



ST. GREGORIOS COLLEGE KOTTARAKARA

**NSS & NCC EXTENSION
ACTIVITIES**

2017-18





ST GREGORIOS COLLEGE

KOTTARAKARA



NATIONAL SERVICE SCHEME

Unit No. 30 – University Of Kerala

ANNUAL UNIT REPORT

2017-18

NOT ME. BUT YOU

ST.GREGORIOS COLLEGE

KOTTARAKARA

PREFACE

St.Gregorios College,Kottarakara, Kerala, the then first and only higher educational institution in KottarakaraTaluk was named after St. Gregorios of Parumala, the canonized saint of Malankara Orthodox Church. The Institution was founded in 1964 by His Holiness Moran Mar Baselios Marthoma Mathews II, former Catholicos of the East and Malankara Metropolitan. The college affiliated to the University of Kerala is under the aegis of St. George Bethlehem Ashram, Chengamanad, Kottarakara, and has been catering to the educational needs of all sections of people in and around Kottarakara. The institution is in its 53rd year of envious existence reiterating its motto "**Study Serve and Sanctify in God**". The college has been accredited by the NAAC, with B++ grade in 2006 and re-accredited with B Grade in March 2015.

The NSS unit has been contributing a major role in achieving the motto of the institution. Moreover, NSS students with great enthusiasm contribute their best for the betterment of rural communities and society. The social service and extension activities conducted by the NSS unit aims at developing the talents of the students and making them responsible citizens with social commitment. NSS unit had constructed homes for homeless people and various other social service activities were conducted by the unit. They organize legal awareness lectures every year to make the students aware of their duties and responsibilities as an Indian citizen. The Red Ribbon Club of NSS unit conducts HIV and AIDS awareness camps within the campus and also at public places. The club also actively takes the initiatives of spreading awareness about blood donation and massive blood donation camps are organized. Palliative care activities supply medicines, clothes, food and care to the needy persons.

ST. GREGORIOS COLLEGE

KOTTARAKARA

NATIONAL SERVICE SCHEME

Unit No. 30 – University Of Kerala

ACTIVITIES

2017-2018

The activities of NSS unit of St Gregorios College includes a wide range of programmes. The Pilot project of the unit is Thanal 2018, a project which aims at construction of home for a homeless family. The unit had also carried out various other programmes like community development projects in adopted colonies, survey in villages, tree plantation, medical camps, blood donations and various awareness programmes about health, women empowerment, leadership, cleanliness etc. the details of the activities carried out during the academic year 2017 – 2018 is described in the following pages

Pilot Project :Thanal 2018 BhavanaNirmanPadhathi (Home for homeless)

About Thanal 2018

As per the decision of the advisory committee and the core committee, the NSS unit has decided to start a programme called Thanal 2018 as the pilot project of the year. The project aims to construct a house for a poor homeless family in one of the adopted colonies. An action plan was formed to identify the person to whom the house is to be constructed and lucky draw was initiated to accumulate the funds.

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KOTTARAKARA

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Not me. But You

Lucky Draw Coupon

No: _____

10-ബിറ്റു
ഭവന നിർമ്മാണ പദ്ധതി

Name.....
Address

Contact.....

