



National Service Scheme

Unit No 38 & 66, University of Calicut
NSS College Nemmara

Annual Activity Report

2022 – 23



Preface

We are delighted to present the Annual Activity Report of the National Service Scheme Unit No 38 & 66 , NSS College Nemmara for the academic year 2022-23. This report serves as a comprehensive account of the numerous activities and initiatives undertaken by our dedicated volunteers and team members to serve the community and make a positive impact on society.

We are committed to the principles of community service, social welfare, and environmental sustainability. Over the past academic year, our volunteers have demonstrated unwavering dedication and enthusiasm in actively participating in a wide range of activities, aimed at addressing the needs and challenges faced by our local community. The essence of the NSS lies in fostering a sense of social responsibility and empathy among our students, instilling in them the values of selflessness and compassion. Through our various programs and initiatives, we have strived to create a strong sense of social consciousness and encourage our volunteers to contribute positively to the betterment of society.

This Report provides an overview of the events, campaigns, seminars, workshops, and community outreach programs organized by our NSS units. It showcases the outcomes, achievements, and impact of our efforts, highlighting the transformative effect of our collective actions.

We are grateful for the support and encouragement from the Principals during the period Dr Jyothilekshmi P , Dr Sreekumar T and Smt K A Thulasi, NSS College Nemmara, Dr Soni T L Programme Coordinator, University of Calicut and all our esteemed partners and collaborators, who have been an integral part of our journey. We extend our heartfelt appreciation to all our volunteers, faculty members, and supporting staff, whose tireless efforts and commitment have been instrumental in the success of our initiatives.

As we embark on another year of service and social welfare, we remain committed to upholding the values and spirit of the NSS. Our goal is to continue making a positive difference in the lives of the community we serve, addressing societal issues, and contributing to the overall development of our nation.

With great pride and a sense of purpose, we present the Annual Activity Report of NSS Unit No 38 & 66, NSS College Nemmara, for the academic year 2022-23.



SANAL KUMAR S
Programme Officer
Unit No: 38



Dr ASHA BHARATHAN
Programme Officer
Unit No: 66

Index

SI No	Activity	Page No
1	Introduction	1
2	Campus Cleaning Programme	3
3	Fund Transfer Programme to Cancer Patient	4
4	Hiroshima Day Commemoration	5
5	Independence Day Rally	7
6	Yoga Workshop in connection with International Youth Day	9
7	Independence Day celebrations	11
8	Interdepartmental Mobile Photography Contest	14
9	Youth Enhancement Camp	15
10	Intercollegiate Online Poster Making Competition	17
11	Interdepartmental Online Sports Quiz	19
12	"HARITHALAYAM" - Carbon Neutral & Sustainable Campus	20
13	Interdepartmental Online Quiz on Anti-Drug Abuse	22
14	Inaugural Ceremony Drug Free Kerala	23
15	ATIJEEVANAM" - The Drug-Free Campus	24
16	Campus cleaning programme - Clean India Programme	26
17	"SAY NO TO DRUGS" Signature Campaign	27
18	Unity Run as part of Rashtriya Ekta Diwas	29
19	"SAY NO TO DRUGS" Campaign Programs	31
20	Enrolment Drive	33
21	Essay Writing Competition -National Children's Day	34
22	National Constitution Day - Seminar	35
23	Pre Camp Orientation Programme	37
24	"Services and Schemes for Women" - Seminar	38
25	Seven Day Residential Special Camp	40
26	One-day Induction Programme for the first-year volunteers	51
27	Plastic Waste Collection Programme	53
28	One day Blood Donation Camp	55
29	Forest Area Cleaning Programme	57
30	Fund collection drive for cancer patient	60

Introduction

The National Service Scheme (NSS) is a voluntary public service program in India that operates under the Ministry of Youth Affairs and Sports of the Government of India. It was launched on September 24, 1969, to instil the spirit of voluntary work among college and university students and to involve them in community service activities for the betterment of society.

The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. The NSS is introduced to develop the spirit of service, cooperation, patriotism, and discipline among the youth of this country. The scheme provides ample opportunity for the volunteers to participate in camps, social service activities, and also to attend useful classes. The art of living together, and to cop up with challenging environment are also learnt from the varying activities of the NSS. NSS helps the students develop appreciation to other person's point of view and also show consideration to other living beings.

Participating in NSS activities not only benefits the community but also provides an opportunity for personal growth and development for the volunteers. It helps in developing leadership skills, team spirit, and a sense of empathy towards fellow citizens. The NSS has been instrumental in bringing about positive changes in society and empowering young people to be responsible citizens who actively contribute to the welfare and development of the nation.

The Konark wheel in the NSS badge having 8 bars signifies the 24 hours of the day, reminding the wearer to be ready for the service of the nation round the clock i.e. for 24 hours. Red colour in the badge signifies energy and spirit displayed by the NSS volunteers. The Blue colour signifies the cosmos of which the NSS is a tiny part, ready to contribute its share for the welfare of the mankind.

The main objectives of National Service Scheme (NSS) are:

- Understand the community in which they work
- Understand themselves in relation to their community
- Identify the needs and problems of the community and involve them in problem-solving
- Develop among themselves a sense of social and civic responsibility
- Utilise their knowledge in finding practical solutions to individual and community problems
- Develop competence required for group-living and sharing of responsibilities
- Gain skills in mobilising community participation
- Acquire leadership qualities and democratic attitudes
- Develop capacity to meet emergencies and natural disasters and
- Practise national integration and social harmony.

Two Funded units (Unit No. 38 & 66, University of Calicut) of the NSS are functioning in this college. The activities of the units are so framed to fulfil the objectives of the NSS. The volunteers have to complete 2 years of regular work and a 7- day's special residential camp.

Student Coordinators – 2022'23



K.S Manasa,
BSc Zoology
Secretary: Unit 66



Harishma A
BA Malayalam
Joint Secretary Unit 38



Akhila S Nair.
BSc Zoology
Joint Secretary Unit 66



Anushma P M
BSc mathematics
Secretary: Unit no :38



Ragesh R
BSc Instrumentation
Joint Secretary: Unit no :38



Anirudh D
BSc Mathematics
Joint Secretary Unit 66

ACTIVITY REPORT

Campus Cleaning Programme

Date: July 8, 2022

Period of Activity: 2 Hours

Total Participation: 73 Volunteers

Venue: College Campus.

The Campus Cleaning Programme aimed to maintain a clean and hygienic environment within the college campus. NSS volunteers actively participated in cleaning various areas, including common spaces, classrooms, and outdoor areas. The activity not only contributed to the well-being of the college community but also promoted a sense of responsibility towards maintaining cleanliness in public spaces.

Activity Impact:

The Campus Cleaning Programme contributed to maintaining a clean and conducive learning environment for students and staff. The Fund Transfer to the cancer patient, Maria, demonstrated the benevolence and compassion of NSS volunteers in helping those in need. Both activities fostered community engagement and promoted a spirit of social responsibility among NSS volunteers and the college community.



Fund Transfer Programme to Cancer Patient

Date: July 29, 2022

Period of Activity: 3 Hours

Total Participation: 97 Volunteers

Venue: Principal's Chamber

The Fund Transfer activity was organized with the objective of providing financial support to a cancer patient in need. NSS volunteers wholeheartedly contributed towards collecting an amount of 5000 rupees within a single day. The collected funds were then transferred to the Head Mistress of Chittillenchery School for the first std student, Maria, who is suffering from Spinal Cord Atrophy. This initiative showcased the empathy and generosity of NSS volunteers in supporting individuals facing health challenges.



Hiroshima Day Commemoration

Date: August 6, 2022

Period of Activity: 3 Hours

Total Participation: 77 Volunteers

Resource Person: Dr. C G Shyamala, Assistant Professor & Research Supervisor, Post-graduate Department of English and Research Centre for Comparative Studies, Mercy College, Palakkad, Kerala.

Topic: "TOGETHER, WE MARCH FOR PEACE."

Venue: Seminar Hall

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara organized a seminar on the occasion of Hiroshima Day. The seminar aimed to commemorate the tragic event of the atomic bombing of Hiroshima and Nagasaki during World War II and promote the message of peace and global harmony. The seminar took place on August 6, 2022, with the participation of 77 NSS volunteers.

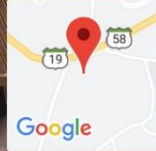
Seminar Highlights:

Dr. C G Shyamala, the resource person, delivered an insightful presentation on the importance of peace and the need for global cooperation to prevent conflicts and wars. The presentation highlighted the historical significance of Hiroshima Day and its relevance in promoting peace and disarmament.

Following the presentation, an interactive session was conducted, allowing volunteers to engage in discussions with the resource person. Volunteers had the opportunity to share their thoughts on peace-building and strategies for fostering peaceful coexistence. The seminar emphasized the significance of embracing diversity, promoting understanding among nations, and resolving conflicts through peaceful dialogue. The message of peace and harmony was reiterated as a shared responsibility of individuals and societies.

The Hiroshima Day Seminar had a profound impact on the participants:

The seminar raised awareness among NSS volunteers about the historical events of Hiroshima and the importance of working towards a peaceful world. The session encouraged volunteers to empathize with the sufferings caused by conflicts and wars and motivated them to contribute to peace-building efforts. The seminar fostered a spirit of unity and emphasized the importance of resolving disputes through peaceful means.



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N.S.S COLLEGE, NEMMARA
NATIONAL SERVICE SCHEME
Unit No: 38, 66
 in association with IQAC
 Organises
SEMINAR ON
"TOGETHER, WE MARCH FOR PEACE"
 in connection with
Hiroshima Day
SATURDAY, AUGUST 6, 2022
 Venue : Seminar Hall
 Time : 10 am.

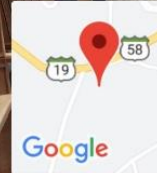
Resource Person:

 Dr C G Shyamala, Assistant Professor & Research Supervisor, Post-graduate Department of English and Research Centre for Comparative Studies, Mercy College, Palakkad, Kerala

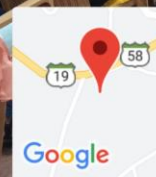
Dr SreeKumar T
 Coordinator - IQAC

Dr Jyothilekshmi P
 Principal

Mr Sanal Kumar S, Dr Asha Bharathan
 Programme Officers, National Service Scheme, Unit No: 38, 66



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Independence Day Rally

Date: August 11, 2022

Period of Activity: 2 Hours

Total Participation: 74 Volunteers

Venue: College Corridor.

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara organized an Independence Day Rally to celebrate India's 76th Independence Day. The rally aimed to instil a sense of patriotism and national pride among the participants while promoting the spirit of unity and freedom. The rally took place on August 11, 2022, with the participation of 74 NSS volunteers.

The rally commenced from the college corridor and covered a 2-kilometer route within the college premises. The theme of the rally was to showcase the diversity and cultural richness of India and express gratitude towards the sacrifices made by freedom fighters. NSS volunteers enthusiastically sang national songs and chanted slogans expressing love for the country and its independence heroes.

The patriotic fervour resonated throughout the rally, inspiring a sense of national pride among the participants. During the rally, NSS volunteers distributed pamphlets and held placards with messages promoting unity, peace, and the significance of Independence Day. The awareness campaign aimed to remind the public of the importance of preserving freedom and democracy.

The Independence Day Rally had a positive impact on the participants and the college community. The rally evoked a strong sense of patriotism and national pride among NSS volunteers and the college community, fostering unity and solidarity. The awareness campaign reminded people about the sacrifices of freedom fighters and the significance of Independence Day in shaping the nation's history. The rally emphasized the core values of democracy, diversity, and cultural heritage that are integral to India's identity.

The Independence Day Rally organized by NSS Unit No 38 & 66 at NSS College Nemmara was a spirited celebration of India's Independence Day. The rally successfully evoked a sense of national pride, unity, and appreciation for the sacrifices of the freedom fighters. Through this event, NSS volunteers demonstrated their commitment to preserving the values of freedom, democracy, and national unity.



