

ALPHONSA COLLEGE, PALA

Re-accredited by NAAC (4th Cycle) with A grade (CG PA 3.24)

Affiliated to Mahatma Gandhi University, Kottayam



REPORT 2019-2020 NATIONAL SERVICE SCHEME

UNIT NO. KL.05.001



NSS UNIT NO: KL05.001

ALPHONSA COLLEGE PALA

Number of Volunteers : 200

Programme Officers : Dr. Anila Thomas
Dr. Sonia Sebastian

ADOPTED VILLAGE: CHITTAR. KAROOR PANCHAYATH

Chittar is about 7 kms away from Alphonsa College, Pala, Kottayam district. Most of the people belong to middle and low income groups. As part of campus – community partnership the NSS unit of Alphonsa College has adopted this village and initiated several programmes for the development of the people of this village.

ADOPTED INSTITUTIONS

Maria Sadan

Maria Sadan is a home for the mentally challenged people in KAnattupara, 3 kms away from Pala. There are 150 inmates of various age groups.

St. Pious Orphanage

St. Pious orphanage is a home for girls in the age group of 8 to 18, 3 kms away from the college. There are 80 school going children in the institution.

St. Vincent Providence Home

St. Vincent Providence Home is 3 kms away from the college. The inmates include 70 male and female senior citizens.

Anandabhavan.

Anandabhavan is a home for the physically challenged people, situated near our adopted village. There are 20 bed ridden people and 35 other inmates in this house.

NSS UNIT ADVISORY COMMITTEE

The advisory committee functions well to ensure the proper functioning of the NSS unit. The committee consists of college authorities, former and current programme officers, representatives from adopted village, Police officials etc. The meetings are conducted at least thrice a year. But if there is some important matter to discuss more meetings are conducted. The members of the committee are:

Dr. Sr. Gigimol MG (Principal)

Dr. Sr. Regeenamma Joseph (Vice-Principal)

Rev. Dr. Shaji John (Vice-Principal)

Rev. Dr. Jose Joseph (Bursar)

Sri. Benoy Thomas (CRO, Janamaithry Police)

Smt. Vineetha V Nair(Civil Exsise Officer)

Shri. Jayan Kollamparambil (Ward Member, Chittar)

Shri. Mathew Veranani (Former Ward Member, Chittar)

Smt. Alleymol Sebastian

Dr. Manju Elizabeth Kuruvilla

Dr. Sr. Minimol Mathew

Smt. Julie J Paramundayil

Smt. Manju Jose

Dr. Kochurani Geogr

Dr.Sr. Sonia K Thomas

Smt. Smitha Clary Joseph

Dr. Anila Thomas

Dr. Sonia Sebastian

Volunteer Secretaries and Union Chair Person



NATIONAL SERVICE SCHEME

ALPHONSA COLLEGE, PALA UNIT NO. KL.05.001



REPORT 2019-2020

NOT ME BUT THOU

2019 - 2020

The NSS unit, Alphonsa College had a productive year during 2019 – 2020. Around two hundred highly motivated volunteers worked together for the community they live in under the supervision of two programme. The volunteers engaged in various community service activities and for raising fund for that, they have learned different skill development techniques and used it for the well-being of the community.

CAMPS

- The Three-Day Orientation cum Mini Camp was conducted on 26, 27 and 28 of July. Prof. Sini Jacob, Best Programme Officer Awardee led sessions on “NSS and Student Community” and “NSS and Society”. College bursar Fr. Jose Joseph inaugurated Plant a Volunteer Plant a Tree Programme by Planting Chamba tree in the college compound. The volunteers introduced themselves on the first day and they exhibited their talents before others as various programmes. Skill development progrsmmes were conducted on the following days.
- Suvarnam, the NSS seven-day special camp for the year 2019 was conducted from 6 - 12 September 2019 at St. George’s L.P School, Chittar. The camp was oriented on cleaning and environmental protection. In addition to various awareness programmes, organic farming and cleaning campaigns; charity initiatives including old age home visit and house maintenance were also conducted. A medical camp was also organized for the benefit of the local community. Trees, bamboos and other saplings were planted in the area and a vegetable garden is made in the school premises.

