



NATIONAL SERVICE SCHEME

UNIT 190 & 191

ANNUAL NEWS LETTER

2020-2021



SREE KRISHNA COLLEGE, GURUVAYUR

(Affiliated to University of Calicut)

NAAC Re-Accredited with A Grade

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ANNUAL NEWS LETTER

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NOT ME, BUT YOU

From the Principals Desk

National Service Scheme Units of Sree Krishna College, Guruvayur stood for the public, all through these pandemic circumstances, closely pursuing the motto of help the common people in every mode possible.



The activities NSS had done were encouraging to the whole College during this desperate period. NSS could accomplish numerous goals and indoctrinate the other students regarding social issues and nature conservation as well. As the Principal of this institution, I am extending my sincere greetings and absolute support for all the forthcoming endeavors wholeheartedly.

Dr. P S Vijoy, Principal i/c

Editorial

The overall aim of National Service Scheme as envisaged earlier, is to give an extended dimension to the higher education system and orient the student youth to community service. The reason is the general realization that the college level students have a tendency to get alienated from the social issues. Therefore it is necessary to arouse the social and natural conscience of the students through different activities. But this year we have witnessed a major health catastrophe. However it could not demean the spirit of volunteers. Even during the Covid 19 pandemic, when the world was motionless, NSS activities advanced through various online platforms. The amount of enthusiasm exhibited by the volunteers was admirable. The spirit they had created will continue to encourage the future ventures too. On a larger picture we are attempting to create a sustainable social habitat for a better tomorrow.

Amrutha T V, Dr.Midhun K S, PO's

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Ariyannoor Anganwadi. Incentives were given to the participated children and all the NSS volunteers distributed masks and children's day greetings to the neighboring children.



CHILDRENS DAY CELEBRATION

In the occasion of children's day on November 14 2020 'NSS Unit 190 &191 organized a campaign in collaboration with the children of

AIDS DAY OBSERVATION

'All living things in nature are one and the same, but the division that only spreads between certain human beings puts many living things in one word as suicide.

HIV is not a contagious disease. Keep them together, let them live'' Based on this theme our volunteers presented a short film on December 1, HIV day.

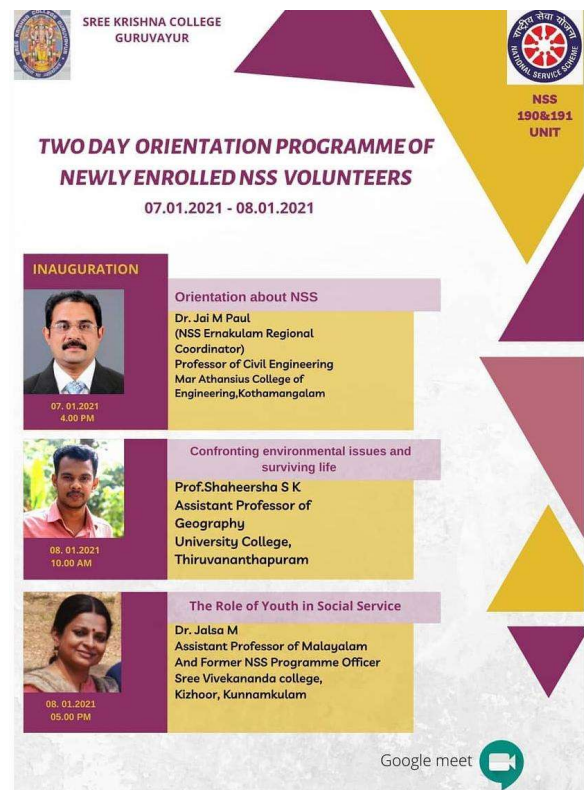
INTERNATIONAL HUMAN RIGHTS DAY

In association with International Human Rights Day on 10/12/2020 our NSS unit conducted various online competitions like Photography, Poster making, Essay writing and Drawing. Farhana, Archana K.V and Navaneeth P secured first, second and third positions respectively in pencil drawing. Followed by Arjun Raj, Archana P.H and Akshara in Photography and Sree Lakshmi, Aysha Abdul Nasar and Jiji Paul in poster making competition. For essay writing competition Sona B secured first, Nahala Nasrin E.A secured second and Krishnendhu Vinod along with Keerthana shared third position

