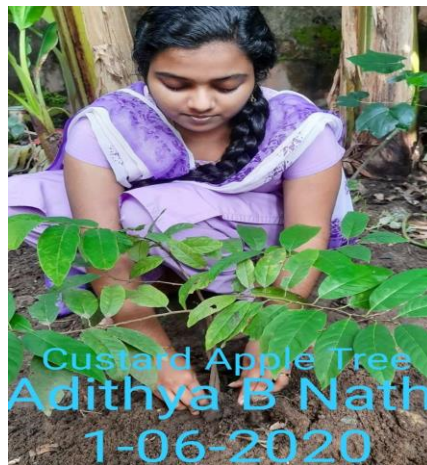


PARITHRANAM

Tree Sapling Plantation Drive 29.05.2020 to 05.06.2020

In association with the observance of Environment Day which falls on 5th June 2020, National Service Scheme, University of Kerala and National Youth Council of India is jointly introducing a new initiative entitled ‘**Parithranam**’ through which NSS volunteers will plant the tree saplings in their homes for a period of seven days from 29/05/2020 to 05/06/2020

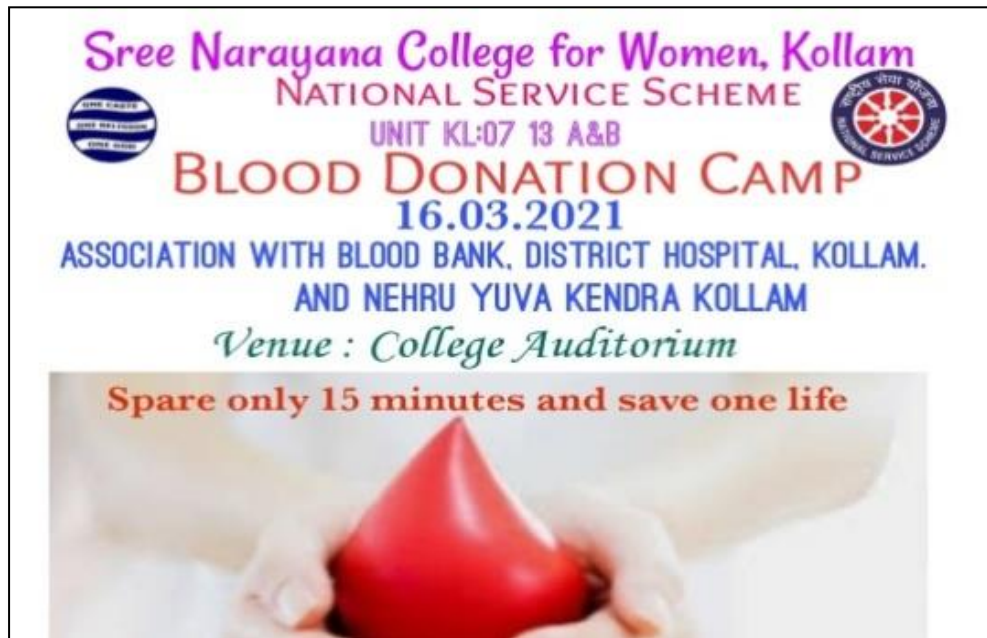


Volunteers planted fruit trees near the premises of house during special camping programme and also on environmental day. Due to Covid out break planting at public places is not possible. The volunteers planted Mango tree, Jack fruit tree, Guava, Chamba, Njaval etc. Such trees are an asset for the future generation in terms of safe and nutritious fruits.



JEEVADHARA Blood donation Camp 2020-2021

We also conduct a blood donation Camp in association with District Govt. Hospital and Nehru Yuva Kendra on 16.03.2021 at our college. Almost 35 units of blood were taken from our unit.



JAN ANDOLAN

Pledge Campaign 08.10.2020

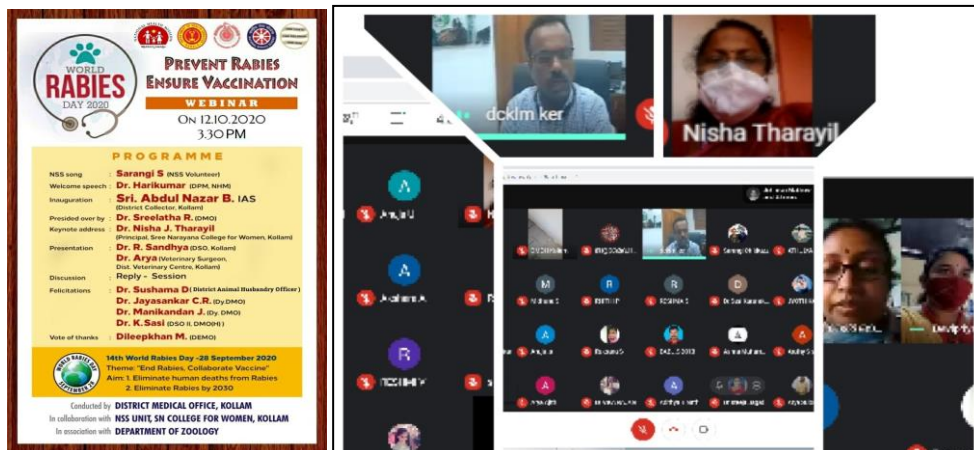
Pledge Campaign were conducted on prevention and mitigation of Covid 19. Volunteers participated in Jan Andolan Appropriate behaviour Pledge to maintain a minimum distance of 6 feet from others To wash hands frequently and thoroughly with soap and water.



ENSURE VACCINATION

Awareness webinar 12.10.2020

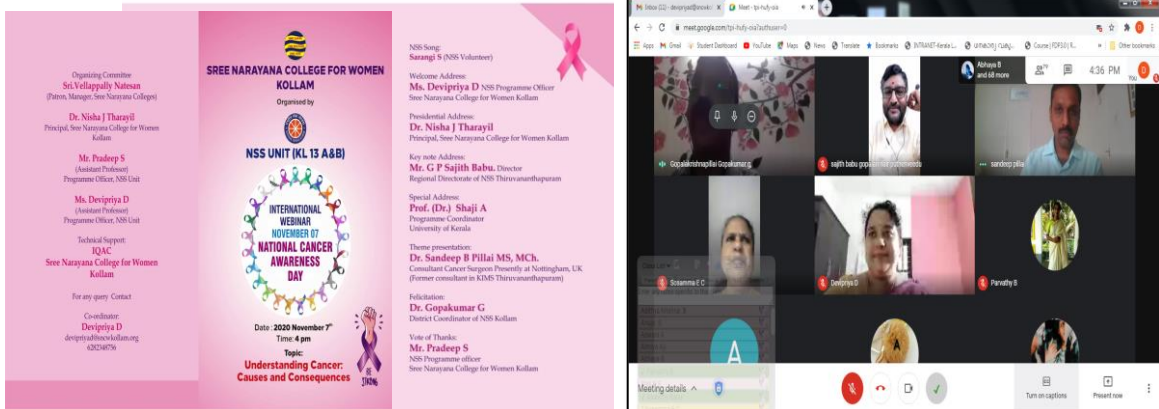
It was an initiative taken by our NSS unit in collaboration with the district medical office and we use this opportunity to share knowledge among volunteers regarding Rabies and importance of ensuring vaccination. The awareness imbibe by this programme can be applicable to the society. The programme was inaugurated by Sri. Abdul Nazar B IAS, presidential address by Dr. Sreelatha R DMO. Key note address by Dr. Nisha J Tharayil and class handled by Dr. Arya, Veterinary Surgeon.



