

# UNIVERSITY OF KERALA NATIONAL SERVICE SCHEME

UNIT NO. 21A&B

ANNUAL REPORT 2015-2016



NOT ME BUT YOU

**HEALTHY YOUTH FOR HEALTHY INDIA**



CHRISTIAN COLLEGE, KATTAKADA

[Re-accredited by NAAC with B grade]

Kattakada, Pin: 695 572

# Yeomen Services Rendered by NSS

## PLANTED 30000 SAPLINGS IN KATTAKADA AREA

We have planted ten thousand teak stems and twenty thousand other saplings within the campus and the premises of the students and the premises of the various institutions in Kattakada area, including Kattakada and Poovachal Grama Panchayats. We did this with the help of Social Forestry Thiruvananthapuram. All the students and staff of the college participated in this venture. We express our thanks to all the authorities who gave inspiration and encouragement for this programme. Students of the college collected saplings and planted in their premises. Principal Prof. Prasanna K. Mathew inaugurated the function and it was a great success. This work created awareness to the students about the importance of forestation, protection of nature and importance of eco-friendly life. NSS volunteers visited the adopted Thottampara ward and planted saplings of its various kinds in their vicinity. A number of local people also joined with us and it was a great encouragement for the volunteers. We distributed 'Payasam' to all the students and staff of the college as a part of the World Environmental Day celebration which was held on 16/06/2015 Thursday.



## PLASTIC FREE KATTAKADA

All the volunteers of NSS jointly decided to remove all the plastic wastes from the College campus and from the Thottampara ward. We visited the people of this vicinity and gave awareness to the importance of the removal of plastic from this planet. Volunteers take an oath against the usage of plastic. Volunteers visited all classes and gave awareness to all the students about the havoc of plastic. Our Vice Principal Prof. L.S. Paul Raj inaugurated the function on 12/01/2016 Tuesday and this programme was a great boon to the students. The collected plastic wastes were removed with the initiative of Panchayat member Mr. Dinesan. He cooperated with us throughout the programme.



## ANY TIME BLOOD ANYWHERE IN KATTAKADA

On 14<sup>th</sup> September 2015 Monday we conducted a blood group identification camp. Three Hundred Twenty Two new students attended and identified their blood group. After including old blood donors list along with new volunteers and prepared a Blood Donors Directory and we distributed the copies of the same to all the hospitals in Kattakada area. This directory was published by Dr. Shibu Raj, Medical College, Karakonam. We conducted a Medical camp on the same day and 103 students voluntarily donated their blood. Before the Blood Donor's Day we conducted a seminar on the importance of blood donation. A number of volunteers participated in this programme. Another blood donation camp was held on 12/01/2016 Tuesday. 96 students voluntarily donate their blood.





## VILLAGE ADOPTION

### HOME FOR HOMELESS

During the year of 2015 – 2016 the National Service Scheme of Christian College Kattakada constructed a home for a widow from the adopted village of Thottampara in Kuttichal Panchayat. The home construction programme was fully accomplished by the National Service Scheme volunteers. The idea as an aspect provided by the National Service Scheme Programme Officers was very helpful for the volunteers. Around 100 volunteer's actively participated in this programme. This initiative of constructing the home was completed by the stipulated time of three months and was handed over on 23 of December, 2015.



The national service scheme Programme Officers Rev. Dr. Dr. T.B. Premjith Kumar and K. Prathiba set off the programme on 7<sup>th</sup> September 2015 Monday. This programme was inaugurated by Dr. S. Venumohan, Programme Coordinator, University of Kerala. His able guidance and encouragement was a boon to this project. This occasion was blessed with the presence of NSS volunteers. By the second week of December we completed the project of home construction. The home was painted by 16 volunteers of NSS. The Principal of our College Prof. Prasanna K. Mathew handed over the key of newly constructed home to Smt.

Omana, a poor widow, residing with her daughter and her age old mother. The programme was presided over by the NSS officer Dr. Rev.T.B. Premjith Kumar. Many people helped us for this project. Our NSS officer Dr. Rev. T.B. Premjith Kumar donated more than one lakh rupees for this project.

### **MANUAL LABOUR**

We have taken maximum effort to fulfil the house construction a great success. More than 100 volunteers actively participated in this venture. Volunteers learned the lesson of the dignity of manual labour and the strength of unity. This programme was inaugurated by Dr. Saji Kumar. We visited the Thottampara ward on 17<sup>th</sup> December 2015 and 18<sup>th</sup> December 2015 and prepared fifty rain water pits in the premises of the people those who willingly permitted to make it. All the volunteers actively participated in this venture and it was a grand success.



