

NSS UNIT 41
REGULAR ACTIVITIES
(JUNE-NOVEMBER 2017)

NSS ACTIVITIES

| | |
|--|--|
| JUNE | JULY |
| June 5 - Organic farming class June 21- yoga day celebrations June 26- Kargil Day celebrations | July21-23- NSS Mini Camp |
| AUGUST | SEPTEMBER |
| August 8 - Swachh Bharat- college cleaning activity (Arts & Science) August 9- Rally for Rivers August 12 - Swatch Bharath awareness rally at adopted village August 15 - Independence Day celebrations August 18 – Human Chain to protect Mangala Vanam August 19-Eye camp at adopted village August 22 -Blood Donation camp August 26- Nav Nirman program in association with Cochin Shipyard August 31-September 7th - Special Camp 'Jaivam ' at Teekoy | 7 Day Camp September 27- Badge distribution September 27- Children's park cleaning in association with Cochin Shipyard |
| OCTOBER | NOVEMBER |
| October 4- Launch of 'Say yes to Football & No to Drugs' at Durbar Hall ground, Ernakulam October 5- Cochin Memory Walk - World Alzheimer's Month Observance-2017 (joint venture of ARDSI, Cochin Corporation & Vayomithram) October 10th - Eye Donation campaign | November 3 – Game Show on Flowers TV November 16 – Charms and Challenges of Cyber World |

WORLD ENVIRONMENT DAY

5 JUNE 2017

An organic farmer is the best peacemaker today, because there is more violence, more death, more destruction, more wars, through a violent industrial agricultural system. And to shift away from that into an agriculture of peace is what organic farming is doing.

— Vandana Shiva —

NSS volunteers heralded the beginning of the activities of the academic year by organising a class on Organic Farming. Mr. Nazar, a Government employee and a farmer taught students the basic lessons of organic farming. The programme was organised in the Arts auditorium of the college. Vegetable seeds were distributed to all the volunteers.



YOGA DAY

21 JUNE 2017



Study is food for mind and exercise is food for body. Neither should we be starved or overfed. This is where Yoga, the oldest science of life, plays a vital role

The yoga day was celebrated with great enthusiasm by the NSS volunteers of St.Teresa's College. The proceedings began at 8:30 am with the lighting of the lamp by Rev.Dr.Sr.Vinitha (Director), Dr.Sajimol Augustine (Principal), Dr.Thomas K M (Dept. of Physical Education), Dr.Nisha Vikraman and Athira Babu (Program Officers). The special faculty for yoga pointed out the importance of yoga in order to remain physically fit and mentally alert. Yoga deepens our breath, opens our vocal chords, increases the intake of oxygen by the blood, alkalizes our body and relaxes our mind.



By 9:00 am, the exercises began with a simple meditation which was quite therapeutic and soothing. This was followed by the Suryanamskar in the soft morning sunlight. Some gentle and effective aasanas were taught to the students that would keep their body fresh even in this summer, when it is unbearably hot and sultry. By 10:00 am, the exercises came to a close with a meditation. It was a refreshing experience for the students.

KARGIL VIJAYA DIVAS

26 June 2017



To commemorate this event, this day is celebrated every year with great harmony. This year, the NSS volunteers of St.Teresa's College joined in this event along with the Thripunithura Municipality and NEXCC (National Ex-servicemen Co-ordination Committee), Kerala. The proceedings began at 7:30 am by garlanding the statue of Colonel Vishwanathan, the brave soldier who sacrificed his own life for the welfare of the nation. This was followed by a walkathon from Kizhakkekota panchayat to Statue Jn., Thripunithura, where a formal function was conducted. A number of speeches were made on the occasion and the audience was advised to serve the nation by joining the Forces. The listeners' minds were ignited by flame of patriotism and bravery. The function came to a close by 11:30 am with the singing of the national anthem. Colonel Vishwanathan's story tugged at each of the listener's heart and made this event an inspiring and memorable one.



MINI CAMP (3 days)

21 July 2017



The inauguration of the mini camp was done with great pomp and precision. The ceremony began at 4:00 pm by the singing of the NSS anthem. The welcome speech was presented by Athira E U, General Secretary. Director of the college, Rev.Dr.Sr.Vinitha, formally inaugurated the function. She stressed on the importance of socialising with people around us rather than those in the virtual, technical world. Dr.Sajimol Augustine, Principal, gave the presidential address and advised the audience to be confidence and lively at all times. Felicitation was by Dr.Nisha Vikraman, Program Officer of the college's NSS unit (41). She pointed out that just like the students, teachers are benefitted equally by the activities of NSS. Next was the event of bidding farewell to the former Program Officer, Dr.Sajitha Kurup and the formal student leaders: Soumya Saji (General Secretary), Advent Mary (Joint Secretary), Arya E C (Science Secretary), Archana K S (Arts Secretary) and Greeshma Thomas (Camp co-ordinator). The farewell speech was made by Teena Mary, current Joint Secretary. Dr.Sajitha Kurup shared her wisdom and experience of working in NSS in a short, but memorable speech. She remembered how the duty of being the Program Officer was entrusted upon her forcefully, but how that helped her evolve as a person and introduced her to myriad domains of social service. The function came to a close with the vote of thanks by Nargiz Nasser, Arts Secretary. The first year students were so full of energy and expectations that they made hopes for the next day higher.



