



CHRIST NAGAR COLLEGE

MARANALLOOR, TRIVANDRUM

A CMI Educational Institution | Affiliated to the University of Kerala

NSS ANNUAL REPORT

2020-2021

SANITISATION PROGRAMMES

As part of world environment day, on 5th June 2020, our college conducted a sanitation programme in Maranalloor panchayath organized by NSS unit and Nature club in association with IQAC. The programme was inaugurated by the Maranalloor panchayath president A.Sureshkumar and was supervised by the programme Officer Livin V. Students and Faculties of the college sanitised various public places in Maranalloor such as police station, college, krishi bhavan, market, bus stops and common kitchen. Entire programme was conducted on the basis of Covid protocol by the Government of Kerala. The entire day was very productive one.



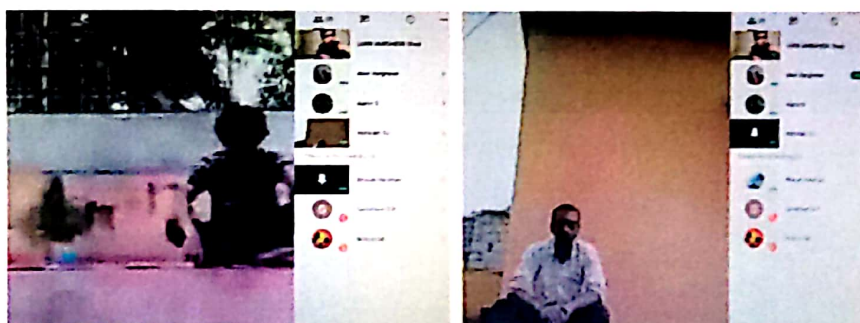
World Environment Day

World Environment Day is observed on June 5. Due to covid situation volunteers were not able to assemble in the college campus. As part of observing this important day, on June 5 2020, NSS programme officer Mr. Livin Varghese and the Manager and Director of the college Fr. Dr. Titto Varghese CMI together planted a sapling in the college campus. It was an inspiration for the volunteers. The inauguration of community planting was also held during the programme. As part of the community planting, the NSS volunteers handed over tree saplings to nearby households abiding by the covid 19 protocol. All NSS volunteers cleaned and planted a sapling in their home as part of observing it. Even though it was a difficult situation to come to the campus, every volunteers observed this World Environment Day proudly as a duty and was so delighted too. With the less space they had, they planted atleast a sapling and protected and conserved our environment.



International Yoga Day

As part of observing International Yoga Day on 21 June 2020, NSS Unit of Christ Nagar College organized an online yoga practice session. The session was conducted through online platform Google Meet. About 70 volunteers and their friends and relatives were joined and practice the session. NSS Programme Officer Mr Livin organized and conducted the practice session. Under the leadership of Mr Livin, volunteers practiced Yoga with their camera on. Mr Livin started the session about explaining the benefits of Yoga and the proper ways of doing Yoga. The session went up to 1 hour. The main aim of the programme is to physical fitness and health maintenance through practice of yoga. Through the session yoga can be learned not only the volunteers but also the friends and relatives of the volunteers.



Covid-19 Relief Distribution

Due to COVID-19 Pandemic, many houses were drowned of poverty. On 20th August 2020, the NSS Unit of Christ Nagar College, Maranallloor in association with IQAC arranged food kits containing important food materials for the people. NSS unit and the college collected 100 food kits and distributed each to a family. It was a relief for the people. Along with four NSS Volunteers college staffs also joined in this event. Each food kit was distributed to a family and covered 100 houses. Important food materials were provided in the food kit. The programme mainly aims at providing the food kits to the nearby houses of the college campus as a relief to the pandemic Covid-19.



