



NATIONAL SERVICE SCHEME

Unit Code No. KL05/OO8

BCM COLLEGE, KOTTAYAM

ANNUAL REPORT 15-16 (INCLUDES SPECIAL CAMP AND REGULAR ACTIVITIES)

CONTENTS

Sl. No.	ACTIVITY	Page No.
1.	NSS Orientation Programme	
2	Advisory Board Meeting	
3	Anti Narcotic's Day Observance	
	3.1 Rally	
	3.2 Oath taking	
	3.3 Street Play	
	3.4 THUMB PRINT Collection	
4	World Environment Day	
	4.1 Seminar	
	4.2 Photo Exhibition	
5	Ambili Fathima Spot Collection	
6	Traffic week Celebrations	
	6.1 Zebra Line Drawing	
	6.2 Survey On traffic rule Awareness	
	6.3 Seminar on Road Safety	
	6.4 Slogan competition	
7	Yoga Day	
8	Blood Donation	
	8.1 Blood Donation CAmp	
	8.2 Blood Donation Database	
	8.3Workshop on voluntary Blood donation	
9	Intercollegiate Seminar on Swami Vivekanada	
10	Intercollegiate Seminar on Personality Development	
11	"Swach Bharath Abhiyan"- Gandhi Jayanthi Day Celebrations	
	11.1 DD Office cleaning	
	11.2 Pakal Veedu cleaning	
	11.3 Railway station Cleaning	
12	World Heart Day	
13	Personality Development and Life Skills	
14	E- Jalakam	
15	Cyber Cell crimes	

16	Breast Cancer awareness –	
	16.1 Breast Cancer awareness Classes	
	16.2 ‘PINKATHON’ Rally	
17	Aids Day Observance	
	17.1 Street Play in Railway Station	
	17.2 Posture designing competition and exhibition	
18.	CHENNAIK ORU KAITHANGU’’	
19	Campus Community Interaction-	
	19.1 LEARNING BY SUPPORTING SHG’S	
	19.2 Soap Making	
20	SPECIAL CAMP At Venmany	
	20.1 House visits and awareness classes for the locals	
	20.2 Seminars and Classes for students	
	20.3 Road construction	
	20.4 Organic farm visit	
	20.5 Interaction with Local Community	
	20.6 Cultural exchange	
	20.7 Traditional way of living	
21	ORGANIC FARMING	
	21.1 Veettilloru adukkala thottam	
	21.2 Class On Organic farming	
	21.3 Turning bare land into fertile land	
	21.4 Sale of Yield for Charity	
	21.5 Agricultural award From Govt Of Kerala	
22	Youth Day Programme At MG university	
23	Civil Service Orientation Programme	
24	Signatures against Alcohol	

25	Voice against Stray Dog Menace	
26.	Empanelled Training Of Programme Officers	
27	National Adventure Camp	
28	House For a deserving Student	
29	Women empowerment – Driving as a livelihood	

“Success is the sum of small efforts”

In accordance with the stated vision and mission of National Service Scheme, a holistic approach is envisaged through the wide spectrum of co-curricular and extra curricular activities programmed for our students. Two NSS units are working in our college at present under the able guidance of two Programme Officers - Prof. Anil Steephen and CA Reshma Rachel Kuruvilla. We have a very good advisory committee headed by the senior most member of our college, Dr. George Mathew.

The NSS unit of BCM College aims at developing the overall personality of the students in such a way so that the students emerge as responsible individuals encompassing the virtues of life while having a positive way of life . The efforts of BCM NSS were concentrated in developing a sense of service, team spirit and to give them a realization about the dignity of labour. Various programmes conducted by the NSS unit of BCM College have brought about remarkable change in their outlook and their attitude towards life and society.

The NSS Unit in BCM College, Kottayam was a vibrant and active unit during the year. Apart from the regular activities, it has done many activities which brought laurels for the college and benefits for the society . Important engagements by the NSS unit of our college have been given below:

NSS Orientation Programme

NSS Activities for the year began with an Orientation programme. IDC students of our college were given Orientation by Smt. Vinumol Devassy, an eminent faculty from our College itself. She herself was an NSS volunteer In BCM College during her studies. She shared many experiences with the students that she gained by associating with NSS activities . She talked to the volunteers about the objectives and goals of NSS and asked NSS volunteers to do self less service to the fellow human beings to improve their own personalities.

Advisory Board Meeting

Advisory Board meeting was held to discuss about the activities of NSS for the year. We formed an NSS advisory board with Principal of the college, former Programme Officers and student representatives as members. Guidelines and advices were given by the senior Programme Officers to the newly appointed Programme Officers for the proper conduct of NSS Regular Activities & Special camp.

