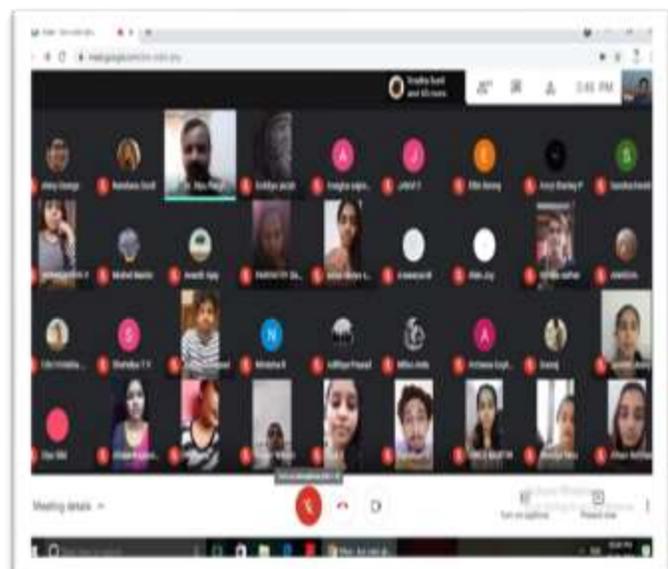


## SPECIAL ACHIEVEMENTS DURING THE YEAR 2021-2022

### ONLINE WORKSHOP – MGNCRE

An online workshop was conducted for the students of Holy Cross College in association with the Mahatma Gandhi National Council of Rural Education on 12th May 2021. All the volunteers (1<sup>st</sup> years & 2<sup>nd</sup> years) attended the programme actively. The program started with the NSS Song which was followed by the welcome Speech by a NSS Volunteer and next was the presidential address by the programme officer Navneeth sir. Then the principal of the college Dr. Sr. Shiny George inaugurated the session with her wonderful words and showered her greetings for the programme's success. Keynote address was given by Dr. Dipu Varghese, the MGNCRE resource person. He introduced the programme and its structures. Then he presented the action plan of the Social Entrepreneurship, Swachtha and Rural Engagement (SESRE) programme and also told us about its functionality. He went through all types of current issues like cleanliness, deforestation, sanitation etc. which made the session more interesting and interactive. The volunteers got a chance to share their opinions and experiences on the topic and they also discussed how to uplift the society during this pandemic. Then Navneeth sir explained the activities of SESRE cell in our college and told us the future plans of the cell. Then there was an interactive session with the guest that lasted for twenty minutes, in which they got an opportunity to share their thoughts and ideas with everyone. The volunteers decided to do something for the society which will be done after discussing with the programme officer. The session started at 3.30pm and ended at 5.00pm. The program ended up with a vote of thanks by a NSS volunteer.



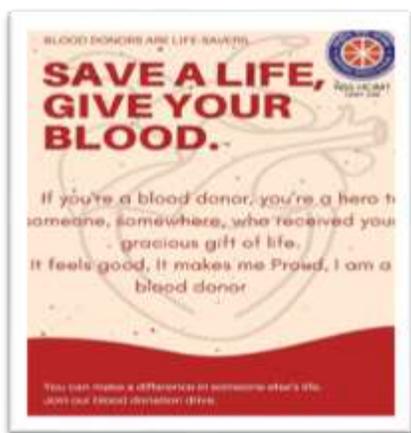
## ENVIRONMENTAL DAY

To commemorate June 5<sup>th</sup> environmental day, many ingenious programmes were conducted by NSS unit 248 of Holy Cross college. As part of the environmental day NSS Volunteers were given an opportunity to plant trees in which, each volunteer planted five fruit bearing plants in their homes which would grow into large trees in the coming years. A total of five hundred plants were planted by the volunteers. This programme was organized by the unit in association with the Calicut University district Cell. Due to the current situation of Covid- 19 the students planted their saplings by abiding to the protocols of the government. The students planted five fruit bearing trees and nurtured it. The volunteers actively responded to this programme and set a good example to the society for protecting nature by planting trees. An environmental day pledge was taken by each volunteer of the unit.



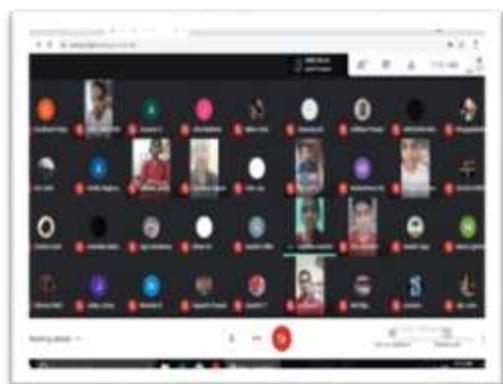
## WORLD BLOOD DONATION DAY

As part of the world blood donation day on June 14<sup>th</sup> 2021, an interunit competition was conducted between the NSS Volunteers. The competition was a poster making competition. The theme of the poster was to spread awareness on voluntary blood donation. The poster was made by the use of digital medias. Exciting cash prizes were also given to students. All the volunteers actively participated in the competition. All the posters made by the volunteers were very creative and it had the element of awareness regarding voluntary blood donation. The main message through this competition was to make people aware regarding blood donation to the needy one's. This programme was a huge success because of the volunteers participation.



## INTERNATIONAL YOGA DAY

As a part of International Yoga Day, a programme was conducted to make the volunteer's aware about the importance of yoga in our daily lives on June 20<sup>th</sup>, 2021. The programme started at 7am in the morning. All the 50 volunteer's were present. The programme started with a session that introduced yoga and stated its relevance and it was followed by a practical session led by the senior volunteer, Ardhra Aravind. All the NSS volunteers were active during the session. The volunteer's gave a good feedback. They said that they felt really calm and peaceful after doing pranayams.



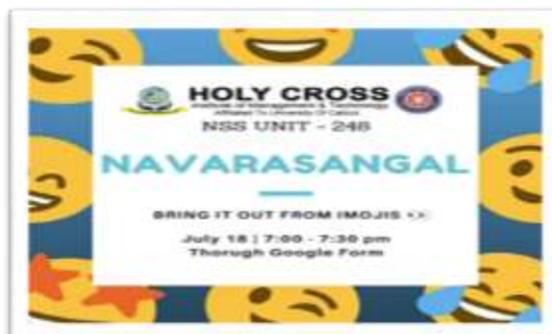
## ONLINE WEBINAR – PEER EDUCATOR CONFERENCE

An online webinar was conducted for coordinating the programme of Red Ribbon club for the year 2021-22 on July 12<sup>th</sup> and 13<sup>th</sup>. The webinar was conducted as the first step to train the peer educators by Kerala State Aids Control society and Kerala State blood transfusion council. This was a programme that taught the students about blood donation, donors health, role of the women in blood donation, blood donation in emergency cases etc. The classes were conducted for an hour for the red ribbon club members. Three NSS Volunteers attended webinar from our institution. They were Anagha Sajeevan, Muhammed Rihan and Swathi TP. They received a certificate of participation for this online peer educator conference.



