

NSS ANNUAL REPORT 2022-2023

I. LITERACY AND EDUCATION

STEP TO CIVIL SERVICES (21 APRIL 2022)

The Civil Service webinar was conducted for the NSS volunteers of St. Michael's College as part of the 'Civil Service Day'. The webinar was organized by the Vedic Civil Service coaching institution. This programme was mainly arranged to make the volunteers truly aware of the different career options and opportunities.



Around 80 students took part in this webinar. The webinar provided sufficient information for the participants about civil service.

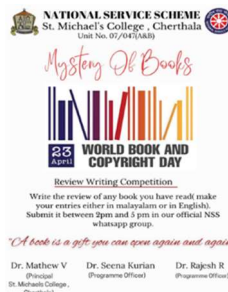
MYSTERY OF BOOKS (23 APRIL 2022)

World Book and Copyright Day is a celebration to promote the enjoyment of books and reading. We the NSS volunteers of St. Michael's College conducted a book review writing competition. The volunteers were asked to write a review of any book they read in about 2 to 3 pages either in English or in Malayalam. Reviews of several books including Wings of Fire, Ann Franks Diary, The Alchemist, Othello etc. were posted in the official group. Around 40 volunteers shared their reviews of the book that they had read. Through this programme, a mutual interest in reading books was created.



Fasting and feasting

During the month of April, the NSS volunteers of St. Michael's College participated in the 'Fasting and feasting' programme. The programme was organized by the NSS unit and aimed to promote the values of fasting and feasting among the students. The volunteers were asked to fast for a certain period of time and then feast on a special meal. The programme was a great success and the volunteers enjoyed it very much.



GITANJALI QUIZ (07 MAY 2022)

Rabindra Jayanti celebrates the birth anniversary of the great Bengali poet, scholar, novelist, playwright, humanist, philosopher, and Nobel laureate – Rabindranath Tagore. On that day, the NSS volunteers arranged a quiz competition. The competition was conducted via an online platform. The questionnaire contained 50 questions. 20 teams participated in this programme. With the active participation of the volunteers, the quiz was very informative. The winner of the competition was appreciated with the Year Book.

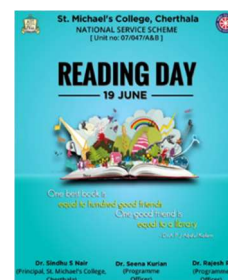


READATHON (19 June 2022)

National service scheme Volunteers of the St. Michael's College wildly celebrated Reading Day. The day is celebrated in honor of P N Panicker, considered the Father of Kerala's Library and Literacy Movement.



It also marks the beginning of the month-long Digital Reading celebrations. As part of the celebration NSS Volunteers conducted a reading day competition. So many students and NSS volunteers took part in this competition under the leadership of the respected programme officer Dr. Seena Kurian. This programme tested vocabulary as well as urging participants to read book beyond their levels. 30 volunteers participated in the programme.



FRIENDSHIP DAY (07 AUGUST 2022)

The NSS Unit at St. Michael's college celebrated Friendship Day with a heartfelt and engaging programme aimed at fostering strong bonds of friendship among its members and promoting unity within the campus community. The volunteers were asked to share photos with their friends or friend groups in the official WhatsApp group. Around 80 volunteers participated in this programme.



HOPEFUL HORIZONS: A DAY OF REMEMBRANCE FOR HIROSHIMA & NAGASAKI (09 AUGUST 2022)

This day aims to raise awareness of the tragic consequences of atomic bomb blasts and promote peace politics. Every volunteer was asked to make a Sadako Bird, which is considered a symbol of hope and peace. 70 volunteers hung the birds all around the campus. The volunteers came to know about the dangerous effects of nuclear weapons that can havoc a nation.



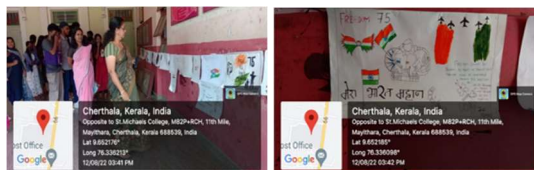
COLOURS UNITE: CELEBRATING FLAG DAY TOGETHER (12 AUGUST 2022)

On 12 August 2022, St. Michael's College, Cherthala celebrated Flag Day in association with Nehru Yuva Kendra at our college premises. This day was hosted to foster a sense of patriotism and oneness among the volunteers. This programme was inaugurated by handing over our national flag to our college principal, Dr. Sindhu. S. Nair by one of the representatives, NYK Sri. Siva Mohan, NSS programme officer Dr. Seena Kurian and also to several NSS volunteers. The flag was handed over to 20 volunteers. Through this day volunteers were informed more about the tricolored flag and encouraged them with patriotism



A PATRIOTIC POSTER EXHIBITION (12 AUGUST 2022)

On 12th August 2022 NSS Unit of St. Michael's College conducted a poster exhibition at the college portico. This programme was conducted as a part of Independence Day and also a way of bringing the volunteers to bring their skills to the surface. Our principal Dr. Sindhu. S. Nair inaugurated the exhibition. All the volunteers were asked to make a poster on the theme of Independence. Around 30 volunteers took part in this programme.



AMNISTY- AZADI KA AMRIT MAHOTSAV

(15 AUGUST 2022)

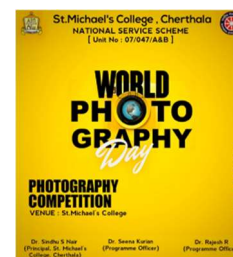
'Azadi Ka Amrit Mahotsav' is an initiative of the government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements. In accordance with the observation, a series of Programmes was conducted by the NSS unit of St. Michael's College. On the 15th of August, the programmes were officially inaugurated by our college principal Dr. Sindhu S Nair. Following the inaugural speech, a talk on the topic "Freedom at 75" was delivered by one of our volunteer Nandana.

The whole programme was named "AMNISTY". As part of the celebrations, poster-making and quiz competitions were conducted. 90 volunteers took part in the competition. On Independence Day, about 100 volunteers gathered in the college wearing white dresses and lit candles representing the joy of freedom and the celebration



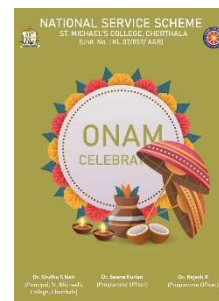
SHUTTER SYMPHONY: CAPTURING MOMENTS (19 AUGUST 2022)

Every year on August 19th, World Photography Day (also known as World Photo Day) celebrates the art of photography. In accordance with the day, the NSS unit of St. Michael's College decided to conduct a photography competition in the college. Almost 55 volunteers showcased their photographic talent. The participants posted their photographs in the official group. The topic was "NATURE". The photos posted were actually breathtaking which kept the judges confused. This programme showcased the colourful creativity of the volunteers. The winners were awarded by the unit.



ONAM CELEBRATION (25 AUGUST 2022)

The National Service Scheme (NSS) Unit at St. Michael's College celebrated the vibrant and culturally significant festival of Onam with great enthusiasm and fervor. The NSS Unit organized a memorable Onam celebration on 25th August to promote unity, cultural diversity, and community bonding among its members and the wider campus community. The celebration commenced with the creation of a magnificent Pookalam, a traditional floral rangoli, at the entrance of the venue. Participants were encouraged to wear traditional Kerala attire such as *Mundu* and *Kasavu* saree. Several cultural events like *nadanpattu*, *thirivathira*, tug of war etc. were conducted. Around 90 Volunteers were present to celebrate the function. The Onam celebration organized by the NSS Unit was a resounding success. It not only provided an opportunity for students to connect with Kerala's vibrant culture but also fostered a sense of unity.



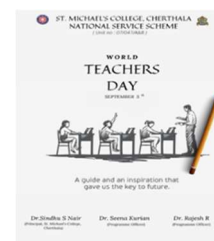
SPORTY SHOWDOWN: QUIZ EDITION (29 AUGUST 2022)

The NSS unit recently organized a spirited Sports Day quiz, embodying the essence of healthy competition and camaraderie. Teams, representing different departments and batches, engaged in an intellectual battle, showcasing their understanding of sports history. The programme took place at the College Auditorium. The Sports Day quiz organized by the NSS unit emerged as a successful endeavor, blending the thrill of competition with the joy of learning. It not only celebrated the spirit of sports but also reinforced the values of teamwork and knowledge-sharing within the university community.



TEACHERS DAY (05 SEPTEMBER 2022)

Teachers, the role models of children, offer guidance, dedication and give young people the power of education. NSS volunteers of St. Michael's College widely celebrated Teacher's Day. On this day, all the volunteers were requested to write a letter to their favorite teacher and send it via email or by post. About 80 volunteers sent their heartfelt letters to the teachers. All the teachers were so happy to read the captivating letters of their students.



NSS DAY (24 SEPTEMBER 2022)

On 24th September 2022, the NSS unit of St. Michael's College celebrated the NSS DAY. "Not Me But You" defines the philosophy of the NSS unit. Every individual's welfare depends on society's welfare; hence every volunteer must strive for the betterment of society. To understand the community in which they work, their relations to that community, and to develop a strong sense of responsibility towards the betterment of society. In accordance with the celebrations, programme officer Dr Seena Kurian shared her experiences with the NSS volunteers through an online platform. 95 volunteers partaken in this programme.



On the next working day, our unit hosted the NSS flag. After the flag hosting the volunteers were guided to clean the campus surroundings in order to spread the communal and harmonious motto of the NSS. More than 60 volunteers took part in the cleaning drive and Principal Dr. Sindhu S Nair conveyed regard for the programme taken by NSS Unit. As a part of our nss day activities our volunteers had the opportunity to take a craft making class for

kindergarden children .The craft making class was held at Mayithara Anganvady and was organized for kindergarden children aged 4 to 6. The class was conducted by volunteers on some basic origami that children can follow easily. It was a one-day event with a duration of two hours.



YUVA UTSAV 2022(15 OCTOBER 2022)



Nationwide programmes were conducted under the guidance of the Central Ministry of Youth Affairs and Sports, NYK, Alappuzha on 15 October 2022. This initiative was put forward to bring various talents together. The programmes conducted were a Painting competition, poetry writing competition, Speech (Hindi, English), Mobile photography, Debate and Group dance.



The winners were awarded cash prizes and certificates at the end of the event. The first and second-positioned winners were allowed to participate in the state-level competition. St. Michael's College about 25 NSS volunteers participated in several competitions and won second prize for Thiruvathira, third prize for Yadhu Krishnan in the Mobile Photography competition, second prize for Akhila. M in declamation contest and Aadithyan S Panicker was selected for the state-level debate competition. This programme was an encouraging moment for our volunteers and a need boost to the young minds.



ROAD SENSE WORKSHOP (22 NOVEMBER 2022)

The NSS Unit of St. Michael's College Cherthala organized a traffic awareness class on 22nd November 2022. The programme started at 3:30 PM with NSS Song. This awareness class was organized as a stepping stone towards introducing volunteers to basic traffic rules. The awareness class was led by Motor Vehicle Inspector, Mr. Ben Jose. Almost 70 volunteers attended the class. This class was knowledgeable as well as making better citizen. The class ended at 4:30 PM.



CONSTITUTION DAY – LAW & LIBERTY QUIZ (26 NOVEMBER 2022)

NSS Unit of St. Michaels's College unitedly celebrated Constitution Day in association with Nehru Yuva Kendra, Alappuzha and Taluk Legal Service Committee. Constitution Day aims to mark the significance of constitutional values among the citizens of India. The

programme was conducted at the college auditorium. The programme started with NSS song by the volunteers followed by a welcome speech by Sri. Vivek Sasidharan, District Youth Officer, NYK Alappuzha. After the welcome speech, one of the volunteers read the



Preamble of the Constitution. The programme was inaugurated by Sri. Sooraj Shaji IAS, Sub Collector of Alappuzha. Smt. Sinimol Samson, President, Cherthala South Grama Panchayat was also present on this day. Felicitation was delivered by Sri. Siva Mohan S, National Youth Volunteer, NYK Alappuzha. Our Programme Officer Dr. Seena Kurian had delivered the vote of thanks. Sri Sam Alex, DLSA Cherthala Taluk was the resource person. NYK Alappuzha also conducted a quiz competition regarding Constitution Day. Around 20 teams participated in this quiz competition. Our college bagged the second prize in this district-level competition. This programme was informative as well as encouraging for the volunteers.



JUSTICE VOW EVENT: HUMAN RIGHTS DAY (10 DECEMBER 2022)

Every year Human Rights Day is celebrated on December 10. It commemorates the adoption of the Universal Declaration of Human Rights (UDHR) by the United Nations General Assembly (UNGA) in 1948. We observed Human Rights Day on 9th of December, Friday. We celebrated Human Rights Day by oath-taking. The oath-taking was administered by all classes at exactly eleven 0'clock. All the students took part in this oath-taking without any failure. This oath-taking ceremony was a reminder that we are all responsible for creating a world where human rights are not just an idea but a living reality for every individual.



ORIENTATION-IGNITION (DECEMBER 23 2022)



The NSS wing of St. Michael's College organized an orientation camp for the 2022 – 2023 batch. The orientation was conducted to provide our volunteers with the true meaning and motto of our unit. The camp was conducted on the 23rd of December, 2022 in the college auditorium. The programme started at about 9:30 a.m. with NSS song. The camp's first session was Ice Breaking led by Mr. Sam Alex imparting valuable lessons to the volunteers. Followed by that our ex-programme officer Dr. Teny David led a session. He introduced the volunteers to all about NSS.