s/d Principal s/d Programme Officer s/d Volunteer Secretary

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No: _____

Lucky Draw Coupon

Draw Date
21.03.2018

₹ 20

1st Prize
INDUCTION COOKER
CHOICE HOME APPLIANCES

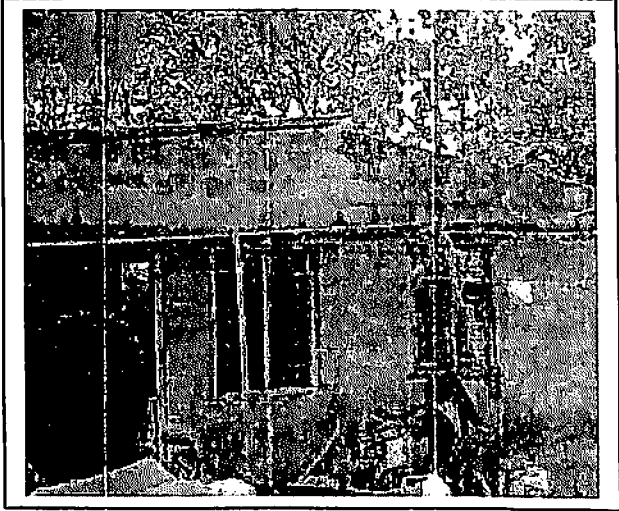
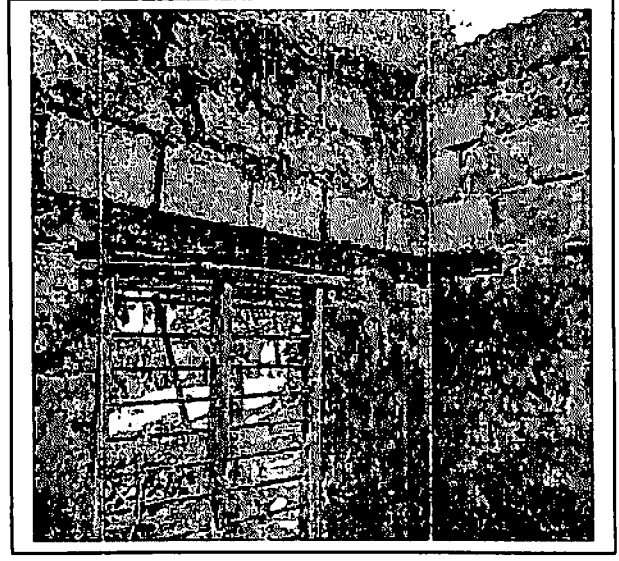
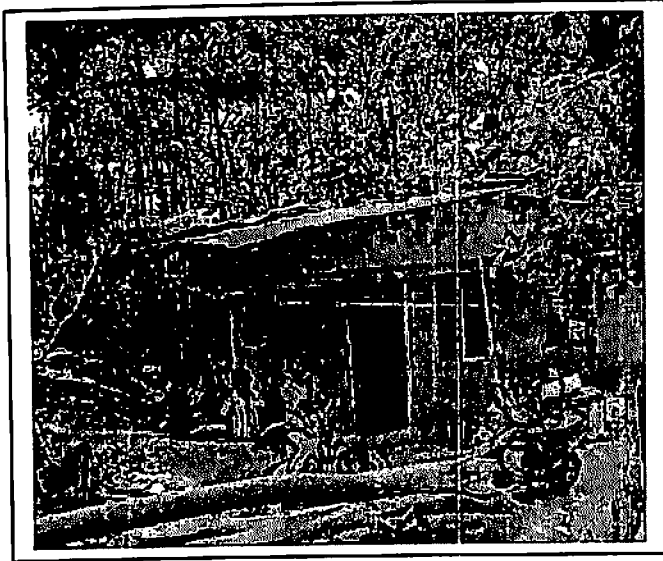
2nd Prize
GIFT VOUCHER
LEKSHMI EDIBLES & DRINKS

3rd Prize
CLOCK
CHOICE HOME APPLIANCES

4th Prize
BAG
GLORY FOOTWEAR

s/d Principal s/d Programme Officer s/d Volunteer Secretary

Lucky Draw coupon

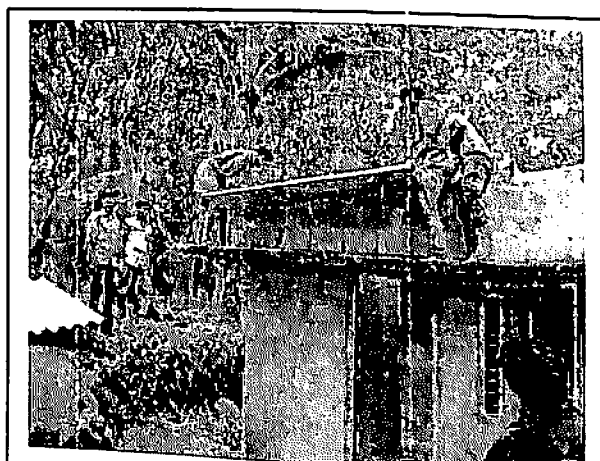
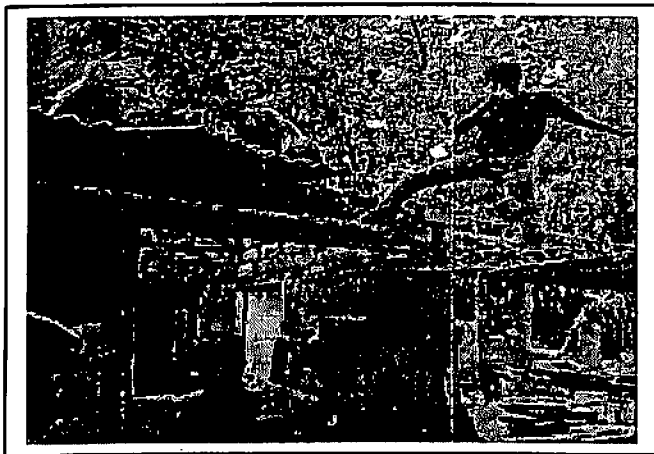


Details of NSS Bhavan constructed under '*Thanal 2018*'

The new NSS Bhavan constructed by NSS unit of St Gregorios college is situated at an adopted colony. The new house is located so near to the existing temporary shelter in which they dwell. The concrete house constructed has a total area of 950 sq. ft and has two bedrooms, hall, kitchen and a bathroom.

Report of the project

As part of the acting plan (Karma Padhathi) of N.S.S Unit, St Gregorios College Kottarakara, a house was constructed in the adopted colony. The material, manpower was raised by NSS volunteers of the St Gregorios College Kottarakara by means of a lucky draw collection. The 950 sq. ft concrete house has two bedrooms, hall, kitchen and a bathroom. The fund was collected by issuing lucky draw coupons collection of denominations (Rs. 20) ,finding sponsors , well-wishers, honorary workers etc for the completions of the work. Several volunteers involved in the construction work for the completion of the house. They were involved in removing mud from the construction site, bringing in water, cement, bricks, metal, sand, concrete etc to the construction site.



