

# **National Service Scheme University of Calicut**

## **Proforma for submitting annual Report 2019-2020**

1. Name of College:- : **St Thomas College (AUTONOMOUS) Thrissur**

2. Unit No: **42 & 144**

3. Name of Programme Officer:

4. Adopted Village: **Thrissur Corporation 8th Division ( Villadam)**

5. Enrolment Details:(2019-2020)

O.C			S.C			S.T		
Male	Female	Total	Male	Female	Total	Male	Female	Total
76	102	178	7	12	19	2	1	3

6. Details of special camp conducted during the year:93

Details of the Camp (Place,date, Venue)	No of Volunteers attended			Work undertaken	Status of Work
	Male	Female	Total		

### **MIST – 2019**

NSS unit 42 & 144 of St Thomas' College, Thrissur organized a special camp in the adopted village, Division - 8 Villadam of Thrissur Corporation from 20-12-2019 to 26-12-2019. The camp was named "MIST 2019", "kaikorkkam jana-nanmakkay" as theme.

The volunteers of the NSS unit performed many other activities - awareness programmes, field visit, kungfu training, ANERT survey and so on.

## Day 1



Day started with registration of NSS volunteers. After that flag hoisting ceremony was followed by inaugural function. The program was commenced with NSS song. The chief guest Sri. Pradeep Kumar, Sub Inspector of Police, Viyyur Police Station and other dignitaries were welcomed by NSS Programme Officer Dr. Daisland Thattil. Dr. K L Joy, Principal of St Thomas' College delivered presidential address. Smt. Santha Appu, Municipal Councilor of Thrissur Corporation Division - 8, Sri. Radhakrishnan, Member of Development Board and Sri. Sunil,



PTA president of GHSS Villadam felicitated the gathering. Inaugural function ended with the vote of thanks by NSS Volunteer, Ms. Kavya Sunil. Next, volunteers were divided into 5 groups. Each group had a name and theme song. Afterwards, volunteers discussed about activities and Programme Officers detailed about 7 day camp schedule.

## Day 2





In the dawn of second day, volunteers had an assembly and yoga training. Volunteers started their campaign with ice breaking session by Dr. Mejoy Jose, St Thomas' College Thrissur. He made all volunteers comfortable in camp. In the following session, P V Radhakrishnan, Public Prosecutor Kunnankulam detailed about Citizenship Amendment Act. He could lit a sense about CAA and NRC. After lunch, a session named "Save a snake" was led by Sri. Xavier Elthuruth. Next, volunteers had a group discussion and assigned them to do different cultural programme

#### Day 3



Third day began with assembly and yoga training. Dr. George Alex, Christ College Irinjalakkuda invited to talk on "History and Philosophy of National Service Scheme". Through his class, volunteers could deeply understand about objectives and activities of NSS. After that, volunteers had kungfu training by Sifu. A C Thomas, Director of Great martial arts academy, Thrissur followed by the talk on "suicide tendency in youth" by Dr. Subramanyan, Govt Mental Health Centre Thrissur. Next, Dr. Fr. Devassy Panthallookkaran preached about "Gandhiji@150: Values of Gandhi".

#### Day 4



After daily routine, day started with field work at "snehaved". Volunteers cleaned snehaved and surroundings. After returning, volunteers had a session on "wading through the post-truth landscapes" by Dr. Jiju A Mathew, St Thomas' College Thrissur. Next, volunteers divided into 10 groups for survey on next day. They discussed about survey and planned how to execute it.



#### Day 5



After daily routine, day commenced with survey based on ANERT solar-site. Volunteers went to home visit along with asha workers. They visited 100 houses and collected data by administrating schedules among them. This was followed by a session about "Human trafficking" by Sri. Ramesh P, Sub Inspector of Kerala Police. After that, volunteers evaluated and tabulated survey schedule. Volunteers celebrated Christmas with campfire and cutting cakes.



#### Day 6



After daily routine, day evoked with old age home visit at "Asha Bhavan". Volunteers interacted with inmates of Ashabhavan and presented programmes for them. After that, volunteers had a session about "love and care in realtionships" by Sri. Marshal C Radhakrishnan, Social justice department. Next, volunteers went to snehaveed and performed cultural programmes.



#### Day 7

On final day, "evaluation of the camp" started after regular activities. Volunteers shared their experiences and gave suggestions for betterment. A discussion was conducted on magazine releasing. Submission of camp report and releasing hand written magazine were at valedictory function. Valedictory ceremony was presided by Mrs. Santha Appu, Municipal Corporation Councilor and felicitated by Mrs. Daya, Principal of GHSS Villadam.



7. Training Status of Programme Officer:- Trained /Untrained

8. Status of Abhayam Project (So far)

Sl No	Beneficiary name & Address	Status	Photo of House
-	-	-	-

9. Status implementation of "Koodé"

No of Programmes Conducted	-
----------------------------	---

No of Children helped	-
No of Contact points established.	-

#### 10. Environmental enrichment Programme

No of plantation Programmes Conducted	1
No of Saplings Planted	100
No Environmental Awareness Programmes Conducted	-

#### 11. Blood Donation

No of Programmes / Camps Conducted	1
No of volunteers donated blood	20
No of Units of Blood donated	46

#### 12. Water Harvesting / Water resource restoration / Distillation

No of water bodies cleaned	Well	-
	Pond	-
	River	-
	Check dam	-
No of Water bodies restored / rejuvenated	Well	-
	Pond	-
	River	-
	Check dam	-
No Water Harvesting bodies constructed	Well	-

	Pond	-
	River	-
	Check dam	-
Water resource – Awareness Programmes		-

### 13. Agricultural Activities

Area of Cultivation( give details of Crops)	-
Monitory Value created	-
Assistance / Awareness to farmers	-

### 14. Awareness Programmes / Seminars

Medical Camps	-
Pulse Polio immunization	-
Anti Narcotic / Anti Drug Awareness	5
Women Empowerment	1
Swachh Bharath	-
Jal Shakthi	-
Basic Life Support	1

### 15. Bio Diversity Parks

Bio Diversity parks Constructed	Campus	-
---------------------------------	--------	---

	Public Places	-
	Adopted Vilaage	-

Attach detailed annual report with action photographs

## ***Blood Donation***

**District level inauguration of World Blood Donor's Day was held at St. Thomas' College (Autonomous), Thrissur. Thrissur cooperation mayor Mrs. Agitha Vijayan inaugurated the event, and was presided over by Mrs M L Rossy, Health Committee Standing Chairperson. St. Thomas' College executive manager Fr. Varghese Kuthur graced the occasion.**



**The main objectives of the programme were**

- (i) To make the public aware of the Importance of blood donation**
- (ii) To thank the voluntary donors for their good gesture**



special emphasis was shed on the significance of safe transfusion of blood. NSS units of our college was awarded token of encouragement and recognition by Bodhi India's patron of Thrissur, Mr.manikandan

mancharamthur for their involvement in socially significant areas. The District Programme Manager Of “Aarogyakeralam”

Major DR. T V Satheshan recited the pledge for blood donation.

