



Online Orientation program was organised on 8th Aug 2021, conducted by Dr. Sajith S. J Sasi. Dr. Sajith described Objective of NSS and the responsibilities of NSS volunteers through interesting activities. All the hundred volunteers participated in the program.





Independence Day celebration week: As a part of 75th Independence of India, the National Service Scheme unit 17 A & B of Government College Kariavattom, conducted a 5-day program from 15th August 2021 to 19th August 2021 under the name “Azadi ka Amrit Mahotsav”.

Day 1 – 15th August 2021: Volunteers participated in flag hoisting and sang a group song.



At 10.30 am Independence Day message was given by Retd Colonel Pradeep Kumar in G meet. 83 volunteers and College staff attended the meet.

AGENDA

- 1. Inauguration
- 2. National Anthem
- 3. Hoisting of the Indian National Flag
- 4. Address by the Guest
- 5. Group Song
- 6. Cultural Program
- 7. Vote of Thanks
- 8. Distribution of Prizes
- 9. Light and Sound
- 10. Refreshments



Day 2 – 16th August 2021: Fit India campaign, a program launched by the Central Government was integrated with the Azadi ka Amrit Mahotsav program. As a part of this, the students of Government College Kariavattom were encouraged to practice yoga and other fitness workouts as an integral part of life. The campaign was a great success with the participation of 74 students and volunteers.





Day 3 – 17th August 2021: Patriotic song singing competition was held in online mode. There were 8 contestants. Prizes were distributed for the best songs.





Day 4 – 18th August 2021: Celebrated as World Photography Day. This was integrated with the Azadi ka Amrit Mahotsav and a ‘Pic from Home’ contest was conducted with the theme of ‘Freedom’. There were 30 participants. Results of the contest were published in the day followed.



Day 5 – 19th August 2021: Online quiz competition was conducted based on the theme of ‘India’s Freedom Struggle’. e-certificates were provided to the participants who answered 75% of questions correctly. 144 people participated in the quiz.





Conducted ‘**Catch the Rain Campaign**’ by Sri. Anzar Azad (Modern rainwater harvesting expert, Managing director of Act Pvt Ltd, Tvm) on 17th August 2021. 75 participants attended the meeting. The participants got an opportunity to clear their doubts about rainwater harvesting through the interactive session.





Day 1: Inaugural session was conducted from 9.30 to 10.00 am. The program was presided by Dr. Sabeen H. M. (IQAC Coordinator). The webinar was inaugurated by Dr. Kannan C S Warriar, Principal Senior Principal Scientist (Scientist F), Institute of Forest Genetics and Tree Breeding (IFGTB), Coimbatore. He Sung a Sanskrit based song “Prakruthy Vandanam” composed by himself. Dr. Jolly Bose (NAAC Coordinator) gave the felicitation and Dr. C. R. Dhanya (Webinar Coordinator and NSS Program Officer) spoke on the relevance and significance of the Webinar. Technical session began at 10 am. It was handled by Dr. Kannan C S Warriar. He talked on “Sacred grooves and their incomparable values” followed by discussion with participants. Second technical session started at 11.30am. Dr. Dhanya Bhaskar, Associate Professor of Ecosystem and Environment Management and Chairperson of the Centre for Policy Studies, Indian Institute of Forest Management, Bhopal spoke on “Reimagining Biodiversity Conservation in India: People do matter” followed by discussion with participants. Forenoon session came to an end by 1am.





A 'one minute video' contest was conducted on "ME AND MY NATURE". Out of 13 entries, 4 videos were selected by a team of judges through telegram voting channel. At 2 pm, winners of the contest were announced, and the entries were displayed (<https://youtu.be/4AxUtlW4Wg>). Prizes were distributed to the winners

Day 2: Forest Martyr's Day.



A photography competition was conducted on theme "COLOURS OF NATURE". Out of 27 entries, 4 photographs were selected by a team of judges through telegram voting channel. In the forenoon, results of photography contest were announced, and entries were displayed. Prizes were distributed to the winners.

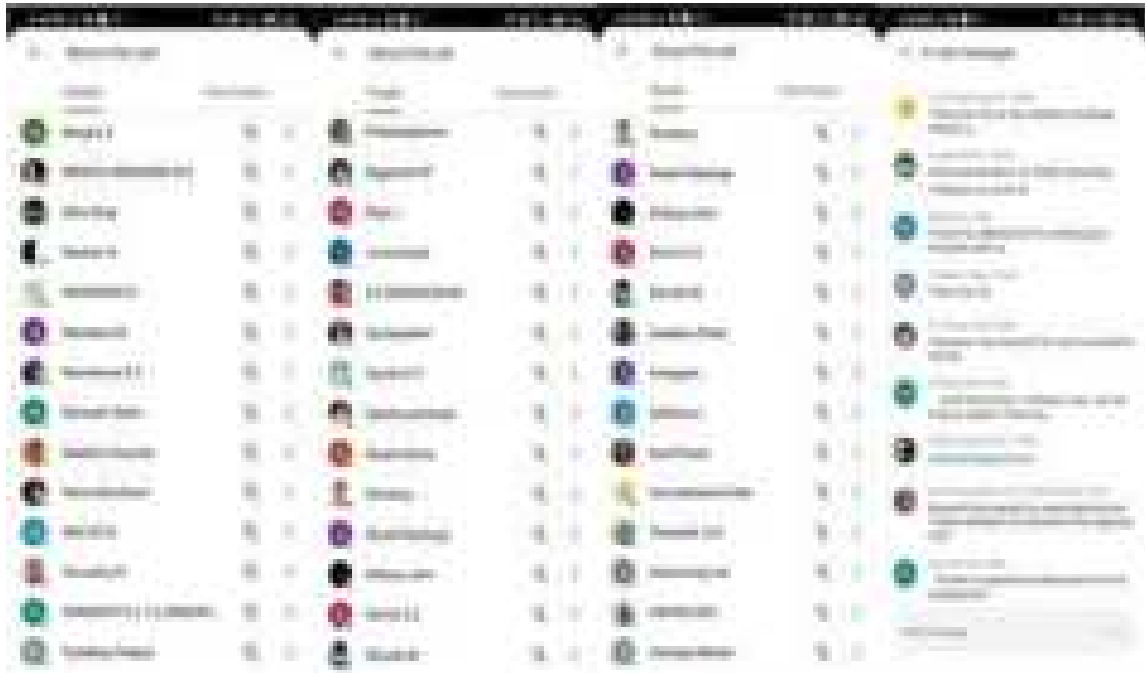


Technical session began at 2pm. Session was handled by Sri. Abhilash IFS, Lecturer, Central Academy for State Forest Service, Dehradun. He spoke on "People of the Forests". This was followed by discussion with participants.

