



# NSS ANNUAL REPORT 2022

SREE KRISHNA COLLEGE GURUVAYUR



MARCH 2022

# GLIMPSES OF NSS

The Annual Report of NSS 2021 -2022



**NATIONAL SERVICE SCHEME  
SREE KRISHNA COLLEGE, GURUVAYUR**

# ***NOT ME BUT YOU***

**NATIONAL SERVICE SCHEME**  
***(MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVERNMENT OF INDIA)***  
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### **HISTORY AND PHILOSOPHY OF NSS**

In India, the idea of involving students in the task of national service dates back to the times of Mahatma Gandhi, the father of the nation. The central theme which he tried to impress upon his student audience time and again, was that they should always keep before them their social responsibility. The first duty of the students should be, not to treat their period of study as one of the opportunities for indulgence in intellectual

luxury, but for preparing themselves for final dedication in the service of those who provided the sinews of the nation the national goods & services so essential to society. Advising them to form a living contact with the community in whose midst their institution is located, he suggested that instead of undertaking academic research about economic and social disability, the students should do “something positive so that the life of the villagers might be raised to a higher material and moral level”.

The post –independence era was marked by an urge for introducing social service for students, both as a measure of educational reform and as a means to improve the quality of educated manpower. The University Grants Commission headed by Dr. Radhakrishnan recommended introduction of national service in the academic institutions on a voluntary basis with a view to developing healthy contacts between the students and teachers on the one hand and establishing a constructive linkage between the campus and the community on the other hand.

The idea was again considered by the Central Advisory Board of education (CBSE) at its meeting held in January ,1950. After examining the various aspects of the matter and in the light of experience of the other countries in this field, the Board recommended that students should devote some time to manual work on a voluntary basis and that the teachers should also associate with them in such work. In the draft First Five-year Plan adopted by the Government of India in 1952, the need for social and labour service for students for one year was further stressed. Consequent upon this, labour and social service camps, campus work projects, village apprenticeship schemes etc., were put into operation by various educational institutions. In 1958, the then Prime Minister Pandit Jawaharlal Nehru

in his letter to the Chief Ministers, mooted the idea of having social service as a prerequisite for graduation. He further directed the Ministry of Education to formulate a suitable scheme for introduction of national service into the academic institutions.

In 1959, a draft outline of the scheme was placed before the Education Ministers Conference. The conference was unanimous about the urgent need for trying out a workable scheme for national service. In view of the fact that education as it was imparted in schools and colleges, left something to be desired and it was necessary to supplement it with programmes which would arouse interest in the social and economic reconstruction of the country. It was viewed that if the objectives of the scheme were to be realised, it was essential to integrate social service with the educational process as early as possible. The Conference suggested the appointment of a committee to work out details of the proposed pilot project. In pursuance of these recommendations, a National Service Committee was appointed under the Chairmanship of Dr. C.D Deshmukh on August 28, 1959 to make concrete suggestions in this direction. The committee recommended that national service for a period of nine months to a year may be made compulsory for all students completing high school education and intending to enrol themselves in a college or a university. The scheme was to include some military training, social service, manual labour and general education. The recommendations of the Committee could not be accepted because of its financial implications and difficulties in implementation.

In 1960, at the instance of the Government of India, Prof. K.G. Saiyidain studied national service by students implemented in several countries of the world and submitted his report under the title

“National Service for the Youth” to the Government with a number of recommendations as to what could be done in India to develop a feasible scheme of social service by students. It was also recommended that social service camps should be open to students as well as non-students within the prescribed age group for better inter-relationship.

The Education Commission headed by Dr. D.S. Kothari (1964-66) recommended that students at all stages of education should be associated with some form of social service. This was taken into account by the State Education Minister during their conference in April 1967 and they recommended that at the university stage, students could be permitted to join the National Cadet Corps (NCC) which was already in existence on a voluntary basis and an alternative to this could be offered to them in the form of a new programme called the National Service Scheme (NSS). Promising sportsmen, however, should be exempted from both and allowed to join another scheme called the National Sports Organisation (NSO), in view of the need to give priority to the development of sports and athletics.

The Vice Chancellors’ Conference in September, 1969 welcomed this recommendation and suggested that a special committee of Vice Chancellors could be set up to examine this question in detail. In the statement of national policy on education of the Government of India, it was laid down that work experience and national service should be an integral part of education. In May, 1969, a conference of the students’ representatives of the universities and institutions of higher learning convened by the Ministry of Education and the University Grants Commission also unanimously declared that national service could be a powerful instrument for national integration. It could be used to introduce urban students

to rural life. Projects of permanent value could also be undertaken as a symbol of the contribution of the student community to the progress and upliftment of the nation.

The details were soon worked out and the Planning Commission sanctioned an outlay of Rs.5 crores for National Service Scheme (NSS) during the Fourth Five Year Plan. It was stipulated that the NSS programme should be started as a pilot project in select institutions and universities.

On September 24, 1969, the then Union Education Minister Dr. V.K.R.V. Rao, launched the NSS programme in 37 universities covering all states and simultaneously requested the Chief Ministers of States for their cooperation and help. It was appropriate that the programme was started during the Gandhi Centenary Year as it was Gandhiji who inspired the Indian youth to participate in the movement for Indian independence and the social uplift of the downtrodden masses of our nation.

The cardinal principle of the programme is that it is organised by the students themselves and both students and teachers through their combined participation in social service, to get a sense of involvement in the tasks of national development. Besides, the students, particularly, obtain work experience which might help them to find avenues of self-employment or employment in any organisation at the end of their university career.

## **NSS – BASIC CONCEPTS AIM OF NSS**

Development of the Personality of Students through Community Service.

### **OBJECTIVE**

The broad objectives of NSS are to:

- Understand the community in which they work
- Understand themselves in relation to their community;
- Identify the needs and problems of the community and involve them in problem solving process;
- Develop among themselves a sense of social and civic responsibility;
- Utilise their knowledge in finding practical solution to individual and community problems;
- Develop competence required for group living and sharing of responsibilities;
- Gains skills in mobilising community participation;
- Acquire leadership qualities and democratic attitude;
- Develop capacity to meet emergencies and natural disasters and
- Practice national integration and social harmony.

### **THE MOTTO**

The motto or watchword of the National Service Scheme is:

**‘NOT ME BUT YOU’**

This reflects the essence of democratic living and upholds the need for selfless service and appreciation of the other person’s point of view and also to show consideration for fellow human beings. It underlines that the welfare of an individual is ultimately dependent on the welfare of society on the whole . Therefore, it should be the aim of the NSS to demonstrate this motto in its day programme.

### **NSS SYMBOL**

The symbol of the National Service Scheme , as appearing on the cover page of this

Manual is based on the ‘Rath ‘wheel of the Konark Sun Temple situated in Orissa. These giant wheels of the Sun Temple portray the cycle of creation, preservation and release, and signify the moment in life across time and space. The design of the symbol , a simplified form of the Sun-chariot wheel primarily depicts movement. The wheel signifies the progressive cycle of life . It stands for continuity as well as change and implies the continuous striving of NSS for social transformation and upliftment.



### **NSS BADGE**

The NSS symbol is embossed on the NSS badge. the NSS volunteers wear it while undertaking any programme of community service. The Konark wheel in the symbol has eight bars which represent the 24 hours of the day. Hence, the badge reminds the wearer to be ready for service of the nation round the clock i.e. for 24 hours. The red colour in the badge indicates that the NSS volunteers are full of blood i.e. lively, active, energetic and full of high spirit. The navy blue colour indicates the cosmos of which the NSS is a tiny part, ready to contribute its share for the welfare of mankind.



## NATIONAL SERVICE SCHEME VOLUNTEERS

Since the National Service Scheme is aimed at developing the personality of NSS volunteers through community service, hence, all NSS activities provide an opportunity to NSS volunteers to involve themselves in community service.

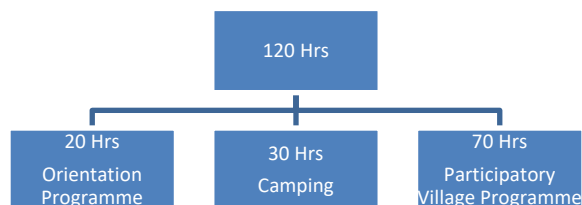
### Participation in NSS Programme/Training

A student enrolled as NSS volunteers will have to put in 120 hours for community work in a year for a period of 2 years. He /she is likely to participate in different programmes and projects under NSS. The distribution of 120 hours on NSS activities is given as under:-

### Orientation

- i. Each NSS volunteer who joined NSS will undergo an orientation in the NSS programme for 20 hours out of 120 hours. The 20 hours meant for orientation will further be divided as general orientation- 2 hours; special orientation -8 hours and Programme skill learning-10 hours. During the general orientation the NSS volunteers will get to know the history and growth of the NSS programme, aims, objectives and other basic concepts.

- ii. After the general orientation is completed, the students will be given special orientation where information regarding the realities of life pertaining to the community and its problems. Volunteers will be encouraged to know more about the problems of village/urban slums and will be oriented for the schemes which are sponsored by the Government agencies and voluntary organisations in the field of community services.
- iii. The 3<sup>rd</sup> place of orientation will consist of developing programme skills which are essential for community work and completion of NSS projects.



### Duties of NSS volunteer

- a. To establish rapport with the people in the project area;
- b. Identify needs, problems and resource
- c. Plan programmes and carry out the plans;
- d. Relate learning and experience towards finding solutions to the problems identified; and
- e. Record the activities in work diary systematically and assess the progress periodically and effect changes, as and when needed

### Code of Conduct for NSS Volunteers

1. All volunteers shall work under the guidance of a group leader nominated by the Programme Officer.



2. They shall make themselves worthy of the confidence and co-operation of the group/community leadership
3. They shall scrupulously avoid entering into any controversial issues.
4. They shall keep day-to-day record of their activities/experience in the enclosing pages of the diary and submit to the Programme Officer for guidance
5. It is obligatory on the part of every volunteers to wear the NSS BADGE while on work



### **Certificate**

An NSS volunteer who has completed 240 hours of regular activities in the period of 2 years and attended one annual special camp, will be issued an NSS certificate by the respective university.

### **SPECIAL CAMPING PROGRAMME**

Special Camping forms an integral part of the National Service Scheme. It has special appeal to the youth as it provides unique opportunities to the students for group living, collective experience sharing and constant interaction with community. Concerted efforts have to be made for a number of years for reconstruction activities in rural areas and urban slums for improving the living conditions of economically and socially weaker sections of the community. Institutions having NSS have a special role to play in collaboration with other Departments and local authorities engaged in Development work. They should adopt a village or group of villages/ urban slums for intensive social development, where special camps are organised by them year after year to create tangible and durable community assets.

#### ***Why Should I Join NSS?***

*“Well, there are many reasons why one should join NSS, I have been the volunteer in my college NSS unit and it has been a fantastic experience since then with them. Some of the*

**main motivating factors of joining NSS according to me are:**

**1. You get to know the society very closely, when you meet new people understand their needs and do good for them in whatever small means your team can, it gives you an inner satisfaction which one can't explain in words.**

**2. You understand the importance of life, when you organise various health camps, blood donation camps and start valuing the things which you have been taking for granted like your health, money sent by family and many more.**

**3. You get the skills of organising things well and utilising the resources in most efficient way like cloth donation, taking up materials from students which are no use for them but can be of much use for the under privileged ones.**

**4. That feeling when you visit old age homes/blind homes/orphanages and spend some time with them, you will see some sort of happiness on their face which is better than any materialistic things in the world.**

**5. Team NSS generally performs various skits to spread awareness in the society about various issues, so if you have stage fear this is the best way to remove .**

**Last but Not the Least, You should have the sense of responsibility for doing something good for your society to make their life better in whatever small way you can and NSS just provides you the platform for the same..."**

**Vaibhav Kejriwal, NIST Berhampur**

The NSS Units 190 and 191 of Sree Krishna College, Guruvayur stood for the public, all through these pandemic circumstances, closely pursuing the motto of helping the common people in every mode possible. The activities NSS had done were encouraging to the whole College during this desperate period. The adoptive village, Kandanassery Grama Panchayath, had received remarkable ventures all along this Pandemic season.

The tele home care programme *Aashwas* conducted along with the Health Department and Kandanassery Local Self Government was indeed a worthy task, since it was a topic of discussion even in other official venues as well. Our volunteers of Students In Palliative care, *SIP*, a wing devoted for Palliative care, which works along with Thrissur Palliative care Society had given their undivided attention for the Covid 19 patients in the Panchayath locality. The Health Department provided the details and volunteers incessantly cast an eye over the patients and their emotional and mental state. Health Inspectors both Manoj and Binju had guided them unreservedly. Amidst the second wave they were volunteering throughout the day for the welfare of the common public.

The NSS volunteers further did their utmost towards aiding the Kandanassery Health Department. They volunteered during Covid Vaccination process for both registration and actual implementation. A week-long programme *Tika Mahotsav* under the directions of the Ministry of Youth Affairs and Sports had been conducted and cleared the misconceptions on Covid Vaccination. Likewise, the volunteers of Sree Krishna College, Guruvayur stepped forward to orchestrate an online programme *Virtual Gig*, in order to create an awareness regarding

**THE MAJOR ACTIVITIES OF CURRENT YEAR**

Covid 19 and how to prevent it from spreading. They have also been a part of the Polio Vaccination process in different Primary Health Centres across Kandanassery Panchayath.

NSS 190 & 191 unit of Sree Krishna College designed a project *Thalaphalam* by planting 1000 palm seeds from World Environment Day 05.06.2021 onwards. The estimated project areas were the adopted village Kandanassery Panchayath, premises of volunteers' residential region and college compound. The intention was to protect palm trees and highlight its importance regarding the environmental benefits provided, like protecting from excess soil erosion, the tree is salt and drought tolerant, in addition to its impact in combating desertification and the tree can decrease the atmospheric temperature and the level of pollutants resulting from industrial activities. It can store 10000 to 20000 rain water in the rainy season as well.

Palmyra-palm trees, known by the binomial name *borassus flabellifer*, are drought-resistant and can survive even the harshest of seasons and conditions. It does not need any special care," says botanist Devanathan Krishnamoorthy, mentee of renowned botanist and member of Tamil Nadu Biodiversity Board Prof. D. Narasimhan.

Palmyra-palm trees grow well on sandy soil, and that explains why one will usually find them in good numbers along coastal areas. When they are found inland, usually, they would be found planted around water bodies and along river beds. Our forebears instinctively understood palmyra trees' ability to hold the soil. Palmyra trees have fibrous roots that make them efficient soil binders. There are now research articles that call attention to palmyra trees' ability to recharge the groundwater table. As palmyras

have a fibrous root system, each root functions like the main root, and they let multiple probes into the earth looking for water. Many other economic benefits are also there since a palmyra tree can supply materials that go into the construction of houses and the base of a palmyra tree can serve as a pillar, and the stem can go into the making of rafters.

This prestigious project had six phases, thus by planting 1300 palmyra seeds *Thalaphalam* project has been completed and the places are college campus, Ponmala Temple, Randukai Forest, Aanappantham Forest, Kandanassery Grama Panchayat and Erumapetty Gramapanchayath. We are also extending our sincere gratitude to Principal Sree Krishna College Guruvayur, Kandanassery Gramapanchayath, social Forestry Govt. of Kerala, Forest Department Govt. of Kerala, Haritha Kerala Mission Govt. of Kerala, Ponmala Temple Management Alur and Erumapetty Gramapanchayath.

Even during the Covid 19 pandemic, when the world was motionless, NSS activities advanced through various online platforms. The amount of enthusiasm exhibited by the volunteers was admirable. The spirit they had created will continue to encourage the future ventures too. On a larger picture we are attempting to create a sustainable social habitat for a better tomorrow.

## WINGS OF NSS

Sree Krishna College Guruvayur has two well active units of National Service Scheme 190 and 191. We had got

opportunities to commit many social services for the society. Kandanassery Panchayat is the adopted village of Sree Krishna College, Guruvayur. Our unit had served our best for the communicative development and environmental conservation of the adopted village.

NSS units of Sree Krishna are working as 4 wings.

- 1) Students Initiative for vegetation (SIVe)
- 2) Red Ribbon Club (RRC)
- 3) Students Initiative for Palliative (SIP)
- 4) Vimukthi Club (Anti Narcotic Club)

These 4 wings have 2 Wing Secretaries. Each wing has 40 members from both 190 and 191 units including secretaries. And also there are 4 Volunteer Secretaries, 2 from each unit for coordinating these clubs and all other NSS activities under the guidance of Programme Officers.



## REPORT OF SIVe

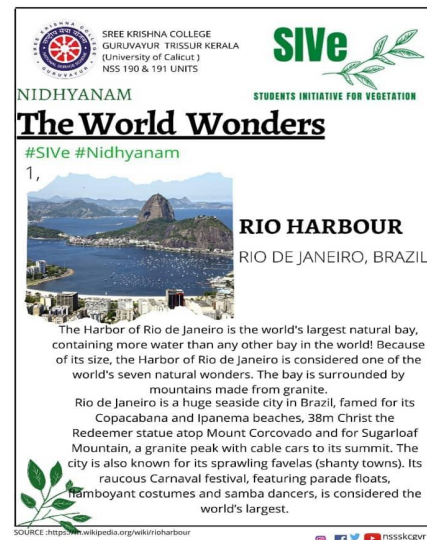
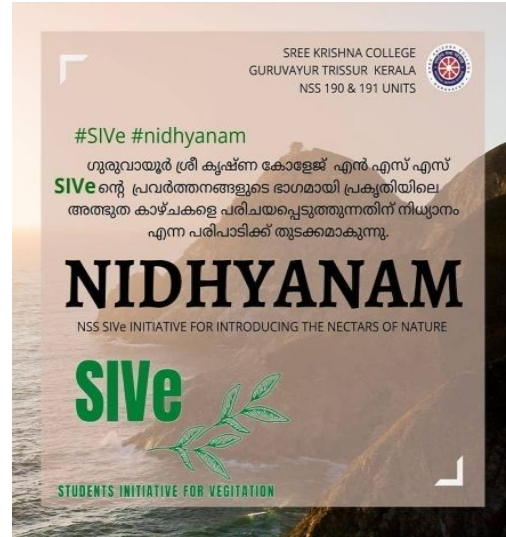
Students initiative for vegetation (SIVe) is a club with the aim of creating environmental awareness among students and spreading nature conservation activities among students in the era of exploitation of environment, Motivate the students to value Environment and Develop an attitude to work for the preservation and conservation of Nature. The major objective of the club is to inculcate the habit of cultivating and using organic vegetables among the students and which leads to popularization among the public. The club has organized many activities to develop the culture and awareness of organic farming among the students and public. As a part of this, SIVe is doing activities related to Environmental Agricultural Conservation such as organic farming, crop yields of agriculture and various awareness programmes

## BIO DIVERSITY DAY

May 22 Biodiversity Day was commemorated by NSS units, Sree Krishna College, Guruvayur, by conducting an Inter Collegiate Photography competition on biodiversity. 75 pictures are shortlisted, first prize won by Ashik Jiji (RVS College of Engineering, Coimbatore), second prize won by Evin Sojan (Nirmala College,Chalakydy), Third prize won by Musharaf (MTM College, Malappuram

## “NIDHYANAM”- SIVE INITIATIVE FOR INTRODUCING THE NECTARS OF NATURE

SIVe, Students’ Initiative in Vegetation, a subdivision of NSS units, Sree Krishna College, Guruvayur instigated a digital awareness series regarding the wonders of nature. SIVe started the venture on a weekly basis, every Monday from May 24<sup>nd</sup>.



## WORLD ENVIRONMENT DAY CELEBRATION



The National Service Scheme, 190 and 191 units of Sree Krishna College conducted a national webinar on *Landscape and Climate; Reflections from Kerala* in connection with World Environmental day 05/06/2021. The programme was organised by SIVe, Students' Initiative for Vegetation, a subsidiary group of NSS, Sree Krishna College, which started with prayer of Keerthi and the anchoring session was managed by Anjitha K P. NSS secretary Hafsa Sherin welcomed everyone to the webinar. The resource person was Dr. Satheesh C, Assistant Professor of Geography, Madhya Pradesh Central University whose research area is ecological sustainability and environmental hazards we face.

The topic of the webinar was *landscape and climate; reflections from Kerala*. He further explained about nature, environment, ecosystem of Kerala, different types of landslides and more. He had gone through the topics like ecosystem of Kerala, factors of landscape, importance of Western Ghats, global warming, role of temperature in climate change, importance of rain in Kerala, clay formation in soil, losing tiny water bodies and wells and the violations against eco system from humans.

During the discussion and doubt clearing part after the webinar, since many volunteers came forward and asked their doubts, it was more like an interactive

session. NSS volunteers Nikitha and Soumya shared their feedback about the session and explained how helpful the class was. Thereafter NSS volunteer Devika Dasan extended gratitude on behalf of the whole NSS team. The session altogether was wholesome and informative as well.

Youtube Link: <https://youtu.be/RIMDnVeqeY>

## PROJECT THALAPPALAM

NSS 190 & 191 unit of Sree Krishna College designed a project "THALAPPALAM" by planting 1000 palm seeds from World Environment Day 05.06.2021 onwards. The estimated project areas are the adopted village Kandanassery Panchayath, premises of volunteers' residential region and college compound. The intention is to protect palm trees and highlight its importance regarding the environmental benefits provided, like protecting from excess soil erosion, the tree is salt and drought tolerant, in addition to its impact in combating desertification and the tree can decrease the atmospheric temperature and the level of pollutants resulted from industrial activities. It can store 10000 to 20000 rain water in rainy season as well.



# ആയിരം കരിമ്പന വച്ചുപിടിപ്പിക്കും

**ഗുരുവായൂർ** 20,000 ലിറ്റർവരെ ഭൂഗർഭ ജലം മഴക്കാലത്ത് സംഭരിക്കാൻ പനമരത്തിന് കഴിയുമെന്ന് ശാസ്ത്രീയമായി തെളിയിക്കപ്പെട്ടിട്ടുള്ളതിനാലാണ് ഇത്തരമൊരു പദ്ധതി നടപ്പാക്കാൻ കാരണമെന്ന് എൻഎസ്എസ് വളണ്ടിയർമാർ പറഞ്ഞു.


പ്രിൻസിപ്പാൾ ഡോ. പി എസ് വിജയയ് ഉദ്ഘാടനം ചെയ്തു. എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. കെ എസ് മിഥുൻ, ടി വി അമൃത എന്നിവർ സംസാരിച്ചു.

ആയിരം കരിമ്പനകൾ വച്ചുപിടിപ്പിക്കാൻ മുന്നിട്ടിറങ്ങി എൻഎസ്എസ് ശ്രീകൃഷ്ണ കോളേജ് യൂണിറ്റ്. പരിസ്ഥിതി സംരക്ഷണത്തിന്റെ ഭാഗമായാണ് 'താലഫലം' എന്ന പദ്ധതിയുടെ ഭാഗമായി കരിമ്പന നട്ടുപിടിപ്പിക്കുന്നത്. കോളേജിലും പരിസര പ്രദേശങ്ങളിലുമാണ് ഇത് നടപ്പാക്കുന്നത്.

നിരവധി ഗുണങ്ങളുള്ള കരിമ്പനയെ സംരക്ഷിക്കുക എന്നതാണ് ലക്ഷ്യം. 10,000 മുതൽ

**ദേശാഭിമാനി** Wed, 09 June 2021  <https://epaper.deshab>

Forest Range of Chalakudy Forest Division. This programme, Second Phase of Thalaphalam Project inaugurated by Hari Prasad K T, Deputy Range Officer, Chaippankuzhy Forest Range.

NATIONAL SERVICE SCHEME  
UNIT 190 & 191  
SREE KRISHNA COLLEGE, GURUVAYUR  
(UNIVERSITY OF CALICUT)  
ARIYANNUR POST, GURUVAYUR, KERALAM

**PROJECT THALAPHALAM**  
On the Occasion of World Environment Day NSS Units is planting a thousand Palmyra seeds!

**GO GREEN TOWARDS LUSH PALMYRA GROOVE**

*SIVE*

YoutubeLink: <https://youtu.be/WfTUVf9CFyk>

**August 2**

In association with Social Forestry Thrissur NSS volunteers of Sree Krishna College, Guruvayur planted 200 Palmyra seeds in Randukai Forest Area, Pariyaram



**August 3**

NSS Volunteers of Sree Krishna College Guruvayur cleaned the weeds in NSS Pachathuruth and built the bio fence around it and also planted Palmyra seeds in college premises in connection with Thalappalam Project.

**August 4**

NSS Volunteers of Sree Krishna College Guruvayur planted 120 Palmyra seeds in Ponnala Shiva Temple Alur. This programme, Third Phase of Thalaphalam Project inaugurated by Vadakkumbad Narayanan, Ponnala Shiva Temple Committee.



Pariyaram forest, Anapantham areas, Erumapetti Grama panchayath, Ponmala was completed in association with Erumapetty Gramapanchayath the final or sixth phase of the project by NSS units of Sree Krishna college Guruvayur successfully done at Cheruchakkichola forest of Wadakkanchery forest division in Erumapetty Gramapanchayath. Total 110 palmyra seeds were planted. This phase was inaugurated by sri.E S Suresh (ward member of Erumapetty panchayath).

## AUGUST 19

Sree Krishna college NSS units 190,191 started the project 'Thalappalam' and the 5th phase completed on 19th August. In association with Kandanassery Grama panchayath NSS volunteers planted 100 Palmyra seeds in nearby paddy field of Third ward of Kandanassery Grama panchayat and the fifth phase of this project inaugurated by sri.Mini Jayan(President Kandanassery panchayath) and sri.Dhanan was present at the event.

Sree Krishna college NSS Units started the project 'Thalaphalam' and the final phase of the project was completed with great success. The project which started in 6 phases over a period of 3 months in places like College campus, Kandanassery 3rd ward,





## LUSCIOUS VERDURE PACHATHURUTH

As a part of Haritha Kerala Mission of Social Forestry Department, Government of Kerala had given 105 saplings on behalf of World Environment Day. This scheme is to generate a green spot, fresh, greener verdure within the college campus. The official inauguration of the initiative will take place after the lockdown.



## NATIONAL WEBINAR ON WORLD ENVIRONMENTAL DAY

NSS Volunteers of Sree Kerala Varma college Thrissur conducted this webinar. The webinar was about the importance of trees and the effect of climatic change from the model of Kerala. It was on 5th June 2021. From Sree Krishna College, NSS volunteers secretary and SIVE leader were participated in that webinar

## PLANTING JACK TREE

Jack tree (*Artocarpus heterophyllus*) saplings were planted by NSS volunteers as an extension activity in connection with the Van Mahotsav 2021 on July 28. 100 Jack tree saplings were sponsored by Dr. Smitha K R, Assistant Professor of Biochemistry, Sree Krishna College, Guruvayur



## SAVING PLANTS

NSS volunteers created a bio-fence in order to support the plants to grow well , by putting stumps and ropes



## REPORT OF RRC

Red Ribbon Club (RRC) is a voluntary platform campus which is aimed at creating awareness about high risk perception and preventing HIV as well as promoting voluntary blood donation among the students. The RRC conducts these activities with the support of the State Department of Higher Education. RRC also conducts a blood donation camps throughout a year to collect different groups of blood at the same time it provides a necessity class for youths to make voluntary blood donation.

### WOMEN'S DAY SPECIAL BLOOD DONATION

As a part of celebrating women's day, the female volunteers of Unit 190 & 191 donated their blood to IMA on March 8<sup>th</sup>. Only three volunteers could meet the requirements put forward by the Indian Medical Association. The selection process was tough since menstruation and underweight issues hindered most of the girls from donating. Yet the volunteers enthusiastically participated in the programme although the pandemic concern was high.

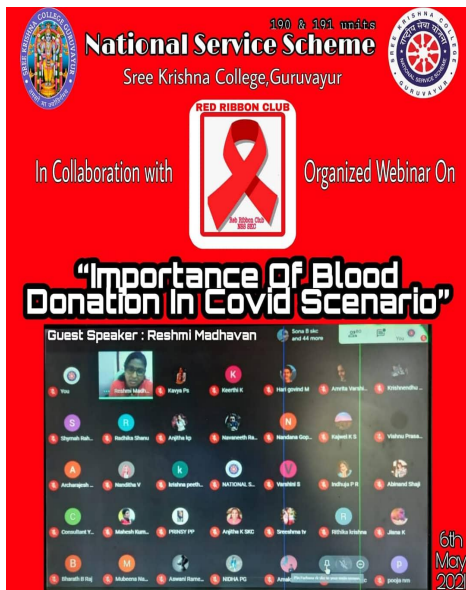


### INAUGURATION OF RED RIBBON CLUB ACTIVITIES

The NSS unit 190 and 191, Sree Krishna College, Guruvayoor organised the inaugural ceremony of the Red Ribbon club on 6/5/21. The programme was inaugurated by Smt. Reshmi Madhavan, Joint Director of Kerala State AIDS Control Society through google meet platform at 10.00am, under the presence of RRC members, Nss volunteers and programme officers. The inauguration started with NSS prayer by Keerthi and the programme was hosted by Kavya PS. The RRC leader Nimnas P N delivered a welcome speech. Reshmi Madhavan took a very informative and interesting webinar based on the topic "importance of Blood donation in Covid scenario". Smt. Thasneem Assistant director (Youth affair) Kerala state AIDS Control Society, also appreciated the efforts taken by the volunteers. The programme was concluded by the former felicitation by Navaneeth (NSS Secretary) and Vote of thanks by Abinand shaji, RRC leader.

