



SREE KRISHNA COLLEGE GURUVAYUR

NSS

ANNUAL REPORT 2022-23



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अमृत महोत्सव

31.03.2023

<https://sreekrishnacollege.in/>

GLIMPSES OF NSS

The Annual Report of NSS 2022 -2023



**National Service Scheme
Unit 190 & 191
Sree Krishna College, Guruvayur**

NOT ME BUT YOU

NATIONAL SERVICE SCHEME
(MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVERNMENT OF INDIA)
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1. INTRODUCTON

It gives us great pleasure to present the Annual Report for the year 2022-2023 of the National Service Scheme (NSS) Unit 190 & 191 at Sree Krishna College, Guruvayur. The NSS Unit has been actively working towards the betterment of society by conducting various programmes and activities as per the direction of the University of Calicut, State NSS Cell, Regional Directorate of NSS.

As part of our commitment to sustainable development, we have taken several initiatives, including planting 3000 palmyra seeds in the coastal and mainland areas of Thrissur District. We have also implemented a carbon-neutral campus programme, which has helped reduce our carbon footprint. In line with our efforts to promote a green and plastic-free environment, we distributed cotton bags instead of plastic bags and planted vegetables and plants in the local community. Additionally, we organized blood donation camps, blood-related awareness programmes, palliative care programmes, agriculture programmes, anti-drug campaigns, and volunteers' personality development activities. Our efforts have been possible thanks to the support and dedication of our volunteers, faculty members, and other stakeholders. We are proud of the work we have accomplished and look forward to continuing our efforts towards sustainable development and serving our community in the years to come.

We are pleased to present the Annual Report for the year of 2022-2023 of the National Service Scheme (NSS) at Sree Krishna College. We, the NSS Sree Krishna College, have been actively involved in various social service activities aimed at improving the lives of people in our community. Our volunteers have worked tirelessly to carry out programs such as electoral literacy programs, food packet distribution, organic farming, palliative home caring, and the observation of international and national days. Our volunteers have not only contributed to the community through these activities but have also gained immense personal development. Through their involvement in NSS activities, volunteers have been able to overcome their hesitations, speak confidently in front of anyone, become bolder, self-reliant, and learn how to organize and execute successful programs. Furthermore, the NSS has instilled in them a sense of patriotism and humanity, and has helped them become better individuals.

We are proud of the progress made by our volunteers and their contributions towards the betterment of society. We believe that our efforts will continue to make a positive impact on the community, and we look forward to continuing our work in the years to come.



Dr. Midhun K S
(Programme Officer, Unit 191)



Amrutha T V
(PO Unit 190)



Dr. M K Harinarayanan
(Principal)



31.03.2023

PROGRAMME OFFICERS



Amrutha T V
Unit 190



Dr. Midhun K S
Unit 191

NSS VOLUNTEER SECRETARIES



Nandana Rajeev P
Unit 190



Athul Nadh T
Unit 191



Megha K M
Unit 191

WING SECRETARIES

SIVe Secretaries



Irfan P U
Unit 190



Abhijith E R
Unit 191

RRC Secretaries



Vishnu Das C P
Unit 191



Sarath Krishna V S
Unit 190

Vimukthi Secretaries



Ananthakrishnan
Unit 191



Harisankar K M
Unit 190

SIP Secretaries



Punya K Viswanathan
Unit 190



Athul Krishna
Unit 191

ELC Secretaries



Akhilesh N S
Unit 191



Pavin K
Unit 190

HIGHLIGHTS OF NSS ACTIVITIES

More than

• 350

• Programmes

733 FP

- Distributed 733 Food Packets

Participation
of
NYF
NIC

Cultivated
35 Kg
Vegetables

70
Volunteers
Donated
Blood

Made 300
Note Book
500 Pen

2. FLAGSHIP PROGRAMMES

a. THALAPHALAM



Thalaphalam is a flagship program of National Service Scheme Unit 190 & 191 at Sree Krishna College Guruvayur that focuses on promoting sustainable development through the planting of Palmyra trees. The name Thalaphalam is derived from the Malayalam word for palmyra fruit, which is known for its various environmental and economic benefits. The program aims to collect Palmyra seeds from the Palakkad district and plant them in coastal regions and other places in the Thrissur district. The Palmyra tree is a slow-growing tree with numerous benefits, such as groundwater storage, toddy production, and soil erosion prevention. The tree can also grow in saline areas, making it ideal for coastal regions. The Thalaphalam program is an excellent initiative that promotes sustainable development while preserving the environment. By planting Palmyra trees, NSS volunteers are not only helping to combat environmental degradation but also contributing to the local economy. The program is a great example of how small initiatives can make a significant impact on sustainable development and how NSS volunteers are at the forefront of this movement.

THALAPHALAM 2.0 Phase 1

The NSS Volunteers of Sree Krishna College Guruvayur planted 591 palmyra seeds on the seafront region of Panchavadi beach from June 5 to June 15 as a part of the Thalaphalam 2.0 flagship program in association with the Social Forestry Department. The objective of the program was to promote the plantation of palm trees, which play a vital role in saving underwater, preventing soil erosion, and providing economic benefits.



The volunteers were divided into teams, and each team was assigned a specific area to plant the seeds. The volunteers used shovels and other gardening tools to prepare the soil for planting the seeds. After preparing the soil, the volunteers planted the palmyra seeds and covered them with soil. The volunteers also watered the seeds regularly to ensure their proper growth. A major thing is The palm grows quickly in saline soils, so it takes root quickly in beach sides.



The palmyra tree is a multipurpose tree that has significant economic and ecological importance. The tree plays a crucial role in saving underwater, preventing soil erosion, and providing shade. The tree is also used for its various parts, such as leaves, fruits, and trunk. The palmyra leaves are used for thatching, weaving, and making baskets. The leaves are also used to make traditional umbrellas, which are popular in the coastal regions of India. The fruit of the palmyra tree is edible and is used to make various dishes. The trunk of the tree is used for construction purposes and is also used to make furniture.

The planting of palmyra seeds on the seafront region was a significant initiative to promote the plantation of palm trees. The palmyra tree is a multipurpose tree that has significant economic and ecological importance. The initiative is expected to have a positive impact on the environment and the local community.

Timings
KOZHIKODE

SUNDAY, SEP. 11
RISE 06:16 SET 18:30
RISE 19:27 SET 06:57
MONDAY, SEP. 12
RISE 06:16 SET 18:30
RISE 20:08 SET 07:50
TUESDAY, SEP. 13
RISE 06:16 SET 18:29
RISE 20:49 SET 08:41

Kozhikode Weather max. min
Thrissur 29 24
Palakkad 25 23
Kannur 31 25

Kozhikode Today
30°C The weather will be slightly warm and humid. Spells of moderate rain or thundershowers with gusty winds to occur.

Kozhikode Tomorrow
31°C A slightly warm and humid weather to continue. Night to remain pleasant. Spells of moderate rain and thundershowers will occur.

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THE HINDU
DISCLAIMER: Readers are requested to verify and make appropriate enquiries to satisfy themselves about the veracity of an advertisement before responding to any published in this newspaper. THE PUBLISHER, PVT. LTD., the Publisher & Owner of this newspaper, does not vouch for the authenticity of any advertisement or for any of the advertiser's products and/or services, in so far as the Owner, Publisher, Printer, Editor, Director or Employees of this newspaper company be held responsible/c liable in any manner whatsoever for any claims and/or damages for advertisements in this newspaper.

Palmyra to keep beaches safe

The trees prevent soil erosion and desertification and increase groundwater level

MINI MURINGATHERI
THRISSUR

A group of students of Sree Krishna College, Guruvayur, are on a mission to protect coastal belts that are under great threat of sea erosion because of high tidal waves and rising sea level.

The National Service Scheme (NSS) units of Sree Krishna College, Guruvayur, and the Social Forestry Division of the Kerala Forest and Wildlife Department, are jointly planting palmyra seeds on the beaches of Chavakkad that are facing severe coastal erosion.

Emulating Tamil Nadu

"The Tamil Nadu government has been implementing a project to plant palmyra for coastal protection and this is the first such project in Kerala," said Thrissur Social Forestry Deputy Forest Conservator B. Sajeesh Kumar. In addition to benefits such as groundwater conservation and erosion prevention, value-added products are also available from pal-



A team of students of Sree Krishna College, Guruvayur, who are on a mission to set up a palmyra belt to protect coasts.

myra, he said. Palmyra (*Borassus flabellifer*) is the State tree of Tamil Nadu.

Under the project 'Thalaphalam', which was started on World Environment Day in 2021, the students have already planted 2,500 palmyra seeds. "The objective of the project is to protect palm trees and to highlight their importance in environmental conservation. The trees can stop soil erosion. They are salt- and drought-tolerant and help combat desertification. Studies have shown that palmyra can decrease the atmospheric tem-

perature and pollution," says NSS programme officer K.S. Midhun.

Roots that store water

In contrast to other palm trees that have a fibrous root system, palmyra has a tap root system that shoots straight downward vertically. It can store a huge volume of water in its tubular roots and increases the water table level in the area. Thus, it can turn an arid land fertile with groundwater resources, according to a study published in the *International Journal of Modern Trends in*

Engineering and Science.

The study pointed out that large-scale damage to ecosystem, agriculture, and livelihood caused by Cyclone Thane at Cuddalore in Tamil Nadu in 2011 could have been controlled if the natural barriers of palmyra had not been cut. Many palmyra trees stood strong even against the tsunami and Cyclone Gaja. They can block and reduce the speed of storms and prevent soil erosion. Cultivation of more plants around waterbodies will improve the groundwater table, the study noted. This prompted the Tamil Nadu government to replant a large number of palmyra.

The students also planted palmyra trees in Randukai forest area, Kandanasseri, Pariyaram forest, Ponnala, Anapantham, and Cheru-chakkichola forest areas as well as on their college premises.

"We have sent a request to the government to extend the project across the State," said Mr. Midhun.

Media attention about Our Thalaphalam Project on Hindu Newspaper 11 Sep 2022

THALAPHALAM 2.0- Phase 2

The NSS Volunteers of Sree Krishna College Guruvayur planted 1200 palmyra seeds on the seafront region of Panchavadi beach on to July 1st as a part of the Thalaphalam 2.0 flagship program in association with the Social Forestry Department. The objective of the program was to promote the plantation of palm trees, which play a vital role in saving underwater, preventing soil erosion, and providing economic benefits



Palmyra seeds sprouted at Panchavadi Beach

b. ANNAPOORNA



Annapoorna is a flagship program of National Service Scheme Unit 190 & 191 at Sree Krishna College Guruvayur, with the mission of providing food and nourishment to the less fortunate. The name Annapoorna is derived from the Sanskrit language, which means "the giver of food and nourishment." This program is aimed at addressing the issue of hunger and malnutrition among the homeless people of Kandanaserry Panchayath and Guruvayur Municipality in Thrissur District, Kerala. The NSS volunteers collect food packets from volunteers, students, and teachers of the College and distribute them to those in need. This initiative not only helps to provide food to the needy but also helps to create awareness among the College community about the importance of serving the less fortunate. Through the Annapoorna program, NSS Unit 190 & 191 at Sree Krishna College Guruvayur is making a significant contribution towards eradicating hunger and malnutrition in the local community.

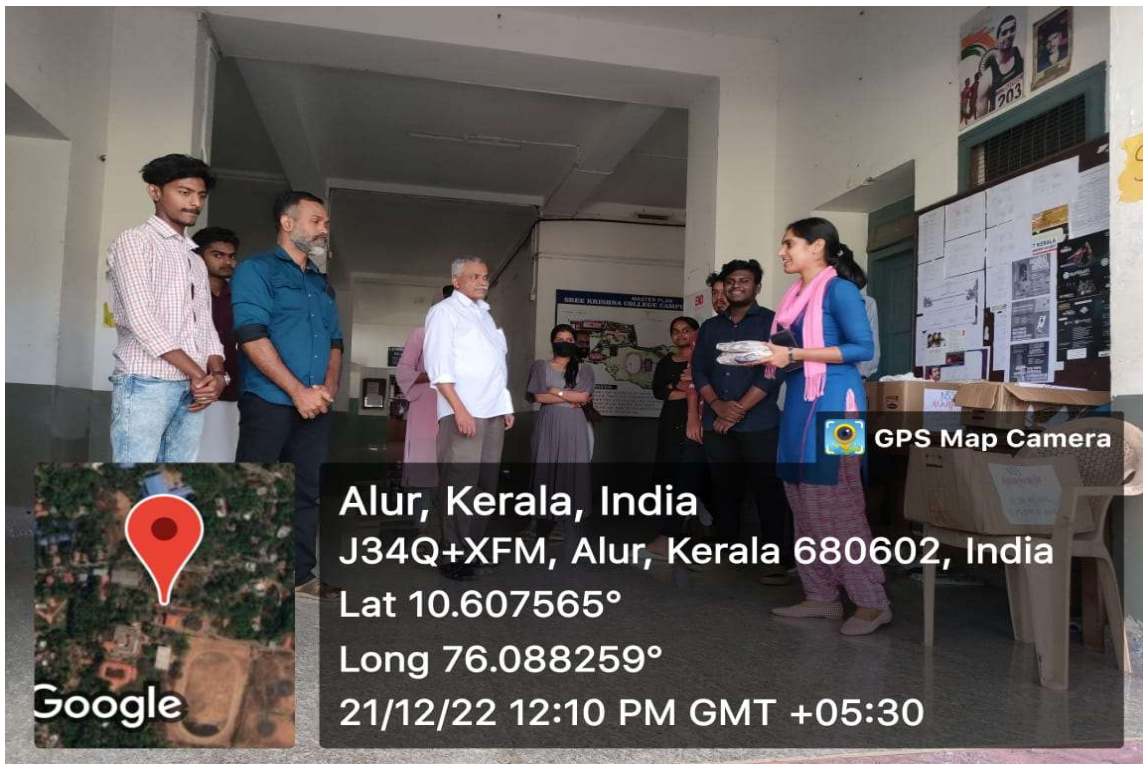
Annapoorna program that takes place in Guruvayur town every Wednesday. The program distributes food packets to the poor and needy in the area, and it is made possible by the generous donations of students and teachers from Sree Krishna College Guruvayur. The program has been running successfully and has been able to distribute more than 750 food packets to the less fortunate in the community. This is a significant achievement and shows the commitment of the NSS volunteers in providing help to those in need.



Overall, the Annapoorna program is a great initiative that provides much-needed support to the poor and needy in Guruvayur town. The commitment and dedication of the NSS volunteers from Sree Krishna College Guruvayur are commendable, and their efforts are sure to make a significant difference in the lives of those who benefit from the program.

Phase No	Month	No. Food Packet
1	15.07.2022	38
2	12.08.2022	10
3	26.08.2022	20
4	10.06.2022	54
5	07.10.2022	25
6	12.10.2022	20
7	26.10.2022	45
8	02.11.2022	28
9	09.11.2022	20
10	16.11.2022	20
11	23.11.2022	22
12	30.11.2022	34
13	07.12.2022	20
14	14.12.2022	42
15	22.12.2022	27
16	04.01.2023	46
17	11.01.2023	26
18	19.01.2023	16
19	25.01.2023	26
20	02.02.2023	37
21	08.02.2023	39

22	15.02.2023	18
23	01.03.2023	20
24	08.03.2023	20
25	15.03.2023	20
26	22.03.2023	20
27	29.03.2023	20
Total		733



c. SWAYAM



Swayam is a flagship program of National Service Scheme Unit 190 & 191 at Sree Krishna College Guruvayur that aims to foster entrepreneurial skills among NSS volunteers. The program aims to empower volunteers to become self-reliant and create their own businesses. Under the Swayam program, volunteers are trained to manufacture and sell various products, such as Note Books, paper Pen, Writing Pad, Dishwash Lotion, Toilet cleaner, and Floor Cleaner. These products are sold on the College campus and in participatory villages at reasonable prices. Through this initiative, NSS volunteers are learning valuable skills such as product development, marketing, and sales, which will help them to become successful entrepreneurs in the future. This program is also promoting self-employment as a viable option for the local community, which can create a positive impact on the economy. The Swayam program is helping to build a culture of entrepreneurship among NSS volunteers, equipping them with the necessary skills to become self-sufficient and successful in their endeavors.

SWAYAM

An amount of 15,000 was taken as advance from the PTA. We decided to give the profit that we got from this program to the students to buy educational necessities who are financially backwards as a part of Vidyamithram project.

NOTE BOOK

From October to First week of January volunteers made 280 paper books during their free times after the College.



PAPER PEN

In December and January months, Volunteers made 230 paper pens as 3 phases



PAPER BAG

In the month of January volunteers made 50 Paper bags.

WRITING BOARD

In 2 phases on October and January volunteers made a total of 15 Writing Board



SANITARY LOTIONS

30Ltr of Dish wash was also made by the volunteers as 3 phases



60Ltr of floor cleaner made by the volunteers as 6 phases

And finally, 62Ltr of Toilet cleaner was also made as 6 phases by the volunteers.

SWAYAM -SESSIONS

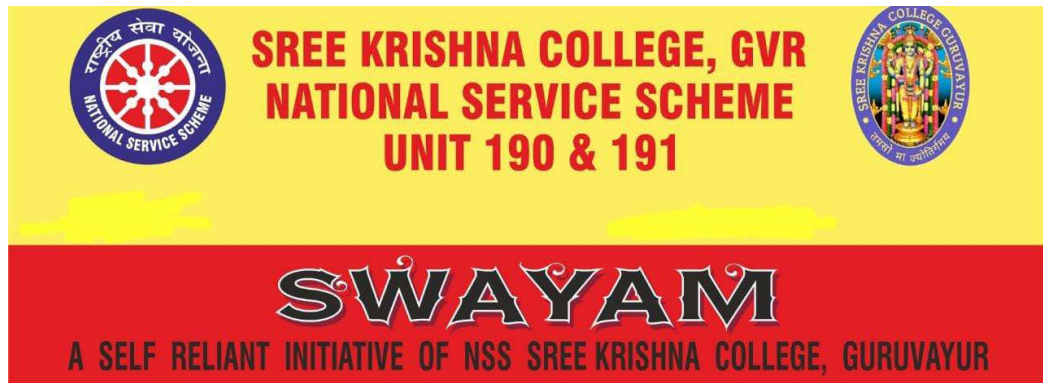
NSS Volunteers of Sree Krishna College, Guruvayur conducted a Workshop session on their flagship program "SWAYAM "in KAHM Unity Women's College Manjeri, Najath College Karuvarakkundu and Sree Vivekananda College Kunnamkulam respectively on December 27,28 and 29.

The session was titled as "Empowering Youth to be self-reliant". The workshop was held at the Seven Day Special Camp of the respective Colleges on the respective days. The products made in the workshop were Note books, Paper pen, Sanitary lotions and Cloth bags. We divided students into four consecutive groups with 2 volunteers in each group. Each group learned to make different products. The students there made their products and advertised it.

It was a new experience for our volunteers as they led the classes for students of same age group. It improved our communication capacity. We were immensely satisfied as they seriously took our project and promised us that they will also launch their own product venture soon. Thus, the project was memorable and became one of the best projects by National Service Scheme of Sree Krishna College Guruvayur.







SWAYAM -EXHIBITION

NSS Unit of Sree Krishna College Guruvayur conducted an exhibition of SWAYAM products on February 2 2023 at the College portico. The programme started with an inaugural speech by the program officer Dr Midhun K S and inaugurated by the College principal Dr. M K Harinarayanan. The exhibition products were Note books, Paper pens, Paper bags, Writing boards, Dish wash, Toilet cleaner and Floor cleaner. The exhibition lasted till 3:30 and we had a successful progress to the exhibition. Teachers, students and non-staffs cooperated and bought products.



d. ORGAVRUDHI



OrgaVrudhy is a flagship program of National Service Scheme Unit 190 & 191 at Sree Krishna College Guruvayur that focuses on organic farming practices. The name OrgaVrudhy is derived from the combination of the words Organic and Vrudhy (Growth), signifying the program's objective to promote organic growth and cultivation practices. The program emphasizes the importance of organic farming and sustainable agricultural practices. NSS volunteers work together in the NSS garden to cultivate various crops, such as chillies, brinjal, ladies' finger, and banana, without the use of chemical pesticides and fertilizers. The program has been a great success, and volunteers have learned about the benefits of organic farming practices. Through the OrgaVrudhy program, NSS volunteers are promoting sustainable development and fostering a sense of responsibility towards the environment. The program is an excellent initiative that promotes organic farming and encourages the use of sustainable agricultural practices. By working together in the NSS garden, NSS volunteers are learning valuable skills and contributing to the preservation of the environment. The OrgaVrudhy program is an inspiring example of how small initiatives can make a significant impact on sustainable development and environmental preservation.

We harvested a total of 28.2kg (green chillies and brinjal) as 21 phases. We are serving this to the teachers, non-teaching staffs and also to the houses of volunteers.

Each phase is given below:

Chilli

Phase No	Date	Quantity
1	14.07.2022	600 g
2	02.08.2022	400 g
3	29.08.2022	600 g
4	12.09.2022	800 g
5	30.09.2022	1 kg
6	20.10.2022	1 Kg

7	02.11.2022	1 Kg
8	14.11.2022	1.5 Kg
9	24.11.2022	1.5 Kg
10	13.12.2022	1 Kg
11	21.12.2022	2 g
12	04.01.2023	1 Kg
13	14.01.2023	1 Kg
14	18.01.2023	1.5 Kg
15	25.01.2023	1 Kg
16	26.01.2023	1 Kg
17	04.02.2023	1 Kg
18	08.02.2023	2.5 Kg
19	13.02.2023	3 Kg
20	27.02.2023	2 Kg
21	13.03.2023	1.5 Kg
22	20.03.2023	2 Kg
23	28.03.2023	1 Kg
Total		29.9 Kg

Brinjal

Phase No	Date	Quantity
1	01.03.2023	2 kg
2	13.02.2023	1 Kg
3	20.03.2023	2 Kg
Total		5 Kg

Through Orga Vrudhy our volunteers had a great realization about the good technique that everyone should practice in our locality. Also this program had made a great impact throughout the College by conducting exhibition and selling the harvested.





e. AGROLEGACY



AgroLegacy is a flagship program of National Service Scheme Unit 190 & 191 at Sree Krishna College Guruvayur that aims to encourage the cultivation of traditional crops, spices, and plants in the Kandanassery panchayat. The name AgroLegacy is derived from the combination of the words Agriculture and Legacy, signifying the program's objective to promote the cultivation of traditional crops and revive the cultural heritage of the region. The program emphasizes the importance of preserving traditional agriculture and promoting sustainable farming practices. NSS volunteers work alongside local farmers to cultivate various traditional crops, spices, and plants, such as turmeric, ginger, jackfruit, and coconut. Through this program, volunteers are learning about the rich agricultural practices of the region and contributing to the preservation of the cultural heritage of the community. The AgroLegacy program is an excellent initiative that promotes sustainable agriculture and encourages the preservation of traditional crops and farming practices. By working with the local community, NSS volunteers are promoting sustainable development and fostering a sense of pride in traditional agriculture and cultural heritage.





Vegetable Seed Distribution

On 21st October 2022, NSS Volunteers of Sree Krishna College Guruvayur distributed seeds for departments vegetable garden. As a part of CSS (Compulsory Social Service) of Calicut University vegetable garden built by each department. Through this program we got an opportunity to spread the scope of organic farming not only in the NSS garden but also to the whole College and all departments.



f. VIDYAMITHRAM



Vidyamithram is a flagship program of National Service Scheme Unit 190 & 191 at Sree Krishna College Guruvayur that aims to provide academic support to students in need. The name Vidyamithram is derived from the Sanskrit language, with "vidya" meaning "knowledge" and "mithram" meaning "friend." The program strives to act as a reliable friend to students by providing them with educational assistance and guidance. Apart from providing academic assistance, Vidyamithram also extends its support to the neediest students by providing them with academic stationary items at free of cost. This initiative has been undertaken in the Kandanasery Panchayat and the College, where many students come from underprivileged backgrounds and struggle to afford basic educational materials. Through this program, the NSS volunteers at Sree Krishna College Guruvayur are helping to bridge the gap and ensure that every student has access to the necessary resources to achieve their academic goals. The Vidyamithram program has been a great success, helping countless students to realize their full academic potential while also creating a more equitable and just educational system in the local community.

SCHOOL STATIONARY DISTRIBUTION

On May 27, 2021, the National Service Scheme unit 190 and 191 jointly organized a donation drive to collect notebooks and school stationeries in the adopted village of Kandanasery in Grama Panchayath. The initiative aimed to help the underprivileged children of the village who lacked access to basic educational supplies. The children were overjoyed to receive the notebooks and stationeries, which would help them in their studies. The initiative also helped in promoting the spirit of volunteerism and community service among the NSS volunteers and the residents of the village.

