

17-06-2021

Campaign 12: Awareness on Anemia

On the 17th of June 2021, NSS Unit 41 of St.Teresa's College (Autonomous), Ernakulam, partnered with ICDS Kochi Urban 2 to organize the webinar "Campaign 12", an initiative under the Women and Child Development Department of the Kerala Government to spread awareness on anemia; a condition which is becoming increasingly common in the present times. All the volunteers joined the webinar which began at 11:00 AM and was emceed by volunteer Hridya Anish. Ridha Fathima rendered the NSS anthem following which Smt.Indu V S welcomed the gathering. Principal, Dr.Lizzy Mathew, delivered the inaugural speech for the program which was felicitated by NSS Unit 41 program officer, Mrs.Shilpa.

Up next was the session by resource person of the day, Dr.Manu Pradeep from the Urban Community Health Center of AIMS. He talked to the students in detail about the various risks and symptoms of anemia and the importance of keeping one's body in good health during this session using remarkably interesting slides and comparisons. Ms.Asmita Samal was also invited by Dr.Manu to speak to the students. His talk was followed by an interactive session in which students and teachers alike raised their various concerns and queries on the topic. The event concluded with the vote of thanks, delivered by Smt.Brinda Nelson (Kochi ICDS).



St.Teresa's college (Autonomous)
Ernakulam
NSS UNIT 41



CAMPAIGN 12

AWARENESS ON ANEMIA

RESOURCE PERSON

DR: MANU PRADEEP

Urban Community Health Center
AIMS

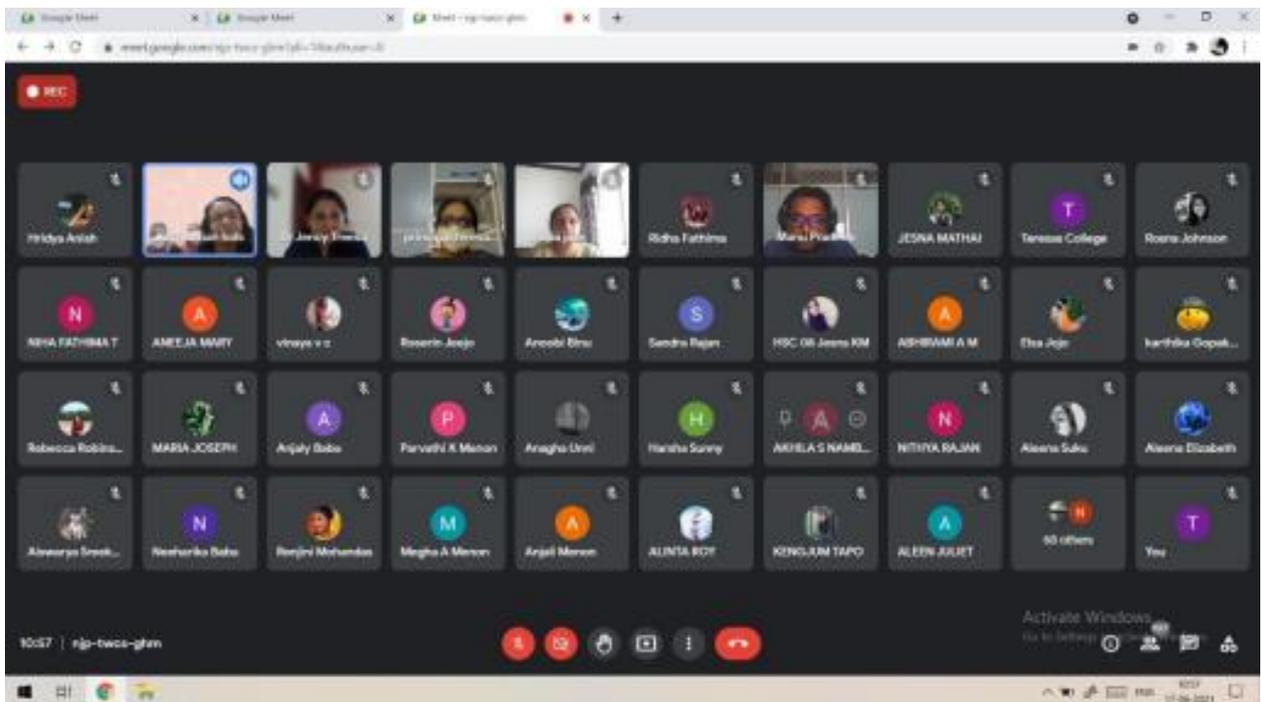
17 JUNE 2021

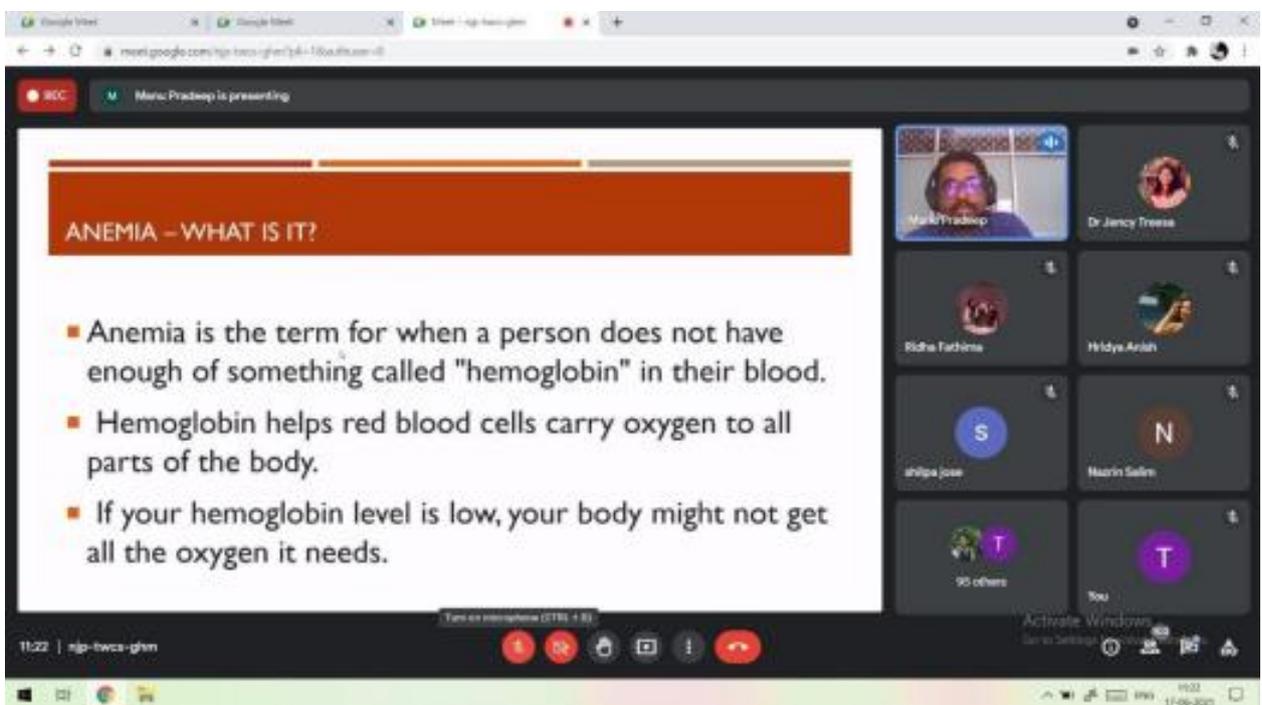
11:00 AM

via

GOOGLE MEET

In Association with



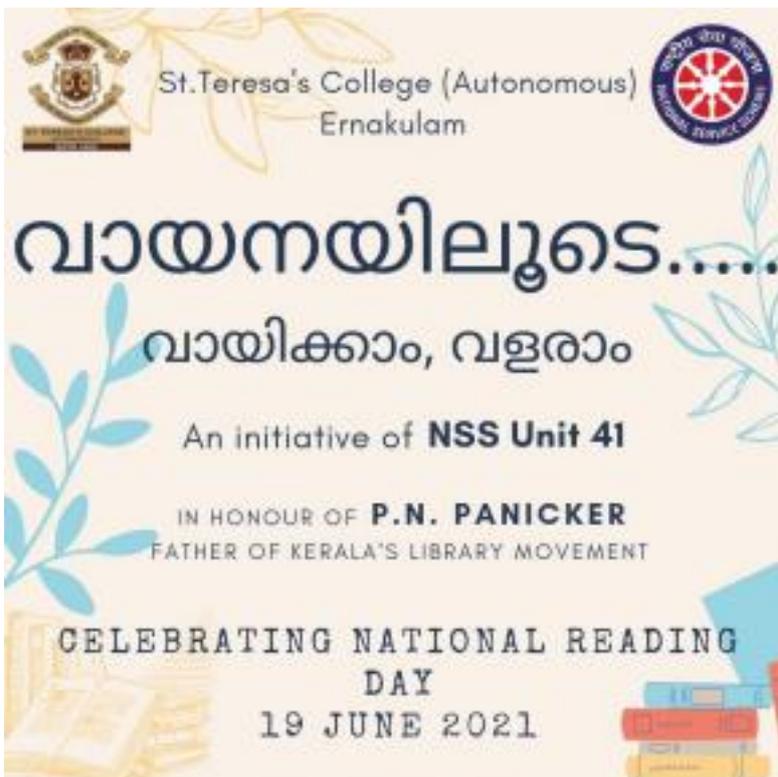


19-06-2021

Project 'Vaayanayiloode' Launch

NSS Unit 41 of St. Teresa's College (Autonomous), Ernakulam launched the project “വായനയിലൂടെ....”; an initiative aimed at encouraging others to read and prosper in knowledge by introducing them a book of choice each week. The project was developed under the guidance of Program Officers Mrs.Jency Treesa and Mrs.Shilpa Jose in association with the celebration of National Reading Day on June 19th, 2021, in honor of P.N. Panicker, the Father of Kerala's Library movement. This weekly initiative takes on his message of ‘Read and Grow’ and was kicked off by posting a video message delivered by Ms.Rosna Johnson, Arts Secretary of NSS Unit 41 explaining the motive of the project on our Instagram page. This was followed by the video introducing the first book of “വായനയിലൂടെ....” by volunteer Hywin Rose Thomas titled ‘In Order to Survive’ by North Korean defector Yeonmi Park. Each week a new book is to be introduced by a volunteer through a similar short video posting on our social media page.

Volunteers Seetha Lakshmi P. U, Hywin Rose Thomas, Aleen Juliet Santosh, Anjana V. J, Meghna R Nair and Devika Chandra volunteered to head the project. Posters and videos of the initiative was widely circulated by all volunteers through social media.



