

NIRMALA
ARTS & SCIENCE COLLEGE
MULANTHURUTHY



NATIONAL SERVICE SCHEME

ANNUAL REPORT 2021 -2022



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 on Covid 19 Vaccination	Awareness	01/06/2021	Dr Murali E Vice principal	-
2.	Reimagine, Restore, Recreate - World Environment Day	Day Observance	05/06/2021	Sri George Kuriakose Manager	-
3.	Anemia Prevention and Control	Webinar	20/06/2021	Mrs. Sony Mary Mathew Clinical Nutritionist, Sampushta Keralam, ICDS Mulanthuruthy	-
4.	International Yoga day Celebrations	Yoga Practice	21/06/2021	Mr. Rahul Ravi Physical Education Instructor	-
5.	Hiroshima Day Remembrance	Day Observance	06/08/2021		-
6.	Independence Day celebrations	Day Observance	15/08/2021		-
7.	Bamboo Day Observance	Day Observance	18/09/2021		-
8.	Study Material Distribution	Outreach	24/09/2021		-
9.	Clean Campus Green Campus - Sanitisation Programme	Sanitisation Programme	02/10/2021		-
10.	Painting Competition - National Unity Day	Competition	31/10/2021		-



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NATIONAL SERVICE SCHEME

11.	Prevention and Control of lifestyle diseases through Yoga	Seminar	23/11/2021	Mr P E Velayudhan Yoga Trainer and Life Style coach	-
12.	Cancer awareness session	Webinar	20/01/2022	Dr Sunitha Daniel Medical Officer of General Hospital Ernakulam	-
13.	Seven day Virtual Camp	Camp	22/01/2022		-



NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



NATIONAL SERVICE SCHEME

AWARENESS ON COVID 19 VACCINATION

Date : 01st June 2021
Mode : Online (Google Meet)
Resource Person : **Dr Murali E**
Vice Principal
Number of Participants : 85
Person in Charge : Anandhu Aravindan

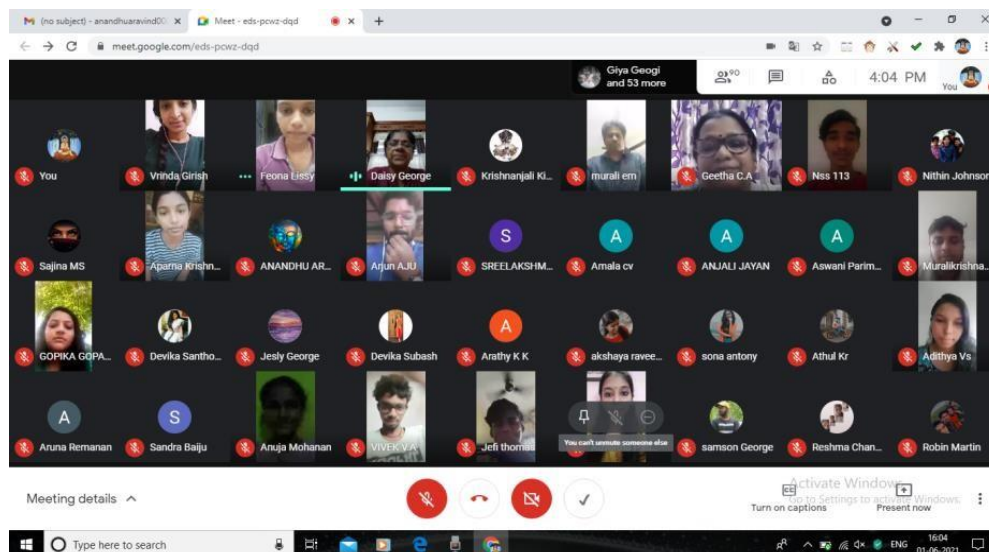
Brief Report

On 1st June 2021 National Service Scheme 113 of Nirmala Arts and Science College, Mulanthuruthy organised an Activity Inauguration programme for welcoming new NSS volunteers, for planning the activities to be conducted for the academic year 2021-2022 and also to critically evaluate the outcomes of previous year activities.

NSS programme officer Mr. Anandhu Aravindan delivered the welcome speech. Manager Sri. George Kuriokose, College Principal Dr. Geetha C.A felicitated the meeting. College Dean Prof. Daisy N.O and Vice Principal Dr. Murali.E addressed the students and delivered the message about the importance, relevance and history of NSS which motivated and encouraged new as well as existing NSS volunteers.

Senior Secretary Vrinda M. G presented the Action plan for the academic year 20212022 Which was followed by Vote of Thanks delivered by NSS secretary Adithya V. S.

Programme Brochure & Images





NIRMALA ARTS AND SCIENCE COLLEGE

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NATIONAL SERVICE SCHEME



Meeting interface showing a Google Meet session. The browser address bar displays `meet.google.com/eds-powz-dqd`. The meeting title is "AKSHAYA K and 52 more". The time is 3:54 PM. The interface shows a grid of participants, including "You", "Vrinda Girish", "Feona Lissy", "Daisy George", "Advaita Pad...", "murali em", "Geetha C.A", "George Kuriak...", "Nithin Johnson", "Sajina MS", "Aparna Krishn...", "ANANDHU AR...", "Arjun AJU", "SREELAKSHM...", "Amala cv", "ANJALI JAYAN", "Aswani Parim...", "Muralikrishna...", "GOPIKA GOPA...", "Devika Santho...", "Jesly George", "Devika Subash", "Arathy K K", "Arsha PS", "akshaya ravee...", "sona antony", "Athul Kr", "Sandra Baiju", "Devika P r", "ANSA E S SA...", "Jefi thomas", "VIVEK M R", "Anupriya", "Remitha Rajen...", "aleena pullukk...", and "Aruna Ramanan". The bottom bar includes meeting controls (mute, video, chat, etc.) and a Windows taskbar with the date 01-06-2021 and time 15:54.



NATIONAL SERVICE SCHEME

“REIMAGINE, RECREATE, RESTORE” – WORLD ENVIRONMENT DAY

Date	: 05 th June 2021
Mode	: Online (Google Meet)
Resource Person	: Sri George Kuriakose Manager
Number of Participants	: -
Person in Charge	: Anandhu Aravindan

Brief Report

World Environment day was celebrated by National Service Scheme 113 of Nirmala Arts and Science College, Mulanthuruthy on 5th June 2021 at 3.00 pm. The programme was hosted on Google Meet platform and was organised by NSS programme Officer Mr. Anandhu Aravindan and NSS volunteer secretaries.

