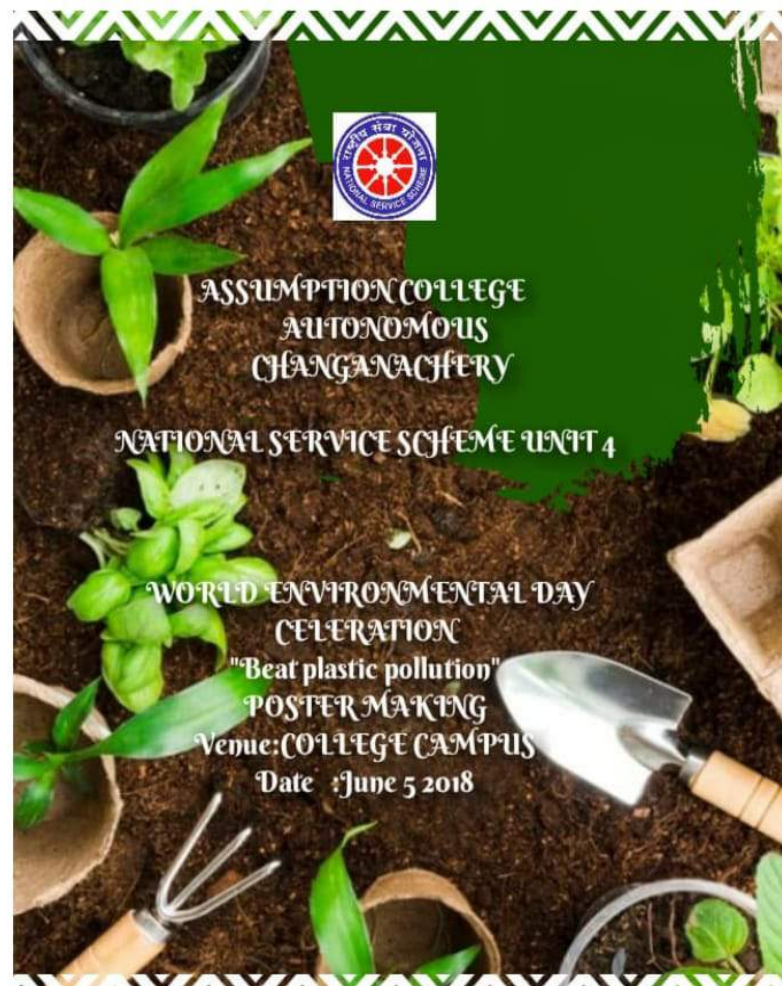


# Environmental Day Celebrations

<b>Date</b>	<b>June 6,2018</b>
<b>Objectives</b>	Beat plastic pollution
<b>Organizing Agency</b>	NSS units
<b>Beneficiaries</b>	Whole college, 100 NSS volunteers participated
<b>Outcomes</b>	Posters to educate the students about the consequences of plastic pollution in human life and exhibit in different parts of the college.
<b>Short Description</b>	Beat plastic pollution was the motto of 2018 Environment Day. As a part of this; NSS volunteers of Assumption College, prepared posters to educate the students about the consequences of plastic pollution in human life and exhibited the posters in different parts of the college. A speech was delivered by Kumari Gayatri NS from 2 <sup>nd</sup> DC botany. We also conducted a spectacular flash mob in the college campus and all the NSS volunteers wore the green badge on that special day.



# Swachh Bharat Summer Internship

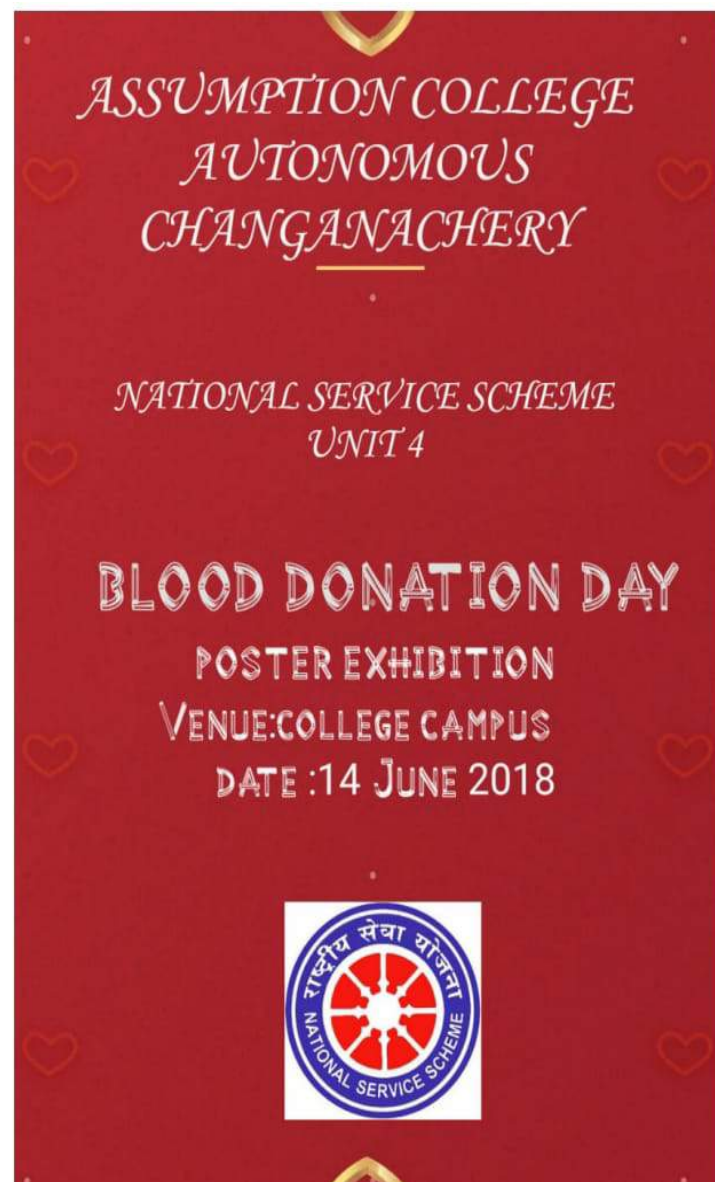
<b>Date</b>	May 29 ,2018 to July 31, 2018
<b>Objectives</b>	To promote the importance of sanitation and hygiene in personal life and families.
<b>Organizing Agency</b>	NSS Unit
<b>Beneficiaries</b>	NSS volunteers, 93
<b>Outcomes</b>	Survey, Rallies, Dance performance, waste collection and segregation and awareness generation on the importance of sanitation and hygiene in personal life and families.
<b>Short Description</b>	<p>Swachh Bharat Summer Internship programme was conducted for the NSS volunteers from 29th May 2017 to 31st July 2017. Duration of the internship was 100 hrs. of swachhata. 93 NSS volunteers of Assumption College became the part of this internship. Volunteers organized survey, Rallies, Dance performance, waste collection and segregation and imparted awareness regarding the importance of sanitation and hygiene in personal life and families.</p> <p>As part of Swatchhbharath internship, Interns conducted a rally through Changanacherry town, to generate awareness on the importance of sanitation among the community members on June 25th 2017. The NSS volunteers performed a flash mob in the Indoor Court regarding the theme of swachhata on June 27th 2017. On August 10th 2017, Interns conducted Plastic Waste Collection from the village and the campus.</p>

