



NATIONAL SERVICE SCHEME

REPORT 2015-2016

Dr. C. F. Binoy & Dr. Paulson Mathew
NSS Programme Officers

National Service Scheme (NSS), an organization meant for the overall personality development of students through social service is functioning commendably in the College. There are two units of NSS in the campus, units 42 and 144, with a total strength of 200 volunteers. The organization regularly takes up issues of social relevance and conducts surveys, campaigns and several other awareness activities.

On June 5, World Environment Day was observed by planting and distributing medicinal plants in the campus by Dr. A.A. Augustine, Rtd. Jt. Director, Kerala Agricultural University. World Drugs Day was observed by conducting street play and taking pledge against drugs. A seminar on drug abuse by Dr. Subramanian, District Mental Health Hospital, was conducted in which he stressed the influence of peer group in combating drugs. Teachers Day was observed on September 5 by distributing messages, flowers, pen and chocolate to all the teachers of the College. On September 12th Thope stadium and the College ground were cleaned by 120 NSS volunteers. NSS day was observed by distributing 100 lunch packs to destitute in the city and also NSS emblem was formed by volunteers in the College campus. On 26 September, the College hosted Programme officers District Level Meet which was attended by about 30 NSS programme officers from different colleges. Elders Day was observed on October 1st with the

elders at 'Thanal Old Age Home and the volunteers entertained them with cultural activities. Nature awareness programme was conducted for volunteers by arranging a two day nature camp at Chulannur Peafowl sanctuary on October 2-3, 2015. Volunteers eradicated plastic waste from the Sanctuary premises as part of Swachh Bharat Mission. About 100 volunteers participated in the Pain & Palliative Care Walkathon conducted by Alpha Pain & Palliative Clinic in Swaraj Round. Vigilance Awareness Week was conducted in collaboration with Power Grid Corporation and a debate competition on 'Corruption' was conducted for College students on October 29th. Smt. Sahanakumari, DGM, PowerGrid, was the Chief Guest. National Integration Week was observed on November 27 by rendering patriotic song by 100 NSS volunteers in the campus.

On 1st December, NSS volunteers attended the AIDS Awareness Rally and attended the public function at Town Hall on the occasion of World AIDS Day. AIDS day was also observed in the campus with awareness programmes. The NSS volunteers also helped in the conduct of cultural activities in connection with World Disabled Day on 3rd December in association Social Justice Department. NSS District level seminar was conducted on December 4 in the Menachery Hall which was inaugurated by Dr. P.V. Krishnan Nair, Secretary, Kerala Sangeetha Nataka Academy. Sri. Parameswara Sarma and Sri. V.S. Gireesan took class

on 'Gandhian Ideology' and Dr. Mariamma George on 'Soil Conservation'. About 100 volunteers from different colleges participated. Another commendable achievement was the selection of Ms. Ganga V sem (2nd B.Sc. Mathematics) NSS volunteer, to the South Zone Pre Republic Day Parade Camp and was short listed for RD camp at New Delhi. Seminar on Clean Habits and Voluntary Blood Donation was conducted on December 5th by Sri. Sebi Vallachirakkaran, Secretary, VBDP. An awareness programme on 'Drug Abuse and Cyber Crime' were conducted in collaboration with Kerala State Youth Mission on December 9 and Sri. Saleem Kumar, Dy. Excise Commissioner, and Sri. Mujeeb Rahman, Honourable Sub Judge, took classes. College campus cleaning, observance of important days, voters list enrolment and conduct of youth festival was the other activities done by NSS volunteers during the present year. The 7 day Special Camp was held at St. John's HSS, Parappur, from 18-24th December 2015. The camp was inaugurated by Sri. C.V. Kuriakose, Standing Committee Chairman, Puzhakkal Block Panchayat.

Campaigning and survey on Organic Farming were conducted at Parappur Panchayat and the report was prepared. The premises of St. John's HSS and public places in the Panchayat were cleaned as part of the special camp. Organic farming activity was conducted in the Panchayat along with the local people to create awareness.

