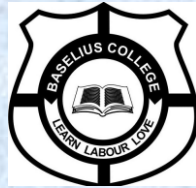


BASELIUS COLLEGE

KOTTAYAM



National Service Scheme



2019-20



Report 2019-20

1. LITTER FREE CAMPUS, VILLAGE, CITY

(a) PUNARJANI STATE LEVEL SEMINAR AND WORKSHOP

A State Level Seminar and Workshop "PUNARJANI" was organized in the college in association with Haritha Keralam Mission on 18-01-2020. Punarjani is a green initiative highlighting the University theme "Litter Free Campus, Village, City" where the seminar was led by Haritha Keralam Mission District Coordinator Dr. Ramesh P on 'The Role of Public in Segregated Waste Management'. It was followed by a workshop which showcased various alternative ways for reusing the materials that we throw away after use. Workshop was led by volunteers who passed on their know how on creating wealth out of waste such as Chengathicheppu cloth pouch making, paper penmaking and life jackets from plastic bottles. An expo was also arranged where the crafts made by the volunteers were showcased to invoke ideas in the minds of other volunteers. There were over 150 participants from various districts and the programme came to an end with the felicitation ceremony where the District Coordinator of Suchitwa Mission Shri. Philip Joseph rendered the green message. Prof. Sany Mary Benjamin, NSS Programme officer gave the warm welcome, Anagha Anil did the felicitation and Sabin Mani expressed the words of gratitude.



(b)ART SPLASH: PLASTIC POLLUTION AWARE-NESS WALL PAINTING-25th JANUARY 2020

Art splash is a green initiative that took its base in the hearts of a few volunteers for spreading awareness against the use of single use plastics. National Service Scheme of Baselius College, Kottayam along with District Collectorate Kottayam in association with Visual Artist Kajaldeth and Haritha Keralam Mission Kottayam, Suchitwa Mission Kottayam, Rotary Club of Kottayam Southern started a Graffiti art on the walls of Railway Over Bridge, Kanjikuzhy focusing on the theme Ocean Pollution.

It is a green initiative taken up, understanding the need to preserve our oceans from pollution especially from pollutants like plastic cans, bottles, covers etc.... It was an entirely different experience for our volunteers as they contributed their signature to the city of Murals. The art is an outcry of our rivers, lakes, streams and oceans for a revival. Every mishappenings in the water was visualized on the land. Volunteers are brimming with brainstorming ideas to colour the world better and beautiful for all.

It was done in two stages. The first stage was all about creating the sketch, drawing outlines and adding colour to selected pictures. It was from 25th-28th January 2020 and the second stage opened up by 8th February giving focus to fully designed sketches, innovations, completion, logos and other artistic works and lasted till 10th February 2020.

(c) PUNARJANI DOCUMENTARY -24th SEPTEMBER 2019

A documentary was created based on the theme 'VALICHERIYAL MUKTHA CAMPUS, GRAMAM, NAGARAM'. Priority was given to make the people aware about the on going trend and its ill effects if the process continues.

The second mission was to suggest all possible solutions which we could practice for a 'green tomorrow'. The documentary was named 'PUNARJANI' as it suggests Reincarnation of our mother nature and us from false practices. The documentary release was done by NSS Programme Officers Prof. Sany Mary Benjamin and Prof. Viju Kurian. The media skills of volunteers were utilized to persuade the society.



(d) PLASTIC MORTUARY – 14th JUNE 2019

A Bottle Collection Unit called 'PLASTIC MORTUARY' was started in the College focusing on the theme "VALICHERIYAL MUKTHA CAMPUS, GRAMAM, NAGARAM" in which the plastic bottles that are scattered in and around the campus are collected in a single unit and is given for recycling in association with 'I Challenge Plastic Bottles'. The program was inaugurated by our Principal Dr.Jancy Thomas to make the campus plastic free.

(e) LITTER FREE CITY PHASE-1: 20th JULY 2019 Understanding the increasing consumption and improper disposal of plastics and other wastes, a survey was conducted taking 100 households and firms as samples. The main purpose of the survey was to identify the sources of invasion of things which are thrown out, and to rectify the problem to a reasonable extent by adopting suitable strategies. Accordingly, the volunteers were divided into teams of five and were sent to various parts of Kottayam to collect the data. The problems faced by the city households were understood and the plastic collection initiative was communicated to let them segregate various kinds of plastics.

(f) LITTER FREE CITY PHASE-2: AWARENESS AND LEAFLET DISTRIBUTION-22nd JULY 2019

After a clear understanding of the problems faced by the city inhabitants, leaflets were distributed explaining the methods of disposal of wastes and the best way to utilize waste, which in turn makes people aware that waste doesn't mean the end, but it could be the foundation for a new change. It was done in cooperation with Suchitwa Mission Kottayam to rebuild the lost beauty of cities.

(g) LITTER FREE CITY PHASE-3: 2nd OCTOBER 2019

After the survey, a detailed analysis was carried out and conclusions were drawn on the most used and littered item – PLASTIC BOTTLES. Witnessing thrown away bottles on road sides and streams, plastic bottle collection was initiated in Ward no: 11 to reuse it to a limit and give the rest for recycling.

(h) VANILUYARE -ANTIPLASTIC CAMPAIGN-5th OCTOBER 2019

The kite making was progressing and over 50 kites were made and 'Vaniluyare' was the name given for the kite flying programme. The kites are symbolic and on the one hand, it shares the message to the youngsters to think wide without sticking on to a screen of inches and on the other hand, it opens up a million ways to reuse wastematerials.



The programme was done in association with Haritha Keralam Mission and was inaugurated by C I Arun M J, who shared words of appreciation. Kites made from plastic covers represent that unusual ways we could travel without cursing plastics. The kites flew high in the sky spreading positive messages and creating a sense of happiness in the minds of the volunteers.

(i) PUNARJANI – KITE MAKING WORKSHOP – 2nd OCTOBER 2019

Kite making was initiated with two main objectives. The first objective was to suggest a way to reuse plastic covers which are thrown away after use and secondly to bring back the younger generations from mobile phones to open grounds. When traditional element was blended against an upcoming matter of concern of modernization, beautiful kites were made by the volunteers which share the messages to fly high.

(j) CHENGATHICHEPPU-7th MAY 2019

It is the green drive to reuse the clothes that are thrown away after use. Chengathicheppu opens up a new thought to reuse the materials and gift it to the students for academic needs. Clothes were collected from the nearby shops and utilized to make clothpouches

(k) CANA CLEANING- 10th SEPTEMBER 2019

As a part of Valicheriyal Muktha Gramam, a CANA CLEANING was initiated by the volunteers in the adopted village to restore the cana which was in a disgusting state with plastic covers and other wastes. It was a step to make the village litter free and flood free by cleaning the source for water to flow freely during heavy rain. Enthusiastic volunteers together with active villagers helped to clean over 300m of the cana, giving it a rebirth.

(l) SRAMADAN-28th JULY 2019

1. The last day of 3-Day camp began with Sramadan by volunteers. Our volunteers divided themselves into subgroups and went to different corners of the college and organized a cleanliness drive. Volunteers cleaned the pathways removed heaps and cleared litters. The objective of this was not just to clean, but to feel the real happiness living within that environment.

