

**NIRMALA
ARTS & SCIENCE COLLEGE
MULANTHURUTHY**



NATIONAL SERVICE SCHEME

ANNUAL REPORT 2020 -2021



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.	NSS Day Celebrations	Day Observance	24/09/2020	-	-
2.	Covid -19 Awareness	Webinar	25/09/2020	Dr. Karamchand , Professor and Head of Medicine, Padiar Memorial Homoeo College, Chottanikkara	48
3.	NSS and Personality Development	Webinar	02/10/2020	Mr. Gokul C.Dileep NSS National Award Winner 2019, St. Mary's College, Manarcadu, Kottayam	-
4.	Challenges in Covid 19 for NSS Volunteers	Webinar	08/10/2020	Jeena Vargheese NSS Programme Officer	
5.	Mask and Sanitizer Distribution	Outreach	17/11/2020		-
6.	Poster Designing Competition	Competition	01/12/2020		
7.	Road Safety Awareness Programme	Awareness	25/01/2021	Sri Aby (SI), Sri Vijayan (SI), Sri Krishnakumar (ASI) Janamythri Police Station Mulanthuruthy	
8.	Prathyasa – Three day virtual camp	Camp	29/01/2021		
9.	Awareness on Green Initiatives	Awareness	25/03/2021	Dr C A Geetha Principal	
10.	Covid 19 Relief Kit Distribution	Outreach	29/05/2021		



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NSS DAY CELEBRATION

Date : 24th September 2020
Mode : Online (Google Meet)
Resource Person : -
Number of Participants : -
Person in Charge : Jeena Vargheese

Brief Report

NSS unit 113 of Nirmala Arts and Science College Mulanthuruthy celebrated NSS day on September 24th, 2020 at 1:30 pm through the Google Meet Platform due to the Covid Pandemic circumstances. Around 65 NSS volunteers along with Principal Dr. Geetha C.A, Dean Prof. Daisy N.O, and few teaching staff from all the departments have participated. The programme started with NSS Prayer sung by volunteer secretary Unnimaya. Programme Officer, Ms. Jeena Varghese welcomed the gathering. On the occasion, Principal Dr. Geetha

C.A delivered principal's address, followed by the felicitation of Dean Prof. Daizy N.O and Mr. Deepu G (Ex-programme officer) delivered NSS Day messages.

As part of the celebration, senior volunteer Unnimaya dedicated a song for NSS family from her own lines and tune and senior volunteer Pooja prepared a puzzle solution game for new volunteers. Ms. Feona Lissy AS and Mr. Manoj.K are selected as new volunteer secretaries and a poster making competition on the theme "NSS Day 2020" was held in which about 10 NSS volunteers participated and Aryadevi P.M and Parvathy Anilkumar were declared first and second respectively. NSS volunteers also mesmerized audience with their colorful video presentation based on NSS Camp 2019. Finally, fruitful discussions are made to clarify about further NSS activities. The programme ended with vote of thanks by Mr. Anandhu Aravindan (Programme Officer NSS).

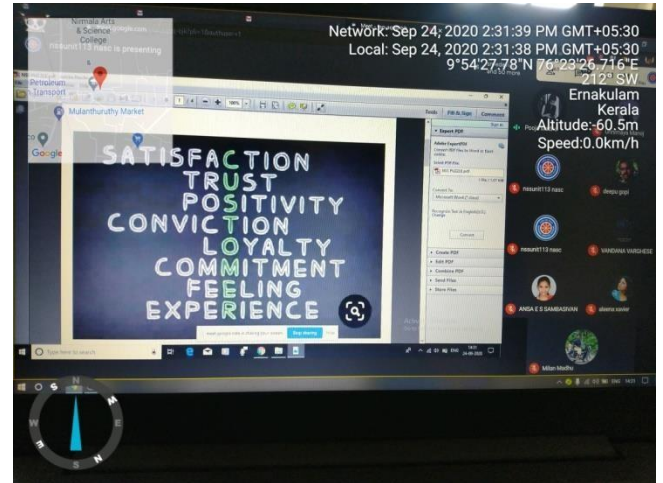
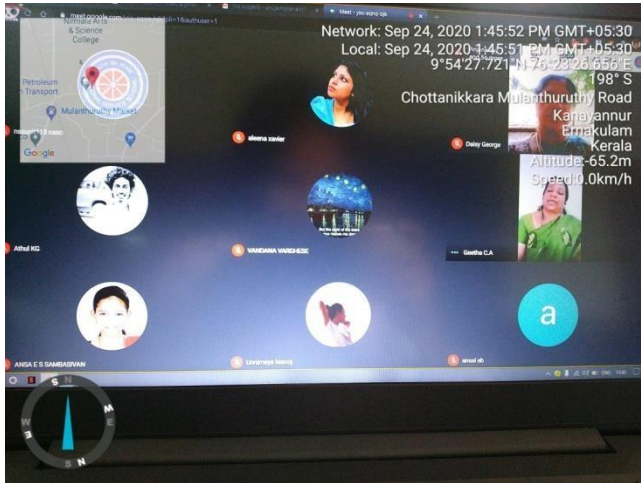


