

NATIONAL SERVICE SCHEME

(Unit 17 A & B)



Not me but You

**GOVERNMENT COLLEGE KARIAVATTOM
THIRUVANANTHAPURAM**

**ANNUAL REPORT OF REGULAR ACTIVITY
2021-22**



Total number of NSS Units: 2 (17A & B)

Total Number of Volunteers in the College: 200 (100 per Unit)

Number of Volunteers (1st year): 100

Volunteers are divided into four groups. Each group was given names of Missiles of India

Volunteer Secretaries: Anargha AU (1st year Geography), Ameen Pareesa Sidique (1st year Biotechnology), Abhirami (1st year Physics & Computer Application) and Adarsh (1st year Chemistry & Industrial Chemistry)

TEAM BRAHMOS

HASNA MAHEEN(L) Abhinada A B Neethu Das Malavika B A Akhil A Resmi J S Athira P B Ajil Prathap S Saran S S Aswin S S Niranjan S I Alen S Vichin V C	SAJEEVRAJ. S(L) Allen Mesiah Ammelu S Stephiya C Adish Babulal Ayline Maria Johny Rajeena Anand Adithya Vinod Neeraj SS Abhiram J V Manjima Ram Fadiya Fathima
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Dr. Abdul Kalam
EVERY AGE HAS A HERO AND EVERY HERO HAS A STORY
SILA VISHWAS GANAR DESIGN

TEAM PRITHVI

DALIYASHERIC(L) Ariya S Nair Manjima M S Sruthi S Anjali Mohan Arsha H. A Farsana N. J Aliya Shanavas Anamika. V Parvathy Vinod Devika V. S Nandu. A	ABHIRAMJK(L) Arandhu Krishna. K. S Vishnu A. S Arif Navas Karthik R S Muhammed Nihal. N Mithun. M Abishek. B Parvathy R Nair Adithya Prasad S P Adithya B Adithyan R Greeshma Mohan. C
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Dr. Abdul Kalam
EVERY AGE HAS A HERO AND EVERY HERO HAS A STORY
SILA VISHWAS GANAR DESIGN

TEAM ASTRA

ABINJITH A.B(L) Ananjay Dinesh Devan D S Radhika A R Akshay Krishnan Hari Krishna M S Aiswarya Ashok Akshaya Lakshmi Ameena H Rena Hidayath Sayed Hashim Adarsh V R Kiran Kumar U B	ARCHA.R(L) Sangeeth Krishna Gowri V R Adithya S Muhammed Ilhan Aleena Mol A Beula Gourinath JL Muhammed Rizwan Khalis Muhammad Sajil Aswin Jayakumar Ameen Pareesa Zidhiq
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Dr. Abdul Kalam
EVERY AGE HAS A HERO AND EVERY HERO HAS A STORY
SILA VISHWAS GANAR DESIGN

TEAM PRAHAAR

VRINDA.G(L) Govind R S Aadya R Nair Anas Ali K Riya Mol S Abhirami A S Sujin S P Adharsh. S Gopika G S Parvathy B Arpith S Nair Veena G Kannan Ramesh	AMAL KRISHNA A.R(L) Abhinandh R Nithish Babuji Anargha U V Abhirami Suresh U Vaishnavi Baiju Aiswariya Sunil Thanuja V M Jithin Das T I Sneha M S Vaishnavi Baiju Adithiya Anil
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Dr. Abdul Kalam
EVERY AGE HAS A HERO AND EVERY HERO HAS A STORY
SILA VISHWAS GANAR DESIGN

Number of Volunteers (2nd year): 100

Volunteers are divided into four groups. Each group was given names of Olympics medal winners of Tokyo Olympics 2021

Volunteer Secretaries: Adwath S (IInd year Biochemistry) and Amala L (IInd year Physics and Computer Application)



GROUP A
LOVLINA BORGOHAIN

- CHETHANA SANKAR (L)
- DEVIKA S R
- VISHNU DEV
- RAGASREE S P
- AMAL M
- SREEDEV R NAIR
- MALAVIKA M
- PARVATHY R
- DEENIKA KARTHIKEYAN
- ANCY S VENU
- RAISON RENNY (L)
- SAI GAYATHRI
- VISMAYA MOHAN
- SHIBIA JOHN
- ASHWIN SHA M
- ARJUN NARAYANAN
- HARI PRIYA S D
- ANANYA A P
- HARSHA SANIL
- NABEEL N
- SREEGESH K C

WOMEN'S WELTERWEIGHT-BOXING- BRONZE



GROUP B
P V SINDHU

- SONITHA (L)
- NANDHANA N
- MITHILA M MADHU
- ANIL KUMAR R D
- SHINTO S S
- AJNA A
- GOURI S ANIL
- NANDANA H
- LEKSHMI SUBASH
- VISHNU K
- SREERAG S S
- DEVADATHAN (L)
- SOORYA SURESH
- BANAZIR M
- SREENANDHA S S
- RINTU S TOMY
- SANJAY A
- MEBY MOHAN
- FOUSIYA NIZAR
- AMALA S KUMAR
- BINSI BOSE
- KAVYA RAMESH



WOMEN'S SINGLES BADMINTON- BRONZE

" YOUR DREAMS ARE WHAT DEFINE YOUR INDIVIDUALITY.THEY HAVE THE POWER TO G WINGS AND MAKE YOY FLY HIGH"

- P V SINDHU



GROUP C
NEERAJ CHOPRA

- ANJANA AS (L)
- AMALA T M
- GOWRILAL B
- NADEER
- BISMI S
- ABIN MOHAN
- LINGESWARAN C
- JOSHNA L JOY
- RESHMA RAM
- AAYISHA THAJUDEEN
- SABIYA C
- ANVARSHA (L)
- MAHALAKSHMI R
- SANDRA S SANTHOSH
- ASWIN S R
- DIVYA RAJAN
- KARTHIKA P S
- VARUN T
- ARCHANA ANIL
- SULTHANA I
- AFSANA A
- AMARJITH S S



MEN'S JAVELIN THROW: ATHLETICS- GOLD



GROUP D
P R SREEJESH

- MEKHA KRISHNAN (L)
- JITHU JOHNY
- TANZEEL
- LEKSMI A S
- MEGHA S
- ASHTAMI S
- AFSANA S K
- SAYANTH PHILIP REJI
- ABDUL FATAH P
- MEENU S MOHAN
- ANASWARA B
- EBIN JOHN (L)
- ROJAJ
- AADYA AJITH
- APARNA UNNI
- VAISHNAVI
- SANDRA P S
- NANDHANA E V
- AMRITHA G S
- GANGA MOULI
- AMEER ABDUL FATAH
- AARABHI R NAIR



MENS TOURNAMENT: HOCKEY- BRONZE

NSS Program Officers:

Dr. C. R. Dhanya (Associate Professor, Department of Biochemistry, Govt. College Kariavattom)

Dr. Nishad N. (Assistant Professor, Department of Geography, Govt. College Kariavattom)

Principal: Smt. Jaya A. S.

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.



GOVERNMENT COLLEGE KARIAVATTOM
 NSS UNIT 17 A & B

AZADI KA AMRIT MAHOTSAV

INDEPENDENCE DAY CELEBRATION 2021

AUGUST 15 10:30 AM

Chief Guest



Colonel PRADEEP KUMAR

GOVERNMENT COLLEGE KARIAVATTOM
 NSS UNIT 17 A & B

INDEPENDENCE DAY CELEBRATION 2021
 AUGUST 15, 10:30 AM

AZADI KA AMRIT MAHOTSAV

- Anchoring - Firozy Nisar
- Welcome Speech - Binazir M
- Deshbhakti ganam - Soorya Suresh
- Independence Day Speech - Raviya Ramesh
- Introducing the Guest - Devidathan
- Independence Day Message by our Guest
- Felicitation
- Smt.S Jayu (Vice Principal GCK)
- Dr.Sabeen HM (QCAC Coordinator)
- Dr.Raghu Subin S (NSS Programme Officer GCK)
- Dr.Dhanya CR (NSS Programme Officer GCK)
- Vote of thanks - Gauri S Arif

Organized by
 NSS



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.





Vrikshasana
 Calms and relaxes your mind
 Improves concentration
 Relieves stress and tension
 Develops balance and focus, physically and mentally
 * Strengthens thigh, calves, ankles, and spine

Padmasana
 Opens up the hips
 Strengthens the ankles and knees
 Calms the brain
 Increases awareness and attentiveness
 Releases the spine straight
 Helps develop good posture
 Calms nervous system and soothes
 Helps increase joints and ligaments flexibility
 Stimulates the spine, veins, abdomen, and brain
 Restores energy levels

rabadrasana

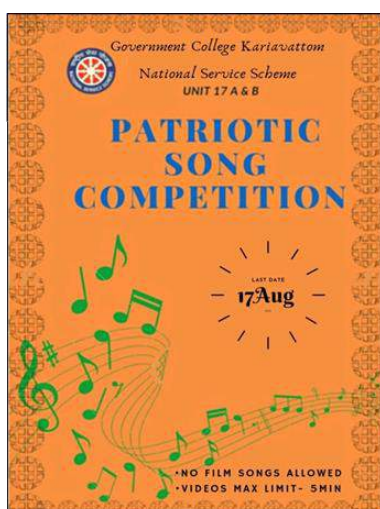
Yoga

Natarajas
 1. Strength to your chest, ankles, hips, and legs
 2. Increase your metabolism and helps in weight loss
 3. Helps better your digestion
 4. Great relief from Stress
 5. Improve concentration and Focus

Trikonasana
 Increases mobility of your hip joints
 Strengthens and tones muscles of your thighs
 Stretches and strengthens the hamstrings, hips, knees and ankles
 Stretches your spinal muscles, shoulders and chest
 Stimulates the abdominal organs

Gomukhasana
 RELIEVES TENSION FROM THE SHOULDER GIRDLE
 INCREASES THE ELASTICITY OF THE CHEST
 EFFECTIVELY REVEALS THE HIP JOINT
 STRETCHES THE INNER ANKLE LIGAMENTS
 OFFSETTING EFFECTS THE LOTUS POSITION

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.



Government College Kartavattom
 National Service Scheme
 UNIT 17 A & B

PATRIOTIC SONG COMPETITION

LAST DATE
17th Aug

*NO FILM SONGS ALLOWED
 *VIDEOS MAX LIMIT - 5MIN



PATRIOTIC SONG COMPETITION RESULTS

FIRST	PARTICIPANTS
*SAI GAYATHRI - STATISTICS	ANVISHA THIRUVEN - INDUSTRIAL CHEMISTRY
SECOND	ROJA - GEOGRAPHY
*AFSANA A - BIO CHEMISTRY	AMRITHA G S - BT
THIRD	ARJUN NARAYANAN - IC
*LEKSHMI SUBHASH - GEOGRAPHY	
*AFSANA S K - BIO CHEMISTRY	

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.



GOVERNMENT COLLEGE KARIAVATTOM
 NSS Unit 17 A & B

CATCH THE RAIN CAMPAIGN

"An interactive session about rain water harvesting."