He introduced the volunteers to the importance of leadership and certain valuable skills needed as an NSS volunteer. Shortly after lunch, our unit restarted farming in our college agricultural area. The programme was inaugurated by Agricultural Officer O S Rosemary. The programme was officially ended by planting a sapling by the officer. Our programme officer Dr. Seena Kurian also planted a sapling, following this the volunteers were also engaged in planting saplings. All the 100 volunteers took part in the orientation. The programme came to an end by 4:30 p.m. The



programme provided our volunteers with an inward look at the National Service Scheme and also with a sense of responsibility and togetherness among the new volunteers.



ELECTORATE (DECEMBER 30, 2022)



On December 30, 2022, a voter's day-related quiz competition took place in our college with 26 candidates participating. This day was conducted to induce our volunteers into their rights and by testing their knowledge as Indian citizens. Notably, 4 volunteers from our unit were among the participants. Certificates of participation were distributed by Collector Krishna Theja IAS. Overall, the quiz competition successfully celebrated Voter's Day by promoting awareness and understanding of the democratic process.



VISHWA HINDI DIWAS (10 JANUARY 2023)

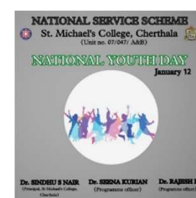
World Hindi Day or Vishwa Hindi Diwas is observed on January 10 every year to mark the importance and legacy of the Hindi language across the globe. On this day we organized a poster exhibition at our college portico. Our college Principal Dr. Sindhu. S. Nair inaugurated the exhibition. 50 volunteers took part in the exhibition. Also, on this particular day, we trained some non-Keralites to speak Malayalam and also taught the basics of Malayalam.



NATIONAL YOUTH DAY (12 JANUARY 2023)

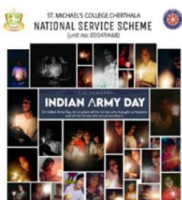


National Youth Day is celebrated on 12 January and is also known as Rashtriya Yuva Diwas. 30 volunteers accompanied by our programme officer Dr Seena Kurian. On this, the NSS volunteers of St. Michael's College visited a special school and conducted several programmes with them. They conducted a mini youth festival out there and also distributed sweets. The children had a merry time with us.



INDIAN ARMY DAY (15 JANUARY 2023)

India celebrates Army Day on January 15 every year to commemorate the achievements of the first Indian Commander in Chief of the Indian Army General (later Field Marshal) K.M. Cariappa. We the NSS volunteers of St. Michael's College conducted Programmes on the online platform. The



volunteers were asked to light a candle and remember all those brave soldiers who sacrificed their lives for our nation. 90 volunteers lighted a candle and posted the picture to the official WhatsApp group. The programme left us with a sense of brotherhood, respect and patriotism for all the soldiers who guard our lives.



TRAINING IN YOUTH LEADERSHIP & COMMUNITY DEVELOPMENT (20-21 JANUARY 2023)

NSS volunteers of St. Michael's College, Cherthala took part in a Training in Youth leadership and community development conducted by Nehru Yuva Kendra, Alappuzha at the Socio-Economic Unit Foundation (SEUF), Kalavoor, Alappuzha. The training programme started on the 20th of January, 2023. The programme began with a welcome speech, delivered by Vivek Shasidharan, DYO, Nehru Yuva Kendra. This was followed by the inaugurated by Sri. Suraj Shaji IAS, sub-collector Alappuzha. Sri. Siva Mohan delivered the vote of thanks. After the inaugural ceremony, the first session had led by Master Trainer Dr. Sujith Edwin Perera.



Around 36 students from different colleges in the Alappuzha district participated in this training. Among them, 13 students were from our NSS UNIT. The training includes many useful sessions like cybersecurity, fire and rescue training, public speaking, interview sessions, self-defense training and so on.

The training ended on the 22nd of January 2023, at 5 pm by a vote of thanks by Aishwarya, NYV, NYK, Alappuzha. All the students who took part in this training programme found it productive and were provided with certificates.

ROTARACT CLUB FORMATION (30 JANUARY 2023)

The NSS wing of St. Michael's College, Cherthala formed a Rotaract club in our college on the 30th of January 2023. The programme started at 3:30 p.m. with an official welcome by the president of Rotary Club, Cherthala. The club formation was



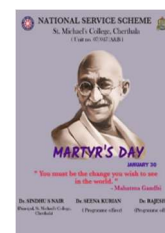
conducted in the presence of our programme officer Dr. Seena Kurian. Rotaract is a youth programme that focuses on the development of young adults as leaders in their communities and workplaces. The president and secretary of the Rotary Club were also present during the event. 20 students were selected as the

members of the Rotaract club. Among them, Anjali Krishna was selected as the President, Sreesanth as Secretary, and Aashna. P.S. as Vice President, and Aditya Krishna as Treasurer of the Rotaract Club. 5 students were selected as executive members and the rest of the students became members of the Rotary Club.



MARTY'S DAY (30 JANUARY 2023)

Martyrs' Day is recognized nationally on the 30 January to mark the assassination of Mahatma Gandhi in 1948, by Nathuram Godse. The NSS volunteers of St. Michael's College arranged a photo exhibition. It contained the photos of Mahatma Gandhi from his birth to death. The principal of our college Dr. Sindhu S Nair gave the message and proffered flowers on his photo. The programme officers and volunteers did the same. 140 students in our college were a part of the exhibition. It was a moving tribute to those who sacrificed their life for our country.



INDIAN COAST GUARD DAY (1 FEBRUARY 2023)

The Indian Coast Guard Day is celebrated on February 1 every year to honor organizations that look after maritime security. This day was commemorated by the NSS unit of St Michael's College by visiting the Andhakaranazhi Beach and cleaning it up. The beach was very dirty with the day-to-day visitors. About 10 volunteers were a part of the cleaning. The event not only improved the cleanliness of our beaches and waterways but also raised awareness about the importance of preserving our marine environments.



WORLD WETLANDS WISDOM (2 FEBRUARY 2023)

World Wetlands Day, celebrated annually on February 2, aims to raise global awareness about the vital role of wetlands for people and the planet. The programme was conducted by the NSS unit in association with the Kerala Sasthra Sahithya Parishad (KPSS). A lecture on "Wetland and Kerala development" was given by Dr. V.N. Jayachandran, a member of KPSS. Almost 50 volunteers engaged in the class. The aim was to promote the importance of wetlands on the environment and how they should be conserved for the betterment of our environment and our own lives. Students gained a deeper understanding of the importance of wetlands in our ecosystem.



SEMINAR ON VEMBANAD ECOSYSTEM AND SUSTENANCE (5 FEBRUARY 2023)

On 5th February 2023, the Kerala Sasthra Sahithya Parishad (KPSS) conducted a seminar on the topic "Vembanad – Ecosystem and Sustenance" in Muhamma. The seminar started at 2 p.m. The seminar discussed the environmental problems of Vembanad and the livelihood problems of local residents in the context of climate change. The seminar was presented by Mr. Joji Kootummel, the general secretary of KPSS.

The moderator of the seminar was Dr. V. N. Jayachandran. The discussions were led by various environmentalists. The discussers pointed out the different problems faced by them and also the consequences of destroying the wetland. 50 volunteers of ours took part in the seminar. The seminar was very useful and will be helpful for everyone. Each volunteer who attended the seminar perceived the thought of protecting the mighty Vembanad.

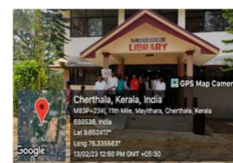


RADIO MITTAYI (13 FEBRUARY 2023)

World Radio Day is observed every year on 13th of February to raise awareness among the public and the media about the importance of radio and to encourage access to information through radio. As part of the day, the volunteers conducted a radio programme, “Radio Mittayi “. Around



10 volunteers came forward to host this event. The volunteers gathered the students with their interactive talk. They sang songs which were melodious. The students were given a small talk on the importance of radio. Radio Day served as a reminder of the enduring power of this medium to inform, entertain and unite people across generations.



DIGITAL LITERACY PROGRAMME(14 FEB 2023)

The Digital Literacy Programme was introduced by the National Service Scheme (NSS) unit of St. Michael's with the aim of educating common people about online bill payment and other essential aspects of internet usage.



The program was started as an enthusiastic method on 14th of February 2023 to educate people



coming from different sections of the community irrespective of their age to be made aware of the growing internet world. All the volunteers stick together for the success of this program. The Digital Literacy Programme introduced by our college's NSS unit is on the run to successfully fulfil its objectives of educating common people. The Digital Literacy Programme began with introduction to fundamental computer operations, such as using a mouse and keyboard, navigating the desktop, and working with files and folders. Training included accessing websites, using search engines, and understanding how to browse the web effectively .Awareness sessions were conducted on safe internet practices, including recognizing and avoiding online threats.

Participants learned to create and manage email accounts, send and receive emails, and use digital communication tools for personal and professional purposes. The Digital Literacy programme for Kudumbasree has been a significant success, equipping members with essential digital skills that have improved their lives in various aspects.



BLACK DAY OF INDIA, PULWAMA ATTACK DAY (14 FEBRUARY 2023)



India considers February 14 to be a “black day” due to the Pulwama attacks in which 40 CRPF Bravehearts were killed in one of the deadliest attacks on Indian security forces. On this day, the volunteers were instructed to light candles at their homes at 7 p.m. and they were asked to send a picture of them holding the candles through the official WhatsApp group. Around 30 to 35 volunteers took part in this programme. It served as a poignant reminder of the need for peace and unity in the face of such tragic events.



PLACEMENT READINESS PROGRAMME (16 FEBRUARY 2023)



A One Day Placement Readiness Programme was conducted in our College by the Placement Cell of the University of Kerala in association with the College Placement Cell with the help of the NSS unit. This programme aims to create encompassing professional skill development, interview preparation, resume refinement and networking strategies. About 250 students were a part of this programme. The class was given in two sessions led by Mr. Jefin Jo Thomas. The programme started with a welcome speech by Dr Christabell P J , Convener, University Placement cell. The Presidential address was delivered by Dr Sindhu S Nair, St Michael's college principal. Felicitation was delivered by IQAC coordinator, Dr Manoj Parameswaran. The programme was officially ended with a vote of thanks by Mr. Sam Johnson, Co-Ordinator, Career Guidance and Placement Cell. The class was useful and informative. Students were able to get a clear-cut view of how to prepare a resume and apply for a job.



VERNACULAR (21 FEBRUARY 2023)

International Mother Language Day is observed on February 21st each year to promote linguistic and cultural diversity and multilingualism. The NSS volunteers arranged a programme and impressed the whole college. About 50 volunteers took part in the programme. They conducted the programme “VERNACULAR”, a fun-filled activity full of games. There were tongue twisters, multilingual songs and various other activities. By observing this day it helps in the protection of linguistic heritage globally.



TEAM KERALA PASS OUT PARADE (23 FEBRUARY, 2023)

NSS volunteers of St Michael's College participated in a two-day passing out parade camp organized by the Kerala Youth Welfare Board. The camp was conducted on the 22nd and 23rd of February at the Chandra Shekaran Nair Stadium, Thiruvananthapuram. 16 volunteers from our NSS unit took part in the camp. The parade ceremony was inaugurated by the Honorable Chief Minister Sri. Pinarayi Vijayan, the presidential speech was



led by the former minister of fisheries, culture and youth affairs. The chief guest of the programme was Mr. P.A Mohammed Riyas, minister for the Public Works Department and Tourism of Kerala. The volunteers showcased their parade around 4:30 p.m. The camp was an engaging and new experience for our volunteers.



AZAD SENA (24 FEBRUARY 2023)



The NSS programme officer of St. Michael's College Dr Seena Kurian took part in a one-day Campaign for programme officers of Alappuzha Area conducted by Azad Sena at SD College on 24th of February 2023. Azad Sena is an Anti-drug Karma Sena formed jointly by NSS and NCC volunteers. As a part of establishing Azad Sena along with the NSS unit of each college, the programme officers were given a training session. The one-day class consisted of educating the programme officers about the importance of Azad Sena and how to work together with the NSS unit work as a force against drug abuse that is present in today's generation. The class ended by providing adequate information to the officers to develop the sena in their college units. We soon established the Azad Sena in our College under the guidance of our PO Dr. Seena Kurian.

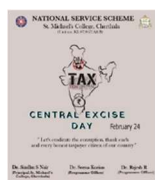


ELOCUTION COMPETITION (25 FEBRUARY 2023)

It was a big competition in which UG and PG students all over Kerala participated, held on February 25, 2023. Our volunteers too participated in this. Among them, first-year volunteer Bhavana was selected for the final round. The first round was conducted online and the final round was held in the Chavara Cultural Centre, Kochi. The competition provided a platform for the volunteers to exaggerate their oratory skills. It was a very helpful and mesmerizing event.



CENTRAL EXCISE DAY (25 FEBRUARY 2023)



Central Excise Day is celebrated every year on 24 February to honour and appreciate the efforts, services, and contributions of the Central Board of Indirect Taxes and Customs (CBIC). The NSS unit commemorated this with a class given by our programme officer Dr. Seena Kurian. Around 60 volunteers took part in the programme.

'PROMISE 2023' - JOB FAIR (25 FEBRUARY 2023)

A job fair was conducted on 25th February 2023 at St. Michael's College Cherthala. It was conducted by the Kudumbasree District Mission, Alappuzha for the State Poverty Eradication Mission by the Government of Kerala. Through this the Volunteers gained a better understanding of central excise duties, regulations and procedure related to taxation and customs. 15 of our Volunteers helped them out with the Programme. The job fair was an engaging leadership opportunity for the volunteers.