Yoga Workshop - International Youth Day

Date: August 12, 2022

Period of Activity: 5 Hours

Total Participation: 86 Volunteers.

Resource Person: Mr Krishna Kumar S, Director, Bodhi Yoga Centre, Alathur, Palakkad, Kerala.

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara organized a Yoga Workshop in connection with International Youth Day. The workshop aimed to promote the physical and mental well-being of the youth and enhance their overall health and mindfulness. The workshop took place on August 12, 2022, with the enthusiastic participation of 86 NSS volunteers.

Workshop Highlights:

Mr Krishna Kumar S, the esteemed resource person, conducted the workshop with a focus on yoga practices beneficial for youth development. The workshop aimed to introduce NSS volunteers to the numerous physical and mental benefits of incorporating yoga into their daily lives. The resource person led the participants through various yoga asanas (postures) and emphasized the importance of correct alignment and breathing techniques. Participants were guided in practicing yoga sequences that enhance flexibility, strength, and overall well-being.

The workshop included sessions on meditation and mindfulness, helping volunteers to cultivate mental focus, reduce stress, and achieve inner peace. The practice of mindfulness encouraged NSS volunteers to be present in the moment and develop a positive outlook towards life. Mr Krishna Kumar S shared practical tips on using yoga as a tool for stress management and coping with the challenges faced by youth in today's fast-paced world.

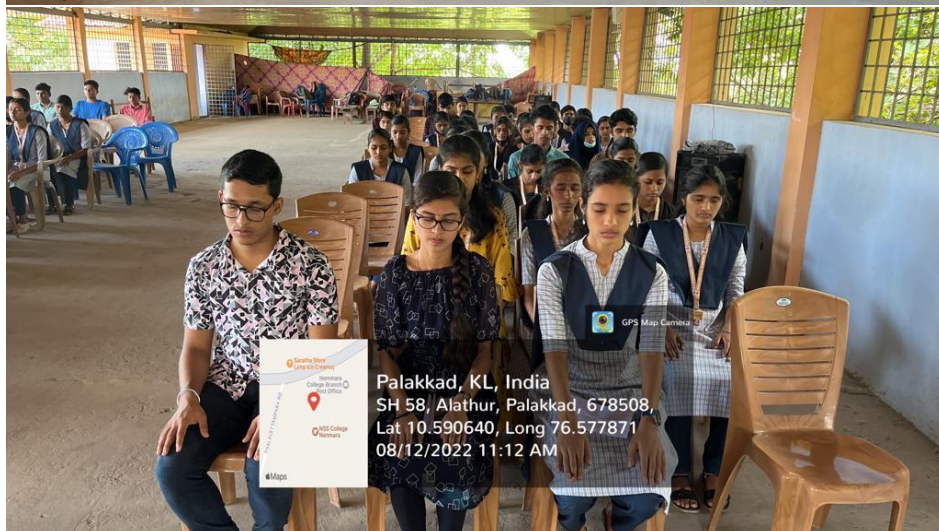
The Yoga Workshop had a positive impact on the participants:

Physical Well-being: NSS volunteers experienced improved flexibility, strength, and overall physical health through yoga practice.

Mental Health: The workshop promoted mental well-being, stress reduction, and enhanced focus and concentration.

Holistic Development: Participants learned the importance of holistic development, which includes both physical and mental aspects of wellness.

The Yoga Workshop organized by NSS Unit No 38 & 66 at NSS College Nemmara on the occasion of International Youth Day was a valuable and enriching experience for the participants. The teachings of Mr Krishna Kumar S from Bodhi Yoga Centre highlighted the importance of yoga in achieving physical fitness, mental tranquillity, and overall well-being. Such initiatives reflect NSS College Nemmara's commitment to promoting the health and mindfulness of its youth volunteers, empowering them to lead a balanced and fulfilling life.



Independence Day Celebrations

Date: August 15, 2022

Period of Activity: 6 Hours

Total Participation: 71 Volunteers

Venue: College Auditorium

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara organized a grand Independence Day celebration to commemorate India's 76th Independence Day. The celebration aimed to foster a sense of patriotism, national pride, and engage NSS volunteers in various activities that promote community welfare and cultural enrichment. The event took place on August 15, 2022, with a total of 71 enthusiastic volunteers participating in the celebrations.

Various activities were organized to engage and benefit the volunteers and the college community:

✓ Independence Day Talk:

The event commenced with an inspiring Independence Day talk, which highlighted the significance of India's freedom struggle and the importance of upholding the principles of democracy and unity.

✓ Elocution Competition:

An elocution competition was held, allowing NSS volunteers to express their views on the theme of independence, national pride, and the role of youth in nation-building.

✓ Tree Saplings Planting:

As a commitment to environmental conservation, tree saplings were planted in the college campus. The saplings were donated by Sri Ramesh Kumar, the Panchayat President of Kavasseri Grama Panchayat, Palakkad.

✓ Campus Cleaning:

NSS volunteers actively participated in a campus cleaning drive, promoting cleanliness and a sense of responsibility towards maintaining a clean and hygienic environment.

✓ Cultural Programs:

Cultural performances, including songs, dances, and skits, showcased the rich cultural heritage and diversity of India. The performances were a reflection of the volunteers' talent and passion for celebrating Indian culture.

✓ Old Age Home Visit and Food Donation:

As a gesture of kindness and compassion, volunteers visited an old age home and donated essential items and food to the elderly residents.

The Independence Day Celebrations had a significant impact on the participants and the college community:

Patriotic Spirit: The celebrations evoked a strong sense of patriotism and national pride among the NSS volunteers, promoting a deeper connection with India's heritage and history.

Community Engagement: The activities, such as campus cleaning and the visit to the old age home, fostered community engagement and a spirit of social responsibility among the volunteers.

Cultural Enrichment: The cultural programs showcased the diverse cultural traditions of India and encouraged cultural exchange and appreciation.

The Independence Day Celebrations organized by NSS Unit No 38 & 66 at NSS College Nemmara were a grand success, uniting NSS volunteers and the college community in celebrating the spirit of independence and national unity. The activities conducted during the event showcased the NSS's commitment to community welfare, cultural enrichment, and compassion towards the elderly.





Interdepartmental Mobile Photography Contest

Date: August 19, 2022

Theme: Plastic-Free Campus

Total Participants: 50 Students.

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara organized an Interdepartmental Mobile Photography Contest in connection with World Photography Day. The contest aimed to promote environmental awareness and encourage students to showcase their creativity in capturing the theme "Plastic-Free Campus."

The contest aimed to raise awareness about the harmful effects of plastic and encourage students to capture images that reflect a plastic-free campus environment. Participants were encouraged to explore their creativity and visual storytelling through mobile photography. A total of 50 students participated in the contest from various departments across the college. The students showcased their enthusiasm and talent in capturing images aligned with the theme. After the photography session, a panel of judges, comprising faculty members and photography enthusiasts, evaluated the entries. The judges assessed the photographs based on creativity, composition, relevance to the theme, and overall visual impact.

The contest results were announced, and the top three positions were awarded with certificates of recognition. The winners were acknowledged for their exceptional photography skills and contribution to promoting environmental consciousness.

First Position: Akshay Krishna T R , 2nd year BSc instrumentation.

Second Position: Sarannath S, 2nd year BSc Mathematics.

Third Position: Nandhita N, 3rd year BSc Instrumentation.

The Interdepartmental Mobile Photography Contest organized by NSS Unit No 38 & 66 at NSS College Nemmara was a successful initiative in promoting environmental awareness and encouraging students to think creatively about the theme "Plastic-Free Campus." The contest not only showcased the students' photography skills but also highlighted the NSS's commitment to fostering environmental consciousness and responsible citizenship among young individuals.

Youth Enhancement Camp

Date: August 20, 2022

Period of Activity: 5 Hours

Total Participation: 15 Volunteers

Venue: Bodhi Yoga Centre, Alathur, Palakkad

Topic: "The Future is yours."

Resource Person: Mr Krishna Kumar S, Director, Bodhi Yoga Centre, Alathur, Palakkad, Kerala; Mr K Dilip, GM, Geojit Financial Services.

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara organized a Youth Enhancement Camp with the aim of empowering and enhancing the personal development of NSS volunteers. The camp was conducted at the Bodhi Yoga Centre in Alathur, Palakkad, and saw the participation of 15 enthusiastic volunteers. The camp took place on August 20, 2022, and lasted for 5 hours.

Mr Krishna Kumar S, the Director of Bodhi Yoga Centre, conducted sessions on meditation techniques. Volunteers were guided through various meditation practices to enhance their focus, concentration, and stress management abilities. The camp emphasized the significance of incorporating yoga practices into daily routines, especially for students. NSS volunteers were enlightened about how yoga can improve their academic performance and overall personal development.

Mr Krishna Kumar S shared his expertise in yoga and mindfulness, providing valuable insights to the participants. Additionally, Mr K Dilip, the General Manager of Geojit Financial Services, delivered a motivational talk, inspiring the volunteers to seize opportunities and shape their future. Volunteers learned practical meditation techniques to improve focus and manage stress effectively. The camp instilled a sense of personal growth and self-awareness among the participants. The expert sessions by Mr Krishna Kumar S and Mr K Dilip motivated the volunteers to strive for excellence and take charge of their future.



Intercollegiate Online Poster Making Competition

Date: August 22, 2022

Theme: Kerala Folklore Arts

Total Participants: 56 Students

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara organized an Intercollegiate Online Poster Making Competition to celebrate International Folklore Day. The competition aimed to showcase and encourage the artistic talents of students while highlighting the rich tradition of Kerala Folklore Arts. The contest took place on August 22, 2022, with a total of 56 enthusiastic participants.

Due to the pandemic situation, the contest was organized online, ensuring the safety of participants while promoting creativity and competition.

✓ Theme and Objective:

The theme of the contest was "Kerala Folklore Arts," aiming to promote the cultural heritage of Kerala. Participants were encouraged to design posters reflecting the unique and rich folklore arts of Kerala.

✓ Participation and Enthusiasm:

A total of 56 students participated in the contest from different colleges, showcasing their creative skills and understanding of the theme.

✓ Selection Process and Results:

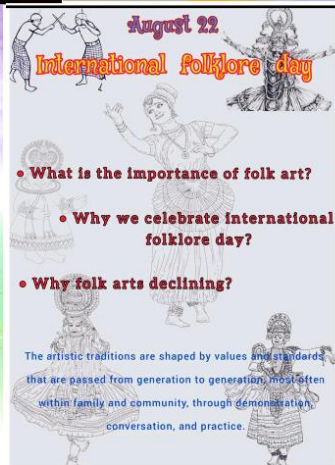
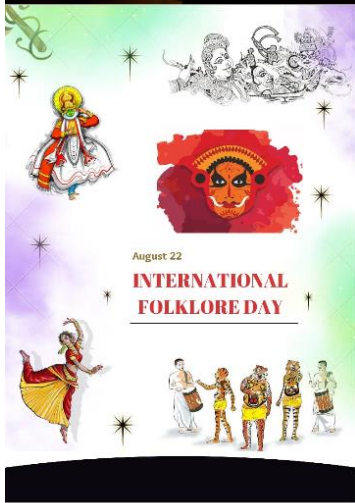
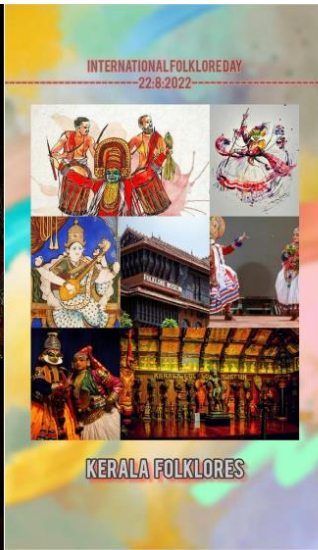
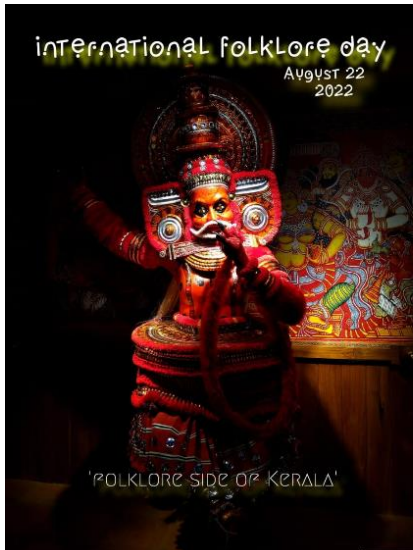
A panel of judges evaluated the posters based on creativity, relevance to the theme, artistic skills, and overall visual impact.

