

National Service Scheme University of Calicut

Proforma for submitting Annual Report 2020-2021

1. Name of College:- : **St Thomas College (AUTONOMOUS) Thrissur**
2. Unit No: **42 & 144**
3. Name of Programme Officer: **Dr. Daisland Thattil & Mr. Renjith Varghese**
4. Adopted Village: **Thrissur Corporation 8th Division (Villadam)**
5. Enrollment Details:(2020-2021)

O.C			S.C			S.T		
Male	Female	Total	Male	Female	Total	Male	Female	Total
68	116	184	6	8	14	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		
18/12/2020 to 24/12/2020 Online	31	51	82		

LUMOS

In the face of covid pandemic situation NSS seven day camp " LUMOS " was conducted in online mode from 18th December 2020 to 24th December 2020. The camp started at 4:30pm with the inaugural ceremony. The camp was inaugurated by college principal Dr. Joy K. L and vice principal Fr. Martin Kolambrath delivered the felicitation. Afterwards an ice breaking

session was held by Dr.Mejoy sir and the volunteers were divided into 5 groups and the duties to each group was assigned and the day ended by 8:30pm.

The second day(19/12/20) started at 7:30am with camp assembly. Yoga videos and camp diaries were submitted at 8:30am. The first offline tasks were given to the volunteers at 10:30 am. Volunteers were asked to prepare a video on planting saplings in their compounds and were told to submit the videos by 12:30pm.At 3pm group activities were conducted. Various cultural activities were also held at 7pm and the day ended with camp evaluation at 8:30pm.



The third day(20/12/20) started at 7:30am with camp assembly. Yoga videos and camp diaries were submitted at 8:30am. At 10:30am volunteers were asked to prepare a video on cleaning their surroundings and submit it by 12:30pm. At 3 pm a class was conducted on the topic culture and heritage of kerala by Dr. Jiju A. Mathew(former NSS programme officer)Afterwards group activities were conducted and cultural programmes were held at 7:30pm and the day ended with camp evaluation at 8:30pm.

The fourth day(21/12/20)started at 7:30am with camp assembly.Nss district coordinator was also present in the assembly.Yoga videos and camp diaries were submitted at 8:30am.At 10:30am volunteers was asked to prepare a video on preparing a dish or food item within 12:30pm. At 3 pm a motivational session was conducted by Mr. Ajesh antony (associate professor department of commerce)afterwards group activities were held, cultural programmes were conducted at 7:30pm and the day ended with camp evaluation at 8:30pm.

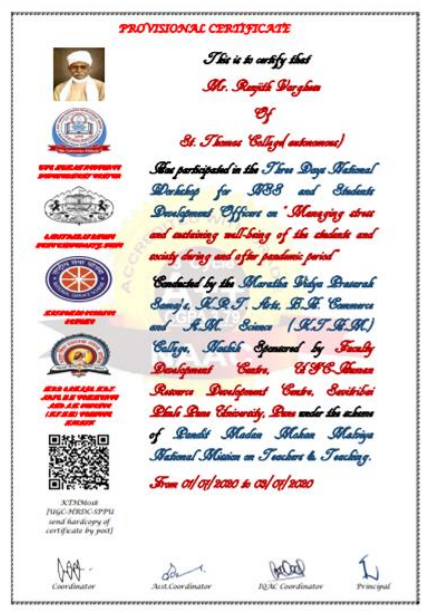
The fifth day(22/12/20)started at 7:30am with camp assembly,submission of yoga videos and camp diaries. Today volunteers were asked to conduct a field survey and prepare a video on the same. At 3pm a session was conducted by Dr. George Alex sir on the topic ``The role of NSS in character formation " last group activities and cultural programmes were conducted by ensuring the maximum participation of volunteers and the day ended at 8:30pm with camp evaluation.

The sixth day(23/12/20) started at 7:30am with camp assembly, submission of laughter yoga videos and camp diaries. A detailed camp report and survey report was presented by volunteers. Afterwards cultural activities and group activities were conducted in a fabulous way. The day ended by camp evaluation at 8:30pm.

The seventh day(24/12/20)started at 7:30am with camp assembly which was jointly conducted by 5 volunteer groups.The valedictory function started by 10am. Every volunteer shared their camp experiences and camp awards were declared. Finally the joyous 7 day online camp ended by 2pm.

7. Training Status of Programme Officer:- Trained /Untrained Renjith Varghese attended Two Training Programmes

1. Two days online crash Training Programme conducted by Calicut University on 12th and 13th November 2020.
2. Three days National workshop for NSS program officers conducted by HRDC Pune University on 2020 July 1st to 3rd.



8. Status of Abhayam Project (So far)

Sl No	Beneficiary name & Address	Status	Photo of House
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1	Della Thomas	-	-
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ABHAYAM LOGO LAUNCH

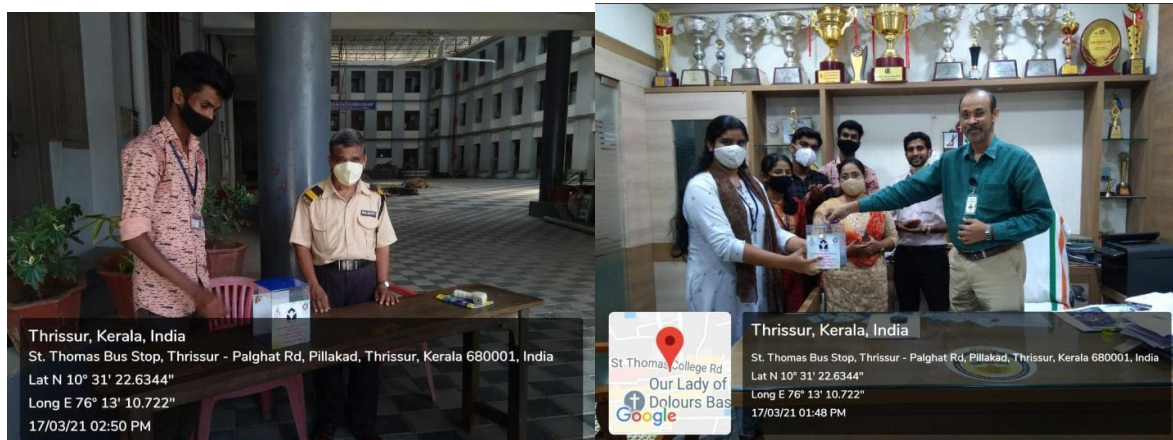


The logo of house building project 'Abhayam', volunteered by the NSS unit of St Thomas College was enlightened by Principal Dr. K L Joy. Vice principal Fr. Martin Kolambrath, Sr. Alphonsa Mathew IQAC coordinator Fr. Anil Congoth, professors including Fr. Stishin Kundukulam, Dr. Mijoy Jose, programme officers Daisland Thattil, Renjith Vargheese, student coordinator M Sreehari were present.