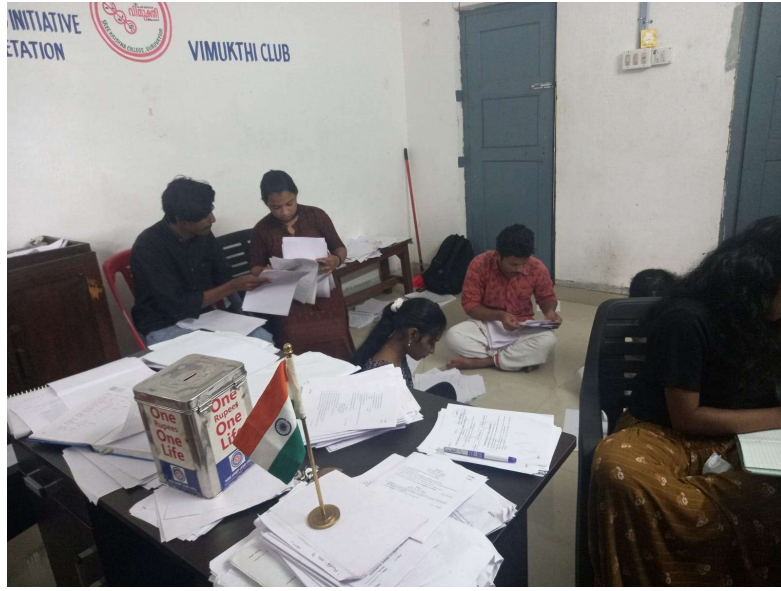




QUESTION BANK DISTRIBUTION

On August 26, the National Service Scheme volunteers of Sree Krishna College took the initiative to collect past five years question papers from all departments and categorize them based on their courses. The question banks were then distributed among the students of each department. The main objective of this initiative was to provide students with a question bank that they could use to prepare for their upcoming exams.





g. VAYOMITHRAMM



VAYOMITHRAM

VAYOMITHRAM is a flagship program of National Service Scheme Unit 190 & 191 at Sree Krishna College Guruvayur that focuses on providing palliative and medical assistance, as well as care and support to elderly people in the participatory village Kandanassery Panchayat of NSS. The name VAYOMITHRAM is derived from the combination of the words Vayo, meaning old people, and Mithram, meaning friend, signifying the program's objective to be a friend and support system to the elderly in the community. The program aims to provide the necessary assistance and care to elderly people, especially those who are vulnerable and in need of support. NSS volunteers work together to provide palliative care, medical assistance, and emotional support to the elderly, ensuring that they receive the care they need to lead a comfortable and dignified life. The program is an excellent initiative that promotes social welfare and encourages the younger generation to give back to the community by supporting the elderly. Through the VAYOMITHRAM program, NSS volunteers are making a significant impact on the lives of elderly people and are contributing to the betterment of society. The program is an inspiring example of how small initiatives can make a significant impact on social welfare and community development.

SIP wing of Sree Krishna College, Guruvayur organised an elegant project named VAYOMITHRAM in order to do the basic health care check-ups of each and every bed ridden patients in our participation village Kandanassery from next year onwards. We expected to work along with Asha works of Local Community Health Centre to ensure the quality of the home visit.



We already raised an amount among the SIP volunteers itself to collect necessary portable medical equipment's like Glucometer, Pressure Monitoring Device, Digital Thermometer and a log book including patient details. And we will bring this to the stage in upcoming year with the collective participation of NSS unit & Local Community Health Centre.



3. MEDIA ATTENTION OF NSS ACTIVITIES

കോവിഡ് രോഗികൾക്ക് സാന്ത്വനമായി പാലിയേറ്റീവ് വൊളന്റിയർമാർ

കണ്ടാണശ്ശേരി ▶ പഞ്ചായത്ത് പ്രദേശങ്ങളിലുള്ള കോവിഡ് രോഗികൾക്ക് സാന്ത്വനമായി പാലിയേറ്റീവ് വൊളന്റിയർമാരുടെ പ്രവർത്തനം ശ്രദ്ധേയമാകുന്നു. പഞ്ചായത്തിലെ കുടുംബാരോഗ്യ കേന്ദ്രത്തിന്റെ നേതൃത്വത്തിൽ ശ്രീകൃഷ്ണകോളേജിലെ എൻ.എസ്.എസ്. പ്രവർത്തകരായ 32 പേരാണ് ഇതിനായി തിരഞ്ഞെടുത്തിട്ടുള്ളത്. 16 വാർഡുകളിലും രണ്ടു പേർ വീതം സേവനം ചെയ്യും. അതതു വാർഡുകളിലെ കോവിഡ് രോഗികളുമായി ദിവസവും ഫോണിൽ ബന്ധപ്പെടുകയും അവരുടെ ബുദ്ധിമുട്ടുകൾ ചോദ്യമുന്നിയിലാക്കുകയുമാണ് ഇവർ ചെയ്യുന്നത്. ആരോഗ്യപരമായ പ്രയാസങ്ങൾ മാത്രമല്ല, രോഗികളുടെ വീടുകളിൽ എന്തെങ്കിലും ആവശ്യങ്ങളുണ്ടെങ്കിൽ അത് ചെയ്തുകൊടുക്കാനും വൊളന്റിയർമാർ ഏർപ്പാടുകൾ ചെയ്യും.

ആരോഗ്യ വിഭാഗം ഉദ്യോഗസ്ഥരുടെ പ്രത്യേക പരിശീലനം നേടിയവരാണ് പാലിയേറ്റീവ് വൊളന്റിയർമാരുടെ സംഘം. പഞ്ചായത്തിലെ ഹെൽത്ത് ഇൻസ്പെക്ടർമാരായ മനോജ് ചന്ദ്രൻ, ബിജു ജേക്കബ്, കെ.ആർ. പ്രൊരാജ് എന്നിവരാണ് ഇതിന് നേതൃത്വം നൽകുന്നത്.

PKD PO 2022 ജൂൺ 29 • ബുധനാഴ്ച മാതൃഭൂമി

വാർത്തകൾ 05

മുകമായി അമരാവതി

സംവിധായകൻ ലോഹിതദാസ് വിടപറഞ്ഞിട്ട് 13 വർഷം



മലി ▶ ജനപ്രിയ സംവിധായകൻ ലോഹിതദാസിന്റെ 13-ാം ചരമദിനമായിരുന്നു ചൊവ്വാഴ്ച. പതി അനുവിശ്രമകൊള്ളുന്ന കലുരിലെ അമരാവതിയിലാണ് കൃഷ്ണ അനുസ്മരണം. കോവിഡിന് പശ്ചാത്തലത്തിൽ ഇത്തരം അനുസ്മരണം ഒഴിവാക്കിയിരുന്നെങ്കിൽ പരിശുദ്ധൻ അറിയില്ല. വൈ.കെ. അബ്ദുറഹ്മാൻ പഞ്ചായത്തായ ലോഹിതദാസ് സാംസ്കാരിക വേദിയാണ് വർഷങ്ങളായി ലോഹി അനുസ്മരണ നേതൃത്വം നൽകുന്നത്. ചൊവ്വ ലോഹിത ദാസിന്റെ പതി സിന്ധു പരിപാടി മാത്രമേ അമരാവതിയിലുണ്ടാകുന്നുള്ളൂ.

മിമിമിരം നട്ടു
മലി ▶ ഓർമ്മരം നട്ട് ലോഹിതദാസിനെ അനുസ്മരിച്ചു. ഗാന്ധിജിയുടെ നേതൃത്വത്തിലാ അമരാവതിയിലാണ് പാത

മലി ▶ ഗാന്ധി സമതയുടെ നേതൃത്വത്തിൽ അമരാവതിൽ മൂന്നിൽ പാതയോരത്ത് ലോഹി ഓർമ്മരം നട്ടു. വനമിത്ര അവാർഡ് ജേതാവ് കൂവളത്തെ നട്ടുകൊണ്ട് പരിപാടി ഉദ്ഘാടനം ചെയ്തു. ലോഹിത ദാസിന്റെ പതി സിന്ധു പരിപാടിയിൽ പങ്കെടുത്ത ഗുരുവായൂർ ശ്രീകൃഷ്ണകോളേജിലെ എൻ.എസ്.എസ്. വൊളന്റിയർമാർ നേതൃത്വം നൽകി.

മുകമായി അമരാവതി

സംവിധായകൻ ലോഹിതദാസ് വിടപറഞ്ഞിട്ട് 13 വർഷം



മലി ▶ ജനപ്രിയ സംവിധായകൻ ലോഹിതദാസിന്റെ 13-ാം ചരമദിനമായിരുന്നു ചൊവ്വാഴ്ച. പതി അനുവിശ്രമകൊള്ളുന്ന കലുരിലെ അമരാവതിയിലാണ് കൃഷ്ണ അനുസ്മരണം. കോവിഡിന് പശ്ചാത്തലത്തിൽ ഇത്തരം അനുസ്മരണം ഒഴിവാക്കിയിരുന്നെങ്കിൽ പരിശുദ്ധൻ അറിയില്ല. വൈ.കെ. അബ്ദുറഹ്മാൻ പഞ്ചായത്തായ ലോഹിതദാസ് സാംസ്കാരിക വേദിയാണ് വർഷങ്ങളായി ലോഹി അനുസ്മരണ നേതൃത്വം നൽകുന്നത്. ചൊവ്വ ലോഹിത ദാസിന്റെ പതി സിന്ധു പരിപാടി മാത്രമേ അമരാവതിയിലുണ്ടാകുന്നുള്ളൂ.

മിമിമിരം നട്ടു
മലി ▶ ഓർമ്മരം നട്ട് ലോഹിതദാസിനെ അനുസ്മരിച്ചു. ഗാന്ധിജിയുടെ നേതൃത്വത്തിലാ അമരാവതിയിലാണ് പാത

മലി ▶ ഗാന്ധി സമതയുടെ നേതൃത്വത്തിൽ അമരാവതിൽ മൂന്നിൽ പാതയോരത്ത് ലോഹി ഓർമ്മരം നട്ടു. വനമിത്ര അവാർഡ് ജേതാവ് കൂവളത്തെ നട്ടുകൊണ്ട് പരിപാടി ഉദ്ഘാടനം ചെയ്തു. ലോഹിത ദാസിന്റെ പതി സിന്ധു പരിപാടിയിൽ പങ്കെടുത്ത ഗുരുവായൂർ ശ്രീകൃഷ്ണകോളേജിലെ എൻ.എസ്.എസ്. വൊളന്റിയർമാർ നേതൃത്വം നൽകി.



കാൽത്തിരം സംരക്ഷിക്കാൻ കരിമ്പന നട്ട് വിദ്യാർത്ഥികൾ

ഗുരുവായൂർ ശ്രീകൃഷ്ണ കോളേജിലെ അനുസ്മരണ സമിതിയിൽ 19 പേർ ഉൾപ്പെടെ 100 പേർ പങ്കെടുത്തു. ലോഹിതദാസിന്റെ പതി സിന്ധു പരിപാടിയിൽ പങ്കെടുത്ത ഗുരുവായൂർ ശ്രീകൃഷ്ണകോളേജിലെ എൻ.എസ്.എസ്. വൊളന്റിയർമാർ നേതൃത്വം നൽകി.

കാൽത്തിരം സംരക്ഷിക്കാൻ കരിമ്പന നട്ട് വിദ്യാർത്ഥികൾ

ഗുരുവായൂർ ശ്രീകൃഷ്ണ കോളേജിലെ അനുസ്മരണ സമിതിയിൽ 19 പേർ ഉൾപ്പെടെ 100 പേർ പങ്കെടുത്തു. ലോഹിതദാസിന്റെ പതി സിന്ധു പരിപാടിയിൽ പങ്കെടുത്ത ഗുരുവായൂർ ശ്രീകൃഷ്ണകോളേജിലെ എൻ.എസ്.എസ്. വൊളന്റിയർമാർ നേതൃത്വം നൽകി.

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epaper.mangalam.com/c/6895

THE HINDU
SUNDAY, SEPTEMBER 11, 2022

Palmyra to keep beaches safe
The trees prevent soil erosion and desertification and increase groundwater level

MINI MURUGATEERU

A group of students of Sri Krishna College, Gokulam, are working as a team to protect coastal belts that are under great threat of sea erosion because of high tides, waves and rising sea levels.

The National Service Scheme (NSS) units of Sri Krishna College, Gokulam and the State Forestry Department, are jointly planting palmyra trees on the beaches of Chirappuzha in the State of Tamil Nadu.

Under the project 'Thaala padam' which was started on World Environment Day in 2020, the students have already planted 2,000 palmyra trees. "The objective of the project is to protect palmyra trees and to highlight their importance in environmental conservation. The trees can stop soil erosion. They are salt and drought resistant and help counter desertification. Studies have shown that palmyra can decrease the atmospheric carbon dioxide level by 10 per cent," says NSS programme officer K.S. Madhan.

Beaches that were water in contrast to other parts of the coast have a dense tree system, palmyra has a 'hip roof' system that allows straight downward vertical flow of water to the subsoil and increases the water table level in the area. This is in contrast to other trees with grassy undergrowth, according to a study published in the International Journal of Modern Trends in Science and Technology.

The study pointed out that large-scale damage to ecosystems, agriculture and fisheries caused by climate change at Chirappuzha in Tamil Nadu in 2021 could have been controlled if the natural barriers of palmyra had not been cut. Many palmyra trees around the area were cut down to make way for the construction of a road. The study also pointed out that the government should support the plantation of palmyra trees. The students also planted palmyra trees in the beaches of Chirappuzha, Pambal, Ananthapuram and Cherothukavil in the State of Kerala.

The students also planted palmyra trees in the State of Karnataka. The NSS units of Sri Krishna College, Gokulam, are working as a team to protect coastal belts that are under great threat of sea erosion because of high tides, waves and rising sea levels.

THE HINDU

1 Tiger art



എൻ.എസ്.എസ്. ഓറിയന്റേഷൻ

ഗുരുവായൂർ • ശ്രീകൃഷ്ണ കോളേജിലെ നാഷണൽ സർവീസ് സെക്ടറിൽ 191 യൂണിറ്റിൽനിന്ന് തിരഞ്ഞെടുത്തവർക്ക് ഓറിയന്റേഷൻ പരിപാടി നടത്തി. പരിസ്ഥിതി പ്രവർത്തകൻ കല്ലൂർ ബാലന്റെ പാലക്കാട് ജില്ലയിലെ മാങ്കുറിശ്ശിയിലായിരുന്നു പരിപാടി. സംവിധായകൻ ലോഹിതദാസിന്റെ ലക്ഷിയിലുള്ള അഥവാത്തിലെത്തി ഓർമ്മിനത്തിൽ മരംനട്ടു. കല്ലൂർ ചുടിയൻമലയിൽ കരിമ്പന വിത്തുകൾ പാകി. എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർ കെ.എസ്. മിഥുൻ, വെള്ളന്റിയർ സെക്രട്ടറി അരുൺ പ്രകാശൻ, കെ.എം. മേഘ തുടങ്ങിയവർ പ്രസംഗിച്ചു.

30/06/2022 GURUVAYUR Pg 04

Worrying surge in calls

അകലൂരിൽ ഗന്ധി സമിതിയുടെ നേതൃത്വത്തിൽ ലോഹിതദാസി അനുസ്മരണത്തോടനുബന്ധിച്ചു ഓർമ്മ മരം നട്ടുന്നു.

ഓർമ്മമരം നട്ട് അകലൂരിൽ ലോഹി അനുസ്മരണം

പത്തിപ്പാല • അകലൂരിൽ ലോഹിതദാസി അന്ത്യവിശ്രമം കൊള്ളുന്ന അഥവാത്തിലെ സാക്ഷിയാക്കി ഓർമ്മമരം നട്ടു ലോഹി അനുസ്മരണം നടന്നു. ഗന്ധി സമത എന്ന കൂട്ടായ്മയുടെ നേതൃത്വത്തിൽ ലോഹിതദാസി അനുസ്മരണത്തോടനുബന്ധിച്ചു ഓർമ്മ മരം നട്ടുന്നു.

നായ കല്ലൂർ ബാലൻ കൂട്ടായ്മയുടെ നേതൃത്വത്തിൽ ലോഹിതദാസി അനുസ്മരണത്തോടനുബന്ധിച്ചു ഓർമ്മ മരം നട്ടുന്നു.

ആയിരം കരിമ്പന വച്ചുപിടിപ്പിക്കും

ഗുരുവായൂർ • 20,000 ലിറ്റർവരെ ഭൂഗർഭ ജലം മഴക്കാലത്ത് സംഭരിക്കാൻ പനമരത്തിന് കഴിയുമെന്ന് ശാസ്ത്രീയമായി തെളിയിക്കപ്പെട്ടിട്ടുള്ളതിനാലാണ് ഇത്തരമൊരു പദ്ധതി നടപ്പാക്കാൻ കാരണമെന്ന് എൻ.എസ്.എസ് വളണ്ടിയർമാർ പറഞ്ഞു. പ്രിൻസിപ്പാൾ ഡോ. പി എസ് വിജോയ് ഉദ്ഘാടനം ചെയ്തു. എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. കെ എസ് മിഥുൻ, ടി വി അമൃത എനിവർ സംസാരിച്ചു.

ആയിരം കരിമ്പനകൾ വച്ചുപിടിപ്പിക്കാൻ മുന്നിട്ടിറങ്ങി എൻ.എസ്.എസ് ശ്രീകൃഷ്ണ കോളേജ് യൂണിറ്റ്. പരിസ്ഥിതി സംരക്ഷണത്തിന്റെ ഭാഗമായാണ് 'താലഫലം' എന്ന പദ്ധതിയുടെ ഭാഗമായി കരിമ്പന നട്ടുപിടിപ്പിക്കുന്നത്. കോളേജിലും പരിസര പ്രദേശങ്ങളിലുമാണ് ഇത് നടപ്പാക്കുന്നത്. നിരവധി ഗുണങ്ങളുള്ള കരിമ്പനയെ സംരക്ഷിക്കുക എന്നതാണ് ലക്ഷ്യം. 10,000 മുതൽ

ആയിരം കരിമ്പന വച്ചുപിടിപ്പിക്കും

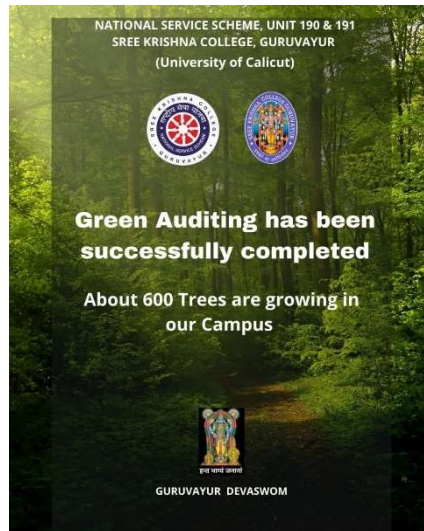
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കെ സുരേന്ദ്രനെ ഡൽഹിക്ക്

4. REPORT OF SPECIAL PROGRAMMES

GREEN AUDITING

National service scheme unit 190 and 191 of Sree Krishna College Guruvayur conducted green auditing from March 2022 and auditing had completed in April 2022 in cooperation with Guruvayoor Devasom in campus premises. about 600 hundred different trees are spotted and trees are growing well.



ONE-YEAR CELEBRATION OF THE KERALA GOVERNMENT

On April 20, 2022, The NSS Volunteers of Sree Krishna College Guruvayur, actively participated in the one-year celebration of the Kerala Government in higher education stall at Thrissur.

The celebration aimed to showcase the achievements of the Kerala Government in the field of higher education and the progress made in the past year. The NSS volunteers of Sree Krishna College were eager to contribute to the celebration and showcase their skills and enthusiasm towards social service.



ENTE KERALAM PROGRAMME

On 23rd April 2022, a class on "The Importance of Statistics in Sustainable Development and Analytical Methods Using Price Indexes" was organized by Sukanya as a part of the "Ente Keralam" program. The class was held at Thekkinkad Maidan, Thrissur, and lasted from 2.00 pm to 5.00 pm.

The program was attended by eight students from Sree Krishna College NSS Units 190 & 191. The students were enthusiastic about learning the importance of statistics in sustainable development and analytical methods using price indexes. The program was designed to give them a basic understanding of the subject and the practical applications of statistics in the real world.



ONE DAY ORIENTATION PROGRAMME ON ACCESSIBLE EBOOK PRODUCTION

On May 7, 2022, the National Service Scheme Unit 190 and 191 jointly organized a one-day orientation programme on accessible e-book production by Kamal Ram. The programme was aimed at providing the NSS volunteers with an understanding of accessible e-book production and its importance in making education accessible to all.



The programme was attended by almost 25 NSS volunteers who were actively engaged in the orientation programme. The volunteers came from different backgrounds and were interested in learning about accessible e-book production.

OBSERVANCE OF WORLD DROWNING PREVENTION DAY

On July 25, 2023, the District Disaster Management Authority organized a one-day training program at the Thrissur Collectorate in observance of World Drowning Prevention Day. The program aimed to educate students on basic skills in first aid and fire and rescue techniques to prevent drowning accidents.



The function was presided over by the District Collector, and about 40 students from various colleges attended the training program. Five National Service Scheme volunteers from Sree Krishna College also participated.

The training program comprised two sessions. The first session was conducted by Dr. Shijina. She took a class on Basic Skills in First Aid. She explained the basics of first aid techniques that can be used during emergency situations, such as drowning incidents. The session covered topics such as cardiopulmonary resuscitation (CPR), choking, and bleeding control. The participants were also given hands-on training on these skills.

The second session was taken by District Fire Officer Arun, who is an experienced firefighter. He took a class on Fire and Rescue Techniques. Arun sir explained the various techniques and equipment used in fire and rescue operations. He also demonstrated how to rescue a person from drowning and how to use fire extinguishers.

INDEPENDENCE DAY CELEBRATION

On August 15, 2022, The NSS Unit 190&191 of Sree Krishna College organized an Independence Day Celebration in the Garden area of the college. The program started at 9 am with the hoisting of the flag by the College Principal, Dr. MK Harinarayanan. He then shared his Independence Day message with the students, highlighting the importance of freedom and the sacrifices made by our freedom fighters.



After the flag hoisting ceremony, sweets were distributed to all the students who participated in the Independence Day celebrations. Following this, Volunteer Secretary Nandana Rajeev addressed everyone at the Independence Day program organized at the Mini Auditorium. Dr. MK Harinarayanan, the principal of the college, welcomed and inaugurated the program and shared his Independence Day message.

The Physical Education Department Head, Mr. Haridayal, and Volunteer Secretary Athulnath also wished all the students. Volunteer Secretary Megha thanked everyone for their participation and contribution to the program.



The volunteers then joined together and sang a patriotic song, which was followed by a beautiful dance performance. Payasam was also distributed to the students, adding to the festive atmosphere of the celebrations. The students were then divided into five groups and presented programs based on

the theme "Seventy-Five Years of Independence". Each group gave their best performance, showcasing their creativity, talent, and patriotism.

To make the Independence Day celebration more fun and engaging, a treasure hunt competition was conducted by all the students. Each and every student participated enthusiastically in the competition, which added to the festive spirit of the occasion. Finally, the Independence Day program concluded with a review of the program by the representatives of each group, and prizes were distributed to the winning group. The entire event was a grand success, and it created a sense of pride and patriotism among the students

PRE RD-SELECTION

On September 13, 2022, The NSS Volunteers from Sree Krishna College, Guruvayur, Athul Nadh T, Akhilesh N S, and Sumayya Shamsudeen, participated in the Pre RD-Selection Camp 2022 held at Calicut University




In recognition of the hard work and dedication shown by the NSS volunteers from Sree Krishna College, Pro Vice Chancellor Dr. M. Nasser released the Calicut University NSS News Letter along with the Sree Krishna College NSS Volunteers. The release of the newsletter was done during the occasion of the Pre RD-Selection Camp.




On October 29, Athulnath T and Akhilesh N S, The NSS Volunteers participated in second level of Pre RD selection camp 2022 held at Calicut University


WE CARE CAMPAIGN

The "We Care Campaign" is an initiative launched by the Government of Kerala aimed at providing medical assistance to those in need. The NSS Unit 190&191, in association with the campaign, organized a fundraising event from September 21-23 to mobilize funds for the cause.





Sree Krishna College Guruvayur
National Service Scheme
Unit 190&191






National Service Scheme
Unit 190&191
Sree Krishna College, Guruvayur
(University of Calicut)







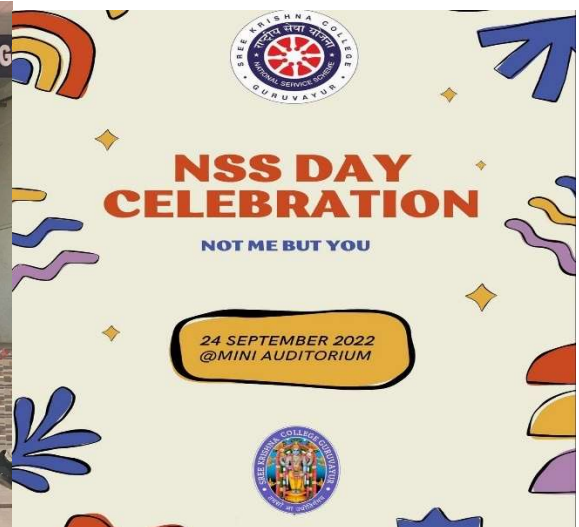
In connection with the 'We Care' campaign an initiative of Government of Kerala, NSS units of Sree Krishna College Guruvayur collected ₹2500 for medical assistance to the needy ones

Lend Your Hands,
You Can Brighten
Lives..!!

