

# **ASSUMPTION COLLEGE AUTONOMOUS CHANGANASSERY**



## **National Service Scheme Unit 4**

### **Activities 2022- 2023**

#### **Programme Officers**

1. Ms Sherin Babu
2. Dr Nayana Joseph

## **World Environment Day Celebrations - June 5, 2022**

On June 5th 2022, the NSS volunteers of Assumption College Changanassery celebrated world environment day. The theme of this year's environment day was "Only One Earth". The programme was held under the leadership of Smt.Sherin Miss and Smt.Nayana Miss. Tree planting was done at the college premise and also at the volunteer home places. An awareness video presentation and poster presentation was also conducted via online. Environment related quotes were prepared and presented on the college notice board. 78 Volunteers initiated tree plantings at home and donated trees to Assumption Hostel.

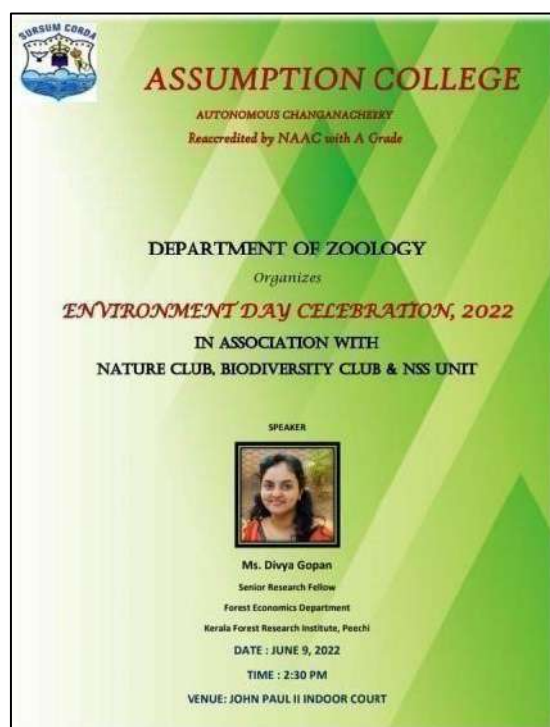




**Planting trees**  
**'WEBINAR ON OUR ENVIRONMENT'**

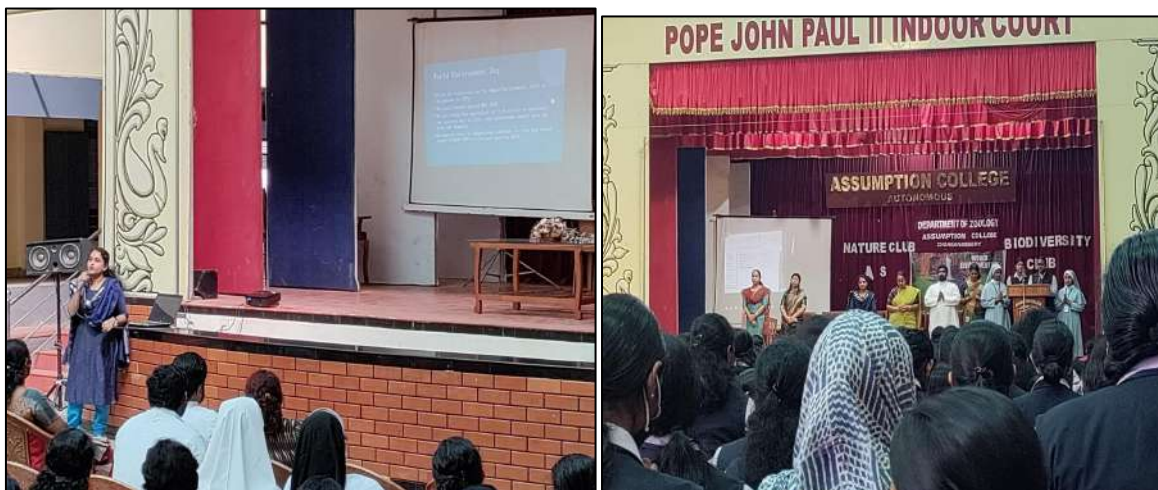
## **Environment day Celebration, 2022**

Department of Zoology in association with Nature club, Biodiversity club and NSS Unit.



As part of the Environment day activities, a webinar was organized by NSS in collaboration with Department of Zoology, Nature Club and Biodiversity Club on June 9th at 2.30 pm in the Indoor Court. The speaker was Ms.Divya Gopan, Senior Research Fellow of the Forest Economics Department at Kerala Forest Research Institute, Peechi. Dr. Shelmi Antony delivered welcome speech from Zoology department. Presidential address was well delivered by Principal Dr.Anitha Jose. Ms. Divya delivered an informative talk, so as to create more awareness about the problems mother environment is facing nowadays. Innovative thoughts on sustainable development were shared among students. Several cultural programmes were also conducted. Nearly 200 students participated in the Programme. Dr. Nayana Joseph delivered the words of gratitude.





## **DONATION OF BOOKS AT ST JOSEPH'S L.P SCHOOL, MUNDAKKAYAM**

As per the request of the Principal of St.Joseph's LP school, Mundakkayam the NSS volunteers of Assumption College under the leadership of Smt.Sherin Miss and Smt.NayanaMiss, conducted a drive to collect notebooks to the students who are socially and economically backward and also from financially backward families. As part of the initiative the volunteers decided to donate three notebooks per volunteer and was able to collect 117 notebooks in total. Books were collected on the 1st and 2nd of June and were handed over to the school authorities on 3rd June.



## **BLOOD DONATION DAY - JUNE 14**

As part of the awareness, Posters and awareness video were created and circulated among students making them more aware of the need for donating blood.



## **ONE WEEK WORKSHOP FOR YOGA PRACTICE**

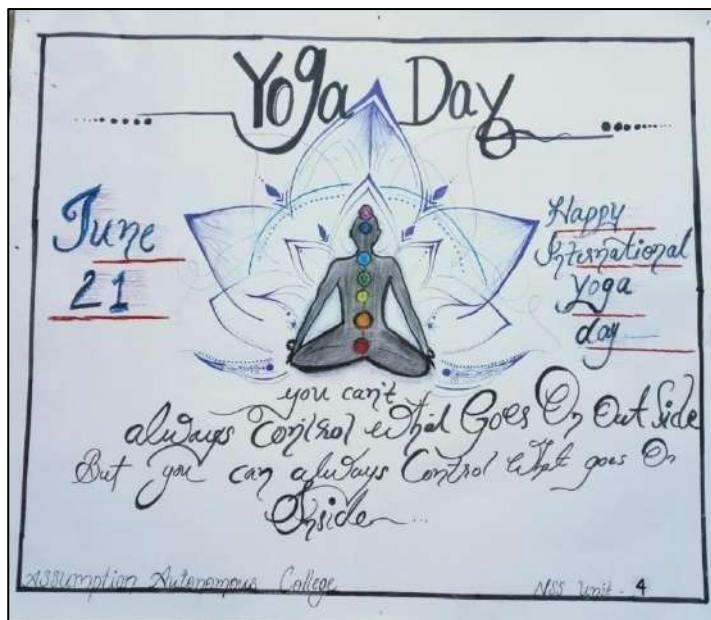
As part of the Yoga day on June 21, the NSS volunteers of Assumption College under the guidance of Smt.Nisha Miss, Smt.Nayana Miss and Smt.Sherin Miss, were given yoga training for one hour per day for a week. Volunteers actively participated in the training .The one week workshop was a preparation for the yoga day mass practice to be held on June 21.



## **YOGA DAY CELEBRATION - JUNE 21**

As part of the Yoga day celebrations on June 21, the NSS volunteers under the guidance of Smt. Sherin Miss and Smt.Nayana Miss, actively participated in the mass yoga day practice. It was organized by the Physical Education Department, EBSB club, NCC and NSS. The Practice started at 10.00 am at the Indoor Court .Collage Making, Poster Presentation and Video Presentation was also organised as part of the Celebration. Volunteers were given a one week training preparing them for the practice.







## International Day Against Drug Abuse- June 26, 2022

The NSS unit of Assumption College conducted 2 programmes on June 26, in order to give awareness and to keep the youth from straying into the dark path of drug abuse. The NSS volunteers of this unit are ready for the change of the world, to be the change and to make the change.

- The NSS unit created an awareness video on drug abuse and the video was shared among all the NSS volunteers, staff and students of the college. Also encouraged the volunteers to share that awareness video among their friends and family circles.
- The NSS volunteers created awareness posters that highlighted the dangers of drug use; and those posters are circulated among the volunteers and displayed in the main notice board.

70 volunteers participated in this event.



## WORLD PAPER BAG DAY

World paper bag day observed on July 12 was celebrated by making paper bags. The theme of this year was "If you're Fantastic, Do Something Dramatic to Cut the Plastic, Use Paper Bags". Smt. Nisha Miss, Smt. Nayana Miss and Smt. Sherin Miss gave the necessary guidance to the Volunteers. 40 volunteers participated in the event.



## **KARGIL VIJAY DIWAS - JULY 26**

Kargil Vijay Diwas is commemorated on every 26 July in India, to observe India's victory over Pakistan in the Kargil War for ousting Pakistani Forces from their occupied positions on the mountain tops of Northern Kargil District in Ladakh in 1999. It is in honour of the Army's successful mission (called Operation Vijay), this is celebrated as Kargil Vijay Diwas every year.

Recognising the importance of the day NSS volunteers circulated Awareness video among students in the College. Apart from the online mode of video circulation a live session was also conducted. The session began with a pledge and the remembrance day of the soldiers were commemorated. The live video presentation made the volunteers more patriotic. Smt. Sherin Miss and Smt. Nayana Miss gave the necessary guidance to the volunteers

The bravery of the Indian armed forces during Kargil War will and should inspire the future generations and it is the duty of each of us to ensure that the fallen soldiers remain immortal in their hearts.







## JULY 27 -FELICITATION MEETING TO NIC VOLUNTEER

Gopikakrishna Jayan, NSS volunteer from III DC Botany gained yet another golden feather by participating in the NIC camp organised by NSS Regional Directorate,Pune and University of Mumbai between May 22 to 28,2022. On July 27 Felicitation making to GopikaJayan was held.



The Current NSS Volunteer Secretary,Smt Nayana Miss and Smt Sherin Miss initiated the felicitation and addressed the volunteers. Gopikakrishna Jayan shared her experience and motivated the volunteers to be part of such camps.



## CD AND BOTTLE PAINTING COMPETITION

CD and bottle painting competition were held on August 10 as part of the world nature conservation day, which provided opportunity for students to exhibit their talents. Several volunteers actively participated in the competition and bagged prizes. 27 students participated in the event.

*\*Winners of Nature Conservation Day Competitions\**

*\*CD Painting competition\**

1. Katherine Rose Joseph – III DC BACE
2. Swathija Parvathy – III DC Zoology

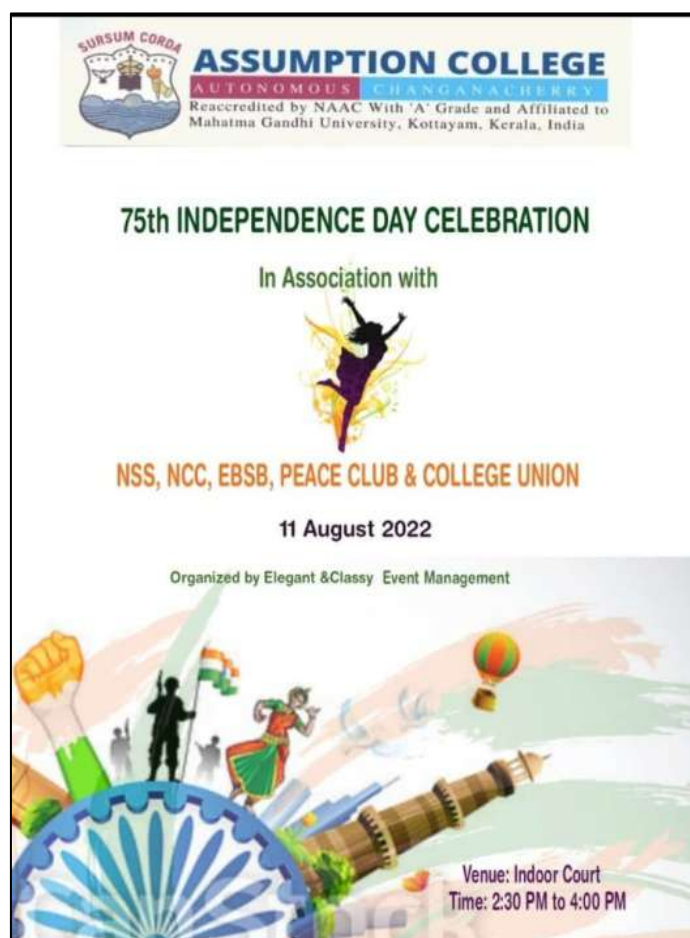
*\*Bottle Painting competition\**

1. Kesia Rachel Sajan - II DC BCom Tax
2. Nandhini Kannan – II DC Chemistry



## **AZADI KA AMRIT MAHOTSAV**

As part of the 75<sup>th</sup> Independence day, the NSS volunteers in association with NCC, EBSB, Peace Club and College Union commemorated the day. The programme was conducted in the Indoor Court from 2.30 pm to 4.00 pm. Mime, Patriotic song, Patriotic dance and tableau respecting our great freedom fighters added to the day's glory. The programmes helped students to cherish their Patriotic feelings.









