

**NIRMALA
ARTS & SCIENCE COLLEGE
MULANTHURUTHY**



NATIONAL SERVICE SCHEME

ANNUAL REPORT 2017 -2018



NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



NATIONAL SERVICE SCHEME

BRIEF SUMMARY OF ACTIVITIES

Sl. No	Event	Nature of event	Date	Resource Person	Number Of Participants
1.	Talk on sustainable development	Expert talk	05/06/2018	Mr Mathew Paul Coordinator SPACE Mulanthuruthy	
2.	International Yoga day celebrations	Yoga Practice	21/06/2018	Ms. Shalini Rakesh Life skill trainer	
3.	Flood Relief Camp	Camp	13/08/2018	-	-
4.	Flood Relief Collection Point	Outreach	30/08/2018	-	-
5.	Talk on the essence of volunteerism among youth	Expert Talk	18/09/2018	Dr M.C. Dileepkumar Ex-vice Chancellor, Shri Sankara University Kalady	
6.	'Clean Campus – Green Campus Programme'	Sanitisation programme	02/10/2018	-	-
7.	Sakhi- Cancer awareness programme	Extension	18/11/2018	Dr. Chithrathara Gangadharan Senior medical practitioner, Lakeshore hospital Ernakulam	
8.	SUKRUTHAM- seven day special camp	Camp	21/12/2018	-	-
9.	Public Sanitisation Programme- GHSS, Mulanthuruthy	Public Sanitisation Programme	23/12/2018	-	-
10.	Public Sanitisation Programme- Community Health Centre, Mulanthuruthy	Public Sanitisation Programme	24/12/2018	-	-
11.	Visit to Sougyasadan Old Age Home, Chethikode	Outreach	25/12/2018	-	-
12.	Blood donation camp	Blood Donation	18/01/2019	-	-
13.	Public Sanitisation Programme- Govt. Homeo Dispensary, Mulanthuruthy	Public Sanitisation Programme	26/01/2019	-	-



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NATIONAL SERVICE SCHEME

TALK ON SUSTAINABLE DEVELOPMENT

Date	: 05 th June 2018
Venue	: Seminar Hall
Resource Person	: Mr Mathew Paul Coordinator SPACE Mulanthuruthy
Number of Participants	: 93
Person in Charge	: Jeena Vargheese

Brief Report

NSS Unit 113 of Nirmala Arts and Science College, Mulanthuruthy started their programmes for the Academic year 2018-19 on June 5th with Environment Day Celebration in association with charitable society – “Space”. The resource person for the session was Mr. Mathew Paul, Coordinator SPACE, Mulanthuruthy. He spoke on the topic sustainable development. Programme Officer Unnikrishnan M T delivered welcome speech, College Dean Prof. Daisy N O felicitated the function and welcomed all personalities to the programme. Above 50 NSS Volunteers participated in the function, after the talk session the NSS volunteers planted saplings in the college premises.

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NATIONAL SERVICE SCHEME

INTERNATIONAL YOGA DAY CELEBRATION

Date	: 21 st June 2018
Venue	: Auditorium
Resource Person	: Ms. Shalini Rakesh Life skill trainer
Number of Participants	: 47
Person in Charge	: Unnikrishnan MT

Brief Report

NSS Unit 113 of Nirmala Arts and Science College, Mulanthuruthy celebrated World Yoga day on June 21st, 2018. College manager Sri.George Kuriakose inaugurated the function and Programme Officer Unnikrishnan M T felicitated the programme. Famous art of living trainer Smt. Salini Rakesh given the yoga lessons to students. About 50 NSS volunteers participated during the function. Essential yogasanms like Suryanamaskar, Pranayam, and Meditation etc. were practiced during the ceremony. An awareness class about yoga was also conducted. Students were actively participated in the yoga session and benefited from the class.

