



ST. GREGORIOS COLLEGE KOTTARAKARA

3.4.1 Extension Activities



HARBOUR CLEANING ACTIVITY

The following 11 cadets from ST. GREGORIOS COLLEGE,
KOTTARAKKARA had participated in covid HARBOUR DUTY at Vady
KOLLAM on 08-05-2020



SL no.	NAME OF CANDIDATE
1	ANANDHU U
2	AROMAL KRISHNAN
3	ARUN S KUMAR
4	KRISHNAND KV
5	EPHREM SAM MATTAPPALLIL
6	MELVIN BABY
7	ABHIRAMI UDAYAN
8	SARATH MOHAN
9	AKHILA A
10	AKHIL B
11	ROMY R




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KOTTARAKKARA

Fit India Movement

Cadets from St.Gregorios College, Kottarakara had participated the physical and allied activities in connection with Fit India Movement in August 2020.



"IF THE BODY IS FIT,
THE MIND IS A HIT!" **FIT**

"A FIT, HEALTHY BODY-
THAT IS THE BEST
FASHION STATEMENT",



Number of Participants: 56



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MASK DISTRIBUTION

The following 30 cadets from St. Gregorios College Kottarakara had participated in MASK DISTRIBUTION as part of Anti corona drive.

Mask issue @ ESI, Ezhukone during
Lockdown- 2020



SL NO.	NAME OF CANDIDATE
1	ANANDHU U
2	AROMAL KRISHNAN
3	ARUN S NAIR
4	BIDHUN MP
5	EPHREM SAM MATTAPPALLIL
6	MELVIN BABY
7	ANANDHU S
8	ADHARSH S
9	SARATH MOHAN
10	SHIFAN S
11	ABHIRAMI UDAYAN
12	AKHILA J S
13	AKHILA OMANAKUTTAN
14	ALSA SABU




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15	ANCY KUNJUMON
16	APARNA P R
17	ARCHANA S NAIR
18	ARYA T NAIR
19	ASWATHY THULASIDARAN
20	ATHULYA S RAJU
21	DEVIKA KRISHNAN
22	HIMARANI V S
23	JAYAKRISHNA P
25	KARTHIKA L
26	MAMATHA MADHU RAJI
27	NIDHINA S
28	PRAVEENA MADHAV SOORYA
29	REMYA R
30	ROMY R




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Fit India Movement

Cadets from St. Gregorios College, Kottarakara had associated with the Polio Vaccination drive during the year 2020.



Number of Cadets attended: 6




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Fit India Movement

Cadets from St.Gregorios College, Kottarakara had participated in all programmes related with Swachhta Pakhwada during the year 2020.