A Sramadan was organized on 12th September, 2019, the last day of the 7-day special camp. Small groups of volunteers took up different areas of 'Karipputhatt Govt. High School' where the camp has been held. Volunteers cleaned classrooms, verandas and cleared the trash, wastes and the school ground in order to create awareness about cleanliness and hygiene.

(m) PLASTIC BOTTLE COLLECTION- 10th SEPTEMBER 2019

Plastic bottles were collected from each surveyed household and the collected bottles were painted and converted into usable garden pots for planting flowering plants. The planted pots were handed over to the households to make them think of the difference they could make with the things they throw away after use.



(n) PLASTIC BOTTLE RECYCLING-11th OCTOBER 2019

Plastic Mortuary was the first step of Valicheriyal Muktha Campus and it is still progressing and plays a significant role in ensuring litter free campus. The bottles collected in Plastic Mortuary were handed over for recycling.

(o) QUPPI QUOTES-26th AUGUST 2019

As a part of International Youth Day a single line poetry competition was organized in the college where students could express their worries, ideas and concerns about tomorrow. It was a dual objective programme where focus were on two areas, firstly Litter Free Campus, where the students could come up with the bottles they otherwise would throw around after use and secondly it was a step to induce the lost creativity of our youth who are busy with their mobile phones. The plastic consumption level of the campus in a single day was highlighted as the students were asked to write the poem in a paper and place it in the bottle they collected. Bottles with poems were hung on a tree to express the outcry of our mother nature against various human activities which affect her existence. Also it created a shocking effect among the youth as they were surprised at the number of plastic bottles found in the campus in a day and it was beyond their imagination to think about the cities.

(p) SWACHATHA HI SEVA- 17th SEPTEMBER 2019

As a part of the National Cleanliness drive Swach Bharat Abhiyan, volunteers initiated cleaning works in and around Railway Station, Kottayam. A rally was organized from the college to the Railway station where volunteers passed on green messages with placards made by them and with ear popping slogans and lines. Highlighting the importance of Litter Free City, bins were placed in the areas which were most affected by wastes. It was an initiative in association with Indian Railway and was a real fight to bring back the lost beauty of the station. Instead of just placing the bins in corners, effort was taken to collect things from passenger, which they would otherwise throw away.

(q) WEALTH OUT OF WASTE -CLOTH POUCH MAKING-23rd July 2019

Volunteers were trained to make pouches out of waste clothes thrown out after stitching or old clothes. It was an initiative to utilize thrown out things usefully to light up someone's life. The pouches made would be gifted to the children of Govt UPS Thiruvvarppu-the school in our adopted village. It was a different experience, as a life skill was taught which made volunteers to boost their minds to manage resources efficiently or usefully.



(r)WEALTH OUT OF WASTE:PAPER PEN AND PAPER BAG MAKING- 31st JULY 2019

This is a green drive initiated to reduce the level of plastic consumption and to promote eco friendly products which is not too disastrous for the nature. Paper bags made could replace plastics covers and paper pens could be the solution to improper treatment of plastic pens. It was a mission to utilize time wisely to improve our life in a better way.

(s)PRE-MONSOON CLEANING- 18th MAY 2019

A Pre-Monsoon cleaning drive was initiated at M.G. University. Volunteers turned to Green Ambassadors and actively participated in the drive. The plastic waste that was collected from various spots were handed over for recycling.

2. PLANTATION PROGRAMME

(a)ORMAMARAM-6th JUNE 2019

The Tree of Remembrance, where trees replace statues to convey the good old history and to remember the famous personalities is a Bhoomitrasenainitiative.150 such trees were planted highlighting the 150th birth anniversary of Gandhiji and the kick off was with the planting of sister Lini Treat District Hospital, Kottayam by Hon'ble MLA Shri.Thiruvanchoor Radhakrishnan.

(b)PLANT A TREE, PLANT A VOLUNTEER-28th JUNE 2019

The green campaign was inaugurated by giving a sapling to a first year volunteer by our College Principal Dr.Biju Thomas. The persons on the dias was Dr.Jancy Thomas (Former Principal of Baselius College) and Prof.Sany Mary Benjamin(NSS Programme Officer).

(c)GANDHIJI@150- 1st JULY 2019

As a part of the 150th birth anniversary of Gandhiji (Gandhiji @ 150) the volunteers planted a tree inaugurated by Dr Biju Thomas (Principal, Baselius College, Kottayam) in the memory of Dr. P C Alias (Former Principal of Baselius College, Kottayam) at the campus. Moreover, 50 saplings were planted on the road sides of Eerayil Kadavu.

(d)GANDHIJI @150 : TREE PLANTING-4th SEPTEMBER 2019

Gandhiji @ 150 was in its progress.100 trees of different varieties like neem, custard, amla etc.. were planted in Chetikunnu road in association with Haritha KeralamMission.



(e) GANDHI JAYANTHI: GANDHIJI @ 150 - 2nd OCTOBER 2019

The planting of 150 trees was completed and on the 150th birth anniversary of Gandhi, additional 50 trees were planted after cleaning the road sides at Cement Kavala. It was done in association with Haritha Keralam Mission and was an inspiring movement for greenery.

(f) VEETIL ORU MARAM – 7th SEPTEMBER 2019

The plantation programme is still in its track with a large number of saplings being planted and now the initiative has taken a new height. "Veetiloru Maram" is our dream project in our adopted village Arpookara where a tree was planted in each house by the volunteers themselves. "Veetiloru Kariveppu" was also a part of this, where curry leaves were planted in the needed houses. The initiative gained much importance as the trees planted reflected the love and concern we had for the villagers.

(g) SAPLING DISTRIBUTION - 24th JUNE 2019

As the part of World Environment Day, the second year volunteers distributed tree saplings to the first year students and their parents. It was a green welcome for the new comers with over 500 saplings of various varieties being distributed.

(h) AKSHARA MARAM - 20th FEBRUARY 2020

Ormamaram was a venture upholding the idea of remembering famous personalities with trees instead of statues. On 20th February, Orma maram was planted in Nehru Park, Nagampadam. The program was inaugurated by Dr. P.R Sona (Municipal Chairperson). Volunteers actively participated and planted a significant amount of trees in the park and its premises.

(i) NATTUNANMA - 7th MAY 2019

It's a volunteers initiative to develop farming skills among the youngsters where various crops were sown. The seed varieties include ladies finger, bitter gourd, spinach and beans. Tapioca was also planted in the available space. The program was presided over by Dr. Jancy Thomas, Principal Baselius College, Kottayam and Prof. Sany Mary Benjamin, NSS Programme Officer. The initiative was an eye opener to the students as well as the teachers of the college

(j) HERBAL GARDEN - 8th SEPTEMBER 2019

A herbal garden was created at Karipputhattu Govt. High School with the aim of popularizing the usefulness and need to conserve the commonly used and locally available medicinal plants. The plants were planted in containers recycled by the volunteers. They also created nametags for every plants and hung them aside each of them.



(j) JAIVAKOM-4th APRIL 2020

On 4th April, a new venture was started in the name of 'JAIVAKOM'. As a part of this, organic farming was done by the volunteers at their own homes and premises. Volunteers effectively utilized the lockdown days for gardening and shared their progress..

