



ST. GREGORIOS COLLEGE KOTTARAKARA

**NSS & NCC EXTENSION
ACTIVITIES**

2019-20





**UNIVERSITY OF KERALA
NATIONAL SERVICE SCHEME**



NOT ME. BUT YOU



**Unit No.30 A & B
ST. GREGORIOS COLLEGE,
KOTTARAKARA**

(Accredited By NACC with B Grade)

UNIT REPORT 2019-2020

St. Gregorios College
Kottarakara



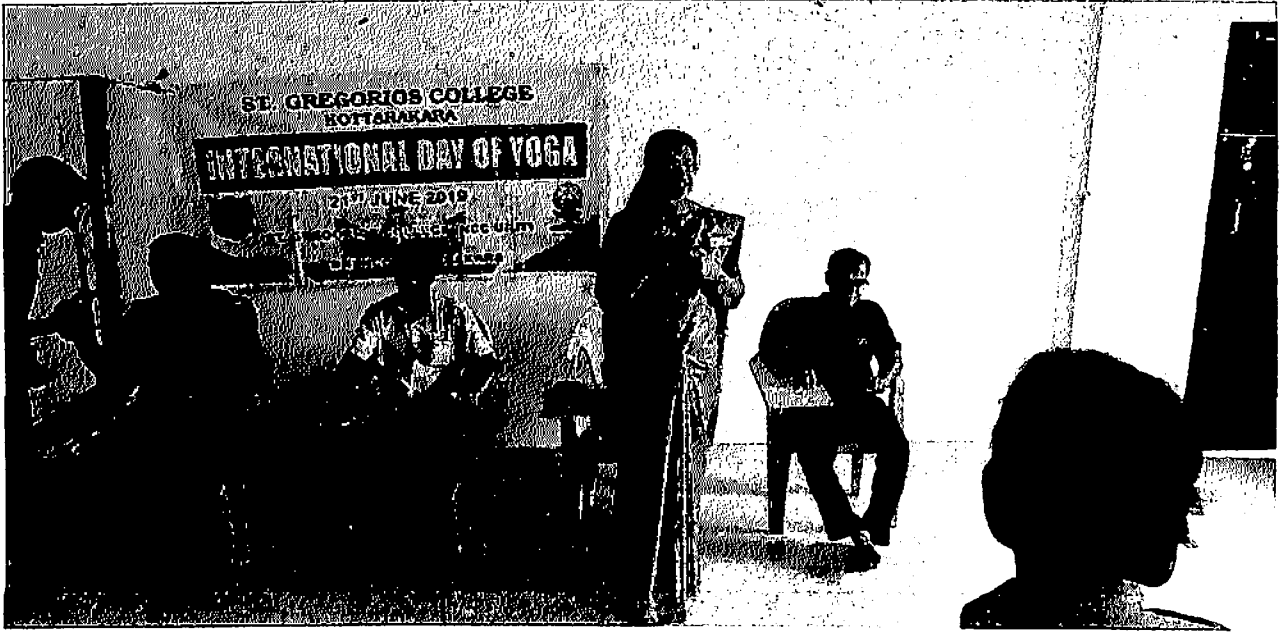
National Service Scheme



JUNE 21

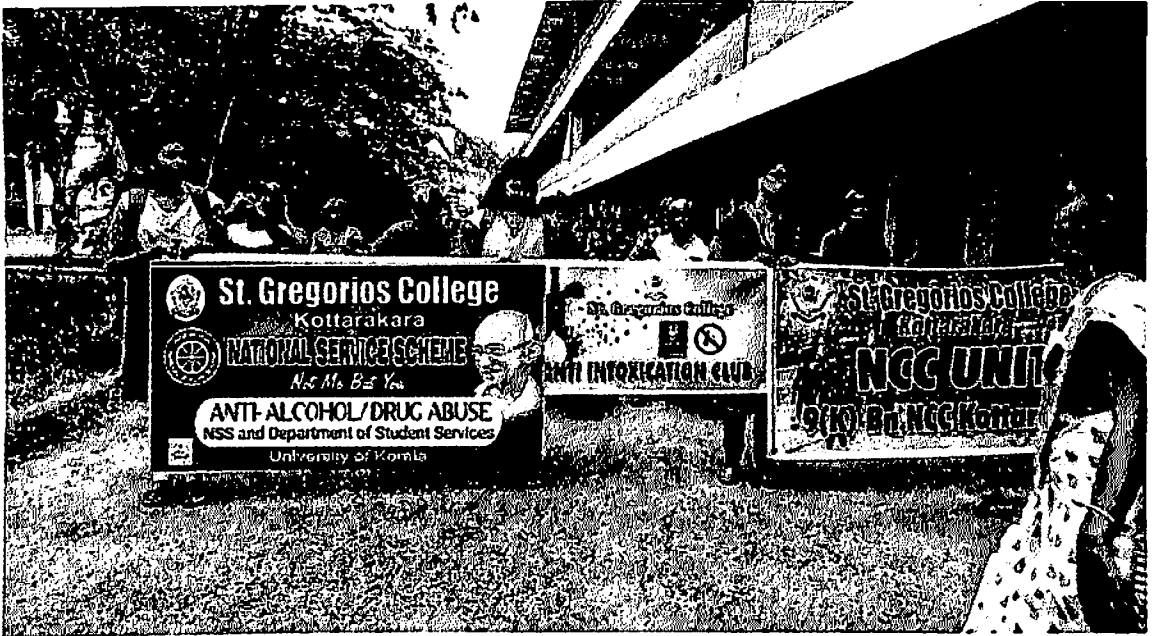
International Day of Yoga

"YOGA IS A LIGHT, WHICH ONCE



4. INTERNATIONAL DAY AGAINST DRUGS

The NSS unit of St, Gregorios College Kottarakara conducted a procession of students on the Anti-addiction day on 26 June 2019 in association with Anti-addiction Cell and NCC unit of our college. Hundreds of students from the college, both boys and girls participated in the procession. The procession started from the college campus where it was flagged off by the principal, Dr. Suman Alexander. The