



**Criterion 3**  
**Research, Innovations & Extension**

**3.2.2: SEMINARS AND WORKSHOPS**

**Government Arts and Science College  
Kozhinjampara**

**INDEX****3.4.3 NSS EXTENSION ACTIVITIES**

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# **GOVERNMENT ARTS AND SCIENCE COLLEGE, KOZHINJAMPARA**

**NSS UNIT:233**

## **OUTREACH PROGRAMS ORGANIZED BY NSS UNITS**

### **Outreach Program No.1**

#### **Annual Blood Donation Camp 2018 - Give Blood: Save Life**

**Date: 10-02-2018**

The Annual Blood Donation Camp 2018, organized in association with the district blood bank, was held at Mercy College Palakkad. NSS Volunteers from various colleges within the district, including the enthusiastic volunteers from Govt Arts and Science College Kozhinjampara, actively participated in this noble cause of donating blood to save lives. Inauguration and Dignitaries: The camp commenced with a heartfelt inauguration by Sister Rosy, the principal of Mercy College Palakkad, who emphasized the importance of giving blood to spread love and compassion. The esteemed chief guest of the event was Mr. K. Pradeesh, the N.S.S. District Coordinator, and also present was Programme Officer Chittur College. Blood bank medical officer Radhika, along with Shravankumar, Aashik, Sister July (Mercy College Programme Officer), Ranjukrishna, and volunteer Shafyas, addressed the gathering of students, sharing valuable insights about the significance of blood donation in saving lives.

Cycle Rally for Awareness: To raise awareness about the blood donation camp, a cycle rally was organized by the volunteers. The rally commenced at Kota Maidanam and proceeded to Mercy College, covering various residential areas along the way. The rally was flagged off by Palakkad S.I.C.C. Basant, garnering attention and encouraging more people to participate.

Approximately 20 colleges participated in the blood donation camp, and an impressive number of 90 individuals selflessly donated their blood.



## **Outreach Program No.2**

### **NATURE TRIP TO MANNUTHY AGRICULTURAL UNIVERSITY**

**Date: 11-04-2018**

The Chittur Employment Exchange Office and NSS Unit of Government Arts and Science College Kozhinjampara jointly conducted a nature trip to the Agriculture University at Mannuthy, Thrissur. It is one of the Agricultural Universities out of three agricultural universities in Kerala. About 30 NSS volunteers got an opportunity to visit. Employment Officers Mr. Rajendran, Mr. Abdul Kalam and NSS Programme officer Smt.Hemalatha C. were guided the volunteers throughout the trip. The visit was at the college of horticulture which is under the Agriculture University. Students attended small sessions at mushroom cultivation area, earthworm culture area got information about different stages of

mushroom cultivation, types of earthworms, culturing, methods, uses, prices for each culture etc. Thereafter they got a chance to visit a medicinal plant garden which helps to know about different species of plants having medicinal properties. Then they visited the College of veterinary and animal science. These sessions include the visit of anatomy lab, anatomy of different animals is there. Thereafter they attended the Poultry breeding farm, dairy farm, rabbit breeding farm etc. These sessions gave us vast knowledge about the different variety of animals and poultry etc. The trip ended at Peachy Dam.



### **Outreach Program No.3**

**JAGRATHGOLSAVAM 2018 (Pre monsoon cleaning programme)**

**Date: 17-05-2018**

Nallepilly Health Centre in association with NSS Unit of Government Arts and Science College Kozhinjampara conducted a 'jagratholsavam 2018 a programme for children below 18yrs. old, at NallepillyThekkegramam. It is a pre monsoon programme, intended to create awareness about the importance of cleaning. The programme started with a welcome address by Mrs.Dhanya K Block Panchayath Member and it is Inaugurated by Balan. C Health Inspector Nallepilly Health Centre. The class was taken by Mrs.Saritha S. JDS and Health Inspector. NSS programme officer Smt.Hemalatha.C and 50 NSS volunteers participated in the program. As part of this program our volunteers cleaned the Thekkegramam Village, thereafter a session was conducted for the children for making some art works by using coconut leaf and newspaper.



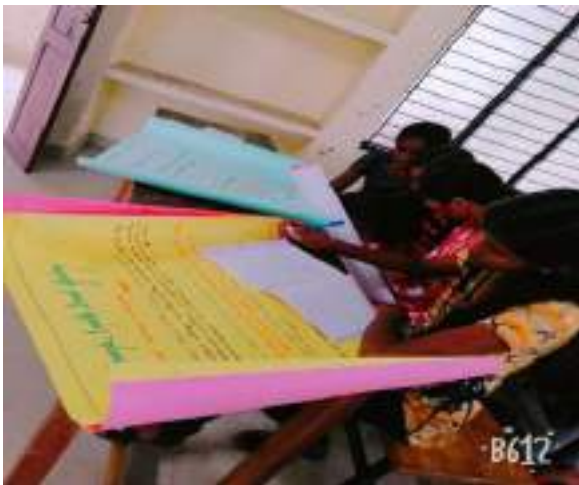


### **Outreach Program No.4**

#### **Breastfeeding Week Celebration - Flash Mob and Street Play**

**Date: 07-08-2018**

On 7<sup>th</sup> august, 2018 NSS Unit of Govt. Arts and Science College Kozhinjampara celebrated Breastfeeding Week by conducting various awareness programmes at Kozhinjampara Bus Stand. The ICDS Department Nattukal also joined us. Breastfeeding is one of the most effective ways to provide children everywhere with the best start to life. The theme of this year's world breastfeeding week was " Breastfeeding- foundation for Life\* Breastfeeding guarantees a safe, nutritious and accessible food source for infants and young children, while shielding them from disease. It helps to create an awareness about the importance of breastfeeding. As NSS volunteers it is our duty to create awareness among the general public about the goodness of breastfeeding. This program was inaugurated by our college Principal Dr. K Mani and welcome speech and awareness speech delivered by NSS programme officer Hemalatha. C.AS part of this awareness programme we conducted a flash mob, Street play, and Speech on importance of breastfeeding, Mime etc.in the kozhinjampara bus stand it is a place where large numbers of people with different cultural background and different age groups will reach in search of buses. Large number of people were excited with our performance, they motivated us by putting their hands together. Volunteer secretary Monisha,delivered vote of thanks.115 students along with principal and teachers were participated in this memorable moment.



## **Outreach Program No.5**

### **Kuttanad Flood Relief Fund Collection**

**Date: 08-08-2018**

In response to the devastating floods that wreaked havoc across Kuttanad in Kerala, the NSS Unit of Govt Arts and Science College, Kozhinjampara, launched a flood relief fund collection drive. The primary objective was to alleviate the suffering of the severely affected areas and offer assistance to those in dire need during this crisis. Guided by NSS Programme Officer Hemalatha, the unit proactively engaged with the college community, soliciting contributions to bolster the relief efforts. This united endeavour yielded a noteworthy collection of Rs. 3500, which was subsequently entrusted to Dr.K Mani, the College Principal, who managed the relief operations. Ensuring transparency and efficiency, the gathered funds were promptly remitted to a dedicated bank account earmarked for Kuttanad flood relief, ensuring targeted aid to the most affected regions. This flood relief fund collection drive stands as a testament to the NSS Unit's unwavering commitment to support

the distressed communities of Kuttanad. The amassed contribution of Rs. 3500 mirrors the deep empathy and solidarity within the college community, epitomizing the ethos of social responsibility and compassionate service. By expeditiously channelling the funds to the designated account, the NSS Unit underscores their dedication to effective assistance, reflecting the core values of empathy, compassion, and collective well-being.



### **Outreach Program No.6**

#### **Participation in Flood Relief Camp at Olavakkode College**

**Date: 11-08-2018**

On 11th August 2018, the National Service Scheme (NSS) unit of Government College Kozhinjampara participated in a remarkable flood relief camp held at Olavakkode College. This event was a testament to humanitarianism and the strength of collective effort, as NSS volunteers united to provide crucial assistance to those severely impacted by the devastating floods. The camp responded to the urgent needs of the affected communities, with NSS members exhibiting unwavering dedication and teamwork. Their relentless commitment translated into valuable aid for flood-affected individuals and families. Services encompassed the distribution of food, clean water, and medical supplies, as well as active involvement in rescue operations to evacuate people from submerged areas. The successful execution of the camp resulted from collaboration among community organizations, government agencies,



and local residents, emphasizing the power of collective engagement during crises. The impact was profound, leaving lasting impressions on both recipients and volunteers alike, evoking gratitude, pride, and a shared sense of purpose. The NSS unit's participation in this flood relief camp exemplifies the core values of compassion and unity, serving as an inspiring model of community service that creates positive transformations in society.



### **Outreach Program No.7**

#### **Mass Cleaning in Flood-Affected Houses at Sundaram Colony, Palakkad**

**Date: 14-08-2018**

In response to the devastating floods that struck Sundaram Colony in Palakkad, a collaborative effort was spearheaded by NSS volunteers from various colleges across the district, in partnership with the Palakkad District Coordination Committee, to undertake an extensive cleaning mission. The mission aimed to aid the flood-affected households in their recovery by meticulously cleaning their homes, which had been inundated with mud and dirty water. The extent of damage inflicted by the floodwaters on the houses necessitated a coordinated and determined cleaning endeavour. The NSS volunteers methodically embarked

on the task, diligently removing mud, water, and debris, and meticulously restoring the homes' interiors. Under the guidance of Programme Officer Hemalatha, 20 dedicated NSS volunteers from our college participated in this significant cleaning program, contributing their unwavering dedication and hard work. Their invaluable efforts played a pivotal role in aiding the flood-affected families of Sundaram Colony to reclaim their homes and initiate the recovery process. The mass cleaning mission, conducted on 14th August 2018, exemplified the spirit of community service and solidarity, showcasing the remarkable impact of collective action in times of crisis. The volunteers' active engagement in this noble initiative not only underscored their commitment to assisting those in need but also exemplified the ethos of compassion and social responsibility championed by the NSS organization. Such compassionate acts of service remain essential pillars of support during times of adversity, fostering resilience and upholding the values of empathy and unity.



## **Outreach Program No.8**

### **Service in Kanjikode Flood Relief Camp**

**Date: 16-08-2018**

On 16th August 2018, the NSS volunteers from our college demonstrated their unwavering commitment to community service by actively participating in relief efforts at the Kanjikode Relief Camp. Engaging in activities ranging from cleaning and serving food to collecting essential items, our volunteers showcased their dedication to providing support and assistance to those affected by the floods. With approximately 16 NSS volunteers wholeheartedly contributing their time and effort, the camp premises were cleaned to ensure a hygienic environment, meals were served to provide comfort, and necessary items were collected to address immediate needs. This collective display of selflessness and compassion reflects the core values of the NSS organization, embodying the spirit of solidarity and social responsibility in the face of adversity.



## Outreach Program No.9

### Service in Flood Relief Collection Centre at Indoor Stadium, Palakkad

**Date: 17-08-2018**

The active participation of NSS volunteers from our college in the flood relief collection camp at Indoor Stadium, Palakkad, showcased a commendable commitment to community service. Taking place on 17th August 2018, the camp played a vital role in efficiently collecting and organizing essential relief materials intended for distribution to various flood rehabilitation centres, relief camps, and affected households across Kerala. The volunteers, numbering fifteen each day, diligently sorted and categorized items such as food, medicine, clothing, vegetables, and fruits, ensuring a well-organized distribution process. The Indoor Stadium served as a crucial central hub for receiving and managing the influx of donations from diverse sources, streamlining efforts to provide aid to those in need. The NSS volunteers' selfless dedication during this time of crisis exemplified the principles of compassion and social responsibility, epitomizing the spirit of solidarity that defines the NSS organization's values.





## Outreach Program No.10

### Cleaning in Rehabilitation Centre at Apnagar Kanjikode, Palakkad

**Date: 18-08-2018**

The NSS volunteers of Govt. Arts and Science College, Kozhijampara, undertook a commendable endeavour to clean and prepare houses at Apnagar in Kanjikode, Palakkad, as flood relief camps during a critical flooding period. This initiative aimed to offer shelter to those affected by the calamity, temporarily transforming Apnagar, originally constructed for inter-state migrant laborers, into a refuge. A dedicated team of 20 NSS volunteers participated earnestly in the cleaning mission, diligently restoring the four-storeyed building's 64 rooms to accommodate flood-displaced individuals. Apnagar, a testament to Kerala Government's commitment to providing safe housing for migrant laborers, seamlessly transitioned into a flood relief camp, embodying its role as a shelter for those seeking solace and respite in the face of adversity. The volunteers' active engagement and altruistic spirit underscore the essence of community-driven service, exemplifying empathy and compassion in action, as they played a vital role in extending a glimmer of hope to those grappling with the aftermath of the floods.



## Outreach Program No.11

### Collection of Flood Relief Materials

**Date: 19-08-2018**

In direct response to the devastating floods that inflicted widespread hardship, our NSS unit initiated a commendable effort to collect essential flood relief materials. On August 19th, 2018, the unit orchestrated a diligent collection drive, mobilizing contributions from both college staff and the broader community. The enthusiastic response resulted in an overwhelming inflow of donations, including new clothes, stationery, bed sheets, soaps, sanitary napkins, and vital food items, collectively amounting to a value of Rs. 10,000. This remarkable achievement underscores the profound compassion exhibited by the college staff and local community. The collaborative success of this endeavour, made possible by the dedicated participation of 32 NSS volunteers, serves as a testament to their unwavering commitment to humanitarian service, epitomizing the spirit of unity and solidarity during times of adversity. The collected flood relief materials undoubtedly hold the potential to significantly alleviate the plight of those affected, exemplifying the core values of the NSS organization and the altruistic essence of service to humanity.



## Outreach Program No.12

### Fund Collection for Flood Relief

**Date: 20-08-2018**

In a display of urgency and compassion, the NSS volunteers, guided by NSS Programme Officer Smt. Hemalatha C, spearheaded a flood relief fund collection initiative across Nallepilly and Kozhinjampara areas. Adopting a door-to-door approach in Puthanpadam, Kunnachi, Mattumantha, and Athikode, the volunteers garnered a favorable response from residents who generously contributed to the cause. The concerted efforts of the volunteers resulted in the successful collection of Rs. 10,000, earmarked to provide vital support to flood-affected individuals and families. Upon conclusion, the collected funds were handed over to the College Principal and subsequently deposited into the Chief Minister's flood relief fund, aimed at substantial aid and restoration for the flood-stricken regions. This fund collection drive, executed on August 20th, 2018, epitomizes the ethos of community service and empathy, highlighting the volunteers' resolute commitment to collective action during challenging times. Their contribution to the Chief Minister's relief fund stands as a testament to their dedication, underscoring the significance of solidarity and service in facilitating recovery and reconstruction for those grappling with the aftermath of the floods.



### **Outreach Program No.13**

#### **Gandhi Jayanthi Celebration - Cleaning Drive at Campus and AUP School, Athikode**

**Date: 02-10-2018**

In homage to the birth anniversary of Mahatma Gandhi, the NSS Unit of Govt. Arts and Science College Kozhinjampara orchestrated a profound tribute by organizing a purposeful cleaning drive within our college campus and a nearby government school in Athikode. Embodying Gandhi's enduring principles of truth, non-violence, and service, fifty committed NSS volunteers, guided by NSS Programme Officer Hemalatha C, fervently engaged in the cleaning endeavour. This initiative sought to instill the significance of service and cleanliness, resonating with Gandhi's teachings and encouraging students to embrace values of simplicity and selflessness. The event witnessed tributes from School Head Mistress Smt. Nirmala and Ward Member Smt. Suseela, who extolled Gandhi's enduring relevance and urged students to integrate Gandhian ideals into their lives. Beyond cleaning, the NSS unit's initiative extended to preparing the school compound for vegetable cultivation, not only nurturing environmental responsibility but also promoting sustainable practices. The celebration and cleaning drive marked a poignant tribute to Mahatma Gandhi's legacy, encapsulating his ethos of simplicity, selflessness, and service. The dedicated involvement of NSS volunteers and students epitomizes the spirit of community service, propelling our collective aspiration for a cleaner, more compassionate society—an embodiment of Gandhi's vision. In such initiatives, we remain perpetually inspired by Mahatma Gandhi's timeless ideals, as we ardently strive to cultivate a positive and lasting impact on our world.





