



CHRIST NAGAR COLLEGE

MARANALLOOR, TRIVANDRUM

A CMI Educational Institution | Affiliated to the University of Kerala

NSS ANNUAL REPORT

2017-2018

World Environment Day

From the very beginning, Christ Nagar College has voiced its concerns about various environmental issues. On 5th June 2017, the NSS unit joined hands with the college management with the aim of creating awareness regarding the threats of the mindless exploitation of nature caused by modernisation and urbanisation. The unit wanted to foster the spirit of living in close communion with nature, when all major development activities encroach upon forest lands. As part of this, the college celebrated the World Environment Day by planting tree saplings in the campus and outside. The students and the NSS volunteers took shared responsibility in the celebration. The tree saplings were named by the students and were given individual caretakers. The expectation was that students would become aware of the benefits of conservation and at the same time be encouraged to emulate the same spirit of conservation in their own personal and collective spheres. The targeted population for the programme are the nearby residents of the college campus. The programme saw the coming together of the Principal, the HODs, the PO and the NSS volunteers to plant tree saplings and take part in nature conservation.



International Day of Yoga

As part of the International Yoga day, the NSS unit of the college conducted a yoga session for the students on 21 June 2017. Mr. Livin, the NSS Programme officer of the college selected two students each from all the class, making a total of 34 students. The Programme Officer administered the yoga practice for students and talked to them about the importance of protecting the well-being of the mind and the body through yoga. There was a demonstration of all the major asanas and the students were introduced to the major components of yoga like pranayama, kriyas, bandhas and mudras.



Gandhi Jayanti Celebration

Mahatma Gandhi said "Sanitation is more important than independence". He made cleanliness and sanitation an integral part of the Gandhian way of living. His dream was total sanitation for all. Cleanliness is integral for physical well-being and a healthy environment. Gandhiji dwelt on cleanliness and good habits and pointed out its close relationship to good health. As part of the 148 birth anniversary of Mahatma Gandhi, on 22nd October 2017, the NSS unit of the college volunteered to clean Maniyaravila Hospital, and propagate his legacy. The programme aims at the cleaning of hospital premises near the college campus and they are the beneficiaries participated in the programme. The chief doctors and medical officers welcomed the volunteers with an overview of the premises of the hospital which spanned across a fairly large area. With the guidance of the medical officers and the chief doctors of the hospital, the volunteers were able to successfully undertake the cleaning drive. The students were able to make the premises as eco-friendly as possible and cultivate a healthy atmosphere for the administering of services. They created awareness regarding the importance of maintaining public hygiene for the welfare of all.





Tribal Visit

On 14 November 2017, the NSS unit of the campus went to visit the tribal area of Kottoor. As part of the programme, the NSS volunteers gathered rice and other basic provisions with the support of the College Management. The NSS unit consisting of 18 students and 4 staff members undertook a risky journey to the remotely accessible place and spent the whole day at the community centre associated with the Agasthya Samskarika Kendram School at Pothod. The targeted population for the programme are the natives of the Kottoor. They interacted with the children there, exchanging stories and experiences. It was a novel experience for the NSS volunteers as they came to encounter alternate ways of life, especially the “Ekadhyapaka Vidyalayam” in which children from different ages sat in the same classroom and learned under the guidance of a single teacher. Thus it was an enriching experience for the natives of Kottoor as well as the College team as they realised the potential of this cultural exchange. The College team organised fun-filled activities for the children there. With the rice and the food materials already gathered, the NSS unit prepared a community feast for the natives of Kottoor. All of them sat together and enjoyed the feast in a spirit of collective harmony. For the NSS volunteers,



it was a day to be remembered as they acquainted themselves with newer modes of life and imparted their positive energy to the people they met.



Relief Campaign- Ockhi

In the wake of the Ockhi disaster, the NSS volunteers ran a collection drive on 11th December 2017, with the support of the management and prepared over 150 kits containing basic commodities (each kit being a collection of 5 kg rice, 2 kg green gram, 1 kg sugar, 250g tea powder) to the affected areas around Poovar. For the successful completion of the activity, 10 volunteers were selected for assistance purpose. The NSS unit reached the residents through the support of the Poovar Parish unit. The programme aims at the local community of Poovar, Around 150 of beneficiaries participated in the programme. After supplying the



volunteers interacted with the residents of Poovar. They were able to understand the practices involved in relief mechanism and support systems for coping with disasters.



Kaithal Canal Cleaning

On 27th December 2017, started with an approach to clean the Kaithal Canal, located near our camp area. Mr. Abhilash N.'s classes had a great influence among the students as they cleaned the canal and managed the water flow. The cleaning project was in association with Maranalloor Grama Panchayat and the *Jalasamrudhi* plan of MLA. The programme aims at the local community of Maranalloor and the natives of Maranalloor Grama Panchayath are the beneficiaries of the programme. All the volunteers were actively participated in the programme. Through the programme NSS Volunteers can clean most of the areas of Kaithal Canal and not only the students, some of the staff from our college were also actively participated in the programme. It was a successful programme organised within the NSS Camp 2017. The active involvement of both students and staff make it more successful one.





COMPUTER LITERACY CLASS

On 29th December 2017, evening session of our camp continued with the Computer Literacy Programme for adult people. We provided free classes for them and made them understand the basics of computer and other technological applications, thus integrating technology into their daily lives. The programme aims at the local community of Maranalloor Grama Panchayath and they successfully participated in the programme.



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