

**NIRMALA**  
**ARTS & SCIENCE COLLEGE**  
**MULANTHURUTHY**



**NATIONAL SERVICE SCHEME**

**ANNUAL REPORT 2019 -2020**



# 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.	World environment day celebration	Day observance	05/06/2019	-	-
2.	International Yoga day celebrations	Yoga Practice	21/06/2019	<b>Sri. Rakesh kokkayil</b> International faculty of yoga and personality development skills	-
3.	Awareness on Waste Management and Inauguration of U-Turn Project	Extension	15/07/2019	<b>Sri. Kamal Pasha</b> <i>Honorable ex-chief justice</i>	
4.	Njatuvela Exhibition	Awareness	26/07/2019		
5.	Survey on Waste Management- U-Turn Project	Extension	26/07/2019		
6.	Kerala Flood Relief Collection	Outreach	17/08/2019		-
7.	Talk on Anger Management	Awareness	19/09/2019	<b>Mr P.A Thankachan</b> Director of Rural Science and Technology Centre, Thuruthikara	-
8.	NSS Day Celebration	Day Observance	24/09/2019		-
9.	Shuchithwa Saksharatha Yaknjam	Sanitisation programme	02/10/2019		-
10.	Free Homeo Medical Camp	Extension	28/10/2019		



# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



## NATIONAL SERVICE SCHEME

11.	Njaru Nadal -2nd Ward Mulanthuruthy gramapanchayath	Awareness	18/11/2019		-
12.	Social Survey	Extension	27/11/2019		
13.	Suvarnam NSS @50 Special Camp	Camp	20/12/2019		-
14.	Public Sanitisation Programme – St Mary’s HSS, Thalacode	Public Sanitisation Programme	21/12/2019		
15.	Solar Power Awareness Survey	Outreach	22/12/2019		-
16.	Build up your Personality through NSS	Awareness	23/12/2019		
17.	Yoga and Meditation	Training	24/12/2019		
18.	Public Sanitisation Programme – Post Office, Mulanthuruthy	Public Sanitisation Programme	26/12/2019		
19.	Public Sanitisation Programme @ Fort Kochi	Outreach	02/01/2020		-
20.	Public Sanitisation Programme – Govt. Ayurveda Dispensary, Mulanthuruthy	Public Sanitisation Programme	26/01/2020		
21.	Visit to Rural Science Centre Thuruthikkara	Awareness	20/02/2020		-



# **NIRMALA ARTS AND SCIENCE COLLEGE**

(Affiliated to Mahatma Gandhi University, Kottayam)



## **NATIONAL SERVICE SCHEME**

### **WORLD ENVIRONMENT DAY CELEBRATIONS**

Date : 05<sup>th</sup> June 2019  
Venue : College premises  
Resource Person : -  
Number of Participants : -  
Person in Charge : -

#### **Brief Report**

World Environment day was celebrated by National Service Scheme 113 of Nirmala Arts and Science College, Mulanthuruthy on 5<sup>th</sup> June 2021 in association with Environment Conservation Cell. Students have taken pledge not only to plant trees but also to preserve and protect them throughout the year. The NSS volunteers of NASC understand that environment crisis is the greatest threat in front of mankind right now. And the volunteers of NASC would do everything needed to protect the environment. Students and Faculty members planted trees and expressed their love for nature.

#### ***Programme Brochure & Images***





# **NIRMALA ARTS AND SCIENCE COLLEGE**

(Affiliated to Mahatma Gandhi University, Kottayam)



## **NATIONAL SERVICE SCHEME**

### **INTERNATIONAL YOGA DAY CELEBRATIONS**

Date	: 21 <sup>st</sup> June 2019
Venue	: Auditorium
Resource Person	: <b>Sri. Rakesh kokkayil</b> International faculty of yoga and personality development skills
Number of Participants	: 74
Person in Charge	: <i>Unnikrishnan M T</i>

#### **Brief Report**

NSS unit 113 of Nirmala Arts and Science College, Mulanthuruthy celebrated international yoga day on June 21<sup>st</sup> at college auditorium. The guest of honour for the event was Sri Rakesh kokkayil, an international faculty of yoga and personality development skills. Dr. Geetha C A, Principal delivered the welcome speech for the programme. The dean of the college Daisy N O gave her complete support for the success of the programme. Around 100 students participated in the full day session of basic yoga training with teachers and staff of the college. Students actively participated in the session and reaped the physical, Mental and spiritual benefits of Yoga. NSS Volunteer secretary delivered vote of thanks for the programme.

