

ANNUAL REPORT 2020-21

1. LITERACY AND EDUCATION

NO TOBACCO DAY (31.05.2020)

May 31st is observed as “No Tobacco Day” around the world every year to create an awareness among the public about the socio-psychological and health issues of tobacco usage. Centered on the theme for the World No Tobacco Day 2020, "Protecting youth from industry manipulation and preventing them from tobacco and nicotine use", the volunteers of the unit conducted a digital posters and placards making competition. 20 volunteers participated in the competition and posted the prepared posters and placards in the face book page of the unit.



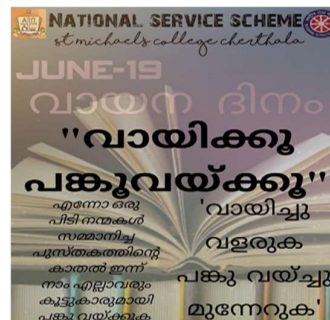
WORLD DAY AGAINST CHILD LABOUR (12.06.2020)

National Service Scheme unit of St. Michael's college, Cherthala observed the World Day Against Child Labour on 12th June 2020. The day is observed with the aim to eradicate child labour by a systemic approach and effective policies to strengthen social protection systems, education and decent work opportunities for parents and caregivers. The volunteers created digital posters and circulated it in different social media platforms to create awareness against child labour.



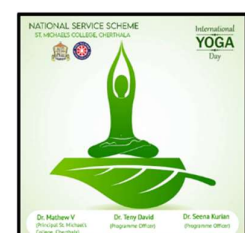
READING DAY (19.06.2020)

P N Panicker, a teacher from Kerala, is known as the father of library movement in Kerala. As a tribute to Mr. Panicker, June 19th is celebrated as National Reading Day. The day is observed to proclaim the importance of reading habit and its benefits. The NSS unit of St. Michael's College, Cherthala celebrated National Reading Day on 19th June 2020. The volunteers prepared the review of a book which they read and took the reading day pledge to celebrate the day. They also gave a small message to their family members about the importance of reading, books and libraries. The programme was coordinated by the language teachers of the college in the leadership of the Programme Officer Dr. Seena Kurian, who is a faculty of Hindi



INTERNATIONAL DAY OF YOGA(21.06.2020)

Physical and mental health is the first step to a successful life and Yoga is one of the ways to achieve it. By recognising the importance of Yoga 21st of June is declared as the International Day of Yoga by United Nations General Assembly. The NSS unit of St. Michael's College, Cherthala celebrated the International Day of Yoga on 21.06.2020. The celebration was inaugurated by



the college Principal, Dr. Mathew V. Programme Officers, Volunteer Secretaries and 95 volunteers participated in the programme.

KARUTHAL(CARE) - THE INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (26.06.2020)

Drug abuse and its social issues are increasing day by day. As an awareness against this illicit trafficking and drug abuse, NSS unit of St. Michael's college, Cherthala observed The International Day Against Drug Abuse and Illicit Trafficking on 26.06.2020. As a part of the observation, the unit organised an oath taking ceremony against drug abuse. The campaign aimed at "Better Knowledge for Better Care". Dr. Seena Kurian lead the pledge for volunteers. Dr. Teny David, Volunteers secretaries and 60 volunteers participated in the programme.



WORLD POPULATION DAY (11.07.2020)

Human resource is the most important strength of our nation. In spite of all the advantages, the population explosion is causing many problems in national development. Our Volunteers organized an online quiz competition on 11.07.2020 in the topic of World Population Day to observe this day. The programme aimed to create awareness about various issues related to population explosion such as the importance of family planning, gender equality, poverty, maternal health, and human rights. All the participants were awarded a participation certificate.



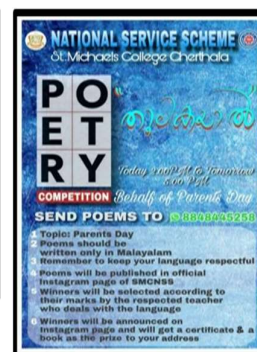
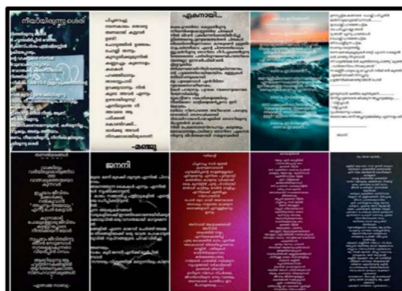
AARJAVAM 2020 (IMPULSE) - WORLD YOUTH SKILL DAY (15.07.2020)

A strong youth ensures a promising future for nations. In 2014, the United Nations General Assembly declared 15 July as World Youth Skills Day, to celebrate the strategic importance of equipping young people with skill for employment, decent work and entrepreneurship. The artwork Contest was organised by our volunteers in connection with World Youth Skill Day on 15.07.2020. The artworks were posted on the Instagram page and the winner was announced according to the number of likes. 30 volunteers participated in this programme. First prize was secured by Adarsh S from Dept of Chemistry and second prize by Kalyani A from Dept. of Physics.



THOOLIKAYAL (Poetry competition) - PARENT'S DAY (25.07.2020)

NSS unit of St. Michael's college, Cherthala conducted a poetry competition named 'Thoolikayal' on Parent's Day. The programme was a tribute to all the parents around the globe who work hard for the wellbeing of their children. The poems were evaluated and prizes were distributed. 'A Selfie with the Parent' challenge was also conducted on the day. The volunteers took a selfie video with their parents and posted it in the Whatsapp group. 20 volunteers participated in the programme.



KARGIL DAY (26.07.2020)

Kargil war was an armed conflict fought between India and Pakistan from May to July 1999 in the Kargil district of Jammu and Kashmir. July 26 is celebrated as Kargil Vijay Diwas to mark India's victory over Pakistani forces on the Kargil heights. The programme was aimed to commemorate those soldiers who sacrificed their lives for the nation during Kargil war. The volunteers of the unit conducted a lighting the candle ceremony and posted the images in social media platform.



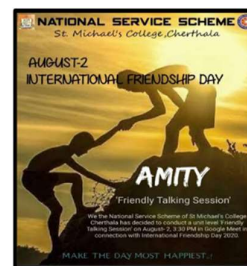
PANTHERA - INTERNATIONAL TIGER DAY (29.07.2020)

Tiger is the National Animal of India. The big cat was declared National Animal due to its crucial role in the existence of life and its threat status. As per the present status of IUCN, tiger falls under the category Endangered. International Tigers Day is observed every year on July 29 to create an awareness among the public about the importance for conserving Tiger. In connection with International Tiger Day, the NSS unit of the college conducted a poster making competition. The aim of the programme was centred on the theme "Their Survival is in our hands". The volunteers prepared the posters and posted in social media platform. Volunteers also conducted an awareness campaign through online platforms.



