

1. Title of the program : Aluva Manapuram Environmental

Cleanup Drive

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level : State

5. Date & Duration : 03-06-2023

6. Number of participants : Students : 100 Faculty : 2

7. **Objective of the Program**

: The NSS volunteers of St.

Xavier's College for Women, Aluva, orchestrated an impactful environmental protection initiative, the Aluva Manapuram Environmental Cleanup Drive. The primary objectives of this event were:

- Community Engagement: Engage the local community in the preservation of the environment by involving them in a hands-on cleanup effort.
- Awareness Building: Educate and raise awareness among the residents of Aluva about the importance of environmental protection and waste management.
- Collaboration: Foster collaboration between educational institutions, local governing bodies like Aluva Municipality, and environmental authorities for collective action towards a cleaner environment.
- 8. **Detailed description of the event** : The event was inaugurated by the esteemed Chairman of Aluva Municipality, Mr. M A John, and featured a keynote address

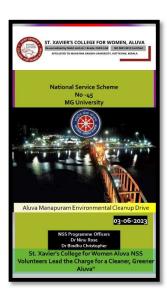
delivered by Mr. Sivakumar, a distinguished Forest Officer. Their speeches emphasized the critical need to protect our environment and provided insights into effective environmental conservation measures. Approximately 100 enthusiastic volunteers from St. Xavier's College for Women actively participated in the cleanup drive.

They meticulously combed through the vast areas of Aluva Manapuram, dedicating themselves to collecting plastic waste that had accumulated in the surroundings. The concerted efforts of these volunteers resulted in the collection of a substantial amount of plastic waste, which was promptly handed over to Aluva Municipality for proper disposal and recycling.

This event not only witnessed an impressive display of teamwork and dedication but also served as a catalyst for fostering a sense of responsibility towards environmental preservation among the volunteers and the broader Aluva community. The collaborative efforts between the educational institution, local authorities, and environmental advocates were instrumental in making this event a resounding success, underscoring the power of collective action in safeguarding our environment.

The Aluva Manapuram Environmental Cleanup Drive stands as a testament to the proactive commitment of St. Xavier's College for Women NSS volunteers towards creating a cleaner and more sustainable environment for the present and future generations.

9. Brochure of the event:



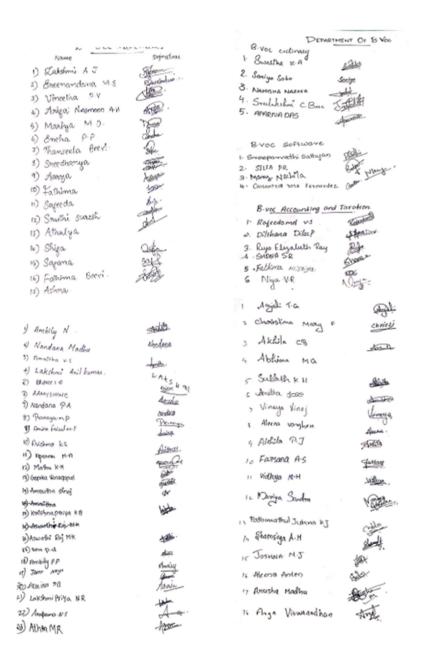
10. Photos (with captions) : Aluva Manapuram Environmental Cleanup Drive 03-06-2023







11.List of Participants:



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ST.XAVIER'S COLLEGE FOR WOMEN, ALUVA

The first college in India to be re accredited by NAAC in the Fifth Cycle &
The first college to score A++ in the Fifth Cycle ISO 9001:2015 Certified
Affiliated to Mahatma Gandhi University, Kottayam



DIAMOND JUBILEE YEAR

1. Title of the program : Environmental Day Celebration

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration : June 5, 2023

6. Number of participants : Students : 75External-0 Internal-75

Faculty :2 External-0 Internal-1

7. **Objective of the Program**

- Raise Awareness: Increase awareness among the community, especially students and residents of Aluva, about the detrimental impact of plastic waste on the environment, ecosystems, marine life, and human health.
- Promote Sustainable Practices: Encourage the adoption of sustainable practices, such
 as responsible plastic consumption and disposal, reducing single-use plastics, and
 promoting recycling, to mitigate the adverse effects of plastic pollution.
- Educate on Solutions: Provide attendees with practical tips and best practices for reducing plastic waste in daily life, empowering them with actionable steps to make a positive environmental impact.
- Engage Stakeholders: Bring together stakeholders, including government representatives, legal experts, environmental activists, and community members, to collectively address environmental challenges and promote environmental stewardship.
- Recognize Environmental Champions: Honor individuals who have made exceptional
 contributions to environmental conservation through initiatives like the Bhumimetra
 Award, inspiring others to take active roles in environmental protection.

8. **Detailed description of the event** : Environmental concerns have become increasingly pressing in our modern world, with plastic waste being a central issue. On June 5, 2023, in collaboration with the Aluva Municipality, the NSS Unit of St. Xavier's College for Women, Aluva, organized a significant Environmental Day celebration. The event focused on the detrimental impact of plastic waste and aimed to raise awareness while promoting sustainable practices. The event was inaugurated by Mr. Anwar Sadith, the MLA of Aluva, who emphasized the importance of collective action in addressing environmental challenges. He stressed the need for responsible plastic consumption and disposal and lauded the efforts of the NSS Unit and the Aluva Municipality in organizing such an informative event. The event honoured former Acting Chief Justice Sree Abdul Rahim of the Kerala High Court as the Chief Guest. His presence added a sense of gravitas to the occasion. Chief Justice Rahim shared insights into the legal aspects of environmental protection and underscored the

The central theme of the event was the adverse effects of plastic waste on our environment. Speakers and experts in the field presented compelling statistics and real-life examples of the havoc wreaked by plastic pollution on ecosystems, marine life, and human health. The audience gained a comprehensive understanding of the urgency of tackling this issue. In addition to highlighting the problem, the event also focused on solutions. Experts in waste management and sustainability shared practical tips and best practices for reducing plastic waste in daily life. From reducing single-use plastics to encouraging recycling, attendees left with actionable steps they could take to make a positive impact.

role of the judiciary in upholding environmental laws.

One of the highlights of the event was the felicitation of the Bhumimetra Award winner. This prestigious award recognizes individuals who have made exceptional contributions to environmental conservation. The recipient's dedication and accomplishments inspired everyone present and served as a testament to the positive change individuals can bring about. The Environmental Day celebration on June 5, 2023, organized by the NSS Unit of St. Xavier's College for Women, Aluva, in partnership with the Aluva Municipality, was a resounding success. It not only shed light on the grave issue of plastic waste but also empowered attendees with knowledge and solutions to be environmentally responsible

citizens. The event served as a reminder that by working together, we can combat plastic pollution and safeguard our precious environment for future generations.

