



NATIONAL SERVICE SCHEME

Unit Code No. KL05/OO8

BCM COLLEGE, KOTTAYAM

ANNUAL REPORT 15-17

(Includes Special camp and regular activities)

Activities 2015-16

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	
	8.3 Workshop 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	

Collaborated organizations during the year 2015-17

- General Hospital, Kottayam
- Kottayam Legal Services Society
- Medical College, Hospital, Kottayam
- Navajeevan trust, villooni
- Deputy directorate of Collegiate Education
- Lions Club International
- Rotary club
- Medical College, Hospital, Allapuzha
- District hospital blood bank, Kottayam
- Amrita Institute of medical sciences, Ernakulam
- Youth Welfare Board
- Vivekananda Chair, MG University
- Shuchitwa mission
- Kerala Motor Vehicles Department
- Popular Motors
- Kerala State Agricultural Department
- Kerala State Electricity board
- Kerala Police
- Kerala State Aids control Society
- Datri Foundation
- HDFC Bank

- Youth welfare board
- Caritas hospital
- Kottayam Railway station
- Chaithanya SHG
- Vijayapuram Gramapanchayath, Kottayam
- Kanjikuzhy Panchayath , Thodupuzha
- State Bank of India
- Kerala State Excise Department
- Kerala Vigilance and aAnti Corruption Bureau

Activities 2016-17









CONTENTS

Sl. No.	ACTIVITY	Page No.
1.	<i>Energy Conservation Rally</i>	
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	
	8.3 Workshop 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	
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19	Campus Community Interaction-	
	19.1 LEARNING BY SUPPORTING SHG'S	
	19.2 Soap Making	
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	20.1 House visits and awareness classes for the locals	
	20.2 Seminars and Classes for students	
	20.3 Road construction	
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	20.5 Interaction with Local Community	
	20.6 Cultural exchange	
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	21.2 Class On Organic farming	
	21.3 Turning bare land into fertile land	
	21.4 Sale of Yield for Charity	

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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 also along with us to support the activities of the college during the year 2016-17.

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 benefits for the society and laurels for the college . Important engagements by the NSS unit of our college have been given below:

NATIONAL INTEGRATION CAMP

Unity in diversity is the unique feature of our mother land, India. Though we are different in colour, caste, race, religion etc. We possess the same spirit of nationalism. National integration camps play a major role to uphold unity and integrity among young minds.

It was a great privilege and honour for the programme officer Reshma Rachel Kuruvilla and Volunteer secretary Sethu Maria George to participate in the NIC NSS, held at Cherthala from 25th December 2016 to 31st December 2016, along with Mahatma Gandhi University volunteers. The camp included various activities like Anti drug seminar by Sri. Rishiraj singh IPS, Classes on first aid, yoga, cultural programmes performed by nine states, Shramadhan etc. Presence of Dr G P Sajith Babu sir, regional Director of NSS and Thirumalai Rajakumar Sir added cream for the cake.



Programme officer Reshma speaking during the valedictory Session

Energy Conservation Rally

Conservation of energy is one of the major challenge that we face today. In order to make the public aware about the need of energy conservation, our BCM NSS unit conducted a rally. Students tried to convey the importance of optimum usage of resources for saving energy for the future generations also. This was done by BCM College in association with Kerala State Electricity Board. Rally started from KSEB office and proceeded towards Thirunnakara Maidan. This procession by the ladies aroused the curiosity of the public and many of them took time to read our placards. This rally was a huge success with the participation of a large number of students as well as public.

Patriotic song competition

Music ignites all areas of child development: intellectual, social and emotional, motor, language, and overall literacy. It helps the body and the mind work together. Patriotic songs are songs that demonstrate love for one's country, or have themes that glorify self-sacrifice, land's beauty, history or ideals. As a part of the Independence day celebrations, NSS volunteers from BCM College participated in a patriotic song competition held at Darsana Academy, Kottayam. The students prepared well for the competition, taking good practice and dedication under the leadership of Dr Peter K Mani, Professor of Botany department who is a musician and a friend of BCM NSS unit.



Visuals from patriotic song competition

Independence Day Celebration



NSS unit of our BCM College celebrated the Independence day with great importance . Flag was hoisted in the college on August 15 th by Sheela cherian K, Principal of the college. Bursar of the college

Fr. Philmon Kalathara , NCC officers Dr Reeja PS and Elizabeth Johny, Vice principal of the college Dr Sr Betsy, And Sucy Philip were also there for the function.

Poster designing Competition

As the 70th Independence Day is round the corners, to make it worth celebrating, the National service Scheme Unit , MG university organized a creative poster making competition for the students at BCM College on **August 14, 2016**. The theme of the event was 'Independence,' which maximized the creativity to its extent with the participation of more than 30 students from different faculties of BCM College.



Poster designing competition

The students made attractive sketches and drawings with mindfulness. The event was judged by Prof. Anil Stephen, Head of

the department of Malayalam and Dr Naveena J Narithoockil, Head of the department of Hindi. Judges were surprised at the splendid showcase of talent, creativity and ideas portrayed in the posters . In reality, the posters made by the students left the jury in awe. Many of the posters that came up to the final were thought provoking and the judges had a very tough time in deciding the winners of the closely-fought competition. All the participants were awarded certificate of appreciation. .

Poster Exhibition on “Freedom Movement “

In order to inculcate the true spirit of Nationalism among the minds of BCM students , posters obtained in the competition along with the posters created by NSS volunteers were exhibited in front of the college auditorium. Postures were attractive and were educative for the viewers who approached them with seriousness.



Students of BCM visiting the posture designing exhibition on freedom movement

Rashtriya Ekta Diwas (National Unity Day).

National Unity day (also known as Rashtriya Ekta Diwas) was celebrated by the NSS unit of BCM College on 31st of October, 2016 . It was celebrated to commemorate the birth anniversary of Sardar Vallabhbhai Patel, also known as the Iron man of India who really unified the country. Students were taught about Sardar Vallabhai Patel and his efforts in making India United. A pledge taking ceremony was also held at BCM College on the day of Rashtriya Ekta Diwas . NSS volunteer secretary Saljimol Abraham administered the pledge for the BCM students.



NSS volunteers of BCM College taking pledge for the unity of the country on National Unity Day

National Integration Day

India celebrates National Integration Day or Quami Ekta Divas which falls on November 19, every year, being Indira Gandhi's birth anniversary. It commemorates the toil, tears, blood and joy of the first woman prime minister of India, Indira Gandhi. National Integration Day, in short is a day that venerates love, peace, unity and brotherhood among people all across India. It is a day that stands for the unity among diversity that is inherent in India. NSS unit of BCM college always attempts to bring together people irrespective of their differences in religion, economical status, culture, educational qualification, races, views and lifestyles to mix, understand perceptions and work to fortify their sense of unity. This day entails Indians to pledge towards ensuring maintenance of common harmony with each and every other citizen in her society.



NSS volunteers of BCM College taking pledge for promoting the integrity of our country.

On National Integration Day, Programme Officers Prof. Anil Steephen and CA Reshma Rachel Kuruvilla and Dr George Mathew talked about the importance of national integration and the necessity for unity in diversity for the prosperity of our country. Our volunteers took National Integration pledge in order to uphold the true spirit of Indian Nationalism.

Intercollegiate Elocution Competition

Intercollegiate Competitions can give exposure for the students. Our NSS Volunteer Secretary Sethu Mariya George participated and obtained a second prize in the Intercollegiate Elocution Competition conducted at BAM College Thuruthikad on 30th January 2017. The topic for the competition was “Gandhism in Changing World”. Elocution Competition was organized to commemorate the death anniversary of Shri Mahatma Gandhi, father of our nation on the MARTYR’S DAY.



Sethu Maria George, Volunteer secretary of BCM College delivering her speech during the competition.

Intercollegiate Media Workshop

Angel Mary Jimmy & Sethu Mariya George , our NSS Volunteer secretaries attended the three day Intercollegiate Media Workshop on Mass Media & Communications at Dewasam Board college keezhoor held from 19-08 2016 to 21-08-2016 .



Workshop dealt with various aspects of Various Mass media communications which included books, magazines, newspapers, radio, television, film, and Internet. Prons and cons of Mass media communications were discussed. Eminent personalities from the media field addressed the students and clarified their doubts on mass media and communication. Participants opined that it was an altogether different programme and they had benefitted from it.

Flash mob and street play on Road Safety

Our NSS Volunteers are very responsible for the society. Their concern for the society was well witnessed in observing “Road Safety Week” in our college. The aim of this campaign was to emphasize and accentuate people about the need of safe roads travel by applying just simple rules. With regard to this, street plays & flash mobs were performed by our Volunteers in different locations of Kottayam town in order to draw public attention on road safety & traffic rules.



Volunteers performing Flash mob before delivering the message on road safety rules

Cleaning Collectrate premises

To fulfil Mahatma Gandhi's dream of clean and healthy India, our dearest Prime Minister Shri. Narendra Modi launched [Swachh Bharat](#), the biggest ever mass movement since Independence on October 2, Gandhi Jayanti day, the birth anniversary of Shri Mohandas Karam chand Gandhi, father of our nation.



District Collector CA Latha addressing the students on Gandhi Jayanthi cleaning, PO Reshma Rachel can be seen along

NSS unit of BCM college also joined along with our prime minister to make India a cleaner place to live in. We the celebrated 'Gandhi Jayanthi' on 2nd October by cleaning Civil station premises. District Collecetor Smt CA Latha IAS inaugurated the function and addressed the students. Madam aslo joined with the cleaning

activities of our NSS unit. Suchithwa Mission Coordinator and other officials were also there for the function.



Cleaning the Kottayam District Collectrate premises

“ Onnakodi” For Cancer Patients

‘ Charity ‘ is the one of the major virtue we hold . Every moment of a cancer patient's life is one of unbearable, relentless pain. NSS unit of BCM College works extensively in the field of palliative care, with the agenda of providing some sort of care and love to the terminally ill cancer patients in the midst of the big pain that they suffer.

NSS Volunteers met each and every student at BCM and requested help for the cancer patients. Contributions collected from the children and staff at BCM College were used in purchasing new dresses for the cancer patients in connection with “Onam”, a traditional festival of Kerala where new dresses are purchased as a matter of pride, culture and tradition. As per the doctors at the palliative care organization, most of the patients for whom we

brought dresses were believed to be awaiting death and they may not have lives which will last till another Onam.

Volunteers of BCM were able to raise Rs 60,000 from BCM College and handed it over to the trustee of Navajeevan trust Shri . P U ThOmas, as a token of our love and care.



Class on Natural ayurvedic plants

The plant *Tragia Involucrata*, which we locally call 'Choriyanam', found in most of the Kerala backyards has got wonderful medicinal values. A class on the various uses of Choriyanam was given for the NSS volunteers. This was done with the intention of familiarising students with the wild varieties of herbs which was used by our forefathers instead of high costly medicines . The leaves of Choriyanam are used for removing dandruff ,head lice and even used as food. Recipes using Choriyanam were demonstrated to the students.



MrTaking class on the benefits of Choriyanam plant



Awareness Class on stem cell donation

With the aim to create more awareness on stem cell donation which can be used for treating cancer and other deadly diseases. NSS Unit of BCM College organized a class on Stem cell transplant, also called peripheral blood stem cell transplant.



Mr Abey, A live donor taking class on stem cell Donation

Stem cell transplant is a new treatment technique which tries to cure a few types of cancers like Leukaemia, Myeloma, Lymphoma and so on by using very early blood cells in the bone marrow that develop into red blood cells, white blood cells and platelets in future. After the class, students were wholeheartedly ready to donate their cheek swabs and to be a donor if they became a possible match for someone across the globe.

Waste management

Waste has become a menace affecting many households. On an average 6000 tons of Solid Waste is being generated in all across Kerala. Waste Management is an essential service to be provided by

the municipal and local government authorities. Failure to provide it efficiently could be disastrous. Private sector participation is one of the best choices open to boost the performance of public services like solid waste management.



NSS volunteers along with Programme officer during the exhibition

With disposal of waste emerging as a great concern in the state, NSS volunteers from BCM College conducted an exhibition on waste management at Thirunakara Maidan. Various charts related to various dimensions of waste management created by NSS volunteers from science stream were exhibited to create an awareness among the public. Recycling, reuse and reduce were stressed to minimize waste generation. **“Kamba composting”** a novel composting technique was the highlight of the exhibition. Two Kamba Models one which was filled with the waste and an empty kamba was there, to demonstrate the process before the visitors of the exhibition. Kamba composting can decay all wastes generated at homes except metal scrapes and glass materials. Decaying was done by the worms born from the curd which acts as

a catalyst for decomposition. Plastic cans which were once thrown out as waste was reused as flower pots for planting flowering plants and herbs by the students. This was also demonstrated in the exhibition. Flowers made out of plastic carry bags attracted many persons. Exhibition was a successful one considering the large number of visitors to the stalls.



MODELS FOR WASTE MANGEMENT

Our College also has an incinerator and bio gas plant for managing the wastes generated at BCM College. We have separate collection systems for non degradable E wastes in the college. E wastes were collected by the NSS unit of the college. Pen drive was an initiative by the NSS unit of the College to portray the huge volume of plastic wastes generated by students every day in BCM College.

" AMMA ARIYAN"

A novel initiative on parenting was undertaken at BCM College to improve the physical, academic, social and interpersonal skills of the adolescents and lead them towards successful adulthood.

AMMA ARIYAN was conducted in the college for the mothers of the graduate students. During the class, Dr J Prameela Devi discussed on the adolescent issues which needs attention of the mothers . Programme was conducted with the full support of the PTA and National Service Scheme.



ക്ലാസ്സ്.ഡോ. ജെ. പ്രമീളാദേവി (കേരള വനിതാ കമ്മീഷൻ അംഗം)

Trained traffic volunteers of BCM

NSS volunteers of BCM college were provided expert driving lessons by Popular motors, Kottayam in a scientific and systematic manner. Trained traffic volunteers of BCM College were allotted to certain locations of the town . Student volunteers of BCM were required to regulate and guide the traffic rules of the town. Students voluntarily came forward for a couple of hours in a week to do the patrolling at the nearest junction. Students however, were not allowed to charge fine. This initiative was intended to provide the volunteers a sense of participation and a sense of belongingness. The initiative will also spread awareness, because when drivers see a common man participating in an activity like this, it will have a good impact on them as well. Every student volunteer will be presented with a certificate, as a token of

appreciation from the traffic police department when they complete their hours of volunteer service. "If each one starts looking after the way they drive their vehicle, a large chunk of the mishaps happening in the roads will be catered on its own".



BCM Volunteers along with officers in traffic rules violation detection on road

Blind Walk

Few National Service Scheme volunteers from BCM college participated in the "Blind Walk" which started at 9:00 am from Darsana Cultural Center, Sastri Road to Tirunakkara Maidan. This was organized to proclaim solidarity with the blind people . The programme was organized to mark World sight day on 13th October 2016.

Special Camp Seven day



The seven day camp of BCM NSS unit was held at 10-sep-2016 to 16-sep-2016 in Holly Family L.P School, Kizhakkenattasseri, Eranjil and neighbouring places .The whole program was under the title **“Haritham 2016”** , which encompasses the various activities including the organic farming centered in the two acres of Iranjal ,Health awareness camps which are held in the adopted village , Class which are conducted by the join effort of BCM NSS unit with the health mission and Legal society , House visits for surveys , Garden making, Free distribution of seeds, Debates on issues of social relevance , discussions , and so on enriched 7 days in the life of the volunteers.

The whole seven day camp was under the supervision of program officers of BCM NSS unit Assistant Prof Anil Stephan and Assistant Prof Reshma Rachel Kuruvilla .The students where leaded by the four Volunteer secretaries Kum. Sethu Mariya George , Kum. Saljimol S Abrahm , Kum .Navya Joseph and Kum . Angel Mary Jimmy . Each one of the seven days where bundled with activities which are of great social , moral and contemporary relevance.

Day 1 . 2016 September 10, Saturday



The seven day camp of BCM NSS unit, “**Haritham 2016**” was inaugurated by the honourable MLA and former Minister of Kerala

,Sri .Thiruvanchoor Radhakrishnan, after the flag hosting by Smt Sissy Bobby, President of Vijayapuram Panchayath. The Inaguratory meeting was presided by Smt. Sissy Boby. The meeting was blessed under the presence of dignitaries such as Rev. Fr.FilmonKalathara (Finance manager & Bursar of BCM college) , Sri. E.P. Nalinaakshan (PTA President, Holy Family LP School) ,Smt.Geetha Sudhakaran (Member of ward 2), Smt.Usha Venugopal (Member of Ward 8) , Sr. Elsina SVM (Headmistress of Holy Family LP School), and Sri.Anil Thottupuram (Social Activist).



After the inaugural function , there followed an ice breaking session, to stir away the tension between the students. After the ice breaking , the students where divided into seven groups, which where given the names of seven vegetables .In the afternoon ,the students of each groups visited the houses of Kizhakke nattasseri village. Students took a survey on their basic facilities and agricultural background. Also they distributed the seeds among the villagers and there occurred a cultural exchange between the students and the villagers. Villagers latter received and welcomed

the students with much cordiality. As a part of the camp, each group has to conduct programs each night, and as a result ,the Kalasandhya of that day was organized by group 1 ,and it was the end of the 1stdays programs.

Day 2 2016 September 11,Sunday

As Sunday is believed to be a good day to start something special ,the camp was in great energies. After the morning activities including yoga ,Assembly and News reading. The students went to the agricultural field in Iranjal. . There occurred the inauguration of Organic Farming of NSS Unit of 2016, by the distinguished former Chief Minister and now MLA of Puthuppally , Sri.Ommen Chandy



by 10:00am in the morning. Dr.P.R.Sona Muncipal Chairperson presided the inaugural meeting held in the open field .Smt. Sali

Mathew, Municipal Councilor was also present for the function. There after , the students begin to engage in agricultural activities.

In the afternoon session, there was a class taken by Sri. George K Mathew , Assisatant Director of Agricultural on the topic , “New ways for Organic farming” . Then they organized a debate for students on the topic , “ Is Media becoming a threat to Democracy and the right information of people” .The second day also ended after the Kalasandhya and envisaging the day.