The commemoration was jointly organized by the District Medical Office, St. Thomas’ College NSS

Units, Lions Club, IMA and Bodhi India. Dr. K J Reena, District Medical Officer - Mr Mahesh K , Ward

Counsellor, Thrissur Cooperation - Dr. Bindhu Thomas, Deputy DEO - Dr. K Ramdas, Joint Director,

IMA - James Valapila, Public Relation Officer ,LionsClub - Dr. Daisland Thattiland and Dr. Jiju A

mathew, NSS programme Officers, St. Thomas’ College addressed the gathering. The NSS volunteers

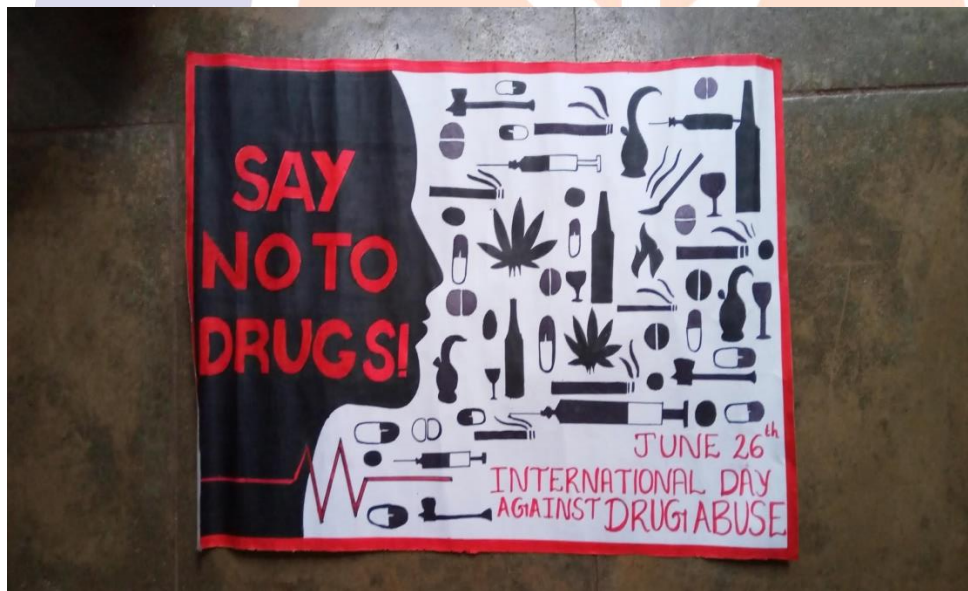
Nivi K J, Bimin Perumattil, Jeevan V R and Charles Sunny were the student leaders of the said event.

***INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING***



**Drug trafficking hinders human development by preventing education and increasing crime. By observing this day, we seek to bring attention to the severity of this issue and provides a platform for advocacy.**

**NSS units 42 &144 of St. Thomas' College (Autonomous), Thrissur observed international day against drug abuse and illicit trafficking on 26th June 2019. As part of the day, an orientation class was arranged for second year NSS volunteers.**



**Dr. Jiju A Mathew NSS program officer of St. Thomas College, Thrissur welcomed the gathering. P L sunny, preventive excise officer made us aware of the pleasure sensations and chemical changes in our body. He also spoke about how drugs affect the normal mechanisms and make us addicted. To the end, he reaffirmed their commitment to this cause and**

promised their sustained efforts to make it. Additionally, a poster making competition was also conducted behalf of the program. Adam James presented vote of thanks.

We want to emphasize that it is possible to overcome these obstacles.

## ***Environmental Day***



**On behalf of World Environmental Day, NSS Units 42 & 144 of St. Thomas College (Autonomous), Thrissur Organized Programmes on 14 June 2019. Tree saplings were collected from Social Forestry department, Thrissur. A google form was prepared by Bimin perumattil to register for plant saplings. Around 9 varieties of saplings were collected. The first tree sapling was given to first registered student, Nivi K J, 2nd year Mathematics by Thrissur District Medical Officer Dr. K J Reena. At 3:30 remaining tree saplings were distributed to registered students.**

# INTERNATIONAL YOGA DAY



The poster for International Yoga Day 2019 features a pink and white cloud background. At the top left is the NYKS logo with the text 'नेहरु युवा केन्द्र संगठन'. At the top center is the Government of India emblem with 'सर्वदा सत्यम्' and 'Government of India'. At the top right is the International Yoga Day logo with 'योगा केन्द्र' and 'Yoga for Harmony & Peace'. The central text reads: 'Ministry of Youth Affairs & Sports', 'NEHRU YUVA KENDRA SANGATHAN, THRISSUR', 'NATIONAL SERVICE SCHEME, CALICUT UNIVERSITY', and 'NSS & NCC UNITS OF ST. THOMAS' AUTONOMOUS COLLEGE'. Below this is 'INTERNATIONAL YOGA DAY' in large pink letters, followed by 'Youth Convention'. To the right, a calendar icon shows '21 JUNE 2019' and a clock icon shows '7:00 AM'. Below the date is a location pin icon and the text 'Msgr. John Palocaren Square, Academic Block' and 'ST. THOMAS' COLLEGE (AUTONOMOUS), THRISSUR'. At the bottom are logos for NCC, NSS, and the Calicut University.

नेहरु युवा केन्द्र संगठन

Government of India

Ministry of Youth Affairs & Sports  
NEHRU YUVA KENDRA SANGATHAN, THRISSUR  
NATIONAL SERVICE SCHEME, CALICUT UNIVERSITY  
NSS & NCC UNITS OF ST. THOMAS' AUTONOMOUS COLLEGE

**INTERNATIONAL YOGA DAY**  
Youth Convention

21 JUNE 2019  
7:00 AM

Msgr. John Palocaren Square, Academic Block  
ST. THOMAS' COLLEGE (AUTONOMOUS), THRISSUR

NCC  
NSS  
NATIONAL SERVICE SCHEME

**“Yoga is the journey of the self, Through the self ...”**

The international yoga day was observed on June 21<sup>st</sup> 2019 along with ministry of youth affairs and sports, Nehru Yuva Kendra sangathan, Thrissur, National Service Scheme Calicut university and the NSS and NCC units of St. Thomas' College. It was organized at Msgr. John Palocaren Square at 7:00 AM. Around 200 participated in the event, international heritage yoga center. The programme was inaugurated by the Hon. Mayor Smt. Ajitha Vijayan, Thrissur municipal corporation Sri. P. Anil Kumar, yoga guru was honoured by the Mayor.



**The practice of International Yoga day protocol was done Yoga Guru Sri. Shaji Varavoor of Sadhana Mission Jain George, district youth coordinator Prof. K.N Ramesh welcomed the personalities.**

**Prof. K.N Ramesh, District coordinator, NSS Calicut university addressed the gathering. Presidential address was done by Dr. K.L. Joy, principal, St. Thomas College. He remarked to “Inhale the future and exhale the past”. Fr. Varghese Kuthur, Executive manager, St. Thomas College spoke about the achievements of his life that was brought out by yoga. Prof. Sabu. A S, NCC officer, St. Thomas College, Dr. Daiseland Thattil, NSS programme officer, St. Thomas’ College, Dr. C.T Joy, HOD, Department of physical education, Dr. K.N Ramesh gave felicitation. A yoga demonstration was performed by the yoga team of St. Thomas College. Dr. Jiju A Mathew, NSS programme officer, St. Thomas’ College delivered the vote of thanks. Community breakfast and certificate distribution was done. The programme was concluded with the National Anthem.**

## *Cleaning drive*



**Date: JULY 3 2019, WEDNESDAY Venue:**

**Madakkathara 400kv Substation**

A full day program for 1st and 2nd year volunteers was conducted on July 3 at Madakkathara 400kv Substation. It was a part of the selection process for 1st year NSS volunteers. The program was organized under the supervision of Dr. Jiju A Mathew, program officer and Daiseland Therattil, program officer. Volunteers were made into 10 groups each containing two 2nd year volunteers.