22 July 2017

The second day of the camp began with the NSS anthem, followed by a seminar by Mr.Renjith, who entertained the volunteers with his timely jokes and repartees. He took the students on a tour to some remote villages through his words and explained to them the qualities of a good NSS volunteer.

Next was a session by Mrs.Susan Cherian, one of the former Program Officers. She won the award for the Best P.O in the year 2014-15. The class was an unmisted reflection of the activities of our NSS unit in her tenure. They ranged from Gandhi Jayanti celebrations to building homes for the homeless. She shared details about the various camps under NSS including adventure camp, pre-RD camp etc.



At 2:00 pm, there was a session by Mr. Binu K Varghese who teaches at Rajarishi Memorial HSS and has won a number of awards including the 'Best Teacher', 'Best Program Officer' etc. He traced the history of NSS, the meaning of our emblem, the objectives and duties of an NSS volunteer. He made the students take solemn oaths to abstain from fast food and promote organic farming in their homes and neighborhood.

At 3:30 pm, the volunteers had the activities-session led by the former Secretaries, Soumya Saji and Advent Mary. It was a wonderful opportunity for the students to learn and have fun at the same time. The former leaders also interacted with the students and shared their experiences in the National Camps.

23 July 2017

The final day of the mini camp began with the singing of NSS anthem. It was followed by a session by a well-known behavioral and career coach, Mrs. Rakhee Vijay Nair, who has worked at different domains and pursues organisational psychology by passion. She stimulated the inquiring, young minds of the students to become “great, remarkable, awesome leaders”, and discussed many topics including impression management, emotional intelligence and creative problem solving. With the least shadow of doubt, I can affirm that the students thoroughly enjoyed Mrs. Nair's class.



The valedictory function began at 12:30. The welcome speech was by Teena Mary, Joint Secretary. The program officers, Dr.Nisha Vikraman and Athira Babu interacted with the first year students and pointed out that NSS is a wonderful opportunity for the budding volunteers to develop their personalities in a host of ways. The function came to a close with the vote of thanks proposed by Anu C S, Camp Co-ordinator, followed by singing of the national anthem.

As a result of dedicated team work of the student leaders, under the able guidance and support of the Program Officers, coupled with the active participation of the first year students, the mini camp was a success.

SWACHH BHARAT - CLEANLINESS CAMPAIGN

8 August 2017

In accordance with the Prime Minister's Swachh Bharat Mission, the NSS volunteers of St.Terasas College organised a Cleanliness Campaign on 8th August 2017 at 2:30 pm in the college campus. Around 100 students from the Arts and Science block participated in it.



The proceedings began with a pledge in which the students swore that they would devote 100 hrs per year ie; 2 hrs per week towards cleanliness. They also took oath that they would propagate the message of cleanliness in their family and locality, and would encourage others to devote their 100 hrs for cleanliness. The oath was followed by cleaning activities in and around the college campus, which formed the best part of the event. All the volunteers worked whole-heartedly till 3:30 pm. They thoroughly enjoyed it and left with the satisfaction of having made the campus cleaner and healthier.



RALLY FOR RIVERS

9 August 2017

Ganga, Krishna, Narmada, Kaveri- many of our great rivers are depleting fast. If we do not act now, the legacy we hand over to the next generation will be one of conflict and deprivation. The NSS volunteers of St.Teresa's College have decided to work towards this cause in connection with Sadhguru's team organising a 'Rally for Rivers'.



A class was conducted at 2:30 in the Arts Auditorium by Adv.Sandeep Gopalakrishnan and Mrs.Meera Menon, voluntary workers of this programme. It is a nationwide programme which will commence on 3 September 2017 and culminate on 2 October 2017. Sadhguru himself will travel from Himalayas to Kanyakumari to educate and encourage people to nurture and nourish the rivers. In Kerala, campaigns will be conducted at Kanyakumari on 4th September and at Thiruvananthapuram on 5th September. The seminar by the 'Rally team' ended at 4:00 pm and by then, the volunteers were remarkably motivated.



They have promised unstinted support for the programme to soar greater heights. In the words of Stephen R Covey, “The key is not in spending time, but in investing it”, and we have promised to do just that.