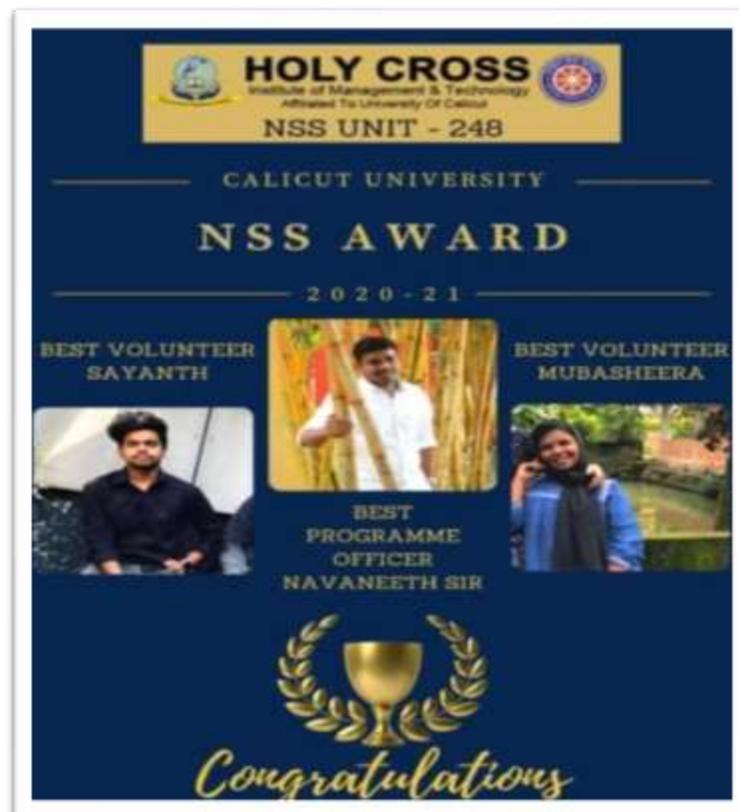
## NAVARASANGAL

An online game was conducted for the NSS volunteers on July 18<sup>th</sup>, 2021. The game was conducted from 7.00pm to 7.30pm through Google Form. Winners were also awarded amazing prizes. The game was named “navarasangal” as it was all about different types of emojis. It included finding different names of food items, movies and places that are familiar to the students but were presented in a different way using emoji’s which made the game more interesting and tricky. The entire programme was hosted by the senior NSS volunteers.



## NSS AWARD

The NSS awards of 2020- 21 of Calicut University were announced on 29<sup>th</sup> July 2021. Holy Cross College bagged three prizes for NSS from the University of Calicut. Our NSS programme officer Mr. Navneeth got the award for the Best Programme Officer for the year 2020, as a result of his hardwork and determination. All the NSS volunteers have learned a lot from him. The entire college congratulated him and was really happy for him. Two more awards were awarded for the volunteer's team. The NSS secretary Mubasheera got the award for the Best NSS Volunteer for her mindful performance in the team and also the NSS secretary Sayanth Prasad was awarded with the Best NSS Volunteer award from the Calicut University because of his wonderful performance. Both of them have set a benchmark for the other volunteer's. It was a celebration time for the entire NSS team of the college. The entire team is prepped up to render more service to the society and help the needy one's.



## **AZADI KA AMRUTH MAHOLSAV**

In association with Independence day celebrations, National AIDS Control Society through Kerala SACS planned to engage students through online platform in the form of three awareness campaigns on HIV, TB and Blood Donation. The first phase of the campaign was launched virtually on International Youth Day on 12<sup>th</sup> August 2021. Students were asked to prepare a video of 15-20 seconds duration on or before 1<sup>st</sup> August 2021 at 5pm. Anagha Sajeevan was the lucky one, whose video got selected and was played by NACO. This video of our volunteer was clubbed with the other videos and was played at a national level platform.



## **FELICITATION PROGRAMME**

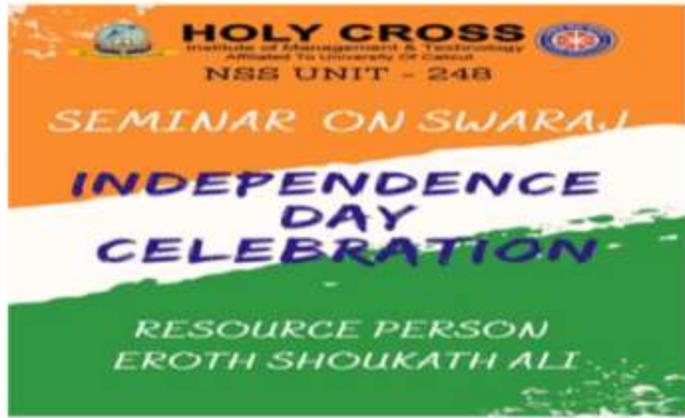
A felicitation programme was conducted to congratulate all the NSS award winners of the Calicut University for the year 2020- 2021 on 11<sup>th</sup> August 2021. The programme was conducted in the AV room of the college. The rest of the NSS volunteers attended the programme virtually through Webex. The programme started with NSS Anthem and was followed by a welcome speech from Mr. Lazar. Presidential address was delivered by the Manager of HCIMT, Sr.Lincy Cheriyan. The principal of HCIMT Dr Sr Shiny George also addressed the gathering. Other teachers of the college also took the opportunity to deliver felicitations to the awardees. The award winners also came forward, said a few words and shared their experiences and thoughts. The function ended up with a vote of thanks.



## **INDEPENDENCE DAY CELEBRATIONS AND SEMINAR ON SWARAJ**

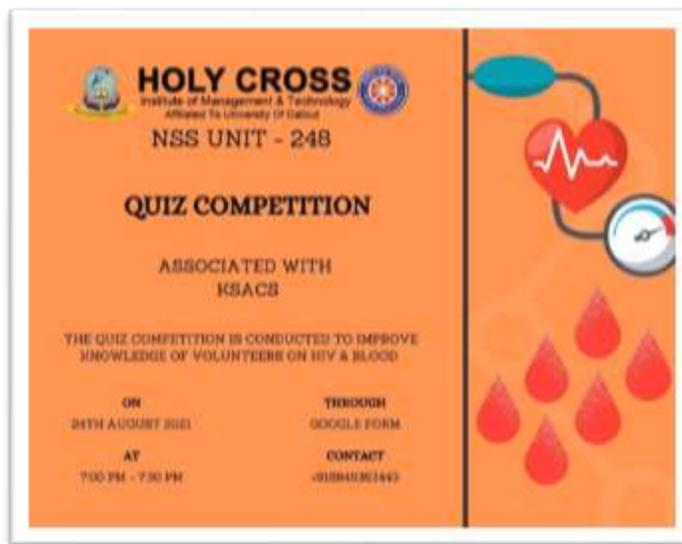
Celebrating India's 75<sup>th</sup> Independence Day, the NSS Volunteers of Holy Cross College assembled at the college for flag hosting. All the volunteers reached at 8.00am for the flag hosting. The principal Dr. Sr. Shiny George hoisted the flag and commands were given by the volunteer Sooraj. After the flag hoisting, pledge was taken by a second year volunteer. Sweets were distributed to the gathering as a part of the celebrations. Later Dr. Sr. Shiny George gave a message to all the volunteers regarding Independence day.

On the same day, a seminar was conducted on Swaraj for the NSS volunteers. The resource person for the seminar was Mr. Shoukath Ali, a social activist. He took the volunteers through different aspects of Swaraj through his session. He spoke on sanitation, cleanliness, importance of water in our daily life and also on many other topics that are relevant in today's world. He also entertained the gathering with many tips and tricks in his style. Through this session volunteers were able to know about the importance of swaraj and also about the importance of preserving our environment. The seminar session winded up with a vote of thanks from a volunteer.