The first, second, and third positions were awarded certificates and prizes, acknowledging their outstanding creativity and efforts.

First Position: Sowparnika.S, II year BBA , Thunchathezhuthachan College, Elavencheri Palakkad .

Second Position: Saneesh K , III year BA History, NSS college, Nemmara, Palakkad

Third Position: Niranjana. K, II year BSc zoology , NSS college Manjeri, Malappuram.



Interdepartmental Online Sports Quiz

Date: August 29, 2022

Total Participants: 31 Students

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara organized an Interdepartmental Online Sports Quiz in connection with National Sports Day. The quiz aimed to celebrate the importance of sports and physical fitness while encouraging friendly competition among students. The contest took place on August 29, 2022, with a total of 31 enthusiastic student participants.

National Sports Day Celebration:

The quiz was organized in connection with National Sports Day, which is celebrated on August 29th every year to honour the legendary hockey player Major Dhyan Chand. Due to the prevailing circumstances, the quiz was conducted online, allowing participants to take part from the safety of their homes.

The quiz covered various topics related to sports, including history, famous athletes, sports events, and sports achievements. The questions were designed to test the participants' knowledge and awareness of sports. The quiz provided a platform for students from different departments to engage in fair competition and test their sports knowledge. Participants had an opportunity to learn and expand their understanding of sports-related facts and trivia.

The Interdepartmental Online Sports Quiz had a positive outcome:

Sports Awareness: The quiz increased the participants' awareness of various sports-related topics, including history, achievements, and events.

Friendly Competition: The quiz fostered a spirit of friendly competition among students, encouraging them to actively participate and showcase their sports knowledge.

Results

First Position: Arjun C III year BCom

Second Position: Sivaranjini S S III year BCom

Third Position: NIKHIL H III Year Instrumentation

"HARITHALAYAM" - Carbon Neutral & Sustainable Campus

Date: September 16, 2022

Period of Activity: 5 Hours

Total Participants: 80 Individuals

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara, in collaboration with various departments and organizations, organized the grand inauguration of "HARITHALAYAM" - a carbon-free green campus. The event marked the beginning of a two-year-long project under the Calicut University's NSS Flagship programme "Carbon Neutral & Sustainable Campus." The inauguration aimed to promote environmental sustainability and carbon neutrality in the college campus. The event took place on September 16, 2022, and saw the active participation of 80 enthusiastic individuals.

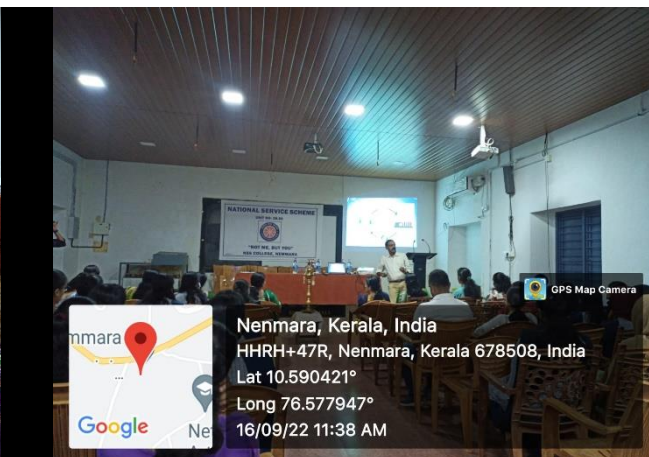
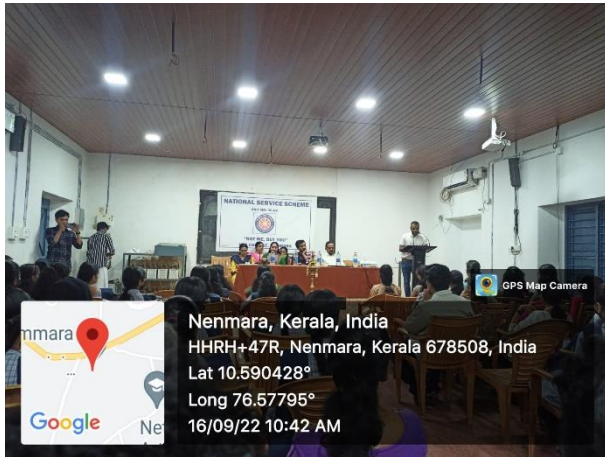
Collaborators: Department of Agriculture - Govt of Kerala, ANERT (Agency for Non-Conventional Energy and Rural Technology) - Palakkad, IRTC (Integrated Rural Technology Centre) - Palakkad, IQAC (Internal Quality Assurance Cell), Nature Club, PG Department of Chemistry, Department of Botany, Physics, and Instrumentation.

The event marked the initiation of the two-year-long project under the NSS Flagship programme "Carbon Neutral & Sustainable Campus" initiated by Calicut University. The event was organized in collaboration with various departments and organizations that share a common vision for environmental sustainability.

Dr R Manu, Assistant Professor and Head of the PG Department of Chemistry at Sree Vyasa NSS College, Wadakkancherry, Thrissur, served as the resource person for the event. He delivered a keynote address on "Carbon Neutrality - Challenges and Opportunities," enlightening the audience on the importance of carbon neutrality and the challenges and opportunities in achieving it.

The event was held in the Seminar Hall, providing a conducive environment for knowledge-sharing and discussions. The event raised awareness among participants about the need for environmental conservation and carbon neutrality. The collaborative efforts of multiple departments and organizations showcased the power of teamwork in promoting sustainable practices. Dr R Manu's keynote address provided valuable insights into the challenges and opportunities in achieving carbon neutrality.

The event marked the beginning of a two-year-long project aimed at transforming the campus into a green and carbon-neutral space. The active participation of students and faculty members, along with the support of collaborating organizations, reflects the college's commitment to creating an eco-friendly and sustainable campus environment.



Interdepartmental online quiz on Anti-drug abuse

Date: 02/10/2022

Period of activity 2hrs.

Total participants – 130

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara, in collaboration with the PG Department of Commerce and Management Studies, organized an Interdepartmental Online Quiz on Anti-Drug Abuse in connection with Gandhi Jayanti on October 2, 2022. The quiz aimed to raise awareness about the dangers of drug abuse and promote a drug-free lifestyle among students. A total of 130 enthusiastic students participated in the quiz.

The quiz was organized on October 2nd, which is celebrated as Gandhi Jayanti, to commemorate the birth anniversary of Mahatma Gandhi - a symbol of non-violence and social harmony. Due to the prevailing circumstances, the quiz was conducted online, allowing students to participate from the convenience of their homes. The quiz focused on the theme of Anti-Drug Abuse, covering topics related to the harmful effects of drug addiction and the importance of a drug-free lifestyle.

A total of 130 students actively participated in the quiz, showcasing their enthusiasm and interest in learning about the hazards of drug abuse.

Results

First Position : Meenu R , Third year, BSc Mathematics

Second Position : Aiswarya Prakash , First Year, BSc Zoology

Third Position : MONISHA M , Third year, BSc Chemistry

The Interdepartmental Online Quiz on Anti-Drug Abuse had significant outcomes. The quiz increased students' awareness about the detrimental effects of drug abuse on individuals and society.

Inaugural Ceremony Drug Free Kerala

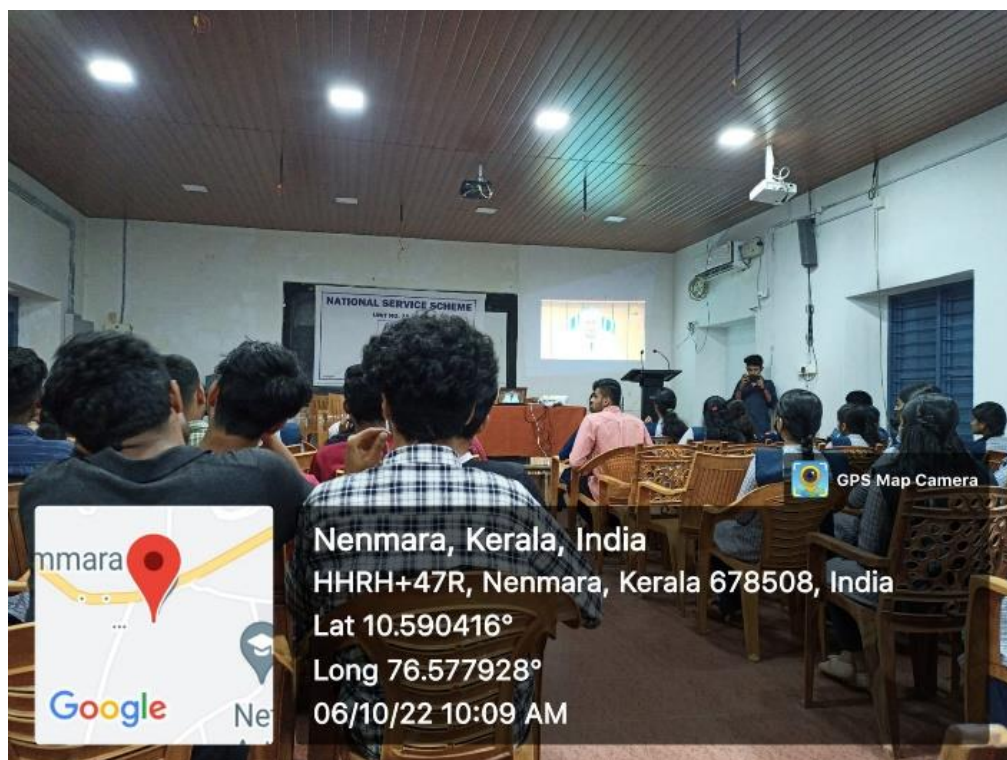
Date: 06/10/2022

Period of activity 3hrs.

Total participants - 90

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara, in collaboration with the Anti-Narcotics Club, organized an Inaugural Ceremony named "DRUG FREE KERALA" on October 6, 2022. The ceremony was held in connection with the State Level Inauguration of the Anti-Drug Campaign by Honorable Chief Minister Sri Pinarayi Vijayan. The event aimed to raise awareness about drug abuse and its impact on the student community. A total of 90 students actively participated in the programme.

The ceremony was organized in connection with the State Level Inauguration of the Anti-Drug Campaign, which was graced by Honorable Chief Minister Sri Pinarayi Vijayan. The event aimed to create awareness among students about the harmful effects of drug usage and the importance of leading a drug-free life. Students were motivated and inspired by the Chief Minister's address, where he emphasized the significance of anti-drug awareness and the need to combat drug abuse in the student community. The event successfully raised awareness among the student participants about the adverse effects of drug abuse. The Chief Minister's address motivated students to actively participate in anti-drug activities and make positive contributions to creating a drug-free environment.



