

NSS Annual Report 2018-19

Anti-Drug Campaign

On behalf of the Anti-Drug campaign, the NSS volunteers of Holy Cross College conducted a programme in the campus on 26th of June 2018. The volunteers made various posters on the Anti-Drug campaign and displayed it all over the campus. Along with the poster making, an Anti-Drug awareness class was provided to all students of the Holy Cross College.



Anti-Ragging Campaign

Prior to the commencement of fresher's classes, the NSS volunteers of Holy Cross College displayed posters on Anti-Ragging Campaign. On behalf of the Anti-Ragging Campaign, an awareness class was provided to all students in the college on July 3rd 2018. The programme was inaugurated by Aloysius Alaxander, the then sub inspector of police, Nadakkav Police Station. The welcome speech was given away by Arjun Gopal, NSS Secretary, followed by the presidential address by Dr. Sr. Shiny George, the Principal of Holy Cross College. Mr. Aloysius Alaxander gave the awareness class regarding ragging and the negative impact of it. The vote of thanks was given by Visna Nair, Former NSS Secretary. The two hour session began on 1.30 P.M in the afternoon and was winded up by 3.30 P.M in the evening.



NSS Help Desk for Fresher's

A help desk for the fresher batch was set up by the NSS volunteers on July 5th. Two volunteers were seated at the entrance and other volunteers were assigned to guide the new comers to their respective classes and to provide an atmosphere of friendliness. The volunteers also had a conversation with the new comers about the college and also about the National Service Scheme programs being conducted in the past few years. More than 200 students were admitted into the first year batch. They were offered complete guidance by the senior volunteers of NSS and also promised to provide help against all activities of ragging and other misbehaviors by other senior students.

NSS Welcome Gate

A welcome gate was set up by the NSS volunteers to welcome all the fresher's to Holy Cross Campus. The welcome hoardings were set up as a mini gate to welcome the fresher batch. The Gate was made completely of cloth material as a message against the use of plastics. The hoarding contained quotes on life and academics. It also contained messages on importance of community service and its importance in the academic curriculum. It also included messages against ragging and how campus life should play an important role in upbringing the moral and social character of student. The gate was not only a sign of welcome to the campus, but also an informal invitation to the new comers to understand the values and ideals of the National Service Scheme functioning in the campus.



Blood Donation Camp

A blood donation camp was organized by the volunteers of Holy Cross College on 19th July 2018. The programme was conducted in coordination with the Govt. Beach Hospital, Kozhikode. A total of 57 units of blood were collected from the camp. The donors included volunteers, other students, teachers and staffs of Holy Cross college. Blood donors were provided with energy drinks and light food before and after the donation of blood. The programme was inaugurated by college principal Dr. Sr. Shiny George by 9.00 A.M and felicitated by College Manager Sr. Lincy Cherian. The camp was concluded by 12.30 in the afternoon.



Jackfruit Saplings Plantation and Distribution

A Jackfruit Sapling Planting Campaign was conducted in the premises of Holy Cross Institute of Management and Technology as directed by the NSS State Cell which is related to the

promotion of Jackfruit as the official fruit of Kerala. Around 55 saplings have been planted and another 150 saplings has been distributed among volunteers and other students. The saplings were brought by an NSS Volunteer Nevil Philip who is actively involved in the field of agriculture. The programme was inaugurated by college manger Sr. Lincy Cherian by handing over the jack fruit tree sapling to the volunteers of NSS. The volunteers spend around two hours planting the saplings in the assigned premises of the campus. Later on, the remaining saplings were distributed among students after a short awareness class about the importance and medicinal values of jackfruit tree and it's products.



‘Karkkidakakolu’ – Food Fest and Medicinal Herbs Exhibition

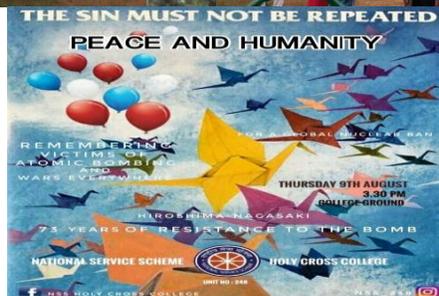
A *Karkkidakam* food fest and medicinal herb exhibition was conducted by the volunteers of Holy Cross College 8th August 2018. The programme was conducted in order to celebrate the Malayalam month Karkkidakam. A variety of food items which are prepared during the month of Karkkidakam were exhibited in the function. The prime motive of the programme was to re-introduce the traditional food habits and cultural varieties of our tradition to the students & staffs in the college. The exhibition was visited by every students, teachers and staff in the college. The items which were exhibited included varieties of payasam, chutneys, medicinal drinks, eatables and also many more herbs and plants of cultural and medicinal importance. This programme was the brain child of the NSS volunteer Selsha Premnath. The programme was a huge success, inviting accolades from various corners of the college including Principle, Manager and teachers. The mini-auditorium of the college was decorated in a traditional way

in order to spread the message of traditional food habits and by providing an ample ambience for the function. Fest commenced on 11.00 A.M in the morning and completed by 3.30 in the evening.



Hiroshima - Nagasaki Day Observation

Hiroshima Day and Nagasaki Day were commemorated with variety of programmes spanning a week. Poster exhibitions, class room campaigns, signature campaigns were conducted in order to raise awareness among the youth about the disastrous aspects of war and the need to curtail the use of nuclear weapons. It is said that reducing the risk of nuclear war begins in the classroom. When it comes to nuclear weapons, the students of today have less lived experience to draw on than older generations. Today’s typical college student was born after the end of the Cold War and has no memory of a time when most Americans were deeply afraid of nuclear war .Perhaps as a result, these students also have very limited knowledge about nuclear weapons. The majority do not have a strong understanding of what nuclear weapons are, their destructive powers, or their role in the international order, and even fewer have a sense of how many nuclear weapons exist. So the classes and programs were planned accordingly to create a sense and knowledge among the students about the disastrous aspects of nuclear war. The programmes were conducted throughout the week and concluded on 10th August with raising balloons to the sky as part of a peace preaching signature.



