**Sree Narayana College for Women, Kollam**

**National Service Scheme**

**2021-22 Regular Activities**

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| **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 | 19/05/2021 | **Kaithangu** | Supply food items and  vegetables to100 families, in kottankara panchayat (Partner Village). | **100** | **70000** | **5** |
| 2 | 02/06/2021 | **Niravu** | Tapiocca Harvest | **20** | **1000** | **2** |
| 3 | 05.06.2021 | **World Environment Day  Celebrations** | Planting  fruit saplings.  Go Green Before Green Goes | **100** | **1000** | **3** |
| 4 | 05.06.2021 | **Best Out Of Waste**  **.** | Ms. Souparnika is selected for the final round by UN Delhi to present the topic 'Best out of Waste' on Environment Day | **1** | **100** | **3** |
| 5 | 07/06/2021 | **Corona After Care Counseling** | The awareness session is open to students and their  family to mitigate stress among covid victims. | **100** | **1000** | **2** |
|  | 17.06.2021 | **Tapioca Harvest** | Inauguration by Principal Dr. Nisha J Tharayil. | **20** | **1000** | **2** |
| 6 | 17.06.2021 | **Banana Harvest** | Sale the banana to college faculty | **10** | **1000** | **2** |
| 7 | 19.06.2021 | **Vayana Dhinam.** | Anjana S presented the review on the story ‘Penbudhi’ | **10** | **1000** | **3** |
| 8 | 20.06.2021 | **Pre- Webinar On   International Yoga Day 2021** | Awareness on Sahaja Yoga by Mr. S Subhash. The Kollam District Sahaja Yoga Co-ordinator, K. Suresh co-ordinate the programme. | **100** | **1000** | **2** |
| 9 | 21.06.2021  6:30am | **Demonstration  Of Sahajayoga** | 10 volunteers demonstrated live Yoga for volunteers and other students. | **10** | **1000** | **2** |
| 10 | 21.06.2021  10am | **Webinar**  **Yoga And Mental Wellbeing’** | In association with NYK, Kollam Our unit also associate with webinar inaugurated by  Shri. C.R. Mahesh MLA. The topic was ‘by Shri. Vijayakrishnan Pattazhi. | **50** | **1000** | **2** |
| 11 | 21.06.2021  (3to4:15pm) | **Anaemia Mukth Bharath : Awareness Campaign.** | NSS Unit in association with Department of Women and child Development. The campaign has been included in the Chief Minister’s 10-point programme to combat anaemia among children. Prevention and control of anaemia is one of the key strategies of the Health. | **100** | **1000** | **2** |
| 12 | 27.06.2021  3pm to 4:30pm | **Observing Helen Keller Day** | Programme in association with **Blind federation** on Observing  Helen Keller Day and Inauguration of Audio Library in our college. | **100** | **1000** | **2** |
| 13 | June last week to July First week | **Covid Vaccine Drive** | Volunteers involved in registering to those who need assistance at their nearby house | **100** | **1000** | **2** |
| 14 | 11.07.2021 | **Sahajeevanam Programme Associated With SOLACE** | Volunteers attended the sahajeevanam awareness session to identify the most suffering cancer patient for getting free medicines and food kits. | **50** | **1000** | **3** |
| 15 | 11.07.2021 | **World Population Day Celebrations** | Based on theme: ‘The impact of the Covid-19 pandemic on fertility’, power point presentation by Volunteers were conducted. | **10** | **1000** | **1** |
| 16 | 12.07.2021 | **Observing  Malala Day** | Malala Day holds a great significance that highlights the importance of education and women's rights. The drawings and presentation by volunteers helps them to know more about Malala. | **100** | **1000** | **2** |
| 17 | 14.07.2021 | **Registering Sahajeevanam** | Our volunteer Ms. Bhagyasree involved in registering one deserving candidate at Solace Kollam. | **1** | **100** | **1** |
| 18 | 14.07.2021(7pm to 8:00pm) | **Meet  The New Programme Officer Ms. Sona G. Krishnan** | An introductory meeting of new Programme officer upholds new spiritamong our volunteers. | **100** | **1000** | **1** |