9. Brochure of the event :



10. Photos:







11.List of the Participants:



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1. Title of the program : Plantation Drive in the Adopted School

,Karunalayam

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

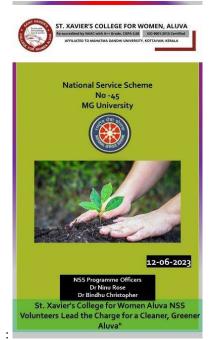
5. Date & Duration : 12/06/2023

6. Number of participants : Students : 75 External-0 Internal- 100

Faculty :2 External- 0 Internal- 2

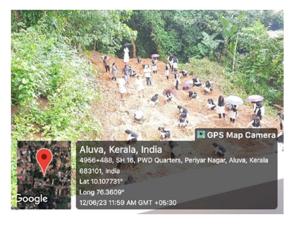
7. Objective of the Program : To contribute to environmental conservation and promote greenery in the adopted School, Karunalayam in collaboration with the Aluva Nagar Sabha and the local community.

8. Detailed description of the event : On June 12, 2023, the NSS Unit of St. Xavier's College, in association with the Aluva Nagar Sabha, organized a plantation drive in the adopted School Karunalayam. The initiative aimed to contribute to environmental conservation and enhance greenery in the local community. The plantation drive received overwhelming support from the local community, with active participation from residents, students, and volunteers. The initiative contributed to increased green cover in the adopted village, promoting biodiversity and environmental sustainability.



9. Brochure of the event:





List of Participants:



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1. Title of the program :" Blood Donation Camp on World Blood

Donation Day"

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration : 14-06-2023

6. Number of participants : Students : 100 External-0 Internal-100

Faculty :2 External- 0 Internal- 2

7. Objective of the Program

- Promote Awareness: Increase awareness among students and the community about the critical need for blood donation and its life-saving impact on patients in need of transfusions.
- Encourage Participation: Encourage voluntary participation from students, faculty, and staff to donate blood, fostering a sense of social responsibility and empathy towards those in need.
- Facilitate Collaboration: Establish a collaborative platform between the college, medical professionals, and the local hospital to streamline the process of blood donation, collection, and utilization for patient care.
- Contribute to Healthcare: Collect a substantial number of blood units to support the blood bank at Aluva General Hospital, addressing the ongoing demand for blood and ensuring a readily available supply for patients.

- Empower Lives: Empower the participating donors with the understanding that their contribution directly impacts and saves lives, encouraging a culture of selfless service and altruism within the college community.
- Educate and Eradicate Myths: Educate participants and the public about the importance of regular blood donation, dispelling myths or misconceptions associated with the process.
- Forge Community Engagement: Strengthen the bond between the college and the local community by organizing events that contribute to the betterment of society and healthcare facilities in the region.

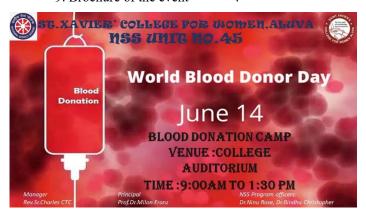
8. **Detailed description of the event**

On the occasion of World Blood Donation Day, the NSS Unit of St. Xavier's College for Women organized a remarkable Blood Donation Camp aimed at contributing to this noble cause and fostering awareness about the critical need for blood donation. The event took place under the esteemed guidance of NSS Program Officers Dr. Ninu and Dr Bindhu and received inaugurative support from Principal Prof. Dr. Milon Fanz. The insightful keynote address was delivered by College Manager Sister Chalse, setting the tone for the day's proceedings. The gathering was graced by the presence of Dr. Rohini, Administrative Officer of Aluva Government Hospital, who felicitated the event.

Approximately 36 voluntary blood donors, comprising students, faculty, and staff, wholeheartedly participated in this humanitarian initiative. Each donor's selfless contribution was a beacon of hope for those in need of blood transfusions and medical assistance. The altruism exhibited by these donors exemplifies the spirit of compassion and solidarity within the St. Xavier's College community.

The event was not merely a collection drive but a platform to emphasize the significance of blood donation in saving lives. The collected blood samples, a total of 36 units, were meticulously handled and promptly handled over to the Blood Bank at Aluva General Hospital. This donation will undoubtedly make a significant difference in catering to the medical needs of patients in the region.

9. Brochure of the event



10. **Photos** :







List of Participants:



Rose Mariya Moni - Noger Sharon Albert Williams - Auch. Hiba Fathima K.A - office Ann Mary K.A Laksh minandhana - Room - Alberi Kriehnapriya K. J Aneena Rose Bijo Johny Anliya Aisha Beevi -20 - stoly - about Amina Farha Fathima Hiba Shikha Suni Swathija Samea (Jela Saira P.S Devushwari k.s Khadeejath Fazha Frigal - John 1. Treesa Ameesha cs. Ameska

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5. Lyn 200 SIDI 6 Soomyn p.4 1. Title of the program : International Yoga Day Celebration

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher.

3. Organizing Department/Cell/Club : NSS.

4. Level- Dept/ College/ Intercollegiate/State/ National/ International

State

5. Date & Duration : June 21, 2023

6. Number of participants : Students : 75 External-0 Internal-75

Faculty :2 External- 0 Internal- 2.

7. Objective of the Program

• To commemorate International Yoga Day.

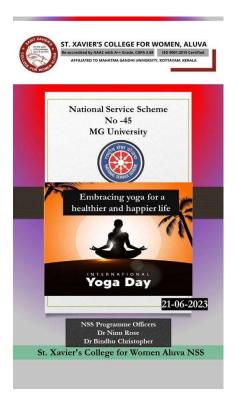
- To promote the significance of yoga in maintaining physical and mental well-being.
- To encourage active participation of NSS volunteers in yoga activities.

8. Detailed description of the event : The NSS unit of St. Xavier's College for

Women, Aluva, organized a vibrant celebration to mark International Yoga Day on June 21, 2023. The event took place in the college auditorium, where all NSS volunteers enthusiastically participated in various yoga exercises and techniques. The inauguration of the session was graced by the esteemed presence of the College Principal, Prof. Dr. Mion Franz. Prof. Franz inaugurated the session, emphasizing the importance of yoga in fostering holistic health and wellness among individuals. Following the inauguration, Rev. Sister Chalse, the College Manager, delivered an insightful talk on health management and the paramount importance of incorporating yoga into daily routines. Her address shed light on how yoga can serve as a powerful tool for maintaining physical fitness, alleviating stress, and enhancing overall well-being. Throughout the event, the NSS volunteers actively engaged in yoga practices under the guidance of experienced instructors. Various yoga asanas, pranayama techniques, and meditation sessions were conducted, allowing participants to experience the

rejuvenating effects of yoga firsthand. The celebration not only provided a platform for students to explore the benefits of yoga but also fostered a sense of unity and camaraderie among the NSS volunteers. It served as a reminder of the timeless wisdom encapsulated in the ancient practice of yoga and its relevance in modern-day living.