17 AUGUST 2021
 #CATCHTHERAIN

CHIEF GUEST
SRI ANZAR AZAD
 (Modern rainwater harvesting expert)

"CATCH THE RAIN WHERE IT FALLS, WHEN IT FALLS"

Anchoring : **Devika S.R**
 NSS Song : **Sai Gayathri**
 Welcome Speech : **Chethana Sankar S**
 Talk by our guest : **Sri. Anzar Azad**
 (Modern Rainwater Harvesting Expert Managing Director of Act Pvt Ltd Tvm)

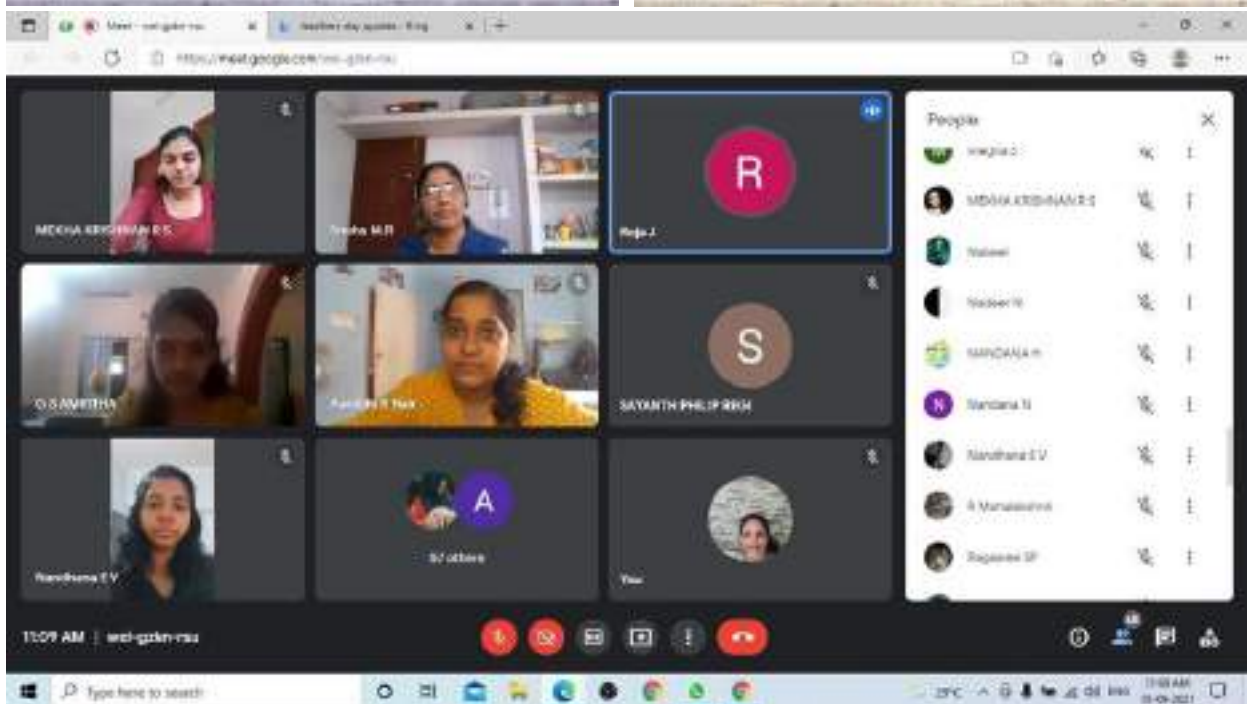
Felicitation : **Smt.S.Jaya**
 (Vice Principal GSK)
Dr.Sabeen.H.M
 (NBAE Co-ordinator)
Dr.Raghul Subin.S
 (NSS Programme Officer GSK)
Dr.Dhanya.C.R
 (NSS Programme Officer GSK)

Organized by **Team Lantina**

Vote of thanks : **Raison Remy Phillip**



Teachers Day: On 5th September 2021, the National Service Scheme unit 17 A & B of Government College, Kariavattom organised ‘GURUVANDANAM’ programme at 11am via google meet in view of celebrating National Teachers’ Day. Students invited their schoolteachers for paying tribute. A total of 81 participants were recorded during the meet including the NSS volunteers and faculties.

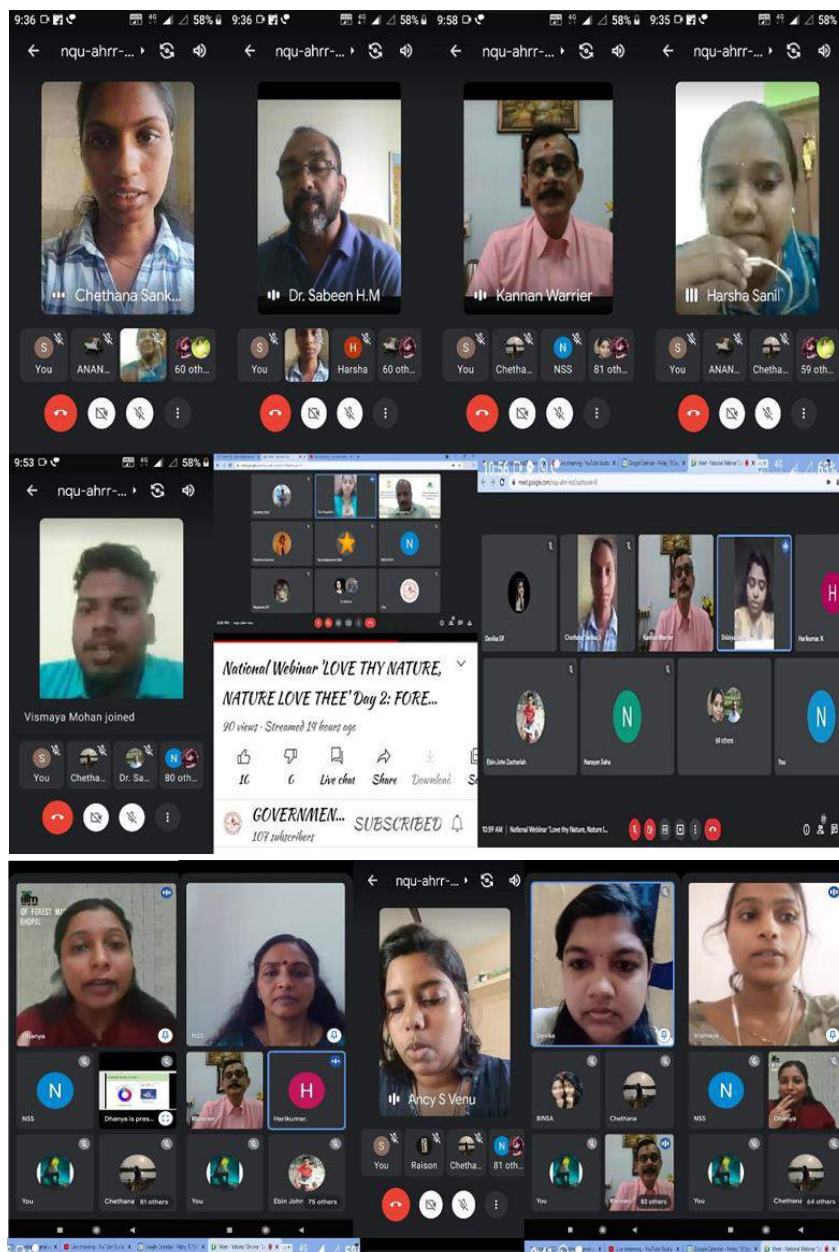


Forest Martyr's Day: National Service Scheme of Government College Kariavattom organised two days National Webinar from 10th Sep 2021 to 11th Sep 2021. Around 250 participants attended the webinar out of which thirty were from other states.

<p>PREFACE & INVITATION</p> <p>September 11 was chosen as National Forest Martyr's Day due to its historical implication. In 1730, over 160 people of the British ruled by Aurangzeb, protested to the felling of trees. Due to their protest to save the forest, they were executed as Khatol, Rajasthan on the commands of the King. As per the declaration made by The Ministry of Environment and Forest in 2015, people across India observe National Forest Martyr's Day every year on September 11.</p> <p>In connection with this, We are organizing a two days National Webinar entitled "LOVE THY NATURE, NATURE LOVE THEE" from 10.09.2021 to 11.09.2021. Life would not be conceivable without air, water, sunlight and other natural resources existing on earth. Conservation of various inconspicuous preservations of forests, land, water bodies, and animals, birds, natural gases, etc. Lack of us are cognizant of these facts. All that is needed is to get sensitized too. We cordially invite the participation of faculty members and undergraduate/post graduate students of your institutions.</p> <p>Thanking You.</p> <p>Smt. Jaya A S Principal (in charge)</p> <p>Dr. C.R. Dhanya Dr. Nishad N Dr. Rajesh Sobin</p> <p>Dr. C. R. Dhanya (Co-ordinator)</p>	<p>Conservation: It costs nothing It solves</p>  <p>Two days National Webinar entitled</p> <p>LOVE THY NATURE, NATURE LOVE THEE</p> <p>10th September - 11th September 2021</p> <p>Organized by National Service Scheme Unit 17 A & B Government College, Kariavattom Thiruvananthapuram</p>  <p>CONSERVE</p>	<p>PROGRAMME SCHEDULE</p> <p>Day 1: September 10th, 2021</p> <p>9.30 am - 10.00am : Inaugural session</p> <p>Anchor : Chethana Sankar (1st Biochemistry)</p> <p>NSS Song : Ananya A. P (1st Geography)</p> <p>Welcome : Harish Sreed (1st Biochemistry)</p> <p>Presidential Address : Smt. Jaya A S, Principal (in charge), Government College Kariavattom</p> <p>Inauguration : Dr. Kamesh C S Warrier Senior Principal Scientist (Scientist F) and ENVIS Coordinator Institute of Forest Genetics and Tree Breeding Forest Campus RS Puzam Coimbatore 641 002</p> <p>Felicitation : Dr. Babes H. M., IQAC Coordinator, Government College Kariavattom</p> <p>Vote of Thanks : Ramesh Renuk Phily (1st IC)</p> <p>The world has enough for everyone's need, but not enough for everyone's greed" - Mahatma Gandhi</p>
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<p>Introducing the speaker: Anny: S. Venu (1st Biotechnology)</p>  <p>Dr. Kamesh C S Warrier Senior Principal Scientist (Scientist F) and ENVIS Coordinator Institute of Forest Genetics and Tree Breeding Forest Campus RS Puzam Coimbatore 641 002</p> <p>10 - 11.30 am : "Natural gases and their inconspicuous values"</p> <p>11.30 am - 11.50 am: Discussion</p> <p>Vote of thanks: Baboy: John (1st Industrial Chemistry)</p>  <p>Introducing the speaker: Umaima Mohan (1st Biotechnology)</p>  <p>Dr. Bhagya Bhaskar PhD Associate Professor (Ecosystem and Environment Management) Chair, Centre for Policy Studies Indian Institute of Forest Management Sheppar, Madhya Pradesh, India-482001</p> <p>11.30 - 12.30 pm : "Reimagining biodiversity conservation in India: People dimension"</p> <p>12.30 pm - 12.55 pm: Discussion</p> <p>Vote of thanks: Anjan Narayanan (1st Industrial Chemistry)</p> <p>2.00 pm: Announcement of result of "Doo sounds Video" inauguration. Theme: "Me and my Nature"</p>	<p>Day 2: September 11th, 2021</p>  <p>Anchor : Sai payalini (1st Statistics)</p> <p>Introducing the speaker: Rajasree S P (1st Industrial Chemistry)</p>  <p>Sri. Abhishek Doodarasa, IFS Lecturer Central Academy for State Forest Service P.O. New Forest Delwada - 548008</p> <p>10 - 11.30 am : "People of the Forests"</p> <p>11.30 am - 11.50 am: Discussion</p> <p>Vote of thanks: Divyika Karthikeyan (1st Geography)</p>  <p>3.00 pm: Announcement of result of "Photography competition. Theme: "Colors of Nature"</p>	<p>VALEDICTORY SESSION (2.30pm - 2.00pm)</p> <p>NSS Song : Bhagyavathi S D (1st Computer Science)</p> <p>Welcome : Faculty: R. 1st Biochemistry</p> <p>Felicitation : Dr. Raju S. PTA Secretary, GCK</p> <p>Vote of Thanks : Chethana Sankar (1st Biochemistry)</p> <p>ORGANISING COMMITTEE</p> <p>NSS Programme Officers: Dr. C. R. Dhanya Dr. Nishad N</p> <p>Nature Club Convener : Dr. Rajesh Sobin</p> <p>Team Leader (NSS):</p> <ul style="list-style-type: none"> • CHETHANA SANKAR (1) • DEVINA S R • VISHNU DEV • BHAGYAREE S P • ANIL M • SUREDEV R SARI • MALAYLA M • PARVATHY R • DEENKA VARTHAKAN • ANU S VENU • RAJESH RENUK (1) • SHI GAYATHI • VISHWA SACHAN • SHIBHA CHIRI • ASHWIN SHAM • ARIJITH NARAYANAN • HARI PRA S D • SARANA A R • PARVATHI SANK • NISHEL N • SHREEDHAR K P 
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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/4AxUtInW4Wg>). Prizes were distributed to the winners



