



NATIONAL SERVICE SCHEME

UNIVERSITY OF KERALA

UNIT NO. 17A & 17B

GOVERNMENT COLLEGE, KARIAVATTOM

THIRUVANANTHAPURAM



ANNUAL REPORT

2018-2019

REPORT OF NATIONAL SERVICE SCHEME UNITS No. 17A & 17B

2018-2019

GOVT. COLLEGE, KARIAVATTOM, THIRUVANANTHAPURAM

Introduction

The National Service Scheme is an educational programme. It is an Indian Government sponsored public service programme conducted by the Ministry of Youth Affairs and Sports of the Government of India. Popularly known as NSS, the scheme was launched in Gandhiji's birth centenary year in 1969. Aimed at student's personality through community service, NSS is a voluntary organization of young people in colleges, universities and at +2 level working for a campus - community linkage.

The overall aim of NSS is to give an extension dimension to the higher education system and orient the student youth to community service while they are studying in educational institution. Thus the goal of NSS is education through community service. Its motto or watch word is NOT ME BUT YOU. Its symbol is based on the 'Rath wheel' of the Konark Sun Temple situated in Orissa. NSS was formally launched on 24th September, 1969. Therefore, 24th September is celebrated every year as NSS Day with appropriate programmes and activities.

NSS is a unique movement which aims at the physical, mental and spiritual development of the young students. By cultivating a sense of duty, cooperation and self-help in the children, the NSS helps the youth of tomorrow in such a way

that they become active participants of our nation-building efforts at different levels. After almost seven decades of our independence, we have made tremendous material progress and consolidated our country. But we feel disheartened to see the decline of standard of behavior in public life. One should understand the real situation in the community while doing education. All the positive qualities should be developed by the youth during education.

The NSS has arrived in the 21st century with new challenges. Starting with 40,000 volunteers in 37 universities, it has now more than 3.8 million volunteers. When we are entering the golden jubilee year, the organization has faced and survived many challenges. The problems of resource support, recognition, rewards and incentives to sustain the spirit of volunteerism are some of the critical issues in a globalised modern world. The conventional nature of NSS has been drastically changed from manual work to an intellectual activity with a view to achieve sustainable development of the society.

The NSS activities have been divided in to two major groups- Regular activities and Special Camping programme. A volunteer has to complete 240 hours of regular activities during a period of two years and participate in a seven days camp. In a year 20 hours are allocated for orientation, 30 hours for campus work and 70 hours will be utilized for community service. Each unit should adopt a village and conduct major activities there.

Government College, Kariavattom is at Kariavattom within the Kazhakuttom Ward of Thiruvananthapuram Corporation and is nearly 14 kms north of

Thiruvananthapuram City. The college is situated North of the Kazhakuttam-Sreekaryam Highway and is about 400m from Kariavattom junction towards the Chenkottukonam road. The College is encircled by the Kerala University Campus on the South, the Green Field International Stadium on the West and the Lekshmi Bhai National College of Physical Education on the North.

The College was initially started during the year 1993 as the Annex of the undergraduate wing of the University College, Thiruvananthapuram. Later during 1997 these courses were shifted back and the college was renamed as Government College, Kariavattom and introduced under-graduate courses in the Choice Based Credit and Semester Scheme(CBCSS) of the University of Kerala.

Now the College is having seven under-graduate and two post-graduate courses. The **courses** offered at the college are **B.Sc. Biochemistry, B.Sc. Biotechnology, B.Sc. Chemistry and Industrial Chemistry, B.Sc. Computer Science, B.Sc. Geography, B.Sc. Physics and Computer Application, B.Sc. Statistics, M.Sc.Mathematics and M.Sc. Physics.** The College is affiliated to the University of Kerala and is accredited by the **National Assessment & Accreditation Agency (NAAC)** with **B Grade**.

Two NSS units are actively working in the Government College Kariavattom in the midst of hectic schedule of teaching-learning process on the basis of Choice Based Credit and Semester System. The major services rendered during this academic year are: Handing over of Ockhi Relief Fund, Flood Relief Activities, *Yuvatha Nadiyodoppam*, Blood Donation etc.

SPECIAL REPORT OF IMPORTANT ACTIVITIES

1. Handing over of Ockhi Relief Fund

Ockhi was an unexpected cyclone which destroyed men and material of our state during the last days of 2017. Cyclone Ockhi developed in the northern Indian Ocean southwest of Sri Lanka and rapidly intensified in to a cyclone storm killing over 350 people from Tamilnadu and Kerala between 30th November and 3rd December 2017. According to Government officials 33000 people from Kerala were affected by the cyclone. Everybody appreciated the relief and rehabilitation activities of the State Government and different agencies during the disaster. National Service Scheme volunteers also played their role in the same. They served a lot in the relief camps with dedication and the spirit of community service.

