

# **ANNUAL REPORT**

## **2018-2019**



**NSS UNIT, REG. NO. 45**  
**ST.XAVIER'S COLLEGE FOR WOMEN,**  
**ALUVA**

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### **From the Principal's Desk**

The NSS Unit of St. Xavier's College for Women has been instrumental in providing the NSS volunteers a platform to serve and support the society at large. Dedicated involvement with the society has brought qualitative and quantitative changes in the lives of the volunteers. Their efforts to integrate their activities in tune with the societal requirements have made them diligent enough to face harsh realities of life.

I take this opportunity to appreciate their service mindedness and to wish them all success as torch bearers of a better tomorrow.

**PRINCIPAL**

# **REPORT OF NSS ACTIVITIES 2018-19**

## **MAJOR ACTIVITIES IN THE MONTH OF JUNE 2018**

- World Environment Day was celebrated on 5<sup>th</sup> June 2018. Saplings were planted in the college premises
- Enrolled the volunteers for Swachh Bharat Summer Internship Programme for the year 2018-2019
- As part of promoting green Kerala, the volunteers participated in Seed Sowing (Pokkali Krishi) at Pizhala on 9<sup>th</sup> June 2018
- World Blood Donors Day was celebrated on 14<sup>th</sup> June 2018. Blood donation camp was organised in which around 35 units of blood were collected
- Reading day inauguration was done on 19<sup>th</sup> June 2018 at Thanaloram, near St.Xavier's College for Women, Aluva. The Public were inspired by the reading programme and were given sweets.
- As part of International Yoga Day Celebration a yoga class was organised in the college auditorium on 21<sup>st</sup> June 2018. The Whole student community participated in the programme.
- Antinarcotics Day on 26<sup>th</sup> June 2018

## **MAJOR ACTIVITIES IN THE MONTH OF JULY 2018**

- As part of reading week a programme named 'Vayanapakshacharanavum Anusmaranaprabhashanavum' was organised on 6<sup>th</sup> July 2018. Dr.Milon Franz, Associate Professor and Head of the Department of English commemorated O.V Vijayan and Swapna C Kombath, Department of Malayalam, Commemmorated Vaikom Mohammed Basher.
- As part of reading week Padyaparayanam competition organised at Aluva Manappuram on 6<sup>th</sup> July 2018.



- Lisy Abraham, Muncipal Chairperson, Aluva inaugurated Jack fruit sapling planting initiative on 14<sup>th</sup> July 2018.
- NSS volunteers and programme officers visited the flood relief camp at Udaya Colony, Kadavantra on 19<sup>th</sup> July 2018.
- NSS volunteers attended Inauguration of Mukti Sena & Anti Narcotics cell at Nirmala High School, Aluva on 20<sup>th</sup> July 2018.
- NSS volunteers and programme officers visited flood relief camp at P&T Colony, Kadavantra on 21<sup>st</sup> July 2018.
- The NSS voluntweers participated in Njaru Nadal Event (Pokkali krishi) at Pizhala on 25<sup>th</sup> July 2018.

#### **MAJOR ACTIVITIES IN THE MONTH OF AUGUST 2018**

- An Orientation class was given by senior volunteer secretaries to the second year NSS volunteers about Mini Camp.
- NSS volunteers participated in Flag hoisting ceremony on Independence day (15/8/2018)
- NSS volunteers and programme officers packed and distributed food kits and stationary items for the flood affected students of our college.
- Distributed flood relief kit to menial staff of our college.
- Distributed buckets, mugs, mops, sleeping mattress, bleaching powder, brooms, candles, ladies sandles, plates, tumblers, steel glass to flood affected students.
- NSS volunteers cleaned the road from Thanaloram to Aluva Palace on 31<sup>st</sup> August 2018.

#### **MAJOR ACTIVITIES IN THE MONTH OF SEPTEMBER 2018**

- Blood Donation camp in association with IMA and HDFC bank was organised. Thirty seven NSS volunteers donated blood on 3<sup>rd</sup> September 2018. As a token of appreciation HDFC bank gifted the blood donors with certificate of appreciation and sipper bottles.