Blood Donation

2.1 Healthy Life – Happy Life

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 none 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. Several volunteers had actively participated in the Blood donation camps organized by the unit as donors and also as a organizers, their efforts were appreciable in making this noble activity of blood donation grand success. Details of blood donation activities carried are given below

The activities organized by the unit under blood donation are as follows

- ❖ **Blood Donor's Directory and Register**
- ❖ **Awareness Programmes**
- ❖ **Blood donation camps**

2.2 Blood donation Register/ Directory

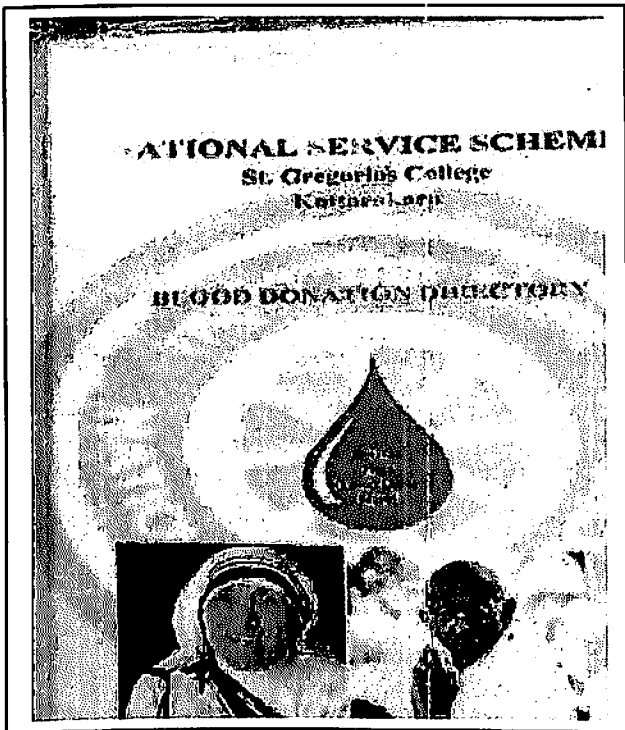
The unit keeps a blood donation register. Every year the unit enrolls the entire eligible first year degree students in the blood donor's register. A consent form is distributed to all new students of the college every year to collect the details of their blood group and the students willing for voluntary blood donation are requested submit back the duly filled form. The volunteer leaders enroll the student's name, blood group and contact details in Blood donor's directory after duly verifying it. This year a Rare blood group collection was also made.

Name	Blood Group	Contact No.	Other Info
S. K. ...	B
P. ...	O
A. ...	B
M. ...	O
K. ...	B
J. ...	O
P. ...	B
S. ...	O
A. ...	B
K. ...	O
P. ...	B
J. ...	O

NATIONAL SERVICE SCHEME
ST. GREGORIUS COLLEGE

NAME: ...
 CLASS: ...
 BLOOD GROUP: ...
 PHONE NUMBER: ...
 ADDRESS: ...

Consent form for enrolment in blood donor's directory



St. Gregorius College, Karnataka.org
BLOOD DONOR DIRECTORY

Name	Blood Group	Phone No.	Address
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Blood Donation Directory

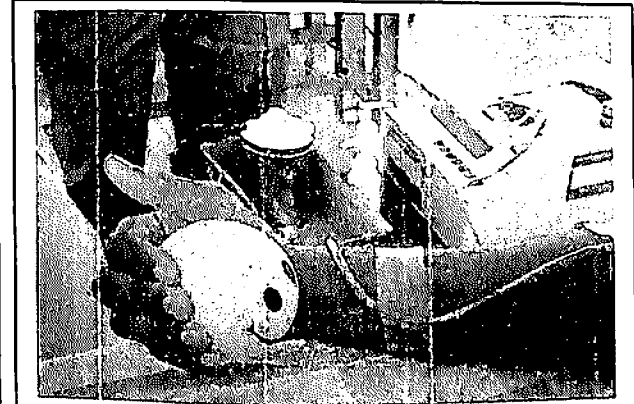
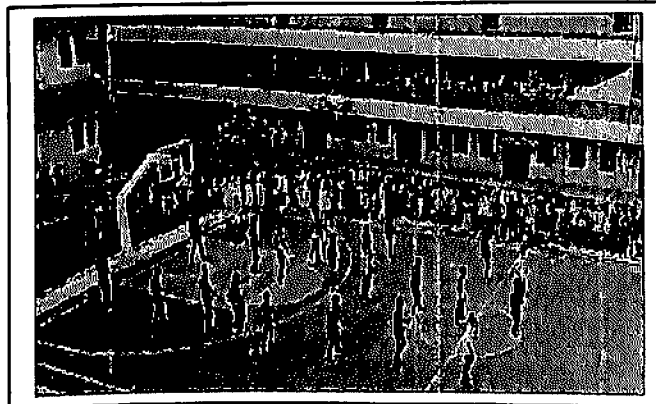
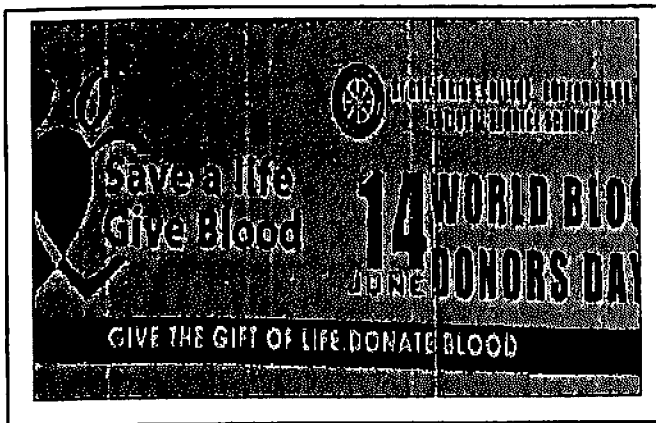
2.3 Blood Donation Awareness Programme

