

NSS Units No. 70 & 159

St. Mary's College

2021-2022 Report

- COVID Vaccination Awareness Programme

As a part of nationwide covid vaccination awareness programme, 'Tika Mahotsav', volunteers of the NSS Units of St. Mary's College established posters in various governmental and non-governmental institutions. 20 volunteers divided as 5 groups visited their localities and ensured the participation of elderly citizens in covid vaccination. All of the volunteers participated in this observed covid protocol of the time. Offline and online programmes of Tika Mahotsav lasted from April 18th to April 31st.

- World No-Tobacco Day

On May 31st, as a part of World No Tobacco day, A group 1 (10 volunteers) made an awareness poster and shared via social media handles of the NSS units. Also, group 2 (10 volunteers) organized a Slogan Making competition for the students of St. Mary's College. About 25 students participated in this contest.

- World Parents Day

June 1 was World Parents Day and NSS units No. 70 & 159 observed this day. Group 3 made an awareness poster which depicts the importance on caring our parents. This effort included 10 volunteers from various departments of the college.

- World Environment Day

June 5th was World Environment Day, which is very important to an NSS Volunteer. But due to the second wave of Corona virus, campus was closed and everything was online. 10 volunteers of group 4 made a poster for the day which included an image drawn by a volunteer in the same group. Group 5 conducted a Nature Photo Contest Competition for the students and 32 students participated in this.

- World Food Safety Day

World Food Safety Day was on June 7th and it was also observed by the volunteers of NSS units of St. Mary's College. Group 6 made an awareness poster and other volunteers helped to share it maximum via social media.

- World Day Against Child Labour

June 12 was World Day Against Child Labour and it was an important day for the volunteers of NSS Units of T. Mary's College. Group 7, 8 and 9 coordinated the day's activities. Group 7 made an awareness poster against child labour which included inspirational quotes on the same. Group 8 made a short video depicting various problems of child labour and finally group 9 conducted an online Quiz competition. About 48 students from various departments participated in the competition and it was very informative for them. Coordination of 30 volunteers as 3 groups and the active participation of other volunteers made the day memorable.

- World Blood Donor day

On June 14, World Blood Donor day, activities of NSS units were coordinated by group 10. They had made an awareness poster and also a video that depicts the significance of blood donation. Since many myths are still prevailing in our society on blood donation, these efforts were an important step against them. A fruitful discussion on the same was also happened in the WhatsApp group and about 85 volunteers participated in it.

- Webinar on Anemia

On June 19th 2021, NSS Units of St. Mary's College in association with District Women Child Development Cell conducted a Webinar on Anemia via google meet. Respected principal of the college, Prof. John Mathai inaugurated the session. District Medical Officer was the main speaker of the event. About 95 volunteers from both units attended the webinar and it was an informative one.

- Reading Day

As a part of international reading day, NSS Units of St. Mary's College decided to observe a week as reading week from June 23rd to July 7th with different competitions like Elocution, Essay writing, Book Review and Quiz. Group 1, 2, 3 and 4 were the coordinators of the event. The event was named as 'Thaalu'. The programme was inaugurated by Prof. John Mathai, principal of St. Mary's College by reviewing one of his favorite books. About 48 students participated in the four competitions and each competition had a specific time period. All of the programmes were conducted online and prior to each of them, posters were made. 40 volunteers as 4 groups coordinated the programme.

- Anti Drug Day

June 26 was Anti-Drug Day and it was also observed via online. Group 5 including 10 volunteers

made posters with inspirational quotes against drug use and shared through social media handles of NSS. An active discussion on drug use among the youngsters had conducted on the WhatsApp group and almost all volunteers participated in this.

- World Day of International Justice

NSS Units observed World Day of International Justice by making posters depicting the importance of peace and justice. Group 6 coordinated this and included 10 volunteers.

- World Hiroshima Day

Aug 6th was World Hiroshima Day and group 7 & 8 coordinated the programmes of the event. When group 7 made posters imparting the significance of world peace, group 8 organized a recitation competition titled as 'Baghdad'. Students from various departments recited the Malayalam poem Baghdad and the best ones were posted in the Instagram handle of the unit. The chosen poem contained information of war calamities and it was chosen to depict the significance of world peace. 10 students participated in the recitation competition.

- Nagasaki Day

Nagasaki Day was on August 9th and it was observed under the initiative of NSS Units of St. Mary's College. Group 9 of 10 volunteers made poster and shared via online.

- International Youth Day

Aug 12 was International Youth Day and Unit No.70 & 159 decided to observe it as a youth week. Group 1, 2, and 3 were assigned for this and included 30 volunteers. The event was named as 'Olam'. Elocution, poem writing, essay writing and drawing were the competitions held. 42 students from various departments participated in the programmes.

- Organ Donation Day

Organ Donation Day was observed on August 13th under the leadership of group 4. Poster was made for sharing the importance of organ donation among students. 10 students participated in this.

