

Assumption College Autonomous, Changanacherry
National Service Scheme - NSS
Report 2019-2020

Environment Day


Date	5 june 2019
Objectives	To promote the interaction with environment and Distribution of seeds and Planting tree saplings.
Organizing Agency	NSS Unit andBMC
Beneficiaries	First year NSS volunteers,89 volunteers
	The volunteers learned that the environmen is just like our neighbourhood,its surrounding conditions influence us and environment play an important role in life
Short Description	The NSS unit celebrate the environmental day on june 5 2019.Dr.Shoniya Thomas welcomed the gathering.College principal Rev Sr,Cherukusumam has planted a tree saplings and gave message on the importance of environmental day and NSS volunteer Sandra Suresh has thanked the gathering.




World Blood Donation Day

Date	14 june 2019
Objectives	To gave awareness about Blood donation.
Organizing Agency	NSS Unit
Beneficiaries	First year NSS volunteers,84 volunteers.
Outcomes	The volunteers enlightened by the importance of blood donation.
Short Description	As the celebration of Blood donation day on 14 june 2019 at 9am assembled in our college campus.And exhibited posters and charts on the importance of the day.NSS volunteer secretary Sandra gave an awareness talk about blood donation.

ASSUMPTION COLLEGE
AUTONOMOUS
CHANGANACHERRY
NATIONAL SERVICE SCHEME
UNIT 4

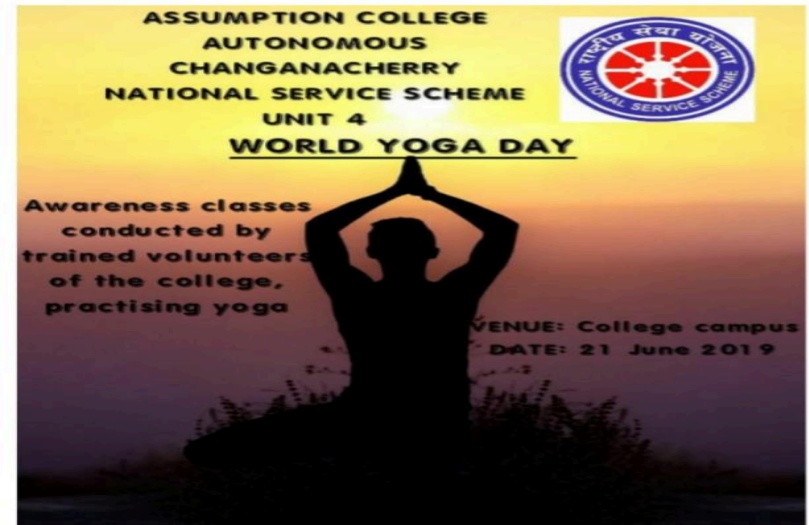


WORLD BLOOD DONATION DAY
Exhibited posters and charts on the
importance of Blood Donation Day
Venue: College campus
Date: 14 June 2019



World Yoga Day

Date	21 june 2019
Objectives	To gave awareness and practising yoga.
Organizing Agency	NSS Unit
Beneficiaries	First year NSS volunteers,93 volunteers
Outcomes	The volunteers were well practiced yoga everyday for an hour.
Short Description	As a part of our NSS activities we celebrate World Yoga day on june 21 2019.The trained volunteers Ms,Danya Thomas and Ms.Chinnumol Sebastian,Sandra suresh gave awareness of practicing yoga everyday and were trained yoga for an hour.



Ecofriendly Activities

Date	2 october 2019 (Birth centenary year of Mahatma Gandhi)
Objectives	To aware birth year centenary of Mahatma Gandhi.
Organizing Agency	NSS Unit and BMC
Beneficiaries	First year NSS volunteers,81 volunteers.
Outcomes	Volunteers planted many tree saplings.
Short Description	As a part of NSS activity of assumption college, we celebrate NSS jubilee year and Birth centenary of Mahatma Gandhi.And our volunteers Planted many trees.



Zero waste campus & adopted village

Date	13 july 2019
Objectives	The inauguration of valicheriyal vimuktha campus,adopted village,town.
Organizing Agency	NSS unit and BMC
Beneficiaries	First year,NSS volunteers,85 volunteers.
Outcomes	Divide the students as groups about waste generating methods.
Short Descripti	Ms Sandra suresh welcomThe inauguration valicheriyal muktha Campus,village,town was held on 13 th Saturday ath 9:30 am at college auditorium



Orientation Programme

Date	14 th -20 th August 2019
Objectives	Seven day orientation programme.
Organizing Agency	NSS Unit
Beneficiaries	First year NSS volunteers
Outcomes	The programme is good enough for all NSS activities.
Short Description	Sr.Elizabeth Joseph,NSS programme officer of our college attended a seven day orientation programme in Rajagiri college Kalamaseery from 14-20 th august.



