



CHRIST
COLLEGE (AUTONOMOUS)
IRINJALAKUDA, KERALA

NSS ANNUAL REPORTS

2018-19

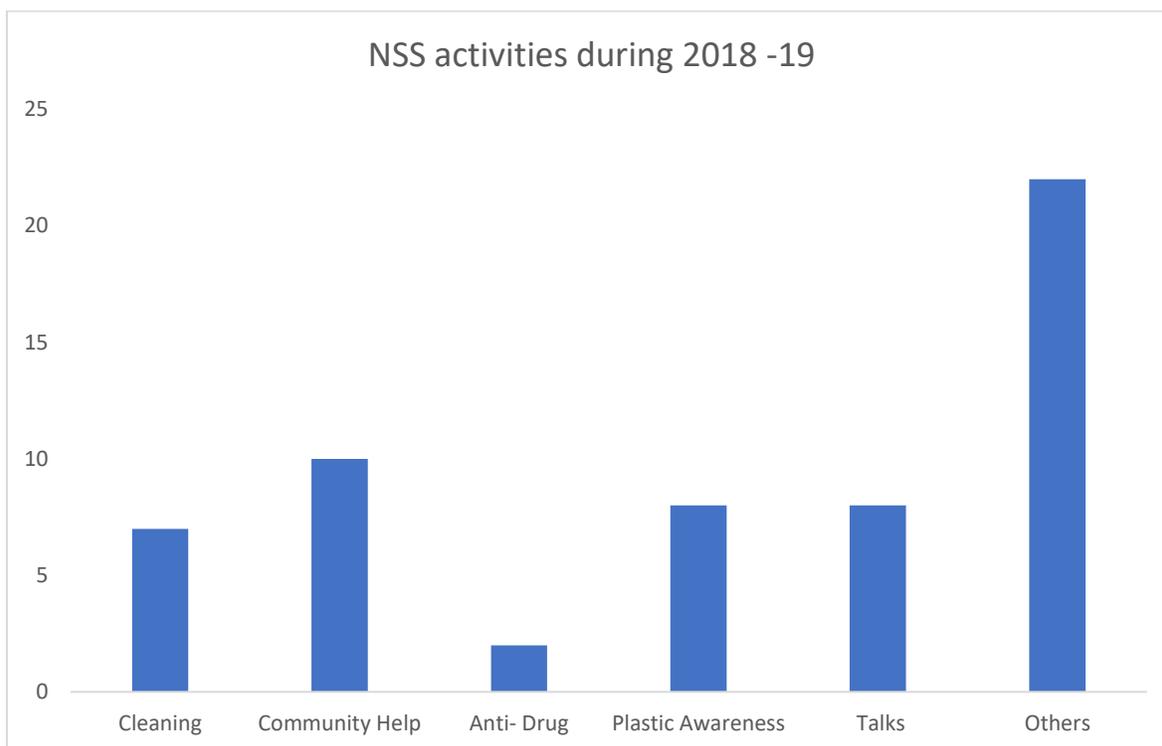


**NATIONAL SERVICE SCHEME
ANNUAL REPORT FOR THE
ACADEMIC YEAR 2018-19**

List of Programs Organized

Sl No	Program	Date	Attendance
1	Summer camp	15/05/2018 – 16/05/18	
2	Water conservation	16/05/2018	
3	Anti-Drug Campaign	27/05/2018	
4	Caring Nature – World Environment Day	05/06/2018	
5	Treking	09/06/2018	
6	Mehandi competion	13/06/2018	
7	Cleaning	16/06/2018	
8	Caring nature	22/06/2018	
9	Mass Yoga performance	26/06/2018	
10	Anti-Drug Campaign	28/06/2018	
11	Road Safety Awareness	27/06/2018	
12	Orientation	04/07/2018	
13	Orientation	05/07/2018	
14	All Kerala FIFA WC Quiz	07/07/2018	
15	Awareness Talk on Avoiding Plastic	10/07/2018	
16	Jute Exhibition	11/07/2018	
17	Field Visit to Viyoor Central Jail	21/07/2018	
18	SPF	23/07/2018	
19	Stem Cell donation camp	27/07/2018	
20	Cleaning activity inside	28/07/2018	
21	Orientation Talk on Vision for the Volunteers	28/07/2018	
22	Caring nature	01/08/2018	
23	Orientation Talk on Being Human by Human Beings	02/08/2018	
24	Caring Nature	04/08/2018	
25	Orientation Talk	11/08/2018	
26	Flood Relief	16/08/2018 - 31/08/2018	
27	Cleaning activity outside	01/09/2018	
28	Survey	08/09/2018	
29	Cleaning activity outside	08/09/2018	
30	Survey	14/09/2018	
31	Survey	18/09/2018	
32	Mini camp - Rebuka	20/09/2018 - 22/09/2018	
33	Survey	26/09/2018	
34	Awareness Campaign outside	01/10/2018	
35	Water Conservation – Pond Cleaning	02/10/2018	
36	Cleaning activity outside	02/10/2018	
37	Caring Nature	13/10/2018	
38	Tribal Visit	17/10/2018	
39	Prathiba 2018	10/11/2018	
40	Training on Fire Station	01/12/2018	

41	Talk on Human Rights	08/12/2018	
42	NOVA	08/12/2018	
43	7 day camp	22/12/18 – 28/12/18	
44	Old age Home Visit	05/01/2019	
45	Caring Nature	19/01/2019	
46	Cleaning activity outside	22/01/2019	
47	Cleaning	26/01/2019	
48	Cleaning Activity Outside	29/01/2019	
49	Orientation on Clean and Tidy Environment	29/01/2019	
50	Survey	29.01.2019	
51	Training on Basic Life Support	06.02.2019	
52	Women development	07.02.2019	
53	Caring Nature	09.02.2019	
54	Cleaning activity inside	02/03/2019	
55	Talk on Health Issues	02/03/2019	
56	Pratheeksha Bhavan Visit	09/03/2019	
57	Women development	12.03.2019	



MAY – JUNE

- a. Our NSS work started in the month of May with a summer camp of two days in which on the first day we organised a handicraft training led by Ms. Shahiba (Trainer) and on the 2nd day we went for a pond cleaning at the Aloor Panchayat, near Irinjalakuda on 16th May 2018.



- b. On May 27th, 2018 the NSS Units and the Excise department of Irinjalakuda organised a Rally and a Street play commemorating the Anti-Tobacco day at the Irinjalakuda Bus stand.





