

NATIONAL SERVICE SCHEME

Annual Report for the Academic Year 2018-19

National Service Scheme - A Student oriented educational programme includes 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 rudimentary objective of providing a dais for the interested students to partake in the social during their free time. The units regularly take up issues of social relevance and conducts awareness activities, campaign , surveys and so on. The activities initiated by the NSS Units for the academic year 2018-19 have been a record of accomplishments and triumphs.

World Environment Day

The need for environment protection, conservation of natural re sources,causes and effect of climate change and concern for ecological restoration through a sustainable development strategy were discussed during the observation of World Environmental Day. On June 4th Principal Dr.Ignatius Antony inaugurated the unit level observation of Environmental Day by giving variety of tree saplings to the volunteers. He on his talk emphasized the role of every individual for the collective conservation of environment. Volunteers also proposed adaptation on out lifestyle to an eco-friendly culture. My Tree Selfie competition was conducted for the volunteers as a part of observing Environment Day. On June 5th volunteers gathered at Thekkinkad Maidan as a part of District level observation of the day. They planted trees and also took a green oath for conserving environment. As an extension a cleaning drive at District Hospital,Thrissur was initiated.

Microforest

The NSS units of our college in association with the Thrissur Municipal corporation planned to develop a microforest in the adopted plot in Pattalakunnu, Mannuthy.The project was executed as a durable asset in the adopted village of our NSS units and also as a part of Jubilee year celebrations. Volunteers along with the Programme Officers cleaned the plot during multiple cleaning drives. A team of six volunteers visited Thanal Cultural Center , an NGO in Kiralur to arrange bamboo samplings to be planted in the Microforest.

International Yoga Day

To reiterate the effectiveness of yoga in shaping body and mind of a person, Yoga Day was observed at Msgr. John Palocaren square 21st June.Large number of people from different segments of society 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 attended the yoga session.

Musical Programme For Anju

Our volunteers who are immensely talented contributed their part well in the musical programme aimed for fund raising for a post graduate student of Government college kuttanellur diagnosed with chronic kidney failure and financial crisis. It was organised at Shakstan stand by a group of nss volunteers from various institutions on the 23rd of June 2018. A sum of rs..... got collected ; which became a huge relief for her plight. Our volunteers Anaghananda S, Orville Don, Hemanth Krishna R , Sreerag P Jayaram, Arya Sajeev, Emilin Francis, Sooraj M and Joyel George participated in the programme.

International Day Against Drug abuse And illicit Trafficking

The NSS Units in association with District Administration , Excise Department and Anti-Narcotic Cell organized an awareness campaign on June 26 – International Day Against Drug abuse And Illicit Trafficking. The District Collector, T V Anupama IAS inaugurated the programme. The NSS volunteers presented a musical drama that reflected the societal pressures which eventually lead to anti social elements.

Medical Camp for Senior Citizens

The Social Justice Department under District Administration in association with Amrita Institute Of Medical Sciences conducted a medical camp for senior citizens on 30th June 2018 that provided free medical services including consultation, investigations and medicines for senior citizens. Our volunteers worked tirelessly in the overall execution of the medical camp from its arrangements on the previous day to its successful completion. The Medical Camp was inaugurated by Ho. Minister Sri. A.C Moideen and District Collector T V Anupama IAS presided over the programme. Dr. Renu Raj IAS ,Sub Collector, Thrissur was the programme coordinator and she presented an appreciation letter to the Principal of college as a token of appreciation of the efforts of our volunteers.

Blood Donation Camp

As a part of the 100th year of establishment of St.Thomas' College and to indicate the spirit of blood donation Centenary Celebration Blood Donation Camp was conducted on 1st July 2018. The NSS Units 42 & 144 in association with IMA Blood Bank and NCC Unit in association with Jubilee Mission Hospital collectively organized the Mega Blood Donation Camp raising the slogan , '100 Years, 100 Donors'. As a token of appreciation , IMA gave a memento to our Principal Dr. Ignatius Antony for the kind initiative of the students volunteers. NSS volunteers of the college regularly donate blood to the needy.

