

NSS Annual Report 2019-2020

Book donation project--1/06/2019

Books and study kit were distributed to needy students in the adopted village of Maloor. Study kit consist of 5 notebooks ,pen ,and pencil box ,kits. The programme was inaugurated by the principal Dr.K.P.Laladhas .



2. Observance of environmental day -6/6/2019

Environmental day was observed by planting tree saplings. 50 saplings were distributed in the near by places.



3.Nadhiyodoppam -20/6/2019

Tree saplings were planted as part of Nadhiyodoppam programme to protect the river bed from erosion.

4. International Yoga Day Celebration--21/06/2019

It was observed by introducing a practical session on Yoga and meditation .This activity energized the mind and soul of every participant at the campus. It is **celebrated** to raise awareness on the vast health benefits of **Yoga**.

5. Anti drug seminar and quiz programme- 26/06/2019

Nss unit and Excise office punalur jointly organized a seminar and quiz programme to create awareness among students regarding the importance of a drug free society. It was inaugurated by the college principal, Dr. K.P. Laladhas. Quiz programmes were arranged by Vimukti mission co-ordinator, kollam. The pledge on Anti drug day was also taken.



6.Penakoodu programme -28/6/2019

Stepping up the drive against plastic menace, NSS Unit in St.Stephen's college ,pathanapuram has launched a novel initiative known as Penakoodu on 28th June 2019. It is a drop box for collecting used pens. It has been provided in every departments. Under the drive, used plastic pens will be collected for recycling. Its other objectives include creating awareness about waste disposal, its treatment and popularisation of paper pens which would be a viable solution to the waste created by disposable pens. An awareness campaign was also conducted as part of this programme.



The poster features a red background with white and blue text. At the top, the word 'പേനക്കൂട്ട്' (Penakoodu) is written in large white letters. Below it, 'പേനക്കൂട്ടാരം' (Penakooduaram) is written in blue. The central text in blue reads: "എനിക്കൊരു സമ്മാനം വേണം പുതിയതല്ല പഴയത് നിങ്ങൾ ഉപയോഗിച്ച് ഉപേക്ഷിക്കുന്ന പേന" (I want a gift, not new but old, a pen you use and discard). To the right is a cartoon yellow and blue pen character with a face, arms, and legs, standing next to a small red and white striped tent. At the bottom left is the logo of St. Stephen's College, Pathanapuram, and at the bottom right is the text 'എൻ.എസ്.എസ് യൂണിറ്റ്, സെന്റ് സ്റ്റീഫൻസ് കോളേജ്, പത്തനാപുരം' (NSS Unit, St. Stephen's College, Pathanapuram).



7.Observance of Malala day -12/7/2019

A poem writing competition was held for observance of Malala Day . It is observing to “promotes girls' human rights, highlights gender inequalities that remain between girls and boys and addresses the various forms of discrimination and abuse suffered by girls around the world.” This year, the **theme** is “Empowering adolescent girls: Ending the cycle of violence.”

8.Setting a biodiversity park in nearby Maloor school –Ist phase-7/8/2019

The first phase of biodiversity park has been started in Maloor Government U.P school.It intends to create awareness among students and community regarding protection of environment and importance of cleanliness in day to day activities.It serves as nature reserve for the conservation of natural heritage of the area.. It enhances the quality of urban environment. It serves as hub for education, cultural and conservation activities.





9. Traffic awareness programme -8/8/2019

It was organized as part of traffic awareness week in Kerala. Various charts were also presented. Students are the most vulnerable group towards road accidents, minor or major injuries and even death. So the youth must be given right awareness in road safety measures and need for observance of traffic rules. All the charts presented depicted the above messages and quotes.

10. Flood relief collection--12-14/8/2019

Students collected all relief materials worth Rs.8500 and transported it to Wayanad camp. Items are listed below

Rice -20 Kg, Sugar-5 Kg, Dettol-10, Towel -5, Soap—30, Books -20, Washing Powder- 5 Kg, Washing Soap—17, Cereals -10 Kg, Sanitary Napkins -35 Pack, Bleaching Powder -4 Kg, Coconut -, -10, Tooth Paste - 12, Tooth Brush -10, Biscuit, --7 Pack, Half Boiled Chappati -20, Mineral Water-5 Cases

ST. STEPHEN'S COLLEGE

Pathanapuram

NISS UNIT



തളരില്ല, തളർത്തില്ല
ഈ നാടിനെ...



