

NSS Annual Report 2019-20

Environment Day Celebration

On the occasion of World Environment Day, on 5th June, the NSS volunteers gathered in the college campus to celebrate the day by planting saplings. The programme was inaugurated by our Manager, Sr Lincy Cherian. Our Principal Dr. Sr. Shiny George conveyed a beautiful message on the effects of pollution in the atmosphere.



Blood Donors Signature Campaign

On 14th June, for the commemoration of World Blood Donors' Day, the NSS volunteers of Holy Cross College, Unit 248 organized a Signature Campaign on the same day. More than 45 members, both students and staff attended the campaign. The campaign was inaugurated by the Manager Sr. Lincy Cherian and Vice Principal Mr. Philip K. Anthony.



Blood Donation Camp

In association with Government Beach Hospital, the NSS volunteers of Unit 248 of Holy Cross College conducted a Blood Donation Camp on 18th June. Around 35 NSS Volunteers were involved in the program, for technical and medical assistance. The Camp was a complete success with a total of 50 units of blood collected. The programme was inaugurated by College Principal Dr. Sr. Shiny George. All those who donated blood were provided with health drinks and snacks before and after the donation of the blood.



Book Donation Drive

On the occasion of Reader's Day, on 19th of July, the NSS Unit of Holy Cross College organized a Book Donation Drive. All students were asked to donate books and the volunteers from each class collected the same. Almost 100 books were collected and packed. 10 volunteers along with the NSS Program Officer Mr. Navaneeth and Sr. Remya donated the books. A small get together was arranged under the guidance of the Headmistress Mrs. Lasitha and PTA President Mr. Shaji.



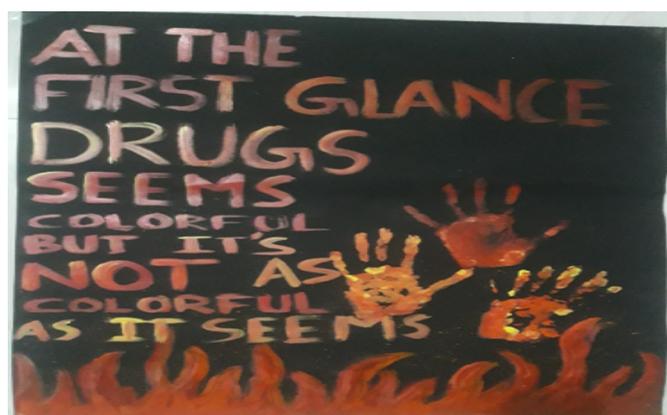
Yoga Day Seminar

On 21st June, International Day of Yoga, the NSS volunteers put together a seminar-cum-yoga session on the significance of yoga and how yoga helps lead a better and healthier lifestyle. The seminar session was done in collaboration with Yogapoornima Yoga Center. The guests for this program were Mr. Sabeer Cheekkilode, a representative of Yoga Poornima and Mr. Justin Sabu, a health activist in Kozhikode. The inauguration was done by Principal Dr. Sr. Shiny George, who spoke on the importance of yoga in today's hectic life. After the official ceremony the seminar was started by Mr. Justin Sabu. Over 200 students attended the seminar session, of which around 50 were NSS volunteers.



Anti- Drug Abuse Campaign

In accordance with the International Day Against Drug Abuse, on 26th June the NSS volunteers of Holy Cross College put up posters all over the campus. The purpose of the program was to spread awareness and educate the students on the ill effects of drug abuse.



Anti-Ragging Campaign

An anti-ragging campaign was conducted on 27th June as a part of welcoming the First Year Students to the College. Various posters were designed and exhibited in different areas of the college campus. An awareness card which contains slogans against ragging was also distributed to all the students in the campus as part of the campaign.



Food Donation Drive

On 12th July, 2019 unit 248, decided to organize a food donation Drive to feed the poor and the homeless on the streets of Calicut. Food packets were brought by the volunteers from their homes and distributed to the poor at the railway station and other nearby places at Calicut.



Seminar on Gandhian Philosophy

In correspondence with the 150th Gandhi Jayanti, on the 12th of July, 2019 the NSS volunteers of Unit 248, a seminar session was conducted on the topic "Gandhi Vimarshana Tile Sheri Tettukal ". The seminar session was conducted by Dr. R Surendran (Dr. Arsu), Retd. Prof. of Hindi in Calicut University. The function was inaugurated by Manager Sr. Lincy Cheriyan. Over 200 students attended the seminar session, of which around 50 were NSS volunteers. Dr. Arsu kept the students engaged, all the while speaking about the Gandhian way of life. Further he talked about whether criticizing Gandhi was right or wrong. The seminar session ended at around 03:30 PM. We got a wide coverage in the media also.



Wall Painting

The wall painting initiative was taken by the NSS volunteers to educate and enlighten children studying in classes 5, 6 and 7 on the importance of cleanliness of surroundings. This programme was held at Kakkodi Panchayat U.P School under the guidance of senior volunteer Ms. Niranjana. The initiative was a two day programme, held on the 29th and 30th of July.



