



CHRIST
COLLEGE (AUTONOMOUS)
IRINJALAKUDA, KERALA

NSS ANNUAL REPORTS

2019-20



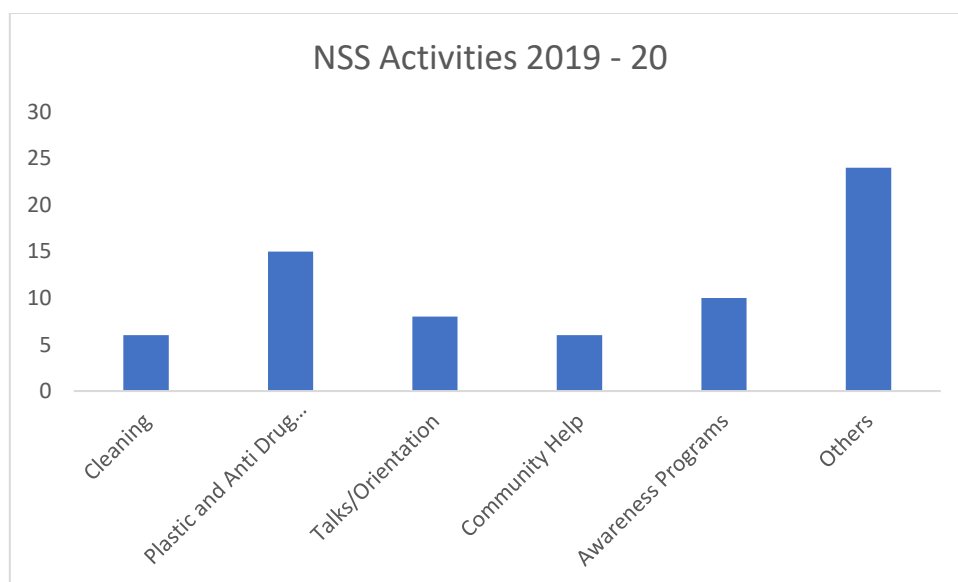


**NATIONAL SERVICE SCHEME
ANNUAL REPORT FOR THE
ACADEMIC YEAR 2019-20**

List of Programs Organized

Sl No	Program	Date
1	Camp	31/05/19
2	Anti-Drug awareness	31/05/19
3	Farewell	08/06/19
4	Yoga day Celebration	21/06/19
5	Anti-drug awareness	26/06/19
6	Cleaning	29/06/19
7	Orientation class for the Volunteers	29/06/19
8	Water Conservation	06/07/19
9	Blood donation camp	11/07/19
10	Cleaning activity inside	13/07/19
11	Orientation class for the Volunteers	13/07/19
12	Old age Home Visit	20/07/19
13	Caring Nature	20/07/19
14	Water Conservation	03/08/19
15	Flood Relief	10/08/19 - 20/08/19
16	Orientation class for the Volunteers	17/08/19
17	Laboria Camp	23/08/19 - 25/08/19
18	Orientation class for the Volunteers	23/08/19
19	Orientation class for the Volunteers	24/08/19
20	caring nature	24/08/19
21	Caring Nature	31/08/19
22	Plastic Awareness – PENDRIVE	21/09/19
23	Cleaning activity inside	21/09/19
24	Plastic Awareness – PENDRIVE	24/09/19
25	Caring Nature	24/09/19
26	Community Help	28/09/19
27	Caring Nature	28/09/19
28	Plastic Awareness – PENDRIVE	28/09/19
29	Cleaning activity inside	02/10/19
30	Awareness on FIT INDIA PLOGGING	02/10/19
31	Mass cleaning	3/10/19
32	Tribal Visit	05/10/19 to 07/10/19
33	Community Help	06/10/19 -07/10/19
34	Awareness Campaign IDDRR	13/10/2019
35	Awareness program on Diabetes	14/11/19
36	Caring Nature	23/11/19
37	Anti-drug Awareness	24/11/2019
38	Awareness Campaign on International Disability Day	29/11/2019
39	Plastic Reuse- Camp REJUVENATE 2K19	31/11/19 – 01/12/19
40	Plastic Reuse- Exhibition	02/12/19
41	Awareness Campaign on World Car Free day	08/12/19
42	Awareness Campaign on National Energy Conservation Day	13/12/19
43	NOVA	14/12/19
44	Training for students of Sn Nattikka College	23/12/19
45	Water Conservation	24/12/19
46	Hand magazine	02/01/20
47	Cleaning	04/01/20

48	Orientation class for the Volunteers	04/01/20
49	Attended National seminar on Waste Management	06/01/2020 – 09/01/2020
50	Prathiba	11/01/20
51	Awareness Campaign on Road Safety	17/01/2020
52	Awareness Rally on FIT INDIA MOVEMENT	18/01/2020
53	SAPHALYAM	18/01/2020
54	Anti-drug Awareness	20/01/2020
55	Anti-drug Awareness	24/01/2020
56	Special Talk	24/01/2020
57	Field visit	25/01/2020
58	Awareness Campaign outside	30/01/2020
59	Field visit	01/02/2020
60	Field visit	08/02/2020
61	Survey	08/02/2020 – 15/02/2020
62	NIC camp	21/02/2020 – 27/02/2020
63	Mini Camp	22/02/2020 – 24/02/2020
64	Special Talks	29/02/2020
65	Tailoring unit	29/02/2020
66	Awareness Campaign outside	08/03/2020
67	Covid Cell	11/03/2020 to 19/03/2020
68	Awareness Campaign outside- Covid 19 Activity	12/03/2020
69	Covid 19 Activity	21/03/2020

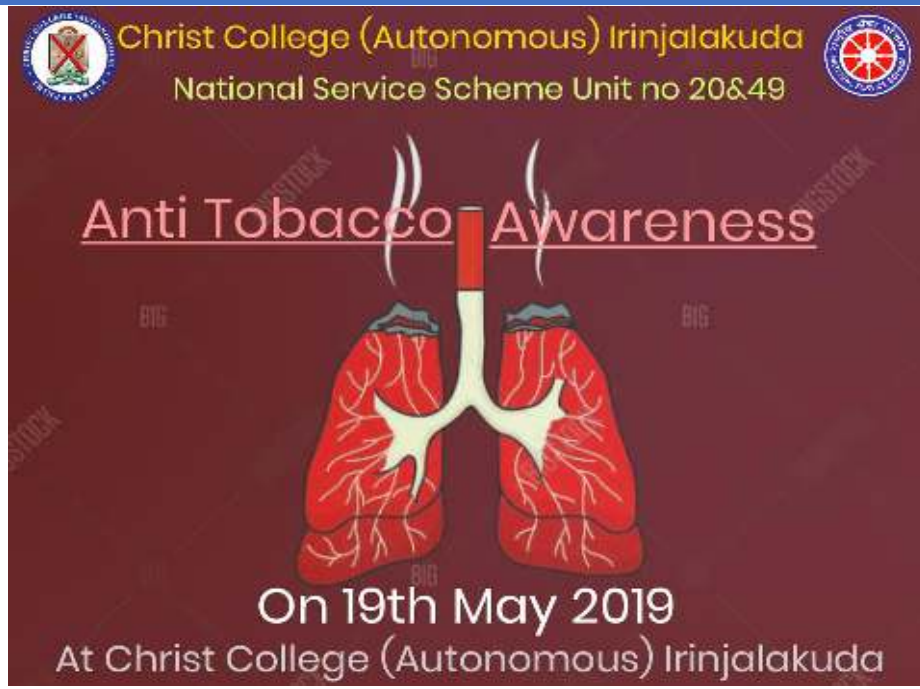


May – June 2019**1. 31/05/19**

National service scheme of Christ college Irinjalakuda conducted summer camp on 31st may 2019,for the first years N volunteers summer camp is an unique venue For growth, allowing students to become independent and self-confident while socializing with others and even learning new skills.The camp began by 9.30 with NSS anthem.The morning session was inaugurated and lead by the head of sports psychology department;Christ college and M.M Ghani award winner;Dr.soni John on the topic"A time line on culture of human mankind"culture help us to understand our ancestral values and gives us the vary meaning of life .It also make us unique from other parts of the world.with improved learning and health,increased tolerance and opportunities to come together with the culture ,enhance our quality of the life and increases overall wellbeing for both individuals and communities .this session concluded with all cultural variations .After this session , the volunteers were given refreshments.After the tea break ,the camp reached it's one of the most important session on the topic 'Health'.this session was led by the head of food technology department prof. Ambily on the topic " diet and health".Making healthy diets changes can help us ,improve our health and live a healthy life style. It provides the body with essential nutritions,fluid, macronutrients and adequate calories .The volunteers were also taught on how to calculate their body mass using a formula, it was on interactive and interesting session.The volunteers had their lunch together.

Table manners prevent us from making too much of mess and can have a big effect on our social standing .Dining skills stay alot about a person.The session was led by the head of hotel management department of Christ college,prof. Toybe to spread awareness on the importance of table efiquettes .General guidelines were given and with the help of power point presentation, explained the procedure of a formal dining.

In association with Anti-tobacco day an awarness class was conducted by exice deparatment of chalakkudi ,led by Haron sir.the negative impacts of usage of drugs were explained with examples.Haron sir emphasised that youth , specifically NSS volunteers should take initiative to say No to all those dangerous drugs.the summer camp came to end by celebrating one of the volunteers Aadhithyan's birthday .The camp was beneficial and the volunteers took an oath to upload the values and share it to the community.



