
2017-2018

REGULAR ACTIVITY



IMPORTANT EVENTS

SI NO	DATE	PROGRAMME
1	5/6/2017	Observed Environment day
2	8/6/2017 & 9/8/2017	The PO attended two day's workshop for Programme Officers at Kannur University.
3	19/6/17	Inauguration of Flash mob organized by Kannur University NSS Cell at our college.
4	21/6/2017	Observed International Yoga Day
5	23/6/2017	Volunteers attended Kannur University NSS – School of Yoga Inauguration.
6	24/6/2017	Chalakkunnu – Sabari road Cleaning.
7	28/6/2017	Organized Palliative Care class
8	29/6/2017	Chala Bypass Cleaning and planted Grapes sapling as part of Swach Bharath Abhiyan
9	1/7/2017	Pallipram Colony Survey
10	22/7/2017	Inauguration of Palliative Home Care and food kit distribution
11	29/7/2017	Monsoon Walk - 'Mazhayil Oru Kal Mazha Nadatham'
12	1/8/2017	Swatchatha Pakhwara – class on 'Waste is wealth'
13	2/8/2017 to 4/8/2017	Swatchatha Pakhwara – Campus cleaning and gardening
14	7/8/2017	Swatchatha Pakhwara – Visit to plastic recycling centre
15	8/8/2017	Swatchatha Pakhwara – Swatchatha campaign
16	14/8/2017	Swatchatha Pakwara – Swatchatha Rally
17	15/8/2017	Independence day celebration and closing ceremony of Swatchatha Pakwara programs
18	25/8/2017	Eye Check up camp in association with Al-salama Eye Hospital.
19	2/9/2017	Onam Celebration with Palliative care patients
19	10/9/2017	Our volunteer participated in NIC Camp held at Shimla.
20	14/9/2017	Campus Cleaning and gardening
21	15/9/2017	Student Amenity Center inauguration at Kannur University
22	25/9/2017	NSS Day Orientation Programme.
23	27/9/2017	NSS Day celebration at Santhi Deepam Special School
24	2/10/2017	Orientation class for first year students.
25	5/10/17	Youth Awareness Programme
26	7/10/2017	Palliative Home care and food kit distribution



27	11-10-2017 to 17-10-2017	ETI Orientation
28	18/10/2017	Second orientation class for first year volunteers
29	19/10/2017	Pre RD camp selection
30	20/10/2017	Formed NSS advisory committee
31	23/10/2017 and 24/10/2017	Vegetable gardening
32	25/10/2017	Breast Cancer awareness class
33	3/11/2017 to 5/11/2017	'Jaivam 2017' training at MG University
34	30/11/2017	Blood Donation camp
35	2-12-2017	'Jaivam 2017' training for Volunteers
36	5/12/2017	AIDS Awareness Class
37	9/12/17 and 10/12/17	Leadership Camp – Comando – 17
38	13/12/2017	Motivational and girls empowerment class
39	14/12/2017	Paper Pen Making
40	18/12/2017	Special camp pre – orientation
41	23/12/2017 to 29/12/2017	Special Camp
42	26/1/2018	Republic Day
43	23/2/2018	Sasthrayan
44	6/3/2018	Visit to Abhaya Nikethan
45	7/3/2018	Palliative Home Care
46	8/3/2018	Women's day celebration and women blood donation camp
47		Conducted Yoga class on every Fridays





Palliative Care

Palliative care is specialized medical care for people living with serious illness. The main goal of palliative care at the home is to improve the quality of life for patients.

Palliative Care class

On 28th June conducted a Palliative Care orientation class. The class was handled by Mr. Randolph Vincent, Palliative Care training coordinator, District Hospital, Kannur, Mr. Remith, District President, Students In Palliative Care (SIPC), Navya, Aswathi, and Yardly (Members – SIPC).