- An Orientation class was given for NSS volunteers by Dr Saumi Mary M on 5<sup>th</sup> September 2018. Jalleeta James second year NSS volunteer taught the juniors NSS anthem and NSS clap.
- NSS introduced Green Protocol in our college on 05<sup>th</sup> September 2018. As part of the initiative of “Green Campus, Clean Campus”, tea was served in steel glasses instead of paper cups during the staff meetings.
- Programme officer attended a meeting at Chengamanadu Grama Panchayath presided by Assistant Development Commissioner Mrs. Shayama Lakshmi on 11<sup>th</sup> September 2018. A decision was taken to send NSS volunteers to conduct a survey on flood affected houses in Aluva Municipality.
- NSS Volunteers and Programme officers cleaned the flood affected Hall of Junior Basic School at Desom, Aluva on 12<sup>th</sup> September 2018. Volunteers interacted with the children and distributed biscuits.
- On 14<sup>th</sup> September 2018, NSS Volunteers and Programme officers visited Viruthimoola Colony, Purayar and distributed flood relief kits to 16 houses. The kits consisted bath towel, soap, shaving set, paste, sanitary pads, undergarments. Leggings, Phenol, Parachute Hair oil, washing powder and ladies sandals.
- Flood Survey Orientation session was arranged for the NSS volunteers on 13<sup>th</sup> September 2018. The session was taken by Aluva Municipality Technical Officer Mr. Harisree R.
- HDFC Bank as part of their CSR activities distributed cooker sets and Ceramic plates for the flood affected students of our college on 13<sup>th</sup> September 2018.
- Arun K, Junior Health Inspector Government Hospital, Aluva and Rose Mary, School Health Nurse, Aluva visited our campus as part of Dry Day observations 14<sup>th</sup> September 2018. Mr. Arun addressed the need for dry day and asked the students to prepare a list of things which could help the breeding of Mosquitoes.
- 55 NSS volunteers took part in the survey of flood affected houses in Aluva municipality on 15/09/2018 & 16/09/2018
- NSS volunteers performed a flash mob at Aluva Railway station on 19<sup>th</sup> September 2018 to pass the message of Swatch Bharat.

- NSS volunteers conducted Survey of flood affected houses of Aluva Municipality on 22/9/2018.
- NSS Day was celebrated on 24/9/2018. Flag Hoisting was done by Dr. Sr. Stella, Vice Principal which was followed by a flash mob by the volunteers in the college premises.
- Flood relief materials collected as per Collector's order from Kalamassery. Distributed buckets, mugs, mops, sleeping mattress, bleaching powder, brooms, candles, ladies sandles, plates, tumblers, steel glass to flood affected students. (28/9/2018)
- NSS unit of our college was honoured by Anwar Memorial Palliative Care, West Kadungallur on 30<sup>th</sup> September 2018.
- NSS unit handed over Kitchen utensils, groceries, etc. to a flood victim of West Kadungallur on 30<sup>th</sup> September 2018.

#### **MAJOR ACTIVITIES IN THE MONTH OF OCTOBER 2018**

- National Blood Donation Day was observed by organising a Blood Donation camp on 1<sup>st</sup> October 2018 in association with IMA and HDFC bank. The camp was inaugurated by MLA Sri. Anwar Sadath. Other dignitaries of the day include Adv. Abdul Muthaleep, Dr. Vijayakumar, Dr. Kuttappan, Dr. Anil Kumar, Dr. C.M Hyderali, Dr. Sulaiha. Thirty four units of blood was taken. As a token of appreciation HDFC bank gifted the blood donors with certificate of appreciation and sipper bottles.
- On 2<sup>nd</sup> October 2018, NSS volunteers participated in the rally organised by Aluva Municipality in commemoration of Gandhiji's 150<sup>th</sup> Birth Anniversary. NSS volunteers also performed a flash mob on the premises of Aluva Municipal Town Hall on "Suchitwa Keralam, Sundara Keralam"
- Cleaning Drive, "Clean Kerala Drive," was inaugurated by Dr. Sr. Shalini, Principal as part of Gandhi Jayanthi Celebrations.
- NSS Volunteers of each department took the initiative to clean the premises of the college and Thanaloram as part of "Clean Kerala Drive".
- As part of Plastic Bottle Challenge proposed by Fr. David Chiramel, the volunteers collected disposed Plastic bottles.