Anti Narcotic's Day Observance

Drug Usage is rising at an alarming rate among all sections of the society particularly , among students .therefore it was felt a need to

undertake certain actions to arouse feelings against drug usage in all forms.

Rally

As part of the Anti Narcotics day, NSS unit of BCM college in association with the Commerce Dept organized a rally from College campus till Gandhi square in Central Junction. Students had cards and posters in their hands which had messages against drug usage.

Oath Taking

NSS volunteers of BCM College went through class rooms and urged students to take an oath against drug usage.

Street Play

To attain maximum attention of the public , Our Girls, performed a street play to raise the awareness about the harmful effects of drug usage. Drums, songs and the performance draw the attention of large masses to our programme. The street play presented the harmful effects of drugs on individual, family and the society at large. After the performance, Students shouted slogans made against drug usage.

Collected Thumb prints

We also collected Thumb prints from the public, from all those who liked to support our idea of saying “ No to Drug Usage” . Our activity was well received by the media too.



Our Students in the rally towards Gandhi Square raising slogans against “Drug usage”



Students performing in the Street Play against Drug Usage.

ലഹരി വിരുദ്ധ സന്ദേശയാത്ര നടത്തി

കോട്ടയം. • രാജ്യാന്തര ലഹരി വിരുദ്ധ ദിനത്തോടനുബന്ധിച്ച് തിരിസഹൃ. കോളജ് എൻഎസ്എസ് യൂണിറ്റും കൊമേഴ്സ് അസോസിയേഷനും സംയുക്തമായി ലഹരിവിരുദ്ധ സന്ദേശയാത്ര നടത്തി. ഗാന്ധിസ്കൂളിൽ എൻഎസ്എസ് വിദ്യാർത്ഥിനികൾ തൊതുവുന്നാടകം അവതരിപ്പിച്ചു. ലഹരിവിരുദ്ധ പ്രവർത്തനങ്ങൾക്ക് ഐക്യദാർഢ്യം പ്രകടിപ്പിച്ചു കൊണ്ട് ലഹരിവിരുദ്ധ സമൂഹത്തിനായ് എന്റെ കൈയ്യുട എന്ന പ്രതീകാത്മക വിരലടയാളം പതി

ക്കൽ നടത്തി. കോളജ് പ്രിൻസിപ്പൽ ഫിലോ ചെറിയാൻ, എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസർമാർ, കൊമേഴ്സ് അസോസിയേഷൻ ഓർവാഹികൾ എന്നിവർ നേതൃത്വം നൽകി.

കോട്ടയം. • മധ്യനിരമായ നവീനിയുടെ നേതൃത്വത്തിൽ നഗരത്തിൽ ലഹരിവിരുദ്ധ സന്ദേശയാത്ര നടത്തി. മധ്യനിരമായ നവീനിയുടെ സഹോദര വൈസ് പ്രസിഡന്റ് ഫാ. വർഗീസ് മുഴുത്തേറ്റ് ഉദ്ഘാടനം ചെയ്തു. പ്രഫ. സി. മാമച്ചൻ, പ്രഫ.ടി.ടി. കുര്യാക്കോസ്,

ഡോ. എം.സി. സിറിയക്, ടി.ജി. സാമുവൽ, പ്രഫ.ജോസ് മാത്യു, ചാക്കപ്പൻ തമ്പിൾ, ജോസഫ് സെബാസ്റ്റ്യൻ, പി.പി. മധവൻകൈക്കൽ എന്നിവർ പ്രസംഗിച്ചു.

കോട്ടയം. • മൗണ്ട് കാർമ്മൽ ഹയർ സെക്കൻഡറി സ്കൂൾ ഗൈഡ് യൂണിറ്റിന്റെ നേതൃത്വത്തിൽ ലഹരിവിരുദ്ധദിനാചരണം നടത്തി. സ്വപ്നയുടെ ബ്രാഞ്ച് ഡിവിഷൻ സ്കൂൾ എം. രമേഷ് കുമാർ ഉദ്ഘാടനം ചെയ്തു. ഡോ. മഞ്ജു ജോയി, പ്രിൻസിപ്പൽ സിസ്റ്റർ ലിമനറ്റ്, പിടികുപ്രസിഡന്റ് തങ്കച്ചൻ, മാത്യു

കൊല്ലമലക്കരോട്ട്, അൻജിത സി. അയൽ എന്നിവർ പ്രസംഗിച്ചു.