#### ***Programme Brochure & Images***





## NATIONAL SERVICE SCHEME

### AWARENESS ON WASTE MANAGEMENT AND INAUGURATION OF U-TURN PROJECT

Date : 15<sup>th</sup> July 2019  
Venue : Thiruvathira Auditorium, Kureekkad  
Resource Person : **Shri. Kamal Pasha**  
: *Honorable ex-chief justice*  
Number of Participants : -  
Person in Charge : *Deepu G*

#### Brief Report

The NSS unit 113 selected wards consisting of KTRA in Kurrekkad as the adopted village for the academic year 2019-20. The major event hosted in the adopted village was U turn Project. The project is a joint venture of NSS unit 113 and kureekkad town residence association to eradicate plastic waste and establish a close to perfect system to manage degradable and non-degradable waste in the area. The inauguration of the project was held at Thiruvathira auditorium Kureekkad. The chief guest for the event was inaugurated by the honorable ex-chief justice Kamal Pasha. He was knowledgeable enough to provide an awareness on the necessity of proper waste management. He imparted his immense knowledge in the field through his speech and motivated our volunteers. The project was planned on three different levels. The first step was to survey the area to have an understanding of the waste management crisis. The second step was to spread awareness among people so that they can cooperate with our plan of separation and collection of waste in three different bags. The third step was action to make the people complete the task as planned.

#### *Programme Brochure & Images*





# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



## NATIONAL SERVICE SCHEME

### NJATTUVELA EXHIBITION

Date : 26<sup>th</sup> July 2019  
 Venue : Mulanthuruthy Community Hall  
 Resource Person : -  
 Number of Participants : -  
 Person in Charge : -

### Brief Report

The Njattuvela market was opened by Mulanthuruthy gramapanchayath during Njattuvela. Njattuvela is an ancient system prevailed in Kerala for calculation of specific periods for cultivation. This knowledge is acquired through observing climate and seasons. Our NSS volunteers were able to examine and study various crops, vegetables, artifacts exhibited in the market. The visit to the Njattuvela market was an insightful journey to the NSS volunteers.

### *Programme Brochure & Images*





# **NIRMALA ARTS AND SCIENCE COLLEGE**

(Affiliated to Mahatma Gandhi University, Kottayam)



## **NATIONAL SERVICE SCHEME**

### **SURVEY ON WASTE MANAGEMENT- U-TURN PROJECT**

Date : 26<sup>th</sup> July 2019  
Venue : *Mulanthuruthy Community Hall*  
Resource Person : -  
Number of Participants : 74  
Person in Charge : *Deepu G*

#### **Brief Report**

The U- Turn project is a joint venture of NSS unit 113 and Kureekkad town residence association to eradicate plastic waste and establish a close to perfect system to manage degradable and non-degradable waste in the area. The project was planned on three different levels. The first step was to survey the area to have an understanding of the waste management crisis. The second step was to spread awareness among people so that they can cooperate with our plan of separation and collection of waste in three different bags. The third step was action to make the people complete the task as planned. As part of the programme a Survey was conducted in the Kureekkad region, to analyse the mechanism adopted by the inmates for waste management. The NSS unit 113 was able to successfully complete the project with the tremendous support from the part of KTRA residents especially Sri Ramakrishnan and KTRA secretary

#### ***Programme Brochure & Images***





# ***NIRMALA ARTS AND SCIENCE COLLEGE***

(Affiliated to Mahatma Gandhi University, Kottayam)

## **NATIONAL SERVICE SCHEME**





# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



## NATIONAL SERVICE SCHEME

### KERALA FLOOD RELIEF COLLECTION

Date : 17<sup>th</sup> August 2019  
Venue : College premises  
Resource Person : -  
Number of Participants : -  
Person in Charge : Deepu G