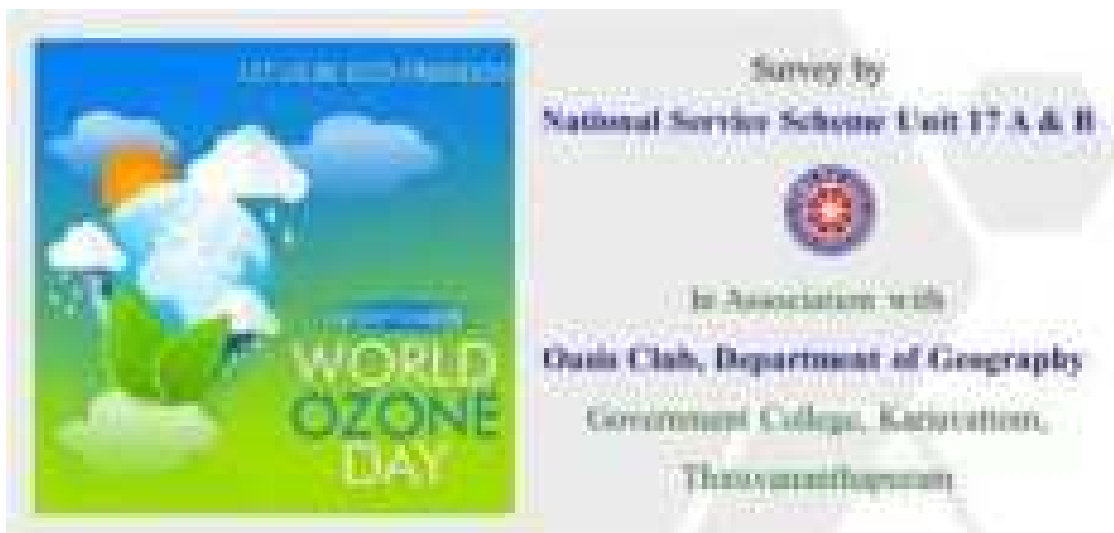




Valedictory Session began at 3.30pm.

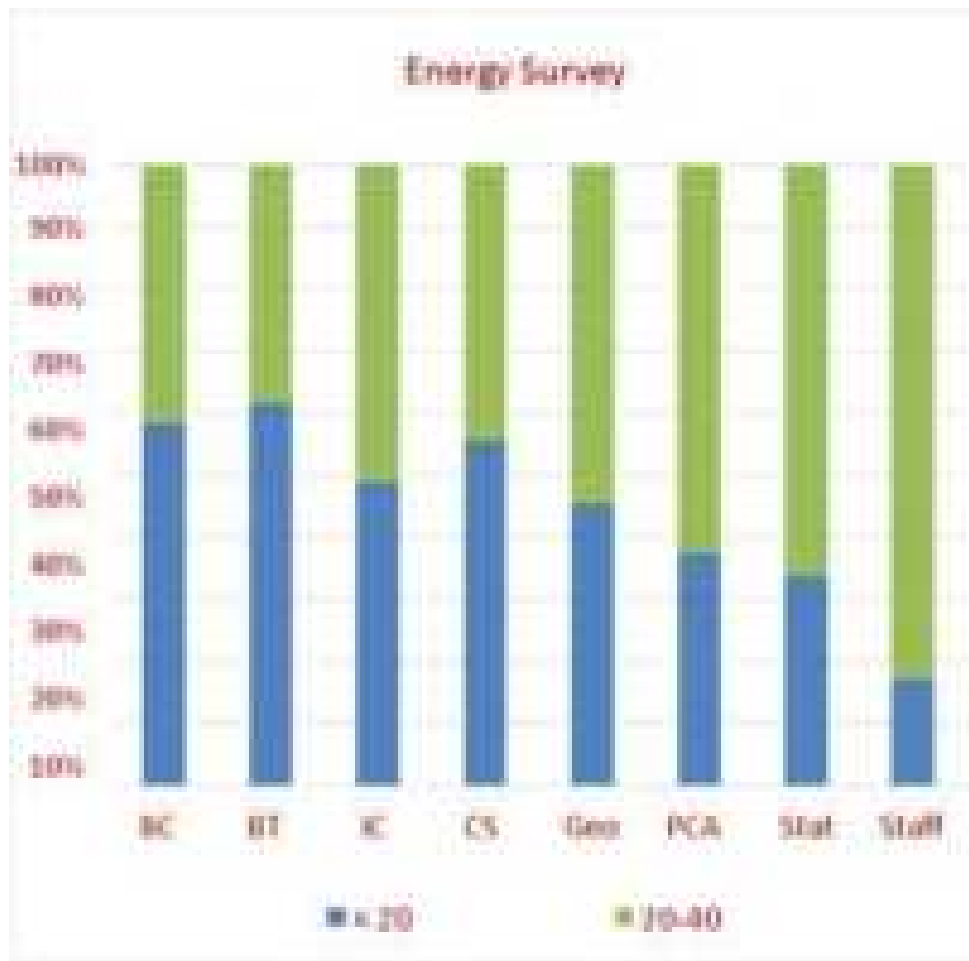


World Ozone Day was observed on Sep 16th 2021. As part of the program, NSS Unit 17 A & B in association with Oasis Club, Department of Geography, Govt. College Kariavattom conducted a survey regarding contribution of all individual towards ozone depletion. A google form was circulated among students, teaching and non-teaching staff of the college (<https://forms.gle/HfrE3vckxw5miiBz9>). The survey included 404 participants.





Questions, options, and their scores were set in such a way that the total score was positively correlated with contribution of an individual to ozone depletion. Higher the score, greater the contribution to ozone depletion.



BC: Biochemistry, BT: Biotechnology, IC: Industrial Chemistry, Geo: Geography, PCA: Physics & Computer Application, Stat: Statistics.

The above graph displays the total percentage of Students of various departments and Staff with score less than 20 and score from 20 to 40. None of the students or Staff obtained a score above 40. Group of teaching and non-teaching staff had the lowest percent of individuals with score less than 20. This indicates that the Staff is contributing more to Ozonedepletion when compared to the students.

The objective of the survey was to impart a general awareness to all individuals of the College regarding the factors that contribute towards Ozone depletion and the measures one can take to minimize their contribution.



Onam celebration: On 23rd August 2021, NSS unit organised the celebration which included various cultural programs.



Sneha Sammanam: As part of Onam celebration NSS unit of Government College Kariavattom arranged a program called ‘Sneha Sammanam’. A sum of rupees 6000/- was collected from NSS volunteers and NSS Program Officers. Groceries were purchased with the amount and donated to ASWAS BHAVAN, a non-profit organization for destitute lunatic Patients, which is located at Vilapilshala, Thiruvananthapuram, supporting 56 residents and few care takers, It was initiated by Sri. Sasidharan in 2013. Three students accompanied by our Program officer Dr. C. R. Dhanya and former Program officer Dr. Raghul Subin visited Aswas bhavan on 18th September 2021 and handed over the groceries to Sri. Sasidharan.