Senior Secretary Vrinda M. G delivered the welcome speech which was followed by Environment protection and awareness message by Manager Sri. George Kuriakose. College principal Dr. Geetha C. A felicitated the meeting. Vice Principal Dr. Murali. E, NSS programme Officer Mr. Anandhu Aravindan spoke in length about the need of protecting and preserving our environment. NSS volunteer Sona Antony also delivered environment day speech as a student representative.

Students and Faculty members planted trees and expressed their love for nature. The official meeting was followed by a video presentation where students get awareness about the need and importance of conserving nature and to know the problems of deforestation and degradation of nature. NSS volunteer Aparna Krishnan delivered the vote of thanks for the meeting.

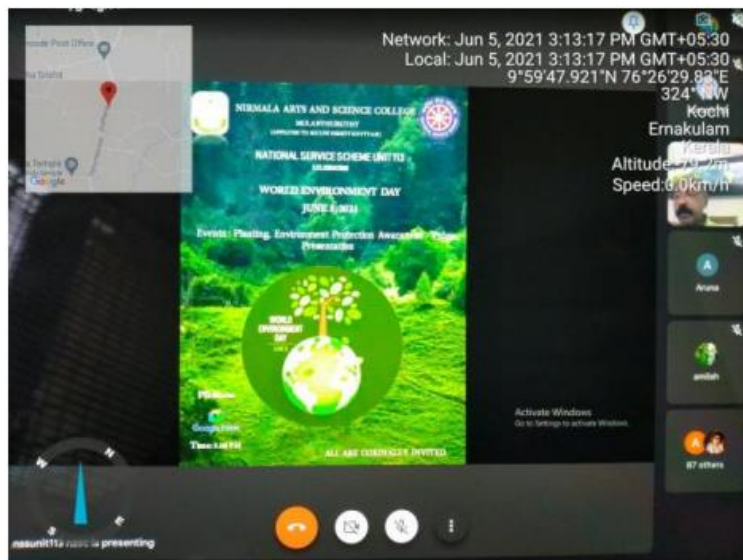
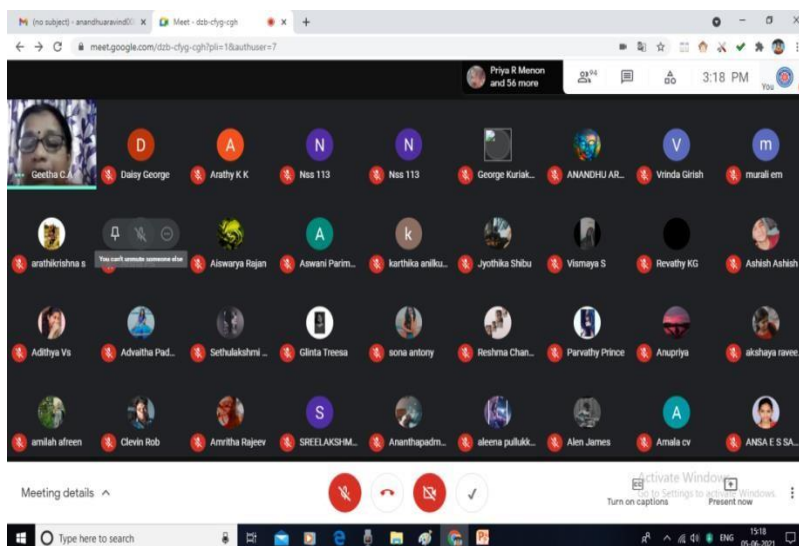
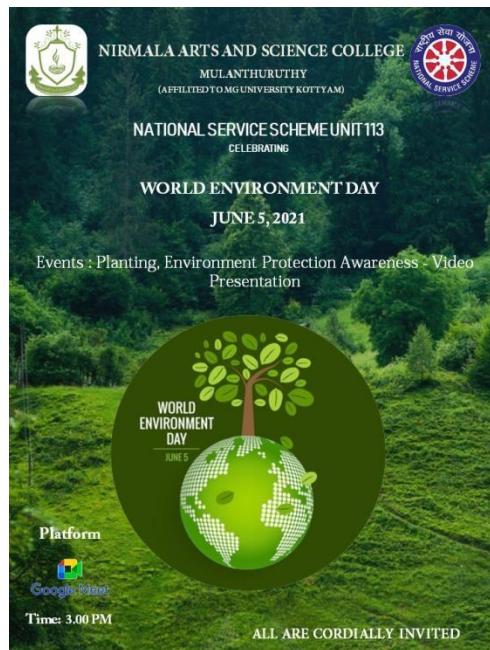


NIRMALA ARTS AND SCIENCE COLLEGE

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NATIONAL SERVICE SCHEME

Programme Brochure & Images



NIRMALA ARTS AND SCIENCE COLLEGE

MULANTHURUTHY

(AFFILIATED TO M.G. UNIVERSITY KOTTAYAM)

NSS UNIT 113



Date: 05 June 2021

Time: 3:00 PM

WORLD ENVIRONMENT DAY- JUNE 5, 2021

PROGRAMME SCHEDULE

Day Special Events: Planting, Environment Protection Awareness –Video Presentation

- | | |
|---------------------|---------------------------------|
| 1. NSS Geetham | - Advaita Padmendu (Secretary) |
| 2. Welcome Speech | - Vrinda M G (Senior Secretary) |
| 3. Managers Message | - Sri. George Kuriakose |
| 4. Felicitation | - Dr. Geetha C A (Principal) |
| 5. Message | - Dr. Murali E (Vice Principal) |
| 6. Speech | - Sona Antony (Volunteer) |
| 7. Vote of Thanks | - Aparna Krishnan (Volunteer) |
| 8. Special Thanks | - Anandhu Aravindan (PO) |
| 9. National Anthem | - Aditya V S (Secretary) |



NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)



NATIONAL SERVICE SCHEME

ANEMINA PREVENTION AND CONTROL

Date : 20th June 2021
Mode : Online (Google Meet)
Resource Person : **Mrs. Sony Mary Mathew**
Clinical Nutritionist, Sampushta Keralam, ICDS Mulanthuruthy
Number of Participants : 32
Person in Charge : Anandhu Aravindan

Brief Report

As part of World Sickle Cell Awareness day 2021, ICDS Mulanthuruthy organised a webinar on "Anemia Prevention and Control" in association with National Service Scheme 113 of Nirmala Arts and Science College Mulanthuruthy on 20th June, 2021. NSS volunteers organised and participated in the event. The resource person for the webinar was Mrs. Sony Mary Mathew (Clinical Nutritionist, Sampushta Keralam, ICDS Mulanthuruthy). The webinar was of contemporary relevance as major victims of Anemia are younger generation. So Awareness among them will be very beneficial. The Session was very fruitful as it provided students to get enough knowledge about Anemia, its cause, symptoms and also its prevention measures. The speaker spoke in length about the importance of a balanced nutritious diet and also about the food items to be included in our day-to-day diet to prevent Anemia. Students actively participated in the feedback session and also cleared their doubts. The Question and Answer session was followed by vote of thanks delivered by student representative.

