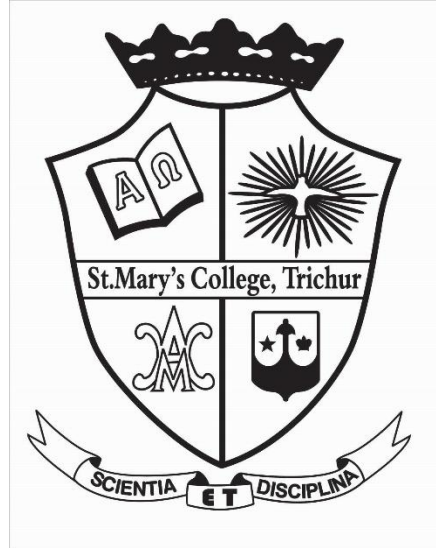


**ST. MARY'S COLLEGE,
THRISSUR – 20**



**NATIONAL SERVICE SCHEME
UNIT NO: 44 & 220 (KL – 01 – 118)**



Activity report

2015-16

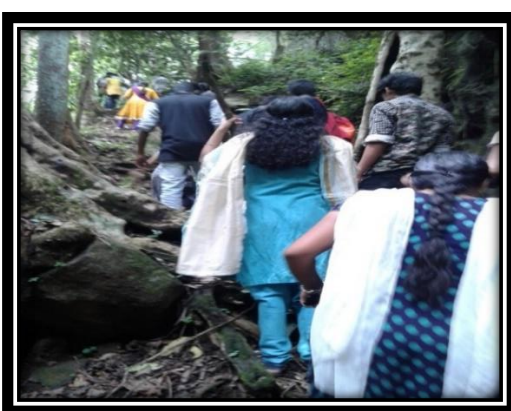
- As a part of World Environmental Day celebrations the NSS Units of the College cleaned the college premises and the sports ground on 05/06/2015. NSS Volunteers along with other students from various departments assembled together to clean the sports ground, college and its premises. The volunteers also planted saplings of various trees in around of the ground.



- The NSS Volunteer secretaries of the units have participated in the programme of distributing ivy gourd stem by NSS units of Government college Kuttanellur on 12/06/2015. Accordingly they distributed the ivy gourd stem among the other volunteers in the College and kept a register to make a follow up about its growth. They also take a class on how to plant this stem and what are the medicinal values and usages of plant.
- With the International Yoga Day Celebration on 21/06/2015, 20 NSS Volunteers participated in the demonstration programme at 7.15 am in the CMS school Thrissur. The programme began with an awareness class on the benefits of yoga on the mental, spiritual development of an individual.
- In Collaboration with IMA and Thrissur Medical College, the NSS Units of St. Mary's College Conducted a blood donation camp and Spinach distribution on 29/06/2015. The Programme was inaugurated by Dr. Sr. Chisline, Principal of the College. Sri Sebi vallachira, Kerala State Blood Donation Community Mobilizer gave the message of the importance of Blood Donation and he also added significance of a better diet to have a healthy body. Underlying the importance of better health he suggested the inclusion of spinach in the daily diet and as the first step towards the mission he distributed the spinach saplings. 77 units of blood were collected.



- Three Day Nature Education camp was organized by District NSS wing in association with Forest Department from 3/07/2015 to 5/07/2015. Volunteers from 14 colleges of Thrissur District participated in this camp. The Volunteers visited the buffer zone of Silent valley and Kizakkan Attappadi, river Bhavani. NSS P.O Smt. Swapna K.P and Two NSS Volunteer Secretaries Attended the Camp. It provided a life experience to the volunteers about the significance of this area and the importance of its conservation.



- Two NSS Programme Officers Smt. Swapna K.P and Smt. Rakhi Chandran Participated in the Work shop on Voluntary Blood Donation on 14/07/2015 at St. Thomas College, Thrissur. The Work Shop was inaugurated by the then Vice Chancellor of Kerala University of Health Science. He addressed the session with the message of the importance of blood donation.