#### **Brief Report**

The volunteers of NSS unit 113 of Nirmala Arts and Science College, Mulanthuruthy successfully organized a flood relief collection drive to support the victims of the devastating floods that hit Kerala in 2019. The volunteers not only collected a considerable amount of money but also volunteered in the campus flood relief camp during the previous floods. The college management, also contributed a generous amount towards this noble cause. Euro kids Chottanikkara also played a crucial role by providing a good number of necessary materials for the flood relief collection. The various materials collected for the flood relief, including food, clothing, and other essential items, were submitted to the NSS Collection centre at Ernakulam. The amount collected was submitted to the Kerala Chief Minister's Relief Fund. The efforts made by the volunteers and the generous contributions of the management and Euro kids Chottanikkara have truly made a difference in the lives of the affected people. The initiative taken by the NSS volunteers to support the flood victims is commendable and appreciable

#### ***Programme Brochure & Images***



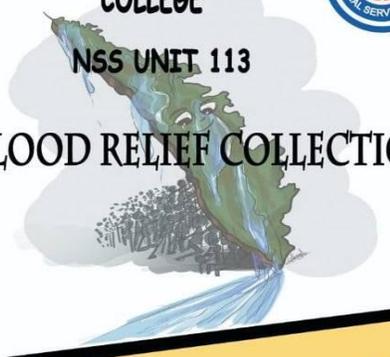


# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)

## NATIONAL SERVICE SCHEME



<p><b>NIRMALA ARTS &amp; SCIENCE COLLEGE</b></p> <p><b>NSS UNIT 113</b></p> <p><b>FLOOD RELIEF COLLECTION</b></p> 	<p><b>ITEMS REQUIRED</b></p> <ul style="list-style-type: none"><li>BED SHEETS / BLANKETS</li><li>SLEEPING MATS</li><li>DURRIES</li><li>SAREE</li><li>LUNGI / DHOTI</li><li>NIGHTIE</li><li>UNDERGARMENTS-MALES / FEMALES / CHILDREN (NEW)</li><li>TOWEL</li><li>SANITARY NAPKIN</li><li>ADULT DIAPER</li><li>BABY DIAPERS</li><li>CHAPPELS- LADIES / GENTS (EITHER RUBBER / PLASTIC)</li><li>CHAPPELS- CHILDREN (EITHER PLASTIC OR RUBBER)</li><li>CANDLES</li><li>MATCH BOX</li><li>TORCH / BATTERIES</li><li>BATHING SOAP</li><li>TOOTH PASTE / BRUSH</li><li>BLEACHING POWDER</li><li>CLEANING GLOVES</li><li>GUMBOOTS</li><li>CLEANING EQUIPMENTS / SOLUTIONS</li><li>BUCKET / MUG</li><li>DETTOL / MOP</li><li>BROOM STICKS / BRUSH</li><li>CLEANING WIPER</li><li>RICE</li><li>SUGAR</li><li>PULSES</li><li>SPICES</li></ul>
<p><b>DATE &amp; TIME</b></p> <p>16/08/19 : 10 AM -3 PM</p> <p>17/08/19 : 10 AM -12 PM</p> <p><b>CONTACT</b></p> <p>9496334708, 9645156351</p> <p>9656360207, 8606312064</p> <p><b>VENUE</b></p> <p><b>NIRMALA COLLEGE CAMPUS MULANTHURUTHY</b></p>	



# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



## NATIONAL SERVICE SCHEME

### TALK ON ANGER MANAGEMENT

Date	: 19 <sup>th</sup> September 2019
Venue	: College premises
Resource Person	: Sri. Thankachan P A Editor: Sastragathi, Sastra Sahithya Parishathu
Number of Participants	: 27
Person in Charge	: Deepu G

#### **Brief Report**

The NSS activities of the academic year 2019-20 were inaugurated by Sri. Thankachan P A (Editor: Sastragathi, Sastra Sahithya Parishathu) and gave a sparkling speech to volunteers about how to be self-reliant and scientific in temper to be a good human being. Programme officer Mr. Deepu G delivered welcome speech, Principal Dr. Geetha C A felicitated the programme, Prof. Daisy N O delivered Dean's message. New volunteers were addressed and welcomed by senior volunteers. Volunteer secretary Amal shared his NSS memories and experience. NSS Programme Officer Mrs. Jeena Varghese delivered the vote of thanks.