Ockhi Relief Fund of Rs.1,30,000/- (Rupees One Lakh Thirty Thousand only) was handed over to three students (victims) of affected area (Poonthura) for their educational purpose by our Principal on June 7 in a programme organized at the Seminar Hall. The fund was collected by the Volunteers during the last Special Camp from Teachers, Students and the Public. The amount is credited as fixed deposit in the Muttathara Service Co-operative Bank in the names of 1) Clasty and Chelsiya Francis 2) Lally Ignatious and Rithin Roch Ignatious 3) Clasty and Sheller Zeno Francis.

2. *Yuvatha Nadiyodoppam*

Rivers are considered as the lifelines of a nation. A river (*Nadi*) is a natural flowing water source usually freshwater, flowing towards an ocean, sea, lake or another river. Rivers are rich sources of fish and other edible aquatic life and major sources of fresh water, which can be used for drinking and irrigation. They had a big role in the emergence of civilizations in ancient times. Today many major cities find its place on the banks of rivers. Rivers have been used for navigation for thousands of years. They are natural habitats for many organisms. They also promote the growth of thick vegetation in their banks, creating rich biodiversity.

There are 44 rivers in Kerala. Among them 41 flows westward and 3 flows eastward. The rivers in Kerala are facing challenges due to high density of population, unscientific development, encroachment, sand mining, pollution etc. The educated Youth of Kerala have vital role to play in this context especially for the protection of our rivers.

By understanding the grave situation, the NSS Cell of the University of Kerala in association with the Department of Revenue, Government of Kerala initiated *YUVATHA NADIYODOPPAM* as its flagship programme. As part of the programme, NSS units of various colleges under the University of Kerala organized several activities such as 'puzha nadatham', cleaning of rivers, planting of trees in the

river banks etc. The NSS units of Govt. College, Kariavattom also got the opportunity to put their fingerprint in the conservation of rivers.

Fiftyone volunteers under the leadership of Programme Officers visited the starting point of Vamanapuram river in Thellikachal, Pullampara, near Venjaramoodu on 17th February 2019. A meeting was arranged near the river at 10.15 am which was inaugurated by the Panchayath Vice- President Sri. Sreekandan Nair. An awareness class was also conducted. Sri. Balakrishnan, an environmentalist, was the resource person. After the class, the volunteers planted 200 mangrove plants in the riverbanks. They also conducted a rally through the riverside carrying placards and banner. Popular leaders and the local people joined hands with the volunteers for the success of the programme. It was very memorable to the young volunteers.



Fig: Inauguration Function of **nadiyodoppam** programme at Pullanpara panchayath, Vamanapuram



Fig: Interactive Session about Vamanapuram River and its protection



Fig: Cleaning and planting of bamboo saplings along the banks of Vamanapuram River





Fig: Valedictory Function of **Nadiyodoppam** Program at Phoenix Club Auditorium, Vamanapuram

3. Flood Relief Activities 2018

2018 remains a dark chapter in the history of Kerala. The state witnessed an unprecedented flood which devastated several lives and resources. The floods occurred in the last week of July and followed till the third week of August. Other than heavy rainfall, thirty five out of the fifty four dams were opened. The worst affected areas include Chengannur, Pandanad, Edanad, Aranmula, Kozhencherry, Ayiroor, Ranni, Pandalam, Kuttanad, Aluva, and Chalakudy. According to the Kerala government, one-sixth of the total population of Kerala had been directly affected by the floods and related incidents. The Indian government had declared it a Level 3 Calamity, or "calamity of a severe nature". It is the worst flood in Kerala after the great flood of 99 that happened in 1924. Heavy rains in Wayanad and Idukki have caused severe landslides and have left the hilly districts isolated.

Army, Air Force, Navy, Coast Guard, Fire Force and National Disaster Response Force (NDRF), fishermen, NGOS, Student Volunteers, the public etc. worked nonstop and actively engaged in rescue and relief operations. Most of the sick were transferred to shelter houses and were fed through community kitchens. More than one million people were displaced and more than 370 reported deaths in a few weeks saddened everyone. Most were deprived of food. Elderly women were carefully taken in chairs and boats, in some places there was airlifting too. The immense loss was mainly due to the opening of the dams.

