

National Service Scheme Unit No 32 A & B

St. Stephen's College, Pathanapuram

ANNUAL REPORT

ACADEMIC YEAR 2022-2023

The National Service Scheme (NSS) is a Central Sector Scheme of the Government of India, Ministry of Youth Affairs & Sports. The sole aim of the NSS is to provide hands-on experience to young students in delivering community service. The activities of National Service Scheme Unit No 32 A & B of St. Stephens College, Pathanapuram can be broadly divided into four:

1. Regular Activities
2. Annual Camp
3. Palliative Care Initiative, and
4. Anti-drug campaign

REGULAR ACTIVITIES

The First NSS meeting of the year 2022- 2023 was held on 05 June 2022 at 3.p.m in the Principal's office. The aim of the program was to discuss World Environment Day 2022 and to select the new NSS office bearers for the academic year 2022-2023. The newly elected office bearers were

Volunteer secretary -Nandan M.,Veenamole

Cultural coordinator-Angel Reji

Documentation coordinators- Umarul Farook, Sarath Lal.

1. World Environment Day Celebrations

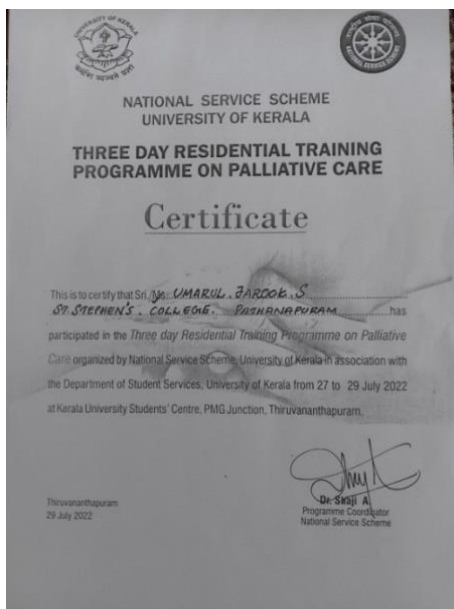
World environment day has celebrated by the NSS units on 05-06-2022.. Fr. Dr. Roy John, Head of the Department of Botany introduced the various plants in the botanical garden of the college. The students took an oath to conserve the environment.70 NSS volunteers were participated on the event.

2. World Population Day

World population day has celebrated on 11-07-2022. The NSS volunteers have organized a poster presentation in connection with the world population day. The poster presentation was inaugurated by Rev. Fr George Mathew (Assistant professor, Department of Oriental Languages). 72 NSS volunteers were participated for the poster presentation programme.

3. Residential Training Programme

Three day residential programme organized by NSS, University of Kerala. It was conducted on 27-29/07/2022. Mr. Umarul farook. Participated in the residential training programme from the St. Stephems collage, Pathanapuram.



4. Hiroshima Nagasaki Day

Hiroshima day was conducted on 09-08-2022. The NSS volunteers have prepared posters and exhibited. 18 NSS volunteers were participated for the poster presentation.

5. Constitution Literacy Programme

The National Service Scheme, Unit No. 32 of St. Stephen's College, Pathanapuram has



conducted Constitution Literacy Programme in connection with the Azadi ka Amrit Mahotsav – 75 years of independence, on 12.08.2022. The programme was conducted as part of 'The Citizen 2022'. The Citizen 2022 is a Constitution Literacy Campaign jointly organized by the Kollam district planning committee, District Panchayat and Kerala Institute of Local Administration (KILA), to transform Kollam into a totally Constitution Literate District.

The programme was presided by Dr. Blessy John, Head of the Department of English. Ms. Sruthy S. of II B. Sc Chemistry welcomed the gathering and Ms. Alfiya, II B. A. English delivered the vote of thanks. Mr. Joby Jose (law student and IT professional) delivered the Keynote address. He focused on the importance of knowing the constitution. He introduced the preamble of the constitution in depth. The programme ended with National Anthem. NSS volunteers distributed sweets to all the participants after the programme. 100 NSS volunteers participated in the programme.