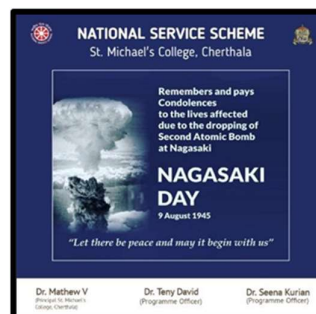
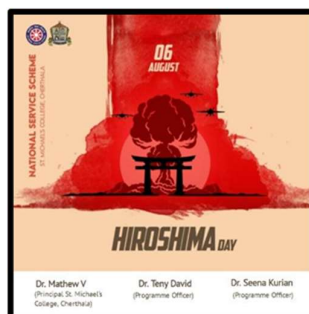
INTERNATIONAL FRIENDSHIP DAY (02.08.2020)

The pandemic and the lockdown periods caused serious deterioration in personal relationships. This has also played a key role in increasing the stress level and stress related psychological problems among individuals. To address this situation, the unit observed International Friendship Day. The unit organised an interactive session on 2nd August 2020, at 3:30 pm through the Google meet platform. The session helped students to fill their mind with extreme joy and happiness amidst their lockdown days.



HIROSHIMA AND NAGASAKI DAY (06.08.2020 & 09.08.2020)

Hiroshima day is observed every year on August 6 to promote peace politics and raise awareness against war. Nagasaki day is observed on 9 August. On this day US dropped an atomic bomb on the Nagasaki city of Japan in 1945 during World War II. The volunteers of the unit prepared a video based on Nagasaki and Hiroshima (nuclear bomb attacks) in 1945. It helped us to understand the poor situation of the people suffering from the nuclear bomb at Hiroshima and Nagasaki day.



QUIT INDIA DAY (09.08.2020)

The Quit India movement was launched at the Bombay session of the All-India Congress Committee led by Mahatma Gandhi in 1942 demanding freedom from British rule. As a commemoration of this day our Volunteers prepared a video on August 9 showing the importance of Quit India day and freedom fighters.



INDEPENDENCE DAY (15.08.2020)

Independence Day is celebrated every year on 15th August as a tribute to the freedom fighters. Independence Day is a day when people in India pay homage to their leaders and those who fought for India's freedom in the past. In his year the volunteers prepared a patriotic video song as a part of the Independence Day celebration.



VIGNANA PARITHI - PSC COACHING (15.08.2020)

NSS unit of St. Michael's college, Cherthala conducted online PSC coaching named 'VIGNJANA PARITHI' in connection with Independence Day Celebrations. Daily ten PSC questions and answers will be posted and every Saturday an exam will be conducted. The initiative was started on a great day with the glorious hope of success.



INTERNATIONAL YOUTH DAY (12.08.2020)

International Youth Day is an awareness day designated by the United Nations. The purpose of the day is to draw attention to a given set of cultural and legal issues surrounding youth. Our unit conducted a webinar on the most relevant topic "THE STRUGGLING YOUTH", as a part of celebrating the International Youth Day. The session was conducted online through Google meet from 11.00 am to 12.00 pm. The session was handled by Mrs Mary Neethu, a well-known social worker, counsellor and trainer by profession. Achiever of 'Global Women Super Award 2020' for her selfless service. She was the apt one for the event. The session was very much enjoyed by the volunteers.



PHOTO MANIAC - WORLD PHOTOGRAPHY DAY (19.08.2020)

World photography day celebrates every year on August 19th. The day also encourages photographers from around the globe to share a single photo that encapsulates their world. On this day the volunteers conducted a photography competition. The theme of the competition was 'lockdown creations'. 20 volunteers participated in this programme.



HUMANITARIAN DAY (19.08. 2020)

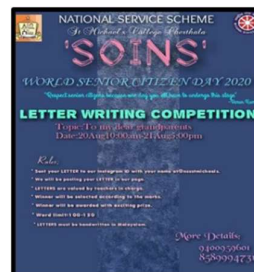
World humanitarian day organises the efforts of aid workers who put their lives on the line to help affected people during times of global crisis. This day was designated in memory of the 19 August 2003 bomb attack on the Canal Hotel in Baghdad, Iraq, killing 22 people including the chief humanitarian in Iraq, Sergio Vierira de Mello. Our Volunteers



prepared a remembrance video on August 19, Humanitarian Day. The programme was conducted by the NSS volunteers of the English Department.

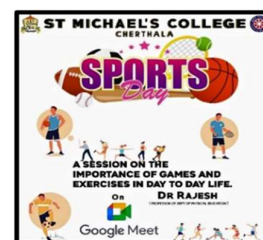
SOINS - WORLD SENIOR CITIZEN DAY (21.08.2020)

The World Senior Citizen's Day is celebrated on 21st August each year. The day is intended to increase awareness of the factors and issues that affect older generation such as health deterioration and elder abuse. It is also a day to recognize and acknowledge the contributions of older people to society. Our volunteers celebrated world senior citizen day 2020 named SOINS 2020. A letter-writing competition was organized by the volunteers. The topic of the competition was 'To My Dear Grandparents'. The competition was conducted from 20th August to 21st August at. It was conducted as a tribute to all the elderly people.



NATIONAL SPORTS DAY (29.08.2020)

National Sports day is celebrated every year in India on 29th August. The day is celebrated to commemorate the birth anniversary of India hockey legend, Major Dhyan Chand. Our Volunteers celebrated sports day 2020 in association with the physical education department. On this occasion, Dr Rajesh (Asst. Professor, Department of Physical Education) gave a talk on the importance of games and exercises in day-to-day life. All the volunteers participated in this session.



TRIKONAM 2020 - Onam Celebration (30.08.2020)

The unit celebrated Onam as 'TRIKONAM 2020'. Celebrations were conducted through online mode. As a part of the celebration various competitions such as pencil drawing, onappattu, malayali manga were conducted. The volunteers actively participated and made the event an enjoyable day.



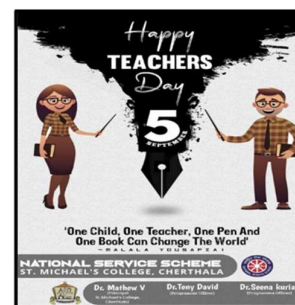
WORLD COCONUT DAY (2.09.2020)

World coconut day is celebrated every year on 2nd September. The day is celebrated to highlight and raise awareness about the importance and benefits of coconut. In connection with world coconut day the volunteers created an awareness video. It included the importance of coconut and also how it symbolises the tradition of Kerala. The theme of the year was "Invest in Coconut to Save the World".