## Regular activities SWATCHH BHARAT INTERNSHIP



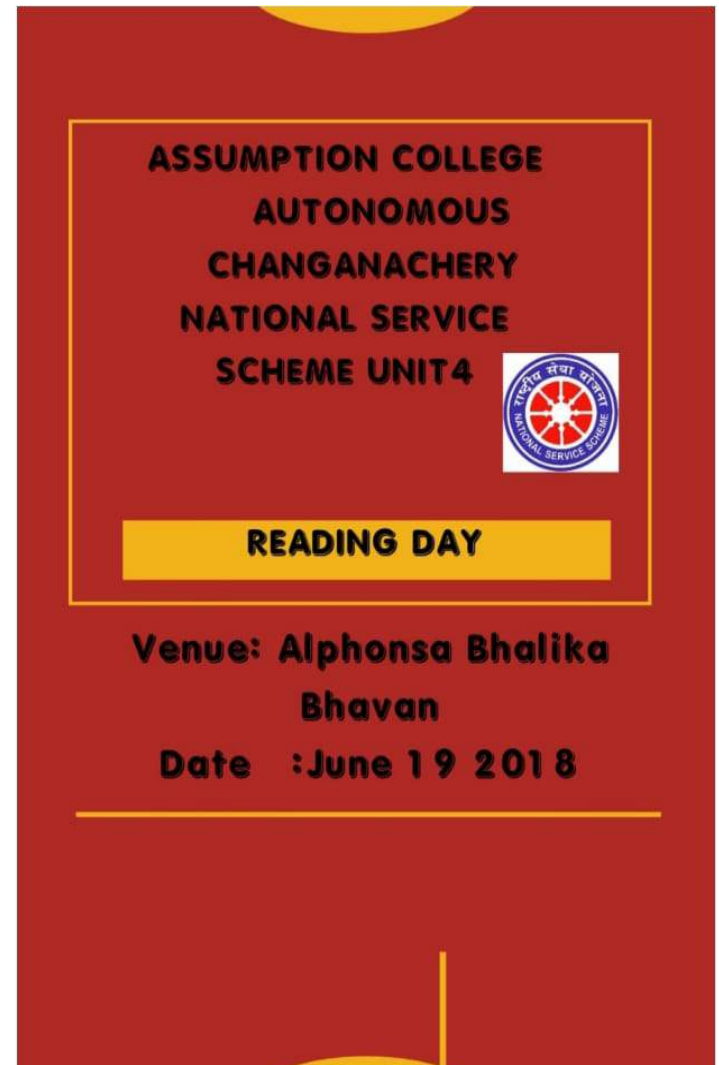
# Blood Donation Day

<b>Date</b>	<b>June 14, 2018</b>
<b>Objectives</b>	Importance of blood donation
<b>Organizing Agency</b>	NSS units
<b>Beneficiaries</b>	NSS Volunteers,60
<b>Outcomes</b>	Prepared posters on the need of Blood donation and exhibited it in various parts of campus.
<b>Short Description</b>	Our NSS volunteers prepared posters on the need of Blood donation and exhibited it in various parts of campus on world blood donation day. It was a 30 minutes programme for them and 60 volunteers actively participated in that programme.



