

മനുഷ്യ നന്മയുടെ



**Activity Report: 2020-21**  
**NSS Unit No. 8, BCM College, Kottayam**

**Presented to:**

**Programme Coordinator, NSS Cell, M.G. University**

**Presented by:**

**Dr Teena Annah Thomas**  
**Principal, BCM College Kottayam**

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## OFFICE BEARERS

### CHAIRPERSON



Dr. Teena Annah Thomas

### VOLUNTEER SECRETARIES



Sr. Anitta Sunny, II DC Maths



Ms. Gayathri P K, II DC English M1

### PROGRAMME OFFICERS



Rev. Fr. Byju Mukalel



Dr. Elizabeth V John

Bishop Chulaparambil Memorial College, Kottayam

NSS Unit No. 8

**Activity Report: 2020-21****Introduction**

COVID pandemic that hit the whole world has hindered the multi decennial active involvement of BCM NSS in the daily lives of its volunteers and on the lives of thousands in and around Kottayam, city of letters through direct involvement and activities. The Unit, however, was able to continue its sphere of action and live mode of operation, in a different way, influencing thousands of students as well as the general public at large through various webinars, social media involvements and activities at home. The cardinal activities of the year was centred on the 7 day online special camp *Mukthi* from 12<sup>th</sup> to 18<sup>th</sup> February 2021 using the online platforms of Google meet and Zoom meet strictly following COVID protocol.

**Advisory Board formation**

At the beginning of the academic year, Advisory Board of the Unit was constituted with Dr Teena Annah Thomas, the Principal of the College, as its Chairperson. Other members include Rev. Fr Alex Akkaparambil (College Manager), Smt. Dhanya Sabu (Kumarakom Gramapanchayath President), Rev. Fr Philmon Kalathra (Governing body member of the college), Dr Maghi John (Kumarakom gramapanchayath ward member as well as former PO of BCM NSS), Dr Linto Lazar (Asst. Surgeon and Medical Officer, General Hospital, Kottayam), Sri. S. Harish (Kerala Literature Academy award winner for short stories), Sri. Rajeev Pallikkonam (Convenor, Kottayam Nattukoottam), Prof. Anil Steephen (HOD, Department of Malayalam and former PO), Prof. Alphonsa Kurian (HOD, Department of Sociology and former PO), Fr Byju Mathew (PO), Dr Elizabeth V. John (PO), Sr Anitta Sunny SJC (VS) and Ms Gayathri P.K. (VS).

The meeting of the Advisory board was conducted twice in the year: on 11<sup>th</sup> June 2020 and on 11<sup>th</sup> February 2021.

## Adopted Village selection



The meeting of the Advisory Board held on 11<sup>th</sup> June 2020 decided to continue to adopt Kumarakom as the participatory village of BCM NSS. The activities carried out last year in Kumarakom prompted the Gramapanchayath authorities including the President to make request for the same. Kumarakom, while acknowledge as an international tourist destination, is lagging behind for many aspects especially in the interior parts, specially for quality education. The BCM NSS conducted surveys in the previous two years which brought out many concerns of the local people. The life in many of the distant areas of Kumarakom is not satisfactory. Many basic problems like shortage of pure water, lack of modern quality road facilities, quality education facilities, etc. The heavy floods that affected Kerala have doubled our responsibility at Kumarakom. Again, BCM College selected to be a partner of Unnat Bharath Abhiyan project of the central government issuing five villages including Kumarakom Grama-panchayath, as its sphere of action is an added reason for the selection.

## Annual Activities

The NSS unit of the College is happy and proud that the very formal inauguration this year's activities was done on the very first day of the academic year, 1 June 2020, by Dr Teena Annah Thomas, the principal. The other activities of the year include:



## 1. Plant a Life

International Environment Day is celebrated on 5<sup>th</sup> June. As part of its celebrations, in association with EXPECTATION WALKERS, NSS unit of BCM College accepted “Plant a life challenge” and successfully planted 132 plants before 5<sup>th</sup> June 2020 and the Expectation Walkers has awarded our activities with a certificate. 100 volunteers participated in the event.



**NSS Volunteers planning trees**

## 2. International Yoga Day

The international Yoga day is celebrated annually on 21<sup>st</sup> June since 2015. Yoga is a physical, mental and spiritual well-being practice which originated in India. Understanding the importance of Yoga, NSS volunteers practiced yoga from home as a part of celebrating International Yoga day. We have got photos of 70 volunteers participating in the event.




NSS Volunteers doing yoga at home




### 3. National Doctors' Day

Expressing gratitude for the selfless services rendered by the health workers, the NSS unit wished to appreciate their sincere services, especially during the time of COVID 19 pandemic. On National Doctor's Day which falls on 4<sup>th</sup> July, each volunteer were proposed to send personal letters or messages or posters of gratitude to at least one doctor / nurse / other health workers whom they personally know. 70 volunteers sent messages to the health workers.



**Bishop Chulaparambil Memorial College Kottayam**  
**NSS Unit No. 8**



## Doctor's Day Celebrations 2020

In this difficult times of COVID pandemic, let us salute the heroic warriors, our health workers, as part of Doctor's day celebration on 4<sup>th</sup> July 2020. Your original works are invited as drawings, posters and brochures to mark this occasion. Your work may be submitted via Whatsapp group on or before 9 am on 4<sup>th</sup> July, 2020.

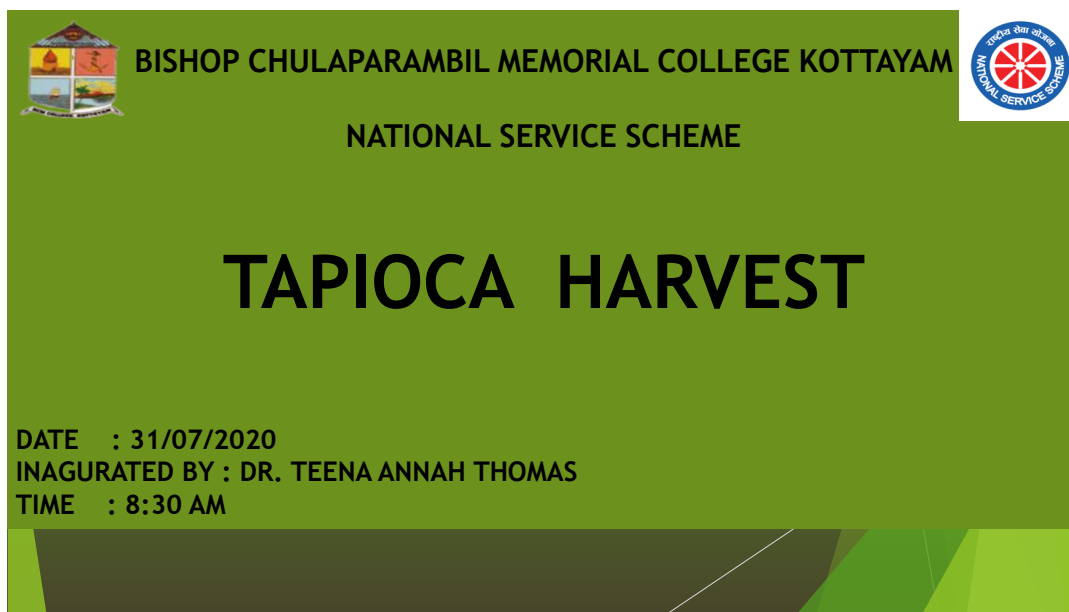
Sr. Anitta Sunny & Ms Gayathri P K  
 NSS Volunteer Secretaries,  
 BCM College, Kottayam



**Pencil drawings, posters and brochures by NSS Volunteers**

## 4. Tapioca Harvest

Use of chemical fertilizers and pesticides is very rampant in the modern era and in our soil itself, which leads to many health issues for humans as well as the eco-system. So there is a widespread conscientization and awareness programmes for the use of organic farming. BCM NSS unit does organic farming for the last 6 years and as a continuation last year also planted tapioca in 28 cents of land owned by Caritas Secular Institute sisters. On 31<sup>st</sup> July 2020, BCM College NSS unit harvested about 200 kg tapioca from the same farming.

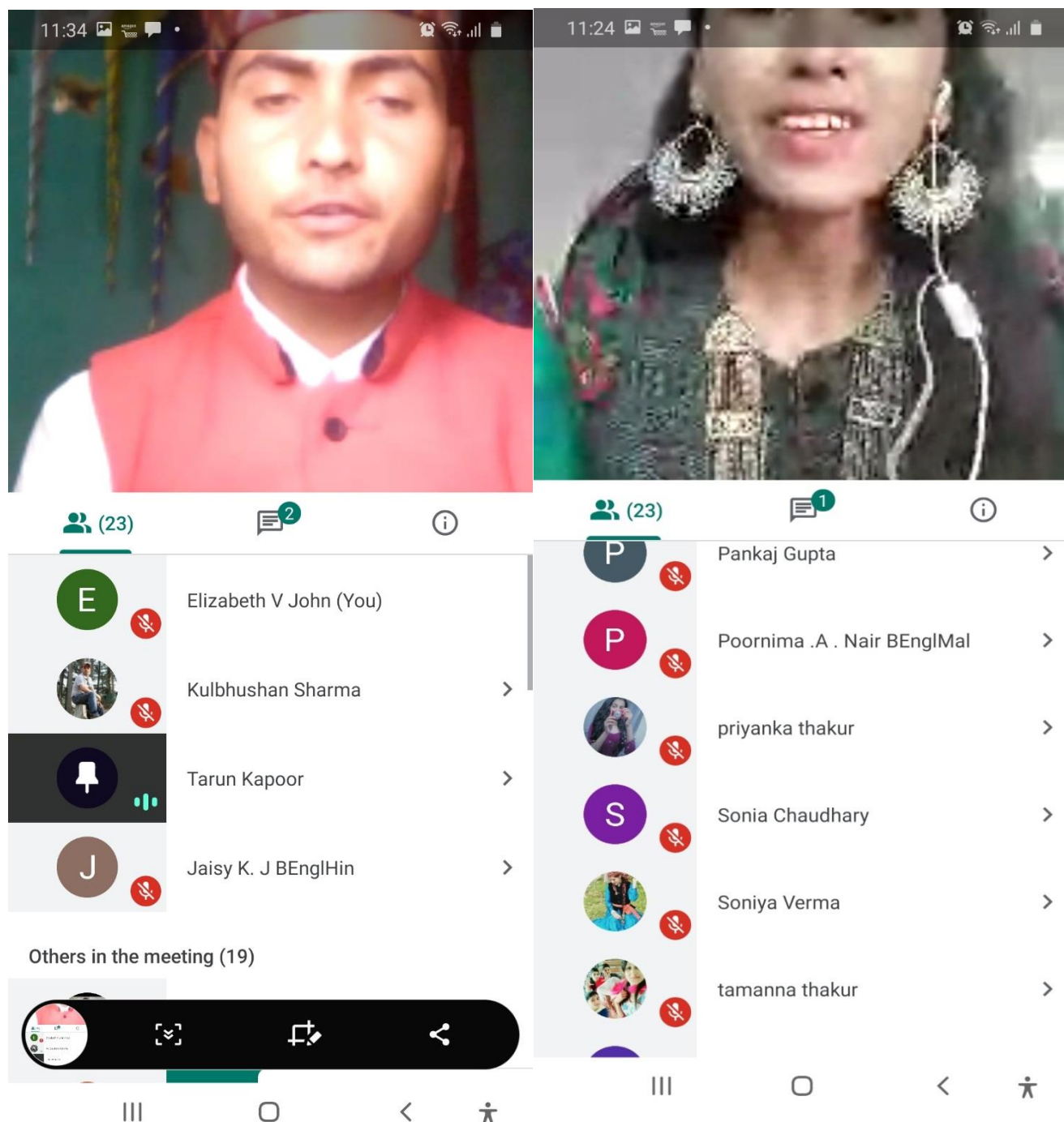


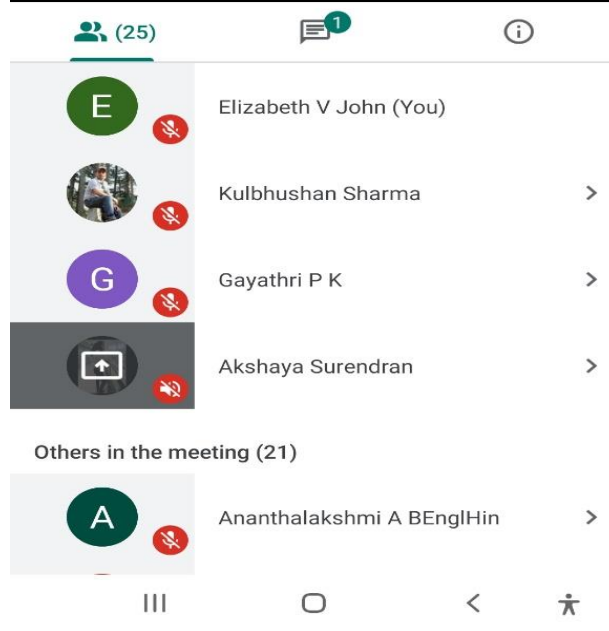
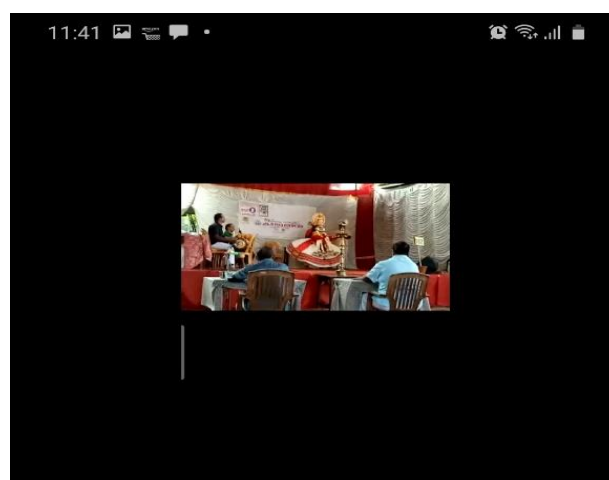
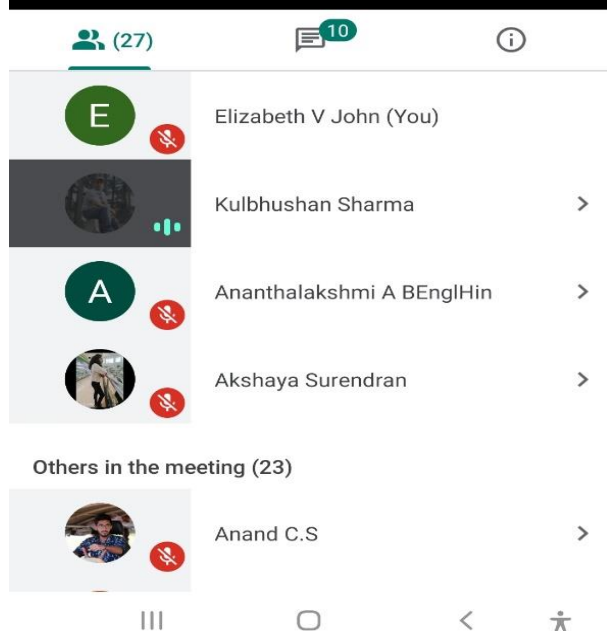
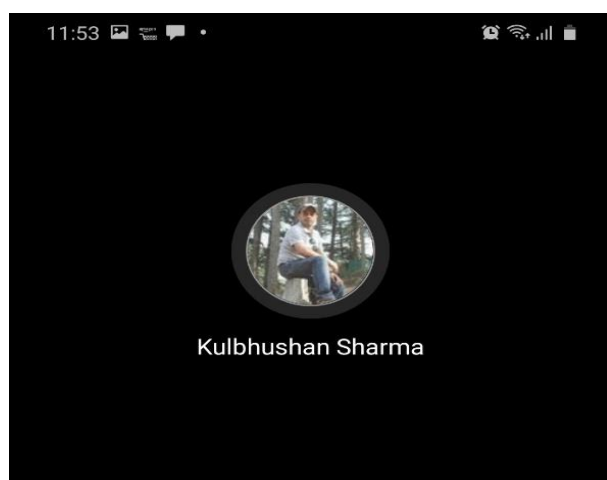
**NSS Volunteers in action**



## 5. Friendship Meet - Ek Bharath Sresht Bharath

As part of world friendship day, an interaction between students of Bishop Chulaparambil Memorial College, Kottayam and Govt. College Karsog was carried out in Google Meet platform on August 1<sup>st</sup>, 2020. Ten students and three teachers (Kulbhushan Sharma, Gulshan Mahajan and Pankaj Gupta) of Govt. College, Karsog and twenty students and two teachers (Dr. Stephy Thomas and Dr. Elizabeth V. John) of Bishop Chulaparambil College, Kottayam participated in this meet. Students gave a self-introduction in Hindi or English language and exhibited their talents, spoke about the culture, landscape, tradition, etc. of their states. Most of the students were in traditional dress. This was a great opportunity for students to interact among themselves.





