



**ST. XAVIER'S COLLEGE FOR WOMEN, ALUVA**  
REACCREDITED BY NAAC WITH A GRADE (CGPA 3.33)  
ISO 9001-2015 CERTIFIED

**NSS -ANNUAL REPORT  
2021-2022**



## REPORT OF THE REGULAR NSS ACTIVITIES 2021-22

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### MAJOR ACTIVITIES IN THE MONTH OF APRIL 2021

- ✓ April 24 -30 ,NSS observed as World immunization week by preparing Vaccination awareness video, Covid vaccination awareness notice, Awareness poster video, vaccination awareness posters, Poster video making, Covid vaccination awareness placards,Poster making,Poster on immunization week 2021,Photo gallery inspiration, vaccination awareness poster video and Mixed collage
- ✓ On 27<sup>th</sup> April 2021, A webinar on organic farming conducted for first year students by Resource person , Dalton ,Aluva Krishi officer in association with Aluva Krishi Bhavan.

### MAJOR ACTIVITIES IN THE MONTH OF MAY 2021

- ✓ In the month of May 2021,NSS observed various days of observation 5<sup>th</sup> May 2021, NSS observed World Hygiene day 2021 with theme “save lives :clean your hands” , 6<sup>th</sup> May 2021, d Nutrition day , 7<sup>th</sup> May 2021,Rabindranath Tagore born day 8<sup>th</sup> May 2021, Red cross day based on theme “together we can”,8<sup>th</sup> May 2021-International Mother day On 11<sup>th</sup> May 2021- World technology day,12<sup>th</sup> May 2021-International Nurse day,21<sup>st</sup> May -International Tea Day ,21<sup>st</sup> May -World Anti-Terrorism Day, 24<sup>th</sup> May 2021- World Common Wealth Day25<sup>th</sup> May 2021- National Missing Children Day,28<sup>th</sup> May 2021- Happy world Menstrual Hygienic Day, 31<sup>st</sup> May 2021- World No Tobacco Day,15<sup>th</sup> May- International Day of Families by preparing awareness videos ,posters ,tribute videos and conducting quiz competitions.
- ✓ In the month of May 2021, Online add on courses- craft,pot painting,paper craft,cloth mat making, stitching, life style yoga and natural medicines, yoga and diet plans , Photo/video editing, raft,Coconut shell craft,Paper craft(paper bag,paper box,pen stand, vintage book..),Bottle art,Plastic bottle recycling,Cloth recycling (cloth mat,wall organizer,scrunchies, mask..), Stitching ,Handi crafts making was given to students and parents to overcome and make effective covid pandemic situation.
- ✓ **Raksha -oru Kai thag -An initiative to provide on hand services to COVID affected persons-** Counselling to students class wise ,survey among students to analyse the covid situation, food items and needy things were distributed inmates of adwaitha ashramam, and beds and plates were distributed to covid centre in kumbalangi, Covid Vaccination Help Desk for taking vaccine . Provided other essential items to covid affected patients.students were provided counselling and aid for studies for those who is affected by covid.Students were also trained to provide covid awareness among local people in and around their area and college.Awareness sessions were also arranged for students parents and teachers. Official counselling group was formed in association with social organization. Covid vaccination help desk, vaccination drive were done as part of same. In adopted villages too awareness about covid ,omicron and survey on post covid affect were also done.Annam,bhoobhi avarudeyum and vazhiyoram projects were also done to help the needy in covid times. Sparsham project to help students during covid time were also formed .programs were also arranged to honour those who played selfless service during covid times.
- ✓ As part of **Raksha -oru Kai thag-** food items and needy things were distributed for inmates of adwaitha ashramam, and beds and plates were distributed to covid centre in kumbalangi
- ✓ On 8<sup>th</sup> May 2021,Two NSS volunteers were selected as program coordinators for coordinating All Kerala Online Career Guidance program conducted by MG university NSS Cell
- ✓ On 15<sup>th</sup> MAY 2021, NSS volunteers participated in training program The Hunt “Beacon 2021” organised by JCI,Aluva By Jc Arun Jose , JCI Zone , Faculty Cell Chairperson And JCI JFI Jayanthi Krishnachandran .



- ✓ From 16<sup>th</sup> May onwards Sunday dry day were observed for protecting against rainy diseases
- ✓ **Rakthadhanam mahadhanam “Blood Donation cell”:** NSS in association with Kerala action force has formed a forum to help those who need emergency blood .at 24hours service.

### MAJOR ACTIVITIES IN THE MONTH OF JUNE 2021

- ✓ **June5: World Environment Day** -As part of celebrating World Environment Day 2021,being observed as the year of environment restoration NSS unit launched a project named “Nurture the Nature Campaign” a two year initiative to restore out nature.
- ✓ On 5<sup>th</sup> June 2021, NSS volunteers celebrated World Environment Day by declaring the academic year 2021-22 as year of environment restoration and released the logo of the campaign- **Nurture the Nature** focusing on environmental protection activities, projects, surveys, awareness sessions by Shri.Sujith Karun, district coordinator, Haritha Keralam.We started with the challenge of planting 2021 trees during the year 2021-22.
- ✓ In addition to this NSS unit conducted many other competitions and activities :-□ **\*Pedal For Nature\*** Riding Bicycle while traveling to enjoy the beauty of nature, **\*Creative Lab\*** relating to the Nurture the nature campaign; and those selected skills will be exhibit through an online exhibition, **\*Speak Out\*** a perfect platform to raise your voice against an environmental cause,**\*Nature Album\*** was a good competition to take the snap of any creature or species in our beautiful environment, **\*Doodle the campaign\*** to doodle out our Nurture the nature, **\*La-Terre-Idea contest 2021\*** to explore the new practical ideas for the recycling and the restoration of our environment,**\*Green Medicine\*** is a contest to take a snap of trees or plants with it’s medicinal importance to ignite the concept in the mind of youth.
- ✓ On the same day an awareness class on “ Measures and Methods to move towards Haritha Keralam” was also organized with Resource Person Shri.Sujith Karun, district coordinator, Haritha Keralam.
- ✓ On 5<sup>th</sup> June 2021, NSS volunteers participated in a webinar organized by Forest department, Ernakulam. The resource person shared information about idea of Zero Waste and various other activities to make surroundings clean.
- ✓ On 6<sup>th</sup> June 2021, Three NSS volunteers were selected as coordinators for the Deeksha 21 The complete Career Guidance program powered by National Service scheme,Mahatma Gandhi University,Kottayam and Nahru Yuva Kendra Sangathan.
- ✓ **From 15<sup>th</sup> to 20<sup>th</sup> June 2021, NSS unit observed Dry week programme and decided to observe all the weekends as dry day to prevent monsoon diseases. The programs were** Day 1: Cleaning House ,Day 2: Removing Mosquito Breeding sources ,Day 3: Make your surroundings plastic free ,Day 4: Take Effective Measures for preventing Monsoon Diseases for a safe and secure family and marvelous environment ,Day 5: Launch Medicinal Garden ,Day 6: Build a micro nature at home.
- ✓ On 16<sup>th</sup> June 2021,NSS volunteers of NSS Unit No :45 of St Xavier's College For Women, Aluva conducted a **Webinar Anemia Prevention Campaign organised in association Department of Women and Child development, Government of Kerala ,ICDS Vazhakulam Additional project** with Resource person in Webinar was Dr. A.V Gayathri, Assistant professor Amrita Institute of Medical Science. The Webinar was about "**Anemia Prevention Campaign for College students**".
- ✓ On 19<sup>th</sup> June , National Reading Day 2021, NSS observed one week reading week celebrations to promote reading among students and distributed books to students.. Competitions like newspaper reading ,essay writing, quiz,short story writing competition,letter writing competition were conducted and shared posters to encourage readers and to love reading. A book review has also



been done to promote reading among young people. NSS volunteers posted the video of book review they had read to promote reading among young people. NSS volunteers prepared and launched a book of short stories and poems for children named **Mayilppili**. NSS observed one week reading week celebrations to promote reading among students and distributed books to students.

- ✓ **JUNE 19-23: YOGA WEEK** -Nss volunteers of NSS unit no:45 celebrated International Yoga Day as yoga week from 19 - 23 june 2021. These days volunteers prepared posters and conducted competitions relating yoga like yoga photo quiz and also trained some yoga steps to their families showing the importance of yoga in physical and mental health. On the morning of the yoga day, we organized a Awareness and Yoga training program from 7:00 to 7:45 AM . The Resource person of the Program was Mr Gopan JS, Trainer of Indian Yoga Team ,Asian Yoga Referee, Joint Secretary of Yoga Association Kerala. Sir told the importance of doing Yoga in daily routine and taught us about breathing exercise and told its importance
- ✓ On 26<sup>th</sup> June 2021, NSS organized a Webinar on "Donate Blood - Save Lives in association with Blood Bank Centre Aluva. The Resource person Dr M Vijayakumar, Blood Bank Medical Officer G.H Aluva shared information about importance of donating blood to save many lives especially in pandemic situations .
- ✓ On 27<sup>th</sup> June 2021, An online chess tournament was conducted for students in order to get rid of covid pandemic frustration.
- ✓ On 27<sup>th</sup> June 2021, NSS volunteers prepared a short awareness video about dowry and video created an emphasis on how to protest against dowry in our society
- ✓ In the month of June 2021, NSS observed various days of observation June 1: Global Day of Parents ,June 3: Bicycle Day , 7<sup>th</sup> June 2021-World Food Safety Day ,18<sup>th</sup> June 2021, Nss celebrated International Picnic Day, 20<sup>th</sup> June 2021-Father's Day, 20<sup>th</sup> June 2021- World Refugee Day. theme "Together we heal, learn and shine" ,19<sup>th</sup> June - World Music Day, 23<sup>rd</sup> June - Olympic day by created posters and conducted competitions like quiz ,ludo tournament and online chess tournament ,26<sup>th</sup> June -World Day Against Drug Abuse, 30<sup>th</sup> June 2021-International Asteroid Day .31<sup>st</sup> June 2021-social media day by preparing posters ,awareness videos and conducting competitions.

#### **MAJOR ACTIVITIES IN THE MONTH OF JULY 2021**

- ✓ **JuLY1: World Doctor's Day** NSS volunteers of Unit no; 45 celebrated World Doctor's Day to express the condolences to the doctors who succumbed to covid -19 and shared posters and conducted "Thank you card" making competitions in order to mark the importance of doctors that hold in our lives.
- ✓ **July1-7: Van mahotsav** Van Mahotsav week is celebrated from 1 July to 7 July to spread awareness of forest conservation and to save the environment. Inter collegiate tree planting campaign and Inter-College competitions Caption writing ,Slogan writing, Poetry writing ,Essay writing ,mono act ,Speech, Poetry Recitation and Role play. Also prepared videos to create more awareness about Flora ,Fauna ,Forest in India ,Kerala forest act ,Kerala tribal community.
- ✓ **JULY 2: Dance challenge** -NSS volunteers took part in Dance challenge that calls for the glory of Blood Donation organized by the Ernakulam District Medical Office, the District Aids Control Unit and the National Health Mission. The main purpose of this Dance Challenge was to spread awareness about the importance of Blood Donation. The theme was to \*Donate blood, keep the pulse of the world alive.\*
- ✓ **JULY3-12: Paper Bag Challenge** NSS Unit No: 45 from St. Xavier's College For Women, Aluva organised Paper Bag Challenge from 3rd July to 12th July. Paper Bag Challenge is a combined program of Paper Bag Free day & Paper Bag day. As part of this NSS Volunteers prepared Paper bags and paper related useful things and distributed it to nearest ones. The objective of program is to reduce daily use of plastic and bring out the ideas to make waste papers in different useful ways.



- ✓ **JULY8-11:Literacy Week** Literacy Week were observed .posters and videos were prepared to remind the public about the importance of literacy as a matter of Dignity & Human Rights and to advance the literacy agenda towards a more literate and Sustainable society. Intercollegiate competitions Poetry writing ,Role play and Book house: Photography were also conducted. On this day Digital literacy program were also launched to teach old age people modern digital techniques.
- ✓ **JULY11-31:Dry Week** NSS volunteers of NSS Unit No:45 from St Xavier's College For Women, Aluva organised Dry Week program from July 11 to July 31. As part of this volunteers prepared an awareness video about Zika virus and observed every Sunday of a week as Dry Day to Clean House and Surroundings to prevent Monsoon Diseases, mainly Mosquito born disease Zika virus. **\*#FIGHT AGAINST ZIKA VIRUS#\***
- ✓ **JULY18: NELSON MANDELA DAY** On Nelson Mandela Day volunteers participated in a Quiz competition conducted by United Nation (UN) to inspire individuals to take action to help change the world for Sustainable future and become a UN verified Volunteer to share updated health related information through share verified.com.Each NSS volunteer has become an informative volunteer to share daily life saving informations under UNverified initiative , plant a tree, and be kind to your neighbours programs were done as part of this initiative.
- ✓ **JULY21: BESt nss unit award** -M.G University NSS awards 2020-21 has been declared. NSS unit No:45 from St.Xavier's College For Women, Aluva was selected as the Best NSS Unit. Smt. Jasmine Gonsalvez was selected as the best NSS program officer and the certificate of appreciation was awarded to the volunteers Aleena Sabu and Namitha Mukesh.
- ✓ **July22: vaccination drive survey**-conducted a survey on vaccination exclusively for our students and staffs and analysed the situation in college .
- ✓ **July22:** Vaccination Drive help desk in our college through online mode to help other to get registered for vaccination drive..
- ✓ **July :Pledge** **\*RAISE UP YOUR VOICE!!\*** took 35 pledge through unified online pledge platform mygov.in.
- ✓ **short film -PUKA**-As part of Anti Drug day NSS Unit No:45 prepared a wonderful Short Film “ PUKA “. The main purpose to make this short film was to spread awareness about dangers of drug mainly tobacco and how health problems due to this can affect the state of mind of family as a result how it influence new Generation.
- ✓ **July27: APJ Abdul kalam remembrance day** On APJ Abdul Kalam's Remembrance day NSS volunteers Unit No:45 prepared a tribunal video of Kalam sir and organized a campaign " give a book to a child ", gave books to nearby children.
- ✓ **Tokyo olympics** To Cheer team India in Tokyo Olympics 2021 organized a Campaign **\*" I # CHEER FOR INDIA TOKYO 2021 "\*.**( poster with their photo with a caption "I # Cheer for India Tokyo 2021" and prepared a video )
- ✓ **July28: Puzhayooram:** On 28th July 2022,Awareness against waste disposal in water bodies in near by areas of NSS volunteers we done with caption **#protect nature “nurture the nature campaign”**
- ✓ **July28: webinar- road safety** NSS Unit No:45 Organised a Webinar on "Road Safety" in association Honda With Resource person Mr.AnoopSai T, Road safety trainer, Honda Safety Driving Education centre . The webinar spoke about importance of Road safety measures like about wearing helmet, seat belt, adjusting rear view mirror, different road signs etc.
- ✓ **July 29:webinar: impact of fintech--career program** NSS organised a Webinar on **\*Impact of Fintech on your daily life\*** organized by NSS Unit No:45, St. Xavier's College For Women, Aluva in association with IBS with Resource person Dr. Manisha Singh, IBS Bangalore. She discussed about the influence of Fintech in financial market that results in easy way of money transaction within ordinary people and career opportunities in Stock market



- ✓ **July ,Green protocol** NSS volunteer organized a awareness program on Green Protocol, Haritha Keralam project. . The main purpose of this seminar was to share information about the importance and implementation of Green protocol to all the students and staff in our college.
- ✓ **July31: Webinar: anemia** On 16th June volunteers of NSS unit No:45 attended a webinar on " Anemia prevention Campaign for College students".As a result ,NSS volunteers organised a awareness campaign on " Anemia prevention Campaign for College students". They created awareness about the symptoms and treatment of Anemia and different ways to stay healthy to prevent Anemia.
- ✓ **In the month of July NSS observed various days observation like-** JULY5: Vaikom Muhammad Basheer Day-a Reels Contest by enacting the characters of Basheer's novels.,JULY6: Zoonoses Day - Quiz competition ,JULY11:Population Day-Quiz competition and Awareness video ,Nature conservation day - showed protest against the pollution of water and soil by posting picture with protect nature campaign ,JULY12: Malala Day - awareness video July26: kargil vijay diwas- tribunal video ,JULY15: Youth Skill Day -Inter-College competitions Origami paper ,craft Flora Gardening ,Yoga Contest Embroidery and stitching, Drawing and painting, Theatre acting reels ,Mehandi and nail art ,Beauty the waste Upcycling competition,July28: world hepatitis day - awareness video ,July29- International tiger day -awareness video,world malaria day- awareness video about how to control the spread of Malaria.

### **MAJOR ACTIVITIES IN THE MONTH OF AUGUST 2021**

- ✓ On 4<sup>th</sup> August 2021, NSS Volunteers attended a **webinar on "Impact of National Education Policy 2020 on Youth Empowerment and Sports Development"** organised by Ministry of Education in association with Ministry of youth Affairs & Sports as the National Education Policy 2020 has completed 1 year on 29th July 2021 with key speaker Anurag Singh Thakur, Minister of sports Youth affair and Minister of Information and Broadcasting.
- ✓ **Breastfeeding Week** were observed from August 1 to August 7 to promote, protect, and support breastfeeding for the health and well-being of the mother-baby duo by preparing creative posters t and awareness video to understand the importance of breastfeeding and an Informative video on Importance of Breastfeeding prepared by Dr Salini Raj BAMS Ayurveda physician Namasthe Ayurveda hospital.
- ✓ As part of Vaccination drive activity for all students and staffs in our college, we started a **whatsapp group-vaacination drive help desk-Raksha** to help all NSS volunteers to take vaccine. In the group, volunteers can clarify their doubts regarding booking vaccine slots or any other doubts regarding vaccination. The facility was also made open to public later.
- ✓ On 11th August 2021, NSS volunteers prepared a video in appreciation to Tokyo Olympics Winners.
- ✓ On 11th August 2021, NSS volunteers **distributed handmade covers** for safe keeping and disposal of used masks inside and outside campus as part of **"Raksha"** project.
- ✓ NSS unit observed **Azadi Ka Amruth Ulstav** announced by central Government, NSS observed following **Rashtra Gaan ,Cycle Rally ,Catch the Rain and My Gov.Quiz** were conducted.
- ✓ On 11th August 2021,NSS Volunteers participated in a campaign **"Rashtra Gaan"** to sing Rashtra Gaan as part of independence day, an initiative of Ministry of Education to celebrate Azadi ka Amrut Mahotsav. All NSS volunteers took it as a challenge and participated in RASHTRA GAAN , sang "rashtragan" through government portal both individually and in groups by considering it as our prestige and everyone achieved a certificate for it .
- ✓ On 31st August 2021, NSS Conducted **Cycle Rally** in and around their area for promoting Azadi Ke Mahotsavinitiative of Ministry of Education to celebrate Azadi ka Amrut Mahotsav.
- ✓ In the month of August ,NSS organised a Campaign **#CATCH THE RAIN#** part of "**Jal Shakti Abhiyan**", central government project launched by honorable prime minister Narendra Modi on World Water Day March 22nd. As part of this campaign all NSS volunteers created a rain harvesting pit in their own home and collected rain water.



- ✓ NSS Volunteers attended 10 Quizzes to show their commitment to their country through unified online quiz platform **mygov.in**.
- ✓ As part of International Youth day , A creative hands on workshop **“chiraku”** were done for parents by providing a one week workshop on creative skills for old generation in an around their homes from 12<sup>th</sup> August -16<sup>th</sup> August 2021.
- ✓ On 11th August 2021, NSS initiated the **“Annam”** Project to help widows and others affected by Covid 19 with food packets and wearables. A collection drive was organized inside and outside campus to collect food items and cloths from others and same were distributed among needy ones.
- ✓ On 19<sup>th</sup> and 20<sup>th</sup> August 2021 , NSS donated clothes and food items to needy ones inside and outside campus as part of **Annam Project** on onam season .
- ✓ On August 11<sup>th</sup>,12<sup>th</sup> and 13<sup>th</sup> NSS organised a capacity building program webinar **“We Think Digital Shakthi 3.0” as part of Digital Shakthi program** ,we think digital facebook in association with National Commission for Women,India Facebook, Cyber Peace Foundation, Autobot infosec to create an inclusive and safe cyber ecosystem . The topic were We Think Digital-Digital Shakthi 3.0 -Data Privacy and Social Media Safety,We Think Digital-Digital Shakthi 3.0- Cyber Ethics and Digital Wellbeing and e Think Digital-Digital Shakthi 3.0 - Cyberlaw, Cybercrime and Redressal,The speaker for the webinar was Janice Verghese, Cyber lawyer and Cyber security specialist,Manager -communication and training with the cyber peace Foundation and Head of content Development cyber safety Hanbook for children.
- ✓ On 13<sup>th</sup> ,14<sup>th</sup> & 15<sup>th</sup> August 2021, 2 NSS Volunteer secretary attended a 3 day online camp at St. Mary's College, Manarkad, Kottayam.
- ✓ On 14<sup>th</sup>-16<sup>th</sup> August 2021, Capacity Building Workshop **“Mangroves :Natures Green Guardians”** was organized with Resource Person Dr.Baby Divya ,Assistant Professor in Zoology.
- ✓ NSS volunteers observed independence day of the year 2022 with various programs to motivate everyone to dream for a better future without pandemic situation. On 15th August 2021, as part of Independence day dance challenge and chain song challenge based on theme patriotic feeling, awareness about story of Independence day, traditional dance competition and one week independence observation were conducted as part of Celebrations.Intercollegiate online Traditional dance competition was conducted from 8-20 August with categories classical and semi-classical traditional dance forms of different states of India which shows our culture and traditions.
- ✓ On 15th August 2021, Independence day were observed by supporting the nation's drive for clean India-Azadi Ke Mahotsav . A cleaning drive was organized , NSS volunteers prepared paper flags, a cycle rally ,prepared videos on different cultures of India and planted trees to promote Green India through **“Nurture the Nature Campaign”**. As part of Green India Initiative Paper flags were prepared and promoted the same.From 15<sup>th</sup> to 19<sup>th</sup> August 2021, **“Be with Nation” one week Independence week observance** were done week observance were done from 15th August 2021 to 19th August 2021. The programs for one week were Day 1 -Cleaning ,Day 2 - poster making ,Day 3 -paper flag making( plastic free India) ,Day 4 -planting( green india) and Day 5 - State representation including their culture and tradition. On 15<sup>th</sup> August 2021 being independence day paid honour to martyred soldiers and saluted the Indian army by preparing posters and videos.
- ✓ On 18th August 2021, NSS volunteers **prepared and distributed Covid Protocol awareness posters** to nearby shops in Aluva, created awareness among the same and asked them to paste in front of shops before onam shopping begins.**(Raksha Project)**
- ✓ On 16th August 2021, NSS volunteers participated in Our hope for farm animals on India's 75th Independence Day conducted by Humane Society International/India in Collaboration with NSS Unit 38 St.Paul's College ,Kalamassery by Resource Person Ms.Sally Varma, Senior Campaigner, East Kind India,HSI/India.



- ✓ On 17th August 2021, NSS volunteers gave training to kids in nearby houses to make a handmade rain harvesting system at home to collect rain water as part of **Catch the Rain Campaign**.
- ✓ On 18th August 2021, NSS in association with **Red Ribbon Club and KSACS conducted RRC level online quiz competition** in college on the topic HIV/AIDS and voluntary Blood Donation as part of New India@75 and International Youth Day. The students were also selected to District level.
- ✓ On 21st August 2021, NSS volunteers and NSS POs celebrated **onam with palliative care patients at Anwar palliative care centre Aluva** and sponsored the lunch-sadhya for palliative care patients and staff in Anwar Palliative care, Aluva. (**Annam Project**)
- ✓ On 18<sup>th</sup> August 2021, NSS in association with various social bodies Kerala Action Force, Janamythri police, IMA WIMA ,Anwar Palliative Care ,Viswadeepthy public school, Fact Employee social Forum has organised a program named **Adharam 2021** at Viswadeepthi Public School ,chirayam ,Panayikulam.
- ✧ On this auspicious program students who secured good marks in SSLC and Plus were honoured in adopted and nearby villages.
- ✧ Free study materials are also distributed to needy ones to pursue their studies.
- ✧ Being going through pandemic situation , the individuals and organizations who have performed selfless services to overcome each stage of pandemic situation were also honored in the program.
- ✧ An awareness session on “How to get over covid pandemic situation?” was also organised with the resource person Dr.C M Hydrali, President ,Anwar Memorial Pain & Palliative Care Society.
- ✧ The onam kits were distributed among widows as well as covid affected families of panayikulam.
- ✧ The Blood donation directory was also officially launched and handed over to Shri.Remya ,president,Alagad Block Panchayat.
- ✧ 2000 organ donation papers were also handed over to Shri.Remya ,president,Alagad Block Panchayat.
- ✓ On 25th August 2021, NSS conducted **Adharam 2021** at Koduvazhanga SNLPS in association with Kerala Action Force ,IMA Madhya Kerala and Sree Narayana Library Koduvazhanga .
- ✧ An “awareness class about importance of health in Covid pandemic situation” were organised with resource person Shri.Job Thomas, president ,Kerala Action Force.
- ✧ Blood bank directory inauguration was done on the same day by P M Manah ,President Alagad Panchayat .
- ✧ 2000 person's willingness to organ donation after death was also handed over to Remya ,president Alagad Block Panchayat in Alagad Panchayat.
- ✧ Education awards were also given for SSLC and Plus Two A+ holders
- ✧ .On the same day ,we honored some residents of the same place for their selfless contribution towards society and interaction with them was also conducted.
- ✓ On 25th & 26<sup>th</sup> August 2021 , As part of Annam Project NSS distributed food materials to widows of panayikulam at Chirayam Viswadeepthi School.
- ✓ NSS Celebrated onam 2021 with the theme “let onam be a beginning of days of light and hope” and conducted various program like onam competition, onam with palliative care patients and onam videos to spread the rays of hope and light. On 28th August 2021, NSS volunteers observed Onam Celebration “Athapulari 2021” by conducting Intercollegiate Onam Celebration Pudava, Virtual Onam Show, Poove Poli, Athapookalam Making, Onam recipes , Onachuvadu. Virtual Fashion Show ,Athapookalam Making ,Onam Recipes Making ,Traditional Attire Contest , Dance Contest. Onam videos were also made to spread the rays of hope and light.



- ✓ In the month of August observed days 1<sup>st</sup> August 2021, friendship day-friendship day video ,6<sup>th</sup> August - Hiroshima day prepared awareness video and made Sudoko bird individually as symbol of peace,9<sup>th</sup> August 2021-world indigenous day -awareness video theme “Leaving no one behind: Indigenous peoples and the call for a new social contract”,12th August- International Youth day awareness video on theme " Transforming food system".