FLOOD RELIEF ACTIVITIES

- The students actively participated in the flood relief activities and the materials collected for Assam was handed over to the collection centre at St, Gits College, Pathamuttom. The materials for Wayanad have been handed over to the collection centre in the university.

BLOOD DONATION

- On 29 November, in association with HDFC bank and Marian Medical Centre Pala, the unit conducted a blood donation programme where 25 of our volunteers donated blood.

MEDICAL CAMP

- A medical camp by AllMed on 25 January 2020
- Medical camp by DDRC at College
- A medical camp by AllMed at Chittar, the adopted village, during camp days.
- The unit organized an Eye check up camp on 20 December in collaboration with Kurian's Opticals Pala. Free eye testing along with free trial of power glasses and contact lenses- both power and cosmetic- was offered.

HEALTH AWARENESS PROGRAMMES

- NSS Unit of Alphonsa College Pala organized a two day seminar on "Female Health and Hygiene" on 18 and 19 December 2019 with nationally and internationally renowned resource persons.
- A Cancer Awareness Class on 5 September 2019 by Dr. Boben Thomas
- On 27 November an AIDS awareness programme was conducted
- On 28 November a class on menstrual hygiene was arranged for the students
- On 14 February an Awareness Programme on Corona Virus was conducted by Dr. Anish Bhadran, RMO, Govt. Hospital Pala
- The unit assisted Primary Health Centre Ullanadu in Pulse Polio Immunisation

GENDER SENSITISATION

- A Youth Parliament was organised in collaboration with Nehru Yuvakendra on 25 September.

OBSERVATION OF DAYS

- Reading Day by organizing a book review competition and poster designing competition on 19 June.

- In connection with world environment day celebrations, an exhibition of craft works made out of waste materials was conducted
- As part of anti-drug abuse day a street play was performed at Municipal Bus Stand Pala and a flash mob was conducted at the college on 26 June.
- World Population Day was observed on 19 July by organizing a Quiz competition for the students
- Volunteers made sadako cranes and took pledge against nuclear weapon on 7 July as part of Hiroshima day observations
- University level inauguration of NSS @50 hosted by Alphonsa College Unit on 24th September.
- Observed National Integration Day with various activities on 19 November
- On constitution day, 26 October, a preamble reading and pledge was conducted
- Republic Day was celebrated by organising a patriotic song competition

SKILL DEVELOPMENT PROGRAMMES

- With the aim of promoting self employment a skill development programme on embroidery was offered to the volunteers on 22 June
- A programme officer and 10 students visited and took practical lessons on LED bulb making, cloth bag making, soap making at Skill Development Centre Thuruthikkara.
- An LED bulb making class was given to the volunteers and students of Alphonsa College, Palai.
- On 23rd October a class on “Malayalam Computing” by Dr. Vidhu Narayan, Assistant Professor, UC College, Aluva was organized for the office staff of Alphonsa College
- A one-day seminar S.A.F.E (Secure Active Functional Environment) was conducted on 8 February

CHARITY INITIATIVES

- The unit has adopted a second year BA history student.
- Fifty NSS volunteers visited Govt. Children’s home at Thiruvanjur, Kottayam

- The volunteers collected dress materials for the inmates of Mariasadanam, a rehabilitation centre for mentally challenged and handed it over to the administrators
- The volunteers visited *Mariasadanam* and donated 200 new plates and glasses for the inhabitants
- The NSS unit organized “Thanalidam” an exhibition cum sale of hand embroidery fabrics to raise fund for charity purposes.
- The unit organised a food fest to raise fund for the charity initiatives

CLEANING PROGRAMMES

- Various plastic collection drives were conducted in collaboration with Pala Municipality
- Vigilant monitoring of the campus to keep it plastic free
- Awareness programmes – rallies and street plays

PLANTING OF TREES

- The volunteers planted 100 Aattuvanchies on the banks of river Meenachil.
- 30 fruit trees were planted and protected by the NSS unit in the college campus
- During camp days various plants and nearly 70 trees were planted in the adopted village.
- In addition, bamboos were also planted on the river banks.