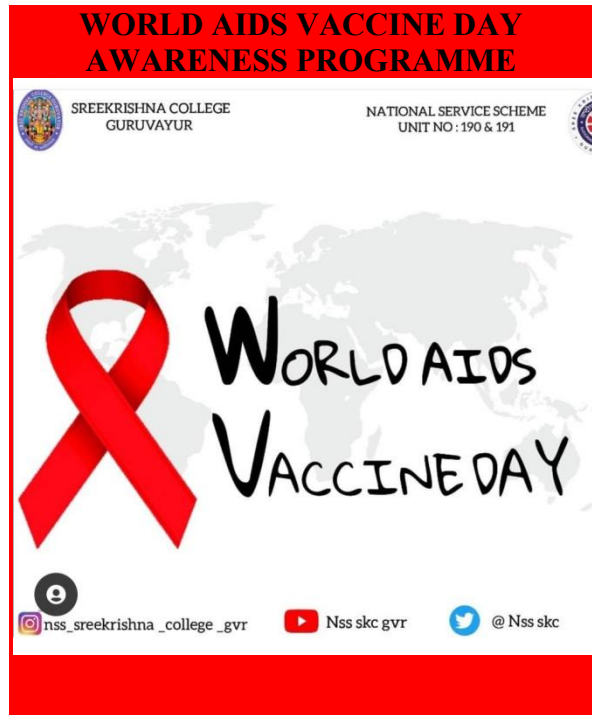
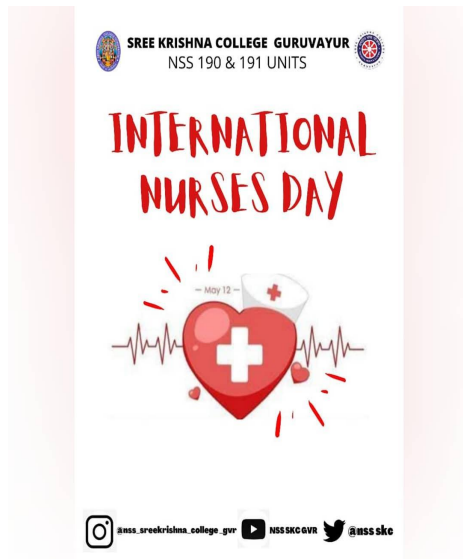
**Outcome:** in This Covid Scenario, we face numerous troubles just like the scarcity of blood in blood banks. Through the programme volunteers realized that the cases are quite high and it is completely safe to donate blood if you are healthy. The session helped to understand the precautions and eligibility for blood donation. For all it was an informative and wonderful experience.

**Inauguration Of RRC Activities**  
Webinar On : "Importance Of Blood Donation In Covid Scenario"  
Program Schedule  
Anger : Kavya PS  
Welcome : Nimnas PN (RRC Head) (NSS Secretary)  
Presidential Address : Amritha TV (NSS Secretary)  
Inauguration & Speech : Reshmi Madhavan (Joint Director, Kerala State AIDS Control Society)  
Felicitation : Navaneeth P (NSS Secretary)  
Vote Of Thanks : Abinand Shaji (RRC Head)  
Reshmi Madhavan  
[Joint Director(IEC), Kerala State AIDS Control Society]  
10:00 am  
**RED RIBBON CLUB**  
Sree Krishna College NSS Units 190 & 191



**INTERNATIONAL NURSES DAY CELEBRATION**

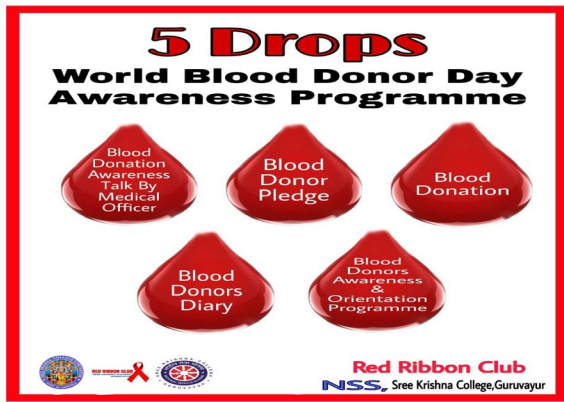
Based on the International Nurses' Day 12-5-2021, the NSS unit 190&191, Sree Krishna College conducted distinct programs, such as volunteers made a video and poster indicating the dedication and hard work of nurses and widely shared that to extend the gratitude towards them. Subsequently an Inter Collegiate drawing competition was conducted in three categories, pencil drawing, oil painting and water colouring. There was an appreciable participation from students. The results were published on 21-5-2021. The prizes will be distributed after the lockdown through posts.



The Red Ribbon Club in association with NSS 190 and 191 Units, Sree Krishna College, Guruvayur conducted the World AIDS Vaccine Day Awareness Programme on 18 May 2021 through online mode

## WORLD BLOOD DONORS DAY REPORT

The Red Ribbon Club in association with NSS 190 and 191 Units, Sree Krishna College, Guruvayur conducted the *5 Drops* World Blood Donor Day program on June 14 to coincide with World Blood Donors Day. The day was observed with the Blood Donor's Awareness Talk by the Medical Officer, Blood Donor Pledge, Blood Donation and Orientation Program.



### Blood Donors Day Talk by Medical Officer

Dr. Ashwathy, an Ayurvedic doctor, gave awareness on the importance of blood donation. It consisted of specifics on why we donate blood and what are the benefits of donating blood. The video was posted on a YouTube channel and Instagram page. We were able to understand the importance of blood donation and what blood donors should look out for and the importance of blood donation in Kerala.

YoutubeLink: <https://youtu.be/JurRJ8qgfU4>

### BLOOD DONORS' PLEDGE

Kavya P S, a member of the Red Ribbon Club, and ten other volunteers took the oath of affirmation to raise awareness about the

importance of blood donation. The video was uploaded to NSS's official YouTube channel and Instagram page.

YoutubeLink: <https://youtu.be/HIbAp3r6jW4>



### BLOOD DONATION

NSS Secretary Vishnu Prasad P U and Red Ribbon Club Secretary Nimnas P N donated blood at Thrissur Medical College Hospital on the occasion of World Blood Donation Day. Outcome: The Medical College was able to donate 700ml of blood 350ml each to the blood bank.



## BLOOD DONORS' DIARY

A Google Form called Blood Donors Diary has been created to provide information of those who wish to donate blood in Kandanassery Grama Panchayath. The initiative will help to create a full-fledged blood donor diary in Kandanassery Grama Panchayat and to find the donor rapidly

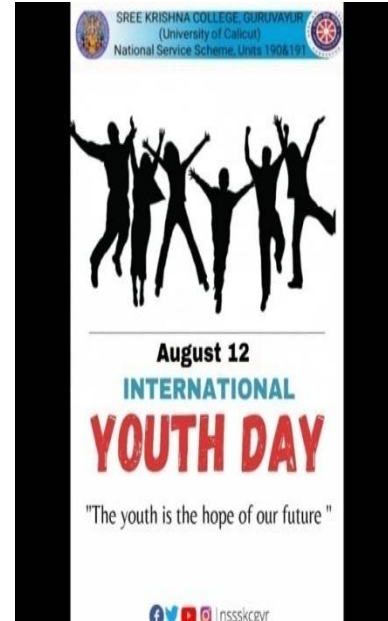
## Blood Donors Awareness and Orientation Program

Google form was created and circulated in the name of 'Awareness and Orientation Program' to make people aware of the importance of blood donation and what the donor needs to know. International level participation boosted the triumph of this initiative. E-certificates were provided for all 817 participants. We were able to create awareness about blood donation among the people and make them aware of what a blood donor should know primarily.



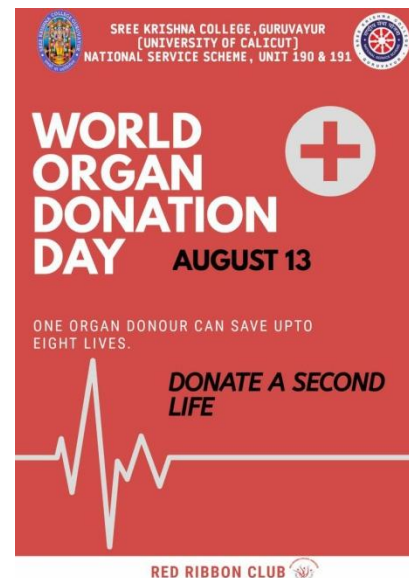
## YOUTH DAY CELEBRATIONS

August 12 International Youth Day was celebrated with the motto "The youth is the hope of our future". As part of this, Sree Krishna college NSS units produced posters and videos. It was brought to the maximum number of people by NSS volunteers through social media.

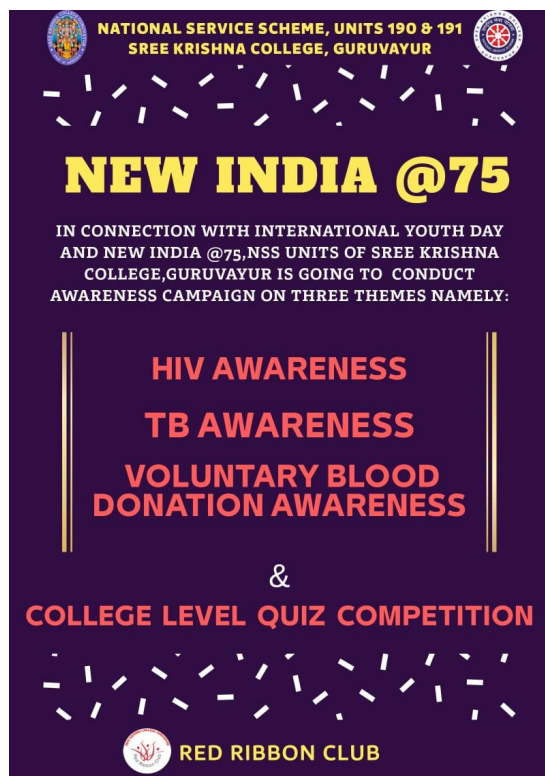


## WORLD ORGAN DONATION DAY

World organ donation day was observed under the auspices of the Red Ribbon Club of the NSS Unit. NSS students of Sree Krishna College made a poster and video highlighting the greatness of organ donation and disseminated it through social media.



## International Youth Day and New India 75 Celebration



Red Ribbon Club in association with NSS 190 & 191 units of Sree Krishna College, Guruvayur conducted an Awareness Campaign on 3 topics in connection with International Youth Day and New India @ 75. Produced videos on HIV Awareness, TB Awareness and Voluntary Blood Donation Awareness and circulated through official YouTube channels and other social media platforms. College Level Quiz Competition has been made available to all college students through Google Form. 114 students participated. The first prize goes to SHYMAH K V from BioChemistry and 2nd prize goes to FOUSIYA M R from Commerce department and the 3rd prize goes to MUBASHIRA V from Bsc Chemistry.

The result was published through the official Instagram page of NSS Sree Krishna College.

## World First Aid Day Awareness Programme – 11 September 2021

As part of World First Aid Day, Red Ribbon Club of Sree Krishna College, Guruvayur generated an awareness video and Quiz programme about importance of first aid and how to carry first aid at emergency situations such as sprains, bleeding, blisters, choking, fracture, burns etc. 90 people participated in the quiz programme. Awareness videos based 9 emergency situations posted in NSS official instagram page and Youtube channel



**National Voluntary Blood Donation Day**

October 1 is observed as the national voluntary blood donation day in India with the aim of spreading awareness about the importance of donating blood. The Red ribbon club of Sree Krishna College made a video and poster about this day and posted it on social media.



**WORLD FIRST AID DAY**  
**SEPTEMBER 11**



**BE A HERO, SAVE LIVES**  
 Learn The Knowledge Of First Aid



NATIONAL SERVICE SCHEME  
 UNITS 190 & 191  
 SREE KRISHNA COLLEGE, GURUVAYUR

**ദേശീയ സന്നദ്ധ രക്തദാന ദിനത്തോടനുബന്ധിച്ച് ശ്രീ കൃഷ്ണ കോളേജ് ഗുരുവായൂരിലെ എൻ. എസ്. എസ് യൂണിറ്റ് 190, 191 സെക്രട്ടറിമാരായ വിഷ്ണുപ്രസാദും നവനീതും രക്തം ദാനം ചെയ്തു.**



nssskcgvf [social media icons] RED RIBBON CLUB

Vishnu Prasad P U and Navaneeth P Volunteer secretaries of NSS donated blood at IMA Thrissur in connection with National Voluntary Blood donation day

**Volunteers attend HIV Awareness quiz**

NSS volunteers of Sree Krishna college attended HIV Awareness quiz competition held on 8/11/2021 at IPP hall district hospital compound, Palakkad



NATIONAL SERVICE SCHEME  
 UNITS 190&191  
 SREE KRISHNA COLLEGE, GURUVAYUR

Every drop of blood is a gift of life.

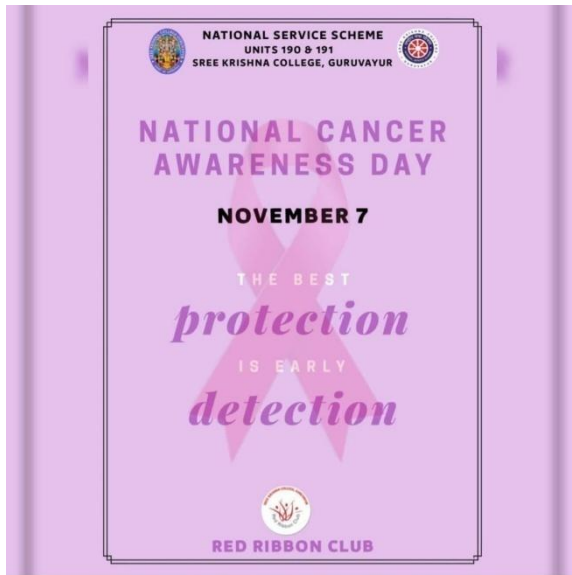
**NATIONAL VOLUNTARY BLOOD DONATION DAY**  
**OCTOBER 1**

A blood donation drive and lay forum on safe bloodletting practices



## National Cancer Awareness Day Programme

RRC club members of Sree Krishna College, Guruvayur made Public awareness video regarding Cancer and posted on official pages of NSS



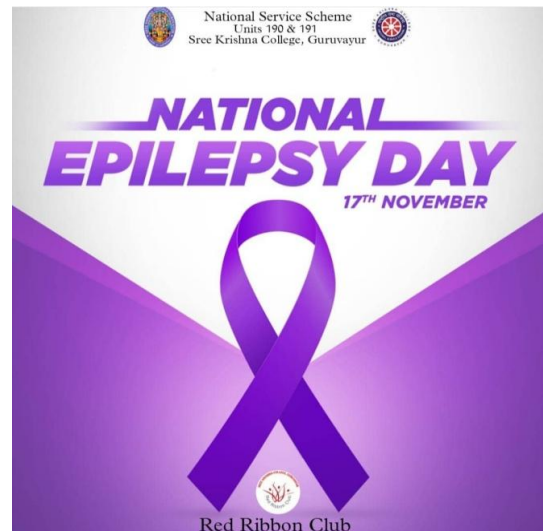
## World kindness Day Special Programme

World Kindness Day is a global day that promotes the importance of being kind to each other, to yourself, and to the world. The purpose of this day, celebrated on November 13 of each year, is to help everyone understand that compassion for others is what binds us all together. To achieve this goal the NSS Volunteers created videos on the importance of kindness in our life and posted these videos on our official pages.

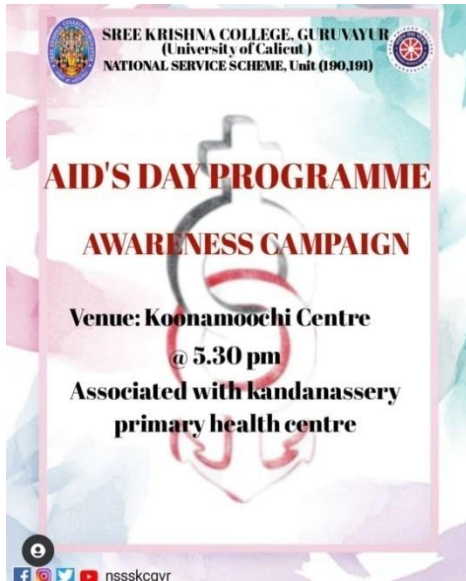


## World Epilepsy Awareness Programme

RRC club members of Sree Krishna College, Guruvayur made Public awareness video regarding Epilepsy and posted on official pages of NSS



## WORLD AIDS DAY AWARENESS PROGRAMME



World AIDS day is observed by the Red Ribbon Club and NSS of Sree Krishna College Guruvayur in association with Kandanassery Primary Health Centre, at Koonamoochi Junction. As part of this activity students have made an awareness rally. Health inspectors of PHC Kandanassery has delivered awareness talk to public



## BLOOD DONATION BY RRC SECRETARY

RRC Club Secretary Nimnas P N donated blood at Blood Donation Camp conducted by St. Josephs School Pavaratty in association with IMA Blood Bank Thrissur on 11 Dec 2021



*And about 40 NSS Volunteers donated blood as needed in the period of April 2021 to January 2022*

## REPORT OF SIP

Students Initiative in Palliative ensures consistent involvement of young and vibrant students of college, for optimizing quality of life and mitigating suffering among people with serious, complex, and often terminal illnesses.

By engaging students in Palliative care, their energy can be utilised for the benefit of patients with chronic disease and also can have a positive effect in attitude and personality of students.

We make the students aware of the society in which they live and encourage community participation in Palliative care activities. The essence of SIP is the strength acquired from unconditional love and care of humanity.

### LEPROSY ERADICATION DAY

Health Awareness Class conducted through Google Meet as part of Leprosy Awareness led by Kandanassery Grama Panchayat and Family Health Centre on Jan 30. Panchayat President Mini Jayan inaugurated the function and Health Education Standing Committee Chairperson Nivya Reneesh presided over the function. Medical Officer Dr. TK Subi and Pazhanji Community Health Centre Health Supervisor Unni Ahmed greeted the gathering. Health Inspector Manoj Chandran CC welcomed the gathering. Junior Health Inspector Binchu Jacob C. gave an introductory explanation. Chalakudy Hospital NMS CP Davis and Kunnankulam Hospital NMS Santhosh V took the class. People's Representatives, Health Guard Members, Asha Workers, Anganwadi Workers, RRT Members, Ashwas volunteers and NSS volunteers from Sree Krishna College also participated. Junior Health Inspector Premraj KR also expressed his gratitude.

### DOCTORS DAY

The poster was circulated on social media in connection with Doctors day on July 7. Made a video and circulated on social media thanking the doctors who are ready to sacrifice their lives for the people day and night during this epidemic that is facing the whole world.

### WORLD YOUTH SKILLS DAY

World Youth Skills Day is celebrated on July 15 every year. The mental and physical health of a people depends on their individual abilities. The poster and video were circulated on social media.

### WEBINAR

SIP Sree Krishna College conducted a webinar on the topic 'How to Utilise Tele counselling through the online platform ' on 12 July 2021. Dr. Satheesh Kumar (Secretary of SIP Thrissur), Jyothi Jayan Warriar (SIP Coordinator, Thrissur), Akhil Valsaraj (Student coordinator) had spoken

### NATIONAL PARENTS' DAY

National Parents' Day is celebrated on the fourth Sunday of July every year (July 25). It was launched in 1994 in the United States. The poster and video of the day were shared on social media to spread the word about the significance of the day.

### PATIENT SAFETY DAY

As part of the Patient Safety Day, the SIP Unit of Sri Krishna College, Guruvayur created a poster and video based on the importance of this day and spread it on social media on September 17.

### INTERNATIONAL PHYSIOTHERAPY DAY

September 08, 2021, As part of International Physiotherapy Day, SIP Volunteers created posters and videos on the basis of the importance of physiotherapy and spread it on social media.

### PANEL DISCUSSION

Panel discussion by experts and Student volunteers on Equity in Access to Palliative Care followed by musical evening on zoom in connection with World Hospices and Palliative Care Day on October 9, 2021. Many valid points regarding gaps in providing equity were discussed. More than 200 students from different colleges participated in the webinar.

**KERALA PALLIATIVE DAY**

January 15 2022

Awareness class and cultural programs were conducted on January 15 in connection with Kerala Palliative Day. The program started with a google meet at 6 pm. Jyoti Jayan Warriar, SIP coordinator gave an awareness about palliative care that they provided for patients in palliative centres. Akhil, student coordinator and other senior volunteers shared their experience with other NSS volunteers. Cultural programmes of many other colleges were presented through online platforms. It was very refreshing for the volunteers. The session ended at 8 p.m.



An event was organised at Sree Krishna College on the occasion of Palliative Care Day. On this day, January 14, 2022, folk songs

were performed at the College's Palliative Care Corner and short film was presented through online platform. Dr. P P Santosh, professor in the Zoology Department, inaugurated the program. Amritha, NSS programme officer had spoken. NSS volunteer Muhsina anchored the whole programme. Nanditha V, SIP secretary of Sree Krishna college and Meghna, SIP senior Secretary of Sree Krishna college shared their experience regarding palliative care and centres. Krishnendhu, NSS volunteer also shared her experience. NSS volunteer Sunena answered the questions raised from the audience. Entire students of college and NSS volunteers participated in the programme.

**ORIENTATION CLASS**

Sree Krishna college SIP volunteers attended Palliative care orientation class held on January 16th at Thrissur Pain and Palliative Care society conducted by Dr. Divakaran, Director of Pain and Palliative Care Society Thrissur and Senior volunteer Gokul Das.



**WEBINAR PARTICIPATION**

SIP Volunteers of Sree Krishna College Guruvayur participated a webinar on 'Tuberculosis awareness' organised by PHC Kandanassery in connection with Mahatma Gandhi's Marty's Day, January 30, 2022

**AWARENESS CLASS**

Awareness class on oral cancer was held through google meet as a part of world oral cancer day, February 4, 2021. Dr. E Divakaran, Director of palliative care inaugurated the programme. Dr. Sudha Vice Principal of Govt. Dental College Thrissur who presented as chief guest in the programme greeted the gathering. NSS volunteers of Sree Krishna College had participated.



### **OCTOBER 31 PRIZE CEREMONY FOR SIP VOLUNTEERS**

Koonammoochi Satsang pays homage to the NSS unit of Guruvayur Sree Krishna College, who consoled the patients who were suffering from depression and loneliness due to the fear of Covid disease and guided them to provide palliative care January 06 ,2022. Satsang Chairman was presented with the Consolation Prize for the SIP unit. Principal Dr. P.S. Vijoy, Programme Officer Dr.Midhun K S and volunteers received the gift. The principal commended the volunteers who came forward to provide relief to the marginalised people. Kandanassery Panchayat Primary Health Centre Junior Health Inspectors KR Premaraj and Binchu C were present on the occasion. And Jacob explained. Captain Rajesh Madhavan, PJ Bijoy and Jomi Johnson spoke. N.S.S. Volunteers shared their experiences

Kandanassery Grama Panchayat and Satsang Samiti felicitated the NSS and SIP volunteers of Sree Krishna college Guruvayur who have been continuously conducting Tele - homecare with Covid positive patients in Kandanassery Grama Panchayath during the second wave of Covid.

## REPORT OF VIMUKTHI CLUB

Alcohol/Drug/substances abuse is becoming an increasing menace in our nation especially in Kerala. Studies shows that even school and college students are attracted to liquor, narcotic substances and Tobacco products. The major cause of concern is that a significant proportion of these young people eventually get addicted posing a threat to their own health and safety, while creating untold miseries to their families and the public at large. In order to curb the above menace Excise Department as part of Vimukthi Mission conducting Anti Drug Clubs. This stands for augmenting and strengthening the existing awareness programme against drugs and alcohol.

### INAUGURATION OF VIMUKTHI CLUB ACTIVITIES AND WEBINAR

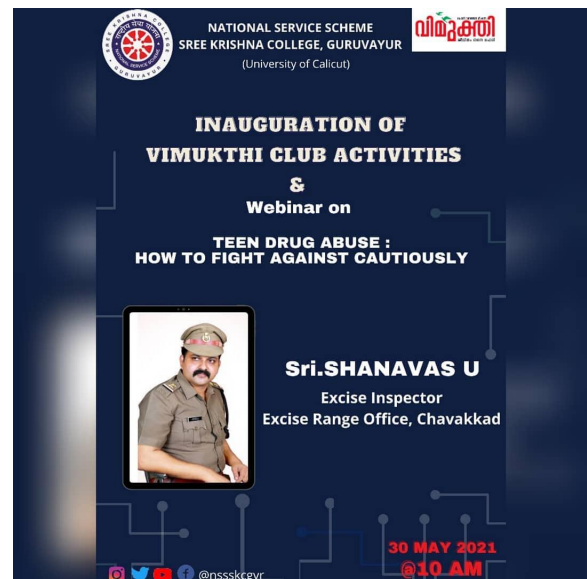
Vimukthi Club of Sree Krishna College working under NSS units 190&191 of Sree Krishna College Guruvayur conducted a inauguration programme of Vimukthi Club activities on 30 may 2021 at 10 am Under the Leadership of program officer Dr. K S Midhun and T V Amritha .In connection with inauguration and world tobacco day Vimukthi Club conducted a webinar on "Teen Drug Abuse : How To Fight Against Cautiously". The Club Inauguration and webinar was done by Sri. Shanavas U ( Excise Inspector, Excise Range Office ,Chavakkad). The programme was started at 10 am hosted by Vimukthi Club member Hairuneesa. NSS Song sang by Keerthi and welcome speech was done by Vimukthi Club leader Abhiram Bharath Cinan.

Sri. Shanavas U took the class well and he shared his experience with us.The programme was held on google meet with NSS volunteers, Vimukthi Clubmembers and our Sree Krishnacollege Volunteers. Almost

100 of the participants attended the inauguration function and webinar.

The class helped us to remove all our misconceptions regarding the drug abuse, and also helped to clear our doubts. Discussion section was very energetic, and all of us were very eager to ask our doubts. Feedback and vote of thanks was done by Vimukthi Club members Sreelakshmi.K.P and Anagha C.S.It was a well coordinated programme.

YoutubeLink: <https://youtu.be/B2GwFDqwdIo>



MAY31 WORLD NO TOBACCO DAY

The NSS Unit 190 and 191 of Sree Krishna College Guruvayur Observed World No Tobacco Day on May 31st 2021.The NSS Volunteers Observed the day by creating posters and making a video explaining how tobacco use affects our body badly. Vimukthi Club shared posters and videos through social media to give awareness for the people out there.



YoutubeLink: <https://youtu.be/LWpuIWnvMCY>

### POSTER OF SHORT FILM

In association with International day against drug abuse and illicit trafficking, 190&191 units of Sree Krishnacollege decided to do a short film . On 25th June 2021 , the poster of the short film was released.



### INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

On this day we posted posters related to Drug abuse and illicit trafficking. Vimukthi Club of Sree KrishnaCollege released a short film related to the issues caused by the use of drugs . It was released under the name " FILL - Favourite Intoxication and Lost Life " through our social media pages .



### WORLD FOOD DAY

Regarding the World Food Day, Sree Krishna College, NSS 190 & 191 Unit and the Vimukthi Club created posters and videos on the importance of the day and spread the ideas in connection with Food Day (Oct 26) on social media.

### NATIONAL NUTRITION WEEK

In connection with National Nutrition week, Sree Krishna College NSS 190 & 191 Unit and Vimukthi Club organised several events from September 1 to 7 to raise awareness on the importance of nutrition.

Events Done On The Nutrition Week

September 1 - Nutrition week main poster, introducing nutrients

September 2 -poster, introducing nutrients

September 3 -short video related importance of nutrients , introducing nutrients

September 4 -short video related nutrition and nutritious foods, introducing nutrients

September 5- short video related covid and nutrition's, introducing nutrients

September 6- quiz based on nutrition and drug, introducing nutrients

September 7- introducing nutrients

The importance of nutrition was spread through social media through poster quiz and video (September 1-7).

### **WORLD HEART DAY**

With regard to the World Heart Day (Sep 29), the Sree Krishna College NSS 190 & 191 Unit and the Vimukthi Club created posters and videos on the importance of the heart and the extent to which Drug abuse affects the heart.

### **WORLD DIABETES DAY**

In connection with the World Diabetes Day Nov 14, Sree Krishna College, NSS 190 & 191 Unit and the Vimukthi Club created posters and videos on the importance of Diabetes Day and spread the word on social media.

### **"SPARSHAM 2021" ANTI-DRUG CAMPAIGN**

Sparsham 2021 in association with Kerala Excise Department and Sree Krishna College National Service Scheme Vimukthi Club Conducted a Antidrug Campaign on

27/12/21 at Guruvayur Devaswom English Medium School under the leadership of Program Officers KS Midhun and TV Amrutha.

### **HOME VISIT**

The use of Narcotics is rapidly increasing day by day in this situation. It is very essential to be aware of the adverse effects of Drugs. To Complete this mission the Vimukthi Club activists Set out with a written pledge to nearest houses at 11 AM. It is Successful in making 100 of people aware of ill effects of intoxication .

### **DRUG USE: LAW AND PUNISHMENT**

Kunnamkulam Civil Excise Officer Sri.Rajesh E. T took an Awareness class on "Drug Abuse: Law and Punishment " at 2.30 pm. The panmasala rapped in colourful papers is being a trustful for the upcoming generation.The influence of intoxicants is very high in most of the murders that take place in the society today.Currently, the use of intoxicants is an offense under Section 27. The accused one will be fined and sentenced to 10 years imprisonment.He Also mentioned about the consequences of drugs faced in the future and the potential of drugs in making users their slaves. Amrutha Ashokan addressed the function & feedback was given by Nandana P P.Lastly, the vote of appreciation was done by Vimukthi ClubLeader Abhiram Bharath Cinan.