**NATIONAL SERVICE SCHEME
 UNIT NUMBER 17A&B
 GOVERNMENT COLLEGE
 KARIAVATTOM**

"DON'T SEE BUT FEEL"
 NATIONAL SERVICE SCHEME

NATIONAL FOREST MARTYRS DAY SEP 11
 ◆ ONE MINUTE VIDEO MAKING ◆
 COMPETITION
"ME AND MY NATURE"

SHARE VIDEO THROUGH TELEGRAM
 0778264851
 Submit before 8 th Sept, 5pm

WINNERS

Ist Prize: Ancy S Venu,
 (Ist Year Biotechnology) &
 Adhil Rinad (Ist Year PCA)

IInd Prize: Sneha.S
 (Ist year Biochemistry)

IIIrd Prize: Abin Mohan
 (Ist year IC)

Day 2: Forest Martyr's Day.



FOREST MARTYR'S DAY
Sept 11 2021

saluting all the warriors who laid down their lives to protect the forest

GOVERNMENT COLLEGE - KARIAVATTOM
 NSS UNIT - 17 A & B

National Forest Martyrs Day

What are we doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another.
 -Mahatma Gandhi

National Service Scheme, Unit no-17A&B
 Government college, Kariavattom

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.



Government College Karavattom
 National Service Scheme Unit No. 17 A66

WINNERS

1st Prize: Gourilal
 (1st year Statistics)

IIrd Prize: Devadathan
 (1st year PCA)

IIIrd Prize: Divya Rajan
 (1st year Statistics) &
Megha. S
 (1st year Biochemistry)

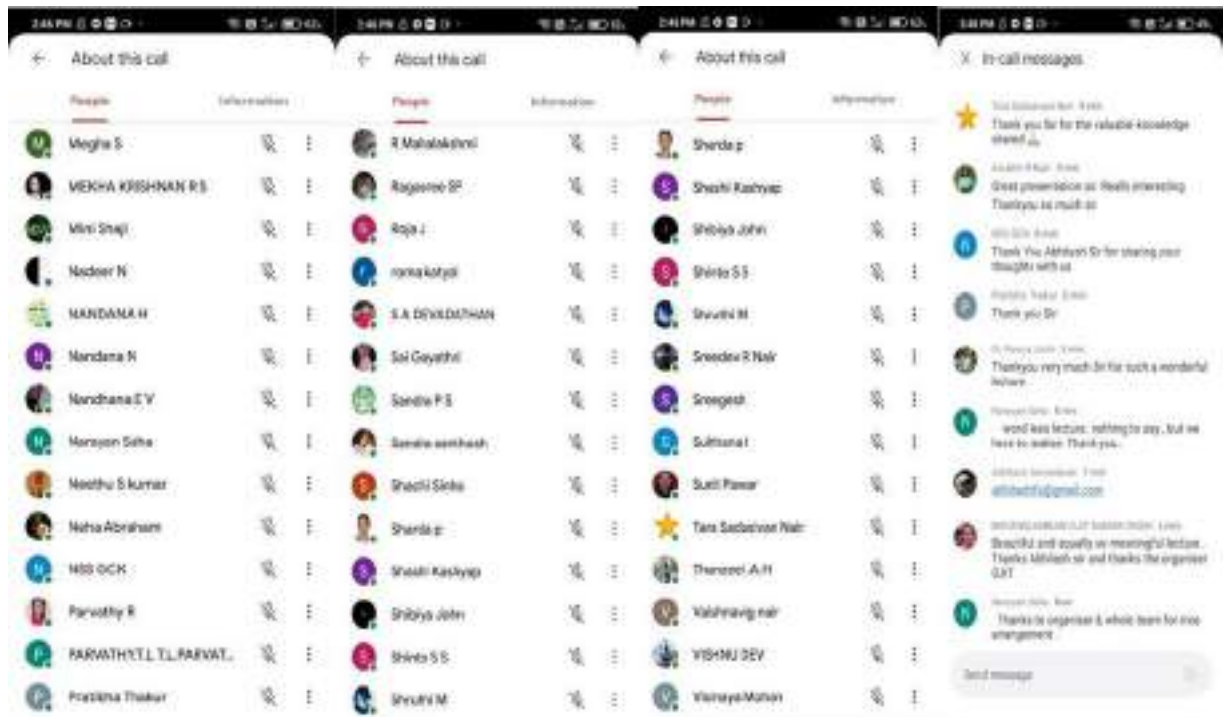
Photography Competition
 Theme: **COLOURS OF NATURE**

Submit before 8 th Sept. 5 pm
 Share Video Through Telegram - 7736964979

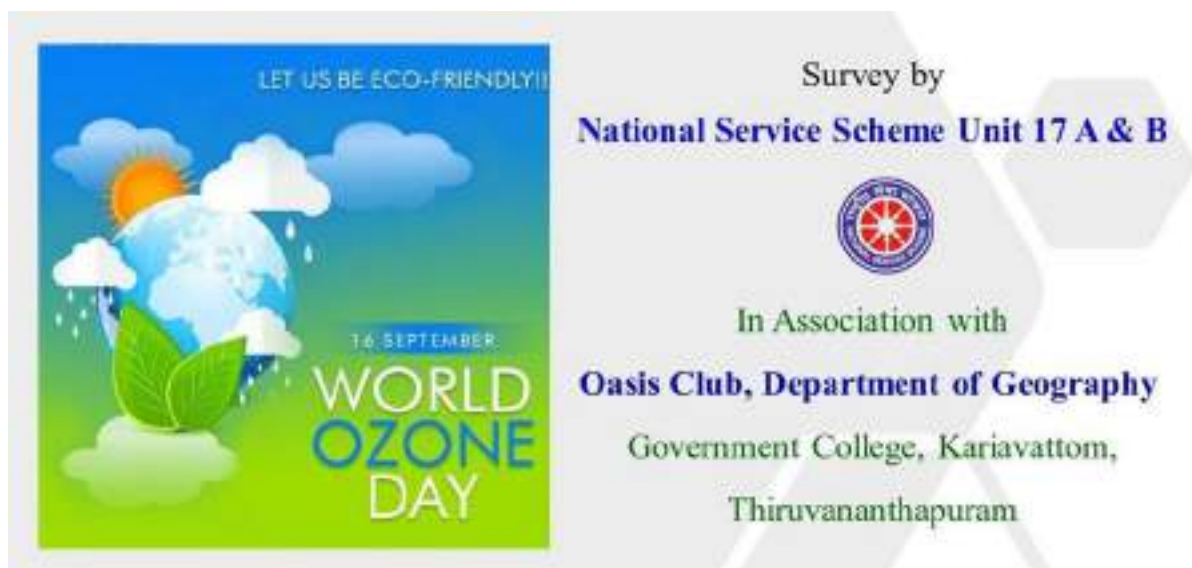
Technical session began at 2pm. Session was handled by Sri. Abhilash IFS, Lecturer, Central Academy for State Forest Service, Dehradun. He spoke on "People of the Forests". This was followed by discussion with participants.



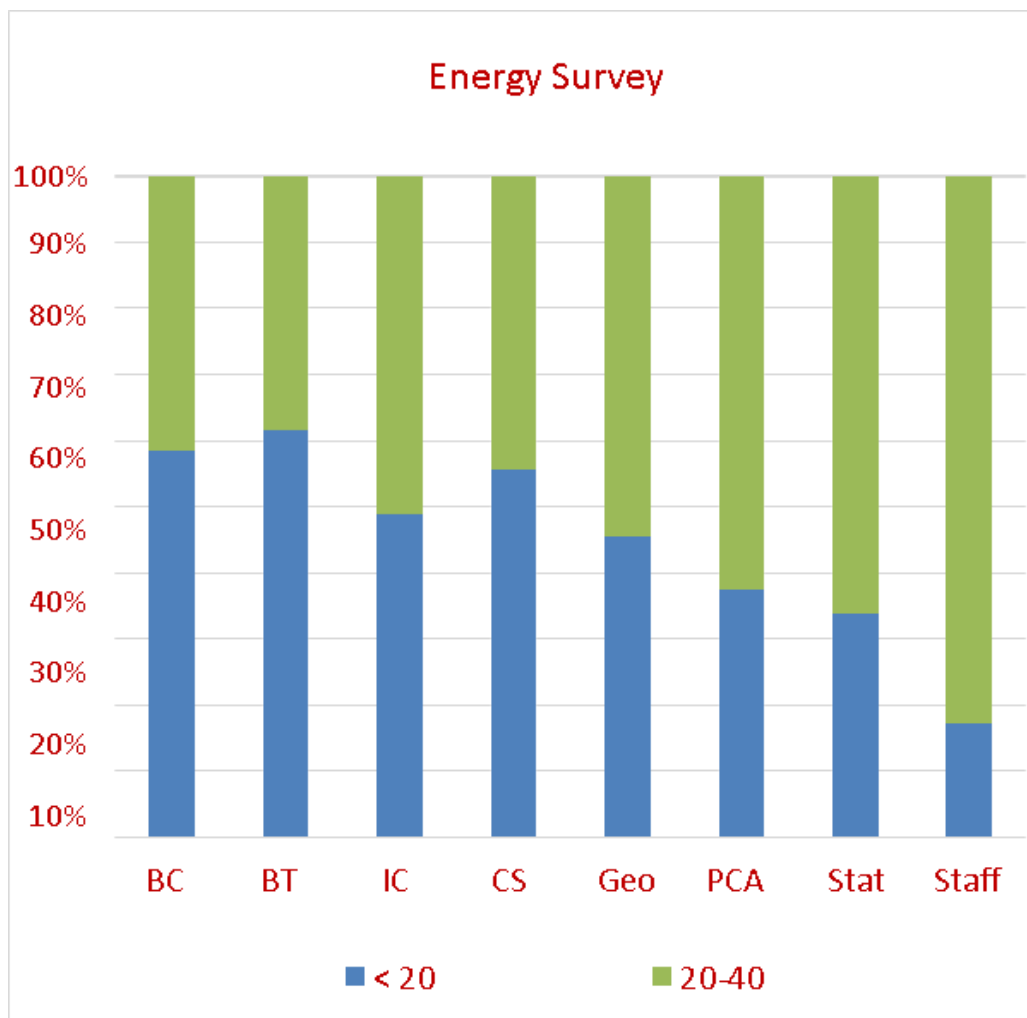
Valedictory Session began at 3.30pm.



