



**UNIVERSITY OF KERALA
NATIONAL SERVICE SCHEME**



NOT ME. BUT YOU



ESTD 1964

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

(Accredited By NACC with B Grade)

UNIT REPORT 2019-2020

PREFACE

St.Gregorios College, Kottarakara, Kerala, the 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 BaseliosMarthoma 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 56thyear 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 March2015.

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 are 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 needypersons.

ABOUT THE NSS UNIT

The National Service Scheme of St. Gregorios College, Kottarakara comprising of two units has won many accolades in the past years. The unit was recognized with the Indira Gandhi National Award for the best NSS unit in the year 2013- 2014. In the year 2013-14 & 2014-15 the unit won the award for the Overall Best Unit, Best Programme Officer and Best Volunteer at the University Level in the year 2015-2016, 2016 -17, 2017-18 and 2018-19. The unit bagged the best volunteer award through Sri. Jishnu, the only representative of University of Kerala in the Republic day parade in Delhi and AjmalSha J, a bonafide volunteer of our unit has also represented the University in the Republic day parade last year. Our NSS unit has been working relentlessly and continuously, keeping pace with the needs of the society and with the plans of the policy makers. The unit has organized numerous community development and social work activities over theyears.

Some of the highlights of the services of the NSS unit in 2018-19 are the formation of student palliative care unit, Kerala flood relief activities, energy conservation project, the implementation of the welfare projects in the adopted colonies by providing them with necessities like food, medicines etc. Blood donation camps, Leadership training, Inter Collegiate competition programmes, Cultural programmes, Programmes to fight against social evils like Aids, drug abuse and awareness programmes on zero waste management, cancer and other health issues, Onam kits distribution, etc. About 100 Volunteers donated blood during 2019-20 in the blood donation camps in addition to the daily donation to the nearbyhospitals.

The National Service Scheme Unit of St.Gregorios College has three adopted colonies- Gurumuttam colony ward 4, Thozhuvattamkuzhy colony ward 4 and Thoikonam school colony ward 7 of KottarakaraGramapanchayat. The unit has been working relentlessly and continuously, keeping pace with the needs of the society, especially the domiciles of the adopted colonies and to improvise their socio- economic status. The unit has a remarkable period during the academic year 2019 – 20 with a wide range of programmes enlisted in this report.

Important days observed by the NSS unit during the academic year 2019 – 2020

| | DAY / PARTICULARS | DATE |
|----|---|------------|
| 1 | World Environment Day | 05/06/2019 |
| 2 | World ocean day | 07/06/2019 |
| 3 | World day against child labor | 12/06/2019 |
| 4 | World Blood donors day | 14/06/2019 |
| 5 | National reading day | 19/06/2019 |
| 6 | World Yoga day | 21/06/2019 |
| 7 | International day against Drugs | 26/06/2019 |
| 8 | World population day | 11/07/2019 |
| 9 | Kargil memorial day | 26/07/2019 |
| 10 | Hiroshima day | 06/08/2019 |
| 11 | Independence day | 15/08/2019 |
| 12 | Sadhbhavana day | 20/08/2019 |
| 13 | Teachers day | 05/09/2019 |
| 14 | Onam celebration and kit distribution | 05/09/2019 |
| 15 | World Literacy Day | 07/09/2019 |
| 16 | Ozone day | 16/09/2019 |
| 17 | World Bamboo day | 18/09/2019 |
| 18 | NSS Day | 24/09/2019 |
| 19 | Elders Day | 01/10/2019 |
| 20 | Gandhi Jayanthi | 02/10/2019 |
| 21 | Children's Day | 14/11/2019 |
| 22 | National Integration Day | 19/11/2019 |
| 23 | International day for the elimination of violence against women | 25/11/2019 |
| 24 | World Aids day | 01/12/2019 |
| 25 | Human Rights Day | 10/12/2019 |
| 26 | Christmas | 25/12/2019 |

| | | |
|----|---------------------------|------------|
| 27 | National Youth day | 10/01/2020 |
| 28 | Republic day | 26/01/2020 |
| 29 | Martyrs day | 30/01/2020 |
| 30 | Cancer Day | 04/02/2020 |
| 31 | Women's Day | 06/03/2020 |

1. WORLD ENVIRONMENT DAY CELEBRATION

On the world environment day the NSS volunteers took a massive task of reinforcing the wildness that existed in the serene hills, where the college is situated. They removed all plastics littered around and placed dustbins around the place. Principal Dr Suman Alexander inaugurated the Environment day celebration by planting sapling followed by volunteers planting saplings across the campus. NSS volunteers celebrated world environment day on June 5 in connection with Alumni Association. We plant more than fifty types of saplings along the campus and volunteer bring plants to their houses.