### MAJOR ACTIVITIES IN THE MONTH OF SEPTEMBER 2021

- ✓ On 4th September 2021, NSS conducted an **international webinar on the topic “fostering women empowerment through holistic education “** with Resource Person Dr.Gina B Alcoreza ,Partido State University , Camarines Sur Philippines ,Membership ambassador ,Philippines association of researchers in tourism and hospitality (PARTH). The seminar was about the social injustice faced by women in today's society and the steps that every woman should take to eradicate it and the need for women empowerment through education.
- ✓ On 5th September 2021, NSS volunteers wishes teachers day for teachers appreciating their meritorious services and honored them through video.
- ✓ On 8th September 2021, International Suicide Day was observed in association with IMA Central Kerala,IMA WIMA, Indian Red Cross, Anwar Palliative Care, Kerala Action Force.The program was inaugurated by Dr.M N Menon ,Presided by DR.C M Hydrali , Padmasree Dr.Tony Fernandez,Standing Committee chairman M P Simon, Shri.Joby Thomas ,President Kerala Action Force, DR.Rajeswari ,Shabeer E A President Redcross were there for the program.
- ✧ An awareness session on “ increasing number of suicide rates in kerala and their reasons?” was organised with the resource person Dr.Rajeswariamma, vice chairperson,IMA WIMA .
- ✧ As part of International Suicide Prevention Day, NSS Unit No:45 from St. Xavier's College for Women, Aluva initiated a campaign against Suicide jointly with IMA Central Kerala,Indian Red Cross, Anwar Palliative Care, Kerala Action Force.
- ✧ One day training were also provided to NSS volunteers to handle and counsel affected persons . A 24 hours active group **Anti suicide campaign“santhwanam”** was also formed to counsel and help affected ones with the help of social organisations.
- ✧ Anti Suicide pledge was also taken to prevent and protest against causes for suicide campaigns in society.
- ✧ The NSS unit also honored rank holders ,persons with excellence service records in social service ,society activities , agriculture and education.
- ✧ An interactive session was also organized with these eminent persons to motivate NSS volunteers for better serving society.
- ✧ On the same day , NSS volunteers prepared posters to protest against increasing suicide rate and harassments against women.
- ✓ On 8th September 2021, St.Xavier’s College for Women,Aluva were **awarded with Excellence award for** the activities of NSS **jointly instituted by IMA Madhya Kerala, Indian Red Cross and Anwar Palliative Care.**
- ✓ On 13th,14th and 15th September 2021, NSS in association with Mahila Shakthi Kendra Ernakulam and Women and Children Development,Ernakulam conducted **Gender Sensitisation Campaign “Kanal 2021”**. The Resource Persons were Advocate Maya Krishnan on the topic “Gender and Legislation” and Prof.Dr.Neena Joseph on the topic “Gender Relations”.
- ✓ On 22nd September 2021, NSS students volunteers light up the candle together to support **Anti Suicide Campaign “**creating hope through action”.
- ✓ As part of Ozone Day ,NSS observed **Ozone week** from 16th September to 21st September with various programs were September 16- Webinar ,September 17- Cycle Rally Challenge ,September 18- Poster Making ,September 19- Awareness Video ,September 20- Quiz and September 21- Planting a tree.As part of ozone day celebrations, posters with theme ozone



for life were prepared, Students cycled with posters in their nearby areas, poster exhibition were conducted ,awareness videos ,intercollegiate quiz competition were organized and planted trees.

- ✓ AS part of Ozone day celebration ,NSS Unit conducted a cycle rally challenge for **India cooling action plan "Ride for Ozone"** as a part of ozone week celebration and #nurture the nature campaign# in support of initiation of ozone cell ,Ministry of Environment ,Forest and climate change ,Government of Kerala .All volunteers participated in the cycle rally with a poster "ozone for life" green message, "the motto of this year's ozone day
- ✓ On 16th September 2021, On the event of world ozone day ,NSS in collaboration with Humane Society International/India conducted a **webinar on the topic Impact of animal agriculture on global warming and climate change** with resource person Ms.Sally varma ,Senior Campaigner,Eat Kind India Campaign
- ✓ On 23rd September 2021,As part of 75th Independence day; NSS volunteers participated in **"Fit India Freedom Run 2.0"** as part of **Azadi ke Amruth Utsav** a race to commemorates the valor and spirit of the freedom fighters who fought for the Independence of the nation from the Aluva railway station. The program was jointly organised by Indian Red cross ,Nehru Yuva Kendra ,Railway station Aluva and NSS Unit from St. Xavier's College.
- ✓ From 13th August to 2nd October 2021 , NSS students individually done Fit India Freedom Run 2.0 for 12kms as part of Azadi Ka Amrut Mahatsav an initiative of central government
- ✓ On 24<sup>th</sup> september2021 "Fit India Freedom Run 2.0" as part of Azadi ke Amruth Utsav was also conducted in the college including all students
- ✓ On 23<sup>rd</sup> September 2021, As part of swatch Bharat campaign NSS volunteers performed a skit in Aluva Railway Station based on theme "clean India -plastic free India" and cleaned the Railway station premises as part of Swatch Bharat Mission.
- ✓ On 24<sup>th</sup> September 2021, being **NSS day** was observed in college as a **week "Jagrathadhinacharanam"** from 24<sup>th</sup> september to 2<sup>nd</sup> october 2021.The principal hoisted the NSS flag after NSS anthem. A rally was organised with posters to create awareness about various social issues in the societyfrom St. Xavier's College to Aluva railway station. The rally was started with flag hoisting by principal Rev.Sr.Dr Geege Jonamma Xavier.The "Jagratha pledge" were also taken by NSS volunteers.A one week Jagratha Varacharanam was also called for as part of NSS day observation.All the students of the college participated in Jagratha varaacharanam and prepared various posters ,awareness videos and skits to create awareness about various social issues.

### MAJOR ACTIVITIES IN THE MONTH OF OCTOBER 2021

- ✓ On 1st October 2021, As part of **National Voluntary Blood Donation Day**, NSS volunteers donated and participated in blood donation in association with Regional Blood Donation Center, District Hospital Aluva.
- ✓ NSS also received appreciation for **blood donation camp** in association with Kerala Action Force from Regional Blood Donation Center.
- ✓ On 2nd October 2021, as part of Gandhi Jayanthi and Amrith Ki Utsav-Clean India Campaign NSS volunteers cleaned the nearby areas of their houses and college campus.
- ✓ On 4th October 2021, **Covid Vigilance Cell** is formed in college to ensure and overview the covid protocol and guidelines in the college. An awareness was given for students for following COVID protocol, a survey was done to analyse whether all students and teachers took vaccination.Online awareness was also conducted among students and teachers through whatsapp groups and social media. Posters and Placards were pasted in classroomsPosters and Placards were pasted in classrooms and college campus. Free sanitizers and mask were also provided in campus to ensure covid protocol in campus. Continuous monitoring is also done in campus to ensure covid protocol



- ✓ On 5<sup>th</sup> October 2021, awareness classes were also given for students in classrooms to follow covid protocol inside and outside campus.
- ✓ On 5<sup>th</sup> October 2021,online **cyber security awareness class** was organised in association with IP Aluva East police station as part of cyber crime protection week celebration.
- ✓ On 7th October 2021, NSS in association with Cyber Cell ,Police Station organized an awareness session on Cyber Crime in college “**Cyber security -precaution,challenge and opportunities**” inaugurated and key note address by DYSP shri.P K Shivankutty.The Class was led by cyber police officer.
- ✓ On 13th October 2021, NSS conducted an **Philately exhibition with Department of Postal India ,Aluva** Division and an awareness session was also organized by Resource Person “paravoor shivadasan”.
- ✓ From 23rd -27th October 2021, a collection drive was organized for helping flood affected people in Kottikkal as part of Flood Relief Program “ **oru kai sahayam**”. Items like clothes ,food items ,sanitary items and other items were collected from students ,teachers and various residence associations as part of the flood relief program. The collected items were handed over to affected people in Kottikal in association with Red cross Society,Aluva.
- ✓ Collected amount were also handed over to red cross officials for rennovation of houses in kottikal.
- ✓ On 30th and 31st October 2021, **Clean India Drive** was observed by cleaning nearby areas of student houses.
- ✓ On 31st October 2021, **National Unity Day** was observed with various Cultural Programs dressed up representing our country and sports played hockey with family in association Physical education Department.

#### **MAJOR ACTIVITIES IN THE MONTH OF NOVEMBER 2021**

- ✓ On 1<sup>st</sup> November 2021, **Clean India Campaign** was organised in college and college premises
- ✓ On 1st November 2021, NSS students took pledge “ Be Vocal about local” to support and promote items made in India.
- ✓ On 1st ,2nd and 3rd November 2021, as part of **National Unity took pledge** “ Rashtriya Ekta Diwas in government website to support government initiatives for the same.
- ✓ On 2st November 2021,an Oath Taking/Pledge on National Unity Day was also taken as per the instruction to support government initiatives.
- ✓ On 3rd November 2021, NSS volunteers done **Pokali Krishi at Kaitharam,Cheriyapilly**.
- ✓ On 3rd November 2021, NSS in association with Maradu P S Mission Hospital organised a **Covid Vaccination Drive** First Dose on behalf of Covid Vigilance Cell and an awareness session on “how to manage post covid effect” were also arranged for students ,parents and local people.
- ✓ On 4th November 2021, NSS volunteers started an **instagram page “ Auctio 2021”** to mould entrepreneurship talents among students and parents.
- ✓ On 4th November 2021, NSS volunteers light up the lamp for the better and peaceful nation on Diwali at 8:00 P M.
- ✓ On 8th November 2021, NSS in association with Kerala Forest Department ,Social Forestry Division ,Ernakulam organized a **Nature Awareness Programme** by Sr.K N Unnikrishnan,IFS(DCF Rtd).
- ✓ **Forest Club** in the college was also officially inaugurated by Sri. A Jaya Madhavan.
- ✓ On 12th November 2021, National Bird watching Day ,**Salim Ali Bird Count Day** was observed . NSS volunteers done a bird count in the campus and observed 12th November to 19th November 2021 as Bird Protection week.



- ✓ ON 14th November 2021, NSS volunteers observed **children's day** by distributing books to children in nearby houses
- ✓ **“Sparsham”** a teaching program was also launched on the same day for the students who are affected by online teaching.
- ✓ On 16th November 2021, **Covid Vaccination Drive** Dose 2 were conducted in college in association with Maradu P S Mission Hospital on behalf of Covid Vigilance Cell and an awareness session on “need for precautions after covid vaccination” were also done.
- ✓ On 21st November 2021, **Palliative care Day** was observed in association with Anwar Palliative Care Hospital ,Aluva. Nss volunteers performed a skit as an awareness towards how to prevent COVID and its impact on cancer Patients.
- ✓ An awareness session on need to take care of palliative patients were also conducted to local people by Dr.Hydrali, Anwar Palliative care Hospital.
- ✓ NSS unit also won an *appreciation Award from Anwar Memorial Pain and Palliative Care Society Aluva* for their services towards palliative care patients.
- ✓ On 24th November 2022, a **Road safety seminar** was conducted in association with Kerala Motor Kaumudi,Kerala Motor Department.The program was inaugurated by Shri.Salim Vijayakumar, Joint RTO and the Resource Person for the same were Shri.K Santhosh Kumar ,Assistant Motor Vehicle inspector.
- ✓ On 26th November 2021, **Anti dowry day** was observed . The students took pledge through government portal to support the initiatives of government towards dowry system.
- ✓ NSS volunteers conducted a flash mob against dowry system in edapally metro station in association with KMRL.
- ✓ NSS volunteers conducted a flash mob in college campus against dowry system in college campus.
- ✓ As part of Nurture the Nature campaign, NSS **in association with KMRL** decided to offer free cycles to students . The principal taken over the cycle from the Aluva station Master. A cycle rally **to promote pollution free campus “ ride for better future”** was also organised from Aluva Metro Station to College.
- ✓ On 27th November 2021, an orientation program was organized for first years.

#### **MAJOR ACTIVITIES IN THE MONTH OF DECEMBER 2021**

- ✓ On 1st December 2021, **NSS celebrated world aids prevention day** , world volunteers day with an official function and honoured many volunteers who has rigorously worked in various fields and shown their selfless contribution. Special appreciation is also provided for health workers for their selfless service during covid situation.
- ✓ A pledge was taken against aids and to consider and treat aids patients with great respect being great warriors.
- ✓ An awareness session of “importance of blood donation in covid pandemic situation” was done by Dr.Prasanakumari,superintend ,District Hospital
- ✓ An awareness session of “role of nss volunteers in overcoming pandemic situation” was done by Dr.M K Rafeek,president ,IMA MadhyaKerala.
- ✓ The College in association with Kerala Action force conducted **organ donation of 2000 patients** to Sr.Shiny,vice president,District panchayat .
- ✓ **Laptops were also distributed to 2 students** to help them during their online study tenure.
- ✓ A **blood donation camp** were also conducted and around 68 candidates donated blood.



- ✓ On 3rd December 2022, NSS conducted a **entrepreneur fest** to encourage entrepreneurial talents of students with food items ,crafts and other items.Rev.Dr.Sr.Stella ,Vice principal and IIC president inaugurated and given an awareness session on “ how to become a successful entrepreneur?”.
- ✓ On 13th December 2022, NSS volunteers cleaned the college campus as part of **Swachh Bharat Mission**.
- ✓ On 13th December 2022, NSS students participated in the GO ELECTRIC campaign organized as part of the **Urgakiran program sponsored by Government of Kerala, GO Electric Campaign**. An awareness rally was conducted from college to Ashramam. Ward member Jayakumar flagged off the rally.Shri .M O John inaugurated the GO electric campaign. The Program was presided by Principal Dr.Sr.Shalini and felicitated by Dr.Sr.Charles Manager , Dr.Sr.Stella Vice Principal. As part of the program guests were honored by presenting filament bulbs. The students participated in rally by raising the slogan of Go Electric.
- ✓ On 13th December 2022, A webinar was conducted on the topic “ GO ELECTRIC” by Dr.Sreeja ,Assistant Professor in Physics, Al Ameen College Edathala and Urjakiran Trainer.
- ✓ On 14th December 2022, First year Students made a **campaign to promote cloth bags made by Tribal people** in Attappadi Tribal Colony . The Bags are the results of Self Job Training given to them in association with EY .The Bag was distributed among college students to promote the go green campaign.
- ✓ On 18th December 2022, **Celebrated Christmas at Government Hospital ,Aluva with 30 hemophilia patients** and their parents .Dr.Susmitha and Dr.Vijayakumar Presided the function. We distributed christmas gifts to patients and also arranged games and cultural programs for them.
- ✓ The NSS **seven day residential camp “SRADHA 2022”** were conducted at **Little Flower School panchayat from 23<sup>rd</sup> -29<sup>th</sup> December 2021** and adopted a ward from that village and a Anaganavadi from there and many activities were done to promote their welfare.

#### **MAJOR ACTIVITIES IN THE MONTH OF JANUARY 2022**

- ✓ On 12th January 2022, **National Youth Day and Swami Vivekanada birthday** was observed by conducting an awareness rally , yoga ,Elocution competition, Tree planting , distributing tree saplings, online essay writing,online poster making, online cultural programs , intercollegiate QUIZ competitions.
- ✓ A yoga awareness session was also conducted as part of National Youth Day and Swami Vivekanada birthday
- ✓ A one day seminar on the life of swami vivekananda and his life principles were also organized as part of National Youth Day and Swami Vivekanada birthday by Dr.Milon Franz,Professor ,Department of English,SXC.
- ✓ NSS volunteers planted trees and Dr.Milon Franz,Professor ,Department of English,SXC distributed sapling to the students .
- ✓ On 13th January 2022,**Poshan Abhiyan Awareness** was conducted among parents and familiarize poshan tracker app among parents.
- ✓ As part of creating awareness about poshan abhiyan posters and pictures are set up in Anganavadi giving poshan abhiyan messages.
- ✓ On 13th January 2022, 25 NSS volunteer attended Covid Jagratha Training online,organized by DMO ,Ernakulam mGovernment of Kerala
- ✓ On 14th ,15th and 16th January 2022, attended **Covid Jagratha Training** at IC4-Command Control Room ,ICT Building Kaloor Metro Station
- ✓ On 17th -21st January 2022 NSS conduted **library week Ethalukal** in association with college library



- ✓ On 24th January 2022, Observed International Day of the girl child by preparing posters.
- ✓ On 25th January 2022, NSS in association with State Social Justice Department ,Ernakulam and Maintenance Tribunal FortKochi conducted a **webinar on the topic “Mathapithakalum Muthirnapouranmarudeyum shemavum samrakshana niyamam 2007”** and a awareness class on “Dimenesia” with resource person Dr.aroline and Smt .Biby.
- ✓ On 26th January 2022, First Year NSS volunteers took pledge on Republic Day
- ✓ On 29th January 2020, a **workshop on public Transport and panel discussion on the topic Public transport in Greater Kochi** were conducted in association with **Kochi Metro Rail Ltd** and Greater Kochi Development Forum

### **MAJOR ACTIVITIES IN THE MONTH OFFEBRUARY 2022**

- ✓ On 2nd February 2022, **World Wetland day** was observed in association with Kerala Social Forestry Department by participating/organising in an webinar on the topic wetlands- the importance and measure to conserve by Dr.Bijoy Nandan (Dean,Faculty of MArine Science CUSAT) and an exhibition on wet land
- ✓ On 2<sup>nd</sup> February 2022, NSS volunteers conducted an **online exhibition** for items made in wet to promote and spread the message of world wetland day
- ✓ On 9th February 2022, A pledge on Say yes to life, No to Drugs was taken by NSS volunteers conducted by Narcotics Control Bureau.
- ✓ On 11th February 2022, NSS in association with District Health Department and AIDS control Department ,Ernakulam conducted a Webinar on the topic “Samoothika madhyamagalude dhurupayooagavum cyber chathikuzhikalum” in session 1 and “arogyakaramaya bhakshana sheelagal” in session 2 as part of “**Yuvajwala Campaign**”.
- ✓ On 19th February 2022, **Athalia Benny** was selected to **represent ernakulam district** in National Youth parliament Festival 2022.
- ✓ On 19th February 2022, Dr.Ninu Rose NSS program officer was selected as the judge for ernakulam district in National Youth parliament Festival 2022.
- ✓ On 25th February 2022, A cleaning drive was conducted in college as part of **Swachh Bharat Mission** in a new plot by first year students.
- ✓ On 25th February 2022, NSS **Residential camp three day camp “ Mrithika”** was inaugurated by Shri.Anwar Sadhath, MLA. The Program was presided by Principal Rev.Sr.Shalini and Felicited by Dr.Sheena Xavier, Former NSS PO and Rev.Sr.Charles,Manager. “**Mrithika-Nanavau 2022**” an agricultural project of NSS was also inaugurated .
- ✓ A massive cleaning drive was observed as part of NSS Three day camp to support swatch bharat mission in the new plot combine by first and second year NSS volunteers. And the land was getting ready for “Mrithika- Nanavau 2022” an agricultural project.
- ✓ A **Rosary Making Workshop** by S.Mary Maglin Alven, Assistant professor in commerce, St.Xavier’s College for women,Aluva to enhance Entrepreneurial Skills of students was also organized.
- ✓ On 26th February , a **cycle rally** was conducted to create awareness for **water resource protection campaign** to Manapuram, Aluva and Students cleaned Manapuram .
- ✓ As part of water resource protection campaign Manapuram Cleaning was done by NSS volunteers.
- ✓ On 26th February 2022, “**Mrithika- Nanavau 2022**” an agricultural project was done to do agriculture of banana.



- ✓ On 26th February 2022, **a training on youth on Jal Jagran Abhiyan** by shri. Joby, Assistant professor , Rajagiri college ,kalamassery and Resource person Jal Jagran Abhiyan Project was also organised in association with Nehru Yuva Kendra,Ernakulam.
- ✓ On 26th February 2022, Cultural program projecting Indian Diversity among different states were also observed as part of Mini NSS camp.
- ✓ On 27th February 2022, **The Nanavu project-agricultural project** was officially started by planting banana stem .
- ✓ On 27th Febraury 2022,The Nss volunteers also **visited Kuttivanam or Harithavanam in Manapuram and Arboretum Mathrubhoomi Mathrikathootam, thotakatukara** artificially created forest as part of NSS mini camp.
- ✓ On 27th February 2022, The Program came to an end with Valedictory Function
- ✓ On 28th February ,**National Science Day** was observed by conducting an intercollegiate quiz competition.

### **MAJOR ACTIVITIES IN THE MONTH OF MARCH 2022**

- ✓ On March 2021, NSS unit has tied association with “GOONJ” non profit organisation with anaim to build an equitable relationship of strength, sustenance and dignity between the cities and villages using the under utilized urban material as a tool to trigger development with dignity ,across the country. An orientation session was organised for students and staff by Shalu , Goonj Volunteer to orient students about the one month campaign “**Extend your hand to needy**” . The NSS volunteers 4 month Old clothes collection drive to collect used clothes from students ,staff and neighbouring homes and to handed over to Goonj to be distributed among needy ones around various places in India.
- ✓ On March 2022, one month **e waste collection drive** was organized among college students
- ✓ On 3rd March 2022, NSS in association with Kerala social forestry department observed **world forest day** by cleaning manapuram after shivarathri celebration.The Program was Inaugurated by Smt.Divya Sunilkumar ,Counsellor. The Program was presided by sindhu ,officer -Kerala social forestry department and felicitated by shri.M Jayamadhavan,Deputy Conservator of forest ,Social Forest Division.
- ✓ On March 2022, NSS volunteers prepared a **digital book** projecting the nature in college “life at college”.
- ✓ On 4th March 2022 , organized a **Hair Donation Camp** for helping cancer patients to prepare hair wigs. 16 students and 1 Teacher donated hair.
- ✓ On 5th March 2022, **NSS in association with Nehru Yuva Kendra water protection campaign “ puzhayooram”** Conducted Flash mob campaign to protect water resources at Munabam Beach,Cherai Beech and Kuzhupally beach
- ✓ On 5th March 2022, NSS in association with Nehru Yuva Kendra Conducted cleaning drive to protect water resources at Munabam Beach,Cherai Beech and Kuzhupally beach
- ✓ On 8th March 2022, NSS in association with Aluva Municipality organized a Women Development Seminar on the topic “**“Vanitha vikasana seminar ’** by resource person Dr.N Renuka ,Assistant Professor in Malayalam, NSS college Cherthala.NSS also conducted a title winner competition raise your voice on the topis “Gender equality today for a sustainable tommorow”.
- ✓ On 7<sup>th</sup> March NSS observed world **Women day** in association in IMA WIMA and honoured doctors who rendered selfless services during covid pandemic situation.
- ✓ Two days Palliative care training class at Anwar palliative care on 17/3/2022 and 18/3/2022 and started **palliative care unit in college**



- ✓ On 6<sup>th</sup> April 2022, as part of **world health day** an orientation session on “Importance of health preservation after covid pandemic and how to handle covid after effects” were organised for NSS volunteers ,parents and local people. The Resource person for the sessions was padmashree Dr.Tony Fernandez. After the awareness class a training was also given to handle post Covid effects by Dr.M K Basheer,IMA Madhya Kerala President. An interaction with Health workers from different fields during pandemic situation was also organised in which they shared their experience and they were also honored .
- ✓ **Donated washing machine** to Physically handicapped lady in Keezhmadu panchayat
- ✓ **HOUSE CONSTRUCTION** -Under this project NSS help in construction of houses affected by Flood. Initial construction is completed and financial assistance for second part has handed over in Mupathadam.
- ✓ Financial assistance for renovation of 4 houses were handed over through Red cross for those affected by flood in Kuttikal.
- ✓ **NANAVU** – An agricultural project initiated by NSS and as a first step “ vazha krishi” has been started.
- ✓ **Sparsham** -Teaching program initiated by NSS volunteers for students affected by Covid pandemic online teaching method. Financial Assistance for recharging and fees payment were also done by NSS.
- ✓ **POSCO ACT awareness** was conducted by students by preparing posters and as well as visiting near by homes and giving door to door awareness about post act.
- ✓ **Poshak Abhiyan Awareness** campaign part 2 were conducted among various Aganavady in Aluva by posting posters
- ✓ On March 2022, First year NSS volunteers prepared a **short term course** to enhance the digital literacy skill of parents and old age people.
- ✓ **“DigiKerala”**Digital Literacy awareness campaign were conducted by NSS volunteers were NSS volunteers prepared videos about the usage of various online social media ,payment system , online banking and videos were circulated through social media to aged groups who were not friendly with this system. NSS volunteers also visited near by houses and gave on hand training to senior citizens and equipped them for using various online platforms available.
- ✓ On March 2022, First year NSS volunteers prepared a **documentary on life of animals and problems in their area and suggested solutions to solve them.**
- ✓ **Bhoomi Avarudeyum: Animal Protection Campaign** -was done by NSS volunteers were they found out the problem faced by animals in and around their area and a short documentary were prepared to create awareness about the same.
- ✓ **Puzhayooram** :A water bodies protection campaign was organised where NSS volunteers were asked to identify a water body near their home ,prepare a report about the problem faced on the same and cleaning campaign were also conducted by them along with their friends and family members during the month of January to April.
- ✓ **Veetil oru krishi thotam project** : NSS volunteers and students of the college we provided with vegetable seeds and they are doing vegetable cultivation at their home.
- ✓ They also planted a medicinal plant at each once home as part of this project.
- ✓ **Vazhiyoram** : dsitribution of free food packets in and around areas of their home and college during covid pandemic situation and once in a month and festival days.
- ✓ **BhoomiAvarudeyum project:** NSS volunteers distribute free foods for street animals during covid pandemic situation and once in a month.



- ✓ As part of **Pusthakathooni** Project ,NSS volunteers Collected reading books from students of our college and contributed in enriching library in Aluva
- ✓ On 25<sup>th</sup> March 2022, NSS volunteers distributed Bulbs to Karumallor Panchayat to make it **Filament free Panchayat**.
- ✓ **Thanalooram project**: A project to provide a resting place for local people. Being covid pandemic situation mask and sanitizer were made available free for locals.
- ✓ **Kulireekam Kulirmayekam**: A project to provide drinking water for birds during summer season.