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.

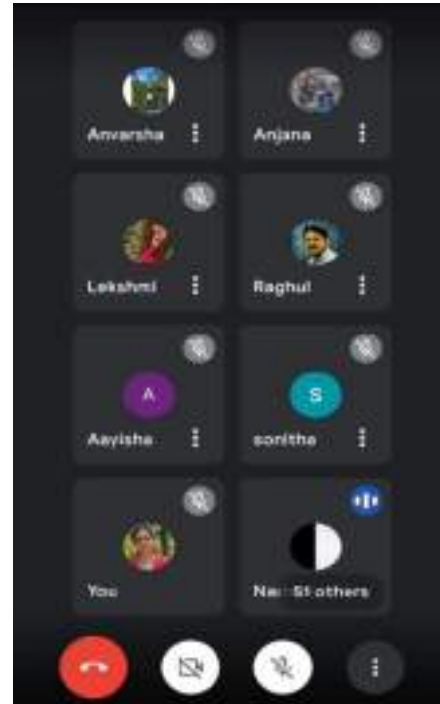


BC: Biochemistry, BT: Biotechnology, IC: Industrial Chemistry, Geo: Geography, PCA: Physics & Computer Application, Stat: Statistics.

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. Raghu 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.



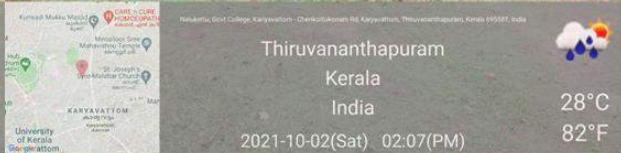


Clean India Programme (2nd Oct 2021-Gandhi Jayanthi): NSS Volunteers cleaned the College Campus, especially the ‘Naalukettu’ block. All the benches and desks in classrooms were sanitized. Cobwebs were removed and entire veranda was cleaned. Courtyard of Naalukettu was cleared of grass and weeds. Plastic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





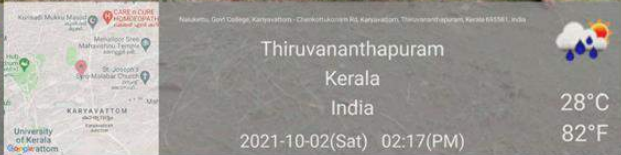

Thiruvananthapuram
 Kerala
 India
 28°C
 82°F
 2021-10-02(Sat) 01:59(PM)

Thiruvananthapuram
 Kerala
 India
 28°C
 82°F
 2021-10-02(Sat) 02:07(PM)




Thiruvananthapuram
 Kerala
 India
 28°C
 82°F
 2021-10-02(Sat) 02:10(PM)

Thiruvananthapuram
 Kerala
 India
 28°C
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 2021-10-02(Sat) 02:17(PM)




Thiruvananthapuram
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Thiruvananthapuram
 Kerala
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Thiruvananthapuram
 Kerala
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Thiruvananthapuram
 Kerala
 India
 28°C
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 2021-10-02(Sat) 11:21(AM)




Thiruvananthapuram
 Kerala
 India
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 2021-10-02(Sat) 12:03(PM)



Thiruvananthapuram
 Kerala
 India
 28°C
 82°F
 2021-10-02(Sat) 11:48(AM)



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.





402, Karavattom - Cherukuttuvaran Rd, Karavattom, Thiruvananthapuram, Kerala 695501, India

Thiruvananthapuram
 Kerala
 India

2021-10-22(Fri) 01:22(PM)

30°C
 86°F





402, Karavattom - Cherukuttuvaran Rd, Karavattom, Thiruvananthapuram, Kerala 695501, India

Thiruvananthapuram
 Kerala
 India

2021-10-22(Fri) 01:22(PM)

30°C
 86°F





402, Karjyattom - Cherottukulam Rd, Karyavattom, Thiruvananthapuram, Kerala 695081, India

Thiruvananthapuram
Kerala
India

30°C



402, Karjyattom - Cherottukulam Rd, Karyavattom, Thiruvananthapuram, Kerala 695081, India

Thiruvananthapuram
Kerala
India

2021-10-22(Fri) 12:04(PM)

31°C
88°F



Thiruvananthapuram
 Kerala
 India
 31°C
 88°F
 2021-10-22(Fri) 11:44(AM)



Thiruvananthapuram
 Kerala
 India
 31°C
 88°F
 2021-10-22(Fri) 11:43(AM)



Thiruvananthapuram
 Kerala
 India
 31°C
 88°F
 2021-10-22(Fri) 11:43(AM)



Thiruvananthapuram
 Kerala
 India
 31°C
 88°F
 2021-10-22(Fri) 11:42(AM)



Thiruvananthapuram
 Kerala
 India
 31°C
 88°F
 2021-10-22(Fri) 11:42(AM)



Thiruvananthapuram
 Kerala
 India
 31°C
 88°F
 2021-10-22(Fri) 11:42(AM)



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

Thiruvananthapuram
 Kerala
 India

31°C
 88°F

2021-10-22(Fri) 11:40(AM)



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

Thiruvananthapuram
 Kerala
 India

31°C
 88°F

2021-10-22(Fri) 11:38(AM)



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

Thiruvananthapuram
 Kerala
 India

30°C
 86°F

2021-10-22(Fri) 11:18(AM)



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

Thiruvananthapuram
 Kerala
 India

30°C
 86°F

2021-10-22(Fri) 11:18(AM)



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

Thiruvananthapuram
 Kerala
 India

30°C
 86°F

2021-10-22(Fri) 11:13(AM)



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

Thiruvananthapuram
 Kerala
 India

30°C
 86°F

2021-10-22(Fri) 11:08(AM)

Malayala Manorama Report



Deshabhimani Report



In view of **National Unity Day**, NSS Unit 17 A & B, Government College Kariavattom organised the following programs

1. Webinar on G meet
2. Painting Competition
3. Pledge
4. Run for Unity

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.



ഗവണ്മെന്റ് കോളേജ് കാരുവട്ടം
 എൻ. എസ്. എസ് ബ്ലോക്ക് 17 A & B

ദേശീയ ഐക്യ ദിനം
 ഒക്ടോബർ 31

ഐക്യശ്രീലാത്ത മനുഷ്യശക്തി ഒരു ശക്തിയല്ല, അത് സമന്വയിപ്പിക്കുകയും ശരിയായി ഐക്യപ്പെടുകയും ചെയ്തില്ലെങ്കിൽ, അത് ആശങ്കയായി മാറുന്നു
 - സർദാർ വല്ലഭായ് പട്ടേൽ