Day 3 2016 September 12 Monday

On day three , after the regular morning activities such as Yoga , assembly , news reading camp paper presentation & breakfast , the students reached Iranjal for the continuation of yesterday’s work . We prepared the land suitable for cultivation that day . After returning to the school there was a class awaiting which was led by the Botany Prof. Peter K Mani of BCM College. The topic for the class was “Production of Organic fertilizers through kitchen wastes”. After the class a fun game was conducted by Volunteer secretaries for the students which heightened the enthusiasm and team sprit of the students largely. In the game each group where given a task of making a demonstration of advertisement for a product which was not yet advertised .

After the game each group was given separate topics for the preperation of street play . The diverse topics given to the volunteers where on stray dogs menace , Road Safety rules to be

followed , Drugs and alcohol , sexual abuse against women and children, election , organic farming and role of social media in the lives of the youth. The camp site went into silence after the kalasandhya and days review.



Street play being performed

Day 4 2016 September 13 Tuesday

Day 4 was much awaited by the students , ,as there was a visit to neighboring ‘ Abhayabhavan ‘ a home for deserted old women . After the regular morning activities as usual the students proceeded towards the agricultural land in Iranjal. There we took pits for the cultivation of tapioca. Even after the tiring work of a half day ,the students where enthusiastic about their upcoming visit to Abhayabhavan.

The visit was not at all futile. The old women who are neglected by their families and dear ones were at the heights of joy by the visit of their 'grand children' like girls of BCM NSS unit. The students talked and played with those abandoned mothers. Volunteers performed Music, Dance and other cultural and amusing activities before the residents of Abhayabhavan . We also distributed the old clothes collected by the students from BCM family which they brought with them for these destitute ladies. In addition we presented them our Onam gifts too. As a whole, it was a memorable and heart touching Onam celebration for each and every volunteer.

After returning to the camp site at the school ,there were two classes that day. First one was by the the program officer Pro.Anil Steephan. He exhorted the volunteers to fight against corruption . The second one was a practical class in which ,Dr.Sr.Betsy S.V.M the Vice principal & HOD of Family & Community Science department took a practical cooking class for the volunteers .It was all about how to prepare tasty and healthy food in a quick time without getting lifestyle diseases, how to keep your kitchen clean in between all the mess and so on. The class was really interesting for both the students and the teachers.

Day 5 2016 September 14 Wednesday

In the day of Onam , the volunteers seemed more energetic and vibrant than ever. Before the activities such as Yoga , news reading & and assembly itself , students made a beautiful 'onapookalam' in the school yard . Because of the speciality of the day ,the students

were allowed to be free from the agricultural works .Instead in coordination with the residential association of Iranjal , they were engaged in an ‘attutheera udyananirmanam’ ,the making of a beautiful garden. At the side of the river .through tiring it was ,the volunteers were happy to make a beautiful garden in a hasty place.

As it was onam, there was an enormous ‘Onasadhya’ prepared by our volunteers. The delicious onam feast was awaited the volunteers .After the feast ,the onam celebration began in its full energy. The whole village of kizhakkenattasseri was invited for the



celebrations organized at the school yard . Villagers wholeheartedly accepted the invitations of the students and joined with us to be a part of the onam celebrations of our volunteers. Various games such as Kaserakali, Vallikettu , Mittayiperuku,

sundarikkupottuthodal etc..where organized for both the volunteers and villagers .



The main event of the whole game was a 'Vadamvali'. In between the games villagers and volunteers performed different programs in the stage. It was a 'cultural exchange', rather than a mere celebration. After a warm and memorable onam celebration, the 5th day of camp came to an end, with the camp review.

Day 6 2016 September 15 Thursday

As usual the morning activities are done. Then again the students were resorted to the work in Iranjal. We planted tapioca and plantations in the prepared place of land. It was a long work than usual. The afternoon session had three programs mainly. The first one was 'prathibhasangamam' which was an interaction program

with two efficient youth .One was a girl from a neighbouring village, who had obtained license for all the four wheelers, two wheelers and heavy vehicles including truck in the age of 22. The other was a swimmer who attained the president's medal for bravery.

The 2nd program was a street play, in which the groups was well prepared for the street play and performed the street play on various contemporary issues like road safety, stray dogs, alcohol & drugs, sexual exploitation of women & children ,election .Organic farming and role of social media in youth lives.

As the 3rd program there was a class by Sri.Charli Abraham ,the state award winner for agricultural about ' The local knowledge on organic farming' .It was followed by the Kalasandhya and camp review as the last programmes of the day.

Day 7 2016 September 16 Friday

The last day of our camp was tightly scheduled . As usual it started off with yoga, assembly ,news reading and the camp paper presentation. Then the volunteers were divided into two groups. The first group proceeded to Iranjal for the completion of farming works. The second group engaged in the cleaning of school surroundings. The work was completed by noon and after lunch and refreshment the volunteers were taken to the beautiful ' attuthiram ' for a class 'puzhayarivu' .it was rather a class in the beautiful atmosphere of a river side with fresh air and shade of trees. The class was taken by Sri.Rajeev Pallikkonam the secretary of kottayam Nattukootam

.The volunteers where then engaged by Sri.Gopan with his folk songs and local games. Volunteers really enjoyed the beauty of Folklore songs.

By 7.30 pm, the students gathered together for the valedictory meeting of the camp. Programme officer Reshma Rachel Kuruvilla welcomed the gathering to the meeting. The meeting was presided by Sheela Cheriyan K, Principal of BCM College and was inaugurated by Sri.Joshi Philip ,The President of Kottayam District Panchayath, Rev Fr.Alex Akkaparambil ,the Manger of BCM College and Sri.E.P Nalinakshan, PTA president offered felicitations. Various awards for the best performers in the camp such as Best camper , Best worker,Best entertainer, best camp diary and best group were distributed . Vote of thanks for everybody who have helped us with the conduct of camp was given by Programme Officer Anil Steephen. The meeting was followed by the camp cognizance and camp fire.

Thus the seven day camp of BCM NSS Unit 'Haritham2016' , came to an end and the following morning ,the Volunteers started for their own homes ,with a handful of memories ,experiences and friendships.

National Voters Day

National Voters day programme was organized at BCM College on Jnauary 26 th 2017 in association with the NSS unit of the college.

Programme was inaugurated by the District collector Smt.CA Latha IAS . Pledge and campaigning to attract the attention of new voters was done during the programme.The new voters were then provided with a badge with carrying a logo "Proud to be a voter - Ready to vote",in order to attract many more to the group.



District collector Smt.CA Latha inaugurating the National Voters day Programme, NSS Programme Officer Of BCM College Anil Steephen along

This programme was designed so because many of the young voters of the country are showing little or no interest at all in casting their right to Vote.

Cartoon exhibition

A cartoon exhibition was conducted at BCM college by the BCM NSS unit in connection with National Voters day. Exhibits were mainly about the significance of voting. Presence of Humour added

colour to the art of drawing in the exhibits by talented cartoonists. Cartoon exhibition was organized in front of the BCM college auditorium from 10:00 am. This cartoon festival was organized in association with. Cartoon exhibition was conducted to draw the attention of new voter's who tends to stay away without getting enrolled in the electoral rolls of the country .



Interaction with SP Of Kottayam

NSS volunteers of BCM college got the opportunity to interact with the Superintendent of Police of Kottayam District, Shri Ramachandran Sir. During the interaction ,SP shared his views on the present situation of students in colleges and pointed out that

drug abuse has become a serious issue of concern among the students and requested the help of NSS volunteers of BCM College in bringing out a positive change in the mindsets of children.



NSS volunteers of BCM College along with SP Ramachandran IPS

Our NSS Volunteers offered all possible support and volunteer services for the betterment of our country from their part. Students were given many pamphlets as advices to be followed in everyday lives for ensuring general security of the citizens.

NATIONAL SEMINAR ON INTELLECTUAL PROPERTY RIGHTS

A CHANCE FOR BUDDING ENTREPRENEURS TO BLOOM

Awareness and Sensitisation programme on intellectual property rights (IPR), organized by MSME training institute, Industrial estate, Ettumanur on 21st July, 2016 gave the volunteers

of BCM, a golden chance to enrich their knowledge on the field of entrepreneurship. The programme turned out to be very informative when resourceful personalization like Mr. Ajay George Varghese [MD Bipha Drug laboratories], Dr Balaganghadaram V.P [scientist retired ISRO TVM] etc shared their views and enlightened the topic. The selected students of the BCM family felt much privileged to be a part of this programme as this helped them a lot to know and learn on various topics discussed and got a chance to clarify their doubts .The programme was scheduled for 8:30am -5:30pm . Sarishma of 3rdBcom[tax] an upcoming entrepreneur was also a part of the programme and this programme helped her a lot to be successful in entrepreneurship. The awareness programme was very much helpful to the students and all the other participants . The section was winded up by with feedback giving from the participants.



**Participants of National seminar sponsored by MSME with
Programme Officer Reshma Rachel Kuruvilla**

Seminar on Entrepreneurial Skills- Prof Reshma Rachel Kuruvilla M.Com, A.C.A.

A seminar was organised by the devoted and dedicated students of Entrepreneurs club under the Commerce department on the topic 'Entrepreneurship Skills' on 22nd September 2016 in association with NSS unit of the college . Prof Reshma Rachel Kuruvilla, programme officer of the NSS unit took the seminar at 2pm in the class 223 for all the members of Entrepreneurship Club and interested NSS volunteers . Miss introduced various terms like entrepreneur, entrepreneurship and entrepreneurial skills to the young business women. Miss talked about what makes someone a successful entrepreneur? "It certainly helps to have strong technology skills or expertise in a key area, but these are not defining characteristics of entrepreneurship. Instead, the key qualities are traits such as creativity, the ability to keep going in the face of hardship, and the social skills needed to build great teams. If you want to start a business, it's essential to learn the specific skills that underpin these qualities. It's also important to develop entrepreneurial skills if you're in a job role where you're expected to develop a business, or "take things forward" more generally". The seminar focused on the question of how youth, women and persons can access government procurement and entrepreneurial opportunities.

Prof Reshma Rachel Kuruvilla gave an overview of the economic development in India and the place of social justice and protection.

This helped to shed light on the various existing constitutional, legal, and policy frameworks as well as fiscal schemes targeting the inclusion of youth, women and persons with disability. The seminar was conducted in a very interactive manner where students were given the opportunity to ask questions. Students were also taken through the processes involved in registering a company, a business name and a partnership including the process of obtaining government certification and submitting tax returns. Also Prof Reshma tackled the issue of business project writing and appraisals and it involved the students being taken through the concept of business planning and profiling and its contribution towards harnessing success.

**Programme
Officer Reshma
Rachel Kuruvilla
handling a session
on
entrepreneurship**



Chit Chat On Civil service examination



MADAM Chaitra IPS clarifying doubts on Civil service exam.

The young and vibrant recently qualified Assistant Superintendent of Police Smt Chaitra IPS had a live session with the NSS volunteers of BCM College. She talked about her education, the way she studied and prepared for the civil service exams. Her style of presentation and down to earth character prompted students to ask their doubts on civil service to her. She was also kind enough to clarify the doubts of our students who were Civil service aspirants.

Central Excise Day

As part of the Central Excise Day, the BCM NSS Unit conducted a slogan writing competition in association with the Commerce department on 27th February 2017. A chart was displayed at the entrance of the college with a picture where the students were to drop their caption in the box kept near. It was done to provide information to the students on the excise day and corruption issues happening in the country. Out of all the slogans received, first prize was secured by Sethulekshmi K.U.



DANGAL

TO BREAK THE MOULD AND TO TAKE UNCONVENTIONAL CAREER PATHS

Few of the NSS Volunteers of BCM College were taken for the movie “**Dangal** “ along with the programme officer Prof. Reshma Rachel Kuruvilla. This was with the intention of providing motivation to the volunteers chasing the unconventional paths.

Dangal movie by AAMIR KHAN is an extraordinary true story based on the life of Mahavir Singh and his two daughters, Geeta and Babita Phogat. The film traces the inspirational journey of a father who trains his daughters to become world class wrestlers. Dangal is sports based biographical film. It is a story of former National level wrestler who gave up wrestling career because he was unable to manage bread and butter for his family. He gave up his gold dream to win for his nation.

DANGAL is a fight inside every person who fights everyday with his fear, his excuses to sit behind in comfort zone where he feels himself safe. When a person think that he can survive in his comfort zone he sinks. As the comfort zone make us easy but it is an obstacle also.



Team BCM After watching Dangal, a motivational movie for women

Red Ribbon Club

Red Ribbon Club (RRC) is a voluntary programme of campus intervention, aimed at increasing the risk perception and preventing HIV among youth. RRCs have become a powerful medium to reach out to young people. RRCs empowered students in the College, by giving them information and life-skills to protect themselves from HIV/AIDS and also uses students to educate the society about HIV. Students went as a rally to the railway station and performed Street play, on the railway station to educate the

society. HIV Badges were also distributed by our volunteers in Bus stands, Railway stations, and on the roads to spread the awareness on HIV.



NSS Orientation Programme

NSS Activities for the year began with an Orientation programme. IDC students of our college were given Orientation by the NSS programme officer Prof. Anil Steephen himself. Prof. Anil Steephen is the head of malayalam department of BCM College and Programme officer of the NSS unit. He 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. He also gave an overview of the last years activities undertaken by the NSS Volunteers. He also shared the experiences that he gained by associating with NSS .

**Orientation
class by
Programme
Officer Anil
Steephen**



Advisory Board Meeting

Our NSS advisory board consists of Principal of BCM college, former Programme Officers and student representatives as members. Discussions on the activities undertaken by NSS unit during the previous year was done in the initial meeting of advisory board. Suggestions were then given by the senior Programme Officers for the proper conduct of NSS Regular Activities & Special camp. During the year, Advisory Board meeting was held once in three months to discuss about the activities of NSS unit of BCM College.

Blood donation

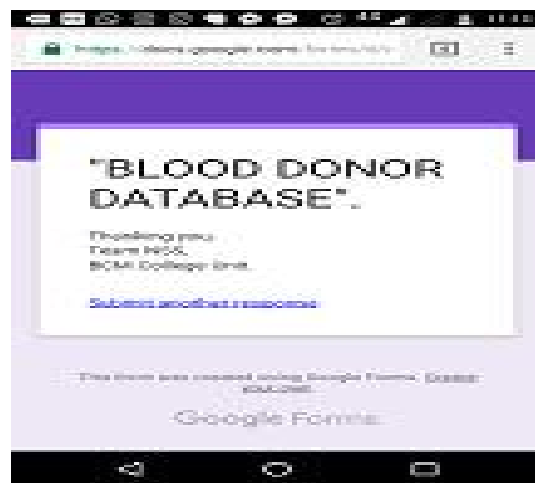
A Mega female blood donation camp was conducted in BCM college on 13th January 2017 in association with the Rotary club of Kottayam Southern and the blood banks of Kottayam Medical College, Alapuzha Medical college, Amrita Institute of Medical sciences and District Hospital Blood bank. His Excellency catholicos Inaugurated the function and Shri Thiruvanchoor Radhakrishnan MLA gave the keynote address. Almost 750 female students of BCM College registered themselves for donating blood and 345 female students from BCM College donated blood during the camp making it a grand success.



Volunteers donating blood during the Mega camp

Blood donation database

Everyday, hundreds of people in India require blood for a transfusion, a surgery or some medical procedure. In many cases, especially open heart surgery, there is need for fresh blood and therefore a need for donors. NSS volunteers of BCM College tries to help victims/patients/those in need of blood by creating an online database of blood donors using google forms. A google form has been designed which was shared using social medias like whatsapp, facebook and twitter to build a database of blood donors, which will help in saving lives of those who are in immediate need of blood.



Response after submission of data of those willing to donate blood

This database is an attempt to reach out to these individuals in need of blood and to connect them to those willing to donate available in their locality. Database available with the NSS unit of BCM College will serve as a public directory of voluntary donors. The service allows those in need of blood to mention their needs which are then made visible to a wide audience.

Anybody willing to add their names in our blood donation database can reach us in the link given below:

<https://docs.google.com/forms/u/0/?pli=1>

Stem cell donation database

The world over will be observing the World Cancer Day on 4th February 2017. The world observes this day to educate about the disease, create awareness, advocate and request the governments to ensure cancer cure interventions and to make them effectively address it in their health and development programs.



Cheek swab collection for stem cell database

NSS Volunteers of BCM college observed Cancer day by donating cheek swabs to DATRI, a Chennai based organisation which promotes stem cell donation. They organised the first ever blood stem cell donor drive at BCM College to help meet matches for cancer patients. Over 150 NSS volunteers turned up as donors of cheek swabs to DATRI foundation for a unique cause in a bid to help poor people battling cancer.

Sapling distribution



NSS Volunteer secretary Sethu Maria George distributing saplings to volunteers

NSS unit of BCM College supplied saplings to its students to inspire students to plant trees, develop a culture of care towards

the environment and to make them realize their inevitable dependence on nature. The project mission is to increase the green cover of our country outside the forest area in order to reduce soil erosion , reverse desertification, restore self-sufficiency and counteract climate change. Social mobilization strategy of BCM College NSS unit through deforestation is designed to rekindle hope, and environmental responsibility, and to bring about self-sufficiency that is in harmony with the ecosystem. This project of Sapling distribution was done in association with the Forest department of the Kerala Government. Under this Scheme, Students participated in planting of trees in their own household compounds and were taught ways to nurture them. Plants of neem, teal, tamarind etc were distributed,

Organic farming





Organic farming was practiced in India since thousands of years. The early civilizations in India learnt from practice that the health of the soil was the key to growing healthy plants and Soil health was obtained by composting. • Sir Albert Howard, known as the father of organic farming had spent several years in India 1905-1934, studying the agricultural methods of the local population, and was aghast at the heavy use of chemical fertilizers in his native England. While in India, he noticed that the local farmers were able to produce a surplus of food every year by using natural animal compost, and the animals fed with this food were much healthier than those he observed in England. Based upon his observations in both India and Britain, Howard postulated

that healthy soil, nurtured with natural compost, would bring about healthier, more vigorous plants, stronger animals, and more nutritious food for everyone involved.