9. Brochure of the event



10. Photos (with captions):





List of Participants:



Rose Mariya Moni Sharon Albert Williams Hiba Fathima K.A diffe Ann Mary K-A Lakeh minandhana - Brown - Alberi Kriehnapriya K. J Aneena Rose Bijo John Rose John Anliya Aisha Beevi -20 - stortus - about Amina Facha Fathima Hiba - Hips Shikha Suni Swathija Samer (Jela 16. Saina P.S 17. Devushwari k.s Khadeejath Fazha Faigal - In 1. Treesa Ameesha cs. Amostha

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1. Title of the program : Anti-Drug Rally, Seminar, and

Award Reception

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration : June 26, 2023

6. Number of participants : Students : 75 External-

0 Internal- 75

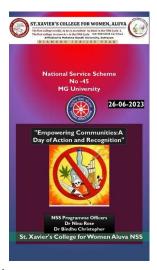
Faculty :2 External- 0 Internal- 2

- 7. Objective of the Program :
 - To raise awareness about the harmful effects of drug usage.
 - To participate in a seminar focusing on pertinent societal issues.
 - To recognize and honor outstanding contributions to NSS activities.
- 8. Detailed description of the event : On June 26, 2023, a series of impactful events took place, highlighting the commitment of the NSS unit of St. Xavier's College for Women, Aluva, towards community welfare and excellence in service. The day commenced with an Anti-Drug Rally organized by the NSS unit, aimed at raising awareness about the detrimental consequences of drug usage. NSS volunteers, along with members of the

local community, marched through the streets, carrying banners and placards advocating for a drug-free society. The rally served as a powerful demonstration of collective resolve against the scourge of substance abuse.

Following the rally, a seminar addressing societal issues was held at CMI School, wherein NSS volunteers actively participated. The seminar provided a platform for engaging discussions onpressing issues affecting our communities, including drug abuse, mental health, and environmental conservation. Through insightful presentations and interactive sessions, participants gained valuable insights into addressing these challenges effectively. In a moment of pride for the NSS unit, Dr. Ninu Rose, the Program Officer, was honored with the prestigious award for the Best NSS Program Officer by the NSS unit of St. Xavier's College for Women. Dr. Rose's unwavering dedication, innovative initiatives, and exemplary leadership in driving NSS activities were duly recognized and celebrated. The award not only acknowledges her individual contributions but also serves as an inspiration for the entire NSS fraternity to continue their endeavors towards social upliftment and service.

9. Brochure of the event



10. Photos (with captions):





List of Participants:



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1. Title of the program : Vazhathopu Vilavedupu and

Cleaning Drive

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration : 13th July 2023

6. Number of participants : Students : 75External-0 Internal-75

Faculty :2 External- 0 Internal- 2

7. Objective of the Program : Community Engagement

through Vazhathopu Vilavedupu and Cleaning Drive

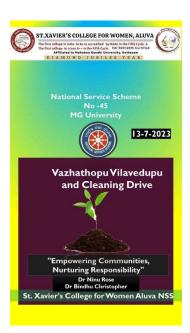
8. **Detailed description of the event** : On the 13th of July 2023, the

NSS unit of St. Xavier's College for Women embarked on a mission to foster community engagement and environmental stewardship through a Vazhathopu Vilavedupu (Planting of Banana Saplings) and Cleaning Drive. This initiative aimed to instill a sense of responsibility and environmental consciousness among the students while contributing positively to the local community.

Under the guidance of faculty advisors approximately 75 enthusiastic students actively participated in the day-long activity. The event commenced early in the morning, with students gathering at the designated location equipped with necessary tools and resources. The planting of banana saplings, known locally as Vazhathopu Vilavedupu, served as a symbolic gesture of

nurturing and growth. Students worked diligently to prepare the soil, plant the saplings, and ensure proper care instructions were provided to community members for their ongoing maintenance. This segment of the activity not only contributed to environmental sustainability but also promoted the importance of agriculture in the community. In addition to planting saplings, students actively engaged in a thorough cleaning drive of the surrounding areas. Armed with gloves, garbage bags, and determination, they meticulously collected litter, cleared debris, and beautified public spaces. The cleaning drive aimed to enhance the aesthetic appeal of the locality while fostering a sense of ownership and pride among the residents.

9. Brochure of the event



10. Photos (with captions) :





List of Participants:



Rose Mariya Moni - Kundarili Sharon Albert Williams - House. Hiba Fathima K.A de Ann Mary K.A Lakehminandhana - AlaBai Kriehnapriya K. J Aneena Rose Bijo John Anliya - 20 Aisha Beevi 一曲紀 Amina Farha - Him Shikha Suni Swathija Samea (Jala 16. Saira P.S Devushwari k.s Khadeejath Fazha Faigal - John 1. Treesa Ameesha c.s. Amostha

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1. Title of the program : "Sneha Vedu: Building Homes,

Building Hope"

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration : September 26, 2023

6. Number of participants : Students : 100 External-

0 Internal- 100

Faculty :2 External- 0 Internal- 2

7. Objective of the Program

- Provide Financial Assistance: The primary goal of the visit was to offer financial support to the ongoing house construction under the "Sneha Vedu" project, demonstrating the NSS unit's commitment to community welfare and social responsibility.
- Monitor Construction Progress: The visit aimed to assess the progress of the house construction, ensuring that the project is on track and adhering to planned timelines and quality standards.
- Strengthen Community Engagement: Engaging directly with the beneficiaries and the construction team, the NSS unit sought to strengthen ties with the community, fostering a spirit of collaboration and mutual support.

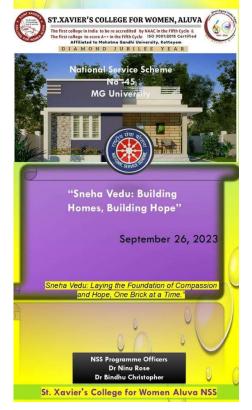
Encourage Volunteer Participation: By involving NSS volunteers in the visit, the
objective was to inspire and motivate them to actively participate in community service
projects, enhancing their understanding of social issues and the impact of their
contributions.

8. Detailed description of the event

On September 26, 2023, the NSS unit of St. Xavier's College for Women, Aluva, made a significant step in its ongoing commitment to community service by visiting the construction site of the "Sneha Vedu" project. Led by NSS Program Coordinators Dr. Ninu Rose and Dr. Bindhu Christopher, along with representatives from the NSS volunteer group, the visit was aimed at providing financial support for the construction of a house for a deserving family.