## **QUIZ COMPETITION**

A quiz competition was conducted by the NSS UNIT- 248 of Holy Cross College Kozhikode and it was done in association with KSACS. It was held on 24<sup>th</sup> August 2021 and was done to improve and check the IQ and knowledge of volunteers on HIV and Blood Donation. All the NSS volunteers came forward and participated actively in the quiz competition. The competition was held through Google form from 7.00pm to 7.30pm. Two volunteers got prizes and were selected for the next competition held at District level. The winners were Anagha Sajeevan who got first position and Juliya Johny who was awarded the second prize. It was a very good event.



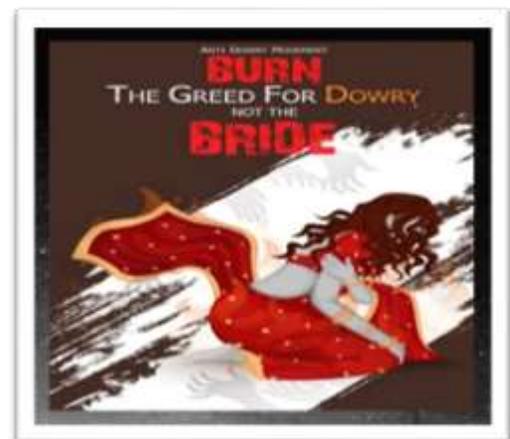
## **WEBINAR ON FIRST AID**

A webinar was conducted on 17<sup>th</sup> September 2021 on the topic, “First Aid”. The session was conducted by two formal NSS Volunteers of our college, Ms Soorya PN and Ms Arunima AB. Despite of all the challenges and difficulties of taking a webinar, they gave their best and delivered a wonderful session. They taught various First Aid techniques and also gave an insight as to what has to be done when an accident occurs. They told the volunteers to be alert and vigilant when any problems arises. The session was really interesting for all the NSS volunteers.



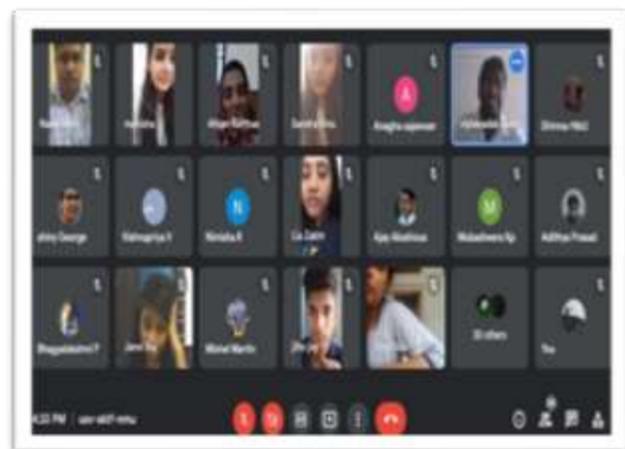
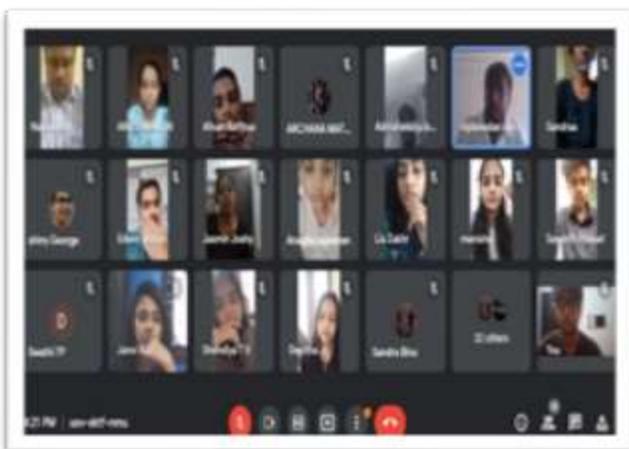
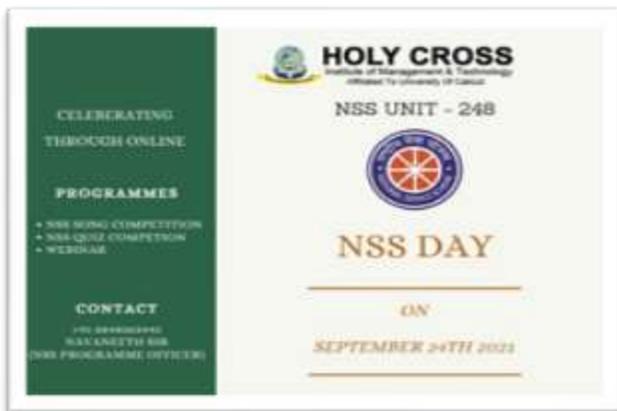
## POSTER MAKING COMPETITION

A poster making competition was conducted for the volunteers to select the best volunteer for the university competition on digital poster making. The theme of this competition was very relevant in today's world. The theme was "NO TO DOWRY". The guidelines for the competition were a little strict because the posters could be made through online applications. The digital poster's size was 2000×1500 pxl. The programmes main aim was to make people aware about the dowry issues that still exists in our society. Volunteers actively participated in this competition using several applications. There were a lot of entries and from the volunteers the winner was Abin B Sabu. His poster conveyed the actual meaning of the theme. Volunteers were really interested in this competition. This competition addressed a social issue with technology. Volunteers learned that with the proper use of technology, they can connect to millions and solve various societal issues.



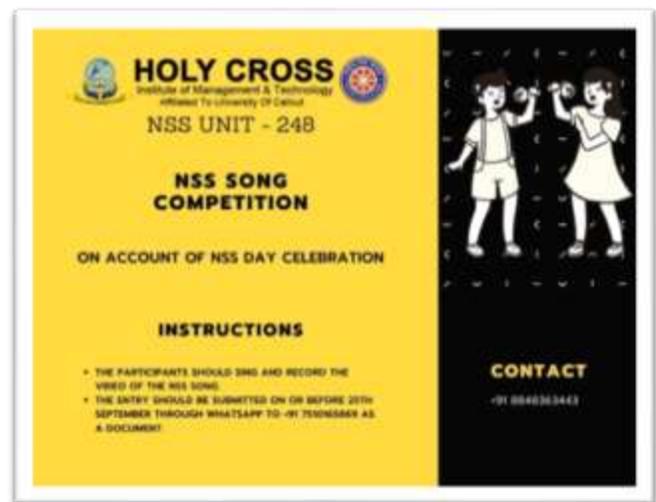
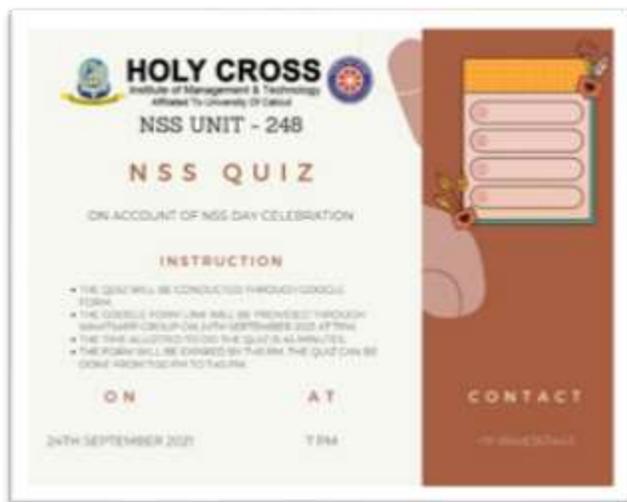
## NSS DAY CELEBRATION

NSS day is a very important day for all the NSS volunteers. NSS day of the year 2021 was decided to be conducted through Google Meet due to pandemic on 24<sup>th</sup> September. The program started at 4.00pm in the evening with the NSS song. Then it was followed by the presidential address by NSS program officer Mr Navneeth. The program was inaugurated by our respected principal Dr. Sr. Shiny George. Then came the important session of the day which was the webinar by our resource person Mr Viplavadas A.V who was the formal NSS programme officer of the Baithul Izza Arts and Science College. The webinar was on the topic “THE NEED OF SERVICE MINDED YOUTH TODAY”. It was a very interactive session. All the students were very active and vibrant even though it was on an online platform. He discussed many other important topics with us. Program ended up with vote of thanks.