## Har Ghar Tiranga

As part of **AZADI KA AMRIT MAHOTSAV** the NSS volunteers distributed National flags to various houses to commemorate the 75th Independence day. The house members collected the Flags and raised the flags and co-operated with the Volunteers to cherish their Patriotic feelings.



# National Service Scheme



## Flag Distribution



## INDEPENDENCE DAY CELEBRATIONS

The 75th Independence day of the country was celebrated by the NSS volunteers with great enthusiasm and patriotic feelings along with the nation

The Independence day celebrations began with flag hoisting followed by National Anthem. The Anchor of the programme was Amalu from III Bace. The meeting was followed by a welcome speech, Message by the Principal and the NSS volunteers under the guidance of the concerned teachers performed patriotic song, a speech in English and Malayalam, song and the programme ended with the vote of thanks.



## **SENIOR CITIZENS DAY**

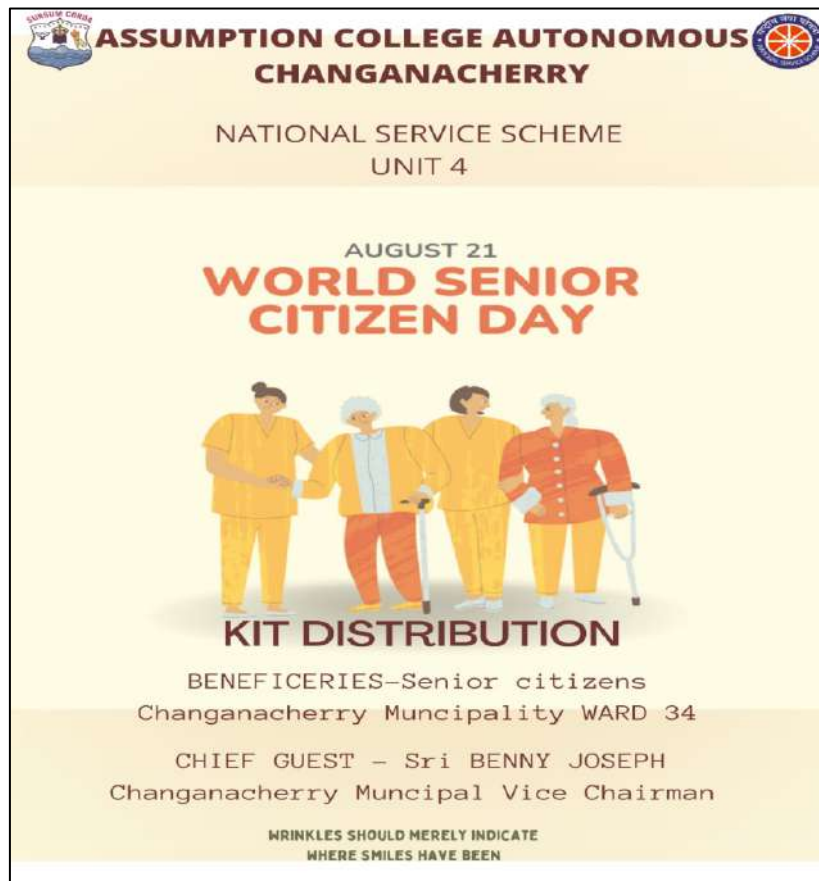
As part of the Senior citizens day the NSS volunteers donated kits to senior citizens of Changanacherry municipality.

The kits were distributed to the following members of Changanasherry Municipality.

1. Anna JohnSanthosh Nalluparambu 9539795257
2. ThresyaAyeekal 9633203781
3. Thresya Joseph Aatupuram 9605455876
4. Thresya Nelson 9947216593
5. MariyaDevasiyaKottappuram
6. Molly KaavalamPuthuparambu 6235529576
7. Rosa Chacko Thundipparambu 7025416182
8. GracyThoppil 9544414425
9. ArundathiAatichira 7902607264
10. Achamma 9744051357
11. ThangasaVaavambalan 9447238746
12. CV Mani Puthuparambu 9995748852
13. Thresyamma Joseph VettukuyiParambil 8129159719

The kit consisted of Soap,Towel, Mask, Cloth Bag, Paste,Brush...etc. Sri.Bennychan Joseph, Vice Chairman of Changanacherry Municipality inaugurated the function. The Kit was collected by the Senior citizens from the NSS volunteers and Nayana Miss.



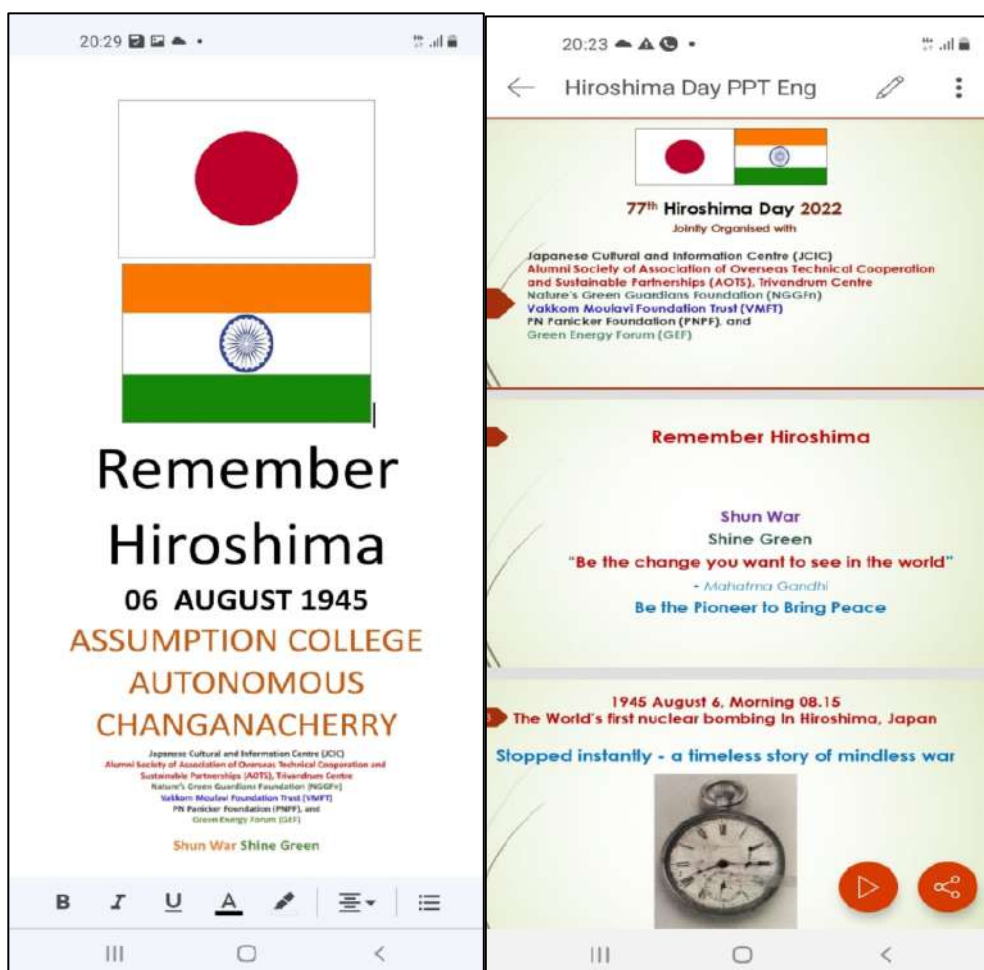




## HIROSHIMA DAY

Hiroshima Day is observed on August 6 to commemorate the atomic bombing of Hiroshima, Japan, in 1945, at the end of World War II. The bombings killed over 200,000 people in just seconds and injured thousands.

As part of the Hiroshima day observed on 6th August, the NSS volunteers organised several activities to commemorate the day. Awareness video presentations helped students to understand more about the importance of the day. Malayalam and English power point presentation were also created by the students.



## INDIAN SWACHHATA LEAGUE

As part of the **Indian Swachhata League**, Swachhata Rally was conducted on September 17 2022. The NSS volunteers actively participated in the Rally along with Kudumbasree and other Union members. The Rally began at 9.00 Am from Changanasherry Municipality and the Campaign was inaugurated by Honourable Chairperson Sri. Sandhya Manoj.

The Rally reached the Perunna bus stand and the public places were thoroughly cleaned by the members. The passers by too found it as an inspiration to keep their surroundings clean. The ultimate aim of the Campaign was to clear the garbage and to create a clean and green India.







## INTERNATIONAL PEACE DAY,2022

The International Day of Peace, also officially known as World Peace Day, is a United Nations-sanctioned holiday observed annually on 21 September. This year's theme is "End racism. Build peace."

E-posters were prepared and circulated among students, teachers, staff and non-teaching staff in order to spread awareness among them.



## WORLD OZONE DAY

International Day for the Preservation of the Ozone Layer is celebrated on September 16 designed by the United Nations General Assembly. This year the theme announced by the UN Environment Programme for International Day for the Preservation of the Ozone Layer 2022 is 'Global Cooperation Protecting Life on Earth.'

As part of the day, the NSS volunteers planted Thulasi plants at their surroundings thereby cooperating with the protection of life on Earth. 43 students participated in the campaign.

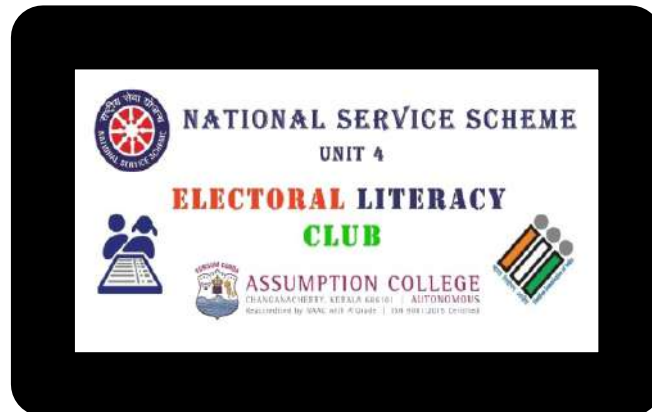








## ELECTORAL LITERARY CLUB



Under the NSS Unit 4 of Assumption College ,an Electoral Literary club officially started functioning in the College.The club was inaugurated by the Changanasherry Municipal Vice Chairman Sri.Benny Joseph in the Presence of the Principal Dr.Anitha Jose.Speeches were delivered by the Programme Officers Miss Sherin Babu,Dr.Nayana Joseph,Leaders Michel Treesa and VaradaM.Nair.

Voter-ID and Aadhaar Linking drive was also conducted as part of this.

## VOTER ID- AADHAAR LINKING

The Election Commission of India announced the system of linking an individual's Aadhaar number with his/her Voter ID card. As a part of this, the National Service Scheme unit of our college opened a helpdesk facility in the college, on September 22, 2022 at Powathil Hall from 1 pm to 3 pm. Voter ID and Aadhaar number of students and family members were linked. More than 150 voters took part in the initiative.