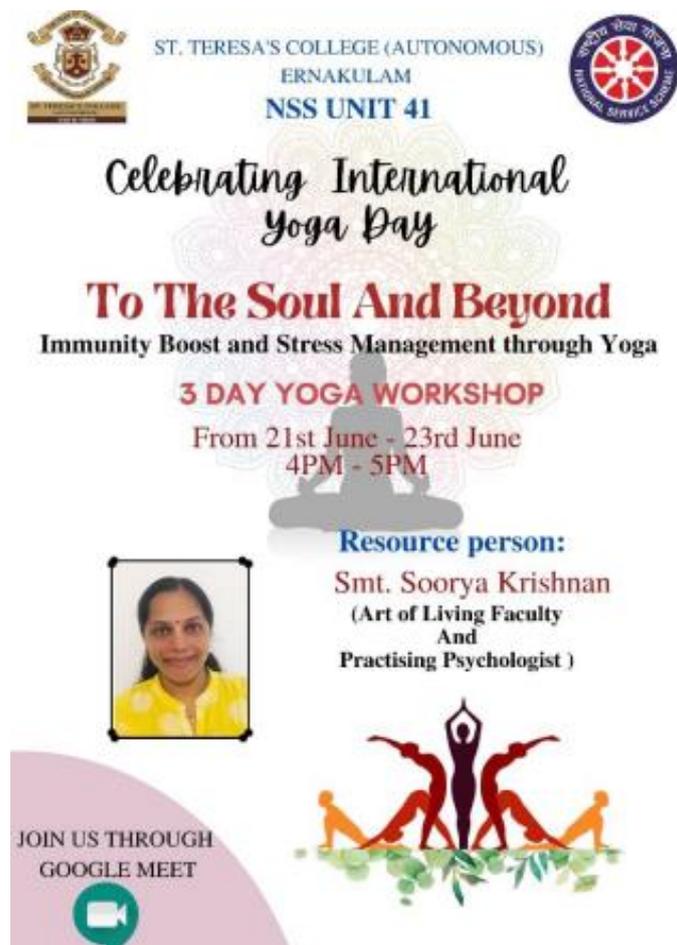
Link to message by Rosna Johnson:

https://www.instagram.com/p/CQSixh4F7ek/?utm_source=ig_web_copy_link

Link to Week 1 - Hywin Rose Thomas:

https://www.instagram.com/tv/CQSnOelFHPT/?utm_medium=share_shee

21-06-2021 to 23-06-2021



ST. TERESA'S COLLEGE (AUTONOMOUS)
ERNAKULAM
NSS UNIT 41

*Celebrating International
Yoga Day*

To The Soul And Beyond
Immunity Boost and Stress Management through Yoga

3 DAY YOGA WORKSHOP
From 21st June - 23rd June
4PM - 5PM

Resource person:
Smt. Soorya Krishnan
(Art of Living Faculty
And
Practising Psychologist)

JOIN US THROUGH
GOOGLE MEET

To The Soul and Beyond

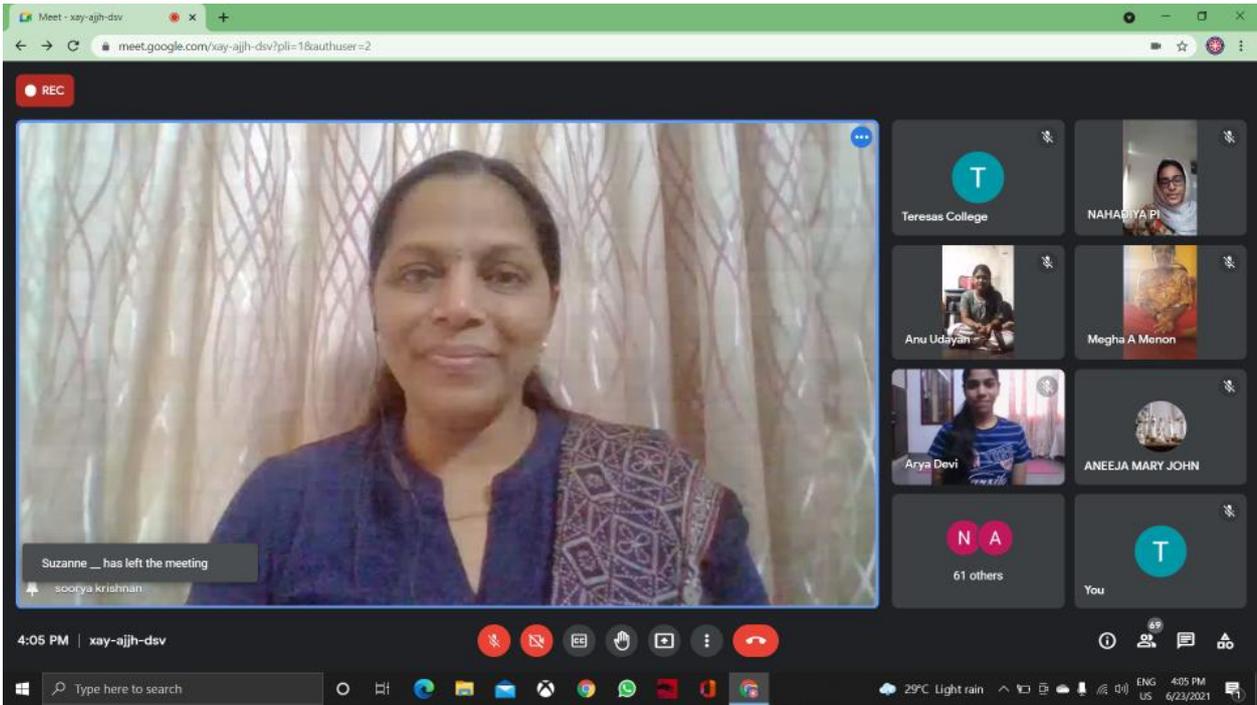
(3 Day Yoga Workshop)

In respect to national yoga day the NSS unit 41 organized a three-day yoga workshop from 21 June 2021 to 23 June 2021. The workshop was conducted by

Mrs. Soorya Krishnan, 'Art of Living' faculty and practicing psychologist. The workshop was conducted via Google Meet for all volunteers from 4pm to 5pm. On the first day of the workshop volunteer Ridha Fathima served as the emcee. Sreelakshmi S rendered the NSS geetham and volunteer Aleen S Juliet delivered the welcome speech. Resource person Smt. Soorya talked about the importance of having a peaceful and pure mind as humans have a lot of thoughts occurring at the same time. She also expressed her joy for the workshop being conducted for 3 days wherein she welcomed all of us to participate wholeheartedly as it will help in boosting our immunity and managing our stress levels especially during these dire times.

During the workshop she taught various breathing techniques and intricate yet relaxing yoga poses. She informed the three main aspects of yoga: mind, body, and breath, of which breath was most important as our thoughts and emotions control the way we breathe.





05-07-2021

Thalukal: Guess the Book competition

NSS Unit 41 of St. Teresa's College (Autonomous), Ernakulam participated and emerged as first place winners in the Inter- Collegiate Thalukal: Guess the book competition organized by NSS Unit 47, SNM College, Maliankara in association with National Reading Day. The competition was conducted over 7 days from 19th June till 26th June in which volunteer Anagha Rajeev worked with a team of 24 volunteers to send in the answers to each day's clues. At the end of the weeklong competition, results were announced on the 5th of July through a google meet. The total points were calculated based on the number of clues as well as the time taken to answer. The team consisted of volunteers, Maria Jilda, Gratia Mary, Abhirami, Aishwarya Sreekutty, Aleen, Aleena, Aneeja, Anu Udayan, Anoobi, Divya, Hywin, Aleena Suku, Megha A Menon, Ridha, Renjini Mohandas, Safna, Sanghamitra, Swathi, Jeslin, Jisna, Anagha R, Jovitta, Jesna, Rosna and Aparna. The group displayed great teamwork and coordination in guessing each book which resulted in the Unit bagging the prize.

20-07-2021

MGU NSS Awards 2020-'21

NSS Unit 41 of St. Teresa's College (Autonomous), Ernakulam achieved 4 awards at the Mahatma Gandhi University NSS Awards 2020-'21 announced on the 20th of July.

Dr. Elizabeth Kuruvila ma'am was pronounced as the Best Program Officer, Ms. Maria Elsa the Best Volunteer and Ms. Saniya Nixen was awarded the Certificate of Appreciation. The announcement was proudly made on social media.



Mahatma Gandhi University



NSS AWARDS

2020-'21

Best Unit Award



UNIT 41

St. Teresa's College (Autonomous)
Ernakulam



Mahatma Gandhi University

NSS AWARDS

2020-'21



UNIT 41

Best Program Officer



Dr. ELIZABETH KURUVILA

Dept. of Chemistry and Centre for Research



Mahatma Gandhi University

NSS AWARDS

2020-'21



UNIT 41

Best Volunteer



Ms. MARIA ELSA

III DC English Language and Literature



13-09-2021

Fit India Freedom Run 2.0 District-Level Flag Off

As per the instruction provided by the Ministry of Youth Affairs and Sports to commemorate "Azadi ka Amrut Mahotsav, NSS Unit 41 and Youth Red Cross Society of St. Teresa's College (Autonomous), Ernakulam in association with Nehru Yuva Kendra, organized the district-level inauguration and flag off of the 'Fit India Freedom Run 2.0' on 13th September 2021.

The function was carried out by Hon. Collector of Ernakulam district, Shri. Jafar Malik IAS.

Mr. Ashwin Kumar, United Nations Volunteers (UNV) District Youth Officer, Nehru Yuva Kendra, Ernakulam, Ministry of Youth Affairs and Sports welcomed the gathering.

Rev.Dr.Sr.Vinitha CSST, Provincial Superior and Manager of St. Teresa's college (Autonomous), Ernakulam and Shri. Joy Paul, district Chairman of IRCS offered their felicitations.

Mr. Bijoy KV, Working Chairman of Youth Red Cross Society, Smt. Ponnamma Parameswaran, IRCS Taluk Chairman and Dr. Lizzy Mathew, Principal of St. Teresa's college (Autonomous), Ernakulam also complemented with their presence.

The official ceremony concluded with the vote of thanks delivered by Ms. Anagha R, General secretary of NSS Unit 41, St. Teresa's College.

Around 30 students from NSS Unit 41 and the physical education department participated in the run that got flagged off at 9.30am from the campus to Marine Drive.

Smt. Annie Siva, Sub inspector of Kerala Police culminated the run by addressing the crowd.

St. Teresa's College (Autonomous), Ernakulam
NSS Unit 41 and
Youth Red Cross Society
In association with Nehru Yuva Kendra
Ernakulam

FIT INDIA FREEDOM RUN 2.0

13 September
9:30 AM
at
St. Teresa's College
Ernakulam

Flag off by: **Shri. Jafar Malik IAS**
Ernakulam District Collector

Azadi Ka Amrit Mahotsav
FIT India Freedom Run 2.0
13th Aug - 2nd Oct

Indian Red Cross Society
Ernakulam District Branch





24-09-2021

NSS Day

On September 24, 1969, the Father of the Nation's centennial year, NSS was formally inaugurated. As a result, NSS Day is observed every year on September 24. NSS Unit 41 of St. Teresa's College (Autonomous), Ernakulam also proudly celebrated the 52nd anniversary of this flagship through various activities including oath taking, campus cleaning, online cultural events as well as releasing a video. Festivities of the day began with the release of a poster on Instagram proclaiming the marking of the day and was followed by oath taking in a hybrid mode. Volunteer secretaries, program officers as well as a few volunteers gathered at the college grounds while the remaining volunteers recited the NSS oath through the online platform Google Meet in order to maintain the pandemic protocols. Volunteers also undertook a thorough cleaning of the campus grounds.

A montage reminiscing the glorious past a reputable present of the NSS Unit 41 was released through Instagram and was viewed and appreciated by many. The nostalgic video containing images of previous batches of the Unit and its journey throughout the years struck the heartstrings of all volunteers. The day was concluded by an array of cultural activities and



games organized by the volunteers via Google Meet which added more fun and enjoyment to the celebrations.



