

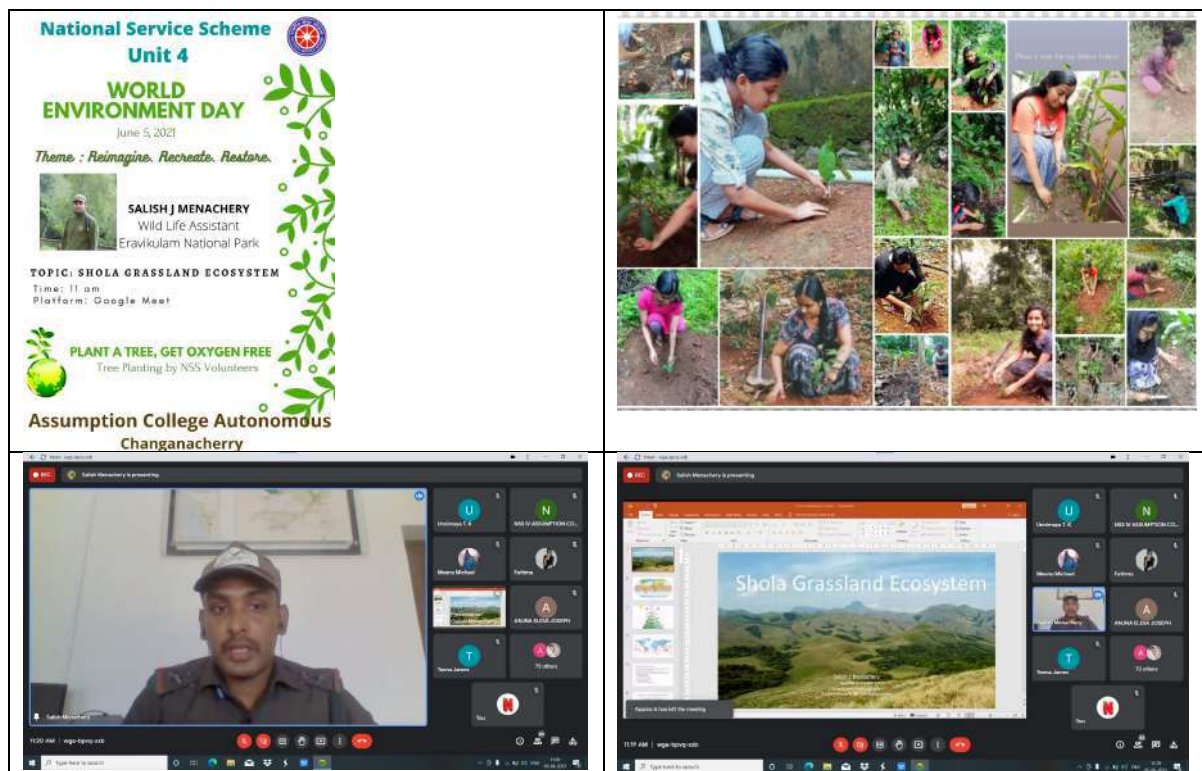
Assumption College Autonomous, Changanacherry

National Service Scheme Unit 4

Activities 2021 -2022

World Environment Day celebrations – June 5, 2021

On June 5th 2021, the NSS volunteers of Assumption College Changanassery celebrated world environment day. The theme of this year's environment day was "Reimagine, Recreate, Restore". The programme was held under the leadership of Smt.Sherin miss and Smt.Shoniya miss. The programme started at 11:00am and it was held through Google Meet. The chief guest of the meeting was Mr. Salish J Menachery, Wildlife Assistant at Eravikulam National Park, Idukki. He spoke on the topic "Shola Grassland Ecosystem" and he enlightened the volunteers about the importance of conserving tropical evergreen forest. 83 volunteers attended the session. The meeting ended at 1:00pm. NSS volunteers in accordance with the theme "Plant A Tree Get Oxygen Free" did a tree-planting venture, at their homes and nearby regions.




Webinar on Gender Equality and POCSO Act 2012 – June 11, 2021

On June 11th, the NSS Unit and IQAC of our college jointly organized a webinar on gender equality & POCSO Act 2012 in partnership with Sakshi NGO. NSS volunteers of Assumption College, Changanassery attended the meeting. The programme started at 3:00pm and it was conducted through Zoom meet. The chief guest at the meeting was Dr. Aditi Kishore who is the Head, South India Rakshin Project & Trainer, Sakshi NGO, Delhi. She spoke about the Role of Rakshan in creating awareness to facilitate a safe space and about reporting child

sexual abuse and about POCSO Act 2012. 89 NSS volunteers attended the meeting. The meeting ended at 4:45pm. All the participants were given Rakshin Level1 Fellowship certificate.


Assumption College Autonomous,
Changanacherry

webinar on
**GENDER EQUALITY
&
POCSO ACT 2012**


DR. ADITI KISHORE
 HEAD, SOUTH INDIA RAKSHIN PROJECT &
 TRAINER, SAKSHI NGO, DELHI

Date: June 11, 2021
 Time: 3pm
 Platform: Zoom

INTERNAL
 QUALITY
 ASSURANCE CELL
 IQAC



NATIONAL
 SERVICE
 SCHEME
 NSS UNIT 4

Recording

HOSTS OF THE WEBINAR:






Recording

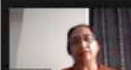




Recording

LINE OF EQUALITY





Participants (89)

Find a participant

SB

Sherin Babu (Me)

TR

The Rakshin Project by Sakshi (Host)

A

Aditi (Co-host)

AK

Aditi Kishore (Co-host)

AE

Ainwarya elizabeth

AM

Akhila Monichan

AS

Akhaya suresh

AB

Aleena Siju

A

ALEENA LAWRENCE

AJ

Alina Joseph623

AK

Amritha Kaledh

AA

Amrutha Paulathara






**THE RAKSHIN
CERTIFICATE**
 FELLOWSHIP LEVEL 1 OF 5 | CERTIFICATE 1/12

THIS IS TO CERTIFY THAT
Krupa Susan Sunny
 has participated in The Rakshin Project 21st Century Skill Building Activation
 Workshop / Webinar to promote Gender Equality and Prevent Child Sexual Abuse.



 NSS Program Officer



 Dr. Aditi Kishore
 Executive Director
 The Rakshin Project by Sakshi

DATE: 06-11-2021
 STATE: Kerala
 COLLEGE: Assumption College
 RAKSHIN ID: 004-A320-ASUM-KL






**THE RAKSHIN
CERTIFICATE**
 FELLOWSHIP LEVEL 1 OF 5 | CERTIFICATE 1/12

THIS IS TO CERTIFY THAT
Tincy Sara Mathew
 has participated in The Rakshin Project 21st Century Skill Building Activation
 Workshop / Webinar to promote Gender Equality and Prevent Child Sexual Abuse.



 NSS Program Officer



 Dr. Aditi Kishore
 Executive Director
 The Rakshin Project by Sakshi

DATE: 06-11-2021
 STATE: Kerala
 COLLEGE: Assumption College
 RAKSHIN ID: 002-A320-ASUM-KL

World Blood Donor Day – June 14, 2021

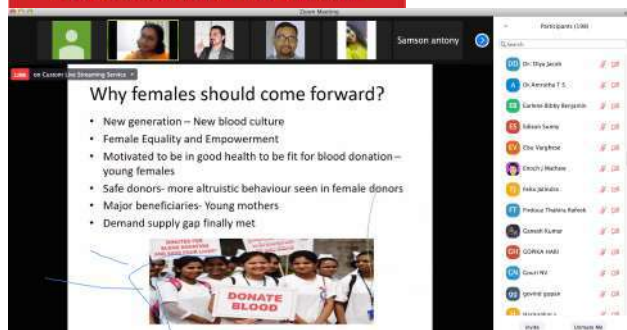
The NSS unit in collaboration with Caritas hospital, Kottayam celebrated the World Blood Donor Day on June 14, 2021. The theme of this year is “Give Blood & Keep the World- beating”. The programme started at 7:00pm and it was conducted through Zoom meet. Dr. Boben Thomas welcomed every one. The chief guest was Dr. Chitra James who is the Assistant Professor of Transfusion Medicine, Medical College Hospital, Kottayam. The importance of blood donation was very much emphasized in the talk and it enlightened the volunteers. She spoke about why to donate blood and who needs blood and who all don't give blood to the needy. About 65 students attended the meeting. The meeting was ended at 7:45pm.

Zoom Meeting

<https://us02web.zoom.us/j/83286473151?pwd=Ulh0d2F3LzVKZXBiYTJc1J1UmRMQT09>

Meeting ID: 832 8647 3151

Passcode: 773864



Anemia Awareness Campaign – June 16, 2021

On 16th June, there held an awareness programme named “Campaign – 12: Anemia Awareness” by our NSS unit in association with ICDS Madapally Additional & Dept of Women and Child department, Government of Kerala. NSS volunteers of Assumption College, Changanassery attended the meeting. The programme started at 3pm through Google meet. Ms. Indira. CDPO. ICDS Madapally welcomed everyone. NSS program officer of

**ASSUMPTION COLLEGE AUTONOMOUS
CHANGANACHERRY**

National Service Scheme Unit 4
in association with

 **ICDS Madappally Additional &
Dept. of Women & Child Development
Government of Kerala**



**"CAMPAIGN-12":
Anemia Awareness**

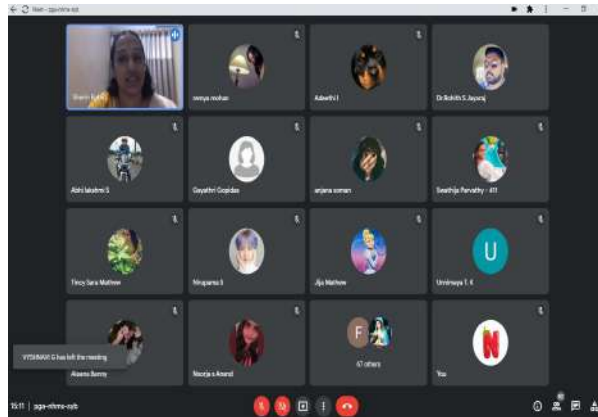
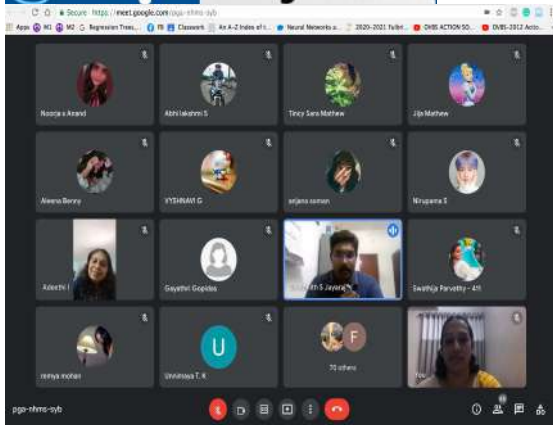
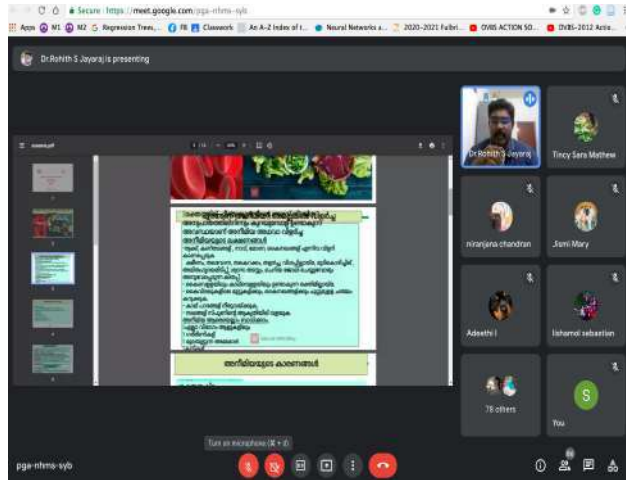
**DR ROHITH S JAYARAJ, MBBS DDM
MEDICAL OFFICER
SEASHINE HOSPITAL
THERIKUNNAPUZHA**

**JUNE 16, 2021
3.00pm
Google Meet**



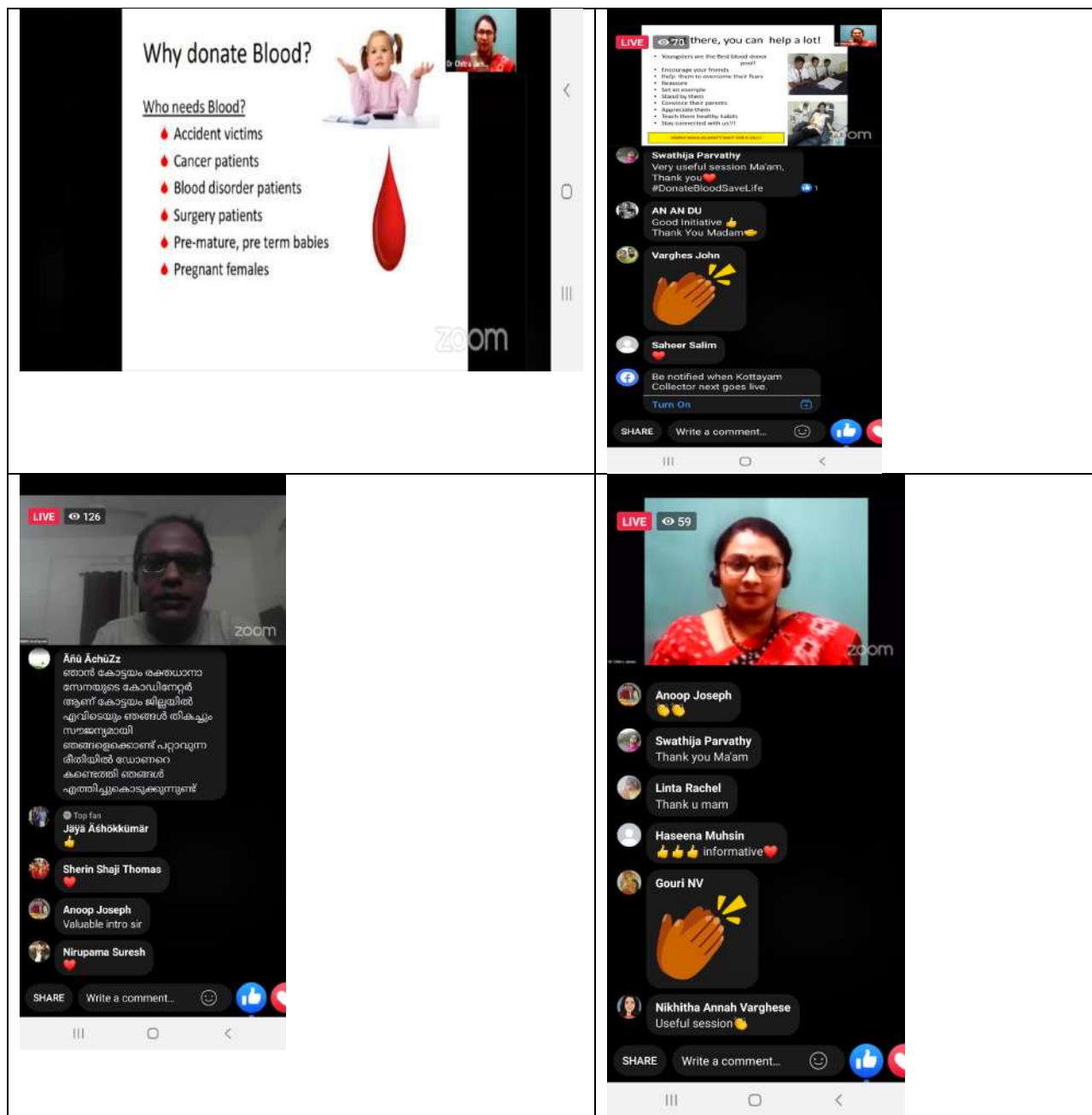


ആവണേ?



The Kottayam district administration organised an online seminar session to commemorate the World Blood Donors Day. The programme was mainly aimed at encouraging the NSS volunteers and youth in the voluntary blood donation campaign. The programme was telecasted through the official FB page of the District Collector. The District collector Smt M Anjana inaugurated the programme and the speaker of the day was Dr. Chitra James, Assistant Professor of Transfusion Medicine, Medical College Hospital, Kottayam. About 70 volunteers from our unit participated in this programme.

<https://www.facebook.com/collectorkottayam/>

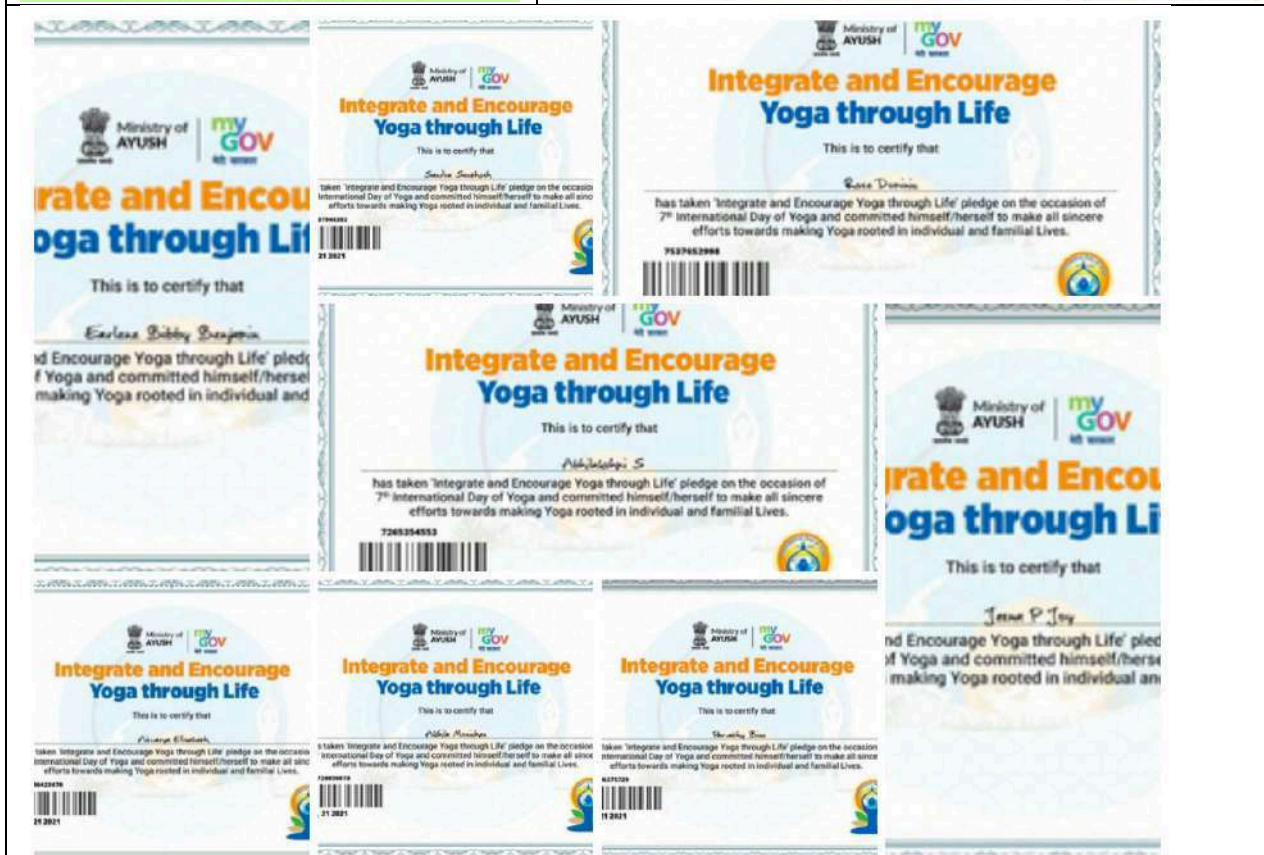
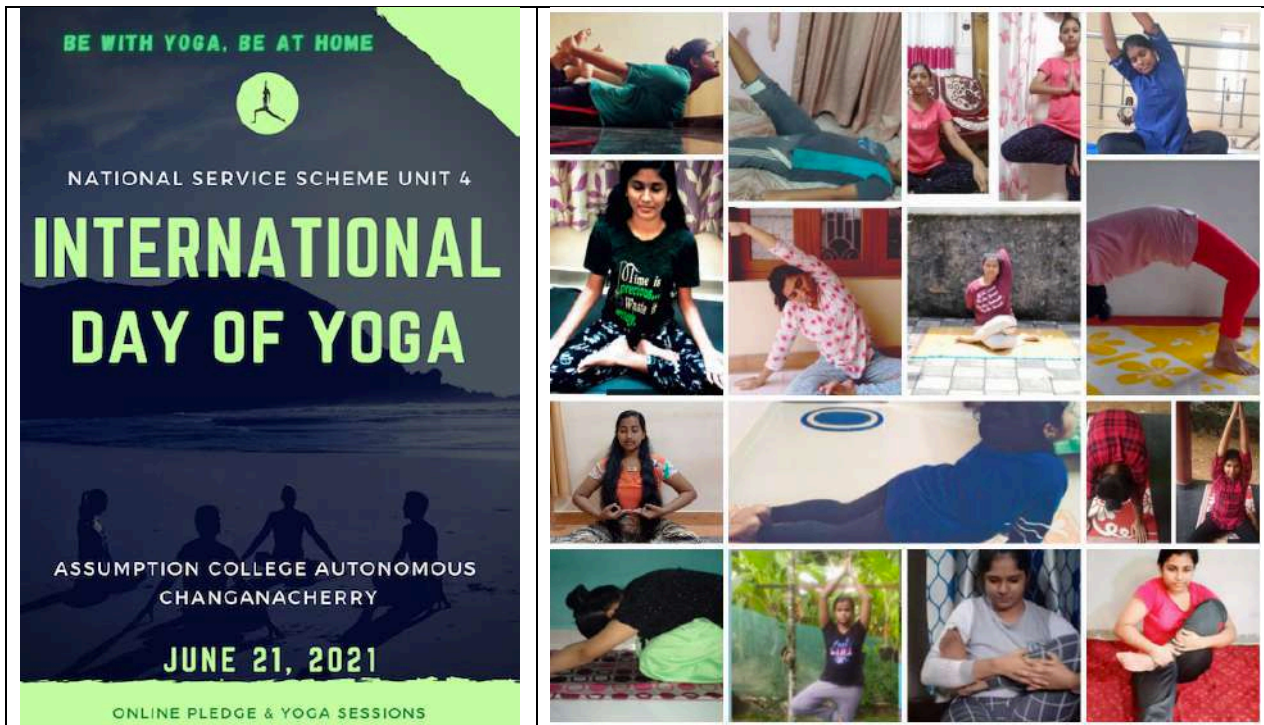


International Day of Yoga- June 21, 2021

On 21st June, International Yoga Day is celebrated by the NSS units of Assumption College, Changanassery. This day is celebrated every year with the objective of reminding people across the globe about the benefits of Yoga and to build enduring public interest in the same. Our NSS unit also celebrated yoga day, as per the 2021 theme “Be with Yoga, Be at Home” for building immunity and relief from stress. We organized 2 activities for the volunteers on June 21. These activities were conducted under the leadership of NSS program officers Smt. Sherin Babu and Smt. Shoniya Thomas. The first activity was to practice yoga at least 30 minutes and post the photos of practicing yoga and to write a brief summary of the “yoga asanas” that volunteers practised. The volunteers uploaded this activity as an assignment in Google classroom.