Kerala Floods

In the month of August 2018, the Kerala state received a very heavy rainfall, which led to an unequalled flooding throughout the state. The unprecedented rainfall, along with resulting floods and landslides, brought Kerala to its knees during most of the month of August. All 80 dams across Kerala were forced to release excess flood waters in order to avert the damage. A 13 out of the total 14 districts of the state was affected by serious floods. Various state machineries and other organizations sprang into action in order to aid and rescue the affected fellow beings. We, National Service Scheme unit of Holy Cross college too launched a relief project named “**Koode**” to help the seriously affected and also became part of several other programs led by district administration of Calicut.

Flood Relief Initiatives

Various flood relief initiatives were undertaken by the volunteers of NSS of Holy Cross College from the first day of the disaster management. All the students from the college led by NSS volunteers aided in providing the relief for the flood-hit victims.

Help Desk at Kozhikode KSRTC Bus Stand

A help desk was set up at the Kozhikode KSRTC Bus Terminal in order to provide help and support for those who were stuck in the bus terminal. People from various parts of the city and state were stuck within the bus terminal as most of the buses were cancelled. The help desk was set up in co-ordination with the Kozhikode District Administration under the district collector. The volunteers were at the help desk from 17th August to 19th August. The volunteers were engaged in helping the people in the bus station in letting them know the available bus timings, train timings and arranging alternative routes to their destination. The volunteers also helped in arranging and distributing food packets to the people in the bus terminal. The 24/7 help desk was supplied with enough snacks and beverages for the needy.



Help Desk at Kozhikode Railway Station

A help desk was set up at the Kozhikode Railway Station in co-ordination with the Kozhikode District Administration under the district collector to provide help and assistance for those who were stuck in the railway station. People from various parts of the state and those from outside the state were also there within the railway station as most of the trains were cancelled or restricted partially. The volunteers were at the help desk from 17th August to 19th August. The volunteers were entrusted with providing help for the people in the railway station in letting them know the available train routes, train timings and also arranging alternative bus routes, if

available to their destination. The volunteers also helped in arranging, organizing and distributing food to the people who were stuck in the railway station. Food to more than 200 people was provided by the volunteers of NSS of Holy Cross College. Prior to the establishment of the help desk an emergency fund was collected by the volunteers for college and other parts. The fund thus collected was distributed to the people in need for various purposes. Women volunteers were entrusted with the duty of assisting stranded women and children. Holy Cross women's hostel was revamped in such a way to accommodate the women and children who were lost.



Arranging transport facility

Volunteers of NSS coordinating with the Kerala State Road Transport Cooperation organized several buses for those who were stuck in the Kozhikode Railway Station due to the flood disaster. There were more many people who wanted to reach various corners of the state and even outside the state, but were stuck in Kozhikode Railway Station as all the trains and buses were cancelled due to the unavailability of safe roads. The volunteers arranged several buses by collecting the report on feasibility of the routes and safely transported many people to their destination.

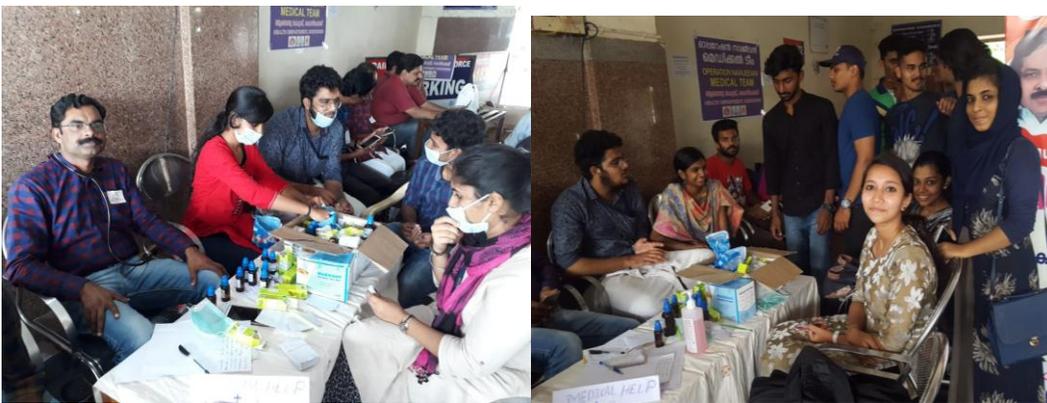


Accommodation at Holy Cross Hostel

More than 50 female persons were accommodated at Holy Cross College Hostel from 17th to 20th of August. They were contacted from the Kozhikode Railway Station as well as bus terminal and were provided help by the NSS Volunteers of Holy Cross College. There were people from various parts of the State and also from outside the state. The food for those accommodated in the college hostel was provided by the College Hostel authorities. The NSS volunteers who are staying the hostel were in the forefront to help those and guide them for their needs. They were also provided cloth materials and other necessary items which were collected from the nearby houses.

Medical Camp at Kozhikode Railway Station

NSS Volunteers of Holy Cross College played a pivotal role in organizing a medical camp at Kozhikode Railway Station, which was led by the Kozhikode District Administration. All the people were consulted for free by the doctors. Many people who were affected with fever, headache, migraine and other such physical problems was diagnosed and provided with necessary medical facilities. The volunteers of NSS of Holy Cross College were in the fore front to relocate the patients to other safe locations. Volunteers provided tickets to those who had no money to buy tickets and also helped in transporting them to various centers around Kozhikode City. The fund for various purposes was released from the emergency fund collected by volunteers for the same purpose.



Distribution of Emergency Kits

Volunteers of NSS of Holy Cross College provided emergency kits to those affected in the flood. The kits were distributed to various places within Kozhikode City including Malikkadavu, Poolakkadavu etc. The emergency kit contained toothpastes, toothbrushes, soaps, towels, sanitary napkins etc. The kits were distributed to compensate for the loss of those in that area who could have access to the essential materials. More than 500 kits were provided to various homes. The use of plastic materials to wrap the kit was avoided by packing it with cloth materials. The materials provided were collected by the students of Holy Cross College from various places.



Help Desk at Tagore Hall

A help desk was set up at Kozhikode Tagore Hall in order to coordinate the flood relief programmes in association with the district administration committee. More than 15 volunteers were aiding with the help desk related activities. Materials from different areas of the city are collectively stored and distributed from the Tagore Hall. Also, kits which are to be distributed are also being packed by the volunteers.



