

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.	Awareness Talk on Terrace Farming	Day Observance	05/06/2017	Ms. Seena P G Agricultural Officer, Mulanthuruthy	-
2.	International Yoga day celebration	Yoga Practice	21/06/2017	Velayudhan P Yoga Trainer	-
3.	Road safety Awareness Seminar	Seminar	13/07/2017	K.O Mathachan Sub Inspector of Police, Mulanthuruthy police station	-
4.	Eye Check-up Camp	Camp	27/07/2017		-
5.	Jaivakrishi –Organic farming practices	Best practice	05/08/2017	-	-
6.	Independence Day celebrations	Day Observance	15/08/2017	-	-
7.	Jaivam seven day special camp	Camp	31/08/2017	P.N Sugunan Velloor grama panchayath Vice president	-
8.	Haritha Jilla Survey	Survey	05/09/2017	-	-
9.	Swachatha Diwas	Sanitisation Programme	02/10/2017	Babu Mathew ASI, Mulanthuruthy Police station	-
10.	Blood donation camp	Blood donation	01/12/2017	-	-
11.	Public Sanitisation Programme – Community Health Centre, Mulanthuruthy	Public Sanitisation Programme	26/01/2018	-	-



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NATIONAL SERVICE SCHEME

AWARENESS TALK ON TERRACE FARMING

Date : 05th June 2017
Venue : College premises
Resource Person : **Ms. Seena P G**
Agricultural Officer, Mulanthuruthy
Number of Participants : 57
Person in Charge : *Sinumon TG*

Brief Report

NSS unit 113 of Nirmala Arts and Science College, observed Environment Day Celebration on 5th June 2021. An awareness class was conducted by the Agricultural Officer Seena P.G after the formal inauguration of the function. She spoke on the topic terrace farming. She also spoke about the necessity of protection of environment. NSS volunteers celebrated World Environment day by planting agricultural crops. Agricultural Officer Seena P.G formally inaugurated the function by planting trees. All the NSS Volunteers participated in the function. Saplings were planted on the College premises.

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NATIONAL SERVICE SCHEME

INTERNATIONAL YOGA DAY CELEBRATIONS

Date : 21st June 2017
Venue : Auditorium
Resource Person : **Sri. Velayudhan P**
Yoga Trainer
Number of Participants : 45
Person in Charge : *Sinumon TG*

Brief Report

NSS Unit 113 of Nirmala Arts and Science College, Mulanthuruthy celebrated International yoga day on June 21st, 2017. Yoga Master Sri. Velayudhan P gave the yoga lessons. Essential yogasanams like Suryanamaskar, Pranayamam, and Meditation etc. were practiced during the session. The session enlightened students teaching and non-teaching staffs, how to bring physical and mental peacefulness. And also to manage stress and anxiety in busy schedules of our lives. Practicing asana's helped them to build strength, flexibility and confidence.

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NATIONAL SERVICE SCHEME

EYE CHECKUP CAMP

Date : 27th July 2017
Venue : Auditorium
Resource Person : -
Number of Participants : 38
Person in Charge : Sinumon TG

Brief Report

NSS Unit 113 in association with Lotus Eye Care Hospital Ernakulam Organised a Free eye checkup camp on 27th July 2017 at college campus. Around 300 students along with teaching and non-teachings staffs participated and effectively utilized the opportunity. Students were given an awareness class about common eye diseases like Cataracts, Glaucoma etc. and also advices from the doctor to detect early stages of various eye diseases and also to prevent them.

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NATIONAL SERVICE SCHEME

IAIVAKRISHI-ORGANIC FARMING PRACTICES

Date : 5th August 2017
Venue : College Premises
Resource Person : -
Number of Participants : 98
Person in Charge : Sinumon TG

Brief Report

NSS Unit 113 initiated the organic farming in the college premises on 5th August 2017. The programme was intended to provide awareness regarding organic farming and also to promote organic farming practices. As part of the programme, vegetable saplings were cultivated in and around the college premises by NSS volunteers and the harvested vegetables were distributed among the staff and students of the college.

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NATIONAL SERVICE SCHEME

INDEPENDENCE DAY CELEBRATIONS

Date : 15th August 2017
Venue : College Premises
Resource Person : -
Number of Participants : -
Person in Charge : Sinumon TG

Brief Report

The 71st Independence Day celebrations was organised by NSS unit 113 on 15th August, 2017 to commemorating the nation's independence from the British invasion and to honour the sacrifices of freedom fighters. Vice Principal Sri. Sinumon T.G hoisted the national flag, Programme Officer Unnikrishanan M T delivered the independence day message. A patriotic song competition, freedom quiz was also organised by NSS volunteers. Various cultural activities were also conducted.