- NSS units conducted a *Dasapushpam* Exhibition in the College Campus on 21/07/2015. The Volunteers collected the ten Medicinal Plants and exhibited its Medicinal qualities. Principal Dr. Sr. Chrisline Inaugurated the exhibition. Volunteers also distributed the *Dasapushpam* plants among students in the college.



- NSS special camp of the year was inaugurated on 22/8/2015. Nadathara was selected as the adopted village. Sri Kiran C Lazar, Councilor of Nadathara inaugurated the Camp by lighting the lamp and Principal Dr. Sr. Chrisline presided over the meeting. It was followed by the session handled by Dr. Binu K, Assistant professor in Sociology, St. Mary's College Thrissur. He gave a class on the topic 'Right Parenthood' to the natives of Nadathara Michabhoomi colony.



- Socio- economic survey was conducted at Nadathara colony on 23/8/2015. NSS volunteers surveyed 400 houses in the colony. The aim of socio-economic survey was to assess the socio-economic status of the people in the colony, to identify the anti-social activities prevalent in the colony and provide suggestions for the betterment of the quality of life.



- A documentary show was conducted by NSS volunteers in association with VIBGYOR, a collective team on 23/8/2015. The Show started with the signature film “one woman” about the life of famous social activist Smt. Dhaya Bai”. Then VIBGYOR team presented a music video about the life of a woman who face so many problems from the society.



- As part of *Shramdan* the volunteers cleaned the different parts of the roads and nearby areas of Nadathara junction on 24/8/2015. The Panchayat provide ample support for the collection and disposal of the waste.



- A career orientation class was conducted by NSS units of the college on 28/8/2015. Sri. C. Krishna Kumar, the business head of ‘Indel Group of Companies’ explained the topic ‘How to build a career’ and he revealed his experiences for the success in life.



- NSS units of the college conducted a talk on ‘Cyber-crime’ on 28/8/2015. Asst. Prof. Jyothidas explained the benefits and problems of the use of social networking sites.
- As part of the ‘walk with nature’ programme NSS units visited Marottichal the nearby area of Nadathara on 26/8/2015. The volunteers made a trekking towards the site and collected the plastic wastes and they create an awareness among the natives about the importance of preservation of the site and recommended Panchayat about its tourist potentialities.



- An essay writing competition was organized on 30/09/2015 by IMA in the District Medical Office on the topic “Importance of blood donation”. Volunteers participated in the competition.
- Awareness Programme on mental health was conducted at St. Thomas College Thrissur on 09/10/2015. Volunteers attended the programme
- Volunteers harvested the plantain from the garden of NSS on 12/10/2015. The Plantain was handed over to the convent of St. Mary’s college Thrissur.
- Vegetable seed distribution programme was conducted on 26/10/2015. It was arranged with the aim of developing the habit of cultivation and attain self-sufficiency in vegetable production.
- The volunteers collected an amount of 6750 and donated to the pain & palliative care unit of Thrissur District hospital on 11/11/2015.
- Volunteers attended the mental health awareness programme at Mental hospital Thrissur on 21/11/2015. The volunteers got a chance to spend the day with patients.
- As part of the Constitution Day celebration the NSS Units of St. Mary’s college arranged an awareness programme on Indian constitution on 25/11/2015. Smt. Jiji Francis E, Head the Department of History lead the awareness class.



- Flash Mob was organized by the NSS Volunteers of St. Mary’s College in the College ground on 26/11/2015 with the aim to spread the message of Swachh Bharat programme.



- NSS units conducted a programme on ‘celebrating Indian Constitution’ on 26/11/2015. Principal Dr. Sr. Jacintha C C addressed the meeting and took the pledge with students to preserve our constitution and be a responsible citizen.
- The NSS units in association with the Department of History organized a walkathon around the college campus on 26/11/2015 in connection with ‘celebrating Indian Constitution’ programme.





