

NSS REPORT (2019 -2020)

SREE NARAYANA COLLEGE, KOLLAM, NSS UNIT 27 A&B

The National Service Scheme unit 27 A & B of Sree Narayana College, Kollam has been functioning well with so many activities furnishing development to the volunteers as well as the community.. The Programme Officers Smt. Jissa S and Dr Rijith S did their best with the support of the Principal Dr Sunilkumar and other faculties in the college. In the regular activities so many community development programmes , seminars , awareness programmes ,observation of national festivals etc were successfully conducted with the support and participation of the volunteers. The award for best programme officer and best volunteer at the University Level in the year 2018-19 bagged by Dr Vishnu S and Karthika respectively.

Date: 21-05-19

Advisory Board Meeting

An advisory board meeting was held by the NSS unit of SN College, Kollam on 21-05- 19. The programme officers and volunteer secretaries participated in the meeting.

Date: 5-6-2019

World Environment Day

The National Service Scheme observed world Environment Day in association with Asramom Ayurveda hospital and Yuvajana Kshema Board, Kollam. The NSS volunteers gathered together in front of the hospital by 8 AM. Kollam Mayor Adv. Rajendra Babu inaugurated the programme by planting a sapling in the hospital premises. District Coordinator, KYWB Sri. Pradeep K and Ayurveda Hospital DMO were there in the programme. Subsequently the Programme Officers, the volunteers and members of KYWB planted about 50 saplings.

Date 16/5/19

Kollam Monsoon Marathon 2019 run against Drugs

30 NSS volunteers participated in the Monsoon Marathon 2019, 'Run Against Drugs', organized by Kerala State Excise Department, Kollam.

Date 19/6/19

Yoga Day

International Yoga Day was observed by the NSS volunteers along with Nehru Yuva Kendra on 20-05-2019 at Vimala Hridaya Girls HSS, Kollam. The programme was inaugurated by Sri.Asok kumar, DYSP, Crime Branch and Anti Corruption Bureau. A talk on Yoga for Heart was given by Sri. Aneesh. Subsequently yoga practice was conducted.

Date: 24-06-19

Cleaning Programme

The NSS volunteers gathered together at 3.15 PM in the campus. Five groups were formed and cleaned the premises of the campus. The work was completed by 4.30 PM.

Date: 08-07-19

Meeting

The NSS has organized a meeting and a gardening programme on 08-07-19 at 3 PM. The volunteers participated in the programme under the guidance of programme officer Jissa s.

Date: 13-07-19

Cleaning Programme

The NSS volunteers gathered together at 10 AM in the campus. Five groups were formed and cleaned the premises of the campus. The work was completed by 12.30 PM

Date: 18-07-19

Seminar

The NSS conducted an awareness talk on Rainy Season Diseases on 18-07-19 at 1 PM in association with Santhigiri Hospital. The welcome speech was delivered by the Programme Officer Jissa S and the principal Dr R Sunilkumar

delivered the presidential address. Dr Sarath, Asst. Medical Officer, Santhigiri Hospital was the resource person. The seminar was very useful as it gave awareness on the rainy season diseases and its prevention, treatment etc.

Date: 19-07-19

Nadhiyodoppam

The programme officer and volunteers planted saplings on the bank of Kallada river as part of Nadhiyodoppam project under the guidelines of NSS, University of Kerala.

Date: 26-07-19

Anti-Drug Day

The NSS of S N College, Kollam observed Anti Drug Day in association with the Kollam District Legal Service Authority and Women and Child Development Authority on 26-07-19. The programme started with a rally from SN College to Christ Raj School, Kollam. Sri C J Antony, Member of Kerala State Commission for Protection of Child Rights flagged off the rally. The rally reached at Christ Raj School at 10.15AM and after that a seminar was organized

Date: 05/08/19

Class campaign

A class campaign was conducted by the NSS volunteers with the purpose of giving application forms for the selection of first year Degree students. For this four groups were formed and from each group, two members conveyed the details in every class. The volunteers received a good response.

Date: 06/08/19

Orientation Programme

The NSS unit has organized an orientation programme for the first year students in the college on 06-08-19 at 2 PM. The programme started with the NSS prayer. The orientation class was taken by Dr. Suleka B.T, former Programme

Officer and NSS State Award winner. She gave a clear picture to the new comers about the origin, motto, and functioning of NSS.

14/08/2019

Meeting

A meeting was conducted on 14-08-19 for discussing on the Independence Day programme. Several ideas and programmes were discussed with the volunteers.

Date: 15-08-2019

Independence Day Celebration

The NSS Unit of the college celebrated the 73rd Independence Day on 15-08-2019. The programme started at 9 AM with NSS prayer by NSS volunteers. The principal Dr R Sunilkumar hoisted the National Flag and the volunteers sang Vandemadharam. After the address by the principal sweets were distributed. A big sand map of India was made in the courtyard of the college with the tricolor beautifully painted on it. It received many appreciations from the teaching and non-teaching staff as well as the students. A rally in connection with the Independence Day was flagged off from the college by 8:30 AM and passed through Corporation junction, Railway Station, FMNC Junction, SN College for Women and culminated in the College Campus. The rally in connection with the Independence Day celebration gained much PR, reputation and respect to the NSS, the college and in particular to the volunteers who maintained utmost discipline and they conveyed the message through placards which was viewed by thousands of spectators. After half an hour rest and refreshment the volunteers engaged in the cleaning and beautification of the campus.

