

Major Activities of 2012-13

- **World environment day:** In the 5th June 2012, as part of world environment day, NSS volunteers cleaned the college campus-removed all the plastic waste and took pledge to protect our environment. Volunteers gave an awareness message, by distributing pamphlets to nearby residents on household waste management.
- **Cancer awareness class:** On July 20th, 20 NSS volunteers and programme officers attended a cancer awareness class at HC1, Srirangapuram,Kodungallur. Dr.Thomas Varghese from Lakeshore hospital took the class very effectively.
- **Campaign on epidemic diseases:** On 27th July students distributed pamphlets to the nearby houses of the college. This is to create awareness among public about epidemic disease like H₁N₁, Dengue fever, Jaundice, etc. On 31st July NSS volunteers conducted a regular cleaning work in the adopted village.
- **Orientation class:** In the month of August, after the completion of first year student's registration, an orientation class was conducted by Dr.Kesavan, former NSS programmes officer of Asmabi College.



- **Patriotic song competition:** On 13th August in connection with the Independent day, NSS arranged a department wise patriotic song competition, 9 teams were participated.

Commerce Economics and English departments secured first, second and third prizes consequently. Principal distributed prizes to the winners.



- On 14th August programme officers attended a one day workshop at Calicut University Tagore hall.
- **Quiz competition:** On 16th August, as part of the Independence Day celebrations a quiz competition was arranged in association with science forum. Title of the audio visual based Quiz was “Know your India”. Six participated in the final round department of English bagged the first prize.
- On 24th August, NSS volunteers and programme officers attended a social dinner in Lulu International Conventional center at Thrissur as the invitees of Alpha pain and Palliative Clinic.
- **Onam celebrations:** On 23rd August Onam celebration was arranged under the guidance of NSS. Competitions like Pookalam, Tug of war, collection of local flowers and a number of traditional games also conducted.



- In the month of September several programmes were arranged. Programme officers and volunteers attended the inaugural function of the Kidney foundation of India. Dr.A.P.J Abdul Kalam was the chief guest of the programme.
- On 13th September conducted a regular work of cleaning road side of the college. Around 100 students participated.
- **Organ donation campaign:** The PO's attended another meeting of Kidney foundation of India at Irinjalakkuda. Under the auspicious guidance of NSS, students collected more than 300 filled organ donation forms from the college and the nearby locality.
- **Assam relief fund campaign:** As part of the Assam relief fund campaign, NSS units collected a good number of dresses from students. On 26th September, volunteers handed over the collected dresses to MES local management in presence of the Principal.
- On 28th September, 4 NSS volunteers attended a workshop on disaster management at Thrissur collect orate, conducted by the Government of Kerala.
- On 29th September, a poster campaign was arranged to create awareness on organ donation.
- On 28th and 29th programme officers and four NSS volunteers went to Thrissur to attend an orientation class at Costford arranged by district level NSS co-coordinator and Cost ford, Thrissur.
- **Gandhi Jayanthi day:** On October 3rd, In connection with Gandhi Jayanthi day, a cleaning programme was arranged by NSS volunteers at kodungaloor municipality area. On 4th October, a department wise Quiz programme was conducted on the topic

'Gandhi-life& messages". Prof.shibu A Nair was the Quiz master and prizes distributed to the audience too.

- **World Palliative Day:** As of the World Palliative Day, on 9th and 10th October two meeting were conducted for the NSS volunteers. As part of the World Palliative Day celebrations On 13 October, a walkathon was arranged by Alpha Pain Clinic at Thrissur Swaraj round .97 NSS volunteers from Asmabi College actively participated in it.
- On 3rd November, a cleaning programme was arranged in the nearby adopted village .More than 180 volunteers participated. In the afternoon session an icebreaking session was conducted.



- **Blood donation camp:** On 5th November a blood donation camp was arranged in association with IMA, Thrissur. Around 50 students donated their blood. Refreshments were arranged to students and distribute certificate to those who actively took part in the donation camp. Dr.Joseph, representative of IMA Thrissur handed over the donor's trophy to NSS Programme officers.