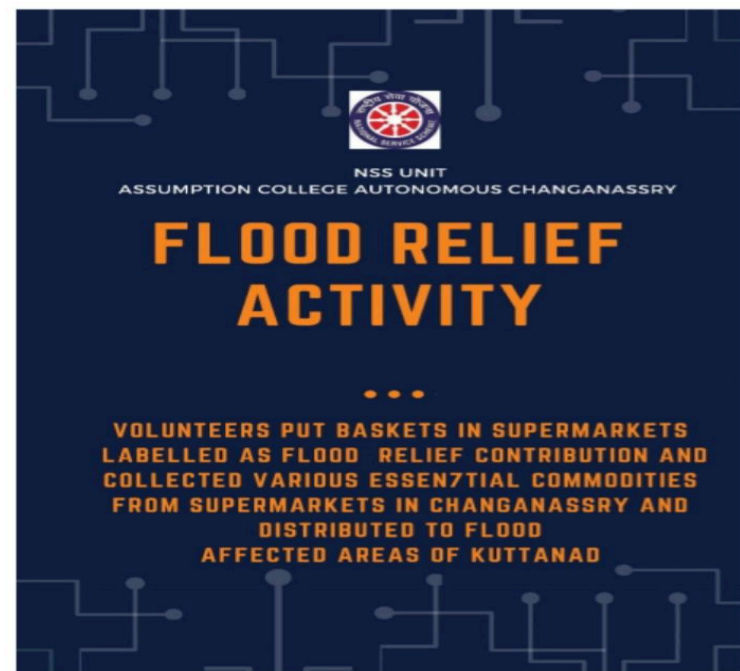
Planting Of Tree Saplings

Date	30 August 2019
Objectives	Planted tree saplings in various grow bags.
Organizing Agency	NSS unit and BMC
Beneficiaries	First year NSS volunteers, 70 volunteers.
Outcomes	The volunteers placed all grow bags in the college premises in order to achieve the goal of green campus.
Short Description	On August 30, at 1 pm the NSS volunteers of Assumption College gathered at NSS office and planted tree saplings in various grow bags to achieve their goal of green campus. The students are divided into groups and thereby at 2 pm growbags are placed.



Flood Relief Activities

Date	30 august 2019
Objectives	Flood relief activities.
Organizing Agency	NSS unit
Beneficiaries	First year NSS volunteers,32 volunteers.
Outcomes	Volunteers put baskets in supermarkets labelled as flood relief contribution.
Short Description	On 30 th august 2019,NSS volunteers in our college contributed their services to community those suffered in the flood.Volunteers put baskets in supermarkets labelled as flood relief.And collected useful commodities from supermarkets in chenganassery and distributed in the flood affected areas of kuttanadu.

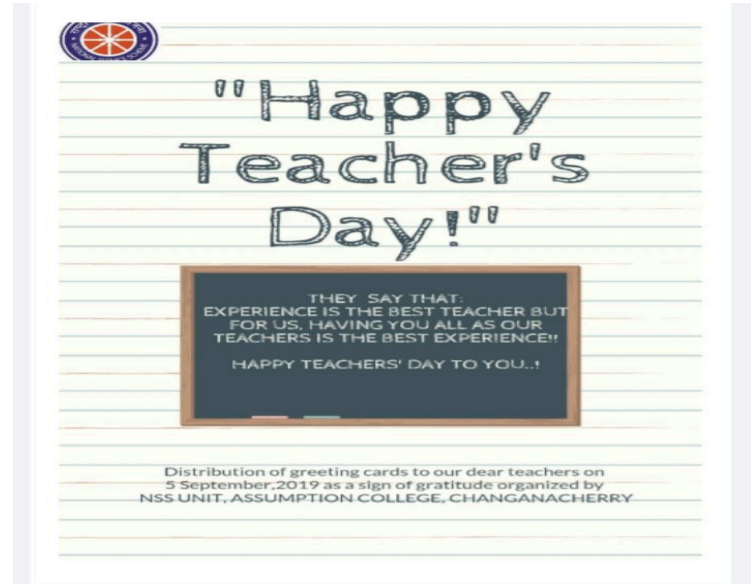


Three Day Camp For NSS Volunteer Secretaries

Date	30 th august -1 september 2019
Objectives	Three day camp for NSS volunteer secretaries.
Organizing Agency	NSS
Beneficiaries	First year NSS volunteers
Outcomes	For better development in the activities.
Short Description	On 30 august -1 sep 2019,the secretaries of our NSS unit Sandra Suresh and Chinnumol sebastian were atended the three day camp for unit secretaries held at St.Marys College Manarcadu.