Unity Day Pledge

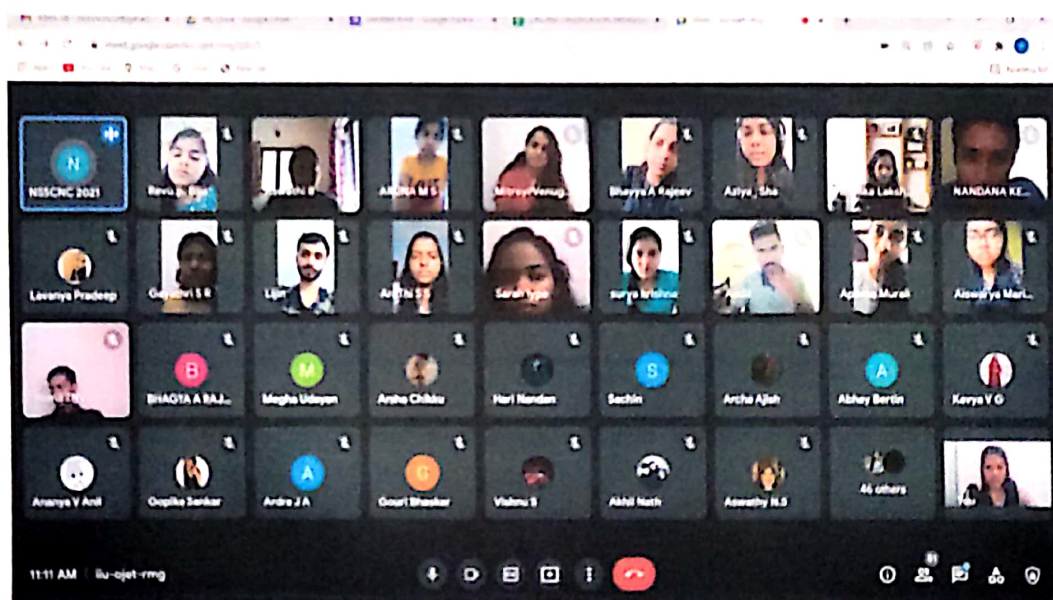
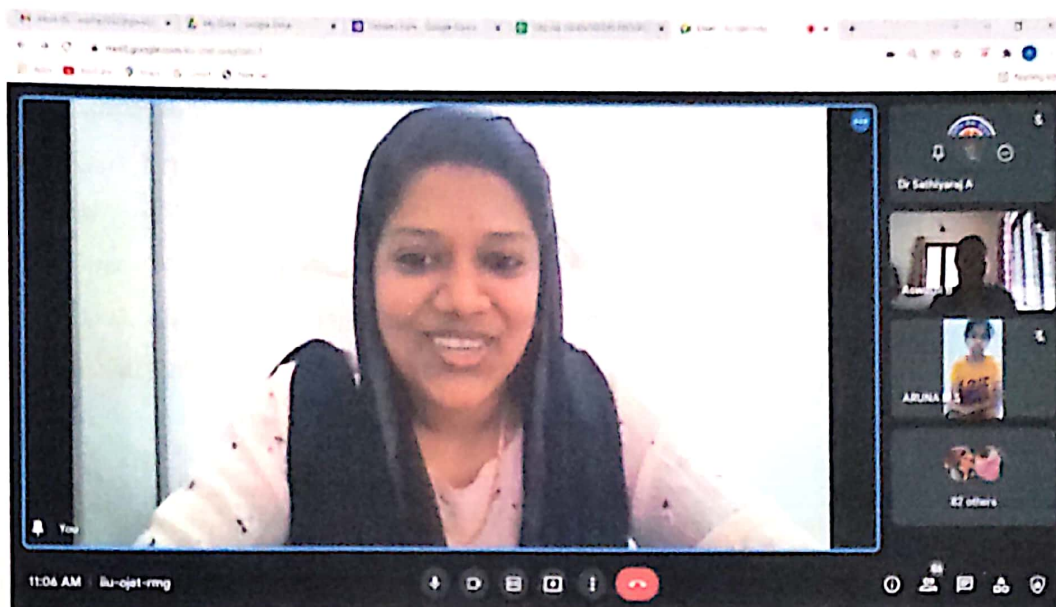
National Unity Day or Rashtriya Ekta Diwas is celebrated on October 31 since 2014. The day is observed with patriotic events to mark the birth anniversary of Sardar Vallabhbhai Patel – the man who played an important role in the unification of India. NSS Unit of Christ Nagar College, Maranallloor celebrated unity day through online due to the pandemic situation. All the NSS Volunteers took the oath in their houses and sent the pictures to the programme officer Mr. Livin Varghese. Even though it was in different places, everyone unitedly took the pledge with all its importance.



