

ACTIVITY REPORT 2022 – 2023 NSS UNIT NO.8



BISHOP CHULAPARAMBIL MEMORIAL COLLEGE, KOTTAYAM



PRESENTED TO

**PROGRAMME COORDINATOR, NSS CELL, M.G.
UNIVERSITY**

PRESENTD BY

DR. STEPHY THOMAS

PRINCIPAL

**BISHOP CHULAPARAMBIL MEMORIAL
COLLEGE, KOTTAYAM**



CONTENTS

FIRSTMEETING	1
NATIONALENVIRONMENTALDAY.....	3
CHILD LABOUR POSTER MAKING COMPETITION.....	5
YOGA SE AYU QUIZ.....	7
INTERNATIONAL YOGA DAY CELEBRATION.....	9
ZUMBA DANCE EDUCATION MATERIAL COLLECTION.....	11
POSTER EXHIBITION INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING.....	12
THE INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING -THE PLEDGE.....	15
INDEPENDENCE DAY SELFIE WITH FLAG	17
WORLD ORGAN DONATION DAY.....	19
SENIOR CITIZEN DAY.....	23
MIME AND FLASHMOB Azadi Ka Amrit Mahotsav.....	25
ONAM CELEBRATION AT OLD AGE HOME.....	27
AADHAAR AND VOTER ID CARD LINKING TRAINING PROGRAM.....	32
THE INDIAN SWACHHATA LEAGUE CLEAN INDIA CAMPAIGN.....	33
NSS DAY.....	37
World Tourism Day: Skit Competition	39
ANTI DRUG QUIZ COMPETITION.....	41
BIRTHDAY EXPRESS AT SOLACE.....	44
AYMANAM SURVEY.....	46
SURVEY ARPOOKARA PANCHAYAT.....	48
LAHARIYILLA THERIVU (DRUG FREE SOCIETY) FLASH MOB.....	50
VIGILANCE AWARENESS FLASHMOB AND STREET PLAY	52
2 CRORE GOALS.....	54
NSS ORIENTATION CAMP 2022.....	56
PRATHEEKSHA” – 7 DAY CAMP.....	63
ACHIEVEMENTS.....	79



VOLUNTEERS MEETING

National Service Scheme Unit No. 08 of Bishop Chulaparambil Memorial College Kottayam had conducted a volunteers meeting on June 15th 2022. The meeting had been organized with the guidance of the Program Officers Dr. Elizabeth V John and Mr. Bijoy Thomas.

It was scheduled at afternoon around 1pm and the volunteers were instructed to be present at the room on time. Everybody has come on time and started the meeting at right time. It was conducted for the 2022-23 batch. The programme officers were given the necessary directions about the activities to be conducted and scheduled for the next academic year. Also they presented the route map of NSS and its activities to be accomplished. The meeting has provided the unknown information about the basic NSS rules and regulations and also the necessity of being interacting with society. The motive of NSS is not to safe guard students or youth to get academic excellence but to make them aware and affectionate towards their fellow beings.

The meeting had been arranged with another objective to elect to volunteer secretaries to guide the next batch 2022-23. The process was arranged in manner in which each volunteers had given an opportunity to vote for the candidates who are willing to be the volunteer secretaries, whom they seem to be apt for the position. One vote for each including the candidates. We had adopted lottery method with an exception that the volunteer who had got the maximum votes will be selected as the volunteer secretaries other than drawing each slip at random.

Finally Kumari Adhitya P of 2nd DC BSc Mathematics and Kumari Surya S of 2nd DC B.Com. Finance And Taxation had been selected for the respective post. The rest of the candidates had provided other major posts like Gem group leaders, Report makers etc...

At last the meeting has been dispersed with an objective of making the NSS unit more active and accurate.



Kumari Adhitya P



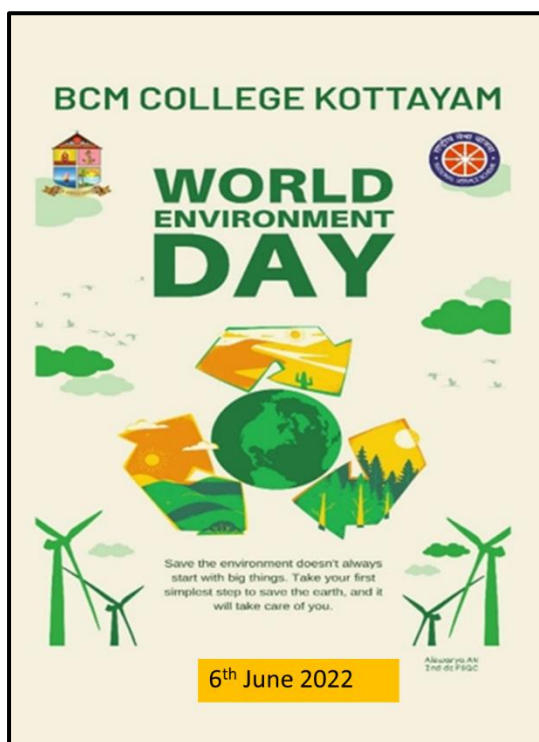
Kumari Surya S

ENVIRONMENT DAY CELEBRATION

The World Environment Day is observed every year on 5th June. World environment day is celebrated across the world to raise an awareness and the importance of Mother Nature.

It is the high time that suitable initiatives must be taken on an urgent basis. As we all have been facing pandemic for the last two years, it has highlighted the significance of safe, clean and sustainable environment like never before. Now, it is alarming for all of us to take care of the mother earth and its resources. The global warming is a very big threat giving us challenges to secure a healthy life and nature's protection. India has already taken many steps in the direction of spreading awareness and taking corrective measures for protecting the earth from global warming.

On June 5th the NSS unit of Bishop Chulaparambil Memorial College, Kottayam celebrated an Environment Day celebration by conducting poster making and plant a tree in the volunteers house. All the volunteers were participated and shared their posters and the picture that they planting a tree.



6.



Brochure of Environment Day Celebration



Photo of Environment Day Celebration

CHILD LABOUR POSTER MAKING COMPETITION



On June 12th, 2022, in observance of Child Labour Day, the NSS (National Service Scheme) volunteers at our college took the initiative to raise awareness about the issue of child labour by organizing a poster-making competition. The event aimed to engage and educate the students about the detrimental effects of child labour on children's rights and well-being.

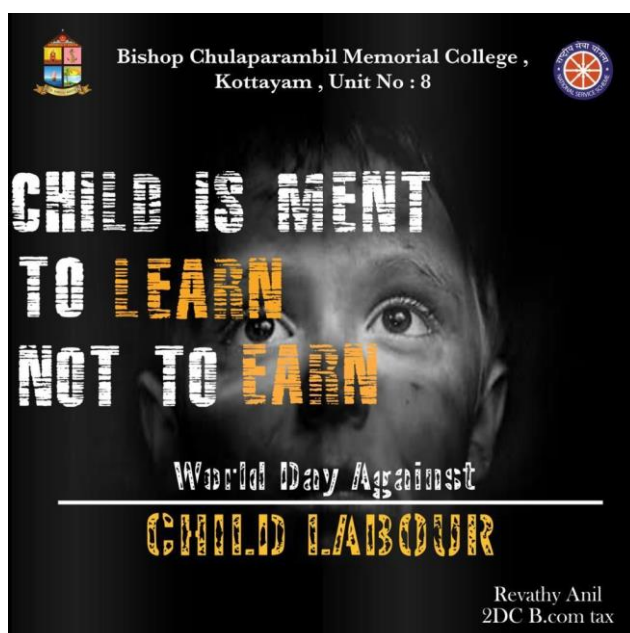
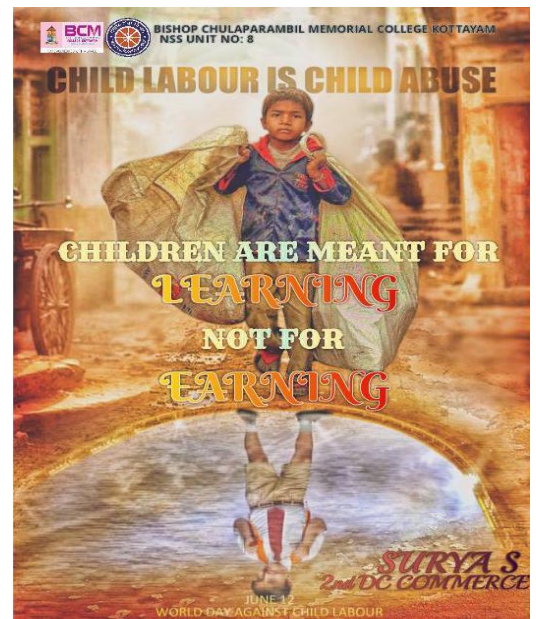
All the NSS volunteers, as well as other students of the college, actively participated in the program. The poster-making competition provided them with a creative platform to express their thoughts and ideas visually, highlighting the importance of eradicating child labour and promoting the rights of children to education, safety, and a nurturing childhood.

The participants utilized their artistic skills and imagination to create impactful posters that conveyed powerful messages against child labour. Through their artwork, they depicted the consequences of child labour, such as the denial of education, physical and mental harm, and the loss of a carefree childhood.

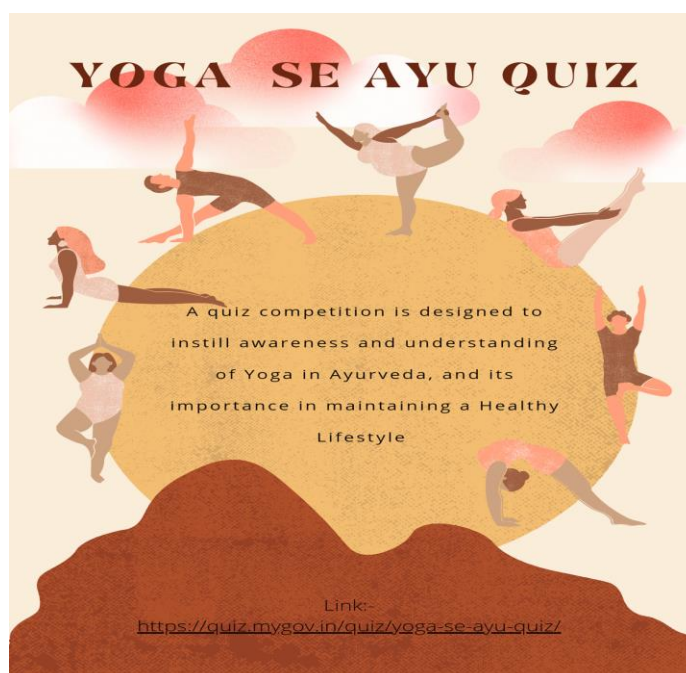
The competition fostered a sense of social responsibility among the participants and the wider student community, as they realized the urgency of addressing the issue of child labour and advocating for the rights and well-being of all children. It also provided an opportunity for

open discussions and conversations about the causes, consequences, and possible solutions to eliminate child labour.

By organizing this poster-making competition, the NSS volunteers at our college effectively contributed to spreading awareness about child labour and inspiring collective action to combat this social issue. The event served as a reminder that every child deserves a safe, nurturing, and dignified childhood, free from exploitation and the burden of work that hampers their education and overall development.



YOGA SE AYU QUIZ



Brochure of 'Yoga Se Ayu' quiz competition

'Yoga Se Ayu' quiz competition organized by the All-India Institute of Ayurveda and the participation of your NSS unit in the event. Celebrating the International Day of Yoga through such activities not only promotes awareness about the importance of yoga but also fosters a positive environment and a healthy lifestyle among participants.

Yoga and Ayurveda are integral parts of our cultural heritage, and understanding their significance in maintaining physical fitness, mental alertness, and emotional balance is crucial for leading a balanced life.

By conducting the 'Yoga Se Ayu' quiz, participants get an opportunity to learn and appreciate the deep connection between yoga and Ayurveda and how they complement each other in promoting overall well-being. The quiz questions likely touched upon various aspects of yoga, its practices, and its integration with Ayurveda.

It's great to know that your NSS volunteers actively participated in the quiz, demonstrating their interest in and commitment to learning about yoga and its benefits. Earning certificates for their participation is a well-deserved recognition of their efforts and knowledge.