- c. On June 5th, 2018 on behalf of World Environment Day the NSS Units planted mango saplings at the Porathisherry panchayat, around 150 mango saplings were planted.
- d. On June 5th, 2018 on behalf of World Environment day and as the schools started on the first day of the tiny tots the NSS Volunteers of Christ College greeted the small kids of the Govt School Mala by giving a Paper Pen to each of the students of the school and gave a message on eco-friendly products and its benefits.



- e. On June 9th, 2018 on behalf of World Environment Day Drive the NSS units of Christ College went for a Nature Trekking at the Kuthiran Forest Range which was helped by the Forest Dept. it was a day long journey the students got exposed to the Nature and the mysteries of water and greenery.



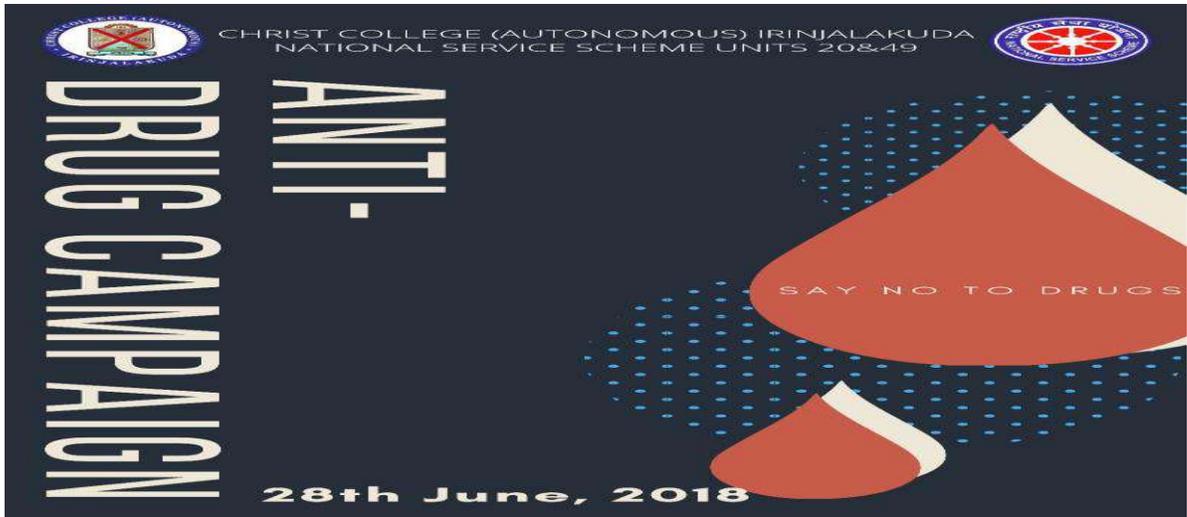
- f. On June 26th, 2018 on behalf of International Yoga Day, the NSS units of Christ College and the NEHRU YUVA

KENDRA, Thrissur jointly organised the Mass Demonstration of Yoga at the college Auditorium in which NSS, NCC, and participants from St. Josephs College and B.V.M School Kalparamba attended the programme. The programme was inaugurated by Ms. Nimya Shiju – Irinjalauda Muncipal Chairperson and a Lecture was delivered by Dr. B.P Aravinda – Head, Dept. of Physical Education and Ms. Alphy Biju (Art of Living) demonstrated the Yoga were all the participants followed it.

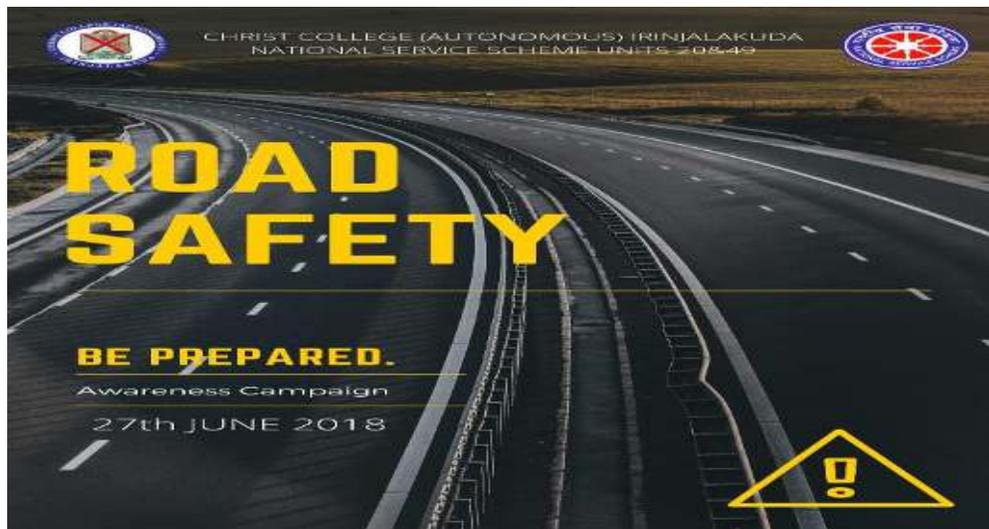


- g. On June 28th, 2018 on behalf of World Anti-drug day the NSS Units of Christ college organised a anti-drug campaign drive across 5 schools of Irinjalakuda sub District – we visited St. Josephs School – Anandapuram, National Higher Sec. School – Irinjalakuda, Govt. Boys High School – Irinjalakuda, Govt. Girls High School – Irinjalakuda, Govt. High School – Nadavaramba. We went to all the above 5 school and performed street play and gave pep talks on the pros and cons of using drugs, the programme was organised along with the Excise dept. – Irinjalakuda.





- h. On June 27th, 2018 the NSS Units of Christ college and the Kerala Koumadi organised a lecture and an awareness campaign on Road Safety in which the college students participated and a Lecture was delivered by the Motor Vehicles Department authorities.



The NSS Units of Christ college had its first one day work on 16/06/2018 in which the 1st years of the college also came for the One day work, in the morning session we did some cleaning work and in the afternoon

we had an Orientation for the 1st years on the NSS by Prof. Arun Balakrishnan.



- i. On behalf of Ramzan Celebrations the NSS units of Christ College organised an Inter Class Mehandi Competition on 13.6.18 in which around 57 teams participated and the programme was inaugurated the Ex – NSS P.O and the Vice Principal of Christ College.

j.



- k. On 22nd June the NSS Units of Christ College donated 150 mango saplings to the Kodakkara Parish on behalf of Mango sapling drive and One Goal One Mango Sapling in connection with the Russia FIFA World Cup.



JULY

1. On 4th July evening there was an orientation talk by Mr. Sreekrishnan Namboothri, Ex NSS Volunteer and a motivational Speaker on NSS and its Core Values for the NSS Volunteers.
2. On 5th July evening there was an orientation talk for the 1st year NSS Volunteers by Ms. Shahiba Ashraf, an Alumni of Christ College on the Life values to be gained by being in NSS during the College Life.