Swachh Bharat Summer Internship Camp:

Segregation Programme:

On 17th July, a group of 12 volunteers cleaned the area surrounding the Homeo and Ayurveda Dispensary at Kakkodi. Then they segregated the wastes into different sacks. The area was completely cleared of all waste by 4 o'clock in the evening. This was done in connection with Swachh Bharat Summer Internship Camp and was only one of the many programmes conducted by the unit.



Street Cleaning

Another one of the programmes conducted in connection with SBSI, this event consisted of 17 volunteers being sent to clean the Bridge at Cherukulam Bazaar. Underneath the bridge and the surrounding areas were cleaned by our volunteers. Plastic collection was also done. The volunteers cleared the area of all the wild plants, collected the wastes and segregated them.



Back Alley Cleaning Programme:

On 17th July, a group, consisting 10 volunteers reached their destination, Kakkodi Panchayat U.P School where they met the Head Mistress of the school along with a PTA member. There the volunteers were led to a ground behind the main building which was overrun with wild plants. The volunteers started their work by clearing the area of all the wild plants. They were helped at random intervals by the students of the school who gathered the plastic waste thrown on the grounds and collected them at a separate area.

Street Play

On the bright and sunny morning of 29th of July, a team of 7 members, under the leadership of volunteer Amith Lal Roy organised a few street plays at various locations within the Kakkodi panchayat to create awareness on the harmful effects of irresponsible disposal of wastes. The skit, showcased the ill effects of using chemical fertilizers and a need for proper waste disposal and how to do it. One hour skits were first showcased at the bus stand from where they moved to different areas of panchayath and held the show.



Seminar on 'Solid Waste Management'

On 25th July, 2019 our volunteers conducted a seminar on the topic 'Solid Waste Management'. The seminar was organised at Kakkodi Govt. High School. The session was conducted by Mr. Shaukat Ali Eroth, an environmental activist. The class was a 45 minutes session that started at 3.45pm. Among the videos shown were short films and other animation videos that held the attention of the students who were studying in classes 8th and 9th. There was also a question answer session before the conclusion of the seminar. The session was concluded with the watching of the music video of the 'Earth Song' by the King of Pop, Micheal Jackson. The song moved the hearts of both students and teachers who were present at the session.



Compost Pit Digging

The NSS volunteers of unit 248 decided to make a compost pit in connection with SBSI. On 24th July, a team of 10 volunteers were sent to the construction site. They constructed a shed-like cover over the compost pit area and got on with their work. The work continued till 4 o'clock by which time the work was completed and the team reported back to the college.



Hiroshima and Nagasaki Day

Commemorating the day the U.S dropped two atomic bombs on the cities of Hiroshima and Nagasaki, the NSS volunteers of Unit 248, put together memorial for the victims of the nuclear attack. The memorial was conducted on 6th August. All the volunteers gathered in the auditorium and lit candles in the names of the lives lost and suffering still. Over 50 volunteers attended the memorial, the first candle being lit by the Principal Dr. Sr. Shiny George. After the memorial, on 9th August, the volunteers visited all the classrooms of the college and showcased many anti-war and denuclearization posters to drive home the destruction caused by war.



Independence Day Cleaning Initiative

Independence Day was observed as a cleaning day by the volunteers of the NSS unit 248. The day was begun by hoisting the national flag by the Principal Dr. Sr. Shiny George, followed by her message about the current situations of our country and about the loss of fraternity among the countrymen. The commands were given by NSS volunteer Ms. Alaka Chandra. The surroundings of the college as well as the road sides were cleaned by the volunteers along with the non-teaching staff of the college. Around 85 volunteers participated in the program. The waste materials collected were properly segregated and disposed of.



Flood Relief Camps

On 12th August 2019 a collection point was started at the college by the NSS volunteers. The goods were collected from the staff as well as the students, and also notices were given to the public for their cooperation. Almost 125 kits were collected which include rice, sugar, pulses, tea powder and other necessary food items. The kit also contained dress materials, candles ,cleaning products etc. Fund was also collected by the volunteers to buy the necessaries and was distributed to the flood victims of Mananthavady, Wayanad on 21st August.

Help desks were conducted at the railway station by the volunteers to give guidelines to the passengers who were trapped due to the disaster. A helping hand was lent to the collectorate in collecting cleaning materials as well as other necessaries to the camp.



Old Age Home Visit

In correspondence with the World Senior Citizen Day on 21st July, a group of volunteers went to visit an old age home in Calicut. Although the visit was planned on the 21st, it had to be postponed to the 24th of August. Mercy Home India Charitable Trust is an old age home located at Vengali, in Calicut. It is run through funds from a trust by Rev. Mammen. The volunteers arrived there at around 11.00 AM and interacted with the people living there for a couple of hours. The whole time was filled with laughter, music and fun. The visit ended with the Volunteers presenting a few gifts to the residents.