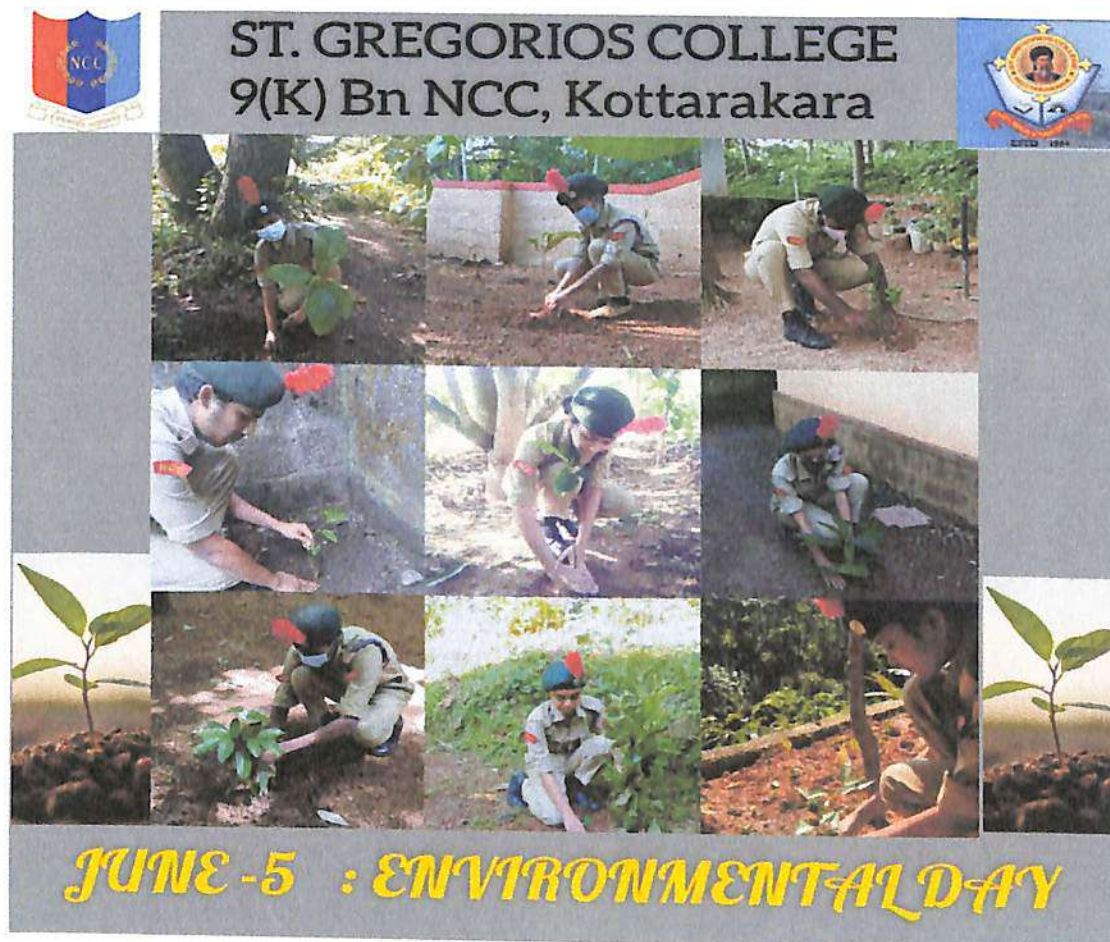
Number of Cadets attended: 36




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World Environment Day 2021

The 9(k) Bn NCC subunit of St. Gregorios College, Kottarakkara Celebrated the 2021 World Environmental Day on June 5. The programmes included tree plantation and 'Hug a tree' programme remainising SundarLal Bahuguna, the Chipko Movement leader. Each and every cadet was involved in this tree plantation activity. Each of them collected saplings and planted it at various places nearby. They participated with great enthusiasm.



Number of Cadets Participated: 54



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WEBINAR REPORT

Mental Health in Young Adult and Adolescents

National Cadet Corps (NCC), 9(k)Bn, St. Gregorios College Kottarakkara, organised a webinar On Mental Health In Young adult and Adolescents, which was conducted **12-06-2021, from 9 am to 11 am** by using google meet platform. Resource person for the programme (speaker) was Dr. S Anand (Clinical Psychologist).

Cpt.Dr.Indulal C-R (ANO) of St.Gregorios College kottarakkara, welcomed the gathering and Prof.Jiji Peter, principal of the college Inaugurated the programme. The programme was presided over by Sri K.GRajeevan (District president, SSSO Kollam). At last a doubt clearance session also conducted.DrSumi Alex (IQAC Coordinator) and SaiSreekumar (District co-ordinator, SSSO Kollam) felicitated the programme.Theprogramme ended by vote of thanks by Romy R, JUO of SG college kottarakkara.The webinar was Informative and well appreciated by the participants. Total of 96 cadets, students and parents were participated throughout the programme.

ST. GREGORIOS COLLEGE & 9(K) Bn NCC, Kottarakkara

Webinar on: **Mental Health In Young Adult And Adolescents**

<https://meet.google.com/myo-ougy-coo> 12/06/2021 9:00am-11:00am

Welcome: Lt. Dr. Indulal C. R. (Programme Coordinator & Asst. Prof. Of Psychology, St. Gregorios College, Kottarakkara)

President's Address: Prof. Jiji Peter (Principal, SG College, Kottarakkara)

Inauguration: Sri. K.G.Rajeevan (District president, SSSO, Kollam)

Felicitation: 1) Dr. Sumi Alex (IQAC Co-ordinator, SG College, Kottarakkara)
2) Sri. Sreekumar. P (District Co-ordinator, SSSO, Kollam)

Keynote Address: Dr. S. Anand (Clinical Psychologist)

Vote of Thanks: Romy. R (JUO of College, Kottarakkara)




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ST. GREGORIOS COLLEGE
9(K) Bn NCC, KOTTARAKARA



Webinar on : **SOCIAL CO-EXISTENCE**
എന്താ COVID 19



[https://
meet.google.com/
myo-ougy-coo](https://meet.google.com/myo-ougy-coo)

23/05/2021
1:45 pm

Welcome: Lt. Dr. Indulal C.R. (ANO, SG College, Kottarakara)

