

UNIVERSITY OF KERALA
NATIONAL SERVICE SCHEME

Units 28 a, b



SreeNarayana College, Punalur

Annual Report 2018 – 19

Programme officers

1. Dr. Bijo S Anand
2. Prof. Biji M S

Principal

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National Service Scheme Units 28 a, b

SreeNarayana College, Punalur

University of Kerala

Report on NSS activities from 01-06-2018 to 31-05-2019

Description of activities

World Environment day June 5

NSS had prolific start in the year 2018-19 by conducting world environment day in June 5. Our principal Dr. T Sasidharan inaugurated the programme by planting a sapling. NSS programme officers gave short presentation about conservation of trees and environment. All the NSS volunteers actively participated in the programme.





Clean Campus Programme (16-06-2018)

A one day camp was held in the college auditorium as part of the clean campus programme. It was a morning to evening session. The camp began with the recital of NSS song. Awareness was given to the students regarding the day's schedule. The students were divided into groups and were selected under the guidance of NSS programme officers. The volunteers collected the plastic wastes and handed over to the municipality.





Yoga Day-June 21

The training session started early in the morning. The session was led by Dr. Jasmine Anand, Assistant Professor, Department of Zoology, S.N. College, Punalur. NSS volunteers were very much interested in the session because it contained both the theory and practical parts of Yoga.





Anti-drug day June 26

Anti-drug day was observed on this day. Excise Department and NSS unit jointly organized a quiz competition and essay writing competition to create awareness among students regarding anti-drugs. The programme was conducted on 26-06-2018. The excise officer delivered a speech on Anti-drug campaign which dealt with the ill effects of being addicted to drugs and alcohol. He exhorted that the younger generation should actively campaign against such things in order to completely root out it from our society. After this session, a documentary show that focused on the ill effects of drug addiction was shown to the students.

Clean Campus Programme (07-07-2018)

It was a one day camp conducted by NSS unit by cleaning each and every corner of the campus. The camp was started at 10.00am. After the cleaning session the programme officers and the volunteers made discussions about the upcoming activities of NSS unit.





Seminar on Personality Development (21-07-2018)

A seminar was conducted on July 21 on the topic 'Personality Development through Social Service'. The class was led by Dr. Shyni Mathews, HOD, Department of Hindi. She gave some important tips to the volunteers and it was a thought provoking session to the students. After the seminar session program officers observed the results of the seminar. Some of them noticed the important key points in the session.

Saturday camp(28-07-2018)

It was a one day camp which was conducted with the main aim of cleaning the campus. The volunteers worked hard to clean all bathrooms, toilets, ladies waiting rooms and resting room without any hesitation. They also cleaned the garages around that region.

Independence Day Celebrations-August 15

The celebration began by hosting the national flag by our beloved principal Dr.T Sasidharan. He addressed the volunteers and the audience with a mind blowing speech about nationalism. Volunteers were inspired by his speech that focused on the hardships faced by our national heroes in the process of attaining Independence.

Flood Relief Activities August-2018

The NSS Unit of S.N.College, Punalur did remarkable service during the flood that hit Kerala on August 2018. The volunteers were active participants of the relief operations at some of the worst hit places at Pathanamthitta district and supplied the victims with food, medicines and other necessary items. The volunteers attended the flood relief camp at Mulakkuzha School at Chengannur and rendered their active support and service. The camps at Thenmala and Kulathupuzha areas were also visited and extended their support and help. The students themselves volunteered to collect fund on behalf of flood relief and the amount was sent to Chief Minister's Distress Relief Fund. The Unit also collected food, medicines, sanitary napkins, dresses, bed sheets and other necessary items

needed by the people in the relief camps. These items were sent to the relief camps at Harippad, Pathanamthitta and the collection centre of Kollam District collector.













World Literacy Day (08-09-2018)

The literacy day was observed by conducting a group discussion on the topic 'The role of literacy and the influence of modern educational system'. Almost all volunteers actively participated in the discussion.

Seminar on Health protection in daily life 14-09-2018

NSS units of the college conducted a seminar on the topic 'Health protection in daily life. The class was lead by Bibin Balan, Department of Physical Education. The seminar discussed about the food habits of modern generation and the role of health protection and related matters. It was an interactive session. After the session each participant gave a feedback of the session.

International peace day (15-09-2018)

The International peace day was observed by the NSS unit by conducting a visit to an old age home namely Ashraya, kalayapuram. The volunteers donated clothes and food materials and had spent a day with the members of the old age home.

Cleaning flood hit areas (20-09-2018)

As a part of helping the flood hit areas, NSS, S.N. College Unit, Punalur gathered hands in order to provide sufficient help and support. As part of this campaign selected 50 volunteers stood tall to clean the areas like Chengannur and other flood hit areas. They also provided further assistance and help to the natives who were affected badly by the floods.

NSS day (24-09-2018)

The NSS day was observed by hosting the NSS flag and singing the NSS song. The morning session was inaugurated by a motivational session about NSS. It also comprised of an interactive session and volunteers performed cultural programmes. The noon session was comprised of a cleaning session in the Punalur town and private bus stand. The volunteers actively participated in collecting and disposing all the garbage without any hesitation.

Material collection for the flood hit people (25-09-2018 & 26-09-2018)

The NSS, S.N. College Unit collected lots and lots of items which include food items, clothes, cleaning tools, water, napkins and other basic aids for their livelihood. Each and every volunteer made their valuable contribution and also joined hands to collect items from all areas of the town in those days. As a result all the items collected were distributed to the Kollam Collectorate.