The entire nation has come forward to lend a helping hand to the Kerala flood victims. Central Government, State Governments, Union Territories, Multi-National Corporations, Big Business Houses, Celebrities, Sportsmen and women, schools, colleges, and common people have contributed to Kerala's Chief Minister's Relief Fund generously. The Government of Kerala started a donation website for flood victims.

As the Asia's largest voluntary organization, NSS took a leading role in the post disaster relief and rehabilitation activities on a war footing basis. About 1200 NSS Units across state were fully involved in the relief activities. The NSS volunteers collected money, medicines, clothes, cleaning materials and other necessary items for distribution in the relief camps.

Immediately after the disaster, the entire college community under the leadership of the Principal, collected Rupees One lakh and necessary items and our students sent the same to the affected area by hiring a Lorry. Our 85 volunteers served as collection agents in the different collection centres (SMV School, Corporation Office, Women's College, Kariavattom Campus and

Mathrubhoomi Office). Volunteers also served in the Sankumukham Helipad for lifting collected materials.



Fig: Flood Relief material collection of Govt College Kariavattom



The NSS Cell, University of Kerala organized a programme called NAVYAM- 2018, a massive cleaning drive on 22&23 August, 2018. Hundreds of volunteers of different colleges under the University of Kerala tirelessly engaged in the massive cleaning programme at Chengannur. Ten volunteers of our college actively participated in the programme under the leadership of the Programme Officers. In the second programme at Govt. UPS, Harippad on August 28, five of our volunteers along with the volunteers of other colleges cleaned the School class rooms (a flood affected institution). The NSS volunteers have done a commendable job to help the ailing people of flood affected area. The Government of Kerala is positively moving forward for rebuilding Kerala by seeking help from international community and internal sources.



Fig: Our Volunteers participated in **Navyam** 2018



Fig: Our Volunteers at flood affected areas





REGULAR ACTIVITIES

1. World Environment Day

World Environment Day was celebrated in the College on June 5 with variety of programmes. A meeting was organized in the campus in which Smt. A S Jaya, Vice-Principal, delivered a speech on the importance of protection of environment. The PTA Vice-President, Nature Club Convener, NCC Officer etc. participated in the function. Then Volunteers cleaned the premises of the College and planted 100 saplings.

2. Workshop of *Suchithwa Mission*

A workshop for NSS Programme Officers was organized by Suchithwa Mission, Kerala at Grameena Patana Kendram, Karakulam on 26th June 2018. Dr. S.Baiju and Smt.Sunitha.S, Programme Officers, participated in the programme. Resource persons took classes on different methods of waste management in the one day Workshop.

3. Yoga Day

Yoga Day programme was inaugurated by the Principal on 21st June 2018. A Yoga teacher from Sivananda Asramam took a class on different Asanas for the Volunteers and Teachers. Yoga is an ancient physical, mental and spiritual practice originated in India. The word Yoga is derived from Sanskrit means join or unite, symbolizing the union of body and mind.

Yoga is getting international acceptance as an environment-friendly programme for reducing stress and keeping away diseases. Recognizing its universal appeal on 11th December 2014, the UN proclaimed 21st June as the International Day of Yoga. This year's theme is "Yoga for Climatic Action". By understanding its importance, NSS volunteers are actively involving in yoga classes especially in different camps.

4. International Day against Drug Abuse

Excise Circle Inspector Sri. Shibu addressed the volunteers in the anti-drug seminar organized in the College on 21st June 2018. It was organized in connection with the observance of International Day against Drug Abuse and Illicit Trafficking (26th June). This year's theme is "health for justice, justice for health".

Drugs are one of the evils of our society. The youth today are widely using variety of narcotic products and drinks which create several social problems. It not only affects the individual but also the society. It causes loss of ability to

take rational decisions. Most people start to take drugs for experiment, fun and curiosity while some succumb to peer pressure. Proper awareness is needed in this regard. The talk was very useful to the volunteers.

5. Literacy Survey

As per the direction of NSS Programme Co-ordinator, 115 Volunteers of our college were actively participated in the Literacy Survey conducted by Kerala

Literacy Mission at Thiruvananthapuram. Our volunteers conducted survey mainly in Kariavattom, Palayam and Nettayam on 11th July 2018. The NSS volunteers have the legacy of leading role in making our state fully literate. Eventhough we are claiming 100% literacy the reality is something different. We have to work a lot for the achievement that we expected.

6. Two-Day Seminar on Gender Equality

Gender equality is the state of equal access to resources and opportunities regardless of gender including economic participation and decision making. UNICEF says gender equality means 'women and men, girls and boys enjoy the same rights, resources, opportunities and protections. It does not require that girls and boys, women and men, be the same or that they be treated exactly alike'. Gender equality is not only a fundamental right but a necessary foundation for a peaceful, prosperous, and sustainable world. Providing women and girls with equal access to education, health care, decent work, and representation in political

and economic decision making processes will fuel sustainable economies and benefit societies and humanities at large.