Inauguration: Dr. Suman Alexander
(Principal, SG College, Kottarakara)

- Felicitation:
- 1) Lt. Colonel Rizwan Khan (AO, 9(K) Bn NCC, Kottarakara)
 - 2) Captain. Sunil. P (ANO, 9(K) Bn NCC, Kottarakara)

Session: **SUJI. S**

(Junior Health inspector,
Municipality, Kottarakara)



Note Of Thanks: Anandhu. S (SUO, SG College, Kottarakara)



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WEBINAR REPORT

“SOCIAL CO-EXISTENCE WITH COVID- 19”

National Cadets Corps [NCC, (9K) Bn] , St. Gregorios College Kottarakara , organized a Webinar on “Social Co – Existence With Covid – 19 which was conducted on 23-05-2021 from 1:45 to 3:00 pm by using Google Meet platform. Resource person for the program [speaker] was Suji.S , Junior Health Inspector, Municipality , Kottarakara. The program was attended by nearly 100 participants including NCC Cadets, Students of the College and some teachers of the College.

Cpt.Dr.Indulal C R, ANO ,St.Gregorios College, Kottarakara welcomed the gathering and Dr.Suman Alexander ,Principal of the college inaugurated the program. The session was moderated by Captain Sunil P, ANO 9(K) Bn NCC, Kottarakara. Lt. Colonel Rizwan Khan conveyed his support.

Resource person,Suji S highlighted the effective measure to be taken to achieve protection from Corona Virus which started with a brief introduction about Covid – 19 pandemic. He stressed the proper way of undergoing quarantine (if needed), disclosed the reasons behind the severity of the second wave of Covid – 19 , and had given an account of the role of NCC Cadets in this pandemic situation. He also explained about the cause and severity of the fungal diseases which are seen as an after effect of Covid, especially about ‘Black Fungus’. The queries of the participants were clarified at the end of the talk. The program ended by Vote of Thanks by Anandhu S, SUO, St.Gregorios College, Kottarakara.

The webinar was very informative and well appreciated by the participants.




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NCC- Anti-drug Awareness Programme Report

The NCC unit of St. Gregorios College, Kottarakara under 9K (Bn) NCC, Kottarakara conducted a webinar on "Anti-drug awareness" on **30th July 2021** at 11am. The objective of the webinar was to prevent youth from using illicit drugs by enhancing their awareness. The students from various clubs and other departments also logged in to be a part of the webinar and total of 100 participants attended the programme.

The programme begun with a welcome speech by Cpt.Dr.Indulal.C.R, ANO and Asst. Prof. of Physics who was the programme coordinator. He extended a warm welcome to all the dignitaries present. Followed by that, the presidential address was given by Prof. Jiji Peter, Principal of S.G College, Kottarakara. The Principal emphasized on the theme of World Drug Day 2021, "Share facts on drugs, save lives". The inaugural address delivered by Adv.Jacob John, Deputy Excise Commissioner (Rtd), Kottarakara. He gave an important message to everyone that it is the first attempt that should be avoided because the beginning is what leads to addiction, he also quoted that a drunkards wife is the epitome of tolerance. Then felicitation was given by Dr.Sumi Alex, IQAC coordinator, S.G.College, Kottarakara. The keynote address delivered by Shri. T.Jayakumar, Excise Preventive Officer, Excise Circle Office, Kollam.



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9(K) Bn NCC, KOTTARAKARA

Webinar on : **ANTI - DRUG AWARENESS**

<https://meet.google.com/chx-uwaq-meu> Date : 30/07/2021
Time : 11:00 am

Programme Schedule

Welcome Speech : **Lt. Dr. Indulal C. R.** (Programme Co-ordinator, ANO & Asst. Prof. Of Physics, SG College, Kottarakara)

Presidential Address : **Prof. Jiji Peter** (Principal, SG College, Kottarakara)

Inaugural Address : **Adv. Jacob John** (Deputy Excise Commissioner (Rtd) Kottarakara)

Felicitation : **Dr. Sumi Alex** (IQAC Co-ordinator SG College, Kottarakara)

Key note Address : **Sri. T. Jayakumar** (Excise Preventive Officer Excise Circle Office, Kollam) 

Vote of Thanks : **Melvin Baby** (JUO, SG College, Kottarakara)





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Volunteer Activities during Covid Pandemic

Masks, Lockdown, Quarantine those are a few of the words that sum up life during the COVID-19 pandemic. However, for NSS volunteers when they look deeper, they will also find: Togetherness, Opportunity, and Volunteering. The needs of non-profits and charities for volunteer assistance have continued unabated during the pandemic, and for many have increased exponentially. NSS unit during this pandemic had taken part in many voluntary activities like covid awareness programs, covid medicine distribution, training programs, NSS covid warrior's duty.

