

NATIONAL SERVICE SCHEME
NSS COLLEGE, NILAMEL
ANNUAL REPORTS
2016-2017

National service scheme units of NSS College, Nilamel have performed good and promising work during the academic year 2016-17. We enrolled 112 enthusiastic volunteers in this year and a total of 212 volunteers, functioning under the guidance of programme officers, Mr. R.J. Ratheesh and Dr. J A Sindhurani. The charge of Programme Officer was handed over to Mrs. Vani Jyoti by Dr. J A Sindhurani On July 16, 2016.

The programmes conducted during the year are:

1. International Blood Donation Day

As part of the International Blood Donation Day on June 14, the NSS unit in association with the Indian Medical Association (IMA) organized an awareness camp. The programme was inaugurated by the Principal Dr. Sunilkumar S. The class was led by Dr. Anitta. The camp was managed by the camp officers Dr. J.A. Sindhurani and Mr. Ratheesh R J. A total of 60 members (59 students and one male staff) donated blood on the day.



2. Palliative care Visit

As an effort to give the students an experience of the neediest sections of the society, the students were taken to the palliative care unit at Nilamel on October 2nd. The students visited the ward and met the patients and interacted with them trying to find out what their requirements are. They also helped in arranging the infrastructure and cleaned the area.



3. International Yoga Day

10 NSS volunteers representing our college participated in a one day programme organized by the Ayurveda hospital at Ayur On June 21, the International yoga day. The programme was organized under the initiative of Nilmel, Chadayamangalam panchayats and the Government of Kerala. The volunteers who participated were Devika R S ,Bindhya M D, Henal S A, Arya Anilkumar, Salu V S, akshay RM, Amal Sundar, Roopesh R, Sreehari S G., and Anu Anandan.

4. Health Awareness Class

In association with the Health and Welfare Department of Government of kerala, an awareness class was conducted. The District Medical Officer Mr. Suresh led the class.

5. Teacher's Day celebration (Guruvandanam)

September 5 was celebrated as Teacher's day and with regard to this the students organized a poster exhibition in the college. The posters were presented in various classrooms and corridors with educational quotes of renowned teachers and great leaders.



6. Independence day celebration

NSS Unit of our College organized the Independence Day celebrations. In the morning at 9AM National flag was hoisted by our principal, Students took the national pledge and listened to the Independence Day message given by Renjithraj. The public places PHC nilamel, Krishibhavan, Nilamel college campus NSS also provided a chance for the students to remember the contributions of freedom fighters towards the independence of the nation. Various cultural programmes were conducted by the students.

7. Enrolment day

September 12th was observed as enrolment day of new volunteers. More than 160 students attended the programme. Programme officers gave a summary of the activities and motto of NSS to the newly enrolled volunteers. The volunteers were selected on the basis of various activities conducted in groups by the programme officers. Their eagerness to serve the society, motivation to work in groups, awareness about social issues and extracurricular interests were also assessed. Senior volunteers were also included to conduct the various activities.

8. Onam Celebration

As part of the Onam celebration the NSS volunteers collected 'Kits' containing necessary grocery items and they were given to the most needy people identified by the unit. The families were identified as a result of the initiative of the volunteers and were distributed by the principal in a meeting held at the college. The volunteers also distributed the 'Kits' to the patients in the PHC Nilamel.

9. Gandhijayanthi

National Service Scheme volunteers of NSS College, Nilamel celebrated Gandhi Jayanti as "Clean day 2016". At 9 A.M., all volunteers assembled in the campus and took a 'SUCHITWA PLEDGE'. The volunteers then listened to message given by Mr. Renjith Raj senior volunteer secretary, regarding the importance of cleanliness. Students cleaned the campus premises.

10. The World AIDS Day

The day was observed on December 1st to raise awareness among the volunteers, towards the problem of AIDS and HIV. All volunteers assembled in the campus and took a PLEDGE giving message of AIDS prevention and to provide the meals, shelter, transportation & companionship for the people with HIV/AIDS. Volunteers wore the Red ribbons, representative of HIV/AIDS. The programme officers gave awareness on transmission of AIDS and its preventive measures.

11. Financial help

The NSS Volunteers gave financial support to help a 7 year old child 'Sayoojya' who needs to undergo kidney transplantation. The initiative was taken by the volunteers based on a newspaper article regarding the condition of this child from chadayamangalam. The representatives of the volunteers along with programme officers Ratheesh R J and Vani Jyoti went to the child's house and handed over the money and spent some time with sayoojya praying for her speedy recovery.