On 6th February 2016, 'Snehasparsam' programme was initiated in collaboration with Pain and Palliative Care Society, Thrissur, in which volunteers were given training in palliative care and oriented them towards the plight of bedridden patients of the society. The blood group directory for the entire staff and students of the college *ELIXIR*, a mega project, is completed and is scheduled to be released by February, 2016. Another highlight was the College receiving 'Jeevadhayini Award' of Kerala Youth Welfare Board for enrolling maximum number of blood donors in the Jeevadhayini programme. Sri. C.N. Balakrishnan, Honourable Minister for Co-Operation and Sri. Therambil Ramakrishnan, MLA, handed over the award to our Unit Members.





NATIONAL SERVICE SCHEME

UNITS 42 & 144

ST. THOMAS' COLLEGE, THRISSUR-680001

College Website: <http://stthomas.ac.in>

Dr. Paulson Mathew
(Programme Officer)

Dr. P.O. JENSON
(Principal & Convener)

Dr. C.F. BINOY
(Programme Officer)

NATIONAL SERVICE SCHEME (NSS)

REGULAR WORK REPORT 2015-2016

1. On June 5th World Environment Day was observed by planting and distributing medicinal plants in the campus by Dr. A.A. Augustine, Rtd. Jt. Director, Kerala Agricultural University.
2. 21-06-2015: World Drugs Day was observed by conducting street play and taking pledge against drugs.
3. 16-07-2015: A seminar on drug abuse by Dr. Subramanian, District Mental Health Hospital, was conducted in which he stressed the influence of peer group in combating drugs.
4. 05-09-2015: Teachers Day was observed on September 5th by distributing messages, flowers, pen and chocolate to all the teachers of the College.
5. On September 12th Thope stadium and ground were cleaned by 120 NSS volunteers.
6. 23-09-2015: NSS day was observed by distributing 100 lunch packs to destitute in the city and also NSS emblem was formed by volunteers in the College campus.
7. On 26th September, the College hosted Programme officers District level meet which was attended by about 30 NSS programme officers from different colleges.
8. Elders Day was observed on October 1st with the elders at 'Thanal' Old age home and the volunteers entertained them with cultural activities.
9. Nature awareness Camp conducted for volunteers by arranging a two day nature camp at Chulannur Peafowl sanctuary on October 2-3, 2015.

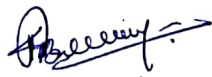
10. 03-10-2015: Volunteers eradicated plastic waste from the Sanctuary premises as part of Swaach Bharat Mission.
11. 13-10-2015: About 100 volunteers participated in the Pain & palliative Care walkathon conducted by Alpha Pain & Palliative Clinic in Swaraj Round.
12. 29-10-2015: Vigilance awareness week was conducted in collaboration with Power Grid Corporation and a debate competition on 'Corruption' was conducted for College students on October 29th. Smt. Sahanakumari, DGM, PowerGrid, was the Chief Guest.
13. 13-11-2015: Waste management awareness program conducted for Volunteers. Dr. Joby Thomas was the resource person. Also gave farewell to Dr. Joby Thomas
14. National Integration Week was observed on November 27th by rendering patriotic song by 100 NSS volunteers in the campus
15. On 1st December, NSS volunteers attended the AIDS awareness rally and attended the public function at Town Hall on the occasion of World AIDS Day. Also conducted awareness programs in the campus inaugurated by the Principal, Dr. P.O. Jenson
16. 01-12-2015: AIDS day was also observed in the campus with awareness programs.
17. The NSS volunteers also helped in the conduct of cultural activities in connection with World Disabled Day on 3rd December conducted by Social Justice Department.
18. NSS District level seminar was conducted on December 4th in the Menachery Hall which was inaugurated by Dr. P.V. Krishnan Nair, Secretary, Kerala Sangeetha Nataka Academy. Sri. Parameswara Sarma and Sri. V.S. Gireesan took class on 'Gandhian Ideology' and Dr. Mariamma George on 'Soil Conservation'. About 100 volunteers from different colleges participated.
19. Another commendable achievement was the selection of Ms. Ganga V (2nd B.Sc. Mathematics) NSS volunteer, to the South Zone Pre Republic Day Parade Camp and was short listed for RD camp at New Delhi.
20. Seminar on Clean Habits and Voluntary Blood donation was conducted on December 5th by Sri. Sebi Vallachirakkaran, Secretary, VBDP.
21. An awareness programme on 'Drug Abuse and Cyber crime' were conducted in collaboration with Kerala State Youth Mission on December 9th and Sri. Saleem