Our NSS Unit tried to avoid the stress of students during this pandemic situation. A lot of work was done during this period. Volunteers began farming at home. Some are engaged in making mask, craft work, origami work etc. Awareness classes related with different fields are conducted. Provide a mental pleasure we conducted various entertainment activities. Variety of events are planned and implemented throughout the year. Both online and offline activities are conducted. Parents are also part of such online programmes. Volunteers are participated in a variety of events in collaboration with various organizations such as RACE, NYK and NILA. At the same time our volunteers actively involved in defense against Covid. During this pandemic situation our volunteers give support and help to others.




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1. College Level Field Works

1.1 Blood donation drive

The covid pandemic had called for a huge scarcity of blood and its donor. NSS unit in that time had worked effectively in providing donor as required, for this a blood donors directory is also made from NSS volunteers of the unit which is annually updated.

ST. GREGORIOS COLLEGE KOTTARAKARA NATIONAL SERVICE SCHEME UNIT NO. 133			
BLOOD DONATION DIRECTORY			
Sr	Name	Mobile No	Sex
1	Ikha Shaji	9597077395	M
2	Alan Kenjachan	9026729311	M
3	Bojesh Babu J.S	9995381938	M
4	Hani A.R	8721824069	M
5	Vishnu V	7045364826	M
6	Alan Sabu	7902431017	M
7	Yashin T	760064241	N
8	Akhira Krishna	8590483576	F
9	Kavya Ganeshan	9645462893	F
10	Anjali S	7559715424	F
11	Jibin Wilson	8113800905	M
12	Sudheena Beeri	8590664978	F
13	Vandhana Swan	9778218119	F
14	Aswathi B	6282460342	M
15	Hareesh H	7563391833	M
16	Ajai Jibin George	8089421127	M
17	Anjali Krishna	8139872295	F
18	Jose Martin	8590938138	M
19	Shani Mariani	7306154281	F
20	Athira A.R	9746129033	F
21	Aradhya J. Ajith	9061557777	F
22	Rany Raju	7907664864	F
23	Aashwin M.S	9562258215	M
24	Ahan J. Raj	8608549264	M
25	Nandini N	8994467073	M
26	Poojitha Rajesh	918820339	M
27	Dylan J. John	9845582748	M
28	Arshitha	7045710667	M
29	Aarathi L. King	9761863264	F
30	Divyanshi P	7978043087	F
31	Divyanshi Nayyar	871880388	M

1.2 Covid Awareness Programmes

Our NSS Volunteers created many videos in connection with Covid Awareness and it is uploaded in our Youtube channel.



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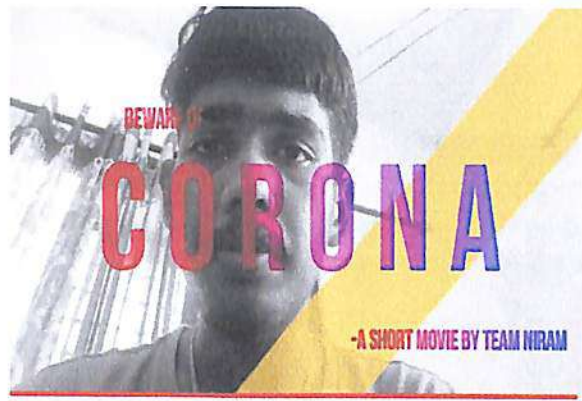
COWIN - Short Film Video - NSS SGC

2.2K views · 1 yr ago #Corona #Covin_Vaccine #break_the_chain

407
 Dislike
 Share
 Create
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NSS SGC Kottarak... SUBSCRIBED

 631 subscribers



Beware of C O R O N A - NSS SGC

Kottarakara - Niram Group

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കവലം - The Shield - NSS SGC

Kottarakara - Second Years

1.4K views · 11 mo ago

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NSS SGC Kottarak... SUBSCRIBED

 631 subscribers



Metanoia - Short Film - NSS SGC

Kottarakara - Second Years

1.3K views · 11 mo ago

309
 Dislike
 Share
 Create
 Down

NSS SGC Kottarak... SUBSCRIBED

 631 subscribers



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2. Individual mention of volunteers

Our NSS Volunteers Karis George Koshy, Adhithya Krishnan, Ebin Shaji, SarathLal, Noora Abdul Samad, Ritto Reji, Aby Kunjumon actively participated in different types of Covid related duties. **Karis George Koshy** and other volunteers of St.Gregorios College have registered as Sannadham volunteer on 24/03/2020. They have served their service not for any monetary benefits, but as service only.