കോട്ടയം. • സിന്ധുഎസ് കോളജ് ഹൈസ്കൂളിൽ ലഹരിവിരുദ്ധ സന്ദേശവുമായി സെക്കിൾ റാലി നടത്തി. എസ്.പി.സി അസി. നോഡൽ ഓഫീസർ വേണുഗോപാൽ, സിന്ധുഎസ് കൗൺസിലർ സെന്റർ കൗൺസിലർ റവ. വർഗീസ് ചെറിയാൻ, പ്രധാനാധ്യാപിക സുജ രൗത് ജോൺ, അധ്യാപകരായ റെയ്ച്ചൽ പി. വർഗീസ്, രമിസ് മേരി ജോസഫ് എന്നിവർ പ്രസംഗിച്ചു.

Report in Malayala Manorama on about the activity of BCM NSS Unit, on Anti Narcotics Day

World environment day

Every year June 5th is celebrated as World environment day to raise awareness about taking positive environmental action to protect nature and mother earth. NSS unit of BCM College also organized a programme to raise the awareness for protecting nature to enable future living.

Photo exhibition

A photo exhibition was also done by NSS Unit of BCM College in the campus in association with the Forest Department of the Government of Kerala. Honorable Minister for Forest and Transport Shri Thiruvanchoor Radhakrishnan inaugurated the programme. Classes were also taken by the faculty from Government department to educate students about the necessity of protecting the nature.

Ambili Fathima Spot Collection

NSS Unit Of BCM College organized the spot collection for the medical expenses of Ms. Ambily Fathima, an MCom student of C.M.S College Kottayam who had a heart disease which needed a costly surgery which her poor parents could not afford. Our students wholeheartedly collected and contributed their share for the medical expenses. NSS unit of the College collected Rs. 42,500/- (Forty Two Thousand rupees five hundred Only) from different sources for the same. This was done on the special request of MG University Vice Chancellor Dr. Babu Sebastian.

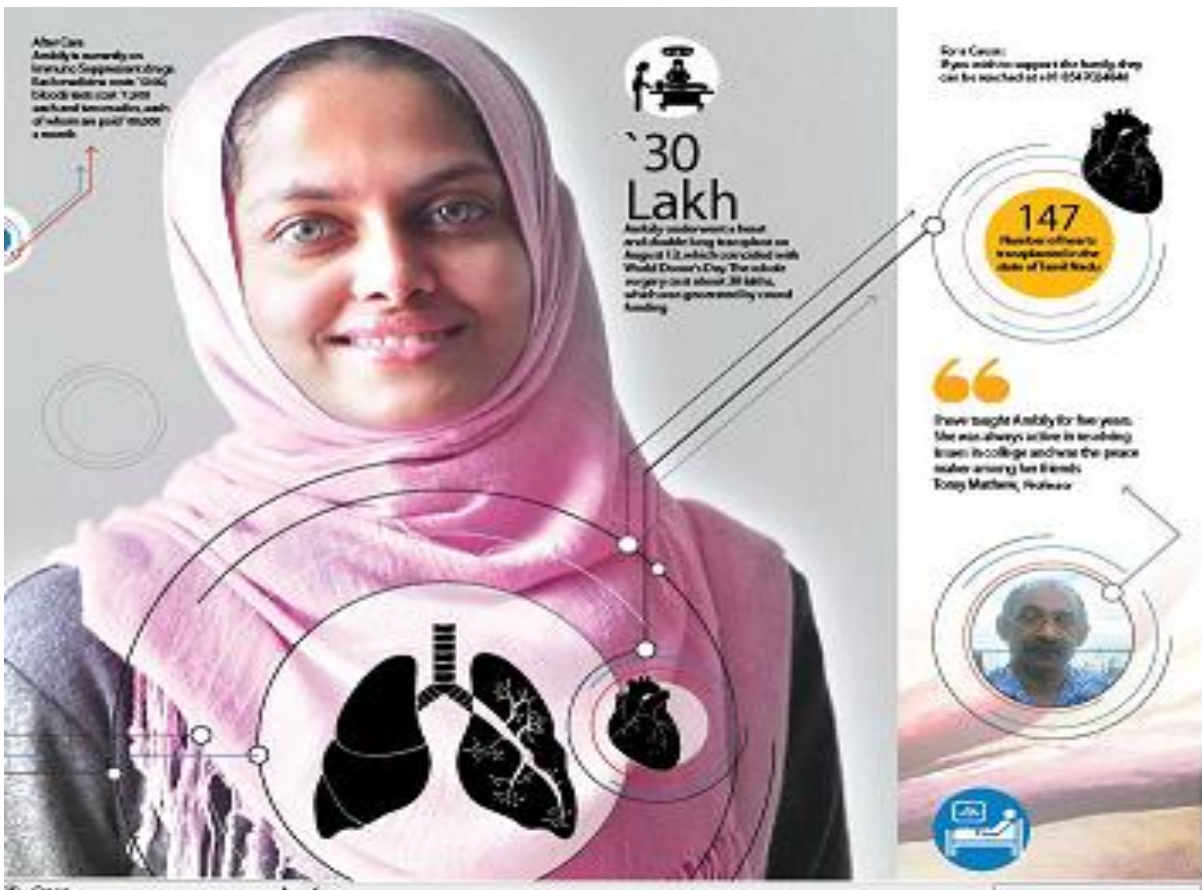


Photo of Ms. Ambili Fathima for whom spot collection was Done

Traffic week celebrations

In an effort to increase the awareness about the deadly impacts caused by road mishaps, Traffic week was observed by the BCM College NSS unit with various activities.