The coordinators and volunteers were warmly received by the construction team and the beneficiary family. During the visit, the NSS representatives interacted with the construction workers, overseeing the work progress, and ensuring that the project is moving forward as planned. This hands-on involvement not only demonstrated the NSS unit's dedication to the project but also reinforced the importance of active participation in community development initiatives.

9. Brochure of the event:



10. Photos:



List of Participants





1. Title of the program : "Say No to Drugs: Awareness

Through Action"

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration : September 27, 2023,

6. Number of participants : Students : 100 External-0 Internal- 100

Faculty :2 External- 0 Internal- 2

7. Objective of the Program :

- Raise Awareness about Drug Abuse: The primary objective of the skit was to educate
 the public, especially the youth, about the dangers and consequences of drug abuse,
 promoting a drug-free lifestyle.
- Engage the Community: By performing at the railway station, a public place with high footfall, the aim was to reach a wider audience, including travelers and local residents, to spread the anti-drug message effectively.
- Encourage Peer Influence: The skit aimed to empower students and young adults to influence their peers positively by setting examples of healthy, drug-free living.
- Foster Creative Expression: The event provided a platform for NSS volunteers to use creative methods, such as drama, to convey important social messages, enhancing their communication skills and confidence.
- 8. Detailed description of the event

On September 27, 2023, the NSS unit of St. Xavier's College for Women, Aluva, took a proactive approach in their anti-drug campaign by organizing a skit performance. The skit, which focused on the perils of drug abuse and the importance of making healthy choices, was performed at two key locations: the bustling railway station and the college premises. The skit was designed to be engaging and thought-provoking, depicting real-life scenarios and the impact of drug abuse on individuals and families. NSS volunteers played various roles, portraying both the dark reality of addiction and the hope that comes with making positive life choices. The performances drew the attention of passersby, students, and faculty members, creating a meaningful dialogue about drug abuse prevention.

The event was well-received, with many spectators expressing appreciation for the NSS unit's efforts in raising awareness. Informative pamphlets on the dangers of drug abuse and available support services were also distributed, further reinforcing the message of the campaign.

9. Brochure of the event

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10. Photos:







List of Participants:



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1. Title of the program : Ozone day Celebration

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration : 15/8/2023

6. Number of participants : Students : 175 External-

0 Internal- 100

Faculty :2 External- 0 Internal- 2

7. Objective of the Program

- The primary objective of the event was to raise awareness among students about the importance of ozone conservation and the detrimental effects of ozone depletion on the environment and human health.
- Through the seminar and awareness sessions, the event aimed to educate students about
 the science behind ozone depletion, its causes, and potential solutions. It provided
 students with accurate information to empower them to make informed decisions and
 take action towards environmental sustainability.
- The event sought to actively engage youth in environmental conservation efforts by highlighting their role as agents of change. By involving NSS volunteers and students in organizing and participating in the event, it aimed to inspire a sense of responsibility and ownership towards environmental stewardship.
- The event aimed to empower students with the knowledge and tools necessary to become advocates for ozone protection and broader environmental issues. By

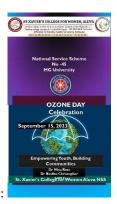
- equipping students with information and resources, it aimed to foster a sense of empowerment and agency in addressing environmental challenges.
- The event served as a platform for fostering a sense of community and collaboration within the college. Bringing together students, faculty, and guest speakers, it provided an opportunity for meaningful dialogue, networking, and collective action towards a common goal of environmental conservation.
- By featuring esteemed personalities such as the college principal and a prominent social
 activist, the event aimed to inspire and motivate students to become leaders in
 environmental activism. Their speeches and insights were intended to ignite passion
 and drive among students to champion environmental causes both within and beyond
 the college campus.

8. Detailed description of the event

On the auspicious occasion of Ozone Day, the NSS Unit of St. Xavier's College for Women in Aluva took proactive steps towards raising awareness about the importance of ozone conservation. The day was marked with a series of enlightening events aimed at educating students about the significance of protecting the ozone layer and combating ozone depletion. The celebrations commenced with a seminar organized by the NSS unit, which served as a platform for insightful discussions on various aspects related to ozone conservation. Esteemed personalities, including Principal Prof. Dr. Milan Franz, graced the occasion with their presence, emphasizing the critical role of youth in environmental preservation.

Inaugurating the ozone day celebrations, Principal Prof. Dr. Milan Franz underscored the urgency of collective action in safeguarding our planet's ozone layer. His inspiring words resonated with the audience, urging them to take concrete steps towards environmental stewardship. Following the inauguration, NSS volunteers led interactive awareness sessions across different classes, spreading the message of ozone protection and sustainability. These sessions, spearheaded by Shri Chinnan V Painadath, a renowned social activist, provided valuable insights into the impact of human activities on the ozone layer and suggested actionable measures to mitigate environmental degradation. Shri Chinnan V Painadath's engaging discourse captivated the students, empowering them with knowledge and instilling a sense of responsibility towards environmental conservation. Through interactive discussions

and informative presentations, students gained a deeper understanding of the significance of preserving the ozone layer for a sustainable future. The ozone day celebrations at St. Xavier's College for Women, Aluva, served as a testament to the institution's commitment to environmental consciousness and youth empowerment. By fostering a culture of environmental awareness and activism, the NSS unit continues to inspire positive change within the college community and beyond.



9. Brochure of the event





List of Participants



1. Rose Mariya Moni — Miss 2. Sharon Albert Williams — March. Hiba Fathima K.A de Ann Mary K.A Lakehminandhana - AlaBai Kriehnapriya K. J Aneena Rose Bijo 8. Joffy 9. Anliya 10. Aisha Beevi - stolys Amina Farka - HE 12. Fathima Hiba 13. Shikha Suni 14. Swathija 15. Samer (Jala 16. Saina P.S Devushwari k.s 18. Khadeejath Fazha Faigel - July

- 1. Treesa Amersha c.s. Amersha
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1. Title of the program : "NSS Orientation Program: Building a

Future of Service and Leadership"

2. Name of the Coordinator/s : Dr Ninu Rose,Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration : September 18 to September 22, 2023,

6. Number of participants : Students : 100 External-0 Internal- 100

Faculty :2 External- 0 Internal- 2

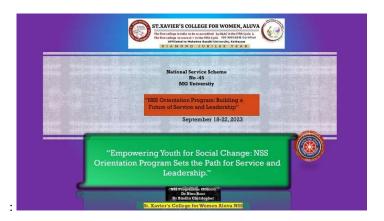
7. Objective of the Program :