Swachh Bharat Summer Internship

Swachh Bharat Summer Internship is an extension to the Swachh Bharat Mission of the central government which was launched as a national movement on October 2nd, 2014. Prime Minister Narendra Modi announced the launch of this summer internship programme under Swachh Bharat Abhiyan in the 43rd edition of the Mann Ki Baat, a monthly radio programme, and urged the youth of the nation to be a part of this summer internship initiative and make their contribution to a clean India. The Ministry of Drinking Water and Sanitation, Ministry of Youth Affairs & Sports and the Ministry of Human Resource Development have joined their hands to organize this internship programme of 100-hours for the students of colleges and higher education institutions.

The 40 NSS volunteers as 4 groups registered as interns and completed 100 hours of Swachh Bharat Summer Internship. The community activities under the internship programme was centered in the adopted village in Pattalakkunnu, Mannuthy in addition to the campus activities. The volunteers conducted cleaning drives in the adopted village to ensure public sanitation. Old flex boards were collected and grow bags were made from them. The volunteers prepared paper pens and suggested them as an alternative for plastic pens and thereby joined hands for green protocol. It's said that "today's students are tomorrow's citizens". So we managed to create a sense of awareness among the younger generation by conducting an awareness class on Cleanliness and Health for the students of Govt. L.P School Eravimangalam.

Hiroshima – Nagasaki Day

An interdepartmental essay writing competition on the topic, 'Humanity and nuclear weapons cannot co-exist' was conducted as a part of commemorating the historic tragedy. The worst disasters which threatened the existence of humanity was condemned on that occasion. Charts were displayed along with 'Sadako' for the remembrance of the victims of the disaster.

Flood Relief Activities

Heavy downpour which lasted five days from 13th to 17th of August impacted 12 of the 14 districts heavily, what is been described as the catastrophe of the century.

The rescue team comprising of Dr. Jiju A. Mathew, Mr. Sibin Paul and Mr. Dinton Maxen John were tasked to take three marine boats which was brought from Kannur and the initial task was to go to Meloor Shantipuram to distribute food to inmates of a mental hospital. the place of operation was mainly around Kadukutti and Kakkad area. Our volunteers were actively participating in shifting people and animals from the affected area. Gautami C. P. was actively involved with the operations at the Control Centre which was at the District collectorate where she was tasked to support the ham radio operator in deciphering the messages. Abhishek M S was also very active in rendering his service as a data base entry operator of flood victims in collaboration with taluk office at model boys HSS Thrissur on 23/08/2018. Food and other essentials collection centres were operated by district administration and private players like Mathrubhoomi and other like minded people. Our volunteers were instrumental in the collection center at VKN Indoor stadium, Government Engineering College, St. Thomas' College's Thope Indoor Stadium and KTC Hyundai showroom at Poonkunnam by Mathrubhoomi. Many volunteers initiated rescue and relief activities in association with Anpode Thrissur at St. Thomas' College, Thrissur. Many volunteers participated in the sanitation mission to clean the flood affected houses. The District Administration, NABARD and WHO jointly organized a field assessment programme on the quality of drinking water in the flood affected areas for which 100 volunteers visited the different flood affected areas in Chavakkad and Chalakkudy.

Teachers' Day

It is said that a teacher is like a candle that consumes itself to light the way for others. In order to thank the teachers who mould every students, the NSS volunteers prepared greeting cards and presented them to the teachers on Teacher's Day.

NSS Day

National Service Scheme was launched in Gandhiji's Birth Centenary year on September 24, 1969 aimed at developing student's personality through community service. Every year 24th of September is celebrated as NSS Day. The NSS volunteers performed a musical drama after grabbing the attention of audience through a flashmob. In addition to the performance the volunteers distributed the paper pens to the teaching staff for the remembrance of the day.

Gandhi Jayanthi

On October 2nd for the remembrance of the father of the nation, the NSS units organized cleaning drives to promote public sanitation. A cleaning drive was held at KSRTC bus Stand, Thrissur in association with Revenue Divisional Office. Sub Collector Dr. Renu Raj IAS inaugurated the cleaning activities. The volunteers under the guidance of Programme Officer and officials from Revenue Department cleaned the buses and surroundings of the bus stand. The walls were painted and a picture of Gandhiji was drawn at the wall of the garage that symbolizes everyone's duty towards the cleanliness of the nation. Another team of volunteers cleaned the Collectorate campus, Thrissur with the cooperation of Nehru Yuva Kendra.