3. On 7th July, on behalf of FIFA World Cup Quiz at Russia, the NSS Units of Christ College organised a Football Carnival and All Kerala FIFA WC Quiz competition, in which almost around 35 teams participated from all around Kerala and Chaipez quiz club Ernakulam won the competition. The competition was Inaugurated by Shri. Binoy, SI of Kodungallur and Felicitated by Shri.N.Ramesh, NSS Dist Co-or, and our Principal Dr. Mathew Paul Ukken Distributed the prizes for the winners.





4. On 10th July evening there was a talk on Avoiding Plastics by the officials of Metro Vartha Paper.



5. On 11th July the NSS of the college Organised a Jute expo in the college in which various products and handicrafts made where exhibited and sold in the college.





- On 14th July, we had a one-day work. The day was affected by rain and in the morning session



- On 21st July the NSS Unis of Christ College had an opportunity to visit Viyor Central Jail and the P.O (Arun Balakrishnan) gave awareness class on Life values and the volunteers entertained the Jail inmates by some Cultural and a class was given to the volunteers on the happenings and the sill development at the Viyor central jail.



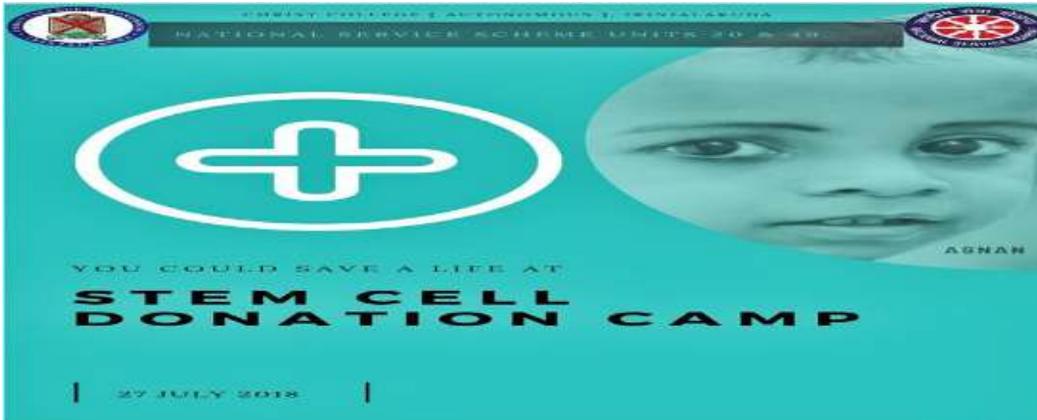


- On 23rd July, the NSS Units of Christ College Commemorated the 10th anniversary of the Student Police Force, the programme was inaugurated by Shri.C.C.BABU Syndicate member of Calicut University, Prof. E.M. Thomas (Founder of Student Police Force), Dr. Mathew Paul Ukken (Principal) and many police officials who helped to start SPF was also present in the gathering.

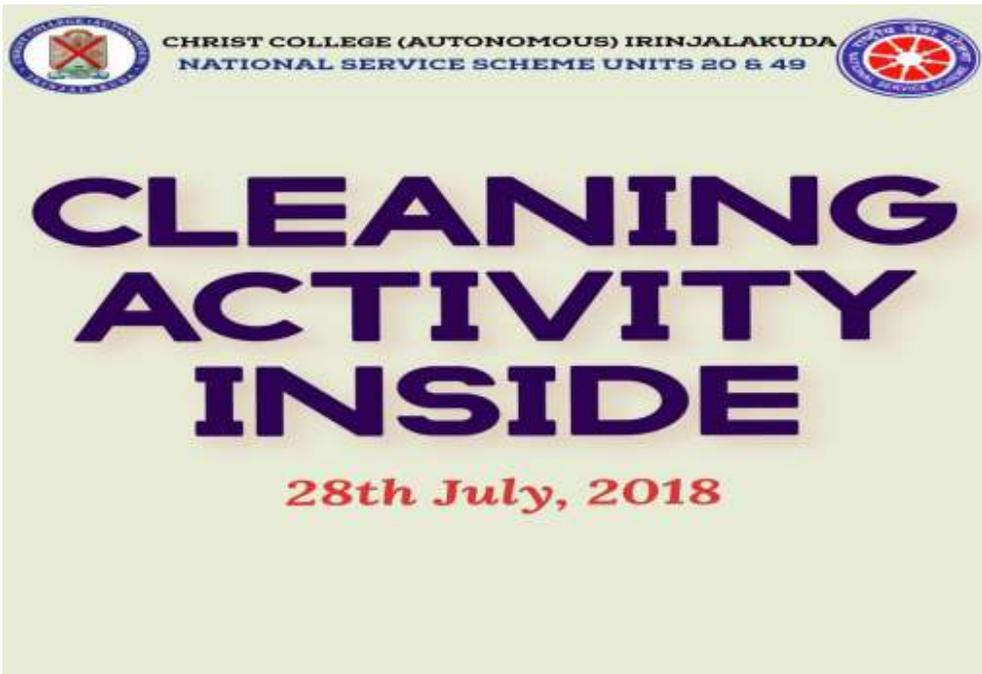


- On 27th July in connection to save a 4yr old boy named Asnan, near Irinjalakuda the NSS and Thavanish organised a Stem Cell donation camp in the college around 1,149 cells where donated by the students of Christ College Irinjalakuda and the neighbouring locality.





10. On 28th July we had one day work in which in the morning session the volunteers were divided into groups and sent for manual work for cleaning the campus and in the afternoon we had Prof. Arun Balakrishnan, NSS P.O gave a lecture on VISION for all the volunteers.



August

1. On 1st August, 2018 after college hours, the 1st years were taught to make paper bags out of News Paper – Hiranmayi & Bibin K Robinson, 2nd year volunteers taught the 1st Years.