# Reading Day

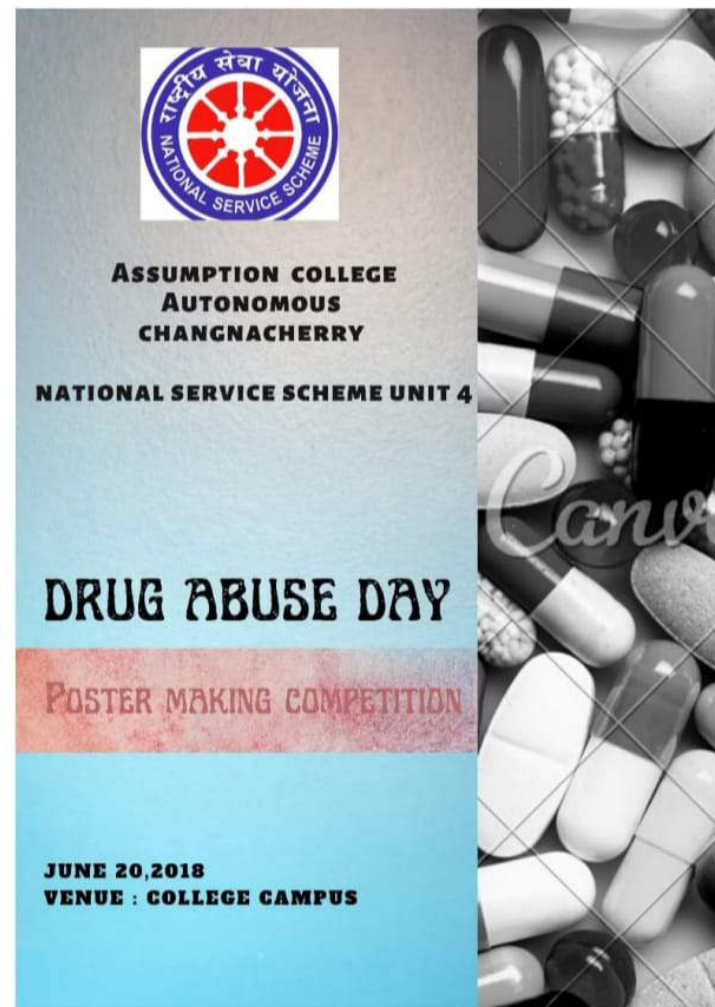
<b>Date</b>	<b>June 19, 2018</b>
<b>Objectives</b>	Book distribution
<b>Organizing Agency</b>	NSS units
<b>Beneficiaries</b>	NSS volunteers,100
<b>Outcomes</b>	Volunteers collected around 100 books from students of various departments and it was distributed to the poor students at Alphonsa Balika Bhavan, Near Assumption College.
<b>Short Description</b>	As part of reading day, our NSS volunteers prepared a library in Balika Bhavan .NSS volunteers collected around 100 books from students of various departments and it was contributed to Alphonsa Balika Bhavan, Near Assumption College.





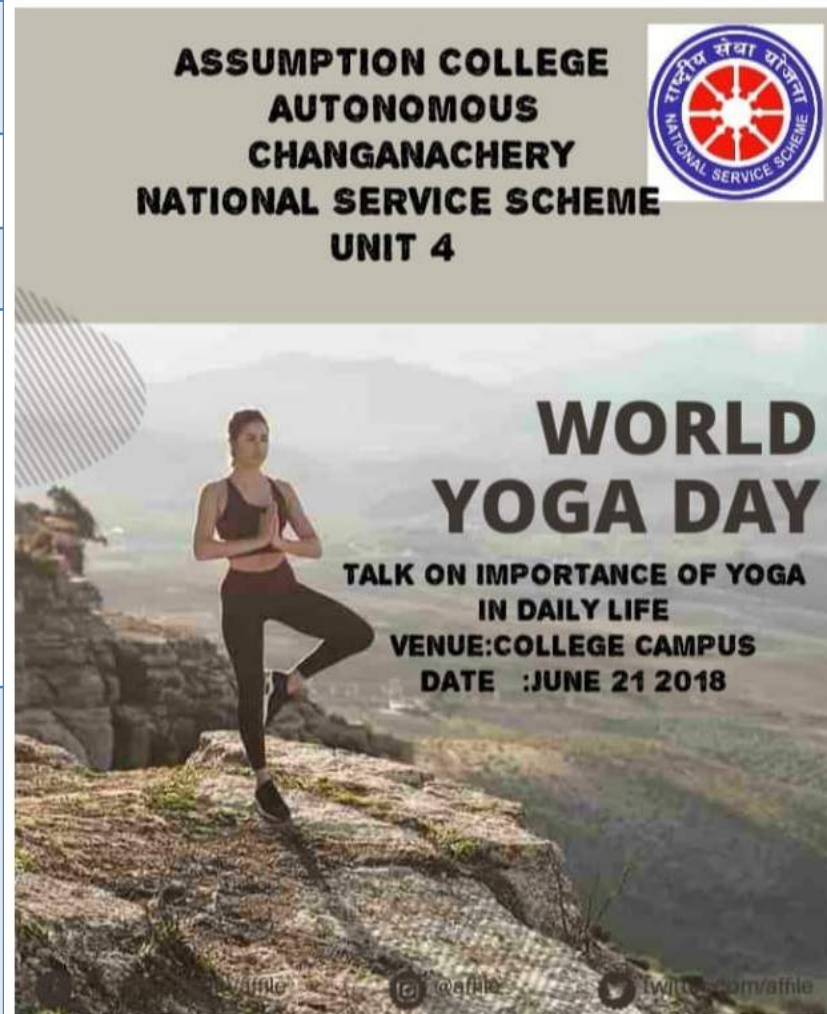
# Drug Abuse Day

Date	June 20, 2018
Objectives	consequences of drug abuse
Organizing Agency	NSS units
Beneficiaries	NSS volunteers, 65
Outcomes	Prepared posters and presented regarding the consequences of drug abuse in human's life.
Short Description	NSS volunteers of our college observed Drug abuse day seriously. They prepared posters regarding the consequences of drug abuse in human's life and exhibited in the campus.