Inauguration of Palliative Home Care

Volunteers collected grocery items from students and teachers and made food kits. The Palliative Home Care and Food Kit distribution was inaugurated by Mr. Asif K, Assistant Collector, Kannur on 22nd July.



A class on palliative home care was handled by Dr. Maya, District Hospital, Kannur. Principal Dr. P A Valsalakumari presided over the program. NSS Programme Officer Ms. Raji K and Volunteer leader Ms. Thaslima addressed the gathering. Assistant Collector also visited the first house along with the volunteers.



Onam Celebration with Palliative care patients

On 2nd September, Onam is Celebrated with palliative care patients at Muncipal High School, Kannur. The celebration was inaugurated by Corporation Mayor Smt, E P Latha.



Also Dr. Maya , Kannur District Hospital, addressed the gathering. Our NSS Volunteers presented 43 'Onakkodi' to the patients (Set Mundu for ladies and Mundu for gents).



Also organized 'Ona Sadya' and various cultural programs. Patients participated in the Wheel Chair Race competition. It was really a



different 'Onam' experience for our volunteers in their life.

Helping Hand for Palliative care patients

To support palliative care patients, our volunteers decided to purchase products made by the patients. As part of this, our Independence day special guests were two of them - Mr. Prajeesh and Mr. Sunandan. The first purchase of their 'Palium' soap powder and hand wash was done by Principal Dr. P A Valsalakumari. Mr. Prajeesh had performed a 'Ganamela'



Palliative Homecare

We have taken the Palliative Homecare as one of the main NSS activity. It is conducted in regular basis. This helped very much in changing the view of a volunteer towards the old people or patients. Providing food kit to the financially backward patients, and patiently listening to them, inspired them to share and care.

Observed Environment day

On 5th June, the World Environment day was observed by organizing various programs. A session on 'Pollution and Solution' was handled by Sri. Suresh Babu, Chairman, Planning and Development Committee, Kannur District Panchayath. A presentation was done by the volunteers

based on pollution, digging rain pits and well recharging. Also they organized an Environment Day special Quiz competition - 'Brainiac'.

During the period 5th June to 7th June volunteers visited nearby houses (Division 31 and 32 of Kannur Corporation) and made an awareness campaign about Waste Management, Segregation and sending the plastic waste to the recycling center. They also planted a total of 0 tree saplings in these houses which were received from Edakkad Krishibhavan and Chembilod Krishibhavan.



Two day's workshop for Programme Officers

On 8th and 9th June, the Programme officer attended 'Two day's workshop for Programme Officers' , organized by Kannur University. The workshop and 'Nattumavin Thottam' at Kannur University was inaugurated by Dr. Babu Sebastian, Vice Chancellor (in charge).

Inauguration of Flash mob

As a propaganda for the international yoga day, Kannur University NSS Cell and Ayush Mission jointly organized a flash mob, which was performed in many colleges under Kannur University.



The inauguration of the same was organized at our college on 19th June. Pro Vice Chancellor Dr. T Ashokan Inaugurated the program. NSS Programme Coordinator Sri. Padmanabhan Kavumbayi presided over the session. Principal Dr. P A Valsalakumari welcomed the gathering. Management Committee members Sri K K Rajan, Professor C P Sreenath and NSS Programme Officer Ms. Raji K addressed the gathering.



Observed International Yoga Day

On 21st June, the Yoga training programme was inaugurated by Sri. Sooraj A K, Yoga Master Trainer, Art of Living, Principal Dr. P A Valsalakumari presided over the session. NSS Volunteer leader Ms. Thaslima welcomed the gathering. Ms Smitha K, Assistant Professor, Dept. Of Commerce and Management and NSS Programme Officer Ms. Raji K addressed the gathering. Yoga demonstration was handled by Mr. Sooraj A K and Ms Shyja (Yoga Trainer, Art of Living).