6. Prabhath Pheree

The National Service Scheme, Unit No. 32 A&B, St. Stephen's College, Pathanapuram has organised Prabhath Pheree in connection with the Azadi ka Amrit Mahotsav – 75 years of independence, on 12.08.2022, 10 AM. Prabhath Pheree is a programme in which a student is given an opportunity to deliver a talk through the Public Address System of the college in the morning for ten minutes. Ms. Ashina A.S, II B. A. Economics has delivered the talk for the NSS unit. She highlighted the role of freedom movements and discussed the need to preserve freedom for the future.

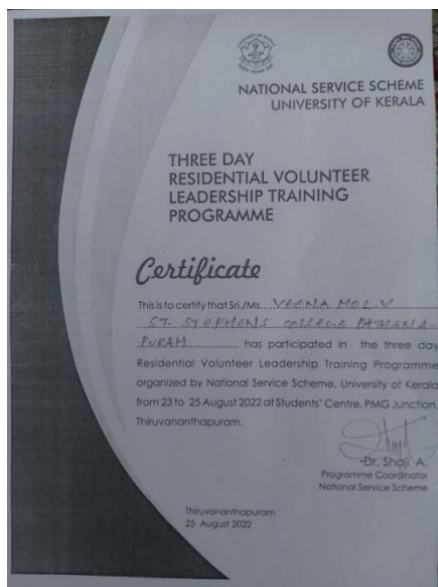
7. One day Training Programme

Our NSS volunteer Muhammed Uvais participated one day training programme on palliative care on 13 August 2022 held at Baby John Memorial Govt. College, Chavara.



8. Three day Residential Volunteer Leadership Training Programme

Our NSS volunteer Veena Mol. V participated Three day Residential Volunteer Leadership Training Programme on 23-25 August 2022 held at Student's Center, PMG Junction, Thiruvananthapuram.



9. Quiz competition

A quiz competition has been conducted in connection with World Cancer Day on September 16th, 2022.



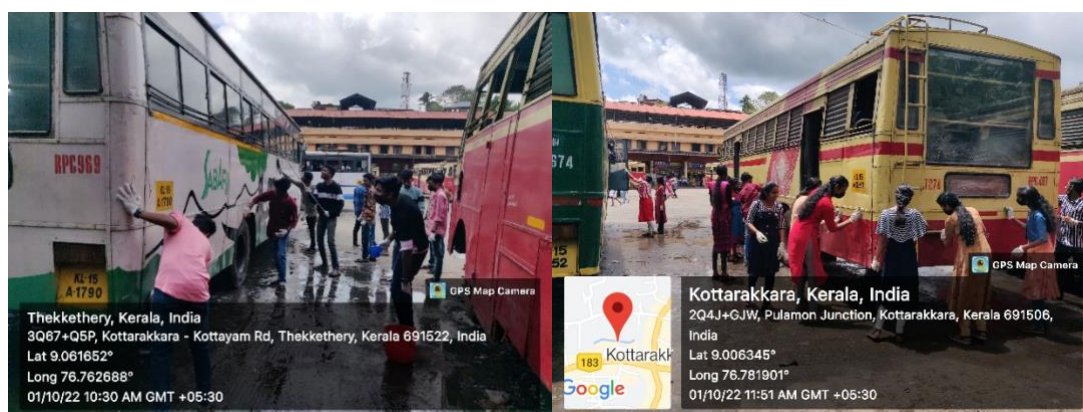
Mr. Sandhu John Sajan, Head of the Department of Economics was the quiz master. The winners were awarded prizes. 50 NSS volunteers were participated in this programme.

10. NSS Day Celebrations

NSS Day has been celebrated on September 24th, 2022. Volunteers donated blood in their neighbourhood hospitals as part of the NSS Day. 10 NSS volunteers were participated in this programme.

11. Clean India Campaign

The volunteers have cleaned the surroundings of the KSRTC Depot, Kottarakkara on October 1st, 2022.