DISTRICT LEVEL NEIGHBORHOOD YOUTH PARLIAMENT (MARCH 11, 2023)

The NSS wing of St. Michael's College in association with Nehru Yuva Kendra, conducted a District-level neighborhood youth Parliament. The programme aimed to engage and enlighten the volunteers about current political issues. The programme was conducted on 11th March 2023 at Rajiv Gandhi Town Hall, Cherthala. The programme began at 9:30 a.m., with a talk from Dr. Asha.

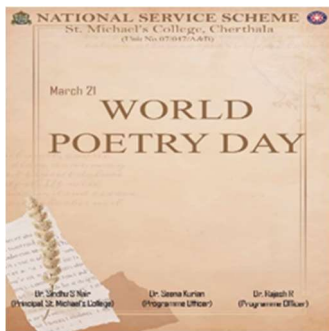
Later on, the program was officially inaugurated by District Youth Officer, NYK, Vivek Sasidharan. After that, a heated discussion was led by prominent politicians. Our PO Dr. Seena Kurian and volunteers, Anaswara Lal and Siva S Babu were also given momentous for best programme officer, best volunteer, and for best volunteer appreciation respectively.

After the award ceremony, various cultural activities had begun. Our volunteer S. A. Athul Krishna showcased a classical dance performance. Also, there was a group dance performance by special kids. Through this, young leaders emerged, presenting innovative ideas for positive change, enhancing civic awareness among participants.



POETRY DAY (MARCH 21, 2023)

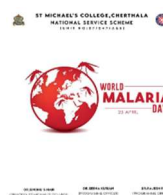
World Poetry Day is celebrated every year on March 21, celebrating a linguistic expression that people from all cultures can identify with. Poetry can be found in the history of every nation and brings us together under shared values and common humanity. The NSS volunteers were given a chance to enhance the poet or portrait in them. About 20 volunteers chimed in with their creations. The programs showcased an enormous creativity of the volunteers.



II. HEALTH, FAMILY WELFARE AND NUTRITION

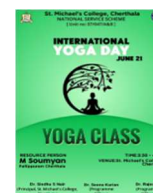
WORLD MALARIA DAY (25 APRIL 2022)

The NSS volunteers of St. Michael's College decided to create a public awareness about malaria as part of World Malaria Day. This was organized to make the public aware about the adverse health issues that malaria can cause. The volunteers gathered in the NSS office of St. Michael's college, and collected the notices which contained the information like 'what is Malaria? The ways by how malaria spreads, how it affects our health, and the safety measures against this disease'. The volunteers were divided into three groups having 25 noticers. These notices were distributed to the public in the adopted village by the volunteers. 60 volunteers distributed the notice. Through this community members showed increased knowledge about prevention measures.



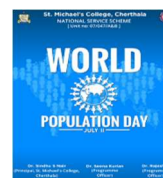
INTERNATIONAL YOGA DAY (21 JUNE 2022)

International Yoga Day is celebrated to highlight the benefits of yoga and promote a healthier lifestyle. As part of the day, the unit organized a Yoga Class for the volunteers at the college auditorium. 56 volunteers took part in the programme. The class was led by Mr. M Soumyan, Pallippuram Cherthala. Through the programme, the volunteers were able to raise awareness about the importance of yoga.



OUR CROWDED PLANET: LEARN&ACT (11 JULY 2022)

World Population Day, which seeks to focus attention on the urgency and importance of population issues, was observed on the 11th July every year. In connection with the day, we organized a speech contest for volunteers. 41 volunteers participated in the speech contest. The students gave excellent speeches. Diverse perspectives were shared, fostering a sense of collective responsibility for a balanced and harmonious world.



WORLD RABIES DAY (28 SEPTEMBER 2022)

World Rabies Day is celebrated every year on September 28 as a tribute to Louis Pasteur, the inventor of the first effective Rabies vaccine in the world. By understanding the importance NSS Unit of St. Michael's College in association with Nehru Yuva Kendra, Alappuzha observed world Rabies Day with grandeur. The programme was conducted on 26th of September at 8:00 pm through online platform. This webinar highlighted strategies for rabies prevention. 75 volunteers participated in this webinar. Three group of five volunteers led by programme officer Dr. Seena Kurian, visited homes and informed families about the importance of vaccination, the mode of transmission of rabies and the preventive measures.



WORLD FOOD DAY (16 OCTOBER 2022)



World Food Day is observed annually on 16 October to highlight the millions of people worldwide who cannot afford a healthy diet and the need for regular access to nutritious food. On the next day we delivered 25 food packets to the nearest food booth besides Cherthala Railway Station. we also supplied the rest of the parcels to the people in need at the bus stand. This initiative aimed to promote awareness about importance of access to food for all.



FIT INDIA (2022 OCTOBER 31)

The NSS volunteers of St. Michael's College Cherthala took place in the Fit India campaign along with the support of NYK Alappuzha. The programme officially started at 8:45am with a welcome speech by our NSS programme officer Dr Seena Kurian. The programme inaugurated by Praveen G Panicker, Senate member, Kerala University. Keynote address was delivered by Vivek Sasidharan, District Youth officer, NYK Alappuzha. Felicitation was delivered by Sivamohan S, NYV, NYK, Alappuzha. The programme officially with a vote of thanks by the volunteer secretary of the unit Anjali Krishna S. After that 90 volunteers jogged for around 15 minutes from the campus to the 11th Mile. An oath was also taken after that by the volunteers. This event fosters a culture of fitness and inspires individuals to prioritize health in their daily lives.

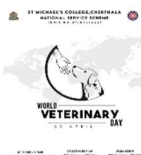


LEPTOSPIROSIS AWARENESS CLASS (29 MARCH 2023)

An awareness class on Leptospirosis was held on March 29, 2023 through an online platform, arranged by NYK Alappuzha alongside the NSS unit of St. Michael's College, Cherthala. The class was given by Ms. Chithra I, Deputy Mass Media Officer, Alappuzha. 80 volunteers participated in the session. The session started at 7 p.m. and ended by 8:30 p.m. The session discussed detailed information on the disease and various precautions. The session was very much useful.



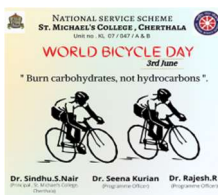
WORLD VETERINARY DAY (30 APRIL 2023)



In connection with VETERINARY DAY, all NSS volunteers of St. Michael's College were informed to be involved in animal care and gain knowledge about it. They were informed about caring for the animals either by providing food and water at their home for their pets or nearby their home for the stray animals. 60 volunteers actively performed the task and posted their pictures and experiences in the official WhatsApp group.

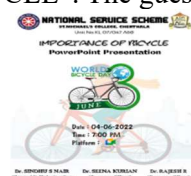


WORLD BICYCLE DAY (03 June 2022)



World Bicycle Day is marked on 3rd June every year to recognize bicycling as a way to get a sustainable form of travelling that also ensures one's physical well-being. We decided to observe World Bicycle Day on an online platform on Saturday 4th June 2022 as students do not have the opportunity to reach the college directly.

The programme committee decided to hold an online department-wise PowerPoint presentation competition in connection with the topic "IMPORTANCE OF BICYCLE". The guest speaker and judge, Assistant Professor Sam Johnson. The programme was chaired by programme officer Dr. Seena Kurian. 5 students from 9 departments participated in this programme, and overall, 50 students attended the presentation. On 10th June 2022, Thursday Dr. Sindhu S. Nair flagged off a 3 km bicycle rally. And this rally was possible to expose the benefits of cycling in front of the public. 10 volunteers took part in this cycle rally.



FATHER'S DAY (19 JUNE 2022)

On 19th June 2022 St. Michael's College NSS unit celebrated Fathers' Day. Fathers' day is an opportunity to show your dad how much he means to you and the role he has played in shaping your life. In relation with this day, all the NSS Volunteers were informed to share their lovable pictures with their father through the official WhatsApp group. More than 80 volunteers shared their lovable pictures.



III. ENVIRONMENT CONSERVATION

WORLD EARTH DAY (22 APRIL 2022)

The NSS volunteers of St. Michael's College, Cherthala celebrated Earth Day through an online platform. As part of Earth Day, each volunteer was informed to clean the surroundings of their houses and to post pictures of them cleaning the surroundings to the official WhatsApp group within that day. 50 students shared pictures of them planting the saplings. Planting a sapling on Earth Day contributes to a healthier planet, emphasizing the importance of individual and collective efforts in preserving our environment for future generations.



GREEN HORIZON (05 JUNE 2022)

In accordance with 5th June 2022, NSS volunteers of St. Michael's College observed World Environment Day. This day is a global platform for rising awareness on environmental issues. The volunteers were asked to plant a tree seedling in the courtyard and to post the nurturing photos in the official group. 60 volunteers participated in the programme. On the very next working day 20 volunteers along with our college principal and our NSS programme officer Dr. Seena Kurian planted saplings in our college premises.



AARANYAM (02 JULY 2022)

Forest sustainable management and their use of resources are key to combating climate change, and to contributing to the prosperity and well-being of current and future generations. National Service Scheme of St. Michael's College widely celebrated forest localization as the programme named 'Aaranyam'. As part of the programme, Manager Father Nelson Thaiparambil, Principal Sindhu S Nair and Programme Officer Dr. Seena Kurian joined in planting trees inside the campus. Around 3650 saplings were distributed by the forest office. Most of the saplings were planted inside the college campus and the rest of them were distributed to the volunteers to plant in their houses. Aranyam plantation initiatives play a crucial role in fostering biodiversity, combating deforestation and promoting ecological balance, contributing to a sustainable and greener future. 80 volunteers participated in the programme.



SPIC & SPAN (CLEAN CAMPUS) 01 AUGUST 2022

On 1st August 2022, the NSS unit of St. Michael's College, Cherthala took the initiative to clean the campus. This cleaning drive aimed to spread the message to other students about the necessity of a clean campus. All the NSS volunteers actively participated in this cleaning drive.



CLEAN INDIA (19 AUGUST 2022)

The Clean India plastic drive is a commendable initiative aimed at tackling the pervasive issue of plastic pollution in the country. To eradicate plastic we cleaned the campus and made the barren lands to cultivable land. 90 volunteers actively participated in the cleaning drive. The collective action taken on the day promise a brighter, less plastic dependent future for generations to come.



GANDHI JAYANTI (02 OCTOBER 2022)

Gandhi Jayanti is celebrated to commemorate the birth anniversary of Mahatma Gandhi. In order to spread the significance of the day among our volunteers the NSS unit of St. Michael's College conducted a cleaning drive in the surroundings of our volunteers' home. The volunteers were asked to send photos of them cleaning their surroundings in the official WhatsApp group. About 64 volunteers took part in the cleaning initiatives.



ARTHUNKAL BEACH CLEANING (03 OCTOBER 2022)

On 3rd October in accordance with Gandhi Jayanti, the NSS volunteers of St. Michael's College conducted a cleaning campaign on Arthunkal beach. Programme officer Dr. Seena Kurian took the initiative and conducted the cleaning campaign. The main purpose of this programme was to create awareness among the students regarding cleanliness and its benefits. Around 70 volunteers were present at the Arthunkal beach for the cleaning campaign. The volunteers recited the oath of the drug-free campaign and also spread awareness among the local people.



CLEANING MARARIKULAM BEACH (29 OCTOBER 2022)

Beach cleaning is highly relevant as it directly addresses environmental, economic and aesthetic concerns. On 29th October 2022, the NSS unit of St. Michael's College conducted a cleaning campaign at Mararikulam Beach in collaboration with Haritha Karmasena. All the volunteers were asked to be at the beach at 3.30 p.m. Around 80 volunteers took part in this campaign. This contributes to community awareness and engagement in preserving coastal ecosystems, fostering a sense of responsibility for the environment.



CLEAN INDIA (OCTOBER 31, 2022)

As a unit which aims to make a bright generation with a better personality, the NSS unit of St. Michael's College always took part in all initiatives that provide opportunities for volunteers to serve society and the nation. Therefore, our NSS unit conducted a cleaning drive at the college campus and 11th mile bus stop together with Nehru Yuva Kendra Alappuzha. More than 70 volunteers actively participated in the programme and the plastic garbage collected by them was handed over to Haritha Karmasena for recycling and healthy disposal. St. Michael's College Principal Dr. Sindhu. S Nair and Cherthala South Panchayat President Mrs. Sinimol Samson conveyed their regards for the effort taken by volunteers.



SOW,GROW,NOURISH (DECEMBER 23,2022)



National Farmer's Day is observed to honour and acknowledge the contribution of farmers in our lives. Besides paying rich tributes to our former PM, the academy celebrated the auspicious day with the theme 'IGNITING YOUNG MINDS BY INNOVATING FARMERS' On this day, we the NSS wing of St. Michael's College, Cherthala restarted farming at our college cultivation area. Agricultural Officer, O S Rosemary inaugurated the programme by planting a sapling. Our programme officer Dr. Seena Kurian also planted a sapling, following this all our volunteers took part in planting the saplings. All the 100 volunteers took part in this programme. This initiative fosters a sense of environmental responsibility and can serve as a model for other institutions to follow.



NSS UNIT OF ST. MICHAEL'S COLLEGE FARMING AND AGRICULTURAL HARVEST

The National Service Scheme (NSS) unit of St. Michael's College embarked on a remarkable venture by initiating farming and agricultural activities within our college campus. This endeavor



was not only aimed at promoting self-sustainability but also had a noble objective of generating funds for the maintenance of a fellow co-volunteer's house. This report provides a comprehensive overview of the farming and agricultural harvest activities undertaken by the NSS unit.

