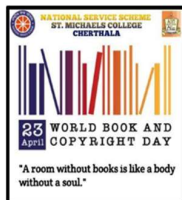


## NSS ANNUAL REPORT 2021-2022

### 1. LITERACY AND EDUCATION

#### WORLD BOOKS & COPYRIGHT DAY (23 April 2021)



The world book and copyright day is an annual event organized by the United Nations educational, scientific and cultural organization to promote reading, publishing and copyright.

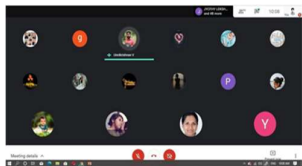


The volunteers conducted a short story writing competition on the topic “Importance of books in this

changing society” on 23 April 2021. The programme was conducted from 3:00 pm to 4:00 pm. Due to the pandemic condition the programme was made possible via WhatsApp. The winners of the competition were Alina Mary from Department of Chemistry and Aswathy Rajeevan from Department of Economics. They were awarded with certificates. The programme was a success in creating an awareness among the volunteers regarding the importance of reading.

#### “INGENIUM 2021”:

#### WORLD INTELLECTUAL PROPERTY RIGHTS DAY (26 April 2021)



Intellectual Property law deals with rules for securing and enforcing legal rights to inventions, designs and artistic works. Just as the law protects ownership of personal property and real estate, so too does it protect the



exclusive control of intangible assets. To observe the day, unit organized a programme named “INGENIUM 2021” which upheld the theme 'Taking your ideas (intellectual properties) to the market'. The main aim of the webinar was to make students aware about the intellectual properties and rights. Mr. Unnikrishnan V, Faculty of Commerce in our College was the lead speaker. He presented a very informative session on IPR. Using visual aids, he explained every basic information about the topic. Aleena Mary P.R of the Department of Chemistry was the mediator of the programme. The webinar started with the NSS song by Aleena Joseph followed by the welcome speech by Gopika Harikumar. The webinar was concluded by a gratitude note given by our volunteer secretary Ms. Dini Cyriac. The volunteer took active participation in the webinar and made it a successful one.

#### WORLD VETERINARY DAY (27 April 2021)

The World Veterinary Day was introduced in the year 2000 by the World Veterinary Association to highlight and promote the lifesaving work performed by veterinaries around the globe.



NSS volunteers of St. Michael's college Chertthala observed "World Veterinary Day" on 27 April 2021. The program was named as "Dr Paws". The volunteers organized a program of 'posting a photo of their pet or favourite animal with a veterinary day message'. The program was conducted between 8.00 a.m. to 6:30 p.m. The aim was to make an awareness on health of the animals around us and how to care these animals. All the volunteers participated in the program, and

they realized that the animal's health is also valuable as the human health.

**NATIONAL TECHNOLOGY DAY (11 May 2021)**



National Technology Day is celebrated to highlight the achievements of our engineers and scientists in the field of technology and science. NSS volunteers of St. Michael's college, Cherthala celebrated "National Technology Day". The programme was titled as 'FUVENTS 2021'. The programme conducted by the volunteers was gathering ideas about future



technology. Dr. Tomy John, Rtd. English professor of SD. College, Alappuzha and Miss. Anisha Vineeth, Guest faculty at Software Department of St Michael's college took a session about technology and technological advancement we are about to achieve in the near future. The entries which came in with the hashtag of 'Fuvents' were collaged into a video which included the ideas and thoughts of experts. Every volunteer took an active participation in the programme  
 Aim: Feed our thoughts on science and the future.

**INTER COLLEGE ART AND CRAFT COMPETITION (08 June 2021)**

The NSS volunteers of our college participated in the intercollegiate art and craft competition and video conferencing conducted by Government College Ambalappuzha in connection with Covid 19.



**WORLD DAY AGAINST CHILD LABOUR(12 June 2021)**

The World Day Against Child Labour is observed on 12th June to foster awareness and activism to prevent child labour. The NSS Volunteers of St. Michael's College, Cherthala observed "World Day Against Child Labour" titled "TEKVO 2K21". The programme held was to make a documentary/short video containing a message against child labour and shared it through social media.



The aim of the programme was to know about the lives of children who are facing the challenge of Child Labour

**NATIONAL READING DAY (19 JUNE 2021)**

Sri. P.N Panicker, a teacher from Kerala, is the founder of library culture in the nation. Hence 9th June is celebrated as National Reading Day as a tribute to his contribution. The NSS unit of the college organized "National Reading Day" celebration in the title "അറിവിന്റെ വാക്ക്" (The Word of Knowledge). The programme included a debate on the topic "E-LEARNING vs. CONVENTIONAL LEARNING." Sri. Cibin and Kum. Sravya were the moderators of the debate. Two students from each Department participated in the debate. E-learning and traditional learning are both necessary components of life. Both are essential, according to the conclusion of the discussion.



The program drew everyone's full participation. The programme officer Dr. Seena Kurian delivered an awareness session about the importance of reading and the contribution of Sri. P.N. Panicker.

### NATIONAL MUSIC DAY (21 June 2021)

Music can influence person’s mood, get them excited or make them calm and relaxed. Music has the power to cure diseases. Music is a powerful medium to express the emotions of human mind. To proclaim the importance of music, the NSS volunteers of the unit, observed National Music Day named



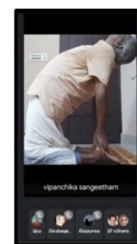
"CANTARE" on 21<sup>st</sup> June 2021 by conducting an online music competition. There were a lot of young talented pupils in this program. The first prize was secured by Adarsh. S of Chemistry and the second prize by Agnel Rose of Zoology. A total of 16 students competed in this competition. The competition was beautiful and enjoyable. Everyone took part in the competition with extreme enthusiasm.

Aim: To identify musical abilities in students.

### INTERNATIONAL DAY OF YOGA (21 June 2021)



Yoga is a physical, mental and spiritual practice which originated in India. In recent years, Yoga is getting acceptance as a means to achieve physical, mental and spiritual health all over the world. United Nations declared 21<sup>st</sup> June as "International Day of Yoga". The NSS unit of St. Michael's College, Cherthala celebrated this day as "VAJRA 2K21". The day was celebrated by conducting a



one-week yoga class led by Sri. V. Vijaya Nath, the secretary of Vipanchika Yoga Vidyalayam. YOGA FOR WELLBEING “was the subject of International Yoga Day 2021. He taught different asanas that improve student’s mental, emotional, spiritual, and physical well-being. The programme helped the students to understand the significance of yoga in daily life.

### FIT INDIA (15 July 2021)

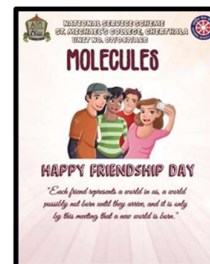


Physical fitness is the first key for a successful life. With this aim in mind, to create an awareness among volunteers and the public regarding the importance of fitness, the NSS Volunteers of St. Michael's College Cherthala organized a fitness programme in connection with FIT INDIA campaign. The volunteers conducted a running rally to observe the day. The day was an eye opener for the volunteer about their level of fitness.



### WORLD FRIENDSHIP DAY (1 August 2021)

Friendship is one of the finest relationships among human beings and good friends have a great role in moulding a personality. To propagate the importance of good and safe friendship among the students, the NSS unit of the college celebrated World Friendship Day on 1st August 2021. The celebration was titled "MOLECULES" and the volunteers were asked to share a selfie with their friends in social media. The day provided an opportunity for the volunteers to retrieve many of their old friends. The volunteers shared their gratitude to the programme officer for this opportunity.



### HIROSHIMA DAY (6 August 2021)

Hiroshima Day is celebrated on 06 August 2021 to commemorate those who lost their life in the first atomic bomb mission. The day was a reminder against nonviolence and war. It also proclaimed the importance of world peace. On this day the volunteers were asked to make Sadako's paper cranes as a symbol of peace.



