

GOVT.COLLEGE ATTINGAL
NATIONAL SERVICE SCHEME (UNIT 8A&8B)

ACTIVITY REPORT
2014-2020

National Service Scheme units started in the College in 1980. Two units (8 A & 8 B) are functioning under the guidance of NSS Cell, University of Kerala.

Motto

Not me but you

OBJECTIVE

'Development of the personality of the students through community service'. This objective is sought to be achieved by enabling the students to:

- Understand the community in which they work
- Understand themselves in relation to their community Identify the needs and problems of the community and involve them in problem-solving
- Develop among themselves a sense of social and civic responsibility
- Utilise their knowledge in finding practical solutions to individual and community problems
- Develop competence required for group-living and sharing of responsibilities
- Gain skills in mobilising community participation
- Acquire leadership qualities and democratic attitudes
- Develop capacity to meet emergencies and natural disasters and
- Practise national integration and social harmony

Institutional Advisory Committee

Chairperson Dr Sunil John J

Members Dr Sarun S G (NSS P O)
 Dr Binu R (PTA Secretary)
 Pradeepkumar K
 Shalini Lawrence
 Mini (Adopted village)
 Nithin Dileep(Vol.Secretary)
 Sreelekshmi(Vol.Secretary)

Member Secretary Gopakumar K (NSS P O)

Achievements

- University level Best Volunteer Award for 2020 received by Abhijith A J.
- Sevana Vikas Kendra ,NGO felicitated NSS volunteers in connection with blood donation.
- Participated in National Integration Camp by three volunteers and one Programme Officer.
- Participated in South Zone Pre-RD selection camps.
- 12 volunteers participated in Volunteer Leadership training camps.
- Volunteers participated in the Palliative training camps



Activity Report of 2014-15

The regular and special camping activities were carried out under the guidance of Programme Officers- Sri Nizar Koolikkool, Assistant Professor in Arabic and Sri Deleep D.L., Assistant Professor in English.

The regular activities of the NSS units for the academic year started on June 5(**World Environment Day**). The NSS volunteers along with Nature Club members planted tree saplings. June 19-26 was observed as an '**Anti- drug Week**'. An **essay writing competition** was held on June 26,"International Day against Drug Abuse and Illicit Trafficking". A **seminar** on "The Problems of Adolescent" was conducted by the University Health Centre, Thiruvananthapuram on 24.07.2014 at the College Auditorium. Prof. M.P. Viswam presented the topic "**Adolescent Problems**", need for family adjustment. There was a **Counselling Session** by Shri M.Nazimudeen, H.I.O. University of Kerala.

A **collage competition** was conducted on August 8, commemorating **Hiroshima and Nagasaki day**. An essay competition, 'Horrors of war' was also conducted. NSS celebrated **Independence Day** on August-15.A **quiz programme**, 'Our India', was conducted on that day. Sweets were distributed. Sri.Prasanth Lal T.S. (Asst. Professor in Politics, Govt. Women's College, Thiruvananthapuram) **conducted a class** on Indian Freedom Fighters.

The **enrolment of first year** volunteers to the NSS units was conducted in August. Seven volunteers along with the Programme Officers conducted **class-wise campaign** for motivating the freshers to join NSS from 11.08.14 to 16.08.2014.**NSS Day** was celebrated on 24th September 2014. On 26th September, NSS volunteers raised a fund of Rs. 3700 for the **Kashmir Relief fund**.

Mahatma Gandhi Jayanthi was celebrated by organising a campus cleaning programme. An **Anti Drug Rally** was organised on 10th October 2014. A poster making competition and a class were held in connection with **AIDS Awareness Day**.

The **Annual Seven Day NSS Special Camping** Activities for the year 2014-15 had its venue at Govt. Model BHSS, Attingal. Held from 19th December to 25th December 2014, the camp had its focus on programmes like socio-economic health survey, 'santhvanasparsham', gramadarshan, cleaning KSRTC buses and college campus, personality development, health and agriculture classes. Group activities and discussion sessions aimed at improving self confidence and personality of the volunteers were conducted during the camp.