NSS DAY CELEBRATION

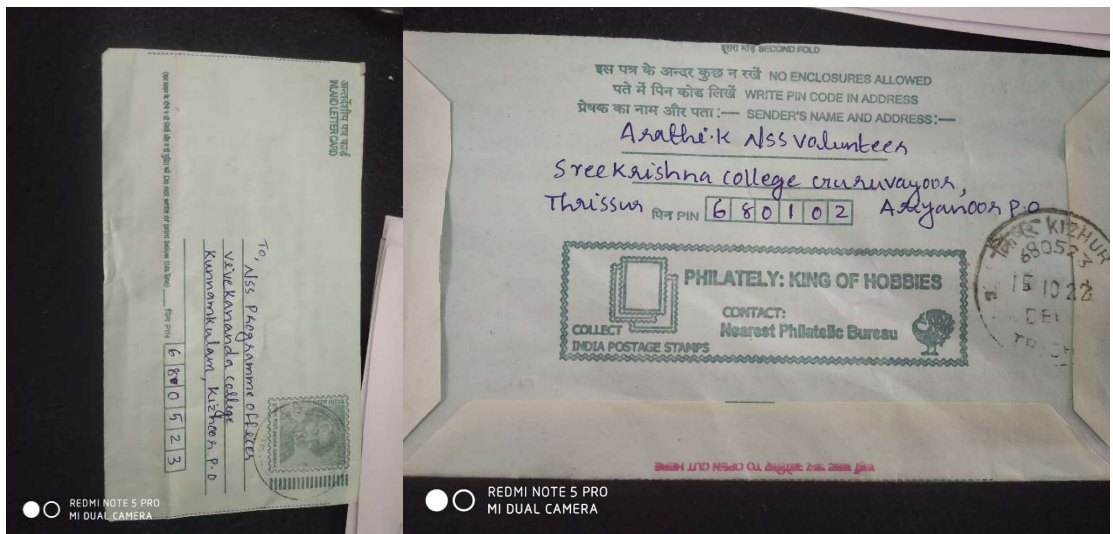
On September 24 2022, The National service scheme (unit 190&191) of Sree Krishna College Guruvayur, celebrated "NSS DAY" with great fervour and enthusiasm. The Programme was inaugurated by Dr.M.K Harinarayanan principal of Sree Krishna College . Principal was Flag hosted, who motivated all the participants with an exemplary speech quoting incidents from his own life experience. NSS programme officer Dr. Midhun.K S Talk about the importance of NSS. Then NSS volunteers make pookalam in front of the auditorium. On the basis of NSS many of cultural programmes are done by

volunteers. For example, skit, ganamela, Mock drill & Thiruvathira etc. After this we evaluated the program and selected a team on the basis of performance. Afternoon, as a part of clean India 2.0 project make a scrap challenge. The volunteers cooked Kappa and chammanthi. it was a good experience.



OBSERVATION NATIONAL POSTAL DAY

On 10th October 2022, NSS Sree Krishna college, Guruvayur observed national postal day to celebrate the contribution of India post in our lives. The event was organized by the NSS unit of the college to promote the importance of letter-writing and to acknowledge the role of postal services in connecting people.

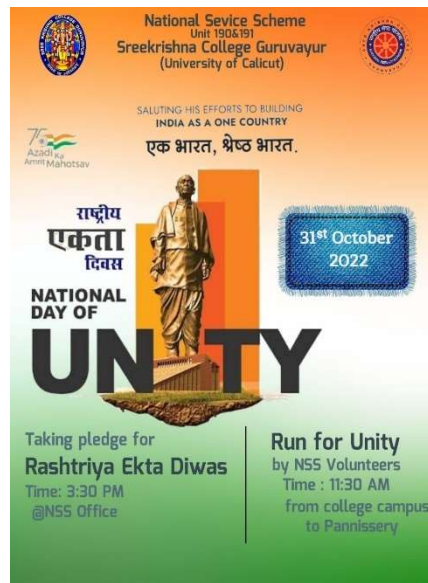


The NSS volunteers of the college participated in various activities organized on the occasion of National Postal Day. The main activity was letter-writing, where the volunteers wrote letters to the NSS Programme Officer across Kerala, highlighting the flagship programs undergone by the NSS unit of the college. The volunteers also wrote letters to their friends and family members, emphasizing the importance of letter-writing in today's digital age.

OBSERVATION OF NATIONAL UNITY DAY

On October 31, 2022, The NSS volunteers of unit 190 & 191 Sree Krishna College observed national Unity Day. A run for unity programme was conducted by volunteers at 11.30 am from college campus to Pannissery. Volunteers took pledge for Rashtriya Ektha divas at 3.30 pm.





OBSERVATION OF NATIONAL CHILDREN'S DAY

On November 14 2022, National Service Scheme unit 190&191 of Sree Krishna College,Guruvayur celebrated National Children's day with kids in Ariyannoor Anganvadi by distributing sweets. Sri.Sindhu, Anganvadi teacher addressed the programme



On November 21, 2022, National Service Scheme unit 190&191 of Sree Krishna College, Guruvayur celebrated in continuation with International Children's day with kids in Ariyannoor Anganvadi by distributing sweets, Cloth bags and books. Dr. Midhun K S, programme officer of NSS unit 191,Sindhu Kumar (Anganvadi teacher)participated & greeted the Programme



OBSERVATION WORLD EPILEPSY DAY.

On November 17, 2022, the National Service Scheme Volunteers of our college observed World Epilepsy Day. The purpose of the event was to raise awareness about epilepsy, its symptoms, and treatment options among the general public.

The Volunteers organized an awareness program, where they created posters and charts about the symptoms and treatment of epilepsy. The posters and charts were designed to provide information in a visually appealing way, making it easy for people to understand.



The event was inaugurated by the college principal, Dr. M K Harinarayan, who gave a speech on the importance of creating awareness about epilepsy. He highlighted the need for people to understand the condition and how to respond in case of an epileptic seizure.

PATRIOTIC SONG COMPETITION

On November 22,2022 NSS unit 190 & 191 conducted a patriotic song competition in campus. Anagha K of history department was awarded first prize and anjana mp of maths department was awarded second prize.



OBSERVATION OF INTERNATIONAL DAY FOR VIOLENCE AGAINST WOMEN

On November 25 2022, The NSS volunteers of Sree Krishna College Guruvayur prepared posters to create awareness among people about violence against women on the occasion of International Day for Violence against women.



FLAG DAY OF NATIONAL FOUNDATION OF COMMUNAL HARMONY

On November 25, The NSS Volunteer Irfan pasted stickers and posters on different areas of college campus on Flag Day of National foundation of communal harmony.



CONSTITUTION DAY

On November 28, the NSS Volunteers of Sree Krishna College Guruvayur conducted a Preamble Read Ceremony and Quiz Competition as a part of the Constitution Day observation. The event aimed to promote awareness and understanding of the Indian Constitution and its significance among the students.



At the end of the Quiz competition, Nandhana Dinesh was declared the winner and awarded the first prize. Niranjana Muraleedharan secured the second prize, while Aswathy Balan won the third prize.

DISCUSSIONS ON TO END VIOLENCE AGAINST WOMEN AND GENDER DISCRIMINATION

On December 2 2022, The NSS of Sree Krishna college Guruvayur & Dept. Of Women & Child Development jointly conducted discussions on to end violence against women and gender discrimination. The session was handled programme officer Amrutha T V.



GURUVAYUR EKADASHI

On December 4th 2022, The NSS Volunteers of unit 190 & 191 Sree Krishna College Guruvayur gathered at Guruvayur temple to provide volunteer services. Volunteers provided water to the devotees in queue to temple and managed the queue for Guruvayur Ekadashi. Volunteers provided services in morning and evening session. 20 volunteers participated in the programme as 10 volunteers each at both session



HARITHAARAVAM

On December 8th, 2022, the NSS Unit 190&191 of Sree Krishna College Guruvayur along with Swachatha Mission, Thrissur conducted a 3 Goal campaign to raise awareness about the importance of reducing, reusing and recycling plastic and other non-organic wastes. The campaign was aimed at creating a cleaner and healthier environment by encouraging people to take action towards responsible waste management. The campaign saw the participation of around 40 members who were committed to making a positive impact on the environment.



HUMAN RIGHTS QUIZ COMPETITION

On December 13th, 2022 NSS Volunteers of Sree Krishna College Guruvayur conducted a human rights quiz competition at campus as a part of Human Rights Day. The first prize was awarded to Revathi P S of the department of mathematics. The second was awarded to Anuk J of the department of Malayalam and the third prize was awarded to Gokul Das CP of the department of history.



HUMAN RIGHTS DAY QUIZ COMPETITION WINNERS



REVATHI P S
BSC MATHEMATICS
3 YEAR



ANUK J
MAMMALAYALAM
2 YEAR



GOKUL CV
HISTORY
1 YEAR

CONGRATULATIONS



URJAKIRAN CAMPAIGN

On December 22, 2022, NSS Volunteers of unit 190 & 191, Sree Krishna College Guruvayur, conducted a class campaign at every class and made awareness about Urjakiran to save energy that we use in our daily life.



INTERACTED WITH Dr.MANJU N NAIR (PO of SV College, Kunnakulam)

On December 22, Dr. Manju M Nair, NSS PO of Sree Vivekananda College, Kunnamkulam Visited NSS Office of Sree Krishna College Guruvayur and interacted with Vol. Secretaries.



SEMINAR ON "SOCIAL HEALTH"

On December 27 & 28 2022, Six NSS volunteers of Sree Krishna College participated in the seminar on "Social Health" at Kandanassery Conducted by Ministry of information & Broadcasting. The programme was effective.



REPUBLIC DAY CELEBRATION

On January 26th, 2023 The NSS Volunteers unit 190 & 191 of Sree Krishna College Guruvayur observed Republic day by hosting flag at college. Flag hosting ceremony was done by Dr.M K Harinarayanan Sree Krishna College principal. NSS programme officer Dr Midhun K S, NCC incharge Captain Rajesh Madhavan and Volunteers present at the flag hosting ceremony. After ceremony the volunteers divided into different groups and was given tasks to clean various parts of campus



ONE DAY WORKSHOP ON MOBILE JOURNALISM

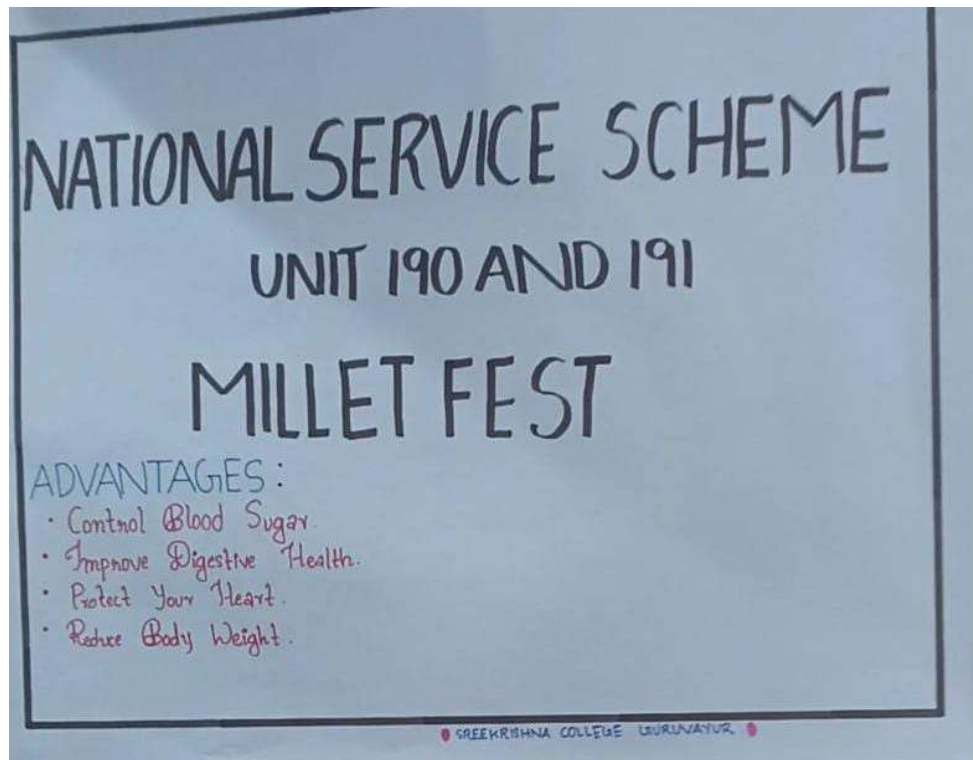
On February 4th, The NSS Volunteers Harisankar K M and Shivani K attended the one day workshop on Mobile Journalism organised by District Information Office in collaboration with Thrissur Press Club and NSS. The session started at 9:30 with the inauguration by the President of press club Thrissur Smt.Vineetha Madam. The whole session was led by the Journalist Mr.Varun Ramesh. Basic concepts and techniques of journalism was well explained by him. The afternoon session go on by assigning a task, which made more clarity and vision about journalism. The session ended by 4:30 pm.



MILLET FEST

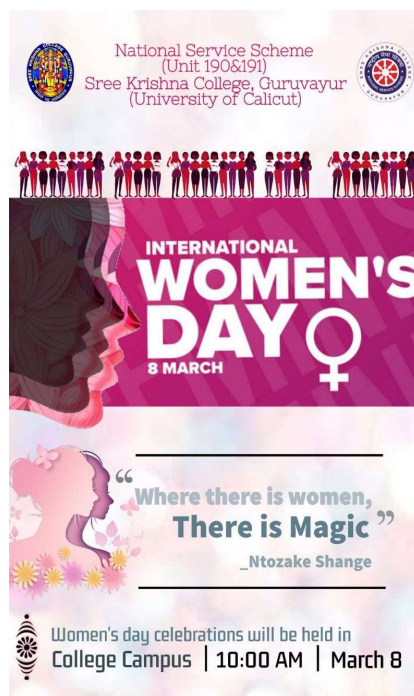
On February 24th, The Volunteers of National Service Scheme Unit 190 & 191 have participated in the "Millet fest" conducted by biochemistry and economics departments as a part of millet year celebration on 24/02/2023 at Mini auditorium from 10:30 am to 2:30 pm. The fest was inaugurated by sri. Anoop, agricultural officer Kandanassery panchayath. Presidential address was done by Dr.M K Harinarayanan principal of Sree Krishna College. We became aware of various kinds of millets and their important in our diet.





INTERNATIONAL WOMENS DAY CELEBRATIONS

ON 8 March 2023, The NSS volunteers of unit 190& 191 Sree Krishna college Guruvayur celebrated "women's day". 30 Nss volunteers gathered at the NSS garden at 10 am. Nss programme officer of Dr. Midhun K S shared importance of the day and motivated women volunteers to be proud and be successful in their life. The session was interactive and the volunteers shared their views on the developing women power in society. Volunteers was divided into a group of 6 members in each and was given various tasks as cleaning the campus etc...



Annapoorna program of distributing food packs was done by women volunteers on the same day as a message to society showing the equal participation of women.

NSS volunteer secretaries Nandana Rajeev P and Athulnath .T felicitated, college principal, Teachers, Ariyanoor anganavadi teacher & Kandanassery grama panchayath secretary by giving sweets and love. . In the afternoon session volunteers were gathered at mini auditorium and was given tasks to create magazine about the "safety of women."

ORIENTTATION PROGRAMME ON MENEUTRUAL CUP

NSS Sree Krishna College Guruvayur and Women's Development Cell of Sree Krishna College Guruvayur is jointly organized one day orientation programme of Menstrual Cup on 28.03.2023 at College auditorium.

Dr Kasthoori Lal's class on the uses and importance of menstrual cups was likely very beneficial for the over 300 students who participated. Menstrual cups are not only environmentally friendly, but they can also save money in the long run and provide more comfort and flexibility during menstruation.

It's encouraging to see educational institutions taking steps to promote sustainable and healthy habits among their students, and I hope this program will inspire more individuals to consider using menstrual cups as a viable option.



NSS VALEDDECTORY FUNCTION

NSS Sree Krishna College Guruvayur organized the valedictory function of the one-year NSS programme on 31st March 2023 at the College Mini Auditorium. The function was a celebration of the hard work and dedication of the NSS volunteers who had served the community for the past year. The event began with a presentation by the volunteer secretaries Athulnadh T, Megha K M, and Nandana Rajeev P, who provided a detailed overview of the one-year NSS programme. They highlighted the

various programmes and activities undertaken by the NSS volunteers throughout the year and the positive impact that these initiatives had on the community.

Following the presentation, the volunteers shared their experiences of the past year. They spoke about the challenges they had faced, the lessons they had learned, and the positive changes they were able to bring about through their efforts. It was inspiring to hear about the impact that the NSS programmes had on both the volunteers and the community they served.



E. SREEDHARAN VISITED NSS BIO DIVERSITY PARK

E. Sreedharan, popularly known as the "Metro Man" of India, visited the NSS Bio Diversity Park on 31st March 2023. The visit was a great honour for the park, as E. Sreedharan is a well-respected engineer and infrastructure expert who has contributed significantly to the development of India's transportation infrastructure. His words of encouragement and advice will inspire the volunteers to continue their efforts to promote biodiversity conservation and sustainable development. The visit also served as a reminder of the importance of environmental conservation and the role that everyone can play in protecting our planet.



WINGS OF NSS

Sree Krishna College Guruvayur has two well active units of National Service Scheme 190 and 191. We had got opportunities to commit many social services for the society. Kandanassery Grama Panchayat is the participatory village of Sree Krishna College, Guruvayur. Our unit had served our best for the communicative development and environmental conservation of the adopted village. The NSS units of Sree Krishna College Guruvayur work as five wings as follows: STUDENTS INITIATIVE FOR VEGETATION (SIVe), . RED REBBON CLUB (RRC), VIMUKTHI CLUB (ANTI - NARCOTIC CLUB), STUDENTS INITIATIVE IN PALLIATIVE (SIP), ELECTORAL LITERACY CLUB (ELC)



5. REPORT OF SIVE



Students Initiative for Vegetation (SIVe) is a club with the aim of creating environmental awareness among students spreading nature conservation activities among students in the era of exploitation of environment. It motivates the students to value environment and to develop an attitude to work for the preservation and conservation of nature. The major objective of the club is to inculcate the habit of cultivating using organic vegetables among the students which leads to its popularization among the public. The club has organized many activities to develop the culture and awareness of organic farming among the students and public. As a part of this, SIVe is doing activities related to environmental agricultural conservation such as organic farming, crop yields of agriculture and various awareness programmes

VANAMAHOLSAVAM

Vanamaholsavam is an annual afforestation drive conducted by the Government of Kerala in India. The initiative aims to promote afforestation and conservation of natural resources in the state. The name Vanamaholsavam translates to "Festival of Trees," and it is a week-long event celebrated every year in June. NSS units of Sree Krishna College Guruvayur celebrated Vanamaholsavam with different programmes as follows.



NATIONAL SERVICE SCHEME
 UNITS 190 & 191
SREE KRISHNA COLLEGE, GURUVAYUR
 (University of Calicut)
 Ariyannur Post, Keralam
 

World Environment Day Celebration 2022
 VANAMAHOTSAVAM 05 JUNE - 15 JULY 2022

Programmes



Thalaphalam 2.0
Planting 1200 Palmyra seeds on the seafront regions of Thrissur District




Hundredfold agrolgy
Planting 100 saplings in the college campus granted by Haritha Kerala Mission



Grove to Garden
Planting 70 *Baccaurea Courtallensis* plants which solely grow in Western Ghats in order to preserve them and give life to the vegetation



From west to Ghats
An adventure trekking through Western Ghats



Orientation Programmes
Interactive session on nature conservation with experts

f t v nssckgvr #OnlyOneEarth for more updates scan QR Code
 

THALAPHALAM 2.0

The NSS Volunteers of Sree Krishna College Guruvayur planted 1791 palmyra seeds on the seafront region of Panchavadi beach on June 5 to June 15 as a part of the Thalaphalam 2.0 flagship program in association with the Social Forestry Department. The objective of the program was to promote the plantation of palm trees, which play a vital role in saving underwater, preventing soil erosion, and providing economic benefits.



Hundred Agrolgy

On June 5th, National Service Scheme volunteers planted 100 saplings in the college campus. The plantation drive was initiated by the Haritha Kerala Mission, which is a state government organization dedicated to promoting environmental conservation and sustainability.

Grove to Garden

National Service Scheme volunteers of Sree Krishna college took an initiative to plant 70 *Baccurea coutallensis* plants in the NSS garden. This plant species is endemic to the Western Ghats region of India, and it is an important part of the local biodiversity. The NSS Volunteers aimed to preserve this species and promote the growth of vegetation in the region.

Baccurea coutallensis is a plant species that is found only in the Western Ghats region of India. It is a small tree that belongs to the Phyllanthaceae family. This species has significant ecological and cultural importance as it provides food for various animals and birds, including the endangered Malabar giant squirrel. Additionally, it has medicinal properties and is used in traditional medicine for treating various ailments.

Trekking Camp

On June 18th, a group of NSS Volunteers from Sree Krishna College Guruvayur embarked on a trekking camp to Kuthiran Wildlife Sanctuary to explore the area's rich biodiversity. The trekking camp was organized with the aim of promoting environmental awareness and conservation among the volunteers.

Orientation programmes

A group of NSS Volunteers participated in interactive sessions on "nature conservation" with officers from the Social Forestry Department. The sessions aimed to educate the volunteers on the importance of preserving and conserving nature and the role of social forestry in achieving these programmes.

PLANTATION OF MANGROVE SAPLINGS

As a part of Vanamahotsavam, NSS Volunteers of Sree Krishna College planted mangrove saplings along the Chettuva river organized by social forestry on July 3, 2022. Mangroves are extremely important to the coastal ecosystems they inhabit. Physically, they serve as a buffer between marine and terrestrial communities and protect shorelines from damaging winds, waves, and floods.



TREKKING

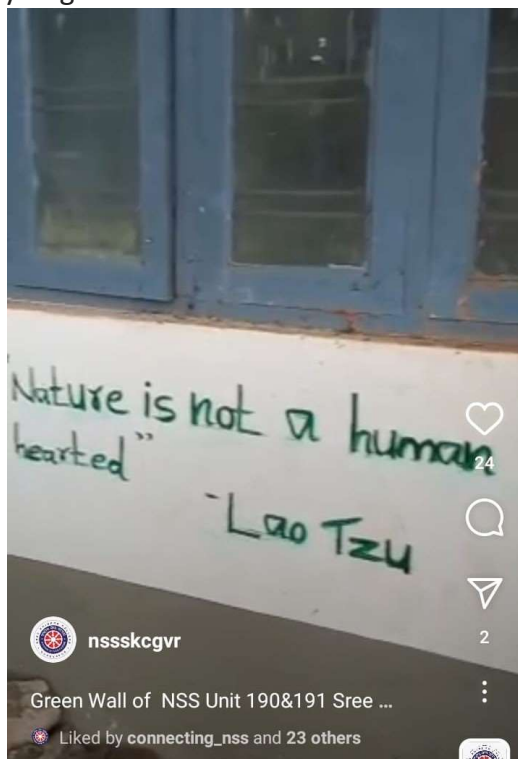
On June 18th, a group of NSS Volunteers from Sree Krishna College Guruvayur embarked on a trekking camp to Kuthiran Wildlife Sanctuary to explore the area's rich biodiversity. The trekking camp was organized with the aim of promoting environmental awareness and conservation among the volunteers.

The volunteers were accompanied by experienced guides and trained forest officials who provided them with valuable insights into the region's flora and fauna. They set out early in the morning, equipped with all the necessary trekking gear, including sturdy shoes, backpacks, and water bottles. Throughout the trek, the volunteers were encouraged to observe and appreciate the sanctuary's natural beauty while being mindful of their impact on the environment. They were taught about the importance of responsible trekking and were encouraged to minimize their ecological footprint. The volunteers were thrilled to explore the sanctuary's dense forests, gushing streams, and majestic mountains. They also participated in several other activities such as birdwatching, butterfly watching, and tree identification. They were excited to spot various rare species, including the Malabar giant squirrel, Nilgiri langur, and barking deer. They also learned about the traditional uses of medicinal plants found in the region. The camp was a resounding success, with the volunteers gaining a deeper appreciation for the natural world and the importance of preserving it. They left the sanctuary with a renewed sense of responsibility and a desire to work towards creating a sustainable future.

Overall, the trekking camp organized by NSS Volunteers at Kuthiran Wildlife Sanctuary was a wonderful experience that helped the volunteers connect with nature and learn about the importance of preserving biodiversity.

GREEN WALL PAINTED

On 24th Oct 2022 the green wall in the NSS garden was painted by the Volunteer Mikhil P Mineesh. The famous quotes and writings of famous personalities were also written. Entering into the garden by reading these quotes was always a good start for the volunteers as well as all others in the College.



CLOTH BAG DISTRIBUTION

NSS Volunteers of Sree Krishna College Guruvayur distributed cloth 300 bags to participatory village people as a part of #plasticfreecampaign. As we all know plastic bags persist for a long time due to their non-biodegradable nature and become a part of the food chain affecting the health of living beings. A cloth bag is more durable as this can be used a greater number of times as compared to plastic bags.



WATER BOWL FOR BIRDS

The NSS Unit and social forestry department installed water bowls for birds. Forest deputy range officer Anil Kumar, Sree Krishna College principal Dr. Harinarayan M K ,NSSprogramme officer Dr.Midhun.K S and volunteers of unit 190 &191 programme participated. Programme held on 21.03.2023,NSSgarden at 3pm to 3:30 pm.