Date: 22-08-2019

Meeting

The NSS unit has organized a meeting on 22-08-2019 in connection with blood donation camp. The Programme Officers, Dr. Rijit and Smt. Jissa S supervised the meeting.

Date: 24-08-2019

Meeting

National Service Scheme Unit 27 A, B of Sree Narayana College, Kollam had organized a meeting on 24-8-19 at 12:30 pm. About 30 volunteers had participated in this meeting. They discussed many ideas and programmes to be done in the upcoming days. Many ideas were raised by the volunteers. This meeting mainly aimed at organizing the programmes. The meeting was under the guidance of the Programme Officers, Dr. Rijit and Smt. Jissa S. The programme ended at 1:30 PM.

Date: 24-09-19

NSS Day

The NSS unit has celebrated the 50th year of NSS day on 24-09-2019. The programme started with the NSS prayer. The principal hoisted the NSS flag

Date: 28-09-2019

Cleaning Programme

A cleaning programme was conducted in the college on 28-09-2019 at 9 AM. The volunteers cleaned the college premises.

Date: 29-09-2019

Heart Day

The NSS unit along with the N S Co-operative Hospital has observed the heart day on 29-09-19. The programme started with a Walkathon from KSRTC Bus Stand, Kollam to Kollam Beach. After reaching the beach a pledge was given by Kollam Mayor, Adv. Rajendra Babu

Date: 02-10-2019

Gandhi Jayanti

The volunteers participated in the Shramadan programme under the guidelines of NSS, University of Kerala as part of Gandhi Jayanti. The programme started with a rally from Chinnakada to Kollam Beach. The volunteers cleaned the beach and thereafter the Kollam Railway Station.

Date: 05-10-2019

Cleaning

A cleaning programme was organized by the NSS unit at the college premises on 05-10-2019.

Date: 11-10-2019

Blood Donation Campaign

The volunteers conducted a blood donation campaign in the college on 11-10-2019 for the purpose of conducting a blood donation camp on 14-10-2019. Ten volunteers participated in the campaign.

Date-12-10-19

Seminar

The NSS volunteers participated in a seminar on the topic **Increasing Suicidal Attempts** organised by S S Samithi, Mayyanadu. The programme was under the guidance of the programme officers. The programme started with the NSS prayer by the volunteers. Dr K Santhosh and Dr K Sajeevkumar were the resource persons. After the seminar the volunteers visited the inmates of S S Samithi.

14/10/2019

Blood Donation Camp

On 14th October 2019 a Blood Donation Camp was organized in association with IMA, Kollam. After the short inaugural formalities, wherein our Principal Dr. K R Sunilkumar delivered the presidential address. The programme was inaugurated by Dr Anita Balakrishnan, IMA Officer. The blood transfusion started at 9.30 AM. Within the stipulated time our volunteers were instrumental and succeeded in donating 50 pintes of blood. It was a grant success in a situation where in our NSS volunteers have to arrange 2 to 5 donors every working day as our campus is in the heart of the city.

Date: 17-10-2019

Disaster Management and Life Care Measures

An awareness class on Disaster Management and Life Care Measures Was organized on 17-10-2019. The programme was started with the NSS prayer. Ajeesh Surendran was the resource person. He illustrated different disasters, prevention, management and life care measures. The programme was under the guidance of the programme officers.

Date: 14-11-2019

Leadership Camp

The volunteers Aaisha Babu and Saithali participated in the leadership camp organized by the NSS, University of Kerala held from 14-11-19 to 16-11-2019 at Students' Centre, PMG, Thiruvananthapuram.

Date : 14-11-2019

Children's Day

The NSS volunteers celebrated Children's Day with the kids of an Anganvadi at Mayyanad. The volunteers distributed sweets and gave message to to the kids there.

Date: 15-11-2019

Orientation Programme

An NSS Orientation programme was given to the newly enrolled first year NSS volunteers on 15-11-2019 at 2 PM. Dr Hari, former NSS PO and faculty of Zoology Department was the resource person. The seminar was very helpful to the volunteers.

Date: 17-11-2019

Vimukthi-Anti Drug Awareness Programme Inauguration

The Kerala State Excise Department held the inaugural session of Vimukti at SN College, Kollam. A flash mob was presented by the NSS volunteers.

Date: 21-11-2019

Residential Training Programme on Anti-Drug Initiative

The NSS volunteer Anjali S participated in a two day Residential training programme which was organized by the NSS, University of Kerala held from 21-11-19 to 22-11-2019 at Students' Centre, PMG, Thiruvananthapuram.