### **FLASH MOB**

At 5 pm, a flash mob led by members of the Vimukthi Clubwas held at the Guruvayur private bus stand to draw the attention of the people about the side effects of drug abuse .After that, an anti - drug pledge was taken.



## **"VIMUKTHI JWALA (THE FLAME OF LIBERATION)"**

In order to draw the attention of the public, Vimukthi jwala aimed of bringing the side effects of drug use among the folks.

The main slogans passed on by the Vimukthi Jwala were:

- 1."Stop using drugs...  
Make life safe ... "
- 2."Our goal is a drug free Kerala"

Finally the members of the Vimukthi Club marched and lit "Vimukthi Jwala" at Guruvayur private bus stand employing these slogans.

## **WORLD NO SMOKING DAY**

The NSS unit 190 and 191 of Sree Krishna College Guruvayur observed World No Smoking Day on March 10 2022.The NSS volunteers observed the day by creating posters and making a video explaining how smoking use affects our body badly . As part of this day to give awareness among the people posters & videos circulated through social media .

## **AWARENESS CLASS**

Under the Leadership of National Service Scheme and Vimukthi Club of Sree Krishna College, an awareness class on the topic "The importance of the Vimukthi Club in Colleges" was done by Kunnamkulam Civil Excise Officer ,Sri .Rajesh E.T on 18/03/22 at 3 pm in the College Malayalam Library Hall .As we all know that, the use of intoxicants is rising day by day . TG Mohanan also interacted with the students on the topic of side effects and punishment of drug use.

An anti Drug campaign named "Sparsham 2021" was conducted on 27/12/21 at Guruvayur Devaswom English Medium School.In connection with that event, the

Vimukthi Clubmembers those who had take part in "Sparsham 2021" was honoured by the Kunnamkulam Civil Excise Officer ,Sri .Rajesh E. T. The event was hosted by Niranjana Muralidharan in the presence of Preventive Officers T G Mohanan, Nidheesh and Haridas and led by Program Officers KS Midhun and TV Amrita .Welcome speech was done by Vimukthi ClubSecretary Abhiram Bharath Cinan, Feedback by Mikhil P Mineesh & Sreelakshmi K P, Anjali C officially thanked.About 60 NSS volunteers attended the event.

## **ORIENTATION PROGRAMME ON ANTI-NARCOTIC**

Vimukthi Club and NSS volunteers of Unit 190 & 191 organised an orientation programme at Kummini Malayalam Library Hall in our college on March 18 2022. The session was commenced with NSS prayer and followed by the valuable words of the Civil Excise Officer,Mr.Rajesh.E.T and Excise Inspector,Mr. Sajeesh Kumar. For delivering the feedback on the session, volunteers MikhilP.Mineesh and Harisankar were welcomed onto the podium. Our programme officer, Midhun.K.S felicitated the session. Finally the session was concluded with vote of thanks by volunteer, Anjali.C.



## **COVID RELATED PROGRAMMES**

## Tika Mahotsav-Vaccination Drive From 11th To 14th April



The poster features the logos of Sree Krishna College Guruvayur and the University of Calicut at the top. Below them, it reads 'NATIONAL SERVICE SCHEME Organises Tika Mahotsav 4 DAYS VACCINE AWARENESS DRIVE (11 to 14 April)'. A list of activities follows: '11-04-2021: Awareness campaign through social media', '12-04-2021: Volunteers helping the public for registration', '13-04-2021: Rally and awareness campaign', and '14-04-2021: Vaccination drive through home visit'. A central illustration shows two people in green protective suits and masks, one holding a shield and the other a sword, with the text 'WHEN WE ARE SAFE NATION IS SAFE Do It Before You Regret It'. At the bottom, names and titles of the organizers and secretaries are listed.

SREE KRISHNA COLLEGE GURUVAYUR  
(University Of Calicut)

**NATIONAL SERVICE SCHEME**  
**Organises**  
Tika Mahotsav  
4 DAYS  
**VACCINE AWARENESS DRIVE**  
(11 to 14 April)

11-04-2021: Awareness campaign through social media  
12-04-2021: Volunteers helping the public for registration  
13-04-2021: Rally and awareness campaign  
14-04-2021: Vaccination drive through home visit

**WHEN WE ARE SAFE NATION IS SAFE**  
**Do It Before You Regret It**

Dr.Vijoy P.S  
Principal

Amritha TV  
Dr.Midhun K.S  
(NSS Programme Officers)

Neha C Kishore  
Navneeth P  
Hafsa Sherin  
Vishnu Prasad PV  
(NSS Secretaries)

During the more aggressive second phase of Covid 19, vaccination is essential. For controlling Covid and for encouraging the vaccination, Central government of India instructed various NSS units to organise a vaccination drive (Tika mahotsav). As per the directions, NSS volunteers of Sree Krishna College, Guruvayur conducted Tika Mahotsav for 4 days and provided awareness concerning this vaccination drive to the public

YouTube Link for Covid Vaccination awareness campaign:  
<https://youtu.be/WfjYKTCz5tU>

YouTube Link for Covid Vaccination awareness campaign  
<https://youtu.be/1hbhJEFB5-o>

YouTube Link for Covid Vaccine Registration <https://youtu.be/EIC15rsTD2k>

## Day one

On the first day awareness campaign was through social media like Twitter, Instagram, whatsapp, Facebook etc. A short 2 minute video consisting of 6 volunteers and different posters were made highlighting the importance of vaccination to prevent the pandemic. All these were shared through various social media handles. Thus the campaign gained more attention.

NSS volunteer Muhsina made a 6 minute video, in which she briefly discussed the chronicle of Covid 19 since the beginning of the pandemic and attempted to eliminate numerous delusions with regard to vaccination and uploaded in NSS YouTube channel. The final video was about the registration process to have Covid vaccine. This user friendly virtual manual for registration aided the common public. The first day was completed with more affirmative responses from the community.



## Day Two

Second day began with the registration campaign for those above 45 years. 71 Volunteers keenly participated, in which 30 volunteers had done their work in

college premises and the remaining 41 did their work in their own vicinity. Second day, the registration of 320 people so far had been completed with the help of NSS volunteers. This furthermore helped to comprehend the importance of vaccination. The false impressions regarding vaccination were nearly eliminated through the process.

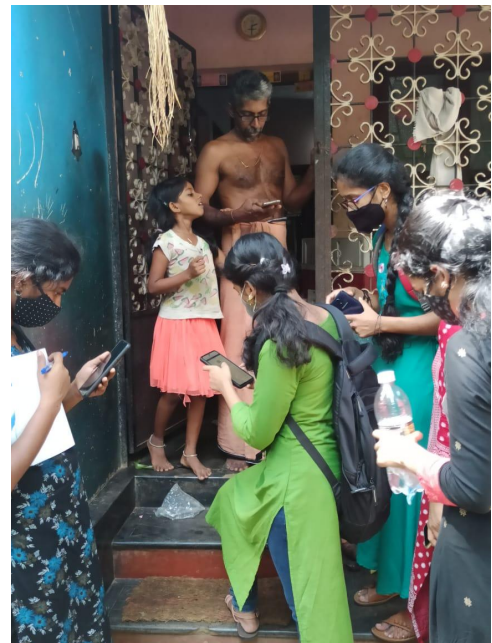
shopkeepers and auto drivers in the junction. Thereafter the volunteers visited the adopted village, Kandanassery Grama Panchayath. The 27 volunteers were divided into 3 groups and resumed the awareness campaign and helped out to register the people who were not yet registered. This process included 57 families and 20 persons were registered.



*Kandanassery Panchayath President Smt. Mini Jayan Inaugurating Covid Vaccination Rally*

### Day Three

On the third day of our vaccination Festival, NSS 190 & 191 units of Sree Krishna College conducted an awareness rally from the College Campus to Ariyannur junction. The rally was inaugurated by Kandanassery Panchayath President, Smt. Mini Vijayan at 10.30 AM. 30 volunteers participated in the rally. Subsequently the volunteers had given awareness on the significance of Covid vaccination to



### Day Four

On the last day of the vaccination Festival, NSS 190 & 191 unit of Sree Krishna College conducted an awareness program in the adopted village Kandanassery Grama

Panchayath itself. The volunteers who were in premises of the adopted village had participated and it indeed was a door-to-door interaction which helped the public to have precise factual knowledge regarding vaccination.



*During these four days each volunteer had done this awareness campaign in their respective residential locale and in the college premises as well. The programme was fruitful enough to remove all the misconceptions the public had about the vaccination process. **The greatest achievement was, 71 volunteers actively participated, persuaded the public to vaccinate, helped 454 people to register, and gave awareness for 1261.***

### SERVICE TO HEAL

Two of our NSS volunteers, Sunena and Sona B have been helping Covid related activities in Palappetty hospital (PHC) in Malappuram district, from 12 April. The health inspector registered them in Covid brigade. They are also a part of a volunteer ship in Covid 19 jagratha portal.



### VIRTUAL GIG

The NSS unit 190 and 191, Sree Krishna College, Guruvayur conducted a 5 day prevention and awareness virtual programme named ‘ VIRTUAL GIG ‘ considering the sudden spike of Covid 19 cases , from 22/4/2021 to 26/4/2021 . The volunteers were divided into 10 groups with 10 members to compete with each other by performing diverse tasks based on the given theme, awareness regarding Covid 19 Pandemic, the protocols to follow, vaccination and preventing the spread. The tasks were judged by eminent personalities from respectable social positions.



**VIRTUAL GIG**  
(task oriented rendezvous for preventing covid-19)  
( 22 April 2021-26 April 2021)

The NSS Units 190 & 191, Sree Krishna College, Guruvayur presenting a virtual five day prevention and awareness programme considering the sudden spike of covid-19 cases. The volunteers are dividing themselves to 10 groups and organizing multifarious missions based on the given theme.

**INAUGURATION: DR. P.S VIJOY**  
(22 April Thursday at 10:00 AM) (Principal)

**PROGRAMME SCHEDULE**

- 22 APRIL (DAY 1): Creating Memes According To The Theme
- 23 APRIL (DAY 2): Short video Creation
- 24 APRIL (DAY 3): Poster Making
- 25 APRIL (DAY 4): Skit based on covid pandemic
- 26 APRIL (DAY 5): Any Programme Based on the Discussion

Amritha TV  
Dr.Midhun K.S  
(NSS PROGRAMME OFFICERS)

Neha C Kishor  
Navneeth P  
Vishnu Prasad P.U  
Hafsa Sherin  
(NSS SECRETARIES)

**Day 1 (22/4/2021)**

The programme was inaugurated by the principal Dr. P.S Vijoy through google meet platform at 10 am under the presence of our 93 volunteers and programme officers. The inauguration started with a welcome speech by Sunena and prayer by Keerthi. Followed by the hosting by Abhiram and the programme was explained by NSS secretary Vishnuprasad and the inauguration was ended with the vote of thanks by NSS secretary Navaneeth.

The first task or mission of the Virtual Gig was Memes making related to the theme of Covid 19 impacts, how to prevent and give awareness to the society. The total memes collected from the 10 groups were 76. Among them the best memes were recognized and positions were announced by 23/4/21 at 11am. The first position was given

to group 8 followed by group 9 and group 2 securing second and third positions. The memes were actively shared among social media spreading awareness related to impacts, vaccines and ways of prevention of Covid 19.



Sree Krishna College, Guruvayur  
NSS UNITS 190 & 191



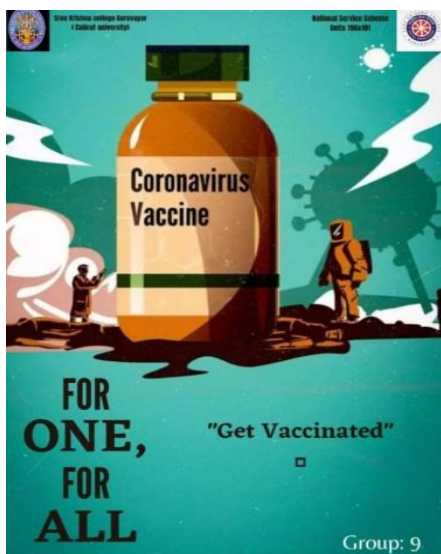
**Day 2 (23/04/2021)**

The second day's task was to make a video of 30 seconds which includes the awareness on covid 19 and severe intensity of spreading. We got one from each group, a total of 10 videos. The results were announced at 12.00 o'clock on 24/04/2021. The first position was grabbed by group no. 9, second position by group no 5, and third position by group no 6 and 1. All teams worked hard and put efforts to make their

videos creative even though the members could not meet each other in person. The effort was much appreciated and shared through various social media handles as well.

### Day 3 (24/04/2021)

The Third day's task was to make Posters which had the same theme as in the previous days. The number of entries was high, since there was not any restriction. The result was published at 10 pm on the same day. The first position was given to group no 10, second position to group no. 6 and third position is given to group no 8 and 9. All groups took great efforts in making posters. The Posters were actively shared among social media.



### Day 4 (25/04/2021)

The fourth day's task was to make skit regarding the same topic. We got 10 delightful skits from each group. The result was published at 11am on the next day . The first position was for group no 2, second positions were held by group no 3 and 8 and group no 4 was in the third position. All

groups took their work seriously and had done rapidly well. The skits were actively shared over social media and published in YouTube

### Day 5 (26/06/2021)

The task for the final day was decided by the groups themselves using their discretion, which turned out to be the most memorable experience. The deadline was 6.00 pm. The concluding session began at 8.15 pm through Google meet under the presence of program officers, secretaries and approximately 80 volunteers. The final result was announced by Dr. Sreeja T D, HOD, Department of Chemistry, Sree Krishna College, Guruvayur. She congratulated the winners and appreciated the whole NSS team for such an endeavour. The Program started with the NSS song by Keerthy and Vishnu Prasad officially extended welcome. Neha.C.kishor hosted the programme. After the inaugural speech, the representatives of each group shared their 5 day experience. The overall winners were group 9. Second position was held by group no 02 and 08 and group no 10 was in the third position. After that Navaneeth P U presented the 5 day report. Program officer Dr. Midhun K S shared his experiences and he appreciated all volunteers who participated. After all the discussions we officially concluded the program by the vote of thanks by NSS secretary Hafsa Sherin .

**SREE KRISHNA COLLEGE, GURUVAYUR**  
(University of Calicut)  
National Service Scheme Units 190 & 191

**സമാപന സമ്മേളനം**  
VIRTUAL GIG (2021)

കാര്യപരിപാടി -

NSS ഗീതം : കീർത്തി കെ  
സ്വാഗതം : വിഷ്ണു പ്രസാദ്  
ഉദ്ഘാടനം : ഡോ.ശ്രീജ ടി.പി  
(വകുപ്പ് അദ്ധ്യക്ഷ, സെന്റ്രൽ വിഭാഗം  
Sree Krishna College, Guruvayur)

• ഫലപ്രഖ്യാപനവും മികച്ച ഗ്രൂപ്പ് അംഗങ്ങളെ തിരഞ്ഞെടുക്കലും •

VIRTUAL GIG ലെ അനുഭവങ്ങൾ പങ്കുവെക്കൽ : ഗ്രൂപ്പിലെ അംഗങ്ങൾ  
റിപ്പോർട്ട് അവതരണം : നവ്നീത് പി യു

നന്ദി : ഹഫ്സ ഷെറിൻ

ഡോ.മിഥുൻ കെ എസ് അമൃത ടി വി (NSS പ്രോഗ്രാം ഓഫീസർ)


**ഇന്ന് രാത്രി 8 ന് ഗൂഗിൾ മീറ്റിംഗിലൂടെ**  
ഹോസ്റ്റിംഗ് : നേഹ സി കിഷോർ

**WEBINAR ON NSS ACTIVITIES DURING THE COVID PERIOD**

SREE KRISHNA COLLEGE GURUVAYUR NSS SKC UNITS: 190&191

**WEBINAR ON**  
കോവിഡ് കാലത്തെ എൻ.എസ്.എസ് പ്രവർത്തനങ്ങൾ

**നയിക്കുന്നത്**



Prof Dr K Sabukuttan, Former state NSS Officer, former Director of Adult Education who received NSS state award 6 time and NSS National Award 2 times from the president of India and served as the Director and Professor and Head of the Department of Lifelong Learning and Extension of MG University as well. He has 12 years of experience as the NSS Programme Coordinator of MG university and for as a programme officer of Sree Narayana College kollam for 8 years

**PROGRAMME SCHEDULE**

April 28, Wed. 8.00pm	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">Anchoring</td> <td>: Neha C Kishor</td> </tr> <tr> <td>NSS song</td> <td>: Keerthi K</td> </tr> <tr> <td>Welcome Speech</td> <td>: Dr. Midhun K.S (NSS Programme Officer, Unit 190)</td> </tr> <tr> <td>Presidential Address</td> <td>: Dr. P.S Vijoy (Principal)</td> </tr> <tr> <td>Speaker</td> <td>: Dr. K Sabukuttan</td> </tr> <tr> <td>Subject</td> <td>: NSS activities during covid pandemic</td> </tr> <tr> <td>Vote of Thanks</td> <td>: Amritha T.V (NSS Programme Officer, Unit 191)</td> </tr> </table>	Anchoring	: Neha C Kishor	NSS song	: Keerthi K	Welcome Speech	: Dr. Midhun K.S (NSS Programme Officer, Unit 190)	Presidential Address	: Dr. P.S Vijoy (Principal)	Speaker	: Dr. K Sabukuttan	Subject	: NSS activities during covid pandemic	Vote of Thanks	: Amritha T.V (NSS Programme Officer, Unit 191)
Anchoring	: Neha C Kishor														
NSS song	: Keerthi K														
Welcome Speech	: Dr. Midhun K.S (NSS Programme Officer, Unit 190)														
Presidential Address	: Dr. P.S Vijoy (Principal)														
Speaker	: Dr. K Sabukuttan														
Subject	: NSS activities during covid pandemic														
Vote of Thanks	: Amritha T.V (NSS Programme Officer, Unit 191)														

**Outcome:**

All the volunteers did their best. It was a different and wonderful experience to all. Those who are not active during the first days become more active later. Through this 5 day campaign new friendships and new ideas were produced, healthy discussions took place with an increased amount of social responsibility. The final outcome of every task was exceptional and those were widely shared virtually as well. Virtual Gig, a 5 day online programme made its mark during this pandemic season because of the social commitment it nurtured.

A webinar entitled NSS Activities during the Covid Period was organised on April 28, 2021, at 8 p.m. The class was taken by Prof Dr K Sabukuttan, Former state NSS Officer, former Director of Adult Education who received NSS state award 6 time and NSS National Award 2 times from the president of India and served as the Director and Professor and Head of the Department of Lifelong Learning and Extension of MG University as well. He has 12 years of experience as the NSS Programme Coordinator of MG university and as a programme officer of Sree Narayana College Kollam for 8 years. The webinar was hosted by Neha C kishore. The NSS anthem was sung by our volunteer keerthi. The welcome speech was delivered by the programme officer Dr. Midhun K S. Sree Krishna College Principal Dr. P S Vijoy inaugurated the event and shared some suggestions as well.

Dr. Sabu Kuttan discussed all the aspects of Covid and the importance of NSS volunteers in Covid pandemic situation. He gave an insight that proper awareness leads to proper solutions. He shared wide possibilities an NSS volunteer can do within the limits of this Covid period. He talked about gardening, fresh water storage, awareness on diet that needs to be taken forward for health care, volunteers online meet organised ideas discussion, new ideas formulators, Break the chain dairy, book publishing, and many more. His class proved that it's not the end of our services and we can do a lot more. He also told the ways how the volunteers can help people to get vaccinated. NSS volunteers asked some doubts about NSS activities during such a hazardous time. Volunteers took this great opportunity to clear their doubts related to the services during the Covid period. The webinar was very effective and informative. The session was concluded by extending heartfelt gratitude delivered by the programme officer Amrutha T V.

### ASHWAS - Volunteers TELE HOMECARE

Volunteers of NSS and palliative care unit of Sree Krishna College have decided to conduct a mission named 'Tele homecare' (Ashwas Kandanassery) collaborated with Kandanassery Panchayath. The official meeting was conducted including Mrs. Latha (Panchayath secretary), Mr. Binju Jacob (health inspector), Mr. Premraj (Health standing councillor), NSS Program officers, 10 NSS volunteers and 3 social workers on May 2 through Google meet. On behalf of this, patients affected Covid 19 based on their ward were equally divided and specified to volunteers. The main target of this mission is to understand the struggle of patients by giving them mental support. The mission grabbed more appreciation from every nook and corner.

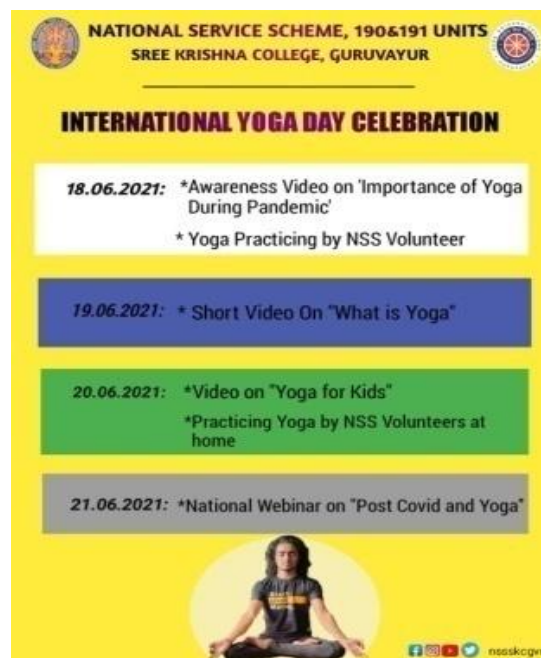
### OMICRON AWARENESS POSTER

NSS 190&191 units of Sree Krishna College Guruvayur created awareness posters related to the virus Omicron. These awareness posters were published through all our social media platforms on Dec 01

### SPECIAL PROGRAMMES

#### INTERNATIONAL YOGA CELEBRATION

NSS Units 190 and 191 of Sree Krishna College Guruvayur plan to conduct four day Yoga Celebration on behalf of International Yoga Day

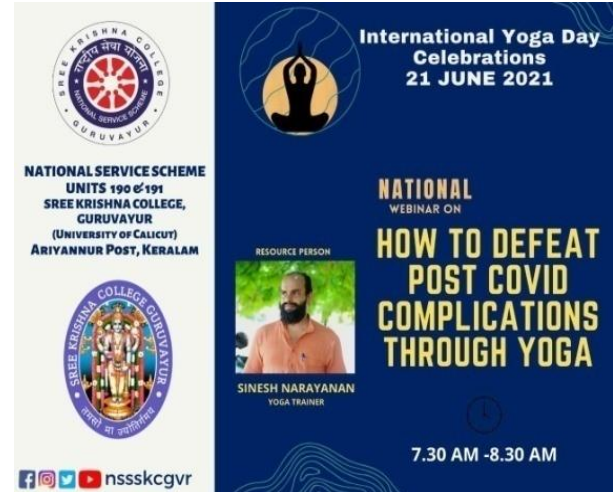


#### Important of yoga 18.06.2021

NSS Units 190 and 191 of Sree Krishna College Guruvayur prepared an awareness video on the importance of yoga during the Covid pandemic. This was uploaded to the NSS official YouTube channel and Instagram page.



190 & 191 NSS units of Guruvayur Sree Krishna College organised various programs related to the awareness of yoga on 18th June .NSS Volunteer Secretary Hafsa Sherin prepared an Awareness video and this was shared through social media. NSS Volunteer Abhinand performed various yoga poses.



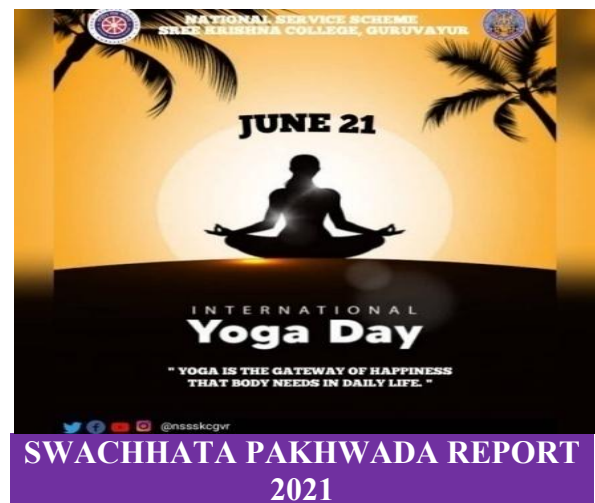
In accordance with international Yoga day the NSS unit of Sree Krishna College conducted a webinar. Satheesh (yoga trainer) was the chief guest. The programme started with the NSS song of the volunteer Keerthi. NSS secretary Vishnu Prasad welcomed all to the session. Satheesh actively interacted with the volunteers, introducing various yoga poses. In this Covid situation students were using online platforms, so he shared some tricks to relax. NSS volunteer Muhsina gave feedback. Then the programme ended with the vote of thanks of a NSS volunteer.

### Short Video on Yoga 19.06.2021

NSS Volunteer Hrithika had created a short video on the Importance of Yoga and this Was shared through social media.

### Yoga in children 20.006.2021

On the occasion of yoga day, 190 &191 units of Sree Krishna College created a video on 20 June 2021, which says the importance of yoga in children, which received ideal responses.



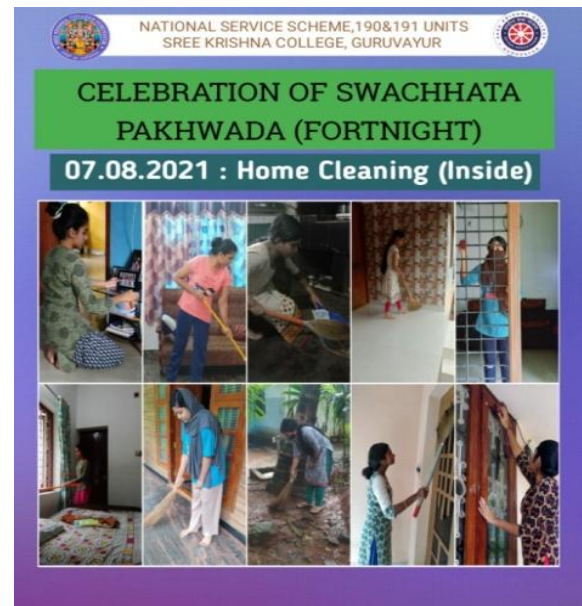
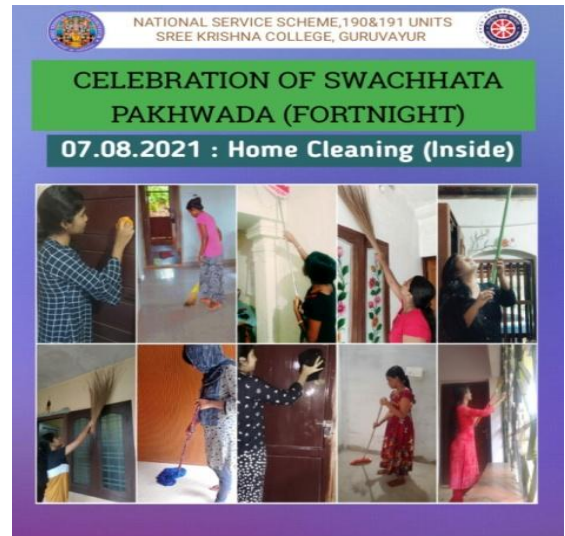
### WEBINAR ON YOGA

NSS unit 190 and 191 of Sree Krishna College, Guruvayur celebrated Swachhata Pakhwada (fortnight) from 6<sup>th</sup> to 15<sup>th</sup> August, 2020. The Ministry of Youth Affairs and Sports, Govt. of India observed the program from 1<sup>st</sup> to 15<sup>th</sup>, but due to some communication hindrance we only came to know about it on 6<sup>th</sup> August. So we celebrated it from August 7<sup>th</sup> to 15<sup>th</sup>. The program was indeed successful. Our volunteers were very active throughout the program.



**07/08/21**

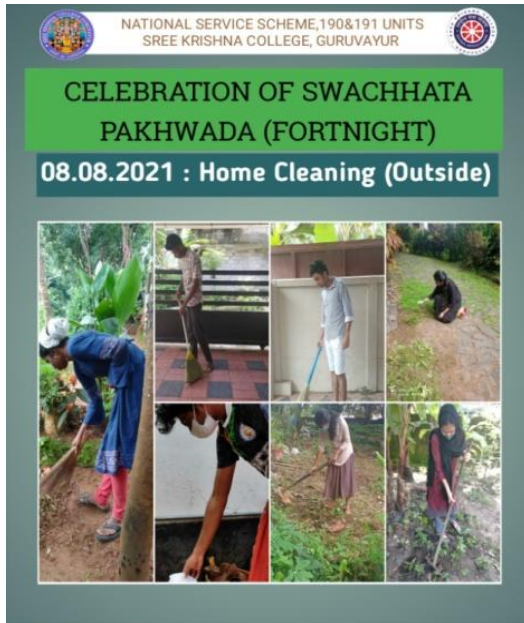
The first program organised under Swachhata Pakhwada was home cleaning (inside). Around 77 volunteers participated in the program and those photographs were shared through social media. It helped to attract more students, to be a part of the campaign and also helped to spread awareness in the society about cleanliness.