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NATIONAL SERVICE SCHEME

FLOOD RELIEF CAMP

Date	: 13 th August 2018
Venue	: College premises
Resource Person	: -
Number of Participants	: -
Person in Charge	: Unnikrishnan MT

Brief Report

In August 2018, Kerala was hit by one of the worst floods in its history. The floods, caused by heavy monsoon rains, affected millions of people, destroyed homes and infrastructure, and claimed many lives. In response to the disaster, the Nirmala Arts and Science College in Mulanthuruthy opened a flood relief camp to provide temporary shelter to the affected population. The camp began on August 13th, 2018, and remained open for several weeks. The organizers of the camp, including the college administration, local government officials, and volunteers from various organizations, worked tirelessly to ensure that the needs of the flood victims were met.

The camp provided basic necessities such as food, water, and medical assistance. The college premises were used as the primary shelter, with makeshift beds and basic facilities set up for the residents. The volunteers worked round the clock to provide the necessary support, including food distribution, medical checkups, and counseling for the residents. Apart from the basic amenities, the flood relief camp also served as a hub for relief operations. Donations in the form of food, clothing, and other essential items were collected and distributed to the affected people. The dedication and selflessness of the volunteers and organizers helped mitigate the impact of the floods and provided much-needed relief and support to the affected population.



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NATIONAL SERVICE SCHEME

FLOOD RELIEF COLLECTION POINT

Date : 30th August 2018
Venue : College Premises
Resource Person : -
Number of Participants : -
Person in Charge : Unnikrishnan MT

Brief Report

A flood relief collection point was organised on August 30th, 2018, to support victims of the Kerala flood. The collection point was set up on campus and provided a centralized location for people to donate essential items such as food, water, clothing, and bedding. Clear communication was important to ensure that people knew what items were being accepted and where to drop them off. The collection point was accessible to the community, making it easier for people to donate and contribute to relief efforts. The establishment of the flood relief collection point at Nirmala Arts and Science College Mulanthuruthy was a valuable contribution to the aid efforts for those affected by the devastating flood.

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NIRMALA ARTS AND SCIENCE COLLEGE MULANTHURUTHY
(AFFILIATED TO MAHATMA GANDHI UNIVERSITY, KOTTAYAM)

FLOOD RELIEF Collection Point

Your Contributions can be:

1. Groceries
2. Medicines
3. Clothes (New only)
4. Baby care products
5. Bed Sheets, pillows etc.
6. Monetary Contributions

Date : 30th August 2018
Collection time: 9.00 AM to 5.00 PM

We request your valuable Contributions

For enquiry Contact:
Unnikrishnan MT - 9862887519 (Staff In Charge)
Paul Kurian - 8889909397 (Student Coordinator)





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NATIONAL SERVICE SCHEME

TALK ON THE ESSENCE OF VOLUNTEERISM AMONG YOUTH

Date	: 18 th September 2018
Venue	: Auditorium
Resource Person	: Dr M.C. Dileepkumar Ex-vice Chancellor, Shri Sankara University Kalady
Number of Participants	: 23
Person in Charge	: Unnikrishnan MT

Brief Report

A talk on the topic the essence of volunteerism among youth was held on 18th September 2018 as part of the Formal inauguration of Nirmala Arts and Science College, NSS unit 113 at the college Auditorium. The resource person for the session was Dr M.C. Dileepkumar Ex-vice Chancellor of Shri Sankara University Kalady. College manager Sri. George Kuriakose delivered the presidential address. College Dean Prof. Daisy N.O, Principal Dr. Geetha. C.A, Programme officer Mr. Unnikrishnan M.T was also present during the function. The resource person spoke on the importance of volunteerism among NSS volunteers and the qualities that an NSS volunteer should possess. Mr. Dileepkumar who had a long experience as NSS programme officer shared some of the motivating real life experiences to the NSS volunteers.