OTHER IMPORTANT ACTIVITIES

- Inauguration of the Svachata seva Programme
- Took the svachatha prathinja.
- Distributed 200 self made cloth bags among the members of kudumbasree and housewives at Kumbani, in exchange with used plastic carry bags.
- Leaflets distribution
- Cleaning of college premises
- A session on “The Making of Mahatma.”
- A mime and photo exhibition on the life of Mahatma Gandhi
- A street play on Cleanliness
- A Svachatha rally from the College to Kottaramattom bus stand.

- The unit collaborated with employment exchange to release “CareerJalakam” published by State Skill Mission
- An elocution Competition was organized as part of Ek Bharat Svachh Bharat Campaign
- Activities during March, just before lock down
 - Awareness campaigns on rainwater harvesting and preservation.
 - Anganavady beautification and distribution study materials
 - making and distribution of cloth bags
 - Distribution of leaflets

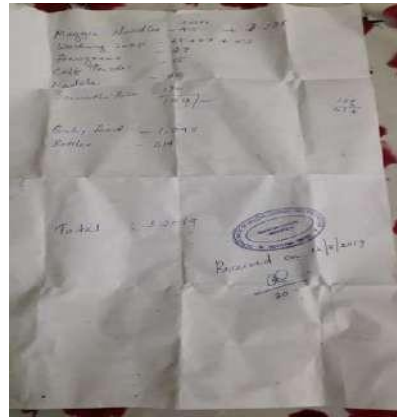
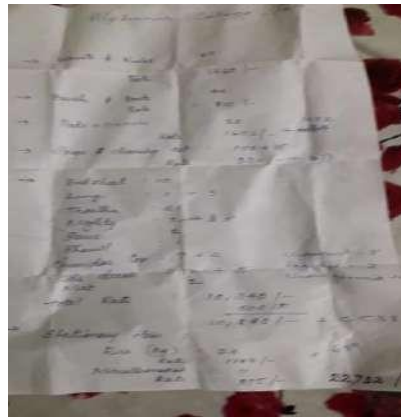
REPORTS IN DETAIL

FLOOD RELIEF ACTIVITIES

The students actively participated in the flood relief activities and the materials collected for Assam was handed over to the collection centre at St, Gits College, Pathamuttom. The materials for Wayanad have been handed over to the collection centre in the university. The collection for Wayanad was made on 15th and 16th August, from among teachers and students of the college. The materials were of an estimated amount of Rs. 32019, as calculated from the price tags and details in the packets. About 50 volunteers participated in the material collection and the collected things were handed over to the university authorities at Ettukettu. The collected materials include:

1. Food items including baby food and groceries
2. Diapers and sanitary napkins
3. Clothings for ladies, kids and gents along with bedsheets, blankets, bathtowels etc.
4. Cleaning materials including soaps, detegents, lotions, brushes etc.
5. Toilet materials including paste, brush, bathing soap etc.
6. Other stationary items like mats etc.





BLOOD DONATION

On 29 November, in association with HDFC bank and Marian Medical Centre Pala, the unit conducted a blood donation programme where 25 of our selected volunteers donated blood, from among the 260 registered blood donors. The unit gathered the details of those who are willing to donate blood and created a WatsAp group for contacting them easily if a need arouse.



MEDICAL CAMPS

1. On 25 January 2020, a medical camp by AllMed was organized at Alphonsa college. Staff, students and alumni of the college were the beneficiaries.
2. Another medical camp by DDRC was conducted on 11 February 2020 which focused on various blood tests to diagnose diseases.
3. A medical camp was conducted at Chittar by Allmed during the camp days
4. Eye Check up camp

Also the unit organized an Eye check up camp on 20 December in collaboration with Kurian's Opticals Pala.