- NSS volunteers attended three day nature camp at Chimmomi Dam from 19<sup>th</sup> Oct to 2<sup>st</sup> October, 2018. On Day 1 volunteers visited the medicinal garden, on Day 2 volunteers participated in Trekking Class by Dr Sureesh on wild life encroachment on human habitation and on Day3 they visited Chimmoni Dam.
- The volunteers attended meeting at Anwar memorial Hospital on palliative Care Aluva on 26<sup>th</sup> October 2018
- On 27<sup>th</sup> October 2018 , our college hosted “PFMS –last minute helping hand” under the auspices of MG University NSS Unit. Renjith .P, VHSC NSS State co ordinator rendered his service to rectify the doubts concerning PFMS. M.G University NSS co ordinator Prof. M. J Mathew coordinated the programme.
- Four NSS Volunteers attended District Youth Parliament at Nehru Yuva Kendra, Kakkanad from 27<sup>th</sup> October 2018 to 28<sup>th</sup> October 2018.
- NSS POs &Volunteers secretaries attended M.G University meeting on 31<sup>st</sup> October 2018 as per the invitation from the MG University NSS Cell.

#### **MAJOR ACTIVITIES IN THE MONTH OF NOVEMBER 2018**

- Forty NSS Volunteers attended Palliative care training at Anwar Memorial Hospital, Aluva from 2/11/2018 to 3/11/2018.
- Two NSS Volunteers attended media class at M.G University on 2<sup>nd</sup> November 2018.
- Five NSS Volunteers attended palliative care training at Anwar Memorial Hospital Aluva on 8<sup>th</sup> November 2018.
- Mini Camp was organised at St Xavier’s College, Aluva from 9<sup>th</sup> November 2018 to 10<sup>th</sup> November 2018. Thanaloram cleaning, College premises cleaning, Vegetable seeds sowing were the main activities conducted during the camp. Other programmes are listed below
  - 10<sup>th</sup> November 2018 - Exercise by NSS Volunteers.
  - A Class on ‘Nattarivu’ by Mr. Renjith, Rajagiri college, Kalamassery.
  - Personality Development class by Ms. Cynthiya Xavier, Phychologist.
- World Diabetes Day was observed on 14<sup>th</sup> November 2018. NSS Volunteers participated in Walkathon from Aluva metro station to Paravoor Kavala organised by Rajagiri Hospital Choondy.

- On 14<sup>th</sup> November 2018, World Diabetes Day observed in association with Tony Fernandez Eye Hospital. NSS Volunteers participated in Cycle Rally from Tony's Eye Hospital to Paravoor Kavalla and back to Tony's Hospital.
- Attended 3 day Secretaries' camp at B. K. College, Amalagiri, Kottayam (16-18 Nov, 2018)
- Hosted the book release ceremony of Padmasree Dr. Tony Fernandez , Stalwart in Ophthalmology.(22/11/2018)
- Attended Youth Red Cross Orientation at Govt. Hospital, Ernakulam(22/11/2018)
- Pasting the poster of "Samaksham" in and around the college premises. (22/11/2018)
- Participation in the Annual day celebrations of Anvar Palliative Care. The volunteers staged dance, skit and Nadan Pattu.(25/11/2018)
- Inauguration of Youth Red Cross in the College on 6/12/2018. It was inaugurated by Ms. Lissy Abraham, Aluva Muncipal Chairperson.
- As part of the Green Protocol, Volunteers serve tea in steel glasses in the various occasions in the college.
- 12/12/2018. Co-partner in Asianet News Challenge Cancer Programme- a panel discussion of renowned doctors – Dr. Vijayakumar, Amritha Hospital; Dr. Anup P. Nair, Aster Medcity; Dr. Bindu Suresh, Karothukuzhy; Dr. Rema. G, Amritha Hospital; Dr. Durgapoorna, Aster Medcity. The programme was intended to give awareness.
- A volunteer, Ms. Amisha Joy, is selected for national Integration Camp at Thonnakkal, Trivanderum from 10<sup>th</sup> to 16<sup>th</sup> Dec, 2018.

## **MAJOR ACTIVITIES IN THE MONTH OF DECEMBER 2019**

- AIDS Awareness programmes. Volunteers performed skit, dance drama, tableau and dance.
- On 19<sup>th</sup> December 2018, NSS Volunteers participated in the Marathon organised by Govt. Hospital, Aluva in connection with the Awareness Campaign of Life-style Diseases. Volunteers also performed a Flash Mob in the premises of Aluva Railway

Station. District Panchayath President Adv. Muthaleeb inaugurated the Marathon from Gandhi Square to Railway Station.