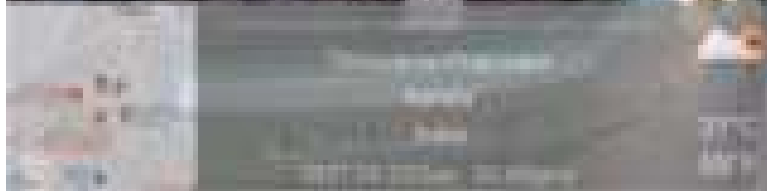






NSS day was observed on 24th September 2021 by conducting a program “Patheyam”. We distributed food packets worth 8000/- to patients and bystanders of Medical College Thiruvananthapuram. Fifteen volunteers participated in the activity.







Clean India Programme (2nd Oct 2021-Gandhi Jayanthi): NSS Volunteers cleaned the College Campus, especially the 'Naalukettu' block. All the benches and desks in classrooms were sanitized. Cobwebs were removed and entire veranda was cleaned. Courtyard of Naalukettu was cleared of grass and weeds. Plastic items were removed. Badminton court was also tidied. 54 volunteers participated in the cleaning activity.









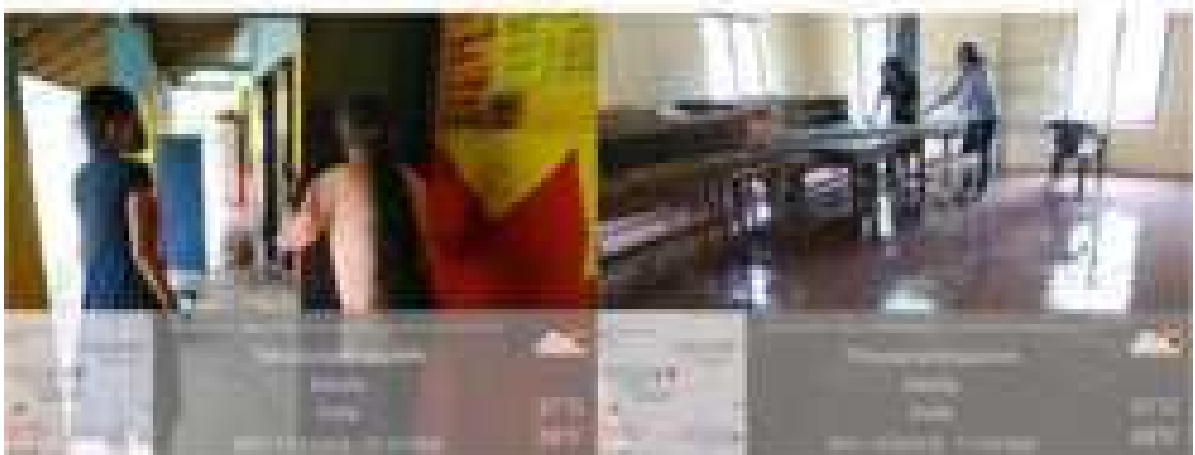
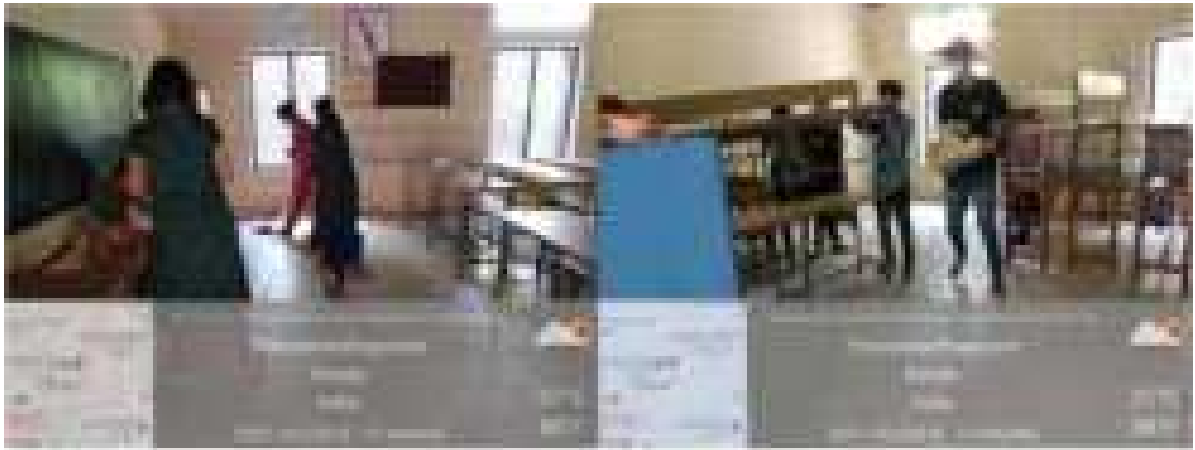


As part of clean India program, NSS volunteers also cleaned Chengottukonam LP School, on 22nd Oct 2021, immediately before reopening after a long period of lockdown. The entire school premises, classrooms and library was tidied. 83 volunteers participated in the activity.





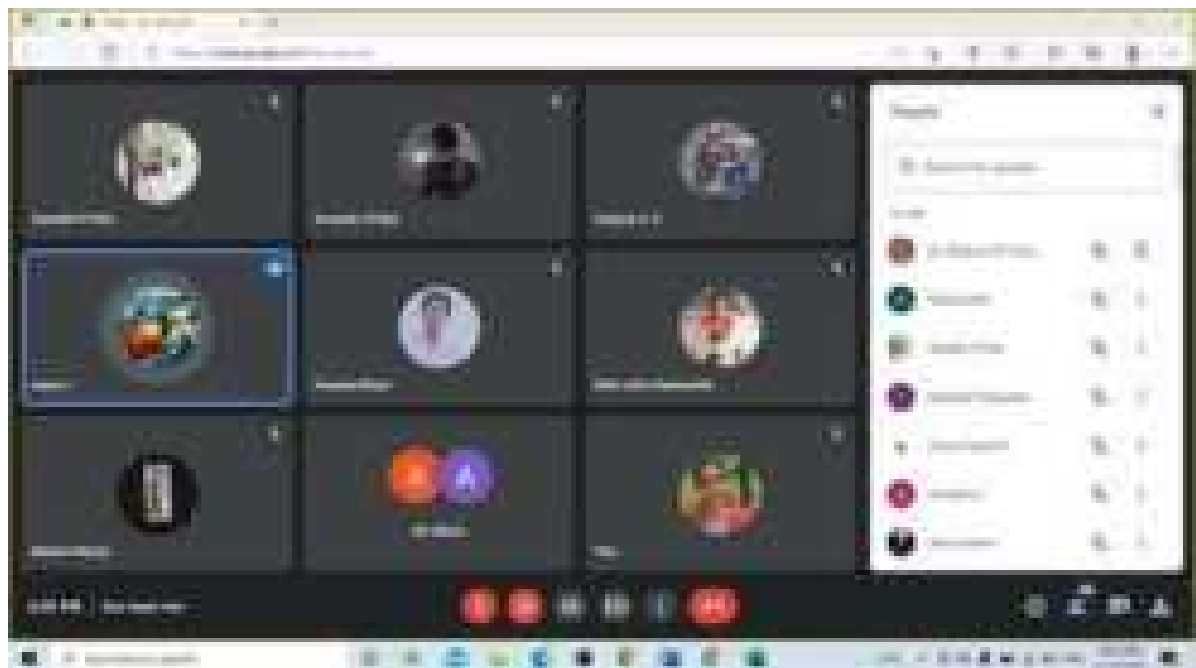








Webinar on National Unity by Sri. Arjun V (Asst . professor IHRD Perissery). He spoke on the role of Malayalam and Malayali in National Unity. Soorya Suresh recited a poem and Arjun sang a patriotic song. About 76 participants attended the meeting.