#### *Programme Brochure & Images*





# ***NIRMALA ARTS AND SCIENCE COLLEGE***

(Affiliated to Mahatma Gandhi University, Kottayam)

## **NATIONAL SERVICE SCHEME**





# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



## NATIONAL SERVICE SCHEME

### NSS DAY CELEBRATIONS

Date : 24<sup>th</sup> September 2019  
Venue : Auditorium  
Resource Person :  
Number of Participants : 22  
Person in Charge : Deepu G

### Brief Report

The 2019 NSS day was celebrated completely under the planning and leadership of NSS unit 113 volunteers. They showed excellent craftsmanship and volunteering capabilities to pull off a wonderful NSS day celebration including all the students of the college. The various programmes organized included quiz based on NSS knowledge, mobile photography based on the theme of nature, and the highlight of the celebrations was the thrilling treasure hunt in the campus based on NSS values.

### *Programme Brochure & Images*



**NIRMALA ARTS & SCIENCE COLLEGE**  
MUANTHURUTHY

**NSS UNIT 113**

**PRESENTS**

NSS @ 50 | GANDHIJI @ 150

NSS Golden Jubilee Celebration

**TREASURE HUNT & MOBILE PHOTOGRAPHY**  
ON 24<sup>TH</sup> SEPTEMBER 2019

STUDENT CO-ORDINATORS

TREASURE HUNT :  
VANDHANA : 7994006185 , AIJO : 7909247341

MOBILE PHOTOGRAPHY :  
AKHIL : 8606312064 , AMAL : 9656360207

**INSTRUCTIONS FOR CANDIDATES**

**TREASURE HUNT**

- FOR 2ND 3RD YEARS
- TWO TEAMS FROM EACH CLASS
- MAX. NO LIMIT 4/HEAD
- NO MOBILE PHONES ARE ALLOWED
- REGISTRATION CLOSSES AT 10.30 AM ON 24TH SEPTEMBER 2019
- REG. FEE - 10/HEAD

**MOBILE PHOTOGRAPHY**

- FOR 1ST YEARS
- REGISTRATION CLOSSES AT 2.00 PM
- REG. FEE - 20/HEAD

**EXCITING CASH PRIZES ARE WAITING FOR YOU**



# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)

## NATIONAL SERVICE SCHEME





# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



## NATIONAL SERVICE SCHEME

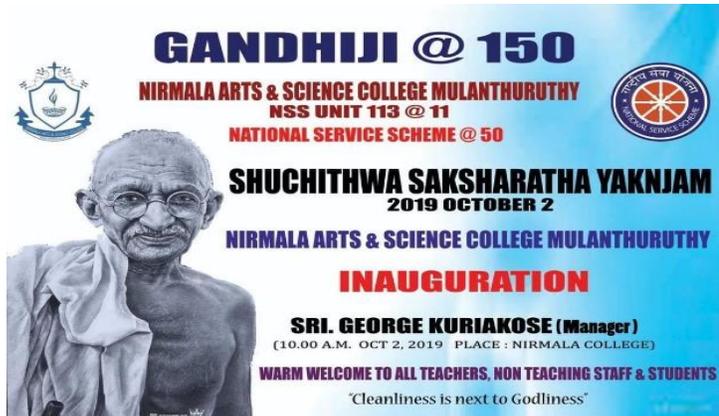
### SHUCHITHWA SAKSHARATHA YAKNJAM

Date : 02<sup>nd</sup> October 2019  
Venue : College Premises  
Resource Person :  
Number of Participants : 68  
Person in Charge : Deepu G

#### Brief Report

NSS unit 113 of Nirmala Arts and Science College, Mulanthuruthy celebrated Gandhi Jayanti on October 2nd. NSS volunteers cleaned campus and its surroundings with the participation of students, teachers and staff. Programme Officer Mr. Deepu G shared Gandhi Jayanti Message and importance of cleanliness. Principal Dr. Geetha C A felicitated the initiative. As per instructions of Mahatma Gandhi University the planting of 150 trees to were completed by October to celebrate the 150th anniversary of the Mahatma. Shuchithwa Saksharatha Yaknjam

#### *Programme Brochure & Images*





# **NIRMALA ARTS AND SCIENCE COLLEGE**

(Affiliated to Mahatma Gandhi University, Kottayam)