Programme Brochure & Images





NIRMALA ARTS AND SCIENCE COLLEGE

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NATIONAL SERVICE SCHEME

INTERNATIONAL YOGA DAY CELEBRATIONS

Date	: 21 st June 2021
Mode	: Online (Google Meet)
Resource Person	: Mr. Rahul Ravi Physical education Instructor
Number of Participants	: 75
Person in Charge	: Anandhu Aravindan

Brief Report

The International Yoga Day was celebrated on 21st June 2021 by Sports and Yoga club in association with National Service Scheme 113 of Nirmala Arts and Science College Mulanthuruthy. The programme was organised by Mr. Rahul (Sports club convener), Mr. Anandhu Aravindan, Miss. Ashme Andrews (NSS programme officers) along with NSS senior volunteers. The programme was scheduled for an hour (7 Am to 8 Am) where approximately 84 students were participated. Thadasana, Arthachakrasana, Badrasana, Vajrasana, shashankasana, makarasana, Uthunapadhasana, shavasana, Dhyanam and many more important yoga postures were demonstrated by Manoj, Vrinda, Feona, Aparna, Advaita, Adithya (NSS volunteers secretaries) to the audience. Student representatives and NSS programme officer Mr. Anandhu Aravindan spoke in length about the importance and history of yoga practice. Students got a chance to know how yoga brings unity of body and mind. The Students were motivated and encouraged to treat and practice yoga as an important part in their everyday life.

Programme Brochure & Images

Nirmala Arts and Science College

Mulanthuruthy
(Affiliated to Mahatma Gandhi University, Kottayam)





HIROSHIMA DAY REMEMBRANCE

Date : 06th August 2021
Mode : Online (Google Meet)
Resource Person : -
Number of Participants : -
Person in Charge : Anandhu Aravindan

Brief Report

Wars are always inhumane; it destroys world peace and disrupts social and economic development. To promote 'peace politics' and to create awareness on destructive effects of war on people and place, National Service Scheme 113 of Nirmala Arts and Science College, Mulanthuruthy observed Hiroshima Day on 6th August 2021.

The programme was conducted through Google meet platform. Welcome speech for the program was delivered by NSS volunteer Navya.V.Nair. Message for the day was delivered by NSS programme officer Mr. Anandhu Aravindan.

NSS Volunteers created and presented a video commemorating victims and survivors, of Hiroshima, Nagasaki Atom Bomb attacks. The video created an impact and awareness among the mass about the cruel pictures of war and also about those who are still suffering the aftereffects of atomic radiations. Students also made posters against war and sadoko birds using craft paper as a symbol of world peace.

A quiz session was conducted regarding the day through Google forms and circulated among students; winner for the same was Navya.V.Nair of Second year BSc Psychology. Vote of thanks was delivered by NSS volunteer Indulekha Davinchi.

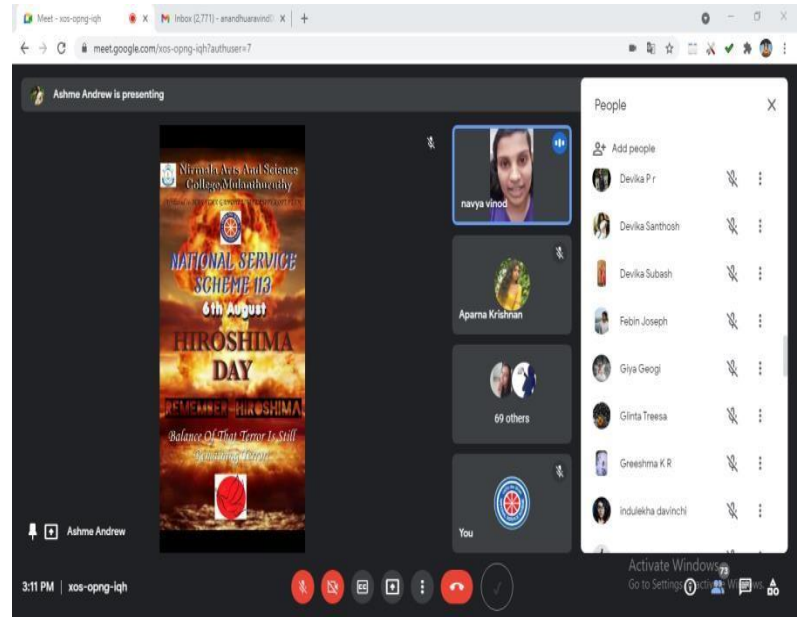


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NATIONAL SERVICE SCHEME

INDEPENDENCE DAY CELEBRATIONS

Date : 15th August 2021
Venue : College Courtyard
Resource Person : -
Number of Participants : -
Person in Charge : Anandhu Aravindan

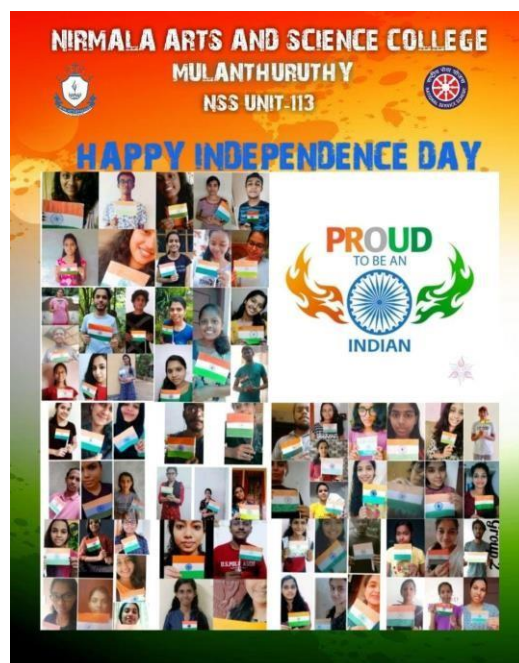
Brief Report

Commemorating the sacrifices of freedom fighters and celebrating 75 years of freedom, National Service Scheme 113 of Nirmala Arts and Science College, Mulanthuruthy celebrated Independence Day on 15th August 2021.