## NSS DAY CELEBRATIONS , SEPTEMBER 24

### " Not me,but you"

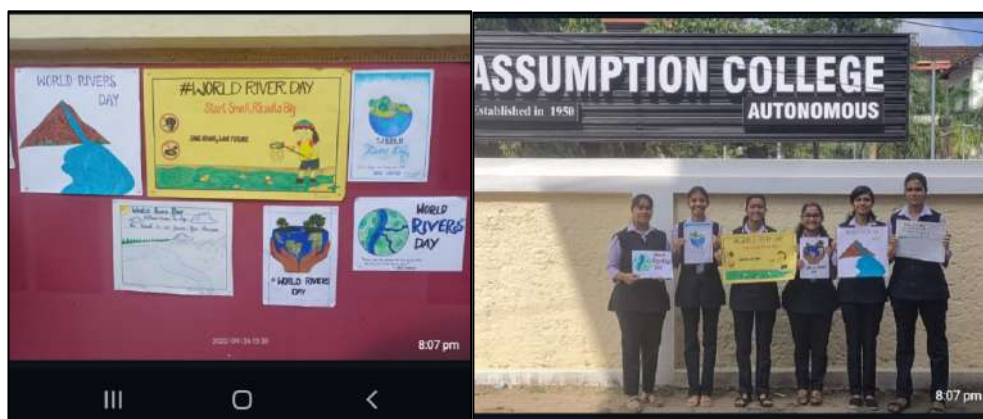
As part of the NSS day celebrations videos,photos and posters regarding the need and purpose of NSS was circulated virtually throughout the college. Some of the Volunteers participated in the NSS day celebrations held at Government College, Tripunithara.





## WORLD RIVER DAY, September 25

As part of the world river day on September 25, posters were presented and displayed on the notice board.



## **ORIENTATION PROGRAMME FOR NEWLY SELECTED VOLUNTEERS ON SEPTEMBER 26,27,28**

### **Orientation programme for 1<sup>st</sup> year NSS volunteers**

On 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup> September, 2022 the NSS volunteers of Assumption College Changanassery conducted an orientation programme for the 1<sup>st</sup> year NSS volunteers. It was conducted under the leadership of Smt. Sherin ma'am. The programme was aiming to give more awareness about NSS, its importance and the responsibilities behind it. The chief guests were Dr. Ajish K R, Mr. Sanju P Cherian and Dr S Meerabhai Amma for the three days respectively. The classes on the first day started at 10.30 am and Dr Ajish sir taught the NSS clap and how to interact and connect with volunteers and other people in general effectively. The students also introduced themselves and presented their talents before everyone. Goal setting, developing motivation, and experiences of NSS volunteering throughout the years were the main topics of discussion on the second and third day respectively. The NSS leaders were chosen on the third day. The meeting started at 1 pm and ended at 4pm on both the days. Around 100 volunteers attended the session.







**ASSUMPTION COLLEGE AUTONOMOUS  
CHANGANACHERRY**

**NATIONAL SERVICE SCHEME  
Unit 4**

### **ORIENTATION PROGRAMME**

For the newly enrolled first year NSS Volunteers



**Dr Ajish K R**  
Assistant Professor  
NSS District Coordinator  
CMS College  
Kottayam



**Dr S Meerabhai Amma**  
Associate Professor (Retd)  
Ex-NSS Programme Officer  
Assumption College  
Kottayam



**Mr Sanju P Cheriyan**  
Counsellor & Leadership  
Consultant, Assistant  
Professor, Saintgits College  
of Applied Sciences  
Kottayam

**Date: September 26 and 27, 2022**

**Venue : Powathil Hall**

## NUTRIKIT DISTRIBUTION, SEPTEMBER 27

As part of National PoshanMaah(a central govt scheme)NSS volunteers distributedNutrikit to the Residentsof Mattam Colony, Changanacherry Municipality on 27 September at 4.30 pm.





## AROGYAMRUTHAM 2022,SEPTEMBER 28

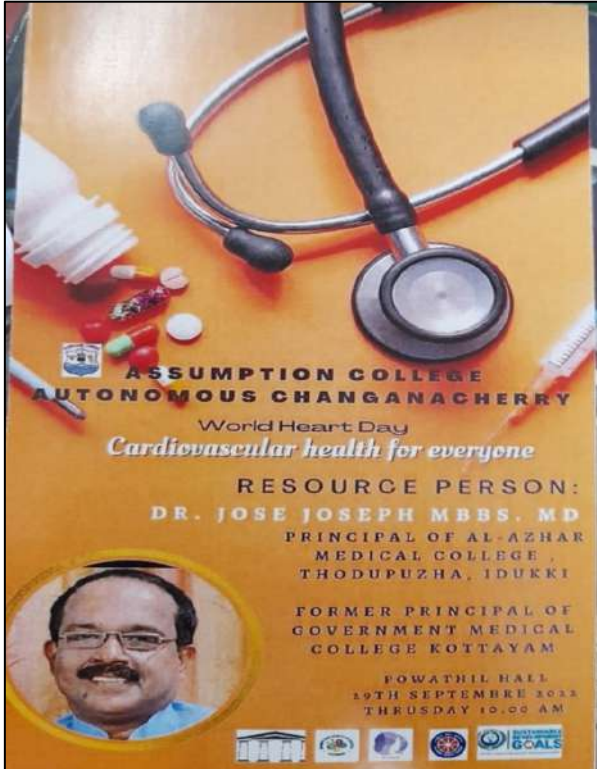
NSS unit In collaboration with MSW and Women Cell organised "AROGYAMRUTHAM 2022" at Mattam Colony Anganvadi on 28 September at 4.30 pm. Programmes included Awareness classes and Nutritional cooking competitions.Sr. Shalini,HOD of MSW awarded the prize winners.



## WORLD HEART DAY, SEPTEMBER 29

As part of the World Heart Day, NSS volunteers in association with MSW organised awareness class by DR. Jose Joseph, Principal of Al-Azhar Medical College, Idudki on 29 th September 2022 at Powathil Hall at 10.00 AM. The Topic was "Cardiovascular Health for everyone". The importance of the healthy functioning of the heart and measures to prevent the damage caused to the heart was explained in detail.

In association with St. Thomas Hospital Chethipuzha ,NSS volunteers organised a quote competition for the staff and students of Assumption College as part of the World Heart Day on 29th September 2022. The best quote was awarded cash prize of Rs 1500 and the second and the third were awarded with Rs1000 and Rs500 respectively.



**ASSUMPTION COLLEGE  
AUTONOMOUS CHANGANACHERRY**

World Heart Day  
*Cardiovascular health for everyone*

**RESOURCE PERSON:**  
**DR. JOSE JOSEPH MBBS, MD**  
PRINCIPAL OF AL-AZHAR  
MEDICAL COLLEGE,  
THODUPUZHA, IDUKKI

FORMER PRINCIPAL OF  
GOVERNMENT MEDICAL  
COLLEGE KOTTAYAM

POWATHIL HALL  
29TH SEPTEMBER 2022  
THURSDAY 10.00 AM

**ST. THOMAS HOSPITAL  
CHETHIPUZHA**  
DRESSED TO DRESSING  
HEALTH CARE PROJECT OF THE ARCHDIOCESE OF CHANGANACHERRY

WORLD HEART DAY - QUOTE COMPETITION

As a part of World Heart Day on 29th September 2022, St. Thomas Hospital Chethipuzha organizing a quote competition for the staff and students of Assumption College. Quotes are invited for this.

**Theme:** World Heart Day

Opening date: 27th September 2022 at 10:00 AM

Closing Date: 29th September 2022 at 5:00 PM

Send your quotes to the WhatsApp no: 8606407779

**TERMS AND CONDITIONS**

- Department wise entries are welcomed
- Quote should not exceed word limit of 30 words.
- Each department can provide maximum 3 entries (like first year, second year and third year)
- Send the entries along with departmental group photo
- Your entries will be displayed in St. Thomas Hospital's Face book page, for 3 days from 29th September 2022 at 5:00 PM to 3rd October 2022 at 10:00 AM
- Evaluation will be based on the maximum likes (reach will be considered)

**PRIZES**

First Prize: 1500

Second Prize: 1000

Third Prize: 500

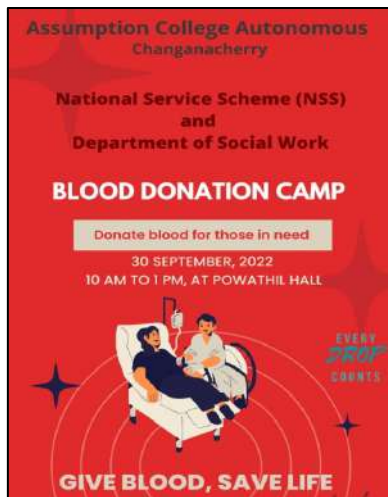
Fr. James P Kurath  
Executive Director

For queries feel free to contact 8606407779

(A Health Care Project of the Archdiocese of Changanacherry)

## BLOOD DONATION CAMP, SEPTEMBER 30

As part of the Blood Donation Camp organised by the NSS volunteers in association with the department of MSW, several volunteers and students came forward to donate blood for those in need on 30 September, 2022 held at Powathil Hall from 10 AM to 1 PM.





## VOLUNTEER SECRETARY TRAINING CERTIFICATE



The volunteer secretary training certificate was received by NSS leaders Michel Treesa and VaradaM.Nair at St.Dominic's College,Kanjirappally



## International day of older persons - October 1<sup>st</sup>,2022




On October 1<sup>st</sup> , the NSS volunteers of our college celebrated the International day of older persons abiding the theme 'Resilience of older persons in a changing world'. This day encourages people to draw attention to and challenge negative stereotypes and misconceptions about older persons and ageing, and to enable older persons to realize their potential. The students gifted their grandparents and other senior citizen relatives their favorite things and took pictures with them. They also spent quality time with them by going for leisure walks and also visiting tourist places together. A total of hundred students participated in the event.

## **WORLD MENTAL HEALTH DAY, OCTOBER 10 2022**


As part of the World Mental Health Day, a talk by Sr.Minimol D,CMC,HOD of Social work was conducted at Powathil Hall on October 10,2022 at 1.15 pm.The theme of this year was: "Mental Health in an unequal World". The talk was on Cultivating Positive Mental Health in Post Covid Era.The class was very effective especially the talk of teachers who assisted the programme.