Republic Day was celebrated with the hoisting of our national flag. On 26 February 2015, Dr. Pradeepkumar. K engaged in an **Anti-Ragging class** for the volunteers. The last programme for the academic year was held on 3rd March 2015. Sri. Karthik Sasi, Personality Development Trainer, took a class on **Personality Development**.

Activity Report of 2015-16

The regular and special camping activities of NSS were carried out under the guidance of programme officers Sri Nizar Koolikkool, Assistant Professor in Arabic and Dr.Deepa Prasad L., Assistant Professor in English. The activities were planned and carried out keeping in mind the objectives of social commitment and overall development of the volunteers.

The NSS units of our college started the activities for the academic year 2015-2016 with the **World Environment Day** celebrations on June 5. Around 100 saplings were planted in the campus. Various activities such as poster designing and elocution were also conducted. On

June 19. Smt. Rekha, Instructor for Art of Living, conducted a class on "Yoga and Bharatheeya Darshanam" in association with **International Yoga Day**. Around 100 volunteers participated actively in the demonstration session after the class. On June 23, **campus cleaning** was undertaken by the volunteers under the leadership of the secretaries and the programme officers. This was undertaken as part of "**Suchitwa Week**", to be observed in the campus across India. Plastic wastes and biodegradable waste were separately collected and disposed of properly.

A visit to Sai Gramam, Thonnakkal, was organized on 09 July. 75 participants, under the guidance of the programme officers and other teachers interested in the voluntary activities, visited Sai Gram and the orphanage and geriatric care centre attached to it. **Nagasaki Hiroshima Day** was observed on the campus on August 09 by organizing a collage-making competition on "Atomic Energy for Peace" for the students. **Independence Day** was observed in the campus by the NSS volunteers along with NCC cadets. The flag hoisting was conducted for both volunteers and cadets in the college campus. After the flag hoisting, select volunteers did presentations on "**The Legacy of Freedom Struggle**". A competition on **Patriotic songs** was also conducted.

The **enrolment of first year volunteers** to the NSS units was completed in August. Senior volunteers along with the programme officers conducted class-wise campaigns for motivating the first year students to join NSS. Registration of the selected volunteers was held on 17 August 2015. **Democracy Day** was observed in the campus on 15 September under the auspices of NSS and the anti-narcotic cell of the college. An essay writing competition on "**Drugs: The Faceless Threat to Indian Democracy**" was organized in the morning, and an **elocution competition** on "The Role of Youth in Moulding Indian Democracy" was organized in the afternoon.

On September 16th, a *vilapayatra* was organised by the volunteers in and around Attingal town in observance of **Ozone Day**. **A general orientation class** by Mr. Brahma Nayakam for the newly enrolled volunteers was organised on September 22 2016, as part of observing the **NSS day** on September 24, which was a public holiday. Suchitwa Varam was observed in the campus from 28 September to 03 October 2015, led by the NSS volunteers. The campus premises were cleaned and plant saplings were planted. Approach road to the college was also cleaned. **Gandhi Jayanthi** was observed by the NSS volunteers by cleaning the classrooms and also by collecting and properly disposing of the food waste accumulated in the various parts of the campus.

On October 09, **Eye-camp** was organised in the college in association with the Sivagiri Mission Hospital. As part of observing **World Food Day**, a Food Festival, "Kappappuzhukkum Kanthareem". was organised by NSS in association with the NCC and Women's Cell of the college. The profit (Rs. 5,000/-) made from the sale was donated to the RCC, Trivandrum.

On 07 November 2015 seven volunteers and the programme officers participated in the **one-day seminar on "Oral Cancer Awareness"** at the RCC, Trivandrum, organised as part of National Cancer Awareness Day, by RCA, RCC and the NSS. Pamphlets regarding oral cancer were given for NSS units to be used for conducting surveys among the local people. As part of **National Science Day**, Science Week was observed in the campus by the NSS and the Science Club of the college. Various competitions including essay writing, quiz, poster making and elocution were organised for the students the week. It came to a conclusion with a class on "**Nuclear Energy**" by the famous scientist, Dr. R. V. G. Menon.