## **NATIONAL SERVICE SCHEME**

### **FREE HOMEO MEDICAL CAMP**

Date : 28<sup>th</sup> October 2019  
Venue : College Premises  
Resource Person : -  
Number of Participants : -  
Person in Charge : Deepu G

#### **Brief Report**

On October 28, 2019, a free Homeo medical camp was organized by the NSS unit of Nirmala Arts & Science College, Mulanthuruthy, in collaboration with Kerala State Homeo Department. The main objective of the camp was to provide free medical consultation and treatment to the people who could not afford the cost of treatment. The camp was well attended, and the doctors and volunteers examined and provided Homeopathic medicines to a large number of patients. The medical camp also provided an opportunity for the doctors to educate the patients about various health issues and the benefits of Homeopathic treatment. The camp was a success, and the patients appreciated the efforts of the doctors and volunteers in providing free medical services to the community.

#### ***Programme Brochure & Images***





# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



## NATIONAL SERVICE SCHEME

### NJARU NADAL - MULANTHURUTHY GRAMAPANCHAYATH 2<sup>nd</sup> Ward

Date	: 18 <sup>th</sup> November 2019
Venue	: 2 <sup>nd</sup> Ward Mulanthuruthy gramapanchayath
Resource Person	:
Number of Participants	: 12
Person in Charge	: Deepu G

### **Brief Report**

The NSS volunteers of 113 had their first-hand experience of farming on 18th November 2019. The students were excited to have experienced farming in person and they were ready to impart their new found knowledge to rest of the college, families and people in their neighborhood. A week-long schedule was planned by the volunteers for effectively communicating faming ideas.

Ex-MLA V J Poulouse inaugurated the Njaru Nadal and prominent personalities of the Mulanthuruthy Panchayath, from various departments spoke to the students regarding the significance of farming and how to preserve it.

### ***Programme Brochure & Images***





# **NIRMALA ARTS AND SCIENCE COLLEGE**

(Affiliated to Mahatma Gandhi University, Kottayam)



## **NATIONAL SERVICE SCHEME**

### **SOCIAL SURVEY**

Date : 27<sup>th</sup> November 2019  
Venue : *Mulanthuruthy Grama Panchayath*  
Resource Person :  
Number of Participants : 18  
Person in Charge : *Deepu G*

### **Brief Report**

In November 2019, a social survey was conducted by in Mulanthuruthy Grama Panchayath with the aim of raising awareness about the various government schemes, aids, legal support, and general awareness on important matters. The survey was conducted by NSS 113 volunteers, who distributed notices, brochures, and handouts to every household in the area. The survey was successful in creating awareness about the panchayath schemes and the benefits of various government schemes, as well as increasing legal and general awareness among the residents. The survey also helped to improve the quality of life in Mulanthuruthy Grama Panchayath by increasing access to important resources and improving knowledge among the residents.

### ***Programme Brochure & Images***





# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



## NATIONAL SERVICE SCHEME

### SUVARNAM NSS@50 –SEVEN DAY SPECIAL CAMP

Date : 20<sup>th</sup> December 2019  
Venue : St. Marys HSS, Thalacode  
Resource Person :  
Number of Participants : -  
Person in Charge : -

#### **Brief Report**

The special camp was organized at St. Marys HSS, Thalacode with the utmost support and guidance of George Kuriakose, manager of the college. The Camp Began on 20<sup>th</sup> December 2019 and ended on 27<sup>th</sup> December 2019. This year's special camp had more than 100 volunteers and it wouldn't have been a success without the help of management, principal, all the teachers who cooperated with the camp and above all the senior volunteers, ex-volunteers and especially volunteer secretaries. The main project of the camp was Green literacy to be made a habit in the society and our volunteers were able to organize programmes that spread green or eco-friendly life awareness among other volunteers and people. Various Social Sensitisation events were conducted as part of the camp.