Screen shots of Friendship Meet of EK Bharath Sresht Bharath



## 6. First year volunteers registration activities

Due to Covid, the first year students were admitted in college on 21<sup>st</sup> October 2020 and the process for the selection of apt volunteers of the unit took place soon. As part of the selection of volunteers to BCM NSS unit, the first year students were asked to fill up an application form through which they are directed to do certain activities, on the basis of which apt students were selected. While some of these activities were mandatory others were optional. Some of those activities taken up by the students are as follows.



**MAHATMA GANDHI UNIVERSITY - KOTTAYAM**

**NATIONAL SERVICE SCHEME Unit No: 08**

**BCM College, Kottayam**

1. Name of the Volunteer( in block letters) :
2. Date of Birth :
3. Category (take the appropriate) : General/ OBC/OEC/SC/ST
4. Department and year :
5. Date of joining college& period of study :
6. Where do you stay : Hostel / Home
7. Ward, Panchayat/municipality and district :
8. Parent's Name :
9. Parent Mobile Number :
10. Volunteer Whatsapp Mobile Number :
11. Volunteer E-mail ID :
12. Blood Group :
13. Address for Communication :
14. Cultural talents (Specify) :
15. Were you an NSS/NCC Volunteer earlier? : Yes / No (if yes attach a copy of certificate)
16. Have you planted a tree this year : Yes / No

Affix a recent  
passport size photo  
here

(attach photograph or whatsapp to 9496256259 (Fr. Baiju, PO))

17. Are you willing to pay Rs. 200/- as caution deposit (which will be reimbursed with NSS certificate

: Yes/ No

### Declaration

I ..... here by agree to obey all the rules and regulations of National Service Scheme prescribed by BCM NSS and work imbibing the spirit of the scheme.

Date:

Signature of the applicant

**For Office Use Only:**

Enrollement No:

Signature of NSS Programme Officer

Date of Enrollement:



### A. Kitchen Garden

The candidates were advised to prepare a kitchen garden with the help of the parents and to attach the photos. Though the activity was proposed as a non-mandatory one, many candidates engaged in it enthusiastically and sent the photos.





### B. Maram oru Varam

The candidates were instructed to plant at least one sapling in their home premises which they were supposed to look after for the next three years. They were also instructed to attach the photos of the same. Thus altogether we have planted 115 plants as part of this drive.



### C. Compost pit

The candidates were advised to prepare a compost pits near to the house with the help of the parents and to attach the photos. The activity was proposed as a non-mandatory one, few candidates engaged in it enthusiastically and sent the photos.



**D. Essay on effective ways to dispose waste in and around your surroundings**

As part of the selection of volunteers, the candidates were advised to write an essay proposing various effective ways to dispose waste in and around their surroundings. Many candidates submitted the essay.

**E. Short video on lockdown activities**

The candidates were advised to prepare a short video showing their lockdown activities intended to promote their interest in creating videos and effective ways of communication as well as appreciating their talents.

**F. Preparation of video or writing a paragraph on innovative NSS activities during COVID**

The candidates were asked to prepare a video or write few innovative NSS activities to be done during pandemic, which was intended to be followed during the COVID period, if found suitable, which gives them a feeling of participation for green life.

## 7. Providing digital devices for online classes

When online classes began during COVID19 pandemic, the NSS unit engaged itself in collecting and providing new digital devices including four mobile phones (Samsung Galaxy J2) and a laptop to the economically needy students of the college. The devices were supplied to five students in need on August 5, 2020.



**BISHOP CHULAPARAMBIL MEMORIAL  
COLLEGE, KOTTAYAM**  
NSS Unit No. 8



## Distribution of Digital Devices

**Chief guest: Dr Teena Annah Thomas**

**Sr Savio Hall  
5<sup>th</sup> August 2020 at 1.30pm**

1





**OXYGEN THE DIGITAL SHOP**

107A, 107B/VIII, Kinattummootil Building, M C Road, Nagampadam  
Kottayam - 686006. Ph: Enquiry: 9020100100 Service No.: 9544691119  
GSTIN/UIN: 32AABFO4106G1ZV.

**TAX INVOICE**

Original for Recipient

Serial No of Invoice: RI/NGM/13026				Invoice Time:			
Date Of Invoice : 14-07-2020				Salesperson : HARI KRISHNA K. S.			
State: KERALA State code: 32							
To: Mr. JYOTHI REJIMON THOPPIL H VILLOONNI PO ARPOOKARA KOTTAYAM Kottayam 7025931159 GSTIN: State: KERALA State code: 32				SHIPPED TO: Mr. JYOTHI REJIMON THOPPIL H VILLOONNI PO ARPOOKARA KOTTAYAM Kottayam 7025931159 GSTIN: STATE: KERALA 32			
SNo	Description	HSN/SAC	Qty	Rate	SGST%	CGST%	Amount
1	ACER: LAPTOPS: A315-21-NX HE881.001 AMD A4 9120E/4GB 1TB/15.6/WIN10 NXHE881001015055C52N00	8471	1	16,806.72	9.00	9.00	16,806.72
	CGST 9.00%						1,512.61
	SGST 9.00%						1,512.61
	KFC 1.00%						168.07
Total			1				20,000.00
Rupees: Twenty thousand only.							
SERVICE CENTER:							
PAYMENT INFO: Cash : Rs. 20,000.00							
NOTES:							
Receivers Signature				Authorized Signatory			





## 8. Tapioca Plantation

On 2<sup>nd</sup> October 2020, along with Principal Teena Annah Thomas, seminarians from MSP Seminary, SH Mount, Anil Steeph (former Programme Officer), Fr. Byju Mathew (Programme Officer) and 13 volunteers from the unit replanted tapioca. On many days, the activities continued.



**BISHOP CHULAPARAMBIL MEMORIAL COLLEGE**  
**KOTTAYAM**  
**NATIONAL SERVICE SCHEME**



**All are cordially invited to**  
**TAPIOCA PLANTING**  
**INAGURATION : DR. TEENA ANNAH THOMAS**

**Venue: Tapioca plantation in caritas secular institute property**  
**DATE : 2/10/2020**  
**TIME : 8:30 AM**



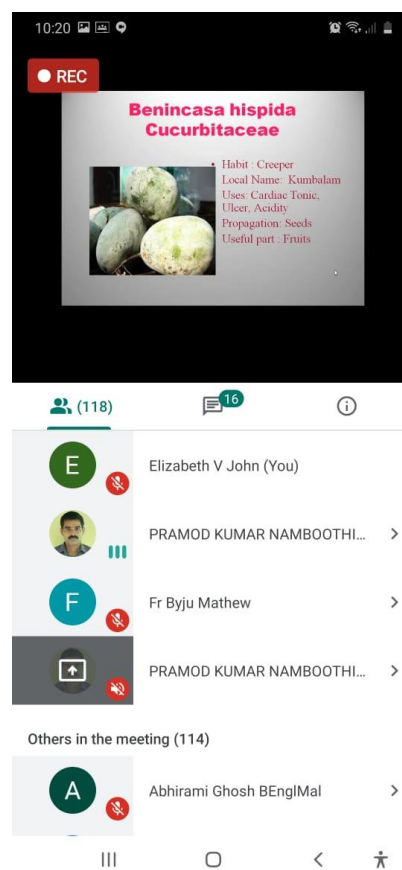
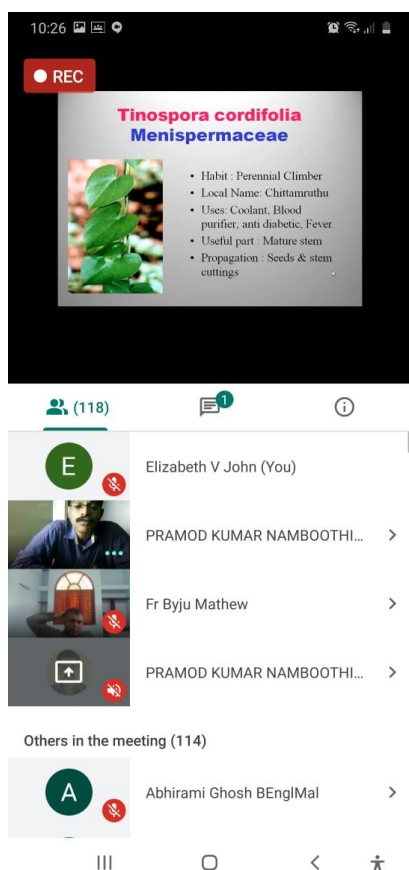
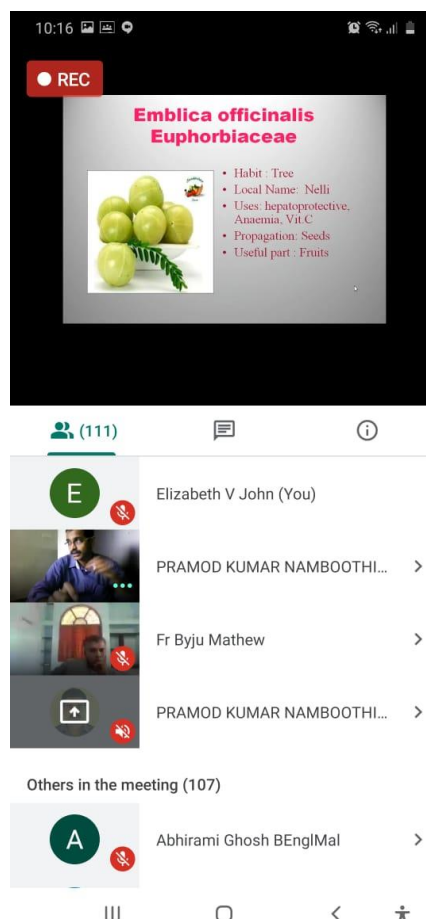
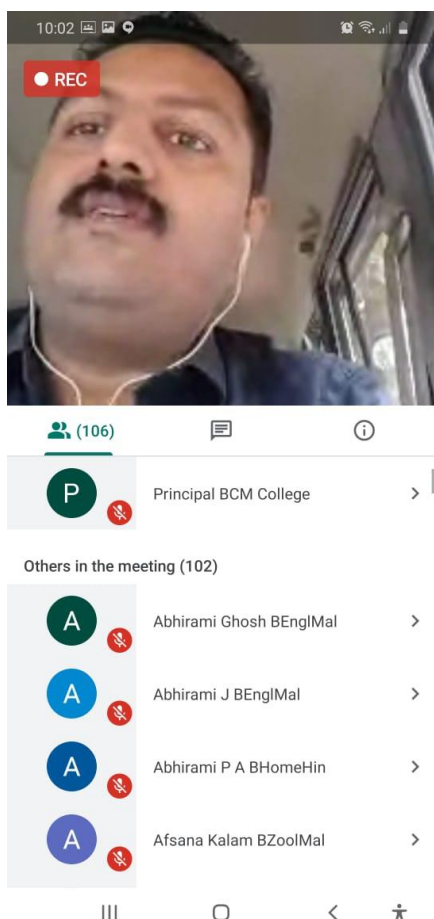
NSS Volunteers participating in tapioca planting

## 9. Ullarivu - Ethno-botony seminar as part of Gandhi Jayanthi Celebrations

As part of Gandhi Jayanthi Celebrations, BCM NSS organised a webinar on Ethno-botony in collaboration with Kerala Forest and Wild Life department at 9.30am on 2<sup>nd</sup> October 2020 in online mode via Zoom Meet. Sri. A. Ranjan IFS, Conservator of Forests Vigilance and Intelligence, Southern Region inaugurated the webinar. Dr. G Prasad, Assistant conservator of forests, Kottayam delivered felicitation address. Dr. Pramod Kumar N., Assistant Professor, Department of Botany NSS College Ottappalam, delivered the Key-note session on “Ethnobotany: Traditional Knowledge and Gandhian Ways of Living in Modern Era”. The webinar proved to be informative and interesting to all the volunteers providing them insights on how to include sustainable, healthy and environment friendly practices into their daily lives.



Brochure



Screen shots from the webinar on Ullarivu



## 10. Cultural exchange programme – EBSB & Gandhi Jayanti Celebrations

As part of Gandhi Jayanti Celebrations under *Ek Bharath Sresht Bharath* programme, the BCM College NSS unit in association with Govt. College of Karsog, Himachal Pradesh conducted an online cultural exchange programme on 2<sup>nd</sup> October 2020. The students from both the colleges held a cultural extravaganza. Betty James of 3<sup>rd</sup> DC Physics presented a power point presentation explaining Gandhiji's relation with Kerala. The various cultural programmes were conducted such as *Kalarippayattu* by Akhila G. Nair of 2<sup>nd</sup> DC Physics, Chendamelam by Jyothi Rejimon and team (3<sup>rd</sup> DC Zoology), presentation of Kerala attire by Arya C.M. of 3<sup>rd</sup> DC Physics, Naadanpattu by Jyothi Rejimon of 3<sup>rd</sup> DC Zoology and Mohiniyattam by Ananthalakshmi A. of 2<sup>nd</sup> DC English M1. The students of Karsog presented their folk dance, folk songs and a power point presentation on Gandhiji's relation with Himachalpradesh. The programme was a big success with solid participation from both the sides.



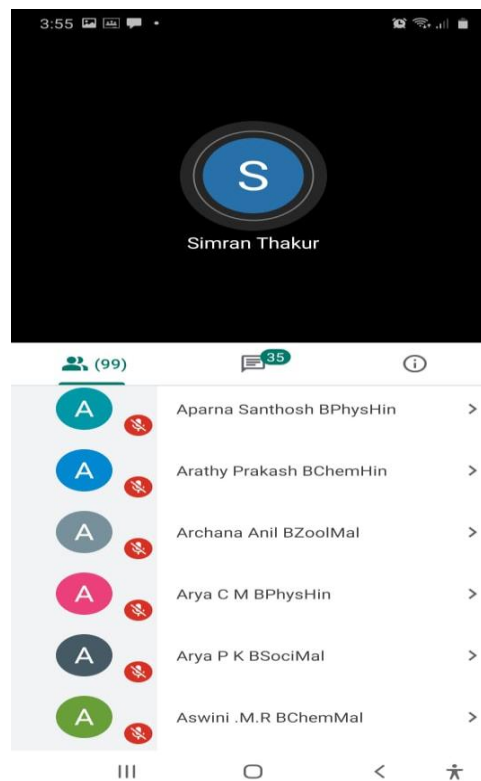
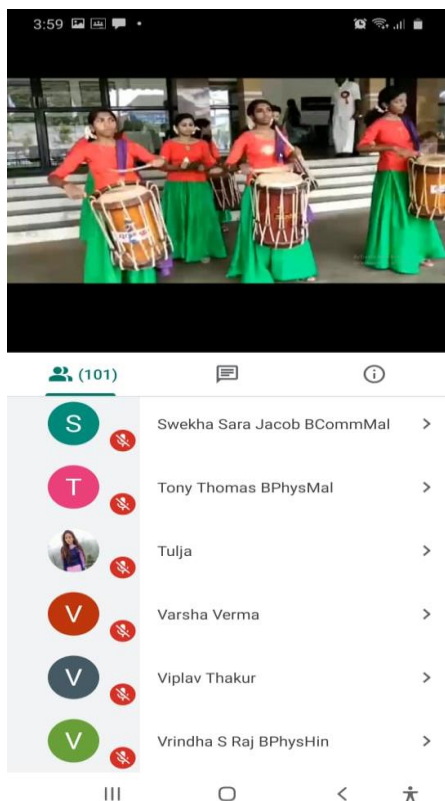
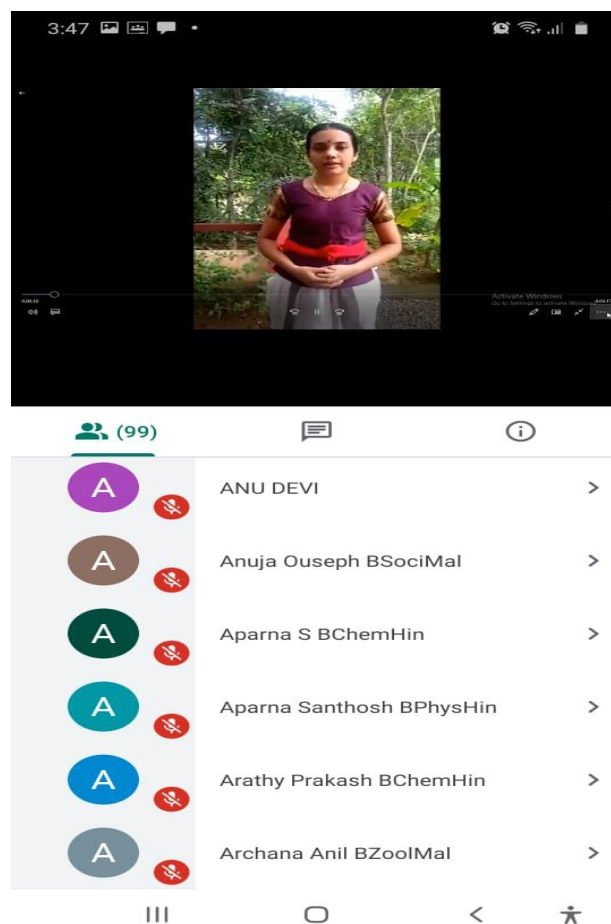
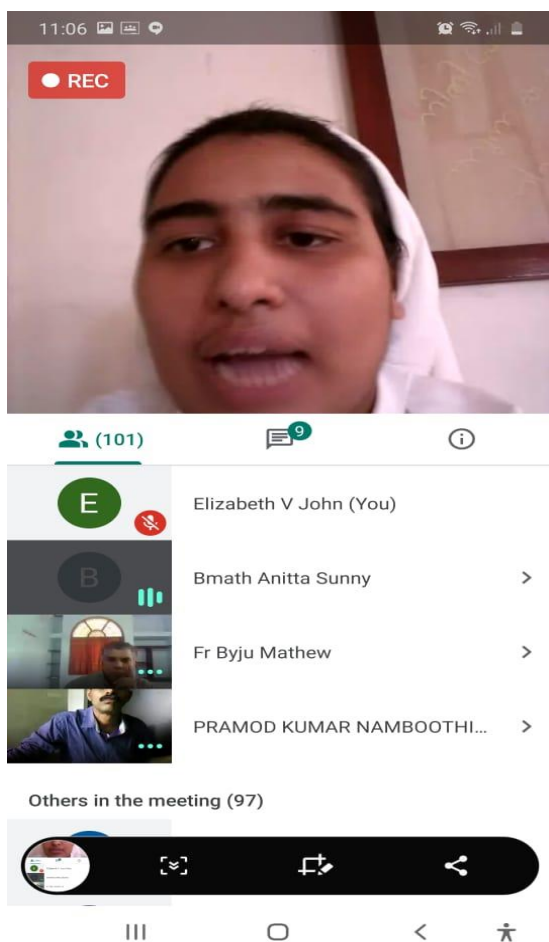
### Cultural Exchange Programme