## NSS DAY COMPETITIONS

In association with NSS Day, two competitions were organized by NSS on September 24<sup>th</sup>, 2021. One of the competition was a quiz competition. It was done through Google Form at 7.00 pm in the evening. The questions of the quiz was based on the history of NSS and all the major happenings and moments in the journey of NSS. All the students actively participated in the quiz. Another program was a singing competition. They had to sing the NSS song. Students who were fond of singing showed their talents out without any hesitation. Prizes were announced for the winners of the competition.



## NSS Secretary Election 2021

The NSS Secretary Election of this year was conducted in the month of October on 29<sup>th</sup>. All the volunteers had to introduce themselves first since there had been no interaction between them due to the pandemic. Later four candidates, Jilto, Anagha Sajeevan, Alex and Mancy stood for the election of the secretaries. The elections were all planned and done in a systematic manner. NSS volunteers voted one by one after the introductory session of the candidates. The results were announced later after the elections. It was really a neck to neck election and finally Anagha Sajeevan of BA English and Alex Joseph of BBA were announced as the secretaries. Rest of the NSS Volunteers were really happy for getting two apt leaders for guiding them.



### **PRE-RD CAMP**

The pre-rd camp of this year was conducted on the day Diwali on November 4<sup>th</sup>. Two volunteers from Holy Cross College attended the camp. The capable volunteers were selected for the camp through a trial session. Akhila Raghunath of BA English and Jilto of B.com Finance were selected for the camp. They practiced well from the college before the camp. The camp was held from 9am to 5.30pm. They performed well in the camp as they had practiced well. The volunteers gave a good feedback after attending the camp and were really happy and proud to be NSS Volunteers.



## **CANCER WEEK REMEMABERANCE**

In association of the cancer week the NSS unit of Holy Cross College decided to do something on November 5<sup>th</sup>. Thus a team of ten volunteers was formed to work for the cancer week. They gave their best as it was their first offline project together post covid. The volunteers made posters and hung it everywhere in the college to spread awareness regarding the same. They took good efforts and worked on these posters during their freetime. They made fifteen beautiful posters and the same were placed everywhere in the college. Everyone appreciated the posters. The volunteers felt really good after spreading awareness about cancer.



## **DISTRICT LEVEL QUIZ**

As a part of the Aids Control programme a quiz competition was conducted for college students under the district TB Aids Control and Prevention department on 9<sup>th</sup> November. The NSS volunteer Anagha Sajeewan from BA English and Julia from BA Economics of Holy Cross College participated in the quiz programme and won the first prize. The awards for Anagha and Julia was given by councilor M C Anil Kumar. The presidential address was given by TB Aids control officer Dr. P P Pramod. Dr Jyothi S Ramachandran , N T Priyesh, K V Amijesh, Arundev , P K Shihad gave the felicitation. The competition was very tough. The volunteer's worked really hard for the competition and their hardwork payed off. The efforts of the volunteers were appreciated in the college too. They were congratulated by each and every faculty and students. A certificate and memento were awarded to the winners.



**WORKSHOP – CHIDLIN**

A workshop was conducted for all NSS secretaries in Calicut district on 11<sup>th</sup> November. The programme was conducted by the department of childline in association with Farook college. The venue was Farook college. The class was about “CHILD LABOUR AND PREVENTIVE MEASURES TAKEN FOR CHILD LABOUR”. The session was taken by Mr Mohammed Afsal (District coordinator Childline, Kozhikode) . The programme started from 10am and extended to 1pm. NSS secretaries of our college Ms Anagha Sajeevan and Mr Alex attended the workshop.



## **BLOOD DONATION CAMP**

The first blood donation camp of this academic year was organized on 22<sup>nd</sup> November 2021. NSS unit 248 of Holy Cross college had organized it. A group of NSS volunteers made all the necessary arrangements in the Mini Auditorium of the college for camp. The programme was scheduled at 10am. The programme was inaugurated by our principal Dr. Sr Shiny George. Presidential address was given by NSS programme officer Mr Navaneeth K. Around 120 students of college including NSS volunteers willingly donated their blood. The collected blood was donated to Kottaparambu Government Hospital, Calicut. A class was conducted for the students and volunteers by the team from Kottaparambu Government Hospital regarding the pros and cons of blood donation. Before collecting the blood, students' weight, temperature and other tests were conducted by the staff of the hospital. Refreshments were given to the students and volunteers who donated blood. The team of volunteers who were in charge of blood donation camp coordinated the programme excellently which made the programme a grand success. Many posters were prepared by the volunteers on awareness of blood donation and were displayed throughout the college. The entire unit and the college felt really proud on those students and volunteers who donated blood.



## **STATE LEVEL QUIZ COMPETITION**

The state level Red Ribbon quiz competition was conducted on 23<sup>rd</sup> November. Two volunteers Anagha Sajeevan from BA English and Juliya Johny from BA Economics of our college were qualified from the district level Red ribbon quiz competition conducted from Calicut TB center by DA PCU, they were able to attend the state level quiz competition from Shasthamangalam. The programme was coordinated by Sunil Sir in association with the Kerala State Aids Control Society. The quiz competition began at 10.00am in the morning. It was a proud moment for the entire NSS unit and our college, both our volunteers won the state level quiz competition too and were qualified for Sub-regional level. The programme ended up at 2.00 pm.



## **BOOK DONATION BY NSS**

A book donation event was organized by the volunteers of our unit for November 24<sup>th</sup>. The volunteers took the responsibility of collecting books of all categories from students of the college. They went to all the classes and requested all the students to donate any books that they have. After collecting the books, all the volunteers were surprised seeing the total numbers. They sanitized and packed all the books neatly. Approximately 120 books were collected and the same were donated to the Gender parks. The books were given to both boys home and girls home. The books were taken to the Gender park by Mr Navneeth (Programme officer), Ms Anagha Sajeevan (NSS secretary) and Mr Jilto (NSS volunteer). This little initiative was appreciated by all the volunteers, students and faculties of the college.