NATIONAL SERVICE SCHEME

St. Stephens College, Maloor



Collection point:

St. Stephens College, Maloor

*ITEMS: Toothbrush, Toothpaste, Dettol, Soap, Drinking Water,
Dhothi, biscuits, Bucket, Mug, Rice, Sugar, Bread, Sleeping
Mat, Sanitary Napkin, Blanket, Slippers.*

11. Independence day celebration--15/8/2019

Independence Day celebration was conducted in association with NCC.



12.Distribution of onam kit --4/9/2019

Onam kit was distributed to near and dear ones of 30 bed ridden patients houses in near by places of Maloor as part of palliative care campaign.



13.women protection campaign-21/9/2019

A campaign had been done by students for creating awareness in areas of women protection

14. Leadership Orientation Programme-23/09/2019

An orientation programme was organized for newly enrolled Nss volunteers.It aims to to inculcate the values of National service scheme among students .The training session was led by Dr.Biju ,Asst.Professor, Department of Commerce,BJM College ,Chavara

15.Street Play in campus -25/09/2019

It was done in association with ICPF for creating an awareness among students regarding drug abuse. Later a power point presentation was also done



16.Guruvandhanam programme -2/10/2019

A Guruvandhanam programme was arranged in association with BJM college,Chavara in Gandhi Bhavan ,Pathanapuram from 10.a.m to 12 p.m





17. Financial literacy survey - 4/10/2019

It was being held to identify the problems and prospects in microfinance project among community.

18. Campus cleaning programme- 4/10/2019

Campus cleaning programme was organized for observing swachhta abhiyan week. Students whole heartedly participated in the cleaning programme which evoke a consciousness among the student community regarding the inevitability of a clean and green surrounding area.



19. Trial Leadership Training programme- 5/10/ 2019

A Trial Leadership Training programme was held at B.J.M college, Chavara which intends to provide training to newly enrolled volunteers from selected colleges. 1NSS volunteer participated in the programme .

20. District level inauguration of campus palliative care unit -11/10/2019

The district level inauguration of campus palliative care unit known as “karuthal” was held in the college in association with Pattazhy vadakkekara primary health centre and state health department. It was being held in association with observance of World Palliative care day. It intended to provide training to NSS volunteers and equip them to provide humanly care and first aid to bedridden people. It was inaugurated by pathanapuram M.L.A Mr.Ganesh Kumar. He also unveiled a logo for the Karuthal Programme .





21. Palliative care training programme for NSS volunteers-10 -11/10/2019

The National service scheme of Kerala University conducted a Two day residential . on 10 -11 October 2019 at the Senate Chamber, University of Kerala, Palayam for Nss volunteers. 1NSS volunteer participated in the programme . Engaging students in palliative care has dual advantages. One is that, their energy can be utilized for the benefit of patients with chronic disease. Another is that, inculcating the spirit of care can have a positive effect on the attitude of students.

22. Interactive session on new social media and society-26/10/2019

86 Students had participated in the programme .It was conducted with the support of Gandhi Bhavan ,pathanapuram

23. Palliative care training--30-31/10/2019

Palliative care training was given to students by health department. It had been done after selecting a few student from total number of volunteers. Selected students were given training by district medical department for field visit

24. Palliative care home visit - 2/11/19

Students were divided into several groups and each group were assigned specific wards .They visited the house with the assistance of staff of pattazhy primary health centre .



25. Palliative care home visit -6-7/11/2019,11/11/2019

Palliative care provided in the home setting is associated with a reduction in symptom burden and increases in patient and caregiver satisfaction. All the selected students visited the assigned houses and prepared a report. It helped in bringing a small smile to those palliative care patients.





26. Leadership Training programme -14/11/2019 to 16/11/2019

A leadership training programme for selected NSS Volunteers was held at Thiruvananthapuram organized by National Service scheme, University of Kerala. 2 students participated in the programme.