Free eye testing along with free trial of power glasses and contact lenses- both power and cosmetic- was offered.



Medical Camp by AllMed



DDRC 17 Test and Medical Camp



HEALTH AWARENESS PROGRAMMES

NSS Unit of Alphonsa College Pala organized a two day seminar on “Female Health and Hygiene” on 18 and 19 December 2019 with nationally and internationally renowned resource persons. The Seminar was inaugurated by Dr. Raju Kuzhively, Specialist Surgeon of Breast Diseases, Milton Keynes, England. He also took a session on “Breast Cancer: How Relevant is it?” A session on “Reproductive Health” has been led by Dr. Jyothy Nayar, Gynecologist, MKM Hospital, Pravithanam. Dr. Jose Tom, Consultant Oncologist of Caritas Hospital Thellakam took a session on “Life Style and Cancer”. Various sessions on “Healthy Diet for Women”, “Women and Mental Health” and “Healthy Diet for Women” were led by IVth and VIIth Semester MBBS students of Kottayam Medical College.

A FEW SNAPS:



Dr Raju Kuzhively inaugurating the

Seminar



Dr Jose Tom on Life Style and Cancer



Class on Reproductive Health



Sessions by Students of Kottayam Medical College



Sessions by Students of Kottayam Medical College

BROCHURE

ALPHONSA COLLEGE PALA
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**TWO DAY SEMINAR ON
FEMALE HEALTH
AND HYGIENE
December 17-18, 2019**

Organized by
**NATIONAL SERVICE SCHEME,
ALPHONSA COLLEGE PALA**

Venue: Seminar Hall

SESSIONS

Session 3: 11.45 to 1.00
"HEALTHY DIET FOR WOMEN"
 Dr. Evarakrishna
 (Medical College, Kottayam)
 Lunch Break

Session 4: 2.30 to 3.30
"LIFE STYLE AND CANCER"
 Dr. Jose Tom MBBS, MD(Radiotherapy)
 Consultant Oncologist, Caritas Hospital,
 Thellakam

Day 2: 18 December 7, 2019/Wednesday

Session 5: 9.30 to 10.30
"WOMEN AND MENTAL HEALTH"
 Dr. Steve Cherry Jones
 (Medical College, Kottayam)

Session 6: 11.45 to 1.00
"MENSTRUAL HYGIENE"
 7th Sem Students, Medical College,
 Kottayam
 Lunch Break

2 to 3.30
"REPRODUCTIVE HEALTH"
 Dr. Joythy Nayar MBBS, DNB
 (Gynecologist, MJA Hospital
 Praveethanam)

Vote of thanks

SCHEDULE

Day 1: 17 December 2019 Tuesday

9.30 am Registration
 Session 1
 10 am Inauguration

PROGRAMME

NSS Anthem

Principal's Address: **Dr. Sr. Therese Madakkalazhy**
 (Principal, Alphonsa College, Pala)

Inauguration: **Dr. Raja Thomas Kuthiavelly, MS, FRCS**
 Specialist Surgeon, Military Medical
 University Hospital, England

Pellection: **Rev. Dr. Shaji John**
 (Vice Principal, Alphonsa College, Pala)
Rev. Fr. Joseph Joseph
 (Burg)

Dr. Evarakrishna
 (Medical College, Kottayam)

Session 2: 10.30 to 11.30
**"BREAST CANCER: HOW RELEVANT IS IT?
 BRIEF INTRODUCTION OF BREAST
 DISEASES"**
 Dr. Raja Thomas Kuthiavelly, MS, FRCS
 (Specialist Surgeon, Military Medical University
 Hospital, England)

- A Cancer Awareness class on 5 September 2019 by Dr. Boben Thomas, MD,DNB, Oncologist, Caritas Hospital, Thellakam, Kottayam. The doctor talked at length about the various life style changes that would result in Cancer even among the youth.



- On 27 November an AIDS awareness programme was conducted. Gayathri Ashokan, Dietitian, Nutri-solutions Eranakulam led the session. Apart from the NSS volunteers, other interested students also attended the session and the students changed their perspective on HIV positive people.