2.WORLD READING DAY CELEBRATION

On world reading day the volunteers of NSS unit of St. Gregorios College assembled in the college library and spent an hour in reading and debating about the importance of reading. And as part of this an inter-departmental poster competition was conducted.

3.YOGA DAY CELEBRATION

NSS unit of SGC celebrate international yoga day on 21/06/2019 in association with our NCC unit. Principal Dr.Suman Alexander inaugurated the programme. A Yoga training session is conducted. NCC officer Dr.Indulal C R, NSS Programme Officers and NCC and NCSS volunteers participated in the yoga training programme.



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.



5. INDEPENDENCE DAY CELEBRATION

St.GregoriosCollege, NSS unit celebrated Independence Day in association with college NCC unit on August 15. After the flag hoisting the Unit organized various competitions and cultural programs for the volunteers. The volunteers actively participated in the patriotic song competition, Rally, Freedom quiz, writing, painting and drawing competition based on various patriotic themes.



6. FLOOD RELIEF ACTIVITY

Our NSS unit actively participated in the flood relief activity. They collect things and transferred it to the T.M.V.M Corporation Central Library Kollam. Abhijith S and Dennis Joy working as full time volunteer in the flood relief activity at the collection centre of District Administration Kollam camp from 10/08/2019 to 19/08/2019.



Collectorate, Kollam.
Date : 19/09/2019

From,
Assistant Collector,
Kollam.

To
The Principal
St Gregorios college
Kottarakkara

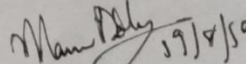
Sir,
Sub: Attendance for the Volunteers

I hereby request you to provide attendance for the following students.

| Name | Year | Department | Roll no |
|----------------|--------------------|----------------|---------|
| 1) ABHIJITH.S | 2 ND dc | B COM(FINANCE) | 21 |
| 2) DENNIS JOY. | 2 ND dc | B COM(CA) | 41 |

The above mentioned students were at the Collection Centre of District Administration , Kollam working for the flood affected victims from 10/08/2019 to 19/08/2019.

Yours Faithfully,


Assistant Collector

MAMONI DOLEY, IAS
Assistant Collector (U/T)
Kollam

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
in

| | |
|----------------------|------------------|
| Lungi - 27 | Bathsoap - 27 |
| Bedsheet - 10 | celac - 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
on 8/11

MAMONI DOLEY, IAS
Assistant Collector (U/T)
Kollam

7. WORLD OZONE DAY CELEBRATION

In connection with Ozone day observances, NSS unit of St.Gregorios College Kottarakara conduct an essay writing competition based on the topic 'Role of NSS volunteers in Ozone Layer Protection'. Everyone shared the idea of protecting the environment as much as they can and taking steps to reduce Global Warming.

8. NSS ORIENTATION CLASS

An orientation class is arranged on August 31, for our new coming NSS volunteers. Principal Dr.Suman Alexander handles the session. Teacher share her experiences and motivate the volunteers.



9. TEACHERS DAY CELEBRATION

On teacher's day Volunteers greeted every teacher. Educational wealth is important to all. Abhishek Thomas, III BA Communicative English student conduct a class honouring the teachers who are giving this wealth. The class is effective and interesting.

10. ONAM KIT DISTRIBUTION

On the occasion as part of Onam, NSS team distributed a kit of grocery items to the very poor people in the adopted colonies. 25 packets worth of Rs. 1000 were distributed to people in adopted colony on 05/09/2019. Our college principal Dr. Suman Alexander inaugurated the

function. Dr Manu V, Prof.Asha G, Volunteer leaders and NSS Volunteers participated in this occasion.



11. BAMBOO DAY CELEBRATION

College NSS unit has planted bamboo on 18/09/2019 at college campus as a part of Bamboo day celebration. Principal Dr. Suman Alexander inaugurated the function. More than twenty bamboo saplings are planted by the volunteers after Principal's sapling. In this occasion the importance of bamboo tress, different types of bamboos, how they protect our environment is shared with our volunteers.