Welcome speech for the day was delivered by NSS programme officer Mr. Anandhu Aravindan. Principal Dr. Geetha C.A hosted the flag and also delivered Independence Day message.

As part of showing patriotism towards the nation NSS volunteers made Eco-friendly Indian flags and prepared a collage.

Programme Brochure & Images

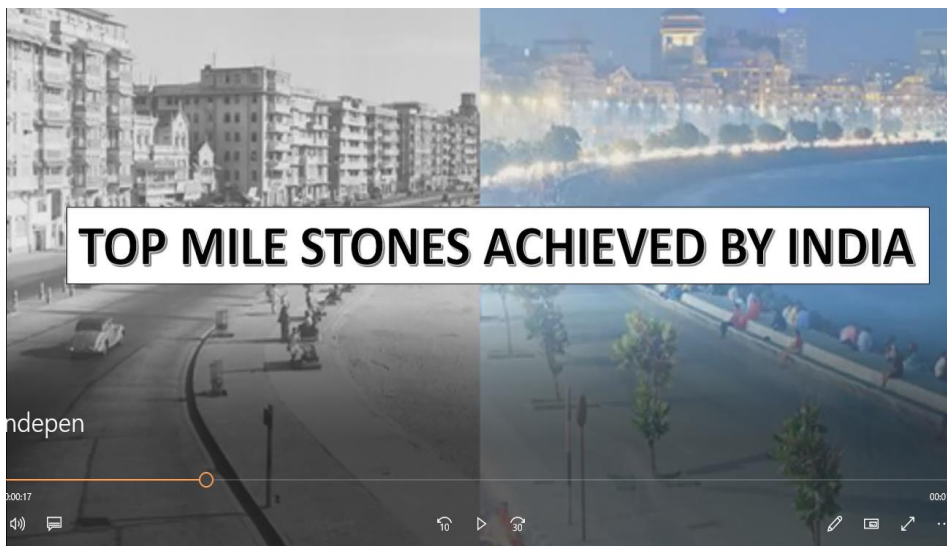




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NATIONAL SERVICE SCHEME

BAMBOO DAY OBSERVANCE

Date : 18th September 2021
Venue : College Premises
Resource Person : -
Number of Participants : 16
Person in Charge : Anandhu Aravindan

Brief Report

National Service Scheme 113 of Nirmala Arts and Science College, Mulanthuruthy celebrated World Bamboo Day on September 18 with a view to promote and achieve objectives of World Bamboo Organization (WBO) ie, to increase the awareness of bamboo, to bring the potential of bamboo to a more elevated exposure, to protect natural resources and the environment, to ensure sustainable utilization, to promote new cultivation of bamboo for new industries in regions around the world, as well as promote traditional uses locally for community economic development globally.

This year, to honor World Bamboo Day, the WBO has launched a new hash tag: #PlantBamboo.

Taking into consideration Covid-19 protocols, NSS volunteers planted Bamboo saplings in the college Campus.

Programme Brochure & Images





NIRMALA ARTS AND SCIENCE COLLEGE

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NATIONAL SERVICE SCHEME

STUDY MATERIAL DISTRIBUTION

Date	: 24 th September 2021
Venue	: Sree poorthrayeesa Balasramam Tripunithura
Resource Person	: -
Number of Participants	: 12
Person in Charge	: Anandhu Aravindan

Brief Report

Every year on September 24th, India celebrates National Service Scheme Day. National Service Scheme was inaugurated during Mahatma Gandhi's Centenary Year 1969. National Service Scheme 113 of Nirmala Arts and Science College, Mulanthuruthy also happily celebrated 52nd NSS Day on 24th September 2021.

For inculcating the moral values of NSS volunteers and for offering time and services to the greater good of our community, we decided to contribute study materials to "Sree poorthrayeesa Balasramam Tripunithura" a children home for financially instable and orphan children.

NSS volunteers voluntarily contributed an amount of their will and using the collected amount we purchased study materials including notebooks, instrument boxes, novels, motivational books of famous personalities, Dictionaries and other stationary items we also included, sanitizers and face masks as it is contemporary relevant in this pandemic situation and handed it over to Balasramam officials.

A Google meet was also organised at 3 pm. Principal Dr. Geetha C. A delivered Welcome speech, Dean Prof. Daisy N. O delivered Dean's message. NSS day message was given by programme officers Mr. Anandhu Aravindan and Miss Ashme Andrews. NSS volunteers created a cover of "ude samaj ke liye", National NSS song and presented. NSS volunteer Amala C. V and Aparna Krishnan shared their NSS memories. NSS volunteer secretary



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NATIONAL SERVICE SCHEME



Programme Brochure & Images



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



राष्ट्रीय सेवा योजना
NATIONAL SERVICE SCHEME

NATIONAL SERVICE SCHEME UNIT 113
Celebrating
"NSS DAY - September 24th, 2021"

Special Programmes
"Ude Samaaj Keliye" (Song Cover)
"A Helping Hand"
(Study material distribution to children)

NOT ME BUT YOU
"HAPPYNSS DAY"

PLATFORM: GOOGLE MEET
Time: 3.30 PM





NIRMALA ARTS AND SCIENCE COLLEGE

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Browser tabs: Inbox (2,772) - anandhuaravind0, Meet - dhh-fxer-xyq

Address bar: meet.google.com/dhh-fxer-xyq?pli=1&authuser=7

Navigation bar: Apps, SWAYAM, Students Feedback..., NSS UNIT 113 ENR..., NSS Camp 2020 - G..., eGyanKosh: Post-Gr..., e-PGPathshala, Free Online OCR - c..., NSS Unit 113 - Volu..., Reading list

Arjun AJU is presenting

Video feed: A group of students standing outdoors. Caption: Giya Geogi has left the meeting.

