
2018-2019 **REGULAR ACTIVITY**



IMPORTANT EVENTS

SI NO	DATE	PROGRAMME
1	5/6/2018 & 6/6/2018	Observed World Environment Day
2	7/6/2018 to 9/6/2018	Prepared Sapling Kits to present to the new comers
3	14/6/2018	Observed World Blood Donor day.
4	18/6/2018	Attended Clean campus Green Campus – one day training programme for programme officers
5	19/6/2018	NSS Advisory Committee meeting and approval of NSS Calendar.
6	23/6/2018	Clean Campus Green Campus - campus cleaning and agricultural activities
7	26/6/2018	Conducted reading competition, Observed Anti Drug day
8	7/7/2018	Palliative home care and food kit distribution
9	14/7/2018	‘Padhikkam Plaviloode Jeevithavum’ District Level Inauguration
10	18/7/2018	‘Akshara Pacha’ - Fresher’s day celebration.
11	24/7/2018	Programme Officer and 15 volunteers attended NSS Award Distribution and Meeting of the NSS Programme Officers at University.
12	30/7/2018	Orientation class for first year students by second year volunteers and PO.
13	4/8/2018	Monsoon walk at Paithalmala
14	6/8/2018 and 8/8/2018	Campus cleaning and leadership games for first year volunteers
15	15/8/2018	Independence day celebration
16	17/8/2018, 18/8/2018 & 19/8/2018	Flood relief activities
17	5/9/2018	Teachers Day Celebration
18	14/9/2018	Eye checkup camp in association with AL-salama Eye Hospital
19	16/9/2018	Payyambalam Beach Cleaning
20	24/9/2018	NSS Day Celebration at Ashraya Special School



21	2/10 2018	Gandhi Jayanthi Celebration
22	3/10/2018	Oriantation class about NSS by PO
23	6/10/2018	Orientation class for first year volunteers by Phoenix Foundation, Thalipparamba
24	15/10/2018	Pre – RD selection camp at Payyannur College
25	26/10/2018– 4/11/2018	South Zone Pre-RD camp at Chickballapur, Bengaluru. Our volunteer Ms. Akshaya P participated.
26	12/11/18	PFMS Training for Programme Officers
27	1/12/2018	Clean city Green City awareness campaign at adopted area.
28	5/12/18 & 6/12/18	Aswamedham Campaign at adopted villege
29	8/12/2018	Palliative Homecare and food kit distribution (Adopted area)
30	3/12/2018	Self defense Training by Kerala Police Women Cell
31	15/12/2018 to 21/12/2018	NIC Camp at Telangana. Our volunteer Ms. Salmithra M participated.
32	21/12/2018	Pre – orientation for NSS Special camp – Jaivam 2018
33	23/12/2018 to 29/12/2018	7 Day Special Camp – ‘Jaivam 2018’ at Dharmadam Panchayath
34	7/1/2019	Class On Cyber Security
35	15/1/2019	Palliative day celebration and Legal awareness class
36	26/1/2019	Republic Day Celebration
37	5/2/2019	Blood Donation Camp
38	16/2/2019	Palliative homecare and food Kit distribution (Adopted area)
39	20/2/2019	Tribute to Indian Veer Jawans.
40	8/3/2019	International Womens Day celebration at Abhaya Nikethan
41	11/3/2019	Advisory committee meeting
42		Conducted Yoga class on every Fridays





World Environment Day

Observed World Environment Day. Principal Dr. P A Valsalakumari Inaugurated the program by planting a neem sapling.



Volunteers planted saplings of neem tree, Curry tree Jackfruit Tree etc in the campus and around 100 near by houses during 5th and 6th June.



Observed World Blood Donor day.

In association with Biotechnology department, made a presentation and took an oath on the World Blood Donor Day 14th June.

Clean campus Green Campus – one day training programme for Programme Officers

On 18th June Programme Officer attended one day training programme for Programme Officers, organised by KILA and Suchitwa Kerala Mission at ETC, Karimbam, Thalipparamba.

Advisory Committee Meeting

On 19th June NSS advisory committee meeting was held. Principal Dr. P A Valsalakumari, Department HODs Ms. Shanu Karun, Ms. Anitha Haridas, Ms. Remya M K, Ms. Nayana Sahadevan, NSS Programme Officer Ms. Raji K, Volunteer secretary Ms. Akshaya P and volunteer leader Ms. Devika Unnikrishnan were present. The NSS Calendar was approved in the meeting

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 Secretary Ms. Akshaya P welcomed the gathering. NSS Programme officer Ms. Raji K and volunteer leader Ms. Devika Unnikrishnan addressed the gathering. Yoga demonstration were handled by Mr. Sooraj A K and Ms Shyja (Yoga Trainer, Art of Living).



Clean Campus Green Campus

On 23rd June campus cleaning as part of ‘Clean Campus Green Campus ‘ project was held. Also planted Tapioca stems and Elephant yam. In the afternoon, organized various leadership games.



Conducted reading competition, Observed Anti Drug day

On 26th June, as part of observing reading week, conducted reading competitions in English, Hindi and Malayalam.