### INDEPENDENCE DAY (15 August 2021)

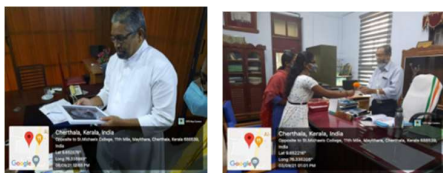
Independence Day is the most prestigious day of the Nation. The day is celebrated to proclaim the victory of the nation on colonizers. The NSS and NCC of St. Michael's college jointly celebrated this year's Independence Day. Sri. P



Prasad (Minister for Agriculture, Government of Kerala) was the chief guest for the day. He hosted the flag in the presence of the Principal Dr. Mathew V. and Manager Fr. Nelson Thaiparambil. NCC performed the parade and NSS volunteers performed various cultural activities.



### TEACHER'S DAY (05 September 2021)



Teachers are the real architects of the nation who build the back born of the nation by moulding their students. The influents and role of a teacher in the life of a person is

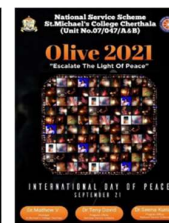
priceless. Teacher's Day is celebrated every year on 5th September to commemorate the contributions of teachers.



This year the volunteers of the unit celebrated the day by preparing handmade greeting cards for teachers and the cards were presented to teachers through post. The activity was inaugurated by handing over the cards to Dr. Mathew (principal) and Rev. Fr. Nelson Thaiparambil (manager).

### OLIVE 2021 – INTERNATIONAL DAY OF PEACE (21 September 2021)

World peace is the ultimate aim of the United Nations. The National service scheme unit of St. Michael's College Chertthala celebrated he International Day of Peace on September 21 by lighting candles. The volunteers lighted the candles at 8.00 pm and observed one min silence for world peace. The programme was initiated to realize the importance of peace individuals and the society.



### NSS DAY (24 September 2021)

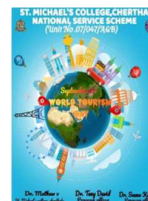
National Service Scheme is a prestigious voluntary organization in the country, which perform social service activities in the society with commitment to achieve its goal, the personality development of the volunteer. To appreciate the role of NSS in the country, NSS Day is celebrated on 24th September. This year the celebrations included a



health awareness class in connection with Covid and a collage making. Mr. Jayakumar, the health inspector, CHC Perumbalam was the resource person for the day. Volunteers prepared collage using NSS day messages and posted in social media.

**WORLD TOURISM DAY (27 September 2021)**

The World Tourism Day is celebrated to promote tourism activities all over the world. As a state with immense natural and cultural beauty, the state of Kerala has a significant place in world tourism. With this aim the unit also celebrated tourism day on 27 September 2021. The volunteers of the unit prepared travelogue from their personal experience and posted it in Whatsapp group as a part of the activity. The day gave an insight to the volunteers regarding the opportunities of tourism.



**GANDHI JAYANTI (02 October 2021)**

The Nation celebrates the birth of the Father of the Nation as Gandhi Jayanthi. The day focusses mainly to propagate the message of cleanliness and personal hygiene. The unit conducted a cleaning drive in the college campus and the houses of the volunteers to observe the day. The volunteers posted the photo of cleaning the premises of their houses in the whatsapp.



**INDIAN AIR FORCE DAY (08 October 2021)**



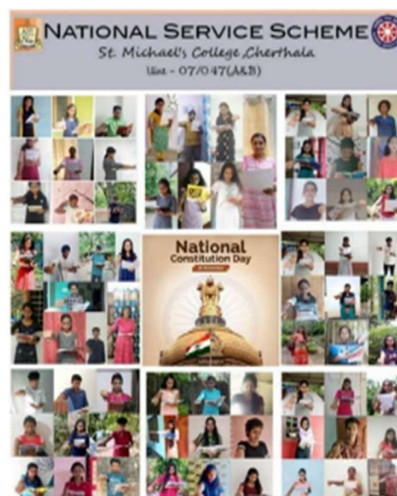
NSS volunteers of St. Michael's College Cherthala observed Indian Air Force Day. We conducted an essay writing competition on the topic "History of Indian Air Force in the 20th Century" winner of the competition was announced as Gopika from Department of Chemistry. The programme was aimed to commemorate the contribution of Indian Army.

Aim: Awareness on possibilities and importance of Indian Air Force

**CONSTITUTION DAY (26 November 2021)**



Indian constitution is one of the strongest constitutions in the world. Constitution day is celebrated every year to give an opportunity for the citizens to appreciate its value. To celebrate constitution day, the NSS unit of the college arranged a preamble reading session, a quiz competition and a collage presentation. The first-year volunteer, Nayana from chemistry read the preamble for the college. It helps to create an awareness among volunteers about the importance of the constitution and Dr B R Ambedkar. Kumari Aparna Saji from Chemistry won the first prize in quiz competition. Collage was prepared and post in social media.



### FUND RAISING ACTIVITIES (04 December 2021)



To identify the source of fund for various social service activities of the unit is a major challenge for the volunteers. One method for fund raising is the conduction different sales during different occasions. On 4th December 2021, the unit arranged a food stall in connection with Alappuzha District Athletic Meet which was held on 04.12.2021 in St. Michael's College. A second attempt was carried out in connection with Christmas celebrations. The volunteers organized a Christmas cake selling drive during the season. They collected plum cakes from Himalayan bakery and sell it to students and teachers of the college to raise a fund of Rs. 3000/-. This activity was carried out between 20th to 23rd of December 2021.



### SPARSAM (27 December 2021)

National Service Scheme of St. Michael's College, Chertala conducted drug awareness campaign in collaboration with University of Kerala named 'Sparsam 2021'. As a part of the programme, unit conducted a candlelight formation, oath taking, drug awareness rally in the adopted village and drug awareness class. The programmes were conducted from 27.12.2021 to 01.01.2022. The programme was aimed to call the attention of the NSS volunteers and the people of the adopted village towards the increasing abuse of drugs and its adverse effects among the youth

a. *"VIMUKTHI JWALA" - CANDLE LIGHT AND OATH TAKING*

A candle light formation was made by the NSS volunteers on 27.12.2021 evening in the college badminton court. The volunteers assembled in the form of a circle and lit the candle followed by an oath taking. Programme officer Dr. Teny David delivered an anti-drug message in the gathering and Programme officer Dr. Seena Kurian led the oath taking.



b. *DRUG AWARENESS CLASS (29.12.2021)*

A drug awareness class was conducted on 29.12.2021 in the college auditorium for the NSS volunteers. The class was led by Mr. Johnson V.J. The class was a success in creating an awareness among volunteers regarding drugs, its misuse and the adverse effects of drug abuse in the mental, social, economic & physical wellbeing of the youth. 115 volunteers participated in the programme. Programme officers Dr. Seena Kurian and Dr. Teny David were present for the class.



c. *AWARENESS RALLY IN ADOPTED VILLAGE (01.01.2022)* An awareness rally was conducted on 01.01.2022 in the adopted village, 12th ward of Cherthala South Panchayath,

by the NSS volunteers to call the attention of the villagers towards the alarming increase of drug abuse in the community and to create an awareness among them against drug abuse. Around 100 volunteers participated in the rally. Rally was led by Programme officer Dr. Seena Kurian, Dr. Mini P.A (Assistant



Professor), Dr. Saneesh Sebastian (Assistant Professor) and Mr. Sam Johnson (Assistant Professor). Volunteers announced anti-drug oath and slogans throughout the rally.

**NATIONAL YOUTH DAY (12 JANUARY 2022)**



We celebrate the day as our National Youth Day on the basis of Swami Vivekananda's birthday anniversary. Leo John JD, one of our volunteers, participated in the Poster making competition and won first place, and the prize was presented on National



Youth Day by our honourable District Collector Dr. Renu Raj IAS in the form of a cash award and a certificate. The competition was organized by the National Service Scheme Alappuzha Unit and the Kerala State AIDS Control Society.