Under the banner of

**“EK BHARAT SHRESHTHA BHARAT”**

**Government College Karsog, District Mandi, Himachal Pradesh  
and**

**Bishop Chulaparambil Memorial College Kottayam, Kerala**

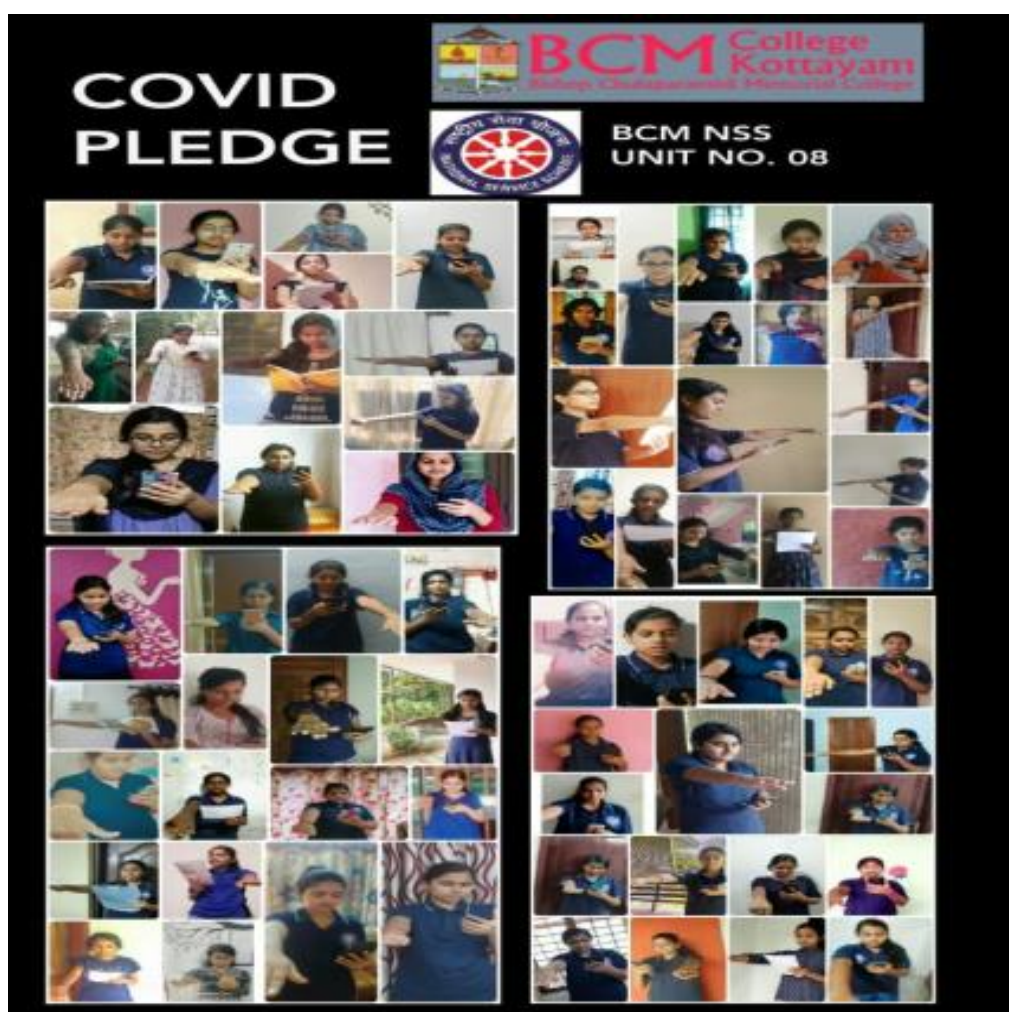


**NSS volunteers interacting with the students of Govt. College Karsog**




## 11. Covid Pledge

The ministry of Youth Affairs and Sports urged all NSS volunteers and Programme officers to take a COVID Pledge at 1 PM on 8<sup>th</sup> October 2020. According to this all the volunteers took the pledge emphasizing the need for awareness and following safe, hygienic practices to fight the pandemic. The volunteers shared photos of the activity.




## 12. Learners@Home

During the COVID Pandemic the students were deprived of text books and study materials due to travel restrictions and financial difficulties. In the said situation, our NSS team visualised and executed 'Learners @home' programme in the month of October. The NSS unit collected the list of books necessary for each student in each department and made necessary arrangements to provide those text books and other study materials to the students through courier service in association with Learners Book House, Kottayam. The programme was really helpful to the students who were unable to collect books from college or from other else due to COVID lockdown related restrictions. Some students who are economically unsound were provided with books freely.



### BISHOP CHULAPARAMBIL MEMORIAL COLLEGE, KOTTAYAM

#### NATIONAL SERVICE SCHEME



## LEARNERS @ HOME

**Providing text books at home via courier service  
in collaboration with Learner's book house, Kottayam**

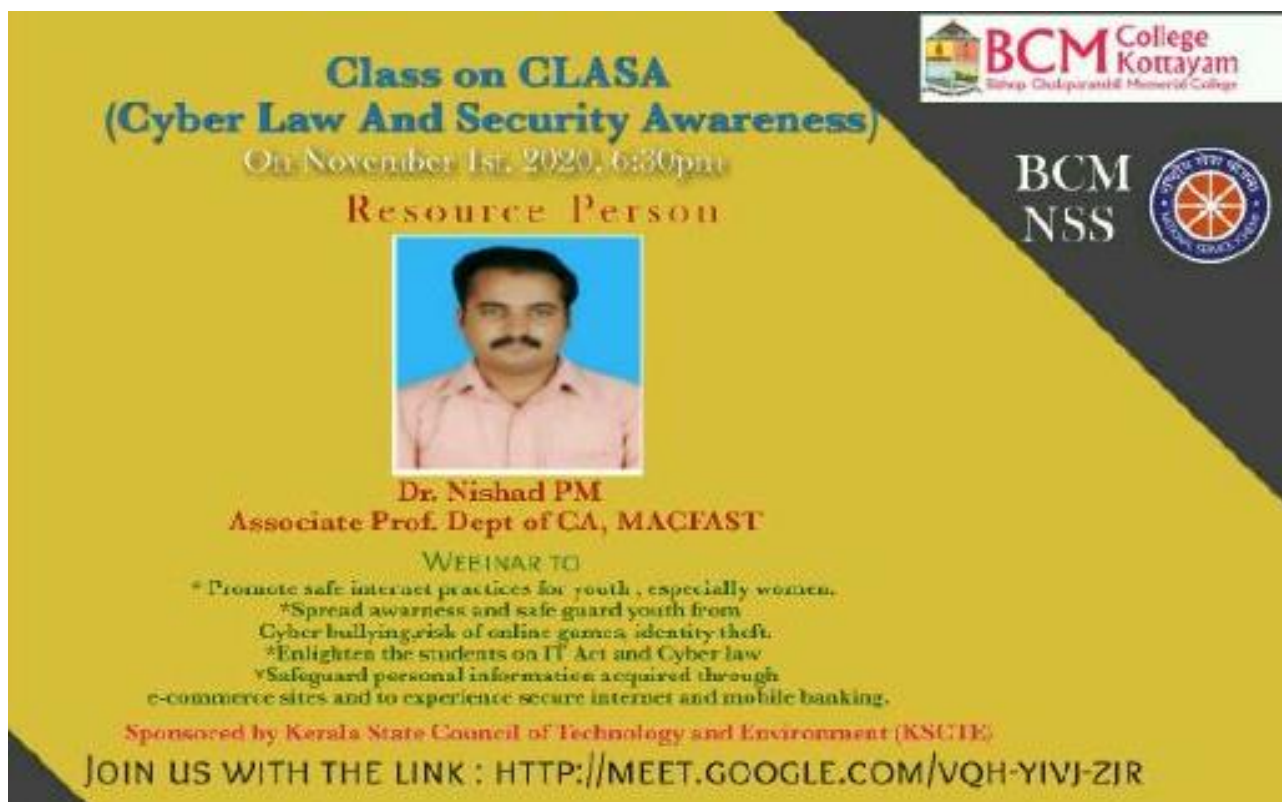
**Please give the list of required text books  
to the student in charge of the class**






### 13. Cyber Law and Security Awareness - Webinar

A webinar on cyber security awareness was conducted on 1<sup>st</sup> November 2020 in association with Kerala State Council of Technology and Environment in order to promote safe internet practice for youth, spread awareness and safe guard youth from cyber bullying, identify the risk on online games, enlighten the students on IT Act and Cyber law, safeguard personal information acquired through e-commerce sites and to experience secure internet and mobile banking. Dr. Nishad P.M., Associate Prof. Department of CA, MACFAST, took a class on 'Cyber Law and Security Awareness'. The class was very informative and helpful for the volunteers.



**Class on GLASA**  
**(Cyber Law And Security Awareness)**  
 On November 1st, 2020, 6:30pm  
**Resource Person**



**Dr. Nishad PM**  
 Associate Prof. Dept of CA, MACFAST

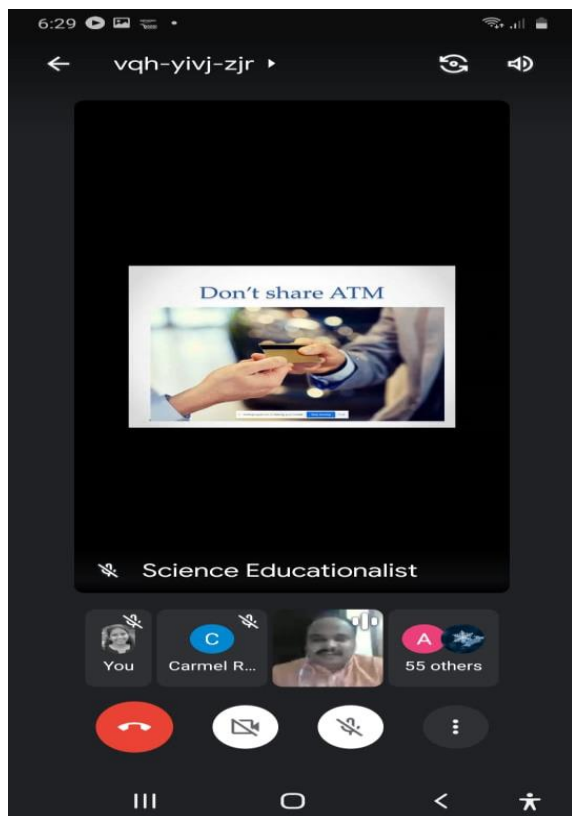
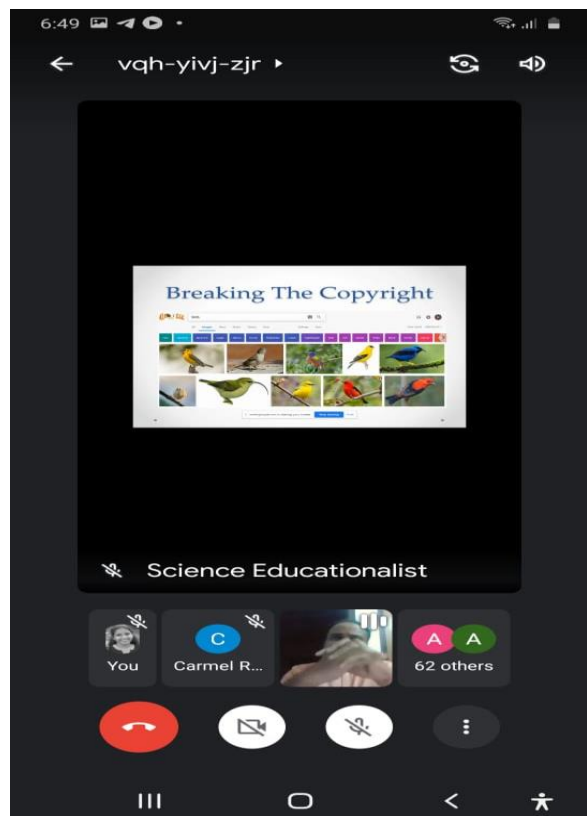
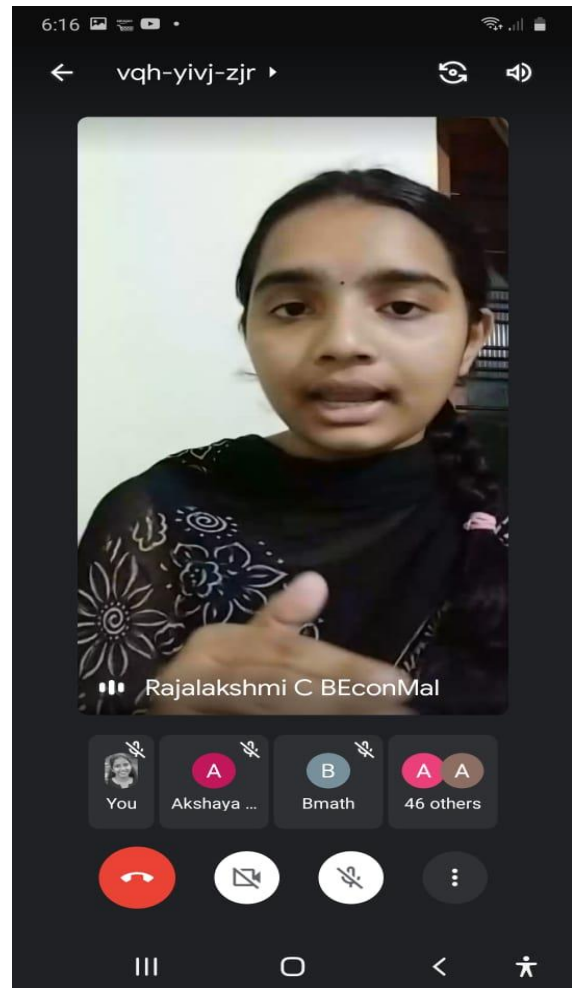
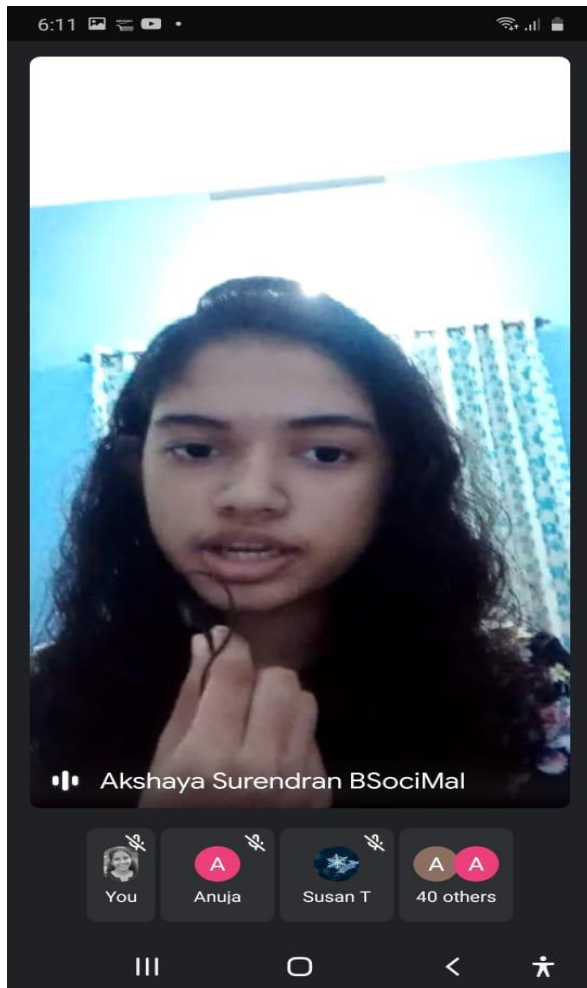
**WEBINAR TO**

- \* Promote safe internet practices for youth, especially women.
- \* Spread awareness and safe guard youth from Cyber bullying, risk of online games, identity theft.
- \* Enlighten the students on IT Act and Cyber law
- \* Safeguard personal information acquired through e-commerce sites and to experience secure internet and mobile banking.