#### **MAJOR ACTIVITIES IN THE MONTH OF APRIL 2022**

- ✓ On 1<sup>st</sup> April 2022, NSS in collaboration with Research Scholar Association organised a **Nature Camp to Malakpara Forest** and visited Tribal Colony .
- ✓ On 7/4/2022, NSS in association with FACT Housing Society, IMA and Kerala Action Force observed **world Health Day** by organizing an awareness class for FACT employees on the topic “ Importance of Health conscious diet in COVID pandemic situation” . The Program was Inaugurated by Raphy Meractin, Film Direction and presided by M.M Jabbar ,FEA Secretary. The Chief guest and Resource person for the day was DR.Vijayakumar ,District Blood Bank ,Aluva .There after a Blood Donation Camp was also organised at SCS Menon Hall ,Eloor for local people. 10 NSS volunteers and 54 Local people donated blood.
- ✓ On 12/4/2022 , NSS joined the project “**Njagalum Krishiyilek**” by Agricultural Development Department , Krishibhavan Aluva Municipality and started Vegetable Cultivation .
- ✓

#### **MAJOR ACTIVITIES IN THE MONTH OF MAY 2022**

- ✓ A **medical Camp** was also organised as part of World Health day condition to analyse the post covid health condition and around 61 persons attended the camp.
- ✓ On 7<sup>th</sup> May 2022, NSS in association with Sree Narayana club and library koduvazha conducted a **cancer awareness campaign and hair donation camp** at Sree Narayana club and libraryhall.
- ✓ On 7<sup>th</sup> May 2022, NSS in association with Nehru Yuva Kendra, conducted flashmob at Aluva Railway station, Aluva auto stand to promote **water protection campaign**.
- ✓ On 9<sup>th</sup> May 2022, NSS conducted villaveduppu as part of nanavu agriculture krishi project.
- ✓ On 14<sup>th</sup> May 2022 ,NSS in association with st.john baptist CSI EMS junior school conducted a **blood donation camp** .
- ✓ On 12<sup>th</sup> May 2022, NSS in association with various social bodies **handed over the key of house constructed** One mentally retarded women in sreemoolanagaram panchayat(bindhu kumari,pulaty kootan velli colony)
- ✓ On 31<sup>st</sup> May 2022, NSS in association with Aluva Railway station conducted an exhibition of posters in Aluva railway station as part of **World tobacco day**.
- ✓ **NSS volunteers also visited old age home as part of world parents day**



## **REPORT OF THE REGULAR NSS ACTIVITIES 2020-21**

### **MAJOR ACTIVITIES IN THE MONTH OF MAY 2020**

- ✓ NSS volunteers have been actively involved in various creative activities during lockdown and had prepared an inspirational video showing how actively and creatively one can spend free time.
- ✓ On 12th May 2020, as part of world Nurse Day NSS volunteers prepared a video honouring all nurses who have worked during lockdown day in health sector to fight against covid 19 pandemic situation.
- ✓ On 14<sup>th</sup> May 2020, NSS in association with IQAC offered a one-week online covid awareness course “COVID 19-pandemic paranoia-symptoms, precautions & remedies” for students and teachers with an objective of making aware about the covid 19 outbreak disease, precautions to be taken and remedial measures which can be taken.
- ✓ On 16th May 2020, NSS launched a programme called “kaikorkam karshika keralathinayi” in which every students of the college were asked to set up a vegetable garden and promote the use of organic vegetables among everyone. The students were also asked to prepare a video showing their vegetable garden at home and in the video they were also asked to mention tips to be followed for good vegetable farming. The winners were also awarded with prizes. The competition is conducted in Inter collegiate level. The challenge was also extended to outside students to promote use of organic vegetables.
- ✓ On 16th May 2020, NSS has organised an intercollegiate literary competition on the topic “lockdown oru anubhavakurup”.
- ✓ On 21st May 2020, NSS volunteers (1st year and 2nd year) prepared two online skits as a tribute to frontline health workers who worked against Covid 19 outbreak.
- ✓

### **MAJOR ACTIVITIES IN THE MONTH OF JUNE 2020**

- ✓ On 5th June 2020, NSS celebrated Environment day with following events  
Plant sapling at home and send picture  
Send a video explaining the 5 specific features of medicinal plants found in and around your area.  
prepare a write up on environment issues on the topic “Adhunika kalathil anubhavikunapaaristhika prashnagal”
- ✓ On 5th June 2020, 29 NSS volunteers participated in Intercollegiate Environmental Quiz organised by NSS unit, BMCCA ALUVA and got certificates.
- ✓ On 19th June 2020, NSS celebrated reading day requesting everyone to read a book and submit name of book, author and a review on the book read.
- ✓ On 21st June 2020, NSS celebrated International yoga Day with the hash tag “celebrate yoga at home, yoga with family”. The NSS volunteers took classes for family members, especially children, parent and senior citizens and neighbourhood families about basic yoga practices. The video and photos of the same were sent to NSS programme officers.
- ✓ On 21st June 2020, NSS volunteers also took part in the online seminar programme to discuss and encourage “How yoga helps to fight against disease” organised by NSS 4 AM Club, Mahatma Gandhi University lifelong learning department and alumni association jointly as part of sakudumbham yoga padhathi.
- ✓ On 26th June 2020, International anti-drugs day were celebrated with following competitions  
slogan writing  
poster designing
- ✓ NSS volunteers also made an awareness video about various drug abuses and its implication



### MAJOR ACTIVITIES IN THE MONTH OF JULY 2020

- ✓ On 11th July 2020, one day awareness class on COVID 19: precautions and remedies were organised in association with health department ,kerala state government by Dr.Savitha ,DY DMO Ernakulam.  
<https://meet.google.com/vyq-kjcq-xvr>
- ✓ The NSS volunteers also prepared awareness video about how to follow covid protocol
- ✓ 32 NSS volunteers participated in series of free online certified training program on 21st Century Skills as part of World Youth Skill day(15<sup>th</sup> July 2020) organised by UNV India in collaboration with AFS India  
6/7/2020 Social Skills (3pm to 4pm)  
9/7/2020 Critical Thinking , Creativity & Imagination (3pm to 4pm)  
14/07/2020 Leadership (3pm to 4pm)
- ✓ On 15th July 2020, An Intercollegiate creative skill-oriented competition 2020” EARN WHILE YOU LEARN” were conducted as part of World youth skill day. The participants were asked to send skill-oriented ideas which will help them to earn income and which can also be pursued along with their studies.
- ✓ On 16th July 2020, 25 NSS volunteers participated in one day webinar on mental health in pandemic situation organised by sacred heart college ,thevara in association with government of India.

### MAJOR ACTIVITIES IN THE MONTH OF AUGUST 2020

- ✓ On 6th August 2020, Hiroshima day was celebrated by making a campaign against nuclear weapons. A video was prepared in memory of incidents took place in Hiroshima day.
- ✓ On 8th August 2020, as an initiative to protect nature, a campaign “air your voice against EIA draft 2020” was announced in which everyone is made aware about EIA draft 2020 through a video and were asked to mail their suggestions about EIA draft to [moefcc@gov.in](mailto:moefcc@gov.in).
- ✓ As part of Independence day observance, one-week celebration was organised from 11th August to 15th August 2020 with following competitions  
stamp designing (my country)  
poster designing (my country)  
Essay writing competition (the moment when i felt proud of my country)  
Make an inspirational quote (my country)  
patriotic song competition  
photography competition (inspirational India)  
video presentation (our India)  
Power point presentation competition (Our India)
- ✓ National Level quiz (3 level) <https://forms.gle/ibi9eyLQkaZb6KcQ9> quiz link google form
- ✓ On 15th August 2020, NSS volunteers celebrated Independence Day through a google meet, where principal addressed the students and students performed various programmes showing national spirit.  
<https://meet.google.com/yiy-pidf-zxs>
- ✓ On 25th August 2020, an inter collegiate documentary competition based on the theme “ life around you” were conducted as part of International youth day(youth engagement through global action)2020.
- ✓ On 15th August 2020, the NSS volunteers participated in the launching of Fit India Youth clubs led by Shri. Kiren Rijiju, Honble Minister for youth affairs and sports, Government of India, and photo of NSS volunteers watching Webcast of the Program was send with hash tag “newindiafitindia”



- ✓ On 20<sup>th</sup> August 2020, NSS volunteers registered for Online Pre-Monsoon Training for organised by Directorate of Samoochika Sannadhasena or Community Voluntary Corps, Government of Kerala to help the community to effectively deal with the disasters that may strike the State in the future.
- ✓ On 5<sup>th</sup> September 2020, Teacher's day were celebrated with following competitions
- ✓ Card making (for your best teacher)
- ✓ Amubhavakurupu (The teacher who inspired you most)
- ✓ pencil drawing (an affectionate teacher)
- ✓ kavitharachana (topic: ente guruvandhan)
- ✓ Katha Rachana (ente vidhyalayathile nanma maram)
- ✓ On the Teachers day, each student prepared a video of wishing teachers day and were send to teachers.
- ✓ Two skits, dance programs and song performances were also done by NSS students.
- ✓ On 7<sup>th</sup> September 2020, NSS volunteers participated in Webinar titled "netradhanam" by Dr TonyFernandez Eye Hospital .
- ✓ On 12<sup>th</sup> September 2020, an orientation programme was organised as part of NSS foundation day led by Mr. Renjith, Vocational higher secondary, NSS state coordinator.<https://meet.google.com/fry-auco-vfx>
- ✓ On 16<sup>th</sup> September 2020, NSS volunteers participated in National WEBINAR on New Education Policy 2020 ( NEP) organised by Ministry of Education and Ministry of Youth Affairs & Sports, Govt of India, and photo of NSS volunteers watching Webcast of the Program was send to the Regional Directorate of NSS.
- ✓ On 24<sup>th</sup> September 2020, as part of NSS foundation day celebrations, a one-day motivational class was organised by Ms. Anju Unni, HSST Teacher, St. Sebastian higher secondary school on the topic "together we move forward for a better and a brighter tomorrow". <http://meet.google.com/iux-ommu-ifd>
- ✓ The NSS Unit of St. Xavier's College is organising a Five-day Capacity Building Workshop for students from 29 September 2020 to 3 October 2020 for students. Participants will receive e certificate<https://forms.gle/HWGUEmrWvfVdHap87>

#### **MAJOR ACTIVITIES IN THE MONTH OF OCTOBER 2020**

- ✓ On 2nd October 2020, as part of Gandhi Jayanthi celebration NSS volunteer cleaned their houses and nearby premises and a video of same were send to NSS programme officers .
- ✓ NSS volunteer were divided into groups and each group performed various activities via google meet like video about history of Mahatma gandhi,PPT presentation and poster making,video presentation, poster collage.<http://meet.google.com/jjm-gikz-mgb>
- ✓ On 2nd October 2020, NSS volunteers participated in FIT INDIA PLOG RUN launched by Shri.Kiren Rijju, Hon'ble Minister for Youth Affairs & Sports, Govt of India for picking up Plastic and other Wastes as part of Swachh Bharat Programme at the homes of NSS Volunteers and nearby areas in the Morning. The Photos and Videos of the activity were send to the Ministry and Prime Minister Office( PMO).
- ✓ On 3rd October 2020, NSS volunteers attended an online seminar on conservation of sacred groves and urban greenery organised by social forestry division Ernakulam ,kerala forest department as part of wild life week celebration.
- ✓ On 8<sup>th</sup> October 2020, NSS Volunteers and Programme Officers have administered COVID Pledge at
- ✓ 1.00 PM as directed by Ministry of Youth Affairs and Sports. Photos of the NSS Volunteers and NSSProgramme Officers taking Pledge should be send to Ministry of Youth Affairs and sports. <http://meet.google.com/waz-dgfg-xzo>



- ✓ On 17th October 2020, A one day awareness programme on environmental issues “keralathile marunaparisthithiyum manushavakasha prashnagalum” by Dr. Martin G D, SRA -CSIR CUSAT.<http://meet.google.com/ogf-rurp-hqp>
- ✓ On 17th October 2020, An awareness video presentation on National educational policy was done byNSS volunteers.<http://meet.google.com/ogf-rurp-hqp>
- ✓ On 19th October 2020, A awareness video presentation on National educational policy was done by NSS volunteers. <https://meet.google.com/dup-jtuv-xzo>
- ✓ In association with UBA , NSS volunteers Jismary Jose , Maria patric, Shruthy Sabu and Sneha grace Antony took awareness class on National educational policy for students and parents in adopted village
- ✓ On 21<sup>st</sup>-25<sup>th</sup> October 2020,NEP awareness week observed with following events  
Day 1 -talk  
Day 2-quiz  
Day 3-paper presentation competition  
Day 4- Paper publication  
Day 5-Discussion forum
- ✓ On 26th October 2020, an online seminar on National Education policy by Limsheer Ali,Assistantprofessor ,MES ponnani.<http://meet.google.com/ufu-odkk-rpy>
- ✓ On 27th October 2020,an intercollegiate quiz on NEP were conducted for students.
- ✓ On 27th October 2020, NSS volunteers took an integrity pledge for citizens as part of observance of vigilance awareness week on theme vigilance India prosperous India (satark bharat samrih bharat) by ministry of youth affairs and sports ,Government of India.<http://meet.google.com/nqs-vguj-mrrr>
- ✓ On 27th October to 2nd November 2020, vigilance awareness week were observed on the theme Vigilance India, prosperous India (Satark Bharat Samrith Bharath).

#### **MAJOR ACTIVITIES IN THE MONTH OF NOVEMBER 2020**

- ✓ On 11th November 2020, a talk on “Ignite the lights,enlight the ideas” by Dr.K.Sabukuttan , state programme officer was conducted as part of National education day.  
<http://meet.google.com/krb-cwma-zss>
- ✓ On 14th November 2020, NSS sponsored 10 children by recharging their data for one month for studypurposes as part of children’s day.
- ✓ On 14th November 2020, as part of Diwali celebration NSS volunteers light up the houses with lightsat 8.00 night and sang together “lokham muzhuvan sukam pakaran” for better tomorrows free from corona.
- ✓ On 26th November 2020, a talk on Indian constitution by Mrs.Minimole ,Assistant professor in political science, St. Xavier’s College for women, Aluva was organised as part of Constitution day .  
<http://meet.google.com/hqb-phum-paq>
- ✓ On 26th November 2020, The NSS volunteers took constitution day pledge through mygov.in

#### **MAJOR ACTIVITIES IN THE MONTH OF DECEMBER 2020**

- ✓ On 1st December 2020, NSS volunteers celebrated world AIDS day by preparing posters, placardsand video through google meet.
- ✓ On 7th December 2020, NSS volunteers took “I support Armed forced flag day pledge” initiated by Ministry of Defence as part of Arm force day.<https://pledge.mygov.in/support-armed-forces-flag-day/>
- ✓ On 10th December 2020,5 NSS volunteers participated in Green Election campaign,Haritham a project initiated by Ernakulam collectorate as part of state panchayat election 2020.



- ✓ On 16th December 2020, NSS volunteers participated in a National Webinar cancer prevention and healthy style organised by NSS unit Marthoma college perumbavoor.
- ✓ The NSS special camp "Thanal 2020" was conducted from 20<sup>th</sup> December 2020 to 26<sup>th</sup> December 2020
- ✓ The NSS special camp with the theme "Youth for prevention and mitigation of covid 19" was officially inaugurated by Dr. Rekha Raj, NSS programme coordinator, MG University Kottayam. Respected principal Rev. Sr. Dr. Shalini presided the meeting and MS. Leena Deenja, Associate Professor in physics felicitated the function.
- ✓ The special camp started with an icebreaking session by NSS program officer Ms. Ninu Rose. The session started with a self-introduction of NSS volunteers. The students were assigned outdoor activities through online instruction and they were asked to send photos and videos of outdoor activities assigned to them. As part of the ice breaking session students were also asked to send a video of their artistic talents.
- ✓ Each day of the camp started at 8.00 am with an NSS song. It was followed by thought of the day, yoga practice, digital paper presentation and evaluation of previous day experiences.
- ✓ The students were given instructions and rules of online camp. For the smooth conduct of camp, students were divided into various groups and each group was assigned with various activities.
- ✓ The students were assigned field survey on the topic youth for mitigation of covid 19.
- ✓ The students were asked to plant saplings each day of camp and make minimum ten of their friends to plant saplings and send both photos and videos of same.
- ✓ The students were also asked to collect sponsorships for construction of house for poor family.
- ✓ They were also asked to make 50 paper bags
- ✓ Each group was also asked to prepare for a class for the parents on the topic how to use mobile and computers and safety concerns.
- ✓ Each group prepared a course content for one-week skill development course.
- ✓ On 23rd December 2020 NSS unit of our college has started a Bake House (Baking unit) as part of our NSS SEVEN DAY CAMP. The unit was officially inaugurated by our dear principal accepting our first cake baked by Fathima Nourin, NSS second volunteer.
- ✓ On 23rd December 2020, wall painting in Cyber police station in Infopark Kakkanad to arrange child friendly police station and distributed toys and books.
- ✓ On 25th December celebrated Christmas by distributing cakes and eatables to people on street.
- ✓ On 27th December 2020, on farmers day clean the surroundings and planted tree as part of protest "plant a protest".
- ✓ On 27th December 2020, Water 2 me campaign, Neil Dhot represented St. Xavier's college for women, Aluva in UN National Bodies.
- ✓ On 27th December 2021 announced and on 29th December 2021, Jismari Jose, Athalia Benny, Aparna Sunil, Aleena Sabu, Greety George were selected for representation in National Youth Parliament Festival from Ernakulam District.
- ✓ On 30<sup>th</sup> November 2020, NSS volunteers participated in District Youth Parliament 2021, Elocution Competition A Athalia Benny emerged second at district level. Will be competing in State Level on 5<sup>th</sup> Jan 2021.
- ✓ On 30th December 2021, Students participated in the National youth festival 2021 - YUVAAH on following events:
  - Music
  - Dance
  - Regional Attire / Poshak Show
  - Theatre
  - Visual Arts



Expression Art  
Knowledge Session  
Indigenous Games.

- ✓ On 30th December 2020, NSS volunteers participated in ALL kerala career quiz college level organised by YES INDIA.
- ✓ On 31st December 2020, NSS volunteers participated with “service with smile” programme at Little flower social centre, Assissi junction, Aluva which aims at preparing and arranging Christmas celebration for physically handicapped and mentally retarded people. (Elna p a, annmariya johny, kavya sivaprasad, rajalakshmi, greeny).

#### **MAJOR ACTIVITIES IN THE MONTH OF JANUARY 2021**

- ✓ On 2nd January 2021, students prepared a documentary on various water problems.
- ✓ on 6th and 7th January 2021, NSS volunteers cleaned thanaloram project
- ✓ on 7th January 2021, NSS volunteers cleaned college premises
- ✓ On 8th January 2021, NSS unit distributing hand made mask and sanitizers to workers of municipality as part of NSS online special camp 2020. Principal Rev. sr. Dr. shalini along with NSS program officers ms. jasmine Gonsalvez and ninu rose and NSS volunteers handed over the same to municipal chairman M. O. John.
- ✓ As part National youth day, NSS observed youth week “Enlight” from 12th January to 19th January 2021. The programme was inaugurated by SH. G. P. Sajith Babu, Regional director of NSS. The following competitions were conducted as part of National youth day celebrations
  - ✓ paper presentations
  - ✓ Skit : Covid a life lesson
  - ✓ Tableau - Nature home for all
  - ✓ Pen a poem - write a poem and send a video of reciting the poem - Let us hope for a bright future
  - ✓ Tribute to the poet sugathakumari - review of book written by sugathakumari
  - ✓ Best out of waste - 5 members - send video of creativity
  - ✓ Thematic song - song should be sung in chain - should be based on a social theme
  - ✓ Thematic Dance - Dance should be shot as two different videos by each participant and should be merged.
  - ✓ Vlogging competition - prepare a video of scenic beauty in and around your locality
- ✓ On 26th January 2021, Republic day was celebrated by preparing a e-magazine based on the theme “Covidum Shasthravum”.
- ✓ Mini Camp of NSS for the year 2020-21 were conducted from 9/2/2021 to 11/2/2021
- ✓ The Camp was inaugurated by Dr. Martin, SRF, CUSAT, followed by NSS volunteers actively participating in Mangrove sapling preparation at Archbishop Attipetty public school ground, Vaduthala, Kochi.
- ✓ NSS volunteers also cleaned the college premises. In order to make aware of traffic rules, traffic awareness placards were also made by volunteers.
- ✓ The volunteers were also encouraged for making and using eco-friendly products through Best out of waste program.
- ✓ A yoga session was also arranged for students as part of Mini Camp.
- ✓ The camp ended with a Review meeting



### MAJOR ACTIVITIES IN THE MONTH OF FEBRUARY 2021

- ✓ On 9th February 2021, Mangrove sapling preparation: Mangroves--a home and a feeding ground for a wide range of species is on the verge of extinction. At this precarious juncture, to safe guard our ecosystem NSS volunteers of St Xavier's College for Women, Aluva had the rare chance to prepare mangrove saplings before they were planted along the coastal belt of Ernakulam city. Observing Covid protocol 25 NSS volunteers prepared (fixing mangrove saplings in Yellow Bamboo stalks )2000mangrove saplings at ArchBishop Attipetty public school ground, Vaduthala, Kochi.
- ✓ On 13th February 2021, a free Glucoma Check up camp for Auto-Taxi Drivers and public were organised at Aluva Railway station in association with Dr.Tony's Eye Hospital , Indian Red cross society and Aluva Janamaithri police station.
- ✓ On 14th February 2021, a blood donation camp was organised for local people in Koonammavu
- ✓ On 15th February 2021, a yoga training session was organised for NSS volunteers by L B Suresh Menon ,Yoga Trainer, Life Yoga Centre.<http://meet.google.com/oda-xmiq-zid>
- ✓ On 17th February 2021, NSS unit of St.Xavier's College for Women,Aluva in association with IMA,JANAMYTHRI police station Aluva, Indian Red Cross Society and Kochi Ren Foundation honoured various health workers , doctors, police and other persons who were actively involved in fighting against Covid 19 during initial break out. Rank holders and students whose has shown expertise in various fields were also honoured in this event.
- ✓ On 17th February 2021, Anti-Drug campaign was launched by NSS in association with Janamythri police and pledge was taken. A logo against drug was also released and handed over to the principal.
- ✓ On 17th February 2021, NSS in association with malayala manorama balajansakhyam took initiativesfor child development in Aluva.
- ✓ NSS Volunteers conducted flood impact survey to assess region vulnerability in Puthenvellikara panchayat in North Paravur Taluk of Ernakulam District to address climate change issues as part of flood affected in 2018.
- ✓ On 23<sup>rd</sup> February 2021,aleena joseph, arya maglin ,mary suneeta disliwa ,reema theresa NSS volunteers attended a webinar Cyber Security Club leaders hosted by Ms.Aishwarya Dongre IPS,DCP,Police Commissionerate Kochi.
- ✓ On 23<sup>rd</sup> February 2021, NSS unit has tied association with "GOONJ" non profit organisation with an aim to build an equitable relationship of strength, sustenance and dignity between the cities and villages using the under utilized urban material as a tool to trigger development with dignity ,across the country. An orientation session was organised for students and staff by Shalu , Goonj Volunteer to orient students about the one month campaign "Extend your hand to needy" . The NSS volunteers collected used clothes from students ,staff and neighbouring homes and handed over to Goonj to be distributed among needy ones around various places in India.

### MAJOR ACTIVITIES IN THE MONTH OF MARCH 2021

- ✓ On 3<sup>rd</sup> March 2021 ,NSS Programme officers attended MGU National Service scheme POs Meeting organised by NSS ,M G University Kottayam.
- ✓ On 8<sup>th</sup> March 2021 the NSS volunteers in association with Women Cell of the College celebrated International Women Day . The Program Started with NSS Song followed by Women Day speech by Rev.Sr.Dr.Geege Joanamma Xavier. The Eco friendly sanitary Napkins were also distributed to the Students. The NSS volunteers presented a street play emphasising challenges faced by women in current society in the present current scenario of women empowerment. "There were also a flashmob performed by women cell members. On this day, NSS also honoured administrative staff of our college who



were actively involved in ensuring safety for the xaverian fraternity during this Covid Pandemic situation. There were also a women day rally as salute to all the persons who were actively involved in fighting against covid 19 pandemic situation. All Students and teachers actively participated in the rally.

- ✓ On 8<sup>th</sup> March 2021 a motivational talk on the topic “Be an inspiration to fly high” by Miss.Martina,Pilot was arranged for NSS volunteers as part of Women’s Day Celebration.<https://meet.google.com/ptc-rsfq-jpp>
- ✓ On 12th March 2021, NSS volunteers in association with kerala action force has laid foundation for house construction in sreemoolanagaram panchayat for Ms.Bindhu ,pulatmam house .
- ✓ On 13th March 2021, 115 NSS volunteers participated in clean kochi drive at division 44 karanakodam ,a green cochin mission initiative by kerala legal service society,Indian medical association, government agencies and national service scheme .
- ✓ On 15th March 2021, 50 NSS volunteers participated in cleaning drive at Manapuram,Aluva as part of World forest day week observation in association with Social forestry division,Kerala forest department.
- ✓ In connection with General Election 2021, NSS volunteers performed street play and flash mob as part of systemic voter education and electoral participation(SVEEP) programme initiated by collectorate Ernakulam to make voters of ernakulam ready to vote in coming election.
- ✓ Taking tuition
- ✓ Distributed paper bags

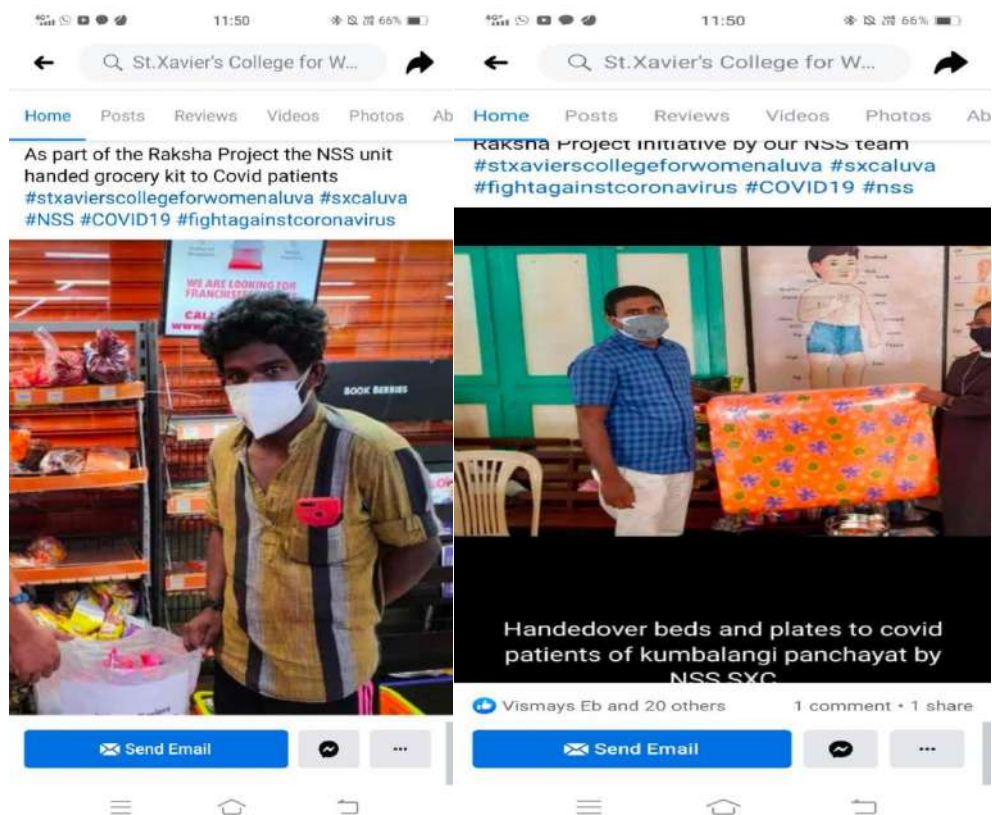


## ACTIVITY PHOTOS -2021-22

### *Webinar on Agriculture Farming*



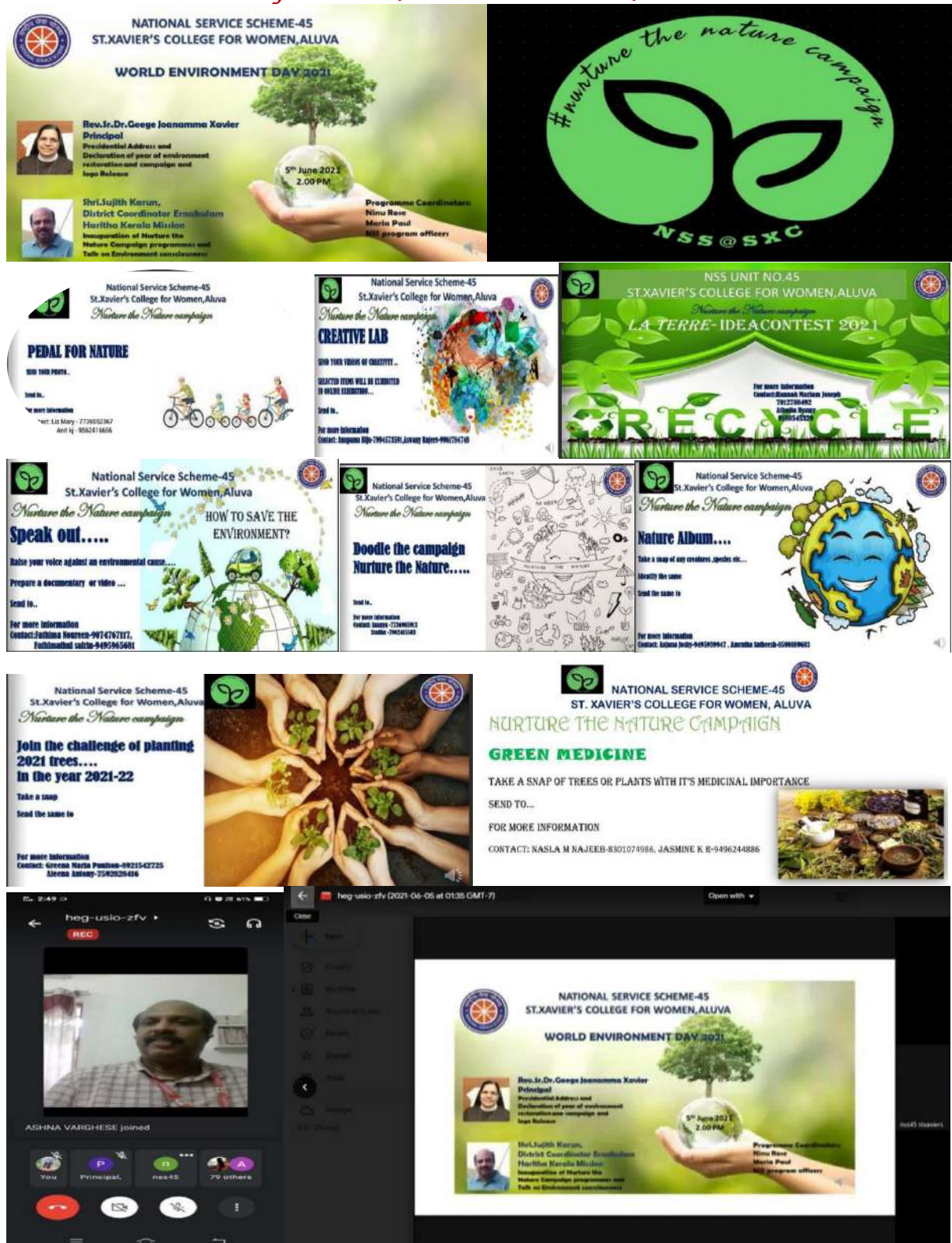
### *RAKSHA PROJECT -covid assistance scheme*