#### ***Programme Brochure & Images***





# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)

## NATIONAL SERVICE SCHEME





# **NIRMALA ARTS AND SCIENCE COLLEGE**

(Affiliated to Mahatma Gandhi University, Kottayam)



## **NATIONAL SERVICE SCHEME**

### **PUBLIC SANITISATION PROGRAMME – ST. MARY’S HSS, THALACODE**

Date : 21<sup>st</sup> December 2019  
Venue : St. Mary’s HSS, Thalacode  
Resource Person : -  
Number of Participants : 100  
Person in Charge : Deepu G

#### **Brief Report**

On December 21, 2019, as part of the Seven day special camp of the National Service Scheme unit 113 SUVARNAM, a mass cleaning drive was conducted at the St. Mary’s HSS, Thalacode 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.

#### ***Programme Brochure & Images***





# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



## NATIONAL SERVICE SCHEME

### SOLAR POWER AWARENESS SURVEY

Date : 22<sup>nd</sup> December 2019  
Venue : 4<sup>th</sup> Ward Thalacode Panchayath  
Resource Person :  
Number of Participants : 100  
Person in Charge : Deepu G

#### **Brief Report**

In November 2019, a survey was conducted in Thalacode Panchayath to raise create awareness about the benefits of solar power and encourage people to reduce their electricity consumption by switching to solar power. The Survey was conducted in collaboration with the solar plant project by government of Kerala. The survey aimed at creating awareness and providing the information relating installation of solar cells. The survey was organized by NSS 113 volunteers who distributed notices, brochures, and handouts to every household in the area. The survey results showed that the campaign was successful in increasing awareness of solar power benefits and encouraging people to switch to solar energy. There was a significant reduction in electricity consumption and monthly bills for households who switched to solar power. The campaign was effective in promoting the use of renewable energy sources and reducing the carbon footprint of the community.

#### ***Programme Brochure & Images***





# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



## NATIONAL SERVICE SCHEME

### **BUILD UP YOUR PERSONALITY THROUGH NSS**

Date	: 23 <sup>rd</sup> December 2019
Venue	: St. Mary's HSS, Thalacode
Resource Person	: <b>Mr. Jaimohan P</b> : Personality Development Trainer and NASC Alumni
Number of Participants	: 100
Person in Charge	: Deepu G

### **Brief Report**

A session on Personality Development through NSS was conducted as part of on December 23rd, 2019. The Resource person for the session was Mr. Jaimohan P, Personality Development Trainer and NASC Alumni. The session focused on the importance of the National Service Scheme (NSS) in promoting personal growth and development, as well as the various ways in which individuals can enhance their own personalities through self-reflection, goal-setting, and effective communication. Participants were encouraged to identify their strengths and weaknesses, set achievable goals, and develop strategies for improving their interpersonal skills. He also emphasized the role of NSS in promoting social responsibility and community service, and how this can positively impact personal growth and development. He also spoke about the importance of self-awareness and self-reflection in understanding one's strengths and weaknesses, and how this can be used to identify areas for personal improvement. The session was interactive and engaging, with participants actively participating in group discussions and activities.

### ***Programme Brochure & Images***





# ***NIRMALA ARTS AND SCIENCE COLLEGE***

*(Affiliated to Mahatma Gandhi University, Kottayam)*



## **NATIONAL SERVICE SCHEME**

### **YOGA AND MEDITATION**

Date	: 24 <sup>th</sup> December 2019
Venue	: St. Mary's HSS, Thalacode
Resource Person	: <b>Rahul M R and Ashique Muhammed</b> : Senior NSS Volunteers
Number of Participants	: 100
Person in Charge	: Deepu G

### **Brief Report**

On December 24th, 2019, Rahul M R and Ashique Muhammed, Senior NSS Volunteers, conducted a session on Yoga and Meditation. The session focused on the benefits of practicing yoga and meditation for both physical and mental health. The participants were taught various yoga asanas and meditation techniques to help reduce stress, improve focus and concentration, and promote overall well-being. The session was interactive and engaging, with participants actively participating in the yoga and meditation practices. They provided helpful tips and guidance throughout the session, encouraging participants to incorporate these practices into their daily routine for maximum benefit. The session was really informative and inspiring, providing participants with practical tools to help manage stress and promote better physical and mental health.