procession continued to different parts of Kottarakkara. It was a very successful programme to provide awareness of tragic effects of drugs and drug addiction.

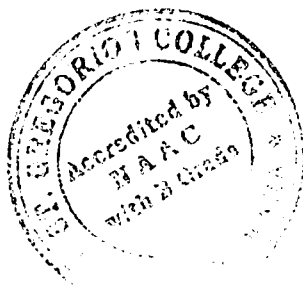



FLOOD Relief Activity during 2019 August

Our NSS unit was in action in 2019 flood also. With experience in 2018 flood relief work our NSS volunteers were ready with helping hands. They were assigned to collect relief materials and transferred it to the T.M.V.M Corporation Central Library Kollam, where central distribution of relief materials in Kollam district operated. Two of our volunteers, **Abhijith S** and **Dennis Joy** were deputed as full-time volunteer in the flood relief activity at the collection centre of District Administration Kollam from 10/08/2019 to 19/08/2019.



NSS Volunteers at Kollam District Administration Camp



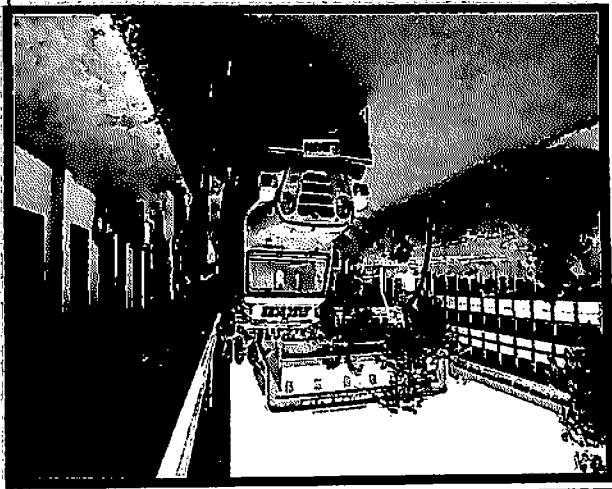
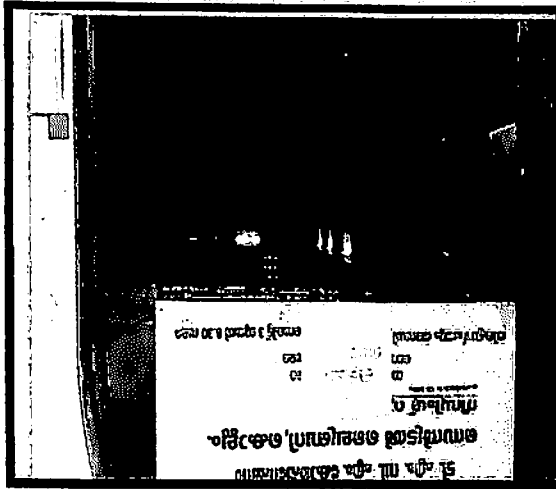