2. 08/06/2019

On 8th June 2019, the first year NSS volunteers of Christ college, Irinjalakuda gave a farewell party to the second year NSS volunteers. The first-year volunteers planned and organized the farewell. The programme began by 10:00AM at seminar hall. The 2nd year volunteers were welcomed with 'Pushpavrishti', welcome dance and were served welcome drinks. Seminar hall was beautifully decorated with lights, hangings and seats were arranged in a beautiful pattern. The morning session began with NSS anthem. This session included the review of previous NSS works and experiences. A video was played for the second-year volunteers to cherish their memories. Many of the second-year volunteers came to the stage and shared their experiences from NSS. An activity session was also organised to entertain them. It was so funny and all our seniors enjoyed it. The official meeting of the NSS farewell began by 11:30 AM. Thrissur district NSS officer, Rameshan sir inaugurated the meeting. Vice principal of Christ college, Rev. Fr. Joy peenikaparambil conveyed well wishes. Awards were given to the second year NSS volunteers Sreeshma. K. venu was awarded as the best NSS volunteer for her performance throughout the academic year. Several other awards like: silent worker, Active member, motivator and shadow of NSS were also given. Then, the volunteers had the delicious farewell feast together. After the lunch, the rest of the second-year volunteers shared their experiences and memories. The session was followed by programme officer, Arun sir's talk on "Friendship" and the values to uphold in our entire life. The previous years' charges were given to the first year NSS volunteers. Vyshak and Murshida were selected as the leaders of NSS unit No. 20. Vishnu and Anila amitha as the leaders of NSS unit No. 49. Other charges were also passed on. The farewell: ORENDA 2K19 came to an end by 3:45 PM with a sweet surprise: by the unveiling off the drawings of photographs of second year volunteers with a sentimental music. It was a mesmerizing moment.





June -July 2019

1. 21/06/19

The National Service Scheme units of Christ college, Irinjalakuda observed the International yoga day on 21st June 2019. The volunteers assembled in the college auditorium by 8.30 am and did the necessary arrangements. The official programme began by 9.30am with NSS anthem led by NSS volunteers.

The second year NSS volunteers, Ms. Vyshnavi sabu delivered the welcome speech. The occasion was presided by Dr. Mathew paul ukken, Principal, Christ college, Irinjalakuda. The programme was inaugurated by Shri. Ramesh K.N, NSS Thrissur District coordinator. The programme was felicitated by Rev. Fr. Dr Jolly Andrews CMI, vice principal, prof. P. R Bose, vice principal, and Rev. Fr. Joy P. T, vice principal of Christ college.

Dr B. P Aravinda (yoga Master), Head of B. P. ed department of christ college, who is also a Gymnastic coach, Calicut university, delivered a keynote address on the topic; “Benefits of yoga” and demonstrated yoga poses. The NSS volunteers, NCC cadets of Christ college, Govt. Model HSS Nadavarambu and students of B. P. ed of Christ college attended the programme and learned to perform the yoga poses. Around 250 volunteers participated in the yoga demonstration.

The volunteers actively participated in the programme. Our NSS programme officer, prof. Tharun. R, and Dr. Franco Francis, NCC officer shared their views on yoga.



Christ College (Autonomous) Irinjalakuda

National Service Scheme Unit no 20&49



Yoga Demonstration

On 21 June 2019

At Christ College (Autonomous) Irinjalakuda



2. 26/06/19

In connection with World Anti-drug day, twenty NSS volunteers with programme officer Prof. Tharun R of Christ college Irinjalakuda, visited five nearby schools to spread awareness. Drugs are one of the greatest evils for our society. It not only affects the individual but also the society. On this day, various organisations, communities and individuals come together for raising awareness about the major problem that illicit drugs in the society.

A few volunteers delivered talks on the 'Importance of anti-drug day and drug abuse' and a squad of NSS unit performed street play. Three of the volunteers went to St. Mary's school, Irinjalakuda at 9.00 AM and they took classes for the students. Rest of the volunteers reported at Government school, Nadavarambu by 9.30 AM. Two of them took classes and others performed street play.

Then the volunteers took classes and they also performed street play at BVM school, Kalparambu by 10.30 AM. At 11.30, the volunteers also went to Sree Krishna school, Anandapuram: delivered speeches and performed street play. After lunch, the volunteers also visited SN school, Katungachira and performed. The programme came to an end at 2.30 PM. Volunteers were fulfilled after accomplishing the tasks. It was a great experience for many of the volunteers, to travel and share life values.





3. 29/06/19

On 29th June Saturday, the selection for first year students began by 9.30 AM with NSS anthem. The students were divided into eight groups. Each group contained 18-19 first year volunteers and 6-7 second year volunteers. Under the leadership of second year volunteers, those eight groups went to different areas of college surroundings and neighbouring places to clean. So, the morning session was manual work. Volunteers were ready to work. They worked till 12 PM.

For the lunch, volunteers gathered at Student's Centre. Some of the volunteers didn't bring food, so all the volunteers shared food with each other. Thus, sharing brought happiness and good relationship between the volunteers. Afternoon session was held at Seminar Hall. The third year NSS volunteers shared their experiences and introduced different programmes and works of NSS. They were very happy to get one more day in NSS. The session ended at 3 pm after the summing up by our program officer Dr.Arun Balakrishnan.



4. 06/07/19

The National service scheme units of the Christ college, Irinjalakuda organised one day work on 6th July, 2019. The volunteers assembled in the college auditorium by 9:15am and the meeting began by

9:30 am with NSS anthem. In the morning session the volunteers were assigned to do manual work at various parts of the college. Under the leadership of programme officers Prof.Dr.Arun Balakrishnan and Prof.Tharun.R and second year NSS volunteers, the first year volunteers were divided into two groups. The first group cleaned the surroundings of a pond near by the Christ college. The second group cleaned the land near girl's hostel and prepared the land for cultivating vegetables. After the work, the volunteers had their lunch together.

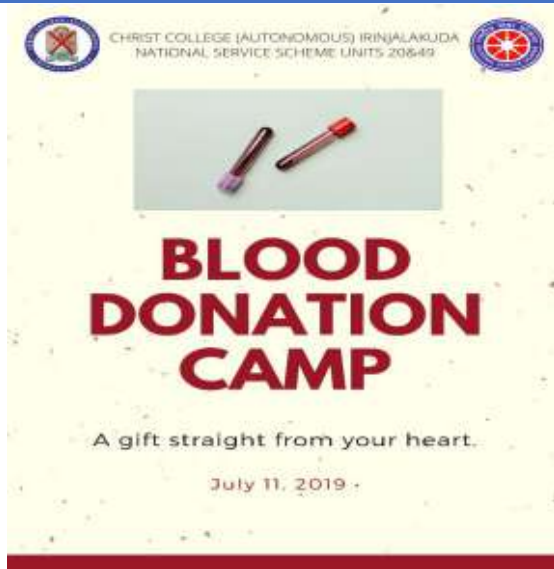
In the afternoon session, some of the senior NSS Volunteers spent their valuable time sharing their experience, memorable moments and lessons from NSS. Then, the first year NSS volunteers were given an opportunity to perform their talents. Many volunteers were given an opportunity to perform their talents. Many volunteers came out and performed really well. Then, the programme officer prof. Arun Balakrishnan gave necessary instructions regarding the future activities of NSS. The session came to an end by 3:00 PM



July – August 2019

1. 11/07/2019

The NSS units of Christ college Irinjalakuda in collaboration with Govt. General hospital organized a blood donation camp on 11th July,2019 at Christ college. The program started with NSS song led by NSS volunteers. Our principal,Dr.Mathew Paul Ukken delivered the presidential address. Dr.Indhu, blood bank officer, Thrissur government hospital gave the inaugural speech on donating "safe Blood to all. Around 48 students donated their blood. The program went on till 1:30pm. Refreshments were given to the donors. The program was head by the program officer professor Tharun and second year volunteers.



2. 13/07/19

The National service scheme units of Christ College Irinjalakuda organized one day work on 13th July 2019. The volunteers assembled in the college portico by 9:15AM. The meeting began by 9:30AM with NSS Song. The morning session was manual work. NSS Programme Officer Prof. Tharun. R gave necessary instructions regarding the work. And under the leadership of Tharun sir, the volunteers cleaned the surrounding near the cricket ground. Volunteers were ready to work. Their hard work made the surroundings clean and they worked till 12:00PM.

For the lunch the volunteers assembled at student's center. The volunteers shared food with each other. Thus, sharing brought happiness and good relationships between the volunteers. Afternoon session began by 1:00PM with an awareness class by Tharun sir, on the topic: "The need to conserve our Earth". Afterwards, the first-year volunteers were given an opportunity to express their views

about NSS. Then, Arun Sir gave a talk on the topic "Qualities of extraordinary people". The meeting came to an end by 3:30PM.

3. 20/07/19

The National Service Scheme units of Christ College Irinjalakuda organized one day work on 20th July, 2019. The volunteers assembled in the college Portico by 9:30 am with the NSS song. The volunteers were then divided into two groups. Our Programme Officer Prof. Tharun gave general instructions regarding the programme. We were assigned to visit 'SnehaSadhanam', an old age home at Irinjalakuda and Assisi Bhavan Irinjalakuda. The team reached Sneha Sadhanam by 11 am and Assisi Bhavan by 10.30 AM. Under the guidance of the head of the institution, the volunteers were once again divided into 5 groups and were assigned cleaning duties as well as gardening. The work was completed by 1 pm.

The volunteers then served lunch for the elderly and took their lunch with them. After lunch, the volunteers interacted with the elderly for some time and exhibited their talents. The elderly also joined the programme which made it enthusiastic and delightful. It came to an end at 2:30 pm.

NSS volunteers of Christ college Irinjalakuda went to St. George school Perinjanam to teach them to make caring nature products of NSS units of Christ College Irinjalakuda. We teach them to make paper pens using thick papers, Growbag from used flex, paper bag from old newspapers and chekkutty from used clothes. Students are very interested to do the work. The class started at 10 AM. Morning section included teaching of paper pens and paper bags. After lunch, we taught them to make grow bag and chekkutty dolls. The class ended at 3:00 Pm.