Aids Day was observed in the campus on December 01 by the volunteers, by distributing red ribbons and pamphlets about Aids awareness in the campus. **Human Rights Day** was

observed in the campus on December 10. In association with KELSA, Attingal chapter, a session on human rights was organised in the campus for the students. Advocate V. S. Udayakumar gave a **talk on "Human Rights Laws"**, which gave a clear idea regarding the laws and how they can be used to help people.

On December 30 2016, a class on "**Oral Cancer Awareness**" was conducted for the NSS volunteers by Dr. Mathew, Secretary, RCA, as a follow-up of the one- day seminar at RCC in November.

On January 01 2016. **planting of seeds** was undertaken by the NSS volunteers, as a new initiative for farming and making the students become close to the earth. Bamboo shoots, seeds of pumpkin, pea, spinach and chilly were planted and nurtured. A small quantity of produce was gathered.

A class on "**Leadership Skills and Motivation**" by Mr. Alexander Jacob I. P.S., former DGP of Kerala, was organised by the NSS for the students. Mr. Jacob easily integrated all the essential tips of methodical and organised working, time management and nutrition for a successful career and healthy life.

The **Annual Seven day Camp** of National Service Scheme for the academic year 2015-2016 was conducted from 22 to 28 March 2016 at Sun Star Sports Club Attingal The camp focussed on activities like Socio-economic-health survey, gramadarsan, santhwanasparsam, cleanliness campaign, personality development and health classes.

Activity Report of 2016-2017.

The camping and routine activities of NSS were carried out as per the guidelines and under the guidance and direction of programme officers Gopakumar. K., Assistant Professor of Economics and Dr. Sarun S.G., Assistant Professor of Commerce. All the NSS activities were designed so as to energize the body, mind and spirit of volunteers.

The NSS unit started the activities for the academic year with **the World Environment Day** celebrations on 5th June 2016. The volunteers planted saplings. On 21st June 2016 **International Yoga day** was celebrated. Smt. Rekha, Practitioner Guru, Art of Living chaired the session.

On 1 July 2016, **Plastic Free Campaign** was enunciated. An exhibition was conducted on 11.07.2016 as the celebration of **World Population Day**. Poster preparation was made on the same day. **Nagasaki-Hiroshima Day** was observed on 09.08.2016. An elocution competition was conducted on the topic "Welfare to Arms". **Independence Day** celebrations included flag hoisting followed by a meeting. The crucial independence leaders were memorized and a role play was conducted. Patriotic songs were sung during the session.

The **enrolment of new entrants** was completed by the month of August. Newcomers showed great enthusiasm in volunteering to NSS. **Democracy day** was celebrated and Dr. Satheesh Kumar from the University College was the chief guest for the session. On 24 September **NSS day** was celebrated with an enhanced meal. The new entrants were provided with an **orientation** on the future programmed schedules of NSS programmes on 29.09.2016.

Campus cleaning campaign was conducted over the span of 5 days and ended on 02.10.2016 as a tribute to **Gandhi Jayanthi** celebrations. A pre-camp orientation was made by Nizar Koolikool the former NSS program officer on 05.10.2016. The **NSS Camping programme** was on 07.10.2016-13.10.2016. The Government Boys HSS hosted the venue for the camp.

World Aids Day was on 01.12.2016. Poster exhibition was made. Dr. Bhagyaraj, Asst. Surgeon Government Medical College Thiruvananthapuram led a class on Aids awareness. On 4th January 2017 a reception was made to Bodha Pournami - **An Anti Drug Campaign** of IMA. **National Youth Day** celebration was made on 12.01.2017. **Republic day** was celebrated colourfully along with a competition on patriotic song.