2.1 Karis George Koshy

From the month of August to December, **Karis George Koshy** has served as Kerala Police Volunteer. He served as Kerala Police Volunteer of Punalur Police Station. There are five volunteers in total served as Police volunteers. Kollam Rural SP Harishankar visited and appreciated these volunteers. The Duty ID card and duty photos are mentioned below.



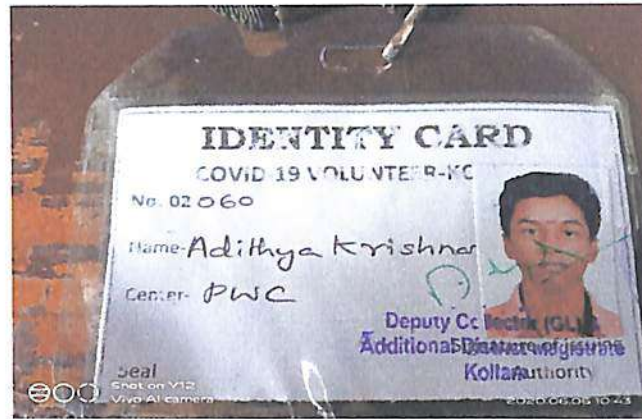
Karis George Koshy: Duty photo and ID card

2.2 Adhithya Krishnan

As a part of Safe Kollam Project, **Adhithya Krishnan** does the Covid Quarantine Center Volunteer Duty. His duty is to deliver the medicine and food items they need. He shares the sweetness of duty done by him, because it gives joy to his mind. He does the duty and then goes to quarantine and again join to the duty and repeat this for a long period of time. He shares his experience to our newly joined volunteers.




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ID card

2.3 Sarath Lal S

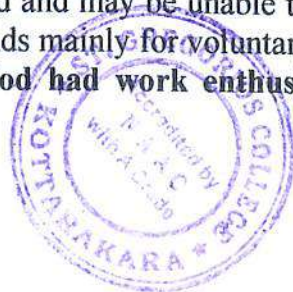
Our first year NSS volunteer **Sarath Lal S** engaged in community Kitchen duties. He focused Kadampanadu area. He is doing a lot of work to help the people who affected by the Covid. He supplied food, medicines and water to the needy people.



Sarath Lal is in Community Kitchen duty

2.3.1 Food Supply

An influenza pandemic could very well disrupt normal supplies of food to your municipality even before the virus crosses municipal borders. In many countries food security is handled at the national level, however during a severe pandemic, national governments may be overwhelmed and may be unable to provide timely assistance to every municipality. This situation demands mainly for voluntary activities from good hearts. **Sarath Lal S** during that pandemic period had work enthusiastically in many food donation programmes and



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community kitchen for needed during lockdowns.

Some of those are noted here:




Covid time food supplied on behalf of community kitchen on November 15, 2021



Food packing on ration shop during lockdown at Kadampanad on November 22 2021




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Covid time food preparation on behalf of community kitchen at Kadampanad on 31 november 2021



During Lock down food delivery on November 17 2021



Food packing
Community kitchen




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Kadampanad Gramapanchayath on December 12 2021



Lock down time
Food preparation for Govt. Hospital Adoor on December 8 2021


2.3.2 Donation

Covid pandemic had affected every sector of our Nation severely and this had called for many crises individually. Many daily waged workers' families were on the closed road of their life. Hence an initial support of life was a major challenge. **Sarath Lal S** during that situation had taken part in many donation or fund collection drives like donation of **money, mask, television (for students for online class), notebook** Some of them are listed below.



Covid time Book distribution to students Erathu Gramapanchayath on June 6 2021




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Covid time wheelchair donation at Pallickal Panchayath
Adoor on October 6 2021



Fund donation
Mahatma Janasevana Kendram Adoor on August 2 2021

2.3.3 Shramdaan activities during Covid pandemic

Sarath Lal S had taken part in the sanitizing programmes and cleaning programmes in many parts of his locality and within NSS unit.