We were asked to plant saplings inside the substation compound. Planted 7 banana saplings and 8 mango saplings along with the substation workers. Tea and lunch were provided. A session of basic electricity awareness was also arranged in the afternoon part. The class was taken by KSEB officer .Almost 95 1st yrs and 20 2nd year volunteers took part in the program. Furthur interactive session and interviews are planned for the selection process. Altogether it was a fruitful venture.



## ***Swachh Bharat Summer Internship (SBSI) Meeting      29 /07 /2019***

Following the Prime Minister's clarion call on 2nd October 2014 for each individual to devote time to Swachhata through the year, and following the enthusiastic response from the youth of India to the Swachh Bharat Summer Internship 2019, the Ministry of Jal Shakti, in association with the Ministry of Youth Affairs and Sports, and HQ NCC has launched the Swachh Bharat Summer Internship 2019, 50

Hours of Swachhata. The initiative aimed at giving an opportunity to youth across the country from national level institutions like National Service

**Scheme (NSS), Nehru Yuva Kendra Sangathan (NYKS) or National Cadet Corps (NCC) to develop their skills and orientation for sanitation-related work and become a part of the Swachh Bharat jan andolan.**

**In order to discuss further about SBSI, a meeting for second year volunteers of NSS unit 42 & 144 ST. Thomas' College, Thrissur was conducted on 29/07/19, at room no 62, 3:30pm**

**In total there were 10 groups with 10 members each was made. we decided to plan activities and submit report.**

**JULY 11 2019, Thursday  
NSS MONTHLY MEETING**

**The meeting of the month July was conducted today. The delay was due to the freshers day that was scheduled from 1st of July to 11th of July 2019. The meeting was addressed by programme officers Dr. Daisland thattil and Dr. Jiju. A. Mathew. 79 NSS volunteers attended the meeting. The strengths and the imperfections of the programmes that were conducted in the month of June were discussed in the meeting. The programmes to be conducted in the month of July were discussed. New co-ordinators were elected for conducting the programmes in the month of August. Finally the meeting ended by 4:45pm.**



**20th July 2019**

The programme was divided into two classes: one about paper bag making in the morning from 9.30 to 12.30 at room number 62 and the other BLS training from 1.30 at room number 62.

A class on paper bag making was scheduled on 20/7/19 for first year NSS volunteers which was hosted by second year NSS volunteers of unit 42 & 144 of St. Thomas' college (Autonomous), Thrissur.

In the afternoon session, we had an awareness class on BLS training by Emergency medicine team Jubilee Mission Medical College. The aim was to equip a person with a basic knowledge about BLS will be able to help someone in case of life-threatening emergency. Finally the programme ended by 4:00pm



**25 July 2019 Thursday**

A class on plastic surgery for 2nd year NSS volunteers was arranged on July 25 at Medleycott hall, St. Thomas College (Autonomous), Thrissur. Programme commenced by NSS song. Dr. K L Joy, principal, St. Thomas College gave the formal address. Dr. Jiju A Mathew, NSS programme officer also welcomed the guests.

Class was taken in 3 sessions. The initial session was by Dr. Pradheoth K M, associate professor, dept. of plastic surgery and burns, Jubilee Mission Medical College and RI. He gave an introduction to plastic surgery. Doubts were cleared after the session.

Next session was given By Dr. Naveen Issac John, Assistant professor, JMMC & RI on burns and cosmetic surgery. He explained briefly about all kind of

burns, precautions and first aids. The session was interactive. The final part was peeping into facial aesthetic surgery and micro surgery by Dr. Jyoshid R Balan, senior consultant, Sushrutha institute, ELITE mission hospital. He described about the surgery like the one done by Micheal Jackson.

Class was taken with PowerPoint presentations and 83 volunteers joined the class. Rose Rintu Raphel, 2nd year volunteer expressed vote of thanks. Finally the session ended by 4:00pm. The programme was divided into two classes: one about paper bag making in the morning from 9.30 to 12.30 at room number 62 and the other BLS training from 1.30 at room number 62.

A class on paper bag making was scheduled on 20/7/19 for first year NSS volunteers which was hosted by second year NSS volunteers of unit 42 & 144 of St. Thomas' college (Autonomous), Thrissur.

In the afternoon session, we had an awareness class on BLS training by Emergency medicine team Jubilee Mission Medical College. The aim was to equip a person with a basic knowledge about BLS will be able to help someone in case of life-threatening emergency. Finally the programme ended by 4:00pm



**29 th July 2019**

**Swachh Bharat Summer Internship (SBSI)  
Meeting  
NSS unit 44 & 144**

**Following the Prime Minister's clarion call on 2nd October 2014 for each individual to devote time to Swachhata through the year, and following the enthusiastic response from the youth of India to the Swachh Bharat Summer Internship 2019, the Ministry of Jal Shakti, in association with the Ministry of Youth Affairs and Sports, and HQ NCC has launched the Swachh Bharat Summer Internship 2019, 50**

**Hours of Swachhata. The initiative aimed at giving an opportunity to youth across the country from national level institutions like National Service Scheme (NSS), Nehru Yuva Kendra Sangathan (NYKS) or National Cadet Corps (NCC) to develop their skills and orientation for sanitation-related work and become a part of the Swachh Bharat jan andolan.**

**In order to discuss further about SBSI, a meeting for second year volunteers of NSS unit 42 & 144 ST. Thomas' College, Thrissur was conducted on 29/07/19, at room no 62, 3:30pm**

**In total there were 10 groups with 10 members each was made. we decided to plan activities and submit report.**

**7 August 2019.**

**Monthly meeting of the NSS volunteers of Units 42 & 144 was conducted on 7 August 2019.**

The programme officer Dr. Jiju A Mathew, Dr.Daisland thattil, presided and addressed the volunteers. 84 volunteers attended the meeting.It focused on planning activities for the observance of Independence Day and Swatchatha pakwada. It was decided to clean academic block as a part of Swatchatha pakwada. Cleaning Drive was scheduled on 10 August 2019 for first year NSS aspirants. Edwin John A, Emmanuel Shaju, Anupama Roy, Asritha Sundar and Jesto Wilson were selected as September coordinators. Arunkrishna P S delivered the vote of thanks. The meeting was dispersed by 4:45 pm.



## INDEPENDENCE DAY



The Independence Day of India, which is celebrated religiously throughout the Country on the 15th

of August every year, holds tremendous ground in the list of national days. 73<sup>rd</sup> Independence Day is observed throughout India with flag-hoisting ceremonies, parades and cultural events.