- Independence Day

Independence Day is the most important event of every Indian. Unlike other years, 75th Independence Day of India was amidst the second wave of corona and that affected the programmes of NSS also. Volunteers could not get to college or any other social institution and because of that like all other days of 2021, independence day programmes were also conducted via online. Team members of group 5(10 volunteers) made independence day poster. 3 volunteers joined with college NCC team and sung national anthem via online.

- National Teachers' Day

For observing National Teachers Day on September 5th, 2021, group 6 was assigned. This group of 10 volunteers made a poster which was very unique and included all the teachers of the college. They also made a video that gives a short information about every teacher in the college in department wise. All these attempts were a big success so that all teachers from the college appreciated it and they were shared through the teachers' personal social media handles.

- NSS day

On September 24th, NSS day was observed. Since college had not reopened, a family meet up had conducted through google meet. All NSS volunteers from both the units (105 volunteers) participated in it. Students shared their memories and experiences as an NSS volunteer and what NSS had contributed for their life. Programming Officers also participated in it.

- Gandhi Jayanti

Gandhi Jayanti had observed on October 2nd, 2021 by making a poster that depict an important quote from Mahathma Gandhi. This was made under the leadership of group 7. Later in the day, a discussion had conducted in the WhatsApp group on Gandhi's Ideologies and Indian Culture. About 76 students were active in the discussion.

- Back to College

Since government of Kerala had decided to reopen colleges after the lockdown of covid19, volunteers of the NSS Units prepared an awareness video which depicts the protocol that every student must observe inside the campus. This was named as Back to College and about 8 volunteers made their contributions to various parts of this video.

- Cleaning on Government High School, Kuppadi

The college had reopened on October 2nd week and NSS became live again at campus. 25 Volunteers from Unit No. 70 & 159 participated in the sanitization programme conducted at Government High School, Kuppadi. Dr. Vijayakumar, Head, Department of Hindi, St. Mary's College, Sulthan Bathery inaugurated this and it was a great beginning for the offline activities of the team. Sanitization programme started on 10.30 AM and lasted till 3.30 PM.

- Southzone Pre RD Selection Camp 2021

Our volunteer Rose K Theresa from D2 Chemistry had got selection for Southzone Pre RD Camp 2021.

- Declamation Contest

Five volunteers had participated in the district level declamation contest conducted under Nehru Yuva Kendra on 28th November 2021. Gopika M G from D2 Chemistry got first prize and Manazil from D2 Chemistry itself got second prize.

- Card Making Competition

As a part of Christmas celebrations, NSS Units conducted a card making competition for the students of St. Mary's College. Group 8 coordinated this event and named it as 'Back to Nostalgia'. The days from December 10th to 20th were given for the competition and 23 students participated in it.

- Seven Days' Camp

After an online camp of 2019, National Service Scheme had decided to conduct offline annual camp at the respective institutions. The seven days' Camp of the NSS Units of St. Mary's College, Sulthan Bathery was titled as 'Theeram'. It was conducted from December 26th to January 2nd 2021. 98 students from Unit &0 & 159 participated in the camp. Respected principal Prof. John Mathai inaugurated the camp. Various dignitaries from different arenas of society conducted classes and workshops on these days. This was a great exposure to the volunteers.

- Republic Day

Observed Republic day of the nation on January 26th under the leadership of group 9. A poster was made including inspiration quotes about the nation. 6 volunteers participated in this.

- National Martyrs Day

As a part of National Martyrs Day, on January 31st, an Essay Writing Competition had conducted for the students. Group 10 including 10 volunteers organized this. About 15 students participated in the competition and is held via online.

- World Cancer Day

February 4th was observed as World Cancer Day. Group 1 made posters on behalf of awareness on cancer and its resistance. 10 volunteers took part in this. Also a discussion had conducted for all other volunteers about life style diseases and its impact on changing society. This was a fruitful session and almost all volunteers contributed their thoughts to this.

- Plastic Elimination and Forest Fire Resistance

On February 20, 2022 NSS Units of St. Mary's College in association with the Forest Department,

Government of Kerala had organized an awareness program on Plastic Elimination and Forest Fire Resistance. Along with the officials from Forest Department, 25 volunteers from both the units and Mr. Harish K V, Head, Department of Physical Education, St. Mary's College also took part in the programme. Plastic Elimination was organized in localities from Moolankav to Naiketty and an awareness class on forest resistance was also conducted.

- Women's Day

As a part of Women's Day programs on March 8th, a campaign had conducted for women empowerment and gender equality. Since 'Break the Bias' was the theme suggested by UN for the year, campaign of NSS Units was completely based on this. Posters and other display items were exhibited inside the campus. Sweets and short inspiring messages were shared to the lady teachers of the college. Different groups among the first year volunteers participated in this and they constituted about 36 students.