

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	Sri. Rakesh kokkayil International faculty of yoga and personality development skills	-
3.	Awareness on Waste Management and Inauguration of U-Turn Project	Extension	15/07/2019	Sri. Kamal Pasha <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	Mr P.A Thankachan Director of Rural Science and Technology Centre, Thuruthikara	-
8.	NSS Day Celebration	Day Observance	24/09/2019		-
9.	Shuchithwa Saksharatha Yaknam	Sanitisation programme	02/10/2019		-
10.	Free Homeo Medical Camp	Extension	28/10/2019		



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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		-



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WORLD ENVIRONMENT DAY CELEBRATIONS

Date : 05th 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 5th 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.

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NATIONAL SERVICE SCHEME

INTERNATIONAL YOGA DAY CELEBRATIONS

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

Brief Report

NSS unit 113 of Nirmala Arts and Science College, Mulanthuruthy celebrated international yoga day on June 21st 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.

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NATIONAL SERVICE SCHEME

NJATTUVELA EXIBITION

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

Brief Report

The Njattuvella market was opened by Mulanthuruthy gramapanchayath during Njattuvella. Njattuvella 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 Njattuvella market was an insightful journey to the NSS volunteers.

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NATIONAL SERVICE SCHEME

SURVEY ON WASTE MANAGEMENT- U-TURN PROJECT

Date : 26th 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

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NATIONAL SERVICE SCHEME

KERALA FLOOD RELIEF COLLECTION

Date : 17th 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

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<p>NIRMALA ARTS & SCIENCE COLLEGE</p> <p>NSS UNIT 113</p> <p>FLOOD RELIEF COLLECTION</p>	<p>ITEMS REQUIRED</p> <ul style="list-style-type: none">BED SHEETS / BLANKETSSLEEPING MATSDURRIESSAREELUNGI / DHOTINIGHTIEUNDERGARMENTS-MALES / FEMALES / CHILDREN (NEW)TOWELSANITARY NAPKINADULT DIAPERBABY DIAPERSCHAPPELS- LADIES / GENTS (EITHER RUBBER / PLASTIC)CHAPPELS- CHILDREN (EITHER PLASTIC OR RUBBER)CANDLESMATCH BOXTORCH / BATTERIESBATHING SOAPTOOTH PASTE / BRUSHBLEACHING POWDERCLEANING GLOVESGUMBOOTSCLEANING EQUIPMENTS / SOLUTIONSBUCKET / MUGDETTOL / MOPBROOM STICKS / BRUSHCLEANING WIPERRICESUGARPULSESSPICES
<p>DATE & TIME</p> <p>16/08/19 : 10 AM - 3 PM</p> <p>17/08/19 : 10 AM - 12 PM</p> <p>CONTACT</p> <p>9496334708, 9645156351</p> <p>9656360207, 8606312064</p> <p>VENUE</p> <p>NIRMALA COLLEGE CAMPUS MULANTHURUTHY</p>	



NATIONAL SERVICE SCHEME

TALK ON ANGER MANAGEMENT

Date : 19th 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.

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NSS DAY CELEBRATIONS

Date : 24th 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.

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NIRMALA ARTS & SCIENCE COLLEGE
MUANTHURUTHY
NSS UNIT 113
PRESENTS
NSS @ 50 | GANDHIJI @ 150
NSS Golden Jubilee Celebration
TREASURE HUNT & MOBILE PHOTOGRAPHY
ON 24TH 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 CLOSING AT 10.30 AM ON 24TH SEPTEMBER 2019
* REG. FEE - 10/HEAD
MOBILE PHOTOGRAPHY
* FOR 1ST YEARS
* REGISTRATION CLOSING AT 2.00 PM
* REG. FEE - 20/HEAD
EXCITING CASH PRIZES ARE WAITING FOR YOU



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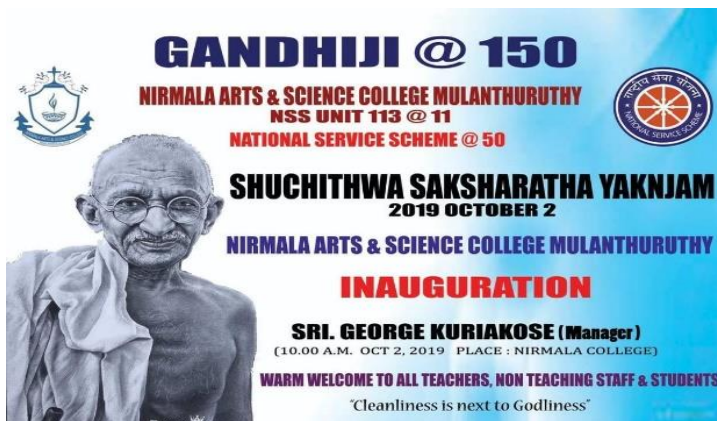
SHUCHITHWA SAKSHARATHA YAKNJAM

Date : 02nd 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

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NATIONAL SERVICE SCHEME

FREE HOMEOPATHIC MEDICAL CAMP

Date : 28th 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.

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NATIONAL SERVICE SCHEME

NJARU NADAL - MULANTHURUTHY GRAMAPANCHAYATH 2nd Ward

Date : 18th November 2019
Venue : 2nd 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.

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NATIONAL SERVICE SCHEME

SOCIAL SURVEY

Date : 27th 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.

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NATIONAL SERVICE SCHEME

SUARNAM NSS@50 –SEVEN DAY SPECIAL CAMP

Date : 20th 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 20th December 2019 and ended on 27th 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.

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

Date : 21st 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.

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NATIONAL SERVICE SCHEME

SOLAR POWER AWARENESS SURVEY

Date : 22nd December 2019
Venue : 4th 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 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.

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NATIONAL SERVICE SCHEME

BUILD UP YOUR PERSONALITY THROUGH NSS

Date	: 23 rd December 2019
Venue	: St. Mary's HSS, Thalacode
Resource Person	: Mr. Jaimohan P 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.

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NATIONAL SERVICE SCHEME

YOGA AND MEDITATION

Date : 24th December 2019
Venue : St. Mary's HSS, Thalacode
Resource Person : **Rahul M R and Ashique Muhammed**
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.

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NATIONAL SERVICE SCHEME

PUBLIC SANITISATION PROGRAMME – POST OFFICE **MULANTHURUTHY**

Date : 26th 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 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.

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PUBLIC SANITISATION PROGRAMME @ FORTKOCHI

Date : 02nd 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.

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NATIONAL SERVICE SCHEME

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

Date : 26th 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.

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VISIT TO RURAL SCIENCE CENTRE THURITHIKKARA

Date : 20th February 2020
Venue : Rural Science centre thurthikkara
Resource Person : **Sri. Thankachan P A**
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.

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