AIDS Awareness class



- Class on Menstrual Hygiene
On 28 November a class on menstrual hygiene was arranged for the students. Officials deputed by Reetta Hygiene Pvt. Ltd led the session.



On 14 February an awareness programme on Corona Virus was conducted by Dr. Anish Bhadran, RMO, Govt. Hospital Pala. As a continuation of this, an awareness programme for the public was conducted by the students at KSRTC busstand Pala.



Dr. Anish Bhadran on Corona Virus



Corona Virus Awareness Programme by Students

PULSE POLIO IMMUNIZATION

NSS Unit of Alphonsa College Pala participated in the pulse polio immunization in different centres under Primary Health Center, Ullanadu on 19 January 2020. 12 students in groups of four participated in the programme under the coordination of Programme Officers.



GENDER SENSITIZATION PROGRAMME

A Youth Parliament was organized in collaboration with Nehru Yuva Kendra on 25 September. The programme was guided and moderated by Shri. James Mohan Varacheril.





OBSERVATION OF DAYS

The NSS unit, in collaboration with the college library observed Reading Day by organizing a book review competition and poster designing competition on 19 June.



In connection with World Environment Day celebrations, an exhibition of craft works made out of waste materials was conducted and prizes were distributed for the students on 25 June. This was conducted to make the students aware of the need to create a waste free universe. They were also told about maximum utilisation of available resources.

ANTI DRUG ABUSE DAY

To sensitize the public on the evil effects of drugs a street play was performed at Municipal Bus Stand Pala and a flash mob was conducted at the college on 26 June. The programme was conducted together with the excisedepartment and NCC unit of Alphonsa College Pala.



- The NSS unit, in collaboration with the Quiz Club observed World Population Day by organizing a quiz competition on 10 July.
- To express our sense of sympathy for the masses who suffer after nuclear attacks the volunteers made sadako cranes and took pledge against nuclear weapons on 7 July.



- On 24th September, University Level NSS Day celebrations was hosted by our college. Prof. MJ Mathew, Programme Co-coordinator of National Service, MGU was the chief guest. Alphonsa College NSS Unit, being the first unit in MG University since its inception had a number of earnest programme officers in the past. All of them were invited and honoured on this occasion.



- NSS Unit Alphonsa College Pala observed National Integration Day with various activities on 19 November and during the third week of November with an aim to inculcate unity, peace and brotherhood in all the students, and through them in the society. NCC and the Department of Political Science joined hands along with the NSS unit to organize various programmes. On 19th, the Principal, teachers and volunteers took the integrity pledge. Kumari Navya Gahana James of I MA Political Science led a classroom lecture on National Integration on the same day. The session was followed by a group discussion. NSS and NCC together organized a flash mob and cultural fiesta by arranging a show where all states of India are represented by students wearing their conventional costumes and make up. A detailing of the cultural aspects of our states was also arranged.

A FEW SNAPS



Integrity Pledge



Class Room Lecture



Cultural Fiesta



Flash Mob

- On constitution day, 26 October, a preamble reading and pledge was conducted.



SKILL DEVELOPMENT PROGRAMMES

With the aim of promoting self-employment a skill development programme on embroidery was offered to the volunteers on 22 June. The volunteers were taught how to do embroidery by the Ms. Neenu of the Dept. of Fashion Technology, Alphonsa College. After a day's training the volunteers became capable of doing basics of hand embroidery and they made it better by online training programmes.



- On 13th a programme officer and 10 students visited and took practical lessons on LED bulb making, cloth bag making, soap making at Skill Development Centre Thuruthikkara



Sessions at Thuruthikkara

- A training on LED bulb making was given to the volunteers and they further trained the other students and made bulbs for their use.





