**Sree Narayana College for Women, Kollam**

**National Service Scheme**

**2022-23 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 | 13. 04.2022 | **Covid warriors district level appreciation** | Appreciation Certificate distribution to NSS Volunteers, POs and Unit. | **140** | **14000** | **2** |
| 2 | 13. 04.2022 | **Commemmorating G P. Sajith Babu and honouring award recepient** | Our college hosted the District Level Programme to commemorate Sri. G P Sajith Babu and also the programme to honour the award recipient of Kollam District. | **120** | **1000** | **2** |
| 3 | 22.04.2022 | **World earth day** | Our unit celebrated the World Earth day by save the earth drawings by NSS Volunteers. Also introduce the project One volunteer one plant. | **100** | **10000** | **1** |
| 4 | 10.05.2022 | **Thelineerozhukum navakeralam project** | Attended the discussion regarding Thelineerozhukum Navakeralam project at Kollam. | **5** | **5000** | **1** |
| 5 | 18.05.2022 | **150th Birth Anniversay Of Kumaran Ashan** | Honouring the Excelence in association with Kerala Koumudy. | **100** | **10000** | **2** |
|  | 30.05.2022 | **Support to a volunteer** | For Treatment of her father at Medical College | **200** | **15000** | **2** |
| 6 | 05.06.2022 | **Environment day celebrations** | Planting Fruit tree saplings | **100** | **10000** | **2** |
| 7 | 07.06.2022 | **Beach cleaning programme**  **Extension activity** | In association with District Legal Service authority and Taluk Legal Service Authority at kollam Beach | **70** | **7000** | **2** |
| 8 | 08.06.2022 | **Seminar on safety food** | In association with Kerala Koumudy and Food Safety Department, Kollam District and NSS Unit, Co-ordinated Seminar on Safety Food methods. | **100** | **10000** | **2** |
| 9 | 08.06.2022 | **Ms Bhagya mohan received state level best nss volunteer award** | Involvement in State Level NSS award ceremony | **10** | **10000** | **3** |
| 10 | 19.06.2022 to 25.06.2022 | **Commemmorating P N Panicker** | Reading week | **20** | **20000** | **1** |
| 11 | 20.06.2022  And  21.06.2022 | **Observing international yoga day** | Mega Yoga celebrations  Programme inaugurated by Mayor. Prasanna Earnest. | **140** | **14000** | **2** |
| 12 | **29.07.2022 to 25.06.2022** | **Seminar on road safety** | In association with Kerala Koumudy and Motor vehicle Department, Kollam. The session was handled by Mr. D Mahesh, RTO Kollam. | **100** | **10000** | **2** |
| 13 | **06.08.2022** | **Observing hiroshima day** | Audio presentation by Saranya Santhosh. | **10** | **1000** | **1** |
| 14 | **10.08.2022** | **Osom 22** | District Level HIV AIDS Prevention Campaign Talent ahow was conducted among inter college volunteers, under District Disaster Management Wing, in association with Kerala State AIDS control society, National Health Mission and Kerala State NSS Cell . The Programme was inaugurated by Dr. R Manikandan, Deputy Medical Officer, Kollam presided by Principal Dr. R Sunil Kumar. | **100** | **10000** | **3** |
| 15 | **11.08.2022** | **Visit to heritage place @ kollam.** | Thangasseri fort, Portuguese cemetary, Light House- NSS unit visited the above heritage place along with NSS Programme Officers. | **25** | **25000** | **3** |
| 16 | **13.09.2022 to 14.09.2022** | **Har ghar thiranga**  **Azadi ka amrit mahotsav @75** | NSS volunteers visited near by houses to aware the people to hoist the flag in their home. | **20** | **20000** | **6** |
| 17 | **10.08.2022 to 12.08.2022** | **Har ghar thiranga**  **Azadi ka amrit mahotsav @75** | NSS volunteers give awareness to teachers and students of our college to hoist the flag in their home from 13th to 15th August 2022. | **15** | **15000** | **4** |
| 18 | **15.08.2022** | **Independence day celebrations** | Flag Hoisting by Principal Dr. R Sunil Kumar, in presence of teachers, students, NCC Cadets and NSS Volunteers. NSS volunteers involved in patriotic song, presented great words of eminent leaders. | **100** | **10000** | **1** |
| 19 | **15.08.2022 11 am** | **Freedom wall** | Inauguration of freedom wall by Principal Dr. R Sunil Kumar  NSS Volunteers and students of our college involved in freedom wall painting. In our college premises we presented the Kundara proclamation, Kurichiar revolt and Attingal revolt. | **100** | **10000** | **1** |
| 20 | **21.08.2022 and 22.08.2022** | **Our college involved in the artistic decorations for govt. Crche, at kollam, in association with women and child development department.** | Volunteers and students from Sree Narayana College for Women, Kollam involved in the wall art at CRECHE kollam , at TM Varghese park/Hall near Collectorate, the programme was in association with District Women and Child Development Department. | **20** | **20000** | **8** |