DR. SUMAN ALEXANDER
PRINCIPAL
ST. GREGORIOS COLLEGE
KOTTARAKARA

Dr. SUMAN ALEXANDER
 PRINCIPAL
 ST. GREGORIOS COLLEGE
 KOTTARAKARA



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NSS Volunteers engaged in 2019 flood relief activities at Kollam District Administration Camp

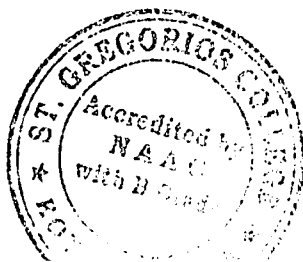


The following things are being submitted by the volunteers of N.S.S Unit (no.30) St gregorious college Kottarakara Ofc as for the relief of flood victims

Lungi - 27	Bathsoap - 27
Bedsheet - 10	calac - 5
Tonic - 35	Toothpaste - 36
Paracetamol - 1 case	Powder - 1
Amoxycillin - 1 case	Dettol - 22
Okacet - 8 set	Bucket - 5
Bread - 6	Toilet Brush - 6
Biscuit - 46	Mat - 5
Mug - 12	Hand brush - 3
Teapowder - 20	Bleach - 20
Barsoap - 24	candle - 30
Detergent soap - 10	Lotion - 12
Rusk - 10	Rice - 50 k.g
Diaper - 10	
Brush - 48	
Napkin - 19	

Received the above mentioned materials
 MAMONI DOLEY, IAS
 Assistant Collector (U/T)
 Kollam

Relief materials supplied by SGC NSS Unit during 2019 flood



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 PRINCIPAL
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 KOTTAKKARA

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Volunteers in front of the distribution vehicle at Kollam in 2019



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PRINCIPAL
ST. GREGORIOS COLLEGE
KOTTARAKARA


പ്രശംസാപത്രം



കേരളം നേരിട്ട മഹാപ്രളയത്തെ അതിജീവിക്കുന്നതിന് കൊല്ലം ജില്ലാ ഭരണകൂടം ആഗസ്റ്റ് 2019 ൽ നടത്തിയ സമാനതകളില്ലാത്ത ദുരിതാശ്വാസ പ്രവർത്തനങ്ങൾക്ക് നേതൃത്വം നൽകി നിസ്വാർത്ഥ സേവന സന്നദ്ധരായി പ്രവർത്തിച്ച വോളന്റിയർ

ശ്രീ/ശ്രീമതി/കുമാരി**അഭിജിത്**.....**S**.....ന് ഈ പ്രശംസാപത്രം സമർപ്പിക്കുന്നു.