Various crops were selected for cultivation, including vegetables, and fruits, to diversify the produce. Organic farming practices were adopted, minimizing the use of chemical fertilizers and pesticides. Composting and mulching were used to enrich the soil, ensuring healthy crop growth. Volunteers were trained on crop management, irrigation methods, and pest control to maximize yields.

Good quality seed varieties of ladyfinger, garden peas, Bitter gourd, snake gourd, tomatoes, pumpkin etc. were specifically selected by the volunteers. The project focused on cultivating a variety of crops within the college campus, involving NSS volunteers, students, and faculty members. The vegetables started flowering by the end of February. Soon with enough caring and special fertilizing methods the plants started to grow healthy produces.

Regular watering, fertilization, and pest control measures were implemented by our dutiful volunteers to ensure the proper growth of the crops. After months of diligent effort from all the volunteers coupled with efforts of our programme officers the NSS unit successfully harvested a bountiful of vegetables including garden peas, tomatoes, drumsticks, snake gourds, bitter gourds, ladyfingers, pumpkins etc. After triumphant harvest the produces were carefully packed and transported to the nearest Cherthala market place. The quality of the produce met high standards.



The proceeds from the sale of the agricultural harvest were earmarked for a noble cause. They were utilized for the essential house maintenance of a fellow co-volunteer who was facing financial hardships. This altruistic approach demonstrated the NSS unit's commitment to not only self-sustainability but also community welfare. This initiative left a sustainable mark on the college campus, encouraging future batches of volunteers to continue and expand agricultural activities.



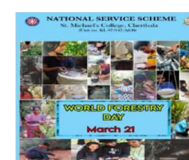
WORLD WILDLIFE DAY (03 MARCH 2023)

World Wildlife Day is an opportunity to celebrate the many beautiful and varied forms of wild fauna and flora and to raise awareness of the multitude of benefits that their conservation provides to people. The NSS unit conducted various programmes through the online platform. 40 Volunteers were assigned to explain about any of the wild flora or fauna they like. This method imparted more knowledge to the volunteers about the wildlife.



FORESTRY DAY (MARCH 21, 2023)

March 21st is observed as International Day of Forests. It is important to understand the value, significance, and contributions of the forests to balancing the life cycle on earth. The volunteers were asked to provide the birds with a small tub of water in this hot weather. The volunteers did this perfectly and shared the pictures. More than 50 volunteers took part in this initiative. This was an initiative of the forest department of the state.



IV. SOCIAL SERVICE PROGRAMMES

PAYASA MELA (FUND RAISING) (30 AUGUST 2022)

National Service Scheme volunteers of St. Michael's College, Cherthala organized a fund-raising programme named 'Thanal' by selling payasam, in front of our NSS office on 30th of August 2022 from 12.30 to 1.30. This program aimed to provide financial assistance to Abin Joseph for his kidney transplantation surgery. The programme was very successful and all the students in our campus supported us in a very auspicious manner. 40 volunteers took part in the programme.



NEHRU TROPHY BOAT RACE (04 SEPTEMBER 2022)

As part of the 68th Nehru Trophy Boat Race, the National Service Scheme of St. Michael's College took several initiatives to support the prestigious champion's boat league on 4th September 2022. Nithin Raj, Ambadi CV, Amal Jhonson, Madhav Shenoy, Welkince Clair, Yadhu Krishnan, Abin Michael and Ebin joshy were the volunteers who took participation in the Boat Race.



WORLD TOURISM DAY (27 SEPTEMBER 2022)

World Tourism Day, celebrated each year on 27 September, is the global observance day fostering awareness of tourism's social, cultural, political and economic value and the contribution that the sector can make towards reaching the sustainable development goals. As part of the day NSS Volunteers of St. Michael's College took part in a cleaning drive at Punnamada, one of the tourist places in Alleppey in collaboration with the District Tourism Promotion Council.



Cake Fest (December 19, 20&21)

The NSS volunteers of St. Michael's College never failed to show their charitable and kind minds. Under the supervision of our programme secretaries Mr. Aadithyan S Panicker and Ms. Aashna. P. S., organized a cake fest to raise a good amount of money for the treatment of Mr. P. S. Surendran who was an accident victim and needed money for his further treatment. The volunteers encouraged their classmates and they altogether collected a big sum. This was led by our programme officer Dr Seena Kurian and the amount was passed over to him by them.



'SAHAPADHIKKORU BHAVANAM': HOUSE RENOVATION PROJECT (MARCH 2023)



The National Service Scheme (NSS) volunteers of St. Michael's College undertook a commendable house renovation project in the month of March for a fellow co-volunteer who was in dire financial need after the loss of a parent in the spirit of community service and camaraderie. This project aimed to transform and improve the living conditions of the co-volunteers by refurbishing their house. The project began with meticulous planning, where the NSS volunteers collaborated with the co-volunteers to understand their needs and preferences. The total cost of the renovation was commenced from the public through coupon sales, organic farming.

The interior renovation included tasks such as repainting walls, repairing and polishing the flooring, upgrading electrical fittings, and enhancing ventilation. The exterior of the house received attention as well.

The house renovation project had a profound impact on the co-volunteer's quality of life. The improved living conditions not only enhanced their physical comfort but also positively influenced their overall well-being. The project also demonstrated the strong bond within the NSS community, highlighting the organization's commitment to its members. The renovation project came to its full form by the end of March.



This exemplifies the essence of community service and teamwork. Through meticulous planning, execution, and dedication, the volunteers in our unit were able to transform a living space into a more comfortable and aesthetically pleasing environment. This endeavor not only improved the co-volunteers' quality of life but also served as an inspiring example of the impact that individuals can create when they come together for a common cause. Each volunteer in our unit took part in each step of the renovation project. Each day through their selfless action they provided a comfort place for another Human.



COUPON SALE

The NSS crew of St. Michael's College conducted a coupon sale as a part of a volunteer-led house renovation project. The coupon sale, which involved printed coupons, commenced in February, followed by the selection of winners and the distribution of gifts in March.

The coupon sale was an integral part of the house renovation volunteer event. This whole event was coordinated by our college NSS unit programme secretaries Ms. Aashna P S and Mr. Aadithyan S Panicker. The coupon sale officially began in February. Volunteers actively started distribution in their own residential areas and residential communities that come under our NSS wing. The printed coupons featured many valuable and attractive gifts sponsored by various shop owners and volunteers of the unit.

Community members could purchase the printed coupons at a fixed price of 20 rupees. Each coupon offered a unique deal from participating businesses. The sale of these coupons not only helped generate funds but also fostered a sense of collaboration between the renovation project and local enterprises.



After the designated sale period ended at February 23rd 2023 the volunteers organized a fair and transparent process to select the winners by drawing coupon leaflets from a lot. The winner selection draw was done by principal Sindhu. S. Nair and programme officer Dr. Seena Kurian along with some volunteers on February 25th. The winners were chosen from among the individuals who had purchased the coupons. A separate event was conducted on February 29th to distribute gift to the winners.

The coupon sale was a successful event that fulfilled a complete support from the community and volunteers. The house renovation was successfully completed on March last week.



V.PROGRAMME FOR THE EMPOWERMENT OF WOMEN

MOTHER'S DAY (08 MAY 2022)

International Women's Day is celebrated to honor and recognize the achievements and contributions of women throughout history. we celebrated Mother's Day by conducting an online essay writing competition. The volunteers were asked to write an essay on the topic 'My Mother My Inspiration'. 70 volunteers participated in the competition. It not only provides a platform for participants to articulate their appreciation for maternal figures but also encourages reflection on the diverse roles mothers play in shaping individuals and society.



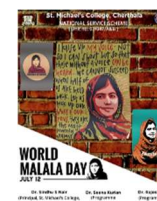
WORLD DAY AGAINST CHILD LABOUR (12 JUNE 2022)

The World Day Against Child Labour is celebrated to draw constant attention to the issue of child labour and to revise and revisit our strategies to eliminate child labour. We conducted an awareness rally, in our adopted village. About 70 volunteers initiated in the rally. By the end of the rally the volunteers were able to capture the attention of the public and thus help in spreading the message to stop child labour at any costs.



WORLD MALALA DAY (12 JULY 2022)

The NSS Unit of St. Michael's College celebrated MALALA DAY on 12th June 2022. The day was celebrated all over the country to remember the value of girls' education as a result of the protest led by Malala Yousafzai. On this day our unit conducted an essay writing competition on the topic "Importance of education



in women empowerment". 40 of our volunteers chimed in with their essays. The students put forward the idea that it is only through education that women can be educated about their rights thereby enabling them to fight against exploitation and inequality.

CREATING SAFE SPACES:ENDING HARRASMENT(02 AUGUST 2022)

As a part of the units **Posco** activities was conducted for kindergarten students at Little Flower LP School. The primary aim of this class was to educate young children about personal boundaries, safety, and how to recognize and respond to potential threats.



The class was structured by our volunteers in a child-friendly and engaging manner. It included a combination of activities, discussions, and visual aids to make the topic more relatable to the young audience. We started by telling the children about good touch and bad touch through a story. This made the children understand the boundaries easily and also made it comfortable.



After that a few children were selected for a Role-playing activity to teach them how to say "no" when something doesn't feel right and also Showed them pictures of different body parts and explain the concept of private areas.

GENDER AWARENESS CAMPAIGN (27 SEPTEMBER 2022)

Gender Awareness Campaign aims to promote and encourage a general understanding of gender-related challenges, for instance, violence against women and the gender pay gap. On Tuesday 27th September 2022 NSS unit of St Michael's College also did an awareness campaign in Association with Women and Child Development.

Our NSS programme officer Dr. Seena Kurian delivered the welcome speech. After the welcome speech Shrimati Swapna Salim, Child Development Project Officer Kanjikuzhi Additional, inaugurated the Campaign. These sessions were led by Mrs. Neenu. K.S., Mrs. Sruthi Krishna. All together 50 volunteers took part in the awareness class. The campaign was very useful for all the students and also an informative one.



CHILDREN'S DAY (14 NOVEMBER 2022)



It is celebrated on 14th November every year on the birthday of the first Prime Minister of India, Pandit Jawaharlal Nehru, who was known to have been fond of children. On this day, the NSS unit of St. Michael's College organized several cultural Programmes for kids at the nearest *Anganavadi*. 10 of our volunteers went to the nearest kindergarten with sketch pens and other useful materials. Children of the kindergarten were so happy to be a part of all the programmes and were cheered up with their gifts.



ANTI-DOWRY WEEK (7 DECEMBER 2022)

As part of the anti-dowry week, the St. Michael's College NSS unit organized a debate in the college. The debate was organized in association with Kanjikuzhi ICDS. The programme was

organized as a part of the 'Orange the World Campaign ', which is being conducted by the Vanitha Child Development Department with the aim of ending violence against women and girls. Cherthala Station Officer B. Vinod Kumar inaugurated the programme. NSS programme officer Dr. Seena Kurian, ICDS officers Lini Jayan, S. Monisha, Vidya Vilas, and Tuni Mol were also there to share some valuable points on this anti-dowry week. About 20 of our volunteers divided into two teams engaged in the debate. The debate brought about a valuable set of points and helped volunteers to share their views.



BHALIKASADHANAM VISIT (28TH JANUARY 2023)

The NSS wing of St. Michael's college, Cherthala, visited an orphanage home 'Madhavam' at Thuravoor on 28th of January 2023. About 20 volunteers from our unit visited the place, which is run by Madhava Seva Samithy, Thuravoor is home to about 100 orphaned girl children. We were pleasantly received by the President of the orphanage, Mr.



Gopala Krishnan and the children. We distributed sweets to the children. Our volunteers interacted with the children. The children showcased their various talents in front of us. Our volunteers also performed a dance for the children. All the children looked so excited and joyful.

INTERNATIONAL WOMEN'S DAY (08 MARCH 2023)

International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women. The NSS unit commemorated this day by popping balloons that has various myths against woman written on them. 30 of our volunteers popped the Ballons. On this special day our programme officer Dr Seena Kurian was awarded the GURU NARI GAURAV SAMMAN from the NGO Guru foundation, Rohtak. The Programmes spread messages against toxic moralities against woman and thereby spread the message of protecting our woman.



Most woman in rural areas face several challenges when it comes to female hygiene, as many women lack access to proper information and resources. Our unit organized a one-day Female Hygiene Awareness Class as part of Womens Day. This initiative aim to improve the health and well-being of the women in the community by raising awareness about proper female hygiene practices.

The session began with an introduction to female hygiene, emphasizing its importance in maintaining overall health and well-being. A significant portion of the class focused on menstrual hygiene, discussing the importance of using clean and safe sanitary products, the proper way to manage menstruation, and the need to break taboos and stigmas associated with menstruation. The participants were educated about the

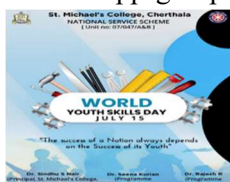


correct practices for using sanitary pads, tampons, or menstrual cups. They were also made aware of the importance of washing and drying reusable menstrual products properly. About 20 woman in our adopted village took part in the class. The Female Hygiene Awareness Class was a successful and meaningful event. It not only educated women about the importance of female hygiene but also opened a dialogue for future initiatives.