- On November 21, PO's attended a meeting at Thrissur district hospital, in connection with the formation of Teen club as part of the National Rural Health Mission programme. PO's and volunteers went to Alpha pain clinic Edamuttam to discuss the matters related with the conduction of special camp.
- **AIDS Awareness Campaign:** In connection with the AIDS day, on 29 November, NSS conducted an Aids awareness campaign. As part of it two awareness Classes and a social painting were conducted. Classes handled by Ms Rosemol, Councilor, District hospital, Thrissur and Ms Beena, positive talker from Asha. Social painting was inaugurated by the principal by drawing a picture on the canvas; around 35 students were participated in it.
- On 10th December NSS regular work was arranged in the adopted village, ward members also participated in it.
- **World Human Rights day:** on 11th in connection with World Human Rights day, an inter departmental Debate competition was arranged on the topic of "Capital Punishment", 9 teams were participated.
- **Awareness class on road safety** An awareness class on road safety was arranged on 13th December .Sri N Raj Rtd Transport Commissioner led the class. As part of the awareness class a Quiz competition also conducted on the topic of road safety. Prizes were distributed by Mr Sasi, Transport Commissioner,Kodungaloor.

- **Energy Conservation campaign :** On 14th December, as part of the Energy Conservation campaign, posters are prepared, distributed and pasted in each department of the college, office and also to nearby shops and houses
- **Special camp:** From December 20th to 26 special camp, “HARITHA SWANTWANAM” was conducted at Alpha pain & Palliative Care clinic Edamuttam, 100 NSS volunteers attended the camp. Mr Dileepkumar, Talikulam Block panchayath president inaugurated the camp. Smt. Beena Ajayaghosh, President of Valappad Grama Panchayath was the chief guest. Mr Nuurudeen, Chairman Alpha Pain Clinic, presided over the function .There occurred several awareness classes, Yoga training, debates, palliative care visits, cultural programmes, group games etc.



- **One rupee one life:** On 22nd January NSS volunteers actively took part in the launching of “One rupee one life” programme initiated by Alpha Pain Clinic held at Thrissur. Smt Kiran bedi was the inaugurator of the function. 120 NSS volunteers from Our College took part in the management of the function.
- **Study tour:** On 2nd of February a one day study tour was arranged to Peechi and Vazhani dams. As part of the study trip trucking was arranged to Peechi forests.
- From 6th to 12 Dr asma VM attended orientation course at Rajagiri College,Kalamessry. From 9-11 February, 3 volunteers participated a University level NSS camp arranged at WMO College, Calicut.

- **Health camp:** On 12th February a health checkup camp was conducted by MA Care ,Valappad in association with NSS. The camp was primarily for the detection of Thyroid, Cholesterol and Blood Sugar. 35 teachers, NTS and a good number of students were benefited from the camp.
- On 17th February, NSS volunteers actively participated in a social marriage at edamuttam conducted by Alpha Pain Clinic. NSS volunteers took the charge of serving food to 3000 people.
- **Debate Competition:** In association with the National Rural Health Mission, a debate was conducted on “*Gender equality is there or not*” on 22nd February. Trophies and cash prizes respectively 1000, 700 & 500 were distributed to the winning teams.



- **Health survey:** The survey was initiated by Friend Club, kalarippambur, primarily for the detection of Cancer in the Mathilakam panchayath. On 28th February a class was conducted to explain the matters related to conduction of health survey. Within the first week of March, Students collected data from more than 300 households.
- **Teen club:** On 6th march teen club inauguration was conducted by Dr Sureshkumar Assistant Surgeon, Primary Health Centre, P Vemballur .In the same day, he took an informative class on adolescent sexual health. He also inaugurated the New NSS room and Body Mass Index facilities in the college.