Nuclear Disasters: Documentary Presentation

As a part of the International Day Against Nuclear Test, on 29th August, a documentary prepared by the NSS volunteers was presented. The documentary contained information about the Chernobyl tragedy and Hiroshima and Nagasaki disasters, also about its after effects etc. It was followed by an interactive section among the volunteers in order to make them aware of the ill-effects of these disasters. Denuclearization was also a topic that was discussed. The day also had various other programs such as quiz competitions etc.



Railway Station Cleaning

The garden at railway station, made and maintained by Holy Cross College was cleaned by the volunteers of NSS unit 248. It was a three-day program, starting from the 2nd to 4th of September, and was a part of ice-breaking session for the newly joined volunteers. The garden and the surroundings were cleared by the volunteers. Though the climatic conditions of the days were worst, but the volunteers were able to overcome it and complete their tasks within the given time. Teachers and other staffs also accompanied the volunteers and helped them in the cleaning. The beginners were appreciated for the efforts made by them.



Food Distribution

The volunteers of unit 248 decided to feed the poor and the homeless on the streets of Calicut. Food packets were brought by several volunteers of the unit, which were then distributed around noon. Lunch packets were given to people at railway station, bus stand, Mananchira square etc. The people expressed their gratitude towards the volunteers and we could see the joy in their eyes.



Orientation Class-cum-Theatre Workshop

A theatre workshop for the first year volunteers was set up at the college on 7th September, 2019. The workshop started at 9:30 in the morning. The Principal Dr. Sr. Shiny George, Vice Principal Philip K Antony and the NSS Program Officer Navaneeth K spoke at the opening function. The gathering was welcomed by 2nd year NSS volunteer Vrinda. The Vote of Thanks was given by NSS Secretary Steve. The workshop was conducted by an alumni of MCC College, Mr. Sreejith, who was the 2 time winner of the best actor in Calicut University award. He also won the Kerala State Debate Competition at the state level. The session was attended by over 135 volunteers and was very interactive. Various activities, organized by Mr. Sreejith included a student drama with many teams of 10 members each. All teams were given different topics. The workshop ended by 3:45 PM. The Vice Principal spoke at the closing ceremony. Reviews for the theatre workshop were given by few of the volunteers.



NSS Day Celebration

In connection with the 50th NSS day celebration, on 24th September the following activities were conducted by the volunteers of Holy Cross NSS unit 248 to commemorate the relevance of the day:

Medical College Cleaning and Garden Making

This year being the golden jubilee of NSS, our volunteers decided to create a garden at Care Home near Medical College, an institution established for helping people struggling with cancer, most of which are people who cannot afford the regular charges for the treatment. Following Gandhi's ideology of a clean and green India our volunteers first cleaned the area where the garden was supposed to be made. They cleared out a large amount of debris from the area. By afternoon they began gardening. The volunteers planted several saplings of different varieties of plants including garden plants, shady trees as well as Ayurvedic plants.



Nukkad Natak

A team of 7 members was sent to a busy street in Calicut city where a street plays on ill effects of an imbalanced diet and the lack of physical activities. Under the leadership of volunteer Amit Lal Roy, the skit showcased the ill effects of eating fast food and a need for a proper balanced diet. The volunteers reached the location at 11 o'clock. The skit lasted for 1 hour and was shown 2 times at different places around the area and returned to college at 1 o'clock.



Awareness Class about Changing Lifestyle

An interactive session was conducted with one of the board members of Care Home organization, Mr. Abdul Aziz where he spoke about the motive of the institution to help the people in need. Also he explained about our responsibilities as NSS volunteers in lending a hand to the struggling fellow beings. He also shared information about the changing lifestyles that can cause adverse effects especially in regard with one's health. He gave our volunteers an in detail description of lifestyle diseases especially those that can affect our kidneys.



Shaanthi Phailaana

Date: 21st September

To spread the message of peace and non-violence, the NSS volunteers representing the unit 248 of Holy Cross College set a pigeon free as a symbol of peace, non-violence and harmony. The volunteers gathered at the college campus, where the NSS Program Officer Mr. Navaneeth. K set a pigeon free.



Poshan Maah

As directed by the Ministry of Youth Affairs and Sports initiatives were undertaken by the volunteers of the NSS unit of Holy Cross College to take up the issues of adolescence, especially boys from the age of 10-19 years. The programs related to these initiatives went all through the month of September

Nature Camp

NSS Unit 248 conducted a 3 days Nature Camp to Idukki Wildlife Sanctuary for the 2nd year volunteers. The camp was sponsored by the Kerala Forest and Wildlife Department. A total of 36 volunteers, accompanied by NSS Program Officer Mr. Navaneeth.K and Sr. Remya of Holy Cross IMT participated in the camp. The group left the college in the early hours of 2nd October. Forest officers Mr. Rajan, Mr.Ratheesh, Mr. Santosh and Mr. Thomas, were also present. We were notified of the various rules and regulations one needed to follow during the tenure of the camp. After which, there was a class session held, which dispersed at 9 for dinner. It was followed by trekking through the forests of Idukki Wildlife Sanctuary. Guiding the students were Mr. Rajan and Mr. Thomas who were able to enlighten the students with their first-hand experience. Later in the evening, another session was conducted where documentaries on various fauna and flora were shown. The third day began with a trip to a viewpoint. On returning from the trip, the volunteers took the initiative to clean the areas of the dormitories, and the neighbouring garden.