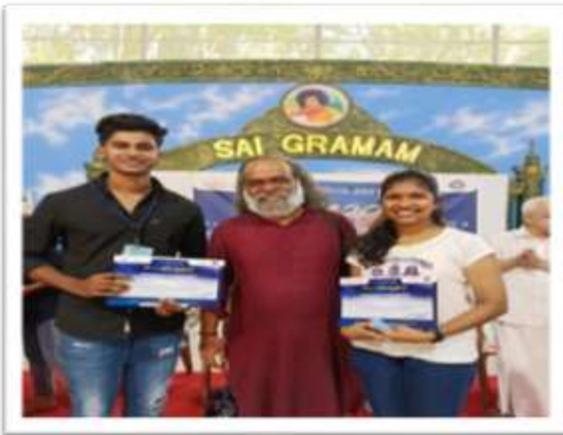
## AIDS DAY

One of the most important day for all the NSS units is the World's AIDS Day on Decemeber 1<sup>st</sup>. NSS unit 248 of Holy Cross College never misses this day to spread awareness and rende their service to the society. AIDS day awareness posters were made by the second year volunteers. The students worked really hard and brought the best posters to be displayed in the college. On 1<sup>st</sup> Decemeber the volunteers came to the college early in the morning to place posters throughout the campus. The main aim to display the posters everywhere in the college was to spread awareness regarding AIDS. The main aim was to educate students regarding the possible dangers of AIDS.



## STATE LEVEL LEADERSHIP CAMP

The leaders camp for the selected volunteers from Pre-RD was conducted in the month of December. The programme was held at Sathya Sai Arts and Science College, Thonnakkal, Thiruvananthapuram. Two volunteers Akhila Raghunath , BA English and Jilto Joy, B.com Finance from our college also got a chance to attend the the leadership camp. It was a three day camp from December 3<sup>rd</sup> to 5<sup>th</sup>. They had planned a lot of programmes for the volunteers to increase their leadership skills. Each day started with a yoga session to increase the concentration and positiveness of volunteers. Food and accommodation were arranged for girls and boys separately with full safety at the college itself. The volunteers were divided into different groups and were given opportunities to showcase their talents and to know their inner self in a much better way. The presence of higher education minister Bindu ma'am and state level program officer made the students more vibrant. The volunteers who attended the leadership camp were really motivated and happy for this great chance they got. They gave a very good feedback after the camp. Happy to send two volunteers from our unit.



## COLLEGE CAMPUS CLEANING

The NSS unit of our college decided to clean the college campus on December 4<sup>th</sup>. The campus cleaning was done by the NSS volunteers of 1<sup>st</sup> year only. Sixty eight students were told to assemble in the college by 9am. The cleaning program was from morning till afternoon. The places to be cleaned were spotted earlier by the second year volunteers to make the work easier. Few of the second year volunteers also came to the campus with all their support and guidance to monitor the 1<sup>st</sup> year volunteers. The road to the college was also cleaned on that day itself. All the volunteers were really active during cleaning. After the cleaning, students were given refreshment and later they dispersed in the afternoon. All the volunteers were appreciated for their efforts and hardwork.



## **RAILWAY STATION GARDEN CLEANING**

The fourth platform of Kozhikode Railway station garden was cleaned by the NSS Volunteers of Holy Cross College on December 11<sup>th</sup>. This programme was also considered as a criteria for selecting the 1<sup>st</sup> year volunteers. Thirty Eight students came for the cleaning. The cleaning program was done for two days in which these volunteers were called partially. A few second year volunteers also arrived at the site to monitor and guide the first year students. Cleaning program was done from morning till afternoon. After the cleaning small snacks were given to all the volunteers. Students were very active and vibrant during the cleaning work. It was also a really wonderful experience for all of them as it was their first out of the campus work.



## URJAKIRAN 2021-22

As a part of Energy conservation day NSS unit no -248 of Holy cross college conducted a program named as URJAKIRAN 2021-22 in association with Energy Management Centre Kerala and Centre for Environment and Development on 14<sup>th</sup> December at Kacherykundu Panchayat. A Rally, An orientation program, poster making competitions, collection of signatures and pledge taking were the programmes organized under the leadership of the panchayat president. The campaign helped the volunteers in knowing more about the need of energy conservation. The main highlight of the program was the distribution of LED bulbs and the advantages of using e-vehicles, which can help the cities ease their traffic problems, noise emissions and air pollution. Fifty volunteers from our unit participated and made the program a huge success. Refreshments were provided for all the volunteers and the program ended by 2pm afternoon.



## ANWESHI

Anweshi has been bringing the revolutionary spirit to women's empowerment becoming Kerala's largest and oldest NGO in the field. They are against gender discrimination and are aimed at addressing the problems faced by women, equipping them to lead their lives despite of the violence they face in their everyday lives. The seminar was conducted by Anweshi NGO in association with Holy cross Institute of Management & Technology. It was coordinated by NSS unit 248 and meetings were done to organize this programme. The seminar was organized in the Mini Auditorium of the college. The programme was planned in two sessions. The topic for morning session was " BE THE BEST" and afternoon session was on "LAW WITH WOMEN PERSPECTIVE". The registration of the programme began at 9.30am and was done by Anilu Martin and Alex.

A welcome speech was given by NSS programme officer Mr Navaneeth and presidential address was given by Dr. Sr Shiny George the principal of the college. The programme was inaugurated by Mr Abdul Basi(district women and child development officer). K Ajitha was the chief guest of the programme. The motivation class was given by OISCA international trainer Dr Hempalan sir. It was interactive and interesting since it included roleplays, magic tricks, group activities etc. The awareness session "law with women perspective" was taken by Adv. CK. Seenath. Vote of thanks was given by Anagha Sajeevan NSS secretary.



## SEVEN DAY CAMP

The seven day NSS camp of the year 2021 of Holy Cross College, unit 248 started on 27<sup>th</sup> of December to 2<sup>nd</sup> of January 2022. Due to the pandemic the camp site was in the college campus itself.

### DAY 1

All the volunteers reached the camp by 8.00am. The camp was officially started with the inaugural ceremony which was held from the Mini Auditorium of the college. The welcome speech was delivered by Anagha Sajeevan, NSS secretary. The presidential address was given by the pillar of our college, our principal Dr. Sr. Shiny George. Then, the camp was officially inaugurated by Nadakkav ward member, Mrs. Alphonsa Mathew. Greetings were delivered by the programme officer Mr Navneeth and the ceremony ended with the vote of thanks by Alex Joseph, NSS secretary. In between, refreshments were given to all the volunteers. Then, after the lunch a small break was given to all the volunteers to settle down. Then at 3.00pm a class was headed by Ms Arsha Ravikumar, councilor of MSW department of Holy Cross College on “Vimukthi against lahari”. A flash mob on Anti drugs was exhibited by the NSS Volunteers at 5.00 pm from the college campus ground. Then, the whole team of volunteers gathered together for the camp planning “Manjurukkal”. Volunteers together with the program officer planned everything for the coming camping days. Then it was the time for cultural programmes. Students were really active and excited throughout the programme. Different tasks were given to different groups randomly and thus participation of whole team was assured. Dinner was given to all the volunteers by 8pm. Food committee had undertaken this responsibility. Reporting committee then got involved in the next days newspaper. The camp slept at 9.00pm. Accommodations were well planned in advance considering the safety and security of the volunteers. Girls were allotted girls college hostel and boys were at the college campus. Thus, the NSS camp of 2021 “CHUVAD” had a great start.





## DAY 2

The second day of the camp began at 5.00 am. The first thing done by the volunteers was the morning workout at 5.30 am. Karate class was given by Kumari Hindusree of Holy Cross College and it was followed by the newspaper reports. Then after the breakfast, students were lined up in groups and were given different equipments for their work in the camp. The work site was Govt. L P School Kacheri, Nadakkavu. The theme was to have a “NO WASTE CAMPUS” or “CLEAN CAMPUS”. Mrs Alphonsa Mathew had given us this work site. Different portions were given to volunteers to work on. They plucked grasses, swept and mopped dirty floors, cut weeds etc. Refreshments were provided to the volunteers there in the school.