■ **Assumption College Autonomous** ■  
**Changanacherry**

**National Service Scheme Unit 4**




**WORLD MENTAL HEALTH DAY**  
Theme 2022 - "Mental Health in an Unequal World"




**Invited Talk**  
**Cultivating Positive Mental Health in Post Covid Era**

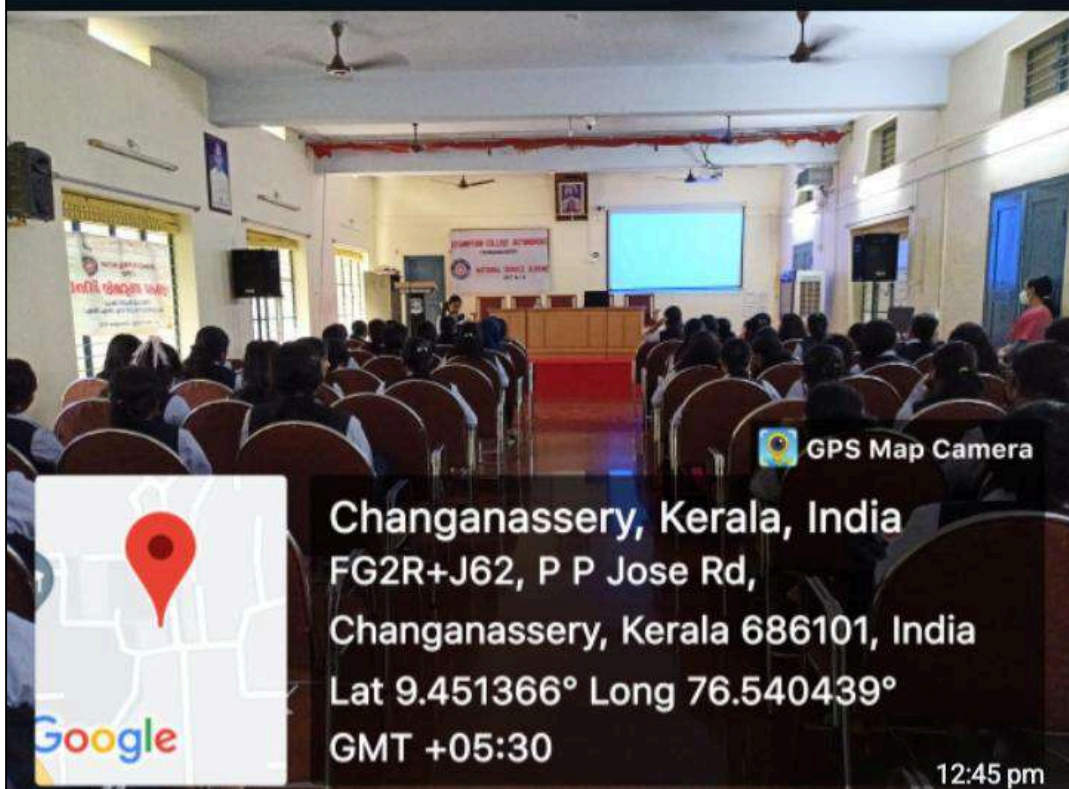
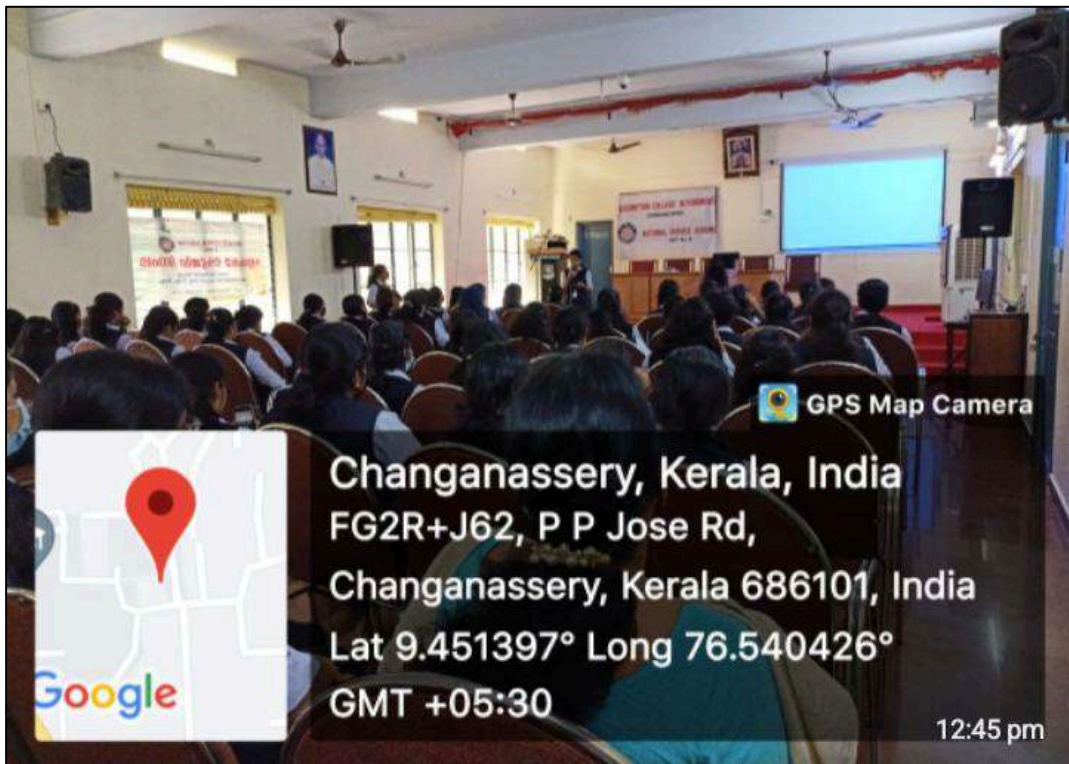
**Sr. Minimol D, CMC**  
**Head, Department of Social Work**  
**Assumption College Autonomous**  
**Changanacherry**



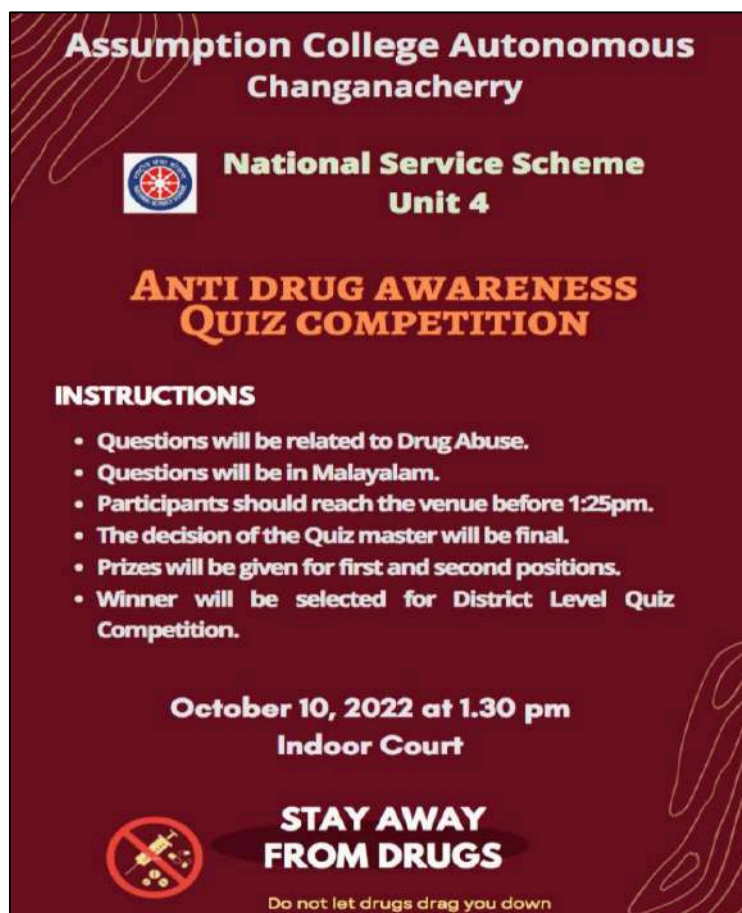
**October 10, 2022 at 1.15 pm**  
**Powathil Hall**



12:45 pm



## ANTI-DRUG AWARENESS QUIZ COMPETITION AND PLEDGE



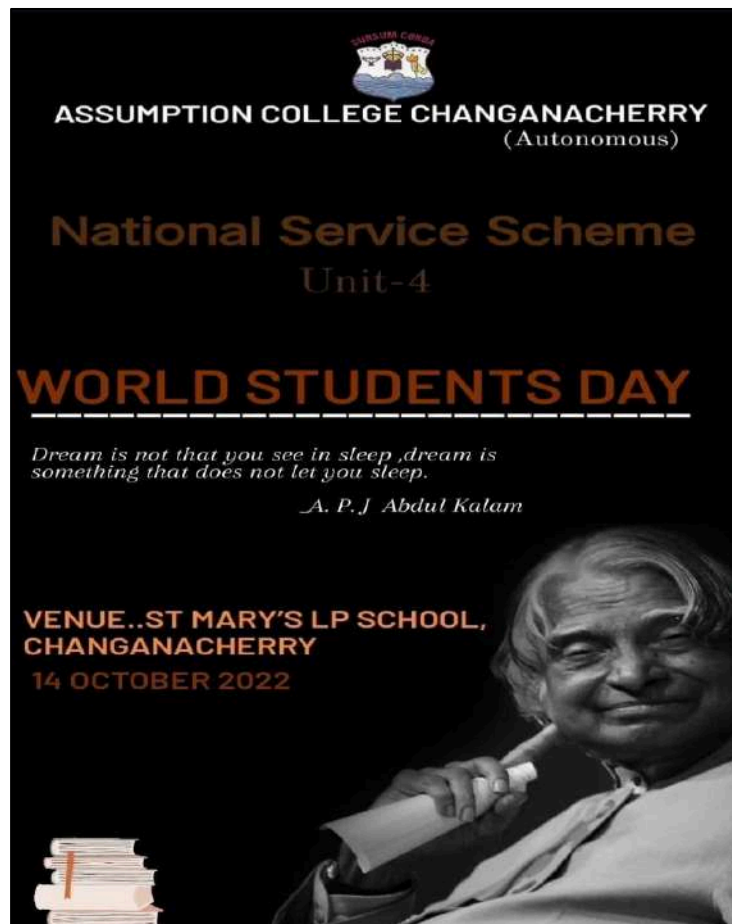
On October 10, 2022 a quiz competition regarding Anti-Drug awareness was conducted at Indoor Court by 1.30 pm. The quiz contained several questions on the current topics on drug. 80 Volunteers participated in the quiz and the first prize was bagged by Veenamol PH of B.Com Computer Application and second prize by Riya Merin Jacob of Mathematics. Anti-Drug Awareness Pledge was also taken by volunteers and the Teachers.





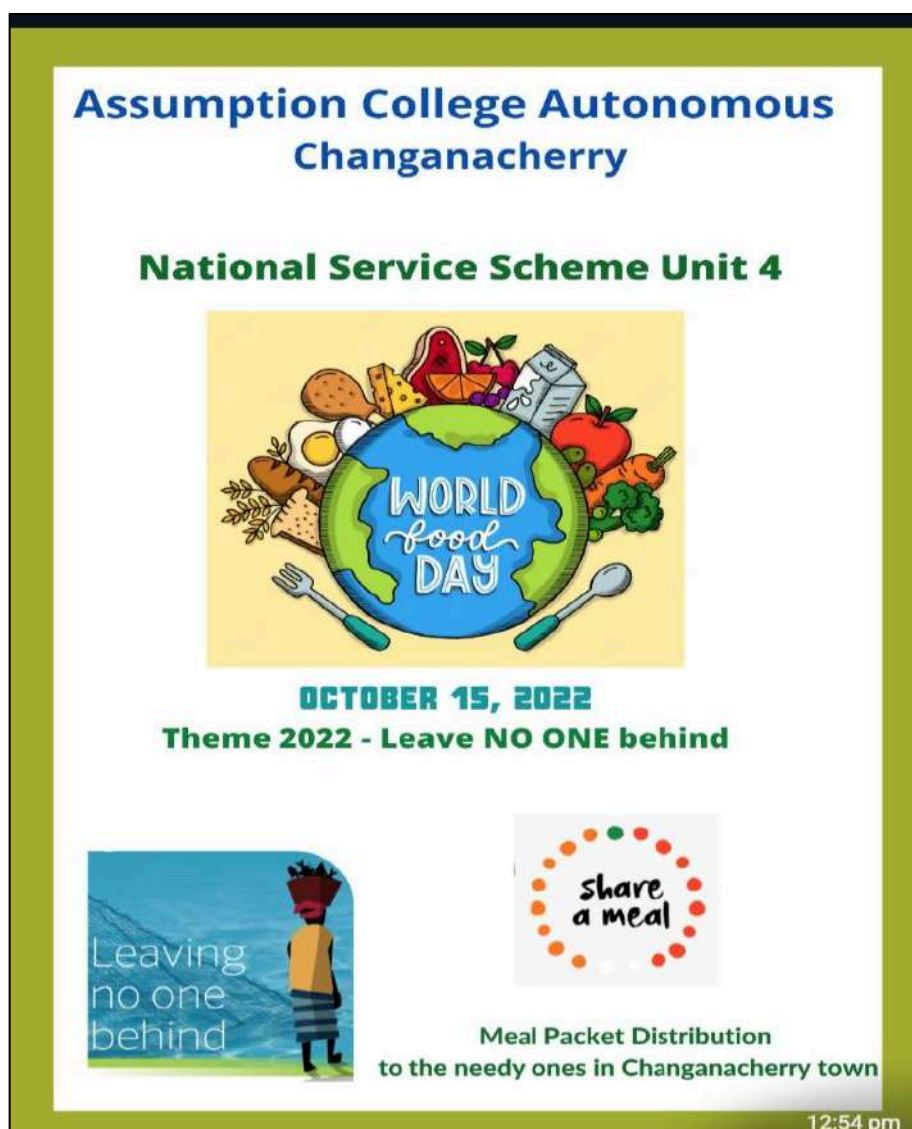
## WORLD STUDENTS DAY, October 15, 2022

The Birthday of Former President Dr.A.P.J Abdul Kalam is celebrated as World Student's Day. The Day was celebrated by the NSS Volunteers at St.Mary's L.P School, Changanassery on October 14. Students were provided with books and colours to inspire them to succeed their life with flying colours.