| 19 | 17.07.2021 | **District Level Inauguration On Anti-Dowry Campaign.** | In association  with District Legal Service Authority. The volunteers get awareness related with impact and crime on Dowry system in society Inauguration by Sri.K.V Jayakumar, Chairman  DLSA & Hon'ble Principal District and Sessions  Judge, kollam. | **100** | **1000** | **2** |
| 20 | 18.07.2021 | **National Webinar On ‘Covid Vaccination An Injection Of Hope’** | Volunteers get aware on vaccination as an injection of hope for covid 19, the talk by Dr. Praveen Pradeep, AIIMS, New Delhi clarifies the queries regarding the topic. | **100** | **1000** | **2** |
| 21 | 22.07.2021 | **National Mango Day**  **Skill Development** | Anjana S Babu and Aswitha R J presented Mango Jam recipe  Amrutha B presented Mango Ice cream recipe | **100** | **1000** | **2** |
| 22 | 22.07.2021 | **Cheer For India** | On **Tokyo Olympics**  NSS Volunteers and POs participated in cheer for India programme | **100** | **1000** | **2** |
| 23 | 22.07.2021 | **My Gov. Portal Programme** | NSS volunteers participated in My Gov. **Skill Development activities** quiz,  Awareness on  crime against women  quiz, Micro food processing enterprizes quiz | **100** | **1000** | **2** |
| 24 | 23.07.2021 | **‘Vimukthi’** | Volunteers take part in **Anti Drug  Awareness   pledge** in presence of Principal Dr. Nisha J Tharayil | **100** | **1000** | **2** |
| 25 | 28.07.2021 | **World Nature Conservation  Day** | Awareness posters were displayed in notice board by volunteers about the importance of protecting our natural resources and the environment. | **100** | **1000** | **2** |
| 26 | 06.08.2021 | **Observing Hiroshima Day** | Avani P H, Arya  A R, Arya Reson, Amina Hameed and Neena Mol A presented the Paintings, cartoon drawings, about the day to spread awareness of the horrific effects of the atom bomb blasts and to promote peace politics. | **100** | **1000** | **2** |
| 27 | 06.08.2021 | **Poshan Pakhwadan** | **Fishery units were maintained by**  our volunteers | **10** | **100** | **2** |
| 28 | 07.08.2021 | **‘Rachana’** | Volunteers from our unit participated in one day training programme organized by Department of Animal Husbandry, The programme was co-ordinatedby Dr. Shine Kumar, Deputy Director. The programme was inaugurated by Hon'ble minister Smt. Chinchu Rani Kollam. | **5** | **1000** | **5** |
| 29 | 15.08.2021 | **Azadi  Ka Amrith Mahotsov Independence Day Celebrations** | Flag Hosting  Intercollegiate **Patriotic song Competition**. | **100** | **1000** | **2** |
| 30 | 15.08.2021 | **Rashtragan** | As the Nation celebrates Azadi ka Amrit Mahotsav. "Let us" Sing the National Anthem. | **20** | **1000** | **1** |
| 31 | 17.08.2021 | **Gender Sensitization Programme** | Inauguration by Smt.Sreelatha R.S (Women Protection officer, Kollam. | **100** | **1000** | **2** |
| 32 | 18.08.2021 | **Niravu Kuthari Selling** | NSS unit of our college conducted kuthari selling in college, volunteers involved very effectively, so that they learn a process of cultivation, processing and selling. | **20** | **10,000** | **5** |
| 33 | 18.08.2021 | **Carrier Guidance** | For orienting our volunteers to ambitious profession, the unit conducted carrier guidance in association with Seshans IAS Academy Class by Mr. Sunil George IPS and TAFS | **100** | **1000** | **2** |
| 34 | 20.08.2021 | **Onam Special Kit**  **To Partner Village.** | NSS Unit supply Onam food and cloth kit to selected palliative patient under Peroor PHC, kottankara our partner village. | **20** | **1000** | **1** |
| 35 | 25.08.2021  To  31.08.2021 | **Nasha Mukt Bharat Abhiyan** | Awareness session and pledge initiated by volunteers from each dept. coordinated. | **100** | **1000** | **2** |
| 36 | 31.08.2021 | **Fit India @75 Freedom Run** | **Jan Bhagdan to Jan Andolan**  15 volunteers involved involvd in **freedom run**.  Flag hosting by Dr. Nisha J Tharayil | **15** | **500** | **2** |