On behalf of this, NSS units 42 and 144 of St. Thomas College( Autonomus), Thrissur and NCC cadets have conducted a flag hoisting ceremony. Dr. K L Joy, principal of St. Thomas College hoisted flag at 8.30 AM. Fr. Varghese Kuthur, Executive Manager and Bursar of St Thomas; College presided over the function. Parade was done by NCC cadets of college. The National Anthem was sung by NSS volunteers. After that, volunteers distributed sweets in regard with celebrations.



### **Awareness class on mental health**



## **VISIT OF MENTAL HOSPITAL**

**On august 17th 2019, a group of Nss volunteers from st thomas college thrissur visited the mental hospital in westfort, thrissur. The classes started by 9:30pm and volunteers from other colleges attended the programme. The classes were lead by Dr. Rajesh and Dr. Subramanyan on how a person gets mentally depressed. The class gave a general awareness on how mentally retarded people should be treated and the classes winded up by 1:00pm.**

**24 th September 2019**

**The NSS Day 2019 was commemorated by the 42 & 144 NSS units of St. Thomas' College (Autonomous), Thrissur on the same day in a grand fashion. Around 100 packets of packed lunch were collected from the NSS volunteers and was handed over to the organisation ACTS, which they promised to distribute for the needy.**

**Special greeting cards of NSS day propagating the values of happiness and joy was gifted to all the teachers of the college.**

**Second year NSS volunteers of St. Thomas College, Thrissur gathered together before the administrative block for the cleaning session at 2:30 pm. The cleaning activity was inaugurated by the college Principal Dr. K L Joy. The Vice – principal Dr. Joby Thomas and associate Bursar Fr. Martin Kolambrath motivated the volunteers. The NSS programme officer Dr. Daisland Thattil felicitated the gathering.**

**Later, the first year volunteers joined and together did the cleaning. The open places of the college was then cleaned, the volunteers were divided into 10 groups**

**After the cleaning, all the volunteers gathered back and after post-evaluation split back.**





### 30th September 2019

A meeting of the NSS volunteers of Units 42 & 144 was conducted on 30 September 2019. Programme officer Dr. Jiju A Mathew, Dr. Daisland thattil addressed the meeting in which 80 volunteers participated. The meeting focused on planning activities for the observance of Gandhi Jayanthi. As a part of POSHAN Maah 2019, a class was taken for first year volunteers. Abinand c. Ajithkumar, Reshma. A. S, Anjal Mariya, Neethu Johnson and Emmanuel shaju took classes on topic nutrition, eating disorders, impacts of junk food and packed food items, promotion of organic diet and obesity respectively. Group discussion on food habits was conducted for first year volunteers after the meeting. Jeston Wilson delivered the vote of thanks. The meeting was dispersed by 4:45 pm.

### 30th September 2019

The NSS units 42 & 144 of St. Thomas' College (Autonomous), Thrissur in association with NSS action plan for poshan maah conducted an awareness program on the topic 'Nutrition for sixth standard students of St. Thomas school Thrissur on 30th September 2019. The NSS program officer, Dr. Jiju A Mathew started the program addressing the gathering giving a brief account on nutrition and its importance. This was followed by the seminar of the NSS volunteers Abinand c. Ajithkumar, Reshma A S, Anjal Mariya, Neethu Johnson and Emmanuel Shaju took classes on topic nutrition, eating disorders, impacts of junk food and packed food items, promotion of organic diet and obesity respectively. Dr. Daisland thattil the program officer of NSS unit concluded the program by vote of thanks.



## 1st October 2019

NSS units 42 & 144 of St. Thomas' College (Autonomous), Thrissur had attended a programme on behalf of International day of old persons on October 1st 2019 at townhall, Thrissur. Nearly 20 Volunteers attended the programme. The programme was hosted as a joint initiative by the social welfare department and Kerala social security mission.

The programme was started by 10:00 am. The function was inaugurated by many eminent personalities which made the programme wonderful with their presence. NSS volunteers were on full swing for helping the older people, registration, stage coordination and so on. The programme nearly ended by 3:00 pm after serving the lunch and cleaning the premises.



## 2nd October 2019 Railway station cleaning

On the occasion of the 150th Gandhijayanthi and the 50th anniversary of the NSS a cleaning session for 2nd year NSS volunteers was arranged on October 2 from 10.30 am to 12 pm at railway station Thrissur. 20 NSS volunteers participated in the cleaning session at the railway station. platform number 4 was allotted to them for the cleaning process. Gloves and masks were provided to the volunteers by the railway authorities. The volunteers cleaned the place by removing the plastics and other things that were on the track at the railway station.

The cleaning session ended at 12 pm .The railway staffs had arranged a refreshment for all volunteers who had attended the programme.



## 2nd October 2019 Vimukthi

As a part of the 150th birthday celebration of Mahathma Gandhi on 2nd October Kerala State Mission for De-addiction organised a rally against alcoholism and drug abuse. Volunteers of NSS units 42 & 144 gathered at Thekkinkad Maidhan at 8:30 am.

At 8:50 am we started our rally with the banners and placards. The banners and placards drew the attention of the people and gave them the idea about the after effects of the usage of drugs and alcohol. We rallied from the student's corners and came back there at 9:20 am.

. They all concluded their talks in a way that the usage of drug and alcohol is now a common problem especially among the youth and as a part of youth we must work for a society which is free from drugs and alcohol. We ended up the programme with a vote of thanks.



## 9th October 2019

As part of 150th birthday celebration of Mahatma Gandhi, on 9-10-2019, a state level closing ceremony of Gandhi Jayandhi week was held at town hall, Thrissur. We the students of NSS volunteers of St. Thomas' College (Autonomous), Thrissur have ensured our presence during the event. The program started by 4 pm and last for 2 hours. It was inaugurated by Gout chief whip Sri k. Rajan MCA. Presidential address was given by Mayer Ajitha vijayan. Inauguration was rented out by Sri. T. N. Prathapan. Program became great success with the presence of Chief guest, Mr. Sunil P. He delivered a wonderful speech on the topic "Gandhiji's present relevance". The welcome speech was given by Jose and vote of thanks was delivered by collector Shanavas. This program made a spark on our mind and it is sure that it is a by lose for who haven't attend the same.



## INTERNATIONAL DAY FOR DISASTER RISK REDUCTION

13 October 2019, Sunday

A public awareness rally for Disaster resilient community was organized on Sunday by NSS Units 42 & 144 of St. Thomas' College and other College students. The motive behind

organizing the rally was to aware public about the relevance of Disaster resilience. Disaster resilience is the ability of individual, communities, organizations and state to adapt to and recover from hazards, shocks or stress without compromising long term prospects for development. Disaster resilience is determined as the degree to which individuals, communities, public and private organizations are capable of organizing themselves to learn from the past disasters and reduce their risk to future ones at international, regional, national and local levels. At the beginning of the rally district

Collector of Thrissur Shri. S Shanavas IAS provided guidance to all the students by telling us about the aim for disaster resilient community.

NSS volunteers of about 15 Colleges have attended the rally. The district panchayath president of Thrissur Smt. Vijayakumar took the initiative to congratulate the Club members for their social work during flood. The NSS volunteers of each was awarded by the participation certificates. The rally was sponsored by Joyalukkas foundation and ESAF. The rally started from Kizhakke Gopura Nada opposite Parammekkavu temple at 08:30 and ended in 10:17. At the rally, the students were walking with slogans and placards, with enthusiasm. It was a successful event wherein the students also interacted with citizens. This was completed under the leadership and the help of sponsors and NSS volunteers. On this occasion Joyalukkas and the member of ESAF congratulated all participants and wished them bright future.