On November 1st, Pledge for National Unity and Run for National Unity was organised.







62 volunteers participated in the activity.

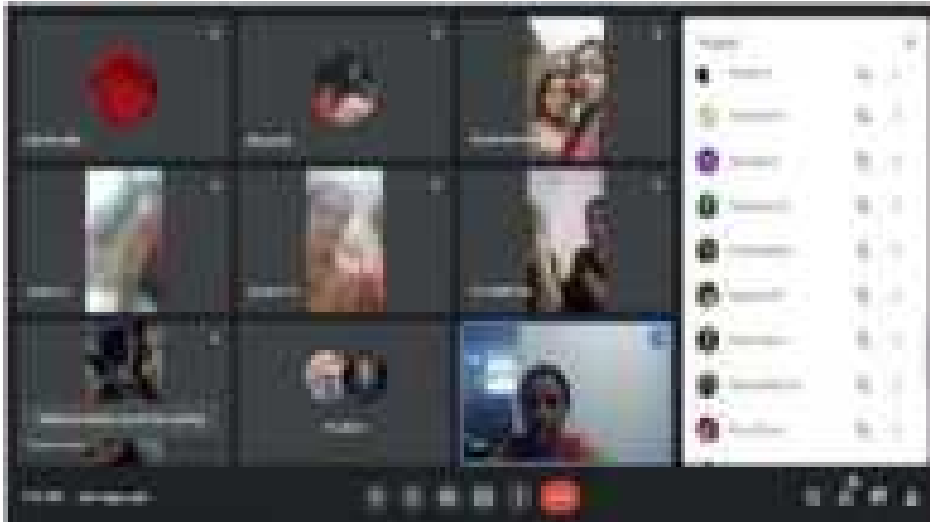
On November 1st, Volunteers also celebrated Kerala Piravi



National Cancer Awareness Day was observed on November 7 for students and parents to spread awareness of early detection and prevention of Breast cancer. 78 students accompanied by their parents participated in the program.

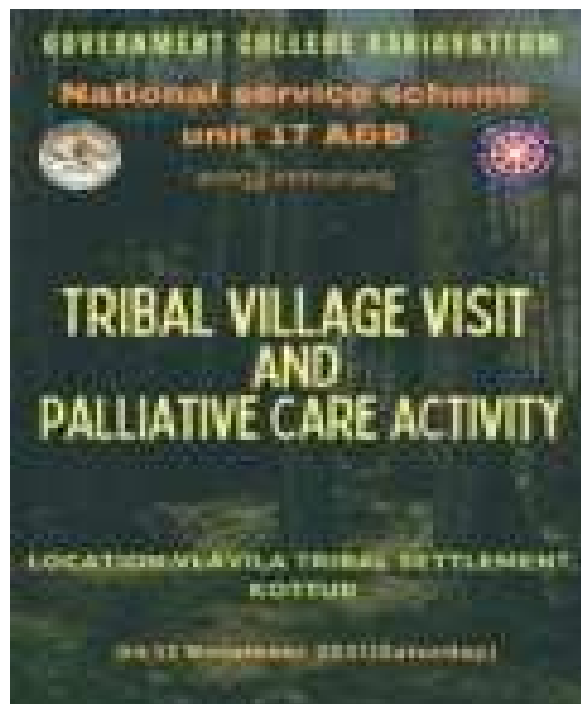


Anjana A S gave General introduction on causes and symptoms of breast cancer. Amala A L spoke on various stages of breast cancer. Adwaith S discussed Breast Cancer in men and Megha Krishnan detailed on treatment modalities of breast cancer.



Tribal village visit: As part of palliative care activity, National Service Scheme Unit 17 A&B of Government College Kariavattom visited Vlavila Tribal Settlement in Kuttiyachal Panchayat of Katakada Taluk on 13th November 2021.

The tribal settlement is located within the Agasthyavanam Biological Park Range. Permission for travel was sought from the Forest office. We travelled from our College to Kottoor by bus/car and from Kottoor to Vlavila settlement by jeep through the forest. Details of patients and their requirements were collected from Sri. Suresh (Eco Development Committee (EDC) President), ST promoters Smt. Deepika & Sri. Mahesh (Ooru Mooppan's son) and Sri. Jyotish.



Team that participated in the activity comprised of 16 NSS Volunteers, NSS Programme Officers Dr. C R Dhanya and Dr. Nishad N, other faculties Dr. Raghul Subin and Dr. Radhika A. Retd. Secretariat Official Shri. Sreekumar also accompanied the team. Kit (worth five thousand rupees) containing groceries, vegetables and sanitary items were given to families of ten patients with serious/long-term illnesses. In addition to food kits, study materials (worth 5000 rupees) including notebooks, drawing books, story books, pens, pencils, eraser, pouch, etc were distributed to 20 children who are dependants of the people with illness.

One of the volunteers, Anjana A. S. took a Breast Cancer Awareness class for the female residents there.







We also celebrated **Children's day** by organising cultural programs with the children of the settlement and cutting cake.





