

## NSS ACTIVITY REPORT (JUNE -APRIL)

2020-2021

The NSS unit of S N College, Chathannur celebrated Vayanadinam on 19 June 2020 with a variety of programmes that highlighted the importance of reading among the students in the present world . All the NSS Volunteers actively participated in different activities such as poster preparation and Speech competition on the topic “Importance of reading books” and they were also asked to write a brief summary on the books they have read .

On 20 June 2020 , the NSS Unit handed over a smart phone to one of our students who faced difficulty in attending online classes. As a part of International yoga Day on 21st June 2020, the NSS Unit organized an online Yoga class at 8:00 a m through ZOOM application and this session was led by Dr. Sreeraj S R(Yoga and Naturopathy) National Ayush Mission Ayushgramam ,Kollam. Those who couldn't attend the live session practiced yoga at their homes and sent photos of their Yoga postures.

Also in association with NSS ,IQAC conducted a Webinar at 8 pm to 10 pm and the programme was led by Dr Lakshmi S. Nair, Associate Professor ,Department of orthopaedic Surgery ,UConn Health Centre USA. The Doctor explained the importance of various yogasanas along with demonstration. A total of about fifty students and teachers participated in the webinar .

As a part of International Anti Drugs Day on 26 June 2020 ,NSS units organised different programmes. NSS Volunteers actively participated in poster making competition and essay writing competition on the topic Drugs Abuse. We also organised a webinar on 27 -6-2020 on the topic “Substance Abuse and Behavioural Addiction” and the session was led by Dr .Padmavathy.R (MBBS. PTCD ,DNB,RESP,MED Gold Medallist)IDCCM ,FCCP) consultant pulmanologist &intensivist,S K Hospital and spring garden medical centre ,TVM . Around 55 students and teachers participated in this webinar. Students raised many questions regarding drugs abuse and the doctor clarified their doubts without any hesitation. NSS programme officer Nisha T V delivered the welcome speech and Rasmi kundancheri delivered the vote of thanks in this programme .

As part of of World Nature Conservation Day on July 28th, 2020. NSS Unit organized an Inter-collegiate video making competition 'Pan Your Lens' for the students ..

The students were asked to make a video not exceeding three minutes on the theme 'Explore and Experience Nature'. A total of 28 students of which 24 students from various other colleges and 4 students from Sree Narayana College, Chathannur participated in the competition and the first prize was secured by Gowri Mahesh, second year Communicative English student from All Saint's College, Trivandrum. A cash prize was handed over to the winner.

The NSS unit and Guru Arul Initiative in collaboration with the Ethics committee and Spoken English Forum of Sree Narayana College Chathannur started a new initiative Gurukulam, which was formally inaugurated by principal via Google meet on 1 August 2020 at 12.30pm. The program's goal was the same as Guru Arul nurture the inherent talents in students and to prepare them for various competitive examinations. It also provide training for dance ,music ,mimicry ,instrumental music ,drawing ,cartoon , etc . Apart from these, special training will be provided for developing Language skills (communicative English , Korean and Arabic language .) and Yoga.Each session will be handled by experts from the respective area. Nisha .TV, the program coordinator gave a welcome address and Mrs Sibi(technical assistant, Mrs Gayathri and Rathy Kiran interacted with the students.The Faculty members of SREE NARAYANA College Dr MG Biju,Dr N B Sreekala, Mrs Reshmi, Mr Kiran Mohan and Dr Nisha Somarajan were present. In the end head of the dept of Malayalam Koran Mohan offered a vote of thanks to all the invited guests and participants for gracing the occasion by their solemn presence .

Sree Narayana College ,Chathannur and NSS Unit in association with the Department of Agriculture started the agricultural activities on the college campus on the first day of the month of Chingam (17/08/2020) as part of the Government of Kerala's 'Subhiksha Keralam' and 'Haritha Keralam' projects. The Inaugural function was held at 5 pm at the college compound. Notable actor and Honorable MLA Mr. Mukesh and Mr. Jayalal,MLA Chathannur jointly started the project by sowing the seeds.College Principal Dr. MS Latha, Chirakkara Panchayat President Shri. Deepu, Vice President Smt. Bindu, Agriculture Department Officer, NSS Program Officer Mrs. Rashmikundanchery, other teachers and students were present on the occasion. Such a plan is designed with the need to conserve food for the post-Corona period. On 10 acres of barren land, used for agriculture purpose. The inauguration ceremony was held in compliance with the Covid protocol.

As part of NSS DAY on 24/09/2020 organizing different activities through the onlineplatform , the students celebrated the NSS DAY even in the time of this pandemic.

As part of WORLD HEART DAY ON 29/09/2020 conducted a talk on the subject "HEART AND HEALTH". Selected NSS volunteers effectively present its importance.

As part of WORLD OLD AGE DAY ,on 30/09/2020 a speech was conducted on the topic 'Taking Care of OldagePeople' by NSS Volunteers.

As part of Gandhijayanthi on 02/10/2020, NSS volunteers organized various activities through the online platform. They actively participated and exhibited their ability in organizing different activities like quiz, live memory test and various other creative activities.

On 9/10/2020 all the volunteers who participated in the Andolan for covid 19 ,received the certificate for the same.

As part of World Teachers Day on 10/10/2020 an essay writing competition conducted on the topic "The teachers who influenced me".

As part of Childrens Day on 14/11/2020 organised a counseling class for student's mental support. The counseling class led by Dr. Lal chand, Assistant Professor psychiatry, at Govt medical college TVM, was indeed an informative class for the students on the queries that pop up in their day to day life.