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NATIONAL SERVICE SCHEME

'CLEAN CAMPUS – GREEN CAMPUS PROGRAMME'

Date : 02nd October 2018
Venue : College Premises
Resource Person : -
Number of Participants : 78
Person in Charge : Unnikrishnan MT

Brief Report

In connection with the 'Clean Campus Green Campus' Programme, initiated by the District Suchitwa Mission, Nirmala Arts and Science College Mulanthuruthy, NSS Unit 113 volunteers conducted cleaning drive. The Inauguration of 'Clean Campus – Green Campus Programme' conducted on 2nd October 2018, Gandhi Jayanti Day. The inaugural meeting was started with the welcome address by Nirmala College NSS Programme Officer, Sri. Unnikrishnan M.T. The programme inaugurated by College Principal Dr Geetha C.A and the Presidential address was delivered by College Manager Sri.George Kuriakose. Shuchithva pledge was taken during the function. A mass cleaning drive were also conducted at the college campus premise as part of the programme.

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NATIONAL SERVICE SCHEME

SAKHI-CANCER AWARENESS PROGRAMME'

- Date : 18th November 2018
Venue : Seminar hall
Resource Person : **Dr. Chithrathara Gangadharan**
Senior medical practitioner, Lakeshore hospital Ernakulam
Number of Participants : 52
Person in Charge : Unnikrishnan MT

Brief Report

Breast cancer awareness class was held at the college auditorium by NSS Unit 113 in association with Nirmalagiri residents association on 18.11.2018 Sunday 10.30 am. Breast cancer is the second most common cancer in women after skin cancer. Awareness class was led by Dr. Chithrathara Gangadharan senior medical practitioner of Lakeshore hospital Ernakulam. College Principal Dr.Geetha C.A, senior faculty member Smt. Jeena Vargheese, ward member Sri. Binoy Haridas were also present during the function.

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NATIONAL SERVICE SCHEME

SUKRUTHAM – SEVEN DAY SPECIAL CAMP

Date	: 21 st December 2018
Venue	: Govt. Higher Secondary School, Mulanthuruthy
Chief Guest	: Sri Renji Kurian President, Mulanthuruthy Grama Panchayath
Number of Participants	: -
Person in Charge	: <i>Unnikrishnan MT</i>

Brief Report

Seven day special camp of the National Service Scheme unit 113 SUKRUTHAM was started at Govt. Higher Secondary School, Mulanthuruthy on 21.12.2018 afternoon 3.00 pm onwards. Special camp was initiated with the dual objective of rehabilitation of the flood affected regions and cleaning activities instructed by clean campus green campus programme.

The official inauguration of the camp was held at Govt. H.S. Mulanthuruthy on 22.12.2018 Saturday 11.00 am by Mulanthuruthy Grama Panchayath president Sri Renji Kurian. For the function, Presidential address was delivered by College manager Sri.George Kuriakose and welcome speech by programme officer Mr Unnikrishnan M T College Dean Daisy.N.O, ward member Sri Binoy Haridas, Mulanthuruthy Govt.H.S. Principal Smt Sofi John, College chairman Sri Adarsh Babu felicitated during the function. Classes by Prof. James Mathew (Programme Officer Santhigiri college, Thodupuzha), Mr.Thankachan.P.A (Kerala sashtra sahithya parikshath) are the special attractions for the seven day camp.

Seven day camp was concluded on 27.12.2018 Thursday 2.00 pm at Govt H.S Mulanthuruthy. College Principal Dr. Geetha C.A distributed the certificates to the eligible volunteers. NSS Programme Officer Unnikrishnan M.T, Faculty members Eldho Peter, Jeena Varghese were also present at the closing ceremony. Senior volunteers V.V. Sivaprasad, Aswathi Reji got special prizes for their valuable contribution to the college NSS team



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NATIONAL SERVICE SCHEME

PUBLIC SANITISATION PROGRAMME- GHSS, MULANTHURUTHY

Date	: 23 rd December 2018
Venue	: GHSS, Mulanthuruthy
Resource Person	: -
Number of Participants	: 92
Person in Charge	: Unnikrishnan MT

Brief Report

On September 23, 2018, as part of the Seven day special camp of the National Service Scheme unit 113 SUKRUTHAM, a mass cleaning drive was conducted at the Government Higher Secondary School, Mulanthuruthy compound. NSS volunteers actively participated in the drive and cleaned various parts of the school, including classrooms, corridors, playgrounds, and toilets. The main objective of the drive was to promote cleanliness and hygiene in the school premises and to create awareness among the students about the importance of cleanliness. The drive was a success, and the NSS unit received appreciation from the school authorities for their efforts in keeping the school clean and hygienic.