@6pm



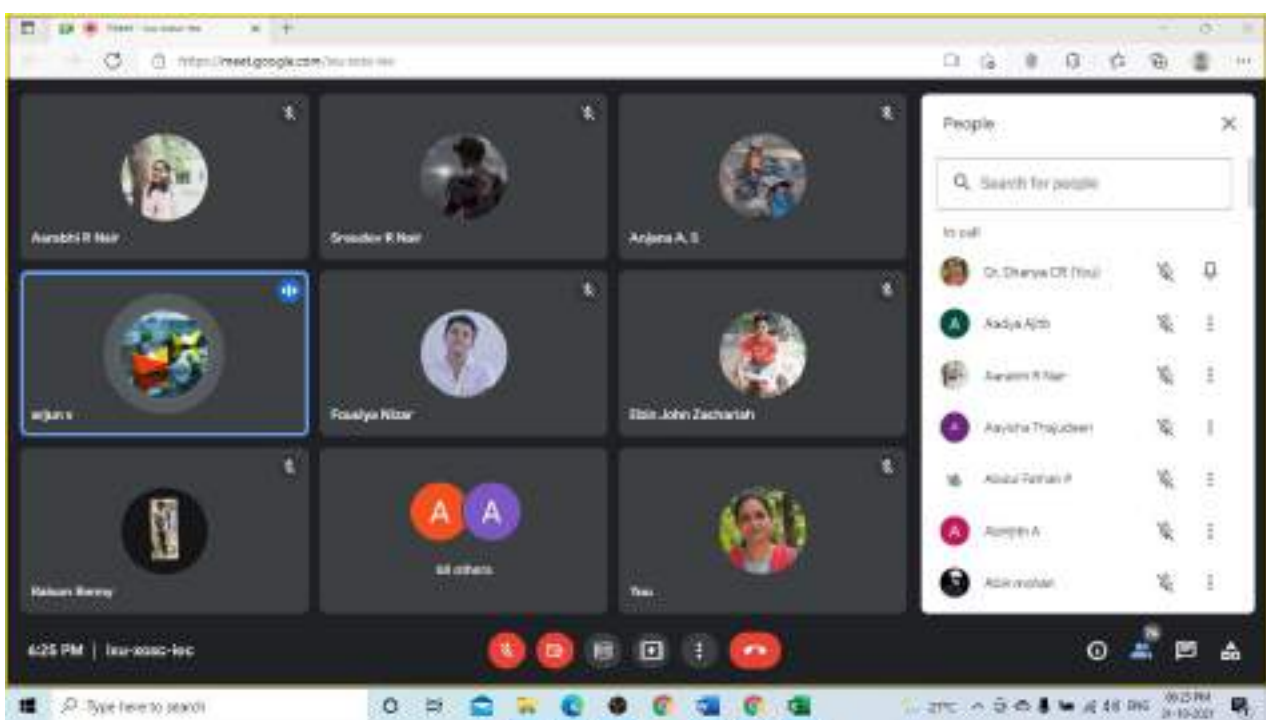
ദേശീയ ഐക്യവും മലയാളിയും

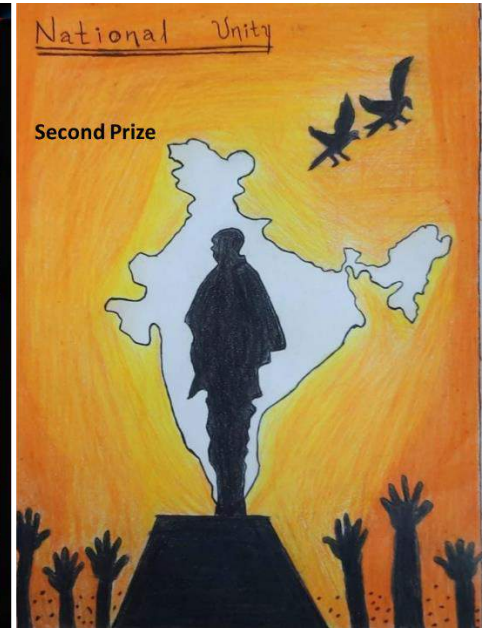
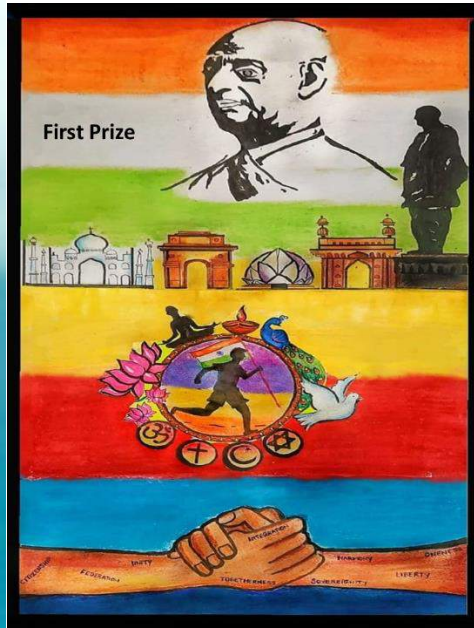
ഒക്ടോബർ 31 ന് ദേശീയ ഐക്യ ദിനവും നവംബർ 1 കേരള പീഠവിജയ സമ്മേളനവും എൻ. എസ്. എസ് ബ്ലോക്ക് കാരുവട്ടം മലബാറൻ ഓണിലാണ് മിറ്റ്

അധ്യക്ഷ : ഹാസിയ നിസാർ (2nd yr Geo dept)
 സഹഗതം : വിസ്മയ മോഹൻ (2nd yr BT)
 ഉത്തഃഘാടനം : ശ്രീമതി ജയ ഐ. എസ് (പ്രിൻസിപ്പൽ)
 ആമുഖ പ്രസംഗം : അജൈന (2nd yr IC)
 മുഖ്യ പ്രഭാഷണം : ശ്രീ അർജുൻ. വി (ASST. PROFESSOR IHRD, Perissery)
 കവിത ഗാനം ആശംസ : സുര്യ സുരേഷ് (2nd yr IC) അർജുൻ (2nd yr IC) Dr സബീൻ ഐ.എം. ഐ (IQAC coordinator) Dr ബൈജു എസ് (സെക്രട്ടറി, PTA) Dr രാഘവൻ സുബീൻ എസ് (Nature club coordinator) Dr യമ്യ സി. ആർ (NSS programme officer) Dr നിഷാദ് എൻ (NSS programme officer) പാർവതി (2nd yr BC)

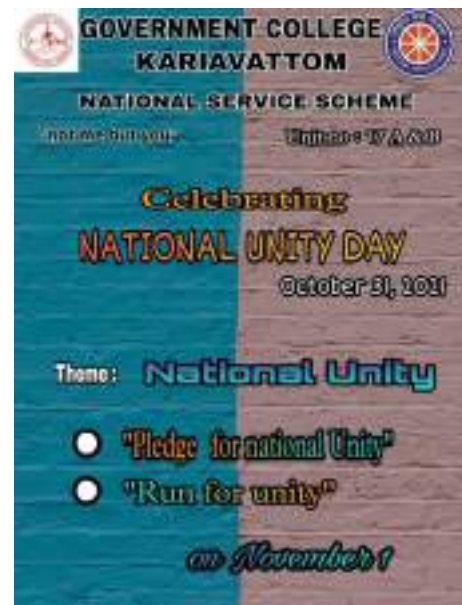
സംഘാടകർ : ടീം ലോറ്റീന

31 ഒക്ടോബർ 2021





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







62 volunteers participated in the activity.

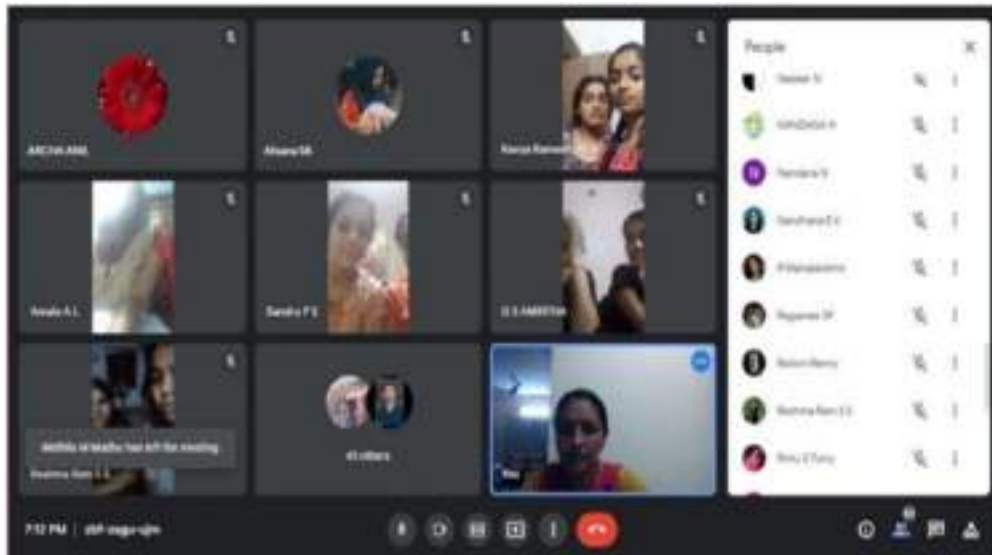
On November 1st, Volunteers also celebrated Kerala Piravi



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. Adwait 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.

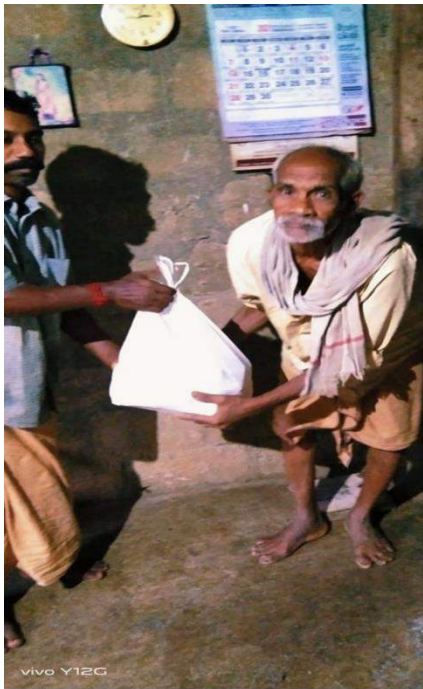
The tribal settlement is located within the Agasthyavanam Biological Park Range. Permission for travel was sought from the Forest office. We travelled from our College to Kottoor by bus/car and from Kottoor to Vlavila settlement by jeep through the forest. Details of patients and their requirements were 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

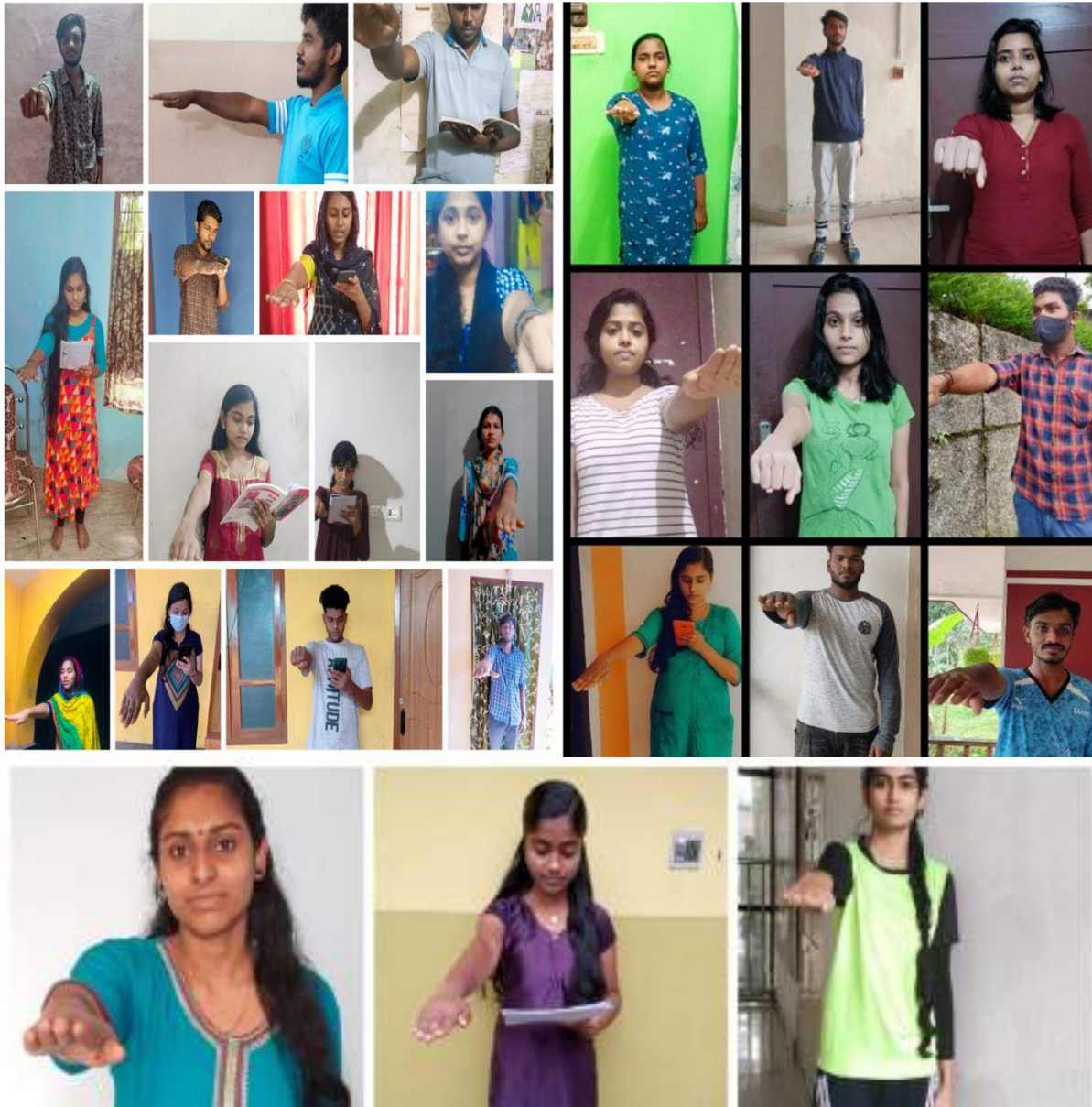
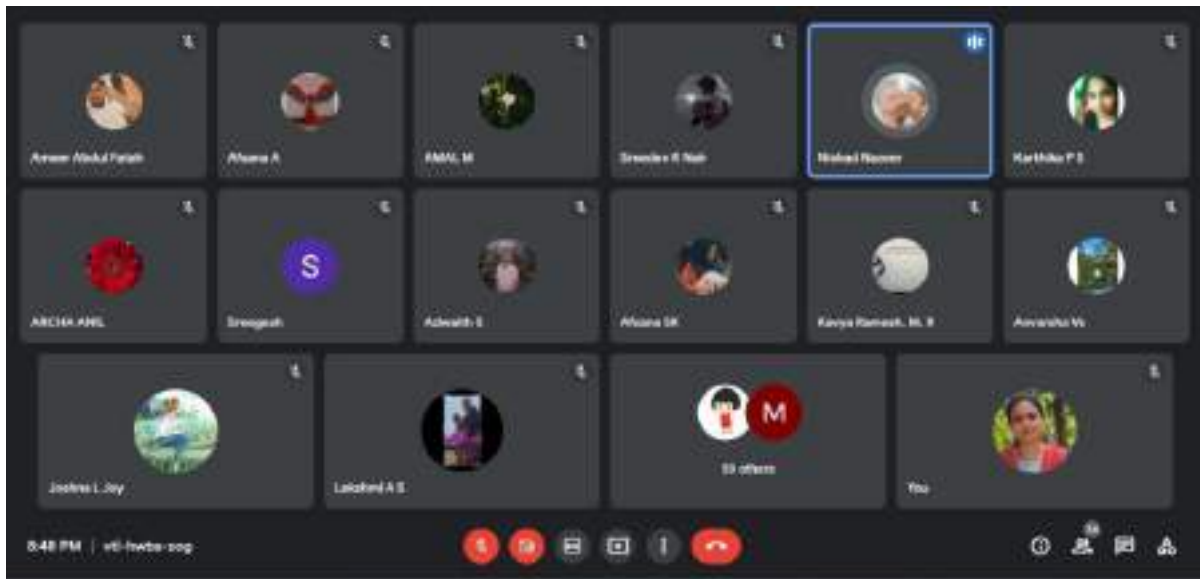