ONE RUPEE CHALLENGE LAUNCH



The One Rupee Challenge collection was officially launched on March 17 by our Principal. This is one of the main fundraisers for the Abhayam project we are handling this year. Our principal inaugurated the initiative by putting some cash in the collection box. We have placed a box each in every block to actively encourage students and others to contribute for our project.



9. Status implementation of “Kooda”

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

10. Environmental enrichment Programme

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

11. Blood Donation

No of Programmes / Camps Conducted	3
No of volunteers donated blood	25+
No of Units of Blood donated	

25 July 2020



A blood donation camp was conducted on 25th July 2020, Saturday on behalf of IMA, Thrissur. Around 15 Nss volunteers from our college participated in the blood donation camp. The volunteers gathered in the college and they were taken to IMA in their official vehicle. The camp started by 10:30 a.m. In this pandemic situation Camp was held with extreme care and with precautions. Volunteers were asked to wash their hands. Temperature and blood pressure was checked at the beginning and volunteers donated blood. Refreshments were provided. Blood donors were provided with certificate. Finally the camp ended by 12:30 p.m.

05 December 2020

The blood donation camp was held by Nss on 5th December 2020. The reporting time was 10 am and the 10 participants were present on time. All participants reached IMA Blood Bank by 10.30 by transportation provided by IMA. After hand sanitisation and filling of forms tests were conducted. Following that blood was donated in an orderly manner. One of the students was not able to donate due to medication. Social distancing and sanitisation was followed accordingly. Donors were given refreshments before and after donating blood. All the donations received a certificate as an appreciation. Procedures needed by 12.30 pm and all 10 students reached back at college by mass transportation self by 12.45.

12. Water Harvesting / Water resource restoration / Distillation

No of water bodies cleaned	Well	-
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	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)	-
Monetary Value created	-
Assistance / Awareness to farmers	-

14. Awareness Programmes / Seminars

Medical Camps	-
Pulse Polio immunization	1.National Immunization day
Anti Narcotic / Anti Drug Awareness	1.Anti-Drug Awareness

Women Empowerment	1.Girl Child day 2.Disha 3.International Women's Day 4.Awarness in Gender perspective in health Checkup Nutrition
Swachh Bharath	1.National cleanliness day 2.NSS room cleaning
Jal Shakthi	-
Basic Life Support	-
Any other	1.Alohomora online camp 2.Kithab 2k21 3.International Yoga day 4.Malala day 5.Nagasaki day 6.Independence day 7.Introduction of modernisation in motor vehicle department 8.Teacher's day 9.NSS day 10.Gandhi Jayanthi 11.Keraleeyam 12.Pre-RD selection 13.Aids day 14.Rang 21 15.Voting machine Checkup 16.Voter ID registration 17.Republic day 18.Sampere Orientation 19.Vaiga 20.Future of Kerala 21.Economic Survey

	22. International Forest day
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Pulse Polio Immunization



National Immunization day (31/01/2021)

As part of the National Immunization day, the volunteers of NSS units 42&144 of St. Thomas College (Autonomous), Thrissur held hands together with the local authorities to help in the same. According to the convenience of the volunteers, some of them helped half day and others for full day. Also some of them took a short survey based on the polio vaccinated children.

At the end of the day, all the volunteers made a report about the work that they have done with photos included.



Anti Narcotic / Anti Drug Awareness

Anti-Drug Awareness (26/06/2020)

NSS unit 42 and 144 of St. Thomas' college (Autonomous) Thrissur conducted an Anti-drug awareness programme on 26 th June 2020. The volunteers planned to make an awareness

video to convey our message to the society. Under the guidance of our leaders, all volunteers decided to make anti-drug awareness cards and give them to our neighbors so that we can convey our message against drugs to them.

We made a video of all the photographs shared by the volunteers. Some of our volunteers also spoke about the issues of using drugs and how it will affect our family and social life. These messages really made the video more effective. All the volunteers participated actively in this programme as a very needed step for the welfare of our youth and society. It was a great effort by the volunteers. The program has been a great achievement with god's grace.

Women Empowerment

National Girl Child Day observation(24/01/2021)



National Girl Child Day was observed on 24th January. The Women and Child Welfare Department in Thrissur conducted a seminar on the topic “Child marriage in today’s society: Legalities and Prevention” and “Declining child sex ratio and ways to tackle it” by Adv.K.B. Haridas (former J.J.B member).

The program was welcomed by district child welfare and upliftment officer Shrimathi Sulakshana S. The program was presided by District Panchayat Welfare standing committee chairman Shri P M Ahmed. Even though some of the guests weren’t able to attend they did send their regards for the program.

The 1st class was on The Prohibition of Child Marriage Act, 2006. Sir explained that getting an injunction from a 1st class magistrate or getting in touch with the police or court can

prevent child marriages. Fixing marriage by contract or even by words is wrong and can have legal repercussions. Child marriages cause the loss of education and career opportunities for girls.

The 2nd class was on Declining child sex ratio and ways to tackle it. Even though Kerala has a ratio of 1084 females for every 1000 males, that's not the case in many states. The number is even less for children. This is due to various reasons including patriarchy, girl child abortions etc. There is a wrong notion in the society that girls require more spending compared to boys and that they can only be an extra weight for the family, and that boys are required for upliftment for the family. This has got a bit stronger as the idea of one child was encouraged due to population rise. In many households this has led to malnutrition as well. In Kerala, the district of Malappuram has recorded the highest number of child marriages.

Sir encouraged question answer sessions as well and students actively participated, asking relevant questions and sharing well thought out ideas as well.

The Thank you note was given by district child protection officer Shrimathi Sharanya.C.G.

The program which began at 10:30 am ended by 12:45 pm.

Disha(03/03/2021)



On 03/03/2021 Wednesday, a program named 'Disha' was conducted in Medlycott hall, St. Thomas College Autonomous Thrissur at the initiation of NSS Unit 144 & 42. The program was conducted by the District Women & Child development department who collaborated with the Mahila Shakthi Kendra, Thrissur. The program started around 2.00 clock by NSS geetham. Later it was welcomed by Smt. Sulakshana.S (district women and child welfare officer). Then the

inauguration was done by our beloved principal of St.Thomas College, Dr.K.L.Joy followed by a beautiful speech. Later the program was followed by the felicitations of Dr.Daisland Thattil (NSS program officer) and Smt.Pratibha P.K (senior civil police officer). After all these felicitations the class was conducted. It was taken by Smt.Siji P.B (senior civil police officer). The class was about women empowerment.

More than 50 NSS volunteers were present in the class including first year and second year students. It was a beautiful class never conducted before. They taught about the issues that are happening around the society and the steps taken by the police to avoid those situations. They also showed some prevention methods while facing an attack, and ways to tackle and save ourselves. And the program ended with a thanksgiving from our second year NSS volunteer Nikhil E.V.