Fund Raising Campaign

Holy Cross NSS volunteers actively took part in finding the sponsors who can donate money or who is willing to help the disaster management team. The team worked under the Kozhikode District Administration under the District Collector. The volunteers covered different parts of the districts asking for the contributions and other aids for boosting the relief project.

LIC-NSS 248 Relief Project

NSS Volunteers of Holy Cross College in association with LIC Mananchira branch together brought up a project to distribute relief kits to disaster hit areas.. The volunteers are engaged in various activities such as packing, organizing and distribution of materials collected by the LIC team. Activities such as from packing to distribution consisted of around four days. Various parts in the Calicut town and many rural villages were provided with the necessary relief kit by the five teams of volunteers, where a team consisted of four volunteers each. The relief kit contained several items consisting of towels, three kilos of rice, various pulses, tea powder, mosquito repellent, clothing materials, biscuits packets etc.



Gathering of Flood Relief Materials

Flood relief materials from across the city were gathered at Holy Cross College to be distributed to the victims. A container lorry full of rice sacks were gathered at the college campus. The truck had more 700 sacks of rice with 50 kilo each. The load was unloaded from the truck by the NSS volunteers. The load was stored in the college auditorium.



Panniyankara Cleaning Programme

A mass cleaning programme was organized at Panniyankara, Calicut. More than 25 volunteers from Holy Cross College participated in the programme. The cleaning programme started at 8 am in the morning and continued till 4 pm in the evening. The volunteers were organized in

rebuilding the areas affected by the flood. Plastic wastes cleansing were the most challenging work. The area was completely covered with plastic and other such materials. The volunteers were provided with all the masks, gloves and other equipments required for the cleaning programme by the Kozhikode District Administration.



“Wayanadinu Oru Kaithangu”

One of the prestigious initiatives undertaken by the volunteers of NSS unit of Holy Cross College as part of *'Koodu'* was the “Wayanadinu Oru Kaithangu” project (Helping Hand to Wayanad). The project was to uplift the Wayanad district especially the adivasi colonies which were isolated deep inside the district. A team consisting of Holy Cross College principal Dr. Sr. Shiny George, Manager Sister Lincy Cherian, NSS PO, Volunteers visited wayanad during the floods and assessed the situation initially. Several zones of disastrous hit areas were recognized and it was classified according to the severity of the crisis stricken. Various suggestions, requests and feedbacks from the people of the locality were carefully taken while assessing the damage. Our plan of action was that after assessing the initial damage and reviewing the feedbacks from the local people the required amount of relief materials should be packed accordingly from the college and supplies those as soon as possible. After the visit and assessment the facilities were made on war footing for packing and further supply of the relief kits. Volunteers, students and staffs prepared the kits tirelessly in the following days.

Need of basic food, drinking water, sanitary pads, clothing etc was some of the main requirements in the relief camps and houses. Volunteers were tasked with collecting materials which was not enough. More than 100 cases drinking water bottles were collected eventually distributed to Wayanad as well as Mala, Trissur where the need of drinking water was absolute necessary. The bottle cases were collected from various sources by the NSS volunteers. Also, Volunteers of NSS along with students from various departments of the college campaigned in the areas near by the Kozhikode City to raise this amount of drinking water. The areas affected by flood were lacking with clean drinking water. The demand was high from areas of Trissur and hence the water packets were distributed to such areas. 25 sacks of rice, 50 Kilos of Atta, candles, matchboxes, phenol, soaps and cleaning items were distributed to the camps in Wayanad. Toothpastes, toothbrushes, sanitary napkins also were provided. 3 sacks of flattened

rice (avil) were also distributed. 10 kilos of Rava was also distributed. Dress items such as lungi, sarees, nighties, towels, undergarments, bed sheets, blankets, trousers etc were distributed. Also medicines which were collected from medical shops across the city were also distributed. Some of the main regions in Wayanad which the relief kits and other aids was provided with were Kuppadithara, Valad, Pilakkavu and Mananthavadi.



Handing Over the Essentials--Sanitary Pad Distribution

A massive sanitary pad collection was invoked by the women volunteers of our unit as the reports were poured in that several relief camps around the city was facing severe deficiency of sanitary pads. Within two days after the collection was began the volunteers were able to collect over 1500 pads. It was distributed among the neediest.



Phenol Distribution

15 cases of Phenol were distributed by the volunteers of NSS of Holy Cross College. NSS volunteers in association with a self-help group collected the phenol and were then distributed to the houses which have been badly affected by the flood disaster. The volunteers also engaged themselves in cleaning and other such activities in houses near Paropady, Kannadikkal and Malikkadavu.



Help Desk at Kozhikode Collectorate

A help desk was set up at Kozhikode Collectorate in order to guide those who have returned to their homes after the flood disaster. The help desk was set up by the Kozhikode District Administration. 20 Volunteers from Holy Cross College was involved in managing the phone calls and assisting the customer. The calls were regarding issues related to electricity connections, water problem, asking volunteers for cleaning and also informing their volunteership for any help required.



Disaster Management Survey

A survey was conducted by the volunteers of NSS Unit of Holy Cross College at Kannadikkal, Kozhikode. The survey aimed to look into the ground situation at the place which was completely drowned in the floods from 15th of August onwards. 20 volunteers from NSS participated in the survey. The questions asked included all the basic information about the families, members in the families, their occupation, economic status and the reasons for the water level rising in that particular area was discussed with more than 30 households. Water level in almost all houses was above their head level. Most of the wells in the area are useless. The people living in those houses have to cross this water with their feet to enter or exit their homes.



Drinking Water to Camps

Volunteers of NSS of Holy Cross College provided 10 packs of Drinking Water to camps in Kunduparambu, Puthiyangadi, Kannadikkal and Parambil Kadavu. The pack was handed over to the coordinators of Kozhikode District Administration.



Cleaning Programme at Paroppady

A cleaning programme was conducted at Proppady, Kozhikode. 10 volunteers from NSS of Holy Cross College participated in the programme. Almost all the houses in the low lying area of Paroppady were affected.