- On 13th March, PO's attended a meeting of NRHM at Thrissur to review the teen club activities.
- **ASSAP Recruitment campaign:** 11th march the road show programme of ASAP came to Asmabi college. ASAP recruitment interview was conducted on 14th march 2013. 160 students registered for the job drive, among them 50 selected for interview and 27 got place in the list.

2013-14

- 5-06-2013 **World Environment day celebrations** - A seminar on food for thought and Debate competition for students.
- 11-06-2013 **Cycle Rally for Peace-** Reception to the students of India Pakistan friendship Club. Conducted signature campaign and interaction with the group.
- 13-6-2013-NSS regular work, planting trees.
- 26 -6-2013 -Sanand C has attended **LAHARIVIRUDHA seminar** in connection with WHO International Day against "Drug Abuse and Illicit Trafficking" at Govt Mental Health Centre, Thrissur .
- 28-06-2013- Sri. Sanand has attended the Programme Officers meeting of Thrissur district with Development Authority Chairman at Hotel Elite International, Thrissur.



- 11-07-2-13 Sri.Sanand PO Unit no 95 and five volunteers had attended the **workshop on “Change management-Role of students”** organized by NSS in association with the Thrissur Development Authority at Hotel Elite International Thrissur.
- 19-07-2013 Cloth donation to the victims of Utharakhand flood.



- 25-07-2013-NSS regular work- planting of trees.
- 27-07-2013 -Sri. Sanand attended Programme Officers Meeting at Calicut University
- 5-8-2013-Class on Traffic Awareness in association with the Road Transport Department.



- 14-8-2013- "Discovery of India" Inter collegiate Quiz Competition in connection with the Independence Day.
- 15-08-2013 Independence Day celebrations in the College



- 16-08-2013-Patriotic Song Competition as part of the Independence day



- 17-08-2013-NSS orientation class for the first year students & Campus cleaning



- 21-08-2-13- **Pustakayanam**-Distribution of collected books to Theeram Library,P Vemballur.
- 7-9-2013-NSS regular work,Campus cleanibg,planting tree,prepared pots.
- Sri. Sanand.C, Participated in the Empanelled Training Programme for National Service Scheme, programme Officers from 2-9-2013 to 8-9-2013, conducted by Rajagiri College of social Sciences, kalamassery.
- Sri. Sanand.C, Conducted an orirntation class on “Role and Responsibilities of NSS” as part of the orientation programme conducted by Sree Sankaracharya university of Sanskrit Regional centre, Tirur on 19-09-2013.
- **September 12**-Conducted departmentwise Pookalam competition, as part of the Onam celebrations. Took leading role in Cooking and serving of food for the Onam feast.



- **23-09-2014-** Planting of trees, as part of the Green Thrissur project
- **September 24-** Celebrated NSS day with the inauguration of 'Haritha samridhi' (preparing kitchen gardens in the adopted village), smt Usha Sreenivasan ,Ward member ,SN Puram Grama Pachayath inagurated the programme. Volunteer secretaries deliver NSS message and students took NSS pledge.
- **September 24-** Conducted a public meeting of Ward members, Kudumbasree units, MNREGP workers and self help groups in association with the planning of Sevana varam coming in the first week of October.
- **October 2-** As part of the Gandhi Jayanti day observation, "**Sevanavaram**" conducted in adopted villeges (ward no 1& 21 the of SN Puram Grama panchayath). Programme was inaugurated by the principal, Dr Ajims P Mohammed, in the presence of Ward members, College managing Secretary Etc. More than 100 Volunteers Cleaned roadsides and nearby areas in collaboration with the Kudumbasree and self help groups of the locality.



- **October 3-** As part of the **Gandhi Jayanti day**, an Audio Visual General quiz was conducted in association with the Quiz Club of the College. 12 teams participated in the event, Department of Physics bagged first and second positions.
- **October 9-** In association with the **Election enrolment campaign**, conducted by the Election Commission of India, NSS units can able to conduct a recruitment

drive in the college. Deputy Tahasildar in charge of election, Mr Shamsudin inaugurated the programme. NSS can enroll 249 students from the College.