| 21 | 23.08.2022 | **Citizenship awareness programme** | Citizenship education gives students the knowledge and skills to understand, challenge and engage with democratic society. The programme was inaugurated by Dr. R Sunilkumar, Principal and class delivered by Mr. Shibu R Assistant, Professor, Department of History. | **100** | **10000** | **2** |
| 22 | 02.09.2022 | **Omanikkan Oru Onakkalam** | The programme was inaugurated by Smt. Chinchurani Hon’ble minister, presided by Sri. Noushad MLA, Key note Address by Dr. R N Anzer, State NSS Officer. The principal Dr. R Sunil Kumar welcome the gathering, and the programme Offier Ms. Devipriya D, deliver the vote of thanks. In this programme the unit supply food items and cloths to people who are above 60 years and to palliative patients home. The unit support fifteen houses near by our college. | **100** | **10000** | **3** |
| 23 | 29.09.2022 11 am | **Vimukthi pledge** | In association with Taluk Legal service committee, NSS unit of our college conducted awareness pledge. | **100** | **1000** | **1** |
| 24 | **02.10.2022** | **Gandhi jayanti celebrations** | In association with Collectorate and Gandhi Peace Foundation, Kollam, from rest house to kollam beach volunteers involved in padhayathra and there after took pledge on cleanliness drive. | **60** | **6000** | **1** |
| 25 | 06.10.2022 | **Vimukthi campaign** | NSS Unit of Sree Narayana college for women, kollam arranged the chief ministers declaration on anti drug awareness for our volunteers. | **100** | **1000** | **1** |
| 26 | 06.10.2022 | **District level anti drug inauguration** | District Level anti-drug campaign was inaugurated by honorable finance minister **Sri. K N Balagopal**. Honorable minister **Smt Chinchurani,** Minister of Animal Husbandry presided the meeting. Sree Narayana College for Women is moving forward with 15-item programs lasting a month. Students mobilized in this programme by holding up the slogan “Life is addiction”. | **160** | **16000** | **2** |
| 27 | 12.10.2022 | **Vimukthi awareness programme** | In association with Taluk Legal service committee, NSS unit of our college conducted awareness programme on NDPS The class was engaged by Adv. Venu J Pillai. | **100** | **10000** | **2** |
| 28 | **13.10.2022** | **Jagratha samithi** | **Jagratha Samithi and its relevance** was introduced by Assistant Excise Commissioner Rajesh V | **40** | **4000** | **1** |
| 29 | **14.10.2022** | **Bodhyam district level quiz competition** | A quiz programme regarding drug abuse our unit co-ordinated the district level Quiz competition among volunteers for awareness campaign by state NSS on 14/10/2022. The programme was inaugurated by Sri Noushad MLA, the felicitation by District co-ordinator, Dr. G Gopakumar. Welcome address by Devipriya D, Programme officer and vote of thanks by Sona G Krishnan, NSS PO. | **60** | **6000** | **3** |
| 30 | 24.10.2022 | **Asaad sena** | Asaad Sena Formation Declaration by Hon’ble Higher Education Minister Dr. R. Bindhu | **60** | **6000** | **1** |
| 31 | 24.10.2022 | **Vimukthi jwala** | Volunteers involved in lightning the jwala at home and involved the whole family for the programme. | **100** | **1000** | **1** |
| 32 | 25.10.2022 | **Jeevithamakatte lahari** | Volunteers from our unit attended district level inauguration of anti drug awareness at Younnus Convention Centre kollam. | **40** | **4000** | **1** |
| 33 | **31.10.2022** | **Signature campaign at collectorate** | Anti drug awareness signature campaign was conducted in association with District Legal Service Authority.College Principal Dr.Sunil Kumar welcomed the gathering.Smt.Snehalatha M B, Honorable Prl.district judge,Kollam inaugurated the programme. |  |  |  |
| 34 | **31.10.2023 (3:30 pm).** | **Unity run with say no to drugs** | The unity run was inaugurated by Sri. Shanavas S, Sub inspector of Police, Crime branch, Kollam city, in presence of Principal Dr. R. Sunil Kumar and Programme Officers, Devipriya D and Sona G. Krishnan. The Vimukthi volunteer co-ordinator, Gaiety Graetal co-ordinate the whole programme. | **130** | **13000** | **1** |
| 35 | **01.11.2022** | **Flashmob** | A Flshmob against drug abuse was conducted by Women study unit in association with National Service scheme and KSWDC. The aim of this is to protect people,including by strnghthening the prevention and treatment of drug use .Effective prevention includes the promotion of health as well as social well being with more focus on young people. | **20** | **20000** | **2** |
| 36 |  | **Manishya shringala** | In association with closing session of session I anti drug awareness programme, a pledge and human hand chain is formed in front of the college by teachers, non teaching staffs and students of our college. The session was co-ordinated by NSS nit of SN college for Women, Kollam. | **500** | **50000** | **1** |
