

MAJOR ACTIVITIES IN THE MONTH OF JUNE 2022

- ✓ On 3rd June 2022, NSS in collaboration with Cochin Metro organised a cycle rally from college to pullinjodu Junction to promote the habit of public transport among public. The KMRL manager addressed the students .
- ✓ Environment day Celebration(4/6/2022& 5/6/2022):NSS unit organizes 7 activities in connection with environment day.1)Marathakathoppu Project in association with aluva municipality-NSS unit of st xaviers college and municipal council members together plant tree in different area of aluva municipality on 4/6/2022 2)Clean Drive and Plog Run- NSS volunteers collect plastic waste from different area of aluva town along with plog run on 4/6/2022 3)Challenges of planting 2022 trees – Volunteers of nss plants more than 2022 plants at different corners their home.4) Orientation Section- In association with aluva nagarasapha an orientation section about the important of environmental protection is given to nss volunteers. 5) Green Queen-A green Queen competition is conducted for NSS students of st xavier's college for women, aluva for greeny queen ,the competition began at 12 am. about 10 students are participated for the event.6) Green Exhibition-Green exhibition based on plastic alternative objects are introduced by each participants of green queen competition. 7) General awareness poster -on Environment day also presented as status of NSS volunteers. 8) Cloth bags are distributed by NSS volunteers to the teachers of st xavier's college for women. 9) As part of environment day NSS volunteers planted 2022 trees in and around their home premises and distributed the same.
- ✓ NSS unit organised a mega blood donation camp in association with District Hospital Aluva as part of world blood donors day on 14/6/2022.More than 100 students from st Xavier's college take part in blood donation. The program was inaugurated by Mr.Anwar Sadath MLA. An awareness session was conducted for everyone by Dr.Vijayakumar, Chairman , Blood Bank Aluva. The Students and local people serving better service in blood donation were appreciated with awards. As part of World blood donation day a pledge was taken to promote blood donation. A blood bank directory was also released on same day. A medical camp to promote healthy habits among women were also organised in college.
- ✓ The NSS unit received **best NSS unit in the field of Blood donation from Regional Transfusion centre Aluva, KSBTC**
- ✓ On 16/6/2022,NSS volunteers took oath on the theme antidrugs as initiated by police department, an orientation session was arranged for NSS volunteers on the topic “ Drugs free campus” in association with Aluva police station
- ✓ On 18/6/2022, NSS volunteers donated book and pen to nearby students as part of reading day observation under one book one pen scheme.
- ✓ As part of Reading day observation , 20th to 24th June 2022 were observed as reading week in association with college library . Various competitions , book exhibition , drop corner,book review and book talks were organised as part reading week. Nss volunteers released an open manuscript on reading day. The nearby students were provided with free books in order to encourage reading habits amongs them.
- ✓ In Connection with Yoga Day on 21/6/2022, NSS Unit organized a yoga session for students and teachers lead by our alumni Miss Arya Maglin.NSS volunteers celebrated yoga with family members in morning and A free yoga course were also organised for students ,teachers and parents
- ✓ In connection with the International day against drug abuse ,NSS organized a webinar on effect of drugs among the youth on 25/6/2022 with resource person .Former deputy excise commissioner G Muraleedharan Nair, be the resource person. All NSS Volunteers of St Xavier's college for women, take part in the pledge against drugs organize by Narcotics control Bureau ,and they committed themselves to consciously cooperate in stopping drugs and stay away from drugs to live a healthy life.
- ✓ On 26/6/2022, NSS unit in association with janamythri police,excise(varapuzha range),IMA,Anwar palliate care unit, fact employees social service form, vishwadeepthi school, JRC organized anti drugs day observation in pannayikulam area. A session on anti drugs was organised for parents and students by Shri.Hari, Janamythri police station.Study kits were distributed to needy students as part of this program and free sewing machine were distributed to 10 widows too. An antidrug poster competition were conducted among kids and educational award were distributed to students in chirayam panyakullam area at vishwadeepthi public school hall. A placement orientation session were also organised for parents and students who cleared SSLC and Plus Two.NSS unit also organised a antidrugs rally to promote anti drugs campaign.

- ✓ A part of **World antidrug day observation**, NSS unit organized a rally with posters of anti-drugs awareness on 27/6/2022 from college to thanaloram(outside the corner of the college),and placed more than 75 posters. NSS volunteers made poster chain in campus to promote drug free campus .
- ✓ NSS unit organize a flash mob against Drugs usage as part of World antidrugs day observation on 28/6/2022.
- ✓ On 29/6/2022, NSS volunteers celebrated yoga day with housemates and on the same day antidrugs pledge along with family.
- ✓ In the month of June ,NSS observed dry week to protect against rainy diseases .NSS unit also organized Dry Day-at home on every every Sunday from June 2022.About hundred NSS volunteers clean their home about 1 hour every Sunday. The main objective of this activity is give awareness to young generation about the hygiene ,which began from home.
- ✓ In the month of June 2022, NSS volunteers constructed and maintained a rain harvesting system in their houses and nearby houses and collected rain water from 1/6/2022-30/6/2022 .
- ✓ From 3th to 18th July 2022, as part of International plastic free day , plastic free paper bag week were observed and NSS volunteers made paper bags and distributed in nearby shops and houses around their house and Aluva.

MAJOR ACTIVITIES IN THE MONTH OF JULY 2022

- ✓ On 3/7/2022, NSS volunteers participate in the activity insisted by Ernakulam health department and nagarasapha -‘nayarach dina urgitha uravida nashekarana dinam’ and clean the area surrounding to their home.
- ✓ As part of Vanamaholsavam 2022- Beach cleaning at kuzhipilli beach on 6/7/2022 -inaugurated by K S Nibin,president, Kuzhipilli grama panjayath in association with Social Forestry Department Ernakulam and Mangalavanam Visit was organised
- ✓ In the month of July ,NSS observed dry week to protect against rainy diseases .NSS unit also organized Dry Day-at home on every Sunday.
- ✓ The NSS volunteer Nourin Ashique attended state level NSS camp at Alappuzha.
- ✓ On 9/7/2022, NSS volunteers contributed towards state noble cause at st.Joseph college Irinjalakuda initiated by Kerala Government..
- ✓ ON 13/7/2022,NSS volunteers and NSS program coordinator take part of CUP of IIFE a free menstrual cup initiative among ladies.
- ✓ On 22/7/2022, NSS Program officer Dr.Ninu Rose attended Two day University Level Program officer Training conducted at Bharat Mata School of Legal Studies ,Choondy,Ernakulam.
- ✓ On 28th July -31st July 2022, As part of Abdul Kalam Birth day celebration,NSS volunteers donated free reading books to students in nearby houses.