Students also washed three buses. Around 100 volunteers participated in the programme. This has been done in connection with the Clean India Initiative and Gandhi Jayanthi Celebrations.

12. District Level Two Day Workshop

Our NSS Volunteers Drisya S & Aswathy R Nair participated in the district level workshop on antidrug awareness programme held at Karunagappally Excise Range Office on 04-05 October 2022.





13. Anti -Drug Campign- Vimukthy

NSS units of the college have conducted many programmes as part of the anti-drug awareness campaign. This year's NSS activities aimed at creating awareness among the students and the public regarding the harmful effects of drug use.

Live telecast of State level inauguration of the anti-drug campaign.



The NSS unit has organized live telecast of the inauguration of state level anti-drug campaign, which was inaugurated by the hon. Chief minister on 6th October 2022. 100 NSS volunteers were attended the programme and took anti-drug oath after the inaugural speech by the CM.

14. Orientation for First years

An Orientation class for the newly enrolled volunteers has been conducted on 18 October 2022. Capt., Dr. Roy, Motivtion speaker lead the class. 100 NSS volunteers were participated in this programme.



Through the programme, the volunteers were introduced to the activities of the National Service Scheme. Various sessions were led by experienced programme Officers.

15. Training Programme on Vimukthy

Our NSS volunteer Veena Mol V participated in the training programme 'VIKUKTHY' on 29 October 2022 held at B.J.M Govt. College, Chavara.



16. National Unity Run



In association with Nehru Yuva Kendra, Kollam, the NSS unit has conducted National Unity run on 31st October, 2022. Around 50 NSS volunteers were participated in the Unity Run from College to Vattakala, Maloor.

17. Campus Cleaning

The NSS unit of St Stephen's College conducted a clean your campus drive on 12/11/2022. It was an awareness program conducted by coordinators and volunteers of the NSS unit to keep the college campus clean. 84 NSS volunteers were participated in this programme.



18. Debate

A debate on the topic “Should drugs be controlled or be banned” were conducted in the seminar hall on 9th December, 2022. 65 NSS volunteers were participated in this programme.



19. Flash mob and Street Play

A flash mob was conducted in the KSRTC bus stand, Pathanapuram for creating awareness among public regarding the drug abuse. It was ensued by a street play on the theme 'Say no to drugs.' Around 25 NSS volunteers participated in the flash mob and street play.



20. Human Rights Week Celebrations

As part of human rights week, an awareness class on the right to privacy in cyberspace was conducted on 10 December 2022. Police Officers from the Pathanapuram Police Station led the class. 83 NSS volunteers were participated in this programme.



21. Visit to the adopted village

Our NSS unit has adopted a village named Manayara as part of the community extension activities. Volunteers along with the POs visited the village on 14 December 2022.



The beneficiaries of the Palliative Care Initiative have been identified during the visit. 42 NSS volunteers were participated in this programme.

22. Charity Visit

NSS Volunteers have visited Shanthitheeram, (an old age home near the college) as part of the Christmas celebrations 21 December 2022.



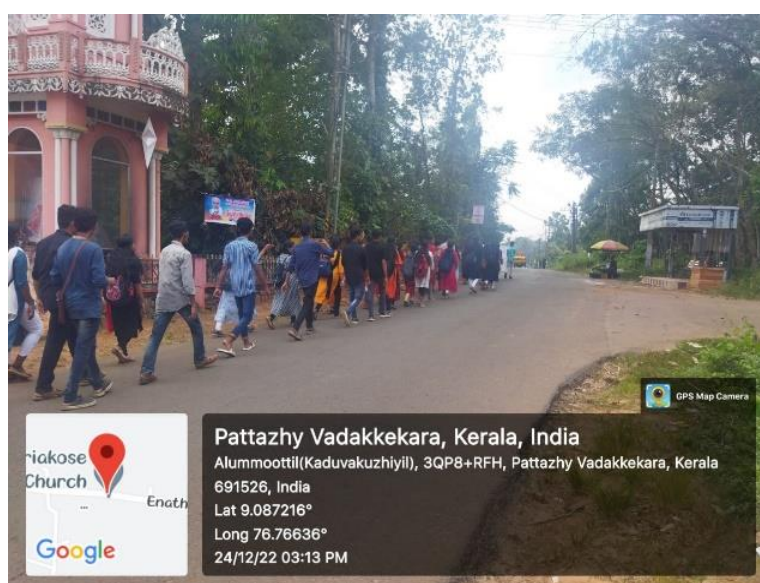
They spent a day with the elderly people. Provisions and Christmas cake were distributed during the programme. An amount of Rs. 5000/- was also donated, which was raised by the volunteers. 72 NSS volunteers were participated in this programme.