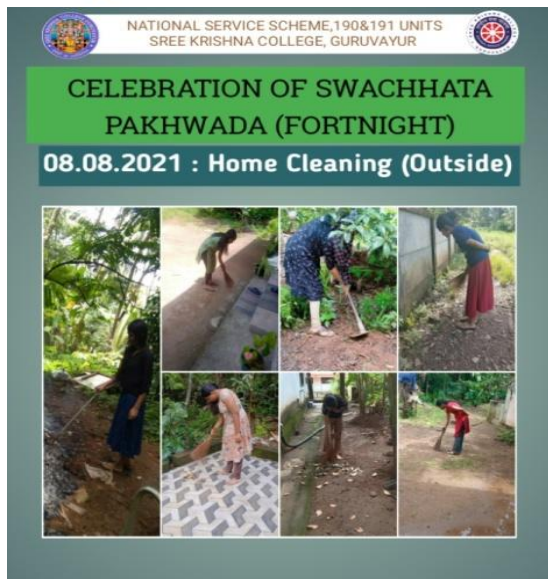
**08/08/21**

On the second day of Swachhata Pakhwada we organised home cleaning outside. The volunteers actively involved in various cleaning activities out their home such as clearing weeds, ploughing barren land, Sweeping the kitchen backyard, etc....We made many posters from the

photographs shared by the volunteers and they were shared through the social media spreading the idea that ‘cleanliness starts from the homes’.



5

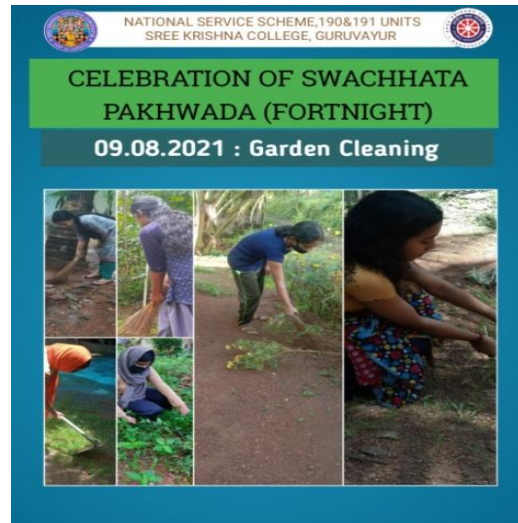


4



09/08/21

Garden cleaning was the third day program of Swachhata Pakhwada; a garden can really help you to calm your mind. 47 NSS volunteers engaged in it by composting yard waste and by clipping and cutting of dense growth wherever necessary. Photos of volunteers carrying out their activity were clicked and shared through our social media platforms.



4



10/08/21

Plastic has become one of most used substances which is seen everywhere these days. So on the fourth day of Swachhata Pakhwada, we conducted a plastic waste removal program because plastic pollution affects our health and life badly. About 57 of our volunteers actively participated and captured photos of their effort were posted in social media. This program was appreciable since disposing of plastic has become a challenge to our society.



1



1



11/08/21

On the 5th day of Swachhata Pakhwada we organised a 'clean the nearest roadside' campaign. The cleanliness of our surroundings is very important. Cleaning the roadsides was a huge task. But our volunteers were very energetic. Their potential and Sincerity towards the work helps them to clean the roadside very well. We give awareness to people on 'environmental cleanliness is as important as personal hygiene'. It is very effective and it inspires many other people. At last we made posters from the photographs shared by the volunteers and they were shared through the social media.

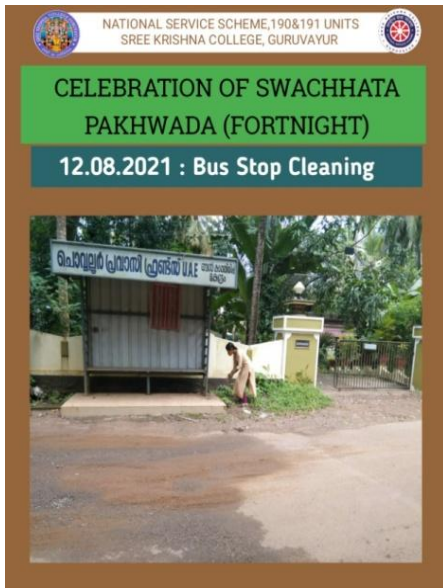
12/8/2021

The 6th day of Swachhata Pakhwada was "clean the bus stop". The volunteers actively participated and made sure the cleanliness of public property. We made posters from the photographs collected from the volunteers and shared through social media



1





2



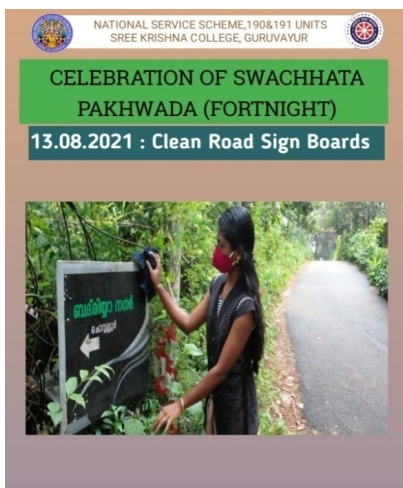
14/08/2021

On the 8th day of Celebration of Swachhata Pakhwada (fortnight) we organised an Anganawadi cleaning programme. The volunteers actively participated in various cleaning activities like rearranging toys, separating story and cartoon books, chart making, cleaning weeds, sweeping, garden cleaning etc. we made many posters from the photographs shared by volunteers and they were shared through social media.



13/8/2021

The 7th day of Swachhata Pakhwada was "Clean road sign boards". The volunteers actively participated and made sure the cleanliness of public property. We made posters from the photographs collected from the volunteers and shared through social media



15/08/2021

On the last day of the celebration of Swachhata Pakhwada (fortnight) we organised a plastic waste removal programme in college campus. We included the cleaning programme in the independence day celebration in our college. The volunteers removed all the plastic waste in our college campus and we took photographs of it.

NATIONAL SERVICE SCHEME, 190&191 UNITS  
SREE KRISHNA COLLEGE, GURUVAYUR

**CELEBRATION OF SWACHHATA  
PAKHWADA (FORTNIGHT)**

**15.08.2021 : Plastic Wastes Removal  
in College Campus**



2



NATIONAL SERVICE SCHEME, 190&191 UNITS  
SREE KRISHNA COLLEGE, GURUVAYUR

**CELEBRATION OF SWACHHATA  
PAKHWADA (FORTNIGHT)**

**15.08.2021 : Plastic Wastes Removal  
in College Campus**



1



## OUTCOME

As the part of Swachhata Pakhwada celebration from 07.08.2021 to 15.08.2021 Sree Krishna college NSS volunteers conduct programmes like home cleaning(inside), Home cleaning(outside), Garden cleaning, Plastic waste removal clean the nearest roadside, clean the bus stop, clean road sign

boards, Anganwadi cleaning and plastic waste removal in college campus. The volunteers actively participated in this campaign. It is a new challenge to our volunteers and they do it very well. And also it inspired many people in the society. The campaign helped to attract more students and also helped to spread awareness to society about the importance of cleanliness.

## INDEPENDENCE DAY CELEBRATION

Guruvayur Sree Krishna College NSS 190 191 units celebrated the 75th Independence Day. College Principal DR. PS Vijoy hoisted the flag at 8 p.m. Then the Fit India Freedom Run was conducted from the college campus to Kudakkallu.

DR. P S Vijoy Director of Physical Education DR. Haridhayal spoke about the importance of exercise. NSS Volunteers Participated in flag hoisting and sweets sharing at the Anganwadi near the college followed by patriotic songs and a treasure hunt.





**NIRMALANAGARAM NAMMUDE GURUVAYUR**

On 6th October 2021, nss 190&191 units of Sree Krishna college started a clean india programme in the name " nirmala nagaram nammude Guruvayur". The inaugural function was held on 6th October. The inauguration was done by principal Dr. Vijoy. Felicitation was done by Dr Geetha and Dr Binesh. On this day volunteers removed the plastics in the college campus under the name "scouring the scrap".




**നിർമ്മലനഗരം നമ്മുടെ ഗുരുവായൂർ**

(സ്വാതന്ത്ര്യത്തിന്റെ അമൃത് മഹോത്സവത്തിൽ ശ്രീകൃഷ്ണ എൻ എസ് എസ് യൂണിറ്റ് ഗുരുവായൂരിൽ നടത്തുന്ന ശുചീകരണ പ്രവർത്തനങ്ങൾ)

<p><b>06-10-2021</b> Scouring The Scraps Plastic Wastes Removal From College Campus.</p>	<p><b>09-10-2021</b> Cleaning Guruvayur KSRTC Bus Station.</p>
<p><b>11-10-2021</b> Plastic Removal And Cleaning (Guruvayur Railway Station).</p>	<p><b>20-10-2021</b> Primary Health Centre Cleaning (Kandanassery PHC).</p>
<p><b>21-10-2021</b> Plastic Removal (Chavakkad Beach)</p>	<p><b>23-10-2021</b> Cleaning of Water Bodies (Adopted Village -Kandanassery)</p>


 NATIONAL SERVICE SCHEME, UNIT 190 & 191  
 SREE KRISHNA COLLEGE, GURUVAYUR  





**നിർമ്മലനഗരം നമ്മുടെ ഗുരുവായൂർ**

(സ്വാതന്ത്ര്യത്തിന്റെ അമൃത് മഹോത്സവത്തിൽ ശ്രീകൃഷ്ണ എൻ എസ് എസ് യൂണിറ്റ് ഗുരുവായൂരിൽ നടത്തുന്ന ശുചീകരണ പ്രവർത്തനങ്ങൾ)

**INAUGURAL FUNCTION**

**NSS Song: Keerthi K** (NSS Volunteer)

**Welcome : Amrutha T V** (NSS Programme Officer, Unit 190)


**Inauguration & Key Note Address : Dr. P S Vijoy** (Principal)

**Felicitation : Dr.Geetha K** (IQAC Coordinator)  
**: Dr.Brinesh R** (Ex. NSS Programme Officer)

**Vote of Thanks : Hafsa Sherin** (NSS Secretary)

**11:00 AM**  
Mini Auditorium  
**You Are Cordially Invited**

Dr.Midhun K S VishnuPrasad P U, Neha C Kishor  
 Amrutha T V Navaneeth P, Hafsa Sherin  
 (NSS Programme Officers, Unit 190 & 191) (NSS Volunteer Secretaries)


 NATIONAL SERVICE SCHEME, UNIT 190 & 191  
 SREE KRISHNA COLLEGE GURUVAYUR

On Oct 6<sup>th</sup> , volunteers continued to remove the remaining plastic wastes from the campus and separated these wastes into different types like glass, plastics, polythene, etc ..


DAY 01

**നിർമ്മലനഗരം നമ്മുടെ ഗുരുവായൂർ**

(സ്വാതന്ത്ര്യത്തിന്റെ അമൃത് മഹോത്സവത്തിൽ ശ്രീകൃഷ്ണ എൻ എസ് എസ് യൂണിറ്റ് ഗുരുവായൂരിൽ നടത്തുന്ന ശുചീകരണ പ്രവർത്തനങ്ങൾ)

**06-10-2021**  
Scouring The Scraps  
**Plastic Wastes Removal From College Campus**








 NATIONAL SERVICE SCHEME, UNIT 190 & 191  
 SREE KRISHNA COLLEGE, GURUVAYUR

**October 9 cleaning KSRTC bus stand**

As a part of clean India programme in connection with azadi ka amrit mahotsav nss volunteers of Sree Krishna college cleared and cleaned up waste at guruvayoor KSRTC bus stand. The Cleaning programme was

Inaugurated by KSRTC KTO sunil. Station inspector K. K Narayan, Shaji, Nss programme officer dr. K. S. Midhun led the cleanup programme.

DAY 04

**നിർമ്മലനഗരം നമ്മുടെ ഗുരുവായൂർ**

(സ്വാതന്ത്ര്യത്തിന്റെ അമൃത മഹോത്സവത്തിൽ ശ്രീകൃഷ്ണൻ എൻ എസ് എസ് യൂണിറ്റ് ഗുരുവായൂരിൽ നടത്തുന്ന ശുചീകരണ പ്രവർത്തനങ്ങൾ)

**09-10-2021**

**Cleaning Guruvayur KSRTC Bus Station**

NATIONAL SERVICE SCHEME, UNIT 190 & 191  
SREE KRISHNA COLLEGE, GURUVAYUR

**Cleaning Guruvayur railway station**

As a part of clean India programme in connection with Azadi ka Amrit Mahotsav NSS volunteers of Sree Krishna college cleaned and collected plastic wastes from guruvayoor railway station.

railway chief health inspector ajith ps inaugurated the programme. NSS programme officer Amritha T V, Sree Krishna college led the cleaning programme conducted along with NSS units of little flower college Guruvayoor.

DAY 04

**നിർമ്മലനഗരം നമ്മുടെ ഗുരുവായൂർ**

(സ്വാതന്ത്ര്യത്തിന്റെ അമൃത മഹോത്സവത്തിൽ ശ്രീകൃഷ്ണൻ എൻ എസ് എസ് യൂണിറ്റ് ഗുരുവായൂരിൽ നടത്തുന്ന ശുചീകരണ പ്രവർത്തനങ്ങൾ)

**28-10-2021**

**Cleaning Guruvayur Railway Station**

NATIONAL SERVICE SCHEME, UNIT 190 & 191  
SREE KRISHNA COLLEGE, GURUVAYUR

**REMOVING WASTE FROM CHAVAKKAD BEACH**

NSS volunteers of Sree Krishna College Guruvayur, NSS volunteers of LF College Guruvayur and Neharu Yuva Kendra cleaned and collected plastic wastes from Chavakkad beach premises as part of clean India.





## CLEANING COLLEGE CAMPUS

NSS volunteers of Sree Krishna college Guruvayur cleared and cleaned up waste at college campus as part of the clean India programme in connection with Azadi ka Amrith Mahotsav on Nov 6, 2021.



## DISTRICT LEVEL ORIENTATION PROGRAM FOR NSS VOLUNTEER SECRETARIES

NSS, Sree Krishna College, Guruvayur and NSS Thrissur District Cell jointly organised district level orientation program for secretaries, on 23/05/2021. Almost 100 volunteer secretaries of numerous colleges from the district had participated. The registration was through online form and further details were given through whatsapp group. The program was divided into two sessions and both resource persons received many national and state

level honours and awards including Indira Gandhi National Award for Best Programme Officer.

Inaugural session was started with an NSS song by Keerthi K under the anchoring of Kavya P S. Dr. Binu T V, Coordinator of NSS Thrissur district cell extended a warm welcome. The Presidential address was delivered by the Principal Dr. P S Vijoy, and inaugurated by Dr. Mujeeb Rahiman, Program Coordinator at University of Calicut. Inaugural session got completed with the vote of thanks by Amrutha T V, NSS Program Officer, Sree Krishna College.

Dr. Jai M Paul, NSS regional Coordinator was the resource person of the morning session on the topic "History and philosophy of NSS ". Mohammed Nisham had given feedback regarding the class.

The second session started at 4.00 PM. NSS volunteer Harigovind M welcomed everyone. The resource person was Sri. Abid Tharavattath, the Computer program officer, Government Engineering College, Kozhikode. The class was on the topic "How to cover 200 hours of social work easily?" which is relevant during this pandemic season. The significance of the session was evident throughout the session. With the vote of thanks by volunteer Ebin Thankachan, the program concluded officially. The feedbacks were collected through Google Form, hence provided the E- Certificates for volunteers regarding the participation.

**SREE KRISHNA COLLEGE GURUVAYUR**  
(Affiliated to University of Calicut)  
Aiyemur Post, Thiruvalli, 686 102

**NATIONAL SERVICE SCHEME 190 & 191 UNITS**  
SREE KRISHNA COLLEGE GURUVAYUR

**NATIONAL SERVICE SCHEME THIRUVALLI DISTRICT NSS CELL**

**DISTRICT LEVEL ORIENTATION PROGRAMME FOR NSS VOLUNTEER SECRETARIES**  
**23-5-2021, SUNDAY**  
Resource Persons (Indira Gandhi NSS Awardees)

**Morning Session**

**Afternoon Session**

**TOPIC**  
**HISTORY AND PHILOSOPHY OF NSS**  
Dr. Jai M Paul  
(NSS Emakulam Regional Coordinator)  
Professor of Civil Engineering  
Mar Athanasius College of Engineering,  
Kothamangalam, Emakulam

**TOPIC**  
**HOW TO COVER 200 HOURS OF SOCIAL WORK EASILY?**  
Sri. Abhi Tharavattath  
Computer Programmer  
Govt. Engineering College,  
Kozhikode

✉ nss\_sreekrishna\_college\_gvr  
✉ nssskcgvr@gmail.com  
📍 NSS Sree Krishna College, Guruvayur  
📱 @NssSkc 📺 NSS SKC GVR

**NATIONAL SERVICE SCHEME**  
SREE KRISHNA COLLEGE, GURUVAYUR

**RAGAM 2021**  
*A musical relaxant amidst uncertainty*

On 21 June 2021, International Music Day, NSS units 190 & 191, Sree Krishna College, Guruvayur jointly organising a national level music competition

**1501/-**  
Exciting prizes are awaiting for first runner up and second runner up too

**REGISTRATION FEE ₹ 50/-**

**NO AGE LIMITATIONS** **Last Date: 20 June 2021**

Pay : +91 95677 01558

FOR MORE INFORMATION  
+91 8086581756

@nssskcgvr

Amount collected will be donated for vaccine challenge to cmdrf  
#VaccineChallenge

## RAGAM 2021

NSS 190 & 191 unit of Sree Krishna College decided to conduct a music competition related to international music day (21 June). The posters were published through social media handles. The amount received from this program will be donated to the chief minister's vaccination challenge.

The criteria of Ragam competition was, all can participate without any age limits. And there was a registration fee for participants, Rs. 50, which will be used for the charity activities. The contestant who won first position will get Rs.1501 as cash prize. And second and third positions will also be awarded with attractive prizes. We accepted the entries till June 20th, 11.30 pm. And altogether 77 entries got registered from different areas, which was an overwhelming experience. Since the pandemic and lockdown restricted the mobility and regular activities, these virtual initiatives paved new paths during the new normal.

The result of the Raga Singing Competition conducted by the NSS Unit of Sree Krishna College on 25-5-2021 on the occasion of World Music Day has been announced. Out of the 77 entries received, the three best singers were selected. First prize-Rs.1501 was secured by Ardra.A from palakkad, second prize Rs 501 was secured by Suresh Babu from Thiruvullakavu and Third prize Rs 301 was secured by AkhithaGeesan from Enamakal.



**DECEMBER13 FOOD DISTRIBUTION BY NSS VOLUNTEERS**

NSS volunteers from 190&191 units of Sree Krishna College, Guruvayur distributed food in Guruvayur bus stand for the neediest persons.



**Campus Cleaning**

As part of plastic free campus, NSS 190 & 191 units of Sree Krishna College, Guruvayur collected plastics from campus on Dec 13, 2021.



- **December 22 Survey**  
NSS volunteers from 190&191 units of Sree Krishna College, Guruvayur participated in "Clean Survey" conducted under Chowalloor Block Panchayath at Kunnamkulam.



## Garden Cleaning

February 8 first year NSS volunteers at Sree Krishna college cleaned the NSS garden as part of the planting of new plants. Then the poster share through the social media like twitter, facebook, instagram, youtube



## Inauguration of PrukruthiSamrakshana Sangam

Unit inauguration of "Prakruthi Samrakshana Sangam" by youth wing district committee Thrissur, conducted on 06<sup>th</sup> January at Sree Krishna College, Guruvayur. Inauguration done by Mr. Muraliperunally, MLA of Manalur. Chief guest was Adv. K B Mohandas, Chairman of Guruvayur Devaswom.



## All India Radio launches youth programme AIRNxt



On 18/01/2022, as part of the AirNxt program, a discussion on the topic of "The New She" was conducted by volunteers from NSS 190 and 191 units of Sree Krishna College Guruvayur. The conversation was broadcasted on Akashavani Thrissur radio, and continued with the radio transmission.

**PUBLIC PROGRAMMES**

**AWARENESS**

**POSTERS ON 'TAUKTAE' AWARENESS AND ALERT**

On behalf of heavy rainfall alert due to tornado Tautae in the Arabian ocean Sree Krishna College NSS volunteers made awareness posters. NSS volunteers made posters about rehabilitation of flood affected places in the Covid scenario, since it is a hazardous task. The high rainfall may cause damage to lives and properties so staying in camp would be necessary. Volunteers had given awareness regarding the significance of drinking clean water and nutritious food to avoid any other disease. Posters were shared through various NSS social media handles.

Sree Krishna College Guruvayur (University of Calicut) National Service Scheme 190&191 Units

**ജാഗ്രതയോടെ...**  
**ഈ അതിജീവനക്കാലത്ത്**

1. എമർജൻസി കിറ്റ് തയ്യാറാക്കി വെക്കുക
2. അത്യാവശ്യമരുന്നുകൾ കരുതി വെക്കുക
3. ഔദ്യോഗിക അറിയിപ്പുകൾ പിന്തുടരുക, പാലിക്കുക
4. വയോധികർ, കിടപ്പുരോഗികൾ, ഗർഭിണികൾ ഭിന്നശേഷിക്കാർ എന്നിവരുടെ സുരക്ഷ ഉറപ്പാക്കുക
5. അപകടസാധ്യത കൂടുതലുള്ള പ്രദേശങ്ങളിൽ നിന്ന് മാറിനിൽക്കുക

Instagram: nss\_sreekrishna\_college\_gvr | YouTube: NSS SKC GVR | Twitter: @Nss

**AWARENESS ON YOUNG WARRIOR**

The Youth Affairs Ministry of India and UNICEF of India jointly organised COVID Young Warrior campaign to fight against COVID pandemic. As part of this 190 and 191 Units of NSS, Sree Krishna College,

Guruvayur officially begun the campaign with taking pledge “ I Pledge to act against COVID 19, I am #young warrior by Mahesh Kumar M A(NSS Volunteer)

YuWaah! The Potential of Young People

Sree Krishna College Guruvayur National Service Scheme Sree Krishna College, Guruvayur

**# YOUNG WARRIOR**

Register today to become a # YOUNG WARRIOR and lead the charge in curbing the spread of covid-19 in India!

*I've done my part, its your turn now.*

**MONSOON DISEASE AWARENESS**

As part of the awareness programme volunteers created posters and short videos about the precautions to be taken during the rainy season. Posters and short videos were made for mass public awareness. While observing dry days, volunteers made their home and premises dirty free. Pictures of each volunteer carrying out their activity were shared in the short video.

**AWARENESS ON NIPAH VIRUS**

After a gap of over 3 years, a case of nipah virus was reported in Kozhikode on September 5th. An alert has been declared in Kozhikode and surroundings as their high risk contact list of many ones. NSS

volunteers of Sree Krishna college prepared posters as a step towards the awareness of nipah to the society and those posters were published through social media accounts



**Alert – Heavy Rains**

On October 12, A poster containing a number of precautionary measures was prepared and circulated on social media to create awareness among the people due to the heavy rains.



**COVID SPECIAL DUTIES**

**NSS VOLUNTEERS IN COVID DUTY**

Hiran Das and Aravind V, NSS volunteers of Sree Krishna College volunteered the food serving activity in corona ward, Govt. Medical College Thrissur.



തൃശൂർ ഗവണ്മെന്റ് മെഡിക്കൽ കോളേജിൽ കൊറോണ വാർഡിൽ ഭക്ഷണം വിതരണം ചെയ്ത ഗുരുവായൂർ ശ്രീകൃഷ്ണ കോളേജ് എൻഎസ്എസ് വള്ളണ്ടിയറായ ഹിരണിന്

**അഭിനന്ദനങ്ങൾ**



നിന്നെ ഓർത്ത് അഭിമാനിക്കുന്നു ഞങ്ങൾ...



SKC NSS UNITS 190 & 191

**COVID FRONTLINE WARRIOR**

NSS volunteer secretary Neha C Kishore distributed food packets in Covid 19 ward of Thrissur Medical College. She, as a dedicated volunteer, had done substantial and meaningful pursuit.



NSS volunteers wins in state level intercollegiate short video contest conducted by Govt..KNM arts and science college, Kanjiramkulam, under Red Ribbon Club of Sree Krishna College, Guruvayur. The winners were Harishankar K M from Functional English (First Year), Ajini M M from Sanskrit (First Year), Abhinav P Mohan from Maths (First Year).(Dec 17)



**HELP TO HEAL**

NSS volunteer Nimnas P N distributed medicines for Covid 19 patients on July 29. It was undeniably a proud moment



**ACHIEVEMENTS**

**Video Making Competition**

**DAY OBSERVATIONS**

- World health day

Since the sudden spike in the number of covid 19 cases, the World Health Day on 07 April was observed by creating an awareness

video for the public and posted through social media handles which was widely circulated.

- **World Earth day**

On 22 April as a part of celebrating World Earth Day, the volunteers created a dance video compiling individual dance videos shot from their home along with different posters.



- **International Dance Day**

NSS Volunteers made a dance video based on the international Dance Day on 29th April which helped to arrest the attention of others through posting the video in social media handles.

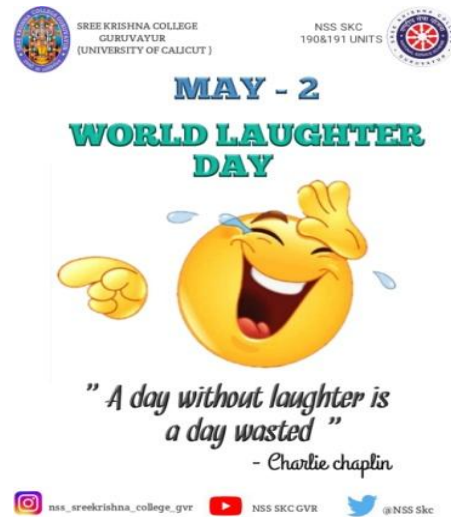
- **Labour's Day**

On May 1<sup>st</sup> volunteers made posters which showed the hard earned labour rights and the importance of the struggles they have faced to celebrate Workers Day. SRN Adarsh College conducted a quiz related to worker's day and two volunteers participated as well.



- **Laughter's Day**

May 02 is celebrated as Laughter's Day by posting a video and poster. These were posted through NSS social media accounts.



- **Freedom fighter's profile**

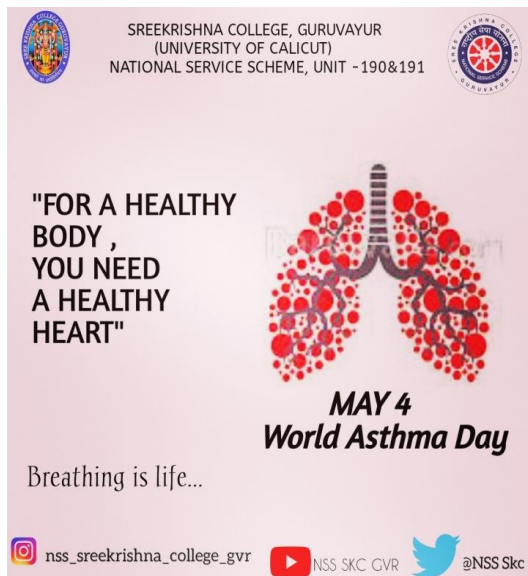
On 3rd May 2021 all volunteers of 190 & 191 NSS units created the profile of freedom fighters. 100 volunteers made 100 profiles of different freedom fighters and combined those profiles into a single video which enabled the volunteers to venerate different



great personalities who were least celebrated by the public.

- **World Asthma Day**

To observe World Asthma Day on May 4<sup>th</sup> digital posters were crafted and posted in various NSS official social media handles.



- **World Athletics Day**

On May 7<sup>th</sup> World Athletics Day, volunteers made different posters and posted them in the NSS social media accounts.



- **Mother's day**

On May 9<sup>th</sup> NSS Units 190 & 191 together conducted an Inter Collegiate competition AMRITAM to commemorate Mother's Day. It was a creative competition to craft different literary genres like poem, story, and memoir. The entries were selected by renowned personalities and the results published on the next day too.



- **International Nurses Day**

Based on the International Nurses' Day 12-5-2021, the NSS unit 190 & 191, Sree Krishna College conducted distinct programs, such as volunteers made a video and poster indicating the dedication and hard work of nurses and widely shared that to extend the gratitude towards them. Subsequently an Inter Collegiate drawing competition was conducted in three categories, pencil drawing, oil painting and water colouring. There was an appreciable participation from students. The results were published on 21-5-

2021. The prizes will be distributed after the lockdown through posts.

**SREE KRISHNA COLLEGE GURUVAYUR**  
NSS 190 & 191 UNITS

# INTERNATIONAL NURSES DAY

MAY 12

#nss\_sreekrishna\_college\_guv NSSSKCGVR @nss\_skc

National Service Scheme  
Sree Krishna College, Guruvayur

ഗുരുവായൂർ ശ്രീകൃഷ്ണ കോളേജിലെ എൻഎസ്എസ് 190, 191 യൂണിറ്റുകളുടെ ആഭിമുഖ്യത്തിൽ ലോക നേഴ്സു ദിനത്തോടനുബന്ധിച്ച് 12-05-2021 നു നടത്തിയ ചിത്രരചനാ മത്സരഫലങ്ങൾ

Pencil Drawing		
<b>First</b> Harsh Pujari Nirmala College Of Arts & Science, Mellor, Chalakudy	<b>Second</b> Neelha Dharmaraj Sree Kerala Varma College, Thrissur	<b>Third</b> Jais Jaison P Christ College(Autonomous), Irinjilukuda
Water Colouring		
<b>First</b> Krishnapal R Chandran Little Flower College, Guruvayur	<b>Second</b> Swagata Sudha Christ College(Autonomous), Irinjilukuda	<b>Third</b> Anmol Sree Kerala Varma College, Thrissur
Oil Painting		
<b>First</b> Anjana C Sree Vivekananda College, Kunnankulam	<b>Second</b> Anchana Lenin Nirmala College Of Arts & Science, Mellor, Chalakudy	

വിജയികൾക്ക് അഭിനന്ദനങ്ങൾ  
സ്ഥാനം ലഭിച്ച ചിത്രങ്ങൾ കമ്മ്യൂണിറ്റി യൂണിറ്റ് ഏരിയയിലൂടെയും  
അല്ലെങ്കിൽ ഇന്റർനെറ്റ് വഴി സമർപ്പിക്കുക.