The volunteers were engaged in cleaning more than 10 houses in the locality. The volunteers were provided with all the equipments needed for the cleaning programmes.



Cleaning the College

The volunteers of NSS of Holy cross College were engaged in cleaning the campus after the heavy floods. The college campus was covered with dirt and mud from the floods. More than 15 volunteers of NSS collectively participated in the cleaning programme.



Cleaning a Friend's House

NSS Volunteers were engaged in the cleaning programme at a student's house. The student was from the BBA Department of Holy Cross College. More than 10 volunteers from NSS participated in the programme. Teachers and staffs from the college also participated in the cleaning programme.



Relief Kit Packing at DTPC

A relief kit packing programme was organized by the Kozhikode DTPC to provide kits to all those who have returned to their homes from the camps after the flood disaster. More than 20 volunteers from Holy Cross College participated in the packing programme.



Site Visit – Paroppady, Kannadikal

Kannadikkal and Paroppady were among the most affected areas of the flood disaster. Almost all the houses were affected by the flood. The principal, manager, Programme officer and volunteers of NSS visited the area in order to understand the ground reality. The places were then visited by the other volunteers to provide them relief materials and other helps that may be needed. The volunteers also cleaned many houses and places nearby.



Canoly Canal Cleaning Programme

- **Daily Cleaning Work**

Daily cleaning work of the Canoly Canal is conducted by the Niravu organization based in Vengeri. The volunteers of NSS of Holy Cross College were actively involved in the cleaning campaign to make the Canoly Canal clean. More than 20 volunteers from the college took part

in the cleaning programme daily. The volunteers are involved in the task of maintaining cleanliness around the areas of the Chaliyar River and the Sarovaram Bio Park. Cleaning the river from plastic wastes is the main task of the volunteers. Also, cleaning the wastes in and around the area was also undertaken by the volunteers.



- **Seminar at Tagore Hall**

A seminar was conducted at Tagore Hall, Kozhikode in order to give a briefing about the Canoly Canal Cleaning programme. The meeting was attended by the Kozhikode District Collector and many representatives of the Kozhikode Corporation and the Kozhikode District Administration. More than 50 volunteers of the NSS Unit of Holy Cross College participated in the seminar.



Best NSS Unit Award – Holy Cross College

NSS Unit of Holy Cross College was awarded the Best Unit award under the University of Calicut for the outstanding achievements in the past three years. The NSS Unit of Holy Cross College has undertaken several programmes of excellence and have accomplished those tasks with full dedication and commitment. The programmes included Vigil Helpdesk, Operation Sulaimani, Aaravam Season – 3 etc. 4 awards were bagged by the volunteers of Holy Cross College including Best NSS Unit, Best Programme Officer and 2 Best Volunteer Awards.

Best Programme Officer Award

Programme Officer of NSS Unit of Holy Cross College was awarded the Best Programme Award under the University of Calicut for the outstanding achievements in the past three years. The NSS Unit of Holy Cross College, under the leadership of the Programme Officer has undertaken several programmes of excellence and have accomplished those tasks with full dedication and commitment. The programmes included Vigil Helpdesk, Operation Sulaimani, Aaravam Season – 3 etc.

Best NSS Volunteer – Visna Rajan

Visna Rajan, the Secretary of NSS Unit of Holy Cross College was awarded the Best Volunteer Award for the year 2016-18 owing to the works undertaken during their volunteership. The programmes undertaken by Secretary included Vigil Helpdesk, Operation Sulaimani, Aaravam Season – 3 etc. Vigil Help Desk was the brain child of Visna Rajan. This project was later implemented in colleges across district.

Best NSS Volunteer – Sachin Rosh

Sachin Rosh, the Secretary of NSS Unit of Holy Cross College was also awarded the Best Volunteer Award for the year 2016-18 considering the programmes undertaken during their volunteership. The programmes undertaken by Secretary included Vigil Helpdesk, Operation Sulaimani, Aaravam Season – 3etc etc.



Blood Donation Camp

A blood donation camp was organized by the volunteers of Holy Cross College on the 14th of September. The blood donation was conducted with the assistance of Beach Hospital Kozhikode and with the support of HDFC bank. Volunteers, students and staffs participated in the programme and donated blood. In total 54 units of blood were collected. The blood donors were provided with energy drinks and snacks before and after the donation of the blood.



Koode- Theatre Workshop

A theatre workshop was conducted for the first year volunteers of the Holy Cross College on 24th September 2018. The workshop was conducted by Vipin Das, Dramatist. The orientation class was conducted in order to identify the leadership quality within the first year volunteers. The programme commenced at 9am in the morning to 4pm in the evening at college auditorium. The programme was inaugurated by the college Principal, Dr. Sr. Shiny George. All sorts of activities like singing, dancing, acting etc were conducted.



Organic Garden Making on NSS Day

On September 24th 2018 as part of celebrating the NSS Day, the NSS Volunteers of Holy Cross College, Kozhikode organized an farming programme where the volunteers were directly involved in farming. A suitable area of land was selected last year by the NSS Volunteers within the campus premises for the organic farming and various types of seeds and sapling of various varieties of organic crops like spinach, ladies' finger, tomato, bitter gourd etc were planted and will be maintained throughout the year. The farmed land was well maintained by the volunteers from the last year onwards and will continue the work in the coming year too.



Railway Station Cleaning

A cleaning programme was conducted by the volunteers of NSS of Holy Cross College as part of the Swachh Bharat Abhiyan. More than 15 volunteers from the college participated in the cleaning programme. The programme was conducted by the Indian Railway as part of Swachh Bharat Week. The volunteers were entrusted with cleaning of platforms, cleaning of the entrance and such.



Quiz Competition – Swachh Bharat Abhiyan

A quiz competition was conducted by the Indian Railway as part of the Swachh Bharat Abhiyan. More than 15 volunteers participated in the competition and won the first prize. The quiz competition was on the theme cleanliness awareness, Swachh Bharat Mission etc.



