



CHRIST NAGAR COLLEGE

MARANALLOOR, TRIVANDRUM

A CMI Educational Institution | Affiliated to the University of Kerala

NSS ANNUAL REPORT

2019-2020

World Environment Day 2019

On 5th June 2019, the institution takes special interest in environmental issues and therefore made it a point to celebrate the World Environment Day keeping in mind the issues that mattered. Hence, the NSS unit of the college planned a three- day long celebration. The unit managed to procure 1000 tree saplings and successfully planted 250 of them in the college premises on 12 June 2019. Around 750 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.



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Flood Relief Work- Collection Centre

In the wake of the 2019 floods that created havoc in Kerala, from 10th August to 13th August 2019, a collection centre was established at Christ Nagar College exclusively for the students and staff which remained open for 4 days. All the volunteers managed to gather cash and other required materials for the flood affected areas. The support of the management contributed an addition of 500 kits of relief materials into this collection. The main aim of the collection centre is to provide these relief materials to the flood affected people. These kits contains all the essentials and required materials of basic necessity to the flood affected people.



Flood-Rehabilitation Work

The Manager, Programme Officer and 20 NSS volunteers travelled in a bus to supply these collections to the flood relief support system at Kuttanad. On 17 August 2019 the group arrived at a flood relief support system managed by the church. They visited flood affected homes and also took the material to camps where people had gathered. It was quite an enlightening experience for the group as they were able to contribute towards the flood relief and rehabilitation work. The targeted population for the programme are the flood affected people in Kuttanad area. The NSS volunteers give them the essentials and required materials of including basic necessity to the affected people.



Plastic Free Campus Cleaning Process

On 13th September 2019, as part of the plastic free initiative of govt. of Kerala, the NSS unit began its nascent stage work to make the campus plastic free. The programme is planned to

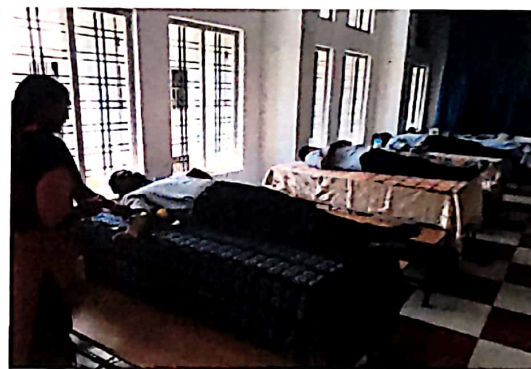
carry out in 3 stages. As the first stage the NSS volunteers gathered plastic waste in and around the college and safely disposed them. In the second stage the plastic components collected from college campus and local community including houses, shops and offices nearby institutions with the help of local administration and community. Since the aim of the programme is to develop a plastic free Maranalloor, the NSS volunteer submitted an official request to Adv I B Satheesh, MLA to install a plastic recycling unit at the college campus which will benefit both college and nearby community to attain the plastic free status in the upcoming years.



BLOOD DONATION AWARENESS AND CAMP

On 23rd November 2019 an awareness class related to blood donation was organized 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 28th November 2019. 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.





PALLIATIVE CARE UNIT INAUGURATION AND CLASS

On 20th December 2019 palliative care unit was inaugurated by Brigadier Ooman John. The motto behind this unit is to improve the quality of life of patients (adults and children) and their families who are facing problems. We have conducted a session on the specialties of a palliative care. An expert talk was given to create awareness of the specialized medical care that focuses on providing patients relief from pain and other symptoms of a serious illness, and how to improve the quality of life for both patients and their families. For the class both students and some of the people from nearby locality were participated. The main aim of providing the class is to provide care and support to the people either from their family or locality who is suffering from some illness or health issues. The class is a successful one as it can create a proper idea about palliative care and the activities that can be done by our volunteers and those who are participated in it.



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