It is a simple yet effective way to provide them with a source of fresh water, especially during hot and dry weather when natural sources of water may be scarce. Providing water improves habitat for birds and other animals. Though birds can extract some moisture from their food, most of them drink water every day. Birds also use water for bathing, to clean their feathers and remove parasites. Through installation of water bowls in NSS garden we provide fresh water for their thirst at this summer.

OLIVE RIDLEY TURTLE HATCHLINGS RELEASED FROM CHAVAKKAD BEACH



On 21 April 2023, the National service scheme (unit 190&191)of Sree Krishna College Guruvayur, olive ridley turtle hatchlings released from Chavakkad beach, social forestry Thrissur organized this function and NSS Volunteers of Sree Krishna College Guruvayur participate this Turtles are great scavengers, the garbage patrol of an area,” eating up dead fish from lakes and rivers, Gibbons says. “They do no harm and they do a lot of good.” Turtles also provide homes for a lot of critters. Sea turtle are an important part of the planet’s food web and play a vital role in maintaining the health of the world's oceans. They regulate a variety of other organisms simply through eating them.

COMPOSTING

Waste management has been a critical concern for sustainable development. Proper waste management not only helps in reducing the amount of waste generated but also helps in conserving natural resources, mitigating environmental pollution, and preventing health hazards. In this context, The NSS units of Sree Krishna college Guruvayur have taken an innovative step towards sustainable waste management by planting two units of waste management systems, bio bin and vermicompost unit.



Bio bin is a food waste composting unit developed by Kerala agriculture university Thrissur. This unit employs the use of inoculum bacteria to aid in waste decomposition. The unit comprises a cylindrical bin with a capacity of 200 liters. The bin is made up of high-density polyethylene, which is durable and resistant to weather conditions. The unit is designed to provide a favourable environment for the bacteria to thrive and aid in waste decomposition. The waste is mixed with the inoculum bacteria, which breaks down the organic matter in the waste into simpler compounds. The decomposition process leads to the formation of compost, which can be used as a fertilizer.





The vermicompost unit is used for dry leaf composting. The unit comprises a rectangular bin with a capacity of 1000 liters. The bin is made up of wood, which is durable and resistant to weather conditions. The unit employs the use of worms, which aid in waste decomposition. The worms consume the organic matter in the waste and excrete it in the form of vermicompost, which is a nutrient-rich fertilizer.

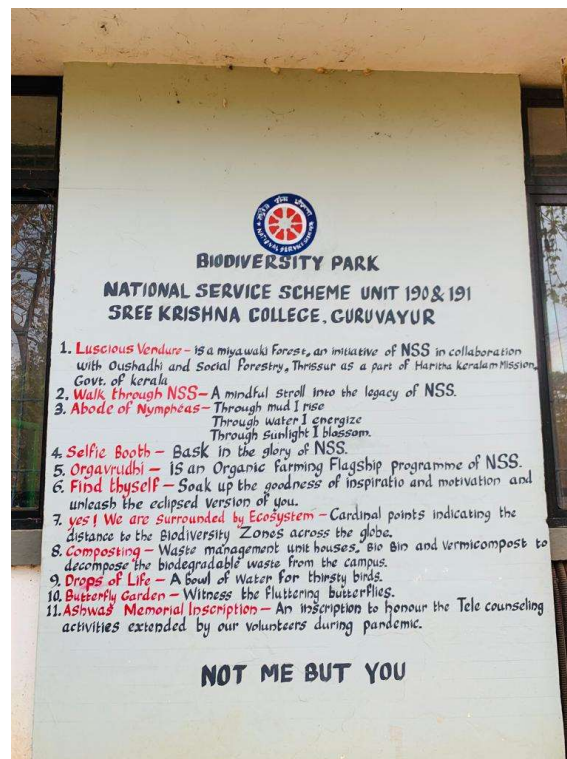


The implementation of these waste management units has had a significant impact on the college's waste management practices. The bio bin and vermicompost unit have helped in reducing the amount of waste generated by the college. The compost produced by these units can be used as a fertilizer for the college garden, reducing the college's dependence on synthetic fertilizers. The waste management units have also helped in reducing the carbon footprint of the college by reducing the amount of waste transported to landfills.

The implementation of waste management units like bio bin and vermicompost unit is a step towards sustainable waste management practices. The NSS units of Sree Krishna college Guruvayur have set an example by taking this initiative, which can be replicated by other institutions. The use of compost produced by these units can help in promoting organic farming practices, which is essential for sustainable development.

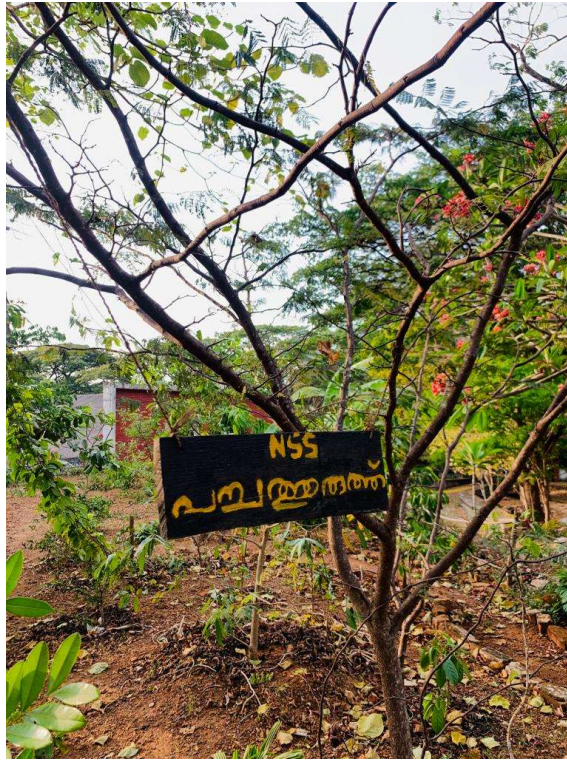
BIODIVERSITY PARK

The NSS units of Sree Krishna College Guruvayur have implemented a biodiversity park on the college premises. The park consists of several parts, each with its unique features.



One of the main attractions of the park is the Luscious Vendure, which is a Miyawaki Forest. This initiative of the NSS in collaboration with Oushadhi and Social Forestry, Thrissur, is part of the Haritha Keralam Mission, Govt. of Kerala. The Miyawaki Forest is a dense forest created using the Miyawaki method of afforestation, which involves planting a diverse range of native plant species in a small area.





Another part of the park is the Walk through NSS, which is a mindful stroll into the legacy of NSS. This area showcases the history and achievements of the NSS program and its contribution to society.

The Abode of Nymphéas is a beautiful water garden that features a variety of aquatic plants, including water lilies. This area is designed to create a peaceful and tranquil environment that visitors can enjoy.



The Selfie Booth is another attraction in the park where visitors can take pictures to commemorate their visit to the biodiversity park.



The Orgavrudhi is an organic farming flagship program of NSS, promoting sustainable and eco-friendly agricultural practices. Visitors can learn about organic farming and its benefits in this area.



The Find thyself section of the park is designed to inspire and motivate visitors to unleash their full potential. This area is meant to provide a space for self-reflection and self-discovery.

The Yes! We are surrounded by Ecosystem section highlights the importance of biodiversity and the interconnectedness of ecosystems across the globe. Visitors can learn about different ecosystems and their unique features.



The Composting section of the park features waste management units that house Bio Bin and Vermicompost to decompose biodegradable waste from the campus. This area promotes sustainable waste management practices.



The Drops of Life section is a water bowl designed to provide water for thirsty birds. This area encourages visitors to be mindful of the environment and promote biodiversity.



Finally, the Butterfly Garden is a beautiful garden that attracts a variety of butterflies. This area showcases the beauty and diversity of butterfly species.

The Ashwas Memorial Inscription is an inscription that honours the Tele counselling activities extended by NSS Volunteers during the pandemic. This area recognizes the contributions of NSS Volunteers to society during difficult times.

In conclusion, the Biodiversity Park of NSS Sree Krishna College Guruvayur is a beautiful and inspiring space that promotes biodiversity, sustainable practices, and the NSS program's values. It is a testament to the dedication and commitment of NSS Volunteers to promote social and environmental awareness in their community.

6. REPORT OF RRC



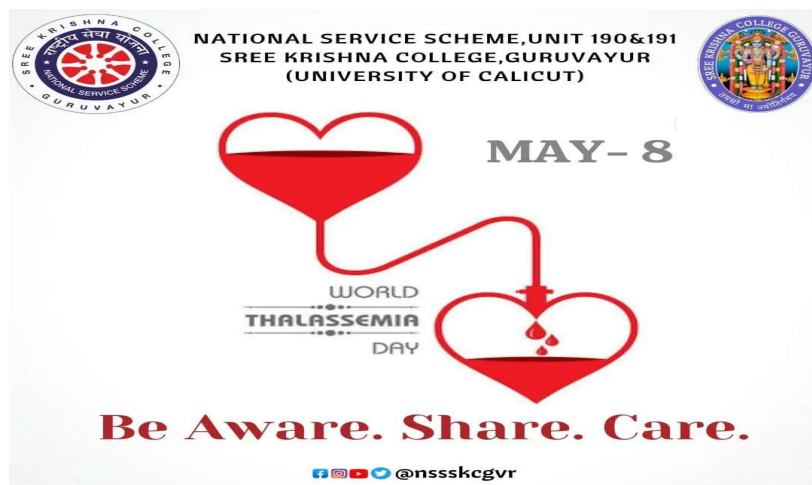
RRC is a voluntary platform in the campus aimed at creating awareness about high-risk perception preventing HIV as well as promoting voluntary blood donation among the students. The RRC conducts these activities with the support of the State Department of Higher Education. RRC also conducts blood donation camps throughout the year to collect different groups of blood. It also provides a necessity class for youths to encourage voluntary blood donation among student

OBSERVATION OF WORLD THALASSEMIA DAY

The NSS (National Service Scheme) and RRC (Red Ribbon Club) of Sree Krishna College Guruvayur observed World Thalassemia Day on May 8 with great enthusiasm and zeal. The aim of this observation was to spread awareness about the genetic blood disorder and to educate people about the importance of prevention and treatment.

The volunteers of NSS and RRC actively participated in creating awareness posters and posting them on official social media handles of NSS Sree Krishna College Guruvayur. These posters contained essential information about thalassemia, its causes, symptoms, and preventive measures.

Overall, the observation of World Thalassemia Day by NSS and RRC of Sree Krishna College Guruvayur was a great success in creating awareness about thalassemia among the masses. The volunteers' efforts were commendable, and their contribution to spreading knowledge about this genetic blood disorder will go a long way in preventing and treating thalassemia cases.



BLOOD DONATION

On 7th June 2022, Navaneeth and Pranav C G, NSS(National Service Scheme) volunteers of Sree Krishna College Guruvayur, donated 940 ml of blood at Malankara Hospital, Kunnamkulam, in the Thrissur district of Kerala.

The NSS Volunteers' blood donation was a noble and selfless act, showcasing their commitment to serving the community and saving lives. The blood donation was carried out with all necessary precautions and in adherence to COVID-19 protocols.

The donation of 940 ml of blood by Navaneeth and Pranav C G is a commendable feat, and their act of generosity and kindness has set an example for others to follow. Their contribution will go a long way in helping those in need and saving precious lives.

Overall, Navaneeth and Pranav C G's blood donation at Malankara Hospital, Kunnamkulam, is a testament to The NSS Volunteers' spirit of service and their dedication to serving society. Their noble act is truly inspiring and deserves appreciation and recognition. It is a shining example of how small acts of kindness can make a significant difference in people's lives.



HAIR DONATION

Hair donation is a selfless act of donating one's hair to make wigs for cancer patients who have lost their hair due to chemotherapy or radiation therapy. Hair donation is a noble cause that has gained a lot of popularity in recent years. In India, many organizations and individuals have come forward to donate their hair to help cancer patients. Arjun and Abinand Shaji, NSS Volunteers of Sree Krishna College Guruvayur, are two such individuals who donated their hair to cancer patients at Amala Institute of Medical Institute, Thrissur, on 09.06.2022. Hair donation is a noble cause that has gained a lot of popularity in recent years. Arjun and Abinand Shaji, NSS Volunteers of Sree Krishna College Guruvayur, are two individuals who have taken this cause forward by organizing a hair donation event at Amala Institute of Medical Institute, Thrissur, on 09.06.2022. The event was a huge success, and many individuals came forward to donate their hair.



SREE KRISHNA COLLEGE, GURUVAYUR
NATIONAL SERVICE SCHEME UNIT 190 & 191
[UNIVERSITY OF CALICUT]



Make The Kindest Cut

Hair donated by



ARJUN



ABINAND



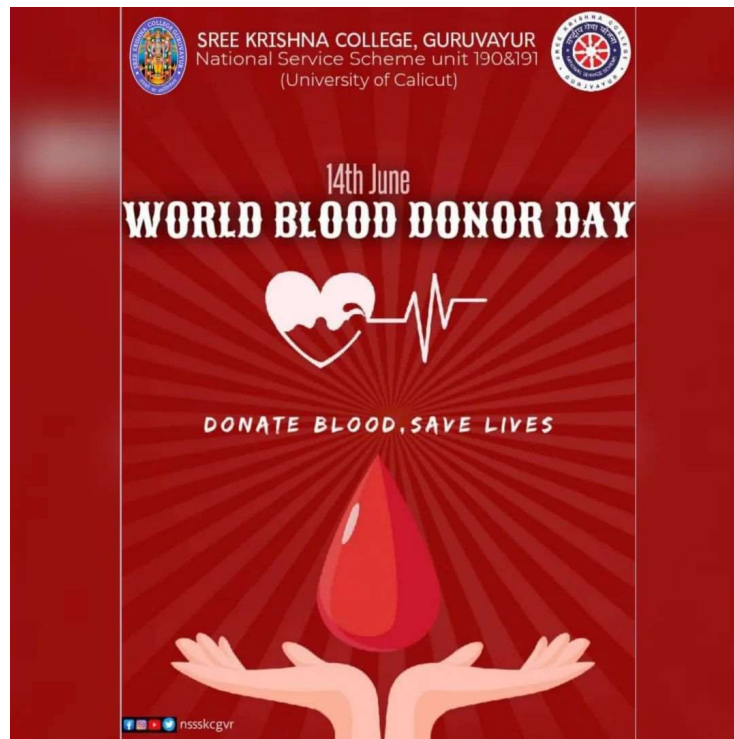
AMALA INSTITUTE OF MEDICAL SCIENCE



OBSERVATION OF WORLD BLOOD DONOR DAY

The NSS (National Service Scheme) and RRC (Red Ribbon Club) of Sree Krishna College Guruvayur observed World Blood Donor Day on 14th June 2022 with great enthusiasm and dedication. The observation aimed to create awareness about the importance of blood donation and to recognize the selfless contribution of blood donors worldwide.

As part of the World Blood Donor Day observation, The NSS Volunteers of Sree Krishna College Guruvayur donated blood at Malankara Hospital, Kunnankulam, on 15th July 2022. The blood donation drive was organized in collaboration with the hospital authorities, and all necessary precautions and protocols were followed to ensure a safe and successful blood donation.



The act of donating blood is a selfless and noble gesture that can help save lives and improve the health of people in need. Blood donation drives like these play a crucial role in maintaining blood banks' supply, which is essential for treating various medical conditions, including injuries, surgeries, anemia, and cancer.

The NSS and RRC volunteers of Sree Krishna College Guruvayur also conducted awareness campaigns on social media platforms to educate people about the importance of blood donation and the benefits it can bring to society. The volunteers shared informative videos, articles, and posters on their social media platforms to encourage more people to donate blood and contribute to society's well-being.

Overall, the observation of World Blood Donor Day by NSS and RRC of Sree Krishna College Guruvayur was a grand success. The NSS Volunteers' blood donation drive and awareness campaigns were commendable, and their efforts will go a long way in inspiring more people to donate blood and serve society. The observation of World Blood Donor Day is a reminder that every blood donation counts and can make a significant difference in people's lives.

BLOOD DONATION

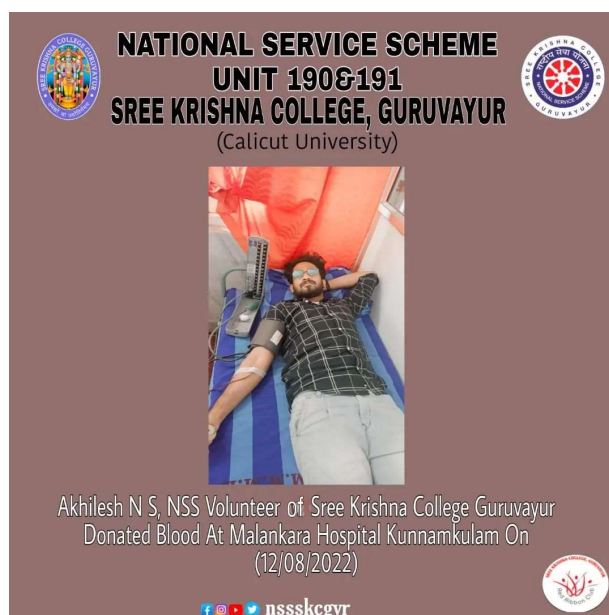
On 15th July 2022, Anuraj M R, Vishnu Das C P, NSS(National Service Scheme) volunteers of Sree Krishna College Guruvayur, donated blood at Malankara Hospital, Kunnamkulam, in the Thrissur district of Kerala.



BLOOD DONATION

On 12th August 2022, Akhilesh N S, an NSS (National Service Scheme) volunteer of Sree Krishna College Guruvayur, donated blood at Malankara Hospital, Kunnankulam, in the Thrissur district of Kerala.

Akhilesh's blood donation is a remarkable act of kindness and generosity, showcasing his commitment to serving society and saving lives. The blood donation was carried out with all necessary precautions and in adherence to COVID-19 protocols.



Akhilesh's donation of blood at Malankara Hospital, Kunnankulam, is an excellent example of how small acts of kindness can make a significant difference in people's lives. His contribution will go a

long way in helping those in need and saving precious lives. Overall, Akhilesh N S's blood donation at Malankara Hospital, Kunnamkulam, is a testament to the NSS volunteer's spirit of service and their dedication to serving society. His noble act is truly inspiring and deserves appreciation and recognition. It is a shining example of how one person's generosity can make a significant impact on the community.

OBSERVATION OF INTERNATIONAL DAY OF MEDICAL TRANSPORTERS'

On 20th August 2022, Saturday, the NSS(National Service Scheme) volunteers of Sree Krishna College Guruvayur (Unit 190 & 191) observed the International Day of Medical Transporters by honoring an ambulance driver named Sri. Anas at Koonamoochi Cooperative Bank. The event aimed to recognize the contributions of medical transporters who sacrifice their time and put their lives at stake to save the lives of people in need.



The event started with Volunteer Anusree V.A Welcoming all the volunteers and the honorable guest to the program. Volunteer Secretary Nandana Rajeev then honored driver Anas, and Volunteer Secretary Megha K.M presented him with a memento. Driver Anas shared his experiences of being in the service and delivered a short message on safe driving and preventing accidents, especially for the youth. The event concluded with Volunteer Ajini M.M delivering the vote of thanks.

The volunteers were inspired by the event, and Driver Anas's words left a significant impact on them. They realized the sacrifices that medical transporters make every day, putting their lives at risk to save others. The event was a reminder of the dedication and selflessness of medical transporters, and their contributions were truly appreciated.

Overall, the observation of the International Day of Medical Transporters by The NSS Volunteers of Sree Krishna College Guruvayur was a great success. The event highlighted the importance of medical transporters and their contributions to society. It was a moment of gratitude and recognition for their sacrifices and dedication to serving humanity. The NSS Volunteers were uplifted by the event and took away valuable lessons on the importance of service to society.

BLOOD DONATION

On 19th September 2022, NSS(National Service Scheme) volunteers of Sree Krishna College Guruvayur named Sreelakshmi, Aneesh, and Harisankar K.M donated blood at Medical College Hospital, Thrissur District. The donation was a noble act of service towards humanity, and the volunteers are to be commended for their selfless contribution.

Blood donation is a crucial act of kindness that saves countless lives every day. The donation of Sreelakshmi, Aneesh, and Harisankar K.M is an exemplary act that inspires others to follow their footsteps. They have set an example for others to emulate and have contributed to making the world a better place.



OBSERVATION OF WORLD HEART DAY

World Heart Day is observed globally on September 29th every year to raise awareness about cardiovascular diseases (CVDs) and their prevention. To commemorate this occasion, the National Service Scheme (NSS) and Red Ribbon Club (RRC) of Sree Krishna College Guruvayur organized several activities to raise awareness about CVDs and their prevention among the students and the public.

To raise awareness about the importance of a healthy heart and the risk factors associated with CVDs, NSS and RRC volunteers of Sree Krishna College Guruvayur conducted the following activities:



NSS and RRC volunteers created awareness posters highlighting the importance of maintaining a healthy lifestyle and the risk factors associated with CVDs. The posters were displayed in various locations around the College campus and shared on the official social media handles of NSS Sree Krishna College Guruvayur.

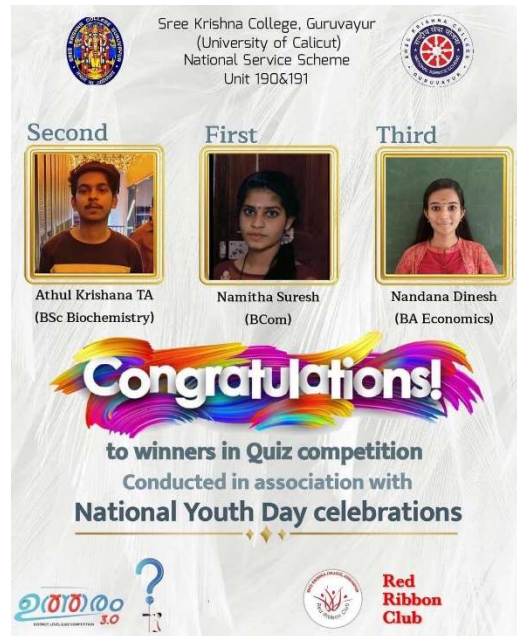
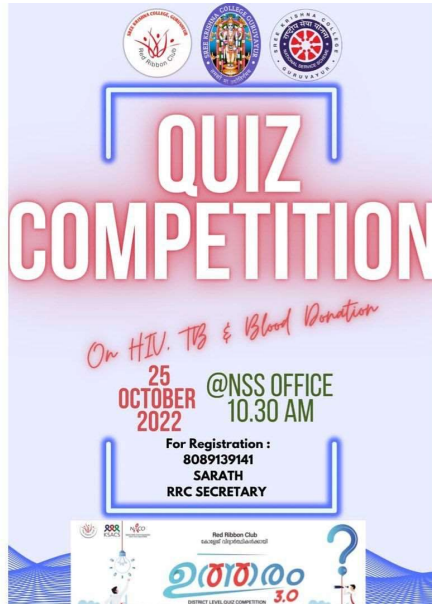
QUIZ UTHTHRAM

Guruvayur Shree Krishna College emerged as the winners of the Uthram 3.0 district level quiz competition, which was organized on 28th October 2022 as a part of HIV/AIDS awareness activities. The quiz was held for college students in collaboration with Red Ribbon Club Colleges under the joint auspices of District AIDS Control Society and District Medical Office.

Around 15 Colleges from the district participated in the competition, with students from St. Mary's College, Thrissur, and Prajyoti Niketan College, Pudukvad, bagging the second and third positions, respectively. The winning students from Guruvayur Shree Krishna College received cash awards of 4000, 3000, and 1500 rupees, respectively, along with a trophy. The awards were distributed by District AIDS Control Officer Dr. Suja Aloysius.

An awareness class on HIV/AIDS was also organized for the students under the leadership of Dr. Sreejith Sreekumar, ART Medical Officer of the Medical College. The quiz competition was held at Sri C Achyutamenon Government College, Kuttanellur, with Mrs. Haritha Devi TA serving as the questioner. The event was attended by Deputy District Education and Media Officers Mrs. Sonia Johnny P., Mrs. Rajina Ramakrishnan, RRC Program Officer of the College Mrs. Saritha, TB HIV Coordinator Mr. Vijeesh, and Junior Health Inspector Shri Padman Velsar.

Overall, the Uthram 3.0 district level quiz competition was a great success, with students from various Colleges participating enthusiastically. It helped to raise awareness about HIV/AIDS and educate students on the importance of taking preventive measures. The winners from Guruvayur Shree Krishna College have done their institution proud and set a great example for their peers.



BLOOD DONATION

Blood donation is a noble act that can save lives. To promote the importance of blood donation, the National Service Scheme (NSS) of Sree Krishna College Guruvayur encourages its volunteers to donate blood. On 29.10.2022, two NSS Volunteers, Sajvin K Jayan and Naveen P G, donated blood at the Government Medical College in Thrissur.



**Our Volunteer
Donated Blood
and saved
someone's life!!!**

**Proud of you for
gift straight from
heart**

vol. Sajvin K Jayan, Unit 191



**Our Volunteer
Donated Blood
and saved
someone's life!!!**

**Proud of you for
gift straight from
heart**

vol. Naveen P G ,Unit 190

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Sajvin K Jayan and Naveen P G, both NSS Volunteers, visited the blood bank at Government Medical College in Thrissur to donate blood. The blood donation process was conducted with utmost care, following all the necessary protocols for a safe and successful donation.