### ***Programme Brochure & Images***





# **NIRMALA ARTS AND SCIENCE COLLEGE**

(Affiliated to Mahatma Gandhi University, Kottayam)



## **NATIONAL SERVICE SCHEME**

### **PUBLIC SANITISATION PROGRAMME - POST OFFICE** **MULANTHURUTHY**

Date : 26<sup>th</sup> December 2019  
Venue : Post Office, Mulanthuruthy  
Resource Person :  
Number of Participants : 100  
Person in Charge : Deepu G

#### **Brief Report**

On December 26, 2019, the National Service Scheme (NSS) unit 113 as part of their seven-day special camp, Suvarnam, conducted a mass cleaning drive at the post office in Mulanthuruthy compound. NSS volunteers actively participated in the drive and cleaned various parts of the post office, including the lobby, counters, and post boxes. The main objective of the drive was to promote cleanliness and hygiene in the post office premises and to create awareness among the staff and customers about the importance of cleanliness. The volunteers also interacted with the post office staff and educated them about the benefits of maintaining a clean and healthy environment. The drive was a success, and the NSS unit received appreciation from the post office authorities for their efforts in keeping the post office clean and hygienic.

#### ***Programme Brochure & Images***





# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



## NATIONAL SERVICE SCHEME

### PUBLIC SANITISATION PROGRAMME @ FORTKOCHI

Date : 02<sup>nd</sup> January 2020  
Venue : Fort Kochi  
Resource Person :  
Number of Participants : 27  
Person in Charge : Deepu G

#### **Brief Report**

The New Year brings new hopes and dreams into everyone's lives and on January 2020 we too started our year on a positive note. After the wonderful new year celebrations at fort Kochi the city was back to its routine haste but our volunteers found enough time on 2nd January 2020 to clean the city of all the unwanted waste that was in heap after the new year celebrations. We felt great to start the New Year with such enthusiasm combined with service mentality and we hope to make it a routine every new year. "Not me but you" that's the motto all NSS volunteers believe in.

#### *Programme Brochure & Images*





# **NIRMALA ARTS AND SCIENCE COLLEGE**

(Affiliated to Mahatma Gandhi University, Kottayam)



## **NATIONAL SERVICE SCHEME**

### **PUBLIC SANITISATION PROGRAMME – GOVT. AYURVEDA DISPENSARY, MULANTHURUTHY**

Date : 26<sup>th</sup> January 2020  
Venue : Govt. Ayurveda Dispensary, Mulanthuruthy  
Resource Person : -  
Number of Participants : 34  
Person in Charge : Deepu G

#### **Brief Report**

On January 26, 2020, as part of the Republic Day celebrations, the National Service Scheme (NSS) unit 113 conducted a mass cleaning drive at the Government Ayurveda Dispensary in Mulanthuruthy compound. NSS volunteers actively participated in the drive and cleaned various parts of the dispensary, including the wards, corridors, and waiting areas. The main objective of the drive was to promote cleanliness and hygiene in the dispensary premises and to create awareness among the patients, visitors, and hospital staff about the importance of cleanliness. The volunteers also interacted with the hospital staff and educated them about the benefits of maintaining a clean and healthy environment. The drive was a success, and the NSS unit received appreciation from the authorities for their efforts in keeping the hospital clean and hygienic.

#### ***Programme Brochure & Images***





# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



## NATIONAL SERVICE SCHEME

### VISIT TO RURAL SCIENCE CENTRE THURITHIKKARA

Date	: 20 <sup>th</sup> February 2020
Venue	: Rural Science centre thurthikkara
Resource Person	: <b>Sri. Thankachan P A</b> Director, Rural Science and Technology Centre, Thuruthikkara
Number of Participants	: 62
Person in Charge	: Deepu G

#### **Brief Report**

During their visit to the rural science and technology centre at Thuruthikkara, the volunteers of Unit 113 of Nirmala Arts and Science College learned about the importance of rainwater harvesting. They were introduced to various techniques such as rooftop rainwater harvesting, surface runoff harvesting, and groundwater recharge. The volunteers were taught how to calculate the amount of rainwater that can be harvested and the benefits of rainwater harvesting. They learned that rainwater harvesting can help reduce the demand for groundwater, improve the quality of groundwater, and reduce soil erosion. The visit was an eye-opener for the volunteers who gained knowledge about rainwater harvesting and how it can be implemented in rural areas to ensure the availability of water for future generations.

#### ***Programme Brochure & Images***





# NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)

## NATIONAL SERVICE SCHEME