## **Outreach Program No.14**

### **Cleaning Mission Related to Gandhi Jayanthi at Nallepilly Panchayath**

**Date: 02-10-2018**

In commemoration of Gandhi Jayanthi, our NSS unit enthusiastically celebrated the occasion by collaborating with Nallepilly Panchayath to conduct an intensive cleaning drive, underscoring our commitment to environmental preservation and community service. The event's inauguration by the President of Nallepilly Panchayath, Sri Sarangadharan, marked the commencement of a determined effort to enhance the cleanliness and sustainability of the locality. Guided by NSS Programme Officer Hemalatha C, our NSS volunteers, in coordination with Asha workers and Suchithwakarmasena, united their efforts to undertake a comprehensive cleaning campaign. With a primary focus on clearing roadside debris, plastic waste, and discarded papers from Nallepilly Panchayath to Mattumantha junction, the collaborative endeavour yielded a significant positive impact on the area's cleanliness. Diligently and resolutely, we collected a substantial volume of plastics and waste from both nearby shops and the roadside. This successful cleaning mission serves as a testament to our dedication to Mahatma Gandhi's timeless principles and teachings on cleanliness and environmental stewardship. By joining forces in this initiative, we contributed to the betterment of Nallepilly Panchayath, elevating its hygiene and well-being for all residents. The cooperative spirit exhibited by the NSS unit, Asha workers, and Suchithwakarmasena exemplifies the potency of collective action in realizing a shared objective. As we aspire to inspire positive transformation and cultivate a heightened sense of responsibility toward our surroundings, endeavours of this nature stand as shining examples of meaningful change driven by the legacy of Mahatma Gandhi's ideals.



### **Outreach Program No.15**

#### **Class On Value Education – Prize Distribution on Essay Competition**

**Date: 25-10-2018**

The NSS Unit attended a class on value education, organized by Sathya Saiseva Samithy at Thekkegramam, Chittur. It included the prize distribution ceremony to the winners of essay competition, which was conducted earlier at various colleges and schools in Palakkad under the initiation of Sathya Sai Sevasamithy. NSS programme officer Hemalatha. C inaugurated the class on value education and prize distribution ceremony by pointing out the role of youth in nation building. Sri. Hari, State Coordinator of Sathyasaiseva organization led the entire programme. The aim of this class was to inculcate morals, values among the students and to make them aware of duties and rights as a student, citizen and youth. Students and teachers from various schools and colleges participated in this programme.





### **Outreach Program No.16**

#### **JAGRATHGOLSAVAM 2018 (Pre monsoon cleaning programme)**

**Date: 17-05-2018**

Nallepilly Health Centre in association with NSS Unit of Government Arts and Science College Kozhinjampara conducted a 'jagratholsavam 2018' a programme for children below 18yrs. old, at NallepillyThekkegramam. It is a pre monsoon programme, intended to create awareness about the importance of cleaning. The programme started with a welcome address by Mrs.Dhanya K Block Panchayath Member and it is Inaugurated by Balan. C Health Inspector Nallepilly Health Centre. The class was taken by Mrs.Saritha S. JDS and Health Inspector. NSS programme officer Smt.Hemalatha.C and 50 NSS volunteers participated in the program. As part of this program our volunteers cleaned the Thekkegramam Village, thereafter a session was conducted for the children for make some art works by using coconut leaf and newspaper.



## Outreach Program No.17

### Happy Spring Cleaning - Kozhinjampara Bus Stand Cleaning

**Date: 20-11-2018**

In tribute to Mahatma Gandhi's emphasis on cleanliness and as an embodiment of his principles, 100 of our dedicated NSS volunteers ardently participated in a comprehensive cleanliness drive at Kozhinjampara bus stand. This collaborative effort with Lions Club, held on November 20th, 2018, aimed to establish a hygienic and secure environment for passengers and workers, while promoting community engagement and raising awareness about the significance of maintaining cleanliness in our surroundings. Under the guidance of our Program Officer, Hemalatha C, and in partnership with Lions Club members, the event successfully fulfilled its objectives. The inauguration by Lions Club member Mr. Midhun and their generous provision of essential resources underscored the seamless execution of the cleaning drive. With fervent participation from all 100 NSS volunteers, the Kozhinjampara bus stand underwent a transformative change, reflecting the Vigor of collective commitment. This initiative exemplified the essence of community service, demonstrating how collaborative endeavours can manifest a shared goal. By contributing to the cleanliness of the bus stand, our NSS volunteers not only enriched the safety and well-being of passengers and workers but also embodied Mahatma Gandhi's vision of a pristine and thriving India. Such initiatives echo the broader societal responsibility for maintaining a clean environment, fostering a culture of conscientiousness and collective betterment.





## Outreach Program No.18

### A Visit to an Old Age Home

**Date: 03-11-2018**

On December 3rd, 2018, in accordance with the National Service Scheme's (NSS) commitment to social welfare, a group of 25 dedicated volunteers, led by NSS program officer Hemalatha C, undertook a visit to the Karunya Trust old age home subsequent to a rally. This visit aimed to foster a sense of companionship and care for the elderly residents, thereby acknowledging their invaluable contributions to society and addressing their social and emotional needs. The interaction with the elderly proved to be an enlightening experience, as the volunteers engaged in meaningful conversations, shared stories, and exchanged wisdom with the inhabitants, thereby nurturing a sense of intergenerational understanding. The expressions of gratitude and warmth displayed by both the elderly residents and the caretaker, Mr. Jayakumar, served to highlight the positive impact of such endeavors. This visit not only enriched the lives of the elderly but also instilled a sense of empathy, respect, and social responsibility in the NSS volunteers, emphasizing the importance of fostering a harmonious and inclusive society that cherishes its senior members.



## **Outreach Program No.19**

### **SEVEN DAY NSS SPECIAL CAMP 2018-2019 “SWANTHANAM”**

**DATE: 22-12-2018 to 28-12-2018**

**VENUE: R.V. PUDUR, ERUTHENPATHY.**

**DAY 1 22-12-2018**

NSS unit 233 of Govt. Arts and Science college Kozhinjampara started their Seven-day camp from 22nd December to 28th December 2018 at R V pudur UP school, Eruthenpathy; named 'Santhanam" to rebuild the flood affected areas of Eruthenpathy grama panchayat. RVP Pudur is a region where it is badly affected during the time of flood mostly by heavy storm.

The programme began with the NSS flag hoisting at 10:00 AM by Hemalatha C. Programme officer, NSS unit, Govt. Arts and Science College Kozhinjampara. The Camp was formally inaugurated by Ponraj, Eruthenpathy panchayath president. The welcome speech was given by the programme officer Hemalatha C. It was followed by a lamp lighting ceremony. The Presidential speech was given by Honourable Principal K.Mani. Rajesh C, HOD of Physical Education Department gave a detailed information about the camp. The felicitation speech was given by Sri Dinakaran, Vice Principal UP School Eruthenpathy, Balan ward member Eruthenpathy grama panchayath, and Vivek, College Chairman. Vote of thanks was given by Sanjil.C, volunteer Secretary. After the inaugural session volunteers are busy with committee formation, discussion and cultural events.



## DAY 2

**Date:23-12-2018**

Programme officer Smt Hemalatha C has given the schedule of day 2. 3 activities were included in the day 2 programme. At 09:00 am as per the schedule the volunteers were divided into groups and sent to different parts of R V P Pudur for plastic waste collection from houses, shops and streets. This mass cleaning campaign. As a part of this the volunteers noticed a vast garbage dumping area near mariyamman temple beside a river. Under the leadership of Programme officer Hemalatha C and Volunteer Secretary Sanjil C, the area was cleaned by removing all the plastic wastes dumped here. Personality Development Class titled 'Breaking Mind Barrier by Sri. SijuRajan ASAP trainer's Trainer was taken at 3 pm. The class was very nice. It includes different types of personality development tasks, mock sessions and one to one sessions and group activities. The class made the volunteers more confident. We conducted a debate on the merits and demerits of plastics at 8.30 pm.



## DAY 3

**Date: 24-12-2018**

2 programmes were arranged in Day 3

1. Athijeevanathinoru Adhyathalam, Naadanpaattukal' by famous singer Pranavamsasiand party. The programme was held under the presence of all the villagers and local people who were invited to attend the programme by the volunteers.

2. Kabadi competition held in the camp for promoting harmony among the students with the community. There were two teams, team GCK and team Eruthenpathy. After a tight match with a variation of five points, Eruthenpathy's team won the match.



## Day 4

**Date: 25-12-2018**

The volunteers were divided into diligent groups with a bunch of seeds which were planted by the volunteers in different houses in R RVP Pudur. More than 250 houses were covered in 3-4 hours by the combined effort of the volunteers.

We visited a house where a husband and wife lived in very pathetic condition in a collected house. Both of them were paralyzed and had no one to handle or care for them. Volunteers



cleaned their courtyard where they lived in a tent as their house. The Unit also gave them new dresses to wear. Conducted a Drug addiction Awareness class by Excise Circle Inspector P K Satheesh..Cleaned the school premises under the leadership of an NSS programme officer. Volunteers successfully cleaned the courtyard and school area.



## **Day 5**

**26-12-2018**

The real potential of all NSS Volunteers began at this day where “Sramadhanm – shouchalya nirmanam” for a ‘Suchithva bharatham’ was our main intention. Beneficiary of our project was Mr. Prakash, Appupilayoor he has been suffering from severe kidney diseases for a long time. As his savings were spent for his treatment, he couldn’t complete the construction of his dream house and was emotionally affected. We the NSS Volunteers conjointly helped them by digging a pit of 6 feet and also constructed a toilet which is the basic sanitary need. We all disseminated from the home to camp as an astounding event was anticipating us. “Shouchalya Nirmanam”. We dug a pit of 2 feet and helped in constructing the foundation. Bricks, cement and materials were imported and we began the work. We all enjoyed the doing with small talks and songs. The family was very pleased and happy as their dream came true. And we were satisfied with our work as the reason behind their smile was NSS Volunteers. This was the most truthful experience for us. We thanked our PO as she entrusted us for an immense project in our hands.



## Day 6

**Date: 27-12-20 18**

On the 6<sup>th</sup> day two activities were organized. The first one is an Ayurveda Medical Camp led by Dr.Bishnu and Dr.Shailaja from Eruthenpathy Ayurveda Hospital. Around 101 patients from RVP puthur and Eruthenpathy villages were attended the medical camp and who got free consultation and medicine. The second one is a Personality Development Programme by RazanNizami, Mindtunning Councillor. The class was about 'mind tuning' and it was very entertaining and effective and extended up to 9:00pm.



## Day 7

**Date: 28-12-2018**

On the last day of seven days NSS residential camp ended up with a cleaning drive called SWACHH BHARATH- School Campus. NSS volunteers cleaned inside and outside the school campus and dogged a pit for biodegradable waste disposal. The award for the best NSS volunteer was given to Sandeep M– a pioneer Marketing Management Expert. After a formal speech all the volunteers shared their experience in the 7-day camp. The thought of departure brought tears in everyone's eyes. The ceremony came to an end by a video presentation by Sanjil C camp co-ordinator.



## Outreach Program No.20

### Key Handing Over at Karinjaliipallam

**Date: 29-12-2018**

On December 29th, 2018, the NSS unit actively engaged in the key handing over ceremony of Smt. Devu's house in Chittur, constructed with the financial support of Sathya Sai Seva Samithy, Chittur. As part of the Abhayam project, our college's NSS unit contributed two cots, a fan, and other home appliances to ensure Smt. Devu's new residence was comfortable and well-equipped. The keys and donated items were presented in person to Smt. Devu by the NSS unit and our college principal, Dr. K. Mani, during a seven-day special camp. This ceremony, graced by prominent individuals from the Central Sathya Sai Organization and attended by NSS Programme Officer Hemalatha C and dedicated NSS volunteers from Govt. Arts and Science College, Kozhinjampara, was a poignant realization of collective efforts to provide a safe and welcoming home. The event underscored the essence of community service, compassion, and the meaningful impact that arises from coming together to create positive transformations in the lives of those in need.







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**GOVERNMENT ARTS AND SCIENCE COLLEGE, KOZHINJAMPARA  
NSS UNIT:233**

**OUTREACH PROGRAMS ORGANIZED BY NSS UNITS**

**Outreach Program No.1**

**Palliative Care - Volunteers Training Session**

**Date: 15 January 2019**

On January 15th, 2019, a pivotal Palliative Care Volunteers Training Session unfolded at Nallepilly Panchayat Hall, uniting 56 dedicated NSS volunteers from our college and volunteers from Nallepilly U.P. School. Guided by our esteemed NSS Program Officer, Smt. Hemalatha C., the session was graced by Smt. Geetha, the ward member, who welcomed the participants, and Shri. Balan T.B., the Nallepilly Panchayath President, who facilitated the event. Delving into the intricate realm of palliative care, the session nurtured a profound understanding of volunteers' roles and responsibilities, bolstered by the trainer's first-hand experiences in palliative homes, which resonated deeply with the attendees. This enlightening experience sensitized the volunteers to the multifaceted challenges that palliative care recipients confront, fostering a remarkable sense of empathy and compassion. The training not only shed light on the nature and significance of palliative care but also imparted indispensable skills, preparing the volunteers to make meaningful contributions to the well-being of patients. Personal anecdotes from the trainer further elevated the session, fortifying the emotional connection to the subject matter. The session concluded with a heartfelt vote of thanks by NSS volunteers Shinshi and Aswathy, acknowledging the collective efforts of participants, trainers, and organizers. This training session stands as a defining milestone in the journey of our NSS volunteers, priming them to engage with empathy and unwavering commitment in palliative care settings. By fostering a deep appreciation for the challenges faced by those in need, the session equips the volunteers with the tools and compassion required to enact positive change in the lives of palliative care patients. The collaborative spirit demonstrated by NSS volunteers and Nallepilly U.P. School volunteers underscore the concerted endeavor to cultivate a compassionate and empathetic community. Armed with newfound knowledge and fortified determination, these volunteers are poised to significantly contribute to the realm of palliative care, ushering comfort and solace to those who seek it most.



## **Outreach Program No.2**

### **District Youth Parliament Festival 2019 - Debate Selection and Competition**

**Date: 18 January 2019**

On 18th January 2019, Victoria College, Palakkad, orchestrated a significant event - the selection process for the Debate Competition - as an integral component of the District Youth Parliament Festival 2019. Under the adept guidance of NSS Programme Officer Hemalatha.C, the procedure offered two distinct screening options: the walk-in process and digital screening. In the diligent hands of four committed NSS volunteers - Sandeep, Suchitra, Anjana, and Smrithi - the selection process was undertaken, yielding triumphant results as three of them advanced to the district level Debate Competition. The selection procedure unfolded within the precincts of Victoria College, Palakkad, allowing NSS volunteers to opt for the screening modality that aligned with their preferences and convenience. The district level Debate Competition's inauguration resonated with eminence, graced by the esteemed presence of Sri K. Sankara Narayanan, former Governor of Maharashtra, and Dr. Safiya Beevi, Principal of Victoria College. The event further garnered enlightenment through the insightful discourse delivered by Shafi Parambil, Legislator, and Anilkumar, Member of NYK (Nehru Yuva Kendra), Palakkad, advocating the profound importance of youth involvement in political discourse. Emboldened by this spirited encouragement, NSS volunteers from Victoria College embraced the district level Debate Competition with fervour and ardour, exhibiting their articulate oratory and substantial insights on the stipulated subjects. Their performances heralded meaningful contributions to the overall competition. As the competition concluded successfully, the NSS volunteers were

duly accorded certificates of participation, lauding their commendable efforts and fostering their sustained participation in such esteemed occasions. Beyond individual recognition, the District Youth Parliament Festival and its accompanying Debate Competition underscored a paramount message - the imperative of nurturing and amplifying youth participation in the realm of politics. This grand occasion, held at Victoria College, Palakkad, catalysed not only the honing of the NSS volunteers' debating acumen but also perpetuated the profound significance of youthful engagement in sculpting the nation's trajectory.