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First Prize
Arya Devi (Third B.com Tax)



Second Prize
Parvathy Anilkumar (Third B.com Tax)



NATIONAL SERVICE SCHEME

WEBINAR - COVID 19 AWARENESS

Date	: 25 th September 2020
Mode	: Online (Google Meet)
Resource Person	: Dr. Karamchand, Professor and Head of Medicine, Padiar Memorial Homoeo College, Chottanikkara
Number of Participants	: 48
Person in Charge	: Jeena Vargheese

Brief Report

A one-day Webinar titled “Covid 19-Awareness” was organized by NSS Unit 113, Nirmala Arts and Science College Mulanthuruthy on September 25th, 2020 for NSS volunteers. The Webinar commenced at 3:30 pm. There are about 48 participants attended the session. Programme Officer Mr. Arunkumar M (Assist. Professor in commerce) and students of SCMS college participated the session. Mr. Anandhu Aravindan (Programme Officer) welcomed the gathering and Mr. Deepu G (Ex-programme officer) felicitated the programme.

Covid-19 is an officially declared pandemic by World Health Organisation. It is an infectious disease which has been spreading swiftly across the globe, creating unprecedented lockdowns. Caused by the most recently discovered Coronavirus, it spreads among humans through small droplets from the nose or mouth of an Infected Person.

The awareness programme was handled by Dr. Karamchand, Professor and Head of Medicine, Padiar Memorial Homoeo College, Chottanikkara. His session started with the covid-19 outbreak and its epicenter. Then he discussed on various aspects of covid-19. He continuously emphasizes on the point that “Fear is the only cause for weakened immune system of our body”. So, Stay Healthy, Stay Safe and Stay Positive. The talk gave a clear idea about covid-19 situations.

The Webinar on Covid-19 created a great awareness among the students, faculties and all other participants. Finally, very good discussions are made to clarify many aspects regarding Covid-19 doubts by Faculties and Students.

The webinar came to an end by 5.00 pm with vote of thanks by Mrs. Jeena Varghese (Programme Officer NSS).



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NIRMALA ARTS AND SCIENCE COLLEGE
MULANTHURUTHY
(Affiliated to M.G. University Kottayam)

NSS UNIT 113
Organises

"NSS DAY Celebration"
On 24th September 2020, 1.30 - 2.30 pm

And

"COVID 19- Awareness"
On 25th September 2020
3.30 pm - Via 

Our Resource Person

DR. Karamchand
Professor and Head of Medicine,
Dr. Padmar Memorial Homoeo College,
Chottanikkara

Organising Committee
Jeena Varghese (NSS P.O.)
Anandhu Aravindan (NSS P.O.)
Deepu G. (English Dep. HOD, Ex-P.O.)
Amal
Anandhu (NSS Secretary's)
Anusha, Vandhana
Unnimaya
Pooja
Eldhose
Parvathy

To Register: <https://forms.gle/dosuSoXupKwt1tdL7>

ALL ARE CORDIALLY INVITED

Questions Responses 44

NIRMALA
ARTS AND SCIENCE COLLEGE
MULANTHURUTHY
NSS UNIT 113

Webinar on "COVID 19- Awareness"

NSS Unit 113 organises One-Day Webinar on 25th September 3.30pm via Google meet.