- On 19<sup>th</sup> December 2018, as part of International Anti- Drugs Day, NSS Volunteers welcomed a rally organised by Lions Club at Gandhi Square
- Volunteers attended Seven Day Special camp at St. Antony's Senior Secondary School, Karottukara, Puthenvelikkara.

### **MAJOR ACTIVITIES IN THE MONTH OF JANUARY 2019**

- Volunteers participated in the “Padayatra” organised by Suchitwa Bodhana Yajnam on 1/1/2019. Padayathra flag off was done by MLA. Sri. Anvar Sadath. Ms. Lissy Abraham, Municipal Chairperson, Aluva inaugurated the function. The volunteers performed a Flash mob, Nadan Pattu and a Light Music as part of the Cleanliness Drive at Advaitasramam, Aluva.
- NSS Volunteers organised a Medical Camp on the Detection of Life-style diseases in collaboration with Malabar Gold and Diamonds and Kerala Arogya Suraksha Mission on 15<sup>th</sup> January 2019
- As part of Palliative care Day, students distributed Pamphlets to the Public on 15<sup>th</sup> January 2019
- NSS conducted a food fest on 25<sup>th</sup> January 2019 to raise fund.
- NSS cleaned and renovated the fencing of Thanaloram, way side resting place for the passer-by on 31<sup>st</sup> January 2019.

### **MAJOR ACTIVITIES IN THE MONTH OF FEBRUARY 2019**

- Two Programme officers and two students attended 26<sup>th</sup> International Conference of Indian Association of Palliative Care at Aeli Hills, Keezhumadu, Thottumugam Aluva from 8/02/2019 to 10/02/2019.
- One programme officer attended one day training programme for POs at St. Mary's College, Manarkadu on 13<sup>th</sup> February 2019

## **MAJOR ACTIVITIES IN THE MONTH OF MARCH 2019**

- On 26<sup>th</sup> March 2019, our NSS volunteers participated in MGU NSS FEST held at Changanassey and our team won first prize for thematic dance competition.