# International Yoga Day

<b>Date</b>	<b>June 21 ,2018</b>
<b>Objectives</b>	importance of yoga in daily life and introduction of yoga asana
<b>Organizing Agency</b>	NSS units
<b>Beneficiaries</b>	NSS volunteers, 80
<b>Outcomes</b>	Former volunteer secretary- Atheena Menon from III DC Botany, led a session on the topic- Importance of yoga in daily life and introduced some yoga asanas and all the volunteers practiced this for 30 minutes.
<b>Short Description</b>	Atheena Menon from III DC Botany, former volunteer secretary led a practical session on the topic based on the importance of yoga in daily life and introduced some yoga steps and all the volunteers practiced it very well and the duration of this session was around 30 minutes.



# Independence Day Celebrations

<b>Date</b>	<b>August 15, 2018</b>
<b>Objectives</b>	Independence Day celebration
<b>Organizing Agency</b>	NSS units
<b>Beneficiaries</b>	NSS volunteers, 80
<b>Outcomes</b>	NSS Volunteers actively Participated in the Independence Day Celebrations in the College Campus, in Collaboration with NCC Unit.
<b>Short Description</b>	NSS Volunteers Actively Participated in Independence Day Celebrations (Speech and patriotic song) in the College Campus, in Collaboration with NCC Unit


**ASSUMPTION COLLEGE  
AUTONOMOUS  
CHANGANACHERRY  
NATIONAL SERVICE SCHEME  
UNIT 4**



# Flood Related Activities

<b>Date</b>	<b>August 16 2018</b>
<b>Objectives</b>	Flood related activity
<b>Organizing Agency</b>	NSS units
<b>Beneficiaries</b>	NSS volunteers, 95
<b>Outcomes</b>	Dress collection drive and money distribution to adopted village
<b>Short Description</b>	NSS volunteers visited and contributed Rs.3000 to the flood affected area at Vettithuruthu, Changanacherry, one of the adopted villages of our college. Our NSS volunteers organized a dress collection drive within the campus .Apart from this, five flood relief camps were visited and we were able to distribute the collected dress to the refugees on August 20 <sup>th</sup> 2017.


**ASSUMPTION COLLEGE  
AUTONOMOUS  
CHANGANACHERRY  
NATIONAL SERVICE SCHEME  
UNIT 4**



**FLOOD RELIEF ACTIVITIES**

*Flood relief camp visit & dress distribution*

*VENUE: Changanacherry*  
*DATE: 20 August 2018*





# Flood Related Activities

## ASSUMPTION COLLEGE AUTONOMOUS CHANGANACHERY

NATIONAL SERVICE SCHEME UNIT 4

Flood Relief Activities

One Day Cleaning

Venue: St Mary's nursery  
school, kainady

Date : August 27, 2018



CLOTH COLLECTION DRIVE



CLEANING ACTIVITIES AFTER FLOOD



Assumption College  
Autonomous  
Changanachery  
National service scheme unit 4



**FLOOD RELIEF ACTIVITIES**  
**VENUE: VETTITHURUTHU,**  
**CHANGANACHERY**  
**DATE : AUGUST 16, 2018**

# Vegetable Garden

<b>Date</b>	<b>September 1 ,2018</b>
<b>Objectives</b>	Vegetable garden preparation at college
<b>Organizing Agency</b>	NSS units
<b>Beneficiaries</b>	NSS volunteers, 95
<b>Outcomes</b>	Vegetable garden was prepared at the college.
<b>Short Description</b>	As part of organic farming on September 1 2018 the NSS volunteers spend their time for vegetable garden repression at college.