Resource Person

DR. Karamchand
Professor and Head of Medicine,
Dr. Padmar Memorial Homoeo College,
Chottanikkara

Email address *

Valid email address





NIRMALA ARTS AND SCIENCE COLLEGE

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NSS AND PERSONALITY DEVELOPMENT

Date	: 02 nd October 2020
Mode	: Online (Google Meet)
Resource Person	: Mr. Gokul C.Dileep NSS National Award Winner 2019, St. Mary's College, Manarcadu, Kottayam
Number of Participants	: 55
Person in Charge	: Jeena Vargheese

Brief Report

NSS Unit 113 of Nirmala Arts and Science College Mulanthuruthy celebrated Gandhi Jayanti on October 2nd, 2020 at 11:30am through the Google Meet Platform due to the Covid-19 Pandemic circumstances. Around 55 NSS volunteers along with Principal Dr.Geetha C.A and few teaching staff from all the departments have participated. The programme started with NSS Prayer sung by volunteer Arya sree, Volunteer Secretary Feona Welcomed the gathering. On the occasion, Principal Dr. Geetha C.A delivered principal's address, followed by the Felicitation of Ex-Programme Officer Mr. Deepu G and Mr. Anandhu Aravindan programme Officer delivered NSS message.

The session started with an Interesting talk by Mr. Gokul C. Dileep (NSS National Award Winner 2019, St. Mary's College, Manarcadu, Kottayam) on the Topic: "NSS and Personality Development". His speech inspires the volunteers and gave a deep insight about NSS activities and personality development. He emphasised the social responsibilities of the NSS volunteers.

The session was very helpful for the volunteers, faculties and all other participants. Finally, very good discussions are made to clarify about further NSS activities. The programme ended with vote of thanks by Manoj (volunteer secretary).



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Programme Brochure & Images





NIRMALA ARTS AND SCIENCE COLLEGE
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NSS UNIT 113
Organises

OCTOBER 2ND 2020
GANDHI JAYANTI CELEBRATION

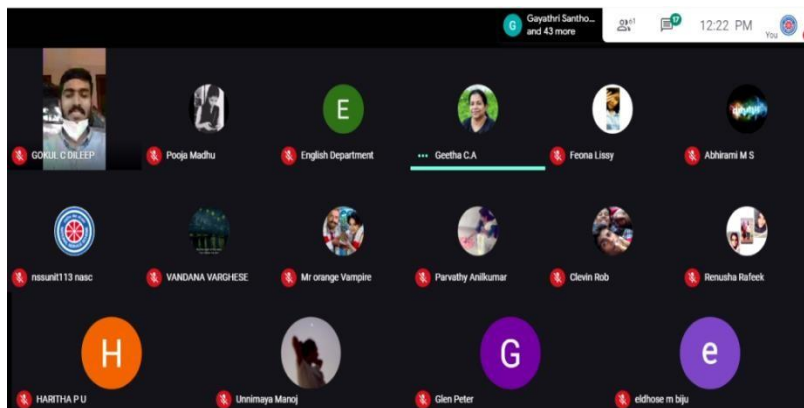
Topic: "NSS and Personality Development"
An interactive session with NSS National Award Winner

11.30 am, Via 



Mr. Gokul C. Dileep
NSS National Award Winner (2019)

ALL ARE CORDIALLY INVITED



NIRMALA ARTS AND SCIENCE COLLEGE MULANTHURUTHY



02/10/2020
11.30 am

Programme Schedule - Gandhi Jayanti

Prayer

Welcome by Feona (Volunteer secretary)

Principals address by Dr. Geetha CA

Felicitation by Deepu G (Ex-PO)

NSS Message by Anandhu Aravindan (PO)

Interactive session with Gokul C Dileep

(NSS National Award Winner 2019, St. Mary's College, Manarcadu, Kottayam)

Vote of thanks – Manoj (Volunteer secretary)