തീയതി : 12-11-2019


അബ്ദുൾ നാസർ.ബി ഐ.എ.എസ്
മുഖ്യ കളക്ടർ/കൊല്ലം

Certificate of appreciation for Abhijith S for his unparalleled service during 2019 flood relief activities

Dr. SUMAN ARORA
PRINCIPAL
ST. GREGORIOS COLLEGE
KOTTARAKARA





Volunteers in distribution center at Kollam in 2019

Dr. SUMAN ALEX
 PRINCIPAL
 ST. GREGORIOS SCHOOL
 KOTTARAKARE



14. GREAT WALKATHON

In connection with world diabetic day observance NSS unit of SGC actively participate the great walkathon programme. The programme is jointly organised by Kottarakara Municipal Council and Blue Ring kottarakara. The programme is inaugurated by Municipal Chairperson Syamala Madam. The programme is flag off by Kottarakara Rural SP Harisankar S. The programme is started from Boys Higher Secondary School Ground. Kottarakara Municipal Vice Chairman Mukesh sir received the Deepasikha at the Marthoma Convention Center and concluded the programme. 'Join Hands for a Healthy Tomorrow' is the theme of the programme.

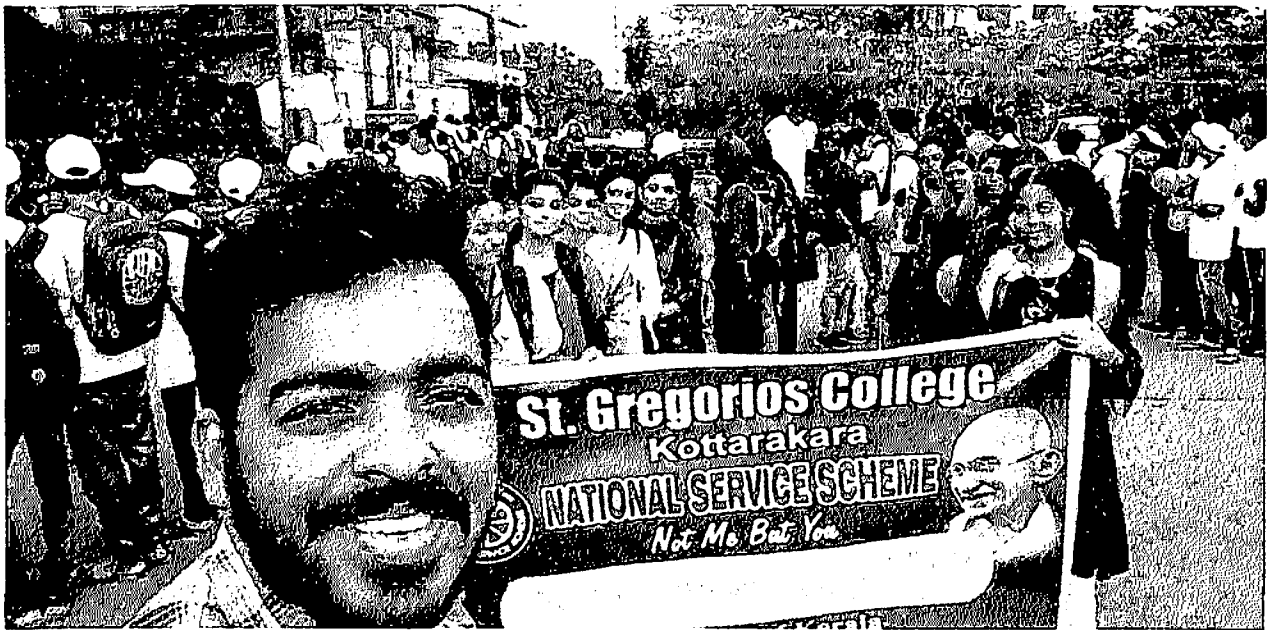






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15. INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

In connection with International day for the elimination of violence against women on November 25, our NSS unit conduct a debate and poster presentation. All volunteers are participated in the programme.

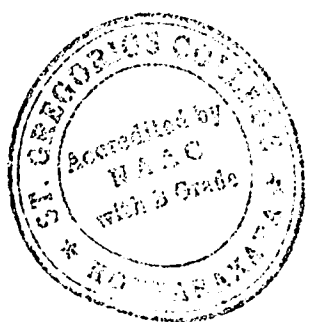


PALLIATIVE CARE ACTIVITIES 2019

OUT REACH PROGRAMME

Training to palliative patients in manufacturing of umbrella

A one day workshop on the manufacturing of umbrella was organised by the Kottarakara Taluk Hospital Palliative care unit members along with Student palliative care unit of St.Gregorios College, Kottarakara. The Workshop was held on 05/12/2019 at the Taluk Hospital conference Hall, Kottarakara. The aim of the program was to create a self-employment for the needy. Session was actively participated by senior citizens of the society and by the unit members providing assistance for them in understanding the method of manufacturing. The session was great successful.