2. On 2nd August, 2018 a Motivational talk was delivered by Mr.Sreekrishnan Namboothiri on BEING HUMAN BY HUMAN BEINGS.
3. 4th August, 2018 one day work was there. In the morning session the volunteers were divided into 3 groups one group was involved in making handicrafts like paper star, grow bags using flex and paper bags, and in the afternoon Shri.Biju – a visually challenged musician from Idukki came to our college and did some musics and shared his life experience and the volunteers enjoyed some of his bytes



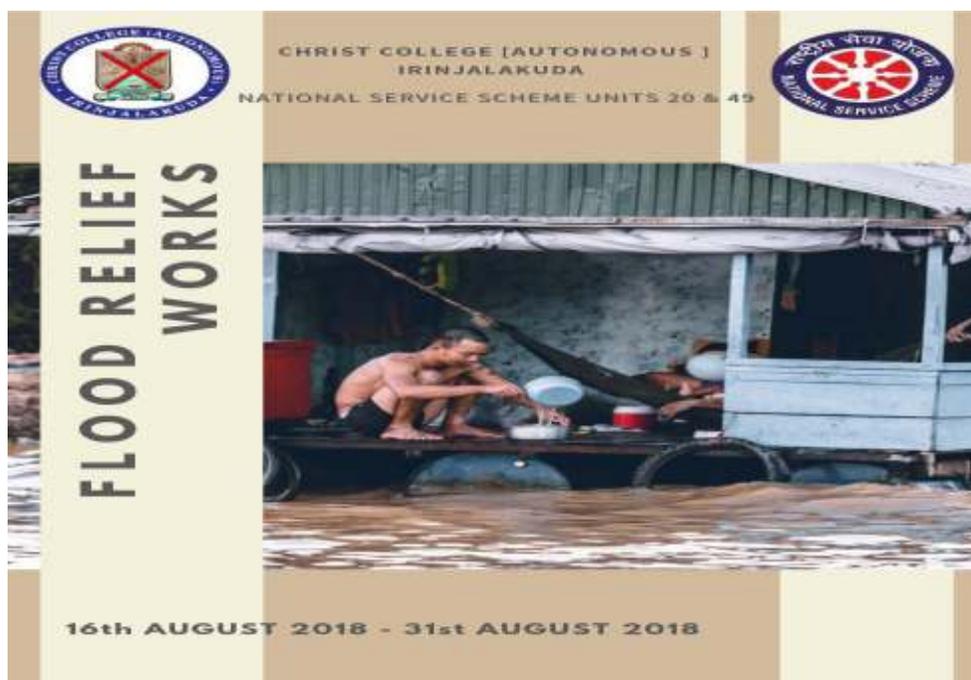
4. 11th August, 2018 one day work was there. In the morning session manual work was given for the volunteers and in the afternoon a Talk was delivered by Prof. Arun Balakrishnan on VISION.
5. From 16th onwards Kerala was affected by rain and was flooded, Christ College was a relief camp centre and centralised distribution centre. **(Report follows)**

KERALA FLOOD RELIEF WORKS

NSS UNITS OF CHRIST COLLEGE, IRINJALAKUDA - Units No. 20 & 49

The NSS volunteers and the Christ College jointly organised a mass relief work and cleaning drives in and around Irinjalakuda. Christ college was a centralized collection and distribution place for the necessary items to be delivered at the various camps in and around Irinjalakuda. Apart for the distribution around 750 people where accommodated in the classrooms at the Christ College at their relief camp. It was a great experience for the volunteers to take care of the camp and the distribution center at Christ College Irinjalakuda. The volunteers were involved in serving food, giving safe sanitation facilities and water facilities, cleaning the rooms, collecting and distributing the relief materials for the needy at the counter of Christ College, Irinjalakuda. Around 40 volunteers turned up for helping in the camp and the volunteers where divided into small groups of 8 – 10 and sent to clean the shabby houses at various places in Thrissur. The volunteers took part in cleaning process of houses and its surroundings at **Chalakudy**,

Karukutty, Kodali, Kattundichira, Karuvannur, Moorkanad, Pullur and the surrounding places of **Irinjalakuda**. Totally 36 houses were cleaned at the above said places and the volunteers had a tough time in removing the mud and the stains in the houses. **Rajisha Jose, Kavya, Hiranmayi, Ashwini, Shahabas, Jenson** and **Bibin K Robinson** led the cleaning team of the NSS Volunteers. The feedback of the volunteers were really stunning as they shared their experiences of helping and being a part of the massive loss of their houses, belongings and valuables. Apart from houses, roads, surroundings, and temples were also cleaned by our volunteers.



Sl.No	Place of Cleaning	No. of Houses Cleaned
1	Chalakudy	4
2	Karukutty	8
3	Kodali	2
4	Kattungichira	6
5	Karuvannur	8
6	Moorkanad	4
7	Pullur	4
Total Houses Cleaned		36



The pics of Collection center, where the stock of the goods and products were sorted and stored in our college auditorium. We had govt. officials, magistrate Mr. Jomon and Addl. Judge Shri. Gopakumar helping us to conduct the camp smoothly. Cine actors Shri.Tovino and Anupama was a part of the rescue team and helping team of Christ College, he was a great motivation for our students. The Christ College was the collection center and we had many volunteers coming forward to help the camp.



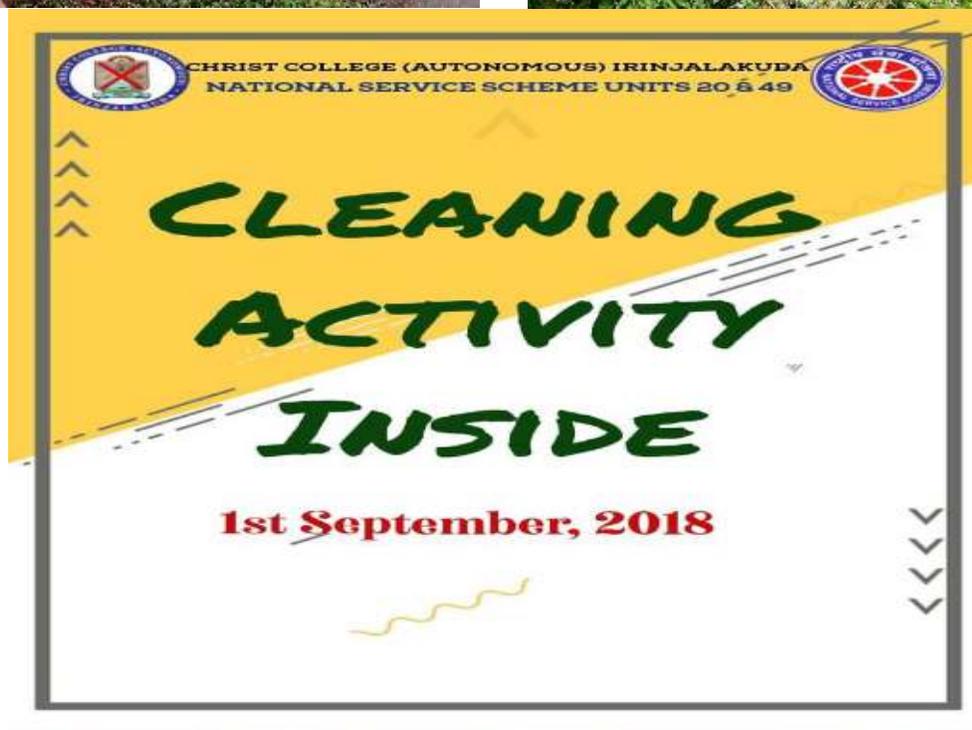
The camp pics in which the refugees were accommodated and fed. Around 750 people were accommodated for around 10 day long relief camp.