12. NSS DAY

College NSS unit has celebrated NSS Day on September 24, 2019. Function was inaugurated by College Principal, Dr. Suman Alexander (Former programme officer). Teacher shared her valuable memories with volunteers.

13. GANDHI JAYANTHI CELEBRATION

Gandhi Jayanthi was also commemorated with great gusto by the NSS volunteers. To bring alive the Gandhian ethos a one week programme related to environment protection and cleaning was organized by the NSS volunteers in our college. The students also organized rally as part of Gandhi Jayanthi celebrations.

Under the auspice of the NSS unit the Gandhi Jayanthi day was observed as 'nonviolence day'. As part of it a cleanliness drive – 'SwatchaBharat', the cleaning drive was inaugurated by Principal Dr.Suman Alexander. Programme officers, Dr.Manu V, Prof.Asha G., volunteer leader Jyothis Raj and 180 volunteers actively participated.



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 Concil 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.



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.

16. ROAD SAFETY CLASS

St.Gregorios College NSS Unit has organised a class on Road Safety rules. It mainly focuses the importance of leadership quality inyounger generation and safety sides. This programme is a part of Safe Kollam project. The programme is inaugurated by Nasarudeen sir. The programme is coordinated by KSTSTE NATPAK, Thiruvananthapuram in connection with Kerala Motor Vehicle Department and Education department. This program is organised on 29/11/2019.



17. REPUBLIC DAY CELEBRATION

As part of Republic Day celebration, St.Gregorios college NSS unit attended the meeting arranged in the Govt. Boys Higher Secondary School Ground Kottarakara and participated in the Rally.



18. SAFE KOLLAM PROJECT

As a part of Safe Kollam Project St.Gregorios college organised an awareness class at College seminar hall. The programme is inaugurated by Smt. P. Aishapotty MLA. Sri. B. Abdul Nazar IAS, Kollam Collector explained the aims of Safe Kollam Project. College Principal Dr.Suman Alexander, Manager Rev.Fr. Baby Thomas, Municipal Chairperson Syamala Madam, and Kottarakara Municipal Vice Chairman C Mukesh sir present in the programme.

19. SAFE CAMPUS CAMPAIGN

On 31st January 2020 the NSS Unit in join with Anti-addiction Cell along with the JanaMaithri Police Station Kottarakkara, conducted a Safe Campus Campaign against the abuse of drug and alcohol within the campuses. Around 200 students in the college participated in the campaign. Awareness and counselling sessions were conducted by police and excise officers. The key note session was conducted by Mr. Richard, retired Excise Commisionire. All in all the campaign was a great achievement for the college students.



20. WOMENS DAY CELEBRATION

On Women's day the NSs unit organized an exhibition of posters and charts created by NSS unit to spread the message of women's day. Our girls volunteers actively participated in the programme.

UNIVERSITY LEVEL BEST NSS VOLUNTEER AWARD

Jyothis Raj, III BA Political Science student is selected as the Best NSS Volunteer at Kerala University Level during the academic year 2018-2019.



Annual Seven day special camp 2019

Annual seven day special campis organised by NSS unit of St.Gregorios College, Kottarakara at Baselios Mathews II College for Teacher Education, Kottarakara from 18/12/2019 to 24/12/2019.

The activities of the camp started with parents meeting at 10:30 am and registration of volunteers at 2:30 pm on **18th December 2018**. 100 volunteers registered and participated in the camp. The campers were divided into 4 groups and a leader was selected from each group, a team of 7 volunteers were formed as an editorial board with a chief editor for the NSS Daily Newspaper. Various committees were formed thereafter for the smooth conduct of the camp. The inaugural session was presided over by the Principal Dr.Suman Alexander, controlling officer of the camp. **Shri.Ramachandran Kadannappally (Minister of Ports,Museums, and Archaeology)** formally inaugurated the activities of the seven days camp. In his address he has pointed out the significant role played by the NSS units inculcating the positive attitude towards social service among the volunteers. He mentioned the role of volunteers in giving awareness to the society regarding the protection of environment. Dr. V. Manu, Prof. Asha G, Programme officers gave felicitation to the meeting. After the inaugural session, Mr. N G Babu, Principal SN Public school Kollam conducted class on “Necessity of Discipline in our life”.

Major events of the camp

- Yoga sessions
- Leadership training classes
- Aerobics sessions
- Shramadhan
- Personality development classes
- Environment awareness classes
- Palliative care survey
- Fire & rescue training
- Cultural Events
- Camp fire
- Sex education

- Cyber crime

The camp aims to improve the knowledge, skills, social commitments and overall personality development of the volunteers. The camp includes various awareness classes, seminars, community interaction activities, surveys etc. for the enrichment of volunteers.