Sponsored by Kerala State Council of Technology and Environment (KSCTE)

**JOIN US WITH THE LINK : [HTTP://MEET.GOOGLE.COM/VQH-YIVJ-ZIR](http://MEET.GOOGLE.COM/VQH-YIVJ-ZIR)**

Logos: BCM College Kottayam, BCM NSS, and a circular emblem with text in Malayalam and English.



Screenshots of Webinar on Cyber Law and Security

## 14. Sannadham 2020

At the outbreak of continuous natural calamities from 2018, the Government of Kerala took initiatives to form a group of volunteers who will be trained to rise up to the expectations on emergency and crisis situations and a group was thus formed under the name Sannadhasena. It is an army of volunteers who help people in disaster and crisis. Following the instructions of the government and University the unit instructed all the volunteers to register for volunteer services to the society under Sannadhasena website. BCM NSS Unit took special care in registering maximum number of its members and other volunteers as part of Sannadhasena. The Phase 1 of this drive, conducted on 21<sup>st</sup> November 2020 was enthusiastically responded by the volunteers. For clarification, the volunteers were asked to share their registration numbers.

Marking the beginning of Phase 2, an orientation webinar named “Sannadham” was organised on 29<sup>th</sup> November 2020 by BCM NSS unit for the volunteers. Dr. K. Sabukkuttan, Kerala State NSS Officer, inaugurated the function. Dr. Ajith James, Arun Shankar R.K. and Leya Susan were the resource persons for the session. Most of the volunteers registered in this venture and ensured their service inspired by the webinar. In addition to the various exhortations for the same and webinar, registration in Sannadhasena was made a mandatory criterion for application for NSS membership. Thus altogether 143 were registered.





## 15. Aids Day - Poster Designing competition & Rally

World AIDS Day, designated on 1<sup>st</sup> December every year since 1988, is an international day dedicated for raising awareness of the AIDS pandemic caused by the spread of HIV infection. Realizing the importance of AIDS day, NSS unit of BCM College organised a competition of handwritten posters on this day. Several students participated in the competition.



**BISHOP CHULAPARAMBIL MEMORIAL  
COLLEGE, KOTTAYAM**

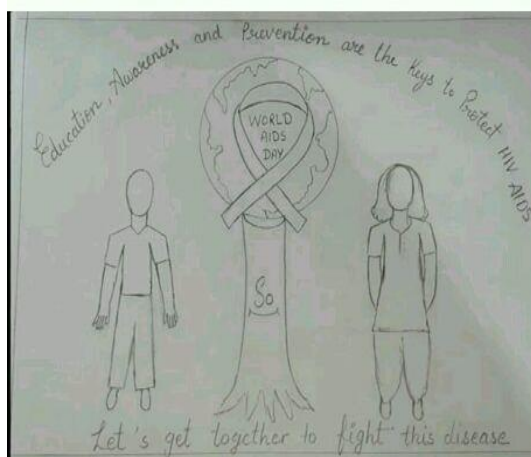
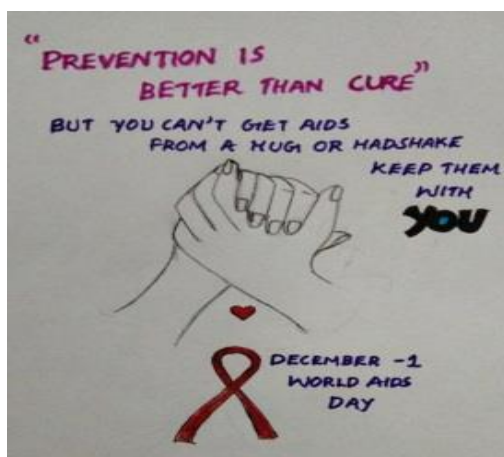
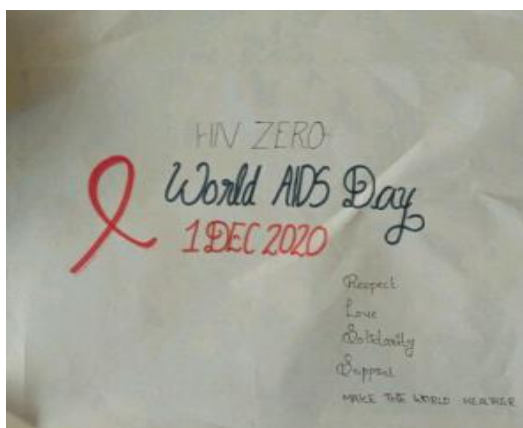
**NATIONAL SERVICE SCHEME**



### Poster designing competition as part of AIDS DAY Obserbation

Any Bcm college student or staff can send any number of posters on the theme of prevention of aids

**DATE : 01/12/2020**



## 16. World Differently Abled Day - Webinar

December 5<sup>th</sup> is the International day of persons with disabilities. Disability inclusion is an essential condition to uphold human rights, sustainable development, peace and security. It is also central to the promise of the 2030 agenda for sustainable development to leave no one behind. As part of Disabled day a webinar was conducted on the topic “KAIKARUTHINTE KAAZHCHANUBHAVANGAL” through Google Meet. There was an interactive session with Dr. K. Harikumar, Assist prof. Central University, Kasargod, Karthika S., BCM Alumna, Anusha Shaji student, BCM College, who were visually impaired. Their experiences and sharing were heart touching and inspiring.



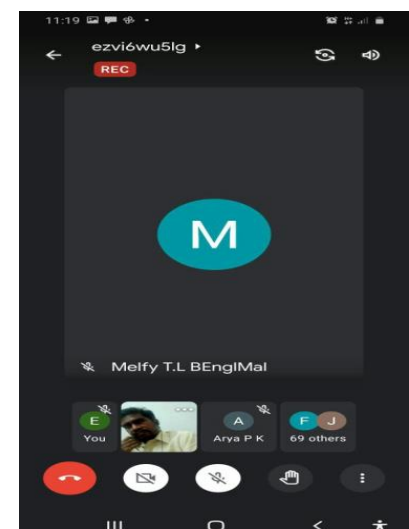
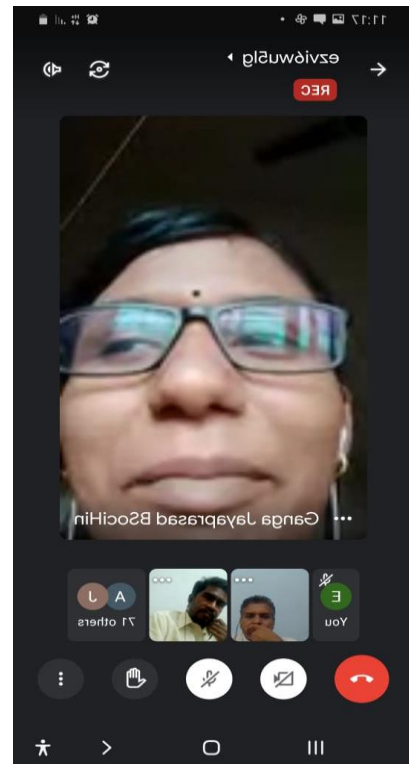
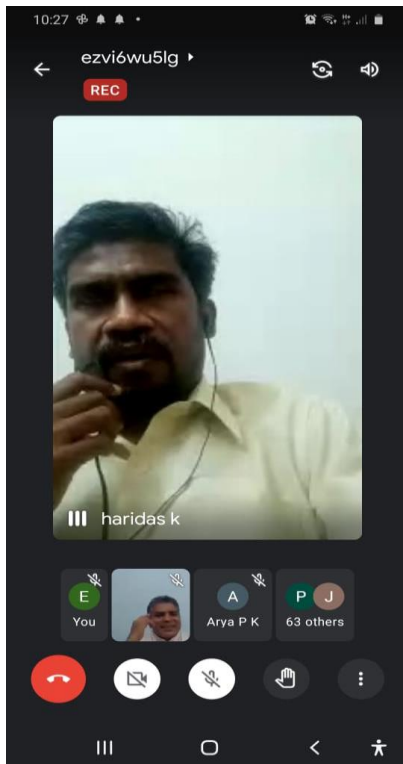
**BCM COLLEGE, KOTTAYAM**  
NSS UNIT NO. 08

**"കൈകരുത്തിന്റെ കാഴ്ചാനുഭവങ്ങൾ"**

**Interaction with :**

		
<b>DR. K HARIKUMAR, ASST. PROFESSOR, CENTRAL UNIVERSITY, KASARGOD</b>	<b>KARTHIKA. S ALUMINI, BCM COLLEGE</b>	<b>ANUSHA SHAJI, STUDENT, BCM COLLEGE</b>

**Date : December 5th,  
Time : 10 am  
Venu : Gmeet  
Meet code : zjf2bme  
Meetlink : <https://meet.google.com/lookup/ezvi6wu5lg>**



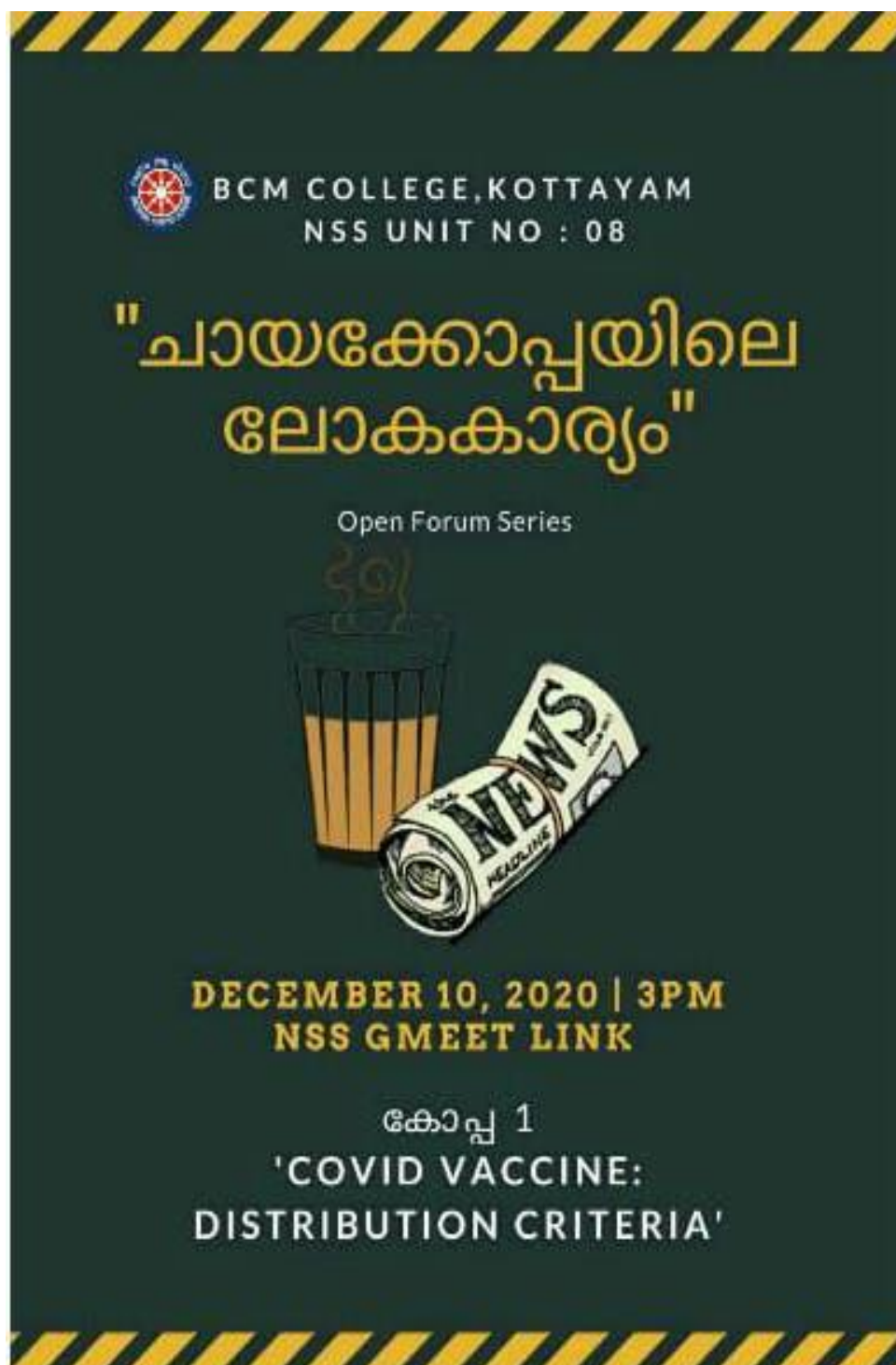
**Webinar on Kaikkaruthinte Kazhchanubhavgal**



## 17. Chayakoppayile Lokakaaryam - Discussion on Human Rights Day

The BCM NSS took initiative in forming an Open forum series called "CHAYAKOPPAYILE LOKAKAARYAM ". The aim of the programme was to inculcate critical thinking among the NSS Volunteers of the college and make them aware of the issues in their surroundings.

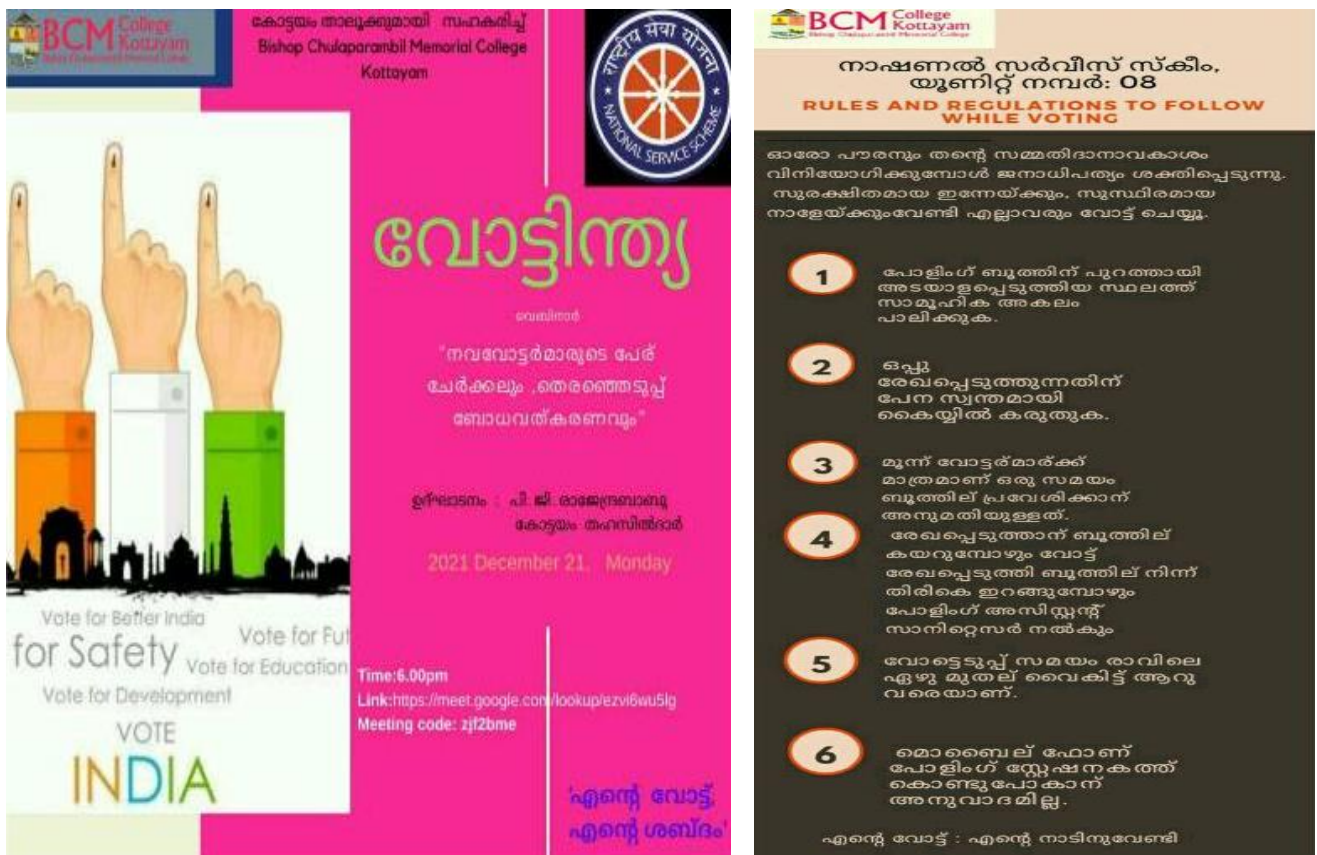
The first session of the series named "KOPPA 1" was conducted on December 10, 2020 at 3pm through Google meet on the topic "COVID Vaccine Distribution Criteria". The topic was chosen to compliment the importance of December 10, World Human Rights Day. The Session was moderated by the Volunteer Secretary Gayathri P.K. and 80 students participated in the discussion which provided them to clarify their doubts about the usage of vaccine produced by the government of India.