The volunteers underwent a preliminary health screening to ensure their eligibility for donating blood. After clearing the screening, they were asked to fill out a form containing their personal and medical details. Once the form was completed, the actual blood donation process began.

COVID WARRIOR AWARD

Vishnu Das C P, a RRC Volunteer secretary and NSS Volunteer of Sree Krishna College Guruvayur, received the Covid Warrior Award from Dr Bindu, Higher Education Minister of Kerala on 14th November 2022 at Kozhikode. This award is a special recognition from the government of Kerala for the best Covid activities to help and heal the public during the pandemic.

Vishnu Das C P has been working tirelessly to assist those affected by the pandemic in his community. As a volunteer secretary, he has been actively involved in organizing relief camps, providing food and medical supplies to those in need, and raising awareness about the importance of following Covid protocols. He has also been involved in various Covid vaccination drives and has been instrumental in ensuring that as many people as possible receive the vaccine. His efforts have not gone unnoticed, and he has been recognized for his contributions with the Covid Warrior Award. This award is a testament to his dedication and hard work in helping his community during these challenging times.

Overall, Vishnu Das C P's work as a Covid warrior is truly commendable, and his recognition with this award is well-deserved. His efforts serve as an inspiration to others to step up and make a difference in their communities during these trying times.



BLOOD DONATION CAMP



RED RIBBON CLUB (RRC) NATIONAL SERVICE SCHEME UNIT 190 & 191

BLOOD DONATION CAMP

SREE KRISHNA COLLEGE, GURUVAYUR

Blood donation is an essential aspect of healthcare that helps save lives. The purpose of this report is to highlight the Blood Donation Camp conducted by NSS units 190 & 191 and the Red Ribbon Club (RRC) of Sree Krishna College Guruvayur in association with Govt. Medical College Thrissur on 15th November 2022. The camp was a huge success with a total of 19.6 liters of blood being donated.

The Blood Donation Camp was held at the Sree Krishna College Guruvayur in association with Govt. Medical College Thrissur on 15th November 2022. More than 150 volunteers participated in the

camp and donated blood. The camp was organized with the help of Govt. Medical College Thrissur, which provided the necessary equipment and facilities for blood collection.

ശ്രീകൃഷ്ണ കോളേജ് ഗുരുവായൂർ NSS-190 & 191 യൂണിറ്റും റെഡ് റിബൺ ക്ലബ്ബും ബ്ലഡ് ഈസ് റെഡ് കൂട്ടായ്മ (BIRK) തൃശ്ശൂർ ജില്ലാ കമ്മിറ്റിയും സംയുക്തമായി സംഘടിപ്പിക്കുന്ന

രക്തദാന ക്യാമ്പ്

നവംബർ 15 ചൊവ്വാഴ്ച **BIRK 2022**
മാനിലെ 9 മണിമുതൽ ഉച്ചയ്ക്ക് 1 മണി വരെ **CAMP NO : 47**

സഹകരണം
മെഡിക്കൽ കോളേജ് ബ്ലഡ് ബാങ്ക് തൃശ്ശൂർ
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NSS ബന്ധുവി
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RRC ബന്ധുവി
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BIRK KERALA
BLOOD IS RED KOOTAYMA
CHARITABLE SOCIETY
REG. NO: TS/K/CS/2021
bloodisredkootayma@gmail.com

The camp started early in the morning and continued until late afternoon. The volunteers were given an orientation about the importance of blood donation and the procedure for blood donation. The medical staff from Govt. Medical College Thrissur conducted a medical checkup of the volunteers to ensure that they were eligible for blood donation.

The volunteers who met the eligibility criteria were then taken to the blood donation area, where they donated blood. The medical staff ensured that all necessary precautions were taken during the blood donation process to ensure the safety of the volunteers.

The camp received an overwhelming response from the volunteers, and a total of 19.6 liters of blood was donated. The blood collected was sent to the blood bank of Govt. Medical College Thrissur, where it was stored for future use.



Moreover, blood donation promotes social responsibility and helps to create awareness about the importance of donating blood. It encourages people to become more involved in community service and contribute to the betterment of society.

The Blood Donation Camp conducted by NSS units 190 & 191 and RRC of Sree Krishna College Guruvayur in association with Govt. Medical College Thrissur on 15th November 2022 was a huge success. The camp received an overwhelming response from the volunteers, and a total of 19.6 liters of blood was donated. The camp was a great example of how community service can be used to create awareness and promote the importance of blood donation. It is essential to continue organizing such camps to encourage more people to become blood donors and contribute to the betterment of society.

OBSERVATION OF AIDS DAY

World AIDS Day is observed globally on December 1st every year to raise awareness about HIV/AIDS and show support for people living with HIV/AIDS. To commemorate this occasion, the National Service Scheme (NSS) and Red Ribbon Club (RRC) of Sree Krishna College Guruvayur organized several activities to raise awareness about HIV/AIDS and its prevention among the students and the public.

To raise awareness about the importance of preventing HIV/AIDS, NSS and RRC volunteers of Sree Krishna College Guruvayur conducted the following activities:



Class Campaign and Quiz: NSS and RRC volunteers conducted a class campaign and quiz to educate students about HIV/AIDS and its prevention. The quiz focused on the risk factors associated with HIV/AIDS and ways to prevent its transmission. The campaign and quiz helped to dispel myths and misconceptions about HIV/AIDS.

Basic Life Support First Aid Skill Training for NSS Volunteers of unit 190 & 191 and RRC of Sree Krishna College Guruvayur in association with Federal Bank Limited conducted an orientation programme on Basic Life Support First Aid Skill Training on 11 January 2023 as part of A Federal Bank CSR Initiative. More than 50 volunteers actively involved in this programme and interacted with trainer. trainer demonstrated basic life support

Basic Life Support (BLS) is an essential set of skills that can help save lives in emergency situations. The purpose of this report is to highlight the Basic Life Support First Aid Skill Training programme conducted by NSS Unit 190 & 191 and the Red Ribbon Club (RRC) of Sree Krishna College Guruvayur in association with Federal Bank Limited on 11th January 2023. This training was part of a Federal Bank CSR initiative to promote first aid skills among NSS Volunteers.

The Basic Life Support First Aid Skill Training programme was held at the Sree Krishna College Guruvayur on 11th January 2023. More than 50NSS Volunteers participated in the programme and actively interacted with the trainer. The trainer was a certified first aid instructor who demonstrated various techniques related to BLS and first aid.

The programme started with an introduction to basic life support and its importance in emergency situations. The trainer then explained the various techniques and steps involved in performing BLS, such as cardiopulmonary resuscitation (CPR), clearing the airway, and providing oxygen to the victim.

The trainer also demonstrated the correct way to check the vital signs of a victim, such as pulse rate, breathing rate, and blood pressure. The volunteers were then given hands-on training on how to perform BLS techniques on mannequins.

The programme also covered topics such as first aid for bleeding, burns, fractures, and choking. The trainer explained the steps involved in treating each condition and demonstrated the use of first aid equipment, such as bandages and splints.

The Basic Life Support First Aid Skill Training programme conducted by NSS Unit 190 & 191 and RRC of Sree Krishna College Guruvayur in association with Federal Bank Limited was a great success. The programme provided NSS Volunteers with essential skills and knowledge related to BLS and first aid. It is essential to continue to promote such programmes to increase awareness and prepare more individuals to handle emergency situations effectively.



BLOOD DONATION

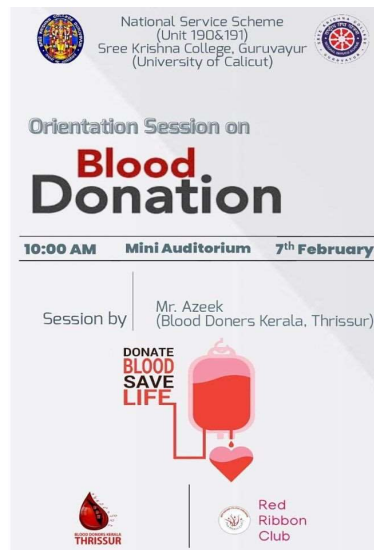
Blood donation is an act of voluntary contribution of blood to a blood bank or a hospital for transfusion to a patient in need. It is a noble act that saves countless lives every year. The purpose of this report is to highlight the contribution of Vishnu Das C P, the Red Ribbon Club (RRC) Secretary, who donated blood at the Govt. Medical College Hospital Thrissur on 27th January 2023.



ORIENTATION CLASS ON BLOOD DONATION

NSS and RC jointly organized one day orientation class on Blood Donation on 07 Feb 2023. The programme started at 9:30 am and was inaugurated by Dr.M K Harinarayanan, Principal of Sree Krishna

College Guruvayur. The programme had two sessions, which included lectures and interactive sessions. The first session began with an introduction to blood donation and its importance. The speaker Sri. Azeek explained the significance of blood donation and how it can help save lives.



The second session was an interactive session where volunteers were allowed to ask questions and clear their doubts. The volunteers were educated about the eligibility criteria for blood donation, the different blood groups, and the process of blood donation. The speaker emphasized the importance of maintaining hygiene and the precautionary measures that should be taken during the donation process.



In addition, the volunteers were also educated about the post-donation care and the benefits of donating blood regularly. The speaker highlighted how donating blood can help in reducing the risk of

heart disease and cancer. The programme concluded with a vote of thanks by the NSS Coordinator of Sree Krishna College Guruvayur. The volunteers were also given a certificate of participation.

The Blood Donation Orientation Programme was successful in creating awareness among the volunteers about the importance of blood donation. The interactive session was particularly helpful in clarifying doubts and queries that the volunteers had about the process. The volunteers were motivated to donate blood and promised to spread the message to the wider community.

BLOOD DONATION

Vishnu Das C P, the Red Ribbon Club (RRC) Secretary, who donated blood at the Govt. Medical College Hospital Thrissur on 21 March 2023.



BLOOD DONORS DIRECTORY

The Blood Donors Directory created by the NSS units and RRC Club of Sree Krishna College is an important initiative to facilitate blood donations. This directory is an organized collection of information about individuals who have expressed their willingness to donate blood. The directory aims to provide easy access to information about blood donors to those who need blood in case of emergencies. In this report, we will discuss the significance of the Blood Donors Directory and its impact on society.

The Blood Donors Directory created by the NSS units and RRC Club of Sree Krishna College is an important initiative that has the potential to save many lives. The directory provides a platform for individuals to express their willingness to donate blood, which helps in ensuring the availability of blood in emergency situations. The directory also helps in creating awareness about the importance of blood donation and promotes a culture of blood donation. The NSS units and RRC Club of Sree Krishna College are to be commended for their efforts in creating this directory, which is a valuable resource for the community.

7. REPORT OF VIMUKTHI CLUB



Alcohol / Drug / substances abuses becoming an increasing menace in our nation especially in Kerala. Studies show that even school and college students are attracted towards liquor, narcotic, substances and tobacco products. The major case of concern is that a significant proportion of these young people eventually get addicted posing a threat to their own health and safety while creating untold miseries to their families and the public at large. In order to curb the above menace, the excise department as a part of Vimukthi mission conducts Anti-drug club. This stands for augmenting and strengthening the existing awareness programme against drugs and alcohol.

Anti-Drug Pledge

Volunteers gathered to take the pledge against drug abuse under leadership of the Vimukthi Club Leader, Ananthakrishnan. Volunteer Secretaries of Unit 191 were also present in the active participation. On June 30th, 2022, NSS Sree Krishna College Guruvayur conducted an anti-drug awareness pledge ceremony on its campus. The purpose of the Anti-Drug Awareness Pledge was to educate students about the consequences of drug abuse and to promote a drug-free society. Drug addiction has become a significant problem in India, and the youth are especially vulnerable to it. The pledge ceremony aimed to encourage students to take responsibility for their health and make a commitment to stay away from drugs.



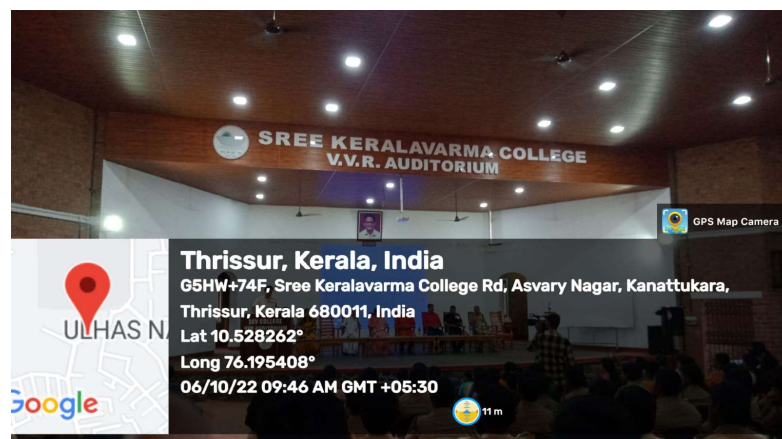
Against Drug on NSS Day Celebration

On the auspicious occasion of NSS Day (**24 September 2022**) Celebration, The NSS Volunteers (Unit 190 & 191) of Sree Krishna College, Guruvayur took stern and strong pledge against the drug abuse under the leadership of K M Harisankar (Secretary of Vimukthi Club) by lighting the candles up and to prevent such activities irrespective of the location and enact accordingly.



State Level Anti-Drug Campaign

State Level Anti-Drug Campaign was inaugurated by Chief Minister, Pinarayi Vijayan at Sree Keralavarma College, Kanattukara, Thrissur on 6 October 2022. As a part of this ceremony, 13NSS Volunteers of Sree Krishna College, Guruvayur (Unit 190 & 191). A Signature Campaign was held and everyone, including Dr. Soni T.L, wrote quotes related to the campaign on a white cloth and marked with their signatures. Then, NSS Volunteers ran nearly 4km from Sree Keralavarma College to Swaraj Round. Then, volunteers returned back to their own campus following the conclusion of the event.





Anti-Drug Quiz Competition

On 11 October 2022, Vimukthi Club of NSS(Units 190 & 191) of Sree Krishna College, Guruvayur organized a Quiz Competition at Kummini Memorial Library. The competition was started around 10:30 a.m. Programme Officer, Midhun K.S, Welcomed the whole competitors by introducing the theme of the competition. Wing Secretary of Vimukthi Club, Harisankar K.M welcomed the Quiz Master, Dr.Brinesh, Assistant Professor of Zoology Department. He introduced the rules and regulations regarding the quiz. Wing Secretary of Vimukthi Club, Ananthkrishnan appreciated the participants for their cooperation. The first prize was bagged by Namitha Suresh of BCom Department, second prize by Arya R of Physics Department and third prize by Nehana Muhammad of English Department.


NATIONAL SERVICE SCHEME
SREE KRISHNA COLLEGE, GURUVAYUR
UNIT 190 & 191
(UNIVERSITY OF CALICUT)


Winners Of Vimukthi Quiz Competition
Congratulations

First Position	Second Position	Third Position
		
Namitha suresh (2nd Year B.com)	Arya R (1st Year Physics)	Nehna Muhammad (3rd Year English)

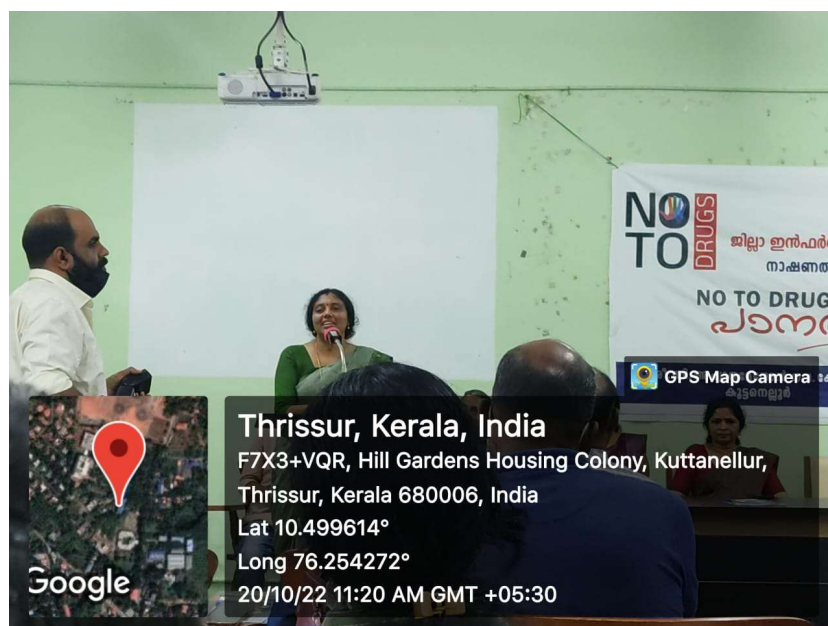


Anti-Drug Pledge in Connection with Anti-Drug campaign (Drug Free Keralam)

On 20 October 2022 in connection with Anti-Drug campaign Students of Sree Krishna College, Guruvayur took Anti-drug oath along with teachers of all departments taking the initiatives. This programme helped to raise awareness and spread the message to other Colleges all over Kerala and India.



Also, NSS Volunteers Harisankar, Niranjana, Sruthi and Nayana (Unit 190 &191) of Sree Krishna College, Guruvayur attended panel discussion on “No to Drugs” which was held in Sri. C Achutha Menon Government College, Kuttanellur. The inauguration of the programme was done by District Collector of Thrissur, Smt. Haritha V Kumar.



Anti-Drug Literary Competition

On 21 Oct 2022, As a part of Drug-free Keralam, four individual literary competitions were organized on this day at Kumini Memorial Library. The theme of the competitions is “Drug Abuse amongst the Teenagers and their Awareness and Prevention”. Each of the competition was around an hour of duration and also involved students of all departments from first year to third year as well as including Post Graduation pursuers. Students were allowed to do the activities in the language of Malayalam or English.



In the morning at 10:00 a.m, story writing competition was held and successfully completed before 11:00 a.m. After the evaluation, Kavya bagged the first position, second position by Sanigha K.S and third position was captured by Hemanth M Varma. At 11:00 a.m, poetry writing was conducted and everyone handed over their work around 12:00 p.m. After the evaluation, Anagha P.S captured the first position. The second position was captured by Arathi K. The third position was equally shared by Shamna P.N and Riya P.R.





കവിതാരചന മത്സര വിജയികൾ
Congratulations

FIRST POSITION



Anagha Ps
(2nd Year Mathematics)

SECOND POSITION



Arathi K
(2nd Year B.com)

THIRD POSITION



Shamma Dn
(1st Year Malayalam)



Riya Pr
(2nd year B. Com)



nsstkcvr

Then in the afternoon, around 1:00 p.m, students were requested to make posters individually and the creatively made posters were handed over by 2:00 p.m. After the evaluation, first position was bagged by Punnya K Vishwanathan, second position by Krishnaja M and third position by Rahana Rasheed.



പോസ്റ്റർ മേക്കിങ് വിജയികൾ
Congratulations

FIRST POSITION



Punnya K Vishwanathan
(2nd Year zoology)

SECOND POSITION



Krishnaja M
(3rd Year B.com)

THIRD POSITION



Rahana Rasheed
(2nd Year Functional English)



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ചിത്രരചന മത്സര വിജയികൾ
Congratulations

FIRST POSITION



Nandhana C
(1st Year Sanskrit)

SECOND POSITION



Cs Sooraj
(1st Year History)



THIRD POSITION



AKSHAYA KM
(2nd Year Sanskrit)



ANJANA AP
(2nd Year Malayalam)

nsstkcvr

Finally, drawing competition was held at 2:00 p.m and resulted in successful completion before 3:00 p.m. After the evaluation, first position was grabbed by Nandhana C, second position by C.S Sooraj and third position was shared by Akshaya K.M and Anjana A.P.

Deepajwala

On the auspicious day of Diwali 24 October 2022, a small but purposeful event “Deepajwala” was organized. NSS Volunteers lit the lamps in order to spread the rightful message for preventing the drug abuse all over the nation.



Poster Making Competition

On 26 October 2022, As a part of aware of Drug Awareness Campaign, Vimukthi Club organized a group activity amongst each class. All the classes were requested to make posters regarding the theme and stick them up on walls of the respective classrooms. And also, an evaluation was conducted to judge the best class which made full creative effort into their works.



Also, students of Department of History rallied throughout the campus as a part of spreading the information on Anti-Drug Campaign. Teachers also, kindly cooperated with the students during the rally.



Flashmob

On 27th Oct 2022, UG and PG students of PG and Research Department of Botany, Sree Krishna College, Guruvayur in association with NSS performed a flash mob to spread awareness against drugs usage in front Jubilee Auditorium of College Campus at 3:30 p.m. The programme was conducted in connection with Vimukthi Mission of Government of Kerala for eradication of drugs usage amongst students. The event turned out to be a crowd puller and at the end of the performance, students held a placard which said the message “Say No To Drugs”.

Students of Department of English also conveyed a similar message by performing a flashmob. For better attention of students towards the concerning news of Anti-drug Campaign, competitions like debate, essay writing, reels and E-Posters were also held.



Drug Free Keralam Activities

Drug abuse is a major concern in our society today, and it has been found to be one of the major causes of health, social, and economic problems. In order to address this issue, PHC Kandanassery and NSS Unit Sree Krishna College, Guruvayur jointly organized an Anti-Drug Awareness Program on 01st November 2022. The program was aimed at creating awareness among the general public about the harmful effects of drug abuse, and the importance of staying away from drugs.

The Human Wall (Human Chain)

The Human Wall is an innovative and unique program that aims to create awareness about the dangers of drug abuse. It involves a group of people coming together to create a wall made up of bricks. Each brick represents a person who has taken a pledge against drug abuse. The wall is a symbol of the community's determination to fight drug abuse.



The Human Wall program was organized on 1st November 2022, and it was a massive success. People from all walks of life, including students, teachers, parents, and community leaders, came together to participate in the program.

The Taking Pledge against Drugs program is another initiative aimed at creating awareness about the dangers of drug abuse. The program involves individuals taking a pledge to refrain from using drugs and to promote a drug-free lifestyle. The program was organized on 1st November 2022 and was a massive success.

Valedictory Function of Drug Free Keralam

The NSS Unit of Sree Krishna College, Guruvayur organized a valedictory function for the Drug-Free Keralam Anti-Awareness Program on 2nd November 2022. The function was inaugurated by the College principal and was attended by students, faculty members, and other distinguished guests.

The program aimed to raise awareness about the dangers of drug abuse and to promote a drug-free lifestyle among the youth. The program was conducted over a period of three weeks and included a series of lectures, workshops, and interactive sessions.

The valedictory function started with a welcome speech by The NSS Unit coordinator, who highlighted the importance of the program and its impact on the students. The chief guest for the

function was Mr. K. R. Mehta, a renowned social activist, and anti-drug campaigner. Mr. Mehta delivered an inspiring speech on the need to eradicate drug abuse from society and the role of the youth in this endeavour. He shared his experiences of working with drug addicts and emphasized the need for rehabilitation and support for those who have fallen victim to drug abuse. The highlight of the function was the prize distribution ceremony, where the winners of various competitions and events held during the program were felicitated. The winners were awarded trophies and certificates of appreciation by the chief guest and other dignitaries.

The program also included cultural performances by the College students, which added to the festive atmosphere of the event. The audience was treated to a variety of dance and music performances, which showcased the talents of the students. The valedictory function concluded with a vote of thanks by The NSS Unit coordinator, who expressed his gratitude to the College management, faculty members, and students for their support and participation in the program.

In conclusion, the Drug-Free Keralam Anti-Awareness Program valedictory function was a grand success, and it achieved its objective of creating awareness about the dangers of drug abuse among the youth. The program was a testament to the commitment of The NSS Unit and the College management to promote a drug-free lifestyle among the students and the wider community.

The Tree for Anti-Drug Awareness

As part of the program, the volunteers created a "Tree for Anti-Drug Awareness" in the College campus. The tree was made out of waste materials like plastic bottles, paper cups, and cardboard boxes. The trunk of the tree was made of bamboo sticks, and the leaves were made of green paper.

The tree was decorated with slogans, posters, and messages that highlighted the dangers of drug abuse and addiction. The volunteers also distributed pamphlets and brochures with information on the harmful effects of drugs on the body and mind.



On 26 January 2023, a valedictory function was organized by the government of Kerala in Thrissur to raise awareness about the adverse effects of drug abuse and to encourage young people to stay away from drugs. NSS Volunteers from Sree Krishna College, Guruvayur, actively participated in this event to spread awareness about the dangers of drug abuse and to promote a healthy lifestyle. The

primary objective of the event was to create awareness among the youth about the dangers of drug abuse and the importance of leading a healthy and drug-free life. NSS Volunteers from Sree Krishna College, Guruvayur, participated in this event to educate the public about the harmful effects of drug abuse, the importance of mental health, and the ways to combat drug addiction.

The NSS Unit of Sree Krishna College, Guruvayur conducted an Anti-Drug Awareness Program on 11th March 2023. The program was aimed at creating awareness among the College students about the harmful effects of drug abuse and to encourage them to stay away from drugs. As a part of this program, volunteers of NSS unit pasted some posters in the College. The Anti-Drug Awareness Program started with a brief introduction by the NSS program officer. He emphasized the importance of staying away from drugs and explained the various ways in which drugs can harm our health and well-being.