ORIENTATION PROGRAMME FOR NEWLY ENROLLED NSS VOLUNTEERS

For the newly selected NSS volunteers we have conducted 2 days orientation programme on 7/1/2021 and 8/1/2021. NSS Ernakulam regional coordinator Dr Jai M Paul had inaugurated our programme through Google Meet and discussed about NSS activities. On 8/1/2021 Prof Shabeersha S.K Assistant Professor of Geography, University College Thiruvananthapuram held a class on the topic “Confronting Environmental

Issues and Surviving Lives”. Followed by the class of Former NSS Programme officer of Sree Vivekananda college Dr. Jalsa M on the topic “The Role of Youth in Social Service”






SREE KRISHNA COLLEGE GURUVAYUR

NSS 190&191 UNIT

TWO DAY ORIENTATION PROGRAMME OF NEWLY ENROLLED NSS VOLUNTEERS
07.01.2021 - 08.01.2021

INAUGURATION

 07.01.2021 4.00 PM	Orientation about NSS Dr. Jai M Paul (NSS Ernakulam Regional Coordinator) Professor of Civil Engineering Mar Athanasius College of Engineering, Kothamangalam
 08.01.2021 10.00 AM	Confronting environmental issues and surviving life Prof. Shaheersha S K Assistant Professor of Geography University College, Thiruvananthapuram
 08.01.2021 05.00 PM	The Role of Youth in Social Service Dr. Jalsa M Assistant Professor of Malayalam And Former NSS Programme Officer Sree Vivekananda college, Kizhoor, Kunnampalam


Google meet

NATIONAL YOUTH DAY



SREE KRISHNA COLLEGE GURUVAYUR

NSS SKC 190&191 UNITS

Let's talk about 

CHANNELIZING YOUTH POWER FOR NATION BUILDING

JANUARY 12

National Youth Day

On the occasion of National Youth Day on 12/1/2021 masks were distributed to the public and various online programmes like 'Let's talk about on the topic, "Channelizing youth power for nation building "' and digital poster making competitions were conducted.

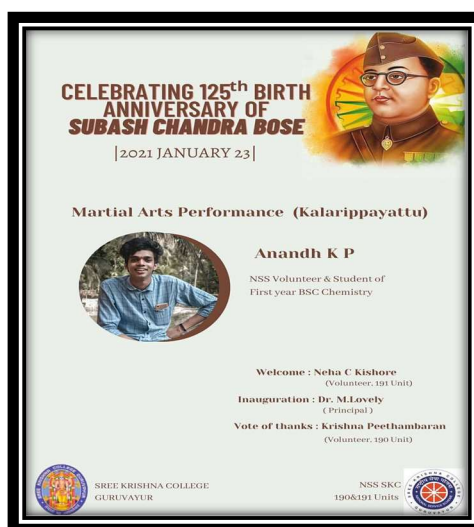


EVM INSPECTION

On behalf of the forthcoming Kerala Legislative Assembly election, as per the directions from Thrissur District Collectorate, NSS volunteers of 190 & 191 Units, Sree Krishna College, Guruvayur had attended the inspection process of Electronic Voting Machine at Government Engineering College, Thrissur on 29th January 2021 and 30th January 2021. The volunteers verified and examined the operational procedure of EVMs.

BRAVE DAY

We organized martial arts exhibition on Netaji Subash Chandra Bose's 125th birthday (23/1/2021). First semester chemistry student and NSS volunteer Anandh K.P presented martial art form Kalaripayat. The programme was inaugurated by our principal, Dr. M R Lovely. 24 volunteers participated in this programme.