International Women's day (08/03/2021)



**INTERNATIONAL
WOMAN'S DAY
MARCH 8**

NSS UNIT 42 & 144

**ST THOMAS COLLEGE (AUTONOMOUS)
THRISSUR**

വനിതാ ദിനാചരണ ഉദ്ഘാടനം
ഉച്ചയ്ക്ക് 2 മണിക്ക്

സ്വാഗതം: ശ്രീമതി സുലക്ഷണ എസ്
(ജില്ലാ വനിതാ ശിശു വികസന ഓഫീസർ, തൃശ്ശൂർ)

അദ്ധ്യക്ഷൻ: ഡോ കെ. എൽ. ജോയ്
(പ്രിൻസിപ്പാൾ, സെന്റ് തോമസ് കോളേജ്, തൃശ്ശൂർ)

ഉദ്ഘാടനം: ശ്രീമതി ജി. പുകുഴുപ്പി IPS
(ജില്ലാ പോലീസ് മേധാവി, തൃശ്ശൂർ വൃന്ദ)

ആശംസകൾ: ഡോ. സി. അൽഫോൻസ മാത്യു
(വൈസ് പ്രിൻസിപ്പാൾ, സെന്റ് തോമസ് കോളേജ്, തൃശ്ശൂർ)

ഡോ. ഡെയ്സ് ലാൻഡ് തട്ടിൽ
(NSS പ്രോഗ്രാം ഓഫീസർ, സെന്റ് തോമസ് കോളേജ്, തൃശ്ശൂർ)

ശ്രീമതി ചിത്രമേഖല, കെ. കെ.
(പ്രോഗ്രാം ഓഫീസർ, ജില്ലാ തല ICDS സെന്റ്, തൃശ്ശൂർ)

ശ്രീമതി ശരണ്യ സി ജി
(ജില്ലാ വനിതാ സംരക്ഷണ ഓഫീസർ, തൃശ്ശൂർ)

ശ്രീമതി ലേഖ എസ്
(ജില്ലാ വനിതാ സംരക്ഷണ ഓഫീസർ, തൃശ്ശൂർ)

സെമിനാർ: ഹംസ വി എം
(എംപ്ലോയ്മെന്റ് ഓഫീസർ, തൃശ്ശൂർ)

കലാപരിപാടികൾ: അവതരണം NSS ഡൊളണ്ടിയേഴ്സ്
(സെന്റ് തോമസ് കോളേജ്, തൃശ്ശൂർ)

നന്ദി: നവനീൽകൃഷ്ണ സി എ
(NSS ലീഡർ)

In order to delineate a picture of economic, cultural and political achievements of women and also to give emphasis to the need for gender parity, Our NSS units 42& 144, St. Thomas College (Autonomous), Thrissur, in association with Women and Child Development Department, Thrissur commemorated the Women's Day Celebration. The event commenced at 2 pm at the Medlycott Hall of our College. With the effect of the present Covid situation, only few of the volunteers were present at the college for the special day's function. The day's program was started off by Sri. Baby P. V, ACP Thrissur, who inaugurated the function. He enlightened us with his Women's Day message about the need for gender equality and also acknowledged the role of men and women in making this world a better place to live in. There was a seminar on career guidance which was led by Sri. Hamsa V. M, The Employment Officer, Thrissur. He also issued the book named 'Career Jalakam' which was really a helping hand for the students. Following that there were cultural activities presented by our NSS volunteers which were really exhilarating. Thus Women's Day was celebrated with great pomp and ceremony in the college.



AWARENESS ON GENDER PERSPECTIVE IN HEALTH AND NUTRITION, GENDER PERSPECTIVE IN WORKSHOP (20/03/2021)

On 20 March 2021 twenty NSS volunteers of unit 42 & 144 from St Thomas College (Autonomous) had attended an awareness class conducted in relation with 'beti bachao beti padhao' programme. The venue was Town Hall Thrissur. Awareness class was taken by Mrs Ambika. Thereafter the class there were different cultural programs led by different Kudumbasree units Thrissur. There was also a debate competition based on this topic.

Swachh Bharath

National Sanitation day (30/01/2021)

Kerala Forest Department-Social Forestry Extension Division Thrissur District Level National Sanitation Day (Jan 30) Kerala Government Chief Whip Adv. K Rajan inaugurated and then after the class the competitions were organized and prizes were given.

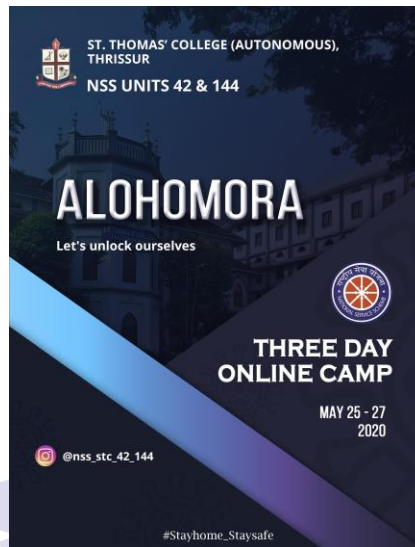


NSS ROOM CLEANING (11/02/2021)

On 11 February 2021, NSS volunteers from unit 42 & 144 of St Thomas College (Autonomous) Thrissur had cleaned the NSS room. The scrap from the room was sold and this money was taken as a fund for Abhayam Project. The room was reorganized. The volunteers were led by program officers Mr Ranjith Varghese and Dr. Daisland Thattil.

ANY OTHER

ALOHOMORA (25/05/2020- 27/05/2020)



ICE BREAKING — DAY 1

Prior to NSS online camp, NSS unit 42 and 144 of ST. Thomas College (Autonomous) Thrissur had conducted an ice breaking section on 23 May 2020. The first year NSS Volunteers were divided into five groups. The members were guided by the program officers Mr Renjith Vargese and Miss Daisland Thattil. There were also two senior volunteers to monitor the activities of each group. The groups were given two tasks that day. The first one was to introduce themselves and make an audio of this and the second one is to make videos on their lockdown activities. These activities were also time bound. The volunteers showed up their level best.



ICE BREAKING - DAY 2

Individuality counts but teamwork dynamites. The two days mock camp prior to the official camp served a similar purpose of invoking a sense of belongingness and a spirit of teamwork among the volunteers through the ice breaking session conducted by NSS unit 42 and

144, St Thomas College Thrissur . The day officially started with the NSS song at 10:00 a.m. ,after that the leaders for the day were chosen. The first asked for the day was to design a logo and name for the group allotted to every person. Is voluntary of hard to suggest an innovative name and creative logo for the group. The logo and name was to be designed in a way that it is solely related to the coronavirus pandemic. Various logos and names were suggested, with some depicting the side effects of the lockdown and some portraying not to lose hope even during this crisis. Even though everyone gave wonderful ideas for the Group logo and title, only one was to be selected. The 5 group names were Lubtos, Novel Crown, Anoroc, Quaran Team, Escalofrios. To make this day fun and interesting, a game was played where the hints of a movie, country and bike names were given in the form of pictures and emoticons. The game was fun and the logos were to be submitted by 6:00 p.m. in the official group of alohomora. The second thoughts for the day wish to make anything creative out of an A4 size paper. Though there were some restrictions regarding this activity but it was quite fun. Towards the end of the day the leaders gave a feedback of how the day went. The day was to gear us up for the official camp and as the name suggests it was all about unlocking ourselves.

