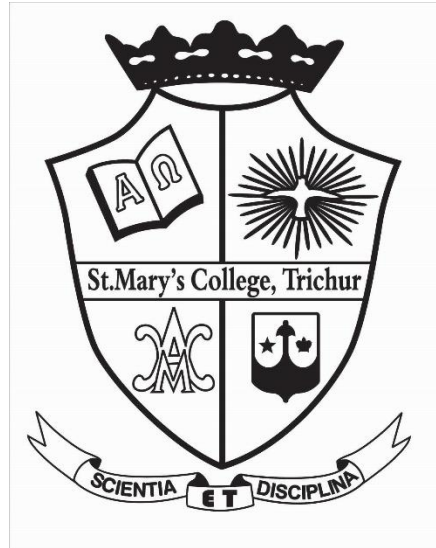


**ST. MARY'S COLLEGE,
THRISSUR – 20**



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



Activity report

2017-18

- In connection with World Environmental day, NSS Units organized inter departmental poster making competition on 5/06/2017. Students depicted many contemporary issues related with environment and they also portrayed their dream about environment friendly developmental plans. Students of various department participated in the same.
- In connection with World Environmental day, NSS Volunteers of our college set up butterfly garden in the Anganavadi of 2nd ward, Kolazhi panchayat on 10/6/2017. The butterfly garden was set up in the Anganvadi due to the demand of the children's, as they wanted to experience the butterfly and their life cycle. The students were thrilled with the garden setting and they also participated in the making of small fence around it.



- In Connection with World Blood Donor's Day, District Medical Office , Thrissur and NSS Units of St Mary's College is jointly organized District level meeting and an awareness Seminar at college auditorium on 14/6/2017. Blood Donation camp was also conducted .70 units of blood were collected from the same.



- As NSS volunteers of the units were the active members of the Alpha Palliative care unit in Thrissur, our volunteers energetically participated in the homecare treatment of palliative care unit from 18/6/2017 onwards. The alpha palliative care volunteers including doctors took instruction classes for the NSS volunteers before their home visit and this provided the volunteers an opportunity to understand and learn how to care the patients.
- Exhibition on 'Dasapushpam' was arranged on 18/7/2017 by the volunteers for the rest of the students in order to enrich their knowledge about the medicinal values of the plants grew abundantly in their surroundings. The volunteers exhibited the plants and gave a detailed explanation about its benefits and also distributed the plants among students.



- In Association with Salim Ali Foundation, NSS volunteers participated in the 'Run for sustainable development' on 4/8/2018. Salim Ali Foundation is a nonprofit organization that works as an advocate for sustainable development and conservation of biological diversity and resources. The Run for sustainable development was conducted at Swaraj round in Thrissur town, and the volunteers were provided with T-shirts and caps containing the logos of SAF.



- NSS Units of our college celebrated Independence Day on 15/8/2018 with flag hoisting function and a *sramdan* in and around the college. At 8.30 AM College Principal Dr Sr Magie Jose hoisted National Flag and delivered an inspirational speech. Pledge taking ceremony on Swach Bharath was also conducted as per the instruction of government. Principal, Dr Sr Magie Jose delivered the pledge.
- On 22/8/2017 volunteers distributed hand wash within the collage. Volunteers made hand wash Solution and fill in small plastic bottles collected from the nearby catering services and distributed it to different departments and charts were displayed which contain the message of importance of individual hygiene for the development of healthy society and healthy nation.
- NSS special camp was inaugurated on 1/9/2017. Attore, in Kolazhi Panchayath. The principal of college, Dr Sr Magie Jose presided over the function and the camp was inaugurated by Santhosh CI of Police, Peramangalam. The inaugural session was followed by a class on contagious diseases by Dr. Midhun of primary health centre Avannur. It was an informative as well as interactive session.
- On 2/9/2017 volunteers conducted sramdan by clearing area around the kindergarten at 2nd ward Attore.
- An awareness class was arranged by the NSS units on “Adolescent girls problems” by Dr. Sheeja, JAMO, Thrissur for the benefit of natives of the Attore in Kolazhi Panchayath on 2/9/2017.

- On 3/9/2017 volunteers planted vegetable seeds in the nearby houses of kindergarten in Attore. They tried to make vegetable garden by incorporating different vegetable seeds and by setting pandals for its growth.

- As part of Sramdan volunteer cleaned the classrooms and surroundings of the kindergarten along with setting up a butterfly garden in the front area on 3/9/2017.

- On 3/9/2017 as part of special camp NSS volunteers painted the outer walls of Kindergarten with the cartoons and pictures of alphabetic.

- A documentary show was arranged in association with VIBJIYOR in Thrissur with women empowerment as key theme on 4/9/2017. Each documentary session was followed by a panel discussion.

- A personality development training programme was arranged for the NSS volunteers on 5/9/2017. Famous personality development trainer K.T Krishnakumar led the programme.

- NSS volunteers visited Government Old Age Home at Ramavarmapuram and spend a day with the inmates. Volunteers also distributed food items among them and conducted many entertainment programmes for the senior citizens.

- In Connection with Swachh Bharath Week celebration, NSS Units and SBI Bank, Ayyanthole, jointly organized *sramdan* in the compound of Thrissur Collectorate, Ayanthole on 27/9/2017.



➤ In Connection with Swachh Bharath week celebration, NSS Units and Employability centre, Thrissur Jointly organized a cleaning programme in Taluk Office Thrissur on 2/10/2017.



- On 27/10/2017 volunteers participated in the debate competition ‘speak for India’, organized by Mathrubhumi newspaper and Federal bank in our college. The debate was focused on the burning issues in India. Participants from different colleges participated in the debate and the participant were provided with certain topic and a minute to talk on the topic.
- NSS volunteers participated in the power point competition organized by The English Department and NSS units of Sri. C. Achutha Menon, Govt. College, Kuttanellur. The competition was related on the topic ‘Energy conservation’.
- On 29/11/2017, a training programme for the volunteers who are selected for student mentoring programme was organized by ESAF. The programme was intended to train or mentor the students below 15 years old in various selected panchayats in Thrissur. ESAF aimed to create community hub in this regard. It was a programme by ESAF in order to have community intermingling process.



- NSS units in association with IMA blood bank and HDFC bank jointly organized a blood donation camp and conducted a flash mob in Swaraj round, Thrissur town to create awareness about AIDS on 01/12/2017. 56 units of blood were collected from the students.

- NSS volunteers participated in ‘Oakhi’ cyclone rescue and cleaning programme in Eriyad, Kodungallur which was the most affected area in Thrissur district. Volunteers also distributed the necessary items to the affected people and also cleaned their house and surroundings.
- On 14/12/2017 NSS volunteers participated in the energy conservation rally organized by the university of Calicut and Energy Management centre, Kerala. Many volunteers from various colleges participated in the same and it was started from Vidhyarthi corner in Thekkinkadu ground.
- As part of Republic day celebration NSS volunteers visited and took part in the celebrations at BSF camp at Thrissur.



- NSS volunteers participated in one day training programme on ‘Human rights’ at Vimala Collage, Thrissur on 01/02/2018. The programme empowered volunteers with their knowledge about the human rights.

- NSS units arranged '*Pooram*' festival in the college with the collaboration of St. Thomas Collage. '*Pooram*' festival was a district level fest exclusively for NSS volunteers in the district. Our college was a venue for the same.
- NSS volunteers participated in district level skill development programme '*Mazhavil 2018*' for volunteers at Vimala Collage, Thrissur.

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