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 donation on 14/06/2017



Volunteers campaigning about the importance of blood donation

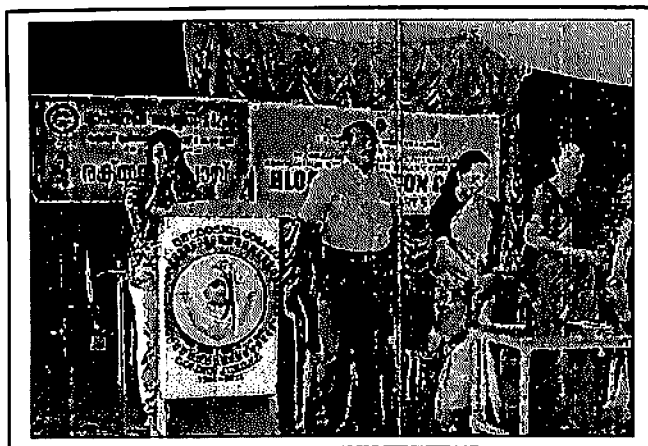
Moreover the unit also spread awareness about blood donation through charts, posters, cultural programmes etc



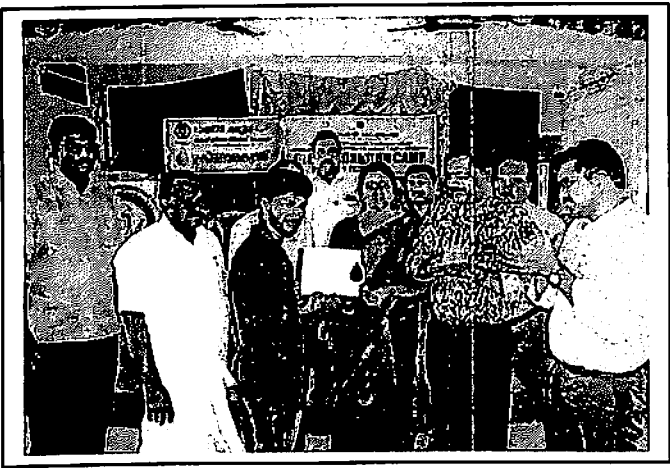
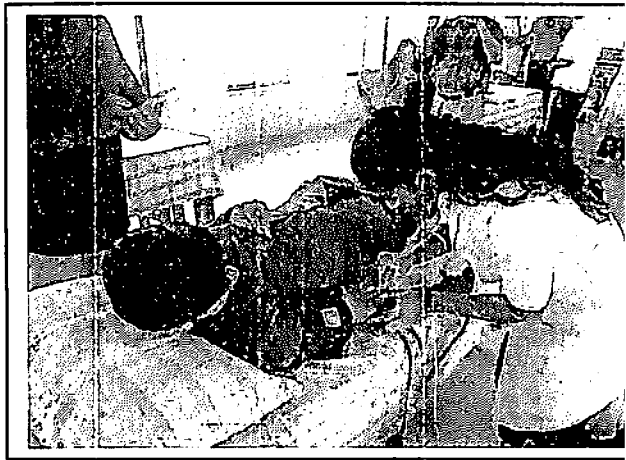
2.4 Blood Donation camps

Blood donation camps were conducted in the campus during the year 2017-2018 apart from the regular blood donations carried out in Govt Taluk hospital, Kottarakara.

- ❖ Blood donation camp was conducted in the college seminar hall on 08/02/2018. A team of nursing staffs and a doctor from Holy Cross Hospital, Kottiyamhad provided the medical assistance to the donors. More than 80 Volunteers donated blood to the blood bank, Holy Cross Hospital, Kottiyam.



- ❖ During the donation camp, a haemoglobin check-up section was also introduced to identify the HB levels of blood. A professional doctor was also a part of the camp for undergoing immediate medical assistance. The volunteers were given food and refreshments provided by Lions Club, Kottarakara.