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Covid time school cleaning at
Govt. Girls Higher Secondary School Adoor on December 27 2021



Covid time
Sanitization Kadampnad Gramapanchayath on December 29 2021



Covid time sanitization
Covid affected house on July 13 2020




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Sanitized covid affected house Nellimukal Kadampanad on July 17 2020

2.4 Ebin Shaji

Our NSS volunteer **Ebin Shaji** serves the Covid duty at Ezhukone Grama Panchayathu. He actively involved in his duties. He supply food and medicines to the covid patients. Arrange transportation facility.



ID card

2.5 Akhila kunjumon

Akhila Kunjumon is also engaged in community kitchen activities. Food is prepared at home and then it is delivered it to the needy people through community kitchen process.




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Akhila in Community Kitchen duty

Our NSS volunteer **Noora Abdul Samad** registered as Kerala Civil Defense Volunteer. Primary Health Centre Covid registration is one of her duty. She engaged in Vaccination duties. She also serves as a Police volunteer. Parippally Police Station and PHC near Parippally is her working place.



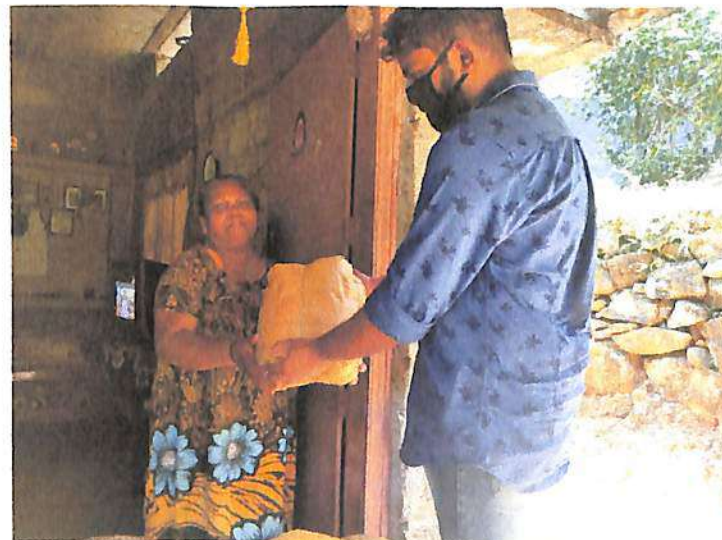
Noora at the Vaccination center




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3. Charity works

We celebrate this year Onam (2021) by supplying food kit to our Palliative care members and peoples belonging to our Gurumuttam Colony, our adopted village. Our NSS unit distributed more than 15 kits of groceries and stationaries. NSS programme officers **Asha.G**, Dr. Manu.V, NSS volunteers Parthasarathy, Vipul V Pillai, Neethu. R actively participated in the programme. Normally we arranged a function in our college. But due to Covid pandemic situation, food items were delivered to the home.



Kit delivery by Vipul V Pillai




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Kit delivery by Neethu.R

Our NSS Volunteer **Karis George Koshy** is also involved in some charity with God's Love Charity like flood relief activities, Covid kit to the needy poor people.



Charity activity during the lockdown time

The NSS unit of St.Gregorios College made efforts to help the community in the midst of Covid expansion. Mask made by the NSS volunteers has been distributed to health centre and will be delivered to homes. On 3rd July 2020, 25 masks are delivered to the Health Officer of Primary Health Centre, Mylom by the NSS volunteer **Meenu Raj**. The NSS programme officer **Asha.G** participated in the programme. Meenu Raj also conduct an awareness about the necessity of keeping the Covid protocol such as importance of wearing masks, proper washing of hands, social distancing and other measures to the neighboring peoples.

In this pandemic situation, the programme officers and volunteers are engaged in creating awareness about the Covid virus and its consequences. The people appreciated the efforts taken by the volunteers during this challenging situation.