NATIONAL CANCER AWARENESS DAY

Awareness seminar 07.11.2020

An international webinar were conducted on national cancer awareness day by Dr. Sandeep B Pillai, Consultant cancer surgeon, London (Former Surgeon at KIMS Thiruvananthapuram). The programme was inaugurated by Sri Sajith Babu, Regional Director, NSS, Kerala and Lakshadweep. The session was very relevant and all the volunteers and faculty from our college interact after the class.



KARUTHAL

Palliative care and awareness 08.11.2020

NSS Unit conducted an online meet with Palliative nurse in charge at Kottankara panchayath (Our Partner Village).



OBSERVING WORLD CANCER DAY

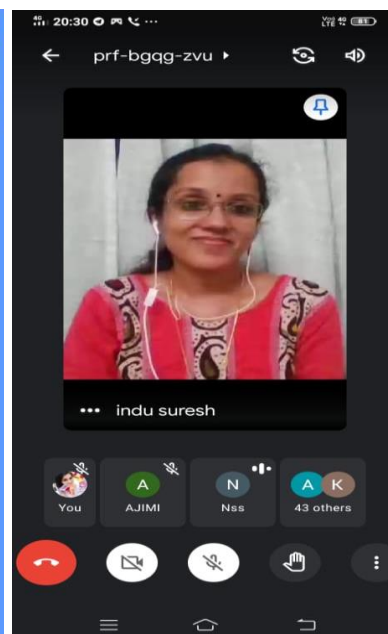
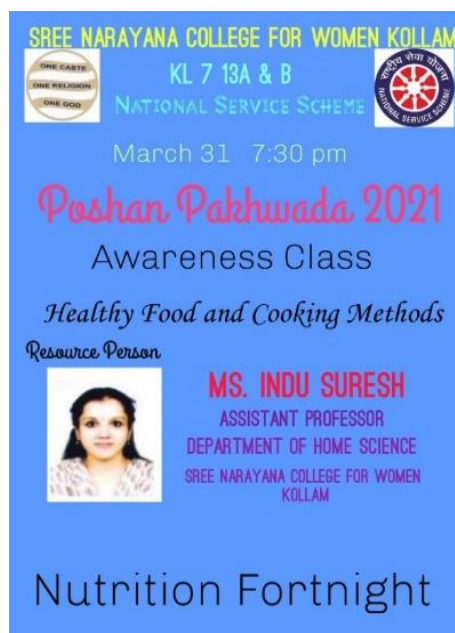
Presentation 04.02.2021



POSHAN PAKHWADA

Nutrition awareness 31.03.2021

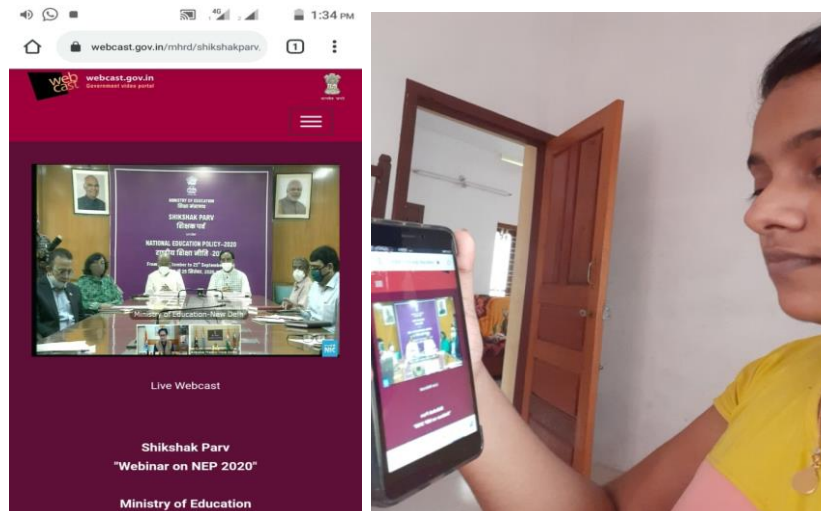
Pakhwada was to lay emphasis on identification and celebration of healthy child and integration of modern and traditional practices for healthy India. In our unit an awareness talk on healthy food and cooking methods was managed by Ms. Indu Suresh, Assistant Professor, Department of Home Science. Volunteers and faculties interacted during the session.



NEW EDUCATION POLICY 2020

Webinar 16.09.2020

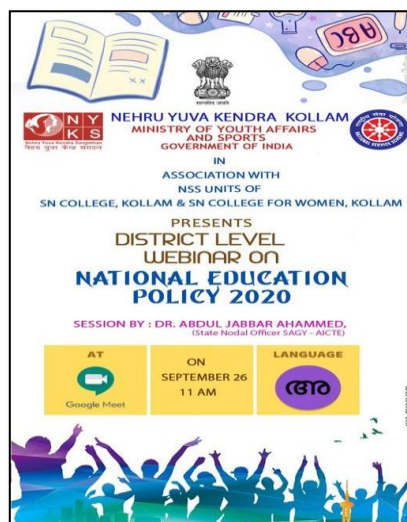
Volunteers attending National webinar on new Education Policy. Volunteers get an idea about new education policy and its effects



“NATIONAL EDUCATION POLICY”

Webinar 26.09.2020

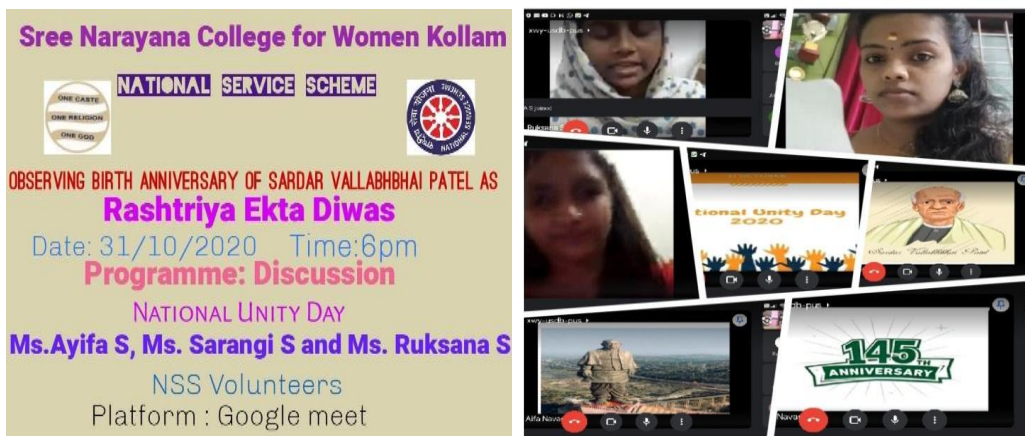
In association with Nehru Yuva kendra Kollam Volunteers attended webinar on 'National Education Policy, realise the changes upcoming in NEP.



RASHTRIYA EKTA DIWAS

Awareness presentation 31.10.2020

India honours veteran freedom fighter Sardar Vallabhbhai Patel on National Unity Day. Patel's role in persuading numerous princely states to join the Union of India following independence is still particularly noteworthy. Rashtriya Ekta Diwas, the anniversary of Sardar Vallabhai Patel's birth, was marked by the NSS unit of SNCW, Kollam through discussions led by Ms. Ruksana S, Ms. Alfiya S, and Ms. Sarangi S.