**YOUTH INNOVATORS PROGRAMME (24 JANUARY 2022)**

The Young Innovators Programme, a flagship event was organized by the Kerala Development and Innovation Strategic Council (K-DISC) for democratization of ideas and develop an innovation ecosystem linking students, research scholars and educators across Kerala. Our Volunteers took active participation in the inaugural program of YIP which was conducted via zoom platform. The YIP speaker Vinu, thematic speaker CN Manoj and startup speaker Shihad interacted with the students



**REPUBLIC DAY (26 JANUARY 2022)**



The 73rd Republic Day of India was celebrated with great zeal by Our Volunteers. The national flag was hoisted exalting the declaration of India's independence from colonial rule. Songs invoking patriotism were sung at the event and republic day message was delivered at the



occasion. As a part of this day, food kits were delivered to financially feeble families

**MARTYRS DAY (30 JANUARY 2022)**

Martyrs' day is observed on January 30 to honour the martyrs of our mother land. The presents of the nation stand on the foundation that has been laid on the lives of the freedom fighters. There martyrs sacrificed their lives to ensure that the future generation get the freedom from chains of slavery. Our Unit had lighted up the candle to show the honour in remembrance of the martyrs. This day is widely celebrated occur India to honour those men who lost their lives by serving mother India. This made the students aware about martyrs' day

**YOUTH SKILL PROGRAMME (14TH FEBRUARY 2022)**

The Youth Skilling Programme, a Flagship event was organized for the NSS Volunteers of St. Michael's College, Chertala. The Programme was mainly arranged for the integral Development of the youth. After the Inaugural Ceremony there was a class about agriculture and they introduced the new



methods that we can try out in the process and how we can turn it out more economically. After the class, there was an interactive session with lot of fun and entertaining activity-oriented class which ensured the active participation of all the volunteers. It was mainly based on the basic skill that we need to develop.

**MOTHER LANGUAGE DAY (21 February 2022)**

Our Unit observed "MOTHER LANGUAGE DAY". The day was observed to create an awareness about the importance of mother tongue and the need for preserving it. The major programme conducted was the preparation of a short film which aims at the importance of mother tongue in the present society. The NSS unit made the short film as a commendable one. All the actors who participated in the short film performed with all their respect and glory towards the mother tongue. Every volunteer took an active participation in the making of short film.



**ESSAY WRITING COMPETITION IN COLLABORATION WITH RED RIBBON CLUB) (28 FEBRUARY 2022)**



Blood donation is considered as a responsibility of an NSS volunteer. The unit was active in conducting blood donation camps and voluntary blood donation. But the outbreak of the pandemic has severely affected the practice of voluntary blood



donation. Many hospitals have started to face the shortage of blood especially rare blood groups. The major limitation for blood donation was the implementation of Covid protocol, continuous lockdowns and covid vaccination drives. The unit identified this shortage of voluntary blood donation and decided to conduct an awareness campaign to encourage the volunteers in blood donation. For this an essay writing contest on the topic of "The Importance of Blood Donation During the Covid Pandemic Situation" on February 28 in association with Red Ribbon Club of the college. The competition was helpful in raising awareness about the importance of blood donation. 58 volunteers participated in the competition.

**WOMEN’S DAY 2022 - (04 March 2022)**

The NSS volunteers of St. Michael’s College, Cherthala participated in the Women’s Day celebration organized by Vanitha Shishu Vikasanna Vakkup, Govt. of Kerala on 28th February. A district level debate competition was held at Mahila Mandir Alishery on March 4. Participants are from various colleges in Alappuzha district. All the participants were extraordinarily skilled. One could actually see the future leaders in the contestants. Food was arranged at the venue. The topic for the debate was ‘Dowry will be Outdated’.



### FIRST YEAR ORIENTATION PROGRAMME (05TH TO 06TH MARCH 2022)

Our NSS Unit organized an orientation programme for the first year NSS Volunteers from 05.03.2022 to 06.03.2022. The registration was started at 8:30 am on 05/03/2022 and inauguration was at 9:30 am. Inauguration was carried out by Dr. Sindhu S Nair, the Vice Principal of the college. Dr. Teny David our programme officer conducted an ice breaking session followed by an introduction to national service scheme. 1:30-2:00 pm was the lunch time. In the afternoon, a cleaning drive was conducted in the college campus. 4:30-6:00 pm was the time to refreshment and out of the box. Last session of the day was lead by Sri. Punnapra Jyothikumar who is a teacher, artist and a personality development trainer. It was a musical session and every one enjoyed it very well. 8:30-9:30 was the time to dinner after dinner volunteers went to bed.



In the second day the volunteers woke up at 5 am. At 5:30am jogging practice was given to the volunteers followed by a session on yoga by Dr. Nimmy Alexander, former HOD in physical education St. Joseph's College Alappuzha and former District Sports Council President Alappuzha. 8:30-9:00 am was the breakfast. After breakfast a survey was conducted in the adopted village. Survey preparation was done at 9:00-10:00 am and survey conducted from 10:00 am to 1:30 pm. After the lunch, a sramdan was conducted. The orientation was concluded with the valedictory function at 3:00 pm. The session was presided by Dr. Teny David, Programme officer and the chief guest of the programme was Sri. Sam Johnson, Assistant professor of St. Michael's College Cherthala. And there was an experience sharing session of the first-year volunteers. Two volunteers from second and third year respectively gave felicitation to the upcoming Volunteers. The programme concluded with the vote of thanks by Dr. Seena Kurian.

First year volunteers took an active participation on both days. After the orientation camp all the volunteers got a clear idea about the principles and activities of National Service Scheme and the qualities of an NSS volunteer.

### RED RIBBON RALLY AND AIDS AWARENESS DAY (09 MARCH 2022)



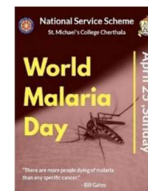
On the occasion of AIDS Awareness Day, NSS volunteers from our college conducted an aids awareness rally through the adopted villages. After the rally we mostly went to the college and gave the volunteers time to rest and drink water, which mostly is fairly significant. Then an awareness class was arranged for the NSS volunteers. The class mostly dealt with awareness about AIDS and the methods to prevent HIV infection. HIV / AIDS Awareness Programme help to raise awareness about the quality of care and treatment for HIV / AIDS sufferers or anyone with this condition.



## 2. HEALTH FAMILY WELFARE AND NUTRITION

### MALARIA DAY (25 April 2021)

Malaria is one of the most important public health problems worldwide. It is the leading cause of morbidity and mortality in many developing countries, where young children and pregnant women are most affected. As of 2004, 107 countries and territories have reported malaria transmission. In Connection with this day, we conducted 'poster making' and 'cleaning our surroundings'. They made a movie to raise awareness about malaria prevention strategies. Everyone took active participation in the programme.



Aim: To prevent the spread of malaria among people

### INTERNATIONAL NURSES DAY (12 May 2021)

Nursing binds human society with a bond of care and affection. The scope of nursing practice has expanded and extended to different settings other than hospital only. Nurses deal with the most precious thing in this wide world - 'the human life'. With Prime objective of 'to bring it out everyone's opinions about problems facing by nurses in our community'. The programme, "THE WINGS OF GLORY" upheld the theme of 'a voice to lead-A vision for future healthcare'. In this particular situation the programme was conducted through our WhatsApp group. We completed two tasks on this day. The first one was the preparation of a questionnaire for an interview by considering a nurse as an interviewee. Second was an online debate on the topic "In your opinion, what are the problems that a nurses face?" Every volunteer actively participated in this programme and voiced their opinions. The day was celebrated to appreciate the role nurses in health system.



### INTERNATIONAL FAMILY DAY (15 May 2021)

This day provides an opportunity to promote awareness of issues relating to families and to increase the knowledge of the social, economic and demographic processes affecting families of our Volunteers. The major programme was posting a picture of our family members with a frame provided on their social media. The aim of celebrating International Family Day is to spread awareness about the benefits of the family systems to mass during these pandemic situations. Volunteers have been taken active participation in programme.



Aim: Spend more time with our loved ones.