Cancer Awareness Programme was conducted along with the technical session by Dr. Giji Thomson from RCC Thiruvananthapuram. **Women's Day Celebrations** were made on 08.03.2016. As a preface to the same a **Road show** was conducted on 08.03.2017 along with the support of the Department of Social Justice, Government of Kerala. At KSRTC Bus Stand terminal Attingal the show ended with the performance of **Mime and Drama** by the volunteers.

Personality Development class was mentored by Dr. Biju T. from BJM Government College Chavara on 23.03.2017. The **College Food Fest** entitled "Kappapuzhukku Kandareem - Season 2" was celebrated along with the guidance and support of NSS Unit. The activities of NSS Units Government College Attingal for the academic year come to its completion by the end of March 2017.

Activity Report of 2017-18

The camping and routine activities of NSS were carried out as per the guidelines and under the guidance and direction of programme officers Gopakumar.K, Assistant Professor of Economics and Dr.Sarun S.G, Assistant Professor of Commerce.

The NSS unit started the activities for the Academic year with the **World Environment Day** celebrations on 5th June 2017. The volunteers planted saplings. On 21st June 2017, International Yoga day was celebrated. Sri. Rajendran, Yoga Master monitored the ceremony.

On 28 June 2017, a seminar on **Anti-drug** was organized. TSP MOOSATH, Chairman Attingal Taluk Legal Services Committee convened the session. An **exhibition** was conducted on 11th July, 2017 as the celebration of **World Population Day**. Poster preparation was made on the same day. **Independence Day** celebrations included flag hoisting followed by a meeting. Crucial independence leaders were memorised and a role play was conducted. Patriotic songs were sung during the session.

The **enrolment** of new entrants was completed by the month of August. New comers showed great enthusiasm in volunteering for NSS. On 24th September, 2017 NSS Day was celebrated with enhanced zeal. **Campus cleaning campaign** took 5 days and ended on 02-10-2017 as tribute to **Gandhi Jayanthi** celebrations. On 20th October, 2017 an awareness programme on the topic **Dowry Prohibition** was organised.

On 4th November a **campus cleaning programme** was initiated. The new entrants were provided with an **orientation** on the future programmed schedules of NSS programme on 13-11-2017. Sri Brahma Nayakam carried out 2 sessions. **World Aids Day** was observed on 4th December, 2017. Poster exhibition was conducted. Dr. Bhagyaraj led a class on aids awareness.

The **Annual Seven Day** camp of National Service scheme for the academic year 2017-18 was conducted from 21-12-2017 to 27-12-2017. The venue of the camp was at Government Pre-Primary School, Attingal. The camp was conducted as per the scheduled programme and the major focus was on the activities such as Health Survey, personality development classes, yoga classes, organic farming, 'Gramadarshan' and Arogya bodhanam-an anti-drug campaign. The outcome of the camp envisages the attainment of the comprehensive overall development and well being of volunteers and society through various interactive pro life group activities.

On 12 January, 2018 **World Youth Day** was celebrated. **Republic Day** was celebrated colourfully on 26-01-2018. On that day a patriotic competition was also conducted. **Cancer awareness programme** was conducted along with the technical session by Dr. Gigi Thomas on 16-02-2018. On 8th March, 2018 **International Women's Day** was celebrated. Prof Ligi Jolly was the inaugurator. As a preface to the same, a **road show** was conducted on 08-03-2018 with the support of Department of Social justice, Government of Kerala. At KSRTC Bus stand Terminal Attingal, the show ended with the performance of **Mime show and drama** by volunteers.

The activities of NSS units, Government College Attingal come to its completion by the end of March, 2018. The prizes for the winners of various competitions conducted by NSS Unit was distributed during the College Day on 28th March 2018.

Activity Report of 2018-19

The camping and routine activities of NSS were carried out as per the guidelines and under the guidance and direction of programme officers Gopakumar.K, Assistant Professor of Economics and Dr.Sarun S.G, Assistant Professor of Commerce.

