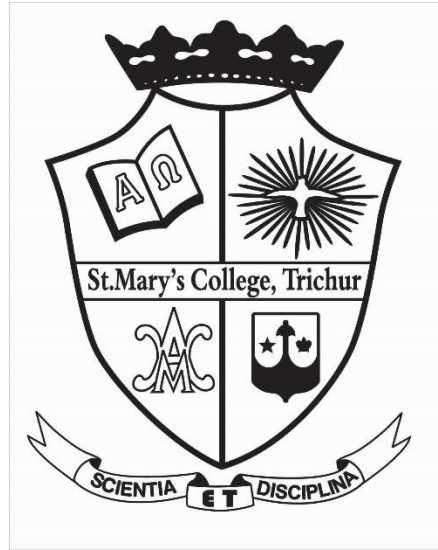


**ST. MARY'S COLLEGE,
THRISSUR – 20**



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



Activity report

2018-19

- 15 days Swachh Bharat summer internship programme was conducted from 15/5/2018-29/5/2018. NSS volunteers also participated in the same. As part of the internship, volunteers cleaned public roads and surrounding areas of the selected public places in the Kolazhi Panchayat. Interns had renovated Z M L P School at Kolazhi by painting the school and sketched with cartoons, alphabets, numbers, simple formulas of mathematics etc. They also set up vegetable garden there and made a compost pit. The interns made door to door campaign on swachh Bharat mission and disposal of waste in the house hold. Although many of the houses were provided with bio bin, very few were using it properly. On the basis of campaign interns found the practical difficulties of waste disposal and recommend some suggestions to the authorities in the Panchayat. As part of the internship programme the volunteers cleaned and arranged books properly in the public libraries of Kolazhi Panchayat and Thrissur town hall. The interns conducted street play, flash mob and rally on Swachh Bharat mission. A talk on ‘Environment protection and endangered species’ by Retd.IFS officer Sri M I Varghese. An Interaction session with empowered women like Smt. Sheeba Ameer, founder of Solace, Smt. Anusree, Asst.Manager of South Indian Bank was also arranged as part of personality development program





- As part of environment day celebration NSS units conducted a group discussion focusing on various threats towards environment and its practical solutions on 5/6/2018. It was followed by the distribution of saplings to the volunteers.
- On 20/6/2018 NSS volunteers visited the Palliative care Unit in Thrissur and spend few hours with the patients there. The volunteers could understand the importance and relevance of palliative care units in the society.
- On 26/6/2018 the volunteers participated in the rally conducted by BSF Battalion of Thrissur. It was related to Anti-drug day celebration. The rally was followed by a class on usage of drugs among young generation.
- NSS Volunteers attended Vrikshamithra program conducted in collaboration with BDA (Builders & Developers Association) and NSS units of Thrissur on 30/06/2018. The participants were provided with tree saplings.
- On 12/7/2018 NSS units conducted Blood donation camp in Collaboration with IMA Thrissur. 62 units of blood were donated.
- A programme called Daffodil was conducted at Sri Kerala Varma college by a voluntary organization named H2O (Helping Hand Organisation) aimed for the rehabilitation of children with autism. It was on 28/7/2018. Our NSS volunteers spend a whole the special children by helping them to participate in different competitions arranged by the organization.
- NSS units celebrated Breast feeding day on 1/8/2018 in Sahithya Academy Hall by attending in the celebration of breast feeding week by Kerala Government. Many Talks were arranged about the importance of breast feeding.
- After the flood from 15/8/2018, Volunteers actively participated in the collection, segregation and distribution of the necessary articles for the flood affected areas along

with other volunteers. NSS Volunteers actively took part in the flood relief activities in their respective areas. They helped in the cleaning, chlorinating and provided disinfectants. Volunteers cleaned the public places like Anganwadi, primary health centre. They also conducted door to door campaign and mental support to the people.