വിജയികൾക്ക് സമ്മാനങ്ങൾ അടയ്ക്കുന്നതിനുള്ള കാര്യം റസി റിപ്പോർട്ട് ചെയ്യുന്നതായിരിക്കും. [f](#) [t](#) [i](#) [v](#) [w](#) [n](#) [s](#) [s](#) [k](#) [c](#) [g](#) [v](#) [r](#)

• **International Day Of Family**

NSS Unit 190 &191 of Sree Krishna College Guruvayur celebrated World Family Day on 15-5-2021 Saturday. Posters were created and published through social media. There was also a Quiz competition conducted

by the Chemistry Department of A.P.C Mahalakshmi College of Women, Thuthukkudi. Volunteers participated and received e-certificate also.



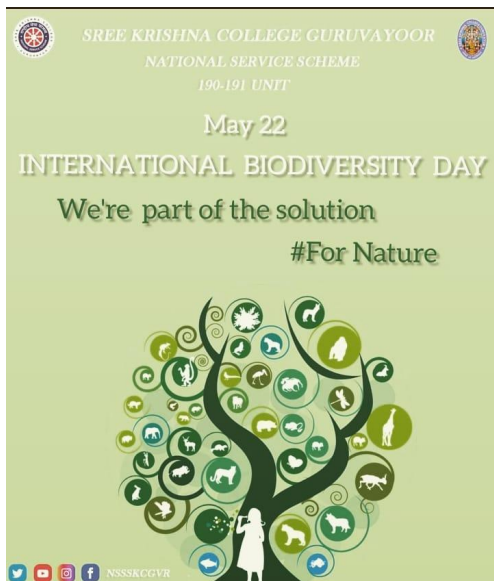
• **Anti Terrorism Day**

On May 21, Anti Terrorism Day, a day to respond against terrorism which destroys world peace the NSS units created a poster and all the volunteers put the status and informed the maximum number of people about the importance of this day through social media.



- **Bio Diversity Day**

May 22 Biodiversity day was commemorated by NSS units, Sree Krishna College, Guruvayur, by conducting an Inter Collegiate Photography competition on biodiversity. 75 pictures are shortlisted, first prize won by Ashik Jiji (RVS College of Engineering, Coimbatore), second prize won by Evin Sojan (Nirmala College, Chalakudy), Third prize won by Musharaf (MTM College, Malappuram)



- **World No Tobacco Day**

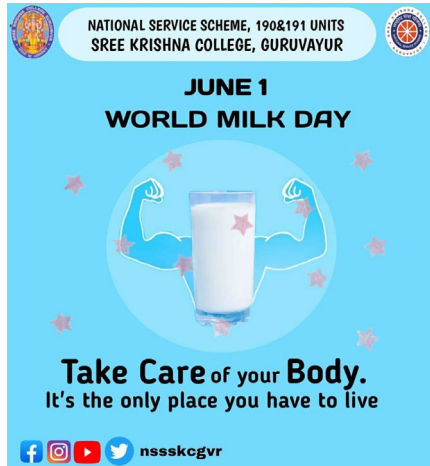
The NSS unit 190 and 191 of Sree Krishna college Guruvayur observed world no Tobacco Day on May 31st 2021. The NSS volunteers observed the day by creating posters and making a video explaining how badly tobacco uses affect the human body. The NSS unit shared posters and videos through social media to give awareness for the people out there.



- **World Milk Day**

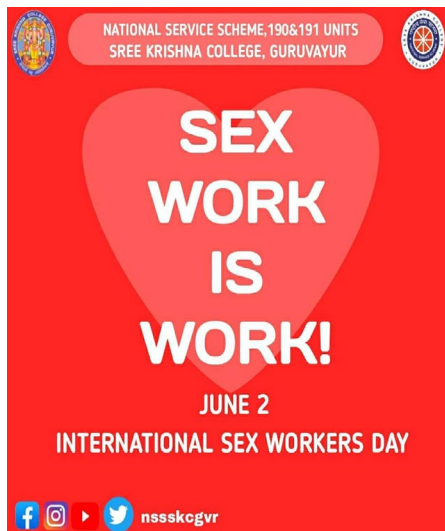
The NSS units, 190 and 191 of Sree Krishna college, Guruvayur observed World Milk Day on June 1 2021 which is an international day established by the Food and Agriculture Organisation (FAO) of the United Nations to recognize the importance of milk as a global food. The NSS units celebrated the day by creating different posters to highlight the significance and to bring attention to activities that are connected

with the dairy sector. As a part of observing World Milk Day volunteers generated a Google form “Know about Your Milk Knowledge” based on the general benefits of the Milk. 484 Entries got registered and distributed e certificate as well.



- **International Sex Workers Day**

NSS 190&191 unit of Sree Krishna College makes posters on international sex workers day. The posters were published by the secretaries in whatsapp groups. And it is also shared in the official pages in social media pages of NSS and college.



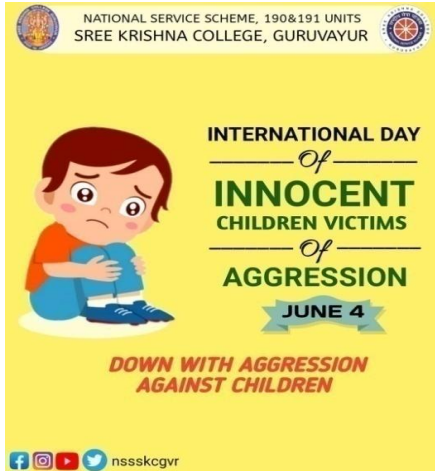
- **World Bicycle Day**

The 190 and 191 NSS units of Sree Krishna College, Guruvayur observed the world bicycle day on June 3. The NSS volunteers celebrated the day by creating posters and a video of volunteers riding the bicycle to encourage people doing the same and to give the message that cycling is good for health. The posters and video are about the benefits of cycling and it is also shared through social media.



- **International Day Of Innocent Children Victims Of Aggression**

June 4 was a day to remember the innocent children who lost their lives for capitalist selfish interests at an early age, international day of innocent children’s victims of aggression. As part of this day NSS volunteers made a video and poster in memory of such children and shared it through social media.



- **NATIONAL WEBINAR ON WORLD ENVIRONMENTAL DAY**

NSS Volunteers of Sree Kerala Varma college Thrissur conducted this webinar. The webinar was about the importance of trees and the effect of climatic change from the model of Kerala. It was on 5th June 2021. From Sree Krishna College, NSSvolunteers secretary and SIVE leader were participated in that webinar

- **WORLD FOOD SAFETY DAY**

June 7, Food Safety Day was organised by Sree Krishna College, Guruvayur under the NSS units190&191 by releasing a video about the guidelines on food safety.



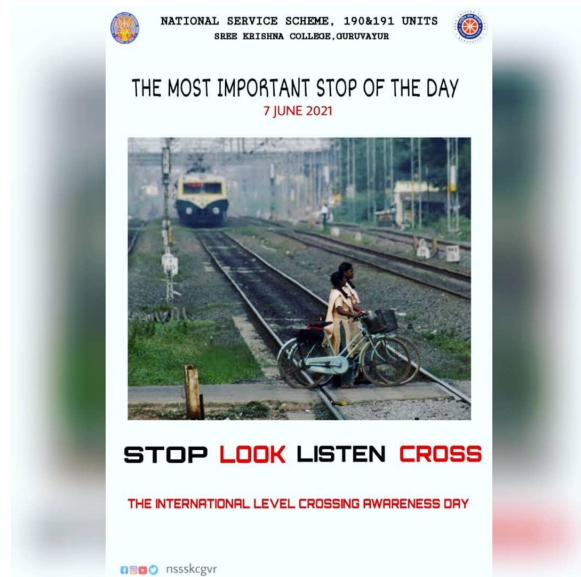
- **World Brain Tumour Day**

June 8, 2021 world Brain Tumour Day NSS units created awareness video and poster for public and posted in various social media handle



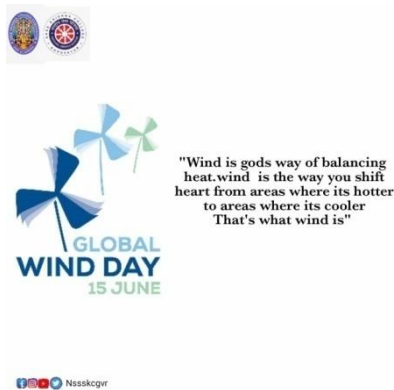
- **International Level Crossing Day**

190,191 NSS units of Sree Krishna College, Guruvayur have observed International level crossing awareness day by making posters and framing an awareness video to develop alertness on level crossing safety and detection.



- **World Wind Day**

On behalf of International Wind Day (June 15) NSS volunteers had designed a poster describing the importance of wind in this nature and ecosystem. The poster was widely circulated through the social media pages.



- **June 15 International Elder Abuse Awareness Day**

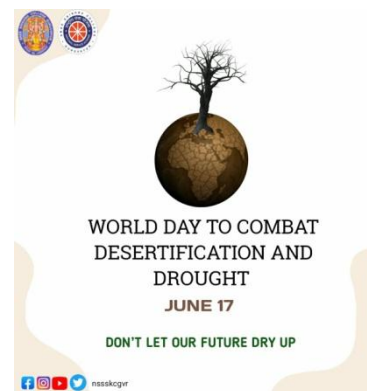
Volunteers had created posters on International Elder Abuse Awareness Day, since many incidents are taking place in the contemporary world by neglecting the elderly humans. The posters were shared through various social media handles of NSS.



- **June 17 World Day to Combat Desertification and Drought**

190 & 191 NSS units of Sree Krishna College observed the World Day to combat desertification and drought on June 17. Posters and videos were circulated on social media embracing the importance of the day.

International Picnic Day is observed on June 18, every year. It is a day to encourage people to go outdoors and enjoy a hearty meal in nature, with other people's company.



- **June 18 World Picnic Day**

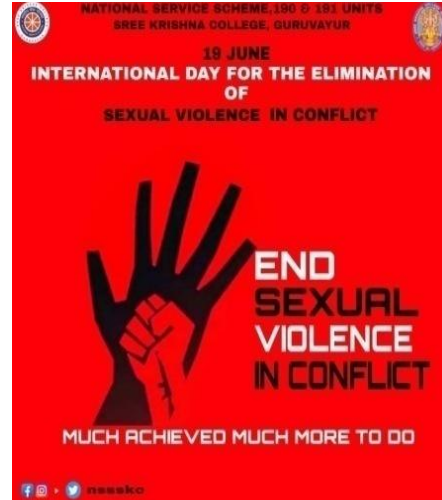


190 & 191 NSS units of Sree Krishna College observed the International Picnic Day on June 18. International Picnic Day is observed to encourage people to go outdoors and enjoy the wonders of nature, with other people's company burning stress out of their mind. NSS volunteers prepared various posters and videos showing the importance of International Picnic Day and various ideas to celebrate this day coping up with the pandemic situation staying in our homes.

These posters and videos were widely shared in social media and posted in NSS official YouTube channel and in Instagram pages.

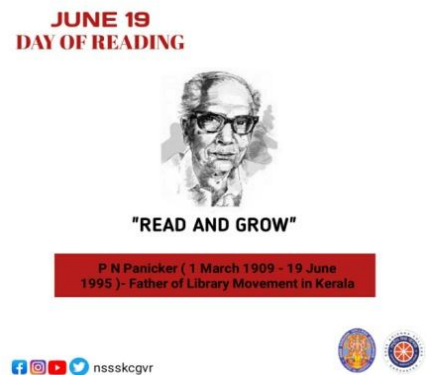
- **June 19 International Day for the Elimination of Sexual Violence in Conflict**

190 & 191 NSS unit of Sree Krishna College, Guruvayur conducted "international day of the elimination of sexual violence in conflict" on June 19. By understanding the importance of this day NSS volunteers had published video and poster in social media as a part of awareness on elimination of sexual violence.



- **June -19 Day of Reading**

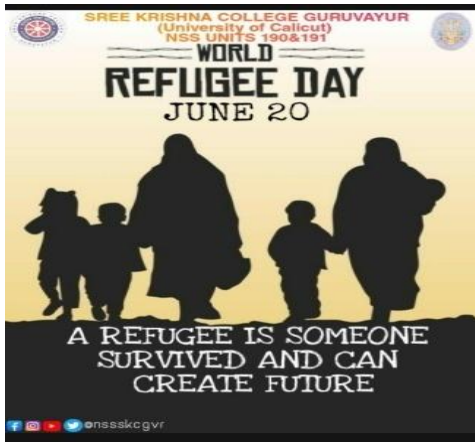
Units 190 & 191 of NSS units of Sri Krishna College conducted various events on the occasion of June 19 Reading Day. Recognizing the significance of this day, the volunteers made posters and spread them on social media. Reminding that Reading Day is the day of knowledge; the volunteers introduced the works in different languages and spread them on social media.



- **JUNE 20 WORLD REFUGEE DAY**

The 190 & 191 NSS units of Sree Krishna College conducted various events in

connection with the Refugee Day. Recognizing the necessity of Refugee Day in the contemporary world, the volunteers made posters and videos and circulated them on social media



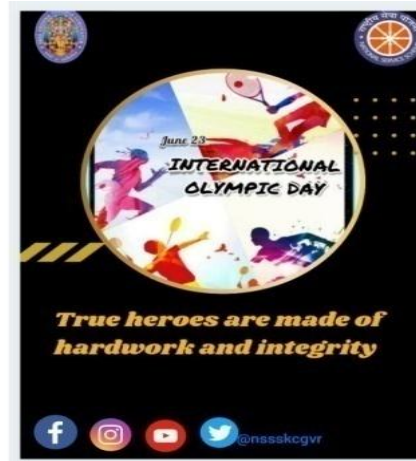
- **June 21 World Music Day**

This day reminds us of the role of music to regulate the irregular life of humans. Before World Music Day the NSS units 190&191 in Sree Krishna College decided to conduct a Music competition named 'Ragam2021'. Posters were made and on May 28th these were published through social media.



- **June 23 International Olympics day**

International Olympics day is observed for the individuals who look on sports as their life. Competitiveness between countries during older times was caused by wars. But today it is happening through the Olympic Games. Combat between each individual nation, final victory or defeat, waiting for the upcoming games, likewise the effect of this day goes on. To remind people about this day, NSS units of Sree Krishna College made posters and a video together with the essence of Olympics day. This was widely shared through social media accounts.



- **June 23 United Nations public service day**

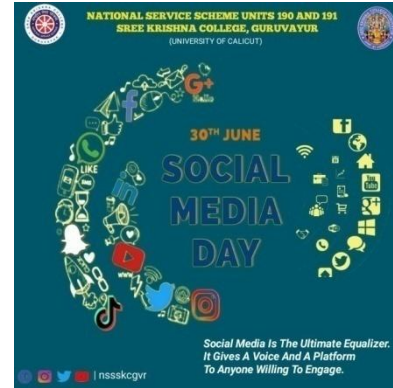
United Nations public service day is celebrated for remembering the individuals who treated and are treating service as their lives. The Sree Krishna College NSS unit put up a poster to convey the importance of public service to the people. The volunteers also made a video to help others understand what a public servant should look like. The volunteers tried to reach as many people as possible through social media.





● **June 30 Social Media Day**

Both the units together had created an awareness poster on Social Media Day describing the pros and cons of Social media. It was widely circulated through the NSS official social media channels.



**June 28 World Lightning Safety Day**

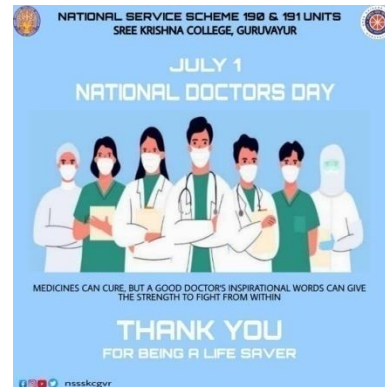
Volunteers had prepared two posters on the dangers of lightning. Thunderstorms accompanied by lightning strikes are the single largest killers among natural disasters in India. During the Monsoon season in Kerala, there would be an increase in lightning strikes. In order to acquire awareness on the hazards of lightning, an awareness poster was created and both the posters were circulated through various social media platforms.



● **July 01 International Doctors Day**

National Doctors' Day is celebrated on July 1, in India, to mark the birth and honour the contributions of renowned physician and former West Bengal chief minister Dr Bidhan Chandra Roy. The theme of Doctors' Day this year was to "lessen the mortality of COVID-19."

The NSS units 190 & 191 made posters and videos thanking the doctors who sacrificed their lives for the people affected by Covid pandemic. These posters and videos were posted in our official YouTube channel and Instagram page.



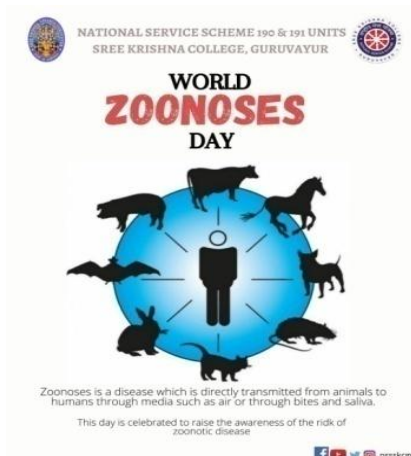
- **July 03 International Plastic Bag Free Day**

The NSS units 190 & 191 of Sree Krishna College Guruvayur celebrated June 3rd International Plastic Bag Free Day. Various posters regarding the theme 'say no to plastic' are promoted through social media.



- **July 06 World Zoonoses day**

World zoonoses day commemorates the work of French biologist Louis Pasteur, who successfully administered the first ever vaccine against rabies. By understanding the moment of this day, volunteers of NSS units 190&191 of Sree Krishna College prepared posters and a video and shared them through social media.



- **July 11 World Population Day**

World Population Day is celebrated on July 11 every year. Human resource has a vital influence on the developmental activities of that country. The poster and video were circulated on social media.



SREEKRISHNA COLLEGE  
GURUVAYUR

NATIONAL SERVICE SCHEME  
UNIT NO : 190-191



JULY 11

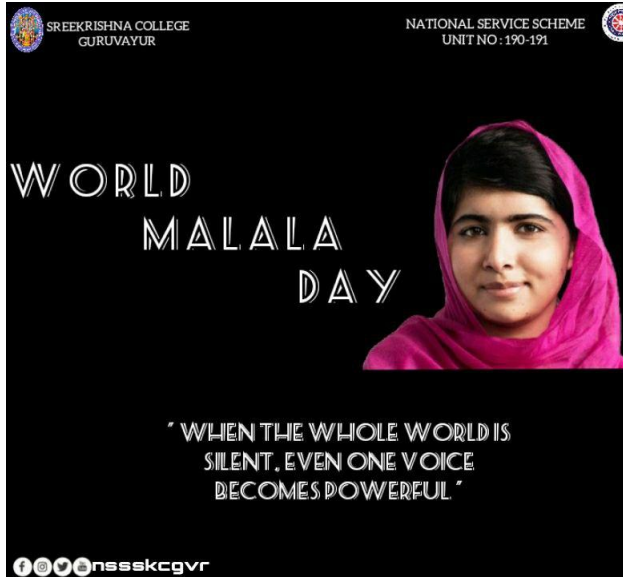


"ENJOY THE FUTURE TOMORROW BY CONTROLLING THE POPULATION TODAY"

f @ t nssskcgvr

- **July 12 Malala Yousafzai Day**

Malala Yousufzai is a Pakistan activist and she works for women education and also a Feminist. She is the youngest Nobel prize winner. United Nations (UN) celebrates the birthday of Malala Yousafzai as Malala Day. Posters and video related posts on social media.



- **July 12 Paper Bag Day**

In order to create a better ecosystem by encouraging the use of paper bags as an environmentally friendly act, volunteers published videos and posters through social media.

Youtube

<https://youtu.be/Jk8iFa65hBA>

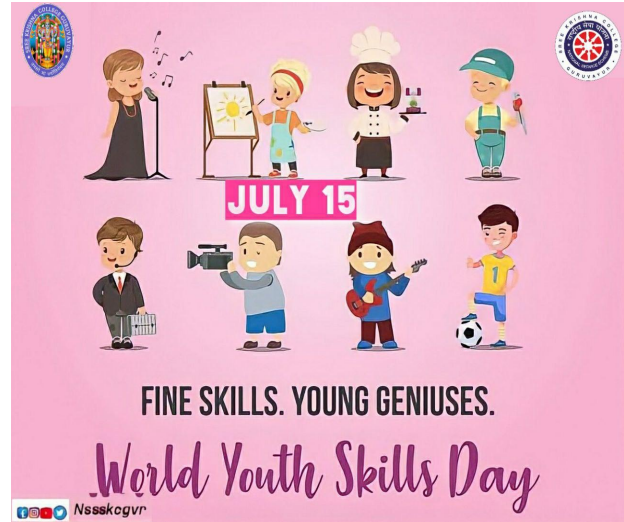
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- **July 15 Youth Skills Day**

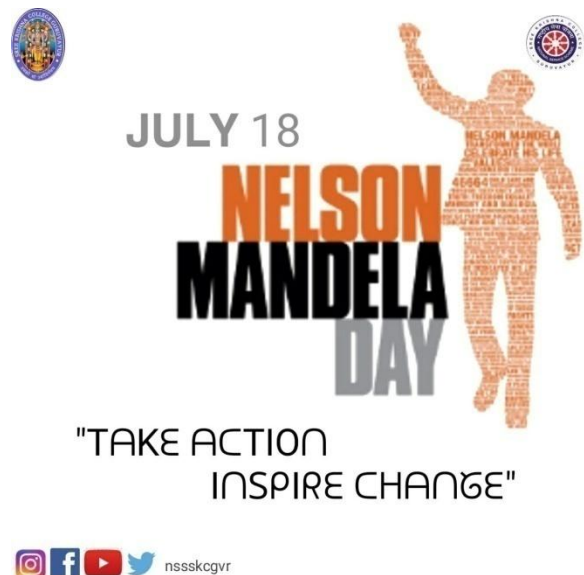
The day is celebrated across the globe to make young people understand that the

mental and physical health of people depends on their individual abilities. Posters and a video published through various social media handles.

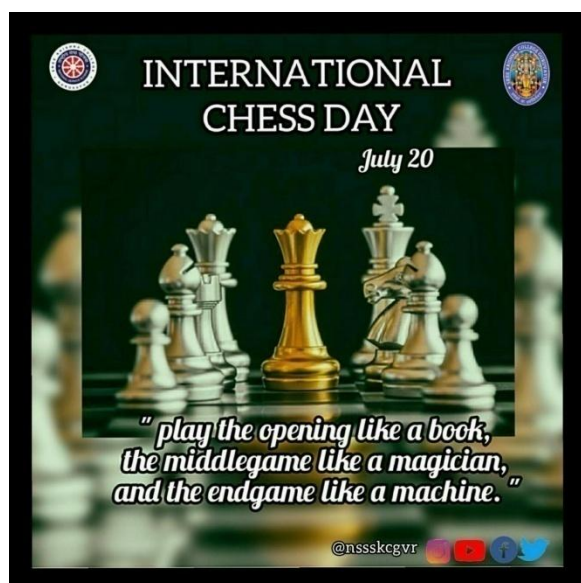


- **July 18 Nelson Mandela Day**

To inspire people to embrace the values of democracy and contribute towards the ideal of ensuring a just and fair society Nelson Mandela Day was celebrated on July 18. Volunteers created a video, poster and circulated through social media



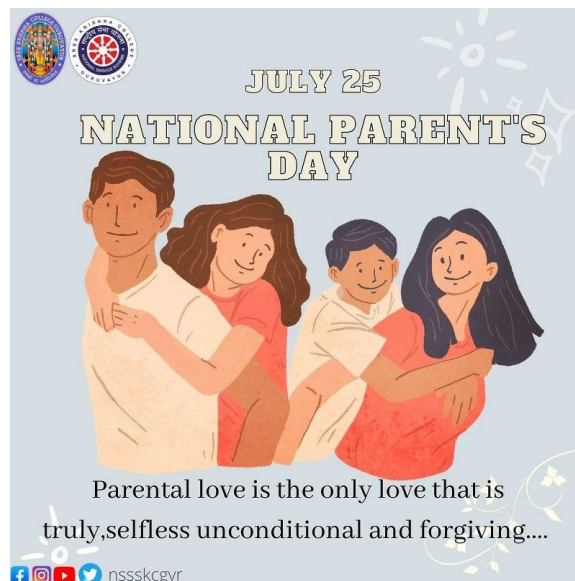
- **July 20 International Chess Day**  
Sree Krishna College Guruvayur NSS unit 190&191 units created an awareness video and poster on the topic what is chess and uploaded it in the NSSofficial social media handles.



- **July 24 Self Care Day**  
Self-care is the personal practice of health care without the help of a medical professional. In health care, self-care is any human control activity that is personally controlled and intentionally and self-initiated to maintain health and well-being. The poster and video to celebrate the day were shared through social media to extend the significance.



- **July 25 Parents Day**  
National Parents' Day is celebrated on the fourth Sunday of July every year. It was launched in 1994, United States. The poster and video of the day were shared on social media to broaden the significance of the day.



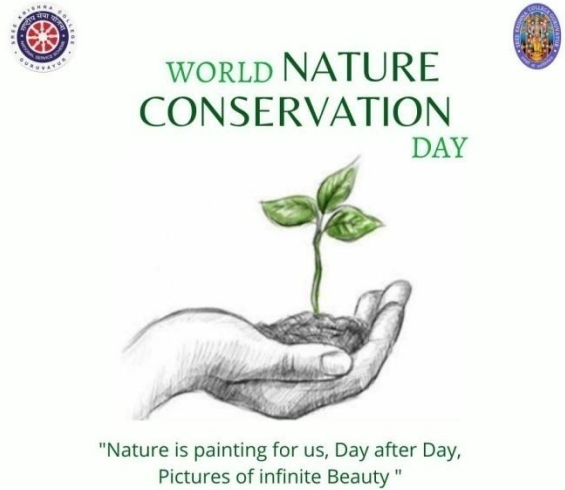
- **July 26 Kargil Vijay Diwas**  
Kargil Vijay Diwas is celebrated every year on July 26 to honour the Kargil war heroes. Every year the Prime Minister of India pays homage to the soldiers at the Amar Jawan

Jyoti, India Gate. The poster and video to memorialise the day were shared on social media



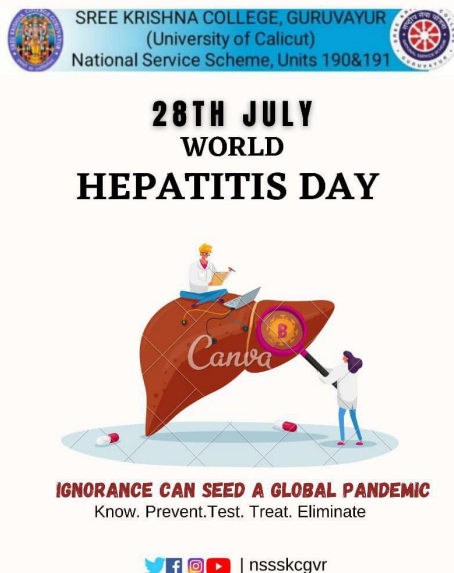
● **July 28 World Nature Conservation Day**

Both NSS units observed World Natural Conservation Day on July 28 by posting posters and video in social media platforms with the prime objective of conserving nature. Through this initiative volunteers succeeded in spreading the idea to create a healthy environment.



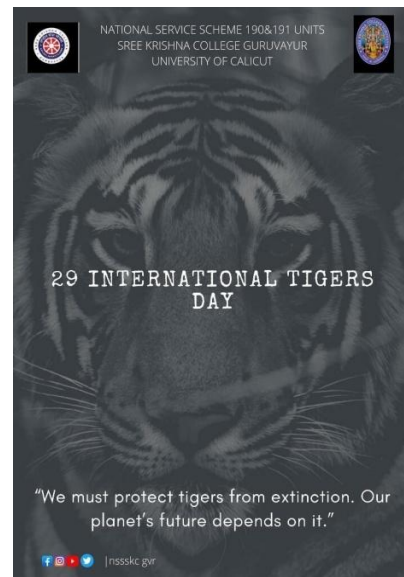
● **July 28 World Hepatitis Day**

Volunteers celebrated world hepatitis day on 28 July and made a video on the hepatitis virus that causes fatal liver disease which described how to identify it, what is the deadly virus and how to deal with it and uploaded it through the official channels



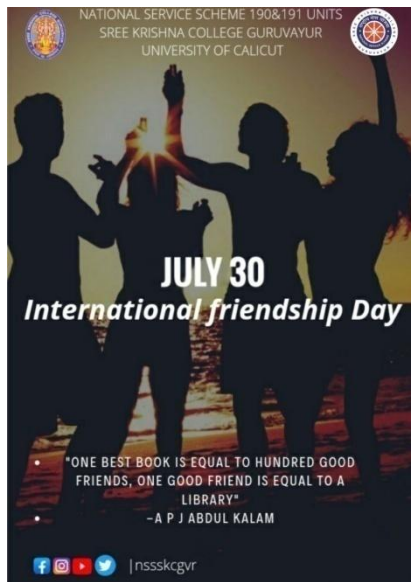
● **July 29 Tiger Day**

As a part of International Tiger Day on July 29th, volunteers prepared posters and videos and published through the official social media accounts.



