



CHRIST NAGAR COLLEGE

MARANALLOOR, TRIVANDRUM

A CMI Educational Institution | Affiliated to the University of Kerala

NSS Annual Report 2022-23

Beach cleaning programme

A beach cleaning programme was conducted by the NSS Unit, nature club and the science club of Christ Nagar College, Maranalloor at Adimalathura Beach, on 31-06-2022 as part of Biological day and Environment day. The programme was aimed to give awareness about the demerits of plastic usage and also its role in creating marine pollution. The whole programme was conducted at the 9th ward of Kottukal Panchayath, Amabalathmoola near to the shores of Adimalathura. The students of all the 3 clubs together had an active participation and gave their maximum effort in this cleaning programme.

The programme was coordinated by Mr. Rony Thomas Mathew (NSS Coordinator of Christ Nagar College, Maranalloor), Ms. Shameema R (NSS Coordinator of Christ Nagar College, Maranalloor), Dr. Shanandh K P, Dr. Anitha V S, Ms. Thasni S, Ms. Parvathy M S, Mr. Rajesh Kumar R and Ms. Gopika P. The Welcome speech was delivered by the student coordinator Ms Aziya sha, the gathering was addressed by Asha B, Ward Member of Kottukal Panchayath and the programme was inaugurated by Sub Inspector Padmakumar G S of Vizhinjam Coastal Police Station. ASI Ajaykumar, ASI Simon Joosa, ASI Binu, CPO Prasoon, Ratheesh, Mahesh and Sujeesh were also there for assisting this programme. Along with these officers our teachers and coordinators also helped us tremendously for waste collection. Mr. D Christhudas, Mr. Selbet, Mr. Sumith, Mr. Thadeus and the children about the age of 4-7 from this ward also contributed their efforts for this programme.

The police officers from Vizhinjam Coastal Police Station were so interactive and guided us in a virtuous way. We collected around 20 bags of wastes. Even in the burning sun, all the members participated in the waste collection programme with great dedication and enthusiasm. It was a proud moment for us Christnagarians when the little children of that community were motivated and came up to lend a helping hand for us to clean the beach. The vote of thanks was delivered by Mr. Rony Thomas Mathew (NSS Coordinator of Christ Nagar College, Maranalloor)

. The students of NSS, Nature and Science Club were in full spirit so that the cleaning process was completed in a quick span of time. The students had a very good experience from this programme and also had awareness about marine pollution. Hope our small initiative will be a great influence and a success in the future generations.

Awareness program on Swatchatha Action Plan

An awareness program Swatchatha Action Plan was conducted by the NSS unit in Christ Nagar College, Maranalloor on 13-02-22. The aim of the camp was to educate the youth and bring awareness about reducing waste and finding alternatives for plastic products.

The program started with a beautiful prayer song and a welcome speech by the first year NSS students. Mrs. Jolly Jacob, principal of Christ Nagar College addressed the gathering and welcomed all the guests. The program became grander with the presence of honourable guests like K. A Beena, Deputy director and Dr. Neethu Sona IIS, the Joint director of Regional Outreach Bureau. The crowd was also addressed by Ms. Sujatha and Ms. Seena from the NGO 'Zero waste'. The students were lucky to be part of a wonderful session given by Mrs. K.A Beena. She taught about the importance of using things only according to our needs to avoid unnecessary wastes. She made the program very interactive by teaching students to make their own pen with magazine papers which is completely organic. Students volunteered and made their own pens. She created awareness about the importance of a greener Earth. All the students received the items to make their own pens at their houses.

The students enjoyed the session as it was both informative and interactive. The program was conducted by strictly following all the covid protocols for the safety each and every citizen.

Orientation program

An online orientation program was conducted by NSS Unit via Google meet. The program aimed to give awareness about the main objectives and programs scheduled by the National Service Scheme. The whole program was anchored by our fellow NSS member Aruna. Which was followed by the NSS Anthem sung by Bhavya. And later the welcome speech presented by Gopika.

The program became grander with the presence of our honourable guest Dr Sathiyaraj A, who completed Refresher Courses in JNU and Jamia Millia Islamia and is now working as the HOD of History in Mother Theresa College, Thiruvananthapuram, who is also the Thiruvananthapuram District Coordinator of NSS. The students were lucky to be part of a wonderful session given by Dr Sathiyaraj A. He educated us with the major objectives of the National Service Scheme like to utilize our knowledge to find practical solutions, in sharing our responsibilities for group activities and be more skilled in community participation. He also taught us to fully understand our community, our relation towards the community, to develop our social and also civic responsibility.

