



ST. GREGORIOS COLLEGE KOTTARAKARA

**NSS & NCC EXTENSION
ACTIVITIES**

2018-19





UNIVERSITY OF KERALA
NATIONAL SERVICE SCHEME



NOT ME. BUT YOU



Unit No.30
ST. GREGORIOS COLLEGE,
KOTTARAKARA
(Accredited By NACC with B Grade)

UNIT REPORT 2018-2019

Project “NADHIYODOPPAM”

NSS unit of St. Gregorios College Kottarakara focuses on the university level project ‘Nadhiyodoppam’, give importance on reserving rivers.

Volunteers had visited and cleaned Meenpidipara at Kottarakara on 23/12/2018.

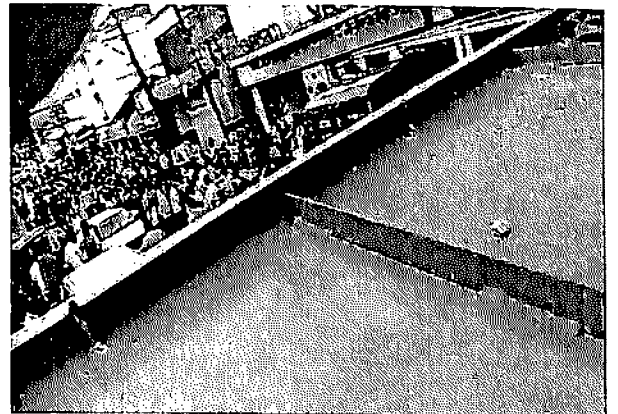
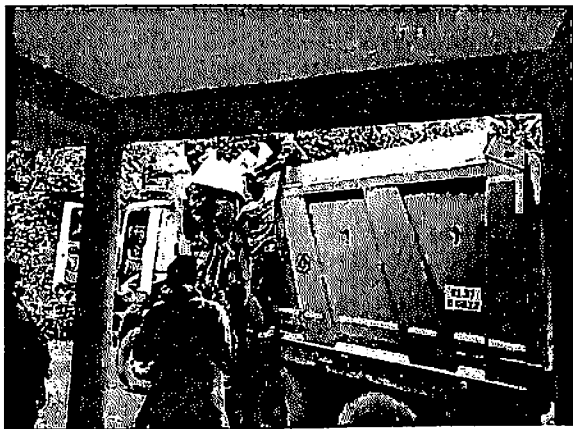
They got an opportunity to participate in River walk. Volunteers actively participated in the cleaning of Pandivayalthodu Kottarakara and Kallada River Elikattoor, Pathanapuram.



FLOOD Relief activities

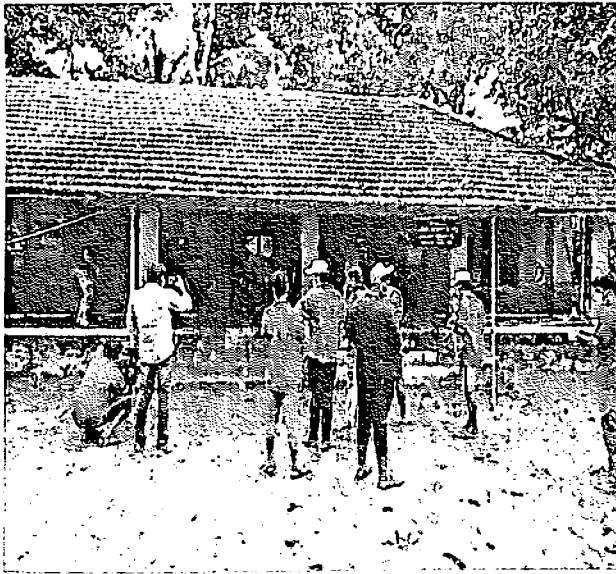
NSS unit joined hands on Flood relief activities during the Kerala flood time, August 2018.

Many volunteers camped at Marthoma Youth Centre, Adoor which worked as collection hub for distributing food and other required items for flood affected areas. Volunteers also participated at the rescue team and cleaning drive organized by NSS at Chengannoor, Pandalam area etc.