- Introduce New Volunteers to NSS: The program aimed to familiarize first-year NSS volunteers with the core principles, objectives, and activities of the National Service Scheme (NSS), preparing them for active participation.
- **Highlight the Role of NSS in Community Service:** Through various sessions, the objective was to educate the volunteers about the importance of community service and the impact of NSS initiatives on societal development.
- **Develop Leadership and Teamwork Skills:** The orientation sought to encourage the development of leadership and teamwork skills among volunteers, equipping them to organize and participate in NSS activities effectively.
- Motivate Students Towards Social Responsibility: By sharing real-life experiences and success stories, the program aimed to inspire students to take up social causes and contribute positively to their communities.
- 8. Detailed description of the event

From September 18 to September 22, 2023, the NSS unit of St. Xavier's College for Women, Aluva, organized a comprehensive orientation program for NSS volunteers. The program, which spanned five days and comprised approximately 15 hours of sessions, was inaugurated by Mr. Sivadasan, NSS Coordinator at MG University. His inspiring speech set the tone for the event, emphasizing the significance of youth involvement in nation-building through service.

The orientation featured a series of informative sessions led by Mr. Joby, a renowned social service expert, and the college's NSS Program Officers, Dr. Ninu Rose and Dr. Bindhu Christopher. Topics covered included the history and objectives of NSS, the role of volunteers in social service, the benefits of community engagement, and the practical aspects of organizing and participating in NSS activities.

The sessions were interactive, encouraging volunteers to share their thoughts, ask questions, and participate in group discussions. This approach not only helped in building a sense of camaraderie among the new volunteers but also provided them with a platform to voice their ideas and concerns.



- 9. Brochure of the event
- 10. Photos (with captions) :





List of Participants



1. Rose Mariya Moni — Kaif 2. Sharon Albert Williams — Back. Hiba Inthima K.A diffe Ann Mary K.A Laksh minandhana - Percon Kriehnapriya K. J Aneena Rose Bijo - stokes Aisha Beevi - delle Amina Farha - HE Fathima Hiba Shikha Suni Swathija Bamea (Jala Saira P.S Devushwari k.s 18. Khadeejath Fazha Faigel - Lisi

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Affiliated to Mahatma Gandhi University, Kottayam

DIAMOND JUBILEE

Title of the program : "Walk for a Healthy Heart, Walk for a 1.

Cause"

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration : September 29, 2023

6. Number of participants : Students: 100 External-0 Internal- 100

Faculty :2 External- 0 Internal- 2

7. Objective of the Program

- Promote Heart Health Awareness: The primary goal of the rally was to educate the public about the importance of heart health and encourage lifestyle changes that can prevent heart diseases.
- Support a Noble Cause: By participating in the rally, the aim was to raise funds to sponsor the medical needs of a disadvantaged child, demonstrating solidarity and compassion for those in need.
- Encourage Community Participation: The event sought to foster a sense of community engagement and responsibility, highlighting how collective action can make a significant impact on public health and social welfare.
- Promote Physical Activity: Encouraging participants to walk 10,000 steps was a way to emphasize the importance of regular physical activity as a key component of maintaining heart health.
- 8. Detailed description of the event

On September 29, 2023, St. Xavier's College for Women, Aluva, in collaboration with Aster Medcity, organized a rally to mark World Heart Day. The event, which aimed to raise awareness about heart health, also had a charitable component, focusing on sponsoring the medical needs of a disadvantaged child through Aster Medcity's initiative.

The rally saw enthusiastic participation from students, faculty members, healthcare professionals, and members of the local community. Participants committed to walking 10,000 steps, symbolizing their commitment to heart health and their support for those in need. The event began with an opening ceremony that included a welcome address from representatives of St. Xavier's College and Aster Medcity, who highlighted the significance of heart health and the rally's charitable goals.

As participants embarked on their walk, there was a palpable sense of unity and purpose. The route took them through key areas in Aluva, spreading the message of heart health and compassion. Banners and placards with slogans such as "Healthy Heart, Happy Life" and "Walk for a Cause, Walk for a Cure" added to the event's vibrant atmosphere, drawing attention from bystanders and encouraging more people to join in.

The rally not only succeeded in promoting heart health awareness but also made a tangible difference in the life of a child in need. The funds raised through the event were directed towards sponsoring the medical care of a disadvantaged child, reflecting the power of community and collective action in addressing healthcare disparities.



- 9. Brochure of the event
- 10. Photos (with captions):



List of Participants:



Rose Mariya Morii
Sharen Arbert Williams — Jawe.
Hebs Arbertan & A — Sherii
Ann Mary K. B — Arbert
Ann Mary K. B — Arbert
Anna Rose Bijo — Burani
John Maria Rose Bijo — Burani
John Maria Bijo — Burani
John Maria Bijo — States Swathija Samea (Jala 16. Saina PS - Saina PS
17. Devuchwani K.S - Doubland
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1. Title of the program : Kadal Kadu Plantation Dive:

Rejuvenating Our Coastal Ecosystem"

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration : October 27, 2023

6. Number of participants : Students : 100 External-0 Internal- 100

Faculty :2 External- 0 Internal- 2

7. Objective of the Program :

- Promote Coastal Ecosystem Conservation: The event aimed to raise awareness about the importance of coastal and marine ecosystems, highlighting the role of native plants in maintaining ecological balance.
- Enhance Biodiversity: By planting around 2,000 native plants in the mud water of Vypin, the initiative sought to enhance the biodiversity of the region, providing habitat for various marine and terrestrial species.
- Community Engagement and Environmental Education: The event aimed to involve local communities, students, and volunteers in hands-on environmental conservation activities, fostering a sense of responsibility towards nature.
- Combat Coastal Erosion: The plantation of native plant species was intended to help stabilize the soil and reduce erosion, which is a significant environmental concern in coastal areas like Vypin.

8. Detailed description of the event

The "Kadal Kadu Plantation Dive" was a significant environmental initiative undertaken by the NSS Unit of St. Xavier's College for Women, Aluva, in collaboration with Aster Medcity. Held on October 27, 2023, at Vypin, Ernakulam, the event saw the successful plantation of approximately 2,000 native plants in the muddy waters of the region.

The plantation drive was spearheaded by Vivek, the Secretary of Aster Medcity Association, along with the NSS Coordinators, Dr. Ninu Rose and Dr. Bindhu Christopher. The initiative attracted the participation of numerous volunteers, students, and local community members, all eager to contribute to the restoration and preservation of their coastal environment.

Through this event, the organizers not only planted trees but also seeds of awareness and responsibility among the participants, emphasizing the importance of protecting coastal ecosystems for future generations.