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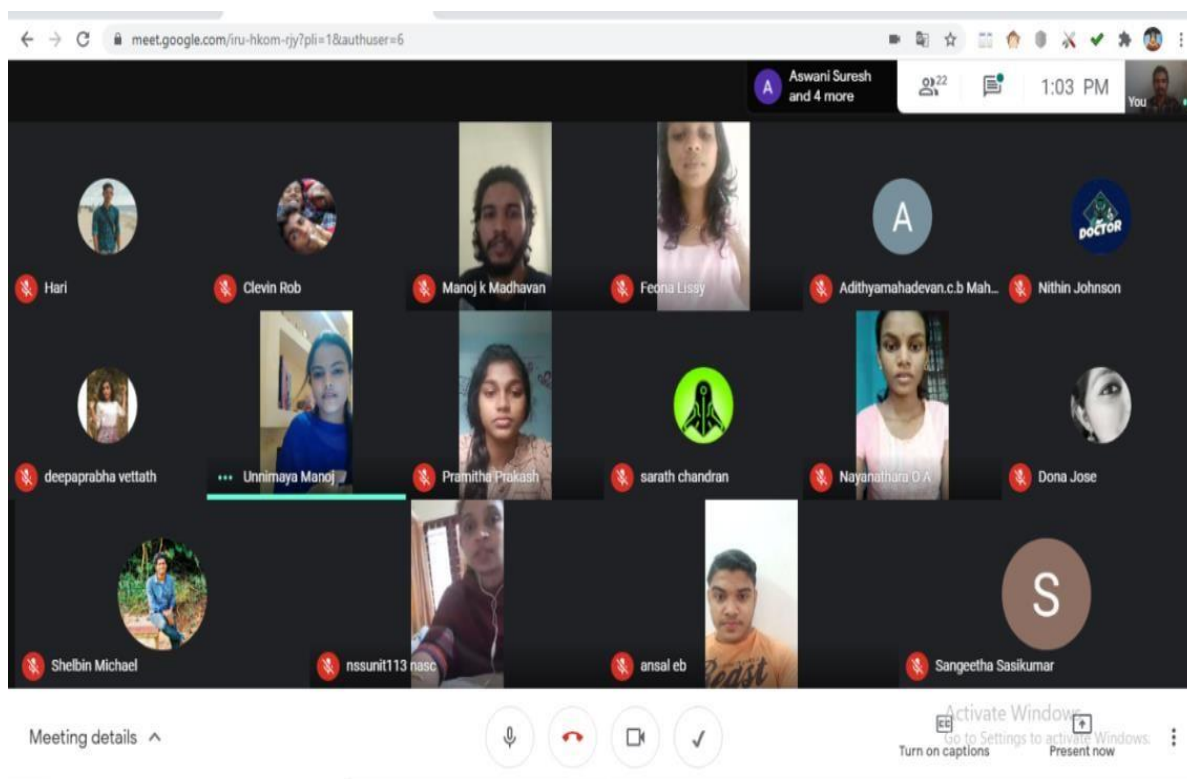
CHALLENGES IN COVID 19 FOR NSS VOLUNTEERS

Date : 08th October 2020
Mode : Online (Google Meet)
Resource Person : **Ms. Jeena Vargheese**
NSS programme Officer
Number of Participants :
Person in Charge : Jeena Vargheese

Brief Report

On October 8, 2020, an online session was conducted via Google Meet by Ms. Jeena Vargheese, NSS program officer, to discuss the challenges faced by NSS volunteers during the COVID-19 pandemic. The session highlighted the difficulties faced by the volunteers in carrying out their usual activities due to restrictions imposed to curb the spread of the virus. The discussion also focused on the various ways in which the volunteers adapted to the situation and continued to contribute to the society by promoting awareness about COVID-19 and supporting relief efforts. The session provided valuable insights to the volunteers on how to overcome the challenges and continue their service during such difficult times. The session concluded by a COVID 19 Pledge.