Fr. Alex Aakaparambil, Manager of the College inaugurating zebra line drawing

Zebra line Drawing

During the Traffic week programmes, It was pointed out by a volunteer that the Zebra lines in front of the college and District Hospital Kottayam were fading and loosing their visibility to the vehicle drivers. Rather than, sitting and complaining , our students volunteered to draw the zebra lines to avoid road accidents. Zebra lines were drawn by student volunteers of BCM under the guidance of

programme officers during midnight after taking all the necessary permissions from the road authorities. We had drawn zebra lines in 3 places ie, in front of our college, in front of District Hospital Kottayam, and In the Market junction, Kottayam.

Road safety awareness Class

Road safety awareness class was also given to the students by DySp Of Police Shri. Ajith Kumar Sir. He talked to students about the necessity of following traffic rules. He demonstrated how public get into accidents and also advised measures to avoid the main accident causing villains of all times with the help of recorded videos of live accidents. Videos presented by Ajith sir sent shivers across the nerves.

Survey on “ Traffic rules”

A survey was also done to know about the knowledge of drivers about various traffic rules. Questionnaire about various traffic rules were taken by students in groups to 5 different categories of drivers . Drivers were Categorized as Two wheeler drivers, lorry drivers, bus drivers, Car drivers, and Auto rickshaw drivers. Prize was also fixed for the driver who scored all the questions correctl.y. But to our

disappointment, none of our respondents got all our questions correct.

Slogan Competition

NSS unit conducted a slogan competition on 'Road Safety' for the students of BCM College. This competition was aimed at causing great emotional or mental stimulation in the hearts of the students. Many attractive slogans were quoted by students which was later exhibited using charts in college premises.



DySP of Police Ajith sir, handling a class on road safety to the students.

Yoga Day

Giving due respect to the words of our Prime Minister Shri Narendra Modiji, NSS Volunteers of BCM College actively participated in the Yoga day programmes held at MG University and in Kottayam Collectrate. Demonstrations by a Yogacharya was given for the students to enable them to practice Yoga on a daily basis for the improvement of their physical and mental health.



Dr. Babu Sebastia(Vice Chancellor,MG University, Prof. Sheena Shukoor(Pro. Vice Chancellor, MG University) and MG University NSS Coordinator Dr. Sabukuttan Sir practicing Yoga along with NSS Volunteers

Blood donation database

Non availability of blood is the major cause of death in most of the road mishaps and Kerala has a prominent position as a place where the deaths are very high due to accidents. It has become a necessity to form a database where blood can be collected with ease to supply those who are in need within a limited time at the click of a mouse. This will help many so that anybody can identify a donor in a limited time from a particular locality . We have formed a data bank with the names of 250 willing blood donors. They have signed their consent in donating blood.

Blood Donation Camp

Taking Inspiration from the services of NSS, our Former NSS Programme Officer and advisory board member of NSS Mrs. Phiona Elizabeth Joshy organized a blood donation camp in Association with the NSS Unit of BCM College and all the studnets and teachers capable of donating blood has donated their blood during the mini camp. 200 units of blood have been collected from the BCM Family this year.

Workshop On Voluntary Blood Donation

CA Reshma Rachel Kuruvilla, Programme Officer of BCM College ,NSS unit has attended the workshop on Voluntary Blood Donation organized for the

donor motivators at SHSRC Thycaud, Thiruvananthapuram on 26th February 2016.



Ms. Anisha Philip, donating blood during the Camp at BCM College

Civil Service Orientation Programme

BCM Volunteers Took part in the one day Civil Service orientation programme organized by Kerala State Youth welfare Board at Kottayam District in the 3rd week of December.

Signatures against Alcohol

BCM Volunteers Collected signatures against alcohol consumption to be sent to the Prime Minister Shri Narendra Modi to ban the sale of Alcohol in the country. This was done after realizing the damages caused by alcohol consumption on the families

Personality Development and Life Skills

National Service Scheme of Mahatma Gandhi University conducted a one day Inter Collegiate Seminar on the Topic “Personality Development and Life Skills” at BK College, Amalagiri on 12th January 2016 and NSS volunteers from BCM College participated in the event. A session on YOGA practices was also given to them.