The second activity was to take online pledge for making Yoga – internal part of the life at <https://pledge.mygov.in/integrate-yoga-lifestyle/>

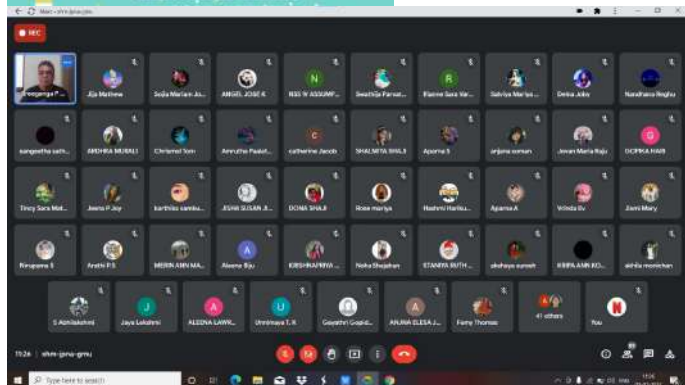
This was done as per the direction of UGC and Govt. of India. The volunteers who took online pledge were awarded certificates with their name.



International Plastic Bag Free Day- July 3, 2021

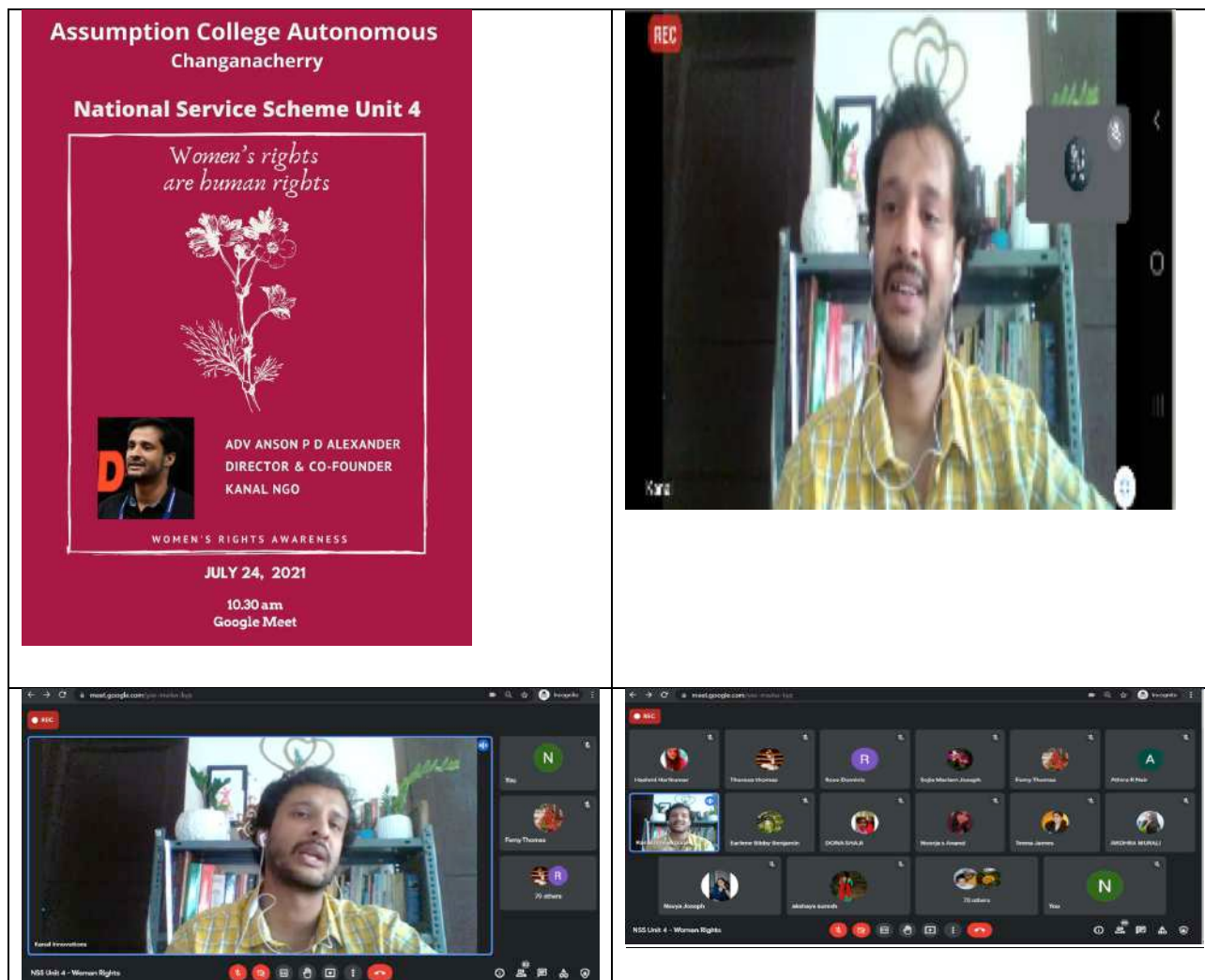
On 3rd July, the NSS unit of Assumption College celebrated International Plastic Bag Free Day. The day was celebrated to promote environmental conservation by encouraging people to refuse plastic bags. Bag Free

World, a “global campaign” that aspires to eradicate the use of single-use plastic bags, created it. The day also raises the awareness of the harm that plastic bags do to nature, animals and marine life. It was mainly conducted on the objective of eradication of single use plastics. Our NSS unit celebrated this day along with Dr. C.N. Manoj, Chief Executive Officer, PELICAN BIOTECH & CHEMICAL LABS. The programme started at 10:30am and it was conducted through Google Meet. The Chief guest spoke about the need of the eradication of plastic from the environment. As a part of the event and as per the instructions of the Resource person, the students are divided into 10 groups. Each group has to find “a reason for pollution” & the group has to find “a solution for the pollution” that each group had identified. Each group submitted the report and was discussed by each group at the event. About 90 volunteers attended the programme. The meeting ended at 12.45pm.



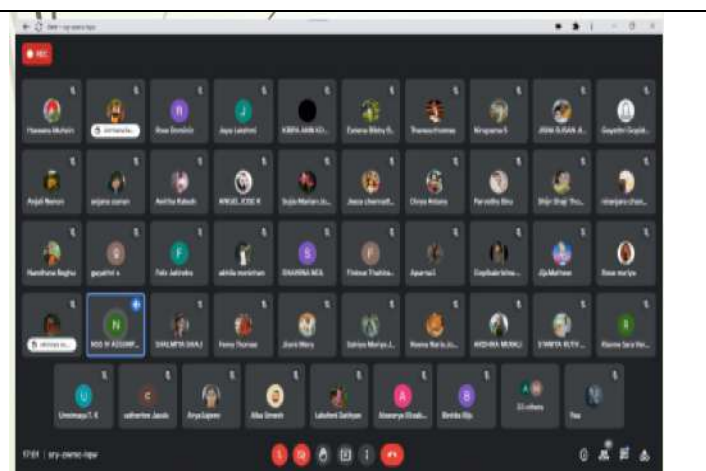
Webinar on Women's Rights - July 24, 2021

On July 24th, a webinar on Women Rights was conducted by the NSS unit of Assumption College, Changanassery. The programme started at 10:30am. It was held through Google Meet. Rose Dominic did anchoring. The programme started with the NSS Anthem by Unnimaya TK. Akshaya delivered the welcome speech. The Chief guest at the meeting was Adv. Anson PD Alexander, Director & Co-founder KANAL NGO. He spoke about improving the lives of women and girls and about dowry prohibition. The webinar was so informative and knowledgeable. After that, Aparna A offered vote of thanks. About 86 volunteers attended the meeting. The meeting ended at 12:30pm.



Nature Conservation Day- July 28, 2021

On July 28th, the NSS unit of Assumption College, Changanasserry, celebrated World Nature Conservation day. This day is celebrated every year with the objective of creating awareness about the need to preserve the environment and natural resources in order to keep the world healthy. NSS unit 4 in association with Bhoomithra Sena Club conducted the programme. The programme was held under the leadership of Smt. Sherin teacher and Dr. Nayana teacher. The meeting started at 4:00pm through Google meet. Jessa Chennattussary did anchoring. The programme began with NSS Anthem by Gopika Krishna Jayan. Haseena Muhisan took the session. She spoke about the problems faced by nature and the precautionary measures. After that, Shalmiya Shaji offered vote of thanks. About 76 volunteers attended the session. The meeting ended at 5:00pm.



Compost Making Event – July 31, 2021

Compost is a type of organic material that can be applied to soil to aid in the growth of plants. Food scraps and yard waste account for more than 30% of what we throw away, but they might be composted instead. Composting these materials helps to clear out the landfills, thus avoiding the emission of methane, a powerful greenhouse gas. So to create awareness among the volunteers about the harmful effects of green house gases and to protect our nature, a compost-making event was organized on July 31, 2021. About 38 volunteers participated in the event.



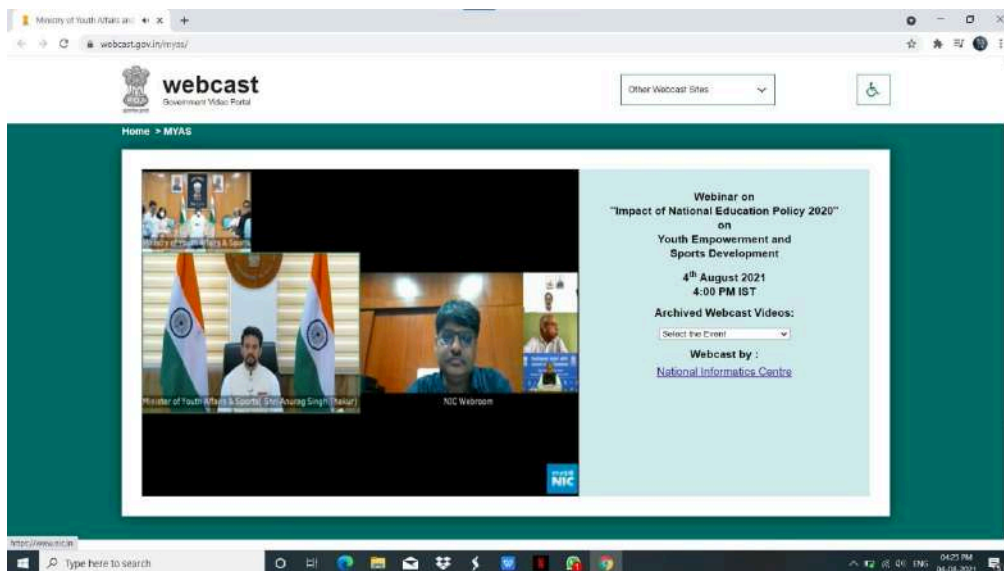
World Mangrove Day Celebration- August 1, 2021

 <p>NATIONAL SERVICE SCHEME UNIT 4 ASSUMPTION COLLEGE AUTONOMOUS, CHANGANACHERRY</p> <p>IN COLLABORATION WITH</p> <p>NATIONAL SERVICE SCHEME UNIT 11 CMS COLLEGE KOTTAYAM (AUTONOMOUS)</p> <p>CONSERVATION OF MANGROVE ECOSYSTEMS</p>  <p>Dr. A. Mohandas Scientist (Rtd.), J N TBGRI, Palode, Thiruvananthapuram Senior Scientist (Rtd.), KSCSTE</p> <p>AUGUST 1, 2021 AT 4 PM  Google Meet</p> <p>IF THERE ARE NO MANGROVES, THEN THE SEA WILL HAVE NO MEANING. IT'S LIKE A TREE WITH NO ROOTS. FOR THE MANGROVES ARE THE ROOTS OF THE SEA</p>	<h3>കണ്ടൽ ദിനത്തിൽ വെബിനാർ നടത്തി</h3> <p>കോട്ടയം: രാജ്യാന്തര കണ്ടൽ ദിനത്തോടനുബന്ധിച്ച് സി.എം.എസ്. കോളജ് നാഷണൽ സർവീസ് സ്കീം 'കണ്ടൽ കാടുകളും അവയുടെ സംരക്ഷണവും' എന്ന വിഷയത്തിൽ സംസ്ഥാനതല ത്രിദിന വെബിനാർ നടത്തി. കോട്ടയം ഗവ. കോളജ് പ്രിൻസിപ്പലും, ഉന്നത വിദ്യാഭ്യാസ വകുപ്പ് ഡെപ്യൂട്ടി ഡയറക്ടറുമായ ഡോ. ആർ. പ്രശാങ്കും, സി.എം.എസ് കോളജ് പ്രിൻസിപ്പൽ ഡോ. വർഗീസ് സി. ജോഷ്യായും ചേർന്ന് ഉദ്ഘാടനം നിർവഹിച്ചു.</p> <p>അസിസ്റ്റന്റ് കൺസർവേറ്റർ ഓഫ് ഫോറസ്റ്റ് ഡോ. ജി. പ്രസാദ്, പ്രിൻസിപ്പൽ സയന്റിസ്റ്റ് ഡോ. കെ. വിനോദ്, ഡോ. എ. മോഹൻ ദാസ് എന്നിവർ പ്രഭാഷണം നടത്തി. ഗവ. കോളജ് കോട്ടയം, അസംപ്ഷൻ കോളജ് ചങ്ങനാശേരി എന്നീ കോളജുകളിലെ നാഷണൽ സർവീസ് സ്കീമുകളുടെ സഹകരണത്തോടെയാണ് വെബിനാർ സംഘടിപ്പിച്ചത്. കണ്ടൽ സംരക്ഷണം വിഷയമാക്കി സ്റ്റാറ്റസ് റാലി, വിദ്യാർത്ഥികൾക്കായി ഉപന്യാസ മത്സരം എന്നിവയും സംഘടിപ്പിച്ചു. വോളണ്ടിയർമാരുടെ നേതൃത്വത്തിൽ കുമാരകം പ്രദേശത്തുള്ള കണ്ടൽ കാടുകൾ വൃത്തിയാക്കുകയും കണ്ടൽ ചെടികൾ വച്ചുപിടിപ്പിക്കുകയും ചെയ്തു. ഡോ. കെ. ആർ. അജീഷ്, ഡോ. അമൃത റീന, എബ്രഹാം, ഡോ. യു. എസ്. സജീവ്, വി.കെ. സ്മിത, ഷെറിൻ ബാബു, ഡോ. നയന ജോസഫ് എന്നിവർ പരിപാടികൾക്കു നേതൃത്വം നൽകി.</p>
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Webinar on Effect on NEP 2020 on Youth Empowerment and Sports Development – August 4, 2021

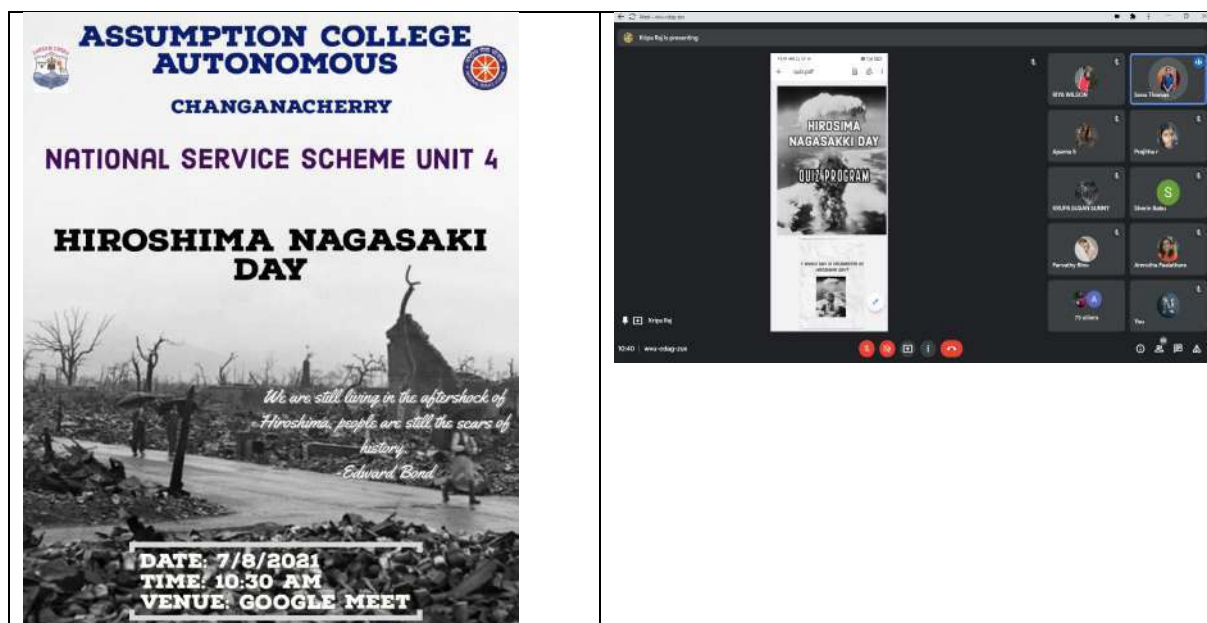
The National Education Policy 2020 has completed 1 year on 29th July 2021. On completion of one year of National Education Policy, 2020 Ministry of Education has organized theme-based webinar with Ministry of Youth Affairs & Sports on the theme “Effect on NEP 2020 on Youth Empowerment and Sports Development” on 4th August, 2021 at 4PM. 45 NSS volunteers from our college participated in the event.

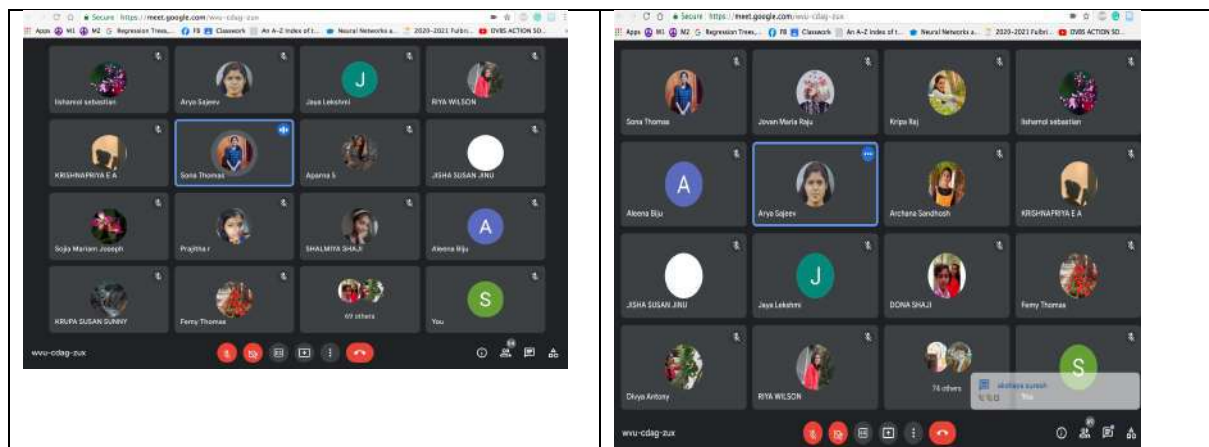




Hiroshima Day- August 7, 2021

NSS Unit of Assumption College observed Hiroshima day on Aug 7th, via Google Meet. This day is celebrated to promote peace politics and raise awareness of the effects of the bomb attack on Hiroshima. The volunteers delivered a remembrance speech and presented a video on the remembrance of thousands who lost their lives in the world's first nuclear bomb attack. 80 volunteers participated in the event.





Participation in Leadership Training Camp

The volunteer secretaries of our NSS unit named Aparna A and Krupa Susan Sunny, attended the three day volunteer secretaries leadership training camp organized by St Mary's College, Manarcaud, Kottayam, from 13th to 15th August 2021.



Independence Day – Aug 15, 2021

On August 15th, Principal Dr. Anitha Jose hoisted the national flag at the college, and delivered the Independence Day speech. There held a meeting by the NSS unit of Assumption College, Changanassery. The meeting started at 4:00pm through Google Meet. Ms Delna delivered a speech on importance of Independence Day and it's celebration. Ms Angel and Ms Alka sang the patriotic Song. Ms Delna and Ms

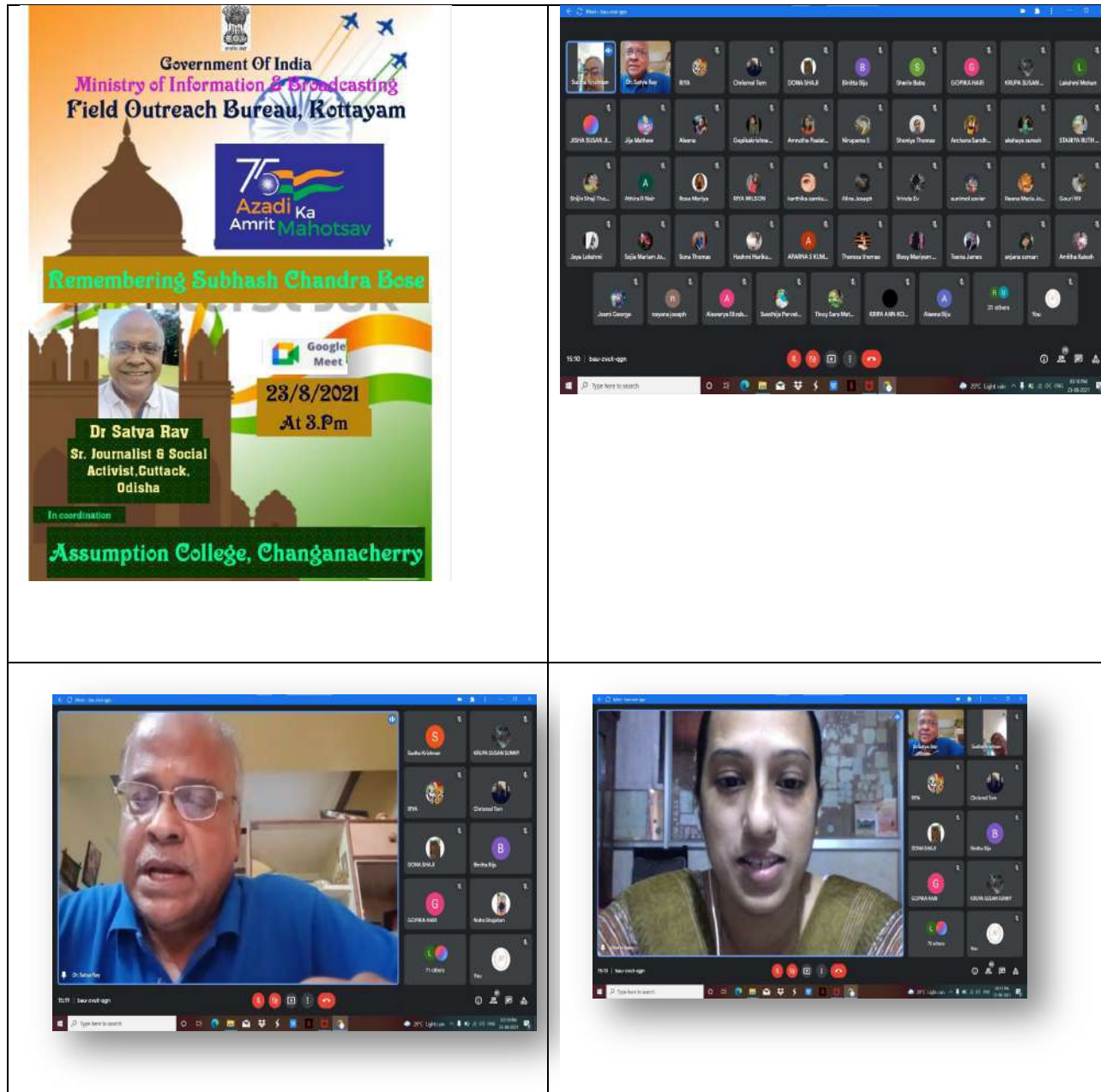
Angel shared a short video on remembering our Freedom Fighters. The volunteers from Economics department performed a patriotic dance. The meeting closed at 4:30pm, 81 volunteers participated.