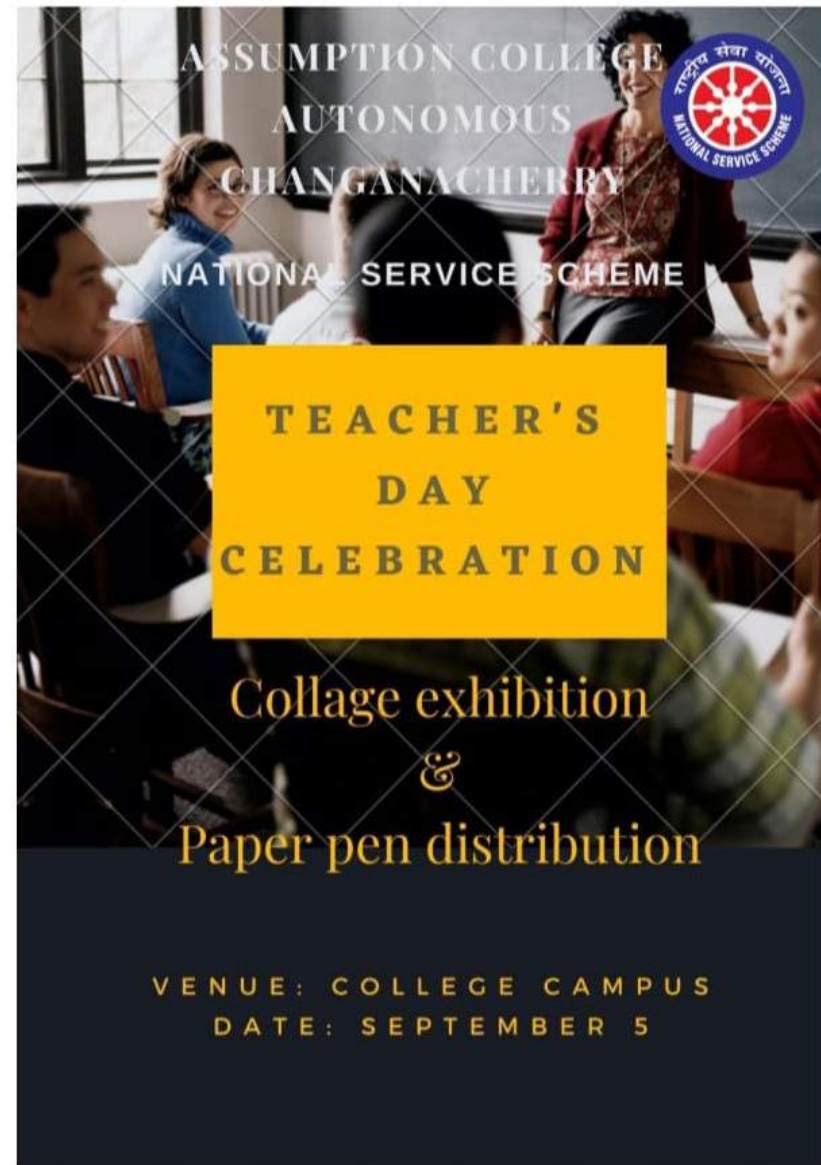


**VEGETABLE GARDEN PREPARATION**



# Teacher's Day Celebrations

<b>Date</b>	<b>September 5 2018</b>
<b>Objectives</b>	Teachers Day celebration and distribution of paper pens to all teachers in Assumption family.
<b>Organizing Agency</b>	NSS units and college union
<b>Beneficiaries</b>	NSS volunteers and union members
<b>Outcomes</b>	Teachers Day celebration and exhibition of collage and distribution of paper pens.
<b>Short Description</b>	NSS volunteers in collaboration with Union members of our college, celebrated teachers day attractively. On this day volunteers prepared and exhibited a collage in the notice board and distributed paper pens to all the teachers in Assumption family.





# Flood Related Activities

<b>Date</b>	<b>September 13 2018</b>
<b>Objectives</b>	Post flood activities
<b>Organizing Agency</b>	NSS units and MSW students of SB College
<b>Beneficiaries</b>	NSS volunteers and MSW students, 60
<b>Outcomes</b>	Post Flood Survey at Kuttanad and organized a group discussion with the flood affected people
<b>Short Description</b>	NSS volunteers of our college in association with MSW students of SB and Assumption collage conducted a Post Flood Survey at Kuttanad and organized a group discussion with the flood affected people.





# NSS Day

<b>Date</b>	<b>September 24, 2018</b>
<b>Objectives</b>	Presentation of NSS Moto and message on notice board and distribution of packed lunch
<b>Organizing Agency</b>	NSS units
<b>Beneficiaries</b>	NSS volunteers,100
<b>Outcomes</b>	Presented NSS motto and message in common notice board of college and each volunteer offered one extra lunch and distributed packed lunch to victims at Flood Relief Camp at Town hall Changanacherry
<b>Short Description</b>	NSS Day was meaningfully celebrated by the NSS volunteers on September 24. They presented NSS motto and message in common notice board of college and each volunteer offered one extra lunch and distributed packed lunch to refugees of Flood Relief Camp at Town hall; Changanacherry.



May the mind be good

**Assumption College**  
**Autonomous**  
**Changanacherry**  
**National service scheme unit 4**

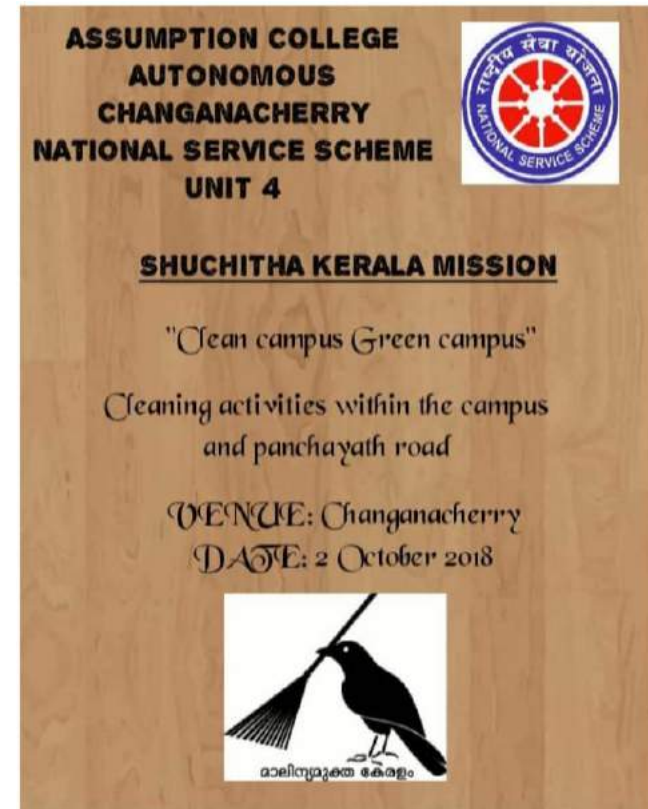


*Nss day*  
*Food distribution*  
*Venue: townhall, changanacherry*  
*Date :sept 24, 2018*



# Gandhi Jayanti celebrations

<b>Date</b>	<b>October 2, 2018</b>
<b>Objectives</b>	Shuchitha Kerala mission
<b>Organizing Agency</b>	NSS units
<b>Beneficiaries</b>	NSS volunteers, 125
<b>Outcomes</b>	Clean Campus Green Campus Birth Centenary day of our Father of Nation , Mahatma Gandhiji, our college Principal, Rev. Sr. Cherukusumam CMC, Inaugurated the project. After the official programme, NSS volunteer took part in cleaning activities within the campus and Municipality Road
<b>Short Description</b>	October 2 <sup>nd</sup> was the birth Centenary day of our Father of Nation, Mahatma Gandhiji. Our college Principal, Rev. Sr. Cherukusumam CMC, inaugurated the Clean Campus Green Campus project organized by Shuchitha Kerala Mission. After the official programme, NSS volunteers took part in various cleaning activities within the campus and Panchayat Road.