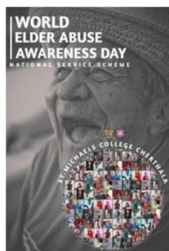
### HIV VACCINE DAY (18 May 2021)

HIV stands for Human Immunodeficiency Virus which attacks the body's immune system. It can be transmitted through sharing of needles, blood, unprotected sex or can be transmitted from mother to child during pregnancy. In Connection with this day Our Volunteers Conducted a Unit Level Quiz Competition and Poster making competition. The the programme was named 'VEGASTHA 2K21' Both the competitions were held on 18 may 2021. The poster making competition was from 9:30 am to 7.00 pm, and the quiz competition was started at 5:00pm, every volunteer was allotted with five minutes to complete the quiz. The programme was



conducted online. The aim of the programme was create awareness about HIV and to create a positive attitude towards the people with HIV and thereby creating a secure atmosphere for HIV patients. Welkince Clair from Department of B.Voc Software was the winner of the quiz competition. And the winner of the poster competition was Alina Mary from Department of Chemistry. Every volunteer actively participated in the programme

**AWARENESS DAY ON VIOLENCE AGAINST SENIOR CITIZENS (15 June 2021)**



Using the International Day to Prevent Elder Abuse as an example On June 15, 2021, the Kerala Government's Social Justice Department and the LJRF launched a program called "Awareness Day on Violence against Senior Citizens." They started the event with a webinar on the topic "Senior Citizen's Rights Protection Possibilities and Challenges." This seminar was led by Sri. Kamanis. K (Judge, NIA Special Court,



Ernakulum).

As part of the awareness campaign, a short film exhibition was held. The film 'The Sound of Age' was screened to enhance public awareness about a statute that protects parents and older citizens, as well as the work that the tribunal does to address their concerns.

On the topic of 'Elderly care and social responsibility,' a poster competition was held. An awareness lesson on the topic of Welfare and Care of Parents and Senior Citizens Law 2007 was held by NSS volunteers as part of this competition. This seminar assisted the younger generation in developing a sense of responsibility in geriatric care, future laws to safeguard senior citizens, and the Department of Social Justice's geriatric services.

Following that, all NSS Volunteers from St. Michael's College in Cherthala were collected and pledged to "Care and Protect Senior Citizens".A musical event called "SargaSallapam" completed the programs. Ms. Sithara Krishnakumar, a playback singer, gave the opening remarks, and Shri. Sukesh Kumar addressed the audience. Kumari, "Anugraha Sony," a well-known singer, and social and cultural activist "Shri. Prem Sai Haridas" graced the occasion. The programme was aimed to increase public understanding of geriatric care and foster a sense of responsibility among the general public.

**ANEMIA AWARENESS PROGRAMME (21 June 2021)**

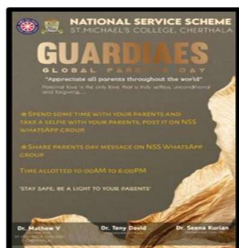
In Connection with the Women and Child Development Department, and ICDS Kanjikuzhy collaborated to hold a webinar on the topic "ANEMIA Awareness." The goal was to guarantee that the students were well-informed about the disease. To begin the ceremony, Dr. Soya Sadhanadan presented a welcome speech (child development project officer ICDS kanjikuzhy). Dr. Mathew sir, our honourable principle of St Michael's College, Cherthala, delivered the Presidential speech, followed by a session led by Dr. Karthika Babu BHMS, M.Sc. CND (Clinical Nutrition and Dietetics) and a vote of appreciation by Athira KA (NSS Volunteer Secretary).Dr. Teny David Sir and Dr. Seena Kurian Mam were present at the event, which was a huge success.. The seminar was useful in learning about the measures to take when dealing



with anaemia, as well as the cause, symptoms, and treatment options. Everyone was really engaged in the programme.

Aim: to be aware of the signs and symptoms of anaemia, as well as the precautions that should be taken.

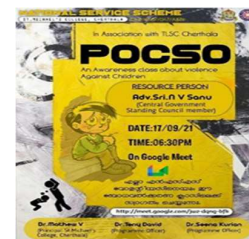
**GLOBAL PARENTS DAY (25 July 2021)**



Our Volunteers Conducted a programme named "GUARDIAES" on Global Parents Day. It was conducted to appreciate all parents throughout the world. Parent’s love is the only love that is fully selfless unconditional and forgiving. The volunteers took a selfie with their parents and posted it in WhatsApp group. The aim of the programme was to identify and appreciate the role of parents in the life of volunteers.

**POCSO, AWARENESS CLASS (17 SEPTEMBER 2021)**

The constitution of the nation ensures all the provisions and law for children to live a secure life in the society. In association with TLSC Cherthala the unit organized an awareness class on violence against children. The resource person was Adv. Sri. N V Sanu, Central Government Standing Council member. The class was made online via Google meet.



**INTERNATIONAL DAY OF OLDER PERSONS (01 October 2021)**

In accordance with the International Day of Older Persons. NSS volunteers of our college Cherthala conducted a programme. All volunteers were asked to share a picture with their old parents, and to share some memories about them in the WhatsApp group. Every volunteer actively participated in the programme and the programme was successive.

Aim: To aware the volunteers the need to love elders.



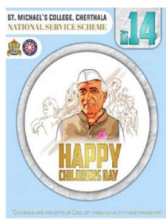
**AADARAV 2021(27 October 2021)**



Maintenance Tribunal & saamoohya neethi office Alappuzha and St. Michael's College Cherthala jointly organized an awareness programme on the topic, care and welfare of parents and elders act-2007. Sri. Sooraj Shaji IAS (sub collector Alappuzha) inaugurated the programme. Welcome speech was made by Sri. Deepu MN (senior superintendent, district saamoohya neethi office). Sri. Abin A O (District saamoohya neethi officer Alappuzha) addressed the programme. Resource person was G Raajendran (Rtd SI). Dr. Seena Kurian (NSS programme officer) and Smt. Sajeenamol T (Technical assistant) delivered the lot of thanks. There was a short film in the end of the class, ' The Sound of Age'.Every volunteers participated in the programme.

Aim: To aware every volunteer on the importance of elderly love and care.

### CHILDREN'S DAY (14 November 2021)



In accordance with the children's day the NSS volunteers of St. Michael's College Cherthala collected color pencils and coloring books and handover them to the children in Kids Zone.

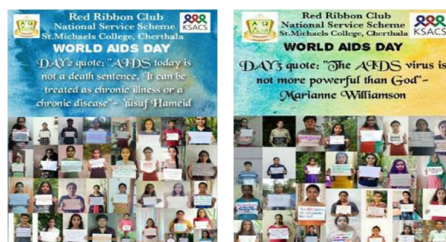


Every child give as a beautiful smile in return. It was our success.

Aim: Importance of making our younger ones happy and thus build up a better tomorrow.

### AIDS DAY (01 December 2021)

In association with Aids Day the NSS Volunteers of St. Michael's college conducted an awareness session. Due to the pandemic condition the session was made online via power point presentation on google meet. All volunteers were asked to join, and they took an active participation. The programme was very successful.



Aim: To make every volunteer aware that AIDS is not a personal error but a medical condition, and they need our care.

### VOLUNTARY BLOOD DONATION (10 MARCH 2022)

Voluntary blood donation is a very important activity of the NSS unit of St. Michael's College, Cherthala. Unit carries out blood donation in association with the Red Ribbon Club of the College. The availability of blood was a serious issue during pandemic mainly due to vaccination and covid protocol.



But the volunteers of the unit shoed immense courage to donate their blood during the pandemic to resolve the shortage. The volunteers of the unit donated blood to the neighbouring hospitals such as KVM, SN, Mathilakam and Vandanam Medical College as per the request. The volunteers also took initiative to arrange donors from their contacts to different patients by understanding the seriousness of the shortage.

### MEDICINE AND WHEELCHAIR DONATION (07-02- 2022)

In connection with Palliative club activities, the unit donated a wheel chair and dialysis medicined to the primary health centre of the adopted village, Cherthala South PHC, on 07.02.2022 The Programme Officer Dr. Seena Kurian, Volunteer Secretary Akhil Damodar M and volunteers Sona C Thomas, Siva S Babu, Leo John J D' Cruz, were also present.



**PALLIATIVE CARE VISITS (18 -01- 2022)**

In connection with palliative club, the volunteers conducted periodic palliative care visits in the adopted village along with health workers. Visit was performed on a voluntarily basis. The purpose of the visit is to provide palliative care and also to spent some quality time with them to share their feelings. One of the patients, the NSS Volunteers frequently visited was Mr. Francis Gabriel who was bedridden due to Parkinson's disease.



