

NSS Annual Report 2020-21

TREE PLANTING

In association with the tree planting initiative organized by the Calicut University, the volunteers of NSS Unit 248 each planted 10 trees each at their home. The event was held at the beginning of lock down so all volunteers abided by the government-imposed restrictions while taking part and planted 10 saplings each. The saplings planted were of various fruit bearing trees that would grow later to provide shade and fruits for the volunteers and their family. The event was a success as all the volunteers of the unit actively took part in it and took time to plant the trees and nurture the plants.



YOGA DAY: 21 June 2020

In regards with the International Day of Yoga, the NSS volunteers organized a Yoga @ Home initiative and celebrated the event by practicing Yoga from their own homes. Due to the current situation, a large-scale celebration was not possible; hence the volunteers commemorated the event from the comfort of their homes. Volunteers practiced and displayed various poses and photographed them. Yoga inculcates a group of physical, mental and spiritual discipline which leads to the overall wellbeing of the mind, body and soul. The event helped bring awareness to the significance of yoga and how yoga helps lead a better and healthier lifestyle. The Yoga @ Home initiative undertaken by the volunteers brought a very positive outlook on Yoga to everyone in their families and helped reinforce the therapeutic impact Yoga has on everyday life.



LOGO AND VIDEO MAKING: 21 August 2020

Celebrating the International Youth Day, 3 competitions were held in association with the Red Ribbon club. Logo making Video making and troll making competitions were held. For the Logo making, the logo of KSACS logo was to be remade with creative influences by the volunteers. The video making competition was held to spread awareness on the Red ribbon club and Aids and the implications related to it. The video was advised to be of 3 to 5 minutes long and made from home, abiding by all the restrictions imposed by the government in light of the pandemic. The troll making competition was held to make the students more attentive towards the implication of Aids and its consequences. The students were all given two days to finish their entries and submit. The volunteers participated actively and made all 3 a grand success.



ONAM CELEBRATION

3 September 2020

In light of the lockdown restrictions, the NSS Unit 248 decided to celebrate Onam online. "Thallonam" a new fun outlook on Onam was organized with the competition of "Tallu Vandil". The volunteers were given the opportunity to come up with the most bizarre tall tales and the best one was awarded prizes. All the volunteers enjoyed this completion and took part in it. The tall tales were all one better than the other and finally a second year volunteer won the prize.

HOLY CROSS
Institute of Management & Technology
Affiliated to University of Calicut
NSS UNIT - 248
PRESENTS

തല്ലോണം
തല്ലു വണ്ടി
'നാടകകാവ്യ'
'കഥകവ്യ'
~എന്ന രംഗത്തു
തല്ലു പറയാൻ
കരുണയുള്ള നാളു~

FOR MORE DETAILS CONTACT:
MR NAVANEETH - +91 88483 63443
SAYANTH - +91 9037502736
MUBASHEERA - +91 75101 65869

AUDIO DURATION - 3- 4 MIN
PRIZE MONEY IS AWARDED

THALLONAM
A contest "Thallu Vandil" is conducted in association with onam celebration program. Organized by the NSS Unit-248 Holy Cross IIT College.

Guidelines :

- The duration of the audio must be 4 to 5 minutes.
- The participants should whatsapp their audio on or before 3/09/2020, 6:00 Pm to 8848363443.
- The participants are not allowed to criticise individual, groups, institutions, associations, or any cast and religion in any manner.
- The participants should mention their name, class and department along with the audio.
- The participants should be the volunteer of NSS Unit-248.

For further details :
Mr Navaneeth's Coordinator : 8848363443
Sayanth prasad : 9037502735
Mubasheera Kp : 7510165868

GREEN EIA MOVEMENT WEBINAR

24th September 2020

Celebrating the 51st NSS day, NSS Unit 248 of Holy Cross Institute of Management and Technology organized a Webinar on EIA Draft 2020, in association with Green EIA Movement. The Webinar was moderated by famous Activist Shoukath Ali Eroth with guest speaker Dr T V Sajeev, the senior principal scientist of KFRI. The webinar was interactive and the volunteers got an opportunity to ask their queries directly to Dr T V Sajeev. There was never a dull moment throughout the seminar with active participation from the volunteers. The webinar was thoroughly informative and lasted 2 hours.

Meeting details

People (15)

Chat

Add people

Navaneeth (You)

Ashwathy Saji

Ashish Adarsh

Ahmed Sakran

Ajith B

Ayaz Zaki

Aan Aris

AKASH K

Shruti Windows

Siby Balyan

anna shreya shaji

HOLY CROSS
Institute of Management & Technology
Affiliated to University of Calicut
NSS UNIT - 248
In association with
Green EIA Movement
WEBINAR
ON
EIA DRAFT 2020
24th Sep 2020 @ 7pm

EIA

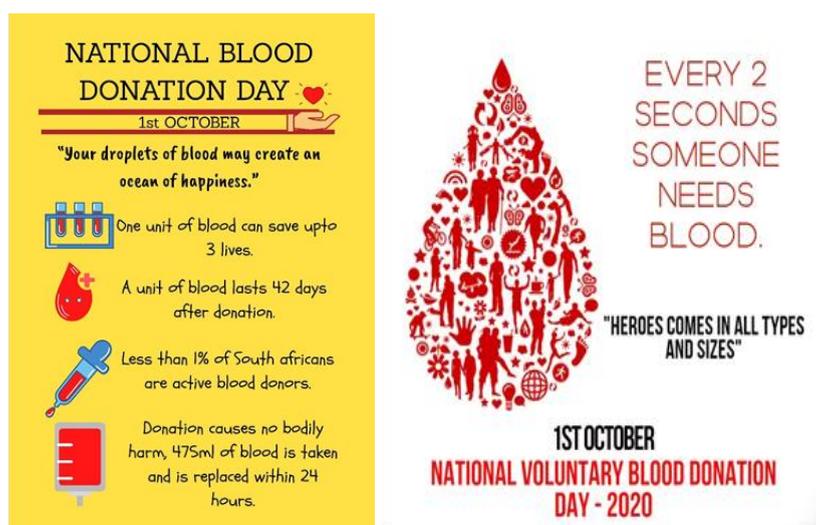
Moderator
Shoukath Ali Eroth,
Activist

Guest Speaker
Dr. T V Sajeev
(Senior Principal Scientist, KFRI)

NATIONAL VOLUNTARY BLOOD DONATION DAY POSTER MAKING

October 5th 2020

Every year The National Voluntary Blood Donation Day is celebrated on October 1st. To commemorate the National Voluntary Blood Donation day two competitions were organized. The competitions were organized in association with the Red Ribbon club. The purpose of the event was to spread awareness among youth about the importance of donating blood and encourage more youngsters to donate blood. The first competition conducted was a poster making competition. The topic for which was Spreading awareness and importance of voluntary blood donation. There was immense participation from the volunteers. The entries were creative and informative. The students came up with catchy slogans and sayings to be added into the posters. The second event organized was a video making competition. The topic of which was Spreading awareness and importance of voluntary blood donation. The volunteers were instructed to make a video of a time limit 3 to 5 minutes.. The students then edited the video and made it presentable and added the graphics before submitting the entries.



