

Extension activities by NCC/NSS

2019-20

Green Protocol Drive

In connection with World Environment day, the NSS units of St Mary's College in collaboration with 'Haritha Kerala mission' organized 'Green Protocol' implementation ceremony. Sri P.S Jayakumar the district coordinator of 'Haritha Kerala Mission' inaugurated the function. Our college principal Sr. Dr.Magie Jose delivered the presidential address. As part of the official declaration of Green Protocol the NSS units distributed steel bottles to the students and bio-bins were donated to homes of our adopted village. 'Used pens were collected from the students as part of the 'Pen Friend' program. 179 NSS volunteers participated the programme.



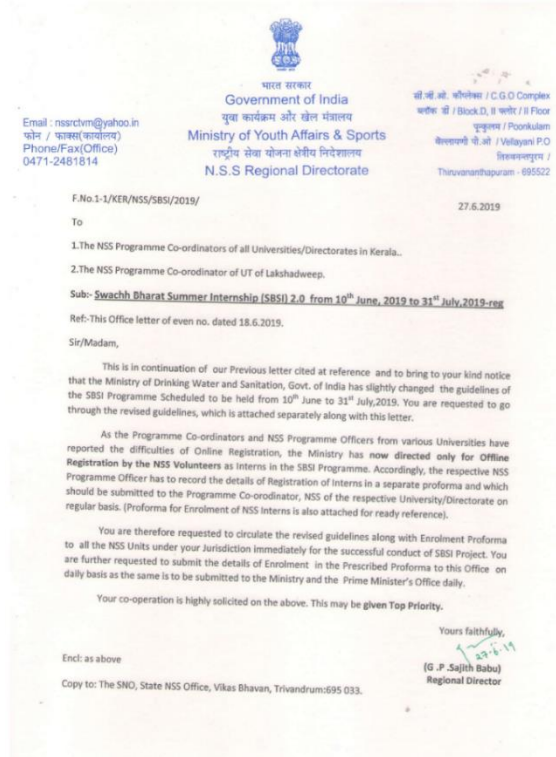
Swachh Bharath Mission

Our campus was also actively participated in this mission during the year 2019 in collaboration with Ministry of Youth Affairs and Sports, Govt.of India and Field outreach bureau, Thrissur.175 students were actively participated in the cleaning and awareness programmes throughout the year. we started cleaning programme at June 2019 itself in association with. Our 84 NSS volunteers cleaned the College premises and nearby roads in order to avoid garbage collection. We Conducted an awareness program at Keeramkulangara and neighbourhood areas on 27th December 2019. We cleaned the roads, drains and nearby anganwadi premises.

An awareness class was conducted as part of the Swatchatha Action plan in association with the field outreach bureau on 28th January 2020. The program was inaugurated by Sri. George Mathew

Assistant Director of field outreach bureau, Government of India. An awareness class on the disposal of plastic waste was conducted by Sri. Jayakumar, District coordinator of Haritha Keralam Mission. A class by Dr. Binju was conducted. A Mohiniyattom performance of the poem “Amma” by O N V Kurup was performed by the post graduate students of Kalamandalam. our members participated in cleaning Mission .





Blood Donation Camp

In connection with World Blood Donation Day, NSS units of St. Mary's college in association with DMO of Thrissur and Bodhi India organized a Blood donation camp on 14th June. Our college principal Sr. Dr. Magie Jose, delivered the presidential address. District medical officer Dr. Reena KJ felicitated the ceremony and spoke about the importance of blood donation. The chief guest was Manikandan Manchampath, patron and president of BODHI INDIA. NSS units of St. Mary's College received Voluntary Blood Donation Organization Award 2019. Mr. Promod AK, one of the prominent workers of BODHI INDIA also attended the function. A total of 84 students volunteered to donate blood. 28, including two teachers donated blood.

A blood donation camp was organized on 17th October in St. Mary's college as part of the 'Mega blood donation camp 2019' in collaboration with City police Thrissur, HDFC Bank and M I M hospital, Choondal. About 33 students volunteered to donate blood out of which 20 of them donated blood. The camp aimed at spreading the message 'Share life, Donate blood'.

Extended Support and awareness rally to Pain and Palliative patients

The NSS volunteers of our college in collaboration with the Pain and Palliative Care unit, Thrissur conducted an awareness rally pledging support on January 15th, Pain and Palliative Care day. 100 students were participated.



Road Safety Awareness program

Road Safety week was observed in our campus. An awareness class on "Road Safety" led by Sri. O.A. Babu SI, Mobile Traffic Police (Awareness unit), was conducted on 20/01/2020 for the NSS volunteers. 80 students were actively participated for the awareness programme for Public. Distributed flairs and brochures among drivers.