As part of observing 'Anti Drug Day, took Oath and organized a poster making competition.

Palliative home care and food kit distribution

In order to support financially backward palliative care patients, volunteers collected grains and other food items from students and teachers and made food kits. They visited Palliative care patients under Edakkad PHC along with NSS PO and Edakkad PHC Palliative care nurse on a regular basis. Each home visit was a new experience for the volunteers. They patiently listen to the feelings of the patient, analyse their living situation, interact with them gave an emotional support to overcome their situation.



'Padhikkam Plaviloode Jeevithavum' District Level Inauguration

'Padhikkam Plaviloode Jeevithavum' District level inauguration was organized at our college on 14th July. It is an awareness programme proposed by Government of Kerala. The Programme was inaugurated by Sri. T V Rajesh MLA by planting a Jack tree sapling.



Kannur University NSS Programme Coordinator Sri Padmanabhan Kavumbayi welcomed the gathering. Principal in charge Ms. Anitha Haridas presided over the session. University Union Chairman Sri. C P Shiju, NSS Programme Officer Ms. Raji K and College Union Chairperson Ms. Devamrutha S addressed the gathering.



‘Akshara Pacha’ - Fresher’s day celebration

On 18th July, organized a flash mob to welcome the first year students. Also distributed sapling kits to all the newcomers. ‘Akshara Pacha’ was an awareness program among the newcomers about preserving our environment and prompting them to plant atleast one tree sapling at their home. Our volunteers themselves sprout (germinated) the mango nut to make the sapling.



NSS Award Distribution and Meeting of the NSS Programme Officers at University.

Programme Officer and 15 volunteers attended the Award Distribution ceremony at Kannur University on 24th July.

Orientation class for first year students by second year volunteers

On 30th July, organized an orientation class for all the first year students about NSS. The class was handled by the second year volunteers and the PO. Also they made a presentation with the photos of the NSS programs conducted in the previous year.



Monsoon walk at Paithalmala

Organized a Monsoon walk at Paithalmala on 4th August. It was a great experience for the volunteers. They could indulge into the lush greenery amidst the showers and snow throughout the day.



Campus cleaning and leadership games for first year volunteers

As part of selection procedure to NSS, organized Campus cleaning and leadership games for first year volunteers on 6th and 8th August.

Independence Day Celebration.

Due to heavy Rain, Independence day celebration shortened to flag hoisting and Principal's message.



Flood Relief Activities

Volunteers collected food items, new dresses, cleaning items and other flood relief items and handover it to the Deputy Collector at Kannur Collectorate.



Handed over flood relief items worth Rs. 60,000/- to Kannur Collectorate in total. Also handed over Rs. 20,010/- to Kannur University NSS Cell.

Teachers Day Celebration.

On 5th September, volunteers honoured teachers by presenting greeting cards (made by volunteers) and flowers. Principal Dr. P A Valsalakumari shared her experience. They also screened a heart touching presentation about their teachers.



Eye Checkup camp

On 14th September, conducted an eyecheckup camp in association with AL-salama Eye Hospital.

Payyambalam Beach Cleaning

Payyambalam Beach cleaning in association with Annapoorna Charitable Society was held on 16th September.





Our 52 volunteers participated. Sri. P K Ragesh, Deputy Mayor inaugurated the program. Artist Sasikala drew a picture related to cleanliness .



NSS Day Celebration at Ashraya Special School.

On 24th September, NSS Day was celebrated with the students of Ashraya Special School, Thottada. The Principal explained about the teaching methods followed in the school, the instrumental training and job training given from that school. Volunteers distributed note books and other stationery items to each students. They organized various cultural programs and games.





Gandhi Jayanthi Celebration

On 2nd October, Gandhi Jayanthi day, ‘Clean Campus Green Campus’ continuation work was done. Volunteers Cleaned college campus, School ground and Chalakkunnu – Sabari road. Also volunteer secretary Ms. Akshaya gave a Gandhi Day message and volunteer leader Ms. Devika Unnikrishnan administered a cleanliness oath.



Oriantation class about NSS

NSS Oriantation class by Programme Officer was held on 3rd October. Covered the topics NSS history, Motto, Symbol, Badge, NSS Song, NSS clap,

Objectives, Duties, Flagship programs, Administrative structure, NSS Work Diary preparation etc.

Orientation class for first year volunteers by Phoenix Foundation, Thalipparamba

Organized an orientation class for first year volunteers on 6th October. The training programme was handled by Mr. Sayeed K P, HRD Trainer, Founder Director of Phoenix Foundation & Founder Director of Karma Civil Service Academy. The orientation class helped the first year volunteers of different classes to get acquainted and make a strong bond in between them. Through many games he taught them how to become a leader and the different categories of leaders.



Pre – RD camp selection at Payyannur College

The Programme Officer and the volunteers Ms. Sreena and Ms. Akshaya attended the Pre – RD selection camp at Payyannur College on 15th October. Our volunteer Ms. Akshaya got selection for the Pre-RD camp held at Bangalore.



