

## **NSS Report for the academic year 2017 -'18**

National Service Scheme - A student oriented educational programme inculcates the spirit of volunteerism among students through community interactions. A volunteer enters into social service on his/her own freewill with a concern towards the society and the problem it face; expecting no monetary benefits. Two effervescent NSS units function in the campus of St. Thomas' College (Autonomous), Thrissur viz. unit 42 and unit 144 - with a total strength of 200 volunteers. These units were established with a rudimentary objective of providing a dais for the interested students to partake in social work during their free time. The units regularly take up issues of social relevance and conducts awareness activities, campaign and surveys. To cite an example, the volunteers of our college fine tuned the Malayalam translation of the Universal Declaration of Human Rights - adopted by the UN after Second World War - which is perhaps the closest thing we have to a global constitution. They went on to record the document, which categorically states that 'the right to life' is humanities most fundamental value, in our studio. To cite another example, NSS volunteers observed that the students were coming to college, in the morning, amidst dense smoke and they with the assistance of the Programme Officer approached the Health department, Thrissur Corporation to stop burning of garages on the college road. They also made sure that the dumps were cleared on a daily basis thus eliminating the menace in entirety. Such interventions may have little visual impact of volunteerism to the general public but does a world of good to school/college going students and commuters at large. Many events were organised with such objectives thus moulding volunteers in to better citizens of our country. The activities initiated by the NSS units for the academic year 2017-18 have been a record of accomplishments and triumphs.

### **World Environmental Day**

The need for environmental protection, conservation of natural resources, causes and effects of climate change and concern for ecological restoration through sustainable development were discussed during the observation of World Environment Day. Student volunteers were of the opinion that students should inculcate the habit of not wasting food or any other resource as they deplete soon if not used judiciously and also to adopt an eco-friendly lifestyle to reduce carbon emissions which causes global warming and climate change. Participants were gifted with different tree sapling and were encouraged to take care of these sapling.

### **Reading week**

NSS unit of our college in association with the Education Department, Information and Public Relations Department and the P.N. Panicker Foundation observed Reading Day on June 19. A debate competition was organised on this occasion in association with the reading club of our college. Dr. Sanal Raj J, Dr. Viju and Dr. Shyam Sudakar were instrumental in the conduct of this programme along with the Programme Officer Dr. Paulson Mathew. On the occasion, Prof. I. Shanmughadas, writer and Film critique emphasised the need of voracious reading and the students were asked to motivate each other to read more. Books were distributed as prizes on the occasion.

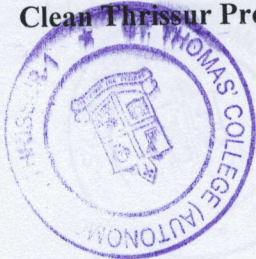
### **Book Collection**

In continuation to the celebration of reading week, students were of the opinion to collect books from their peers, teachers, relatives and friends and a month long drive was initiated to collect books. These books are earmarked to set up a library in a tribal school which is situated in a remote village in Athirapalli.

### **International Yoga Day**

To reiterate the effectiveness of yoga in shaping the body and mind of a person, Yoga day was observed at Msgr. John Palokaren square on 21st June. C. Jayadevan, Member of Parliament of Thrissur inaugurated the event and was among the large number of people from different segments of society who performed 'asanas' under the tutelage of experts. The event was jointly organised by NSS, Nehru Yuva Kendra, Government of India, NCC unit and the college Yoga club. Many yoga clubs and children were also attended the yoga session.

### **Clean Thrissur Project**





Our volunteers were instrumental in Clean Thrissur drive organised by Mathrubhoomi daily in association with Thrissur corporation on July 15. The volunteers were tasked to clean localities near shakthan stand and presence of radio jockeys from club FM encouraged them to keep up the momentum.

#### **Enrolment cum orientation drive**

In order to attract new volunteers and to orient them, an enrolment cum orientation drive was organised on 31st July, 2017. There were about 190 applicants and they were given orientation in two sessions so as to get them acclimatised to the NSS culture. The student coordinators introduced NSS aspirants to the objectives of NSS and they also shared their experience. The students were also explained about the list of activities that were carried out in the previous year. The NSS program officer explained them about the credit allotted for the extension activities and the criteria for acquiring those credits. The NSS volunteers were asked to plan out certain activities for the current academic year and the new set of possible activities were finalised with active participation of the volunteers.

#### **Run for Sustainable Development**

Run for Sustainable Development was organised at Swaraj round on August 5 by Salim Ali Foundation. Many eminent personalities of the like of Adv. V.S. Sunil Kumar, Minister for Agriculture, Prof. C. Ravindra Nath, Minister of Education, Sr. A.C. Moidheen, Minister for Industries, Sports and Youth Affairs, V. R. Sunil Kumar MLA, K. Rajan MLA, Anil Akkara MLA, Ajitha Jayarajan Mayor, Thrissur Corporation, A. Kaushikan District Collector and Dr. V.S. Vijayan spoke on the occasion. Students ran around 2 km in Swaraj round to spread awareness on sustainable development carrying appropriate posters and pluck cards.