MAJOR ACTIVITIES IN THE MONTH OF AUGUST 2022

- ✓ From 1st August -6th August 2022 were observed as breast feeding awareness week and a breast feeding awareness campaign was conducted among the mothers of Aluva municipality in association with Department of women and child development.
- ✓ On 3/8/2022, NSS volunteers planted trees in Aluva as part of Green campaign in association with Aluva municipality.
- ✓ On 6/8/2022, Hiroshima day was observed by preparing peace symbol posters and awareness sessions.
- ✓ On 6/8/2022, NSS volunteers visited and served flood relief Centre at Eloor School and distributed needy things and helped them a. NSS volunteers helped the camp in preparing food and helped them to reach out with needy things.
- ✓ On August 2022, Menstrual cup awareness campaign was launched in college for make campus pad free .
- ✓ NSS unit observed Azadi ka Mahotsav as part of Inida celebrating 75th Independence day and 75 projects were initiated which includes planting 75 trees, distributing 75 books,75 Digital literary sessions,75 green initiatives,75 swatch Kerala initiatives ,distribution of 75 food packets,feeding 75 street animals,75 members cycle rally,planting 75 medicinal plants,planting 75 flower plants,preparing 75 food varieties, exhibition of 75 handmade items, meet up of 75 budding entrepreneurs,meet up of 75 alumni,75 cultural sessions,75 quiz about India,Rally of 75 Indian Traditions.In addition NSS unit observed Handloom day,Har ghar Tiranga,Indian Cultural Fiesta,Swachh Sagar Abhiyan,Prabhat Peris,HarGhar Tiranga ,Faculty Exchange Program,Cultural Exchange program,Atma Nirbar Bharat,Rangoli, Travel with Aged,Green Independence Day,Freedom Wall.

- ✓ In connection with Azadi ka Amruth Mahotsav , all NSS volunteers planted trees near their house, conducted a digital literary session for elderly people, cleaned water bodies near their home, contributed a book each for starting a library in the month of August.
- ✓ NSS unit in association with Aster medicity launched a first aid training program “ BE FIRST” on 11-8-2022 in order to make all the students of the college especially NSS volunteers self reliant to meet the urgent first aid requirements at home and in society . Two hands on training sessions lead by two leading doctors were also arranged. A short film on the theme “Importance of First aid” were prepared by NSS volunteers with the help of doctors of Aster medicity.
- ✓ On 10/8/2022, 5 NSS volunteers along with NSS program coordinator Dr.Ninu Rose attended Menstrual Cup training session to be the nodal officers and trainers.
- ✓ On 11/8/2022, NSS unit celebrated international handloom day, were all the teachers as well as the whole students wore handloom dresses to promote handloom clothes.
- ✓ On 11/8/2022, NSS volunteers attended Cup of life Mestrual Cup training
- ✓ From 11th -15th August, Accordance to Har Ghar Tiranga campaign -Azadi Ka Amrit Mahotsav all nss volunteers hoisted flag at home with their family members and NSS volunteers received certificate from my.gov.in.
- ✓ On 13/8/2022, NSS in association with Alumni of college conducted an Hands on training and interaction with budding women entrepreneurs to promote entrepreneurship talents of NSS volunteers and to equip them to provide self Job training .
- ✓ On 13/8/2022, NSS Volunteers cleaned college premises and Aluva municipality as part of swatch bharat Initiative.
- ✓ On 15/8/2022, as a part of Azadi ka Amrit mahotsav 100 NSS volunteers achieve a certificate of observance of Azadi ka Amrit mahotsav from government of India.
- ✓ On 15/8/2022, as part of Azadi Ka Amrit Mahotsav, Ministry of culture, government of India NSS volunteers participated and promoted a quiz program related to national flag of our country through an online plat form <https://quiz.mygov.in/quiz/har-ghar-tiranga-quiz/> .All the NSS volunteers take part in this quiz and achieve the certificate of participation
- ✓ On 15/8/2022, 75th independence day was observed in college by hoisting the national flag in the college. As a part of this , nss volunteers conducted a rally in association with Aluva Municipality and followed by same there was flash mob and tablo representing indian culture. 75 students participated in patriotic song and sung vande Mataram by showing their patriotism towards nation.
- ✓ Freedom Wall painting competition(9/8/2022- 12/8/2022)-As a tribute to the 75th independence day of India ,NSS volunteers painted the walls of the college ground which portray the struggles of Indian for Independence.
- ✓ On 17/8/2022, NSS unit conducted an INDIAN CULTURAL FIESTA on the theme -INDIAN CULTURE AND TRADITION . A rally exhibiting Indian culture were conducted showcasing the Indian tradition and culture. There were awareness sessions on Indian tradition and culture and Indian sports by resource persons Geeta Menon, International basket ball player, Tintu Raveendran-Anchor, model and public speaker and Sony Sai- playback singer and music director.
- ✓ All the NSS volunteers received a certificate from Ministry of Culture ,Government of India for successfully completing Har Ghar Tiranga .
- ✓ On 19/8/2022, A food fiesta competition -based on th theme Indian traditional food items were conducted among students and an exhibition on Indian traditional food were conducted to familiarise the same among new generation students.
- ✓ **Indian food fiesta(19/8/2022)** -In connection with 75th independence day celebration- Azadi Ka Amrit Mahotsav, NSS unit conducted a cultural food fest “Indian food fiesta “.The traditional foods from almost all states of India were exhibited in the college along with their details.
- ✓ On 17th August 2022, NSS unit received Best unit award for agriculture from Department of Agriculture ,Aluva Municipality for the excellence and efforts made towards promoting agriculture in Aluva.
- ✓ On 19/8/2022, NSS unit conducted **Saluting the Trailblazers** honoured the member of parliament Ms.Jebi Mather and the eminent alumni followed by Eminent talks on relevant topics were made to emake them empowered women.
- ✓ On 15/8/2022 ,As a part of Azadi ka Amrit mahotsav all the nss volunteers took pledge to use Indian handloom in <https://pledge.mygov.in/> for supporting the handloom industry and achieved certificates for the same from government of India.
- ✓ On 21/8/2022, NSS in association with various social organisations condcuted a program called Adharam at sree narayana library Panayikulam. The program was inaugurated and a session on empower the young generation through reading and grow in nature was condcuted by pachayat president . It was followed by an antidrugs awareness session by Shri P G Hari ,Janamythri Police

officer and Shri Joby Thomas ,coordinator Kerala Action force. Students who secured good marks and served community better were appreciated with awards during this program.