23. Annual Camp

The annual camp of the NSS units 32 A & B has conducted at St. Paul's UP School, Methukumel from December 22 to 28, 2022. 100 NSS volunteers were attended the camp. The volunteers were divided into different groups and different duties were assigned to them on different days. The camp was named as 'Agrimam 22' with a special focus on anti-drug theme 'Laharimuktha Naleykayi Yuva Keralam'.

24. Anti-drug awareness rally

An anti-drug awareness rally was conducted from Methukumel to Enathu for creating awareness on drug abuse on 24/12/2022. 100 volunteers participated in the rally.



25. Campus Cleaning

The NSS unit of St Stephen's College conducted a clean your campus drive on 21 January 2023. It was an awareness program conducted by coordinators and volunteers of the NSS unit to keep the college campus clean. 100 NSS volunteers were participated in this programme.

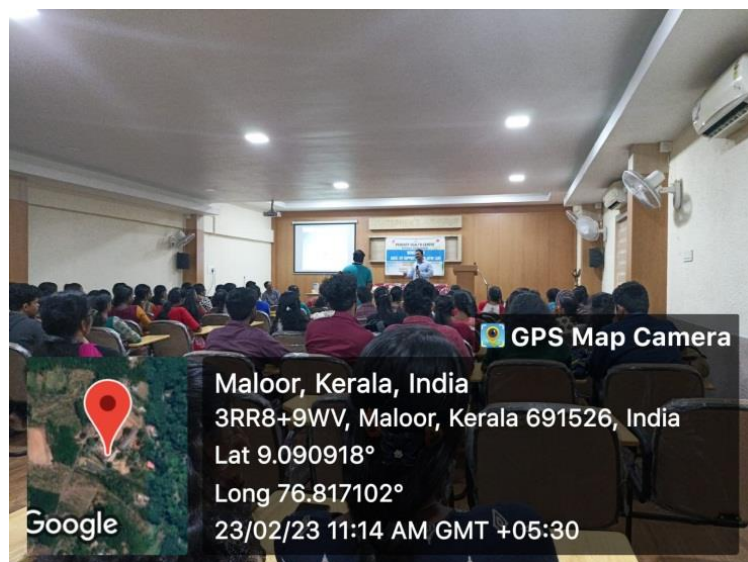


26. Essay Writing Competition

An essay writing competition has been conducted as part of National Youth Day on 15 February 2023 held at the Seminar Hall. 25 students participated in the competition.

27. Awareness Class on First aid

An awareness Class on first aid has been given by Public Health Officials on February 23rd, 2023. They demonstrated the various measures that should be taken when a health emergency arises. 100 NSS volunteers were participated in the programme.



28. Women's Day Celebrations

A debate in connection with the International Women's Day Celebrations was conducted on March 8th, 2023. Dr. Ambili C.R was the chief guest of the programme. 65 NSS volunteers were participated in the programme.



29. Campus Cleaning

The NSS unit of St Stephen's College conducted a clean your campus drive on 11 March 2023. It was an awareness program conducted by coordinators and volunteers of the NSS unit to keep the college campus clean. 71 NSS volunteers were participated in this programme.



30. Survey at the adopted village

A survey was conducted by the NSS volunteers at the adopted village on 24 March 2023 as part of the directives from the University. 30 NSS volunteers were participated. 100 houses were visited and data were collected.