Beach Cleaning Drive

In accordance with the Beach Cleaning Drive conducted by the NSS District Cell, NSS Unit 248 contributed 13 volunteers for the program on the 8th of October. The volunteers arrived at Bhatt Road Beach at around 7.30 in the morning. The cleaning commenced at 7.45 AM. Gloves and face masks were provided by the authorities. Plastic waste materials were collected, weeds were cut and the area was cleaned.



Blood donation quiz competition

In connection with Voluntary Blood Donation Day on 1st October, the NSS volunteers of our college organized a quiz completion about blood donation on 11th October. At first a department wise quiz was conducted of which the winner was selected for the final round. There were 6 students in the final round. The program was conducted by Mr. Shailesh, of the English Department. The winners were the students from the Department of Commerce.



Beach Cleaning

On 13th October, in connection with the Beach Cleaning Drive conducted by the NSS District Cell, NSS Unit 248 contributed 8 volunteers for the program. The volunteers arrived at Bhatt Road Beach at around 7.30 in the morning. The cleaning commenced at 7.45 AM. Gloves and face masks were provided by the authorities. Plastic waste materials were collected, weeds were cut, and some plants were planted in the area.



Disaster Management and Basic Life Support Class

In connection with International Disaster Risk Reduction Day, on 16th October, 2019 a one day awareness and practical class was conducted by Kozhikode District Administration. The session was handled by the National Disaster Response Force (NDRF) and Angles. The class was really effective and also was training for the participants to face any emergency situation. Two of our volunteers Arunima and Soorya were given the opportunity for the same.

Volunteer Selection at IPM

Date: 2nd November 2019

Institute of Palliative Medicine (IPM), is the pioneer of the palliative care movement in South Asia. Curious 2k19 is one of the biggest palliative care festivals conducted by the organization, an event our volunteers took part in. Training sessions were given to volunteers from different NGOs on the day as a part of preparing them for the fest. Our volunteers also took part in the training for the programme as a part of service to the society.

First year community living camp

Date: 9th November to 11th November

A three day community living camp was organized at an LP School in Pakkam, Wayanad from Friday, November 8th to Sunday, November 10th for the NSS volunteers of the 2019-21 batch. Once reaching the destination, they were divided into groups and advised to get to know everyone as much as possible. After settling down, a briefing by the P.O and the authorities of the school was done about the neighbourhood and the place and on what to expect in the coming days. Each group was then assigned certain duties for the night and the groups got to work immediately after.

The next day we were informed to get up by 5 am and assemble in the ground for morning exercise and warm ups. The main duties for the day was cleaning and clearing the forest of the ground and the little seating area accompanying the school grounds while another group prepared snacks and lunch for everyone else.

In the evening the students had the opportunity to attend the class of Mr. Shafi Pulpara, the NSS District Coordinator. A trek to visit an old bungalow built by the British generals a long time back. It was barely standing but was a sight to observe and ponder nonetheless. After returning from the trek, everyone began preparing for the journey back. There was a closing ceremony in the presence of the school authorities where the donation collected among the volunteers was handed over to the authorities for the students of the school. After which the volunteers set their journey back home by 4pm.



Best Volunteer Award for the year 2018- 19 from the University

Third Year NSS Volunteers of Unit 248, Mr. Arjun Gopal and Ms. Niranjana Sathyan were awarded the Best Volunteers from the Calicut University. The award ceremony was conducted on 11th November. The award was given by M.P P.K. Kunhalikutty in the presence of various other dignitaries. Our Program Officer Mr. Navaneeth, Sr. Remya and Mr. Aneesh of the Hotel Management Department was also present.



Blood Donation Program

Date: 13th November

Our volunteers, in association with HDFC Bank, conducted a blood donation program on the college premises. Over 100 students, along with teachers, participated in the program. The blood collected was handed over to the authorities at Kottaparamba and Beach Blood Bank.



Book Donation Program

In order to commemorate Children's Day, the volunteers of Unit 248, in correspondence with the B.sc Fashion Designing department of Holy Cross organised a book donation program. The books were collected from various departments of the college and donated to the school library of B.E.M U.P School. A group of volunteers, under the leadership of senior volunteers Keerthana, Arunima, and Alaka Chandra, along with PO Navaneeth visited the school, where the books were accepted by the headmaster.



Street Play

Date: 19th November

A street play was conducted at Kozhikode Beach about the problems of child labour in society. A group of 10 volunteers participated in the event. The event was organized in connection with the Child Protection Services conducted by the Kozhikode Collectorate. During the program, awareness was spread about the issues of child labour and abuse, a Child Hotline number was circulated.



