKEN AS PART OF SEVEN DAY CAMP- SUKRITHAM 2018 (21.12.2018 – 27.12.2018)

Mahatma Gandhi University dedicated this year's seven day special camp for flood relief activities and accordingly it was instructed that the camp should be set up in a flood - affected Panchayath. The NSS Unit No. 50 therefore decided and made arrangements to conduct the special camp "Sukritham 2018" at the PJM UP School situated in the flood affected Aymanam Grama Panchayath.



Camp site at PJM UP School, Aymanam & Flag hoisting

In the inaugural function held at the Aymanam Grama Panchayath hall, Dr.Maya T Nair, Programme Officer made the welcome address. In the meeting presided over by the college Principal Dr.G Pramod, Adv. K Suresh Kurup, MLA, Ettumanoor formally inaugurated the camp. Sri A K Alichan, President, Aymanam Grama Panchayath delivered the key note address.



News on Mathrubhumi paper on (22 December 2018)

APPRECIATION FROM LOCAL SELF GOVERNMENT INSTITUTION



SWACCHTA SURVEY AND LEAFLET DISTRIBUTION (23.12.2018)

The Panchayath Secretary Sri. Arun took instructional class for volunteers about how to conduct the Health, economic cleanliness survey of the households and how to upload the details using mobile application for creation of digital data base. Accordingly 36 teams of volunteers of two members each, accompanied by officials from Panchayath and NGO workers, were despatched to various locations in wards 2, 3 and 4 of Aymanam Grama Panchayath and conducted the survey work.



Panchayath officials giving instructions to volunteers about conducting survey



VOLUNTEERS CONDUCTING SURVEY

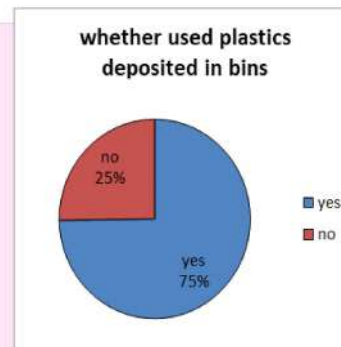
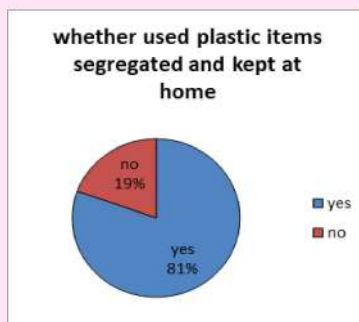
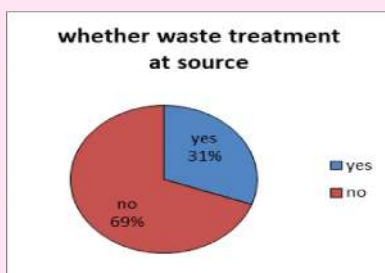
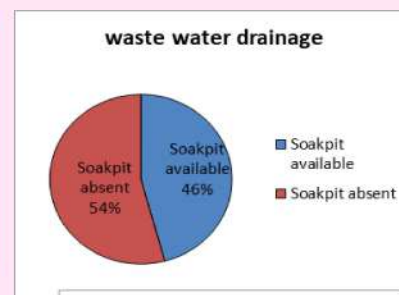
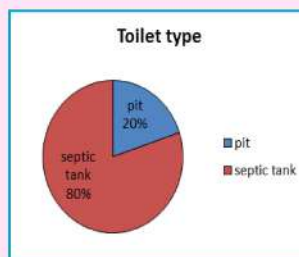
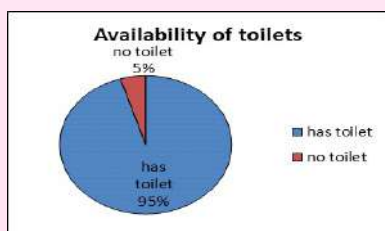
The volunteers continued with their survey work in a dedicated and systematic manner. They also distributed printed materials of Suchitwa mission related to waste management and green protocol to all the 646 households they visited in wards 2, 3 and 4 as part of survey.