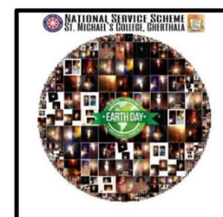
**3. ENVIRONMENT OBSERVATION**

**WORLD EARTH DAY (22 APRIL 2021)**



Our Volunteers celebrated World Earth Day named “TELLUS 2021”. The volunteer organized a “Candle lighting ceremony and “make you waste flourish” competition on 22 April 2021. The candle lighting ceremony was celebrated in the earth hour between 7:00 pm to 9:00 pm. For the competition, the volunteers made craft articles using waste materials. The aim of the programme was to

create awareness on conserving resources on earth and importance and energy for saving energy. The winner of the “make our waste flourish competition” was Alina Mary from department of chemistry. She was awarded with cash prize. The participants appreciate the programme as useful and they took a vow to spread the message to save energy so as to preserve the earth for next generation.



**INTERNATIONAL DAY OF BIODIVERSITY (22 May 2021)**



In connection with the International Day of Biodiversity, NSS volunteers of Govt. College Ambalapuzha conducted an intercollegiate painting competition, ' OUR FLORA AND FAUNA' under the hashtag, For

Nature. Our Volunteers participated in this programme. Winner of the competition were Anju Walter BBA logistics for first prize and Alina Mary department of Chemistry for second prize both are the NSS volunteers of our college. Volunteers were actively participated in this program.

**WORLD ENVIRONMENT DAY (05 June 2021)**

In connection with "WORLD ENVIRONMENT DAY" the unit conducted a programme named "NISARGA". The programme included a talk on Environment and a tree plantation drive. The index of the meeting was, to wake up to the urgency of the climate crisis and focus on the planet’s long-term survival. The Environment is one of the most important tools for our survival on planet Earth. The Environment nurtures us and helps us survive. We cannot imagine life without air, water and soil. About 10 Volunteers and



Programme Officer Dr Seena Kurian and Dr. Teny David came to the college for the tree plantation drive while some volunteers attended the inauguration through Google Meet Our Volunteers Anaswara Lal from the Department of Economics and Siva S Babu Coordinates the programme.

Aim: To make the volunteers aware

**TREE PLANTATION DRIVE (14 July 2021)**



Tree plantation is significant because it is linked to our basic need for good food to eat, clean air to breathe and fresh water to drink. Aside from these necessities, they preserve biodiversity, conserve water, preserve soil, and control climate, among other things. Our unit and in association with HDFC Bank



Ernakulum Branch jointly launched the Green Initiative project on our campus. HDFC Ernakulum Operational Manager Mr. Saubin and our Programme Officer Dr. Seena Kurian inaugurated the event by planting a tree. About 50 seedlings were planted by volunteers.

Aim: to save the endangered environment and to beautify our life.

**WORLD NATURE CONSERVATION DAY (28 July 2021)**

The NSS Volunteers of St. Michael's College Cherthala observed June 28 because the World Nature Conservation Day. The program were named as "Mae Natureza". there have been two major events one is logo making supported the forests and living hoods sustaining people and therefore the planet, second one is recycled craft from waste materials. The volunteers were actively involved in these programmes.



Aim: To increase the attention of best practices to extend conserve our natural resources

**OZONE DAY (16 September 2021)**



In accordance with the ozone day all volunteers were asked to plant a tree sapling on their premises and share a photo with the plant. Every volunteer took an active participation in the programme. The programme was very successful.

Aim: to make all volunteers bother about the relation between tree and our existence.

**WORLD ENVIRONMENTAL HEALTH DAY (26 September 2021)**

Our Volunteers conducted two programmes in association with 'World Environment Health Day'. First one was a poster making programme. And the second one was to share an idea to recycle waste, in the WhatsApp group. Both the programmes were very successful and every volunteers actively participated in the programmes.



Aim: To make every volunteer aware about conserve our nature

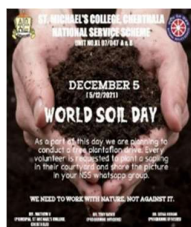
### ANIMAL WELFARE DAY (04 OCTOBER 2022)



Our Volunteers Conducted the 'Pet Buddies' Animal Welfare Camp on April 30, 2022. Animals, like humans, have souls and are living entities. They have feelings and can sense everything around them in the same way that humans can. As a result, humans have a moral obligation to respect the rights of animals and refrain from harvesting them. As long as any group is considered as attainable to be dominated and controlled, there will be suffering. People's worries regarding suffering are not dismissed by the nonhuman rights advocate. However, the idea of animal rights entailed addressing the problem's core cause. Finally, we must be informed; we must be aware of our rights. We must be concerned about the welfare of animals. The definition of the term "animal welfare" is "human concern for the safety and rights of animals." To help the animals, we went to the ward with 20 volunteers and spoke with the families who were parenting the animals, suggesting some scientific animal husbandry. The initiative was a success in terms of raising awareness regarding animal welfare.



### ‘COLLUVIUM’: WORLD SOIL DAY (05 December 2021)



NSS volunteers of St. Michael’s college Chertala observed world Soil Day. The programme was named as 'COLLUVIUM'. We conducted two competitions first one was a poster making competition and the second one was a photography competition. The winners of the poster making competition was announced on 09/12/2021 as Athulya Sivadasan of department of physics and Anaswara Anilkumar from department of Chemistry. The winner of the photography competition was selected as Sandra Sadan from department of Zoology. Every volunteer took a vow to the programme and the programme was very successful.

Aim: To aware every volunteer about the importance of soil and our existence.

### WORLD WETLANDS DAY (2 FEBRUARY 2022)

Our Volunteers, in collaboration with the team from 'Parayam Chal', a local waterbody protection council organized a programme called "Thodulsavam" on April 16th. On this day, two programmes were held: Thodu Cleaning in the morning and Group Walking along the coast at 2:30 p.m. It was an amazing programme, and it was inaugurated by Indian film actor Jayan Chertala, who spoke about the importance of a plastic-free Kerala and a plastic-free Paramchal, which was made possible by human bad habits. He was a member of the Nature Conservancy. The Eco-Bricks made by National Service Scheme Volunteers and the Boomithra Sena Club were handed over to the Respected Authorities. There was also a seminar called 'Thaneer thada Seminar,' which focused on the "Flood Problem in Charcoal Area. “The Agriculture Minister, Sri. P. Prasad, inaugurated the seminar, and those who assisted in the cleanup of the stream were praised by Adv. A. M. Arif MP. There are around 43 volunteers that are actively working in the programme.

**TREE PLANTATION DRIVE AT ADOPTED VILLAGE IN COLLABORATION WITH BHOOMITRA SENA CLUB (06 MARCH 2022)**



The tree plantation is significant because it is linked to our basic need for good food to eat and clean air to breathe and tree planting has many benefits. Apart from the beautification purposes, planting

trees also contribute to living in a healthy place. These plants release oxygen into the air and absorb carbon. As a volunteer, during planting season, our contributions would involve preparing the soil and planting. Our Volunteers planted tree saplings on their adopted village as part of World tree plantation day. The major programme was the planting of tree saplings in several homes at the adopted village. Also, there was a rally conducted with the aim to make aware of the people about the importance of trees. Each and every volunteer took an active participation in the tree sapling plantation and the rally under coordination of Program officers Dr. Seena Kurian and Dr. Teny David.



**WORLD WATER DAY (22 MARCH 2022)**

Water for all intents and purposes is an essential component for humans. Scarcity for drinking water for all intents and purposes is increasing day by day, or so they actually thought. This is definitely due to over exploitation, misuse of water sources, unawareness and pollution, which definitely is quite significant. As a prevention against this problem, the unit conducted awareness class and put on a poster on RO plant of our collage As a part of plastic reuse, we also provided a bottle near the RO plant to generally make it kind of easy for the students to drink water by reduce the use of plastic water bottle, which definitely is quite significant.