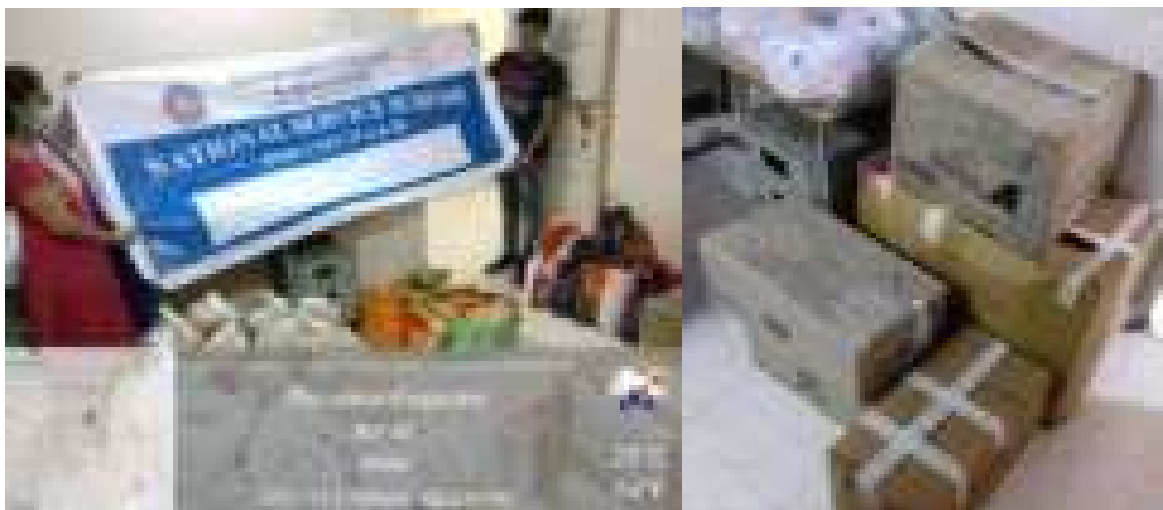
Three jeeps were hired for travelling through the forest



Breast cancer awareness class conducted by Anjana, for the women in the settlement

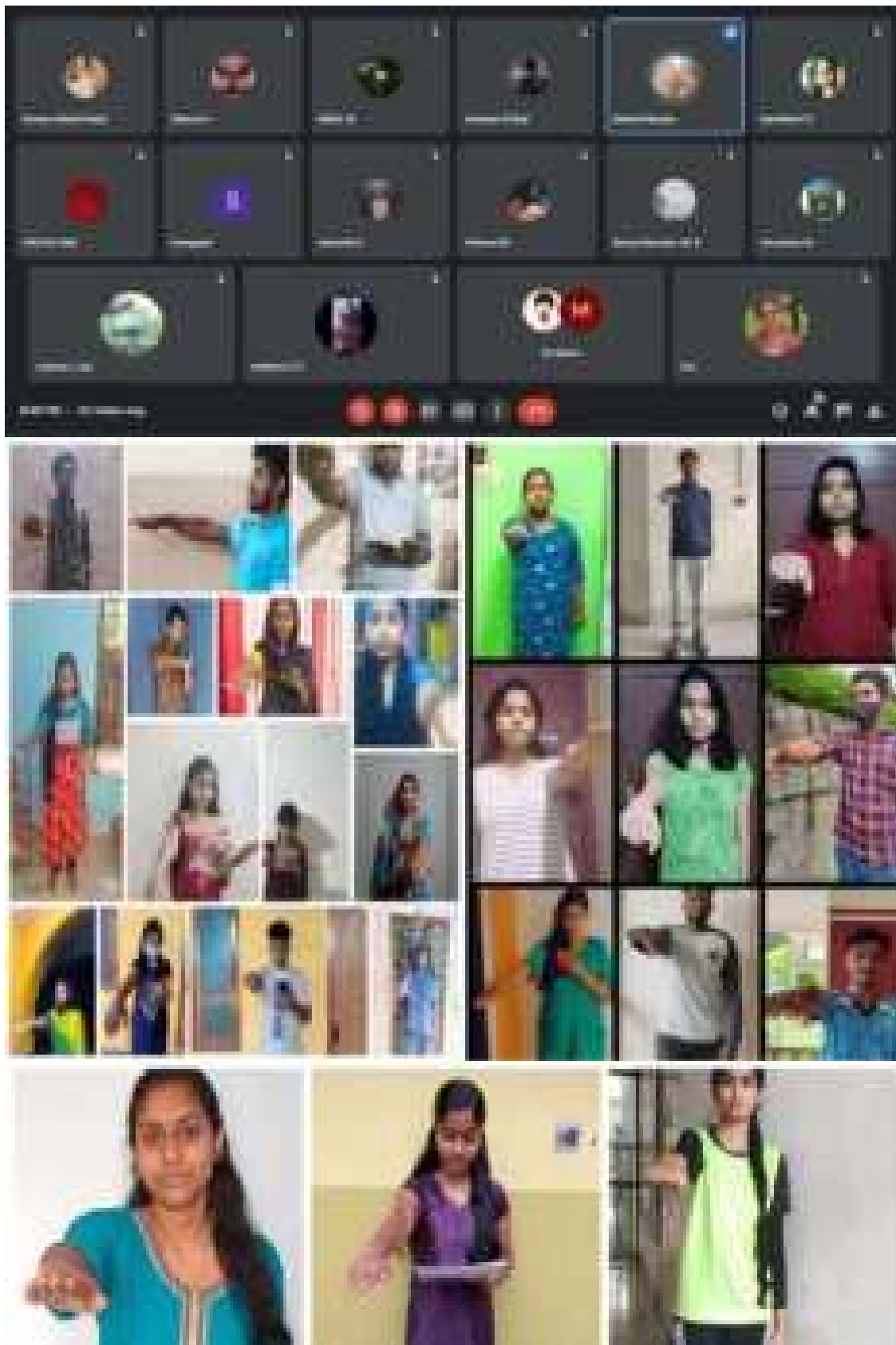


Donations to Workers in Bonakkad and Ponmudi: Donations were made to workers of rain affected areas of Bonakkad and Ponmudi. Groceries were purchased with contributions made by teaching faculty of Govt. College Kariavattom. Few teachers donated rice bags and wheat flour. The items were handed over to State NSS office on Nov 17th 2021.





Observed **Constitution Day**: on November 26, 2021





Pollution control day: With regards to National Pollution Control Day, NSS Unit 17 A & B conducted a campaign in Government College Kariavattom 2nd December 2021, at 1 pm. A rally was organised by the 95 NSS volunteers and awareness classes were taken by volunteers for all students of the College on pollution and its control.







Paper Bag Making (04.12.2021): Volunteers made paper bags using newspaper. 88 volunteers participated in the activity.





These paper bags were then distributed among vendors around Kariavattom.





National Youth Day: 12th January 2022



Cleaning Drive: Premises of the College was cleaned

NSS Volunteers conducted Awareness Class on the importance of National Youth Day for the students at the College. 82 volunteers participated in the program.