12. Annual seven day camp

Annual seven days camp 2016 were conducted from 22th December- 28th December, 2016, at MGHSS School, Chadayamangalam. The first day was for assigning students groups allotting duties to students and camp facilitation. The camp was inaugurated on the next day

by Sri. M. Manikandan pillai (Chadayamangalam Grama Panchayath president). Principal , Dr. Sunilkumar C. presided over the function. There was a discussion on National Service Scheme, led by Ratheesh R. J., Programme officer.

Third day of the camp started with yoga training class followed by camp paper release in the morning session. Then the students were taken to IWCDs Chadayamangalam where they were given a class on water conservation and preservation. After lunch the volunteers attended a workshop ‘ Naatakakalari’ by Sri Satheesh Nair. In the evening self employment training was given. There were cultural activities by the students. On the fourth day camp started with yoga training followed by camp paper release. In the morning session, visited Asraya Palliative care unit “Ittiri Neram ottiri Sneham”. The volunteers spent part of the day with the inmates of Asraya. In the afternoon session a class on ‘group dynamics’ was conducted by Sri Shaji.

On the fifth day camp started with yoga training followed by camp paper release. In the morning session volunteers conducted a visit to Kottukal Agricultural Farm to learn about the modern advances in agricultural practices. The students went on a trek on the farm seeing various farming techniques. Then there was a session on ‘Women Empowerment’ by Miss Anila R, Social Welfare Activist and Research Scholar. The last session was an extremely interactive session on personality development by Mr. Sreeprasad R (Asst. prof. NSS College, Pandalam).

On the sixth day camp started with yoga training followed by camp paper release. The whole day was then engaged by activities and programmes on group Dynamics. In the evening session volunteers conducted a trek to ‘Jadayupara’ a famous Historical place in Chadayamangalam. In the last Session of the day, volunteers conduct a discussion on the topic Youth and Social media followed by cultural activities of volunteers.

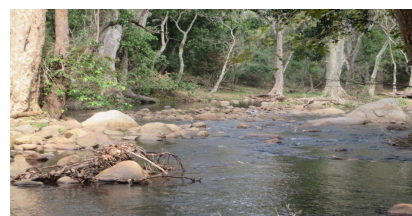
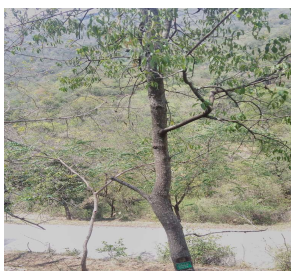
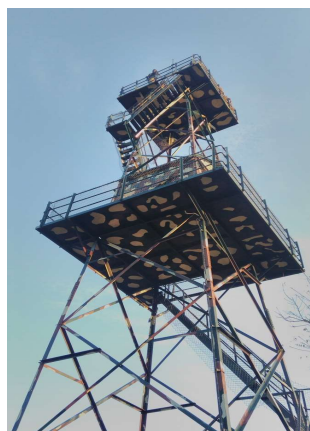
The last day of seven day camp started with yoga followed by camp paper release in the morning session. There was a feedback session on the camp. The valedictory session started on 11 am which was inaugurated by Dr Sunilkumar C; principal of NSS College, Nilamel. Ratheesh R J presided over the function and Vani jyoti expressed the vote of thanks in the programme.

13. Hospital cleaning

120 NSS volunteers participated in a cleaning programme at Nilamel Community Health Center. Hospital wards and hospital surroundings were cleaned by the volunteers. They also gave help for the shifting the pharmacy to new building.

14. Nature Camp

40 volunteers of the NSS Unit were chosen to attend nature camp at Chinnar Wildlife Sanctuary. It was a three day camp organized by the Kerala Forest Department. The camp was held from March 6th to 8th. Programme officers Ratheesh RJ and Vani Jyoti accompanied the students. The camp started with a class on the 'Significance of preserving our forests and wildlife'. The officers briefed the rules of the forest in order to prepare for a trekking that would familiarize the volunteers with the different terrains of the forest. In the evening the students were taken on another trek to acquaint them with a different part of the forest and they went along the river side. It was an altogether enriching experience for the volunteers to get to know the forest and its conditions closely and get a first hand experience of the forest. The camp ended on 8th march with another class by the forest officials. In the valedictory session the volunteers gave pleasing comments about the programme.



15.College Campus Cleaning

NSS volunteers undertake cleaning of college Campus on March 24. Volunteers cleaned college premises. Volunteers also cleaned bathrooms in the college and removed all the obstacles in the paths of the institution.