# PHOTOS 2018-19

## JUNE 2018

Environment Day on 5th June



Planting of sapling



Environment Day on 5th June



Environment Day on 5th June





## Seed Sowing (Pokkali krishi) at Pizhala



## World Blood Donors Day on 14th June 2018



## World Blood Donors Day on 14th June 2018



## Reading day inauguration



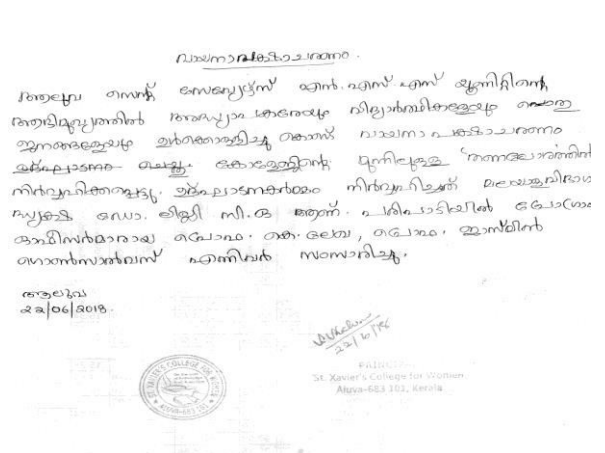
on 19th June 2018 at Thanaloram



## Reading day inauguration



on 19th June 2018 at Thanaloram



## International Yoga Day Celebration





## Antinarcotics Day



Awareness Class on Antinarcotics by Job  
VT(Civil Excise Officer, Ernakulum

**JULY 2018**

**Dr.Milon Franz commemorating O.V  
Vijayan**



**Swapna C Kombath Commemorating  
Vaikom Mohammed Basher**



## Padya parayanam at Aluva Manapuram



**Inauguration by Lissy Abraham**



**Jack fruit sapling planting Initiative**



**Visit to Udaya Colony**



**Visit to P&T Colony**





### **Njaru Nadal (Pokkali krishi) at Pizhala**



**AUGUST 2018**

### **Orientation class by Senior volunteers**



### **Independence Day 2018**



**Packing and distributing food packets**



**Distributing food kits to menial staff**



**Distributing Various things to flood affected students**





**NSS volunteers cleaning road from  
Thanaloram to Aluva Palace**



**SEPTEMBER 2018**

**Blood Donation Camp**



### Green Protocol



### Visit to Junior School, Desom



### Cleaning Junior Basic School, Desom





**NSS volunteers visiting Viruthi Moola Colony, Purayar and distributing relief kits.**



**HDFC Bank officials distributing cooker sets and plates**



**Health Inspector addressing NSS team**





Flashmob @ Railway Station



Flashmob @ Railway Station



NSS DAY



NSS unit was honoured by Anwar Memorial Palliative Care





Handed over groceries and utensils to flood victims of West Kodungallor



**OCTOBER 2018**

National Blood Donation Day





Flash MOB and Rally organized in commemoration of Gandhiji's 150<sup>th</sup> Birthday



Clean Kerala Drive Inauguration



Three day Nature Camp @ Chimmoni Dam



Range officer Baiju Addressing Volunteers



Class by Dr.Rajesh at Chiminy Dam



Chimmoni Dam



## PFMS TRAINING





## NOVEMBER 2018

Mini Camp



Mini Camp



Mini Camp



Class on Nattarivu





World diabetes day observed in association with Tony's Eye Hospital, Aluva. Cycle rally was inaugurated by MLA Anwar Sadeth on 14/11/2018. NSS volunteers participated in the rally.



World Diabetes Day observed in collaboration with Rajagiri Hospital, NSS



Volunteers participated in Walkathon, from metro junction, Aluva to paravoor kavala.



## RED Cross Orientation at Government Hospital Ernakulam



## Inauguration of Red Cross





## Asianet News- Challenge Cancer Programme



**DECEMBER 2018**

## AIDS Awareness Programmes





### Awareness Campaign on Lifestyle diseases



### International Anti- Drugs Day



### Special Camp





## JANUARY 2019

### **Padayathra organized by Suchitwa Bodhana Yajnam**



### **MEDICAL CAMP ON THE DETECTION OF LIFESTYLE DISEASES**



## PALLIATIVE CARE DAY



## THANALORAM CLEANING





## FEBRUARY 2019

### INTERNATIONAL CONFERENCE



## MARCH

### MGU NSS FEST



**SEVEN DAY SPECIAL CAMPING PROGRAMME AT  
ST. ANTONY'S SENIOR SECONDARY SCHOOL, KAROTTUKARA, PUTHENVELIKKARA**

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**Day 1 (21-12-2018, Friday)**

**Registration, Camp Preparation, Flag hoisting and Inauguration**

Flag hoisting



Camp Inauguration



Camp Inauguration



Camp Inauguration





**Day 2 (22-12-2018, Saturday)**

**Yoga, Parade, Inauguration of Kanivu 2018, the medical camp, Self Job Training, Class on Media and Youth by Sonia John Markose, Class on flood and survival by G. Madhusoodanan.**

Parade



Yoga



Inauguration of Kanivu 2018



Eye Camp



Class on Media and Youth



Medical Camp



Class on Flood and Survival



Camp Premises Cleaning



Self Job Training Class



Self Job Training Class





**Day 3 (23-12-2018, Sunday)**  
**Nanvu - 2018, Evaluation of survey by V. D Satheeshan M.L.A**

Nanavu 2018



Evaluation Of survey



**Day 4 (24-12-2018, Monday)**  
**Self Defense Class, Survey, Participation in House Construction**

Self Defense Class



Self Defense Class



Self Cooking



Self Cooking



**Day 5 (25-12-2018, Tuesday)**

**Green Protocol By Shri. Mohanan, Suchitwa Mission Co-ordinator, Christmas feast at Asissi Old age home, Man and Nature by K.H Amithab Bachan, Christmas celebrations**

Green Protocol



At Asissi Old age home





Class on Man and Nature



Christmas celebrations



**Day 6 (26-12-2018, Wednesday)**

**Awareness class on Cyber Crimes by Thalath P.M Presentation of survey report**

Awareness class on Cyber Crimes



Presentation of survey report



**Day 7 (27-12-2018, Thursday)**  
**Preparation of Pusthaka Thoni (Library Setting) & Valedictory function**

Preparation of Pusthaka Thoni



Preparation of Pusthaka Thoni



Valedictory function



Valedictory function