Participant grid:

- Feona Lissy
- Geetha C.A
- Ashme Andrew
- Aparna Krishnan
- Advaita Padmendu
- Arjun AJU (Active)
- Athul Kr
- 74 others
- You

3:55 PM | dhh-fxer-xyq

Activate Windows. Go to Settings to activate Windows.

Browser tabs: Inbox (2,772) - anandhuaravind0, Meet - dhh-fxer-xyq

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Navigation bar: Apps, SWAYAM, Students Feedback..., NSS UNIT 113 ENR..., NSS Camp 2020 - G..., eGyanKosh: Post-Gr..., e-PGPathshala, Free Online OCR - c..., NSS Unit 113 - Volu..., Reading list

ANANDHU ARAVINDAN is presenting

Video feed: A presentation slide for Nirmala Arts and Science College, Mulanthuruthy, affiliated to Mahatma Gandhi University, Kottayam. The slide features the NSS logo and text: SEPTEMBER 24, HAPPY NSS DAY, NATIONAL SERVICE SCHEME, UNIT 113, and NOT ME BUT YOU.

Participant grid:

- Feona Lissy
- Ashme Andrew (Active)
- Adithya Vs
- Aparna Krishnan
- Advaita Padmen...
- Arjun AJU
- Athul Kr
- 72 others
- You

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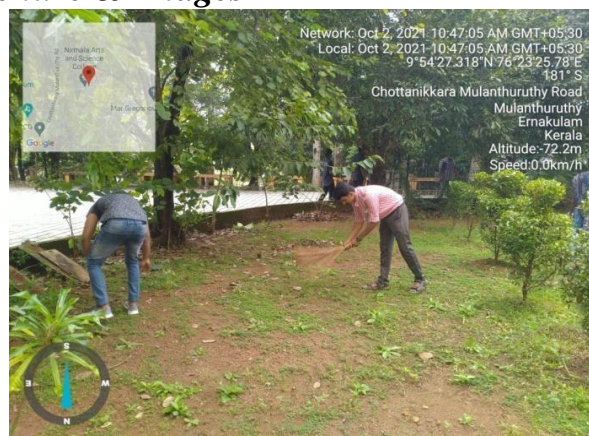
CLEAN CAMPUS, GREEN CAMPUS – SANITISATION PROGRAMME

Date : 02nd October 2021
Venue : College premises
Resource Person : -
Number of Participants : 34
Person in Charge : Anandhu Aravindan

Brief Report

National Service Scheme 113 of Nirmala Arts and Science College Mulanthuruthy celebrated 152nd birth anniversary of Mahatma Gandhi on October 2nd, to honour his invaluable contributions, ideologies, struggles and kindness to India's freedom struggle. Gandhi Jayanti day message was delivered by NSS programme officers Mr. Anandhu Aravindan and Miss. Ashme Andrews. Student Representative Vrinda M.G also shared her thoughts on Gandhi Jayanti. "Sanitation is more important than independence" to make Gandhiji's this quote meaningful, NSS volunteers cleaned the entire campus and sort degradable and non- degradable wastes separately.

Programme Brochure & Images





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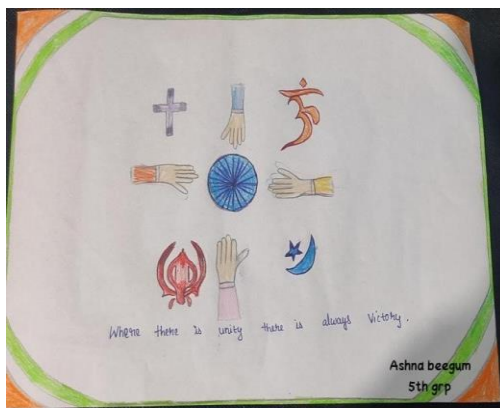
NATIONAL UNITY DAY CELEBRATIONS

Date : 31st October 2021
Mode : Online
Resource Person : -
Number of Participants : 07
Person in Charge : Anandhu Aravindan

Brief Report

National Service Scheme 113 of Nirmala Arts and Science College observed "National Unity Day" (Rashtriya Ekta Diwas) to commemorate the 146th birth anniversary of India's Iron Man Sardhar Vallabhbhai Patel to foster and reinforce our patriotism and dedication towards nation and to strengthen unity, integrity, security among citizens of India. Welcome speech for the programme was delivered by NSS Programme Officer Miss. Ashme Andrews. Principal Dr. Geetha C.A delivered message for the Day. NSS volunteers took Rashtriya Ekta Diwas Oath. An essay writing competition and painting competition was held among students. Vote of thanks for the event was delivered by NSS volunteer secretary Murali.

Programme Brochure & Images





NIRMALA ARTS AND SCIENCE COLLEGE

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NATIONAL SERVICE SCHEME

PREVENTION AND CONTROL OF LIFESTYLE DISEASES THROUGH YOGA

Date : 23rd November 2021
Venue : Auditorium
Resource Person : **Mr PE Velayudhan**
Yoga Therapist, Lifestyle coach
Number of Participants : 73
Person in Charge : Anandhu Aravindan

Brief Report

National Service Scheme 113 of Nirmala Arts and Science College conducted a Yoga Training session for first year NSS Volunteers, with the help of renowned yoga master Mr. Velayudhan on 23.11.2021. NSS programme officer Mr. Anandhu Aravindan, delivered welcome speech which was followed by principal's message by Dr. Geetha C.A. College Dean Prof. Daisy N. O felicitated the function. The Resource person spoke in length about the importance of yoga and how to practice yoga. Students got a chance to know how yoga brings unity of body and mind. The Students were encouraged to see yoga as an important part of their everyday life. The one hour session was followed by an active question and answer session. NSS volunteer Aparna Krishnan delivered Vote of Thanks.

Programme Brochure & Images

The brochure features a light orange background with a subtle yoga wheel pattern. At the top left is the Nirmala Arts and Science College logo, and at the top right is the National Service Scheme logo. The central text reads: "NIRMALA ARTS AND SCIENCE COLLEGE, MULANTHURUTHY, (AFFILIATED TO MAHATMA GANDHI UNIVERSITY, KOTTAYAM). NATIONAL SERVICE SCHEME 113, Organising a Seminar on Prevention and Control of Life Style Diseases (A Yoga Programme), On 26th November, 2021". On the left, there is a circular portrait of Dr. P E Velayudhan, with his name and title "Rtd Divisional Engineer (Dept. of Telecom Gov. of India) DNYS, Yoga Siromany Yoga Therapist, Life style coach" listed below. On the right, there is a small logo of a person in a yoga pose. The background of the entire brochure is a large, faint image of a person in a yoga pose.