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NATIONAL SERVICE SCHEME

PUBLIC SANITISATION PROGRAMME- COMMUNITY HEALTH CENTRE, MULANTHURUTHY

Date	: 24 th December 2018
Venue	: Community Health Centre, Mulanthuruthy
Resource Person	: Smt Jaya Soman Block panchayath President, Mulanthuruthy
Number of Participants	: 92
Person in Charge	: Unnikrishnan MT

Brief Report

On September 24, 2018, as part of the Seven day special camp of the National Service Scheme unit 113 SUKRUTHAM, NSS volunteers initiated cleaning activities at Mulanthuruthy Block Panchayath community health centre. Mulanthuruthy Block panchayath President Smt Jaya Soman officially inaugurated the function. Hospital P.R.O Dr Shaji, Programme officer Mr. Unnikrishnan M.T, faculty member Mr. Eldho Peter were also present. The NSS volunteers diligently cleaned the surroundings of the health centre by sweeping the floors, collecting litter, and sanitizing frequently touched surfaces. The program was effective in raising awareness about the significance of maintaining cleanliness in public areas. The community members appreciated the efforts of the NSS unit, and the local authorities extended their support to the program. The program highlighted the significant role that young volunteers can play in creating a hygienic and healthy environment.

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NATIONAL SERVICE SCHEME

VISIT TO SOUGYASADAN OLD AGE HOME CHETHIKODE

Date	: 25 th December 2018
Venue	: Sougyasadan old age home Chethikode, Kanjiramattom
Resource Person	: -
Number of Participants	: 92
Person in Charge	: Unnikrishnan MT

Brief Report

The NSS team of the college visited Sougyasadan old age home in Chethikode, Kanjiramattom, on Christmas day. The objective of the visit was to spend time with the elderly residents of the home and bring some cheer to their lives. The volunteers performed cultural programs, including songs and dances, which were enjoyed by the inmates. The visit was an enriching experience for the students as they got to witness some of the harsh realities of life. The volunteers also distributed Christmas gifts to all the inmates, making their day even more special. Overall, it was a heartwarming and fulfilling experience for the NSS team to bring smiles to the faces of the elderly residents of the Sougyasadan old age home.

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NATIONAL SERVICE SCHEME

BLOOD DONATION CAMP

Date : 18th January 2019
 Venue : Auditorium
 Resource Person : -
 Number of Participants : 60
 Person in Charge : Unnikrishnan MT

Brief Report

The blood donation camp was conducted by NSS unit 113 of Nirmala Arts and Science College, Mulanthuruthy in association with blood bank Kerala and Lourdes Hospital funded by Red Ribbon Club. The programme was conducted at college auditorium with a registration of more than 100 students. We were able to get blood bags of 60 students after various levels of testing before blood donation. All the students of college and especially NSS volunteers and the college union members including Athul Krishna the chairman himself was helped in the smooth functioning of the camp.

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PUBLIC SANITISATION PROGRAMME- GOVT. HOMEODISPENSARY, MULANTHURUTHY

Date : 26th January 2019
Venue : Government Homeo Dispensary, Mulanthuruthy
Resource Person : -
Number of Participants : 112
Person in Charge : Unnikrishnan MT

Brief Report

On January 26, 2019, the National Service Scheme unit 113, as part of observing Republic Day, conducted public sanitisation Programme at the Government Homeo Dispensary in Mulanthuruthy. The NSS volunteers actively participated in cleaning the surroundings of the Government Homeo Dispensary. The program successfully raised awareness about the importance of maintaining cleanliness in public areas. The community members appreciated the efforts of the NSS unit, and the local authorities extended their support to the programme. This program showcased the significant role that young volunteers can play in creating a hygienic and healthy environment in public places like the Government Homeo Dispensary in Mulanthuruthy.

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