Breast cancer awareness class conducted by Anjana, for the women in the settlement

Donations to Workers in Bonakkad and Ponnudi: Donations were made to workers of rain affected areas of Bonakkad and Ponnudi. 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 on 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.

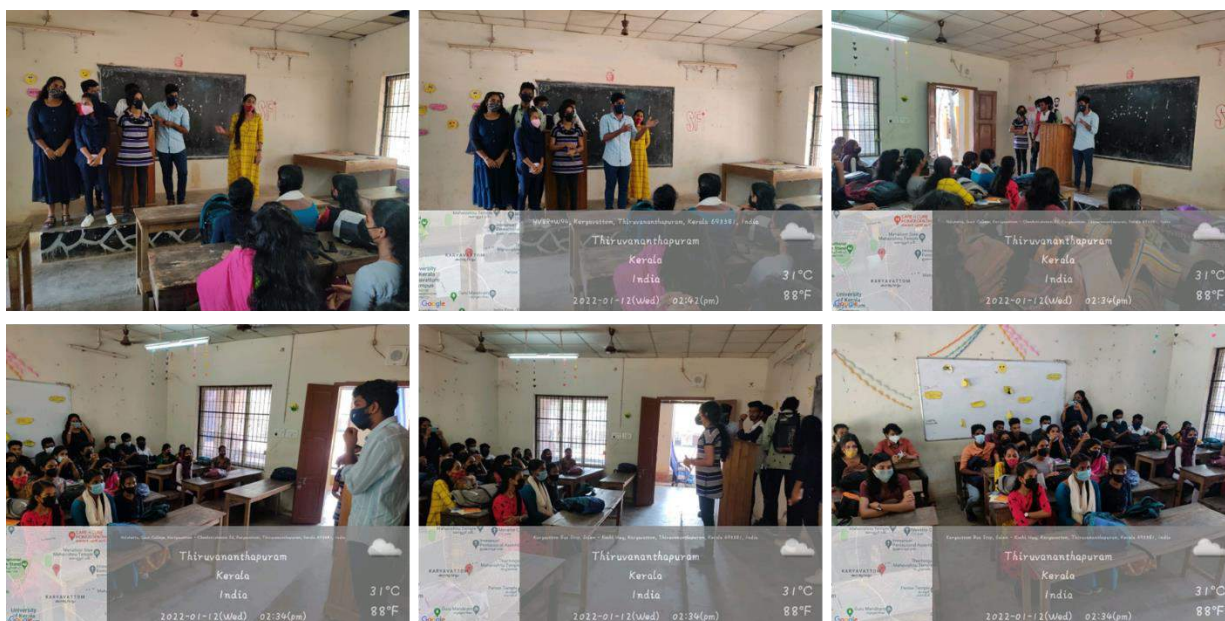


National Youth Day: 12th January 2022



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.

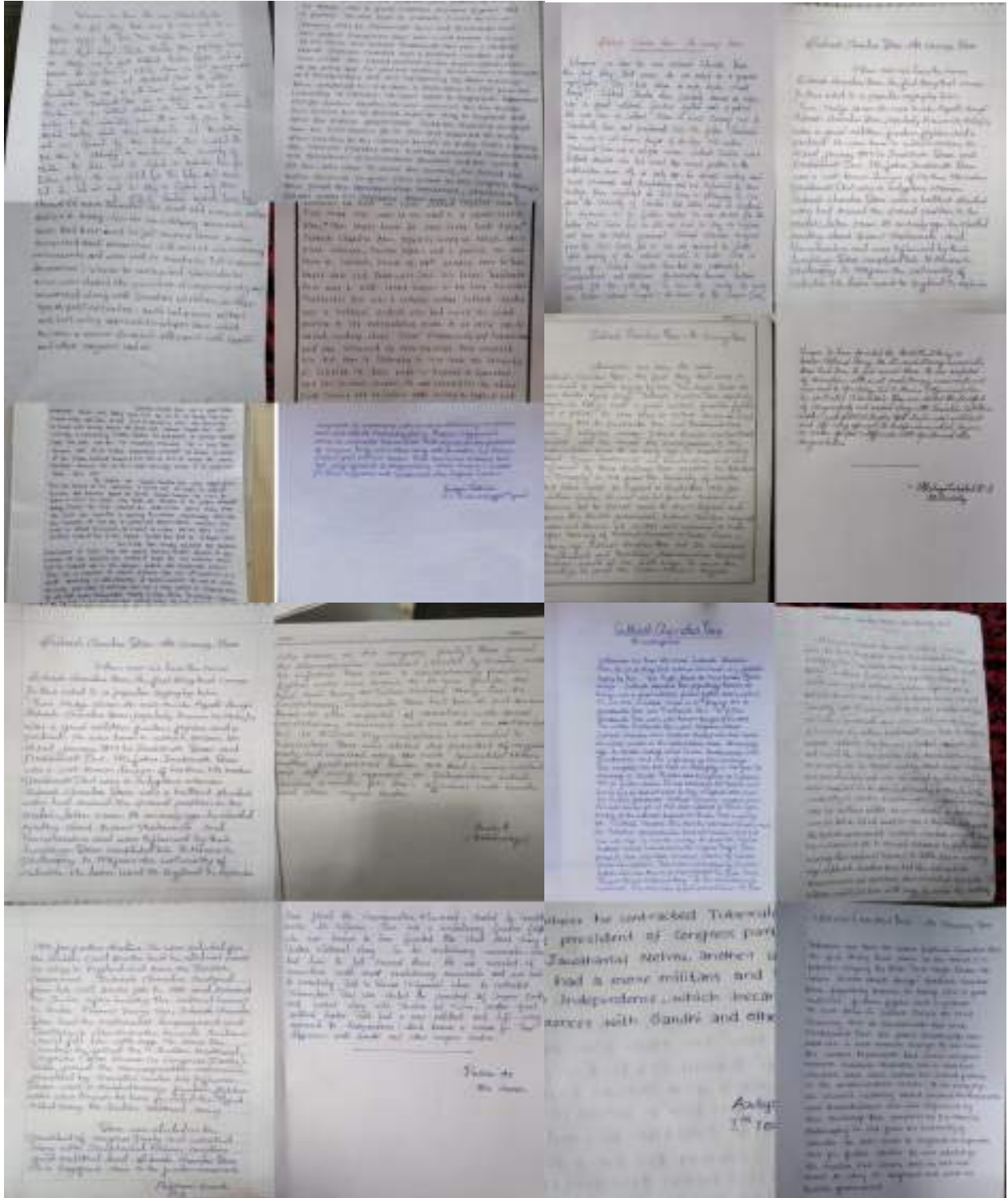
National Army Day: National Service Scheme Unit 17 A & B, Government College Kariavattom observed National Army Day by making groupwise Posters that included major events involving the Indian Army. Intension of the program was to salute our Army men and pay respect to them. An online quiz was organised.



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

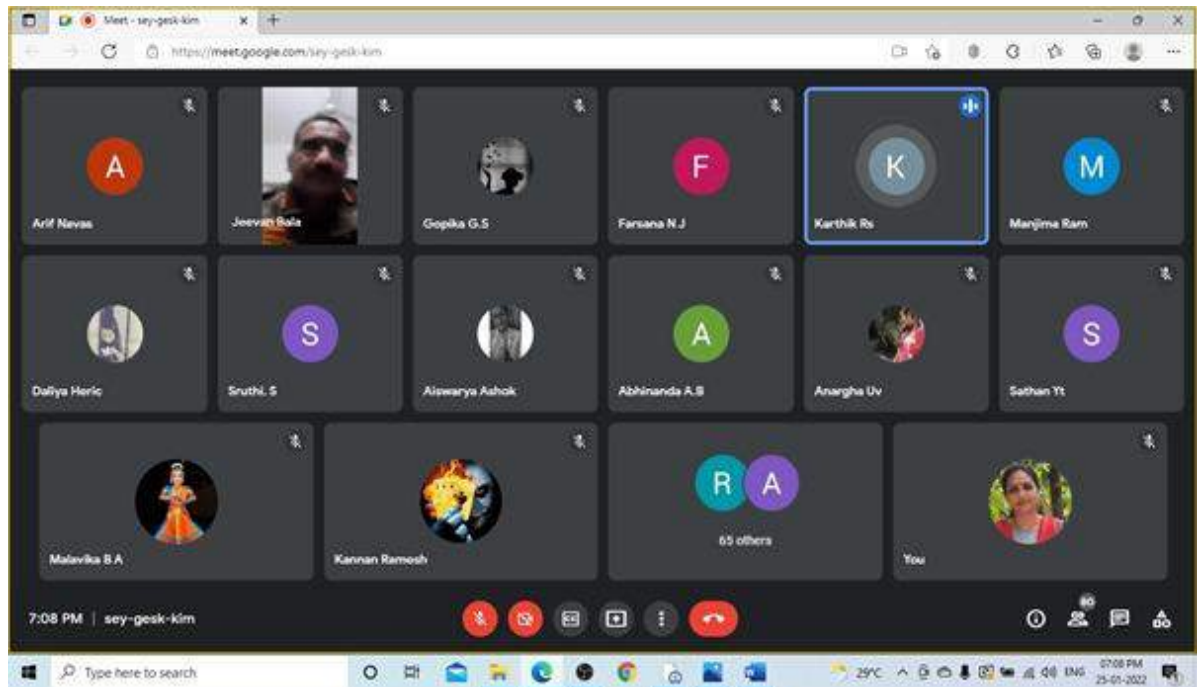


On the same day, **National Handwriting Day** was celebrated by conducting a handwriting competition. Since the day coincided with Parakram Diwas, a paragraph on Netaji was given to students as content.