### *June 5: World Environment Day -Nurture the Nature Campaign-logo launch -competitions*



*Webinar on “ Measures and Methods to move towards Haritha Keralam” with Resource Person Shri.Sujith Karun, district coordinator, Haritha Keralam.*



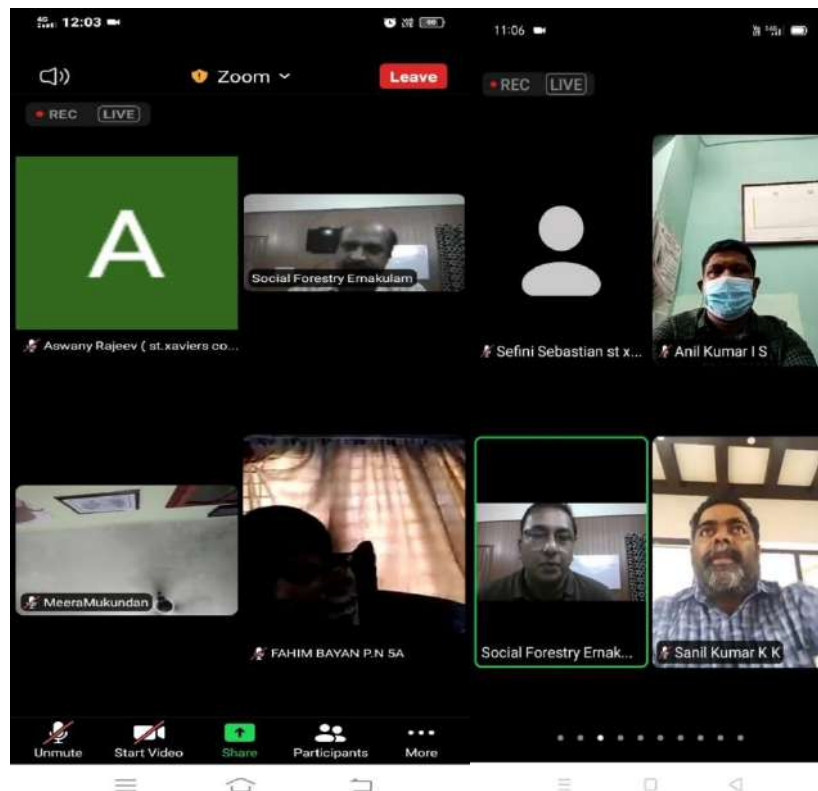
*Challenge of planting 2021-Nurture the Nature Campaign*





*June5: World Environment Day -WEBINAR BY FOREST DEPARTMENT*





*JUNE 14: WORLD BLOOD DONOR'S DAY - posters to promote blood donation*



*JUNE 15-20: DRY WEEK*

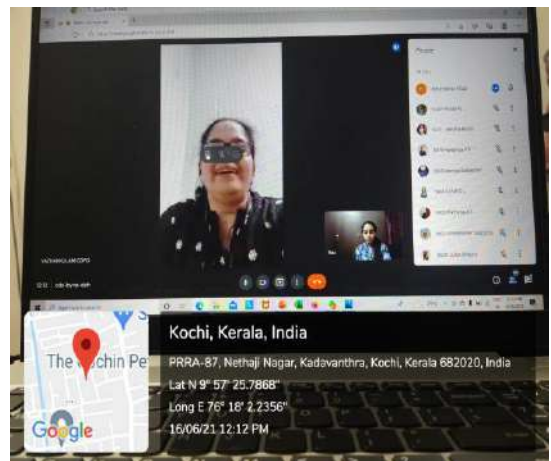




**JUNE 16: WEBINAR- ANEMIA PREVENTION CAMPAIGN with Resource person Dr. A.V Gayathri, Assistant professor Amrita Institute of Medical Science**





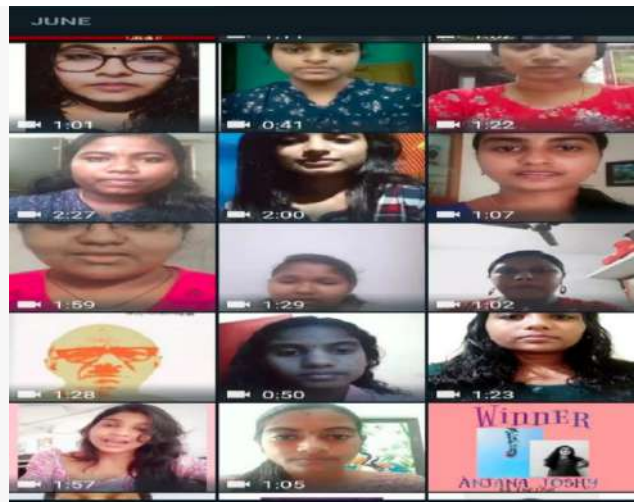


***JUNE 19: NATIONAL READING DAY -READING WEEK OBSERVATION, DISTRIBUTION OF BOOKS TO STUDENTS -MAYILPEELI-NSS SXC (fliphtml5.com)-SHORT STORY BOOK-MAYILPEELI***



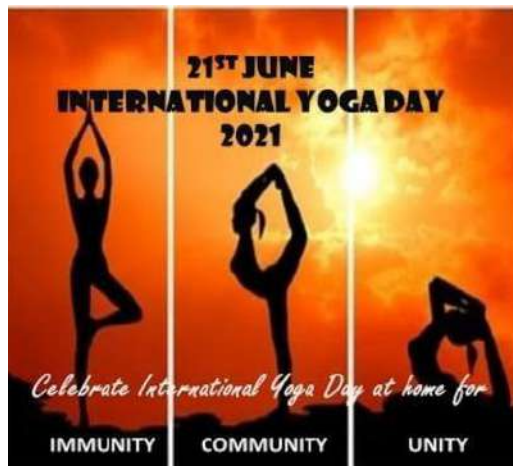
***READING WEEK OBSERVATION/BOOK REVIEW COMPETITION***





## JUNE 19-23: YOGA WEEK

International Yoga Day as yoga week from 19 - 23 june 2021-Resource person of the Program was Mr Gopan JS, Trainer of Indian Yoga Team ,Asian Yoga Referee, Joint Secretary of Yoga Association Kerala.



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



### AWARENESS AND YOGA TRAINING

Time: 7.00 AM  
Date:21/06/2021  
Platform: Google meet & YouTube

NSS Program officers:  
Nina Rose  
Dr. Maria Paul

Rev.Sr.Dr.Ganga Jnanamma Xavier  
Principal

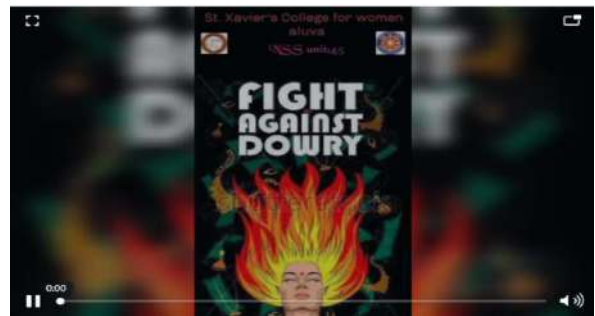
International Yoga Day-  
yoga week , Do Yoga with Family were observed from 19 - 23th june 2021.



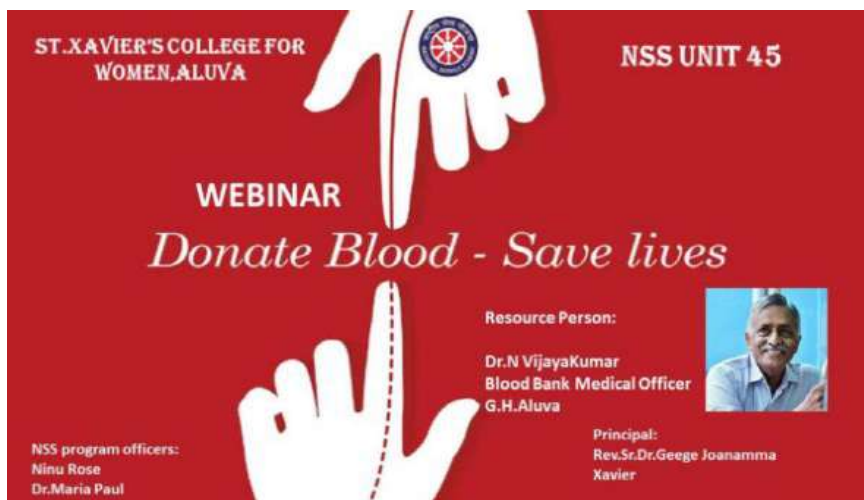




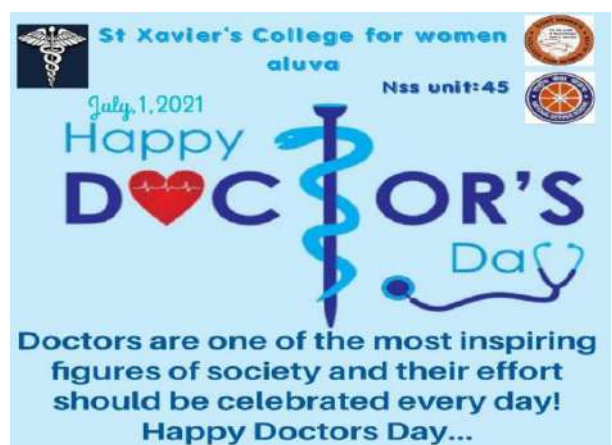
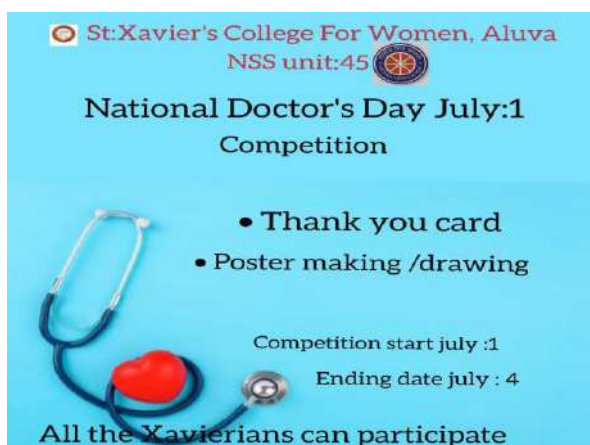
## *JUNE 27: ANTI DOWRY AWARENESS VIDEO*



## *26<sup>th</sup> June 2021- Webinar on "Donate Blood - Save Lives in association with Blood Bank Centre Aluva"*



## *World Doctor's Day- Tribute*

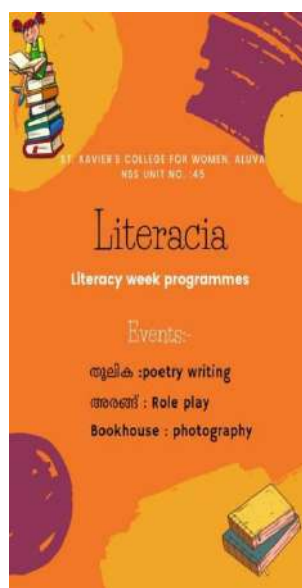


## *July1-7: Van Mahotsav week*

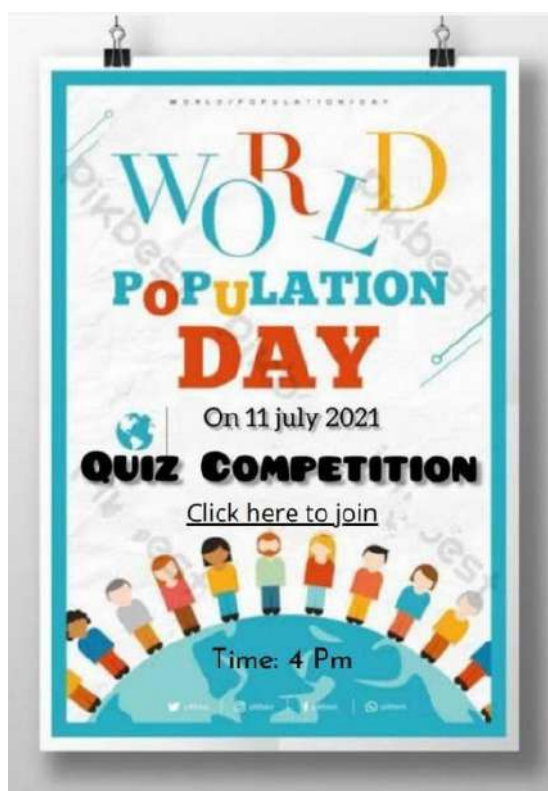






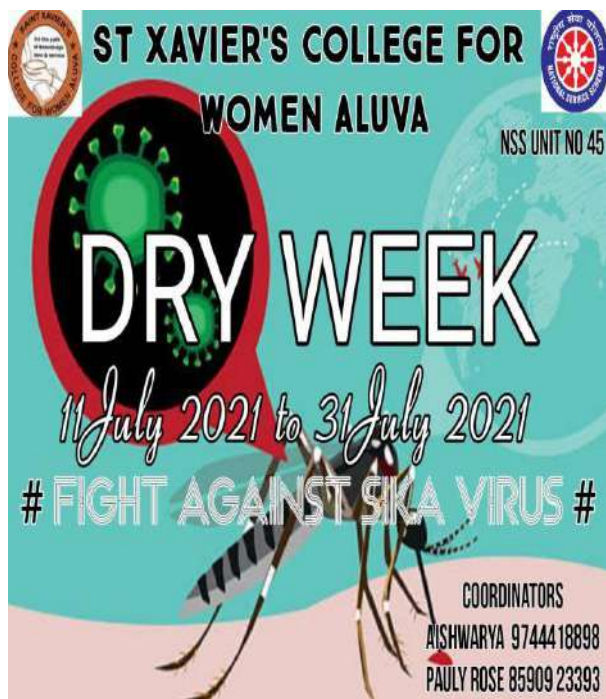


*JULY11:Population Day Quiz competition and prepared an Awareness video.*



*JULY11-31:Dry Week \*#FIGHT AGAINST ZIKA VIRUS#\**





**JULY18: NELSON MANDELA DAY**  
*UN verified initiative , plant a tree, and be kind to your neighbours .*



14. What actions to support your community can you take on Nelson Mandela Day?

- Become a volunteer for the [UN Verified](https://shareverified.com) Initiative (shareverified.com)
- Plant a tree
- Be extra kind to your neighbours (even the grumpy one)
- All of the above and more in the spirit of Nelson Mandela

X Wrong answer. Visit this page to find out about the various ways in which you can Take action!



*kargil vijay diwas- tribunal video/ world hepatitis day -Awareness video*



*Short film -PUKA.*





*July27: APJ Abdul kalam remembrance day -a campaign " give a book to a child".*

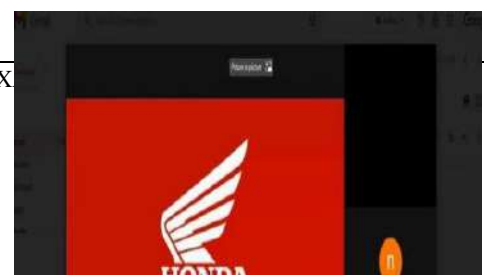


*July28: Puzhayooram: Awareness against waste #protect nature "nurture the nature campaign"*

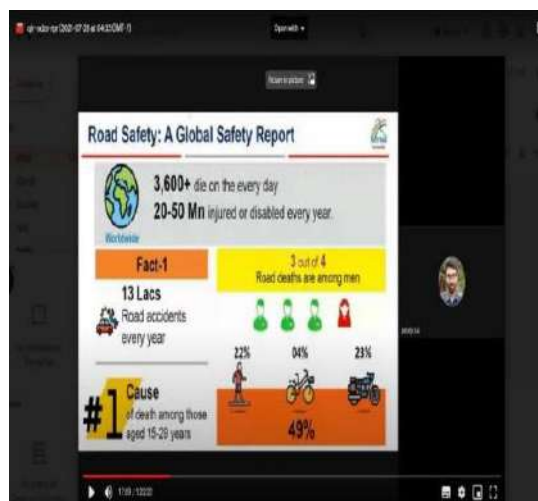




*webinar- road safety in association Honda With Resource person Mr.AnoopSai T, Road safety trainer, Honda Safety Driving Education centre*







*July 29 webinar: impact of fintech-career program in association with IBS with Resource person Dr. Manisha Singh, IBS Bangalore*



*Green protocol -awareness program on Green Protocol, Haritha Keralam project.*

*World malaria day -awareness video*



## NSS UNIT-45



Green Protocol

BYNSS  
VOLUNTEERS  
APARNA SUNIL  
ATHIRA VENU

Take effective measures for pre  
Monsoon diseases for a safety  
A secure family and marvelous



Unit no:45



FIGHT AGAINST ANEMIA

NSS\_SXC



## AUGUST-7: BREASTFEEDING WEEK

creative posters and Informative video on Importance of Breastfeeding prepared by Dr Salini Raj BAMS Ayurveda physician Namasthe Ayurveda hospital.

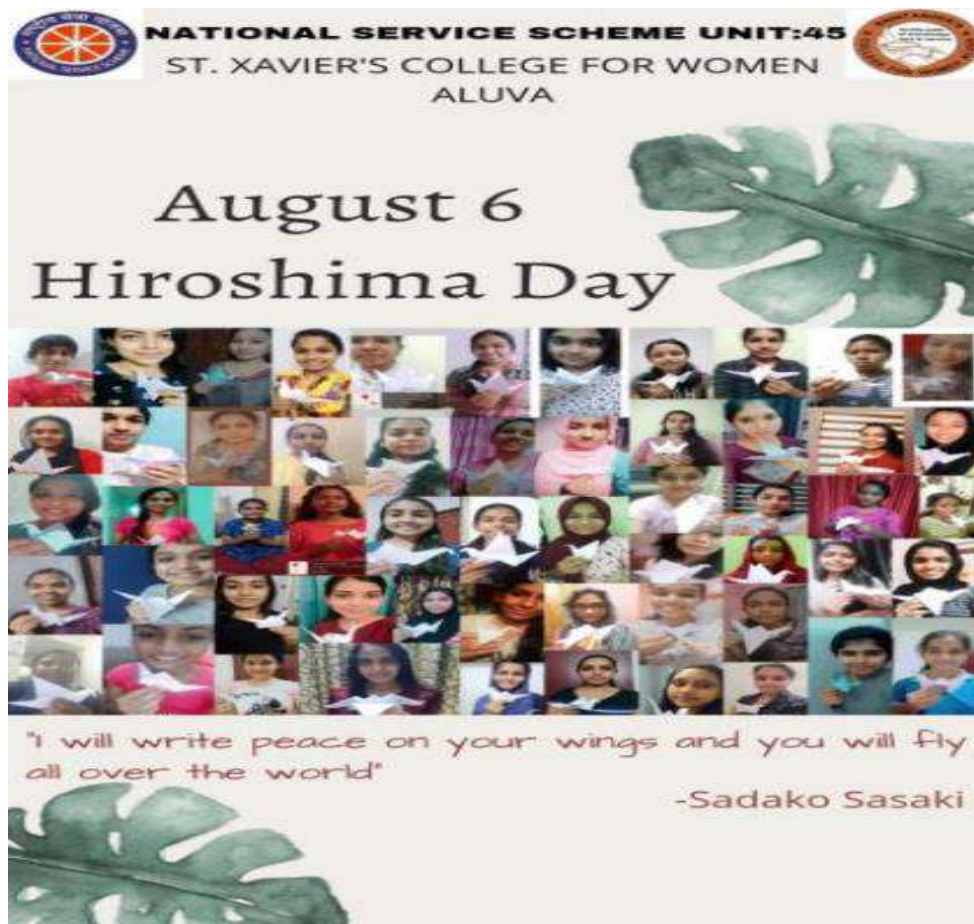
St. Xavier's college for

women, Aluva  
Nss Unit No:45



## AUGUST 6 - HIROSHIMA DAY -awareness video-prepared a Sudoko bird





## *AZADI KA AMRUT ULSTAV -RASHTRA GAAN*





## *AZADI KA AMRUT ULSTAV -CYCLE RALLY*

### **Azadi ka Amrut Mahotsav**



**Cycle Rally**

### **Azadi ka Amrut Mahotsav**



**Cycle Rally**

## *AZADI KA AMRUT ULSTAV -CATCH THE RAIN*

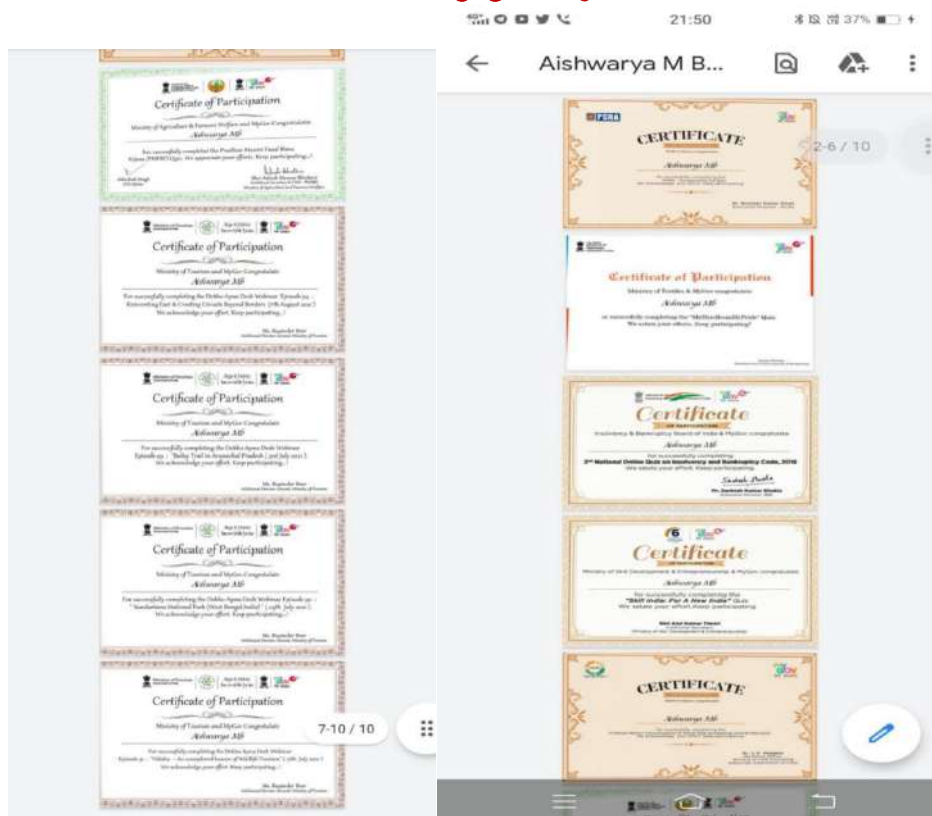


**ST XAVIER'S COLLEGE FOR WOMEN ALUVA**  
**NSS UNIT NO 45**

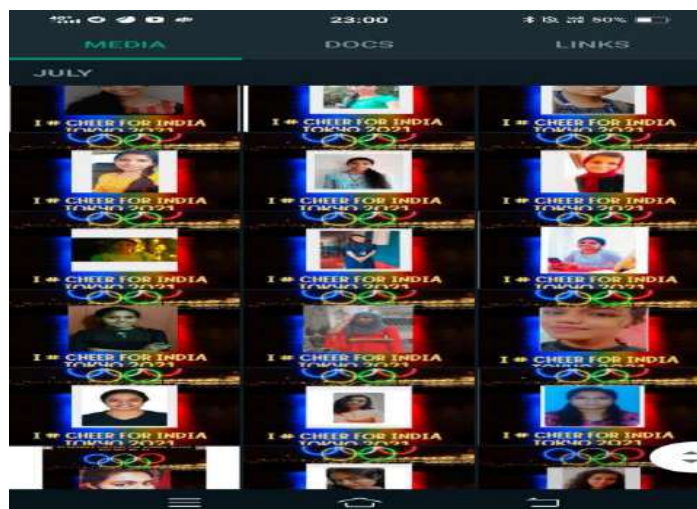




## AZADI KA AMRUT ULSTAV -MY GOV. QUIZ

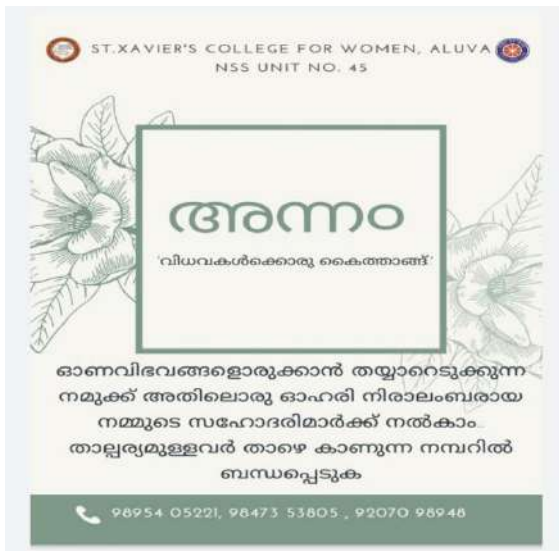


11th August 2021-Appreciation videos for Tokyo Olympics Winners.