- **July 30 International Friendship Day**

The International Friendship Day was commemorated on July 30 by sharing posters and videos through social media.



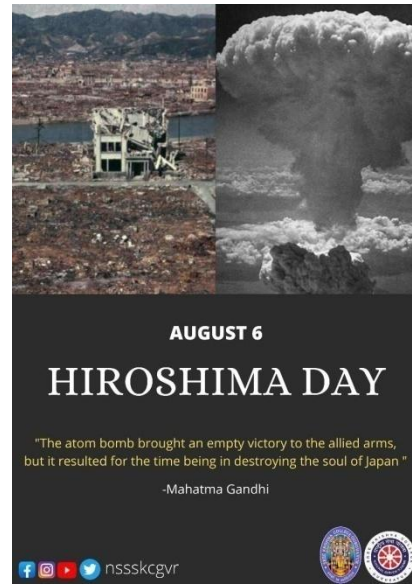
- **August 1 International Mountain Climbing Day**

Volunteers created posters on mountain day, which explained the importance of mountains and were published through the official social media pages.



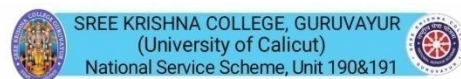
- **August 06 Hiroshima Day**

Both the units observed the tragic event by creating posters and video which conveyed the significance of nuclear weapons and the disasters followed.



- **August 07 World Handloom Day**

Volunteers have created posters which indicate the importance of handloom and shared it through social media.



**7th August  
WORLD  
HANDLOOM DAY**



*"Let the passion for tradition show you the handloom magic"*



- **August 08 79th Anniversary of Quit India Movement**

Volunteers created posters which expressed the vital struggle of independence and shared through the social media pages.



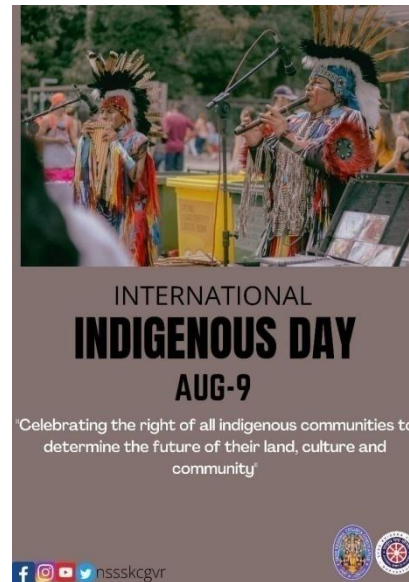
- **World Cat Day**

To celebrate the day volunteers created a video and poster which suggested the importance of cats and was published through the virtual media.



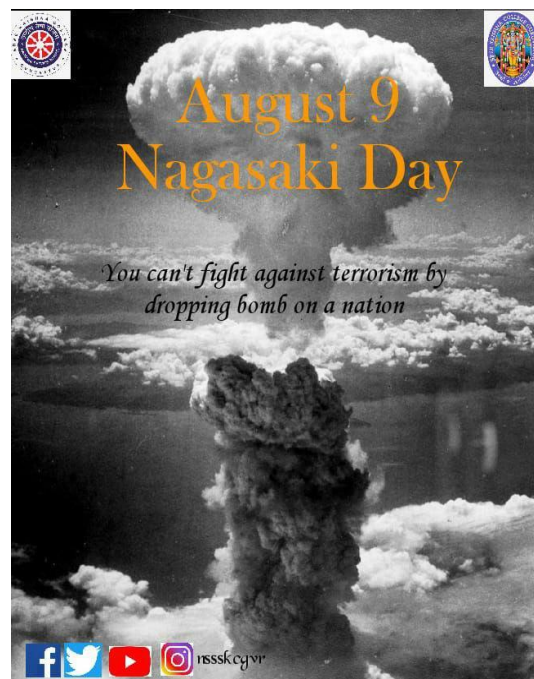
- **World Indigenous Day**

To observe the day volunteers created posters and shared them through social media.

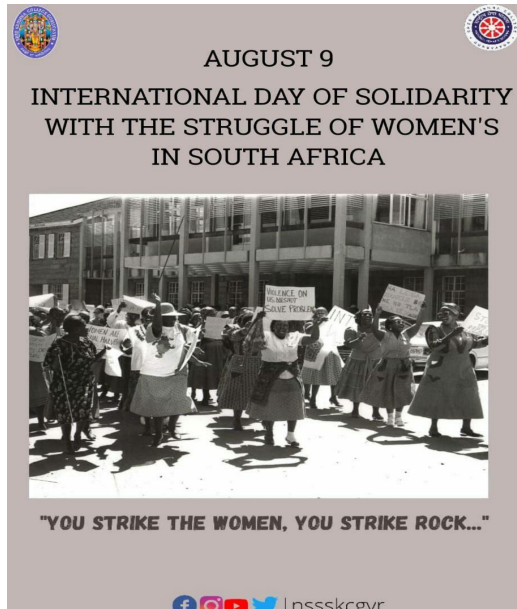


- **August 09 Nagasaki Day**

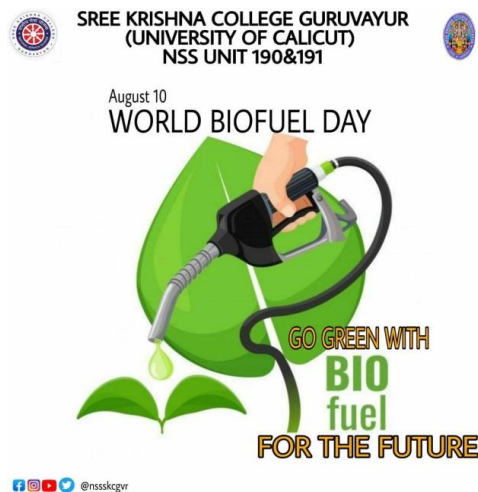
The Remembrance Day, both the units together did posters and video and was published through various official social media pages.



- **International Day of Solidarity with the Struggle of Women in South Africa**  
Volunteers made posters regarding the fight for equality and justice irrespective of gender and race, especially in South Africa and shared it through the social media pages.



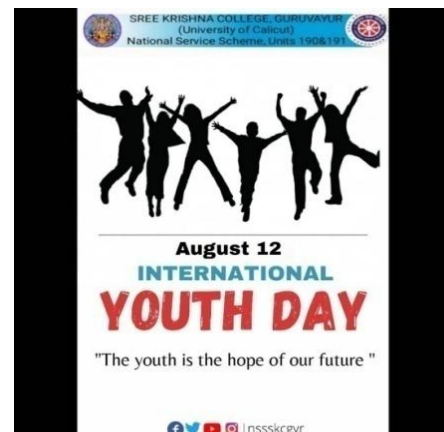
- **August 10 World Biofuel Day**  
To observe the day volunteers created poster and video and published through the social media pages.



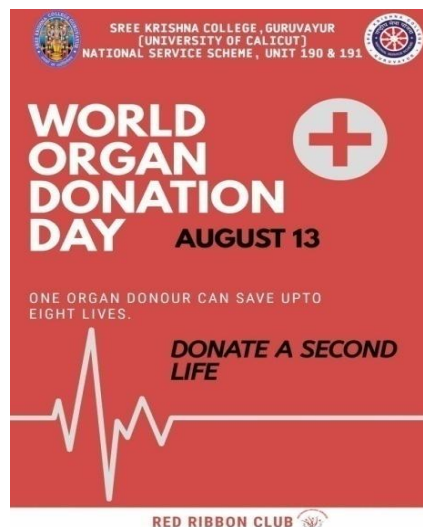
- **World Lion Day**  
Both units produced a video together depicting the importance of lions in our world

and that video was shared through the official social media handles.

- **August 12 International youth day**  
August 12 International Youth Day was celebrated with the motto "The youth is the hope of our future". As part of this, Sree Krishna college NSS units produced posters and videos. It was brought to the maximum number of people by NSS volunteers through social media.

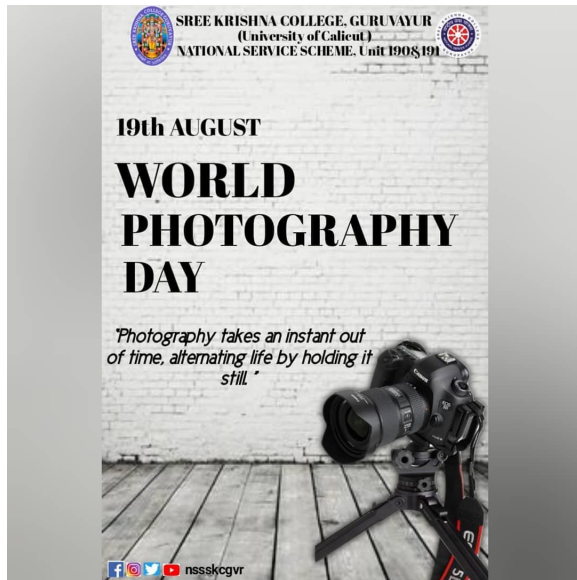


- **August 13 World organ donation day**  
World organ donation day was observed under the auspices of the Red Ribbon Club of the NSS Unit. NSS students of Sree Krishna College made a poster and video highlighting the greatness of organ donation and disseminated it through social media.



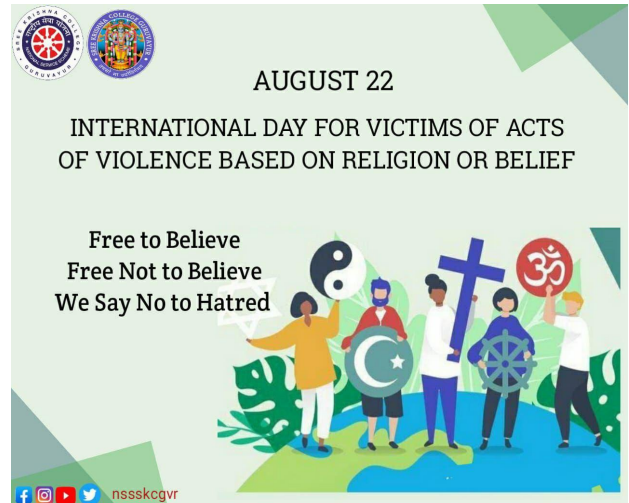


- **AUGUST 19 WORLD PHOTOGRAPHY DAY**  
Students of 190,191 Units of Sree Krishna college made posters to mark world photography Day on August 19. It was circulated on social media.



- **August 20**  
As part of World Mosquito Day, NSS Sree Krishna 190 191 units prepared posters and videos and distributed them on social media.
- **August 22 International day for victims of acts of violence based on religion or belief**

Posters and videos of the day were shared on social media to spread the word about the significance of the day.



- **August 23 International day for victims of acts of violence based on religion or belief**

Posters and videos of the day were shared on social media to spread the word about the significance of the day.

Sree Krishna college Guruvayur NSS unit's 190 & 191 volunteers also celebrated water week on 23rd August and 24 August. As a part of water week celebration, we created posters and videos and circulated through social media accounts.

- **23/08/2021 to 24/08/2021 Water Week**

On this day Sree Krishna college Guruvayur NSS unit's 190 & 191 volunteers celebrated water week on 23rd August and 24 August. As a part of water week celebration we created posters and videos and circulated through social media account



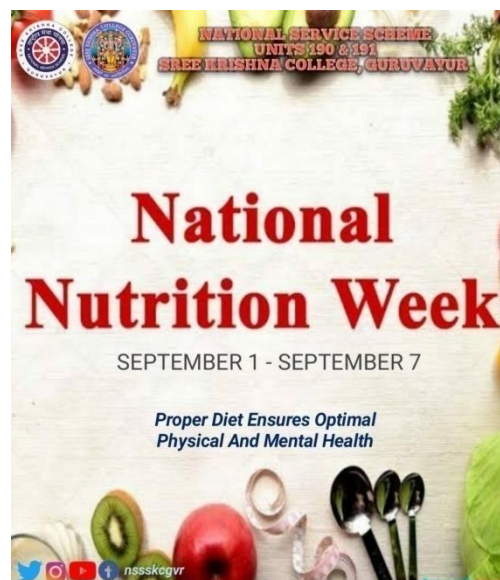
- **26 August**

Women equality day was celebrated by the NSS volunteers of Sree Krishna college Guruvayur. We made videos and posters regarding the importance of equality and shared it through social media.

**NSS unit of Sree Krishna College, Guruvayur have celebrated National Nutrition Week from September 01 to Semester 7,2021.**

### September 1

Our volunteers created main posters on raising public awareness about nutrition and eating healthy food and maintaining healthy habits. We also tried to include the importance of one of the nutrients, carbohydrates which is the major source of energy for our daily wealth. They are considered as the fuel of our body.



- **September 2**

190&191 NSS units of Sree Krishna College celebrated World Coconut Day by making posters to emphasise and raise awareness about the importance as well as benefits of coconuts. The theme of World Coconut Day 2021 is "Building a Safe Inclusive Resilient and Sustainable Coconut Community Amid COVID-19 Pandemic & Beyond".



- **September 2**

On behalf of the national nutritional week, we made a note on the importance of one of the essential nutrients, proteins which are considered as the building blocks of our body. In the absence of carbohydrates, proteins are substituted for energy. Our volunteers also provided the information on calculating the nutritional value of foods.

- **September 3**

National Skyscrapers Day has celebrated on September 3, on the birth anniversary of Louis H. Sullivan, often called the 'father of modern skyscrapers'. This day is often celebrated to appreciate these architectural marvels and feats of engineering. As a part of this we created posters regarding the significance of this day.

- **September 5**

International charity day is observed on september 5th every year to mark the death anniversary of Mother Teresa and to create awareness about the significance of charity in our daily lives. NSS volunteers of Sree Krishna college made a poster and video to focus attention upon this day and were displayed through our social media accounts.

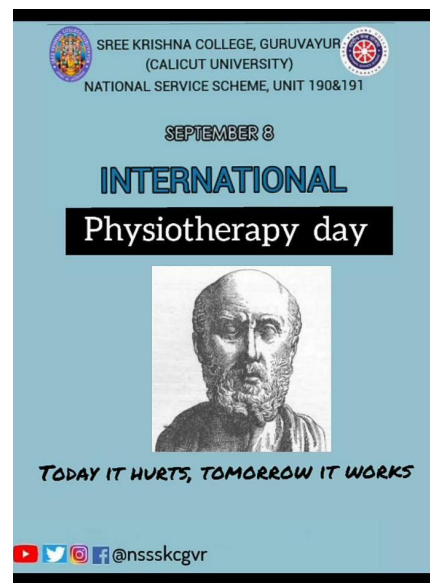
- **September 5**

We celebrate the birthday of Dr Radhakrishnan every year throughout the country on September 5th as teachers day. Every teacher follows in his footsteps. Accordingly his birthday was celebrated to honour our teachers. Every NSS volunteer gave their precious teachers day wishes and expressed their devotion and love for teachers. Additionally volunteers made

ravishing video and poster and posted on social media's

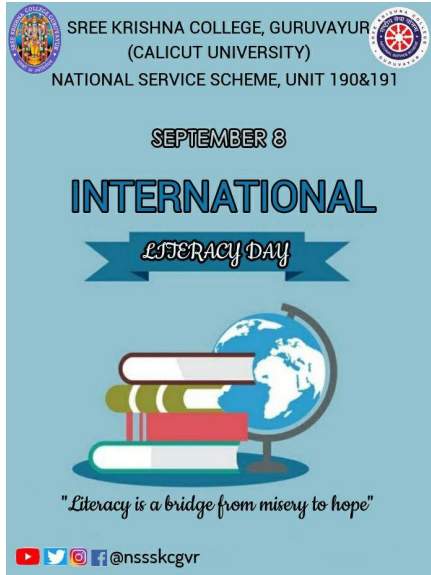
- **September 08 International physiotherapy day**

In association with international physiotherapy day, 190&191 NSS units of Sree Krishna college created posters and videos by sharing the importance of that day . And these posters and videos are published through our social media pages.



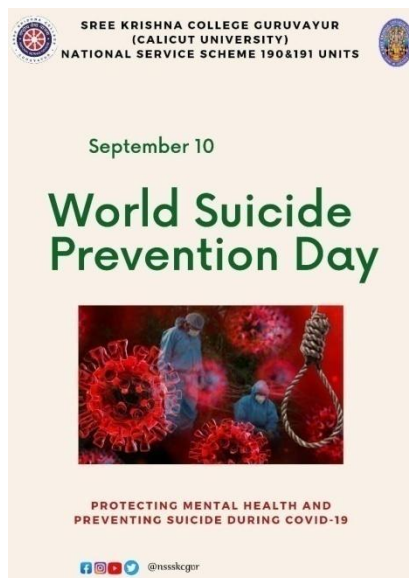
- **September 08 International literacy day**

In association with international literacy day, 190&191 units of Sree Krishna college made posters and videos which gave importance to literacy. And we shared these through our social media platforms.



- **September 10 World suicide prevention day**

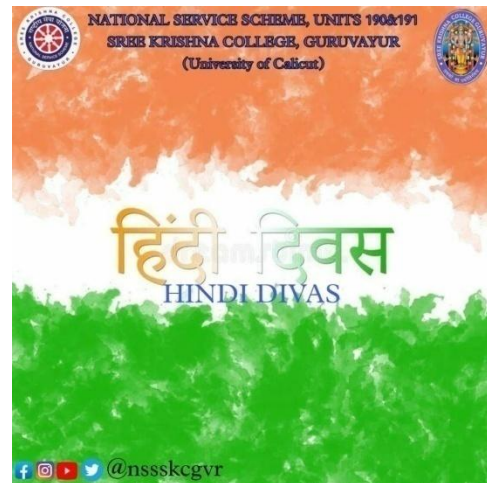
190&191 NSS unit of Sree Krishna college created awareness video and poster in association with world suicide prevention day. This video and poster were shared through our social media.



- **September -11 National Forest Martyrs Day**

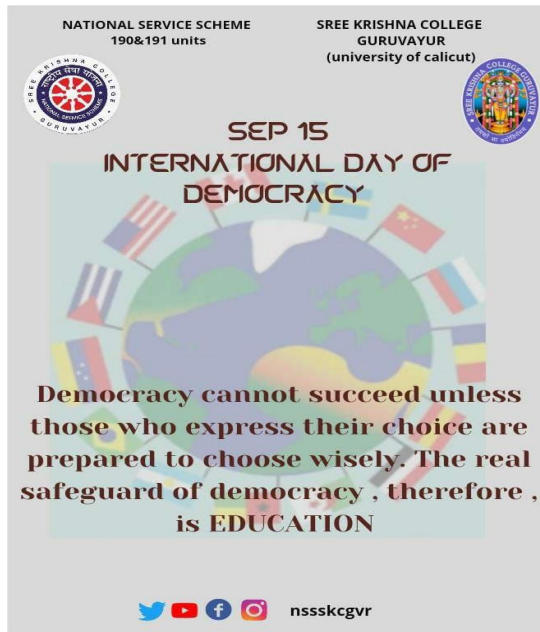
As part of National Forest Martyrs' Day, Guruvayur Sree Krishna College, NSS 190 & 191 units created a poster and video and shared it on social media.

- **September 14 Hindi Diwas**  
According to September 14, Hindi Divas NSS volunteers in Sree Krishna College Guruvayur made a poster and shared it through social media.

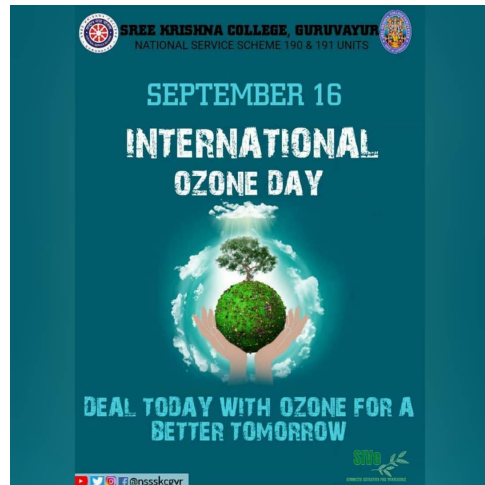


- **September 15 International day of Democracy**

Posters were made in connection with the International Day of Democracy and had been circulated through social media.

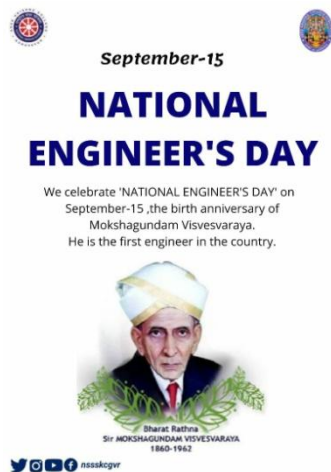


Our volunteers created posters and videos regarding the importance of preserving Ozone layer for the future sustainability.



- **September 15 International Engineer's Day**

Units 190 & 191 of Sree Krishna College made a poster to coincide with international engineers' day. The birthday of the first engineer in India is celebrated as the international engineers' Day.

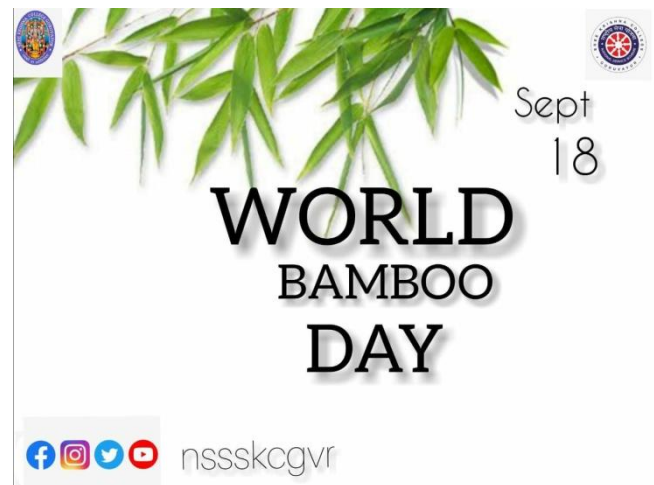


- **September 17 International Patient Safety Day**

As part of the patient safety Day, the SIP unit of Guruvayur Sree Krishna College made a poster and a video on the importance of this day and circulated it through social media.

- **September 18 World Bamboo Day**

Posters and videos of the day were shared on social media to spread the significance of the bamboo plants for environment sustainability.

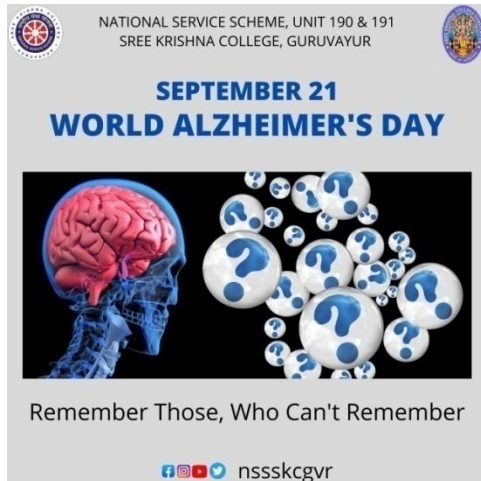


- **September 16 World Ozone day**

September 16 is observed as the International Day for the Preservation of the Ozone Layer by the United Nations General Assembly.

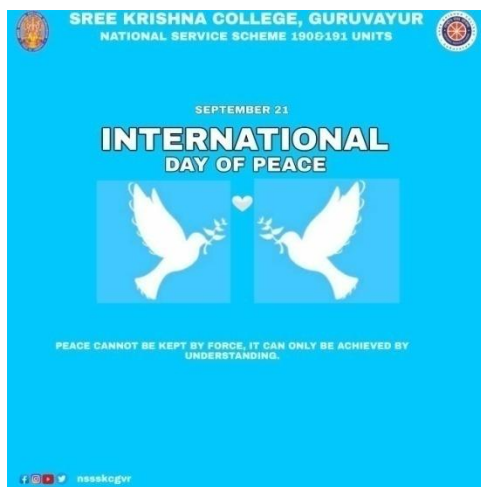
- **September 21 World Alzheimer's day**

As a part of world Alzheimer's day, Sree Krishna College NSS volunteers along with Red Ribbon Club circulated posters and videos through social media.



- **September 21 International day of Peace**

On September 21 Sree Krishna College NSS volunteers celebrated the international day of peace. As a part of it, video and posters were circulated through social media.



- **September 23 International day of sign languages**

As part of International Day of Sign languages, NSS Sree Krishna 190 191 units prepared posters and videos and broadcasted them on social media.

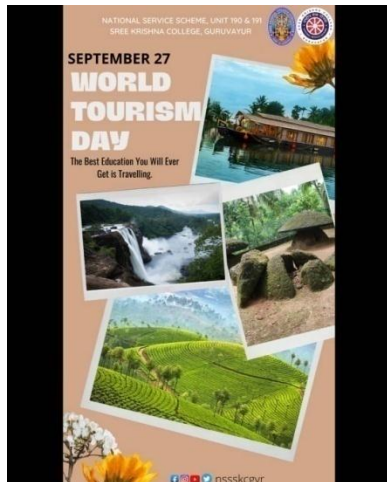


- **September 24 NSS Day**

Every year on September 24, India celebrates National Service Scheme Day (NSS Day). During Mahatma Gandhi's Centenary Year (1969), on September 24, the National Service Scheme (NSS) was inaugurated, including 40,000 student volunteers from 37 institutions. 190&191 NSS units of Sree Krishna College, Guruvayur celebrated 52nd NSS day. Volunteers made videos and posters regarding the same.

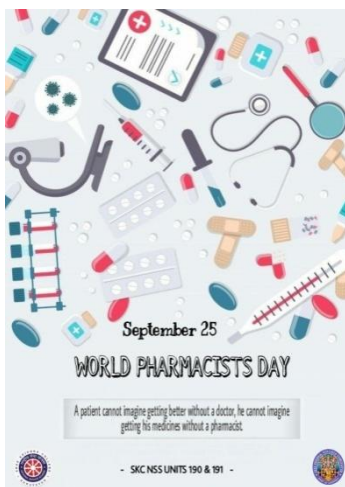
- **September 27 World Tourism Day**

The United Nations World Tourism Organisation is being celebrated World Tourism Day on September 27. NSS 190 & 191 units observed the day by making a video and poster to promote tourism and exploring the world.



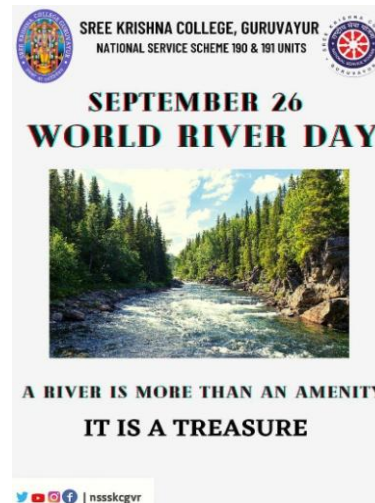
- **September 25 World pharmacist Day**

Sree Krishna college Guruvayur NSS unit 190&191 units celebrated world pharmacist day on 25th September. A video titled always Trusted for Your health created by NSS volunteers and made poster and uploaded in NSS official handles.



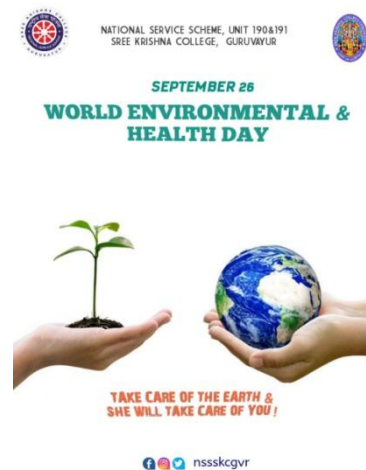
- **September 26 World River day**

September 26 has been observed as World River Day. As a part of the day, NSS volunteers of Sree Krishna College made posters and a special video highlighting the many values of the river and striving to increase public awareness.



- **September 26 World environmental health day**

To spread awareness worldwide about the health of the environment and to ensure their safety from its threats globally September 26th is celebrated as world environmental health day. NSS units of Sree Krishna College made an informative video and an attractive poster on this day and published it through social media.



- **September 29 World Heart Day**

190,191 NSS units of Sree Krishna College, Guruvayur observed World Heart Day by creating a video on awareness of keeping our

heart healthier and we also made a poster showing the importance of this day.