- 9. Brochure of the event:
- 10. Photos (with captions):





List of Participants



1. Rose Mariya Mori
2. Sharen Alexee Williams — June.
3. Hilisa Alekhuma K.A. — Alem
4. Ann Mary K.B. — Alem
5. Lakeh minandhana. — Hilliam
6. Karikangaya K. J. — June.
7. Amerin Rose Bijis — Queen
10. Antika Beere Bijis — Queen
10. Antika Beere — Shiftis
10. Antika Beere — Shiftis
11. Antika Beere — Shiftis
12. Jackima Hiba — Hilliam
12. Jackima Hiba — Hilliam
13. Shidha Juni — Shiftis
14. Suchtifis
15. Janua Gala — Junio
16. Sacra P. S.
17. Oereedhara K. S. — Dushand
18. Khadeejati Taska Taigel — Lak

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4. LINGMOL NS Opposion

1. Title of the program : Mathrubhumi Mathuram Malayalam

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration :

6. Number of participants : Students : 100 External-0 Internal-100

Faculty :2 External- 0 Internal- 2

7. Objective of the Program

- promote the habit of daily newspaper reading among the new generation.
- To highlight the importance of staying informed and connected with current events through credible news sources.
- To encourage the appreciation of the Malayalam language and literature through regular engagement with Malayalam newspapers.
- 8. Detailed description of the event

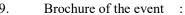
On 4th October 2023, the NSS unit of St. Xavier's College coordinated the Mathuram Malayalam Padathi in collaboration with Mathrubhumi, a leading Malayalam newspaper. The initiative aimed to encourage the new generation to develop the habit of reading newspapers daily, thereby staying informed about current events and enhancing their language skills.

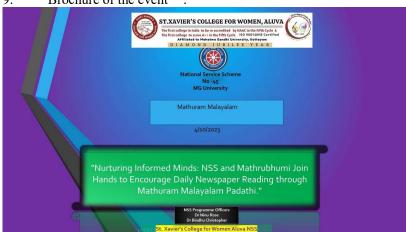
The event was inaugurated by Mr. Rahul, a representative from Mathrubhumi. In his inaugural address, Mr. Rahul emphasized the importance of newspaper reading in today's fast-paced world. He highlighted how daily engagement with newspapers can not only keep individuals informed about national and global events but also improve their language proficiency and critical thinking skills.

Mr. Rahul further discussed the role of newspapers in preserving and promoting the richness of the Malayalam language. He encouraged the students to regularly read Malayalam newspapers as a way to stay connected with their cultural roots and to appreciate the beauty of their mother tongue.

The event included an interactive session where students shared their views on the significance of reading newspapers and discussed how this habit can positively impact their academic and personal lives. The session concluded with a commitment from the participants to incorporate regular newspaper reading into their daily routines.

The Mathuram Malayalam Padathi was a successful initiative, meeting its objectives by motivating students to recognize the value of staying informed and engaged with the world around them through the medium of Malayalam newspapers.







10. Photos (with captions):

List of Participants:



1. Rose Mariya Moni
2. Shakm Akbeek williams — Jank.
3. Heise Akbena k A — Shan
4. Ann Merg k B — Cital
6. Keithagariya K J — Jane
7. Antena Rose Bijo — Chara
8. Ship
9. Antena Rose Bijo — Chara
10. Aicha Beeri — Ship
12. Antena Hiba — Hill
12. Anthoma Hiba — Hill
13. Shilla Sian — Hill
14. Southerja — Ship
15. Shilla Sian — Hill
16. Southerja — Hill
17. Occuredhari k S — Desilva
18. Khadeejatt Tazha Taigel — Lini

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DIAMOND JUBILEE YEAR

1. Title of the program : "Marunupetti"

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration : November 1, 2023

6. Number of participants : Students : 100 External-0 Internal-100

Faculty :2 External- 0 Internal- 2

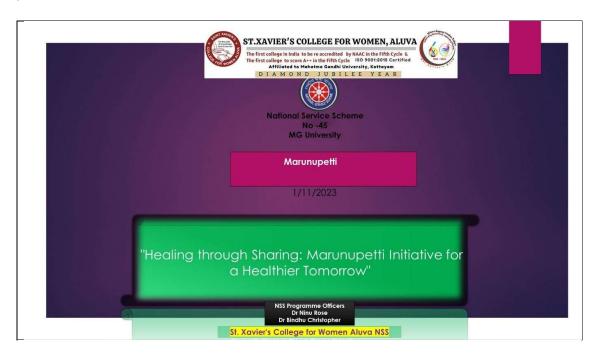
7. Objective of the Program

- To promote the recycling and redistribution of unused, non-expired medicines to those in need.
- To raise awareness among the public about the responsible disposal of medicines and reduce wastage.
- To create a platform for social responsibility and healthcare collaboration between educational institutions and local governing bodies.
- To encourage community participation in healthcare initiatives through simple acts of donation.
- 8. Detailed description of the event

On November 1, 2023, the NSS unit of St. Xavier's College for Women, Aluva, in collaboration with Aluva Municipality, launched a unique initiative titled "Marunupetti". The program aimed to create a system for collecting unused, non-expired medicines from the public, which could be recycled and redistributed to those in need. The inaugural event took place at the college premises, where the Aluva Municipality Chairman officiated the inauguration, emphasizing the importance of reusing valuable medicines that would otherwise go to waste. The highlight of the event was the presence of Malayalam

film actor Mr. Bala, who graced the occasion as the chief guest and praised the initiative for its potential to benefit the less fortunate. The Marunupetti storage box, placed in front of the college, will serve as a permanent collection point for the public to deposit their unused medicines. The NSS volunteers, in association with Aluva Municipality, will oversee the collection, screening, and distribution process to ensure that the medicines are put to good use. This initiative is a step towards a more compassionate and sustainable healthcare system, driven by the spirit of community service and social responsibility.

9. Brochure of the event :



10. Photos (with captions):



List of Participants:



1. Rose Mariya Moni
2. Shakm Akbeek williams — Jank.
3. Heise Akbena k A — Shan
4. Ann Merg k B — Cital
6. Keithagariya K J — Jane
7. Antena Rose Bijo — Chara
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9. Antena Rose Bijo — Chara
10. Aicha Beeri — Ship
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12. Anthoma Hiba — Hill
13. Shilla Sian — Hill
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17. Occuredhari k S — Desilva
18. Khadeejatt Tazha Taigel — Lini

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 6. Solotopa p. A

 7. Tradon de ses Sano

1. Title of the program : Palliative Care Day 2023

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration : November 18, 2023

6. Number of participants : Students : 100 External-

0 Internal- 100

Faculty :2 External- 0 Internal- 2

7. Objective of the Program

Raise Awareness: To educate the public and the college community about the significance of palliative care and the role it plays in improving the quality of life for patients with serious health conditions.