Link to campus cleaning video: <https://www.instagram.com/p/CUNunkiPQcp/>

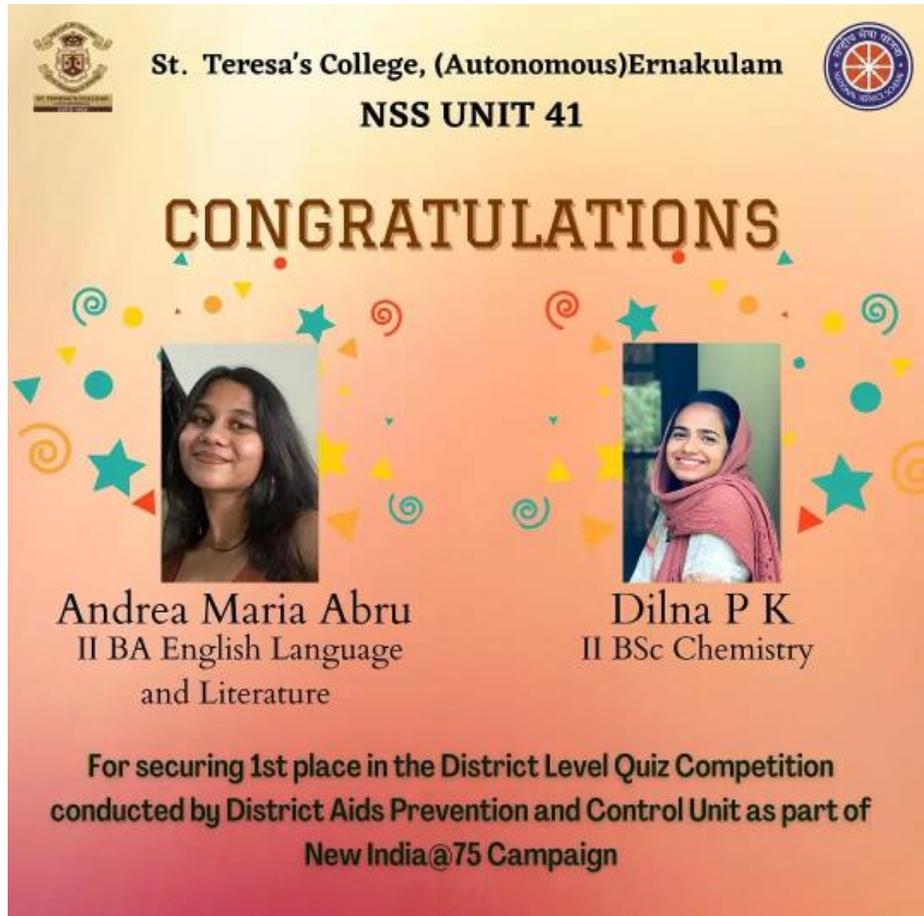
Link to History of NSS Unit 41 video: <https://www.instagram.com/p/CUNQ5LYKPtQ/>

29-09-2021

NewIndia@75 Campaign Quiz on HIV and Youth

In the District-Level quiz on the topic HIV and Youth conducted by District AIDS Control and Prevention Unit as part of the NewIndia@75 campaign, volunteer Dilna P. K of NSS Unit 41 and Andrea Abru, student of St. Teresa's College (Autonomous), Ernakulam secured the first place and has qualified for the inter-district round of the competition. The team was selected after a screening college-level round conducted by NSS Unit 41 through Google

Forms. The quiz took place through online platform Google Meet on 29th September 2021. A congratulatory message was posted on the Unit's Instagram page.



02-10-2021

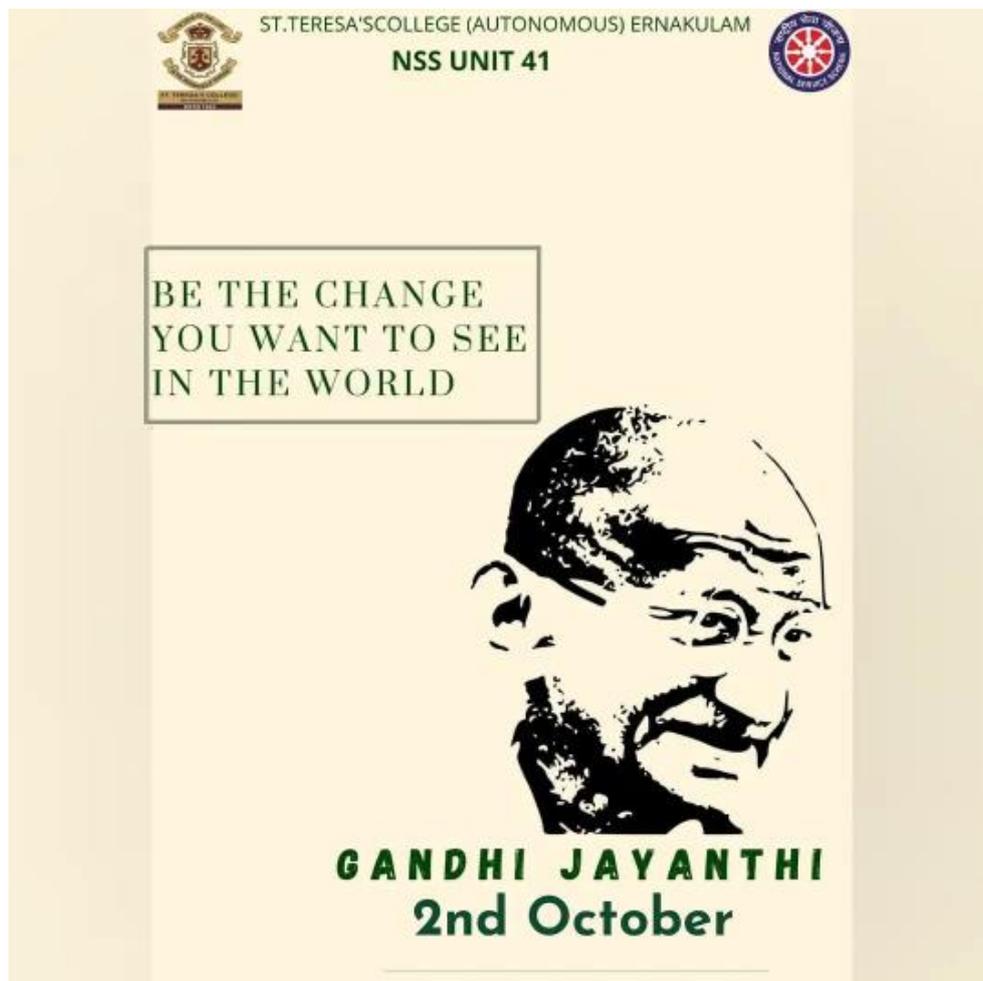
Gandhi Jayanti

Strength does not come from physical capacity. It comes from an indomitable will."

October 2 marks the birth of India's Father of the Nation, Mohandas Karamchand Gandhi or Mahatma Gandhi as he is popularly known for devoting his entire life to free our country from Britain's colonial rule. Referred fondly as Bapu, A poster was released and circulated by the volunteers of NSS Unit 41 on this opportunity to reflect and remind themselves and others on his teachings, especially the values of non-violence and selfless service.

Volunteers also conducted a thorough inspection of the campus grounds on this day to ensure that the classrooms and the entire college vicinity were safe for the return of students the following week. Every room was checked to make sure that all aspects were in top condition and special notes were made of improvements to be made and the final list was handed over to the principal of the college. Covid protocols were also paid special attention to during the inspection.

With this help, the campus was confirmed as fit for students to enter and attend classes in.





05-10-2021

Blood Donation Camp and Awareness Drive

Blood donation camps have resumed on campuses after a one-and-a-half-year hiatus. The IMA, Ernakulam and the NSS Unit 41 of St. Teresa's College (Autonomous), along with South Rotary Cochin, organized the drive in response to a blood scarcity in hospitals. Cochin Corporation Mayor Adv. M. Anilkumar officiated the event which Dr. Lizzie Mathew, Principal of St. Teresa's College (Autonomous) presided over the event. The introductory lecture was given by Harikrishnan Nair, President of the Rotary Club of Cochin South. The blood donation camp, which was hosted as part of National Blood Donation Week, saw a participation of over 70 students even in the circumstance of the pandemic.

The college and its NSS Unit 41 upheld their legacy of continued contribution to the society through the drive. The drive was conducted only after a day of campus grounds opening to students throughout the district.

NSS Program Officers Dr. Jency Treesa, Dr. Shilpa Jose, RCC Coordinator M. Ranjith Kumar, IMA Representative Dr. Joy Joseph, NSS Secretary Anagha R, Joint Secretary Jovitta C S, Aparna C S, Jesna Mathai and Rosna Johnson, and Mathrubhumi Study Circle President, MR Amal spoke.

Mayor Adv. M Anilkumar also inaugurated the distribution of certificates to those who donated blood.

The news was also published in several prominent newspapers such as Mathrubhoomi, Dheshabhimani, Hindu and The Times of India.



കൊല്ലം നോഡ് വർദ്ധിക്കുന്നതിനെ തടയാൻ കോളിൻ സൗത്ത് റോട്ടറി ക്ലബ്ബ് അംഗങ്ങൾ ഏറ്റെടുത്തു. ഇവർ ഡബ്ല്യു. കെ. ഡി.സി. യുടെ സഹായത്തോടെ കോളിൻ സൗത്ത് റോട്ടറി ക്ലബ്ബിന് സഹായം നൽകി.

6.30-ന് നാട്ടാട്ടി മേഖലയിൽ കോളിൻ സൗത്ത് റോട്ടറി ക്ലബ്ബ് അംഗങ്ങൾ പങ്കെടുത്തു. 6.30-ന് തുടർന്ന് കോളിൻ സൗത്ത് റോട്ടറി ക്ലബ്ബിന് സഹായം നൽകി.

കോളിൻ സൗത്ത് റോട്ടറി ക്ലബ്ബിന് സഹായം നൽകി. കോളിൻ സൗത്ത് റോട്ടറി ക്ലബ്ബിന് സഹായം നൽകി.

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രക്തദാനക്കളായി വിദ്യാർത്ഥിനികൾ

കൊല്ലം നോഡ് വർദ്ധിക്കുന്നതിനെ തടയാൻ കോളിൻ സൗത്ത് റോട്ടറി ക്ലബ്ബ് അംഗങ്ങൾ ഏറ്റെടുത്തു. ഇവർ ഡബ്ല്യു. കെ. ഡി.സി. യുടെ സഹായത്തോടെ കോളിൻ സൗത്ത് റോട്ടറി ക്ലബ്ബിന് സഹായം നൽകി.



എന്നപോലും സൗത്ത് റോട്ടറി ക്ലബ്ബിന് സഹായം നൽകി. കോളിൻ സൗത്ത് റോട്ടറി ക്ലബ്ബിന് സഹായം നൽകി.

വിലനായി ഹീമോഗ്ലോബിൻ അളവ്
 പലരുടെയും രക്തത്തിൽ ഹീമോഗ്ലോബിൻ അളവ് കുറയാം എന്നാണ് ഡോക്ടർമാർ പറയുന്നത്. ഇതിനെ തടയാൻ കോളിൻ സൗത്ത് റോട്ടറി ക്ലബ്ബിന് സഹായം നൽകി.



എന്നപോലും സൗത്ത് റോട്ടറി ക്ലബ്ബിന് സഹായം നൽകി. കോളിൻ സൗത്ത് റോട്ടറി ക്ലബ്ബിന് സഹായം നൽകി.