Tour for the Children of Pakkam School at Wayanad

A field trip was organized for the children of Pakkam LP School, where the Community Living Camp was conducted, using the donations given to the school by unit 248. 3 of our volunteers accompanied the group for the trip. They visited the Pazhassi Raja Museum. The children had a wonderful experience and the time was spent with laughter and cheer.



Safety Regulations and Cleanliness Survey Koyilandy- Vadakara Region

Date: 2nd December

With the unfortunate passing of Shehala Sherin in mind, a survey regarding the safety of students and the cleanliness of the school compound was arranged by unit 248. 30 volunteers divided into many groups, **visited over 19 schools in Koyilandy- Vadakara region and administered the survey.** They checked the ambience of classrooms, state of the surrounding regions and all-a-round atmosphere of the schools. The volunteers were commended for their dedication and good work by various parents and the school authorities.



AIDS Day Awareness Program

Date: 3rd December

A class was organized in connection with World AIDS Day in the mini Auditorium of the college. The District AIDS Control Cell Officer, Mr. Prasooaban. The class was about the origin of aids, how one gets affected by it and measures for preventing it. The ways of approaching an AIDS patient was also discussed. The class was very informative and enlightening. After the class, a documentary, prepared by the volunteers was also shown.



Human Rights Day Quiz

In celebration of Human Rights Day, the unit organized a quiz for all the departments of the college. One student was selected from each department and questions were asked with reference to general knowledge and human rights movements throughout the course of history. A total of 6 students participated in the quiz, with the program being hosted by 6 volunteers. The winners were awarded by the Vice Principal, Philip K Antony. The program was wrapped up by 3 P.M.



Signature Campaign

To emphasize the notion of equality among students a signature campaign was organized by the unit. Over 60 students, volunteers, teaching and non-teaching staff took part in the campaign, pledging their allegiance to the cause, and undertaking an oath to promote the rights of equality among students. The campaign, inaugurated by the Vice Principal, was made a success through the cooperation of all the participating individuals.



Cycle Rally

On account of the Energy Conservation day, on the 13th of December our volunteers organized a cycle rally in order to promote the idea of energy conservation. A group of 10 volunteers rode cycles from West Hill to Calicut Beach, bearing placards on the front of their cycles. Starting from West Hill at around 8.30 A.M, the volunteers cycled to their destination, stopping at the College for the small respite and continuing the rally shortly.



Namasya 2K19 7-Day Camp

Date: 22nd to 28th December 2019

The special 7 day camp '**Namasya 2K19**' of the second year NSS volunteers of Holy Cross College was held at Nooramthodu, where they camped at A.M.L.P School. 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- 22nd December, 2019

The volunteers left the KSRTC Bus Stand at 12.45 pm. 46 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. Before boarding the bus, the volunteers reported to the college and had their lunch. The volunteers reached Nooramthodu at around 2.30 P.M and from there walked to A.M.L.P School.. They had tea and immediately gathered for their first assembly. The volunteers were divided into five groups and each group was 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 the food and cleaning committee also went on to do their respective duties.

Inaugural Rally

An inaugural rally was organized at 7 pm in the evening from the Nooramthodu junction to the A.M.L.P 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 claps 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 7 pm in the evening. This programme was inaugurated by the Ward Member of the camping place Mr. Basheer. The school management representative, Mr. Muhammed was preceding the function. Vice

President of the local branch of the cooperative bank Mr. Joy, Political party representatives Mr. Mohanan, Mr. John and Mr. Shijil felicitated the event while also wishing 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.



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 played many games, like charades, etc. By 10 pm, volunteers assembled in the 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 work to be done the next day were explained by the programme officer. Volunteers dispersed after the National Anthem and left to bed by 11 pm.



Day 2- 23rd December, 2019

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

Cleaning the Road side

The first project work started by the NSS Volunteers was the cleaning and clearing of the roadside along the way to Nooramthodu. All the volunteers actively participated in the work with a single mind. The sides of the road were cleared within no time with all the volunteers participating in the work. Breakfast and lunch was provided to the volunteers prepared by the food committee of the day. The task was completed around noon after which the work was shifted to the school campus. The construction of a compost pit, along with the making of a garden bed began simultaneously. During the day, our Principal Dr. Sr. Shiny George along with the Manager Sr. Lincy Cheriyan and the hostel warden Sr. Theresa visited the camp. The work, which had stopped for a brief while during the visit, continued as soon as they left. The day's work was called off at around 1.30 P.M after which the volunteers were given time to freshen up and have lunch. Due to unforeseeable circumstances, the class planned for the day had to be cancelled but the time was occupied with the cultural programs for the day.



By 5pm 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 culture of that day. Every group presented a short skit based on their topics not excluding 10 minutes. The skit was based on a condition that each skit must make the audience feel the central theme given to them.