Volunteers reached college in the afternoon. Then after lunch all students had a class by Mr Hemapalan, director of training wing of OISCA International. He represented India in the International Summit on environment held in Tokyo in 2008 and is also a patron of FPTM. It was really a great opportunity for all the volunteers to get his class. This class will help them to improve volunteers leadership skills and qualities. The session was very interactive. After the class feedback was given by the volunteers. Later in the evening, a small tea break was given to the volunteers. They were also given time to play. Cultural programmes were also arranged for the volunteers. This was the most exciting part of the day. All the students were happy and they had the best of their time. Then, after the cultural programmes dinner was given to the volunteers and camp day ended by 9:00 pm. Reporting committee then headed up with the newspaper reports of the day.



### DAY 3

The third day of the NSS camp started at 5.00 am. Then it was followed by the workout session. Basic karate were taught to the volunteers. Then previous day's reporting committee read out the events which they made in the form of a newspaper during the assembly. All the volunteers then had their breakfast and went to the work site. Volunteers altogether walked to the site. The work was at Kacheri Govt. U P School, Nadakkav. They were indulge in the campus cleaning. Meantime, refreshments were given to all. The volunteers returned to the college by 12:30pm. Post lunch classes were taken by the HOD of MSW department Mr Jose. All the students gathered at the mini auditorium at 3.00 pm and the class was on 'Personality development'. It was really a wonderful session. Later the volunteers had their time for enjoyment too. Boys played football and girls badminton. Then it was time for cultural programmes which was at 6.30 pm in the evening. It was conducted from the mini auditorium of the college. Different groups were given different tasks by the cultural committee and they were asked to do it. Volunteers looked forward to the cultural programmes.

Prizes were given to the winning team. There was also a fancy dress competition. Students came as LKG kids, ghosts, and even in the form of trending Minnal Murali. After the competitions, dinner was served and the camp ended by 9pm.



#### DAY 4

The fourth day of the NSS camp started with workout sessions. All the volunteers woke up and they lined up at the football ground. Karate sessions were also given to the students. Important headlines from the newspaper were read out loudly by a volunteer of the reporting committee. News were written in a funny way, this made everybody laugh. After the breakfast, volunteers went to their final work at Kacheri Govt UP School Nadakkavu. All of them walked to the work site. They were put into different groups and each group was given their duty. It was the last day to work there and they did their best. Meantime, ice-creams were given to all the volunteers. Other refreshments were also given by the food committee.

After the work, the volunteers marched back to the college. Then after lunch they were asked to take rest and freshen up and reach the mini auditorium for the class at 3.00 pm.

This was an interesting session. It was a science miracle show. It was taken by Mr Vinu Vijay, member of Kerala Shasthra Sahithya Parishath. Students were really active and excited for all the events. After the session, refreshments were given to the volunteers. Post classes volunteers had their sports time. Today's main attraction was the pyramid building which was done in a different way by each one. The volunteers went to bed at 9pm.



## DAY 5

The fifth day of NSS camp also started with a workout session. Different workout sessions were planned for the volunteers. After the workout session, basic karate class was given by Hindusree. Then, major highlights were read by the reading committee. After the breakfast, volunteers geared up to go to their worksite. The volunteers had to go to Chakkarothukulam road near the railway track. Volunteers went walking to the site. Then, from there they were allotted their work. Plastic wastes were collected in sacks and all the weeds were cleared by the volunteers. The food committee came up with refreshments.

Later after the cleaning, volunteers got back to the campus. Then after lunch and adequate rest, the volunteers were asked to reach the mini auditorium at 3pm. The class was taken by Mr Geo Kappan, the famous life coach. He took a very interactive session. He came up with a lot of psychological motivation for the volunteers by showing many practical ways. He also did a little yoga session with the volunteers to show them how to control their mind and emotions. The best students were also awarded prizes after the session. This class helped the volunteers to improve their concentration, patience etc. Then, it was the time for tea break. All students were given snacks and tea and they also spent their time playing football and badminton with their friends.

The next programme was cultural programme at 6.00 pm. The cultural committee of students prepared different tasks for different groups and each team participated with great spirit. Then everyone went for the dinner after the cultural programme of the day.



## DAY 6

The sixth day of the NSS camp began as usual. Day started with work out sessions. The volunteers were made to jog in the campus and later Hindusree taught them some karate tricks. After having breakfast students went to clean the premises near the railway track. Food committee volunteers came with refreshments. The volunteers then went to clean the garden maintained by our college near the fourth gate railway line. The entire garden was cleaned and was restored in its original state. After cleaning volunteers went to the campus for the rest of the activities. Lunch was provided by the food committee. At 3.00 pm volunteers were asked to clean the college surrounding and roads towards the college campus. Volunteers were given different portions to clean in groups. College surroundings were given to group 1 and group 2 and the path to the college were given to group 4 and group 5.

Group 3 was busy because they were handling the food committee. Roads were cleaned, wastes were collected and divided into biodegradable and non biodegradable wastes. After the work volunteers went back to have their tea and snacks. As the camp was ending all the students were eagerly playing games with their peers at their free time. All of them, then got back to the mini auditorium for the cultural programmes. Cultural programmes were conducted by Group 5 and different challenges were given to various groups. Lastly volunteers were allowed to sing and dance. All the volunteers had the best of their time.



## DAY 7

The last day of the camp began with a workout session. Hindusree, took the last class of karate and she made everyone exercise in the ground. After the workout all volunteers went to have their breakfast prepared by the food committee. Newspaper was read from the mini auditorium after the breakfast. As it was the last day of the camp all the students along with the Program officer gathered at the mini auditorium for the closing ceremony. The programme started with the NSS song by Shimna and Darshana from BA Economics. The welcome speech was delivered by Anagha Sajeevan, NSS secretary and then the Presidential address was given by the Program Officer Navneeth Sir. The closing ceremony was inaugurated by the Principal Dr. Sr. Shiny George, the backbone of our institution.

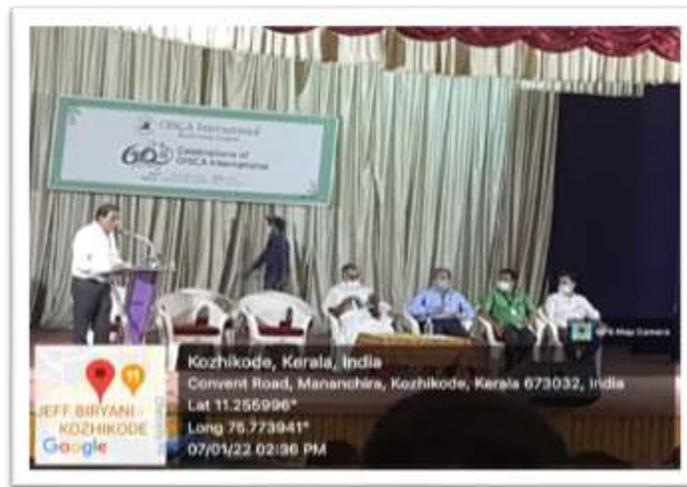
The best NSS Volunteers were selected among boys and girls and prizes were awarded to them based on their performance in the camp, behavior, attendance etc. Experiences and feedback were shared by Sandra Binu from B.com and Jasmine Joshy from BA English. Vote of thanks was delivered by Mancy from B.com. After the ceremony the meeting was dispersed for lunch. After lunch all the students packed their bags, cleaned the entire campus and hostel. After all the work students got ready with their luggage's and waved bye to their friends. They left the campus at 2.30 pm. The whole NSS team had the best of their time in these seven days. Finally the seven day camp of NSS unit 248 came to end.