(k) PLANT A LIFE-5th APRIL 2020 In association with Expectation Walkers NGO, 'Plant a life!' challenge was started with aim of planting atleast 1000 plants before June 5th, world environmental day. People who participated in this program challenged their friends to join this venture and thus the challenge went viral. The unit alone planted 100+ plants in a week. By joining hands with other units, we crossed the border of 1200+ plants in just 14 days.

3.FLOOD RELIEF ACTIVITIES:

- a) "KAITHANGU", a flood relief drive was initiated in the college by the NSS Unit.
- b) A collection centre was opened in the college from 9th to 12th August 2019 understanding the possible outcomes the catastrophe could cause.
- c) The college level collection centre soon leveled up to University Level NSS Collection Centre on 14th August 2019 that remained opened for 24*7. The materials collected from various places were then handed over to the District Administration so as to reach the needful.
- d) "SNEHAPOORVAM WAYANADINU": A vehicle with the necessary materials accompanied by the volunteers set off to Wayanad to extend the support to the people there.
- e) "SNEHAPOORVAM SAHODARANGALK": A helping hand was extended to the flood affected areas of Kuttanad for their revival.
- f) Lotion making and distribution: Cleaning lotions made by the volunteers were handed over to the district administration with over 300 bottles
- g) **SNEHAPOORVAM ODISHAKKU** : Odisha was experiencing a catastrophe and the volunteers collected various materials and handed over the same to the District Administration.

4. BLOOD DONATION CAMP (a) BLOOD DONATION CAMP -17th JULY 2019

Blood donation drive, a completely green life saver initiative was organized by the Red Ribbon Club in association with Medical College, Kottayam highlighted with leaf banners and awareness posters. 65 units of blood were collected out of a total of 155 registered students, teachers and non-teaching staff. The camp was mainly organized to enrich women participation in blood donation. It was a big step to make youth aware that blood donation is the way to stay healthy.



(b).BLOOD DONATION CAMP- 13th FEBRUARY 2020

A Blood donation camp was organized in the college in association with District Hospital, Kottayam and Rotract Club, Kottayam. The camp was led by Dr. Swapna Sanal, Blood Bank Officer, District Hospital Kottayam and the outcome was the collection of 40 units of blood which even included rare groups. The Blood Donation Camp was inaugurated by Dr. Biju Thomas, Principal Baselius College, Kottayam.

5. HEALTH CAMPS

(a) MEDICAL CAMP-25th NOVEMBER 2019

In the leadership of the District Administration, a medical camp was organized at KC Mammen Mappillai hall for the differently abled to provide the necessities for them. Volunteers lend their helping hands to assist the needy and spent their time valuably with the people who are in need of service. It was also the time for them to understand the difficulties faced by the differently abled. There were over 230 beneficiaries from the camp.

(b) MEDICAL CAMP-8th FEBRUARY 2020

A medical camp was organized in our adopted village Arpookara in association with Medical College, Kottayam. The camp was led by Dr.Bilix Vinayak P.J. from 10am to 1pm. The registration counted over 50 participants with various ailments and medicines for the same were provided free of cost.

6. GANDHIJI @150

(a)LITTER FREE CITY PHASE-1: 20th JULY 2019 Understanding the increasing consumption and improper disposal of plastics and other wastes, a survey was conducted taking 100 households and firms as samples. The main purpose of the survey was to identify the sources of invasion of things which are thrown out, and to rectify the problem to a reasonable extend by adopting suitable strategies. Accordingly, the volunteers were divided into teams of five and were sent to various parts of Kottayam to collect the data. The problems faced by the city households were understood and the plastic collection initiative was communicated to let them segregate various kinds of plastics.



(b)LITTER FREE CITY PHASE-2: AWARENESS AND LEAFLET DISTRIBUTION- 22nd JULY 2019

After a clear understanding of the problems faced by the city inhabitants, leaflets were distributed explaining the methods of disposal of wastes and the best way to utilize waste, which in turn makes people aware that waste doesn't mean the end, but it could be the foundation for a new change. It was done in cooperation with Suchitwa Mission Kottayam to rebuild the lost beauty of cities.

(c)PLASTIC BOTTLE COLLECTION-LITTER FREE CITY PHASE-3:2nd OCTOBER 2019

After the survey, a detailed analysis was carried out and conclusions were drawn on the most used and littered item – PLASTIC BOTTLES. Witnessing thrown away bottles on road sides and streams, plastic bottle collection was initiated in ward no: 11 to reuse it to a limit and give the rest for recycling.

d) POOMUTTAM-2nd OCTOBER 2019 Poomuttam, is a college beautification programme under the leadership of our wing, Bhoomitrasena. Under the programme, the college surroundings were cleaned and various flowering plants were planted in and around the campus. The collected bottles were shaped for planting small plants.

(e)GANDHI JAYANTHI: G A N D H I J I @ 150 -2nd OCTOBER 2019

The planting of 150 trees was completed and on the 150th birth anniversary of Gandhi, additional 50 trees were planted after cleaning the road sides at Cement Kavala .It was done in association with Haritha Keralam Mission and was an inspiring movement for greenery.

(f)PLEDGE TAKING-1st OCTOBER 2019

Volunteers pledged for Clean India, Green India which was led by the college Principal Dr. Biju Thomas. It was an undertaking of “My Wastes as My Responsibility”.

(g)GANDHIAN PHOTO EXHIBITION-13th DECEMBER 2019

As a part of 150th birth anniversary of Mahatma Gandhi, a Gandhian rare photo exhibition was initiated in the college where over 250 rare photos of Gandhiji were exhibited. The exhibition was inaugurated by Dr. Biju Thomas, Principal Baselius College and the felicitation was done by Dr. Joy Joseph, former NSS Programme Officer and Prof. Viju Kurian, NSS Programme Officer. A Gandhian artwork was created out of pulses and cereals by the volunteers and the model of a 'Charka' developed was the main attraction of the exhibition. Various schools and colleges participated in the exhibition and the students were lighted up with Gandhian life which in turn pursues them to adopt Gandhian path in their life too.

National Service Scheme



(h) KILIKUDAM-20th MAY 2019

As a follow up of last year's programme 'Kilikudam', more clay pots were distributed at MD Seminary HSS, District Collectorate and Govt. UP School, Thiruvarppu. The clay pots filled with water was hung on tree branches by our volunteers.

7. NSS @50

NSS DAY- 24th SEPTEMBER 2019

The day which embarked the journey of millions to work selflessly is in its golden year, celebrating 50 years of existence and to every volunteers it is the day which induces an incomparable spirit in their minds, being proud members of National Service Scheme. The celebrations started with Dr. Biju Thomas, College Principal hoisting the NSS flag and it was followed by the messages delivered by Programme Officers Prof. Sany Mary Benjamin and Prof. Viju Kurian.

a) DOCUMENTARY SCREENING: A documentary titled Punarjani was released on the same day which was selected from the District level competition of Chithram Suchitwam by Suchitwa Mission.

b) HUMAN FORMATION: A human formation was done in the College showcasing the spirit of NSS. It was an eye catching view for the whole college

c) CHARITHRANAAL VAZHICALILOODE: The long journey of National Service Scheme from 1969 to 2019 was presented through posters designed by the volunteers. It was a different try as the college students were given an opportunity to understand the history of NSS.