## WORLD FOOD DAY, OCTOBER 15

The theme of this Year was: "Leave no one behind" Keeping this theme in mind the NSS volunteers distributed Meal packets to the needy one's in Changanasherry town under the guidance of Miss.Nayana and Miss.Sherin.







# INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY, OCTOBER 17, 2022

As part of the International Day for the Eradication of Poverty the NSS volunteers collected and distributed Pothichoru to the Snehalyam Charitable Trust, Thottakadu on October 14, 2022. Students largely participated in contributing Pothichoru for the purpose.









## FIT INDIA FREEDOM RUN ONLINE PLEDGE

Fit India Freedom Run (a central govt scheme) -is an endeavour to promote fitness and creating awareness amongst Indian citizens keeps coming within innovating fitness campaigns to indulge people in fitness activities. The NSS unit of Assumption College participated in this event by taking online pledge from the portal: <https://pledge.mygov.in/fit-india-freedom-run/>. 115 volunteers participated in the online pledge.



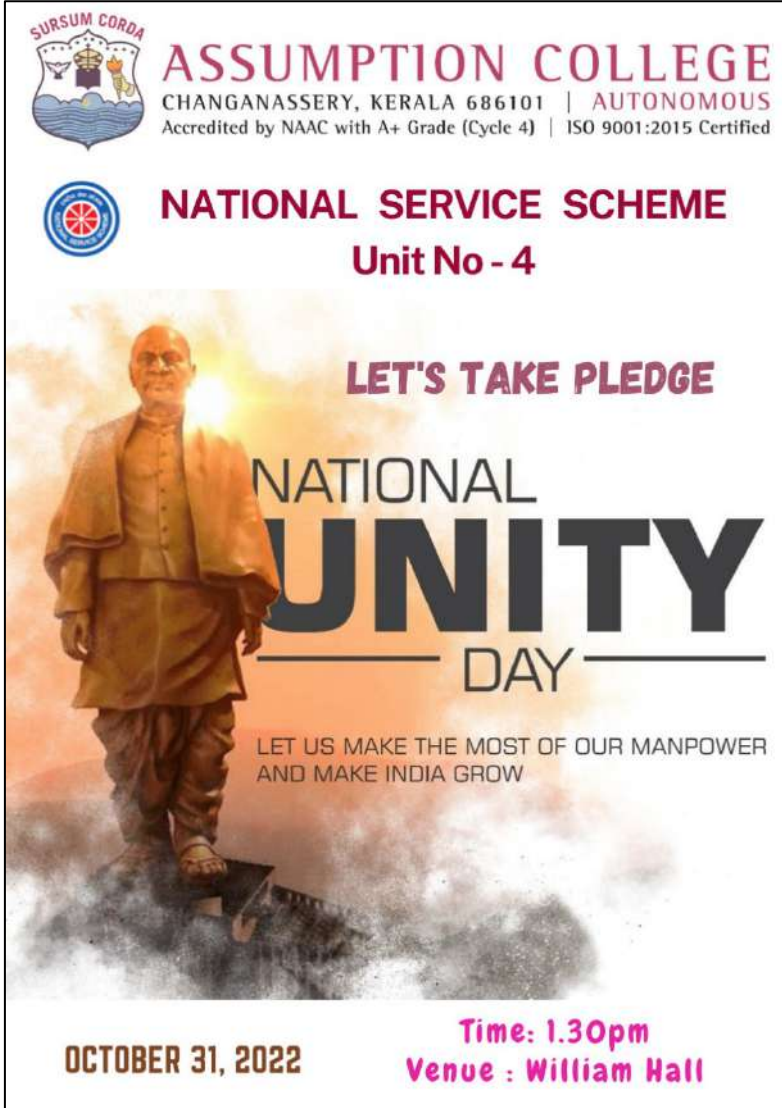
## CATCH THE RAIN CAMPAIGN ONLINE PLEDGE

Catch the Rain is a campaign of Ministry of Jal Shakti, focusing on saving and conserving rainwater with the theme “**Catch the rain, where it falls, when it falls**” from 29 March 2022 to 30 November 2022 in the pre-monsoon and monsoon periods of 2022, covering both urban and rural areas of all the districts in the country. The NSS unit of Assumption college participated in the campaign by taking online pledge from the portal: <https://pledge.mygov.in/catch-the-rain/>. 52 volunteers participated in it.




## NATIONAL UNITY DAY

**National Unity Day** is celebrated in India on 31 October. It was introduced by the Government of India in 2014. The day is celebrated to mark the birth anniversary of Sardar Vallabhbhai Patel who had a major role in the political integration of India. The NSS volunteers took pledge at 1.30pm in William Hall in order to commemorate the day. 100 volunteers participated.



**SURSUM CORDA**  
**ASSUMPTION COLLEGE**  
CHANGANASSERY, KERALA 686101 | **AUTONOMOUS**  
Accredited by NAAC with A+ Grade (Cycle 4) | ISO 9001:2015 Certified

 **NATIONAL SERVICE SCHEME**  
**Unit No - 4**

**LET'S TAKE PLEDGE**

**NATIONAL  
UNITY  
DAY**

LET US MAKE THE MOST OF OUR MANPOWER  
AND MAKE INDIA GROW

**OCTOBER 31, 2022** **Time: 1.30pm**  
**Venue : William Hall**





## FLASH MOB AGAINST DRUG ABUSE

As part of the anti drug day, Flashmob was conducted in the KSRTC bus stand of Changanasherry by the NSS volunteers on 31-10-2022. The Flashmob conveyed the message that was very effective for the present generation. The message was more effective since it was presented by the college students who are representatives of the youth. The janamaithripolice as part “Yodhav” Campaign spreading anti drug awareness also associated with the students in order to show their support and cooperation for students. Their valuable presence made the students and audience more energetic. 28 NSS volunteers participated in it.









ചങ്ങനാശേരി: ലഹരിയുടെ ഇരളിലേക്ക് ആരെയും വിട്ടുകൊടുക്കില്ലെന്ന ദൃഢ നിശ്ചയവുമായി അസംപ്ഷൻ കോളജ് നാഷണൽ സർവീസ് സ്കീം വോളന്റിയർമാരും ചങ്ങനാശേരി ജനമൈത്രി പോലീസും ചേർന്ന് ലഹരി വിരുദ്ധ ഫ്ലാഷ് മോബ് അവതരിപ്പിച്ചു. കൗമാരത്തിന്റെ തിളക്കവും ആവേശവുമായി ജീവിതത്തിലെ മനോഹര ദിനങ്ങൾ പിന്നിടുന്ന കോളജ് വിദ്യാർത്ഥികളുടെ ഇടയിൽ ലഹരി ഉപയോഗം വരുത്തി വയ്ക്കുന്ന വിനാശവും അതിന്റെ പ്രത്യാഘാതങ്ങളും വിവരിക്കുന്നതായിരുന്നു ഫ്ലാഷ് മോബ് അവതരണം.

പെരുന്ന ബസ് സ്റ്റാൻഡ്, കെ എസ്ആർടിസി ബസ് സ്റ്റാൻഡ് എന്നിവിടങ്ങളിൽ അവതരിപ്പിച്ച ഫ്ലാഷ് മോബ് കാണികളുടെ മനംകവരുകയും ചെയ്തു. പോലീസ് സ്റ്റേഷൻ അസിസ്റ്റന്റ് സബ് ഇൻസ്പെക്ടർ മുഹമ്മദ് ഷൈഫി



ചങ്ങനാശേരി അസംപ്ഷൻ കോളജ് നാഷണൽ സർവീസ് സ്കീം വോളന്റിയർമാരും ജനമൈത്രി പോലീസും ചേർന്ന് അവതരിപ്പിച്ച ലഹരി വിരുദ്ധ ഫ്ലാഷ് മോബ്.

ബി. പി.എസ്., എൻ.എസ്.എസ് ഷെറിൻ ബാബു, ഡോ. നയന പ്രോഗ്രാം ഓഫീസർമാരായ ജോസഫ് എന്നിവർ പ്രസംഗിച്ചു.



## FLASHMOB AT PERUNNA STAND, CHANGANASHERRY

The NSS volunteers in order to create more awareness regarding the use of drugs presented Flashmob at Perunna Stand Changanassery. The awareness was thus extended to far more people with the support and guidance of the concerned teachers and the Police . There was also a small interactive section with the police officer regarding the topic.



## PLASTIC BOTTLE DRIVE CAMPAIGN

Plastics are one of the most harmful objects to the environment. In our day-to-day lives, plastics play an important role, and we just throw away them after our requirements. Keeping this in mind, the NSS volunteers decided to collect the plastic bottles and to recycle and use it for a better purpose rather than throwing them thereby creating environmental problems.

The plastic bottle drive campaign was conducted from 28 to 31 October by asking students and teachers to deposit the bottles in the basket arranged near the chemistry department. With the cooperation of each and everyone, the volunteers were able to create a plastic-free environment in the campus. 60 volunteers participated.







## HAIR DONATION CAMPAIGN

As part of the National Cancer Awareness day the NSS volunteers conducted a campaign for students to donate their hair for the needy patients suffering from cancer. Campaign was held on November 2, 2022 at William Hall. The Campaign was conducted in association with the SargaKshetra, Cultural Charitable and academic centre.

**NATIONAL SERVICE SCHEME**  
*in association with*  
**SARGA KSHETRA**  
Cultural, Charitable & Academic Centre  
A CMI Endeavour for "A Better Person for A Better Society"

**STRANDS FOR HOPE**

**Hair Donation Campaign**

Celebrate  
**National Cancer Awareness Day**  
By donating your hair for cancer patients

📍 **November 2, 2022, 10am**  
**William Hall**

**DONATE HAIR  
SPREAD LOVE**

*Donate your beautiful lengths!*

**ASSUMPTION COLLEGE AUTONOMOUS  
CHANGANASSERY**





12:04 55%

Nayana Miss NSS  
4 November, 9:23 am

### അസംപ്ഷൻ കോളേജിൽ കേശദാന ക്യാമ്പ്

ചങ്ങനാശ്ശേരി ▶ ക്യാൻസർ രോഗികൾക്ക് മുടി ദാനം ചെയ്യുകയാണ് ചങ്ങനാശ്ശേരി അസംപ്ഷൻ കോളേജിലെ വിദ്യാർത്ഥിനികൾ മാതൃകയായി. അസംപ്ഷൻ കോളേജ് നാഷണൽ സർവീസ് സ്കീം യൂണിറ്റും ചെത്തിപ്പുഴ സർഗക്ഷേത്ര ചാരിറ്റബിൾ ട്രസ്റ്റ് വിമൻസ് ഫോറവുമായി ചേർന്നാണ് ക്യാമ്പ് നടത്തിയത്. എം.പി. കൊടിക്കുന്നിൽ സുരേഷ് വിഗ്നിർമാണത്തിനുള്ള മുടി സർഗക്ഷേത്ര വിമൻസ് ഫോറം സെക്രട്ടറി ബീന ലിജുവിന് കൈമാറി. ഡോ. നയന ജോസഫ്, ഡോ. നിഷ എൻ.സി., സിന്ധു മനോജ്, സോഫി ലാലിച്ചൻ, ലഘുജ സെബാസ്റ്റ്യൻ, സിനി ബെന്നി എന്നിവർ പ്രസംഗിച്ചു.