- ✓ On 23/8/2022, NSS conduct a program with elderly people from pakalvidu,Thuruthipuram "Metrodaires" in association with KMRL who suffer loneliness and desire to accompanied with young ones ,share their memories etc.They were offered a free journey in metro along with NSS volunteers in Kochi metro to Lulu mall. It was followed by Meet up at College with lunch ,interactions and cultural programs.
- ✓ On 26/8/2022, NSS volunteers completed Menstrual cup training as Cup of life trainers and Dr.Ninu Rose ,NSS program officer completed training as Nodal Officer
- ✓ On 29/8/2022, a water conservation program puzhayooram was initiated by NSS Unit, where NSS volunteers found polluted water bodies near their home and cleaned the area with the help of local people.
- ✓ On 30th and 31st August 2022, Trained NSS volunteers provided awareness to all teaching ,non teaching staff and students of the college regarding the use of menstrual cups, its advantages and to promote clean and hygiene menstrual time.

MAJOR ACTIVITIES IN THE MONTH OF SEPTEMBER 2022

- ✓ On 1/9/2022, NSS unit observed onam in college with various competitions and programs.
- ✓ **Karuthal-NSS Seven Day Camp was conducted from 2/9/2022 -8/9/2022 at S.H.J U P school Floor , The camp was inaugurated by** by Honourable Minister Shri.Rajeev P (Detailed Report attached Page No.)
- ✓ On 14/9/2022, NSS in association with Aluva Janaseva shishubhavan conducted a marathon to protest against repeated street dog attack a great social cause kerala facing today.
- ✓ On 16/9/2022, NSS unit celebrated ozone day in association with Paristhithy sagam and Aluva Municipality at Gandhi square.A panel of Environmentalists were present for the program.Environmentalist Shri Chinnan V Painadath took class on the importance of celebrating ozone day and the condition of ozone today followed by open forum were police officers ,teachers ,environmentalists and students participated. As a protest against ozone pollution NSS volunteers made a black umbrella cover with posters to attract the attention of public towards the same.
- ✓ On 16/9/2022, NSS in association with East Rural police Aluva and Ernakulam Police conducted an anti drugs awareness program. The SI took an awareness session on increasing the use of drugs and need to protest against the same. All the police officers of Aluva Rural Area joined for a interactive discussion with students. Then there was a flash mob performance by NSS volunteers soon after open forum discussion.
- ✓ On 17/8/2022, NSS volunteers along with NSS program officers participated in Project of Government at st.joseph Irinjalakkuda and donated an amount to minister.
- ✓ NSS unit observed NSS day as Jagratha week from 24th september 2022 to 2nd October 2022. It was inaugurated by Manager Rev.Sr.Charles by hoisting the NSS flag and NSS volunteers took NSS pledge. Manager delivered NSS Day message .**Day 1 (sep 24)** :NSS volunteers sacrificed one meal and also donated a meal to the needy.**Day 2 (sep 25)**: NSS volunteers cleaned the college and Aluva premises.**Day 3 (sep 26)**:Clean Campus Green Campus Initiative and Thanalooram Project, Cleaned Vazhathootam .**Day 4 (sep 27)**:Donate clothes.**Day 5 (sep 28)**:Donate books.**Day 6 (sep 29)**:Digital kerala ,Vazha krishi setting and Ground cleaning .**Day 7 (sep 30)**:Planted trees.**Day 8 (sep 31)**:Clothes collection drive .**Day 9 (oct 1)**:Flash mob , Bhoomi avarudeyum .**Day 10 (oct 2)**:Swach college and Swach Aluva .
- ✓ On 26th -27th September 2022, Menstrual cup awareness campaign was conducted among students and parents and local bodies.
- ✓ On 27/9/2022, Official inauguration of cup of life -menstrual cup campaign was done by Dr.Anita ,Medical Officer Alapuzha followed by a session on topic” lets periods be not a block for girls to fly high”.After that the nss volunteers who got the training took class on different methods to insert the cup .and clarified various doubts and issues regarding it. After that the distribution of menstrual cup to teachers and students took place. This is an initiative to make campus pad free.
- ✓ On 30th September to 1st october 2022, 4 NSS volunteers Ashna P Joshy, Nedhoora M Vinod , Sandra Boban, Angel PS attended NSS volunteer secretaryship trainingat Sr.Dominic College Kanjirapilly.
- ✓ On 30/9/2022, NSS volunteers cleaned the railway station premises and set garden as part of swatcha pakwada campaign.

MAJOR ACTIVITIES IN THE MONTH OF OCTOBER 2022

- ✓ **On 2nd- 4th October 2022, cleaning week was observed as part of Gandhi Jayanthi and NSS volunteers cleaned college , Aluva city and nearby house premises.**
- ✓ On 6/10/2022, NSS in association with nearby schools conducted an antidrugs rally to create an awareness on drugs situation prevailing in Aluva and created an awareness about the same among small kids.
- ✓ On 6/10/2022, NSS in association with Aluva Police station and Aluva Municipality officially announced sparsham program - anti drugs campaign to be carried out in Aluva . Then there was an evaluation on Anti drugs campaign activities carried out in Aluva .The police officers provided a training session for NSS volunteers to prevent the use of drugs in campus led by Shri.Vava CI.After the same ,then there was a state level anti drugs campaign -an interaction with chief minister to promote drug free campus and NSS volunteers took pledge as initiated by State .
- ✓ From 7th to 17th october 2022, NSS conducted a Donation Drive in association with Goonj to provide needy items to needy ones in all over India.
- ✓ On 13/10/2022,NSS in association with Tony Fernandez hospital Aluva and Tony school of optometry conducted a blind walk to support blind people, followed by a session on importance of eye donation and eye protection in current era by Dr.Tony Fernandez.
- ✓ On 7/10/2022, NSS unit started Vegetable cultivation 40 cents of land in college campus.