On March 10, 2023, a group of National Service Scheme (NSS) volunteers from Sree Krishna College initiated an anti-drug awareness campaign in the local community. The objective of the campaign was to raise awareness about the dangers of drug abuse and addiction, and to promote healthy and drug-free living.

The volunteers went door-to-door and interacted with the residents of 210 houses. They explained the ill effects of drugs and the long-term impact of drug abuse on an individual's physical and mental health. They also distributed informative brochures and pamphlets that highlighted the consequences of drug abuse, including addiction, health problems, financial issues, and legal troubles.

8. REPORT OF SIP



SIP ensures consistent involvement of young and vibrant students of the College, for optimizing quality of life and mitigating the sufferings of people with serious, complex, and often terminal illnesses. By engaging student palliative care, the energy of the students can be utilised for the benefit of patients with chronic diseases and also it may have a positive effect in the attitude and personality of students. We make the students aware of the society in which they live and encourage community participation in Palliative Care Activities. The essence of SIP is the strength acquired from unconditional love and care for humanity Student

ORIENTATION CLASS ON PAIN & PALLIATIVE CARE

On 5 July 2022, Pain and Palliative Care Society Thrissur and NSS SIP Wing in Sree Krishna College Guruvayur conducted an one day orientation class on general awareness in Palliative Care for NSS Volunteers of unit 190&191. Athul Krishna A (SIP Secretary) gave a small welcome speech to all. Dr. Satheesh Kumar (Joint secretary, Pain & Palliative Care Society) gave a small session outlined the importance of palliative care in our present society. Prof. N.N Gokuldas (Founder Member, Pain & Palliative Care Society) & Miss. Pushpalatha (Senior Palliative nurse) gave a warm session about hospice and Palliative care and later demonstrated how bedridden patients should treated. Akhil Valsaraj (Volunteer, Pain & Palliative Care Society) interacted with the volunteers and sort outed all their doubts. Finally Amaldas expressed the vote of thanks and concluded the session.

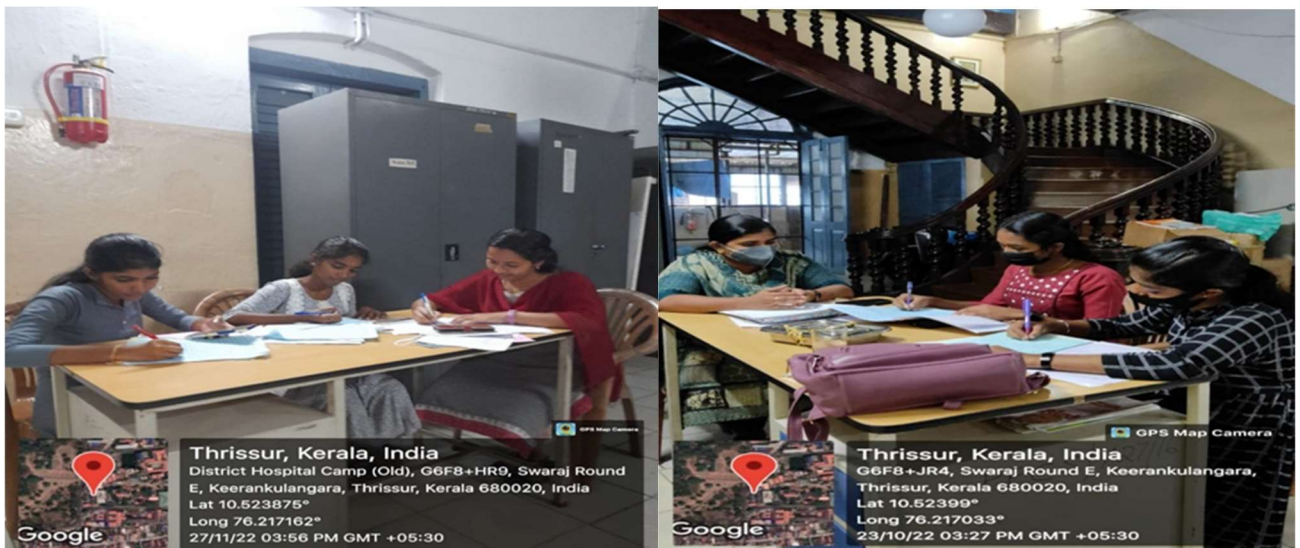


In afternoon session, Athul Krishna A (SIP Secretary) gave a small speech and welcomed everyone to the afternoon session. Dr. Satheesh Kumar (Joint Secretary, Pain & Palliative Care Society)

gave a small session about the importance of Palliative Care in our society. Prof. N.N Gokuldas (Founder member, Pain & Palliative Care Society) shared his experiences in palliative nursing and caring. Mr. Akhil Valsaraj (Volunteer, Pain & Palliative Care Society) introduced some tasks to explore the possibilities of Palliative wing. Miss. Lakshmi Sankar (Sanskrit Faculty) gave a warm speech on interpretations of death. Later Miss. Amrutha (NSS Programme Officer) expressed the vote of thanks and concluded the session.

SUNDAY HOME CARE

Sunday Homecare is a Flagship Programme organized by The NSS Volunteers of the SIP Wing (Students Initiative for Palliative). The programme is organized in collaboration with the Palliative Care Society, Thrissur. The main purpose of this programme was to know more about the whole palliative care concept, the role of youths in contributing to this field, the life and lifestyle of a patient, the working of a palliative care society and most importantly to provide awareness among the youth and society about the respective field.





Home care usually starts from 10 am to 4 pm on Sundays. 2 or 3 volunteers will get the opportunity to take part in home care under the guidance of a senior nurse. The volunteers will be provided with almost all the medical history of the patient from the fellow nurse. After analysing the conditions of each patient, the volunteers will be ready to visit their house. Initially the nurse will take a thorough check on the patient and will look in to the necessary treatments. For example, Bed sore treatment, sponge bath, Ryle's tube changing, dressing up the wounds, Sugar, pressure, cholesterol check-up, Nail cutting, Urine bag changing, Catheter changing etc...

Volunteers will communicate with the patient and his/her family members. Visiting the houses and talking to them and enquiring about their conditions was always comforting. The attitude and hopefulness of patients is something very important for their recovery. Making them wanted and considering them like normal is really important to establish unconditional love.

The support of the palliative care society and the commitment of the sip volunteers In the Sunday homecare was really great. This programme made drastic changes in the perspective of lives of many We are hopefully looking forward to continue this programme in the upcoming years.

SNEHA SANGAMAM

Love and compassion for helpless is very important for a successful society. As part of silver jubilee celebration of Thrissur Pain & Palliative Care Society on 08 Oct 2022, SIP volunteers of Sree Krishna College got a great opportunity to be a part of the programme called "Sneha Sangamam".

Each volunteer enthusiastically became the part of the programme and had joyful moments with patients and their family. Also, we got opportunity to entertain the patients through various culture

activities. Our volunteer team performed 'Nadanpattu'. One of our volunteer Niranjana sang a song. Volunteers served food to patients and interacted with them in utmost polite manner. They shared their happiness with us. This programme gave a satisfying and pleasant experience for all our SIP crew.



DANCE PERFORMANCE OFNSSSIP VOLUNTEERS

Pain and Palliative Care Society, Thrissur, which has been a solace for thousands of patients with chronic diseases, has completed 25 years of service on 6th Nov 2022. More than 80 volunteers, including 25 doctors, nurses, retired employees from various jobs and drivers, are the driving force behind the society which provides services free of cost. The beneficiaries include cancer patients, kidney patients, paraplegics, mentally challenged and elderly persons. "Palliative care is not curative treatment. It is a supportive care. Improving the quality of life of chronic patients and reducing their pain is the objective of palliative care," said Dr. Sathish Kumar, secretary of the society Our volunteers got an opportunity to perform a group dance at the inauguration of silver jubilee celebrations of Pain & Palliative Care Society, Thrissur. 'Cancer Relief India' founder Gilly Burn inaugurated the function.



OBSERVATION EPILEPSY DAY

Epilepsy Day is observed on the 17th of November every year to raise awareness about epilepsy, a chronic neurological disorder that affects over 50 million people worldwide. This day aims to increase understanding of epilepsy, dispel myths and stigmas surrounding the disorder, and promote acceptance and inclusion of those living with epilepsy in their communities. On Epilepsy Day, people and organizations around the world come together to share information, educate the public, and show support for those with epilepsy. Activities may include fundraising events, educational seminars, social media campaigns, and other initiatives to raise awareness and advocate for the needs of people with epilepsy.

One of the key messages of Epilepsy Day is that people with epilepsy can lead full and productive lives with the right treatment and support. It is important to recognize the impact that epilepsy can have on individuals and their families, and to promote a culture of acceptance and inclusion that allows everyone to thrive regardless of their health condition.



EYE CHECK UP CAMP

NSS – SIP unit of Sree Krishna College, Guruvayur in association with Trinity Eye Care Hospital, Thrissur conducted Eye Test Camp at College campus on 01 Dec 2022. An eye test camp is an event organized by individuals, organizations, or communities to provide eye check-ups and vision tests to people who may not have access to regular eye care services. The purpose of an eye test camp is to identify individuals with vision problems and provide them with the necessary support and treatment to improve their vision. Eye test camps are particularly useful in rural areas and developing countries where access to eye care services is limited. Eye test camps are often conducted by eye hospitals, NGOs, and other organizations working to improve eye health. During an eye test camp, trained professionals conduct a variety of tests to check for visual acuity, refractive errors, and other eye conditions. Based on the results of these tests, individuals may be provided with prescription glasses, medication, or referrals for further treatment. Around 300 people were participated in the programme.



 ഗുരുവായൂർ ശ്രീകൃഷ്ണ കോളേജ്
 നാഷണൽ സർവീസ് സർക്കിൾ
 തൃശൂർ യൂനിറ്റ് കണ്ണാട്ടുപുഴയിലായി
 ചേർന്നു സംഘടിപ്പിക്കുന്നു

സൗജന്യ
നേത്രപരിശോധന
തിമിരനിർണയ ക്യാമ്പ്



തീയതി : 01 ഡിസംബർ, സുവോഴ്ച
 സമയം : 10:00 AM - 03:00 PM
 സ്ഥലം : ശ്രീകൃഷ്ണ കോളേജ്, ഗുരുവായൂർ

For Registration:
 Vol. Athul Krishna A
 (SIP Secretary)
 7592014701








ONEDAY ORIENTATION PROGRAMME FOR NEWLY ENROLLED VOLUNTEERS

One day training workshop on palliative caring for newly enrolled SIP volunteers of Sree Krishna College, Guruvayur conducted by Pain & Palliative Care Society, Thrissur on 14th Dec 2023.



AWARENESS ON NEWLY DETECTED COVID VARIANT

SIP volunteers of Sree Krishna College conducted an awareness programme on newly detected covid omicron variant XBB 1.16. on 22 Dec 2022. The Omicron variant has a large number of mutations in the spike protein, which is the part of the virus that allows it to infect cells. Some of these mutations may affect the virus's transmissibility and ability to evade the immune system, although more research is needed to fully understand the implications of these changes.



PALLIATIVE CARE DAY OBSERVATION

As a part of the palliative care day celebration (15 Jan 2023) that held at Thrissur Palliative care society, SIP members got a chance to serve the patients and to be a part programme. Every volunteer done their duties actively. It was a pleasant experience for our volunteers and also helped them to know more about the functioning of Palliative care. Volunteers also take part in public fund raising campaign for Palliative care along with the senior volunteers in Palliative Society at Swaraj round, Thrissur. As a part of the palliative care day celebration that held at Thrissur Palliative care society, SIP members got a chance to serve the patients and to be a part programme. Every volunteer done their duties actively. It was a pleasant experience for our volunteers and also helped them to know more about the functioning of Palliative care. Volunteers also take part in public fund raising campaign for Palliative care along with the senior volunteers in Palliative Society at Swaraj round, Thrissur.



PALLIATIVE CARE DAY PROGRAMMES

Palliative care was observed by NSS Units 190&191 of Sree Krishna College, Guruvayur in association with Guruvayur pain & palliative care society on 19 January 2023. Chemistry department professor Dr. Suresh Namboothiri and our volunteer team became the part of the programme. They spend a great time with patients and their families



ALBENDAZOLE TABLET DISTRIBUTION

SIP volunteers of Sree Krishna College, Guruvayur distributed Albendazole Tablets to students above 18 years. Also conveyed the importance of those tablets through a well-organized class campaign on 30 January 2023. Albendazole is an FDA-approved medication for the treatment of a variety of parasitic worm infections. Albendazole is an anthelmintic medication with numerous indications such as cystic hydatid disease of the liver, lung, and peritoneum resulting from the larval form of the dog tapeworm, *Echinococcus granulosus*.



VAYOMITHRAM

SIP wing of Sree Krishna College, Guruvayur organised an elegant project named VAYOMITHRAM in order to do the basic health care check-ups of each and every bed ridden patients in our participation village Kandanassery from next year onwards. We expected to work along with Asha works of Local Community Health Centre to ensure the quality of the home visit.



We already raised an amount among the SIP volunteers itself to collect necessary portable medical equipment's like Glucometer, Pressure Monitoring Device, Digital Thermometer and a log book including patient details. And we will bring this to the stage in upcoming year with the collective participation of NSS unit & Local Community Health Centre.

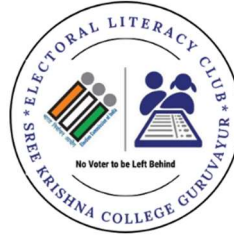
EYE CAMP

On March 13 NSS, SIP Wing of Sree Krishna College, Guruvayur conducted an eye test camp in association with Drishyam eye care hospital, Thrissur. The main aim behind organizing these eye camps is to create awareness among students and peoples and provide them various services like eye care education, full eye check-ups, medical care etc.

We are intended to conduct the eye check-up camps at regular intervals at college campus to prevent the people from getting major eye disorders.



9. REPORT OF ELC



An electoral literacy club is a platform to engage college students through interesting activities and hands on experiences to sensitise them on their electoral rights and to familiarise them with the electoral process of registration and voting. In ELCs learning classes fun, activities and games are designed to stimulate and motivate students provoking them to think and ask questions. Though ELC, Election Commission of India, aims at strengthening the culture of electoral participation among young and future voters. The Primary objective of the club is to sensitize student community about the democratic programmes to create awareness. ELC conducts mock polling activity to give the experience-based learning of the democratic setup. We also conduct cartoon drawing, debates, mock parliaments, elocution, essay writing and other programmes which create an awareness regarding electoral procedures. The major vision of ELC is providing a clearcut vision about electoral participation and a sense of democratic attribute among young generation.

ELC INAUGURATION

On September 24, in the occasion of NSS day celebration shri. Santhosh from Thrissur Election commission came to our college and inaugurated ELC club. The main motive of this club is to give good awareness and importance about election in our society. Election literacy club (ELC) is a program launched by the election commission of India to promote electoral literacy and awareness among citizens, especially young and first-time voters. The aim is to encourage greater participation in the democratic process and to help citizens make informed choices during elections.

TRAINING ON THE LINKING OF VOTER ID WITH AADHAAR CARD

On September 24, shri. Santhosh gave us a training about the linking of voter id with Aadhaar card by the help of a app called voter helpline. This app helps us to easily link our voter id with Aadhaar card without any help of others

MEETING WITH DISTRICT COLLECTOR

2022 November 9, volunteers from Sree Krishna college Guruvayur took the initiative to meet the sub-collector of Thrissur district on the instructions of the election commission. It's important to understand the significance of voting in our country. Voting is the fundamental right of every citizen of India. It is the cornerstone of democracy and plays a vital role in shaping the future of the country. Every

citizen's vote counts and has the power to make a difference. By exercising our right to vote, we get the opportunity to elect our leaders who will represent us and work towards the betterment of society. The sub-collector of Thrissur district was right in emphasizing the importance of voting. It is through the collective efforts of citizens that we can build a strong and prosperous nation. Every vote counts and has the potential to bring about positive change in our society. Therefore, it's crucial that every eligible citizen exercises their right to vote.



LINKING OF VOTER ID WITH AADHAAR CARD

The volunteers of Sree Krishna college Guruvayur have started to collect the document details of the staff and students for linking their Aadhaar card and election card. The volunteers started the initiative by creating awareness among the staff and students of the college about the importance of linking Aadhaar and election card. They explained to them the benefits of linking these documents and how it could help them to access various government schemes. The initiative taken by the volunteers of Sree Krishna college Guruvayur was successful. They were able to link 100 documents from each department of the college.



NATIONAL VOTER'S DAY

National voter's day is an important day celebrated in India to raise awareness about the importance of voting. It is observed on January 25th every year to commemorate the foundation day of the election commission of India. To mark this occasion, volunteers of the national service scheme from Sree Krishna college in Guruvayur conducted a campaign to promote the importance of voting among the students and staff of the college. The primary objective of the campaign was to create awareness about the importance of voting and to encourage more people to participate in the democratic process. The campaign also aimed to educate the students about the electoral system in India and the significance of their vote in shaping the future of the country. The campaign was

successful in creating awareness about the importance of voting among the students and staff of Sree Krishna college.



10. REPORT OF ORIENTATION PROGRAMMES

ORIENTATION FOR NEWLY ENROLLED VOLUNTEERS

On 12 November and 13 November 2022, first year volunteers of NSS unit 191, Sree Krishna College Guruvayur attended the two day orientation programme for newly enrolled NSS volunteers on 12 November orientation started at 10 am. Programme officer of unit 191 started the session that details about the 'history and philosophy of national service scheme'. Athul nath t, Megha k m volunteer secretaries of unit 191 and Nandana Rajeev volunteer secretary of unit 190 explained "the duties, responsibilities and possibilities of NSS volunteers". On 13 November the first session was managed by Dr Santhosh pp assistant professor of Sree Krishna College Guruvayur on the topic "social responsibilities of young NSS volunteers". afternoon session from 1.30 to 3.30 was by Sri. Saijith n s assistant professor of Christ college Irinjalakuda on the topic "be a leader".



On 10 December 2022, first year volunteers of NSS unit 190 Sree Krishna College Guruvayur attended the two day orientation programme for newly enrolled NSS volunteers. Orientation started at 10 am. Programme officer of unit 190 explained about the "duties, responsibilities and possibilities of NSS volunteers". Volunteers were divided into 5 teams of equal members in it. The afternoon session was managed by Sri. Saijith assistant professor of Christ college Irinjalakuda on the topic "be a leader".



ONE DAY ORIENTATION PROGRAMME FOR SELECTED LEADERS

On 26 June 2022 a one day orientation programme for selected leaders from National Service Scheme 191 Unit of Guruvayur Sree Krishna College was held at Mankurishi in Palakkad district under the leadership of eminent environmental activist Kallur Balan. He talked to the students about how young people can become better citizens by protecting the environment and planted a memorial tree at Amravati home in Lakkidi on the occasion of the death anniversary of the famous film director Lohithadas and planted Palmyra seeds on Kallur Chudiyam hill. NSS Volunteer Secretary Athul Prabhakaran welcomed the gathering and Megha KM delivered vote of thanks.





PROGRAM OFFICERS ORIENTATION PROGRAM

The program officers of NSS Units 190 & 191, Amrutha T V and Dr. Midhun K S, respectively, participated in the 15th batch of NSS Program Officers Orientation conducted by the Ministry of Youth Affairs and Sports. The training was held at the Empanelled Training Institute for NSS(ETI), University of Calicut, from 19th August 2022 to 25th August 2022. The program aimed to provide an understanding of the NSS program's objectives, functions, and methods to the program officers. The training program consisted of lectures, group discussions, and practical sessions.



The NSS Program Officers Orientation program was very effective in equipping the program officers with the necessary knowledge and skills. The lectures were delivered by eminent personalities and experts in their respective fields, covering various aspects of the NSS program. The group discussions and practical sessions provided an opportunity for the program officers to share their experiences and learn from each other.



The NSS Program Officers Orientation program was a crucial step in enhancing the effectiveness of the NSS program in colleges. The program officers of NSS Units 190 & 191, Amrutha T V and Dr. Midhun K S, respectively, have gained the necessary knowledge and skills to function as effective program officers. The training program has enabled them to contribute significantly to the development of students' personality through community service. The Ministry of Youth Affairs and Sports, Government of India, deserves commendation for conducting such effective training programs.

THREE DAY LEADERSHIP ORIENTATION CAMP

NSS volunteer secretary Athul Nadh and Nandana Rajeev attended the Three Day Leadership camp held at M E S Ponnani College on 9-12-2022 to 11-12-2022

09.12.2022

The camp mainly focused on How to improve leadership qualities and how to set up a NSS Seven days camp. The first day started with inauguration function. The function inaugurated by the humble vice chancellor, university of Calicut Dr. M K Jayaraj and chief guest of this inauguration function was State NSS officer Kerala Dr. Anser RN after this function The First session was started by professor from KILA (Kerala institution for local administration) about the environment of Kerala and its problems and future of human in the world. the faculty grouped all the volunteers into 5. After all the camp coordinators give different tasks and duty for all groups and after food the day was closed



10-12-2022

Everyone wake up early at 5:00 am and the Yoga started and all volunteers went to costal village area and all volunteers interacted with villagers they shared their experience and the History of rare Ponnani slang second day was complete with this after this outing after this the cultural session was started and every group performed their talents after this second day was finished.



11-12-2022

Volunteers wake-up at 5:00 am and the day started with yoga and breakfast was provided after breakfast a orientation session started by Noufal (District coordinator of Malappuram) about How to conduct a NSS Seven days camp... It was very useful session for all volunteers and after this session the three-day leadership camp was finished



TWO DAY RESEDENTIAL TRAINING CAMP ON SUSTAINABLE FUTURE THROUGH FARMING

<p>NATIONAL SERVICE SCHEME UNIT 190 & 191 SREE KRISHNA COLLEGE, GURUVAYUR (University of Calicut)</p>  <p>TWO DAY RESEDENTIAL TRAINING CAMP on Sustainable Future through Eco Farming</p>  <p>Venue FOOD FOREST SREEKRISHNAPURAM, PALAKKAD</p> <p>16 Dec- 17 Dec 202 NOT ME, BUT YOU</p>	<p>TRAINING SCHEDULE</p> <p>16 DEC 2022</p> <p>10.00 am Industrial Visit Regional Agriculture Research Station, Pattambi</p> <p>3.30 pmP Eco-friendly culinary Training Session <i>Sri. Surya Prakash Environmental Activist</i></p> <p>7.00 pm Significance of Food Forest in contemporary Scenario <i>Sri. Surya Prakash Environmental Activist Cultural Programme</i></p> <p>9.00 pm</p> <p>17 DEC 2022</p> <p>8.30 am Resource Mapping, Planning & Canopy Management <i>Sri. Reji Joseph Plant Geno Xavier Awardee Best Sustainable Medicinal Planter in Kerala</i></p> <p>9.30 am Organic Compost Preparation & Methods <i>Sri. Surya Prakash Farmer</i></p> <p>10.00 am Through the Food Forest Field Visit <i>Sri. Biji Ravi</i></p> <p>10.30 am Living Mulching <i>Sri. Hari, Natural Farmer</i></p> <p>11.00 am Live Shading <i>Sri. Surya Prakash</i></p> <p>11.30 am Relevance & Trading of Value-added Products</p>	<p><i>Smt. Preetha, Entrepreneur</i></p> <p>12.00 pm Advantages of Food Forest in Colleges Prof. Mini K Nature Club Coordinator VTB College Sreekrishnapuram</p> <p>01.30 pm Horticulture therapy – Awareness through Food Forest <i>Sri. Ajay Kumar, Organic Farmer</i></p> <p>02.00 pm Through the Food Forest Field Visit <i>Sri. Rajeev, Organic Farmer</i></p> <p>03.00 pm Jeevamruth Manufacturing – Practical Session <i>Smt. Ramani Teacher</i></p> <p>03.30 pm Rain Water Harvesting, Natural afforestation making & Conservation in Rural area <i>Sri. Hari</i></p> <p>04.15 pm Public participating Food Forest Scope & Challenges. <i>Reji Joseph</i></p> <p>Through the Food Forest Field Visit <i>Sri. Surya Prakash</i></p> <p>Significance of Drip irrigation <i>Sri. Reji Joseph</i></p> <p>Feed Back Session Certificate Distribution</p>

DAY 1 (16.12.2022)

At around 10:30 all the volunteers gathered at pattambi bus stand with our PO Dr. Mindhun K S and Miss Roopika faculty of Economics and volunteers started the journey to Palakkad Sree Krishnapuram. Around 12 volunteers reached at Ottapalam and from a nearby hotel everyone had their lunch (oon) after that again the journey was continued to Sree Krishnapuram and reached at 2pm. From there everyone walked to the spot, a beautiful mud house.

Majority of the volunteers started the activities by taking a bath in a nearby pond then at around 3 'O' clock everyone got ready for the next session which has to be conducted by Jishnu

At 3:00 pm a trainer from Energy management centre of Kerala called Jishnu came by and thought us a lot about the energy that should be conserve from our very own surroundings and the most important uses of Renewable and non-renewable energy sources .The session was mainly focused on how the non-renewable energies can be saved from getting extinct and so for that what can be done to conserve it and making a progression to convert major uses of Renewable energy. It seemed to be the most essential class for all the volunteers because it has given us a valuable information on energy conservation.