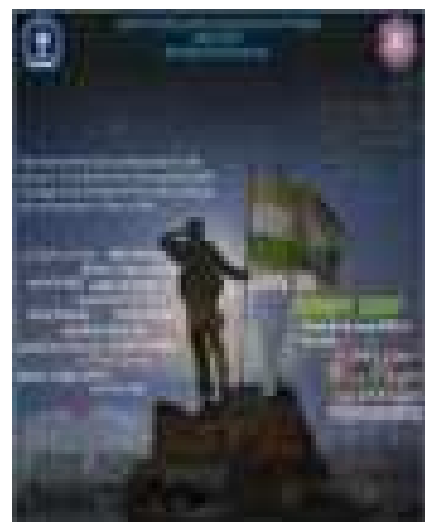
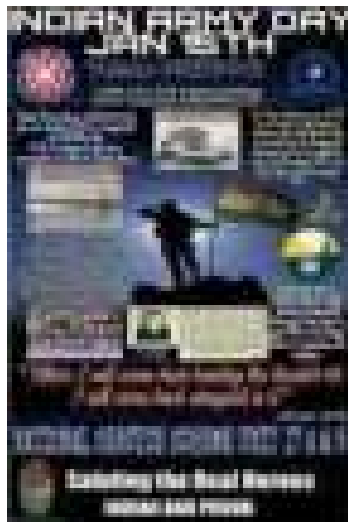


An online quiz was conducted on National Youth Day and life of Swami Vivekananda. Google form was circulated. 82 students participated. E certificates were distributed to the participants

Team Brahmos organized an online meeting at 8pm on the same day. Life and teachings of the Vedantic Scientist was described.



National Army Day: National Service Scheme Unit 17 A & B, Government College Kariavattom observed National Army Day by making groupwise Posters that included major events involving the Indian Army. Intension of the program was to salute our Army men and pay respect to them. An online quiz was organised.





Parakram Diwas: 23rd Jan 2022, Pencil sketch competition was conducted.





On the same day, **National Handwriting Day** was celebrated by conducting a handwriting competition. Since the day coincided with Parakram Diwas, a paragraph on Netaji was given to students as content.





Republic day by organising four-day program from 25th to 26th Jan 2022.

Day 1: Republic Day Message by Col. Jeevan. 85 volunteers participated in the program.



Day 2: Republic Day Live Quiz





Day 3: Organized a green initiative named 'ഹരിതകം on 27th of Jan,2022 for collecting all plastic wastes from home and disposing it in an apt way. 82 volunteers participated.





Day 4: ജീവാരംഗം - sapling plantation drive. 65 volunteers planted saplings in their home. 79 volunteers participated.

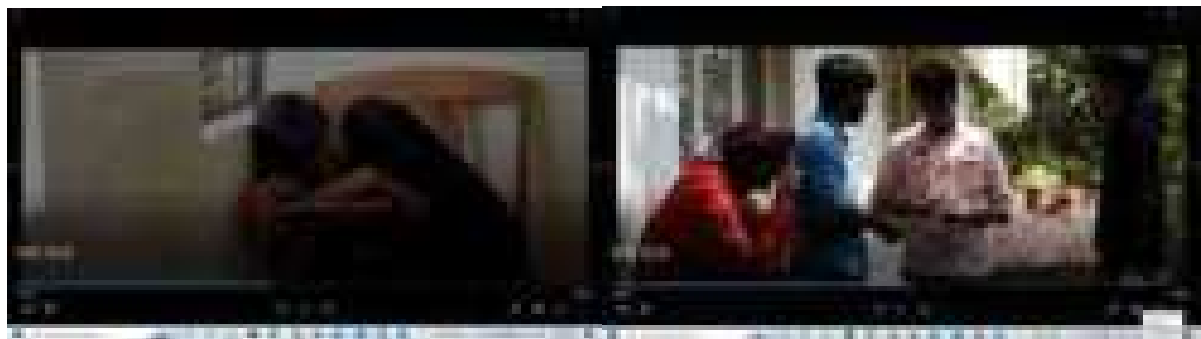
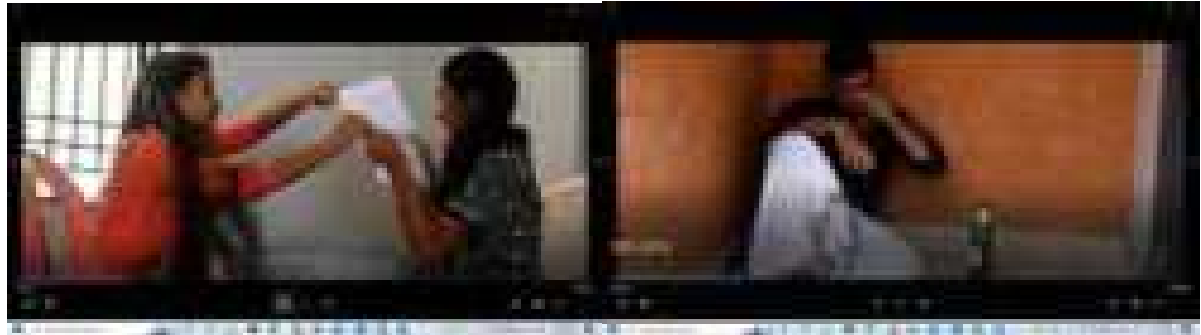






Vimukthi Short film 'Bramaram': 18 volunteers made a short film for contest organised by Vimukthi mission, Govt. of Kerala and submitted on Feb 15th 2022. Theme was the ill effects of drug abuse and the positive aspects of overcoming it.

Few snapshots of the video





Wetland day: Celebrated by conducting National Webinar on 2nd and 3rd Feb 2022. A slogan competition and Paper presentation was conducted on feb 3rd. There was a Panel discussion from by Smt. Mereena C S (Asst. Prof. and HOD Dept. of Geography), Dr. C R Dhanya (Associate Prof Dept of Biochemistry), Dr N Nishad (Asst Prof Dept of Geography), Dr Karthika K (Asst Prof Dept of Geography). Vote of thanks was given Dr Raghul Subin (Convenor Nature Club). Best paper was then announced. Winners were given certificate. There were 95 participants in the program.





An **orientation program** was organised on February 19th 2022, for the newly enrolled NSS volunteers. Dr. Shaji A., NSS Coordinator, University of Kerala was the Resource person. He spoke on “Kerala university National service scheme; Through work history”. He gave a basic knowledge about what NSS is, what are the intention of NSS and what are the various activities done by the previous NSS group under Kerala university. 94 volunteers participated in the program.

Government College Karlovattam
National Service Scheme
Faculty L.P.B

Dr. SHAJI A.
NSS Coordinator
University of Kerala

February 19th, 2022
Saturday
Time: 10:00 AM

Government College Karlovattam
National Service Scheme
Faculty L.P.B

PROGRAMME CHART

Introduction	Dr. Shaji A (19/02/22)
NSS History	Dr. Shaji A (19/02/22)
NSS Activities	Dr. Shaji A (19/02/22)
NSS Objectives	Dr. Shaji A (19/02/22)
NSS Structure	Dr. Shaji A (19/02/22)
NSS Awards	Dr. Shaji A (19/02/22)
NSS Training	Dr. Shaji A (19/02/22)
NSS Projects	Dr. Shaji A (19/02/22)
NSS Reports	Dr. Shaji A (19/02/22)
NSS Year of Honour	Dr. Shaji A (19/02/22)





The same day, afternoon, we organised a training session by Dr. Sherin S. (Assistant Prof. of Biochemistry, A.J. College Thonnakkal). He spoke on how to set up a butterfly garden. He mentioned about the plants and trees that attracts butterflies. In the afternoon volunteers cleaned land around the amenity center and on the sides of auditorium.