World Heart Day – Marathon

World Heart Day was observed by the volunteers of Holy Cross College on 29th September 2018 by taking part in a marathon conducted by the Indian Express. The marathon was conducted to raise awareness among the public about the rising issues of Heart diseases and such problems. More than 15 volunteers from Holy Cross participated in the marathon. The World Heart Foundation organizes World Heart Day, an international campaign held on September 29 to inform people about cardiovascular diseases, which are the biggest cause of death. The day promotes preventative measures to reduce the risk of cardiovascular diseases.



Flash Mob- Swachh Bharat

A flash mob was conducted by the NSS volunteers of Holy Cross College on 2nd October 2018 at the Railway station, Kozhikode. The flash mob was conducted in order to create awareness about the importance of cleanliness and the Swachh Bharat Mission. More than 10 volunteers had taken part in the flash mob.



Canal Cleaning at Mavoor

A mass canal cleaning project was undertaken led by the volunteers of NSS of Holy Cross College on 2nd Oct 2018. The mission was to rejuvenate a canal at Kannippambu, Mavoor, Kozhikode which has stopped functioning since the Kerala Floods. More than 200 students including all the Volunteers from Holy Cross College participated in the programme. The canal was used for the agricultural purposes in the village. The canal was a total length of 2.5 kilometers. The work was from 6 am in the morning to 12 in the afternoon. The volunteers were entrusted to clean the mud from the canal, clean the weeds and wastes from both the sides of the canal. The volunteers were divided into 20 groups of 10 volunteers each. The work continued in many stages. One was to clean up the plastic wastes, the other was to clean the mud wastes and at last the restoration of the canal as it was before the flood was completed. The volunteers were provided with food and energy drinks by the College. The programme was inaugurated by Mavoor Panchayath President Muneerath. College Manager Lincy Cherian was also present at the event.



Tobacco Control Mission – Signature Campaign

A signature campaign was organized by the volunteers of Holy Cross College on 24th October 2018 at the Holy Cross campus. A signature tree was set up in the campus and signatures of all the students in the campus campaigning against the hazards of tobacco usage. The official programme was inaugurated by Mr. Sachin, Head of Economic Department. The college principal Dr. Sr. Shiny George felicitated the programme. The volunteers also took an oath not to use tobacco products.



NATURE CAMP

Day 1

A nature study camp was conducted for the NSS Volunteers of Holy Cross IMT, Nadakkavu to Idukki Wildlife Sanctuary. The camp was conducted on 1st November, Thursday from 9am. The camp was commenced with the NSS Geetham .A seminar on 'Environmental Conservation and Awareness' was organized for the volunteers by Mr. Tijo K Jose, Wildlife Photographer in the evening followed by a demonstration class about wildlife and their characteristics.



Day 2

The volunteers were first taken to Idukki Wildlife Sanctuary for bird watching by the forest officials. Breakfast and tea was provided in the morning and then the whole camp was taken for trekking to the nearby forest area. The camp travelled almost 10 kilometers within the forest enjoying the natural beauty and the gaining knowledge about the attitude of natural evergreen forests. Lunch was provided by the officials after the brief visit. In the evening the volunteers visited the Hill View Park. A documentary was shown to the volunteers about Wildlife and its Conservation.



Day 3

On the last day of the camp, the volunteers visited Cheruthoni Dam and Idukki Dam. They also visited the Vaishali Cave. The camp was concluded with the national anthem by 1pm.



Personality Development Programme

A personal development programme was conducted at Holy Cross College by Club FM on Nov 14th 2018. It was a programme to bring out active personality and good speaking skills among students. Almost 25 NSS volunteers took part in the programme. Minhaj M secured the 3rd prize in the competition and also got the opportunity to go the Club FM's live station.



Pre- R D Camp

An NSS volunteer of Holy Cross College, Rameez Salim was selected for the Pre-RD camp conducted at Bengaluru VIT University, Mundahalli, Chikballapur, Bengaluru. It was a 10days camp commenced from 26th October 2018 – 4th November 2018.



Children's Day Celebration

Children's day was celebrated by our NSS volunteers by organizing a group discussion and open forum with subjects that concern the child population of our country. Various issues and problems faced by the children were discussed and debated in the programme.

Community Living Camp

A three day community living camp was organized for the NSS volunteers of the batch 2018-2020 from Nov 10-12. The volunteers were taken to Mylambadi, Wayanad. The volunteers were entrusted with various works such as gardening, canal cleaning, group discussions, self introduction sessions, awareness classes, seminars, cultural events etc. The orientation class for the volunteers was taken by Mr. Shafi Pulpara, the NSS District coordinator.



AIDS Day Observation

AIDS day was observed on December 1st with a poster making competition. The competition was conducted by NSS unit inside the campus which saw more than 50 students participating in the program. This was done to create awareness among the students and volunteers to end the discrimination against the AIDS victims.



Also, an awareness class was organized by the volunteers of NSS unit. The class was intended to bring awareness on AIDS prevention and control and to bring a courteous attitude towards the HIV victims.



Blood Donation Camp

A blood donation camp was organized by the NSS unit of Holy Cross College on 9th of December 2018. The event was inaugurated by the then Asst. Collector of Kozhikode Ms. Anju IAS. A total of 50 units of blood were collected from the camp. The camp was organized in association with HDFC bank Nadakkavu branch and Beach hospital Kozhikode. Students, volunteers and teachers participated in the camp making it yet another successful blood donation camp. Snacks and beverages were provided for the donors before and after the donation of blood.



Human Rights Day Observation-- Poster Making Competition

International Human Rights Day was celebrated by the volunteers of NSS Unit of Holy Cross College on 10th December 2018. The volunteers organized a poster making competition in the college campus on the theme 'Freedom + Liberty = Human Rights'. More than 50 students and volunteers from the college participated in the programme in groups of three members each. The objective of the programme was to inculcate the feeling of need for a better society with dignity for human life and individual freedom. Human Rights Day is observed by the international community every year on 10 December. It commemorates the day in 1948 the United Nations General Assembly adopted the Universal Declaration of Human Rights.



National Integration Camp—Thiruvananthapuram

Our Volunteer Niranjana Sathyan was selected for the national Integration camp conducted at Thiruvananthapuram which was organized by Kerala University under the Ministry of Youth and Sports affairs. The camp was held at Sri Sathya Sai Arts and Science College Sai Gramam from 10th December to 16th December 2018. The camp witnessed an overall participation of 250 volunteers representing 15 states across India. Camp was aimed at the integration various cultures and unity among the volunteers.