VIGILANCE AWARENESS DAY

Pledge 26.10.2020

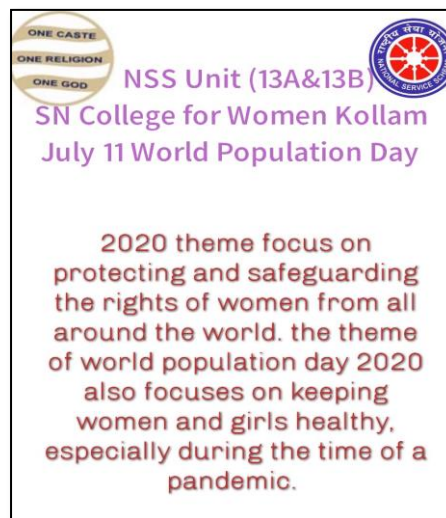
In 2021 Vigilance Awareness Week is being observed with the theme "**Independant India @ 75 : Self Reliance with Integrity**". Our volunteers took pledge and involved in awaring other students.



POPULATION DAY

Awareness Presentation 11.07.2020

The purpose of World Population Day is to increase public awareness of population-related concerns worldwide. The 2020 World Population Day theme is "Healthy Women and Girls." The Day NSS unit conducted a theme-based presentation by Ms. Aswitha R J in accordance with the population. Through the lecture, volunteers are made aware of the current global population situation.



DOCTORS DAY

Presentation 01.07.2020

In honour of National Doctors Day, people can show their appreciation for the 24-hour care that doctors provide. NSS Unit honours physicians for their contributions to society during the pandemic by celebrating Doctors Day. Ms. Keerthana J. S. Kumar and Ms. Sreebhadra S. A. portray themselves and their profession as the most respectful, highlighting their dedication to society and attitude, particularly during the COVID-19 pandemic.



NATIONAL GIRL CHILD DAY Essay Writing Competition 11.10.2020

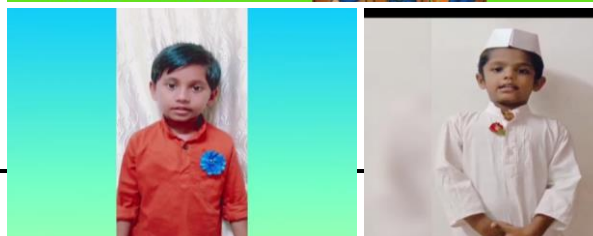
The topic of essay writing competition on "What you feel as a girl". By this the feelings even the determination, the power they developed were expressed. Even the negative feelings they developed can also be corrected by this competition.



NSS OBSERVE CHILDRENS DAY

Meet with a Bud 14.11.2020

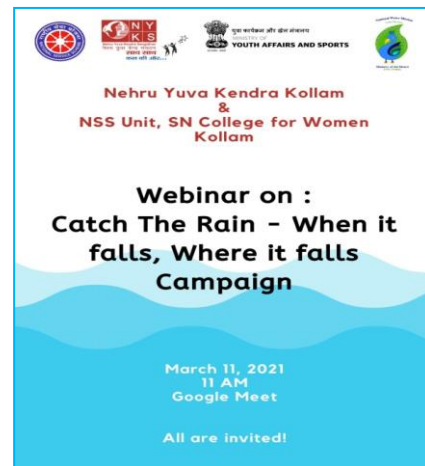
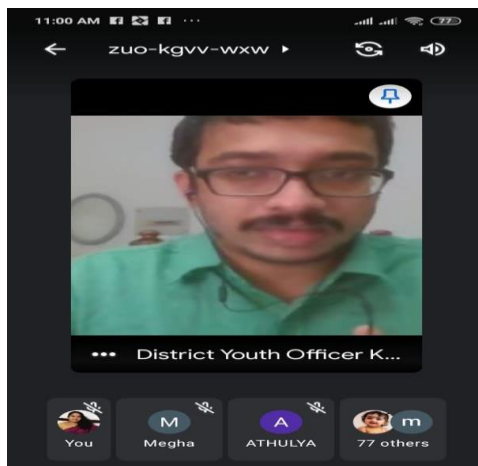
NSS Volunteers conducted several activities for the kids of their nearby houses



CATCH THE RAIN PROGRAMME

Awareness Webinar 11.03.2021

In order to prevent the upcoming drought and the water scarcity we conducted a Webinar on Catch the Rain When it falls Where it falls. It was a campaign which unite our volunteers to bring changes in water issues and this session gave our volunteers knowledge about rain harvesting, rain pit making, etc. The programme was conducted in association with Nehru Yuva Kendra, Kollam. The awareness session was handled by Radhakrishnan, Thodiyoor. The programme was co-ordinated by Programme officer Devipriya D and volunteer secretary Ms. Aswitha and Ms. Swathy S.



WORLD WET LANDS DAY CELEBRATIONS

Debate Competition

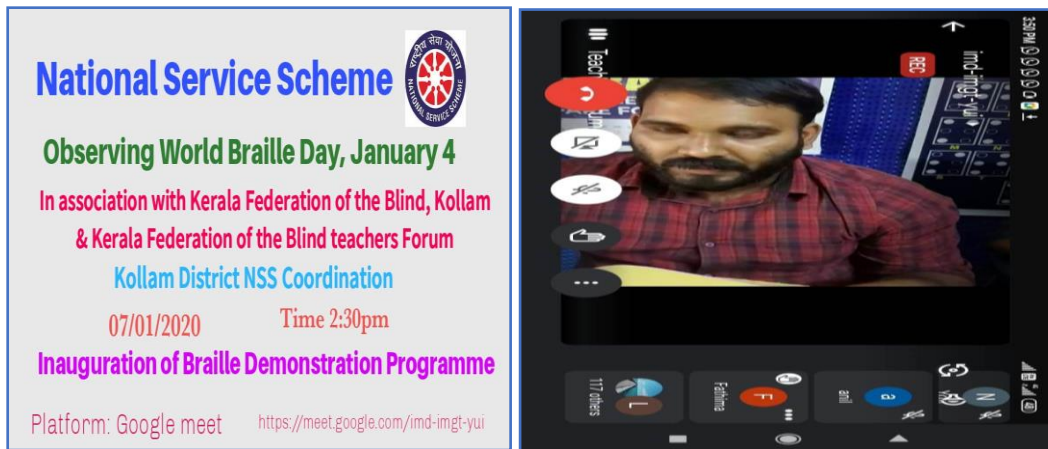
Debate Competition was helpful to give awareness about the importance of preserving wetlands.



VOICE BANK

Introducing Braille by demonstration 04.01.2020

In association with Kerala Federation of the Blind: Kerala Federation of the Blind teachers Forum and coordination by District NSS, our Volunteers get aware about the games, smart phone usage, their way of doing maths, chess, how to use computer by blind people.



National Service Scheme
Observing World Braille Day, January 4
In association with Kerala Federation of the Blind, Kollam
& Kerala Federation of the Blind teachers Forum
Kollam District NSS Coordination
07/01/2020 Time 2:30pm
Inauguration of Braille Demonstration Programme
Platform: Google meet <https://meet.google.com/imd-imgt-yui>

KARUTHAL

Hearing the thoughts of our grandpa's and grandma's 10.10.2020

The aim of this programme was to equip the students in providing human care and first aid facility to bed ridden people in the area.