Our volunteer secretary Ms. Akshaya P attended the South Zone Pre-RD camp at Chickballapur, Bengaluru from 26th October to 4th November.

PFMS Training for Programme Officers

The Programme Officer attended PFMS training program at Kannur University on 12th November. The session was handled by Mr. Ranjith K, NSS Programme Coordinator, VHSC.

Clean city Green City awareness campaign

On 1st December, being the AIDS day, students took an oath, administered by Ms. Shanu Basanth, Principal in charge.

As part of Suchithwa Kerala Mission’s ‘Clean City Green City’ Project, conducted a public awareness campaign at near by houses. The volunteers formed 18 groups and visited approximately 95 houses. They conducted a survey about the present waste management. Volunteers made them aware of how to keep degradable and non degradable waste segregated, how to dispose the degradable waste, what to do with plastic waste etc. They also talked about preserving water and rain water harvesting.



Through this awareness campaign, apart from getting the self awareness, by addressing the public, they got some level of confidence, and this improved their personality. Also this added some experience for them in conducting Jaivam 2018 special camp held at Kannur University Palayad Campus

Aswamedham Campaign

Aswamedham Leprosy Case Detection Campaign was conducted in eight districts of the Kerala state, namely, Ernakulam, Thiruvananthapuram, Thrissur, Palakkad, Malappuram, Kozhikode, Kannur, and Kasargod districts to detect hidden cases of leprosy, as it was found leprosy was on the rise in the state. Under the program, specially -trained teams have been deployed by the panchayath to conduct house visits to trace people affected with leprosy. Our volunteers joined in this project 5th and 6th December. They also conducted an awareness program in the near by house.



Self defense Training by Kerala Police Women Cell

Organized a one day self defense training program on 13th December. The program was inaugurated by civil police officer Ms. Sreeja. Principal in charge Ms. Shanu Basanth presided over the session. Former Principal Ms. P A Valsalakumari, NSS Programme officer Ms. Raji K and volunteer leader Ms. Devika addressed the gathering. The awareness programme and the self



defense demonstration were handled by the civil police officers Ms. Sreeja, Ms. Nisha and Ms. Sathyaja.



NIC Camp at Telangana

Our volunteer Ms. Salmithra M participated in the National Integration Camp held at Nizamabad, Telangana, organised by NSS Regional Directorate, Hyderabad and Telengana University from 15th to 21st December.

Pre – orientation for NSS Special camp – Jaivam 2018

A pre – orientation for NSS Special camp – Jaivam 2018 was organized on 21st December. The volunteers are familiarised with what is Jaivam 2018, 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 etc. Also formed different committees for the smooth conduct of the camp.

Class On Cyber Security

On 7th January, organized a class on Cyber Security. The class was inaugurated by Sri. N V Augustin, Kerala Armed Police Battalion Officer. The class was handled by Sri. K Radhakrishnan, SI, Kerala Armed Police Batalian. Principal Dr. K V Surendran presided over the session. NSS Programme Officer Ms. Raji K and volunteer leader Ms. Akshaya T C addressed the gathering.





Palliative day celebration and Legal awareness class

On 15th January, a class on Legal awareness was conducted. The session was inaugurated by Sri C Suresh Kumar, Sub Judge and District Legal Services Authority Secretary. The class was handled by Adv. Sivadas Vengayil and Adv. Lis Maria. Palliative care pledge was administered by Ms. Akshaya P, Volunteer Secretary. Principal Dr. K. V Surendran presided over the session. NSS Programme Officer Ms. Raji K and volunteer leader Ms. Devika Unnikrisnan addressed the gathering.



Republic Day Celebration

The flag was hoisted by the NSS Programme Officer Ms. Raji K. The National Pledge was administered by General Captain and volunteer leader Ms. Arudhathi. The Republic day message was given by Ms. Raji K. A speech about Republic day was done by Ms. Devika Unnikrishnan. Many patriotic songs were also presented. After this, Campus Cleaning and gardening were done by the volunteers.



Blood Donation Camp

Organized a blood donation camp in association with Blood Doners Kerala, JCI Kannur Handloom City and Thalassery Blood Bank on 5th February. 48 Units of blood were donated.



Tribute to Indian Veer Jawans.

As a tribute to Indian Veer Jawans, martyred in Pulwama Encounter, all the teachers and students lighten candles and made silent prayers on 20th February. Also a video presentation about Veer Jawans was also screened.



International Womens Day celebration at Abhaya Nikethan

Observed International Womens day with various programs at Abhaya Nikethan Old Age Home, Thottada on 8th March. Distributed Bed Sheets, fruits and snacks to each member. In the cultural programs, both Abhaya Nikethan members and our volunteers participated.



Advisory Committee Meeting

A review meeting of the NSS advisory committee was held on 11th March. Principal Dr. K V Surendran, Department HODs Ms. Shanu Karun, Ms. Anitha Haridas, Ms. Remya M K, Ms. Nayana Sahadevan, NSS Programme Officer Ms. Raji K, volunteer leaders Ms. Akshaya P, and Ms. Hima Mohan were present.