COVID 19 PLEDGE

8th October 2020

As a responsible citizen of India, the volunteers were prompted to take a pledge to uphold all the necessary precautions that prevent the spread of the deadly virus that has caused this pandemic, COVID 19. The students promised to abide by the COVID appropriate behaviors and follow all restrictions set by the government for everyone's safety. The volunteers photographed themselves taking the pledge from their individual homes.



QUIZ COMPETITION

October 10th 2020

In celebration of Gandhi Jayanthi a quiz competition was organized by the NSS unit 248 volunteers. The quiz was through an online platform, Google forms and conducted at 4pm the same day. The theme of the quiz was questions and trivia related to Mahatma Gandhi. All the volunteers eagerly participated and two volunteers won with a tie score. The volunteers all were able to rekindle their competitive spirit in a healthy environment and also at the same time gain more knowledge.

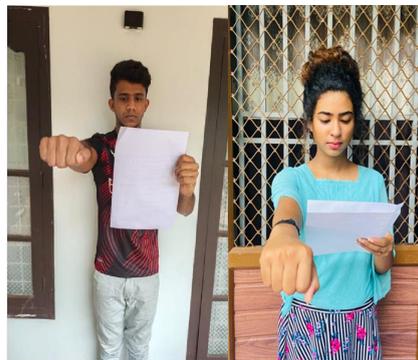
ESSAY WRITING

October 10th 2020

To commemorate Gandhi Jayanthi, essay writing was organized for the volunteers. The medium of the essay was in Malayalam and the topic was given on the spot. The essay entries were to be submitted through whatsapp once the one and a half hour was up. The volunteers showed great participation in this competition and made it a success. The volunteers enriched their creative writing skills and polished their narrative skills through the competition. The winner was later announced and awarded a small prize.

VIGILANCE INTEGRITY PLEDGE

Vigilance week is observed from 27th October 2020 to 2nd November 2020. The theme of this initiative is "Vigilant India, Prosperous India". Started with the aim to eradicate corruption by sensitizing the government towards good governance, the volunteers of NSS Unit 248 commemorated the event with a pledge. The students pledged to uphold the integrity of the nation by committing to highest standards of honesty at all times and fight against corruption. The students also pledged to lead by example and to follow all rules of law at all walks of life. The students took part in the pledge taking from their homes, following the restrictions set by the government in light of the increasing pandemic. The volunteers acknowledged social responsibility that a citizen has towards their country and came together to work towards the eradication of corruption.



UNITY DAY PLEDGE

Commemorating the National Unity Day celebrated on October 31st 2020, the volunteers took a pledge towards the safekeeping of unity. National Unity Day also known as Rashtriya Ekta Diwas is celebrated on the birthday of Sardar Vallabhbhai Patel. To observe the same the volunteers of the unit collectively took a pledge to preserve the unity, integrity and security of the nation. The pledge was taken in the spirit of unification of the country thanks to the vision and actions of Sardar Vallabhbhai Patel. The pledge also mentioned ensuring individual contributions to safeguard internal security of the country. The volunteers took the pledge from their homes in accordance with the limitations and restrictions given by the government in light of the pandemic



PRE RD-SELECTION

November 14th 2020

The Volunteers who took part in the selection process reached the MHES College Vadakara for the tests to be conducted by 9am. By 10 the students were required to register and be ready. Soon after they began the physical test where the volunteers had to run up a hill. After which they were given a break before they were asked to display their marching skills. All the volunteers who took part on the day showcased their best marching practise. After this the students were given an opportunity to showcase their cultural skills. The final round of the selection process was a personal interview round. The volunteers all performed to their best potential and had fun while doing it. The whole process ended by 4 pm and the volunteers returned home. All the day's events were held in accordance with the safety precautions set by the government.



NSS QUIZ

November 12th 2020

A series of quiz competitions called Utharam were held by the KSACS in regards with Aids Awareness. Two volunteers took part in the competition and represented the unit successfully till the state level. The first step of the completion was held among all the volunteers of the unit. The winners of the competition were then eligible to take part in the district level competition held by the KSACS on their website. The competition was via an online website with a time limit. The volunteers who represented the unit took part and secured first position in the district level, making them eligible for representing the district in the Regional level. Then the next tier of the competition was held via Zoom meet. The regional level was held on 12th November and the volunteers participated in it enthusiastically. The questions were based on Aids and Aids related awareness outreaches and programs. The volunteers secured the second position in the regional level competition. This made them eligible for State level of the competition which was held in person at Ernakulam. The volunteers took part in the state level and secured the fifth position. The questions were focused on Aids awareness and KSACS centered. The unit is proud to have represented themselves and the Malabar region till the state level. The quiz was a fun and challenging experience for the volunteers and made them more keen on spreading their knowledge of Aids awareness to their peers and those around them.

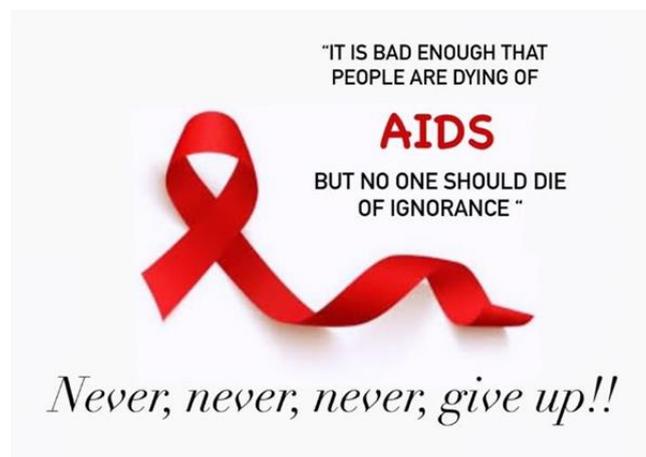
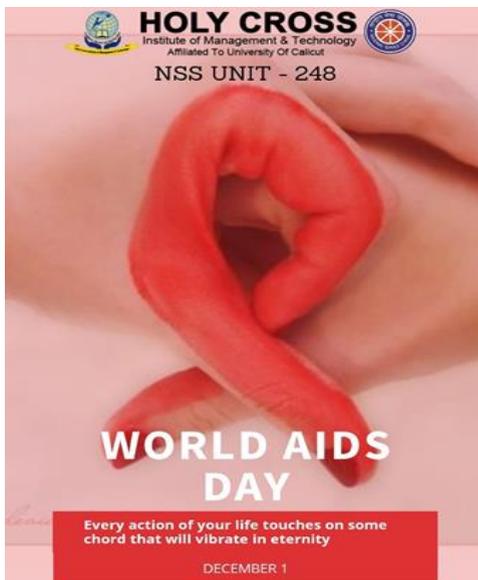