Kerala Women's Commission and NSS Cell, University of Kerala organized two-day National Seminar on "*Gender Equality – Problems, Strategies and Solution*" on 19 & 20 July 2018 at Senate Chamber, University of Kerala. Seven volunteers of our College participated in the Seminar.

7. Festival on Democracy

The 60th anniversary celebration of the Kerala Legislative Assembly was inaugurated by the Hon'ble President of India Sri. Ram Nath Kovind on 6th August 2018 at Assembly building, Thiruvananthapuram. Our 30 volunteers participated in that programme. The theme of the programme aimed at fostering, inculcating, sensitizing, reiterating and thereby strengthening the ethos of democracy. Six National Level seminars were conducted as part of the "Festival on Democracy" by the Kerala Legislative Assembly. The first one in the series named National Legislators Conference on the *Challenges in the empowerment of Scheduled castes and Scheduled Tribes in Independent India* was conducted by the Kerala Legislative Assembly on 6th and 7th August 2018

8. Three Day Workshop on Women Capacity Building

“You can tell the condition of a nation by looking at the status of its women”- Jawaharlal Nehru.

Throughout the history of India, gender inequality was part and parcel of an accepted male dominated culture. Atrocities and discrimination are the two major problems which the women face in the present Indian society. Empowerment of women is the only solution. Empowerment is a process aimed at changing the nature and reaction of systematic forces which marginalize women and other disadvantaged sections. Kerala Women’s Commission and NSS Cell, University of

Kerala jointly organized three day Workshop on Women Capacity Building on 7 to 9 August 2018 at Senate Chamber, University of Kerala. Two of our volunteers actively participated in the programme.

9. NSS Day Celebrations

In spite of the regular programmes Poster making and Collage making Competitions were conducted in connection with NSS Day Celebrations on 24th September. An essay writing competition on the topic: ‘Community Service’ was also organized.