Drug Abuse Webinar

The NSS Unit of Christ Nagar College, Maranalloor in association with IQAC conducted a webinar on the topic 'DRUG ABUSE'. The webinar was conducted on 12th December, 2020. This webinar was conducted for the NSS students of Higher Secondary of Nedumangad Cluster. The resource person for the webinar was Mr. V. G Sunil Kumar, Excise Inspector, Excise Check Post, Mandapathinkadavu. The topic was a relevant and important one for the students to know about the dreadful usage of drugs. The webinar started at sharp 5pm and it was conducted through online platform- Google Meet. Many volunteers joined the webinar and was very excited for it. Christ Nagar College Manager Fr. Dr. Titto Varghese CMI and Principal Dr. Jolly Jacob were present throughout the webinar. NSS Programme Officer Mr. Livin

Varghese and IQAC Coordinator Ms. Parvathy was also present. The resource person shared his official experiences and explained the dangerous impacts of drug usage. He also shared the information of informing the officials of witnessing anyone using drugs. The volunteers cleared their doubts with the resource person after the webinar. E-certificates were provided to all volunteers who attended the webinar.



DISTRIBUTION OF BOOK BANQUET

A book donation programme named "Book Banquet" was held on different days of 2020 in 12 different government schools organized by NSS unit of our college. The entire programme was supervised by NSS volunteers, teachers and Advisory committee members. On 29/01/2021 1000 books were provided for Govt HSS school kandala, On 01/02/2021 1000 books were provided for Govt HSS school plavoor, On 05/02/2021 victory HS school got 530 books each and on the same day 215 books were provided for UP school Russelpuram. On 09/02/2021 1015 books were provided for DVMNNMHSS School. On 10/02/2021 BIp HSS and BIp HS were provided 765 and 265 books each. On 17/02/2021 Govt model HSS and Govt model HS got 515 and 365 books each and on the same day 165 books were provided for St Mary's Malankara Catholic Church Pulinkunnu. On 17/02/2021 Govt model HSS and Govt model HS got 515 and 365 books each. On 19/02/2021 115 books were provided for Govt school manvila.



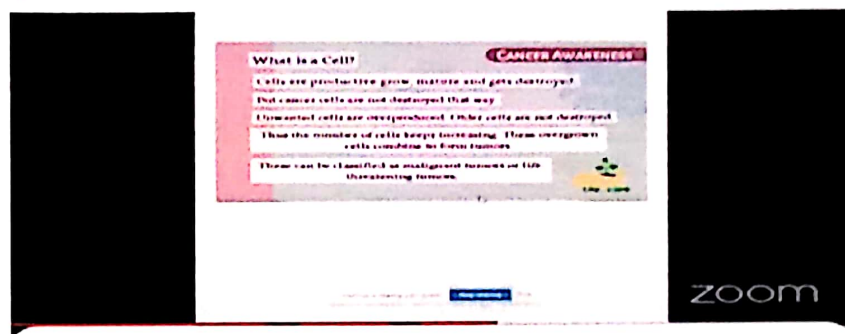




Webinar on 'The Role of Youngsters in Cancer Prevention And Healthy Lifestyle'