Chengannur Flood Relief Camp

Under the Kerala University joined to SathyaSai orphanage trust conduct a three day residential cleaning programme our NSS volunteers under the leadership of JyothisRajare actively participated on this camp.



Blood Donation

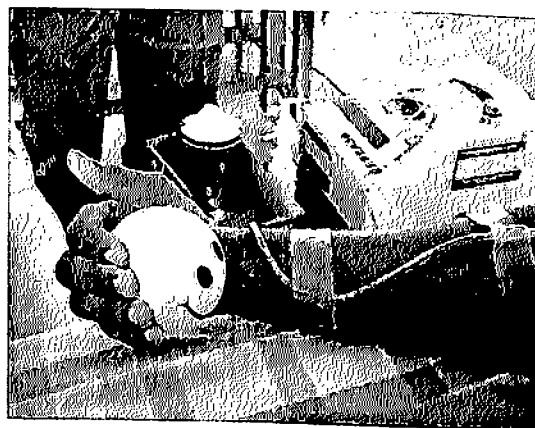
2.1 Healthy Life – HappyLife

The NSS unit aims to promote comprehensive promotional intervention to enhance voluntarily blood donation. A large number of poor patients and their relatives suffer a lot of physical and mental agony due to the non-availability of rare blood groups. Every year the unit enrolls all the eligible first year degree students in the blood donor's register after the identification of their blood group along with their Body Mass Index, and willingness. The institution conducts blood group detection camp and gives awareness about blood donation and its importance. Through our effort and attempt we intend to make the public a part of this big campaign "Healthy Blood Donation".

The unit have fully fledged team of RRC club volunteers to look after the blood donation activities and awareness programme. Mr. Jyothis Rajhad actively participated in the Blood donation camps organized by the unit as donors and also as Co-organizers, his efforts were appreciable in making this noble activity of blood donation grand success.

2.2 Blood Donation Awareness Programme

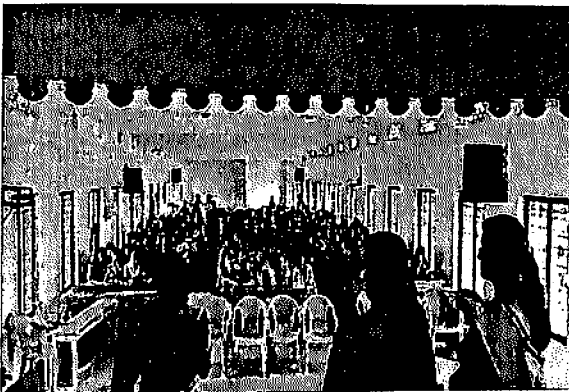
The NSS unit organizes various programmes in order to spread the awareness about importance of blood donations. A team of senior volunteers under the guidance of Programme Officers visited various classes and gave awareness on blood donation. This includes campaigns, posters, charts etc. These programmes are carried out both inside and outside the campus. The unit also observed world blood donors day on 14/06/2018 and conduct blood donation on 08/03/2019. Moreover the unit also spread awareness about blood donation through charts, posters, cultural programmes etc.



Volunteers campaigning about the importance of blood donation

2.3 Blood Donation camps

Blood donation camps were conducted in the campus during the year 2018-2019 apart from the regular blood donations carried out in Govt. Taluk hospital, Kottarakara. Blood donation camp was conducted in the college seminar hall on 08/03/2019. A team of nursing staffs and a doctor from Govt. Taluk Hospital, Kottarakara provided the medical assistance to the donors. More than 100 Volunteers donated blood to the blood bank, Govt. Taluk Hospital, Kottarakara.