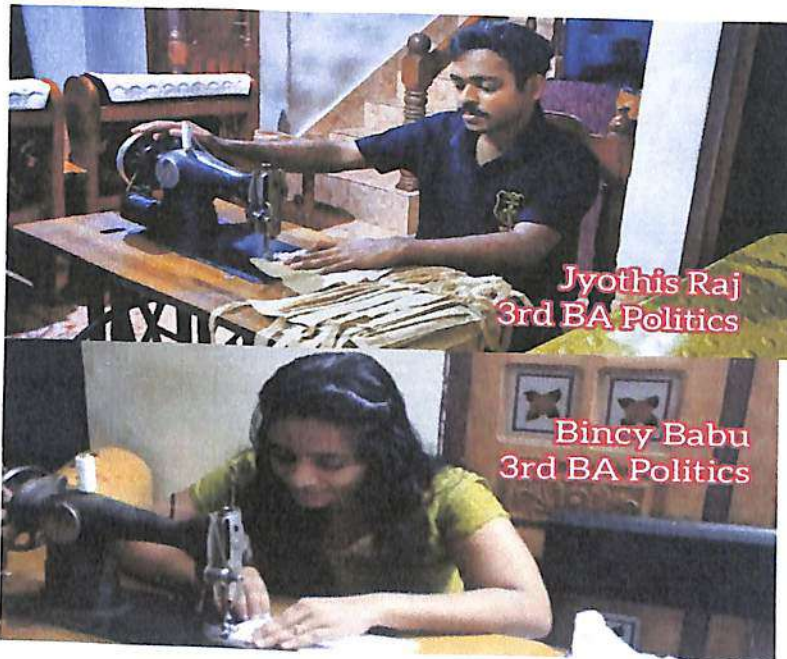


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Mask distribution

Some volunteers in our unit make masks for their needs. They make mask and handed over it to various clubs and health workers. One of our volunteer **Jyothis Raj**, who is one of the **best volunteer** in University level during the academic year 2018- 2019, make masks in large scale and it is distributed to his neighbors and poor people. Bincy Raj, one of the volunteer also engaged in making and distribution of masks.



Jyothis Raj
3rd BA Politics

Bincy Babu
3rd BA Politics

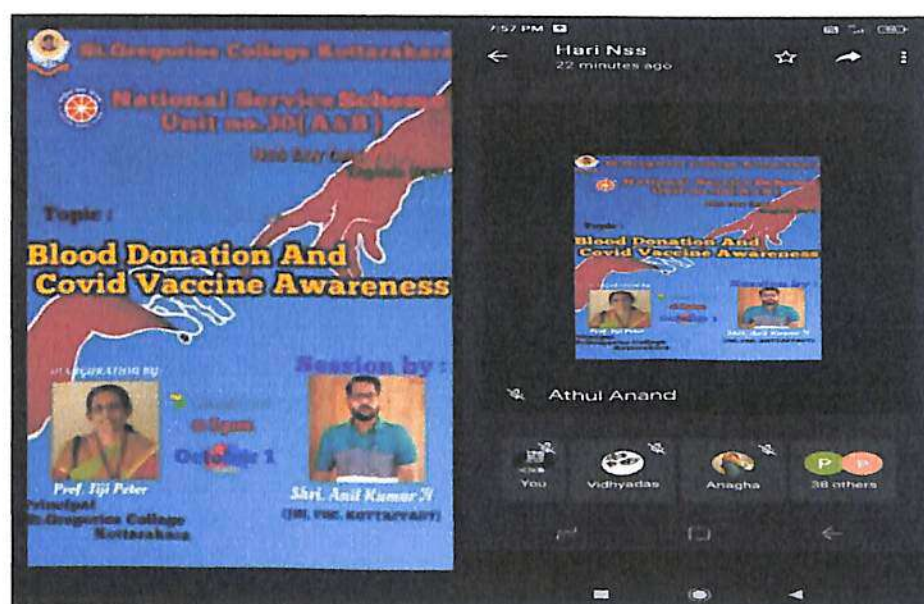



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4. Covid Awareness Programmes

4.1 Blood Donation and Covid Vaccine Awareness Class


On this day a meeting was conducted by NSS SGC on Blood donation and covid vaccination awareness by Sri. Anilkumar N, Junior Health Inspector Kottappady. All the members of the meeting were welcomed by Iijo. The session was inaugurated by college principal Prof. Jiji Peter. First years volunteer Arjun C G thanked the guest and all the members participated in the programme.