Programme Brochure & Images





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COVID PLEDGE
NSS UNIT NO: 113
Nirmala Arts and Science College
Mulanthuruthy





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NATIONAL SERVICE SCHEME

MASK AND SANITISER DISTRIBUTION

Date : 17th November 2020
Venue : Changolappadam
Resource Person : -
Number of Participants : 12
Person in Charge : Jeena Vargheese

Brief Report

The NSS Unit of Nirmala Arts and Science College, Mulanthuruthy, held an out-reach programme at Changolappadam, a nearby village, on November 17, 2020. Members of the unit collected masks made by Nirmala Arts and Science College's Entrepreneurship and Development cell, as well as sanitizers and Vitamin tablets. Collected materials were officially handed over to the NSS volunteers by college Principal Dr. Geetha CA and Dean Prof. Daisy N. O at the presence of Programme officers Mrs. Jeena Varghese and Mr. Anandhu Aravindan. Volunteers visited Changolappadam village under the guidance of programme officers. They distributed materials and educated the villagers about Pandemic conditions, including the importance of personal hygiene and self-protection safeguards. When the world goes through its most difficult time everywhere individuality overthrow unity, duty of an NSS volunteer was to spread awareness on collective wellbeing. Students explained people about COVID 19 and its symptoms. They explained how it is being spread and how to prevent it. A proper description of preventive measures and procedures if they get affected were conveyed. Villagers were very thankful in their feedbacks for the program. The NSS volunteers sense of civic obligation and humanity values were highlighted during the outreach program.

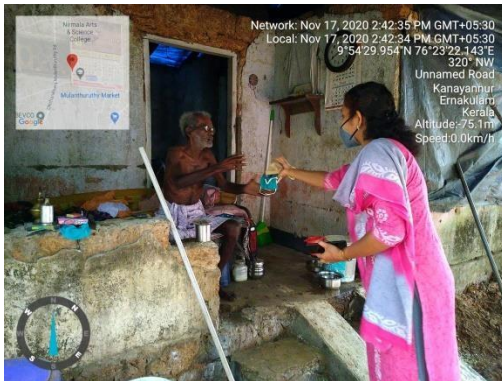


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NATIONAL SERVICE SCHEME

POSTER DESIGNING CAMPAIGN

Date : 01st December 2020
mode : Online
Resource Person : -
Number of Participants :
Person in Charge : Jeena Vargheese

Brief Report

World AIDS Day observed every year on 1st of December, brings together people from around the world to raise awareness about HIV/AIDS and demonstrate International solidarity in the face of the epidemic. It has become one of the most widely recognised International health days and a key opportunity to raise awareness, commemorate those who have died, and celebrate victories such as increased access to treatment and prevention services.

The NSS Unit 113 of Nirmala Arts and Science College Mulanthuruthy Organized AIDS Day Awareness Poster Making Campaign on 1st December 2020. The campaign was coordinated by NSS Programme Officers Mr. Anandhu Aravindan and Mrs. Jeena Varghese. NSS office bearers Ms. Feona and Mr. Manoj executed the programme. Out of 100 volunteers, 88 volunteers created their posters using pen, paper and various electronic devices. The time given for preparing the poster was one day. The posters were compiled together to create a video. The video was uploaded in the Official YouTube channel of College on Dec 1st by

7.00 pm. The video was named as “Cheerthu Nirthanom Akattaruth”.

YouTube Video Link – https://youtu.be/YM_vn-MKKYk [Official Channel]

Programme Brochure & Images



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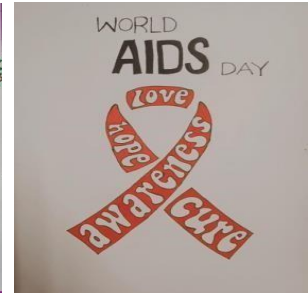
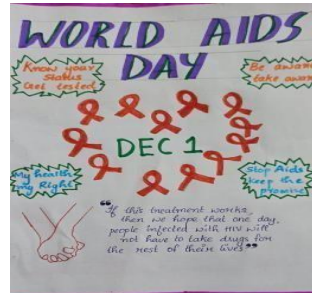
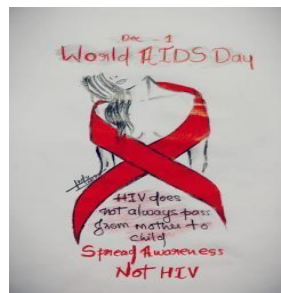
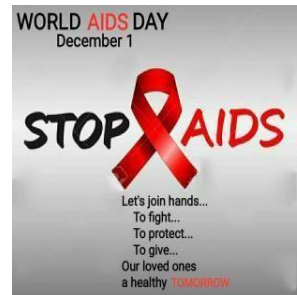
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WORLD
AIDS
DAY