04/11/2022  
CHANGANASSERY Pg 02



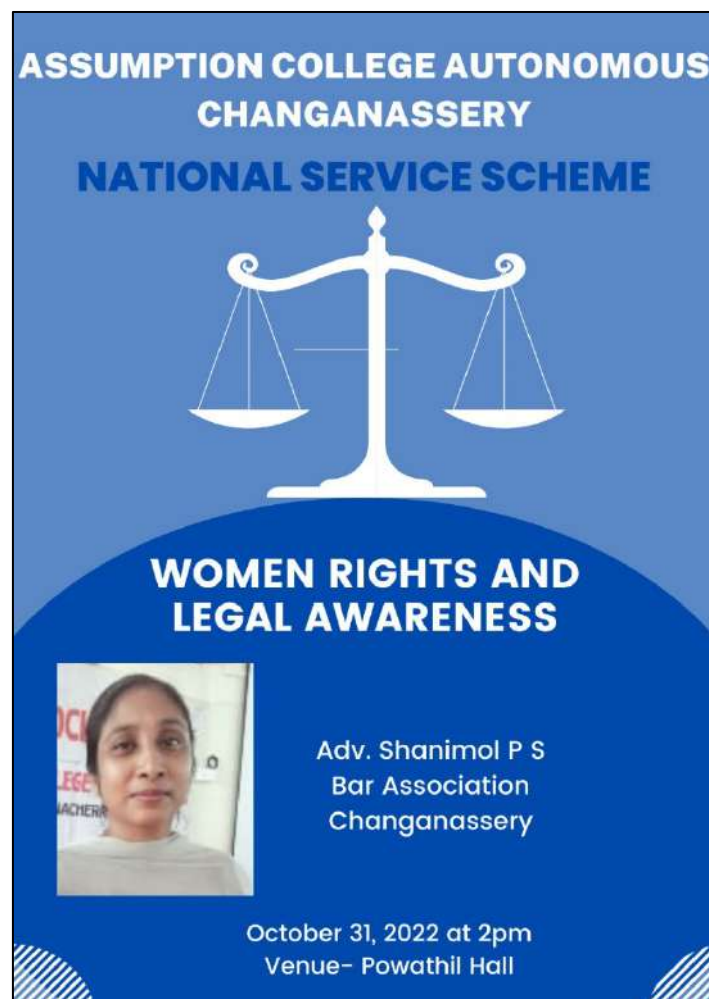
## KERALA PIRAVI, NOVEMBER 1

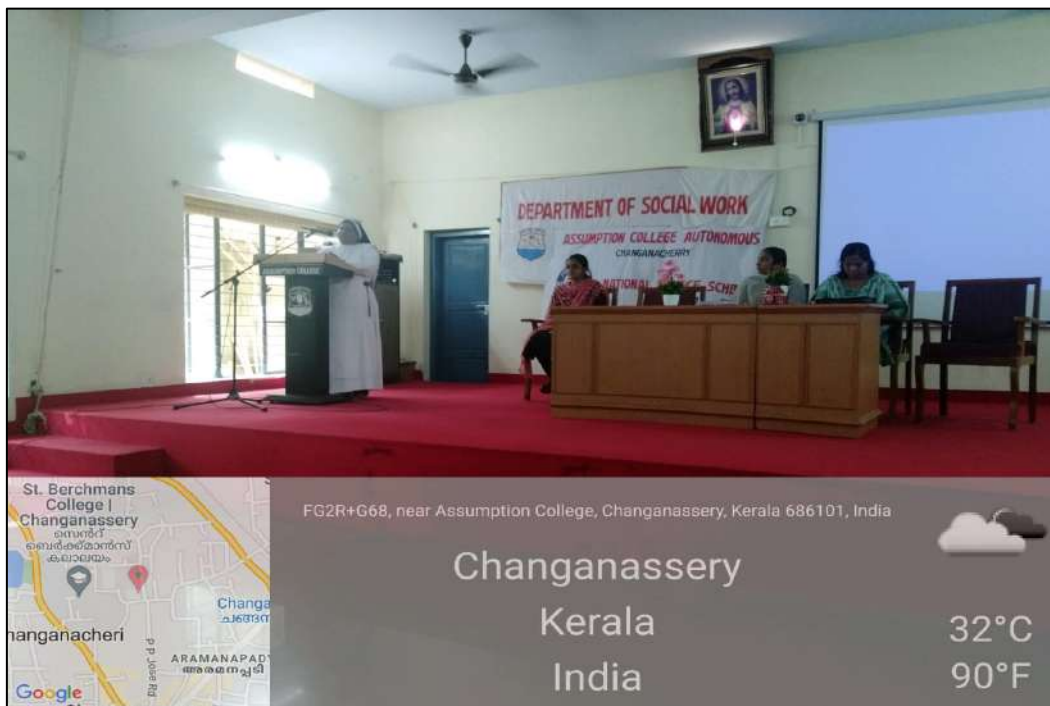
Kerala Piravi commemorated on November 1 was also celebrated by the NSS volunteers in the College Campus. The Programme started with a prayer song followed by a welcome speech by Dr. Anitha Jose, Principal and Advocate Job Michael, MLA of Changanassery delivered the inaugural address which was followed by Mohiniyattam, Mime, Group Dance, Folk Dance, Group song and finally with gratitude.

<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p><b>അസംപ്ഷൻ കോളേജ് ഓട്ടോണമസ്</b> ചങ്ങനാശ്ശേരി</p> <p style="color: orange;">മലയാള വിഭാഗത്തിന്റെയും വാഷണ്ണൽ സർവീസ് സ്കീമിന്റെയും ആഭിമുഖ്യത്തിൽ</p> <p style="color: purple;"><b>കേരളചിന്താവിനിമയചേഷ്ഠം</b></p> </div> </div> <div style="text-align: center; margin-top: 20px;"> <p style="color: green; font-size: 2em; font-weight: bold;">നവതോളം</p> <p style="color: black;">2022</p> </div>	<h3 style="color: purple; text-align: center;">കേരളപിരവി</h3> <p style="color: orange; text-align: center;"><b>ഈശ്വരപ്രാർത്ഥന</b></p> <p style="color: green; text-align: center;">സ്വാഗതം - ഡോ. അനിത ജോസ് (പ്രിൻസിപ്പൽ, അസംപ്ഷൻ കോളേജ്, ഓട്ടോണമസ്)</p> <p style="color: green; text-align: center;">ഉദ്ഘാടനപ്രസംഗം - അഡ്വ. ജോബ് മൈക്കിൾ (എം. എൽ. എ - ചങ്ങനാശ്ശേരി)</p> <p style="color: green; text-align: center;"><b>മോഹിനിയാട്ടം</b></p> <p style="color: green; text-align: center;"><b>മൈമ</b></p> <p style="color: green; text-align: center;"><b>സംഘനൃത്തം</b></p> <p style="color: green; text-align: center;"><b>നാടോടിനൃത്തം</b></p> <p style="color: green; text-align: center;"><b>സംഘഗാനം</b></p> <p style="color: green; text-align: center;"><b>സംഘനൃത്തം</b></p> <p style="color: green; text-align: center;"><b>കൃതജ്ഞത</b></p>
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## **WOMEN RIGHTS AND RIGHTS**

On October 31, 2022 at 2.30 pm, at Powathil Hall, the NSS unit arranged a legal awareness talk and it was led by Adv. Shanimol P S, Bar Association Changanassery. She spoke about Women Rights and Legal Rights. The Programme was conducted in association with the MSW Department. The talk was a lot beneficial for the women in the campus to recognise their rights and how important it is in legal terms. About 100 NSS volunteers participated.







## Medical Camp on World Diabetes day

Date: November 14, 2022

World diabetes day is observed on November 14 every year to create awareness about this chronic condition. NSS unit and Assumption health club in association with Pushpagiri medical college conducted a diabetes detection medical camp on 14th November 2022 at Powathil hall, from 10am to 1pm. Random blood sugar and blood pressure of the participants were tested and the doctor consultation facility were given to the patients. 65 persons participated in this event.





## Chaya Mansa Plant distribution

Date: December 20,2022

Chayamansa is a very popular green leafy shrub from Mexico. This shrub is medicinal and it is considered as the best leafy vegetable. It belongs to CnidoscolusChayamansa family.The NSS volunteers of Assumption College distributed 200 Chaya mansa saplings to the people in Ward 4 of Changanassery municipality, on 20th December 2022.

### **ASSUMPTION COLLEGE AUTONOMOUS CHANGANACHERRY**

#### **NATIONAL SERVICE SCHEME (NSS) Unit No - 4**



#### **ചായമൻസ ചെടി വിതരണം ചീരയുടെ രാജാവ്**

ഷുഗർ ചീര അഥവാ ചായ മൻസ

കപ്പയുടെ ഇലകളോട് സാമ്യമുള്ള ഇലകളാണ് ഇതിനുള്ളത്. ഹൈഡ്രോസയാനിക് ആസിഡ് ഇതിൽ അടങ്ങിയിട്ടുണ്ട്. ഇതിനാൽ തന്നെ ഈ ഇലകൾക്ക് അല്പം കയ്പുമുണ്ട്. ഇത് മാറാൻ അല്പനേരം ഉപ്പു വെള്ളത്തിൽ ഇട്ട ശേഷം ഉപയോഗിക്കാം. ചുരുങ്ങിയത് പത്തു പതിനഞ്ചു മിനിറ്റുകളിലും വേവിക്കണം. ഇതു പോലെ തന്നെ ഇത് അലുമിനിയം പാത്രത്തിലും ഈ ആസിഡ് ഉള്ളതിനാൽ പാചകം ചെയ്യാതിരിക്കുക. മണ്പാത്രത്തിലോ ഇരുമ്പിലോ പാചകം ചെയ്യാം.

- പ്രമേഹത്തിനുള്ള നല്ലൊരു മരുന്നു കൂടിയാണ്
- രക്തപ്രവാഹം ശരിയായി നടക്കാനും
- ഹൃദയാരോഗ്യത്തിനും ഏറെ നല്ലതാണ്
- എല്ലിന്റെ ആരോഗ്യത്തിന്, വെരിഷോസ് വെയിനും ഇത് ഗുണകരമാണ്.
- തലച്ചോറിന്റെ പ്രവർത്തനം ദുതഗതിയിൽ ആക്കുകയും ഓർമ ശക്തി വർദ്ധിപ്പിക്കുകയും ചെയ്യുന്നു.
- കരള് ശുദ്ധീകരിക്കാനും ഇതേറെ നല്ലതാണ്

ഡിസംബർ 20 , 2022

ചങ്ങനാശേരി മുനിസിപ്പാലിറ്റി വാർഡ് 4



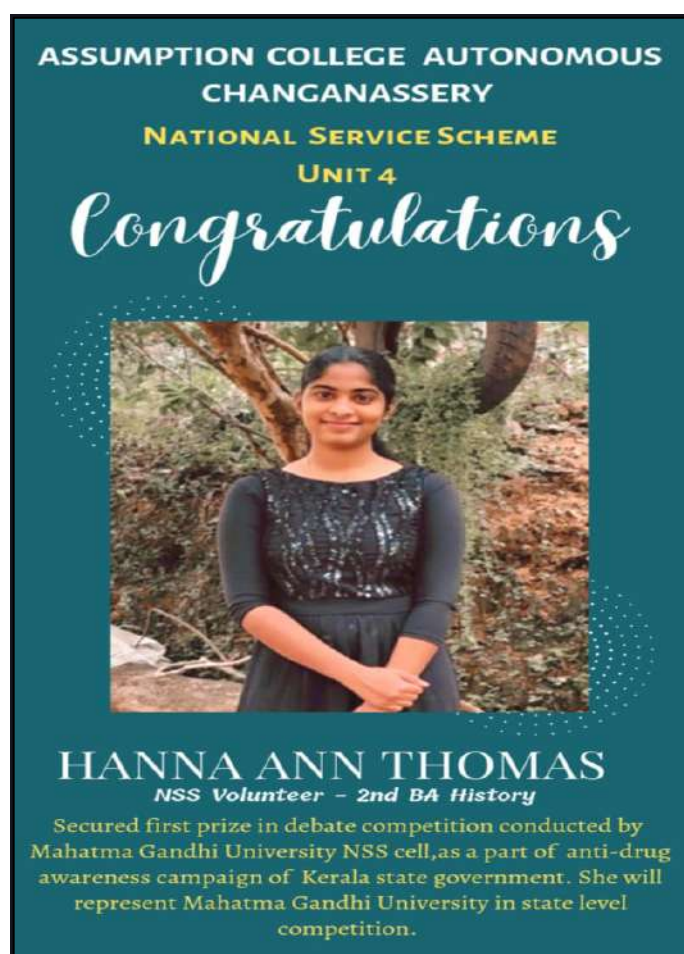




## Antidrug Awareness Debate Competition - First prize

Date: January 16,2023

In the debate competition held at Mahatma Gandhi university NSS cell on 16th January 2023, conducted as a part of the state level programme of Antidrug Awareness campaign of Kerala state government, Ms Hanna Ann Thomas, NSS volunteer of Assumption College secured first prize and she will represent Mahatma Gandhi university in the state level competition.