### **Outreach Program No.3**

#### **Life Mission Kudumba Sangamam and Athalath at College Auditorium**

**Date: 18 January 2019**

On January 18th, 2020, a significant and impactful Kudumba Sangamam and Athalath event were orchestrated in our college auditorium in collaboration with the Block Panchayath, orchestrated under the dedicated stewardship of our 30 ardent NSS volunteers and guided by the able mentorship of NSS Programme Officer, Smt. Hemalatha.C. This event welcomed the participation of individuals who had realized the dream of owning houses through the Life Mission plan, with our enthusiastic NSS volunteers fervently contributing their time and labour to ensure the seamless execution of the program. The inauguration by Sri K. Krishnan Kutty, Honourable Minister of Water Resources and MLA of Chittur, not only bestowed added significance to the occasion but also underscored the government's



recognition of the vital role such endeavours play in community development. The Life Mission Kudumba Sangamam provided a poignant platform for beneficiaries of the Life Mission plan to unite and share their journeys, fostering a sense of unity and mutual support among these families while reaffirming the profound impact of collective efforts in enhancing their quality of life. The event's harmonious partnership with the Block Panchayath resonated with the shared commitment to social welfare and community upliftment, further aligning with the overarching goal of providing affordable housing to the marginalized sections of society. The enthusiastic involvement of our NSS volunteers eloquently exemplified their unwavering dedication to community service and nation-building, epitomizing the ethos of the NSS in their altruistic contributions. In retrospect, the Life Mission Kudumba Sangamam and Athalath event held on January 18th, 2020, not only celebrated the tangible success of the Life Mission plan in empowering families with affordable housing but also underscored the pivotal role collaborative efforts play in materializing the vision of an inclusive and compassionate society. The event stands as a testament to the confluence of concerted institutional commitment, governmental support, and community engagement in forging a brighter and more equitable future for all.



#### **Outreach Program No.4**

## Blood donation Camp

**Date: 18-2-2019**

On 18/2/2019 the NSS unit and Red Ribbon Club of Government. Arts and Science college Kozhinjampara in association with District Hospital, Palakkad conducted a blood donation camp at the College Auditorium. Our principal Dr.K. Mani inaugurated the function. Welcome speech was delivered by NSS programme officer Smt.Hemalatha.C. After a brief address by Dr. Radhika, in-charge of blood donation camp from blood bank, District hospital, Palakkad the camp started. There was an overwhelming response from students and other donors and total of 24 units of blood were collected in the camp. Refreshment was given to each donor as a token of gratitude by our NSS unit. Dr. Radhika distributed a certificate of appreciation to the donors after the camp.



**Outreach Program No.5**

## **Pain and Palliative Cum Home Care Program**

**Date: 23-02-2019**

In a collaborative initiative between the NSS unit of Govt. Arts and Science College, Nattukal, Kozhinjampara, and the Government Hospital, Kozhinjampara, a transformative one-year Pain and Palliative Cum Home Care Program was undertaken from 2019 to 2020. This program aimed to extend compassionate care and support to patients in need. It commenced with a volunteer training class conducted by the government hospital on February 23rd, 2019, at the Community Hall, Block Panchayat Nattukal, where numerous NSS volunteers participated under the guidance of Mrs. Sowmya, a physiotherapist at the hospital. Expressing their commitment, these volunteers pledged their presence every Saturday, ensuring that three volunteers were available weekly to make a meaningful impact on the lives of the suffering. Through home visits, our dedicated volunteers provided invaluable emotional support and companionship, fostering an environment of acceptance and care. Respecting patients' privacy and dignity, photography was restricted, with the volunteers carrying out their duties with unwavering sensitivity. Over the program's course, more than 50 houses were visited, each interaction thoughtfully documented to ensure effective and empathetic care. As the program concluded, Dr. Sowmya and Dr. Revathi, the overseeing medical professionals, lauded the volunteers for their unwavering dedication and healthy interactions, vital in alleviating patients' difficult circumstances. The Pain and Palliative Cum Home Care Program exemplified the NSS motto, with Govt. Arts and Science College's NSS unit, and the Government Hospital's collaboration exemplifying the potency of collective empathy in establishing a supportive and compassionate community for those in pain and palliative care.



**Outreach Program No.6**

## Social Audit Gram Sabha Campaign - Empowering Grassroots Democracy

**Date: 05-07-2019**

On 5th July 2019, our college's NSS volunteers undertook a significant endeavor, participating in the Social Audit Gram Sabha campaign at Thenari Panchayath in Palakkad. This Gram Sabha, a cornerstone of grassroots democracy, serves as a catalyst for decentralized planning and community engagement in development initiatives. Led by NSS Programme Officer Hemalatha C. and supported by Sri Rakesh, the block resource person, the volunteers demonstrated proactive leadership by designing and disseminating informative posters and notices across the area, detailing the Gram Sabha's purpose and the entitlements of the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA). Engaging in door-to-door visits, they reached out to over 200 households in a single day, emphasizing the significance of active participation in the Gram Sabha to drive positive transformations in their community. Through this campaign, the NSS volunteers not only raised awareness but also empowered grassroots democracy by enabling local residents to make informed decisions for inclusive development. The success of the Social Audit Gram Sabha campaign exemplifies the NSS volunteers' dedication to community service and active citizenship, bolstering democratic engagement and shaping a brighter future for Thenari Panchayath.







### **Outreach Program No.7**

#### **Participation in Social Audit Gram Sabha - A Transformative Experience**

**Date: 06-07-2019**

On the 6th of July 2019, our college's NSS unit embarked on a pioneering venture by wholeheartedly engaging in the inaugural Social Audit Gram Sabha at U.P School Thenari, Palakkad. This landmark event held tremendous significance as it marked Kerala's first-ever such assembly, orchestrated by distinguished figures including State Resource person Sri. Pdussery Ramachandran, Sr. Gireesh, the District Resource person, and Sri. Rakesh, the Block Resource person. The Gram Sabha aimed to champion the ethos of transparency, accountability, and participatory governance. A dynamic team of 50 dedicated NSS volunteers, under the guidance of NSS programme officer Hemalatha C., played a pivotal role in the success of this monumental event. Their multifaceted roles encompassed preparing meticulous meeting minutes, maintaining an accurate attendance register, recording comprehensive audio and video proceedings, orchestrating seamless seating arrangements, and ensuring the overall smooth conduct of the event. Through their proactive involvement, the NSS volunteers contributed significantly to the core values of transparency and accountability. Their conscientious efforts in documenting crucial aspects such as proceedings, grievances, and minutes underscored the importance of meticulous record-keeping in upholding the principles of the Gram Sabha. The event epitomized the essence of active citizenship, community participation, and social responsibility, leaving the

volunteers with a profound sense of accomplishment and an enriched understanding of participatory governance. The Social Audit Gram Sabha not only showcased our NSS unit's unwavering commitment but also demonstrated the potential of collective efforts in advancing governance practices for the betterment of the community and the promotion of inclusive decision-making.



## Outreach Program No.8

### Collection Camp in Mercy College Palakkad

**Date: 16-08-2019**

On August 16, 2019, the District NSS Coordination Committee of Palakkad initiated a commendable effort by establishing a collection centre at Mercy College, Palakkad, in response to the dire needs of flood victims in Wayanad district. This philanthropic endeavour aimed to consolidate relief materials from various colleges in Palakkad to extend aid and solace to those grappling with the aftermath of devastating floods in Wayanad. The resolute participation of our college's NSS unit was evident through a generous contribution of relief items valued at Rs. 5000, encompassing essential supplies such as food, groceries, and potable water, paramount for addressing immediate necessities. Notably, NSS Programme Officer Hemalatha.C, along with Rajesh C., Head of the Physical Education Department, and NSS leaders Athul Dan Sabu and Ghanashyam, facilitated the seamless transfer of collected provisions to Mercy College, Palakkad. Through collaborative efforts, colleges across the district showcased unity in action, reinforcing their commitment to solidarity during times of adversity. The collection camp underscored the ethos of social responsibility and empathy within the NSS unit and the broader college community, echoing the organization's core principles of humanitarian service. This initiative not only exemplified the ethos of compassion but also embodied the community's unwavering resolve to collectively contribute to the betterment of society. The collected relief materials, invaluable in their immediacy, undoubtedly extended a lifeline to flood victims, offering comfort and succour amidst trying circumstances. The initiative's resonance endures as a testament to the potency of collective engagement in fostering compassion and reinforcing the fabric of a caring and cohesive society, resilient even in the face of daunting challenges.



## **Outreach Program No.9**

### **Rescue Mission at Kalpathy, Palakkad**

**Date: 07-08-2019**

On 7th August 2019, amidst the devastating floods that had engulfed Kerala, including Wayanad district, a group of five courageous NSS volunteers, including female participants, stepped forward to actively engage in rescue operations within the flood-ravaged areas of Palakkad. The remarkable dedication and selflessness displayed by these volunteers epitomized the true essence of community service and solidarity during times of crisis. Undertaking the daunting task of aiding the rescue mission at the severely flooded Kalpathy region in Palakkad, these volunteers, led by the exceptional coordination of Suchithra, a volunteer leader, fearlessly ventured into perilous conditions to assist those adversely affected by the calamity. Their tireless efforts in reaching out to individuals in need, often at great personal risk, underscored their unwavering commitment to the welfare of the community. Collaborating seamlessly with the Youth Action Force and other rescue teams, the NSS volunteers exemplified the potency of collective endeavours in moments of adversity. This rescue mission at Kalpathy serves as a testament to the remarkable dedication of our NSS volunteers, illustrating their profound dedication to serving their community during times of distress and embodying the core values of the NSS spirit. Their involvement in the rescue mission not only contributed to immediate relief but also exemplified the critical role of community-driven initiatives in responding to natural disasters, leaving an indelible positive impact on the lives of those affected by the floods in Palakkad.





## **Outreach Program No.10**

### **Participation in Relief Camp and Distribution of Flood Relief Material**

**Date: 09-08-2019**

On August 9th, 2019, our NSS volunteers undertook a praiseworthy initiative to provide crucial support to flood-affected communities within our district. In a remarkable display of unity and compassion, our volunteers actively collected essential flood relief materials from the public, encompassing drinking water, biscuits, clothing, medicines, and more, amounting to an approximate value of Rs. 10,000. The primary objective was to aid relief camps situated in Mannarkkad, Attapadi, and Kumarapuram, while also extending assistance to households grappling with the aftermath of the floods. Through earnest engagement with the community, our dedicated volunteers amassed a remarkable array of relief materials, embodying the unwavering spirit of collective empathy. Armed with these provisions, our volunteers diligently reached out to the relief camps in Mannarkkad, Attapadi, and Kumarapuram, where individuals and families severely impacted by the deluge sought shelter and support. Beyond the confines of the camps, our volunteers ventured to affected households in these areas, personally delivering relief materials to instill a sense of comfort and solidarity during these challenging times. Their involvement extended beyond the realm of material aid, as they earnestly provided emotional and physical support to those undergoing distress. This proactive engagement of our NSS volunteers resonates as a vivid testament to their empathy, compassion, and resolute dedication to community service. Their diligent efforts in collecting and distributing vital relief materials left an indelible impact on the affected individuals and families. By substantively contributing to the relief camps and households in Mannarkkad, Attapadi, and Kumarapuram, our NSS unit aptly exemplified its unwavering commitment to aiding those in need during times of crisis. This collaborative endeavor, characterized by the concerted endeavors of our volunteers and the community's generous contributions, aptly underscores the resilience and unity demonstrated amidst adversity. Through such selfless actions, we collectively stand firm in our mission to alleviate suffering and provide unwavering support to those navigating challenges precipitated by natural calamities.



## **Outreach Program No.10**

### **Relief Collection Camp Opened in Our College**

**Date: 11-08-2019**

In response to the widespread devastation caused by incessant rains and floods across the state, the NSS Unit of our college took a proactive step to aid those affected. On 11th August 2019, we established a relief material collection camp within our college premises, aimed at urgently gathering essential consumable items required by the affected communities. The camp garnered overwhelming support from teachers, students, and the general public, who generously contributed various necessary items such as drinking water, biscuits, medicines, clothing, and sanitary napkins. Under the efficient coordination of Athul Dan, NSS leader, dedicated volunteers sorted and packed the donated items, resulting in a collection worth Rs. 30,000. This heartfelt initiative culminated in a delegation led by Amala A.K., Principal Incharge, NSS Programme Officer Hemalatha C., and NSS Leaders, who facilitated the handover of the collected relief materials to the Revenue Department in Palakkad for efficient distribution. The relief collection camp exemplified the spirit of compassion and unity during challenging times, showcasing the collective power of community support and reaffirming our commitment to serving the needs of our society in times of crisis.



### **Outreach Program No.11**

#### **Distribution of Flood Relief Materials at Wayanad Flood Relief Camps**

**Date: 17-08-2019**

On 17th August 2019, an impactful mission unfolded as a dedicated team comprising NSS District Coordinator Sri. Pradeesh.K, our NSS Programme Officer Smt. Hemalatha.C, NSS Programme Officer Sister Julie from Mercy College, and students from Mercy College and Victoria College set forth on a compassionate journey to Wayanad Flood Relief Camps. Their purpose was to deliver an array of crucial flood relief items, collected through a collection camp at Mercy College, with magnanimous contributions from NSS units across Palakkad district and the general public. The joint effort culminated in the accumulation of relief materials valued at Rs. 25,00,000, intended to alleviate the hardships faced by the flood-stricken inhabitants of Wayanad. The distribution ceremony, graced by esteemed dignitaries such as Dr. K Muhammed Bhashir, Vice Chancellor of Calicut University, and Dr. Valsarajan, Calicut University NSS Programme Coordinator, among others, marked a poignant moment of solidarity. The event's significance was underscored by the participation of District Programme Officers of Wayanad and notable individuals from the district. This

collective endeavor symbolized the power of unity and compassion, showcasing the capacity of collective action to bring relief and succor to those grappling with adversity. The distribution of these essential items addressed vital needs like sustenance and clothing, providing a glimmer of hope to the flood-affected population. The event, characterized by its altruistic spirit and the coming together of diverse stakeholders, stands as a testament to the essence of the NSS organization's commitment to community well-being and its unwavering dedication to the principles of compassion and nation-building.



## വാലക്കാട് എൻ.എസ്.എസ് കൂട്ടായ്മ വയനാട്ടിൽ എത്തിച്ചത് 25 ലക്ഷം രൂപയുടെ സാധനങ്ങൾ

വാലക്കാട് ട്രൈബൽ റീജിയൻ റീജിയണൽ ഓഫീസ് കീഴെ നേതൃത്വം വഹിച്ചു നടത്തിയ റീലീഫ് മിഷൻ പദ്ധതിയിൽ 25 ലക്ഷം രൂപയുടെ സാധനങ്ങൾ വയനാട്ടിലെ ഫ്ലോഡ് ബാധിതർക്ക് വിതരണം ചെയ്തു. ട്രൈബൽ റീജിയണൽ ഓഫീസ് ഓഫീസർ ഐ.എസ്.എസ്.എസ്. കൂട്ടായ്മയുടെ നേതൃത്വത്തിൽ നടത്തിയ റീലീഫ് മിഷൻ പദ്ധതിയിൽ 25 ലക്ഷം രൂപയുടെ സാധനങ്ങൾ വയനാട്ടിലെ ഫ്ലോഡ് ബാധിതർക്ക് വിതരണം ചെയ്തു. ട്രൈബൽ റീജിയണൽ ഓഫീസ് ഓഫീസർ ഐ.എസ്.എസ്.എസ്. കൂട്ടായ്മയുടെ നേതൃത്വത്തിൽ നടത്തിയ റീലീഫ് മിഷൻ പദ്ധതിയിൽ 25 ലക്ഷം രൂപയുടെ സാധനങ്ങൾ വയനാട്ടിലെ ഫ്ലോഡ് ബാധിതർക്ക് വിതരണം ചെയ്തു.