As part of International human rights Day, on 10/12/2020 a video making competition was conducted and it helped us to explore more about human rights and its importance.

On 19/12/2020 to 25/12/2020 Dr M S Latha , College Principal inaugurated Seven Days Camp through online platform .It organised through the online platform due to the corona virus pandemic ,in order to induce the thoughts and the importance of covid prevention, and make them aware of the physical mental development that takes place during this time of their life, various webinars, workshop, and various other activities were conducted.

Even though it was an online camp students could enjoy the camp and acquire skill through workshop. It also helped to create a rapport among volunteers. The Seven days online camp program provided volunteers with the opportunity to participate in a

variety of program such as , Field survey,cultural program (NSSVolunteers) ,webinar on NSS Orientation (Dr Anitha S

Ankar) “Yoga and health”(Manoj yoga master) “Relevance of ayurveda in pandemic”(Dr Aswathy) ,Meet the Master (former NSS PO),First Aid(Dr Pathmavathy R), Service in the Family and Society(MLA Mullakkara Rantakaran) ,workshop on Cloth bag making (Saraswathy Radhakrishnan),Vegitable printing(JanaMujeeb) ,Cake making(Noufy Noushad) .A Day with Silver Stars,(former NSS Volunteers and Gurukulam trainers in S N Chathannur,)Parents :The Biggest Boom ,(NSS Volunteers)Jingle Bells (Christmas Program,NSS Volunteers)All the volunteers actively participated in each and every program.

As part of Indian Army Day, on 15/01/2021all NSS volunteers took the Indian Army Day pledge and the NCC Cadets gave a speech about the same .

As part of NationalGirlChild Day,on 24/01/2021, all the girl volunteers of NSS shared their unforgettable experiences via the online platform.

As part of National Voters Day on 25/1/2021,the senior volunteers of NSS ,spoke about

The right to vote via the online plat form.

The Republic Day on 26/01/2021,various programmes were conducted by the NSS Volunteers with the aim of developing patriotism among the students .

As part of the Mahatma Gandhi Martyr’s Day on 30/01/2021,conducted essay writing and drawing competitions about Mahatma Gandhi.

The tapioca that was planted by the students were harvestyed today(6/2/2021)more than 90 students helped in the harvesting and with the presence of our respected principles ,teaches and other staff members, the programme was a grand success.

As part of Pulses Day,on 10/02/2021, the students was given awareness via the online platform through poster making.

As part of the World Radio Day ,on 13/02/2021,poster concerning the same was made by some students and passed on to other students via the watsapp group to create awareness about it.

Valentines Day on 14/2/2021,was celebrated by the students by making interested posters and posting in the watsapp group.

As part of International Childhood Cancer Day on 15/2/2021 some of the volunteers gave speeches on Cancer and prepared videos to create awareness about the same.

International Mother Language Day on 21/2/2021, was celebrated online by the students as they wrote essays on famous writers and talked about the same.

The Central Exice Day, on 24/02/2021, created awareness among students by showing suitable video clips and poster making .

National Science Day on 28/2/2021 was celebrated by making posters related to the same and selected volunteers gave a speech via the online meeting that was conducted.

Zero Discrimination Day celebrated today (1/3/2021). NSS Volunteers from history Department gave a speech on the same.

World Wild Life Day on 3/1/2021, was celebrated by making posters based on the importance of wild life .

As part of the International Women's Day on 8/1/2021, various programmes by the girl volunteers were conducted online.

As part of the No Smoking Day on 10/3/2021, the boys volunteers of NSS created posters that spread the important message of "SMOKING IS INJURIOUS TO HEALTH "

World Kidney Day on 12/3/2021, speeches were delivered on the importance of kidney and a small video was made by the NSS volunteers on the same topic.

On 13/3/2021, Vallathol Day was celebrated by reciting various poems by the great poet Vallathol Narayana Menon.

On 14/3/2021 as part of PIE day, the Maths NSS volunteers created posters and talked about its significance via the online platform.

On 16/2/2021, as part of World vaccination day , The NSS volunteers provided their services to nearest vaccination centre.

On 9/2/2021, the day being World Sleep day, the NSS volunteers shared interesting sleep stories and also the importance of sleeping for a healthy life , via the online platform.

On 20/3/2021 , the day being international day for happiness, the NSS volunteers shared their own unforgettable happy incidents from their life. Also the day being World Sparrow

day, a project was started to provide drinking water for the birds in the scorching summer heat.

On 21/3/2021, as part of International Day of Forest, volunteers created posters to spread awareness about the same. Also the day being the International day of Elimination of Discrimination, posters were created by the student volunteers regarding the same.

On 22/3/2021, the students who reached the college campus in the morning, harvested tapioca, then proceeded to clean the campus and later on moved on to help with drying the tapioca. The same day being World Water Day, NSS volunteers gave a speech about the importance of saving water via the microphone in the campus.

On 24/3/2021, as part of World Tuberculosis day, posters were created and shared by the students via the whatsapp group.

On 29/3/2021, Holi was celebrated by the students in the campus.

On 31/3/2021, in the leadership of the Ethics Committee and NSS money was collected for the alumni, Haris syster. The amount collected was given to him in the presence of our Principal Dr.M.S.Latha, NSS PO Nisha .T V, former NSS PO Binoy .S and the student representatives.

On 2/4/2021, as part of the World Autism Day, posters were created and shared by the students via whatsapp group.

On 6/4/2021, as part of the project Prakruthikkoppam Alinjucheram, hanging plants were installed on the trees inside the campus.

On 7/4/2021, posters were created based on the importance of living a healthy life, and was shared via whatsapp groups as part of the world Health Day.