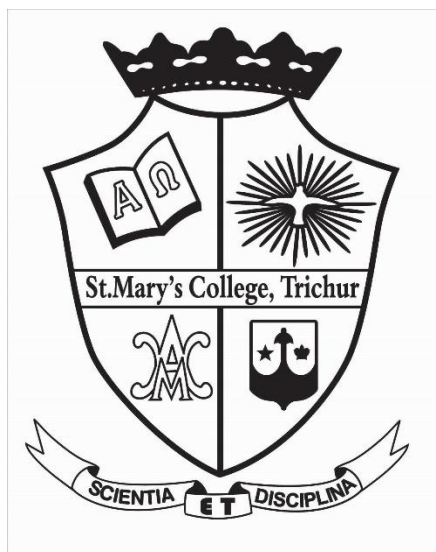


**ST. MARY'S COLLEGE,
THRISSUR – 20**



**NATIONAL SERVICE SCHEME
UNIT NO: 44 & 220 (KL – 01 – 118)**



Activity report

2016-17

REPORT

- Two NSS volunteers participated in environmental Day programme at collectorate on 5 th June. Our honorable agricultural minister Sri Sunil Kumar inaugurated the programme and planted a sapling in the collectorate premises. They discussed the necessity of protecting our environment.
- As a part of environmental day celebrations NSS volunteers and programme officers planted a sapling in the college premises on 6 th june.



- NSS units of St. Mary's college organized a blood donation camp on 10 th june in collaboration with IMA, as a part of blood donor's day. 71 persons including staff and students donated blood in the camp. IMA gave an award to the NSS Units for great participation.





- As part of Blood Donors Day NSS volunteers participated in a Quiz competition conducted in St. Thomas College, Thrissur on 14 th june . The programme was inaugurated by Smt. Haritha V Kumar IAS, Sub collector, Thrissur. Dr.V GovindanKutty, Director IMA Blood Bank gave a talk on the topic “*RakthamNammaleEllamBandhippikkunnu*”.
- NSS volunteers and NSS programme officers Ms. RakhiChandran &MS. Vandana A B donated the harvested plantains to Pain &Palliative care, Thrissur.



- NSS volunteers and Programme Officer Smt. Rakhi Chandran participated in mass Demo of Yoga at Sahithya Academy in connection with International yoga Day celebration on 21 st june. Thrissur District Collector V Ratheesan inaugurated the function and honored the Yoga masters. He delivered an inspirational talk to the volunteers about the benefits of Yoga practice.
- In connection with World Olympic Day, 50 NSS volunteer of St.Mary’s College participated in *Koottayottam* conducted by sports council on 23 rd june

- St Mary's College and Agricultural university Mannuthy Jointly conducted a survey on "Waste management systems" in Paravattani, Thrissur on 14th and 16th July . 62 Volunteers participated in the survey. They surveyed 1000 families. The volunteers interacted with natives about their waste management systems.
- The Programme officer's meet of thrissur district is conducted in St Mary's college, Thrissur on 21st July. The meet was inaugurated by Sri Ali Kunju, Regional Deputy Director, Information and public Relations Department. Prof Valsarajan , Programme co - ordinator NSS ,Calicut University presided over the function. Principal Dr Sr Marriette was the chief guest. Dr A B Moideen Kutty, NSS Advisory committee member, Calicut university , delivered the key note address. Ms.Rakhi Chandran, NSS PO welcomed the gathering. Ms Vandana A B , NSS PO delivered the vote of thanks for the inaugural session. PO's were planned the programme for the year 2016-2017.



- Pooram city junior chamber & NSS Units of St Mary's College Jointly organized " the centennial bleeding " of Sri Tiny Francis on 1st August. He donated his blood 100th time .Blood donation camp was also held in the college on the same occasion .101 students donated blood.



- In connection with the observance of Swachh Bharath Pakhwada ,NSS Volunteers conducted an oath taking ceremony on 3rd August. Our Principal Dr Sr Marriette A Therattil Delivered Swachh Bharath pledge to the volunteers to keep their surroundings clean.



- Slogan writing competition was conducted on the topic Swachh Bharat on 4th August. Meera V M, Microbiology department got first prize. And also organized a cleanliness drive in our college. 80 volunteers participated in it.