**GANDHIJAYANTI CELEBRATION**



# Training Programme

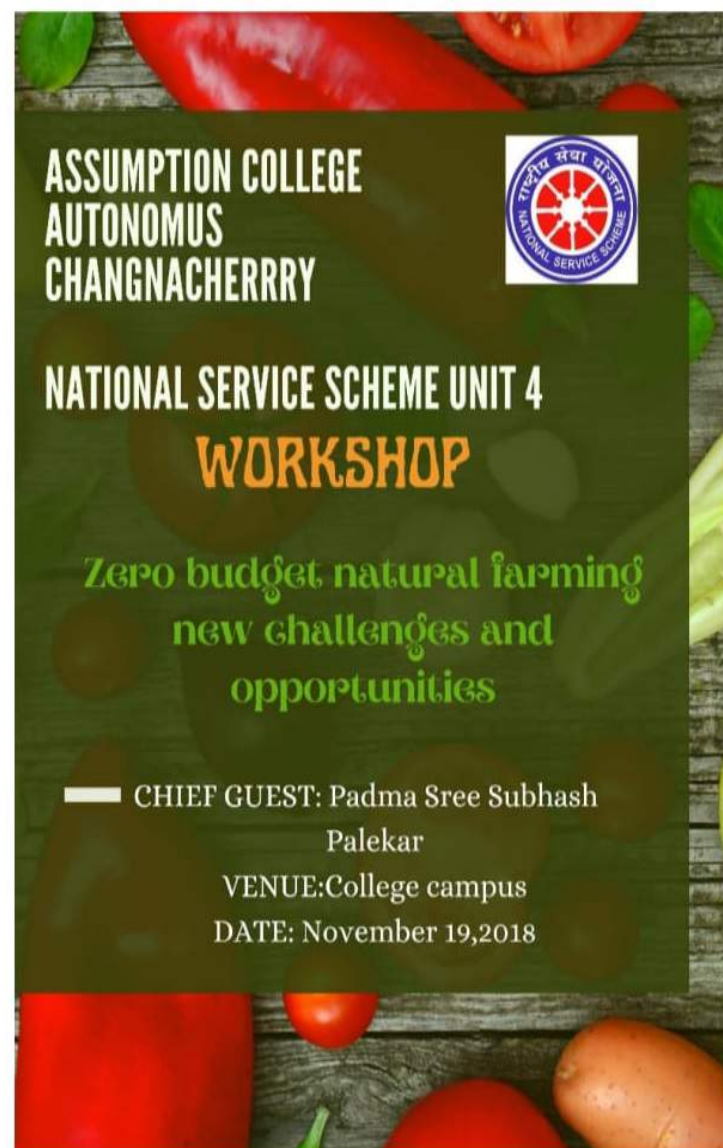
<b>Date</b>	<b>October 16 2018 to October 19 2018</b>
<b>Objectives</b>	Three day leadership training program
<b>Organizing Agency</b>	BK college Amalagiri
<b>Beneficiaries</b>	Volunteer secretaries, 2
<b>Outcomes</b>	Three day leadership training programme of volunteer secretaries at BK College Amalagiri. Leadership, personality development, NSS-objectives and possibilities etc., are the topics discussed.
<b>Short Description</b>	Our second year NSS volunteers attended a three day leadership training programme of volunteer secretaries at BK College Amalagiri. Leadership, personality development, NSS- objectives and possibilities etc., were the topics discussed.