NATIONAL TOURISM DAY OBSERVATION





In accordance to National Tourism Day by following the Covid protocol 2nd year students had participated in an orientation class on 'trips on the covid period' conducted by Dr. Kavitha DTPC Secretary at Thumboormozhi Butterfly Garden on 25/1/2021 . Welcome speech was done by Amal Nath the Secretary, Anagha Rjeev and Shishira , the NSS volunteers sang the NSS songs and the vote of thanks was by NSS secretary Nishab T S

REPUBLIC DAY CELEBRATION

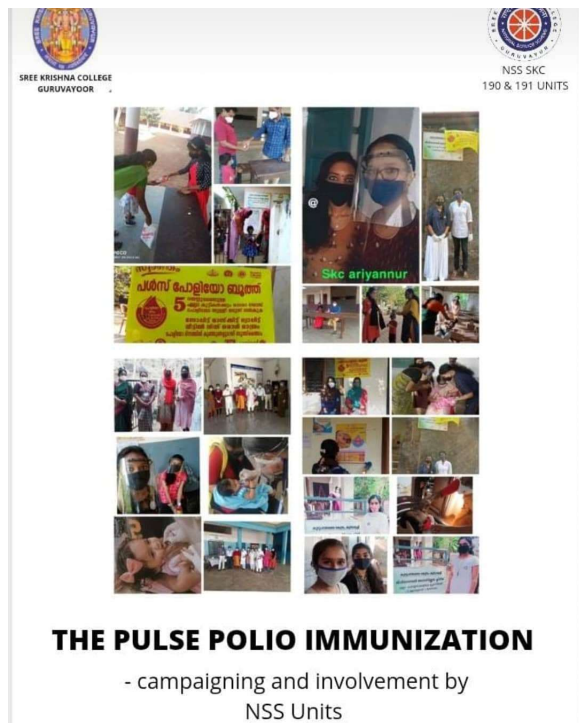
On 26/1/21 Republic Day celebrations were organized by NSS volunteers and the college premises were cleaned in accordance with the

protocol.



PULSE POLIO IMMUNISATION

On 30/01/2021, we conducted an awareness class about the distribution of polio vaccine on 31/01/2021. This is for the NSS volunteers who were participating in different activities. Class was taken by Sri. Manoj, Health Inspector of Kandanassey, Health department, Govt. of Kerala. Total Number of students participated were 12



PASSION FRUIT GARDEN

National service scheme unit 190-191 of Sree Krishna College Guruvayur made a garden of passion fruit on 06/02/2021. Inauguration was done by the former Program Officer E.

Sreelatha. With the enforcement of Covid protocol, total Number of students participated were 24.



CANOLI CANAL CLEANING



On 22/02/2021 NSS Sree Krishna college unit 190 & 191 and NSS Little Flower College unit collaborated with Naalumanikkatt Kayaking Water Sport Club for cleaning plastic wastes from kanoli canal. Volunteers have covered an area of 5 km from Chavakkad to Naalumanikatt Kayaking Club. Around 10 members participated actively from our unit.



CLASS ON WOMENS SAFETY AND LAWS



CAREER GUIDANCE SEMINAR

Kerala Youth Welfare Board along with NSS unit 190 & 191 of Sree Krishna College Guruvayoor Organized a career guidance Seminar class under the faculty Sri. K.U Prince on 4/3/2021. The seminar was inaugurated by our college principle Dr. Lovely M.R and 21 vounteers attended the seminar. The programme was felicitated by Thrissur Youth Welfare Board's district programme officer Dr. Sabina C.T and Sree Krishna college NSS Unit 190 programme officer AmruthaT.V.

Kerala State Youth commission and Chavakkad Legal Service commission along with National Service Scheme unit 190 & 191 of Sree Krishna College Guruvayoor jointly organized a seminar on the topic 'Women's Safety and Laws' on 16/3/2021. 16 volunteers attended the session. The seminar was conducted by strictly following COVID protocol. KILA faculty and former board member of Juvenile Justice board Dr. K.P Haridas presented the seminar. NSS secretary Krishnendu welcomed the gathering which was presided over by NSS secretary Anagha Rajeev. The gathering was addressed by The State Youth Commission District Coordinator Chinnu Chandran. The

programme was concluded with the vote of thanks by Aiswarya and

NUTRITION PAKHWADA



The quiz competition was organized by Sree Krishna College NSS 190 & 191 units as directed by the Ministry of Women and Child Development with the objective of creating nutrition awareness.

First place secured Sreelakshmi.V and Ashwin Raj (BA English), Second and third place were achieved Theertha.M and Hasna Latif Bsc Physics, Shivahridya.AV Jani KR Bsc Physic srespectively. The winners were felicitated by the Principal (in charge) Dr. Haridayal with cash prizes and certificates.