25 ലക്ഷം രൂപയുടെ സാധനങ്ങൾ വയനാട്ടിലെ ഫ്ലോഡ് ബാധിതർക്ക് വിതരണം ചെയ്തു. ട്രൈബൽ റീജിയണൽ ഓഫീസ് ഓഫീസർ ഐ.എസ്.എസ്.എസ്. കൂട്ടായ്മയുടെ നേതൃത്വത്തിൽ നടത്തിയ റീലീഫ് മിഷൻ പദ്ധതിയിൽ 25 ലക്ഷം രൂപയുടെ സാധനങ്ങൾ വയനാട്ടിലെ ഫ്ലോഡ് ബാധിതർക്ക് വിതരണം ചെയ്തു.

### Outreach Program No.12

#### Mass Cleaning at Fort Maidan

Date: 27-08-2019

On 27th August 2019, a substantial cleaning initiative unfolded at Palakkad Fort Maidan, orchestrated by the Palakkad District Coordination Committee. This endeavor aimed to champion cleanliness and environmental conservation, with its inauguration by Sri Chethankumar Meena, Assistant Collector of Palakkad, and a welcome speech by Sri



Pradeesh.K, representing the Committee, setting the tone for a productive drive. The event, fortified by the zealous participation of students from diverse colleges, NYK (Nehru Yuva Kendra), and various service organizations, was designed to eradicate paper and plastic waste from Fort Maidan and its environs. Prior to the cleaning efforts, a collective pledge for cleanliness echoed participants' commitment to a litter-free and eco-friendly realm. The formidable success of the undertaking was bolstered by the engagement of 10 students from our college, under the guidance of NSS Program Officer Smt. Hemalatha C, who ardently contributed to the removal of waste materials, revitalizing Fort Maidan's allure and thwarting further environmental deterioration. This concerted endeavor symbolized the community's unwavering dedication to upholding the region's aesthetics and ecological well-being, encapsulating the essence of collaborative stewardship for a cleaner, greener Palakkad.



## Outreach Program No.13

### Onakkodi & Onakit Distribution to Palliative Patient

**Date: 29-08-2019**

On August 29th, 2019, our college's NSS unit participated in a heartwarming initiative by joining hands with Nallepilly Panchayath to distribute Onakkodi (new clothes) and Onakit (essential items) to palliative patients at Nallepilly Panchayath Hall. Under the guidance of NSS Programme Officer Smt. Hemalatha.C, along with 20 dedicated volunteers, contributed 150 kg of rice worth Rs. 5250 towards this noble cause. This collaborative effort involved doctors, nurses, health workers, and ASHA workers, all contributing to the success of the event. The program aimed to bring joy and comfort to palliative patients during the festive Onam season, embodying the spirit of sharing and compassion. The distribution underscored the essence of the NSS motto, "Not Me, But You," as our volunteers actively participated in serving the community. This event not only exemplified the true ethos of Onam but also highlighted the collective responsibility we all hold in creating a caring and inclusive society. Through their selfless dedication, our NSS volunteers showcased their commitment to service and made a significant positive impact on the lives of those in need.



## Outreach Program No.14

### Gaining Knowledge through a Visit to Rural Area - Karamcode-Thenari

**Date: 10-09-2019**

On 10th September 2019, the NSS unit of our college embarked on an insightful visit to Karamcode colony in Thenari Panchayath, marking an important step in understanding rural life and agricultural practices. The visit aimed to gather data and insights that would enrich our understanding of local livelihoods and farming techniques. During our time in Karamcode, we witnessed the integral role of agriculture in the community's sustenance, engaging with local farmers to learn about their unique practices, including the traditional "Njaru nadeel" method. Our interaction with the community extended to experiencing traditional weaving, further enhancing our appreciation for cultural craftsmanship. Through this visit, our NSS volunteers accumulated valuable experiences that we are committed to translating into knowledge for the betterment of society. This enlightening journey reaffirmed our dedication as socially responsible citizens to contribute meaningfully to societal development and welfare.





## Outreach Program No.15

### Participation in Vegetable Pookalam

**Date: 06 September 2019**

On September 6th, 2019, our NSS unit fervently engaged in the Vegetable Pookalam event hosted at Block Panchayath Nattukal, orchestrated in conjunction with Poshan Mah by Nallepilly's health workers at the Block Office, Nattukal, Kozhijampara. This vibrant event showcased an exquisite arrangement of raw vegetables and leafy greens, meticulously crafted into a visually captivating Pookalam, conveying a potent message concerning the pivotal role of nutrient-rich foods in fostering a wholesome lifestyle. Symbolizing the essence of balanced nutrition, the Vegetable Pookalam encapsulated the value of consuming a diverse and nourishing diet, an endeavor further underscored by its inauguration by Sri Sarangadharan, the Panchayath President of Nallepilly, who aptly championed the cause of promoting health-conscious dietary habits. The active involvement of our NSS unit in setting up and adorning the Vegetable Pookalam was pivotal to the event's triumph, exemplifying our volunteers' unwavering dedication and enthusiasm. Beyond its aesthetic allure, the Vegetable Pookalam bore a profound educational significance, enlightening visitors about the paramount importance of integrating a variety of vegetables and leafy greens into daily meals to enhance overall nutrition and well-being. This participation resonates as a testament to our NSS unit's steadfast commitment to advancing health and nutrition awareness within the community. The resplendent Pookalam serves as a visual reminder of the intrinsic link between a balanced diet and robust health, with the collaborative efforts of health workers, NSS volunteers, and event organizers synergistically contributing to the program's triumph. Through such initiatives, we remain resolute in fostering a health-conscious and contented community, wherein the virtues of nutrition and well-being find prominence and embrace.





## Outreach Program No.16

### Swachhata Hi Seva Programme-Mega cleaning Drive at Civil Station, Palakkad

**Date: 02-10-2019**

On 2nd October 2019, as part of the Swachhata Hi Seva Programme, the NSS unit of our college actively participated in a mega cleaning drive at the Civil Station in Palakkad. The event aimed to promote cleanliness and proper waste disposal in the area. The programme was inaugurated by Assistant Collector Chethankumar Meena, IAS. The inauguration of the programme marked the beginning of the mega cleaning drive. Ten NSS volunteers from each college enthusiastically participated in the cleaning task, contributing their efforts to the collective goal of enhancing cleanliness and hygiene. The volunteers exhibited commendable dedication throughout the cleaning drive. The significance of the event was accentuated by the absence of a proper waste disposal system at the Civil Station. Despite the challenges, the volunteers worked tirelessly to clean the area and improve its overall appearance. NSS Programme Officer Hemalatha C, along with 10 volunteers from our college, actively engaged in the cleaning drive. Their involvement and commitment played a pivotal role in the success of the event and underscored the importance of collective efforts in maintaining a clean and hygienic environment. The Swachhata Hi Seva Programme's mega cleaning drive at Civil Station, Palakkad, on 2nd October 2019, was a resounding success. The active participation of NSS volunteers from various colleges, including our own, showcased the spirit of community service and commitment to cleanliness. Despite the challenges posed by the lack of proper waste disposal, the volunteers demonstrated their dedication and determination to create a cleaner and healthier environment. The event concluded with expressions of gratitude, with NSS Programme Officer Hemalatha C extending thanks to all participants.



## Outreach Program No.17

### “UNARVU” One Day Disaster Management Training Programme

**Date: 10 October 2019**

The NSS unit of Govt. Arts and Science College, Kozhijampara, along with the Red Cross Chittur Area, collaboratively orchestrated a one-day disaster management training programme at the college auditorium. This enlightening event was inaugurated by the esteemed Kumari REMYA HARIDAS, honorable Member of Parliament from Alathur. The occasion was graced by the presidential address delivered by Smt. Amala.A.K., the college principal, while NSS Programme Officer Hemalatha C extended a warm welcome to all attendees.

Joining this significant initiative were notable figures including Vrindaanni, Chairperson of the Indian Red Cross Society (IRCS), Chittur branch, along with Sri Arjunanmaster, Suresh A, Chendhamarakshan, Chribuna Viswas, the Vice Principal, and Rajesh.C, the Physical Education teacher. Their presence added an air of honor and importance to the proceedings.

Post the formal inauguration, the programme delved into the crux of the matter. Guided by Arun Basker, the District Fire Officer of Palakkad, the participants engaged in an interactive Fire and Rescue Mock Drill. The practical training component was enriched by the collective expertise of 20 fire and rescue officers from both Palakkad and Chittur stations. These dedicated professionals imparted hands-on training covering various rescue operations, encompassing fire control, flood response, building evacuations, gas leakages, and disaster management scenarios.





### **Outreach Program No.18**

#### **Leadership Training Programme at Govt. Victoria College, Palakkad**

**Date: 26 October 2019**

On October 26th, 2019, ALTUS Training Centre orchestrated a transformative Leadership Training Programme at Govt. Victoria College, Palakkad. Guided by the adept leadership of Sri Sabin, Altus' team leader, the event drew participation from diverse college students who wholeheartedly engaged in a series of interactive games and activities designed to foster essential leadership skills. Mr. Sabin's dynamic training approach entailed the strategic grouping of students, facilitating immersive hands-on experiences aimed at propelling them beyond their comfort zones and instilling invaluable leadership qualities. The programme's core mission centered on equipping participants with indispensable leadership skills and attributes, nurturing problem-solving acumen, decision-making process, effective communication, and collaborative teamwork through demanding tasks.

The intercollegiate nature of the camp enriched the learning atmosphere, enabling cross-college interaction and knowledge exchange, thereby enhancing the understanding of leadership dynamics. Notably, ten committed NSS volunteers from our institution actively partook, embodying the spirit of "Not Me, But You" and exemplifying dedication to personal enhancement. Recognizing the significance of early leadership development in shaping confident, responsible, and influential individuals, the Leadership Training Programme played a pivotal role in preparing students for forthcoming leadership roles. In retrospect, the enlightening event held great significance, with Sri Sabin's leadership approach and the

diverse array of activities synergistically serving as a platform for students to amplify their leadership potential. The camp's cooperative, intercollegiate ambiance promoted solidarity and mutual support, fostering a constructive learning milieu. The involvement of our NSS volunteers underscored their commitment to self-improvement and the overarching NSS goal of nurturing conscientious and proactive citizens. Undeniably, the Leadership Training Programme has endowed participants with indispensable proficiencies poised to propel their future endeavors as leaders across diverse domains.



### **Outreach Program No.19**

#### **Participation in NSS Kalolsavam-Keli 2**

**Date: 16th November 2019**

In commemoration of the 150th Birth Anniversary of Mahatma Gandhi and to celebrate the intrinsic talents of our NSS volunteers, our unit actively participated in the NSS Kalolsavam-Keli 2 held at MES College Kalladi on November 16th, 2019. Organized by the district coordination committee Palakkad, this KELI 2 youth festival provided a platform for our NSS volunteers to eloquently showcase their aptitudes and creativity. A team of 30 spirited volunteers from our college participated in a spectrum of competitions that reverberated with Gandhi's principles and values. From NSS songs, patriotic melodies, and cartoon drawing to speeches and Flock songs, each contest intricately underscored Mahatma Gandhi's profound teachings, reverently commemorating his indelible legacy. Marking the occasion of his 150th Birthday Anniversary, this event not only paid homage to the revered Mahatma but also beckoned our volunteers to absorb and perpetuate his teachings of peace, non-violence, and unity. Infused with an ambiance of creativity and camaraderie, the NSS



Kalolsavam-Keli 2 resonated with vibrant enthusiasm and purpose, rendering the competitions both vivid and enjoyable. Our spirited participants ardently showcased their talents, infusing the event with passion and dedication, creating an indelible memory for all involved. By engaging in the NSS Kalolsavam-Keli 2, our NSS volunteers were afforded an avenue to unearth and express their latent talents across diverse artistic domains, fostering an atmosphere of creativity, self-expression, and teamwork.



**Outreach Program No.20**

**Vimukthi-Jeevitham Thane Lahari:Mass Drugs Awareness Rally at Palakkad**

**Date: 17 November 2019**

On November 17, 2019, our college's NSS unit joined the Drug Awareness Rally, marking the launch of a 90-day anti-drug campaign. Organized by Palakkad's Excise Department, the event aimed to raise awareness about drug addiction's dangers. About 600 participants, including our NSS volunteers, marched from the Head Post Office, through the city, to Fort Maidan, illustrating our collective resolve against drug abuse. Esteemed dignitaries like Sri AK Balan, Smt. Santhakumari, and Sri Balamurali IAS graced the event, emphasizing collaborative efforts. Fifty dedicated NSS volunteers, led by Smt. Hemalatha C., played a pivotal role. The Rally effectively drew public attention to drug abuse's repercussions, uniting diverse groups in the fight against drugs and promoting a responsible, drug-free society. This initiative exemplified our commitment to safeguarding youth and building a brighter, drug-free future.



### **Outreach Program No.21**

#### **Dowry Prohibition Day Celebration**

**Date: 26 November 2019**

On 26th November 2019, the NSS unit of our college actively participated in the Dowry Prohibition Day celebration, which took place at Ahalia Heritage and Cottage Village in Palakkad. The event was organized by the Child Development Department Palakkad. The celebration was graced by the presence of esteemed guests. Sri. K Babu, MLA of Nemmara, inaugurated the programme. Sri. Balamurali IAS, District Collector of Palakkad, served as the chief guest, and Sri. Tovino Thomas, a renowned film actor, was the special guest and the goodwill ambassador of Dowry Prohibition Day. The primary objective of the event was to raise awareness among the new generation about the importance of saying no to dowry. By engaging more than 800 participants, the celebration aimed to foster a culture of rejecting dowry and promoting .Our college contributed significantly to the event's success. A total of 40 NSS volunteers, led by NSS Programme Officer Smt. Hemalatha C, actively took part in

the Dowry Prohibition Day celebration. Their dedication and involvement demonstrated the commitment of our college towards advocating against the .The presence of dignitaries, including a prominent film actor and district officials, underscored the significance of the occasion. The event served as a platform to educate and inspire the youth to stand against dowry and work towards creating a society free from this detrimental practice.



### **Outreach Program No.22**

#### **AIDS Day Awareness Rally at Appupillayoor**

**Date: 1st December 2019**

On 1st December 2019, the NSS unit and Red Ribbon Club organized an AIDS Day awareness rally at the adopted village of Appupillayoor, Athikode. The rally aimed to spread awareness about AIDS, its causes, and the importance of standing together to fight against HIV transmission. The event received enthusiastic support from the community and was inaugurated by Smt. Usha, the ward member of Nallepilly. NSS programme officer Hemalatha.c warmly welcomed the participants and delivered a speech on the causes of AIDS. The rally commenced with volunteer leaders Swathi and Jyothish leading the group, comprising 40 NSS volunteers. Holding placards, banners, and posters, the volunteers conveyed a powerful message that AIDS was not merely an individual problem but a collective societal issue that required joint efforts to combat. As a symbol of solidarity with HIV-positive individuals and those living with AIDS, all volunteers adorned red ribbons, a global symbol of support and awareness for the cause.



The rally served as a platform for the community to come together and unite against the spread of HIV. By actively participating in the event, the villagers demonstrated their commitment to creating a society that is compassionate, informed, and supportive of those affected by AIDS. The rally commenced from Appupillayoor School and proceeded through the village, with the participants enthusiastically sharing their message with the local residents.