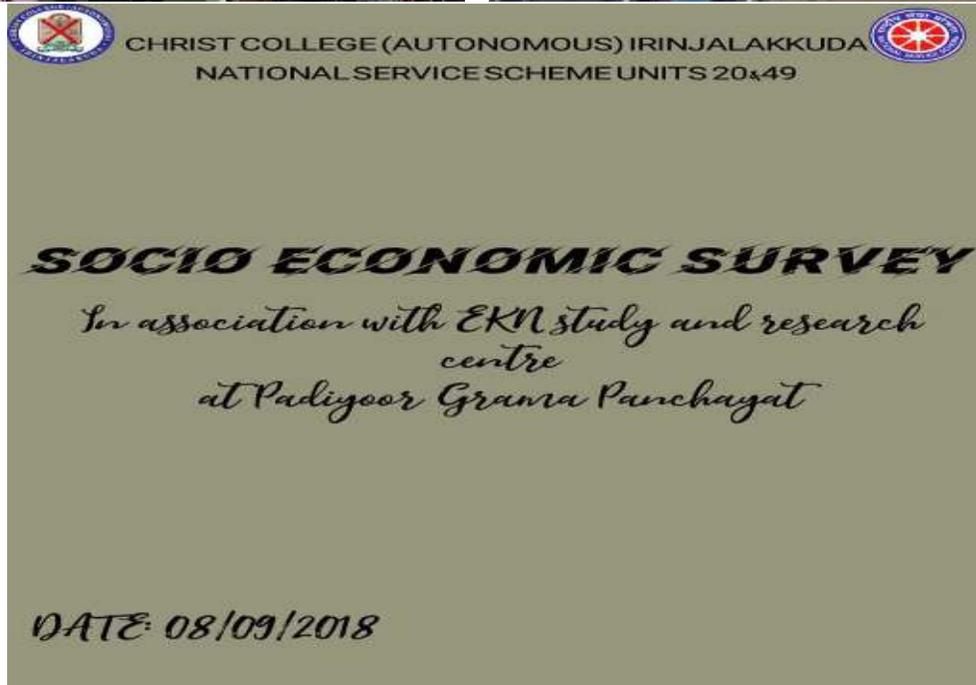
The following are some of the pics in which the volunteers were involved in cleaning the houses of the volunteers, teachers and the neighbouring places of Christ College Irinjalakuda.

SEPTEMBER

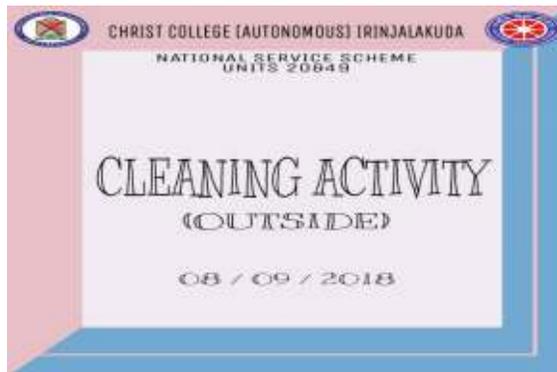
1. On 1st Sept, 2018 we had a One day work in which the volunteers were divided into small groups in the morning and given a manual work for cleaning the premises closes to the college wall and in the afternoon there was a feed back session and experience sharing of Flood which affected Kerala in the month of August.



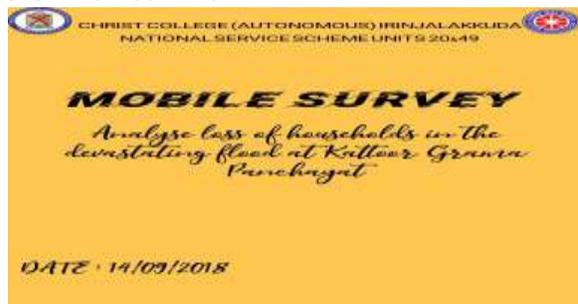
2. On 8th Sept, 2018 the NSS units of Christ College undertook a serious of work. Volunteers were sent to Padiyoor Grama Panchayat for a Socio-economic survey in association of EKN Study and research centre.



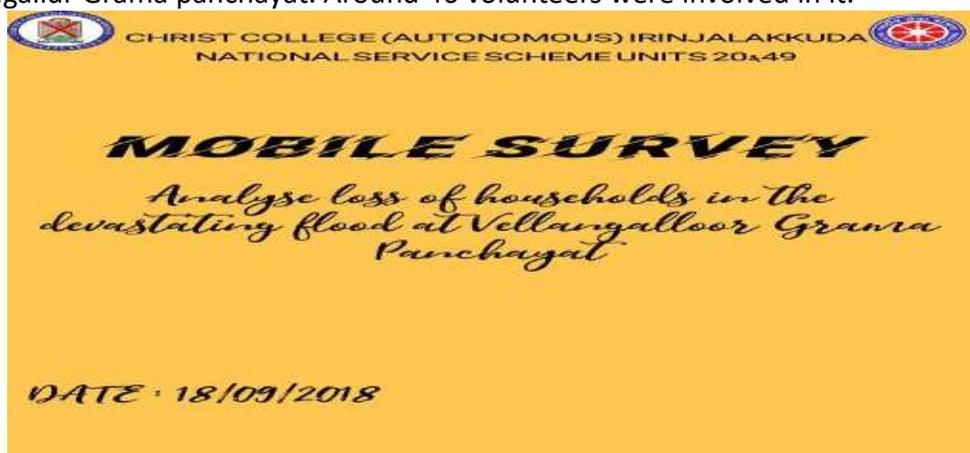
3. On 8th Sept, 2018 the NSS volunteers painted a house of our senior NSS Volunteers house which was washed away in the flood, Sreethu's house was painted by our volunteers at Moorkanad, around 12 volunteers were involved in painting the house.



4. On 14th Sept, 2018 our NSS Volunteers were involved in a mobile survey as informed by the state govt. to analyse the loss of the households in the devastating flood at Kattoor Grama panchayat. Around 92 volunteers were involved in it.



5. On 18th Sept, 2018 our NSS Volunteers were involved in a mobile survey as informed by the state govt. to analyse the loss of the households in the devastating flood at Vellangallur Grama panchayat. Around 46 volunteers were involved in it.