- Kumar, Dy. Excise Commissioner, and Sri. Mujeeb Rahman, Sub Judge, took classes.
22. 8-12-2015: College campus cleaning
 23. Helped in the Voters list enrolment of new voters in the College
 24. NSS volunteers helped in the conduct of College youth festival
 25. 17-12-2015: Handed over the Kidney transplantation fund of Rs. 34,815/- collected by NSS volunteers to a student of the College by the Principal, Dr. P.O. Jenson
 26. The 7 day Special Camp was held at St. Johns HSS, Parappur, from 18-24th December 2015. The camp was inaugurated by Sri. C.V. Kuriakose, Standing Committee Chairman, Puzhakkal Block Panchayat.
 27. Campaigning and survey on Organic farming were conducted at Parappur Panchayat and the report was prepared. The premises of St. Johns HSS and public places in the Panchayat were cleaned as part of the special camp.
 28. Organic farming activity was conducted in the Panchayat along with the local people to create awareness.
 29. 22-12-2015: Contributed 1150 books to Tholur Grameena Vayanasala. Poet Kerachen Lakshmanan inaugurated. Smt. Radha Raveendran, Tholur Panchayat President presided.
 30. Another highlight was the College receiving 'Jeevadhayini Award' of Kerala Youth Welfare Board for enrolling maximum number of blood donors in the Jeevadhayini program. Sri. C.N. Balakrishnan, Minister and Sri. Therambil Ramakrishnan, MLA, handed over the award.
 31. 12-01-2016: National Youth Day observed. Preetham Menon, noted mountaineer was the Chief Guest
 32. 15-01-2016: Palliative Day observed in collaboration with Pain and Palliative Care Society.
 33. 16-01-2016: NSS meeting and evaluation of Special Camp
 34. 17-01-2016: pulse Polio immunization
 35. 21-01-2016: District level program on Human Rights & RTI Act at Govt. Law College attended by NSS volunteers
 36. 26-01-2016: Republic Day observed

37. 29-01-2016: Visit to adopted village Poor Home Athani and distributed Grocery, dress and sweets to the inmates.
38. 30-01-2016: Martyr's Day Observed. Dr. Ignatius Antony, Vice Principal was the Chief Guest
39. 4-2-2016: Cancer Day observed. Dr. Vimala Jose took an awareness class.
40. On February 6th 2016, 'Snehasparsam' programme was initiated in collaboration with Pain and Palliative Care Society, Thrissur, in which 40 volunteers were given training in palliative care and oriented them towards the plight of bedridden patients of the society.
41. 16-02-2016: District level program at COSTFORD on indigenous knowledge attended by 15 NSS volunteers.
42. 20-2-2016: Second phase palliative training to 52 volunteers at Pain and Palliative Care Society, Thrissur
43. 01-03-2016: Blood Donation Day in College in collaboration with IMA. Mar Raphael Thattil, Manager inaugurated. About 50 students donated blood.
44. 07-03-2016: Yuva karshaka Sangamam at Town Hall, Thrissur attended by 10 NSS volunteers and PO's.
45. 08-03-2016: Release of ELIXIR- the blood group directory of entire staff and students of the College, a mega event by Sri. G.P. Sajith Babu, NSS Regional Director.
46. 10-03-2016: District level awareness program on Organic farming attended by NSS leaders

Thrissur

31-03-2016



1) Dr. C F Binoy



2) Dr. Paulson Mathew

(NSS Programme Officers)



PRINCIPAL

Dr. Jenson P O
Principal
St. Thomas' College
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