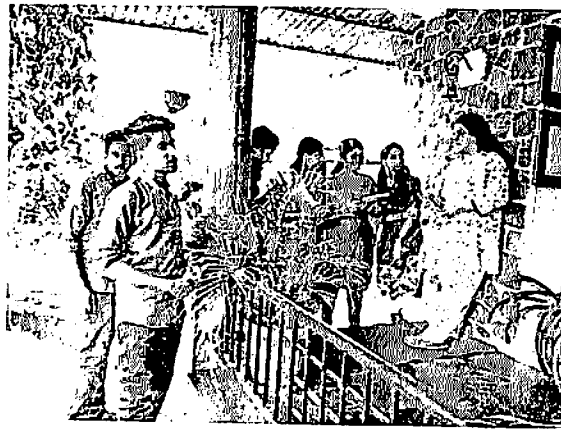


Surveys

The NSS unit of St Gregorios College had carried out various surveys to study about many socially important topics. Some of the surveys done by the unit in the academic year 2018- 2019 are enlisted below.

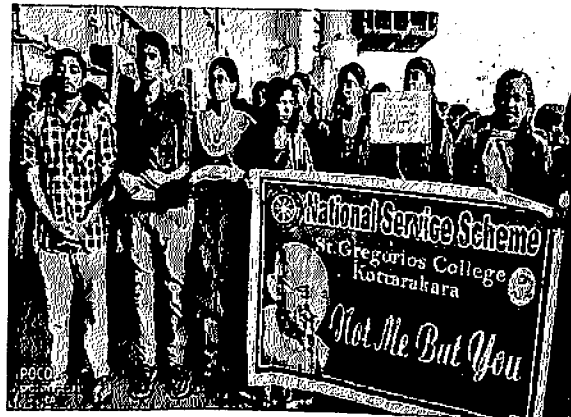
ASAP CSP survey

NSS volunteers in association with ASAP CSP – COMMUNITY SKILL PARK conducted a survey on youngsters at panchayaths of Ezhukone, Veliyam, Ummannoor and Pooyappally. The survey conducted for find out job skills on Youngsters.



General Election Campaign 2019

As per the instruction from district collector Kollam, NSS unit organized *koottayottam* from St.Gregoris College Kottarakkarato Kottarakara bus stand on 12/03/2019 and Constitution reading at Kottarakara bus stand on 13/03/2019.



ST. GREGORIOS COLLEGE KOTTARAKARA

NSS - ASAP SURVEY REPORT

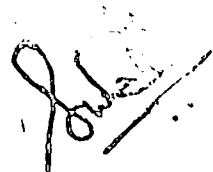
The ASAP survey in connection with the collection data on human resource was entrusted to the Kottarakara St.Gregorios College NSS unit by the Kerala University NSS cell. As a part of this programme volunteers were trained on how to collect data and upload it electronically via a mobile installed Android application. The training was given by Sri. Anoop, Senior Programme Manager, CSP Kulakkada and Aleema Asif, Programme Manager, CSP ASAP on 21/09/2018. After the prerequisite training, volunteers took part in the survey during the period 27/09/2018 to 29/09/2018. An average of 140 data per day was collected and uploaded. 81 student volunteers participated for a period of three days excluding training were engaged to complete the work. The survey was completed successfully and data was handed over to the ASAP Programme Covenor electronically through mobile based android application.

Survey Area

1. UmmanoorPanchayath, Poliyodu, Vilayanoor Ward
2. VeliyamPanchayathu, Kalaykodu, Vapala Ward
3. EzhukonePanchayathu, Parunthupara ward
4. KareepraPanchayathu, Vakkanadu, Madanthacodu ward

Number of samples surveyed: 420

Number of students participated in the survey: 81



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FLOOD RELIEF ACTIVITIES DURING 2018

NSS unit joined hands on Flood relief activities during the Kerala flood time, August 2018.

Many volunteers camped at Marthoma Youth Centre, Adoor which worked as collection hub for distributing food and other required items for flood affected areas. There was a process of separating the supplies arriving at the camp from different places and delivering those to different places as required. Essential food items, clothes and medicines were separately and specially packed and delivered to various relief camps. As a part of the Social Medias, Whatsapp, Facebook community led by various organisations, a lot of supplies were always delivered to the camp. Our St. Gregorios College NSS unit actively participated in camp activities day and night throughout the day. St. Gregorios College NSS unit **Programme Officer Asha G** and her family actively participated in the camp activities day and night throughout the day. St. Gregorios College NSS unit Programme Officer Dr.Manu V also participated in the camp activities. The activities of the camp were carried out under the leadership of the Pathanamthitta District Collector. The Adoor RDO, Naveen Babu Sir selected St. Gregorios College NSS unit **Programme Officer Asha G** as an officer more than a volunteer to carry out the camp activities. Pathanamthitta District Collector P. B Nooh IAS appreciates our entire team for such a type of activity. The joy of being able to do what we can in this flood is another, even in the prayer that the flood may never happen again.