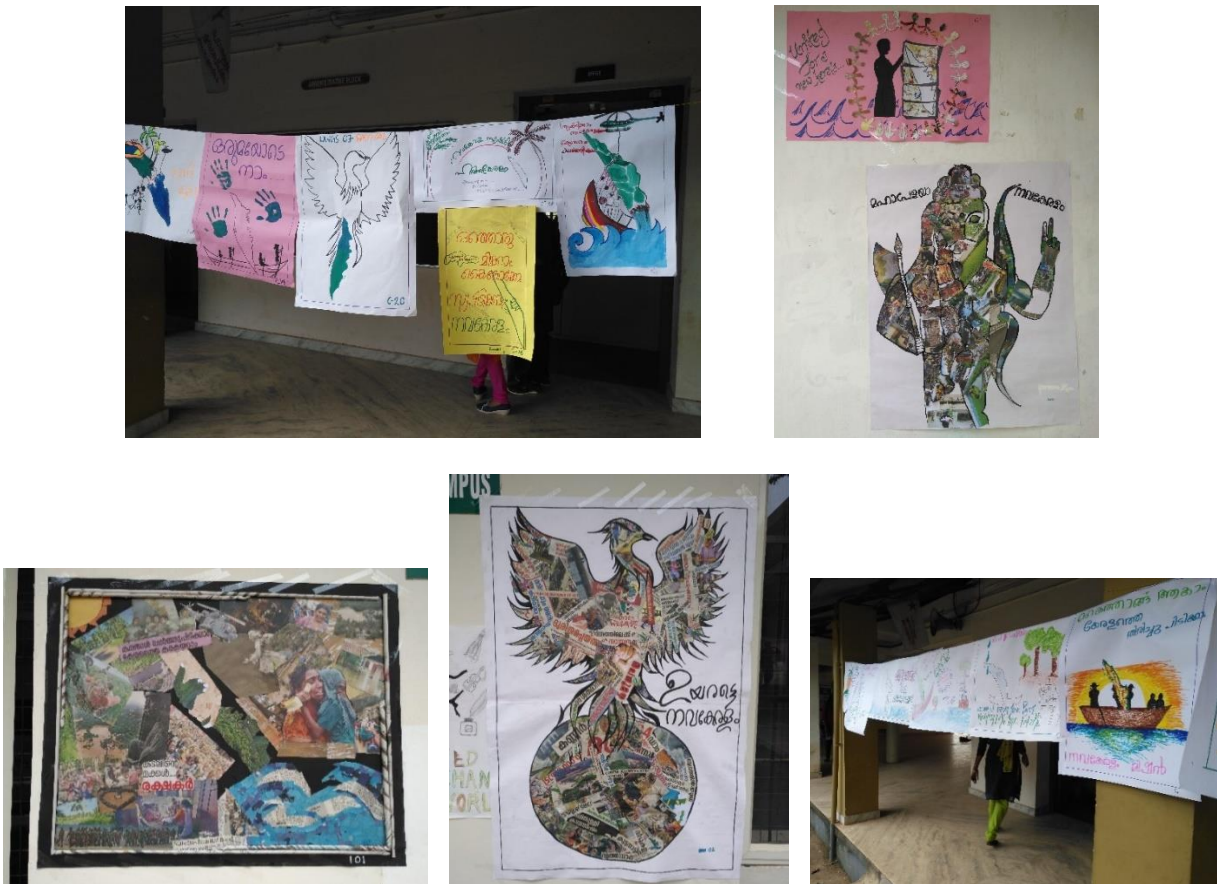


Fig: **Navakeralam** – poster competition

10. Self- Defence Training Programme

There are so many incidents of women who face sexual violence or attack by a stranger. The world is changing and become more unpredictable. Due to upward crime graph against women, self defense training is essential. It will improve self confidence along with healthy and fit lifestyle. It will also help to handle dangerous and emergency situations. In this context a Self Defense Training Programme was organized in association with Mathrukam for girls on

25th September in the College Seminar Hall. Seventy five volunteers were trained through the programme.

11. Gandhi Jayanthi

- 1) Programme Officers and 30 volunteers were participated in the State-level inauguration of **Green Campus Clean Campus** project organized by the State NSS Cell and Kerala Suchithwa Mission On 2nd October by the Higher Education Minister Sri. K T Jaleel at University Campus, Kariavattom.
- 2) Nine volunteers participated in the Cleaning programme organized at Central Railway Station, Thiruvananthapuram on the same day
- 3) Volunteers cleaned the premises of the college and removed plastic waste.
- 4) In connection with 150th birth anniversary of Mahatma Gandhi, NSS Unit 17 A&B conducted inter departmental quiz competition about Gandhiji.



Fig: Dr. B. Unnikrishnan Nair, Principal deliver speech on Gandhi Jayanthi Celebrations 2018



Fig: Campus cleaning on 02/10/2018



Fig: Our volunteers participated in cleaning and sanitation of surroundings of Thiruvananthapuram Central Railway Station on 02/10/2018





Fig: Dr. Baiju S, PTA secretary, addressing the gathering on 150th birth anniversary celebration of Mahatma Gandhi



Fig: Smt. Jaya AS, Vice Principal deliver the pledge



Fig: Inter departmental quiz competition about Gandhiji in connection with 150th birth anniversary celebrations of Mahatma Gandhi

12. Seminar on E- Waste Management

Since waste management is the major problem that our state is facing today, the NSS organized several programmes in this area which includes cleaning, awareness classes, seminars, workshops etc. One of our volunteers, Abhijith S, (First year PCA) attended in a Seminar on E-Waste Management organized by NSS Cell, University of Kerala on 31st October, 2018.

13. Walkathon

Ten volunteers participated in the Walkathon organised from Kowdiar to Palayam by Sree Chithra Institute of Medical Sciences and Technology & NSS on 10th November 2018.



14. 82 Years of Temple Entry Proclamation

As per the direction of the NSS Cell, 30 volunteers of our NSS Units participated in a function organised in connection with the 82 years of Temple Entry Proclamation at VJT Hall on 10th November 20018.

15. National Integration Camp

Our volunteer leaders - George Mathew & Sajan SR- participated in the National Integration Camp of the Ministry of Youth Affairs and Sports, Government of India held from 10th to 16th December, 2018 at Sree Sathya Sai Arts and Science College, Thonnakkal, Thiruvananthapuram.



George Mathew



Sajan BS

16. Samridhti

Cultivation in the barren lands is a programme initiated by the District Administration (Project C-5). The theme is ***change can change the climate change***. They identified some area in Gandhipuram near Sreekaryam for this purpose. The preparatory works for cultivation was done by our volunteers. It was a one day programme inaugurated by the ward Councillor Smt. K.S.Sheela on 8th December, 2018.