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ST. GREGORIOS COLLEGE
KOTTARAKARA



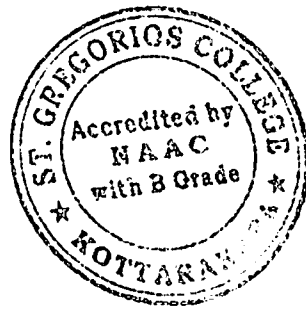
Active workshop on making of umbrellas at the conference Hall Thaluk Hospital, Kottarakara



**Dr. SUMAN ALEXANDER
PRINCIPAL
ST. GREGORIOUS COLLEGE
KOTTARAKARA**

DONATING UMBRELLA

NSS unit of St. Gregorios College Kottarakara donated umbrella on 2019 May 21 as a part of giving School kit for poor children in association with Govt. Taluk Hospital Kottarakara. Our palliative care volunteers handed over the umbrellas to the Hospital Superintendent Dr.Biju B N. Dr. Sankar S, Palliative Care Medical Officer, Taluk Hospital Kottarakara also participated the function.



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Dr. SUMAN ALEXANDER
PRINCIPAL
ST. GREGORIOS COLLEGE
KOTTARAKARA



TALUK HEAD QUARTERS HOSPITAL
KOTTARAKARA
 KOLLAM (DIST), KERALA.
 Pin - 691 506
 Phone: 0474 - 2452610
 Email :- thqhkr@gmail.com

25.05.2019

CERTIFICATE OF APPRECIATION

This certificate is awarded to the NSS Unit of SG College, Kottarakara, Kollam District in appreciation for sponsoring 13 three fold-umbrellas for the children of secondary palliative patients registered under this hospital on 21.05.2019.

We are thankful for the support and care you have extended to our Palliative Team.

With Regards

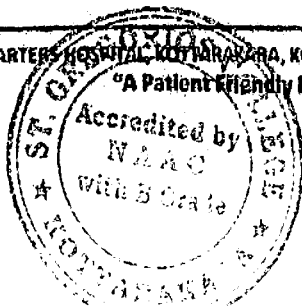


Dr. Biju B.N
 Superintendent

സൂപ്പർ ഇന്റൻഡന്റ്
 ഗവൺമെന്റ് താലൂക്ക് തലമുഖ്യാലയം
 കൊട്ടാരകര - 691 506.

TALUK HEAD QUARTERS HOSPITAL, KOTTARAKARA, KOLLAM (DIST), KERALA - Phone 0474 - 2452610

"A Patient Friendly Hospital"



Dr. SUMAN ALEXANDER
 FRM
 ST. GRE

2019-2020

The 1coy NCC of SG College is functioning under the 9 Kerala Battalion NCC, Kottarakara which authorized the total strength is 160 including SD and SW cadets. The unit has an enrolled strength 108 cadets of which 64 are girls, which includes the Open Quota. The third year includes 16SD and 10SW's, the second years include 14 SD and 39 SW's and the first year include 14 SD and 15 SW's. Cadets enrolled were given institutional training and can participate in adventurous activities, community development programmes, various camps at national level and annual training camps; youth exchange programmes, sports and cultural activities. The NCC Company of the college comes under the Kollam Group of Kerala and Lakshadweep NCC Directorate. Brigadier Ajeeth Rana as our Group Commander and Colonel RB Patil as the Commanding Officer, Dr(Lt) Indulal CR as the Company Commander and Associate NCC Officer.