## Outreach Program No.23

### Fire and Rescue Class - Mock Drill at Palakkad Fire Station

**Date: 05 December 2019**

On December 5, 2019, a Fire and Rescue Class was conducted at the Palakkad Fire and Rescue Station, led by District Fire Officer Sri Arunbasker. The session aimed to provide practical knowledge on firefighting equipment and techniques, engaging NSS Programme Officer Smt. Hemalatha.C and 50 NSS volunteers. The class was a platform for participants to acquire hands-on insights into firefighting methods and equipment usage, guided by Sri Arun Bhaskar's expertise. This event underscored the importance of practical knowledge in efficiently responding to fire emergencies. The enthusiastic participation of NSS volunteers demonstrated their commitment to learning and readiness for crisis situations.

A mock drill further facilitated practical application, enhancing disaster preparedness and enabling effective emergency response. The initiative's outcome resonates through the potential for a safer community, as NSS volunteers equipped with essential skills contribute to swift and adept crisis management. The Fire and Rescue Class's impact endures as an invaluable asset in cultivating responsible citizenship and enhancing community safety.



## Outreach Program No.24

### Primary Data Collection for the Village Study at Perumatty Village

**Date: 06 December 2019**

Under the guidance of Chethan Kumar Meena, IAS, Assistant Collector of Palakkad, our committed NSS volunteers undertook a significant task of primary data collection at Perumatty village on December 6th, 2019. With the goal of conducting a socio-economic survey among special category households, including Andhiyodhan cardholders, BPL cardholders, SC/ST communities, and differently-abled households, ten dedicated NSS volunteers from our college, led by NSS Programme Officer Smt. Hemalatha C., enthusiastically participated in the door-to-door data collection process. The invaluable assistance of the Panchayat Secretary and Anganwadi workers facilitated the identification and engagement with the targeted households. The active involvement and monitoring of Assistant Collector Chethan Kumar Meena further elevated the survey's significance, granting our volunteers a unique opportunity to collaborate directly with government officials.

The experience offered our NSS volunteers an enriching encounter with special category households, deepening their understanding of socio-economic realities and challenges faced by these communities. Despite extending their efforts beyond the scheduled time, our volunteers ensured a comprehensive and accurate data collection. The successful completion of the survey was appreciated by Assistant Collector Chethan Kumar Meena, acknowledging the dedication and selflessness exhibited by our NSS volunteers



## **Outreach Program No.25**

### **Meeting on Women and Children Development Programme at Kanjikode**

**Date: 15 December 2019**

On 15th December 2019, under the guidance of NSS programme officer Hemalatha C, a group of 10 dedicated NSS volunteers played a vital role in a significant meeting held at Sai Nilayam Attappallam, Kanjikode. The meeting, organized by Sri. Sreenivasan Puthussery, convened a diverse assembly of 35 individuals from various domains, all united by a common purpose – to address a reported rape-murder case and initiate community development efforts in the Kanjikode and Walayar area. The agenda encompassed robust discussions on community development programs, with a specific focus on safeguarding the welfare of mothers and children. Recognizing the urgency of the matter, the gathering engaged in thoughtful brainstorming, aiming to devise strategies that would enhance the security and well-being of the vulnerable members of the community. A pivotal decision emerged from the meeting.

The formulation of a comprehensive survey encompassing Kanjikode and Walayar to identify potential areas of vulnerability, assess existing safety measures, and propose effective improvements to ensure the safety of residents, particularly women and children. The meeting also underscored the need to empower women and children through awareness campaigns, workshops, and training sessions that focus on self-defense, legal rights, and safety precautions. By adopting a collaborative approach involving local authorities, community leaders, NGOs, and concerned citizens, the meeting emphasized the collective commitment to instigate meaningful and lasting change.



## Outreach Program No.26

### SEVEN DAY NSS SPECIAL CAMP 2019-2020 “MAZHAVIL”

**DATE: 23-12-2019 to 29-12-2019**

**VENUE: AUP SCHOOL APPUPILLAYOOR**

#### DAY 1

**Date: 23-12-2019**

Diverse colours beautifully united together to commence the 7-day NSS camp ‘MAZHAVIL’ 2019. Igniting the mind and heart, 41 NSS volunteers of Government Arts and Science College, Kozhinjampara Nattukal marshalled their journey to AUP School, Appupillayoor, Nallepilly, Palakkad on 23-12-2019. First and second year NSS Volunteers conducted an awareness rally among the native folks for informing them about our camp. A resounding successful event begins with the glory to almighty god. The inaugural ceremony was carried out by Sri. Shangadharam, president, Gramapanchayat, Nallepilly, who enlightened us with his provoking address. Hemalatha C NSS programme officer delivered the welcome speech. The words of wisdom was delivered by Prof. Amala AK, College principal.





## DAY 2

**Date: 24-12-2019**

An Awareness class on Anti narcotic was taken by Sri.P.K Satheesh, Excise Inspector, Palakkad. He had rationalized two main points for his students: “What constitutes success?” and “Ill effects of drugs in today’s society”. The best thing in one’s life is the moment he hears experiences from successful people and we were lucky enough to acquire it. Local kids witnessed Marvels of Magic conducted by Magician Saravanan, Palakkad who has been skilled in various fields and magic was his part of life for 20 years. This was a Magic show based on ill-effects of consuming alcoholic products and drugs. Through his magic show we gained knowledge and realized about the hazardous lifestyle of young generations.



## DAY 3

**Date: 25-12-2019**

The real potential of all NSS Volunteers began at this day where “**Samadhanam – shouchalya nirmanam**” for a ‘**Suchithva bharatham**’ was our main intention. Beneficiary of our project was Mr.Prakash, Appupilayoor he has been suffering from severe kidney diseases for a long time. As his savings were spent for his treatment, he couldn’t complete the construction of his dream house and was emotionally affected. We the NSS Volunteers conjointly helped them by digging a pit of 6 feet and also constructed a toilet which is the basic sanitary need. We all disseminated from the home to camp as an astounding event was anticipating us. Shauchalaya Nirmanam”. We dug a pit of 2 feet and helped in constructing the foundation. Bricks, cement and materials were imported and we began the work. We all enjoyed the

doing with small talks and songs. The family was very pleased and happy as their dream came true. And we were satisfied with our work as the reason behind their smile was NSS Volunteers. This was the most truthful experience for us. We thanked our PO as she entrusted us for an immense project in our hands.



## **DAY 4**

**Date: 26-12-2019**

“BE A STRONG WOMAN” Self defence training by self defence team -“Vanitha Cell” Palakkad. The team members were Smt.Prema, Smt.Jameela, Smt.Sujitha,Smt.priya and Smt.Marteena. The present scenario of a male chauvinist society was literally the main part of their class. It was a practical session particularly for girls. The main motive behind this training was to empower women against various kinds of violence. This session continued consecutively for 3 days. Boys indulged in cleaning and planting around the school premises.We conducted a programme “Ammayum kunjum” by Mr. Shibu kodengaloor at Appupilayoor .It was a class on the topic for the native folk. It was a community program which gave us an insight about the forgotten love, care and culture from our parents. Mothers

and their children are connected even before birth and their intimacy stays forever.



## DAY 5

**Date: 27-12-2019**

“ **Shauchalaya Nirmanam**”. We dug a pit of 2 feet and helped in constructing the foundation. Bricks, cement and materials were imported and we began the work. We all enjoyed the doing with small talks and songs. The family was very pleased and happy as their dream came true. And we were satisfied with our work as the reason behind their smile was NSS Volunteers. This was the most truthful experience for us. We thanked our PO who take lot of effort to complete this endeavour.



## DAY 6

**Date: 28-12-2019**

A Medical camp always remain the crucial part of NSS Camp. An Ayurveda Medical Camp was held at the school premises initiated by Dr.Gokul Raj [AMAI Chittur Sarovaram Ayurveda Hospital].NSS Volunteers went on rally to the locality where health was an unnoticeable issue. We informed them about all the necessary details about the medical camp. Each and every house had old folks somewhere bedridden and others uneasily living a peaceful life due to health problems. We arranged vehicles to take them to our camp. All the other native folks joined and checked upon their health for free service. People were delighted as this was a golden opportunity for the poverty ridden. They thanked us for conducting a medical camp which was the need of the hour. Old folks blessed us as hospitals were far from their reach. Enlightenment and blessings were brimming deep inside our hearts



## DAY 7

**Date: 29-12-2019**

The last and final morning as NSS Camp volunteer finalised with Camp “SAMAPANA SAMMELANAM”. The inauguration was carried out by Parthasarathi, Manager of AUPS. Our program officer was delighted to convey her gratitude towards the authorities and shared her own experiences about our 7-days camp. The most beautiful days we lived among each other’s happiness and situation. She handed over the best NSS Leader award to U.Smrithi and the best NSS Volunteer award to Shinshi. We donated 50 books of Facts ,General Knowledge. travelogues, current affairs and politics, etc. to the Appupillayoor school library. These books were handed over by our volunteer Rahul to the school manager Sri. Parthasarathi.





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**GOVERNMENT ARTS AND SCIENCE COLLEGE, KOZHINJAMPARA  
NSS UNIT:233**

**OUTREACH PROGRAMS ORGANIZED BY NSS UNITS**

**Outreach Program No.1**

**NSS Participation in Social Science Fest - Career Development**

**Date: 04-01-2020**

The NSS unit of Government Arts and Science College, Nattukal, Kozhinjampara, wholeheartedly engaged in the enriching Social Science Fest organized by the Career Development Centre (CDC), Chittur, Palakkad. With a focus on personal growth and skill enhancement, the event, held on 4th January 2020, saw 25 dedicated NSS volunteers under the guidance of Program Officer Mrs. Hemalatha.C, contributing actively to its success. The fest, inaugurated by Sri. K. Krishnankutty, Minister of Water Resources and MLA of Chittur taluk, welcomed distinguished personalities, enriching the program with insightful speeches that encouraged attendees to strive for excellence.

The NSS volunteers played a pivotal role in the fest's triumph, exhibiting enthusiasm and dedication throughout various activities. Their significant contributions were commended, highlighting the indispensable role they played in achieving the event's desired impact. The efforts of both Mrs. Hemalatha.C and the NSS volunteers were acknowledged, emphasizing their pivotal role in ensuring the fest's success. This collaborative endeavor showcased the NSS unit's unwavering commitment to fostering an environment of continuous learning and personal development, ultimately equipping students for a promising future.



## **Outreach Program No.2**

### **Financial Aid Drive for Haikesh's Medical Treatment**

**Date: 4 January 2020**

The NSS Unit of Government Arts and Science College, Nattukal, Kozhinjampara, orchestrated a heartfelt financial aid drive on 4th January 2020 to extend support to Haikesh, a 38-year-old suffering from Rheumatoid Arthritis. Led by NSS Program Officer, Mrs. Hemalatha.C, the drive exemplified the spirit of altruism and unity, amassing a substantial Rs. 5,800 through generous contributions from the college and individual families. This resounding success enabled the immediate provision of financial assistance to Haikesh, with Principal In-charge, Sri. Chribuna Viswas, leading the compassionate handover. Beyond the monetary aid, the initiative showcased the NSS unit's commitment to societal welfare, fostering a sense of community and solidarity within the college. The drive's impact reverberated far beyond its monetary value, underscoring the college's ethos of care, compassion, and collective action.



## **Outreach Program No.3**

### **The Birth of Coronavirus - Awareness Class**

**Date: 17 February 2020**

The NSS Unit of Government Arts and Science College, Nattukal, Kozhinampara, in collaboration with the Community Health Centre, Nanniyode, orchestrated a crucial awareness class on coronavirus within the college auditorium on 17th February 2020. The

primary objective was to instill awareness among students about the transmission and proliferation of the coronavirus disease, particularly its origin from the People's Republic of China. Under the theme "One Step Forward, against coronavirus," the NSS unit displayed a proactive approach in educating students to combat this contagious ailment. Amidst mounting global concern over the outbreak, the session sought to impart accurate insights for virus prevention. The event was inaugurated by Sri. Balan, Health Inspector from Primary Health Centre, Nallepilly, who delivered an informative presentation on the virus, emphasizing preventive measures and highlighting the need to safeguard oneself and others. Subsequently, Sri. Radhakrishnan, Health Supervisor from Community Health Centre, Nanniyode, deepened understanding with additional insights into the virus's origin, symptoms, and preventative strategies. The class's resounding success is underscored by its role in empowering students with accurate knowledge, fostering responsible actions, and exemplifying the NSS unit's dedication to societal well-being.



### **Outreach Program No.4**

#### **Career Expo - 2020**

**Date: 29 February 2020**

On 29th February 2020, the NSS Unit of Government Arts and Science College, Nattukal, Kozhijampara, actively participated in the "Career Expo 2020" organized by the Kerala State Youth Commission. Under the guidance of NSS PO Mrs. Hemalatha.C, 60 NSS Volunteers played a pivotal role in the event, responsibly managing candidate registrations, guiding them to interviews, and ensuring a seamless process. The expo, featuring 40 companies and catering to candidates from the 10th standard onwards, exemplified the NSS



Volunteers' commitment to perseverance and dedication. Their collective efforts resulted in a successful platform for job seekers, aligning with the NSS motto, "Not me, but you," and contributing to both societal development and individual empowerment.



### **Outreach Program No.5**

**Government Arts and Science College Kozhijampara, Nattukal**

**National Service Scheme Unit No; 233**

**Seven Day Special Camp 2020-21 (Virtual Camp) From**

**21/12/2020-27/12/2020**

**“ORUMA”**

**DAY-1 (21/12/2020)**

“Oruma”, the virtual seven-day annual special camp 2020-21 started with 45 NSS volunteers Of Govt. Arts and Science College, Kozhijampara on 21<sup>ST</sup> December 2020 through live webinar. The inauguration ceremony started with a warm welcome speech with a brief description on camp activities by NSS programme Officer Smt. Hemalatha.C and the Inauguration by Smt. Amala A.K. College principal. Her inaugural speech was filled with well wishes for our journey ahead of the camp. Felicitation was given by Chribuna Viswas, Rajesh .C, Umamakeswari, Dr. Vipin. P.Sivaram and Dr. Vineetha Mohan. All of them wished us blessings, Strengths and Confidence to do all our duties in upcoming days of the camp. Volunteer secretary kumari. Swathi. S delivered the vote of thanks.After the inaugural ceremony there was an ice breaking session by Dr. Vipin P.Sivaram, HoD Dept. of

Biochemistry. He could enlighten the mind and heart of all volunteers through this session. Thereafter 3 committees were formed, Cultural, Programme and Magazine committee to accomplish specific responsibilities for the upcoming day. Then Programme officer Hemalatha.C gave instructions and rules for the upcoming days of virtual camp. First day of the camp was disbursed with the vote of thanks by Athul Dan Sabu, Volunteer secretary .



## **Day 2 (22/12/2020)**

The Second day of the special camp started with yoga and some exercise followed by the live webinar with NSS song, thoughts of the day, digital newspaper presentation and evaluation of previous day experience. After having breakfast, we moved to the offline activity of planting saplings. One should plant as much as saplings in their house as well as neighborhood houses and public places. Through this activity 225 saplings of different variety plants such as jackfruit, Coconut tree, mango tree, banana tree, neem tree, lemon tree papaya tree, Tamarind tree have been planted by the volunteers and programme officers at their houses as well as nearby houses.

After the lunch break, they had a live awareness class on “Disaster management and Emergency response” by Sri. Arun baskar, district fire officer, Palakkad. His class contains the dangerous selfie at viewpoints, rescue operations during fire in mall or multistoried building, unexpected gas leakage and rescue operations during flood. He conveyed all his experience and ideas as much as he can within a short period of time. After this session the volunteers were dispersed for a tea break and joined for cultural programmes at 7.pm. The cultural committee under the leadership of Hannath, organized variety games of identify the film by

listening the music and dialogues they have played. It was very interesting and enjoyed by all students by participating their family members too.