31. Script Writing Competition

In connection with World Theater Day, A Script Writing competition was conducted on 27 March 2023. 10 NSS volunteers were participated in this event.



32. Skill Development Class

A skill development class has been conducted on March 30th, 2023. There were classes on craft-making using waste materials. 75 NSS volunteers were participated in the class.



Palliative Care Initiative 2022-2023

National Service Scheme of St. Stephen's College, Pathanapuram has organized programmes in connection with the Palliative Care Initiative programme of the University of Kerala. The activities were conducted in the adopted village of the unit - Manayara, in Pattazhy Vadakkekara Panchayat in the Kollam district. The beneficiaries were identified with the help of Ward member & the public health department officials. The identified beneficiaries were provided physical as well as financial support.

1. Financial Support

Financial support has been extended to two patients. The patients are diagnosed with Cancer and currently undergoing treatment at Regional Cancer Centre, Trivandrum. The financial support aimed to meet the expenses of medicines and laboratory tests needed for the patients. The identified beneficiaries were given the stipulated amount by the College Principal Dr. Koshy P. M, in the presence of Fr. Dr. Roy John (Governing Board Member).



2. Physical support

Physical support has been extended to three patients in Manayara. They were given a Commode Wheelchair, a normal Wheelchair, and a Walking stick as per the requirement. Smt. Rama Devi, President of Pattazhy Vadakkekara Panchayat and Dr. Koshy P.M, Principal, St.Stepehn's College, Pathanapuram presented the Wheelchairs and Walking stick to the needy people.



ANTI-DRUG CAMPAIGN – VIMUKTHI

NSS units of the college have conducted many programmes as part of the anti-drug awareness campaign. This year's NSS activities aimed at creating awareness among the students and the public regarding the harmful effects of drug use.

1. Live telecast of State level inauguration of the anti-drug campaign.



The NSS unit has organized live telecast of the inauguration of state level anti-drug campaign, which was inaugurated by the Hon. Chief Minister on 6th October 2022. 100 NSS volunteers were attended the programme and took anti-drug oath after the inaugural speech by the CM.

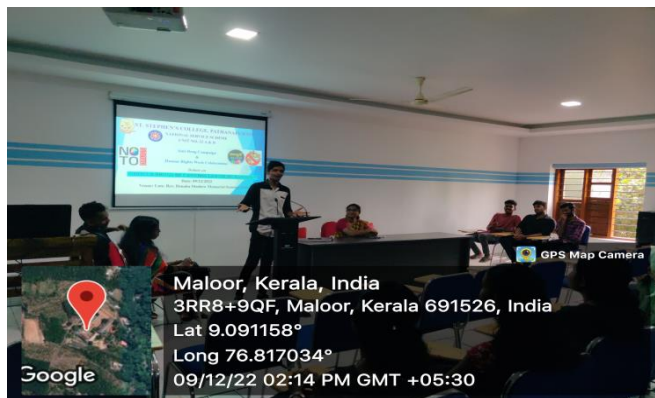
2. National Unity Run



In association with Nehru Yuva Kendra, Kollam, the NSS unit has conducted National Unity run on 31st October, 2022. Around 50 NSS volunteers were participated in the Unity Run from College to Vattakala, Maloor.

3. Debate

A debate on the topic “Should drugs be controlled or be banned” were conducted in the seminar hall on 9th December, 2022. 65 NSS volunteers were participated in this programme.



4. Flash mob and Street Play

A flash mob was conducted in the KSRTC bus stand, Pathanapuram for creating awareness among public regarding the drug abuse. It was ensued by a street play on the theme ‘Say no to Drugs.’ Around 25 NSS volunteers were participated in the flash mob and street play.



5. Anti-drug awareness rally

An anti-drug awareness rally was conducted from Methukumel to Enathu for creating awareness on drug abuse on 24/12/2022. 100 NSS volunteers were participated in the rally.



6. Flash mob and Street Play

Flash mob and street play were conducted on 24th December, 2022 at Enathu Town. Around 25 NSS volunteers were participated in the performance.