ADVENTURE TRIP



As directed by the National Service Scheme State Cell, the volunteers of NSS unit 190 and 191 of Sree Krishna College, Guruvayur, along with the program officers conducted adventure tour to Forest Knowledge Centre, Kuthiran followed by trekking through the deciduous forest on 26th March 2021. The group reached Kuthiran wildlife reserve at 8:30 am and welcomed by the Deputy Range

"Life's most urgent question is, 'What are you doing for others?'" -
Martin Luther King Jr.

officer Mr. Manoj Damodaran. The program was started 9 am with an orientation class conducted by him. He clearly explained about the various species of plants animals and wildlife that were preserved under the reserve, the type of forest, its climatic conditions, and various other details. He stated the summertime is the fire season and the forest officials always took extra care to avoid wildfire. It was really an informative session, which enabled us the volunteers to know about the forest more in detail.

After the orientation programme the volunteers were accompanied by Manoj Damodaran and guide into the forest for trekking. The faction entered into the forest at 10:00 a.m. While walking the students were able to see various trees and herbs which were previously mentioned by the range officer. Even though it was really hard to walk in such a high temperature everybody manage to do so as it was very good experience to walk through the middle of the forest. Since the seasonal changes affected the forest the team could not see any animals and the due to the time nearing noon. The end point of the journey was a small waterfall but it was completely dried up. It was approximately 9.5 kilometers of distance. It was a great opportunity for the volunteers to experience the forest during dry and hot summer season. The party reached the starting point at 2.00pm .It was really a remarkable episode to have an

expedition through the middle of the forest.



WEBINAR PARTICIPATION

5 volunteers had participated in the National Virtual Webinar conducted on the topic *Role of Youth in Environmental Conservation* by the Department of Zoology, in association with Nature Club, Seva Sadan's R K Talreja College of Arts, Science and Commerce, Ulhasnagar, Maharashtra on 16 March 2021. Dr. Parvish Pandya, Director, Science and Conservation. Former Vice-Principal, Bhavan's College was the keynote speaker.

The best way to find yourself is to lose yourself in the service of others

M K Gandhi

WOMENS DAY SPECIAL BLOOD DONATION CAMP

College, Guruvayur had altogether donated 2550 ml blood.



LOOKING FOR BLOOD? CONTACT US:

AMALANATH C L 8136992222

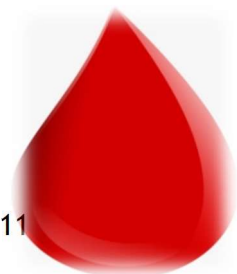
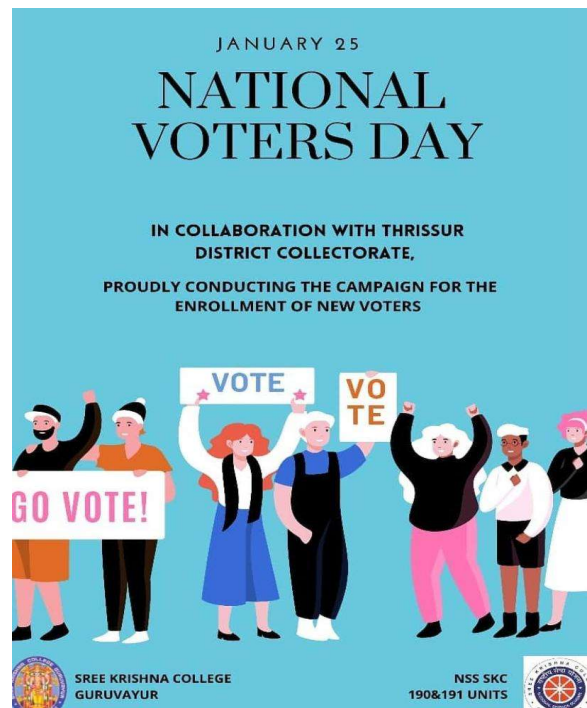
NISHAB T S 8943935278

VISHNU PRASAD P U 8086581756

NAVANEETH P 7736873080

ENROLLMENT OF NEW VOTERS

As a part of celebrating women’s day, the female volunteers of Unit 190 & 191 donated their blood to IMA on March 8th. Only three volunteers could meet the requirements put forward by Indian Medical Association. The selection process was tough since menstruation and underweight issues hindered most of the girls from donating. Yet the volunteers enthusiastically participated in the programme although the pandemic concern was high.