- NSS Volunteers and PO'S Smt Rakhi Chandran & Vandana A B visited the adopted village on 6th August. They interacted with the 65 families in the village and gave them an awareness towards cleanliness. Volunteers distributed hand wash to the 65 families and anganavadi as free cost.



- NSS Units celebrated Independence day in our college .College principal DR Sr Marriyette A Therattil hoisted national flag and delivered a speech. NSS Programme officer Smt Vandana A B and student representative also delivered a speech .After the celebration all the NSS Volunteers marched as part of Swachh Bharath mission



- NSS Units of our college conducted an eye camp in association with Ahalya eye foundation on 17 th August and conducted an awareness programme on eye care.



- NSS Units of St Mary's College organized an awareness talk on palliative care to the NSS Volunteers on 23 rd August . Session was started by Smt C Vijayalakshmi teacher , Co ordinator, palliative care followed by Smt Jyothy Varriar.
- As part of Voluntary eye donation day, NSS Units of our college organized an awareness talk on eye donation on 7 th september. NSS Volunteers created an awareness among students for the kerala blind association.

- The seven day camp was officially inaugurated by Thrissur ACP, Shahul hameed sir on 10 th September .Adopted Village was Kolazhi . The presidential address was made by Dr.sr. Marriette A Therattil, the principal of St. Mary's college. The felicitation were given by the invited dignitaries, the President of Kolazhi panchayat- Shaji Ahammed ,Kolazhi panchayat secretary- Vinod Kumar, and the ward member smt.Jessy, smt.Elsy. Tiny Francis, who proved commitment to the society through donating his blood 100 times, spoke about the importance of blood donation. He also shared his experience with the NSS volunteers.
- On 10 th September , Dr Govindan kuttu, IMA Blood Bank gave a talk on importance of blood donation ,its needs and merits followed by an Eye camp was conducted under the surveillance of Ahalya eye foundation.
- Distributed collected Toys to “Anganavadi” at Swapnabhoomi colony, Kolazhi



- NSS Volunteers constructed the road on 11th September under the leadership of Smt.jessy, ward member of Kolazhi panchayat and NSS programme officers Miss Rakhi and Miss

Vandana. Everyone including children also joined in the construction.



- The flash-mob of NSS volunteers was conducted on 12 th Septembert as a part of the blood donation camp. The mobile blood donation camp was also under the leadership of Tiny Francis and Lions club in collaboration with IMA.



- As a part of LAMPS programme Dr .D. Girija the chief coordinator of LAMPS conducted an awareness programme about waste management on 12 th September at Atthekad anghanavadi followed by a talk on “ problems faced by the adolescent girls” by Dr.Midhun



- On 13 th September Cyber cell S. I. Roy.C. George gave a talk on the topic “Emerging crimes in the cyber world” at Gandhi Nagar, Kolazhi
- **On 14 th** September Career motivation talk by Dr Dennis Vadakkan followed by short films on the theme “Nothing is impossible for women” by VIBGYOR Film Collectives



- NSS Volunteers cleaned the Renovated ward of Mulankunnathukavu medical college on 24 th September in collaboration with joy alukkas foundation.
- On 1st October NSS units of our college awarded by Indian medical association for their contributions on voluntary blood donation.



- On 1st October NSS Volunteers participated in a workshop on” Woman empowerment” organized by Athma foundation.
- On 4th October , volunteers performed a street play to create an awareness on the protection of old age people.



- On 8th October, Two volunteers participated in a speech competition conducted by palliative care Society, Thrissur. In connection with world hospice and palliative care day. The topic was the contribution of society in palliative care. Blessy Biju of I DC botany secured 3rd prize in the competition.
- On October 21 st Volunteers collected food packets and distributed it to the Poor people in the streets.



- Activities of the Red Ribbon club was Inaugurated by A Ramachandran DYSP vigilance and anti-corruption department on 21 st October . The activities of the red ribbon club was carried by the NSS Volunteers. The Programme was started with the NSS Prayer, Sri A Ramachandran and his team members delivered a talk on Corruption in Society .They lead an open discussion with staff and the students.
- NSS Volunteers conducted a Flash mob to convey the message of Blood donation at thekke Gopura Nada Vadakkumnthaan Temple. 32 NSS volunteers participated in it. It was conducted in association with blood donor's kerala, Thrissur chapter.