- ✓ From 7th -16th october 2022, NSS volunteers engaged in vazha krishi in college .
- ✓ On 15/10/2022 ,NSS in association with UC college observed while candle day and conducted a rally with posters and placards to help blind people and to create an awareness in public to promote and accept such people.
- ✓ On 9/10/2022, NSS in association with local organisations in Ollanad, officially inaugurated antidrugs campaign in ollanad by panchayat vice president .The Binamipuram Janalythri police officer Shri .Hari delivered a session on guidelines and awareness on Anti drugs campaign for the local people in ollanad. A pledge was taken to make ollanad a drug free area.An interaction with eminent persons who served better in Anti drugs campaign program was organised and they were also appreciated with awards. Then there was a house to house interaction program in Olanad against drug usage.
- ✓ On 9th October 2022,Antidrugs Ernakulam District Cell honoured NSS unit with award for the selfless service in anti drugs area.
- ✓ On 9th October 2022,NSS volunteers also contributed and set library in RRC club
- ✓ On 9th October 2022, NSS unit in association with Tony hospital Aluva organised a free eye camp , Catriat identify campaign and a medical camp for the local people in ollanad.
- ✓ On 9/10/2022, NSS volunteers visited a house in ellor and decided to adopt a children in that house with regard to studies and basic needs and decided for the construction of house with the help of local authorities.
- ✓ On 9/10/2022, as part of palliative care day ,nss volunteers visited anwar palliative care and spend time with patients and they were provided with basic needy items.
- ✓ On 9/10/2022, vazhatootam was enriched with needed fertilizers in association with Aluva Krishi bavan. NSS volunteers were also provided an awareness session on how to use fertilizers in associaiton in Department of agriculture aluva .
- ✓ On 11/10/2022, NSS in association with Aluva police station conducted a vehicle rally holding placards in Aluva city as part of Anti drugs Campaign. The program was inaugurated and awareness session was also provided by ALuva CI . A rally was also conducted in nearby shops empowering them to go for anti drugs shops.
- ✓ On 11/10/2022, NSS in association with KMRL,Excise Vimukthi Mission conducted Vimukthi anti drugs campaign.The program was inaugurated by Shri.Loknath Behra IPS ,MD kochi metro rail Ltd.The awareness classes were led by officials of Excise vimukthi mission..Pledge was taken against anti drugs along with metro passengers.An ootamthulall on the theme anti drugs was conducted in association with excise department .Students of government school conducted a flashmob against anti drugs . NSS volunteers conducted a dance drama against anti drugs .The NSS volunteers travelled in metro with anti drugs placards and distributed leaflets showing anti drugs prevention method.NSS volunteers conducted dance drama against anti drugs in all major stations.
- ✓ On 17/10/2022, 5 rupee challenge was organised in college to contribute towards a noble cause initiated by state.
- ✓ On 19/10/2022, NSS volunteers participated in anti drugs campaign vimukthi organised by state level NSS and performed dance drama on the theme lets fight against drugs
- ✓ On 20/10/2022, NSS unit of st.xaviers college for women,Aluva received Best Unit -NSS Unit:45-st.xaviers college for women ,Best NSS Program officer-Dr.Ninu Rose,Best Female NSS Volunteer-Anupama Biju, Certificate of Appreciation- Anitta P J.
- ✓ On 24/10/2022, NSS volunteers observed deepavali by lighting the lamp at home at 8:00 pm to protest and create awareness against all the harrasements and social issues happening in the society and on the same day ,NSS volunteers were engaged in setting Thanalooram project.
- ✓ ON 27/10/2022, NSS volunteers were engaged on vazha krishi, providing them with needy fertilizers.
- ✓ On 27/10/2022, NSS in association with YWCA Aluva and Aster Medicity conducted an awareness class on Breast Cancer, followed by free counselling and consultation for students with the doctor.
- ✓ On 29/10/2022, Free Menstrual cup campaign were carried out by NSS volunteers in campus and Aluva Municipality.
- ✓ On 31/10/2022, NSS conducted an awareness rally and flash mob in the college campus to promote the message of preventing antidrugs in the campus
- ✓ On 31/10/2022, NSS volunteers conducted plog run program as part of cental government initiative,where nss volunteers collected waste from campus and aluva municipality and same were handed over for disposal to Aluva Muncipaliy Disposal section.

MAJOR ACTIVITIES IN THE MONTH OF NOVEMBER 2022

- ✓ On 1st November 2022, NSS observed Kerala Piravi as day for hope and conducted a “samskarika rally” enriching with the culture and tradition of Kerala including all the students in college. The

principal flagged off the rally wishing a great Malayalam year ahead against drugs. As part of antidrugs campaign initiated by state government, NSS in association with Indian National organisation for human rights protection, started “drug free India Campaign”. The program was inaugurated by MLA Anwar Sadhath, followed by the program there was a human chain as a protest against drug usage and a flash mob by nss volunteers.

- ✓ On 2/11/2022, Koithulsavam was conducted for pokalikirishi done at Kaitharam in association with St. Joseph high school, FR. Sangeeth. An awareness session on “how to do pokali Krishi as well as the need of pokali Krishi” was also provided by the Resource person Martin
- ✓ On 7/11/2022, Kayalooram project was started and students started cleaning and setting the area as part of clean campus Green Campus.
- ✓ On 9/11/2022, NSS in association with VSHE NSS Ernakulam conducted a training program on PFMS for Plus Two NSS program officers. The Resource person for the session was Dr. Ajith Sen C R.
- ✓ From 9th -18th November 2022, Dr. Ninu Rose served as Co Coordinator and Resource person (10th November) for PRE RD CAMP, Southern Region
- ✓ On 14/11/2022, As part of children day, NSS in association with nearby schools conducted rally of students exhibiting the theme of Children Day. NSS volunteers also conducted a flash mob and other cultural programs for children in association with Kochi Metro Rail. They also distributed study materials to students in Aluva and near by areas of their houses.
- ✓ On 14/11/2022, NSS volunteers cleaned Government hospital premises as part of karakom project
- ✓ On 16/11/2022, NSS volunteers were engaged in Thanalooram Project setting.
- ✓ On 17/11/2022, NSS in association with Aluva MLA office, A career vandi project was launched in college for school students. Around 200 school and college students participated in program. Vibrant talks were led by, Akhil Kurian, CEO vibrant community action network VCAN, Anwar Sadath, MLA Aluva, Unni Mukudhan, Cine Artist, Vivek Kumar IPS (Rural SP Ernakulam), Saji Jolly (vice chairman, Aluva Municipality), T. Suresh Kumar, CEO Safari Future academy, Fasil Hussain (chairman education standing committee, Aluva Municipality, Latheef Poozhithara (chairman, Development standing committee, Municipality Aluva), Simon MP (Chairman Health standing committee Aluva), Liza Johnson (chairperson, Pothuparamathu standing committee), Sr. Charles (Manager, St. Xavier's college Aluva, Shri. Jayakumar (councilor, Aluva Municipality), Suhail V A Project coordinator, followed by a session on career after studies by Dr. John Jayal, Safari Future Academy.
- ✓ On 17/11/2022, NSS in association with IMA Madhya Kerala, Indian Red cross, Anwar Palliative Care, Janamithri Police conducted a training for 75 persons who are ready to work against drugs. An interaction with persons who are serving better services as part of anti drugs campaign were organised and awards were also distributed to them for their selfless service.
- ✓ On 17/11/2022, NSS unit and Dr. Ninu Rose NSS program officer were provided with Best unit and Best NSS Program officer award for their best and selfless service in anti drugs campaign.
- ✓ On 23/11/2022, NSS unit and Dr. Ninu Rose NSS program officer were provided with Best unit and Best NSS Program officer award for their best and selfless service in anti drugs campaign.
- ✓, NSS in association with Aluva Municipality conducted an awareness session on “environment education seminar”. The class was led by Prof. Dr. M P Mathai. It was followed by sessions by Shri J Muhammed shafi, Municipal Secretary, DR. M A punus, Principal U C College Aluva, Latheef Francis, Municipality Development standing committee chairman.
- ✓ On 25/11/2022, Dr. Ninu Rose, NSS program officer conducted an orientation program for newly joined NSS volunteers at Marthoma College, Perumbavoor.
- ✓ On 26/11/2022, Dr. Ninu Rose, NSS program officer conducted an orientation program for newly joined NSS volunteers at Bharat Matha School of legal studies, Choody.
- ✓ On 26/11/2022, NSS volunteers cleaned the premises of Aluva Manapuram for providing resting place for Sabarimala pilgrim visiting persons.
- ✓ Throughout the month of November NSS volunteers were engaged in the construction of Thanalooram Project and thanalooram area were made open for resting Sabarimala pilgrim visitors.
- ✓ A one month of “Clean Campus Green Campus” campaign was conducted in college to make campus clean, green and healthy.
- ✓ On 26/11/2022, Dr. Ninu Rose, NSS program officer conducted an orientation program for newly joined NSS volunteers at Al Ameen College Edathala.
- ✓ On 26/11/2022, NSS volunteers cleaned Aluva Shivarathri Manapuram.
- ✓ On 1/11/2022, As part of World Aids Day NSS volunteers conducted a rally as an awareness against AIDS with posters and placards and conducted a tabloo at Thanalooram and NSS volunteers took pledge against AIDS.