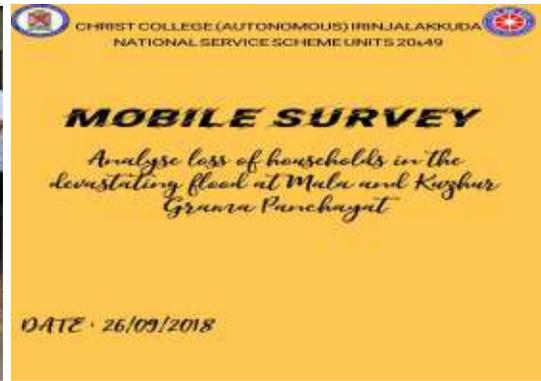


6. From 20, 21 & 22nd Sept, 2018 the NSS units of Christ College organised a 3-day residential Mini camp for the fresh NSS Volunteers and the camp was a great success. We had Shri. Sajith Babu – NSS Regional Director inaugurating the Camp – REBUKA. We had some fantastic resource persons Shri. Sudheer (Dist. Co-or for School in Tcr Dist.), Dr. Robinson P P – Christ College, Ms. Anju Antony – St.Joseph’s College coming and taking classes and sharing their valuable experiences.





7. On 26th Sept, 2018 our NSS Volunteers were involved in a mobile survey as informed by the state govt. to analyse the loss and there were question regarding the development of the panchayat affected in the devastating flood at Mala, Kuzhur Grama panchayat. Around 92 volunteers were involved in it.

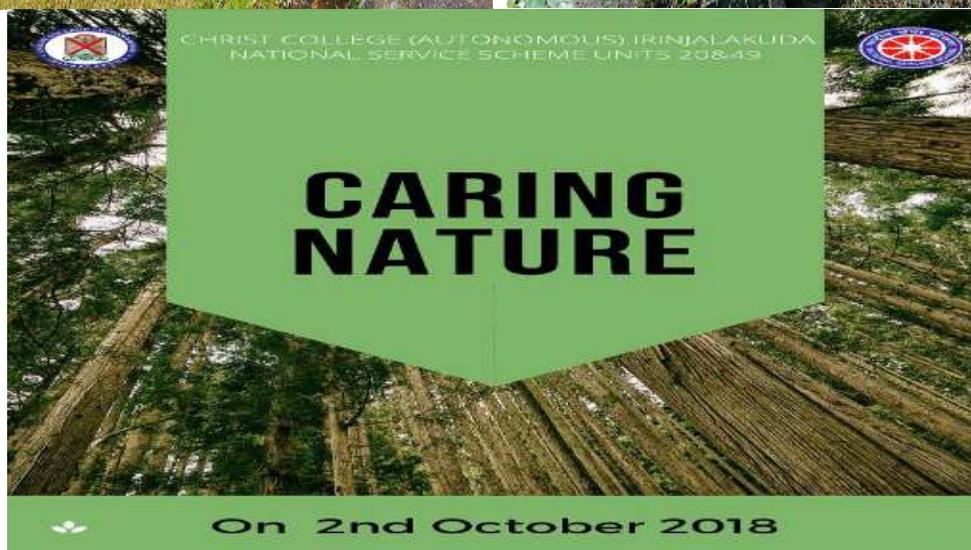


OCTOBER

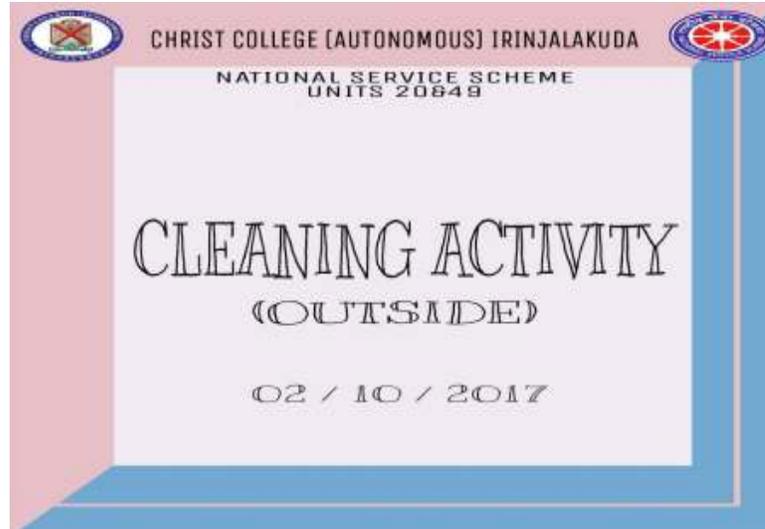
1. On 31st September to 2nd October our NSS Volunteers participated in a 3 day State level camp cum competitions – GANDHI SMIRITHI – at Sacred Heart college, Thevera. Around 23 of our volunteers participated in the 3 day long camp and our volunteers bagged the overall championship in the camp. Shri. Rishi Raj Singh & Medha Patker were the resource persons.
2. On 1st October, 2018 in collaboration with the Suchitwa Mission 15 of our NSS Volunteers participated in the awareness campaign by doing a Flash Mob at Chalakudy Private Bus stand.



3. On 2nd October, 2018 as part of Gandhi Jayanthi Celebrations and Swatch Bharath celebrations our NSS Volunteers were involved in a pond cleaning activity at Kattoor Panchayat.



4. On 2nd October, 2018 as part of Gandhi Jayanthi Celebrations and Swatch Bharath celebrations our volunteers were involved in a cleaning drive at the govt. taluk hospital.



5. On 13th October, 2018 we had a one-day work. In which in the morning session we had a paper making programme, our old NSS Volunteer Mr. Anson came and taught our volunteers in making the paper pens.



6. From 17th October to 20th October, 2018 - 60 of our NSS Volunteers along with the Programme Officers headed for a tribal exposure camp at Wayanad – our volunteers visited few tribal colonies at Pakkam, Kuruva & Neervaram. Our NSS Volunteers also donated 3000 books to a social activist for setting up a library. The books were handed over to the Panchayat member of Pulpally Grama Panchayat.





NOVEMBER

1. In November we couldn't work a lot because the students had their 1st and 3rd Semester Autonomous Examination. We conducted our Prathiba 2k18 on 10/11/2018.



2. Shri. Sudheer, Dist. Coor for NSS in School dept. inaugurated the 24th Prathiba ta the Christ College. We Had participants vying for laurels from 21 colleges from Kerala and around 435 volunteers attended the programme. We had totally 5 competition Light Music, Speech, Handwriting, Collage and street play. The Prathiba was started in 1995 by the then Programme Officer Prof. K.J.Joseph.