### **ANNIVERSARY CELEBRATION OF OISCA**

As a part of the 60<sup>th</sup> anniversary celebrations of OISCA, twenty students and a teacher from our NSS unit 248 were requested to attend a program on 7<sup>th</sup> January 2022 at Tagore Hall, Calicut. The program was held at 1.30 pm. A poster making competition was also organized on that day for the students. The theme for the poster was “CHILDREN’S FOREST PROGRAM”. A team of 4 students were said to prepare a poster in white cloth of 1 meter × 1 meter and were requested to report at Tagore hall at 1.30 pm for the program. They were asked to present and explain their poster abiding to the theme on the stage. The inauguration of the programme was done by the honorable minister of the state for External Affairs, Government of India Shri. V. Muraleedharan. The guest of honor was presided by the honorable minister for forest and wildlife, government of Kerala Shri. A. K. Saseendran. Keynote address was delivered by the member of Parliament, Shri M. K. Raghavan. The OISCA Karmasreshta Award was presented to Dr. N. Krishnakumar IFS (retd), President, OISCA- SIC on the occasion. The program was really useful to all the members who came to

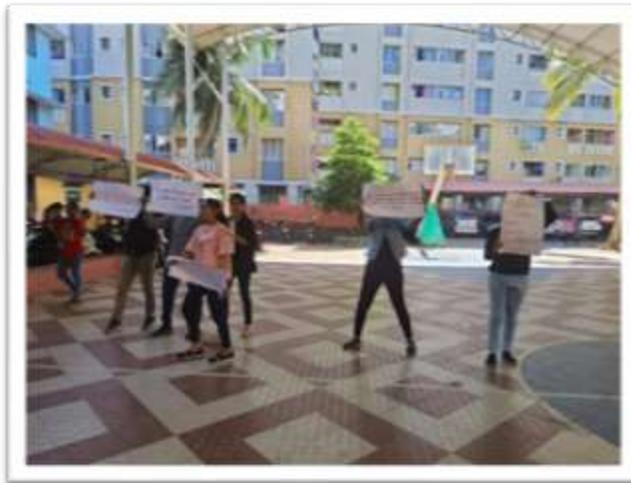
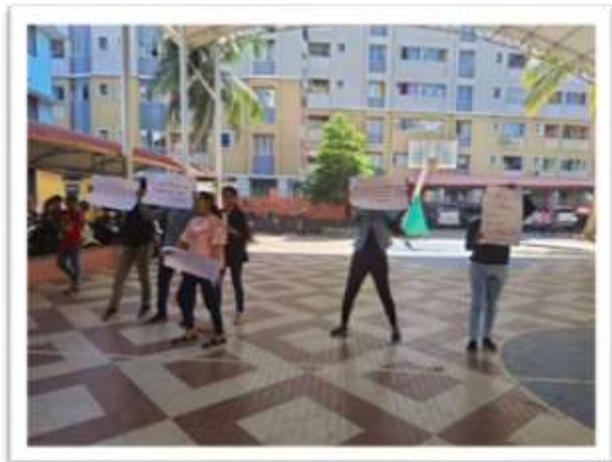
attend it. Prizes were given to the best poster and participation certificate was also given to the participants of poster making competition.



## YOUTH DAY

Today's youth is tomorrow's victory. Since NSS is an organisation of youth, celebrating youth day is really important. NSS unit 248 of Holy Cross College celebrated youth day on January 12<sup>th</sup>. National Youth Day is observed on the birth anniversary of Swami Vivekananda. This day is known to inculcate the values and morals of Swami Vivekananda in the youth of the country. For celebrating youth day many alluring posters were made by NSS volunteers. Creative posters were displayed at the entrance of the college. This was done in order to give a warm welcome to all. A board full of posters of Youth day were displayed near the mini auditorium. A flashmob was done by the volunteers after the class. The volunteers have been practicing the flashmob since a week. The dance programme was magnificent and everybody applauded the efforts of the volunteers. A speech on youth day

and Swami Vivekananda was given by a NSS volunteer. The programme was a great success and the college management appreciated the efforts of the volunteers.



### **SUB REGIONAL LEVEL, RED RIBBON QUIZ COMPETITION**

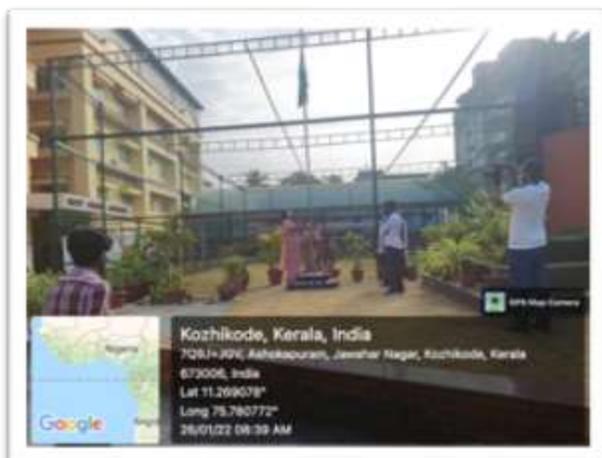
The Sub Regional Level, Red Ribbon quiz competition was conducted on 12<sup>th</sup> January. Two volunteers Anagha Sajeevan from BA English and Juliya Johny from BA Economics of our college qualified the state level and district level Red Ribbon quiz competition that was conducted from Thiruvananthapuram by Kerala state Aids Control society and Calicut TB center by DA PCU respectively. Telangana state AIDS control society in Association with the NACO had conducted sub regional level quiz competition. Due to pandemic quiz was conducted through online mode. Teams of Telangana, Karnataka, Orissa and Puducherry participated in the state level competition.

Our students scored maximum marks and received first prize in the competition and got selected for Regional Level Competition. Our volunteers excellent performance and hardwork had made them win the competition. The programme ended up at 4.00 pm by evening. It was a moment of joy and pride for the entire college.



## REPUBLIC DAY

To celebrate Republic day, all the volunteers were asked to assemble in the college on January 26<sup>th</sup> at 8:30am. The official programme started with NSS song, followed by flag hoisting by Dr Sr Shiny George. After the hoisting, pledge was taken by all. Beloved principal and manager sr. gave a short speech regarding this day. Messages were also given by NSS volunteers and NSS programme officer. The assembly was dispersed after the National Anthem. After the assembly cultural programmes were organized. There was a classical dance performance and an orchestra by the NSS volunteers. Later patriotic songs were also sung by the volunteers. The programme ended by 12:30pm. Refreshments were provided to all the volunteers after the programme.



## **LEADERSHIP CAMP**

A leadership camp was organized by NSS unit 248 of Holy cross college on 11<sup>th</sup> February. Participation was mandatory for all the NSS Volunteers. The programme was scheduled at 10am. Honorable activist Mr Shoukath Ali was invited to take the class. All volunteers were present in the mini auditorium by 10 am. The class lasted for 3 hours. Ice breaking sessions and games were included in the class which made the volunteers participate actively. The class was really inspiring and it helped the volunteers to focus and mould their leadership skills. Refreshments were also provided to all the volunteers. NSS volunteers felt that these classes are very much effective and will help them in long run.