Later on the Vote of thanks was given by Mitreyi. The students enjoyed the session as it was really informative and the members became more aware about the principles and objectives of the National Service Scheme.

World Environment Day Programme

“Iniyum Thalirkkan” a program was conducted by the NSS unit in association with IQAC celebrated on World Environmental Day in Christ Nagar College, Maranalloor.

The day aims to focus on the importance of the environment and to remind people that nature should not be taken for granted. The program started with a gathering and a welcome speech held by Aziya Shah, NSS Student coordinator.

The program became grander by the presence of Mrs. Jolly Jacob, Principal of Christ Nagar College, Mr. Ronnie Thomas Mathew, NSS program officer, Ms. Shameema R, NSS Program officer, Teaching & Non-teaching staffs and NSS official student volunteers. In connection with environmental day celebration, Mrs. Jolly Jacob (principal) took an initiative by planting a sapling. Later, The Principal addressed about the awareness to raise and generate political momentum around growing environmental concerns, such as toxic chemical pollution, desertification and global warming. She created awareness about the greener Earth. NSS Students too planted each saplings as a part of environmental day celebration. The program later ended with a vote of thanks. Moreover, the program was conducted by strictly following all the Covid protocols for the safety of each and every citizens

Let us Dream

23rd Nov 2022 at 10:15 NSS members of Christ Nagar college reached Christ university nodaloffice. All Saints and Mar Ivanios college hosted the program. The program started at 11:30. Students from Both colleges were at the venue.

The session started with a self-introduction. Lisa from the Catholic University of Eichstatt (Germany) joined the session. She came to India to attend the conference at Bangalore Christ University as part of the Dream Project. She helps school students to overcome their shyness and build up their confidence. She shared her experience at the Bangalore conference and she also gave a talk about how to pursue our dream and never let others take decisions for us. After the session, Fr Lijo Thomas joined us. He gave an introduction about that's been conducted by All Saints College accompanied by Mar Ivanios College. The conference is persuading dreams without hindrance. When a person puts forward an innovative idea, society finds one way or the other kind of negativity in it. Through this conference, we are addressing this issue and creating a new outlook on the same topic. Gokul M Com student is the chairperson of this conference, he shared his experience in becoming who he is today. Sub-committees were later divided. There are 9 sub-management committees. Food, Stage, Panel, Marketing, Media, Registration, Documentation, Culture and Stall management. Students from all three colleges are there on all the sub-committees. Before dismissing the meeting all the coordinators were instructed to contact interested parties to join as volunteers.

LAHARI MUKTHA KERALAM

'LAHARI VIMUKTHA', is an awareness mission against liquor and narcotic abuse among the society, initiated by Kerala Government. Fight against Drugs/Narcotics with Vimuktha. Future generation should grow healthy - mentally and physically. For that Society is responsible. Lahari vimuktha campaign was started by the Kerala government to bring an awareness about the use of drugs among the students.

On 30th September 2022, Christ Nagar College formed its Lahari vimuktha committee to support the campaign. The Chairperson of the committee is the principal of the college Dr

Jolly Jacob. The other prominent committee members are Mr Santhosh Kumar S (Maranalloor Circle Inspector), Mr Prasanth (Preventive Officer, Excise department ,Kattakada),Ms Asha S (Maranalloor Grama Panchayat). The committee also includes Dr Leena,Dr Shibu B, Adv Smitha G.V, Mr Jayaraj T, Mr S Radhakrishnan.The Students Representatives of the committee are Bhaskar S, Bharath.J, Akash George ,Aziya Sha ,Aninditha Irene.

VIMUKTHI CAMPAIGN INAUGURATION

VIMUKTHI YATRA PHASE 1

NSS Unit of Christ Nagar College conducted an awareness programme based on the Kerala Government's Lahari Vimuktha Programme and an initiative of Kerala Police, Yodhav. It was inaugurated by Maranalloor police inspector Mr Santhosh Kumar S.The inauguration was done in the Chavara Chamber with the presence of Fr. Titto Varghese (Director and Manager), Dr. Jolly Jacob (principal), Mr Ronnie and Ms Shameema (NSS Programme Officers) along with NSS Secretary and volunteers.