### **DRAINAGE CLEANING**

The drainage cleaning programme was a great success, as all of our volunteers actively participated. This programme was conducted on 19<sup>th</sup> October 2015 Monday and it was inaugurated by Dr. M.S. Babu Raj, former Programme Officer, Christian College, Kattakada.



### **ZERO WASTE CAMPUS**

For making our campus plastic free and waste free all the volunteers cleaned the campus once in a month together after 3.30PM. This programme was a great boon to the college and also this created awareness to the students about the importance of health and hygiene and neatness and tidiness.





### **VEGETABLE GARDEN FOR THE PEOPLE**

All the volunteers joined together to visit Thottampara area on 18/12/2015 and takes details on the families and members of the Thottambra Ward which adopted as the main area for the social work. The volunteers of ten teams with their leaders visited the families and imparted the importance of making vegetable garden in their own premises and the necessity of rain water harvesting in their own property. We make three gardens in the open terraces of two persons and 22 other vegetable gardens as “Adukkalathottams” in the premises of local people in and around the Tottampara ward. We distributed 500 grow bags filled with vermin compost and soil and planted vegetable plants and distributed to the houses where no enough space for special farms for cultivation. We arranged these grow bags in their courtyard and gave instructions to keep and nourish it carefully. The volunteers did this work very sincerely. This yeomen service rendered by the volunteers in the Thottambra ward helped to create good opinion from the public to the college and the NSS as a whole.



### **ENVIRONMENTAL STUDY TOUR**

102 volunteers visited the Neyyar Dam, Crocodile Park, Deer Park, Lion Park, Kottoor Anathavalam etc on 17/8/2015 Friday. All the volunteers enjoyed this tour programme. We arranged special meal to all the volunteers in Neyyar Dam hotel. The programme was a success.



We conducted another tour programme on 14<sup>th</sup> December 2015 Monday. 114 volunteers participated. We visited Zoo, Museum, Planetarium, Kovalam, Vizhinjam and Veli tourist spot.



### **CAMPUS BEAUTIFICATION**

As part of campus beautification we designed a garden in front of the College, which gained a collective attraction to the campus. The volunteers are strenuously taking part in maintaining this garden with great care and joy. They continuously water the flowering plants in the garden for maintaining the scenic beauty.





## **PLANTAIN FARMING**

Our volunteers decided to make a plantain farm to make awareness that we can make organic fruits with our direct effort in our own courtyards. We planted variety of plantains. The bananas so cultivated was sold and also distributed to the volunteers on one day camp. The farm which we early had was destroyed by wind and now we restarted the farming on 2014 onwards.



## **VEGETABLE GARDEN**

A vegetable garden was made by our volunteers in our college. We are maintaining the vegetable garden in a good way. On our one day camp and seven day camp we are using our own vegetables. We are making vegetable garden in every year from 2014 onwards.





## COUNSELLING CLASS

A counselling class was conducted on 9<sup>th</sup> Nov. 2015 Monday for girls to reduce stress among them. Dr. J.G. Muthuraj taken the classes and it was a wonderful experience for the students.



## ANTI-DOWRY DAY

Anti-Dowry day was celebrated by our unit. The programme included a class against dowry system and the programme was inaugurated by the Dr. Prasanna K. Matthew on March 21<sup>st</sup> 2016. The classes were taken over by Dr. Ammini, HOD, Department of Politics.