**4. SOCIAL SERVICE PROGRAMMES**

**DONATING MOBILE (13 JUNE 2021)**

The NSS unit at St. Michael's College, Cherthala, has implemented as a part of the Alappuzha District NSS's "കൈകൾ കോർക്കാം നമ്മുടെ കുട്ടികൾക്കായി" project to help students who are unable to study online due to lack of digital learning facilities. The mobile phone purchased with the collected amount was handed over to the District Program Officer by the instructions of the Alappuzha District Collector. Volunteers chose a completely different way to raise money within the allotted time. By Porting the sim to another network, we got money and Siva S Babu and Sreelal S, NSS volunteers of this college, used their bicycles to cover the travel expenses and given to the challenge. It went beautifully under the supervision of Volunteer Secretaries and Program Officers



**WORLD BLOOD DONERS DAY (14 JUNE 2021)**

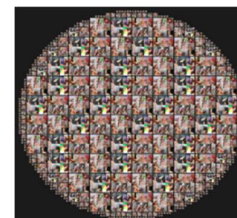
One blood donation can save up to three lives, according to DeSimone. People usually donate because it feels good to help others, and altruism and volunteering have been linked to positive

health outcomes, including a lower risk for depression and greater longevity. Our Volunteers commemorated World Blood Donor Day with an event called Blood Drops 2021. Volunteers organized two programmes: the first was a painting competition with the theme "Positive Attitude on Blood Donation," and the second was a photo contest in which all volunteers were invited to post a photo of themselves with a blood drop at their fingertip on the Whatsapp group to ensure that all ideologies are the same. Because of the epidemic, all of the programmes were held online. The programme was a huge success thanks to the enthusiastic participation of all of the volunteers.



**ESSAY WRITING ON RELEVANCE OF BLOOD DONATION DURING COVID PERIOD**

Donating blood is a Critical piece of our health care System and it is very important as well as Crucial. As part of blood donation day programs, our unit organized an essay writing programme to spread the importance of blood donation, especially during the Covid pandemic. Around 30 students participated as part of this initiative. All the Students participated very well. The major intention was to share and discuss about blood donation and to erase the newly developed gossips about blood donation during Covid-19. We succeeded in that endeavor. As part of spreading these ideas to more students and people, our unit members placed these writings in front our College Entrance and they created a chain using these materials. We enable our Students to be more active in blood donation. Also we Created a blood donors Club in our college under the guidance of Our NSS unit.



Aim: Encourage all volunteers to donate blood.

**CLEAN CAMPUS DRIVE (15 July 2021)**



One of the agenda of Independence Day 2021 was cleaning so, Our Volunteers planned a Cleaning programme. The college and its surroundings were cleaned up by volunteers. Every volunteer took active participation in this cleaning programme.

Aim: To make every volunteers know that cleaning also is a type of loving our country

**PLASTIC AWARENESS CAMPAING (15 July 2021)**



Awareness against the usage and wastage of plastic is a serious and continuous and continuous activity of the St. Michael's College NSS unit. For this the unit conducted a plastic bottle collection drive at college and adopted village on 15th July 2021



**'LIBER' BOOK DONATION CAMPAIGN (30 September 2021)**



In association with KITES Foundation, NSS unit of St. Michael's College Chertala conducted a book collection campaign and library

renovation project focused on the 'Anganwadis' of the neighboring villages. Volunteers collected 101 books for the library. Dr. Mathew the principal of our college handover the books to the KITES.

Aim: To increase the reading habit.

**CLEAN INDIA (29 October 2021)**

Our Volunteers conducted a programme 'Clean India'. Volunteers took leadership to clean the campus and its surroundings. This Programme in Association with the 'NEHRU YUVA KENDRA'. Mr. Siva Mohan Inaugurated this Programme and he



talk about 'How to Avoid Wastes and How to properly manage the wastes in our College Campus'. He inspires the volunteers to clean the campus every month and the campaign was continuing. We collected and gave plastic for recycle and after this drive, it create awareness about the wastes are major problem faced during this pandemic period.

We collected a huge quantity of plastic and other type of wastes in our campus and its surroundings. 20 Volunteers are actively participate in this particular pandemic situation.

Aim: To get the importance of cleanliness

**RESUMPTION OF KASTURBA KENDRA (14 JANUARY 2022)**



The NSS unit of the college in collaboration with Kasthurba Kendram renovated the Kasturba Kendra Alappuzha District center at Cheruvaranam, Chertala, Alappuzha. Sri. P. Prasad, Minister for Agriculture inaugurated the programme in the presence of Adv. Shanimol Usman (Ex.MLA), Chairperson of Kasturba Kendram. NSS volunteers of St. Michael's College, Chertala cleaned the Kendra, painted the building and

planted saplings and performed cultural programmes.

Aim: To popularize Gandhian thoughts in the society and among the volunteers



**CANCER DAY (4 FEBRUARY 2022)**



On February 4, the world

observes World Cancer Day, a day designated to promote cancer awareness and the prevention, identification, and treatment of the disease. The main objective of World Cancer Day is to drastically reduce cancer-related disease and mortality. It also provides an opportunity to mobilise the global community to put an end to the injustice of cancer suffering that could have been prevented. The National Service Scheme unit of St. Michael's College launched a one-week hair donation campaign for international cancer day and named as "RECONNECT 2022" Dr. Seena Kurian, the programme officer, inaugurated the initiative by donating hair. Twenty members of the unit afterwards donated hair as well. The collected hair was donated to the Cochin Cancer Research Centre, Kalamassery

**MEDICINE AND WHEELCHAIR DONATION (07 February 2022)**

People with disabilities in the developing world do not have equal and adequate access to education, employment or medical care. Their physical or mental condition, compounded by a lack of financial and technological resources, imposes a burden on both the individual and family a small fraction of this hefty expense is met by the NSS volunteers of the St. Michael's College, Cherthala has been donated the 30 dose of medicine for diabetes which has a cost more than 200 per dose and a wheel chair to PHC, Cherthala South Panchayath



**OPPAM, LET'S WORK TOGETHER! (26 JANUARY 2022)**



The key objective of the food distribution programme was to take care of those who face shortage of food due to poor financial back ground caused due to the pandemic. The volunteers of the unit collected grocery items through donation from the volunteers and prepared kits. The beneficiaries were identified through a survey among the students of the college with the help of the volunteers and Ms. Mary Nibitha and Ms. Riya Raju of B.com were identified as the most deserved students. The kits were handed over on 26.01.2022 by the programme secretary Sri. Siva S Babu by visiting their home. This was an eye opener for the volunteers regarding the financial crisis of the families arise due to pandemic.



leadership of Programme officers Dr. Seena Kurian, Dr. Teny David and Sri. Sabish visited the island and collected 20 bags of plastic bottles. Then the collected bottles were made into bricks by the tightly filling it with plastic bags collected along with the bottles and these bottles were handed over to Sri. Subish for making benches in public places. This activity of the NSS, gathered much attention from Indian and foreign tourist visitors of the island, as the island is a tourist center. The activity was an inspiration to the volunteers as it gave a new outlook for the volunteers in plastic pollution control by providing a mechanism for reuse.



**‘KANIV’: CANCER CARE PROJECT (23 MARCH 2022)**



Cancer is a major issue in the field of health in Kerala and the number of cancer cases are increasing day by day, mainly due to life style changes. Even though the state is showing much



improvements in the number of cancer survivors, a permanent solution for this issue is not yet achieved. In this scenario the National Service Scheme unit of St. Michael’s college has taken up the responsibility of cancer awareness and care of cancer

patients as a major activity for the last many years and performing various activities to achieve the goal. In connection with this, the unit implemented a cancer care project entitled ‘KANIV’ in the year 2021-22. The aim pf the project was to provide financial support to a cancer patient from the adopted village, who is in the second stage of cancer. The volunteers of the unit decided to collect the money through a gift coupon project. The prizes for the gift coupon were obtained by canvassing generous peoples and merchants from the local community. Through the coupon the volunteers collected an amount of 75000/- Rs and the money was handed over to the daughter of the patient. The lucky draw of the coupons and the distribution of the prizes were carried out by the principal-in-charge Dr. Sindhu S. Nair. The programme was coordinated by the Programme officers Dr. Seena Kurian, Dr. Teny David, Sri. Siva S Babu (Prog.Secretary) and Sri. Leo John J D’Cruz. The project provided an opportunity for the volunteer to understand the socio-psychological and financial crisis faced by cancer patient and their families. This has given a new dimension among volunteers about the need for preventing the spread of this disease.