- October 10- AS part of the World Pain and Palliative Care Day, NSS volunteers participated in the Ribbon of Hope Walkathon, conducted by Alpha pain and Palliative care society at Thrissur town.



- **November- 6** In association with the Kidney Federation of India, NSS conducted an organ donation campaign in the College. Sri Manoharan, Co-ordinator Kidney Federation of India conducted an awareness class on “Organ Donation and Life Style Diseases”.



- **November 12-16** Sri. Sanand.C.Sadananda kumar Pogramme Officer Unit No 95, got University level selection for participating State level workshop on Human Rights and Social harmony.
- Sri. Sanand.C.Sadananda kumar has participated in the **TOT (Training of Trainers)** on Social Harmony and Human Rights, held at Darsana Pastrol Centre, Peechi, Thrissur, organized by the SHANU Division, Rajiv Gandhi National Institute of Youth Development, Tamil Nadu in collaboration with NSS Regional Centre, Trivandrum from 12-16 November 2013.



- **November 15** As part of the children's day, NSS Units arranged "**KINGINIKOOTAM**" - a day with students at Government Fisheries LP School, Veekode. Volunteers arranged a number of programmes for students. Students can able to collect money from College and they handed over 150 note books to the School.



- **November 23** Five Volunteers were participated in the one day **Workshop on Palliative care**, conducted by Alpha Pain & Palliative Care Society at Jawahar Bala Bhavan ,Chembukkavu,Thrissur.
- **November 30 AIDS Day observation-** As part of the World Aids Day NSS conducted 3 major programmes
 - 1) Face Painting Competition for students in the topic of “AIDS Awareness”
 - 2) Positive speaking by experts from Pratyasha, representing Aids Control Society.
 - 3) Street Play on AIDS Awareness by NSS volunteers. Acted the play inside and nearby premises of the college.
- **December-5** Sri.Sanand.C .Sadananda kumar ,NSS Po, Participated in the District level meeting of Teens Club Co coordinators ,Conducted by NRHM at District Hospital Thrissur.
- **December-12, Human Rights Day observation-**Conducted one day Workshop on Human Rights in association with the Calicut University NSS Cell. One day programme was officially inaugurated by Principal Dr.Ajims.P.Mohammed. The workshop covers various activities like Talk by Experts, Documentary Show, Poster Exhibition, Group Presentations and Social Painting. Participated by 85 NSS volunteers representing various colleges.
- **December 20-26, Special Camp-** NSS Units jointly organized seven days annual Special camp, “JANAMITHRA” from 20-12-2013 to 26 -12-2013 at Govt GHSS Kodungallur.The

Camp was officially inaugurated by Sri.TN Pratapan, MLA of Kodungallur, in the presence of Smt K.B. Maheswari, Chairperson, Kodungallur Municipality, Sri.M.Surendran,CI of Police,Kodungallur& Dr.Ajims.P.Muhammed,College Principal. The focal themes of the camp were Community policing and Renovation of the municipal Crematorium.





- **28-12-2013 to 29-12-2013-Leadership residential Camp in Paliative Care-** Five volunteers -representing NSS units participated in the 2 days residential camp on Paliative Care, conducted by Alpha Pain and paliative Care at Edamuttam. (Mohammed saliah P.S, Riyas p.A, Harisankar K.K,Nidhin, Arjun)
- **28-12-2012 to 06-01-2014- Adventure Camp-** Sanand.C.Sadananda kumar, has been Selected as the Contingent leader of Kerala state NSS trucking team to Manali. The 10 days training was conducted by ATAL BIHARI VAJPAYEE INSTITUTE OF MOUNTAINEERING & ALLIED SPORTS, Manali, Himachal Pradesh, from 28-12-2012 to 06-01-2014.
- Muhammed Rafi of II BSc Aqua Culture and Muhammed Ruwinsha of II Bcom Computer Application, got selection to the Calicut University NSS Trucking team to Himalayas. Both successfully completed 10 days special Adventure camp conducted at Hatkoti, Himachal pradesh from 28-12-2012 to 06-01-2014.