Gandhijayanthi (02-10-2018)

As part of Gandhijayanthi the volunteers along with programme officers conducted an essay writing competition on the topic 'The views of Gandhi and influence in the present scenario'. Also as part of Gandhijayanthi the NSS unit observed 'Sevena Waram' for the upcoming seven days.

Debate competition (20-10-2018)

Our NSS unit conducted a debate competition on October 20. The topic was about the 'Need of campus politics'. This competition created a vital impact on the minds of students.

Visited old age home (26-10-2018)

It was another massive programme conducted by our NSS unit. The volunteers collected clothes and materials to an old age home in Trivandrum district. Two staffs from old age home were visited our college for collecting the materials. The materials we gladly handed over to them.

Cleaning the departments (03-11-2018)

It was another saturday camp in which the volunteers made concious effort to clean all the departments in the campus. The volunteers didn't show any tiredness and successfully cleaned all the departments including labs. Proper assistance was given by the programme officers to them.



Training on Nadiyodoppam (05-11-2018)

It was a training session based on the grand program of NSS Nadiyodoppam conducted in the college auditorium. Our program officers Dr.Bijo S Anand and Biji M S gave an outline of the programme. NSS volunteer Abhinand who got special training on the programme gave a detailed plan of the program. After that the volunteers had a discussion on the programme.

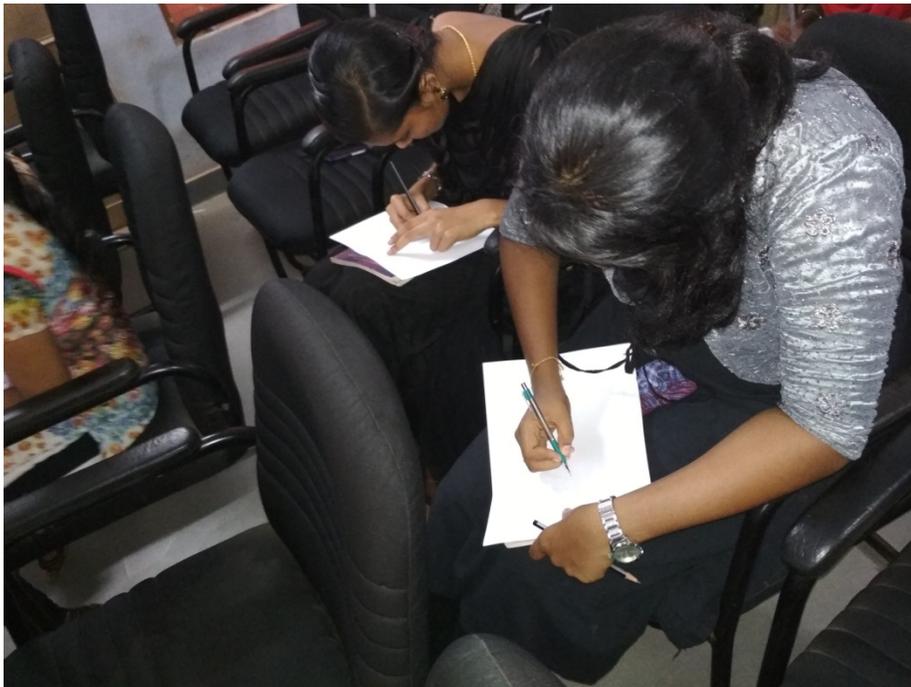


Children's day (14-11-2018)

As a tribute to Pandit Javaharlal Nehru the NSS unit celebrated children's day by memorising the quotes of Nehru. Special discussions were conducted among the volunteers and spent their time in a playschool after distributing sweets and study materials.

Essay Writing Competition (15-11-2018)

Conducted an an essay writing competition in connection with the Children's day celebrations.





Blood Donation Camp (03-12-2018)

It was an another successful program conducted by our NSS unit. Blood donation is always a life giving process. As a volunteer it is important to ensure the value of life. The medical team of Punalur Taluk hospital led the camp and hundreds of students actively participated in blood donation.





Youth day (02-01-2019)

As part of national youth day NSS team of our college conducted an anti drug addiction awareness class among students. The interactive session was absolutely fabulous. Students gained lots of information on the harmful usage of drugs.

Saturday camp (19-01-2019)

It was a one day camp which was divided into two sessions in which the first session deals completely with the cleaning process. The volunteers made a conscious effort to clean the campus wastes. The second session included a small awareness class the harmful effects of plastic wastes and ways to avoid it.

Republic Day (26-01-2019)

The program started by hosting the national flag by the principal Dr T Sasidharan. After the session all the volunteers along with the programme officers marched towards the town region by same a pretty amount of nationalist slogans and marched back to the college.

Garden making (16-02-2019)

It was a one day session and the volunteers actively participated in creating a garden in the campus. First of all the volunteers cleaned the area and planted saplings which included medicinal plants.

Debate Competition (25-02-2019)

It was a half day camp in which the volunteers organized a debate competition in order to build and widen their skills and knowledge in socially relevant matters. The topic selected was 'Is the use of private vehicles more beneficiary than public transport system'.

Women's day (08-03-2019)

As a respect towards women the NSS volunteers celebrated women's day in Punalur Municipal auditorium where the awareness class was conducted by Janamaithri Police about the role of women in the society. The session dealt with some of the prominent women who have won accolades in various fields.

One Day Camp (17-03-2019)

It was another cleaning programme of the NSS unit. In this program volunteers cleaned the wastes of college junction and nearby streets. Volunteers actively participated in the program.

