



National Service Scheme UNIT 17 A & B GOVERNMENT COLLEGE KARIAVATTOM



VIMUKTHI ACTIVITY REPORT 2022-23

VIMUKTHI CLUB

വിമോചിക



നല്ലൊരു നാളേക്കാൽ ചുവടുറച്ച്



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REPORT OF VIMUKTHI CLUB

INTRODUCTION

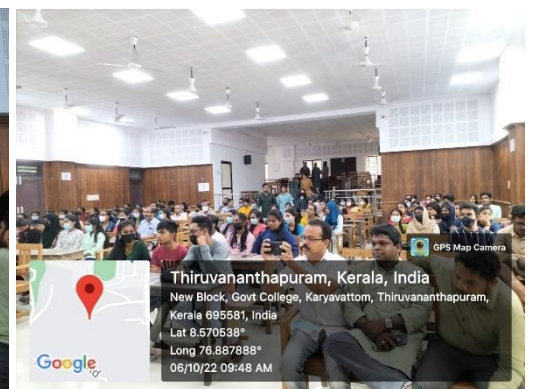
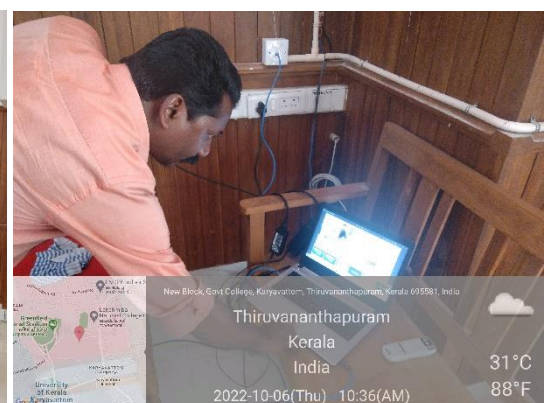
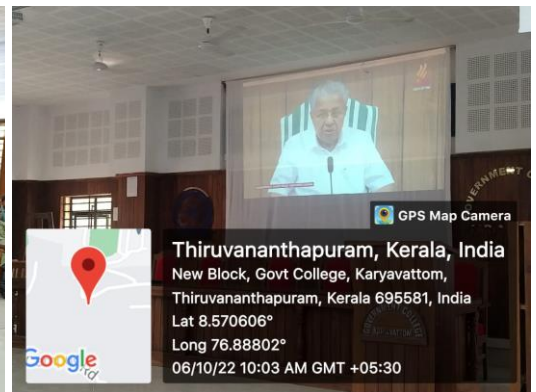
Vimukthi Club ‘വിമോചിക’ is functioning as part of the National Service Scheme Unit 17 A & B since June 2022. Motto of the club is ‘നല്ലൊരു നാളെക്കായി ചുവടുറച്ച്’.

The excessive use of drug and other narcotic substances is becoming a threat in current society. It is affecting the life of people and breaking families. ‘Vimochika’ (one who liberates) aims at sensitizing all students of the College and the society against the use of drugs and other narcotic substances. The club is working in association with the Anti-narcotic Club of the College and also takes help of the Vimukthi Mission of the Govt of Kerala. The activities undertaken by the club includes, awareness classes, street play, literary competitions related to drug abuse, survey and other group activities.

1. **Inauguration:** The Club was inaugurated on 6th Oct 2022 by Dr. M. Leninlal, Member Kadinamkulam Grama Panchayath. He also released the logo of ‘Vimochika’. The Logo was designed by Adarsh, 2nd year Biotechnology (NSS Volunteer). Talk by Hon’ Chief Minister Sri. Pinaray Vijayan on the occasion of inauguration of ‘Unarvu’ was presented.



Logo of Vimukthi Club, NSS Unit 17 A & B



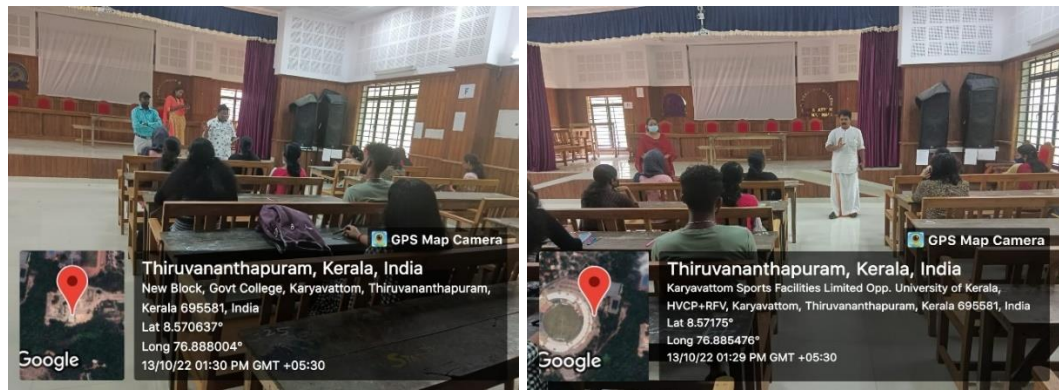
2. **‘Bodhyam’ quiz competition** was organised in association with the Quiz club and Anti-narcotic Club of the College on 11th Oct 2022. Six groups participated in the competition. Dr. Retish, Dept of Chemistry and Dr. Manoj, Department of Malayalam were the quiz masters. Questions asked were all related to drug-abuse and related laws. Prizes were distributed later.





3. **Literary Competitions** (in association with Literary Club, antinarcotic club and NCC): Essay writing and poetry writing (English and Malayalam), competitions were organised on 12th and 13th. Short story writing competition was conducted on 18th Oct 2022 and elocution conducted on 19th Oct 2022. Topics related to use of drugs and narcotic substances was given few minutes before the competition. Prizes were distributed later.