### **Day 3(23/12/2020)**

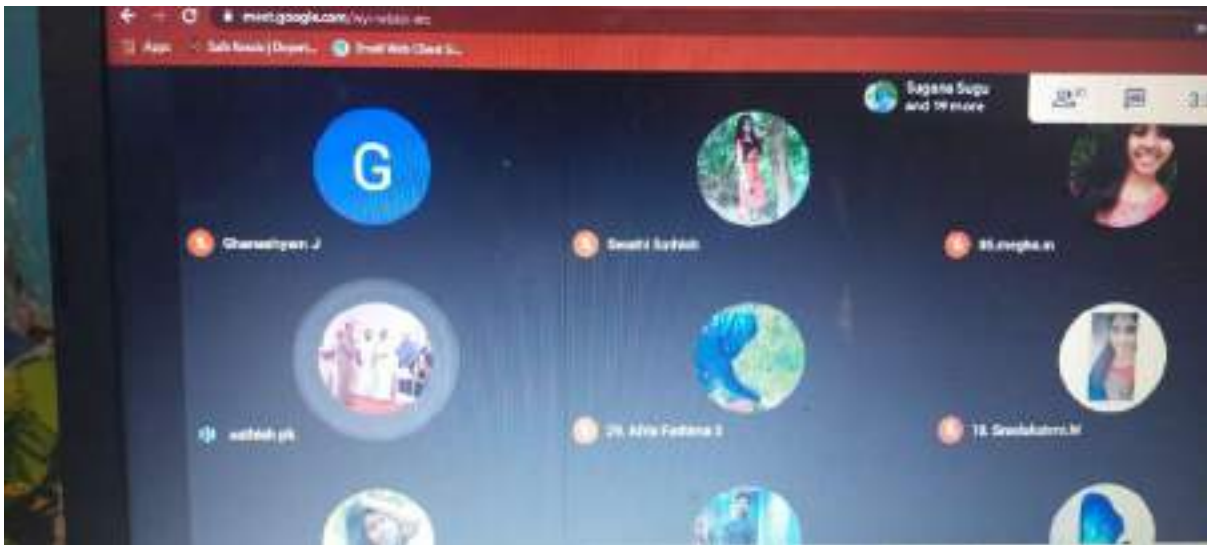
Third day begins with yoga and physical exercises under the leadership of programme committee followed by NSS song, thought of the day, paper presentation and report of previous day experience. After that NSS Po informed activity for the day, Organic farming as part of "Kisan Diwas"

Our offline activity for the day is organic farming. All volunteers and programme officers started their activity with the help of their family members and planted the seeds of vegetables such as Chillies, peas, amaranths, bitter gourd, tomatoes, pumpkin and ash guards etc. Each volunteer has done organic farming using 5 kinds of seeds. Those who have not adequate premises at home, are made from farming using sacks, covers, reusable containers, jars and other available scrap materials. In total 45 students planted 445 seeds at their respective places.

After a small break all the volunteers gathered for an online session on Motivational talk by P.k Satheesh Excise Inspector , Special squad Excise department Palakkad .His talk was all about drug abuse ,hazardous situations and prevention of drug addiction. Based on this class our volunteers have prepared posters, drawings and collage on ill effects of drugs.At 7 pm again our volunteers joined for an interesting session under the leadership of the cultural committee .They came up with a variety and amazing games and programmes .All volunteers actively participated in the cultural event and the day ended with a warm greeting by all day







#### Day 4 (24/12/2020)

We started our Fourth day of Oruma with NSS song and other usual activities. After that Under leadership of NSS programme officer Hemalatha.C and programme committee we went for the activity of Cleaning our house and surrounding with a message of “Clean home Happy home” as which is the one among our important activities. As part of the cleaning volunteers actively cleaned their house, furniture, home appliances and other household equipment such as fan ,TV ,fridge etc. Some volunteers cleaned roadside and neighborhood houses.

Afternoon session we have an awareness class on women protection. For that we arranged a resource person of Sr.P.C.Krishnankutty (Retd. Deputy Commandant of police( award winner of police medal for meritorious service from Hon’ble President of India).His Class was on “No Violence against Women” .With in short period of time he can clearly present various rights of women, physical ,mental and sexual harassment against women at home and workplaces and Law against these violence and also mentioned the punishment and imprisonment for such actions. This session was very much useful to our students as nowadays we are facing too much of violence against women.



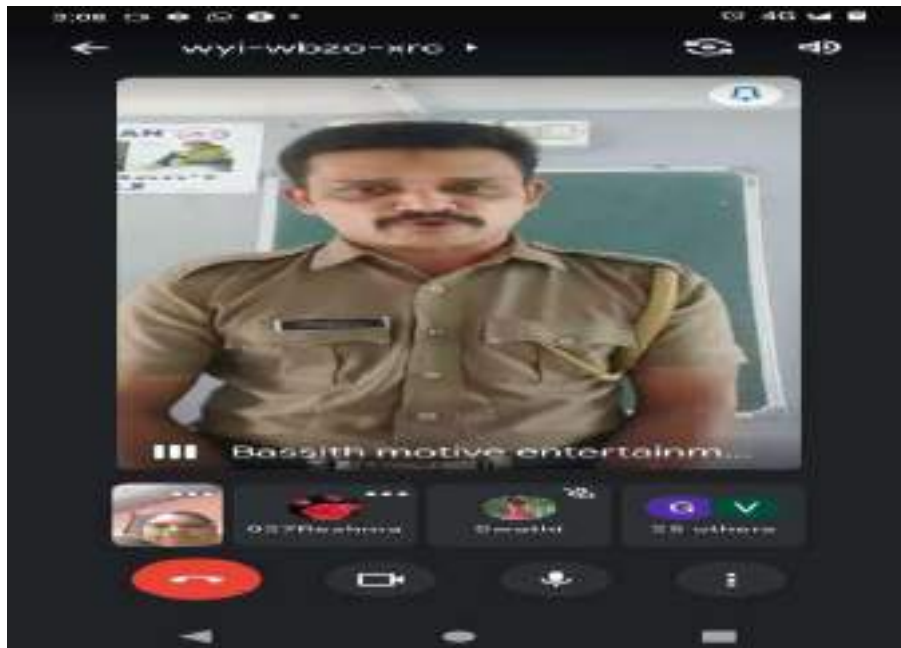


### **DAY 5 (25/12/2020)**

This day is very special as it is Christmas, the festival celebrated as the birth anniversary of Jesus Christ, the son of God. We started our programme by wishing each other “Merry Christmas “, followed by Physical exercise ,NSS song, thought of the day, newspaper reading and previous report presentation. Today, Field survey on “Prevention and Mitigation of Covid-19” was our offline activity. All volunteers have prepared a Google Survey form as per the instruction given by the NSS cell University of Calicut. Each Volunteer visited 10 nearby houses and collected the required information. Our volunteers take this activity as an opportunity to make the people aware of various things and diseases.

During their visit our volunteers created an awareness on the newly emerged disease “ Shigella”, and its preventive measures and ill effects of Usage of plastics and importance of maintaining Cleanliness at home and personal hygiene by reminding Covid 19 protocol . Next Session we had an awareness class on “Drug Abuse” by Sri. Abdul Basith, Civil Excise Officer, Chittur through live webinar. It was more than awareness he motivated and provided courage to our volunteers to come forward and to talk and stand against drug abuse. At the end of the session, we took a pledge against the use of drugs.





**DAY6 (26/12/2020)**

Sixth day begins with yoga under the leadership of the programme committee followed by NSS songs, thoughts of the day, paper presentation and report of previous day experience. Thereafter we rejoined at 10:30 am for an activity of survey report presentation. Leaders of each department sorted out the data from the field survey questionnaire which was collected yesterday. Each volunteer actively participated in all stages of report preparation such as tabulation, analysis, interpretation and conclusion. The report presentation was done by the department leaders. Next session was the personality development on the topic of “Know the secret” by HR trainer and business branding strategist Sr. Siju Rajan. His class made all volunteers energetic because he did not take class by words but by giving an activity within specified time bound. Through his activity each volunteer can learn their strength and secret of success. And the day winds up with live cultural events by the cultural committee.

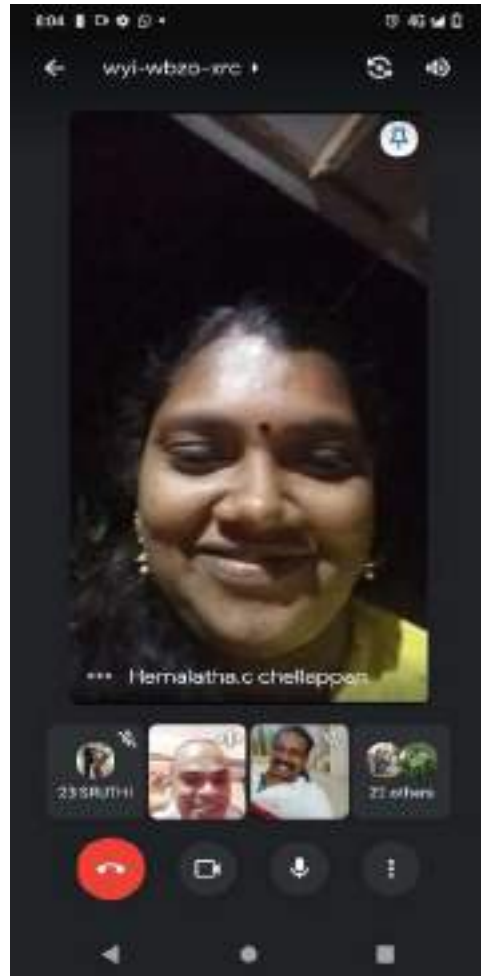






**DAY 7 (27/12/2020)**

Our Last day of virtual camp started with usual morning activities under the leadership of the Programme committee. The valedictory session started with the welcome by NSS programme officer Smt.Hemalatha.c and inaugurated by Sri.Rajesh.C Senate member university of Calicut and HoD of Physical education. Volunteer Hemalatha presented over all reports of the virtual camp. Thereafter all volunteers have shared their experience on camp and chief editor Ghanashyam presented the magazine of our camp



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**GOVERNMENT ARTS AND SCIENCE COLLEGE,  
KOZHINJAMPARA  
NSS UNIT:233  
OUTREACH PROGRAMS ORGANIZED BY NSS UNITS**

**Outreach Program No.1**

**Palliative Care**

***Date: 15-01-2021***

The primary objective of this community service initiative was to provide support and assistance to individuals receiving palliative care. The NSS Unit aimed to contribute positively to the well-being of these individuals by addressing their various needs. School students among the palliative care recipients were provided with essential study materials, including books, notebooks, and stationery items. This initiative aimed to encourage education and learning even in challenging circumstances. Nutritious food items were distributed to the individuals under palliative care. This included non-perishable food items and dietary supplements to ensure proper nourishment and support for their health. Protein powder, known for its health benefits, was distributed to help improve the nutritional intake of the individuals. This was particularly valuable for those who had specific dietary requirements due to their health conditions. As part of the initiative, walking sticks were provided to three elderly individuals who were facing mobility challenges. This gesture aimed to enhance their independence and ease of movement



## **Outreach Program No.2**

### **Polio Vaccination Camp**

**Date: 31-01-2021**

The NSS (National Service Scheme) Unit of Government Arts and Science College in Kozhinjampara played a crucial role in promoting the importance of vaccination among the local population, especially children aged 0-5 years. That's great to hear! Participating in a polio vaccination camp demonstrates a strong commitment to community service and public health. Vaccinations are essential tools in preventing the spread of various diseases, including polio. Polio is a highly contagious viral infection that can cause paralysis and even death, particularly among young children. Through your participation in the vaccination camp, you not only helped protect the children in the community from this potentially devastating disease but also raised awareness about the broader significance of immunizations.

### **Link For the video of Polio vaccination Camp**

[https://drive.google.com/file/d/1REWFRBOIbW7IR3ani0UoaROBf0QQOrgai/view?usp=drive\\_link](https://drive.google.com/file/d/1REWFRBOIbW7IR3ani0UoaROBf0QQOrgai/view?usp=drive_link)

## **Outreach Program No.3**

### **Career Guidance Class and Donation of Books**

**Date: 18-2-2021**

On the mentioned date, a Career Guidance Session was organized for the tenth standard students of PMG School. The session aimed to provide valuable insights into various career options, helping students make informed decisions about their future academic and professional paths. After welcoming the students and introducing the purpose of the session, An experienced professional in the field of career counselling delivered a presentation on different career opportunities, educational pathways, and skill development. Students were given the opportunity to ask questions and clarify doubts related to career choices and higher education. As a part of our commitment to academic enrichment, we donated 10 General Knowledge books to the school library. The session was well-received by the students, who actively participated in the discussion and activities. The guest speaker's insights and



guidance provided a clearer understanding of various career fields, and students left the session with a renewed sense of enthusiasm for their future endeavours. In addition to the Career Guidance Session, we contributed 10 General Knowledge books to the PMG School library. These books are aimed at enhancing students' general awareness, fostering a love for learning beyond their academic curriculum.



### **Outreach Program No.4**

#### **District Level leadership Camp**

**Date:13-03-2021**

The primary objective of the "SAATHMYAM" District Level Leadership Camp was to provide an orientation program for NSS volunteers and Program Officers (POs) from various colleges within the district. The program aimed to equip participants with leadership skills, foster team spirit, and enhance their understanding of community engagement through NSS initiatives. The orientation program "SAATHMYAM" was designed as a comprehensive training and leadership development camp. The day-long event comprised various sessions, workshops, and interactive activities that focused on the following aspects:

1. Engaging sessions on leadership qualities, effective communication, decision-making, and problem-solving skills were conducted. These sessions aimed to nurture leadership potential among the participants.

2. Activities and ice-breakers were organized to encourage teamwork, cooperation, and networking among the NSS volunteers.
3. Workshops were conducted to develop practical skills such as event planning, project management, and effective communication, empowering participants to execute successful NSS projects.



### **Outreach Program No.5**

#### **Covid 19 Activities**

**Date:21-04-2021**

The National Service Scheme (NSS) Unit No: 233 of Govt. Arts and Science College, Kozhinjampara, actively engaged in various COVID-19 relief activities on the 21st of April 2021, to contribute to the welfare of the community during these challenging times. This report outlines the initiatives undertaken by our NSS unit on this day. Our NSS unit took the initiative to provide support to the needy in Kozhinjampara by distributing 9 food kits. These kits were designed to assist families facing economic hardships due to the pandemic, ensuring that they have access to essential sustenance during these trying times. Demonstrating our commitment to helping those in need, we provided 30 packets of LIGNOCAD GEL to patients in Kozhinjampara who are suffering from severe spinal cord injuries. This effort aimed to alleviate their discomfort and improve their quality of life.

In collaboration with our dedicated volunteers, we produced 150 masks as a part of our contribution to public health. These masks were subsequently handed over to the Government Hospital in Kozhinjampara, where they can be distributed to those in need, aiding in the prevention of COVID-19 transmission. Our NSS unit took the opportunity to offer a helping hand by contributing Rs. 3000 towards the medical treatment of a student's father. This gesture underscores our commitment to supporting individuals and families facing health-related challenges during these uncertain times. In partnership with local law enforcement agencies, two of our dedicated volunteers stepped forward as Covid Warriors. They actively assisted the police department in conducting road checks in Kozhinjampara to ensure compliance with Covid-19 safety protocols and regulations.







## Outreach Program No.6

### Community Volunteer Training Programme in Palliative Care

**Date: 12-5-2021**

The Chittur Block Panchayat organized a series of Community Volunteer Training sessions in Palliative Care during the early months of 2021. These training sessions were held on three different dates: 14th February 2021, 23rd February 2021, and 12th May 2021. The purpose of these sessions was to equip participants with essential skills and knowledge related to providing palliative care within the community. One of the active participants in these training sessions was NSS Volunteer Pavithra B.