## 18. Election awareness programmes

### A. VOTINDIA –New Voters Campaign

NSS unit of BCM College along with Kottayam District Taluk coordinated an informative webinar on 'VOTINDIA' on 21<sup>st</sup> December 2020 for the awareness about how to add new voters into the voting list for the upcoming Parliamentary election. The keynote speaker of the webinar was Sri. P.G. Rajendrababu, Tahsildar, Kottayam. The webinar helped to clear the doubts of volunteers regarding the addition of new voters to the election voting list. The unit also released posters and instructions for the students of BCM College who were voting in the Kerala state election.



NSS volunteers of colleges under Mahatma Gandhi University combined with SVEEP (Systematic voters' education and electoral participation program) to make Kottayam District with 100% election polling rate. To make awareness among the people, NSS volunteers of various colleges grouped together and conducted a program called answer an election question and get a mask at Nagampadam bus stand. NSS volunteers will randomly pick a Passenger at bus stand and ask a question relating to Kerala election. Right answer will get a mask designed with the caption of election commission of India and SVEEP Kottayam.

## 19. Enrolment of New Voters

As a combined mission with Kottayam Thaluk election committee, the NSS volunteers of BCM College charged with the addition of new voters to the election voting list to ensure maximum election polling rate. Jyothi Rejimon (3 DC Zoology), Rajalakshmi C. (3 DC Economics) and Jilu Joji (1DC Zoology) was the coordinators of the project. Total 331 students were enrolled in the new voters list by NSS team. Out of this 215 students were listed in January and 116 students in March. The students as well as teachers were also enrolled in the voters list. Diligent and dedicated participation by the NSS volunteers and coordinators made this project a big success.




**BISHOP CHULAPARAMBIL MEMORIAL COLLEGE KOTTAYAM**  
**NATIONAL SERVICE SCHEME**

### ENROLLMENT OF NEW VOTERS

**DATE : 21/12/2020 & 22/12/2020**

**VENUE : SR. SAVIO HALL**

**ASSOCIATED WITH : TALUK ELECTION COMMITTEE**




On 25 January 2021, National voters' day, a meeting was held at Baselius College, Kottayam. Sri. Rajeev Kumar Choudhary IAS, Sub Collector, Kottayam inaugurated the meeting and it was presided over by Sri. P.G. Rajendra Babu, Kottayam Tahasildar. The students of various colleges who actively contributed to add new voters into the voters list were awarded with certificates, and 11 volunteers from BCM College were awarded with certificates. Jyothi Rejimon of BCM College who enrolled 82 new voters was the one who enrolled most number of students.




**BCM volunteers receiving certificates for excellent performance for registering maximum new voters**

## 20. Christmas Celebrations

Christmas celebration was conducted by BCM College NSS Unit under the title “BETHLEHEM CARNIVAL” on 22<sup>nd</sup> December, 2020 at 6.30 pm through Zoom Meet. The program was graceful with the Christmas message of His Excellency Geevarghese Mar Aphrem, Auxillary Bishop of the Archeparchy of Kottayam and of the presidential address by Rev. Fr Alex Akkaparambil, Manager, BCM College, Kottayam. Various programmes by the volunteers were presented in the meeting including a virtual Carol, Santa’s message, and a quiz session with exciting gifts for the participants.




*Christmas Message*



**His Excellency  
Gheevarghese Mar Aphrem**  
Auxiliary Bishop, Archeparchy of Kottayam

*Presidential Address*



**Rev. Fr. Alex Akkaparambil**  
Manager, BCM College, Kottayam

*Merry Christmas!*

BISHOP CHULAPARAMBIL MEMORIAL COLLEGE  
KOTTAYAM

# Bethlehem Carnival

A DECEMBER TO REMEMBER

**Christmas Celebration by BCM NSS**

Let's celebrate this special time on :  
22 December 2020 @ 6:30 pm

Zoom Meeting ID : 313 111 0981  
Passcode : 12345



### Bethlehem Carnival

Date and Time	: 22nd December 2020 at 6.30pm
Venue	: Zoom meet
• Prayer Song	: Kripa Georgekutty
• Welcome Address	: Dr Stephy Thomas (Vice Principal)
• Presidential Address	: Rev. Fr Alex Akkaparambil (Manager)
• Christmas Message	: His Excellency Gheevarghese Mar Aphrem (Auxiliary Bishop, Archeparchy of Kottayam)
• Santa's Surprise	
• Carol Song	: St. Joseph's Sisters
• Carol Song	: Family of Dr. Peter K Mani
• Hermione (Dance)	
• Carol Song	: Anuja Ouseph
• Carol Song	: Arlin and Arshilin Philip Mani, Jewell Shaji & Cissy Shaji
Vote of Thanks	: Swekha Sara Jacob
NSS Anthem	

## 21. Seven Day Special Camp Entitled “MUKTHI”

The NSS unit of Bishop Chulaparambil Memorial College conducted annual seven day special camp entitled "MUKTHI" from 12<sup>th</sup> to 18<sup>th</sup> February 2021 for the academic year 2020-21, mainly using the online platform Google Meet and Zoom Meet, in lieu of the COVID protocol and physical activities offline at home.

The camp aimed at the holistic development of the society achieved through the intervention of the NSS volunteers in the society and also through the personality development of each individual volunteer. On account of the particular situation of the year, the motto of special camps in Kerala was suggested as “Youth for Prevention and Mitigation of Covid-19”. Since everyone in the world was waiting for overcoming the covid-19 virus, the camp was entitled "MUKTHI", in the sense that this camp would lead mentally, spiritually and physically the volunteers as well as the society surrounded by our volunteers to be liberated from this pandemic situation.

Thus five classes related to Covid prevention and mitigation i.e., Youth for health during Covid times, music therapy, disaster management, Covid prevention and preparation for post Covid life and primary lessons of first aid were included in the programme. Various physical activities for mitigation of Covid like yoga, morning walking, survey, group discussion, organic farming, cooking practices were also included.

In addition to this, as part of holistic development of volunteers other classes oriented at creation of awareness on empowering youth, constitutional gender equality, waste management, organic way of living, afforestation against global warming, online learning challenges and possibilities, water management, and women law empowerment were envisioned. Physical and online activities like rain water harvesting, camp magazine, camp newspaper, cleaning surroundings, tree plantation, cultural events, creation of awareness videos, etc. were also part of the holistic development initiatives.

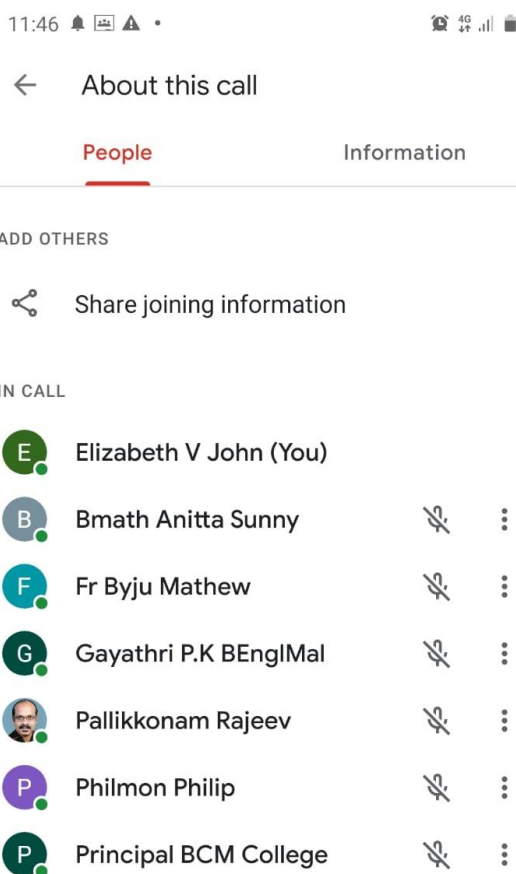
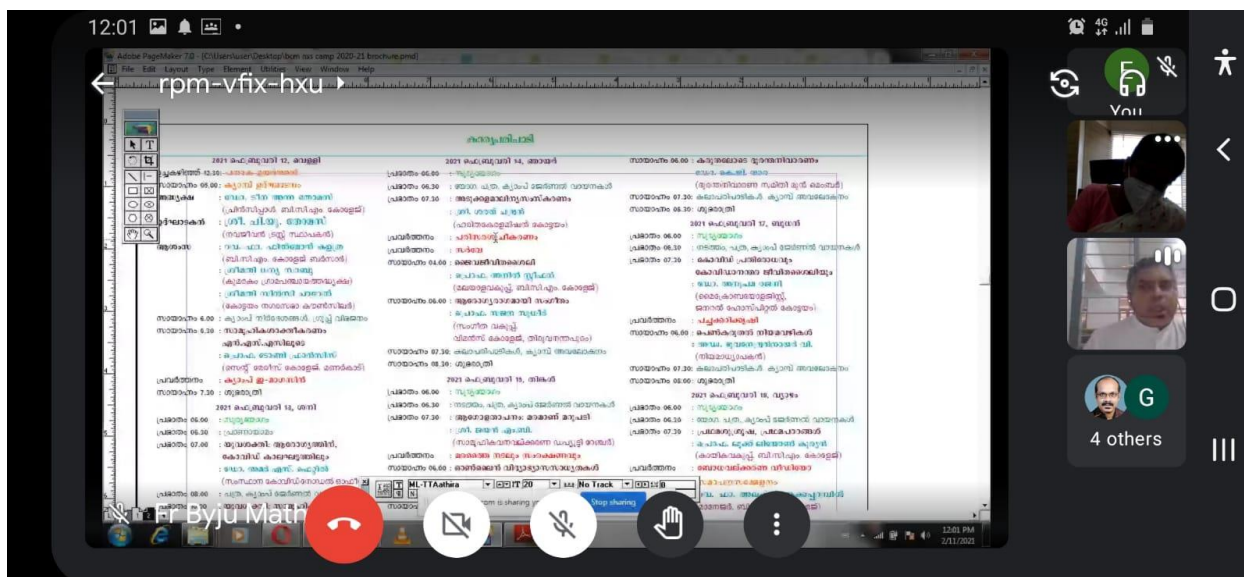
### Preparation

In preparation for the camp various levels of discussions and meetings were held and collaboration of Kottayam District Panchayath, Kottayam Municipality, Kumarakom Grama Panchayath, Haritha Kerala Mission of Kottayam District, Kottayam Social forestry division of Forest Department, General Hospital, Kottayam and Navajeevan Trust, Kottayam were ensured.

Thus a draft programme of the camp was prepared and communicated the same to the students and their parents and sought their suggestions in a joint zoom meeting held for the same purpose on 7<sup>th</sup> February 2021. Based on the suggestions received in the meeting the draft was modified and presented it in the Advisory Body meeting of BCM NSS held on 11<sup>th</sup> February and got final approval from the Advisory Body. The approved brochure was circulated among the volunteers, their parents, staff of the college, resource persons and to the collaborators and a copy was sent to the University NSS cell.

The support and presence of the management, Principal as well as the teaching and non-teaching staff and representatives of the local self-governing bodies and general public in different stages of preparation and execution of the camp were indeed very much appreciable.





Screen shots of Advisory board meeting in preparation of the camp

[illegible]

### Proceedings of the camp

The camp commenced on 12<sup>th</sup> February 2021. 72 second year volunteers frequented the camp as participants. The Programme Officers and volunteer Secretaries also participated in the camp fully.

#### Flag Hoisting

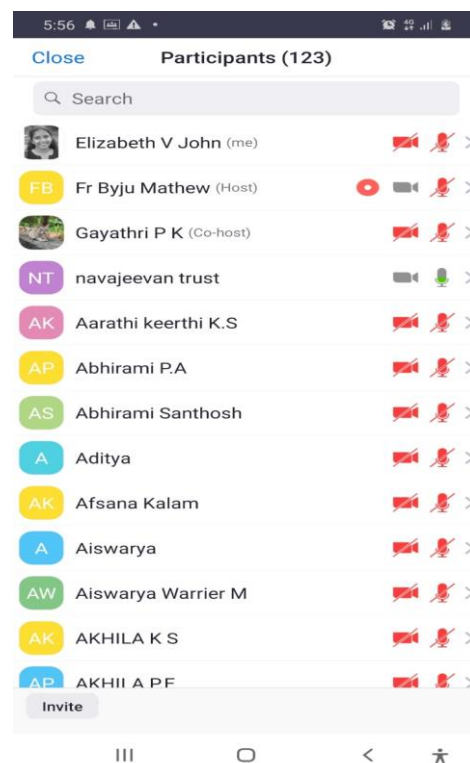
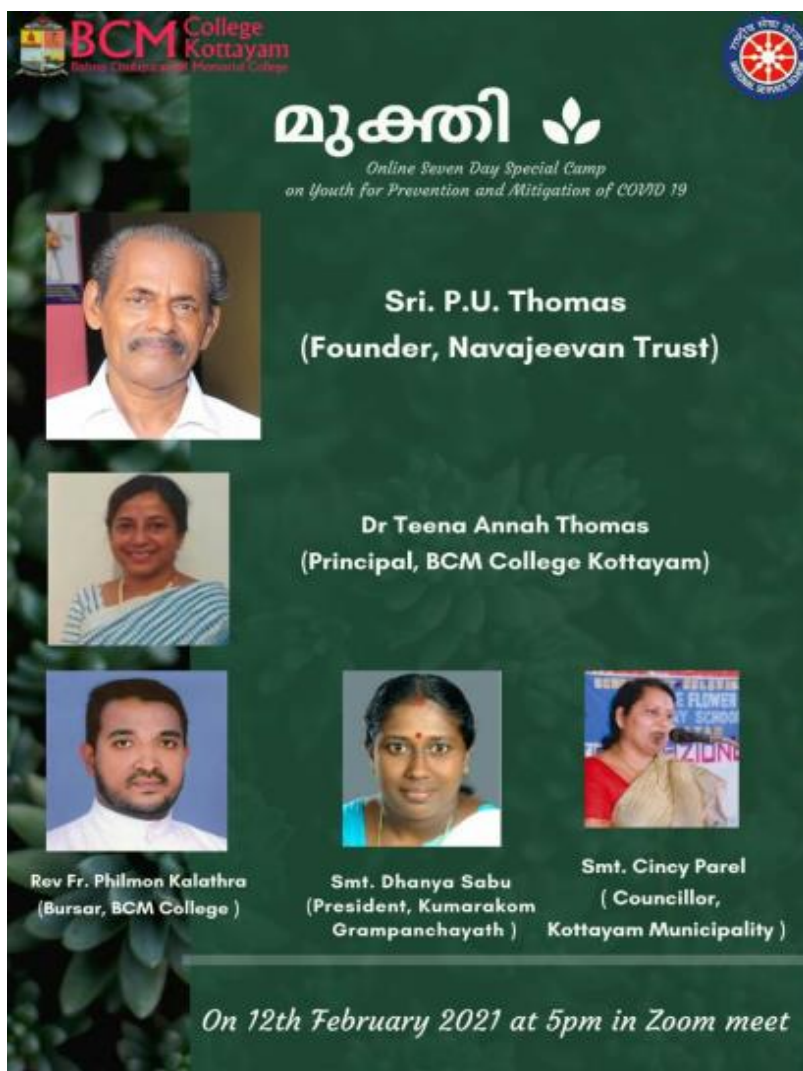
At 12.30 pm on the first day of the camp, the Volunteer Secretary Sr. Anitta Sunny hoisted the BCM NSS flag in the esteemed presence of College Principal Dr Teena Annah Thomas and programme officer Fr. Byju Mathew and some of the staff and volunteers in the College courtyard.