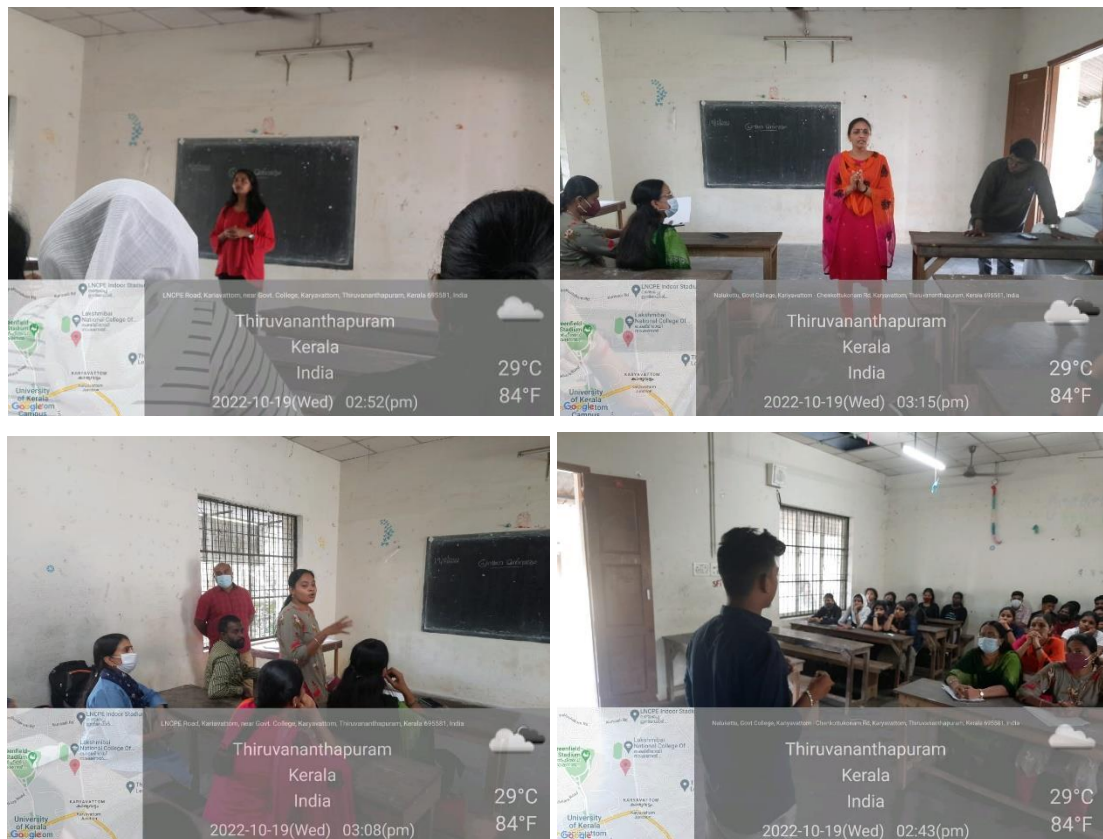


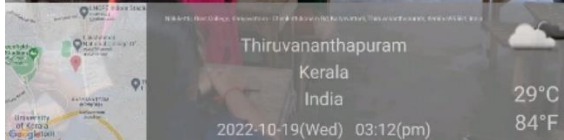
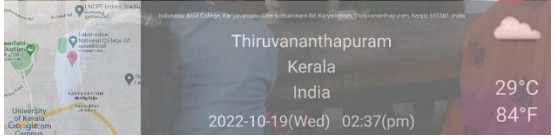
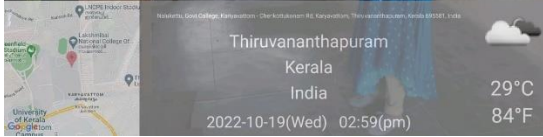