By 4:30 the session was completed and there was a tea break and it was a variety of tea called 'Jaapi' because it was not just a tea but a nutritious one.



At around 5:00 pm Reji Joseph and Surya Prakash came by and all the volunteers were excited for the next activity which was to make the 'Nutritious and Organic food without using any kind of chemical powders such as chili powder or turmeric powder but only the nutritious things which can be found from surrounding forest and should be healthy vegan eatables. Volunteers were divided into groups and were handed a list of ingredients with a making procedure instruction and the items; all the volunteers were much engaged to bring out the good food that has to made. By 9:00 pm different kinds of Nutrition foods were prepared by the volunteers including our PO and everyone were much awaited to taste all those mouth-watering dishes. Firstly, the volunteers started serving the food to the members of the food forest who were there to help us for making those dishes then after that all the volunteers sat together and had a great dinner.



At 10:30 volunteers were brought together for cultural program in which all the volunteers altogether sang some popular folk song along with all the members of the food forest and also after that there was feedback session in which every group came forward by sharing the recipes of the dish they had made as well as sharing their feedback thoughts.

DAY 2(17-12-2022)

At 7 am all the volunteers were present at the terrace for their Yoga session, it was conducted by Sri. Shaji Chacko a Yoga expertise. It was much refreshing and volunteers did try new postures to warm their body. After the Yoga session volunteers gathered for their next session which was conducted by Reji Joseph at his place, so the volunteers got ready and decided to travel without wearing sandals to feel and understand the culture and to get close to environment. 8:30 am -Resource mapping, Planning and Canopy management. At 8:30 am volunteers were present at Reji Joseph home for the session. The session was started by an introduction to the farming and agriculture by Surya Prakash. Reji Joseph started first session on the topic Resource mapping, a detailed outline figure was drawn on the board and it was explained very clearly. The session conveys that we can bring most of the diversities in plantation by planting varieties of seeds in a single plot, such as Marigold, Pea etc.



At 9:30 am another session was conducted by Surya Prakash on, Organic compost preparation and methods. The class was started with the instructions on importance and benefits of Compost pits. Composting is a controlled, aerobic (oxygen-required) process that converts organic materials into a nutrient-rich soil amendment or mulch through natural decomposition. The end product is compost – a dark, crumbly, earthy-smelling material. Microorganisms feed on the materials added to the compost

pile during the composting process. They use carbon and nitrogen to grow and reproduce, water to digest materials, and oxygen to breathe. Followed by these live preparations were shown.



At 10:00 am after the oriental session, 'A Food forest' (field visit) was led by Biji Ravi, we all volunteers and our programme officer got a chance to visit a field of food forest where we all saw varieties of trees and fruits such aswe also tasted fruits in which some of them were bitter, and some were very tasty. Then we saw a fish tank in which there were lots of fishes and the tank was also used to water the trees in summer season. Then we saw a 'Mud House' and we all got inside of it to see its interior structure, it was fully made up of mud and was much refreshing inside, it was made for farmers in the middle of the field to take rest at the time of highly temperature.



At 10:30 am another oriental session was conducted by Hari, on the topic 'Live Mulching' the session allots the studies to be done while planting a tree. In agriculture, a living mulch is a cover crop interplanted or under sown with a main crop, and intended to serve the purposes of a mulch, such as weed suppression and regulation of soil temperature. Perennial vegetables, companion flowers, herbs,

leafy greens – grow a mash-up in the ground beneath your fruit trees. At 11:30 am all the volunteers travelled to Preetha's place who is an entrepreneur and does a variant of business using the natural items and without a chemical-based products. Preparation of varieties of products such as mango pickle, jam of jackfruit and dried mango peel and many varieties of pickle using different fruits all it was a home-made thing and has a prime role in the business. Everyone tried these items and it was delicious and has a perfect taste. There were lots of varieties of greenery all over the places beside the home which shows how the collectively of variant items brought out through this. These shows us the beneficial of plants and fruits in entrepreneurship without the chemical added products.



At 12:00 pm volunteers were invited to visit the Food Forest prepared by the VTB College volunteers and Mini K, a nature club coordinator. Volunteers of VTB College greeted us at the College gate and from there we entered to their food forest and the volunteers were divided into groups and were leaded by the College students to the forest. Everyone was indulged to look around different types of plantations which were prepared by the students. They show us how the bio pesticides were prepared and preserved for their forest and the way watering the plants. Volunteers got a chance to try the black barriers, and different types of fruit which were not easily found or prepared in other places. They also guided us throughout the College and we're sharing the ideas of how they are going to build up the College through food forest and intensely they are dedicated to this. They showed us the pond in which they were preparing to conserve fish and water-based plants.



At 1:30 pm volunteers were gathered at Ajay Kumar's food forest which was another best example of how the natural elements of nature helps human being. Firstly, everyone was greeted into forest so that we could help ourselves with the comfort of nature and then everyone was eager to try the taste of fruits which was surrounded. There was miracle happening around us with a miracle fruit,

first the volunteers tasted a raw orange which had a very sour taste and then tried a miracle fruit which had a quiet sweet taste and with that again when raw oranges were tasted it also felt sweet so that was a surprising thing because it happened before. Then we visited Ajay Kumar's home to see his parents and there we were explained how the horticulture helps the human into process, either active or passive, of purposefully using plants and gardens in therapeutic and rehabilitative activities designed to positively affect a set of defined health outcomes for individuals (e.g., improved mood, improved self-esteem, enhanced social interaction).



At 2:00 pm Rajeev guided us to the corn field where he thought us the irrigation method ,the live shading process and how the corns are grown in the field. All volunteers tasted a baby corn which tasted really good. Then from there we have been taken to a stream which was quiet relief for everyone and spent some time over there. At 3:00 pm volunteers were gathered at Ramani's place where we have been served a delicious snack with Samiya payasam and then we got to the tree house and after taking some rest we have been taken to a practical session where we were thought how to make a Jeevamruth. Requirements for semi solid Jeevamruth- 100kg desi cow dung, 5 litre urine, 1kg jaggery, 1kg pulse, one handful of soil from the same land. Preparation -Mix all of them with a small amount of water. Make the small balls out of the mixture. Keep these balls in full sunlight to dry them.





After all the session the last was camp evaluation, in this the there was a detailed valuation on all the activities conducted. All the volunteers and staffs were gathered to wind up the session by certificate distribution and feedback session. First the certificate was handed over toNSSleader of unit 191 Athul Nath T and followed by all the volunteers and then volunteers came forward one by one to give the feedback and to share their experience. The session was concluded by the thanks giving speech of Programme officer Dr. Midhun K S.



11. REPORT OF SEVEN DAY SPECIAL ANNUAL CAMP

NSS,190 & 191 Units of Sree Krishna College, Guruvayur organized Annual Seven-day Special camp on 02-Sep-2022 in Guruvayur Devasom English Medium School during Onam vacation in order to increase the interaction between the volunteers and strengthen the unity to maintain healthy programming year towards a productive year.

2 SEPTEMBER 2022, FRIDAY (FIRST DAY)

NSS Volunteers of Sree Krishna College, Guruvayur (Unit 190&191) started their seven-day special camp in Guruvayur Devasom English Medium School and the registration was started at 3:30 p.m. The camp was officially started with flag hosting at 5:00 p.m. After singing the NSS theme song, the inauguration ceremony commenced as Programme Officer welcomed everybody. In the presence of Principal of Sree Krishna College, Dr. M.K Harinarayanan, Smt. Mini Jayan (President of Kandanassery Panchayat) inaugurated. She stated that NSS Units of Sree Krishna College have actively provided services to the participating village, Kandanassery Panchayat. Kandanassery Ward Member, Adv. P.V Nivas and Student Representative as well as former NSS Volunteer, Hiran P Haridas also wished us to make the camp days a memorable one in life. For filling up the store room, the vegetables and groceries brought by volunteers were gathered and sorted out. NSS badges and uniforms were distributed. Around 9:00 p.m. at night, volunteers were divided into groups and were given the responsibilities of Reception and Programme Committee, Mess Committee, Cleaning, Health and Sanitation Committee, Cultural Programme Committee, Discipline Committee and Documentation Committee. And also, meetings were called up as per the responsibilities assigned to each group. After having dinner before 10:00 p.m, everyone went to sleep thus, concluding the first day.



Inaugural Ceremony

3 SEPTEMBER 2022, SATURDAY (SECOND DAY)

NSS Volunteers of Sree Krishna College, Guruvayur (Unit 190&191) started their second day of special camp at 6:00 a.m. with a Yoga session. Yoga instructor of Thrissur Yoga Association Sri. Babu initiated the session. Volunteer Akhilesh N.S welcomed everyone to the session. Through different Yoga poses, he explained how Yoga can reduce the risks of diseases. He made us understand that Yoga plays an integral part in life. After the session, everyone had their breakfast for the day between 7:45 a.m. and 8:30 a.m. The official activities started with NSS theme song at 9:00 a.m. in the morning. Akhilesh N.S presented the thought of the day. Then, Pavin presented the first day's report of the SANGUINENESS 3.0 seven-day camp. Volunteer Secretary Megha K.M highlighted the camp paper. Then, Volunteers were called upon the stage to introduce themselves and propagate their ideas and to reduce anxieties, Assistant Professor of Zoology Department and former NSS Programme Officer, Dr Santhosh held an 'ice-breaking session'. Like saying a name, the session made every volunteer feel lighter and calm and their nerves. Then, the volunteers were tasked to pair with others which helped us to know that person slightly better. The session as a whole was truly intriguing. After that, he conducted a game which allowed the volunteers to come up with ideas and enhanced their creativity. The interesting session winded up with cake-cutting.



After having the lunch, everyone gathered in the main hall at 1:30 p.m. in the afternoon. Assistant Professor of Social Work section, Christ College, Irinjalakuda, Saijith N.S organized a session based on the concept of Personal Development which was entirely different and entertaining. Through various activities related to the session, beyond joy, everyone realized the virtues needed in life. Everyone took the courage to represent themselves and filled their minds with happiness. One by one, each volunteer responded with positive feedbacks on what they learned throughout the session. The session was concluded by 3:30 p.m. in the afternoon. After the tea break, hand-written magazines of 30 pages each, were set up in an organized manner and presented as a part of task-oriented group activity on basis of Anti-Drug Campaign. The duration to prepare the magazines was 1 hour. Every volunteer gave their every little contribution to the group and developed decent team work. Another task-based group activity was held at 6:30 p.m. in the evening. Each group was asked to convey message through action-song drama on “How to wipe out the issues in the campus caused by drugs”. The ideas were exactly presented as per the topic. Each conveyed idea shared common theme. The session was highly engaging and more importantly entertaining. As the last activity for the day, cultural programmes were held. Each group played two programmes and cheered up everyone. After the Cultural Programme, volunteers provided feedbacks from each group on how the day went for them. Finally, by 9:30 p.m., everyone finished their dinner and the day was come to close.



4 SEPTEMBER 2022, SUNDAY (THIRD DAY)

The third day of NSS Seven-Day Special Camp commenced with Yoga Session by Sri. Babu in the morning at 6:00 p.m. He provided instructions as usual for the session. After 8:30 a.m., having breakfast, Pre-Session was held under the initiative of Reception Committee. Then, a session on “Post Covid Challenges and Remedies” by Sri. C.C Manoj Chandran and Sri. Binju Jacob, Health Inspectors of Kandanassery PHC wasn’t held as a result of death case related to Covid-19. Instead of that session, Programme Officers organized an activity for writing hand written magazine.



Around 10:30 a.m, a session on “Importance of Self-defence in Youth” was conducted by Civil Police Officers, Prathibha and Cindy. The session provided techniques and information’s which gave equal considerations to boys and girls.

After the Lunch break, session on “Emergency Care and Basic Life Support” was taken by Civil Defence Warden, Fire & Rescue, Guruvayur, Sri. Mahesh. He gave insights to accidents that can probably occur in day-to-day life and also the defence mechanisms to reduce the risks of such dangers.



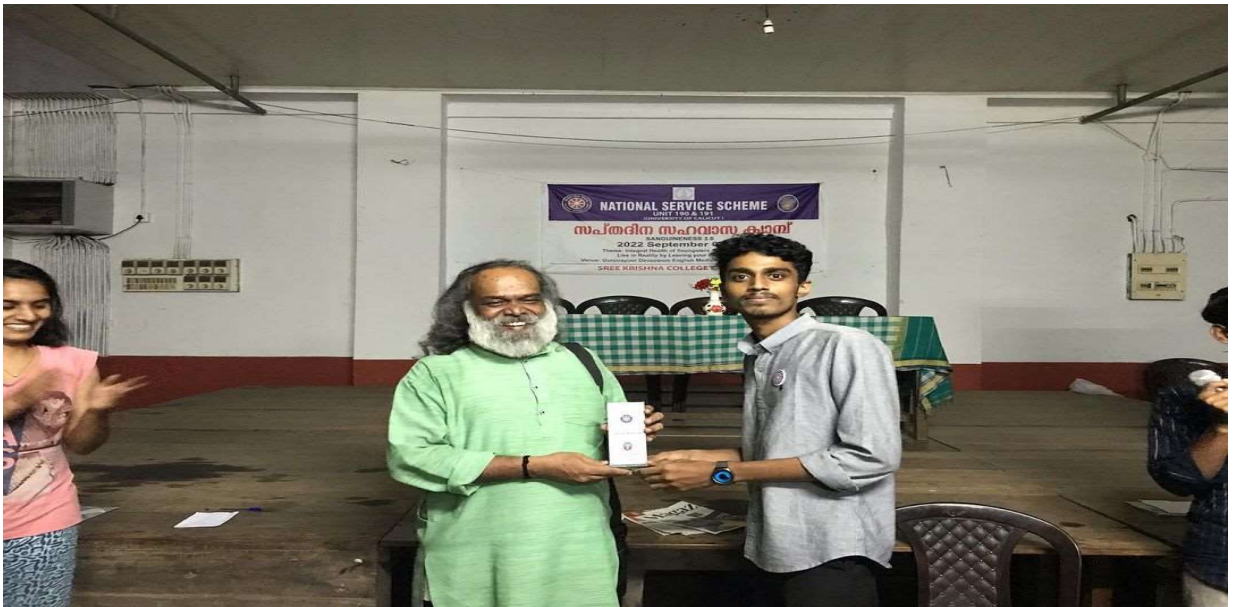
Then, Dr. Soni T.L, NSS Programming Coordinator of Thrissur District, came for inspecting and assessing the Special Camp.



After the tea break, the preparations for Field Survey started. Then, volunteers were paired with each other for the Survey. (explain the orientation of field work)

Lately, a session on “NSS and Youngsters” was conducted by ETI Trainer, Thiruvananthapuram, Sri. Brahmanayakam Mahadevan. The session was really a source of entertainment. He made us understand time-bound decision making, team work, leadership and facilitation are key attributes that are really necessary in young people.





After the dinner, a member of each group provided the feedbacks for the day. At 10:00 p.m, the day was called off.

5 SEPTEMBER 2022, MONDAY (FOURTH DAY)

The fourth day of NSS Seven-Day Special Camp started with Yoga session by Sri. Babu at 6:00 a.m. He taught us many postures and Yogasanas that can help in curing lifestyle diseases.



9:00 a.m in the morning, Volunteers went to Sree Krishna College for a Field Survey on Health in the vicinity of participating village, Kandanassery.



After having breakfast, the Field Survey commenced in the Ward No.11. Based on problems related to post-Covid were asked to people during the survey. By 1:00 p.m in the afternoon, the survey came to close.

Around 2:30 p.m, Former NSS Volunteer, staff and student of Sree Krishna College as well Sri. Rajan spread his knowledge and experiences and memories during his time in NSS. Then, he was honoured with a shawl of honour, memento and also Onam gift. By 5:00 p.m every volunteer returned back to the camp.





Then, pre-session which was to be held in the morning, was conducted around 7:00 p.m.

Then at 7:30 p.m, a member of each group came forward and evaluated the day. After having dinner by 9:00 p.m, everyone returned back to their rooms to take rest.

6 SEPTEMBER 2022, TUESDAY (FIFTH DAY)

The fifth day of NSS Seven-Day Special Camp started with pre-session. Previous Day's camp paper and reports were presented. Then, 10NSS Volunteers of Christ College, Irinjalakkuda initiated class on "Training Session for Empowerment of Youth to be self-reliant". They organized an activity in which groups were taught how to make paper bags, paper pens, book, phenol, dishwashing liquid and floor cleaner in cost effective manner. Every volunteer decided to make these things at home and also spread the message in the campus.







In the afternoon, Preventive Officer of Kunnamkulam Excise Range, Sri. A.C Joseph took class on Drug abuses in college campuses. He made us understand the consequences of using drugs and how mind changes accordingly on whatever situations he experienced in the past.

NSS Kozhikode District Coordinator, Sreejith, presented the avenues of NSS for second year volunteers and other opportunities as well. He made us understand the four major qualities of an NSS volunteer: Personality, Leadership, Community and Attitude through a small but fun activity. And also, how the team work is an important attribute that plays a crucial role in NSS activities.

Afterwards at night, everyone started the work corresponding to the concluding days of the camp. With dinner session, the day winded up.

7 SEPTEMBER 2022, WEDNESDAY (SIXTH DAY)

The sixth day of NSS Seven-Day Special Camp started with Yoga session by Sri. Babu at 6:00 a.m. As usual, he gave instructions and also breathing techniques that is beneficial for health and help us lead a spiritual life. After having breakfast, Pre-session was held. After that different groups were asked to prepare certain dishes for Onam lunch.





After the lunch, Onam Celebration was started. Volunteers arranged flower field in the main hall. Variety of games and cultural programmes provided as sources of entertainment.

Afterwards, the campsite was cleaned up by the volunteers. Everyone had dinner and member of each group evaluated the second last day of the camp. Then each group charted out an activity plan and presented them and then, the memorable day came to an end.

8 SEPTEMBER 2022, THURSDAY (FINAL DAY)

The final day of the NSS Seven-Day Special Camp started with Yoga Session by Sri. Babu at 6:00 a.m. As usual, he gave instructions on how to do each Yogasana and powerful disease-seizing breathing techniques.



Around 9:30 a.m., valedictory function was held. Programme Officer of Unit 191, Dr. K.S Midhun welcomed everybody to the closing ceremony of the camp. The inauguration was addressed by Dr. M.K Harinarayanan, Principal of Sree Krishna College, Guruvayur. Afterwards, overall evaluation of the camp was presented. As a result, Hand written magazine, Special Camp Report and Field Survey Report were released. Prizes was distributed to the best NSS Volunteers during the camp. Then, Volunteer Secretary of 190, Nandana Rajeev provided the vote of thanks. Then, in the concluding session, everyone passionately sang the National Anthem and wished Happy Onam to all. The camp resulted in successful completion.

12. REPORT OF SWACHH BHARAT ACTIVITIES

SCRAP CHALLENGE

On May 3 2022, The NSS Volunteers of Sree Krishna College Guruvayur conducted a scrap challenge and collected almost 40 kg of plastic waste.



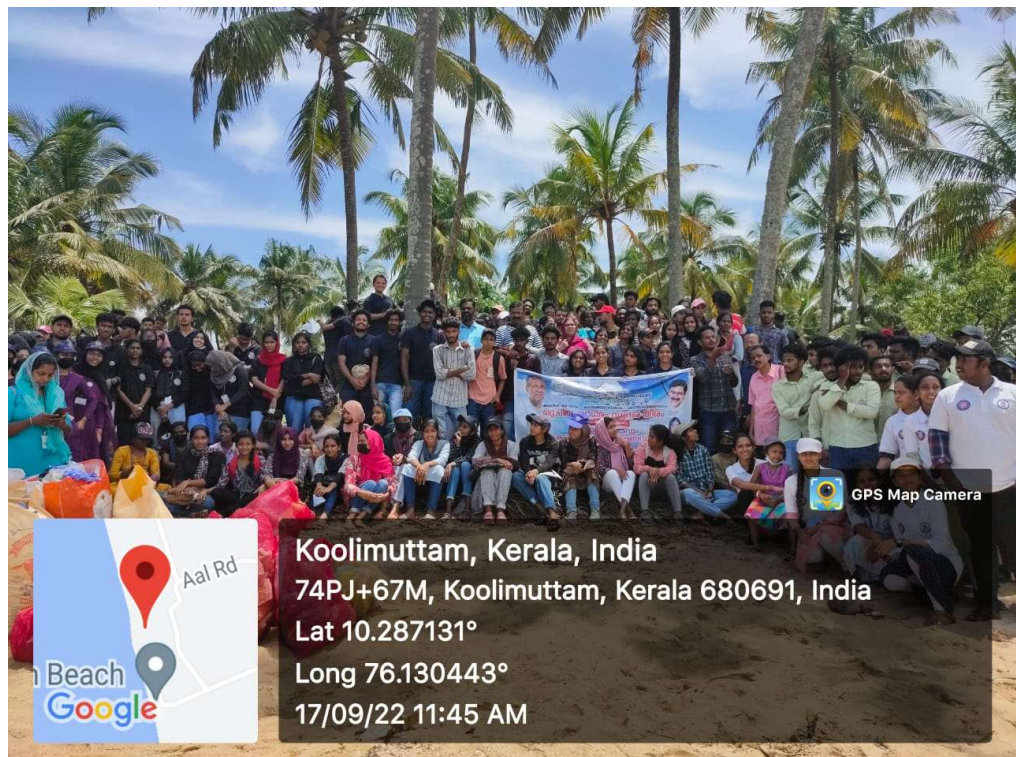
CAMPUS CLEANING

On August 25, The NSS Volunteers of Sree Krishna College Guruvayur associated with Mercy Cops cleaned up garden of mango trees and created some spaces for new saplings. At 9:00 am in the morning, the college Principal Dr. M.K Harinarayan, Haridayal (Head of Physical Education), Capt. Rajesh Madhavan and Sudharshan (SP) handed dresses which were collected From students to the Mercy Cops. Then around 10:40 am Volunteers were divided into groups and cleaned up the plastic waste in certain areas of the campus. The event was ended by 12:00 pm. Volunteers understood how much plastic waste people dispose in some unnoticed areas and also the reason why they should clean up as much as possible to avoid land piling.



SWACHH SAGAR ABHIYAN

On September 17, The NSS Volunteers of Sree Krishna College Guruvayur participated in coastal clean-up drive at Mathilakam beach and collected 100 kgs of plastic waste



CLEAN INDIA CAMPAIGN

On October 1 2022, The NSS Volunteers of Sree Krishna College Guruvayur cleaned college campus and NSS garden as a part of clean India campaign.



CLEAN INDIA CAMPAIGN 2.0

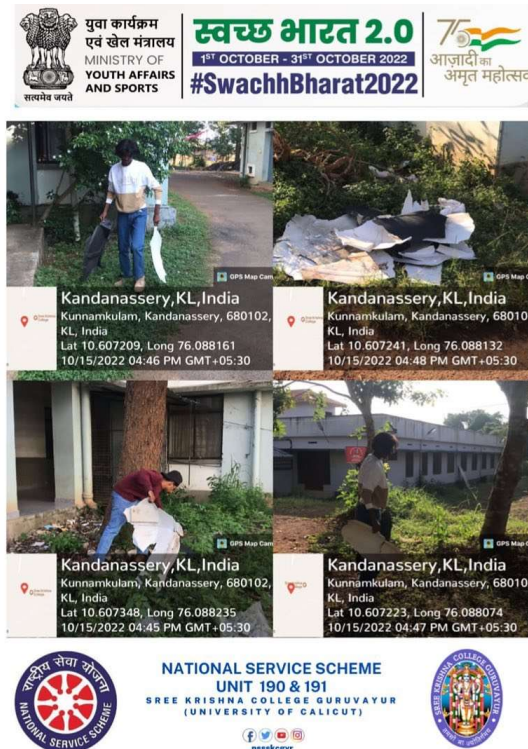
On October 4, The NSS Volunteers of Sree Krishna college Guruvayur gathered at elephant sanctuary Guruvayur and cleaned elephant sanctuary as a part of Clean India 2.0





CAMPUS CLEANING

On October 15, TheNSSvolunteer secretary Athul nath t and anti-drug Club secretary Anandakrishnan cleaned college premises in connection with Swachh Bharat. 2.0 initiative. They collected almost 50 kg plastic waste.



PARTICIPATORY VILLAGE CLEANING

On October 29 2022, The NSS Volunteers of Sree Krishna College Guruvayur organized the clean India campaign along with enrolment of new volunteers and collected 55 kg of plastic waste.



VIDYAVANAM CLEANING AT CHAVAKKAD

On November 11 2022,NSS Volunteers of Sree Krishna College Guruvayur cleaned up Vidyavanam of Chavakkad Fisheries School in association with social forestry, department of Kerala. Social forestry officers gave directions to volunteers



ROAD CLEANING

On 5 & 6 December 2022 NSS Volunteers of Sree Krishna College Guruvayur cleaned public road at Ariyannur locality as a part of international volunteers' day



NATIONAL CLEANLINESS DAY ACTIVITY

On January 30, The NSS Volunteers of Sree Krishna College Guruvayur cleaned college campus and premises as a part of national cleanliness day. They collected 15 kg plastic waste.