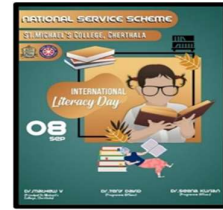
TEACHER'S DAY (5.09.2020)

Teacher's day is celebrated on 5th September, the birthday of the second President of India, Sri. Sarvepalli Radhakrishnan to commemorate the contributions of teachers to the country. The NSS volunteers of St. Michael's Cherthala prepared a beautiful video as tribute to all the teachers and presented it as a gift to the teachers. And the video was made by compiling their photos and videos. The volunteers took this as their opportunity to thank their teachers for their valuable teachings and memories.



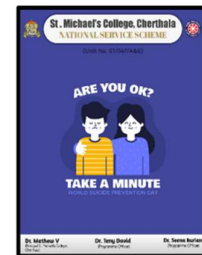
INTERNATIONAL LITERACY DAY (8.09.2020)

International Literacy Day is celebrated under the theme “Literacy teaching and learning in the covid-19 crisis and beyond”. Literacy is essential for the proper social and individual development of the citizens. Basic literacy skills equip individuals to transform their lives by improving their overall standard of living. Our Volunteers prepared a video about the importance of literacy.



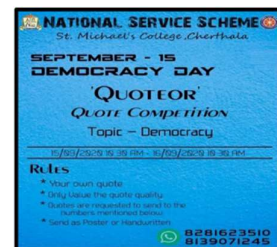
INTERNATIONAL SUICIDE PREVENTION DAY (10.09.2020)

World Suicide Prevention Day is observed on 10th September every year in order to provide worldwide action to prevent suicides. Socio-psychological changes, the influence and addiction of internet and social media and the pandemic has greatly increased the tendency of suicide in the society. This year the day was observed with the aim, “Working Together to Prevent Suicide”. The volunteers of the unit prepared a awareness video to observe the International Suicide Prevention day. Through the video the volunteers were able to influence the people in creating an awareness against suicide



INTERNATIONAL DAY OF DEMOCRACY (15.09.2020)

The International Day of Democracy is celebrated around the world on 15th September every year. It was established through a resolution passed by the UN General Assembly in 2007, encouraging governments to strengthen and consolidate democracy. As an NSS unit in the largest democracy in the world, the unit also conducted celebration. For the celebration, our unit conducted a quote competition named ‘Quoteor’ based on the topic ‘democracy’.



INTERNATIONAL DAY OF PEACE (21.09.2020)

International Day of Peace was celebrated on 21st September 2020. This day is devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire. In the midst of Covid19, our volunteers observed this day in virtual platform. Volunteers from each department made placards carrying the message of Peace made them into a collage. The collage were posted in social media platform.



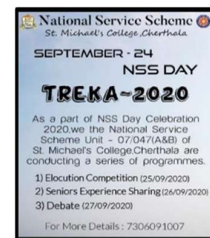
WORLD CANCER FREE DAY/WORLD ROSE DAY (22.09.2020)

Cancer awareness and prevention is a continuous activity of the unit for last 5 years. The World Cancer Free Day/World Rose Day is celebrated with the aims to bring happiness and hope into the lives of such patients and reminds them that they can emerge victorious in their battle against cancer through determination and positivity. This year, in the restriction of pandemic, the unit observed the World Cancer Free Day through online mode. As a part of the observance the NSS volunteers took their photo with a rose flower in their hand and made it into a collage. The collage as posted in the social media platform to express their support to cancer patients.



TREKA 2020 – NSS DAY CELEBRATION (24.09.2020)

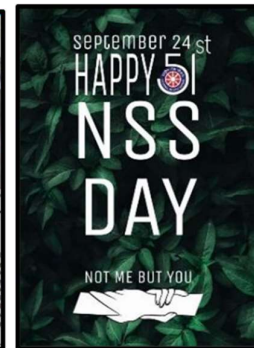
National Service Scheme is the largest voluntary social service organisation in the country. To proclaim the achievements and also the importance of NSS, NSS day is celebrated on 24th September every year. As a part of the NSS day celebration, the NSS unit of the college conducted a programme called 'Treka 2020'. The celebration included competitions such as debate, elocution etc. on the topic - "History of NSS". The unit also organised an interactive session with the alumni of the unit where senior NSS volunteers shared their experience and also influence of NSS in their career and individual development. The session was an encouragement to the present volunteers.



ASRITHAM 2020 - NSS DAY CELEBRATION (24.09.2020)

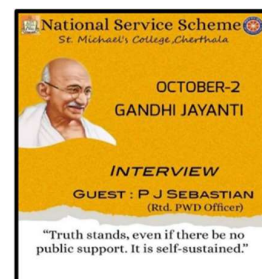
Thanneermukkam panchayath in the Alappuzha district of Kerala is the adopted village of the unit. As a part of the NSS day celebration the volunteers of the unit donated a TV to the public library in of the panchayath.

Panchayath President Adv. P. S. Jyothis was the chief guest for the programme. Thanneermukkam ward member Smt. Ushakumari accepted TV from the Programme Officer Dr. Seena Kurian and Volunteer Secretary Ms. Dini Cyriac. The TV became a means of information and entertainment for the common people of the panchayath. The Panchayath President addressed the ceremony and congratulated the volunteers for their initiative.



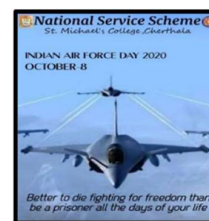
Gandhi Jayanti (02.10.2020)

Gandhi Jayanti is celebrated every year as a remembrance of the Father of the Nation, Mahatma Gandhi. Our unit on the occasion of Gandhi Jayanti, conducted an experience sharing session and inaugurated the agricultural activity of the unit. Retired PWD Officer P.J Sebastian was the chief guest in the experience sharing session. He shared his experiences of the Gandhian period with our volunteers. For the agricultural activity, the volunteers cleaned the plot and planting pits were prepared and manured. The event was inaugurated by the Programme officer Dr. Seena Kurian.



INDIAN AIR FORCE DAY (8.10.2020)

Indian Air Force day is celebrated as a remembrance about the contribution of Indian Air Force to the Nation and also to remember the soldiers who sacrificed their life for the nation. The day was celebrated on October 8, 2020. They observed it by remembering the great Indian Air Force and made a video as a small tribute to them.



INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY (17.10.2020)

International Day for the Eradication of poverty is observed under the theme "Building Forward together: Ending persistent poverty, Respecting all people and our planet".

Poverty is a major crisis all over the world, especially in the developing and under developed countries. Eradication of poverty is the first step to a developed nation. Our Volunteers observed 17th October as the International day for the Eradication of Poverty. The NSS volunteers made a video to inspire volunteers to work forward to erase poverty.



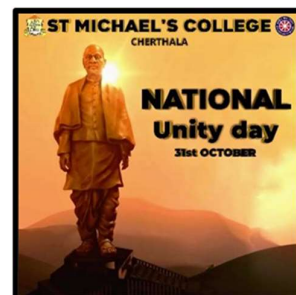
WORLD THRIFT DAY (30.10.2020)

The Unit observed 30th October as World Thrift Day. An awareness class on the effective use of resources was conducted in the Google meet by Programme Officer Dr. Seena Kurian. The class was all about how to use our resources in a wise and careful manner. The day was focused on the promotion of savings. It also spread awareness about the idea of saving money. As responsible citizens, we remembered our country's economy as well.



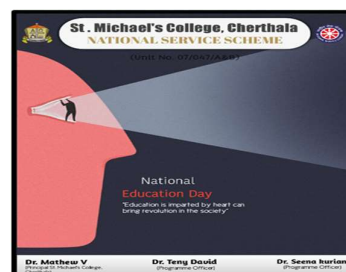
NATIONAL UNITY DAY (31.10.2020)

The volunteers of the unit celebrated 31st of October as National Unity Day to commemorate the birth anniversary of Sardar Valla Bhai Patel. To recognise the contributions of the first Union Home Minister, who laid the firm foundations of the Indian Police and gave it its identity and character. The government officials and civil society members also spread awareness about the day. We observed it by taking the oath and thereafter by uploading a photo of the respective event.



NATIONAL EDUCATION DAY (11.11.2020)

National Education Day is celebrated on 11.11.2020, in remembrance of the Indian scholars, Islamic theologians, independence activists, and senior leaders of the Indian National Congress during the Indian independence. On this day the volunteers conducted prepared a video on Abul Kalam Azad, the independent India's first Educational Minister. The aim of the program was to make the students aware of the importance of education in our times.



INDIAN ARMY DAY (15.01.2021)

Every year, 15th January is commemorated as “Army day” to remember the contribution of Indian soldiers and also to popularise the army among the common people of the nation. NSS Volunteers of St. Michael's College celebrated Military Day. In connection with this, the volunteers produced a video featuring the great heroic deeds of the soldiers.



AARUSHI 2021 - VIRTUAL YOUTH FEST (18.01.2021-22.01.2021)

St. Michael's College National Service Scheme participated and won prizes in the virtual Youth Festival conducted by St. Joseph's College, Alappuzha.



PARAKRAM DIWAS (23.01.2021)

Parakram Divas is celebrated as a remembrance of Netaji Subhash Chandra Bose. Our Volunteers conducted a Pathayathra to pay a tribute to him. The programme started with the NSS song. The former Programme Officer of Our College Prof. P. Pratheesh gave a speech on Subhash Chandra Bose and flag off the rally. Pathayathra was conducted by following Covid protocols. Most of the volunteers had participated in the same. Programme officers Dr. Seena Kurian and Dr. Teny David led the rally.



NATIONAL VOTERS DAY (24.01.2021)

The Unit celebrated National Voters' Day on 25/1/2021. As part of this, an awareness program was organized in the college about the importance of Voters' Day. The chief guest was Sri. Nirmal Ouseppachan, IAS. The programme was hosted by the former Programme Officer Prof. Pratheesh P. The college Principal Dr. Mathew V, the Programme Officers Dr. Seena Kurian and NSS Volunteers attended the programme.



ADWAITHA 2021 - REPUBLIC DAY CELEBRATION (26/01/2021)

St. Michael's College celebrated Republic Day on January 26. NSS and NCC led the celebrations. Principal Dr. Mathew V. hosted the flag. NSS volunteers conducted various cultural programmes as a part of the celebrations. Unit also conducted an inter-college quiz competition named 'ADWAITHA' on the occasion of Republic Day. The Quiz Master of the programme was Sri. Jins Jose, Personal Development Trainer and the topic was 'India after Independence'. The Govt. law college, Trivandrum secured the first prize.



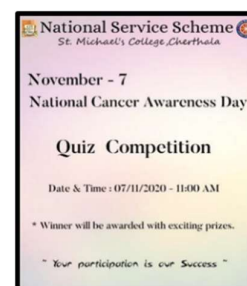
MARTYR'S DAY (30.01.2021)

Government of India announced January 30th as martyr's day, the day when Mahatma Gandhi was martyred. Our Volunteers observed Martyr's day on January 30, 2021. They observed the day by honouring the Mahatma Gandhi with flowers and prayed for the brave souls of the nation. The volunteers took a moment of silence for the people who sacrificed themselves for the betterment of the country.



WORLD CANCER DAY(4.02.2021)

Government of India announced January 30th as martyr's day, the day when Mahatma Gandhi was martyred. Our Volunteers observed Martyr's day on January 30, 2021. They observed the day by honouring the Mahatma Gandhi with flowers and prayed for the brave souls of the nation. The volunteers took a moment of silence for the people who sacrificed themselves for the betterment of the country.

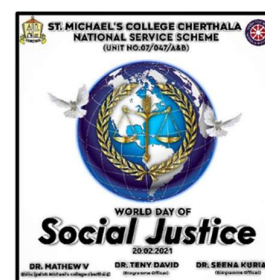


FOUNDERS DAY BY TKM COLLEGE (11.02.2021)

Volunteers of the unit participated and secured positions in poster making and essay writing competitions conducted by NSS unit of TKM college of Arts and Science, Kollam in connection with Founder's Day.

WORLD DAY OF SOCIAL JUSTICE (20.02.2021)

National Service Scheme of our college celebrated February 20th as World Social Justice Day. An awareness programme was conducted for the volunteers to raise their voice against social injustice and to bring the various communities internationally together to eliminate poverty, illiteracy and gender, physical & religious discrimination to make a socially integrated society.



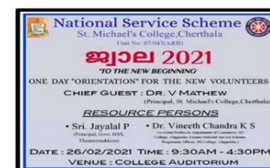
International Mother Language Day (21.02.2021)

UNESCO observe International Mother Language Day on 21st February to promote awareness of linguistic and cultural diversity and to promote multilingualism. The NSS unit of the college conducted a poem writing competition on 21.02.2021 to observe International Mother Language Day. The programme was a tribute to our mother tongue. The volunteers participated in the competition and made the programme a success.