“Annam” Project to help widows and others affected by Covid 19



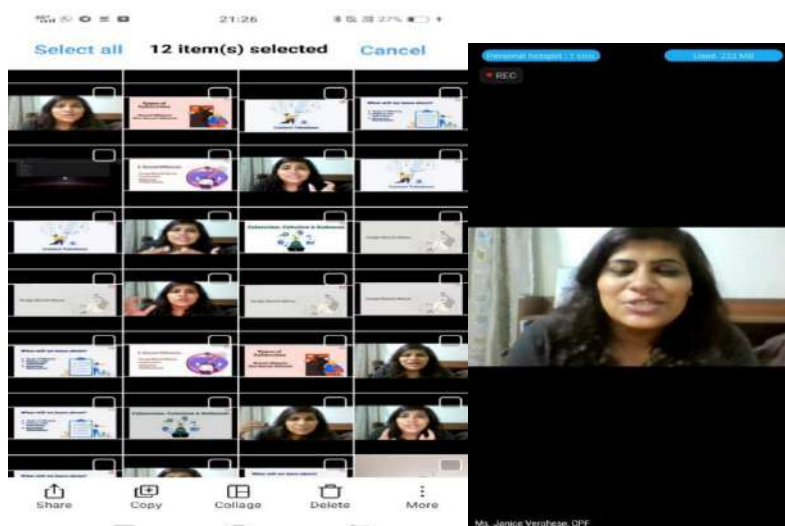


*11th August 2021- distributed handmade covers for safe keeping and disposal of used masks.*



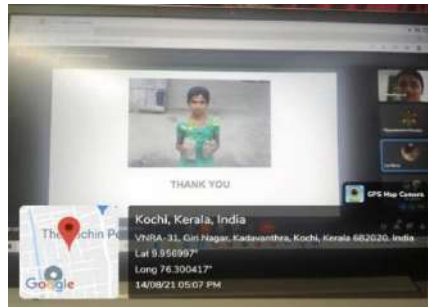


*Capacity building program -WEBINAR: CYBER ETHICS AND DIGITAL WELLBEING "We Think Digital Shakti 3.0"as part of Digital Shakti program - on August 11<sup>th</sup>,12<sup>th</sup> and 13<sup>th</sup>*



*14th August 2021, Capacity Building Workshop "Mangroves :Natures Green Guardians"*





## INDEPENDENCE DAY ONE WEEK OBSERVATION 15th August 2021 to 19th August 2021



18th Aug  
posters to

nt  
va

d Protocol awareness



## AUGUST16- WEBINAR: FARM ANIMALS In association with Humane Society International/India in Collaboration

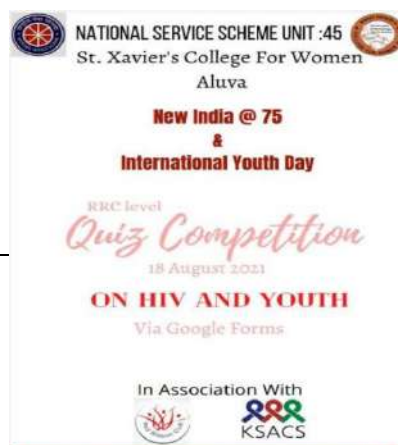




*17th August 2021, training to kids -handmade rain harvesting system at home - Catch the Rain Campaign.*



*AUGUST18: RRC LEVEL QUIZ COMPETITION in association with Red Ribbon Club and based on topics AIDS and Youth.*





21st August 2021, Annam - onam with patients of Anwar Palliative Care Clinic



25th August 2021, NSS Force, IMA Madhya Kerala and Sree Narayana Library Koduvazhanga. Blood bank directory ---1000 person's organ donation after death --- Education awards

**ആദരം-21**

വിദ്യാഭ്യാസ അവാർഡ് വിതരണം | മരണാനന്തര അവയവ ദാന സമർപ്പണം വിശിഷ്ട സേവനത്തിനുള്ള ആദരം | കൺസൺ ഡയറക്ടറി പ്രകാശനം

2021 ആഗസ്റ്റ് 25, ഉച്ചയ്ക്ക് 2ന് കൊടുവഴങ്ങ SNLPS ൽ വച്ച്

ഉദ്ഘാടനം: ശ്രീമതി രമ്യ ടീച്ചർ  
അവാർഡ് വിതരണം: ശ്രീ. P.M. മനോജ്

സംഘടകർ: കേരള ആക്ഷൻ ഫോഴ്സ്, ഐ.എം.എ മധ്യകേരള, സെന്റ് സേവ്യേഴ്സ് കോളേജ് NSS യൂണിറ്റ്, ശ്രീനാരായണ ക്ലബ്ബ് & ലൈബ്രറി

കേരള ആക്ഷൻ ഫോഴ്സ്, ഐ.എം.എ മധ്യകേരള, സെന്റ് സേവ്യേഴ്സ് കോളേജ് NSS യൂണിറ്റ്, ശ്രീനാരായണ ക്ലബ്ബ് & ലൈബ്രറി

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കാരുണ്യപരിപാടി

സ്വാഗതം - ശ്രീ. ടി. വി. ഹൈന്ദവീശ്വരൻ (സെക്രട്ടറി SNCL )  
അദ്ധ്യക്ഷൻ - ശ്രീ. വി.ജി. ജോഷി (പ്രസിഡന്റ് SNCL )  
ആദരവ് പ്രസംഗം - ശ്രീ.ജോഷി തോമസ് (സ്റ്റേറ്റ് കോ-ഓർഡിനേറ്റർ, കേരള ആക്ഷൻ ഫോഴ്സ്)  
ഉദ്ഘാടനം: ശ്രീമതി. തമിഴ്വീര (പ്രസിഡന്റ്, ആവങ്ങളാട് ബ്ലോക്ക് പഞ്ചായത്ത്)  
അവാർഡ് വിതരണം: ശ്രീ. പി.എം. മനോജ് (പ്രസിഡന്റ്, ആവങ്ങളാട് ഗ്രാമ പഞ്ചായത്ത്)  
ആശംസകൾ: പ്രൊഫ. സി. രാമചന്ദ്രൻ (NSS പ്രോഗ്രാം ഓഫീസർ, സെന്റ് സേവ്യേഴ്സ് കോളേജ്)  
ശ്രീമതി വത്സന (പൈസ് പ്രസിഡന്റ് ഗ്രാമ പഞ്ചായത്ത്)  
ശ്രീമതി ഹിന്ദി ബാബു (മൈസൂർ ഗ്രാമ പഞ്ചായത്ത്)  
കുതുമ്പത്തേ ശ്രീ.സി.എസ്.ടി.വി.എസ്. കോർ (ജോ. സെക്രട്ടറി SNCL )

1000 പേർ മരണാനന്തര അവയവദാന സമ്മതപത്ര സമർപ്പണം നടത്തി

ആവങ്ങളാട് കൊടുവഴങ്ങ ശ്രീനാരായണ ക്ലബ്ബ് & ലൈബ്രറി, സെന്റ് സേവ്യേഴ്സ് കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റ്, ഐ.എം.എ (വിമ), കേരള ആക്ഷൻ ഫോഴ്സ് എന്നിവരുടെ നേതൃത്വത്തിൽ

വിവിധ മേഖലയിലുള്ള 1000 പേർ മരണാനന്തര അവയവദാന സമ്മതപത്ര സമർപ്പണം നടത്തി.

ആവങ്ങളാട് ബ്ലോക്ക് പഞ്ചായത്ത് പ്രസിഡന്റ് രമ്യ ടീച്ചർ ഓർഗൻ ഡൊണേഷൻ കൺസൺ ബോഡി തോമസിന് സമ്മതപത്രം കൈമാറി.

ആവങ്ങളാട് പഞ്ചായത്ത് പ്രസിഡന്റ് പി.എം. മനോജ്, ലൈബ്രറി പ്രസിഡന്റ് വി.ജി. ജോഷി, എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർമാരായ നിനു റോസ്, മരിയ, ലൈബ്രറി റവറോപികളായ ഷൈവിൻ, റിലീഫ്കുമാർ എന്നിവർ പ്രസംഗിച്ചു





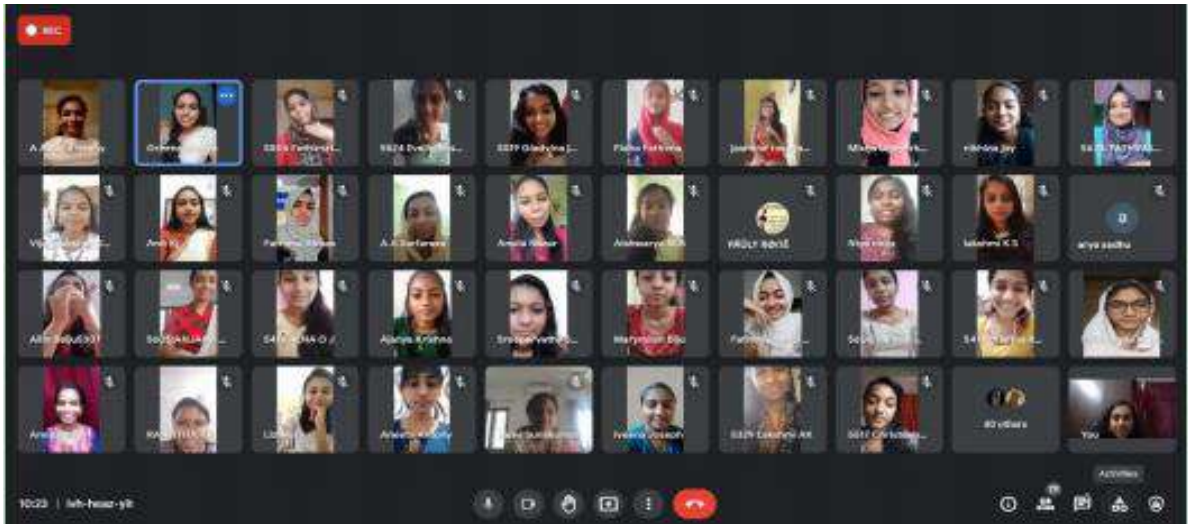




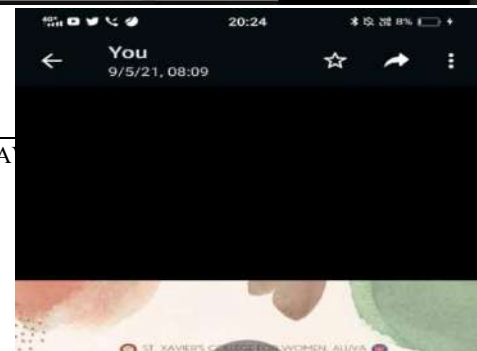
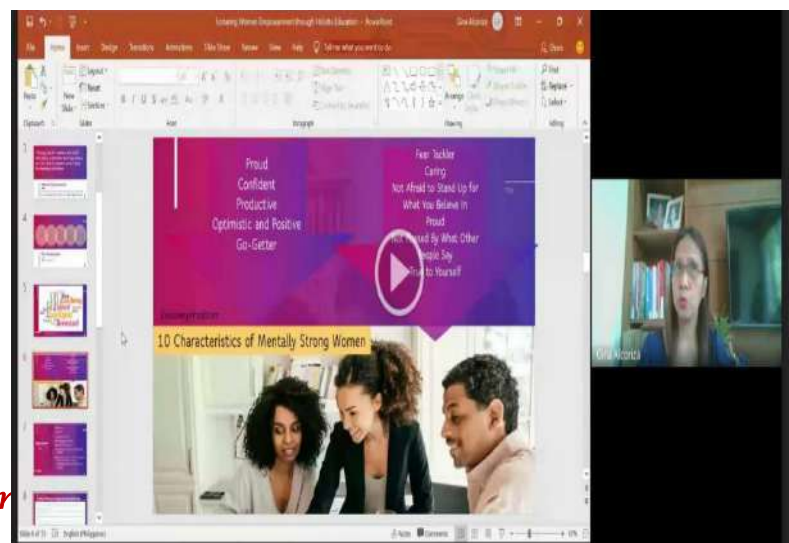
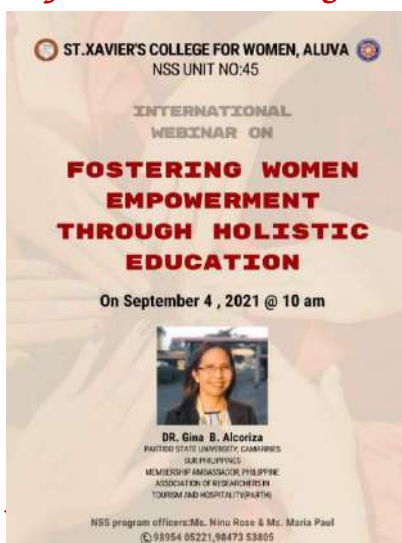


*On 28th August 2021- Onam Celebration - Intercollegiate Onam Celebration Athapulari 2021"*





*4th September 2021, International webinar on the topic "fostering women empowerment through holistic education"*





*On 8th September 2021, International Suicide Day -sathwanam anti suicide campaign-pledge against suicide-awareness session*

**അന്താരാഷ്ട്ര ആത്മഹത്യ പ്രതിരോധ ദിനാചരണവും കാണ്ഡയിൻ ഉദ്ഘാടനവും**  
 2021 സെപ്റ്റംബർ 8 നു് 2 PM ന് ആലുവ ഐ. എം. എ. ഹാളിൽ  
 കോവിഡ് പ്രോട്ടോക്കോൾ പ്രകാരം

കോവിഡ് മഹാമാരിയിൽ ജനം ആശങ്കാകുലരായിരിക്കുന്ന ഈ കാലത്ത് ഇക്കാര്യത്തിന് പ്രസക്തി ഏറെയാണ്.

**Dr. C.M. ഹൈദരാലി**  
 (ചെയർമാൻ, അൻവർ പാലിയേറ്റീവ് കെയർ) അദ്ധ്യക്ഷത വഹിക്കും.

**Dr. M. N. മേനോൻ**  
 (ചെയർമാൻ, IMA KSAC) ഉദ്ഘാടനം നിർവ്വഹിക്കും.

**Padmasree Dr. ടോണി ഹെർണാണ്ടസ്**  
 (പ്രസിഡന്റ്, Kerala Action Force)

**ശ്രീ. സൈമൺ N.B.**  
 (ആലുവ മുനിസിപ്പൽ ആരോഗ്യ സ്റ്റാന്റിങ് കമ്മിറ്റി ചെയർമാൻ)

**എന്നിവർ അവാർഡ് വിതരണം നടത്തും.**

**Dr. അജിത്ത് കുമാർ** (മനഃശാസ്ത്രജ്ഞൻ) സന്ദേശം നൽകും.

**Dr. A.K. മുരളീധരൻ** (പ്രസിഡന്റ്, IMA മധ്യകേരള)  
**Dr. രാജേഷ്കുമാർ**  
 (സംസ്ഥാന സെക്രട്ടറി ചെയർപേഴ്സൺ, IMA വിമ)  
**ശ്രീ E.A. ഷബീർ** (ഇല്ലാ സെക്രട്ടറി പ്രസിഡന്റ്, റെയ്ഡക്സ്)  
**എന്നിവർ പ്രസംഗിക്കും.**

**C.M. സലീം**  
 സെക്രട്ടറി  
 AMPPC  
**ജോണി തോമസ്**  
 കോ-ഓഡിനേറ്റർ  
 9747474715

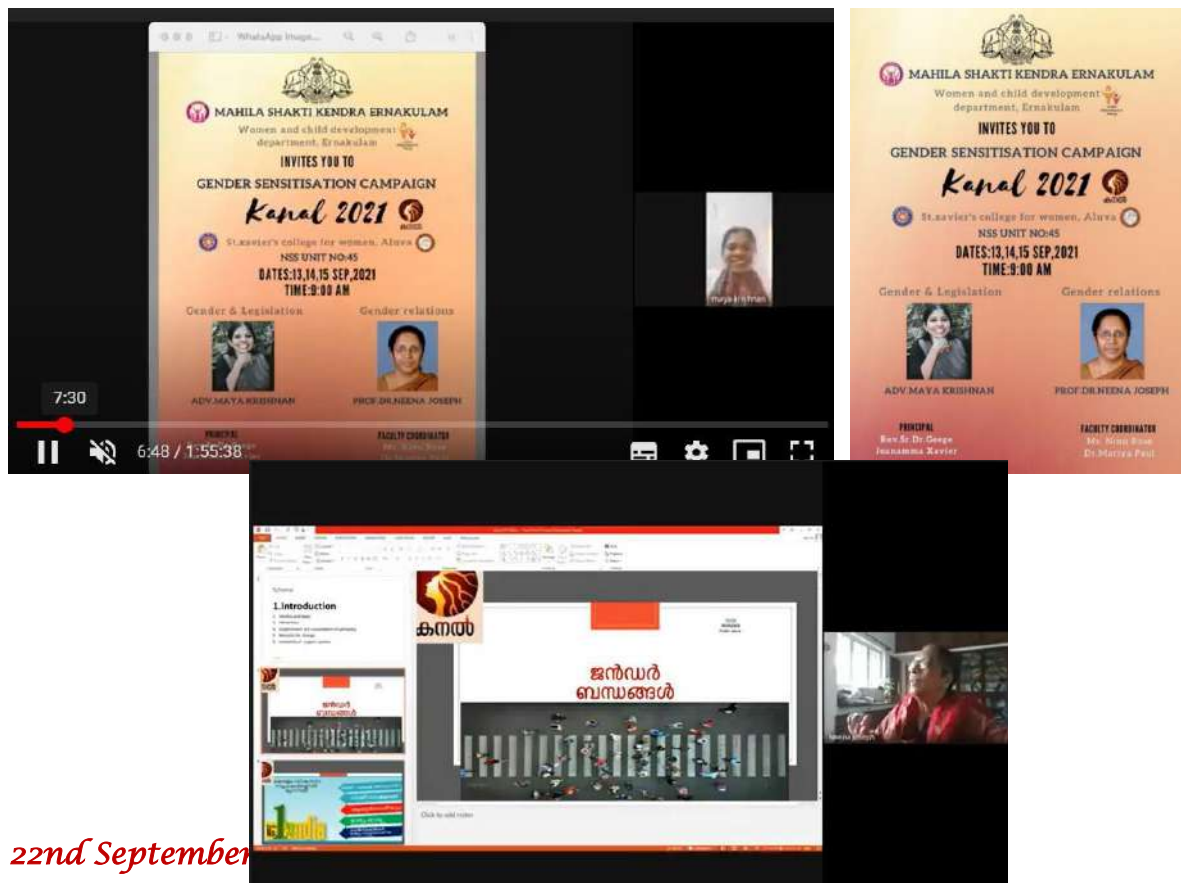
**പ്രൊഫ. നീതു റോസ്**  
 NSS പ്രോഗ്രാം ഓഫീസർ  
 സെന്റ് സെബ്യൂഴ്സ് കോളേജ്  
**P.B. അലിയാത്തുസ്**  
 വളർച്ച - ഓഫീസറേറ്റർ, AMPPC  
 9847424736

*Organised by: IMA മധ്യകേരള, ഇന്ത്യൻ റെഡ്ക്രോസ്, അൻവർ പാലിയേറ്റീവ് കെയർ, സെന്റ് സെബ്യൂഴ്സ് കോളേജ് NSS യൂണിറ്റ്, കേരള ആക്ഷൻ ഫോഴ്സ്*

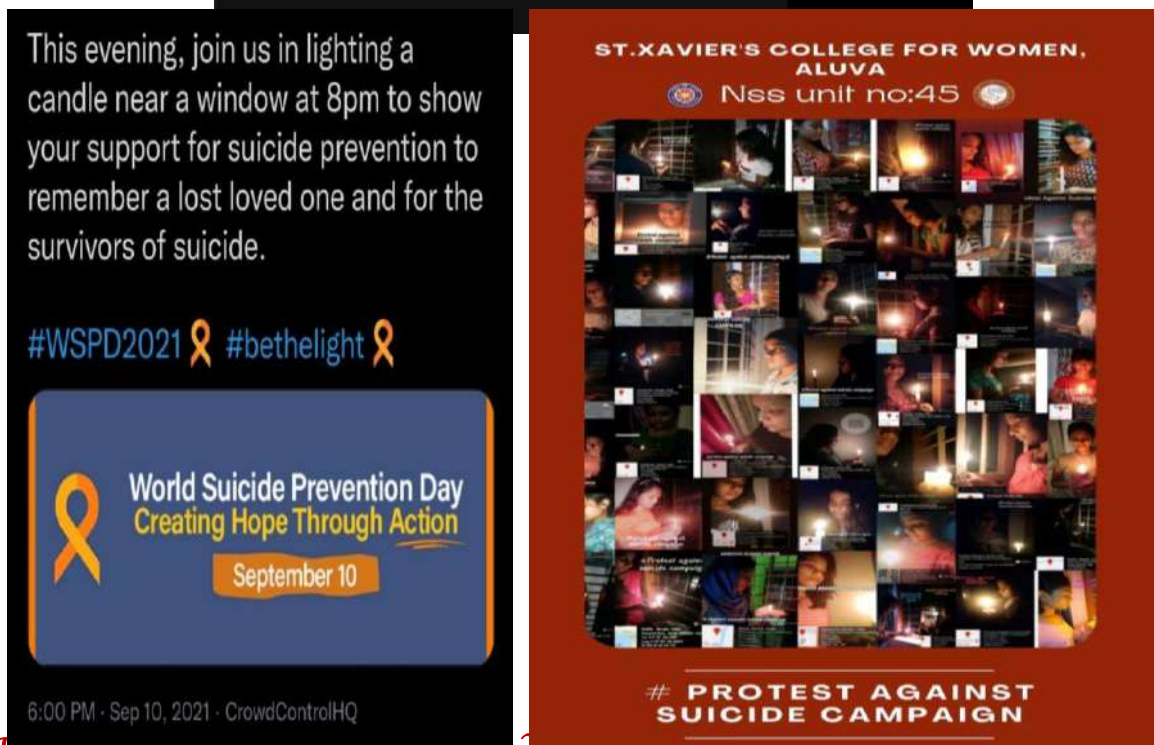




On 13th, 14th and 15th September 2021, Mahila Gender Sensitisation Campaign "Kanal 2021".



22nd September



SEPTEMBER 10 21: GLOBAL DAY OF YOUTH OBSERVANCE



St. Xavier's college for women, Aluva

Nss unit no : 45

**WORLD OZONE DAY**  
16<sup>TH</sup> OF SEP

**OZONE WEEK CELEBRATION**

- Sep 16 - Webinar
- Sep 17 - Cycle rally challenge
- Sep 18 - Poster Making
- Sep 19 - Awareness video
- Sep 20 - Quiz
- Sep 21 - Planting a tree

**CYCLE RALLY CHALLENGE FOR INDIA**  
COOLING ACTION PLAN

#NURTURETHENATURECAMPAIGN

SEND YOUR PHOTOS TO:  
85906 46007

COORDINATORS: ANBETA ANTONY, MEGHA KURIAN

OZONE CELL  
MINISTRY OF ENVIRONMENT, FOREST & CLIMATE CHANGE  
GOVERNMENT OF INDIA

22:45 55%

← NSS Assignment 2020 Enrol

MEDIA DOCS LINKS

SEPTEMBER

OZONE FOR LIFE

ST. XAVIER'S COLLEGE FOR WOMEN, ALUVA

NSS unit no: 45

#ozone for life

*16th September 2021, webinar on the topic Impact of animal agriculture on global warming and and climate change*

On the event of World Ozone Day 2021, NSS Unit No-45 of St. Xavier's College for women, Aluva, in collaboration with Humane Society International/India is conducting a webinar on the topic

**Impact of animal agriculture on global warming and climate change**

Date: 16/09/2021  
Time: 5 p.m. to 6:30 p.m.  
Platform : Zoom

Nss program officers  
Ms.Ninu Rose  
Dr.Maria paul

Bally Varma  
Senior Campaigner  
Eat Kind India Campaign

HUMANE SOCIETY INTERNATIONAL INDIA

Did you know that over **88 billion** terrestrial animals are raised, reared and killed for food globally every year.

That's more than...

**241 million animals each day | 10 million per minute | 2,790 every second**

#thecowintheroom

HUMANE SOCIETY INTERNATIONAL

Thank you, Ananya Bhat! How you can make an even greater impact.

Thank you, Ananya Bhat! How you can make an even greater impact.

Thank you, Ananya Bhat! How you can make an even greater impact.