Essay writing and Poetry writing competitions



Short story writing competitions





Elocution competition



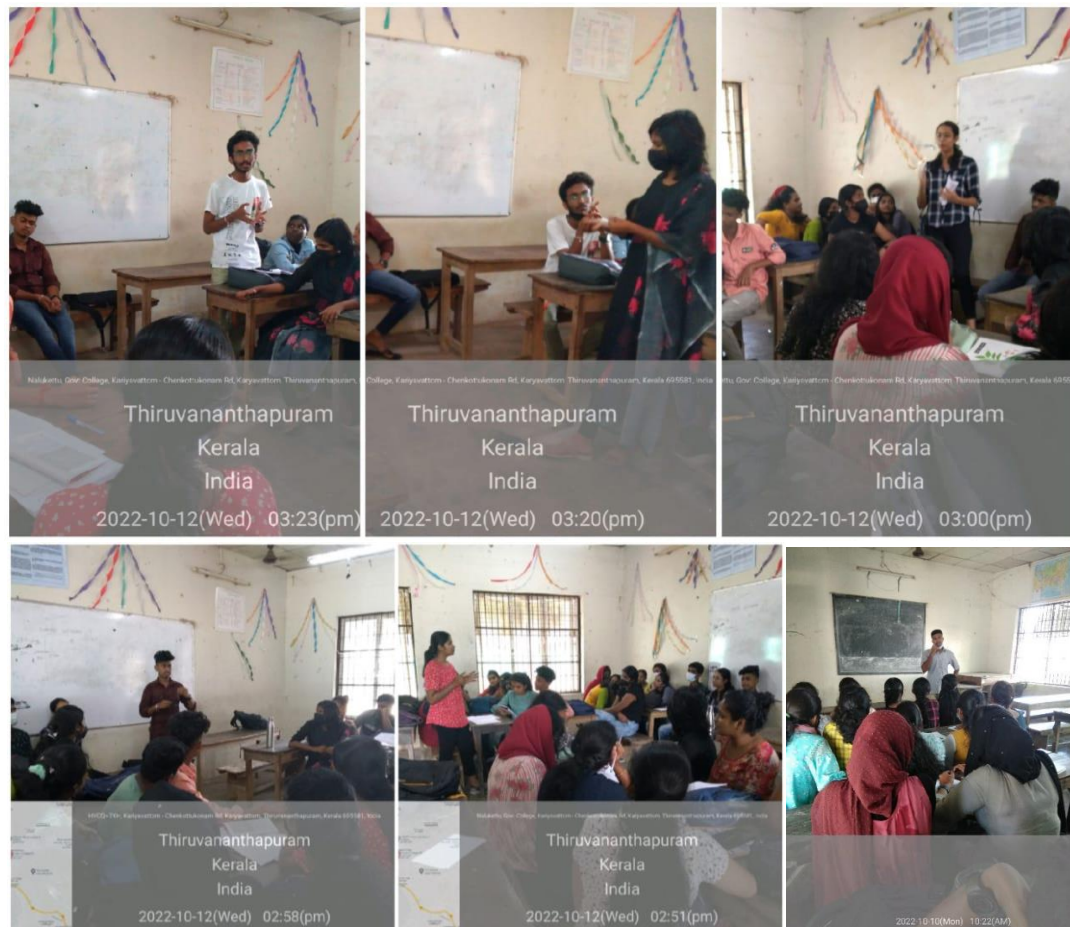
NATIONAL SERVICE SCHEME UNIT 17 A&B
GOVERNMENT COLLEGE KARIAVATTOM



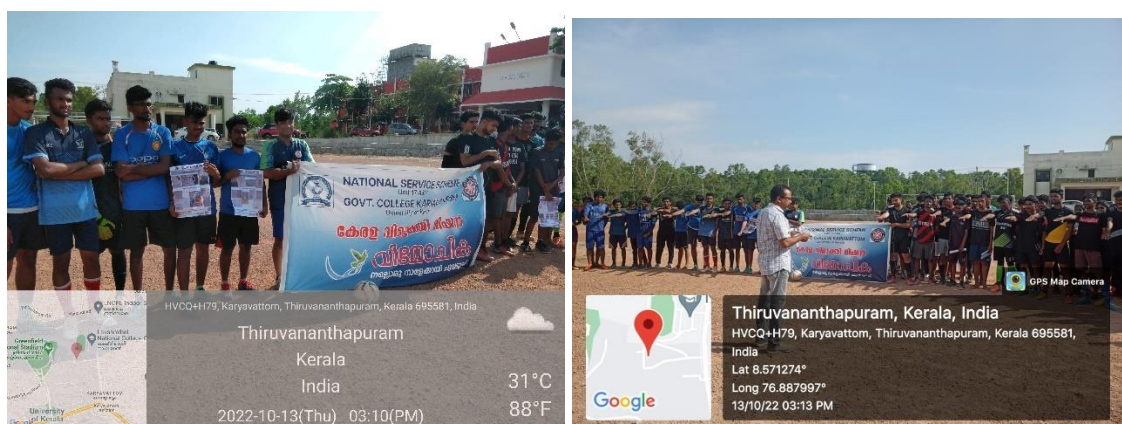
അക്ഷരങ്ങൾ ആകട്ടെ ലഹരി



4. **Group Discussions** in classrooms about drug abuse and its ill effects



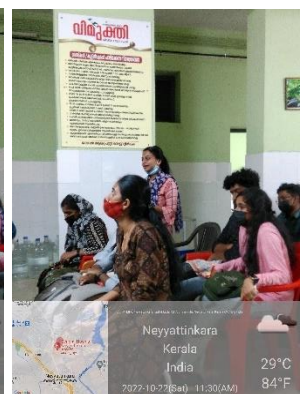
5. **Football match** was organised on 13th Oct 2022 in association with Physical Education department and anti-narcotic club. Players took pledge against the use of drugs. Anti-drug posters were displayed around the ground.





6. **Visit to Deaddiction centre:** on 22nd Oct 2022. Around 35 volunteers visited the centre, in Neyyattinkara. Doctor, nurse, and Psychologist gave awareness class regarding drug abuse. by sharing case studies. Volunteers got glimpses of patients undergoing deaddiction therapy. Respecting the privacy of the patients, photos were not clicked.

GOVERNMENT COLLEGE KARIAVATTOM
NSS UNIT 17 A&B
KERALA VIMUKTHI MISSION
വിമോചിക
DE-ADDICTION CENTRE VISIT
 Vimukthi De-addiction Centre
 Neyyattinkara Thaluk Hospital
Interactive session with Dr. Shyam Dev
 Date : 22-10-2022
 Time : 10:00 am
 നല്ലൊരു നാളെക്കായി ചുവടുറച്ച്





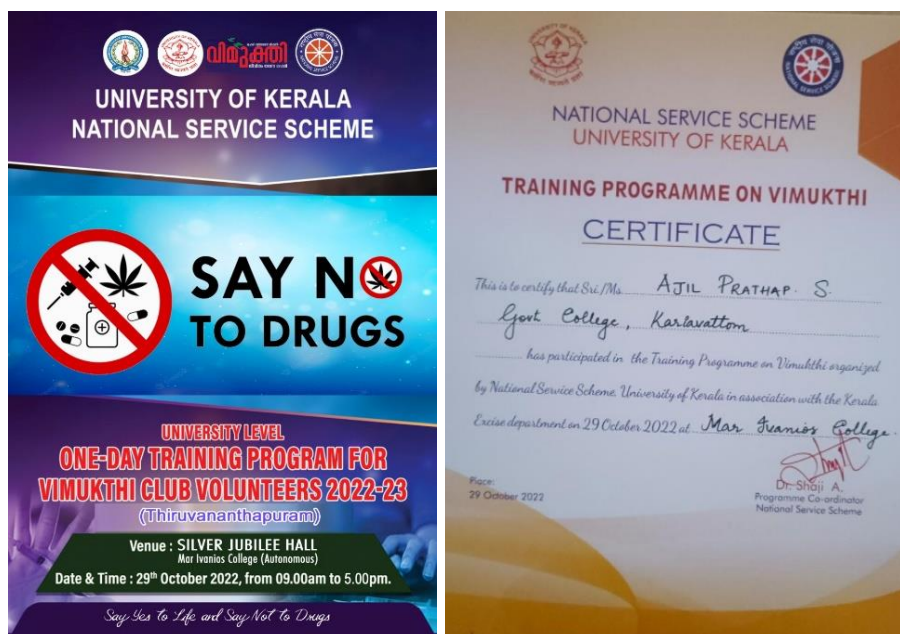
7. **Antidrug campaign:** Five of our volunteers attended the Anti-drug campaign organised by the Govt. of Kerala at Jimmy George stadium, Palayam on 22nd Oct 2022.



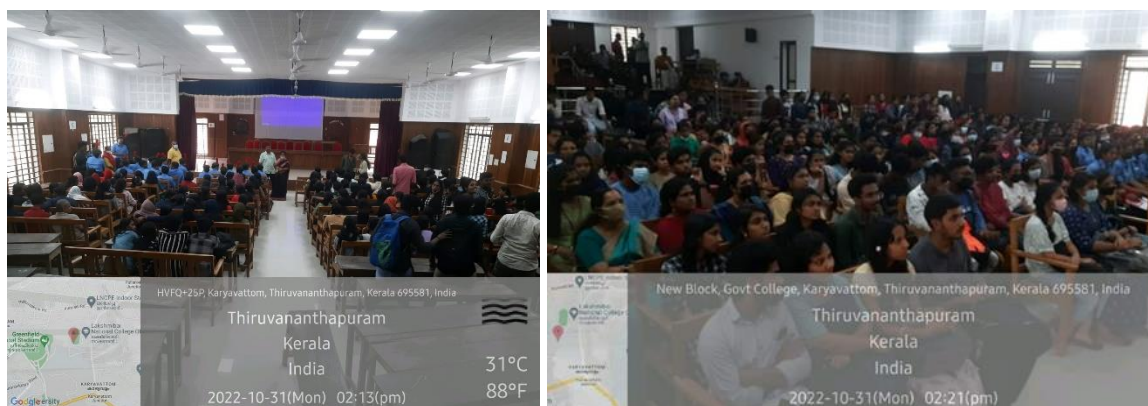
8. **‘District level Bodhyam Quiz’ competition:** Two volunteers participated in the ‘Bodhyam quiz’ jointly organised by NSS, Govt. of Kerala and Excise Department at Sri Sathya Sai Arts and Sports College on 28th Oct 2022 and Midlaj, first year Geography secured third prize.



9. **University level training:** Ajil Prathap attended the one day district level Vimukthi training on 29th Oct 2022.



Unit level raining was conducted by Ajil for other students on 31st Oct 2022.



10. **Antidrug rally and pledge:** A rally was conducted from College administrative block till Kariavattom junction and pledge against the use of drug was taken at the junction along with the public on 31st Oct 2022.



Pledge against drug use, at Kariavattom Junction

11. Anti-drug Human chain campaign: 25 volunteers participated in human chain campaign against drug usage, at Palayam on 1st Nov 2022, Kerala Piravi day.





12. Vimukthi programs at MVHSS Thundathil: Organized dance drama and flash mob with the theme against drug usage on 4th Nov 2022. Also organised Quiz competition and poster making competition. 30 volunteers and 100 students of the school participated in the program. Winners were given prize later. Antidrug awareness class was conducted by Smt. Aiswarya, Psychologist, Jeevani.