8 NSS volunteers of both 190 & 191 NSS units of Sree Krishna

The volunteers of Sreekrishna College NSS Unit 190 & 191 conducted an online campaign regarding the enrollments of new voters to the voter's list in collaboration with Thrissur District Collectorate. The volunteers themselves collected the necessary documents and further completed the procedure of enrollment. The number of newly registered voters were 43. The enrollment drive was indeed outstanding.

and Mr. Shaji Thomas N, District Secretary, Nature Conservancy explained the project. Sree krishna College NSS Program Officers Dr. Midhun K S, Amrutha TV, Nature Conservation Society District Committee Member Jalil Nampazhikkad and others greeted. Subhash Thandilam, Area Committee Member, Nature Conservation Group, thanked the participants. Intended by the plan, Programs are being conducted in different parts of the state under the leadership of the Nature Conservation Group

SETTING THE BIRD WATER FEEDER



Sneha Thanneer Kudam Project organized at Sreekrishna College Campus this morning by Sreekrishna College Principal Smt. Dr Lovely M R inaugurated the function. Nature Conservation Team State Committee Administrator Shri. Aneesh Ulahannan presided the function. Nature Conservation Society District Committee Member Shri. PK Aboobacker welcomed the gathering

SPECIAL CAMP REPORT

The National Service Scheme (NSS), NSS unit 190 & 191 of Sree krishna College, Guruvayur productively conducted the seven day NSS annual special camp on the theme 'Youth for prevention and mitigation of Covid -19' from December 19 to 25 through digital platforms. The name of the camp was 'SANGUINENESS' which means 'optimistic hope in an apparently difficult situation'.



The virtual special camp was officially inaugurated on Dec 19th at 5:00 pm by the Guruvayur MLA K.V

Abdul Khader by sharing his personal experiences and he mentioned the inevitable way of life along with Covid 19. The welcome speech was delivered by the Programme Officer Amrutha T V and preceded by the principal Dr. Lovely M R, IQAC coordinator Dr. Vijoy P S, former programme officers Dr. Manu K M and Mrs. Sreelatha E gave felicitation addresses. The session ended with the vote of thanks by NSS volunteer secretary Amal Nath.

As a part of virtual special camp NSS volunteers conducted field survey highlighting the 'impact of the pandemic', in their locality. The field survey was a success and held in compliance with Covid protocol and information pooled together using Google forms.

The first session started with the class of Dr Sandhya G Nair on the topic 'Life skill for students' where she explained, in a constantly changing environment having life skills is an essential part of being able to meet the challenges of everyday life, followed by the digital magazine guidelines class by Akash, NSS secretary of Kerala Varma College, Thrissur. It was an informative session in which he gave personal attention to the queries of volunteers. A debate was conducted as a part of cultural programme on the topic "whether online medium favorably or adversely affect students during this pandemic". It was vigorous and frantic. The debate was initiated by group 1 and the groups 2, 4 & 6

stands 'for' the topic whereas groups 3, 5 and 7 stand against the topic. Later the session turned out to be more entertaining with songs and other talents of the volunteers. Meditation class led by volunteer Sayuj was comforting. Earlier in the morning session, breathing exercise with the sound of nature provided the volunteers concentration and energy.

The best part of the 3rd day was the yoga class by Mr. Udhayabhanu, who provided an insight to the importance of yoga. Thought of the day was "experience always exists more than the pages of a book" followed by an informative session by the junior health inspector Binju Joseph on the topic 'Health impact of covid 19. A musical cascade as part of the cultural programme by the singer Ahammed Shabeeb was a mesmerizing episode. The focus of third day was the online campaign by the volunteers for the conservation of 'Western Ghats'. India's iconic Western Ghats, inscribed by UNESCO in 2012 as a natural world heritage site, is threatened by population pressure, urbanisation and climate change, according to a new report by the International Union for Conservation of Nature (IUCN).