Such initiatives not only enrich the knowledge of participants but also inspire them to incorporate yoga into their daily lives for improved physical health and mental well-being. The

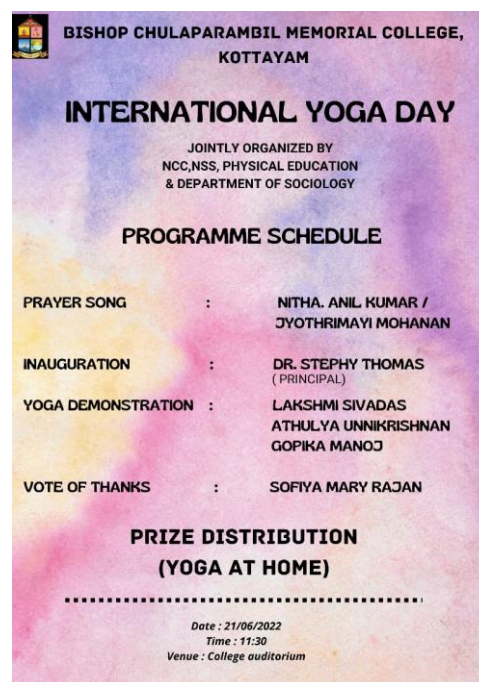
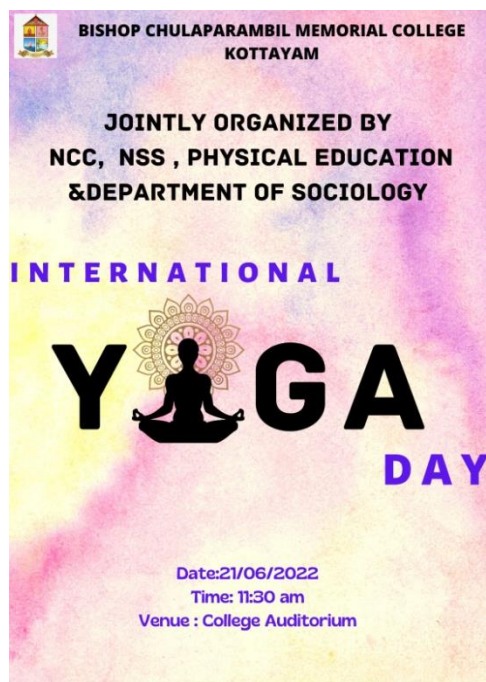
event plays an essential role in promoting a culture of holistic health and self-awareness among individuals, fostering a sense of unity and community well-being.

Congratulations to your NSS unit for actively participating in the 'Yoga Se Ayu' quiz competition, and I hope that such events continue to promote a healthier and more balanced lifestyle for all participants.



Certificate of 'Yoga Se Ayu' quiz competition

INTERNATIONAL YOGA DAY CELEBRATION



Brochure and Programme Chart of International Yoga Day

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a physical, mental and spiritual practice. It plays an important role in relaxing the mind and body and boosting people's immune system.

On 21st June of 2022, 8th International Yoga Day was celebrated in Bishop Chulaparambil Memorial College, Kottayam. The programme was organized by NCC, NSS, Physical Education and the Department of Sociology. The programme was held in the college auditorium on 11:30 am. Programme was inaugurated by respected Principal of the College Dr. Stephy Thomas Sir.

The program commenced with a soulful prayer song performed by students Kumari Nitha Anilkumar and Kumari Jyothirmayi Mohanan. Following the song, the Principal addressed the audience, emphasizing the significance of celebrating Yoga Day and highlighting the numerous benefits of yoga on physical, mental, and spiritual well-being.

Subsequently, the students actively participated in performing various yoga asanas, guided by their peers Kumari Lakshmi Sivadas, Kumari Athulya Unnikrishnan, and Kumari Gopika

Manoj, who demonstrated the postures. The students' enthusiastic involvement showcased their commitment to embracing yoga as a means of promoting health and well-being.

As part of the program, the Principal, Dr. Stephy Thomas, distributed prizes for the "Yoga at Home" competition, acknowledging the efforts of individuals who had practiced yoga in the comfort of their own homes. This gesture encouraged the students and participants to continue incorporating yoga into their daily lives even beyond the International Yoga Day celebration.

Lastly, the event concluded with a Vote of Thanks delivered by Kumari Sofia Mary Rajan, expressing gratitude to all the organizers, participants, and attendees for their active participation and support in making the 8th International Yoga Day celebration a success.

The event at Bishop Chulaparambil Memorial College not only marked the importance of International Yoga Day but also promoted the practice of yoga among students and emphasized its positive impact on physical fitness, mental well-being, and overall holistic development.

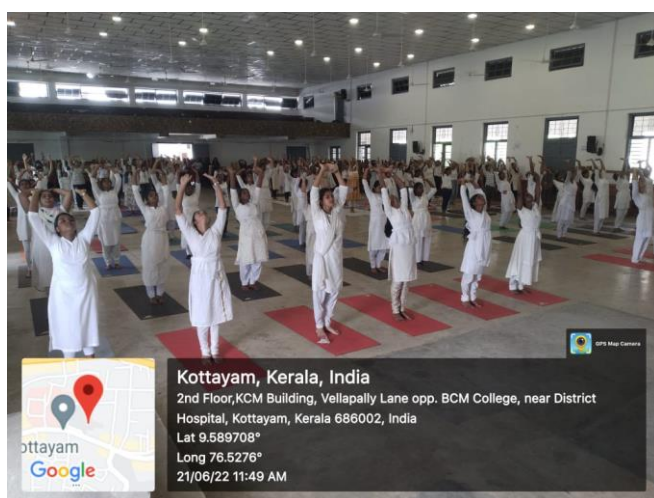


Photo of International Yoga Day

ZUMBA DANCE EDUCATION MATERIAL COLLECTION

That sounds like a fantastic initiative taken by the college English department and the NSS unit to introduce Zumba dance practices on campus at 24/06/2023. Zumba is a fun and effective fitness program that combines cardio and dance, making it an enjoyable way to stay active and healthy.

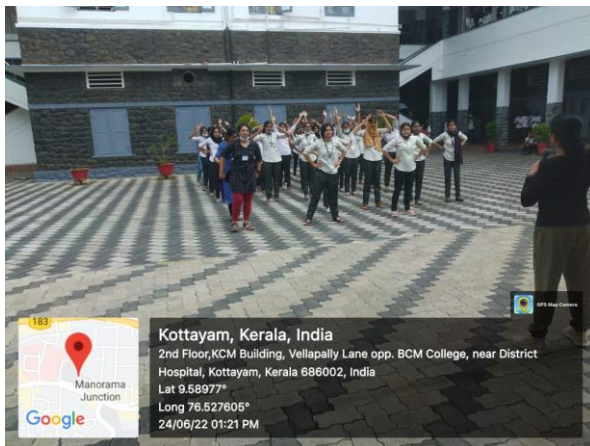
Collecting education materials for Zumba dance shows the dedication of the college in providing proper resources and information for students and staff who are interested in participating. These materials could include instructional videos, dance routines, fitness guidelines, and any other relevant resources that can help individuals learn and engage in Zumba effectively.

Having the support of NSS volunteers in collecting and handing over the materials to the college authorities is commendable. Their involvement demonstrates a commitment to fostering a healthy and active campus environment, promoting fitness, and encouraging students and staff to adopt a physically active lifestyle.

By introducing Zumba dance practices, the college is offering a recreational and fitness activity that can appeal to a wide range of individuals. Zumba's combination of dance and exercise can help improve physical fitness, coordination, and overall well-being.

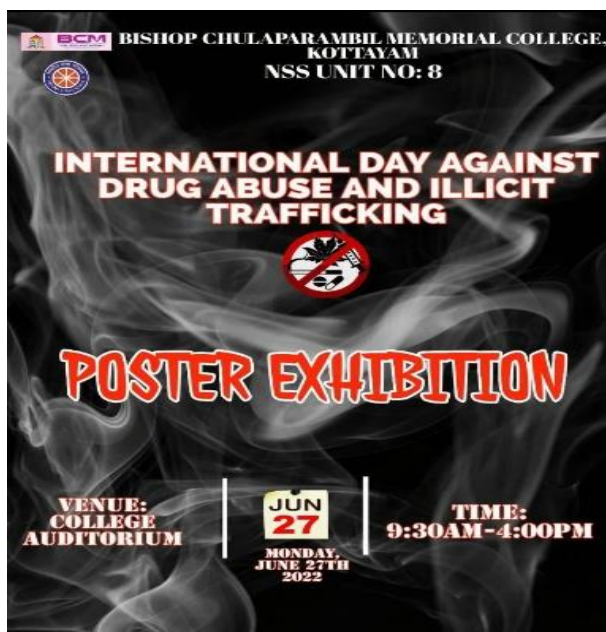
Such initiatives not only promote physical health but also contribute to the overall wellness of the college community, enhancing camaraderie, and providing an outlet for stress relief through music and movement.

I hope that the Zumba dance program at your college is a great success, and it continues to be a popular and enjoyable activity for the students and staff. Stay active, have fun, and keep moving!



Photos of Zumba Dance Education Material Collection

POSTER EXHIBITION INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLCIT TRAFFICKING



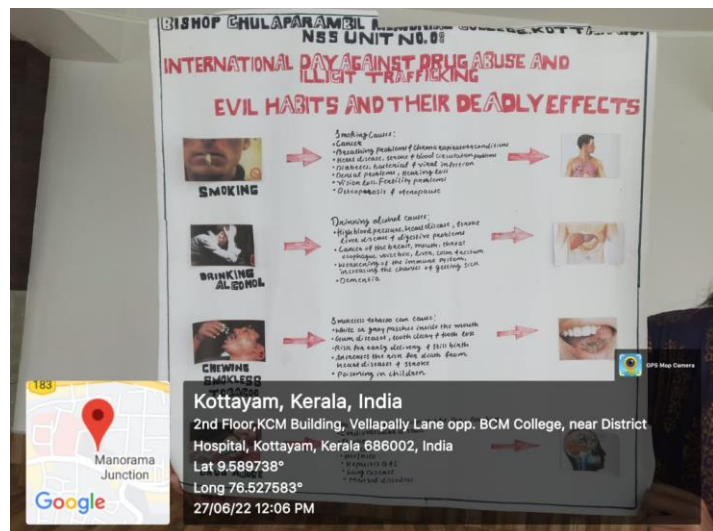
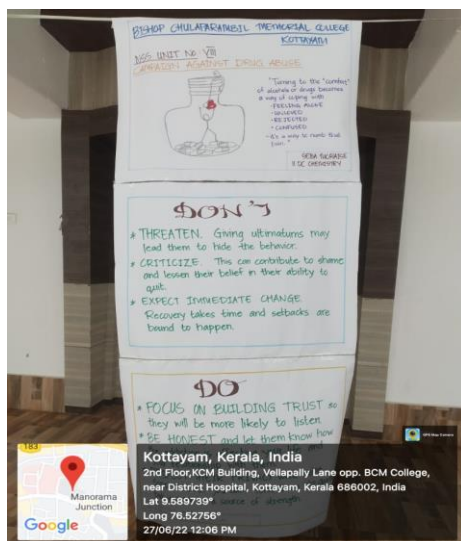
Brochure of Poster exhibition

The word ‘DRUG’ when it comes to one’s mind, is taken in a negative sense as it is often misused. If the drugs are used for serving a useful purpose, it could bring a considerable change in the lives of people.

National Service Scheme Unit No.8 of Bishop Chulaparambil Memorial College, Kottayam organised a poster exhibition as part of observing ‘ International Day Against Drug Abuse And Illicit Trafficking’ on June 27, 2022. The Exhibition was based on the theme “Drug Abuse”. This program was arranged in accordance with the guidelines set up by the NSS Program Officers Mr. Bijoy Thomas and Sr.Dr. Remya. The posters created by the NSS volunteers were exhibited in front of the college auditorium from 9:30am-4:30pm. Almost all the volunteers participated in the program. The drug is not a dangerous substance itself. But people misuse it in many ways. It is highly dangerous and can cause serious health problems if one takes it on a regular basis. The drug has become a trend in today’s world. Today’s generation has become obsessed with following whatever is new or trending in the world. Such is the situation in case

of drugs. Drug abuse or addiction is one of the most common chronic and compulsive disorder that often requires formal treatment.

Drug abuse changes a person's brain chemistry, and the longer one uses it, the more damage they pose for themselves. Abuse of psychoactive drugs can turn out to be very dangerous to the entire humankind. It can cause psychological or physical addiction. All these drugs have tremendous side effects; these side effects can later give rise to several diseases. It is our duty as responsible citizens of our country not to misuse the drugs as it will cost us our lives and follow the rules and regulations of the government appropriately. If we see any such crime, we should immediately report it to the nearest police station. Furthermore this event offered opportunity to discover the unrevealed and ignoring facts about drugs in daily life as well a chance for self analysis.



Photos of Poster exhibition

THE INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING -THE PLEDGE

I/97464/2022	File No.CTE-ACD2/ACAD/203/2019-ACADEMIC-II	18
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GOVERNMENT OF TELANGANA

Office of the
Commissioner of Technical Education,
Telangana :: Hyderabad

CIRCULAR MEMO

Sub: Academic - Technical Education - 26th June is marked as International Day against Drug Abuse and Illicit Trafficking or World Drug Day - Drug free campaign and e-Pledge - Instructions - Issued - Reg.

Ref: 1. Government Memo No.656/MC/2022, Dated: 21-06-2022 of the Additional Secretary to Government, Higher Education (MC) Department.
2. D.O.No.13-2/2022-IS-II (Pt-II), Dated: 07-06-2022 from Sri Santosh Kumar Yadav, Additional Secretary (SS-I), MoE, DSE&L, New Delhi (copy enclosed).