4. 03/08/19

The National Service Scheme units of Christ college, Irinjalakuda organized one day work on 3rd August 2019. The volunteers assembled in the college portico by 9:15AM. The meeting began by 9:30AM with NSS song. The morning session was manual work. NSS programme officer Prof. Tharun R gave necessary instructions regarding work. Under the leadership of him, we were divided in to 3 groups and cleaned the land near girl's hostel, made rain water harvesting structures and planted saplings in the rain pits and cleaned the land near auditorium of Christ college. Volunteers were ready to work. Their hard work made the surroundings clean. They worked till 12:15 PM. For the lunch, the volunteers assembled at the students centre. The volunteers shared food with each other. Thus, sharing brought happiness and good relationship between the volunteers. Afternoon session began by 1:00 PM with a talk by second year NSS volunteer, Anila Amitha George about NSS. Then second year NSS volunteer, Vyshak interacted with the volunteers and conducted game section to emphasis the traits



August – September 2019**1. 10/08/19 – 20/08/19**

On 10th August, four volunteers along with Program Officer, Prof. Tharun R, attended meetings organized by Thrissur Collector and Thahsildar, Irinjalakuda on the briefing about flood related activities. NSS together with “Thavanish” assigned charges of coordinating relief activities on Mukundapuram Taluk (56 relief camps). Many of the volunteers worked from 9th august to 22nd august. A few of the volunteers stayed at camps and some of the volunteers worked daily from 9 :00 AM to 5:00 PM at various place. Some of the worked places are GUPS vellangalloor school, St. Joseph school Parappukkara, VHSS and ALPS school karalam, GUPS Vallivatam school, Balavedi School and pompie school Kattoor. Apart from this many volunteer had voluntarily gone for cleaning activities in Nilambur and other flood affected areas. The NSS volunteers of Christ college, Irinjalakuda had cleaned HDP Samajam School, Edathirinji, Irinjalakuda and prepared the school for a new relief camp.

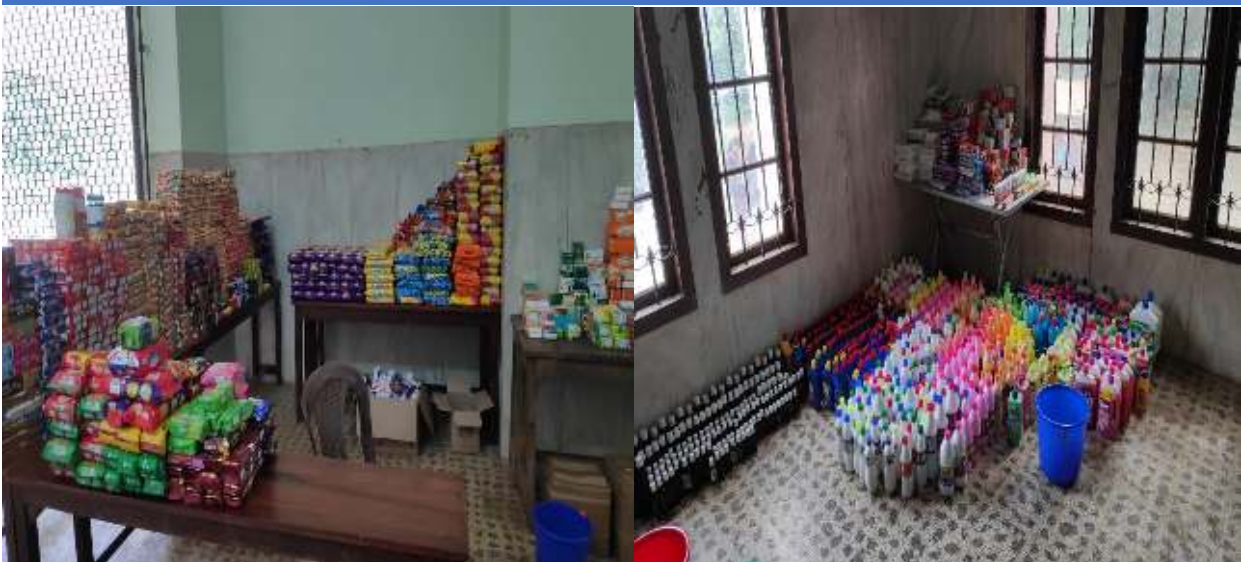
As a part of flood relief activities, the NSS volunteers of Christ College with the help of Thavanish and Catholic Students Association of the Christ College had started a collection center in College auditorium and collected necessary item valuing around 18 lakhs. The volunteers were divided to four groups and worked for several days. The other group consisting of 15 volunteers lead by Program Officer Prof. Tharun. R, on August 20th 2019 supplied necessary items to the people of Panamaram and Sultan Batheri, Wayanad which was the worstly affected due to flood. Also, the volunteers helped the flood affected areas of Palakad by supplying 250 essential items kits.

The photos attached below are NSS volunteers, Christ College cleaning HDP Samajam School Edathirinji, Irinjalakuda



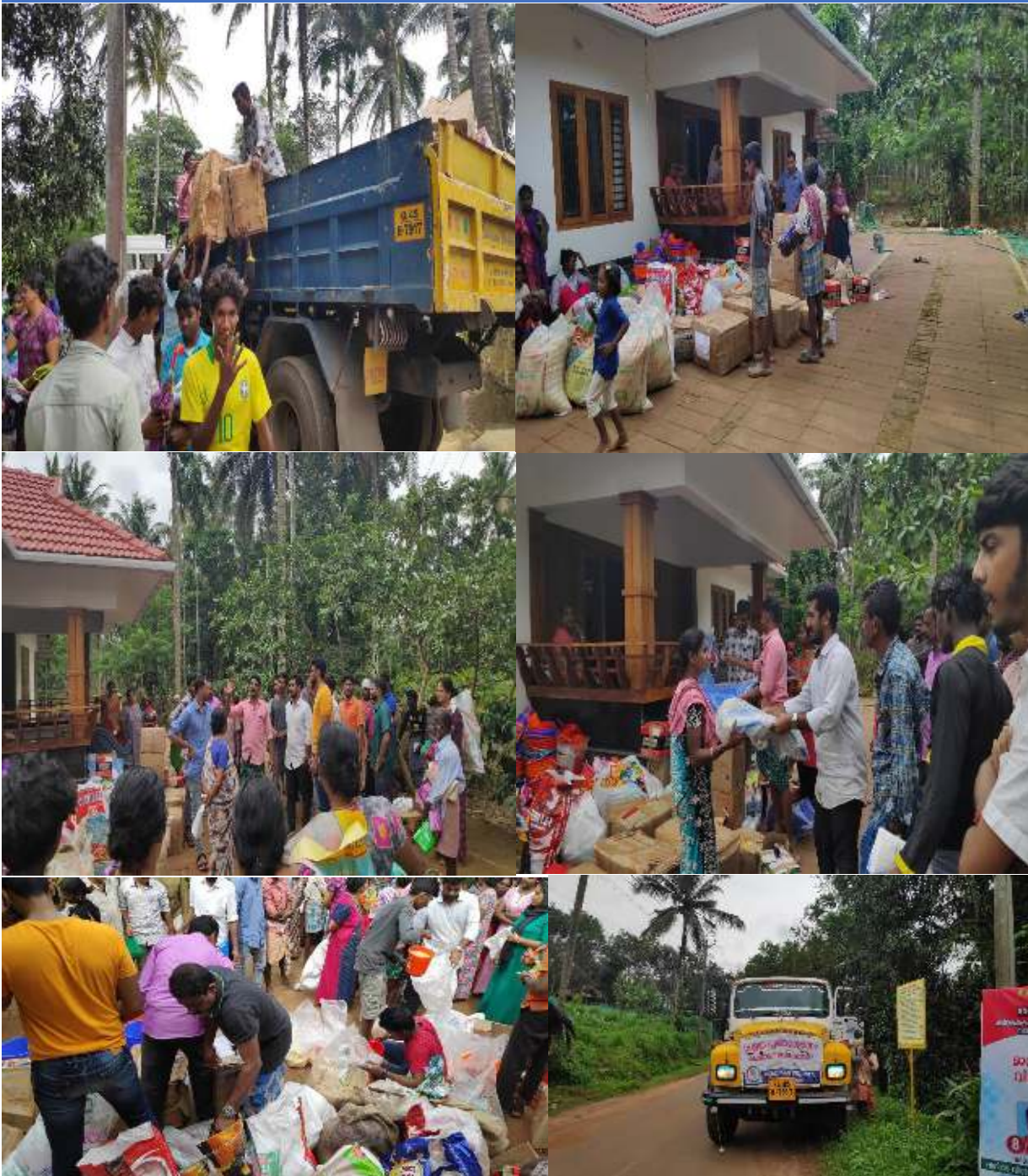
The pictures attached below are some random pictures of Flood relief collection centre started by NSS volunteers, Christ College with the help of other organization on Christ college Auditorium





The photos added below are NSS volunteers, Christ College unloading and distributing necessary items in various parts of Wayanad and Palakkad





2. 17/08/19

The NSS volunteers of Christ college Irinjalakuda had regular one day work on Saturday, 17th August 2019. The volunteers were divided into four groups and various team wise activities were conducted. Firstly, the team members of each group were asked to decorate a boy and a girl each from their group using the newspapers provided. They exhibited their skills through a ramp walk that followed. The activity that followed was paper boat making. The volunteers were asked to make maximum number of paper boats within a specified time. Variety and number of boats were considered during the evaluation. Finally, the team members were to make the highest possible tower using the paper boats

that they made. The tower that was highest and which did not collapse until a specified time was considered the best. The various activities conducted aimed at improving the critical and creative thinking of the volunteers. The activities were team building and therefore aimed at invoking team spirit among students and improving their interpersonal interactive skills. After the activities, a couple of second year volunteers shared their experiences of an year in NSS. Afterwards, there was a discussion on positive and negative relationships inside the campus in which many of the first- and second-year volunteers actively participated. Finally, there was a short session by Mr. Jomesh Jose about campus life and positive relationships. With that the one-day work came to an end. The volunteers dispersed after lunch.



3. 23/08/19 – 25/08/19 – Laboria Camp

Laboria, an NSS minicamp was conducted by Christ college NSS units from 23rd to 25th August. 'Laboria' which means working together for a unique intention, was in the aim of uniting all the volunteers to help improve their self-appreciation. Altogether there were 92 first year volunteers from the whole college. To oversee the whole program Prof. Tharun. R, Prof. Jomesh, Miss Santimol, and Miss Linet was present from the side of faculty. On 23rd morning after completing registration, the program was commenced by Ramesh sir, District coordinator NSS. Fr. Joy P.T blessed the program with his valuable presence and words. After the inaugural ceremony the volunteers were then taken to do clearance work near athletic stadium till 12 30. After lunch the volunteers were divided in to 8 groups namely okhis, spadigam, aaduthoma, shammi, nissaram, prahasanam, stephen nedumbally and kumbalangi. After tea break at 4 30 there was an ice breaking session conducted by Jomesh sir. Then there was a session about ' the importance of being unique ' by prof. Jayachandran till 9 30 pm. The program was winded up by an interactive session after dinner, by second year NSS volunteers Jicksy and Murshida.