Kannur University NSS – School of Yoga Inauguration

On 23rd June, Kannur University NSS – School of Yoga was inaugurated by Dr. Babu Sebastian, Vice Chancellor (in Charge) at Cherussery Auditorium, Kannur University. Our 30 students attended the programme. Our NSS Volunteers sang the NSS song. Dr. Daya, Pariyaram Ayurveda Medical College handled the yoga class and the yoga demonstration was done by Dr. Maneesh M, Medical Officer, District Ayurveda Hospital.

Chalakkunnu – Sabari road Cleaning.

Due to weeds the Chalakkunnu – Sabari narrow road was dangerous for the pedestrians. All the students of Chinmaya school, colleges, the employees of Sabari Spinning mill and many families are using this road. Our volunteers cleaned the road by removing the weeds and plastic wastes on 24th June. Volunteers formed 5 groups, and under the group leader they choose different areas, and completed their work well.



Chala Bypass Cleaning and planted Grapes sapling as part of Swach Bharath Abhiyan

As part of Swach Bharath Abhiyan, on 29th June, cleaned Chala Bypass and planted Grapes saplings. Corporation councilor Ms. Preetha inaugurated the same. Our volunteers, along with other social workers and 'Chala Samrakshana Samithi' removed plastics and weeds and planted grapes saplings at Chala Bypass Junction.



Pallipram Colony Survey

On 1st July, conducted a survey for planning the fund utilisation of MLA fund allowed to Pallipram colony. Minister Sri Ramachandran Kadannappally inaugurated the survey. Pro Vice Chancellor Dr. T

Ashokan presided over the program. Sri Padmanabhan Kavumbayi, NSS Programme Coordinator addressed the gathering. By making groups of 4, the volunteers completed the survey. The questionnaire consolidation was done at our college and the report was submitted on 5th July.



Monsoon Walk - 'Mazhayil Oru Kal Mazha Nadatham'

29th July, our 50 volunteers, teachers and Programme Officer participated in the Monsoon Walk - 'Mazhayil Oru Kal Mazha Nadatham' along with the students of other 6 colleges, from Wayanad Boys Town to Kottiyoor.



Swatchatha Pakhwara

Class on 'Waste is wealth'

As part of 15 day program of Swatchatha Pakhwara, conducted a class on 'Waste is Wealth' on 1st August. The session was handled by Sri. A P Hamsakkutty, KILA. Also took swatchatha oath.



Swatchatha Pakhwara – Campus cleaning and gardening

As part of swatchatha Pakhwara from 2nd to 4th August, Campus cleaning and gardening was conducted.

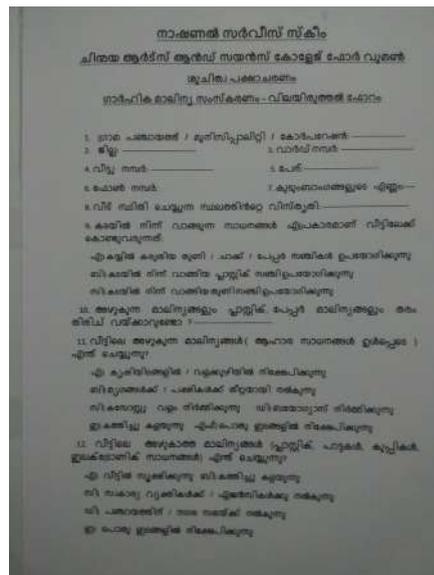
Visit to plastic recycling centre

Volunteers visited the plastic recycling center at Pokkammavu, Chembilod and observed the different steps of plastic recycling on 7th August.



Swatchatha Pakhwara – Swatchatha campaign

Swatchatha campaign at near by houses was held on 8th August. Volunteers filled in questionnaires and distributed leaflets. They visited around 60 houses.



Swatchatha Rally

Organized a Swatchatha Rally at Kannur Town on 14th August. Around 125 students from 3 colleges participated. The rally started from Kannur Taluk Office ground. It was falgged off by Sri. Padmanabhan Kavumbayi, NSS Programme Coordinator.