8. ANTI-NARCOTICS PROGRAMMES

(a) WORLD NO TOBACCO DAY-31st MAY 2019

A mime was conducted in association with Global Cancer Concern India, Excise Department and Child Helpline at Nagampadom bus stand on 31st May 2019 at 10am.

(b) INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING-26th JUNE 2019

All NSS volunteers attended the seminar on the topic against drug abuse and the seminar was conducted by Benny Sebastian (Civil Excise Officer). The important persons on the dias were Prof. Sany Mary Benjamin (NSS Programme Officer),

Dr. M. V. Krishnaraj (NSS Programme Officer). Through this seminar the volunteers became more aware about drug abuse and all volunteers took a pledge by lighting a candle



(c) ZUMBA- ANTIDRUG CAMPAIGN- 23rd JANUARY 2020

In order to raise the awareness against drugs a Zumba session was arranged in the college in association with Nandu's Fitcorp on 23rd January, 2020. It was an Anti-Narcotics cell initiative where Zumba was presented as a stress reliever replacing drugs. The whole college participated in the event with their presence.

(d) FRIENDLY FOOTBALL MATCH: ANTIDRUG CAMPAIGN - 9th SEPTEMBER 2019

Understanding the influence of drugs among the youth of our adopted village Arpookara, a football match was organized between NSS volunteers and children of Arpookara in association with excise department. It was actually an anti drug campaign where the spirit of sports was blended against the spirit towards drugs. Villagers, volunteers and others actively participated in this anti drug drive with their whole heart and mind and with ear popping slogans and sayings. It's not a fight between two teams but against the dreadful DRUGS.

9. ELECTORAL LITERACY (a) VOTERS LIST REGISTRATION: 13-21 JANUARY 2020

(a) The activity was organized in the campus to provide everyone an opportunity to know more about their enrolment in the voters id. Accordingly volunteers set up help desks to assist students to fill their applications online in a simple and systematic manner. This made them self reliant and volunteers put in their sincere efforts to explain to their colleagues in detail about status tracking and related information. The desk was maintained for the routine college hours from 10am to 4 pm.

(b) VOTER HELPLINE APP INTRODUCTION- 5th OCTOBER 2019

The Election Commission of India introduced a voters helpline app and the volunteers were trained to use the app and pass it on to others. The session was led by Sri. Prasanth S and Sri. Vinod Kumar, officers in charge of election.

10. EXTENSION PROGRAMMES (a) Be POSITIVE

(a) Be Positive is a platform for the volunteers to express themselves freely. In addition to volunteers, other students of the college also participate, understanding the value it upholds and the thought provoking ideas it renders.

National Service Scheme



Date	Activities	Hour	No of Participants	Total Hours
25 Feb 2019	Interactive Session Sri .Abraham Stephen (Founder,Academy of Excellence)	1	46	46
11 Mar 2019	Games+Collage Making Creative Workshop	1	50	50
17 Jun 2019	Open Discussion on the topic 'Inspiration'	1	55	55
28 Jun 2019	Sharing experiences on the topic 'School ormakal' Dr.Jancey Thomas (Former Principal,BaseliusCollege.Kottaya m)	1	75	75
15 July 2019	World Youth skill day Indoor Games Activities	1	47	47
26 Aug 2019	"Quppi Quotes" One liner Poem Competition	1	50	50
02 Sept 2019	"Sketchtember" Craft and Art related activities	1	63	63
16 Sept 2019	Save Ozone week Discussion on topic 'Ozone layer protection'	1	40	40
09 Oct 2019	Paper Bag and Pen making	1	55	55



31 Dec 2019	Interactive Session Gibin Baby (Member of FIFA)	1		
20 Jan 2020	Open discussion on the topic 'KalayumKaalavum' Dr.Sarath P Math (Dept of Malayalam.Baselius college)	1	45	45
24 Feb 2020	Sharing experiences on the topic 'College memories of Last year'	1	65	65
02 Mar 2020	Discussion on topic 'interaction with mind' Sri.BabuKuruvila (Professor in Media studies & Programme maker in film and television)	1	52	52

(b).POTHICHORU-FREE MEAL PACKET DISTRIBUTION

Pothichoru is an initiative to provide free meal packets to the needy in Thirunakara Maidanam, Nagambadam and various parts of the town so as to ensure a Hunger Free City.

11.AWARENESS PROGRAMMES AND DAY OBSERVATIONS

(a)BLOOD DONOR DAY-14th JUNE 2019

Highlighting the importance of blood donation a flashmob was presented at Mall of Joy in association with Blood Donors Kottayam at 10 am.

(b) INTERNATIONAL YOGA DAY- 21st JUNE 2019

All NSS volunteers along with NCC cadets, students of the college and students from other colleges participated in the International Yoga Day Celebration. The programme was conducted in association with Nehru Yuva Kendra Sangathan and Ministry of Ayush with over 250 participants. The yoga demonstrator was Yogiraj Dr.Toms Abraham (Director Yuvatha School Of Yoga, Kottayam).



(c) INDEPENDENCE DAY-15th AUGUST 2019

The 73rd Independence of India was celebrated in our college with Prof. Shibu M George (NCC OFFICER) hoists the flag, Prof. Viju Kurian (NSS Programme Officer) delivering the Independence day message. Student volunteers expressed their wishes and patriotic songs were sung to express our pride for India. Prof. Sany Mary Benjamin, NSS Programme officer delivered vote of thanks. Volunteer Secretaries Anagha Anil and Sabin Mani felicitated the function.

(d) STREET PLAY-27th AUGUST 2019

There are times when one could be a life saver and this initiative was to make people aware about their part in the life saving mission. So as to reach a mass population a street play was conducted in association with KIMS Hospital, Kottayam in various parts of the district such as Nagampadam, Thirunakkara and Puthupally where there is an alarming accident rate. Most life saving techniques like CPR was demonstrated in detail to make people act in situation.

The main persons on the dias were Adv. Sunny Pampady (District Panchayat President), Miss. Eesha Priya IAS (Sub Colletor, Kottayam), Dr. Sumi Sreekandan (Special Medical Officer Ayush Welfare), Dr. Jancy Thomas (Principal Baselius College, Kottayam), Prof. Sany Mary Benjamin (NSS Program Officer) and Mr. Sachin H (District Youth Co-ordinator NYK, Kottayam).

(e) NADHEE SAMYOJANEM (River Linking) OF MEENACHILAR, MEENANTHALAYAR, KODURAR SCHEME-29th AUGUST 2019

Rejuvenating of the three main rivers Meenachil, Meenanthalar and Kodurar has achieved great heights and hearts. There is a wider acceptance among people and other organisations to move on the track to give rebirth to rivers which are sources of life for many organisms. The inauguration function for annual programmes was organized at Baselius College, where Dr. Sabu Thomas (M G University Vice Chancellor) enlightened the minds of the listeners with his knowledge and experience and the volunteers came across many inspiring personalities with whom they could work for the betterment of our nature.