Prevention is Better
Than Cure. Especially
When something Has
NO CURE





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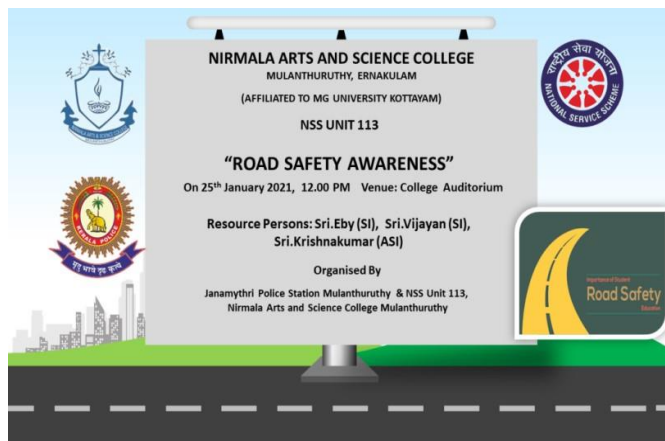
ROAD SAFETY AWARENESS PROGRAMME

Date : 25th January 2021
Venue : Seminar Hall
Resource Person : **Sri Aby (SI), Sri Vijayan (SI), Sri Krishnakumar (ASI)**
Janamythri Police Station Mulanthuruthy
Number of Participants : 73
Person in Charge : Jeena Vargheese

Brief Report

As part of the celebration of 'National Road Safety Month', NSS unit 113 of Nirmala Arts & Science College Mulanthuruthy along with the Janamythri Police Mulanthuruthy had conducted an Awareness programme on January 25th 2021, 12.00 PM at college auditorium for the Students to cultivate awareness about road safety. Despite the pandemic situation, around 50 students had participated in the programme. Since the accident cases are increased rapidly, it is much important to create awareness among the budding young minds. The session were handled by station principal S.I. Aby, Grade S.I Vijayan, Grade S.I Krishnakumar and CPO Harish. Officers shared their professional experience which created a great impact among the participants. The NSS programme officers Mrs. Jeena Varghese and Mr. Anandhu Aravindan and the NSS Secretaries Manoj, Feona, Vrinda, Hari coordinated the program. Senior volunteers held hand-made pluck cards and the programme ended up with a pledge by students and teachers.

Programme Brochure & Images





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NATIONAL SERVICE SCHEME

PRATYASA – THREE DAY VIRTUAL CAMP

Date : 29th January 2021
Mode : Online
Resource Person : -
Number of Participants :
Person in Charge : Jeena Vargheese

Brief Report

In different ways, NSS is worthwhile for both students and society. NSS encourages the learner to develop individually and as a group as well. It makes the student confident, helps to improve leadership skills and gain an understanding of various individuals from different backgrounds. NSS Unit 113 of Nirmala Arts and Science College, Mulanthuruthy had conducted a 3 day long virtual Mini Camp for the new NSS volunteer's from 29/01/2021 to 31/01/2021 through Google Meet, coordinated by the programme officers, Mr Anandhu Aravindan (Asst. Professor, Management Studies) and Mrs Jeena Vargheese (Asst. Professor, Computer Application). The camp was officially inaugurated by Sri. George Kuriakose, Manager of Nirmala Arts and Science College, Mulanthuruthy. Mrs Jeena Vargheese, programme coordinator, welcomed the gathering in the same forum. Dr. Geetha C.A, Principal felicitated the gathering. For the camp, the NSS secretaries and senior volunteers provided the necessary rules and guidelines.