WORLD HOSPICE AND PALLIATIVE CARE DAY 2020
KARUTHAL
Virtual gathering for hearing the thoughts of our grandpa's & grandma's
October 10, 7:00,PM
@GoogleMeet
<https://meet.google.com/ydm-nzdi-ugh>
Programme organised by
NSS Unit
Sree Narayana College For Women, Kollam

CYBER CRIME AWARENESS PROGRAMME

Cyber Law and POCSO Act 26.01.2021

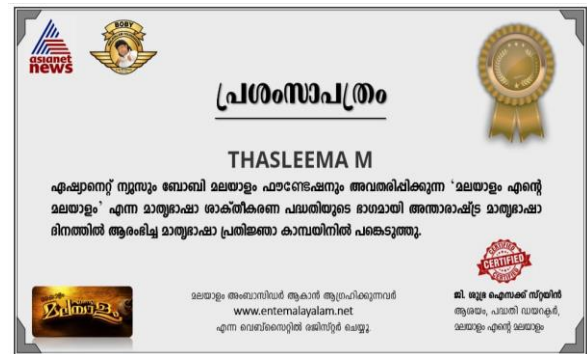
In this world of technology it is important to know more about the cyber cell as well as the cyber crimes. This section thus gives our volunteers a detailed description about all the aspects regarding cyber Laws and POCSO Act. The Programme was inaugurated by Adv. A. K Savad, Councilor, Kollam Corporation. The class was conducted by H Muhammed Khan, CI of Police, Cyber crime, Kollam. Welcome speech by Mrs. Sheeja B District Youth Information Officer. The Programme officer, Devipriya D and volunteer secretary Ms. Aswitha R J and Ms. Swathy S co-ordinated the programme.



MOTHER TONGUE DAY

Malayalam Ente Malayalam 21.02.2021

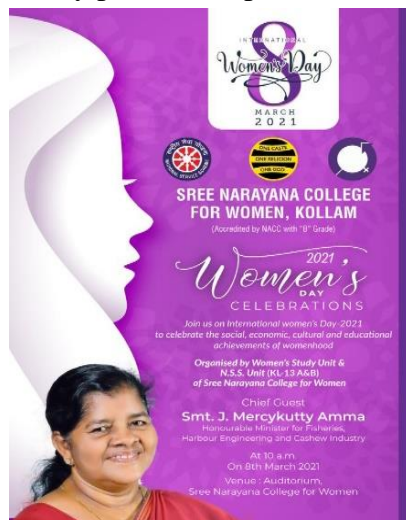
Mother tongue day; Participate in online Oath taking. Which was helpful to to promote linguistic and cultural diversity among the volunteers. Our NSS unit involved in spreading the importance of mother tongue day by taking online pledge and involved in media publicity programmes.



INTERNATIONAL WOMENS DAY CELEBRATIONS

Meet with eminent Women Personalities 08.03.2021

In Women's day we gave our volunteers an opportunity to interact with eminent women personalities who succeeded in different fields and also we use this occasion to appreciate our volunteer Bhagya Mohan who had represented our college as well as kerala contingent in Republic Day parade camp 2021 held at Delhi



VIMUKTHI Anti-Drug awareness Campaign 22.03.2021

Drug abuse is considered to be one of the major problem among youth. In the occasion of 'Vimukthi' anti-drug Campaign, we conducted a presentation competition for the volunteers and also we had an awareness section of drug abuse. Prize distribution was done by Ret. Excise officer Suresh.



SVEEP Systematic voter's Election and Electoral Programme 04.03.2021

NSS unit of our college plays a great role in the inauguration of SVEEP kollam at college level. The programme was inaugurated by Sri B Abdul Nasar IAS, presided by Principal Dr. Nisha J Tharayil, in presence of programme officers and faculty from different department and students. Its main objective is to form a participative democracy in India by inspiring all qualified people to vote and make a knowledgeable choice during the Indian elections. Organizing India's voters and helping them with a simple understanding of the voting process and Building social equality.



SKILSUM

Training on Painting 17.10.2020

ADULT LITERACY PROGRAMME

Ente Malayalam Programme

Our unit conducted adult Literacy Programme in collaboration with Malayala Manorma, Ente Malayalam Programme. Our volunteers actively participated in it.



SWACHH BHARATH

Cleaning Drive 21.01.2021

By Cleaning and systematically arranging medicinal garden in college volunteers were aware of the different types of medicinal plants.



FISH SEEDING

Inauguration 19.02.2021

Fish seeding programme of NSS unit of our college was inaugurated by Mr. K. Savad, Councillor, Kollam Corporation in presence of our Principal Dr. Nisha J Tharayil, Programme officers, Mrs. Devipriya D and Mr. Pradeep S and volunteers. By this volunteers can understand the method of rearing fish and also they can initiate a start up in future. At the end of programme different groups were created for maintaining.



Sree Narayana College for Women Kollam
NSS UNIT KL-07-013A & B
Fish Seeding
19.02.2021 Friday 3:00 pm

NSS Song
Welcome Address **Mr. Pradeep S**
Programme officer & Assistant Professor

Presidential Address **Dr. Nisha J Tharayil**
Principal, SNCW Kollam

Inauguration & Inaugural address **Mr. K. Savad**
Councillor
Kollam Corporation

Vote of Thanks **NSS Volunteer**
Venue : Auditorium
Mr. Pradeep S Mrs. Devipriya D
NSS Programme Officer



NIRAVU

Paddy Cultivation 23.10.2020

Our NSS unit in association with Ela padavikasana samithy involved in Njaru nadeel programme at Kottankara, our partner village. Panchayath (Our partner village). Fifty volunteers along with Principal Dr. Nisha J Tharayil and programme officer Devipriya D involved in the programme. The programme was really a great experience to our volunteers. They can also identify the effort behind the workers in the paddy field.



NIRAVU

Vegetable Cultivation in Campus 13.01.2021

NSS unit co-ordinated the vegetable cultivation in campus and cultivated Brinjal, pea, tomato, cauliflower and capsicum. The volunteers collected the vegetables from field when they mature and saled in campus itself. The volunteers developed a mind set to cultivate their own vegetables in the home yard and thus develop a good culture for maintaining safe and good vegetable in their diet.



NIRAVU

Vegetable harvesting inauguration 28.12.2020

Volunteers harvested vegetables, pea, tomato, brinjal from the vegetable garden of NSS. The harvested vegetables were sold out in an organic vegetable market run by volunteers in the college and funds collected were used for palliative care purposes.



NIRAVU PADDY CULTIVATION

Koithulsavom 24.02.2021

“Koithulsavom” inaugurated by Kottankara Panchayath President Sri R Devadas. which was a golden opportunity for the NSS volunteers to understand the importance of agriculture, the backbone of human existence.



Small vertical text on the right side of the newspaper clipping, likely a page number or publication details.

KARUTHAL

Snehakoottayma our Partner Village 29.08.2020

Our NSS unit Involved in Supplying Onam vegetable kits on 29.08.2020 to 100 families of Kottankara, our partner village. The expense of the programme was from faculty of our college, volunteers and programme officers. The distribution was done at Kottankara GP, in presence of Panchayth president Sri. Vinitha Kumary and Sri. Hussain Member. The programme was co-ordinated by Programme officer Devipriya D and NSS volunteers.



PALLIATIVE

One day one Rupee 02.11.2020

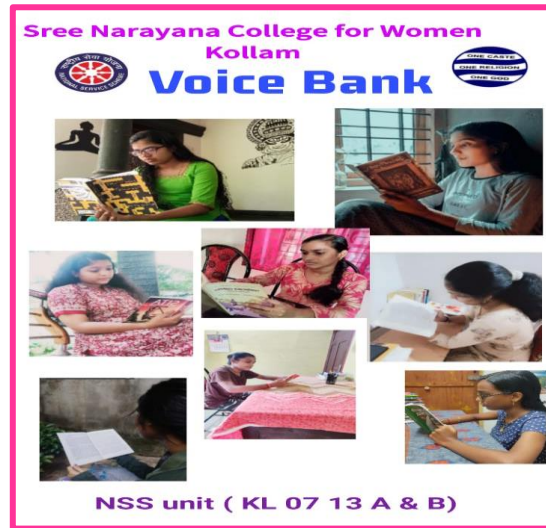
Inauguration of One day One Rupee coin under palliative care Unit by Principal Dr. Nisha J Tharayil on November 2nd.