Sale of harvest

Harvest obtained from the cultivation of organic farming was sold out as “**Vilaveduppu Maholsavam**”. Inauguration of the sale was done by Fr Philmon kalathara, Burasr of the college along with Smt Susy Philip, Vice principal of the college by selling a “Vazhakola” to Dr Selinamma Joseph ,one of the senior most faculty of BCM College.





After the inauguration , yield from the farm was sold out to the staff and students of BCM itself within minutes. Students weighed and sold out the yield to the staff and students of BCM College. Profit obtained from the sale of Vazahakola was used for charity.

Kalamezhuthu

Volunteers of the NSS unit of BCM College got a wonderful opportunity to understand and see “ ***Kalamezhuthu***” , a unique powder drawing ritual art of Kerala. It was said at the programme that “***Kalamezhuthu***”has the elements of tribal and Dravidian cultures. *Kalamezhuthu* artform was a combination of two-dimensional and three-dimensional designs with the black, green, white, yellow and red colours. Only natural products were used as colours in drawing out this peculiar artform. Artists explained the

specialties of Kalamezhuthu and its history to the student gathering

.



KALAMEZHUTHU

Honouring the talents of idamalakudi “ Nattu Thudippu”

Volunteers of BCM NSS unit was part of the programme conducted by the NSS Unit of MG University called as “**Nattu Thudippu**”. It was a cultural outreach programme which provided an opportunity for our students to interact with the tribals and artists from Idamalakudi . Idamalakudi is the tribal village deep in the forest which was once known for its inaccessibility and remoteness. People at Idamalakudi are tribals, who lead an isolated life away from the buzzing crowd of the town. They rarely come out to the town. Programme was inaugurated by Shri. Thiruvanchoor Radhakrishnan Sir , MLA of the Kottayam District and was

addressed by Shri. Babu Sebastian, Vice Chancellor of MG university. Tribal artists performed their traditional art forms and leaders of the group were honoured during the programme as a recognition for their exemplary performances.



Shri.Radhakrishnan MLA honouring the artists of Idamalakudi natukootam

Vilavedduppu rally

Volunteers of the BCM College NSS unit had undertaken organic farming in 1.60 acres of land near Iranjal bridge at Kottayam. When it was time for reaping the harvest of the hardwork, students went as a rally with plackards made of natural leaves. Rally was flagged off by Fr Michael Vettikattil. Objective of this rally was to spread awareness among the public about the organic farming undertaken by students. We wanted to pass on the message about the success

of sustainable agriculture to encourage more people into it. Rally started off from BCM College and proceeded towards Iranjal Bridge through Kottayam town. Students procession carrying placards attracted public attention with ease.



Vilaveduppu rally being inaugurated by Fr Michael Vettikattil,

Dress bank

The dress bank of the NSS Unit of BCM College has distributed clothes to poor people in Kottayam town. We collected clothes from the senders which can be used with dignity. Staff and the students of BCM College wholeheartedly contributed to the dress bank initiative of the NSS Unit.. The clothes were handed over to the coordinators of Abhaya Bhavan under the guidance of Programme Officers and student co-ordinator Kumari Sethu maria George. Even the needy can reach out to the Dress Bank though 9446072001. The dress bank regularly send clothes to Navajeevan

Trust and to other agencies who are involved in the mission to be an aid to the needy people.

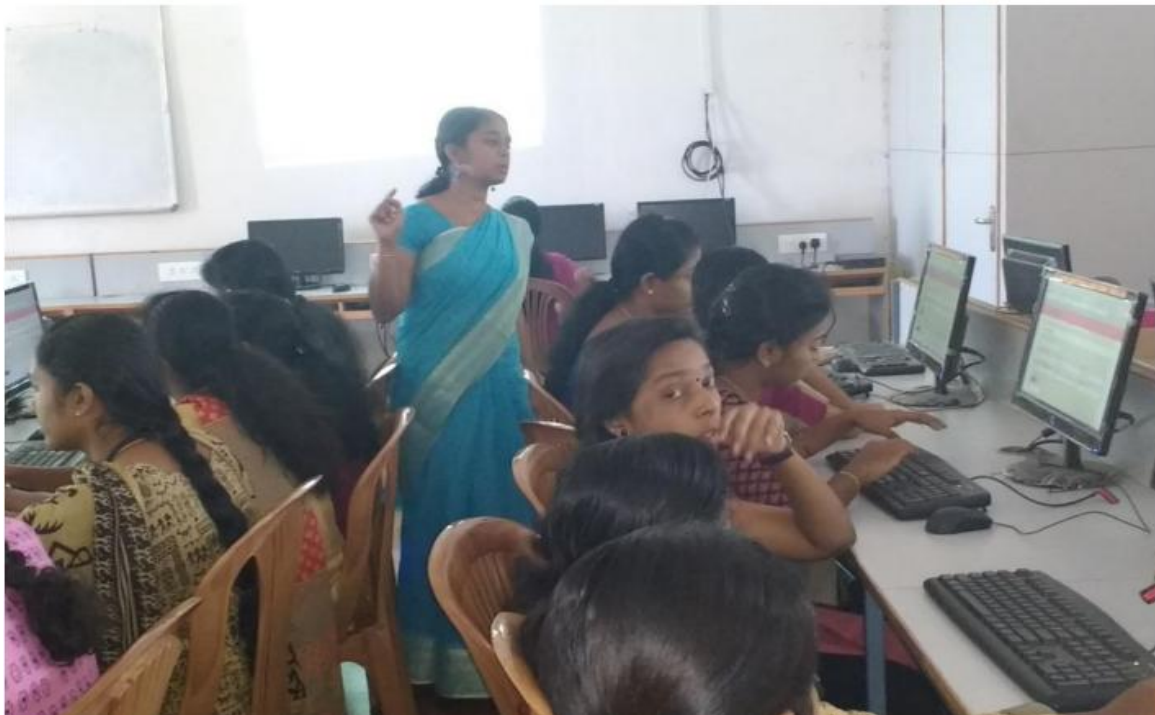
FOOD PACKETS TO NAVAJEEVAN “ SNEHANAM”

The National service Scheme Unit of BCM College intended to resolve poverty by fighting hunger through creating, supporting and strengthening food banks around the campus and seek to battle hunger and improve the wellness of our community by securing food and providing it to agencies that feed the hungry; fostering public awareness; and managing direct distribution programmes. A hunger-free Kottayam is our aim. Under the guidance of Programme Officers, advisory board members ,Principal of the college and student coordinators, the NSS Unit of BCM College was able to contribute around 5000 food packets during the year to the inmates of Navajeevan. Department wise, students brought foods packets on every Fridays which was handed over to Navajeevan trust.



PAN CARD MELA

Demonitization process has necessitated PAN cards for everyone. NSS Unit of BCM College under the guidance of NSS Programme Officer CA Reshma Rachel Kuruvilla has introduced 'PAN Card Mela' a unique initiative in the college. The program aims to familiarize the students about the procedures involved in online application of PAN Cards, online payments etc. Prof Reshma Rachel Kuruvilla took classes for the students explaining the step by step procedures to be followed in taking PAN cards for them without depending on an outsider. NSS volunteers of BCM College applied for PAN cards as part of this programme and they have undertaken to teach their kins and pins also about this process.



*Programme Officer Reshma Rachel Kuruvilla teaching digital banking
,Net Banking and PAN Card Mela*

NET BANKING MELA

Each student in our department has a bank account and also activated internet banking as part of our extra-curricular activities. This was done with an objective of providing a competitive edge for the commerce students from BCM College. Main aim of this initiative was to help students to do the banking activities right from their homes independently without going to the bank. By managing a bank account themselves, students will become financially literate and competent in managing funds without unnecessary spending.

Demonetization – Helpdesk

At the wake of demonetization the whole of the nation went bizarre. People were striving hard to exchange the money and deposit it into their respective accounts. Many of them were unaware of the various methods and rules imposed temporarily during the withdrawal of currency that were 86% in circulation. This event, that came as a shock for the entire nation created an emergency situation in the country. National Service Scheme of B.C.M College set up a **help-desk** to lend a helping hand to the affected population. Our NSS volunteers from the Commerce and Economics Department extended their support by spending endless

hours at the help-desk providing various information and help pertaining to all aspects of demonetisation policy. Our Volunteers even helped in filling up the forms , translated vernacular language to Hindi and English . This was really very helpful to the uneducated people & the people from other states. Students namely Aleena Joseph, Anju Mariam John, Annrose Tom, Mitha Elizabeth from third B.Com and Amala Rolence, Reshma Rachel, Amaya Simon, Meenu Anna George and Neenu Elsa George from second B.Com were part of this program. The effort of the students came as a relief to several people who were unaware of the sudden changes in the policies due to demonetization.



Programme Officer Ms Reshma along with NSS Volunteers in the demonetization



പൊതുജനത്തിന് സഹായമേകി ബിസിഎം കോളജ് എസ്എസ്എസ്

കോട്ടയം • നോട്ടുകൾ മാറി ചിലപ്പോൾ നഷ്ടപ്പെടുന്നതിനുള്ള ആവശ്യമുള്ള നെട്ടോട്ടത്തിനിടയിൽ നാഷണൽ സർവീസ് സ്കീം അംഗങ്ങളുടെ സഹായഹസ്തം.

എസ്ബിഐ കോട്ടയം, രെയിൽ ഗാലറിയെ മുന്നിലാക്കി പൊതുജനത്തിന് ഉപദേശങ്ങളും സഹായങ്ങളുമായി ബിസിഎം കോളജിലെ നാഷണൽ സർവീസ് സ്കീം അംഗങ്ങൾ മാതൃകയായത്. പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. ജോർജ് മാത്യു, സി.എ.ജി. രാമൻ കുറുവിള, പ്രൊഫ. അനിൽ സിംഗ് എന്നിവർ നേതൃത്വം നൽകി.

രാവിലെ 10 മണൽ റൈഫിളി ആദ്യ വാർ പ്രത്യേകം കൗൺസിലിങ്ങാണു വിദ്യാർത്ഥികൾ ഇടപാടുകാരെ സഹായിച്ചത്.

Christmas with Inmates at Santhvanam

“The smallest act of kindness is worth more than the grandest intention”- Oscar Wilde.

Along with accomplishing high grades in the curriculum activities, the National service Scheme Unit of BCM College also stresses on how young people could be encouraged to become charity trustees, how young people could make a lifetime connection with charity through volunteering, work placements and social action, how young people could engage with charities in a digital age and how policymakers and influencers can make sure giving is fit for the digital age.



Volunteers along with the programme Officer visited an orphanage named “Santhwanam” to share the joy of Christmas by gifting cakes and sweets with the children residing there. Presence of a volunteer dressed as Santa Claus glorified the occasion and made the kids very happy. Volunteers expressed their gratitude for providing such a sweet memory for a lifetime.

Navajeevan meeting at DARSANA

A meeting of the programme officers Of colleges having NSS unit was held at Darsana Auditorium to discuss about the preparations’ of the Medical Camp and exhibitions to be organized at Tirunakara Maidan on . Meeting was attended by programme Officer Reshma Rachel Kuruvilla on behalf of the BCM NSS unit. MG university NSS Programme Coordinator Prof Sabukutann sir, Shri P U Thomas of the Navajeevan Trust and other programme officers were

present for the meeting. Topic for the stall to be set up by each college was assigned during the meeting. We were allotted the topic “Waste Management”.



Shri. P U Thomas Chetan addressing PO's during the planning meeting held at Darsana

Gardening at District hospital

Kottayam District Hospital lies in close proximity to BCM college . Volunteers from BCM college NSS unit took efforts in developing a garden at the District hospital premises under the guidance of programme Officers. Hospital Superintendent and a few doctors also joined along with us in constructing the garden to make the hospital look appealing. Volunteers planted varieties of rose, hibiscus, jasmine, lilly and many more flowering plants and attractive leaves to make the premises appear like a heaven abode where the patients can release their negative energies and feel comfortable.



Cooking competition for teachers –“A FOOD FEST FOR TEACHERS”

Food is an important part of Indian culture, playing a role in everyday life as well as in festivals. In many families, everyday meals are sit-down affairs consisting of two to three main course dishes, varied accompaniments such as chutneys and pickles, carbohydrate staples such as Rice and Roti (bread), as well as desserts. Food is not just important for eating, but it is also a way of socializing, getting together with family, relatives and friends.

A cooking competition was organized for the staff at BCM on Nov 1st to earmark the celebration of our state day. Only organic products were allowed in the competition which was like icing on top of the cake. The programme was well appreciated by everyone and had huge participation from every end.



FOOD FEST FOR students – “ CELEBRATE the ETHNICITY of your Taste Buds”

Food Helps maintain physical, mental, social and spiritual harmony and is a key to continuous good health. Large majority of young Indians are moving away from home-made food, instead of buying their packaged, takeaways and snacks from supermarkets and

eating out in restaurants that offer a range of cuisines. This happens due to a number of psychological reasons, such a lifestyle shift has led to people eating more than before and lifestyle diseases are on the rise .Outlets of KFC, Mc Donalds, Pizza hut, subways are mushrooming across the country . Fibre and protein rich foods like ragi and maize are fast disappearing, with carbohydrates and fats taking their place. Only if the children look back to the traditional styles, we will have a healthy India for the future. With these intentions in minds, BCM College NSS unit organized a traditional Cooking competition for the students at BCM College. This competition brought many traditional tastes to the limelight. Many of the dishes prepared and their presentation by the students watered the mouths of spectators.



Students preparing ethnic food products as part of the competition

Peer teaching

Peer teaching is a method by which one student instructs another student in material on which the first is an expert and the second is a novice. Proctoring programs is followed in BCM college which involves one-on-one tutoring by students who are slightly ahead of other students, or who have successfully demonstrated proficiency with the material in the recent past. All the departments in BCM College encourages this practice since the Peer teachers reinforce their own learning by instructing others. Apart from this, students will feel more comfortable and open when interacting with a peer of their kind which will strengthen the relationships between students and increase their level of knowledge of both peer and the student.. Most of the NSS volunteers of BCM College are peer teachers in their respective branch of study.



Students engaged in peer teaching

Motivation class for blood donation

Blood is a priceless life sustaining fluid without which no human could survive. Blood is crucial to survival yet is quite often taken for granted until a tragic accident or illness occurs and it is desperately needed (Whittemore,2009). Fear (of needles, blood, weakness, etc...), medical excuses, deferrals, fear of AIDS and other blood transmitted viruses , reactions and inconvenience are the observed inhibiting factors preventing doantion by healthy donors. Most of these discouragements against donating is partly controllable through scheduling, collection personnel, dissemination of information and site location. NSS programme officers and volunteers of the Bcm College NSS unit went on from class to class to educate students and faculty on the benefits of blood donation. Apart from this, a lady doctor named KALA from the Kottayam medical college blood bank was also invited to talk on everything about blood donation. Students got ample opportunities to clarify their doubts on blood donation.



Free health checkup

Nss volunteers of the college donate their blood once in every 3 months so that they can have a free complete medical check up. It consists of HIV AIDS test, malaria test, BMI test, HBV test, Syphilis , Hepatitis C virus (HCV), Human immunodeficiency virus (HIV), Human T-lymphotropic virus (HTLV). Thus through blood donation, our volunteers are regularly monitoring their health conditions while supporting those who need care. Besides this, certificate issued by KSBTC for donors can be used for receiving blood on a free basis from the govt blood banks of Kerala.

BCM Received NYLP Award for the year 2015-16



NSS unit of BCM College bagged the National young leader award instituted by Ministry of Youth affairs, Government of India for the Shramadhan activities done over and above 120 hours during the year 2015-16. Award was received by programme officers CA Reshma Rachel Kuruvilla and Prof. Anil Steephen along with college bursar Fr. Philmon Kalathara from the Vice Chancellor Dr Babu Sebastian of MG university.

VISIT TO THE ADOPTED COLONY

Programme officers and students regularly visits the adopted colony for ensuring the welfare of the people . Villagers are provided with necessary guidances related to hygiene and health care. Organic farming related queries of the villagers are properly redressed by the programme officers in time itself. Villagers from our adopted village were invited to the health camp organized by the NSS unit of MG university in association with Navajeevan trust .

Health survey in adopted village

To know about the health conditions of the people living in our adopted village , a health survey was done by our volunteers . Students enquired about the prevailing diseases, waste management of their households, availability of drinking water and presence of epidemics in the area.

Puzha arivu

A nature awareness programme was conducted by the NSS volunteers of BCM college, Kottayam. This was a programme organized so that the volunteers can have the experience of spending some quality time with mother nature learning facts and myths about the river and its banks. Rivers have a long story to tell about invasions and cultures of the places through which they flow. Students got enough options to learn the means and ways by which a river is being killed by pollution. History of the river 'Meenachil' was shared to the students by the historian Rajeev Pallikonam. He shared his pains on seeing the death of the river and its inhabitants. According to him, many of the species which once existed are not to be seen now in the waters.



Shri Rajeev Pallikonam sharing the history and culture of meenachil river

Environment congress

In association with the lions Club International, NSS unit of BCM college organized a “ Paristhithi Congress” , a conference with the intention of creating an awareness for protecting the environment and mother nature. Programme was blessed with the presence of many dignitaries including Shri. Thiruvanchoor Radhakrishnan MLA of Kottayam district, Sheela Cherian K Principal of BCM College and many members of the Lions Club.



As part of the conference , there was a competition to choose the school in the state which follows the best practices in the area of sustainability and environment protection. PowerPoint presentations related to their work in the sustainable development of their surroundings were done by the selected schools before the NSS volunteers of BCM College. Presentations were awarded by Lions Club International. Santa Maria school Kooropada with their

exemplary performance in protection of a river nearby their school came out as the winners of the competition.

Class On environment protection

Shri Kurian a famous environmentalists took a session for the NSS Volunteers on the endangered species of Kottayam. He showed us many pictures of flowers and animals which he took by himself, which were very common once in the vicinity of our homelands. But many of them were not known to the students, because they are rarely seen now in our vicinity due to the climatic variations and ever increasing pollution levels. He pointed out that many of the linkages in our food chain have started disappearing due to the careless behavior of humans. He urged the students to have sustainable development.