The IUCN World Heritage Outlook 3, published last week, builds on previous reports from 2014 and 2017 to track whether the conservation of the worlds 252 natural world heritage sites is sufficient to protect them in the long term. According to the 2020

report, the conservation of the Western Ghats, one among the world's eight hot spots of biological diversity, is of significant concern. If a sites conservation outlook is of significant concern, its values are considered to be threatened by a number of current potential threats with significant additional conservation measures being required to preserve these values over the medium to long term. The report said while the state of world heritage values in the property was considered as good at time of inscription and appears to remain so, there is some concern regarding threats from outside the site. Finally, a network of 39 separately managed sites, grouped in seven contiguous clusters, was inscribed and efforts are under way to draw these sites together into a cohesive whole (including corridors to ensure wildlife connectivity) that tells the story of the outstanding value of the Western Ghats.

On the 4th day, NSS volunteer Adharsh addressed others with beneficial physical exercise which can stimulate human body and he explained the advantages of 'karate' along with that. After that, Riswana, presented a clear idea about the necessity of social service through the quotes of legendary boxer Muhammad Ali. The quote depicted the greatness of service and kindness which helps to sustain life on earth.

Mrs. Binu, District coordinator of NSS visited the camp and explained the

importance of NSS. She then observed the activities and appreciated the Programme officers and volunteers for their efforts. Along with that, cultural programmes were conducted with the melodies sung by guest Mr. Misaj, who participated and won several musical contests during previous years. Status rally conducted in the 1st day got attention in the university level and the poster making with 200 hundred students that was a great success.

NSS volunteer Sandra performed before everyone through live drawing in the cultural session of the day. Dr. Santhosh P P, Department of Zoology, Sreekrishna College, offered an assistance regarding post Covid mental trauma and shared his memorable experience in the last year NSS camp as well. He also gave vivid facts about symptoms and consequences of Covid. He then introduced the instrument oxymeter and provided instructions to overcome the mental strain of Covid disease and the session finally concluded with usual cultural events.

The 5th day started with commemorating Sugathakumari teacher, the renowned poet and Padma Shri award winner, a noted social and environmental figure and former chairperson of the State Commission for Women. She was in a critical condition due to Covid 19. Sugathakumari worked tirelessly to solve the problems of women and she received numerous awards and recognitions too.

In the quote of the day, Akshaya introduced the idea that no one can destroy us if we stand together. "If I replaced by we, illness will become wellness". There is nothing impossible when we are together. After being together, we can overcome all the crises in life easily. Akshaya presented the idea through a story which helped others to understand properly. Unlike the routine meditative sessions, the morning was packed with entertainment and excitement. The volunteers shared some perky songs and each volunteers stated their joy and fancy through comments.

The 24 hours Display Picture (DP) campaign conducted as part of the online campaign to join hands for this year's NSS camp for the Sahayadri Mountains has garnered a lot of attention, clinging to the values of the recently mentioned UNESCO report. The campaign received a lot of attention. And also it helps many peoples to rethink. The Western Ghats is one of the top 10 biodiversity hotspots in the world. This Sahyadri, the lifeblood of human society, is also a part of our existence. Extensive encroachment, mining and deforestation are the major challenges facing the Western Ghats today. Excessive international involvement in aid and development is also a major concern. Although there have been numerous studies such as the Gadgil-Kasturirangan Report, all of which have

only gained momentary media attention.

The NSS volunteers observed national farmers day. Anagha Rajeev, the secretary of NSS honoured the farmer Prabhakaran who residing in kurukkanpara, kunnamkulam. He shared his experience in farming and mentioned the problems faced by the farmers. He reminded about the necessity of new generation in the field of agriculture. Anjima represented the NSS volunteers and officially extended the gratitude on behalf of NSS.

Dr.K Krishnakumari, former principal of Sree Keralavarma college took part the 5th day's virtual camp and gave useful information on the topic "Nature and its unique traits". She shared her amusing life experience with us along with that. We acquired great knowledge about the things that we never think or observe. She also added that there exist a relationship between the plants just like the human race and humanity also the cooperative mentality of men. We possess strange information that the plants give adequate elements to other plant through the roots that going to dry. Nature plays an integral part in human existence. Our life always depends on the nature and other living organisms. So it's true that we are reaping our own life root through the black hands of exploitation. We need to think before our egoism that we can't retain it soon. Students can bring great change and protest against the exploitation; create

chain for its conservation. If we conserve, we can sip its fruitfulness. It just a matter that we need to pledge we never took part in the degradation also never admit any one. We need to seek and know about different species and organisms around us, then, we will have a mind to conserve. She also memorizes the great genius Sugathakumari who stand for the conservation of nature.