The attention of the Principals of the Institutions is invited to the subject and references. In this connection, it is instructed to conduct a "Drug Free Campaign" from 12-26th June, 2022 and online e-Pledge campaign "Say Yes to Life, No to Drugs" to spread for awareness of ill-effects of drug trafficking and abuse, as indicated in the Ref. 1st & 2nd cited.

Therefore, all the Principals of the Government / Aided / Private un- Aided / 2nd shift Polytechnics in existing Engineering colleges are hereby informed to take necessary action for the conduct of "Drug Free Campaign" / online e-Pledge campaign "Say Yes to Life, No to Drugs".

The receipt of this memo shall be acknowledged.

Signed by Gini Babu G
Date: 24-06-2022 16:44:35
Reason: Approved

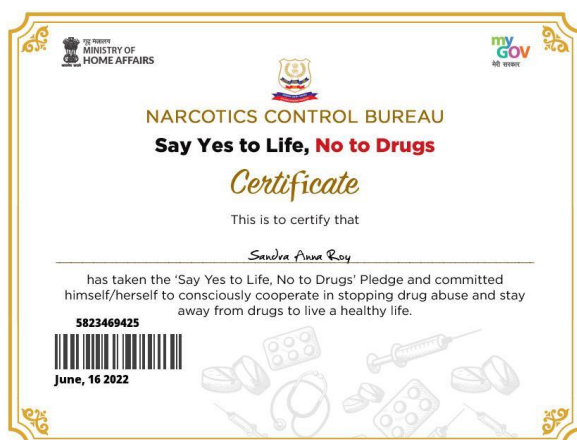
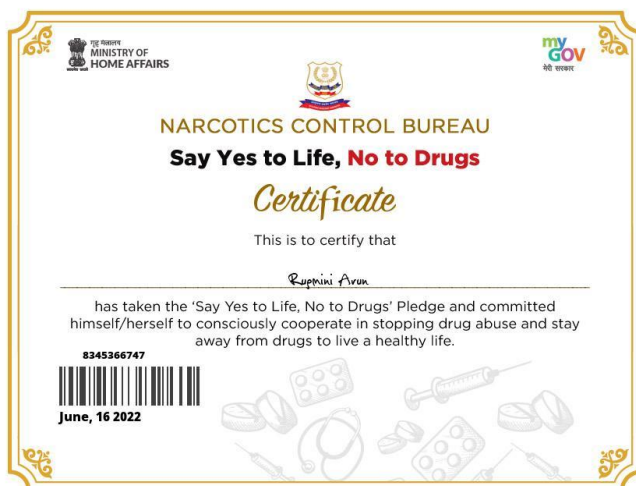
For Commissioner

To
All the Principals / Government / Aided / Private un- Aided / 2nd shift Polytechnics in existing Engineering colleges in Telangana State for necessary action
Copy to the Secretary, SBTET, Hyderabad for information

The International Day Against Drug Abuse and Illicit Trafficking is a United Nations International Day against drug abuse and the illegal drug trade. It is observed annually on 26 June, since 1989. The date June 26 is to commemorate Lin Zexu's dismantling of the opium trade in Humen, Guangdong, ending on June 25, 1839, just before the First Opium War in China. The observance was instituted by General Assembly Resolution 42/112 of 7 December 1987.

The pledge on drug de addiction

I am aware of the ill effects of drug abuse and I solemnly promise not to indulge in drug abuse. I also swear my sincere contribution to prevent and advise my family members and friends not to fall into the habit of drug abuse. On June 16th 2022, as part of drug abuse day , the students took the anti drug pledge and received e-certificates from “ NARCOTICS CONTROL BUREAU , MINISTRY OF HOME AFFAIRS , GOVT OF INDIA “.





E-Certificate Of Anti Drug Pledge

INDEPENDENCE DAY SELFIE WITH FLAG

Azadi Ka Amrit Mahotsav

के. संजय मूर्ति, पा.प्र.से.
सचिव
K. SANJAY MURTHY, IAS
Secretary
Tel. : 011-23386451, 23382698
Fax : 011-23385607
E-mail : sacy.dha@nic.in


सत्यमेव जयते

आजादी का
अमृत महोत्सव

भारत सरकार
Government of India
शिक्षा मंत्रालय
Ministry of Education
उच्चतर शिक्षा विभाग
Department of Higher Education
127 'सी' विंग, शास्त्री भवन, नई दिल्ली-110 001
127 'C' Wing, Shastri Bhawan, New Delhi-110 001

D.O. No. 8-14/2022-TS.V Dated: 21st July, 2022

Dear Director,


As you are aware, 'Azadi Ka Amrit Mahotsav' (AKAM) is an ongoing celebration to commemorate the 75 glorious years of a progressive independent India. Under the aegis of AKAM, a campaign 'Har Ghar Tiranga' has been launched to encourage the citizens to hoist the National Flag of India in their homes. The Hon'ble Prime Minister of India has already held a meeting in this regard with Hon'ble Chief Ministers of all the States in this regard.

2. The broad contours and key enablers of the programme has already been finalized in a meeting of the Committee of Secretaries under the Chairmanship of the Cabinet Secretary. The educational institutions of the country have a huge role in making this campaign a great success. Accordingly, the following programmes have been proposed:

- Organise "Prabhat Pheris" between August 11-15, 2022 involving the students as well as local Youth Clubs, volunteers of NSS, NCC, etc.,
- Students may be encouraged to sell flags at their own neighbourhood to at least 5 more households,
- Hoist the National Flag at the household of all the students, faculty and staff during August 13-15, 2022.
- Take selfie with the flag and post it in the website <https://harghartiranga.com>. Simultaneously, one may Pin the Flag on the website as per their geographical coordinates.
- The websites of the institutions should simultaneously be updated to reflect similar changes and be in sync with the Har Ghar Tiranga website <https://harghartiranga.com> starting from 22nd July 2022.

3. In the above backdrop, I would request your support and leadership in encouraging all the officials working in your Institution as well as all faculty, staff and students engaged in your institution to undertake the above activities and make the 'Har Ghar Tiranga' Campaign a resounding success. A weekly update of the activities undertaken may please be sent to the email ID management-edu@nic.in.

With regards,

Yours sincerely,

(K. Sanjay Murthy)

The Director
IISc, All IIMs, IITs, IIITs, IISERs, NITs



Brochure of Selfie With Flag

Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements.

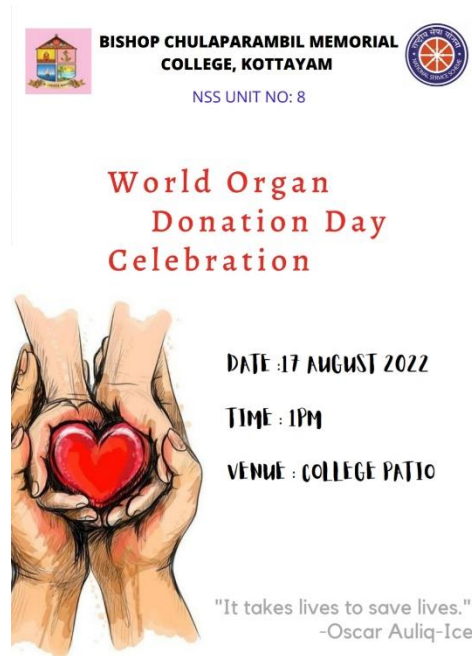
As we countdown to 15th August 2023, Azadi Ka Amrit Mahotsav aims to further boost this peoples' movement through collaborative campaigns and outreach across India and the world. This evolution has led to the creation of new nine themes under Azadi Ka Amrit Mahotsav, each aligned with the 'Panch Pran' announced by Hon'ble Prime Minister during Independence Day 2022. Citizens can also upload their selfie with the national flag on the Har Ghar Tiranga website.

As part of “75th” Independence day of India all the volunteers had to take a selfie with the flag . The students those who submitted the selfies got an e- certificate for the participation in this program from the Govt. of India.



E-Certificate of Selfie with Flag

WORLD ORGAN DONATION DAY CELEBRATION



Brochure World Organ Donation Day

NSS unit of Bishop Chulaparambil Memorial College in celebrating World Organ Donation Day and raising awareness about the importance of organ donation. Organ donation is indeed a noble act that can save and improve the lives of many individuals in need.

The significance of observing World Organ Donation Day on August 17/07/23 is to highlight the critical need for organ donations and to educate the public about how donating organs can make a life-changing impact. The global observance of this day serves as a reminder that organ failure is a serious issue that affects numerous lives, and by promoting organ donation, more lives can be saved and improved.

The fact that organ failure has been a major concern during the pandemic and beyond emphasizes the urgency of increasing awareness and participation in organ donation. Your initiative to start the celebration with a prayer reflects the thoughtful and respectful approach

toward the topic. It signifies the profound impact that organ donation can have on the lives of both donors and recipients.

The participation of NSS volunteers and their engagement in discussing the importance of the day demonstrates their dedication to social causes and community well-being. By spreading awareness, you are helping to debunk myths and misconceptions about organ donation, which can be a barrier for some people.

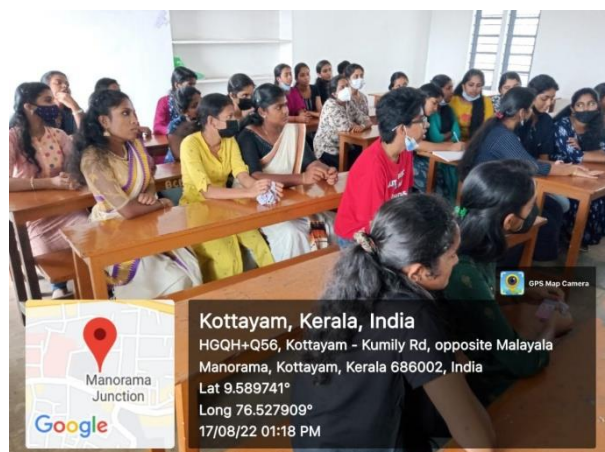
Organ donation is a life-affirming choice that can make a lasting positive impact on society. By taking the initiative to celebrate World Organ Donation Day, you and the NSS unit are contributing to the larger goal of creating a culture of compassion, empathy, and responsible citizenship.

Promoting awareness about organ donation through events like this can potentially lead to increased organ donor registrations, improved organ transplant procedures, and ultimately, more lives being saved. Your efforts are an inspiring example of how individuals and organizations can make a difference in addressing critical health challenges and improving the well-being of society as a whole.

1. Adithya P	- Adithya	III rd BSc. Mathematics
2. Churiga Q	- Churiga	III rd COMMERCE
3. Reshma Raghunath	- Reshma	II nd DC Economics
4. Anjali N.J	- Anjali	II nd DC Economics
5. Sneha J	- Sneha	II nd DC Economics
6. Sriharsha Prashanth	- Sriharsha	II nd DC Sociology
7. Devika Prasad	- Devika	II nd DC Sociology
8. Gaurinardana M.	- Gaurinardana	II nd DC FSQC
9. Jayalakshmi S.	- Jayalakshmi	II nd DC FSQC
10. Krishnapriya R	- Krishnapriya	II nd DC Zoology
11. Anandh Rajan	- Anandh	II nd DC Zoology
12. S. Shakti	- S. Shakti	II nd DC computer Science
13. Devika Janu	- Devika	II nd DC computer Science
14. Kaathika M. Anil	- Kaathika	II nd DC Sociology
15. Himisha Bhaskar	- Himisha	II nd DC Sociology
16. Jovitha Johny	- Jovitha	II nd DC Chemistry
17. Abhigamal Thulasi	- Abhigamal	II nd DC Chemistry

18. Judd Anna Sam	- Judd	II nd DC Chemistry
19. Seba Monica	- Seba	II nd DC Chemistry
20. Sreelekshmi M. Das	- Sreelekshmi	II nd DC Mathematics
21. Anusha Vija J	- Anusha	"
22. Selmitha	- Selmitha	"
23. Anishya An	- Anishya	II nd DC FSQC
24. Bhagyalakshmi	- Bhagyalakshmi	II nd DC FSQC
25. Rimi James	- Rimi	II nd DC B.Com
26. Anurag J	- Anurag	"
27. Anandh Manoj	- Anandh	"
28. Reema Thomas	- Reema	II nd DC B.Com
29. Raghini Anur	- Raghini	"
30. Hanna Mariam Antony	- Hanna	II nd DC Sociology
31. Anika Shibu	- Anika	II nd DC English M1
32. Riya Raj	- Riya	"

SR DA REMYA SIMON
NSS co-ordinator
Remya



Photos of World Organ Donation Day celebration

SENIOR CITIZEN DAY



Brochure of Senior Citizens Day

That's a wonderful initiative by Bishop Chulaparambil Memorial College NSS Unit No 8 to honor and celebrate senior citizens on Senior Citizens Day. Recognizing the valuable contributions of seniors in various fields and their impact on society is a great way to show respect and gratitude.

The act of giving flowers to grandparents and senior citizens is a heartfelt gesture that symbolizes appreciation and care. It's a simple yet meaningful way to express gratitude for their achievements and their role in shaping the community.