RALLY FOR CLEANLINESS

12 August 2017

“...Nature never did betray the heart that loved her...”

The world has progressed a lot but with this progress, the amount of harmful and toxic wastes have increased. This problem is on the top of the list of environmental issues worldwide. The NSS volunteers of St.Teresa’s College organised a 'Rally for Cleanliness' in association with PM's Swachh Bharat Abhiyan against this issue.



The rally began at 10:00 am at Ochanthuruth (Vypin), which is the College's adopted village with the co-operation of some of the Aasha workers in the locality. Around 40 volunteers participated in the rally including first and second year students. The singers in the group made the rally enjoyable by singing songs discussing environmental issues like 'Ini varunnoru thalamura...'. They not only walked around in the village, but also cleaned some of the places, surveyed the area and stuck posters- red ones in the polluted areas and green ones in the clean areas. This would be a warning for those who come and dump wastes in the dirty areas and an appreciation for the maintenance of clean areas.





The students visited many houses in the locality and discussed the problems caused due to pollution. They emphasized the importance of keeping our surroundings clean to avoid epidemics such as dengue which has become alarmingly common these days. They listened patiently when people talked about the problems they face and the irresponsible approach by the corporation. The students shared the little ideas that germinated in their creative minds regarding waste management and disposal. By 12:00 pm the rally was over, but the efforts towards a clean society and a clean nation will be continued. It is important that the individuals, society and the government join hands to curb the effects of pollution, and make the Earth a safer place to live in.



INDEPENDENCE DAY CELEBRATIONS

15 August 2017

The remembrance of our freedom, the Independence Day was celebrated in the college at 8.00 am by hoisting the flag. Dr.Sr. Vinitha, our Director enlightened the gathering and gave the Independence Day message. Our Principal addressed the students and spoke about value of freedom and also how it is being curtailed nowadays.



A VOW TO PROTECT ‘MANGALAVANAM’

18 August 2017

NSS volunteers from the college and environmentalists formed a human chain to protect the ecology of Mangalavanam Bird Sanctuary, and its adjoining areas including the Old Railway Station. The campaign was coordinated by Hibi Eden, MLA. Mr. Eden urged the railways to withdraw from the move to axe trees. Environmentalists were up in arms against the proposal of the Southern Railway to cut down 189 trees located on the Old Railway station premises as they think that such move would upset the ecology of the bird sanctuary located on the adjacent land. Inaugurating the campaign, Dr. Gadgil said the development campaigns in the country had become campaigns for the rich to become richer. “A stage has evolved in the country where you can violate all laws and reap heavy profit,” he said.



EYE CAMP

19 August 2017

The villagers of Ochanthuruth were screened for eye defects in an eye camp organised by the NSS volunteers of the college.



BLOOD DONATION CAMP

22 August 2017

At a time when the demand for blood has gone up, students of St. Teresa's College have demonstrated their social responsibility by donating blood. A blood donation camp was organised in collaboration with Cochin South Rotary club. The camp was a great success as 50 students donated blood.



“Naya Bharat, Hum Kar Ke Rahenge: 2017-2022”

26 August 2017

As part of the Union Government's new initiative 'Naya Bharat, Hum Kar Ke Rahenge: 2017-2022,' the Prime Minister's Office (PMO) has teamed up with various public sector undertakings to bring the younger generation to the forefront. As part of it, Cochin Shipyard Ltd (CSL), on behalf of the Ministry of Parliamentary Affairs and Ministry of Information and Broadcasting, DAVP on Friday began an exhibition-cum-seminar on the topic 'New India - We resolve to make' at Jawaharlal Nehru International Stadium, Kaloor here. NSS volunteers showcased their talents through participating in the discussion and also staging cultural events from 3.30-6.00 pm. The theme for the day was Swachh Bharat and the student presented their ideas through a powerpoint presentation and also cultural activities.

BADGE DISTRIBUTION

27 September 2017

The first year students were given NSS badges and they officially became NSS volunteers. The NSS symbol is embossed on the NSS badge. The NSS volunteers wear it while undertaking any programme of community service. The Konark wheel in the symbol has eight bars which represent the 24 hours of the day. The Red colour in the badge indicates that the NSS volunteers are full of blood. i.e. lively, active energetic and full of high spirit. The Navy Blue colour indicates the cosmos of which the NSS is a tiny part, ready to contribute its share for the welfare of mankind. Volunteers by accepting the badge pledge their dedication and selfless service to society.



CHILDREN'S PARK CLEANING

27 September 2017

“Cleanliness is next to Godliness” is a well-known and oft-repeated proverb. It also reflects the wisdom and experience of life embodied in it. But only a few are there who tend to act according to this saying.