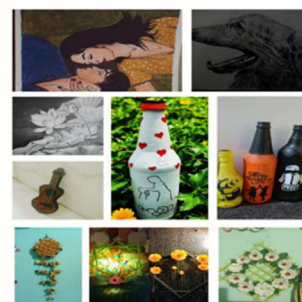
VI. PROGRAMMES CONNECTED WITH ECONOMIC DEVELOPMENT ACTIVITIES

WORLD YOUTH SKILLS DAY (15 JULY 2022)

On 15th July 2022, the NSS unit of St. Michaels College observed World Youth Skills Day. In relation to this day all the volunteers were informed to share their skills through the official WhatsApp group. About 60 volunteers shared skills like craft works,

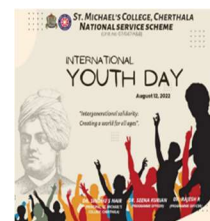


song recording, painting works, dancing videos, etc. This programme showcased different hidden talents and enabled our volunteers to have a needed boost to their skills. Some of the craft works were sold by the volunteers.



INTERNATIONAL YOUTH DAY (12 AUGUST 2022)

On August 12, 2022, the NSS unit of St. Michael's College celebrated International Youth Day. It aims to spread awareness about the youth, and draws attention to the issues faced by the youth all across the world. In relation to this day, our programme officer Dr. Seena Kurian conducted an awareness class about 'How to be a responsible youth for the upcoming generation'. More than 50 volunteers participated in this session. The programme helped in our volunteers have a better understanding of the power and possibility they have in the nation.



WATER DAY - POND CLEANING (22ND MARCH 2023)



The NSS wing of St. Michael's college, Cherthala, as part of water day undertook a pond cleaning activity in our college premises. The programme aimed a sustainable culturing of fishes. About 25 volunteers took part in the process along with other two pond-cleaning experts. They also found some turtles and fishes also. After cleaning we reintroduced them into the pond itself. As aimed the programme introduced our volunteers to a new way of farming fish by protecting our environment.



SURVEY (MARCH 25,2023)

NSS volunteers of St. Michael's College held a survey of ' Youth not in formal education or regular employment ' at our adopted village. The survey set out at 10 am as two teams. We covered almost all the houses. The main



aim of the survey was to take an account on unemployed youth in our society. At 2 pm almost all houses were covered and the survey was hauled. 10 team with 6 volunteers each were set out to take the survey. The survey was very helpful in building a well social behavior in the volunteers. The survey was very successfully completed, as every family cooperated with us.



VII. RESCUE AND RELIEF DURING CALAMITIES

FIRE & SAFETY CLASS (30 SEPTEMBER 2022)



The fire and safety class took place in Cherthala on 30th September 2022, led by Officer Rejimon. The aim of the programme is to equip participants with essential knowledge and skills to effectively respond to fire emergencies. The class was very informative and interactive. Around 20 volunteers attended this class. Participants often gain an understanding of the fire behaviour, use of firefighting equipment, evacuation procedures, and basic first aid.



FIRE AND SAFETY TRAINING (22 NOVEMBER 2022)

On November 22nd we attended a seminar named “Sannadhasena” under the leadership of the Kerala Fire and Safety Association and Health Association at Cherthala Municipality. It gave us an awareness of the accidents that are happening in our society and



also the officers taught us how to overcome those situations, by giving us certain training activities. 50 volunteers took part in this training. After that considering our health and the health of those people who are in need due to such an accident Situation, they enriched the volunteers with many tips and instructions to be safe from these types of accidents. E certificates were provided to volunteers.



AAPTHA MITRA (9-13 JANUARY 2023)

Aaptha Mitra was a social extension programme of the Kerala fire force and Govt of Kerala for the common people for giving special training for the disastrous times that have happened in the past years. Our five Volunteers participated in the district-level training class from 9 - 13 January 2023 and were selected for the state-level training. This training was conducted at Cherthala Fire Force Station and inaugurated by Sri Baiju Sir (ST Fire Force Cherthala) and the classes were taken by Sri. Rajesh Sir, Sri. Shaji Sir and Sri. Rejimon Sir and

the Training classes were theory and practical classes about the basic Life rescue techniques in Fire, Aquatic, Road Accidents and disaster management with a specific teaching syllabus.



VIII.VIMUKTHI

NO TOBACCO DAY (31 MAY 2022)

The NSS Volunteers of St. Michael's College conducted an awareness class on the negative impacts of Tobacco consumption. This aims to educate individuals about the health risks associated with smoking or using tobacco products. The class was led by the Excise Preventive Officer of Alappuzha, Mr. Manoj Krishnakumar. About 80 volunteers took part in the class. The class was very informative. Sir mentioned the various ill effects of drug use and what are the steps taken against this. The class was very useful.



INTERNATIONAL DAY AGAINST DRUG ABUSE (26 JUNE 2022)

Every year June 26th is observed as International Day Against Drug Abuse and Illicit Trafficking as an expression of its determination to strengthen action and cooperation to achieve the goal of an international society free of drug abuse. A poster-making competition and an anti-drug rally were organized by the unit on the theme 'Drug Abuse is a deadly menace' and volunteers took an anti-drug pledge. Around 70 volunteers took part in this programme. All the programmes conducted on this day were very successful.



OATH TAKING (03 OCTOBER 2022)

NSS volunteers of St. Michael's College conducted an oath-taking ceremony on 3rd October at Arthunkal Beach. This programme was conducted as a part of The Vimukthi Campaign by the government. The volunteers were asked to gather at Arthunkal Beach. The oath-taking was done by gathering the public and also the volunteers of Haritha Karmasena and the NSS volunteers. About 60 NSS volunteers took part in the oath-taking. Volunteer secretary Anjali Krishna S led the oath-taking. The PO Dr. Seena Kurian was also present for the pledge.



DOOR TO DOOR CAMPAIGN (03 OCTOBER 2022)



A Door-to-Door campaign was conducted by the NSS Volunteers of St. Michael's college on 3rd October. This programme was conducted as a part of The Vimukthi Campaign of the government in order to eradicate drug abuse. 50 volunteers split into 10 groups and spread the awareness. The volunteers informed the public about the ill effects of Drug abuse and how bad it can affect the lives and also the families. They also asked the public to be aware about the drug usage around their

ലാൻഡിംഗ് പേജ്

ഗവൺമെന്റിന്റെ വിവിധ വെബ്സൈറ്റുകളിൽ സെർച്ച് ചെയ്താൽ ലഭിക്കുന്ന വിവരങ്ങൾ അനുസരിച്ച് ഏകദേശം 1000-ൽ അധികം പേർ ഡോക്യുമെന്റിന്റെ ലിങ്ക് കണ്ടെത്തി. ഇതിൽ 500-ൽ അധികം പേർ ഡോക്യുമെന്റിന്റെ ലിങ്ക് കണ്ടെത്തി. ഇതിൽ 500-ൽ അധികം പേർ ഡോക്യുമെന്റിന്റെ ലിങ്ക് കണ്ടെത്തി.

surroundings and also gave the contact number of the concerned authorities to inform, if any usage of drugs were noticed.

QUIZ COMPETITION (11 OCTOBER 2022)



A Quiz competition was conducted on 11th Oct 22 at the College Auditorium. This Competition was conducted as a part of the Anti – Drug Campaign. About 30 students participated in this competition. The quiz included questions from "The take on government for an anti-drug society ". Aashna P S from second year was the quizmaster.



POSTER EXHIBITION AGAINST DRUGS (12 OCTOBER 2022)

A poster exhibition was conducted by the NSS volunteers of St. Michael's College on October 12 as a part of the Vimukthi Mission by the government. The students were asked to make posters against drug abuse and bring it to the college. The posters were displayed at the corridors of the college. The programme was inaugurated by the respected DGP Jaydev. G IPS. The DGP gave a message on the social evil that is caused by drug usage and also how it affects the younger generation. Around 50 students took part in the programme. An oath taking was also conducted along with this poster exhibition including the NSS volunteers and other students of the college.



HUMAN CHAIN (20 OCTOBER 2022)

Another programme done under the Vimukthi Campaign was human chain. A lot of students along with the whole NSS volunteers gathered for this programme. Students gathered at the college ground and formed a huge chain by holding hands. Around 150 students formed the human chain. After the formation they took a pledge against the use of drug and proclaimed that we strive hard to eradicate this evil from the society.



RALLY (20 OCTOBER 2022)

An anti-drug rally was conducted on 20th October, 2022 as a part of the 'Say No To Drugs' campaign. The volunteers gathered in front of NSS office, from where the rally started. The rally started from the college. About 60 Volunteers participated in the rally. They covered about 3 kilometers from the college.



ലഹരിവിരുദ്ധ നാലി ചോർത്തല

സെന്റ് മൈക്കൽസ് കോളേജ് എൻ-എസ്എസ് യൂണിറ്റും എൻസിസിവും ചേർന്ന് ലഹരി വിവിധ നാലി സംഘടിപ്പിച്ചു. കോളേജ് വൈസ് പ്രിൻസിപ്പൽ ഡോ. ആന്റണി കുര്യൻ കോസ്റ്റ് ഗുർവാനംഗമായി. പ്രോഗ്രാം ഹെഡിസർ ഡോ. സിന്ധു കുറിയൻ, ലെക്ചറർ കോളേജ് എഞ്ചിൻ ആർബർ ട്വ എൻസിസി സംസാരിച്ചു.

STICKING POSTERS AT CAMPUS (2022 OCTOBER 21)

All the NSS volunteers were asked to create awareness as a part of the anti-drug campaign, “Vimukthi” by sticking anti- drug posters inside the campus premises. Some of the volunteers posted anti- drug poster in several corners of the campus were the students gather the most. This campaign aimed to create awareness among all the people in the whole campus.



NASHA MUKT DIWALI (2022 OCTOBER 24)

The NSS volunteers of St. Michael’s College, celebrated Diwali on 24th October 2022, Monday by lighting was not only conducted to commemorate Diwali but also to create awareness among the public. The programme was conducted through Online platform. 85 volunteers took part in the programme by sharing their pictures and thereby spreading awareness



SIGNATURE CAMPAIGN (2022 OCTOBER 25)

Signature campaign was another event conducted as a part of the Vimukthi on 25th October. The NSS Volunteers gathered in front of the college with posters containing messages “Say No to Drugs”. A big white banner to sign, proclaiming that we are against the drugs which is a very big social evil. Respected principal of the college Dr. Sindhu S Nair and the programme officers Dr. Seena Kurian and Dr. Rajesh together inaugurated the campaign by signing the banner. Many more students and the volunteers also put their signature on the banner. All together 250 volunteers took part in the signature campaign.



FLASH MOB (2022 OCTOBER 28)

First year volunteers of the college conducted a flash mob on 28th October as a part of the programmemes conducted for Vimukthi campaign. About 25 volunteers took part in the flash mob. The flash mob were performed by the volunteers at 20th ward of Arthunkal Panchayat. At the end of the flash mob a banner containing a strong message against drug abuse was displayed before the audience. Also, the title named Vimukthi reached many audiences through the flash mob.



DEBATE (OCTOBER 28, 2022) A debate on the topic “Drugs are legalized in some developed countries. Is this true or false?”, as part of the Vimukthi campaign against drug abuse by the government. The debate was conducted at the college auditorium. About 5 teams competed for the debate. Dr. Patricia Robin our librarian and lecturer was the moderator of the debate. Dr. Beena, Dr. Manjusha and Dr. Bindhu were the judges of the debate. The debate was very interesting students participated with much confidence and valid points.



THEATRE PLAY (2022 OCTOBER 29)

A Theatre play was conducted by the second year NSS volunteers of St. Michael's College on 29th October as part of the Vimukthi campaign against drug abuse. It was conducted at Marari Beach around 5:30pm. About 25 volunteers took part in the performance. The theme of the play was the young generation falling badly into the drug racket and forcing them to commit crimes which destroy their future. The play reached into a huge audience at the beach. The programme ended by 6pm.



VIMUKTHI TRAINING (2022 OCTOBER 30)

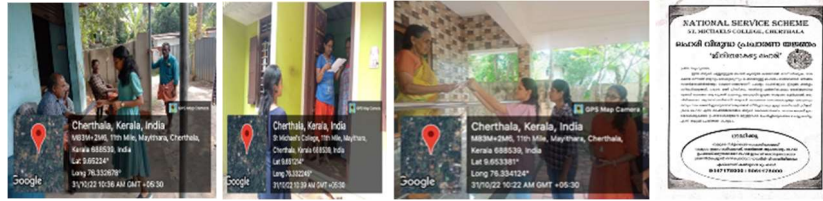
All the representatives from the colleges in Alappuzha, Kollam and Pathanamthitta districts had a one-day training programme at B. J. M College, Kollam organized by University of Kerala. This training programme aimed to create an awareness about the usage of drugs and how to prevent the drug addiction. All the participants for this training were asked to be there on 30th October 2022, Sunday at 9 am. The programme started at 9.30 am with prayer. The training programme were very beneficial as well as a motivating one. Around 50 Volunteers took part in the programme. Amal Johnson from Our Unit took part in this Training Programme. Through this programme, all the volunteers had acquired many knowledge on the impact of drugs. This programme also provides us with some effective methods on how to prevent drug addiction. All the sections were very informative. The training ended on the same day at 4.30 pm.



AWARENESS TO ADOPTED VILLAGE (2022 OCTOBER 31)

The NSS volunteers of St. Michael's College arranged an awareness programme in the adopted village. Volunteers divided in to different groups and distributed notices in various houses in the adopted village. The notices contained the harmful effects of drugs in the day-to-day life. About 50 volunteers covered various areas in the adopted village and distributed the notices.