Honoring senior citizens not only acknowledges their past accomplishments but also emphasizes the importance of supporting them in leading fulfilling lives in their golden years. Encouraging independence and offering assistance when needed helps create an environment where senior citizens can continue to contribute to society and enjoy their lives to the fullest. Remember, Senior Citizens Day is not only about recognizing their achievements but also about creating a sense of belonging and respect within the community. Your efforts in honoring and supporting senior citizens contribute to a more inclusive and compassionate society.



Photo of Senior Citizens Day

MIME AND FLASHMOB

On September 1st, 2022, Bishop Chulaparambil Memorial College's NSS volunteers organized a flashmob and mime performance in honor of Azadi Ka Amrit Mahotsav, the theme being Indian independence. The event was a part of the college's ongoing celebrations of the 75th Independence Day.

With great enthusiasm, the NSS volunteers took the initiative to showcase the spirit of Indian independence through their performance. The flashmob and mime acts were carefully choreographed and rehearsed to depict various aspects of the country's struggle for freedom and its journey towards becoming an independent nation.

The flashmob, characterized by synchronized dance movements and energetic performances, aimed to captivate the audience and evoke a sense of patriotism. The volunteers creatively incorporated elements such as Indian flags, patriotic songs, and symbolic gestures that represented the sacrifices made by the freedom fighters. The performance conveyed the message of unity, resilience, and the indomitable spirit of the Indian people.

In addition to the flashmob, a mime performance was also organized to portray significant historical events and individuals who played pivotal roles in India's struggle for independence. Through the art of mime, the volunteers effectively conveyed emotions, stories, and messages without the use of words. This form of expression allowed the audience to connect deeply with the performances and appreciate the significance of India's independence journey.

Meanwhile, in the college auditorium, the first-year students and their parents had gathered for a Parent-Teacher Association (PTA) general meeting. The timing of the flashmob and mime performances added an element of surprise and excitement to the meeting, creating a memorable experience for all attendees. The performances served as a reminder of the sacrifices made by previous generations and instilled a sense of pride and gratitude towards the nation.

Overall, the September 1st event at Bishop Chulaparambil Memorial College was a vibrant and engaging celebration of India's independence. The NSS volunteers successfully organized a flashmob and mime performance that showcased the theme of Indian independence, while the

PTA general meeting provided an opportunity for parents and students to come together and reflect on the importance of freedom and education in shaping the future of the nation.



ONAM CELEBRATION AT OLD AGE HOME

Onam is indeed a festival that holds great significance in Kerala and is celebrated with immense enthusiasm and inclusivity. It brings together people from all communities, transcending religious, caste, and creed boundaries. The spirit of unity and joy during this festival is something that is cherished by all.

On September 3rd, 2022, the NSS volunteers of BCM College in Kottayam organized a heartwarming Onam celebration at "Snehakoodu Abhayamandiram," an Old Age Home in Kottayam. The aim of this event was to spread happiness and create a sense of belonging among the elderly residents of the home.

The festivities began at 10 am, with Rujmini Arun, a student volunteer, warmly welcoming all the participants to the occasion. The presence of the NSS volunteers and their efforts to organize the celebration must have made the elderly residents feel valued and cared for, especially during a festival that is known for bringing families and communities together.

Mr. Bijoy Thomas, the NSS program officer, conveyed the Onam message, adding a meaningful touch to the event. The celebration included a variety of cultural programs and games, carefully arranged by the volunteers to ensure that the elderly residents had a delightful and enjoyable time.

The inclusion of the old age home members in the different programs highlights the thoughtful approach of the NSS volunteers in making sure that everyone, regardless of age or background, could participate and experience the joy of the festivities.

Events like this Onam celebration at the old age home not only provide entertainment and happiness to the residents but also foster a sense of camaraderie and compassion among the student volunteers. The act of organizing such events demonstrates the commitment of the NSS volunteers to contribute positively to society and make a difference in the lives of others.

By extending their efforts beyond the college and reaching out to the elderly community, the NSS volunteers exemplify the true spirit of Onam – a festival that unites people and embraces the principles of harmony, inclusivity, and togetherness. Such initiatives serve as shining examples of the power of community engagement and the impact of selfless service on creating a more cohesive and compassionate society.









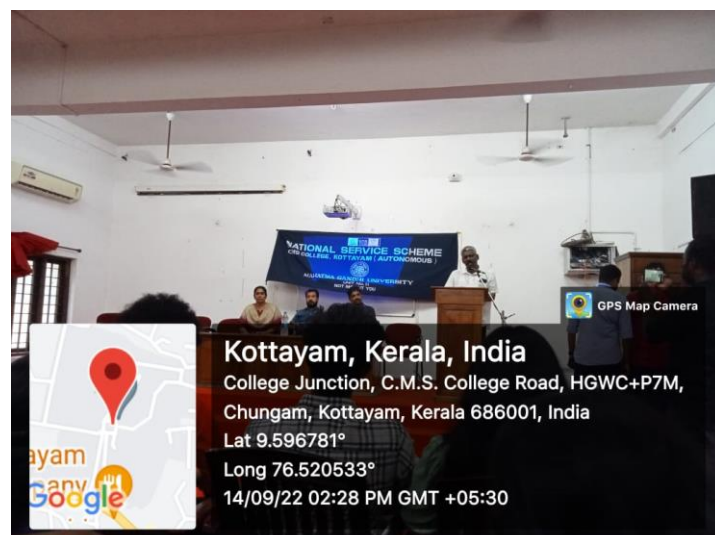
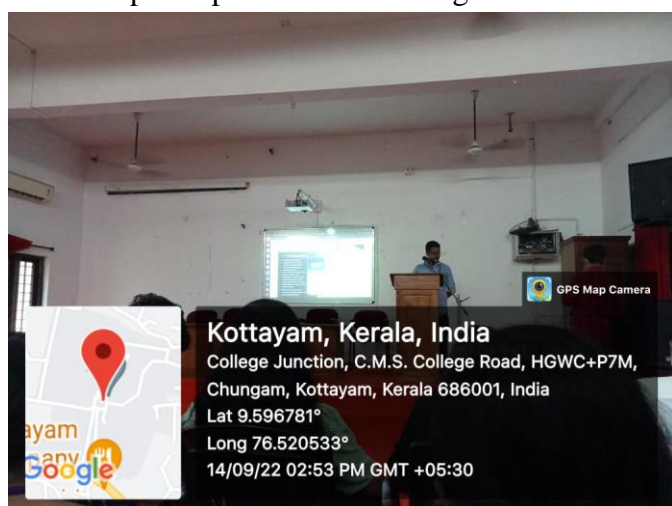
Photos of Onam celebration

AADHAAR AND VOTER ID CARD LINKING TRAINING PROGRAM

The Election Commission has started a drive to link voter identity cards with Aadhaar across several states. The poll panel has said that the exercise is being carried out to establish the identities of the voters and authentication of entries in the electoral rolls. This comes months after the Parliament passed the Election Laws (Amendment) bill 2021 to link electoral roll data with Aadhaar ecosystem.

On 14 September, 2022 a Training program was conducted at CMS College, Kottayam. The program was organised by the NSS Unit. The program was held in the Josephine Hall at 2:00 pm. Program was inaugurated by Anilkumar S N , Electoral Registration Office and Tehsildar , Kottayam.

The program was started by prayer song. The class was conducted by Mr. Binu and Mr. Prashobh , Assistant Officer Electoral Registration Office, Kottayam. The training class was conducted on the process of linking Aadhaar and Voter Identity Card and also the process of registration of new Voter Identity Card for those who have 18 years. After this process our new ID card will reach us only after 4 months from the time of registration. Kumari. Liya Elsa James , Dept. of Commerce and Kumari. Reshma Reghunath , Dept. of Economics had participated in the training section.



Photos of Aadhaar And Voter Id Card Linking Training Program

The Indian Swachhata League Clean India Campaign



Brochure of Indian Swachhata League Clean India Campaign

The Indian Swachhata League is an inter-city competition in India that promotes cleanliness and aims to ensure garbage-free beaches, hills, and tourist places across the country. The league commenced on September 17th, 2022, which coincides with Seva Diwas, a day dedicated to service, and it will continue until October 2nd, 2022, which is celebrated as Gandhi Jayanti in honor of Mahatma Gandhi's birthday.

On September 17th, 2022, as part of the Indian Swachhata League, the NSS volunteers of BCM College in Kottayam actively participated in a program organized by the Kottayam Municipal

Cooperation at Kodimatha. The event saw the enthusiastic involvement of around 35 NSS volunteers from the college.

The program's inauguration was graced by Sri. Bincy Sebastian, the Chairperson of Kottayam Municipal Council. The event commenced at 9 am, and it attracted numerous volunteers from various colleges in the region who also participated in the cleanliness drive.

The program kicked off with a rally led by the volunteers, symbolizing their commitment to cleanliness and environmental responsibility. Throughout the event, various activities, including street plays and cultural programs, were conducted by students from different colleges, adding a creative touch to the initiative.

The primary objective of the program was to clean up Kodimatha and its surrounding areas, contributing to the larger goal of creating a cleaner and healthier environment for all. By participating in such events, the NSS volunteers demonstrated their dedication to social service and their passion for fostering a clean and sustainable community.

The active involvement of all NSS students showcases their collective effort to make a positive impact on the environment and society. This inter-college collaboration under the Indian Swachhata League further reinforces the idea that cleanliness and waste management are collective responsibilities that transcend boundaries and require the participation of everyone.

Such initiatives not only contribute to making specific locations cleaner but also promote awareness and inspire others to take similar actions. Events like this reinforce the significance of community engagement and the importance of individual contributions towards a cleaner and greener India.

By actively participating in the Indian Swachhata League, the NSS volunteers from BCM College exemplify the spirit of service and responsibility, aligning with the values upheld by Mahatma Gandhi, whose birthday is celebrated as Gandhi Jayanti on October 2nd. These efforts contribute to building a more sustainable and environmentally conscious nation, which aligns with the larger Swachh Bharat Abhiyan (Clean India Campaign) launched in 2014.



കോട്ടയം നഗരസഭ
ഇൻഡൻ സ്വച്ഛതാ ലീഗ്
17 സെപ്റ്റംബർ 2022

"തമിഴ്നാട് നഗരത്തിന്റെ ഭൂമിയിൽ
[പ്രവർത്തനങ്ങളിൽ നമുക്ക് പങ്കാളികളാകാം]"

ജില്ലാതലം: ബഹു. ഡയറക്ടറുടെ പ്രീതിയിൽ ബഹുമാന്യർ
ബഹു. ഡെപ്യൂട്ടി ഡയറക്ടർ (സി. ഇ. ബോധകൃഷ്ണൻ)
ബഹു. ജനകീയ ജ്ഞാപിക്ക് കമ്മിറ്റി ചെയർമാൻ (ശ്രീ. എസ്. കുമാരഗോപാൽ)
കോർഡ് സാമ്പിൾ ബഹു. ജ്ഞാപിക്ക് കമ്മിറ്റി ചെയർമാൻ, ബഹു. കൗൺസിലർ

Swachhata
Kottayam

GPS Map Camera

KODIMATHA

Google

Kottayam, Kerala, India
HGH9+3JR, Near Police Station,
Kodimatha, Kottayam, Kerala 686013, India
Lat 9.577767°
Long 76.519192°
17/09/22 10:26 AM GMT +05:30





Photos of Swachh Bharat Clean India Campaign

NSS DAY



Brochure of NSS DAY

On September 24th, 2022, the celebrations of the National Service Scheme (NSS) at the university level took place at Government College Thripunithura. The program commenced at 10:00 AM with the rendition of the NSS Anthem, setting the tone for the day's events. The flag was hoisted by the college's Principal, Dr. Lakshmi S., symbolizing the spirit of the NSS.

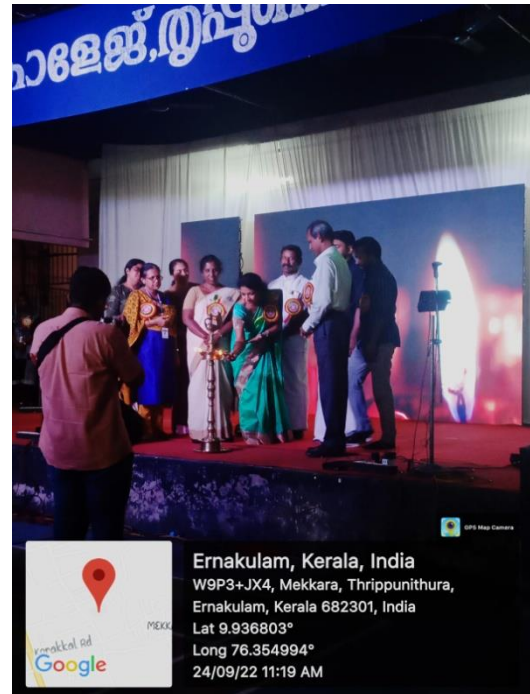
The program was inaugurated by Dr. Shri Sabu Thomas, the Vice Chancellor of Mahatma Gandhi University in Kottayam. His presence added prestige and significance to the occasion, highlighting the importance of community service and the NSS's role in promoting social welfare.