Teachers Day

Date	5 september 2019
Objectives	Teachers day celebration.
Organizing Agency	NSS unit
Beneficiaries	First year NSS volunteers,83 volunteers.
Outcomes	Distributed greeting cards and toffees to the teachers of Assumption college.
Short Description	As a part of teachers day celebration on 5 sep 2019,NSS volunteers of our college led in colourful manner and NSS volunteers distributed greeting cards and toffees to our teachers.



Awareness Campaign On Anti-Narcotics

Date	6 september 2019
Objectives	Awareness campaign on anti-narcotics.
Organizing Agency	NSS
Beneficiaries	First year NSS volunteers,86 volunteers.
Outcomes	All the students who had atended really benefitted from the class s an eye opener to many realities.
Short Description	On 6 sep 2019,NSS unit of our college conduct an awareness campaign on anti –narcotics.Asst.director of CHASS,chenganasserry gave talks on different types of drugs,their sources,how they become missused.Two short films were also played.

Orientation Programme

Date	7 september 2019
Objectives	Orientation programmes
Organizing Agency	NSS
Beneficiaries	First year NSS volunteers,91 volunteers
Outcomes	The main idea conveyed that NSS provide an open stage where we will be help others.
Short Description	On 7 sep,NSS unit of Assumption college conduct an orientation class to first and second year students by O.V Shynoj a social worker and higher secondary NSS PO.His words were really inspiring.Class ended at 1:30 pm.



NSS Day

Date	24 September 2019
Objectives	NSS day celebration, flag hosted.
Organizing Agency	NSS
Beneficiaries	First year NSS volunteers, 90 volunteers.
Outcomes	This year is the golden jubilee year. NSS was started on 24 sep 1969.
Short Description	On NSS day celebration, NSS flag hosted, by our principal Rev Sr. Cherukusumam CMC. medicinal plants were distributed to ex-programme officers and college authorities. And the volunteers conduct a rally to chenganasserry town, visited paral anganavadi.

Gandhi Jayanthi

Date	2 october 2019
Objectives	150 th birth centenary year of mahatma Gandhi or Gandhi Jayanthi celebratiin.
Organizing Agency	NSS
Beneficiaries	First year NSS volunteers,81 volunteers
Outcomes	Volunteers conduct a cleaning work in the jose road along with locals of the area.
Short Description	150 th birth centenary year was celebrated by the volunteers in special manner on 2 nd October 2019. seminar was organised on this day and the session was led by Sri. V J Laly, HSS, St Theresas Higher secondary School, Vazhappally. He narrated the life history of Mahatma Gandhi to the volunteers.



Blood Donation Camp

Date	19 November 2019
Objectives	Nss unit conduct a blood donation camp.
Organizing Agency	NSS, HDFC Bank, Changanacherry and Blood Bank, Medical college Kottayam.
Beneficiaries	First year NSS volunteers,45 volunteers
Outcomes	NSS volunteers of Assumption College organised a blood donation camp with the help of Blood Bank, Medical college Kottayam.
Short Description	On 19 Nov 2019 NSS volunteers of Assumption College organised a blood donation camp in association with HDFC Bank, Changanacherry with the help of Blood Bank, Medical college Kottayam on 19 th November 2019. The camp was a great success as 45students donated blood.



Constitution Day Of Our Country

Date	26th November 2019
Objectives	70th Constitution Day of our country
Organizing Agency	NSS
Beneficiaries	First year NSS volunteers,90 volunteers
Outcomes	The volunteers assembled in the basket ball court and read the preamble of the Indian constitution
Short Description	70th Constitution Day of our country was celebrated by the NSS volunteers in the College on 26 th November 2019. The volunteers assembled in the basket ball court and read the preamble of the Indian constitution. Every year India celebrates 26 November as Constitution. The day is celebrated to commemorate the adoption of the Constitution of India on 26 November 1949 by Indian Constituent Assembly.