Seven Day Special Camp: 26th December- 1st January

The special seven day camp '**Nattakam 2K18**' of the second year NSS volunteers of Holy Cross College was held at Vettilappara, Areekode of Malappuram District. Volunteers were camped at the Holy Cross Convent School, Vettilappara. All the seven day, volunteers were engaged in various physical labour and rural reconstruction activities. They were also given academic sessions each day and they also organized cultural programmes each day.

Day 1: 26th December 2018

The volunteers left the Kozhikode Palayam Bus Stand at 10 am in the morning. 50 volunteers from the second year batch of NSS Unit of Holy Cross College boarded the bus together and they started their journey to the camp worksite. The volunteers reached Vettilappara at 12 pm in the noon. They had their lunch and immediately gathered for their first assembly. The volunteers were divided into five groups and each group were assigned with various committees that would rotate on a daily basis. The committees were Programme Committee, Food Committee, Cleaning Committee, Cultural Committee and Newspaper and Reporting Committee. These committees will be solely responsible for the smooth handling of the seven days to come. All were assigned with their respective duties and the volunteers were given time to settle down with their luggage and interact with each other and also to plan their upcoming programmes. The Programme Committee went on to invite the nearby houses to the cultural programmes in the camp and food and cleaning committee also went on to do their respective duties.

Inaugural Rally

An inaugural rally was organized at 4 pm in the evening from the Vettilappara junction to the Holy Cross Convent School to announce our arrival at the Village and our stay in the place for the next seven days. All the volunteers rallied from the junction to the school with a drumbeat and sloganeering for the NSS. The volunteers also invited all the nearby households for their support in the coming days of the camp.



Formal Inauguration

The official inauguration of the seven day special camp was held at 5 pm in the evening. This programme was inaugurated by the Ward Member of the camping place Sri. Benny. The Mother Superior of Holy Cross Convent Sr. Prameela was preceding the function. Former Karshakasree Award winner Mr Thomas was the guest of honour. The Principal of Holy Cross Convent Sr. Valsala also felicitated the event, also wished the volunteers a good camping experience in the village. The programme was followed by cultural events by the volunteers in the presence of the invited guests and neighbourhood people.



Self-Introduction

A self introduction session was organized as the first in house programme of the volunteers. Even though the volunteers know each other for the past two years by their NSS activities, the volunteers were instructed to carry out this introduction session so as to inculcate the spirit of NSS Camp and to consider this camp as a separate entity out of their college life. The volunteers introduced themselves, shared their reason for being in NSS and also how they have been benefitted by the activities of this organization. The volunteers were given many tasks and instructed to do so in front of the camp participants. This session helped the volunteers to develop a spirit of leadership and friendship within themselves.



Cultural Programmes

The cultural committee of the day was in charge of conducting the cultural programmes and they organized a variety of programmes which were not only entertaining but also helping the volunteers to express their true selves in terms of artistic talents and individual performance. The volunteers organized a skit performance with a topic given to each group. All the five

groups presented their skit performance with respect to the subject given to them. By 11 pm, volunteers assembled in the Holy Cross Assembly Ground and were divided into five groups including Food Committee, Cultural Committee, Programme Committee, Cleaning Committee and Reporting and Paper Presentation Committee. Instructions for the works to be done the next day were explained by programme officer. Volunteers dispersed after National Anthem and left to bed by 11 pm.



Day 2: 27th December 2018

Volunteers woke up at 5 am, freshened up and had ginger tea prepared by the food committee of the day. Volunteers were then engaged in warm up exercise lead by a volunteer Ramees Saleem. First assembling of the volunteers for the day was held at 7 am with the NSS Geetham. Programme Officer explained the schedule of the day to the volunteers. After the assembly, volunteers were provided with breakfast and tea. Volunteers left for work site by 8 am and reached the work site by 8:15 am.



Bund Construction – Day One

The first project work started by the NSS Volunteers was the bund construction across the Cherupuzha River. With the help of local inhabitants of the area, volunteers started the bund construction by 8:30 am. All the volunteers actively participated in the work with a single mind. Sand was filled in more than 1500 sacks and was placed across the river. The height level of the

river increased significantly after the bund construction thereby creating a solution for the water scarcity problem during the summer season in that area. Breakfast and lunch was provided to the volunteers prepared by the food committee of the day. After the completion of the work, volunteers reached back at Holy Cross Covent School by 4 pm.



Seminar on Parapsychology

At 6 pm in the evening volunteers organized for a seminar on the topic 'Parapsychology'. The class was taken by Malabar Christian College Commerce Dept Shri. Baburaj. Various concerns regarding psycho analytical concerns were discussed in the seminar. Volunteers shared their ideas and suggestions for a better psychological atmosphere in student's daily life and to reduce the tensions at their academic life. The class concluded with a pledge to create a better psychological atmosphere in the academic lives of students.



Cultural Programmes

By 9 pm in the evening, all the volunteers were asked to present a drama on topics assigned to them. The cultural committee of the day was in charge of conducting the cultural of that day. Every group presented a short skit based on their topics not exceeding 5 minutes. The skit was based on a condition that each skit must include a song, fight, speech and dance.



Day 3: 28th December 2018

All the volunteers woke up at 5 am, got fresh and had ginger tea as usual prepared by the food committee and was then engaged in warm up exercises lead volunteer Prem Singh. Volunteers gathered in the assembly ground at 7 am and sang the NSS Geetham in one voice. Schedule of works for the day was explained by Programme Officer. After the assembly, volunteers had breakfast with black tea. Volunteers left from the camping school to the work site by foot and reached the work site by 8:30 am.



Bund Construction – Day Two

The third day of the NSS Camp started with the construction of a bund across the Cherupuzha River. This was a complementary construction to the bund constructed the previous day. Construction works began by 9 in the morning. All the volunteers worked energetically and the construction processes went really fast comparing to the previous day.

More than 500 sand bags were filled and placed across the river. With the creation of bunds on both sides, the water scarcity in the area during summer season is expected to be brought

under control. By 4 pm, the works were completed and lunch was provided afterwards. By 4:30 pm, volunteers returned to the school and got fresh again.