**VOLUTEER SECRETATARY CAMP**



# Workshop on Zero Budget Natural Farming

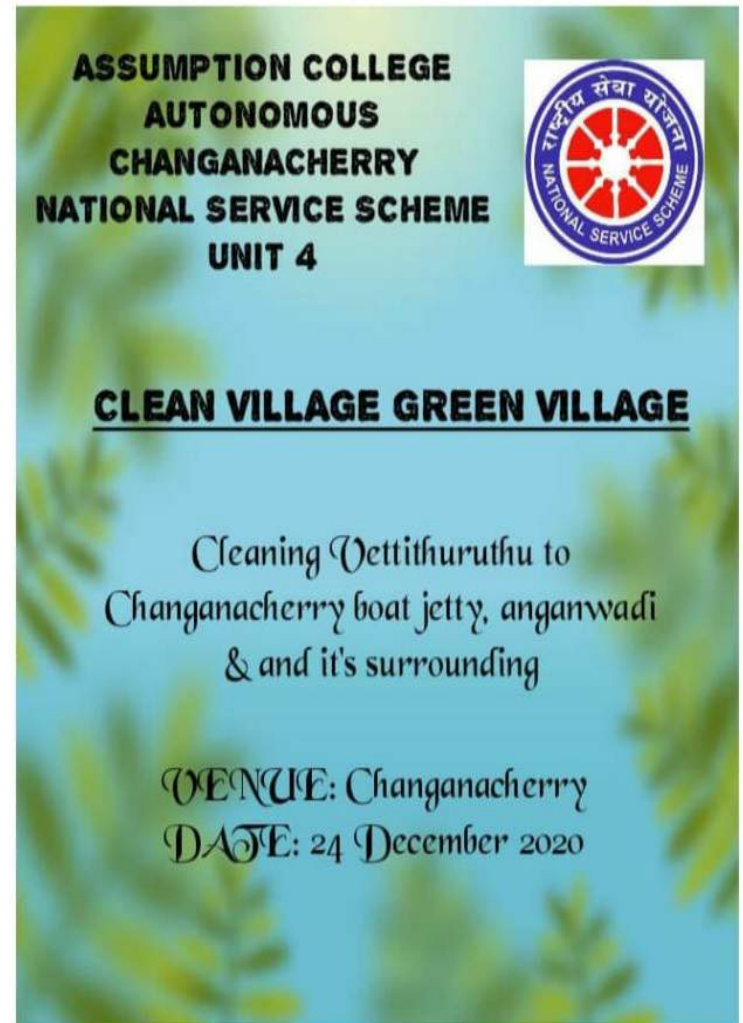
<b>Date</b>	<b>November 19 ,2018</b>
<b>Objectives</b>	Workshop on zero budget natural farming
<b>Organizing Agency</b>	School of Biosciences ,MG University
<b>Beneficiaries</b>	NSS volunteers, 2
<b>Outcomes</b>	Workshop on Zero Budget Natural Farming: New Challenges and Opportunities by Padma Shri Subhash Palekar organized by NSS unit and School of Biosciences MG University.
<b>Short Description</b>	NSS volunteers participated in a workshop on Zero Budget Natural Farming: New Challenges and Opportunities by Padma Shri Subhash Palekar organized by NSS unit and School of Biosciences MG University.





# Clean Village Green Village

Date	December 24,2018
Objectives	Cleaning drive
Organizing Agency	NSS units
Beneficiaries	NSS volunteers,85
Outcomes	Cleaning process
Short Description	Vettithuruthu to Changanacherry boat jetty Vettithuruthu (adopted village) and its Vettithuruth Anganwadi and its surroundings.



# Clean Village Green Village

## CLEAN VILLAGE GREEN VILLAGE ACTIVITIES



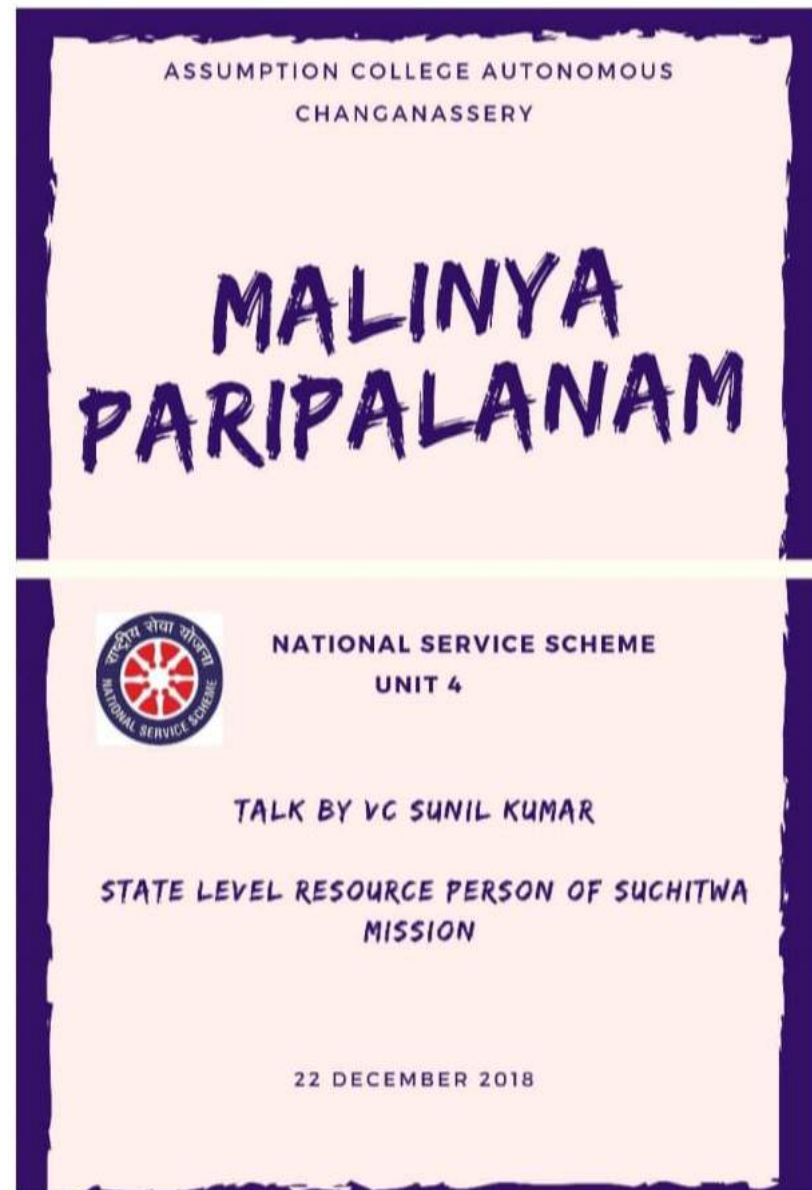
Vettithuruthu church and its premises Vettithuruthanganwadi and its surroundings



Vettithuruthanganwadi Vettithuruthu to Changanacherry boat jetty road

# SHRAMDHAN- NSS Seven Day Camp

<b>Date</b>	<b>December 26 ,2018</b>
<b>Objectives</b>	Toilet and house construction works
<b>Organizing Agency</b>	NSS units
<b>Beneficiaries</b>	NSS volunteers,85
<b>Outcomes</b>	Toilet and house construction works were completed by the NSS volunteers during the seven day . Suchitwa mission talk on MALINYA PARIPALANAM was conducted.
<b>Short Description</b>	The annual 7-day NSS camp Sukrutham 2018 was conducted at Vettithuruthu, Changanacherry. Vettithuruthu is an adopted village of Assumption College Changanacherry. Main theme of our special camp was flood related activities like toilet and house construction activities in the adopted village. The waste management practices within the village were inadequate, which may lead to potential health problems, significant environmental impact, and general loss of amenity. Many physical and mental disabilities were seen among the families of this area.