JWALA 2021- FIRST YEAR ORIENTATION (26.02.2021)

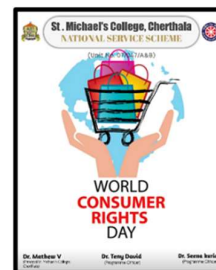
A focussed orientation for the newly enrolled students is the first step towards a sincere volunteership. With this aim the NSS unit conducted a one-day orientation programme entitled 'JWALA 2021' for the newly enrolled volunteers. It was conducted in the college auditorium. Programme was inaugurated by the Principal Dr. Mathew V. in the presence of the programme officers Dr. Teny David and Dr. Seena Kurian. Orientation included two sessions by Sri. Jayalal P and Dr. Vineeth Chandra K.S. In the afternoon cleaning and agricultural activities were conducted. Through the camp, volunteers were able to learn the basic principles of NSS and pattern of the activities.





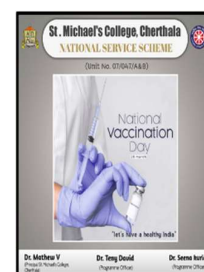
World Consumer Rights Day (15.03.2021)

World consumer rights day is commemorated to safe guard consumer rights and to ensure that customers are not subjected to market exploitation or social injustice that may jeopardize their rights. The volunteers observed the day by conducted a public awareness campaign among the people. They shared the message about the rights given to the consumers by the government of India. The aim of the day was to create an awareness to protect the rights of consumers and to ensure that the consumers are not subjected to market abuse or social injustice that may undermine their rights.



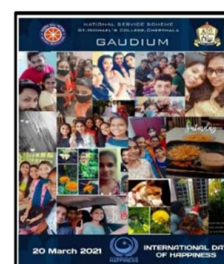
National Vaccination Day (16.03.2021)

The NSS unit of the college observed National Vaccination Day on 16.03.2021. It aims to promote the use of vaccines to protect people of all ages against disease. Immunization saves millions of lives every year and is widely recognized as one of the world's most successful health interventions. Since the outbreak of Covid-19, the vaccination became a topic of discussion among the common people and many rumors were spread against the vaccines. The volunteers conducted an awareness campaign in order to educate the people around them to take the vaccine at the earliest. As a part of the observance the volunteers popularised vaccination through digital posters and verbal communication.



'GAUDIUM 2021': INTERNATIONAL DAY OF HAPPINESS (20.03.2021)

International Day of Happiness aims to make people around the world realize the importance of happiness within their lives. As part of observation the NSS unit of our college conducted a programme entitled 'GAUDIUM 2021'. As part of the programme, the volunteers of the unit shared the happiest moments of their life in a frame and all the framed were prepared into a collage. In the scenario of pandemic, these activities proclaimed the importance of happiness, to ensure mental health, among the volunteers and their families.



FITNESS THROUGH FITT PRINCIPLE (20.03.2021)

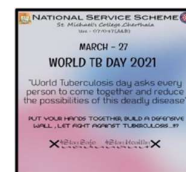
On 20th March 2021, the Department of Physical Education at St Michael's College, Cherthala, in collaboration with IQAC and National Service Scheme, hosted a webinar titled "FITNESS THROUGH FITT PRINCIPLE." Mr Mohammed Anas Yahya, Olympian and Arjuna award winner, inauguration the programme. Dr. R. Rajesh, HoD of Physical Education, gave the opening remarks and Dr Sindhu S Nair, IQAC coordinator, delivered the presidential address. Sunny K, Assistant Professor, Govt. Arts and Science College, Mankada, Malappuram, was



the main speaker and he took a detailed session on how to stay fit through daily exercise and healthy eating. All NSS volunteers actively participated in this programme.

WORLD TB DAY (24.03.2021)

WHO observes World Tuberculosis (TB) Day on March 24 to raise public awareness about the devastating health, social and economic consequences of TB, and to step up efforts to end the global TB epidemic. In connection with the observance of TB Day, an awareness programme was organised by the unit.



2. HEALTH FAMILY WELFARE AND NUTRITION

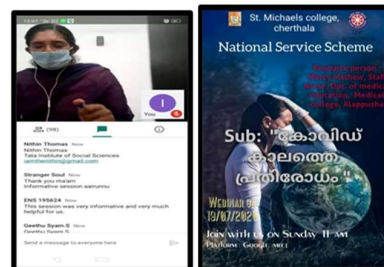
ATHIJEEVANAM (The Spirit of Being Survived, 21.04.2020)

Covid-19 pandemic has created many socio-psychological problems in the society. With the prime objective of preparing the volunteers to overcome the socio-psychological constraints resulting from pandemic and the continuous lockdown, the unit organised a programme entitled 'Athijeevanam' (Survival). As a part of it, a virtual infotainment Edu-creative contest was conducted by the unit. The programme was meant to be a family programme through which our volunteers performed various tasks with their families and the videos of such activities were uploaded to the official Instagram page of the unit. Moreover, this family get together of our NSS unit enabled the parents to engage in and participate in the NSS activities.



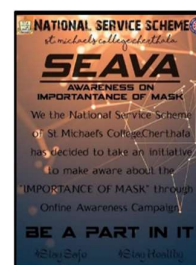
'KOVIDUKALA PRATHIROTHAM' (COVID PREVENTION, 19.07.2020)

A webinar was conducted on covid prevention during the pandemic period by the unit via Google meet on 19.07.2020. The college Principal Dr. Mathew V inaugurated the ceremony and the resource person Ms. Mercy Mathew, Staff Nurse, Department of Medical Education, Government Medical College, Alappuzha delivered the key note address and gave valuable information on the topic. All the participants were awarded participation certificates. The program aimed to create awareness about preventing the disease and to teach effective ways to follow covid protocols. 100 volunteers and Programme officers Dr. Teny David & Dr. Seena Kurian participated in the programme.



SEAVA (30.07.2020)

Masks is identified as one of the most important strategies to prevent the spread of Covid19 and it became an inevitable part of our lives during the pandemic. As the usage of the mask is the need of the hour, the volunteers of the unit conducted an online awareness campaign to popularise the necessity of using masks and also the ways of safe disposing.



Prevention of Monsoon Diseases. (03.08.2020)

NSS unit of St. Michael's College, Chertala conducted a pre-monsoon campaign named Prevention of Monsoon Diseases to create awareness among public regarding the causes of diseases related to monsoon and the methods to prevent the spread. The volunteers from the

Zoology made digital posters and videos related to monsoon diseases and circulated it through social media.