17. Orientation Programme

An Orientation programme for the first year NSS volunteers was conducted on 15th December 2018. The volunteers will get all information about NSS through this programme. As per the NSS Manual, twenty hours in a year is allotted for Orientation classes. Dr. L. Thulaseedharan, Principal, SN College, Varkala and former NSS Programme Co-ordinator, VHSE handled the orientation class at the college seminar hall. Principal Dr. B. Unnikrishnan Nair inaugurated the programme. IQAC Convener Dr. H.M.Sabeen felicitated on the occasion.



Fig: Inaguration of NSS Orientation Camp



Fig: Orientation Class by Dr. L. Thulaseedharan, Principal, SN College Varkala and former NSS Programme Co-ordinator, VHSE

18. Inauguration of C-5 Project

The official inaugural function of C-5 Project was held at Kerala University College of Teacher Education, Kariavattom on 16th January, 2019. Sri. V S Sunilkumar, Hon'ble Minister for Agriculture inaugurated the function. Thiruvananthapuram District Collector Dr. K. Vasuki IAS took a class on *Plastic Waste Management*. Fifty eight volunteers from our units participated in the function. Dr.K. Vasuki distributed certificates to our volunteers.

19. Voluntary service during *ATTUKAL PONKAKALA*

Ten of our volunteers worked as green army during *Attukal Ponkala*, the largest festival of women in the world. They were entrusted with the duty of giving awareness to the devotees and collecting plastic along with Corporation staff. The Thiruvananthapuram Corporation arranged special training programme regarding green protocol in connection with *Ponkala* on 13th February 2019. The service of Corporation staff and volunteers were widely appreciated by the authorities and the public at large.

20. *Navangana 2019*

In connection with the International Women's Day, the Kerala State Women's Development Corporation organized a programme called *Navangana 2019* for the Women Entrepreneurs at Jawahar Co-operative Auditorium, Thycad, Thiruvananthapuram on March 1st 2019. Justice (Retd.) P. Sathasivam, the

Hon'ble Governor of Kerala, inaugurated the programme. Smt. K K Shailaja Teacher, hon'ble Minister for Health, was also present on the occasion. Thirty girl volunteers of our college participated in *Navangana 2019*.

21. Student Parliament

A march was organized as part of the Student Parliament programme on 25th February, 2019. Sixteen volunteers actively participated in the march from Legislative Assembly to Nisagandhi.



Fig: Our Volunteers at Student Parliament March 2019 held in Thiruvananthapuram

22. Puppet Show by Excise Department

In connection with the **VIMUKTHI** Programme of Excise Department of Kerala a Puppet Show was conducted in the college Seminar Hall on 7th March 2019. The NSS units in association with the College Union and Anti- narcotic Club provided all the facilities and help for the show. They conveyed the ill- effects of the use of drugs through the show.

23. International Women's Day

A talk was organized in the college by NSS units, Women Cell and Mathrukam on 8th March, 2019. Dr. Sindhu Thulaseedharan, Head of the Department of Law, University of Kerala was the resource person. Smt. A.S.Jaya, Vice-Principal inaugurated the function. Smt. Fathima, (Convener, Women's Cell); Kumari Anjana, (Convener, Mathrukam and Vice- Chairman, College Union); other faculty members were participated. A pledge was taken and a quiz competition was conducted as part of the programme.

24. Blood Donation Camp

A blood donation camp was organized by the NSS Units in the College on 19th March, 2019. A team from the Blood Bank of Government Medical College, Thiruvananthapuram came to the college for collecting blood from the voluntary donors. Fortyfour volunteers donated blood in the camp.



25. Green Protocol during 17th Lok Sabha Election

The Loksabha elections 2019 were held in Kerala on 23rd April 2019 and results were declared after one month. The Election Commission of India (ECI) issued directions to all state electoral officers to implement green protocol in the election. The Thiruvananthapuram District administration along with the Haritha Kerala Mission and the Suchithwa Mission took steps to ensure the election a clean and green affair. They sought the service of NSS volunteers for the purpose. Twenty five volunteers of our college joined hands with nearly 3000 NSS volunteers from other units for materializing the direction of the Election Commission.

26. University Campus Cleaning

Twenty volunteers participated in the massive cleaning programme organized by the NSS Cell, University of Kerala on 9th May 2019 at Kerala University Campus, Kariavattom. The volunteers cleaned the premises of different Departments and collected plastic materials during the programme.

27. Inauguration of Anti Drug Campaign of University of Kerala

The Anti - Drug Campaign of the Department of Students Services, University of Kerala was inaugurated in a function organized at the Govt. College, Kariavattom on 22nd May 2019. Shri. T P Ramakrishnan, the hon'ble Excise Minister of Government of Kerala inaugurated the programme. Our Principal Dr. B. Unnikrishnan Nair presided over the function. The Kerala University Syndicate Members - Adv. Sugunan, Sri. Rajesh, Sri. Harikrishnan, Sri. Shijukhan etc.- felicitated on the occasion.