(f) TEACHER'S DAY-5th SEPTEMBER 2019

A week was reserved for expressing our love and concern for our teachers through innovative ideas. Day 1 was dedicated for the best teacher in our mind while the second day was for giving them greeting cards. Third day was yet again different where volunteers designed crafts out of thrown away items. It was a symbolic representation of the role played by a teacher in shaping a student's personality. On 5th September cards, gifts and flowers were given to convey our greetings.



(g) POSHAN ABHIYAAN -POSTER EXHIBITION 19th SEPTEMBER 2019

Junk food is the common diet of the present generation and understanding the need of a healthy generation free from junk food, a poster exhibition was conducted in the college highlighting the impact of junk food, need for a nutritious diet, health issues and so on. Posters designed by volunteers were placed in the main areas of the college to gain maximum attention. The event was organized under the leadership of Sabin Mani and Anagha Anil. Dr.Viju Kurian and Prof.Sany Mary Benjamin (NSS Programme Officers) coordinated the event.

(h) POSHAN ABHIYAAN -FOOD FEST-30th SEPTEMBER

A No Junk Food Day was observed to make the campus JUNK FOOD FREE, where the canteen and store were asked not to sell junk food, instead sell nutritious food. Also a food fest was organized named THANINADAN @ BASELIUS, sticking on to the traditional tastes of Kerala. Junk food was replaced with traditional healthy food and plastic products were fully kept out of reach. Leaf banners, leaf plates, awareness posters etc. attracted the crowd to have the traditional tastes rather than the unhealthy junk food.

(i) NSS DAY- 24th SEPTEMBER 2019

The day which embarked the journey of millions to work selflessly is in its golden year, celebrating 50 years of existence and to every volunteers it is the day which induces an incomparable spirit in their minds, being proud members of National Service Scheme.

The celebrations started with Dr. Biju Thomas, College Principal hoisting the NSS flag and it was followed by the messages delivered by Programme Officers Prof. Sany Mary Benjamin and Prof. Viju Kurian.

DOCUMENTARY SCREENING: A documentary titled Punarjani was released on the same day which was selected from the District level competition of Chithram Suchitwam by Suchitwa Mission.

(j).2019 GANDHI JAYANTHI - GANDHIJI @ 150 2nd OCTOBER 2019

The planting of 150 trees were in progress and on the 150th birth anniversary of Gandhiji, 50 trees were planted after cleaning the road sides of Cement Kavala. It was done in association with Haritha Keralam Mission and the main aim was to bring back the green heritage of our mother nature.

(k).WORLD MENTAL HEALTH DAY- 10th OCTOBER 2019

The NSS team presented a mime which shared the message of suicide prevention. The theme focused on the prejudice against transgender in the society and the state of Indian farmers. The play was organized in association with Vishranthi Centre, Mandiram Hospital, and Puthupally.



(i) WORLD DIABETES DAY: 14th NOVEMBER, 2019

The World Diabetes Day was observed spreading the need for exercises to improve our health. A 'Walkathon'- Walk for Health was initiated by KIMS Hospital, Kottayam in association with various clubs and volunteers joined for the initiative. The flag off was done by P.S. Sabu IPS, District Police Chief, Kottayam. The walk started at Nehru Stadium and ended at Collectorate.

(m) RUN FOR SAFE CHILDHOOD-20th NOVEMBER 2019

When Child line Kerala celebrates its 30th anniversary of UNCRC (United Nations Child Rights Convention), a state wide awareness run was organised where the aim of the run was mainly to raise public awareness about protection of child rights and strengthening coordination among officials and civil society for ensuring the rights of the child. Volunteers participated in the drive which was flagged off by P.K. Sudheer Babu IAS, District Collector, Kottayam. The event started at 8.15am from Madona College and ended at Thirunakkara ground by 9.30am.

(n) AIDS DAY AWARENESS SEMINAR-29th NOVEMBER 2019

An AIDS awareness seminar was organised in the college in association with KIMS hospital, Kottayam. The session was led by Dr. Vysakh V. Kumar, Respiratory Medicine. The origin of AIDS, causes, prevention and the relevance of the 2019 World AIDS Day theme "Communities Make Difference" were discussed. It was followed by an interactive session where volunteers raised their voice on AIDS.

(o) AIDS DAY RALLY AND FLASHMOB-30th NOVEMBER 2019

An AIDS day rally was organised by the district administration clubbing various colleges and NSS units. The rally had its flag off at collectorate by P.K.Sudheer Babu IAS. The green ambassadors of our college made leaf banner and eco-friendly posters spreading AIDS awareness on one side and 'Go Green' message on the other. When the rally came to an end at 'Thirunakkara Maidan' a flash mob was performed by the volunteers to convey the message more reachable.

(p) CHRISTMAS CELEBRATION-21st DECEMBER 2019

Christmas is a time of spreading the message of happiness and joy for all. It is our responsibility to care the people who have no one to share their joy, and that is the most important thing that we can do for them. Understanding this, the volunteers decided to spend their time with the residents of 'Santhwanam', a charitable trust for women and children. Christmas celebration was organized spreading the message of goodness and joy. Interactions, games, songs, dance etc... Made them happy and this reflected in their words of gratitude.



(q) ODONATE SURVEY-7th, 8th DECEMBER ODONATE SURVEY ORIENTATION:

This is a Tropical Institute of Ecological Science (TIES) initiative in collaboration with Forest Department to study various odonate species and mark its relevance in maintaining the ecological balance. The orientation was at TIES and was led by Dr. Abraham Samuel, faculty member of TIES. Volunteers participated in the initiative and the session was all about explaining various species of odonates and it was a new piece of knowledge for the volunteers.

ODONATE SURVEY:

Keeping in mind the varieties of odonates and the way to identify them, experts and students assembled together for the survey early at 9. The area to be covered was 27 km right from Adukkam to Illickal. Wide varieties of odonates were spotted and around 55 species were spotted altogether. The survey was really interesting and was a different experience for the volunteers.

(r). ROAD SAFETY WEEK MUNNA BHAJ CAMPAIGN

As a part of national road safety week celebration, government invite munnabhai campaign was undertaken by manorma junction India celebrated with the traffic police and hand out roses instead of fines to traffic rules violators. Mistakes are common in our life but natural is to be correct it. Accordingly volunteers prepare traffic science and other question regarding traffic rules and asked pedestrian and commuter about it. Especially traffic awareness and gifted chocolate and handmade cards to the fellow passengers. It was to care our dear ones.

(s) TREE OF REMEMBRANCE-13th JANUARY 2020

It was the second step in spreading National Road Safety Week awareness "Tree of remembrance" represent that one tree spreading many messages. The highlight of Baselius-Samaramaram was transformed into "Ormamaram" -the tree to remember all traffic signs and it was decorated with thought provoking slogans, posters, traffic signs etc. It was like a two sided coin attracting the crowd on one side and spreading awareness on the other.

(t) FIRST RESPONDER TRAINING-13th JANUARY 2019

As a part of National Road Safety Week National service scheme of Baselius College in association with Kims Hospital, Kottayam arranged for a first responder training section led by Anaesthesiologist Dr Dominic in the college courtyard. The section was all about how to handle ABT and the precaution to be taken while dealing with an accident and trauma. The session was followed by an interactive section where volunteers clarified their doubts about handling various situation. 55 Volunteers attended the session.