## **VALENTINE'S DAY**

Valentine's Day symbolizes love, kindness, and friendship. On February 14<sup>th</sup>, Valentine's Day was celebrated by NSS unit 248 of Holy cross college. Creative posters regarding Valentine's Day were prepared by the volunteers. The posters were displayed at the main entrance of the college to give the students a warm welcome. The posters were also displayed randomly throughout the campus. Since Valentine's Day is represented by red and white colour, every corner of the campus was embellished by red and white balloons which added more colour to the day. An opportunity was given to all the students to express their love. A letter writing competition was organized by the team of NSS for students of all the departments.

Two letter boxes were placed inside the campus for the students to post their letters. Many rules were to be followed.

Valentine king and queen were selected according to the number of letters they received. An exciting gift was also awarded to the valentine king and queen. Each and every student of the college including the staff were really excited to know who the valentine king or queen would be.



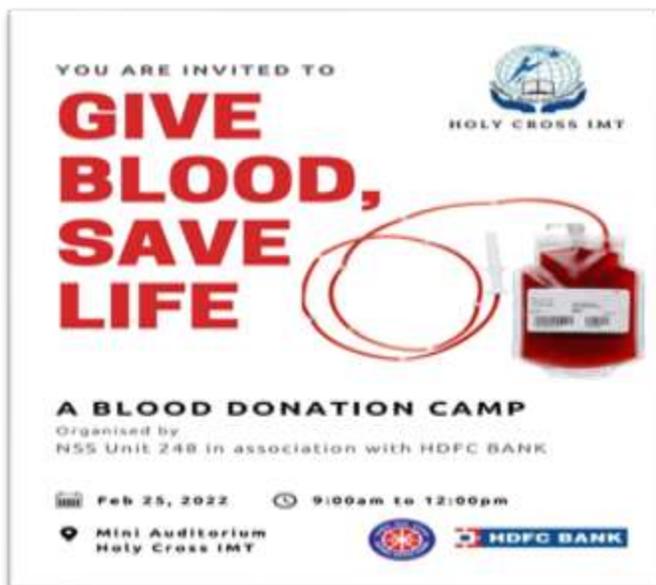
### **REGIONAL LEVEL, RED RIBBON QUIZ COMPETITION**

Red Ribbon had organized Regional level quiz competition on 19<sup>th</sup> November at Pondicherry. It was under NACO in Association with Pondicherry Aids Control Society. Two volunteers Anagha Sajeevan and Juliya Johny represented our unit in this competition. The competition was done in a hybrid mode with a time limit. Kerala and Rajasthan team joined in offline mode. Goa and Karanataka team joined the quiz in an online mode. The volunteers who represented the unit took part and secured fourth position in the quiz.. The volunteers brought glory to the unit and college by securing the 4<sup>th</sup> place. It was a proud moment for all of us.



## **BLOOD DONATION CAMP**

One of the main event held in the month of February was the blood donation camp on 25<sup>th</sup>. The NSS unit 248 of the Holy Cross college had organized it. The programme started exactly at 9am with a prayer and a short speech by the principal. The programme was done in association with HDFC bank and Kottaparambu government hospital, Calicut. The NSS volunteers had made all the necessary arrangements for the camp in the Mini Auditorium of the college. More than 100 students voluntarily donated their blood. This included NSS volunteers too. Teachers also participated in the camp. A small session on how to donate the blood and what are the regulations to be followed while donating was presided by a NSS volunteer. Before the donation weight, blood pressure, temperature and several other vitals of students were tested to ensure their safety while donating. Refreshments were provided to the students. A team of NSS volunteers coordinated the programme excellently which made the event function effectively. Posters to create awareness on blood donation were made by volunteers and were displayed in the mini auditorium where the programme took place. Certificates and a gift voucher from HDFC Bank was given to every student who donated blood. The event was a great success. The hardwork of the volunteers payed off. Awareness to donate blood voluntarily was given to everyone in the campus. Donation of blood is a nobel cause was taught to every volunteer.



## WOMEN'S DAY

International Women's Day is celebrated all over the world on March 8<sup>th</sup>. It celebrates womanhood and pays tribute to the indomitable spirit of women across the globe. Women's day was celebrated by the NSS volunteers of Holy cross college. The purpose of celebrating Women's Day was – To raise awareness about the status and dignity of women among the students. The planning and preparation to celebrate the day started a week ago. Posters and boards were made to lift the dignity of the day. Charts including cuttings and drawings of women empowerment were kept throughout the college. A board was kept at the entrance of the college to welcome everyone. A wonder woman board was made by volunteers which consisted of about fifty Polaroids of influential women in India. Each Polaroid consisted a quote from a respected person. The board was displayed in at the main auditorium of the college. To add more color to the program, an award ceremony was conducted for the lady teachers of our college. 5 decorated boxes were kept in the main auditorium with the wonder woman board. The boxes were titled with several names in which the students were asked to vote their favourite teacher who matched the appropriate tags. After the given voting time, volunteers collected the boxes and the winners were selected according to their votes. The winners were treated with a tiara, a rose, and a sash. Thereafter, game sessions were conducted for the students which made the event more interesting. Since education is the way to empowerment, a pen was given to every women staff in the college. Toffee and a rose were given as a token of love along with a pen as well. A pen was also gifted to all the girl students of our college. The diligent and great effort made by the volunteers made the day magnificent.



## **AWARD CEREMONY**

NSS unit - 248 of Holy cross college was selected as the best NSS unit from the University of Calicut. The diligent, cheering work and services of the volunteers were honoured in an award ceremony by University of Calicut on March 22<sup>nd</sup>. Our dearest volunteer, Mubashira KP from BA Economics, was selected as the best female NSS volunteer and Sayanth Prasad was selected as the best male NSS volunteer of 2020 - 2021. Our respected Navaneeth Sir was selected as the best program officer. The effort and the hard work of our programme officer and volunteers led our team to this thriving success. It was happy moment for the entire unit as it has been getting the same awards consistently from the past few years. An award ceremony was arranged to honor the award winners. The program venue was Calicut university. The award winners and our volunteers, Anagha Sajeevan , Jilto Joy, and Liyon were present at the venue by 2:30 pm. After the inauguration of the program, awards were distributed. The success was appreciated by the college as well.



## **ORIENTATION CLASS**

On April 7th, an orientation class was conducted for the first-year NSS volunteers. As the class was compulsory, the volunteers were asked to be present in the mini auditorium of the college by 9:30 am. The program started with a prayer and was followed by a speech by our beloved principal of Dr Sr Shiny George. All the arrangements were done by the NSS volunteers. The class was taken by Mr. Shafi Pulpara (Calicut district NSS coordinator). The class began with a short speech on the history of NSS, its motto, and its aim. Also, through the speech, volunteers got to know more about how NSS helps a volunteer to develop as an individual and as a social being.

The session was then followed by a game which made the volunteers more active. The class included activities and brainstorming sessions. By 11:45, refreshments were served to the volunteers. After the break, volunteers got back in the mini auditorium by 12: 00pm. In the last session, volunteers were asked to form a still picture of a scene given by Shafi sir in a given time. The activity was so thrilling that each volunteer participated. At the end of the session, Shafi Sir told about the intention of making the volunteers go through all those activities. Each game and activity had a moral in it.