- A drawing Competition was organized by the NSS units on 27/11/2015 with the theme of clean City. The students from various departments participated in the competition.



- NSS Volunteers prepared a vegetable garden in the college campus on 02/12/2015.
- NSS Volunteers were deputed as volunteers to the regional Theater of Thrissur to assist the differently abled students in their programme organized by the social welfare Department in Thrissur on 03/12/2015.
- NSS Volunteers attended the district level seminar on the topic National Integration and Soil Conservation at St. Thomas College on 04/12/2015.

- NSS units Participated the inaugural session of the one year Cleaning programme organized by the LAMPs in the Thrissur railway station on 01/01/2016. Thrissur Station Manager Joseph Ninan, LAMPS Coordinator Sri Jagadeesh Kumar & heads of various departments of railway also attend the programme.
- NSS Volunteers visited SOS Village at Mulayam on 2/01/16. The Volunteers spend the day with the children by entertaining them with dance & music. Volunteers also donated books and other study materials to the students in the SOS village.



- NSS units in association with Biotech Department organized a Blood donation Camp on 08/01/2016. 56 units of blood were collected by IMA Thrissur.
- As part of the organization of women's midnight half marathon by Mathrubhumi, volunteers actively participated in its promotional campaign in our college. The Principal Dr.Sr. Chrislin flag of the programme by lighting the lamp on 18/01/2016.

- Awareness programme on Organ Donation was organized in the college in association with Department of English on 20/01/2016 .The main aim was to create an awareness among students about the organ donation.



- All NSS Volunteers participated in the flag hoisting ceremony along with the NCC Cadets on 26/01/2016. Dr. Sr.Jacintha C C, Principal of the college hoisted the flag. Lt.colonial Anu D alapatt, NSS P.O's Smt. Swapna K.P and Rakhi Chandran led the programme. NSS volunteer secretary Ditty Davis gives a message to the gathering. In this occasion the NSS Volunteer secretary handed over an amount of rupees 4500 to the principal as a part of the programme "Sahapatikkusnehapurvam" organized by the Ministry of Youth affairs.



- NSS volunteers conducted a cleaning programme at Thrissur railway station on 26/01/2016 as part of Republic Day celebrations.



- NSS Volunteers were deputed to Ayyanthole to attend a workshop on the topic “*Nattarivukalum NadanChikilsayum*” on 17/02/2016 .There was also various competitions for the volunteers. Meera Mohan, the second year Volunteer Secretary won second prize in the essay writing competition. The programme was organized by the Ministry of youth affairs.
- NSS units along with the department of English sold the stamps for supporting the Organ Donation Forum and volunteers also collected the consent letter for organ donation from the students. The collected amount of 11000 Rupees were handed over to Organ Donation Forum on 18/02/2016.
- NSS Volunteers were participated in a workshop “Yuvakarshakasangamam” at Town Hall, Thrissur on 07/03/2016. The main aim of the workshop was to motivate the youngsters in organic farming.
- NSS Volunteers participated in the *Vitusavam* arranged by Salim Ali Foundation at Vellangallur Panchayath on 12/03/2016. There was classes on organic farming and also an exhibition on traditional seeds of paddy and other vegetables.



- NSS units conducted cleaning programme on 19/03/2016 at Thrissur Railway station. NSS Volunteers along with cleaning employees of Railway station participated in the cleaning programme.



- NSS volunteers visited the Agricultural University, Mannuthy on 19/03/2016. The senior scientist Dr. Jagadeesh Kumar led the class on Waste management to the Volunteers. Then volunteers visited the Nursery of the University.



- On 28/03/2016 NSS units conducted valedictory function of the activities of NSS for the academic year 2015-2016 and the Survey Report (socio- economic survey of Nadathara Colony) was handed over to the Principal, Dr. Sr. Jacintha C C by Dr. Dennis Vadakkan, the Survey coordinator.



NSS Programme officers: Swapna K P & Rakhi Chandran