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NATIONAL SERVICE SCHEME

JAIVAM 2017 – SEVEN DAY SEPCIAL CAMP

Date : 31st August 2017
Venue : KMHS, Mevelloor, Kottayam
Resource Person : **P.N Sugunan**
Velloor Grama Panchayath Vice president
Number of Participants : -
Person in Charge : *Sinumon TG*

Brief Report

JAIVAM awareness special camp was held at KMHS, Mevelloor, Kottayam in association with Velloor grama Panchayath. The seven day camp was conducted from August 31st to September 6th, 2017. Velloor grama panchayath Vice president P.N Sugunan formally inaugurated the camp on September 1st. Velloor panchayath 4th ward member Smt. Omana, KMHS Velloor Manager Adv. Anilkumar, Nirmala Arts and Science College Manager Sri. George Kuriakose, Vice Principal Sri. Sinumon T G, Programme Officer Mr. Unnikrishnan M T were also participated in the inaugural function. Adoption of Villages /Slums and Organizing of Special Camps: Velloor Grama Panchayath (6 wards).

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NATIONAL SERVICE SCHEME

HARITHA JILLA SURVEY

Date : 05st September 2017
Venue : Mevelloor, Kottayam
Resource Person : -
Number of Participants : 53
Person in Charge : *Sinumon TG*

Brief Report

On 5th September 2017, as part of the JAIVAM, special camp held at KMHS, Mevelloor, Kottayam in association with Velloor Grama Panchayath, a Haritha Jilla survey was conducted to create awareness about JAIVA KRISHI and promote organic farming practices in the area. The Haritha Jilla survey was conducted using the Jaivam app, covering almost all the houses of the 6 wards in the panchayath to assess the current status of organic farming practices in the area. The program highlighted the need to promote and encourage organic farming practices in the panchayath to preserve soil health, promote sustainable livelihoods, and produce healthy and chemical-free food.

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NATIONAL SERVICE SCHEME

SWACHATHA DIWAS

Date : 02nd October 2017

Venue : College Premises

Resource Person : -

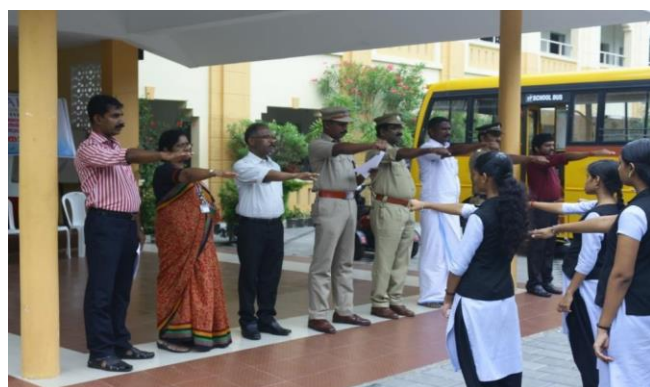
Number of Participants : 98

Person in Charge : Sinumon TG

Brief Report

The NSS Unit 113 Celebrated Swachatha Diwas as part of Gandhi jayanthi celebrations in association with Mulanthuruthy Janamaithri Police and Mulanthuruthy Gram Panchayath. Programme Officer Mr. Unnikrishanan M T delivered the welcome speech Vice Principal Mr. Sinumon T G felicitated the function. Mulanthuruthy ASI Babu Mathew inaugurated the function. Sub Inspector of Police Arundev delivered the Swachatha Diwas pledge. Mulanthuruthy ward member Sri. Binoy Haridas initiated the cleaning drive. As part of the initiative the college campus were sanitised by the NSS volunteers.

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NATIONAL SERVICE SCHEME

BLOOD DONATION CAMP

Date : 01st December 2017

Venue : Auditorium

Resource Person : -

Number of Participants : 54

Person in Charge : Sinumon TG

Brief Report

NSS unit 113 observed AIDS Day and conducted a Blood donation camp on 1st December, 2017 in association with Amrita Institute of Medical Science, Red Ribbon Club and Blood Donors Kerala. The Programme was inaugurated by Manager Sri. George Kuriakose, Programme Officer Unnikrishnan M T felicitated the programme. Almost 130 students registered for the camp and 54 students donated blood.

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NATIONAL SERVICE SCHEME

PUBLIC SANITISATION PROGRAMME – COMMUNITY HEALTH CENTRE MULANTHURUTHY

Date : 26th January 2018
Venue : Community health centre, Mulanthuruthy
Resource Person : -
Number of Participants : 79
Person in Charge : Unnikrishnan M T

Brief Report

On Republic Day, the NSS unit of Nirmala Arts & Science College organized a public sanitization program at the Community Health Centre in Mulanathuruthy. The primary objective of the program was to instill the habit of public sanitation among the local community. The NSS volunteers gathered at the Community Health Centre and started cleaning the surroundings. They cleaned the surroundings and disposed of the waste properly. The programme was successful in creating awareness among the local community about the importance of public sanitation. The NSS volunteers interacted with the people who visited the centre and educated them about the significance of maintaining cleanliness in public places. The program was well-received by the community, and they appreciated the efforts of the NSS unit in organizing the event. The local authorities also extended their support to the program, and they ensured that the necessary resources were provided for the volunteers.

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