Special Camp Report

Special Camp is an integral part of National Service Scheme. It provides unique opportunities to the students for group living, collective experience sharing and constant interaction with the community. The main objectives of the Special Camping Programme are: 1) making education more relevant to the present situation to meet the felt needs of the community, 2) to provide opportunities to students to play their due roles in the implementation of various development programmes by planning and executing development projects, 3) encouraging students to work with the adults in rural areas, thereby developing their character, social consciousness and commitment, discipline and healthy and helpful attitudes towards the community, 4) building up potential youth leaders 5) emphasize the dignity of labour, 6) encourage youth to participate in the process of nation-building etc.

The Seven Day Special Camp of NSS units 17A and 17B of Government College, Kariavattom was held during 20th to 26th December 2018 at Medical College Health Centre, Pangappara. Thiruvananthapuram. The themes of the camp are: Yuvatha Nadiyodoppam, Healthy Youth and Green Kerala.

Dr. B. Unnikrishnan, Principal, inaugurated the camp on 21st December, 2018. Dr. S. Baiju, Dr. Sabeen, Sri. Kumaresan, Programme Officers etc. participated in the function. Dr. A. Shaji, NSS Programme Coordinator, University of Kerala, visited the camp addressed the campers. A camp orientation class was taken by

Dr. L. Thulaseedharan, Principal, SN College, Varkala. Dr.TK. Prasad (Post-flood Kerala), Dr. Clint Sebastian (Teaching on Leadership and Future Aspects), Dr. Rajeev (Fitness and Wellbeing), Dr. Prakash (Social Evils), Dr. Baby Shakeela (Interactive Session), Dr. S. Baiju (Introduction to Typesetting Software), Dr. Sabeen H M (Disaster Management), Dr. Neeraja B(Health and Nutrition), Dr. Usha S Nair(Aerobics), Sri. Bharath Govind (Climate Change) etc. took classes on various topics.

The main work undertaken was cleaning and setting up of a Garden in the Medical College Health Centre, Pangappara. This Health Centre is a sub-centre of Government Medical College, Thiruvananthapuram. A number of patients are coming daily for treatment here. Its service is essential for the poor people of the surrounding area and the public is demanding that this Health Centre should be upgraded in to a Hospital with inpatient facility. The service of NSS volunteers was very useful to the hospital and it provided opportunity to the students to interact with the ailing community. The student volunteers cropped the grass in the Health Centre campus by using a machine for the purpose (the college property). The volunteers cleaned the premises of the Health Centre and planted some flowering plants. The hospital authorities provided necessary help to the campers. The volunteers also cleaned the premises of the college during the camp.

Another programme during the camp was a survey on water bodies in the Chempazhanthy and Kazhakuttom wards of Thiruvananthapuram Corporation.



Fig: Inauguration session of NSS Special Annual Camp 2018-19 of Unit 17 A & B



Fig: Morning Yoga session during NSS Special Annual Camp 2018-19



Fig: Invited talks and interactive sessions during NSS Special Annual Camp 2018-19



Fig: Cleaning of surroundings and setting up of garden in Medical College health Unit, Pangappara





Fig: In front of garden set up by our volunteers at Medical College Health Unit, Pangappara