WORLD AIDS DAY POSTER MAKING

December 1st 2020

World Aids Day is celebrated every year on December 1st. The main aim of the celebration is to bring about awareness in the general public and youth about AIDS prevention methods and to make the public aware about the proper ways to treat and care for AIDS victims. With so many misinterpretations and superstitions going around AIDS, it is essential the youth are aware of the truth behind it. To bring more awareness and involve active participation by the volunteers, the unit held two competitions. The first competition was a poster making competition informing the public on AIDS. The poster was judged on the basis of the information provided by it and the catchy and eye-catching designs. The students were allowed to use any digital format for making the poster

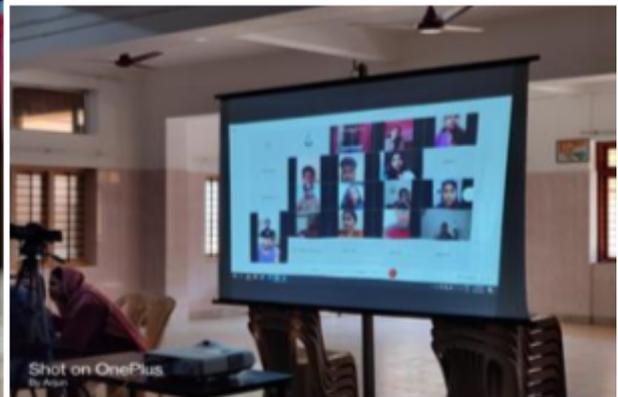
The next Competition held was a video making contest. The students were instructed to submit 3-5 minutes videos of themselves speaking on the topic of awareness of AIDS and its repercussions. The students were judged on the creativity and content. Editing of the video was allowed but the students were instructed not to make the video too edited. Original content was a must and plagiarism was strictly prohibited. Both the competitions were held in accordance with government implied safety regulations. The volunteers showcased enthusiastic participation for both the competitions and made the day and its motive a huge success.



NSS BEST VOLUNTEER AWARD

December 9th 2020

The felicitation of the volunteers who were awarded the best NSS volunteer award by the Calicut University was held. The celebration was even bigger commemorating the fact that the award was secured by both the volunteers recommended by the unit for the third time in a row. The two volunteers, Steve and Kavya were awarded mementos in honor of their dedication and achievement by the principal of the college. The program was held at the college and started with an NSS song, followed by a welcome speech by the secretary and then the inaugural address by the principal. Then after the mementos were awarded, both the awardees too spoke a few words. The students of the unit watched and expressed their appreciation through WebEx meet and watched the ceremony from their homes. The students applauded the two volunteers who have set an example for them to follow in the coming years. The event was also accompanied by a talk by a former NSS secretary and best NSS volunteer award winner. All the volunteers of the unit, both first years and second years, attended the program through their WebEx applications. The event went smoothly and successfully.



DHVANI 2020 REPORT

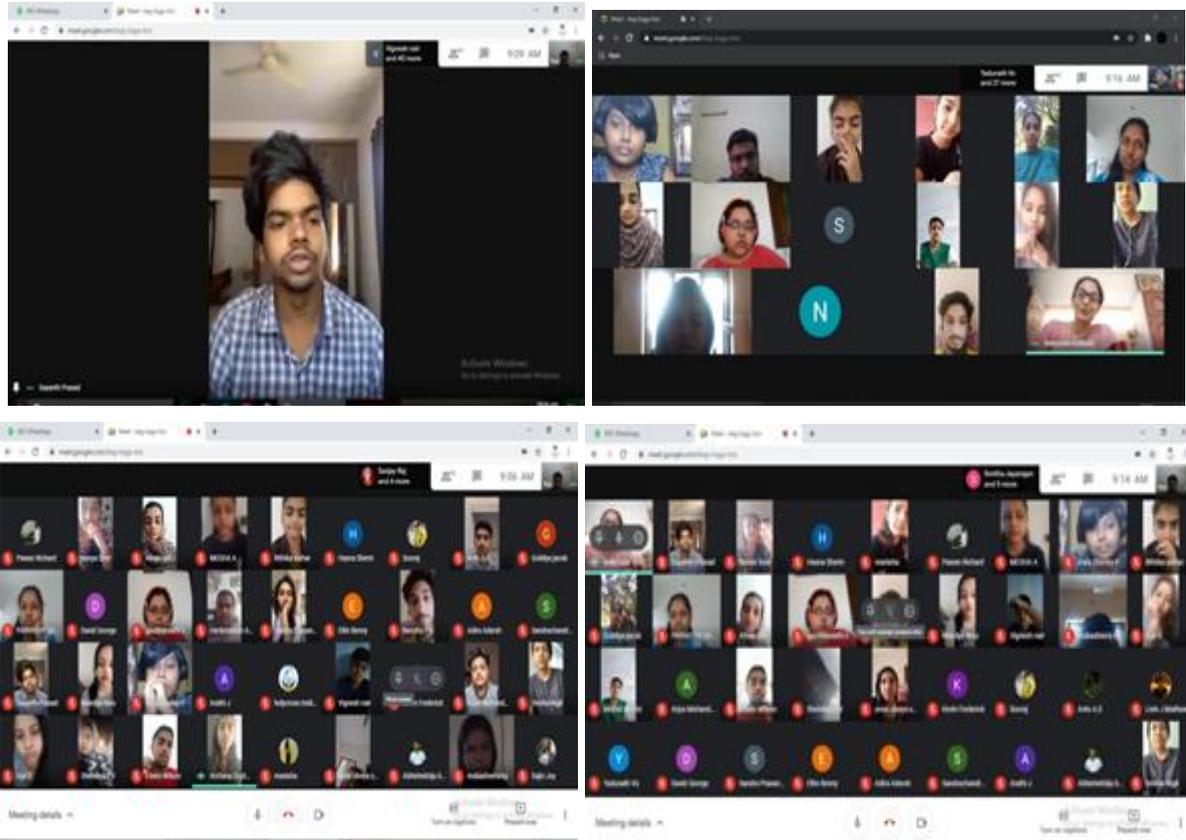
January 1st -7th 2021

Day 1

The day's events started at 9 am with the first event of the day being the official inauguration of the 7 day Virtual camp, Dhvani 2020. The inauguration was held in presence of the Principal Dr Sister Shiny George, program officer Navaneeth Sir and the second year volunteers. The platform chosen for communication was Google meet and the students all logged in by 8:50 am, anticipating the day's events. Once all volunteers had joined, everyone was advised to keep their camera on and their voice off, in order to ensure maximum participation with minimal disturbances. The inauguration ceremony was set off with two volunteers singing the NSS song. Then the Secretary gave an official welcome speech which was followed by Navaneeth sir addressing the gathering. His instructions were promptly noted by all the volunteers and then the function proceeded with the inaugural ceremony. Dr Sister Shiny George addressed the gathering and delivered the inaugural address. She spoke to the students about the difficulties and obstacles faced in the current situation and how one's spirit can overcome it all. The official function was concluded by a vote of thanks by the Secretary.

