

NSS ANNUAL REPORT 2025–26

NSS Unit 001 – Alphonsa College, Pala

The National Service Scheme (NSS) Unit 001 of Alphonsa College, Pala, actively carried out a wide range of social, cultural, environmental, and awareness-oriented programmes during the academic year 2025–26. Guided by the motto “*Not Me, But You,*” the unit consistently worked towards nurturing socially responsible, compassionate, and empowered youth.

The year was eventful, as the college won the STATE NSS AWARD for its activities in 2023-24, announced on February 20, 2026. The college also won THE BEST UNIT AWARD and THE BEST PROGRAMME OFFICER AWARD.



The then Programme Officer, Dr Simimol Sebastian, won the Best Programme Officer Award. It is indeed a proud moment for the college and the university.

Current Programme Officers: Dr Rose Mary Philip, Sr Jaimi Abraham

Volunteer Secretaries: Sweba Varghese, Varalekshmi TR

Asst Secretaries: Athulya S, Muhazeena Mujheeb

The NSS Advisory Committee Board at Alphonsa met three times during this Academic year 2025-26 – in June, December, and March.



1. Orientation and Capacity Building Programmes

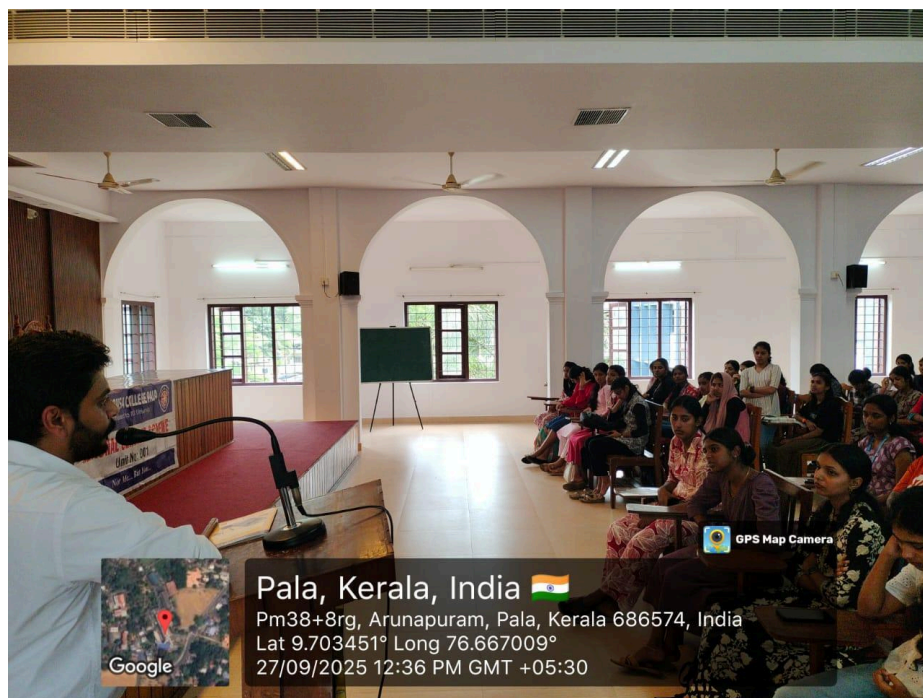
The academic year began with the celebration of World Environment Day on June 5th 2025, and also with the distribution of school kits to the adopted school on 4th June. We also distributed fruit saplings to the school for planting them on the school premises.