VOICE BANK

Reading Books for the Blind 10.02.2021

In association with Kerala Federation of the Blind and teachers Forum, a book reading programme for blind federation was conducted. Our volunteers involved in book reading for the blind Federation



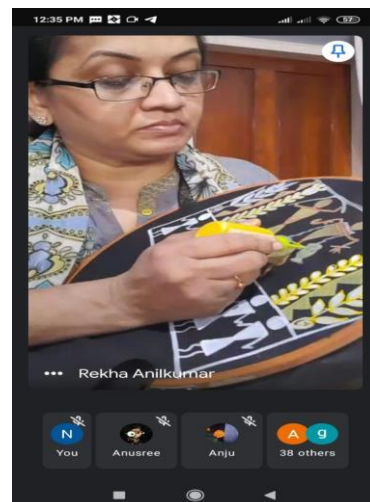
Possessing an additional quality is always considered to be an important thing in a person's life. In order to provide a skill development program for our volunteers we conducted a fabric painting section through online platform. The programme was beneficial not only to our volunteer but also to their family members.



SKILSUM

Warli Painting Training programme on Fabric Painting 09.01.2021

Skill development Live Training programme on Fabric Painting was conducted



SKILSUM

Ikat Painting 31.01.2021

Conducted Live Training programme on Fabric Painting –Ikat Painting



SKILSUM

NSS Room Painting 02.03.2021

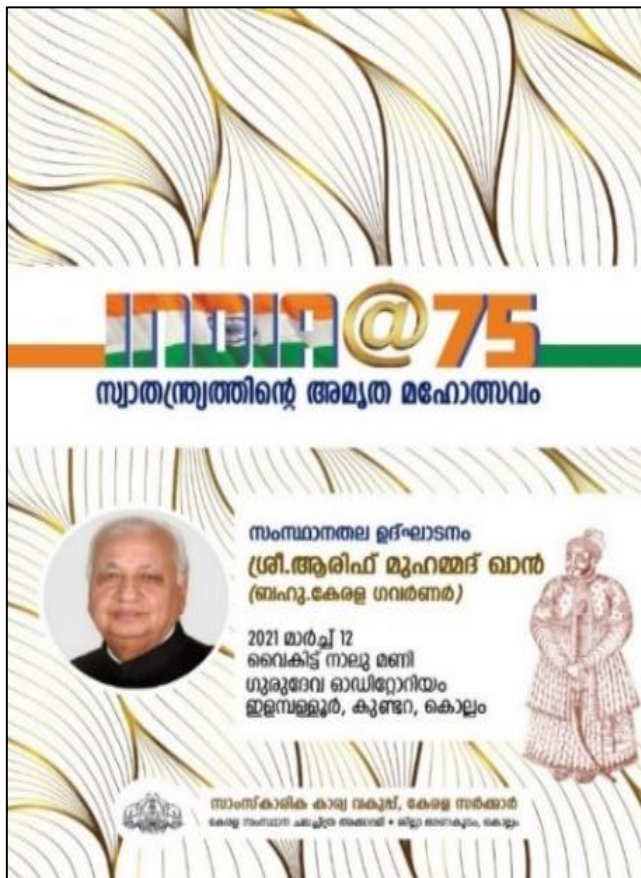
By this volunteers develop skills, cooperation, and respect others skills



SWATHANTHR KA AMRUTH MAHOTSAV

India @ 75 12.03.2021

On March 12th 2021, volunteers attended the Swathanthr ka Amruth Mahotsav in association with Independent India @75, at kundara inaugurated by Sri. Arif Mohammed, kerala governer. Ten volunteers from our college attended the rally and involved in exhibition.



VAYANAVARAM

Reading Week Celebrations 21.06.2020 to 22.06.2020

NSS Unit celebrates Reading day June 19th as Vayanavaram. Each day a volunteer presented the content of the famous novel in an interesting way which will promote other volunteers to read the book



INTERNATIONAL YOGA DAY CELEBRATIONS

Familiarizing on Asanas 21.06.2020

Our volunteer Sreelekshmi S K involved in familiarizing the different Asanas, among our volunteers and talk about the importance of doing each asanas. It was really a mind blowing programme.



CELEBRATING THE 74TH INDEPENDENCE DAY

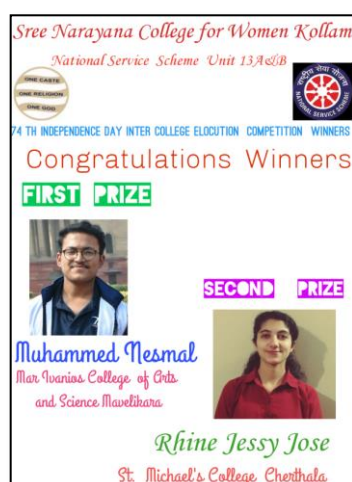
Programme 1. Flag Hoisting 15.08.2020

Flag Hosting by Principal Dr. Nisha J Tharayil, NSS Volunteer Ms. Akshara S B presented a speech on the path of golden Independence. After the flag hosting sweets are distributed among the volunteers



Programme 2. Elocution Competition

In association with Independence Day NSS unit conducted an inter college elocution competition among NSS volunteers. 15 volunteers from different colleges participated. The programme was inaugurated by Dr. Shaji A, the Programme Co-ordinator University of Kerala, Presidential address by Dr. Nisha J Tharayil, Felicitation by Dr. Gopakumar G. District Programme co-ordinator. The Programme officer Mr. Pradeep S. welcome the guest and vote of thanks by Rithy P, NSS Volunteer Ms. Akshara S B and Ms. Gayathri M are the student co-ordinators of the programme.



NSS DAY CELEBRATIONS

Awareness presentation and cultural programmes 24.09.2020

Volunteers celebrated NSS day by presentation on various topic such as New education policy, Music on life time, Things for our safe future EIA, Debate on corona before and after etc. By this volunteers develop presentation skills. Cultural talents, entertainment video etc are shared in the meet.

SREE NARAYANA COLLEGE FOR WOMEN KOLLAM
National Service Scheme
Unit 13A & B
NSS Day Celebrations 2020

September 24
Platform: Google meet, Time: From 6pm
Volunteers Perform On
PRESENTATION ON NSS AND ITS FUNCTION
*PRESENTATION ON FAMOUS PERSONALITIES INVOLVED
IN SOCIAL SERVICES.
*എറുമാലി പ്രദേശത്തിന് തുല്യമായ ഒരു കോളേജ് ആയി മാറ്റേണ്ടതുണ്ട്
New Policy on Education: An overview
COMIC VIDEO PRESENTATION ON COVID AWARENESS.
MUSIC FOR LIFE TIME : AN ENTERTAINMENT
**AWARENESS SPEECH ON LOCALLY AVAILABLE
VITAMIN SUPPLEMENTS**
Am eye on Agricultural Bill 2020
ENTERTAINMENT VIDEO PRESENTATION.
THINK FOR OUR SAFE FUTURE- EIA
DEBATE ON CORONA BEFORE AND AFTER.
SONG BASED ON UNITY.
*PRESENTATION ON EDUCATION AND INNER ABILITIES.
THEMATIC PRESENTATION ON MAJOR EVENTS AND CHANGES IN 2020.
POLLUTION ALL-TIME TOPIC BUT A SERIOUS ISSUE.