As part of the NSS virtual camp, NSS volunteers from units 190 & 191 of Sreekrishna College conducted a survey in connection with Covid. As mentioned in the instructions, everyone was able to complete the task in a very safe manner and the data was collected through Google form. On 5th day cultural events began with Jibin, a singer and NSS volunteer. The students enthusiastically requested songs. In the ensuing craft work, NSS Volunteer Devika taught to create beautiful objects which were easy to make. The songs of NSS Program Officer Midhun K S also helped to make this time more enjoyable.

On the 6th day at 8 am an orientation class for volunteers was conducted by trainer Abhijit. He recounted the volunteer force activities. And also he cleared all the doubts.

The important news of the day was presented by Shreya. She mentioned the farmers' protest and mainstream newspapers did not pay

enough attention as it deserves. She ended the news by talking about 'Covi Shield', Covid vaccine that everyone has been waiting for. Anjana also shared a concept which is most appropriate during this Covid period that is "No matter how hard the past past, you can always begin again. The sixth day cultural programme was started with a song by programme officer Amrutha and ended with a lot of interesting stuffs like games and songs.

The 7th day programs were started under the leadership of Devika P P, with the NSS song by shishira. The thought of the day by Asna was informative and news report was done by vaishnavi. Virtual camp magazine was presented. Later by 10 o'clock the final concluding session of the camp started. The welcome speech was delivered by the program officer Amrutha T V. Our chief guest was the retired professor of Sree Kerala Varma college, Dr. Kavumbayi Balakrishnan. The principal Dr. Lovely M R presided the programme. Later Krishna Prasad , Arjun, sreeshma and vinisha were formally declared as the best volunteers by Dr.Vijoy P S. The volunteers Aadarsh , Aswathy and Anupama were specially mentioned. Volunteer Amal Nath presented survey report. Vote of thanks was delivered by the programme officer Dr. K S Midhun. And the NSS special camp formally came to an end by a beautiful song by the programme officer Amrutha T V.



were the keynote speakers. Dr Dshivakaran, the IPC director of palliative care society who shared facts regarding human rights. He spoke about how the human rights are neglected or misused during the epidemic and how far human rights have come into play in palliative care. After that Dr Subrahmanyam, the Psychiatrist of Government Medical Centre told about various mental problems that a person may have, its circumstances, experiences and many dependencies. Then the students used the other 30mins for doubt clearing. The participation of the students of Sree Krishna College was commendable. All the participated volunteers were given certificates of participation. The event ended with a vote of thanks from NSS volunteer Akhil Valsaraj AT 6:30 p.m.

RELEASING DIGITAL MAGAZINE

On 30/12/2020 digital magazine in relation with seven day NSS Virtual Special camp was released by IQAC Coordinator Dr. Vijoy P.S .

REPORT OF STUDENT PALLIATIVE CARE UNIT

On the occasion of International Human Rights day, a webinar on the topic ‘Palliative care and Mental Health as basic Human Rights’ was organized by Thrissur Pain and Palliative Care Society youth wing , Students Initiative in Palliative care (SIP). The programme was hosted by Meghana from Sree Krishna College along with Hasna, Shan and Thesni from other colleges. The webinar was started with the NSS song at 4pm. Two experts from the field

Home care

Home care of the pain and palliative care society began on february 14, 2021, following the lockdown of covid 19 epidemic. There was a senior volunteer and two or three student volunteers from different colleges as well. The group left Thrissur at 9.30 in palliative care vehicle and returned to the clinic after visiting three houses and went back home by afternoon after submitting the report. The team from sreekrishna college, Guruvayur went for home care on 28/2/2021, 14/3/2021 and 21/3/2021