Chapter 5

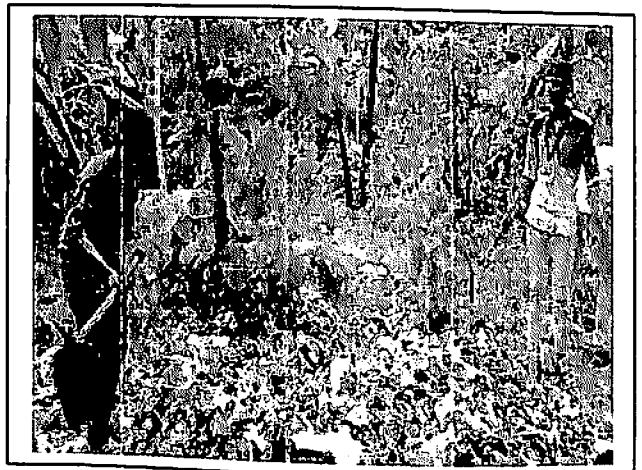
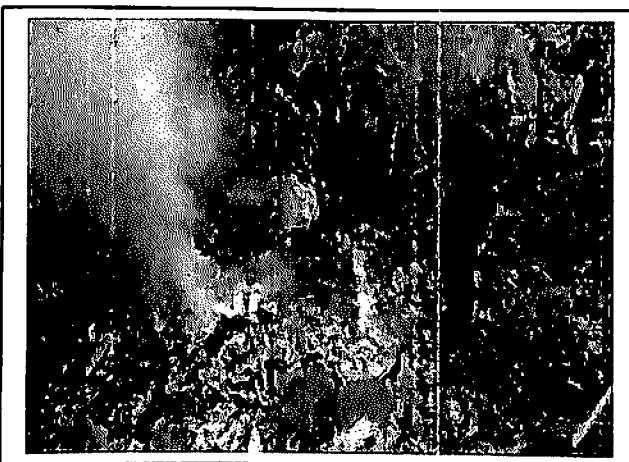
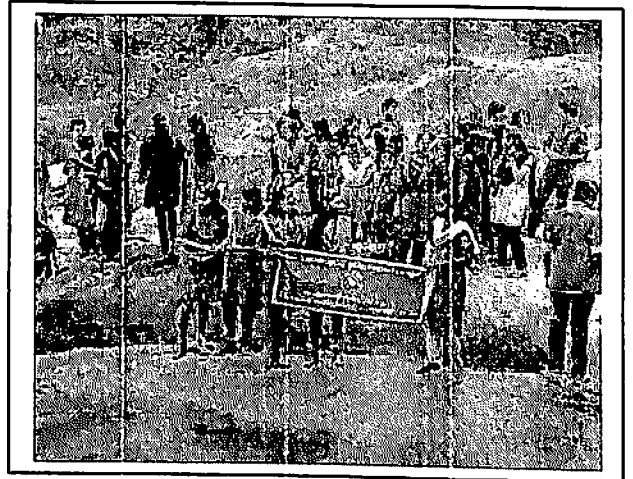
ShramDhan

Shram and Dhan are two Hindi words meaning Labour Donation. Through Shramdhan NSS volunteers aims to donate their time and work for the society free of cost. The NSS Unit of St Gregorios had given Shramdhan in various occasions. They had donated their labor for social asset creation, keeping the public places clean, and other social service activities.

Some of the Shramdhan Activities for keeping the surroundings and public places clean are as follows

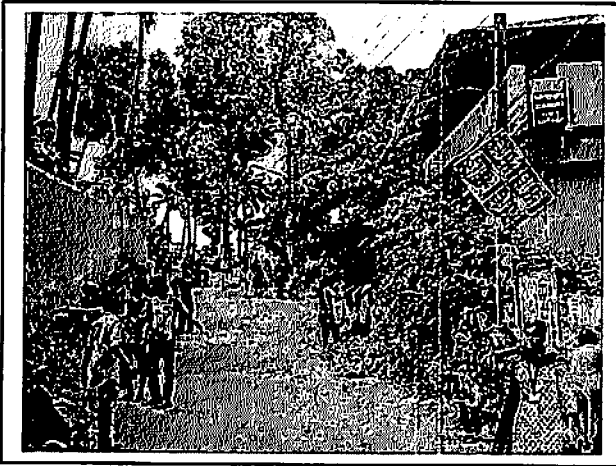
5.1 Cleaning of water bodies – Meenpidipara and surroundings of PulamonThodu

The NSS volunteers took a great effort in cleaning of local water bodies. The volunteers cleaned the Meenpidipara, now a tourist attraction in Kottarakara. NSS volunteers of our college took a great effort in keeping this place clean and eco-friendly. Plastic waste and other garbage etc. are removed from pulamonthodu and easy flow of water is maintained by the effort of volunteers. Surrounding places of pulamonthodu was cleaned so that garbage do not go into the water on rain.