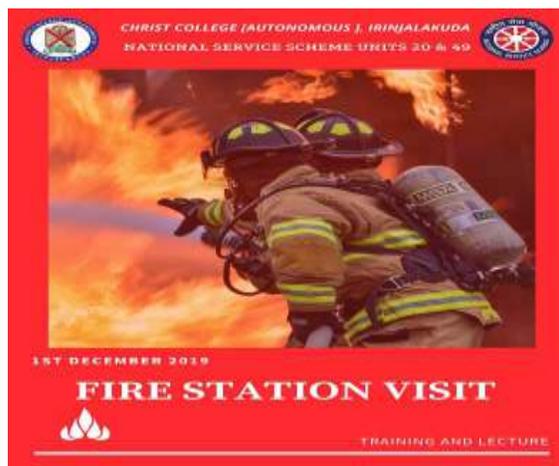




Dr. Mathew Paul Ukken, Principal and Rev. Fr. Joy P T addressing the contestants of Prathiba and they delivered the Presentation speech and handed over the prizes to the winners and mementos for the accompanying. Christ College won the overall championship. We had a fantastic participation from Zamorins Guruvayoorappan college, Calicut, Attapadi govt. college, Ideal College Cherupalasherry, NSS Ottapalam etc.

DECEMBER

- a. On 1st Dec, 2019 we the our regular one day work – in which in the forenoon session our NSS Volunteers went to the Irinjalakuda Fire Station and the students were given a hands-on training and a lecture on how to be safe with Fire, Water and etc. and in the afternoon session Prof. Abilash Chandran gave a group dynamics session with some activities.





- b. On 8th Dec, 2018 we had one day work in which in the morning session we had a talk on Human rights by the students of our college and in the afternoon, they joined the NOVA – National Service Scheme Old Volunteers Association – the Alumni meet of all the NSS Volunteers and the programme officers. It was a great experience for the NSS Volunteers to hear for the old NSS Volunteers their experience and their NSS Life.



- c. The Programme Officer - Arun Balakrishnan had an opportunity to go along with the Kerala Contingent team which comprised of 10 NSS Volunteers from various college from the University of Calicut for the National Integration Camp held at Shivaji University, Kolaphur from 14th Dec to 21st Dec, 2019.



- d. After coming from the NIC – I went directly to the 7 day camp, the pics, reports and the audited statement of accounts has been separately sent earlier.

JANUARY

- a. On 5th January, 2019 – the NSS Units of Christ College organised a trip and visit to AMMA HOME, at Moodirakanni. Its an old age home at a rural hill top deep inside Chalakudy. The volunteers were involved in cleaning inside and outside the premises of the AMMA Home, our volunteers

interacted and made lots of toys using tender coconut leaves to bring back their old memories of their childhood. Then our volunteers entertained the senior citizens of the home with some songs and dance performances in which they also participated. We couldn't take photographs of our volunteers interacting with the elderly people there because taking pictures were not allowed.



- b. On January 19th, 2019 few of our volunteers went to S.N Vidya Bhavan School at Chentrapinni. They delivered a talk on the importance of NSS in the personality development of the students in schools and colleges. They also delivered a lecture on Eco- Friendly products and its uses to their students. Then the students were divided into three teams and they were rotated to do a hands-on training on Paper Pen, Paper Bags, Grow Bags using Flex Banners and Chekutty dolls.





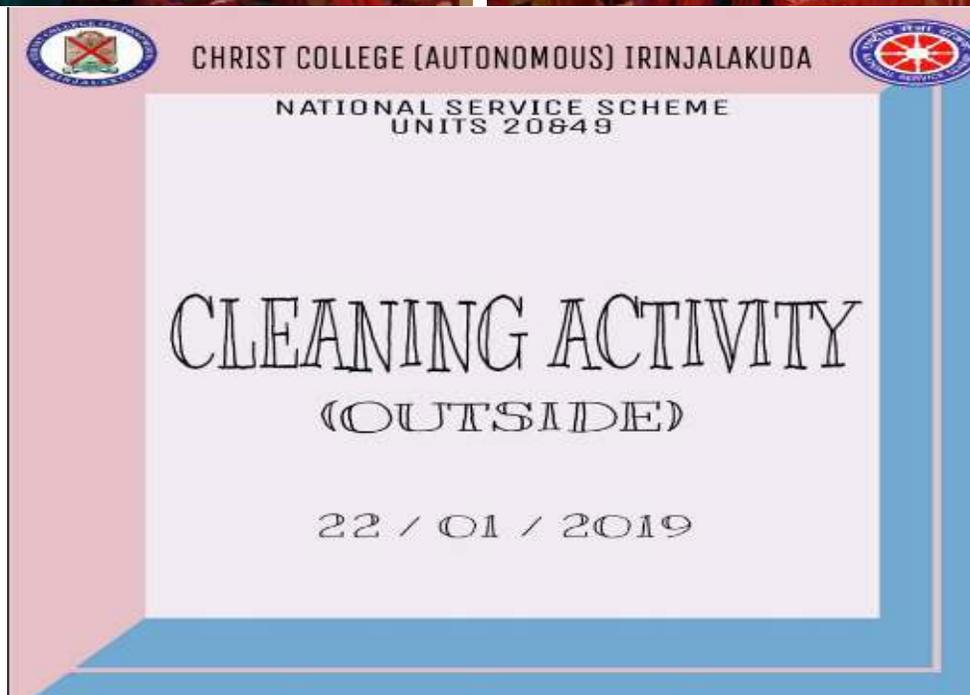
- c. The Programme officer Mr. Arun Balakrishnan along with district coordinator Mr. Ramesh K N had an opportunity to deliver a lecture and do some management games for the Programme officers training organised by the KUHS – Kerala University of Health Sciences, Thrissur.



- d. On 26th January, 2019 – on Republic day we had our One-day work in which our volunteers after cleaning the college campus. They were divided into various teams and we had Paper Games and in the afternoon session after the Lunch we had a film on the atrocities against women and domestic violence – Secret Superstar.