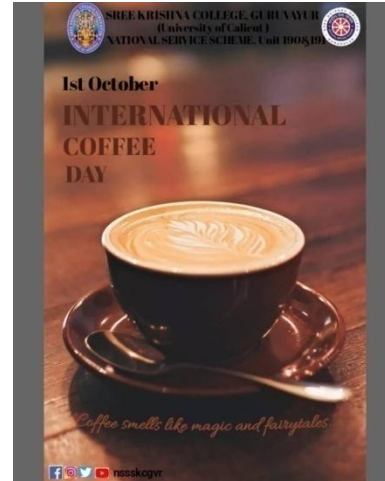
- **September 30 World translation day**

Sree Krishna college Guruvayur NSS unit 190&191 celebrated world translation day on 30th September the NSS volunteers made a video on the topic of translation on this topic made a video and uploaded in NSS official youtube channel



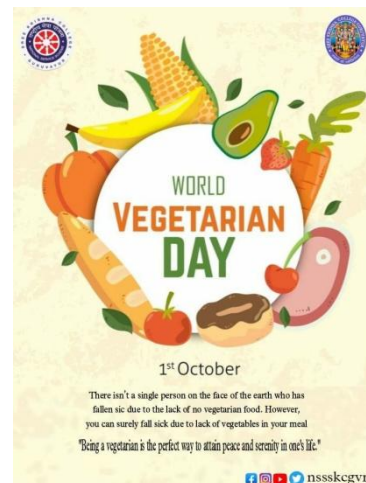
- **October 1 - international coffee day**

With the intention of knowing about the plight of coffee bean farmers and expressing the love for aromatic drink, NSS units of Sree Krishna College celebrated international coffee day on October 1st. posters about coffee day were published on social media accounts



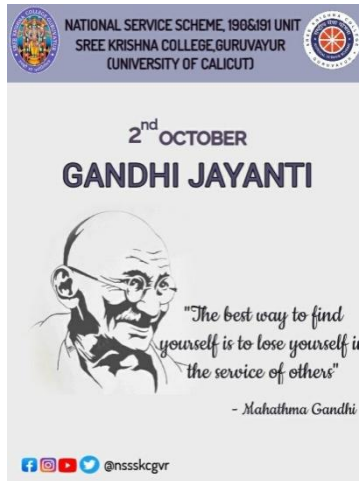
- **October 1- world vegetarian day**

With the intention of giving awareness about the benefits of vegetarian lifestyle, we celebrated world vegetarian day and a poster made by NSS volunteers was posted on social media.

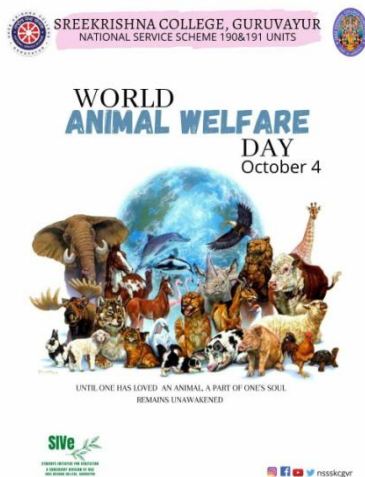




- **October 2 Gandhi Jayanti day**  
Sree Krishna college guruvayoorNSS unit 190&191units celebrate Gandhi Jayanti day on October 2nd the NSS Volunteers made on video on the special day and it uploaded in media



- **October 4 World animal welfare day**  
The poster was made by the NSS units of Guruvayur Sree Krishna college 190 & 191 in connection with the World Animal Welfare Day. It reached as many people as possible through social media.

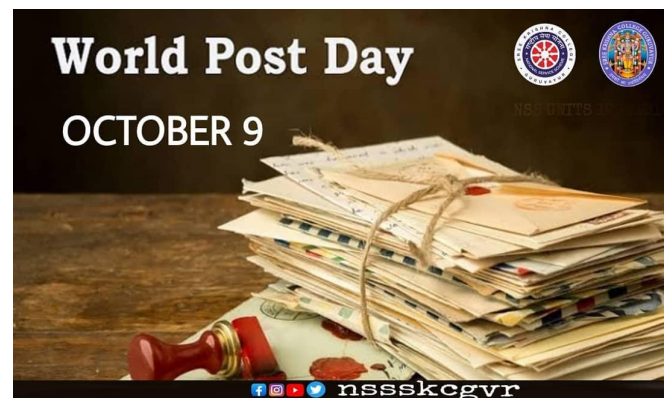


- **September 8 International physiotherapy day**

As part of the international physiotherapy day organised by NSSSree Krishna 190 & 191 units, posters and videos on the importance of physiotherapy were shared on social media.

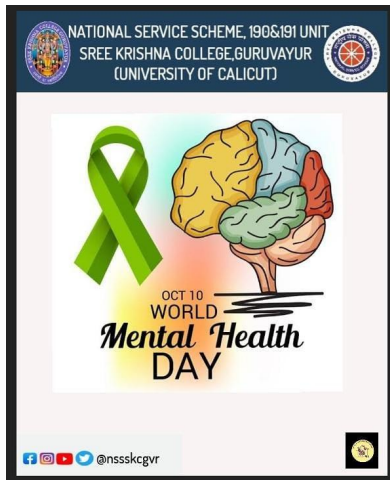
- **October 9- world Postal day**

World postal day is observed every year on October 9th to bring awareness about the role of people engaged in postal services. NSS volunteers of Sree Krishna college made a video and posters and highlighted them through social media.



- **October 10 World Mental Health day**

Mental health day is observed on October 10th of every year. This year, to shed light on the alarming rise in mental disorders, NSS volunteers of Sree Krishna college prepared a video of volunteers giving their messages to society. posters also showcased to the public through social media.



- **October 11 International Girl child day**



On October 11 Sree Krishna College 190 & 191 NSS units celebrated International Girl child day. As a part of girl child day celebration the volunteers created a video and poster about how to empower girl child, and circulated it through social media.

- **October 13 World disaster risk reduction day**

Posters and videos of the day were shared on social media to spread the word about the significance of the day.



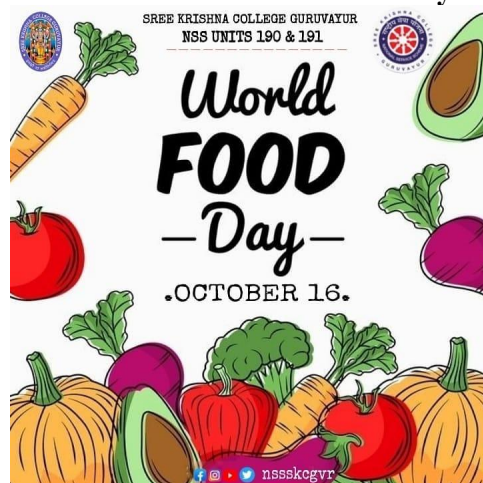
- **October 15 Global handwashing day**

One thing we must not forget at any time is that Global Handwashing day, in conjunction with the NSS units of Sree Krishna College 190 & 191, made a poster and made a video presenting the importance of this day in words. It reached everyone through social media.

- **OCTOBER 15 World student's day**

In connection with World students day, NSS 190 & 191 units of Sree Krishna College put up posters and spread the word on social media.

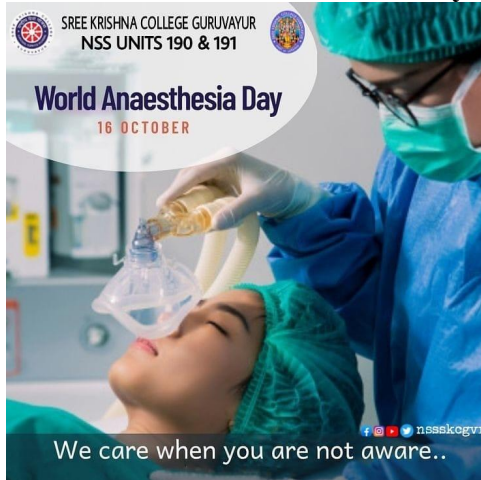
- **October 16<sup>th</sup> World Food day**



Sree Krishna college Guruvayur NSS unit 190&191units conduct World food day on

October 16th. On this day the NSS Volunteers made a video and poster on the world food day and its posted at NSS Official social medias

- **October 1 World Anaesthesia day**



Sree Krishna College Guruvayur NSS unit. 190&191units conduct world Anaesthesiaday on October 16th.on this day the NSS volunteers made a video and poster on the topic what is Anaesthesia and it was posted at NSS official social media.

- **October 17 International day for education and poverty**

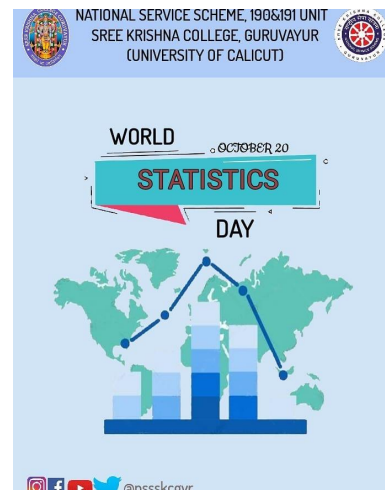


October 17 is International Day for the Eradication of Poverty in order to eradicate poverty completely.As part of this the NSS

volunteers in Sree Krishna college make posters that include the message "Eradicate extreme poverty for everyone and everywhere". A video was made and circulated on social media saying that it should be deleted.

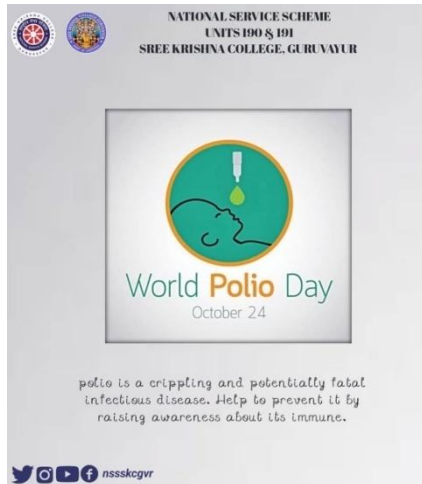
- **October 20 World statistics day**

NSS units of Sree Krishna college celebrated the world statistics day 2021 on october 20th in a very humble manner. a video about the importance of statistics and posters made by the volunteers were shared to the public through social media.



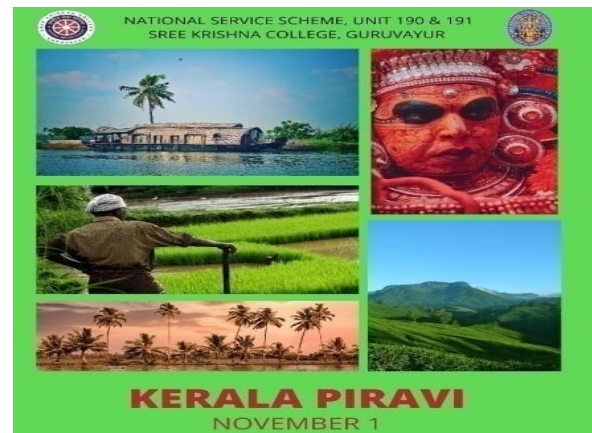
- **October 24 World polio day**

On October 24 Sree Krishna College 190 & 191 NSS units celebrated world polio day. As a part of world polio day celebration the volunteers created a poster about the importance of raising awareness about its immune system and circulating it through social media accounts.



- **October 31 National unity day**  
NSS unit of Sree Krishna college celebrated the National unity day by creating posters and videos.

- **November 1 Kerala piravi**  
NSS volunteers at Sree Krishna college, November 1 celebrating the birth of Kerala as whole, made a poster commemorating Kerala and circulated it on social media.



- **October 31 Rashtriya Ekta diwas - pledge**  
NSS volunteers of Sree Krishna college took Rashtriya ekta Diwas pledge in connection with the observance of the birth of Sardar vallabhai Patel

- **November 6 International day for preventing the exploitation of environment in war and armed conflict**

As part of the International day for preventing the exploitation of the environment in war and armed conflict, the NSS unit of Sri Krishna College Guruvayur created a poster and video and shared it on social media.



NATIONAL SERVICE SCHEME, UNIT 190 & 191  
SREE KRISHNA COLLEGE, GURUVAYUR



NOVEMBER 6

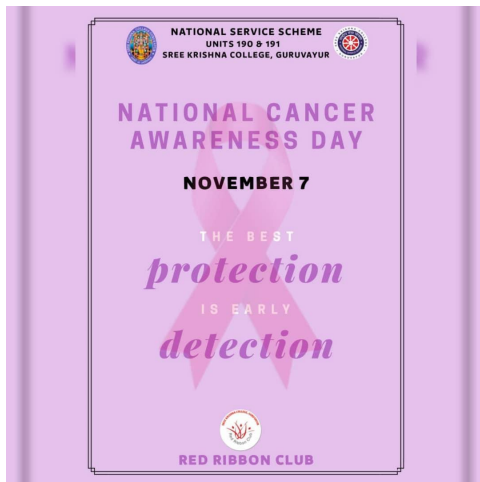
**INTERNATIONAL DAY FOR PREVENTING THE  
EXPLOITATION OF THE ENVIRONMENT IN WAR  
AND ARMED CONFLICT**



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- **November 7 National Cancer awareness day**

On this day 190&191 NSS units of Sree Krishna college created posters and videos which gave awareness about cancer .



- **November 9 National legal service day**

NSS 190&191 units of Sree Krishna college created poster according with national legal service day , which says it's importance



National Service Scheme 190 & 191  
Sree Krishna College Guruvayur



**NATIONAL LEGAL SERVICES DAY**

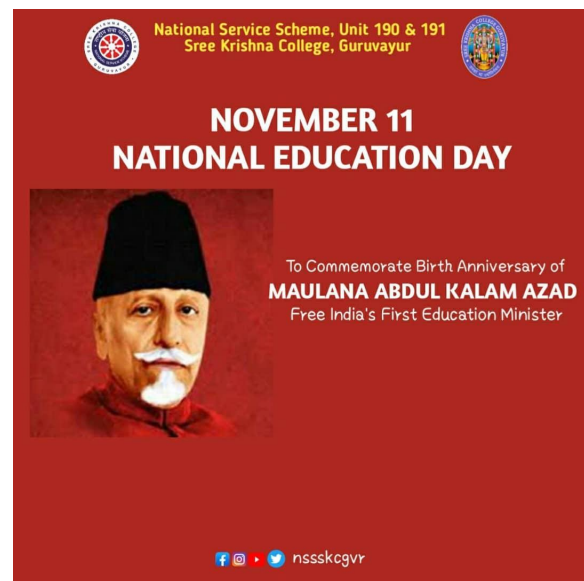
November 9



**"If we desire respect for law,  
we must make the law respectful "**

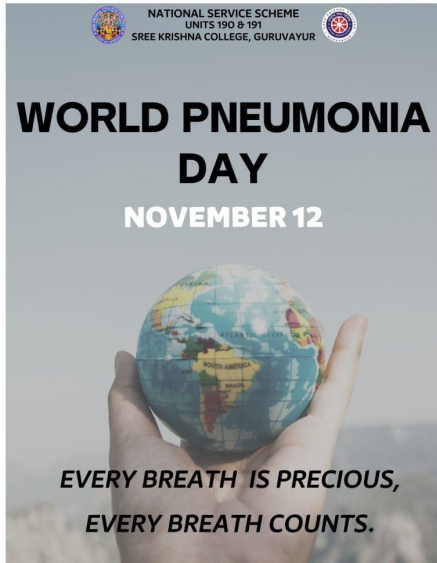
[f](#) [i](#) [t](#) [v](#) @nssskcgvr

- **November 11 National Education Day**  
NSS 190&191 units of Sree Krishna College Guruvayur created posters and videos in connection with Education day . It is published through social media like instagram, YouTube, Twitter etc .



- **November 12 World Pneumonia Day**

NSS 190&191 units of Sree Krishna College Guruvayur created awareness posters and awareness videos related to pneumonia. These posters and videos were published through social media.



NSS 190&191 units of Sree Krishna College Guruvayur created posters and videos related with the memory of Javahar Lal Nehru's birthday, which we celebrate as children's day . These posters and videos are published through our social media .



- **November 13 World Kindness Day**  
Red ribbon club under NSS 190 & 191 unit of Sree Krishna College Guruvayur created posters and videos related with World Kindness day. And it is published through our social media.



- **November 14 National Seatbelt Day**

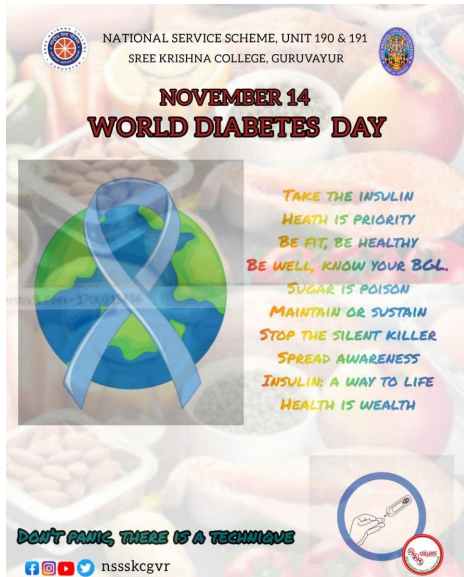
NSS 190&191 units of Sree Krishna College Guruvayur created posters and videos as an awareness for Seatbelt. These are published through social media platforms .



- **November 14 Children's Day**

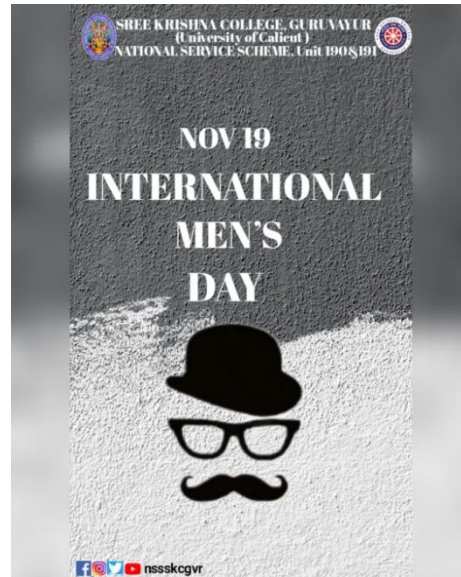
- **November 14 World Diabetes Day**

NSS 190&191 units of Sree Krishna College Guruvayur created posters and videos as a part of world Diabetes day. These awareness posters are published through our social media.



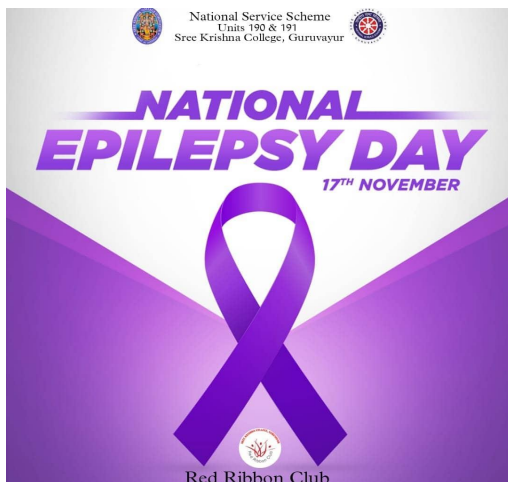
- **November 19 International Men's Day**

NSS 190&191 units of Sree Krishna College Guruvayur created posters and videos as a part of international Men's day. These are published through social media platforms.



- **November 17 National Epilepsy Day**

Red ribbon club under NSS 190&191 units of Sree Krishna College Guruvayur created posters and videos as an awareness for national Epilepsy day. These are published through social media platforms.



- **November 19 World Toilet Day**

NSS 190&191 units of Sree Krishna College Guruvayur created posters as a part of world Toilet day and it is published through social media.



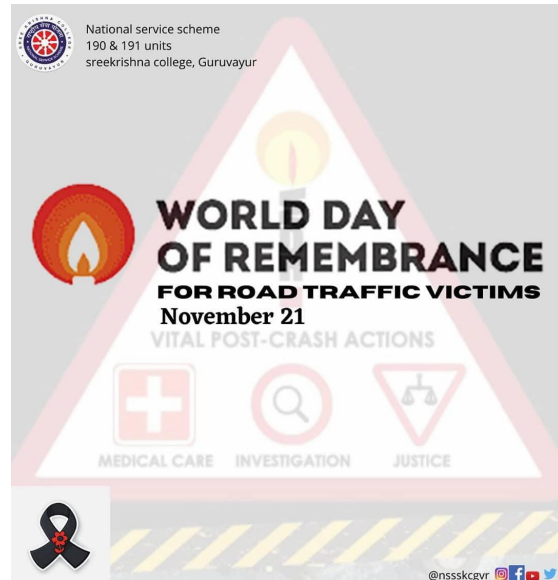
- **November 20 Transgender Day of Remembrance**

As a part of remembrance of transgender, NSS 190&191 units of Sree Krishna College Guruvayur created poster. It is published through our social media.



- **November 21 World Day Of Remembrance For Road Traffic Victims**

As a part of world day of remembrance for road traffic victims, NSS 190&191 units of Sree Krishna College Guruvayur created posters. And it is published through social media like Instagram, YouTube, Twitter etc.



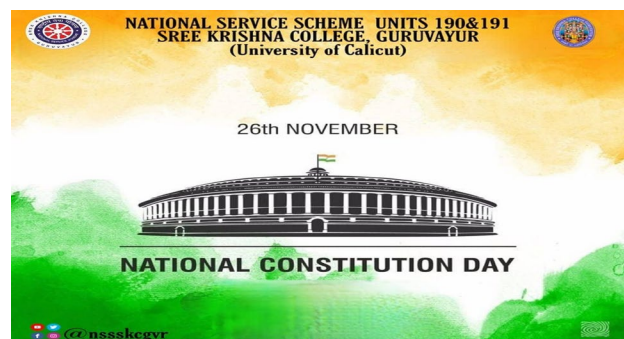
- **November 21 World Television Day**

NSS 190&191 units of Sree Krishna College Guruvayur created posters and videos as a part of world Television day. It is published through our social media.



- **November 26 National Constitution Day**

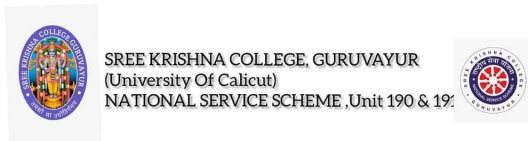
NSS 190&191 units of Sree Krishna College Guruvayur created posters as a part of constitution day. It is published through social media platforms.



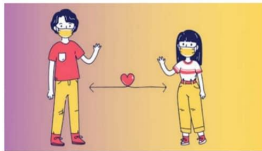


- **November 30 National Personal Space Day**

NSS 190&191 units of Sree Krishna College Guruvayur created posters as a part of Personal Space day. It is published through social media platforms.



**NATIONAL  
PERSONAL  
SPACE DAY  
NOVEMBER 30**

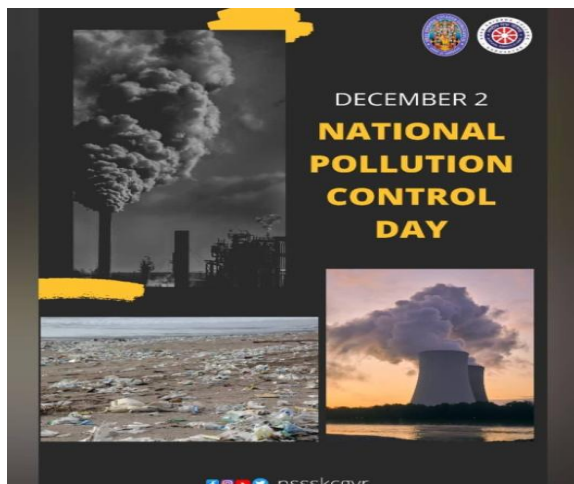


promotes and supports an awareness of personal space boundaries. Whether recovering from surgery, an illness or anxiety, the peach symbol communicates the wearer's need for an extended boundary.

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- **December 02 National Pollution Control Day**

NSS 190&191 units of Sree Krishna College Guruvayur created posters as a part of national Pollution Control day. And these are published through social media.



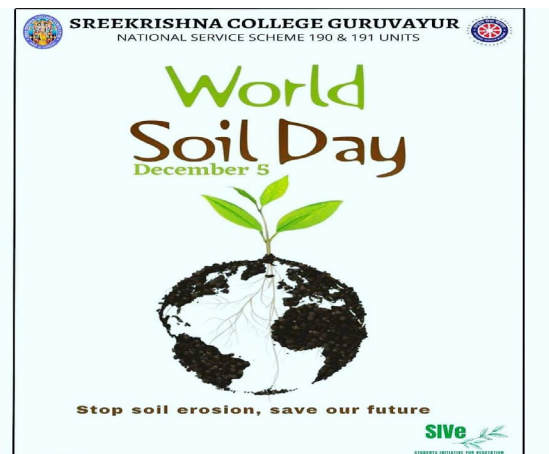
- **December 04 Indian Navy Day**

As a symbol of respect and love NSS 190 & 191 units of Sree Krishna College Guruvayur celebrated Indian Navy day by making posters. These posters were published through our social media.



- **December 05 World Soil Day**

NSS 190&191 units special wing SIVE created the poster as a part of soil day . This was published through a social media platform.



- December 05 International Volunteers Day

As a part of international volunteer's day, NSS 190&191 units of Sree Krishna College Guruvayur created posters and it is published through social media.



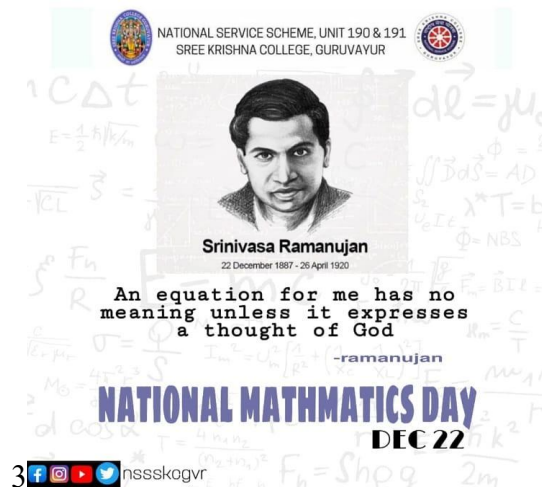
- January 04 World Braille Day

NSS 190&191 units of Sree Krishna College, Guruvayur created posters as a part of world Braille Day. It is published through social media platforms.



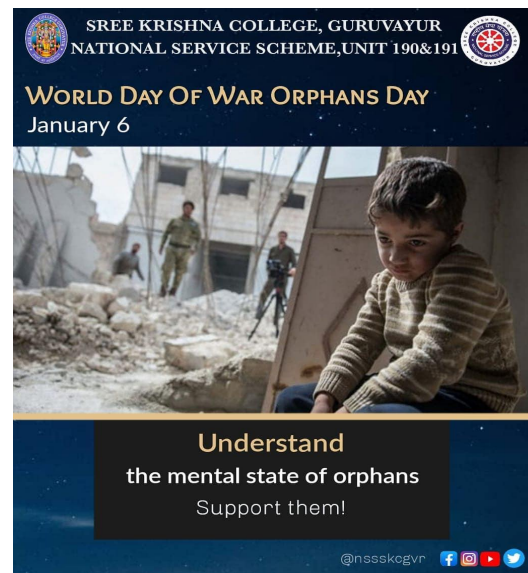
- December 22 National Mathematics Day

NSS 190&191 units of Sree Krishna College, Guruvayur created posters and videos as a part of national mathematics day. It is published through our social media platform.



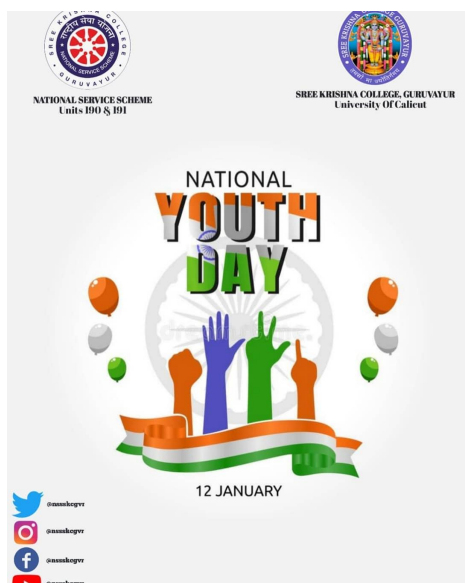
- January 06 World Day of War Orphans

As an awareness for war orphans day, NSS 190 & 191 units of Sree Krishna College, Guruvayur created posters and it is published through social media.



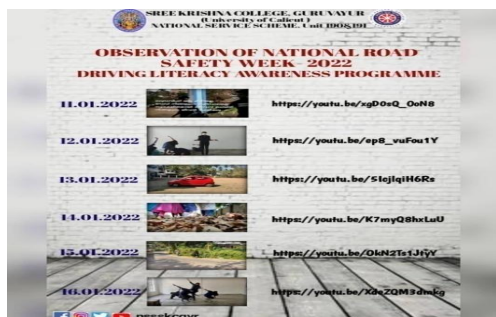
- **January 12 National Youth Day**

In accordance with National Youth Day Posters were shared through our Social Media platforms. The objective to make a better future for the country by motivating the youths and the ideas of the Swami Vivekananda were shared in the society through this poster.