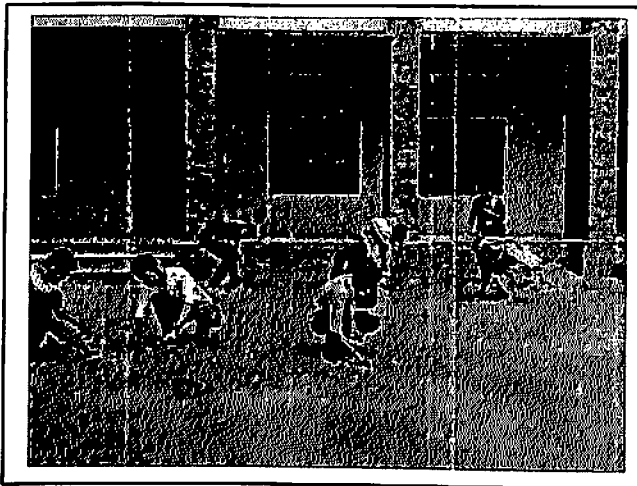
5.2 Drainage and Roadside Cleaning

The NSS Volunteers of St Gregorios College cleaned the drainage and garbage on side of roads of kottarakara town was cleared. The volunteers of NSS unit take regular initiative to keep these places clean.



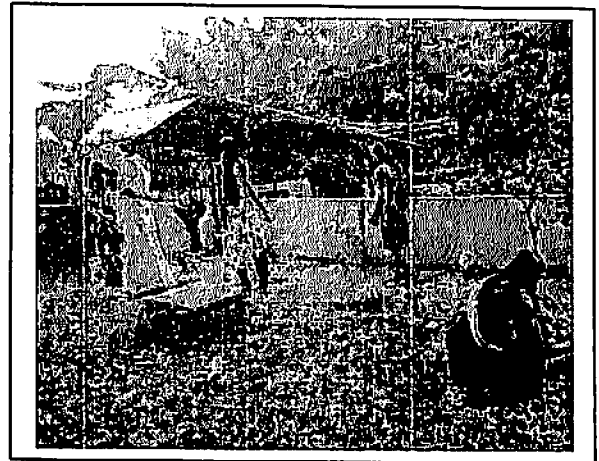
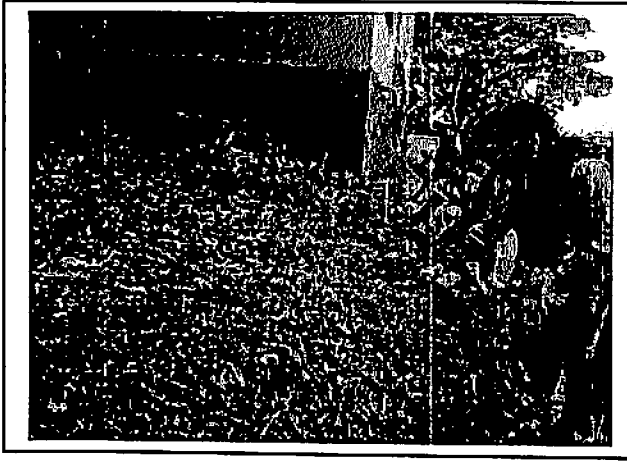
5.3 Sevana Varam (Gandhi Jayanthi)

As part of the sevanavaram in association with Gandhi Jayanthi, the NSS volunteers cleaned the college campus and nearby public places



5.4 Swatch Bharath Divas

As Part of the Swatch Bharath divas, the NSS volunteers cleaned their college campus and surroundings.



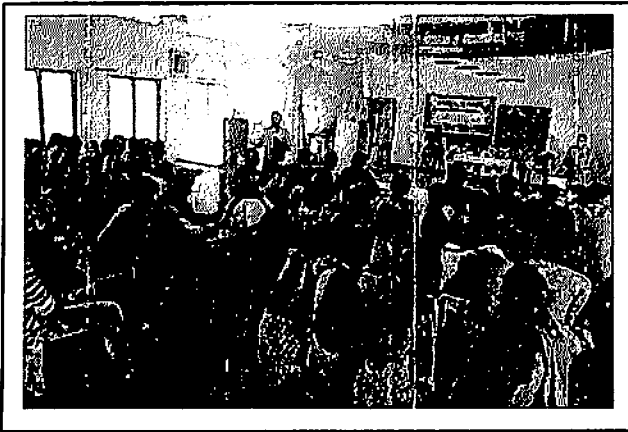
Chapter 6

Awareness Programmes

The NSS unit of St Gregorios College conducted various programmes to spread awareness about various topics which are directly linked to the life of common man. These programmes are conducted both inside and outside the campus. Some were targeting the students inside the campus and others were targeting the general public. The awareness programmes conducted by NSS unit of St Gregorios College are as follows

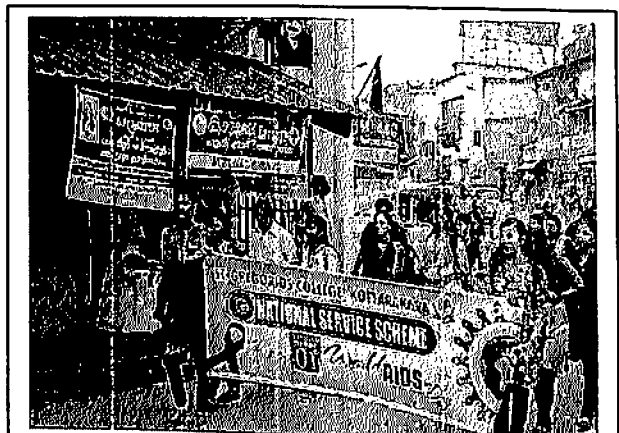
6.1 Seminar on Leadership qualities

The NSS Unit of St Gregorios College has organized a seminar on Leadership qualities on 23/12/2017. Shri. A. Nasim (DySP ,Pathanamthitta) was the Guest speaker.