Advanced Volunteer Grooming Through Group Dynamics: 5th March 2022. by Dr Sajith SJ Sasi, Assistant professor and HOD of Hindi Department in SN College Vakala. Volunteers were given opportunities to develop their confidence, skills and other personal talents through entertaining activities. 96 volunteers participated in the program.

Government College Karlavattom

National Service Scheme
Date: 05/03/22

Advanced Volunteer Grooming
Through group dynamics



Dr. Sajith SJ Sasi
Assistant professor &
HOD, Hindi Dept.
SN College, Vakala

Date: 05/03/22 (Sunday) Time: 09:00 AM to 12:00 PM

All are cordially invited

Sponsoring: Dept. of Hindi **Be Active on Site** Organizing: Dept. of Hindi

Government College Karlavattom

National Service Scheme
Date: 05/03/22

PROGRAMME COORDINATOR

Advanced Volunteer Grooming
Through group dynamics

Faculty: Dr. Sajith SJ Sasi (HOD)

Staff: Mr. Anand K. S. (HOD)

Volunteers: Mr. Anand K. S. (Principal)

Participants: Mr. C. K. Thomas (HOD PPT), Dr. Sajith SJ Sasi (HOD Hindi)

Organizer: Dr. Sajith SJ Sasi (Assistant Professor & HOD Hindi Dept., SN College Vakala)

Date of Event: Sunday, 05/03/22 (09:00 AM to 12:00 PM)

Sponsoring: Dept. of Hindi **Be Active on Site** Organizing: Dept. of Hindi





Women's day celebration: As part of Womens' day celebration, we collected around 20 lunch packets from NSS volunteers and seven teachers and gave it to street vendors (majority were Women) from Kariavattom to Kazhakootam on 8th March 2022, 12pm.



12 of our volunteers and one program Officer participated in hair donation for Cancer patients, organised by NSS, University College of Engineering on 8th March 2022, 2pm.





14 Volunteers (7 for group song and 7 for mime) participated in Womens' day Celebration organised by Malayalam Mission, at Tagore theatre on 9th March 2022, 5pm-8pm. Group song and Mime ('Parithrana') were based on the theme of Women empowerment

NATIONAL SERVICE SCHEME
UNIT IT A & B
Government College Karlavattom

Organized by
Malayalam Mission

Participation in Mime

Participation in Group Song

Participants:
Lakshmi Padmanabhan
Divyansha Pillai
Vishal Gopinath
Karthika
Sowmya
Anshika
Anushka





An online awareness program on Women's health was organised on 11th March 2022, at 7.30pm. Dr. Elizabeth Jacob, Senior Gynecologist and laparoscopic surgeon, Apollo Adlux, Kochi was the resource person. She spoke on issues related to menstruation, menopause and their management. There were 102 participants in the program.





PALLIATIVE CARE ACTIVITY REPORT



GOVT. COLLEGE KARIAVATTOM

NSS UNIT 17 A&B

STUDENTS PALLIATIVE CLUB

പ്രതിമി



2021-22





NSS Unit 17 A & B, Government College Kariavattom has an active Palliative club named ‘PRATHIDHI’ functioning since august 2021. Our motto is “**Koottaayi, Karuthalaayi, Kaarunyamaayi**” (കൂട്ടായി, കരുതലായി, കാരുണ്യമായി). Our club intends to add hope and light to lives of patients who are in the grips of despair, distress, and anguish due to illnesses. We aim at offering physical, mental, emotional, and financial support to the patients. Psychologist of ‘Jeevani’ of our college is also part of the palliative club and is at aid of patients who need a psychological support. Apart from information obtained from survey, we also collected details of bedridden and terminally ill patients and patients with other diseases, from Sister Radhamoni, Palliative center Pangappara. We selected patients who are financially unstable and need palliative care. Help was rendered to these patients in form of food kit, medicine kit, groceries, sanitation kits, equipment, and study material for dependent children of the patients.

ACTIVITIES UNDERTAKEN BY THE STUDENT PALLIATIVE CLUBS

1. UNIVERSITY LEVEL TRAINING

The following students attended University level online Palliative training conducted from 1st Nov 2021 to 6th Nov 2021.

Sl. No	Training program	Name of Volunteer	Gender	Class
1	Palliative Care training	Adwaith S	Male	IInd year B.Sc. Biochemistry
		Chethana Sankar	Female	IInd year B.Sc. Biochemistry
2.	Breast Cancer Awareness Training	Adwaith S	Male	IInd year B.Sc. Biochemistry
		Amala A L	Female	IInd year B.Sc. Computer Science
		Anjana A S	Female	IInd year B.Sc. Chemistry & Industrial Chemistry
		Mekha Krishnan	Female	IInd year B.Sc. Geography
		Sai Gayathri	Female	IInd year B.Sc. Statistics

2. DISTRICT LEVEL TRAINING

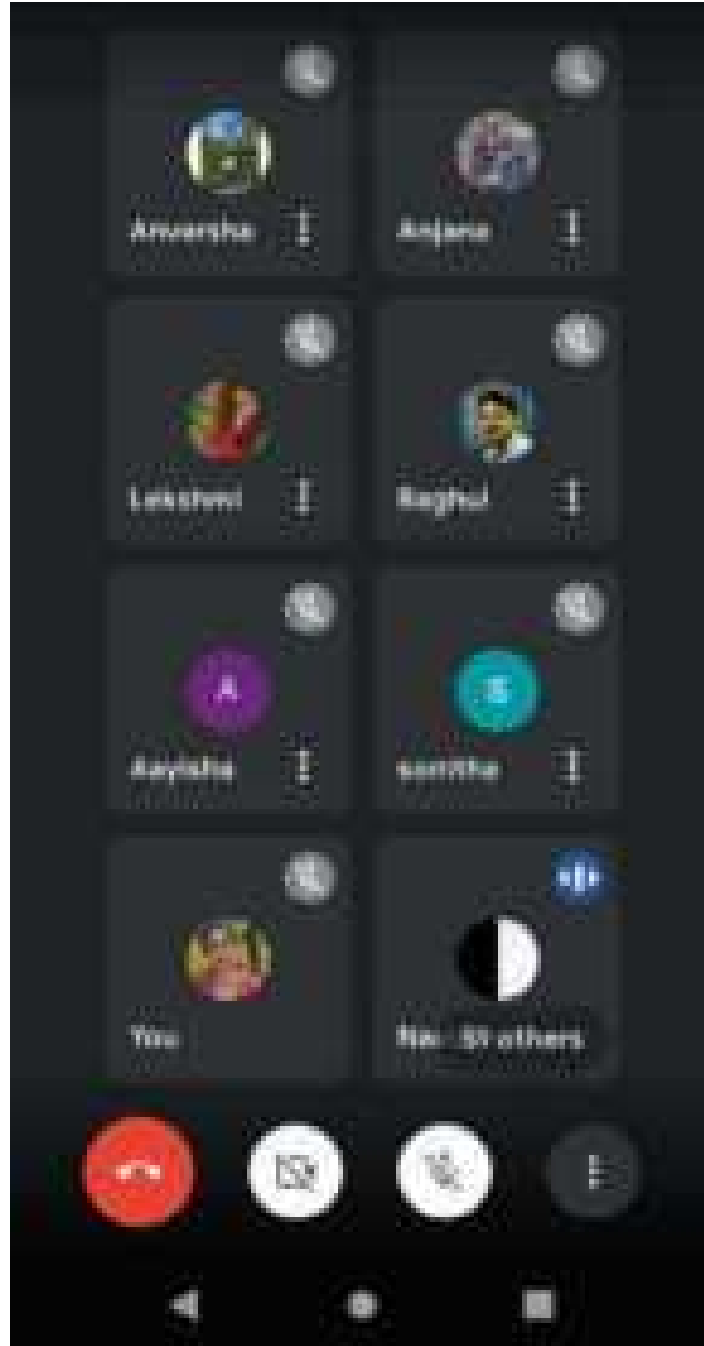
The following students attended District level online Palliative training conducted from 8th Nov 2021 to 13th Nov 2021.