The first training session took place on February 14th, 2021. The participants were introduced to the concept of palliative care and its significance in addressing the needs of



individuals with serious illnesses. The session covered topics such as pain management, emotional support, and communication techniques. Pavithra B, an enthusiastic NSS Volunteer, actively engaged in discussions and practical exercises, showcasing her commitment to learning and community service. The second training session was conducted on February 23rd, 2021. This session delved deeper into the various aspects of palliative care, including the ethical considerations, cultural sensitivities, and the importance of maintaining the dignity and comfort of patients. Pavithra B's presence and participation continued to be valuable to the discussions and activities. The final training session was held on May 12th, 2021. By this time, the participants had gained a solid understanding of palliative care principles and practices. The focus of this session was on practical scenarios and case studies, allowing participants like Pavithra B to apply their knowledge in simulated situations. Her dedication and involvement inspired other attendees as well.

Throughout the series of training sessions, NSS Volunteer Pavithra B consistently displayed a high level of enthusiasm, engagement, and dedication. Her active involvement in discussions, willingness to learn, and her ability to grasp complex concepts made her a standout participant. Pavithra B's commitment to community service, as evident through her participation in the palliative care training, reflects the spirit of the NSS and its emphasis on contributing positively to society.



## Outreach Program No.7

### Report on Freedom Run - Azadi Ka Amrit Mahotsav Freedom Run 2.0

**Date: 04-09-2021**

The NSS Unit of Govt Arts and Science College, Kozhinjampara, orchestrated a commemorative Freedom Run as part of the Azadi Ka Amrit Mahotsav Freedom Run 2.0 on 4th September. In collaboration with Nehru Yuva Kendra and NSS Palakkad, this event witnessed the enthusiastic participation of three volunteers, embarking on a route that spanned from Rakthasakshi Mandapam, Kottamayadhanam, to Sabari Ashram, Akathethara, in partnership with Field Outreach Burao. The run, held from 8:00 AM to 9:30 AM, not only celebrated the spirit of freedom but also aimed to instill patriotism and a healthy lifestyle among participants. The event gathered individuals from diverse backgrounds, radiating an infectious spirit of unity and pride. As participants navigated the carefully planned route, the run symbolized a poignant reminder of India's historical struggle for independence.



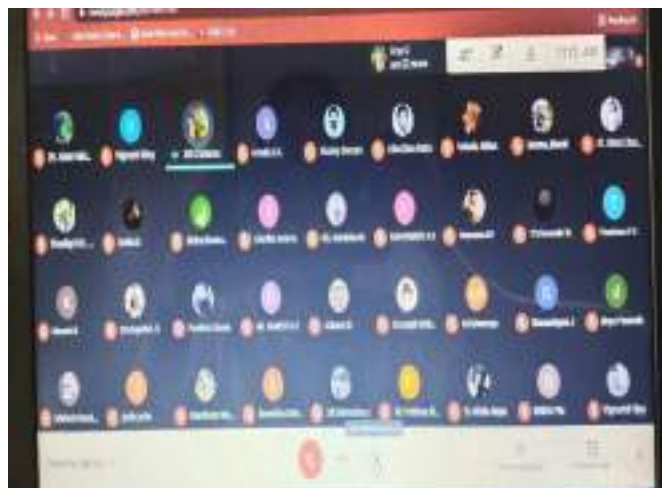
## Outreach Program No.8

### NSS Volunteers training

**Date:30-09-2021**

On September 30, at 7:00 PM, the NSS Unit of Government Arts and Science College Kozhinjampara conducted an online NSS Volunteers Training program. The event was organized in collaboration with District Administration, Healthcare, NSS, and Health Kerala Malappuram. The primary focus of the webinar was to educate NSS volunteers about COVID precautions to be undertaken as the college prepared to reopen. The program began with a warm welcome speech by Mr. P Raju, the District Mass Media Officer (DMO). His opening remarks set the tone for the informative session ahead. Dr. Muhammed Ismayil K, the District Programme Manager of Health Kerala Malappuram, delivered the presidential address. His insights highlighted the significance of health measures in educational settings.

Dr. K Sakeena, the District Medical Officer of Malappuram, inaugurated the event. Her participation lent credibility to the program's importance. Dr. MP Mujeeb Rahman, the NSS Programme Coordinator of Calicut University, delivered the keynote address. His expertise shed light on the role of NSS volunteers during the pandemic. Dr. Navya J Thaykaatil, the COVID District Medical Officer of Malappuram, delivered a comprehensive presentation on COVID precautions. Her insights equipped the volunteers with necessary knowledge. The event concluded with Dr. Muhammed Rafi C, the NSS Programme Officer of Ansar Arabic College Valavannur, delivering a vote of thanks. His appreciation extended to all the participants and collaborators. Five NSS volunteers, along with the Programme Officer Sri. Bindhu, actively participated in the webinar.



## Outreach Program No.7

### Dry Day

**Date: 29 November 2021**

On November 29, the NSS unit of Govt Arts and Science College Kozhinjampara orchestrated a significant event to honor "Dry Day." This endeavor was meticulously designed to foster cleanliness, hygiene, and a heightened sense of responsibility within both the participants and the wider community. The event's highlights encompassed an array of activities diligently executed by dedicated NSS volunteers, with particular emphasis on house cleaning. Engaging fervently in this endeavor, participants not only transformed their immediate surroundings into cleaner and healthier spaces but also imbibed a deep-seated commitment to maintaining hygienic living conditions. Enthusiastically participating in house cleaning tasks, volunteers demonstrated an admirable devotion to promoting well-being through environmental hygiene. The event's profound impact is evidenced by the heightened awareness it raised about the crucial relationship between a clean environment and overall health. Acknowledging the collective contributions, the success of the Dry Day event owes its gratitude to the unwavering commitment of NSS volunteers and the steadfast support of the college administration. Their collaborative dedication serves as an inspiring model for others, underscoring the influence of small gestures in driving community-wide well-being.





## Outreach Program No.8

### Report on Leadership training Camp

**Date:03-05/12/2021**

The National Service Scheme (NSS) unit of Government Arts and Science College, Kozhinjampara, organized a commendable Leadership Training Camp from December 3rd to 5th. The camp was held at the picturesque campus of Sathya Sai Arts and Science College in Thonnakal, Thiruvananthapuram. The event aimed to instill leadership skills and values among the participating volunteers, with a focus on personal and community development.

The event witnessed enthusiastic participation, with six volunteers representing each district in attendance. Among the distinguished participants was Mr. Varun Babu, a volunteer from our college, who actively engaged in the various activities and sessions conducted during the camp. The camp featured a series of interactive sessions led by seasoned trainers and experts in the field of leadership development. These sessions covered a wide range of topics including effective communication, team building, decision making, and problem-solving. Skill development workshops were a significant component of the camp. Workshops on time management, public speaking, and conflict resolution provided valuable tools for the volunteers to enhance their leadership abilities.



## Outreach Program No.9

### "SAMANWAYAM" - 7 Day NSS Camp

Date: 24-12-2021

#### Day1

The NSS unit of Govt Arts and Science College, Kozhinjampara, embarked on a dynamic 7-day NSS Camp, "SAMANWAYAM," commencing from 24th December 2021 within the college premises. The camp began with the enthusiastic registration of volunteers, followed by a visit to the adopted village, Sankharachampalayam, aimed at comprehending the community's needs. At the 3:00 PM inaugural ceremony, Block Panchayath President Advocate Murukhadas lit the ceremonial lamp, and esteemed guests including local leaders and officials extended warm greetings. The event featured a keynote address by Pro. Amala A.K, Principal GCK, emphasizing the societal impact of NSS activities, and Dr. Vipin P. Shivaram, HOD of Biochemistry, elucidated the camp's objectives. The formation of committees ensured the camp's seamless functioning, while a joyful Xmas Carol celebration infused festive spirit among participants and the community. The 7-day "SAMANWAYAM" NSS Camp embodies the NSS unit's commitment to social responsibility and community well-being, promising an enriching and impactful journey ahead.



**Date: 25-12-2021**

**Day 2**

On the 25th of December 2021, the 2nd day of "SAMANWAYAM" - NSS Camp unfolded with energetic engagement from volunteers, partaking in diverse activities aimed at nurturing their physical and mental well-being. The day commenced at 5:30 AM, leading into a revitalizing yoga session from 6:00 AM to 6:30 AM, emphasizing holistic health. The morning assembly featured a prayer, news updates, daily reflections, camp highlights, and a recap of the preceding day. Subsequently, volunteers undertook a road cleaning initiative, enhancing the local environment. A comprehensive orientation class on legal support for students, guided by Advo. Abhu Thahir, empowered participants with legal insights. An ice-breaking session, led by former NSS Programme Officer Srimathi Hemalatha, fostered camaraderie, while a spirited Christmas celebration in the evening radiated joy and festive cheer. The day culminated with a camp report summarizing accomplishments, underscoring the collective progress achieved. As the 2nd day of "SAMANWAYAM" - NSS Camp unfolded, its multifaceted activities bolstered well-being, enriched knowledge, and nurtured unity, leaving an indelible mark on the participants' growth and camaraderie.





**Date: 26-12-2021**

### **Day 3**

The 3rd day of the "SAMANWAYAM" - NSS Camp on 26th December 2021 witnessed enthusiastic volunteer participation in activities aimed at promoting community welfare and sustainable farming practices. The day began with an early start at 5:30 AM, followed by a rejuvenating yoga session and an energetic assembly performance from 6:00 AM to 7:00 AM. After breakfast, volunteers undertook campus cleaning to create a vegetable garden, emphasizing organic farming and self-sustainability. In the afternoon, an orientation session conducted by Srimathi Ganga KP, Deputy Manager of Vegetable and Fruit Promotion Council Alathur, emphasized the importance of protecting farming and shared insights on sustainable agricultural practices. The evening featured a special "BALAMELA" program from 4:30 PM to 6:00 PM, engaging children from the adopted village and fostering community spirit. As an act of giving back, excess camp food was distributed to the less fortunate in Kozhinjampara, demonstrating the volunteers' compassion and community support. In conclusion, the 3rd day of the "SAMANWAYAM" - NSS Camp showcased active engagement and a sense of purpose, leaving a positive impact on the community through various initiatives.







**Date: 27-12-2021**

#### **Day 4**

The 4th day of the "SAMANWAYAM" - NSS Camp, observed on 27th December 2021, saw a multitude of engaging activities aimed at community welfare and awareness. The day began with an early rise at 5:30 AM, followed by a spirited morning assembly and invigorating warm-up exercises. Volunteers undertook road cleaning at Nattukal after breakfast, contributing to the area's hygiene. In observance of Anti-Drugs Day, an enthusiastic rally covering approximately 6 km was held, conveying messages for a drug-free society. In the adopted village, Sankharachampalayam, volunteers visited 70 homes, spreading awareness about drug prevention. An orientation on mentalism by Mendalist Sri Sravan Sudhakaran captivated volunteers, followed by an engaging magic show. The evening featured the "AMMAKHEA ORU SAMMANAM" program, honoring the NSS volunteers and showcasing their cultural talents. Night sessions included a comprehensive camp report presentation and vibrant cultural programs, adding depth to the camp's vibrancy. In conclusion, the 4th day of the "SAMANWAYAM" - NSS Camp was replete with activities promoting welfare and awareness. The day's highlight was the Anti-Drugs Day rally, emphasizing the NSS unit's dedication to a drug-free society. Village visits and orientation on mentalism enriched knowledge, while cultural programs displayed volunteer creativity. The day radiated enthusiasm, purpose, and a sense of community engagement.



**Date: 28-12-2021**

**Day 5**

On the 5th day of the NSS camp, volunteers began their activities with enthusiasm at 5:30 am. The day was a mix of learning, community service, and cultural expression. Activities included road cleaning in the morning and an orientation on cybercrime by Mr. Jayaprasad SI of Police in the afternoon. Volunteers distributed food kits to cancer patients, demonstrating the NSS unit's dedication to community service. An orientation on effective communication and teamwork was conducted by Suparna Mam, followed by cultural programs showcasing volunteers' talents in the evening. The day ended with a review of activities, providing a chance to assess achievements and plan for the camp's remainder. The 5th day highlighted the NSS unit's commitment to learning, community welfare, and camaraderie through engaging activities and valuable orientations.



**Date: 29-12-2021**

**Day 6**

The 6th day of the NSS camp, initiated with the volunteers' early rise at 5:30 am, continued the spirit of engagement and activity. The day's agenda encompassed a range of activities, including cleaning efforts, informative sessions, and cultural displays. Cleaning



activities began at 8:30 am, as NSS volunteers wholeheartedly participated in maintaining the cleanliness of the college premises, underlining their commitment to a conducive learning environment. Following a nutritious lunch, an orientation class on fire and safety awareness was conducted by Mr. Kannadas. This session provided crucial insights into fire safety measures and strategies for emergency response. Revathy Sister led an informative orientation on palliative care, sensitizing volunteers to the needs and challenges faced by those with serious illnesses, fostering empathy and understanding. At 6:00 pm, the camp atmosphere was enlivened by cultural programs showcasing the diverse talents of the NSS volunteers. As the day came to a close, a comprehensive review was conducted, enabling the NSS unit to reflect on their accomplishments, gather feedback, and chart their progress. The 6th day of the NSS camp encapsulated a harmonious blend of education, community service, and cultural expression, enriching the overall camp experience.



**Date: 30-12-2021**

### **Day 7**

The culmination of the NSS camp was marked by the volunteers' energetic start at 6:30 am with invigorating exercises, reflecting their commitment to physical well-being and a healthy lifestyle. Engaging in campus cleaning activities after the exercise session, the NSS volunteers exemplified their dedication to maintaining a clean and conducive learning environment. A significant concluding session, led by Mr. Thankavelu, offered appreciation for the volunteers' unwavering dedication and contributions throughout the camp. Their hard work, enthusiasm, and commitment to community service were acknowledged and celebrated. The conclusion of the camp prompted bittersweet farewells among the volunteers, who reflected on the profound impact of their shared experiences over the past seven days. The camp served as a transformative journey, fostering growth, community engagement, and lasting connections among participants. As the volunteers departed, they carried with them a



sense of accomplishment and gratitude for the valuable experiences and cherished memories they had gained during the camp. The 7th day not only marked the conclusion of the NSS camp but also left an indelible impression of purpose, camaraderie, and personal growth among all participants.



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**GOVERNMENT ARTS AND SCIENCE COLLEGE, KOZHINJAMPARA  
NSS UNIT:233**

**OUTREACH PROGRAMS ORGANIZED BY NSS UNITS**

**Outreach Program No.1**

**Palliative Care**

***Date: 15-01-2022***

The NSS Unit 233 of Government Arts and Science College Kozhijampara organized a commendable initiative on January 15, 2022, in observance of National Palliative Day. The event aimed to provide support and assistance to palliative patients in need. The entire college community, including students, teaching staff, and non-teaching staff, came together to contribute to this heartwarming program.

**Activities and Contributions:**

NSS volunteers led the execution of the program.

Each student contributed ₹10 towards the cause.

Both teaching and non-teaching staff also made financial contributions to support the initiative.

The funds collected were utilized to provide much-needed assistance to 40 palliative patients who were economically disadvantaged. The beneficiaries received both clothes and bedsheets. The recipients of this support were patients associated with the Community Health Centre in Kozhinjampara, who were struggling due to their economic circumstances. The initiative aimed to bring comfort and relief to their lives. The event held special significance as it was not only a display of compassion and empathy but also a demonstration of the college community's commitment to social responsibility and helping those in need. The program's impact was profound, not only benefiting the palliative patients directly through the distribution of essential items but also fostering a sense of unity and collaboration among the college's students and staff. The NSS Unit 233 of Government Arts and Science College Kozhijampara successfully organized the bedsheets and cloth distribution program on January 15, 2022, as a tribute to National Palliative Day.