Azadi Ka Amruth Mahotsav – Aug 23, 2021

On August 23rd, there held an online meeting as a part Azadi Ka Amruth Mahotsav by the NSS unit 4 of Assumption College, Changanassery in coordination with Ministry of Information and Broadcasting Field outreach Bureau, Kottayam. The meeting was held through G-meet at 3:00pm. Ms Sudha who is the program coordinator of Ministry of Information and Broadcasting Field outreach Bureau, Kottayam welcomed the guest and Ms. Sherin Babu delivered the felicitation speech. The chief guest of the meeting was Dr. Satya Ray, Sr. Journalist & Social Activist, Gattack, Odisha. He shared the knowledge about Netaji

Subash Chandra Bose, his bravery and his patriotic life. About 81 volunteers participated and the meeting ended up at 4:00pm.



Zero Emission Day and Carbon Neutrality Challenge – Sep 21, 2021

Zero Emissions Day was celebrated on 21st September 2021 by our NSS unit with the idea to give the world a break from fossil fuels and to raise awareness about the harm caused by carbon emissions. So we are taking up a challenge of reducing the carbon emissions, by planting a carbon neutral tree -Teak Tree. About 37 second year NSS volunteers participated in the carbon neutrality challenge by planting teak trees.



ASSUMPTION COLLEGE

CHANGANACHERRY, KERALA 686101 | AUTONOMOUS

Reaccredited by NAAC with A Grade | ISO 9001:2015 Certified

NATIONAL SERVICE SCHEME UNIT 4

TEAK TREE PLANTING

ZERO EMISSION DAY AND CARBON NEUTRALITY CHALLENGE

21 September 2021







International Organic Day – Sep 22, 2021

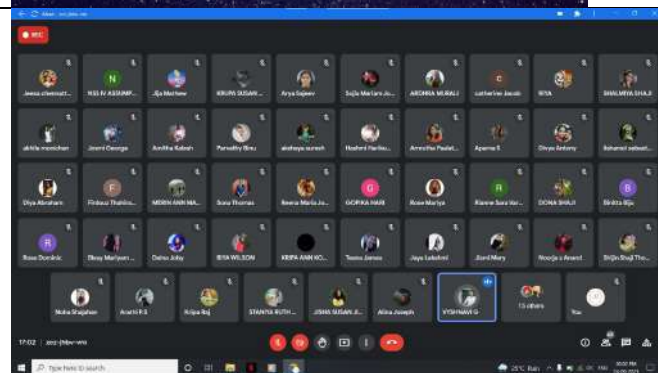
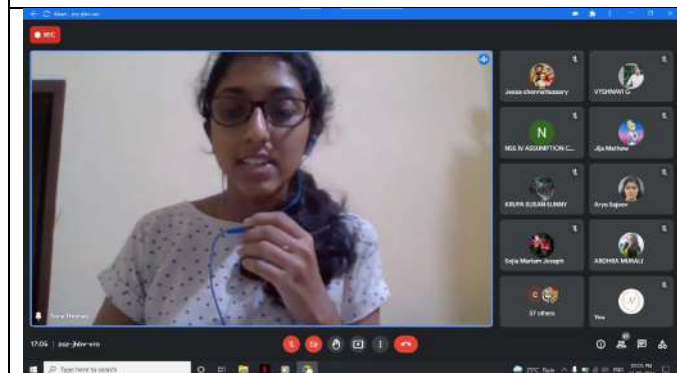
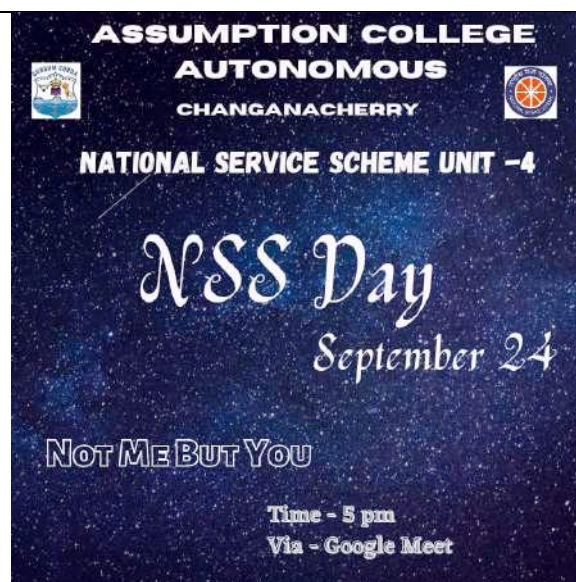
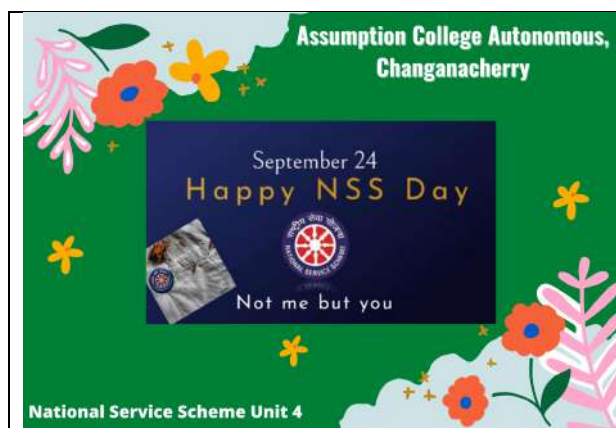
On September 22th, NSS Volunteers Of Assumption College Changanacherry celebrated organic day by creating organic plant pots at their homes. The volunteers used biodegradable materials like paper, mud and coconut shell to create plant pots, which are truly environment friendly materials. 40 volunteers participated in this event.

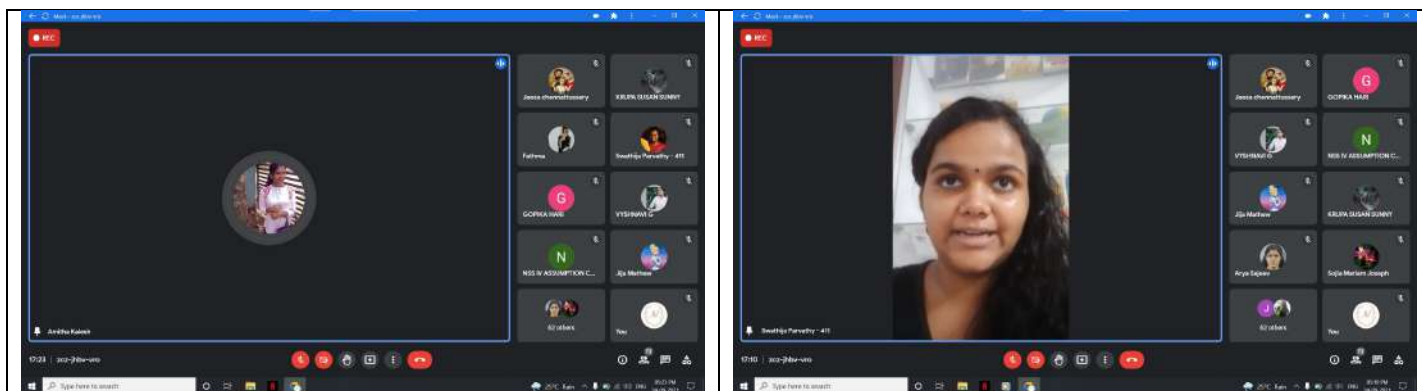




NSS Day – Sep 24, 2021

On September 24th, NSS Volunteers Of Assumption College Changanacherry celebrated National Service Scheme Day Through Google Meet The programme was held under the leadership of Dr. Nayana Miss and Smt. Sherin Miss. Jeesa Chennaltusserry was the anchor of the meeting and the meeting started at 5pm. Anchoring. Vyshnavi.G sang NSS Anthem from Maths Department. Sona Thomas from History Department delivered Welcome Speech. After that, Gopika Hari delivered a Malayalam Speech on NSS Day from Home Science. She spoke about NSS Day and it's importance. Swathija Parvathi from Zoology Department conducted a Quiz competition on NSS. Most of the volunteers participated in it actively. Fathima S from Home Science Department delivered the English speech on NSS and its contributions to the nation. After that, Krupa Susan Sunny from Chemistry Department did a video presentation of the activities of our NSS unit. Amitha Kalesh From Home Science Department offered vote of thanks. About 70 volunteers attended the meeting. The Meeting ended at 5:45pm.





Gandhi Jayanthi – Oct 2, 2021




To celebrate Azadi Ka Amrit Mahotsava, Dept. of Youth Affairs, Ministry of Youth Affairs and Sports is undertaking “Clean India” Program. The program is aimed at creating awareness, mobilization of people and ensuring their involvement in the Clean India initiative, which is unique in terms of scale and participation. The theme is “Let's come together and be part of history in making” and "Join Hands Together for Clean India”. As the nation celebrates the birthday of Mahatma Gandhi, the NSS unit honoured the messages and activities of Mahatma Gandhi. Mahatma Gandhi had connected cleanliness to the dream of Independence and he always valued cleanliness and sanitation. On Oct2 - Gandhi Jayanthi Day, the NSS unit of Assumption College decided to be the part of Clean India programme, by undertaking cleaning activities at public places near their homes. (Anganawadi/public street/postoffice/hospital etc). 74 NSS volunteers participated in this activity.






Gender Sensitization Programme – Oct 7, 2021

The NSS Unit of Assumption College in association with the Department of Women and Child Development, Govt of Kerala under the "Kanal" project, conducted a "Gender Sensitization" programme on 7th October 2021 at 2.30pm. 95 NSS volunteers attended the live Zoom meeting and the whole college students (nearly 1200 students) attended the programme via YouTube live streaming. This project has been formulated with an aim to end all domestic and dowry abuse, empower women, and create awareness among the entire population. Smt. Jebin Lolitha Seyin, DWCDO, Kottayam, offered the welcome speech. Smt. Krishnendu Sudhi who is a gender trainee led the awareness session. She spoke about the issues on gender-related matters and things that are needed to change in the current world. She also spoke about the current state of sex education and all. She said that there is an importance of conducting awareness programs for parents to make them aware of gender equality and gender issues. Then parents should make their children aware of this from an early age. She reminded the audience about the women education, economic participation, and empowerment to be activated in the current era. She also reminded the need to fight against gender discrimination faced in society and at home itself. After the session, Ms Jovan Maria Raju, NSS volunteer from BSc Computer Science offered thanks. The meeting ended at 4:30 p.m.






**ജില്ലാ വനിതാ ശിശു വികസന ഓഫീസ്
 6 മഹിളാ ശക്തി കേന്ദ്ര
 കോട്ടയം**

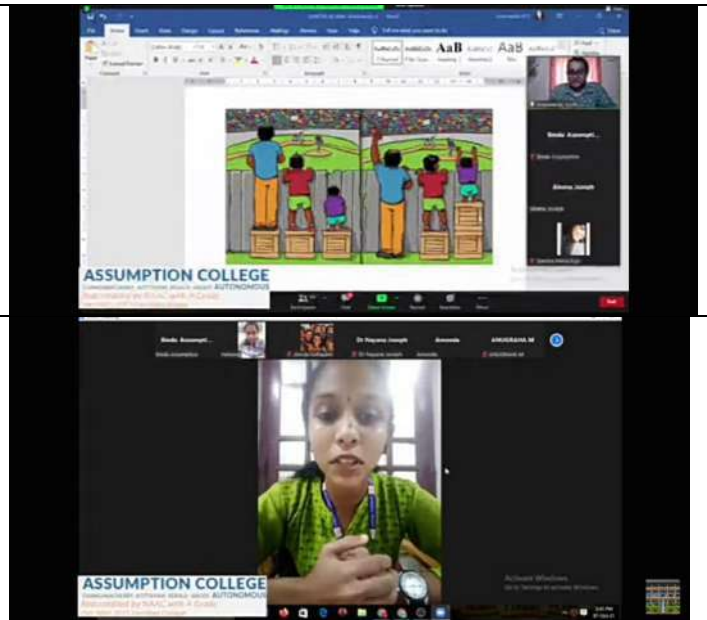
നന്നാം നില, സിവിൽ സ്പേഷൽ, കോട്ടയം, പിൻ: 686002
 ഫോൺ: 9496235103/9446938500



കനൽ - ജൻഡർ അവബോധ പരിശീലന പരിപാടി
 സാനിദ്ധ്യം : Smt. ജെബിൻ ലോലിത സെയിൻ,
 DWCDO


ക്ലാസ്സ് നയിക്കുന്നത്:
കൃഷ്ണേന്ദു , ജൻഡർ
പരിശീലക

തീയതി : 07/10/2021
സമയം : 2:30 PM
സഹകരണം -
അസംപ്ഷൻ കോളേജ്, ചങ്ങനാശ്ശേരി



Study Materials & Relief Fund Collection & Distribution for Flood/Landslide Affected Students – Oct 26, 27, 2021

The NSS unit organized a collection event of study materials like notebooks, pens, pencils, scales, boxes etc for the school and college students in the areas of Mundakayam, who were badly affected by the floods and landslide. The collection drive was conducted on 26th and 27th of October 2021. Also, the NSS volunteers and programme officers contributed an amount of Rs 20,000/- for the relief activities at the landslide-affected areas of Mundakayam. The collected materials and a fund of Rs 20,000/- was distributed to the needy ones at St Joseph's Girls High School, Mundakayam on 5th November, 2021, in the presence of Mundakayam Panchayath Ward 12 member Shri. Benny.



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NATIONAL SERVICE SCHEME

YOUR HELP CAN REBUILD THE LIVES OF FLOOD-AFFECTED CHILDREN



Collection event of study materials like notebooks, pens,
pencils, scale, sharpener, eraser etc

Date - October 26 and 27, 2021



National Service Scheme NSS Unit - 4



Study Materials distribution & Fund distribution to the needy ones of flood/land-slide affected regions of Mundakayam



National Unity Day – Oct 29, 2021

National Unity Day celebration was conducted on 29.10.2021 by the NSS unit of Assumption College, by taking the pledge on Rashtriya Ekta Diwas to foster and reinforces our dedication to preserve and strengthen unity, integrity, and security of our nation on the birth anniversary of Sardar Vallabhbhai Patel. On 29th of October, at 1.30pm, 32 volunteers from different departments assembled at the Indoor Court of the College with strict adherence to Covid-19 protocol, and took the oath. About 75 volunteers took part in the Unity Day pledge taking ceremony via online at <https://pledge.mygov.in> and obtained their e-certificates.

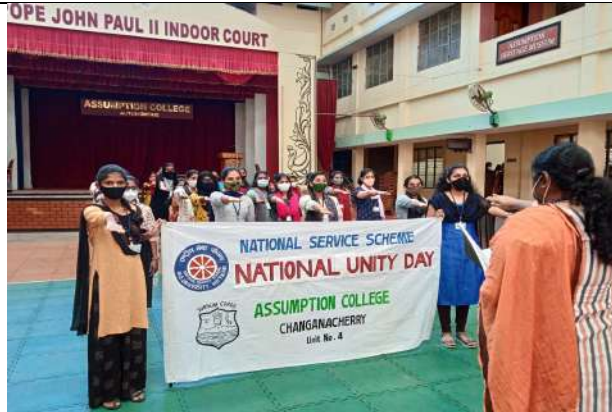


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LET'S TAKE PLEDGE



NATIONAL SERVICE SCHEME
UNIT No - 4





Certificate

RASHTRIYA EKTA DIWAS PLEDGE

*I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of the nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision and actions of **Sardar Vallabhbhai Patel**. I also solemnly resolve to make my own contribution to ensure internal security of my country.*

6748403796



October, 29 2021

Dipu Tresa Akbardeen
Signature



Certificate

RASHTRIYA EKTA DIWAS PLEDGE

*I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of the nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision and actions of **Sardar Vallabhbhai Patel**. I also solemnly resolve to make my own contribution to ensure internal security of my country.*

8266745520



October, 31 2021

Catherine Jacob
Signature



Certificate

RASHTRIYA EKTA DIWAS PLEDGE

*I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of the nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision and actions of **Sardar Vallabhbhai Patel**. I also solemnly resolve to make my own contribution to ensure internal security of my country.*

9564799555



October, 30 2021

Ashwintehni S
Signature



Certificate

RASHTRIYA EKTA DIWAS PLEDGE

*I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of the nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision and actions of **Sardar Vallabhbhai Patel**. I also solemnly resolve to make my own contribution to ensure internal security of my country.*

8875383773



October, 29 2021

Jayna Marvin Raja
Signature

Clean India Programme - Collection of single-use plastic – Oct 30, 2021

As a part of the 'Clean India' programme is to phase out single use plastic from our country, the NSS unit in association with Nehru Yuva Kendra Kottayam and Changanacherry Municipality organized a collection drive of single use plastic. The event started at the Laikkadu Bypass junction and moved towards the Railway station junction. 26 volunteers participated in the single-use plastic picking process.


<p>ASSUMPTION COLLEGE AUTONOMOUS CHANGANACHERRY</p> <p>NATIONAL SERVICE SCHEME UNIT No - 4</p> <p>IN ASSOCIATION WITH</p> <p>NEHRU YUVA KENDRA KOTTAYAM</p> <p>स्वच्छ भारत CLEAN INDIA</p> <p>75 आज़ादी का अमृत महोत्सव</p> <p>പ്ലാസ്റ്റിക് ശേഖരണം</p> <p>ഉയിക്കാട് ജംഗ്ഷൻ, ചങ്ങനാശ്ശേരി ബൈപാസ്സ്</p> <p>30 ഒക്ടോബർ 2021 രാവിലെ 8.30 മണിക്ക്</p> <p>Aim of Clean India (Swachh Bharat) Part 2- Getting rid of single-use plastic by 2022</p>	<p>Government of India Ministry of Youth Affairs & Sports NEHRU YUVA KENDRA KOTTAYAM</p> <p>स्वच्छ भारत CLEAN INDIA</p> <p>75 आज़ादी का अमृत महोत्सव</p> <p>പ്ലാസ്റ്റിക് ശേഖരണം</p> <p>1st to 31st Oct.2021</p> <p>മാടപ്പള്ളി ബ്ലോക്ക് തല ശുചീകരണം</p> <p>ഉയിക്കാട് ജംഗ്ഷൻ, ചങ്ങനാശ്ശേരി ബൈപാസ്സ്</p> <p>30 ഒക്ടോബർ 2021 രാവിലെ 8.30 മണിക്ക്</p> <p>മില്ലാ ഭരണകൂടം, നെഹ്റു യുവ കേന്ദ്ര കോട്ടയം, മാടപ്പള്ളി ബ്ലോക്ക് പഞ്ചായത്ത്, ചങ്ങനാശ്ശേരി നഗരസഭ, NSS Unit 4 Assumption College, NSS Unit-034, St. Berchmans College, ചങ്ങനാശ്ശേരി ഫുട്ബോൾ ക്ലബ്ബ്</p>
	



<https://www.facebook.com/639098853270801/posts/1310446502802696/>

Online Orientation session for first year NS Volunteers – Nov 4, 2021


An online NSS Orientation class was conducted on 4/11/2021 for the 1st year students of the NSS unit of Assumption College Changanacherry. The meeting was held via Google meet at 3:30pm. The meeting began with the Welcome Address of Dr Shoniya Thomas, Program Officer, NSS unit. 67 students attended the meeting. The class was led by Dr. Sr Jeseseena Mathew, Head, Dept. of Malayalam and former NSS Program Officer of Assumption College.. The resource person shared her experience with the NSS volunteers. She spoke about the formal and informal education and the elements required for our personality development. She reminded that each NSS volunteer has a responsibility to work for the community. She also shared about the activities carried out by the NSS units in college in the previous years. All the volunteers attended the meeting with great enthusiasm and interest.