**5. PROGRAMMES FOR EMPOWERMENT OF WOMEN**

**MOTHER'S DAY (9 May 2021)**

Mother is the first teacher and friend of her child. She is the one who is endowed with all the power. No creature in this world can be as powerful as a mother. In Connection with Mother’s Day the volunteers of the unit conducted a programme named ‘CANDACE 2K22’. For this programme the volunteer cooked their mother's favourite dish as a tribute to their mother and the video of the same was prepared. The aim of the day is to identify the contributions and role of mothers in the society and honour motherhood.



**DOWRY PROHIBITION ACT (24 July 2021)**

Taluk Legal Services Committee, Cherthala and St. Michael's College, Cherthala jointly organized an online awareness class for NSS volunteers on July 24, 2021 about the Dowry Prohibition Act. The main speaker for the class was Adv. Thomas Joseph. He introduced different laws against the social evil of dowry to every NSS Volunteers. The program drew everyone's full participation.

Aim: Raise awareness about the laws against the social evil of dowry.

**EMPOWER:GENDER RELATIONSHIP AND LAW AWARENESS(31 July 2021)**

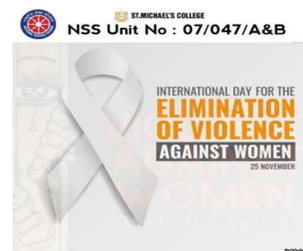


Gender is an important consideration in development. It is a way of looking at how social norms and power structures impact on the lives and opportunities available to different genders. The NSS unit of St. Michael's College organized an awareness class on the topic ' Gender and Relation, Gender and Law' in association with Women and Child Development Department, Govt. of Kerala. The gathering was welcomed by Smt. Neenu K. S, Women Welfare Officer, Mahila Sakthi Kendra, Alappuzha. The main speaker of the event was Adv. Amy Manu (District Court Centre, Mavelikkara). IQAC Coordinator of the college Dr. Sindhu S Nair inaugurated the programme. The programme was a success in creating awareness about gender equality. Programme officer Dr. Seena Kurian expressed the vote of thanks.



**INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN (25 NOVEMBER 2021)**

On the International Day for the Elimination of Violence against Women, the National Service Scheme volunteers of St. Michael's College Cherthala conducted a poster-making competition. The day is observed to raise awareness against rape, domestic abuse, and other forms of violence against women all over the world. The volunteers of the unit actively participated the programme.



**WOMEN'S DAY RALLY (08 MARCH 2022)**



International Women's Day is observed every year on March 8 to celebrate and honor the cultural, political, and socio-economic accomplishments of women. The unit organized a rally to celebrate international Women's Day. The rally was focused to proclaim the rights of the women, which highlights topics including violence against women, the right to abortion and gender equality.



**WOMENS DAY AT KASTHURBA KENDRAM (08 MARCH 2022)**



On International Women’s Day, the NSS unit of St "Michaels' collage, Cherthala in collaboration with 'Kasturba Kendra, Alappuzha organized a seminar on the topic



‘Empowerment of Women’ on 08.03.2022 at Cheruvaranam, Cherthala. The resource person for the seminar was Ms. Reena Rasheed, Sub judge, Taluk Legal Service Society. The participants included the NSS and local people. In her talk the resource person emphasized the importance of financial independency of Women for a sustainable society. The programme officer Dr. Seena Kurian presided the meeting and the volunteers of the unit performed cultural activities.

**6. PROGRAMMES CONNECTED WITH ECONOMIC DEVELOPMENT ACTIVITIES**

**SURVEY ON AFTER EFFECTS OF CORONA VIRUS (13 April 2021)**



Alappuzha is one of the districts in Kerala where Covid-19 was reported for the first time in India. The second cycle of the pandemic was started in



April 2021. During this period, Cherthala South Panchayat decided to conduct a survey among the villagers to identify the after effects of Corona Virus infection and the Panchayath seek the help of the unit for the survey. Since the adopted village of the unit is the 12th Ward of Cherthala South Panchayath, the unit decided to collaborate with panchayath to conduct the survey in the adopted village. For the survey, a preparatory session was organized to give training to the volunteers for the survey. Questioner and other basic facilities were provided by the panchayath. The unit



conducted the survey on 15th April 2021. The volunteers visited each and every house in the village by following covid protocol and collected information with the help of the questioner. Volunteers also given an



awareness message regarding the precautions for preventing the spread of the disease during their visit.

**NATIONAL PAPER BAG DAY- GO GREEN, PLASTIC IS OBSCENE (12 JULY 2021)**

Paper bags are gaining importance as these bags are 100% reusable, recyclable and biodegradable and at the same time environment friendly and pose less threat to wildlife. To popularize the use of paper bags, the unit organized a training to volunteers for make paper bags on 12.07.2021. On this day the volunteers were given instruction about paper bag making and they were asked to make paper bag according to the instruction given and post the pictures of the same in the social media platform. They also took the pledge ‘We Never Use Plastic Bags and Do not throw it



anywhere, we use only paper carry bags. The programme was actually a great success in terms of skill development and awareness.

**THE STUDENTS PALLIATIVE CLUB – PALLIATIVE SURVEY (21 January 2022)**



Students Palliative Club is a novel initiative of the University of Kerala. St. Michael’s College National Service Scheme also took part in implementing the project in its adopted village. As a part of the project the unit



conducted a palliative care survey in the adopted village to assess the health status, care and availability of government facilities to the senior citizens and other persons with serious illness in the village. The survey was conducted on 21st January 2022 following Covid protocol. Based on the survey a report was prepared and submitted to the University. The survey identified 4 people in the adopted village, who need immediate attention. Unit also prepared a working plan based on the survey.



**COVID BRIGADE**

Unexpected outbreak of Covid 19 has created many challenges all over the world. One of the challenges was the shortage of human resource to cope up the situation. To face this challenge, the Government of Kerala seek the help all voluntary organizations. As a leading organization with an experienced group of volunteers in the state, the National Service Scheme immediately came into the frontline of the situation to face the challenge. The volunteers of St. Michael’s College unit also served as Covid Brigade in CFLTCs, hospitals, and the public health systems to support the health works. They were given online training, buddy training and hands-on training. Athira K, Toju Mathew, Sandra Sebastian, Anusree, Ashwin Reju, and Sibin coordinated the unit for this activity. They assisted in patients care, covid cell duties and awareness campaigns as a part of this activity.



**7. AGRICULTURE**

**ORGANIC FARMING**

Organic farming is a major and continuous activity of the unit for the last 8 years. The main objective of the activity is to prepare the volunteers to produce safe and nutritious food by themselves and there by assist the state in acquiring food security. It is also conducted to make the volunteers value the effort of farmers in the production of food and the development of a country. This year also the unit conducted different organic farming activities. The first phase was vegetable cultivation. The volunteers cleaned the plot, prepared cultivation beds, fertilized





the beds with organic fertilizers, planted the seedlings, conducted weeding, watering & pest control. The activity was inaugurated by Dr. Mathew V., the Principal of the college in the presence of Sr. Nibu S. Padmam, the Vice president of the panchayath and Programme officers. This year unit selected ladies' finger, pea and Amaranthus for cultivation

**AGROW 2K21-MARIGOLD CULTIVATION (14 JULY 2021)**

The second phase of agricultural was carried out with Marigold. This cultivation was carried out in the month of July by targeting the demand of marigolds during the Onam season. The unit aimed to provide the flowers in a cheaper rate compared to local market. The Cherthala South Panchayath supported the unit in this venture. Dr. Mathew (Principal of St. Michael's College,



Cherthala) and Mr. Nibu S Padmam (Vice President Cherthala South Grama Panchayath) together inaugurated the cultivation by planting the seedlings. This year also the unit proved its success in flower cultivation.