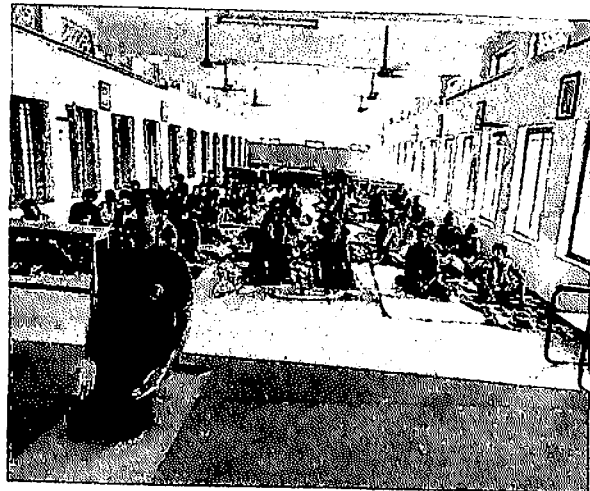
A firing range in our college premises was officially inaugurated on 2nd October 2019 for the firing purposes for the cadets. Our ANO and various other PI staffs took classes on various subjects. Parades were arranged on all Saturdays except second Saturdays. The cadets were detailed timely to attend several types of camps conducted at the All India level, state and unit levels etc. Cadets have actively participated in social service activities like Blood Donation, tree planting, campus cleaning, pulse polio immunization project, community works, AIDS