World white cane Day



White Cane Day is the nationally observed day the date is set aside to celebrate the achievements on people who are visually impaired and the important symbol of blindness a tool of Independence, the white cane. On behalf of white cane day, Lions club international district 318D and Dharshana club join their hands together and conducted a blind fold walk and a awareness class on 15th October 2019. The NSS units 42 & 144 of St. Thomas' College, gathered at Thekke Gopura Nada –Thrissur for the function. Mr. Ignatious, the district governor of Lions Club delivered presidential address. Shri. S Surendran IPS, Thrissur district DIG inaugurated the function and hoisted the flag. Almost 500 volunteers from different colleges, clubs and 120 visually impaired people had participated in the blind fold walk. Volunteer were also blind folded and walked around the Swaraj Round. Thereafter, visually impaired people were gifted with protein kit, white cane and many other gifts. Rev. Fr. Solomon Kadambattuparambil, Dharsana club director facilitated the programme. Shri. Suresh K Karun, Lions club coordinator delivered the vote of thanks. And finally, there was an awareness class about the usage of white cane was taken by, SI Shri A O Babu.

#### DEBATE – VIGILANCE AWARENESS WEEK

As a part of observing vigilance awareness week, NSS Units 42 & 144 and oratory & debate club of St. Thomas' College (Autonomous), Thrissur conducted a debate competition on the topic "whether corruption can be completely eliminated from India" on 30th October 2019 at Medlycott hall of St. Thomas College (Autonomous), Thrissur. NSS volunteers & oratory club members participated in the program. The college principal Dr. K. L joy inaugurated the program. Dr. Thomas Paul Kattokaran vice principal of St. Thomas College delivered the presidential address. Dr. Mejoy Jose the program coordinator gave the welcome speech. There was the esteemed presence of Dr. Rani Sebastian oratory club coordinator, Dr. Daison P J and Dr. Britto Joseph K (Dean of science). The judges of the debate competition were Dr. Daison P J, Dr. Jeena Joseph and Mrs. Ashlin Mathew. There was a total of 5 teams in the debate competition. A team contains 2 participants - one who talk for and other against of the topic. All the teams participated well and 3 teams were awarded the first ( Rosmin Biju, Abdul Sahad M. H) second (Edwin Jhon A, Emmanuel shaju) and the third (Joseph Tharakan, Achama Iorin) positions. Dr. Daison P J announced results and gave the contestants some tips for improving their skills in debate. The importance of corruption free India and measures to be adopted for that and the possibilities for the same became topics of talk for the participants which is relevant in this week of vigilance awareness (28th October - November 2nd). Dr. Rani Sebastian delivered the vote of thanks for the program. Program became a success in its aim with the energetic performance by the participants as well as by the support given by the audience.

## NATIONAL UNITY DAY



The National Unity Day is observed every year on 31<sup>st</sup> October; the birth date of Sardar Vallabhbhai Patel, who is also known as the Iron Man of India. Behalf of National Unity Day, NSS units 42 & 144 of St. Thomas' College (Autonomous), Thrissur and along with NCC cadets have conducted an inaugural ceremony and run for unity for first - year and second - year NSS volunteers and NCC cadets. Sri. Sabu A S, NCC program officer welcomed all to the commemoration. Dr. K L Joy, principal of St. Thomas' College delivered the presidential address. The inauguration was done by Lt. Col. Thomas C.I, Administrative officer of 23 Kerala Battalion. He spoke about Sardar Vallabhbhai Patel and how India attained independence. Fr. Varghese Kuthur, the bursar of St. Thomas' College delivered keynote address. Second year NSS volunteer, Edwin John expressed his gratitude for the function. After that, we conducted a run for unity from the St. Thomas' College via Town Hall and back to the College. All NSS volunteers and NCC cadets took part in it. Later, Adam James, second year NSS volunteer taught volunteers the NSS song "Ute samaj keliye ute ute". Next, Dr. Jiju A. Mathew, NSS program officer reminded historical moments, adversities and agonies faced by ancestors in the path to freedom. He also added that the independence what we feel today had a past with full of blood drops.

## 14th November 2019 Children's Day

On behalf of Children's Day , a program was conducted on 14/11/19 Thursday by 'Legal Services Society at children's home Ramavarmapuram. NSS volunteers of St. Thomas College reached there at 6.00 pm and the program started after 7.00pm The program was inaugurated by Sofy Thomas who serves as the current District Judge of Thrissur. There was a welcome speech by the children's home supervisor. He appreciated every support given by the government to the children's home. The children in the home performed various programs. We performed a dance in front of them and our fellow NSS volunteers. Aparna Mariya sang a song for the children. We spend a lot of time with them. We were also provided delicious food by them. We ate food with them. We returned from there after at 8.00 pm. All the organizers gave their greetings to us.



**14th November 2019**

### **World Diabetes day.**

Under the auspicious guidance of Lion's club thrissur, NSS units 42 & 144 of St. Thomas' College, Thrissur hereby made a walkathon on November 14, World Diabetes day.

It was conducted at Swaraj round, Thrissur starting from students corner at Thekkinkkad Maidhan. The walkathon began at 7.30 am and all of them were provided with white T-shirts with writings on it. The program made a clear awareness about the disease and important measures to keep away from it. The volunteers were provided food by authorities.



**15th November 2019**

### **Awareness Class on Veterans Of Law 2007**

An awareness class for NSS volunteers of units 42 and 144 of St. Thomas college Thrissur was held at town hall on 15 December 2019 about the topic "Vardhagya Suraksha Niyam "2007. The class started at 10.00 am. The first session was hosted by adv. Sunil Kumar. He gave a detailed class about the law which came in Kerala on 2009. This case has to be solved within 90 days. Otherwise they have to face judicial actions such as 6 month prison and 10000rs penalty. The second session was hosted by smt. Bini mam the RDO of Thrissur district. The last session of the class led by Shri. Marshall Radhakrishnan the former RDO of Thrissur.



**15th November 2019**

### **Book Distribution**

In order to inculcate reading habit in children, NSS units 42 and 144 of St Thomas' college Thrissur have distributed around 400 books to Govt Tribal School, Echippara. Function was blessed with the presence of school children and staffs. Headmistress welcomed us to ceremony. Inauguration was done by Dr. Jiju A Mathew. Dr. Daisland Thattil, NSS Program Officer presided over the function. NSS Program Officer, Sri. Renjith Varghese felicitated and handed over the first book to school leader. Senior NSS volunteer Sruthi C M conveyed her regards. Staff representative delivered vote of thanks. Books was collected by our super seniors and their seniors.



**24th November 2019**

### **Vimukthi**

A public awareness rally for Alcohol Abuse mission was organised on 24th november Saturday by NSS of St Thomas college and other college students. Alcohol use is the major cause of preventable

liver disease world wide and liver disease is the main alcohol related chronic medical illness. The rally started at 9 am on 24th November 2019. NSS volunteers of many colleges have attended the rally. The rally was under the guidance of excise officers. Thrissur District collector Shri. Shanavas IAS, Agricultural minister; Shri.V.S Sunil Kumar, Deputy Mayor of Thrissur; Smt.Ajitha Vijayan, The District panchayath president of Thrissur; Smt. Sheela Vijayakumar, and Excise officers attended the programme . Various programmes were also conducted during this program. In the rally, students were walking with pluck cards.