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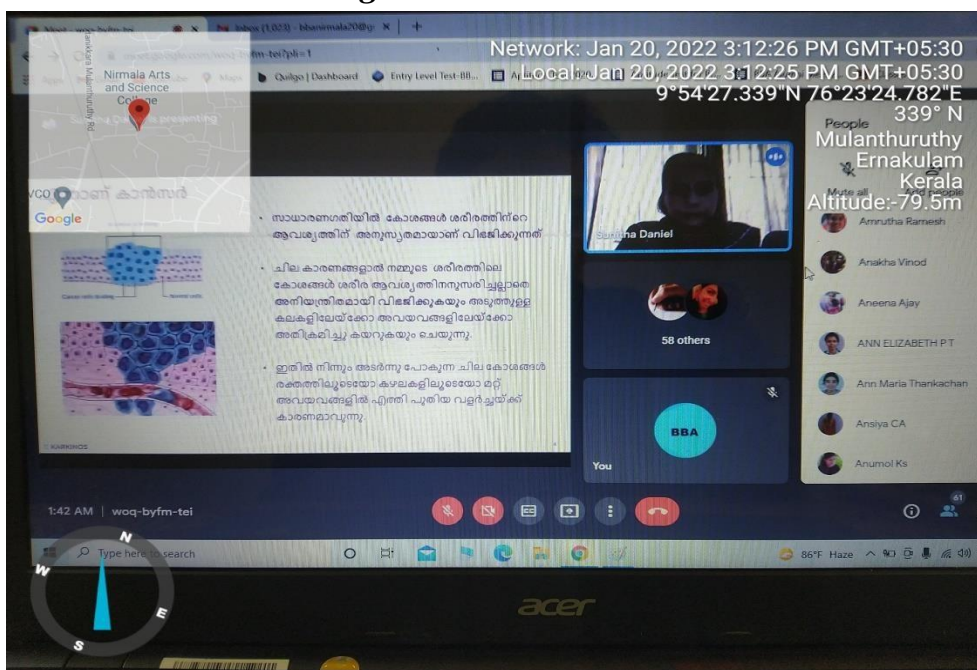
CANCER AWARENESS SESSION

Date	: 20 th January 2022
Mode	: Online (Google Meet)
Resource Person	: Ms Sunitha Daniel Medical Officer of General Hospital Ernakulam
Number of Participants	: 58
Person in Charge	: <i>Anandhu Aravindan</i>

Brief Report

Now-a-days cancer is quite common and poor awareness may lead to delay in diagnosis. Cancer awareness is a key to early detection and also increases the chances of successful treatment. National Service Scheme 113 of Nirmala Arts and Science College, Mulanthuruthy in association with Karkinos Cancer Awareness and Detection Centre organised a „Cancer Awareness and Prevention“ session for first year NSS volunteers on 20.01.2022. NSS programme officer Mr. Anandhu Aravindan delivered the welcome speech. Medical Officer of General Hospital Ernakulam Dr. Sunitha Daniel was the resource person. The one hour session covered all aspects of different types of cancer, causes, symptoms, prevention measures and various early stage screening tests. A Feedback session was also included for clarifying doubts. NSS volunteer secretary delivered vote of thanks.

Programme Brochure & Images





NIRMALA ARTS AND SCIENCE COLLEGE

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NATIONAL SERVICE SCHEME



SEVEN DAY VIRTUAL CAMP

Date : 22nd January 2022
Mode : Online (Google Meet)
Resource Person : -
Number of Participants : -
Person in Charge : Anandhu Aravindan

Brief Report

National Service Scheme (NSS) is a Central Sector Scheme of Government of India under Ministry of Youth Affairs & Sports. The sole aim of NSS is to provide hands on experience to young students in delivering community service and there by developing their personality.

Volunteers of National Service Scheme 113 of Nirmala Arts and Science College actively participate in community welfare and societal development activities. A seven day residential camp is conducted every year to make the NSS volunteers aware about our country, its rich cultural diversity and to participating the nation building. But this year due to Covid -19 restrictions, residential camp were replaced by online camp.

The seven day online special camping programme started on 22.01.2022 to 28.01.2022 through Google-Meet platform. Each day and each programme conducted focused on particular objectives. General awareness about NSS among students, personality and skill development, inculcating leadership traits, importance of environment conservation, Republic day celebrations were some major highlights, apart from awareness classes, debates, quiz competitions, cultural programmes, entertaining game sessions were also included.

Day 1 (22.01.2022)

Seven day special camping programme of National Service Scheme 113 officially inaugurated on 22.01.2022 through Google meet platform.

NSS programme officer Ms. Ashme Andrews delivered the welcome address. Manager, Sri. George Kuriakose presided over the function. Inaugural address was delivered by Mulanthuruthy Grama Panchayat president smt. Mariyamma Benny. Mulanthuruthy ward member smt. Lathika



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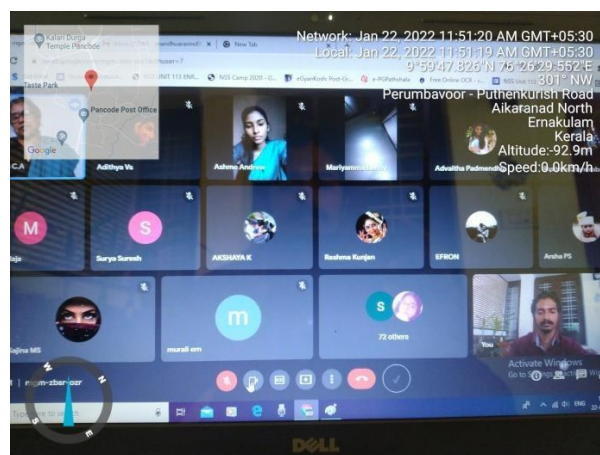
NATIONAL SERVICE SCHEME



Anil, college principal Dr. Geetha C.A, Dean prof. Daisy N.O, Vice principal Dr. Murali. E felicitated the function. NSS programme officer Mr. Anandhu Aravindan delivered vote of appreciation.

Afternoon session focused mainly on ice-breaking and group dynamics. Each and Every volunteer were given an opportunity to introduce themselves to other volunteers, after ice breaking session volunteers were divided into 12 groups, leaders for each group were also selected.