24 Saturday

The day started by 6 am with a meditation session by Mrs sheeba. After having breakfast by 9 .30 former NSS volunteer Sri Krishnan Nambootiri conducted a talk about NSS after that the session on caring nature trained volunteers to make paper pens. Lunch session ended by 1.45 pm and Prof.Anju, NSS program officer of st. joseph college, shared her experience. Then the outdoor gaming session conducted by prof. Arun Balakrishnan, former NSS program officer helped to strengthen the unity and teamwork among the volunteers. By 6 pm the volunteers were shown the movie 'pink' directed by Anurudha roy chaudary, written by Ritesh shaw. Pink is a powerful statement on the existing feudal mindset of a majority of India where men and women are judged by a different yard stick. The day ended by a session after dinner in which volunteers shared their views on the movie.

25 Sunday

The last day of the camp started with exercise session by B.Ped department. After having breakfast, the volunteers conducted several cultural programs in which all groups showed outstanding performance. An evaluation program was conducted after lunch to collect the reviews from the volunteers on the camp. It was then followed by a prize distribution ceremony by Fr. Joy to various winners.

Overall champions - team okhis

First runner up -team spadigam

Best 1st year NSS volunteers-Athira and Delwin

Best second year NSS volunteers -visal and annet

Best actor-- Abijith and Athula

The camp was winded with national anthem by 4 30 pm. Laboria 2K19 was an outstanding experience and wonderful success. Volunteers who came as strangers to the camp, left as a family.





4. 31/08/19

The National Service Scheme units of Christ College, Irinjalakuda organised one day work on 31st August 2019. The volunteers assembled in the college portico by 9:15 AM. The meeting began by 9:30 AM with NSS song. The morning session was manual work. NSS Program Officer, Prof. Tharun. R gave necessary instructions regarding the work. And under the leadership of Tharun sir, the volunteers prepared the land near girls hostel, for cultivation of spinach. They worked till 12:15 PM. For the lunch, the volunteers assembled at students centre. The volunteers shared food with each other. Thus sharing brought happiness and good relationship between the volunteers.

**September – October 2019****1. 21/09/19**

The NSS volunteers of Christ college Irinjalakuda had regular one day work on Saturday 21st September 2019. All volunteers had gathered in the college auditorium at 9:30 am after the NSS anthem under the guidance of Tharun Sir we were divided into various groups. Each group contain both first year and second year volunteers. Each group were assigned certain areas for collecting used pens, bottles and cardboard. The pens were collected as a part of “PENDRIVE” project. Around 11:00 am almost all groups have collected as much of used pens from different areas of college. Then we

moved on to a region near the B.Ped department for cleaning the place. In the Afternoon session we gathered in the seminar hall. All the first-year volunteers were given an opportunity to show the talents and abilities. Various tasks were also given to them. Through this games and activities all we aimed is everyone should utilize the opportunities for exhibiting their talents and abilities. And it was also a good interacting section. At 3:30pm we ended our one-day work.



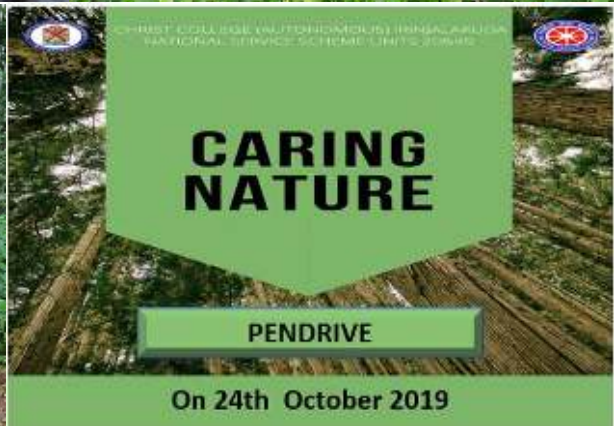


2. 24/09/19

NSS aims to instill the idea of social welfare in students, and to provide service to society without bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. The National Service Scheme Units (20 & 49) of Christ College, Irinjalakuda celebrated NSS day on 24th September 2019. In association with the golden jubilee of NSS, the NSS units organized different activities as given below:

- I. In the morning session our college Principal Dr. Mathew Paul Ukken inaugurated our NSS website developed by our Volunteers and also inaugurated “Christ College Blood Bank” and registered as our first blood donor
- II. At 1 pm our new project “PEN DRIVE” had been officially inaugurated by our Principal Dr. Mathew Paul Ukken. PEN DRIVE is an initiative of NSS to reduce the usage of plastic pens redirect it to the reuse and recycle. Around 3000 pens collected from the campus during 21/09/19 Saturdays one day work had been segregated into reusable and recyclable. The pen that can be reused is taken and new refills were provided. Those pens that need to recycled is transferred to the PEN DRIVE bin. The inaugural program started with the NSS anthem. Our College Vice Principals Fr. Dr. Jolly Andrews, Fr Joy P.T, Prof. P.R Bose and other faculty members were present.

III. Then, in connection with World Cleanup Day NSS along with Biodiversity Club, together organised a “Cleaning Drive” program where the volunteers collected the waste and segregated into degradable and non-degradable.



3. 28/09/19

The National Service Scheme units of Christ College, Irinjalakuda organized one day work on 28th September 2019. The volunteers assembled in the college portico by 9:15 AM. The meeting began by 9:30 AM with NSS song. The morning session was manual work. The volunteers were divided into three groups and were assigned with different works. The first group was on a mission to clean a house near Azad road, Irinjalakuda accompanied by the Irinjalakuda Pink Police. The second group collected plastic wastes and pens from surroundings of college portico. The third group prepared land for cultivation of spinach near B.Ped block. All the volunteers worked really hard till 1:00 pm. For the lunch, the volunteers assembled at student's centre. The volunteers shared food with each other. Thus, sharing brought happiness and good relationship between the volunteers.

The afternoon session was the segregation of pens collected through the project "PEN DRIVE". Then, Program Officer, Prof. Tharun. R gave necessary instructions regarding the upcoming NSS activities. The session came to an end by 3:30 pm.



4. 02/10/19

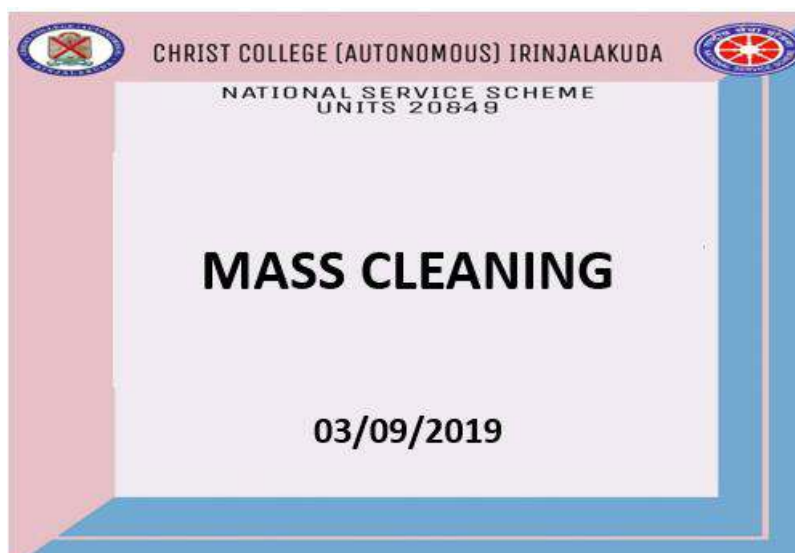
The NSS volunteers of Christ College had special one-day work on 2nd October, Wednesday as a part of Gandhi Jayanthi. The volunteers reached the college auditorium at 8:30 am. The day began with NSS anthem. Then the volunteers went to the road side of Christ College tennis court and along with the Irinjalakuda municipal cooperation they started to clean the road side of Christ College from tennis court road to the Christ college women's hostel road. The programme aimed to decrease the use of plastic and to collect waste plastic to recycle after segregation. Municipal standing committee chairman Shri.P.A Abdul Basheer inaugurated the programme. Ward councilor Smt.Philomena, Health supervisor Shri.Sajeev, Christ college resident's association secretary Shri.Ashokan, Christ college Vice principal Fr. Joy peenikaparambil, Christ college NSS program officer Prof. Tharun. R felicitated the event. Then the volunteers took a pledge that they will keep their surrounding clean and tidy. Then the volunteers began the manual work. They were divided into 3 groups. The first group cleaned the side road of tennis court. The Second group cleaned the road side, from tennis court to the pond of Christ college. The third group cleaned the road side of Christ pond to Christ college women's hostel road. They worked till 11: 30 am.

After rest, the volunteers assembled for a program, FIT INDIA PLOGGING. "Fit India Plogging" is an event to promote the habit of fitness and cleanliness in all citizens. It aims at picking up the wastes while running, which ensures fitness and cleanliness of the surrounding at the same time.

After lunch, the volunteers assembled at college auditorium and had a session of caring nature. The main aim is to make carpets using cotton waste clothes. The session came to an end by 3:30 pm.

On October 3rd the students of Christ college took a mass cleaning effort in which the NSS volunteers took the lead.





5. 05/10/19 - 07/10/19

As a part of the tribal exposure camp, the National Service Scheme units of Christ College Irinjalakuda, visited the green paradise of Kerala- Wayanad from 5th October 2019 to 7th October 2019. Wayanad lies in between the mountains of the western ghats. Wayanad district is located on the

southern tip of the decan plateau and in the north- eastern part of Kerala and the most popular tourist located in Kerala. It is often called the spice garden of South, the land of paddy fields and home of monsoon. It is a rural district in Kerala state. On 5th October 2019, 60 volunteers under the guidance of program officers, Prof. Tharun R, Prof. Jomesh and Prof. Lisha K.K began the journey from Christ college at 4:00 pm. The main purpose of the visit were to understand the community in which we work, to understand in relation to the community, to identify the needs and problems of the community and solve the problems ,to develop a sense of social and civil responsibility, to utilize knowledge for finding out practical solution to individual and community problems and to understand the importance of group living and sharing. The volunteers reached Wayanad at 2 am on 6th October 2019. The accommodation was arranged at St. Catherine's higher secondary school, Payyampally. After the morning routines, the volunteers had their breakfast and went to Govt. LP school Pakkam. The volunteers made the school more beautiful for the children to study and play by painting the walls of the class room and upgrading the garden. Also, the volunteers donated around 1000 books to the school which were collected from the students of Christ college. Then, the volunteers visited tribal village of Pulpalli Panchayat and interacted with the villagers. It helped to learn more about the culture of that tribe. Also, the volunteers gifted a football to the tribal children. We started our return journey on 7th October 2019 and reached the college at night.