“ATIJEEVANAM” – the drug free Campus

DATE: 14/10/2022

PERIOD OF ACTIVITY: 3 hours

TOTAL PARTICIPANTS: 83

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara, in collaboration with the Department of Excise - Govt of Kerala, Kerala Police - Govt of Kerala, IQAC, Anti-Narcotics Club, and the Department of Malayalam, organized the grand inauguration of "ATIJEEVANAM" - The Drug-Free Campus. The event took place on October 14, 2022, in connection with World Students' Day. It marked the commencement of a 3-year-long project under the Calicut University's NSS Flagship programme "LAHARI VIMUKTHA YOUNANAM." The seminar aimed to emphasize the role of youth in anti-drug activities. A total of 83 participants, including students and officials, actively attended the inauguration.

The inauguration was held on World Students' Day, which commemorates the birthday of former President Dr. A.P.J. Abdul Kalam, who advocated for youth empowerment and a drug-free society. The event saw the collaboration of the Department of Excise - Govt of Kerala, Kerala Police - Govt of Kerala, IQAC, Anti-Narcotics Club, and the Department of Malayalam, showcasing a collective effort towards creating a drug-free campus.

M.N Suresh Babu, an Excise Preventive Officer, delivered a thought-provoking speech on the crucial role of youth in anti-drug activities and the significance of creating a drug-free environment.

The grand inauguration of "ATIJEEVANAM" - The Drug-Free Campus had significant outcomes:

Youth Empowerment: The event inspired the youth participants to take an active stance against drug abuse and contribute to building a drug-free campus and society.

Awareness and Collaboration: The collaboration with government organizations and other clubs raised awareness about the importance of collective efforts in combating drug abuse.

The NSS Unit No 38 & 66 at NSS College Nemmara took a remarkable step towards creating a drug-free campus through the inauguration of "ATIJEEVANAM." The event's success was evident in the active participation of 83 students and officials. The NSS unit, in collaboration with various departments and organizations, remains committed to organizing meaningful projects, programs, campaigns, and activities to promote a drug-free and healthy environment on the campus and beyond.



Campus cleaning programme in connection with Clean India Programme.

DATE: 19/10/2022

PERIOD OF ACTIVITY: 3 hours

TOTAL PARTICIPANTS: 81

TOPIC: clean India Programme.

VENUE: College Campus .

Date: October 19, 2022

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara conducted a campus cleaning programme in connection with the Clean India Programme. The initiative aimed to promote cleanliness and hygiene on the college campus. A total of 81 enthusiastic volunteers actively participated in the programme, making a significant contribution to the cause.

The campus cleaning programme was organized as part of the Clean India Programme, also known as the Swachh Bharat Abhiyan, which is a nationwide cleanliness campaign initiated by the Government of India. A total of 81 dedicated volunteers actively participated in the programme, reflecting their commitment to maintaining a clean and hygienic campus environment. The NSS Unit No 38 & 66 led the programme in collaboration with the college community, fostering a sense of collective responsibility towards cleanliness.

The active participation of 81 volunteers resulted in a cleaner and more hygienic college campus, providing a conducive learning environment for all. The programme raised awareness among the participants about the importance of cleanliness and instilled a sense of responsibility in maintaining a clean campus.



"SAY NO TO DRUGS" SIGNATURE CAMPAIGN

DATE: 28/10/2022

PERIOD OF ACTIVITY: 5 hours

TOTAL PARTICIPANTS: 87

VENUE: College corridor

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara organized a "SAY NO TO DRUGS" Signature Campaign. The campaign aimed to raise awareness about the harmful effects of drug abuse and encourage individuals to take a pledge against drugs. The signature campaign was conducted on October 28, 2022, in the college corridor. A total of 87 participants actively took part in the campaign, showing their commitment to combating drug abuse.

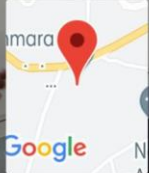
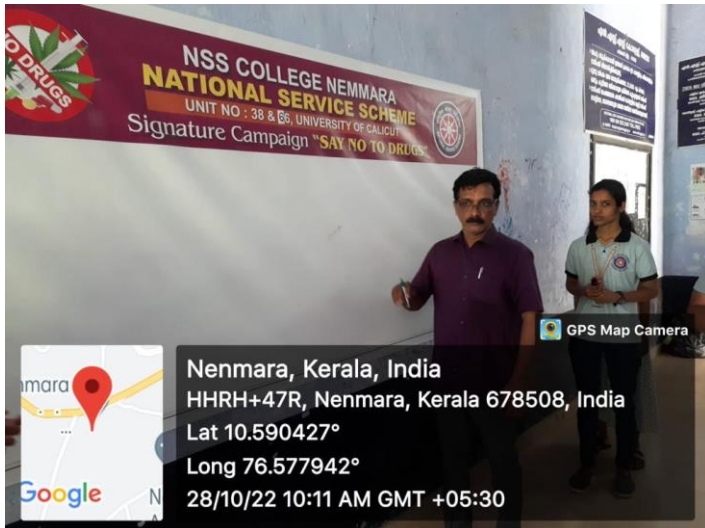
The signature campaign served as an awareness drive to highlight the adverse consequences of drug abuse and the importance of leading a drug-free life. A total of 87 enthusiastic participants actively took part in the campaign, showing their commitment to saying no to drugs. During the campaign, participants were encouraged to sign a pledge to say no to drugs, symbolizing their dedication to a drug-free lifestyle.

The "SAY NO TO DRUGS" Signature Campaign had significant outcomes:

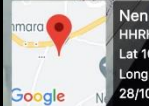
Increased Awareness: The campaign successfully raised awareness about the harmful effects of drug abuse and the importance of staying away from drugs.

Symbol of Commitment: Participants signing the pledge demonstrated their commitment to taking a stand against drugs and promoting a drug-free environment.

The NSS Unit No 38 & 66's "SAY NO TO DRUGS" Signature Campaign was a meaningful initiative to combat drug abuse and promote a drug-free campus and society. The active participation of 87 individuals in the campaign reflects their dedication to making a positive change and fostering a healthier and safer community. The NSS unit will continue to organize such campaigns and activities to create awareness and contribute to the collective effort of building a drug-free society.



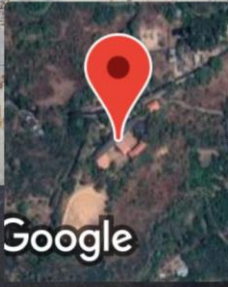
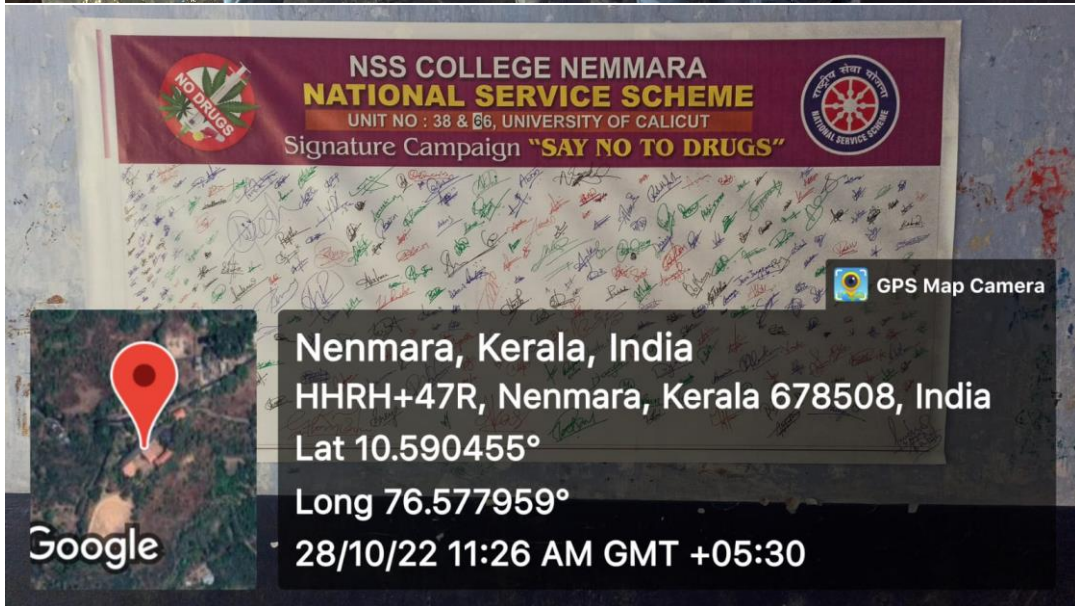
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Unity Run as part of Rashtriya Ekta Diwas.

DATE: 31/10/2022

PERIOD OF ACTIVITY: 5 hours

TOTAL PARTICIPANTS: 75

VENUE: College corridor to ayilur Jn

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara organized a Unity Run as part of Rashtriya Ekta Diwas (National Unity Day). The event aimed to promote the spirit of unity, integrity, and national integration among the college community. The Unity Run took place on October 31, 2022, from the college corridor to Ayilur Junction. A total of 75 participants, including volunteers, students, teachers, and program officers, actively took part in the event, making it a significant success.

The Unity Run aimed to foster the spirit of national integration and promote unity and integrity among all participants. The event witnessed active participation from all attendees, making it a significant and impactful event. The event successfully promoted the message of national integration and unity among the college community. The Unity Pledge and the run inspired participants to embrace the diversity of the nation and work together for its progress and prosperity.

The Unity Run served as a reminder of the strength that lies in unity and how collective efforts can lead to a stronger and more harmonious society.





NSS COLLEGE NEMMARA
NATIONAL SERVICE SCHEME
 UNIT NO : 38 & 66, UNIVERSITY OF CALICUT



 **“SAY NO TO DRUGS”- HUMAN CHAIN, OATH TAKING CEREMONY,FLASH MOB,RALLY.**

DATE: 1/11/2022

PERIOD OF ACTIVITY: 3 hours

TOTAL PARTICIPANTS:80

VENUE: Volley ball court, College corridor, Nemmara bus stand.

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara organized a comprehensive "SAY NO TO DRUGS" campaign to raise awareness about the harmful effects of drug abuse and promote a drug-free lifestyle. The campaign included various activities such as a human chain, oath-taking ceremony, flash mob, and rally. The event took place on November 1, 2022, and witnessed active participation from 80 enthusiastic individuals.

Campaign Highlights:

Human Chain: The campaign began with a human chain formation, where participants joined hands to symbolize their commitment to say no to drugs and stand united against drug abuse.

Oath-Taking Ceremony: An oath-taking ceremony was conducted during the event, where participants pledged to lead a drug-free life and encourage others to do the same.

Flash Mob: A flash mob performance was organized to spread the anti-drug message in an engaging and entertaining way, attracting the attention of onlookers.

Rally: The campaign concluded with a rally in the Nemmara bus stand area, where participants marched together, carrying placards and banners with anti-drug slogans.

Campaign Outcome: The "SAY NO TO DRUGS" Campaign had significant outcomes:

The campaign successfully raised awareness about the harmful consequences of drug abuse and educated participants and the public about the importance of a drug-free lifestyle. The active participation of 80 individuals in various activities demonstrated the strong commitment of the college community towards combating drug abuse. The human chain, oath-taking ceremony, flash mob, and rally collectively delivered a powerful message against drug abuse, leaving a lasting impression on the audience.