Camp activities winded up after a feedback session by 4.00 p.m.



Day 2 (23.01.2022)

Second day of NSS seven day special camp started with prayer and thought of the day followed by a mind and body refreshing yoga and meditation session, by NSS programme officer Mr. Anandhu Aravindan.

Morning session was handled by programme officers Mr. Anandhu Aravindan and Ms.

Ashme Andrews on topic “NSS Volunteers and Nation Building” mainly focused on basics of NSS and to create a general awareness among students. An interactive quiz session was also conducted on group basis for which points were recorded to each groups.

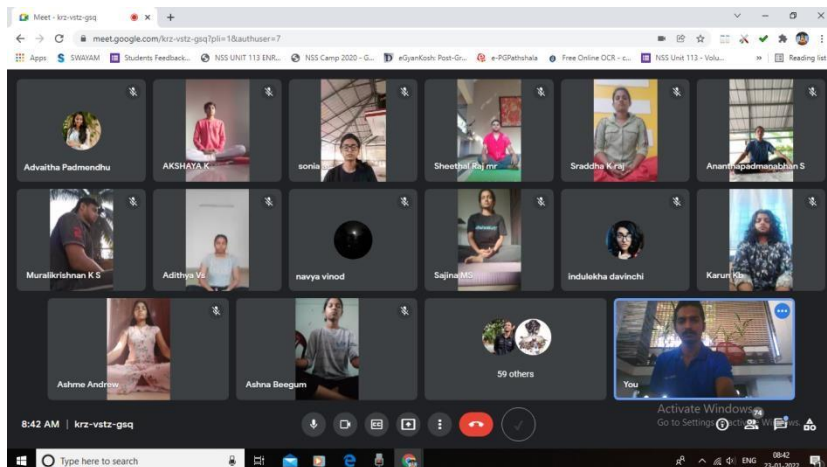
To actively engage volunteers cultural programmes and entertaining games were included in afternoon session. A feedback session on camp activities were conducted. Camp winded up by 4.00 pm after the day’s camp evaluation.



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NATIONAL SERVICE SCHEME



Day 3 (24.01.2022)

Third day of NSS special camping started with prayer and thought for the day followed by yoga session, which specially concentrated on breathing techniques like pranayaama, Nadi Shodhana were practiced, which will benefit the brain and nervous system. The yoga session was handled by NSS programme officer Mr. Anandhu Aravindan, volunteers showed their keen interest to yoga sessions.

To improve critical and quick thinking skills among NSS volunteers, the morning session mainly focused on conducting debates on socially relevant topics. Volunteers actively participated in debates on group basis and points were allotted to each group. Interactive game sessions were arranged to engage volunteers in afternoon session and volunteers were collectively participated.

Evening session was handled by Mr. Thankachan P. A, co-ordinator, Rural Science and Technology Centre, Thuruthikkara on a topic of contemporary relevance “ Environment Conservation & Sustainability”, He spoke in length about the need and importance of environmental conservation depicting real world examples.

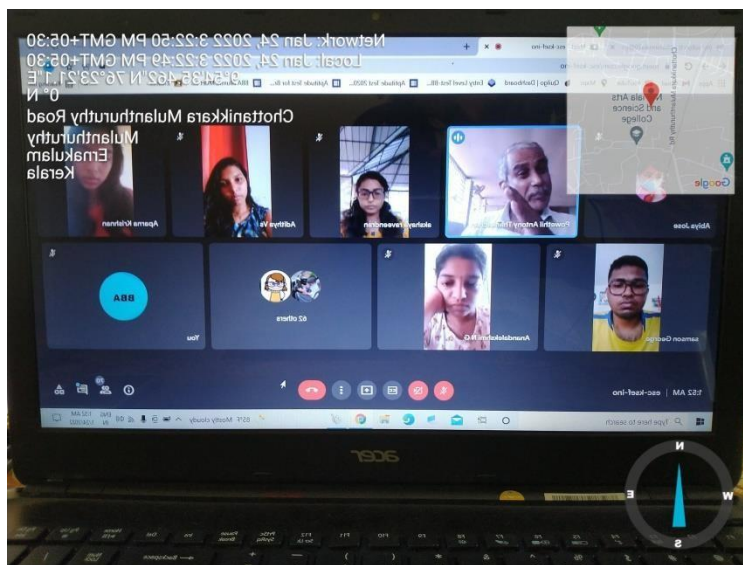
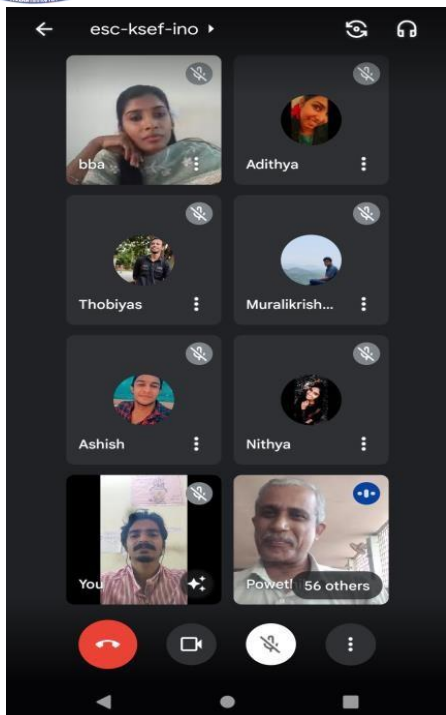
A feedback session on camp activities were conducted among volunteers and day 3 camp activities were wound up by 5.00 pm.



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NATIONAL SERVICE SCHEME



Day 4 (25.01.2022)

Fourth day of NSS special seven day camp started with prayer and yoga session. The yoga session focused on asanas. Yoga postures for beginners like *tadasana*, *bhujangasana*, *dandasana* were practiced, which helps to bring physical and mental discipline and thereby achieving a peaceful mind. The yoga session was dedicatedly handled by NSS programme officer Mr. Anandhu Aravindan.

Morning session mainly concentrated on debates under the supervision of moderator on contemporary relevant topic, volunteers actively participated in the debate session which helped to enrich their individual talents and knowledge. Later group wise games were arranged and points were recorded.

Afternoon session was handled by former NSS programme officer Mr. Deepu. G, he spoke in length on general awareness and importance of National Service Scheme and shared his camp experiences through an interactive session.