Day 3

Pond Cleaning

The third day of the NSS Camp started with the cleaning and deepening of a man-made pond near the campsite, which had fallen into disuse over time. The cleaning and clearing of the area began by 9 in the morning. All the volunteers worked energetically and the clearing processes went really fast. The volunteers cleared the area surrounding the pond, while the pond was being emptied. The Vice Principal, Mr. John Antony visited the camp as well as the worksite and stayed with the volunteers till late in the afternoon. The volunteers cleaned the pond as much as they could while also deepening it, but that plan was aborted when it was found that the pond had some snakes habiting in it. By 2 pm, the work was completed and lunch was provided afterwards. By 3:00 pm, volunteers returned to the school and got fresh again.



Session on efficiency of Solar Panel in a State like Kerala

At 3.30 P.M, a 1 hour session regarding the use of solar panels and the ways of conducting surveys efficiently was held; the session was conducted by a representative of the organization, ANERT. The session was very informative. Volunteers made themselves very much involved throughout the class by asking many questions. The class gave a clear picture to the volunteers on how an NSS Volunteer should be an asset to the society. The class winded up by 5.30 P.M in the evening.



Cultural Programmes

That day the cultural activities also included many team inspired games. There was dancing, music, skits and many other games. The events came to a small stop, when the residents of Nooramthodu visited the campsite at around 8 in the evening, singing Christmas Carols. A few even stayed and watched the rest of the cultural activities.



Day 4

For the fourth day of camp, the volunteers were divided into 4 groups, of which 3 left to conduct a survey on the views of the people on the installation of solar panels. While the rest stayed at the school and continued the work of the construction of a compost pit and the making of a garden bed. By 2 pm, the works were almost completed for the Garden Bed and the Compost pit. By 2:30 pm, all the groups who had left for taking the survey had also returned and everyone got fresh again for the interactive session.



Interactive Session

At 4 P.M, an interactive session was held for the volunteers by Mr. Amir Salman. He took to games to teach the importance of teamwork. By the end of his class the whole unit was brought fairly together in a sense of kinship, all with the help of a ball of wool. The session, which was an hour long, ended with the cutting of a Christmas cake that was given to the volunteers by the residents as a present.



Day 5-Interactive session

The session was conducted by Mr. Geo Kappan, a consultant psychologist at Starsero. He took a very interesting and mind blowing session about the inner workings of our minds and how we can make sure that our mental health is at its peak.



Cultural Programmes

At 4 P.M, everyone left for Vattachira Adivasi Colony to conduct the cultural programs. The programs were filled with lots of songs, nadan pattukal and dance performances. There were word games and other fun events and even the residents joined with the volunteers. We returned to the school by 8.30 P.M after a time of complete joy and happiness.



DAY 6: 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 led by volunteer Luthfi. 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.

Trekking

A trekking was conducted for the NSS volunteers at 9 am. The volunteers led to Thusharagiri Waterfall. The camp travelled up to the 3rd waterfall, which although just 1 KM away was a very taxing journey. The trekking was winding up by 1:30 pm.



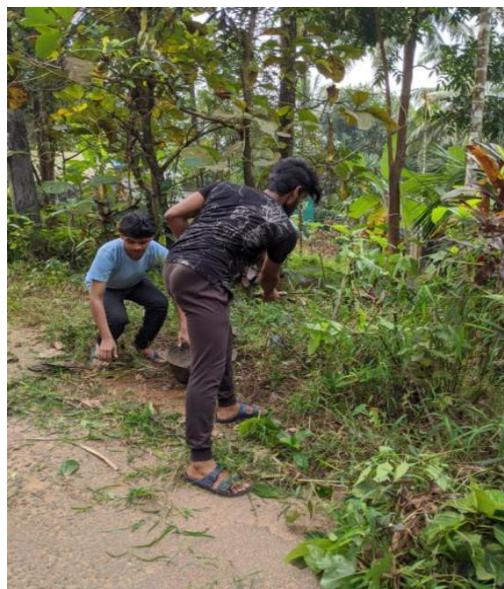
Left Over Work

After returning to camp after the trek, the volunteers had lunch and rested for some time. After which they started to do all the last minute work that was needed around the camp. The last few meters of depth of the compost pit, levelling of the garden bed, etc was finished up by the evening.

Closing Ceremony

The official closing ceremony of the camp was held at 8 in the evening. The gathering was welcomed by volunteer Arunima AB, the ceremony was inaugurated by Ward Member Mr. Basheer. He said that the NSS camp has contributed a lot into the regional development of the area in the past and is continuing their dedicated effort to this date. The presidential address was given by our Vice Principal, Mr. John Antony. The felicitation was given by

school management representative Mr. Muhammed and the Vice President of the local branch of the cooperative bank Mr. Joy. Many villagers who were with the volunteers during our stay spoke at the function. Their help in providing food, transport facilities, local guidance etc. can never be forgotten. The official ceremony was closed, with the Vote of Thanks delivered by Programme Officer Mr. Navaneeth. After the closing of the ceremony at around 10 pm, the volunteers gathered around a Campfire they had created and held a review session of the entire camp experience around the fire.