## Road Safety Awareness

Date: January 17, 2023

As part of the national road safety week celebrations, NSS unit of Assumption College in association with traffic enforcement wing of Kerala Police conducted a traffic awareness session for the volunteers on 17th January 2023, 10.30am at Powathil hall. Mr Josephkutty N, Sub Inspector of Traffic Enforcement Wing, Changanassery Police station and Smt. Shailammal P N, Senior Civil Police Officer, were the resource persons. 60 volunteers participated in the programme.

In the afternoon session, an on-road safety awareness campaign was conducted in the Changanassery market junction, along with the police officials. As part of the awareness campaign, the NSS volunteers distributed awareness leaflets to the drivers and to the pedestrians. Warnings and instructions were given to the persons, who violated traffic rules, and who did not wear seat belt and helmets.











## Voter Enrollment Campaign

NSS Unit of Assumption College conducted a voter enrollment process campaign help desk from 1st December 2022 to 18th December 2022. 183 students from Assumption College added their names to the voter lists. For conducting this campaign successfully, an appreciation certificate was awarded from the District Collector.





## E-Waste Pledge to Save the Earth

E-waste or electronic waste group means discarded electrical or electronic devices or components. They are harmful to the environment as they contain harmful chemicals like brominated flame retardants and toxic heavy metals like mercury, cadmium and lead. During the pledge program for volunteers on November 8-11 from the website <https://pledge.mygov.in/e-waste-2022/.57> volunteers participated for the event.



## ORGANIC FARMING

On November 22, 2022 , the students of our college paid a visit to Mampuzhakary, where they planted saplings of various vegetables as part of organic farming activity. Around 35 students participated in the program actively. The motto was 'Respect the Earth. Go organic



## KINDNESS DAY

The world kindness day is celebrated on 13 November,2022 every year all around the world as a reminder to promote kindness. The theme behind it for the year 2022 was 'Be kind whenever possible'. On the 14 of November, 2022 the first year NSS students of our college celebrated kindness day by gifting valuable and useful things like towels, soaps,etc to our non teaching staff.





## SOAP MAKING

On November 24, 2022 the students of our college gathered together to get a training on making liquid dish washes. It was a valuable class for the students to learn how homemade soap was without the use of too many unwanted chemicals in it. It took place in the chemistry lab of our college and around 50 students participated in the event.



## NSS Volunteer got Selection for National Youth Festival 2023

Our 2nd year NSS volunteer MsVarada M Nair, got selection for National Youth Festival NYF 2023 held at Hubli, Dharward, Karnataka from 12th to 16th January, 2023.



## **Eunoia 2023 - Consolation Prize for Best NSS Unit in Proclamation Rally**

Date: January 19,2023

The NSS unit of Assumption College secured consolation prize for the Best NSS unit in Proclamation Rally, conducted as a part of the Global Academic Carnival - Eunoia 2023, of Mahatma Gandhi University, on 16th January 2023 at Kottayam.





## **National Girl Child Day-2023**

Date: January 24,2023

The National Girl Child Day is celebrated in India every year on January 24. It was initiated in 2008 by the Ministry of Women and Child Development and the government of India, to spread public awareness about inequities that girls face in Indian society. The day is celebrated with organized programs including awareness campaigns about Save the Girl Child, child sex ratios, and the creation of a healthy and safe environment for girls.

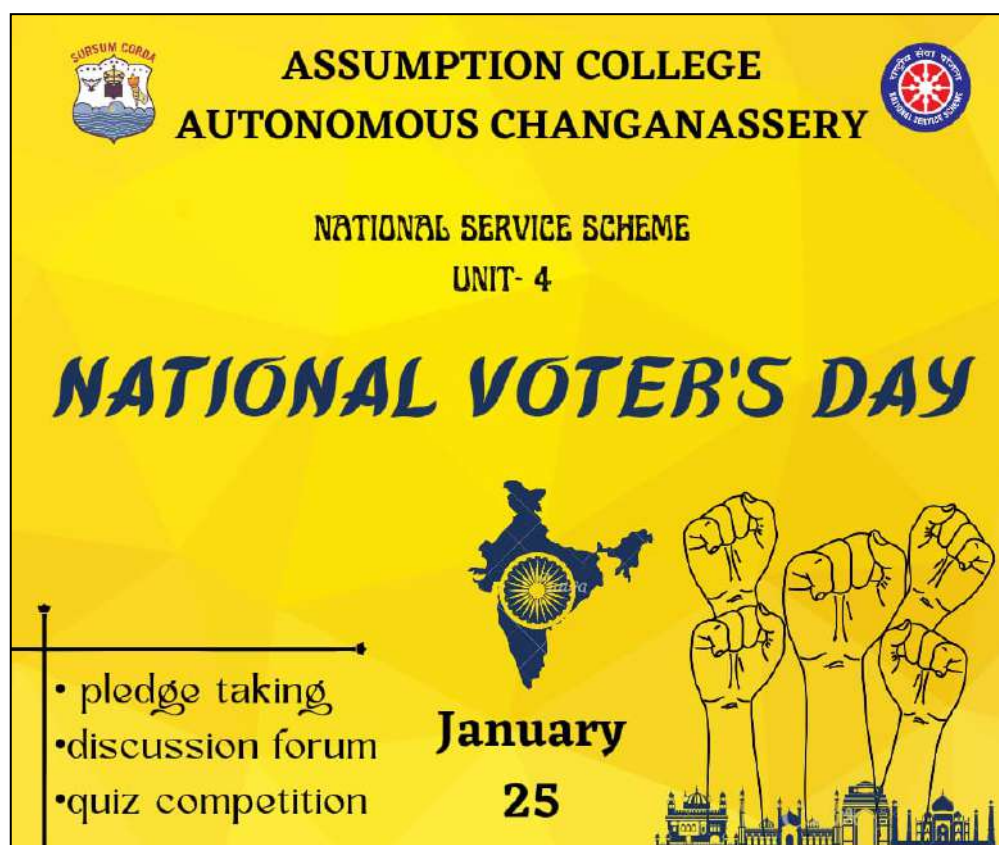
As part of the national girl child day, NSS volunteers visited Alphonsa Balika Bhavan, Changanacherry and distributed various daily use items like soaps, towels, tooth paste, hand wash, liquid soap, crayons etc to the inmates of Bhalika Bhavan on 24 January 2023. NSS volunteers conducted various cultural programmes also.



## National Voter's Day - Jan 25, 2023

On January 25, National Voters Day is observed to commemorate the founding day of the Election Commission of India, which was created on that date in 1950. The National Voters Day celebration was chosen by the Indian government as a way to encourage the youth to participate in the vote in the electoral process.

Theme for NVD 2023 year is '*Nothing Like Voting, I Vote for Sure*'. The NSS unit of Assumption college celebrated NVD with programmes like pledge taking, discussion forum and quiz competition. Ms Rosmy George, 2nd year BSc Mathematics volunteer secured first prize in the quiz competition.







## Nature walk

Date: January 25,2023

The NSS unit of Assumption College conducted a nature walk on January 25th 2023 to Kanakapalam reserve forest, Erumely, in association with the Social Forestry Range Office, Ponkunnam. On 25th morning, at 10am the NSS team reached the Social Forestry Range Office at Kanakapalam, Erumely. Mr Aji R, Deputy Range Officer and his team welcomed the NSS volunteers. After an introductory session on the importance of nature conservation, the team started the nature walk at Kanakapalam reserve forest. After a journey of 2 kilometers through the moist-deciduous forest, the team reached Oottupara viewpoint and spend few hours there. MrJayan R B, Range Officer of Erumely visited the team at Ottupara and shared his experience as forest range officer. At 1.30pm, the team returned back to the office location and had lunch. Then the team visited Kanakapalam Pine forest and Perunthenaruvi waterfalls and then returned back to college. 38 NSS volunteers participated in the nature walk. NSS Programme Officer MsSherin Babu and faculty Fr Eby Sebastian led the programme.





## Republic Day 2023 Celebrations by NSS

The NSS unit of Assumption College celebrated Republic day, in association with NCC unit. Dr Anitha Jose, Principal hoisted the national flag. The NSS volunteers performed programmes like patriotic songs and speeches related to constitution and patriotism.



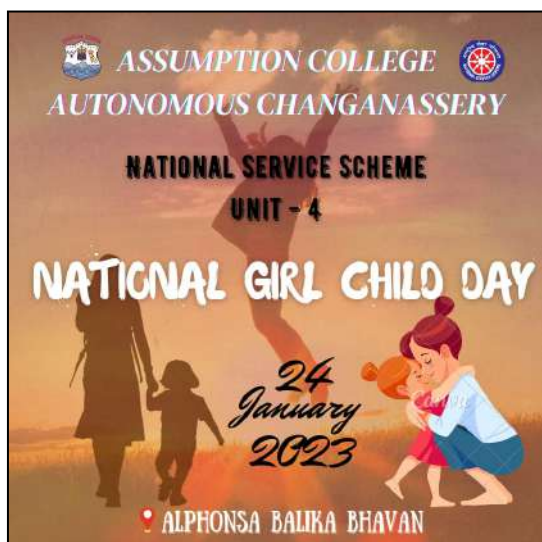


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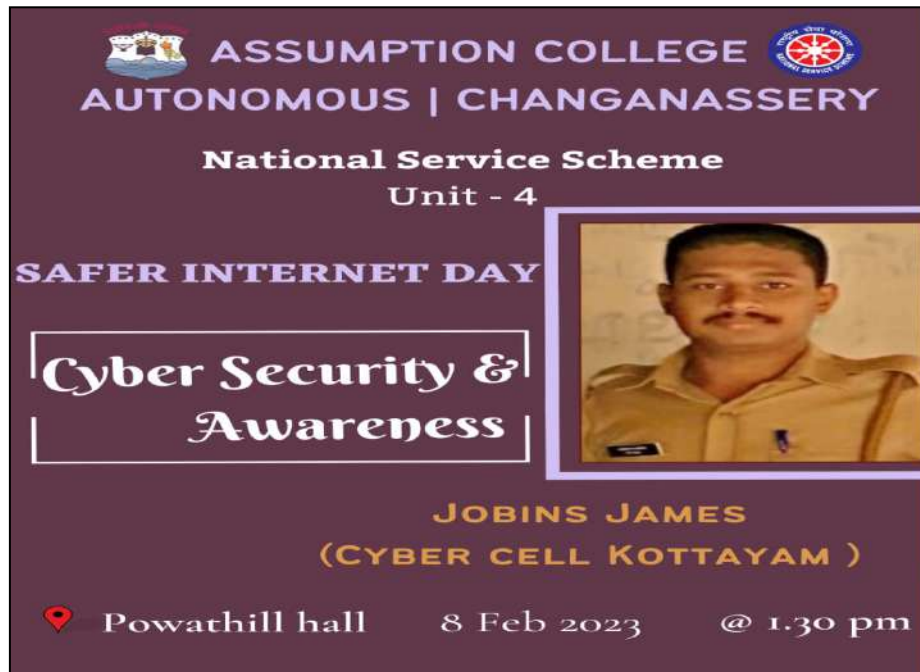
## World Cancer Day

As part of the world cancer day, NSS Volunteers in association with Pushpagiri medical college conducted a seminar on Breast Cancer at CHASS Changanassery on 7th February 2022. First Year Volunteers participated in this event.