October – November 2019

1. 13/10/2019

On 13th October 2019, in association with International Day for Disaster Risk Reduction, volunteers of the National Service Scheme units of Christ College, Irinjalakuda participated in a mass rally organized by inter agency group and district administration, Thrissur. The volunteers assembled in Thekkinkaad maithanam, Thrissur. The inaugural ceremony began by 7:30 AM. Volunteers of several colleges were there. Hundred NSS volunteers from Christ college participated in the rally. The rally started at 8 AM and ended at 9 AM. Refreshments were arranged





November- December 2019

1. 14/11/19

An invited talk was conducted by Vision Irinjalakuda on November 14, 2019 in Christ College (Autonomous) Irinjalakuda as a part of World Diabetes Day. The program was organized by the NSS units 20 and 49 at the Chavara Seminar Hall began at 11:30 AM with an official meeting to which the gathering was welcomed by K.N. Subhash. Dr. Mathew Paul Ukken Principal, Christ College Irinjalakuda delivered the presidential address. Prof. Jincy (NSS program officer,) marked the end of the official meeting with vote of thanks. Mrs. Sangeetha Joji Nutritionist and Dietician, Irinjalakuda Govt Hospital led the classes providing the gathering awareness about the sources, causes, types and consequences of diabetic imbalances. The class also provided with certain measures to tackle these imbalances and keep diabetes under control. The session was much informative to the gathering which included youth, adults and old aged. She emphasized the proverb 'prevention is better than cure.' The class winded up with an interactive session to clear any of our doubts regarding diabetes and its treatment for which she pointed to the essential rearrangements required in our faulty diet and lifestyle. The whole program ended at 1:00 pm.



2. 23/11/19

The National Service Scheme units of Christ College, Irinjalakuda organized a one-day work on 23/11/2019. The volunteers assembled in the college portico by 9:00 am. The work began by 9:30am with NSS anthem. The morning session was manual work. In the leadership of programme officer, Prof. Tharun R, the volunteers were divided into three groups. The first group was assigned for setting up a butterfly garden for the NSS unit, so as the very first step they cleaned the plot. The second group sorted the pens as a part of the Pen Drive project. And the third team cleaned the glass bottles for project-bottle craft. All the volunteers worked very well with perseverance.

The volunteers had their lunch at 12:30 pm. The afternoon session was practice for upcoming street play and Flash mob. The work came to an end by 3:30 pm.





3. 24/11/2019

NSS volunteers of Christ College, Irinjalakuda took participated on a mass bike rally organized by Excise department on account of VIMUKTHI , a programme against drugs and its misuse. The rally started by 9.30 am by Fr Joy P.T, Vice Principal, Christ College flagging off the rally. Asst. Excise Officer Shri Shijil and NSS programme officer Prof. Tharun.R was present during the flag off. The rally ended in Thrissur Town hall.



4. 29/11/2019

As a part of International Disability day (Nov 29th), NSS volunteers of Christ college along with Samagra Shiksha Kerala BRC, had performed a street play and Flash mob in the Irinjalakuda private bus stand. Around 30 NSS volunteers took participated. The programme was inaugurated by block project coordinator Suresh Babu N S. municipal councilor Soniyya Giri and Resource teacher Sujatha also felicitated. The programme started at 9 :00 am and came end by 10:30am. The program was well received by the audience.



5. 31/11/19 – 01/12/19 – Camp REJUVENATE 2K19

The NSS volunteers of Christ College Irinjalakuda had a two-day residential camp “REJUVENATE 2K19” on November 31st and December 1st 2019. The camp registration starts from 9 am onwards. The camp started at 9:30am with an NSS Anthem which was sung by volunteers. The presidential address was given by Christ college Principal Dr. Mathew Paul Ukken and the Inauguration of REJUVENATE 2K19 was by done by Muncipal Health councillor Shri R. Sajeev. He gave a short yet informative summary about the three "R": Reduce, Reuse and Recycle and how to compost the kitchen waste or bio waste in our own houses. The function was greeted by Fr. Joy P.T Vice principal, Christ College. After the inaugural ceremony Prof. Tharun.R had a brief session with the students about the camp and objective for conducting such a camp and exhibition and he had shown different methods by which plastics, paper and glass can be reused so as to make useful and decorative items thereby reducing the wastage. Afterwards the volunteers were grouped by the camp leaders for various activities. The very first activity for all the volunteers was the preparation and manufacture of Note books, After the successful completion the students were grouped into two groups by Programme Officer Prof. Tharun.R of which one team was assigned to make carpets out of old clothes which lasted till the camp closure the other team were assigned to make bottle art in bottles which the volunteers collected from

thrash. It was very much interesting for them. They worked with very much concentration and satisfaction. When all started the bottle art there was an Unhidden competitive spirit in volunteers. The bottles were decorated with egg shells, woolen threads, rice, beads and paintings. Then all had lunch. After lunch some volunteers made flowers with papers. So many creative ideas arose from bottle art side. These works continue till night and the volunteers made phenyl, Toilet cleaners, dish wash and floor cleaners and bottled them in empty plastic bottles collected from the thrash. And then after we ate dinner and had cultural programs of volunteers. After that they worked for some time and went to bed. The next day the session started at 7:30 am with the NSS anthem and volunteers continued the work. Also, the waste pens collected from the “PEN DRIVE” project were used for making refurbished pens and bad pens were used to make pen stands, keyholders, curtains. The students had made dream catchers using old Compactable drives (CD’s) and other items from thrown out materials. At 3.00 pm the seminar hall was cleaned and setting were arranged for the next day’s exhibition after all the camp was dispersed at 4pm. The camp was very much interesting and satisfactory. The main objective of the camp is zero waste by reuse. The camp was assisted by the NSS programme officers of Christ college Prof. Tharun. R, Prof Jomesh Jose, Prof. Shanthimol and Prof. Jincy S R. In an arena of “Use and Throw” culture the camp enlightens the volunteers about the environmental impact of such activities and the camp is believed to be instrumental in shaping their minds away from the above-mentioned culture.





6. 02/12/19 REJUVENATE 2K19 EXHIBITION

NSS volunteers of Christ college Irinjalakuda, from the lights of the camp rejuvenate- a two-day residential camp which was of manufacturing several products like bottle art, books, carpets, phenyl, toilet cleaner, dishwash, soap oil dreamcatcher and other decorative products, conducted an exhibition on Monday from 10 am to 4 evening. The inauguration was done by Dr.Mathew Paul Ukken ,Principal of Christ college Irinjalakuda . Fr. Jolly Andrews, Fr. Joy P.T, Vice Principals Christ College, Irinjalakuda, Shri K.N Ramesh, District NSS Coordinator and Christ College NSS Programme officers Prof. Tharun R, Prof. Jincy SR, Prof. Shanthi Mol, Prof. Linnet George and Dr. Arun Balakrishnan were present during the inaugural ceremony. The sale and

exhibition of products from reused material had been taken up curiously by the staff and students. And it was well evident from the number of students and staffs who had visited the exhibition. The exhibition had an impact in students mind regarding the possibility of reuse of products and for that most of them had a word of appraisal for the Christ NSS team for such a valiant effort.



7. 02/12/19

2nd December 2019, Monday there was a program named Expecto 6.0 held at St. Joseph College Irinjalakuda. Around 11 NSS volunteers of Christ College Irinjalakuda have participated in various competitions such as Treasure hunt, Open mic, Spot dance and day photography. Not only we participated in our own programs but also participated in various programs which we can do our best. NSS volunteers, took this chance to explore our self. It helps all to think that it is not based on one's win or fail but it's mainly aiming towards our mindset to participate in every event. The program was very beautifully and responsibly organized by St. Joseph College Irinjalakuda. We can't become the winner. It was also a great chance to see the college and all of us enjoyed it. The entire day gave us lot of fun, memories and enough courage to participating in further events.

8. 08/12/19

In association with World Car Free Day, an initiative by ESAF society to reduce motor vehicles and in order to promote public transportation, 30 NSS volunteers of Christ College took part in various competitions and programs. The programs were held at Kerala Animal Science and Veterinary university, Mannuthy ground. Thousands of students from different institute were present there. The volunteers performed street play, Flash mob and get participated in Rangoli designing competition. The program started at 2 pm and came end by 6 pm. The whole programs were based on the theme livable societies.





December - January

1. 13/12/19

NSS volunteers of Christ college Irinjalakuda along with Energy Conservation Department and ESAF bank had organized a awareness program in connection with National energy conservation day at Irinjalakuda Bus stand. The programme was conducted at 10 : 30 AM. Irinjalakuda municipal chairperson Nimmya shiju inaugurated the function and gave necessary information regarding the day. Muhammed basheer, Health standing committee chairman of Irinjalakuda municipality gave the presidential address. Director of ESAF Dr. Jacob Samuel, Project officer of ESAF George M P, John Inchakalodi senior manager of ESAF, Sandhya Suresh senior manager of ESAF and Christ college NSS programme officer prof. Tharun R also felicitated the program. Later the Volunteer and viewers took a pledge regarding the lesser consumption of energy resources. The programme came end by 11:30 AM. Refreshments were arranged.