- On 29/10/2018 NSS Units conducted an awareness talk in connection with world stroke day in collaboration with DMO (Health) Thrissur.



- On 31/10/2018 NSS Units conducted speech competition in association with Nehru Yuva Kendra on the topic 'Federal India'.



- NSS volunteers attend a talk by Dr Subha Rao on 'Mahatma Gandhi 50 years of India' at Sahithya Academy Hall, Thrissur on 7/11/2018.
- NSS volunteers participated in a survey conducted by Vaibhav in two Government schools at Velloor panchayat.
- On 21/11/2018 NSS Units with the collaboration of Drisyam Eye care conducted a eye camp in the college auditorium.



- On 01/12/2018 In connection with World Aids Day, our volunteers conducted a Flash mob in student's corner, Thekkinkadu ground, Thrissur and also conducted Blood donation Camp in our college in collaboration with IMA Thrissur.
- NSS volunteers visited and spent half day at AMHA in connection with World Disabled Day on 03/12/2018. Volunteers also bought some fruits and evening snacks to them.
- On 04/12/2018 NSS volunteers participated in Flash mob competition conducted by DMO in connection with Aswamedha Leprosy Detection program.
- NSS volunteers participated in a rally to Town hall in connection with Aswamedha Leprosy Detection program on 05/12/2018.

- The inauguration ceremony of special camp was conducted on 26th December 2018 with Chief Guest- Prof. John Cyriac, Secretary of Thrissur Public Library- giving the inaugural address; followed by Dr. Sr. Maggie Jose, Principal of St. Mary's College, Thrissur, giving the Presidential address. Sri. Praseeja Gopakumar, Counsellor of Division 5, Smt. Josephine, Headmistress of St. Francis L.P. School, Smt. Mini Unnikrishnan, C.D.S Member and Sri. V.R. Ramakrishnan, PTA President of St. Mary's College was invited to the function to give their felicitations. The inaugural session was followed by task of the day – Remodeling the campus of the St. Francis L.P School. Students were divided into groups for the optimum functioning of the central task – Weed removal, Sweepers, and Furniture cleaning.



- On 26th December 2018 NSS units conducted seminar on Communicable diseases and their prevention by Dr. Midhun from Government Healthcare Centre, Avanoor.
- NSS volunteers drew and painted a variety of cartoon characters and as such in the classrooms of the St. Francis L.P School Manalarkavu, Viyyur on 27/12/2018.



- On 28/12/2018 NSS volunteers were invited to attend a seminar on “Building A Green Kerala” in Perangavu Socio-Economic Centre. Smt. Lekha gave the volunteers information about the center. Sri. Uniikrishnan gave a speech on Vermi composting followed by Renukha miss who gave a speech on the importance of a Green Kerala and the need for women empowerment. This was followed by a session on the importance of the students in building a new Kerala, by Sri. Princy.



- On 29/12/2018 NSS volunteers were taken to the paddy-fields, near Anganavadi, Viyyoor, in order to increase their awareness about agriculture. The students were welcomed by ex- counsellor – Sri. Gopakumar, Sri. Mohan, Sri. Vaasu members of paddy field samiti. They were given a class on farming and the diseases that attack the crops along with the difficulties faced by the farmers, especially during the flood that hit Kerala in 2018. Some volunteers were taken to create a vegetable garden in Thannekaadu Anganwadi.



- On 29/12/2018 volunteers cleaned a pond in Thannekkad area in Thrissur. The volunteers were helped by the natives and laboures from the Panchayat. The volunteers cleaned the pond by removing waste in the pond.



- On 30/12/2018 Volunteers visited the Government dispensary, Ramavarmapuram for cleaning the vicinity. Then NSS volunteers were taken to VAIGA 2018. The students were thrilled with the experience which allowed them to gain a further insight into the different crops grown in different regions of Kerala.



NSS Programme Officers : Vandana A B and Dr Bincy Joseph