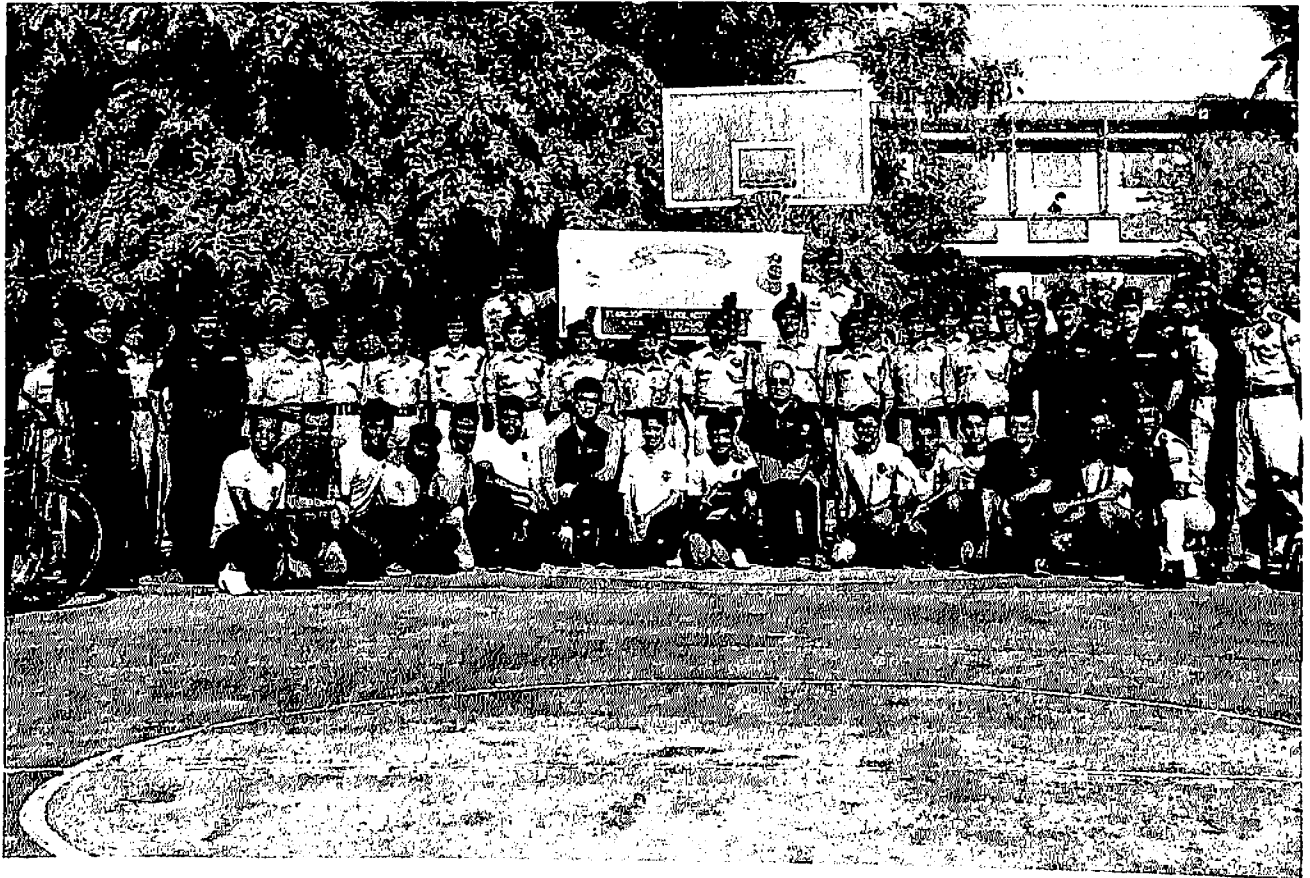
6.2 AIDS/ HIV Awareness

NSS Volunteers organized a Flash Mob at KSRTC Bus station, Kottarakara and a rally in Kottarakara town to spread the awareness about HIV/ AIDS on 1/12/2017. Leaflets and notices about HIV/ AIDS were also distributed by the volunteers.



NCC UNIT under 9(K) An NCC, Kottarakara

ST. GREGORIOS COLLEGE, KOTTARAKARA



A Special Force For Future India

The NCC is a responsive, learning and continuously evolving youth organization in India. As the motto “Unity & Discipline” says, National Cadet Corps is one of the largest Youth Organisation in the world which aims in developing unity among the youth and to create disciplined and active young generation. NCC aims in developing leadership quality, courage and make the youth to withstands with any extreme situation and fight it up through its training activities.