N. S. S. Unit 42 and 144, St. Thomas college, Thrissur, started a three day online camp "Alohomora "- let's unlock ourselves, from May 25-27, 2020, for NSS volunteers. The online camp was officially started with NSS song, newspaper report, thought of the day and cultural activities presented by selected volunteers from the five groups and this was posted in the official Alohomora whatsapp group. Afterwards each volunteers were given an individual task called, "Haritha Sparsham" -vegetable garden making. Each volunteer was asked to prepare a video of planting at least three vegetable saplings in their compounds, the volunteers were also given a deadline of 6:00pm to complete the task. Most of the volunteers had completed their task on time and done their work with utmost sincerity. Volunteers were also asked to post a photo with GPS location of their saplings planted at the end of the camp. Afterwards by 1:00pm, each of the teams were given a group task, called "Treasure hunt". The team which reveals the hints and finds the treasure as fast as possible were rewarded with 500, 400, 300 points respectively. Team Lubtos, Escalofrios and Novel crown was awarded 1st, 2nd and 3rd positions respectively. The session was really interesting. By evening, the five groups submitted the newspaper report about the camp in the Alohomora group. Every volunteer has done their work to their maximum with creative thoughts and experiences. Finally the camp ended by 6:00pm.



The second day of the online camp "Alohomora" -let's unlock ourselves started by 7am. It started over by posting the NSS song, newspaper report, thought for the day and the cultural activities presented by selected volunteers from 5 groups ,in the official alohomora Whatsapp group. Afterwards each volunteer was given an individual task called "Trash to cash" by 7am. Volunteers were asked to make creative and useful things using waste materials available at their home and prepare a video of it in not more than 2 1/2minutes .They were asked to post it before 6pm. Most of the volunteers had completed their work on time with utmost sincerity and there were many creative ideas and useful products from them. The volunteers made many products from waste materials to replace costly products. Afterwards by 12pm, each team was entrusted with a group task. They were asked to conduct a discussion based on the topic given respectively for them and prepare a video not more than 2 1/2 mins based on the discussed topics. They were also asked to prepare a quiz of 5 questions based on their respective topics and should answer the quiz prepared by other groups. Each team will get 10 points for each correct answer . Every team had presented their videos by 2:30pm. Quiz was completed by 4 pm. Novel crown, Lubtos, QuaranTeam, was awarded first, second and third respectively for their presentation. The day was really interesting and was a tight one. By 6pm the five groups submitted their newspaper report about the camp in Alohomora group. Every volunteer completed their task with responsibility and effort. Finally the camp ended by 6 pm.

NSS unit 42 and 144 of St Thomas' College (Autonomous) , Thrissur opened the 3rd day of their online camp at 7 AM with the usual Daily activities which included NSS song, thought for the day,news reading and cultural activity.There were three tasks for the day which included two individual tasks and a group task. The individual tasks were cooking challenge and an article for NSS magazine.Cooking challenge was a real challenge to most of the members who

experimented cooking for the first time. But the fruit of hard work came out at the end in the form of mouth watering dishes. The group task was to Explore NSS. This was a chance for the volunteers to know deeply about NSS and present and improve their discussion skills. Individual and group tasks were completed by the members within a set time limit. The camp report was prepared by each group by 6 PM. Results of the tasks and overall group results were announced at the end. The three day online camp came to an end by a concluding speech by one of the programme officers Mr. Renjith Varghese sir.

KITHAB 2k20 (19/06/2020)

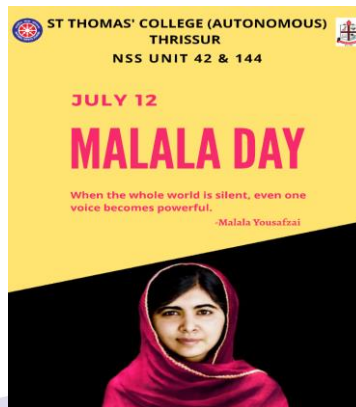
NSS unit 42 and 144 of St. Thomas college (Autonomous) Thrissur, conducted an online Quiz Competition named "KITHAB 2k20" as part of Reading Day which was on June 19. Reading Day is celebrated to honor the father of the library movement in Kerala the late P.N Panicker, whose death anniversary falls on 19 June. This program was led by the NSS volunteers. The opportunity to participate in this competition was open for our college. Students Online Link was circulated among all class groups. The time period was between 4pm to 5pm. It consisted of 15 glorious questions which was a source of new knowledge. More than 100 participants participated. This program had been a great achievement with God's grace.

INTERNATIONAL YOGA DAY(21/06/2020)

"Yoga is the journey of the self, through the self, to the self". NSS unit 42 & 144 of St. Thomas College (Autonomous) Thrissur, observes June 21 as International yoga day with the theme YOGA AT HOME, YOGA WITH FAMILY with a focus on Social - Distancing as no mass gathering is possible due to the COVID-19 pandemic. Yoga postures were collected from the volunteers and made a video and shared in Instagram accounts.

@nss_stc_42_144 and all other students of St. Thomas College were invited to the yoga day celebration. In accordance with yoga day all volunteers started their day by watching the yoga at 7:00 am in DD National for building immunity and relief from stress. This programme had been a great achievement with God's grace.

MALALA DAY(12/07/2020)



N. S. S Unit 42 and 144, St. Thomas college, Thrissur, Created a video as a part of Malala day on 12th July 2020. Volunteers were divided into 5 groups with each group consisting of 20 volunteers. Topics related to Malala were divided among these 5 groups. Team 1 is required to collect information about Malala's birth and childhood. The 2nd team was asked to collect information about her college education and activities. Team 3 wants to collect information about her way to the Nobel. Team 4 were required to collect information about her current activities. The 5th team was asked to collect the relevance of Malala day in today's society. Each team was given the duty to create a video according to the topic allowed to them. All the videos were merged into a single one and it was posted by 1:00 pm. Around 85 volunteers participated in this programme. The video was created in order to make the society aware about the importance of Malala day. Each and every volunteer contributed their maximum for the video making programme into a successful one.

NAGASAKI DAY(09/08/2020)



NSS Unit 42 and 144, St. Thomas college, Thrissur, in accordance with the Hiroshima Nagasaki day we NSS volunteers made sadako cranes as a symbol of peace. This sadako crane was made with the idea of creating peace around the world by 2year old girl named Sadako Sasaki, a victim of this explosion. Her wish was to create 1000 cranes but she passed away by making around 600 of them. We made them to make the people aware of the importance of peace in our world. Almost 80 volunteers gave a mass response to this program. At last we created a video including all the picture of cranes which gives a message on the necessity of avoiding war in our world .Finally we posted that on our Instagram page.