Intercollegiate Seminar on Swami Vivekananda



Prof O. M .Mathew delivering his speech during the Seminar

Our college hosted a one day intercollegiate seminar on the life of Swami Vivekananda, a visionary in Education. The programme was inaugurated by the Chairperson of Vivekananda Chair , Shri. O M Mathew Sir. Keynote address for the programme was delivered by NSS Programme Coordinator Dr. K Sabukuttan Sir. Shri O. M Mathew Sir delivered his views about the life of Swami Vivekananda and advised students to follow the path of Swami in the pursuit of success.

Intercollegiate Seminar on Personality Development



Shri. Sreekumar Sir, Information Officer, MG University handling class on Personality development

An intercollegiate seminar on personality development was also held in BCM College, for all the NSS Volunteers of MG University. Programme was handled by Mr Sreekumar Sir, Information Officer of MG University and Ms. Sreeja , Research Scholar of MG University itself.

“Swach Bharath Abhiyan”- Gandhi Jayanthi Day Celebrations

NSS Unit Of BCM College organized and took part in the cleanliness drives in different locations of the town to connote the significance of Gandhi Jayanthi day. Two locations were cleaned under the leadership of the NSS unit of BCM College namely DDE Office premises and Pakal veedu, an old persons resting home. 15 of Our NSS Volunteers also took part in the cleaning of Railway station premises under the direct guidance of NSS Coordinator of MG University. Cleaning Programme in railway station was inaugurated by our Honourable minister Shri. Thiruvanchoor Radhakrishnan. Cleanliness drive was a grand success .



NSS Volunteers and teachers cleaning the premises of DDE Office& Pakal Veedu

World Heart Day



NSS Volunteers participating in the rally on “World Heart Day”

NSS volunteers of BCM College went as a rally To Mount Carmel School with boards and banners to raise awareness about the significance of taking care of the “Heart” for a proper and healthy living. This was done in connection with the World Heart Day. Students also took part in a programme which was organized to recognize the meritorious services of the great cardiologist Dr. Jayakumar. The importance of the surgery was that it was done at a marginal rate when compared with the heart transplantation costs in private hospitals. The patient who has received a heart during the first heart transplantation in Kerala was also present there in the programme.

E- Jalakam

In this digital era, all the government services are provided online. Therefore, It is important to be aware about the e governance methods. On this occasion, I am happy to declare that the first year students in our college have been taught the E governance procedures by the NSS unit of our college for a simplified living. Students in BCM College were also given classes on the electronic media and its uses.

Cyber Cell crimes

Majority of the women fall a prey for the cyber crimes by subjecting themselves to negligence or due to absence of precautions behavior. During teenage, they don't think much about the damage a single misuse of shared pic can cause to their lives and their families. Inorder to educate our students Mr. Arun gave a class on cyber cell crimes. This was a necessity for all teenagers.



Students attending the seminar On E jalakam

Breast Cancer awareness – ‘PINKATHON’ Rally

Inorder to spread awareness about the necessity of diagnosing Breast Cancer at an early stage, NSS Unit of BCM college took part in a rally organized by the Caritas Hospital with Pink coloured hydrogen balloons in hand.Rally was named “PINKATHON” . Students and Doctors from various hospitals were also part of the Rally. Rally came to an end with the release of Pink Hydrogen balloons into the air .

Breast Cancer awareness Classes

Rally was followed with a seminar for the students in BCM College by the famous Oncologist of Caritas Hospital. He demonstrated ways to diagnose Breast Cancer at an early stage by self examination with the help of a powerpoint presentation. He also explained to the BCM Community that breast cancer is curable if diagnosed at an early stage. And advised the public about intervals to perform the tests.



NSS Volunteers of BCM College after the rally “ PINKATHON” to spread Breast Cancer Awareness”



NSS Programme Officer Dr. George Mathew welcoming the Dignataries for the Seminar on Breast Cancer Awareness

Aids Day Observance

NSS unit of BCM College undertook many activities in association with Kerala State Aids Control Society to create an awareness about AIDS, the devastating visitor .

(1) Street Play in Railway Station

NSS Volunteers of BCM College performed a street play to raise awareness about the most deadly disease that has affected the world. Street play done had messages about ways to avoid being infected with AIDS and the losses it can bring to families and society if someone gets infected. Campaign was inaugurated by Mr. U .V Jose, Collector of Kottayam.

(2) Posture designing competition and exhibition

We had a posture designing competition on the topic “AIDS- An EVIL ” among all the students in BCM College and the entries of of the competition were exhibited in the railway station and in front of the college.