The celebrations were further enhanced by the presence of Shri Vishnu Unnikrishnan, a renowned cine-actor. His participation in the event added an element of excitement and inspiration to the proceedings, motivating the NSS volunteers and other attendees. Cultural events formed an integral part of the celebrations, providing a platform for the NSS volunteers to showcase their talents. With active participation from the volunteers, the cultural events captivated the audience and added vibrancy to the atmosphere. The music performance by 'Four By Four' particularly stood out, leaving a lasting impression and creating remarkable memories for the NSS volunteers.

As the program drew to a close at 1:30 PM, Mrs. Anitha, the NSS program officer of Government College Thripunithura, delivered a vote of thanks, expressing gratitude to all those who contributed to the success of the event. Her words of appreciation acknowledged the efforts of the organizers, volunteers, and guests, recognizing their collective dedication towards the NSS and its mission of community service.

The NSS celebrations at Government College Thripunithura on the university level brought together students, faculty, and esteemed guests to commemorate the spirit of service and social

welfare. The event served as a reminder of the NSS's commitment to nurturing responsible citizens and promoting positive change in society.



Photos of NSS DAY

World Tourism Day: Skit Competition



Brochure of World Tourism Day: Skit Competition

On September 27th, 2022, in commemoration of World Tourism Day, the NSS unit of Bishop Chulaparambil Memorial College organized an inter-department skit competition at the college auditorium. This event aimed to highlight the significance of the tourism sector in preserving cultural and natural heritage while emphasizing its role in generating employment and opportunities, particularly for women and youth, both in rural and urban areas.

The skit competition provided a platform for students from different departments to showcase their talents and creativity in portraying the various aspects of tourism. Through the medium of skits, the participants depicted the importance of responsible tourism, the conservation of cultural and natural heritage, and the positive impact of the tourism industry on local communities.

The skits also shed light on the potential challenges faced by the tourism sector, such as overtourism, environmental degradation, and cultural exploitation. By raising awareness about these issues, the participants aimed to promote sustainable and ethical tourism practices among the audience.

The competition not only encouraged artistic expression but also fostered teamwork and collaboration among the participants. It provided them with an opportunity to research and understand the diverse cultural and natural resources present in different parts of the world, and how tourism can contribute to their preservation.

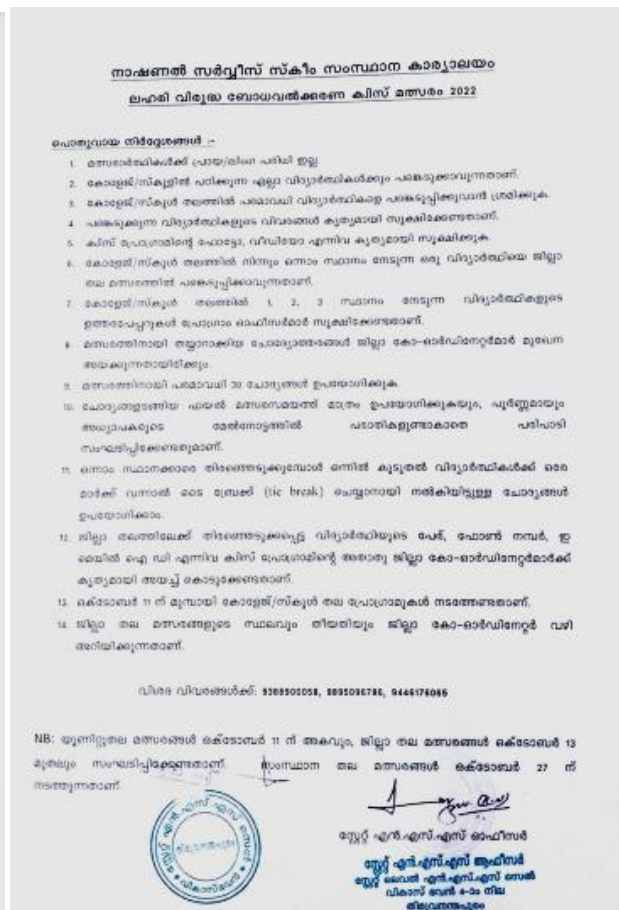
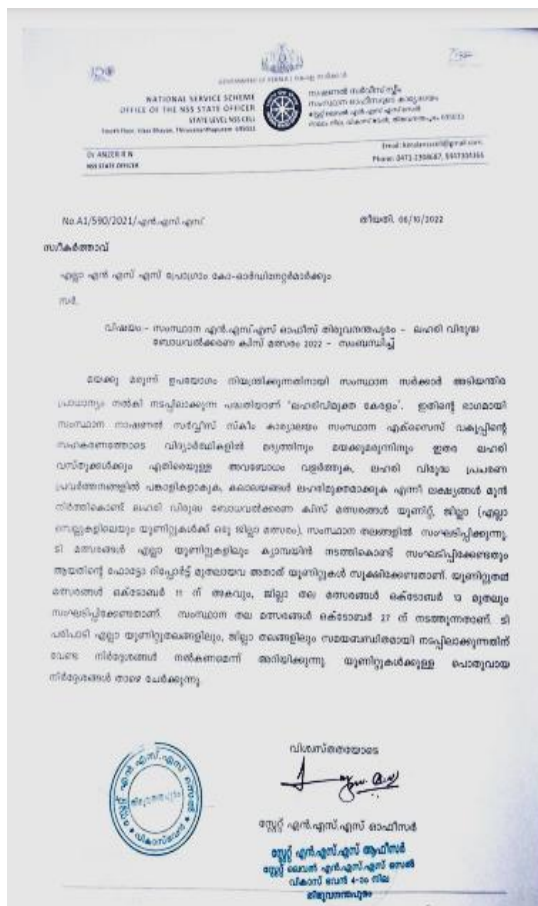
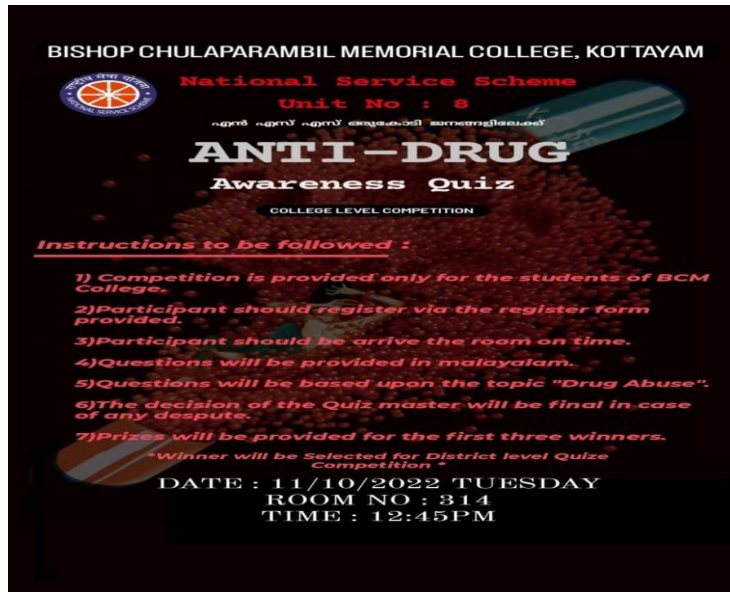
The event witnessed enthusiastic participation from students across various departments, showcasing their acting skills and delivering powerful messages through their skits. The performances entertained and educated the audience about the importance of responsible tourism, while inspiring them to become conscious travelers and advocates for sustainable practices.

By organizing the inter-department skit competition on World Tourism Day, the NSS unit of Bishop Chulaparambil Memorial College effectively promoted awareness about the crucial role of the tourism sector in preserving cultural and natural heritage. The event encouraged students to become responsible tourists and contributed to the overall understanding of the positive impact of tourism on local communities and the environment.



Photo of Inter-Department Skit Competition on World Tourism Day

ANTI DRUG QUIZ COMPETITION



Brochure and Circular of Anti-Drug Quiz Competition

Absolutely, staying away from drugs is crucial due to the numerous dangers associated with drug use. The effects of drugs on health can be devastating, leading to physical and mental health problems. Substance abuse can also result in academic failure, as it impairs cognitive abilities and affects a person's ability to focus and perform well in school or work.

Moreover, drug use jeopardizes safety, not just for the individual using drugs but also for those around them. Impaired judgment and coordination can lead to accidents and risky behaviors, putting both the user and others at risk.

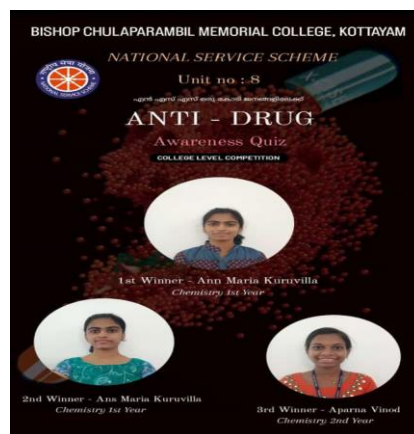
It's essential to recognize that drugs are chemicals that alter the functioning of the body and mind. This disruption can lead to dependency and addiction, making it challenging for individuals to quit using drugs on their own.

Fortunately, many devices and treatments have been developed to help individuals overcome addiction. Rehabilitation centers play a significant role in providing comprehensive support and treatment for those struggling with drug dependency. These centers offer various therapies, counseling, and medical assistance to aid in the recovery process.

Bishop Chulaparambil Memorial College's NSS unit organized a college-level State Government Anti-Drug Quiz Competition on October 11th, 2022. It's great to see students actively participating in such events to raise awareness about the dangers of drug use. Congratulations to the winners, Ann Maria Kuruvilla, Ans Maria Kuruvilla, and Aparna Vinod, for their remarkable performance in the competition.

Their achievement of securing first and second prizes at the district level and being selected for the state-level competition shows their dedication and knowledge on the subject. It's crucial to continue encouraging and supporting efforts like these to promote a drug-free and healthy society.

Events like this can play a significant role in educating the youth about the adverse effects of drug use and the importance of staying away from drugs. It's also vital to emphasize the support systems available for those who may be struggling with addiction, such as rehabilitation centers and the support of family and friends.



Photos of Anti-Drug Quiz Competition

BIRTHDAY EXPRESS AT SOLACE

On October 22nd, 2022, the NSS volunteers organized a heartwarming event called "Birthday Express" at the solace of the children and their parents. The event aimed to bring joy and happiness to the children and create memorable moments for them and their families.

During the Birthday Express event, the NSS volunteers collaborated closely with the children and their parents, creating a warm and inclusive atmosphere. The program was designed to make the children feel special on their birthdays and to foster a sense of community and togetherness among all participants.

One of the highlights of the event was the distribution of birthday gifts to the children. The thoughtful and generous gesture of providing gifts to the young celebrants added to the excitement and happiness of the occasion. These gifts not only brought smiles to the faces of the children but also touched the hearts of their parents, who were appreciative of the efforts made by the NSS volunteers to make their children's birthdays extra special.

The entire event was a great success, as the children and their parents expressed their happiness and gratitude towards the NSS volunteers for organizing such a wonderful celebration. The Birthday Express event exemplified the spirit of community service and demonstrated how simple acts of kindness can make a significant difference in the lives of others.

By organizing events like this, the NSS volunteers not only create cherished memories for the children and their families but also reinforce the values of compassion, empathy, and social responsibility among the student community. Such initiatives strengthen the bond between the college and the local community and contribute to building a more caring and inclusive society.

The success of the Birthday Express event serves as an inspiration for future community engagement activities, encouraging NSS volunteers to continue making positive impacts on the lives of those they serve. Through their dedication and selfless efforts, the volunteers have proven that small acts of kindness can bring immense happiness and create a ripple effect of positivity in the community.



Photo of birthday celebration

Aymanam Survey Report

On October 29th, 2022, the NSS Volunteers of BCM College in Kottayam, in association with Harithamithram, conducted a survey at Aymanam Grama Panchayat. Approximately 80 NSS volunteers participated in this initiative.

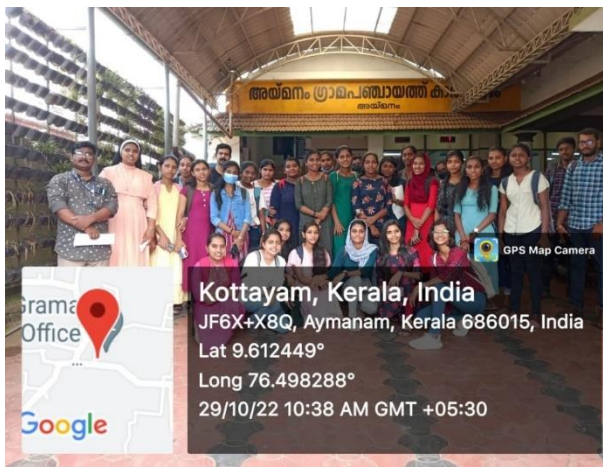
The day began with the volunteers gathering at the panchayat office at 9:30 am. They were then organized into different groups, each consisting of 4 to 5 members. Each group was supervised by 1 or 2 ashaworkers, who provided guidance and support throughout the survey.