Blood donation camp held

Blood donation camps have resumed on campuses after a one-and-a-half-year hiatus. The IMA, Ernakulam and the NSS Unit 41 of St Teresa's College (Autonomous), along with South Rotary Cochin, organised the drive in response to a blood scarcity in hospitals. Cochin Mayor M Anilkumar officiated the event which Dr Lizzie Mathew, Principal of St Teresa's College (Autonomous) presided over. The introductory lecture was given by Harikrishnan Nair, President of the Rotary Club of Cochin South. The blood donation camp, which was hosted as part of National Blood Donation Week, saw the participation of over 70 students even in the circumstance of the pandemic.



രക്തദാന ക്യാമ്പിന് വീണ്ടും തുടക്കമായി

കൊല്ലി
 നന്നവർഷത്തിന് ശേഷം കലാലയങ്ങളിൽ രക്തദാന ക്യാമ്പ് വീണ്ടും തുടങ്ങി. ആശുപത്രികളിൽ രക്തത്തിന് കുറവു നേരിടുന്ന സാഹചര്യത്തിൽ എറണാകുളം ഐഎംഎ, കൊച്ചിൻ സൗത്ത് റോട്ടറി, സെന്റ് തെരേസാസ് കോളേജ് എൻഎസ്എസ് യൂണിറ്റ് എന്നിവയുടെ ആഭിമുഖ്യത്തിലാണ് പരിപാടി സംഘടിപ്പിച്ചത്. മേയർ എം അനീൽകുമാർ ചടങ്ങി ഉദ്ഘാടനം ചെയ്തു. സെന്റ് തെരേസാസ് കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ലിസി മാത്യു അധ്യക്ഷനായി. ദേശീയ രക്തദാന വാരാചരണത്തിന്റെ ഭാഗമായി നടന്ന ക്യാമ്പിൽ 50 വിദ്യാർത്ഥികൾ പങ്കെടുത്തു. റോട്ടറി ക്ലബ്ബ് ഓഫ് കൊച്ചിൻ സൗത്ത് പ്രസിഡന്റ് ഹരികൃഷ്ണൻ നായർ, ഡോ. ജേനീസി ടിസ, ഡോ. ശ്രീ രാജൻ, എം അനീൽ കു



എറണാകുളം സെന്റ് തെരേസാസ് കോളേജിൽ വിവിധ സംഘടനകളുടെ ആഭിമുഖ്യത്തിൽ നടന്ന രക്തദാനക്യാമ്പിനെത്തുടർന്ന് കോളേജിലെ പ്രമുഖ ഡോ. അധ്യക്ഷിയും പ്രൊഫ് സുരേഷിനിയുമായ ഷോജി ബാറ്റിമാർ, ഡോ. ജോയി ജോസഫ് എന്നിവർ സംസാരിച്ചു.



06-10-2021

‘Back to College’ Vaccination Drive Inauguration

On the 6th of October, volunteers of NSS Unit 41 volunteered and took part in the inauguration of the free vaccination drive, 'Back To College' project launched by MP Shri. Hibi Eden who also presided over the event. The function was inaugurated by renowned actor, Sri. Jayasoorya. Dr. Junaid Rahman of the IMA as well as Cmdre. Ajaykumar and Shri. Renjith Warriar of the Saukyham Charitable Trust also felicitated the event. Rev. Dr. Sr.

Vinitha CSST also graced the occasion with their presence and Principal, Dr. Lizzy Mathew delivered the Vote of Thanks. Program Officers of NSS Unit 41, Dr. Jency Treesa and Dr. Shilpa Jose were also present throughout the ceremony.

Volunteers Anjali Menon took on the role as Master of Ceremony while volunteer Akhila S Nambiar rendered the prayer song. All volunteers of NSS Unit 41 actively helped ensure the smooth functioning of the drive by directing the participants and providing assistance wherever required. Volunteer Anjana also took part in the vaccination drive, all the more adding to the success of the event.





പി.പി. സെക്കന്ററി കോളിജിയിൽ 'ഇന്ത്യൻ സെറ്റ്' ഉള്ള 'സെറ്റ് ഓഫ് ഇന്ത്യ' നൽകി. പി.പി. 2 കോളിജിയിൽ നൽകി. പി.പി. 2 കോളിജിയിൽ നൽകി. പി.പി. 2 കോളിജിയിൽ നൽകി.

കാരിൽ 'സിറ്റിസൻ ഓഫ് ഇന്ത്യ' ബോർഡ്: ഉദ്യോഗസ്ഥർ അഴിയിച്ചു

കോളിജി സെക്കന്ററി കോളിജിയിൽ 'ഇന്ത്യൻ സെറ്റ്' ഉള്ള 'സെറ്റ് ഓഫ് ഇന്ത്യ' നൽകി. പി.പി. 2 കോളിജിയിൽ നൽകി. പി.പി. 2 കോളിജിയിൽ നൽകി. പി.പി. 2 കോളിജിയിൽ നൽകി.



ഇന്ത്യൻ സെറ്റ് ഓഫ് ഇന്ത്യ നൽകി. ഇന്ത്യൻ സെറ്റ് ഓഫ് ഇന്ത്യ നൽകി. ഇന്ത്യൻ സെറ്റ് ഓഫ് ഇന്ത്യ നൽകി. ഇന്ത്യൻ സെറ്റ് ഓഫ് ഇന്ത്യ നൽകി.

കോളജ് വിദ്യാർത്ഥികൾക്ക് സൗജന്യ വാക്സിൻ പദ്ധതി

നവംബർ 14നു മുൻപ് 5,000 കോൺത്രസ് യൂണിറ്റ് കമ്മിറ്റികൾ രൂപീകരിക്കും

കോളിജി സെക്കന്ററി കോളിജിയിൽ 'ഇന്ത്യൻ സെറ്റ്' ഉള്ള 'സെറ്റ് ഓഫ് ഇന്ത്യ' നൽകി. പി.പി. 2 കോളിജിയിൽ നൽകി. പി.പി. 2 കോളിജിയിൽ നൽകി. പി.പി. 2 കോളിജിയിൽ നൽകി.

ഇന്ത്യൻ സെറ്റ് ഓഫ് ഇന്ത്യ നൽകി. ഇന്ത്യൻ സെറ്റ് ഓഫ് ഇന്ത്യ നൽകി. ഇന്ത്യൻ സെറ്റ് ഓഫ് ഇന്ത്യ നൽകി. ഇന്ത്യൻ സെറ്റ് ഓഫ് ഇന്ത്യ നൽകി.

ഹൈനിയുടെ സൗജന്യ വാക്സിനേഷൻ പദ്ധതി 'ബാക്ക് ടു കോളജ്' ഉദ്ഘാടനം ചെയ്തു

കോളിജി സെക്കന്ററി കോളിജിയിൽ 'ഇന്ത്യൻ സെറ്റ്' ഉള്ള 'സെറ്റ് ഓഫ് ഇന്ത്യ' നൽകി. പി.പി. 2 കോളിജിയിൽ നൽകി. പി.പി. 2 കോളിജിയിൽ നൽകി. പി.പി. 2 കോളിജിയിൽ നൽകി.



“Koode” Project Launch

“Koode” is an initiative by NSS Unit 41 to promote the new schemes of the Women and Child Department of the Ernakulam District in association with the Mahila Shakthi Kendra. On the 25th of October, the official launch of the project took place in the presence of NSS Unit 41 volunteers, Program Officers, Principal of St. Teresa’s College (Autonomous), Ernakulam, and guests Dr. Smithi George and Ms. Amrutha Murali. Volunteer Aleen Juliet took over the function as the MC and Ms. Rosna Johnson, Arts Secretary, proposed the welcome address. The function was presided over by principal, Dr. Lizzy Mathew following which the screening of the videos for schemes ‘Kaithangu’, ‘Ponvaku’ and ‘Rakshadooth’ which were prepared by the volunteers to raise awareness on various issues that women especially face in these times took place. Next up was the panel discussion by Dr. Smithi (Senior Consultant Gynecologist, Co-operative Hospital, Kakkanad) and a QnA session wherein volunteers raised doubts and got them cleared. The function concluded with the distribution of certificates to those who participated in the creation of the videos and a note of gratitude conveyed by Ms. Amrutha Murali, (District Coordinator, District level Centre for Women).

The videos are to be distributed via the official YouTube pages of both organizations. They were also greatly praised by all in helping spread awareness on these schemes which aid women undergoing domestic violence and child marriage in children.







30-10-2021

Pokkali Krishi

Volunteers of NSS Unit 41, accompanied by Program Officers Dr. Jency Treesa and Dr. Shilpa Jose, got an opportunity to take part in the Pokkali Rice Harvest, as part of the Kadamakudy Fest on 29th of October 2021. The volunteers reported in front of the office block of the college by 7:55 AM. As scheduled, the bus carrying 18 volunteers and 2 program officers started from the college at around 8:15 AM to Pizhala, Kadamakkudy. The students in the bus were seated maintaining social distance as per the Covid protocol. They reached the destination by around 8:45 AM. Group photos were taken. At 9:10 AM the Block Panchayath President welcomed the students and the Director of the Agricultural Department addressed the gathering. The students were then guided to the field along where they harvested the pokkali. They were given refreshments in between the harvest. The volunteers were greatly amused by this rare opportunity of harvesting rice with their own hands. After this, the students stacked the harvest in proper order. Then they had lunch of mashed tapioca and chili served by the hosts. After this scrumptious meal, the students went kayaking on the water. The volunteers then changed their wet clothes and sat down listening to the performance of folk songs by a group of local singers. After this, the volunteers expressed gratitude for this wonderful opportunity and started their journey back by around 2:15 PM

and reached the college by 2: 45 PM. This journey has been etched into the hearts of each and every volunteer as it was indeed once in a lifetime opportunity of wearing the shoes of a farmer for a day and getting the first-hand experience of their life and sorrows.

A video montage of the day was created by volunteer Gratia Mary and uploaded on the Unit's official Instagram page.

Link to the video: <https://www.instagram.com/p/CVoxRg9ItXU/>

31-10-2021

Vazhiyoram Project

NSS Unit 41 of St. Teresa's College (Autonomous), Ernakulam teamed up with Mathrubhumi Grahalakshmi, Thiruvankulam to organize a distribution of food packets and kits of daily need items to the homeless masses living on the streets of Ernakulam North Bridge. A collection drive was launched and drop off boxes were placed in all blocks of the campus wherein students and faculty donated items such as clothes, sanitizers, soaps and toothpastes etc. These items were packed into kits and distributed along with food packets on the 31st of October 2021 in the presence of Deputy Mayor of Ernakulam Smt. K. A. Ansiya. Around 50 kits were distributed by the volunteers and the act was deeply appreciated by all present there. It was also a personally fulfilling experience for each of the volunteers involved and all those who contributed to the cause.

A video on the day was prepared and uploaded on the Unit's Instagram page.

 ST. TERESA'S COLLEGE AUTONOMOUS ERNAKULAM 

വഴിയോരം

Unit 41

NSS Unit 41 of St. Teresa's College (Autonomous), Ernakulam associates with Mathrubhumi Grahalakshmi, Thiruvankulam to extend a helping hand toward the less fortunate masses of the Ernakulam North Bridge streets. Items of daily need which have been donated by the students and staff of the college will be distributed to them on site.