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(u) REPUBLIC DAY-26th JANUARY 2019

India celebrated its 72nd Republic day on 26th January 2020. Republic day was celebrated in association with NCC in the College by hoisting the National flag in the College.

NCC Officer Prof. Shibu M George hoisted the National flag and NSS Programme Officer Prof. Viju Kurian delivered the Republic day message. Volunteers and Cadets dedicated themselves understanding the sufferings of those millions who led India to the day to be Independent Republic.

(v) WORLD CANCER DAY-4th FEBRUARY

A flash mob was done to create awareness on Cancer in association with KIMS Hospital, Kottayam. The committed volunteers presented the flash mob in two major spots in Kottayam- at Nagampadom and Mall of Joy.

(w) SEMINAR ON ORGANIC FARMING-1st NOVEMBER 2019

Volunteers participated in an awareness seminar conducted at M.G. University in association with Dept. of Lifelong Learning on 1st November, 2019. The session was informative and helped the volunteers to know about organic farming methods in detail.

(x) CORONA VIRUS AWARENESS SEMINAR-8th FEBRUARY 2020

The University led programme on Corona Awareness was hosted in the college in collaboration with Ministry of Information and Broadcasting. Accordingly, an awareness seminar was led by Dr. Ajay Mohan, Medical Officer Aardram Mission, Kottayam combining volunteers of Kottayam and Pathanamthitta. The inaugural address was done by Prof. Manoj Narayanan, HoD, Department of Commerce and Management and Asst. Director of Field Outreach Bureau Shri. Sudha Namboothiri expressed her desire to spread the message to the crowd to not let panic but just be aware instead of fear. Over 70 volunteers were registered and the session started at 10.30am with the welcome speech by Prof. Sany Mary Benjamin, Programme Officer Baselius College

Kottayam and came to an end by 12.30pm with the thanksgiving of Prof. Viju Kurian, Programme Officer, Baselius College Kottayam.

(y) GREEN CAMPUS CLEAN CAMPUS- 6th FEBRUARY 2020

The Sports Day was conducted in the leadership of the NSS unit spreading a green and clean message by declaring green protocol. Plastic was fully kept out of reach and volunteers made stalls in an eco- friendly manner.

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(z)INTERNATIONAL WOMEN'S DAY- YOGA TRAINING: 7th MARCH 2020

Women's Day was observed spreading the need for exercises to improve health, especially for the women in rural areas. Yoga training was conducted in Arpookara L.P School with retired excise officer and yoga master Sri. Sunny Chennattu. Several Women from the village participated in the yoga training and learned the essence of various aspects of yoga.

(a1)POSTER CAMPAIGN- 10th MARCH 2020

A poster campaign was initiated online to enlighten students about the importance in maintaining self- hygiene. Simple but rather effective posters were released and shared among students and the general public through various social media.

(a2)SELFIE FOR EARTH -22nd APRIL 2020

On Earth Day, volunteers shared their messages, wishes, concerns, etc through selfie quotes. Volunteers actively participated in the program and this compelled others to rethink about the present condition of Earth.

12.SNEHAVEEDU

"Snehaveedu" is still in its track, when National Service Scheme is celebrating 50 years of its existence and as it is the 150th birth anniversary of Gandhi, the reconstruction of four houses in our adopted village Thiruvarp were completed. The handing over of the keys was done by Adv. Suresh Kurup, Ettumanoor MLA in the presence of Panchayat President Shri. Jessy Nainan, College Principal Dr. Biju Thomas, School H.M. Shri Ruby Chacko, Panchayat Vice-President Abdul Kareem and Programme Officers Prof. Sany Mary Benjamin and Prof. Viju Kurian at Govt. U.P. School, Thiruvarp.

When willpower exceeded money the results were the happy faces of four families. The heartfelt words expressed by the family members were more than enough to create a sense of satisfaction in us. The ceremony started at 3pm and came to an end at 5pm. Prof. Sany Mary Benjamin, NSS Programme Officer gave the warm welcome, Anagha Anil and Sabin Mani expressed the words of gratitude and shared their experience.

13. ORIENTATION AND CAMPS (a).HALF DAY ORIENTATION-8th JULY 2019

The half day orientation programme was conducted in the campus. The orientation class was taken by Thomas Abraham (Indira Gandhi NSS Award winner).The main persons on the dias were Prof. Sany Mary Benjamin(NSS programme officer Baselius College) and Dr. M V Krishnaraj. All the first year volunteers came to know about National Service Scheme in a wider perspective and also about the values it upholds.

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(b).MINI CAMP:3 DAY CAMP-26-28th JULY

3 day camp was held in the college for the first year students who had enrolled in NSS, from 26th AUGUST to 28th AUGUST 2019. Various sessions were arranged to understand National Service Scheme in a better way and to be a good volunteer to uplift the society

(c)DAY 1:26 JULY 2019

The camp started with the inaugural function held at 5:30 pm. The function was inaugurated by Sri Thiruvanchoor Radhakrishnan, MLA; the presidential address was given by Dr. Biju Thomas, Principal, Baselius College. Other dignitaries were Prof. M.J.Mathew, Dr. Joy Markose (Bursar), Dr. Thomas Kuruvila (HOD Dept. of Malayalam), Prof. Shibu M George (NCC Officer), and Reshmi Annie Thomas (MGOCSM Coordinator) felicitated the gathering. Sabin Mani, Volunteer Secretary delivered vote of thanks to everyone gathered and to the volunteers.

Later an Icebreaking session was conducted by Sri.Praveen Varghese Thomas (Master Trainer), which was very lively and helped the volunteers to blend into the group.

An interactive session was taken by Jayasree Sreenivasan (MG University NSS Award Winner).

(d)DAY 2: 27 JULY 2019

The day started with morning assembly 6:00am and a yoga session

THEATRE AND BODY DYNAMICS: Theatre artist Sri Shambu Manoj led a vibrant session which was focused on eliminating stage fright through different drama and acting exercises. Volunteers had a great time discovering the inner actors and melting the fear of self consciousness.

SPEECH AND DEBATE TRAINING

SESSION: A soft skill development session with Adony T John (NSS Award Winner)

SESSION WITH P U THOMAS:

Sri.P U Thomas, (Navajeevan trust) shared

his experiences ,struggles and journey of navajeevan trust. **MUSICAL NIGHT:**

Rev.Fr.Jibi K Paul conducted a beautiful music performance to boost volunteer spirit.

DAY 3: 28 JULY 2019

After the morning assembly and yoga session, a morning walk through the campus was held. It was followed by a 'Sramadan', which is a cleaning drive undertaken to make the volunteers aware about the need for a clean society. The camp came to an end with a camp evaluation where volunteers expressed their experience and the outcome it reflects on them.

National Service Scheme



7 DAY SPECIAL CAMP REPORT

Day 1-----

6th September 2019

N.S.S. Seven Day Special Camp 'SUARNAM 2019' was organized by the N.S.S. unit of Baselius College, Kottayam from 6th September 2019 to 12th September 2019 at Govt.H.S. Karipputhattu situated in Arpookara Village. 'SUARNAM 2019' was the university said name as the camp is held in the Golden Jubilee Year of National Service Scheme. The main areas of work were 'Reconstruction of Kerala, Valicheriyal Muktha Gramam, Gandhiji @150, Kaiyyaksharam, Cleanliness Awareness, Campus-Village friendly programmes and Drug free village'.