The primary objective of the survey was to affix the QR code provided by the Harithamithram mission on houses in the Grama Panchayat area. This QR code was part of an effort to track waste management practices and ensure that waste was being properly collected and disposed of in an eco-friendly manner.

Once the teams were formed, they were assigned specific wards within the Grama Panchayat. The NSS volunteers, together with the ashaworkers, visited these wards to carry out the survey. They interacted with the residents, took basic information about the households, and ensured that the QR codes were properly affixed to each house. This data collection process played a crucial role in implementing effective waste management strategies.

The entire event was well-organized, and the Panchayat authorities extended their support by providing food for all the NSS volunteers. The volunteers displayed great enthusiasm and actively participated in the survey, making the initiative a resounding success.

Through their collaborative efforts, the NSS volunteers, Harithamithram, and the Panchayat authorities took significant steps towards promoting sustainable waste management practices within Aymanam Grama Panchayat. By affixing the QR codes and gathering valuable information about households, they laid the foundation for a cleaner and greener environment, fostering a sense of responsibility and awareness within the community.



Photos of Aymanam Survey

SURVEY REPORT- ARPOOKARA PANCHAYAT

On November 5th, 2022, NSS Unit No. 8 of BCM College in Kottayam, in collaboration with Harithamithram, organized a survey at Arpookara Grama Panchayat. Approximately 50 NSS volunteers participated in this important environmental initiative.

The day began with the volunteers gathering at the Medical College stand at 9:30 am. They were then divided into different groups, and each group was assigned specific wards within the Grama Panchayat. An asha worker supervised each group, providing guidance and assistance throughout the survey.

The main objective of the survey was to affix QR codes, provided by Harithamithram, on households in the Arpookara Grama Panchayat area. The QR codes were a crucial part of the waste management system, helping to monitor and ensure the proper collection of plastic waste from each house.

Once the teams were formed and assigned their respective wards, they set out to conduct the survey. The NSS volunteers, along with the asha workers, visited each household in their appointed wards. They interacted with the residents, verified the proper collection of plastic waste, and affixed the QR codes to the respective houses.

The Grama Panchayat authorities played a supportive role by arranging meals for all the NSS volunteers, ensuring they had the energy to actively participate in the survey.

By conducting this survey, the NSS volunteers and Harithamithram aimed to promote responsible waste management practices and create awareness about the importance of recycling and proper disposal of plastic waste. The affixing of QR codes provided a practical and innovative approach to track and manage waste collection efficiently.

The active involvement of the NSS volunteers demonstrated their commitment to environmental sustainability and community welfare. Together with Harithamithram and the support of the Grama Panchayat, this initiative contributed to building a cleaner and greener environment in Arpookara Grama Panchayat.

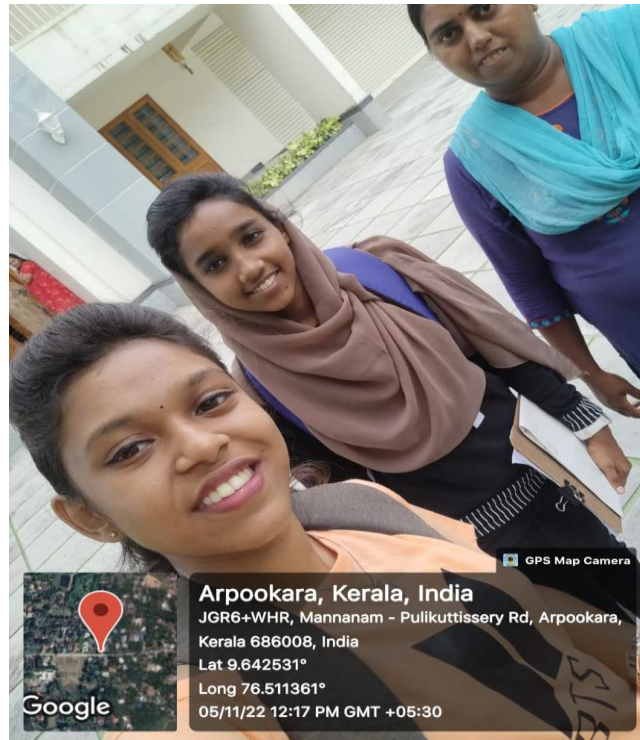


Photo of Survey Arpookara Panchayat

LAHARIYILLA THERIVU (DRUG FREE SOCIETY) FLASH MOB PARTICIPATION.

It's commendable to hear about the participation of NSS Unit No.8 from BCM College in the 'Lahariyilla Therivu' flash mob competition held in Kottayam on November 1st, 2023. The initiative to spread awareness about the dangers of drugs and advocate for a drug-free society is incredibly important for the well-being of communities.

The use of a flash mob as a medium for awareness is an innovative and engaging approach. Flash mobs have the potential to capture the attention of a wide audience and deliver important messages effectively. By participating in such a competition, the NSS volunteers are not only showcasing their creativity but also contributing to a meaningful cause.

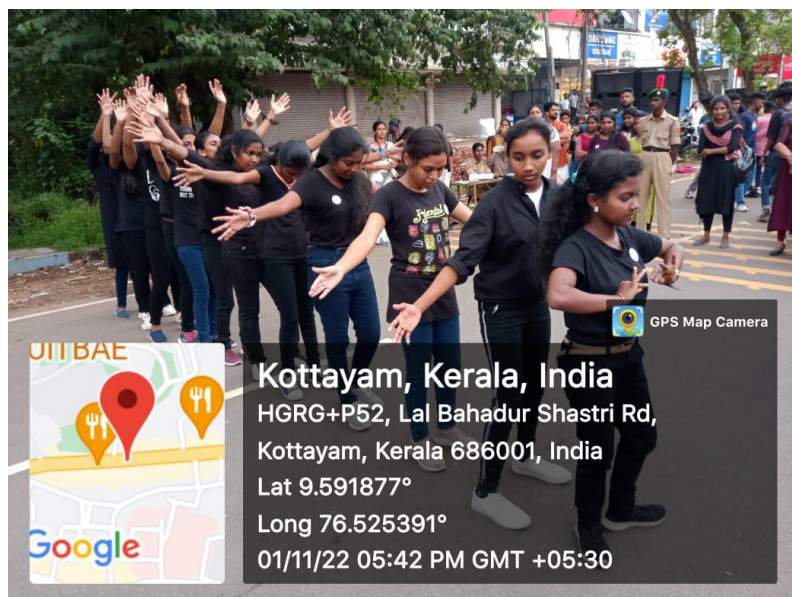
The diverse range of competitions, including mime, solo performances, and flash mobs, ensures a well-rounded event that appeals to different talents and interests. This variety can attract a larger audience and maximize the impact of the awareness campaign.

The involvement of excise officers, NCC (National Cadet Corps) members, and SPC (Student Police Cadet) volunteers indicates a collaborative effort to ensure the success and safety of the event. Collaborations like these enhance the credibility and reach of awareness initiatives.

Providing refreshments for the participating volunteers is a thoughtful gesture that shows appreciation for their dedication and contribution to the event. It also helps create a positive and supportive atmosphere during the event.

Participating in the human chain campaign further emphasizes the unity and commitment of the NSS volunteers to the cause. Human chains are symbolic representations of solidarity and collective action.

Overall, the participation of NSS Unit No.8 from BCM College in the 'Lahariyilla Therivu' flash mob competition reflects the dedication of the college community to addressing important social issues and spreading awareness for positive change. Such initiatives have the potential to make a lasting impact on individuals and the community as a whole.



Photos of 'Lahariyilla Therivu'

VIGILANCE AWARENESS FLASHMOB AND STREET PLAY



Brochure of Vigilance Awareness Week

The NSS UNIT of Bishop Chulaparambil Memorial College to celebrate Vigilance Awareness Week and promote the fight against corruption associated with rubber board Kottayam on 05/11/2023. Vigilance Awareness Week is an important annual event that coincides with the birthday of Sardar Vallabhbhai Patel, a renowned figure known for his high integrity.

The vision of the Government of India to create a New India by 2022, the 75th anniversary of independence, is commendable, and promoting integrity, transparency, and accountability in public life is crucial for achieving this goal.

Organizing a flashmob and street play to raise awareness about the fight against corruption is a creative and engaging way to reach out to the public. These activities can capture people's attention and effectively convey the message about the harmful impact of corruption on society and the importance of maintaining integrity in all spheres of public life.

Events like these play a significant role in educating and motivating individuals to take a stand against corruption and contribute to building a more transparent and accountable society. By encouraging active participation and dialogue on this issue, the NSS UNIT of Bishop Chulaparambil Memorial College is contributing to the larger efforts of the Central Vigilance Commission and the government's vision for a better India.

Promoting vigilance awareness and integrity is essential in fostering a culture of ethical behavior and responsible citizenship. Such initiatives encourage people to be vigilant against corruption and unethical practices and contribute to the collective effort of building a stronger and more prosperous nation.



Photos of Vigilance Awareness Week Celebration

2 CRORE GOALS

The Kerala government's 'NO TO DRUGS CHALLENGE' campaign is a commendable initiative aimed at raising awareness about the detrimental effects of drug abuse and promoting a healthy lifestyle among the youth. By tying the campaign to the FIFA World Cup and the concept of 'Healthy Youth,' the program seeks to engage young people in positive and meaningful activities that can deter them from getting involved in substance abuse. The involvement of the NSS unit of BCM College in organizing the camp demonstrates the college's commitment to social responsibility and community engagement on 13/12/023. Inaugurating the camp under the guidance of the college principal, Dr. Steffi Thomas, adds credibility to the initiative and shows the support and endorsement of the college administration.

The '2 Crore Goals' program sounds intriguing and impactful. It's likely designed to set goals for young individuals that promote physical activity, wellness, and overall positive life choices. These kinds of initiatives can contribute to the development of a strong, healthy, and resilient youth population.

Such camps and programs play a crucial role in educating young people about the dangers of substance abuse and providing them with alternatives that promote physical and mental well-being. They also create a sense of community and shared purpose among participants, reinforcing the importance of making positive life choices.

Overall, the efforts of the Kerala government, the 'NO TO DRUGS CHALLENGE' campaign, and the participation of BCM College's NSS unit are all steps in the right direction towards creating a healthier, drug-free society and nurturing a generation of responsible and informed citizens.



Photos of 2 Crore Goals

NSS Orientation Camp 2022 Report.

Organizing an orientation camp for NSS volunteers at BCM College is a commendable initiative. Orientation camps play a crucial role in introducing new volunteers to the NSS program, familiarizing them with its objectives, and encouraging them to actively engage in social service activities.

Holding the camp on the campus itself provides a convenient and accessible location for all the participants. This helps create a sense of belonging and attachment to the college and its NSS unit, making it easier for volunteers to get involved in future activities.

The duration of three days for the camp (from 16th December 2022 to 18th December) allows ample time for various activities, workshops, and sessions. It provides an opportunity for the volunteers to bond, share experiences, and gain insights into the significance of NSS in community service.

During the camp, the volunteers likely engaged in team-building exercises, leadership training, and workshops on relevant social issues. They might have also received information about the ongoing and upcoming NSS initiatives, allowing them to plan and participate effectively in future projects.

Furthermore, the orientation camp would have emphasized the core values of the NSS program, such as selfless service, empathy, and social responsibility. This helps instill a sense of purpose and commitment in the volunteers towards making a positive impact on society.

Orientation camps are not only about learning and training but also about fostering camaraderie and a spirit of collaboration among the participants. Friendships formed during such camps can lead to long-lasting associations and partnerships in the journey of social service. The orientation camp at BCM College was a resounding success and that the NSS volunteers are now motivated and well-prepared to actively contribute to the betterment of their communities and society at large.



16th December 2022-Day 1

The opening evening of the orientation camp for NSS volunteers at BCM College seems to have been filled with excitement, inspiration, and entertainment. It's evident that the organizers put effort into creating a memorable and engaging experience for all the participants.

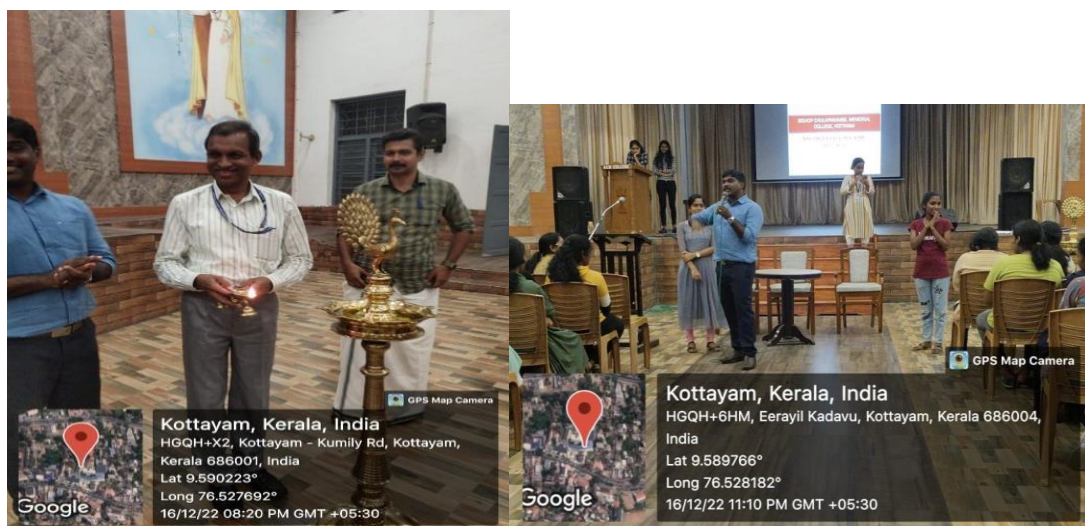
The fun session with Anil Sir, the H.O.D of the Malayalam department, sounds like a great start to the camp. Sharing his past experiences as an NSS Coordinator and singing songs with the volunteers likely helped set a positive and lively atmosphere, making everyone feel at ease and enthusiastic about the upcoming events.