New Year Celebration with the Differently Abled

Date: 1st Jan 2020

Collaborating with 'We Smile', a vocational training centre helping over 30 differently abled young adults lead a normal life in society and various other institutions, our volunteers helped organize a New Year Celebrations for the various trainees of the centre. The day consisting of music, dance and songs was a day filled with joy and laughter for the bright minds of the training center. To have been able to spread smiles over their faces was a wonderful experience and a great achievement.



Poem Review Competition

Date: 17th January 2020

A poem review competition was held in association to Youth day celebrations. 7 Students from different departments took part in the competition. "A River" by A K Ramanujan was the poem chosen to be reviewed. Haneem Haris from BBA secured 1st prize in the competition.



Army Day Documentary

Date: 15th January

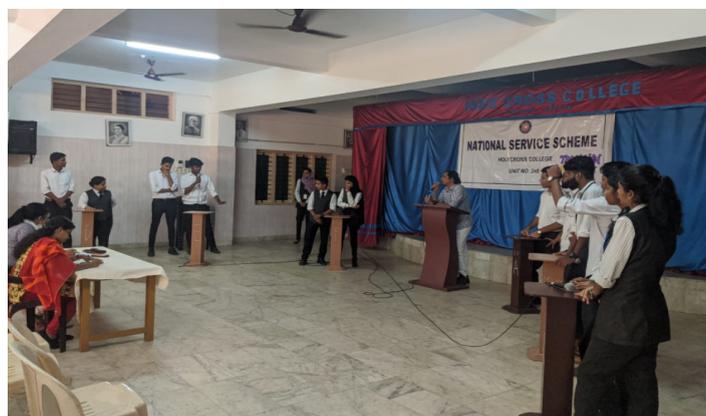
In order to honor the brave souls who sacrifice their happiness and life to keep the country safe, the unit celebrated Army Day by displaying a Documentary. The program was coordinated by a group of 6 volunteers and a documentary was created highlighting the struggles and hardships the brave soldiers undergo on a daily basis. The program was attended by about 40 students. The event succeeded in instilling respect and appreciation for our courageous soldiers, in the hearts of the students. The presentation ended with a pledge taking.



Talk Show

Date: 23rd January

Subash Chandra Bose Day was celebrated with a talk show held on the topic, “Discipline and Patriotism”. Over 10 volunteers were involved in the organization of the event. Students from all departments took part with a total of 6 teams, with two members in each team. Mr. Shailesh Matthew of the English department acted as the mediator for the show. Students from HM Department secured the first and second prizes.



Road Safety Awareness Programmes

Date: 23rd – 27th January

- **Tree Remembrance** Date: 23th January

Commemorating the road safety week, volunteers decorated a tree at the Manorama junction with placards and banners, spreading awareness on road safety rules. The program succeeded in catching the attention of the onlookers and the public. It was conducted under the supervision of Ms. Anitha of the English department. 20 volunteers participated with half the numbers collecting the placards, banners, etc. and the rest decorated the tree.



- **Walkathon and Pledge** Date: 24th January

A walkathon was conducted to celebrate the road safety week. More than 70 volunteers took part in the walkathon which commenced from the college campus and ended at the Kozhikode beach. The volunteers held placards, posters and banners promoting road safety. The walkathon ended with the volunteers undertaking a pledge to always follow road safety regulations.



- **Munna Bhai Campaign** Date: 27th January

As a part of Road Safety Awareness, volunteers gave flowers to the various traffic rule violators of any manner. This was done in collaboration with the motor vehicle department. This act not only brought about a positive impact on the general public but also helped in spreading road safety regulations.



Railway Station Cleaning

Date: 25th January

This event was held in association with Swatch Bharat Abhiyan and Railway Child Help Desk. An area in front of the Railway Police Station was cleaned by a total of 20 volunteers. The students cleaned the surroundings starting 9 am till 1pm. After the area was cleaned, the authorities conveyed their appreciation for the work done by the volunteers. The work was done with utmost sincerity and dedication.



Republic Day Flag Hoisting

Date: 26th January

Commemoration of Republic Day was done by the NSS volunteers of our unit. The flag was hosted by the Vice Principal, Mr Philip K Anthony which was followed by the National Anthem. After the anthem, the Vice Principal addressed the gathering, urging the youth to understand the value of the constitution and encouraging the students to raise their voice against injustice. 1st year volunteer Ancy Stanley also spoke on the occasion. The function concluded with the distribution of sweets and the group dispersed by 10.30 AM.



SM Street cleaning

Collaborating with IIM and Nirav organization, a cleaning drive was organized in the SM street area. The event was named Blue Collar and all the volunteers were given a blue collared shirt to wear during the cleaning. The program began at 6:30 AM. From our unit over 10 volunteers attended the drive. The cleaning went on till 8 AM, after which the volunteers returned to the college.