On the first day, volunteers had an ice-breaking session at 4:30 PM, where each group came up with interesting games as they were told to do. The astounding thing was that the volunteers were willing to do their task as well as describe it to the other teams. Day 1 ended by marking a new beginning, where students could understand the basic elemental characters of an NSS unit and its dynamics.

Day 2 started with a mindful Yoga session under the instruction of Dr P. E. Velayudhan, Yogasiromani, DNYS (elaborate). The session was much enlightening and relaxing. Students were advised to re-join the camp by 10:30 AM for the next session which was Shramadhan. Program officer Mr Anandhu Aravindan talked about the significance of keeping the world green and instructed students to prepare a garden at home. In the offline forum students prepared very beautiful gardens and documented it and submitted to the respective supervisors. Afternoon



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session was handled by Dr. Soni T L, Assistant Professor and NSS program officer, Shri. C Achutha Menon Govt College, Thrissur. As a Prestigious Indira Gandhi National NSS Awardee, she could make a very strong notion in students about the functioning of NSS as well as the social significance of it. An hour-long session lasted till 4:00 PM, where students conveyed their thankfulness to the resource person for her words and time. Followed by this, another segment of the camp started by 7:00 PM, where volunteers exhibited their talents which made the evening elegant and enriched. Cultural programs ended by 8:00 PM, and camp dismissed for the day with great expectations for day

Day 3 The same routine of starting the day with Yoga meditation continued for Day 3. The session was led by Dr P E Velayudhan, who built a very energetic atmosphere for students. He talked about the significance of self-care in daily life. Shramadhaan's next session began at 10 AM, where program officer Mr Anandhu Aravindhan explained how cleanliness is important for a healthy civilization. Students made efforts to clean their neighbourhood presented the activities documents to the respective supervisors. Ms Maria P T, a fashion designer who taught students to prepare bookmarks and pot painting, managed the afternoon session. Creative sessions could help students to understand the aesthetics concealed in them.

3 day long virtual camp came to an end by 7:30 PM. Valedictory session started with welcome address by Mr Anandhu Aravindhan. Jeena Varghese, Program officer, presented the NSS Camp review with few highlights of the camp like Plantation, Cleaning and Emagazine. An E-magazine was presented by NSS camp volunteers. Dr Geetha C A, Principal, Prof. Daisy N O, Dean Of The Institution, Dr. Murali E, Vice Principal and Ms Mythili Raja, IQAC coordinator proposed the Valedictory speech. Mr. Deepu G, Head of the department of English and Mr. Bitto Paul, Head of the department of commerce, former Program Officers delivered the NSS message by sharing their experiences. By gathering feedback from newly joined NSS volunteers, the camp came to an official end. Each student has range of great and enthusiastic feedback from Camp.



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MULANTHURUTHY
AFFILIATED TO M.G. UNIVERSITY
NATIONAL SERVICE SCHEME UNIT -113

PRATHYASA

DATE: 29/1/2021 - 31/1/2021 PLATFORM: GOOGLE MEET

3 DAYS VIRTUAL MINI CAMP

DAY 1 (29/01/21)

04.00 PM - 04.30 PM Inaugural function of the 3 day Mini Camp (Virtual Mode)
NSS Prayer
Welcome Speech Mrs. Jeena Varghese
Programme Officer
Presidential Address Sri. George Kuriakose, Manager
Principal's Address Dr. Geetha C.A, Principal
Felicitation Prof. Daisy N.O, Dean
Dr. Murali E, Vice Principal
Vote of Thanks Mr. Anandhu Aravindan
Programme Officer
04.30 PM - 5.30 PM Ice Breaking and Group Formation (Virtual Mode)
06.00 PM - 06.30 PM Providing Camp Rules and Disbursing the Camp

DAY 2 (30/01/21)

07.30 AM - 08.30 AM NSS Song
Thought of the Day
Yoga Meditation (Virtual Mode)
Dr. P. E. Velayudhan
DNYS
Yogasriromany
10.30 AM - 12.00 PM Shramadan in the neighbourhood or locality (Offline) [Planting]