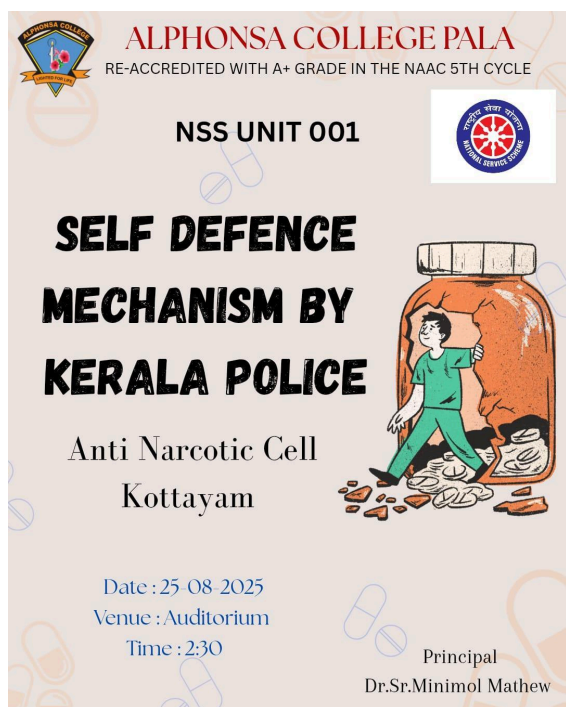


The **First Year NSS Orientation Programme** was held on 15th August 2025. Dr E. N. Sivadasan, NSS Cell Co-ordinator, MG University, and Simmiol Sebastian, former NSS Programme Officer and Moses Award winner, led the inaugural session (9:00 AM – 12:30 PM). The afternoon session featured an orientation talk by Dr Jibin Mathew, NSS Programme Officer at Henry Baker College, Melukavu. The sessions introduced volunteers to NSS's vision, objectives, and activities.



Day 2 of the Orientation Programme focused on practical engagement and a class on POSCO by Adv. Rony Nedumpallil on 27th September, 2026. Activities included campus cleaning, vegetable planting to promote sustainability, and a paper-bag-making session to encourage eco-friendly practices.





Additionally, a **Self-Defence Mechanism** session was organised on 25th August 2025 in collaboration with the Kerala Police Anti-Narcotic Cell, Kottayam, to equip students with essential safety skills and drug-prevention awareness.

2. National Observances and Patriotic Activities

The NSS Unit actively commemorated significant national events: **Independence Day Celebration (15th August 2025)**: Organised in association with the NCC, the programme featured flag hoisting and patriotic activities that promoted unity and national pride.



Independence Day Rally (14th August 2025): Conducted as part of the *Har Ghar Tiranga* campaign.



- **Unity March (31st October 2025):** Organised on National Unity Day (Rashtriya Ekta Diwas) to honour Sardar Vallabhbhai Patel, emphasising unity and national integration.



- **National Constitution Day 2025:** Observed with an oath-taking ceremony highlighting constitutional values, rights, and duties.



- **World Population Day (11th July 2025):** A quiz competition was conducted by NSS Volunteers to raise awareness on population-related issues.



Women's Day Celebration: March 8th International Women's Day was celebrated by NSS in collaboration with Asmita and Fit India My Bharat

3. Community Development and Social Outreach



The NSS Unit continued its commitment to community welfare through impactful initiatives, including the **Snehaveedu Project**. A newly constructed house was handed over to the beneficiary on 16th August 2025, symbolising compassion and social responsibility.



Exhibition cum Sale (14th August 2025): Organised as a fundraising initiative for the Snehaveedu Project with participation from various self-help groups and entrepreneurs.

- **Sales of Narmadha Sarees:** Conducted in association with the Department of English, NSS, and NCC to support the Narmada Bachao Andolan while promoting traditional handloom sarees.
- **Healing Block Visit (17th September 2025):** Volunteers visited the Cancer Block at Pala Medicity to offer emotional support and spread hope among patients.
- **Voter List Verification Drive 2025:** Promoted electoral awareness among youth by assisting in updating voter details.



Snehaveedu Project: A fundraising initiative was done for victims of Fire and contributed to the MG University Cell. An amount of 35000 rupees was handed over.

4. Health and Medical Initiatives

Health awareness and service remained a priority:

- **Saukhyam Medical Camp (20th September 2025):** Organised in collaboration with Mar Sleevea Medicity Palai, offering free consultations in General Medicine, ENT, and Gynaecology.



Blood Donation Drive – Raktdan Amrit Mahotsav 2.0 (17th September 2025): Conducted in association with NCC, Pala Blood Forum, Lions Club International, and sponsored by Federal Bank. The drive encouraged youth to become lifesavers.





ALPHONSA COLLEGE PALA
RE- ACCREDITED WITH A+ GRADE IN THE NAAC 5TH CYCLE

National Service Scheme
Unit : 001

Magic for Awareness: HIV/AIDS Education Programme





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യൂവാജഗരൻ

YUVAJAGARAN

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On 10/09/2025
@2:30pm

Venue : Auditorium

Dr. Sr Minimol Mathew
(principal)

Dr. Rose Mary Philip
Sr Jaimi Abraham
(Programme officers)

Expected Outcome:
The magic show will help students gain accurate knowledge about HIV/AIDS, including its modes of transmission, prevention, and myths. It will create a positive attitude by reducing stigma and encouraging empathy towards people living with HIV/AIDS. The interactive and entertaining approach will ensure better retention of messages and motivate students to adopt healthy practices.