## Safer Internet Day

NSS Volunteers celebrated safer internet day on 7th February 2023 at Powathil hall. MrJobinsJames , Cyber Cell Kottayam was the resource person. He delivered a talk on Cyber security. 100 First Year Volunteers participated in the seminar.





## Palliative Care Club (SANTHWANAM) Inauguration

Palliative Care Units focus on caring for people with a life-limiting illness and aim to maintain quality of life. The unit formation program was inaugurated by MrAjinal Joseph, Kottayam District Palliative care coordinator, National Health care Mission on 21<sup>st</sup> February 2023 at Powathil hall. After the formation of the palliative care unit, a brief idea about palliative care and its importance in the present situation is discussed with the NSS volunteers.



**ASSUMPTION COLLEGE**  
CHANGANASSERY, KERALA 686101 | AUTONOMOUS  
Reaccredited by NAAC with A\* Grade | ISO 9001:2015 Certified

**National Service Scheme**  
**Unit- 4**

**സാന്ത്വനം**  
**Inauguration of Palliative Care**  
**Unit of Assumption NSS**



**Invited Talk**  
**An Introduction**  
**to**  
**Palliative Care**

Ajinal Joseph  
District Coordinator- Palliative Care

**NATIONAL HEALTH MISSION**  
**KOTTAYAM**

 Powathil Hall    21 Feb 2023    2.30 pm

## Palliative Care Training Session

The palliative unit care named "Santhwanam" of NSS unit of Assumption College conducted a training program on Palliative Care on 27th February 2023 at 2pm. Mrs Nicy Abraham, Physiotherapist, Palliative Care, District Hospital, Changanassery, was the resource person. About 30 palliative care unit volunteers participated in the programme.



**ASSUMPTION COLLEGE**  
CHANGANASSERY, ERNALA 686011 | AUTONOMOUS  
Recognized by NAAC with 'A' Grade | ISO 9001:2015 Certified

**NATIONAL SERVICE SCHEME  
UNIT - 4**

**സാന്ത്വനം  
Palliative Care Club of NSS**



**PALLIATIVE CARE  
TRAINING SESSION**

27 Feb 2023

3.00 pm



**NICY ABRAHAM**  
PHYSIOTHERAPIST PALLIATIVE CARE

Room No  
- 203

## **NSS-KCF Snehaveedu Beneficiary identification**

As a part of the NSS-KCF Snehaveedu project, the NSS Programme officers conducted beneficiary identification survey work at Mampuzhakkary area of Ramankary panchayat, on 22/2/23 and 23/2/23. The POs visited 24 houses of applicants and conducted the preliminary investigation. After screening process, around 8 applicants were selected for the next round document submission & verification process.

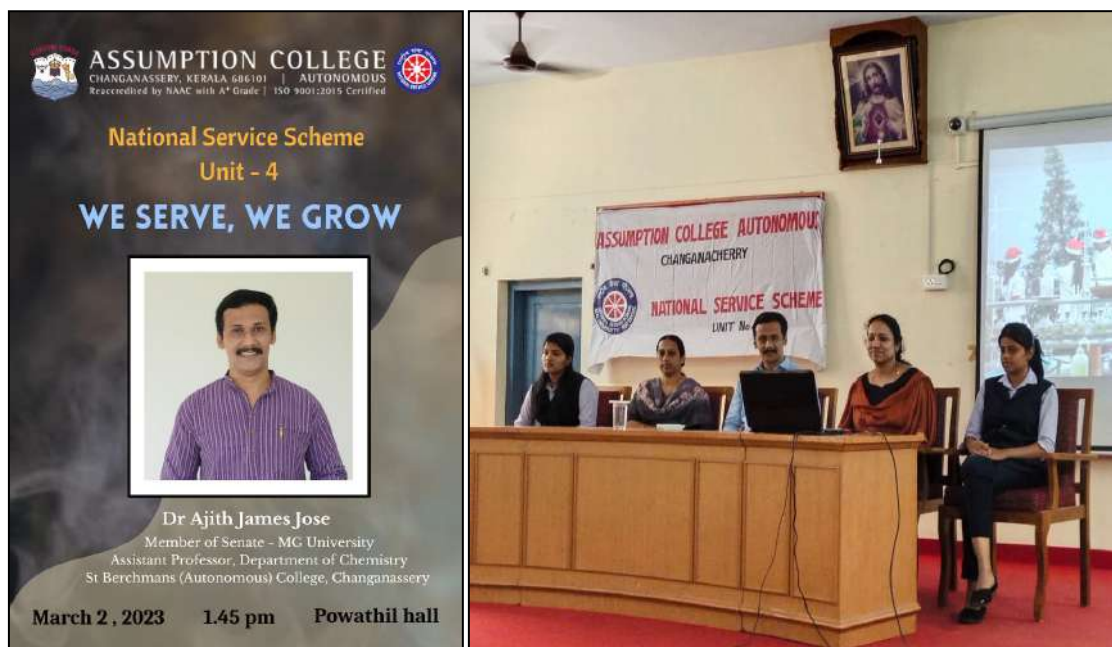


## **We Serve, We Grow - Training session**

The NSS unit conducted a leadership training programme entitled "We Serve, We Grow", on 2nd March 2023 at 2pm in the Powathil Hall. The class was conducted under the leadership of Dr. Ajith James Jose, Senate Member, Assistant Professor, Department of Chemistry, St. Berchman's College, Changanassery. NSS Volunteer GauriNandana welcomed the meeting. He spoke on various topics like confidence,



teamwork and he explained how NSS prepares volunteers for the future. The session included interesting hands-on activities for the volunteers. Ivin Mariam delivered vote of thanks. About 92 volunteers participated.



## **NSS Volunteer Selection for National Integration Camp 2023**

Our 2nd year NSS volunteer MsSangmithra M got selection for the National Integration Camp (NIC) held at Mary Matha Arts & Science College, Mananthavady, Wayanad, from 4th to 10 th March, 2023.



## Wings of Freedom - Menstrual Cup Orientation programme

As a part of International Women's Day, the NSS unit conducted a menstrual cup orientation session to the first year NSS volunteers, on 8th March at 1.15pm in the Powathil Hall. Senior NSS volunteer MsSwathija Parvathi conducted a class on menstrual cup, its use and benefits. The menstrual cup is a revolutionary change that helps women and nature. She also explained how to use it and why it is better than any other sanitary product. Ms Ann Maria welcomed the gathering and Ms Angel Rose delivered thanks you. About 85 volunteers participated in the event.



## Palliative Care Unit - House Visits

The NSS volunteers of Santwanam, the Palliative care Unit of Assumption College NSS unit started the House visits of palliative care patients during the month of March 2023.

Session 1- March 4, 2023 - Ms Neethu Mariam Binu and Gaya C Naga, II DC BCom Finance NSS volunteers, along with the Palliative Care team of taluk Hospital of Changanassery conducted house visits in the various wards of Changanassery municipality.

Session 2- March 11, 2023 - MsVarada M Nair Binu and Nimmy T M, II DC BSc Chemistry NSS volunteers, along with the Palliative Care team of Taluk Hospital of Changanassery conducted house visits in the various wards of Changanassery municipality.

Session 3- March 18, 2023 - MsAleenaSiby and Ms Maria Saji of Economics dept, MsSona Joseph of BBA Dept, II DC NSS volunteers, along with the Palliative Care team of taluk Hospital of Changanassery conducted house visits in the various wards of Changanassery municipality.





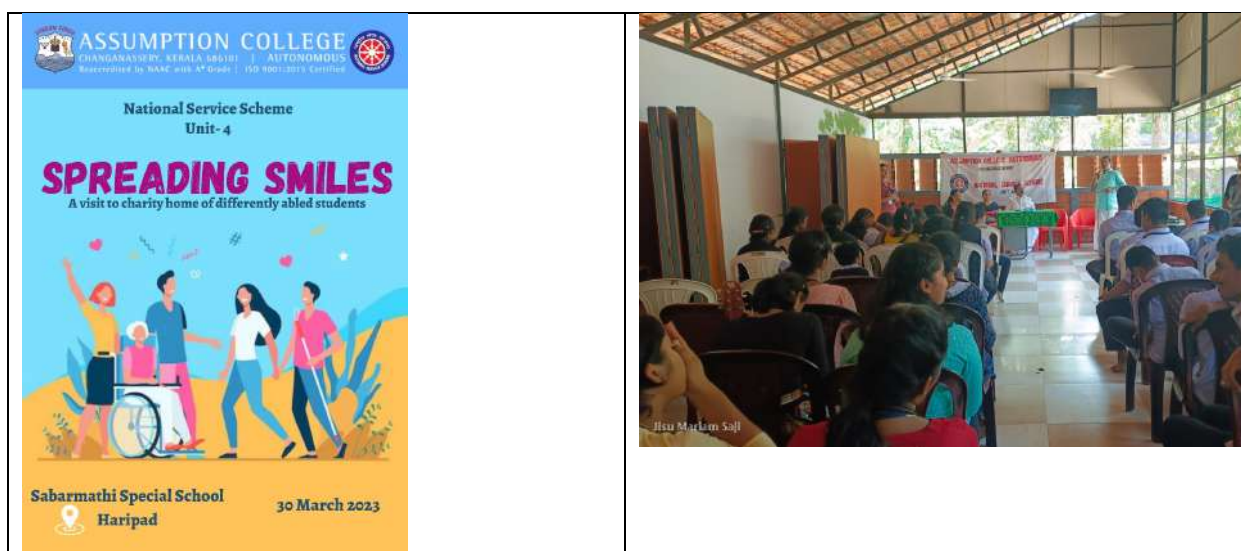
## Women's Day 2023

As a part of International Women's Day, the NSS unit conducted a flashmob programme on 8th March at 1.15pm in the College quadrangle. The theme of the flashmob was about believing in and creating an inclusive world for all, where we can all play a part as we embrace equity. About 30 NSS volunteers participated in the flashmob performance.



## Spreading Smiles - A Day with Gifted Children

The NSS unit conducted a programme entitled "Spreading Smiles", a visit to the school of differently abled students at Sabarmathi Special School, Haripad on 30th March 2023. Ms Varada M Nair, volunteer secretary welcomed the gathering. Shri John Thomas, Opposition leader of Alappuzha District Panchayth, inaugurated the meeting. NSS Programme Officer Ms Sherin Babu, Dr Nisha N C, School Executive Officer Mr Deepu B and School Principal Ms Sreelakshmi S offered felicitations. The volunteers performed various activities and games for the gifted children. Then a session for interaction with the gifted students was conducted. A cake cutting ceremony expressed the happiness of being with such students. An amount of Rs7000/- collected by the volunteers was handed over to the school officials. An experience sharing session by done by NSS volunteers. Ms Michel Treessa Jeas expressed vote of thanks. After that, we had a lunch together with the gifted children. 23 second year NSS volunteers participated in it.





## NSS Volunteer Selected For State Level Leadership Camp -

### Yuvatha 2023

Our 1st year NSS volunteer Ms Angel Rose got selection for State level Youth Leadership Camp 2023, held at Bharath Matha College, Thrikkakkara from 17th to 19th May, 2023.



## **SnehaVeedu Projects**

Assumption NSS unit is helping 2 homeless families to construct their homes.

1. Snehaveedu1 - Foundation stone laid for the beneficiary at Nalukody on March 6, 2023.
2. Snehaveedu2- NSS unit is helping a needy family at Palathrachira, Vazhappally in the completion work of their house construction and the work is in progress.



### **KCF- MG University NSS Cell- Snehaveedu Project**

The Assumption NSS unit decided to join the Snehaveedu project jointly organized by K Chittilappilly Foundation (KCF) & MGU NSS Cell and the college NSS advisory committee recommended helping maximum homeless beneficiaries, by taking up this project. We plan to do maximum beneficiary identification in adopted villages, volunteer recommended areas and among the students of Assumption College. Currently 3 beneficiaries from areas of Chengannur, Thelliyoar and Mampuzhakary got approval for from KCF.



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CHANGANASSERY**

**NATIONAL SERVICE SCHEME UNIT- 4**

in association with

**K CHITILAPPILLY FOUNDATION  
&  
MGU NSS CELL**

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**Foundation Stone Laying Ceremony**