2. 14/12/2019

The NSS Volunteers Christ college Irinjalakuda had regular one-day work on 14th December 2019 and also had NOVA (NSS Old Volunteers Association) function which is the get together of old NSS volunteers of Christ College. Morning session was paper pen making. The session started at 9: 00 AM with NSS prayer. The volunteers were divided into 10 groups and they all together worked until the target of 500 pens. Then the next session NOVA started at 11: 30 AM. The gathering was inaugurated by Christ College Principal Prof. Dr. Mathew Paul Ukken. Several officials were there to felicitate the function. Many of the old NSS volunteers came and share their past experiences. Prof. Dr.Arun Balakrishnan, the former NSS programme officer was awarded for becoming one of the Best NSS programme officer in Calicut University and Aparna and Ahmmad Shahbas were awarded as the best NSS volunteers for their incredible performance and activities in NSS. The old NSS volunteers got a chance to interacted with the current NSS volunteers. After the lunch there were cultural programs by the volunteers to boost up the memories. The programme came to an end by 3:30 PM.

3. 23-12-2019

On 23rd December 2019, 3 NSS volunteers of Christ college Irinjalakuda Rajeswari, Annet and Murshida went to Valapad Government Higher Secondary School for teaching how to make carpets using old cloths. The session was for the NSS 7-day special camp of S N college Naattika. Our volunteers well spent their day with the 75 NSS volunteers of SN college. It was a proud moment

for our volunteers to get a chance to teach others. The session started at 10: 00 AM and came end by 2:30 PM



4. 24/12/2019

As a part of protecting environment and surroundings, to retain streams and ponds, a cleaning activity named ' ini njn ozhukate ' was organised by ' Haritha Kerala Mission' Irinjalakuda. Around 5 NSS volunteers of Christ college Irinjalakuda took participated in this cleaning activity and really worked hard. The programme was inaugurated by Muncipal chairperson Ms, Nimmya Shaji. Presidential address was given by Abdul Basheer, Health standing committee chairman. Programme officer prof. Tharun R and prof Jinsi also felicitated the program. The pond ' Njavarakkulam ' was cleaned by the NSS volunteers. Kudumbasree and municipality cleaners also helped them to complete the work. The activity started at 10:00 AM and came end by 3:30 PM.



05. 02/01/2020

On 2nd January 2020, second year NSS volunteers of Christ college Irinjalakuda had a special work. The work was for the preparation of Hand magazine of previous academic year of NSS. The work started at 9:30 am with NSS prayer. Volunteers used chart papers and documented previous years works, reports, papercuttings and pictures of works filled it with a variety It also includes several articles, writings, drawings of the NSS Volunteers of Christ College. An audio version of the

magazine is also recorded by the volunteers. The work was under the guidance of NSS PO Prof. Tharun. R. The work came end by 3:30 PM



06. 04/01/2020

The NSS volunteers of Christ college Irinjalakuda had regular one day work on 4th January 2020. Morning session was manual work and started at 9:30 AM with NSS prayer. Volunteers were divided into three groups for cleaning the Christ college surroundings. The groups cleaned the gardens, roadways and back side of the Christ college auditorium. They separated the plastics, papers, degradable wastes, non bio degradable waste and pens too. The manual work ended at 12:00 PM. After lunch break the evening session was started at 1:00 PM. It was a Orientation Class by former NSS programme officer of Christ College Dr. Arun Balakrishnan. He talked the volunteers about how to be a volunteer and how can be helpful to others. Some mind reading and mental ability tasks were also tested by him. The session came end by 3:30PM



07. 06/01/2020 – 09/01/2020

A 3 day National seminar based on waste management, 'clean campus national training programme on “Sensitizing stake holders for responsible institutional waste management” was conducted by Biodiversity club, Bhoomithrasena club and Enviro club of Christ college Irinjalakuda In collaboration with Central Pollution Control Board , Regional directorate Bangalore from 6th to 9th January 2020. Two NSS volunteers Murshida and Vyshak and programme officers Prof. Tharun.R and Prof. Jincy attended the seminar. The seminar was inaugurated by principal of Christ college Dr. Mathew paul ukken. The Main aim of this seminar was to sensitise and create awareness among activity clubs on various waste management rules and responsible waste handling by educational institutions. The first and second day of the seminar was held at Christ college seminar hall

The first day consist of 3 sessions. The first session was on plastic waste management rules and status of plastic waste management by Dr. Madhusudhanan, Regional Director of central pollution Control board Bangalore. The Second session was by Mrs. Poornima, Scientist central pollution control board, Regional Directorate Bangalore . It was on solid waste management rule and its status in Kerala. The final session was on hazardous waste management by Dr. Deepesh, Scientist, central Pollution control board , regional directorate Bangalore.

The second day had 6 sessions. The sessions were waste management rules, biomedical waste management rules, Inhouse organic waste management, E waste recycling and E waste collection strategies, environmental management system in higher educational institution and institutional waste management and brainstorming session. All these session was handled by Mrs. Poornima, Dr. Deepesh, Dr. Rekha VB, Mr.Nithin K, Dr. Manju N J and Dr. Bijoy respectively.

The final day of national seminar was a field visit where the participants were taken to common bio medical waste facility IMAGE at Palakad. It was very helpful to treat our waste properly without too much hazardous. The seminar came end on 9th January. Certificates were awarded.



08. 11/01/2020

The NSS units of Christ College, Irinjalakuda celebrated the 25th year of PRATHIBA, a cultural fest to enhance the talents among the NSS volunteers across Kerala. PRATHIBA 2020 was held on 11th January, 2020 (Saturday). As a part of Silver Jubilee, this year PRATHIBA included 10 competitions with exciting cash prizes for each. The official ceremony of Prathiba began by 9:30 am with NSS song and was inaugurated by Christ College principal, Dr. Mathew Paul Ukken. The NSS magazine for the academic year 2018-19 was published in the leadership of NSS Voulnteers Abhiram Udhay and Juliet Shaju. Around 100 volunteers participated from 12 colleges in various competitions. Prathiba came to an end by 3:30 pm.



09. 17/01/2020

As a part of road safety week, around 15 NSS volunteers of Christ college took an initiative to spread awareness among the travellers. The volunteers along with programme officer Prof. Tharun R, Prof. Jinsi, Prof. Jomesh, Prof. Shanthimol and Prof. Linnet George awareness among the travelers who doesn't wear helmets and seat belts. The volunteers aware them about consequences of disobeying rules and spread them about safety measures and it's uses. The volunteers were divided into 3 groups and these groups stopped the vehicles in front of Christ college Irinjalakuda.. They also gave sweets to the travellers who had worn helmets and seat belts properly. The awareness activity was from 9:30 AM to 10:30 PM. It was very helpful and a good experience to volunteers. Many good comments were heard. Refreshments were also provided.



10. 18/01/2020

The regular one-day work on 18th January 2020 of Christ College NSS units, Irinjalakuda was with four special sessions. The first session was a rally conducted by the NSS volunteers through Irinjalakuda town as part of FIT INDIA MOVEMENT to create awareness in the society about the importance of health and exercise. The rally started from the college and the flag - off ceremony was done by the principal of Christ College, Dr. Mathew Paul Ukken. The rally ended in the college itself by 11:30 AM and the volunteers were gathered in the college auditorium to attend a one day gathering of physically challenged students and their families, SAPHALYAM organized by BRC Irinjalakuda in association with NSS Christ College for differently abled children and their parents to meet and interact. The programme was inaugurated by Dr. Mathew Paul Ukken, Principal of Christ College and the chief guest of the inaugural ceremony was Rev. Fr. John Palleakara, principal of Christ College of Engineering who gave a very motivational key note address and entertained the gathering by his melodious singing. Prof. Shaju k. Y , HOD of Physics Department of Christ College as well as the coordinator of Disability cell ,Christ college Irinjalakuda and Ms. Wahida Ashraf, an active member of BRC Irinjalakuda felicitated. After the inaugural ceremony, various cultural programmes including group dance, folk songs were performed by NSS volunteers to entertain the gathering.

After lunch by 1:30 PM NSS volunteers were gathered in Chavara Seminar Hall for a talk by Usha Madam, Sub Inspector of Women Police station, Irinjalakuda about the POCSO ACT , child abuse, measures to prevent it and road safety and the session was very informative for the volunteers. The last session was the Inaugural ceremony of Anti - Drug club in association with Vimukthi program of Kerala State government and NSS units of Christ College with the aim of a drug free campus. The welcome address was done by the student coordinator of anti drug club, Anjana K. Nair and the programme was chaired by the principal of Christ College, Dr. Mathew Paul Ukken Sir who gave the presidential address. The chief guest of the ceremony was the sub inspector of Excise Office Irinjalakuda, Jayadevan Sir who gave the inaugural address and shared his experiences as an Excise officer and his expectations about the anti drug club. Usha Madam , Sub inspector of Women Police wing, Irinjalakuda and Prof. Jincy , NSS programme officer of Christ College felicitated. As part of honoring them for their services to the society Dr. Mathew Paul Ukken Sir on behalf of Christ College and it's NSS units, gifted mementos to Jayadevan Sir and Usha Madam. And as the first undertake of anti-drug club, a pledge against drug abuse was taken by the volunteers. The meeting was concluded with the vote of thanks by the student coordinator of anti-drug club, Sharath Krishna. It was a day of different experience and enjoyment, to the volunteers as well as a day which gave new responsibility to each volunteer as a member of anti-drug club.





11. 20/01/2020

As a part of anti drug cell, to spread awareness among students and staffs in the college campus about drug abuse, NSS volunteers and Anti Drug cell of Christ college Irinjalakuda together performed a streetplay in the Christ college portico at 3:30 PM. It's main aim was to propagate awareness about drug usage and it's consequences among the students and staffs in the college campus. In the presence of programme officers prof. Tharun R, prof. Jinsi, prof. Jomesh, prof. Linnet George and prof. Shanthimol a group of NSS volunteers performed the street play with relevant theme in order to get enough attention. It was very powerful performance by them.