MAJOR ACTIVITIES IN THE MONTH OF DECEMBER 2022

- ✓ ON 1/12/2022, NSS in association with Department of women and Child Development observed orange week- a week to protest against women harrasements happening in our society and to create an awareness about various rules and regulations for women and child development. The authorities from department of women and child development took class on women empowerment and a debate was conducted on the same day on the subject rights of women. The booklets containing clauses, rules and regulations of women and child protection were distributed among all the students of college.
- ✓ On 1/12/2022, Dr.Ninu Rose, NSS program officer provided orientation for first year NSS volunteers.
- ✓ From 3rd to 7th December 2022, 45 NSS volunteers completed Palliative care training from Anwar Palliative care centre. Trained NSS volunteers served and helped Anwar palliative care centre patients for recovering from diseases.
- ✓ On 5/12/2022, being international disability day, NSS volunteers visited Karunalayalam, a school of mentally retarded students and spend time with them. They were provided with some needy items and there was also cultural performance by NSS volunteers as well as students of karunalayam.
- ✓ On 5/12/2022, NSS volunteers attended a session on palliative care at Anwar palliative care hospital.
- ✓ On 6/12/2022, An e waste management drive was conducted in campus where NSS volunteers collected e waste from campus and send the same to ewaste disposal centre. There was also an awarness session on e waste management.
- ✓ On 6/12/2022, as part of Clean campus Green Campus project NSS volunteers painted all the walls of campus.
- ✓ On 7/12/2022, Haritha Aluva project was officially started in association with Aluva Municipality and parishthithy sagam Aluva. The program was officially launched by Shri. M O John, Muncipal Chairman Aluva. The program aim at providing proper waste management system in Aluva and creating awareness for the same. The house to house awareness and programs for plastic waste management, e waste management, waste disposal system at home itself, making shops plastic free by providing plastic free .The program aims to convert all the spots which was dirty in Aluva to be beautiful gaarden and resting places as inspired by Thanalooram Project of NSS.
- ✓ On 9, 10, 11 December 2022, NSS Mini Camp were conducted for first year students in St.Xaviers college for women, Aluva.
- ✓ On 9/12/2022, An Orientation session by Dr.Liss Marie Das was provided for Firs year NSS volunteers as part of Mini Camp. It was followed by Thanalooram project setting in other places and Vazhathootam cleaning and setting.
- ✓ On 10/12/2022, Second day of camp starts with NSS song , Parade training ,yoga ,Excercise, Report Presentation .An eye camp was organised for Taxi drivers ,passengers and local people in Aluva railway station in association with Tony eye hospital,Aluva.
- ✓ Nss volunteers engaged on Kayalooram setting, a project initiated to provide a free and calm place in college campus near river in midst of Vazhathootam.
- ✓ A class on health awareness was also conducted by Shri.Joby Thomas on the topic health protectiin and awareness and need of palliative care tarining.
- ✓ As part of Haritha Aluva Mission, Nss volunteers created and provided hand in training and awareness for all near by shops and local people regarding plastic management, waste management and e waste management .They also distributed cloth and paper bags in all nearby shops. A survey with regard to health aspects were also condcuted among local people by NSS volunteers.
- ✓ A cleaning Session was organised in and around the area of Aluva Railway station as part of Swach bharat.
- ✓ NSS unit secured SWACHATHA PAKHWADA AWARD 2022 from southern railway Aluva station for their selfless service.
- ✓ An antri drugs Campaign rally was organised from College Aluva Manapuram as part of sparsham project. The NSS volunteers pasted posters and awareness to all shops in Aluva. They also cleaned the Aluva Manapuram and done a anti drugs campaign tabloo in Aluva Manapuram.
- ✓ An innovation camping program was organised for NSS volunteers at SPACE campus innovative centre and a session on innovation in daily life was provided by Dr.Sr.Stella .Then there was a idea sharing open forum .A cultural Program was done by NSS volunteers
- ✓ On 11/12/2022, NSS volunteers carried out sramadhan project, cleaning Aluva local area and college campus as part of Haritha Aluva Project and Clean Campus Green Campus initiaitve.
- ✓ On 12/12/2022, NSS volunteers engaged in Clean campus Green campus program by painting walls of college.
- ✓ ON 13/12/2022, NSS Program officer Dr.Ninu Rose served as resource person for an orientation session for first year students at MES college for advanced studies, Edathala.