Sl. No.	Name of Volunteer	Gender	Class
1	Amala A L	Female	IInd year B.Sc. Computer Science
2	Mekha Krishnan RS	Female	IInd year B.Sc. Geography
3	Amal M	Male	IInd year B.Sc. Industrial Chemistry
4	Devadathan	Male	IInd year B. Sc. Physics and Computer Application



3. UNIT LEVEL TRAINING/AWARENESS PROGRAMME

Volunteers who got Palliative training at University and District level, shared the information with rest of the volunteers on 14th Nov 2021, in online platform.





4. HOME VISITS

Volunteers visited households in and around Kariavattom on 25th Dec 2021 and 12th Jan 2022. They had prepared a questionnaire. Visited each house, interacted with the family members. Enquired about their socio-economic and health status. The data was entered in the google form for analysis.





5. SUPPLY OF MEDICINES

Patients are getting most of the costly medicines from PHC. We had made a list of medicines and ointments (betadine ointment, Metrogyl, Dettol soap, Mupirocin ointment, Voveran, Neosporin) that was not supplied by PHC and this was given to patients (as per their requirement).





6. DISTRIBUTION OF CLOTHS AND OTHER NECESSITIES (SANITARY ITEMS)

Sanitizers, diapers, and dressing material (Pillow, bedsheet, Cotton wool, Dettol, Dettol soap, adult diapers, smaller size diapers) were given to patients (list given above).





7. DISTRIBUTION OF EQUIPMENTS

Wheelchair was given to Vighnesh, who is suffering from Muscular dystrophy. Crutches were given to Mr. Shyam, who lost one leg.



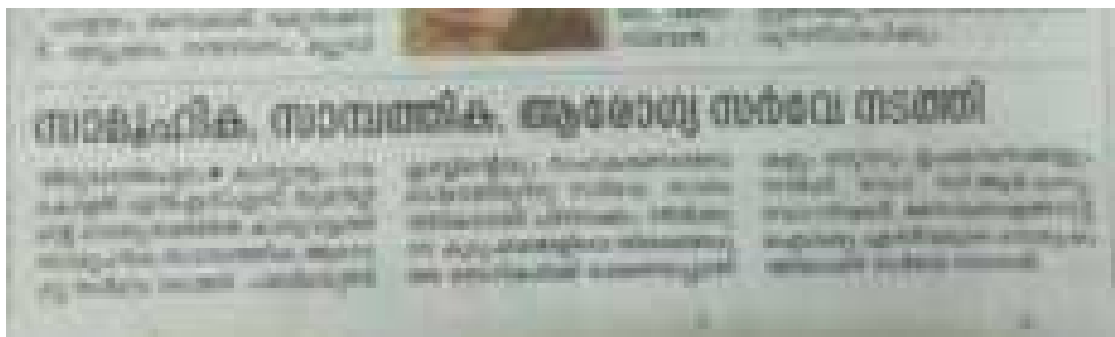


8. COUNSELLING FACILITIES PROVIDED

Smt. Aiswarya A. U., Psychologist, Jeevani, of our college had accompanied to all houses we had visited in Kazhakoottam ward, for palliative care activities. She has given counselling sessions to all these patients. Volunteers also spent time talking to the patients. All these were carried out maintaining strict Covid protocol. Concerning the privacy of the patients, counselling sessions were not captured on camera. Photos of interaction of volunteers with patients are given below.



Report in Malayala Manorama (1st Feb 2022) regarding Socio-Economic and Health survey and Palliative care





Our Units won award for one of the best Units for Palliative care activity (18th March 2022)



Dr. C. R. Dhanya (NSS PO) receiving the award



Anjana (volunteer) receiving the award



Individual participation of volunteers in various activities

1. Following volunteers participated in pre-RD selection camp at University of Kerala (19th Nov 2021)

Name of Volunteer	Sex	Class/Division	Contact no.	Email ID
NABEEL N.	Male	IInd year B.Sc. Chemistry & Industrial Chemistry	8281977576 9745597784	sumanoushad@gmail.com
SREEGESH K. C.	Male	IInd year B.Sc. Geography	6282528048	solorider130@gmail.com



2. Essay writing competition (India of My Dream – Vision 2047): Ameen Pareesa Sidique, 1st year Biotechnology participated (21st Dec 2021).
3. NSS University of Kerala Award function (1st dec 2021): Anjana AS did the anchoring of the function. Lakshmi Subhas sang NSS Song. Dr. C. R. Dhanya and Dr. Nishad N. also participated in the award function.





4. Seven days Volunteer Leaders' Training Camp (15th Dec to 21st Dec 2021): Adwaith S. and Amala A.L. attended the seven days Leaders' training Camp organised by University of Kerala.



5. Essay writing competition (19th Feb 2022) organised by NSS, TKM College, Kollam: Ameen Pareesa Sidique (1st year biotechnology), Adarsh V R (1st year Chemistry & Industrial Chemistry) and Abhiram J V (1st year biotechnology) participated.
6. National youth Parliament Festival, State level competition inauguration at Senate Chamber, University of Kerala (28th Feb 2022): Ameen Pareesa Sidique (1st year biotechnology), Adarsh V R (1st year Chemistry & Industrial Chemistry), Adarsh S (1st year biotechnology) and Abinjith, Daliya Heric and Hasna Maheen (1st year Chemistry & Industrial Chemistry) participated.
7. Palliative award function (18th March 2022): Lekshmi Subhash sang NSS song and Daliya Heric anchored the program. Ten volunteers attended the function.





Award for best Student Palliative care activity (for Program Officer, volunteer, and College)