The first webinar conducted by the NSS Unit of Christ Nagar College, Maranalloor in association with IQAC during the lockdown period was on 7th of November, 2020 at 5pm. The webinar was conducted through online platform Zoom. The topic for the webinar was 'The Role of Youngsters in Cancer Prevention And Healthy Lifestyle' and the resource person was Dr. Mohammed Nowfal Maheen, BHMS, TCC Specialist, Research worker in Social and Preventive Medicine. He developed special interest in Awareness for Oncology and Addiction Free India. The webinar started on time with welcome speech by the student coordinator Akhila K H. Followed by it, the resource person, Dr. Mohammed Nowfal Maheen

started to present the session. Over 140 students took part in our webinar to learn some expert advice on cancer treatment. It was the first experience on online platform. His presentation was amazing as he added some visuals and videos regarding the topic in order to get the idea easily. The major topics he covered were the reasons behind the vast spread of cancer, how it spreads into the body, and mainly the lifestyle issues. He also gave proper ways to have a healthy lifestyle. He also provided videos about the Awareness for Oncology and Addiction Free India. The people from the outside community were also invited for the programme. Th participation reached the maximum in the initial stages itself. The participants include students, teachers, parents and the people from local community etc. The NSS programme officers Mr Livin V and Ms Shameema.R were also present throughout the session. Soon after the session, few students asked questions. With Akhila's Vote of thanks the session came to an end. Feedback form was given to give the feedback on the session. Also E-certificates were given to all those who participated in the webinar.



Description



Role of Youngsters in Cancer Prevention and Healthy Lifestyles

5

Likes

99

Views

2020

Nov 7



Physics CNC
125 subscribers



Description

Role of Youngsters in Cancer Prevention and Healthy Lifestyles

5
Likes

99
Views

2020
Nov 7

Description

Role of Youngsters in Cancer Prevention and Healthy Lifestyles

5
Likes

99
Views

2020
Nov 7



Physics CNC
125 subscribers



Physics CNC
125 subscribers

 Videos

 About

KARUNYASPARSHAM- DISTRIBUTION OF SEWING MACHINE

On 25th February 2021, as part of the Karunya sparsham programme the NSS unit of Christ Nagar College distributed sewing machines. The programme was presided over by the College manager Fr Dr Titto Varghese CMI. The sewing machine was handed over to Ms Aji Shajahan by the college principal Adv IB Satheesh, MLA in the presence of Dr Jolly Jacob, Principal Christ Nagar College and department heads. During the inaugural speech principal Dr Jolly Jacob appreciated the NSS unit for organising such programs which can make a huge positive impact on the life of individuals and the society. She promised all the support from the college administration for conducting such programme in the upcoming years also. The programme was concluded with the vote of thanks by Ms. Shameema R , NSS programme officer, Christ Nagar College



KARUNYA SPARSHAM - SINGLE HAND DRIVE TRI CYCLE **DISTRIBUTION**

On 25th February 2021, As part of the Karunya sparsham programme the NSS unit of Christ Nagar College distributed single hand drive tricycle. The programme was presided over by the College manager Fr Dr Titto Varghese CMI. The Tricycle was handed over to Mr Aramlloor Muhammed haneefa by Adv IB Satheesh, MLA in the presence of Dr Jolly Jacob, Principal, Christ Nagar College and department heads. During the inagural speech principal appreciated the NSS unit for organising such programs which can make a huge positive impact on the life of individuals and the society. She promised all the support from the college administration for conducting such programme in the upcoming years also. The programme was concluded with the vote thanks by Mr Livin V, NSS programme officer, Christ Nagar College.



[Signature]
NSS PROGRAMME OFFICER
Christ Nagar College
Maranalloor, Trivandrum-695 512



[Signature]
PRINCIPAL
CHRIST NAGAR COLLEGE
MARANALLOOR, KOOVALASSER,
TRIVANDRUM-695 512