## Camp Inauguration

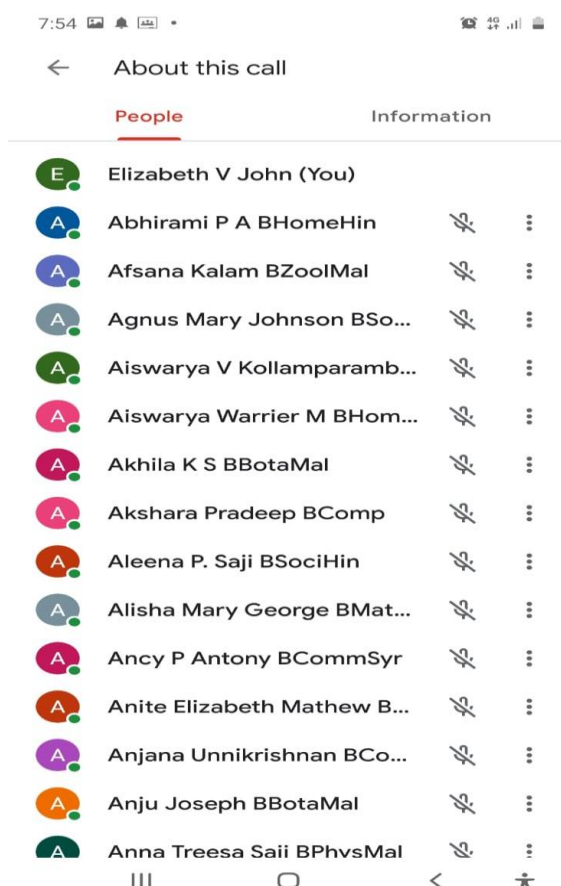
Inaugural function of the camp was conducted at 5 pm of the same day through a Zoom Meet in which all NSS volunteers of the college and their parents were welcomed to participate which was presided over by College Principal Dr Teena Annah Thomas. Mr P.U. Thomas, founder and Trustee of Navajeevan Trust, Kottayam and humanitarian activist formally inaugurated the camp. In his heart touching and experience sharing speech, he stressed the importance of social involvement for the upliftment of the poor and marginalised which is to be started from home itself. Fr Philmon Kalathra, Secretary of the Corporate Educational Agency of Colleges of the Archeparchy of Kottayam extended valedictory speech and Dr Elizabeth V. John, Programme Officer, welcomed all.



**Screenshot of inaugural meeting of the camp in Zoom Meet**

## 22. Social Empowerment through NSS - Seminar

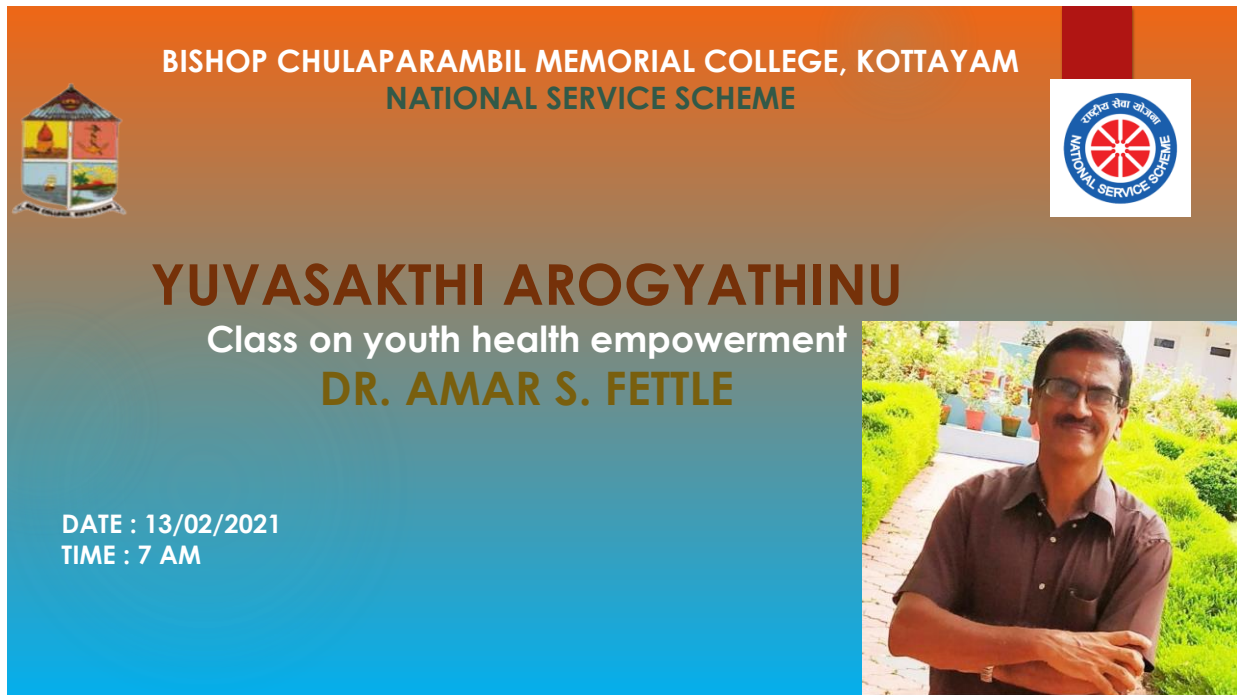
Mr. Tony Francis, former Programme Officer of St. Mary's College Manarcad, took a class on the topic 'Social Empowerment through NSS' along with ice breaking session after the inaugural ceremony of the special camp. He stressed the scope and need of NSS volunteers for the empowerment of the society.



Screenshot of Google Meet on social empowerment through NSS

## 23. Yuvashakthi Arogyathinu - Seminar


Dr. Amar S. Fettle, Kerala State Covid Nodel Officer, led a seminar on "Yuvashakthi Arogyathinu" on 13<sup>th</sup> February 2021 the 2<sup>nd</sup> day of the special camp Mukthi at 6.30 am. The seminar was very interesting as well as useful.






## 24. Yuvashakthi: Samoohika Munnettathinu

Sri. Johnies P. Stephen, President of Uzhavoor Gramapanchayath who was the youngest gramapanchayath president of the year, had a talk with BCM volunteers on the subject "Yuvashakthi: Samoohika Munnettathinu" on 12<sup>th</sup> February 2021 at 10 am.




**BISHOP CHULAPARAMBIL MEMORIAL COLLEGE**  
**KOTTAYAM**  
**NATIONAL SERVICE SCHEME**



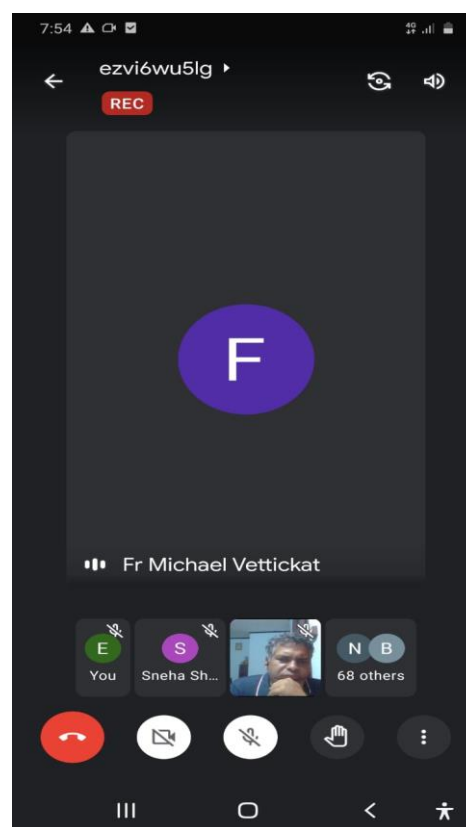
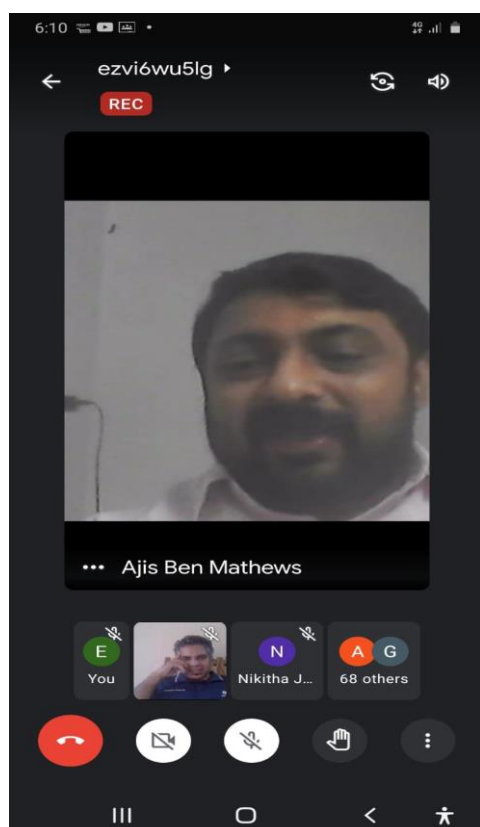
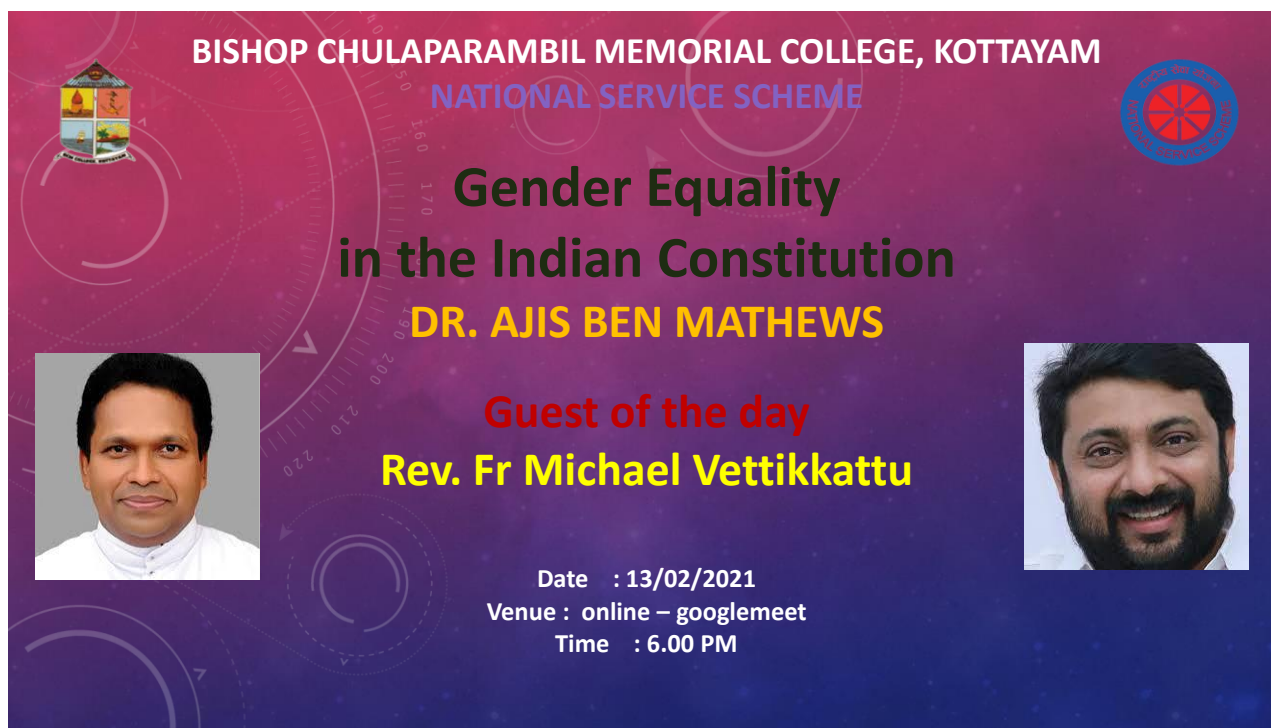
**YUVASHAKTHI:**  
**SAMOOHIKA MUNNETTATHINU**  
**CLASS ON YOUTH IN THE DEVELOPMENT OF SOCIETY**

**DATE : 13/02/2021**  
**TIME : 10 AM**  
**CONDUCTED BY : SRI. JOHNIES P. STEPHEN, PRESIDENT, UZHAVOR**  
**GRAMAPANCHAYAT**




## 25. Gender Equality in the Indian Constitution

Dr Ajis Ben Mathews, Department of History, BCM College, gave an informative session on 13<sup>th</sup> February 2021 on “Gender Equality in the Indian Constitution” at 6 pm. Rev. Fr Michael Vettikkattu, Governing body member of the College and Vicar General of the Archeparchy of Kottayam, addressed the volunteers as guest of the day and spoke about women empowerment.



Screenshots of Google Meet on Gender equality in the Indian Constitution

## 26. Kitchen Waste Management - Seminar

Sri. Sarath Chandran, resource person of Haritha Kerala Mission of Kottayam District, held a seminar on "Kitchen Waste Treatment" at 7.30 am on 14<sup>th</sup> February 2021. Sri. Sarath explained various methods of waste management to the volunteers.

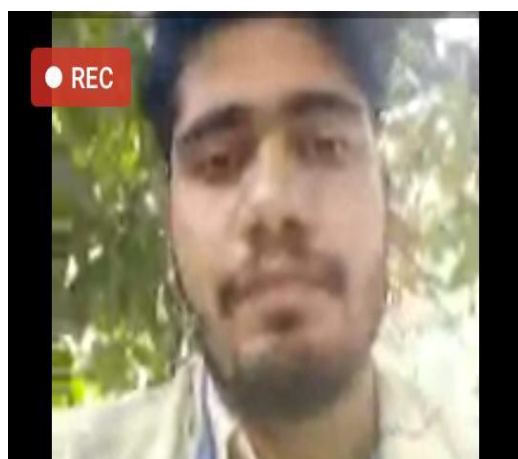


**BISHOP CHULAPARAMBIL MEMORIAL COLLEGE, KOTTAYAM**  
NATIONAL SERVICE SCHEME



**അടുക്കളമാലിന്യ സംസ്കരണം**  
**Seminar on Kitchen Waste Treatment**  
**SRI. SARATH CHANDRAN**

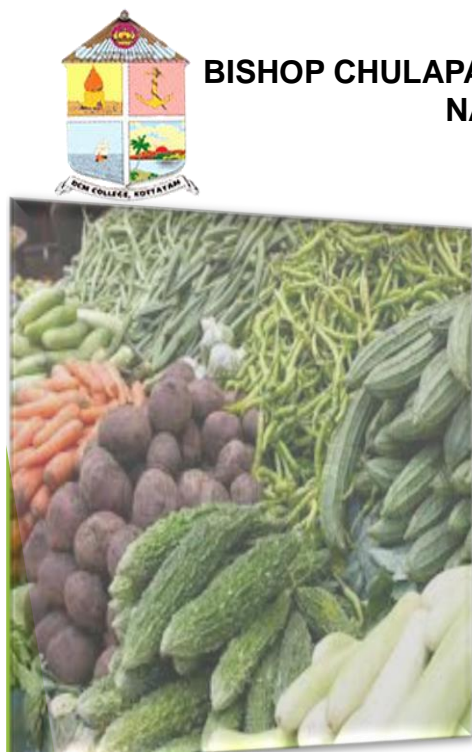
**DATE : 14/02/2021**  
**TIME : 7:30 AM**





## 27. Organic lifestyle - Webinar

Prof. Anil Steephen Department of Malayalam, and former Programme Officer of BCM College who introduced and actualised large scale organic farming in two and half acres of land as part of BCM NSS, shared his experiences with organic lifestyle in the college and at home. As part of organic practice of living also in the kitchen, the volunteers were given the task to prepare folk dishes at their house. All the camp members made folk dishes in their home.