Leadership Class

At 4 pm, all the volunteers were taken to an leadership class conducted by Mr. Muhammed Afsal, an active member of the Child Development Society of Kerala Government. The class was motivating, at the same time entertaining. Volunteers were involved in various games and fun throughout the class. The class gave a clear picture to the volunteers on how an NSS Volunteer should be an asset to the society. The class wined up by 6 in the evening.



Day 4: 29th December 2018

It was the fourth day of the NSS Camp of Holy Cross College NSS Volunteers. All the camp participants woke up by 5 am in the morning and assembled for the morning assembly by 7 am and started the day with the NSS Geetham. Programme Officer gave instructions for the day's work. After having breakfast with black tea volunteers left for warm up exercises lead by NSS Volunteer Akhil Das. By 8 am volunteers left to the work site and reached the spot by 8:30 am.

Bund Construction – Day Three

The fourth day of the NSS Camp started with the construction of a bund across the Cherupuzha River which was resumed from the previous day. Construction works began by 9 in the morning. All the volunteers energetically participated in the work and the construction processes went really well considering the previous days. More than 300 sand bags were filled and placed across the river. With the completion of creation of the bund across the river, the water scarcity in the area during summer season is expected to be brought down. This way

drinking water problems and agricultural problems in the surrounding area will be addressed in the near future. By 2 pm, the works were completed the bund construction. By 2:30 pm, volunteers returned to the school and got fresh again for the academic session.



Swachh Bharat Abhiyaan Class

An awareness class regarding Swachh Bharath was conducted for the volunteers by Ms. Aswathi, Assistant Professor, Holy Cross College. The programme was conducted to bring awareness about the importance of cleanliness and the role of an NSS volunteer in creating a cleaning environment. Swachh Bharat Abhiyan or Swachh Bharat Mission is a nation-wide campaign in India for the period 2014 to 2019 that aims to clean up the streets, roads and infrastructure of India's cities, towns, and rural areas. The campaign's official name is in Hindi and translates to "Clean India Mission"



Interactive Class on Anti-Drug Awareness

By 5:30 pm, a class on Anti Drug Awareness was conducted for the volunteers by Adv. Sebastian Poriyath. The aim of the class was to create awareness among the volunteers on the importance of legal proceedings and functioning. The class progressed interactively involving the volunteers in the session. The class wined up by 7:30 pm in the evening.



Debate Competition

Debate competitions were conducted by the cultural committee of the day on the topics 'Relevance of NSS in Academics of Students?' and 'Advantages of Online Education over Traditional Classroom Approach?' The volunteers were split into two groups and each of them advocated for and against the topics. The competition was very active and each volunteer shared their views regarding the topic. As both the teams were equal in stubbornness, both were declared the winners in the competition.



Day 5: 30th December 2018

Today, the fifth day of NSS Camp, volunteers woke up at 5 am in the morning and assembled for the morning meeting by 7 am after having breakfast and black tea. Warm up exercises were lead by the Programme Officer. After the NSS Geetham, the schedule for the day was explained to the volunteers by the Programme Officer. The task of the day was to create three wells for the three different houses in the Vettilappara Division

Well Construction – Day 1

The volunteers reached the work site by 9 in the morning. The areas proposed for the well creation was very remote and ideal planning was necessary to complete the work in time. Three wells which were planning to be created were on different locations. The whole area was divided into three portions and was assigned to each group. Volunteers cleaned the boundary area of the well, trimmed grass and made the ground ideal for digging of the land. The construction process winded up by 2 pm to be resumed the next day.



Interactive class on Folk art

A discussion on folk arts was conducted by Ms. Aswathi, who is also a motivational speaker. All the volunteers gathered group wise and discussed various aspects of folk culture and also the effective ways to preserve the culture especially through the student community. Various suggestions and ideas were proposed by the volunteers in the discussion. Volunteers also presented various folk items group wise and individually.



Cultural Programmes

'Connect the Sentence' game was played as part of the cultural programme of the day at 7 pm. The programme was organized by the Cultural Committee of the day. Each group was provided with a topic and one among each group was supposed to start a talk about that topic. When one volunteer run out of words, the next member will have to continue from where the previous member have stopped. The game progressed actively and brilliantly showcased the oratory skills of the volunteers.



Day 6: 31st December 2018

Today, the sixth day of NSS Camp, volunteers woke up at 5 in the morning and assembled for the morning meeting by 7 am after the breakfast food and tea. Warm up exercises were lead by volunteer Shahid Ali. After the NSS Geetham, the schedule for the day was explained to the volunteers by the Programme Officer. The task of the day was to resume the construction of the well which was initiated the previous day.

Well Construction – Day 2

The volunteers reached the work site by 8:30 in the morning. The work of three wells which were started the previous day was to be finished on this day. The whole area was divided into three portions and was assigned to each group different from the previous day. Volunteers cleaned the surrounding area of the well, trimmed the weeds and made the surroundings neat and tidy. After hours of construction, the well was dug so deep enough to discover drops of water. The water level in the wells was expected to reach the desirable height within two or three days. The construction process winded up by 2 pm in the evening.



Literary Discussion

An open literary discussion was conducted for the volunteers at 3 pm. The discussion was lead by a poet and social worker Sajan Thalapuzha who lives in the same locality. Various poems written by him and its social relevance were also discussed in the session. He also criticized the poor knowledge of the young generation in literature and also advised them to inculcate a habit of active reading thoroughly.



Trekking

A trekking was conducted for the NSS volunteers at 5pm. The volunteers were led to the nearby forest area. The camp travelled almost 6 kilometers within the forest enjoying the natural beauty and the gaining knowledge about the attitude of natural evergreen forests. The trekking winded up by 6:30pm.



Closing Ceremony

The official closing ceremony of the camp was held at 8 in the evening. President of Oorngattiri Panchayath Sri. Shoukkathali inaugurated the function. He said that the NSS camp have contributed a lot into the regional development of the area in the past and is continuing their dedicated effort to this date. NSS Programme Officer Aneesh, Ward Member Benny and Holy Cross Convent School Principal Sr. Valsala felicitated the function. Many villagers who were with the volunteers during our stay spoke in the function. Their help in providing food, transport facilities, local guidance etc. can never be forgotten. The official programme winded up by 10 pm and volunteers organized the cultural programmes for the villagers.