Encourage Participation: To engage students and faculty in activities that highlight the need for emotional, psychological, and physical support for patients and their families.

Promote Compassion: To foster a sense of empathy and responsibility among students towards the needs of the elderly and those suffering from chronic illnesses.

Skill Development: To enhance the presentation and communication skills of students through creative performances like skits and dramas.

8. Detailed description of the event :

The inaugural function was marked by a series of informative talks by healthcare professionals and representatives from Anwer Palliative Care Society, focusing on the importance of

palliative care. The highlight of the event was the skit performed by the NSS volunteers of St. Xavier's College for Women. The skit effectively conveyed the message of care, support, and empathy required for individuals receiving palliative care.

The performance not only educated the audience about the challenges faced by patients and their families but also emphasized the importance of a compassionate approach. The impactful portrayal of these themes earned the NSS unit the prestigious Best Performer Award for their outstanding contribution and dedication to the cause.





10. Photos (with captions)

List of Participants



1. Title of the program : NSS Seven day Camp

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration : 25/12/2023-31/12/2023

6. Number of participants : Students : 100 External-0 Internal- 100

Faculty :2 External- 0 Internal- 2

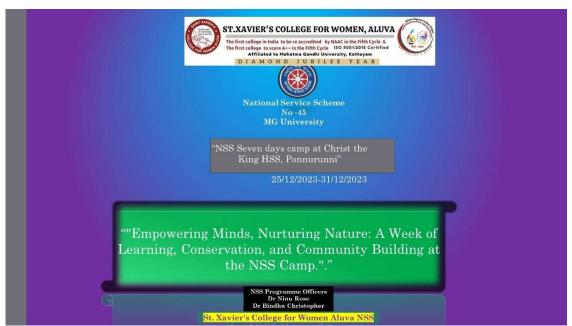
- 7. Objective of the Program
- To educate participants on electrical safety, energy conservation, and sustainable energy practices.
- To raise awareness about environmental protection, focusing on plastic disposal and ecofriendly practices.
- To promote physical fitness and well-being among participants through engaging activities.
- To encourage the adoption of digital technology in educational settings for better resource management.
- To promote biodiversity and environmental conservation through practical, hands-on projects.
- To raise awareness about the harmful effects of drug abuse and promote healthy lifestyles.
- 8. Detailed description of the event :

As part of the NSS camp, various activities and educational sessions were organized to achieve the objectives of the camp.

- Electrical Safety and Energy Conservation: A class was organized in collaboration with the Electricity Board to educate participants about electrical safety measures, energy conservation techniques, and the importance of sustainable energy practices. Representatives from the Electricity Board delivered informative presentations and conducted interactive sessions to engage the participants and address their queries. This session helped in enhancing the participants' understanding of electrical safety and the need for responsible energy consumption.
- Environmental Protection Plastic Disposal: Jos Maveli, an expert in environmental
 protection activities, conducted a specialized session on plastic disposal. Through
 engaging discussions and practical demonstrations, Jos Maveli shared valuable
 knowledge and insights with the participants. The session emphasized the importance
 of proper plastic disposal methods and encouraged critical thinking and skill
 development among the participants.
- Physical Fitness Zumba Class: To promote physical fitness and well-being, a lively
 Zumba class was organized during the camp. Led by experienced instructors, the
 session featured energetic dance routines set to upbeat music, creating a fun and
 dynamic atmosphere. The participants enthusiastically participated in the workout,
 enjoying the exhilarating experience of Zumba.
- Eco-friendly Practices Paper Bag Distribution: In line with the initiative to promote environmental sustainability, a paper bag distribution activity was conducted. Participants were involved in preparing and distributing eco-friendly paper bags as an alternative to plastic bags. This activity raised awareness about the harmful effects of plastic pollution and the importance of adopting eco-friendly practices.
- **Digitalization of Christ the King School Library:** A significant project undertaken during the NSS camp was the digitalization of the Christ the King school library. Participants were involved in digitizing library resources, cataloging digital collections, and implementing digital library management systems. This initiative aimed to enhance accessibility and streamline library services through the integration of technology.

- Butterfly Garden Establishment: To promote biodiversity and environmental conservation, a butterfly garden was established during the camp. Participants engaged in creating a habitat with native plants that attract butterflies, providing food and shelter for these delicate insects. The butterfly garden now serves as a living ecosystem and an educational resource for learning about wildlife conservation.
- Anti-Drug Awareness Campaign: As part of its community outreach efforts, the NSS camp organized a campaign to raise awareness about the harmful effects of drug abuse. Participants created anti-drug posters conveying powerful messages against substance abuse and addiction. These posters were displayed in prominent locations to reach a wider audience and promote drug prevention initiatives. The NSS camp successfully met its objectives by educating participants on crucial issues such as environmental protection, energy conservation, physical fitness, digital literacy, and drug prevention. Through a combination of interactive sessions, practical activities, and community outreach, the camp fostered awareness, skill development, and a sense of social responsibility among participants.

9. Brochure of the event :



10. Photos (with captions) :







List of Participants

Name	Mobile No:	Reservation	Blood Group	Course

Anjana Ramesh	8129738235	OBC	A+	B.Com.
Anjali T G	9037571819	Scheduled Castes(SC)	O+	B.A.
Sandra Manikandan	9778208107	OBC	A+	B.Com.
Devika M S	9633177243	ОВС	AB+	B.Com.
Soja Shiyas	8156881999	OBC	A+	B.Com.
Agasta Paul	9645156831	General Category	A+	B.Com.
Harsha M S	8589037797	General Category	A+	B.Com.
APARNA A S	7012360718	OBC	O+	B.Com.
Malavika P P	8589968293	Scheduled Castes(SC)	O+	B.Com.
Abhina M G	9539436011	OBC	B+	B.A.
Akhila T J	7907814885	OBC	A+	B.A.
Farsana A S	9778791672	OBC	O+	B.A.
Anusha Madhu	7025963317	Scheduled Castes(SC)	B+	B.A.
Aleena Varghese	7907576979	OBC	0+	B.A.
Angel Maria T F	9961425231	OBC	B+	B.A.
Apsa Manoj	9562946799	OBC	AB+	B.A.
Devika TS	9778001059	OBC	O+	B.Sc.
Anupriya M S	9207128074	OBC	B+	B.Sc.
Nandhana TG	8590854411	OBC	B+	B.Sc.
Christeena Mary	7025963317	OBC	O+	B.A.
Agnes Arsha O S	7034933638	OBC	B+	B.Com.
Aparna Biju	9995149037	OBC	O+	B.Com.
Athullya Vincent	9846501595	OBC	A+	B.Com.
Aneena Treasa P J	9746904779	General Category	B+	B.Com.
Jismi Irine	8089487715	OBC	A+	B.Com.
Archana P A	9446511282	General Category	B-	B.Com.
Avanthika K M	9207921468	Scheduled Castes(SC)	0+	B.Sc.
Merlin Shin	7736717454	OBC	0+	B.Sc.
Krishnapriya K S	9061512634	Scheduled Castes(SC)	A+	B.Sc.