Palliative Care Unit Visit

Date: 27th January

The volunteers spend a day with the residents of a palliative home care. They were able to closely interact with them and make their day by showing them around in the planetarium and entertaining them with cultural events. This brought about a cheerful atmosphere on the day of the attendees. From our unit almost 15 volunteers were a part of the events.



Comedy Skit

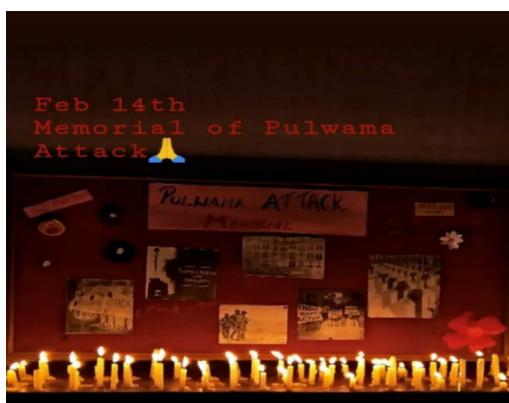
Date: 7th February

Participating in the National Level Mega Event, Comienzo 2020, conducted by the college, a comedy skit was organized by the volunteers of the unit. They portrayed the theme of impending addiction to social media platforms like tik tok and how it influences all generations, young and old, alike. A total of 10 volunteers participated in the program and succeeded in leaving the audiences engulfed with laughter with their spectacular performance.



Pulwama Attack Memorial

All fun and games aside, 14th February was also the first year anniversary of the Pulwama Attack. To commemorate this day, our unit, under the initiative of volunteers Alaka Chandra and Keerthana, set up a memorial at the college entrance during the first hour of the classes. candles were placed near to the site for anyone who wished to participate in the event. By the end of the day, many candles could be seen lit in front of the memorial giving the entire area a serene feel. This memorial was set up without the knowledge of anyone, except a few senior volunteers and the NSS Programme Officer, thus to see the massive participation of both the teachers and the students in the memorial was a heart-warming event.



Valentine Day King and Queen

Celebrating the day of love, our unit conducted a Valentine's day King and Queen competition. The contest was a fun game which brought a lot of laughter and joy all around. The idea was to keep a box in the main auditorium of the college. Anyone who wanted to could put anonymous letters to their valentine in the box. The letters were to be kept single lined and the senders anonymous. At the end of the day, all letters were counted and the boy and girl to get the maximum number of letters were crowned the King and Queen of Valentine. The title of the Valentine King was given to Mr. Martin of the Department of Commerce and the Valentine queen was Ms. Shahma Eliyas, second year B. Com CA.



Kerala State AIDS Control Society workshop

On February 19th, the Kerala State AIDS Control Society or KSACS conducted a workshop involving various Red Ribbon Clubs and NSS Units. From our unit, the meeting was attended by the Programme Officers Mr. Navaneeth K., along with volunteers Ms. Khadeeja Safa and Mr. Alan Giji. The meeting was about the importance of blood donations and how it helps the society. Various dos and don'ts concerning the organization and conduction of blood donation camps along with the things to keep in mind while donating blood were also discussed.



Disability Aids distribution Camp

The Department of social justice organized a Disability Aids Distribution Camp at JDT Islam College. A total of 32 volunteers participated in the program. The program was inaugurated by district collector, Mr Seeram Sambasiva Rao. Aids like wheelchair, crunches, hearing aids, MSIED kits, stretchers, etc. were provided for free to those who required them. Food and refreshments for the attendees were also provided. The volunteers actively provided physical support and guidance to differently-abled attendees present there. Finally, feedback was taken from the attendees.



Medical College Cleaning

Date: 27th February

A cleaning drive was held in the medical college compound with a massive participation of 50 volunteers. The volunteers gathered at the campus at around 9 am and commenced the cleaning immediately. The areas around the super speciality ward and the mortuary were cleaned by the volunteers. The cleaning continued well into the afternoon as the volunteers displayed immense enthusiasm in creating a cleaner environment for the better living conditions. The program was a huge success and the volunteers' hard work paid off well.



Palliative Care Data Entry

Date: 25th February - 5th March

To help with the data entry at the Kozhikode palliative care centre, two volunteers each visited the centre, every day from February 25th till 5th March. The volunteers got a chance to look through the daily homecare records of different palliative care cases and also got an insight as to how the volunteers and the medical staff handle their daily visits. The volunteers worked dedicatedly and finished about 10 files on a daily basis.



National Integration Camp

Date: 21st February – 27th February

A national integration camp was conducted by the ministry of youth affairs and sports along with NSS. The camp was organized from February 21st – 27th February at Marian college, Kuttikkanam, Idukki. Around 300 NSS volunteers from across the country participated in the camp. NSS volunteer **KAVYA MS** of our unit was selected to participate in the camp. The prime aim for conducting the camp was to exchange the culture of volunteers coming from and residing in different parts of the country. The camp consisted of various activities like classes, integration rallies, surveys, trekking and cultural programmes. The camp was an enlightening experience for all those who were involved.