January -February 2020

1. 24/01/2020 – Football Shootout against Drug

In association with anti-drug campaign, the NSS units of Christ College along with Excise Department of Irinjalakuda, Anti-Drug Club of Christ College and Physical Education department of Christ college hosted a football shootout fair on January 24, 2020 at Christ College football ground. The fair was inaugurated by Christ College Principal, Prof. Dr. Mathew Paul Ukken along with wise principals of Christ college Fr. Joy P.T and Fr. Jolly Andrews. Forty-eight teams took participated in the competition; Roshan & Team, Christ College won the 1st Prize, Ashwin & Team Irinjalakuda and Underworld Team Irinjalakuda won 2nd and 3rd prizes respectively. The winners were awarded medals and cash prizes. The award was presented by Assistant Excise Commissioner Joy John. Preventive Officer PR Anukumar felicitated the fair. Christ College NSS Unit was honored by the Excise Department, Irinjalakuda for their anti-drug activities in Thrissur district. Prof. Jincy S.R, Prof. Tharun.r, Prof. Jomesh Jose, NSS programme officers, Prof. Bintu. T. Kalayan, Head Physical education department, Christ College felicitated the program.



2. 24/01/2020 – Special Talk by Dhayabhai

The NSS units of Christ College Irinjalakuda had conducted a special talk by Dhaya Bhai, social activist fighting for endosulphan victims on 24th January 2020. The session was held at Christ college seminar hall on 1.30 pm. The programme was inaugurated by Dr. Mathew Paul Ukken, Principal of Christ College and the chief guest of the programme, Dhaya Bhai interacted with the volunteers which gave them a chance to know more about her, activities, protests and so on. She performed a fantastic One Act Play depicting the sad life of endosulphan victims and their families. She said that she is going to conduct a protest on secretariat for receiving considerations for endosulphan victims on Jan 30th. The NSS volunteers of Christ college as a gesture of their support towards her life and protests had lightened up the candles. Prof Jincy S.R , Prof. Tharun R, Prof. Jomesh Jose, NSS Programme Officers of Christ College felicitated the programme. The programme came to an end by 3.00 pm. Vote of Thanks was given by the NSS volunteer, Adarsh R Menon. It was a great day to the volunteers for spending a valuable time with this great perso



n.



3. 25/01/2020

The NSS units of Christ college Irinjalakuda had the regular one day work on 25th January 2020 Saturday. The volunteers assembled in the college portico on time. Prof. Jincy S R, Prof. Jomesh Jose, Prof. Tharun R, Prof Linnet George and Prof. Shanthimol lead the volunteers for the work with NSS prayer. Then the volunteers lined up to visit the fire station of Irinjalakuda. The volunteers reached there at 10 AM. There were 9 firemen in the fire station. They gave information's regarding fire, emergency exits, first aids, safety measures, precautions and so on. They demonstrated how to make a stretcher with a bed sheet and two sticks. They also demonstrated the rope escaping ideas and fire extinguishing with water and foam. They taught us how to use fire extinguisher and give

information regarding it. Many information's regarding the fire station were given by the firemen. The session was really helpful to learn some public awareness with demonstrations. It came end by 1 PM. Then the volunteers had their lunch. They all shared their food each other. Thus, sharing came a strength between the volunteers.

The afternoon session was a discussion on republic day. A tableau competition was held for the volunteers. They were divided into 8 groups and allow them to discuss on the topic for tableau. They all set the tableau well. First prize was shared by 3rd and 7th group. The session came end by 3.30pm.





4. 26/01/2020 – Republic day Tableau

On 26th January 2020 as a part of Republic day celebrations, the NSS units of Christ College, Irinjalakuda participated and won second prize in the tableau competition conducted by the Irinjalakuda Municipality . The volunteers also took participated in the republic day rally.

The NSS volunteers were very interested in participating the competition and they arrived in college around 10:00 AM. The theme of the tableau after much discussion was decided to be the helplessness of the Bharat Maatha who witnesses the violence, poverty, corruption, and drug addiction prevailing in the modern India and she longs for the peaceful India imagined by Mahatma Gandhi. Together the volunteers set to work and created the background set and arranged the costumes for the participants

under the leadership of the NSS Coordinators prof. Jincy S R, Prof. Santhimol and Prof. Jomesh Jose. The tableau competition began around 03:30 PM and lasted for about one hour as the tableau moved around Irinjalakuda town. It was a day of hard work but at the end was rewarded with the happiness of success.



5. 30/01/2020

On 30th January 2020, an awareness programme about road safety was conducted at Christ College, Irinjalakuda by the NSS units 20 and 49 of Christ College in association with the Road Transport

Office, Irinjalakuda and with the inter - district road show programme “SAHAYATHRIKKARKKU SNEHAPOORVAM” managed by Kalabhavan artists which was inaugurated by the Chief Minister of Kerala and which aims to make aware of the road safety measure , laws and the importance of abiding these laws and at the same time entertain the viewers with different programmes.

In the presence of NSS volunteers carrying placards about road safety, other students and faculty of the college, the programme began at the college portico around 03:00 PM with the welcome speech by the NSS Coordinator Prof.Jincy SR It was followed by the inaugural address by the Principal of Christ College, Mathew Paul Ukken Sir and felicitation by Suresh Narayan Sir, Officer of Irinjalakuda RTO. Then the programmes by Kalabhavan artists began by introducing TINKU TIGER, the symbol of road safety programmes in Kerala. The students were informed as well as entertained. The programme came to its end with a talk about road safety by the Head RTO of Irinjalakuda, Shaju Madhavan Sir. Prof. Tharun. R and Prof. Jomesh Jose felicitated the programme.



6. 01/02/2020

The regular one day work on 1st February 2020 of Christ college, NSS units (40 & 29) ,Irinjalakuda was with a special session conducted outside. The volunteers visited Vaidhyaratnam museum, Thaikatuserry, Thrissur. The journey started from Irinjalakuda bus stand at 8.30 am. We reached there by 9.30 am. It was a nice place enriched with greenery that gives a refreshing feel. The whole day can be divided into three sessions with a break for having lunch. The first two sessions was guided

by Mr. Anil, who gave a wonderful talk about the medicinal value of the plants and how we should treat them. It includes the difference between the way of taking care of these herbs by the old people and the modern people. He introduced the concept of 'Dashapushpa' and the reason why this tradition was practiced. He showed the 'Nakshathravana' which had 27 plants. He gave a short description about them. He also explained about the 'Vasthushasthra', the position of rooms and even waterbodies. There we came across with a traditional well.

The next session was a class in a projector room where Mr. Anil gave an idea about the wrong practices that we perform daily. He also put forward some changes that we have to follow every day in order to have a healthy life. This session came end by 1.45 pm and now it was time for the lunch break. After having our lunch, we were divided into 2 groups and then, we visited the museum. One of the guides accompanied us who told the history of Ayurveda, which spread worldwide by the disciples of Charaka. In Kerala 18 moos practiced Ayurveda, but now only 4 of them exist. One of them is Eledath Thaikkattu Moos. It is now owned by E. T. Neelakandan Mooss.

There in the museum, a small piece of rock from the moon was placed. At last, we spotted a plant, which was really interesting because it was a dancing plant. Their leaves begin to dance when the music was played. We also tasted many basil leaves which flavored lemon, mint and so on.

It was an amazing experience that gave a lot of useful information's. Along with fun, this trip gave an idea about the Ayurveda and the services provided by this medical institute. Around 3.15 pm we started our return journey.





7. 08/02/2020 – Visit to Abhaya Bhavan

The NSS unit of Christ college Irinjalakuda conducted a visit to Abhaya Bhavan ,Irinjalakuda, an old age home on Saturday, 8th February 2020 as regular one day work. The Volunteers lead by Prof. Jomesh Jose reached Abhaya Bahavan by 10.30 am. The volunteers and the residents assembled in a hall. Then the residents explained about the wards and condition of patients. Then the volunteer helped to clean the surroundings. They were divided into 6 groups to clean the surroundings. All the volunteers worked very hard and they tried to clean with much effort. After the cleaning the volunteers had their lunch.

In the afternoon session the volunteers visited the wards and interacted with the residents. It was a good one day work to the volunteers to help others and to interact with them so as to get a view of life around them.



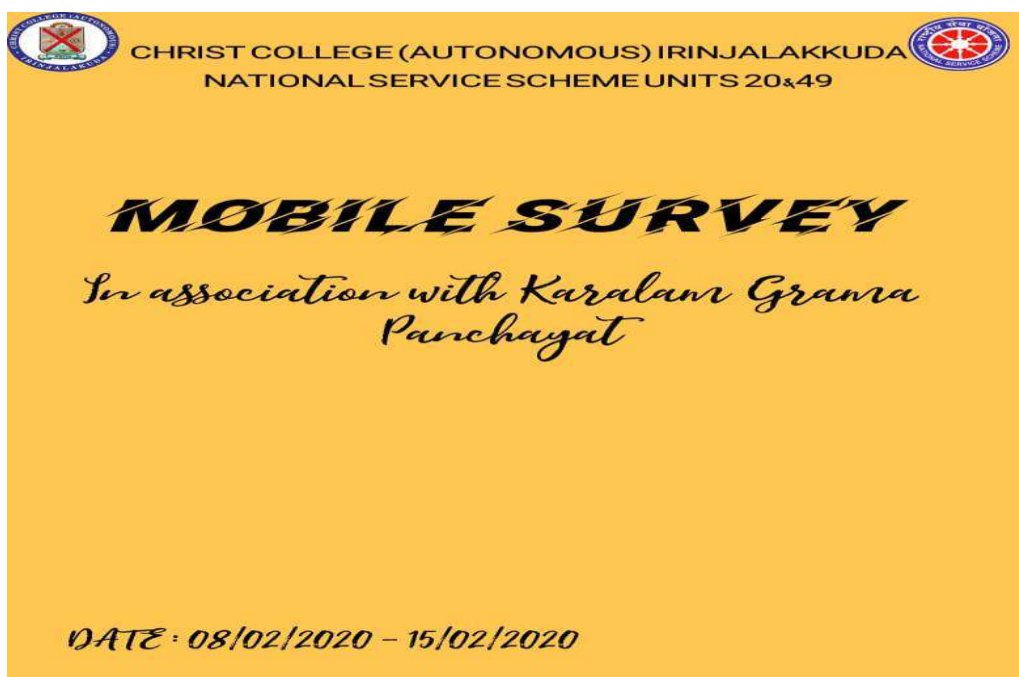
 **CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA** 
National Service Scheme Units 20&49

FIELD VISIT
DATE:-8/2/2020

ABHAYA BHAVAN

8. 08/02/2020 – 15/02/2020 – Survey

The NSS units of Christ College took part in a mobile survey to collect information regarding the benefits from the government to be received by the ward members. The survey was conducted by the Karalam gramapanchayath from 8th february to 15th february. 15 volunteers were divided into different groups and conducted survey in three wards; thaaniserry, kumaranchira, karalam. The volunteers were able to interact with the people and understood the benefits to be received.