ANNUAL CAMP

The annual camp of the NSS units 32 A & B has conducted at St. Paul's UP School, Methukumel from December 22 to 28, 2022. 100 NSS volunteers were attended the camp. The volunteers were divided into different groups and different duties were assigned to them on different days. The camp was named as 'Agrimam 22' with a special focus on anti-drug theme 'Laharimuktha Naleykayi Yuva Keralam'.

Day 1- Inaugural Day(22/12/2022)

The camp was inaugurated on 22nd December 2022 at 10.00am by Ms. Remadevi, President, Grama Panchayath, Pattazhy Vadakkekara.



The meeting was presided over by the Principal, Dr. P M Koshy. Ms. Aswathy(Ward Member), Mr. Sandhu John Sajan (IQAC Coordinator), Fr.Dr. Roy John(Governing Body Member), Dr. Pournami P. (Staff Secretary), Mr. Shaji John(Office Superintendent), Mr. Gokul Krishnan (College Union Chairman) were present in the meeting. Mr. Blesson Mathew welcomed the gathering and Ms. Veenamol V. delivered vote of thanks. After the inaugural meeting, volunteers were assembled and they were provided the general instructions for the seven-day camp. They prepared the camp venue for the coming days. In the evening an ice-breaking session was conducted to make the volunteers comfortable with the camp.

Day 2(23/12/2022)

The second day of the camp started with Yoga at 7.30am. It was followed by the morning assembly. Volunteers presented camp news in the assembly.



General instructions were given regarding the survey to be conducted on that day. Volunteers were divided into several small groups and they were assigned different areas for the survey. They are requested to collect the data from the adjoining village. They went for the survey at 10 am. They actively interacted with the villagers. They finished data collection by 1.30 and returned to the camp site. After the lunch, they were engaged in various group activities.



It was followed by the regular cleaning work of the surroundings. In the evening, cultural activities were conducted. The cultural committee organized a variety of programmes which energized the whole group. The programmes ended at 9.00 pm.

Day 3: (24/12/2022)

Morning session was started with Yoga at 7.30am. It was followed by morning assembly. The programme committee began the assembly with the NSS theme song. Volunteers presented camp news and camp report of the last day. After having their lunch, a session on 'Think out of the box' was conducted.



It was led by Mr. Rijo John, Assistant Professor of English, Catholicate College, Pathanamthitta. The central theme of the class was 'Critical Thinking'. It helped the volunteers to enhance their critical thinking ability. It was followed by a group discussion. After the lunch, volunteers assembled at 2.00 pm. An anti-drug awareness rally has been conducted from the camp site to Enathu Town. Volunteers participated in the rally with placards. After reaching Enathu town, they staged a street play on drug abuse. The volunteers returned to the venue at 4.30 pm.



Regular cleaning activities were conducted till 5.30 pm. There were cultural programmes in the evening.

Day 4: (25/12/2022)

Fourth day commenced with Yoga and exercises at 7.30am. Regular morning assembly was conducted after the Yoga. Volunteers presented camp news, and camp report of the previous day. Christmas celebrations were conducted in the forenoon.



Rev. Soju M Thomas (Secretary to the Bishop, Malankara Marthoma Syrian Church, Adoor Diocese) delivered the Christmas message to the camp attendees. Carol songs were