Shramadan was an experience to the volunteers in the camp. Much importance was given for the cleaning work in adopted colonies, college compound, palliative care, visit of old age homes, environment studies, awareness of sex education, Energy conservation etc. The classes were arranged with a view to enriching the socio-civic consciousness for the volunteers and assisting them for promoting their personality which will lead to success in their lives.

The visit of many dignitaries and various faculties of the college, college Principal, the local people and political leaders were encouraging to the campers, the former NSS Volunteers sincerely participated the camp both in letter and spirit.

The concluding session was inaugurated by Programme officer Dr. Manu V. Programme officer Asha G presided over the function. Volunteer Secretary's Alf George, Surya Sathyanand K S Parthasarathy felicitated the function. Some volunteers shared their experiences and Volunteer Secretary Serooya Lal gave vote of thanks to the gathering. The camp came to an end on **24/12/2019**. The seven days camp of course was an immemorial to the volunteers. The camp helped the participants to have rural interaction which gave them an opportunity to inculcate the spirit of social commitment, religious harmony, natural love, respect and understanding.





Flag hoisting ceremony



Camp Banner

Kavithakalilude -- Arunkumar (Poet)

This session is able to create the rural beauty vibrant atmosphere. All the volunteers are energetically enjoying the session.



Sri. Punya - Sex Education Class

This session mainly focus the sex related problems during the teenage group students. Different problems, doubts and its solutions are discussed. During this session discussion about balanced diet and importance of exercise is mentioned.



Yoga Training Class by Lt. Dr. Indulal C R (Assistant Professor, Department of Physics, St. Gregorios College, Kottarakara)



Sri. Benson Babu (Energy Mithra, ANERT Govt. of Kerala, Kottarakara Constituency) – Renewable Energy Resources



Cyber Crime

This session is handled by Sri. Lalu P George, M. D.Dects cyber Ltd. Ernakulam. This session took students thinking into the world of cyber security and talked about the defences we have to take in order to understand the pitfalls of it and not get there. Legal aspects of cyber cell have also been the subject of discussion.



Fire and Rescue Team – Class and Drill Demonstration

Shri. Sivakumar and associated teams, Fire Station Kottarakara handled The Fire and Rescue Drills Demonstration session. This session is very thrilling and effective. He spoke about the cost of life, about life saving activities and the importance of timing is mentioned. Through the demonstration class, different types of activities are shown.





Demonstration Class

DAILY ACTIVITIES





ASSEMBLY

Shramadan Activities



Teachers and former NSS volunteers visited the camp.





CAMPS/ WORKSHOPS / **PROGRAMMESPARTICIPATED**

The NSS volunteer has participated in the following camps / workshops / externalprogrammes

| S. No | Name of camp/programme/ workshop | Organized by | Place | Date | No: of days |
|--------------|---|--|--|-------------------------|--------------------|
| 1 | Volunteer Leadership Training Camp | NSS, Kerala University | Kerala UniversityStudent's Centre, PMG Junction Thiruvananthapuram | 14/11/2019 - 16/11/2019 | 3 |
| 2 | State Level Leadership Training Programme | NSS Unit of Baby John Memorial Govt.College | Baby John Memorial Govt.College, Chavara,Kollam | 05/10/2019 | 1 |
| 3 | District Level Awareness and Orientation for the student palliative members | District collector's student community and health care department of Kerala | District training Centre, Kollam | 25/08/2019 | 1 |
| 4 | Annual Seven day special camp 2019 | NSS, St Gregorios College | Baselios Mathews II College for Teachers' Training , Kottarakara | 18/12/2019- 24/12/2019 | 7 |
| 5 | Palliative Care Training Programme | Department of Student's Services, NSS, Centre for Agroecology& Public Health and Pallium India | Senate Chamber,University of Kerala, Palayam, Thiruvananthapuram | 10/10/2019 - 11/10/2019 | 2 |
| 6 | National Palliative care day observance | District palliative care cell | Kollam Town Hall | 15/01/2020 | 1 |
| 7 | Anti-Drug initiative Programme | NSS University of Kerala | Kerala UniversityStudent'sCent re, PMG Junction Thiruvananthapuram | 21/11/2019 - 22/11/2019 | 2 |