NATIONAL SERVICE SCHEME
UNIT NO - 4
NEW NSS VOLUNTEERS
VIRTUAL ORIENTATION


For the newly enrolled first year NSS Volunteers

November 4, 2021
3.30 P.M

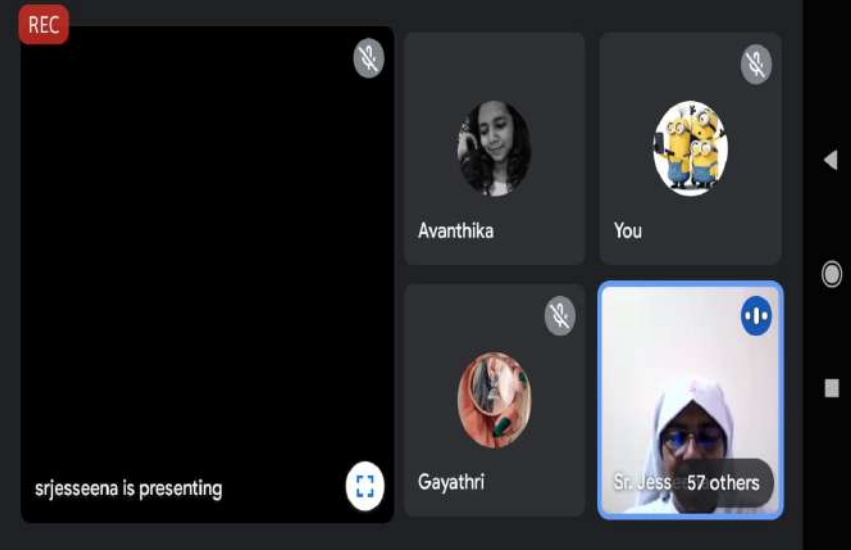
 Google Meet



DR. SR. JESSEENA MATHEW
ASSISTANT PROFESSOR & HOD
DEPT. OF MALAYALAM
ASSUMPTION COLLEGE



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Online Awareness session on Muscular Dystrophy – Nov 4, 2021

The NSS Unit in association with MIND Trust organized an online awareness session on Muscular Dystrophy, on November 4, 2021 at 6PM via Google Meet. Ms Poonam Abraham, a muscular dystrophy patient and a member of MIND Trust was the resource person. Muscular Dystrophy and Spinal Muscular Atrophy are genetic diseases that currently don't have any viable treatment. These diseases deteriorate not only the functioning of the muscles but also the spirit of an individual. Many of the patients have great potential mentally but are trapped in their own bodies. This is a great strain on the lives of the sufferers, and also their caretakers. The session created awareness of this particular health condition among the NSS volunteers. 78 volunteers participated in the webinar. The session came to an end at 7pm.



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NATIONAL SERVICE SCHEME
UNIT No - 4

VENAM ORIDAM

Online Awareness session on Muscular Dystrophy

04/11/2021

6:00PM



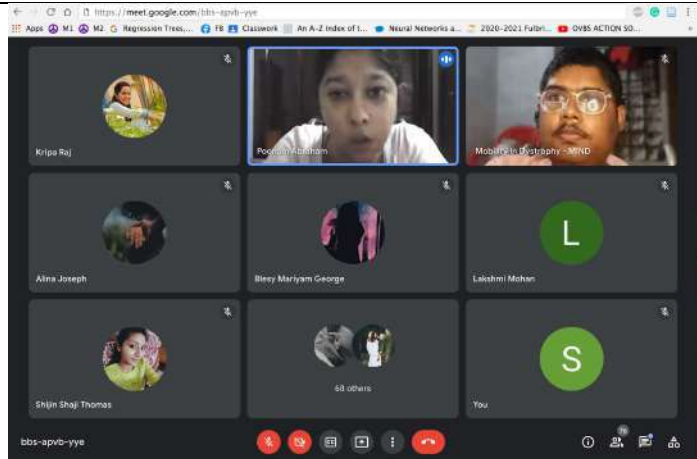
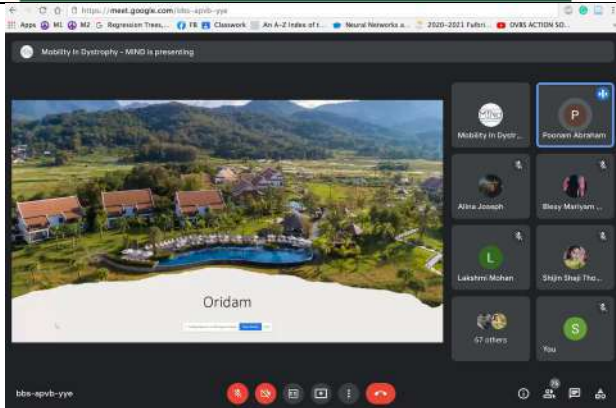
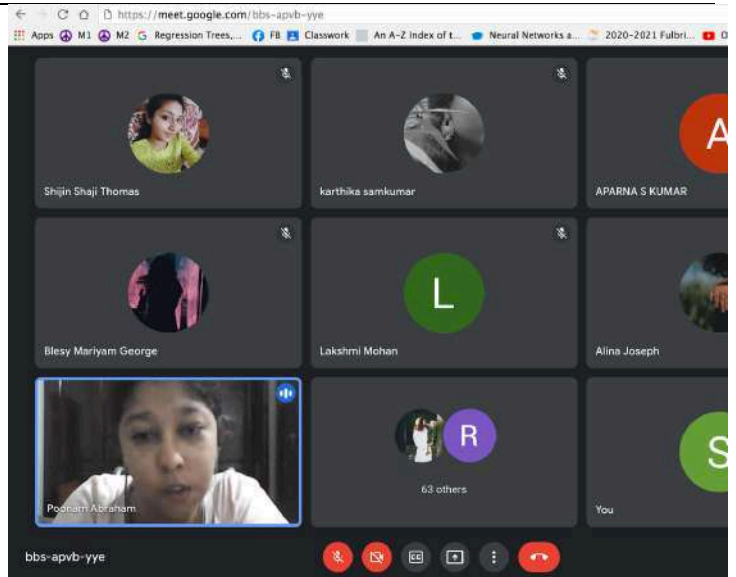
IN ASSOCIATION WITH



ORIDAM : A Complete Rehabilitation and Research Center of MIND Trust



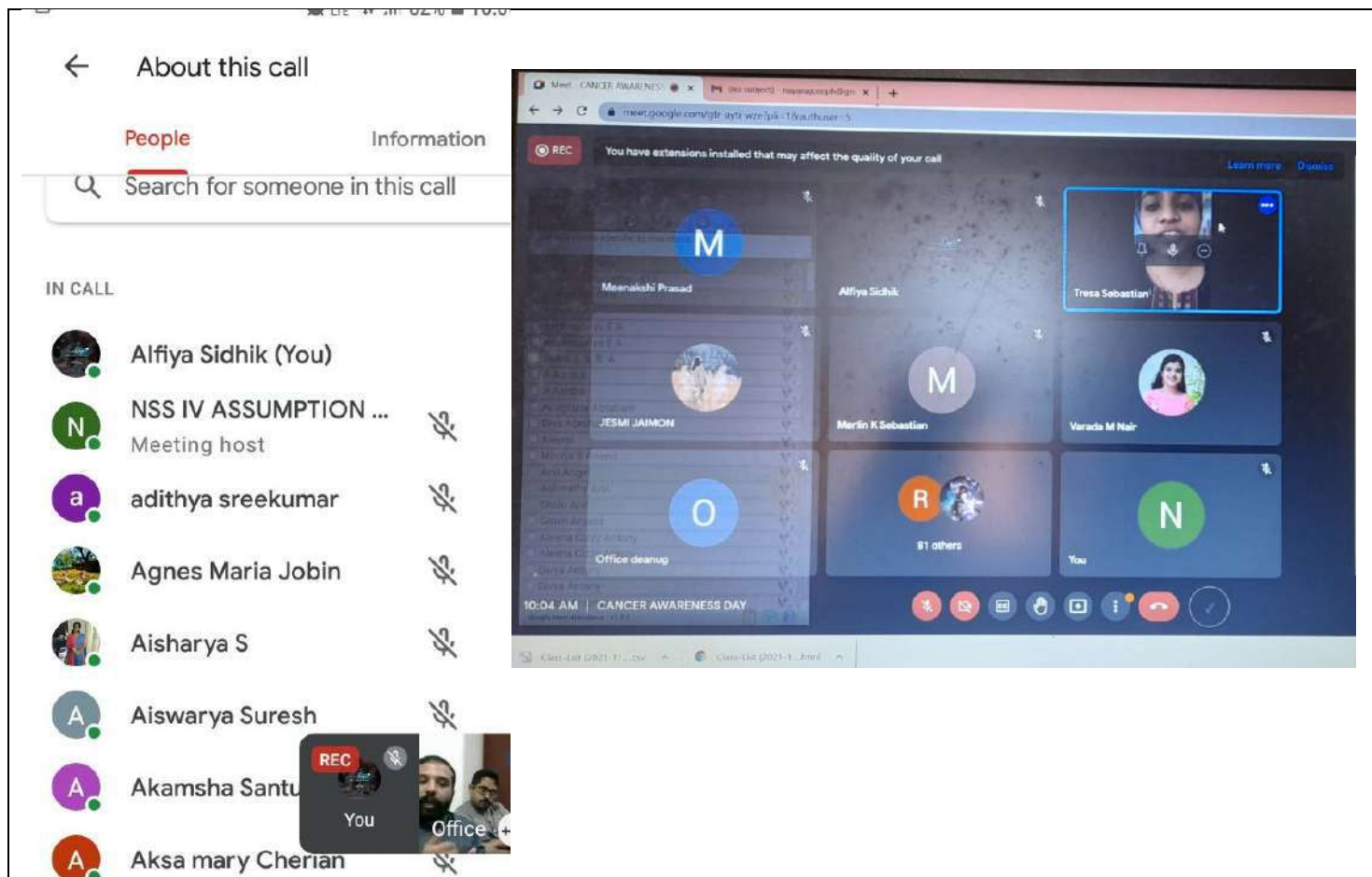
<https://mindtrust.in>
mindtrustkerala@gmail.com



National Cancer Awareness Day – Nov 6, 2021

The NSS unit of Assumption College conducted an online cancer awareness session for the first year NSS volunteers, as a part of National Cancer Awareness day, on 6th Nov 2021 at 10am. Dr. Abel Samuel, Associate Professor and Vice Dean (Under graduate studies) and Dr Deepak S, Assistant Professor, Community Medicine Dept, Believers Church Medical College Hospital were the resource persons. The objective of the event was to create awareness among the NSS volunteers and the faculty members about Cancer and how to get ourselves prevent from it as well as to take precautions. It was a very informative webinar as Dr.Abel Samuel and Dr.Deepak enlightened the students with a wide range of topics such as Diagnostic methods of cancer, symptoms and it's prevention. The speaker started the session by providing the definition of cancer as it is the rapid creation of abnormal cells that grows beyond their usual boundaries. 94 volunteers participated in this event.

The image is a composite of two parts. On the left is a promotional poster for 'NATIONAL CANCER AWARENESS DAY'. The poster has a pink background with three white ribbons at the top. It features the Assumption College logo and text: 'ASSUMPTION COLLEGE CHANGANACHERRY, KERALA 686101 | AUTONOMOUS Reaccredited by NAAC with A Grade | ISO 9001:2015 Certified'. Below the ribbons, it says 'NATIONAL SERVICE SCHEME' and 'NATIONAL CANCER AWARENESS DAY'. A photo of Dr. Abel Samuel is shown with the text: 'DISCUSSION ON CANCER AND HOW TO PREVENT IT', 'NOVEMBER 6, 2021 AT 10AM', and 'DR. ABEL SAMUEL ASSOCIATE PROFESSOR VICE DEAN (UNDER GRADUATE STUDIES) COMMUNITY MEDICINE DEPT BELIEVERS CHURCH MEDICAL COLLEGE HOSPITAL'. The Google Meet logo is at the bottom. On the right is a screenshot of a Google Meet interface. The top bar shows the meeting title 'Meet - CANCER AWARENESS' and the URL. The main area shows a grid of participants: Meenakshi Prasad, Arfiya Siddik, Tresa Sebastian, JESMI JAIMON, Merlin K Sebastian, Varada M Nair, and a group of 81 others. A notification says 'JUL JULANA has left the meeting'. The bottom bar shows the time '10:06 AM | CANCER AWARENESS DAY' and various meeting controls. The Windows taskbar is visible at the very bottom.



Coconut Tree Planting Event – As a part of Kerala Piravi

The NSS conducted an event of coconut tree planting for the NSS volunteers at their homes, from Nov 1- Nov 10, 2021. The state Kerala, get its name from Kera, the coconut and is the main tree cultivated in our state. Coconut is a staple ingredient in many Kerala dishes and coconut oil is widely consumed oil type. It supplies food, drink and shelter and also supplies raw material to number of industries intimately connected with domestic as well as economic life. 35 second year NSS volunteers planted coconut trees in the premises of their homes.





National Children's Day – November 14, 2021

Children's Day is celebrated across India to increase awareness of the rights, care and education of children. The NSS unit celebrated this day by taking an online pledge on “Say No to Child Labour and Rise Against It” at <https://pledge.mygov.in/stop-child-labour/>. 138 volunteers participated in the event.



Anti-littering Campaign – November - December 2021

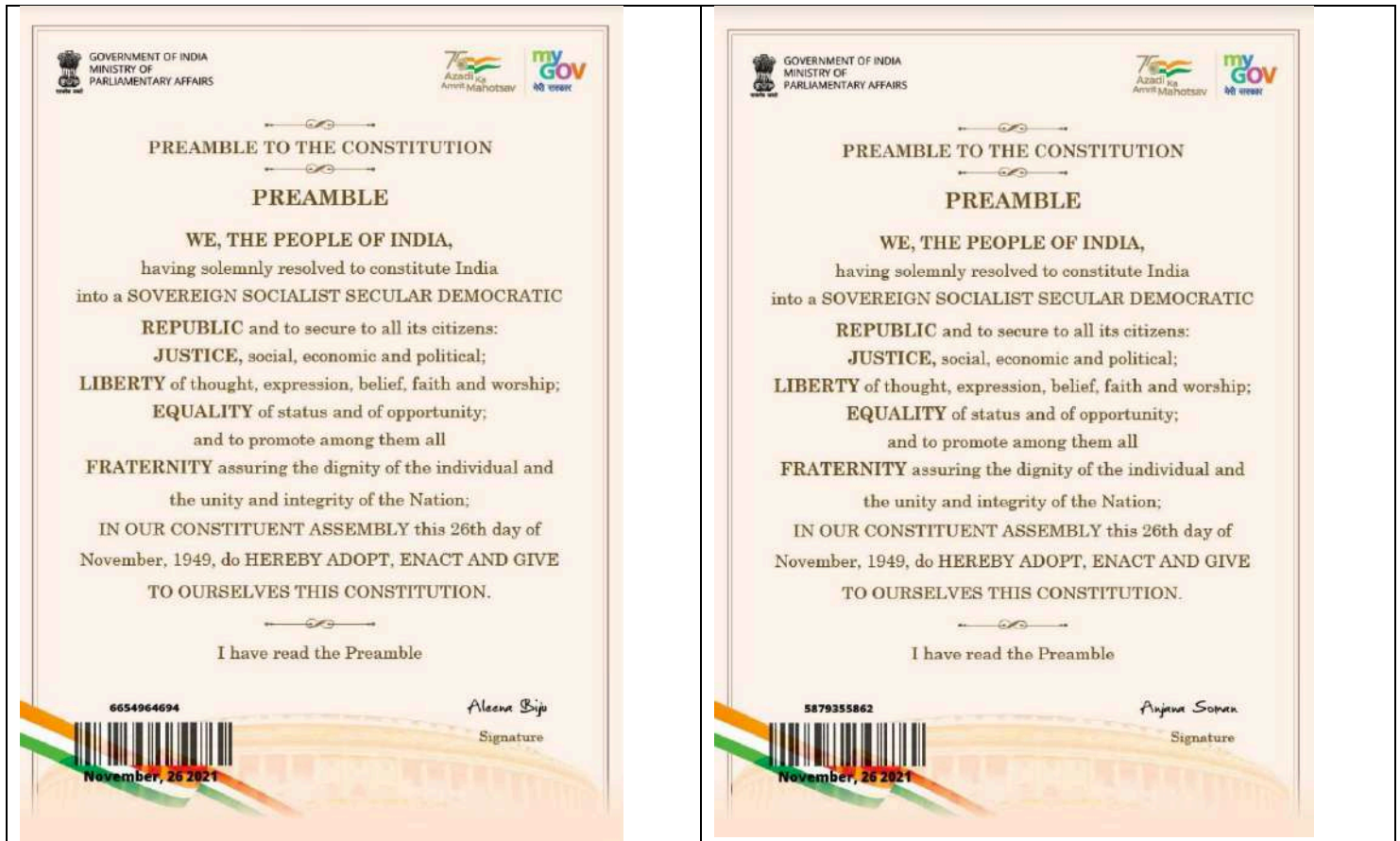
With the aim of creating awareness among the NSS volunteers about *littering* and its' consequences, the NSS unit organized an event of taking online pledge at <https://pledge.mygov.in/anti-dowry/> 131 volunteers participated in the event.



Constitution Day Online Preamble Reading – Nov 26, 2021


The NSS unit of Assumption College celebrated the Constitution day by reading the preamble, on 26th of November. Constitution Day or 'Samvidhan Divas' is celebrated in our country to commemorate the

adoption of the Constitution of India. On 26th November 1949, the Constituent Assembly of India adopted the Constitution of India, which came into effect from 26th January 1950. About 147 volunteers took part in the preamble reading ceremony via online at <https://pledge.mygov.in/constitution-day/> and obtained their e-certificates.




Voter Registration Help Desk – Nov 29, 2021

The NSS Unit in association with Akshaya Centre of Assumption College, offered online registration helpdesk facility for eligible volunteers to register as voter in the voter's list. The help desk worked from 10am to 2pm on 29th November 2021. About 32 volunteers registered.



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NATIONAL SERVICE SCHEME
UNIT No - 4

If you are proud to be an **INDIAN**, take pride in **VOTING** also


VOTER REGISTRATION HELP DESK

Proud to be a Voter


Documents Required

- 01. Passport Size Photo
- 02. Copy of Ration Card
- 03. Copy of Adhaar Card
- 04. SSLC Certificate Copy/Birth Certificate
- 05. Election ID Card of your Father or Mother or any member in your family or neighbour


Venue - Akshaya Center, Assumption College



Remember,
for your progress, for your welfare,
your happiness, never fail to
cast your vote in elections

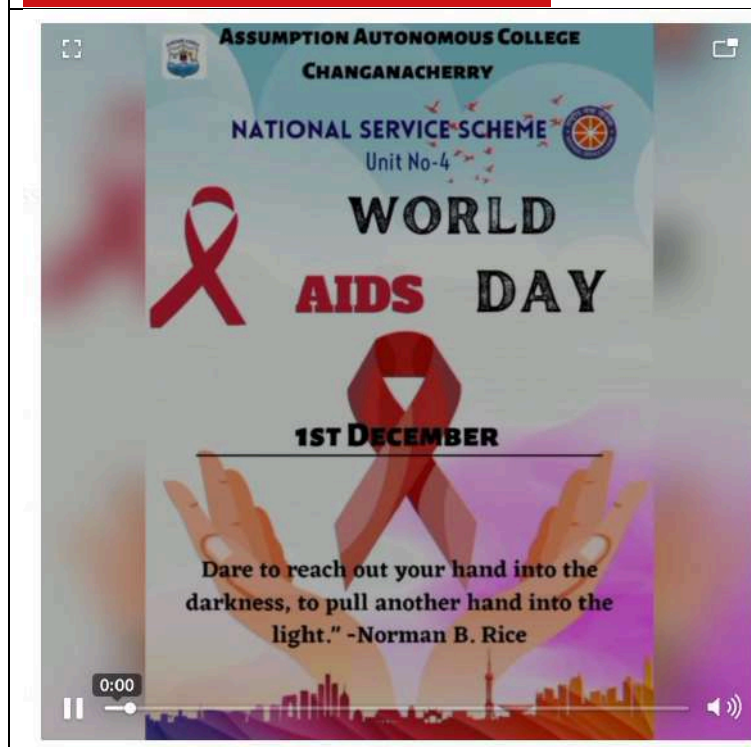
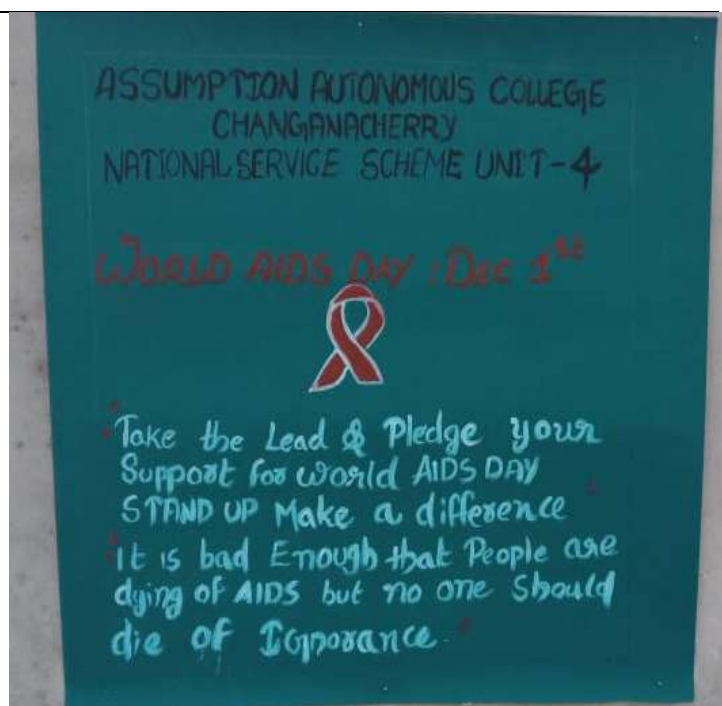
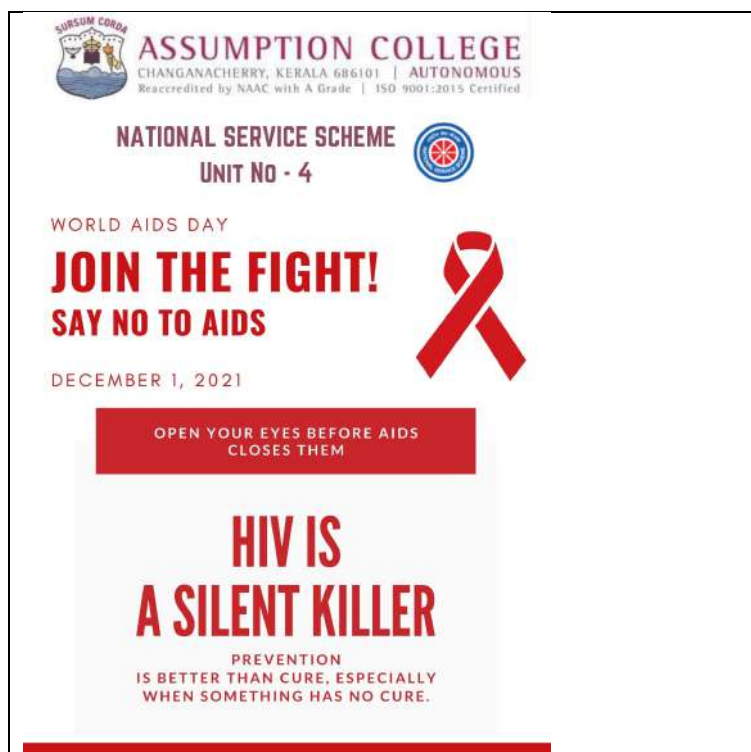


भारत निर्वाचन आयोग
ELECTION COMMISSION OF INDIA



World AIDS Day Celebration – Dec 1, 2021

The NSS unit of Assumption College, observed the World AIDS Day with the aim to unite in the fight against HIV by spreading awareness and to show our support for people living with HIV. For that, the volunteer Ms Krupa Susan Sunny, II DC Chemistry, created awareness video and it was circulated among the students of our college by the first and second year volunteers. Also, volunteer, Ms Akshaya Suresh, II DC Botany, created an awareness poster and it was displayed near the main notice board, at the college entrance.