NSS COLLEGE NEMMARA NATIONAL SERVICE SCHEME

UNIT NO : 38 & 66, UNIVERSITY OF CALICUT



ലഹരിവിരുദ്ധ ബോധവൽക്കരണ പാലി

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NO TO DRUGS

ലഹരി വിമുക്ത
നവകേരളത്തിനായി അണിയോരം

Enrolment Drive

DATE: 14/11/2022

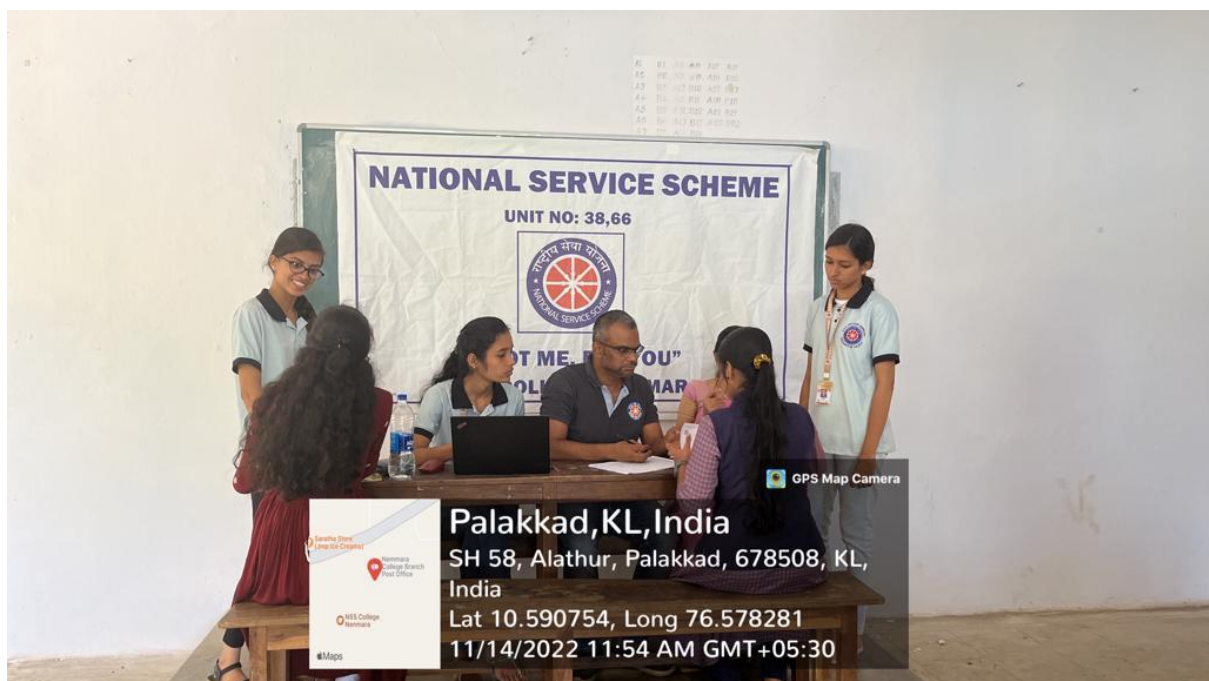
PERIOD OF ACTIVITY: 6 hours

TOTAL volunteer PARTICIPANTS: 20

The National Service Scheme (NSS) Unit 38 & 66, NSS College Nemmara conducted an enrolment activity on 14th November 2022. The purpose of this activity was to invite students from various departments to join the NSS and actively contribute to national integration and development. Nearly 150 students participated in the selection procedure, displaying great enthusiasm and a genuine interest in becoming part of NSS.

Approximately 150 students from different departments participated in the selection procedure. The response was overwhelming, as students showed a keen interest in being part of NSS and contributing their time and efforts to various community development activities. NSS volunteers and previous participants shared their experiences and stories, inspiring the aspiring students to join the organization. They highlighted the impact of NSS activities on both personal growth and community development, which further motivated the students to actively participate.

The students' response was exceptionally positive, with many expressing their eagerness to contribute to society and make a positive difference. They acknowledged the significance of NSS in fostering a sense of responsibility and empathy towards the underprivileged sections of society.



🌈 Essay writing competition in connection with National Children's day

DATE: 14/11/2022

PERIOD OF ACTIVITY: 2 hours

TOTAL volunteer PARTICIPANTS: 40

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara organized an Essay Writing Competition on the occasion of National Children's Day. The competition aimed to provide a platform for volunteers to express their thoughts and ideas on the importance of children's rights and their well-being. The event took place on November 14, 2022, in Room No. 63, the Exam Hall, and witnessed enthusiastic participation from 40 volunteers.

The competition focused on the theme of National Children's Day, which encouraged participants to reflect on the rights, well-being, and future of children in the country. The event witnessed enthusiastic participation from 40 volunteers, who showcased their writing skills and awareness about children's issues. Participants submitted thought-provoking essays that highlighted the significance of safeguarding and promoting children's rights and welfare.

The competition raised awareness among volunteers about the importance of National Children's Day and the rights of children in society. The event provided an opportunity for volunteers to express their ideas and opinions on children's issues, fostering creativity and critical thinking.



“SALIENT FEATURES OF THE INDIAN CONSTITUTION” in connection with National Constitution Day.

Date: 25/11/2022

Period of Activity: 3 Hours

Total Participants: 80

Resource Person: Ms Sheena C S, Principal V R Krishnan Ezhuthachan Law College, Elavanchery, Palakkad.

Topic: Salient Features of The Indian Constitution.

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara, in association with IQAC, organized a one-day seminar on "Salient Features of the Indian Constitution" in connection with National Constitution Day. The seminar aimed to enhance participants' understanding of the fundamental principles and key aspects of the Indian Constitution. The event took place on November 25, 2022, in the Seminar Hall and witnessed the active participation of 80 individuals.

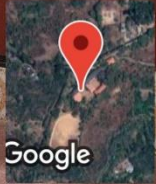
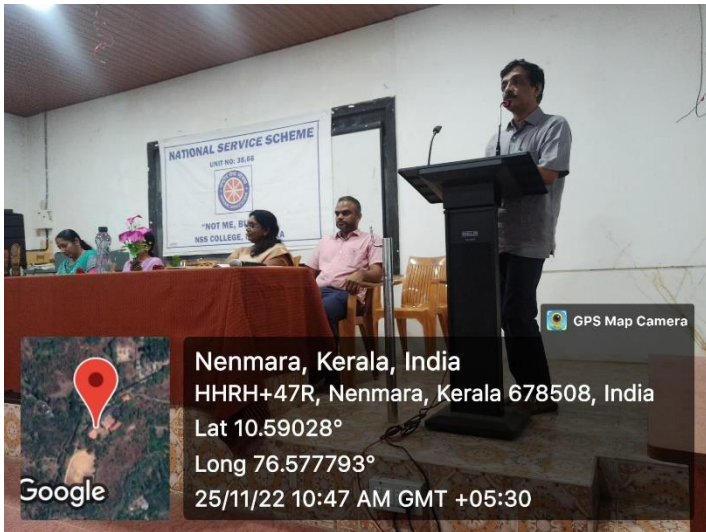
The seminar featured Ms Sheena C S, a renowned legal expert and Principal of V R Krishnan Ezhuthachan Law College, as the resource person. Her vast knowledge and experience added immense value to the seminar. The seminar covered key aspects of the Indian Constitution, including its historical background, fundamental rights, directive principles of state policy, and the unique features that make it the supreme law of the land. The seminar encouraged active participation from the audience, allowing participants to ask questions and engage in fruitful discussions.

The One Day Seminar on "Salient Features of the Indian Constitution" had several positive outcomes.

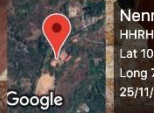
- ✓ **Enhanced Awareness:** The seminar enhanced participants' awareness and understanding of the Indian Constitution, enabling them to grasp its significance in shaping the nation's governance and legal framework.
- ✓ **Promotion of Constitutional Values:** The seminar emphasized the importance of upholding constitutional values and principles in everyday life, fostering a sense of responsibility and citizenship among participants.
- ✓ **Inspired Engagement:** The interactive nature of the seminar encouraged active engagement and thoughtful discussions on constitutional matters, leaving a lasting impact on the participants.



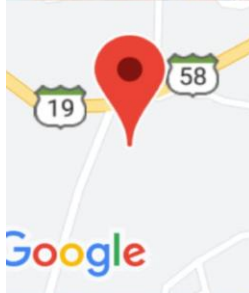
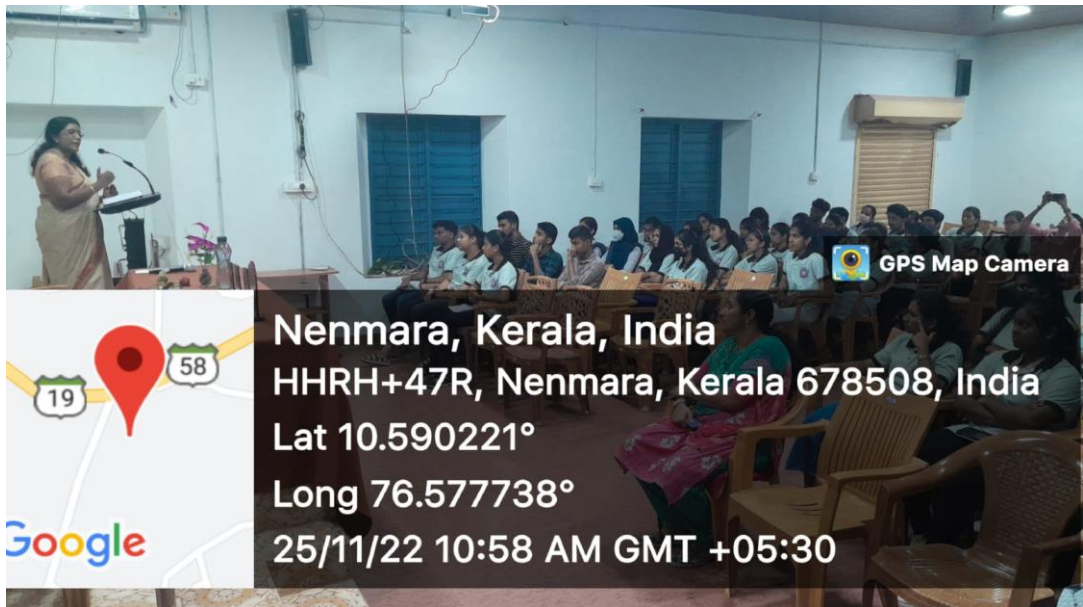
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🌐 Pre camp Orientation Programme

Date: 19/12/2022

Period Of Activity: 5 Hours

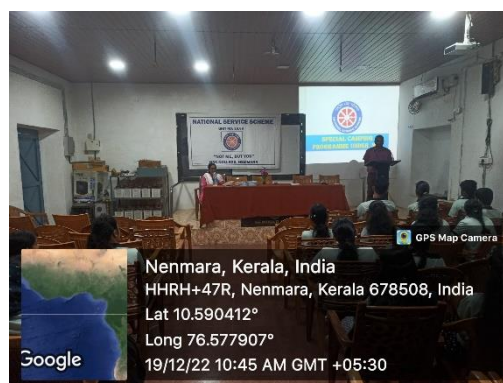
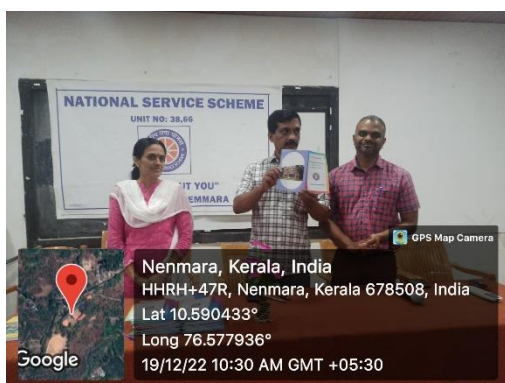
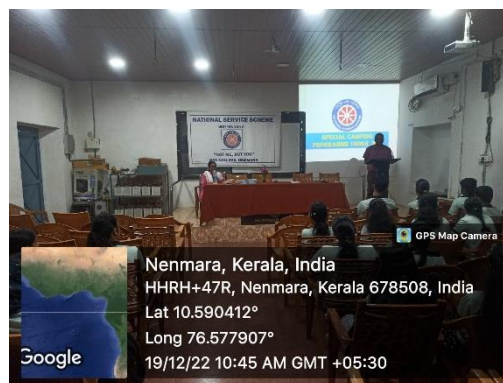
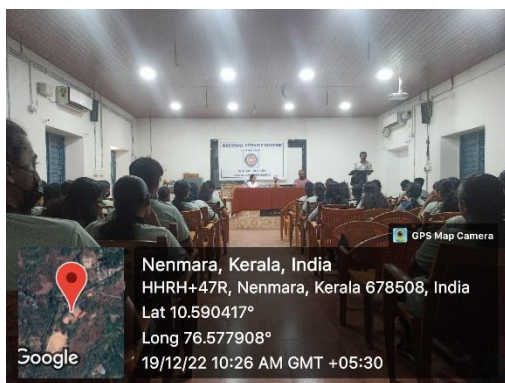
Total Participants: 90

Resource Persons: Sanal Kumar S, PO Unit No.38 & Dr Asha Bharathan PO Unit No.66.