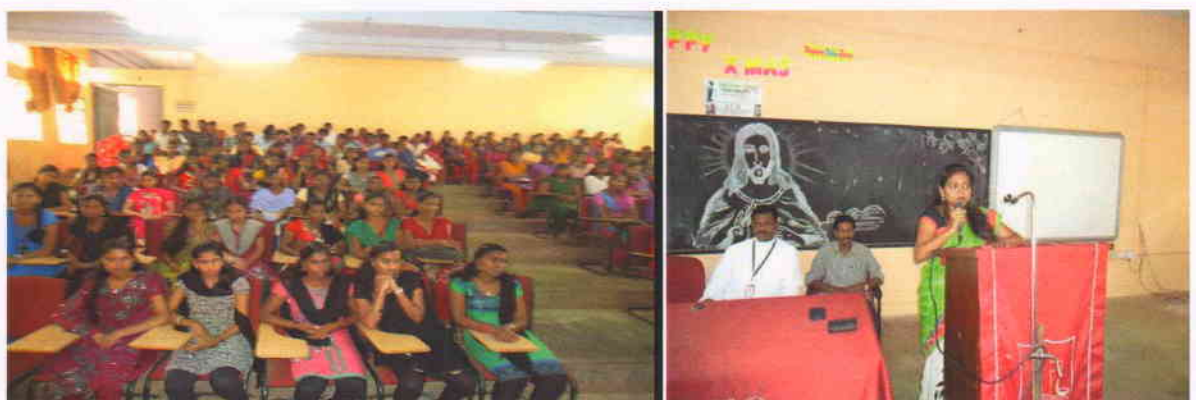
### **PROGRAMME OFFICERS MEETING AND AWARD CEREMONEY**

Our NSS programme officers and volunteers attended in the Programme officers Meeting and Award Ceremony conducted by NSS of the University of Kerala.



### **WOMEN'S DAY**

We celebrated the women's day on 7<sup>th</sup> March 2016 and we conducted a rally from College campus to the bus stand, Kattakada. After that Smt. Lyna Das, inaugurated the ceremony and gave her valuable advice and vision on women empowerment.





## SANTHWANAM PROJECT

We celebrated the *Vyojanadinam* after conducting a seminar. Seminar was inaugurated by Rev. Dr. Premjith Kumar, Programme Officer and the classes were conducted by Rev. Fr. Justin Jose, Director, Kerala Palliative Care Forum.



## ORPHANAGE VISIT

We conduct regular visit to orphanage and we collected money and cloths from volunteers and distribute it to the orphanage. This just makes our heart more pure. We had visited Ashabhava, Kattakada and Ashraya, a mentally retarded rehabilitation centre. Lastly we visited the orphanage on 16<sup>th</sup> June 2015 and we distributed food packets collected from the students. Twice in a month we distribute food packets to the Ashraya. The Programme Officers Dr. Premjith Kumar, Smt. K. Prathibha and volunteer leaders giving leadership for this project.



## RAINWATER HARVESTING PIT

We prepared a large Rain Water Harvesting pit within the college campus for harvesting the large quantity of water which was losing from the campus. It takes a number of days.



## MEDICAL CAMP

As part of our project we conducted a medical camp in our college with the help of S.M.C.S.I Medical College Karakonam.





A World Blood Donor Day was also observed to promote blood donation. Prof. Walsalam took over the class.



### YOGA CLASSES

Yoga training was conducted for all the NSS volunteers that helped them to refresh their mind and body, and this helped them to enhance concentration capacity too.



### SOAP MAKING TRAINING

The unit proudly gave training to our volunteers for making soaps. Two trained Volunteers from our NSS unit gave the training. Next academic year we plan to develop it as a small scale industry. This was held in 7<sup>th</sup> March 2016.



## SPECIAL PROGRAMMES

### NEW VOLUNTEERS ENROLMENT

With a huge amazement we sat out at the enrolment day, as almost 500 students walked on the silver screen. Among these 200 well equipped students were selected in the first round and 100 of them are enrolled after completing so many selection procedure. The enrolment was done in 5<sup>th</sup> July 2015.





## **INTERNATIONAL VOLUNTEERS DAY**

We observed the International Volunteers Day on 5<sup>th</sup> December 2015. All the volunteers of NSS participated in the function. Dr. Radhika inaugurated the function and took over the classes. A skin care camp was also conducted and it was benefited to all the students.



## **FLAG POST**

It was the first time that our volunteers initiated a new flag post for N.S.S, and our flag waved in great glory when it was raised on. The inauguration of the flag post was done on the NSS day by Mr. N. Sakthan, Speaker, Kerala Niyamasabha.