Volunteers also participated at the rescue team and cleaning drive organized by NSS at Chengannoor, Pandalam area etc. The following students were deputed for cleaning activities at Chengannoor area

1. ABHIJITH S
2. AMALDEV SUDEVAN
3. JYOTHIS RAJ
4. THOMAS BABU

ASHA-G

ASHA-G

NSS Programme Officer

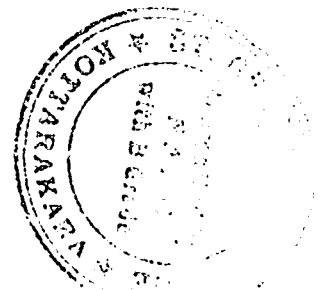
**National Service Scheme
St. Gregorios College
Kottarakara
Unit No: 30**



NSS Volunteers in distribution camp at Pandalam

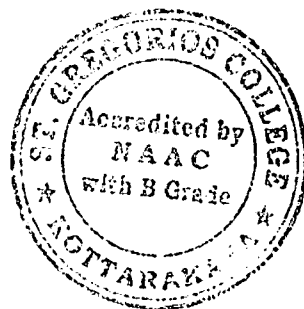
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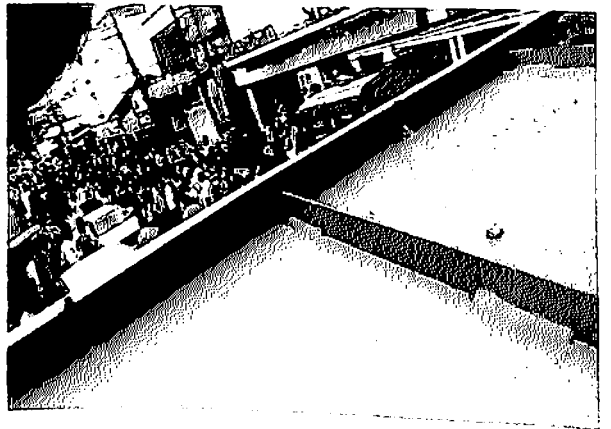




NSS volunteers engaged at packing relief materials



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NSS Volunteers engaged packing and distribution activities

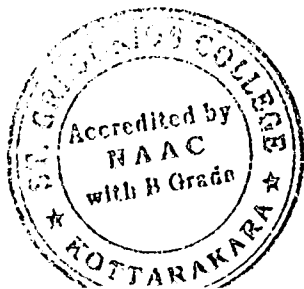
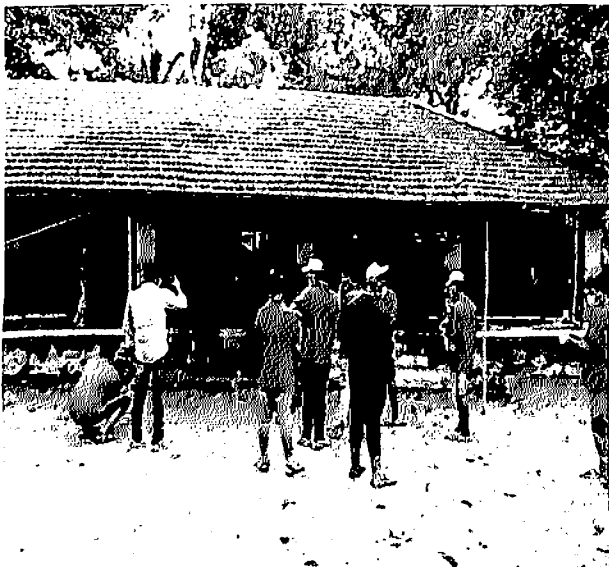



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Chengannur Flood Relief Camp

NSS volunteers of the University of Kerala in coordination with Sathya Sai orphanage trust conduct a three day residential cleaning programme our NSS volunteers are actively participated on this camp.