Seminar on Defending the Atrocities against Senior Citizens

An awareness seminar on Defending the different atrocities against senior citizens was held by District Social Justice Department in association with NSS units on October 30, 2018 at Menachery Hall. Dr. Renuraj IAS, Sub Collector, Thrissur inaugurated the programme. The seminar was moderated by Smt. Jisha T.J and Adv. Sojan Job.

Quami Ekta Week

With a view to foster and reinforce Communal Harmony, National Integration and pride in vibrant, composite culture and nationhood, the "Quami Ekta Week" (National Integration Week) was observed from 19th to 25th November 2018. Charts that highlighted the importance of National Integration Day, Welfare of Minorities Day, Linguistic Harmony Day, Weaker Sections Day, Cultural Unity Day, Women's Day and Conservation Day were exhibited in Palocaren Square.

Nature Camp – An insight to Nature

The forty NSS volunteers along with programme officers participated in the nature camp held at Peechi – Vazhani wildlife Sanctuary from 22nd to 24th of December 2018. The camp was under the guidance of Beat forest Officer Manoj. Valuable sessions on the conservation of forests and wildlife resources were taken by Ms. Shyamili, Mr. Xavier Elthuruth and Mr. Rajkumar. The volunteers trekked about 35 kms in the Mannamangalam range and the surroundings of Peechi Dam following the instructions of the forest guards. The nature camp was packed with fun, adventure and explorations.

Road Safety Week

Road Safety Week was observed from January 11th to 17th to fortify the society regarding the various safety measures that should be adopted by the drivers as well as pedestrians. Traffic SI Sri. Prasanth

inaugurated the week observation. The volunteers distributed pamphlets and took the road safety pledge. An awareness class on Road safety was taken by Sri O.A Babu from Police department. A troll competition was conducted and the week was concluded by a flashmob in the college.

Enlightenment 2019

Enlightenment 2019, the student enrichment programme for first year NSS volunteers held on 19th January 2019 stimulated and fascinated the young volunteers to the real aspects of the world. Naveen Bhaskhar, State Resource person of NSS and NSS state award winner for the best programme officer, handled an ice breaking session. He also added about the origin of National Service Scheme and the duties of every NSS volunteer. It was followed by a session on Palliative Care by Jyothi Jayan Warriar from Pain and Palliative Care Society Thrissur. Later Amrutha V S from West Fort College of Nursing along with her students introduced Basic Life Support Skills to the volunteers through demonstration of CPR and other first aid.

Pain and Palliative Care

Our volunteers are participating in the pain and palliative care activities as SIP (Students Initiative In Palliative Care) volunteers of the Pain And Palliative Care Society, Thrissur. As a result Mr.Sibin Paul, Ms.Ardhra R and Ms. Gautami C P who have rendered commendable effort to Pain and Palliative Care activities and also food relief programmes represented pain and palliative care society Thrissur for the International Conference of Compassionate Youth held from 24th to 26th of January 2019 held at Pudukchery.

Youth Parliament

Our volunteers Vishnu Prasad, Abdul Sahad M H and Cyril P Thomas participated in the Youth Parliament programme organised by Nehru Yuva Kendra. Volunteer Abdul Sahad got selected for participating in District level Youth Parliament. Volunteers got an opportunity to raise their opinions on the current national issues.

World Wetlands Day

World Wetlands day is celebrated internationally since 1997 to raise public awareness of wetland values and benefits. On behalf of World Wetlands day NSS units conducted an outdoor visit to Kodannur wetlands in Paralam grama panchayath. The programme was led by well experienced and enthusiastic Pazhore Appukuttan, President of Kole Farming Society of Paralam Panchayath who introduced us the wetlands and techniques used there. The programme could give a very good impact in the volunteers on the significance to promote and conserve wetlands.