CONSTITUTION DAY

Celebrating 125th Birthday of Subhash Chandra Bose 23.01.2021

NSS unit observed constitution day by Presentation Competition on “Contribution of Netaji Subhash Chandra Bose in freedom fight” was conducted

SREE NARAYANA COLLEGE FOR WOMEN, KOLLAM
NATIONAL SERVICE SCHEME UNIT KL 07 13A & B
23 RD JANUARY 2021

**CELEBRATING 125 TH BIRTH ANNIVERSARY OF
SUBHASH CHANDRA BOSE**
NSS Song : Ms. Jaithra Sajeev (NSS Volunteer)
Welcome Address : Atheena Raichal John
(NSS Volunteer)
PRESIDENTIAL ADDRESS: DR. NISHA J THARAYIL
(Principal, SN College for Women Kollam)
Felicitation: Mr. Shibu T
HOD Department of History

Programme
Power point presentation Elocution Drawing
Documentary presentation Quiz Competition
Vote of Thanks: NSS Volunteer
Mr. Pradeep S Devipriya D
NSS Programme Officer



REPUBLIC DAY CELEBRATIONS

Flag Hoisting 26.01.2021

Flag hosting by principal Dr. Nisha J Tharayil, Republic Day speech by Sivapriya and Chart display on Indian constitution by the volunteers.



JWALA CAMP 2020

Day I Inauguration 20.12.2020 Inauguration Ceremony (JWALA)

The programme started at 4pm with NSS song by Ms Sarangi S and coordination by Ms. Akshara S B, NSS Volunteer. The welcome address was delivered by Ms. Devipriya D, NSS Programme Officer. The Special camp inauguration session was presided by Dr. Nisha J Tharayil, Principal, Sree Narayana College for Women Kollam and inauguration by Dr. Anitha Sankar C, (Former NSS state Officer and Principal SN College of Technology Vadakkevila, Kollam), Felicitation by Nipun Chandran District Co-ordinator, Nehru Yuva Kendra, Kollam, Dr. Rekha V V, Staff Association secretary, SNCW, Kollam, Dr. S. Sekaran. Senate member, University of Kerala, Dr. Nisha V PTA Secretary, Dr. Harilekshmi V S, IQAC coordinator, Dr. Sandhya Suresh, Advisory member, NSS unit, Ms. Lalini M, Advisory member, Mr. Suresh B, PTA vice president and Ms. Parvathy Suneep, UUC, Uty of Kerala and former NSS volunteer. The vote of thanks was delivered by Mr. Pradeep S, NSS programme officer.

<p style="text-align: center;">Sree Narayana College for Women, Kollam National Service Unit KL-07 13 A&B</p> <p style="text-align: center;">Inauguration & Inaugural Address</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Dr. Anitha Sankar C Principal SREE NARAYANA COLLEGE OF TECHNOLOGY, VADAKKEVILA, KOLLAM </div> <div style="text-align: center;">  Dr. Nisha J Tharayil Principal SREE NARAYANA COLLEGE FOR WOMEN, KOLLAM </div> </div> <p style="text-align: center;">ANNUAL SPECIAL CAMP 2020 20.12.2020 Time: 4pm</p> <p style="text-align: center;">Felicitation</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Mr. Nipun Chandran V M DISTRICT YOUTH CO-ORDINATOR </div> <div style="text-align: center;">  Ms. Parvathy S Suneep UNIVERSITY UNION COUNSELLOR </div> </div>	<p style="text-align: center;">SREE NARAYANA COLLEGE FOR WOMEN KOLLAM NSS UNIT (KL- 07 13A&13B) Annual Special Camp "Jwala" 20.12.2020 to 26.12.2020 Day II 21.12.2020 Monday</p> <p>Session I 7:30 to 8:30 am NSS Song Newspaper reading English & Malayalam Thought for the Day Life Tips & Health Tips New word Introduction Camp News</p> <p>Session II 10:30 to 12 noon Cleaning our environment</p> <p>Session III 3 to 3:45 pm Dr. Shaji A Programme Co-ordinator NSS, University of Kerala Topic: Youth in India: Possibilities and Challenges</p> <p>Session IV 7 to 8pm Cooking Video Presentation Craft Video Presentation</p> <p style="text-align: right;">Break chain</p>
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JWALA

CAMP 2020

The programme started at 7:30am with NSS song. Thought of the day, News paper reading (Malayalam and English), Life tips, Health tips, camp news was presented by volunteers.

SREE NARAYANA COLLEGE FOR WOMEN KOLLAM
NSS UNIT (KL- 07 13A&13B)
Annual Special Camp "Jwala"
20.12.2020 to 26.12.2020
Day IV 23.12.2020 Wednesday

<p>Session I 7:30 to 8:30pm NSS song Newspaper reading Thought for the Day Camp News</p> <p>Session II 10:30 to 12 noon Rain water pits @ home</p> <p>Session IV 7 to 8pm Cultural Events Declamation Songs Fun facts Quiz Mental Ability Test Recitation Google meet</p>	<p>Session III 3 to 3:45 pm Awareness Talk Positive Living</p>  <p style="text-align: center;">Resource Person Dr. Kiran Kumar S MBBS, DPM, DNB Psychiatric Mental Health Centre Thiruvananthapuram</p>
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Youth for Prevention and Mitigation of Covid-19

SREE NARAYANA COLLEGE FOR WOMEN KOLLAM
NSS UNIT (KL- 07 13A&13B)
Annual Special Camp "Jwala"
20.12.2020 to 26.12.2020
Day V 24.12.2020 Thursday

<p>Session I 7:30 to 8:30pm Newspaper reading About consumer Day Health tips</p> <p>Session II 10:30 to 12 noon Field Survey</p> <p>Session III 3 to 3:45 pm Awareness Session Rev.Fr.Dr. Thomson Grace Former District co-ordinator: Career Guidance Pre marital Counsellor faculty: Orthodox Church Award Recipient of Best Higher Secondary School Teacher</p> <p>Topic Pre marital Counselling</p> <p>Session IV 7 to 8pm NSS LOGO CAKE MAKING VIDEO Cultural Events Recitation Dance video presentation Musical Game</p>	<p>Session I 7:30 to 8:30pm NSS song Thought for the Day Introducing new Book Camp News</p> <p>Session III 3 to 3:45 pm Awareness Session Rev.Fr.Dr. Thomson Grace Former District co-ordinator: Career Guidance Pre marital Counsellor faculty: Orthodox Church Award Recipient of Best Higher Secondary School Teacher</p> <p>Topic Pre marital Counselling</p> <p>Session IV 7 to 8pm NSS LOGO CAKE MAKING VIDEO Cultural Events Craft video presentation Drawing video presentation Google meet</p>
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Youth for Prevention and Mitigation of Covid-19

National Service Scheme Kollam District
Co-ordination Kerala Women's Commission
National Webinar *Sree Narayana College for Women Kollam*
Mental Health: Under the head of Face to Face Programme
NSS song Ms. Sarangi S NSS Volunteer

<p>Welcome Address</p>  <p>Dr. G Gopakumar District Co-ordinator</p>	<p>Presidential Address</p>  <p>Dr. Nisha J Tharayil Principal SN College for Women Kollam</p>	<p>Inauguration</p>  <p>Adv. M S Thara MEMBER Kerala Women's Commission</p>
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Vote of Thanks
Ms. Dina Dileep NSS Volunteer

Sree Narayana College for Women Kollam
NSS UNIT (KL- 07 13A&13B)
Annual Special Camp "Jwala"
20.12.2020 to 26.12.2020
Day VII 26.12.2020 Saturday 8:30 am
Feedback & Valedictory Session

<p>Presidential Address Dr. Nisha J Tharayil Principal</p>  <p>Sree Narayana College for Women Kollam</p>	<p>Inauguration Ms. Shajitha S Senate Member</p>  <p>Assistant Professor Former programme officer TKM College of Arts and Science Kollam</p>
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Day II 21.12.2020 (Day leader –Sreelekshmi S A)**Session II 10:30 12 noon . Cleaning Our Environment**

The NSS volunteers involved in Cleaning Our Environment project by cleaning the premises of their house.