# SHRAMDHAN- NSS Seven Day Camp

## Short Description

The problems are common to villages throughout India, and waste management is emerging as an important environmental issue. At 4:00 pm; Sukrutham 2018 was inaugurated by former Home Minister Shri.Thiruvanchoor Radhakrishnan. Other distinguished guest were Rev. Sr. Cherukusumam CMC, Principal, Assumption College, Rev.Fr.Thomas Parathara ; the Vice Principal and Rev.Fr.Eby Puthusseri, Asst. Professor, Dept of Computer Science delivered felicitations. Duration of the special camp was seven days. Apart from this; Clean village Green village activities was also organized for Four days. Various talks, cleaning activities and other skill oriented trainings were also part of this scheme. Around 85 NSS volunteers participated in in this glorious event.

**Flood related activities by NSS volunteers** - Main activity of the NSS volunteers during 7 day camp was helping in house construction and toilet construction. Toilet was constructed for the family of our student history department. Even though it was a strenuous activity, NSS volunteers were whole heartedly participated in the construction works

# BUILD A LIVING!

- HOUSE AND TOILET CONSTRUCTION AS PART OF NSS SEVEN DAY CAMP SHRAMDAN

**ASSUMPTION  
COLLEGE  
AUTONOMOUS,  
CHANGANACHERRY  
NSS UNIT 4**





# SHRAMDHAN- NSS Seven Day Camp

## Short Description

Talks by various Resource Persons

On 22nd December, Mr. V.C.Sunil Kumar, State level Resource person of Suchitwa mission interacted with the volunteers. The topic was related to the relevant theme i.e., “Malinya Paripalanum”.

A class was conducted for our volunteers by Dr. B. Harilal who is the course coordinator of BBA department of Assumption College. The talk was on personality development and its stages. Prof. M.J Mathew, M G University NSS Coordinator, visited the camp and addressed the volunteers with a motivating speech. Dr. Sr. Liya SABS is currently working in Lourdmatha Hospital, Pacha. She also took class on personal hygiene, mental health and importance of diet in adolescent age, etc. Dr.Sr. Lino, Assistant Professor, Dept. of Malayalam, Assumption College, delivered a talk on mind mastering and personality development. Skill oriented class was given on waste management- table mat and floor mat making from used cloths. It was conducted by Ms. Shaji and Ms. Alphonsa, staffs of CHASS. An awareness class on the merits and demerits of media usage for youth was delivered by Fr EbyPuthusserry.

On 27th December was the last day of the special camp. Valedictory function began at 12 pm. NSS secretary, Swathimol T.T welcomed the gathering and, Sr.Cherukusumam CMC, Principal of Assumption college, Dr. Anitha Jose, vice principal, and Fr.EbyPuthusserry , Vicar, St Antonys Church, Vettithuruthu appreciated the volunteers and the programme officers. In the life of all the NSS volunteers, Sukrutham 2018 was really wonderful task & the experience was really memorable and cherishing.



A talk on MALINYA PARIPALANUM by Dr. VC Sunil Kumar



MJ Mathew, MG university programme coordinator

# Blood Donation Camp

<b>Date</b>	<b>January 18, 2019</b>
<b>Objectives</b>	Blood donation
<b>Organizing Agency</b>	Govt. General Hospital, Kottayam.
<b>Beneficiaries</b>	NSS volunteers, 80 volunteers and 45 donors.
<b>Outcomes</b>	Blood donation camp was set and 45 donors donated their blood.
<b>Short Description</b>	Blood donation camp was conducted by NSS unit of Assumption College on 18 <sup>th</sup> Jan 2019, in association with Govt. General Hospital, Kottayam. More than 80 students actively participated in the camp and around 45 students could donate their blood.



# Film Release

Date	January 23, 2019
Objectives	<b>Samaksham</b> Film release
Organizing Agency	MG University
Beneficiaries	NSS volunteers, 300
Outcomes	<b>SAMAKSHAM</b> -Film based on a project to spread organic farming
Short Description	Samaksham, a film prepared by MG University was released on 23rdJan 2019 at William hall Auditorium in Assumption college .More than 300 students and staff and non-teaching staffs viewed the film and appreciated

**SAMAKSHAM FILM RELEASING**



# World Leprosy Day

<b>Date</b>	<b>January 30, 2019</b>
<b>Objectives</b>	Anti leprosy rally
<b>Organizing Agency</b>	District health Department
<b>Beneficiaries</b>	NSS volunteers, 95
<b>Outcomes</b>	Anti leprosy rally at Changanacherry town
<b>Short Description</b>	On Jan 30 <sup>th</sup> ; our NSS volunteers actively participated in Anti leprosy rally, which was organized by District health department at Changanacherry Town.

**NSS VOLUNTEERS PARTICIPATING IN ANTI LEPROSY RALLY**