- ✓ On 14/12/2022, NSS as part of Urjakiran project 2023, conducted an Urjakiran awareness rally in and around Aluva and distributed free bulbs among students and local people.
- ✓ On 16/12/2022, Vazhakula Villaveduppu was conducted by NSS volunteers done as part of Vazha Project.
- ✓ On 17/12/2022, A nature Camp was conducted for NSS volunteers to Thatekkadu Wild life sanctaury. NSS volunteers visited Butterfly garden, Musuem, Star Garden, Salim Ali Bird Trial and a Forest walk were conducted and an orientation session on life at forest were also provided for NSS volunteers by Forest officials.
- ✓ On 19/12/2022, Thanalooram and Hari tha Aluva project was officially inaugurated by Dr.E N Sivadasan, Nss coordinator, MG University .He addressed the students the importance of NSS in student life. He also visited NSS volunteers Vazhathootam as part of his visit.
- ✓ On 19/12/2022, NSS volunteers conducted villaveduppu at vazhathootam.
- ✓ On 20/12/2022, Blood donation camp was conducted in college in association with Aluva Blood Bank.
- ✓ On 24/12/2022, as part of clean campus green campus NSS volunteers painted wall of the college.
- ✓ On 26/12/2022, NSS Program officer Dr.Ninu Rose served as resource person for an orientation session for first year students at Cochin university NSS seven day camp.
- ✓ On 28/12/2022, NSS in association with Kerala Action Force conducted a Blood Donation camp and Anti drugs awareness campaign against use of drugs among the students of youth and children in panayikulam. Food packets were distributed to widows and palliative care patients as part of incoming christmas.Pledge was taken against drugs and an interaction with service oriented local persons were also organised as part of the program. Education awards and sevan awards were also distributed on same day.

MAJOR ACTIVITIES IN THE MONTH OF JANUARY 2023

- ✓ On 1/1/2023, NSS volunteers distributed clothes to street vendors as part of new year celebration and a campaign to celebrate drug free new year was also done.
- ✓ In the month of January, an one month of “clean campus healthy campus campaign” was in college to make campus clean, green and healthy.
- ✓ On 7/1/2023, NSS in association with Aluva ShishuBhavan Conducted an exhibition cum sale of organic products.
- ✓ On 9/1/2023, NSS in association with Fire station Aluva conducted a Disaster Management program for all the students of college
- ✓ On 16/1/2023, Palliative care day was observed by NSS unit in association with Anwar Palliative care. An awareness program was conducted for students and local people of Aluva by deputy collector of Disaster Management Dr.Beena .NSS volunteers participated in Skit Competition conducted as part of palliative care program conducted by Anwar Palliative care and won second prize
- ✓ On 16/1/2023, NSS unit in association with Anwar Palliative care handed over the key of newly constructed house at Eloor.
- ✓ On 17/1/2023, As part of Collection Drive the collected cloths were handed over to the officials of Goonj to be distributed among needy ones around Aluva.
- ✓ On 11/1/2023, Anti drugs campaign was conducted in Aluva.
- ✓ On 17th, 18th and 19th January 2023, 25 NSS volunteers visited MG university academic carnival.
- ✓ On 19/1/2023, as part of “clean campus healthy campus campaign” Nss volunteers cleaned campus premises and walls, shelves etc.
- ✓ On 24/1/2023, as part of clean campus green campus NSS volunteers painted wall of the college.
- ✓ On 28/1/2023, As part of “clean campus healthy campus campaign” NSS volunteers painted the walls of college.
- ✓ On 28th/1/2023, A organic sale of vilavu was conducted in college by NSS volunteers results of Vazha Krishi.
- ✓ On 31/1/2023, Trained NSS volunteers provided awareness to all teaching, non teaching staff and students of the college regarding menstrual cups, advantages and to promote clean and hygiene menstrual time.

MAJOR ACTIVITIES IN THE MONTH OF FEBRUARY 2023

- ✓ On 1st and 2nd February 2023, NSS conducted a two day training class on Ganitham an outreach program for students.Students provide free tuton for students as part of Ganitham project.
- ✓ On 2/2/2023,An exhibition of NSS was conducted in College to make students to create awarness about NSS ,Social issues and NSS activities.

- ✓ On 2nd and 3rd February 2023, NSS in association with health department conducted a poster designing competition on the topic Anemia as part on Anemia Prevention Campaign.
- ✓ On 6/2/2023, NSS in association with Department of health ,Ernakulam and District Hospital Aluva conducted an Anemia prevention campaign -awareness,seminar and campaign we inaugurated. The awareness session was led by Dr.Syraj, HHealth Inspector and District Health officer.
- ✓ On 6/2/2023, Food making competition and Exhibition of Foods to preven Anemia and posters and models of Aniemia prevention campaign were condcted for college students and localpeople. The Winners of food making competition and poster making competition were distributedprizes.
- ✓ On 22/2/2023, NSS hosted the inauguration of Newly constructed Toilet block for disabled students and staff which was inaugurated by Shri.Anwar Sadath MLA and M O John Muncipal Chairman.

MAJOR ACTIVITIES IN THE MONTH OF MARCH 2023

- ✓ On 8/3/2023, NSS observed International Women Day by Conducted awareness class and awareness rally. A legal awareness class was delivered for students by Advocate. sunil, founder of Janaseva Shishubhavan .The NSS students who excel in studies and societal activities were provided with laptops.
- ✓ Dr.Ninu Rose was awarded certification of appreciation by Janaseva Shishubavan for her exemplory service as Women to society.
- ✓ As part on International Women Day, Blood donation camp was organised in association with District Blood Bank Aluva in the college.There was also a flash mob on the theme women empowerment as part of internation women day.
- ✓ On 10/3/2023, NSS in association with YMCA organised a self defecne for NSS volunteers and students by resource person
- ✓ On 17/3/2023, NSS program officers and NSS volunteers decided to construct a house of wdw in Aluva and offer needy items for them.
- ✓ On 22/3/2023, College Appreciated Best six NSS volunteers for their selfless service.
- ✓ On 23/3/2023, NSS volunteers visited and cleaned Kuttivanam in Aluva sivarathri Manapuram as part of world forest day.
- ✓ On 24/3/2023, NSS volunteers contributed the amount for house construction in Aluva to the contractor.
- ✓ On 25/3/2023, NSS volunteers as part of Tourism promotion program, NSS volunteers visited Athirapilly waterfalls, Vazhakal waterfalls and Thumbboomuzhi, ezhatumuzham waterfalls and cleaned their premises.
- ✓ On 26/3/2023, NSS volunteers visited and adopted pokalapara tribal colony and distributed school kits among tribal. Free menstrual cup were distributed for ladies and an door to door awareness was given to all to make it pad free colony. An interaction with tribal people were also condcted as part of program.
- ✓ On 30/3/2023, As part of celebrating world health day, awarness posters were placed in railway station and a pledge was taken to protect health and signature campaign was also condcted.
- ✓ On 30/3/2023, NSS volunteers joined Mullaperiyar dam protection campign along with other environment organisations.
- ✓ On 31/3/2023, NSS volunteers handed over the money for the house construction in Konnamavu and panyikulam.