| 37 | **7.11.2022 to 15.11.2022** | **Socio economic survey** | The next section of palliative care activities were organised around Thangassery. There we planned to provide medical aid for needed people .For that ,our NSS volunteers conducted a two day socio -economic survey around Thangassery fort. We successfully completed survey on 108 households. And gathered details of those who require wheelchair, walker and other medical aids | **20** | **2000** | **6** |
| 38 | **17.11.2022** | **Karuthal** | Under palliative care activities, principal Dr. R. Sunil Kumar distributed wheelchair, walker, diaper to those who were in need. The programme was conducted at "Gandhi Sava Sangam Library at Thangassery. The presidential address was given by councillor Stalin and other dignitaries like Gandhi Sava Sangam Library secretary V. Nasarath and Douglas spoke on the occasion . | **20** | **20000** | **2** |
| 39 | **25.11.2022** | **Anti drug flash mob** | As part of Vimukthi programme volunteers involved in flash mob at boat race venue holding anti drug message at Presidents Trophy boat race inaugural session kollam | **20** | **2000** | **2** |
| 40 | **25.11.2022** | **Mass pledge campaign** | Under the co-ordination by NSS unit, mass pledge campaign by students and teachers were conducted at college campus inopen air auditorium. | **240** | **2400** | **2** |
| 41 | **01.12.2022** | **Kick for a goal say no to drug** | As part of Antidrug campaign phase II, National Service Scheme in association with Department of Physical Education conducted “A goal against drug “ programme. Kollam Corporation counsellor Adv.A K Savad Inaugurated the programme. | **200** | **2000** | **5** |
| 42 | **19.12.2022** | **Energy conservation rally & signature campaign** | NSS Unit conducted awareness rally and signature campaign at campus and public place in connection with Urjakiran programme The programme was inaugurated and flag off by Sri. Noushad MLA. The energy conservation oath was leaded by College principal Dr. R. Sunil Kumar. | **100** | **10000** | **2** |
| 43 | **28.02.2023** | **Urjakiran** | Urjakiran awareness workshop was conducted at Thangasseri Fort library. The programme gives awareness to public in connection with energy management. The programme was inaugurated by Sri Stanley, Counselor, Thangasseri Division, Kollam Corporation. The session was inaugurated by principal Dr. R. Sunil Kumar. The programme seeks much attention from public. Around 45 people attended the programme. | **100** | **10000** | **2** |
| 44 | **06.03.2023** | **Anti microbial resistance** | Awareness seminar on anti-microbial resistance was conducted in asocition with Livestock management training centre, kottiyam. Inauguration by Assistant Commissioner of Police, Sri. Pradeep presided by Dr. R Sunil Kumar, Principal, Key note address by Dr. D Shine Kumar. The session give an idea about resistance developed in microbes. | **140** | **14000** | **2** |
| 45 | **07.03.2023** | **Awareness display charts** | In association with Women and Child Development Department awareness banners are displayed in college campus. Women related rules and rights, and also helpline numbers are exhibited through the display charts. | **20** | **2000** | **1** |
| 46 | **22.03.2023** | **Book Collection Drive** | Volunteers collected books for pusthakthanal programme | **100** | **10000** | **5** |
| 47 | **28.03.2022** | **Asaad sena formation** | Aasad sena was inaugurated in our campus by Assistant Excise Commissioner Mr. Robert V, presided by Dr. R. Sunil Kumar, Principal. Aasad sena is formed in association with NCC. The session was felicitated by counselor, Adv. Savad K, PTA vice president, Pattathanam Sunil, IQAC Co-ordinator Dr. S. Sekaran, NCC officer Capt. Lekshmi Gopidas. Welcome address by Devipriya D and vote of thanks by Ms. Sona G Krishnan. The programme was co-ordinated by Gaiety Greatel and Anakha R S. | **130** | **13000** | **2** |
| 48 | **08.03.2023** | **Jeevadhara** | In association with International Womens day blood donation camp were conducted in the campus at seminar hall. Fortyfive units of blood were collected with the help of blood bank Kollam District Hospital, Kollam. Dr. Mary Sanshi and five nursing assistant and counsellor involved in the blood donation programme. | **45** | **45000** | **5** |
| 49 | **15.03.2022** | **Consumers Day** | At kollam collectorate, 14 volunteers and NSS Programme Officer Devipriya D attended the consumers day programme and involved in the discussion regarding the essentials a consumer has to know. | **15** | **1500** | **2** |