NATIONAL SERVICE SCHEME UNIT 17 A&B
GOVT. COLLEGE KARIYATTOM

2022

വിമോചിക

ലഹരി വിരുദ്ധ ബോധശക്തരണ പരിപാടികൾ

പോസ്റ്റർ മത്സരം & ക്വിസ് മത്സരം
 (4th Nov 2022, Friday)

at
Madhava Vilasom higher Secondary School (MVHSS Thundathil)

"നല്ലൊരു നാളെക്കായി ചുവടുറപ്പ്"

DRUGS

MADHAVA VILASOM HIGHER SECONDARY SCHOOL
 Thundathil, Kariyattom, Tel. 0471 270396, 0471 270398, www.mvhss-thundathil.com

NATIONAL SERVICE SCHEME
GOVT. COLLEGE KARIYATTOM
 University of Kerala

കേരള വിമോചിക
വിമോചിക
 നല്ലൊരു നാളെക്കായി ചുവടുറപ്പ്

402, Kariyattom - Chenkottukonam Rd, Kariyattom, Thiruvananthapuram, Kerala 695581, India

Thiruvananthapuram
 Kerala
 India

2022-11-04(Fri) 11:21(am)

30°C
 86°F

402, Kariyattom - Chenkottukonam Rd, Kariyattom, Thiruvananthapuram, Kerala 695581, India

Thiruvananthapuram
 Kerala
 India

2022-11-04(Fri) 11:28(am)

30°C
 86°F

402, Kariyattom - Chenkottukonam Rd, Kariyattom, Thiruvananthapuram, Kerala 695581, India

Thiruvananthapuram
 Kerala
 India

2022-11-04(Fri) 11:35(am)

30°C
 86°F

NATIONAL SERVICE SCHEME
GOVT. COLLEGE KARIYATTOM
 University of Kerala

കേരള വിമോചിക
വിമോചിക
 നല്ലൊരു നാളെക്കായി ചുവടുറപ്പ്

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Thiruvananthapuram
 Kerala
 India

2022-11-04(Fri) 11:39(am)

30°C
 86°F

402, Kariyattom - Chenkottukonam Rd, Kariyattom, Thiruvananthapuram, Kerala 695581, India

Thiruvananthapuram
 Kerala
 India

2022-11-04(Fri) 11:57(am)

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MADHAVA VILASOM HIGHER SEC

NATIONAL SERVICE SCHEME
GOVT. COLLEGE KARIYATTOM
 University of Kerala

കേരള വിമോചിക
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 നല്ലൊരു നാളെക്കായി ചുവടുറപ്പ്

402, Kariyattom - Chenkottukonam Rd, Kariyattom, Thiruvananthapuram, Kerala 695581, India

Thiruvananthapuram
 Kerala
 India

2022-11-04(Fri) 11:38(am)

30°C
 86°F

MADHAVA VILASOM HIGHER SECONDARY SCHOOL
 Thundathil, Kariyattom, Tel. 0471 270396, 0471 270398, www.mvhss-thundathil.com

NATIONAL SERVICE SCHEME
GOVT. COLLEGE KARIYATTOM
 University of Kerala

കേരള വിമോചിക
വിമോചിക
 നല്ലൊരു നാളെക്കായി ചുവടുറപ്പ്

402, Kariyattom - Chenkottukonam Rd, Kariyattom, Thiruvananthapuram, Kerala 695581, India

Thiruvananthapuram
 Kerala
 India

2022-11-04(Fri) 11:31(am)

30°C
 86°F



Inauguration of the program



Quiz competition



Dance drama and Flash mob



Pledge against use of drug



Aiswarya (Jeevani Psychologist) conducting anti-drug awareness session for students of the school.



Students of the School dancing along with music of flashmob

13. **Street Drama competition:** Participated in street drama competition “തെരുവരങ്ങ് 2k22” organised by MMS Govt. Arts and Science College Malayinkeezhu. 8 volunteers conducted Street drama ‘ദേ വിമുക്തി’ at Pullanivila junction. Theme of the drama was voice of the youth against drug abuse.



MMS Govt. Arts & Science College, Malayinkeezhu
NSS Unit-Vimukthi Club | Performing Arts Club | Health Club | Anti Narcotic Cell | KSWDC- Women Cell | Jeevani

തെരുവരങ്ങ് 2K22
കലാലയ ലഹരിവിരുദ്ധ തെരുവ് നാടക മത്സരം

2022 Nov. 26
തെരുവ് നാടകം -6

നാടക അവതരണം:
KARIVATTOM GOVT. COLLEGE
Pullanivila Junction, Karivattom

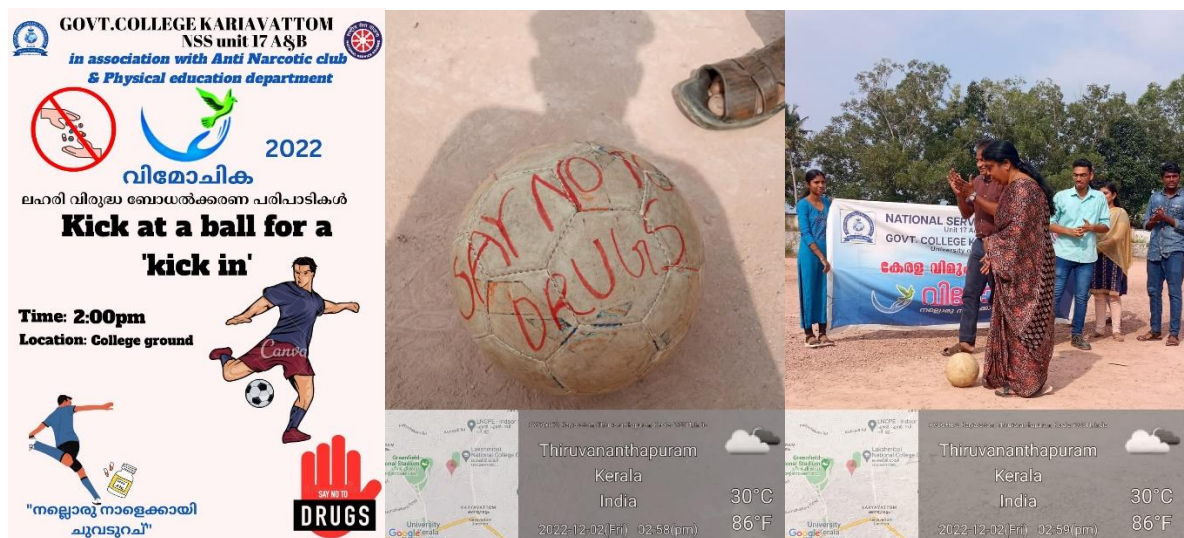
3.00 PM
നാടകം: 'ഓ വിമുക്തി'

തെരുവരങ്ങ് 2K22
കലാലയ ലഹരിവിരുദ്ധ തെരുവ് നാടക മത്സരം

ലഹരിവിരുദ്ധ സന്ദേശം അടങ്ങിയ ലഘുലേഖകൾ പന്ത്രണ്ടു മണിക്കൂർ വിതരണം ചെയ്യുന്ന കലാവിനോദ സഭ. കോളേജിലെ NSS വോളന്റിയേഴ്സ്



14. **Goal challenge anti-drug campaign:** Organised goal challenge in association with anti-narcotic club and Physical education department of the college. 80 volunteers participated in the program.