INDEPENDENCE DAY (15/08/2020)

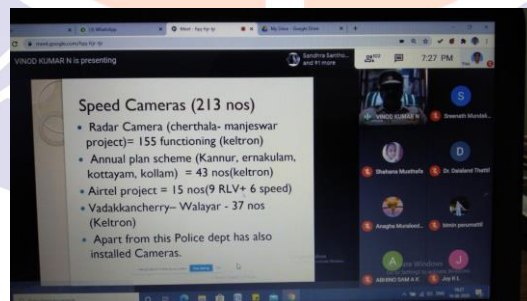


Nss unit 42 & 144 of St Thomas college, Thrissur has conducted an online quiz contest, in connection with 74th Independence day on 14th and 15th August 2020. The quiz was opened to all the students of St Thomas college. More than 150 students participated in the quiz. E certificates were provided to those who scored more than 70% of marks. A video has been released to commemorate the success of struggles for Independence. Volunteers of our units have actively participated in making the video.

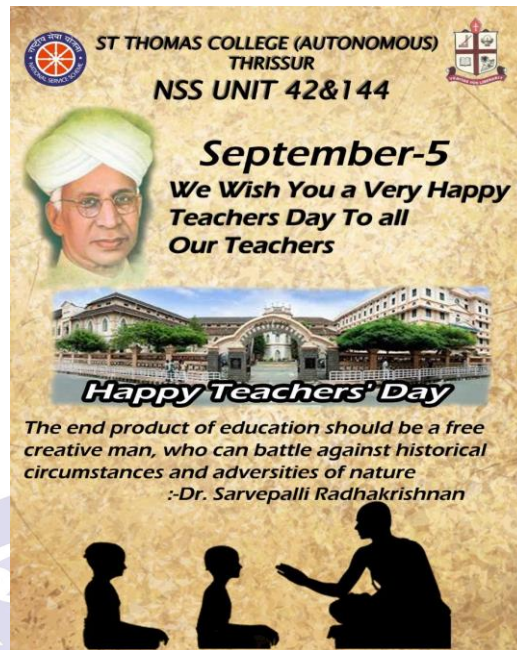
INTRODUCTION OF MODERNIZATION IN MOTOR VEHICLE DEPARTMENT (19/08/2020)



NSS Unit 42 and 144 St. Thomas College, Thrissur Conducted a Webinar on 19th August 2020 at 7.00pm. The Webinar was on the topic "Introduction of Modernization in the Motor Vehicles Department" by Thrissur Motor Vehicle Inspector Mr. Vinod Kumar N through Google meet. The Webinar started with NSS Song. Introductory Speech was done by Dr. Daisland Thattil and Inaugurated by our Principal Dr.K.L Joy. Vinod Kumar sir gave a brief description about the online method of applying or conducting license. He introduced the websites Parivahan sewa and Saradhi. Around 115 students participated in the webinar. The class was Very Interactive. Students clarified their doubts. Certificate is given to those who attended the programme through email. Finally the Webinar ended with a Vote of Thanks by Mr.Renjith Varghese at 8.45 pm.

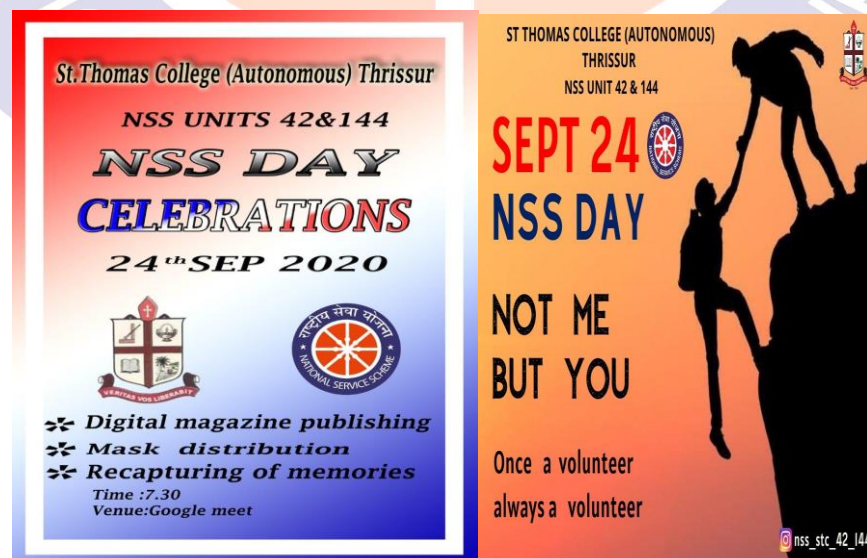


TEACHER'S DAY (05/09/2020)



NSS Unit 42 and 144 St. Thomas College, Thrissur published a video on 5th September 2020, for the celebration of Teachers' Day. Video was to convey thanks and to give respect for our beloved teachers. Teachers' Day is a special day for the appreciation of teachers and our volunteers made it more special by conveying beautiful messages to respected teachers. In accordance with the celebration of Teachers' day almost 80 volunteers featured in the video where they expressed their gratitude and love towards teachers who have been a strength to us.

NSS DAY (24/09/2020)



In accordance with 51st NSS day, NSS unit 42 and 144 St. Thomas college, had organized a meeting on 24th September, in the online platform Google meet, with active

participation of all volunteers and program officers. The session was gifted with an amazing takeoff by 7:30pm, with nss song, followed by an eloquent welcome speech all by the volunteers. The session became more enthusiastic with the inaugural address of principal Dr. K. L. Joy sir, a former NSS p.o, his message was precise and rejuvenating. It was a proud moment for the entire gathering, when the NSS online magazine - ALOHOMORA was released, on this occasion. Our program officers, Dr. Daisland Thattil and Renjith Varghese sir, had set the stage on fire with their valuable sharings. "Once an NSS volunteer, Always an NSS volunteer"- was the basic motive behind our Seniors attending the meeting and also sharing their inspiring moments in NSS with their juniors. The meeting came to an end by 8:30 pm, with an ideal piece of thanksgiving. It was a special experience for all, to celebrate this year's NSS day online successfully.

GANDHI JAYANTHI (20/10/2021)



Nss unit 42 and 144 of st.Thomas college,Thrissur celebrated 151th Birthday Anniversary of Mahatma Gandhi.By organising a webinar on 2nd October 2020 at 6:00pm.The event was inaugurated by our honorable principal Dr.K.L Job.Our chief guest is prof.George Alex our previous program officer.The meeting started with NSS song by Kripa and welcome speech by Shama.The purpose of our webinar is sharing Gandhian idea by prof.George Alex.Daisland miss talking a few words about the section.At last Mary P.T thanked to prof.George Alex for giving a wonderful section.At 7 pm the meeting ended.