The NSS unit started the activities for the Academic year with the **World Environment Day** celebrations on 5th June 2018. The volunteers planted saplings. On 21st June 2018, **International Yoga day** was celebrated. Ms. Aswathy, Yoga Master monitored the ceremony.

NSS Volunteers participated in a cleaning programme in the campus on 23-06-2018, as a part of **Green Campus Clean Campus**. A seminar was conducted on 11 July 2018 as a part of the celebration of **World Population Day**. The seminar topic was "Population and Development".

Independence Day celebrations included flag hoisting followed by a meeting. Crucial independence leaders were memorised and a role play was conducted. Patriotic songs were sung during the session. On 24th September, 2018 NSS Day was celebrated with enhanced zeal. **Campus Cleaning** was carried out over 5 days and reached culmination on 02-10-2018 as a tribute to Mahatma Gandhi.

In connection with the **Yuvatha-Nadiyodoppan** programme of NSS, University of Kerala, the NSS Units of our college were allotted the area of Attingal Municipality where Vamanapuram River flows. NSS volunteers conducted a river walk and a survey on soil erosion on 03-11-2018.

On 15-11-18, an **awareness programme on Tuberculosis** was conducted in collaboration with District TB Cell. In order to generate interest in farming among the students, the NSS units of the college made a **vegetable garden** in the Campus on 29-11-18.

World Aids Day was observed on 4th December, 2018. Poster exhibition was conducted. Dr. Greeshma led a class on aids awareness. On 10th December, **Human Rights Day** was observed. Sri.Pradeepkumar K, delivered a lecture on Human Rights Approach to Development. The new entrants were provided with an **orientation** on the future programmed schedules of NSS programme on 15-12-18.

The **Annual Seven Day** camp of National Service scheme for the academic year 2018-189 was conducted from 21-12-2018 to 27-12- 2018 . The venue of the camp was at Government Boys Higher Secondary School, Attingal. The camp was conducted as per the scheduled programme and the major focus was on the activities such as Health Survey, personality development classes,zumba classes, protection of rivers, protection of Biodiversity park, organic farming, 'Gramadarshan' and Arogya bodhanam-an anti-drug campaign.

A seminar on the topic '**Transgender Welfare**' was conducted on 18-01-2019. On 25th January, a **Quiz competition** was organized on the topic of 'Indian Democracy'.**Republic Day** was celebrated colourfully on 26-01-2018.On that day a patriotic competition was also conducted. A Campus cleaning was conducted in the name of '**Green Campus, Clean Campus**' on 23rd February 2019. Volunteers planted saplings. On 20th March 2019 an awareness class on Oral health was given by Dr. Arun. S, Indian Dental Association as a part of the **World Oral Health Day**. The Activities for the academic year 2018-19 came to a conclusion by the end of March.

Activity Report of 2019-20

The camping and routine activities of NSS were carried out as per the guidelines and under the guidance and direction of programme officers Gopakumar.K, Assistant Professor of Economics and Dr.Sarun S.G, Assistant Professor of Commerce.

The NSS unit started the activities for the Academic year with the **World Environment Day** celebrations on 6th June 2019. The volunteers planted saplings. On 21st June 2019, **International Yoga day** was celebrated. Ms. Aswathy, Yoga Master monitored the ceremony.

NSS Volunteers participated in a cleaning programme in the campus on 06-07-2019, as a part of **Green Campus Clean Campus**. Food packets were distributed by NSS volunteers at Karunalayam Orphanage, Attingal. A lecture was conducted on 11 July 2019 as a part of the celebration of **World Population Day**. The lecture topic was "Population Explosion and Environment".

A **cleaning drive** was held in the campus on July 27th 2019. The main purpose of this programme was to create awareness among the students regarding the need for cleanliness in community level. **Swatchatha Pakhwada** was observed in the campus on 01-08-2019, as per the guidelines of Ministry of Youth Affairs. Poster exhibitions and signature campaigns were conducted as a part of Hiroshima Day. NSS Volunteers participated in the collection of food and essential material to the flood affected victims in different parts of Kerala.