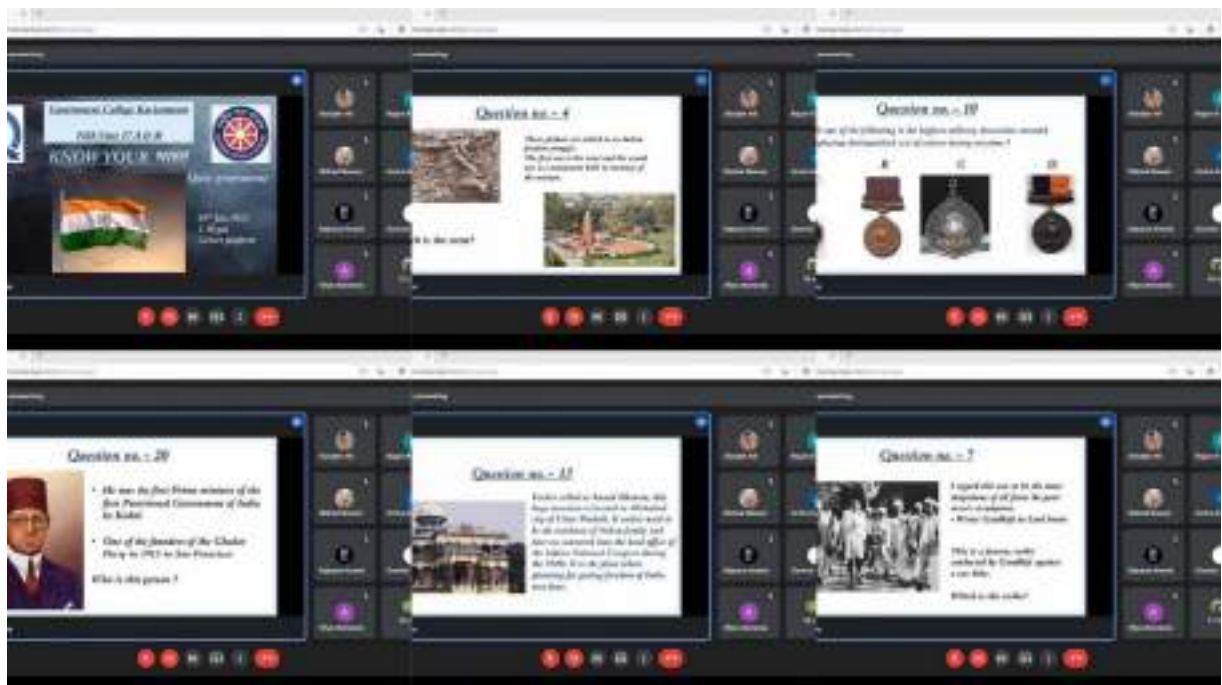


Republic day by organising four-day program from 25th to 26th Jan 2022.

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.



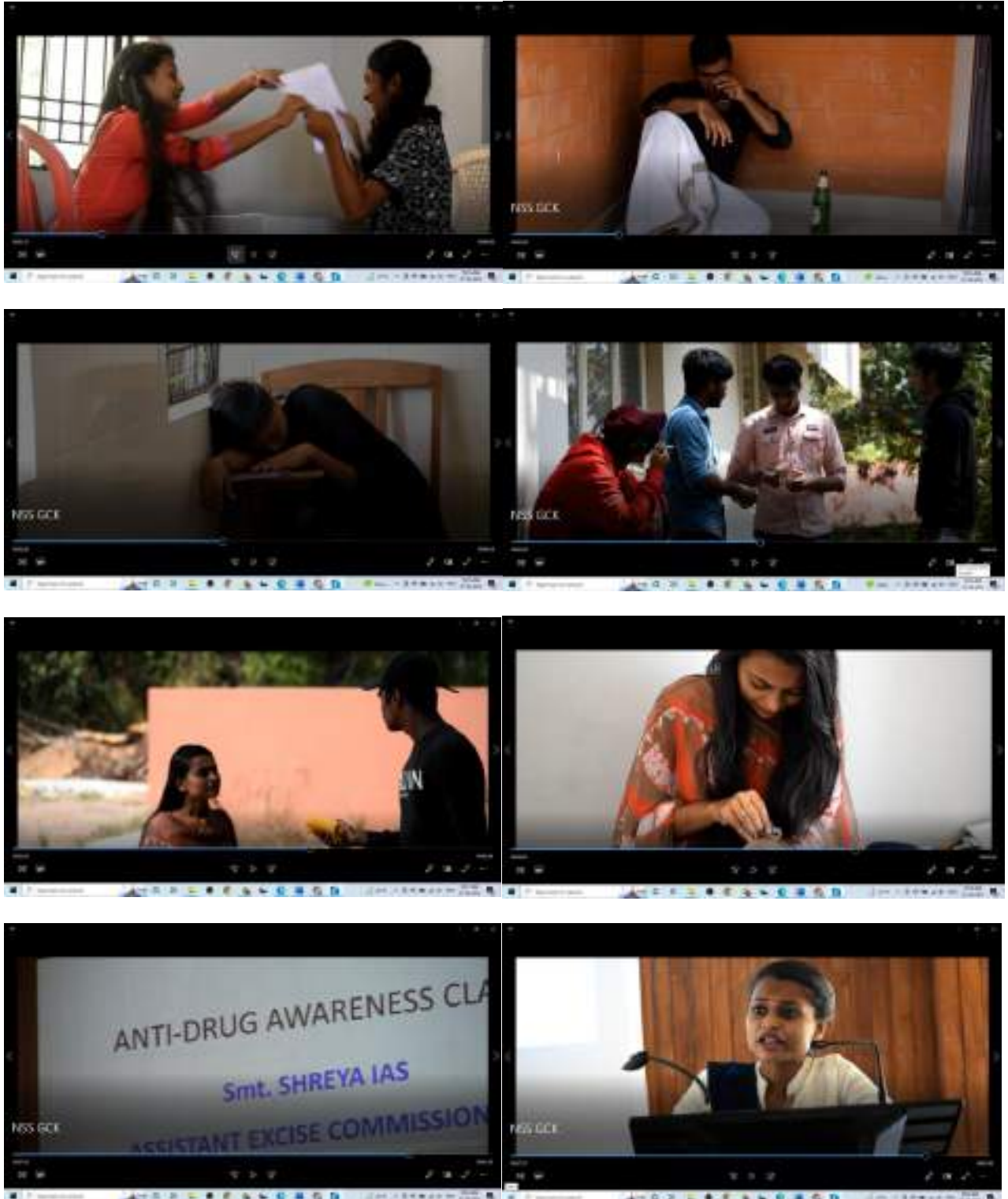
Day 4: ജീവചംശം - sapling plantation drive. 65 volunteers planted saplings in their home. 79 volunteers participated.



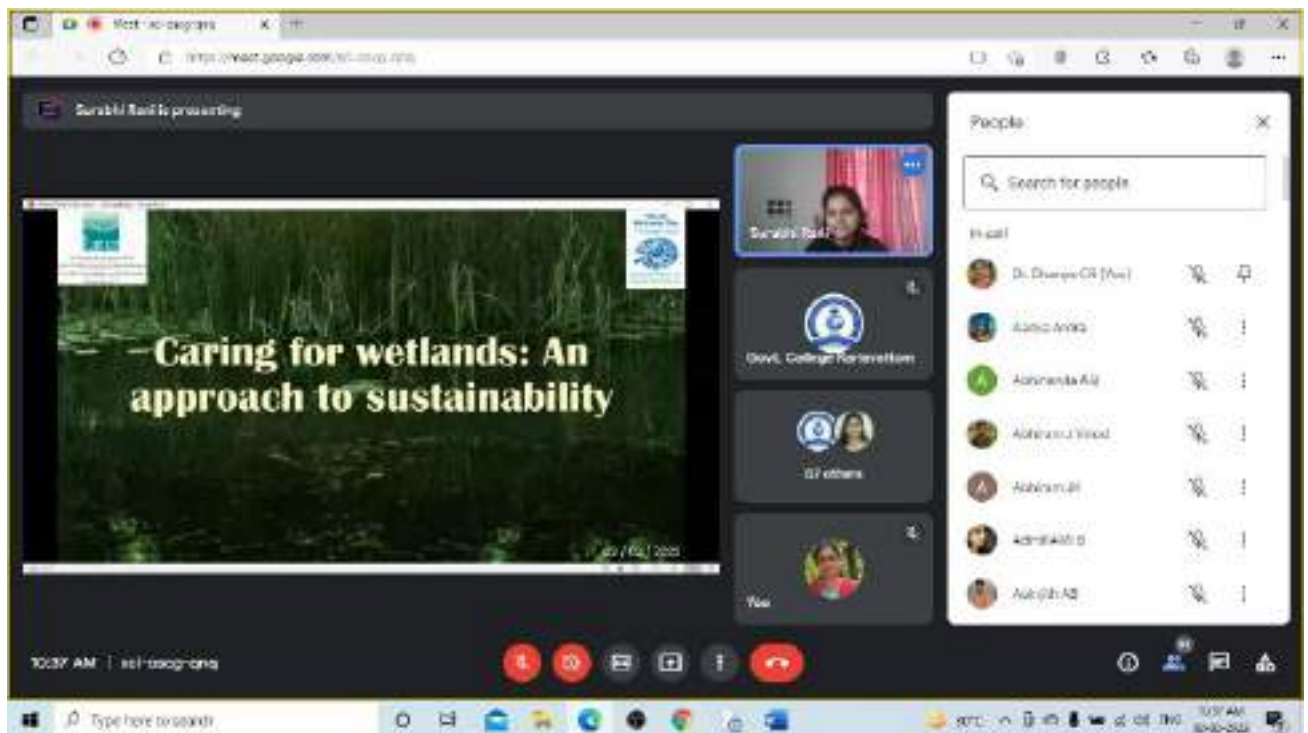


Vimukthi Short film 'Bramaram': 18 volunteers made a short film for contest organised by Vimukthi mission, Govt. of Kerala and submitted on Feb 15th 2022. Theme was the ill effects of drug abuse and the positive aspects of overcoming it.

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.