Training Programme on Soap Making – Dec 7, 2021

The NSS unit of Assumption College in association with the Changanassery Social Service Society (CHASS) conducted a training programme on Soap Making. The training was conducted for first year NSS volunteers at 2.30 pm on 7th December 2021. The program officers Dr Nayana Joseph and Dr Shoniya Thomas were present in the meeting. The resource person from the CHASS office Smt. Alphonsus

Varghese took the session on making the liquid soap. The hands-on session was very effective and useful which is very relevant in the time of this covid pandemic. The goal is to equip us with the necessary skills and tools to enable us to make our own soap products for personal use and also to possibly serve as an income generating for us since they are in high demand. 28 NSS volunteers were present in the training session.



in association with



COME AND LEARN A SKILL

TRAINING ON SOAP MAKING



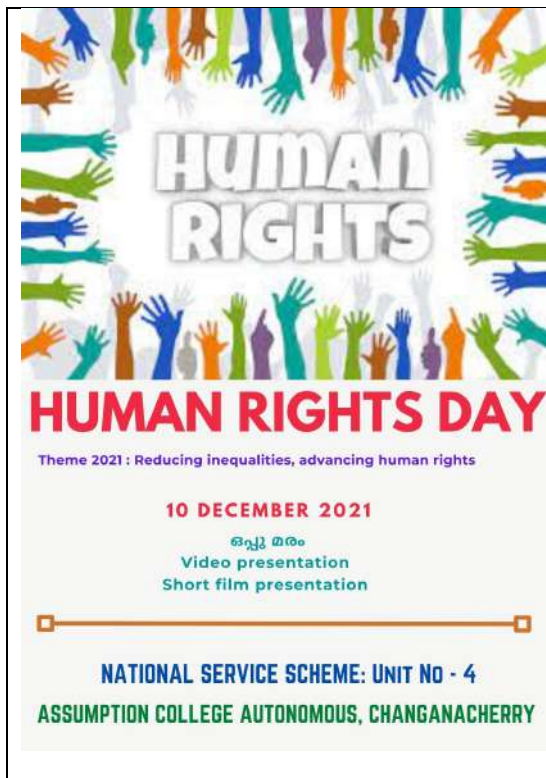
*Soap powder
Liquid soap
Floor cleaning liquid*

DATE December 7, 2021
TIME 2.30 PM



World Human Rights Day Celebration – Dec 10, 2021

The NSS unit of Assumption College celebrated world human rights day on Dec 10, 2021 with the following programmes - Human Rights Oppu Maram, Online pledge taking and Human rights video presentation and short film review writing. Human Rights Day is observed to raise awareness of our volunteer's social, cultural, and physical rights, as well as to ensure that everyone's well-being is protected. About 95 volunteers participated in the event of Oppu Maram by marking their signatures on the Human Rights Tree. About 80 volunteers took online pledge from the website <https://pledge.mygov.in/nhrc/> and obtained e-certificates. First year NSS volunteer Ms Kalyani Jayakumar created an awareness video on Human rights and it was shared among all the volunteers.



Online Pledge Certificate



Oppu Maram

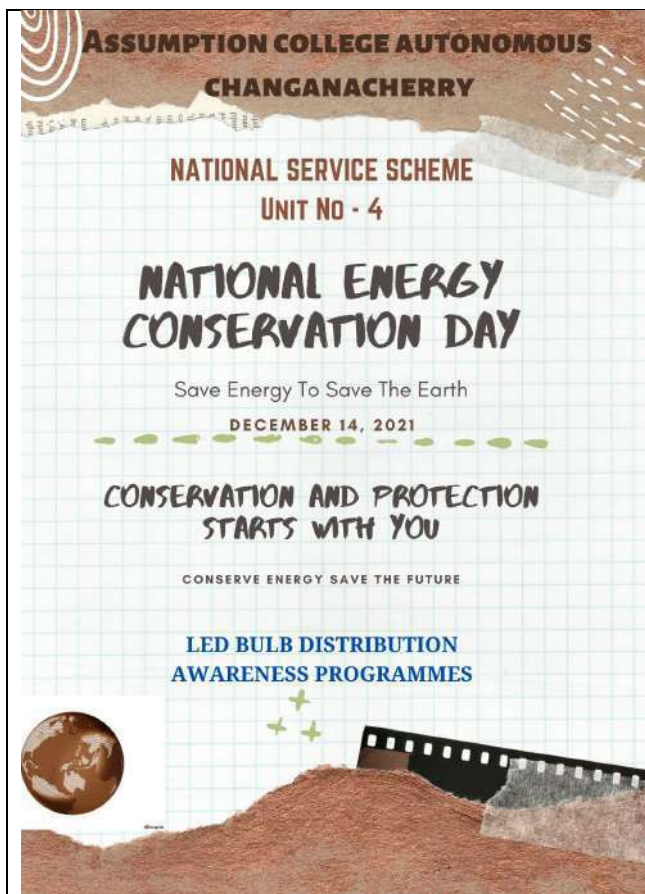
Candle Light Tribute to CDS General Bipin Rawat and his wife and 12 soldiers – Dec 13, 2021

The NSS volunteers of Assumption College paid floral and candle tribute to all those officials who lost their lives in the chopper crash, by conducting a function on Dec 13, at 1.30pm. General Rawat was among the 13 people killed on 8th December 2021, when the military helicopter they were travelling in crashed in a hilly area in apparently foggy conditions near Coonoor in Tamil Nadu. 28 II DC NSS volunteers participated in the function.



National Energy Conservation Day Celebration – Dec 14, 2021

The NSS unit of Assumption College, observed the National energy conservation day to raise awareness about the importance of energy and the need of saving or conserving energy by using less energy, among our NSS volunteers and the public. As a part of this, the volunteers created and distributed energy conservation leaflets regarding energy saving tips and techniques to the local people residing around the college. LED bulbs were also distributed to the needy ones and the volunteers give awareness messages to those. 16 II DC NSS volunteers participated in the event.





Fuel Conservation Campaign – December 15, 2021


Fuel conservation is an integral part of an energy conservation platform that most often concerns fossil fuels. Fuel, conservation encompasses efforts to increase fuel efficiency, reduce fuel consumption and switch to more sustainable fuel alternatives. The NSS unit did an awareness campaign among the first and second year NSS volunteers by participating in the online pledge for fuel conservation at <https://pledge.mygov.in/saksham-2021/>. 145 volunteers participated in the event.



Vijay Diwas – Dec 16, 2021

The NSS unit of Assumption College, observed the Vijay Diwas on Dec 16, 2021. Vijay Diwas is observed on December 16 to commemorate India's victory over Pakistan in the 1971 war. This year marks the start of the 50th anniversary of India's triumph over Pakistan, which resulted in the formation of Bangladesh. The volunteers met to commemorate the day, and as a core responsibility, they paid tribute to Indian

Army personnel who fought and gave their lives in the fight against Pakistan. The volunteers took the Vijay Diwas pledge and showed their respect to the soldiers and to the nation. 19 first year NSS volunteers participated in the function.



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NATIONAL SERVICE SCHEME
Unit No - 4

VIJAY DIWAS
Vijay Diwas is commemorated every 16th December to observe India's victory over Pakistan in War of 1971.

16 DEC

11:30 AM

VIJAY DIWAS
16 DECEMBER



Lets pay homage to all those who lost their lives in protecting our nation





Charity Visit : Facemask & Liquid Soap distribution – Dec 22, 2021

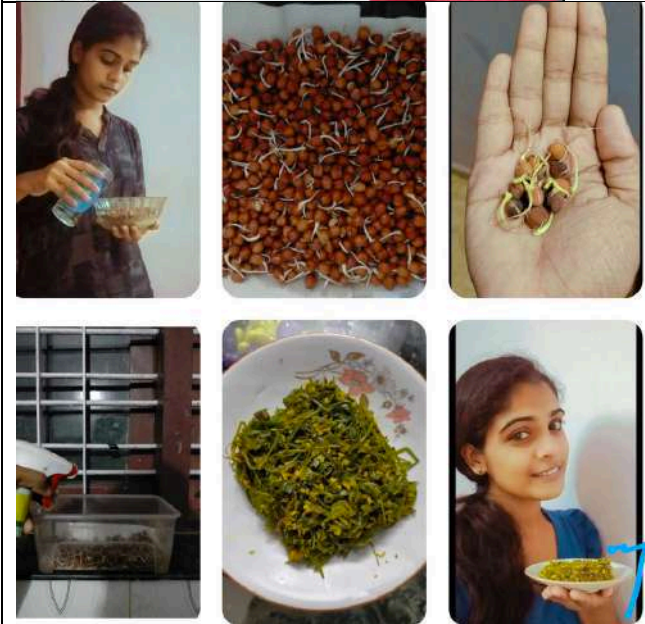
The NSS volunteers of Assumption College visited Alphonsa Balika Bhavan, Changanacherry and distributed facemasks and liquid soap, prepared by the NSS unit, as part of Covid-19 prevention activities. The NSS unit also shared the joy and spirit of Christmas season, by distributing Christmas cakes to the inhabitants of Alphonsa Balika Bhavan.





Microgreen cultivation – Dec 20, 2021 – Jan 10, 2022

The first year NSS volunteers of Assumption College did the micro green cultivation during the Christmas holidays. Microgreens are considered baby plants, falling somewhere between a sprout and baby green. Microgreens contain more significant amounts of nutrients and health-promoting micronutrients than their mature counterparts. The volunteers did the microgreen cultivation from the seed sowing to the baby plant growing stage and after that they made food recipes using these baby plants.



Anti-Dowry Campaign – December 23, 2021

Dowry is a social evil that has resulted in unspeakable tortures and atrocities against women. Women from all walks of life have been killed by the wicked, whether they are poor, middle-class, or wealthy. The NSS unit made a campaign among the first and second year NSS volunteers to create awareness against dowry and to take more proactive steps towards eradicating this menace. The volunteers took online pledge for anti-dowry campaign at <https://pledge.mygov.in/anti-dowry/> 133 volunteers participated in the event.

NATIONAL COMMISSION FOR WOMEN
Certificate
PLEDGE FOR ANTI-DOWRY

I, Priyanka Elizabeth
have solemnly pledged to shun any act in favor of dowry. I will wholeheartedly work towards liberating the institution of marriage from any commercial interests and stand strong against anyone who will encourage dowry

5733758725

December, 25 2021

National Commission for Women, Plot No.-21, Jasola Institutional Area, New Delhi - 110025
Website - www.ncw.nic.in

NATIONAL COMMISSION FOR WOMEN
Certificate
PLEDGE FOR ANTI-DOWRY

I, Felix Jabin
have solemnly pledged to shun any act in favor of dowry. I will wholeheartedly work towards liberating the institution of marriage from any commercial interests and stand strong against anyone who will encourage dowry

4737884485

December, 31 2021

National Commission for Women, Plot No.-21, Jasola Institutional Area, New Delhi - 110025
Website - www.ncw.nic.in

NATIONAL COMMISSION FOR WOMEN
Certificate
PLEDGE FOR ANTI-DOWRY

I, Nirupama S
have solemnly pledged to shun any act in favor of dowry. I will wholeheartedly work towards liberating the institution of marriage from any commercial interests and stand strong against anyone who will encourage dowry

5556766427

December, 26 2021

National Commission for Women, Plot No.-21, Jasola Institutional Area, New Delhi - 110025
Website - www.ncw.nic.in

NATIONAL COMMISSION FOR WOMEN
Certificate
PLEDGE FOR ANTI-DOWRY

I, Sangeetha M
have solemnly pledged to shun any act in favor of dowry. I will wholeheartedly work towards liberating the institution of marriage from any commercial interests and stand strong against anyone who will encourage dowry

3357948594

December, 27 2021

National Commission for Women, Plot No.-21, Jasola Institutional Area, New Delhi - 110025
Website - www.ncw.nic.in

NATIONAL COMMISSION FOR WOMEN
Certificate
PLEDGE FOR ANTI-DOWRY

I, Hanna Ann Thomas
have solemnly pledged to shun any act in favor of dowry. I will wholeheartedly work towards liberating the institution of marriage from any commercial interests and stand strong against anyone who will encourage dowry

9234829363

December, 25 2021

National Commission for Women, Plot No.-21, Jasola Institutional Area, New Delhi - 110025
Website - www.ncw.nic.in

NATIONAL COMMISSION FOR WOMEN
Certificate
PLEDGE FOR ANTI-DOWRY

I, Trace Sebastian
have solemnly pledged to shun any act in favor of dowry. I will wholeheartedly work towards liberating the institution of marriage from any commercial interests and stand strong against anyone who will encourage dowry


7737776562

December, 26 2021

National Commission for Women, Plot No.-21, Jasola Institutional Area, New Delhi - 110025
Website - www.ncw.nic.in

National Youth Day – January 12, 2022

The NSS unit celebrated the National Youth day on 12/1/2022 by conducting several programmes. Tree planting was done in the college premises under the leadership of Program Officers Ms. Sherin Babu and Dr. Nayana Joseph. 10 first year NSS volunteers from History and Museology dept. participated in it. Also, a webinar was organized for the first year NSS volunteers via Google meet at 8:30pm. Ms. Feba Theres Sebastian, Anchor, Student TV 24 News channel was the chief guest of the day. She spoke on the topic of role of young women in nation building and the empowerment of young women. Followed by her speech, a video presentation on the life and teachings of Swami Vivekananda was conducted by the volunteers of History & Museology dept. Then a quiz competition based on the life of Swami Vivekananda was conducted. The meeting came to an end at 9.30pm. 56 NSS volunteers participated in the event.




ASSUMPTION COLLEGE
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NATIONAL SERVICE SCHEME
UNIT No - 4

NATIONAL YOUTH DAY

Chief Guest



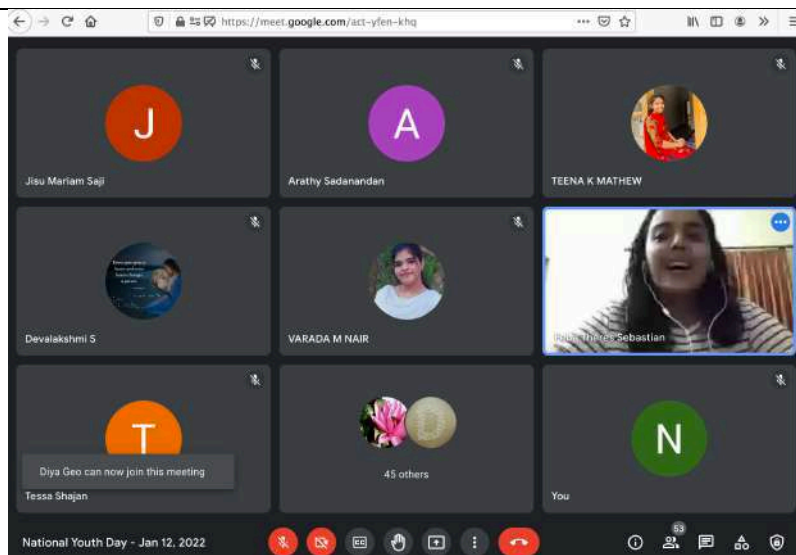

Ms Feba Theres
Anchor in Student TV
24 News Channel

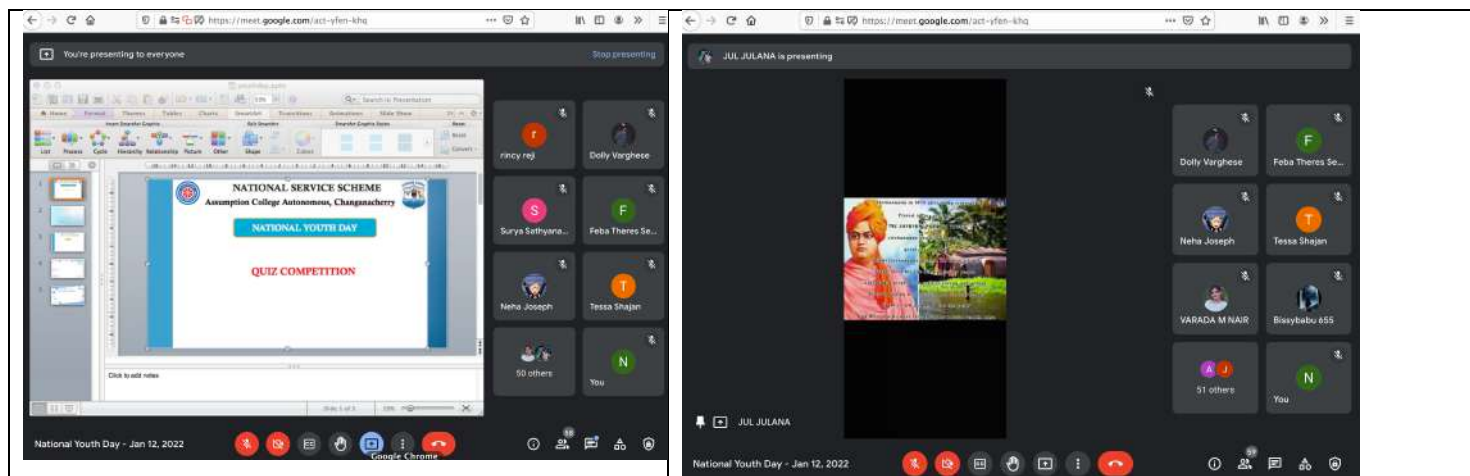
JANUARY 12, 2022 AT 8.30PM  Google Meet

*TALK ON THE LIFE AND TEACHING OF SWAMI VIVEKANANDA
*QUIZ COMPETITION * VIDEO PRESENTATION
*TREE PLANTING

NATIONAL YOUTH DAY
12 JANUARY

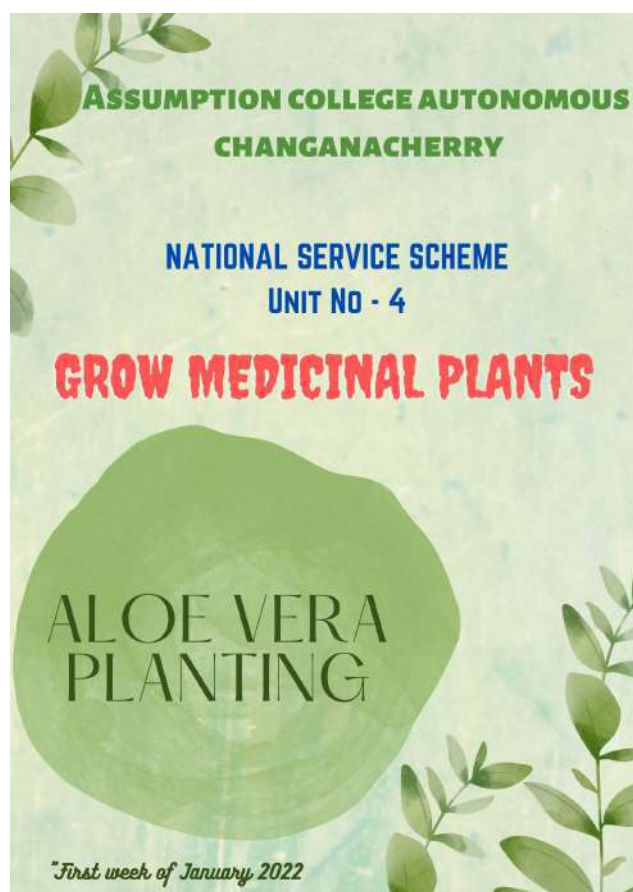
Happy National Youth Day
'Arise! Awake! and stop not until the goal is reached.' - Swami Vivekananda





Medicinal Plant – Aloevera planting – first week, January 2022

Aloe vera is a medicinal plant considered to cure several common ailments. Aloe vera is known for its antibacterial, antiviral, and antiseptic properties. This plant helps to heal wounds and treat skin problems. With the aim to provide the volunteers this valuable knowledge about Aloe vera and to get benefitted from this medicinal plant, the NSS unit conducted an aloe vera planting event in the first week of January 2022. 34 first year NSS volunteers participated in this aloe vera planting event.






Parakram Diwas – January 23, 2022

The NSS Unit of Assumption College Autonomous, Changanacherry celebrated the 125th birth anniversary of Netaji Subhash Chandra Bose on January 23, 2022 at 5pm, via online mode with various activities. The NSS volunteers organized a video presentation on the “Life History & Contributions of Subhash Chandra Bose”. The second year volunteers Ms Rose Dominic and Ms Staniya Ruth Joseph elaborated on Netaji’s life and his contributions to the nation. 100 NSS volunteers of both first & second year class attended the online meeting. The programme concluded at 5.45 pm.



An online quiz competition was arranged for the volunteers using quizzory quiz builder software and 97 volunteers participated in it. Ms Rianne Sara Varghese of II DC Physics and Ms Varada M Nair of I DC Chemistry and were the quiz competition winners.