The next session was an ice breaking event handled by Viplava Das AV, Award winning NSS program officer and Asst. Professor at Baithul Izza Arts and Science College. He handled the session on the topic of volunteer-ship through youth. He expressed how an NSS volunteer can bring about a change individually and as a group. He touched on the subject of how all volunteers of the unit must be able to think uniquely but also come to a decision uniformly. He displayed this through an activity where each student was asked to use a piece of white paper anyway they please and to make something out of it in 5 minutes. All volunteers came up with different creations, ranging from paper boats and origami to drawings and poems. He appreciated each one's unique initiative but also advised how in a unit; one must also be able to think together as a group. To strengthen and display group effort, he introduced another activity where the students were divided into 6 groups and each group assigned a leader. The groups had to collectively find 6 household items specified by him and report to the leader. This the students did enthusiastically and he therefore proved once again, the harmony of working together. With that he ended the

session and wished everyone all the best. The day's activities came to an end with Navaneeth sir addressing the unit and informing everyone of the camp rules and regulations and giving instructions for the next day. After which the meeting was dispersed and day 1 came to an end



Day 2

The day's activities were set off with a morning session scheduled at 7:30 am. The session was coordinated by Group 1. It started with an NSS song sung by Hasna. The session proceeded with thoughts of the day. The thought read in the morning was "Focus on where you want to go, and not where you are" which motivated the students with a positive outlook on the day's activities. Next was a Yoga meditation, led by Manisha. The students all actively participated and followed her instructions. This not only energized the body but also the minds of the attendees. It was followed by a digital paper presentation, the paper, „Dhvani Express" was presented by Mishel and he took the volunteers on a fun and informative recap of the previous day's experience. The paper was well put together and very well thought after. With that the morning session came to an end.

The next session of the camp was held at 10 am. The task given to the students today was Survey. All volunteers were given the questionnaire and the response form. The volunteers immediately embarked on the task and visited up to 10 houses in their locality as a part of the survey. Their responses were recorded and sent through the form within the given time.

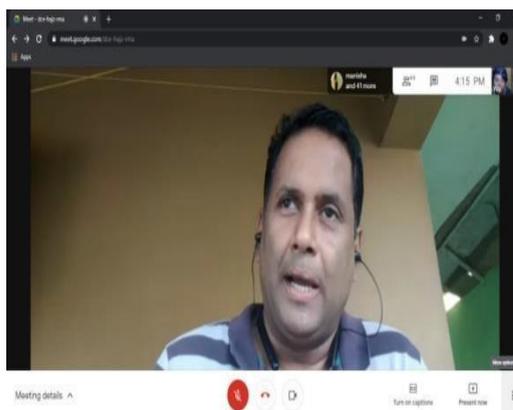
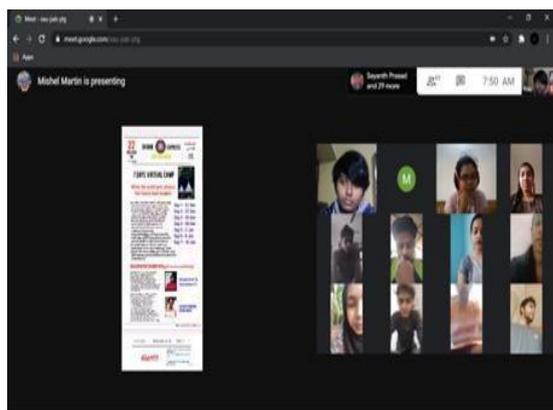
The evening session was an awareness class held by Mr Shoukath Ali Eroth, a prominent environmental activist. He talked on the topic „Covid and Youth". He gave the proverb to

easily explain his outlook on the current situation; “When the going gets tough, the tough gets going”. He started off the session with his own stories of how students underwent a personality development after taking part in NSS activities. He then talked about how youth are one of the best equipped to deal with the current Covid situation as many youngsters have flourished and taken the spotlight during this time. He talked about inspirational Covid time stories from the side of youngsters. He then prompted the volunteers to speak of their own to which 2 volunteers proudly came forward and talked about their own little initiatives to be productive during the pandemic.

He then shared his own personal experience and how he started being an activist. He moved on to talk about a paradigm shift that came in his life after he started with activism and how that had brought a paradigm shift in his life. He concluded his words by expressing how to solve a problem, it is essential to have a unique and different mindset. The final session consisted of cultural programs and fun activities. The session was set off with a song by Hasna, which was followed by a game of tongue twisters hosted by Ajal.

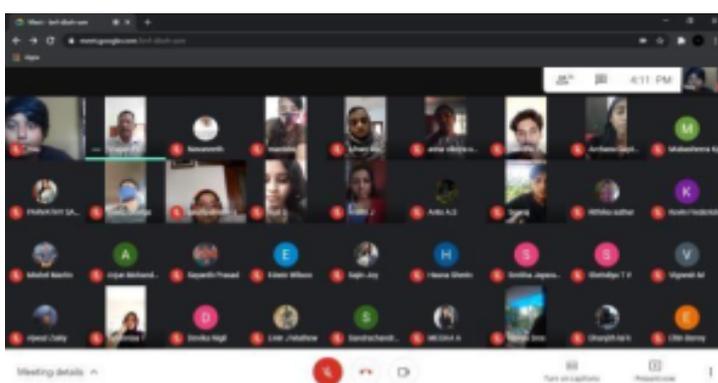
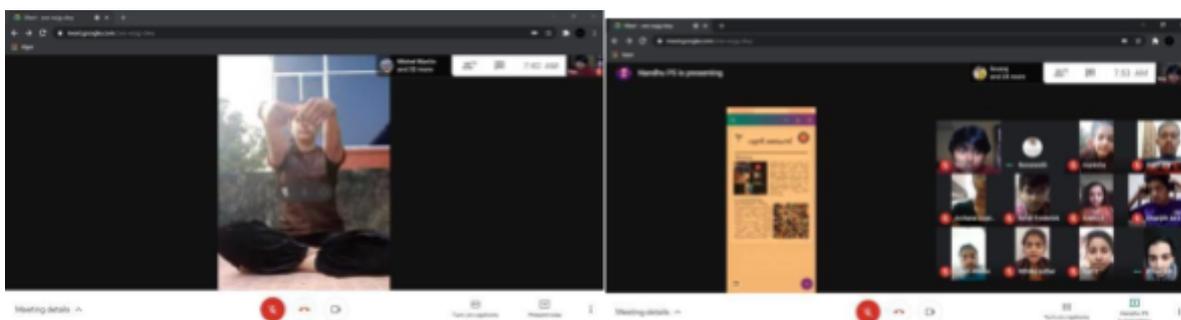
The game had the rest of the volunteers actively participating and laughing at each other and themselves. Next was an arts and craft class and demonstration by Manisha, which had the whole gathering watching in anticipation of the final product. Then came a game of listing as many Mohanlal movies as possible, this was a group wise competition hence each group completed enthusiastically to achieve the most, with group 2 coming in first.