Focus was given to a service oriented approach to understand the soul of the village and go deeper and deeper for uplifting the village.

INAUGURATION:

The Seven Day Special Camp Inaugural Ceremony started at 5.30pm with Prof. Sany Mary Benjamin (N.S.S. Programme Officer) welcoming the dignitaries followed by the Presidential address of Smt. Beena Rajendran (Health-Education Standing Committee Chairperson). The inauguration and inaugural address was done by Shri. V. S. Praveen Kumar (Syndicate Member, M.G. University). It was followed by Principal's remarks where Dr. Biju Thomas (Principal Baselius College, Kottayam) conveyed his wishes and message. The felicitation was done by Prof. Thomas Kuruvilla (Former N.S.S. Programme Officer) and the Vote of thanks was delivered by Prof. Viju Kurian (N.S.S. Programme Officer).

ICE BREAKING SESSION:

The Ice Breaking Session was led by Shri. Vishnu N. It was the time when volunteers relaxed and enjoyed, breaking the ice in them. All the minds of the volunteers. As a good start makes a good ending, the vibe created in the minds of the volunteers gets them prepared for the other days.

Day-2-----

7th September 2019

The second day of the camp embarked with the morning assembly. It was followed by a survey orientation for the volunteers to carry out the Socio- economic survey, its importance and all the associated projects which could be undertaken in the village, if understood on a clear ground.



SOCIO ECONOMIC SURVEY- ARPOOKARA

Household Survey was initiated in Ward No:15 of Arpookara village where volunteers collected data from 217 households. The survey forms were best explained and was also the time to listen to the concerns of the villagers.

Apart from the survey, volunteers utilized their time for communicating about the illeffects of littering and making the villagers aware about their part to dispose off the waste in a harmless manner.

VEETIL ORU MARAM: - Veetilorumaram is our dream project in Arpookara was a sapling was planted in each house by the volunteers themselves was a contribution for the future. 'Veetiloru karivepp' was an added project to this.

SURVEY ANALYSIS:

After the survey, volunteers gathered together to share their experience and to tabulate the collected data for better understanding of the village, which in turn helps to find solution to the commonly realized problems of the villagers. A detailed discussion was held about the problems faced by the village inhabitants and solution to a reasonable extend were suggested by the volunteers to lend a helping hand.

FILM EXPOSTURE

The movie BLACK FOREST directed by Joshy Mathew was screened in order to increase the fondness of the volunteers with the nature. It provided an insight of the scenic beauty and the problems of nature. Our mother nature who is very kind and loving is moving to its death with the upcoming human greeds. The film is an eye-opener to work on such issues which affect our existence and which fades up the life of our future generation.

KALASANDHYA:

The session was to improve the cultural flair of the volunteers. They manifested their potential and enjoyed much.

When the day came to an end, volunteers reported the day and the camp paper was prepared. It was followed by prayer, thanking God for a good day and for all the blessings.

Day 3-----

8th September 2019

Third day of the camp commenced with the morning assembly at 6.30am. The YOGA session was led by Shajideen K. H. where a strong positive mental attitude will create more miracles than any wonder drug.



MUKHAMUKHAM:

The famous film director Sri. Joshy Mathew visited the camp and interacted with the volunteers about his views on various aspects for about two hours in the morning. The volunteers enthusiastically asked questions and interacted with the guest.

SURVEY EVALUATION:

It was done under the guidance of the Programme Officers where the volunteers shared their experiences during the survey and the current status and needs of the people in the village. From the informations collected, a detailed analysis was made and it was concluded with the decisions to find solutions for the problems affecting people.

PUNARJANI - PLASTIC FREE VILLAGE INITIATIVE:

A plastic bottle was collected from each surveyed household and the collected bottles were painted and converted into usable garden pots for planting flowering plants. The planted pots were handed over to the households to make them think of the difference they could make with the things they throw away after use. Plastic bottles are the one's which are consumed in the highest level and which are thrown away at the highest rate and so reusing plastic bottles could be the sign for a new change where wealth could be created out of waste.

CULTURAL NIGHT:

The volunteers were divided into groups and the cultural night was filled with different activities which exhibited their talents and skills. The report and camp paper were prepared and the day came to and with the prayer.

Day 4 ----- 9th September 2019

The day embarked with the morning assembly followed by the parade training led by Volunteer Secretary Mr.Sabin Mani.

SURVEY:

Volunteers spent their morning session doing rest of the survey among the residents of Ward 15 in Arpookara village which was initiated on 7th September, literally the 2nd day of the camp.

ASHAYAKOOTTAM-AN IDEA HUNT INITIATIVE

Prof. Jithin John of English Department, Baselius College led an interactive skill development session together mixed with the fresh brimming ideas of the volunteers for the betterment of our society. It was indeed a time for volunteers to boost their energy level and was under the vision that "Only a clear understanding about ourselves will help us to understand the problems of others".



DRUG FREE VILLAGE INITIATIVE

During the second half of the day, volunteers took part in the friendly football match based on the theme "DRUG FREE VILLAGE". Understanding the influence of drugs among the youth of our adopted village Arpookara, a football match was organized between the NSS Volunteers and children of Arpookara in association with Excise Department. It was actually an antidrug campaign where the spirit of sports was blended against the spirit towards drugs. Villagers, volunteers and others actively participated in this anti drug drive with ear popping slogans and sayings. It's not a fight between two teams but against the dreadful drugs.

SELF EXPLORATION

The volunteers were divided into groups and the cultural night was filled with different activities which exhibited their talents and skills. It was the time to get into roots of themselves and conquer stages when opportunities are open.

The report and camp paper were prepared so as to analyse the day as a whole and to enhance the writing skills of the volunteers. The day came to an end with prayer thanking God Almighty for all his blessings showered upon us.

Day 5 -----10th September 2019

The 5th day of the camp began with the morning assembly where volunteers rose up with their minds and hearts to explore the best in themselves.

It was followed by a Yoga session led by Sri. Shajideen K.H. which unites individual spirit with the universal spirit and offers peace to mind and body. A relaxed body with a relaxed mind is mightier than a sword as it influences the overall fitness of an individual.

SRAMADHANAM- VALICHERIYAL MUKTHA GRAMAM:

As a part of Valicheriyal Muktha Gramam, the university guided project, a CANA CLEANING was initiated by the volunteers in the adopted village to restore the cana which was in a disgusting state with plastic covers and other wastes. It was a step to make the village litter free and flood free by cleaning the source, which is the source for water to flow freely during heavy rain. Enthusiastic volunteers together with active villagers helped to clean over 300m of the cana, giving it a rebirth.

HERBAL GARDEN: - A herbal garden was created at Govt High School Karipputhattu with the aim of popularising the usefulness and need to conserve the locally available medicinal plants with name tags hung aside of them.

SURAKSHA-LIFE SKILL TRAINING:

A self defence training session was arranged during the 7 Day Special Camp which was led by Volunteer Secretary Anagha Anil and team for the volunteers to ensure their own safety and to protect others in need Basic techniques were taught explaining in detail about the situation to apply the techniques and about the effects it causes on other person when attacked.