Kurian sir Talking about environment protection

Nature awareness programme

“Meenoliyanpara” is a mountain range which is an extension of the western Ghats consisting of rare species of plants and animals. It is a place of scenic beauty and peaceful environment. Water drizzling in between the vides of the mountain filled everyone’s heart with happiness. Velappan chettan, a local of the area was our guide for the visit. He explained the scenes and beauty from high above the mountains. It is also a place of tribal community who survive in this mountain using the natural environment surrounding them. Refreshments for the students were provided on the mountains.

Akshara puraskaram

A contest was conducted under the guidance of NSS Programme Officer Prof. Anil Steephen and Hindi Department along with the college library with a perspective to enhance the reading habit and vocabulary among the students. Through this scheme our college selected the best readers and prizes were distributed. The procedure of electing the best readers took place mainly in three steps. Students have to keep a record of their readings.

In the first step, records of readings by the students were analyzed and those producing maximum number of readings were selected. Students were permitted to read any sort of books like articles and journals. Students were asked to submit there records before 28th February 2017 to the librarian.

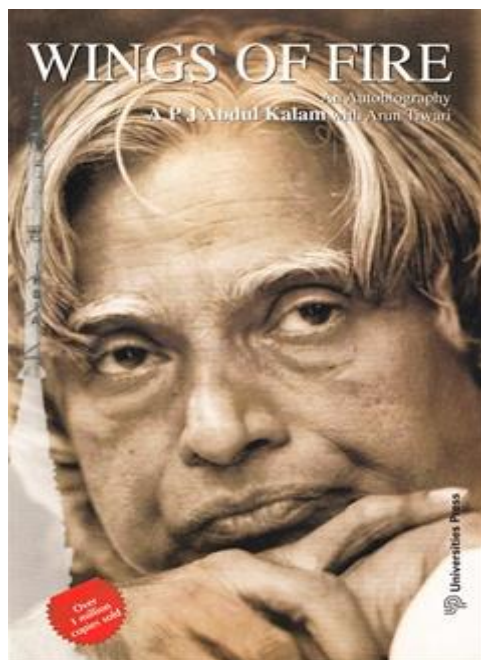
In the second step, five or six students were selected based on the contents submitted. Good appreciation and beauty of literature were analyzed and these students were selected for the last level and prizes were given away for the best reader on College day. March 10th 2017.

Quiz on the book “ Wings Of Fire”



Wings of Fire is an autobiography of the former president of India Shri. APJ Abdul Kalam . It covers his early life and his work in Indian space research and missile programs. It is all about the story of a boy from a humble background who went on to become a key player in Indian space research/Indian missile programs and later became the president of India. The book has been very popular in India and has been translated into multiple languages. The book provides an

interesting glimpse of the religious harmony which existed before India's partition. Moreover, Kalam's positive thinking is reflected through the book which will set an example for the students to follow. There are plenty of things to be learnt from a simple , secular and humanitarian President who persuaded people to follow their dreams. To encourage students to have a thorough study on the book and its material facts, a quiz on the autobiography of Shri A P J “ Wings of Fire” was organized by the NSS unit of BCM College and it received a large participation from the student groups.



VAYOMITHRAM

Sometimes it can be difficult to relate to the generations that have come before us. Growing up in different circumstances can make us

feel as if we have nothing in common with them. But older people have plenty of wisdom and knowledge to share with younger generations, and treating them with respect should not be second nature for us. It is the regular practice of BCM family to invite the grand parents of our students to BCM College. Children can celebrate this day with their proud grandparents. Grand parents were honoured by the Principal Sheela Cherian K .



Household vegetable farming “ Veetiloru Adukala thottam”

Our NSS Volunteers implemented household vegetable farming at the selected households in the adopted village. This programme was

done with the motive of creating awareness about organic farming, which will turn out to be an inhibitor for the increasing number of cancer patients. Organic farming if adopted can be a tool for waste management too, as the waste produced at homes can be disposed at the source itself.

Kamba composting technique was introduced for those interested. If organic farming is resorted, it can help save a lot of money . Seeds, and creepers obtained from Kumarakom Agricultural university were supplied by the students in the adopted village. Cultivation techniques were also demonstrated by the students for those interested in farming.



Our NSS volunteer Neenu Elsa George in her adukkala thottam



Terrace cultivation in a students house



Dr George Mathew with the yield

Medical camp

A medical camp was organized on 2nd February 2017 in Thirunkara maidan. Specialists doctors lent their valuable services to the people through the camp. Blood pressure levels of all the patients were checked. All those who came to the camp were provided medicines free of cost by Navajeevan trust.



*Official valedictory meeting of the medical camp held at
Thirunakkara*

**Entrepreneurial Skills- Prof Reshma Rachel Kuruvilla CA.,
M.Com., A.C.A.**

A seminar was organised by the devoted and dedicated volunteers of BCM College ,NSS unit under the sponsorship of the Commerce department on the topic 'Entrepreneurship Skills' on 22nd September 2016. Prof Reshma Rachel Kuruvilla, programme officer of the NSS unit took the seminar at 2pm in the class 223 for all the members of entrepreneurship Club. Miss introduced various terms like entrepreneur, entrepreneurship and entrepreneurial skills to the young business women. Miss talked about what makes someone a successful entrepreneur? "It certainly helps to have strong technology skills or expertise in a key area, but these are not defining characteristics of entrepreneurship. Instead, the key qualities are traits such as creativity, the ability to keep going in the face of hardship, and the social skills needed to build great teams.

If you want to start a business, it's essential to learn the specific skills that underpin these qualities. It's also important to develop entrepreneurial skills if you're in a job role where you're expected to develop a business, or "take things forward" more generally". The seminar focused on the question of how youth, women and persons can access government procurement and entrepreneurial opportunities.

Prof Reshma Rachel Kuruvilla gave an overview of the economic development in India and the place of social justice and protection. This helped to shed light on the various existing constitutional, legal, and policy frameworks as well as fiscal schemes targeting the inclusion of youth, women and persons with disability.

The seminar was conducted in a very interactive manner where students were given the opportunity to ask questions. Students were also taken through the processes involved in registering a company, a business name and a partnership including the process of obtaining government certification and submitting tax returns.

Prof Reshma tackled the issue of business project writing and appraisals and it involved the students being taken through the concept of business planning and profiling and its contribution towards harnessing success.



Programme Officer Reshma Rachel Kuruvilla providing guidance on establishing a small scale business(entrepreneurship)

THANIMA 2k16

A heritage exhibition was organised at BCM College by the Commerce department In association with the NSS Unit on Monday, 14 November 2016. The exhibition commenced with a welcome note from Asst. Prof Jipin V Jimmy followed by a melodious and devotional invocation song. Rev. Fr. Philmon Kalathra, the Bursar lighted the lamp for an auspicious beginning. The chief guest delivered an enlightening speech on heritage exhibition.As one enter the Reception area itself, one could feel the pulse and the magnitude of the event! The entire school was abuzz with activity.



Fr Philmon along with other teachers of the department, proceeded to the exhibition area after the speech. He took a keen interest in viewing the exhibits and interacting with the students. He shared his childhood memories with the students. It was a traceless presence. The exhibition displayed ethnic items like aamadapetty, kunkumacheppu, seru, kindi, chembupathram, thamapathram, para, nashi, kinnam, thookuvilakku etc. These reflected social customs and livelihoods of the old times of Kerala. The Exhibition saw the attendance of a large number of visitors who appeared to enjoy and appreciate the ethnic items displayed. With an endeavour to promote traditional values among budding young students, this exhibition was one of its kind. It got an overwhelming response both by the children as well as by the teachers. The overwhelming response of the parents infused a deep sense of achievement to the students. The Exhibition conducted as part of diamond jubilee celebration of Kerala, organized under the guidance of Asst Prof Jipin V Jimmy, Asst Prof Reshma Rachel Kuruvilla and Asst Prof

Bony Mathew, was a huge success. Enthusiasm and effervescence overflowed amongst students, their teachers and parents! THANIMA 2k16 was a metaphor of huge collection of ethnic items.

DIGITAL INDIA

The Department of Commerce in association with the NSS Unit of BCM college has conducted a Digital India based exhibition on cashless economy on 28th February, 2016 in front of the auditorium. The exhibition was about the demonetization policy adopted by the government – its impact and effect on the public and its merits and demerits. The programme was open for the students of other departments in order to make them aware about the current situation of the Indian Economy. The pros and cons of the idea of demonetization policy was well exhibited and was easy to understand. The handmade cartoons, collages, mural paintings, charts and graphs were some of the main attraction of this exhibition. Students, teachers, and non-teaching staffs from various departments spared their valuable time to attend the exhibition. All those who visited the exhibition opined that it was informative and unique. They appreciated on enthusiasm, creativity and hard work.





Environment Day OBSERVED

As part of World Environment day, NSS unit in collaboration with commerce association organized **Go Green Campus – an awareness program** to connect people to nature– on 5th June 2016. We distributed tips to convert BCM into a green campus to all the departments. Students were divided into fourteen groups and each group had taken charge of the individual departments to educate the staff and students of the individual departments. Group members also made periodical visit to their concerned departments to evaluate the progress of the “Go Green Campus” program. There is also a helpdesk functioning in the department for giving suggestions and clarifications on Green Campus to the BCM Family.



Women Empowerment through Women Entrepreneurship- Experience sharing by Lizbeth Renjith and Dinu Sunoj

The stalwarts of the Commerce department organised a seminar on the topic “Women Empowerment through Women Entrepreneurship” in association with the NSS Unit of BCM College on 12th August 2016, Friday at 10am in the college auditorium. As a mark of triumph over darkness, the chief guests Lizbeth Renjith and Dinu Sunoj, Prof Josephina Simon, head of the department and association secretaries Kumari Aleena Anil and Kumari Anju P Tom lightened the lamp. The day was a memorable one as for the first time the Commerce association introduced 4 new clubs namely, Entrepreneurs Club, Quiz Club, Capital Market Club and Film Critics Club. The chief guests shared their views, experiences and ideas to the vast audience.

The women who were once confined to their kitchen are now tapping the borderless market of digital economy and this change was visible at the women entrepreneurs meet. They have become independent through determination and grit and they have a common factor that each started their venture with self-belief. For MBA graduate Lizbeth Renjith and Former advocate Dinu Sunoj,

both residents of Ernakulam, cakes were something that brought them together. They now sell it through the online page 'Lafesta' on Facebook. "We started the business by catering to flat residents nearly one-and-a-half years ago. We specialized in 'theme and designer' cakes and the rate varies as per customer demand. We prepare them for weddings, baptism and we do have ones featuring superheroes and cartoon characters. We provide biriyani and snacks too" they said.

The celebrity chefs Lizbeth Renjith, the owner of food and drink company La'Festa "Celebrate it like a Festival", the recipe book writer and DinuSunoj delivered a motivational talk to the young entrepreneurs. The chief guests who tapped technology and reaped success shared their success stories, business ideas and appreciated the young budding entrepreneur of Commerce department, Kumari Sarishma Manoj too. The seminar came to an end after the interactive session. It gave us an insight on how to grow our business.



Women's Day celebrations

A woman is an epitome of beauty, wisdom and care. She has climbed the mountains and dived into the ocean; she has matched the steps with every man in the world. International Women's Day celebrates the power of women – their rights and role in our lives and society. BCM family also celebrated womens day with props and glory for the womanhood. Principal Sheela Cherian K during her morning announcements, asked every girl in the campus to be proud of their womanhood and to work towards their goals with courage and determination.

Class on the rights of woman at workplaces



BCM NSS unit joined hands with social justice department of the Government of kerala and various kudumbasree units for a woman empowerment class on March 8 th , International woman's day at YMCA Hall, kottayam. The programme was intended to educate the woman about their rights in their respective workplaces, wherever or whatever job they are pursuing.

Aksharanagari Sauhridhakoottayma

After the class at YMCA, BCM NSS volunteers gathered at Thirunakara maidan, Kottayam to participate in the programme of “Aksharanagari Sauhridhakoottayma”, a novel venture by the social service groups of Kottayam. Kottayam is the most literate district in the most literate state of India and hence, called as 'AKSHARANAGARI'. A group was formed to work for the welfare of the residents of Kottayam and BCM NSS unit also became a part of it. Activities of Aksharanagari Sauhridhakoottayma began with the womens day programmes on March 8 th , International womans day.

Logo Releasing Ceremony of Aksharanagari Sauhridhakoottayma

Activities of “ Aksharanagari Sauhridhakoottayma” marked its beginning with the logo release by the leaders of the group, which was followed by an Oath taking to protect womanfolk of the town. All the Prominent personalities of Kottayam like Prameela Devi, Lathika Subash, Tomy Kallani, Annie Mathew of Santhwanam, many renowned social workers of the town and Fr Micheal Vettikatil were there for the programme along with the Programme officers and students of BCM College NSS unit



Street play

A street play on woman Safety was performed by certain school students, who were also members of Aksharanagari Sauhridhakoottayma. They tried to shed some light into the thoughts of the society through their strong words and powerful theatre roles. NSS volunteers of BCM were also part of the Aksharanagari Sauhridhakoottayma.



Students during the street play on women safety

Flash Mob to spread the message of “HARITHAKERALAM”

Volunteers of BCM College performed a flash mob to spread the message of Harithakeralam in various locations of Kottayam.



Flash mob was being performed in Kottayam Bus stand and at the Kottayam district hospital premises. The flash mob organized by the NSS unit on the request of DDE had the large participation of students. Almost 150 students performed the flash mob dance to soothe the visitors.

Harithakeralam “ Cleaning at District Hospital”

Students of BCM NSS unit along with programme officers Dr George Mathew, Prof Anil Stephen and CA Reshma Rachel Kuruvilla took part in the Harithakeralam project of the Kerala government in association with the Suchithwa Mission and Kottayam Municipality . Programme began with a flash mob by the students of BCM College. Members of the NSS unit along with the programme officers cleaned the premises of District hospital Kottayam as part of the harithakeralam mission. After the Cleaning

drive, we helped the hospital authorities in constructing a beautiful garden in the hospital premises.



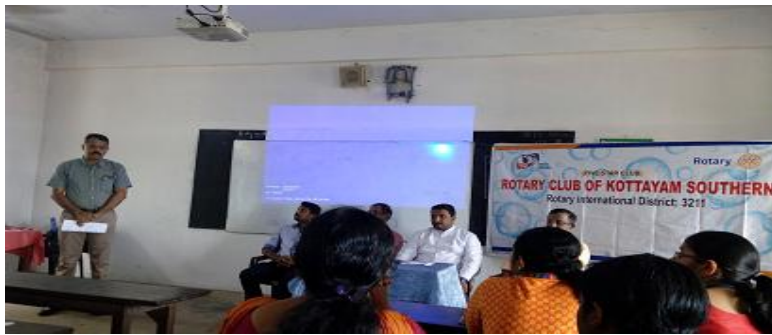
NSS Volunteers of BCM with Superintendent of District Hospital, Kottayam



NSS volunteers of BCM College cleaning the hospital premises

Personality development classs on the “ Road To Success”

A personality development class was arranged by the BCM College National Service Scheme unit on Nov 18 th 2017 at BCM College to guide the students through the road to success without diversion. Programme was organized in association with Rotary club of Kottayam Southern. Captain Noble Antony Pereira who himself hailed from a poor village background handled sessions in which he shared about the difficulties that he had to overcome before being successful in life. He urged students to follow his path of hardwork and determination to be successful.



**Inaugural
address**



**Captain Antony
Noble Pereira
handling the
session**

AIDS day observance

Students from BCM College went as a rally to railway station, private bus station and KSRTC bus station, and banks in groups and distributed pamphlets and Red badges to create awareness about AIDS .

Youth and women paved their ears to the students and clarified their doubts about AIDS.



Love Kottayam – Meeting at Collectrate

The Kottayam District Legal Services Authority has conceived a project to cover the entire Kottayam district through a literacy project named 'Love Kottayam,' acronym for Legal Orientation

Vision for Exemplary Kottayam. The project was framed with a vision to enlighten the people about their legal rights and duties. A meeting of the programme officers was held at the District collectrate to discuss on ways to implement the literacy mission in the district. NSS Volunteers and programme officers from BCM College attended the programme to make LOVE kottayam a successful one.

After the meeting, it was decided to impart training for ten NSS Volunteers of each college coming under MG university and it was decided to be held at BCM College. After the project, Kottayam district was declared total legally literate on August 15.

Trainers training for the LOVE KOTTAYAM



**District and
Sessions Judge
Santhakumari
Madam
inaugurating the
trainers training
for the Volunteers
of MG university**

Trainers training for the LOVE KOTTAYAM volunteers of MG University was held at BCM College Auditorium from 10: am on 4th August 2016. 300 volunteers from different colleges of MG

university attended the programme.. Programme had its inception after a formal inauguration of the programme by District and sessions judge Santhakumari madam. She was formally received to BCM College by the NCC unit of BCM. Inaugural meeting was followed by the trainers training by Adv Sindhu Gopalakrishnan and Adv Anil Kumar respectively. Selected Volunteers who had undergone training at BCM College were asked to provide the training for the NSS volunteers at their respective colleges, who were then deputed in their respective villages and municipalities in Kottayam district. NSS volunteers of BCM college supported the initiative of the District Legal Services Authority by educating their kins and pins about important provisions of law.

Self defensive training

Self-defence, especially for women, is of utmost importance in the kind of the world we live in today. Women, usually referred as the weaker sex, are considered easier targets. In a country like India where the cases of gender violence are on rise, out of which many go unreported, self-defence for women has become a necessity more than ever. Rape, molestation, kidnapping and murder have become regular incidents these days. In majority of the Cases, the mindset of the people, including the victim and the spectator, is to ignore and just let it go. But, what we, as the responsible citizens of an independent country, fail to realise is that these instances of harassment can flare up into other bigger heinous crimes against women. And that is when the importance of learning self-defence

techniques for women is felt. This is highly important, particularly for a womens college like BCM .