NSS Volunteers in cleaning drive




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NCC UNIT under 9(K) An NCC, Kottarakara

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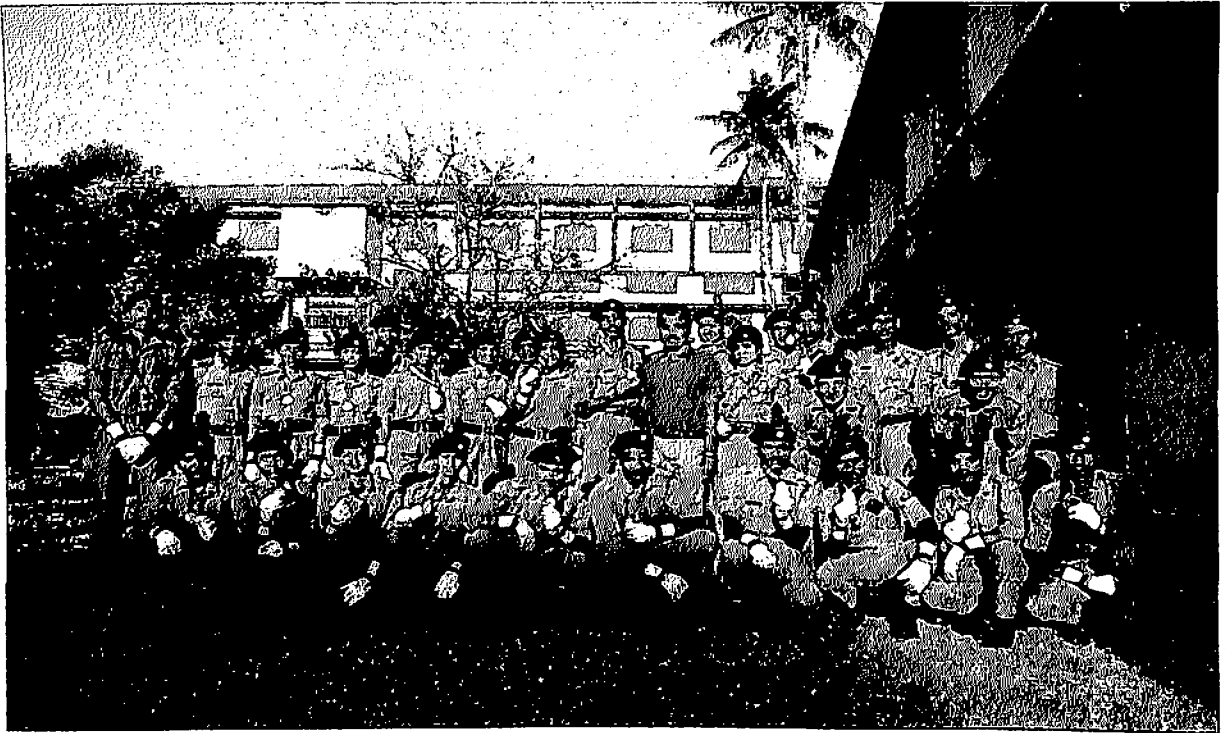
A Special Force For Future India

2018-2019

The vibrant disciplined cadets always took an active part and made the programme successful by their unity and co-operation. The year witnessed a lot of achievements and activities.

Social service and community development action plan was conducted as a part of Youth day on the month of January, took part in social service activity by sending the patients in ECHS polyclinic on 13th of January 2018. As every Yoga day, Environment day and the national days were celebrated with great importance.

The cadets who got selected for various camps were, Akshai.V and Jerin Roy for TSC-IGC, five of them who attended Army Attachment Camps were Akshai.V, Krishnanand KV, Asharaf S, Sreehar R Mohan and Anu S Asok, SubiSam for Moulankar-IGC, Akshai.V and Aparna were the two who participated in EBSB at Aurangabad; Anu SAsok for RDC-IGC and Anju V Nair attended NIC at Cherthala; Jerin Roy for Pre TSC II and attended the Trek at Kulamavu; Gokul Nath M for TSC Pre IGC. Each of the cadet's efforts reflected in their success. Cadet Aparna SB was also awarded the *certificate of merit* by the Group Commander on July, *Best Cadet award* was given to the SUO.Jerin Roy.