**BRANCH OF**  
**THE FREEDOM FIGHTERS Fit India Freedom Run 2.0** , in association with  
**Youth Red Cross and Nehru Yuva Kendra ,Aluva Railway station**



**23<sup>rd</sup> September 2021, swatch Bharat campaign "clean India -plastic free India"**





## *"Jagrathadhinacharanam"-NSS DAY - October 2-24*



 St. Xavier's college for women, Aluva  
 NSS UNIT NO:45  
**മനസ്സ് നന്നാവട്ടെ.**  
  
**ജാഗ്രത വാരാചരണം 2021**  
 24th സെപ്റ്റംബർ - 2 ഒക്ടോബർ  
**പ്രിയ സുഹൃത്തുക്കളേ,**  
 സെപ്റ്റംബർ 4, ജാഗ്രത ദിനത്തോടനുബന്ധിച്ച് ആലുവ സെന്റ്. സെവ്യർസ് കോളേജിലെ NSS യൂണിറ്റ് നടത്തുന്ന സാമൂഹിക അതിക്രമങ്ങൾക്ക് എതിരെയുള്ള ബോധവൽക്കരണ പദ്ധതിയിലേക്ക് ഏവരെയും ക്ഷണിച്ചു കൊള്ളുന്നു. സാമൂഹിക അതിക്രമങ്ങൾ വർദ്ധിച്ചു വരുന്ന ഈ കാലത്ത് അതിന്റെ വേദന അനുഭവിക്കുന്നവർക്കായി നമുക്കു കൈ കോർക്കാം. കൂടുതൽ ക്ഷേമങ്ങൾ 2 ആം തിയ്യതി നടക്കുന്ന ശുശ്രൂഷരണ പദ്ധതിയിലും പങ്കെടുക്കുക.  
 നിങ്ങളുടെ ചെയ്യേണ്ടത് ഇപ്രകാരം: സാമൂഹിക അതിക്രമങ്ങൾ തടയുന്ന രീതിയിൽ ഒരു പോസ്റ്ററോ വിഡിയോയോ ഞങ്ങൾക്ക് അയച്ചു തരിക..  
 അയക്കേണ്ട നമ്പർ : 89215 42725, 9495939947



*National Voluntary Blood Donation Day, blood donation camp in association with Regional Blood Donation Center, District Hospital Aluva.*



*2nd October 2021, Gandhi Jayanthi and Amrith Ki Utsav-Clean India Campaign*







#Amrth Ki Ulsav  
#Clean India

### *Covid Vigilance Cell*



*7th October 2021, awareness session on Cyber Crime.  
in association with Cyber Cell ,Police Station organized an*



*13th October 2021, Philately exhibition with Department of Postal India  
, Aluva Division and an awareness session*





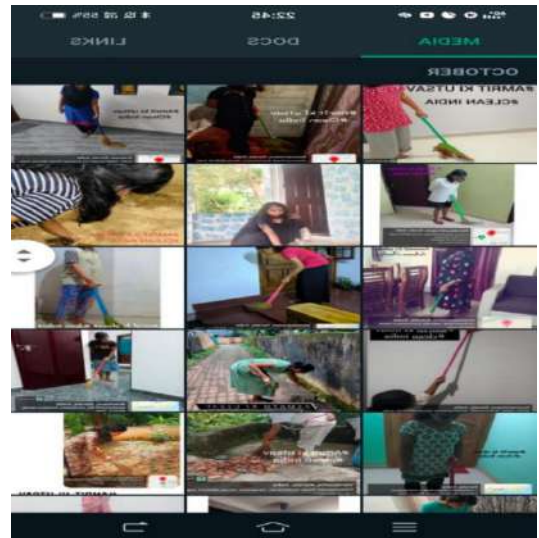
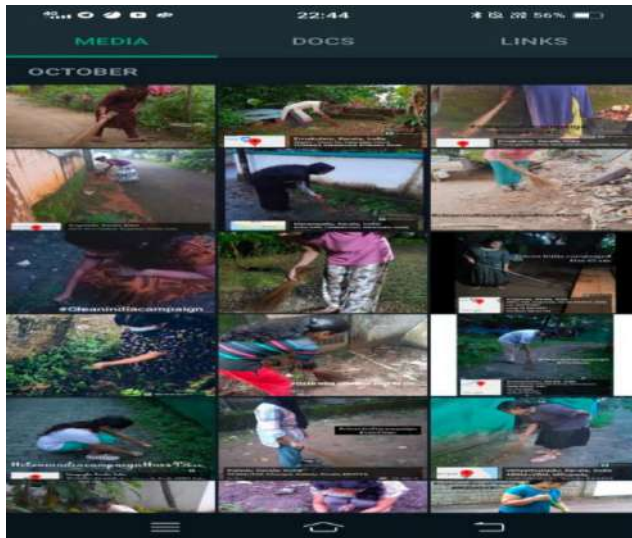


*From 23rd -27th October 2021, a collection drive was organized for helping flood affected people in Kottikkal as part of Flood Relief Program "oru kai sahayam". In association with Indian Red cross..Handing over fund for house construction.*





## 30th and 31st October 2021, Clean India Drive



*pledge “Be Vocal about local”  
National Unity took pledge “Rashtriya Ekta Diwas*





*2st November 2021,an Oath Taking/Pledge on National Unity Day*

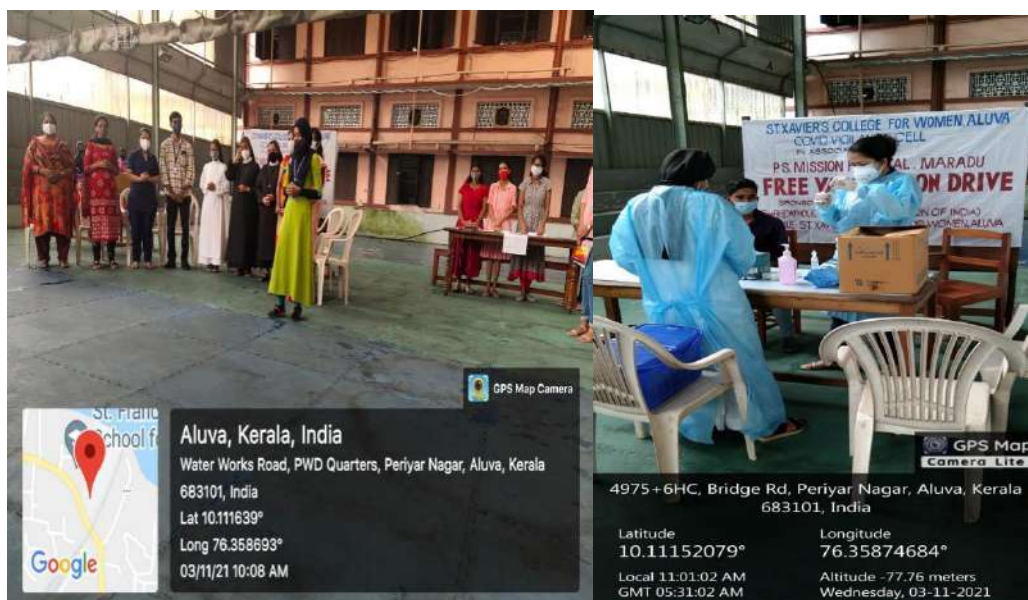


*November 2021-Pokali Krishi at Kaitharam,Cheriyapilly.*



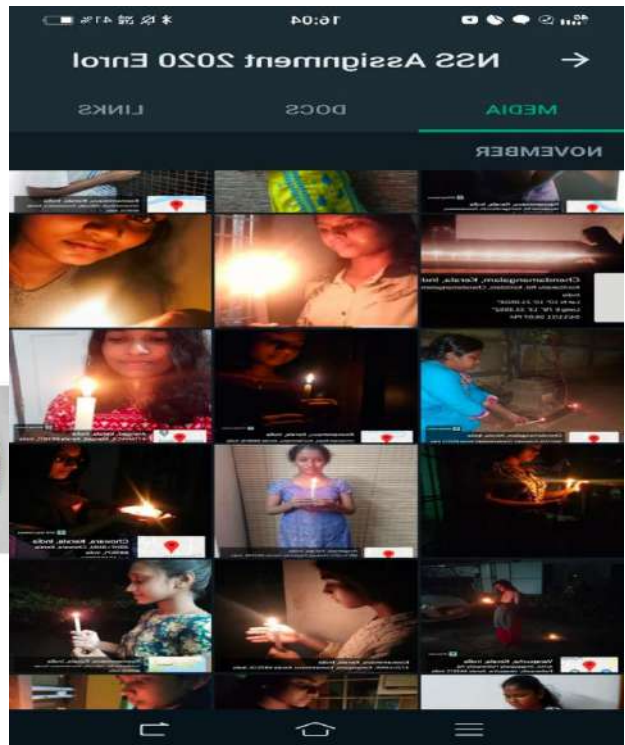
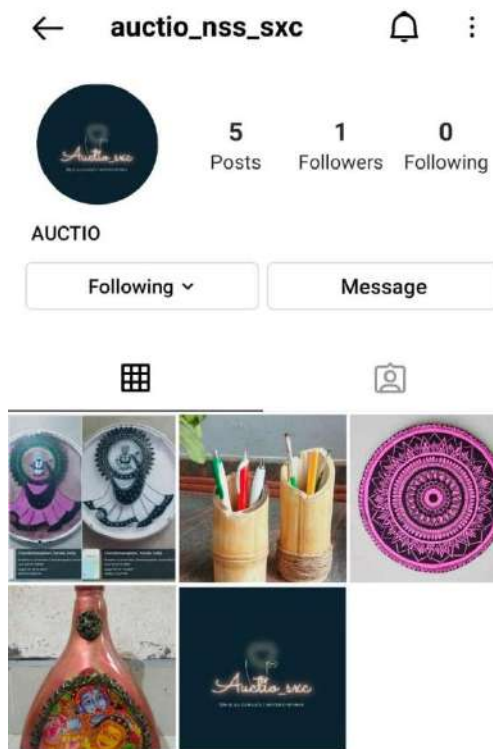
*On 3rd November 2021, NSS in association with Maradu P S Mission Hospital organised a Covid Vaccination Drive First Dose on behalf of Covid Vigilance Cell and awareness session*





*4th November 2021, instagram page “ Auctio 2021” to mould entrepreneurship talents among students and parents.  
4th November 2021, light up the lamp for the better and peaceful nation on Diwali*



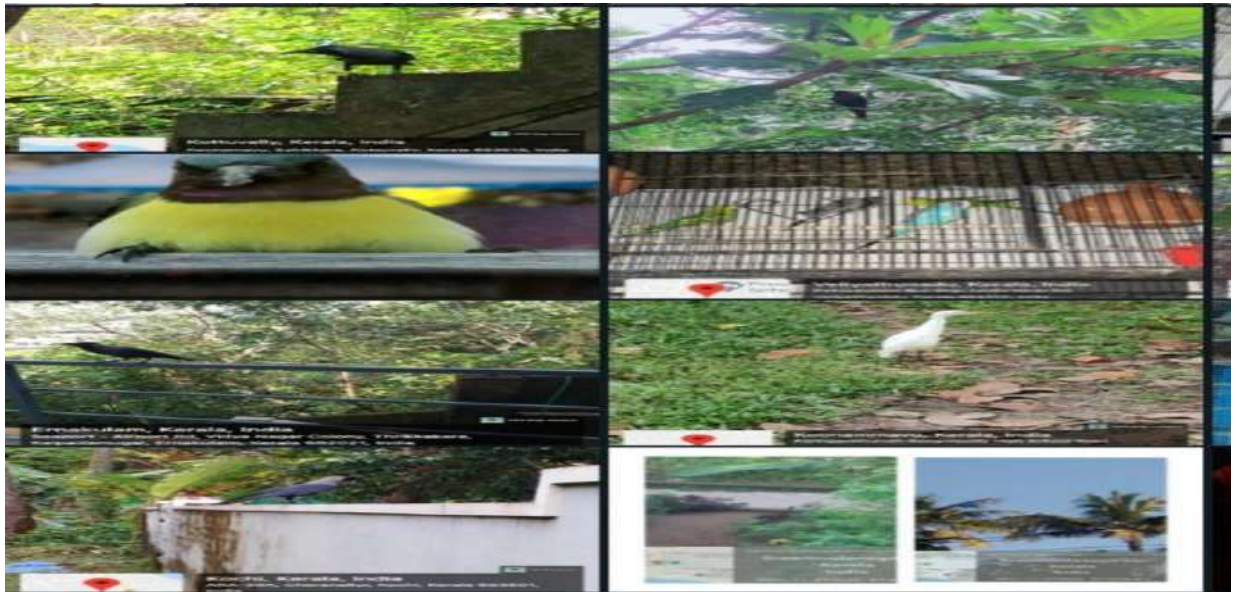


*8th November 2021, NSS organized a Nature Awareness Programme in association with Kerala Forest Department ,Social Forestry Division ,Ernakulam by Sr.K N Unnikrishnan,IFS(DCF Rtd). Forest Club inauguration*



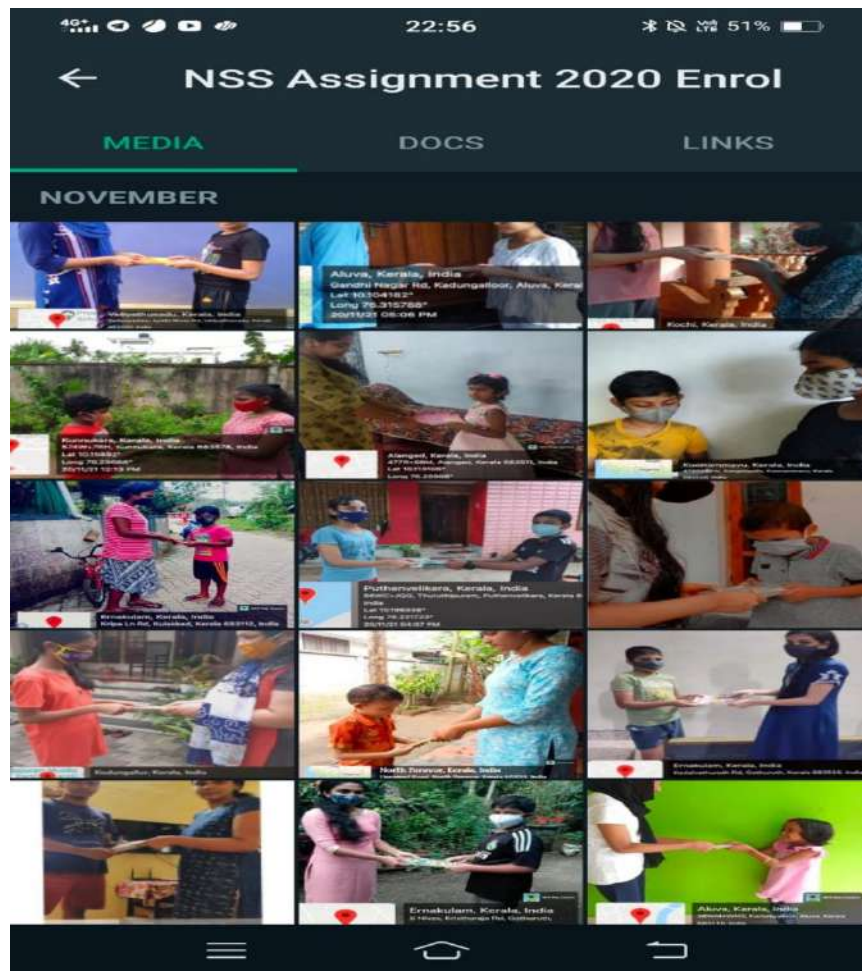


*National Bird watching Day ,Salim Ali Bird Count Day -12th November to 19th November 2021 as Bird Protection week.*

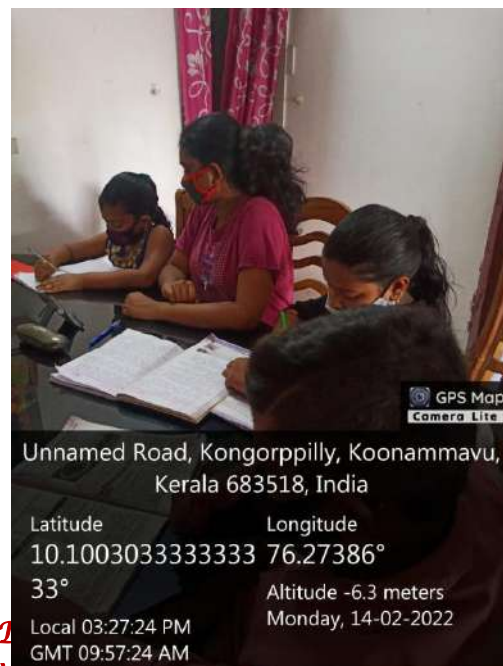
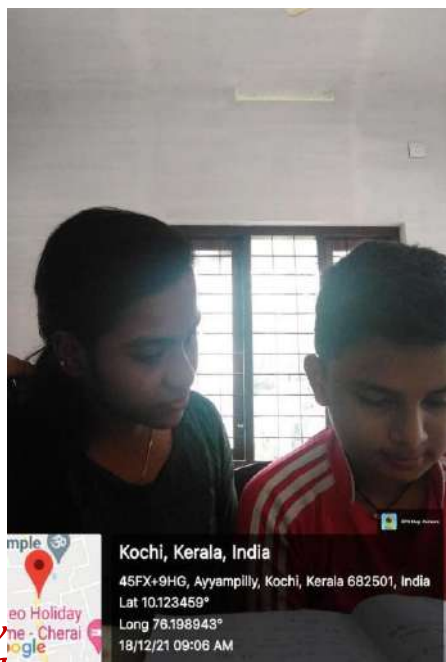


*14th November 2021, children day -distribution of books*





*"Sparsham" a teaching program was also launched on the same day for the students who are affected by online teaching.*



*21st Nov  
Anwar I*

*n with*





*24th November 2022, a road safety seminar was conducted in association with Kerala Motor Kaumudi, Kerala Motor Department.*



*26th November 2021, Anti dowry day was observed -flashmob and pledge. flash mob against dowry system in edapally metro station in association with KMRL.*





*As part of Nurture the Nature campaign in association with KMRL .cycle rally to promote pollution free campus "ride for better future"*







*The College in association with Kerala Action force conducted organ donation of 2000 patients to Sr.Shiny,vice president,District panchayat .*



*Laptops were also distributed to 2 students to help them during their online study tenure.*





*A blood donation camp were also conducted and around 68 candidates donated blood.*



*3rd December 2022, NSS conducted a fest to encourage entrepreneurial talents*





*13th December 2022, GO ELECTRIC campaign organized as part of the Urgakiran program sponsored by Government of Kerala GO Electric Campaign*



*13th December 2022, webinar on the topic "GO ELECTRIC" by Dr.Sreeja ,Assistant Professor in Physics, Al Ameen College Edathala and Urjakiran Trainer.*



*14th December 2022, Nature the nature -go green campaign. In association with Attapady tribal colon*





022



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

## CAMP SCHEDULE

**DAY:1 23/12/2021:ഉദ്ഘാടനം, CAMP PREPARATION**

**DAY 2-24/12/2021:PROJECT**  
"പ്രകൃതിയോടൊത്തു" -1  
ക്ലബ്ബ് സമർപ്പണം, DEPT. OF MATHEMATICS, DEPT. OF ARTS, DEPT. OF PHYSICAL EDUCATION

**DAY 3-25/12/2021:PROJECT**  
"കര്യതരോടെ" -1  
ക്ലബ്ബ് സമർപ്പണം, DEPT. OF COMMERCE, DEPT. OF ECONOMICS, DEPT. OF HIGHER DEPT. OF ENGLISH

**DAY 4-26/12/2021:PROJECT**  
"കര്യതരോടെ" -2  
ക്ലബ്ബ് സമർപ്പണം, DEPT. OF COMMERCE SP., DEPT. PHYSICAL EDUCATION, DEPT. OF CREATIVE ENGLISH

**DAY 5-27/12/2021:PROJECT**  
"പ്രകൃതിയോടൊത്തു" -2  
**PROJECT** "പാഠം ഒന്നു കരുതുക സഹായം"-1  
ക്ലബ്ബ് സമർപ്പണം, DEPT. OF CHEMISTRY, DEPT. OF MALAYALAM

**DAY 6-28/12/2021:PROJECT**  
"പ്രകൃതിയോടൊത്തു" -3  
**PROJECT** "പാഠം ഒന്നു കരുതുക സഹായം"-1  
ക്ലബ്ബ് സമർപ്പണം, DEPT. OF BOTANY, DEPT. OF ZOOLOGY

**DAY 7-29/12/2021:PROJECT**  
"കര്യതരോടെ" -3  
**VALEDRITY FUNCTION**

**PRINCIPAL** **NSS PROGRAM OFFICER**  
**MR. DR. D. GEORGE** **AS. MR. ROSE**  
**JOHANNA KAVIER** **DR. MARITA PAUL**







*12th January 2022, National Youth Day and Swami Vivekananda birthday*



*one day seminar on the life of swami vivekananda and his life principles by Dr.Milon Franz,Professor ,Department of English,SXC.*





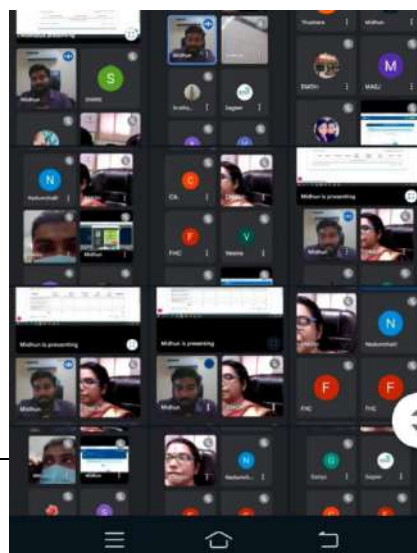
*13th January 2022, Poshan Abhiyan Awareness among parents and familiarizing poshan tracker app among parents.*



*Setting up Anganwadi posters*

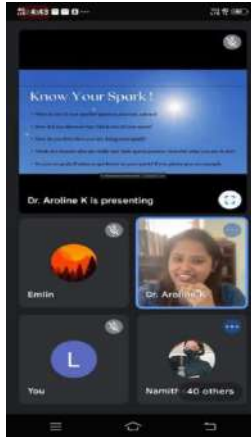


*13th January 2022, Poshan Abhiyan Awareness among parents and familiarizing poshan tracker app among parents. by DMO*





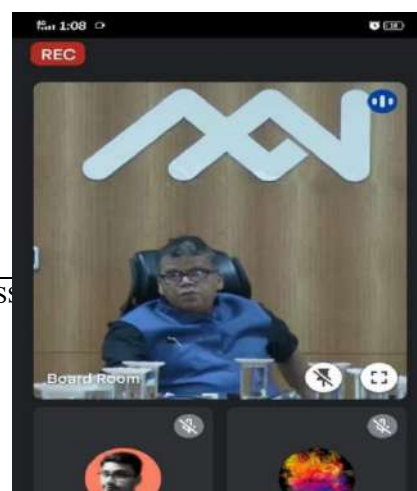
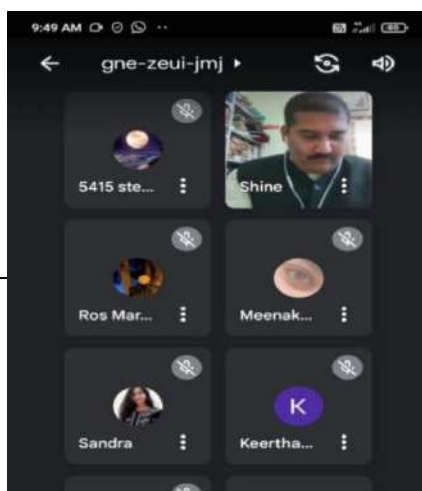
25th January 2022, In association with State Social Justice Department ,Ernakulam and Maintenance Tribunal FortKochi conducted a webinar on the topic “Mathapithakalum Muthirnapouranmarudeyum shemavum samrakshana niyamam 2007” and a awareness class on “Dimenesia



26th January 2022,- 27th January 2022, 28th January 2022, 29th January 2022, 30th January 2022, 31st January 2022, 1st February 2022, A pledge on Say yes to life, No to Drugs

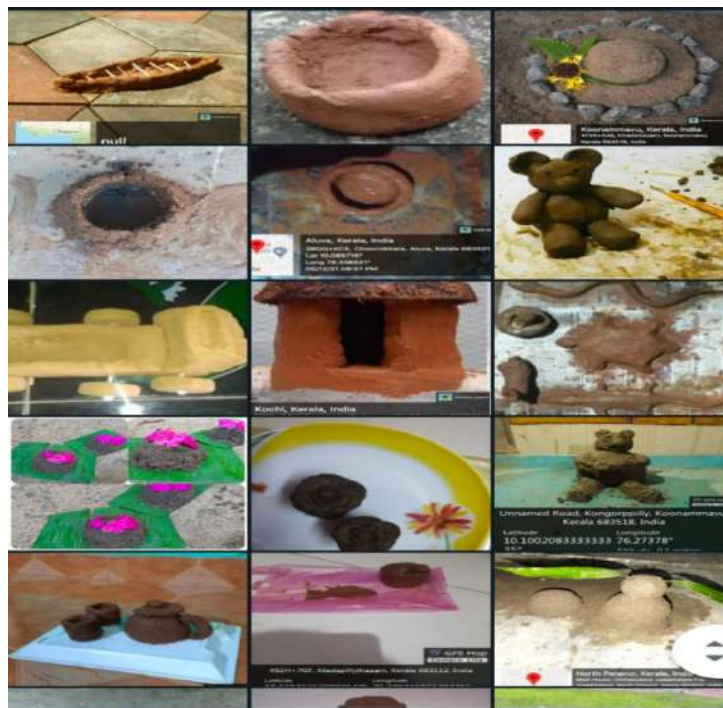


29th January 2020- workshop on public Transport and panel discussion on the topic Public transport in Greater Kochi were conducted in association with Kochi Metro Rail Ltd and Greater Kochi Development Forum





*2nd February 2022- World Wetland day was observed in association with Kerala Social Forestry Department*



11th February 2022, NSS in association with District Health Department and AIDS control Department, Ernakulam conducted a “YuvaJwala Campaign”





*25th February 2022, A cleaning drive was conducted in college as part of Swachh Bharat Mission in a new plot by first year students.*



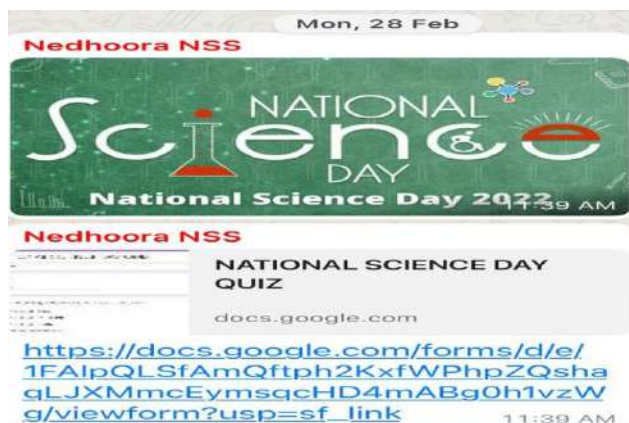
*25th February 2022, NSS three day camp “Mrithika” was inaugurated by Shri.Anwar Sadhath, M.L.A.and . “Mrithika- Nanavau 2022” an agricultural project of NSS was also inaugurated .*







*28th February ,National Science Day was observed by conducting an intercollegiate quiz competition.*



*3rd March 2022, NSS in association with Kerala social forestry department observed world forest day by cleaning manapuram*





*March 2022, NSS volunteers prepared a digital book projecting the nature in college “life at college”.*



*4th March 2022 , organized a Hair Donation Camp*



*On 5th March 2022, NSS in association with Nehru Yuva Kendra Conducted Flash mob campaign to protect water resources at Munabam Beach, Cherai Beech and Kuzhupally beach*

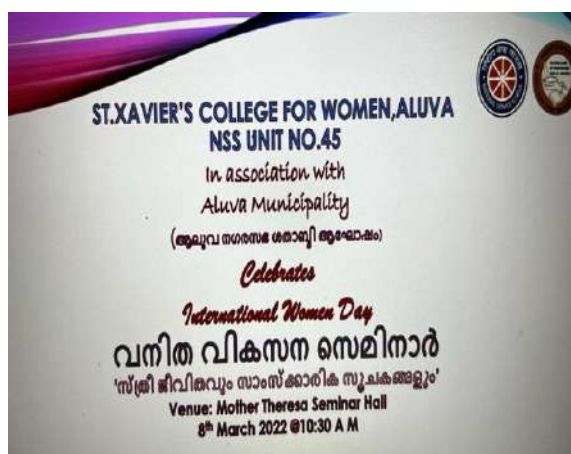




*On 5th March 2022, NSS in association with Nehru Yuva Kendra Conducted cleaning drive to protect water resources at Munabam Beach,Cherai Beech and Kuzhupally beach*



*8th March 2022, NSS in association with Aluva Municipality organized a Women Development Seminar*