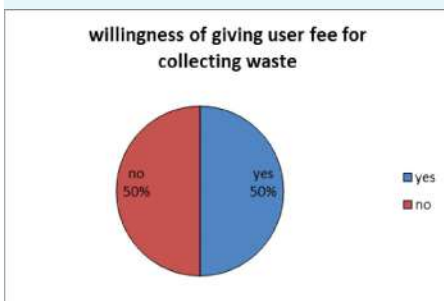
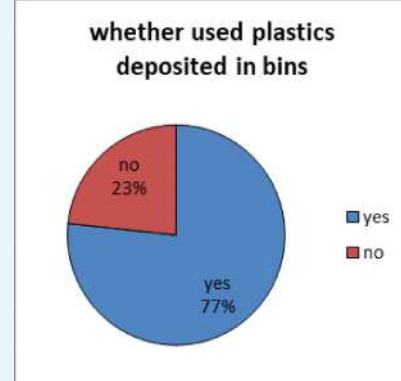
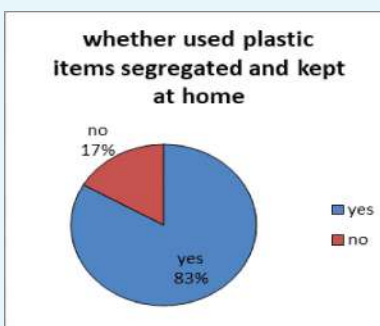
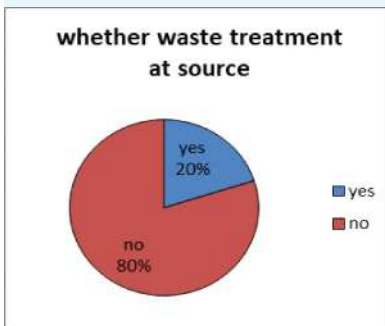
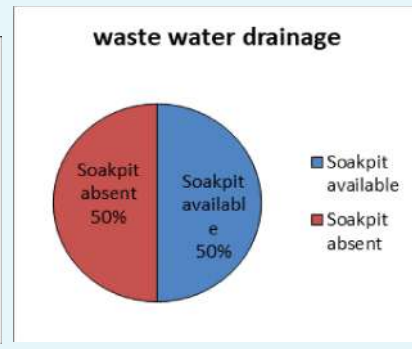
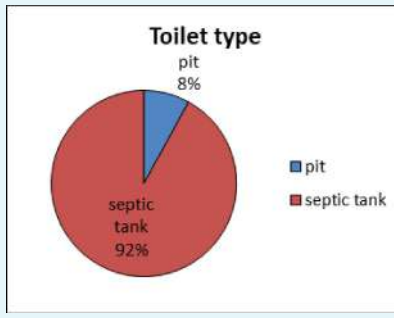
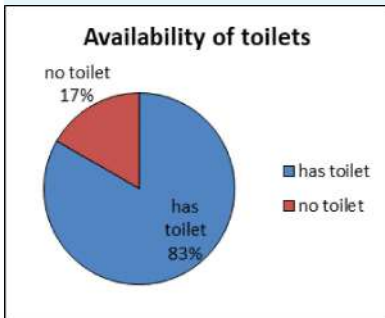
Leaflet of Green protocol, Biowaste-management and Freedom from waste by Suchitwa mission

A GRAPHIC REPRESENTATION OF SOME KEY CLEANLINESS DATA COLLECTED DURING SURVEY

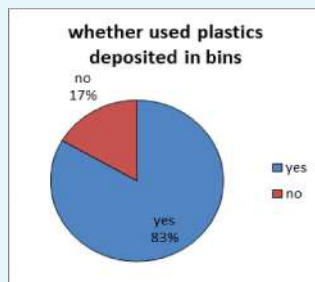
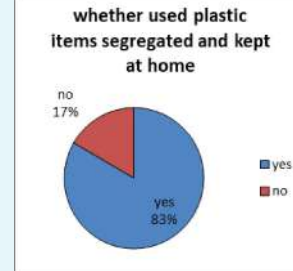
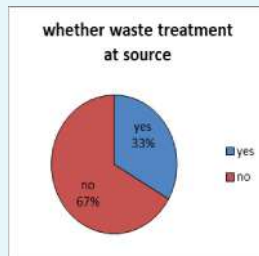
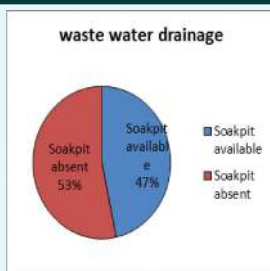
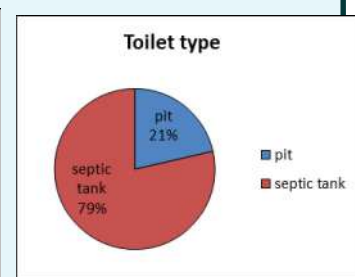
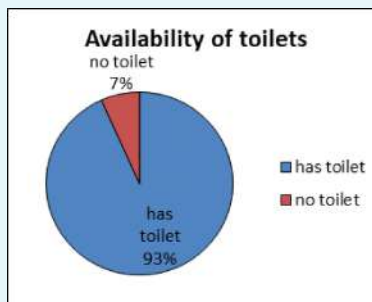
WARD 2



WARD 3



WARD 4



CHEEPUNKAL LAKESIDE CLEANING (24 DECEMBER 2018)

As per the directions of the Aymanam Grama Panchayath, the NSS volunteers undertook cleaning work at Cheepunkal lake side, a place of scenic beauty and a prominent tourist attraction. Under their guidance the volunteers removed plastic and other waste from the region and cleaned the entire pathway along lake side.