15. Awareness class by Sri. Jayaraj, Asst. Excise Commissioner: On 20th December 2022. Jayaraj Sir spoke on the ill effects of drug abuse citing many case studies. After the talk, he distributed the prizes to winners of literary competition organised in the College and Thundathil School.

GOVT COLLEGE KARIYAVATTOM
NSS unit 17A&B
KERALA VIMUKTHI MISSION

വിമോചിക

**AWARENESS CLASS &
PRIZE DISTRIBUTION**

Chief guest: Mr. JAYARAJ
(Asst. Excise commissioner)

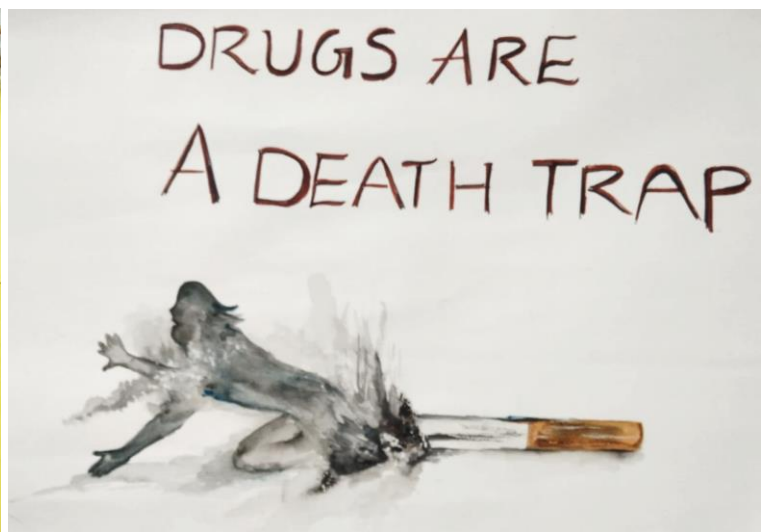
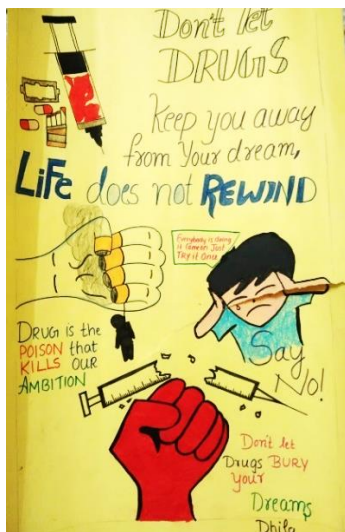
Date&Time: 20/12/2022 11:30am

Venue: Seminar hall

**Prize distribution for Vimukthi
competition winners**

DRUGS





Prize winning posters made by Thundathil School students

16. Vimukthi Survey: Survey was conducted for students and staff of the College and Thundathil School from 5th November to 1st December 2022. A questionnaire related to drug abuse was circulated and students were asked to fill. We got 310 responses in total.

G form link: <https://forms.gle/RiCETPRzQawzF74d6>

Vimukthi Survey 2022
Form description

NATIONAL SERVICE SCHEME
Unit 17 A&B
GOVT. COLLEGE KARIAVATTOM
University of Kerala

കേരള വിമുക്തി വിഷൻ
വിമോചിക

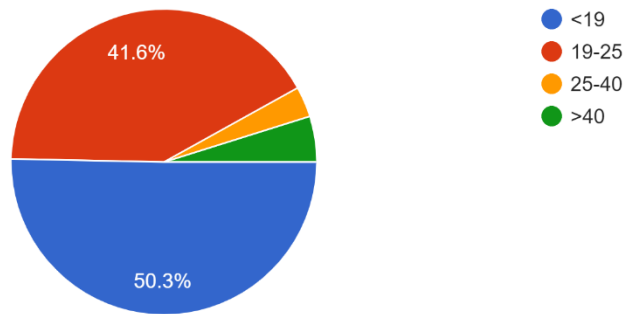
Vimukthi Survey 2022 (Responses)

A1	Timestamp	Gender	Age	D	E	F	G	H	
1	Timestamp	Gender	Age	നിങ്ങളുടെ ഏതെങ്കിലും തരത്തിലുള്ള ലഹരി വസ്തു ഉപയോഗിക്കുന്നുണ്ടോ?	ഉപയോഗിക്കുന്നുണ്ടെങ്കിൽ (നിങ്ങളുടെ സ്ത്രീയാണെങ്കിൽ, ഇവയിൽ ഏതാണ് (ഒന്നിൽ കൂടുതൽ ടിക്ക് ചെയ്യൂ))	ഉപയോഗിക്കുന്നുണ്ടെങ്കിൽ (നിങ്ങളുടെ പുരുഷനാണെങ്കിൽ, ഇവയിൽ ഏതാണ് (ഒന്നിൽ കൂടുതൽ ടിക്ക് ചെയ്യൂ))	നിങ്ങളുടെ കുടുംബത്തിൽ ആരെങ്കിലും ലഹരി വസ്തു ഉപയോഗിക്കുന്നുണ്ടോ?	ഉപയോഗിക്കുന്നുണ്ടെങ്കിൽ ഇവയിൽ ഏതാണ് (ഒന്നിൽ കൂടുതൽ ടിക്ക് ചെയ്യൂ))	അത് ഏങ്ങനെയാണ്?
2	11/5/2022 9:34:38	Female	>40	No			Yes	പാൽ മസാല, മദ്യം	മാനസികമായി
3	11/5/2022 9:48:48	Male	19-25	No			No		
4	11/5/2022 9:51:12	Female	19-25	No			Yes	മദ്യം	മാനസികമായി
5	11/5/2022 9:51:14	Male	19-25	No			No		ബോധശേഷി

Survey results: Out of 310 responses, 115 were males and 192 were females. 156 respondents belonged to age group <19, 129 between 19-25, 10 belonged to 19-25 and 15 above 40.