## 25th November 2019 Token of Gratitude

N.S.S unit 42 & 144, St Thomas College, Autonomous Thrissur conducted a program on expressing token of gratitude to Dr.Jiju A Mathew, N.S.S Programme Officer on 25th November 2019, 12:45 PM at Menachery Hall. The programme started with the prayer by N.S.S team. Rev.Fr. Varghese Kuthur, executive manager addressed the function. The programme was inaugurated by Dr. K.L. Joy, Principal. Rev.Fr. Martin Kolambrath, Vice Principal and associate bursar and Dr. Paulson, N.C.C Officer facilitated the gathering. Dr. Jiju A Mathew, N.S.S Programme Officer shared his experience on behalf of working with N.S.S. Afterwards, Dr. Renjith Varghese was officially given the charge of N.S.S Units 42 & 144. He ensured his sincere efforts for the N.S.S Units. Senior volunteers Mr. Hemanth and Ms. Sruthi shared their experience of working with N.S.S. First year volunteer Mr. Augustine made a talk on ozone depletion and conservation. Afterwards, Dr. K.L Joy, Principal officially launched the documentary prepared by N.S.S volunteers in accordance with international day for the preservation of the ozone layer. The programme ended by a vote of thanks by 2:00 PM.



## 26th November 2019 Skit

On 26 November 2019, 15 NSS 42&144 units of St. Thomas' College went to Nehru Balabhavan Thrissur to attend the awareness class against dowry and harassment of women in the society. The

class was taken by an advocate. He gave a brief description about the problems faced by married women in the society. His class was so informative for the volunteers as well as everyone who took part in the session. He also told about the existing laws in the country made against harassment and dowry. Finally at the end of a descriptive class we the NSS volunteers of St, Thomas college performed a skit in front of everyone. The topic of our skit was dowry. Everyone hugely welcomed and applauded our performance.



## **26th November 2019 Aids Day Monthly Inauguration report**

Inauguration of AIDS day monthly celebration ,26th November 2019, was held at St Thomas' College, Thrissur. On behalf of the event, NSS volunteers of Units 42 and 144 conducted a flash mob which was lead by NSS volunteer Kum. Ardhra N R. The inauguration was done by Dr. K J Reena, District Medical Officer. Haritha Devi T A, District education and media officer presided over function. Sri. Manoj kammath from Club FM made us enjoy with a song. The main objective of the programme was to make people aware of the disease and for clearing doubts and fear in people on the spreading of the disease.



## **28th November 2019 Pocso Program report**

NSS Units 42 and 144 of St Thomas' College have participated in the inaugural ceremony of "KUNJE NINAKKAI" campaign conducted by Kerala Police on 28-11-2019 at

Thekkegopuranada, Thrissur. The Protection of Children from Sexual Offences is a bill that amends the protection of children from sexual offences act, 2012. The act seeks to protect children from offences such as sexual assault, sexual harassment and pornography. The Kerala police along with POSCO conducted the program. The inauguration was done by Sri. Loknath Behera IPS. There was a cycle rally. Flash mob was performed by NSS volunteers of St. Mary's College. The NSS volunteers of Sakthan Thampuran College presented a musical drama about the problems that go around. The students of the school of drama presented a play. The main idea of the programme was to create awareness on the child sexual assault among the public.



### **30th November 2019 Aids Day Rally**

In connection with the AIDS day on December 1st, the police academy of Thrissur in association with NSS Units 42 & 144 of St. Thomas' College conducted an Aids awareness rally and seminar on 30th November 2019. Knowledge resources were provided by Dr. Reena (District medical officer, Thrissur). The main purpose of the program was to make the society aware of the cause & effects of aids and also to remember the stigma about AIDS in our society. The rally began from the academic block of St. Thomas College and ended at the administrative block. Refreshments were given to those who participated in the rally. There-after seminar session began with the welcome speech by Mr. K Biju, Sub inspector of police. The presidential address was given by Dr. Thomas Paul kattukaran, Vice principal of St. Thomas' College. Awareness class about aids was taken by Mr. Ramesh P; Sub inspector of police, secretary of KPOA. The program ended with the vote of thanks by Dr. Joyce Jose; assistant professor, zoology department of St. Thomas College.



### **30th November 2019 POCSO Closing Ceremony "Kunje Ninakkay"**

POCSO was established to protect the children against offences like sexual abuse, sexual harassment and pornography. And pocso week is observed from 28 to 30 december world wide and the concluding day was held on 30th november at Thrissur Sakthan bus stand, where the programme was inaugurated by A.C.P V.K Raju sir. We Nss units 42 and 144 of St. Thomas' college had actively participated at the concluding ceremony of POCSO act which was observed from 28 to 30th november. NSS volunteers performed a flashmob at Sakthan bus Stand. Also different programmes were held on the day. The School of Drama presented a drama, students from Vimala College performed a street play giving a message about violence against children. Flashmob was also performed by thrissur police officers, also law of pocso was differently shown to audience through chakkyarkooth. It was a memorable day for the NSS volunteers. We the Nss units 42 and 144 of St. Thomas college Thrissur managed to co-ordinate the programme successfully.



### 3rd December 2019 Sports meet at Thope

On the behalf of International day of persons with disabilities, NSS Units 42 and 144 of St Thomas College Thrissur in association with Social Justice Department of Kerala conducted sports meet on 3 December 2019 at Thope Stadium. Volunteers helped differently abled children to reach at stadium for sports and to care them when they were injured. Valedictory function was inaugurated by Sri. John Daniel, Corporation Stand Committee Chairman. Srimathi. Padmini, District Panchayat Standing Committee Chairperson delivered presidential address. NSS Units 42 and 144 of St Thomas College awarded 10000 Rs/- as a part of "Sahachari" award which was given to colleges who support differently abled children. Prizes were also distributed to differently abled children who won in sports meet.



## **4th December 2019**

### **Meeting**

A meeting of the NSS volunteers of Units 42 & 144 was conducted on 4 December 2019. The agenda was to discuss the future activities of the unit. This was the first meeting presided over by the new NSS program officer ranjith sir. Program officer Dr Daisland thattil addressed the volunteers. Femin Layon, Rosemary K C, Kavya Rajendran, Augustine joyson k, Dheeshma Regunath and Navaneeth krishna C A were selected as the monthly coordinators of the month of December. The meeting mainly focused on the program Climate Circle which is to be held on January 1st 2020 at Thrissur round, by joining along with the student community "The students for climate resilience". The program officer asked NSS volunteers to get involved more actively in NSS activities and an initiative programme for one time registration for psc examination (free of cost) at the college was suggested by the programme officer. One of the volunteers also made a suggestion to plant new saplings and to make a improvement in the agricultural interests of the NSS volunteers.. Shalet delivered the Vote of thanks and the meeting was dispersed by 4.45



## **6th December 2019**

### **Cycle Rally**

As a part of the climate resilience programme a cycle rally was conducted on 6 december 2019 the rally started off at mannuthy college of climate and education and rallied through various high schools and colleges nearby. It came to an end at st thomas college where the bikers were warmly received with a flash mob. K P varghese, Abhirami, Fathima Hana, Vishal S, Vijayan, Abhinand V K, Sasidhar Sasi Cheloor were the leading figures of the rally. Hari pamboor an enduring rider also took part in the rally. The event came to an end with everyone promising to join their hands for the coming climate circle on 1 January 2020.