 Date - 30th October 2021, 10.30 AM 

Chief guest- Smt. K. A Ansiya (Deputy Mayor, Kochi Corporation)

Link to video: <https://www.instagram.com/p/CVrc1UQvLsm/>

06-11-2021

Anemia Awareness and Biochemical Screening Camp

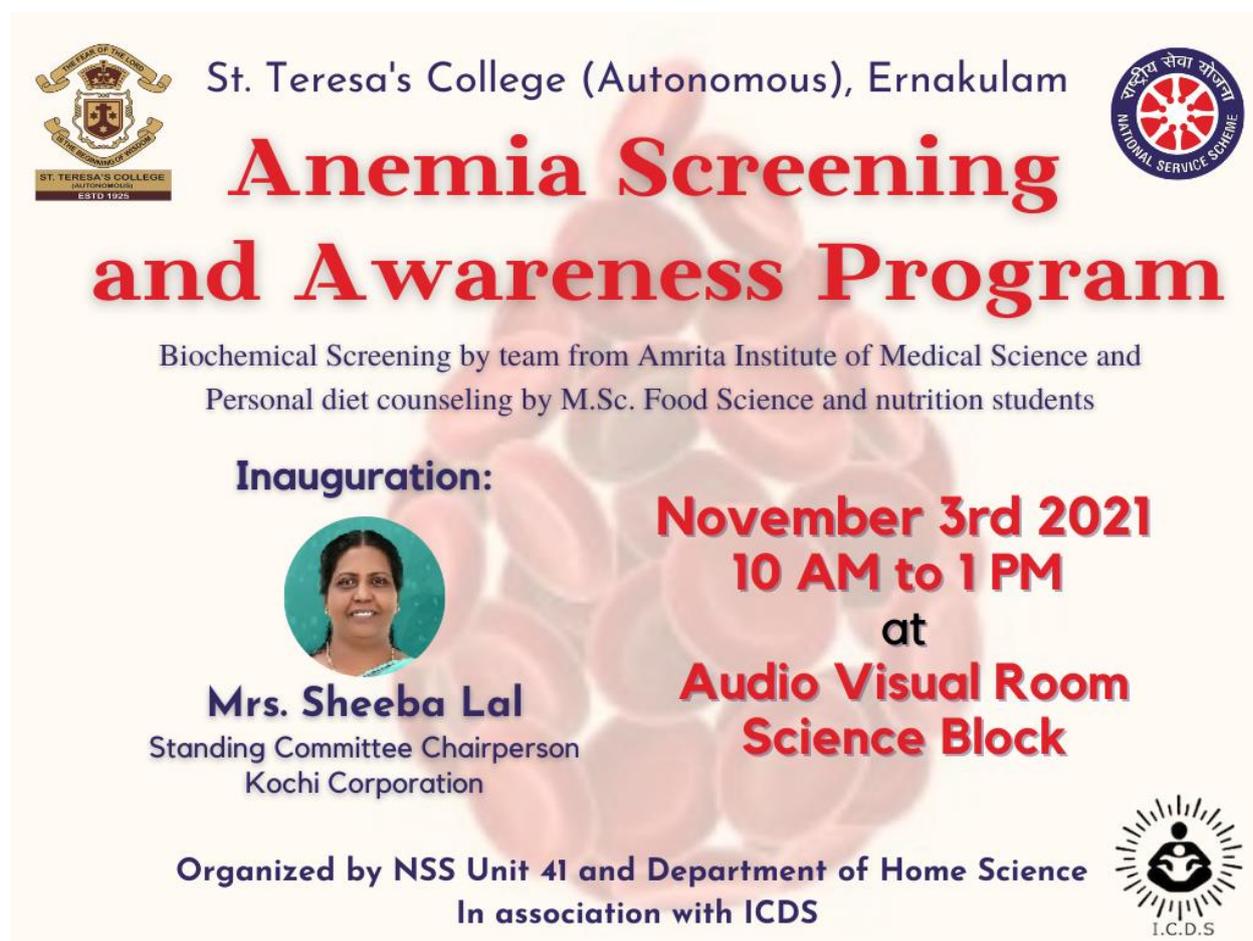
Anaemia is a deficiency in the number or quality of red blood cells in your body. It isn't a disease in itself, but a result of a malfunction somewhere in the body. To tackle this condition which is becoming increasingly common, especially in females, NSS Unit 41 along with the Homescience Department of St. Teresa's College (Autonomous), Ernakulam organized an 'Anaemia Awareness and Screening Camp and Personal Diet Counselling' in association with the Amrita Institute of Medical Science.

An awareness session on anaemia and the importance of having a healthy blood count of 12 g/dl led by Dr. Aparna was also organized.

Over 80 students and faculty underwent the screening and many received thorough and helpful counselling for maintaining a good haemoglobin count. The session taken by Dr. was also greatly helpful in raising awareness on Anaemia. The poster which was circulated by volunteers as well as displayed on the college's TV was aided greatly in spreading the news of the camp being conducted. All those who attended found the awareness session helpful.

A film with the snippets of the day was also prepared and uploaded on the college's Instagram page.

Link to the video: https://www.instagram.com/p/CV7JAjRvN_h/



The poster features a background of red blood cells. At the top left is the St. Teresa's College logo, and at the top right is the National Service Scheme (NSS) logo. The main title is in large red font. Below it, the screening details are provided in blue and red text. A circular portrait of Mrs. Sheeba Lal is shown on the left, with her name and title below it. The date and time of the inauguration are in large red font, followed by the location. At the bottom, the organizing bodies are listed in blue text, with the ICDS logo on the right.

 St. Teresa's College (Autonomous), Ernakulam 

Anemia Screening and Awareness Program

Biochemical Screening by team from Amrita Institute of Medical Science and
Personal diet counseling by M.Sc. Food Science and nutrition students

Inauguration:

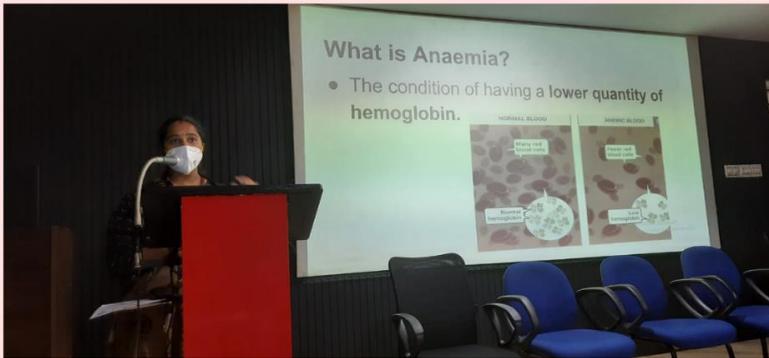


Mrs. Sheeba Lal
Standing Committee Chairperson
Kochi Corporation

**November 3rd 2021
10 AM to 1 PM**
at
**Audio Visual Room
Science Block**

**Organized by NSS Unit 41 and Department of Home Science
In association with ICDS** 





01-12-2021

World AIDS Awareness Day

Volunteers of NSS Unit 41 observed World AIDS Awareness Day by staging a street play on the same at 3 locations: St. Teresa's Girls' Higher Secondary School, The Arts and Science blocks of St. Teresa's College (Autonomous), Ernakulam. The program was organized in association with Government Field Outreach Bureau and Cochin South Rotary. The inauguration was carried out by MLA Shri. T. J. Vinod in the function presided over by Dr. Lizzy Mathew, Principal of St. Teresa's College (Autonomous), Ernakulam. Cochin South Rotary President, Rtn. Harikrishnan Nair offered felicitations. Program Officers Dr. Jency Treesa and Dr. Shilpa Jose along with Coordinator Renjith Kumar, who also trained the students for the Street play, and the volunteer secretaries of NSS Unit 41 graced the occasion with their presence. Around 20 volunteers spent numerous days of effort in presenting a highly educational and entertaining stage play to an audience of over 600 students. The news of the staging was published in newspapers as well as uploaded on the college's official YouTube channel.

Link to the video: <https://youtu.be/bFAM0uZKDgU>



St.Terasas College (Autonomous), Ernakulam
NSS Unit 41



മണിമുഴക്കം

Street Play in Connection with **WORLD AIDS DAY**

Inauguration by

Shri T.J Vinod
(Honourable MLA, Ernakulam)

1st December
11:00 AM



Staged at

11:30 AM - Arts' Block
12:00 PM - Higher Secondary School
12:30 PM - Science Block

In association with



എയ്ഡ്സ് ബോധവൽക്കരണം



▶ എറണാകുളം സെയ്ൻറ് തെരേസാസ് കോളേജിൽ നടത്തിയ തെരുവുനാടകം

കൊച്ചി▶ എയ്ഡ്സ് ബോധവൽക്കരണ തെരുവുനാടകവുമായി എറണാകുളം സെയ്ൻറ് തെരേസാസ് കോളേജിലെ വിദ്യാർത്ഥിനികൾ. ഭാരതസർക്കാർ ഫീൽഡ് ഔട്ട് റീച്ച് ബ്യൂറോ, കൊച്ചിൻ സൗത്ത് റോട്ടറി, എറണാകുളം സെയ്ൻറ് തെരേസാസ് കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റ് എന്നിവ ചേർന്നാണ് പരിപാടി സംഘടിപ്പിച്ചത്.

കോളേജിൽ നടന്ന ചടങ്ങ് ടി.ജെ. വിനോദ് എം.എൽ.എ. ഉദ്ഘാടനം ചെയ്തു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ലിസി മാത്യു അധ്യക്ഷയായി. കൊച്ചിൻ സൗത്ത് റോട്ടറി പ്രസിഡൻ്റ് ഹരികൃഷ്ണൻ നായർ മുഖ്യാതിഥിയായി. സെയ്ൻറ് തെരേസാസ് കോളേജ് ആർട്സ് ബ്ലോക്ക്, സയൻസ് ബ്ലോക്ക്, സെയ്ൻറ് തെരേസാസ് ഹയർ സെക്കൻഡറി സ്കൂൾ എന്നിവിടങ്ങളിലായാണ് തെരുവുനാടകം സംഘടിപ്പിച്ചത്. തെരുവുനാടകത്തിൽ പങ്കെടുത്ത വിദ്യാർത്ഥികൾക്ക് ഫീൽഡ് എക്സിബിഷൻ ഓഫീസർ എൽ.സി. പൊന്നുമോൻ സർട്ടിഫിക്കറ്റ് നൽകി.

ചടങ്ങിൽ എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. ജെൻസി ടീസ, ഡോ. ശില്പ ജോസ്, കോ-ഓർഡിനേറ്റർ എം. രഞ്ജിത്ത് കുമാർ, എൻ.എസ്.എസ്. യൂണിറ്റ് സെക്രട്ടറി ആർ. അനഘ, സി.എസ്. ജൂവീറ്റ, എം.ആർ. അമൽ എന്നിവർ സംസാരിച്ചു.

27-12-2021 to 02-01-2022

ഉണർവ് 7 Day Special Camp



Day 1: 27th December 2021

It was a fresh start for the new batch of volunteers of NSS Unit 41 of St. Teresa's College (Autonomous), Ernakulam as 27th December 2021 marked the beginning of the 7 Day Special Camp “ഉണർവ്” 2021-'22. The camp was conducted at the college campus during the timing 8:30 AM to 4:30 PM. The first day of the camp began with NSS Anthem recited by Camp Coordinator Ms. Jesna Mathai. This was followed by the welcome address delivered by General Secretary, Ms. Anagha R. The camp was inaugurated by Hon. MLA of Ernakulam, Sri. T. J Vinod. Sri. Renjith Kumar, Coordinator of Mathrubhoomi Study Circle addressed the crowd. The gathering was felicitated by Program Officers, Dr. Jency Treesa and Dr. Shilpa Jose.

The formal function was proceeded with a briefing on NSS by the volunteer secretaries Ms. Jovitta C S, Ms. Aparna C S and Ms. Rosna Johnson. Volunteers were divided into assembly, newspaper, sanitization and hygiene, discipline, organizing and cultural committees.