Flash Mob- Republic Day

A flash mob was conducted on Republic Day at Kozhikode Beach on 26th January 2019. Around 50 volunteers took part in the flash mob. The flash mob was conducted to create awareness for the need of unity and build patriotism among citizens.



Sapling Planting

A tree sapling plantation was organized by the NSS Volunteers of Holy Cross College on 2nd February 2019. Dr. Sr. Shiny George, College Principal planted the sapling along with the NSS volunteers. The volunteers also took a pledge on the occasion to have alertness on the importance of environmental conservation and protection.



Women's Day Programmes

The NSS Unit of Holy Cross College conducted two programmes on Women's Day. One was an exhibition held within the college and the other an interactive session conducted by the NSS volunteers in various U.P schools within Kozhikode.

Prakrithi- NSS Talent Fest

An NSS talent fest was conducted on 2nd and 3rd February 2019 at MHES College, Vadakara. It was an Inter-College festival. A group of 8 volunteers took part in the skit competition. The topic for the skit competition was “Our Society”. Several activities like skit competition, cultural programmes and spot games were also conducted. The programme was winded up by 9am on 3rd February 2019.



Aaravam NSS Fest

The annual Cultural Fest of National Service Scheme conducted by the Calicut District Cell was held on 2nd and 3rd of March. The off-stage items of the fest were conducted from various colleges under the cell from 11th of February. The on-stage items were conducted at AWH Special College, Kallai. The programmes included 20 non-stage items and 20 stage items. More than 25 colleges under the Kozhikode Cell participated in the fest. The programmes were conducted simultaneously in three stages from morning till evening of 2nd and 3rd. Although the competition was tough, Farooq College emerged as overall champions in the event. Holy Cross College achieved the 6th position in the same.



National Integration Camp

National Integration Camp was conducted by the University of Calicut from March 5th to March 11th. More than 100 volunteers from colleges within Calicut University participated in the event. The programme was conducted at Hindalco Belgaum, Karnataka in collaboration with University of Karnataka. From the **NSS unit of Holy Cross**, volunteer **Arjun Gopal** was selected for the event. The volunteers were divided in groups and a state wise interaction was conducted. Cultural Programmes, Cultural processions, painting exhibitions, quiz competitions, speech competitions etc were conducted. The programmes were conducted in order to inculcate a feeling of brotherhood and nationality among the volunteers.



Documentary Presentation Competition

On account of the Pulwama Attack, the NSS Unit of Holy Cross College conducted an inter-department documentary presentation competition on 'National Defense and security'. There was massive participation by all the departments. The Commerce Department bagged the 1st Prize.



Exhibition

The exhibition, called 'The Lady Superstars of Calicut' was conducted from 12.30 PM to 3.30 PM on 8th March within the college campus. It showcased the profiles and achievements of various prominent yet unknown women in Kozhikode. Around 25 volunteers participated in the event.



Interactive Session

Outside the campus various interaction sessions were conducted by the NSS volunteers. Over 25 volunteers participated in these sessions as student teachers. These were held in different U.P schools across Kozhikode:

1. Westhill U.P School (9.30 am to 10.30 AM)
2. Kuruvattoor A.U.P School (10 AM to 11 AM)
3. Vijayalakshmi L.P School, Annasheri (11.30 AM to 12.30 PM)
4. Kakkodi U.P School (11.15 AM to 12.30 PM)
5. Manachira Model U.P School (1.30 PM to 2.30 PM)
6. Shalthazham L.P and U.P School (2.00 PM to 3.00PM)
7. B.E.M U.P School, East Nadakavu (3.00 PM to 4.00 PM)

The aim of the session was to interact with students in classes 4th to 8th and create an awareness of gender equality through games and activities.



2-Day Trauma Care Camp

Date: 9th and 10th March

The 2-day Camp, conducted by B.D.P, Payyoli, was attended by around 20 NSS volunteers of Holy Cross College. The 1st day of camp was inaugurated by Mr. Kanakadas. The day included classes on 'Accidents and First Aid Awareness' and 'Fire and Rescue'.

On the 2nd day, 2 sessions were held. The 1st on 'Road Safety' was conducted by Mr. Sreejith RTO Officer, Payyoli and the other, on 'Motivation and Leadership' was conducted by Mr J C Santhosh Kumar, a known motivational speaker in Kozhikode. Various certificates were given to the volunteers and the certificate distribution was done by Mr. Vivek Kumar IPS.



No- Smoking Day

A rally was organized by the volunteers of Holy Cross College on 13th March 2019. Around 55 volunteers took part in the rally. The rally aimed at creating awareness among public against the hazardous effects of smoking. The rally commenced from our college which passed through Nadakkav town area longing an average distance of 5km. The rally was inaugurated by Dr. Sr. Shiny George, College Principal. Various posters and banners were exhibited in the rally conveying the message against smoking.



April 23: Lok Sabha Election 2019

On the day of Lok Sabha Election 2019, 15 NSS volunteers of Holy Cross College were assigned to various polling stations to help the differently abled voters in reaching the polling station to

cast their votes. On 13th April a meeting was called at the Collerate office and assigned the booths where they were to help.

The final list of volunteers was released in 22nd April. The volunteers reached their assigned booths at 7 am on April 23rd and were at there till 6 pm when the voting polls were closed



Scrap Collection

The NSS District Cell, Kozhikode brought forward a scheme to build a house for financially deprived person, undergoing medical treatment. The scheme considered the idea of collecting scraps and other junk items and selling them to provide the funds involved in the house construction. On 16th May, the NSS volunteers of Unit 248 came together and collected a significant amount of scraps. These items were collected from houses around the college campus.



Fund Raising for Charity

In collaboration with the Snehitha Charitable Trust, the NSS volunteers of Holy Cross College conducted a fund collection for helping a child suffering from cancer. 4 groups of volunteers were dispatched to the major areas in the city for the same. The fund rising was conducted from 11 AM to 1 PM and a grand total of Rs. 5501 was gathered.