Coordinating the Participants of National Youth Festival

A meeting was arranged on 7th January for the participants of 23rd National Youth Festival 2020 at St. Mary's College. The programme was chaired by Sri. G P Sajith Babu, regional director of NSS. The chief guest of the day was Sri. Ramesh NSS program coordinator Thrissur district. 45 of our volunteers participated.





Drug Free Kerala

The programme was organized to impart further momentum to the ongoing 90-day intensive anti-drug and de-addiction campaign being carried out by Vimukthi Mission. Our moto of our seven days NSS camp was also against drug abuse and addiction. As part of the awareness campaign, anti-drug committees have been formed and conducted rallies, awareness programme among the residents in the Mylipadam residential area. we conducted all the programmes in association with exercise department of Thrissur district. Our NSS Volunteers tried to spread “Say no to drug” message, besides displaying boards and banners. On 27th December 2019 A silent procession was held at Mylipadam to create awareness about alcohol and drug abuse and alcohol. Placards prepared by the student NSS volunteers were used to spread the message’ say no drug”. After the rally the volunteers were divided into groups of 10 and were assigned various houses to aware them personally. 84 NSS Volunteers were actively participated in the programme. on 28th December our NSS units conducted an awareness class in association with exercise Department Thrissur for the Mylipadam residents. 84 volunteers along with the residents of Mylipadam attended the classes. The session was handled by Excise Range Officer Sri. Sivasankar. He spoke

on the topic “Drug- free Kerala” He talked about how the younger generation are an easy prey to drugs and the different ways in which we could tackle the issue.

Established in 1946

**The Principal,
St. Mary's College
THRISSUR - 680 020**

Re-accredited at 'A' Grade in 2015 by the NAAC

ലഹരി വിരുദ്ധതയ്ക്ക് സംഘടിപ്പിച്ചത്

എല്ലാ : നവംബർ 28-ന് അന്ന്. തൃശ്ശൂർ നഗരസഭയിൽ
 സെന്റ്. മേരീസ് കോളേജ് ലഹരി വിരുദ്ധ പ്രവൃത്തികൾക്കായി
 വിഭാഗത്തിന്റെ വേദനാ പരിപാടിയും സംഘടിപ്പിച്ചു. ഞായറാഴ്ച
 സെന്റ്. മേരീസ് നഗര പരിപാടി എല്ലാ മേൽപറഞ്ഞ
 മനോഹരമായ ശ്രീ മേരീസ് കോളേജ് അദ്ധ്യക്ഷനായി.
 ലഹരി വിരുദ്ധത കേരളം എന്ന വിജ്ഞാപനത്തിൽ എല്ലാ
 അതിവേഗം റോഡ് ഓടിക്കാൻ ശ്രമിക്കാൻ, സർ
 സുരക്ഷിതം നിലനിർത്താൻ വിനോദനാശിനികൾ ഉപയോഗിച്ച്
 ലോക്ക് ഡൗൺ ചെയ്യാൻ അർഹിക്കുന്ന സർവ്വീസും
 സഹായിച്ചു. ഫിസ്റ്റ് അസിസ്റ്റന്റ് സെനിയർ സിറ്റിയിൽ
 വാർഷിക സുരക്ഷിത സംരംഭത്തിൽ തൃശ്ശൂർ നഗര
 സെന്റ്. മേരീസ് കോളേജ് സി. എ. റോഡ് കോർട്ട്
 സെന്റ്. മേരീസ് കോളേജ് സെന്റ്. മേരീസ് കോളേജ്
 സെന്റ്. മേരീസ് കോളേജ് സെന്റ്. മേരീസ് കോളേജ്
 സെന്റ്. മേരീസ് കോളേജ് സെന്റ്. മേരീസ് കോളേജ്

**PRINCIPAL
ST. MARY'S COLLEGE
THRISSUR**

ലഹരി വിരുദ്ധത കുടുംബം - സന്തോഷ കുടുംബം


 തൃശ്ശൂർ സെന്റ് മേരീസ് കോളേജ് N.S.S യൂണിറ്റുകളുടെയും
 എക്സൈസ് വകുപ്പിന്റെയും സംയുക്താഭിമുഖ്യത്തിൽ
 സംഘടിപ്പിക്കുന്ന
ലഹരി വിരുദ്ധ കുടുംബം
അഗതിശ്രമന സേനാവിഭാഗത്തിന്റെ ബോധനപരിപാടികളും
 2019 ഡിസംബർ 28-ന് ശനിയാഴ്ച
 രാവിലെ 9.30 മുതൽ മൈലിപ്പാടം സെന്റ്.