28/2/2021

The senior volunteer KN. Vasudevan sir together with the student volunteers, Meghna from sreekrishna college , Guruvayur and Patmaja from Vimala college, Thrissur called at kongampara, kottekad and kozhikunnu

14/3/2021

The villages like puthur, ollukara, kottapadi were visited by the senior volunteer Tharanath sir along with the student volunteers, Akhila and kajwel from Sreekrishna college , Guruvayur as well as Aiswarya from Govt. law college

21/3/2021

The team including the senior volunteer sasidharan sir with the student volunteers Dhaya and Aysha visited Nadathara, Valakkavu and kannara

Rang 2021

Based on the kerala palliative day on January 15, The Student Palliative Care (SIP), pain and Palliative Care Society (PPCS), and National Service Scheme (NSS) together coordinated a programme called Rang 2021 which lasted for 7 days from January 11th to January 17th. Programme consisted of panel discussion, webinar, debate, review of

the films based on palliative care, culture programmes were conducted in these 7 days.

On the 4th day of Rang 2021 14/1/2021 Thursday *Convictioni* (state of being close to people) held by Sree Krishna College in which key members of PPCS, senior volunteers, NSS volunteers, SIP volunteers and students from other college and teachers were participated through zoom meeting and youtube live.

Senior volunteer Mr. Ramakrishnan talked about the topic community and students participation in SIP and Soumya K Murali, Akhil valsaraj also shared their experience. The programme started at evening 4pm with the NSS song. NSS volunteer of Sree Krishna College welcomed all and then Mr. Ramakrishnan described about the activities in community and which done by the volunteers and also shared his experience. Then Soumya K Murali shared how she came into the palliative care and experience through the questions asked by the volunteer Aswathi and also talked about neighbourhood network. The session was informative for the student volunteers.

Sree Krishna College NSS unit presented a video with some photos of Rang 2020 before sharing the experience of SIP volunteers and what is SIP in the topic of 'student participation'. Panel discussion was conducted by Akhi Valsaraj and Ardra.R

on the topic history and functioning of SIP with pre-planned questions. Finally they showed patients' narrative video. They shared the experience before the participation of SIP and after the participation of SIP which was encouraging to do palliative care. Due to some technical issues some students could not attend the programme, thus taken a while to complete. There were so many limitations in virtual platform. The programme was concluded with the vote of thanks by Anjima, NSS volunteer of Sreekrishna College at 5.30pm.

On the 6th day of Rang (16/1/2021) Vimala College conducted a program called *Sughino* (free from suffering). A debate was conducted on topic "Euthanasia and palliative care" means dignity of living and dying. NSS volunteers of Sreekrishna College, both Nehala and sunena performed really well in debate.

On the final day 17/1/2021, St.Thomas college conducted a programme *Movie Flix*. They selected movies which are related to palliative care and students presented their review. Selected movies were Dil bechara, Guzaarish, my sister's keeper, njendukalude naattil oridavela. Hari and Nehala from Sreekrishna College presented their views on these films.

Why Should I Join NSS?

“Well, There are many reasons why one should join NSS, I have been the volunteer

in my college NSS unit and and its has been a fantastic experience since then with them. Some of the main motivating factors of joining NSS according to me are:

1. You get to know the society very closely, when you meet new people understand their needs and do good for them in whatever small means your team can, it gives you an inner satisfaction which one can't explain in words.

2. You understand the importance of life, when you organise various health camps, blood donation camps and start valuing the things which you have been taking for granted like your health, money sent by family and many more.

3. You get the skills of organising things well and utilising the resources in most efficient way like cloth donation ,taking up materials from students which are no use for them but can be of much use for the under privileged ones.

4. That feeling when you visit old age homes/blind homes/orphanages and spend some time with them, you will see some sort of happiness on their face which is better than any materialistic things in the world.

5. Team NSS generally performs various skits/nukkads to spread awareness in the society about various issues, so if you have stage fear this is the best way to remove .

Last but Not the Least , You should have the sense of responsibility for doing something good for your society to make their life better in whatever small way you can and NSS just provides you the platform for the same...”

Vaibhav Kejriwal, NIST Berhampur



NSS FAMILY

SECRETARIES



ANAGHA RAJEEV



AMALNATH C L



KRISHNENDHU K M



NISHAB T S

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