- **16-01-2014 -NVD Quiz-** Rahul C.R and Arjun K.R were participated in the NVD Quiz conducted by the Election Commission of India in association with the National Voters Day observation.
- **23-01-14- Republic day Quiz** programme for students



- **25-01-2014 Award for Campus Ambassador-** Muhammed Ruwinsha received certificate of appreciation award from Sri M.S Jaya IAS District Collector, Thrissur, for his excellent performance as Campus Ambassador in the electoral roll revisal campaign 2014.
- **31-01-2014- workshop on Gandhian ideas -** Five Volunteers participated in the one day District level Seminar on *Contemporary relevance of Gandhian Principles*, organized by NSS district Cell at Vimala College, Thrissur.
- **February 3-6- NSS Stall in the Science Exhibition-**

NSS arranged a separate stall in the Science Exhibition conducted by the College from Feb 3rd to 6th. Facilitate viewers to check their Body Mass Index (BMI) and facilities for fill up Organ donation forms. Traffic Awareness Campaign was another focal theme of the stall. As part of it, volunteers arranged a live demo and exhibited a number of awareness charts within the stall.



- **February -6 Puppet Show**

NSS arranged a Puppet Show on Alcoholism and Drug abuse in association with the National Rural health Mission (NRHM).



- **February 12-19 Palliative care Workshop at Orissa-** Five NSS Volunteers, representing Alpha Pain and palliative Care Society were participated in the National level Workshop on Palliative Care conducted at Bhuvanesar, Orissa.
- **February 13 -Class on Waste -** Arranged a Demonstration class on paper art work by using waste papers. Class led by Mr. Sathish kumar from Delhi Fine Arts Society.

- **February 15- Haritha samridhi-** As part of the final stage of the Haritha samridhi programme, volunteers arranged vegetable gardens in 15 houses of the adopted village area. SN Puram Panchayath member Smt Usha Sreenivasan officially inaugurated the final stage of the programme.



- **February 18- Film Show on Cyber Awareness-** NSS took initiation for conducting film shows to the students of the college. Film was "Dial 1098" –an awareness movie on Cyber Crimes, produced by Kerala state Police. Arranged special shows for the separate batches of the College.
- **February 21- Seminar on Gender Issues-** Two Volunteers participated in the NSS District wise seminar on Gender issues, conducted by NSS District Cell at SN College, Nattika.
- **February 21- Inauguration of One Rupee One Life -** Principal Dr Ajims P Mohammed officially inaugurated the second phase of "One Rupee One life" programme. As part of it a charity box was placed in the college. Students are proposed to deposit one rupee per day and finally it will hand over to Alpha Pain and palliative Clinic for their Social services.
- **February 23-Social Wedding-** 25 volunteers actively participated in the Social Wedding conducted by the Alpha palliative Society. They mainly took part in

serving food for more than 3000 people.



- **3-3-2014 - ASAP Fest-** As part of the Additional Skill Acquisition Programme recruitment drive NSS units arranged an orientation class for final year students. As part of the campaign, also conducted a poster Exhibitions.
- **5-03-2014-Blood Donation Camp-** In association with the IMA Thrissur, NSS conducted a blood donation camp for students. 50 students donated their blood.
- **28-03-2014**
 - 1) Releasing of the Malayalam Manuscript Magazine “Atikuttikum Pachilakkum idayil”.



- 2) As part of the NSS's water conservation initiative, released a Short film “Blue Gold”, which depicts the urgency of immediate actions regarding the conservation of water

- 3) Organized the first meeting of NSS Alumni, elected bearers for the next year.
- Reception to Anti drug Street play by the students of METS college of Engineering, Thrissur.