Shortly after the break followed a session by resource person Mr. Prasad Prasad, Founder and CEO of Phoenix Career Mentor. The session was on personal skills development especially qualities necessary for being a good leader. It was a motivational and self-refelcting session, greatly beneficial to awake your inner qualities and skills.

The day ended by an activity of preparing Covid Awareness posters to be placed around the campus.



Figure 1 NSS Anthem: Camp Coordinator Ms. Jesna Mathi



Figure 2 MLA Sri. T J Vinod inaugurates the Camp









Day 2: 28th December 2021

The second day of the camp began with the assembly committee organizing the assembly. It consisted of the NSS Anthem, thought for the day and the newspaper committee presenting the newspaper. This was followed by a refreshing Yoga session by professionally trained Yoga Masters Mr. Rajagopal and Mrs. Uma Rajagopal. After a short tea break that followed, the volunteers attended a session on “Comprehensive Social Personality Development” by Sr. Adv. M. R. Rajendran Nair.

The next session was an active and involving “Leadership Training and Team building” session by Sri. Renjith Kumar, Coordinator of Mathrubhoomi Study Circle. The volunteers diligently and eagerly participated in all the activities and learned many valuable skills. The day culminated by the cultural performances by the cultural committee.









Day 3: 29th December 2021

The 3rd Day of the “ഉണർവ്വ്” Special Camp of NSS Unit 41 of St. Teresa’s College (Autonomous), Ernakulam was spent on a location different from the previous days. Spending the day on a field trip at the banks of the Periyar River was quite a breath of fresh air for all volunteers. On passing the ‘Mazhavil Palam’, all volunteers got to work cleaning up the banks of the Manappuram Shiva Temple after a short introduction by Sri. Renjith Kumar and renowned author and editor Sri. Venu Variyath. The volunteers were able to

cleanup a large part of the plastic waste disposed at the banks and was appreciated for the same by Municipal chairman Mr. John and Educational standing committee chairman Mr. Fazil Hussain.

After a short snack break, the team went up to the 'Arboretum' established by Mathrubhoomi. It was here that the 'Ariyam Periyarine' session was conducted by Sri. Venu Variath who, along with interesting facts about the river, enlightened the volunteers to fall in love with the nature that nourishes us. Mathrubhumi SEAD CSR Mr. Rony, SEAD member Mr. Akhil and Mr. Vinod was present at the meeting. Volunteers also performed several songs that had a touch of nature in them. Mr. Soman, the caretaker and an inevitable factor of the 'mathrukathottam' too addressed the volunteers on how the place came into existence and his experience in looking after the varieties of trees planted there.

After the lunch break all volunteers went on an endeavour to learn more about the different types of trees growing at the arboretum with Sri. Venu who kindly and in depth explained them all. Many volunteers expressed their sincere gratitude as the crowd gathered on the steps facing the river. The indelible day ended with a note of gratitude from the Program Officers following which all volunteers were dispersed and accompanied home safely.

The news on the visit and activities performed there was published in the Mathrubhoomi Newspaper.















പെരിയാറിനെ അറിഞ്ഞ് എൻ.എസ്.എസ്. വൊളന്റിയർമാർ

Mathrubhoomi, 6/1/22

ആലുവ പെരിയാറിന്റെ തീരത്തിലൂടെ നടന്ന് നദിയെ അറിഞ്ഞും പ്ലാസ്റ്റിക് പെറുക്കിമാറ്റി നദിയോട് സ്നേഹം കാണിച്ചും സെയ്ന്റ് തെരേസാസ് കോളേജിലെ എൻ.എസ്.എസ്. വൊളന്റിയർമാർ. ആലുവ മണപ്പുറത്തും 'മാതൃഭൂമി' ആർബറേറ്റത്തിലുമാണ് വിദ്യാർഥികൾ ഒരു ദിനം ചെലവഴിച്ചത്. എൻ.എസ്.എസ്. സപ്പദിന ക്യാമ്പിന്റെ ഭാഗമായി 'അറിയാം പെരിയാറിനെ' എന്ന പേരിലാണ് ആലുവ ശിവരാത്രി മണപ്പുറത്തേക്ക് യാത്ര നടത്തിയത്. നഗരസഭാ ചെയർമാൻ എം.ഒ. ജോൺ ഉദ്ഘാടനം ചെയ്തു. വിദ്യാഭ്യാസ സ്റ്റാൻഡിങ് കമ്മിറ്റി ചെയർമാൻ ഫാസിൾ ഹുസൈൻ മുഖ്യപ്രഭാഷണം നടത്തി. 80-ഓളം എൻ.എസ്.എസ്. വൊളന്റിയർമാരാണ് സംഘത്തിലുണ്ടായിരുന്നത്. ഇവർ ശിവരാത്രി മണപ്പുറത്തെ കൂട്ടിവ



സെയ്ന്റ് തെരേസാസ് കോളേജിലെ എൻ.എസ്.എസ്. വൊളന്റിയർമാർ ആലുവ ശിവരാത്രി മണപ്പുറത്ത് സന്ദർശനം നടത്തിയപ്പോൾ

നം സന്ദർശിച്ചശേഷം ആലുവ ശിവരാത്രിമണപ്പുറത്ത് കൂടിക്കിടന്നിരുന്ന 20 ചാക്കോളം പ്ലാസ്റ്റിക് മാലിന്യം നീക്കംചെയ്തു. തുടർന്ന്, 'മാതൃഭൂമി'യുടെ ആർബറേറ്റത്തിൽ നടന്ന സെമിനാർ ദേശീയ ഹരിതസേനാ ജില്ലാ കോ-ഓർഡിനേറ്റർ വേണു വാര്യത്ത് നയിച്ചു. എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. ശില്പ ജോസ്, ഡോ. ജെൻസി ഭീസ, സെക്രട്ടറിമാരായ ആർ. അനൂല, സി.എസ്. ജോവീറ്റ, സി.എസ്. അപർണ, ജെസ്ന മത്തായി, റോസ്ന ജോൺസൺ, സ്റ്റുഡിസർക്കിൾ കോ-ഓർഡിനേറ്റർ എം. രഞ്ജിത്ത് കുമാർ എന്നിവർ നേതൃത്വം നൽകി.

Day 4: 30th December 2021

The fourth day of the camp was even more vibrant and energetic. After the health and sanitization committee made sure that all volunteers were properly sanitized and following the Covid protocols, the assembly and Yoga session by Mr. Rajagopal and Mrs. Uma were conducted. Soon after this was yet another memorable activity for many as the volunteers got one more step closer to the soil through the Urban Organic Farming activity arranged in association with the ESAF Bank. Volunteers were divided into two slots based on their activity and they participated with utmost diligence in the work led by Smt. Anupama and Sri. Shibu T U, Agricultural Officer.

This fulfilling session was followed by a short lunch break and then an awareness class on 'Non-Communicable Diseases' and on 'How Alcohol and Drug use leads to NCD's' by Preventive Officer of Ernakulam Division, Sri. Rishikeshan.

The 4th day was wound up by a display of programs by the day's cultural committee.

News about the Urban Farming Project and the garden which is still maintained by the volunteers was published in the newspaper.











Day 5: 31st December 2021

“It’s not about being good at something, it’s about being good to yourself.”

The fifth day of the 7 Day Special Camp was started with great optimism and volunteers Liz Anns Benny and Ceyona Victor led the batch through the Yoga session; putting to use the skills they had learnt from the past few days at camp. After the assembly and newspaper presentation of the day, a quick refreshment break followed.

At noon was an interesting craft session by Ms Emma, an Ex-teresian who was a great tutor who guided the volunteers to make some wonderful renewable pens using pen refillers, paper bags, paper files and a pouch made using cloth. The session was indeed useful as the end products were environment friendly and colourful.

After a busy craft session, the lethargic and hungry faces were recharged with lunch. From noon to evening, it was the most awaited cultural of the respective groups of NSS volunteers. From group song to group dance and fun filled games, time flew by. As the camp was winding up, as a part of New Year's Eve, Program Officers Dr. Jency Treasa and Dr. Shilpa gave the volunteers a subtle motivation to strongly step into 2022 with positivity. The camp was dismissed in high spirits as wishes of the New Year was passed around from every volunteer to another.





Day 6: 1st January 2022

The first day of the year and the 6th Day of the camp began with the assembly conducted by the assembly committee followed by a short tea break. Next up was a session by Mr. Sooraj Abraham and Mr. Rasheed Ashraf, Founding Members of the NGO, PlanatEarth. The resource persons engaged the volunteers in a variety of motivational activities aimed at building their personal and leadership skills.

Next up was a very informative and relevant workshop on CPR by Dr. Haneesh. He guided the volunteers through the steps of performing CPR and the importance of it. Volunteers actively picked up everything that was advised and took careful notes of the tutorial performed by the resource person.

The camp wound up with the cultural performances and a sweet distribution in celebration of the brand-new year. Wishes were once again exchanged, and another memory was marked in everyone's minds.









Day 7: 2nd January 2022

The final day of “**ഉണർവ്**” 2021-'22 7 Day Special Camp conducted by NSS Unit 41 of St. Teresa’s College (Autonomous), Ernakulam was surely one to remember. After the usual assembly and the final newspaper presentation of the camp, was an interactive session with the previous leaders of NSS Unit 41. Ex-leaders joined the new batch and shared their stories and memories of camp. The volunteers got to experience the spirit of NSS through their words.

At noon, the official culmination ceremony of the camp began. Chief Guests Mr. Jobin George, NSS District Coordinator and Mr. Joshy Varghese, the Visiting Faculty and Coordinator of St. Teresa's College (Autonomous) joined the dais with Principal, Dr. Lizzy Mathew and Program Officers of NSS Unit 41, Dr. Jency Treesa and Dr. Shilpa Jose.

It began with a presentation of the camp activity highlight by Joint Secretary, Ms. Jovitta C S. Mr. Jobin shared his dynamic experience being a Program Officer himself and left the volunteers wanting to participate in activities similar to ones that he mentioned. They were also filled with high spirits by Mr. Joshy who delivered a sparking speech highlighting the need to be awakened as is the name of the camp. Dr. Lizzy Mathew presided over the function and Program Officers spoke a few words on the 7 days that were spent together.

The unveiling of the Camp Magazine "ARC EN CIEL" meaning the 'rainbow' which was prepared by the volunteers themselves was a proud moment as it was a spectacular display of the talent the entire batch holds. This was followed by the distribution of the Camp Awards.

Ms. Sara Sunny was awarded the 'Best Camper Award' and Ms. Gargi Mohan was presented with the 'Best Worker Award'. Group number 2 led by Ms. Sara Sunny secured the 'Best Team Award'.

An array of amazing cultural programs followed the function after which the camp was officially dispersed. Volunteers returned home with a heart filled with mixed feelings and a ton of beautiful memories.















16-01-2022

KKEM Job Fair

On the 16th of January 2022, 39 volunteers of NSS unit 41 volunteered for a Kerala State Government Initiative program 'JOB FAIR' as a part of KKEM (Kerala Knowledge Economy Mission) which was conducted for women who had a career break. The program was conducted by the Kerala State government in collaboration with K-DISC and ICT Academy. The main mission is to implement a 20-lakh employment scheme in 5 years. The pilot project aims to create 10 thousand jobs by January 2022. The program was inaugurated by Sri. T. J. Vinod (Honourable MLA of Ernakulam district) and Sri. Ullas Thomas (District Panchayat President, Ernakulam), Sri. Shibu A. IAS (District Development Commissioner) delivered the welcome speech, Dr. Madhusudhanan C (State Program Manager, KKEM) presented the program note, Ms. Lekha Balachandran (MD, Resitech Electricals) addressed the keynote on KKEM, Sri. Manu Jacob (Councillor, Ward 67), Sri. Benny Mathew (District

Employment officer) and Dr. Lizzy Mathew (Principal of St. Teresa's College, Ernakulam) were the felicitators. The vote of thanks was delivered by Smt. Anitha Elias (District Planning Officer).