A Scene from the street play against Aids done by NSS Volunteers of BCM College
CHENNAIK ORU KAITHANGU”



Scenes from the flood affected Chennai was a pain for the whole of India. NSS unit of BCM College also joined hands with Mathrubhumi newspaper in the fund raising held in connection with the floods in Chennai. Programme was named as “CHENNAIK ORU KAITHANGU” . Our students provided their contributions in the form of money and prayers. We provided Rs. 12000/- (Twelve Thousand Rupees Only) as our share for the victims of Chennai Floods.

Campus Community Interaction- LEARNING BY SUPPORTING SHG’S

SHG’s are units which has led to the development of a society at large through their support to the home makers, then idle at home. It is with the support from the public only can they survive the struggles in business. It was understood that SHG members have difficulty in marketing their products competing with the world class products. A commerce student who have learned about facing competitions can help them tackle this problem with ease while gaining an improvement in their social interaction and negotiation skills By doing this process, students gets benefitted through the development of their personality while the SHG’s will get benefited with the expert knowledge of the students.

Therefore, Commerce Students were divided into different groups and they were asked to visit any one Self Help Group of their choice. Students purchased different products manufactured by the SHG they visited after negotiation talks with the members. Purchase of products was done on cash and credit terms.

. Marketing of products purchased from the SHG's was done by the students in order to help the SHG members. This activity provided the students an opportunity to try out the marketing tactics, that they have learned through commerce text books . Developing of social interaction skills of the students was the hidden agenda of the programme and the programme was a success in achieving its target.



Our Students with the SHG members they supported in marketing

Soap Making

During the campus community interaction programme, Students also got opportunity to learn the manufacturing process involved in soap making, lotion making etc. Many of the students commented that this

had helped them in finding an alternative livelihood. This activity was done in association with the Commerce Association of the college.



NSS Volunteers Learning Soap Making from The SHG's they visited

SPECIAL CAMP At Venmany

Like all other NSS units, we too had a special camp but our camp was different because we were located at Venmany- Pattayakudy area in Thodupuzha which was a tribal settlement. We organized our special camp in a distant place with the special permission from our NSS Coordinator. It was held from 22nd August 2015 to 28th August 2015 in the venmany pattayakudy tribal colony at St George U P School.

Our camp had its beginning with the ice breaking session under the leadership of Smt. Vinumol Devassy of Sociology Department. Though there was some friction in the beginning, things began to melt down as time passed by. Groups were formed in the bus

itself even before we reached location of the camp. Programme had its official beginning when Fr George Chakkangal lit the lamp. Second day was started from the church for all the believers while others took care of the kitchen.

➤ **House visits and awareness classes for the locals**

Activities started with house visits and awareness classes for the locals about the importance of reducing consumption of alcohol, cleanliness etc. This was an exposure to the real life situations of common people in the rural sector.

➤ **Seminars and Classes for students**

Evening session of the first day marked its beginning when Dr Mathew Joseph, Physcian of Alphonsa Hospital, Murikkasery took a class on Lifestyle diseases. On the second day, classes were handled by Dr. Ipe Varghese of the MSW Dept about the necessity for being vigilant against Child Abuse. He said that Statistics revealed alarming facts about Child abuse and requested students to be vigilant about abuses in all forms and instructed them to be proactive. Dr Elizabeth John took a class on the need for energy conservation .

➤ **Road construction**

NSS unit took the challenge of constructing the pattayakudi-vanchickal road in the hill area. It was indeed tiring for the girls as they had undertaken the laborious job of constructing road in a hilly area which was filled with huge stones. It was a moment when students realized the value of labour and they were able to enjoy the result of true hard work.

➤ **Organic farm visit**

After completing road construction, we progressed towards the Organic farm of Shri. George Puliyanmakal, a national award recipient for his contributions to Agriculture. He demonstrated various organic cultivation techniques to the students. He provided us with natural juices which was indeed mouth watering due to its taste and freshness. On Visiting his farm many new varieties of agricultural products were introduced to the students. It was altogether a different way of life.

➤ **Interaction with Local Community**

Our NSS volunteers got ample opportunities to interact and learn from the local community of the area through the house visit & surveys conducted at the area. We undertook the construction of the road to vanchikal and work in the area agreed was completed with the wholehearted participation from all the inhabitants of the area.

➤ **Cultural exchange**

On the last day, “Adivasi’s” as they are called, performed their traditional artforms like kolkali and koothu in front of the students and students performed our Margamkali and Naadanpattu in front of the local people.