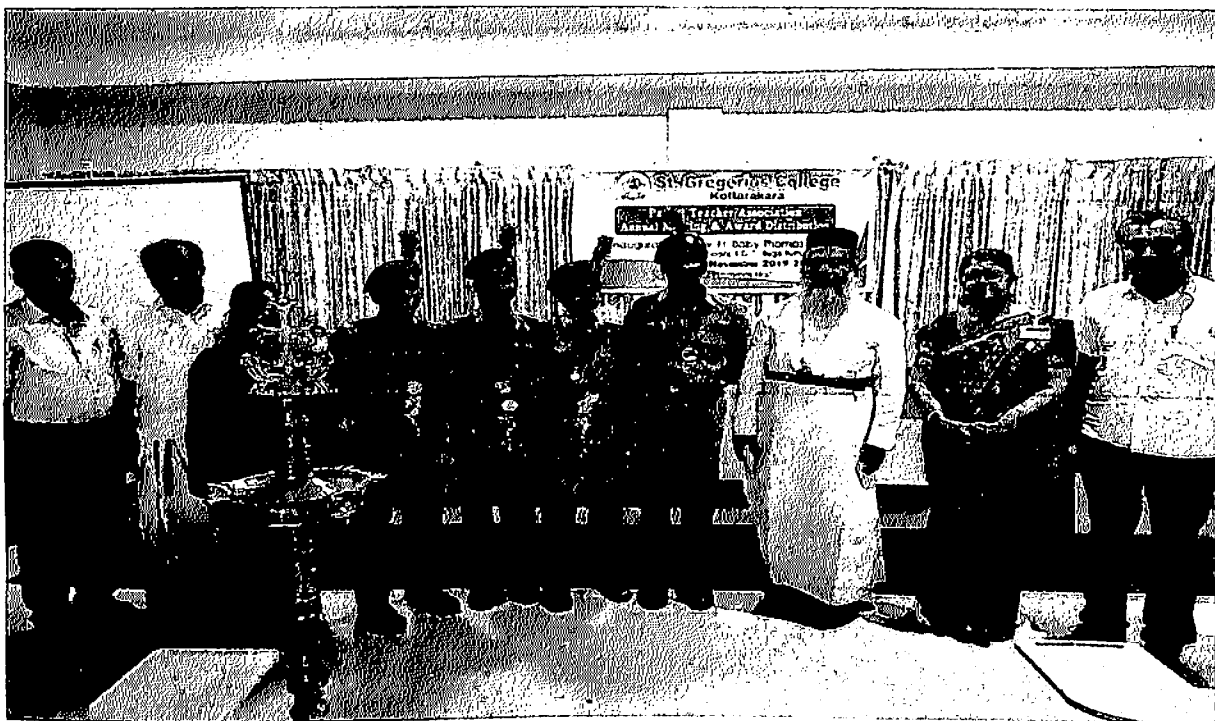
NCC cadets with Pink Police



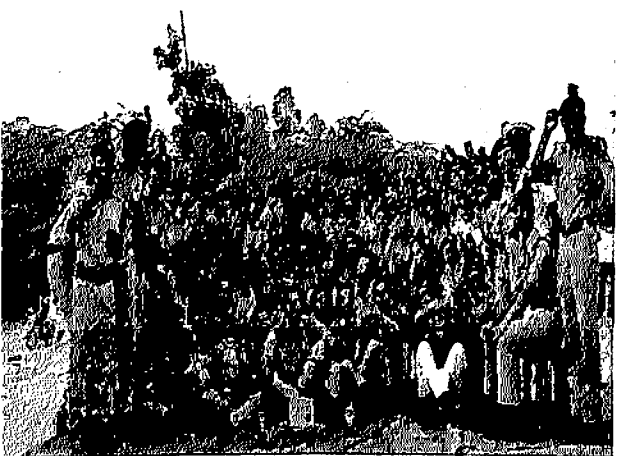
Providence Home Visit



International Yoga Day Celebration

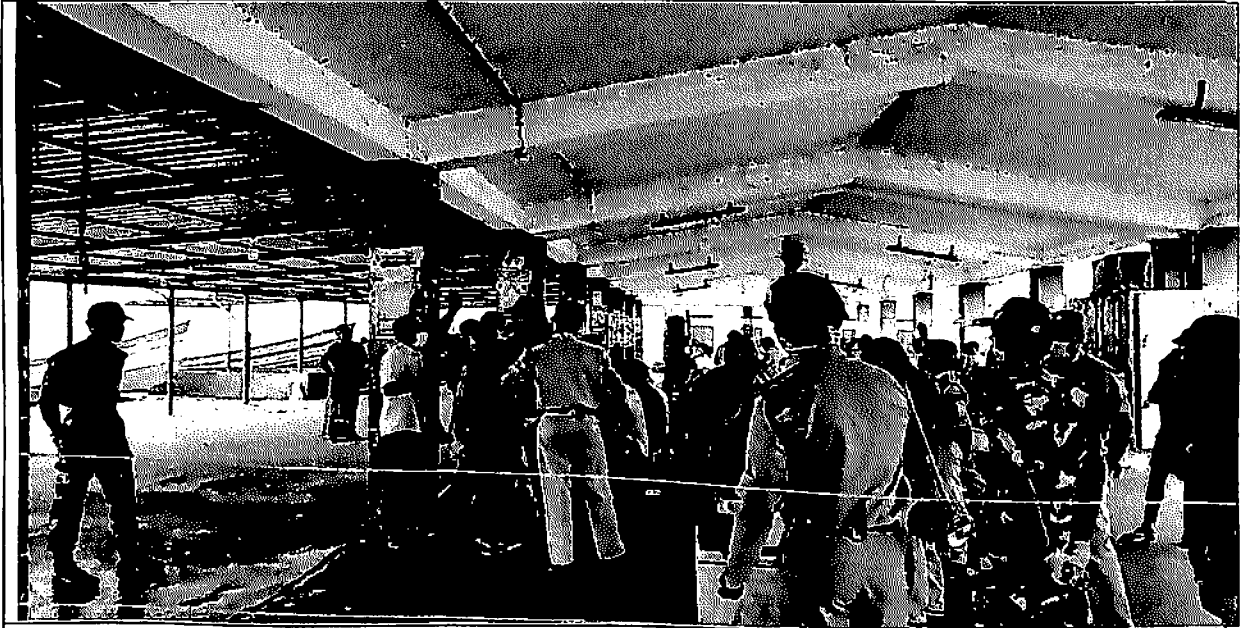


Award Distribution to TSC Delhi participants



Cadets on Harbour Duty (Corona Time)

NCC COVID RELIEF WORKS



Mask distribution at Neendakara Harbour



Handing over masks made by NCC SGC UNIT to Police Station Ezhukone



Handing over masks made by NCC SGC UNIT to ESI Ezhukone