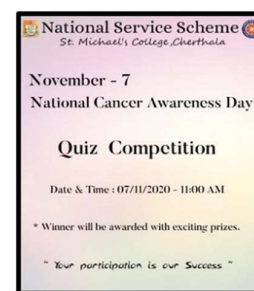
NSS DAY CELEBRATION - 'Covidum Njanum' (24.09.2020)

Our Unit and Alappuzha District Health Department and District Mass Media Section jointly organized a webinar on "Covid and I" in connection with the NSS Day Celebration on 24.09.2020. The webinar was presented by Mr. R. Harilal, Health Inspector, CHC Thanneermukkam. The event was held via Google Meet on 24/9/2020 at 11.00 am. Programme officers, Volunteer secretaries and volunteers participated in the programme



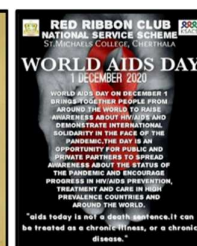
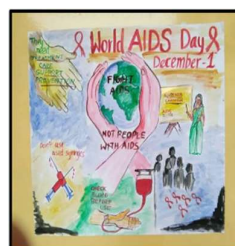
NATIONAL CANCER AWARENESS DAY (07.11.2020)

Cancer awareness and control is a continuous activity of the unit for the last five years. In connection with cancer awareness the unit observed National Cancer Awareness Day on 07.11.2020. As a part of the observance, the volunteers conducted a quiz competition. The competition was conducted online and the first was won by Christy Benny of department of Chemistry. The day is observed with the message 'Early detection is the best way for complete cure'.

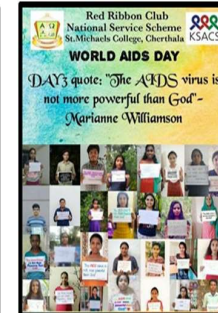
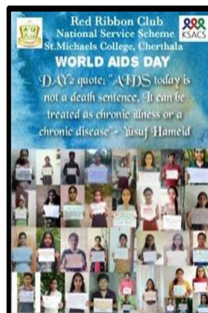
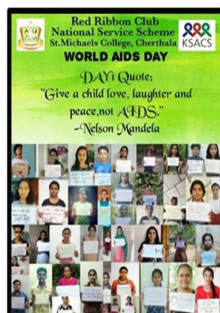


WORLD AIDS DAY (01.12.2020)

AIDS is an unsolved issue of many countries. Recently AIDS is spreading fast in the society compared to previous years. Each year December 1st is observed as World AIDS Day across the world to bring attention to the HIV epidemic and also to create awareness against the discrimination faced by the AIDS patients. This year the theme of the World AIDS day is "End inequalities. End AIDS. In connection with AIDS day the volunteers of the unit conducted an AIDS awareness on December 1, 2020. The resource person for the day was Dr. Jesina Samuel, RTI clinic, Medical College Kottayam. The awareness class was conducted in collaboration with the Red Ribbon Club of the college. It was a very effective class.

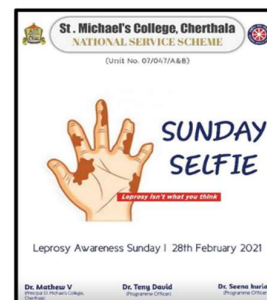


The resource person covered most of the areas of AIDS. And the doubts and misbeliefs of the volunteers regarding the same were sorted. Posters and placards were also prepared and circulated through social media platforms.



LEPROSY AWARENESS SUNDAY (28.02.2021)

The Leprosy Eradication Project has attained remarkable achievements in the state of Kerala. But the discrimination faced by the Leprosy patients and survivors remain unnoticed. World leprosy day is an opportunity to express a concern and support to such marginalized people in the society. With this aim, the unit observed Leprosy Awareness Sunday on 28th February 2021. The programme was entitled "SUNDAY SELFIE". The programme included a self-examination of the body to check pale or red spots on skin, pimples, thick, shiny skin or painless sores.



3. ENVIRONMENT OBSERVATION

PUNARJANI: WORLD ENVIRONMENT DAY (Rebirth, 29.05.2020-04.06.2020)

World Environment Day is celebrated every year as a reminder to the humanity about the role of environment and the need for conserving it. This year a one-week challenge was placed before the volunteers in connection with World Environment Day 2020 from 30.05.2020 to 05.06.2020. They were encouraged to plant a tree sapling every day during this week and thereby our unit was aimed to plant thousands new saplings. As a part of this programme volunteers planted tree saplings in the premise of their houses, adopted village and in the campus. Sapling were distributed to students on by the principle Dr. Mathew V. and the Manager Fr. Nelson Thaiparambil in the presence of Programme officer Dr. Seena Kurian. The programme was proved to be a grand success because, apart from their sapling at home, most of the volunteers extended this challenge to their friends and family members. World Environment Day was a great 'Green Initiative' during the pandemic period.



'TRIVIA' – WORLD NATURE CONSERVATION DAY (27.07.2020)

Nature is the ultimate source of resource for Human beings. Sustainable and responsible utilization of the natural resource is the responsibility of all individuals. But due to improper management and overexploitation, the world has started to face shortage in many natural resources. As a reminder about the need for conserving the natural resourced, the unit observed World Nature Conservation Day on 28.07.2020 entitled 'TRIVIA'. A quiz competition was organized by the NSS volunteers on the topic water conversation. 5 teams participated in the competition.



WORLD OZONE DAY (16.09.2020)

World Ozone Day is observed every year on 16th September to create awareness about the importance of Ozone layer and to initiate effective methods to protect the layer from depletion. This year the theme for ozone day is '**Ozone for life: 35 years of ozone layer protection**'. The NSS Unit of the college observed the day by conducting an awareness campaign followed by ozone day pledge. Certificates were given to those who took the pledge



NIRAKATHIR – NATIONAL FARMERS DAY/KISAN DIVAS (23.12.2020)

Farmers are the back born of the Nation. Kisan Divas is observed on 23rd December to recognise the contribution of former Prime Minister Chaudhary Charan



Singh to the agriculture sector and the welfare of farmers. Our Unit observed Kisan Divas on 23.12.2020 by starting 'Karanel krishi' (Ground Paddy Cultivation) in the college campus. The programme named "NIRAKATHIR" was inaugurated by Cherthala South Agriculture Officer Ms. Rosmi George by sowing seeds. This was a novel initiative of the unit. The activity was carried out under the leadership of Programme Officer Dr Seena Kurian and Dr. Teny David.