The flag off was done by Mr. Santhosh Kumar through a welcome speech. After the flag off event, an anti-drug rally was conducted in the college premises.

VIMUKTHI YATHRA

Vimukthi yathra was conducted by the NSS Unit of Christ Nagar College as a part of an initiative of the Government of Kerala towards No Drugs. On the 26th of October 2022, we started our journey from our college with 15 members from NSS to Netta village by 9 am. Netta village is adopted by Christ Nagar college, which is situated near the Tamil Nadu border. The program was led by Mr. Rony Thomas Mathew, Ms. Shameema R, Dr. Shibu B and Mr Gautham of Christ Nagar college. Ms. Aziya Sha was the student coordinator.

The agenda of this yathra was to create awareness in all the households of Netta village about the circulation of drugs around us and what measures we can take to stop this circuit of drug supply. The programs planned as part of this yathra were to visit houses and distribute pamphlets and visit ST Thomas School, Netta to take a class on Drug Abuse along with a small quiz competition.

We reached our destination by 10:30, the coordinator divided the group into 4. Each group was assigned an area to visit. We were given a pamphlet written in both Malayalam and English. The duty of each member was to distribute this sheet and interact with them. Upon distribution, we met many interesting people who shared with us their experience and knowledge about drugs and alcohol.

From there, we went to ST Thomas School, Netta. We met with Fr Joseph and Fr Santhosh of the school who gave us a warm welcome. Students from classes 5 to 7 attended our class. The welcome speech was by Sarah, Fr Joseph gave the keynote address and Fr Santhosh introduced us to the students present in the room. Class on drug abuse in society was taken by Jenifer Ronald and Mitreyi Venugopal of S3 BJMC. They made the class interactive and included all the students for the same. The responses from the audience were positive. After class, a quiz session was also conducted led by Aruna of S3 PCA. Students answered the questions eagerly. The session ended with a vote of thanks by Sarah and Fr Joseph.

Drugs cost you more than just money. It takes our precious life. This is the message we need to pass around the world. We placed our first stepping stone at Netta village through this awareness camp hoping that it will create some change in society in the future.

UNITY DAY

Rashtriya Ekta Diwas was celebrated on 31-10-2022 by the students of Christ Nagar College. The event was inaugurated by the NSS Programme officer Mr. Ronnie with a speech on unity. He talked about the importance of this day and the students were enlightened by his thoughtful

words. A pledge was taken by the students who focused on promising to promote unity, integrity and security of the nation among all other fellow countrymen. The students pledged to keep up the spirit of Sardar Vallabhai Patel to preserve the unity of our country. The event ended with a unity chain made by the entire NSS volunteers to promote the message of unity.

PENALTY SHOOT-OUT

On 24th November 2022, Christ Nagar College conducted a penalty shoot-out program to join the ongoing FIFA fever. Students volunteered to try their chance at the penalty shoot-out. The slogan of the program was “A goal against drug abuse.” Around 1000 students participated in the program. The students were able to show case their sports skills.

AWARENESS CLASS

The SHO of Maranalloor police, Santhosh Kumar took an awareness class on drug abuse for the students on 26th Decemeber,2022. He talked about the increase of drug abuse among youngsters these days and how it affects the lives of the youth. He also cleared various doubts raised by the students. The session was very interactive and informative.

POSTER MAKING COMPETITION

As part of the Lahari Vimukthi Campaign a poster competition was organised by the NSS students in the campus on 27th December, 2022. The theme of the poster making competition was 'drug abuse'.The students came up with innovative posters and presented it on stage for the audience.The best poster was selected and displayed on the college notice board to create awareness among the students.

POEM WRITING AND SLOGAN WRITING COMPETITION

A poem writing and slogan writing competition on the theme 'drug abuse' was conducted in the campus on 28th December, 2022. Many students came up with beautiful poems and slogans

which gave strong message against the use of drugs. Best slogan were chosen and displayed in campus.

STREET PLAY

A street play was performed by the NSS volunteers as part of the Lahari Vimuktha Campaign on 29th December, 2022. The students performed a play portraying the life of a drug addict youngster and the way it affects his life. The students performed the play in Pongamoodu junction and Kattakada bus stand. Audience responded positively and the students were appreciated. The students were able to spread awareness among people.

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