SEVEN DAY SPECIAL CAMP

Date	Dec.20- 26, 2019
Objectives	Suvaranam 2019, is the seven day special camp of NSS unit.
Organizing Agency	NSS
Beneficiaries	First year NSS volunteers
Outcomes	The camp focused on environmental energy conservation activities.
Short Description	Suvaranam 2019, is the seven day special camp of NSS unit of Assumption college Autonomous Changanacherry was held at St Shantals High School Mammoodu from 20-26December.



Energy Conservation Survey

Date	21 December 2019
Objectives	Energy conservation survey
Organizing Agency	NSS
Beneficiaries	First year NSS volunteers, 77 volunteers
Outcomes	Energy conservation Survey and awareness programme in the community.
Short Description	Energy conservation Survey and awareness programme in the community. Volunteers were divided into 8 groups and conducted the survey successfully.

Orientation Class

Date	21 December 2019
Objectives	Orientation class
Organizing Agency	NSS
Beneficiaries	First year NSS volunteers,77 volunteers.
Outcomes	It was an inspiring session for the volunteers to love and protect the nature.
Short Description	Session was taken by Dr MADHU Krishnan K, EMC award winner, 2019 on the topic “PrakruthyAtheejeevanam”. It was an inspiring session for the volunteers to love and protect the nature.

Medical Camp

Date	Dec.22, 2019
Objectives	Medical Camp
Organizing Agency	NSS
Beneficiaries	First year,77 NSS volunteers
Short Description	Volunteers organised a free medical camp in association with St Thomas Hospital Chethipuzha. The session inaugurated by Rev. Fr John V Thadathil, Vicar Lourde Matha Church, Mammoodu. Felicitation given by doctors from the hospital and also appreciated the volunteers for their selfless services. The beneficiaries was around 150.

Skill Orientation Class

Date	22 Dec 2019
Objectives	Skill orientation class
Organizing Agency	NSS
Beneficiaries	First year,77 NSS volunteers
Outcomes	Opportunity to prepare paper bags.
Short Description	Skill oriented class was led by Ms. Bindhu Siby, CHASS in the afternoon session. Volunteers got an opportunity to practice for the preparation of paper bags and cloth bags.

Interactive Session

Date	22 Dec 2019
Objectives	Interactive session
Organizing Agency	NSS
Beneficiaries	First year,77 NSS volunteers
Short Description	Evening session was led by Dr Sr. Bindhu Joseph, St Shnatal Ayurveda Hospital, Mammoodu on the topic “Importance of Adolescent Health” . Volunteers took this session for their doubt clarifications regarding their health issues

Shramdaan

Date	23 Dec 2019
Objectives	Shramdaan
Organizing Agency	NSS
Beneficiaries	First year,77 NSS volunteers
Outcomes	Volunteers gave hygienic consiousness
Short Description	Volunteers conducted a road cleaning activities Chanaganacherry - Vazhoor route. Through this activity NSS volunteers gave a hygienic consiousness to the community.

Skill orientation Training Session

Date	23 Dec 2019
Objectives	Skill orientation class
Organizing Agency	NSS
Beneficiaries	First year,77 NSS volunteers
Short Description	Skill oriented class was led by Ms. Bindhu Siby, CHASS in the afternoon session. Volunteers got an opportunity to practice for the preparation of paper bags and cloth bags.

Awareness class about Global Warming and Climatic change


Date	23 Dec 2019
Objectives	Awareness class about global warming and climate change
Organizing Agency	NSS
Beneficiaries	First year, 77 NSS volunteers
Outcomes	It motivate all follow as to live ecofriendly.
Short Description	The talk of Sri Jayakrishnan G, Housing Officer, Mallappally on the topic Global Warming and Climate Change. It was motivated the volunteers to follow an eco-friendly activities in their personal life.

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**GLOBAL WARMING AND CLIMATE
CHANGE**

Join us on the talk lead by Sri Jayakrishnan
G(Housing officer, Mallappally)

26 Dec, 2019|Assumption College



*Let's hold our hands together to save
our mother earth*



NSS UNIT ASSUMPTION COLLEGE, CHANGANASHERRY

Motivational Class

Date	24 Dec 2019
Objectives	Motivational class
Organizing Agency	NSS
Beneficiaries	First year,77 NSS volunteers
Short Description	<p>Sri Joseph Antony, Director Mark and Fill Associates, led the afternoon session. It was a motivational class on the topic “The art of overcoming Failures”. Volunteers shared that their motivational rate increased after the session and also they were set a goal to their future life.</p>

Christmas Celebration

Date	25 Dec 2019
Objectives	Christmas celebration
Organizing Agency	NSS
Beneficiaries	First year,77 NSS volunteers
Outcomes	Volunteers got a blissful opportunity to interact with orphans.
Short Description	On 25 th Dec,NSS volunteers celebrated Christmas day meaningfully by visiting Children Home at Kunnamthanam. Volunteers got an opportunity to interact with the orphans and their care takers.