- HIV/AIDS Awareness Magic Show (10th September 2025):** An innovative awareness programme educating students about prevention, myths, and empathy.
 Anti-Drug Campaign – “Drug Free Dawn” (11th November 2025): NSS Organised in collaboration with the Women’s Forum and Lions Club representatives to promote a drug-free lifestyle.

5. Educational and Skill Development Initiatives



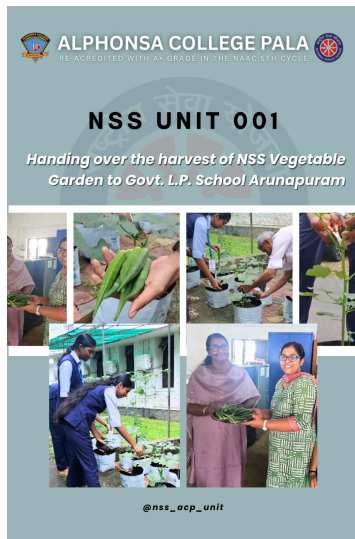
On 15th July 2025, the **Vinjana Keralam Campaign** was organised in association with the Skill Enhancement Centre to observe World Youth Skill Day. The programme included the inauguration of the Skill Centre and a registration drive to promote AI and digital skills, under the theme “*The World’s Hopeful Young Generation.*”

The NSS Unit also supported the **Mega Job Fair – “Prayukthi 2025”**- held on 2nd August 2025, in collaboration with the District Employment Exchange and Model Career Centre, Kottayam, providing over 2,000 job opportunities for youth.

6. School Outreach and Cultural Engagement

The NSS Unit strengthened its bond with the adopted school, Government LP School, Arunapuram:

- **School Reopening Day** was celebrated on June 4th by donating school kits
- **Onam Celebration (26th August 2025):** Conducted traditional festivities and cultural activities celebrating Kerala’s vibrant spirit.
- **Children’s Day Celebration (14th November 2025):** Organised fun competitions including pencil drawing, action songs, and colouring competitions, to encourage creativity and joy among children.
- **Food Supply Distribution:** We distributed fresh vegetables from our college’s NSS vegetable garden and gifted food-provision kits to the school children as Christmas gifts.
- **Donation:** An amount of 5000 rupees was donated to the school to repair the gate and nameboard for the safety of kids.



Seven-Day Annual Camp (27th December 2025 – 2nd January 2026)

- A major highlight of the academic year was the **Seven-Day Special Camp** conducted during the Christmas holidays for second-year NSS volunteers from **27th December 2025 to 2nd January 2026**. The camp was held at the adopted school, Government L.P. School.

The camp focused on meaningful community engagement and hands-on service activities. Major programmes included:

- **Survey at the Adopted School:** Volunteers conducted a detailed survey to understand the needs and concerns of students and the local community.
- **Vegetable Garden Preparation:** Ground clearing and preparation work were carried out to establish a vegetable garden in the school premises, promoting sustainable practices and nutritional awareness.
- **Municipality and Kaavalipuzha Riverbed Cleaning Drive:** NSS volunteers actively participated in a cleaning campaign at the local municipality and along the Meenachil Riverbed, reinforcing civic responsibility and environmental consciousness.



- **Old Age Home Visits and Mariyasadan Visit:** Students visited nearby nursing homes, interacted with inmates, offered emotional support, and spread warmth during the festive season.



- **Community Outreach Activities and Workshops:** Various awareness and service initiatives were undertaken to strengthen community bonds and encourage participatory development. Many workshops on personality development and on skilling took place during these days. Old books were distributed to Pala municipality as part of a government initiative to help people experiencing poverty.



● Participation in NSS District Level Activities

Two of our volunteers, Sweba Varghese and Muhazeena Mujheeb, got selected for the Nature camp held at Idukki from 22nd January to 25th January.

Many first-year volunteers participated in several events at NSS University Kalolsavam at DB College, Thalayolaparambu. Anns Mathew George of I DC English secured second prize in the English Poetry Writing Competition and was selected for the State NSS Kalolsavam held at Thrissur.

Conclusion

Throughout the academic year 2025–26, NSS Unit 001 of Alphonsa College, Pala demonstrated unwavering commitment to service, leadership, and social transformation. From national observances to medical camps, environmental initiatives to skill development programmes, the unit actively contributed to building responsible citizens and strengthening community bonds.

The collective efforts of dedicated volunteers, faculty coordinators, and collaborating organisations ensured that the spirit of NSS—“*Not Me, But You*”—was meaningfully translated into action.

Submitted by:

NSS Unit 001

Alphonsa College, Pala

Academic Year 2025–26