മാന്യരേ,
 തൃശ്ശൂർ സെന്റ് മേരീസ് കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റുകളുടെയും എക്സൈസ് വിഭാഗ
 അതിന്റെയും സംയുക്താഭിമുഖ്യത്തിൽ ലഹരി വിരുദ്ധ ബോധവൽക്കരണ ക്യാമ്പ് സംഘടിപ്പിച്ചു
 ന്നു. ഇതോടൊപ്പം അഗതിശ്രമനസേനാവിഭാഗത്തിന്റെ തേയ്യത്തത്തിൽ ഗാർഹിക സുരക്ഷയെ സംബ
 ന്ധിച്ച് ബോധനക്ലാസ്സുകളും പരിശീലന പരിപാടികളും നടത്തപ്പെടുന്നു. ആയതിനാൽ പ്രസ്തുത
 പരിപാടികളിലേക്ക് താങ്കളെയും കുടുംബത്തെയും സാദരം ക്ഷണിച്ചുകൊള്ളുന്നു.

ഡോ.സി. മാറി ജോർജ്ജ് പ്രിൻസിപ്പൽ സെന്റ് മേരീസ് കോളേജ്	ശ്രീ. ജോസഫ് എ.സി. പ്രിൻസിപ്പൽ എക്സൈസ് റെയ്ഡ് ഓഫീസ്, • തൃശ്ശൂർ	ശ്രീ. മഹേഷ് കെ കൗഞ്ചിമംഗലം തൃശ്ശൂർ കോർട്-ഓഫീസ്	ഡോ. ബിജിത്ത് ജോസഫ് ഡോ. മേൽ ഹിറ്റാർ കെ.എ. (എൻ.എസ്.എസ്. ഡെപ്യൂട്ടി പ്രിൻസിപ്പൽ)
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Women's safety Awareness program

NSS units of our college conducted an awareness class on 28th December 2019 in association with East police station Thirissur for the Mylipadam residents. 84 volunteers along with the residents of Chembukkavu attended the classes. The session was handled by sri. Bibin SI, East police, Thirissur. His class was on the topic “Women’s Safety”. The class was focused on domestic violence, challenges of women in the society and self-defense.



Household Safety Awareness Programme

Our NSS Units are aimed the house hold safety of public. As a part of this programme our Units conducted an awareness programme on the topic Household Safety on 28th December 2019 at Ward no.14, Thrissur Co-operation in association with Fire Force Department Thrissur. 84 volunteers and residents of ward no.14 actively participated in the programme. The session was led by Sri. Hari Kumar of Fire Force Department on the topic “Household Safety”.



Clean City Green City

The NSS units of St. Mary’s College organized a cleaning campaign at Thekinkkadu Maidanan, Heart of Thrissur Town. On 30th December 2019 in association with Thrissur Co-operation as part of the implementation of the Swatch Bharat Mission of Govt of India. Our main motto was ‘plastic Free Zone. A group of 84 volunteers participated in the activity. The students were divided into two groups and were assigned to collect paper waste and plastic waste separately. The students

were provided with protective gloves and masks for the purpose. The sorted wastes were handed over to Thrissur corporation. 84 volunteers of our NSS units cleaned the premises of Mission Quarters Area on 29th December 2019. Our volunteers tried to spread the message of cleanliness in the areas in the adopted areas.



Polio Immunization

As part of national immunization campaign Children usually get the inactivated poliovirus vaccine (IPV) at ages 2 months, 4 months, 6–18 months, and 4–6 years. Our health department is coordinating the immunization programmes in every district. Our 15 NSS Volunteers actively participated in the immunization programme conducted by Thrissur District Hospital in the Anganwadi which is located in Ward No.14, Thrissur Co-operation on 30/12/2019.



Opportunity to experience solar eclipse for the public

An annular solar eclipse occurred on December 26, 2019. A solar eclipse occurs when the Moon passes between Earth and the Sun, thereby totally or partly obscuring the Sun for a viewer on Earth. In association with Thrissur co-operation and NSS Units of our college provided opportunity to watch the solar eclipse public also. Glasses was provided by Shastra Sahithya Parishath, Thrissur. 60 of our student volunteers were actively participated in the event.





Cleanliness drive at neighborhood

St.Mary's College NCC Unit in collaboration with 7 Kerala (G) Bn.NCC cleaned the neighbourhood (Chembukavu area) on 04 June 2019. 38 NCC Cadets actively participated in the same. Mosquito larvae was found and proper methods were undertaken and people were made aware.