Environment and Plant Health Class

Date	25 December 2019
Objectives	Class about environment and plant health
Organizing Agency	NSS
Beneficiaries	First year,77 NSS volunteers
Outcomes	Useful class about our environment and plant health.
Short Description	Sri Esho Thomas, St Peters HSS, Kurumpanadam , on the topic Environment and Plant Health. He also encourage the promises of the future, to protect the environment and accept the meaning of “NOT ME BUT YOU” in their life.

Puzha Samrakshanam –Thodu cleaning

Date	26 Dec 2019
Objectives	Puzha Samrakshanam,thodu cleaning.
Organizing Agency	NSS
Beneficiaries	First year,77 NSS volunteers
Outcomes	Active all the volunteers to Clean the backwater stream.
Short Description	On 26 th Dec 2019,NSS volunteers of our vollege were clean river and other backwaters.'pure water is the world's first and foremost medicinal.

Pure Water is the World's First and Foremost Medicine!

**ASSUMPTION COLLEGE AUTONOMOUS,
CHANGANASHERRY**



PUZHASAMRAKSHANAM-THODU
CLEANING

26 th of Dec, 2019



**NSS UNIT ASSUMPTION COLLEGE,
CHANGANASHERRY**



Motivational Talk

Date	26 Dec 2019
Objectives	Motivational talk
Organizing Agency	NSS
Beneficiaries	First year,77 NSS volunteers
Outcomes	Good and awesome motivational class.
Short Description	On 26 th Dec 2019,NSS volunteers of our college have a class, lead by Sri.Joseph Antony(director mark and fill associates.

ASSUMPTION COLLEGE
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*Motivational talk lead by Sri Joseph Antony(Director
Mark and Fill Associates)*

26 Dec, 2019 @ Assumption College



NSS UNIT ASSUMPTION COLLEGE,
CHANGANASHERRY

Fit India Movement

Date	14 th January 2020
Objectives	Fit india movement
Organizing Agency	NSS
Beneficiaries	First year,77 NSS volunteers
Outcomes	Volunteers taken up to college gymnasium.
Short Description	As part of Fit India Movement a seminar on “Fitness and its benefits” was organized for the volunteers of our college. The session was handled by Dr Unnikrishnan, Sports coach, Physical education department, Assumption College for the volunteers. After the session volunteers were taken up to the college gymnasium and trained in the equipment.



Republic Day

Date	26 January 2020
Objectives	Republic Day celebration
Organizing Agency	NSS
Beneficiaries	First year,77 NSS volunteers
Outcomes	.The volunteers took pride in glorifying and celebrating the spirit of unity and brotherhood
Short Description	<p>NSS Volunteers with the NCC students of the college actively participated in the celebration of Republic Day at Assumption College Campus. The ceremony began with the hosting of national flag by our beloved principal hosted the flag by Rev. SrCherukusumam CMC at 7.30 am on 26th January 2020. It was followed by inspiring speeches on the significance of occasion. The students took pride in glorifying and celebrating the spirit of unity and brotherhood. NSS volunteers sang a patriotic song during the occasion.</p>



Disaster Management

Date	27 january 2020
Objectives	Orientation class about disaster management
Organizing Agency	NSS
Beneficiaries	First year NSS volunteers,77 volunteers
Short Description	NSS volunteers attended a disaster management class arranged by Physical education department. The classes were taken by Mr. Sijgy Antony and Mr. Joji. It was quite an interesting class.

Awareness Class On Corona Virus

Date	8 February 2020
Objectives	Awareness class on corona virus
Organizing Agency	NSS
Beneficiaries	First year NSS volunteers,2 volunteers
Outcomes	
Short Description	First year NSS volunteer secretary Ms Annie Susan Jennings attended an awareness on Novel Corona Virus which had almost threatened to spread through Kerala at Baselius College Kottayam on 8th February 2020. Dr Ajay Mohan took class about the Corona Virus and told us about its symptoms and precautions.

National Integration Camp

Date	21-27 February 2020
Objectives	National integration camp
Organizing Agency	NSS Marian College, Kuttikanam, NASA regional directorate
Beneficiaries	First year NSS volunteers, 1 volunteer
Short Description	First year NSS volunteer secretary Ms Annie Susan Jennings attended National Integration Camp at Marian College Kuttikanam on 21-27 February 2020.