➤ **Traditional way of living**

As part of reducing cost, we depended mainly on natural food items like Pappaya, jackfruit, Tapioca, Chundu etc which were available in the locality for food. Students prepared “Chakkapuzhukku” in which

all the students actively participated and celebrated it like a festival in removing chakini and getting it ready.

Feedback received from students portrayed the camp as one which showed them alternate way of living different from their lifestyles. It showed them the necessity of returning to their almmater living styles.



Programme Officers with Shri. Roshi Augustine, MLA of the Pattayakudy area



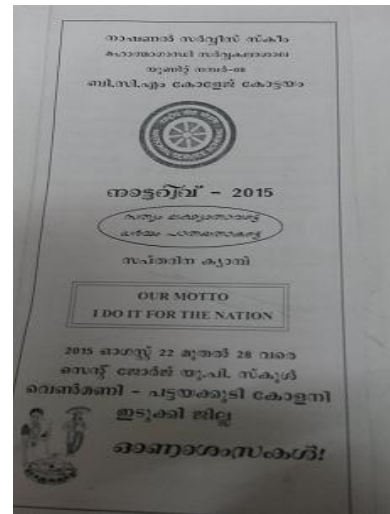
Local people of Pattayakudi In their traditional dress after performing Koothu.



NSS Volunteers participating with the inhabitants of the area in the “Tug of War”.



Students welcoming Dr Ipe Varghese and Fr Philmon Kalathara to the camp



Students solving the issue of walking with a lorry



Adivasi's performing Koothu As part of Cultural Exchange



‘Chakka Puzhukku maholsavam’ students getting the jackfruit ready as a team



Class on the need for energy conservation being taken in a forest to show students about the difference

ORGANIC FARMING

After realizing the importance of traditional living, we thought about ways to implement it and there started the idea of organic farming . During our special Camp at Venmany , a class was taken by Dr Mathew Joseph about various life style diseases. The knowledge about the reasons for various lifestyle diseases sent shivers across our nerves and we realized the importance of stepping back to our traditional styles of living in order to have a healthy living

. Visit to the farm of Mr George Puliyanmakkal , National award recipient of the country also taught us the importance of organic cultivation. We learned our initial lessons of farming from his talks and his farm.

Like many other activities undertaken we have started with an agriculture farm too, inorder to develop a taste for agriculture and related activities in the minds of our younger generation who were moving away from the traditional way of living to be just couch potatoes.

Veettilloru adukkala thottam

As part of our NSS activities, as an initial step, interested students were provided with high yielding seeds collected from various krishi bhavans and agricultural university to develop kitchen gardens at their houses. They were taught about converting kitchen garbages into manure and were instructed to make the best use of the limited space. Prize for the best kitchen garden was also announced to give encouragement for the students.

Class On Organic farming

In order to educate students about various Organic farming techniques, Shri. George K Mathai Sir, Director at agricultural University took class on various organic arming techniques. This was done before distributing seeds among students. And In the class, they were told about the significance and benefits of organic farming along with the techniques.

Turning bare land into fertile land

We started organic cultivation of vegetables and other food crops in 1.6 acres of land near Iranjal in Kottayam. And it emerged as one of the most important work undertaken this year. Organic farming was done on a land taken on lease from Mr. Jaimon Jacob.

The programme was inaugurated by our honourable minister **Shri. Thiruvanchoor Radhakrishnan**. The reason why organic agriculture is enforced is because it minimizes the use of various harmful chemicals that have hazardous effects on crops and on people consuming them. Here, there is more focus on using natural ways to enhance the quality of soil and the cultivated crops. Experimental farming began with in-depth study and various farm visits. We adopted various techniques like:

- **Using Green Manure:** Refers to the dying plants that are uprooted and stuffed into the soil in order to make them act as a nutrient for the soil to increase its quality.
- **Biological Pest Control:** A method in which living organisms are used to control pests, without or with limited use of chemicals
- **Pollination:** We have installed honey bees in our farm to increase the Pollination of our crops .
- **Compost:** Highly rich in nutrients, this is a recycled organic matter used as a fertilizer in the agricultural farms, cow dung and cow urine were the main manures used.
- **Using Bio slurry** – Bio slurry was prepared with kadala pinnakku as an ingredient.

- **Water recharging Pit** – Inorder to replenish the water taken, water recharging pit was made.
- **Use of Natural fertilizers- Preperation of fish amino Acids** was undertaken as a step towards using natural fertilizer in our farm and was used to increase our yield.