Session III 3-3:45pm (Awareness Talk)

The session start from 3pm, the chief guest is Dr. ShajiA, Programme coordinator, NSS, University of Kerala. The topic he discussed with volunteers is Youth in India: The possibilities and Challenges. The topic is relevant and I can able to identify the strength and weakness and can set my goals from my thinking perspective.

Day III 22.12.2020 (Day Leader-Ruksana S)**Session II 10:30to 12 noon . Planting Fruit seedlings**

The NSS volunteers including programme officer involved in planting fruit seedling project by in the premises of our house. Planting a fruit trees develop a positive attitude in our mind.

Session III 3-3:45pm (Awareness Talk)

The session start from 3pm . The chief guest is Dr. AnithaKumary V, Member Juvenile Justice Board Kollam. The topic '**Juvenile Justice an Overview**'. Our volunteers are not much aware about Juvenile justice rule. After the class in discussion session they reveal it and volunteers queries and involvement in feed back shows the topic is very relevant. This session was an informative one for me.

Day IV 23.12.2020 (Day Leader-Rithy P)**Session II 10:30 to 12 noon . Cleaning Our Environment**

The NSS volunteers involved in Cleaning Our Environment project by cleaning the premises of their house. By doing this we involved in the part of community and there by I get a developed mind set to protect the surrounding and thus to nature also.

Session III 3-3:45pm (Awareness Talk)

The session start from 3pm, the chief guest is Dr. ShajiA, Programme coordinator, NSS, University of Kerala. The topic he discussed with volunteers is Youth in India: The possibilities and Challenges. The topic is relevant and I can able to identify the strength and weakness and can set my goals from my thinking perspective.

Session IV From 7pm onwards (Cultural Events)

In all days, volunteers involved in various cultural activities like cooking video presentation, craft video presentation, dance video presentation, recitation, Musical game, puzzles, video presentation quiz programme etc

Day V 24.12.2020 (Day Leader- Sarangi S)**Session II 10:30 to 12 noon (Field Survey)**

Volunteers involved in Field survey project around ten families near the premises of our house. The questionnaire was shared by programme officer through google form link.

Session III 3-3:45pm (Awareness Talk)

The session start from 3pm .The chief guest is Rev. Fr. Dr. Thomson Grace, Former District coordinator, Career guidance.. He deliver on 'Pre-marital counselling'. The topic is very relevant especially to girls. The topic was very interesting as he presented by sharing his experience. I involved in the interactive session in an appreciable way.

Day VI 25.12.2020 (Day leader- Ms. Bhagya Mohan)**Session II 10:30 to 12 noon (Field Survey)**

The volunteers compiled the field survey result among the group and send to programme officer.

Session III 3-3:45pm (Awareness Talk)

The session start from 3pm . The programme is conducted in association with Kerala Women Commission and district NSS. The awareness session is Mental Health under Face to Face programme. The programme was presided by Adv. M. S Thara, Member, Kerala Women Commission, the Resource person, Dr. M. M. Basheer, welcome address by Dr. G Gopakumar, District Co-ordinator, NSS and vote of thanks by Devipriya D, NSS Programme Officer. The class was very informative one and uplifts the mental health.

Day VII 26.12.2020 8:30am to 10am

Feed back of the camp and Valedictory session was inaugurated by Ms. Shajitha S, Senate member, University of Kerala. In this session Principal Dr. Nisha J. Tharayil delivered presidential address. The e-manuscript magazine “JWALA” was released by Ms. Shajitha S. After that the volunteers give the feed back of the camp. Even though the volunteers are not happy in first day of camp since it is in an online platform, but they reveal that they really enjoy the camp. The awareness sessions were all good and they enjoy the cultural programmes and activities assigned to them.

NATIONAL SERVICE SCHEME

UNIT NO.KL7 013 A

SREE NARAYANA COLLEGE FOR WOMEN, KOLLAM

Regular Activity:2020-2021

Sl. No	Date	Activity/Asset Creation	No of Units/ Camps/ saplings/ Water Bodies/ Immunized/	No. of NSS Volunteers involved	Monitory Values	No of working Hours
1	29/05/2020 to 05/06/2020	'Parithranam'	Observance of Environment Day National Service Scheme of our unit, University of Kerala and National Youth Council of India jointly plant tree saplings in their home yard for a period of seven days	100	1000	2
2	21/06/2020 to 27/06/2020	Vayanavaram.	NSS Unit celebrated Reading day on June 19 th and volunteers presented the review of one book every day.	21	2100	3
3	21.06.2021	International Yoga Day	International Yoga Day 2021: This year the theme is 'Yoga For Wellness' and for the practicing yoga for physical and mental well-being.	100	2000	2
4	01.07.2020	Doctors Day	Observe Doctors Day as a tribute to their service to society during pandemic	10	1000	2
5	11.07.2020	Population Day	Prepared presentation on global population issues	30	1500	1
	14.08.2020	COVID -19 reporting	Visit to adopted Village (Kottankara panchayath) to monitor the COVID-19 updates	30	3000	3
6	15.08.2019	Independence Day	Celebrated 74 th independence day- NSS Volunteer presented a speech on "the path of golden Independence".	100	1000	3

7	15.08.2019	Inter college elocution competition	In association with Independence Day NSS unit conducted an inter college elocution competition.	50	5000	2
8	25.08.2020	Initiation of Palliative activities	Meeting of Principal, Programme Officers, Panchayath president and Panchayath secretary for discussion related to palliative activities at Kottankara panchayath.	100	1000	2
9	16.09.2020	New Education Policy 2020.	Volunteers attending National webinar on new Education Policy 2020.	25	2500	2
10	24.9.2020	NSS Day Celebrations	Presentation on different topics were conducted and cultural programmes.	100	1000	3
11	26.09.2020	Webinar on "National Education Policy"	Webinar on "National Education Policy" in association with Nehru Yuva kendra Kollam.	50	5000	2
12	October	October campaign	Learning Life skills - Vegetable cultivation	30	3000	3
13	08/10/2020	Pledge Campaign Jan Andolan	Volunteers participated in Jan Andolan for Covid 19 - Appropriate behaviour Pledge to maintain a minimum distance of 6 feet from others To wash hands frequently and thoroughly with soap and water.	50	5000	2
14	10.10.2020	Programmes under Palliative care Unit "karuthal"	The aim of this programme was to equip the students in providing human care and first aid facility to bed ridden people in the area.	10	10000	3
15	11.10.2020	National Girl Child Day	An essay writing competition on the topic "What you feel as a girl" was conducted among students.	10	1000	1