**BISHOP CHULAPARAMBIL MEMORIAL COLLEGE, KOTTAYAM  
NATIONAL SERVICE SCHEME**



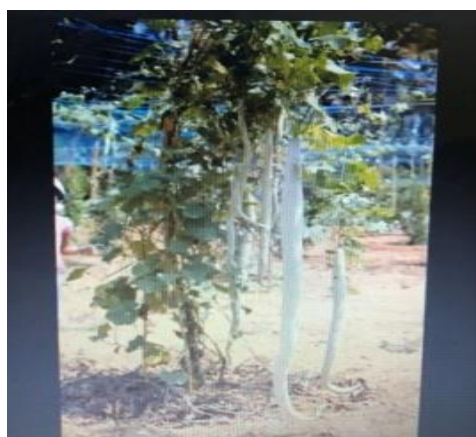
# **JAIVAJEEVITHASAILY**

## **CLASS ON ORGANIC LIFE STYLE**

### **Sri. ANIL STEPHEN**

**DATE : 14/02/2021**

**TIME : 4 PM**



## 28. Arogyaragamayi Sangheetham – Seminar

Smt. Sajna Sudheer, Department of Music, Women's College, Thiruvananthapuram and renowned musician, led the session "Arogyaragamayi Sangheetham" (Music as melody of health) at 6 pm on 14<sup>th</sup> February 2021. It was a wonderful experience. Dr. Sajna made it clear how the music can alter the physical and mental condition of a person, especially when that person is sick.



**BISHOP CHULAPARAMBIL MEMORIAL COLLEGE, KOTTAYAM**  
**NATIONAL SERVICE SCHEME**

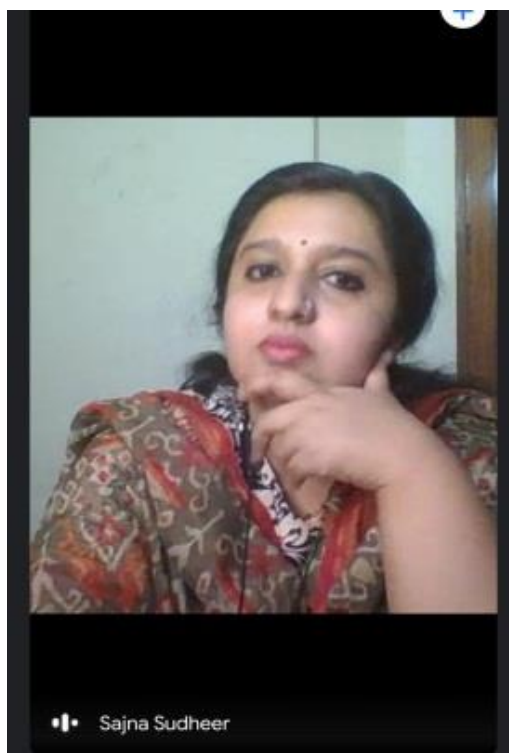


**ആരോഗ്യരാഗമാധി സംഗീതം**  
**Class on music as melody of health**  
**Smt. SAJNA SUDHEER**



**DATE : 14/02/2021**  
**TIME : 6 PM**





Screenshot of Smt. Sajna Sudheer taking class on Arogyaragamayi Sangheetham

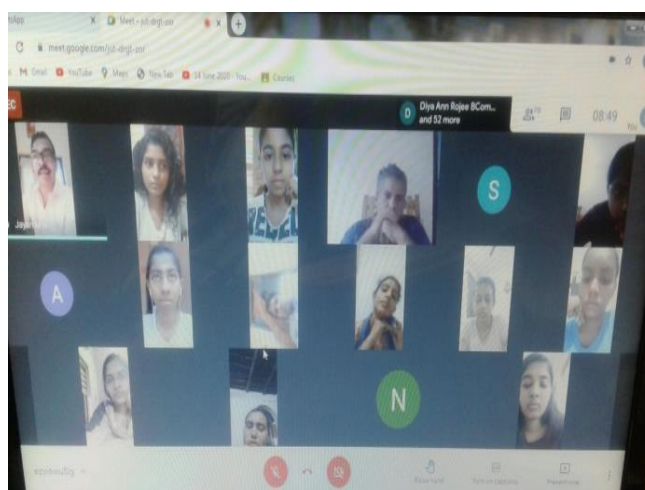


## 29. Global Warming and Importance of Planting Trees

Sri. M.B. Jayan, Deputy Ranger Kottayam of Social Forestry wing of Forest Department, took an awareness class on “Global Warming and Importance of Planting Trees” at 7.30 am on 15<sup>th</sup> February 2021. The major activity of the day was to plant saplings.



Photos of volunteers planting saplings at home

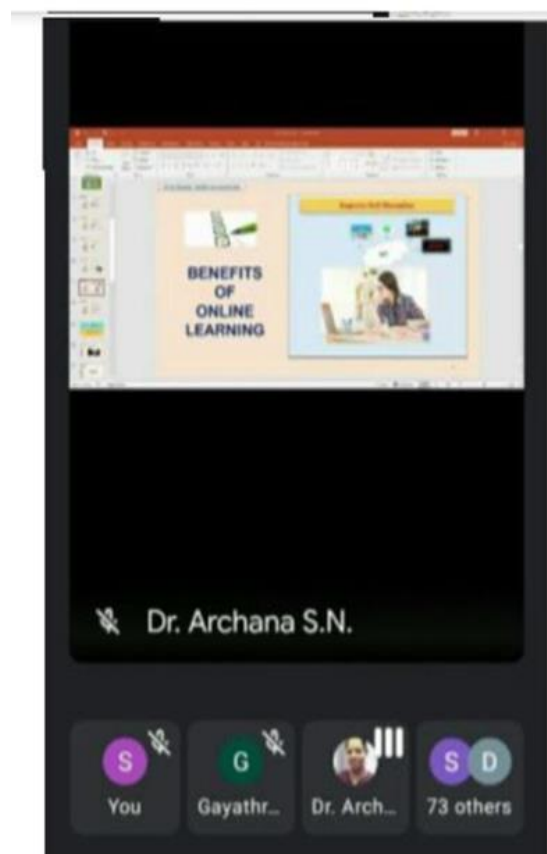
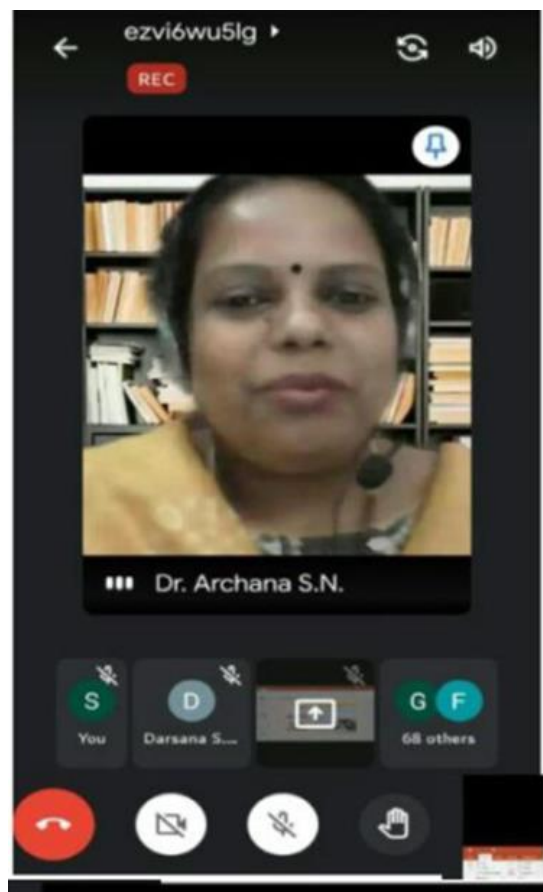
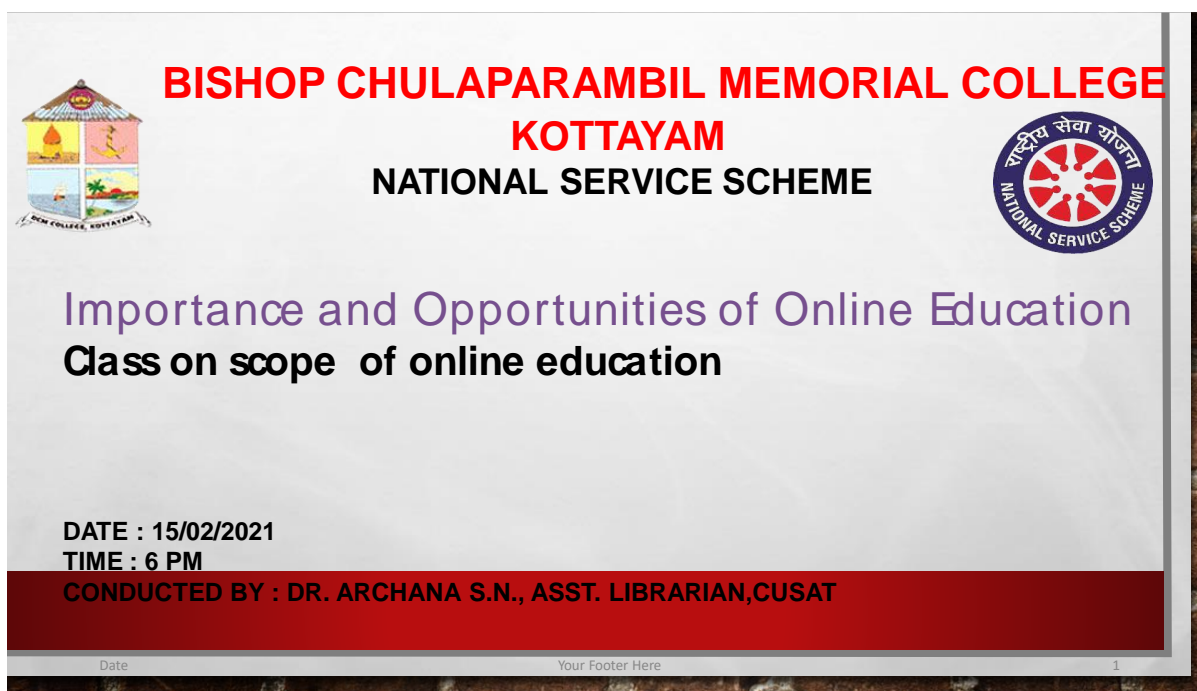


Screenshots of students attending class on afforestation



### 30. Importance and opportunities of online education


The second session was on “Importance and Opportunities of Online Education”. Dr Archana S.N. (Assistant Librarian, CUSAT) led the session which began at 6 p.m. After the class, cultural programmes were conducted by the group, Ignites. The fourth day of the camp ended with the instructions given by programme officers Dr Elizabeth V. John and Fr. Byju Mathew.



Screenshots from the talk


### 31. Jalam: Karutham, Karuthalode - Save water seminar

Dr. Subash Chandrabose, former director, department of water resources led a seminar on the topic “Jalam Karutham, Karuthalode” at 7.30 pm on 16<sup>th</sup> February 2021. The class helped volunteers to understand the value of water and the importance of saving water. Making water pits in their own homes was proposed as a continued activity and almost all volunteers constructed water pits.



## BISHOP CHULAPARAMBIL MEMORIAL COLLEGE, KOTTAYAM

### NATIONAL SERVICE SCHEME



## JALAM: KARUTHAM, KARUTHALODE

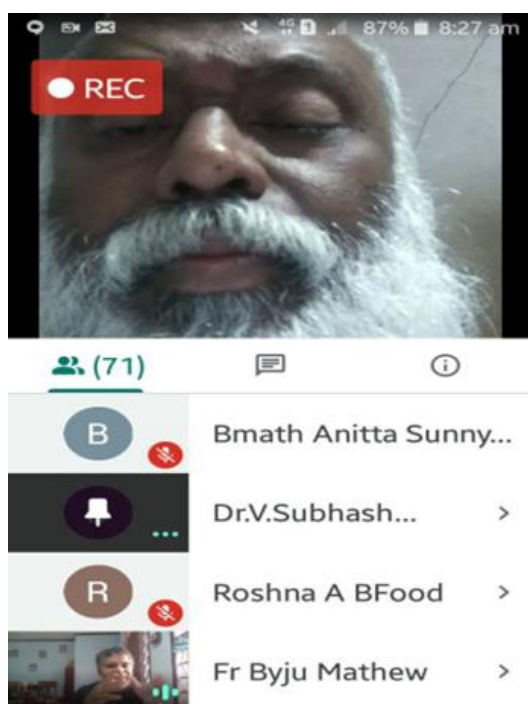
### Class on save water

**DATE : 16/02/2021**

**TIME : 7:30 AM**

**CONDUCTED BY : DR. V. SUBHASH CHANDRABOSE**

Date
Your Footer Here
1



Screenshot form the talk




NSS volunteer preparing rain pit

### 32. Karuthalode Durandha Nivaranam – seminar on disaster management

Dr. K.G. Thara, former member, Disaster Management committee, Govt. of Kerala, on the topic “*Karuthalode Durandha Nivaranam*”. The class was very informative and thought provoking.



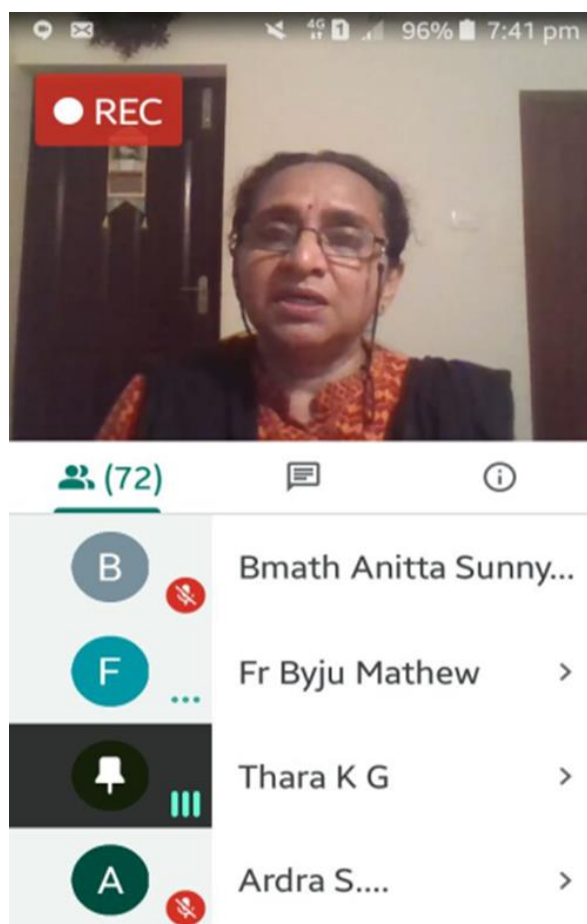
**BISHOP CHULAPARAMBIL MEMORIAL  
COLLEGE, KOTTAYAM**  
NATIONAL SERVICE SCHEME



**KARUTHALOTE DURANTHANIVARANAM**  
**Class on careful disaster management**

DATE : 16/02/2021  
TIME : 6 PM  
CONDUCTED BY : DR. K .G. THARA, FORMER MEMBER OF DISASTER MANAGEMENT  
COMMITTEE, State of Kerala

1




Screenshot from the talk




### 33. Covid Prathirothavum, Covidananthara Jeevitha Shailiyum - Seminar on Covid Protection

Dr Anupama Rajani, Microbiologist, General Hospital, Kottayam delivered a seminar on “Covid prathirothavum, covidananthara jeevitha shailiyum” which stressed the need for keeping distance from COVID and the measures to recover from its drastic consequences, when one is hit by it.