- On 23rd October a class on “Malayalam Computing” by Dr. Vidhu Narayan, Assistant Professor, UC College, Aluva was organized for office staff



Computer Literacy Class for Office Staff
of Alphonsa College

A one-day seminar S.A.F.E(Secure Active Functional Environment) was conducted on 8 February. Sessions on Disaster Management, Alcohol and Drug Abuse, First Aid and Safety Procedures. Pala Fire Force Officers Anish Kumar and Nissamuddhin led practical sessions on disaster management. Mr. Benny Sebastian, Officer, Kottayam Excise Division, Rahul Raj, Excise Inspector.



Pala Fire Force Officers Anish Kumar and Nissamuddin: Practical sessions on disaster management



Session on first aid

Smt. Vineetha V Nair, Civil Excise Officer Pala led sessions on Alcohol and Drug Abuse. They also distributed leaflets among the students. Smt. Jija, Asst. Professor, Dept. of Physiotherapy, Alphonso College led a session on First Aid.



Session by Mr. Benny Sebastian, Officer, Kottayam Excise Division



Session by Rahul Raj, Excise Inspector

CHARITY INITIATIVES

- The unit has adopted a second year BA history student who is a financially weak single parent of two children. The volunteers agreed to collect Rs. 5 every week per person which amount Rs. 4000 per month and support her who is living in a rented house.

- Fifty NSS volunteers visited Govt. Children's home at Thiruvanjur, Kottayam on 5 July to spend time with the children and to encourage them. The volunteers also conducted various entertainment programmes and competitions for the inmates and created opportunities for them to be active individuals.



- The volunteers collected dress materials for the inmates of Mariasadanam, a rehabilitation centre for mentally challenged and handed it over to the administrators.



Handing over of Dress materials to Mariasadanam

- On 11 December the volunteers visited *Mariasadanam* along with the Principal and Programme Officers and donated 200 new plates and glasses for the inhabitants.



Handing over plates and glasses at Mariasadanam

- The NSS unit organized “Thanalidam” an exhibition cum sale of hand embroidery fabrics done by the NSS volunteers on 20 August to raise fund for a proposed house maintenance to be done during the special camp. The students raised Rs. 35000 from this and handed over the money to a deserving family.



- On 12 February the unit, in association with red cross organized a food fest to raise fund for house construction. The house constructions and rennovations took one more year to complete.



Food Fest
CLEANING PROGRAMMES

The unit cooperated with Pala municipality in collecting plastic waste from public places and roads from Kottaramattom private bus stand to Marian Medical Centre, Arunapuram on 25 January 2020. The volunteers also involved in Clean Pala Campaign by performing a street play at Pala town on 25 January 2020.



Plastic Waste Collection



Clean Pala campaign and
StreetPlay



Campus cleaning programmes

TREE PLANTATION

- The volunteers, in association with the Department of Zoology, Alphonsa College planted Aattuvanchi on the banks of river Meenachil, with the aim of protecting the river. Hundred saplings were planted in a day's time.



- An initial orientation was conducted for the first year volunteers by the programme officers on 22 July. The plan of action for the current academic year was introduced and discussed. The volunteers contributed innovative ideas.
- The three day Orientation cum Mini Camp was conducted on 26, 27 and 28 of July. Prof. Sini Jacob, Best Programme Officer Awardee led sessions on

“NSS and Student Community” and “NSS and Society”. College bursar Fr. Jose Joseph inaugurated Plant a Volunteer Plant a Tree Programme by Planting Chamba tree in the college compound. This was followed by the planting of 20 fruit trees in the campus and at least 1 tree in the house of 100 newly enrolled NSS volunteers



- The programme officers have given a camp orientation for the volunteers on 2 September.

OTHER ACTIVITIES

- Celebration of Mahatma Gandhi's 150 Birth Anniversary

To celebrate Mahatma Gandhi's 150th birth anniversary Alphonso College organized many programmes and campaigns to promote cleanliness and green protocol in our institutions and areas around. Different Departments of the college along with UBA, NSS and NCC monitored the activities.