KAIYYAKSHARAM- COMPUTERIL NINNU KAIYYAKSHARATHILEKK

A handmade magazine was made by the volunteers named 'Suvanalipi' which was the first step towards the University said programme Kaiyyaksharam. The culture, tradition and heritage of Arpookara were understood in deep and were highlighted for the unknown upcoming generations of the village. The magazine release was done by Prof .M. J. Mathew, M.G. University N.S.S. Programme Coordinator, who added colour to the programme with his sea of knowledge and incomparable mindset, boosted the minds of volunteers making them understand how a volunteer should be.

SPORTS TRAINING:

The session was led by Sri. Githu Giji Thomas of Economics department, who is also a cultural expert. The session was all about improving fitness physically and mentally.

CULTURAL NIGHT:

When the day came to an end it was the time for the volunteers to relax but ignite themselves through various group activities.

The day ended with volunteers preparing reports of the day, describing the details of activities undertaken and the value gained and camp paper enabling them to develop a critic mind.

DAY 06-----

11th SEPTEMBER 2019

The day began with the morning assembly where volunteers gathered together to value the Harvest Festival of Kerala - Onam. The message was given by Prof. Sany Mary Benjamin, N.S.S. Programme officer and a first year representative conveyed his ideology.

ONAM RALLY:

In order to convey the message of a plastic free and drug free Onam, a rally was conducted where volunteers raised ear popping slogans and lines to reach a mass crowd. When the spirit of Green Protocol was mixed with the spirit of Onam, volunteers emerged with mind-blowing catch lines to create an Onam, different from others.



DAY 7----- 12th SEPTEMBER 2019

The last day of the camp started with morning assembly. Volunteers initiated a SRAMADAN, where they were divided into groups and cleaned the courtyard and the school surroundings. "Cleanliness is not a matter of instinct it is a matter of education" and as a volunteer they must cultivate a taste for it. The valedictory ceremony was conducted at 10am on behalf of Programme Officers. Later camp evaluation was conducted where the volunteers shared their experiences and transformations through the camp. Being a part of such a camp made them realize the real life hardships of people in a village and in common. The meeting and the camp was dispersed with the National Anthem at 11.30am.

14. SURVEYS

a)SOCIO ECONOMIC SURVEY- ARPOOKARA

Household Survey was initiated in Ward No:15 of Arpookara village where volunteers collected data from 217 households .The survey forms were best explained and was also the time to listen to the concerns of the villagers .Apart from the survey, volunteers utilized their time for communicating about the ill effects of littering and making the villagers aware about their part to dispose off the waste in a harmless manner.

b) **VALICHERIYAL MUKTHA NAGARAM** Understanding the increasing consumption and improper disposal of plastics and other wastes, a survey was conducted taking 100 households and firms as samples. The main purpose of the survey was to identify the sources of invasion of things which are thrown out, and to rectify the problem to a reasonable extend by adopting suitable strategies. Accordingly, the volunteers were divided into teams of five and were sent to various parts of Kottayam to collect the data. The problems faced by the city households were understood and the plastic collection initiative was communicated to let them segregate various kinds of plastics.

c)**ATHIRAMPUZHA SOCIO-ECONOMIC SURVEY** A survey was undertaken in Athirampuzha to understand the socio-economic aspects of the villagers. Volunteers were divided into teams and collected data from the households. It was a great time to have an outlook about Athirampuzha.On the basis of the collected data a report was prepared for the good of the villagers to be handed over to the local governingbodies.



15. SHORT FILM - NEGLIGENT: 4th FEBRUARY 2020

On 4th February, a short film titled NEGLIGENT was released in the Instagram and YouTube page of National Service Scheme. As the title indicates, it was about carelessness of people. The aim of the short film was to create a public awareness about increasing road accidents and how carelessness in the fraction of a second affects others. The zero budget film had over 1000 views and was a successful attempt.

16. FIT INDIA CAMPAIGN -24th FEBRUARY 2020 INAUGURAL CEREMONY

Fit India is a nation-wide movement in India to encourage people to remain healthy and fit. The college level inauguration of Fit India Campaign was done by Neena Pinto, the award winning international athlete. Dr. Biju Thomas marked the presidential address and the felicitation was done by Prof. Abu Joseph, Nodal Officer, Fit India. Prof. Sany Mary Benjamin, NSS Programme Officer expressed words of gratitude.

ARJUNA V/S DRONA-JUBILEE CUP-24th FEBRUARY 2020

On 24th February, Arjuna vs Drona, a friendly cricket match between teachers and students was held in the college ground. The inauguration was done by Mrs. Neena Pinto (award winning international athlete). A huge rally was set up in which girls from all departments in traditional dresses, followed by students performing various martial arts and finally the team of arjunas and dronas. The jubilee cup was won by the arjunas, but college principal Dr.Biju Thomas won the gallery's heart by incredible batting performance. Zumba dance was also held in the halftime of the match. The ultimate aim of the match was to uphold the importance of fitness.

CYCLATHON

A cycle rally was organized highlighting the importance of fitness in our lives. The programme was done in association with 'Decathlon' and volunteers participated in the initiative spreading fitness message.

POSTER CAMPAIGN- 10th MARCH 2020

A poster campaign was initiated online to enlighten students about the importance in maintaining self- hygiene. Simple but rather effective posters were released and shared among students and the general public through various social media.



17. OTHER PROGRAMMES

a) SHIP OF GRATITUDE

Ship of Gratitude is a small token of love for the real heroes of Kerala Floods 2018 organised by the unit in association with Friendship Workshop, where boats made by the volunteers with a thanking message is handed over to the fishermen. The boats were made from used papers and reflect the value created from thrown away items.

b) DAAN UTSAV - Joy of Giving Week

It is a GOONJ (NGO) initiative which focuses to collect the city surplus and channelize it to the deficit villages. It was undertaken in our college by the unit and accordingly a collection drive was started where the gently used clothes, newspapers, toys, books and other utensils were collected and handed over.

c) TRIP MOVIE SCREENING

The University made film Trip was released and volunteers watched the movie so as to spread the awareness.

d) INDIAN RAILWAYS SURVEY

Volunteers participated in the programme in association with Indian Railway. It was a measure to understand passenger comfort and volunteers actively marked their service.

e) SAMOOHIKA SANNADHA SENA - ONLINE REGISTRATION

The activity was done in campus to provide students there, free registration in the Samoohika sannadha sena which was formed by Kerala govt. And Disaster management authority. Campaigning was conducted in the college previous day. Accordingly volunteers set up help desks to assist the students to fill their applications in a systematic manner. The desk was maintained from 1:00 P.M to 4:00 P.M.

f) HASHTAG CHALLENGE

As we know, health workers and law enforcement people are risking their lives for the welfare of the victims of the virus and the general populace. We owe them immense gratitude for their sacrifice on our behalf. On 31st March, a Hashtag Challenge, #care4thosewhocare, was initiated to thank them. Students exhibited their love and care through their talents like poems, messages, photography, artwork, pictures etc. under this hashtag and challenged other students to participate in it. People from outside the college actively participated and the challenge went 'viral'.

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