9. 15/02/2020

The NSS units of Christ College organized one day work on 15th February 2020. The volunteers assembled in the seminar hall at 9:00 am. The meeting began by 9:30 am with NSS song. The morning session was led by Prof. Saijith, Assistant Professor, Social work department of Christ College. The

session was based on the essential social skills to be attained as an NSS volunteer. Several games and activities were conducted to convey the message to the volunteers. It was a very interesting session.

The afternoon session was a questionnaire session where the volunteers were given an opportunity to clarify the doubts regarding the NSS activities.



February – March 2020

1. 21st to 27th February 2020 – NIC camp @ Kuttikkanam

Two NSS volunteers of Christ college, Murshida and Vishnu N S were selected and took participated in the National Integration Camp at Kuttikkanam, Idukki district. The camp was started at 21st February at Marian College kuttikkanam. 200 volunteers from 10 states took participated. NSS volunteers from Christ college tagged as Kerala contingent representing Calicut university. The camp came end at 27th February.

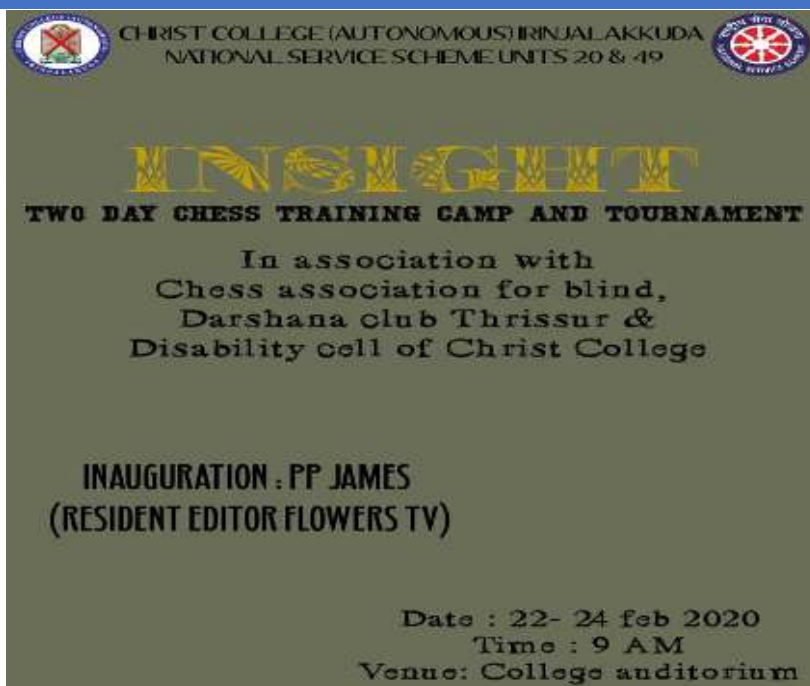


2. 22nd to 24th February 2020 – Insight

The NSS units of Christ College, along with Chess Association for blinds, Darshana Club Thrissur and Disability cell of Christ College organized INSIGHT 2020 - a two-day chess training camp and tournament for visually challenged, from 22th February to 24th February. The volunteers and participants assembled in the college auditorium by 9:00 am. The camp was inaugurated by the resident editor of Flowers TV, P.P James. The first session was chess training and the tactics to be followed while playing chess. Then the participants had their lunch together. After that their sessions continued. The chess training for visually challenged helped them to gain deep knowledge in this field. At night cultural programs were performed by our volunteers for their entertainment.

Second day started with tournament inauguration. After that the chess tournament was started. The day came ended by valedictory function.





3. 29/02/2020 – Special Talks

An awareness class was organized on 29th February 2020 by district medical office, Thrissur for the NSS volunteers of Christ college, Irinjalakuda first session was led by the health inspector of chavakad on first aid class and how a person should give first aid in a critical situation. The situations and ways to respond were also demonstrated. The talk involved all the details to be considered while providing first aid in a accident situation like heart attack, snake bite, and other situations. It was an informative class. After the tea break, food safety awareness class was also provided to the volunteers. The afternoon session was a chess training session for the volunteers lead by Peter sir where the volunteers were taught the basics of chess through demonstration. This was followed by the inauguration of tailoring unit in Christ College.





4. 08/03/2020 – NAVAVELICHAM Competition

As a part of spreading awareness on Glaucoma eye disease, a competition was conducted by Dr. Rani Menon's eye clinic, Thrissur. 10 NSS volunteers took participated in this competition and secured 4th prize. The volunteers reached the wadakkenjeryy delica auditorium. The programme was started at 9 am. It was inaugurated by ouseppachen music director. The volunteers performed well with enough support. The competition came end by 1:00 pm.



5. 10/03/2020 – One day camp by NYK

On 10th March 2020 at 9:00 AM, 10 NSS volunteers of Christ college reached Costford Hall, Ayyanthole, Thrissur to attend the one-day camp-Theme Based Awareness & Education Programme Conducted in association with Nehru Yuva Kendra (NYK), Thrissur & NSS university of Calicut on the topic -'YOUTH EMPLOYABILITY AND HOW TO FACE AN INTERVIEW'. The registration forms were filled up and the session started by 9:30 Am.

The sessions were led by Aims Solutions Senior Trainor Sri.Bastin Jose and former NYK State Director Sri.S.Satheese respectively . NSS volunteers from various colleges took participated in this programme. The session by Sri. Bastin Jose was very effective in directing the pupil into new ideals and perspectives in the competitive workspaces of our future. It was an interactive session and was lively with the participation from the audience side.

The inauguration ceremony was shortly conducted in the presence of Sri.Arivarasu Karthik, (District Youth Coordinator of NYK), Sri. Rameshan(Thrissur District Coordinator of NSS) . The second session was led by Sri S. Satheese, which included slide presentations with statistical growths based on demographic data and age group details were very much effective in understanding the

developments of workspace in a global level. Both the Sessions handled with a wide range of information enabling the pupil to help in foreseeing a much brighter future. The programme was came to an end by 2 PM, with the distribution of sports kits for various clubs running in the district and with the distribution of certificates of participation for various college groups who attended the sessions actively.



6. 11/03/2020 – 19/03/2020

The government of Kerala suspended all the classes in the state from March 10th to check the spreading of Covid 19. However, the state government had directed the schools and colleges to conduct the examinations as per schedule. In this aspect the Christ College (Autonomous), Irinjalakuda, Thrissur decided to conduct the examination for final years students as per earlier timetable. In order to confirm the safety of the students who are coming for the the exams the NSS units Programme Officers Prof..Tharun.R, Prof. Jincy S.R along with Prof. Jomesh Jose and staffs from other organization of the college with the help of the Christ college management had setup a Covid Cell for helping the students and teacher for conducting the exams in a safest manner, For this to happen NSS Christ college had seek the help of Department of Chemistry, Christ College for the preparation of Hand sanitizers. On the exam day the Covid cell member had ensured that handsanitizer and handwash had been placed in all exam hall and toilets and instructed the invigilators to compel the students to use the sanitizer before entering the class. After the exams the Covid cell member make sure that the students are not assembling and sent back to home immediately. Also, the

Covid cell together with the cleaning staff of the college ensured that the desks and benches were sanitized after each exam are over. These processes had continued until the lockdown had been announced.



7. 12/03/2020

The volunteers also took initiative to spread awareness on COVID 19 through social medias. Some awareness quotes, videos and other awareness activities were posted in the Christ college NSS instagram pages, face book and had been spread to all the students of the college. They also took initiative to spread awareness to their neighbors. The posters and video for the preparation of mask from reused clothes have got acclamation from the student and public.

WHEN TO USE A MASK



IF YOU HAVE A COUGH OR SNEEZE



IF YOU ARE CARING FOR A SICK PERSON

NSS Christ College, Irinjalakuda

THINGS TO BE NOTICED WHILE USING A MASK



NSS Christ College, Irinjalakuda

NSS Christ College, Irinjalakuda

BEFORE WEARING AND AFTER REMOVING A MASK, WASH YOUR HANDS WITH SOAP AND WATER OR ALCOHOL-BASED HAND RUB



COVER MOUTH AND NOSE WITH MASK AND ENSURE THAT THERE ARE NO GAPS BETWEEN MASK AND FACE



NSS Christ College, Irinjalakuda

AVOID TOUCHING THE MASK WHILE USING IT; IF YOU DO, CLEAN YOUR HANDS WITH SOAP AND WATER OR ALCOHOL-BASED HAND RUB



NSS Christ College, Irinjalakuda

* REPLACE THE MASK WITH A NEW ONE AS SOON AS IT IS DAMP

* DO NOT RE-USE SINGLE-USE MASKS

* AFTER REMOVING MASKS CLEAN YOUR HANDS



REMOVE THE MASK FROM BEHIND



DISCARD IMMEDIATELY IN A CLOSED BIN

NSS Christ College, Irinjalakuda



NSS CHRIST COLLEGE IRINJALAKUDA



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ഞാൻ
പുറത്തിറങ്ങിട്ട്
കൊറോണ
പടരണ്ടു.....
നാരുന് മാതാ ഹി ഞയ്!

STAY HOME SAVE LIFE



**ഈ കോറോണയും
രാവണനുമാകെ
ഒരുപോലെയാ...
ലോകം മുഴുവൻ
കീഴടക്കും...എന്നാലും
വീടിനു പുറത്തെ
ലക്ഷ്മണരേഖ കടന്ന്
സ്വയം അകത്തേക്ക്
വരാൻ കഴിയില്ല...**



8. 21/03/2020

At the time of lock down, the volunteers took initiative to join sannathasena of Kerala government. And many of the volunteers officially took participated in the work of community kitchen, panchayath works, mask stitching activities, food packing activities in relation to covid 19.

The volunteers also took initiative to plant saplings, vegetables and other agricultural-gardeneing activities in their home surroundings. Many of them planted tomatoes, chillies, lady's finger, curry leaves, jackfruit saplings, mango saplings etc