7<sup>th</sup> March NSS observed world Women day in association in IMA WIMA



**ലോക വനിതാ ദിനാചരണം**  
 ലോക വനിതാ ദിനാചരണത്തിന് മുന്നോടിയായി  
 മാർച്ച് 7 തിങ്കൾ 2 P.M.  
 ആലുവ അൻവർ മെമ്മോറിയൽ പാലിയേറ്റീവ് കെയർ ഹാളിൽ വച്ച്  
 IMA വിദ്യാ അർവർ പാലിയേറ്റീവ് കെയർ യൂണിറ്റ്, KAF  
 സെന്റ് സേബ്യൂഷ്യൻ കോളേജ് NSS യൂണിറ്റ്  
 എന്റർപ്രൈസസ് കൗൺസിലർമാരുടെ  
**വനിതാ ദിനാചരണവും**  
**മാതൃകാ വനിതകൾക്ക് അനുഭവദായകവും**  
 Dr. C.M. ഹൈദരാലി അദ്ധ്യക്ഷത വഹിക്കും.  
 മുനിസിപ്പൽ വൈസ് ചെയർപേഴ്സൺ  
 ജെബി മേത്തർ ഉദ്ഘാടനം ചെയ്യും.  
 കാൺസിൽ പ്രസിഡൻ്റ് ഡോക്ടർമാർ, Dr. രാജേഷ്, Dr. ലിസ,  
 E.A. ഷബീർ, എൻഡ് പ്രസംഗിക്കും.  
 ജോബി മോസസ്  
 കോ-ഓഡിനേറ്റർ  
 9747474715  
 C.M. സലീം  
 സെക്രട്ടറി, AMPPC  
 9947451686

Two days Palliative care training class at Anwar palliative care on 17/3/2022 and 18/3/2022 and started palliative care unit in college





*6<sup>th</sup> April 2022, as part of world health day - orientation session on "Importance of health preservation after covid pandemic and how to handle covid after effects" -interaction with Health workers from different fields during pandemic situation*



*Donated Washing Machine to Physically handicapped lady in Mupathadam panchayat*



### *HOUSE CONSTRUCTION -snehaveedu*

*Under this project NSS help in construction of houses affected by Flood. Initial construction is completed and financial assistance for second part has handed over in Mupathadam.*

*Financial assistance for renovation of 4 houses were handed over through Red cross for those affected by flood in Kuttikal.*



*NANAVU - An agricultural project initiated by NSS and as a first step "vazha krishi" has been started.*



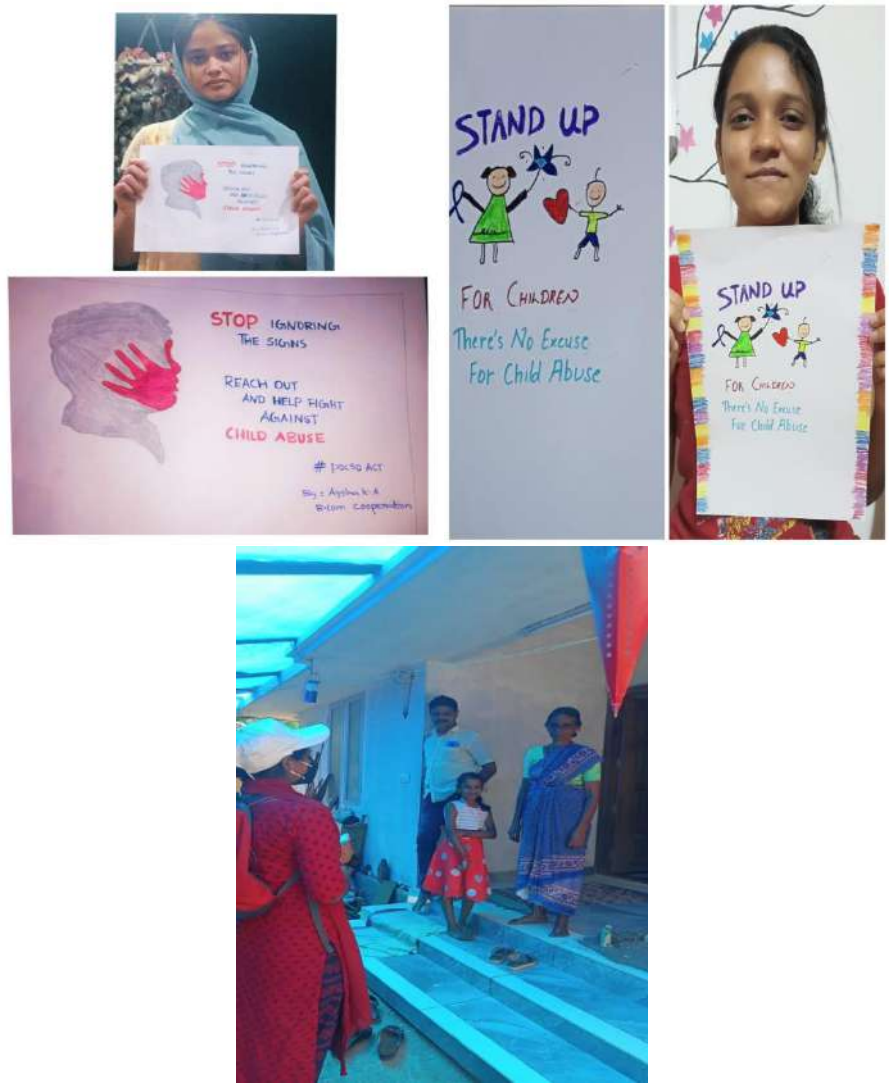


*Sparsham -Teaching program initiated by NSS volunteers for students affected by Covid pandemic online teaching method. Financial Assistance for recharging and fees payment were also done by NSS.*



*POSCO ACT awareness was conducted by students by preparing posters and as well as visiting near by homes and giving door to door awareness about post act.*



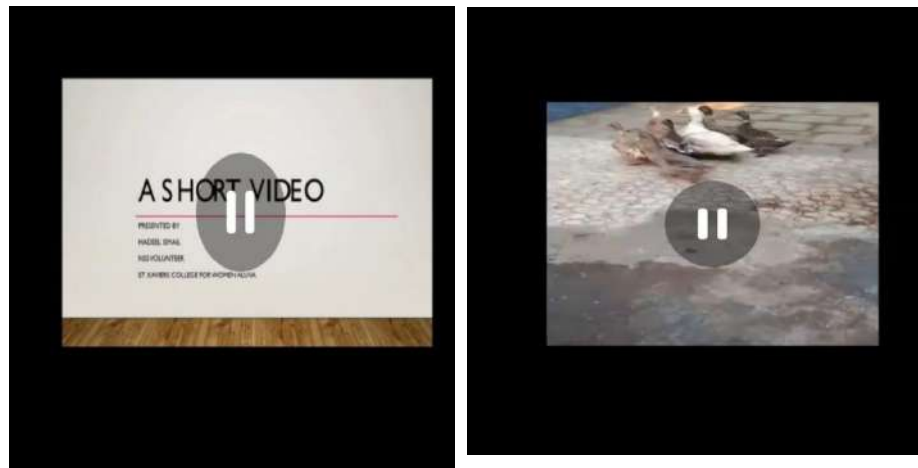


*Poshak Abhiyan Awareness campaign part 2 were conducted among various Aganavady in Aluva by posting posters*

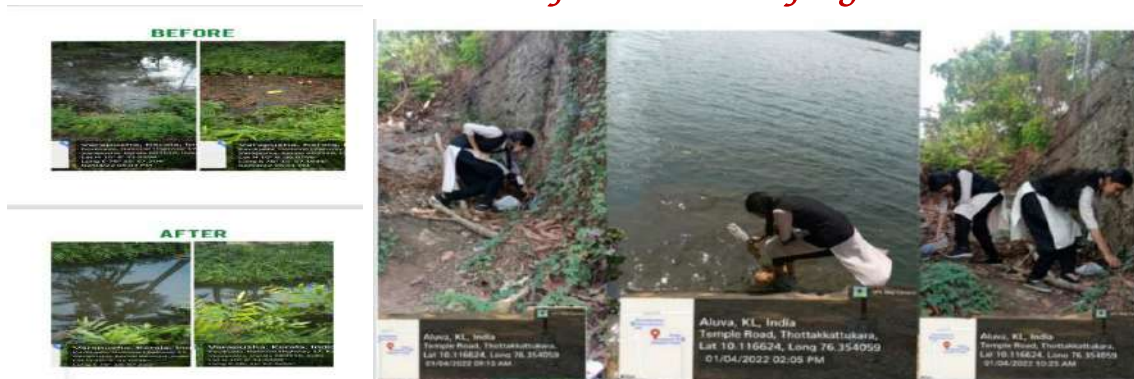




## *Animal Protection Campaign*



## *water bodies protection campaign*



## *Veetil oru krishi thotam project*





## *Vazhiyoram*



## *Bhoomi Avarudeyum project*



## *Pusthakathooni Project*





*25<sup>th</sup> March 2022, NSS volunteers distributed Bulbs to Karumallor Panchayat to make it Filament free Panchayat.*



*1<sup>st</sup> April 2022, Nature Camp to Malakapara Forest and visited Tribal Colony*



*7/4/2022, NSS in association with FACT Housing Society, IMA and Kerala Action Force observed world Health Day -A medical Camp -Blood Donation Camp -Awareness Session*









*12/4/2022 , NSS joined the project “Njagalum Krishiyilek” by Agricultural Development Department , Krishibhavan Aluva Municipality and started Vegetable Cultivation .*



*Blood donation at Eloor*



*Nanavu*





### *Water Resource Protection Campaign -Nehru yuva Kendra*



### *Hair Donation*



*Handing over key of newly Constructed House in association with Kerala action force and life mission, IMA kerala*





*Blood Donation at Aluva*



*World tobacco day*





# PHOTOS 2020-21



“kaikorkam karshika keralathinayi”



NSS Volunteers' activities during lockdown



Environment Day





International yoga Day



webinar "How yoga helps to fight against disease" and practiced yoga at home

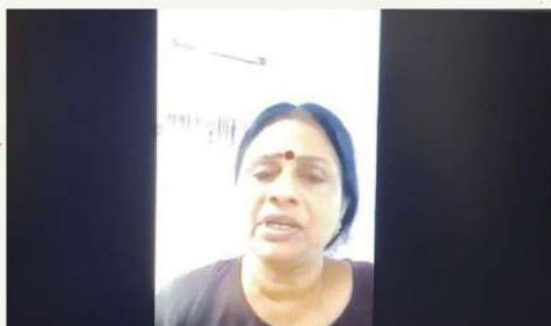


a campaign "air your voice against EIA draft 2020"



Independence Day





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

ONE DAY AWARENESS CLASS ON  
COVID 19 PRECAUTIONS  
AND REMEDIES

on 11/7/2020  
at 11.00 am to 12.00 pm  
Online platform: Google meet

RESOURCE  
PERSON:  
DR.SAVITHA  
DY DMO  
ERNAKULAM

PRINCIPAL  
REV.DR.SR GEEGE  
JONAMMA XAVIER

Coordinators:  
Jasmine G onalvez  
Niru Rose

Awareness class on COVID 19: precautions and remedies

**"Earn while you learn"**

As part of World youth skill day on 15<sup>th</sup> July 2020, NSS unit of SXC  
invites  
Creative \_Skill \_Oriented\_Ideas  
which helps the students to earn income through their skill oriented  
activity which can be pursued along with their studies.  
*Send your ideas in the form of videos or ppts to  
[nsssxcc@gmail.com](mailto:nsssxcc@gmail.com) on or before 19<sup>th</sup> July 2020.*

Intercollegiate creative skill-oriented competition 2020" EARN WHILE YOU LEARN"

**NSS UNIT NO:45**

**NSS FOUNDATION DAY CELEBRATION**  
**September 24,2020**

*Together we move forward for a better  
and a brighter tomorrow*

Chief Guest:Miss.Anju Unni(HSST,

**PROGRAMMERS:**

- \* CARD MAKING (FOR YOUR BEST TEACHER)
- \* ANUBAVAKURIPU ( THE TEACHER WHO INSPIRED YOU MOST)
- \* PENCIL DRAWING ( AN AFFECTIONATE TEACHER)
- \* KAVITHARACHANA ( TOPIC: ENTE GURUNADHAN)

NSS foundation day celebrations & Teachers Day Celebrations



NSS volunteers participated in National WEBINAR on NEP 2020 organised by Ministry of Education and Ministry of Youth Affairs & Sports, Govt of India





### Five-day Capacity Building Workshop



### NSS volunteers participated in FIT INDIA PLOG RUN



### Gandhi Jayanthi, 2nd October

Kerala Forest Department Wildlife Week Celebration 2020

## WEBINAR

### CONSERVATION OF SACRED GROVES & URBAN GREENERY

KEY NOTE ADDRESS:

Dr. C. Meenakshi IFS

Technical Section : 1

Dr. Kannan C.S Warrer  
Senior Principal Scientist  
ENVIS Co ordinator, IFGTB, Coimbatore

online seminar on conservation of sacred groves and urban greenery organised by social forestry division Ernakulam

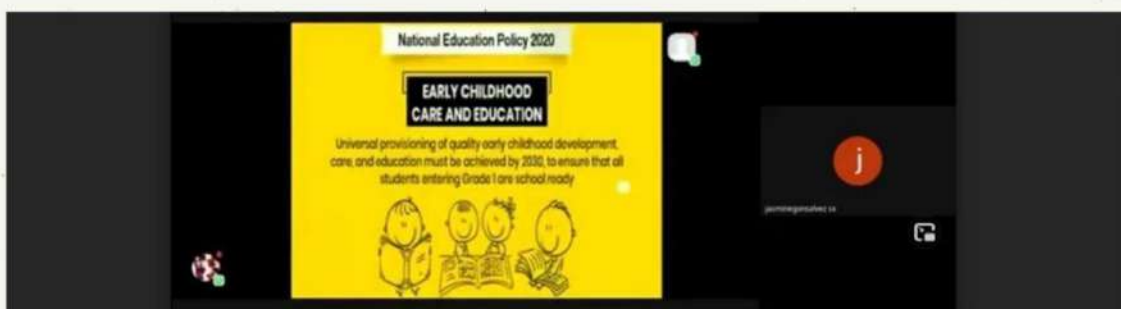




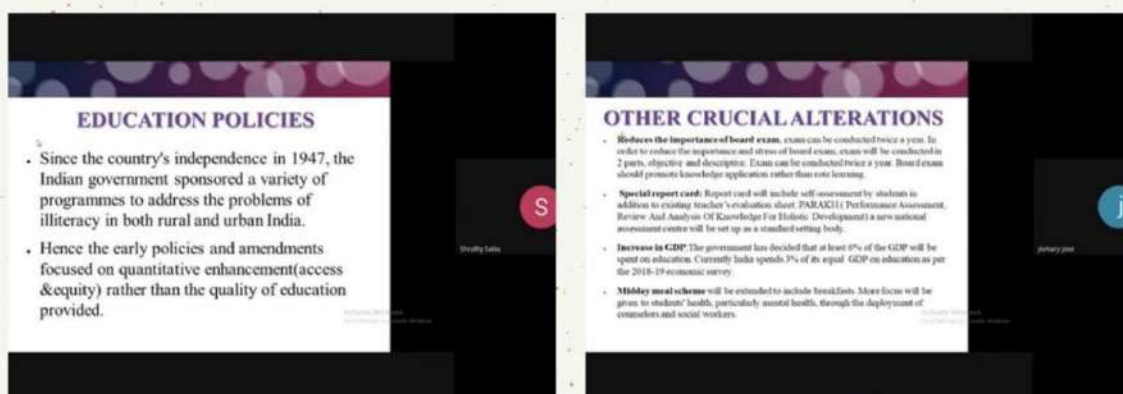
## COVID Pledge



Keralathile maarunna paristhithiyum manushyavakasha prashnagalum

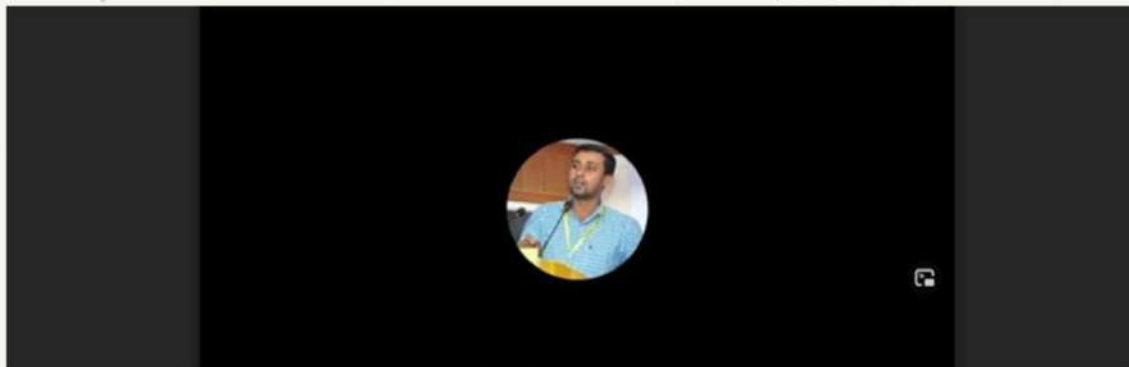


An awareness video presentation on National Educational Policy was done by NSS volunteers

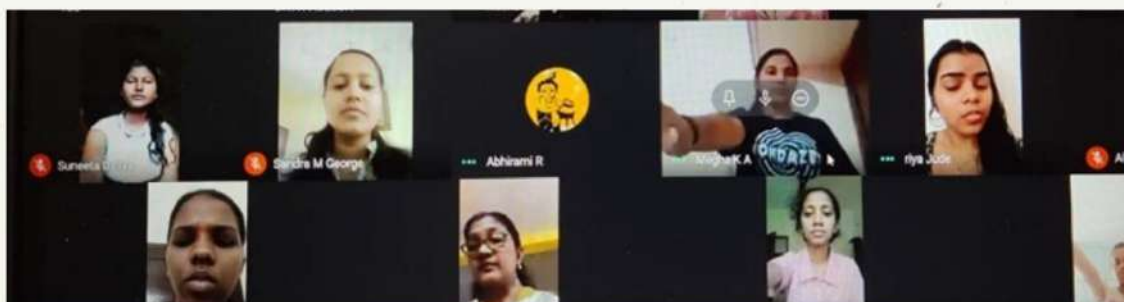


In association with UBA , NSS volunteers took awareness class on National educational policy

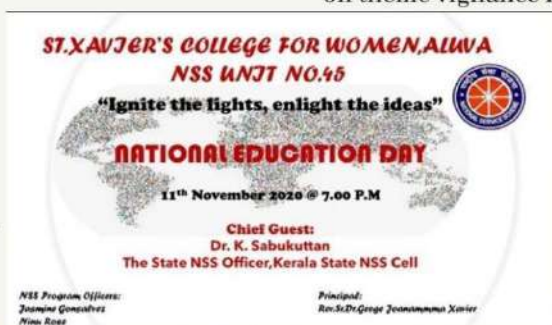




## NEP awareness week



integrity pledge for citizens as part of observance of vigilance awareness week  
on theme vigilance India prosperous India



Talk on "Ignite the lights, Enlighten the ideas" by  
Dr. K. Sabukuttan, State Programme Officer

Mob : 7356291295		Online Payment Receipt	
<b>Transaction Details</b>		Dear Customer, You have successfully completed your recharge The details of your transaction are below. Kindly quote your transaction ID for future communications.	
Transaction ID	4497671638	Mobile Number:	8943324203
Pack Value	₹399	Recharge Amount:	Rs. 599
Validity	56 days	Payment Date & Time:	15-Dec-2020 1:22:26PM
Recharge Time	21-Feb'21, 12:11 PM	Order Id:	PRE1317104743374203
		Recharge Description:	Unlimited 599
		Recharge Validity:	84 Days

Children's Day: NSS, sponsored 10 children from other institutions  
by recharging their mobile data



## PREAMBLE TO CONSTITUTION

WE, THE PEOPLE OF INDIA,  
having solemnly resolved to constitute India  
into a SOVEREIGN SOCIALIST SECULAR DEMOCRATIC

On 26th November 2020, volunteers took constitution day pledge through mygov.in.



On 1st December, World AIDS day, volunteers prepared posters, placards and videos through google meet.

## I SUPPORT ARMED FORCES FLAG DAY

### Certificate

This is to certify that

*M J Anitha Mary*

has taken the 'I Support Armed Forces Flag Day' Pledge and commits to celebrate this day in honour of the unsung soldiers of our Armed Forces who gave their all for their country.

"I support Armed forces flag day pledge" initiated by the Ministry of Defence as part of Armed forces day.



NSS volunteers participated in Green Election campaign, Haritham a project initiated by Ernakulam Collectorate as part of state panchayat election 2020



## DECEMBER 2020



The NSS special camp "Thanal 2020" with the theme "Youth for prevention and mitigation of covid 19" was conducted from 20th to 26 December 2020.



On 23rd December 2020, Wall painting at Cyber police station, Infopark, Kakkanad



NSS Volunteers celebrated Christmas distributing cakes and eatables to people on the street.



**FARMER'S DAY**

Farmers day

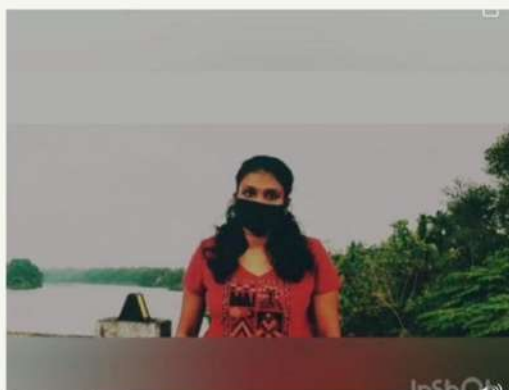




*# favouring farmer's protest*



Favoring Farmers Protest



Water 2 me campaign



Tweets by Neil Dhot, Executive Director of  
Aquafed, Paris, France

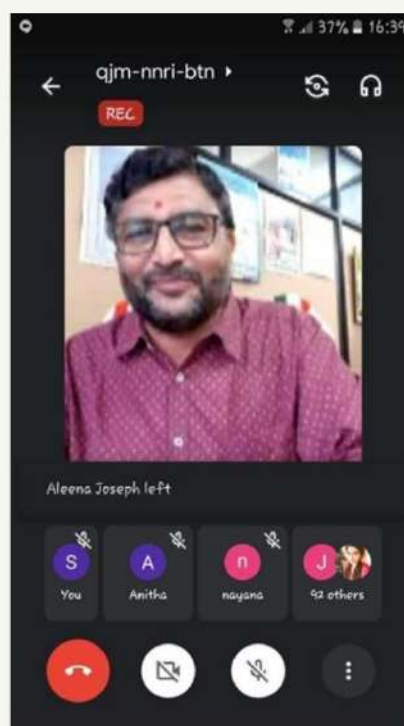
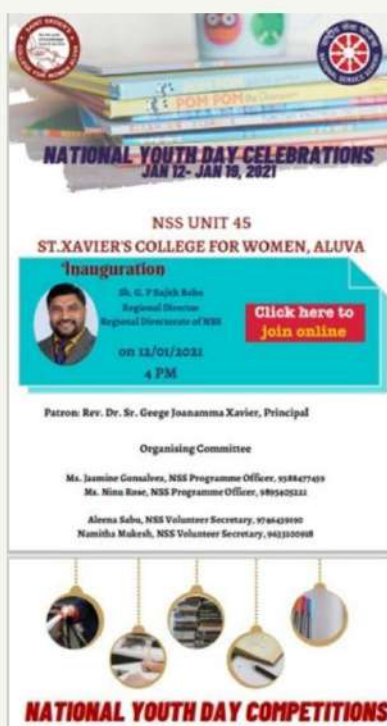




On 30th November 2020, volunteers participated in National Youth Parliament 2021



NSS unit handed over homemade mask and sanitisers to  
Sri M.O John Municipal Chairman, Aluva



Youth week "Enlight"





Republic day was celebrated by preparing an e-magazine based on the theme  
"covidumshasthravum"



Mini Camp of NSS for the year 2020-21



Mangrove sapling preparation



Mangrove sapling preparation





honoured various health workers, doctors, police and other persons involved in fighting Covid 19



NSS in association with Malayala Manorama balajanasakhyam took initiatives for child development in Aluva



NSS unit associated with "GOONJ" a Non profit organisation.



International Women's Day





motivational talk "An inspiration to fly high" by Miss Martina Joseph Celine,  
First Officer, Air India Express



NSS volunteers in association with Kerala Action Force laid foundation for house  
construction in Sreemoolanagaram



115 NSS volunteers participated in Clean Kochi Drive



50 NSS volunteers participated in a cleaning drive at Manapuram, Aluva





NSS volunteers performed street play and flash mob as part of SVEEP programme initiated by Collectorate Ernakulam.



“sprarsham” in which NSS volunteers took regular offline tuition for the school students in their nearby areas.



NSS volunteers helping at Little Flower Social Service Centre, Athani



“Kulirekam Kurilmayekam”



## SEVEN DAY SPECIAL CAMP REPORT 2022-SRADHA 2021

23rd -29th December 2022, NSS Seven day camp-SRADHA 2022

The NSS unit 45 of St.xavier's college for women,Aluva conducted 7 day residential special camp "SRADHA" with tag line "prekrithiyodum jeevithathoodum othu cheernu" at Little Flower School ,Panayikulam from 23<sup>rd</sup> to 29<sup>th</sup> December 2022.



### 23<sup>RD</sup> DECEMBER 2021-DAY 1

On 23rd December 2021, NSS seven day residential special camp sradha 2022 was inaugurated by Shri.Manah,Alagad Panchayat President. The program was blessed with the presence of smt.Latha purushothaman,Vice president ,Alagad Panchayat, Joby Thomas, President ,Kerala Action Force,Shri Justin Ward Member,Rev.Sr .Shalini Principal and Rev.Sr.Charles,Shri.Dileep PTA representative, Rev.sr.Loilata Mother, Sr.Nancy Bursar .Rev.Sr.Charles official raised the flag of camp. All the delegates presented greeted with their speech and support for successful conduct of residential camp.

Shri.Dileep ,PTA representative and Ex NSS PO ,sree narayana school ,Koduvazhagha conducted an awareness session on " how to lead a successful seven day camp ?"



An ice breaking session was organized for the students on the first day of the camp by Dr.Ninu Rose, NSS PO.



## 24TH DECEMBER 2021- DAY 2

The second day of the camp started with with Parade, NSS song, Thought for the day, Kauthuka Varthakal and yoga practice .



An orientation and personality development class was organized for students with Resource person , Shri.Joby Thomas , President Kerala Action Force and counsellor.



A survey on flood was conducted among the local people as part of special camp in panayikulam.(**PREKRITHIYODOTHU**)





A survey on post covid 19 effect were also conducted among the local people as part of special camp in panayikulam.(**KARUTHALOODE**)



Door to Door covid awareness and omicron awareness and need to take preventive measures during christmas season were also provided among local people and shops in panayikulam.(**KARUTHALOODE**)



Hand made Paper bags were distributed in nearby houses and shops as part of creating awareness towards going green and plastic free ward.(**KARUTHALOODE**)





A cleaning drive and garden setting were conducted in and around the area of Govt health Department and school compund.(**PREKRITHIYODOTHU**)



A cleaning drive were conducted in and around the area of School ,Little flower school,panayikulam.(**PREKRITHIYODOTHU**)



Cultural eve were conducted and programs were organized on the theme christmas (**VARNARAGH**)  
**25TH DECEMBER 2021-DAY 3**

The third day of the camp started with with Parade, NSS song, Thought for the day,Kauthuka Varthakal and yoga practice .