Independence day celebration and closing ceremony of Swatchatha Pakwara programs

On 15th August, Independence Day was celebrated by hoisting the flag and various cultural programs. Also as part of Swatchatha Pakwara, Principal declared our campus as 'Clean Campus'.



Eye check up camp

Organized an eye checkup camp in association with Al-salama Eye Hospital, Kannur on 25th August.



NIC Camp at Shimla

Our volunteer Hridya Vinod attended the National Integration Camp held at Shimla .

NSS Day Orientation Programme

On 25th September, NSS Orientation class was handled by Programme Officer. Covered the topics NSS history, Motto, Symbol, Badge, NSS Song, NSS clap, Objectives, Duties, Flagship programs, Administrative structure, NSS Work Diary preparation etc. Volunteer leaders Ms. Akshaya and Ms Hridya addressed the gathering.



NSS Day celebration at Santhi Deepam Special School

NSS Day celebration with the differently abled students of Santhi Deepam Special School, Chala was held on 27th september. School Principal Ms. Jalarani addressed our volunteers. Our volunteers presented Books, other stationery items and balloons to all the students. Also many cultural programs of our volunteers and Santhi Deepam students were taken place.



Orientation class for first year students.

On 2nd October, conducted an orientation program for first year volunteers. The class was handled by Mr. Raghu and Mr. Prakashan of 'Patavu Creative Theater'.



Also our second year volunteers attended the inauguration of 'Jaiva Vyvidhya Campus' at Kannur University.

Youth Awareness Programme

Our 30 NSS Volunteers attended the Youth Awareness Programme at Mahathma Mandir, Kannur organized as part of 'Gandhi Varacharanam' on 5th October.

ETI Orientation

Programme Officer attended ETI Orientation class at Empanelled Training Institution for NSS, Rajagiri College of Social Sciences, Kalamassery from 11th to 17th October.



Second orientation class for first year volunteers

Conducted second orientation program for first year volunteers on 18th October. The class was handled by Mr. Raghu and Mr. Prakashan of 'Patavu Creative Theater'.



Pre RD camp selection

Pre RD selection Camp was held at Krishna Menon Womens College on 19th October. Our students Adithya Jayaraj and Anjana Prasad P T attended the same. Our five volunteers volunteered the same.

Formed NSS Advisory committee

Formed NSS Advisory committee and held the first meeting on 20th October.

Members:

Chairperson: Principal Dr. P A Valsalakumari.

Member secretary: Ms. Raji K, NSS PO.

Members : Ms. Shanu Karun (Hod, Dept. Of English), Ms. Anitha Haridas (Dept of Computer Applications) , Ms. Smitha (Hod, Dept of Commerce and Management Studies), Ms. Nayana Sahadevan (Hod , Department of Biotechnology), Ms. Keerthana Sajeevan (Volunteer Secretary), and Ms. Thaslima (Volunteer Leader)

Also approved NSS Calendar.

Vegetable gardening

Planted Spinache, Chilli, Ladies finger saplings.

Breast Cancer awareness class

Organized a Breast Cancer awareness class as part of observing Breast Cancer Awareness month on 25th October. The class was handled by Dr. Neethu, HOD, Community Oncology Department, Malabar Cancer Center, Thalassery.



'Jaivam 2017' training at MG University

The Programme Officer attended 3 days 'Jaivam 2017' training for Programme Officers at INTER UNIVERSITY CENTRE FOR ORGANIC FARMING AND SUSTAINABLE AGRICULTURE (IUCOFSA), MG University, Kottayam from 3rd November to 5th November.



Blood Donation camp

On 30th November, organised a blood donation camp in association with 'Red Is Blood' charitable society, HDFC Bank, and Malabar Cancer Centre blood bank. 43 units of blood donated.