Over 30 companies were present in which 29 companies conducted physical interview and 6 companies conducted virtually.

The volunteers were divided into 7 groups and was led by Dr. Abdul Jabbar Ahamed (State Nodal Officer, SAGY-AICTE). Certificates were issued to all volunteers who helped ensure the smooth functioning of the fair by helping the companies, candidates and faculty throughout the fair. Certificates were also issued to the program officers of NSS Unit 41, Dr. Jency Treesa and Dr. Shilpa Jose for their effort and support.







07-03-2022, 08-03-2022, and 09-03-2022

Mini Camp 2022

The Mini Camp of NSS Unit 41 for the year 2022 was conducted from 7th March 2022 to 9th March 2022 as a non-residential camp at the campus, St. Teresa's College (Autonomous), Ernakulam. Various activities were undertaken as part of the camp. The main aim of the camp was to instill the practice of being eco-friendly in the volunteers.

7th March 2022: Day 1

The camp was inaugurated by the handing over of clothes collected under the ‘Goonj Collection Drive’. Volunteers actively helped gather various types of washed and pressed clothes during the weeklong collection. The boxes of clothes collected were handed over to the Goonj Officials by Principal, Dr. Lizzy Mathew in the presence of Program Officers, Dr Jency Treesa and Dr. Shilpa Jose along with the NSS Volunteers Secretaries. Goonj is an NGO which undertakes disaster relief, humanitarian aid and community development and hence this project



was apt as an inauguration ceremony to the Mini Camp of NSS Unit 41 which upholds the motto of ‘Not me, but you’ in all it's working. Volunteers also began working on Cloth Sanitary Napkin Making on the day.

“Odha Do Zindagi” Goonj’s Annual Campaign

Cold doesn’t kill people.. lack of clothing does..



Collection Drive in Kerala from 28th Feb to 3rd Mar, 2022

Venue: St. Teresa's College, Ernakulam.
Timings: 9:00 am to 4:00 pm
Volunteer: Jency Treesa (6282313258)
Co-ordination: Team Goonj.. (8595628608)

You can also contribute:

General clothing, sarees, bed sheets, curtains, new undergarments, utensils, shoes & slippers, basic toiletries, bags & suitcase, school materials, toys, stationery, one-side used paper, cotton/semi-cotton cloth like quilt covers, pillow covers, towels, table covers, dupattas etc.



Monetary contribution
for logistics and essential purchases

log onto goonj.org to contribute

H.O: J-93, Sarita Vihar, New Delhi-76

☎ 011-26972351 / 41401216

🌐 www.goonj.org

📘 [goonj.org](https://www.facebook.com/goonj.org)

📞 +goonj

✉ mail@goonj.org





ST.TERESA'S COLLEGE(AUTONOMOUS) ERNAKULAM
NSS UNIT 41




GOONJ COLLECTION DRIVE


from
23rd Feb
3rd March


Drop off your
preloved clothes
in the box

Boxes kept in front of each blocks
(arts, central and science)

8th March 2022: Day 2

Day 2 of the Mini Camp commenced with the resuming of Cloth Sanitary Napkin Making. Volunteers taught each other the process of making the pads through online tutorials and

enthusiastically participated in the activity. These napkins are to be distributed to selected Tribal areas wherein access to such products are lacking. Promotion and awareness on using such eco-friendly products and their benefits to the health of the user as well as the environment are the main goals of this activity. The expenses are supported by ESAF Bank, Ernakulam.

NSS Unit 41 being part of an all-women's college especially focused on such projects concerning women. Especially more so as the day was also celebrated as International Women's Day world-wide.

The afternoon session of day 2 was a Workshop on 'Marginalized Communities and Women', led by Dhisha Founder and Research Scholar, Mr. Dinu Veyil. The workshop was conducted at the Gym Plaza of St. Teresa's College (Autonomous), Ernakulam. The resource person introduced the various issues surrounding women, particularly who belong to marginalized communities through an engaging talk and various lively activities. He explained these problems very clearly by stating real life instances of such problems. Volunteers participated actively in the QnA session which followed.

Along with these sessions, volunteers were also made to design a digital poster to be released and circulated via the Unit's official Instagram Page.

Video of the 'Koodu' project was also released on the Unit's Instagram Page as part of Women's Day Celebrations. 'Koodu' is an initiative of NSS Unit 41 in association with Women and Child Development Department and Mahila Shakti Kendra to promote their schemes supporting women in crisis. Under the project, videos showing the procedures of 'Rakshadooth', 'Ponvakku' and 'Kathorthu' schemes were created by the volunteers.

The video of one was released at the link: <https://www.instagram.com/p/Ca2mIdDK594/>







ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM



NSS UNIT 4I

Workshop on: Marginalized communities and Women



RESOURCE PERSON :

MR. DINU VEYIL
(FOUNDER AND STATE PRESIDENT,
DHISHA)

8 MARCH 2022
10:30 AM - 12:30PM

AT GYM PLAZA
ST. TERESA'S COLLEGE
(AUTONOMOUS), ERNAKULAM









ST.TERESA'S COLLEGE(AUTONOMOUS) ERNAKULAM
NSS UNIT 41



INTERNATIONAL WOMEN'S DAY

March 8

Gender Equality Today For a Sustainable Tomorrow



9th March 2022: Day 3

The 3rd and final day of the Mini Camp 2022 of NSS Unit 41 was spent as a forenoon session of paper pen making and an afternoon session of Sanitary Napkin making and book collection. To ensure that the college's Green Protocol practiced at a deeper level, volunteers of NSS Unit 41 of St. Teresa's College (Autonomous), Ernakulam engaged in a paper pen making and collecting activity. Around 500 paper pens were collected through this activity. These pens are to be distributed throughout the college as well as to students outside the college.

The cloth pad making activity was concluded on the final day of camp. Volunteers were able to make around more than 250 pads through their tireless efforts. The pads were tested for proper usability and stored safely until distribution.

The camp wound up with the launch of the 'Tales for the Town' book collection and the 'Blanket Challenge'. New or used books of good condition and belonging to any genre is to be collected under the first project. These books will be given and indexed by the volunteers to be used at the adopted village, Kumbalangi Panchayath's Public Library. The library will



also be given a makeover under the project.

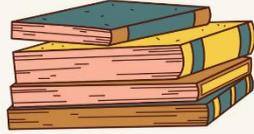
The 'Blanket' challenge has been launched with the goal of providing the homeless community with a blanket per person. People with no place to call home often reside at cold and harsh street-side and hence through this project NSS Unit 41 hopes to provide them a little more comfort by giving them warm blankets and other necessary items.



ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM
NSS UNIT 41



TALES FOR THE TOWN



Join us in our effort to renovate the Public Library at Kumbalangi Panchayath by donating a book (OR MANY) !

9 MARCH - 19 MARCH

Drop Off Points:

Arts, Science and Central Blocks of St. Teresa's College (Autonomous) Ernakulam



For more information contact:
 Jovitta C S: 8301964095
 Neha Maria Roshan: 8075877521

(Books in good condition belonging to any genre can be donated)



St. Teresa's College (Autonomous), Ernakulam
 NSS Unit.41



BLANKET CHALLENGE

Collecting Rs.150 from teachers via departments

Let's all be generous and lend a hand to the needy ones

10-03-2022 and 11-03-2022

Integrated Communication and Outreach Programme

On the 10th and 11th of March 2022, an integrated public outreach program was jointly organized by the Field Outreach Bureau, Ernakulam and NSS Unit 41 of St. Teresa's College, Ernakulam, under the Ministry of Information and Broadcasting. The program began on the 10th at 10:00 AM. Shri. L C Ponnunon, Field Exhibition Officer, welcomed the gathering and the resource person of the day, Sri. Venugopal, State Resource Person, Suchithwa Mission and Retired BDO. With his years of wisdom in the field of expertise, he explained how merely 30 years of life existence is left for the Earth. Volunteers were made aware of the urgency for a sustainable development. A quiz on the topics surrounding the session followed out of which the winners were selected.

The 2nd Day of the program began with an interactive session with Sri. Joy Sebastian, CEO, Techgensia Software Ltd. TechGensia was the first company to participate in the Video Conferencing Platform Challenge organized by the Union Ministry of Communications and Information Technology under the Atmanirbhar Bharat project. Developed by the company, the V Console is now the official video conferencing platform of the Central Government. During the session he spoke to the volunteers on how challenges need to be turned into opportunities and that more people should come forward to become entrepreneurs in these times when the government system is promoting entrepreneurship.

The concluding session of the program was inaugurated by Sri. Ullas Thomas, President, Ernakulam District Panchayat. He also distributed prizes to the winners of the quiz competition organized as part of the event. College Principal Dr. Lizzy Mathew presided the function. Field Exhibition Officer Sri. L C Ponnunon gave the introductory remarks. Financial Literature Councilor Sri. N K Sreekumar delivered the concluding speech which was followed by artistic performances based on the concept of Ek Darat Shrestha Bharat.





18-03-2022 to 20-03-2022

Nature Camp 2022

NSS Unit 41 of St. Teresa's College (Autonomous), Ernakulam conducted a 3-Day Nature Study Camp from the 18th March to 20th March 2022. The camp was coordinated by the Kerala Forest Department, Athirapilly Range and Cochin South Rotary.

Day 1 – 18th March 2022

The team consisting of all 40 volunteers and 2 Programme Officers, Dr. Jency Treesa and Dr. Shilpa Jose, assembled at the departing ground, St. Teresa's College (Autonomous), Ernakulam on the morning of 18th March 2022. The gathering was addressed by coordinator of Mathrubhoomi Study Circle, Sri. Renjith Kumar and President of Cochin South Rotary, Rtn. Harikrishnan Nair who also flagged off the camp.

The team first arrived at the 'Mazhavil Paalam' of Aluva-Manappuram Siva Temple where Multimedia Journalist Mr. Venu Variath talked to the volunteers about the importance of conserving our environment. Volunteers rendered a melodious tuned corresponding to the beauty of nature. Following this, the group visited the man-made 'Kuttivanam' located adjacent to the Siva Temple. Here the volunteers observed the various elements of migratory birds and other animals by means of their sounds and more. It was an experience which enlightened the students to always look out for the unusual and often unnoticed things around them.

The 'Kuttivanam' visit was proceeded by a trip to the Mathrubhoomi Arboretum. After a quick lunch, the volunteers sat at the bank of the Periyar River and attended a small session by Venu sir about the various species of plants at the Arboretum and the unique characteristics of the river. He also shared his won life experience with everyone, making the session all the more interesting.

On reaching the dormitory, all volunteers had a tea break and assembled at a common hall to attend the official Inauguration ceremony of the Nature Camp. At 5 PM, the program started. The camp was inaugurated by Deputy Range Officer, Sri. Rajan and was followed by a class led by Forest Protection Committee Secretary, Sri. K V Vishak. The class introduced the gathering to the features of the area and also told of the things to look out for during their walks through the same.

The day concluded with a visit to the nearby waterfalls and a hearty dinner.