## Outreach Program No.2

### Old age home visit

**Date: 24-09-2022**

On September 24, 2022, the NSS Unit No. 233 of Govt Arts and Science College Kozhinjampara organized a meaningful celebration in honour of NSS Day. The program took place at Guruprasadham Old Age Home in Kozhinjampara, reflecting the NSS's commitment to social service and engagement with the elderly population. The celebration was held at Guruprasadham Old Age Home, where the participants engaged with elderly residents, spreading cheer and goodwill. The event began around 11 AM and continued until 3 PM, providing ample time to connect with the elderly residents and learn from their experiences. Guruprasadham Old Age Home held special significance as it allowed the NSS volunteers to interact with senior citizens who might feel isolated or abandoned. This aligns with the NSS's broader mission of community engagement and social support.

The NSS volunteers engaged in meaningful conversations and spent quality time with the elderly residents, fostering a sense of connection and companionship. The volunteers brought lunch for the elderly residents, further enhancing the atmosphere of care and camaraderie. The person managing the old age home, who was also an NSS volunteer, shared insightful lessons and experiences he had gained through his involvement in the NSS. He emphasized the values and qualities that an NSS volunteer should possess.





## Outreach Program No.3

### Anti Drug Rally

**Date: -02-10-2022 to 01-11-2022**

On October 12, 2022, the NSS Unit No. 233 of Govt Arts and Science College Kozhinjampara organized an impactful Anti-Drug Rally as part of their commitment to promoting a drug-free mission. The event aimed to raise awareness about the detrimental effects of drug addiction on individuals and society, while also encouraging students to actively engage in advocating against drug abuse.

The rally was held within the vicinity of the college premises, with all NSS volunteers and other students participating actively. The rally saw the enthusiastic participation of NSS volunteers, as well as other students from the college who were passionate about supporting the cause. At a junction near the college, a speech against drug addiction was delivered by one of the participants to further raise awareness about the dangers associated with drug abuse. The primary objective of the rally was to create widespread awareness about the harmful consequences of drug addiction, especially among the younger generation. Through the speech delivered during the rally, the participants aimed to advocate against drug abuse, encouraging their peers and the community to stand against such harmful behaviours.





## **Outreach Program No.4**

### **Blood Donation Camp**

***Date: 17-10-2022***

On October 17, 2022, the NSS Unit No. 233 of Govt Arts and Science College Kozhinjampara organized a significant Blood Donation Camp at Chittur Block Panchayat Community Hall in Nattukal. The event aimed to encourage voluntary blood donation among students and raise awareness about the importance of donating blood for saving lives. Blood donation plays a critical role in saving lives and supporting medical treatments. By donating blood, the participants were contributing to the well-being of patients in need and addressing potential shortages in blood supply. All NSS volunteers actively participated in the camp, and many other students from the college joined in as well.

The donation process followed strict safety and hygiene protocols to ensure the health and well-being of both donors and recipients. Trained medical personnel were present to oversee the blood donation process, ensuring a smooth and safe experience for the donors. The participation of NSS volunteers and other students showcased their commitment to giving back to the community and contributing to the betterment of society. The event highlighted the college's role in fostering community engagement and promoting a culture of compassion and service.



**Outreach Program No.5**

**Health service Municipality**

**Date: 25-10-2022**

The orientation and data collection program held on October 22 and 23 at Eruthenpathy and Nallepilly was a significant effort organized in collaboration with the Kerala State Legal Service Authority and Chittur Court. This initiative was part of the PAN India Awareness and Outreach Campaign designed to inform ward members about the rights and laws newly



introduced in the Indian constitution, particularly pertaining to physically and mentally challenged individuals. The main aim of this program was to disseminate awareness among the general public, especially ward members, about the newly established rights and laws in the Indian constitution that concern physically and mentally challenged individuals. The campaign intended to empower these individuals by ensuring they receive the benefits and legal protections they are entitled to. Three volunteers representing Government Arts and Science College Kozhijampara (GASCK) participated in this program. Their involvement showcased the college's commitment to community engagement and the promotion of social justice.





## Outreach Program No.6

### SOUTH ZONE PRE REPUBLIC DAY PARADE CAMP

**Date: 0-11-92022 to 18-11-2022.**

We are delighted to announce that Rahul Rakesh, a dedicated member of the NSS unit and a second-year B.Com student at Government Arts and Science College, Kozhinjampara, was selected to undergo training at the NSS South Zone Pre Republic Day Parade Camp. The camp was held at Swamy Saswathikananda College, Ernakulam, from November 9th to November 18th, 2022. Rahul's exceptional commitment to NSS activities and his active participation in various social initiatives led to his selection for this prestigious camp. His leadership skills, dedication to community service, and discipline made him a deserving candidate to represent our college at the South Zone level. The NSS South Zone Pre Republic Day Parade Camp is a significant event that offers training and development to NSS volunteers from different states in South India. The camp focuses on enhancing leadership, marching, and teamwork skills while emphasizing discipline and national unity. Swamy Saswathikananda College, Ernakulam, served as the host venue for this enriching experience. Throughout the training period, Rahul actively participated and demonstrated remarkable enthusiasm, discipline, and a keen willingness to learn. His engagement showcased the values of leadership and teamwork, contributing to the overall success of the camp. Rahul's selection for the NSS South Zone Pre Republic Day Parade Camp is a matter of great pride for our college and NSS unit. His participation and acquired skills exemplify the impact of NSS initiatives in shaping responsible and disciplined citizens. We congratulate Rahul on his achievements and anticipate his continued excellence in future endeavors.



## Outreach Program No.7

### "DHWANI" - 7 Day NSS Camp

**Date: 24-12-2021**

#### Day1

The NSS unit of Nattukal Government College organized the impactful "Dhwani" Seven-Day Camp in partnership with Nallepilly U.P School from December 24th to December 30th, 2022. This camp aimed to engage students in meaningful activities, foster community service, develop leadership skills, and cultivate a sense of social responsibility and camaraderie. The camp commenced with the registration of 39 enthusiastic students on December 24th at 9:30 am. Participants embarked on cleaning classrooms and premises, setting a disciplined and cooperative tone. Under the guidance of the NSS volunteer secretary, an inaugural meeting allocated diverse responsibilities, showcasing efficient organization and delegation. The official inauguration, held at 2:30 pm, was graced by esteemed guests, including renowned film director Farooq Abdul Rahman. Director Rahman shared poignant life experiences, setting a meaningful tone for the camp. A moment of silence honored the untimely passing of Athira, a first-year B.Com student, reflecting community empathy. The camp celebrated the festive spirit through NSS students' joyful performances, fostering togetherness and community engagement. The occasion doubled as an opportunity for donation collection, showcasing students' dedication to community welfare. The "Dhwani" Seven-Day Camp exemplified the NSS unit's commitment to nurturing student growth, community engagement, and social responsibility. Through purposeful interactions and activities, the camp left a profound impact, highlighting the potential for positive change through collective efforts.





**Date: 25 December 2021**

## **Day2**

The second day of the NSS Camp at Nallepilly U.P. School was filled with invigorating activities that demonstrated the participants' commitment to self-improvement and community welfare. The day commenced with a rejuvenating yoga session led by Adhil, offering participants a chance to connect with their inner selves and embark on a journey of self-discovery. The morning assembly saw the proud raising of the NSS flag by Volunteer Niyas, symbolizing unity and enthusiasm among the volunteers. The aroma of local delicacies added to the sensory experience of the morning. Undertaking the Arogya survey in the 'Chankarachanpalayam' area showcased the volunteers' dedication to community welfare. Divided into teams, they faced the challenges of the hot sun with determination, conducting the survey diligently. A nourishing lunch, thoughtfully prepared by the 'food committee,' provided a moment for volunteers to refuel and forge bonds of camaraderie. The day continued with an informative orientation class on fire safety and rescue procedures by firefighters Santhoshkumar Sir and Manoj Sir. Practical demonstrations of CPR, the Heimlich maneuver, and water rescue techniques equipped volunteers with essential emergency response skills. The second day exemplified the essence of NSS, combining physical well-being, community engagement, and knowledge enrichment. The participants' active involvement showcased their dedication to personal growth and community betterment, reflecting the core values of the NSS organization.



**Date: 26 December 2021**

### **Day3**

The third day of the NSS Camp at Nallepilly U.P. School unfolded with a series of enlightening and engaging activities that contributed to the volunteers' personal growth, community awareness, and creative expression. The day commenced at 10:30 AM with a significant anti-drug awareness program at the Nallepilly Health Care Centre. Conducted by Sri. Prasanna Kumar and Sri. Reji, the session focused on shedding light on the damaging effects of drug abuse, particularly among adolescents. Valuable insights were shared, emphasizing the severe consequences of such habits. The participation of senior volunteers enriched the program, fostering meaningful interactions that left a lasting impact. After the informative session, volunteers returned to the camp, where a personality development class was conducted after a satisfying lunch. Lion Ramanchandran Sir and Mohammed Nasar Sir led the class, imparting valuable lessons on personal growth and development. The class equipped volunteers with essential life skills, preparing them for a well-rounded future. The day continued with a creative and artistic drama workshop, led by Sudheesh Nallepilly, a member of Amma Drama Samidhi. This workshop introduced volunteers to the world of drama, empowering them to explore and enact unique themes. Active participation was evident, and Srividya Mam's involvement enriched the experience, providing insightful



perspectives. The third day of the NSS Camp exemplified the program's holistic approach to volunteer development. Through informative sessions, creative workshops, and community engagement, participants continued to thrive and grow, embodying the core values of NSS. This day's activities reinforced the camp's commitment to empowering volunteers and preparing them for a meaningful and impactful future.



**Date: 27 December 2021**

#### **Day4**

The fourth day of the NSS Camp "Dhwani" was characterized by impactful activities aimed at raising awareness and contributing to community welfare. In the morning, a comprehensive drug awareness class was conducted by Shajahan Sir, a Civil Police Officer from the Chittur Excise Department. The session highlighted the serious issue of drug addiction, shedding light on its physical and psychological consequences across different age groups. Shajahan Sir's expertise effectively conveyed the gravity of the matter, emphasizing that drug addiction can lead to a detrimental decline in behavior. A musical interlude added an artistic touch to the informative session, engaging the NSS volunteers. After lunch, volunteers engaged in cleaning activities at Nallepilly UP School, focusing on areas frequently used by students. Special attention was given to the school's park and yard. "Dhwani" further solidified the participants' understanding of social issues and their role in community development.



**Date: 28 December 2021**

### **Day5**

The fifth day of the NSS Camp featured a range of engaging activities that encompassed physical well-being, community service, and mental exploration. The day began with an invigorating morning walk, followed by a refreshing tea break provided by Group 4. A contemplative prayer led by Group 1 set the tone for the morning meeting, where the day's schedule was discussed, and the daily report and press release were presented. A fulfilling breakfast preceded the volunteers' collective effort to clean the school campus, enhancing its appearance and functionality. After a rejuvenating tea break, cleaning resumed, demonstrating the volunteers' commitment to maintaining a clean environment. Lunch provided sustenance and a brief pause, followed by continued cleaning efforts to ensure every corner of the school was attended to. The day's activities culminated in a captivating Mentalism session conducted by Mr. Sravan Sudhakaran. Through personal anecdotes and interactive games, Mr. Sudhakaran showcased the intriguing capabilities of the human mind, leaving a lasting impact on the attendees. The fifth day of the NSS Camp highlighted the program's holistic approach to development, emphasizing physical activity, community engagement, and intellectual exploration. positively to their environment.



**Date: 29 December 2021**

## **Day6**

The sixth day of the NSS 7-Day Camp was marked by an array of activities that encompassed community service, awareness, creativity, and reflection. Volunteers actively prepared a vegetable garden from 9:30 AM to 11 AM, digging pits for planting elephant yam while enjoying spirited songs playing in the background. At 11 AM, Nallepilly's Village Officer led an awareness session on elections, sparking engaging discussions among NSS volunteers about the rights and responsibilities of citizens. In preparation for the return of school children after the Christmas break, NSS volunteers adorned school walls with welcoming messages and pictures. An afternoon of games and activities fostered creativity and participation under the guidance of Rahail, and the day concluded with a collective effort to prepare grilled chicken, showcasing teamwork and culinary skills. As the day progressed, a mix of emotions arose among participants as they realized it was the final night of the camp. The day's activities not only imparted knowledge and experiences but also contributed to a sense of happiness and lasting memories. The sixth day of the NSS 7-Day Camp underscored the program's comprehensive approach to learning, community engagement, and personal growth. Through various activities and interactions, participants continued to embody the spirit of NSS, leaving an enduring impact on their journey of service and self-discovery.





**Date: 30-11-2021**

### **Day7**

The concluding day of the NSS 7-Day Camp, "Dhwani," marked a significant milestone in a week filled with impactful experiences and valuable insights. As the camp came to an end on December 30th, 2022, participants reflected on the journey of learning, growth, and community service that defined the event. The camp's overarching objective was to provide a comprehensive platform for personal development and community engagement. Throughout the week, participants were immersed in a diverse range of activities, sessions, and interactions that fostered holistic growth. From practical skill-building exercises to thought-provoking discussions, "Dhwani" offered a well-rounded approach to education. The camp was designed not merely as a theoretical learning experience but as a transformative journey. It aimed to empower participants with practical life skills, enabling them to navigate challenges, make informed decisions, and contribute positively to society. The engaging environment facilitated the exchange of knowledge and ideas, nurturing a sense of camaraderie among participants. As the seventh day drew to a close, participants left with a profound sense of gratitude and accomplishment. The success of "Dhwani" was a



collaborative effort, reflecting the dedication of the participants, the guidance of the organizers, and the essence of NSS's mission. The camp's impact extended beyond individual growth, as it inspired participants to recognize their role in creating positive change within their community. The conclusion of "Dhwani" marked not an end, but a new beginning for participants who now carry forward the valuable lessons and experiences gained during the camp. The event exemplified the power of a well-structured camp in shaping individuals and fostering a spirit of service and leadership.



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**GOVERNMENT ARTS AND SCIENCE COLLEGE, KOZHINJAMPARA  
NSS UNIT:233**

**OUTREACH PROGRAMS ORGANIZED BY NSS UNITS**

**Outreach Program No.1**

**REPORT ON 26th NATIONAL YOUTH FESTIVAL 2023**

**Date: 12-01-2023 to 16-01-2023**

We are pleased to share that, Keerthana.M, a dedicated NSS member and second-year B.Sc. Microbiology student from Government Arts and Science College, Kozhinjampara, represented our college at the 26th National Youth Festival 2023. The festival took place in Hubballi, Karnataka, from January 12th to January 16th, 2023. Keerthana's selection for the festival was based on her remarkable contributions and talents as an NSS volunteer. Her commitment to community service and active engagement in various social initiatives made her a deserving candidate to represent our college on a national platform. The 26th National Youth Festival is an annual event celebrating youth talents in cultural, literary, and artistic domains. Hubballi, Karnataka, hosted this year's festival, which featured diverse activities, competitions, workshops, and performances, fostering a sense of unity and cultural exchange among participants from different states. Throughout the festival, Keerthana showcased exceptional dedication and enthusiasm. She participated actively in various events and competitions, leaving a positive impression on peers and organizers.



## Outreach Program No.2

### Nallepilly school cleaning

**Date: 03-04-2023**

On April 3, 2023, a group of dedicated volunteers from Government Arts and Science College organized a Community Cleaning Day at Nallepilly UP School. The event aimed to contribute to the cleanliness and maintenance of the school premises while fostering a sense of civic responsibility and community engagement. The cleaning activities commenced at approximately 10:30 AM and continued until 1:00 PM, marking a dedicated effort by the volunteers to ensure the premises were thoroughly cleaned. Volunteers from Government Arts and Science College, led by NSS Coordinator Bindu mam, collaborated with the school staff members to execute the cleaning activities. The volunteers enthusiastically engaged in cleaning various areas of the school premises like veranda, auditorium, park and other areas of the school. The collaborative efforts between the volunteers and school staff yielded several positive outcomes. The event highlighted the importance of community involvement in maintaining public spaces and promoting a sense of pride and ownership.



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