#### **Suchitwa Mission Health Survey**

Suchitwa Mission - the nodal agency for assisting Cities, Municipalities and Panchayats in sanitation and waste management aspects, is responsible for evolving implementation strategy, providing policy in the sectors of sanitation and various solid and liquid waste management issues. Our volunteers went to ward no 16 of Thrissur Corporation to conduct a survey relating to Suchitwa Mission project to providing technical inputs for sanitation and waste management projects.

#### **Independence Day**

On 15 August, students of St. Thomas' college along with NSS volunteers and NCC cadets celebrated Independence day with zeal and spirit befitting the occasion. During the Independence Day speech Major. Dr. Jenson P.O. urged today's generation to value the freedom we have secured after the sacrifices of many.

#### **Cleaning Drive at Mental Hospital, Thrissur**

Cleaning drive was initiated by our volunteers in Thrissur Mental Hospital on August 26. The officials welcomed the volunteers and gave instruction as how to behave in the hospital. The interactions with the inmates were eye openers to many and the programme was concluded by 4:00 PM.

#### **OWC Plant Visit in September**

A team comprising of programme Officers and three volunteers visited the OWC plant situated near Thrissur Shakthan bus stand and the Plastic segregation unit at Pallikulam to understand the modus operandi of Thrissur corporation in waste management. The team was highly impressed by the effort of the corporation in converting 10 plus ton of waste produced, every day, by the market into agricultural manure. In the post visit evaluation, a decision was taken to introduce these waste management techniques to the entire students community. The team in association with Thrissur corporation thus organised a day long exhibition in which various waste management techniques like thumbor moozhi plant and bio-bin were displayed. A stall was also setup to sell the manure produced from waste.

#### **NSS PO meeting at our college**

District level Programme Officers meet was organised in the Menacherry hall of the college on 22/10/2017. Programme Officer Dr. Paulson Mathew welcomed the gathering and Member of NSS Advisory Committee and District coordinator Prof. K. N. Ramesh presided over the meeting. It was





attended by 26 Programme officers from Thrissur district and the event was concluded by a vote of thanks by Dr. Jiju A. Mathew.

#### **Legal service authority awareness programme**

Legal service authority awareness programme was held by legal authority service cell in association with our NSS units on November 13, 2017. It was held at Menacherry hall of our college and the event started at 2:30 PM. In the awareness programme a documentary was presented which showed how people can efficiently use the help of mediation centre. First and second year volunteers attended the programme. Volunteers also got a chance to interact with the resource persons to clarified their doubts. The program was concluded at 4:15 PM.

#### **Communal Harmony Week**

In an endeavour to inculcate the lessons of communal harmony among children, Communal Harmony Week was celebrated, as advised by the NSS Regional Directorate Trivandrum, with vim and vigour. The week long celebration at St. Thomas' College (Autonomous) Thrissur (November 19 -25) culminated with a theme based musical drama performed by the volunteers of unit no 42 and 144 at Msgr. John Palocaren Square of the college and was enjoyed by the students in entirety. Theme, Musical fusion and choreography of the drama was done indigenously. Many charts were also displayed stating the need of communal harmony. Principal of the college Dr. Jenson P.O. was present and he in his message reiterated that the new generation should shackle the jinks of this evil. In the review meeting it was echoed that initiating such events would foster communal harmony and people would consider humanity above religion.

#### **Pre-Republic Day Camp**

Mr. Arun Kumar K., a second year volunteer of our college attended the NSS South Zone Pre – Republic Day Parade Camp at Sree Sabareesa College Mundakkayam, Kottayam from 1<sup>st</sup> to 10<sup>th</sup> November 2017. He was one among the 27 volunteers representing different colleges and schools across Kerala. 200 Volunteers from Andaman and Nicobar islands, Karnataka, Kerala, Lakshadweep, Puducherry, Tamil Nadu participated and out of that 40 volunteers were selected for the Republic Day Parade Camp at New Delhi. In the post camp evolution session, he shared the experience gained with his peers and juniors.

#### **World Aids Day**

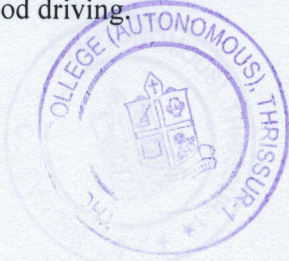
World Aids Day awareness program was organised in association with the Health Department, Government of Kerala on 1st December 2017. NSS volunteers prepared and exhibited awareness posters on the college portico. An innovative awareness contest was organised at Thrissur Pooram ground and our college secured second prize in that event. This event was also intended to eliminate various myths that go around in the society about spreading of this disease. Mr. Achuthan Kutty - a second year volunteer got the special jury award for his mesmerising performance and the jubilant team, thus, completed the awareness campaign on a winning note.