Day 2 – 19th March 2022

The 2nd Day of the camp commenced with a brief morning assembly followed by a morning bird-watch walk. After the walk, the team gathered at a water bank and enjoyed a serene session of taking in all of the surrounding's voices. Mr. Subhramanian, who is also a native of the area, and his team guided the volunteers through the various trekking paths.

On returning the volunteers had their breakfast and quickly assembled for the assembly wherein Officer Mr. Varghese provided directions to keep while trekking. The team was dispersed for taking an almost 3-hour long journey through the forest area (Thottapara, Maavinchodu etc.) to observe the wildlife in their natural habitat. Although the journey had to be concluded without seeing any species, volunteers were able to catch sight of various pug marks and excrement material which indicated the presence of wildlife.

The team also took a few pit stops in between this walk where they were addressed by other forest officers. A small session on Women Empowerment and significant women figures in environment protection movements was taken by Mr. Venu Variath. A display of songs was

presented by the volunteers too. At the conclusion of this walk, the group was treated to a generous snack of pure, wild honeycomb extracted by the team of local guides who accompanied.

Next was a visit to the Athirapilly Waterfalls where the volunteers sang a few songs on nature conservation and the need to protect it. The team enjoyed a short but exciting time at the tourist destination.

On reaching back at the dormitory, volunteers assembled to attend a session by Mr. Anoop, the VFO of Athirapilly Vazhachal. He spoke on various topics including biodiversity conservation and the different scopes that one has career wise in this department. The extremely informative session was proceeded by an array of cultural performances and an experience sharing by all volunteers.



















Day 3 – 20th March 2022

The final day of the camp commenced with a short morning assembly after which the volunteers were allowed to visit the nearby waterfalls for freshening up. This was followed by a delicious breakfast after which the group assembled at the hall. A quiz was conducted by Sri. Venu Variath and Sri. Renjith Kumar which the volunteers answered diligently with the knowledge that they acquired in the past two days.

Next was a presentation session by Mr. Vyshak which extended the information that the team already had about the area. The official conclusion ceremony of the camp took place after this.

Mr. Renjith Kumar welcomed the gathering. Speakers of the program included Deputy Range Officer Sri. Rajan and other officers. Dr. Shilpa Jose, Dr. Jency Treesa and many volunteers also spoke during the function. The camp newspaper which was prepared by the newspaper committee the night before was read out which added a note of humour to the function.

Distribution of the prizes took place next. Volunteer Seetha Lakshmi was awarded the Best Camper Award. Winners of the quiz competition were also congratulated.

After a concluding note of gratitude to all who had helped coordinate the camp, the team departed from the dormitory. The 3 days of Nature camp will forever be etched in the memories of all who attended as they were part of a rare experience that only a selected bunch gets to know of.













26-03-2022, 27-03-2022 and 30-03-2022

KYAF Phase 2 Training Camp and S.A.D Janasabha

On March 26th, 2022, 13 NSS volunteers of NSS Unit 41 of St. Teresa's College (Autonomous), Ernakulam, along with 50 other volunteers from different colleges had attended a two-day camp at Kakkanad Govt. Youth Hostel conducted by the Kerala Youth Action Force (KYAF) under the Kerala State Youth Welfare Board called Team Kerala. The volunteers reached the camp at 8:00 AM where the registration took place. After the registration, the volunteers assembled for an inauguration ceremony. The camp was inaugurated by Shri. K Chandranpilla and Smt. Sreekala P R (District Programme Officer) addressed the gathering which was followed by a small session on First Aid and Hazard Analysis. The resource persons were Sri. Suraj from the Gandhirigiri Fire Station, District Hazzard Analyst Smt. Anjali Parameswar and Rt. Excuse Officer Sr. Job V T. After lunch, the day was followed by a game session and cultural programs. By the end of the day, the volunteers were divided in 4 platoons which was to be followed on the next day.

Day 2 started with a police training session. The session started at 5:30am and continued till 8:30- 9:00am. After the training session the volunteers were given breakfast which was followed by a self-defense class by Kerala police Vanitha department for female volunteers. The training session were conducted by the Mattancherry ACP and team of officers. The day was then followed by a karate session for all volunteers and then lunch. After lunch the volunteers assembled again for the conclusion ceremony wherein the camp was concluded by Shri. S Sathish.

Volunteers also participated in the Peoples' Assembly – S. A. D against Smoke, Alcohol and Drug abuse organized by the Kerala State Youth Welfare Board on 30th March 2022.





08-04-2022

Vazhiyoram Project

NSS Unit 41 of St. Teresa's College (Autonomous), Ernakulam teamed up with Mathrubhumi Grahalakshmi, Thiruvankulam to organize the second edition of the 'Vazhiyoram' project where food packets and kits of daily need items were distributed to the homeless masses living on the streets of Ernakulam North Bridge.

A collection drive was launched and drop off boxes were placed in all blocks of the campus wherein students and faculty donated items such as clothes, sanitizers, soaps and toothpastes etc. These items were

packed into kits and distributed along with food packets on the 8th of 2022 in the presence of Mr. D. B Binu, President of the District Consumer Disputes Redressal Forum, Ernakulam.

Around 50 kits were distributed by the volunteers and the act was deeply appreciated by all present there. It was also a personally fulfilling experience for each of the volunteers involved and all those who contributed to the cause.

A video on the day was prepared and uploaded on the Unit's Instagram page.

Link to the video: <https://www.instagram.com/p/CcIFB2zPjp/>

St. Teresa's College (Autonomous)
Ernakulam

Unit 41

വഴിയോരം

വയറെരിയുന്നവരുടെ മിഴി നിറയാതിരിക്കാൻ

Coordinated by:

8 April 2022
1:15 PM

Distribution of food packets and other items of daily use to the needy residing under Ernakulam North Bridge and nearby areas.

Chief Guest:
Mr. D. B Binu
President
District Consumer Disputes Redressal Forum, Ernakulam

വയറെരിയുന്നവരുടെ മിഴി നിറയാതിരിക്കാൻ



വഴിയോരം



എറണാകുളം സെന്റ് തെരേസാസ് കോളേജ് എൻ.എസ്.എസ് യൂണിറ്റ്, കണയന്നൂർ താലൂക്ക് മാതൃഭൂമി സ്റ്റുഡിസർക്കിൾ, എന്തിവയുടെ നേതൃത്വത്തിലുള്ള സൗഹൃദ കുട്ടായ്മ വഴിയോരങ്ങളിൽ അന്തിയുറങ്ങുന്ന നമ്മുടെ സഹോദരങ്ങൾക്ക് ഭക്ഷണവും, വസ്ത്രവും, മാസ്കും, സാനിറ്റൈസറും, മറ്റു നിത്യോപയോഗസാധനങ്ങളും ആയി എറണാകുളം നോർത്ത് പാലത്തിനു താഴെയും പരിസര പ്രദേശങ്ങളിലും എത്തുന്നു.

മുഖ്യാതിഥി : **ശ്രീ. ഡി. ബി. ബിനോ**

പ്രസിഡന്റ്, ജില്ലാ ഉപഭോക്തൃ തർക്ക പരിഹാര ങ്കണം, എറണാകുളം



2022 ഏപ്രിൽ 8, വെള്ളി
1.15 pm

നേതൃത്വം:

മഹാത്മാ മാതൃഭൂമി സ്റ്റുഡിസർക്കിൾ തിരുവാങ്കുളം



നോർത്ത് പാലത്തിന്റെ താഴെ അന്തിയുറങ്ങുന്നവർക്ക് സെയ്ന്റ് തെരേസാസ് കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റ്, കണയന്നൂർ താലൂക്ക് മാതൃഭൂമി സ്റ്റഡിസർക്കിൾ എന്നിവയുടെ ആഭിമുഖ്യത്തിൽ നൽകുന്ന ഭക്ഷണവും വസ്ത്രവും ജില്ലാ ഉപഭോക്തൃ തർക്കപരിഹാര കമ്മീഷൻ പ്രസിഡന്റ് ഡി.ബി. ബിനു വിതരണം ചെയ്യുന്നു.

വഴിയോരത്തു കഴിയുന്നവർക്ക് സഹായം നൽകി

കൊച്ചി ▶ സെയ്ന്റ് തെരേസാസ് കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റ്, കണയന്നൂർ താലൂക്ക് മാതൃഭൂമി സ്റ്റഡിസർക്കിൾ എന്നിവയുടെ ആഭിമുഖ്യത്തിൽ വഴിയോരത്തെ അശരണർക്ക് സഹായം നൽകി.

നോർത്ത് പാലത്തിന് താഴെ കഴിയുന്ന 40-ഓളം പേർക്ക് ഭക്ഷണവും വസ്ത്രവും മാസ്കും സാനിറ്റൈസറും മറ്റ് നിത്യോപയോഗ സാധനങ്ങളും വിതരണം ചെയ്തു.

ജില്ലാ ഉപഭോക്തൃ തർക്കപരിഹാര കമ്മീഷൻ പ്രസിഡന്റും മാതൃഭൂമി സ്റ്റഡി സർക്കിൾ സുവർണ ജൂബിലി കമ്മിറ്റി സംസ്ഥാന വൈസ് ചെയർമാനുമായ ഡി.ബി. ബിനു മുഖ്യാതിഥിയായി.

എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർ ഡോ. ശില്പ ജോസ് അധ്യക്ഷത വഹിച്ചു.

എൻ.എസ്.എസ്. സന്നദ്ധ പ്രവർത്തകർ കോളേജിൽ

നിന്നു ശേഖരിച്ച വിഭവങ്ങൾ അഡ്വ. ഡി.ബി. ബിനു വിതരണം ചെയ്തു. മഹാത്മാ മാതൃഭൂമി സ്റ്റഡി സർക്കിൾ കോ-ഓർഡിനേറ്റർ എം. രഞ്ജിത്ത് കുമാർ, മാതൃഭൂമി പ്രതിനിധി എം.എസ്. വിനോദ്, എൻ.എസ്.എസ്. വൊളന്റിയർ യൂണിറ്റ് സെക്രട്ടറിമാരായ ആർ. അനഘ, സി.എസ്. അപർണ, രോഷ്ണ ജോൺ സൺ തുടങ്ങിയവർ സംസാരിച്ചു.

11-04-2022 and 12-04-2022

Jaiva Karshikotsavam

NSS Unit 41 of St. Teresa's College (Autonomous), Ernakulam took part in the Jaiva Karshikotsavam on the 11th and 12th of April, 2022.

Jaiva Karshikotsavam is an exhibition organized by the Organic Kerala Charitable Trust and Cochin Corporation with the objective of promoting and popularizing organic farming methods, food, farm products, seeds, seedling, ethnic products as well as conservation of biodiversity and Agro-Compact machineries.

Through a collaboration with the Vegetable and Fruit Promotion Council of Kerala, a team of 10 NSS volunteers put up a stall over the two days. The stall sold a range of organic products including saplings of various varieties of gourds, protein-rich pulses, cashew and custard apple varieties and common household vegetables. Other farming necessities including organic manures like Neem Cake, Organic Mixtures, Dried Cowdung Coir pith compost and Organic Pesticides like Neem Oil were also on sale.

Volunteer Sara Sunny spoke during the official inauguration seminar of the Fest. The stall was visited by many including the Regional Manager of Mathrubhoomi, Sr. Vinod Kumar.



St. Teresa's College (Autonomous)
Ernakulam

NSS UNIT 41

ജൈവ കാർഷികോത്സവം 2022

Visit our stall at:

ERNAKULAM TOWN HALL **11TH, 12TH APRIL**
11 AM