On 1st October the Principal inaugurated the activities of Svachhaseva in the college quadrangle and the students and staff took the svachhata prathinja. The NSS volunteers of our college distributed 200 self made cloth bags among the members of kudumbasree and housewives at Kumbani, Meenachil Village, in exchange with used plastic carry bags. Also leaflets on the importance of cleanliness were distributed among the local public. The college premises were cleaned by the students of the whole college under the lead of The Centre for Gandian Studies. Prof. Rosmy Kattoor, Coordinator, The Centre for Gandian Studies led a session

on “The Making of Mahatma.” A mime and photo exhibition on the life of Mahatma Gandhi is also conducted for the students. A street play on Cleanliness is performed both in front of the college and at Kumbani. A rally is also organized from the College to Kottaramattom bus stand.

PHOTO GALLERY



Inauguration of Swachatha campaign by the Principal



Shuchitva Prathinja (Pledge on Cleanliness)



Swachatha rally



Mime





Door to door campaign and distribution of leaflet



Photo Exhibition



Cloth Bag Distribution



Street Play



Suchitva Campaign



Campus Cleaning



Ms. Rosmy Kattoor on "The Making of Mahatma"



- The unit collaborated with employment exchange to release “CareerJalakam” published by State Skill Mission on February 13. Smt. Mary Dominic, Municipal Chairperson, Pala released it by handing a copy to Dr. Sr. Regeenamma John, Vice Principal of the college in the presence of officials from employment exchange, State Skill Mission, NSS POs and volunteers.



Release of Career Jalakam

- The month of March 2020 witnessed the outbreak of novel corona virus in India and educational institutions have been closed after the first week of January. Before that our volunteers were involved in environment protection activities. They distributed leaflets explaining the ways to overcome the approaching summer. On Saturday 22 February 2020 they visited the households near them and explained different ways of rainwater harvesting and preservation. Also the volunteers hailing from Meenachil, Bharananganam and Meenachil villages visited the Anganavadies near their homes and distributed study materials and beautified the premises. They also continued the making and distribution of cloth bags.



Distribution of leaflets



Distribution of cloth bags



Distribution of study materials at Anganavadi



An elocution Competition was organized on 14 February as part of Ek Bharat Svach Bharat Campaign

ALPHONSA COLLEGE, PALA

NATIONAL SERVICE SCHEME

SEVEN DAY SPECIAL CAMP “SUARNAM 2019”



REPORT

The NSS special camp for the year 2019 was conducted from 6 - 12 September 2019 at St. George’s L.P School, Chittar.

Day 1: 6 September 2019

The special camp was inaugurated by Dr. Sr. Gigimol M G, Principal of the college in the presence of the Bursar of the college Fr. Jose Joseph, Headmistress of the host institution Smt. Valsamma Sebastian, SMYM members of Chittar and NSS Programme Officers. The first day was dedicated for meeting the members and dividing them into groups. After that the volunteers started preparing a manuscript magazine “Colour Chalk” on the teachers who touched their lives. They also made play cards for the rallies scheduled during the camp days. The programme officers gave necessary instructions to the volunteers.

Day 2: 7 September 2019

After yoga, parade and assembly the volunteers went on a door to door campaign on teenage health and nutrition, cleanliness, and the prevention of plastic pollution. They distributed cloth bags and paper carry bags in exchange for plastic and asked them to segregate waste. They took a survey on adolescent food habits and informed the mothers about the need for healthy diet for the students. In the afternoon Shri Benoy Thomas, CRO Janamaithri Police talked to our volunteers on “The Safety of Women”. After the session the volunteers were involved in paper pen and carry bag making. A group of students went out for a road beautification programme and planted road side trees and shrubs. After reading the camp news there was a cultural evening presented by one group of volunteers.

Day 3: 8 September 2019

After the routine yoga, parade and assembly the volunteers were involved in a medical camp organized in association with Allmed Pala. The volunteers along with the local public had undergone check up on Pulmonary functions, speech and hearing and different blood tests including thyroid, cholesterol, sugar etc. Smt. Tintu Nair, Dietitian, Allmed talked about Adolescent Health. A street play on Healthy Food Habits was also performed. In the afternoon Shri. Sanju P Cherian addressed the volunteers on the topic “Challenge Your Limits”. After the session the volunteers conducted cultural night.