**ASSUMPTION COLLEGE
AUTONOMOUS CHANGANASSERY**

NATIONAL SERVICE SCHEME

UNIT NO. 4



**"FREEDOM IS NOT GIVEN - IT IS
TAKEN"**
SUBHASH CHANDRA BOSE

JAN 23


**NETAJI
REMEMBRANCE DAY**

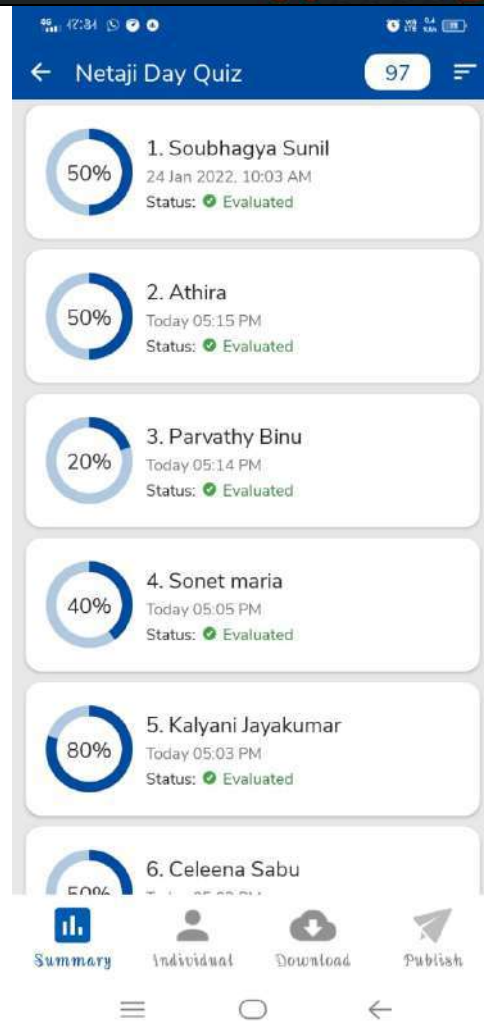
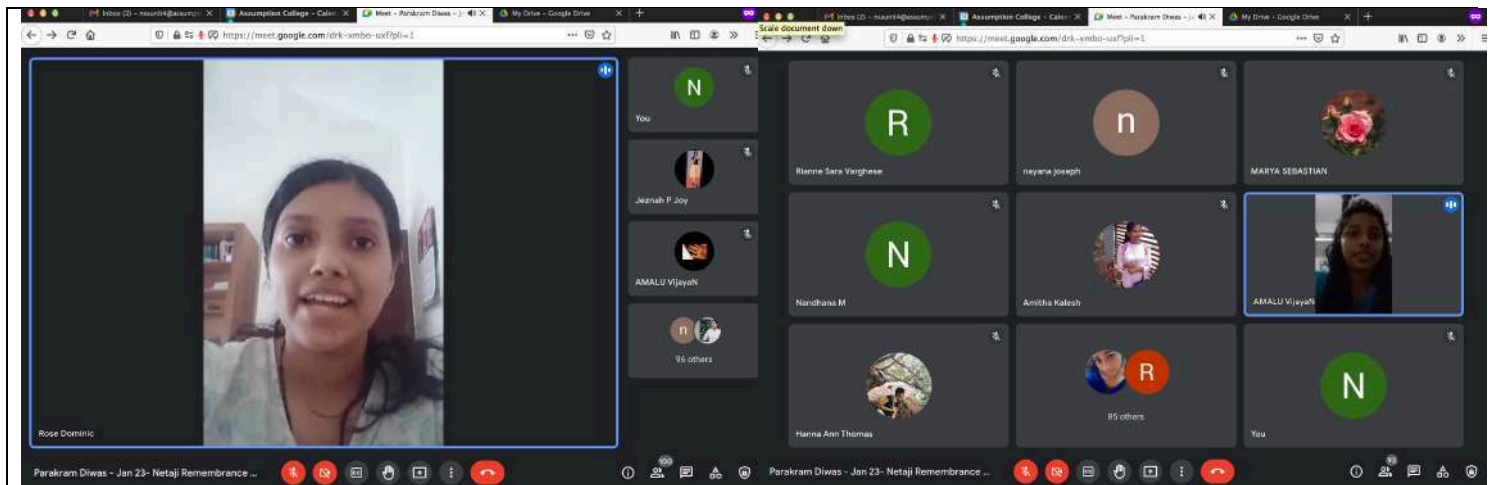
Talk - About Life of Netaji

Video Presentation

Quiz Competition

Google meet
@ 5 pm





National Girl Child Day – January 23, 2022

The National Girl Child Day is celebrated in India every year on January 24th. The Ministry of Women and Child Development and the government of India initiated it, in order to spread public awareness about inequities that girls face in Indian society. The NSS unit of Assumption College is celebrating this day, with 3 different programmes - a webinar, poster designing competition and pencil drawing competition.

The webinar via Google Meet started at 7pm with a silent prayer. 100 volunteers attended the meeting. Ms Niranjana Chandran welcomed the gathering. Ms Megha S Nair delivered an English speech on the significance of celebrating girl child day. Ms Aleena Mathew delivered an awareness speech about the rights of a girl child and to promote the importance of their education, health, and nutrition. The volunteers had a great session for understanding the importance of this day and how privileged they are and how the women can contribute to the wealth and development of the nation. Then a video presentation was conducted and after that an online quiz about girl child day was organized. Ms Shalmiya Shaji secured the first prize. Ms Aparna A offered vote of thanks. The meeting was adjourned at 8pm.



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National Service Scheme Unit: 4



National Girl Child Day

JANUARY 24
2022

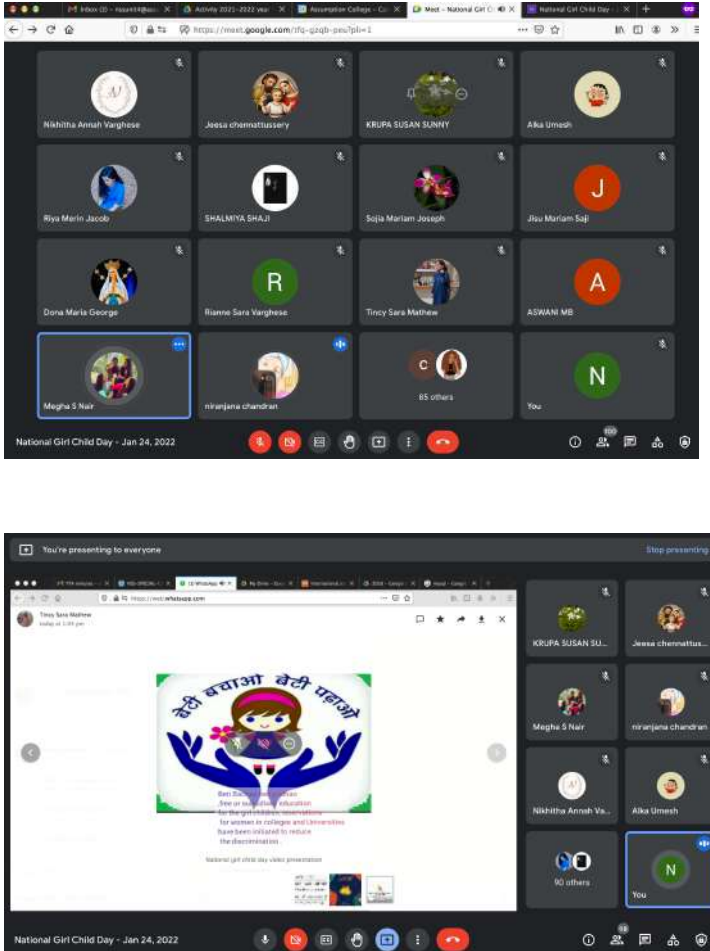
"Give her Life
Invest in her education
Raise her as an equal
Love her unconditionally"

Programs:

- **Poster making**
- **Drawing competition**
- **Video presentation**
- **Talk about girl child day**

Platform: Google Meet 

Time: 7:00 PM

The top screenshot shows a Google Meet window with 16 participants in a grid. The bottom screenshot shows the same window with a presentation slide titled 'बेटी बचाओ बेटी पढ़ाओ' (Beti Bachao Beti Padhao) displayed. The slide features a cartoon girl and text in Hindi and English, emphasizing the importance of girls' education and the government's initiative to reduce discrimination.

ASSUMPTION COLLEGE AUTONOMOUS

NATIONAL SERVICE SCHEME UNIT NO.4

**National Girl
Child Day**

POSTER MAKING COMPETITION

Theme : Empowering girls for a brighter future

- ✓ Layout and format must be organized and concise.
- ✓ Use brief and simple language, better to avoid text altogether.
- ✓ Present your message in a clear and logical way.
- ✓ Have a unique feature to attract the audience.
- ✓ Choose a catchy but conceptual title.
- ✓ All entries must be the original work of the entrant, plagiarism must not be allowed.
- ✓ Can be drawn by hand or digitally.
- ✓ Should submit in PDF format with your name & class number as file name and send it to the respective whatsapp numbers.

Due date for submission :-25/1/2022

FOR ENQUIRIES
CONTACT :

8281300724 : RIANNE SARA VARGHESE
8086258702 : SHAHINAMOL

ASSUMPTION COLLEGE AUTONOMOUS
NATIONAL SERVICE SCHEME UNIT NO: 4

'അവളെ വരക്കാം'

PENCIL DRAWING COMPETITION

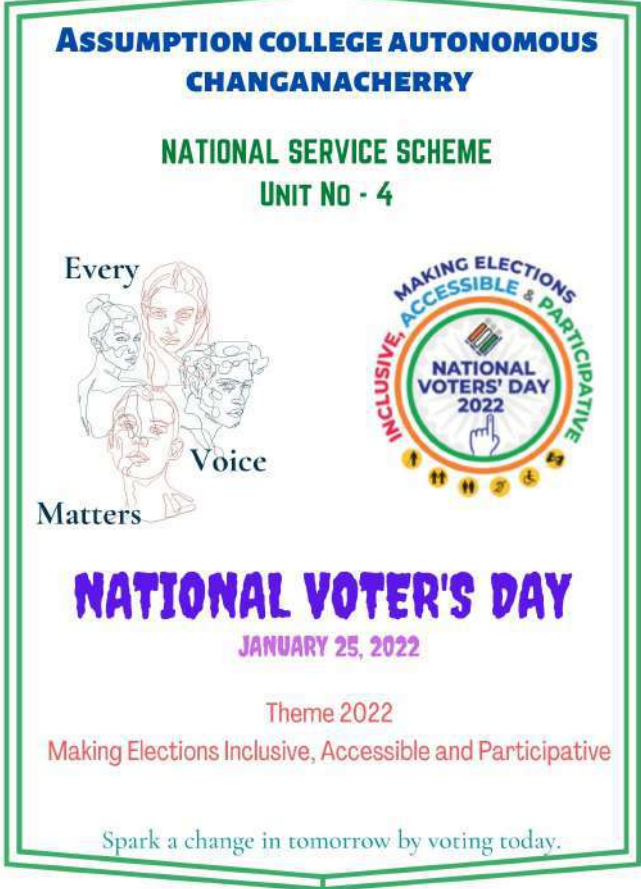
- The drawing must depict one of the most memorable phase of the life of a girl child.
- Pencil drawings are the only ones allowed.
- Digital paintings will be disqualified.
- The painting must be in A4 format (both portraits and landscapes are allowed)
- Plagiarism is strictly prohibited. The drawing must be creative and thoughtful.

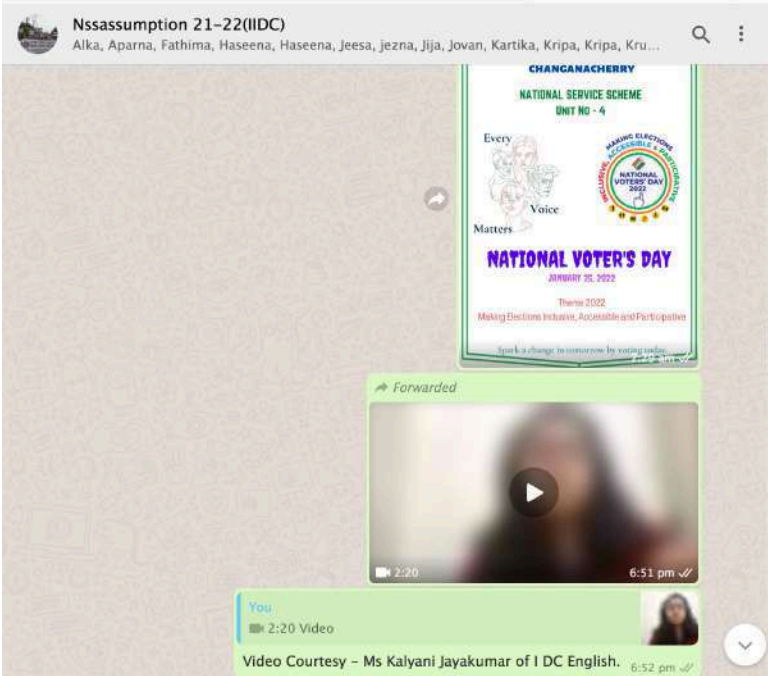
**All the entries must be submitted
before 27th January 2022.**

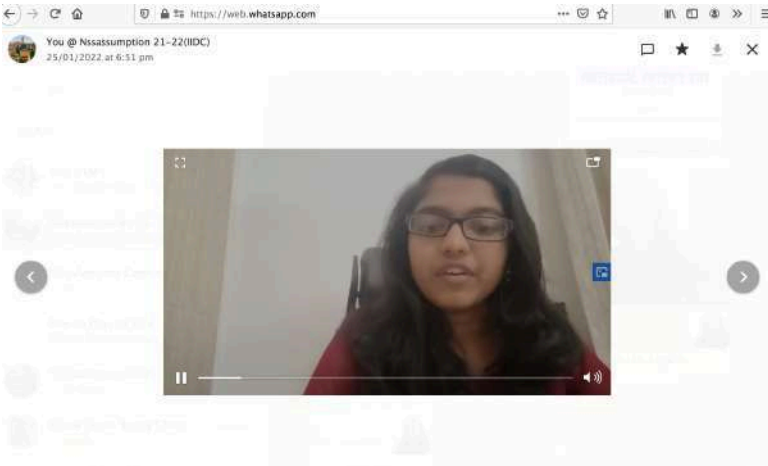
for enquiries contact : Gayathri K.G - +917736603775

National Voter's day – Jan 25, 2022

On 25th of January 2022, the NSS unit of Assumption College, Changanaserry, celebrated National Voter's Day. Ms Kalyani Jayakumar of I DC BA English Literature class created an awareness video. The video was shared among the I Dc and II DC volunteers via whatsapp groups and also posted in the NSS Google Classroom.







REPUBLIC DAY - Jan 26, 2022

The NSS unit conducted Republic day programme on 26th January 2022 at the College premise. At 9am, College Vice-Principal Rev Dr. Thomas Parathara did national flag hoisting. Ms Gouri N V, II DC Computer Science delivered the Republic day speech. In her speech, she spoke about the bravery of many men and women who laid down their lives for our freedom. She emphasized that our freedom fighters have suffered un-imaginable torture and made countless sacrifices for us to enjoy the festivals of Independence Day and Republic Day. She reminded all to have gratefully recalled their immortal sacrifices on the occasion of Republic Day. Ms Nirupama S, II DC NSS volunteer of Zoology sang a Malayalam patriotic song. After that, the NSS volunteers sang National Anthem and the meeting ended at 9.30am.





MARTYRS' DAY – Jan 30, 2022

Martyrs' Day, also known as Shaheed Diwas, is observed across the country on 30 January every year. The day marks the death anniversary of Mahatma Gandhi. On this day, Indians remember the slain freedom fighters who laid down their lives for the country's independence. The NSS unit celebrated this day by taking pledge for peace and communal harmony. 100 volunteers participated in the pledge-taking event.

**Assumption College Autonomous
Changanacherry**

NATIONAL SERVICE SCHEME

MARTYRS' DAY

January 30, 2022

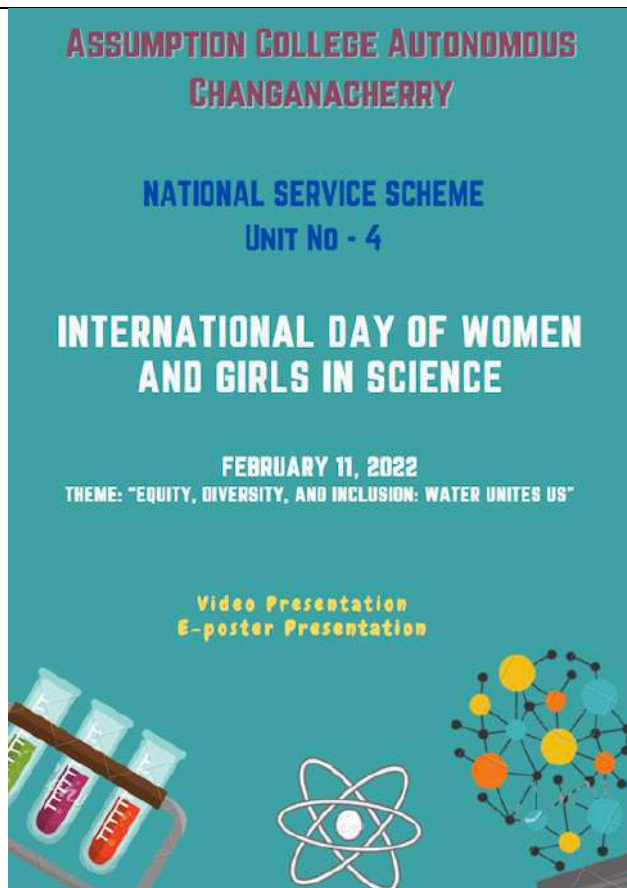


My religion is based on truth and non-violence. Truth is my God. Non-violence is the means of realising Him.



International Day For Women & Girls In Science - Feb 11, 2022

On February 11th, the NSS unit of Assumption College celebrated the International day for women and girls in science. The first year NSS volunteers prepared a video, which depicts the role of women and girls in science, not only as beneficiaries, but also as agents of change. The volunteers also prepared e-posters that describe the famous Indian Women scientists. The video presentation and the e-posters were distributed among all the volunteers through the Google Classroom and WhatsApp groups.





Centenary year celebration of Mahatma Gandhi's' Loin Cloth' revolution – March 4, 2022

The NSS unit of Assumption College celebrated the centenary year of legendary freedom fighter Mahatma Gandhi's' Loin Cloth' revolution, in association with SB College, Changanacherry and Changanacherry social service society, on March 4th at 3 pm. A “Vilambhara Jadha” was conducted as a part of the celebration, from Aramanapady to SB College ground. The Circle Inspector of Police, Changanacherry, Mr Richard Varghese, flagged off the rally. 49 second year NSS volunteers participated in the rally, wearing Gandhi caps and presenting posters related to Khadhi.

ചെത്തിപ്പുഴ ആശുപത്രിയിൽ സായാഹ്ന ഭവി പുനരാരംഭിച്ചു

ചങ്ങനാശേരി: ചെത്തിപ്പുഴ സെന്റ് തോമസ് ആശുപത്രിയിൽ വിപുലമായ സായാഹ്ന ഭവി സൗകര്യം പുനരാരംഭിച്ചു. സ്പെഷലിറ്റി, മൾട്ടി സ്പെഷ്യാലിറ്റി വിഭാഗങ്ങളിലെ എല്ലാ ഡിപ്പാർട്ട്മെന്റുകളും സായാഹ്ന ഭവിയ്ക്ക് ലഭ്യമാണ്.

രോഗികൾ ഭവിയ്ക്ക് സന്ദർശനത്തിനെത്തു

മ്പോൾ എന്തെങ്കിലും അസൗകര്യം നേരിട്ടാൽ പ്രശ്ന പരിഹാരത്തിനായി പബ്ലിക് റിലേഷൻ ഡിപ്പാർട്ട്മെന്റിന്റെ നേതൃത്വത്തിൽ ക്ലിക്ക് സപ്പോർട്ട് ടീമിന്റെ സേവനവും ലഭ്യമാണെന്ന് ഡയറക്ടർ ഫാ. തോമസ് മംഗലത്ത് അറിയിച്ചു.

ഭവി ബുക്കിംഗ് നമ്പർ 0481-2729300.

വിളംബരവാലി നടത്തി

ചങ്ങനാശേരി: ക്രൈസ്തവ ഖാദി ഗ്രാമ വ്യവസായ കമ്മീഷൻ ചങ്ങനാശേരി ചാമ്പിന്റെ നേതൃത്വത്തിൽ കേരള ഖാദി ഗ്രാമ വ്യവസായ ബോർഡിന്റെയും വ്യവസായ വകുപ്പിന്റെയും സഹകരണത്തോടെ എസ്ബി കോളജ് ഇൻഡോർ സ്റ്റേഡിയത്തിൽ നടത്തുന്ന ദേശീയ പിഎംഇജിപി ഖാദി എക്സിബിഷന്റെ ഭാഗമായി നഗരത്തിൽ വിളംബരവാലി നടത്തി. ചങ്ങനാശേരി അമരപ്പടിയിലുള്ള ഖാദിവേൻ അങ്കണത്തിൽനിന്നും ആരംഭിച്ച റാലി ഡിവൈഎസ് പി ആർ. ശ്രീകുമാർ ഫ്ളാഗ് ഓഫ് ചെയ്തു.

എസ്ബി, അസംപ്ഷൻ കോളജുകളിലെ എൻഎസ്എസ് വോളണ്ടിയർമാർ പങ്കെടുത്ത റാലി സെന്റൽ ജംഗ്ഷനിലൂടെ നഗരസഭാ അങ്കണത്തിലുള്ള ഗാന്ധി പ്രതിമയിൽ പൂജ്പാർച്ച നടത്തി എസ്ബി കോളജിൽ സമാപിച്ചു. തുടർന്നു നടന്ന സമ്മേളനത്തിൽ അതിരൂപത വികാരി



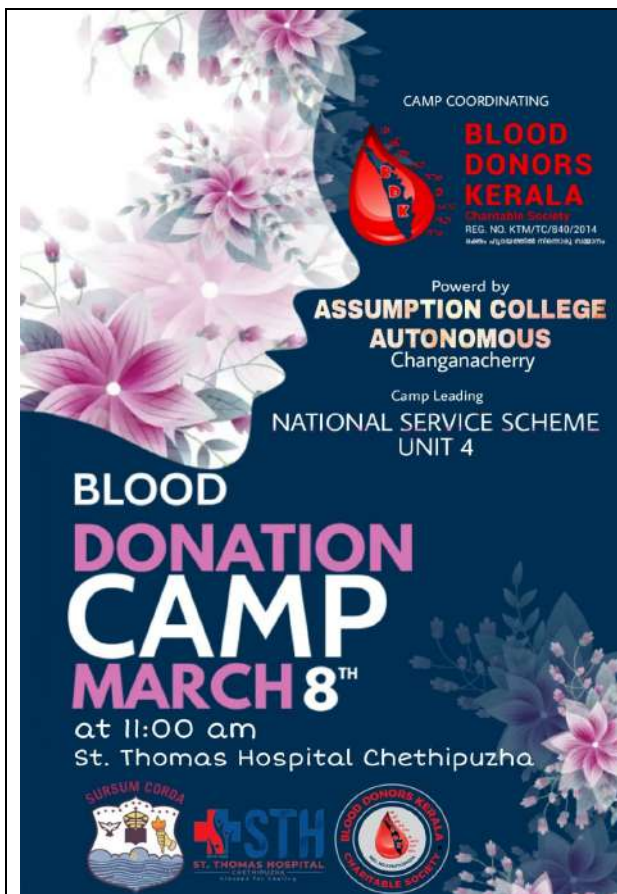
ഖാദി ദേശീയ എക്സിബിഷനു മുന്നോടിയായി അമരപ്പടിയിൽനിന്നും ആരംഭിച്ച വിളംബര ജാഥ ചങ്ങനാശേരി എസ്എച്ച്ഐ റിപ്പാർഡ് വർഗ്ഗീസ് ഫ്ളാഗ് ഓഫ് ചെയ്യുന്നു.