- To commemorate the birth anniversary of Sardar Vallabai Patel government decided to observe 31st October as National Unity Day. NSS Units of St. Mary's College initiated to take a pledge on National Unity.



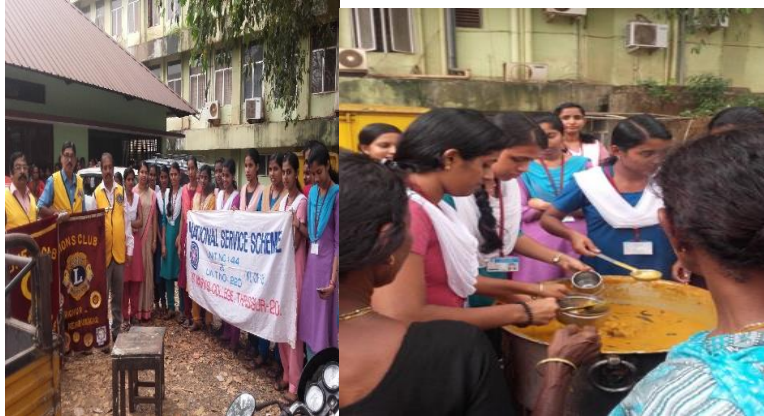
- On 14th November, In connection with Children's day celebration NSS volunteers participated and performed various cultural activities like Drama games for the children's of Kannara GUP School, Pattikkad Higher secondary School. In that Programme NSS volunteers tried to give the awareness about child abuse, Cybercrime among the children and youth. NSS volunteers also celebrated the children s day by distributing sweets and balloons to the children.



- On 18th November ,An orientation programme is given to NSS volunteers by Asst. Prof. Sony T.L, National Award Winner, former Programme coordinator of NSS of SCAM College, Kuttanellur. She explained the beginning of NSS, its motto, its wide opportunities, and taught NSS prayer and clap. She also motivates the volunteers by discussing her own experience as a NSS volunteer and PO.



- On 18 th November ,NSS PO and volunteers participated in the QUAMI EKTA week celebration at Kodungallur.
- On 22 nd November, In collaboration with Lions club, Thrissur NSS volunteers of our college distributed food to around 123 patients and bystanders in Medical College, Mulankunnathu Kavu, Thrissur.



- On 23rd November, NSS units of our college participated in 'Bodhapournami 2016' jointly conducted by Kerala Kaumudi Newspaper, IMA, and District Police force. It was an anti-drug campaign and our volunteers took the pledge against the usage of drugs among youth, society. We are also pledged to take initiatives for the eradication of drug addiction from the society and whole community.



- In connection with World AIDS Day, NSS volunteers participated in the awareness rally and they also performed a flash mob at Town hall as part of the public function on 1st December. The theme of this year was 'Hands up for HIV prevention'. The volunteers also spread the messages on its prevention through their act.



- An orientation class was organized by the University of Calicut, for NSS volunteer secretaries at Agriculture University, Mannuthy on 7th December and a two day residential training camp for NSS Programme Officers was also started at the same venue on the same day.
- An 'Early Cancer Awareness' seminar focused on breast and cervical cancer was organized by NSS units of our college in association with Lions club of Trichur, and Thrissur obstetric and gynaecological society on 9th December. DR. Vasanthi Jayaraj, MD, DGO, of Mother Hospital become the resource person .



- An awareness rally was conducted by KSEB, Thrissur at Swaraj round and NSS volunteers participated in the receiving function of the rally and talk on energy conservation on 10 th December
- Volunteers Participated in a seminar on 'Haritha keralam' at JBHS ,Koorkanchery.on 13 th December.
- On 14 th December ,As part of the observance of the energy conservation day a pledge was taken by the whole college on the careful use and conservation of energy for future generation. Our Principal Dr Sr Marriette A Therattil delivered the pledge.



- One Volunteer participated in district level speech competition on 'patriotism and nation building' by Nehru Yuva Kendra on 15 th December.
- Talk on demonetization by Sri Ajithan Employee, HDFC bank on 12 th January. He discussed the various techniques to handle with demonetization



- As a part of Antidrug awareness campaign NSS volunteers performed flash mob and distributed pamphlets in kolazhi panchayath on 15 th March.



- Talk on women's safety by kerala police department on 28th March .



NSS Programme officers: Rakhi Chandran & Vandana