It is in this scenario that significance of self defensive training under Nirbhaya was felt. The NSS volunteers from BCM college were given self defensive training by the Kerala Police in various systems including 'Krav Maga (Israeli self-defence system). They were also provided pamphlets on self defense techniques.



Legal literacy Class for the Volunteers of BCM

About 70% of the people are living in rural areas and most of them are illiterate and even more than that percentage of the people are not aware of the rights conferred upon them by law. Even substantial number of the literate people living in the cities and villages do not know what are their rights and entitlements under

the law. It is this absence of legal awareness which is responsible for the deception, exploitation and deprivation of rights and benefits, from which the people suffer in the state. The miserable condition in which the people find themselves can be alleviated to some extent by creating legal awareness amongst the people. It is with this mission in mind that the volunteers of BCM College were provided legal literacy class, aimed at equipping them to be better citizens for a better tomorrow. Smt Saljimol Abaraham took the class for the volunteers



Kumari Saljimol Abraham teaching the volunteers of BCM

Legal literacy Class By the Volunteers of BCM

It is said that Knowledge if shared gets doubled rather than hoarding it. It is believed to be the first step to achieve humanity.

Personality development through Social service is the motto of NSS. NSS volunteers of BCM College went in small groups to their nearby localities and collected a survey on the legal literacy of the groups. After the survey, trained volunteers of BCM College educated people about the basic legal knowledge necessary for every citizen.

Youth against Corruption- A meeting of programme officers

Programme officers Prof Anil Stephen and CA Reshma Rachel Kuruvilla of BCM College NSS unit attended the meeting called by the chief of Vigilance and Anti –Corruption bureau Superintendent of Police Mr. Sureshkumar IPS to identify measures to bring a stop for the corruption in our country. Sureshkumar sir addressed the programme officers and told that the role of youths is unavoidable to control the corruption in India. He pointed out that as per the definition of corruption , whatever little be the volume and nature of favour received, it will be called corruption. It is the fact that youths are tomorrow's leaders. The youths can have the potential and strength to change the society. It was a planning

meeting to decide on the steps to be taken in framing an anti corruption movement in the country.



Teachers day

Teachers play an important role in the lives of students. Apart from your parents they also shape your lives by imparting knowledge to you and help inculcate good morals in you. They act as agents of change and counsel pupils in their choice of careers. Again, they guide and counsel pupils and students entrusted in their care. Teachers can really impact on the lives of many children, especially when they leave a good impression on them. Many pupils are able to keep in memory teachers who in one way or the other affected their lives positively or negatively.

Article by NSS Programme Officer Asst Prof Anil Steephen in a newspaper

A group of women, dressed in traditional Indian clothing like saris and kurtas, are actively engaged in planting saplings in a garden. They are working together, with some holding the plants and others digging or securing the soil. The background shows a residential building with multiple windows and balconies, suggesting a community or institutional setting.



If the hallways and rooms within a college is cluttered with rubbish, papers, cables, boxes and other obstacles, it increases the likelihood of accidents and mishaps. Maintaining a clean college environment sets a good example to students. It encourages learners to take pride in their university or college, which makes them less likely to drop litter and as such they will potentially make a bigger effort to maintain their environment.

Cleanliness is incredibly important when it comes to cutting down on the spread of diseases in the college and means that staff and students are able to enjoy a comfortable learning environment. It also improves hygiene levels and can help to reduce the spread of sickness.

NSS volunteers of BCM College took the initiative and became a model for other students by cleaning the college campus . Students picked up all the rags found here and there in the college premises and made the campus neat and appealing.



Driving class

In order to improve the confidence levels of the women, and to empower the ladies by all means, driving classes were arranged by NSS unit for the students of BCM. This was done in association with Popular Motors , Kottayam. Pecularity of the programme is the active involvement of the students in the class. Subsidized rates for the driving classes enabled more students, both rich and the poor to be equipped with the skills of driving. Classes were handled by experts in the field. Presence of stimulators for the classes add colour for the programmes. Technical knowledge necessary for managing a car was also taught to the car drivers. 55 students qualified themselves as drivers. Students were given certificates issued from MARUTI by Superintendent of Police Ramachandran sir IPS . Driving classes were provided as a skill and as a tool of employability for the young ladies. Being employable will make them economically empowered, which can bring a positive change in their lives.



District Level NSS Programme Officers Conference 2016

The District Level NSS Programme Officers Conference, 2016 was held at our college on 15/07/2016. Mr Sureshkumar IPS, Superintendent of Police (Vigilance), Kottayam inaugurated the function with a talk on the topic “Youth against Corruption”. Programme Officers and volunteer secretaries from various colleges under MG university were there for the meeting. We provided “**kappa and mulaku**” for the guests from our harvests obtained at our farmlands. Talk by the guests were followed by a discussion. A meeting of the Programme officers was also held to discuss on the regular activities of their NSS units.

Discussion on Youth against corruption

An intercollegiate discussion on the topic ‘Youth against Corruption’ was held in the Sr Savio Memorial hall at our College wherein, Programme Officers and Volunteer Secretaries participating in the programme presented their views on corruption and what could be done by youth to put a stop for corruption.

Visit to Abhaya Bhavan

Abhaya Bhavan is an old age home run by the sisters of the Missionaries of Charity, they take care of the aged, mentally ill destitute wandering through the streets as well as those homeless sick patients. Adequate and neat accommodation, food, medicines

and clothes are provided to these neglected section of our society. There are approximately 300 residents and the expenditure is met solely by the donations received from well-wishers. Sisters at abhaya bhavan take special interest in the case of the unfortunate people who are abandoned by their own families due to their mental disability. BCM family visited the parents at Abhaya Bhavan and spend some valuable time with them. Being onam season, we took some chips made with the plantain cultivated by our children our farmland. We also took a few plantains with us for the inmates at abhaya bhavan. When it was time for leaving, many of the children had tears running down their cheeks and kids promised the sisters at Abhaya Bhavan that they will not leave their parents away from them at any cost.



Volunteers along with the inmates at Abhaya Bhavan

Legal survey

A survey to know about the legal literacy of Kottayam town was held by the NSS volunteers of BCM College before implementing LOVE Kottayam . It was found in the survey that many of the respondents surveyed had little or no knowledge on their basic rights and duties. Many of them were afraid even to visit a court premise for the fear of being caught for something. They are worried about the length of time which will be consumed from their daily routine activities if held up with a court of law related to a matter of fact , so many of them are reluctant to depend on the court of law to protect their rights. After the survey ,Our NSS volunteers tried to educate them about the basic provisions of law .

Two wheeler Rally

It feels great to share what one has received, when it is about knowledge the joy gets doubled. For the NSS Volunteers of BCM to experience the feel of this sharing of knowledge and to educate the public on road safety rules which should be followed to avoid accidents , Our NSS programme officers took so much pain in organizing a two wheeler rally for the benefit of Kottayam citizens. A two wheeler rally on Road safety Rules” was flagged off by Kottayam SP Rama chandran Sir IPS . Rally was well

appreciated by the public. Students drove motor cycles with back seaters carrying placards with messages on road safety.



Pillion riders with placards on road safety during two wheeler rally

Seed distribution

Agriculture is generally a family business practiced by low-income rural households who still require government support. Among these, the number using improved seed is still low. Only if good high yielding disease resistant seeds are used, it can give a good yield for the farmers. With this aim in mind and to promote the local farmers in farming, High yielding varieties of seeds obtained from Agricultural University , Kumarakom were distributed among the residents of the adopted colony. Seeds were also distributed at BCM College to the staff and students who were interested in farming at their homes.

Yoga day celebrations

Yoga is the need of the hour and especially for the youth, it is a way to balance life smoothly. To celebrate International Yoga Day, BCM College organized a yoga camp for all the students of all classes to give each student a feel factor of the benefits of doing yoga. Trained NSS volunteers with the aid of Youtube , addressed the students and displayed various asanas which encouraged them to know the science of yoga deeply



**NSS volunteers
during Yoga session**

Income Tax consultancy services – CA Reshma Rachel Kuruvilla

NSS programme officer CA Reshma Rachel Kuruvilla who is also a Chartered Accountant is providing income tax consultancy services for the students and staff at BCM college. Tax Laws are changing all the time so she updates herself with the recent Circulars, Notifications, Rules, etc... issued by the Department of Tax & Ministry of Finance. She provides her support in taking PAN cards, paying taxes and gives tax planning advices to the BCM family free of cost.



***NSS programme officer CA Reshma Rachel Kuruvilla
answering a query***

Karshakashree award

Agriculture is the main livelihood for many Indians, but nowadays, it seems that people are losing their interest in agriculture due to the heavy losses incurred due to climatic fluctuations. With the aim to promote agriculture and to give it an esteemed value in the minds of the students, an award for the best student farmer at BCM was instituted by the NSS unit of BCM College. Students were requested to bring photographs of their cultivation and a brief report of what has been done by them in the farms. Innovative practices in agriculture by the students in their farms were properly recognized during the meeting of the NSS units .

Pendrive- an initiative to quantify plastic pen wastage

Pens are something everyone can relate to and there is a lot of plastic being generated for this product. People have lost the habit of changing the refill as pens are available for just Rs 2. In a college with a strength of 1,000 at least 2,000 plastic pens are used and thrown away every week, It was decided to develop an installation at the Kochi-Muziris Biennale using the plastic pens collected from schools and colleges to give the society a message of the huge volume of plastic waste being generated frequently.



Plastic pens collected for the Kochi Biennale

The installation will be made in a public space where people can see and relate to the subtle environmental problem an installation made of transparent pens that were collected from college. This Pendrive is an initiative by Lakshmi Menon, a famous environmental activist who hailed from our college. NSS volunteers of BCM College supported in this cause by collecting waste pens from BCM College and sending it to Lakshmi Menon for the Biennale.

NaTURUCHI



Volunteers along with PO in the traditional Naturuchi stall

Natturuchi was organised by the Department of FACS in coodination with the language department and NSS unit of college on November 1st 2016 as part of Keralapiravi.A flower carpet was designed in the shape of Kerala using cereals, pulses and salt in front of the department. Natturuchi a cookery competition for the teaching,non teaching staffs and students was also held at the department in to sections.There after the food items were exhibited in front of the department. The judging was done by three grand mothers considering the way of presentation,taste and the dressing style of each participants.The programme was reported in various mass media.

Health Assessment Camp

NSS volunteers from the Family and Community Science organized a health analysis camp and diet counseling session for the student, teaching and non-teaching staff of this college on January 2017. It began by 2:00 pm consisting of a panel of Dietitian from District Hospital, Kottayam

Health status of the individual was measured using the analyzer machine. BMI, Waist hip ratio, body age, visceral fat etc were analyzed with the machine. BMI Waist hip ratio, About 50 students and non-teaching staff took part in the camp. Individual guidance were given on the importance of health and individual health status.

The percentage of obese and underweight subject in the campus were also shortlisted. The camp was concluded by 5:00 pm and the result obtained were recorded. We are also planning to conduct a follow-up programme for the subject on Balanced diet, Healthy eating habits, Body fitness training etc.

Survey on Child nutrition

Nutrition for kids is based on the same principles as nutrition for adults. Everyone needs the same types of nutrients — such as vitamins, minerals, carbohydrates, protein and fat.

Children, however, need different amounts of specific nutrients at different ages. Nutrition composes of everything that children eats and drinks. Their body uses nutrients from the food to function properly and stay healthy. In the right amounts, nutrients give the children, necessary energy to grow, learn and be active.



BCM NSS Volunteer taking survey from neighbours

Poor nutrition can cause health problems, overweight, and obesity. Some of the health problems associated with poor nutrition can be very serious, especially as the child grows into an adult. By developing healthy eating habits, parents can help prevent these health problems. It's much easier to maintain a healthy weight than it is to lose weight. Children who maintain a healthy weight are more likely to stay at a healthy weight as adults. In order to know whether kids are being provided with a healthy diet as per their age requirements, a survey was conducted by the NSS volunteers

belonging to the FACS department in their localities . Based on the survey, parents of the kids were given guidances on the healthy diet for their wards.

MG Programme officers meeting at BCM

CA Reshma Rachel Kuruvilla, Programme officer of BCM College regularly attended the following meetings organized for the programme officers by MG University .

Sl No.	Date	Venue	Purpose of the meeting
01	21.12.2016.	NSS, Ettukettu, MG University	Seven day camp during Xmas vacation
02	27-02- 2017.	Assembly Hall	Organic farming
03	8.12.2016	Ettukettu, MG University campus.	Haritha Kerala Mission
04	28 July 2016.	District Court	LOVE Kottayam
05	19 th April, 2016.	Ettukettu	Routine Activities of NSS



NSS Programme Coordinator Dr Sabukuttan Sir during the meeting at Naalukettu.

Waste management class by peter sir

Dr Peter K Mani, Professor at BCM College handled classes on household waste management for the students of the NSS unit . Waste has become a menace for the nuclear families living in small plots of land in the town area. It is highly important to manage the waste at the source itself to avoid being thrown in public places resulting in epidemics. His sessions were liked by the students because of the simplicity and varied style of presentation. Demonstration of Kamba composting was the highlight of the session.

Gifting a plant

During the camps, there were many guests and visitors for the activities of our Unit. Many of them came to support us with their

presence. A few of them came to handle sessions for the students. Rather than gifting a plastic bouquet, which can damage the environment ultimately, NSS Unit of BCM College gifted its guests with plants and vegetables as a token of our love and gratitude. Aloe vera plant is having therapeutic as well as medicinal properties



Bouquet made of vegetables for the guests- an initiative to reduce plastic use.



Volunteer secretary Sethu Maria George handing over Aloe Vera plant to yoga master

Careerguidance

NSS Programme officer CA Reshma Rachel Kuruvilla had taken many career guidance sessions for the students in various schools and colleges relating to Commerce and management. Her Sessions took the students through a wide range of options which were little heard of by the students of commerce.

Nutrition class by Sr Betsy

Vice principal and Head of the department of family and community sciences, BCM College Dr Sr Betsy handled session on nutrition for the students. She even demonstrated a cooking session for the students within minutes with a wide variety of food items ranging from beetroot thoran to salad. The way and the etiquettes she had followed in cooking was a new piece of information for the girls of BCM .



Feeding the stray animals



Birds and animals also have a right to live on this planet. Many of us forget this fact and shows the tendency to cut down trees and destroy water bodies which had affected these poor creatures in a big way due to the change in climatic conditions. Many of the birds and animals are finding it difficult to live in their natural living conditions and media reports about these animals coming into these human inhabited areas have lose its news value these days due to its repeated occurrence. Recognizing the rights of birds and animals to occupy the earth, NSS volunteers of BCM College decided to keep a tumbler of water in their homes for the small birds of their locality to feed on and stay alive.

E waste

E-waste" is a popular, informal name for electronic products nearing the end of their "useful life. "E-wastes are considered

dangerous, as certain components of some electronic products contain materials that are hazardous, depending on their condition and density. The hazardous content of these materials pose a threat to human health and environment. Discarded computers, televisions, VCRs, stereos, copiers, fax machines, electric lamps, cell phones, audio equipment and batteries if improperly disposed can leach lead and other substances into soil and groundwater. Many of these products can be reused, refurbished, or recycled in an environmentally sound manner so that they are less harmful to the ecosystem.

As per the instruction from the MG university NSS , our volunteers have arranged for collecting almost 100 kgs of E- waste from BCM College alone . Unless otherwise collected, informal processing of E-waste can lead to adverse human health effects and environmental pollution.

NSS Award for ANJU P Tom

Volunteer secretary of the BCM College NSS unit for the year 2015-16, Kumari Anju P Tom was awarded the Certificate of Appreciation from Mahatma Gandhi University for the student volunteer category. She was also chosen as the Best Outgoing student from BCM college and BCM Hostel too. Her character and

the way of dealing people has always been an example for the NSS volunteers as well as other students in the college.



Magazine release on Energy Conservation - “NAALAM”

BCM College NSS unit released a handwritten magazine on the topic energy conservation . It was named as “ NAALAM” . Topic energy conservation was taken considering the necessity to educate students about conserving energy.

Magazine was released by Principal Sheela Cherian K. Function was presided over by Fr Philmon Kalathara. Professor Anil Steephen

welcomed the audience and Prof Reshma Rachel Kuruvilla delivered vote of thanks.



E governance

E-governance is the application of information and communication technology (ICT) for delivering government services, exchange of information, communication transactions, integration of various stand-alone systems and services between government-to-customer (G2C), government-to-business (G2B), government-to-government (G2G) as well as back office processes and interactions within the entire government framework. Through e-governance, government services will be made available to citizens in a convenient, efficient and transparent manner.

In this computer generation, an educated class should be aware about the E governance systems that exist in our country. NSS unit of BCM College has taken a step to educate various e governance initiatives for the students among the residents of the adopted village.

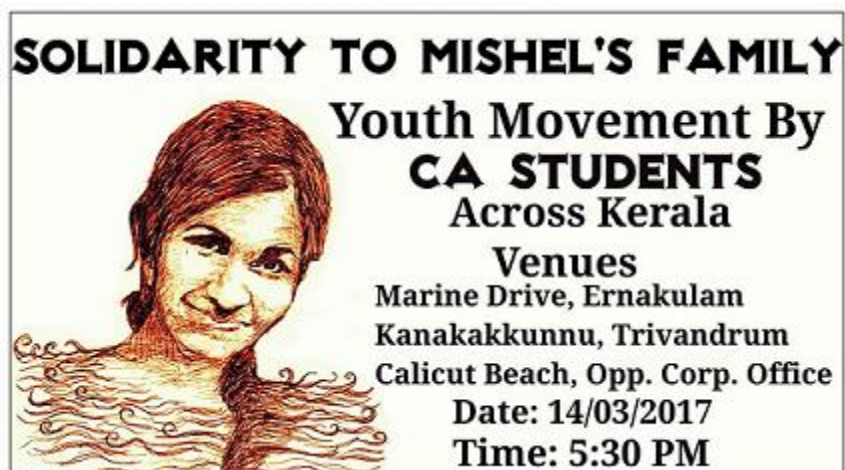


E Commerce

E-commerce have shown enormous growth in the last few years. Sources say that the retail e-commerce sales around world will reach 12.8% in the year 2019 from 7.4% in 2015 (source 1). E-commerce is very convenient for everyone to shop anytime, anywhere and in any device instead of visiting the shops in person. Researching the products online is much simpler and more efficient than in stores with features like product comparisons which are offered by most e-commerce portals. NSS programme Officer CA Reshma Rachel Kuruvilla took pain in teaching the students about doing Ecommerce transactions. She demonstrated the process by purchasing a product online for herself.