BODHAPOORNIMA (2022 NOVEMBER 1)

The campaign against drug abuse by the NSS volunteers of St. Michael's College ended by burning a Lahari Beeman. The programme was arranged at the college ground around 1 pm. The programme started with a flash mob presented by some of the NSS volunteers. After that our Chief Guest Honorable Agriculture of Kerala, P. Prasad delivered a speech in front of the whole college. After the speech, Minister burned the Lahari Beeman made by the NSS volunteers. The Lahari Beeman was a representation of a victim of drug abuse. By burning it, it conveyed a strong message that we should completely discard this social evil from our society.



FOOTBALL AGAINST DRUG ABUSE (2022 NOVEMBER 23)

The NSS Volunteers of St. Michael's College organized a programme as a part of 'Vimukthi' by the state government against drug abuse among the young generation. On 23rd November 2022, Sri Bobby Chemmannur came to our college as a part of his programme called 'Creating and encouraging the passion for football against this social evil drug abuse'. Along with him, our NSS Volunteers also gathered to hold hands together for this mission. Bobby Chemmannur kicked a goal as an action proclaiming that we are against all kind of drug abuse. Following that our Principal Dr. Sindhu S Nair, our vice principal Dr. Antony Kuriakose and our Programme officer Dr. Seena Kurian also kicked goals. Volunteers had also organized a signature campaign 'saying no to drugs', where our chief guest Boche, all the teaching and non-teaching staffs and all the students signed the banner saying no to drug abuse. The programme was a huge success which attracted the attention of a wide audience.



WALL PAINTING (2023 MARCH 28)

The NSS volunteers of St. Michael's College Cherthala alongside the NCC unit gave the dirty wall a new face. We cleaned the wall and surroundings. We painted images depicting the strong message of drug abuse. The different wall paintings show the dangerous effect of drugs in

our life. They also painted a tree without leaves and it was left blank for the students and others to use their fingers to create the leaves, thus showing their support in making the society drug-free. This was inaugurated by our honorable Minister of Agriculture P Prasad. Later the teachers and volunteers did the thumb impression, turning the blank tree into a beautiful one.



Awarding Ceremony (28 October 2023)



The National Service Scheme (NSS) unit of our college was honored for its exceptional performance and significant contribution to the fulfillment of the "NO TO DRUGS" flagship program by the State NSS cell during the year 2022-23. The awarding ceremony, held on 28th October 2023 at Vimala college for women, Thrissur, was a momentous occasion that celebrated the dedicated efforts of NSS units all over the state in promoting a drug-free society.

The function commenced with great enthusiasm and pride as it was inaugurated by minister of Thrissur Dr. R Bindhu, a respected figure in the field of social service and education. Dr. Bindhu's inspirational words resonated with the audience as she emphasized the importance of youth-led initiatives in addressing critical societal issues like drug abuse. She commended our NSS unit for its unwavering commitment to the cause and encouraged the students to continue their remarkable work.

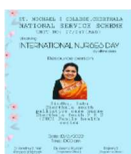
The event was graced by the presence of the renowned actress Aparna Balamurali, who served as the chief guest. Aparna Balamurali's inspiring speech resonated with the audience, emphasizing the role of artists and public figures in promoting social causes.

The ceremony was attended by faculty members, students, and well-wishers of other colleges who came together to celebrate the outstanding performance of NSS units. The event concluded with a sense of pride and accomplishment, as our NSS unit pledged to continue their efforts in combating drug abuse and making a positive impact on society. the awarding ceremony was a moment of recognition and inspiration. This recognition serves as a testament to the power of youth-led initiatives in addressing crucial societal issues and making a positive change in our community.



IX. PALLIATIVE CLUB

INTERNATIONAL NURSES DAY (12 MAY 2022)



The NSS Volunteers of St. Michael's College conducted a awareness class about palliative care nursing as part of INTERNATIONAL NURSES DAY. The class was given by Ms. SINDHU SABU, a palliative nurse at Cherthala South, FHC. The class



was mainly about palliative nursing and how their life is. 60 volunteers participated in the programme. Through this class volunteers came to know about what palliative nursing is and how should we behave with those patients.



After the programme, the NSS Volunteers along with the staff nurse visited the house of the patients in the adopted village. We distributed the bedsheets that were collected from the volunteers. It was indeed a great day because the volunteers came across the lives of palliative nurses, which would be a great experience to have on this International Nurses Day.

PALLIATIVE TRAINING @TRIVANDRUM (27 JULY 2022)



The University of Kerala initiated interventions in the community by starting a student palliative club in an affiliated college as part of its institutional social responsibility and outreach programme. The camp was held on 27-29 July 2022 at Kerala University Students Centre, PMG, Thiruvananthapuram.

NSS Unit of St. Michael's College heartily offered its cooperation to such a great initiative. Yadu Krishnan from BBA Department, attended the training programme as a representative of NSS Volunteer of St. Michael's College. The programme was inaugurated by Prof. Dr. V. P. Mahadevan Pillai, Honorable Vice Chancellor, University of Kerala. The Programme was very fruitful as it comprised many valuable sections led by experts on different topics such as the basics of palliative care, communications, home based care, psychosocial support etc. The organizers arranged a talk by Ms. Ashla Rani, the Youth Icon Winner care receiver and care provider, which was an inspiring one. All volunteers who attended the camp were presented with certificates. As a whole the Residential Training Programme was very useful and our unit also decided to organize a special palliative care team under the NSS Unit.



PALLIATIVE CARE TRAINING (13 AUGUST 2022)

All the NSS representatives from Kollam, Alappuzha and Pathanamthitta had a one-day training programme on 13th August 2022 at Kollam about the 'PALLIATIVE CARE' by NSS, University of Kerala.

This programme aimed to create awareness about palliative care. The participants were asked to present themselves at Baby John Memorial Govt College, Chavara, Kollam – at 9:00 AM. One of our volunteer Chithra P Jith has participated in this training programme. The programme started at 9:30 with a blissful prayer. This programme gave us a beneficial understanding of how to look at those patients with empathy rather than sympathy and gave us the knowledge about the patients and their problems about palliative.



WORLD HOSPICE & PALLIATIVE CARE DAY (08 OCTOBER 2022)

On World Hospice & Palliative Day, 8th October 2022. We started the palliative care by visiting each patient in the adopted village. And a poor





man undergoing heart disease was given three months' worth of medicines. Before mentioned patient was Ouseph Punnackal from Arthunkal, Alappuzha. The NSS volunteers conducted fundraising programmes for further activities under the leadership of the programme officers. Thus the day was a platform for the volunteers to support and care for the needy ones around them.

PALLIATIVE CLUB INAUGURATION (9 NOVEMBER 2022)

The NSS Unit of St. Michael's College conducted a Palliative club inauguration on 9th November 2022. The inauguration started at 3:30 pm with NSS song. In accordance with the inauguration, we also arranged a medicine handover programme named 'Kay Thang'. The medicine was handed over to a kidney transplant patient. The programme was inaugurated by Smt. Sinimol Samson, President Cherthala South Grama Panchayat. The medicine was handed over to the patient's father, Biju. Our programme officer Dr. Seena Kurian and Dr. Rajesh R were also present in this inauguration programme. 90 volunteers were presented during the inauguration.



X. RED RIBBON CLUB

WORLD HEART DAY (29 SEPTEMBER 2022)

World Heart Day is celebrated every year on 29th September, is an opportunity for everyone to stop and consider how best to use heart for humanity, for nature, and for our self. We the volunteers of St. Michael's College sweepingly celebrated World Heart Day. Our respected programme officer Dr. Seena Kurian conducted an awareness class about 'How to Maintain A Healthy Diet'. Around 80 volunteers participated in this programme. After this session all the volunteers practiced Yoga, a heart booster.



UTHARAM 3.0 (2022 OCTOBER 22)

(DISTRICT LEVEL QUIZ COMPETITION ASSOCIATED WITH RED RIBBON CLUB)

'Utharam 3.0' organized by Red Ribbon club members to spread HIV/AIDS awareness among college students on 28th October 2022. The quiz competition was commenced in association with Kerala State AIDS Control Society and Department of Health Science, Alappuzha. The quiz competition was held at District T.B Centre, Alappuzha. The respective volunteers Aashna. P. S and Akhila. M representing the NSS unit of St. Michael's College took part in the Competition. Jiby Abraham of St. Joseph Women's College, Alappuzha was the quiz master. Around 15 teams



representing different colleges in Alappuzha Participated in the competition. All the students who participated in the competition was appreciated with participated certificate. The programme came to an end around 4:30 pm. The Certificate of appreciation was handed over by the District Medical Officer, Alappuzha.

BLOOD DONATION CAMP (17 NOVEMBER 2022)

National Voluntary Blood Donation Day is celebrated to bring great changes in society in order to follow life-saving measures and prevent serious illnesses caused by violence and injury, childbirth-related complications, road traffic accidents and many more conditions.



A Blood donation Camp “Sanjeevani” was organized by the Red Ribbon Club of St. Michael’s college NSS Unit, on 17th November 2022. The blood donation was conducted in association with Vandanam Medical College. The camp was sponsored by Mr. Pramod Naik of HDFC Bank. The camp began at 10 am with a short inaugural function by our college manager, Fr. Nelson Thaiparambil. Dr. Ajmeer Khan, one of the leading Doctor of Vandanam Medical College also addressed the donors and highlighted the need for blood donation. He also spoke about the myths surrounding the blood donation. The blood donation officially started by our programme officer Dr. Seena Kurian by donating her blood. Several other teachers also donated their blood. After the inauguration Doctors and staff nurses started collecting blood from the donors. All the necessary arrangements were made by all the NSS Volunteers with the guidance of our Programme Officer Dr. Seena Kurian. About 100 students participated in the blood donation camp. After the donation, the participants were provided with refreshment and congratulated with a certificate.



AIDS DAY (1 DECEMBER 2022)

The NSS Volunteers of St. Michael’s College celebrated Aids Day by an Aids awareness Rally. Principal Dr. Sindhu S Nair inaugurated the rally and delivered an aids awareness speech. Volunteers wore red dress with a red ribbon and started the rally to 11th mile. After that a ribbon formation was also done. Around 100 volunteers participated in this programme.



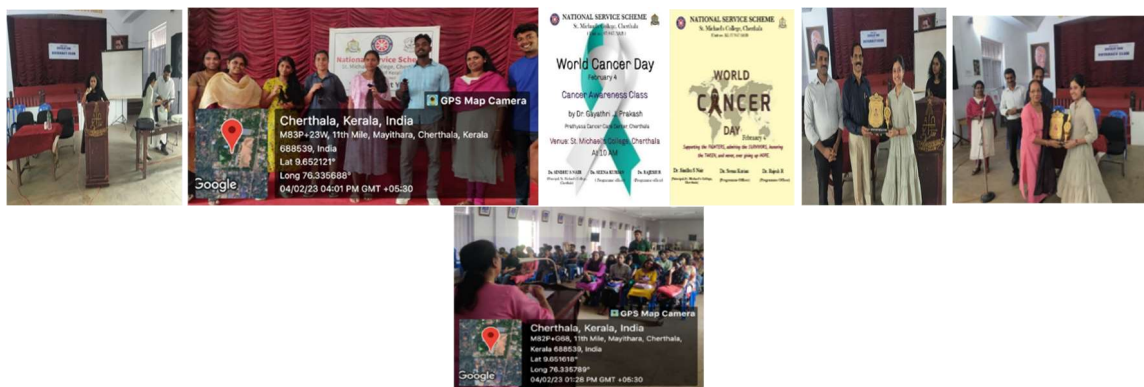
AIDS AWARENESS POWERPOINT PRESENTATION (5 DECEMBER 2022)

The NSS unit wing of St. Michael’s College conducted a PowerPoint presentation as part of AIDS Day. The programme was conducted on 5th December 2022 at 3:30 pm in our college auditorium. The presentation was on the topic ‘AIDS Awareness in The Modern Era’. Participants were formed as a group from each department. Each group of 5 volunteers were presented ppt. The winners were selected after the competition. The programme came to an end by 4:30 p.m.



WORLD CANCER DAY (4 FEBRUARY 2023)

World Cancer Day is an international day marked on 4th February to raise awareness of cancer and to encourage its prevention, detection, and treatment. We observed World cancer day. As part of the day, the volunteers conducted a cancer awareness class which was led by Dr. Gayathri Jayaprakash, consultant radiation oncologist of Prathyasha Cancer Care Center, Cherthala. The Rotaract Club of Cherthala town were also a part of the day. They honored the doctor for her excellent service and Ms. Sussann Basheer, who have an experience of 34 years in the field of pediatric oncology. She shared her experience to the students. The class was interactive and qualitative for the volunteers. 25 volunteers donated their hair for cancer patients, being a good example for the society and the upcoming generations.



CANCER AWARENESS NOTICE DISTRIBUTION (6 FEBRUARY 2023)

For raising awareness about Cancer and to impart knowledge among the people, the NSS unit of St Michael's College distributed a notice that contained all the details about Cancer. It was distributed by the volunteers to the college students as well as the people outside the college. People showed great interest in reading those. The initiative was led by our programme officer Dr Seena Kurian.