Venue: Seminar Hall

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara, in association with IQAC, organized a one-day Pre Camp Orientation Programme. The orientation aimed to prepare and equip the participants for upcoming camp. The event took place on December 19, 2022, in the Seminar Hall, and witnessed the active participation of 90 volunteers.

The orientation covered various aspects of NSS activities and camps, including their objectives, guidelines, and the roles and responsibilities of volunteers. The orientation featured interactive sessions to encourage active participation, clarify doubts, and address concerns related to NSS activities. The orientation provided a clear understanding of the NSS guidelines and protocols, ensuring that the volunteers were well-prepared for their roles.



Seminar on “ SERVICES AND SCHEMES FOR WOMEN”.

Date: 13/12/2022

Period of Activity: 2 Hr.

Total Participants: 130

Resource Person: Ms Sumaiya, Counselor, Sakhi One Stop Centre, Palakkad.

Topic: Services and Schemes for Women.

Venue: Seminar Hall

The National Service Scheme (NSS) Unit No 38 & 66, in association with IQAC and the Department of Women and Child Development, organized a seminar on the topic "Services and Schemes for Women." The seminar aimed to raise awareness about the various services and schemes available for the welfare and empowerment of women.

Ms Sumaiya, a seasoned counsellor from Sakhi One Stop Centre, delivered an informative presentation on the various services and schemes provided by the government for the betterment of women. The seminar featured an interactive session where the participants could ask questions, seek clarifications, and engage in discussions related to the topic. Ms Sumaiya shared real-life case studies, highlighting the impact of these services and schemes on women's lives and how they have contributed to their empowerment.

The Seminar on "Services and Schemes for Women" had several positive outcomes:

Awareness: The seminar raised awareness among the participants about the numerous services and schemes available for women's welfare, safety, and empowerment.

Empowerment: The session empowered women by providing them with valuable information about their rights and opportunities under various government initiatives.

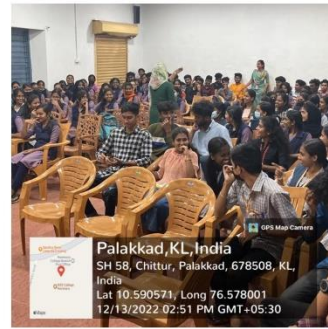
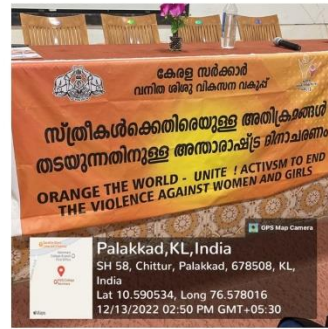
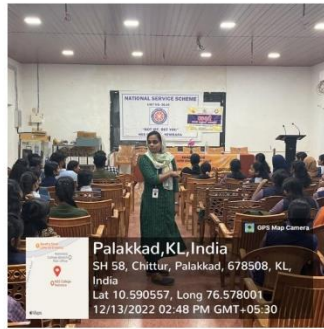
Collaboration: The event served as a platform for collaboration between NSS, IQAC, and the Department of Women and Child Development in promoting the well-being of women.

in association with

IQAC & Department of Women and child Development , Sakhi One Stop Centre , Palakkad Organises Seminar "Services & Schemes for Women"

Resource Person: **SUMAYA S COUNSELOR, SAKHI ONE STOP CENTRE PALAKKAD.**

13/12/2022 - Tuesday
Venue : Seminar Hall
Time : 2 PM



SEVEN DAY RESIDENTIAL SPECIAL CAMP - 2022 **JEEVANAM- 2022**

Date: 25/12/2022 to 31/12/2022 .

Venue: PKMA UP SCHOOL, Chittilamcherry, Palakkad .

There were total 90 NSS volunteers actively participated in the seven day residential special camp (45 from unit 38 & 45 from unit 66). The camp conducted during 25/12/2022 to 31/12/2022 at PKMAUPS, Chittilamcherry, Palakkad. The Inaugural ceremony of the camp was inaugurated by honorable MLA of Alathur Constituency Sri K D Prasenan and the closing ceremony was inaugurated by Smt Valsala T, President , Melarcode Grama Panchayath. Action plan of the camp includes Antidrug campaigns, Organic farming and gardening , Village Health Survey and Analysis, Plastic and E waste collection , Environment cleaning, Yoga and meditation, Self-employment training programs, Health & Nature Awareness programs, Varieties of workshops, Academic and cultural programs etc..

Day wise brief report of the camp is furnished below.

DAY 1 - 25/12/22 , SUNDAY

The inaugural day of the NATIONAL SERVICE SCHEME,UNIT NO: 38 &66, University of Calicut NSS College Nemmara Seven Day Residential Special Camp - JEEVANAM 2022, started with the registration process at 2:30 PM. The volunteers gathered for the committee formation and were briefed about the camp rules at 4:00 PM. A tea break followed, allowing everyone to refresh themselves. The spirit of NSS was uplifted during the NSS Flag Hosting and Pledge ceremony at 5:00 PM, accompanied by a message from the Principal of NSS College, Nemmara. The event continued with the Vilambara Jaatha, a symbolic flag-off ceremony, at 5:30 PM.

The evening took a reflective turn with an Ice Breaking & Spiritual Reflection Session from 6:30 PM to 7:00 PM. The session was conducted by Krishna Kumar S from Bodhi Yoga Centre and Prateek Gupta, a talented Graphic Designer & Flute Artist. The discussion covered topics like the significance of general prayer and the value of our times. The day was wrapped up with a lively Xmas Celebration at 7:00 PM.

The festivities included cake cutting, Xmas carol singing, musical performances, and engaging cultural activities. The dinner at 8:30 PM was a time for everyone to share a meal and connect further. The camp's official proceedings resumed with the Camp Avalokanam at 9:30 PM. The Day Officer led the session, discussing the plan for the next day, presenting their report, addressing concerns and suggestions, and providing a daily overview. The baton was then passed on to the next Day Officer. The day concluded at 10:00 PM with volunteers preparing for a restful night.

The first day set a positive tone for the entire camp, fostering a sense of community, learning, and celebration among the participants.

DAY 2 - 26/12/22, MONDAY

The second day of the Seven Day Residential Special Camp - JEEVANAM 2022 began with an early morning assembly at 6:30 AM. The assembly included the NSS Song, a Thought of the Day, newspaper reading for the camp news, and the daily report by the Day Officers. The day started with a refreshing Yoga session from 7:00 AM to 8:00 AM, guided by Krishna Kumar S. Following that, the volunteers gathered for breakfast at 8:30 AM. The Inaugural Function took place from 9:30 AM to 11:30 AM. The event started with a warm Welcome Address by Sanal Kumar S, followed by the Presidential Address by Dr Sreekumar T, the Principal of NSS College, Nemmara.

The camp was inaugurated by Sri K D Prasenan, MLA, Dr Asha Bharathan then explained the camp details. Several dignitaries graced the occasion and delivered felicitations. After a tea break at 11:30 AM, the session continued with a Survey Discussion and Field Visit, where Muraleedharan C, Member of Ward No. 3, Melarcode Panchayat, explained the ward details to the participants. Lunch was served at 1:30 PM, providing an opportunity for everyone to refuel. The afternoon was filled with learning and engagement. The Nature Workshop, conducted by K Dileep from Kerala Nalla Jeevana Prastanam, focused on the theme "Prakritiyum Nammalum" (Nature and Us). This was followed by a Dance Workshop from 5:00 PM to 6:00 PM, led by Sowmya Dileep from Padalaya School of Performing Arts, with the theme "Nrithatinte Bhashanangal" (Expressions of Dance). The day closed with a Spiritual Reflection session from 6:30 PM to 7:00 PM, led by Krishna Kumar S. This session centered around general prayer and discussing the value of our times. Cultural activities were enjoyed by all from 7:00 PM to 8:30 PM, followed by dinner at 8:30 PM. The Camp Avalokanam at 9:30 PM provided a comprehensive overview of the day's activities and plans for the following day. The day concluded at 10:00 PM as the volunteers prepared to rest for the night.

DAY 3 - 27/12/22, Tuesday

The third day of the Seven Day Residential Special Camp - JEEVANAM 2022 commenced with the morning assembly at 6:30 AM. The assembly included the NSS Song, a Thought of the Day, and reading from the camp's newspaper. The day started with the customary Yoga session from 7:00 AM to 8:00 AM, providing participants with a rejuvenating start. Following the yoga session, a hearty breakfast was served at 8:30 AM, energizing everyone for the day ahead.

From 9:30 AM to 1:00 PM, the participants engaged in a survey activity, which aimed to gather valuable insights and data. Lunch was served at 1:00 PM, offering a nourishing meal to all participants.

In the afternoon, from 2:00 PM to 4:30 PM, an Excise Programme was conducted by Suresh M F, Circle Inspector of Excise, Alathur. The program was themed around "Jeevitham Tanne Lahari" (Waves of Life), and it likely encompassed topics related to life experiences and challenges. A tea break at 4:30 PM provided a brief pause for refreshment. From 5:00 PM to 6:30 PM, a community activity took place, focusing on Ward Plastic Cleaning and Tree Planting. Participants actively contributed to cleaning up plastic waste in different wards and planting trees in the Participatory Village and Camp School areas. They also worked on establishing a vegetable garden and engaging in other constructive activities. The evening continued with a spiritual reflection session from 6:30 PM to 7:00 PM. Cultural activities added vibrancy to the day, taking place from 7:00 PM to 8:30 PM. Dinner was served at 8:30 PM, providing a chance for everyone to share a meal. The Camp Avalokanam at 9:30 PM provided a comprehensive overview of the day's activities and plans for the upcoming day. As the day came to an end, participants prepared for bed at 10:00 PM, reflecting on the meaningful experiences and activities of the day.

DAY 4 - 28/12/22 , Wednesday

The fourth day of the Special Camp - JEEVANAM 2022 began with the morning assembly at 6:30 AM. The assembly featured the NSS Song, a Thought of the Day, and the reading of the camp's newspaper. Participants engaged in the invigorating Yoga session from 7:00 AM to 8:00 AM, promoting physical and mental wellness. A nutritious breakfast was served at 8:30 AM, providing sustenance for the day ahead. From 9:30 AM to 1:00 PM, a Kalari Workshop focusing on Self Defence was conducted by Ajish Kumar R from Kalarimarma Gurukulam, Vadakkencherry, Palakkad.

The workshop aimed to encourage creativity and develop self-defence skills, emphasizing the Kalari tradition and its application in lifestyle organization. Lunch was served at 1:00 PM, offering a midday meal for all participants. The afternoon session from 2:00 PM to 4:30 PM centered around "Lifestyle Modifications for Good Health," conducted by Dr Gokul Narayanan. This session likely provided insights into maintaining a healthy lifestyle.