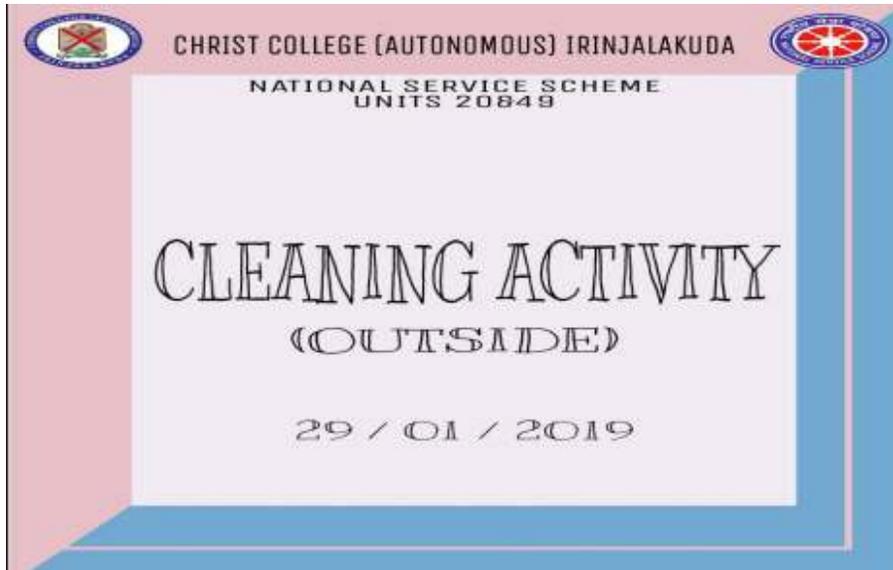


- e. On 22nd January, 2019 Programme Officer Mr. Arun Balarishnan had an opportunity to deliver a lecture on the orientation of NSS to the NSS Volunteers of Christ College of Engineering in their NSS 7 Day special camp held at Vellangallur Panchayat.



- f. As part of Suchithwa Mission along with the swatch Barath officials our volunteers made a cleanliness drive at the municipal Bus stand at Irinjalakuda. The drive was conducted in collaboration with municipality workers on 29/01/2019.





- g. On 29.01.2019 as part of Swatch Barath Campaign programme our volunteers was given a lecture on keeping the muncipality surroundings clean and tidy and conducting a survey by the officials of suchithwa mission. How a muncipality should be clean.

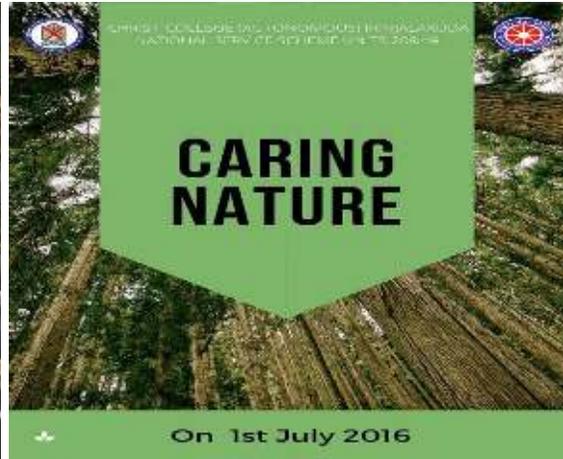


- h. On 24th January, 2019 Few of our NSS Volunteers had an opportunity to deliver a lecture on NADANPATTUGAL and VILLAGE LIFE to the NSS Volunteers of Christ College of Engineering in their NSS 7 Day special camp held at Vellangallur Panchayat, they entertained them with some folksongs.



FEBRUARY

- a. On 2nd and 3rd Feb, 2019 MHES College of Science and Technology, Calicut organised a talent fest for the NSS Volunteers. We had our Street Play team going to the college and participating and they performed well.
- b. On 6.2.19 we had Doctors and volunteers of St.James Hospital, Chalakudy coming to our college to teach and train our volunteers on Basic Life Support, a project by the Kerala University of Health Sciences. They came and led a class and taught our students how to do CPR and other basic medication.
- c. On 7.2.19, Penthilakam – Sthree Suraksha, project of the Kerala Police was held in PTR Mahal near Kattungichira police station, Irinjalakuda. Our girl volunteers attended the function and they were trained how to safeguard the bad behaviour of the public.
- d. On 9.2.19, Our college instituted Rev.Fr. Jose Thekkan award for the best teacher in the state. The function was presided by the union minister for tourism Shri. Alphonse Kannandanam. We the NSS Units of Christ College presented a Mango tree sapling as a token of love and spreading green idea.



- e. On 14.2.19 the Vimala College, Thrissur celebrated GREEN DAY by organising an inter college arts festival in which our NSS Volunteers participated and bagged prizes. 1st Prize in Street Play, 1st and 2nd prize in essay writing competition.



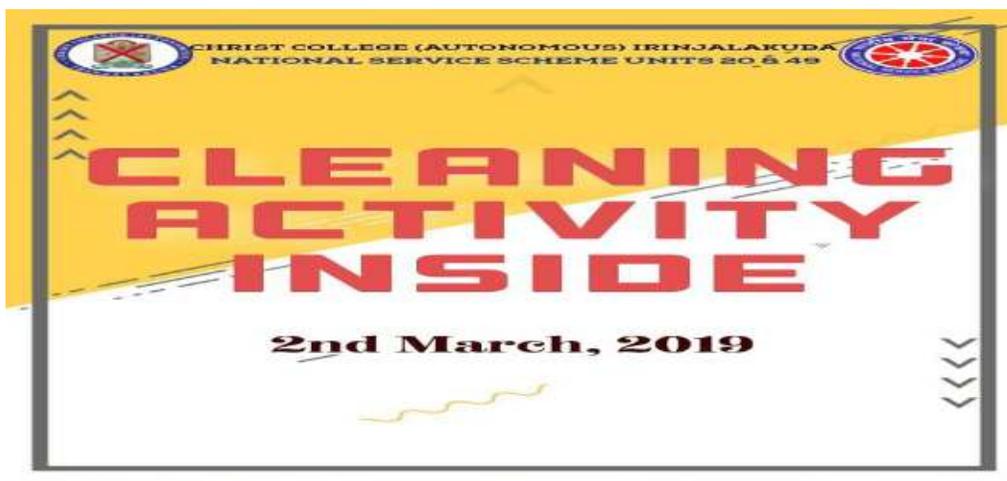
- f. 15th – 17th Feb, 2019, The Nehru Yuva Kendra organised a 3 day residential youth development camp at Malakkapara, near Athirapilly. Around 8 of our volunteers attended the camp and had a very good experience.





MARCH

1. On 2.3.2019 we had our regular oneday work. In which in the mornings session the volunteers were involved in cleaning the campus and in the afternoon the 2nd yr volunteers gave a lecture on Health Issues.



3. On 9.3.2019 we had our regular oneday work. In which in the mornings session we went

tp Pratheesha Bhavan, a Mentally Challenged home near irinjalakuda. The students interacted with the students and entertained them with some cultural programmes. The home boys and girls also entertained us with some beautiful programmes.



3. On 12.3.2019, in connection with International womens day, around 19 of our volunteers participated in a State level seminar on Gynecology at the KERALA UNIVERSITY OF HEALTH SCIENCES. In which 4 Boys and 15 girls attended the talk on Gynecology and stress management.