16	12.10.2020	Webinar on World Rabies Day 2020.	In association with District Medical Office Kollam, World Rabies Day 2020, a webinar is organized. Inaugurated by Sri.Abdul Nazar B IAS	100	1000	2
17	17.10.2020	Training on Skill Development	Training on Fabric painting Skill Development Programme	60	6000	3
18	23.10.2020	Njaru nadeel programme	Paddy cultivation at Kottankara Panchayath (Our partner village)	40	4000	5
19	27.10.2020	Vigilance awareness Day	Awareness Pledge was taken by the volunteers to make India a corruption free country	100	1000	1
20	31.10.2020,	Observing National Unity Day (Rashtriya Ekta Diwas)	Observing National Unity Day(Rashtriya Ekta Diwas) Pledge taking and Discussion by NSS Volunteer Aifa S and Ruksana S	100	1000	1
21	02.11.2020	One day One Rupee coin	Inauguration of One day One Rupee coin under palliative care Unit by Principal Dr.Nisha J Tharayil to promote the saving habits among volunteers and spent it for palliative care activities	50	5000	1
22	07.11.2020	National cancer awareness day	International Webinar is organized on “Understanding cancer: causes and consequences” by Dr. Sandeep B Pillai. Special Address by Sri. Sajith Babu NSS Regional Director.	100	1000	2
23	08.11.2020	Palliative care and awareness	Introductory Session about conducting palliative care activities at Kottankara	100	1000	3
24	14.11.2020	Childrens day Observation	NSS Volunteers conducted several activities for the kids of their nearby houses	60	6000	2

25	20.12.2020 – 26.12.2020	Special Camping Programme	The Special camp inauguration session was presided by Dr.Nisha J Tharayil, Principal, Sree Narayana College for Women Kollam and inauguration by Dr. Anitha Sankar C, (Former NSS state Officer and Principal SN College of Technology Vadakkevila, Kollam),	100	50,000	120
26	27.12.2020	Jwala @ Night Walk To Kollam	The programme aim to strengthened our volunteer’s mindset to travel fearlessly during night times.	100	1000	3
27	28.12.2020	Vegetable harvesting inauguration	Volunteers harvested vegetables, pea, tomato,brinjal from the vegetable garden of NSS The harvested vegetables were sold out in an organic vegetable market run by volunteers in the college and funds collected were used for palliative care purposes.	20	2000	2
28	07.01.2021	Observing World Braille Day	Volunteers get awareness about the games, smart phone usage, their way of doing maths, chess, how to use computer by blind people.	100	1000	2
29	09.01.2021	Warli Painting Live Training programme on Fabric Painting.	Skill development Live Training programme on Fabric Painting was conducted	60	6000	3
30	12.01.2021	Tank Setting for Fish farming	Volunteers get awareness about how to maintain fish tank for fish cultivation	20	2000	2
31	13.01.2021	Vegetable gardening	Volunteers maintaining the vegetable garden and thereby <i>learned about productive gardening, biodiversity and sustainability</i>	20	2000	2

32	21.01.2021	Cleaning Medicinal garden.	By Cleaning and systematically arranging medicinal garden in college volunteers were aware of the different types of medicinal plants.	40	4000	3
33	23.01.2021	Celebrating 125th Birthday of Subhash Chandra Bose Presentation Competition	Presentation Competition on “ <i>Contribution of Netaji Subhash Chandra Bose in freedom fight</i> ” was conducted	100	1000	2
34	26.01.2021	Republic Day Celebrations	Republic Day Celebrations Republic Day speech by Sivapriya And Chart display by the volunteers helps to know about the Indian constitution.	100	1000	3
35	26.01.2021	Cyber crime awareness Programme	Seminar on “Cyber crimes and its prevention” impart knowledge to the students and staff about the various issues related to cybercrime and hacking and its preventing measures	100	1000	2
36	31.01.2021	Ikat Painting; Live Training programme on Fabric Painting.	Ikat Painting training Was given to volunteers to practise one of the oldest forms of textile decoration.	60	6000	3
37	02.02.2021	World Wet Lands Day Celebrations : Debate Competition	Debate Competition was helpful to give awareness about the importance of preserving wetlands	100	1000	1

38	04.02.2021	World Cancer Day Observance	World Cancer Day Observance; Audio Awareness by Aswitha and Documentary presentation by Sreelekshmi spreads awareness among students.	100	1000	1
39	10.02.2021	Voice Bank; Meeting with Blind Federation	Voice Bank; Meeting with Blind Federation on 'Voice Bank'	100	1000	2
40	13.02.2021	National Women's Day	Presentation by Swathy S on "A women Personality".This helps the volunteers to commemorate one of the most prominent figures in India's struggle for freedom from British rule, Sarojini Naidu	100	1000	1
41	19.02.2021	Fish Seedling	100 Fish Seedling were deposited on the fish tank. Inaugurated by Adv.K. Savad Councillor Kollam Corporation	100	1000	2
42	21.02.2021	Observe Mother tongue day	Mother tongue day; Participate in online Oath taking.Which was helpful to to promote linguistic and cultural diversity among the volunteers.	100	1000	1
43	24.02.2021	"Koithulsavom"	"Koithulsavom" inaugurated by Kottankara Panchayath President Sri R Devadas. which was a golden opportunity for the NSS volunteers to understand the importance of agriculture, the backbone of human existence.	60	6000	5
44	02.03.2021	NSS Room Painting	By this volunteers develop skills, cooperation, and respect others skills.	20	2000	5
45	03.03.2021	NSS Emblem drawing	By NSS Emblem drawing we provide a platform to elicit the skills among volunteers.	40	4000	5

46	04.02.2021	Ente Vote Ente Avakasham;	Ente Vote Ente Avakasham; Inauguration by Kollam Collector, Sri B Abdul Nasar IAS, motivating volunteers to use the right to vote and also encourage their peer team.	100	1000	2
47	8.03.2021	International Women's Day Celebrations	Inaugurated by Hon. Minister Smt.Mercykutty Amma, Honoring five eminent women in different fields. Volunteers get a motivation and thus set a goal for their future.	100	1000	3
48	08.03.2021	Meet the star	Meet the star Ms Bhagya motivated NSS volunteers on Women's day by sharing her experience at RD camp Delhi.	100	1000	1
49	11.03.2021	"Jal Shakti Abhiyan: Catch The Rain" Webinar on Catch the rain, where it falls	Webinar on Catch the rain, where it falls campaign. The main aim of the webinar is to take water conservation at the grass-root level through volunteers to aware public to create rainwater harvesting structures to ensure proper storage of rainwater.	100	1000	2
50	12.03.2021	Amrut amahotsav Independence @75	Our volunteers Attended Rally, Documentary presentation, Exhibition etc. to celebrate and commemorate 75 years of progressive India and the glorious history of its people, culture and achievements.	10	1000	2
51	16.03.2021	Blood Donation Camp.	Blood Donation Camp. Volunteers and students of our college donated blood to District Govt. Hospital Kollam. Students and college faculty from different department attended the camp.	200	6000	5
52	19.03.2021	SVEEP Kollam Competition	SVEEP, Kollam Competitions conducted among college students during Covid period to motivate them and ensure their participation in the electoral process.	10	1000	2

53	21.03.2021	World Forest Day: Voice Awareness Drawings	An Awareness Drawings were conducted and display in college seminar hall and make publicity to conserve the trees.	50	5000	2
54	22.03.2021	Observe World Water Day	PPT presentation on “Valuing Water” was conducted among the volunteers and has been helpful to highlight the value of water to them.	100	1000	2
55	22.03.2021	‘VIMUKTHI’ Competition	‘VIMUKTHI’ Anti Drug Awareness Competition; Oral Presentation to to inculcate and boost the corporate communication, develop the public speaking skills in volunteers	100	1000	3
56	23.03.2021	Anti Drug Awareness seminar on ‘VIMUKTHI’	Seminar on Anti Drug Awareness programme ‘VIMUKTHI’. The class handled by Mr. Suraj Sub Inspector Special Branch Kollam. The class helps to promote a drug free and healthy lifestyle among students.	100	1000	2
	31.03.2021	‘Poshan Pakhwada 2021’	Awareness Class on Poshan Vatikas or Nutri-gardens and thus encourage volunteers to set fruits garden in their home yards and thus provide easy and affordable access to fruits, vegetables, medicinal plants and herbs.	100	1000	2