വിളംബരവാലി ക്രൈസ്തവ ഖാദി ഗ്രാമ വ്യവസായ ബോർഡിന്റെയും വ്യവസായ വകുപ്പിന്റെയും സഹകരണത്തോടെ എസ്ബി കോളജ് ഇൻഡോർ സ്റ്റേഡിയത്തിൽ നടത്തുന്ന ദേശീയ പിഎംഇജിപി ഖാദി എക്സിബിഷന്റെ ഭാഗമായി നഗരത്തിൽ വിളംബരവാലി നടത്തി.



Blood Donation Camp – March 8, 2022

As a part of International Women's Day, the NSS unit of Assumption College conducted a blood donation camp on 8th March 2022, at St Thomas Hospital, Chethipuzha, in association with Blood Donor's Kerala. The blood donors received appreciation certificates from the hospital authority. 22 volunteers participated in the event.





International Women’s Day – Face Mask Distribution to Women Cancer Patients

The National Service Scheme of Assumption College Autonomous, Changanacherry contributed to the Facemask Collection Campaign, conducted as a part of International Women’s Day, by Sanjeevani - Life Beyond Cancer, a registered Public Trust, on Monday, March 8, 2022. The NSS unit contributed 173 facemasks and they were distributed to 100 underprivileged women cancer patients at Kidwai Memorial Hospital, Bangalore.



Date: 16-03-2022

To
The National Service Scheme
Assumption College Autonomous
Changanacherry

Subject: Letter of Appreciation

Dear Mam/Sir,

Greetings from Sanjeevani... Life Beyond Cancer

Sanjeevani... Life Beyond Cancer, a pioneer in Comprehensive Cancer care is a award winning registered non – profit organization working for prevention and early detection of cancer providing care, counselling and rehabilitation to persons fighting cancer with focus on navigating them from the disease to wellness through various activities.

We are immensely grateful to the volunteers of the National Service Scheme of Assumption College Autonomous, Changanacherry for their contributions to the Facemask Collection Campaign, conducted as a part of International Women's Day on 8th March 2022 in collaboration with our team in Kidwai Memorial Hospital, Bangalore.

With the help of the NSS unit, we were able to distribute 173 facemasks to women cancer patients.

We extend our heartfelt gratitude to the NSS unit. Your support will propel us to continue work with enhanced zeal and passion.

Thanking you.

Yours faithfully,

For SANJEEVANI ... LIFE BEYOND CANCER



ANIL AHLUWALIA

Co - Founder & CEO

SANJEEVANI ... LIFE BEYOND CANCER

anil@sanjeevani-lifebeyondcancer.in

Regd.No.: E-28648 (Mumbai)

306 - Gold Mohur, 3rdFloor, 174 Princess Street,Mumbai - 400002 www.sanjeevani-lifebeyondcancer.com

Santhwanam – March 18-21, 2022

The National Service Scheme of Assumption College Autonomous, Changanacherry conducted a dress collection and fund collection drive for the mentally challenged inhabitants of Sanjeevani Psychosocial Rehabilitation Centre, Nedukunnam, from March 18-21. The NSS unit visited the Sanjeevani Psychosocial Rehabilitation Centre and donated the clothes, hand wash made by NSS volunteers and charity fund worth Rs 12000/- to Sanjeevani Psychosocial Rehabilitation Centre, Nedumkunnam on March 24, 2022.



ASSUMPTION COLLEGE AUTONOMOUS CHANGANACHERRY



NATIONAL SERVICE SCHEME

സാന്ത്വനം

"CHARITY VISIT"

**SANJEEVANI PSYCHOSOCIAL
REHABILITATION CENTRE,
NEDUMKUNNAM**



നമുക്കൊരുമിക്കാം
ഇവർക്കായ്...

നിങ്ങളുടെ ഉപയോഗ
യോഗ്യമായ വസ്ത്രങ്ങൾ
നൽകിക്കൊണ്ട് അവർക്ക്
തണലാകാം..

DATE & VENUE

21,22 MARCH 2022

9.30 AM - 3.30 PM

"You can put cloths in the box in front
of CHEMISTRY DEPARTMENT"

Further info: 9744346742



World Water Day - March 22, 2022

The National Service Scheme of Assumption College Autonomous, Changanacherry celebrated world water day by cleaning up a stream, near the Mampuzhakari LP School, on March 22, 2022. The students created awareness posters and displayed at the site. 25 volunteers participated in the event.

**Assumption College Autonomous,
Changanacherry**

WORLD WATER DAY

March 22, 2022
A drop of water is worth more than a sack of gold to a thirsty person

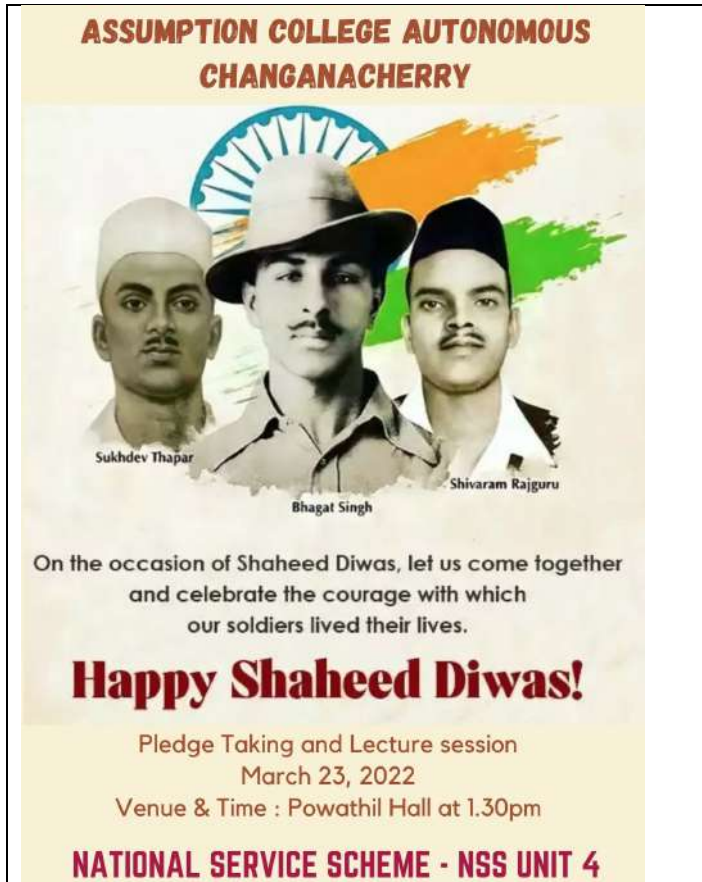
നീർച്ചാൽ ശുചീകരണം
സ്ഥലം - മമ്പുഴക്കരി

**NATIONAL SERVICE SCHEME
UNIT No - 4**



Shaheed Diwas – March 23, 2022

The NSS unit celebrated 'Shaheed Diwas' on March 23 to mark the death anniversary of legendary freedom fighters - Bhagat Singh, Shivaram Hari Rajguru, and Sukhdev Thapar. The trio was hanged by the British government in Lahore's Central Jail on this day in 1931. The NSS unit paid tribute to them by creating and displaying awareness posters and pledge taking events. After that a seminar session on "Heroes of freedom struggle & their bravery" was taken by Ms Aparna A, II DC NSS volunteer of BCA.



National Voter Awareness contest – March 25-31, 2022

The NSS volunteers actively participated in the National voter awareness contest conducted by Election Commission Of India, via online mode, from March 25- 31. About 44 volunteers participated in various contest like Quiz, slogan writing, song, video making contest etc.



സപ്തമിന ക്യാമ്പ് സമാപിച്ചു

കോളേജ്: പത്തനംതിട്ടയിലെ അസംപ്ഷൻ കോളേജിലെ നാഷണൽ സർവീസ് സർക്കിൾ യൂണിറ്റുകളുടെ സപ്തമിന ക്യാമ്പ് സമാപിച്ചു. രാജകുമാരി പത്മിനി പ്രസിഡന്റ് രാജകുമാരി കൃഷ്ണ സമാപന സമ്മേളനം ഉദ്ഘാടനം ചെയ്തു. കോളേജ് വൈസ് പ്രിൻസിപ്പൽ റവ.ഡോ. തോമസ് ജോസഫ് പാഠശാല അദ്ധ്യക്ഷത വഹിച്ചു. ഫാ. എബി സെബാസ്റ്റ്യൻ, ഷൈലിൻ ബാബു, ഡോ.നയന ജോസഫ്, കൃഷ്ണ സുരേഷ് സണ്ണി, എ.അലക്സാണ്ടർ, ജി.സ. സോമിപ്പൻ എന്നിവർ പ്രസംഗിച്ചു. മാനുഷിക ശക്തിയിലായിരുന്നു ക്യാമ്പിന്റെ പ്രധാന പരിപാടികൾ. ക്യാമ്പിനോടനുബന്ധിച്ചു വിവിധ വിഷയങ്ങളിലെ അവബോധന ക്ലാസ്സുകൾ, തൂണി സഞ്ചി നിർമ്മാണ പരിപാടി, സ്കൂൾ പരിസര ശുചീകരണം, നീർച്ചാൽ ശുചീകരണം, ഫലദായകതയോടും നിർമ്മാണത്തോടും കൂടിയ കർമ്മങ്ങൾ നിർമ്മാണം, സ്കൂൾ വൈബ്രൻസി പുനർ നിർമ്മാണം തുടങ്ങിയ പരിപാടികൾ നടത്തി. ചൊത്തിപ്പുഴ സെന്റ് തോമസ് ആശുപത്രിയുടെ സഹകരണത്തോടെ മെഡിക്കൽ ക്യാമ്പും നടത്തി.

ഫീൽഡ് ഓഫീസറുടെ

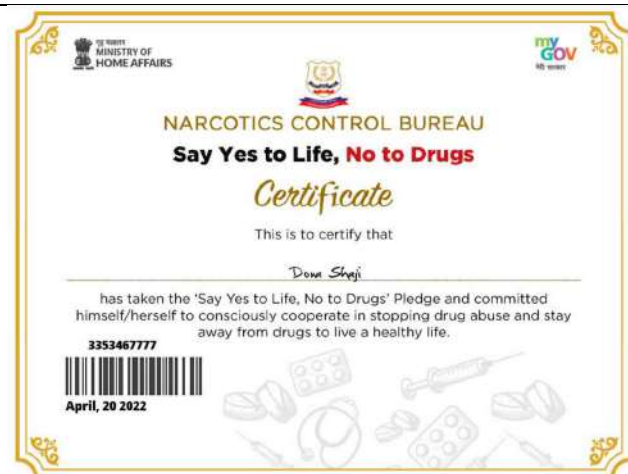
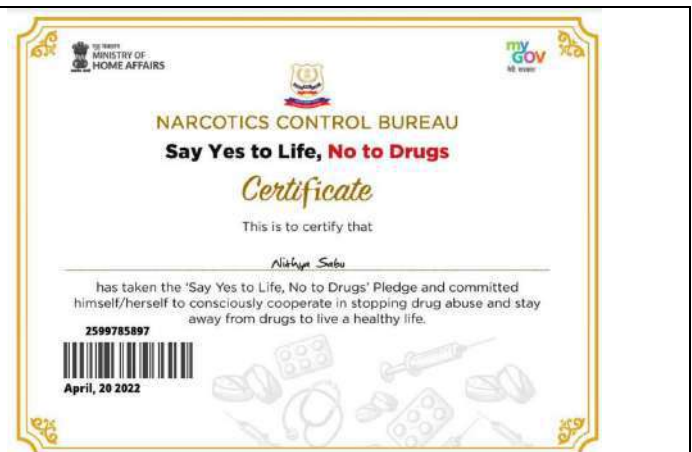
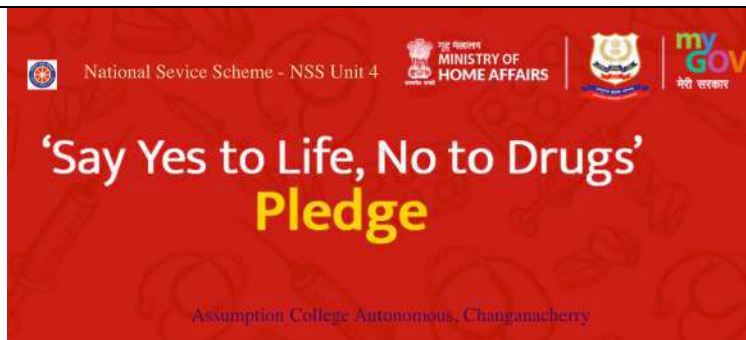


മാനവശക്തിയിൽ നടന്ന അസംപ്ഷൻ കോളേജ് ഏർപ്പെടുത്തിയ സപ്തമിന ക്യാമ്പ് സമാപന സമ്മേളനം. രാജകുമാരി പത്മിനി പ്രസിഡന്റ് രാജകുമാരി ഉദ്ഘാടനം ചെയ്യുന്നു.

Say No to Drugs Campaign – April 2022

The NSS unit of Assumption College conducted a program to keep the youth from straying into the dark path of drug abuse. The NSS unit did an awareness campaign among the first and second year NSS volunteers by participating in the online pledge for "Say Yes to Life, No to Drugs".

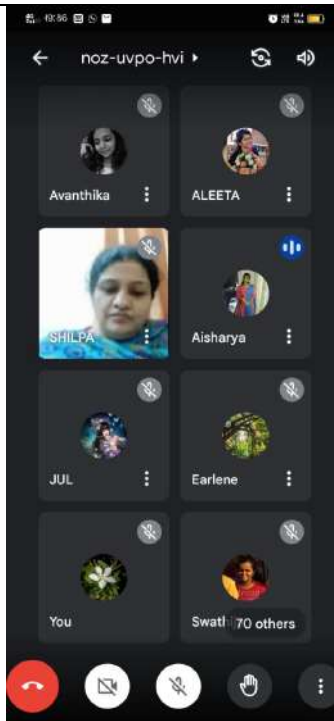
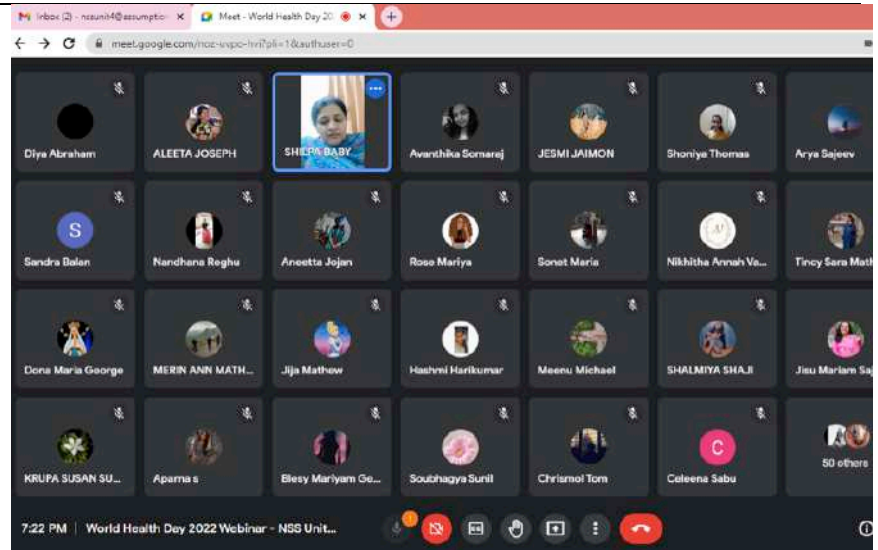
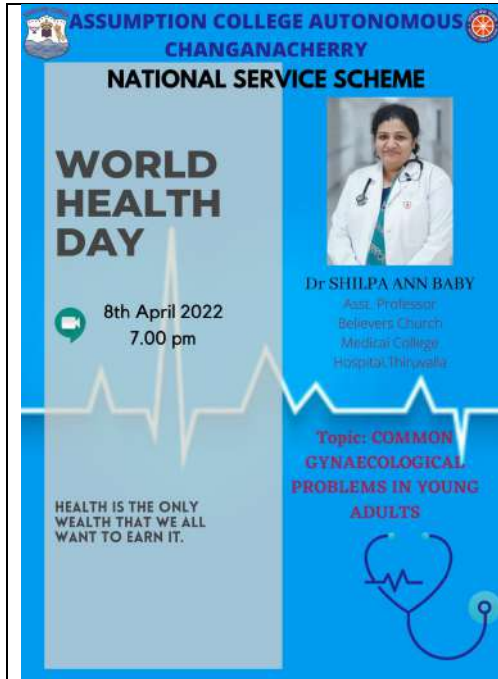
<https://pledge.mygov.in/fightagainstdrugabuse/> 80 volunteers participated in the event.



World Health Day Celebrations – April 8, 2022

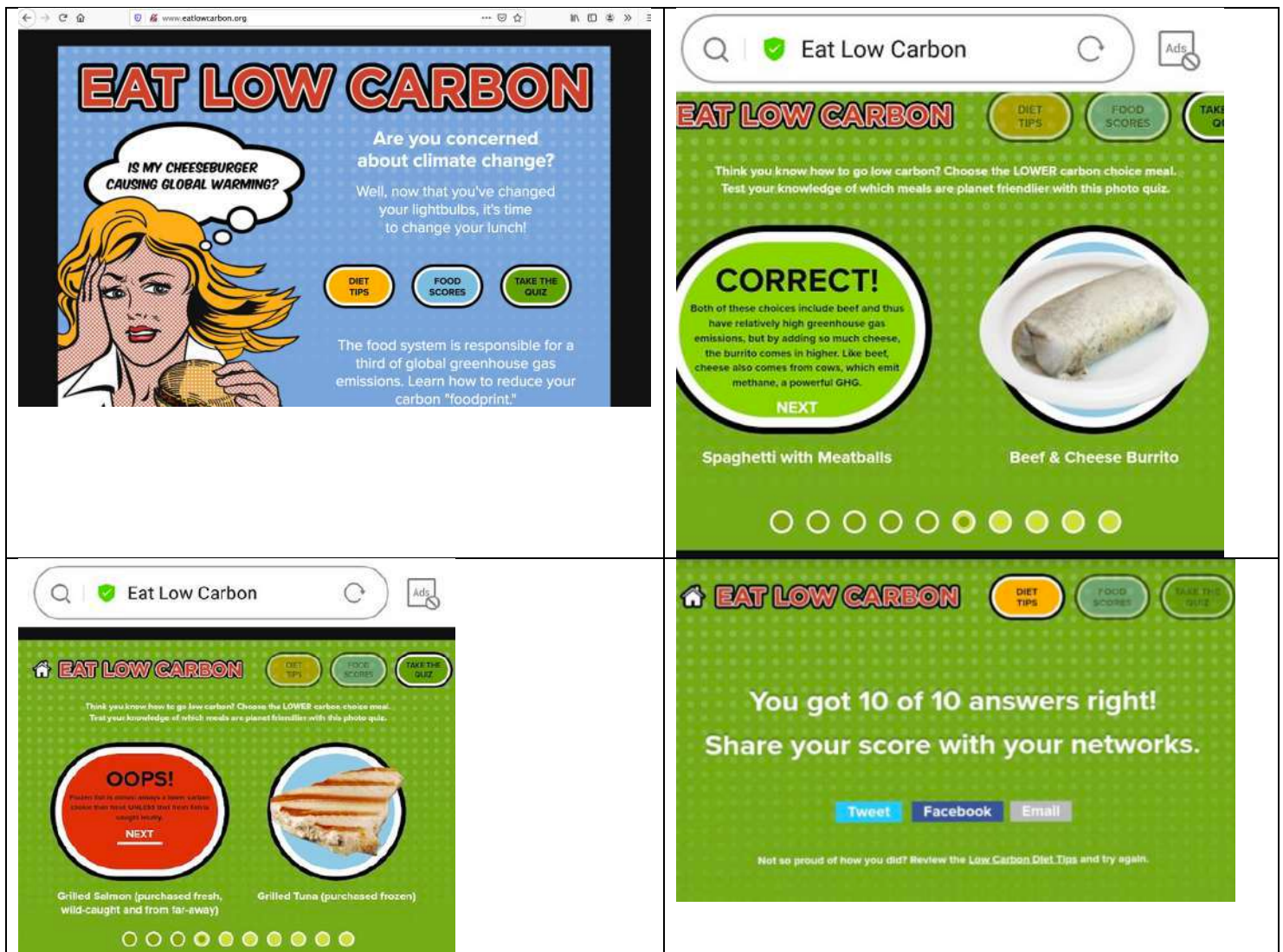
As a part of World Health Day celebrations, the NSS unit of Assumption College organized a webinar for the NSS volunteers, on 8th April 2022 at 7pm. Dr. Shilpa Ann Baby, Assistant Professor, Believers Church Medical College Hospital was the resource person. The topic of the webinar was “Common gynecological problems in young adults “. She explained the various women health issues especially PCOD and related matters, and the precautionary measures to be taken. 78 volunteers participated in the event.

The first year NSS volunteers of Mathematics dept. created an awareness video on the theme of World health Day “Our Planet, Our health” and it is shared among the students.