Date: 22-11-19

Ek Bharat Shresht Bharat

On 22-11-'19, as part of EBSB a documentary on Himalayan Tourism and Culture was screened to the volunteers. There was an Inaugural session chaired by the Principal Dr. R Sunil Kumar, PO Jissa S delivered the welcome address, Volunteer Secretary Amrita introduced the resource person to the audience. The documentary was one hour long and it was very informative and interesting to all.

After the film show the resource person of Himalayan Culture and Tourism Sri. Prasoon Prakash (renowned and awardee nature photographer, environmentalist, explorer and WWF volunteer) delivered a very informative lecture on Culture, Heritage, History and Tourism of Himachal Pradesh. The programme was actually a journey through the nook and corner of Himachal Pradesh and the Himalayan ranges cutting new inroads to their Cultural Heritage and Tourism.

Date-23-11-19

Palliative Care Programme

The NSS volunteers participated in a palliative programme conducted by National Health Mission, Kollam on 23-11-19 at 10 AM at NHMC hall. Dr Mahesh Kumar, Counselor, NHM and Dr C R Jayasankar, Dty District Medical Officer were the resource persons..10 volunteers participated in the programme.

Date: 26-11-2019

Constitution Day

On November 26th 2019, the NSS volunteers of SN College, Kollam observed the constitution day with various programmes. At 9 AM a constitution rally started from the college. The principal Dr Sunilkumar inaugurated the rally .the Principal and the PO Jissa S delivered a speech. The PO and the volunteers wore the preamble badge. Subsequently a preamble board was unveiled by the Principal. The volunteer secretary Amritha Raj read out the preamble and fundamental Duties

Date: 30-11-2019

Seminar

The NSS unit organized a seminar on the topic Meet The Doctor on 30-11-2019 at G2 seminar Hall. The seminar was presented by Dr Aromal Chekavar, Travancore Medical College, Kollam. The talk helped to give awareness on the diseases like Thyroid and Breast Cancer.

Date: 01-12-2019

AIDS Day

The NSS unit observed the AIDS Day by lightning Candle lights in the Auditorium. The programme was inaugurated by the Principal Dr Sunilkumar.

Date: 10-12-19

Arogya Kalalayam Project

The NSS unit in association with Dept. of Bio-Chemistry and State Medicinal Plants Board has organized Arogya Kalalayam project by planting about 50 medicinal plants at the college campus.

12-12-19

Palliative Care Programme

The NSS unit has organized a palliative Care programme on 12-12-19. After the inauguration of palliative care unit Dr. Geetha and palliative care volunteer Sri. Laxmi Narayan gave awareness on Palliative care to the volunteers.

Date: 13-12-2019

Food Fest

The NSS in association with the College Union conducted food festival. All departments participated and the programme was a great success. Apart from the general organizing committee roles, The NSS volunteers took part in the festival by laying a stall with Himalayan Cuisine.

Date: From 19-12-20 to 25-12-2020

Seven Day Annual Special Camp

National Service Scheme of Sree Narayana College, Kollam conducted annual seven day camp at SN Trust higher secondary school Mundakkal, Kollam from 19 to 25 December 2019

Date: 13-02-20

Poster Making Competition

The NSS unit held a Poster making Competition on Anti-Drug at the college level. Twenty five students participated in it. The first, second and third places were distributed prizes.

Date: From 21-02-2020 to 23-02-2020

NYK camp

Ten of our volunteers participated in a 3 days training camp on Youth Leadership and Community Development organized by Nehru Yuva Kendra at Kottiyam from 21-02-2020 to 23-02-2020

Date: 28-02-20

Seminar

The NSS unit organized a seminar on Anti Drug on 28-02-2020 in association with Excise Department. The principal inaugurated the programme. The seminar was taken by Excise Inspector Thajuddin Kutty and Excise Preventive Officer Sri.Shaharuddin gave an awareness to the students.

Date: 09-03-2020

Women's Day

A street play was played by our volunteers on 9th March 2020 in association with Women's Day. Eighteen volunteers participated in it and played at the College, SN College for Women, Kollam, VNSS Nursing College, Kollam and Chinnakkada.

Date: 24-04-2020

Online Drawing Competition

An online drawing competition was conducted by the NSS volunteers during the lock down period. Thirty contestants participated from various schools and colleges. The competition was based on two categories viz. painted drawing and pencil drawing. Winners were announced on each category. The evaluation was done by artist Sri. Deepak Mayyanad. The winners of pencil drawing were S Krishna Shaji, (Chapter College, Kollam), Robin Reji (St.Gregorious School,

Kottarakkara) Sneha S(Maria Giri College,) respectively for 1st ,2nd and 3rd places .
The winners of painted drawing were Abhirami Chandran (S N College, Kollam),
Gayathri Suresh(S N College, Kollam) and Akshay (S N College, Kollam)
respectively for 1st ,2ndand 3rd places.

Date: 06-05-20

Mask donation

The NSS volunteers distributed masks which had been made by them at the
SSLC and plus two Exam centers.

Date: 28-05-20

Classroom disinfection

The NSS volunteers conducted cleaning and disinfecting programme at the college
campus prior to the semester exam of Kerala University. The volunteers cleaned
and disinfected all the classrooms.





