KERALEEYAM(05/11/2020)



As per the 60th year of formation of our state kerala, NSS unit 42 and 144 of St.Thomas college Thrissur arranged a talk named 'Keraleeyam' and a photo exhibition on traditional agricultural tools and methods on 5th november at 7 pm. Honorable principal Dr. K L Joy sir inaugurated the function.Dr Hema Malini ,HOD of malayalam department Vimala college Thrissur appeared as our chief guest.The meeting started with NSS song by Anagha Muraleedharan and welcome speech by Dr.Daisland miss.The programme overviewed about the culture of kerala and hidden values of our language carried out by Dr.Hema Malini miss.Our beloved volunteer Sniya theresa thanked everyone for the kind participation.Ranjith sir also gave a great participation in the programme.Around 8 pm the meeting ended.

PRE- RD SELECTION(14/11/2020)

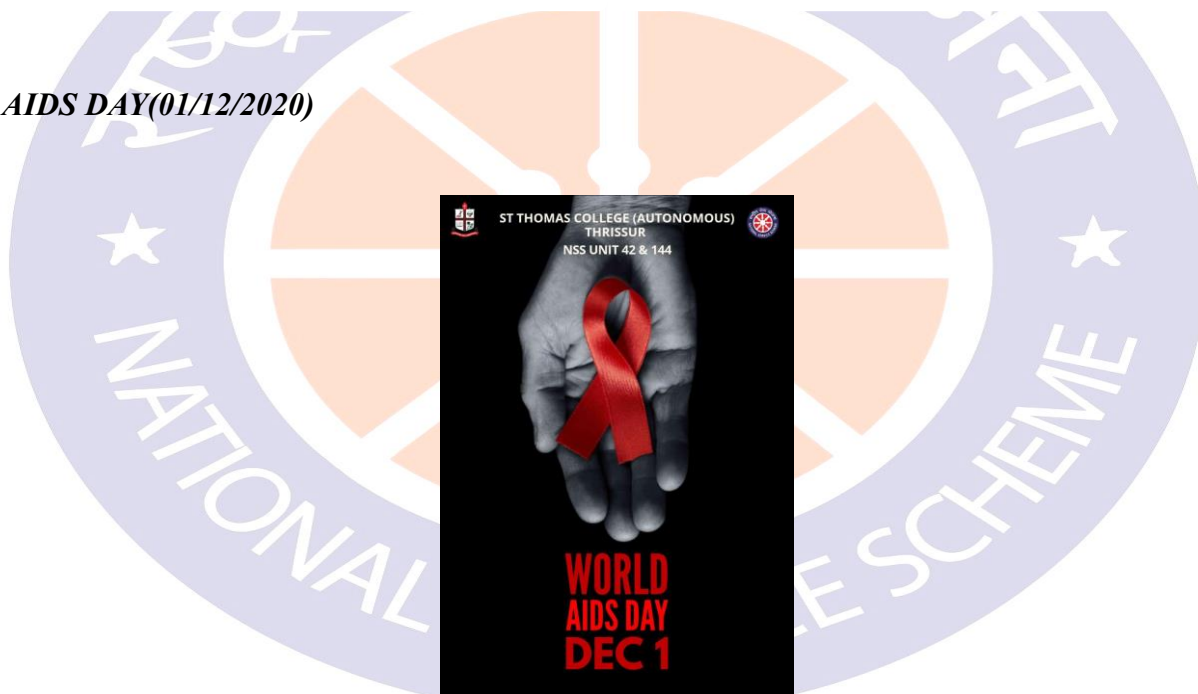


The district level selection for Republic Day parade camp was held on 14th November 2020. The reporting time was 9 'o'clock and the participants were greeted by the District coordinator at Thope Indoor Stadium, Thrissur. The participants had to undergo a 4 round selection procedure. The judges who came to evaluate were experts in their own field. The first phase was the physical test round which was conducted in order to test whether the candidate

met the physical requirements as per the criteria. There was a 1.5 km race which was the second round and it was to be completed within 10 minutes and it was to test the candidate's stamina. This was followed by the March Past test which was evaluated by an NCC officer. Finally, the last round was a personality test together with a quiz. There were almost 20 candidates in the beginning which was reduced to 5 in the end. Only one boy and a girl were selected and the participants were also given refreshments in the end.



AIDS DAY(01/12/2020)



The nss unit 42-144 of St thomas college Thrissur conducted AIDS day celebration on the international AIDS day (on 1-12-2020)As per the guidelines from our coordinators Renjith sir and Daisland miss, the unit members prepared posters as the awareness about the day. The photograph of each member with the poster is collected and joined together as a video under the leadership of leader Navaneeth. Later the video was published.

https://www.instagram.com/tv/CIQSZ6BBXQw/?utm_medium=copy_link

RANG 21 (11/01/2021 - 17/01/2021)



Pain and palliative care society Thrissur conducted a 7 day online programme *'RANG 2021'* based on Kerala Palliative care day. It was a very inspiring and informative programme that started from 11/01/2021 to 17/01/2021. On the first day, 11/01/2021 () hosted by Thejus Engineering college conducted panel discussion based on Palliative care introduction and Homecare of PPCS. The session was a talk introducing the concepts of Palliative care and Home based care. On the second day, 12/01/2021 () It was a one hour long panel discussion on physiotherapy hosted by St. Marys' Thrissur and was handled by Dr. Sajitha, Dr. Pramod. It was panel discussion based on mhat, rehabilitation ,music on the third day 13/01/2021 () hosted by MES Asmabi. On 4th day 14/01/2021 () it was a webinar based on competency and compassion(palliative care day theme). On 5th day 15/01/2021(Conviction) it was a one hour panel discussion on community and student participation. 16/01/2021 ,the 6th day () it was a 2 hour session of talk & debate on Euthanasia and palliative care for students of various college. On the 7th day 17/01/2021 (Movie Flix) the first session was a movie review discussion on popular movie depicting palliative care concepts. The second session included a short film on palliative care, a talk by Acuthan sir and Indrechi on fundraising necessity, Musical events etc.

VOTING MACHINE CHECKUP(18/01/2021)

On 18 th January 2021, checkup of 5000 voting machines for the upcoming Legislative Assembly election was started at Government Engineering College Thrissur. As a part of the activity, the officials were in need of help from the NSS volunteers. On the first day, 6 NSS volunteers from St. Thomas (AUTONOMOUS) College volunteered the procedures. The program was there for 4 days.



NATIONAL YOUTH PARLIAMENT DISTRICT LEVEL SPEECH COMPETITION (19/01/2021)



The District level speech competition of Youth Parliament conducted by Nehru Yuva Kendra under the Union Ministry of Youth Affairs and Sports was hosted by Palakkad on 30th of December 2020. The event was inaugurated by V K Sreekantan M P, and Nehru Yuva Kendra State director K Kunhammed presided over the meet.