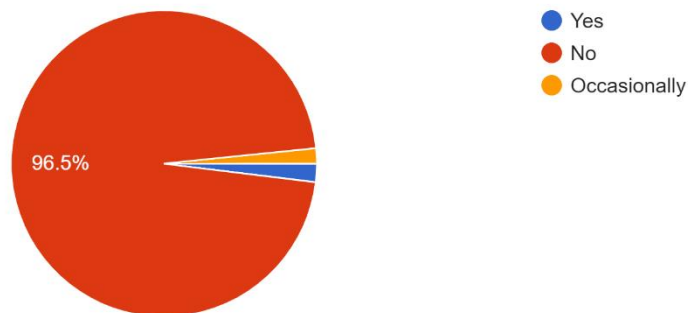
Age

310 responses



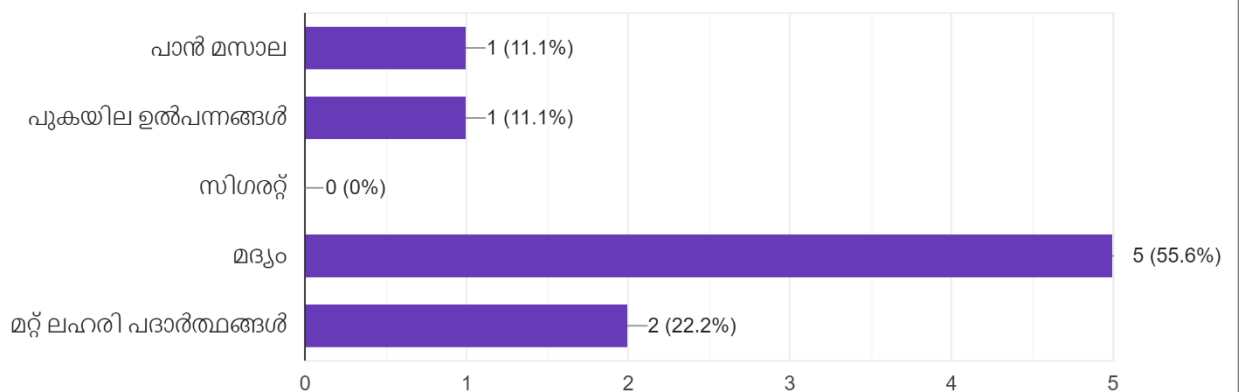
നിങ്ങൾ ഏതെങ്കിലും തരത്തിലുള്ള ലഹരി വസ്തു ഉപയോഗിക്കാറുണ്ടോ?

310 responses

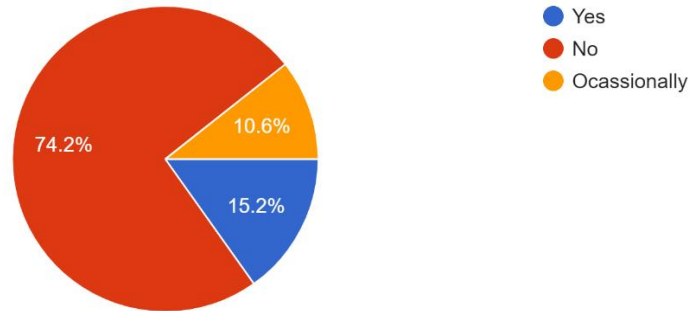


ഉപയോഗിക്കുന്നുണ്ടെങ്കിൽ (നിങ്ങൾ സ്ത്രീയാണെങ്കിൽ), ഇവയിൽ ഏതാണ്. (ഒന്നിൽ കൂടുതൽ ടിക്ക് ചെയ്യാം)

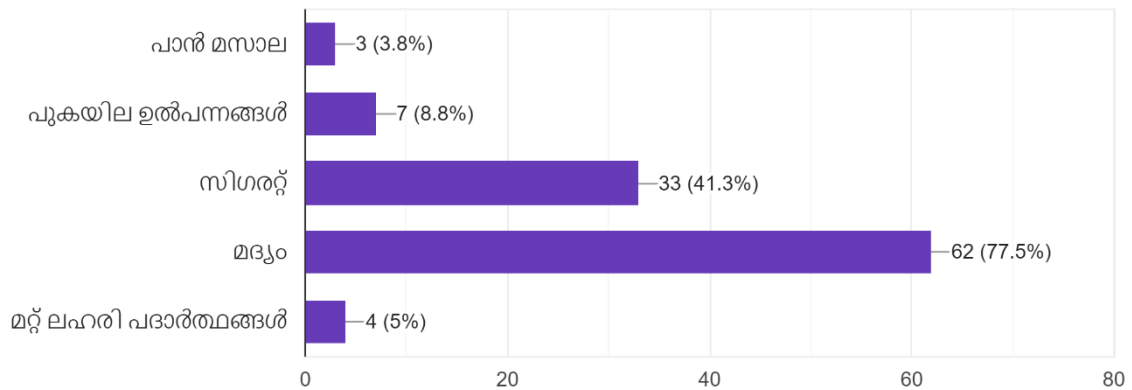
9 responses



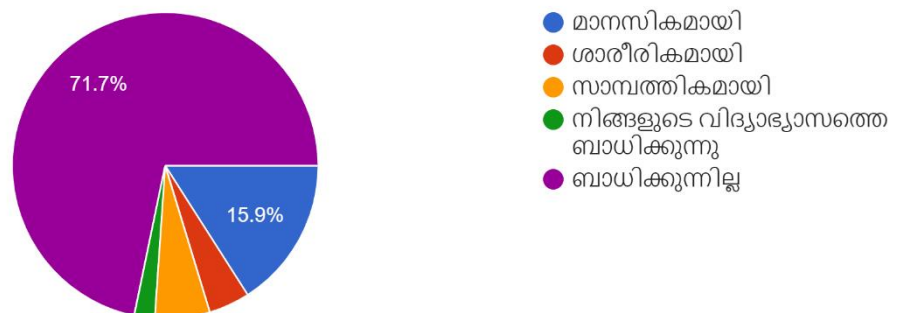
നിങ്ങളുടെ കുടുംബത്തിൽ ആരെങ്കിലും ലഹരി വസ്തു ഉപയോഗിക്കുന്നുണ്ടോ?
310 responses



ഉപയോഗിക്കുന്നുണ്ടെങ്കിൽ ഇവയിൽ ഏതാണ്. (ഒന്നിൽ കൂടുതൽ ടിക്ക് ചെയ്യാം)
80 responses

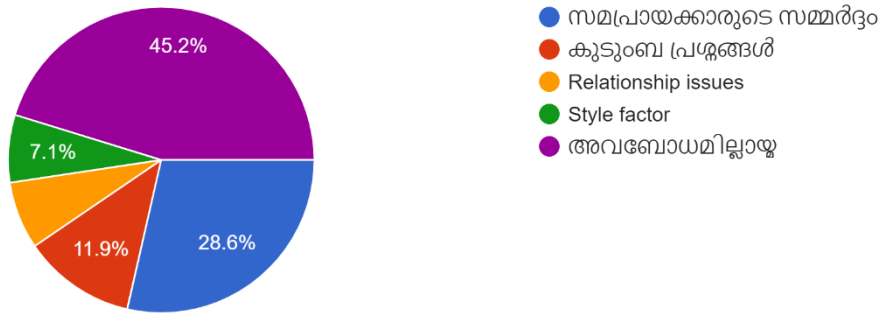


അത് കുടുംബത്തെ എങ്ങനെ ബാധിക്കുന്നു?
138 responses



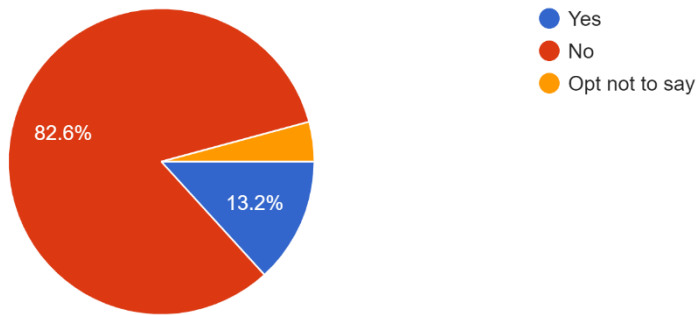
നിങ്ങളുടെ അഭിപ്രായത്തിൽ, ഇനിപ്പറയുന്നവയിൽ ഏത് കാരണമാണ് മയക്കുമരുന്ന് ദുരുപയോഗത്തിന് കാരണമാകുന്നത്