Activities from land preparation, to ploughing were carried out by NSS volunteers. Fascinated by the activities of NSS volunteers other students who are not NSS volunteers also joined us in the agricultural activities. Land preparations was done by NSS volunteers by clearing huge stones and wastes from the plot. Students themselves did all the ploughing to make pits for planting various vegetables like brinjal, lady's finger, different varieties of Snake gourd, chilli , pumpkin , peas, tapioca and different species of plantain

While engaging in agriculture activities, the students learned many things which they cannot learn from theory classes . The NSS unit of BCM College aims at developing the overall personality of the students in such a way so that the students emerge as responsible individuals encompassing the virtues of life while having a positive way of life . . The aim of NSS is to develop a sense of service, team spirit and to give them a realization about the dignity of labour. The various programmes conducted by the NSS unit of BCM College have brought about remarkable change in their outlook and their attitude towards life and society.

To add colour to our efforts, we have been blessed by an award from the agriculture department of the

Government of Kerala for being the best performing institution in Kottayam .



NSS Volunteers engaged in land preparations



Shri George K Mathai handling a class On organic Farming



Shri. Thiruvanchoor Radhakrishnan, Honourable Minister and MLA of Kottayam Inaugurating our “Organic Farming”





NSS Programme Officers along with Shri. Jaimon Allapat receiving Best Public institution award for its agricultural activities in Kottayam district from the Government of Kerala



Students watering the plantains after planting

Sale of Yield for Charity

Every hardwork becomes meaningful only when there is sufficient yield for the effort made. Yield obtained from the vegetables cultivated by our students has been sold out to the BCM Community . Sale of produce is desired to be given for charity after recovery of the expenses incurred. Sale process of the vegetables was inaugurated by our Principal Prof Sheela Cherian K by purchasing the Green leaves cultivated in our farm.



Programme Officers and Other teachers along with the spinach leaves from the farm

Youth Day Programme At MG university

NSS Volunteers of BCM College actively participated in the NSS Youth day Programme held in MG University. Youth day programmes were Inaugurated by the respected Vice chancellor of the University, Dr. Babu Sebastian. Programme was blessed with the presence of Prof. O .M .Mathew sir who is the chairperson of Vivekananda Chair in MG University. Ms. Jessi Hillel, malayali lady musician who received the prize in “ New Zealand Has got Talent” competition was also honoured on the day.



Voice against Stray Dog Menace

When the stray dog menace aggravated and more and more people, including morning walkers, newspaper boys and children, fell victim to dog bites, the BCM family under the leadership Of its NSS unit raised its voice against the stray dog menace . Programme was organized in association with Jana seva Sishu Bhavan, Aluva. The whole motion was inaugurated by Thomas Unniyadan MLA, Chief whip of the Kerala

Legislative Assembly. Chairman of Jana Seva shishu Bhavan, Aluva Shri. Jose Maveli was also present for the programme.



Thomas Unniyadan MLA After the inauguration of motion against stray Dog menace

Empanelled Training For PO's

Both the programme Officers CA Reshma Rachel Kuruvilla & Prof. Anil Stephen has successfully attended the seven day's Empanelled training Programme at Rajagiri centre soon after being appointed as NSS Programme Officers.

National Adventure Camp

Kumari. **Anju P Tom** Of the BCM family was selected for the NSS National adventure Camp held at Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports, Manali, Himachal Pradesh from 5th October to 14th October 2015.



Anju P Tom Receiving certificate From Kiran Bedi During National Adventure Camp

House for a deserving student

More than one billion of the world's urban residents live in inadequate housing, mostly in slums and squatter settlements of the developing world. While the UN and most governments recognize the basic right to adequate housing, this is yet to be translated into effective solutions to address the housing needs of low-income populations - particularly as population growth and urbanization rates strain the ability of existing systems to keep up with demand for housing construction, but also for sanitation, electricity, and transportation infrastructure.

Improving the housing conditions of one-sixth of the world's population constitutes a massive economic, social, and environmental challenge. Many governments cannot afford to heavily subsidize the

capital-intensive housing sector with the hope of solving the housing shortage. Serving the needs of hundreds of millions of families will require combining the talents and resources of both the citizen and the private sectors.

So with these things in mind, BCM Family took an initiative and has constructed a small house at Kottayam for a deserving student from among our group itself. The programme was named as “**Snehakoodu**”. NSS Volunteers mobilized funds in the construction of this small house with all necessary facilities required for a home ranging from toilets to good kitchen.



*BCM Family with **Principal Prof. Sheela Cherian K** In front of the house constructed as part of “Snehakoodu” Programme.*

Life Skill education- Driving lessons for empowering BCM

NSS Unit of BCM College arranged facilities for students to learn driving at subsidized rates. This was done in Association with Popular Driving school. 50 students have enrolled and paid fees to learn driving from Popular under the guidance of BCM NSS Unit. This was with the intention of supporting them with an additional livelihood option.



Students who learned Driving with their cars in BCM College

Thank You