A tea break at 4:30 PM allowed participants to recharge. From 5:00 PM to 6:30 PM, an engaging Flash Mob focusing on Anti-Drug awareness took place. The event was inaugurated by Dr Gokul Narayanan, adding significance to the initiative. The day's activities concluded with a spiritual reflection session from 6:30 PM to 7:00 PM. Cultural activities added vibrancy to the evening, taking place from 7:00 PM to 8:30 PM. Dinner was served at 8:30 PM, providing nourishment for the participants. The Camp Avalokanam at 9:30 PM provided a comprehensive overview of the day's events and outlined plans for the next day. As the day came to a close, participants prepared for bed at 10:00 PM, reflecting on the valuable experiences and knowledge gained throughout the day.

DAY 5 - 29/12/22, Thursday

The fifth day of the Seven Day Residential Special Camp - JEEVANAM 2022 began with the customary assembly at 6:30 AM. The assembly featured the NSS Song, a Thought of the Day, and a reading from the camp's newspaper. Participants engaged in the energizing Yoga session from 7:00 AM to 8:00 AM, starting the day on a positive note. Breakfast was served at 8:30 AM, providing participants with the necessary sustenance.

From 9:30 AM to 1:00 PM, the participants took part in the Youth Enhancement Camp, Session I, led by Krishna Kumar S and Jamsheer P M. The session focused on various group activities, debates, group presentations, discussions, communication, and the development of soft skills. A unique "Nature Lunch" was served at 1:00 PM, featuring Millet Food, aligning with the camp's theme of mindful and sustainable living. The afternoon session from 2:00 PM to 4:30 PM included the Youth Enhancement Camp, Session II, led by Krishna Kumar S, Jamsheer P M, and Sreelakshmy R. The session aimed to raise health awareness through a Vegan Lifestyle and promote cultural exchange through various activities. A tea break at 4:30 PM allowed participants to refresh themselves. From 5:00 PM to 6:30 PM, a community-focused activity took place, involving the collection of plastic and e-waste from different wards and tree planting in the Participatory Village area. The day continued with a spiritual reflection session from 6:30 PM to 7:00 PM.

Cultural activities added vibrancy to the evening, taking place from 7:00 PM to 8:30 PM. Dinner was served at 8:30 PM, providing participants with nourishment. The Camp Avalokanam at 9:30 PM provided an overview of the day's events and plans for the subsequent day. As the day concluded, participants prepared for bed at 10:00 PM, reflecting on the valuable experiences and learning opportunities of the day.

DAY 6 - 30/12/22, Friday

The sixth day of the Special Camp - JEEVANAM 2022 began with the customary assembly at 6:30 AM. The assembly featured the NSS Song, a Thought of the Day, and a reading from the camp's newspaper. Participants engaged in the invigorating Yoga session from 7:00 AM to 8:00 AM, fostering physical and mental wellness. A nutritious breakfast was served at 8:30 AM, providing participants with sustenance for the day. From 9:30 AM to 1:00 PM, participants continued with a survey activity. Lunch was served at 1:00 PM, offering a midday meal for all participants.

The afternoon session from 2:00 PM to 5:00 PM was dedicated to a Soap Making Workshop. Conducted by Shameer Vandhazhy, the workshop focused on making soap, aligning with the theme "Nirmikkam Soap Namukk Tanne" (Let's Make Our Own Soap).

A tea break at 5:00 PM allowed participants to refresh themselves. From 5:30 PM to 6:30 PM, participants engaged in a community-focused activity involving the collection of plastic and e-waste from different wards and tree planting in the Participatory Village area. The day's spiritual reflection session took place from 6:30 PM to 7:00 PM. Cultural activities infused vibrancy into the evening, taking place from 7:00 PM to 8:30 PM. Dinner was served at 8:30 PM, offering nourishment to the participants. The Camp Avalokanam at 9:30 PM provided an overview of the day's events and outlined plans for the upcoming day. As the day concluded, participants prepared for bed at 10:00 PM, reflecting on the enriching experiences and knowledge gained throughout the day.

DAY 7 - 31/12/22, Saturday

The seventh and final day of the NSS College Nemmara Seven Day Residential Special Camp - JEEVANAM 2022 began with the morning assembly at 6:30 AM. The assembly included the NSS Song, a Thought of the Day, and a reading from the camp's newspaper. Participants engaged in the concluding Yoga session from 7:00 AM to 8:00 AM, reflecting on the experiences of the past week. A hearty breakfast was served at 8:30 AM, nourishing participants for the final day's activities.

From 9:30 AM to 11:00 AM, the Camp Closing Session took place. The session included a Welcome Address by Sanal Kumar S, the Program Officer of NSS Unit No: 38. Dr Sreekumar T, Principal of NSS College, Nemmara, delivered the Presidential Address.

The inauguration was done by Smt Valsala T, President of Melarcode Grama Panchayat. The Camp Report was presented by Anushma PM, Unit Secretary of Unit No. 38. Felicitations from various dignitaries added a sense of closure to the camp. The event concluded with a Vote of Thanks by Dr Asha Bharathan, Program Officer of NSS Unit No: 66. A Feedback Session took place from 11:00 AM to 11:30 AM, allowing participants to share their thoughts and experiences from the camp. The day ended on a patriotic note with the National Anthem at 11:30 AM, marking the successful completion of the Seven Day Residential Special Camp. As the camp concluded, participants prepared to depart with memories of valuable experiences, learning, and connections made throughout the week.

The NATIONAL SERVICE SCHEME, UNIT NO: 38 & 66, University of Calicut, NSS College Nemmara, Seven Day Residential Special Camp, "JEEVANAM 2022," was a remarkable journey of learning, growth, and community engagement. Throughout the seven days, participants were immersed in a rich tapestry of experiences that spanned physical, mental, and spiritual dimensions. Mornings began with invigorating yoga sessions, setting the tone for the days ahead. Engaging in thought-provoking discussions, cultural activities, and community service initiatives, the participants embraced a holistic approach to personal development and societal well-being. Expert-led workshops covered a diverse array of topics, from self-defence and lifestyle modifications to soap-making and health awareness.

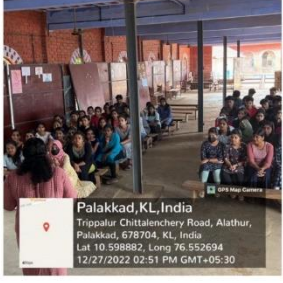
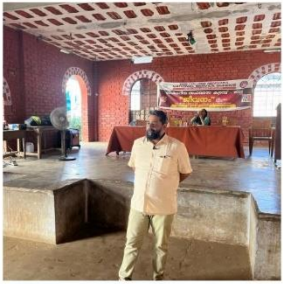
The camp's strong emphasis on spiritual reflection provided participants with moments of introspection and mindfulness. Collaboration and camaraderie flourished during the various group activities, debates, and presentations, fostering an environment of shared learning and growth. The interaction with experts, dignitaries, and community members added depth and perspective to the experience.

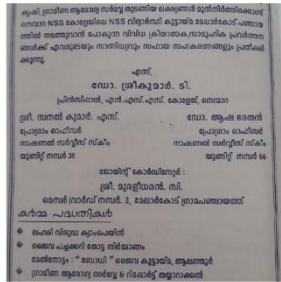
As the camp reached its culmination, the final day's sessions highlighted the importance of feedback and reflection. The Camp Closing Session, graced by esteemed guests and dignitaries, reinforced the impact of the camp's activities and celebrated the journey of personal transformation and community service.

JEEVANAM 2022 was not merely a camp, it was a transformative experience that empowered participants with new skills, insights, and perspectives. The spirit of service, unity, and personal growth that permeated the camp will undoubtedly continue to resonate within each participant, inspiring positive change in their lives and communities. In closing, the Seven Day Residential Special Camp, JEEVANAM 2022, exemplified the essence of the National Service Scheme, fostering responsible citizens committed to the well-being of society and themselves



...ലക്ഷ്യത്തിന് സന്നദ്ധതയോടെ പങ്കെടുക്കുമെന്നും പ്രഖ്യാപിച്ചു. അദ്ദേഹം നൂറുകോടി രൂപയിലധികം വിലയിരുത്തിയിട്ടുള്ള ആദ്യത്തെ കരാറുകാരനായി മാറുമെന്നും പ്രഖ്യാപിച്ചു. അദ്ദേഹം നൂറുകോടി രൂപയിലധികം വിലയിരുത്തിയിട്ടുള്ള ആദ്യത്തെ കരാറുകാരനായി മാറുമെന്നും പ്രഖ്യാപിച്ചു.





എഴുത്തു മത്സരം 31-12-2022 തീയതി

6.00 am : Morning Tea
 6.30 am : അദ്ധ്യക്ഷി
 7.00 am - 8.00 am : ഞായറുത്സവം
 8.30 am : പ്രവേശന കർമ്മം
 9.30 am - 10.45 am : സമാഹരണ സമ്മേളനം
 11.00 am : സമാഹരണ സമ്മേളനം
 11.30 am : പ്രവേശന കർമ്മം
 12.00 pm : സമാഹരണ സമ്മേളനം
 12.30 pm : പ്രവേശന കർമ്മം
 1.00 pm : സമാഹരണ സമ്മേളനം
 1.30 pm : പ്രവേശന കർമ്മം
 2.00 pm : സമാഹരണ സമ്മേളനം

College of Applied Science, Vadakkancherry

1.30 pm : പ്രവേശന കർമ്മം
 2.00 pm - 4.30 pm : Health Awareness Workshop (VEGAN Life Style) & Cultural Exchange Programme
 By: Sreelekshmi, R. Bothi Organic Society, Alathur
 4.30 pm : ഞായറുത്സവം
 5.30 pm - 6.30 pm : ക്യാമ്പ് കർമ്മ പരിപാടികൾ
 6.30 pm - 7.00 pm : Spiritual Reflections
 7.00 pm - 8.30 pm : Cultural Activities
 8.30 pm : Dinner
 9.30 pm : ക്യാമ്പ് കർമ്മം
 10.00 pm : Lights Off
 10.00 pm : സമാഹരണ സമ്മേളനം 30-12-2022 തീയതി

6.00 am : Morning Tea
 6.30 am : അദ്ധ്യക്ഷി
 7.00 am - 8.00 am : ഞായറുത്സവം
 8.30 am : പ്രവേശന കർമ്മം
 9.30 am - 1.00 pm : സമാഹരണ സമ്മേളനം
 1.00 pm : പ്രവേശന കർമ്മം
 2.00 pm - 5.00 pm : സമാഹരണ സമ്മേളനം "നൽകാതെ" മത്സരം

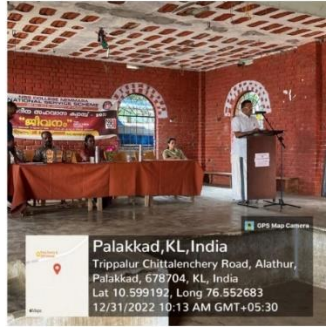
9.30 am - 1.00 pm : Self Defence - വികസനം - "Kalar" for an organized life style" by: Ajith Kumar R, Kalar Marma Gurukulam
 1.30 pm : പ്രവേശന കർമ്മം
 2.00 pm - 4.30 pm : A Healthy Life Style - Workshop by: Dr. Gokul Narayanan, Amrithakripa Ayurveda Hospital, Chittilanchery
 4.30 pm : ഞായറുത്സവം
 5.00 pm - 6.30 pm : ഓപ്പൺ ഹൗസ് ഫ്ലാഗ് ഓഫ്
 Flag Off by: Dr. Gokul Narayanan
 6.30 pm - 7.00 pm : സമാഹരണ സമ്മേളനം
 7.00 pm - 8.30 pm : Spiritual Reflections
 8.30 pm : Dinner
 9.30 pm : ക്യാമ്പ് കർമ്മം
 10.00 pm : Lights Off
 10.00 pm : സമാഹരണ സമ്മേളനം 29-12-2022 തീയതി