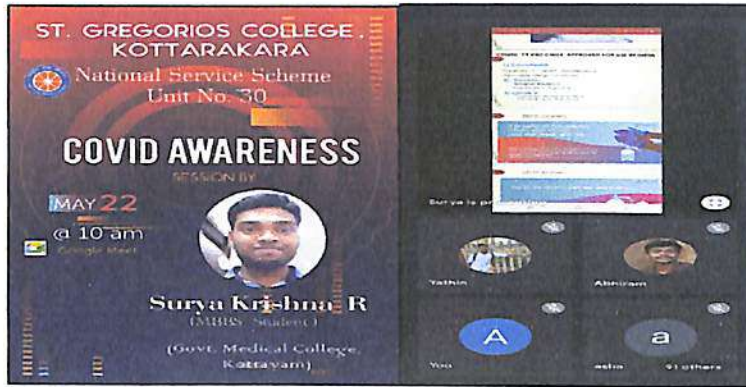


4.2 Covid Awareness Session

Covid Awareness Session by Surya Krishna R (MBBS student) Govt. Medical College Kottayam was on May 22, 2021. The program started sharply at 10:00 am, mainly discussing Covid issues and most common symptoms, prevention, and treatment etc. Later, our NSS volunteers gave mementos to a very special class. NSS program officer **Prof. Asha G** and senior volunteer secretary **Karis George Koshy** thanked Surya Krishna. The vote of thanks was given by volunteer Akhilkrishnan. The program ended with a national anthem by volunteer Parvathy. **Yathin T** had participated actively in this program including the doubt session. The program would give awareness of Covid issues and prevention.




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Poster and screenshot of the programme

4.4 Awareness class by Sarath Lal S



The NSS Volunteer **Sarath Lal S** taking session on Volunteerism on Pandemic Situation on 22.12.2021

4.5 Awareness video:

<https://www.youtube.com/watch?v=MO8JIUeO-X4>

<https://youtu.be/pOeyQONRDI4>

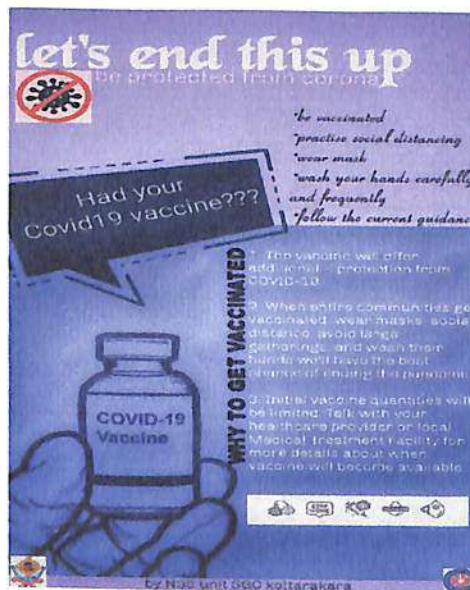


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4.6 Tika Utsav

Tika Utsav was a four day mass vaccination programme for COVID-19 from April 11, 2021 to April 14, 2021 announced by the Prime Minister of India Narendra Modi in view of the resurgence in the COVID-19 cases in the country with the aim to vaccinate maximum eligible people. Modi in Letter to the Nation said that it is beginning of second major war against COVID-19 Pandemic. The Mass vaccination Programme has started on the birth anniversary of Mahatma Jyotiba Phule and continued till the birth anniversary of Babasaheb Ambedkar on April 14.



Poster prepared as a part of Tika Mahotsav



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15

Rain International Nature Film Festival (29th to 31st January 2021)

BMC members submitted a short documentary entitled Vivekam in the 3rd RINFF conducted in Virtual Platform describing the nesting of Red whiskered bulbul in comparison with the human beings concepts of house construction; disturbing nature and natural resources. The documentary won the special mention Crystal Butterfly award.

SUNDAY		rain international nature film festival JANUARY 31	
SCREEN 1	SCREEN 2	SCREEN 3	
10:00 am			
Competition Short Fiction			
VATTON 27th Moscow Film Festival 2019			
ANTLIONS 4th Copenhagen 2020			
DEVUTTI 6th Moscow Film Festival 2017			
11:00 am		11:00 am	2:00 pm
Competition Documentary		Competition Documentary	
FINAL ASCENT 19th European Film Festival 2019		AN ISLAND IN THE CONTINENT 19th European Film Festival 2019	
2:00 pm		2:00 pm	
Competition Documentary		Competition Documentary	
SHEEP HERD 19th European Film Festival 2019		NOMADS 19th European Film Festival 2019	
4:00 pm		4:00 pm	
Competition Documentary		Retrospective Sundesh Kadas	
THE SEA IS SHAKING 19th European Film Festival 2019		WILD NATIONAL ANTHEM 19th European Film Festival 2019	
5:00 pm			
Competition Documentary			
THE WIND 19th European Film Festival 2019			
6:00 pm			
CLOSING CEREMONY			

SPECIAL MENTION (YOUTH)






VIVEKAM
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VIVEKAM
DIRECTOR DR. JEAN JOSE J, SUKRUTH SAGAR J,
ANU KUNJUMON, YATHI KRISHNAN,
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