Independence Day celebrations included flag hoisting followed by a meeting. Crucial independence leaders were memorised and a role play was conducted. Patriotic songs were sung during the session.

A seminar on **Life Skills** was taken by Rinku on 31st August 2019. On 24th September, 2019 NSS Day was celebrated with enhanced zeal. **Campus Cleaning** was carried out over 5 days and reached culmination on 02-10-2019 as a tribute to Mahatma Gandhi. As a part of **Gandhi Jayanti** celebrations, NSS Unit organized an exhibition of rare collections of Gandhian ideologies and values. A cleaning drive was organised at Perunguzhi railway station.

A **blood group detection camp** was organised in the college on 04-10-2019 in association with Sevana Vikas Kendra, Attingal. To inculcate traffic awareness among the people, NSS Units in the college jointly organized **Road safety awareness** and signature collection at Avanavencherry on 17-10-2019.

On 26-11-2019 NSS Units in the college started **paddy cultivation** on 1.5 acres of land owned by the college. An interactive session on "**How to Lead a Stress Free Life**" was carried out by Dr.Unnikrishnan Nair, psychiatrist, Mental Health Centre, Peroorkada on 07-12-2019.

On 10th December, **Human Rights Day** was observed. Sri.Pradeepkumar K, delivered a lecture on Human Rights in a Neo-liberal Age. The new entrants were provided with an **orientation** on the future programmed schedules of NSS programme on 18-12-19.

The **Annual Seven Day** camp of National Service scheme for the academic year 2018-189 was conducted from 19-12-2019 to 25-12-2019. The venue of the camp was at Government Pre-Primary School, Attingal. The camp was conducted as per the scheduled

programme and the major focus was on the activities such as Health Survey, personality development classes, palliative care, protection of Biodiversity park, organic farming, 'Gramadarshan' and Arogya bodhanam-an anti-drug campaign.

Jeevani, the flagship programme of Dept of Agriculture, Govt of Kerala was launched at our college on 14-01-2020. NSS Volunteers took over the barren land for cultivation at the campus. **Republic day** was celebrated with flag hoisting and an essay writing competition. A poster exhibition was conducted on 05-02-2010 as a part of anti-drug drive in the campus. Kalalaya Kathirolsavam, **harvest festival**, was held on 28-02-2020, 02-03-2020 and 03-03-2020. Around 1.5 acres of barren land near the college turned into a rich paddy field. The Activities for the academic year 2019-20 came to a conclusion with the awareness class on **Stem Cell Transplantation**.









Adopted Village by National Service Scheme (NSS) Units

Ramachan Vila, one of the villages in Attingal Municipality, is adopted by the National Service Scheme (NSS) units 8A & 8B of Govt. College, Attingal. Ramachan Vila is notorious as a centre of drug abuse in Attingal municipality. So NSS volunteers of the college have launched various programmes to make Ramchan Vila a Drug free locality. As the part of NSS special Camp, awareness programmes and poster exhibitions were conducted. Anti-drug campaigns and activities were initiated with the cooperation of social workers and the educated youth of the area. NSS has also formulated schemes to promote awareness programmes on nutrition and welfare of women and children through the Aganawadis of the village. Cleanliness campaign programmes under the title "Clean Village-Beautiful Village" were also conducted in Ramachan Vila. Through continued efforts and campaigns, the National Service Scheme (NSS) strives for the educational development of the children in the said area . Besides , awareness programmes and Cultural campaigns are also performed in order to inculcate the values of worthy living and to make the children abstain from the use of alchohol and drugs . National Service Scheme (NSS) is delighted to understand that there is significant positive transition in the minds of the people which in turn transforms Ramachan Vila into beautiful village .

Future Plans

National Service Scheme units of the college designed to materialise the following future plans:

- Starting of Palliative club
- Extension of agricultural practice
- Skill development programmes to volunteers
- Self defence training for female volunteers
- Organising National Integration Camp, Adventure camp etc.