### Self cooking



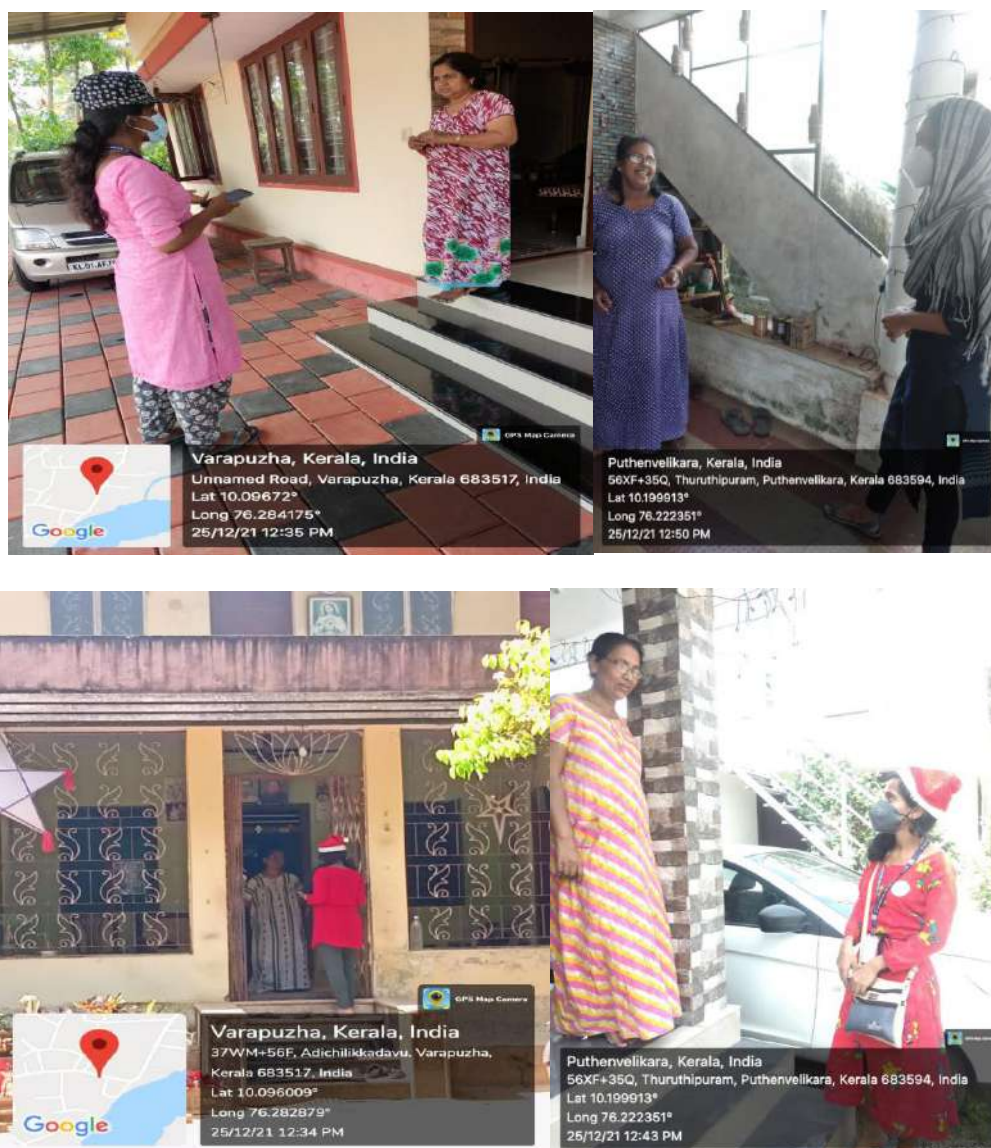
An awareness rally was organized against plastic usage and polluting rivers from little flower school panayikulam to chirayam riverpanayikulam.(**PREKRITHIYODOTHU**)



A survey on plastic usage and disposal was conducted among houses in and around chirayam river regarding plastic usage and their disposal.(**PREKRITHIYODOTHU**)

A survey on the waste management was conducted among houses in and around chirayam river regarding plastic usage and their disposal.(**PREKRITHIYODOTHU**)





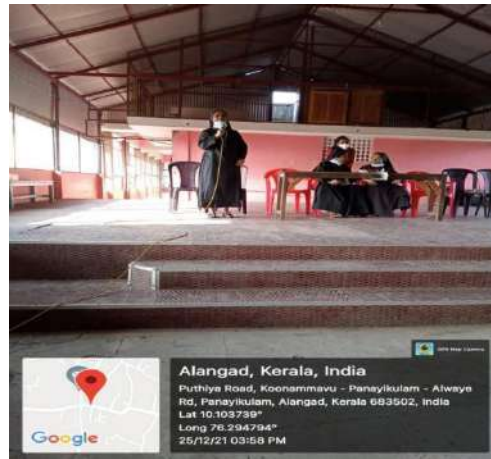
NSS volunteers cleaned in and around the premises of chirayam river panayikulam as part of *(PREKRITHIYODOTHU)* project.



Christmas was celebrated with the intimates of Snehatheeram by distributing cakes to members *(KARUTHALOODE)*

A session on innovative practices in day today life for being successful entrepreneur was conducted with Resource Person Dr.Stella Grace, President ,IIC.





Cultural eve were conducted and Cultural Program on the theme Himachal Pradesh custom was conducted being Ek bharat Shreta Bharat twinning state . (**VARNARAGH**)



#### **26TH DECEMBER 2021-DAY 4**

The fourth day of the camp started with with Parade, NSS song, Thought for the day,Kauthuka Varthakal and yoga practice .



Three projects Prekrithiyodothu, pusthakathooni, Karuthaloode was officially announced by Jojo Cleetus ,Little flower church panayikulam, Vincent Karikkassery chairman Education and Health Standing Committee and Dr.Hydrali ,Pain and Palliative Care.





A medical camp was organized for residents in panayikulam in association with pain and palliative care ,Anwar memorial hospital.(**KARUTHALOODE**)



An awareness class to control diabetics and pressure was also conducted for residents in panayikulam and students by Shelfi K N, Senior Business executive USV.(**KARUTHALOODE**)

An awareness class on healthy practices was also conducted for residents in panayikulam and students by Ms.Maria George , Medical Trust.(**KARUTHALOODE**)



An orientation class on importance on pain and palliative care training for youngsters was organized with Resource person Dr.Hydrali,Anwar Palliative care Hospital Aluva.(**KARUTHALOODE**)





An e-waste collection drive was also organized and an awareness and survey on e-waste management was also organized among residents in panayikulam. (***PREKRITHIYODOTHU***)



In chirayam colony , NSS adopted a aganavadi . NSS volunteers painted cartoon characters inside ,cleaned and set the Anganawadi and arranged the same for the students. A small library was also set for kids for welcoming them after covid pandemic situation. (***ORU KAI SAHAYAM - PUSTHAKATHOONI***)



NSS volunteers collected books from college and a mini library was also set up in Anganwadi. (***ORU KAI SAHAYAM -PUSTHAKATHOONI***)





A rally was also conducted against the usage of drugs in chirayam harijan colony and awareness was given to inmates of the chirayam harijan colony. **(KARUTHALOODE-SPARSHAM)**



Cultural eve were conducted and Cultural Program on the theme kerala style. **(VARNARAGH)**



## 27th December 2021-DAY 5

The fourth day of the camp started with with Parade, NSS song, Thought for the day, Kauthuka Varthakal and yoga practice .





An orientation session on the topic “samoohika prethibhathatha prekrithiyoodum jeevithathoodum” was organised with Resource person shri.Chinnan Pandiyath ,Social worker and Environmentalist.(Karuthaloode-sparsham)



A Self job training session was organised for house wives ,widows on the topic umbrella making, pot making , environment friendly utensils with the resource person MS.Rosamma.(women entrepreneurship program)



The Anti-Drug Campaign sparsham 2021 was observed on December 27 as directed by the Kerala Excise Department and the State NSS Office to the State Office.



As part of the project, an anti-drug campaign was organized at Panayikkulam Chirayam Harijan Colony on December 26 and anti-drug awareness was conducted by visiting homes.

On 27<sup>th</sup> December it was decided to hold an anti-drug awareness rally at Ward No. 14 Nalam Nilla Harijan Colony and to conduct door-to-door anti-drug awareness campaigns. Mr. Joby Thomas, President, Kerala Action Force, a voluntary organization, and Shri. Hari Janamythri police officer were present on the occasion.

An orientation class against drugs usage and guidelines to provide awareness and counselling as well as survey among inmates Naalaam Cent Colony various colonies were organised with resource person Shri. P. G. Hari, Janamythri Police, Binamipuram.



An awareness and protest rally was organized to Nalam Cent Colony.

The rally was flagged off by P. G. Hari, Janamythri Police, Binamipuram.

NSS volunteers rallied in the colony, chanting anti-drug awareness slogans and performing.

After the rally, Kerala Action Force President Shri. Joby Thomas took an anti-drug awareness class for the inmates of the colony.

The NSS volunteers then went to each house to conduct a drug awareness and small survey on drug usage.

Benami Pooram police station associated with us conducted the anti-drug campaign with the help of Janamathri police.





“sparsham-raharivirutha prethinjayum deepam theliyikalum-vimukthi jwala ” was conducted at Panayikulam Puthiya Road Junction in association with Ward Number 14, Binanipuram Janamythri Police and Kerala Action Force. The Program was inaugurated by Shri.Sudheer S I ,Alagad Police station.

Alangad Kerala Police SI Sudhir Sir through his inaugural speech created an awareness about need for preventing usage of drugs among local people especially younger generation and called on the officers of various voluntary organizations to work against intoxication.

Vimukthi Jwala was organized in collaboration with Ward No. 14, Binanipuram Janamaithri Police and Action Force Various Voluntary Organizations.Koduvazhanga Sreenarayana Club and Library Officers Viji Joshi, Shaibin, Methanam Jamaat Officers PM Abdul Kareem, TS Noushad, Panayikkulam, Littleflower Parish Leader Joseph Panikaveetil, KPMS Officers MK Sundaran, NK Kamal Ward Members KV Justin,Usha Ravi, Little Flower Youth Ministry Coordinator Chinchu John, New Road Autorickshaw Union office bearers TM Razak and Sabu Thomas led the drive and called for an end to drunkenness.

Ward member Usharavi inaugurated the anti-drug candle light vigilance campaign and called on others to take the oath of allegiance.

After that, an anti - drug street play was held by the NSS volunteers and then a flash mob led by the NSS volunteers was held. Then a sparsham anti drug awariness rally was condcuted to call for drug free ward with the support of local people.



**ലഹരി വിരുദ്ധ പ്രതിജ്ഞയും ദീപം തെളിയിക്കലും**  
**2021 ഡിസംബർ 27 തിങ്കൾ 5 PM ന്**  
**പാനായിക്കുളം പുതിയറോഡ് ജംഗ്ഷനിൽ**

**വർദ്ധിച്ചുവരുന്ന ലഹരിക്കെതിരെയുള്ള ബോധവൽക്കരണത്തിന്റെ ഭാഗമായി**  
**ബിനാനിപുരം ജനമൈത്രി പോലീസ്,**  
**കേരള ആക്ഷൻ ഫോഴ്സ്,**  
**സെന്റ് സേവ്യേഴ്സ് കോളേജ് എൻ.എസ്.എസ് യൂണിറ്റ്,**  
 വിവിധ സാമൂഹ്യ സാമുദായിക സംഘടനകളുടെയും സ്ഥാപനങ്ങളുടെയും  
 സഹകരണത്തിൽ സംഘടിപ്പിക്കുന്ന ഈ സംരംഭത്തിൽ ഏവരും പങ്കാളിയാകൂ...

കൊടുവഴുങ്ങ ശ്രീനാരായണ ക്ലബ്ബ് & ലൈബ്രറി ഭാരവാഹികളായ വി.ജി. ജോഷി, ഷൈവിൻ, മേത്താനം ജമാഅത്ത് ഭാരവാഹികളായ സി.എം. അബ്ദുൾ കരീം, ടി.എസ്. നൗഷാദ്, പാനായിക്കുളം ലിറ്റിൽഫ്ളവർ പാരിഷ് ലീഡർ ജോസഫ് പണിക്കറവിട്ടിൽ, KPMS ഭാരവാഹികളായ എ.കെ. സുന്ദരൻ, എൻ. കെ. കമലൻ, വാർഡ് മെമ്പർമാരായ കെ. വി. ജസ്റ്റിൻ, , ഉഷാരവി, ലിറ്റിൽഫ്ളവർ യൂത്ത് മിനിസ്ട്രി കോ-ഓർഡിനേറ്റർ ചിജുജോൺ , പുതിയ റോഡ് ഓട്ടോറിക്ഷാ യൂണിയൻ ഭാരവാഹികളായ ടി.എം. റസാക്ക്, സാബു തോമസ് എന്നിവർ നേതൃത്വം നൽകും.

**പി. ജി. ഹരി**  
 ജനമൈത്രി പോലീസ് ഓഫീസർ  
**ജോബി തോമസ്**  
 KAF കോ-ഓർഡിനേറ്റർ  
 9747474715

**പ്രൊഫ. നീനുറോസ്**  
 N.S.S പ്രോഗ്രാം ഓഫീസർ  
**കിനീഷ് ക്ലീറ്റസ്**  
 KAF കൺവീനർ  
 9037779182



Cultural eve were conducted and Cultural Program on the theme indian traditions. (*VARNARAGH*)

**28TH DECEMBER 2021 -DAY 6**

The fourth day of the camp started with with Parade, NSS song, Thought for the day,Kauthuka Varthakal and yoga practice .





A Cleaning drive and Garden Setting was done by NSS volunteers at Little Flower School Panayikulam premises as part of prekrithiyodothu project.



NSS volunteers conducted an e waste collection campaign and awareness on need for e waste disposal among local people

Self Defense workshop was also arranged for NSS volunteers with resource person smt.Ambily in association with Aluva Police Vanitha Cell.



NSS volunteers distributed hand made paper bags to all shops in panayikulam to move towards green village-prekruthiyodithu.





NSS volunteers participated in Aluva municipality kootayootam as part of centenary celebration and joined hands with them to conduct social oriented activities .



Cultural eve were conducted and Cultural Program on the theme indian traditions. (*VARNARAGH*)

**29TH DECEMBER 2021-DAY 7**



NSS volunteers in association with Neercoode Sahagarana Bank set up a vegetable garden at neercode bank ground .



NSS volunteers initiated the House Construction Initiated at Mupathadam in association with Janamythri police station Binamipuram and Kerala Action Force.



NSS volunteers Visited binamipuram police station and interacted with police officers .



Sramadan Cleaning Drive in was conducted at little flower School, panayikulam and hand made paper bags to all shops in panayikulam to move towards green village-prekruthiyodithu.





Hand written Magazine Sradha 2021 was also released in the valedictory function.



Valedictory function was organised at Little flower school panayikulam with chief guest shri.Remya madam ,Block Panchayat President and felicitated by shri.Joby thomas ,local representative .





## THREE DAY CAMP DAY SPECIAL CAMP REPORT 2022

On 25th February 2022, NSS three day camp “Mrithika” was inaugurated by Shri.Anwar Sadhath, MLA. The Program was presided by Principal Rev.Sr.Shalini and Felicited by Dr.Sheena Xavier, Former NSS PO and Rev.Sr.Charles,Manager. “Mrithika- Nanavau 2022” an agricultural project of NSS was also inaugurated .



A massive cleaning drive was observed as part of NSS Three day camp to support swatch bharat mission in the new plot combine by first and second year NSS volunteers. And the land was getting ready for “Mrithika- Nanavau 2022” an agricultural project.





A Rosary Making Workshop by S.Mary Maglin Alven, Assistant professor in commerce, St.Xavier's College for women,Aluva to enhance Entrepreneurial Skills of students was also organized.



On 26th February , a cycle rally was conducted to create awareness for water resource protection campaign to Manapuram, Aluva and Students cleaned Manapuram .





part of water resource protection campaign Manapuram Cleaning was done by NSS volunteers.

On 26th February 2022, “Mrithika- Nanavau 2022” an agricultural project was done to do agriculture of banana.



- On 26th February 2022, a training on youth on Jal Jagran Abhiyan by shri. Joby, Assistant professor, Rajagiri college, kalamassery and Resource person Jal Jagran Abhiyan Project was also organised in association with Nehru Yuva Kendra, Ernakulam.





- On 26th February 2022, Cultural program projecting Indian Diversity among different states were also observed as part of Mini NSS camp.



- On 27th February 2022, The Nanavu project was officially started by planting banana stem .



- On 27th Febraury 2022, The Nss volunteers also visited Kuttivanam or Harithavanam in Manapuram and Arboretum Mathrubhoomi Mathrikathootam, thotakatukara artificially created forest as part of NSS mini camp.





- On 27th February 2022, The Program came to an end with Valedictory Function



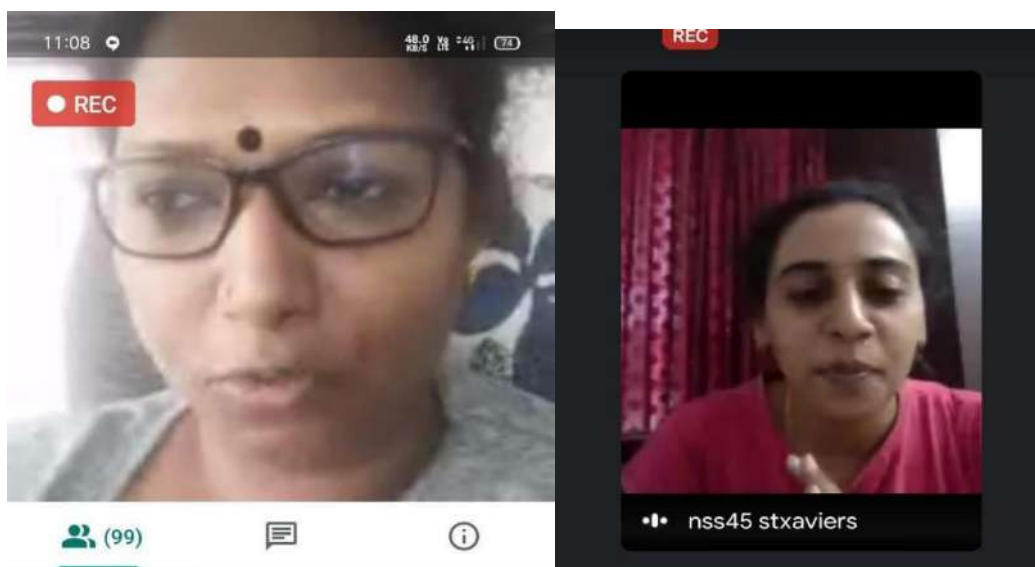


## SEVEN DAY SPECIAL CAMP REPORT 2020-2021

PLATFORM: GOOGLE MEET

**DATE: 20<sup>th</sup> DECEMBER 26<sup>th</sup> DECEMBER, 2020 20<sup>th</sup> DECEMBER: (DAY 1) FRIDAY**

The NSS special camp “Thana 2020” was conducted from 20<sup>th</sup> December 2020 to 26<sup>th</sup> December 2020. The NSS special camp with the theme “Youth for prevention and mitigation of Covid 19” was officially inaugurated by Dr. Rekha Raj, NSS programme coordinator, M G university Kottayam. Respected principal Rev. Sr. Dr. Shalini presided the meeting and MS. Leena Deenja, Associate Professor in physics felicitated the function.



- The special camp started with an icebreaking session by NSS program officer Ms. NinuRose. The session started with a self-introduction of NSS volunteers. The students were assigned outdoor activities through online instruction and they were asked to send photos and videos of outdoor activities assigned to them. As part of the ice breaking session students were also asked to send a video of their artistic talents.
- Each day of the camp started at 8.00 am with an NSS song. It was followed by thought of the day, yoga practice, digital paper presentation and evaluation of previous day experiences.
- The students were given instructions and rules of online camp. For the smooth conduct of camp, students were divided into various groups and each group was assigned with various activities.
- The students were assigned field survey on the topic youth for mitigation of Covid 19.
- The students were asked to Plant saplings each day of camp and Make minimum ten of their friends to plant saplings and Send both photos and videos of same.
- The students were also asked to collect sponsorships for construction of house for poor family.
- They were also asked to make 50 paper bags
- Each group were also asked to prepare for a class for the parents on the topic how to use mobile and computers and safety concerns.
- Each group prepared a course content for one-week skill development course.



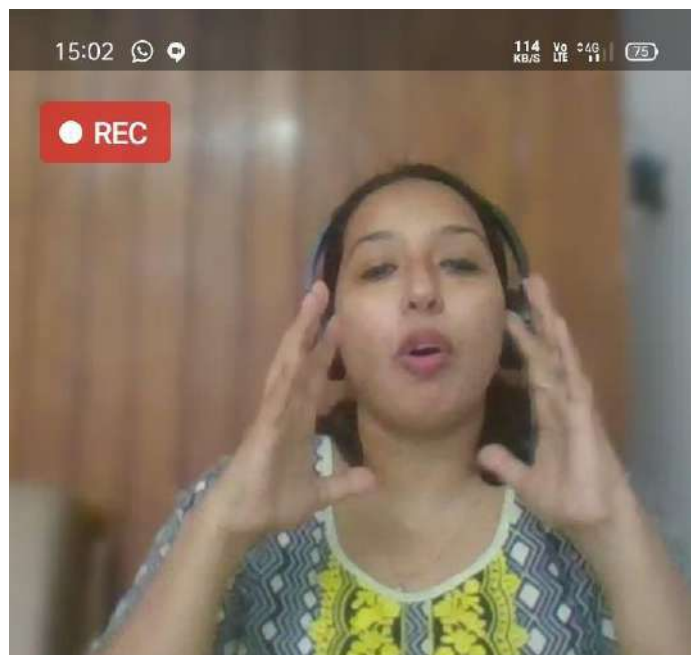
## 21<sup>st</sup> DECEMBER: (DAY 2) FRIDAY

Two groups made digital presentation on the topics

- Nature is not only the home of human beings. Other species also have the right to live in this nature.
- ☐ Say no to old age homes.
  - 2. Write a review about the topic nature is for everyone
  - 3. Make a poster on the topic say no to old age home
  - 4. A session on the topic social media and its abuses by Sonia John Markose, Assistant professor on contract, Dept. of Communicative English, St. Xavier's college for women, Aluva
  - A cultural eve (videos, ppt, dress etc) are presented.

## 22<sup>nd</sup> DECEMBER 2020 (DAY 3)

- ☐ digital presentation on the topics
  - Farmers protest
  - stop acid attacks
- ☐ Farmers Day - plant a protest programme
- ☐ Poster against acid attacks





- An orientation session by Bittu John, owner green store kothamangalam, MTECh in Aeronautical engineering ,worked in HAL bangalore on the topic plastic reduction and use of eco friendly products
- A cultural eve of traditions of Himachal Pradesh(videos,ppt ,dress etc) are presented.



#### **23<sup>rd</sup> DECEMBER 2020 (DAY 4)**

- Digital Presentations
  - identify natural water resources ..do we need to preserve them..
  - why do we need to say no to narcotics..
- Shramadhan-(surroundings cleanings,covid awareness in nearby homes,visit old agehomes)
- Make himalayan traditional food
- Online baking class by shobhitha Joy,Alumni ,St.xaviers college for women ,Aluva
- Visited cyber police station info park kakanad for making beautiful through wallpainting as part of child friendly police station.
- A cultural eve of traditions of kerala.videos,ppt ,dress etc are presented.
- On 23<sup>rd</sup> December 2020 NSS unit of our college has started a Bake House (Baking unit) as part of our NSS SEVEN DAY CAMP. The unit was officially inaugurated by our dear principal accepting our first cake baked by Fathima Nourin ,NSS second volunteer.
- On 23<sup>rd</sup> December 2020, Wall painting in Cyber police station in Infopark Kakkanad to arrange child friendly police station and distributed toys and books.





24<sup>th</sup> DECEMBER (DAY 5)

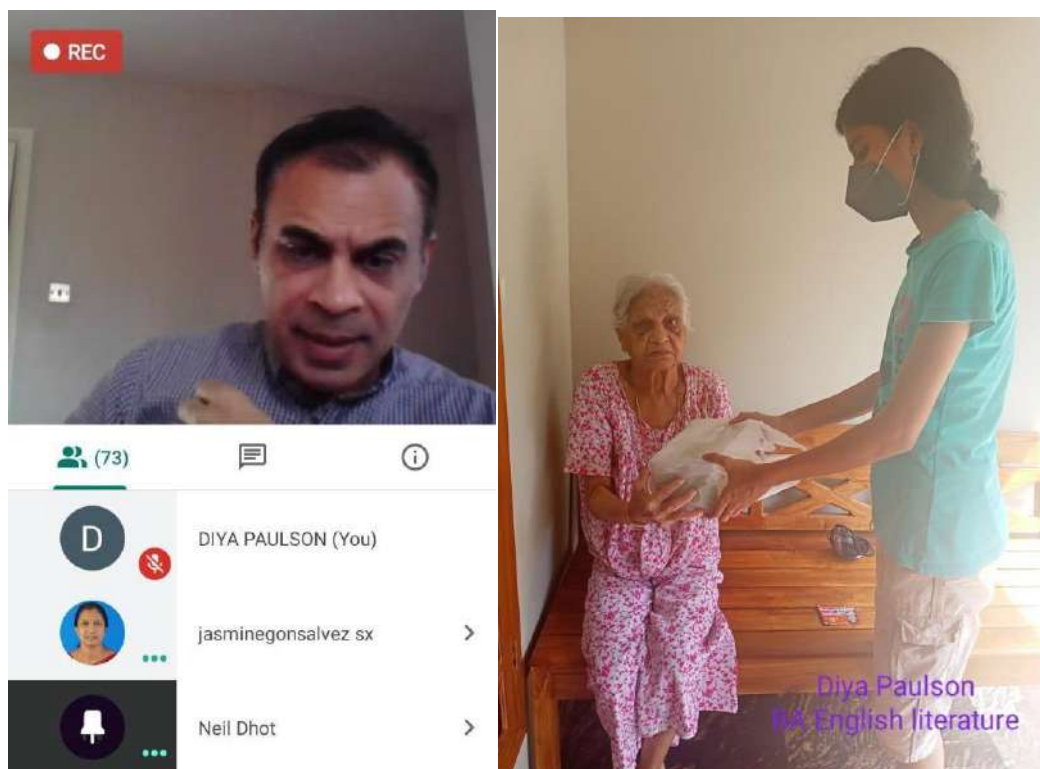
- Digital presentations
  - social media and crime
  - lives on street
- celebrate christmas with old age people by distributing foods to old age people
- Shramadhan - (surroundings cleanings,covid awareness in
- nearby homes,visit old age homes)
- Survery
  - ☐ Christmas celebration-cultural eve





## 25<sup>th</sup> DECEMBER (DAY 6)

- ☐ Digital Presentations
  - Cash crop
  - women empowerment
- ☐ Session handled by NEIL DHOT (executive director of aqua fed) on the topic “protection of fresh water bodies”. It was such an informative session
- ☐ Short film based on Menstrual Education
- ☐ Cultural programs -individual talents
- ☐ Christmas gift
- ☐ On 25th December Celebrated christmas by distributing cakes and eatables to people on street.



## 26 DECEMBER 2020 (DAY 7)

- Digital presentation
- social media
  - topic- Life in streets
- Interactive session by Binoy Joseph, Assistant Sub Inspector Cyber cell Kochi Citypolice on the topic Online safety of students during pandemic times
- rain harvesting
- prepare a video about water problem