In connection with the Prime Minister's *Swachh Bharat Mission*, the NSS volunteers of St.Teresa's College offered to clean the Children's Park and the surrounding places as a part of the *World Tourism Day* on 28 October 2017 at 2:30 pm. The programme was sponsored by the Cochin Shipyard Limited. Around 100

students, including the first and second year volunteers, from the Arts and Science block participated in it.



The volunteers began the cleaning work by 3:00 pm after a short inaugural function. They split into groups and moved to clean different areas in and around the park. Through dedicated teamwork they cleaned the entire park and made sure that neither papers nor a single piece of plastic was found on the walkways and playfields of the park. Our efficient and co-operative volunteers did this without complaining or disturbing the families and children who had come to visit the park. In fact we can affirm with the least shadow of doubt that the students enjoyed the work.



The volunteers then proceeded to clean the footpath outside the park. Under the able guidance and support of the programme officers, they completed cleaning the whole park by 5:00, hoping to have spread the message of cleanliness among the people who watched them clean their surrounding and inspired them to do the same.



SAY YES TO FOOTBALL AND NO TO DRUGS

4 October 2017

'Say Yes to Football and No to Drugs' is an initiative by Kerala Police in association with the Student Police Cadets and NSS Volunteers of various colleges in Kochi, to fight drug abuse and promote sports as a way of living a healthy life. This venture aims to leverage the excitement of the upcoming FIFA Under 17 World Cup to wean away youngsters from the vicious hold of drugs.

The formal launch of the campaign was in the Durbar Hall Ground at 7:00 am on





Wednesday. Thousands of volunteers attended the function including 20 volunteers from NSS Unit 41, St.Terasas. Chief Justice of Kerala High Court, State Police Chief, Inspector General of Police (Kochi Range) and other prominent figures were present. The event began with a Walkathon and Ball run through the city. It also comprised of a goal scoring event called 'Goal Varsham', an anti-drug pledge and painting competition.



The campaign aims at making serious efforts to divert the youth from use of psychedelic drugs . Persuasion and education can help some but there are many who need effective treatment. As a word of caution to all others who want to enjoy life, 'Say Yes to Football and No to Drugs'.

WALK FOR MEMORY

5 October 2017

In India, more than 4 million people suffer from some form of dementia and Alzheimer's Disease is the most common among them. It is a progressive brain disorder which interferes with a person's ability to carry out simple tasks and can heavily impact quality of life. What makes it harder is that as of now, there are no known cures and the disease is labeled "irreversible". This is why there is so much emphasis on prevention as well as alternative methods to slow the progress of the disease. Most cases are a result of complex interaction between multiple lifestyle, genetic, environmental and medical factors. And many of these can be controlled. Lack of awareness is a major hindrance to this.

The NSS volunteers of St.Teresa's College, Ernakulam have made a move to increase awareness about Alzheimer's disease among common people through a

Walk For Memory which was conducted at 9:30 am from St. Alberts College to Town Hall, Ernakulam. It was a joint venture with ARDSI, Cochin Shipyard and Vayomitram, organized in accordance with the Alzheimer's Month 2017. The Walk has undoubtedly made an impact on the common people by reminding them of the need to stay healthy and suggesting simple habits and natural ways to cut their risk of developing the Disease.



So while you can't do much about how old you are and the genes you have inherited, you can certainly work at getting physically active, losing weight, eating healthy and keeping your blood pressure in check. It is these aspects you can use to reduce your risk of developing Alzheimer's disease.

EYE DONATION CAMPAIGN

10 October 2017



NSS organized an eye donation campaign in collaboration with Vasan Eye care Hospital. Students became part of the campaign and also took a vow to donate their eyes.



RUN FOR UNITY

31 October 2017

Run for unity was an event organized by the authorities of South Railway station to commemorate the 142nd birthday of Sardar Vallabhai Patel. Students became part of the event at South Railway Station, Ernakulam.



PARTICIPATED IN A GAME SHOW ON FLOWERS TV

3 November 2017

NSS volunteers participated in a game show “Tamaar Padar” on Flowers TV.



CHARMS AND CHALLENGES OF CYBER WORLD

16 November 2017

In the present era life would nearly come to a standstill without technology. People have got into the trap of the cyber world, there is an entrance but in this trap people search for the exit. Cyber world with its charms poses certain challenges; NSS unit addressed this issue by jointly organising a Seminar on the “Charms and Challenges of Cyber world” with the Y’s men club of Cochin Corals. Dr. Karthikeyan Gokulachandran. IPS ,Assistant Commissioner of Police, Narcotics inaugurated the function and the main Session on Cyber Security was handled by Adv. Ninan John, Advocate, Kerala High Court, Ernakulam.