Next on the agenda was a fun general knowledge quiz hosted by Hari and Kevin. Finally the cultural activities concluded with a song by sweet Mishel. The end of the session was marked with recalling and discussing the day’s experience by Kevin. With that the second day came to an end.



Confucius, “It doesn’t matter how slow you go as long as you don’t stop” With this thought he instilled a ray of positivity into the volunteer’s minds. Next was Yoga meditation led by Manisha. The meditation and the exercises that followed helped in enriching positivity within one’s body too. With that the morning session came to an end.

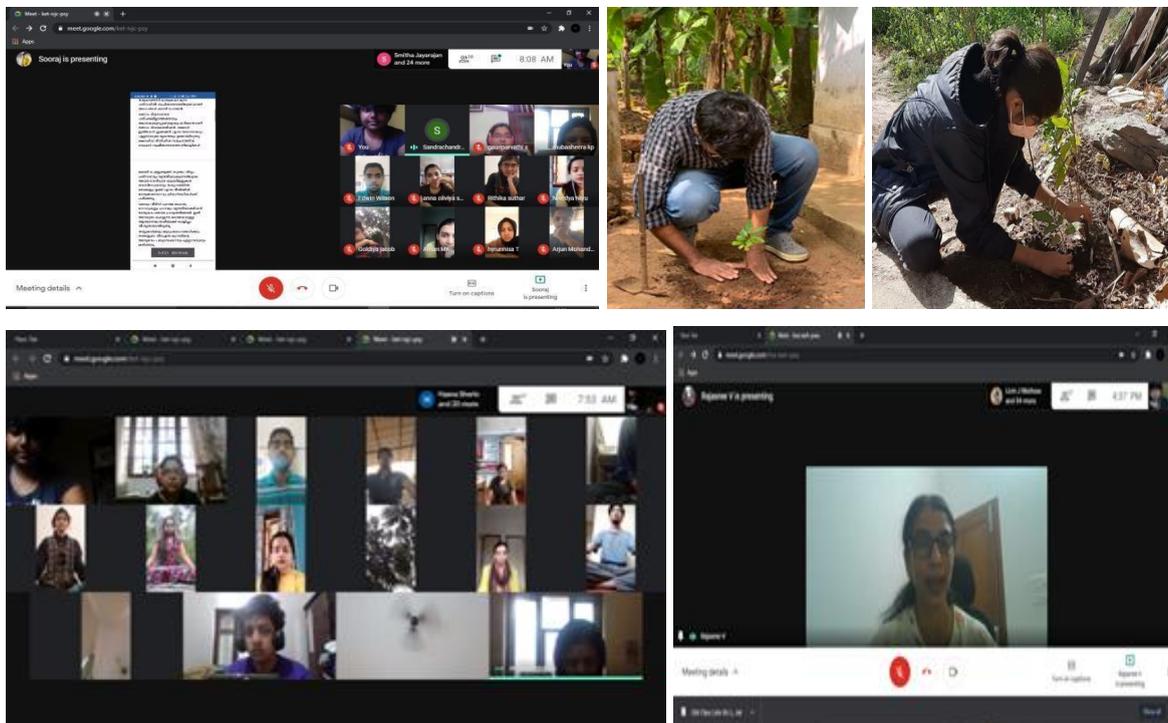
Next was the Cleaning session which each volunteer had to participate in. The volunteers were advised to clean their house surroundings and area as much as they could. This was followed by an afternoon session which started at 4:00 pm. This session consisted of an awareness class on the topic, palliative care works and how to volunteer at one. The class was handled by Mr Shajan PB who is the secretary of Consortium of Palliative Care Calicut and secretary of Palliative Care Society Malaparamba. The class was both informative and educational. He covered details regarding the origin of palliative care to topics like how to be a part of the initiative and the different elements related to palliative care. The class also motivated students to be more actively involved in social work and the well being of those in need. The evening session began at 7pm and was mainly cultural activities led by Group 2. The activities were group wise competitions, starting with a simple game of scrabble. Next was guessing the movie and characters from specific movie scenes and finally the game was guessing the character from dialogue. The games ended with group 5 taking the overall victory. The night was wined up with Ancy sharing the day’s experience. After which the secretary dispersed the gathering.



Day4

The day's activities were led by group 3. The day started with the morning session which commenced at 7:30 am, with an NSS song sung by Arathi J Nair. Next was a positive thought of the day by Gauri Paravati which was followed by a Yoga session hosted by Parvati. The final program of the session was the previous day's newspaper presentation done by Sandra. Next session involved tree planting which was done by each volunteer from their homes. All volunteers were asked to plant a sapling of a tree in their surroundings and nurture it until it can sustain itself. This was an initiative to make the students closer to nature and at the same time take part in re-growing the planet's greenery.

The evening session began at 4 pm and was handled by Rajasree of MSW Department of Holy Cross Institute of Management and Technology. The class was on the topic Disaster Management. The class was very fruitful and informative as the speaker spoke on different impacts of disasters, the differences between hazard and disaster etc. She also talked about important factors that can help in these situations by giving examples from those which happened or are still happening around us. The final session of the day, the cultures were hosted by gauri and it began with some games to get all the volunteers involved. The games varied from guessing the songs off of their English translation to guessing movies from their vague summaries. Some volunteers were prompted to sing and the whole session was entertaining and fun. The session concluded with Sanjay giving a brief description of the day's experience.



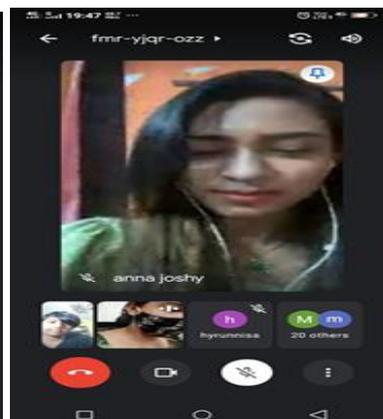
Day 5

The day started with the volunteers gathering for the first session which commenced at 7:30 am. The activities of the day were handled by group 4. The session started off with an NSS song sung by Navyasree. Next was an enriching thought of the day by Anna Oliviya who

talked about catching success instead of waiting for it to follow one. Next was a yoga session handled by Rithika in which all the volunteers learned how to do the soorya namaskaram. The final event of the session was a news newspaper presentation, handled by Arjun.