SLOGAN WRITING COMPETITION BY ST. JOSEPH'S COLLEGE, ALAPPUZHA (02.02.2021)

The volunteers of the unit participated in the Slogan writing competition organised by St. Joseph's College, Alappuzha on 02.02.2021 in connection with World Wetlands Day 2021

FLORICULTURE (05.03.2021)

The NSS unit of St. Michael's College is conducting Floriculture activities for the last 3 years. This year, for the first time, the unit selected Sunflower for cultivation. The aim of the activity is to give an agricultural training for the volunteers and also to popularise the importance of organic farming. For the cultivation, volunteers cleared the field, prepared cultivation beds, planted saplings, carried out occasional fertilization and watering.



The activity was inaugurated by the Panchayath President Smt. Sinimol Samson in the presence of the 12th ward member Sri. Nibu.S.Patmam and Programme officer Dr Seena Kurian.

WORLD FOREST DAY (21.03.2021)

Forests are natural treasures which provides air, water, food, medicines and many other services to humanity. But the forest wealth of the world is decreasing day by day due to overexploitation. UN celebrates International Day of Forests on 21st March to propagate awareness about the importance of all type of

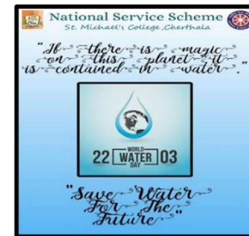


forests. The college NSS Unit celebrated International Day of Forest by conducting a plastic-free campaign in Pathiramanal Island, an island in the Vembanad lake, in cooperation with Periyar Tiger Reserve. 25 volunteers participated in the programme. Programme Officer Dr Seena Kurian led the programme.



WORLD WATER DAY (22.03.2021)

Water is the base of life on earth. In spite of the fact that the 22 third of the earth is covered with water, many part of the word faces water inavailability due to pollution and improper management. World water day is celebrated to highlight the importance of fresh water. The volunteers of the unit observed World Water Day on 22.03.2021 to educate the people about the importance of water.



4. SOCIAL SERVICE PROGRAMMES

SNEHAM KONDORU KAITHANG (LOVING HANDS, 30.05.2020 -07.06.2020)

St. Michael's College NSS unit took up a house completion project as a major project. For this the unit identified a beneficiary, Smt. Jessy from the adopted village of the unit i.e. The 12th ward of Cherthala South Panchayath. Then the unit organised fund-raising programmes to meet the financial requirement. For this unit conducted an ice cream stall during the annual feast of Arthunkal Basilica. With the money raised the unit completed concrete work, tiling work and painting of the house. In addition to the financial support, the volunteers also participated in the construction as labours.



'SNEHAM 2020' - CHILDREN'S DAY(14.11.2020)

The college NSS unit celebrated Children's Day to remind the society about the rights of children. As the celebration the unit donated education aids such as crayons and sketches to the children in the adopted village, the 12th ward of Cherthala South Panchayath. The programme was titled "SNEHAM 2020". The aim of the programme was to instil in the hearts of the volunteers that there were still faces in which a smile can be brought and also to ensure that the children who are the future guardians of the world are appreciated.



SANTWANAM – HELP FOR TREATMENT (24.12.2020-25.12.2020)

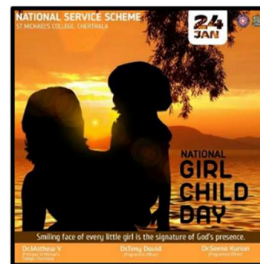
The volunteers of the unit took an initiative to help a man who had met with an accident. For this the volunteers conducted a Christmas cake selling programme entitled 'Santwanam' from 22.12.2020 to 25.12.2020.



5. PROGRAMMES FOR EMPOWERMENT OF WOMEN

NATIONAL GIRL CHILD DAY (24.01.2021)

The day was an initiative of the Ministry of Women and Child development. The volunteers of the unit made a tribute to all the girl children through a video on Jan 24th January 2021, National Girl Child Day. The video was based on the problems and barriers that girls face in our society. And it also contained valuable messages like the requirement of equality and empowerment for girls.



WORLD WOMEN'S DAY (08.03.2021)

World Women's Day is a global day for celebrating the social, economic, cultural and political achievements of women. Government Arts and Science College Ambalapuzha conducted a quiz competition titled "Week of Courage," in connection with the women's day celebration. The NSS Volunteers of our college participated in the competition and Taniya Francis, Department of Commerce, and Welkince Clair, Department of Vocational Studies won the third prize.



6. ECONOMIC DEVELOPMENT ACTIVITIES

NATIONAL VOLUNTARY BLOOD DONATION DAY (01.10.2020)

World Women's Day is a global day for celebrating the social, economic, cultural and political achievements of women. Government Arts and Science College Ambalapuzha conducted a quiz competition titled "Week of Courage," in connection with the women's day celebration. The NSS Volunteers of our college participated in the competition and Taniya Francis, Department of Commerce, and Welkince Clair, Department of Vocational Studies won the third prize.



CONSTITUTION DAY (26.11.2020)

The NSS unit celebrated the Constitution Day by reading the preamble of the constitution and also creating a collage and posted it on social media platform on 26.11.2020. Programme officers Dr Teny David and Dr Seena Kurian lead the programme. All the volunteers actively took part in the programme.



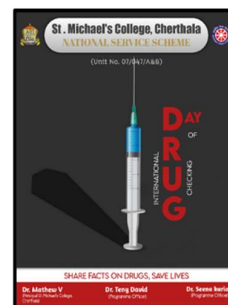
IGNITE 2021- NATIONAL YOUTH DAY (12.01.2021)



The NSS unit celebrated the Constitution Day by reading the preamble of the constitution and also creating a collage and posted it on social media platform on 26.11.2020. Programme officers Dr Teny David and Dr Seena Kurian lead the programme. All the volunteers actively took part in the programme.

INTERNATIONAL DAY OF DRUG CHECKING (31.03.2021)

March 31 is observed as the International Day of Drug Checking. The day is observed to create awareness regarding drug use. Our volunteers conducted a slogan writing competition. The aim of the programme was to raise awareness and share the knowledge to improve the accessibility of numerous substance-oriented harm reduction methods not only for users but also for the governmental organizations worldwide who have been searching for a solution to the substance use issues that their citizens face on a daily basis.