World Bicycle day awareness program-Bicycle rally(3/6/2022



Environment day Celebration(4/6/2022& 5/6/2022)



**Clean Drive and Plog run Marathakathoppu Project in association with aluva municipality,-
Challenges of planting 2022 trees**



**Orientation Section & Distribution of cloth bags
Blood Donation camp(14/6/2022)**





Blood Donation, Medical Check up , Awareness session, Blood donation pledge, honouring blood donours

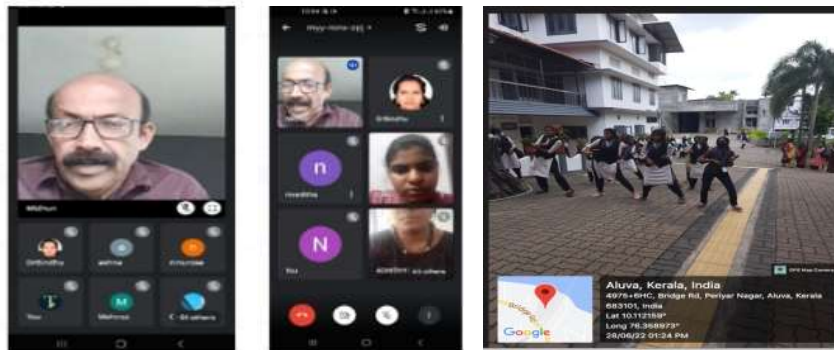
Reading week 20/6/2023 # Book review, Open magazine,drop corner,book talks ,distribution of books



Rally against Drugs-World antidrug day observation-27/6/2022, Drugs seminar 16/06/2023



World antidrugs day observation- Flash mob against Drugs usage - 28/6/2022, Webinar on effect of drugs among youth(25/6/2022)



Rain harvesting system in home(1/6/2022-30/6/2022), Dry Day-at home on every Sunday on june 2022



World antidrugs day observation-(26/6/2022)



Antidrugs awareness campaign, school kit distribution, career guidance , awareness class by police officers, antidrugs pledge

World Yoga day celebration (21-6-22), International plastic free day-day observation(3/7/2022)



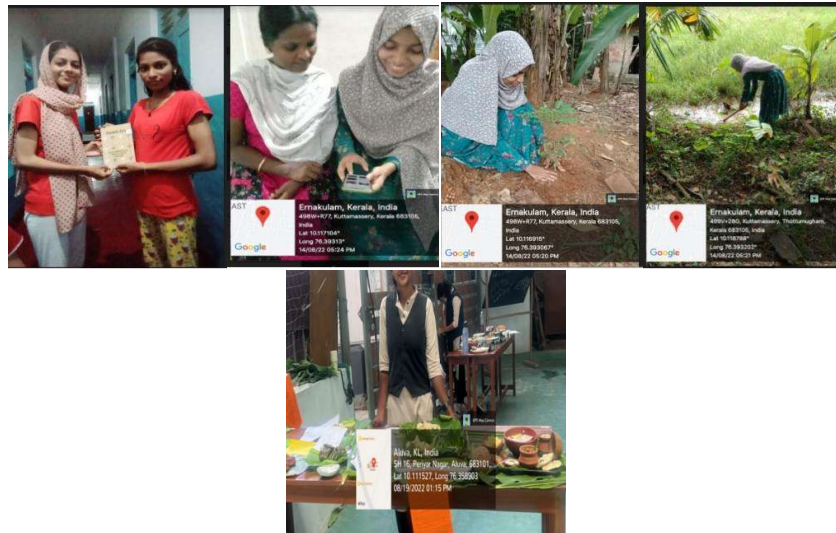
Vanamaholsavam 2022- Beach cleaning and Mangalavanam Visit



9th July 2023 State NSS meet at St.Joseph College Irinjalakudaolun, 6th August 2022 NSS v teens flood relief Centre at Eloor School



Azadi ka Amruth Mahotsav(31/7/2022 -31/8/2022)





Celebration of 75th Independence Day
Azadi Ka Amrit Mahotsav

August 2022

- Handloom Day
- Indian Cultural Fiesta
- Swachh Sagar Abhiyan
- Prabhat Pheris
- Har Ghar Tiranga
- Faculty Exchange Program
- Cultural Exchange Program
- Atma Nirbhar Bharat
- Rangoli
- Travel with the Aged
- Green Independence Day
- Freedom Wall

In association with NSS, NSSC, ESSC, Women Cell, CMC, Child Development

ST. XAVIER'S COLLEGE FOR WOMEN, ALUVA



- 75 Trees
- 75 Books
- 75 Digital literacy sessions
- 75 Green Initiatives
- 75 Swachh Keralam missions
- 75 food packets
- 75 food animals
- 75 cycle safety
- 75 medicinal plants
- 75 flower plants
- 75 food varieties
- 75 hand made items
- 75 budding entrepreneurs
- 75 Alumni
- 75 cultural programs
- 75 quiz
- 75 Indian traditions



Prof. Dr. Mita Franz
Principal

Dr. Anu, NSS program officer
Ms. Geetha, NSS officer
Dr. Shalini, Childhelp, NSS program officer



Azadi ka mahotsav-August, Har Ghar Tiranga campaign(13/8/2022)

Independence day celebration on 15/8/2022 -In, Azadi Ka mmahotsav dian Cultural Fiesta, Indian Food

Fiesta



Freedom Wall painting competition(10/8/2022- 12/8/2022)



Inauguration of First aid training program- BE FIRST(11-8-2022)



**11/8/2022-Menstrual cup Nodal officer and Trainers – Awareness campaign
21 august 2023 -adharam 2022, Onam Celebration, 1st September 2022**



Metrodiaries- Touring with elderly old folks(23/8/2022)