Palakkad, KL, India
Trippalur Chittalenchery Road, Alathur,
Palakkad, 678704, KL, India
Lat 10.598887, Long 76.552680
12/31/2022 10:24 AM GMT+05:30



Palakkad, KL, India
Trippalur Chittalenchery Road, Alathur,
Palakkad, 678704, KL, India
Lat 10.599192, Long 76.552683
12/31/2022 10:13 AM GMT+05:30



Palakkad, KL, India
Trippalur Chittalenchery Road, Alathur,
Palakkad, 678704, KL, India
Lat 10.599192, Long 76.552683
12/31/2022 10:13 AM GMT+05:30



Palakkad, KL, India
Trippalur Chittalenchery Road, Alathur,
Palakkad, 678704, KL, India
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12/31/2022 10:10 AM GMT+05:30



Palakkad, KL, India
Trippalur Chittalenchery Road, Alathur,
Palakkad, 678704, KL, India
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12/31/2022 06:42 AM GMT+05:30



Palakkad, KL, India
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Palakkad, 678704, KL, India
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Palakkad, KL, India
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Lat 10.599193, Long 76.552346
12/31/2022 06:40 AM GMT+05:30



ONE DAY Induction Programme for first year Volunteers

Date: 06/01/2023

Period of Activity: 5 Hours

Total Participants: 95

Resource Persons:

1. Subi T.S, Head, Department of Electronics & Program Officer of National Service Scheme, College Of Applied Science, Vadakkencherry .
2. Jamsheer P.M, Asst. Professor in English, College of Applied Science, Vadakkencherry

The National Service Scheme (NSS) Unit No 38 & 66, in association with IQAC, organized a one-day Induction Programme for the first-year volunteers. The purpose of this programme was to welcome and orient the new volunteers, providing them with valuable information about NSS and its activities. The event took place on January 6, 2023, in the Seminar Hall, with a total of 95 enthusiastic participants.

The programme began with an introduction to the National Service Scheme, its objectives, and the importance of community service. The resource persons provided an overview of the various activities and projects undertaken by NSS in the past and shared success stories from previous initiatives. The new volunteers were informed about their roles and responsibilities as NSS volunteers and how they can actively contribute to community development. The induction programme included interactive sessions where the first-year volunteers could ask questions, seek guidance, and share their ideas. The resource persons delivered a motivational talk, inspiring the volunteers to actively participate in NSS activities and make a positive impact on society. The Induction Programme for First Year Volunteers yielded several positive outcomes:

Orientation: The new volunteers gained a clear understanding of NSS and its goals, preparing them for active involvement in upcoming activities.

Engagement: The interactive sessions encouraged the volunteers to actively engage and contribute their ideas and suggestions.

Motivation: The motivational talk instilled a sense of enthusiasm and commitment among the volunteers to serve the community with dedication.



Plastic waste collection programme

Date: 24/01/2023

Period of Activity: 3 Hours

Total Participants: 110

Venue: College Jn to Gomathi Jn (1 Km) – State NH

I. Introduction:

The National Service Scheme (NSS) Unit No 38 & 66, in association with IQAC, organized a Plastic Waste Collection Programme for first-year and second-year volunteers at NSS College Nemmara. The objective of this programme was to raise awareness about plastic waste pollution and actively contribute to environmental conservation by collecting plastic waste from the college and its surroundings.

The programme began with an orientation and safety briefing to ensure that all participants were aware of the objectives and safety guidelines for the waste collection activity. Plastic waste collection kits, including gloves, garbage bags, and tongs, were provided to each participant to facilitate the waste collection process. The participants, divided into groups, covered a designated route from College Junction to Gomathi Junction (approximately 1 km) along the State NH, actively collecting plastic waste and litter from the surroundings.

Along the way, the volunteers interacted with pedestrians and commuters, raising awareness about the harmful effects of plastic waste and the importance of responsible waste disposal. After the collection, the plastic waste was segregated to separate recyclable and non-recyclable items. Proper disposal arrangements were made for the collected waste. The programme concluded with an impact assessment, weighing and recording the total amount of plastic waste collected and its potential environmental impact. The Plastic Waste Collection Programme achieved the following outcomes:

- ✓ The active participation of 110 volunteers demonstrated the community's commitment to environmental conservation and waste management.
- ✓ By collecting and segregating plastic waste, the programme contributed to reducing the amount of plastic pollution in the college and surrounding areas.
- ✓ The programme raised awareness among volunteers and the public about the adverse effects of plastic waste on the environment and the need for responsible waste disposal.



🚩 ONE DAY Blood donation camp.

Date: 27/01/2023

Period Of Activity: 5 Hours

Total Participants: 50

Venue: Room No: 35

Time: 10 Am –3 Pm

The National Service Scheme (NSS) Unit No 38 & 66, in association with IQAC, Palakkad District Hospital, KET Emergency Team, CUSSP, and the Blood Donation Club, organized a one-day Blood Donation Camp at NSS College Nemmara. The objective of this camp was to promote voluntary blood donation, create awareness about the importance of donating blood, and contribute to saving lives. The event took place on January 27, 2023, with a total of 50 participants.

The programme began with the registration of volunteers willing to donate blood. Each participant underwent a health screening process to ensure their eligibility for blood donation. A team of medical professionals from Palakkad District Hospital conducted a thorough medical check-up of the potential blood donors to ensure their fitness for donation. Those found eligible for donation voluntarily donated blood at the blood donation camp. After the donation, the participants were provided with refreshments and a rest area to recover and rejuvenate.



In association with Palakkad District Hospital, KET Emergency Team, Blood Donation club, IQAC & CUSSP

Organises
Blood Donation Camp

Venue: **27-01-23, Friday**
Room No: **35**
10 AM

Dr T SreeKumar , Principal
Dr Chalthanya U , Coordinator - CUSSP



Forest area cleaning Programme

Date: 21/03/2023

Period of Activity: 3 Hours

Total Participants: 50

Venue: Forest Area Near Aritis Hospital, Nemmara

Time: 9.30 Am - 12.30 Pm

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara, collaborated with the Department of Forest, Government of Kerala, to organize a Forest Area Cleaning Programme. The aim of this activity was to promote environmental conservation and cleanliness by cleaning up a forest area near Aritis Hospital in Nemmara.

Programme Highlights:

- ✓ The 50 volunteers from NSS College Nemmara assembled at the designated forest area near Aritis Hospital for the cleaning activity.
- ✓ Before initiating the cleaning process, a briefing was given to the volunteers about the importance of the activity, safety measures, and proper waste disposal.
- ✓ The volunteers actively engaged in cleaning the forest area, collecting and removing litter, plastic waste, and other debris to restore the natural beauty of the surroundings.
- ✓ During the cleaning activity, the volunteers were sensitized about the significance of preserving forests and protecting the environment.
- ✓ The collected waste was segregated into recyclable and non-recyclable categories, and the recyclable items were disposed of properly.
- ✓ The programme aimed to promote green practices and instill a sense of responsibility towards maintaining the ecological balance.

The Forest Area Cleaning Programme achieved the following outcomes:

- ✓ **Environmental Restoration:** The 3-hour cleaning activity significantly contributed to the restoration of the forest area by removing litter and waste, improving its overall cleanliness.
- ✓ **Environmental Awareness:** The volunteers gained awareness about the importance of forests in the ecosystem and the need for responsible waste disposal to protect natural habitats.
- ✓ **Community Participation:** The active participation of 50 volunteers showcased the commitment of NSS College Nemmara towards environmental conservation and sustainable practices.

The participation of 50 volunteers in this green initiative reflects the dedication towards environmental conservation and creating a cleaner,

healthier environment. The programme emphasized the importance of preserving forests and promoting responsible waste management practices for a sustainable future



NSS COLLEGE NEMMARARA
INTERNATIONAL SERVICE SCHEME
 Unit No: 88 & 66
 University of Calicut
 In association with
 Dept of Forest, Govt of Kerala
Organises
Forest Cleaning Program
 in connection with
International forest Day
 21-03-23, Tuesday
 10 am
VENUE:
 CHETTYKULAMBU
 NEAR AVITIS
 HOSPITAL
 NEMMARARA
 K A Thulasi, Principal
 Ghosh, Nelliampathy Range Forest Officer
 Ilash, G Section Forest Officer
 Vish, P Beat Forest Officer
 Al Kumar S Programme Officers
 Anu Bharathian Unit No: 33 & 66, NSS College Nemmarara



അന്താരാഷ്ട്ര വനദിനാചരണം: വനമേഖലയിലെ മാലിന്യം നീക്കി

അയിലൂർ▶ അന്താരാഷ്ട്ര വനദിനാചരണത്തിന്റെ ഭാഗമായി നെല്ലിയാമ്പതി വനമേഖലയിലെ വിവിധഭാഗങ്ങളിലെ പ്ലാസ്റ്റിക് മാലിന്യം നീക്കി.

നെല്ലിയാമ്പതി, പോത്തുണ്ടി, തിരുവഴിയാട് സെക്ഷനുകളിലെ വനസംരക്ഷണ സമിതിയും നെന്മാറ എൻ.എസ്.എസ്. കോളേജ്, നെന്മാറ നേതാജി മെമ്മോറിയൽ ആർട്സ് ആൻഡ് സയൻസ് കോളേജ് എന്നിവിടങ്ങളിലെ എൻ.എസ്.എസ്. യൂണിറ്റ് അംഗങ്ങളും ചേർന്നാണ് പ്ലാസ്റ്റിക് നീക്കിയത്.

വനദിനാചരണത്തിന്റെ ഉദ്ദേശ്യം നെല്ലിയാമ്പതി



▶ അന്താരാഷ്ട്ര വനദിനാചരണത്തിന്റെ ഭാഗമായി നെല്ലിയാമ്പതി വനമേഖലയിലെ മാലിന്യം നീക്കിയ വനസംരക്ഷണ സമിതി പ്രവർത്തകരും എൻ.എസ്.എസ്. ഫൊളന്റിയർമാരും

വനം റേഞ്ച് ഓഫീസർ വി. അജയ്ശോഭാജ് നിർവഹിച്ചു. സെക്ഷൻ ഫോറസ്റ്റർമാരായ സി. ഗിരീഷ്, ബി. സജയകു

മാർ, ബീറ്റ് ഫോറസ്റ്റ് ഓഫീസർ മാരായ സുജിൻ, രഞ്ജിത്ത്, രതീഷ്, ലക്ഷ്മി തുടങ്ങിയവർ സംസാരിച്ചു. ചടങ്ങിൽ ഫയർ

വാച്ചർമാർക്ക് കാട്ടുതീ നേരിടുന്നതിനുള്ള സുരക്ഷയ്ക്കായി ഉപയോഗിക്കുന്ന റബ്ബർ ഷൂ വിതരണം ചെയ്തു.

Fund Collection for Cancer patient

Date: 31/03/2023

Period Of Activity: 1 Hours

Total Participants: 150

The National Service Scheme (NSS) Unit No 38 & 66, NSS College Nemmara, initiated a charitable activity by collecting and donating an amount of Rs 10,000 to a cancer patient in our college. This noble initiative aimed to extend financial support and alleviate the burden on the patient and their family during challenging times.

The NSS Unit No 38 & 66 conducted a fund collection drive among students, teachers, and staff of NSS College Nemmara to raise financial support for the cancer patient. The participants, including NSS volunteers and members of the college community, gathered at the college campus to contribute to the donation drive. A brief donation ceremony was organized to hand over the collected amount to the cancer patient or their representative. During the ceremony, the participants expressed their solidarity and support to the cancer patient and their family, offering words of encouragement and hope. The NSS Unit ensured transparency in the collection and utilization of the donated amount and shared the details with the college community.

The active participation of 150 volunteers and members of the college community demonstrated empathy and compassion towards the cancer patient, fostering a sense of unity and care. The donation made a positive impact on the life of the cancer patient, helping them cope with medical expenses and challenges associated with the illness.