The NCC has become instrumental in moulding the character and imparting in our students a dynamic outlook during their college education periods. The Corps has expanded its horizons and now aims in developing character qualities among cadets and making them into good leaders and useful citizens so that they can take their appropriate place in all walks of life in the service of the nation. The qualities of leadership, discipline, spirit-de-corps, courage and confidence with a secular outlook are inculcated in cadets through a well-conceived programme of institutional training combined with adventure sports and outdoor activities.

Following are few of the aspects which are covered in NCC training program;

- Introduction to the history of the NCC, its motto, its service and administration.
- Detailed introduction of what exactly NCC and its duties.
- Regular drill and exercises.
- Rifle, SLR, LMG, Stan Gun, 2” Mortar, Grenade, Pistol training with first hand

exposure of weapon training.

- Directional training along with geographical location training. NCC cadets are also taught to understand and read the maps so that they are able to locate themselves when need arises.
- Field crafts and use of techniques and tactics is an essential part of training.
- Basic medical knowledge which consist of anatomy and physiology of human body.
- Basic wellbeing which consist of hygiene and sanitation.
- Civil defence and self-defence is taught together in order to safeguard the society in case of need arises along with securing ones safety as well.
- History of India and history of defense system in India so as to build in pride for the nation.

With great pride; in our college, NCC is running with higher efficiency due to the full support provided by the principal Dr. Suman Alexander. We have a company of cadets commanded by Lt. Dr. Indulal C.R. (Associate NCC Officer) which came under 9 K Bn NCC, Kottarakara. Training is given to the cadets on all Saturdays by the Army Officers and Associate NCC Officer. Classes on Drills, Weapon Training, Field Crafts, Battle Crafts and Adventures Training were conducted. In addition to the basic field and army training, our cadets are actively participating in a wide variety of social service and charity events. All the

Nationally important days such as republic day, independence day, antidrug day, international yoga day, environment day etc are celebrated by the unit with a great honour.

SG College, Kottarakara - Achievements in NCC during the year 2017-2018			
Sl No	Name of Cadet	Activities	Year
1	AashiqKoshy Alex	ALC Khargpur	2017-2018
2	Jitha Sara Sojan	IGC National Shooting, NIC Bihar	2017-2018
3	Ebin Benny Thomas	TSC. Pre. TSC III, IGC National Shooting	2017-2018
4	Ananthu Kumar A	NIC Bihar	2017-2018
5	Ashwin S S	NIC Alappuzha	2017-2018
6	RichuRaveendran	NIC Alappuzha	2017-2018
7	Devika B S	NIC Alappuzha	2017-2018
8	Anil Dev	NIC West Bengal	2017-2018

9	Neenu Benny	NIC Nasik	2017-2018
10	John George	NIC Nasik	2017-2018
11	Reshma Ramesh	All India Girls Trekking- Kerala	2017-2018
12	Aromal A R	NTC Kerala	2017-2018
13	Jayakrishnan U	NIC Calicut	2017-2018
14	Jerin Roy	RDC Delhi (PM's Rally)	2017-2018

Other Activities: 1.Dry Day Celebration in association with World Environment Day Celebration

2. International Yoga Day Programme.

3. Dry Day Celebration activities

4. One Day Duty at ECHS PolyClinic Kottarakara for Serving the patients and helping the officials in association with "PROJECT SPARSH"

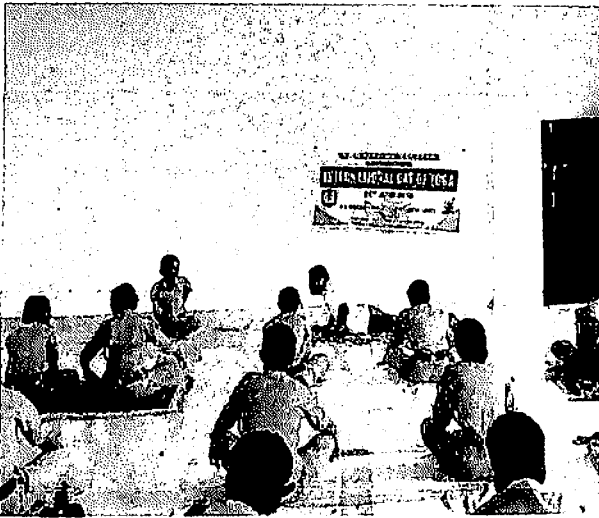
5. Independence and Republic Day Celebrations

6.Project on Organizational behaviour of NCV carried out by the MBA students -Akshai Kumar, ArathyBabu, AkhilDev, SufinSamad, Irene George, Rahul, Vignesh

Other Achievements 2017-'18: RDC Delhi-1, Pre.TSC III-1, IGC - National Shooting-2, ALC-1, NIC-9, NTC-2, Army Attachment- 3



Snow Skiing Camp at Gulmorg



International Yoga Day Celebration



Rifle Practice