The next part of the day involved picking up and collecting plastic. All volunteers were prompted to find plastic from their surroundings and collect it. Volunteers were warned to make sure to be safe at all times and to follow the safety regulations applied by the government while doing so. The afternoon awareness class commenced at 4 pm and was handled by Mrs Ashwathy, Teacher of Holy Cross Institute of Management and Technology. The session was based on the topic, the environmental changes during COVID 19. The speaker talked about both the negative and positive impact nature has witnessed during these past months. She also connected the environmental aspects of the situation with literature and gave more suggestions on how further actions can be taken in order to safeguard and help grow the environment. The session concluded with a feedback given by one of the volunteers

The final session of the day was a cultural session handled by group 4. The group started off with trivia questions and then urged everyone to participate. Next was guessing the Malayalam movie based on emoticons. Then came a round of guessing the country name based on emoticons. Finally the session ended with volunteers taking the initiative and singing songs. The final part of the day was recalling the day's experience and it was given by Anto and this concluded the day.



Day 6

The day was led by group 5. The first session started at 7:30 am with an NSS song sung by Edwin. Next was a thought of the day by Goldiya. After which the yoga session was led by Danjith, Next was the previous day's paper presentation and with that this session came to an end.

The next session commenced at 10 with Subash Abel sir of BEMHSS Parappanangadi leading the session with the topic, leadership. In the class, sir talked about the main obstacles on the path to leadership and how to overcome them. He spoke on how NSS is a platform of self improvement for each volunteer and the best way to overcome any barrier is through self improvement. He spoke on the qualities a good leader must possess and concluded the session wishing everyone to find the leader within them.

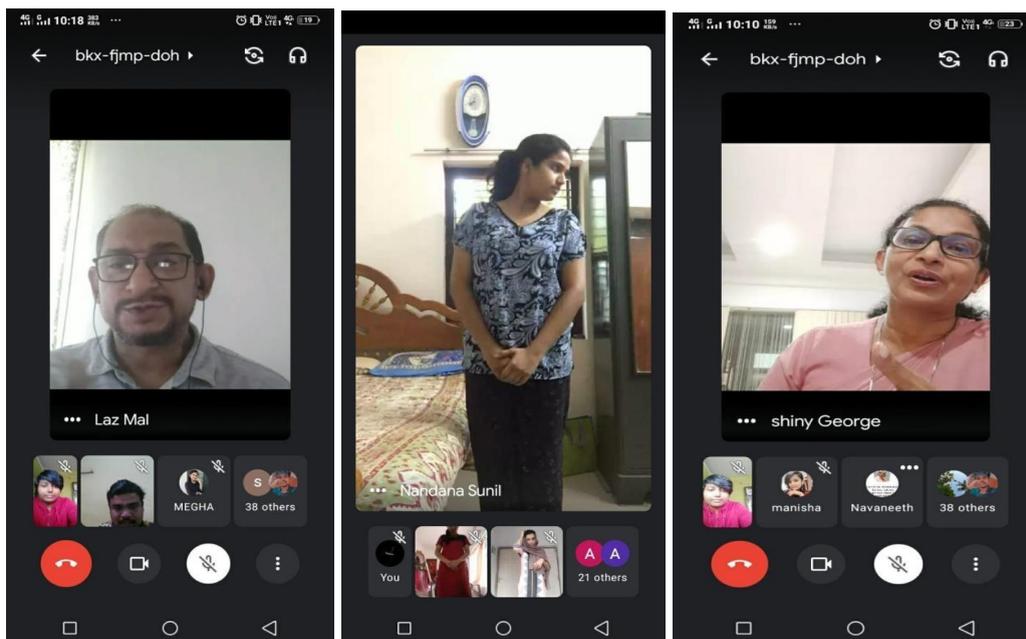
Next was an innovative craft making task for the volunteers. The volunteers were asked to make use of the plastic waste they had collected on the previous day and make something artistically and beautiful out of them. This initiative was highly successful as the students submitted photos of many innovative products they had created out of the waste plastic.

The final session of the day was involved with cultural activities. Group 5 made use of the time and led the activities. The team handled the time usefully and made sure every volunteer came forward and showcased their talents. The session concluded with Liya recalling the day's activities and experience.



Day 7

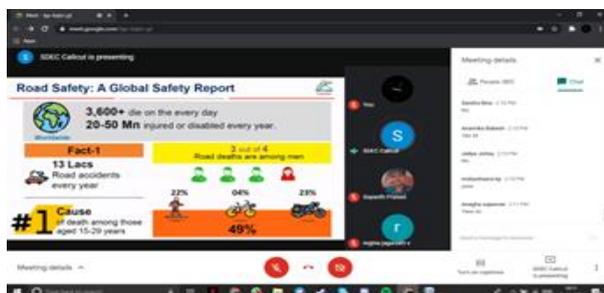
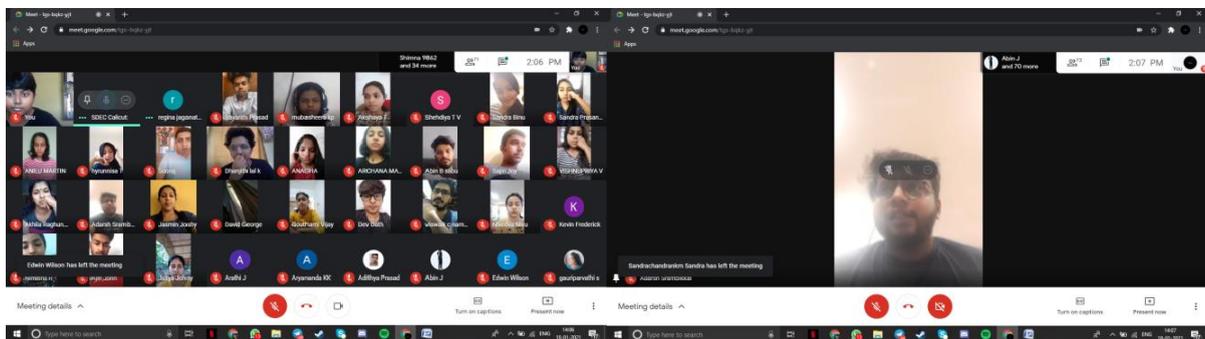
The final day of the 7 day virtual camp was led by group 6. The morning session as usual started at 7:30 am. The group started the day with an NSS song. Next was the thought of the day and then was the Yoga meditation handled by Nandhana. Finally the group presented their digital news paper and concluded the morning session. Next was the ending ceremony which took place at 10 am. The session was presided over by Principal, Dr Sr Shiny George and HoD of Management department, Lazar Maliakkal sir along with program officer Navaneeth sir. The session commenced with Navyasree singing the NSS song. Next was a welcome speech rendered by Sayanth, secretary of NSS 248. Next Navaneeth sir addressed the gathering and talked about his experience conducting and organizing the virtual camp. Next was the inaugural session by the principal, Holy Cross Institute of Management and Technology, Dr Sr Shiny George, after which she addressed the gathering. Then Mr Lazar Maliakkal, Head of the department of Management department spoke a few words on what the aim and motto of each NSS volunteer should be. Finally the session concluded with a vote of thanks by Mubasheera, secretary of NSS unit 248. With that Dhvani2020, The 7 day virtual camp of NSS unit 248 came to an end.