VIVA- KERALAM (03/03/2023): FROM ANEMIA TO GROWTH

The State Health Department is carrying out the project in an effort to eradicate anemia from Kerala. The objective of the initiative is to identify girls and women between the ages of 15 and 59 who are in need of awareness and treatment after having their blood's hemoglobin level checked. On March 3, 2023, at 11:00am, there was a session conducted online as part of this. Five girls from our unit attended this webinar on the advice of our programme officer. The volunteers who participated in the webinar were Deepthi Balachandran, Aashna P. S., Anjali Krishna, Pravitha Venkitesh, and Akhila. M. It effectively highlighted the importance of tailored treatments and interventions to address their specific concerns. Attendees likely found the information enlightening and useful for promoting the overall health and empowerment of this demographic.

VOLUNTEER LEADERSHIP TRAINING (23 AUGUST 2022)

A three-day Residential Volunteer Leadership training programme – 'Prayatna 2022' was organized by the National Service Scheme of the University of Kerala. The training programme was conducted from 23-25 August 2022 at Kerala University. Students' Centre PNG, Thiruvananthapuram. A Volunteer Secretary or Volunteer leader from each



NSS unit was supposed to participate in the training. As part of this, two NSS volunteers from the NSS Unit of St. Michael's College Yadu Krishnan and Nithin Raj took part in the training programme. The training programme began on 23rd August 2022 at 2:00 pm by an inaugural session led by Prof. Dr. VP Mahadevan Pillai.



NATIONAL INTEGRATION CAMP (15 MAY 2022- 22 MAY 2022)

Our volunteer Siva S Babu got the opportunity to attend the National Integration Camp at Mar Baselios Christian College of Engineering and Technology, which was hosted by Kerala Technical University. The camp began on May 15 and concluded on May 22, 2022. The camp was



inaugurated by Professor R. Bindu, Minister of Higher Education and Social Justice. The camp hours were strict, and every event was held according to the schedule. Every day, the camp began at 5:45 in the morning with a flag hoist. The morning session consisted of yoga, Zumba classes, and exercises. Day 2 and 4 afternoon sessions were dedicated to academic sessions, where many delegates came to conduct the classes, which were very interesting and informative. On days 3 and 5, were the outdoor visit to the Pine Forest and Parunthumpara viewpoint, where they cleaned the plastic and brought back its natural beauty. On Day 6, a blood donation camp was held in the morning session. He was unable to donate blood because he had not completed his blood donation interval, so he encouraged others to do so. There was a stem cell donation company in the afternoon session, and he also registered for that campaign to donate stem cells. The evening was dedicated to cultural events; there were many different cultural events from different parts of the country, and they were very engaging. He also got a chance to present his skill in kalaripayattu in front of his fellow NSS volunteers and other programme officers. He performed his Kalari skills on day 1 during Kerala's traditional art form event, and he also got to present them on day 4 when there was a ramp walk. On day 6, cultural exchange events were conducted, where he performed the Punjabi signature dance form of Bhangra in their costumes. Personally, he found the camp to be very interesting, as he met people from all over the country and learned about their cultures and languages.



ADVENTURE CAMP (OCTOBER 31, 2022)

On the 31st of October Kerala University and Calicut University together arranged an adventurous camp, at Himachal Pradesh 'Pong dam'. Around 20 students representing different colleges of both Kerala and Calicut University took part in this training programme. Our NSS Volunteer Naveena was one of



them. Even though the camp started on the 31st of October, they began their journey on the 24th of October by train. Through half of the journey, they went to New Delhi where they went to see the famous Taj Mahal, Juma-Masjid and our Parliament and all the famous spots. For site seeing they stayed at New Delhi



for a day and continued their travel to Himachal Pradesh the next day. They reached Himachal Pradesh on 30th. The camp was all about swimming like kayaking-1,2, hydro falling etc. The camp was so thrilling and enthusiastic. NSS programmeme officer of St. Gregarious college, Kottarakara and TKM college programme officer, Dr. V. Manu and M.V Preetha accompanied them. The camp ended on 6th of November. Himachal Pradesh water sports regional director, Rajest Vaali gave the certificate of appreciation.



XXIV NATIONAL YOUTH FESTIVAL 2023

The Kerala University arranged a youth festival programme at Karnataka Mr. Athul Krishna, NSS volunteer of St. Michael's College Cherthala participated for the youth festival. The programme started on 12 January at Hubballi a place in Karnataka at 9 AM. The official programme was inaugurated by the honorable Prime Minister Sri Narendra Modi. NSS volunteers from different parts of the state participated. After the inauguration ceremony, the starting programme came to an end at 12AM. All the NSS volunteers should wear traditional dress for the opening day.



Second day onwards coordinators had arranged scheduled classes for the volunteers for the morning sessions and cultural programmes for the night. Athul Krishna the representative of St. Michael's College also participated in a cultural programme called 'Kerala Nadanam' under the guidance of programme officer Ms. Dhanya. The programme also gives importance to yoga. The volunteers had to practice yoga every morning from 6am to 8am. Also, the youth festival conducted a Guinness record by participating 7000 people for yoga and they meet the record. As a part of meeting the Guinness record. All the volunteers got an opportunity to get a certificate Guinness record along with the certificate for participating for the 26th National Youth Festival 2023.



NATIONAL INTEGRATION CAMP (04-10MARCH 2023)

The National Integration Camp was held in Mary Matha Arts and Science College Mananthavady, Wayanad from 4th March 2023 to 10 th March 2023. Our volunteer Aadithyan S Panicker was selected for this camp. The first day started with an introductory session. The volunteers were given different academic and non-academic sessions. A session by Mr. Brahmanayakam was held. There were cultural programmes on each day and the volunteers

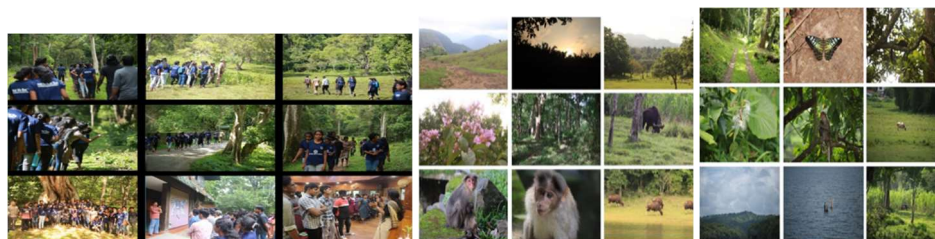




Our Unit Conducted a 3-day Nature Camp to Periyar Nature Interpretation Centre, Thekkady, Kumily, Tamil Nadu for our Volunteers from 26th May to 28th May 2022. The camp was sponsored by the Kerala Forest and Wildlife Department. A total of 39 Volunteers accompanied by four teachers, Dr. Seena Kurian, Dr. Rajesh R, Dr. Teny David and Dr. Smisha M A and 2 coordinators Mr. Toju Mathew and Ms. Athira Uthayan participated. We started from the college on 26th May with the blessings of the Nelson Thaiparambil and the Principal Dr. Mathew V. By the afternoon we reached the destination and the camp started with a formal function. Forest officers explained about the Periyar Tiger Reserve. The programme continued for 3 days. On the first day volunteers got a chance to introduce themselves and to express their interest in day trekking. The second day started with a morning walk, “Nature Walk through the evergreen Periyar forests. The volunteers were guided by forest officers who were able to enlighten the volunteers with their knowledge about the forest. The day concluded with a informative session by Dr. Asha, on Environmental protection in Periyar tiger reserve. The third day once again began with a morning walk along the narrow paths of the forests. The camp concluded by the afternoon. All the volunteers reached the college. 40 volunteers participated in this camp.



volunteers reached the college. 40 volunteers participated in this nature camp.



As a part of raising awareness among students and to develop a sense of independents while trying new adventures. Cherthala St. Michael's college, NSS unit organized a one-day nature camp at Shendurney wildlife sanctuary,¹³ arch bridge, Thenmala dam, deer park, kalankunnu on 25th January 2023.



The journey was flag offed by DFO Cherthala. There are 45 people including teachers, officers and NSS volunteers. The way to Shendhurini wildlife sanctuary was exciting it has unique geographical features. There is a nature informative session conducted by the officers in thenmala ecotourism. we captured the beautiful scenery of Thenmala dam and Kalankunnu. There were varieties of deer such as sambar deer, horned deer, spotted deer etc... in deer park. Everyone retreated from there by 7'o clock.



NATURE CAMP (29TH MARCH 2023 – 31ST MARCH 2023)

The NSS wing of St. Michael's college, Cherthala conducted a 3 days Nature Study Camp to Idukki Wildlife Sanctuary for the NSS Volunteers from 29th of March to 31st of March 2023. The camp was sponsored by the Kerala Forest and Wildlife Department. A total of 32 students accompanied by our Programme Officer Dr. Seena Kurian and assistant Programme officers, Dr. Teny David and Dr. Smisha M A participated in the camp. Ms Aashna P S and Mr. Ambadi C V were the student coordinators.

By evening the students reached their destination and camp started with a formal function. Forest officers Mr. Joseph and Mr. Santhosh were also present. The programme for the day concluded with a session about the camp by Forest officers. At last, all the students got a opportunity to introduce themselves. The second day started with a morning walk, "nature walk"



to dam view point. This was followed by trekking through the Shola Forest of Idukki Wildlife Sanctuary. All the students and faculty members participated in the trekking with enthusiasm. Guiding the students were forest officers, Mr. Joseph sir and Mr. Abhilash sir and Dr. Teny David, assistant PO and assistant Professor of botany department who were able to enlighten the students. The day concluded with sharing that day's trekking experience followed by a fun session which includes cultural programme by the campers. The third day, the campers went to microwave view point. After lunch all the participants were asked to fill up a review form and to share their overall experience about the camp. The programme aimed to bring awareness about the forest and wildlife in Kerala, and the importance of protecting nature, the present situation of forest and wildlife are alarming. The students understand this and they realize the birds, animals are struggling with the loss of their habitat. Kerala Forest and Wildlife Department issued a certificate for the participation.



FAREWELL PROGRAMMES

The farewell programme organized for the seniors of our NSS unit was a heartwarming event that marked the conclusion of their academic journey and celebrated their achievements during

their time at St. Michael's college and their journey with NSS unit. The event aimed to provide a memorable and emotional send-off to the departing seniors.

The programme began with a warm welcome from our dear programme officer Dr. Seena Kurian. The opening speech led by Seena ma'am emphasized the significance of the occasion and a beautiful endowment she had with the seniors. Then the juniors welcomed their seniors to a warm and memorable farewell programme. After that Engaging games and interactive activities were organized to lighten the atmosphere and encourage interaction among seniors, juniors, and faculty members. After that a few senior students shared their personal reflections on their college journey



with the NSS family, sharing their achievements, expressing gratitude, sharing memories, and offering advice to their juniors, engaging games and interactive activities were organized to lighten the atmosphere and encourage interaction among seniors, juniors, and faculty members. After the overjoyed and emotional moments, the seniors along with the juniors enjoyed a scrumptious meal.

A video montage featuring memorable moments and photographs from the seniors' NSS life was presented by juniors, evoking nostalgia and emotions among the attendees. Then it was time for the emotional departure of the seniors. Juniors expressed their heartfelt messages and best wishes for the departing seniors, promising to carry forward their legacy and make the college proud. 50 volunteers engaged in the farewell programme.

The farewell programme was a heartwarming and memorable event that celebrated the achievements and contributions of the senior volunteers of our unit. It provided a platform for reflection, gratitude, and inspiration as they prepared to embark on new adventures. The programme successfully captured the essence of the NSS community and left a lasting impression on everyone who attended.

ANNUAL SPECIAL CAMP 2022-2023

INTRODUCTION

The annual special camp 2022-2023 of National Service Scheme unit of St. Michael's College was conducted from 26.12.2022 to 01.01.2023 at Cherthala South Gov. HSS School, Areeparambu. A total of 118 students including the camp leaders participated in the camp. The camp was named 'VIVEKA -2022'. The camp was aimed at Anti-drugs Awareness and Self Defense Training. Besides this, personality development, awareness of intoxication, and Emergency Management Training.



The camp was led by the programme officers Dr. Seena Kurian and Dr. Rajesh R, Sri. Siva S Babu and Ms. Jyothy Lekshmi S the senior volunteers served as the camp secretaries.

DAY 1 (26.12.2022)

The camp started at 10:00 a.m. with registration and by 3:30 p.m. room arrangements were done. After giving the camp directions and camp secretaries, the inaugural meeting started at 4:30 p.m. The inaugural ceremony started with NSS Song. Ms. Jyothy Lekshmi S, the camp secretary welcomed the dais. College principal, Dr. Sindhu S Nair gave the presidential address. The Programme was inaugurated by Smt. Sini mol Samson (Cherthala South Panchayath President). The benedictory address was delivered by Smt. Jeeja Bhai, Principal of Cherthala South Gov. HSS, Areeparambu. Sri. Babu Kuttan (Panchayath member) delivered the Greeting Speech for the camp. Vote of thanks was given by Dr. Rajesh R (NSS Programme officer, St. Michael's College, Cherthala). The Programme Concluded at 5:30 pm.

After the tea break, the campers were given a fresh-up time. The next session was "ICE BREAKING" and was conducted by Sri. Punnapara Jyothikumar (Folk song researcher and poet). The campers really enjoyed the programme and were able to learn a lot about folk songs. The campers actively participated in the session. During this session, campers were divided into 5 groups.

1. 19
2. Vamos
3. Mammakutties
4. Manavaalans
5. Scorpions

After the "ICE BREAKING" session, the dinner was served. The 5 groups were given a group time to prepare camp newspaper for the next day. The roll call session started at 9:30 p.m. During the roll call, the campers were given a chance to voice their suggestions and objections about the day. The day ended at 10:30 pm.