| 37 | 01.09.2021 to 05.09.2021 | **Poshan Abhiyan I** | Celebrates National Nutritional Week  An awareness to nutritional effect of various pulses were introduced by volunteers. | **50** | **5000** | **5** |
| 38 | 06.09.2021 &  07.09.2021 | **Poshan Abhiyan Ii** | Planting fruit trees in schools, anganawadi and college premises | **30** | **3000** | **3** |
| 39 | 07.09.2021 | **Poshan Pakhwadan** | Volunteers maintained the fish tank | **10** | **1000** | **2** |
| 41 | 16.09.2021 | **Ozone Day Celebrations** | The theme - Montreal Protocol – keeping us, our food and vaccines cool. Drawings, paintings and oral presentations by Volunteers | **100** | **1000** | **2** |
|  | 30.09.2022 | **PCOS** | An awareness session regarding PCOS was conducted by NSS unit in association with Santhigiri Ayurveda and Siddha Hospital Kollam. The awareness class on PCOS by Dr. Haritha A H senior consultant, was very much informative and the volunteers and faculties of our college get solutions regarding their queries. Principal Dr. S Sunil Kumar presided the function and Sona G Krishnan welcome the gatherers and Devipriya D deliver the vote of thanks for the session. | **100** | **1000** | **2** |
| 42 | 01.10.2021 | **Flash Mob** | Awareness programme on clean Ashtamudyprogramme in association withnKollam Corporation. | **100** | **1000** | **2** |
| 43 | 02.10.2021 | **Gandhi Jayanti Celebrations** | Inaugurated by Smt. Prasanna Earnest, Kollam Mayor in association with Kollam Corporation to clean Ashtamudy, our unit conduct flash mob at public places. | **100** | **1000** | **2** |
| 44 | 04.10.2021 to 10.10.2021 | **World Space Week Celebrations** | Conducting Elocution competition (Inter Departmental), Drawing Competition (High School Students), and Space Quiz Competition (UP School students). | **100** | **1000** | **2** |
| 45 | 11.10.2021 | **International Girl Child Day** | The topic Digital creativity among women gives an awareness regarding the present situation of digital knowledge among women. | **100** | **1000** | **2** |
| 46 | 14.10.2021 | **International White Cane Day** | In association with Blind Federation, inaugurated by Sri. Abid Hussain Thangal MLA, Kottaikkal | **100** | **1000** | **2** |
| 47 | 16.10.2021 | **World Food Day** | “Safe food now for a healthy tomorrow” Based on the theme a Presentation by Aswathy B NSS Volunteer | **100** | **1000** | **2** |
|  | 20.10.2022 | **Eat Right Kollam: Millet Based Recipe** | Department of Food Saftey, Government of Kerala in association with Sree Narayana College for Women, has conducted an awareness seminar on the nutritional value of millets and the health benefits of including them in our daily diet along with a competition on millet -based recipes for college students. Our college hosted the program with the support of Science club, NSS and Home Science Department.. The meeting was Presided over by the College Principal Dr. R. Sunil Kumar. Ms. Devipriya D., NSS Program officer of our college delivered welcome speech followed by inauguration of the program by the Chief guest Sri. Aji S., Asst. Commissioner of Food Safety, Kollam. | **100** | **1000** | **2** |
| 48 | 28.10.2021 | **Gender Sensitization Campaign** | Inauguration by Smt. Niyatha Prasad, Hon'ble Principal Munsiff and Judicial First class Magistrate, Class handled by Adv. Niza Fazil | **100** | **1000** | **2** |
| 49 | 31.10.2021 | **National Unity Day** | 146th Birth Anniversary Celebrations. Volunteers take Pledge. | **100** | **1000** | **2** |
| 50 | 01.11.2021 | **School Visit** | NSS Unit visited Pattathanam Govt. SNDP UP school and conducted programmes for class I and distributed prizes for kids. | **20** | **2000** | **3** |
| 52 | 14.11.2021 | **Childrens Day** | **NSS observe the Childrens day by presentation by Children.** | **100** | **1000** | **2** |