ROAD SAFETY WEBINAR

18th January 2021

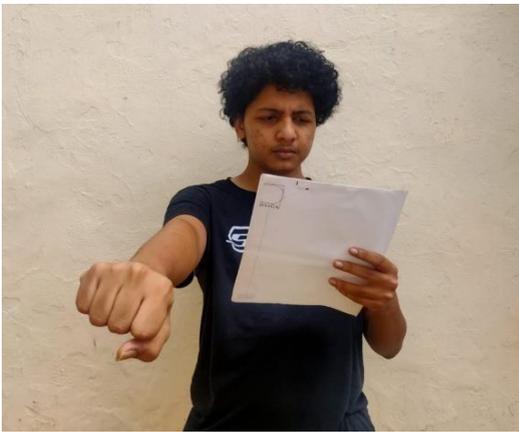
To commemorate Road Safety week, the unit organized a webinar to spread awareness on road safety regulations. The webinar was held through Google meet and both second year and first year volunteers attended the webinar. The session was handled by Mr Adarsh, the safety driving trainer of Honda Safety Driving Education center, Calicut. The session started at 2pm and continued till 3pm. The one hour session was both informative and interactive. The session started with a welcome speech by the secretary, followed by an inaugural address by the principal, Dr Sr Shiny George. Next was an introduction by the program officer, Mr Navaneeth. He also conveyed the instructions regarding the session. It was followed by the highlight of the session, the class by the main speaker. The speaker talked about basic rules and regulations and then went on to explain further about the more overlooked rules. The session encouraged interaction and participation by the students. The students learned about safety protocols and how to be better at safeguarding their own and others' lives. The session also highlighted better driving practices to be followed regularly and prompted all volunteers to be better drivers. The session concluded with a vote of thanks by the secretary and the students were dismissed



ROAD SAFETY PLEDGE

January 18th 2021

Each NSS volunteer was asked to take the pledge to commemorate Road Safety Awareness Week. The students took the pledge from their homes. Both first year and second year volunteers participated in the activity. The pledge reinforced their responsibility towards road safety and reminded the students of their duties to follow the rules and regulations of traffic laws. The pledge also reminded the students of their part, as individuals, to protect and safeguard their own lives and those around them. The pledge made the volunteers more aware and cautious of accidents and other dangers and brought their attention to being better drivers.



REPUBLIC DAY

January 26th 2021

In order to celebrate Republic day the first year volunteers gathered at the institute at 8 am. The program commenced with the Principal Dr Sr Shiny George hoisting the flag. It was followed by a flag salute and paying respect to the flag. Next the principal spoke a few words addressing the recent issues regarding the farmers protest. This was followed by Navaneeth Sir, Program Officer, delivering a presidential address. After which Hasna spoke from the side of the volunteers and talked about the historic importance of the day. The function was wrapped up with the National Anthem. After which the students were dispersed.



WEBINAR

January 26th 2021

The next day after the flag hoisting, a webinar was conducted. The webinar was conducted by Mr Shylesh of the English department of Holy Cross Institute of Management and Technology. The webinar was on the topic, "India Yesterday, Today and Tomorrow and Your Dreams." The first year volunteers took part in the interactive session. Most students participated in various mediums, a few were physically present and the rest attended digitally online. The session was very much an interactive session. This was a one-hour session. This session was really an eye opener. The session encourages the students to speak up and discuss their views on the country's growth.



CLEANING AT GENDER PARK

January 29th 2021

The 1st and 2nd year volunteers took part in this cleaning drive. The objective was to clean the park area and set up a recreational space like a garden. The work started at around 9:30 in the morning. The volunteers gathered by 9 am and started work. The objectives also included setting up a mini pond in the garden. The work finished by around 3:30 in the evening. After the work lunch and refreshment were provided for the day.



FIRST YEAR ORIENTATION

February 13th 2021

The orientation of the first year NSS volunteers was conducted from the mini auditorium of the campus on February 13th. The students all gathered at the venue by 8am. The program started with an NSS song which was followed by a welcome speech by the secretary. Next was the presidential address by program officer Navaneeth Sir. He addressed and welcomed the first year volunteers and gave them general instructions. Next was the inaugural address by principal Dr Sr Shiny George. She spoke to the gathering and enthusiastically addressed all the new volunteers and wished them good luck for their future. Next was vote of thanks by the secretary after which the official part of the program came to an end and Mr Shafi Parambil, the chief guest and main instructor for the day took charge of the session. The students were given fun activities to do which helped them learn group mentality and leadership skills. The students were given an opportunity to hone their individual talents and their public speaking skills. The day ended fruitfully with all the volunteers learning life lessons and important values on how to be a good volunteer.



NAVA KERALAM YUVA KERALAM

February 8th 2021

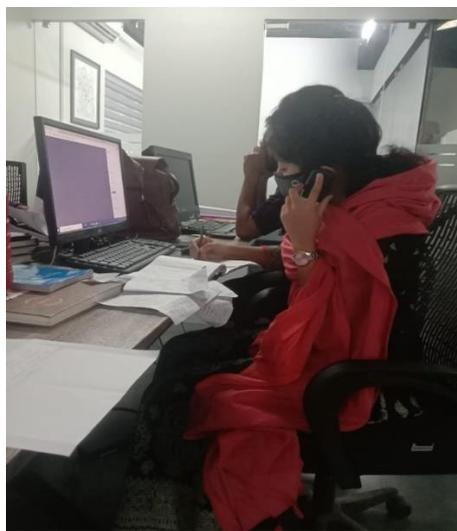
In view of Higher education policy making, Calicut University organized an interaction program for selected students with the Chief Minister of Kerala. As part of the series of interactive programmes, chief minister Pinarayi Vijayan visited several universities and met with selected students. Steve, a NSS volunteer of the unit got the opportunity to take part in the session. During the program students presented their suggestions on how higher education should be. The chief minister pondered over each suggestion and responded thoughtfully to each student's concern and suggestions. The session was very fruitful and a once in a lifetime opportunity. The students were delighted to have their questions be answered and taken into consideration. The interactive nature of the session helped most students to participate.