The formal inauguration of the camp, hosted by Senior Volunteer Secretary Surya, added a sense of importance to the occasion. Volunteer Secretary Adhithya's welcome speech must have made the guests feel appreciated and valued for their presence. The lighting of the lamp ceremony by Dr. E.N. Sivadasan Sir, the NSS Programme Coordinator of MGU, symbolizes the beginning of the camp with a sense of enlightenment and positivity.

Dr. Sivadasan's motivational inauguration speech likely inspired the volunteers, emphasizing the significance of NSS activities in making a positive impact on society. The short speech by Dr. Steffy Thomas, the principal of BCM College, must have been encouraging and supportive, setting the tone for the camp and the volunteers' involvement in community service.

The musical performance by confident volunteer Sneha sounds delightful and must have added a touch of entertainment and enjoyment to the event. The official inauguration ceremony concluded with the vote of thanks given by Volunteer Amala, expressing gratitude to all the guests and participants. Continuing the camp with an ice-breaking session by Dr. Ajeesh K.R, MGU NSS Coordinator of Kottayam, indicates efforts to build camaraderie among the volunteers and foster a sense of unity within the group.

Wrapping up day 1 with feedback from the volunteers is a thoughtful way to gather their impressions and ensure their voices are heard, helping the organizers make any necessary adjustments for the following days. Overall, it seems like the opening day of the orientation camp was filled with positivity, enthusiasm, and engaging activities.



17th December 2022-Day 2

The second day of the orientation camp for NSS volunteers at BCM College sounds like a day filled with a diverse range of activities and learning experiences. It's evident that the organizers put in effort to provide both educational and fun-filled sessions to keep the volunteers engaged and motivated.

The parade training conducted by NSS cadet Parvathy in the morning must have been an exciting activity for the volunteers. Learning basic commands of the parade can help instill

discipline and coordination among the volunteers. The breakfast session likely provided an opportunity for all the volunteers to come together, share experiences, and bond as a group.

The first session of the day conducted by Dr. C. Thomas Abraham, TCL International facilitator, sounds deeply inspiring. Sharing touching stories and experiences related to NSS would have opened the minds of the volunteers and provided them with valuable insights into the significance of community service and its impact on society. Dividing the volunteers into gem groups and conducting a laughing competition was a clever way to encourage teamwork and familiarity among group members. Laughter is a great way to bring people together and create a positive atmosphere.

The session taken by Sir Jobin George, the NSS Ernakulam district Coordinator of MGU, on fun games and the importance of time management seems to have been a valuable and enjoyable learning experience for the volunteers. Participating in the Santa Claus procession held at Kottayam must have been a fun and festive activity, bringing joy and cheer to the community. Watching a football match together further strengthens the camaraderie among the volunteers and provides a recreational break from the day's activities. The cultural night where each volunteer got a chance to showcase their talents individually and as a group would have been a highlight of the day. Such events promote creativity, self-expression, and teamwork among the participants.

Overall, day 2 of the orientation camp appears to have been a well-planned and engaging experience for the NSS volunteers. The mix of learning sessions, fun activities, and cultural performances likely created lasting memories and strengthened the sense of unity and purpose among the volunteers.



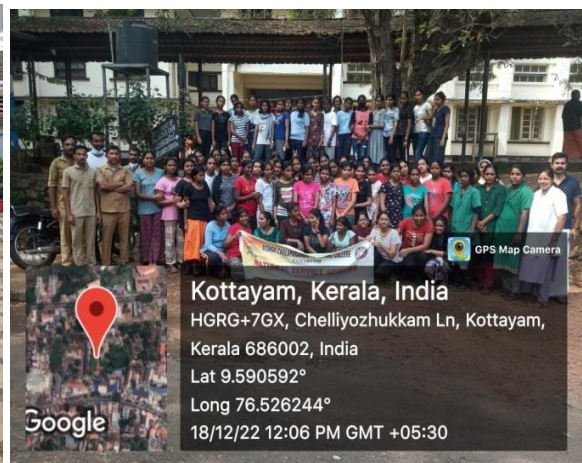
18th December 2022-Day 3

The final day of the orientation camp for NSS volunteers at BCM College started with another parade training, likely reinforcing the skills learned on the previous day. The parade training might have helped instill discipline and coordination among the volunteers, preparing them for any future events or activities that require such skills. After breakfast, a small assembly was held, likely to brief the volunteers about the day's schedule and activities.

The main highlight of the day was the field trip to the district hospital in Kottayam. This field trip would have provided the volunteers with a practical opportunity to engage in community service and apply their learning from the orientation camp. Each gem group was assigned different duties at the hospital, likely under the guidance and direction of the RMO (Resident Medical Officer) Dr. Aravind. These duties might have included assisting hospital staff, interacting with patients, or helping with administrative tasks.

Completing the given duties at the district hospital would have been a valuable experience for the volunteers, as it allows them to directly contribute to the welfare of the community and understand the significance of their role in social service. With the support and assistance of the hospital staff, the volunteers were able to fulfill their responsibilities and make a positive impact during their visit. After completing their duties, the volunteers returned to the college, likely feeling fulfilled and accomplished from their field trip.

Overall, the final day of the camp provided the volunteers with a practical and hands-on experience in community service, reinforcing the core values and objectives of NSS. The field trip to the district hospital would have given them a deeper understanding of the real-life impact of their efforts in making a difference in the lives of others. It sounds like a rewarding conclusion to the orientation camp, where the volunteers got a chance to apply their learning and contribute meaningfully to the community. Kudos to the NSS unit for organizing such a impactful camp!



The camp ended with a meeting where two volunteer Secretaries Anitta Saji and Punya Nair were elected as well as the making of documentation Comitee.



The three day orientation camp then officially came to an end and each volunteer went back to their own houses.

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On the 23rd of December 2022, at approximately 5:30 pm, an enthusiastic group of National Service Scheme (NSS) volunteers arrived at the picturesque campsite, "Mariya Bhavan English Medium School, Kumarakom," eagerly anticipating their participation in the upcoming 7-day camp named "PRATHEEKSHA." The camp promised a week of learning, collaboration, and community service. The scene was one of anticipation and camaraderie as volunteers from diverse backgrounds gathered for this enriching experience.

Promptly at 6:00 pm, the registration process kicked off, ensuring that each volunteer was accounted for and properly included in the camp's activities. As the volunteers settled in, a sense of purpose and commitment filled the air.

In preparation for the camp's activities, a few volunteers were designated for emergency mess duty, a testament to the camp's well-organized and proactive approach to managing various scenarios.

Highlighting the importance of shared experiences, two former NSS volunteers from the college, Ms. Amrutha and Ms. Gayathri, graced the occasion by joining the gathering. Their

presence added depth to the camp's interactive session, as they shared insightful stories and valuable insights from their own NSS camp journeys. This interactive session proved to be a valuable platform for the exchange of ideas, knowledge, and inspiration among the participants.

Following this engaging session, all the volunteers took a well-deserved tea break, allowing them to relax, socialize, and recharge before the evening's events continued.

As the day transitioned into its next phase, a significant moment arrived - the hoisting of the NSS flag. This symbolic act, performed by Adv. P.K. Manoharan, a respected figure within the community as a retired RDO and Panchayat Member of Kumarakom, marked the official commencement of the camp.

The welcoming atmosphere was further enhanced by Dr. Sr. Remya Simon, the dedicated NSS Program Officer of BCM College, Kottayam, who delivered a heartfelt and motivating welcome speech. Her words set the tone for the days ahead, emphasizing the importance of service, collaboration, and personal growth.

Rev. Fr. Thomas Kallapurakkal, the esteemed Manager of Mariya Bhavan English Medium School, Kumarakom, then inaugurated the camp, underscoring the significance of education, service, and community engagement in shaping young minds.

The camp's grandeur was further augmented by the presidential address delivered by Dr. Stephy Thomas, the esteemed Principal of BCM College, Kottayam. Her inspiring words resonated deeply with the volunteers, emphasizing their role as agents of positive change.

Adv. P.K. Manoharan returned to the stage, this time to deliver a felicitation, adding his encouraging words to the motivational tapestry of the event.

Expressing gratitude on behalf of the volunteers and the organizing team, Surya.S, the NSS Volunteer Secretary of the college, delivered a heartfelt vote of thanks, acknowledging the collective effort that made the camp a reality.

An invigorating "Ice Breaking Session" followed, guided by the expertise of Mr. Jobin George, the NSS District Director of Ernakulam. Through a series of dynamic games and activities, the volunteers embraced the opportunity to connect, collaborate, and forge new friendships. Their active participation demonstrated their eagerness to engage and learn from one another.

Mr. Jobin George concluded the ice-breaking session on a high note, leaving the volunteers with valuable insights, ideas, and messages that would continue to resonate throughout the camp.

As the day drew to a close, a well-prepared dinner awaited the participants, providing nourishment after an eventful day of activities. The sense of togetherness and camaraderie continued as the 84 volunteers were divided into 6 groups, setting the stage for meaningful collaboration in the days ahead.

Following dinner, the groups congregated in the school auditorium, where they were assigned their respective duties for the upcoming day. This meeting not only ensured a smooth workflow but also fostered a sense of responsibility and teamwork among the volunteers.

Around 10:30 pm, the meeting concluded, and a sense of accomplishment and anticipation filled the air. With their tasks defined and their spirits high, the volunteers retired for the night, eagerly looking forward to the enriching experiences and opportunities that awaited them in the days ahead. The camp's successful commencement marked a promising start to a week filled with learning, growth, and service.



Photos of Inauguration NSS Special camp

At the crack of dawn, around 5:30 am, the NSS volunteers began their day with a rejuvenating yoga session. The session was skillfully coordinated by Enora, Della, and Akhilendu, who ensured that the participants engaged in this mindful practice to start their day on a positive

note. The gathering of volunteers, all eager to embrace the physical and mental benefits of yoga, created an atmosphere of serenity and unity.

Following the invigorating yoga session, the volunteers assembled at the ground for the morning assembly. The campus buzzed with energy as everyone eagerly anticipated the day's activities. Around 7:30 am, a hearty breakfast was served to the NSS volunteers, further fostering a sense of togetherness and community.

The morning assembly proved to be a platform for valuable information sharing. A report on the activities of Day 1 and a newspaper report were presented, allowing everyone to stay informed about the camp's progress and achievements. As the reports were delivered, a sense of accomplishment and camaraderie filled the air.

Amidst the morning assembly, plans for the day's field work were announced. The volunteers of the 2nd group embarked on a mission to clean the Kumarakom Bird Sanctuary, demonstrating their dedication to environmental preservation. Simultaneously, other volunteers set off to the Vocational Higher Secondary School, Kumarakom, where they engaged in cleaning activities, underscoring the camp's commitment to community service.

Around 12:30 pm, the dedicated volunteers returned from their respective field work, having made a positive impact on the environment and their surroundings. They gathered once again, sharing their experiences and accomplishments, as they enjoyed a satisfying lunch.

After a well-deserved break, at approximately 2:30 pm, an engaging interaction session took center stage. Ms. Ancy Cyriac, from the Department of English at BCM College, Kottayam, led a session on the "Art of Public Speaking." This session aimed to enhance the volunteers' communication skills and confidence, empowering them to express themselves effectively. The volunteers participated enthusiastically, showing their eagerness to learn and improve.

As the day progressed, the volunteers were divided into 9 groups, each engaged in different activities that encouraged teamwork, creativity, and problem-solving. The volunteers embraced these activities wholeheartedly, demonstrating their commitment to personal and collective growth.

In a moment of great significance, distinguished guests arrived at the campsite. Dr. Anzar A. R., the Kerala State NSS Program Coordinator, Mr. E. N. Shivadasan, the M G University NSS Coordinator, and Mr. Satheesh, the NSS Syndicator, graced the occasion with their presence.

Their insightful messages and words of inspiration ignited a renewed sense of purpose and commitment among the volunteers, motivating them to continue their dedicated service.

Later in the day, a heartwarming celebration unfolded as the volunteers and members of St. Mary's Church, Kumarakom, came together to celebrate Christmas. Fr. Thomas Kallapurakkal and Sr. Sincy shared their heartfelt Christmas messages, underscoring the spirit of love, unity, and compassion.