Cleaning and Removing weeds on the lakeside, Cleaning and levelling the road at Cheepunkal



AWARENESS CLASS ON CANCER AND HEATH ISSUES (24.12.2018-)

The College Principal Dr.G Pramod conducted a class on the subject “Health issues and cancer”. The speech emphasized that breathing exercises, yoga, and moderation in thoughts, diet, speech and actions and positive outlook will be highly beneficial for us to remain healthy and happy.



Awareness talk by Dr.G.Pramod ,Principal for the Women in Aymanam Grama Panchayath on the topic “Health issues and cancer”

GARDEN BEAUTIFICATION (25 DECEMBER 2018)



Realising that beauty is complementary to cleanliness the volunteers applied their creativity, gardening skills and aesthetic sense in the PJM UP School garden to enhance its appeal.

Cleaning the garden at PJM UP School

HOUSE CONSTRUCTION (25 DECEMBER 2018)

The National Service Scheme volunteers rendered their service for the construction of house of Shri K.T Baby under the Home Care project of the Govt .of Kerala in association with Cooperative Department. Sack loads of sand and mettle pieces had to be transported from the road near Kallunkathara Church road to the construction site of Shri K.T Baby's house across a paddy field and a canal. Things could only be transported manually through the narrow causeway of the field up to the canal, then taken across the canal and again taken by road through a certain distance to reach the site. The volunteers started their work right from the morning taking up carrying the heavy sacks through the narrow raised paths amidst paddy fields and carrying in it a relay mode right up to an intervening canal.



House construction works of Sri .K.T Babu near Kallunkathara church

COMPOST PIT CONSTRUCTION (26 DECEMBER 2018)

The volunteers constructed a compost pit in the campus of PJM UP School, Aymanam for providing the school with proper waste disposal facilities for disposing food and bio-decomposable waste and thereby contributing to a better and clean campus. This work was done as part of Green campus, clean campus project by Suchitwa mission, Kerala.



Compost pit digging work by NSS Volunteers at PJM UP School



Compost pit side wall work by NSS Volunteers at PJM UP School

CLEANING WORK (26 DECEMBER 2018)

The volunteers cleaned the entire Camp site in groups. One group of volunteers cleaned the entire sprawling premises of the PJM UP School by removing the scattered waste materials, cutting overgrown grass and removing the boulders and rock pieces that projected here and there and posed the risk of tripping the playing students unawares. They also cleared the overgrown bushes on the way to the toilets.



Cleaning work at PJM UP School

AWARENESS PROGRAMME- CLEAN VILLAGE, GREEN VILLAGE (26.12.2018)

Programme Officer Dr,Maya T Nair interacted with a group of women in Cheepunkal and conducted a class on the importance of personal hygiene, clean surroundings , and maintaining the green cover . The speaker drove home the point that at individual level, we can do our own little bit by doing away with burning plastics, planting trees wherever possible, reducing and reusing plastic, using composting and rainwater harvesting and so on.



Dr.Maya T. Nair, Programme officer holding an interactive session with mothers at Cheepunkal on the topic “clean village green village”.

AWARENESS CLASS ON ENERGY CONSERVATION (26.12.2018)

In an interactive session Dr. A.P Thomas took a class on energy conservation before the same audience. With proper care and attention, we can save valuable energy at our homes and if all of us do so wastage of energy can be considerably reduced. He gave many energy saving tips and action plan. Faulty wiring is a major cause of energy loss. Hence it needs to be ensured that the wiring is of good quality. Secondly he asked the people to replace energy guzzling aged appliances and gadgets with energy- star rated ones and replace the old bulbs with LED bulbs. Biogas generators help people to dispose off waste materials and at the same time help save the cooking gas. Harnessing the sun’s energy using photovoltaic cells gives us clean and cheap energy to meet our requirements. Similarly driving vehicles in the optimum speed brings about fuel efficiency and reduction in emissions. Concerted and determined efforts like this will really create a huge impact and positive contribution to energy conservation, according to the speaker



Dr.A.P Thomas at the domestic workshop on energy conservation held for the mothers at Cheepunkal .

OUT DOOR CLEANING (11 JANUARY 2019)

In a full-day long work, a team of 14 volunteers under the supervision of POs rendered voluntary clearing of waste, cleaning and relocating of the cupboards containing college related files from the first floor of the Deputy Director Office at Vayaskara Kunnu, Kottayam to the ground floor after emptying the contents in an orderly manner.