Plastic Pollution Mass Awareness Rally

A Plastic Pollution Awareness rally was conducted outside the campus on 03 July 2019 and 35 cadets actively participated in collecting plastic wastes and segregating them effectively. The cadets displayed slogans during the rally. The rally was organized by collaborating with 7 Kerala (G) Bn.NCC.



Awareness rally against open defecation

People were made aware about the need to keep our surroundings clean and the need to build toilets to defecate. 7 Kerala Girls Bn.Ncc and St.Mary's College together organised Rally on 19 November 2019 and 40 cadets from college participated . Awareness were given to public about issues regarding open defecation.



Plogging at Thrissur town

Cleanliness pledge was taken and cadets cleaned the space encircling the college which includes Palace Road and Chembukavu. 40 Cadets of St.Mary's college initiated the event. 7 Kerala Girls Bn.NCC collaborated with college NCC Unit. The event organised on 2 October 2019.



Awareness talk on clean city- 20.11.2019

The Senior Under Officer Maneesha P.V conducted a session with regard to the topic "What Can I do to Clean My City" in Sacred Heart School, Thrissur. The students were given awareness about how to keep our home and premises clean, and also about every one's role to maintain cleanliness in our society. 25 NCC cadets of St.Mary's college participated in the same.



Awareness rally on national integrity

NCC cadets of St. Mary's College, Thrissur celebrated Rashtriya Ektha Divas on 31 October 2019. Various programmes were held to commemorate the same. The function began with principal's address about the importance of the day and about great achievements of Indian Leader Sir Sardar Vallabhai Patel. 40 NCC cadets with 7 Kerala Girls Bn.NCC took the pledge which gave an outlook about the unity and integrity of our nation. Awareness rally conducted to educate common people about the spirit of unification and to spread the message of unity, integrity, fraternity and brotherhood.



Mass rally and cleaning mission at ThekkinkaduMaidhan

A mass rally was arranged around Thekkinkadu Maidan to give awareness about Clean India to the society. In collaboration with 7 Kerala Girls Bn. NCC 45 cadets of St. Mary's College participated in the rally. The rally held on 3 January 2020.



Sahajeevikalkkoru Kaithangu

15 NCC cadets of St.Mary’s College, Thrissur have contributed 50 food kits, contains Rice, pulses, cereals,sugar etc for the needed in Erupadam Panchayath as part of the programme ‘Sahajeevikalkkoru Kaithang’ on 8th June 2020.

The programme was inaugurated by Col. Joseph Antony. Dr.Sr. Magie Jose, Principal, St.Mary’s College, Thrissur, Division Councilor Mr. E. Premkumar, A.O Maj. Sheela Mathews and Lt. Anu D Alappat were partake in the programme.

കിറ്റുകൾ വിതരണം ചെയ്തു
 തൃശ്ശൂർ: സെവൻ കേരള ഗേൾസ് ബറാലിയനു കീഴിലുള്ള തൃശ്ശൂർ സെന്റ് മേരീസ് കോളജ് എൻ.സി.സി. യൂണിറ്റും കോളജ് മാനേജ്മെന്റും ചേർന്ന് തൃശ്ശൂരിലെ ഏറുപാടം വാർഡിൽ 50 ഭക്ഷണ കിറ്റുകൾ വിതരണം ചെയ്തു. കോവിഡ് കാലത്തു ‘സഹജീവികൾക്കൊരു കൈത്താങ്ങി’ എന്ന നിലയിലാണ് കമാന്റിന് ഓഫീസർ കേണൽ ജോസഫ് ആന്റണിയുടെ നേതൃത്വത്തിൽ ഈ സേവനം ഒരുക്കിയത്.
 സെന്റ് മേരീസ് കോളജ് പ്രിൻസിപ്പൽ ഡോ. സി. മാഗി ജോസ്, ഡിവിഷൻ കൗൺസിലർ പ്രൊ.കുമാർ ഇ. എ.ജി. ഷീല മാത്യൂസ്, ലെഫ്റ്റനന്റ് അനു ഡി. ആലപ്പാട്ട്, സുബോർ മേജർ ഗുരുജ്, ജി.സി.ഐ. ആശാ കൃഷ്ണൻ, മറ്റു ജീവനക്കാർ, കൈസറ്റ് കോളജ് സോഷ്യൽ വർക്ക് അധ്യാപകൻ ആൽവിൻ, സാമൂഹിക പ്രവർത്തകനായ ജോമോൻ എന്നിവർ സന്നിഹിതരായിരുന്നു.