Street dog attack awareness program-14/9/2022

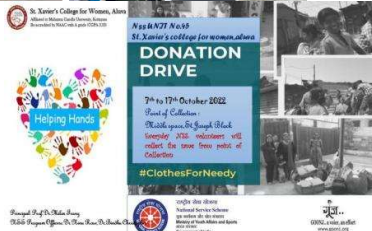


Ozone day-16/9/2022

Anti drugs awareness program- 16/9/2022



NSS DAY - NSS week - 24th sep to 2nd October



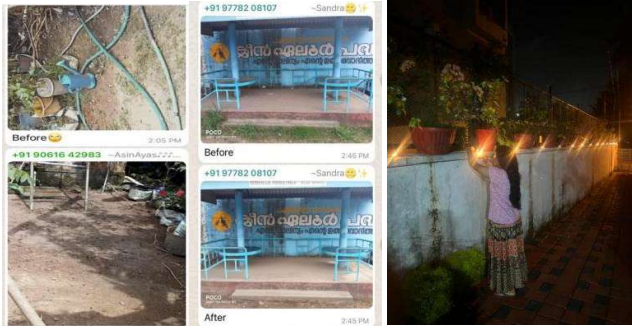
27/9/2022: Free Menstrual Cup Distribution and Awareness



30-9-2022 Swath Pakwda – Aluva Railway Station



1/10/2022 – NSS University Volunteer Training
 2/10/2023-swach bharat, 24 OCTOBER 2023-Diwali -Drugs free new India



6/10/2023-Anti drugs awareness observation in association with Aluva police station



Anti drugs -state level pledge/Anti drugs -Campus level pledge

13/10/2022- blind walk to support blind people in association with Tony Fernandez hospital Aluva and Tony school of optometry



15/10/2022 - while candle day

7/10/2023-Nanavu, 9th October 2022- palliative care day



9th October 2022-one week Anti Drugs Campaign -Ollanad -Medical Camp-Eye Camp-Library Setting-Door to Door Campaign-Anti drugs pledge



**11th October 2022- NSS in association with Aluva police station -Anti Drugs Vehicle rally,
Antidrugs awareness rally - nearbyshops**



**15th October 2022 - Vimukthi Mission anti drugs campaign in association with KMRL, Excise
Department**



27th October 2022- Breast Cancer Awareness campaign in association with YWCA Aluva and Aster Medicity



29th October-menstrual cup campaign

31st October 2022, Anti-Drugs awareness Rally and Fit India Plogrun



1st November 2022, Kerala Piravi - “samskarika rally”



1st November 2022, started drugs free India Campaign in association with Indian National organisation for human rights protection .-human chain as a protest against drug usage, Flashmob and stree play.

2nd November 2022 - Pokali Koithulsavam at Kaitharam



Awareness session on “how to do pokali Krishi as well as the need of pokali Krishi”

9th November -18th November 2022, Dr.Ninu Rose served as Co Cordinator and Resource person(10th November) for PRE RD CAMP ,Southern Region



9th November -18th November 2022, Dr.Ninu Rose served as Co Cordinator and Resource person(10th November) for PRE RD CAMP ,Southern Region



17th November 2022- career vandi project- school students

17th November 2022, Antidrugs campaign in association with redcross, IMA



18th November 2022 Environment seminar in association with Paristhithi sangam



1st Year NSS Orientation, Dr.Ninu Rose -Resource person-Bharat Matha school of legal studies – choondy, Al ameen college Edathala, MES College Edathala, Marthoma college , perumbavoor

1st December 2022-world aids day



1st December 2022- orange week, in association with department of women and child Development, 7/1/2023- Krishi sale in association with krishibhavan

3rd - 4th December 2022, Palliative care training at Anwar palliative care centre.



5th December 2022,-international disability day (3rd December) - Karunalayalam



14th December 2022 -Urjakiran awareness rally

7th December 2022, NSS in association with Aluva Municipality inaugurated Haritha Aluva Project and cleaned aluva town



On 17th December 2022, Nature camp Thatekkadu wild life sanctuary



19th December 2022, Thanalooram and Haritha Aluva Project inaugurated by Dr. E.N.Sivadasan, NSS Programme coordinator, M.G. University Kottayam



20th December 2022-Blood donation camp in association with Aluva Blood Bank



26th December 2022-Resource person for Cochin university NSS 7 day camp.

28th December 2022, NSS in association with Kerala Action Force conducted a Blood Donation camp and Anti drugs awareness campaign in panayikulam.



9th January 2023- NSS in association with Fire station Aluva conducted a Disaster Management program



16th January 2023- palliative care day in association with Anwar Palliative care



17th January 2023, Collection Drive the collected cloths were handed over to the officials of Goonj.

18th and 19th January 2023-s visited MG university academic carnival, Appreciation for NSS



Sale of Vazhkula
1st and 2nd February 2023, Two day training class on Ganitham an outreach program for students.



2nd Feb -NSS exhibition

2,3 and 6th February 2023 Anemia Awareness campaign in association with Health Department

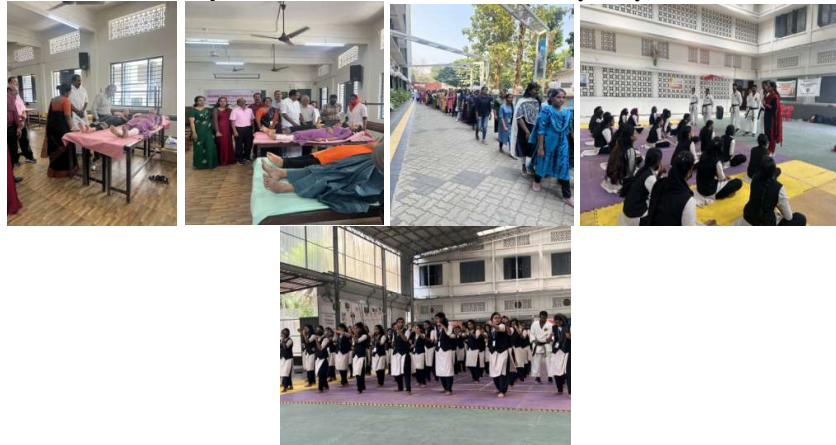


**Poster designing competition-Food competition- Anemia Awareness campaign
22nd February 2023- Disabled Toilet Block Inauguration**

8th March 2023- International Women Day



International Women Day -Blood Donation and Women Day rally, Distribution of Laptops



10th March 2023- Self Defence Class

23rd March 2023-Forest walk Manapuram



3rd April 2023-Environment Consciouness-Athirapilly,Vazhakala,Thumboor muzhi



10th April -world Health Day



11 April 2023-Mulaperiyar Dam Protest Campaign



23 may 2023- Tribal Adoption Program -pokalapara Colony