#### **Arts festival for disabled children**

NSS volunteers of St. Thomas' College actively involved with the organisation of the arts festival for disabled children held at Thrissur town Hall, as part of the observance of the world day for the disabled on December 3 2017. The event started at 8:30 AM with the flag hosting and the entire event was coordinated by the Sub Collector of Thrissur Mrs. Renu Raj and the department of Social Justice. Different competitions for the differently abled children were organised in four different venues and these programmes were classified in to four categories viz. deaf, dumb, mentally challenged and orthopedically challenged. Collector Mr. Kaushikan was the chief guest of the closing ceremony. In spite of all the challenges in organising an event of this status, it was a befitting experience for the entire team to realise how privileged they are.

#### **Road Safety Program**

NSS Volunteers of our college organised many events viz. Poster making competition, SMS, rally, flash mob and Seminar on road safety week to fortify the citizens of India regarding various safety measures that should be adopted while driving on roads. Thrissur Assistant Commissioner of Police Mr. Wahid P. Inaugurated the event and students were actively involved in spreading the message of good driving.





### **AIDS awareness program**

AIDS awareness program was organised in association with the Red Ribbon club to create awareness about HIV/AIDS. This was initiated to make people to know as to how this deadly disease can be prevented. Volunteers carried posters and yelled out slogans in native language. The residents of the area had some queries regarding this rally which the volunteers heeded to and cleared all their doubts with patience and understanding. Skit performed by NSS volunteers at the campus was enjoyed and appreciated by the audience.

### **Orientation Program**

Dr. Jiju A. Mathew, NSS Programme Officer of this college attended 7-day orientation Program at Empanelled Training Institute, Kalamassery from July 26th to 1st August 2017.

### **NSS Day Celebration**

NSS was formally launched on 24th September, 1969, the birth centenary year of the Father of our Nation. Since this day falls on Sunday, our unit celebrated the day on 25th September. A musical drama was performed on the occasion to disseminate the thought of unity in diversity.

### **Rights of Women**

Five NSS volunteers of our college attended NHRC sponsored One day training programme on Rights of Women organised by Vimala College, Thrissur on February, 1, 2018.

### **Nirbhaya Keralam Surakshitha Keralam**

Seven NSS volunteers viz. Achama Irin C. S., Anjithamani K., Bagyananda, Gautami C. P., Malavika Vikraman, Mariyat Raphy and Sruthi C. M. participated in the Nirbhaya training programme. This an initiative of the state government, to guarantee security for women and children. The scheme also aims at providing proper rehabilitation facilities to help the victim to heal, recover, empower and reintegrate back into society. Certificates of the training was awarded on 13th December 2017 and ity Police Commissioner as the chief guest of the ceremony which as held at police club. These volunteers ere also active in the Kerala State School Kalolsavam also.

### **Republic Day Celebrations**

The NSS volunteers of ST. Thomas' college along with NCC cadets and other students observed Republic day in our college on January 26.

### **World Blind Walk**

Blind Walk was organised by Jubilee Mission medical College and The Project vision in association with NSS. The walk started from St. Mary's college 2.30pm on October 12 and ended at St. Thomas College at 4pm. Many eminent personalities viz. Mar Raphael Tattil, auxiliary Bishop of Thrissur and Manager St. Thomas' College and Kaldayan Arch Bishop walked full length. Cine Actor Mr. Innocent spoke on the occasion and students actively participated in the program which was sponsored by Rotary Club, Thrissur City.

### **Kerala School Kalolsavam**

NSS volunteers offered helping hands to the young artists who came to perform at the Kerala State Kalolsavam which was organised at Thrissur from 12 to 16 January 2017. 40 volunteers of our unit worked along with the master chef Pazhayidam Vamanan Nampoothiri to prepare and serve food to 16,000 plus participants. Students reached kalolsavam stage as early as 7 am to organise and serve the food.

### **Pain and Palliative Care**

An orientation class on pain and palliative care was organised on February 7 at Menachery hall of St. Thomas' college, to make them aware of the traumas the patient go through. Miss Joyithi, coordinator, Thrissur Chapter of pain and palliative care society of Kerala took the class and interacted with the students on the occasion.

### **Sendoff**

Juniors organised a send off for seniors to thank them for their guidance and the service offered to the NSS unit, on February 14. Various cultural activities were organised on the occasion in which seniors shared their NSS experiences with the juniors.

### **Seven Days Residential Camp**