I was given a golden opportunity to be included in the top 10 selected list for the competition and participate online. There were 4 varieties of topics in which I chose to speak about "Unnat Bharat Abhiyan- Unleashing the power of communities and using technologies to uplift them", among other peer competitors. By 3:00 PM the competition started and I gave my best performance. The competition ended by 5 PM and the winners were announced afterwards.

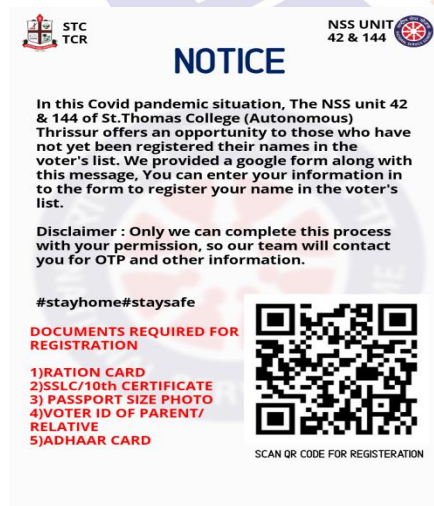
On 19th January 2021, a Felicitation programme was conducted at 11 AM which was inaugurated by TN Prathapan MP, presided over by District Panchayat Vice President Sheena Parayangattil, to congratulate and distribute certificates and recognition for the participants of youth parliament. I received my participation certificate and recognition from the respected District Officer Sheena Ma'am.

At the end of the programme NYKS district coordinator Nandakumar sir appreciated our participation.

Voter ID Registration Campaign(26/01/2021- 01/02/2021)

From January 26 2021,a Voter ID Registration campaign was conducted by NSS Unit 42 &144 at St Thomas College (Autonomous) Thrissur. Parvathy Sarma and Stalwin Joju were the convenors of the campaign. Under their guidance,16 volunteers rendered their sincere service to the society. The volunteers were:

- 1)Stalwin Joju (Convenor)
- 2)Parvathy Sarma (Convenor)
- 3)Navaneeth Krishna C A
- 4)Glory P S
- 5)Albert Rajeev



STC TCR

NOTICE

NSS UNIT 42 & 144

In this Covid pandemic situation, The NSS unit 42 & 144 of St.Thomas College (Autonomous) Thrissur offers an opportunity to those who have not yet been registered their names in the voter's list. We provided a google form along with this message. You can enter your information in to the form to register your name in the voter's list.

Disclaimer : Only we can complete this process with your permission, so our team will contact you for OTP and other information.

#stayhome#staysafe

DOCUMENTS REQUIRED FOR REGISTRATION

- 1)RATION CARD
- 2)SSLC/10th CERTIFICATE
- 3) PASSPORT SIZE PHOTO
- 4)VOTER ID OF PARENT/ RELATIVE
- 5)ADHAAR CARD

SCAN QR CODE FOR REGISTRATION

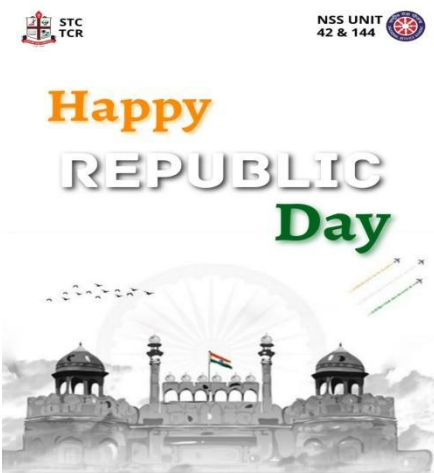
- 6)Amal C S
- 7) Shilpa A
- 8)Adithya Ramdas
- 9)Anagha C S
- 10)Dilruba K C
- 11)Vivek C V
- 12)Nithin Thomas Shaju
- 13)Meettu Manoj C
- 14)Sniya Therese
- 15)Nikhil E V

- 16)Bhuvana Raj T

The Campaign was started on January 26. By February 1 2021,The volunteers

successfully completed 163 Voter ID registrations without any remuneration. The Voters expressed their sincere gratitude to the NSS unit of St Thomas College (Autonomous), Thrissur for rendering the service without taking any reward. NSS Program officer Prof. Renjith Varghese appreciated the efforts of the volunteers.

REPUBLIC DAY (26/01/2021)



On this occasion of India's 72nd Republic Day, I feel privileged indeed to report the events which have taken place today on the behalf of all the members of NSS units 42&144 of St. Thomas College (Autonomous) Thrissur.

With the present Covid situation, only few of the volunteers were present at the college for the special day's celebration.

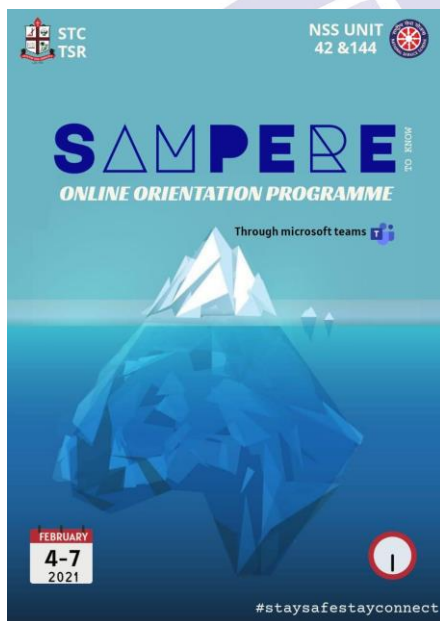
Our worthy Principal, Dr.Joy K.L, unfurled the national flag amidst loud cheers and he enlightened the students and staff present with his motivational Republic day speech.

The rest of the student volunteers witnessed this special national occasion through the nearby flag hosting centers allotted for the purpose. To show their dedicated participation on this patriotic occasion the students have taken photographs from the flag hosted centers and posted on the respective college NSS groups.

Our College celebrated the Republic Day programme with dedication and respect towards the country and its warriors by patriotic theme presentations in the form of group song and mime which was well organized by our dedicated NSS volunteers through various social medias. All the programs were really mesmerizing as they raised the spirit of patriotism in the minds of the viewers.



SAMPERE- ORIENTATION PROGRAM FOR VOLUNTEERS (04/02/2021 to 07/02/2021)



This report is based on the 4 day orientation programme held through Microsoft teams conducted by our seniors and unit Program Officers on 4th february 2021. Before the beginning of the orientation camp the volunteer was split up into 7 groups. The orientation programme was an 4 day process and it was named SAMPERE .It was mainly meant for the ice breaking session for the new volunteers. Each day the programme was held for 2 hours between 6:30pm to 8:30pm. The first day programmes were conducted by

the first group which was very well conducted and the day's speeches were done by Our Program Officers Daisland ma'am and Renjith sir. Both of them helped us a lot to get an idea and also both Navneeth and Augustine, our beloved seniors, shared their experience and main ideas they got from the NSS which were very memorable moments in the orientation programme. The games were also very engrossing. The second day was also amazing and there was a special speech from our senior Glory. She gave a training on how to sing the NSS Anthem which was also the main spotlight of the day. The second day's programmes were very absorbing. The task was assigned to the 2nd group. They sit up there time for the convenience for timing their task .All the volunteers liked their chore. The next day was too interesting with speeches and games 2 Groups conducted the programmes there was noag throughout the 2:30 hour programme

that day to our seniors shared some of the memorable moments and experience in their nss life. The final day was one of the main days in the orientation programme the day's task was divided into 2 groups that day's task was compelling and most of the volunteers came up voluntarily to do the task which was allotted to their respective groups. The four day orientation programme was the first programme that was conducted as a group activity and each day passed by the ice was just breaking more and more down. The main aim was to get to know everyone and to consider such a matter the programme was conducted and oriented to its best which was very productive.