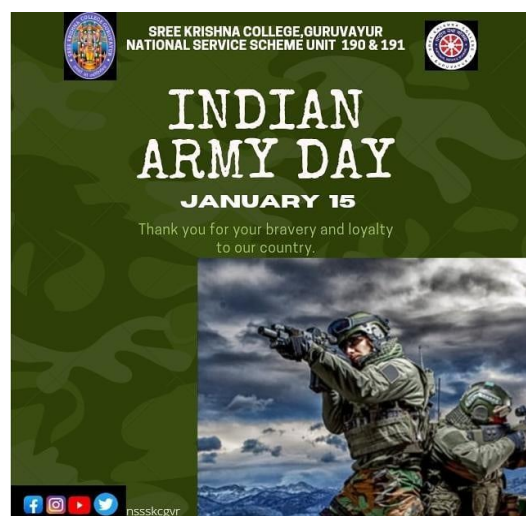
- **Road Safety Week**

Road safety week was observed from 11<sup>th</sup> January to 16<sup>th</sup> January. Mimes and Short films made by our volunteers were posted in our youtube channel. This was so successful that awareness on Driving Literacy was well raised into the society.



- **January 15 (Indian army day)**

On this day Sree Krishna College NSS Unit's 190 & 191 volunteers celebrated Indian army day. As a part of the celebration videos and posters were shared through social media giving the people the idea behind it as the day is a celebration of not only our brave soldiers, but also the transfer of power from British rule to India or the power of freedom we enjoy today.



- **January 16 (palliative care orientation class)**

Palliative Care orientation class was organised by Thrissur Pain and Palliative Care Society. Dr. Divakaran, director of the Pain and Palliative Care Society attended a class of NSS volunteers of SIP Club. The class was indeed informative and it uplifted the spirit of volunteers to be a part of palliative care activities.

- **25th January (National Girl Child Day)**

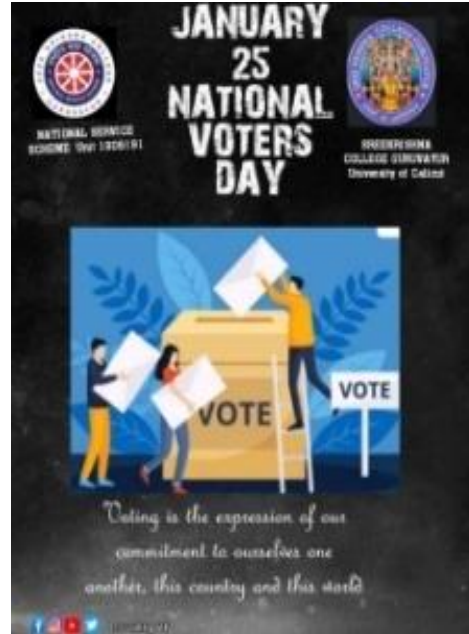
On this day Sree Krishna College NSS Unit's 190 & 191 volunteers celebrated National

Girl Child day. Various posters were shared through the social media fulfilling the objective of raising the consciousness of the society towards the girl child so that she can be valued and respected.



- **25th January (National Voters Day)**

In association with 190 & 191 NSSunits, sree krishna college has organised national voter's day celebration on 25th january 2021 to encourage and facilitate our voters. As a part of this day, volunteers were encouraged to take a pledge upon this day. On the same day , our NSS volunteer attended an online meeting in connection with national voters day 2021 conducted by Thrissur district Collectorate . To promote and motivate young voters, a video and poster created by NSS volunteers were released through our social media.



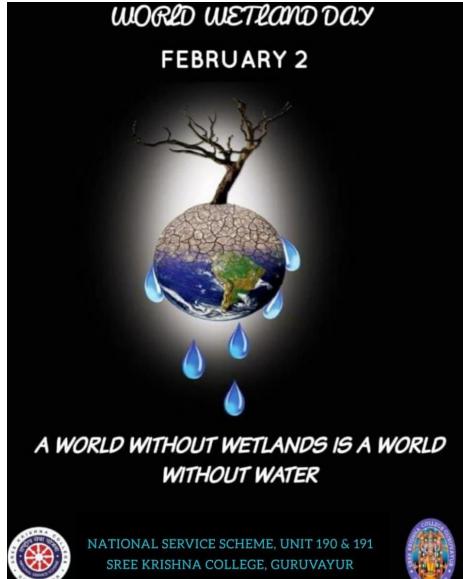
- **February 1 (Indian coast guard day)**

As part of the Indian coast guard day organised by NSS Sri Krishna 190 & 191 units, posters and videos on the importance of coast guard were shared on social media.



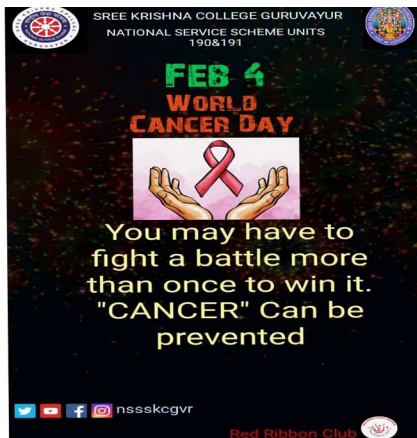
- **February 2 (World wetland day)**

As part of the world wetland day organised by NSS Sri Krishna 190 & 191 units, posters and videos on the importance of wetland were shared on social media.



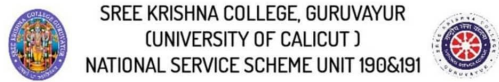
- **February 4 (World cancer day awareness)**

As part of the world cancer day awareness organised by NSS Sri Krishna 190 & 191 units, posters and videos on the importance of cancer awareness were shared on social media.



- **February 11 International day of women and girls in science**

Sree Krishna college NSS volunteers created a poster and video as part of the international day of women and girl in science on February 11. The video and poster highlighted the importance of women in society and the role of women in all walks of life. This was shared by sree krishna college on twitter ,instagram,facebook,youtube.



**FEBRUARY 11:  
INTERNATIONAL DAY OF WOMEN AND  
GIRLS IN SCIENCE**

f i t y @nssskcgvr

- **February 11 world Unani day**

Sree Krishna college NSS volunteers made a video and poster on february 11 as part of the world unaniday. It gives more information about unani to the people. Then this was shared through social media.

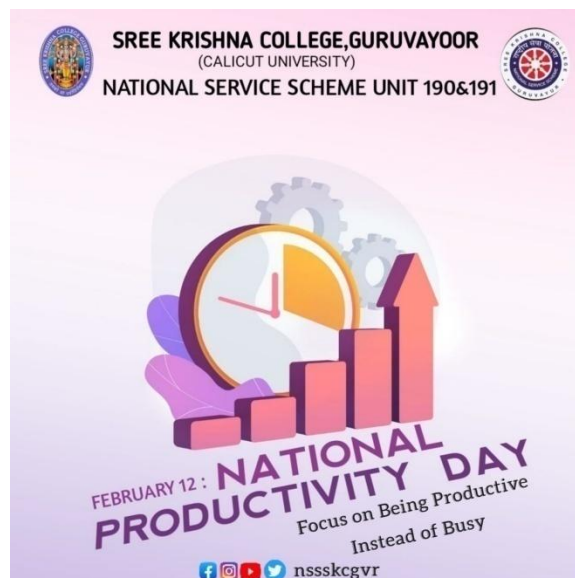


- **World Unani Day February 11,2022**

World Unani Day is observed on February 11 to mark the birth anniversary of Hakim Ajmal Khan who was an eminent Indian Unani Physician the first Unani day was celebrated in 2017 at the Central Research Institute of Unani Medicine in Hyderabad.

- **National Productivity Day February 12,2022**

India celebrates National Productivity Day on February 12 which provides for planning time skills and energy intelligence resources in order to achieve goals. This day is celebrated by NPC under the ministry of commerce and industry government of India.



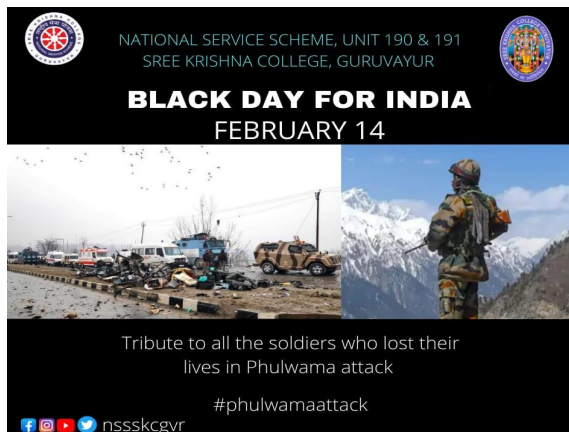
- **World Radio Day February 13,2022**

World Radio Day is celebrated on February 13 the day was decided by UNESCO on 3 November 2011 during the 36<sup>th</sup> conference.



- **BlackDay for India February 14,2022**

February 14 is observed as a Black Day for India as the country had lost 40 brave hearts back in 2019 terrorist attack.

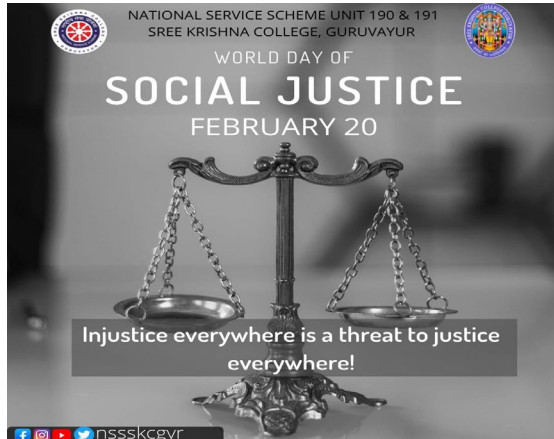


- **World Day of Social Justice  
February 20, 2022**

This day was celebrated to raise voice against social injustice and bring various communities under one banner to eliminate social evils like illiteracy, poverty and discrimination.

- **World NGO Day February 27, 2022**

This day was celebrated to honour all non-government organisations for their significant contribution to society.



- **International Mother Language  
Day February 21, 2022**

This day was celebrated to promote linguistic and cultural diversity and multilingualism around the world.

- **National Protein Day February 27,2022**

This day was celebrated to promote awareness about protein deficiency and the importance of including this macronutrient in our daily diet.

- **National Science Day February 28,2022**

This day was celebrated to remember the invention of the “Raman Effect” by Indian Physicist Sir C V Raman for which he earned the Nobel Prize.

- **Rare Diseases Day February 28,2022**

This day was celebrated to observe and spread awareness of rare diseases and improve access to medical treatment and infrastructures for people who suffer from them .



- **Zero Discrimination Day March 1,2022**

This day was celebrated to promote equality before the law and in practice throughout all of the member countries of the UN.



- **World Civil Defence Day March 1,2022**

This day was celebrated to raise public awareness about civil defence, civil protection and emergency management in order to better prepare the civilian population to protect itself in the event of an emergency to reduce the risk of disaster.

- **World WildLife Day March 3,2022**

This day was celebrated to appreciate and celebrate beautiful varied forms of wild flora and fauna across the globe. The day also



urges everyone to raise awareness about the need to conserve them.



- **World Hearing Day March 3,2022**

This day was celebrated to spread awareness about hearing loss and promote actions towards its prevention and improved hearing care.



- **National Safety Day March 4,2022**

This day was celebrated to raise awareness about all safety protocols, including on-roads, workplaces, health and the environment.



- **International Women's Day March 8,2022**

As part of the INTERNATIONAL WOMEN'S DAY, a Kayaking Training & water activity workshop was held on 8th of march in Nalumanikattu, Thrissur in association with 'Nalumanikattu Kayaking and Water Sports Club' Around 15 NSS volunteers were participated in the programme. Mr. Boshi (Panchayath President) gave a warm welcome speech to all and later inaugurated the programme. Ameer (Chief Trainer, Kayaking Club) gave a small session outlined how women should response to a critical situation during any natural disaster or a crisis. Also pointed out

the importance of training water activities. Later we had a group ride in a boat in Alappuzha and contributed our efforts in plastic free water. We were allowed with single and double kayak boats for our ride and experienced something new. After the riding session we had our lunch together. The river was surrounded by the drone camera, Trainers and safety boats. The programme gave us a chance for adventure and explore nature.



SREE KRISHNA COLLEGE GURUVAYUR  
 NSS 190 & 191 UNIT  
 UNIVERSITY OF CALICUT

**INTERNATIONAL WOMEN'S DAY**

BREAK THE BIAS  
 MARCH 8

6.30-7.30

MISS. JIJITHA T  
 Post Graduate student  
 University of Calicut (2nd Rank Holder  
 BA Malayalam, Sree Krishna College Guruvayur)

STUDENT COORDINATOR Ardra Pradeep 1st year Maths	PROGRAM OFFICER Dr. Midhun K S	PRINCIPAL Dr. P S Vijoy
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As a part of International Women's Day March 8<sup>th</sup>, NSS 190 & 191 Units of Sree Krishna College, Guruvayur had organised 'Break the BIAS' BA Malayalam Second Rank Holder Miss. Jijitha T was our honourable guest NSS PO's Dr. Midhun K S and Amrutha T V also participated in this programme. Ardra Pradeep, First Year NSS Volunteer, coordinated the Programme. First year NSS Volunteer Nandhana Rajeev started the programme Break the BIAS at 6.30pm by singing NSS Anthem, The Guest spoke about the importance of women's day. First year Volunteers Nandhana and Niranjana also participated in the discussion. Vote of thanks was delivered by First year NSS Volunteer Gayathri.

**No Smoking Day March 9, 2022** This day is celebrated on every second Wednesday of March (March 9, as it is in the calendar year of 2022) to raise awareness about the detrimental health effects of smoking and other forms of tobacco consumption. The message is to assist smokers in quitting their harmful habit.



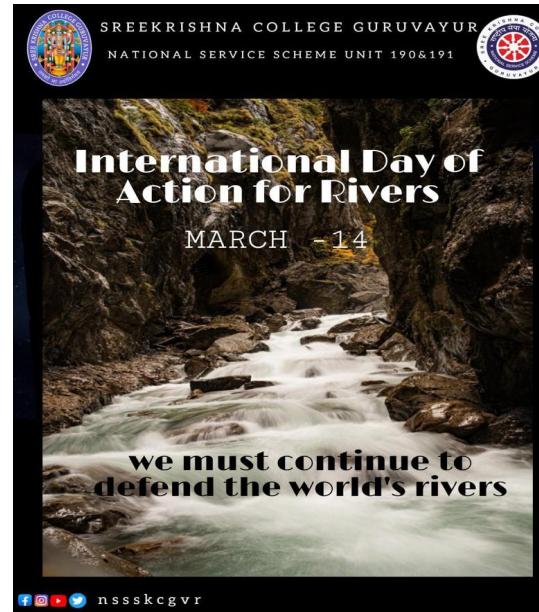
### World Sleep Day March 13, 2022

This day is organized by the World Sleep Committee of the World Sleep Society and aims to lessen the burden of sleep problems within the society through better prevention and management of sleep disorders.



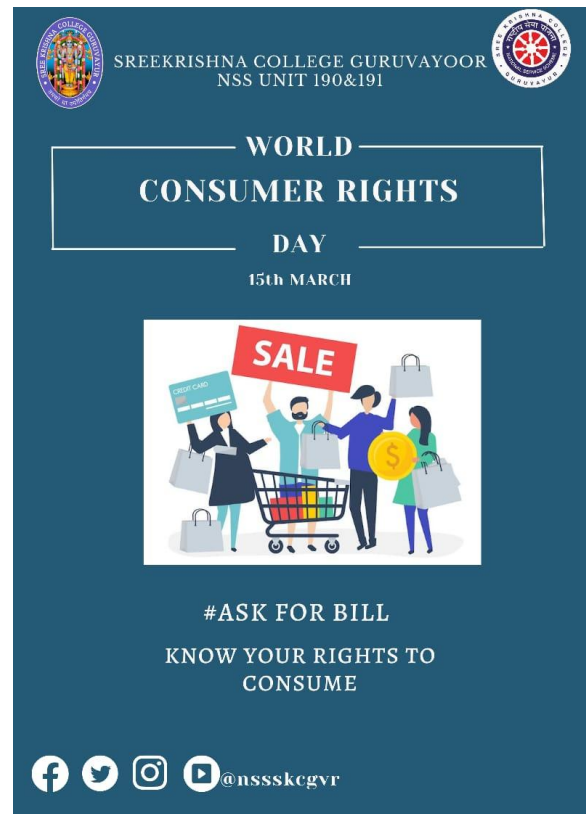
### International Day of Action for Rivers March 14, 2022

This day was celebrated to raise awareness on the importance and value of rivers.



### Consumer Rights Day March 15, 2022

This day was celebrated to acknowledge and recognize the rights of the consumers.



## REPORT OF SPECIAL CAMP

### NSS SPECIAL CAMP SANGUINENESS 2.0

*(24 Dec 2021 – 30 Dec 2021)*

The National Service Scheme (NSS), NSS unit 190&191 of Sree Krishna College Guruvayur productively conducted the Seven Day NSS camp on the theme 'Youth for Women Security and Equal Justice' from 2021 December 24 to 30 at Guruvayur Devaswom English Medium school, Guruvayur .The camp was titled as 'SANGUINENESS 2.0' which means 'optimistic hope in an apparently difficult situation'.The camp was conducted inside the bio bubble with respect to Covid protocols.

The first day started with flag hoisting. The camp was officially inaugurated on Dec 24 at 11.00 AM by Smt. Mini Jayan (Kandanassery Grama panchayat President). She appreciated the volunteers for their limitless services in the Kandanassery Grama panchayat during the pandemic. The programme officer Amrutha TV welcomed all the dignitaries. The camp was preceded over by honourable Principal Dr. Vijoy PS..RV Shareef (19 ward councillor, Guruvayur) ,Smt Preethi K (Principal ,Guruvayur Devaswom English Medium School Guruvayur) , Amalnath (Student Representative) gave felicitation addresses. The session ended with the vote of thanks by NSS volunteer Muhsina TM. There were classes by Shri. Manoj Chandran CC (Health Inspector, Kandanassery PHC) and Shri. Binju Jacob C (Junior Health Inspector, Kandanassery PHC) on 'NSS camp during Covid Pandemic'. Later volunteers parted as groups and were given camp instructions by programme officers. Karol competition and other cultural activities were performed by groups as part of Christmas eve.

The second day was initiated with the morning yoga exercises coordinated by Arun Manoj , the NSS volunteer. As a part of Christmas, volunteers actively participated in the Christmas related Programmes and games in groups. A musical cascade as part of the cultural programme by the singer Mohammed Shabeeb was soothing.

The best part of the Third day was the interesting session of former NSS volunteer of Sree Krishna College Guruvayur, Aravind Roshan. He made the volunteers actively engage in various activities such as skits and other games. The skit was based on the topic 'Influence of Technology in day to day Life' and he made clear about his topic through the volunteers itself. The games he introduced were interesting and it helped to increase the intimacy between the volunteers. There was a chart making competition among the groups after lunch. The evening session by TV Venugopal on 'Chronology of Peoples Planning' gave a clear idea about the development having now.

On the fourth day, Dr. K Krishnakumari, former Principal of Sree Kerala Varma College Thrissur gave useful information on the topic 'Students and Science'. She cleared all the doubts of the volunteers on science and pseudo-science. It was an interactive session. Volunteers also gave maximum attention to the class. The volunteers of Vimukthi club gave awareness to the nearby natives by visiting houses, hotels, bus stops and Also they strictly followed the Covid protocols. The afternoon session was by Mr. Rajesh E T based on 'Usage of Drugs: Law and Penalty' . The class made everyone aware about the after effects of using drugs and how it spoils them and their loved ones. The volunteers were asked to prepare a short video on 'Driving Literacy'. Vimukthi club members

presented a flash mob at Guruvayur bus station and created awareness on drug addiction. The municipal secretary, KK Manoj conducted an outdoor interactive session by sky watching. He was clear about the position and name of certain stars in the sky.

There conducted a debate on the fifth day of the camp on basis of 'Women Liberty: Dress Style and Gender Equality'. The volunteers actively participated as groups. It was spontaneous and informative. We ended up the debate with the conclusion that the dress style is just a step to destroy the mindset of common people against gender discrimination. We need to mould the upcoming steps too for this. Mr. Mahesh Sir (Civil Defense Warden, Fire and Rescue Service, Guruvayur) demonstrated an informative session on how to be aware about the fire and safety and first-aid. The class was extraordinary when he added some practical moves by including the participation of volunteers. After a this session, Dr. Kanaka Chandran C.R and Dhanya K S (Asst. Professors of Commerce Department, Sree Krishna college, Guruvayur) let the volunteers to know about the banking literacy and its maintenance. The fifth night was fabulous with the different talents of each volunteer through cultural events

On the Sixth day the volunteers were engaged in cleaning duties. They cleaned the campus and surroundings in a good manner. Afternoon each group presented their magazine on the theme of camp 'Youth for women security and equal justice'. The traffic awareness videos of each group were also presented.

On the last day of the camp, volunteers were truly happy and at the same time felt like they were gonna miss these seven days. volunteers cleaned the school

campus and sanitised all the premises and set up school to earlier condition, were they spend these seven days without any types of difficulties. The concluding remarks was done by the whole team. Sri Hari Narayanan (Asst. Professor, Dept. of Botany, Sree Krishna College Guruvayoor) participated as a representative of the college. NSS Volunteer Secretary, Hafsa Sherin delivered welcome speech. NSS Secretary Neha C Kishor delivered camp report. Volunteers shared the beautiful experiences of their seven days and the unforgettable memories of their NSS life. At the end of the concluding remark the best group and the best volunteers were selected. NSS program officers, Dr. Midhun K.S and T V Amrita received gift from volunteers as a token of happiness for their effortless contributions to the camp. And the NSS camp formally came to an end along with Vote of thanks by Vishnu Prasad (NSS Volunteer Secretary)

First Day





Second Day



Third Day



Fourth Day

Fifth Day



Seventh Day



Sixth Day



## ADOPTED VILLAGE



The NSS Units 190 and 191 of Sree Krishna College, Guruvayur stood for the public, all through these pandemic circumstances, closely pursuing the motto of helping the common people in every mode possible. The activities NSS had done were encouraging to the whole College during this desperate period. The adoptive village, Kandanassery Grama Panchayath, had received remarkable ventures all along this Pandemic season.

The tele home care programme *Aashwas* conducted along with the Health Department and Kandanassery Local Self Government was indeed a worthy task, since it was a topic of discussion even in other official venues as well. Our volunteers of Students In Palliative care, *SIP*, a wing devoted for Palliative care, which works along with Thrissur Palliative care Society had given their undivided attention for the Covid 19 patients in the Panchayath locality. The Health Department provided the details and volunteers incessantly cast an eye over the patients and their emotional and mental state. Health Inspectors both Manoj and Binju had guided them unreservedly. Amidst the second wave they were volunteering throughout the day for the welfare of the common public.

The NSS volunteers further did their utmost towards aiding the Kandanassery Health Department. They volunteered during Covid Vaccination process for both registration and actual implementation. A week-long programme *Tika Mahotsav* under the directions of the Ministry of Youth Affairs and Sports had been conducted and cleared the misconceptions on Covid Vaccination. Likewise, the volunteers of Sree Krishna College, Guruvayur stepped forward to orchestrate an online programme *Virtual Gig*, in order to create an awareness regarding Covid 19 and how to prevent it from spreading. They have also been a part of the

Polio Vaccination process in different Primary Health Centres across Kandanassery Panchayath.

NSS 190 & 191 unit of Sree Krishna College designed a project *Thalaphalam* by planting 1000 palm seeds from World Environment Day 05.06.2021 onwards. The estimated project areas were the adopted village Kandanassery Panchayath, premises of volunteers' residential region and college compound. The intention was to protect palm trees and highlight its importance regarding the environmental benefits provided, like protecting from excess soil erosion, the tree is salt and drought tolerant, in addition to its impact in combating desertification and the tree can decrease the atmospheric temperature and the level of pollutants resulting from industrial activities. It can store 10000 to 20000 rain water in the rainy season as well.

Palmyra-palm trees, known by the binomial name *borassus flabellifer*, are drought-resistant and can survive even the harshest of seasons and conditions. It does not need any special care," says botanist Devanathan Krishnamoorthy, mentee of renowned botanist and member of Tamil Nadu Biodiversity Board Prof. D. Narasimhan.

Palmyra-palm trees grow well on sandy soil, and that explains why one will usually find them in good numbers along coastal areas. When they are found inland, usually, they would be found planted around water bodies and along river beds. Our forebears instinctively understood palmyra trees' ability to hold the soil. Palmyra trees have fibrous roots that make them efficient soil binders. There are now research articles that call attention to palmyra trees' ability to recharge the groundwater table. As palmyras have a fibrous root system, each root functions like the main root, and they let

multiple probes into the earth looking for water. Many other economic benefits are also there since a palmyra tree can supply materials that go into the construction of houses and the base of a palmyra tree can serve as a pillar, and the stem can go into the making of rafters.

This prestigious project had six phases, thus by planting 1300 palmyra seeds *Thalaphalam* project has been completed and the places are college campus, Ponmala Temple, Randukai Forest, Aanappantham Forest, Kandanassery Grama Panchayat and Erumapetty Gramapanchayath. We are also extending our sincere gratitude to Principal Sree Krishna College Guruvayur, Kandanassery Gramapanchayath, social Forestry Govt. of Kerala, Forest Department Govt. of Kerala, Haritha Kerala Mission Govt. of Kerala, Ponmala Temple Management Alur and Erumapetty Gramapanchayath.

## CONCLUSION

Even during the Covid 19 pandemic, when the world was motionless, NSS activities advanced through various online platforms. The amount of enthusiasm exhibited by the volunteers was admirable. The spirit they had created will continue to encourage the future ventures too. On a larger picture we are attempting to create a sustainable social habitat for a better tomorrow.

**NSS OFFICIALS**  
**PROGRAMME OFFICERS**



**Dr. Midhun K S**  
**Unit 191**



**Amrutha T V**  
**Unit 190**

**NSS VOLUNTEER SECRETARIES**



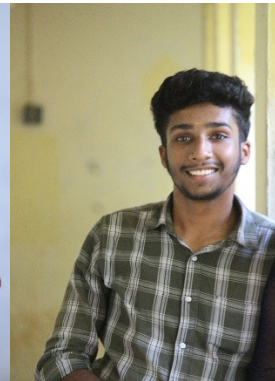
**HAFSA SHERIN**



**NAVANEETH**



**NEHA C KISHOR**



**VISHNUPRASAD P U**

**SIVE Secretaries**



**Hiran P Haridas**

**Devika Dasan**

**RRC Secretaries**



**Nimnas P N**

**Kavya P S**

**Vimukthi Secretaries**








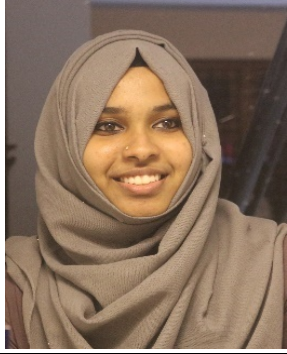


Aiswarya Abhiram Bharath Cinan





**SIP Secretaries**



Kajwel Nanditha

**EXCECUTIVES MEMBERS**

<b>MALAYALAM</b>	<b>ENGLISH</b>	<b>ENGLISH</b>	<b>SANSKRIT</b>
			
<i>Alakananda K</i>	<i>Nanditha</i>	<i>Daya Das V D</i>	<i>Anjaly K K</i>
<b>SANSKRIT</b>	<b>ECONOMICS</b>	<b>ECONOMICS</b>	<b>HISTORY</b>
			
<i>Akshaya K K</i>	<i>Sunena</i>	<i>Prinsy P P</i>	<i>Mubeena Nasrin M V</i>
<b>ZOOLOGY</b>	<b>ZOOLOGY</b>	<b>BOTANY</b>	<b>MATHS</b>

			
<i>Harigovind</i>	<i>Radhika</i>	<i>Devika Dasan</i>	<i>Krishnendu Vinod T</i>

MATHS	CHEMISTRY	CHEMISTRY	BIO CHEMISTRY
			
<i>Sona B</i>	<i>Muhasina T M</i>	<i>Aravind V</i>	<i>Krishnapeethambaran</i>
COMMERCE	COMMERCE	PHYSICS	PHYSICS
			
<i>Nimnas P N</i>	<i>Kavya P s</i>	<i>Aiswarya C</i>	<i>Abhiram Bharath Cinan</i>

**BEST VOLUNTEERS OF SEVEN DAY SPECIAL CAMP**



**MAHESH KUMAR M A**











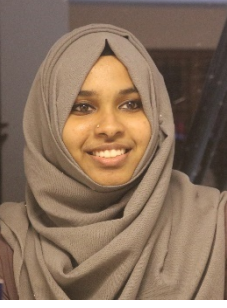

**RADHIKA RAJ K K**

**NSS VOLUNTEERS**




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<p>Nandhana P P Palliyalil parambil House ,Thattanpadi Edappal Malappuram 679576 9995353410</p>			<p>Archa K R Kannath (House ), Manthondilunnu. PO Sulthanbathery Moolankavu Wayanad 8606354091</p>
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<p>Arunima Km Kulangaraparambil Iringappuram Po Kottapadi 680103 8129544340</p>			<p>Maheshkumar Ma, Ambalakkolly (H), Achooranam Pozhuthana, Ediyamvayal Wayanad 673575 9947664925</p>
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<p>Sandra Ms Manaparambil (H) Koonammoochi (Po) 680504 Thrissur 9544242952</p>			<p>Mohammad Nisham V M Vakkayil Payakkattu H Kallur Po, Vadakkekad Thrissur 679562 9605088773</p>
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<p>Devika Dasan Padinjakkara House, Kaladi Kaladi Malappuram 679582 9645623127</p>			<p>Anjitha K P Kayalum Pallath H Edappal Malappuram 679576 7025876715</p>
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