Lakshmi Vishal	9544056497	General Category	B+	B.A.
Fathima Mehjabeen Firose	7994813597	OBC	AB+	B.Sc.
Shahina A G	6238014934	OBC	0+	B.Com.
Nivetha R	8075916087	Scheduled Castes(SC)	B+	B.Sc.
Ardra Joy	9074554099	OBC	A+	B.Sc.
Anjana T T	9847714469	OBC	B+	B.Com.
Anjana ER	7902422825	OBC	0+	B.Com.
Vismaya M K	9562169019	Scheduled Castes(SC)	A+	B.Com.
Sneha P S	9847582240	OBC	A+	B.Com.
Varsha Ramachandran	9744892775	OBC	B+	B.A.
Axciba Popson	8089371204	OBC	AB+	B.A.
Stayna Babu	7736623680	OBC	AB+	B.A.
Devika Balakrishnan	7034138230	Scheduled Castes(SC)	A+	B.A.
Meenu Francis	9847142461	General Category	0+	B.A.
Arathy Suresh	9562467794	OBC	A+	B.A.
Aparna Sajeevan	9605308353	OBC	B-	B.Com.
Shahanaz M S	8943028557	OBC	AB+	B.A.
Krishnapriya E S	7034516132	Scheduled Castes(SC)	0+	B.A.
Nafeesath Mizariya	9037034492	OBC	0+	B.A.
Devika G Elayath	7034944101	General Category	B+	B.A.
Muhsina Beegum U K	9447553665	Scheduled Tribes(ST)	B+	B.A.
Hasna Shamsu	7012248386	OBC	0+	B.Sc.
Fathimath Alfia M A	9562984549	OBC	0+	B.A.
Sreedhanya Sanish	9847424520	OBC	0+	B.Sc.
Sreenandana M S	7560852724	OBC	AB+	B.Sc.
Vineetha P V	7736377208	OBC	0+	B.Sc.
Sruthi Suresh	9188894393	OBC	0+	B.Sc.
Albeena Thomas	6282475009	General Category	0+	B.Com.

Swathilakshmi K O	9947409545	OBC	0+	B.Com.
Alna Mariya	9142288025	OBC	0+	B.Com.
Anitha Jose	9497444685	General Category	O+	B.A.
Nelna k siyad	9778145821	OBC	A+	B.A.
Aleena Vilson	9061429978	OBC	B+	B.A.
Mariya Merin C J	9562021487	OBC	AB+	B.A.
Shaniya C Shereef	9895312921	OBC	B-	B.A.
Sadiya Zaina M U	8075965956	OBC	B+	B.Com.
Sana Fathima C N	7907878824	OBC	0+	B.Com.
Shabana Nourin O S	7025811925	OBC	0+	B.Com.
Alga P A	8848339468	Scheduled Castes(SC)	0+	B.Com.
Aashna Navas	7025895030	OBC	A+	B.Com.
Parvathy P S	9744615014	OBC	B+	B.Com.
Geethika Mahesh	9400134010	Scheduled Castes(SC)	0+	B.Com.
Farsana K N	8848976813	OBC	B+	B.Com.
Jesna K M	8590124921	OBC	B+	B.Com.
Safna Mol K F	8289869316	OBC	0+	B.Com.
Harishma H	9746419807	OBC	AB+	B.Com.

1. Title of the program : HB Count Detection Camp

2. Name of the Coordinator/s : Dr Ninu Rose, Dr Bindhu Christopher

3. Organizing Department/Cell/Club : NSS

4. Level- Dept/ College/ Intercollegiate/State

/ National/ International : State

5. Date & Duration :

6. Number of participants : Students : 17 External-0 Internal-100

Faculty :2 External- 0 Internal- 2

7. Objective of the Program :

- To raise awareness about the importance of maintaining adequate hemoglobin (HB) levels for overall health.
- To educate students on the dietary practices that support healthy HB levels.
- To provide a practical health checkup opportunity for students to monitor their HB count.
- 8. Detailed description of the event

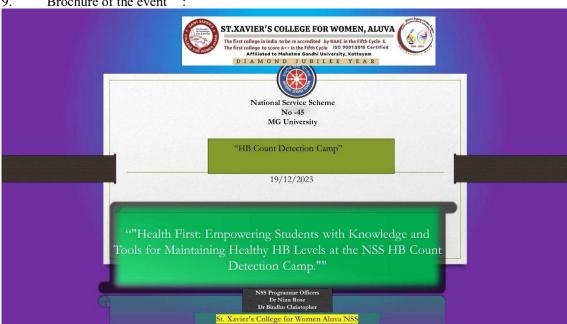
On 19th December 2023, the NSS unit of St. Xavier's College organized an HB Count Detection Camp at the college's NSS office. The event aimed to educate students about the importance of maintaining adequate hemoglobin (HB) levels and to provide a practical opportunity to check their HB count.

The camp was conducted with the expert guidance of Dr. Nisha from Lakshmi Hospital. Dr. Nisha provided detailed information on the significance of maintaining proper HB levels for overall health and well-being. She emphasized that an adequate HB count is crucial for preventing anemia and ensuring that the body's tissues receive enough oxygen. Dr. Nisha also discussed the dietary practices that can help maintain and improve HB levels, focusing on foods rich in iron, vitamins, and minerals.

Students were actively engaged in the session, asking questions and seeking advice on how to incorporate HB-boosting foods into their daily diets. Following the educational session, students had the opportunity to get their HB count checked. This hands-on experience allowed them to better understand their health status and the importance of regular monitoring.

The camp was a success, fulfilling its objectives of raising awareness about HB levels and promoting healthy dietary practices among students. The initiative was well-received, with many students expressing appreciation for the valuable health information and practical checkup opportunity.

Brochure of the event





10. Photos (with captions)

List of Participants

2nd B.Sc Mathematics

Name

signature

- 1) Lakshmi. A J
- 2) Breemandana M.S
- 3) Vineetha P.V
- 4) Arigai Negmeen A.H
- 5) Mariya M.O.
- 6) Sneha P.P.
- 7) Thanseela Beeri.
- 8) Sheedhanya
- 9) Aarya
- 10) Fathima
- 11) Safeeda
- 12) Southi suresh
- 13) Athulya
- 14) Shifa 15) Safana
- 16) Fathima Beevi.
- 17) Ashna.

Alfron Reenandars