MASK MAKING AND DISTRIBUTION

February 15th – 25th

Volunteers took part in mask making and distribution during the COVID times. The volunteers made masks out of clothes and handed it out for free to houses to bring awareness among people and to urge everyone to wear a mask in order to protect themselves and others. The masks were made with care and following the correct 3 layer protocol. The masks were made of clothes and washable and reusable. The students also followed safety protocols while handing out the masks to each home. The people who received them extended gratitude to the unit and the volunteers. These initiatives took place over the period of a few days, enabling many volunteers to take part in the program.



WOMEN'S DAY

March 8th 2021

In light of International Women's day, The NSS volunteers of unit 248 of Holy Cross Institute of Management Technology held an event in association with YWCA Calicut, to celebrate the international women's day. The volunteers reached the YWCA hall around 3:20pm and strictly followed the Covid protocol formulated by the government. The programme commenced around 3:30pm and was inaugurated and initiated by Dr Shaheen Rafeq. The theme for the session was: - Women in leadership – Achieving an equal future in the Covid -19 world. The theme celebrates the tremendous efforts by women and girls around the world in shaping a more equal future and recovery from the Covid-19 Pandemic. Dr Shaheen Rafeq expounded how ardently women stand at the front lines of the Covid -19 crisis, as health care workers, caregivers, community organizers etc, by demonstrating their skills, knowledge etc to effectively lead in Covid-19 response and recovery efforts. The event concluded around 5:30pm as it helped to bring awareness in the direction of women empowerment and how women play an important role in shaping an economy.



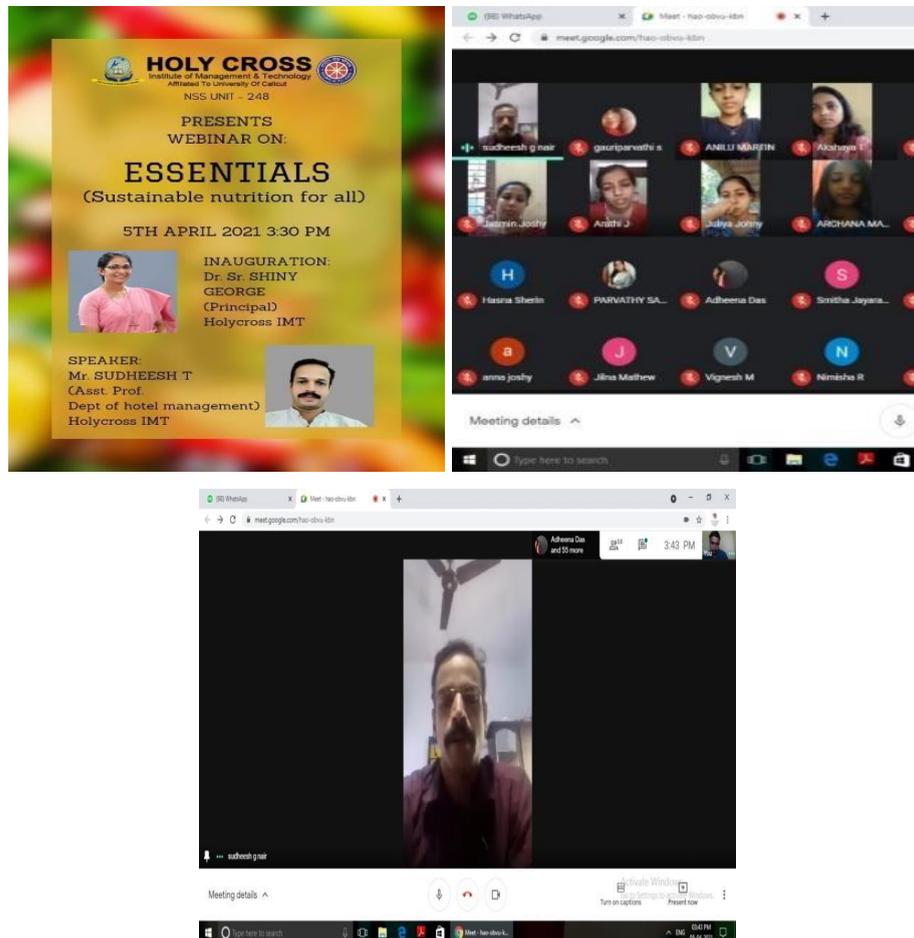
WEBINAR-ESSENTIALS

April 5th 2021

In association with the Poshan Pakhwada 2021 initiative NSS unit 248 of Holy cross College conducted a webinar on the basis of essentials (sustainable nutrients for all). The intention of the program was to raise awareness on how nutrients influence the daily life of humans. The session began with the NSS Song and then a welcome speech by a volunteer. Then program officer, Mr Navaneeth addressed the gathering. The programme was officially inaugurated by the principal of Holy Cross College, Dr. Sr Shiny George and followed by it, the distinguished speaker Mr Suresh T, the Asst. Prof Dept of Hotel Management of HCIMT took an informative session for the volunteers.

The webinar was interactive and the volunteers had opportunities to ask their doubts and confusions directly to the speaker. The one hour lasted programme from 3.30pm to 4.30pm was really beneficial for the students to clearly know about the daily requirements of proteins, nutrients and carbohydrates in their daily routines. The informative session was

fruitful in raising awareness on different sources of nutrition and how it affects and influences the overall health of individuals. The one hour session came to an end with the vote of thanks by a volunteer.



TIKA MAHOSTAV VACCINATION

April 11th – 14th 2021

In light of the Tika Mahotsav Vaccination Drive, an awareness program was initiated by the NSS volunteers of Unit 248. The program was held from April 11th till 14th 2021. The aim of the program was to give awareness on the Corona virus and the Vaccination drive, happening through-out the nation, to the general public. All the volunteers of the unit actively took part in the awareness drive. This was carried out by the volunteers by visiting the houses in their localities and individually talking to each household on the corona virus and the importance of being vaccinated.

The volunteers collected data on the number of vaccinated members in each household and prompted the non-vaccinated to do it as soon as possible. The house to house visit and talks were all held in accordance with Covid regulations and all safety instructions were kept in mind and implemented. The volunteers were able to directly explain to the local public the immediate after effects of the vaccine and why it is essential for everyone to be vaccinated.

The volunteers also patiently answered and cleared all doubts the public had regarding the vaccination drive. The students also helped to explain the process of registering for vaccines and how to book appointments. The event was successful as the volunteers received an overall positive remark from the houses they visited, towards vaccination.