| 53 | 25.11.2021 | **Observing Constitution Day** | Observing Constitution day in association with Neruda yuva Kendra and UN club  organization. Resource person Assistant Collector Arun S Nair. | **100** | **1000** | **2** |
| 54 | 26.11.2021 | **Constitution Day** | Our students and teachers pledge to protect the sovereignty of Constitution. Presided by Principal Dr. Nisha J Tharayil ma'am | **100** | **1000** | **2** |
| 55 | 27.11.2021  &  28.11.2021 | **Camp at YMCA** | Four volunteers Ms. Aswitha from history,  Ms Aswathy from Malayalam,  Ms Athira Venu from Geography  and Ms Anjana S Babu from Economics  attended 2 day residential camp | **4** | **2000** | **48** |
| 56 | 01.12.2021 | **AIDS Day** | Volunteers prepare an awareness Poster and presented on college campus. | **100** | **1000** | **2** |
| 57 | 01.12.2021 | **Jeevadhara** | In association with Govt. District Hospital Kollam our NSS volunteers donate blood to blood bank. | **20** | **2000** | **2** |
| 58 | 10.12.2021 | **Energy Conservation** | Urjakiran Rally, Signature Campaign and Urjakiran seminar Urjakiran programme Flag off by  Jilla Panchayat president.Sri. Prasannakumar. Panchayat president Sri.Devdas, ward member Sajimol attended the programme. | **100** | **1000** | **5** |
| 59 | 13.12.2021 | **Gender Sensitization Programme** | Our Volunteers, and NSS Programme Officers took Pledge in our Campus at 3 pm to fight gender based violence against Women and girls. | **100** | **1000** | **2** |
| 60 | 14.12.2021 | **Energy Conservation Day** | Urjakiran programme Flag off by  Deputy Mayor Sri Kollam Madhu | **60** | **6000** | **2** |
| **61** | **21.12.2021** | **KARUTHAL** | Volunteers donated an amount of Rs.5000/- to a patient named Kunjumon, for his surgery at medical college. He is living alone and his leg get fractured. The volunteer Amrutha A initiate the support. | **100** | **5000** | **3** |
| **62** | **23.12.2021 to 28.12.2021** | **Special Camping Programme**  **Aaravam** | The seven day residential camp ‘Aaravam’ was inaugurated on December 22 by the State National Service Scheme Officer Dr R.N Anzer. He had delivered an amazing speech about the visions and experiences. The programme begins with NSS song was sung by the volunteers. The welcome address was delivered by Ms Devipriya D, Assistant Professor & NSS Programme Officer of Sree Narayana College for Women, Kollam. | **100** | **100000** | **120** |
| 63 | 02.01.2022 | **National Youth Festival 2022** | A meeting were conducted to aware volunteers about selection of Ms Aswitha R J for National Youth Festival 2022 at Puducherry | **1** | **1000** | **1** |
| 64 | 02.12.2021 to 12.12.2021 | **Health Survey** | Our volunters visited partner village and collected dataset for analysis | **100** | **1000** | **4** |
| **65** | 12.01.2022 | **National Youth Day Celebrations** | The session was handled by two eminent speaker who co-ordinate the programme by activity based orientationMr. Shibulu Majeed Topic: Building Relationship Ms. Sreeja Mohan Topic: Goal Setting | **10** | **1000** | **3** |
| 66 | **12.01.2022** | **Jeevadhara** | In association with District Blood Bank, ten volunteers donate blood. | **15** | **10000** | **3** |
| **67** | **19.01.2022** | **Orientation** | Orientation programme for NSS volunteers was held at Sree Narayana College for Women on 19/1/2022.The orientation was given by the State NSS officer Dr.R.N.Anzeer, College Principal Dr. Nisha.J.Tharayil ma'am presided the programme. | **100** | **2000** | **3** |
| 68 | 22.01.2022 | **Home Care For Palliative Patients** | The volunteers identified the palliative patients along with palliative nurse in charge, Smt. Mini Alex. Along with her our volunteers went for home care. They dressed the wounds. Involved in singing songs. They enquire about the patients well being and maintain a good relationship. | **20** | **2000** | **2** |