 <p>Government College Kariavattom National Service Scheme Unit 17 A & B</p> 	 <p>Government College Kariavattom National Service Scheme Unit 17 A & B</p> 
<p>KERALA UNIVERSITY NATIONAL SERVICE SCHEME: THROUGH WORK HISTORY CHRONICLES</p>  <p>Dr. SHAJI A NSS COORDINATOR, UNIVERSITY OF KERALA</p> <p>February 19th, 2022 Saturday</p> <p>Venue : Seminar Hall, GCK Time : 10.00 AM</p> <p>All are cordially invited</p> <p>Organised by Team Astra</p>	<p>KERALA UNIVERSITY NATIONAL SERVICE SCHEME: THROUGH WORK HISTORY CHRONICLES PROGRAMME CHART</p> <p>Anchor : Ameena H (1st yr BT) NSS song : Hasna and team Welcome : Abhiram J.V (1st yr BT) Inauguration : Smt. Jaya A S (Principal GCK) Felicitation : Dr. Sabeen H.M (IQAC Coordinator) : Dr. Baiju S (PTA Secretary) : Dr. C.R Dhanya (NSS PO) : Dr. Nishad N (NSS PO) Keynote : Dr. Shaji A (NSS coordinator, KU) Vote of Thanks : Abhinjith A.B (1st yr IC)</p> <p>Be there on time... Organised by Team Astra</p>



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 Kariavattom

National Service Scheme
 Unit 17 A & B

Advanced Volunteer Grooming
 through group dynamics



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

March 5th, 2022 Saturday Venue : Seminar Hall, GCK
 Time - 9:45 am

All are cordially invited

Organized by Team Brahmins

Government College Kariavattom

National Service Scheme
 Unit 17 A & B

PROGRAM CHART

Advanced Volunteer Grooming
 through group dynamics

Anchor :Hasna Maheen (1st yr IC)
 NSS song :Abhinandha & team
 Welcome :Abhiram J.V (1st yr BT)
 Inauguration :Smt Jaya A.S (Principal)
 Felicitation :Dr. C.R Dhanya (NSS PO)
 Dr Nishad N (NSS PO)
 Keynote :Dr Sajith S.J Sasi
 (Assistant Professor & HOD
 Hindi Dept.
 SN College Varkala)
 Vote of Thanks :Fadiya Fathima (1st yr BT)

Be there on time *Conducted by Team Brahmins*



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 17 A & B



Government College Kariavattom

സമം വനിതാ കലോത്സവം



Organised by

മലയാളം മിഷൻ

Participation in Mime



Team പരിത്രാണ

Rena Hidayath, Devika sarachandran, Aishwarya Ashok
Akshaya Lakshmi K S, Athira P B, Parvathy Vinod, Daliya Heric



NATIONAL SERVICE SCHEME

UNIT 17 A & B



Government College Kariavattom

സമം വനിതാ കലോത്സവം



Organised by

മലയാളം മിഷൻ

Participation in Group Song




Lekshmi Subhash
Fousiya Nizar
Sai Gayathri
Karthika
Soorya
Sneha
Aarabhi



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.


NATIONAL SERVICE SCHEME UNIT 17 A & B
 IN ASSOCIATION WITH
WOMEN'S WELFARE CELL
 GOVERNMENT COLLEGE KARIAVATTOM



PRIORITIZING WOMEN'S HEALTH

Happy Women's Day

11-03-2022
7.30 PM



Dr. ELIZABETH JACOB
 MD, DNB, FICOG
 HOD & SENIOR CONSULTANT
 APOLLO ADLUX HOSPITAL,
 ERNAKULAM DISTRICT

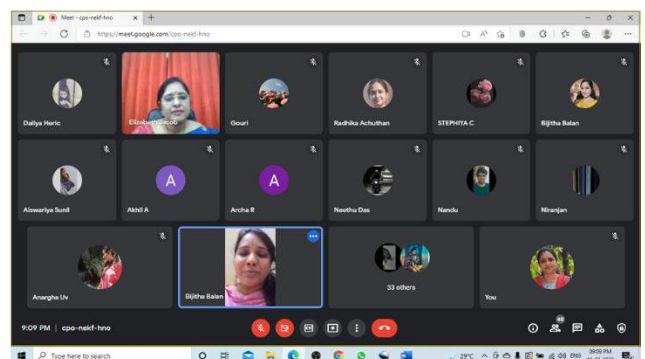
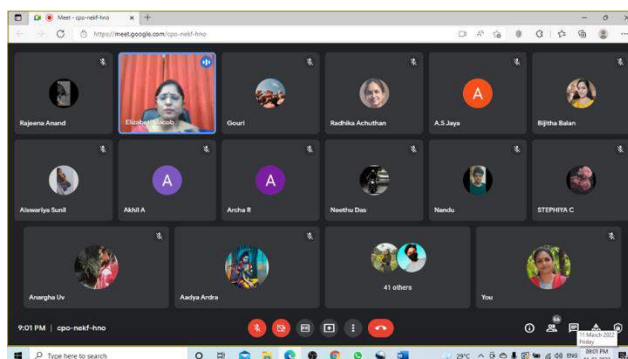
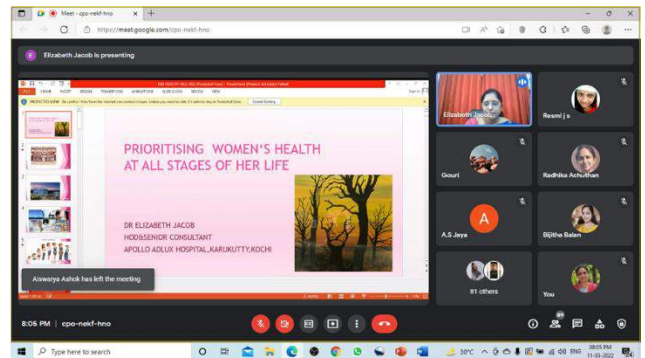
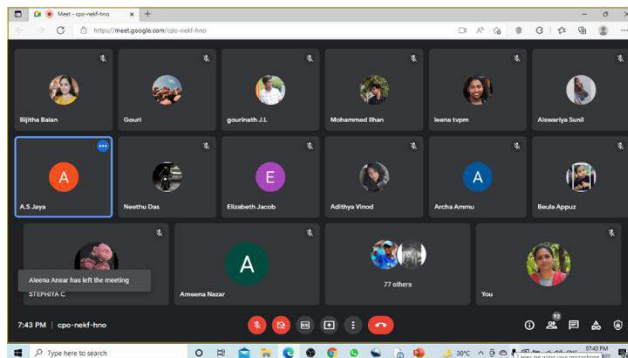
Organised by Team Astra

NATIONAL SERVICE SCHEME UNIT 17 A & B
 IN ASSOCIATION WITH
WOMEN'S WELFARE CELL
 GOVERNMENT COLLEGE KARIAVATTOM

Program Chart

Anchor: Ms. Gouri
 NSS Song: Ms. Ameena H.
 Welcome: Dr. Dhanya C. R. (NSS PO)
 Inauguration: Smt. Jaya A. S. (Principal)
 Felicitation: Dr. Sabeen H. M. (IQAC Coordinator)
 Ms. Sonitha (Chairperson)
 Introducing Speaker: Dr. Radhika A.
 (Women’s Welfare Cell Convenor)
 Keynote Address: **Dr. Elizabeth Jacob**
 (Sr. Gynaecologist & Laparoscopic surgeon)
 Vote of thanks: Dr. Bijitha B.
 (Vanitha Sub committee dist. Coordinator)

Organised by Team Astra





PALLIATIVE CARE ACTIVITY REPORT



GOVT. COLLEGE KARIAVATTOM

NSS UNIT 17 A&B

STUDENTS PALLIATIVE CLUB

പ്രതിമി



കുറ്റിപ്പാലം കരുണാശ്രമം

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

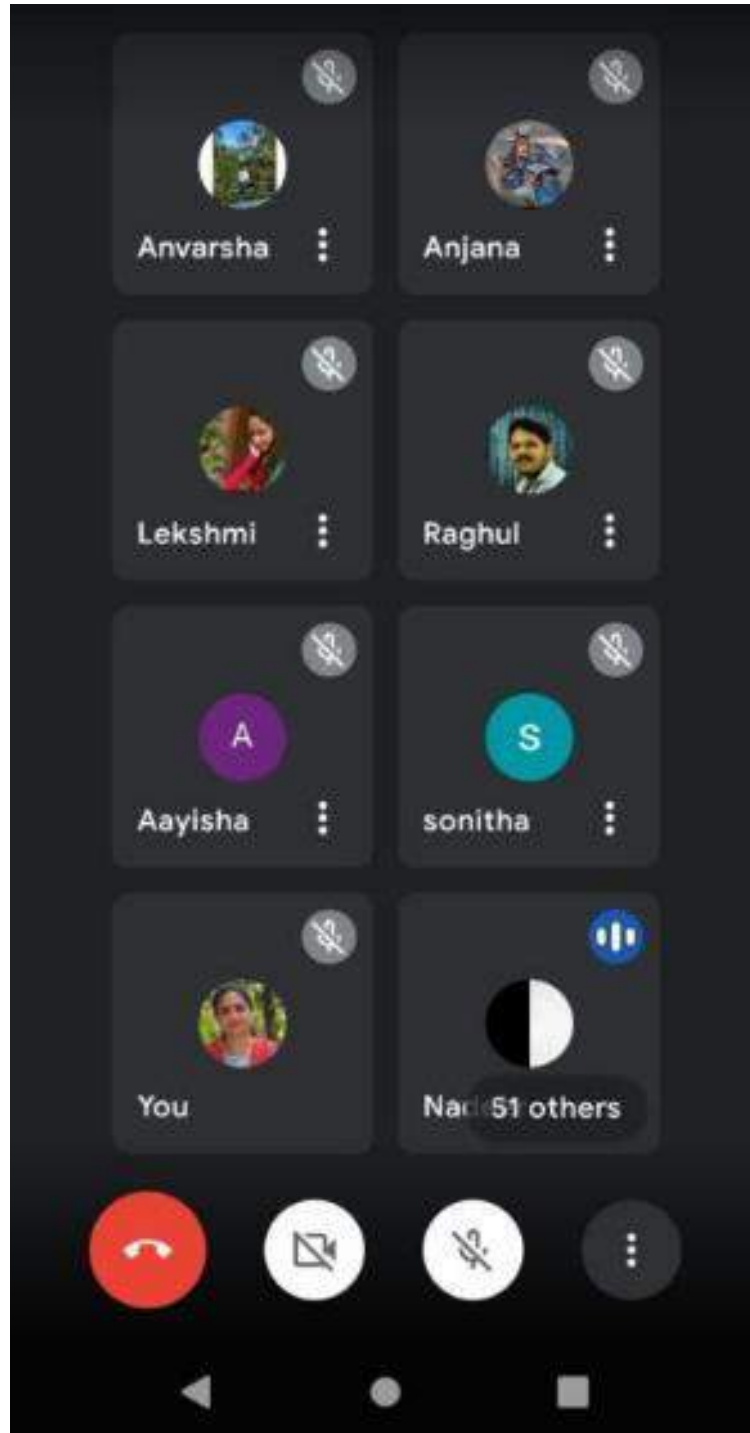
2. DISTRICT LEVEL TRAINING

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, Metrogl, 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)