Fig: Campus cleaning activities during Special Annual Camp 2018-19

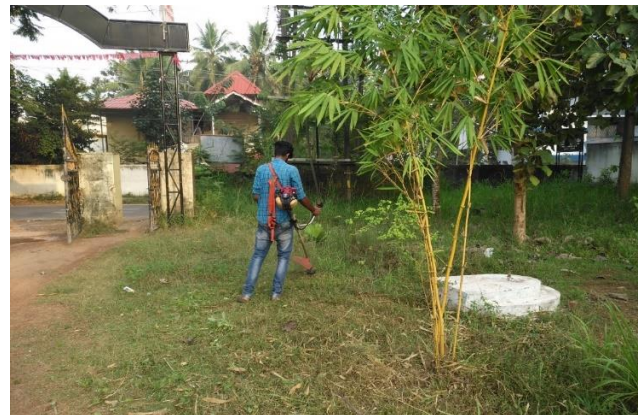




Fig: Campus cleaning activities during Special Annual Camp 2018-19

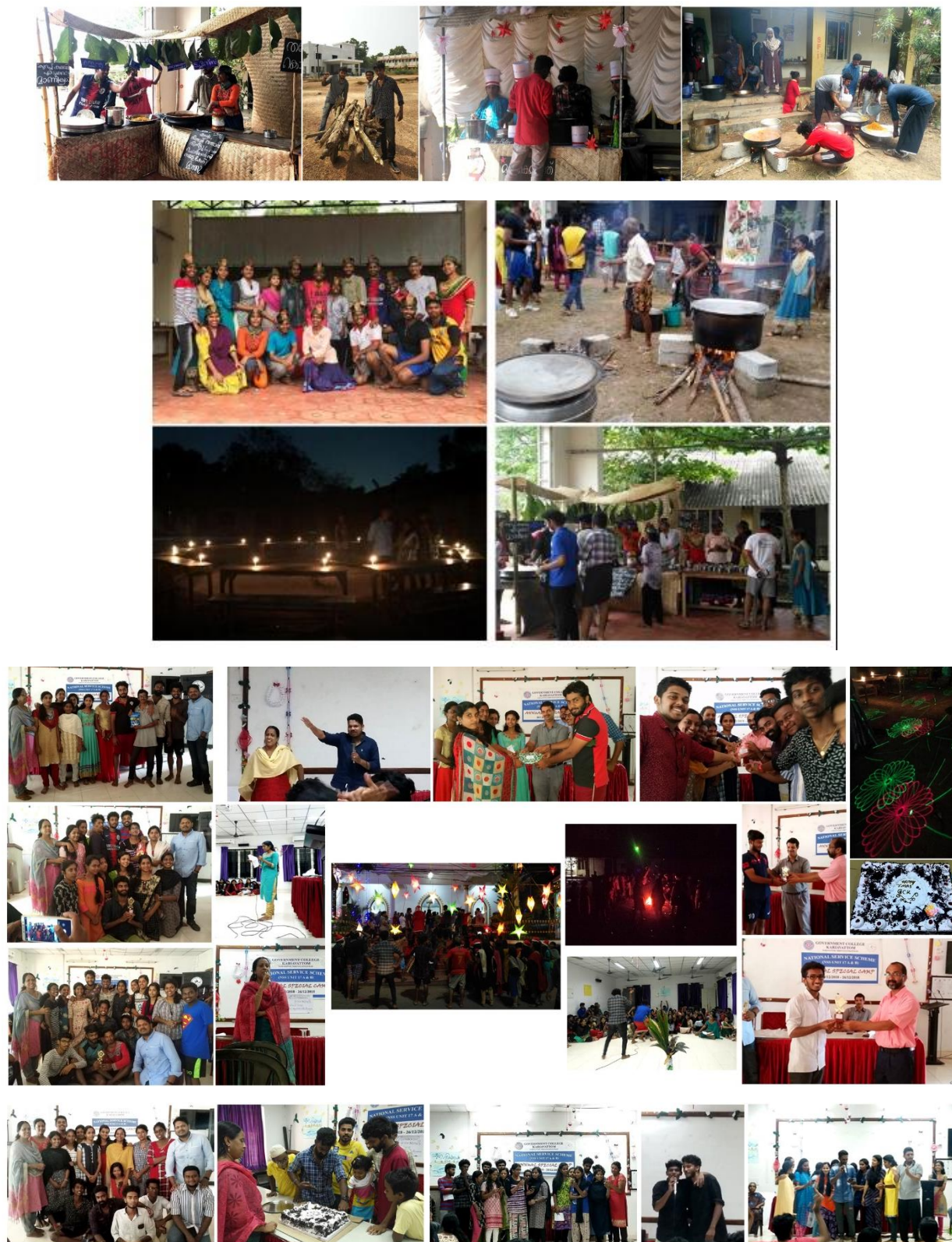


Fig: Various activities during Special Annual Camp 2018-19

Conclusion

The NSS Units of Government College, Karivattom have done commendable service during the year 2018-2019 with dedication and commitment. Our volunteers implemented several programmes under Regular Activities and conducted the seven day annual Special Camp in a befitting manner as per the provisions of NSS Manual. We are obliged to Sri.G P. Sajithbabu, Regional Director NSS, Dr. K. Sabukuttan, State NSS Officer and Dr. A. Shaji, NSS Programme Co-ordinator for their leadership and proper guidance. The help from the college authorities was immense. We express heartfelt gratitude to our Principal Dr. B. Unnikrishnan Nair, Vice- Principal, Smt. A.S.Jaya, IQAC Co-ordinator Dr. H. M. Sabeen, PTA Secretary Dr.S.Baiju, faculty members, non-teaching staffs and College Union for their whole hearted support and advice.

Programme Officers

Dr. Raghul Subin S

Smt. Sunitha.S