42 responses



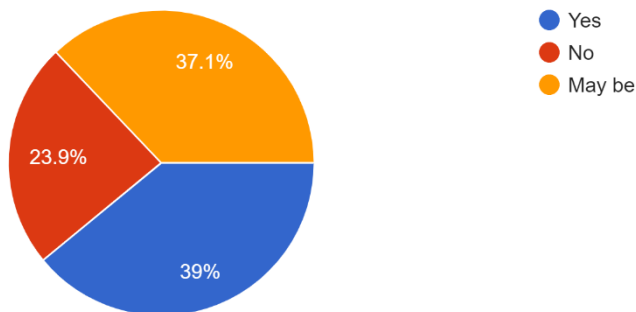
നിങ്ങളുടെ സ്ഥാപനത്തിലോ പരിസരത്തോ മയക്കുമരുന്ന് ദുരുപയോഗമോ മയക്കുമരുന്ന് കടത്തലോ ശ്രദ്ധയിൽപ്പെട്ടിട്ടുണ്ടോ?

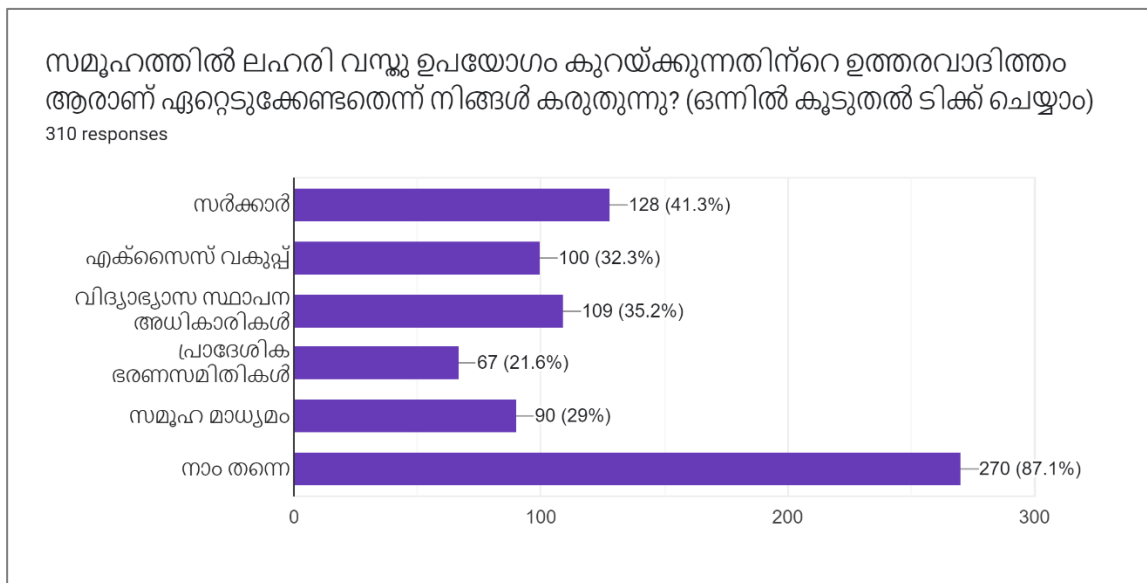
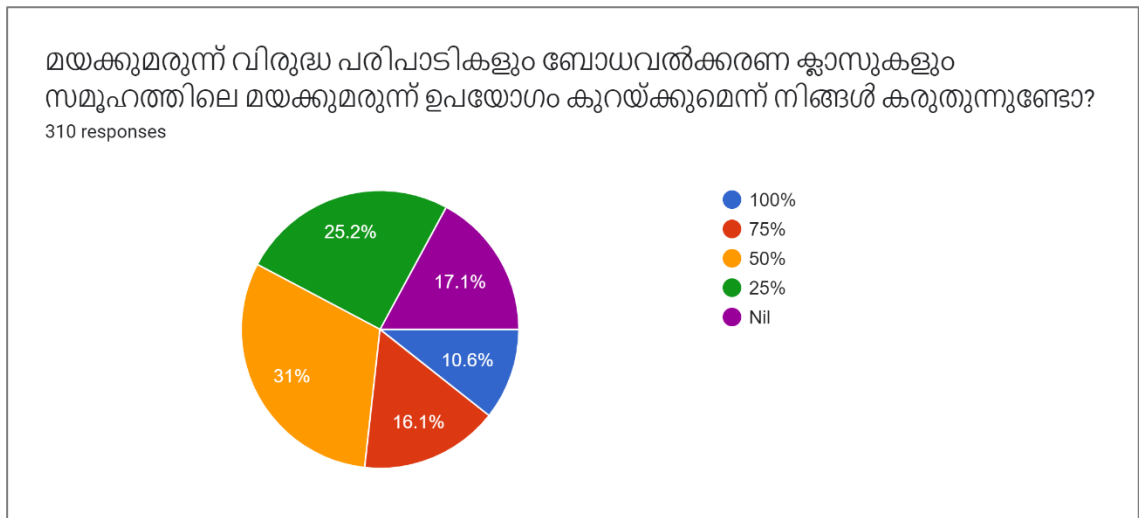
310 responses



സിഗരറ്റിന്റേയോ മദ്യത്തിന്റേയോ ഉപയോഗത്തോടുള്ള ആളുകളുടെ മനോഭാവം മാറ്റുന്നതിൽ സിനിമകൾ ഒരു പങ്ക് വഹിക്കുന്നുണ്ടെന്ന് നിങ്ങൾക്ക് തോന്നുന്നുണ്ടോ?

310 responses





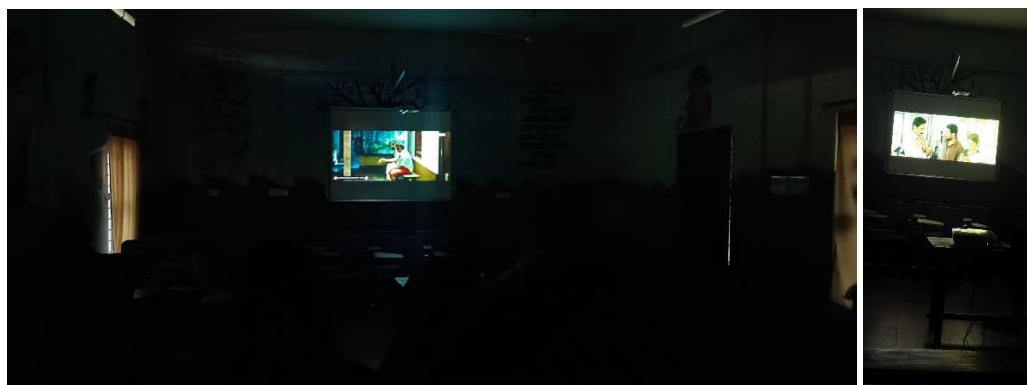
The survey indicates that people are aware of the current situation. It is either family issues or peer pressure that is increasing the use of narcotics. One third of the respondents feel that films glorifying the use of alcohol and cigarette is influencing people. Majority of students feel that they themselves have to take up responsibility to stop the use of drugs.