Day 4: 9 September 2019

After the routine activities the volunteers cleared the ground for making vegetable garden and went on to the river for cleaning. On the river banks the volunteers planted bamboo trees and cleaned the river. Also the volunteer representatives visited the house intended for maintenance and made necessary arrangements. In the afternoon Ms. Febini M Joseph, Managing Trustee Koottu Charitable Trust & Asst. Professor SCMS College of Engineering Kurukutty led a session on “How to be Socially Productive Citizens”. In the evening the volunteers had a heated discussion on “Gender Equality and Freedom” and bid good night to the camp.

Day 5: 10 September 2019

The volunteers filled more than 300 grow bags and planted vegetable saplings for the school noon meal purpose. In the mean time a few volunteers painted the school walls with beautiful pictures for the students. After the mid day meal Smt. Vineetha V Nair, Civil Excise Officer, talked on Drugs and New Generation and after that the students performed a street play on anti- drug abuse at the KSRTC bus stand and conducted a rally at Pala town. Shri. K.B Binu, Excise Officer gave a message on the evil effects of drugs to the student volunteers. After that the volunteers celebrated Onam with the inmates of St. Vincent Providence Home for the destitute. They have collected and provided toilet materials for the inmates.

Day 6: 11 September 2019

On the day of Onam, Shri. Jose Vattappalam, Writer and Media Person, interacted with the students on topics like the culture and heritage of Kerala and the techniques of creative writing. Shri. Jose Vattappalam released the manuscript magazine “Colour Chalk”. The volunteers handed over the books they have collected for the school library to Smt. Valsamma Sebastian, Head Mistress of St. George’s LP School, Chittar.

After that the students organized various cultural programmes and competitions for the local public and celebrated Onam with them by arranging *attapookkalam*, *Onasadya*, *onapayasam* and *onakalikal*

Day 7: 12 September 2019

The camp was concluded after the routine morning activities and camp analysis. The premises were cleaned by the volunteers and made it sure that everything remain better than before. After the valedictory meeting everyone went home by 2 P.M.



പാലാ അൽഫോൻസാ കോളേജ് എൽഎസ്എസ് യൂണിറ്റ് സ്വീകരിച്ച ക്യാമ്പിന്റെ ഉദ്ഘാടനം ചിറ്റാർ സെന്റ് ജോർജ് എൽപി സ്കൂളിൽ പ്രിൻസിപ്പൽ ഡോ. സിസ്റ്റർ തൈരേസ് മടുകക്കുഴി നിർവഹിക്കുന്നു. ബർസാർ ഫാ. ജോസ് ജോസഫ്, പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. അനില തോമസ്, ഡോ. സോണിയ സെബാസ്റ്റ്യൻ എന്നിവർ സജീവം.

Inauguration Ceremony



Assembly session



CRO, Janamaithri Police speaking on the topic "SAFETY OF WOMEN"



Road beautification



Cultural programmes conducted by theNSS volunteers



Medical camp



Smt. Tintu Nair, dietician, about 'Adolecent health'



Street play on the topic "Healthy food habits"



Prof. Sanju P Cheriyan about "Challenge your limits"



Cleaning area for vegetable garden



Planting bamboo on river side



River cleaning



Ms. Febini on “How to be socially productive”



Grass cutting training for



Painting school wall





Smt. Vineetha V Nair speaking on Drugs and Newgeneration



Streetplay at KSRTC bus stand against drugabuse



Rally campaigning against drug abuse



Shri. KB Binu, excise officer speaking on evil effects of drugs



Onam celebration with inmates of old age home.



Handing over toilet materials collected by volunteers by



Handing over library books collected volunteers.



Shri. Jose Vattappalam addressing volunteers



Releasing manuscript magazine "ColourChalk"



Onam celebration



Valedictory function