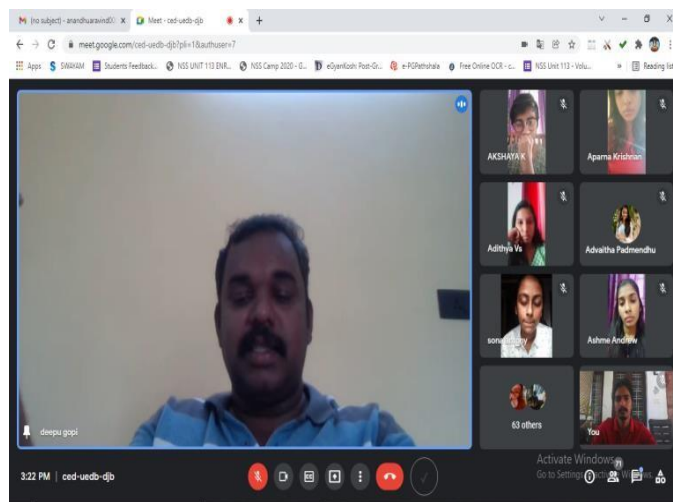
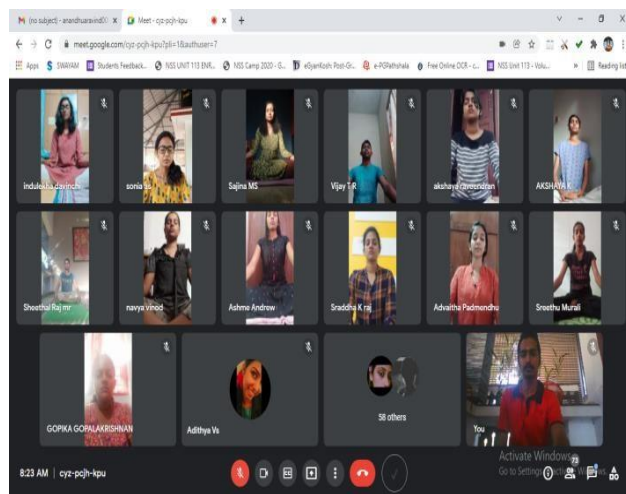
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Evening session were made colourful and memorable by cultural programmes by volunteers, A feedback on camp activities were conducted and fourth day camp winded up by 5 pm after camp evaluation.



Day 5 (26.01.2022)

Fifth day of NSS special camp started with prayer, thought for the day and yoga session. The yoga session focused mainly on *padmasana*, *vajrasana*, *mayurasana* which effectively improves brain power and concentration of young aspiring minds. NSS Programme Officer Mr. Anandhu Aravindan handled yoga session and demonstrated the yoga postures.

Fifth day camp activities gave prior importance to Republic day celebrations. NSS programme officer Ms. Ashme Andrews delivered Republic day message to volunteers.

Republic day speech competition on “*India- an emerging new nation*” and collage making competition was conducted on group basis. Afternoon session focused on Republic day theme based cultural programmes and interactive game sessions. Each group selected a patriotic hero and done a one minute biography presentation. A debate session was also conducted on socially relevant topic.

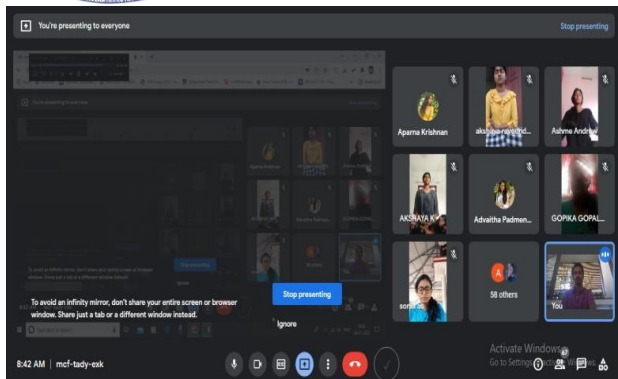
Fifth day Camp activities winded up by 5 pm after feedback session and camp evaluation.



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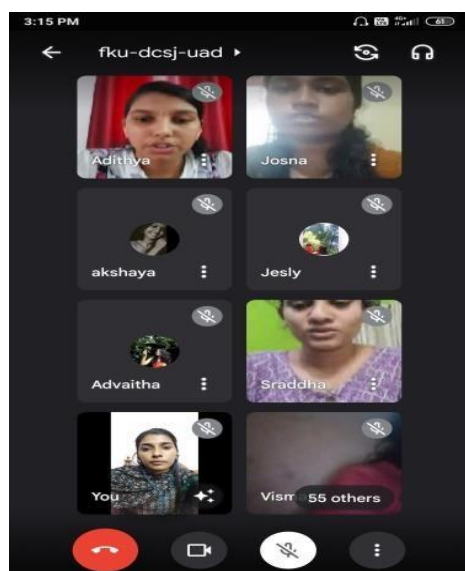


Day 6 (27.01.2022)

Sixth day of NSS special camping programme started by prayer and routine camp activities. The main highlight of morning session was yoga, handled by NSS programme officer Mr. Anandhu Aravindan. Breathing exercises, meditation and yoga postures were practiced.

Morning session was handled by former NSS programme officer Mr. Bitto Paul on soft skill development among young volunteers, which helped to improve and polish their communication, interpersonal skills and other qualities like critical analysis and problem solving capabilities, an interactive doubt clearing session was also included.

Afternoon session focused mainly on interactive games and cultural programmes. A feedback session of volunteers were conducted and camp wound up at 4.30 pm after reviewing camp activities.





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Day 7 (28.01.2022)

Seventh and last day of NSS special camp was conducted through offline mode in college campus. NSS programme officer Mr. Anandhu Aravindan delivered the welcome address. Manager, Sri. George Kuriakose presided over the function. Inaugural address was delivered by college principal Dr. Geetha C.A. Dean prof. Daisy N.O, Vice principal Dr. Murali. E felicitated the function.

Certificates for the titles Best NSS group, Best NSS volunteer (female) Sreethu Murali, (male) Vivek V. A, Best NSS volunteer Secretary Advaita Padmendu, Adithya V.S were awarded during the closing ceremony.

An opportunity for sharing camp memories and experiences were given to Volunteers and Senior Volunteer members. Cultural programmes were staged, which was a feast for the eyes of audience.

NSS programme officer Ms. Ashme Andrews delivered vote of appreciation to the programme.