17. Oath taking and candle lighting ceremony: Volunteers lighted candle and took oath against the use of drugs and other narcotic substances. Theme of the campaign was to spread light of knowledge and togetherness and fight against drug abuse.



- 18. Movie show:** Malayalam movie ‘തീവണ്ടി’ is story of a young man struggling to deal with nicotine addiction. This movie was presented to volunteers since it is based on addiction to smoking, and success of a young man overpowering this addiction.

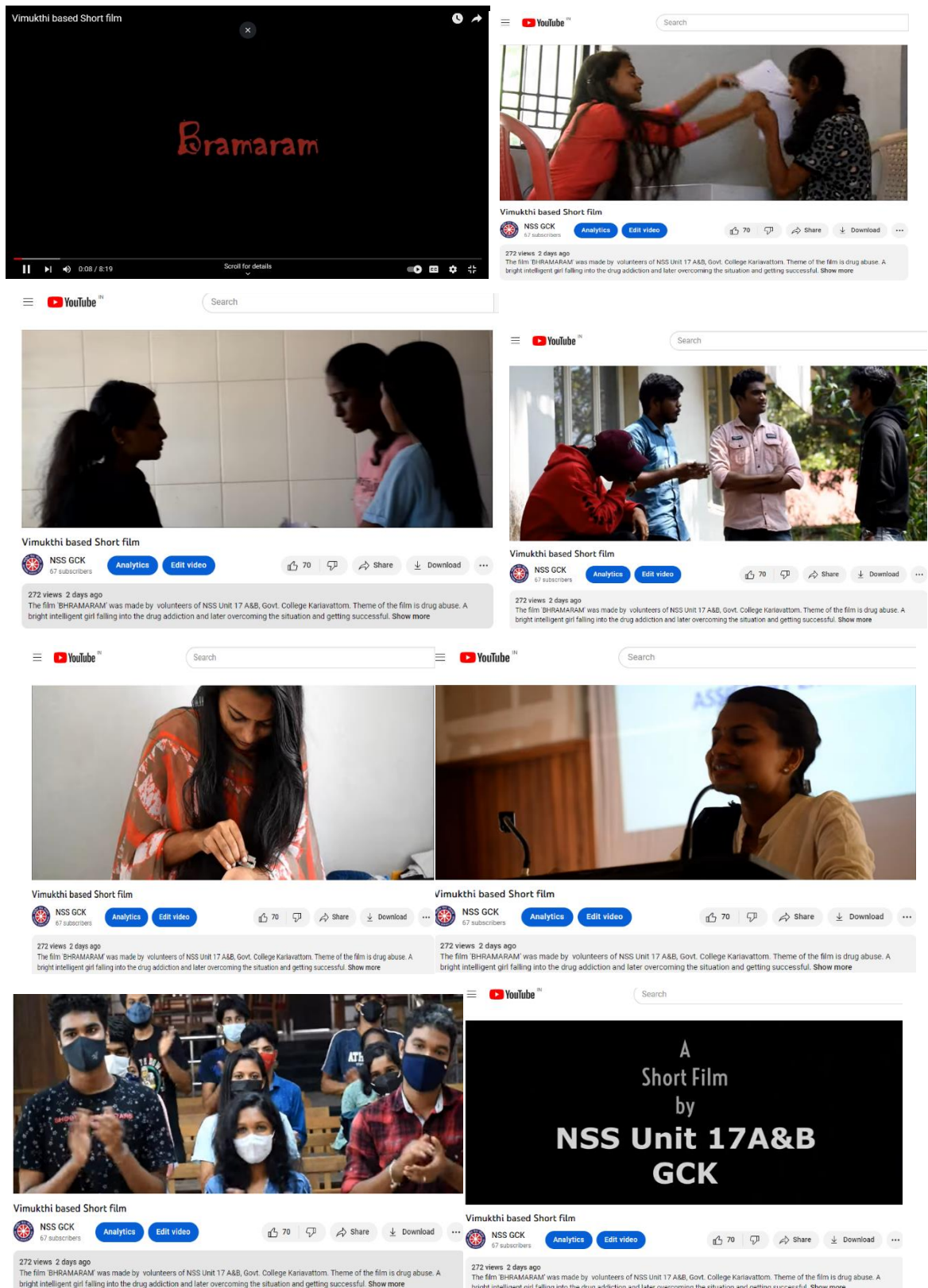




19. **Vimukthi Street drama:** Drug abuse-based street drama was presented by volunteers at Kaniyapuram junction on 28th Dec 2022. They got very good response from the public.



20. Short Film making: A Vimukthi short film titled 'Bhramaram' was made by volunteers in the beginning of the academic year. It was edited in November and published on NSS YouTube channel. **Link of the short film:** https://youtu.be/TjbUF9t_vhs



21. Handwritten magazine: Volunteers made a handwritten magazine titled ‘പ്രത്യാശ’. The content of the magazine includes short stories, poetries, write ups, memory sharing, drawings/paintings/sketches based on drug abuse. It was published on 27th Jan 2023.





NATIONAL SERVICE SCHEME UNIT 17 A&B
GOVERNMENT COLLEGE KARIAVATTOM



സർഗ്ഗാത്മകത ആകട്ടെ ലഹരി



REPORTS ON SOCIAL MEDIA

NSS Unit 17 A & B has a Facebook page and Insta page. All Vimukthi based activities have been posted on the same.

https://m.facebook.com/story.php?story_fbid=pfbid02ezqh4zEvTFWUcGHNTbtadSxgy8rh6vPySanKrNj3kMPtqL5RvihaVrnVHA3PmThql&id=100076016252496&sfnsn=wiwspwa&mibextid=RUbZ1f

https://m.facebook.com/story.php?story_fbid=pfbid02bq3Fou2E1PUMwRy1mVdCeYmSZ89awNN1pVSieLCyj4vJoifge75VtxaikpV4mft3l&id=100076016252496&sfnsn=wiwspwa&mibextid=RUbZ1f

https://m.facebook.com/story.php?story_fbid=pfbid0A59xTbGASCoQm6eeynSBEBd2mCwvvtAj9oqbPc6a3nExoAUnqtgybE4kuvw49muXl&id=100076016252496&sfnsn=wiwspwa&mibextid=RUbZ1f

https://www.instagram.com/p/Cn_uXynruyn/?igshid=MDJmNzVkMjY=

https://www.instagram.com/p/Cn_u-c6LqCR/?igshid=MDJmNzVkMjY=

https://www.instagram.com/p/Cn_yzR-LiK0/?igshid=MDJmNzVkMjY=

https://www.instagram.com/p/Cn_zTA_Lrfk/?igshid=MDJmNzVkMjY=



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നല്ലൊരു നാളേക്കായ് ചുവടുറച്ച്