## 8th December 2019 Car Free Day

ESAF in association with Kerala sangeetha nataka academy, kerala lalithakala academy, kerala sahithya academy, District tourism promotion council (DRPC), sports council, Kerala veterinary and animal science university, Kerala state pollution control board (KSPCB) and Jawahar Bal Bhavan organized World Car Free Day at the college of veterinary and animal science campus, mannuthy on 8 December 2019. The program began at 3 pm. Adv. K. Rajan, honourable government chief whip was the chief guest of the program. NSS volunteers of Units 42 & 144 of St. Thomas' College, Thrissur attended the program. The inaugural ceremony was followed by the flash mob competitions, street play and tug of war. The last event was the Rangoli Competition and the team from our college bagged the first prize. Cultural programmes were organised by students of Jawahar Bal Bhavan and many schools. Students from Christ College, Prajyothi Nikethan College, Vimala College also took part in the Competitions. The Prize distribution took place at 6:15 pm and the program came to an end at 6:30 pm.



## 16th December 2019 NSS Camp meeting

A meeting in accordance with special camp for second year NSS volunteer was held on 16th December 2019. Meeting was presided by NSS program officers Dr. Daisland Thattil and Mr. Renjith Varghese. The programme began with the NSS song. 84 Volunteers and 2 senior volunteers were present. The volunteers were informed that seven day NSS special camp would be conducted from 20th December 2019 to 26th December 2019 at GHSS Villadam. The program officers gave

instructions to the volunteers which was to be followed during the camp. The second year volunteers Nivi K J, Ardhra N R, Anoop K J and Abinand C Shalimar were selected as camp leaders. Sruthi C M and Hemanth Krishna explained five committees to be formed during the camp such as mess committee, cleaning committee, discipline committee, report and assembly committee and programme committee. They also gave an outline about events during the camp.

## 1st January 2020

### Climate Circle

The program 'Climate Circle' was held at Thrissur Swaraj Round around 2:00pm on January 1<sup>st</sup> 2020, bringing together thousands of students. The inauguration of this program is done by 12-year-old-girl Ridima Pande, who came to the protest with Greta Thunberg. Mayor of Thrissur municipal council Ajitha Vijayan also joined in this ceremony. Then at 2:45 pm the 'Climate Circle' surrounded around the Thrissur round and students were pledged to play a role in creating a climate conducive to the future generation. NSS units 42 and 144 of St. Thomas college as well as other students from college attended in this program. Sacred Heart HSS, Govt. college Kutanallur also participated. And then the general meeting held at 4:30 pm former consultant, UNEN sir Safar Dhara, Profulla Samantharam from Niyamagiri Movement, Orissa conducted the keynote address. A program called 'Kalavalayam' with participating artists was held at 6:00pm.



## 10th January 2020 Meeting

Meeting for the Nss volunteers unit 42 & 144 was conducted on 10/1/2020. The main agenda for the meeting was discussion for the future activities in the unit. NSS programme officer welcomed all the volunteers. Anusree, Krishnaveena, Rasal, Sniya Theresa, Nikhil, Velmin Varghese were selected as the monthly coordinators for the month January. The meeting mainly focused on Road safety awareness program, Pain and Palliative care day celebrations and also discussed about an ice breaking session on January 25<sup>th</sup> 2020. Program officer reminded the volunteers to participate in all the events with great enthusiasm and energy. Many of them contributed many ideas about the future plans and the meeting dispersed with a vote of thanks.



## "Road Safety Observance Week 2020"

The road safety week observance is being initiated by the Ministry of Road Transport and Highways. It has announced the observance of 31st National Safety week from 11th Jan 2020 to 17th Jan 2020. It is observed throughout the country to highlight and emphasis the need for safe roads and safety measures to avoid accidents.

NSS Units 42&144 of St Thomas' College had conducted an awareness class on road safety which made the volunteers to have an aware about road accidents and moreover their safety on the roads. The main theme for National Road Safety Week 2020 is "Bringing change through youth power".

Dr. Daisland Thattil, NSS program officer welcomed the programme. Dr.K L Joy sir, principal of St.Thomas' College delivered the presidential address. Sri Ramesh P, Motor vehicle inspector inagurated the programme.

would happen during accidents. Finally the programme was concluded by Sri Renjith Varghese, NSS program officer and we had given a momento for the inspector for his awareness class .The pledge was taken by Ramesh sir to remember the rules that we

shall follow in roads and for reducing accidents. And as a part it , we had given leaflets for the drivers for making them awareness .

## Pledge on Swachatha Pakhwada



On 15th January 2020 volunteers of NSS Unit 42 & 144 of St.Thomas College gathered under the leadership of NSS program officer Sri. Renjith Varghese in the palocaren square at 3.30 pm. The vice principal of the college Dr. Joby Thomas was present during the occasion. He spoke about the importance of cleanliness and gave valuable advice to the students. He also spoke about having some goals in life and taking good example from others. As a part of this program a pledge was being organised for the volunteers . The main highlight of this program was to show the importance of cleanliness and sanitation among students and teachers. And to encourage and inspire them to continue with the good practices for hygiene and sanitation at education level and at the same at home. Afterwards he recited the pledge and the student repeated after him.

After an experience sharing by an NSS volunteer regarding the pledge recitation the gathering dispersed.

## Palliative care day celebrations



Palliative care day celebrations - Rang was held on 15 January 2020. The program was conducted by Student Initiative in Palliative care in association with pain and palliative care society and NSS Units 42 and 144 of St Thomas College Thrissur.

The program started with a walkathon from Thekkegopura Nada, Thekkinkad Maidan and ends at the same point. walkathon started at 8.am. The flag off was done by Mr. Nakulan from pain and palliative care society at student corner. After that cultural events starts by 10.15 AM.

Next program includes various sessions on Let's talk about palliative care - a glimpse on what palliative care and it was done by Dr. Ajayan from pain and palliative Care society. Death cafe session to talk on death done by Dr. Divakaran from pain and palliative care society. Different colleges participated in death cafe. From our college Ms. Ardhra N R joined in this death cafe. All program was ended by 2.00 PM.



## District level inauguration of Kerala palliative care day celebration

NSS Units 42 and 144 of St Thomas College (autonomous) Thrissur had participated in District level inauguration of Kerala palliative care day celebrations on 25th January 2020. The programme commenced with Marathon including students from various colleges and medical staffs from Government Hospital Thrissur which was flagged off by S. Shanavas, District collector at Indoor stadium near north bus stand and ended up in college. The inauguration was done by Minister A C Moideen and presence of the actors Manu S Pillai and Saranya R Nair made dias beautiful. There were cultural programmes by patients and students of various colleges. The sale of products which was made by paraplegic patients such as paintings, hand wash, dish wash, craft works and so on made the event more colorful. Programme was ended by distributing certificates to the participants of marathon and some medical staffs for their service.