‘Jaivam 2017’ training for Volunteers

Organized Jaivam 2017 training programme for NSS volunteers of Chinmaya Arts and Science College for Women, MG College Chendayad, Donbosco Arts and Science College, Angadikkadavu and MES College Kuthuparamba at Bank Auditorium, Pinarayi on 2nd December.

MG University Registrar Mr. M R Unni inaugurated the session. Pinarayi Panchayath President Ms. Geethamma presided over the session. Kannur University NSS Programme Coordinator Sri. Padmanabhan Kavumbayi and former programme coordinator Sri K P Muhammed addressed the gathering. The forenoon class was handled by Mr. Kannan, Organic farmer. The afternoon session was handled by Ms. Raji K, NSS PO, Chinmaya.



AIDS Awareness Class

As part of observing AIDS day, AIDS awareness class was conducted on 5th December. The session was handled by Mr. T G Vinod, Founder and President of Love Feast, a helping hand for AIDS patients, Thrissur.



Leadership Camp – Comando – 17

Our volunteers Ms. Thaslina and Ms. Keerthana Sajeevan attended the two days University level leadership camp - Comando -17 at Sir Sayed College, Thalipparamba on 9th and 10th December. Our Volunteer Ms. Hridya Vinod received certificate of participation of the NIC Camp held at Shimla from Vice Chancellor.



Motivational and girls empowerment class

On 13th December, organised a motivational and girls empowerment class. The session was handled by Major General Raj Metha and Colonel Akash Sharma.

Paper Pen Making

A class on Paper Pen making was organized on 14th December. The session was handled by Mr. Pavithran, Ektha Parishath. In order to reduce the use of plastic in the campus, and as a helping hand to a Kudumbasree product, all the students of the college purchased paper pen through out the academic year.

Special camp pre – orientation

7 day Special Camp pre – orientation was handled by the programme officer on 18th December. The volunteers are familiarised with how to behave at the time of house visit, what are the things to do, what must be conveyed, how to fill in the survey form, what are the things to carry, how to upload the details to Jaivam website etc. Also a test was conducted based on the 'Jaivam' Handbook, because at the time of ward visit, they may have to face such questions from the public.

Republic Day celebration

Republic day was celebrated with flag hoisting. Many patriotic songs and a presentation was done by our volunteers. They also cleaned the campus.





Sasthrayan

All our volunteers attended the Exhibition 'Sasthrayan' organized by Kannur University on 23rd February.

Visit to Abhaya Nikethan

On 6th March, volunteers visited Abhaya Nikethan – an old age home at Thottada. They presented bed sheets, snacks and fruits to all the members. The cultural programs of the volunteers and the Abhaya Nikethan members made the day memorable.



Women's day celebration and women blood donation camp

Women's day celebration and women blood donation camp was organized in association with Blood Doners Kerala and Thalassery Blood Bank on 8th March. The programme was inaugurated by Smt. Soorya P M, Assistant Project Officer, Women Development, Kozhikode. The Guest of Honour was Ms. Jalarani Teacher, Principal, Santhi Deepam School for Differently Abled, Chala. Principal Dr. P A Valsala Kumari Presided over the session. 52 units of blood were donated. In the camp, apart from our students, Chintech students, Blood Doners Kerala Members, and staffs of other institutions donated blood.



NIC camp at Bengaluru

Our volunteer Ms. Keerthana Sajeevan attended National Integration Camp held at NSS Bhavan, Bengaluru University, Bengaluru from 15th to 21st March .

Received Jaivam 2017 award at Global organic meet

The MG University organised a Global Organic Meet from April 21st to 24th at CMS College, Kottayam, as part of the Jaivam project. It included international seminars, Exhibitions, Workshops and discussions, Hands on trainings, Agri- film festivals, Cultural programs etc.



In the validictory session of this program, our college was awarded for the excellency in conducting the Jaivam 2017 project at Pinarayi Panchayath along with Donbosco College and MG College Chendayad. Also Kannur University was awarded as the best University to conduct the same.

