



**CHRIST NAGAR COLLEGE**

**MARANALLOOR, TRIVANDRUM**

A CMI Educational Institution | Affiliated to the University of Kerala

# **NSS ANNUAL REPORT**

**2018-2019**

## World Environment Day

On 5 June 2018, the NSS volunteers organised the Tree Plantation Programme under the guidance of the Programme Officer. Over 50 saplings were planted and each student volunteer was assigned one sapling to nourish and care for. The NSS Unit decided to proceed further with the same inspiration through a Plastic Collection Drive. The volunteers gathered across the areas adjoining the college campus to collect all forms of plastic waste like discarded plastic bags, wrappers, bottles and so on. They ensured the maintenance of a plastic free campus. Around 100 saplings were divided among the students, teaching faculty and non-teaching staff members as each one of them pledged to adopt a sapling and take care of its growth in their home environments. Thus the programme aims at not only planting trees among college campus, but also it shares the habit of planting of tree saplings at the homes of the teaching, non-teaching staffs and families of students and they are the beneficiaries participated in the programme.



## **BLOOD DONATION CAMP**

On 8 June 2018 an awareness class related to blood donation was organised at the Seminar Hall of Christ Nagar College in association with the All Kerala Blood Donors' Association. Mr. Biju, the President of the Blood Donors' Association handled an engaging session on the importance of blood donation, and the various aspects of the process regarding who can donate and so on. Subsequent to the blood donation awareness class, a Blood Donation Camp was held on 13 June 2018. Over 100 students participated in the programme and it was a successful endeavor. The donors from the students donate their blood to the RCC, Trivandrum. As they are previously aware about the blood donation, most of the students were participated in the blood donation camp without so many confusions and can successfully conducted the camp.



## **Yoga Day Celebration**

On 21 June 2018 as part of the **International Day of Yoga**, a practical yoga session been conducted at the seminar hall. NSS volunteers, Yoga club members, and school and college going students from nearby areas of the college were the participants of the



programme. A total of 35 students including the students residing in the nearby areas of the college were participated in the session. The session includes both theory and practical sessions. All the participants actively participated in the yoga practice session which was administered by the Programme Officer Mr Livin V



### Community Farming

On 17 and 19 July 2018, the NSS volunteers took part in setting up a **Vegetable Garden** to raise funds for their activities. The volunteers sowed the seeds of various vegetables in the garden. The objective of the venture was to instill in the minds of the students the importance of production activities, and to have a first-hand experience with farming. As the students came out of the walls of their classrooms into the world outside, they



understood the importance of engaging with nature. They managed to successfully reap the harvest of their produce a few days later.



### **Flood Relief 2018-19**

On 16/08/2018 NSS volunteers of Christ Nagar College made remarkable intervention in the form of **Flood Relief Programme** when the whole state was under the threat of a massive flood. The volunteers, with the help of the staff of Christ Nagar College, went to the houses of our students and collected whatever materials they could provide. The cooperation of the students, parents and staff to this noble venture was heartwarming. After the collection drive the volunteers sorted these materials into different categories and packed them very carefully and distributed to the needy at Punalur, part of which was later distributed at the affected areas of Ranni too. The materials included all household items, dress and food materials. The main aim of the programme is to help the flood affected people in Punalur, Ranni and also give assistance to our own students and their families.







### **Flood relief – Sneha Pralayamezhuth**

On 30<sup>th</sup> August 2018, the NSS unit actively joined the efforts of the College to participate in the relief mechanism after the 2018 floods that wreaked havoc all over Kerala. All the students of Christ Nagar College collectively participated in the preparation of manuscript copies of notes named (**Sneha Pralayamezhuth**) to be supplied to the students who had lost their study materials in the floods. We could prepare almost 1200 completed notebooks for different classes from V to XII. The main objective of the programme is to help the students who lost their notebooks in the natural calamity the flood.





### **Computer Literacy Programme**

The NSS unit of Christ Nagar College and one of its most cherishable accomplishments till date was the computer literacy programme organised on 11<sup>th</sup> September 2018. The mission was to equip the adults above 35 years of age in basic computer knowledge. On 11<sup>th</sup> and 12<sup>th</sup> September 2018, the NSS volunteers actively took part in collecting data from the adjoining areas comprising of Maranalloor panchayat. The most challenging aspect faced by the NSS volunteers was to identify the people above the age of thirty five who lacked basic computer skills from among a diverse range of respondents and also effectively convince them to take part in the programme. The NSS volunteers created awareness among the respondents regarding the importance of being equipped in technology to handle daily tasks like the payment of bills, managing Skype calls, online cash transactions and so on. The registration process for the programme began on the 6<sup>th</sup> September 2018 and forty seven people registered for the course. The programme was officially inaugurated on 10<sup>th</sup> September 2018, by Smt. Kumari Maya P.S, the then President of the Village Panchayat, in a function which was graced with the presence of the Vice President and the college management. The classes which were conducted by the students, officially kick started on 11<sup>th</sup> September 2018 and lasted till 15<sup>th</sup> September 2018. A final exam was conducted on 15<sup>th</sup> September 2018. The positive results of the exam reflected that the Computer Literacy programme was indeed a successful endeavor





### **Gandhi Jayanti Celebration- Maniyaravila Hospital Cleaning**

Another beautiful initiative by the NSS volunteers on Gandhi Jayanthi 2018 was a Cleaning Drive at the Maniyaravila Primary Health Centre. With the guidance of the medical officers and the chief doctors of the hospital, the volunteers were able to successfully undertake the cleaning drive. They were educated on the need to cultivate a healthy atmosphere through the safe disposal of medical wastes. They created awareness regarding the importance of maintaining public hygiene for the welfare of all. 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.





### Christmas @ RCC

As part of the Christmas Celebration, the NSS volunteers visited the Children's Ward at RCC (Regional Cancer Centre), Trivandrum on 10th December 2018. The financially backward kids were given special financial aid. The volunteers also had a different style of Christmas Celebration with the kids and distributed toys to them, as per the regulations and guidelines of the RCC authorities. This was the beginning of the thought for beginning a palliative care unit at Christ Nagar College. It was a wonderful initiative taken by the nss unit. Both the childrens at RCC and volunteers can enjoy the celebrations together and the nss unit can gifted them some financial aid as a support for their treatment.



### **PAPER BAG MAKING**

A session for production of paper bag was organised for the NSS volunteers and the local residents of Maranalloor at the seminar hall on 27th December 2018. The participation included both the NSS volunteers and people from local community. A total of 52 persons were participated in the program. The session started with the prayer and inaugural address by Fr Dr Titto Varghese CMI, The Director & Manager of Christ Nagar College. The session was led by Ms Akhila, NSS volunteer, Christ Nagar College. Mr Livin V, NSS programme officer who presided over the meeting and explained the importance of entrepreneurial and skilled activities in today's world. He also congratulated Ms Akhila For leading the session. Ms. Sheeja one among the participants from the local community thanked college management and NSS unit for organising the programme. The programme was filled with quality output. The programme concluded with the closing remarks of Mr Livin V and the vote of thanks by Ms Shameema R, NSS programme officer. At the end the paper bags were given as a gift to the nearby stores and said them to use these bags and avoid plastic bags for wrapping things.





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