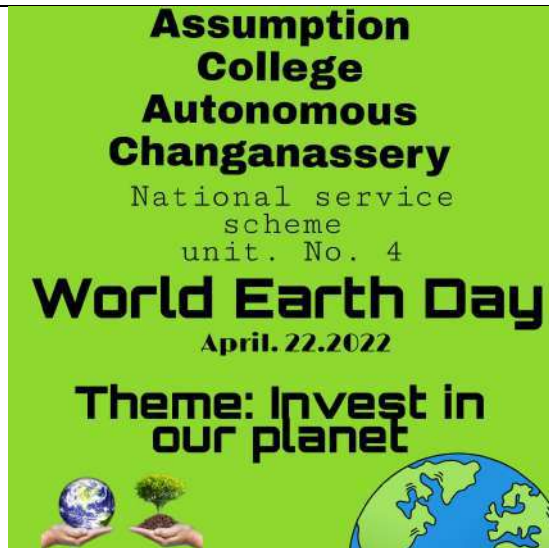
Low Carbon Diet Awareness – April 2022

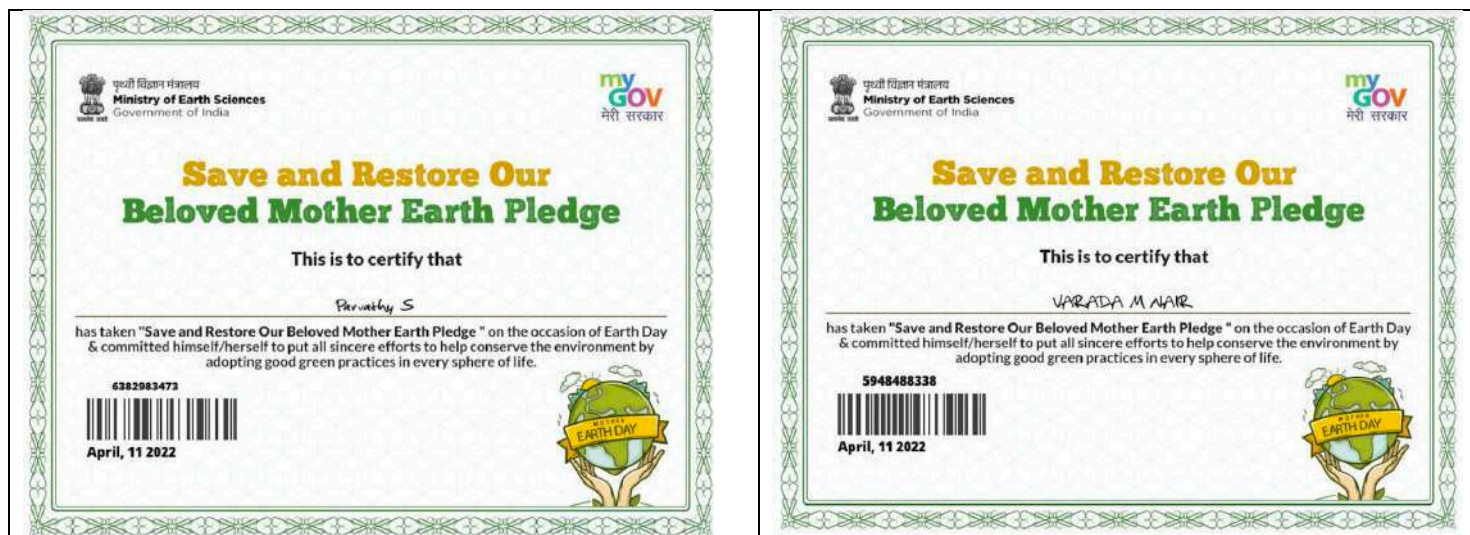
A low-carbon lifestyle reduces greenhouse gases and saves resources. It lowers our exposure to chemicals and pollution. A low carbon diet is an eco-friendly diet consisting of foods that leave a minimal carbon footprint. The goal of the diet is to reduce the total greenhouse gas emissions produced by the food of which a person eats. The NSS unit of Assumption College conducted an awareness program to make a healthy planet and a healthy life style to be adopted by the volunteers for this sustainable lifestyle and help them think twice before consumption. Take only what we need. Make a better choice. 69 volunteers participated in the event. <http://www.eatlowcarbon.org/>



Earth Day – April 22, 2022

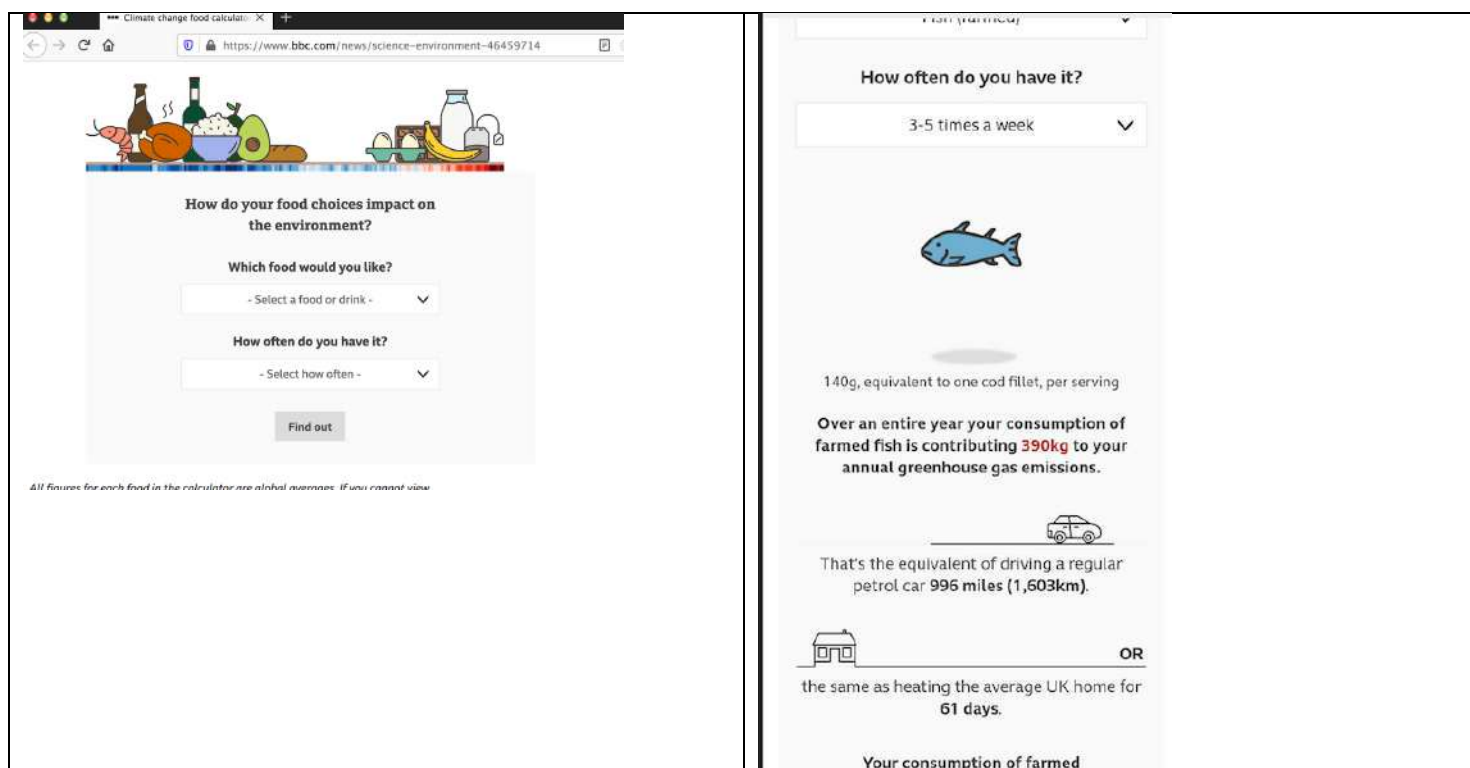
The NSS unit of Assumption College celebrated Earth day with 2 different activities. One activity is that the students take online pledge in the <https://pledge.mygov.in/save-earth/> website and obtained e-certificates. 116 volunteers (both first year & second year) volunteers participated in pledge taking event. As the 2nd activity, the first year volunteers observed Earth hour and did candle/cherathu lighting at their homes.

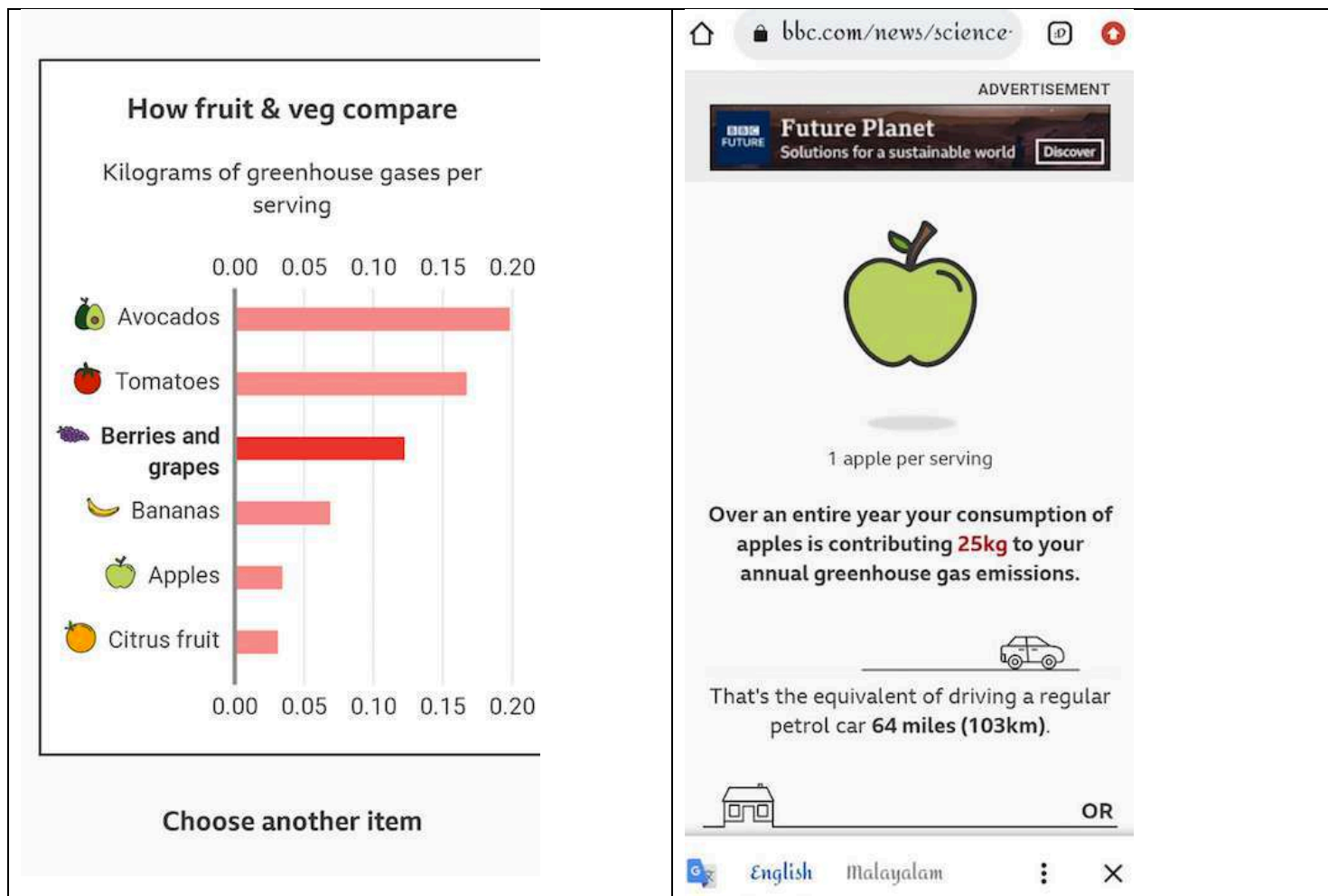




FoodPrint Calculation – April 23, 2022



FoodPrint will help to make food choices that do less harm to the environment, animals and people. FoodPrint helps to reduce food waste and enjoy delicious meals at a fraction of the price. It measures the environmental impacts associated with the growing, producing, transporting, and storing of our food— from the natural resources consumed to the pollution produced to the greenhouse gases emitted. The aim of this event is to make the volunteers aware of the environmental impact of the food they are consuming every day. The volunteers checked their FoodPrint in the following website <https://www.bbc.com/news/science-environment-46459714> and uploaded the screenshots of those pages, as assignment in the Google Classroom.





World Malaria Day Celebration – April 25, 2022

The NSS unit of Assumption College, observed the World Malaria Day with the aim to work together for malaria prevention and control. The group6 volunteers of first year created awareness video and it was circulated among the NSS volunteers. The volunteers also created several awareness posters and collages that focused on the importance of controlling malaria and creating awareness against the disease. The volunteers observed 'dry day' on April 25 to prevent water-logging and to keep premises of houses/buildings clean to prevent spread of mosquito-borne diseases.


**ASSUMPTION
AUTONOMOUS COLLEGE
CHANGANACHERRY**




NATIONAL SERVICE SCHEME

UNIT - 4

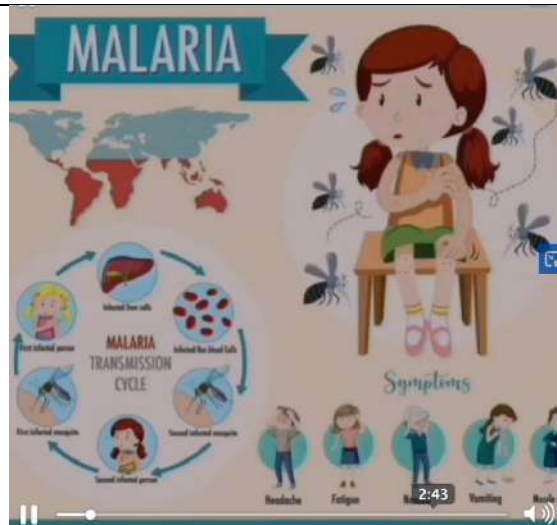
APRIL 25 - WORLD MALARIA DAY

*"Harness innovation to
reduce the malaria disease
burden and save lives."*

AWARENESS VIDEO, DRY DAY ACTIVITIES, POSTER, COLLAGE

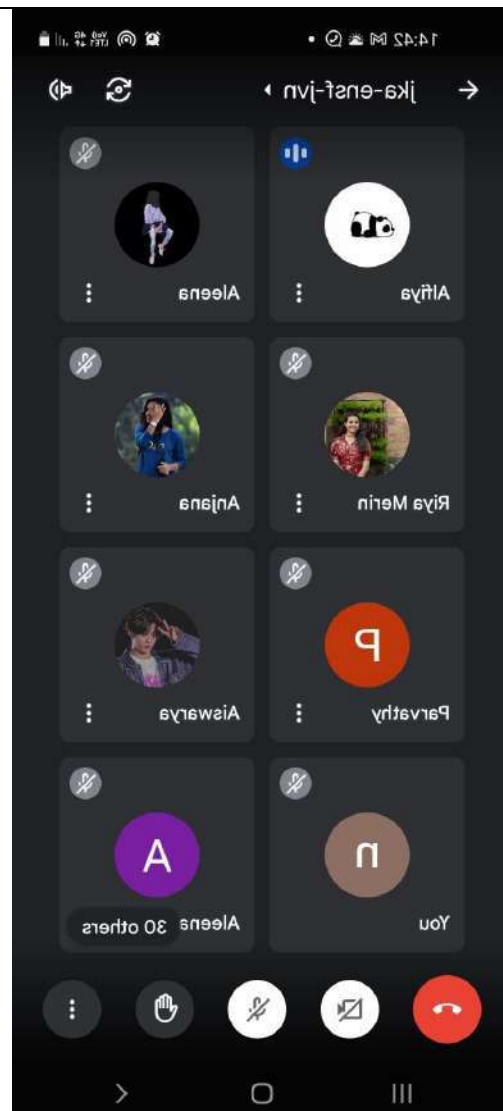
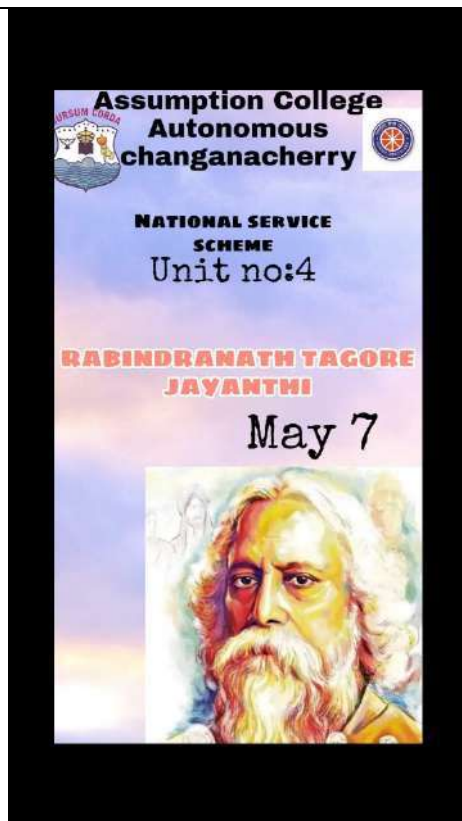



**Bite Back
Against
Malaria**



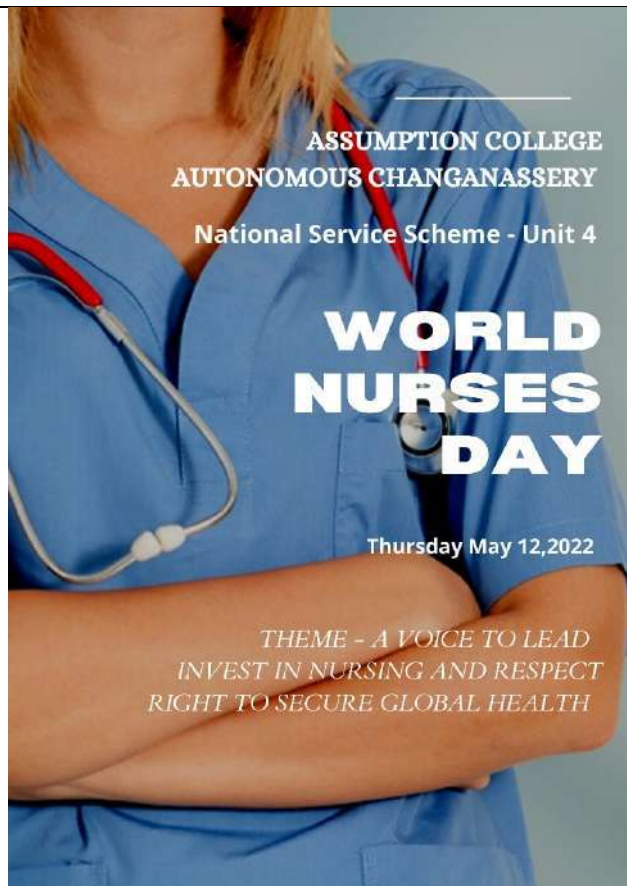
Rabindranath Tagore Jayanti- May 7, 2022

On May 7th, the NSS unit of Assumption College, Changanasserry, celebrated Rabindranath Tagore Jayanti. Rabindra Jayanti is a cultural celebration to mark the birth anniversary of one of the most celebrated litterateurs in the world Rabindranath Tagore. He was the first non-European writer to be awarded the Nobel Prize for Literature. The National Anthem of India is titled 'Jana Gana Mana' was originally composed in Bengali by India's first Nobel laureate Rabindranath Tagore. NSS unit conducted the remembrance programme on May 7th at 2:30pm via Google meet. The volunteers conducted various programmes like memorial speech, recitation, video presentations & playing of music compositions of Rabindranath Tagore. 45 volunteers participated in the event. The meeting ended at 3:30pm.



International Nurses Day- May 12, 2022

International Nurses Day is celebrated all around the world on May 12th every year, on the anniversary of Florence Nightingale's birth. This day is celebrated to honour nurses as an invaluable resource for the services they are rendering, especially during this pandemic period, and raises awareness of the challenges they face. The NSS unit celebrated Nurses day at St Thomas Hospital Malakkara, Chengannur along with the nursing staff there. The NSS volunteers gifted flowers, mementos and sweets to them for their invaluable services to the society. Also the volunteers created posters related to Nurses day and it was shared among all the volunteers.





ST. JOSEPH'S HIGH SCHOOL

Estd.1962

MUNDAKAYAM - 686513, Tel: 04828 - 273819
KOTTAYAM DISTRICT, KERALA

Letter No.
Headmistress/Local Manager

DOB/12/2021.....

The National Service Scheme
Assumption college Autonomous
Changanacherry

Subject: Letter of gratitude.

Dear Sir,

This is to inform you about our heartfelt regard for your timely intervention. Flood affected our children gravely. But it did not affect their learning process due to your compassion and benevolence. Your assistance by providing study materials for our children is precious. Much obliged for your invaluable support.

May there still be mercy and empathy from the depths of care.
Thanking you once again.

Yours sincerely



[Signature]
HEADMISTRESS
ST. JOSEPH'S GIRLS HIGH SCH
MUNDAKAYAM P.O.

മുണ്ടക്കയം ഗ്രാമപഞ്ചായത്ത്
കാര്യാലയം



നമ്പർ
പ്രകാശിതൻ
ഗ്രാഹകൻ

മുണ്ടക്കയം പി.ഒ., പിൻ - 686 513
കോട്ടയം ജില്ല
ഫോൺ: 04628 - 272490
E-mail: mundakkayamgpktn@gmail.com

എസ്.എസ്.എസ്. മൂന്നിട്ട്
അസംപ്ഷൻ കോളേജ്

തീയതി 6/12/2021

വിഷയം :-
സൂചന :-
സർ,

2021 ദിക്ടോവർ മാസം 16-ാം തീയതി ഉണ്ടായ ഉരുൾപൊട്ടലിന്റെയും, മഹാഭൂതകമ്പനിയുടെയും മൂണ്ടക്കയം ഗ്രാമപഞ്ചായത്തിന് ധാരാളം നാശനഷ്ടങ്ങൾ ഉണ്ടായതുകൊണ്ട് പഞ്ചായത്ത് ഇതുമായി ബന്ധപ്പെട്ട് ചരടനാശം അസംപ്ഷൻ കോളേജിന്റെ N.S.S. യൂണിറ്റ് 20,000/- രൂപയും, ഭൂമിയിൽ ഉള്ള പഠനോപകരണങ്ങളും തന്നെ സഹായിച്ചിട്ടുള്ളതാണ്. ഇതിന് സർവ്വതോമം കണിച്ച് അസംപ്ഷൻ കോളേജിന്റെ N.S.S. യൂണിറ്റിന് മൂണ്ടക്കയം ഗ്രാമപഞ്ചായത്തിന്റെ പേരിലുള്ള നഷ്ടവും, ഭൂമിനഷ്ടങ്ങളും അറിയിക്കുന്നു.



എസ്. എസ്. മൂന്നിട്ട്
ജനറൽ സെക്രട്ടറി



ST. THOMAS HOSPITAL
CHETHIPUZHA
blessed for healing
NABH PRE ACCREDITED
(An ISO 9001:2015 Certified Hospital)

Kurissumood P.O. Chethipuzha, Changanassery,
Kottayam, Kerala - 686104. Ph. 0481-2722100, 2729000
E-mail: chethipuzhahospital@stthomashospital.com
www.st-thomashospital.com

From,
St. Thomas Hospital
Chethipuzha
Kurissumood p.o
Changanassery
kottayam

To,
National Service Scheme Unit for
Assumption College Autonomous
Changanassery
Kottayam

Respected sir/Madam

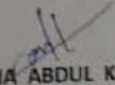
This little note comes to you to express our sincere appreciation and gratitude for the voluntary blood donation camp organised by NSS unit of college on 08/03/2022 .

We collected 9 units of blood due to your determined tireless efforts and capacity of your team to effectively motivate others to donate their blood for the needy patients.

It was touching to see the people patiently awaiting their turn to donate their blood . The credit of this successful camp is due to the responsible co-ordination of your team.

Once again we thank you and hope for similar co-operation from you in future.

Yours Sincerely,


Dr. HANA ABDUL KAREEM
MEDICAL OFFICER

Dr. HANA ABDUL KAREEM
MBBS, MD (Pathology)
Pathologist
Reg No. 44264
ST. THOMAS HOSPITAL, CHETHIPUZHA