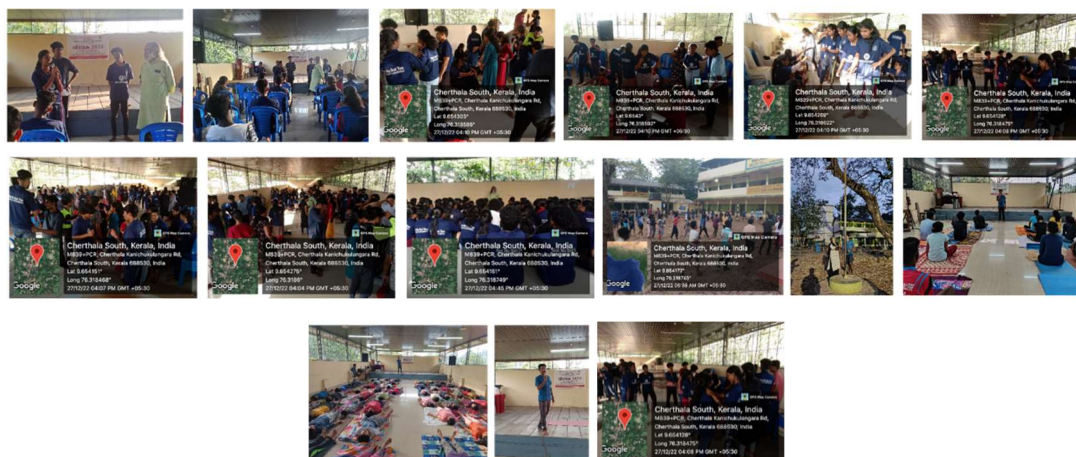


DAY 2 (27.12.2022)

The second day at the camp started with flag hoisting and assembly. Each group was assigned to conduct that particular day's assembly. The second day assembly was conducted by group one -

19 and all the groups prepared their camp newspaper that included the activities of the previous day and it was later published in the main hall. The flag was hoisted by programme officer Dr. Seena Kurian.

After it was time for yoga Dr. Deepesh coordinated the session. After breakfast, the work was started at 9:30 am. School premises was divided into areas and each group were given particular areas to clean. After lunch, the interactive session of Sri. Bhramanayakam Mahadevan started. It was a very interesting and energetic session. He talked about National Service Scheme and how to develop the leadership qualities of the volunteers by themselves. He also talked about his life to volunteers, it was helpful for our volunteers to build their own volunteership skills, and through this session, the volunteers were able to develop their skills and talents in volunteership. After the session, a short tea break was given. The cultural events began at 6:15 pm after the prayer. The cultural programmes conducted were awesome and qualitative. The volunteers prepared their programmes in a very less time with maximum effort. Dinner was provided after the cultural programmes. After the dinner time, a variety of newspapers were created by the volunteers, which was a more inventive newspaper than the previous one. At 9.30 pm, the camp roll call session began and campers suggested their opinions and objections. Leaders decided to improve them by putting the proposals into practice. After which the volunteers addressed their feedback, suggestions for the camp, and also the issues they ran into. A review meeting for the camp leaders was held by the programme officer, Dr. Seena Kurian, and Dr. Rajesh R to wrap off the second day



DAY 3 (28.12.2022)

The campers woke up at 5:30 a.m. on the third day of the camp. Exactly at six o'clock. Smt. Betty Eppan, hoisted the flag, and a message was given. The second group "Vamos" led the assembly. All groups created their newspapers, which were exhibited in front of the main hall.

Dr. Deepesh organized the yoga session. After breakfast, Sri. Komalan oversaw the self-defense Session, The campers had a great time learning how to defend themselves in a certain circumstance. Following the session, practise for the cultural programme began. The "VIMUKTHI" session began after lunch. Smt. Sreeja Ajith oversaw the coordination (Women civil excise officer). The campers performed a flash mob outside the school and an anti-drug campaign was conducted after the tea break. At 6 o'clock, the volunteers started their prayer. The cultural events were started after that. The campers conducted a variety of cultural programme which included Skit, Drama, Song, Dance and many more. After dinner, the roll call began and the campers suggested their

opinions and views about that day. A review meeting for the camp leaders were conducted and the day ended with lights off at 10:00 p.m.



DAY 4 (29.12.2022)

The fourth day at the camp started with a wakeup call at 5.30 am. The assembly started at sharp 6’O clock and it was conducted by group 3 – Maamakutties and each group presented their daily camp newspapers. The assembly started with NSS song, followed by the flag hoisting .The flag was hoisted by Smt. Crissy Nicholas. Message for the day was delivered by Sri. Sam Johnson. The assembly ended with National Anthem. The campers were given breakfast at 8:30 a.m. At 9.30 a.m. Sri. Sam Alex (Skill Development Trainer) conducted a session on life skills which made the volunteers to adapt to all the difficult situations they will have to face in their life.

The lunch was served at 12.45 p.m. After the lunch, campers went for ‘Sramadhan’ (work) at nearest place with the help of Cherthala South Panchayath. The Panchayath president inaugurated the cleaning programme and given the greetings to the camp and they are grateful for this cleaning drive programme. Mr. Adithyan S Panikar (Camper) said the vote of thanks to the Cherthala South Panchayath for giving the plot for the cleaning drive. The entire cleaning drive was a valuable lesson to keep our surroundings clean and the volunteers completed the work at 4.30 p.m. At the end of cleaning drive Cherthala South Panchayath provided the snacks and tea for our campers.

The campers were given time for fresh up and prayer started at 6 o’ clock, followed by cultural programme. The volunteers expressed their cultural talents. The Dinner was served at 8 p.m. and volunteers was given a time to prepare their camp newspaper for the next day. At 9:30 a roll call session was conducted as usual. The 4th day at the camp ended with lights off at 10 p.m.

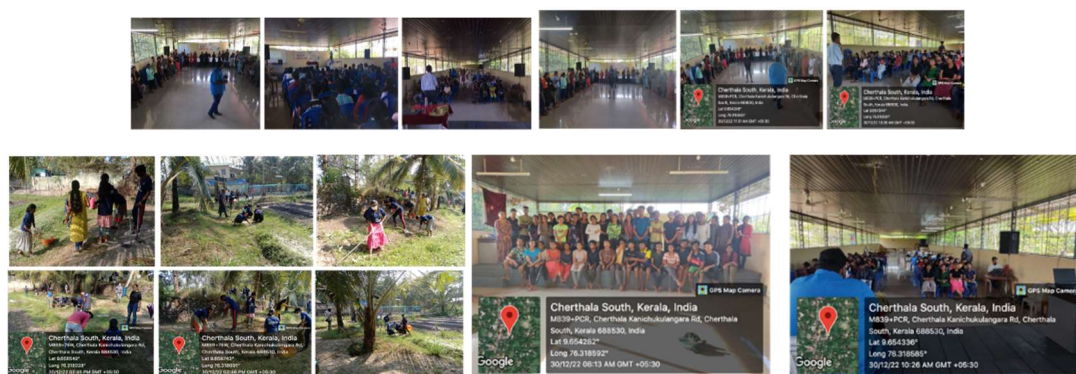


DAY 5 (30.12.2022)

The fifth day began with a wake-up call at 5:30 a.m. The day started with the NSS song. The assembly is conducted by the Manavalans group at exactly 6 am. Mrs. Lidiya Lawrence hosted the flag later, and she recited a thought-provoking message that really motivated the volunteers to perform their duties with sincerity. There was a newspaper presentation after the flag host. A group of members from each group came forward to present their newspaper. After the newspaper presentation, the audience dispersed. The camp leaders provided volunteers with opportunities to

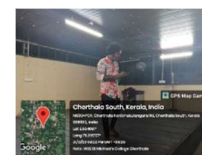
relax and prepare for the day. As a part of that, from 6:30 am to 7:30 am, volunteers had the yoga class led by the yoga master, Dr. Deepesh. Morning time from 7:30 am to 8:30 am is allotted for freshening up, and all the volunteers had their breakfast at 9:15am. After the breakfast, volunteers had a small session to practise the NSS song and clapping. This session is conducted to make sure that all the volunteers have learned the song and clapped. After learning the song and clapping. A fire and rescue session was conducted by Mr. P. K. Rejimon, the fire and rescue officer. The session was more interactive, and volunteers actively participated. After the session, give them time for the cultural programme preparation. The lunch was given to them at 12:30pm. Being the last day of the camp, volunteers enjoyed all the moments that made it memorable.

At the evening work was started. There is time after work to freshen up and get out of the box. 6:00 pm to 6:15 pm is the time for prayers. After the prayer, a cultural programme was started. Each group started performing different programmes like dance, song, margamkali, mono act, mimicry, etc. The cultural programme can last until 8 p.m. After the cultural programme volunteers had their dinner, the volunteers had a group time from 8:45 pm to 9:30 pm for their group discussion about the next day's preparations and for making the newspaper of the day. After group discussion, roll call was started. Volunteers should speak about their opinions, and they can clear up their questions at that time. After the roll call, the lights go off at 10 pm.

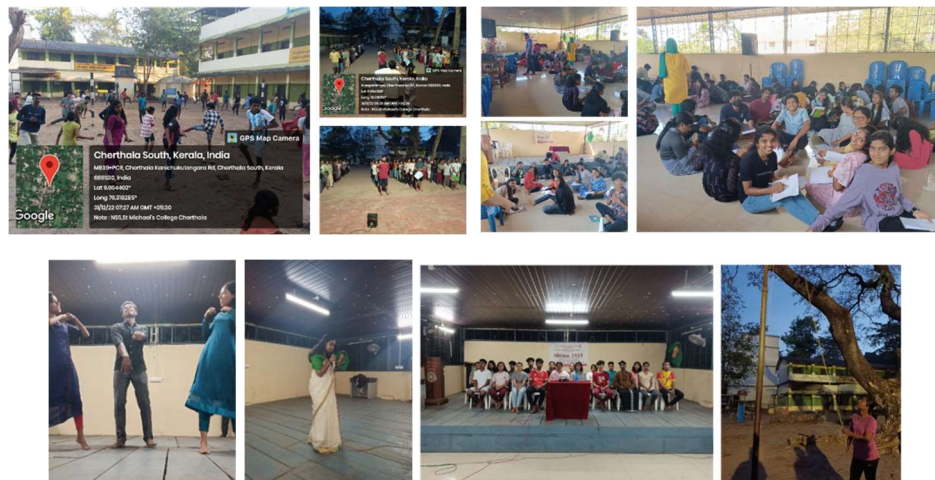


DAY 6 (31.12.2022)

The Sixth day of the camp was a special day started with the Flag Hosting Message for the day was done by Dr. Cinderella Treasa D; assistant professor in Department of Commerce and Management at St. Michael's College, Cherthala. The group 4 Scorpions presented the Assembly and each group presented their daily camp newspapers. The national anthem concludes the assembly. After breakfast, Sri P K Reji Mon and Fire and Rescue Officer Cherthala initiated and oversaw the fire and rescue operations. It aims to provide volunteers with the knowledge and skills they need to effectively and safely respond to fires and other emergencies. Following the session, cultural programme rehearsals and preparations for the cultural rally began. A cultural rally began from the school to the camp's surroundings for announcements about the camp. It was overseen by the programme officers, Dr. Seena Kurian and Dr. Rajesh R. Sri. Sam Johnson (Assistant Professor, Department of English). The validity function began at 4:30 p.m., following the cultural rally and coming out of the box. After the validity function, the seniors' meet up was started. They shared their previous year's experiences in the National Service Scheme. The epic of the day the day's cultural programme began at 7:30 p.m. The cultural programme concludes on the final day with presentations by camp leaders and teachers. After the cultural programme, writing a



review of the camp was started. The campers created a camp magazine at balance time. On the last night of the camp, the main surprise was blasted at the campfire. Campers shared their experiences about the camp during the campfire. It was a golden chance to attend the annual special camp of the National Service Scheme conducted by St. Michael's College, Cherthala. Each group member shared their own words. At 11 p.m., the lights were turned off after dinner and roll call.



DAY 7 (01.01.2023)

The last day of the camp with flag hosting ceremony. The chief guest for the ceremony was Dr. Antony P J, the assistant professor St. Michael's College, Cherthala. The flag hosting session was followed by a jogging session. The breakfast was provided at 8:30 a.m. The first session was led by assistant professor, Dr. Teny David of St Michael's College on the topic "NSS and its Activities". After the lunch, a rally was organized, the volunteers and leaders dressed up in traditional costume and participated in the rally. After the rally the valedictory session was conducted at 3:00 p.m. the meeting was presided by the programme officer Dr. Seena Kurian. Prof. Sam the assistant professor of our college was the chief guest for the programme. The respected Principal of St. Michael's College, Sri. Mathew V, NSS Programme officers Dr Rajesh R and Dr Seena Kurian, and camp secretaries Siva S Babu and Jyothi Lekshmi were also presented on the dais. An experience sharing was also conducted as part of the valedictory session. Dr. Seena Kurian expressed a vote of thanks for the meeting. After valedictory, a flag de-hosting ceremony was also conducted. Camp secretary Mr. Siva S Babu de hosted the flag and handed it over to the programme officer.

The camp was successful in achieving all its aims. Through the camp, 100 volunteers were given training in yoga. The camp also implemented cleaning activities in the nearest cooperative bank. The anti-drug campaign was one of the major agendas of the camp. Anti-drug campaigning was successful in creating awareness about the evil effects of drugs and their effects on the younger generation. The training session and work were helpful for the personality development of the campers.