## . Icebreaking





Nss unit 42 and 144 of st.thomas college have conducted an orientation class for 1st yr nss volunteers on 25th 2020 January. it was headed by miss jayasree nss program officer of panambily memorial college.

The program comprises of many groups with film names which helped to improve our interactive level with our friends. At last we have played a advertisement in groups that was very much live and funny enough. That was not just a advertisement but one method to remove our shyness and to improve our readiness to take

responsibility. The class was ended with an vote of thanks by one of the nss volunteer velmin verghese. There was also doubt clarifying sections which was really informative. The program helped each of us to take initiative and be responsible towards our society

## Republic Day

NSS unit 42 & 144, St Thomas College (Autonomous) Thrissur, conducted a programme in accordance with Republic day on Jan 26th, 9:30 am at Administrative block of college. India Celebrated it's 70th republic day, as part of honouring the date on which constitution of India came into effect on 26th January 1950. The Programme Started by Republic day flag



hosting followed by Republic day message by Principal, Dr KL Joy. Afterwards there was an Outstanding pass out parade by the NCC cadets and finally the Programme ended with National Anthem.

## PAIN AND PALLIATIVE CARE AWARENESS CLASS

Pain and palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life threatening illness, through the prevention and relief of suffering.

NSS Unit 42 & 144 of St.Thomas College Tsr had conducted an awareness class on pain and palliative care which makes the volunteers to offer a support system to help patients live as actively as possible until death.

Dr.Daisland Thattil, NSS program officer welcomed the program. Sri. Gokuldas, volunteer of the pain and palliative care society (PPS) and volunteer sri.Akhil Valsaraj, handled the session with their experiences and they had given aware about this care.

This awareness class made us to help people with serious illness to feel better. Volunteers had many experiences in this field and they had shared between the class. They also had discussed about SIP (student initiative palliative care) for engaging students to spend little time with those people who need relief from their sufferings and also to back with them memories that result in a transformation in their attitude

## SHARE THE IDEAS

-Sandhra,Volunteer

On January 29 Kerala voluntary youth action organised a platform, wherein the young volunteers and important public figures of the Thrissur district, came up with their thoughts and ideas for the betterment of the district on various grounds. The program was entitled 'Share the ideas' and, it was held at District Panchayat conference hall ,Ayyanthole.



The program began at 2:00 p.m. with the welcome speech delivered by Dr Sreelekha, Thrissur Yuvajana Kshema Board coordinator, followed by the presidential address by OS Subeesh the President of Yuvajana Kshema Board. The program was officially inaugurated by Mary Thomas, District Panchayat president. N. K. Udayan was chief speaker of 'Share the ideas'. Various people belonging to political and media background took part in this and shared their ideas ,thoughts and beliefs on different aspects. Issues such as floods,unemployment ,drugs,public toilets,importance of planting trees were raised. 7 volunteers from our college took part in this programme. We were provided with tea and snacks in between. 'Share the ideas ' claimed to be the first one of its kind to be held in the district. It came to an end by 4:30 p.m.

## Oyster Pearl 2020



NSS Units 42 and 144 of St Thomas College (autonomous)Thrissur became a part of Oyster Pearl 2020, musical drama which was performed by around 140 differently abled children from St Joseph's Special School, Cheroor on 30 January 2020 at town hall, Thrissur. Volunteers went to special school for make up children and brought them to town hall. Children was very happy to perform and to know how they look in costume. At 4.30, the function was inaugurated by Sri. S. Shanavas, District Collector. Sri. T N Prathapan, Member of Parliament from Thrissur delivered presidential address. Srimathi. Ajitha Vijayan, Mayor of Thrissur Corporation and Sri. Srijith Ramanan, HOD of School of Drama felicitated the programme. St Joseph's Special School was at 45 years of it's excellence. In the musical drama, children narrated the changes of human from old

age to modern age along with current affairs. It was first in the Kerala history that musical drama plays more than 2 hour in a stage.

## CORONA VIRUS AWARENESS CLASS

Corona viruses are a large family of viruses that causes illness ranging from the common cold to more severe diseases. These viruses are easily transmitted between animals and people.

NSS Unit 42 & 144 of St.Thomas College Tsr, had conducted an awareness class on Corona virus which makes the volunteers for the security of their health. The safety, health and well being of our students is top priority.

Rev. Fr. Martin kolambrath welcomed the program. Dr.Chithra Valsan, Assistant Professor of microbiology department from Jubilee Mission Medical College gave volunteers about the awareness of this virus. She also discussed the symptoms. Dr. Linju also join with her. She also shows how to wear mask in such situations.

As a part of this program, Dr. K.L Joy Sir, principal of St.Thomas College handover a token of love.This awareness class helps volunteers to follow certain ways for their good health. They recommend students to wear masks and also to cover their coughs or sneezes with a tissue or their arm and wash their hands afterwards.

And the program ended by the vote of thanks of Sri. Sabu Sir, ANO NCC officer.

## FIRST AID & DRUG ABUSE AWARENESS CLASS

NSS Unit 42 & 144 of St Thomas college in association with District Medical Office had conducted an awareness class on first aid and drug abuse on 28 February 2020.

Welcome Speech was delivered by Mr. Renjith Varghese, NSS Program Officer. Inauguration was done by Dr. Ajay and Dr. Midhun Roy. First session was lead by Dr. Ajay. He had given a talk on first aid which was given on situations like snake bite, someone fall unconsciously, caught up fire and burnt and so on. He demonstrated CPR technique and lung rib technique. Also volunteers had an opportunity to demonstrate CPR technique. Second session was about drug abuse which was lead by Dr. Midhun Roy. He focused on drug abuse in youth and its cause and effects. He added about various methods that could adopt to solve physical and mental problems faced by youth. Last, thanks giving was done by Dr. Daisland Thattil, NSS Program Officer.



## GLAUCOMA AWARENESS PROGRAM

NSS Unit 42 and 144 of St Thomas' college had participated in NAVA VELICHAM 2020 organised by Dr. Rani Menon's eye clinic. The program was on 8th March 2020 at Deliza auditorium, vadakkanchery. The main aim of this program was to give awareness about glaucoma, the disease which affect the eyes and was also an encouragement for NSS units to do more social service. Volunteers of various NSS units had participated in this program. There was a competition for NSS units. They were asked to make a video of social service that unit had done. Winners were based on number of likes. And all the units which took part in this was awarded by Honourable cheif guest Mr Ouseppachan, music director. We were guided by program officers Mr Renjith Vargese and Dr. Daisland Thattil. There was also a dance competition for students of various colleges.



## One Day Training

Volunteers of NSS Unit 42 and 144 of St Thomas' College (autonomous), Thrissur had attended an one day training program organised by NSS Calicut University Thrissur District in association with Nehru Yuva Kendra Thrissur under theme based awareness and education programme on 10/03/2020 at Costford Hall, Ayyanthole. First session was about how to face an interview. The session was interesting and engaging. Next session was youth employability. The session gave information about employability in various countries. Last session was about effective communication skills. The above sessions were handled by former



NYK state Director Sri. S Satheese and Aims Solutions Senior Trainer Sri. Bastian Jose. Sports kit were distributed to different sports club inorder to inculcate the physical fitness within the students. Certificates were distributed to the participants as a part of recognition

sd/-