**BISHOP CHULAPARAMBIL MEMORIAL  
COLLEGE, KOTTAYAM**

**NATIONAL SERVICE SCHEME**



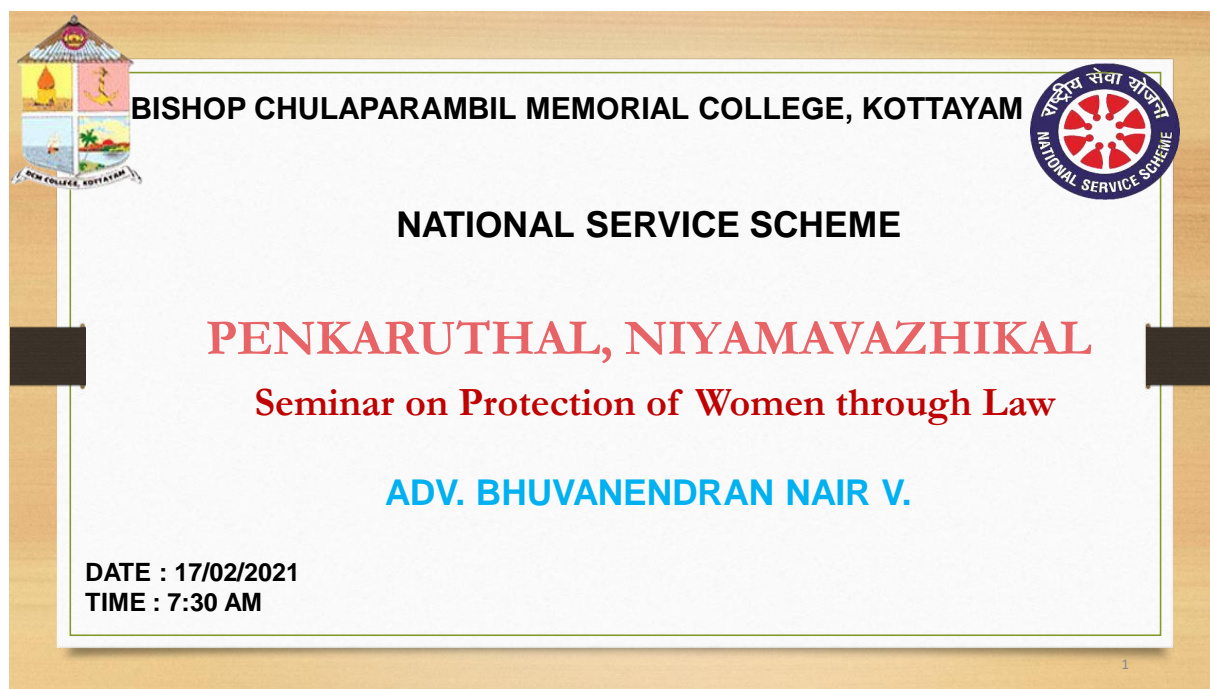
**COVID PRATHIROTHAVUM  
COVIDANANTHARA JEEVITHA SHAILIYUM**  
Class on Covid 19 protection

**DATE : 17/02/2021  
TIME : 6 PM  
CONDUCTED BY : DR. ANUPAMA RAJANI, MICROBIOLOGIST GENERAL HOSPITAL  
KOTTAYAM**

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### 34. Penkaruthal, Niyamavazhikal – Seminar on Protection of Women through Law

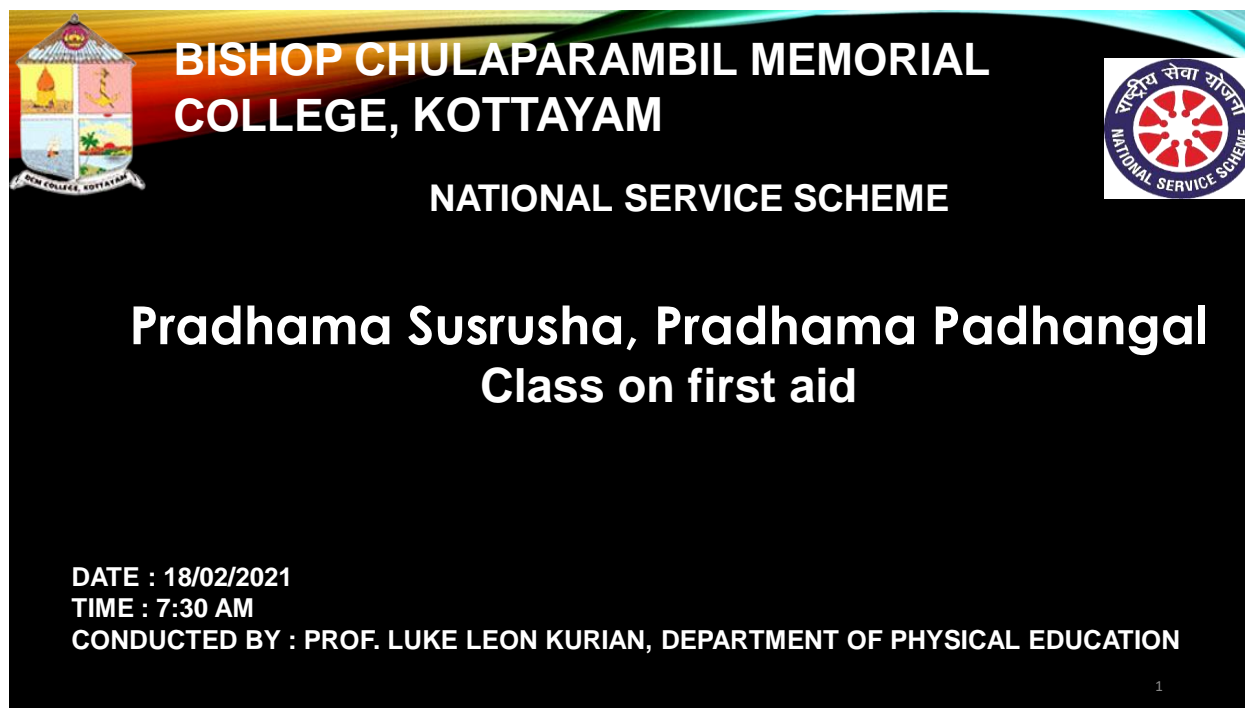
Adv. Bhuvanendran Nair, renowned practitioner and professor of law took a session on “*Penkaruthal, Niyamavazhikal*”. The session showed light on various provision of the Indian Law that enforces safety and security to women.



Screenshot from the talk

### **35. Pradhama Susrusha, Pradhama Padhangal – Seminar on First Aids**

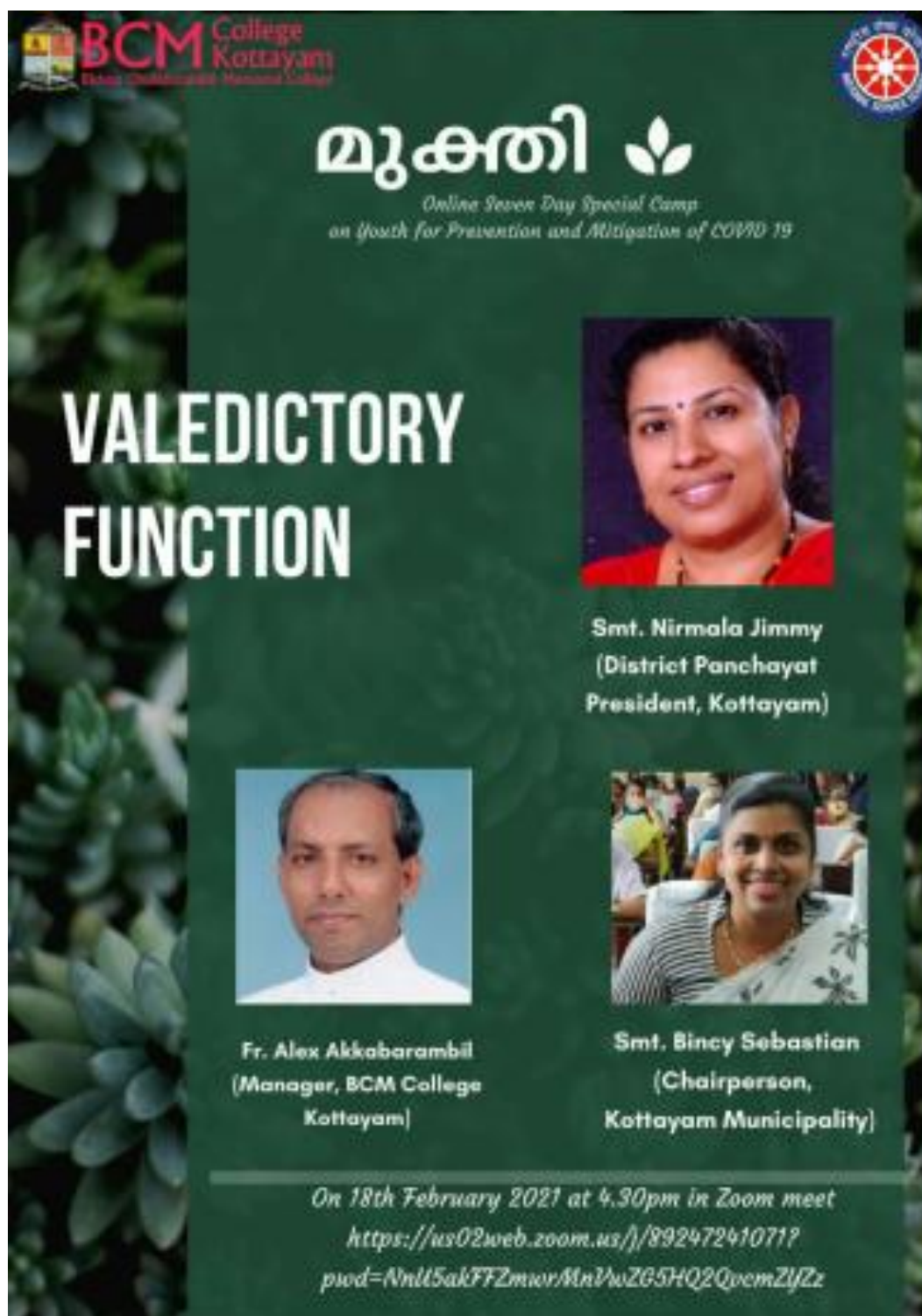
Prof. Luke Leon Kurian, Department of Physical Education, BCM College led a class on First Aids entitled “Pradhama Susrusha, Pradhama Padhangal” at 7.30 am, which garbed the attention of all, since the first aids are very relevant in todays’ world.





### 36. Valedictory Function

The valedictory function was conducted at 4.30 pm on 18<sup>th</sup> February 2021 in Zoom Meeting platform with the participation of staff and all NSS volunteers of Bishop Chulaparambil Memorial College with their parents. Mrs Nirmala Jimmy, President, Kottayam District Panchayath, was the chief guest and the function was presided over by Fr Alex Akkaparambil, Manager of the college.

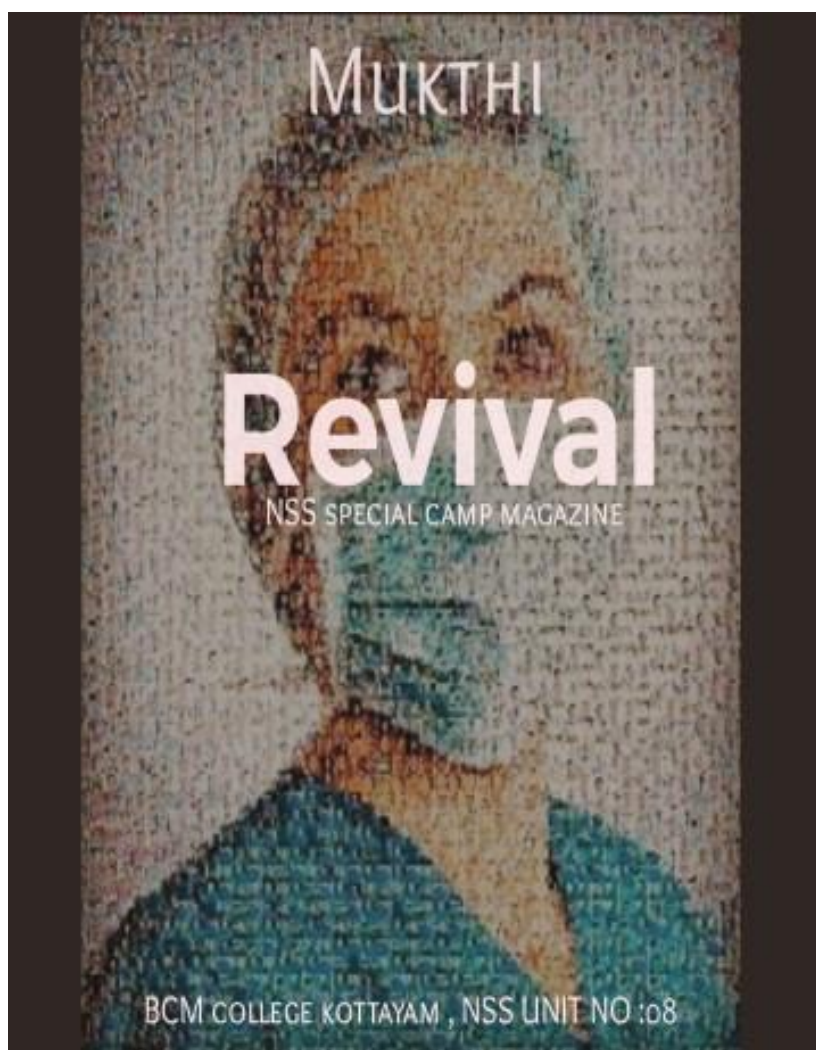


During the valedictory function, the best camper and best group were declared. Ganga Jayaprasad, Department of Sociology was selected as the "Best Camper" and the group "Ignite" was selected as the "Best Group". This was followed by the cultural treat prepared by the campers, very vibrant and enthusiastic. A detailed evaluation of the camp was also conducted and each volunteer was given chance to share their opinions regarding the camp.

### 37. Revival - e-magazine

An e-magazine entitled "Revival" was released by Prof. Anil Steephen and Dr Reeja P.S. during the valedictory function of the special camp. The magazine was prepared by volunteers talented in literary and artistic skills.

Flipbook: <https://online.flippingbook.com/view/2023146/>



### **38. Awareness Videos**

During the special camp, all the groups prepared and presented their awareness videos based on socially pertinent issues which were already given:

1. “Mental health during Covid time”
2. “Personal Hygiene”
3. “My Vote, My right”
4. “Women Safety”
5. “Plastic waste management”
6. “Drugs de-addiction”



### 39. Fire and Rescue Seminar as part of Women's Day celebrations

On the occasion of Women's day celebrations on 8<sup>th</sup> March, 2021, the BCM College NSS unit together with NCC unit organised Fire and Rescue seminar and workshop with the Civil Defence Corporation, Kottayam. The seminar was a new enlightening in women safety and precautions.





Fire and Rescue seminar on March 8<sup>th</sup>, 2021



## 40. Varamozhi

As an opportunity to exhibit the artistic talents, an exhibition named “VARAMOZHI” was organised by the BCM College NSS unit on 16<sup>th</sup> and 17<sup>th</sup> March, 2021 in collaboration with BCM BEAMS. Paintings and artistic works from the students and alumnae were exhibited. The program was inaugurated by His Excellency Geevarghese Mar Aphrem and the chief exhibitors were Prof. Mary Ramani Tharayil, Prof. Geetha G., Mrs. Vinaya Boban and Mrs. Anju Pillai. The program gained great public attraction.

BCM College Kottayam  
Bishop Chulaparambil Memorial College

BCM NSS UNIT, BCM BEAMS, EBSB AND  
ENTREPRENEURSHIP DEVELOPMENT CELL  
PRESENTS

**വരമൊഴി**  
*art and installations' exhibition*

**INAUGURATION**



**His Excellency Geevarghese Mar Aphrem**

**ON**  
**16,17**  
**MARCH**  
**2021**

**CHIEF EXHIBITORS :**

His Excellency Geevarghese Mar Aphrem  
Prof. Mary Ramani Tharayil  
Prof. Grace Makil  
Prof. Geetha G.  
Mrs. Vinaya Boben  
Mrs. Anju Pillai  
Fr. Byju Mathew

**Sponsored by LIC, Kottayam**







**Varamozhi Exhibition on 16<sup>th</sup> & 17<sup>th</sup> March, 2020**

## 41. SVEEP – Awareness Quiz and Bike Rally

NSS volunteers of colleges under Mahatma Gandhi University combined with SVEEP (systematic voters' education and electoral participation program) conducted the programme to make Kottayam District with 100% election polling rate on 24-03-21 at Nagampadam bus stand, Kottayam. NSS volunteers randomly selected a passenger at bus stand and tested a question relating to Kerala election. The person who answers was given a mask designed with the caption of election commission of India and SVEEP Kottayam.

Along with this NSS volunteers of various colleges conducted a bike rally from Collectorate to Nagampadam stadium on 27-03-21. Flag off was done by Smt. M. Anjana IAS (district collector Kottayam). People representing different stratas of people with different abilities like transgenders, physically handicapped persons, etc. joined the rally wearing the SVEEP t-shirt provided.







**NSS volunteers participating in SVEEP related activities**



## 42. Awareness Videos

- During the peak time of COVID 19 pandemic, NSS volunteers of BCM College prepared an awareness video for providing information about the importance of keeping social distance, wearing mask, washing hands and face.
- An election awareness video was also uploaded by the NSS unit of BCM College as part of election which promotes an inspiration to vote for upcoming election.



**Screenshots from the Awareness videos**

## Conclusion

BCM NSS is satisfied that while the Covid-19 pandemic has hit the world in a traumatic way, still God, the Almighty, helped us to intervene effectively in service of the society, in which we live and to mould our volunteers with a holistic humanitarian concern for the fellow beings and the eco-system and biodiversity in which we live, especially by staying at home and keeping social distance, making use also of the new possibilities and opportunities brought before us through the commencement of this situation. Seven Day Special Camp conducted in online mode for the first time in history is a land mark in activities of this year.

While offering a special word of thanks and gratitude to the NSS Cell of MG University, especially to the person of Dr Rekharaj, the Programme Coordinator, and to the management and staff of BCM College and to the Advisory Board of BCM NSS, let us submit this annual activity report 2020-21 of NSS Unit of BCM College on 30<sup>th</sup> March 2021 for your kind perusal.

Fr Byju Mathew

Dr. Elizabeth V John

Programme Officer

Dr Teena Annah Thomas

Principal

Kottayam

30<sup>th</sup> March 2021