Justice for Mischell

Mischel Shaji Varghese , a missing CA student was found dead within a few days in the lake at Ernakulam. A meeting to declare solidarity with her family members were organized by ICAI at Marine Drive Ernakulam, Trivandrum and at the Beach at Calicut. NSS programme Officer CA Reshma Rachel Kuruvilla attended the respective meeting at Marine Drive and expressed concerns on the mounting attacks against women.



Onam Celebrations

A function was organised by the NSS unit of BCM College to give "Onakodi" for the cancer patients of St Josephs Home. P U Thomas Chettan of the Navajeevan trust was honoured in connection with onam celebrations of BCM college . Princiapl Sheela Cherian K praised Thomas Chettan for his deeds in taking care of the hopeless in the town. Burasr of the college, Fr Philmon Kalathara, HOD of the MSW Department Mr. Ipe Varghese, Vice principal of the college

Smt Sucy Philip and NSS Programme officers were there for the meeting.

Class On “Janamithri Suraksha”

Janamaithri Suraksha envisages a method of policing by members of the police organization quite distinct from the traditional style; that seeks the cooperation of the community, understands the needs of the “community”, gives priority to the security of the “community”, and, taking into account the resources available within the “community”, attempts to streamline the activities of police personnel at local police stations to address the special problems of each community to increase their efficiency and productivity. Considering the services of our student volunteers as trained traffic volunteers in Kottayam town, NSS Volunteers of BCM college were invited for the class on “Janamaithri Suraksha Padhathi of Kottayam district” in SPCS Auditorium,



Shri. Justice K T Thomas delivered the inaugural address highlighting the significance of community policing and Smt Sandhya IPS talked about the role that community can play in ensuring peaceful atmosphere in the state. Superintendent of police Shri Ramachandran Sir was also present for the programme.

Programme Officer CA Reshma Rachel Kuruvilla along with the volunteers attended the programme and found the programme to be very much informative.

Lecture on self empowerment

As part of innovative class by eminent personalities, students of the NSS unit of BCM College attended a class by Mrs.Lakshmi. N Menon (former student of FACS Dept) on 31st October 2016 at the BCM College auditorium .

Mrs.Lakshmi N Menon explained her major activities **‘Ammoomathiri, Paper pens with a seed, Water bulbs, Event management etc.** She pointed out the need for inexpensive and profitable projects focused on women empowerment. She is a famous environmental activist who is behind the PENDRIVE initiative.

Major works of Mrs. Lakshmi N Menon :

- Designed and showcased jewellery for New York fashion week 2008.
- Sargalaya Craft Village for Kerala Tourism Department in Calicut 2015.
- Featured artist in Artizmo art gallery, USA.
- Co- founder Good Karma Foundation.
- Introduced road signals to avoid accidents.

Awards

- 'JWALA' AWARD 2015 (Kairali T. V) for Ammoomathiri.
- Best women entrepreneur 2015(Christ college, Bangalore).



Lahari virudha seminar at Mammen Mappilai hall

NSS volunteers of BCM college attended a seminar on “substance abuse”organised jointly by the Madya virudha samithi, and govt. Of Kerala.Talks by the guests on the topic was enlightening and thought provoking . Orators taught the students not to consume any type of substance even for fun as these can eventually turn out as addition.

Food Stalls By students

After the seminar on entrepreneurship skills by NSS programme Officer, CA reshma Rachel Kuruvilla, our volunteers came up with the idea of organizing a food stall which proved their organizing

capacity and their entrepreneurial skills. Profits obtained from the stalls was used for charity works from college.



Food stalls by students to promote entrepreneurial skills of volunteers

CAP- Cancer Awareness Programme



National service scheme of MG university in association with Deepika Newspaper and Melam Condiments along with Sarga Shetra has organized a programme to train volunteers on cancer awareness. Dr V P Ganngadharan, renowned oncologist from Kerala handled sessions on cancer awareness. He gave a clear picture about cancer and talked about the various cancer causing agents, and lifestyle problems which ultimately leads to cancer. A handbook provided by the CAP@ campus initiative carried lots of information for the society and the cancer patients ranging from financial support for cancer patients to the steps to be taken to avoid getting cancer for the future society.

Computer training for the society



NSS Programme Officer providing basic computer training for the girls of our adopted village

NSS unit of BCM College offers computer training in its own computer centre at BCM College. The centre is equipped with 15 computers, providing the training for 30 people. They learned how to use various programmes such as paint, browse the web, read the news. The system showed that girls became highly capable at using various features of the computer regardless of the lack of proficiency in English.

Swatch Bharat Abhiyan – (1) Park construction at the bank of **meenanthala River, Iranjal**

NSS volunteers of BCM College cleaned up the area under the “Iranjal bridge” on the bank of the river Meenanthala , which is a subway of Meenachil river. After cleaning, volunteers constructed a park for relaxation and reading for the society. Earlier the place was treated like a dumping yard and was filled with wastes of all forms .



Residence association of the area organized a meeting and handed us a memento as a token of appreciation for the efforts of the BCM NSS unit in making the place tidy and beautiful.

New year celebrations :

The NSS unit of BCM College under the guidance of our programme officers Prof. Prof Anil steephen, Dr George Mathew and CA Reshma Rachel Kuruvilla, celebrated the new year on the midnight of 31 st December. We started our celebrations by lighting up candles and praying to god almighty for a bright new year 2017. We had cake cutting and various cultutral programmes including DJ party. Programme came to a conclusion at 2:00 pm after the DJ party .



Class on KYC Norms

To educate Indian bankers about the significance of KYC norms is relevant in this era when regulators around the world have started

realizing that unless they rein in the shady practices of banking, the result would be chaos and disorder.

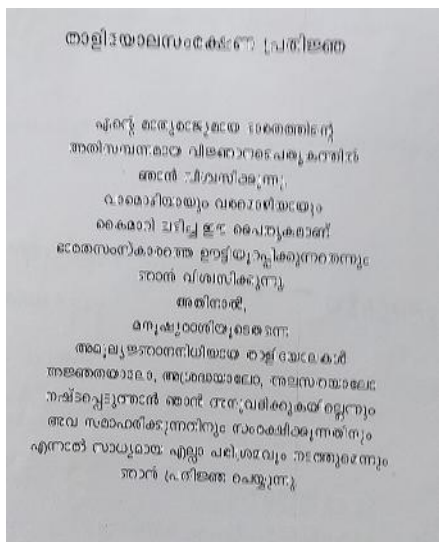
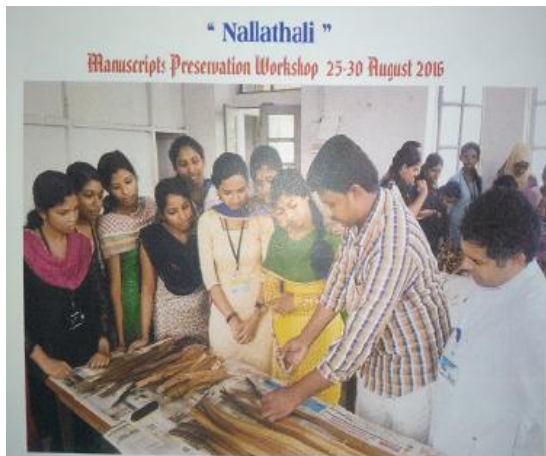
The objective of KYC guidelines is to prevent banks from being used, intentionally or unintentionally, by criminal elements for money laundering activities. Related procedures also enable banks to better understand their customers and their financial dealings. This helps them manage their risks prudently. NSS Programme officer CA Reshma Rachel Kuruvilla handled a session to educate the followed. NSS volunteers from commerce also attended the programme.



Thaliyola samrakshanam

NSS volunteers in association with the language and history departments organized a thaliyola samrakshana workshop for the students. Thaaliyola means palm leaf. All the lore relating to the

inherited knowledge and wisdom of ancient India, through the ages and across centuries, was kept inscribed on chemically processed palmleaves. Traditionally these palm leaves have always been treated with great piety and devotion as sacred objects by dedicated scholars and savants in Sanskrit and all other Indian languages.



Pictures of the Thaliyola samrakshanam Workshop

Our Workshop taught students about the significance of Thaliyolas and the hidden knowledge that it carries within.

Procedure for oiling thaliyolas was taught by demonstration to the students. Students were given chances to oil thaliyolas brought by the historians who came to handle the sessions.

Intercollegiate seminar on substance abuse

MG University NSS unit organized an intercollegiate seminar at Behavioural Sciences auditorium from 10 : am to 4.30 pm on the topic Substance abuse. Smt Rincy Mathew, programme officer of MG university NSS unit welcomed the gathering for the seminar. Classes were handled by Suresh Richards Sir, Deputy Commissioner of excise department, Dr Varghese Punnoose, Head of the department of Psychiatry, Medical College Hospital, Kottayam and Sebastian sir, Director of ADART, Pala. Meaning of addiction, symptoms of addiction, and Treatment options of addiction were dealt with in detail by the speakers. Classes were beneficial for the volunteers and programme Officer. Programme Officer of BCM College NSS unit CA Reshma Rachel Kuruvilla delivered vote of thanks for the speaker Dr Varghese punnoose.



Dr Varghese Punnoose delivering talk on substance abuse

Short Film “ KUZHIYAANA”

A short film named “Kuzhiyana” was exhibited at the auditorium for the students of BCM family. Programme was organized by NSS unit of the college in collaboration with the kerala State Excise department. Creation of a socially responsible society through awareness campaigns was the motto of the excise department and it was with this intention that the short film was exhibited in the college. NSS Advisory Board member Dr George Mathew welcomed the audience. And programme officer CA Reshma Rachel Kuruvilla thanked the producers of the short film .A recorded talk by Shri Rishi Raj Singh IPS was the attraction of the programme.



Introduction before the short film “ kuzhiyana”

Visit to Home grown, Kanjirapally

A few of the NSS volunteers from Botany department visited Home grown, Kanjirapally along with Dr Peter K Mani, professor of Botany Department.

NSS programme officers also visited the same. Wide varieties of plants from various families were available at Home grown for the visitors.



EXPO 2016

An expo organized by Flowers channel in association with Deepika Publishing House was conducted on September 8th at Nagampadom. Volunteers from BCM college visited the expo. The expo included the exhibition of varieties of species of fishes, birds, dogs and other animals. There were also different stalls for furniture, food, and other cosmetic

products and electrical appliances. The exhibition of the animals included different rare species of birds and the highlight of the exhibition was the Drawin's Finches and other rare species of fishes.

“ADIEU” party For the NSS Programme Coordinator,

NSS programme Coordinator of MG university Dr Sabukuttan sir was promoted as the State officer of NSS. A programme was organized by BCM College, Baselius College, Girideepam institute of Advanced learning and Navajeevan trust at AP Mani Memorial Hall at Baselius College, Kottayam to bid farewell to the most energetic and vibrant programme coordinator of MG University. It was under his able guidance that MG university NSS was able to receive two National awards. A token of appreciation for his meritorious service was given away by Shri. P U Thomas Chettan of the Navajeevan trust. Programme Officer CA Reshma Rachel Kuruvilla Felicitated the gathering during the function.



VISMAYA ULSAV - Volunteer membership in the arts& sports fest of differently abled.

A vocational skill, and cultural fest with both arts and sports was organized by Lions club members at St. Aloysius School Athirampuzha on December 10th. And students from BCM College participated in the programme by being the volunteers. It was a new and wonderful experience for the students. They coordinated and judged the programmes.

Blood group analysis report

Blood group analysis is a programme that was initiated in order to analyze the blood group of the U.G students (2nd & 3rd D.C) of the college. Certain students didn't know their blood groups, for them blood group identification was done by the volunteers from Zoology department after collecting blood smear samples. And on June 15th. The list of students from all the departments in the college were collected and this was sorted on the basis of blood groups.

€KAVALAM ANUSMARANAM•

Kavalam Narayana panikkar was a great dramatist and a writer theatre director and poet. He has writtern over 26 malayalam plays. He bid goodbye from us on 29th june 2016. NSS unit of BCM college organised a function to remember him on the day.

Pro.Babuji sir delivered a talk to the volunteers on his contributions to the society.,



Food packets to Missionaries of Charity

Remembering the golden words “serving humanity is better than serving gods” BCM volunteers brought food packets for the inmates of Abhaya bhavan run by Missionaries of charity run by Mother Teresa.



Students providing food packets for the Missionaries of charity

Abhaya bhavan is a home for the destitute elderly ones who had no one to love and being loved. They were hungry not only for the bread, but for love. They were naked not only for clothing, but for respect. They are homeless not only because of the need for a room made of bricks, but are rejected by their loved ones.

An interaction with Daya Bhai

Daya Bhai is a social activist and inspiration for many fighters is from Kerala working for the upliftment of tribals in central India. She had been associated with Narmada Bachao Andolan and the Chengara agitation, apart from her solo struggles representing the forest dwellers and villagers in Bihar, Haryana, Madhya Pradesh, Maharashtra and West Bengal. Our NSS volunteers from sociology department met her and talked with her about the challenges faced by her through her struggle for the tribals.



Navajeevan – An orphanage visit

According to Mahatma Gandhi, **“If we are to teach real peace in this world, and if we are to carry on a real war against war, we shall have to begin with the children”**. NSS unit of BCM College has decided to fight the war against the fate of being poor, of being hungry, of being orphaned, with these students as our affluent fighters. In order to inculcate these feelings of care and love to their fellow mates, in the minds of children, students were taken to the Navajeevan trust, a heaven on earth for the insane and mentally retarded people. Thomas Chettan, trustee of Navajeevan ministered to their every need, from bathing them on beds to feeding them.



Our Volunteers talking with the inmates at Navajeevan

Fund Contribution to Thomas chettan, Navajeevan trust

Our volunteers on visiting Navajeevan was moved by the care that Thomas Chettan was providing for the patients at Navajeevan. Upon coming back to college, they decided to raise funds for supporting Navajeevan in their initiatives for the society. Our volunteers raised Rs 12000 from their petty savings to contribute for the medical camp organized by navajeevan for the destitute in Kottayam district.



Programme Officer Reshma Rachel Kuruvilla handing over fund collected to Shri. PU Thomas of Navajeevan

Paper presentations By NSS Volunteers

Our NSS Volunteers Shema Elsa Daniel, Anjana Shaji, and Aswathy K, presented papers on the UGC Spensored National Seminar “Development induced displacement- issues and challenges” on 2nd February 2017 a School of Gandhian Thought And Development

Studies. They pointed out that displacement caused by development can create an imbalance for the inhabitants of the area.

Food preservation – a tool to empower farmers

When our NSS volunteers went on from house to house to teach organic farming to the villagers, students also provided Ivy gourd creepers for the families and planted ivy gourds wherever space was found with the permission of families and asked them to water the creepers. We also planted ivy gourds in our farmland. Since Ivy gourd grows best in our climate, We obtained huge volumes from our farmland in 2 acres of land.



Since yield was available during the season, products were available in surplus and hence there was a low price for the product in the market. To educate our students to make them good farmers and to empower them in dealing similar instances which might happen to any farmer, food preservation was taught to the students. Dehydration of ivy gourds was done by volunteers

through sun drying under the guidance of programme officers and dried ivys will be sold in packets after it is properly dried.

ROAD CLEANING

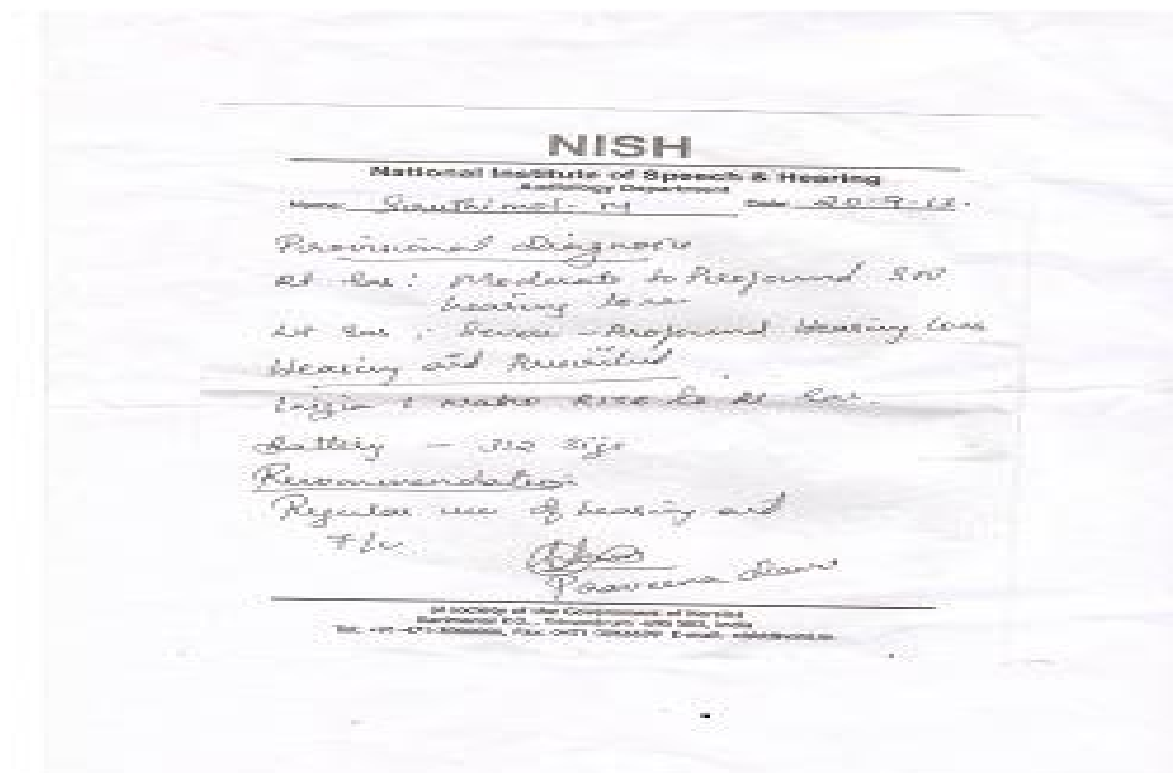
The standard of cleanliness in roads and public toilets in India is appalling. It has become a habit for people to urinate by roadsides and to spit on public roads and pavements. Even if there are waste bins present, they are not in the habit of disposing litter and food waste in these bins; they discard them by the side of the road or even in the middle of the road. Environmental cleanliness and hygiene are a part of development and cultural refinement. For this to happen, we need to plan widespread awareness campaigns. During our Special camp, our volunteers cleaned the sides of the road at Kizhakenattaseri. Selfless acts of the volunteers was an eye opener for the society. They have underlined that cleanliness should be maintained for proper hygiene and has received wide appreciation from the residents of the area.