Tap to return to meeting 22:58	Tap to return to meeting 22:18	Tap to return to meeting 22:26
<p>← In meeting (109)</p> <ul style="list-style-type: none"> Jasmin Jose JENETT PJ(42-30) Jomol C J 42-31 Jovana Johnson 42-32 Joyal Johnson 42-33 Krishnapriya P V 144-31 Iana thomas 144 - 32 Malavika A Warier Mariya Johnson 42/35 Meettu Manoj. C 144-33 MISHAL ZAMAN Mohamed Ashik Nishad 42-37 Mr. Renjith Varghese 	<p>← In meeting (110)</p> <ul style="list-style-type: none"> Aarya Pramod 144-01 Abhishek Antony Adhithya Pramod 42-01 Adithya Ramadas/42-02 Aishwarya144-02 Aiswarya Jayan Aiswarya T P 144-04 Aiswarya.N.G 144-03 Akhil k paul Akshaya P V Alaka 144-05 Albin v b 42-05 Aljo santhosh K 144-06 	<p>← In meeting (110)</p> <ul style="list-style-type: none"> Alwin gbell 144-07 AMAL C S Amrithakrishna. k (42-07) AnaghaC. S (144-08) Anamy K Joy (42-8) Ananth R Krishna 42-09 Angel Joshy A Angel Rose K A (144-10) Angel Varghese 42-10 Anjaly Biju 42-11 ANJALY PS 144 - 11 Anmol Lino(42-12) Ann Mariya MF 42-13

FUTURE OF KERALA YUVA MORCHA PROGRAM (12/02/2021)



The program of Yuva Morcha was started on February 12 at 5 pm at the Naduvilal junction. The discussion was on what the future of Kerala should look like under the auspices of the Kerala State Youth Welfare Board. The state level inauguration of the event was officiated by the Honorable Chief Minister Shri Pinarayi Vijayan via video conference from Thiruvananthapuram. Representing transgender people the one among them told the difficulties and needs of transgender people and about their requirements about their space in society and so on. Renjith sir with nss senior and junior volunteers participated in the program. Representing the NSS cell of St Thomas College, Sreehari delivered a speech. The program ended at 6pm.



ECONOMIC SURVEY (18/02/2021)



The Department of Statistics under Government of India conducted a training program for the NSS volunteers for the Economics Census. Both online and offline training was conducted for Enumerators and Supervisors. The online training was held on 12th February. The training was conducted by Britto Saleel. This session taught us how to use the EC 7.0 app. The offline training was held in St. Thomas College on 18th February. Different officials from The Department of Statistics were present along with officials from CSC (Common Service Center) who conducted the training session. Our principal Dr. Joy K L inaugurated the program. Our Programme Coordinators Renjith sir and Daisland Ma'am were also present. The session began with the NSS song and the inauguration session was anchored by Sreehari.

Our instructor quickly went through the usage of the mobile app once again and answered all of our queries diligently. With the help of the Statistics officials, they also showed us how to use the statistics map and shared experiences on various scenarios we have to prepare ourselves for. The training was conducted very smoothly and the officials took great care in making sure all our questions were answered.



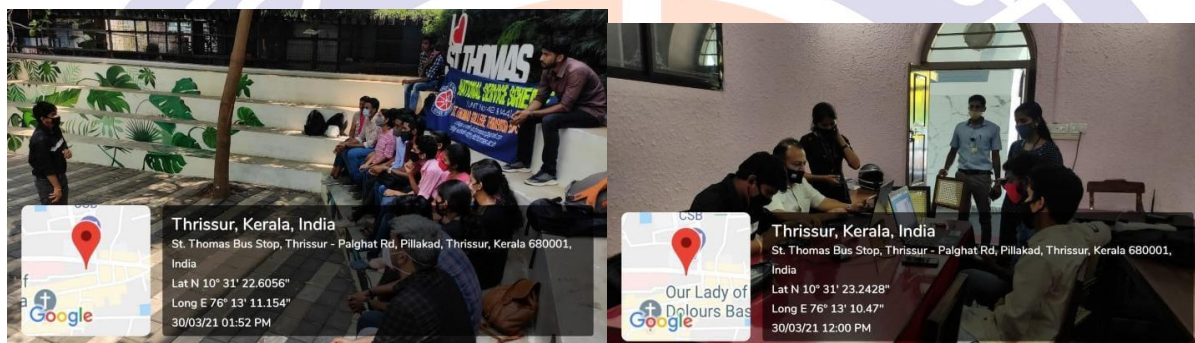
INTERNATIONAL FOREST DAY (21/03/2021)



In association with the Forest Day celebration on 21/03/2021 NSS units 42 and 144 of St. Thomas College (Autonomous), Thrissur created a poster. Recognizing the importance of the day all volunteers virtually participated in the day observation.

CSC REGISTRATION (30/03/2021)

CSC - Common Services Center program is an initiative for the ministry of electronic and IT, govt of India. On 30th march 2021, 3 members from CSC visited St Thomas and conducted a class for NSS volunteers from unit 42 & 144, and some volunteers have registered in csc .The volunteers were led by program officers Dr.Daisland Thattil and Mr Ranjith Varghese.



FLASH MOB -poshan pakhwada (30/03/2021)

The ministry of women and child development, govt of India had initiated Poshan pakhwada(nutrition fortnight) from 16th to 31st march ,2021.

On march 30th 2021, NSS volunteers from unit 42 & 144 of St Thomas college (autonomous) Thrissur had participated in poshan pakwada by performing a flash mob in college campus. The volunteers were led by program officers Dr.Daisland Thattil and Mr Ranjith Varghese.



VOTE WALK (31/03/2021)

On 31-03-2021 at 8:00 a.m., 25 volunteers from the NSS unit of St. Thomas College, attended Sweep, a VOTE-WALK. The rally around Thekkinkadu-Swaraj round began around 9 am. The vote walk was led by Thrissur District Collector Shri S Shahnawaz. After the rally, he clearly presented the importance of democracy and the need for every citizen of India to vote. Then volunteers returned after taking photos with him.



15. BioDiversity Parks

BioDiversity parks Constructed	Campus	-
	Public Places	-
	Adopted Village	-