11.01.2019- Cleaning DD office, Kottayam

Office of the Deputy Director of
Collegiate Education, Kottayam
Dated 16.01.2019
e-mail: dd@kerala.collegeedu@kerala.gov.in
Ph: 9481 2563317

LETTER OF APPRECIATION

To:

The Principal
SVR N S S College,
Vazhoor

The Deputy Director of Collegiate Education, Kottayam hereby appreciate that following volunteers of National Service Scheme Unit No. 50 of SVR N S S College, Vazhoor with programme officers Dr. Maya T Nair and Sri. Jayakumar A.G actively participated in campus beautification, making the file rackets in order etc on 16th January 2019 at Deputy Directorate Office, Kottayam.

List of Volunteers

Anal Sreenivasan	II B.Sc Physics	Akhal V S	I B.Sc Chemistry
Anandhu Anil	II B.Sc Physics	Arjun V	I B.Sc Chemistry
Anoop K Shaji	II B.Sc Physics	Arathy Sanikumar	I B.Sc Chemistry
Jerin Sunny	II B.Sc Physics	Aryamol Thomas	I B.Sc Chemistry
Abhijith Pradeep	I B.Sc Physics	Aswathy Santhosh	I B.Sc Chemistry
Anandakrishnan C	I B.Sc Physics	Aswathi Shaji	I B.Sc Chemistry
Nandha P Sajan	I B.Sc Physics	Gouripriya A S	I B.Sc Chemistry
Roshan Sajan	I B.Sc Physics	Preethi Pradeep	I B.Sc Chemistry
Krishnaprasad S	I B.Sc Physics		
Ardra P Das	I B.Sc Physics		
Athira Sasikumar	I B.Sc Physics		
Akhila R Nair	I B.Sc Physics		
Gopika Raju Nair	I B.Sc Physics		
Sreelekshmi M	I B.Sc Physics		

DRELSAMMA JOSEPH ARACKAL
DEPUTY DIRECTOR OF COLLEGIATE EDUCATION

**Letter of Appreciation from
Deputy Director of
Collegiate Education
for Cleaning campaign**

OUT DOOR CLEANING (16 JANUARY 2019)

In continuation of the above-mentioned work, the 22 volunteers carried the college related files and documents from upstairs to the ground floor and neatly relocated them in the almirahs placed there. Besides they also cleaned the premises and front walk ways. The work lasted the entire day.



**16.01.2019-
Cleaning
DDCE Office**



ROAD SAFETY AWARENESS (26 JANUARY 2019)

National Service Scheme volunteers participated in the Road Safety awareness programme jointly organised by the NSS Unit and Junior Chamber International . 100 volunteers participated in this programme.

**26.01.2019- Road safety
Awareness class**



26 FEBRUARY 2019 TUESDAY- ANTINARCOTIC AWARENESS

A class by shri Pradeep kumar was organised jointly with excise department on the subject anti narcotic awareness and conducted a poster exhibition at seminar hall. 100 volunteers participated in this programme



26.02.2019- Poster Exhibition

“CHANGATHI” – SURVEY (24 MARCH 2019)



13 NSS Volunteers took survey of the migrant population in the Vazhoor Panchayath as part of the initiative named **“Changathi”** for creating comprehensive data base for formulation and delivery of welfare services and for providing Malayalam literacy to guest labourers. The work was done jointly with the Vazhoor Grama Panchayath and Kudumbasree mission

24 March 2019 Sunday- “Changathi” Survey

AWARENESS CLASS “CANCER- MYTH AND REALITY” (28 MARCH 2019)

A class for creating awareness among the public about the various misconceptions and facts about cancer titled “Cancer- Myth and Reality” was organised by the National Service Scheme jointly with Vazhoor Grama Panchayath and Kudumbasree Mission. The class was conducted by Dr V P Gangadharan, the foremost name in cancer treatment in India and abroad and it was very informative and revelatory to the jam-packed audience assembled at the Panchayath Community hall at Kodungoor. The programme was attended by all the 100 NSS volunteers , parents and 113 persons from the neighbourhood community.



28.03.2019 Health wareness class by Dr V P Gangadharan



NEW REPORT - Health awareness class by Dr V P Gangadharan (MATHRUBHUMI)

VAZHOOR GRAMA PANCHAYAT
 Vazhoor P. O., Kottayam (Dist.)-686 504
 Ph. No. 0481-245226, email-vazhoorgp@gmail.com
 ISO 9001:2015 CERTIFIED

CERTIFICATE

This is to certify that the volunteers and the Programme Officers of the National Service Scheme Unit No. 50 of SVRNSS College Vazhoor, Kottayam, Kerala in association with Kudumbastree, Vazhoor Grama Panchayath have organised an interactive programme titled "Cancer - Realities and Myths" by leading oncologist Dr V P Gangadharan at the Panchayath community hall on 28-03-2019 that provided valuable healthcare awareness to the general public.



[Signature]
 President
 Vazhoor Grama Panchayat
 Vazhoor P. O., Kottayam

APPRECIATIONS RECEIVED