**SG College, Kottarakara - Achievements in NCC during the year
2018-2019**

Sl No	Name of Cadet	Activities	Year
1	Aparna S B	Certificate of merit by Group Commander	2018-19
2	Akshai V	TSC-IGC	2018-19
3	Jerin Roy	TSC-IGC	2018-19
4	Akshai V	Army Attachment Camp	2018-19
5	Krishnanand K V	Army Attachment Camp	2018-19

6	Asharaf S	Army Attachment Camp	2018-19
7	Anu S Asok	Army Attachment Camp	2018-19
8	Sreehari R Mohan	Army Attachment Camp	2018-19
9	Subi Sam	Moulankar IGC	2018-19
10	Aparna S B	EBSB (NIC) Aurangabad	2018-19
11	Akshai V	EBSB (NIC) Aurangabad	2018-19
12	Anu S Asok	RDC-IGC	2018-19
13	Anju V Nair	NIC Cherthala	2018-19
14	Jerin Roy	Pre TSC II	2018-19
15	Gokul Nath M	TSC Pre IGC	2018-19
16	Jerin Roy	Trek Kulamavu	2018-19
17	Anju V Nair	TSC Pre IGC	2018-19

Selected Activities: 1. TSC Delhi- 4 cadets participated – Won Gold and Silver medel

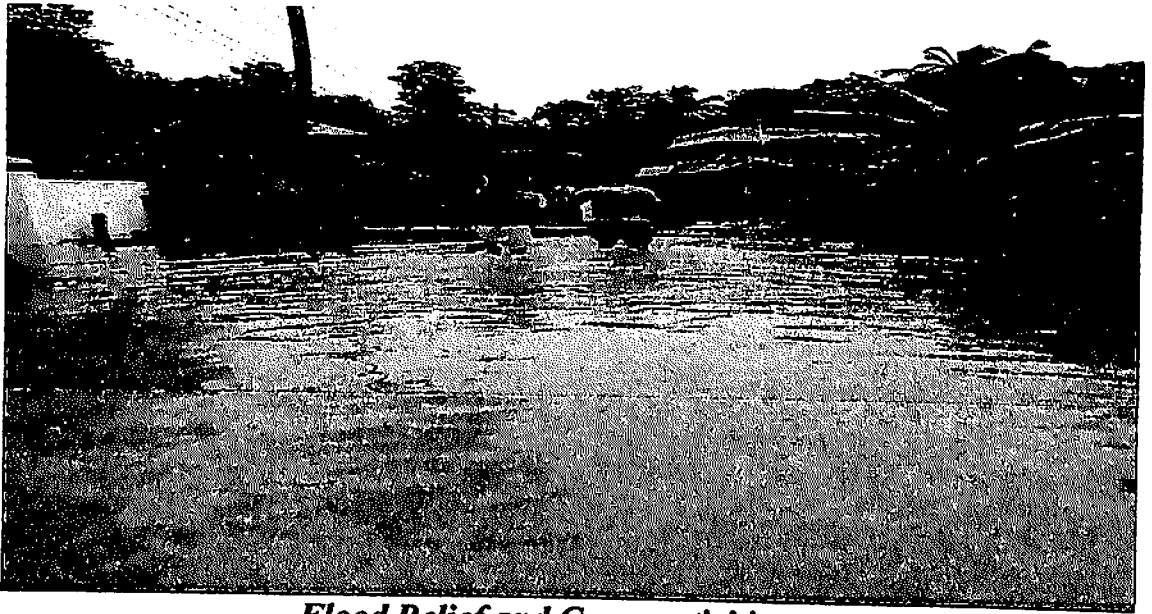
2. International Yoga Day Programme.

3. Rifle Training in College by participating cadets from other institutions

4. Republic Day celebration in College and Taluk level

5. Independence Day celebration

6. Participated in the anti polio drive



Flood Relief and Camp activities