Students cleaning the sides of the road

Hearing Aid for a student

Programme officers and volunteers of BCM NSS unit supported a physically challenged student of BCom by purchasing a hearing Aid which her poor parents could not afford to buy. She was suffering from hearing loss since birth. Her parents were really poor and has a sister who is also studying. They were living in a rented house. Rs 38000 required for purchasing hearing aid was raised by the students to support her.



SWATCH BHARATH ABHIYAN – Toilet construction



Fr.Philmon, Bursar of BCM college handing over funds for toilet construction to Sally Mathew, member of the area.

As part of central government programme, Swatch Bharath Abhiyan, We the NSS unit of BCM college conducted a mass fund raising campaign for the construction of toilet to five houses of our adopted village. The cheque was handed over to Sally Mathew, representative of the area by Fr. Philmon kalathra, Bursar of the college. Authorities has agreed to construct toilets for the houses with the funds provided by us.

ROAD SAFETY CLASS



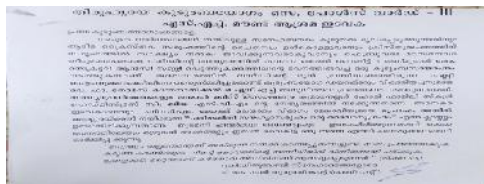
Road accidents are increasing day by day. In order to give awareness about safe driving rules and importance of safety measures like wearing helmet. A fruitful class was given to the NSS volunteers by Asst.Vehicle inspector Sri. Jayachandran sir, at SP office,Kottayam. Various short films and videos on “road safety” were screened there. The class was a huge success in terms of its aim and execution.

Fire and safety class

A class on fire and safety was organized by the NSS unit of BCM College to educate students on the proper use of LPG in this time of rising fuel prices. Classes were handled by Shri Sambath, sales Officer of Chirathilattu fuels. He talked about LPG, its availability, alternate uses, Connection, reasons for leakage and the prevention methods for leakage. After the class, a Quiz on how to use LPG effectively was also held for the students.

Seminar “paristhithithi sauhridasamoo ham oru daivanugraham”

Prof Anil Steephen handled a session on the topic “paristhithithi sauhridasamoo ham oru daivanugraham” in the family meet held at Aasramam. It was organized by the Sacred Heart church.



Election preparation Meeting held at collectrate

A meeting of the programme officers of NSS unit and social workers were held at district Collectrate. NSS programme officer Reshma Rachel Kuruvilla attended the same. It was organized as a planning to conduct elections properly.



State wide training cum popularisation programme for the promotion of organic farming among the college students

Volunteers from BCM College NSS unit attended the training cum popularization programme for the promotion of agriculture held at the Seminar hall of CMS College on 1st October 2016. Adv. V S Sunilkumar, Hon'ble Minister for Agriculture inaugurated the function to mark its beginning. Programme was organized with the intention of promoting sustainable agriculture.

Valedictory of NSS activities for the year 2015-17

On the concluding day of the NSS activities for the year 2016-17 under the guidance of programme officers Assistant Prof Anil Steephen and CA Reshma Rachel Kuruvilla, the NSS volunteers organized valedictory function in room no 107. Dr. George Mathew Advisory board member of the NSS unit was the chief guest on the occasion. Congratulating over 190 NSS volunteers, the Chief Guest Dr. George Mathew in his address said that NSS camp is the best platform to acquire qualities of leadership, to have social experience by direct contact with the society . He appreciated this meaningful and purposeful camp where NSS volunteers of the college tried to inculcate various skills in the village adopted. The NSS volunteers shared their experiences and expressed their satisfaction of being able to do something for the betterment of society .The programme concluded with vote of thanks given by Volunteer secretary Sethu Maria George.





BCM NSS Unit In Media

തെറ്റു കണ്ടാൽ അരുതെന്ന് പറയാൻ സ്ത്രീകൾക്കൊക്കണം - ജില്ലാ പോലീസ് മേധാവി

കോട്ടയം: ബന്ധുക്കൾക്ക് അരുതെന്ന് പറയാൻ സ്ത്രീകൾക്ക് കഴിയണം. ഇതിനുള്ള ശേഷി ആർജ്ജിക്കാൻ വനിതകൾക്കായാൽ, സ്ത്രീകൾക്കെതിരെ യുള്ള മിക്ക അതിക്രമങ്ങളും തടയാൻ കഴിയുമെന്ന് ജില്ലാ പോലീസ് മേധാവി എൻ.എസ്.എസ്.എസ്. കോട്ടയം ഐ.ഡി.എം. കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ കോട്ടയം ജില്ലാ പോലീസ് മേധാവി എൻ.എസ്.എസ്.എസ്. കോട്ടയം ഐ.ഡി.എം. കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ നടത്തിയ സെമിനാർ ഉദ്ദേശിക്കുന്നു.

സെമിനാറിനെ തുടർന്ന് കോളേജ് വിദ്യാർത്ഥികളുടെ നേതൃത്വത്തിൽ കോട്ടയം ജില്ലാ പോലീസ് മേധാവി എൻ.എസ്.എസ്.എസ്. കോട്ടയം ഐ.ഡി.എം. കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ നടത്തിയ സെമിനാർ ഉദ്ദേശിക്കുന്നു.

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ചിട്ടയില്ലാത്ത... അമച്വറുകൾ... രൂപയിലും കാഴ്ചയിലും പുരുഷനായി വിഭവങ്ങൾ

കോട്ടയം ജില്ലാ പോലീസ് മേധാവി എൻ.എസ്.എസ്.എസ്. കോട്ടയം ഐ.ഡി.എം. കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ നടത്തിയ സെമിനാർ ഉദ്ദേശിക്കുന്നു.

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ചോര പകുത്തു തൽകി വിദ്യാർത്ഥികൾ

കോട്ടയം ജില്ലാ പോലീസ് മേധാവി എൻ.എസ്.എസ്.എസ്. കോട്ടയം ഐ.ഡി.എം. കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ നടത്തിയ സെമിനാർ ഉദ്ദേശിക്കുന്നു.

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ബിസിനസ്സ്, കോളേജിൽ കൊമേഴ്സ് വകുപ്പിന്റെ നേതൃത്വത്തിൽ നടന്ന എക്സിബിഷൻ

கோதைய: தாம்பராலும், அதுமாட எழுதி, கங்கைமெழுதி, நேரல், கள்ளி, மைப்பாடிமெழுதி, பூர், நாசி, கிளியூ, துடிசெய்யுள்கள் துடிசெய்யுள் படிக்கையுடன் பிளாட்டின்கோட்டைக்குள் நுழைக்கலாம் என்று நினைக்கிறேன். கோதையின் கைமேல் பக்கத்தின் அடியை வகுத்தால் 'தமிழ்' எழுதிக்கொண்டிருக்கிறது. படிக்கையுடன்

അതുകൂടി സാധാരണ, പാഠ്യപുസ്തകം എന്നിവ എഴുതിയിരിക്കുന്ന ലേഖന വിദ്യാർത്ഥികൾക്ക് കേന്ദ്രീകൃതമായിരിക്കേണ്ടതാണ്. ഫോം, ഫീൽഡ്കോഡ് ക്രമത്തിൽ ഉൾപ്പെടെ സംവിധാനം നിർവ്വഹിച്ചു, പ്രൊഫഷണലായി വി.പി.എസ്. പ്രൊഫ. രാമചന്ദ്രൻ കുറുപ്പിന്റെ പ്രൊഫ. ബോണി മാത്യു എന്നിവർ പ്രസിദ്ധീകരിച്ചു.

Mathrubhumi
e-paper KUTTYAM

Mon, 14 November 2016
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രാവിലെ 10 മുതൽ വൈകിട്ട് ആറു വരെ പ്രത്യേക കൗൺസിലിംഗ് സൗകര്യം വിദ്യാർത്ഥികൾക്ക് ഇടപാടുകാരെ സഹായിച്ചത്.



NSS Volunteers of BCM College after the road safety rally

ദ്രാവിക് ബോധവത്കരണത്തിനു വിദ്യാർത്ഥിനികൾ; പദ്ധതി ശ്രദ്ധേയമായി

ദ്രാവിക് ബോധവത്കരണത്തിനു വിദ്യാർത്ഥിനികൾ; പദ്ധതി ശ്രദ്ധേയമായി

കോട്ടയം: ദ്രാവിക് ബോധവത്കരണത്തിനു കോളിൽ വിദ്യാർത്ഥിനികൾ ഉൾപ്പെടെയുള്ള വിദ്യാർത്ഥികൾ പങ്കെടുത്തു. കോളിൽ 75 വിദ്യാർത്ഥികൾ പങ്കെടുത്തു. കോളിൽ 75 വിദ്യാർത്ഥികൾ പങ്കെടുത്തു. കോളിൽ 75 വിദ്യാർത്ഥികൾ പങ്കെടുത്തു.

കോളിൽ 75 വിദ്യാർത്ഥികൾ പങ്കെടുത്തു. കോളിൽ 75 വിദ്യാർത്ഥികൾ പങ്കെടുത്തു. കോളിൽ 75 വിദ്യാർത്ഥികൾ പങ്കെടുത്തു.

കോളിൽ 75 വിദ്യാർത്ഥികൾ പങ്കെടുത്തു. കോളിൽ 75 വിദ്യാർത്ഥികൾ പങ്കെടുത്തു. കോളിൽ 75 വിദ്യാർത്ഥികൾ പങ്കെടുത്തു.



കോട്ടയം ബിസിഎം കോളജ് നാഷണൽ സർവീസ് സ്കീമിന്റെ ആഭിമുഖ്യത്തിൽ ജൈവകൃഷി സന്ദേശവുമായി കൃഷിയിടത്തിലിറങ്ങിയ വിദ്യാർത്ഥികൾക്ക് കാർഷിക അനുബന്ധ പ്രവർത്തനങ്ങളുടെ ഉദ്ദേശ്യമെന്തെന്ന് വനം-ഗതാഗത വകുപ്പ് മന്ത്രി തിരുവഞ്ചൂർ രാധാകൃഷ്ണൻ കൃഷിയിറവി പങ്കുവെച്ചപ്പോൾ.

ജൈവകൃഷി സന്ദേശവുമായി ബിസിഎം കോളജ് വിദ്യാർത്ഥികൾ

കോട്ടയം • ബിസിഎം കോളജ് എൻഎസ്എസിന്റെ ആഭിമുഖ്യത്തിൽ ജൈവകൃഷി സന്ദേശവുമായി വിദ്യാർത്ഥികൾ കൃഷിയിടത്തിൽ. ജൈവകൃഷി പ്രോത്സാഹിതത്തിന്റെ ഭാഗമായി ഹരിതസമൃദ്ധി പദ്ധതിയിലൂടെ ഇറങ്ങാൻ ഏകദേശം ആലപ്പാടിന്റെ ഒന്നര ഏക്കർ കൃഷിയിടത്തിൽ കപ്പ, വാഴ, ഇഞ്ചി, മഞ്ഞൾ, പച്ചക്കറികൾ തുടങ്ങിയ വിളകളാ

ണ് കൃഷി ചെയ്യുന്നത്. വിദ്യാർത്ഥികളുടെ കാർഷിക അനുബന്ധ പ്രവർത്തനങ്ങളുടെ ഉദ്ദേശ്യം മുന്നി തിരുവഞ്ചൂർ രാധാകൃഷ്ണൻ നിർവഹിച്ചു. എന്റെ ഭൂമിക എന്ന പേരിൽ കോളജിലെ മുഴുവൻ അധ്യാപക-വിദ്യാർത്ഥികളെയും പങ്കെടുപ്പിച്ചുകൊണ്ടുള്ള അടുക്കളത്തോട്ട നിർമ്മാണവും നടന്നുവരുന്നു. പൂർണ്ണമായും ജൈവ രീതിയിലാണ് കൃഷി.

ബിസിഎം വിദ്യാർത്ഥിനികളുടെ സഹായഹസ്തം ബാങ്കിലും

കോട്ടയം: കറൻസി മാറി വാങ്ങാനും നിക്ഷേപിക്കാനും ബിസിഎം കോളജിനു സമീപം എസ്ബിഐയിലെത്തിയവർക്കു സഹായമായി ബിസിഎം കോളജ് വിദ്യാർത്ഥിനികൾ. ഇന്നലെ തിരുക്ക് വർദ്ധിച്ചതോടെ ഇടപാടുകാർക്ക് സ്റ്റിപ്പുകൾ പുതിപ്പിച്ചു നൽകാൻ നാഷണൽ സർവീസ് സ്കീം വോളണ്ടിയർമാരും പ്രോഗ്രാം ഓഫീസർമാരായ അധ്യാപകരു

മാണു ബാങ്കിലെത്തിയത്.

ഇടപാടുകാർ വിലാസം, ഫോൺ, കറൻസി സ്കീമിന് നമ്പർ എന്നിവ എഴുതി നൽകണം. പ്രത്യേക ഫോമിൽ ഇതു വിദ്യാർത്ഥിനികൾ പുതിപ്പിച്ചു നൽകാൻ സഹായിച്ചത് ബാങ്കിലെത്തിയവർക്ക് ആശ്വാസമായി. ഉപഭോക്താക്കളുടെ സംശയങ്ങൾക്കും വിദ്യാർത്ഥിനികൾ വ്യക്തമായ മറുപടി നൽകി.

ലവ് കോട്ടയം ബിസിഎമ്മിൽ



കോട്ടയം • ഡിസ്ട്രിക്ട് ലീഗൽ സർവീസ് അതോറിറ്റിയുടെ ഭാഗമായി സമ്പൂർണ്ണ നിയമ സാക്ഷരത ക്ലബ്ബ് -ലവ് കോട്ടയം ബിസിഎം കോളജിൽ ഡിസ്ട്രിക്ട് സെഷൻസ് ജഡ്ജി സുരേഷ് കുമാർ ഉദ്ഘാടനം ചെയ്തു. ഫാ. ഫിൽമോൻ കളത്ര അധ്യക്ഷത വഹിച്ചു. ബാർ അസോസിയേഷൻ പ്രസിഡന്റ് വി.ടി. ദിനകരൻ, സിന്ധു ഗോപാലകൃഷ്ണൻ, പ്രഫ. അൽഫോൻസാ കുര്യൻ എന്നിവർ പ്രസംഗിച്ചു.

ഭാരവാഹികൾ: ഫേബ ഏബ്രഹാം (പ്രസിഡന്റ്), കെ.പി. സയന (വൈസ് പ്രസിഡന്റ്), വി.ജി. നീനു (സെക്രട്ടറി), ജിൻസി ജോയ് (ജോയിന്റ് സെക്രട്ടറി), എലിസബത്ത് സി. ജേക്കബ് (ട്രഷറർ).

10 L ഭീപിക



ബാലവേല വിരുദ്ധ ദിനത്തിൽ തെരുവുനാടകവുമായി ബിസിഎം വിദ്യാർത്ഥിനികൾ

ജൈവകൃഷിയിൽ വിജയഗാഥ രചിച്ച്
ബി.സി.എം കോളേജ് വിദ്യാർത്ഥിനികൾ

കൊട്ടയം വിഷംവിത പദ്ധതി
 നിർവ്വഹണ കോട്ടയം ബി.
 സി.എം.കോട്ടയം വിദ്യാർത്ഥി
 നിരീക്ഷണ ഉപദേശി. നാഷ
 ണൽ സർവ്വീസ് സെൻ്ററിൽ ഇരു
 നൂറോളം വിദ്യാർത്ഥിനിമാർ
 ഇഷ്ടപ്പെട്ട കൃഷിയിൽ ഇന്ന് കോ
 ട്ടയം ജില്ലയിൽ വിദ്യാർത്ഥികൾ
 ഉൾക്കൊള്ളുന്ന പദ്ധതിയനു
 ഷ്ഠിതമായി. കൊട്ടയം പാ
 ന്തിനാലായിരുന്നു തീർത്തത്
 എ.കൃഷി

අනෙකුත් සියලුම තරුණ සා
මාජිකයින් සාමාන්‍යයෙන් 20
වැඩි 25 අතර ප්‍රමාණයේ වූ
විශේෂයෙන්ම ප්‍රධාන අංශයක් වූ
විද්‍යා සහ තාක්ෂණික ක්ෂේත්‍ර
වලින් වැඩ කරමින් සිටින අතර
අනෙකුත් අය ප්‍රධාන වශයෙන්
විද්‍යා සහ තාක්ෂණික ක්ෂේත්‍ර
වලින් වැඩ කරමින් සිටින අතර
අනෙකුත් අය ප්‍රධාන වශයෙන්
විද්‍යා සහ තාක්ෂණික ක්ෂේත්‍ර
වලින් වැඩ කරමින් සිටින අතර

[illegible]

മിസ്രിപ്പം, കൊളോക്കിയം, എസ്. എസ്. എസ്. യൂണിവേഴ്സിറ്റി
ആലപ്പുഴയിൽ നടന്ന ക്യാമ്പിനോട്വ് ഹൈസ്കൂൾ ഡിവിഷനാണ്

പ്രതിപക്ഷം തുറന്നു പറയുകയും ചെയ്തു. അതിനോട് കൂടി കോൺഗ്രസ്സ് നേതാക്കൾക്കും മറ്റും കൂടി ചർച്ചകൾ നടന്നു. അതിന്റെ ഫലമായി കോൺഗ്രസ്സ് നേതാക്കൾക്കും മറ്റും കൂടി ചർച്ചകൾ നടന്നു. അതിന്റെ ഫലമായി കോൺഗ്രസ്സ് നേതാക്കൾക്കും മറ്റും കൂടി ചർച്ചകൾ നടന്നു.