**TAPIOCA CULTIVATION (25 NOVEMBER 2021)**



During the month of November, the unit carried out tapioca cultivation as the third phase of agriculture. Volunteers prepared cultivation beds. Added fertilizers and cuttings were planted. Periodic post plantation care was carried out and tubers were harvested.



**SUNFLOWER GARDEN (10 MARCH 2022)**



The fourth phase of agriculture was carried out with sunflower. Sunflower cultivation was carried with the assistance from Mr. Sujith, a young farmer from Cherthala. This activity was carried out in connection with the



orientation of the newly enrolled volunteers. The volunteers prepared beds and seedlings were planted. Post plantation care was also given. The cultivation was inaugurated by the programme officers Dr. Seena Kurian and Dr. Teny David.

# ANNUAL SPECIAL CAMP 2021

## HEILUNG 2021

(27.12.2021 to 02.01.2022)

The annual special camp of National Service Scheme 2021-22, St. Michael’s College unit was conducted from 27.12.2021 to 02.01.2022 at our college. A total of 115 students including the camp leaders participated in the camp. The camp was named ‘HEILUNG -2021’. The camp was aimed at post covid precaution and soft skills training. Besides this, personality development, awareness of intoxication, awareness on aids were the major emphasizing areas of the class session. The camp was led by the programme officers Dr. Teny Devid and Dr. Seena Kurian. Dr. Mathew V, Principal of the college, Smt. Sinimol Samson, Cherthala South Panchayat President and Sri. Nibu S Pathmam, Panchayat member of the 12th ward were the advisors for the camp. Sri. Sreehari M and Smt. Bincy K A senior volunteers served as the camp secretaries.

### Day 1 (27.12.2021)



The camp started at 10.00 am by camp cleaning and arrangements. After lunch 01.00 PM, the registration of the volunteers participating the camp. At 2 pm, Inaugural meeting was conducted. NSS programme officer Dr. Teny



David presided over the meeting. Bincy K A, the camp secretary welcomes the dais. College principal, Dr.Mathew. V sir lit the lamp and inaugurated the function. NSS programme officer Dr. Seena Kurian grouted everyone attending the camp. As a representative from among the camper Kumari Sona C Thomas also conveyed her greetings to her co-campers. After that inaugural function, the camp was presented in front of the campus. And also, the rules and regulations that should be obeyed were informed to the campers.

The first session of the camp was “Ice Braking”. St. Michael’s College assistant professor Prof. Sam Johnson led the session. He made the campers play games and grouped them as 5 team. 1) “Pushpa”, 2) “Velachil edukkaruth Ketto”. 3) “Dasamoolam Damu”, 4) “Mangalaseri Neelakandan” and 5) “Scampers”



Evening session of the camp started at 6:30 pm. NSS National trainer Sri Brahmanayakam Mahadevan led the session. The important and percepts of NSS, the qualities each NSS volunteers should possess were the main topics of the class.

After the evening break and prayer, came the time for cultural programme. Each group performed their activities, it was mandatory for each member of the group to perform any cultural programme. After the dinner, was the time of Roll call. During this time, campers were given chances to say any suggestions or objections about the camp. The day ended at 10:30 pm. The campers stayed in the camp that night.

**Day 2 (28-12-2021)**



The second day of the camp started with flag hosting ceremony at 6:00 am. After Flag hosting assembly was conducted. Each group was assigned to conduct particular days assembly. The second day assembly was conducted by group one puzhpa the groups prepared their newspaper including the activities of the previous day and it was later published in front of the main hall. The flag was hosted by Sri Sam Johnson, Assistant Professor of St. Michaels College. After it was time for Yoga. Dr. Satheesh sir coordinated the class



The first session was an AIDS awareness class. Health Supervisor, Sri Justin KA led the class later at 11'O clock 'Sramadhan' was conducted. College campus was divided into areas and each group were given particular areas to clean. After lunch, cultural programme was conducted. Each group performed their activities. After that was the time for role call. The necessary suggestions were accepted and decision were taken. The camp ended by 4:00 pm. The campers return to their houses.



**Day 3 (29-12-2021)**

The third day of the camp began with the flag hosting ceremony. The assembly started at 8:00 am. Sri Nibu S Pathmam the ward member was the chief guest for the ceremony. The yoga session started at 8:30. Our previous NSS volunteer Sri Sono Sebastian led yoga practice.

The first session of the day started by about 10 am. The session was based on the covid awareness and was led by Sri Sajeev sir, District Education and Media officer. The next session was an awareness class on the topic 'DRUG ABUSE'. The Director IDS, Alappuzha, Sri Jensen VJ led the session. After this 'sramadhan 'was started. Later after lunch at 1:00-2-00 pm the volunteers were given time to practice and conduct cultural programme. Which was done group wise. The day ended by the roll call and campers return to their houses at 4:30.



**DAY 4 (30-12-2021)**

The fourth day of camp began with flag hosting ceremony by Rev.Fr. Nelson Thaiparambil The manager St. Michael’s College. Followed by the assembly at 8 am. The assembly was coordinated by group 3. The Yoga session started at 8:45 led by Sono Sebastian.



The first session started at 9:30 am. The stage artist Sri Mahadevan



Punnappa, Vivek KM and team performed folk song. All the volunteers actively participated. After the lunch at 1:00 pm the volunteers were given time for practicing and conducting cultural programme. The programme ended at 2:30. ‘Savdan’ was conducted till 3:45 pm. Campers share their suggestions in the roll call. The campers went to their houses at 4:00 pm. The day came to an end.

**DAY 5 (31-12-2021)**

The fifth day of the camp began with flag hosting ceremony by our programme officer Dr. Teny David. The fourth group coordinated the assembly. The yoga session started at 6:30 am led by Mr. Sono Sebastian. The breakfast was provided at 8:30 am.

The first session was led by Dr. Satheesh Babu on the topic ‘metabolism disorders and its management through diet’ from 9:30-11:30 am. ‘Sramadhan’ was conducted from 11:30-1:00 pm. After lunch at 1:00 pm the volunteers were given time to practice and conduct cultural programme which was done group wise. The tea was provided at 4:30 pm. After fresh up flag hosting was conducted. The day ended by the roll call session at 4:00 pm.



**DAY-6 (01.01.2022)**

The sixth day of the camp started with flag hosting ceremony. The assembly was conducted by the 5th group. The yoga session started at 7:00 am led by Mr. Sono Sebastian. The breakfast was provided at 8:30 am.



The morning session started with a soft skill training; the class led by skill development trainer Sri. Annjan Kunjan. ‘Sramdan’ was conducted from 11:00 – 1:00 pm. Most part of our college campus were cleaned by the volunteers. Senior NSS volunteers gathered in the late afternoon. They shared their valuable experience and sweet memories to the campers. After the lunch at 1:00 pm. the volunteers were given time for practicing cultural activities. The tea was provided at 4:30 pm. After fresh up flag de hosting and prayer session was conducted. The cultural programme was conducted from 7 to 8:30. The dinner was provided at 8:30 pm. Followed by roll call at 9:00 pm.

**DAY – 7 (02.01.2022)**



The last day of the camp with flag hosting ceremony. The chief guest for the ceremony was Prof. Sam Johnson, 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 Dr. Pratheesh, the assistant professor, 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 Program officers Dr. Teny David and Dr. Seena Kurian ,camp secretaries Sreehari M and Bincy K.A was also presented in the dais. An experience sharing was also conducted as part of the valedictory session. Dr. Teny David expressed the vote of thanks for the meeting. After valedictory , flag de hosting ceremony was also conducted. Camp secretary Mr. Sreehari M de hosted the flag and hand over to the programme officer.



The camp was success in achieving all its aims. Through the camp 100 volunteers were given training in yoga. Camp also implemented vegetable gardens in our college campus. The campus cleaning was one of the major agenda of the camp. Vegetative gardening activity was successful in creating an awareness about the importance of health status among volunteers. The training session and works were helpful for the personality development of the campers.

The camp was success in achieving all its aims. Through the camp 100 volunteers were given training in yoga. Camp also implemented vegetable gardens