03.00 PM - 04.00 PM Awareness Session by
Dr. Soni T.L.
Asst Professor & NSS Programme Officer,
Sri C Achutha Menon Govt College Thrissur,
Kuttanellur
(Prestigious Indira Gandhi National NSS Awardee)

07.00 PM - 08.00 PM Cultural Programmes (Virtual Mode)
Evaluation of the Previous Day Experience (Virtual Mode)

DAY 3 (31/01/21)

07.30 AM - 08.30 AM NSS Song
Thought of the Day
Yoga Meditation
Dr. P. E. Velayudhan
DNYS, Yogasriromany

10.30 AM - 12.00 PM Shramadan in the neighbourhood or locality (Offline) [Cleaning]

03.00 PM - 04.00 PM Skill Training
Ms. Maria P.T
Fashion Designer
Lulu International Group

06.00 PM - 07.00 PM Valedictory Session
E- magazine Presentation
Feedback and Experience sharing

Meeting details

People (95)

IN CALL

- nssunit113 nasc (You)
- Abiya Jose
- Adithya Mahadevan
- Adithya Vs
- Advaltha Padmendu
- Aiswarya Rajan
- AKSHAYA K

Meeting details

ashna shaju is presenting

Meeting details

People (93)

IN CALL

- nssunit113 nasc (You)
- Abiya Jose
- Adithya Vs
- Advaltha Padmendu
- Aiswarya Rajan
- AKSHAYA K
- akshaya raveendran

Meeting details

ashna shaju is presenting

Meeting details

People (93)

IN CALL

- nssunit113 nasc (You)
- Abiya Jose
- Adithya Vs
- Advaltha Padmendu
- Aiswarya Rajan
- AKSHAYA K
- akshaya raveendran



NATIONAL SERVICE SCHEME

AWARENESS ON GREEN INITIATIVES

Date	: 25 March 2021
Venue	: Auditorium
Resource Person	: Dr C A Geetha Principal
Number of Participants	: 96
Person in Charge	: Jeena Vargheese

Brief Report

National Service Scheme has put its mark of significance in several ways in Nirmala Arts and Science College. A cleaning programme spreading the message of “Plastic free campus; a Green campus” conducted by the NSS unit was one among them. On 26th March 2021, Friday 1st year volunteers conducted a campus cleaning program conveying the message of cleanliness and discipline among students. Taking the initiative, programme officers Mr. Anandhu Aravindhan and Mrs. Jeena Vargheese conducted an awareness class for volunteers. This occasion was facilitated by college principal Dr. Geetha C A and Dean Prof. Daisy N O. Volunteers were given the task of cleaning the entire campus and sorting the plastic products to be dismantled later. Despite the hot weather, students enthusiastically engaged in the cleaning programme. They installed separate waste bins in various locations throughout the campus for the collection and burial of waste materials produced on campus. A red bin to collect plastic waste and a blue for the paper waste. This helps for a very systematic waste management as well as to keep the campus clean throughout. Volunteers also took initiative to clean the garden and to nourish the plants as well. Considering this a collective responsibility, volunteers visited each department and directly gave an awareness regarding the need of a plastic free campus and protection of greenery surrounding us. They advised everyone in the campus to utilize the facility provided so that to be part of the Plastic free and Green Campus Initiative. All volunteers were actively participated in the programme and a great feedback received.



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NATIONAL SERVICE SCHEME

COVID 19 RELIEF KIT DISTRIBUTION

Date : 29th May 2021
Venue : College Courtyard
Resource Person : -
Number of Participants : -
Person in Charge : Anandhu Aravindan

Brief Report

Nirmala Arts and Science College Mulanthuruthy always give prior prominence to humanity and societal well-being. NASC in association with National Service Scheme 113 decided to help neighbourhood people to cope with the financial struggle due to Covid-19 by providing them essential food materials. On 29.05.2021, In the presence of ward member Smt. Lathika Anil, former NSS Programme Officer Mr. Deepu. G and present NSS Programme Officer Mr. Anandhu Aravindan handed over the essentials to neighbourhood people.

Programme Brochure & Images