ഹാർവേർഡ് യൂണിവേഴ്സിറ്റിയിൽ
ഒന്നാമതായി കൃഷിപരിപാടി
നടക്കുന്നു. ക്ലാസ്കഴിഞ്ഞുള്ള
ഇടവേളകളിൽ പത്തുകുട്ടികൾ

വേദി കൃഷി അലിയിൽ വ്യാപ്തമാകും. അവിതന്നെ പാലകം ചെയ്യുന്ന കഷ്ടവും ഉള്ളതാണ് ലക്ഷ്യമെന്നും.

[illegible]

വിദ്യാർത്ഥികൾക്കായും അടുത്തുത്തുനിൽക്കാനും എന്ന പരിധി പദ്ധതിയും ആവിഷ്കരിച്ചിട്ടുണ്ട്. തിരുത്തലുകളെക്കുറിച്ചു അടുത്തുത്തുനിൽക്കാനും പാഠ്യപുസ്തകങ്ങൾക്കു നൽകുന്നതുമാണ് പ്രസ്ഥാനം. ഏകദേശത്തിനുള്ളിലായിരിക്കുന്ന പദ്ധതികളെക്കുറിച്ചും വിശദാംശങ്ങൾക്കു നൽകുന്നതുമാണ് വിദ്യാർത്ഥികൾക്കു നൽകുന്നതുമാണ് വിദ്യാർത്ഥികൾക്കു നൽകുന്നതുമാണ്.

കിഴക്കാക്കിയത്; അദ്ദേഹം
പ്രാണി



အဆိုပါစာချုပ်အရ နယ်လွှဲခံရသူများ၏ အကျိုးအမြတ်ကို ထိန်းသိမ်းပေးရန် ရည်ရွယ်ချက်ဖြင့် အထောက်အကူပြုမည့် စည်းမျဉ်းများ ပြင်ဆင်ရေး ဆောင်ရွက်မည် ဟုဖော်ပြသည်။

ലഹരിവിരുദ്ധ ബോധവൽക്കരണ ക്യാമ്പുകൾ നടത്തി

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MAHATMA GANDHI UNIVERSITY

PRIVADARSINI HILLS P.O. KOTTAYAM-686 560

NATIONAL SERVICE SCHEME
&
VIGILANCE & ANTI-CORRUPTION BUREAU
EASTERN RANGE, KOTTAYAM

YOUTH AGAINST CORRUPTION

INAUGURATION: SHRI. V.SURESHKUMAR, IPS

(SUPDT. OF POLICE,
VIGILANCE & ANTI-CORRUPTION BUREAU EASTERN RANGE,
KOTTAYAM)

DATE: 15/07/2016

TIME: 11:00 AM

VENUE: BCM COLLEGE, KOTTAYAM

Against
Corruption

PROGRAMME SCHEDULE

15-07-2016- 11:00 AM

Madam/Sir

Mahatma Gandhi University National Service Scheme in association with Vigilance and Anti-Corruption Bureau Eastern Range, Kottayam is organizing an Intercollegiate Workshop on "Youth Against Corruption" on 15-07-2016 11 am at BCM College, Kottayam. Shri. V. Sureshkumar I.P.S has kindly consented to inaugurate the workshop.

Your whole hearted cooperation and participation is earnestly solicited.

Yours faithfully,

Prof. Sheela Cherian
Principal
BCM College
Kottayam

Sri. A. U. Sunil Kumar
DYSP, Eastern Range
Kottayam

Dr. K. Sabukuttan
Programme Co-Ordinator
National Service Scheme
M. G. University

Kottayam
10/07/2016

Prayer

Welcome : Sri. A. U. Sunil Kumar
DYSP, Eastern Range, Kottayam

Presidential Address : Prof. Sheela Cherian
Principal,
B.C.M. College, Kottayam

Inaugural Address : Shri. V. Sureshkumar, I.P.S
Supdt. of Police,
Vigilance and Anti Corruption Bureau,
Eastern Range, Kottayam

Key note Address : Dr. Aji C Panicker
Member, Syndicate, M.G. University

Felicitation : P. N. Remesh Kumar,
DYS?, Eastern Range, Kottayam
Ashok Kumar. S,
DYSP, Vigilance Unit, Kottayam
Reshma Rachel Kuravilla,
Programme Officer
Anil Stephen,
Programme Officer

Vote of Thanks : Dr. K. Sabukuttan,
Programme Co-Ordinator,
NSS, MG University

തിരുഹൃദയ കുടുംബയോഗം സെ. പോൾസ് വാർഡ് - III

എസ്.എച്ച്. മൗണ്ട് ആശ്രമ ഇടവക

പ്രിയ കുടുംബയോഗാംഗങ്ങളേ,

നമ്മുടെ വാർഡംഗങ്ങൾ തമ്മിലുള്ള സ്നേഹബന്ധം കൂടുതൽ ദൃഢപ്പെടുത്തുന്നതിനും ആദിമ ക്രൈസ്തവ സമൂഹത്തിന്റെ ചൈതന്യം ഉൾക്കൊള്ളുവാനും ക്രിസ്തുവചനത്തിന് സമൂഹത്തിൽ സാക്ഷ്യം നൽകി ജീവിക്കുന്നവരാകുവാനും ഫെബ്രുവരി മാസയോഗ തീരുമാനപ്രകാരം വാർഡിന്റെ നേതൃത്വത്തിൽ 26-02-17 ഞായർ വൈകിട്ട് 6 മണിമുതൽ ജോ. സെക്രട്ടറി ആൻസി സണ്ണി വെട്ടത്തുകണ്ടത്തിലിന്റെ ഭവനത്തിൽവെച്ച് ഒരു കുടുംബസായാഹ്നം നടത്തുകയാണ്. തദവസരത്തിൽ വാർഡിന്റെ മുൻ പ്രസിഡണ്ടായിരുന്ന സണ്ണി വെട്ടത്തുകണ്ടത്തിലിനെ അനുസ്മരിച്ചുകൊണ്ട് കുടുംബയോഗ ഡയറക്ടറും വികാരിയച്ചനുമായ റവ. ഫാ. തോമസ് കീന്തനാണിക്കൽ ഒ.എസ്.എച്ച് അനുസ്മരണ പ്രഭാഷണം നടത്തുന്നതാണ്. സന്ധ്യാപ്രാർത്ഥനകളും ജനറൽ കിരീട് മത്സരങ്ങളും കൂമാരനല്ലൂർ ഹോളി ഫാമിലി സ്കൂൾ ഹെഡ്മിസ്ട്രസ് സി. ലിയ എസ്.വി.എം ന്റെ നേതൃത്വത്തിൽ നടക്കുന്നതാണ്. അമനകര ഇടവകാംഗവും ബി.സി.എം. കോളജ് മലയാളം വിഭാഗം മേധാവിയുമായ പ്രൊഫ. അനിൽ കളപ്പുരയ്ക്കൽ നയിക്കുന്ന "പരിസ്ഥിതി സൗഹൃദസമൂഹം ഒരു ദൈവാന്യഗ്രഹം" എന്ന ക്ലാസ്സും ഉണ്ടായിരിക്കുന്നതാണ്. തുടർന്ന് ഏവർക്കും അഗാപിയും ഉണ്ടായിരിക്കുന്നതാണ്. ഓരോ ഭവനത്തിലേയും മുഴുവൻ അംഗങ്ങളും ഇതിൽ വൈകിട്ട് നൂറു തന്നെ എത്തി പങ്കെടുക്കണമെന്ന് ഓർമ്മിപ്പിക്കുന്നു.

"മനുഷ്യാ നല്ലതെന്തെന്ന് അവിടുന്ന് നിനക്ക് കാണിച്ചുതന്നിട്ടുണ്ട്. നീതി പ്രവർത്തിക്കുക. കരുണ കാണിക്കുക. നീന്റെ ദൈവത്തിന്റെ സന്നിധിയിൽ വിനീതനായി ചരിക്കുക. ഇതല്ലാതെ മറ്റെന്താണ് കർത്താവ് നിന്നിൽനിന്ന് ആവശ്യപ്പെടുന്നത്." (മിക്കാ 6:8)

വാർഡിനുവേണ്ടി സ്നേഹാദരങ്ങളോടെ
ടി.കെ. സജി തുരുത്തിക്കാട്ട് (പ്രസിഡന്റ്)

തിരുഹൃദയ കുടുംബയോഗം സെ. പോൾസ് വാർഡ് - III

കുടുംബ സായാഹ്നം - സണ്ണി വെട്ടത്തുകണ്ടത്തിൽ അനുസ്മരണം

(26-02-17 ഞായർ 6 p.m to 9 p.m. ആൻസി സണ്ണി വെട്ടത്തുകണ്ടത്തിൽ രണ്ടാം മുഹൂർത്തം)

മുഹൂർത്തം

6 p.m.	സന്ധ്യാ പ്രാർത്ഥനകൾ	സി. ലിയ എസ്.വി.എം.
6.30 p.m.	വചന വായന - സഭാപാത്രം	റവ. ഫാ. റിക്കാർഡ്
6.45 p.m.	ക്ലാസ്സ് - വിഭാഗം	പരിസ്ഥിതി സൗഹൃദ സമൂഹം ഒരു ദൈവാന്യഗ്രഹം
	നയിക്കുന്നത് -	പ്രൊഫ. അനിൽ കളപ്പുരയ്ക്കൽ
7.30 p.m.	ജനറൽ കിരീട് -	സി. ലിയ എസ്.വി.എം.
7.45 p.m.	സണ്ണി വെട്ടത്തുകണ്ടത്തിൽ അനുസ്മരണം (മുൻ വാർഡ് പ്രസിഡന്റ്)	
	പ്രഭാഷണം	റവ. ഫാ. കൊളാൻ കിരീത്തനിക്കൽ (പ്രമാർഷൽ & വികാരി)
		ശ്രീ. ജോൺ പാരിഷാൽ പ്രെക്സി എം.എസ്.എ
		ശ്രീ. റിച്ച്. റോബ് കരുണാകരൻ (മുൻ. കൗൺസിലർ)
		ശ്രീ. റോബ് വാലർ മാരോണി (വക്താവ് പ്രസിഡന്റ്)
		ആൻസി സണ്ണി വെട്ടത്തുകണ്ടത്തിൽ (ജോ. കോളാൻ അനുകൂലം)
8.30 p.m.	കുടുംബയോഗം	

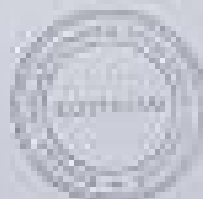
[illegible][illegible]

Date	Department
reg. no. name	Class number
ex. no. name	English
ex. no. name	Maths
ex. no. name	Physics + Chemistry
ex. no. name	Biology + Zoology
ex. no. name	History + Economics
ex. no. name	Sociology + P.E. & M.S.W.
ex. no. name	Food Science + Consumer Science

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SRI SANKACHARYA UNIVERSITY OF SANSKRIT

Head Office: Post-Box No. 1001

REGIONAL CENTRE, ETIMBAM

DEPARTMENT OF ADARSHAN

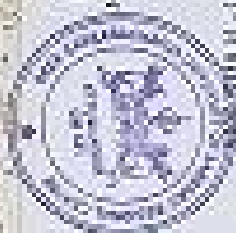
CCS National Seminar on

PAŚCĀTĀTĪTA ŚHĪRṢĪTĀ CĒMĪRĪTĪM NĀTĪYĀLA ŚĀSTRĪYĀM

For the first time, the PAŚCĀTĀTĪTA ŚHĪRṢĪTĀ CĒMĪRĪTĪM NĀTĪYĀLA ŚĀSTRĪYĀM is being presented in a bound format as per below

For the first time, the PAŚCĀTĀTĪTA ŚHĪRṢĪTĀ CĒMĪRĪTĪM NĀTĪYĀLA ŚĀSTRĪYĀM is being presented in a bound format as per below

Presented by



Dr. S. Chakrabarti

Principal

Dr. S. Chakrabarti

Principal



BISHOP CHULAPARAMBIL MEMORIAL COLLEGE

in association with

DR. JACOB KOLLAPARAMBIL EDUCATIONAL TRUST

and

ORIENTAL RESEARCH INSTITUTE & MANUSCRIPTS LIBRARY
UNIVERSITY OF KERALA



This is to certify that

has successfully completed the training programme:

Conservation and Preservation of Manuscripts

as part of the Service 'Mudrabali' for the preservation of Manuscripts

in connection with the 99th Death Anniversary of Fr. Mathew 'Mudrabali'

organised by the Departments of Malayalam, Hindi and History of BCCM College, Kottayam in association with
Dr Jacob Kollaparambil Educational Trust (JKT), Kottayam and ORI & MSCL Library, University of Kerala.

From 25th to 30th August 2016.

Principal
BCCM College, Kottayam


Principal
BCCM College, Kottayam



MAHATMA GANDHI UNIVERSITY NATIONAL SERVICE SCHEME

PRIYADARSINI HILLS P.O. KOTTAYAM-686 560



Certificate of Appreciation

This is to certify that Anju P Tom, NSS Volunteer of BCM College Kottayam is awarded Certificate of Appreciation for having done exemplary service through the National Service Scheme during the year 2015-16.

[Signature]

Priyadarsini Hills

Date: 03/08/2016



Programme Co-ordinator

[Signature]

Vice Chancellor



പ്രിയമുള്ളവരേ,

അനാഥർക്കും ആലംബഹീനർക്കും ആശ്വാസമായി നിലകൊള്ളുന്ന നവജീവൻ ട്രസ്റ്റിന്റെ നേതൃത്വത്തിൽ ഒരു ഏകദിന മെഡിക്കൽ ക്യാമ്പും ആരോഗ്യ വിജ്ഞാന പ്രദർശനവും സംഘടിപ്പിക്കുകയാണ്. ചേരിനിവാസികളുടെയും അഭയമില്ലാതെ അവസാനവരുടെയും ഹോട്ടൽ ജീവനക്കാരുടെയും ചുമട്ടുതൊഴിലാളികളുടെയും ഓട്ടോ-ടാക്സി തൊഴിലാളികളുടെയുമൊക്കെ ആരോഗ്യരക്ഷ മുന്നിൽ കണ്ടാണ് നവജീവൻ ട്രസ്റ്റ് ഇത്തരമൊരു ക്യാമ്പ് ക്രമീകരിച്ചിരിക്കുന്നത്. പ്രശസ്തമായ സ്പെഷ്യലിസ്റ്റ് ഡോക്ടർമാരുടെ സൗജന്യ ചികിത്സയോടൊപ്പം രോഗികൾക്ക് ആവശ്യമായ മരുന്നുകളും ഇവിടെനിന്നും സൗജന്യമായി വിതരണം ചെയ്യുന്നതായിരിക്കും.

നവജീവൻ ട്രസ്റ്റിന്റെ ആഭിമുഖ്യത്തിൽ കേരള നഗരസഭയും MG യൂണിവേഴ്സിറ്റി NSS വിഭാഗവുമായ ചേർന്നു വിവിധ കോളേജുകളുടെ സഹകരണത്തോടെ നടത്തുന്ന ഈ സൗജന്യ മെഡിക്കൽ ക്യാമ്പിന് പൊതുജനങ്ങളുടെ സഹകരണവും ഞങ്ങൾ പ്രതീക്ഷിക്കുന്നു. രോഗവിമുക്തവും ആരോഗ്യപൂർണ്ണവുമായ ഒരു ജീവിതം പടുത്തുയർത്താൻ നമുക്കൊത്തുചേരാം. ഈ ക്യാമ്പിനുള്ള ക്യാമ്പും ആരോഗ്യ വിജ്ഞാന പ്രദർശനമൊക്കെ സാധ്യതയുള്ള രോഗികൾക്ക് ഏറെ പ്രയോജനകരമായിരിക്കുമെന്നതിൽ സംശയമില്ല. എല്ലാവരെയും ഈ മെഡിക്കൽ ക്യാമ്പിലേക്കും ആരോഗ്യ വിജ്ഞാനപ്രദർശന വേദിയിലേക്കും സ്വാഗതം ചെയ്തുകൊണ്ട്,

ആർപ്പിക്കര,

29-01-2017

സ്മനേഹത്തോടെ,

പി. യു. തോമസ്
മാനേജിംഗ് ട്രസ്റ്റി,
നവജീവൻ



സൗര്യപരിപാടികൾ

2017 ഫെബ്രുവരി 2 വ്യാഴം

9.00 am	ദജിസ്ട്രേഷൻ
10.00 am - 12.30 pm	വൈദ്യപരിശോധന
12.30 pm - 1.30 pm	ഭക്ഷണം
1.30 pm - 3.30 pm	ബോധവൽക്കരണ ക്ലാസ്സുകൾ
3.30 pm	സമാപന സമ്മേളനം
	സർട്ടിഫിക്കറ്റ് വിതരണം
	സ്റ്റാജുകൾക്കുള്ള സമ്മാനദാനം

കുവർക്കും പ്രാഗത്ഥം
സൗജന്യ ചികിത്സ, സൗജന്യ മരുന്ന്, സൗജന്യ ഭക്ഷണം

According to Mahatma Gandhi , education means an all-round drawing out of the best in child man body ,mind and spirit. National service scheme is a remarkable step towards this, providing a platform for the students to acquire the true education through social service. It is important that students should always keep before them their social responsibility. NSS unit of BCM college has proved to be the path to fulfill the social responsibility and empowerment tool for its students. Two years of experience as an NSS volunteer will definitely enhance the knowledge, skills, values and social commitment of our children. If that 's achieved, we have attained our goals.

THANK YOU