The celebrations continued with a joyous cake-cutting ceremony, symbolizing the shared sense of festivity and togetherness. In the vibrant ambiance of the school auditorium, cultural programs presented by the volunteers added an extra layer of entertainment and enthusiasm to the celebrations. The auditorium resonated with laughter, music, and dance, as the volunteers showcased their talents and creativity.

This day, marked by enriching activities, meaningful interactions, and heartfelt celebrations, brought the volunteers closer together, strengthening the bonds of friendship and shared purpose. It was a fitting continuation of the camp's mission to inspire, empower, and create a positive impact on the community and the lives of those involved.





On the eventful day of December 25th, 2022, the NSS volunteers commenced their day at 6:00 am, awakening to the promise of a new day filled with purposeful activities. After completing their morning routines, the volunteers gathered together at 6:30 am to partake in a harmonious yoga session. The session served as a means to center their minds and bodies, preparing them for the day's endeavors.

Following the yoga session, the volunteers indulged in a nourishing breakfast, fortifying themselves for the day ahead. At 9:00 am, the volunteers set out to the boat jetty, embarking on an exciting journey. By 9:45 am, they arrived at "Pathiramanal," a destination selected for their field work. There, amidst the beauty of nature, the volunteers undertook a vital mission – the collection of plastic waste. This responsible act demonstrated their commitment to environmental preservation and sustainability.

By 2:00 pm, the volunteers returned to the campsite, their efforts contributing to a cleaner and more eco-friendly environment. After a satisfying lunch, the focus shifted to intellectual engagement as the students engaged in a group discussion. The topic, "Why youngsters prefer to go abroad for education," sparked insightful conversations and diverse perspectives, fostering critical thinking and mutual understanding.

As the day transitioned into the evening, the atmosphere became charged with excitement and creativity. The cultural programs, a highlight of the evening, commenced at 7:00 pm. Group 1 took the reins of the cultural night, delivering a delightful and captivating performance that left everyone entertained and uplifted. The array of talents displayed on stage added a touch of vibrancy to the camp, reinforcing the sense of unity and shared joy among the volunteers.

Post the cultural performances, a reflective segment followed, wherein one volunteer from each group shared their thoughts and experiences from the day. This practice promoted introspection, encouraging the volunteers to articulate their personal takeaways and impressions.

Guiding the volunteers toward the forthcoming day's activities, Bijoy Thomas, the NSS Program Officer of BCM College, Kottayam, provided essential instructions regarding the next day's duties and fieldwork. This guidance ensured a well-prepared and organized approach to their responsibilities, contributing to the smooth functioning of the camp.

As the clock neared 10:30 pm, the volunteers concluded the day with a satisfying meal. With hearts and minds full from a day of meaningful interactions, productive work, and shared enjoyment, the volunteers retreated to their accommodations, preparing to rest and rejuvenate for the days that lay ahead. The day encapsulated the essence of the camp – a harmonious blend of service, learning, creativity, and camaraderie that continued to shape the journey of the NSS volunteers at the "PRATHEEKSHA" camp.



On the vibrant morning of December 26th, 2022, the NSS volunteers once again embraced the day with enthusiasm. Commencing at 6:00 am, they diligently completed their morning routines before congregating for their regular yoga session. This invigorating practice helped center their minds and energize their bodies, setting a positive tone for the day ahead.

After breakfast, at approximately 9:30 am, the entire group of NSS volunteers embarked on a collective journey to "Krishi Vigyan Kendra," located in Kumarakom. This agricultural knowledge center was their destination for the day, offering a valuable opportunity for learning and engagement.

The first session of the day was led by Assistant Professor Dr. Navya from Krishi Vigyan Kendra. With expertise and passion, she delved into the topic of "Aqua Waste Management and Crop Cultivation," providing the volunteers with insights into sustainable agricultural practices and the crucial relationship between aquaculture and crop cultivation.

Following this enlightening session, Ms. Ashitha, an Assistant Researcher from Krishi Vigyan Kendra, Kumarakom, took the stage for a seminar on "Compost and Waste Management at Home." This session emphasized the significance of individual contributions to waste management and sustainable living, empowering the volunteers to make positive changes in their daily lives.

The learning journey continued with the third session led by Dr. Manuvel, who shared his expertise on "Horticulture and Its Benefits." The volunteers gained a deeper understanding of the importance of horticultural practices and their impact on environmental conservation and human well-being.

A fulfilling lunch was enjoyed at Krishi Vigyan Kendra, further fostering a sense of camaraderie among the volunteers. Post-lunch, an engaging activity awaited – the planting of tree saplings alongside KVK members, contributing to the promotion of greenery and environmental sustainability.

Returning to the campsite around 4:00 pm, the volunteers took a moment to recharge with a tea break. As evening descended, the cultural festivities kicked off at 7:00 pm with Group 2 taking the lead. The cultural programs showcased the diverse talents and creative expressions of the volunteers, fostering an atmosphere of celebration and unity.

With active participation and heartfelt enthusiasm, the volunteers added to the vibrancy of the cultural evening. As the clock approached 10:30 pm, the day drew to a close, and everyone retreated to rest, reflecting on the meaningful experiences and valuable knowledge gained throughout the day. The day's activities encapsulated the spirit of learning, service, and camaraderie that defined the essence of the "PRATHEEKSHA" camp.



On the dynamic morning of December 27th, 2022, the NSS volunteers commenced their day with a burst of energy, gathering at 6:30 am for an exhilarating Zumba dance session. This lively activity set the tone for a day filled with enthusiasm and movement. Following the dance session, at 8:30 am, the volunteers enjoyed a satisfying breakfast, fueling themselves for the day's upcoming activities.

As the morning progressed, the volunteers were divided into two groups. Group one and two engaged in a meaningful cleaning initiative alongside "Thozhilurappu" members, emphasizing the camp's commitment to community service. Simultaneously, other dedicated volunteers embarked on a cleaning endeavor at St. Peter's School, Kumarakom. This collective effort underscored the volunteers' dedication to enhancing their surroundings.

Around 12:30 pm, the volunteers gathered once more for a hearty lunch, sharing stories and experiences from their respective cleaning activities. After a rejuvenating break, at 2:30 pm, the volunteers convened for an insightful class on the theme of "How to Protect a Democracy." The session delved into the values inherent in a democracy, shedding light on the significance of a voter's ID and the necessity of active participation in the democratic process. The volunteers, eager to engage with the topic, actively participated, displaying their enthusiasm for civic education and awareness.

As the day progressed, a unique opportunity arose for the volunteers at 4:30 pm. They had the privilege of participating in "Gloria 2k22," a program organized by the Catholic Movement at St. John's Nepumsianoose Catholic Church. This experience not only offered a chance for

cultural exchange but also enriched the volunteers' understanding of the local community's traditions and values.

Returning to the campsite by 8:45 pm, the volunteers gathered for a satisfying dinner, sharing stories and laughter as they nourished their bodies and spirits. The culmination of the day's events arrived with the commencement of the cultural night organized by Group 2 at 9:30 pm. The evening was filled with captivating performances, showcasing the diverse talents of the volunteers and infusing the camp atmosphere with creativity and joy.

As the cultural night concluded and the clock neared 11:00 pm, a sense of contentment enveloped the campsite. The volunteers, enriched by their experiences and connections throughout the day, retreated to their accommodations to rest and rejuvenate. The day's activities exemplified the camp's multifaceted approach to personal growth, community engagement, and cultural exploration, embodying the spirit of unity and learning that defined the "PRATHEEKSHA" camp.





28th of December 2022, the NSS volunteers began their day with an invigorating morning walk, gathering at 6:30 am under the leadership of the arrangement team. The brisk walk allowed them to connect with nature and set a positive tone for the day. Upon returning, the morning assembly was convened, where the customary reports and newsletters were presented by the respective groups. This practice of sharing updates and achievements fostered transparency and a sense of collective accomplishment. Following the assembly, at 8:45 am, the volunteers enjoyed a wholesome breakfast, replenishing their energy for the day's activities.

Subsequently, all groups except Group 5, accompanied by their respective faculties, participated in a community cleaning initiative at Govt. Vocational Higher Secondary School, Kumarakom. This activity exemplified the volunteers' commitment to maintaining and enhancing the local environment. By noon, the volunteers had returned to the campsite, where they gathered for a fulfilling lunch at 12:30 pm.

At 2:30 pm, an informative session commenced on the topic of "Relevance of First Aid," guided by Prof. Luke Leon from the Department of Physical Education at BCM College, Kottayam. The session equipped the volunteers with essential knowledge and skills to handle emergency situations with care and confidence, highlighting the importance of providing immediate assistance when needed.

As the evening approached, the camp's 7-day journey drew to a close with the commencement of the closing ceremony at 7:00 pm. The ceremony was inaugurated by Rev. Fr. Alex Akkaparambil, setting a solemn and celebratory tone. The main address was delivered by Sri. T. R. Krishnankutty, a respected figure and retired Principal of Govt. College, Kottayam. His words of wisdom and inspiration encapsulated the essence of the camp's learnings and experiences.

By 9:00 pm, a satisfying dinner was enjoyed by all, nurturing both body and spirit. The culinary experience was followed by a cultural night organized by a dedicated group. The performances of the cultural night showcased the talents and creativity of the volunteers, contributing to an atmosphere of joy and unity.

As the cultural night concluded and the clock struck 11:00 pm, the volunteers retired to their accommodations. With hearts and minds full of memories and gratitude, they embraced a well-deserved rest, marking the end of an enriching and fulfilling 7-day journey at the

"PRATHEEKSHA" camp. The day's activities, marked by learning, service, and celebration, epitomized the holistic growth and camaraderie that had become synonymous with the camp's spirit.



On the final day of the camp, December 29th, 2022, the NSS volunteers began their day with purpose and enthusiasm, waking up at 6:30 am. With a shared commitment to leaving a positive impact, they dedicated their morning to cleaning the school premises and its surroundings. As this marked the culmination of their 7-day journey, the volunteers worked diligently to ensure that the campus was left in an organized and pristine condition.

For the completion of this final task, the volunteers were divided into groups. Groups 1 through 5 were tasked with the responsibility of cleaning and rearranging the classrooms and the

surrounding areas of the school. This collective effort not only showcased the volunteers' dedication to service but also left a tangible mark of their presence and contributions.

Meanwhile, Group 6 took on the role of managing the mess, overseeing the final meals and ensuring that everyone was nourished and satisfied.

By 11:00 am, the volunteers had a well-deserved breakfast, replenishing their energy after their productive morning activities. Shortly thereafter, at 11:30 am, all the volunteers assembled for a concluding meeting. This gathering provided an opportunity to reflect on the camp's accomplishments, share thoughts and experiences, and bid farewell to an unforgettable 7-day journey.

As the clock approached 2:45 pm, it was time for the NSS volunteers to bid adieu to the camp. With a sense of accomplishment and gratitude, they left the campsite, carrying with them the memories, lessons, and friendships formed during their time together.

The final day's activities symbolized the culmination of a week filled with service, learning, camaraderie, and personal growth. The volunteers' efforts in cleaning, organizing, and reflecting encapsulated the spirit of the "PRATHEEKSHA" camp, leaving a positive and lasting impression on both the campsite and their hearts.

ACHIEVEMENTS

1. Adithya P of 2nd DC Mathematics selected for university NSS advisory committee
2. National Integration Camp 2023 , Mary Matha Arts and Science College Mananthavadi



The NSS Volunteer Adithya P of 2nd DC Mathematics had participated in the The regional Directorate of NSS, Ministry of Youth Affairs and Sports, Government of India in collaboration with Kannur University , Kerala organized a National Integration Camp at Marymatha Arts and Science College Manathavady from 04/03/2023 to 10/03/2023. .NSS Regional Directorate, Thiruvananthapuram coordinated with the host University and managed the camp of NSS Volunteers of 10 states in around 200 numbers.

NSS volunteers of Kerala, Tamilnadu, Andhrapradesh, Karnataka, Odisha, Punjab, Maharashtra, Goa, Bihar and West Bengal under the guidance of respective Program Officers participated in the camp.



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3 "26th National Youth Festival" held at Hubli - Dharwad, Karnataka

The NSS Volunteer Keerthy Lakshmi Raj of 2nd DC English M1 had participated in the "26th National Youth Festival" held at Hubli - Dharwad, Karnataka. She was one among the 90 NSS Volunteers selected from Kerala. The camp was from 12th January 2023 to 16th January 2023. It was inaugurated by Prime Minister Sri Narendra Modi. She had participated in the Youth Summit. Karnataka's record breaking "Yogathon" by 4,05,255 people entered into the "Guinness Book Of World Record". Keerthy is one among the people entered into Guinness. She said that she was so happy and proud to be a part of "26th National Youth Festival" and she experienced different cultures, people, tastes, places, etc. To be a part of the National Youth Festival is a dream of all NSS Volunteers and she was so happy to be there. She said that the days will always remain in her heart.





4. EMPANELLED TRAINING

Sr.Dr Remya Simon completed Empanelled Training orientation course for the program officers of the NSS organised by university of Calicut from 2329 September 2022