SOCIO-ECONOMIC AND HEALTH SURVEY (5.03.2021)

The volunteers of the unit conducted a socio-economic and health survey in the adopted village i.e the 12th ward of Cherthala South Panchayath to assess the status of the ward. The survey was also aimed to identify the key areas for unit activities. The survey began at



10.30 am under the guidance of Programme Officers. The volunteers divided themselves into groups of 8 & covered the entire 12th ward (adopted village). Health & other issues in the households were noted and the volunteers were able to go to around 350 houses. The survey got to an end by 2.00 pm. The survey was a huge success and all the covid protocols were obeyed throughout the programme. The volunteers conducted a covid awareness campaign also along with the survey.

7. RESCUE AND RELIEF DURING CALAMITIES

WORLD TSUNAMI DAY (05.11.2020)

The UN General assembly designated 5th November as World Tsunami Day, calling on countries, international bodies and civil society to raise Tsunami awareness and share innovative approaches to risk reduction. NSS volunteers uploaded a video on the destruction made by Tsunami. The aim of the programme was to spread awareness about the destruction caused by the calamity.



ANNUAL SPECIAL CAMP-2020 (21.12.2020 to 27.12.2020) 'HAKUNA MATATA'

DAY – 1 (21.12.202)

First day of Annual Special Camp began at 4.00 pm by a prayer song accompanied by a warm welcome by Kumari. Mariyam Jhona J, Camp Secretary. The camp was officially inaugurated by Dr. Antony Kuriakose, HOD Bvoc department. The Chief Guest of the function Adv. S. Sarath, KPCC Secretary, Former College Union Chairman and Former NSS Volunteer, he also delivered the key note address. Accompanied by the Presidential Address of Program Officer Dr. Teny David, the function was wrapped.



From 6.00 pm, the icebreaking session started. It was led by Sri. Jins Jose, Personal Development Trainer. The session was really amazing and was beyond our expectations, was really informative and enjoyable.



DAY – 2 (22/12/2022)

Annual Special Camp of National Service Scheme, St. Michael's College, Cherthala had turned to the second day, initiated by the Morning Assembly, under Group 1. Assembly started with NSS song followed by newspaper reading and thought of the day. The next session was on 10:30 am to 12:00 am, this part dealt with the topic "Social Barriers of Students through the National Service Scheme" by Prof. Pratheesh, NSS state award winner. The responsibilities and perspectives that an NSS volunteer should show were simply and beautifully depicted through his words.

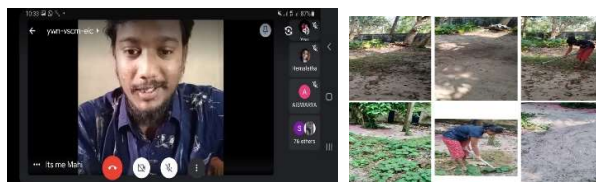
Next session from 2:30 to 4:30, Volunteers planted five seedlings in their homes and made a vegetable garden. At the art evening, everyone showed off their skills with great enthusiasm and was able to enjoy themselves well.



Day – 3 (23.12.2022)

Hakuna Matata 2020 Annual Special Camp. The third day of the camp started at 7.30 am on Wednesday 23-12 -2020. The second group led the camp. The camp started with the NSS song, thought for the day and shared the news report. Mahadevan. M, a cine artist, gave

us a classy art party and it was a very enjoyable session. The next activity was to plant five vegetable saplings with them in the neighboring houses. The action was to take a step-by-step photo and video of their response. Then on 5:30 pm Kerala University NSS Program Coordinator Dr. Shaji Sir, also NAAC Reaccreditation Committee Member held the following session. We were able to get to know Sir through class about lot of things that Kerala University NSS does. Everyone presented programs and took on the tasks given by the leaders.



DAY – 4 (24.12.2020)

The Annual Special Camp started on the fourth day, 24 -12 -2020 at 7:30am with the NSS song as usual. The camp was about giving a thought by presenting a good message. It ended at 8 pm. The staff nurse at Alappuzha Medical College, Mrs. Mercy Mathew, told in detail on the topic 'POST COVID EFFECT'. The class was very interactive that she answered the questions of the children. It ended at 12 noon. The survey was from 2 pm to 4.30 pm. Campers went to their surrounding houses by keeping the Covid Protocol and took the survey, gave them masks, took a photo with them and put them in their respective groups. The camp ended on the fourth day at 8 pm after completing the tasks given by the leaders after the children's art activities.

DAY - 5 (25-12-2020)

The day 5 of camp started off with the Morning Assembly at 9.00 am, that includes the NSS song, Newspaper Reading and Thought of the day, coordinated by Group 4. After the Morning Assembly at 9.30 am, Fr. Nelson Thyparambil, the Manager of St. Michael's College, Cherthala was invited to give a Christmas message to the campers. He shared valuable informations and wished everyone a cheerful day. After that, there was a valuable career guidance class led by Smt. Juby Thankachan, Research Scholar CMS College Kottayam. The class provided infinite chances for volunteers and they promised to implement them on the future. The survey was from 2:30 pm to 4 pm. It was conducted as per the Covid Protocols. Volunteers also planted trees in between the survey and captured photographs. Later at 6.00 pm both christmas celebration and cultural program was combined and conducted. The theme was to perform things related to christmas and the campers were true to the theme and made the christmas day memorable.

DAY – 6 (26-12-2020)

The Annual Special Camp 'Hakuna Matata' on day 6 was lead by Group 5 & 6. As usual both groups had outdone their assigned duties. Next session was from 10.30 am to 12.00 pm, the campers were asked to clean their own surroundings and to send the before & after picture of the same. The afternoon session from 3.00 pm to 3.45 pm was an AIDS Awareness Class by Dr. Jesina Samuel, Medical Officer ART Clinic, Medical College Kottayam. Her class helped to change the myths and taboos about AIDS. The campers were satisfied with Dr. Jesina's class. From 7.00 pm to 8.00 pm, during the cultural program campers exhibited their talents and the stage was all theirs. Next session, which

was Ex- NSS Volunteers Experience Sharing conducted at 8.00 pm to 9.00 pm. Nithin Thomas and Vinduja P shared their valuable thoughts and memories to the campers. That rose zest in the campers. The day was called off by National Anthem.

Day – 7 (27-12-2020)

The final day of NSS camp began with the morning Assembly organized by Group 7. It was done effortlessly. At 9.30 the Valedictory function began with the NSS song. The Function was formally inaugurated by Dr. V. Mathew, Principal, St. Michael's College, Cherthala. The Presidential Address was conveyed by Dr. Seena Kurian, NSS Program Officer and Felicitation by Dr. Teny David, NSS Program Officer. Followed by the experience sharing of both second year and first year campers. Sri. Divin George Kurian, Camp Secretary concluded the function with a vote of thanks. The camp was officially dismissed after the National Anthem.