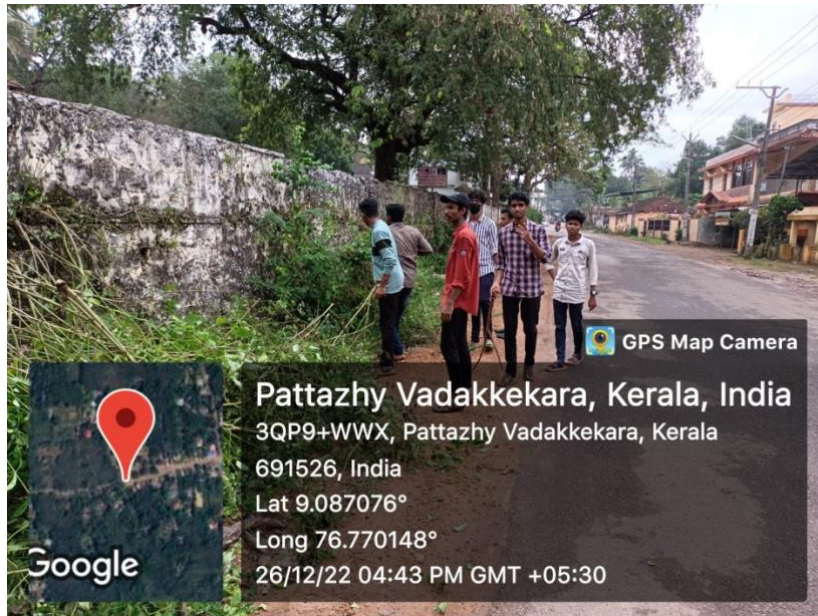
sung by different groups. Volunteers visited nearby houses and distributed sweets and cakes. In the afternoon, a session on the 'Hidden realities of Cyberspace' was conducted by Mr. Aju C. Thomas (Senior Police Officer, Chadayamangalam). Volunteers actively attended the class and the interactive sessions. After the session, sports and games were conducted for the volunteers. In the evening, they were divided into several groups and prepared a manuscript to be released on the closing day.

Day 5: (26/12/2022)

Day 5 started with Yoga and exercises at 7.30am. It was followed by the morning assembly. Volunteers presented camp news, the last day's report, and the camp evaluation. A workshop on improving writing skills was conducted in the morning. It was led by Dr Nibulal Vettoor (Writer and Journalist). Volunteers were given different tasks by the resource person. In the afternoon section, Mr. Varghese George (Assistant Professor of Statistics, St. Stephen's College, Pathanapuram) led a session on data analysis.



Volunteers analyzed the data collected on the second day and presented the report with the help of resource person. A panel discussion on the influence of media on the youth was conducted. Ms. Shibi Krishnan, Ms. Suchithra S, Ms. Seena Shivadas, Dr Sinulal T. S were the panellists. Volunteers actively participated in the discussion. Regular cleaning activities were conducted after the programme.



In the evening variety of programmes were showcased as part of the cultural activities.

Day 6: (27/12/2022)

The sixth day of the Annual Seven-day camp started with Yoga at 7.30am. Morning assembly was conducted after the morning workouts. Volunteers presented news reports, evaluations, and suggestions in the morning assembly.



The morning session was handled by a team of Excise Officers led by Mr. Haikumar V. (Preventive Officer, Adoor range).



They conducted an interactive session on drug abuse. Volunteers actively participated in the session. In the afternoon, a debate on the problems of youth was conducted. Dr. Siji Racheal George (Assistant Professor of Political Science, St. Cyril's College, Adoor) was the moderator. It was followed by regular cleaning activities.



In the evening campfire were organised as part of the cultural programmes.

Day 7: (28/12/2022)

The valedictory session of the camp was conducted on the final day. The meeting started with a welcome speech by Mr Nandan, Volunteer Secretary. Adv Sam K Daniel, (President, Kollam District Panchayath) Inaugurated the valedictory session.



The meeting was presided over by Dr. Biju A, Head of the Department of Zoology, St. Stephen's College, Pathanapuram. Mr. Madhukuttan P (Ward Member), Mr. P A Sajimon (NSS Cluster Coordinator), Ms. Linu Jacob (Manager, St. Paul's UP School) offered felicitations during the meeting. Dr. Sheeba K John delivered the vote of thanks. Volunteers shared their experiences of the camp in the meeting. Thereafter they cleaned the school campus.



During the annual camp, the volunteers were divided into different groups and assigned mess duty on different days. In addition to the Mess committee, there were several other committees such as programme committee, cultural committee, discipline committee etc. Volunteers bid farewell to the camp by the afternoon with lot of experiences and memories.