| 69 | 24.01.2022 | **Karuthal** | Pallitive Activities at Kottankara our partner village. | **20** | **5000** | **3** |
| 70 | 25.01.2022 | **Voters Right** | National Voters Pledge | **75** | **1000** | **1** |
| 71 | 02.02.2022 | **World Wet Land Day Celebrations** | On this wetland day NSS volunteers took initiative for the protection of wetland and our unit organized a webinar in association with Nila foundation. The speaker of the webinar was Hamidali Vazhakkad, District Coordinator of National Green Corps (NGC), Teacher and Traveller .Hamidali sir shared his travelling experience and this session helped the volunteers to know about the ways through which wetland can be protected . | **100** | **2000** | **3** |
| 72 | **08.02.2022** | **Aksharapookkal** | **Book collection and Donation**  Volunteers involved in Book donation to Kerala Legal Service Authority for setting up a Library. | **100** | **5000** | **5** |
| 73 | 11.02.2022 | **Covid Warrior at War Room Kollam** | NSS Covid Warriors is an initiative launched by state NSS office, kerala to fight against Covid 19 and also to ensure support for covid patients through NSS volunteers. District level inauguration of covid warriors was held at war room Kollam collectorate | **20** | **10000** | **100** |
| **74** | 14.02.2022 | **National Youth Festival** | Volunteers attended the inaugural session | **20** | **1000** | **2** |
| **75** | 17.02.2022 | **Pretty Locks For Cancer Patients** | Volunteers collected the pretty locks of our volunteers and students of college campus for donating to Cancer wing at Kalamasserry cancer research centre. | **60** | **6000** | **3** |
| **76** | 18.02.2022 | **Visit To Cancer Wig Project At Kalamasserry** | Rithy P, Akshara S B, Aswitha R J and Abi Anil visited the Cancer research centre at Kalamassery, Ernakulam for donating the pretty locks of NSS volunteers from our college. | **4** | **4000** | **5** |
| 77 | 20.02.2022 | **Vaccine Awareness Drive** | To aware public about vaccination to children below 18 age group  And above 70 | **40** | **4000** | **3** |
| 78 | 03.03.2023 | **Debate On Dowry System** | In association with Women and Child Development Department. | **50** | **5000** | **3** |
| 79 | 04.03.2022  To  08.03.2022 | **International Womens Day Celebrations** | .Badminton Competition, in association with Field out reach Beareau, Kottayam | **100** | **1000** | **3** |
| 80 | 08.03.2022 | **Aksharapookkal** | Book donation to Mangalodayam Public Library located in partner village kottankara Grama Panchayath. The programme is associated with International Womens Day.Ms. Seethalekshmi, NSS volunteer who is residing at this area involved in this programme. | **100** | **1000** | **2** |
| 81 | 15.03.2022 | **Consumers Day** | At collectorate, kollam, 14 volunteers and NSS Programme Officer Devipriya D attended the programme. | **15** | **1500** | **3** |
| **82** | **19.03.2022** | **Sveep Kollam** | 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. The programme was inaugurated by Sri B Abdul Nasar IAS, presided by Principal Dr. Nisha J Tharayil, | **100** | **1000** | **2** |
| **83** | **19.03.2022** | **Aksharapookkal** | Books and Accessories donating to Library at Kollam Fort, Gandhi seva Library. | **100** | **20,000** | **10** |
| **84** | **26.03.2022** | **Observing Earth Hour** | The topic for Earth Hour 2022 will be **" Shape Our Future."** Every year, on the last Saturday in March, Earth Hour is observed. At 8:30 p.m. local time, Earth Hour will begin and end at 9:30 p.m. local time. This worldwide event us to raise 85awareness about climate change and energy conservation. NSS unit observe earth day and thus spread the awareness to volunteers house and nearby 10 houses. | **100** | **1000** | **2** |
| **85** | 31.03.2022 | **Pachathuruthu** | Inauguration by Smt. Prasanna Earnest, Kollam Mayor in our college campus, under Harithakeralam Project. | **100** | **1000** | **3** |