27. Two day residential training on anti drug initiative-21-22/11/ 2019

A two day residential training programme on anti-drug initiative on 21-22 November 2019 at Kerala University Students Centre, PMG, Thiruvananthapuram. The programme is implemented by the National Service Scheme, University of Kerala in association with Kerala Excise Department. 1 volunteer participated in the programme

28. Observance of constitution day- 26/11/2019

Students observed constitution day by reading out the text of the preamble of the Indian Constitution. Later the students also conducted various cultural activities



29. Anti drug campaign -26/11/2019

An Anti drug campaign had been conducted among students in St.stephen's higher secondary school ,Pathanapuram

30. Formation of Students rapid response force -4/12/2019

1 programme officer and 5 students participated in Inauguration and Formation of students rapid response force in collectorate , kollam



31.Palliative care training -21/12/2019

Palliative care training programme was conducted for selected volunteers by Pattazhy public health care centre



32.Annual Special Camp- 21-26 /12/2019

Annual special camp was conducted at St.pauls u.p school ,methukummel. Various activities were conducted in the camp such as survey on solid waste management, anti drug campaign,arts and craft session and palliative care programme . Green protocol was strictly implemented in camp by avoiding use of plastic. Steel plates and cups were used by students. Cloth banners were used.

33.Green Army Unit--1/1/2020

A Debate on green campus clean campus took place and emerged a lot of innovative ideas among volunteers regarding the reduction of use of plastic. A green army unit was formed in the college as part of green campus clean campus programme



34.Distribution of cloth bag in shop- 3/1/2020

Cloth bag was distributed as part of plastic free campaign in nearby town and shop in Pathanapuram. It aims to curb the use of single use plastic bag. had been to raise awareness among the public regarding the benefits of cloth bag. As the government imposed a ban on plastic from January 1, 2020, the distribution of cloth bag evoked a good response from the public.



35.Distribution of cloth bag and workshop on paper bag- 6/1/2020

An awareness on cloth bag had been conducted in Govt.L.P. school ,Tholicodu ,punalur . Cloth bags were distributed to students as children are the carriers of change and through the cloth bags they can promote the plastic ban at home. It was followed by a workshop on paper bag making .





36. Observance of youth day--13/1/2020

Chart presentations were conducted and a debate on role of youth in protecting democracy were also took place



37. Disaster Management training --11/1/2020 to 12/1/2020

2 day induction training for students was conducted in Kollam govt Model higher secondary school as part of disaster management training by kollam collectorate. 25 students participated in the event.



38. Fit india campaign-- 18/1/2020

Fit India programme conducted by NSS unit, st.stephen's college, Pathanapuram in near by adopted village in Maloor area of Pathanapuram town in Kollam district . the programme officers and teachers,85 students and 20 common people participated in the programme.A door to door campaign was also done inviting every persons in the near by homes where the rally was conducting.A pledge was also taken.



39. Flash Mob -- 25/1/2020

A flash mob was conducted on January 25th in association with excise office in kallumkadavu near pathanapuram .It intended to raise the public awareness regarding anti drug campaign. It showcased a 15 minute energetic performance by NSS volunteers through songs, dialogues and placards. The programme was inaugurated by excise range officer Benny George.





40. Legal awareness programme -7/2/2020

A legal awareness programme regarding women protection and women empowerment for second year degree students was held on on 7/2/2020 at 1.30 p.m in the college .Adv.pinkle Sasi had taken a class on women protection and other related matters. Sheeba.A ,the paralegal volunteer of Taluk legal Service Authority also coordinated and attended the programme.

41.palliative care training -24/2/2020

The second phase of palliative care training programme was started in Pattazhy public health care centre. .The NSS volunteers distributed new clothes to

palliative patients. The volunteers were given training on mat production CFL lamp production. In the next level these volunteers had to train the palliative patients and families to acquire a source of income for their day to day living.





42.Break the chain programme -- 18/3/2020

As a battle against Covid-19 the department of Chemistry and NSS unit of St.Stephen's college ,pathanpura prepared hand sanitizers . It is distributed among the students in the college and to the near by shops in the Maloor area.It is made using isopropyl alcohol ,hydrogen peroxide and glycerol. Later aloe vera extract will be added as moisturiser. 5 litres of sanitizer had been prepared and distributed in 500ml bottles . As a whole 50 bottles were distributed among students and nearby areas. It had been done as part of break the chain campaign launched by the Kerala government which stresses the importance of personal hygiene to protect the self and the community from covid -19 infection.The programme encourages the use of hand sanitisers among people in order to prevent the further spread of coronavirus. Sanitising our hands will break the chain and prevent the spread of the virus.









NSS ST. STEPHENS COLLEGE, PATHANAPURAM

43.Short film production

A short film was produced depicting the evil effects of drug abuse among youths in colleges. It was named as “Athijeevanam”.



Sharon.S

Varghese George

NSS PROGRAMME OFFICERS

ST.STEPHENS COLLEGE

PATHANAPURAM