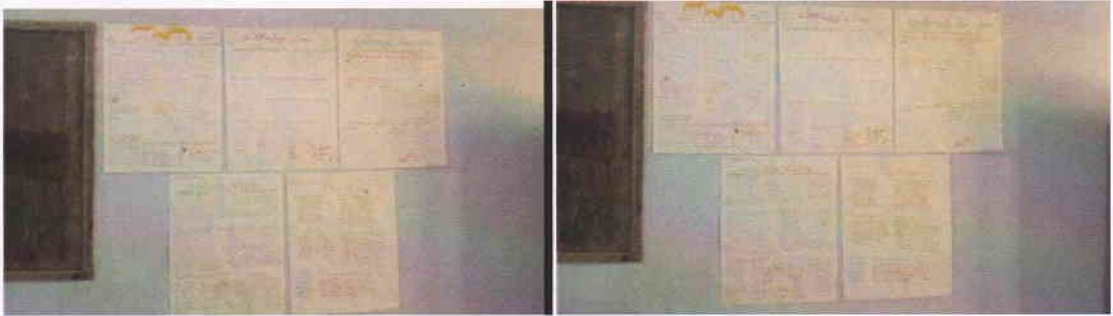


## **ADDITIONAL SKILL ACQUISITION PROGRAMME**

ASAP Is a new project for the recruitment of UG and PG final year students. This really opens the teaching world for student, and they are able to earn with their studies. As the programme is organised by the higher education department many new talents are brought out. We are successfully co-ordinated the programme by gaining the registration of 378 students of which almost 46 were selected.

## **SPOT MAGAZINE**

An hour was only needed for our volunteers just to make spot magazine which filled with excellent. This programme is done on one day camps and also in special day as a task to improve their quality.



## **NSS UNIT LIBRARY**

Our unit has a well equipped library which has a huge collection of books Many students use this library.





## SEMINARS

### TRAFFIC AWARENESS SEMINAR

Traffic awareness programmes were conducted for the students as there is a huge amount of accidents increasing day by day. Classes were taken by Mr. Praveen Ben George, Assistant Motor Vehicle Inspector, Thiruvananthapuram and Mr. S. Jaya Kumar, Dy. SP, Neyyattinkara.



### PERSONALITY DEVELOPMENT PROGRAMMES

Good skill development and personality development classes are being conducted, which are useful for preparation of interviews. Programme officers and volunteer secretaries attended a one leadership training camp conducted by NSS, University of Kerala. Other three personality development programmes were also conducted by NSS units of our college. Classes were led by Dr. K.G. Mohan, Principal, VTM NSS College, Arumanai, Dr. P.S. Shibu Raj, Dr. SM CSI Medical College, Karakonam and Mr. K. Rajendran, Asst. Forest Conservator, Kottayam respectively.



## ONAM CELEBRATION

We celebrated Onam after conducting a meeting. Dr. Vijaya D., Superintendent, Stam Office, Thiruvananthapuram attended and delivered a lecture on the importance of Onam.



## CIVIL SERVICE AWARENESS CAMP

An awareness camp for those who are preparing for appearing civil service examination was held on 11<sup>th</sup> September 2015. This coaching class was led by Mr. Kiran B. Anand and Mr. B. Nizam. This programme was a helpful one for those who are pursuing Civil Service. 214 students were attended the meeting.



## INDEPENDENCE DAY

15th August 2015 we celebrated the Independence Day by hoisting the flag by programme officer Rev. Dr. Premjith Kumar T.B. It was followed by a talk on 'Tribute to the legends by Dr. Rajesh. The function had an active participation of 125 volunteers.

## N.S.S DAY

NSS day was celebrated on 24<sup>th</sup> September 2015 by hoisting NSS flag and took our pledge to remain our duty towards the organization and the society. Another important achievement was the post fixed by the volunteers who really stood on the symbol of hard work and passion



## WORLD NO-TOBACO DAY

Due to the consumption of tobacco our society is facing so many problems. Hence, we made an awareness rally and fixed awareness boards against the use of tobacco in different places and bus stand at Kattakada and this programme was appreciated by the public.

## WORLD AIDS DAY

We conducted a rally from college to busstand after raising the slogan "Getting to Zero." Kerala Youth Commission Chairman Adv. R.V. Rajesh inaugurated the function. After the rally there was a seminar. This seminar led by Dr. Riji Rasheed.



## CHRISTMAS CELEBRATION

Christmas was celebrated along with the people in the Thottampara ward. Christmas message was delivered by Rev. R.S. Suresh Kumar, District Chairman, CSI Kattakada.



**Smt. K. Prathibha**  
(Programme Officer)



**Rev. Dr. T.B. Premjith Kumar**  
(Programme Officer)

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**Dr. Sunitha Rani S.P.**  
(Principal)

**Dr. SUNITHA RANI S.P.**  
Principal in Charge  
Christian College  
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