INTERNATIONAL WOMENS DAY ACTIVITY

On March 8 2023, Ausree V A and Farseena The NSS Volunteers of Sree Krishna College Guruvayur collected bags of plastic waste in corporation with Chavakkad Municipality and Decathlon Thrissur as a part of international women's day.



SCRAP CHALLENGE

On March 8, The NSS Volunteers of Sree Krishna College Guruvayur gathered at college campus and conducted a scrap challenge



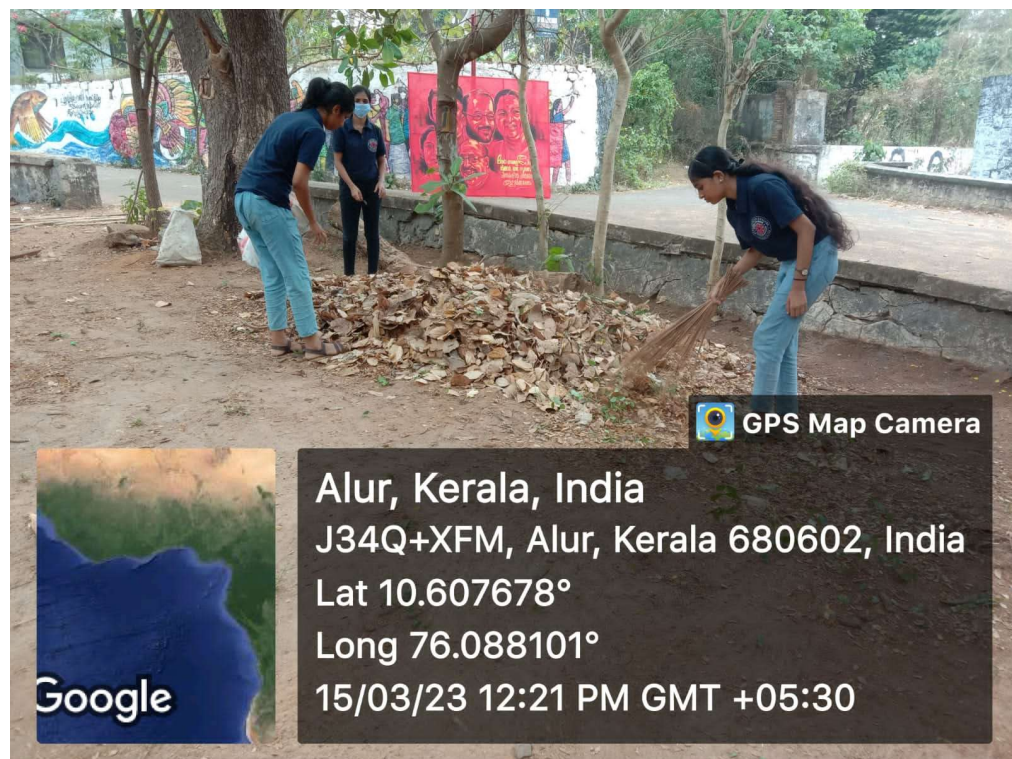
SCRAP CHALLENGE

On March 10 2023, The NSS Volunteers of Sree Krishna College Guruvayur gathered at Sree Krishna college and conducted a scrap challenge. Collected 20 kg of plastic wastes.



Thelima 2023

The NSS Volunteers of Sree Krishna college Guruvayur observed cleanliness day on March 15. They cleaned college campus in association with Health department of Guruvayur Devaswom.





SCRAP CHALLENGE

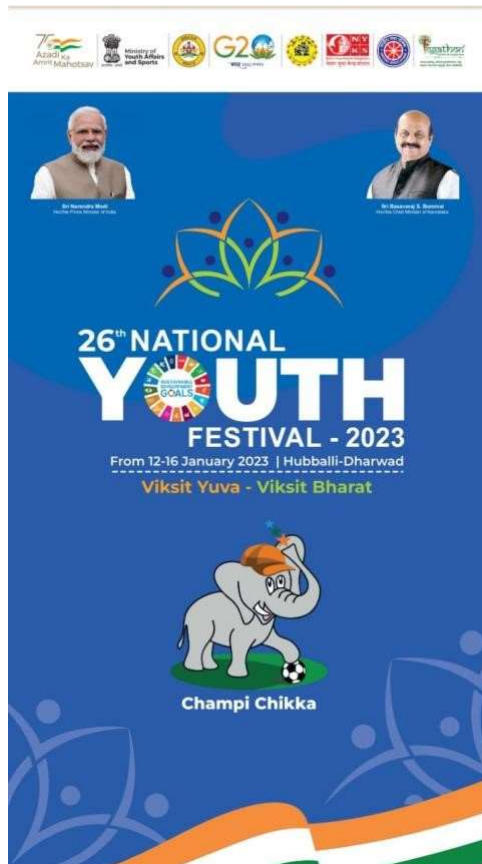
On March 24, as a part of the Clean India 2.0 program, four NSS Volunteers, namely Ajinsha, Syamili, Nandhana, and Adithya N, undertook a clean-up activity in the LH block of the college campus. They collected 25 Kg plastic waste.



13. REPORT OF NATIONAL YOUTH FESTIVAL

On December 30, 2022, Akhilesh N S, a NSS volunteer from Sree Krishna College Guruvayur, was selected to participate in the 26th National Youth Festival, 2023 to be held in Hubballi-Dharwad, Karnataka from January 12 to 16, 2023.

12th January is the birth day of Swami Vivekananda and as a tribute to the icon, has been celebrated as the National Youth Day, from the year 1985, the international year of Youth. By showcasing the youth's cultural talent on a single stage, this program's primary goal was to spread the idea of national integration, the spirit of social harmony, brotherhood, courage, and adventure. From our college Mrs.Sarala K T,NSSProgramme officer and Adwaith Adithya M S, from 2nd BBA Finance participated this event. Brochure of the programme





एक “श्रेष्ठ” भारत

2023

NSS
National
Integration Camp

18th - 24th February 2023

Venue: The University of Burdwan, East Burdwan

Organized by:

Government of India

Ministry of Youth Affairs & Sports

Regional Directorate of NSS, Kolkata, West Bengal

&

The University of Burdwan, East Burdwan, West Bengal

The main objective of the NIC 2023 was to promote national integration, communal harmony, and social cohesion among the participants. The camp aimed to sensitize the volunteers about the diversity of India, the need for unity, and the role of NSS in nation-building. The camp also focused on developing leadership qualities, team building, communication skills, and self-confidence among the volunteers.

The National Integration Camp (NIC) of National Service Scheme (NSS) was held from 18th to 24th February 2023 at The University of Burdwan, East Burdwan, Kolkata, West Bengal. The camp was organized by the Regional Directorate of NSS, Kolkata, Ministry of Youth Affairs & Sports, Government of India. The Kerala Contingent led by Dr Midhun K S NSS Programme Officer of Unit 191, Sree Krishna College Guruvayur along with 10 volunteers from different Colleges under the University of Calicut got a chance to represent Kerala state in NIC 2023 at Kolkata.

The Kerala Contingent was represented by 10 volunteers from different Colleges under the University of Calicut. The volunteers who participated in the NIC 2023 are Paviya Poulose Parekatt (Vimala College (Autonomous) Thrissur), Emil joshi k (Sri Achutha Menon Govt. College Thrissur), Greeshma.G (S N College Alathur, Robin T J (Christ College (Autonomous) Thrissur), Aman Aboobacker (Amal College of Advanced Studies, Nilambur), Avani Bisal (St.Joseph's College (Autonomous), Devagiri), Athul Nadh T (Sree Krishna College Guruvayur), S Sanjeev (NSS College Ottappalam) Najiya Nasrin B (JDT Islam College of Arts & Science, Kozhikode), Shibin Vyshnav K (St.Marys College Sulthanbathery, Wayanad).



The camp started every day morning at 5.45 am with Yoga, flag hoisting and ended up at 8.00 am. On the first day of the camp, the Kerala Contingent got a chance to draw rangoli in front of the Auditorium. They beautifully drew rangoli to welcome all in the inaugural session.



The inaugural session started in the evening and the lamp was lit by respected Prof. Nimai Chandra Saha, Vice Chancellor of University of Burdwan. Prof. Ashis Kumar Panigrahi, Pro Vice Chancellor of the University of Burdwan, Sri. Vinay Kumar, Director, Regional Directorate of NSS, West Bengal and other dignitaries also attended the inaugural session. After that, cultural performances of different states were performed by volunteers. The Kerala Contingent performed Thiruvathirakkali, a traditional dance along with Chenda melam by S Sanjeev. The performance received a great applause from everyone for its excellent dance.



On the second day of the camp, there was an interactive session with the volunteers on the topic "Media Today: Youth's Dream and Country's Destiny." The speaker for this session was Mr. Indrajit Adhikari, News Coordinator of the Ananda Bazar Patrika. The session was very interactive and the volunteers had the opportunity to ask questions and clarify their doubts regarding the topic. The session aimed to educate the volunteers on the role of media in shaping the future of the country and the importance of responsible journalism.



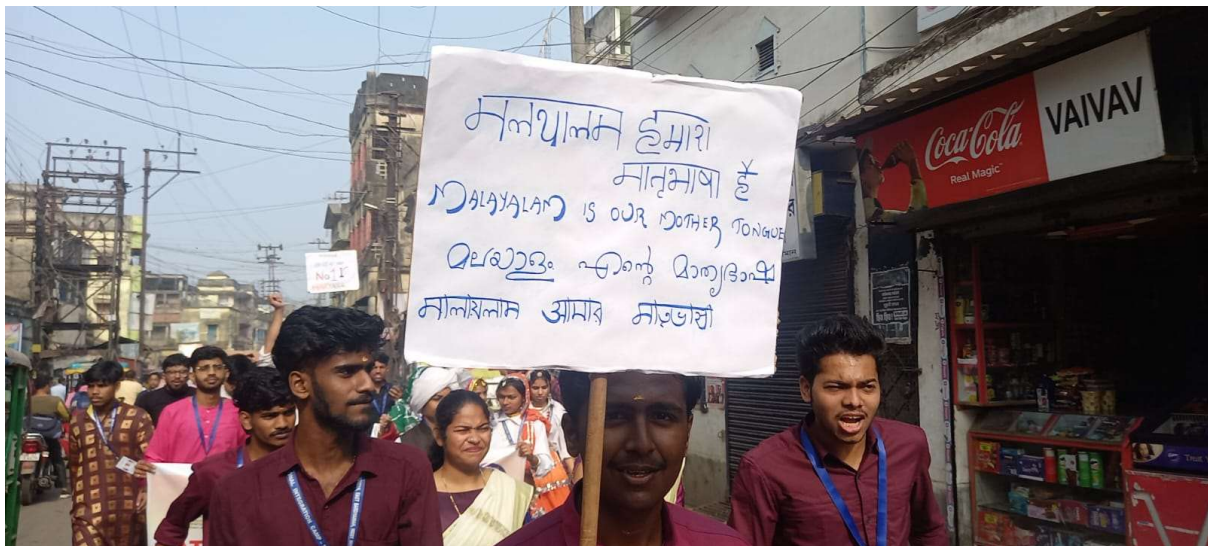
In the evening, there was a cultural session where the Kerala Contingent performed a folk song. The performance was very entertaining and received a lot of applause from the audience. The volunteers of other states also showcased their cultural performances which was an excellent opportunity for the volunteers to learn and appreciate the diverse cultures of India.

On the third day of the camp, there were two academic sessions on career orientation and cybercrime. The speakers for the career orientation session were Dr. Ajit Chatterjee and Prof. Partha Sarkar. The session provided valuable insights and guidance on various career options for the youth. The second session on cybercrime was taken by Mr. Kamamashish IPS and Mr. Suprabhat Chakraborty,

who discussed the present and future of cybercrime in the light of technology. After the sessions, an Extempore competition was held, in which Paviya Paulose of the Kerala state contingent secured the first prize. Her exceptional speaking skills and ability to think on her feet impressed the judges.

In the evening cultural programme, the Kerala Contingent performed a folk song along with traditional attire and Chenda Melam. The performance was well-received by the audience, and they applauded the team for their enthusiastic participation and impressive skills.

The fourth day of the National Integration Camp organized by the Regional Directorate of NSS, Kolkata, at The University of Burdwan, was an eventful day for the Kerala Contingent. The day began with a cultural rally to commemorate World Mother Language Day, which is a day to promote linguistic and cultural diversity. This was a significant event as 15 states participated in the rally, with volunteers dressed in their traditional attire and holding placards that showcased their culture. The rally covered a distance of 8 km through the village, giving the villagers a chance to experience the diverse cultural heritage of India.



The rally was an opportunity for volunteers from different states to come together and celebrate their linguistic and cultural diversity, which is an essential part of India's identity. It was heartening to see so many young people take an active interest in promoting and preserving their cultural heritage.

Afternoon session started with a technical session on "Linguistic Diversity and Development of Country," which was taken by Mr. Subhrajyoti Kundu, Teacher in Charge, Department of Mass Communication, North Bengal University. The session was informative and interactive, and the volunteers learned about the importance of linguistic diversity in the development of the country.



After the session, a Rangoli competition was held, and the Kerala Contingent team secured the second position. The team had worked hard and put in their best efforts to create a beautiful Rangoli design that impressed the judges.



In the evening, a cultural program was held, and the Kerala team performed a cultural dance along with the male volunteers who performed Kalaripayattu, a traditional martial art form of Kerala. The performance was a grand success, and the audience appreciated the efforts of the team.



The fifth day of the camp began with a technical session on Global Warming and its related consequences. The session was conducted by Prof. Ashis Kumar Panigrahi, who is an expert in the field of environmental studies. The session was informative and enlightening, as the participants were made aware of the negative impact of global warming on the environment and the steps that can be taken to reduce it. The participants were also encouraged to spread awareness about this issue in their respective communities.



Later in the day, the Cultural Session was held, in which the Kerala Contingent performed a beautiful dance. The dance was a traditional art form of Kerala, which was a visual treat for the participants. The dance was accompanied by the melodious music of the region, which added to the overall effect. The performance was well received by the audience, who applauded and appreciated the efforts of the Kerala Contingent.



On the sixth day of the camp, the participants went on an excursion to explore the city of Kolkata. The volunteers enjoyed the visit to various tourist attractions, which included Victoria Memorial, Howrah Bridge, Dakshineswar Kali Temple, and the Indian Museum. The excursion provided an opportunity for the participants to explore the rich cultural heritage of the city, which further enhanced their understanding of the diversity of the country.



The last day of the camp was filled with emotions as the participants had developed a strong bond with each other. They had overcome their differences and had integrated well, which was evident

from the way they interacted with each other. The participants were sad that the camp was coming to an end, but they were grateful for the experiences and memories that they had gained during the camp.



In the valedictory function, prizes were distributed to the participants who had excelled in various activities during the camp. The prizes were a recognition of their hard work and dedication, which had contributed to the success of the camp. The volunteers shared their experiences during the camp, which were filled with joy, learning, and bonding.



The participants expressed their gratitude towards the organizers for providing them with an opportunity to participate in the camp. They also appreciated the efforts of the faculty and staff who had worked tirelessly to make the camp a success. The participants vowed to take the learnings from the camp back to their respective communities and spread awareness about national integration, communal harmony, and cultural exchange.

In conclusion, The cultural programme was a major highlight of the camp. The participants showcased their talents through music, dance, and drama performances. The Kerala Contingent also presented a cultural programme that highlighted the rich cultural heritage of Kerala. The National Integration Camp at The University of Burdwan was a resounding success. The camp provided a

platform for the participants to learn, grow, and bond with each other. The participants left the camp with a sense of belongingness, understanding, and a commitment to working towards the betterment of the society. The camp will undoubtedly have a positive impact on their lives and the society as a whole.



The National Integration Camp ofNSS2023 was a great success. The camp provided a platform for the volunteers to learn about national integration, communal harmony, and social cohesion. The Kerala Contingent led by Dr.Midhun K SNSSProgramme Officer of Unit 191, Sree Krishna College Guruvayur along with 10 volunteers from different Colleges under the University of Calicut did an excellent job in representing Kerala state. The volunteers gained valuable experience and skills that will help them in their future endeavours. Overall, the camp was an enriching and enlightening experience for everyone who participated.





15. ACHIEVEMENTS

TOBACCO-FREE CAMPUS

On May 31, 2022, The NSS units of Sree Krishna College received certification as a tobacco-free campus from the National Tobacco Control Programme (NTCP). This achievement was recognized by the District Medical Officer, who presented the award to the Vimukthi Club, a wing of NSS Sree Krishna College.

The certification is a result of the College's efforts to promote a healthy and clean environment by banning the use of tobacco products on campus. This initiative is in line with the national government's campaign to reduce tobacco usage in the country.



The Vimukthi Club, comprising NSS Volunteers, has been actively involved in spreading awareness about the harmful effects of tobacco usage and encouraging people to quit smoking. The certification is a testament to their dedication and hard work towards creating a tobacco-free environment on campus.

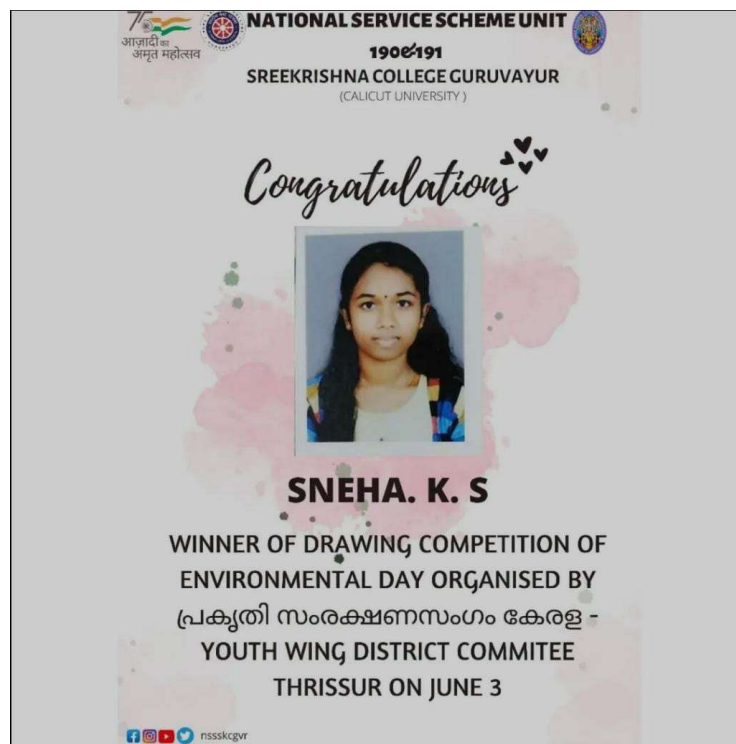


The College administration and NSS units have expressed their gratitude to the District Medical Officer and the NTCP for recognizing their efforts towards creating a healthier and safer campus.

environment. They have also vowed to continue their efforts towards promoting healthy living and preventing the use of tobacco products among students and staff.

DRAWING COMPETITION

On June 3, 2022, a group of NSS Volunteers from different Colleges of Thrissur District, participated in a drawing competition organized by the Youth Wing District Committee Thrissur in connection with World Environment Day. Among the participants, Sneha K S, an NSS volunteer, won the competition with her beautiful and thought-provoking artwork on environmental conservation. Her artwork highlighted the importance of protecting our environment and promoting sustainable practices. The organizers appreciated the efforts of all participants and congratulated Sneha K S for her outstanding artwork. The NSS Unit of Sree Krishna College also expressed their joy and pride in Sneha's achievement and encouraged more students to participate in such events to promote awareness on environmental issues.



"Har Ghar Tiranga,"

On July 26, 2022, NSS Sree Krishna College Guruvayur was honoured for successfully pinning a flag in "Har Ghar Tiranga," an initiative by the Ministry of Culture to mark Azadi Ka Amrit Mahotsav, celebrating the 75th year of India's independence. The initiative aimed to encourage citizens to fly the national flag on their homes and institutions to show their patriotism and love for the nation. NSS Sree Krishna College Guruvayur participated in the initiative by pinning the national flag in their campus, and their efforts were recognized and appreciated. The NSS Volunteers who actively participated in the initiative were congratulated and encouraged to continue their efforts towards promoting national integration and pride.

POEM WRITING COMPETITION

on 2022 September 30, Niranjana Muraleedharan, a NSS volunteer of Sree Krishna College Guruvayur, has been honoured with the second prize in the Yuva Utsav District Level Poem Writing Competition. The competition was conducted by Nehru Yuva Kendra, Ministry of Youth Affairs & Sports, Government of India.



Niranjana's achievement is a testament to the hard work and dedication of The NSS Volunteers at Sree Krishna College Guruvayur. The NSS Unit at the College has been actively encouraging students to participate in various competitions and events that are aimed at promoting social awareness and community service.

The Yuva Utsav District Level Poem Writing Competition was a great opportunity for young poets to showcase their talent and creativity, and Niranjana's recognition is a reflection of her exceptional writing skills. The NSS Unit at Sree Krishna College Guruvayur is proud of Niranjana's accomplishment and wishes her all the best in her future endeavors.

DISTRICT LEVEL ANTI-DRUG AWARENESS QUIZ COMPETITION

On October 18, 2022, Namitha Suresh, Sree Krishna College Guruvayur, participated in the district level anti-drug awareness quiz competition conducted by the Excise Department as part of the Anti-Drug Awareness Campaign of the Government of Kerala. The competition aimed to raise awareness among youth about the dangers of drug abuse and encourage them to lead a drug-free life.

Namitha Suresh displayed her knowledge and awareness of the subject and secured the third position in the competition. Her impressive performance was recognized and appreciated by the College authorities and fellow volunteers. The NSS Unit at Sree Krishna College Guruvayur has been actively participating in such awareness campaigns and initiatives to create a drug-free society.

ESSAY WRITING COMPETITION

On October 24, 2022, Ardra Pradeep, a NSS Volunteer of Sree Krishna College Guruvayur, won a prize in the district-level essay writing competition conducted by the Pain & Palliative Care Society Thrissur. The competition aimed to create awareness among the public about the importance of palliative care and pain management for patients suffering from chronic illnesses. Ardra's essay highlighted the role of volunteers in providing support and care to patients in need. Her excellent writing skills and her understanding of the topic helped her to secure a prize in the competition. The NSS Unit of Sree Krishna College Guruvayur congratulated Ardra on her achievement and appreciated her efforts to spread awareness about this crucial issue.



WE ARE HONORED!!!

The NSS Unit 190 & 191 of Sree Krishna College has been praised for efforts in implementing the Annapoorna Project. In fact, our work was recently featured on the official Twitter account of NSS Govt. of India (@_NSSIndia). The tweet included a photo of the volunteers from The NSS Unit 190 & 191 of Sree Krishna College distributing food packets to homeless people. The tweet also highlighted the importance of the Annapoorna Project and encouraged other organizations and institutions to take up this initiative.



NSS India ✓
@_NSSIndia



NSS Volunteers of @nssskcgv
distributed 45 pack of lunch
pack to the homeless people as
part of #AnnaPoornaProject!
#26thOct2022 was also celebrated
as #GovardhanPooja throughout our
Nation featuring #Annakut.
@ianuragthakur
@NisithPramanik
@pankajsinghips
@YASMinistry
@nsstvm



11:21 am · 27 Oct 22

23 Retweets 1 Quote 34 Likes

SECOND-BEST ANTI-DRUG AWARENESS COLLEGE AWARD



On April 12, 2022, it was announced that The NSS Unit of Guruvayur Sree Krishna College has been selected as the second-best anti-drug awareness College in Thrissur district for the Sparsham 2021 initiative. Sparsham is an anti-drug campaign launched by the Excise Department of the Government of Kerala.

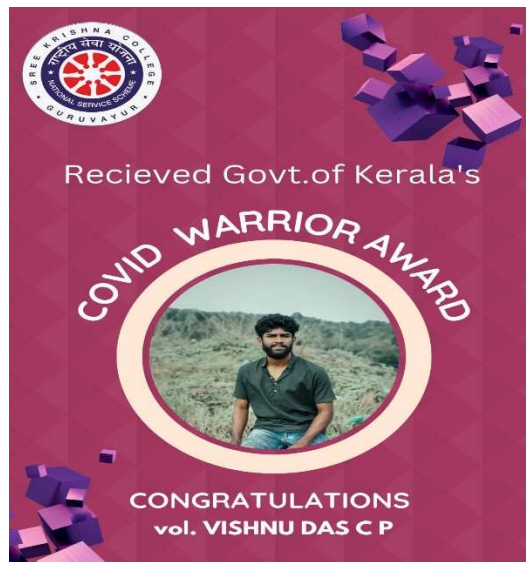
The Sparsham initiative aims to create a drug-free Kerala by promoting a healthy lifestyle and reducing the use of drugs and other harmful substances. The program encourages educational institutions to play a significant role in creating awareness and promoting a drug-free environment. The NSS Unit of Sree Krishna College is proud to have been recognized for their efforts in promoting anti-drug awareness and creating a drug-free environment. The unit remains committed to continuing their efforts in this direction and will strive to create a positive impact on the community in the future.

On November 14, 2022, The NSS Unit of Sree Krishna College Guruvayur received an award from the Higher Education Minister of Kerala, Dr. Bindu, for conducting the second-best anti-drug program in Thrissur district. The award was given at a ceremony held in Kozhikode and recognized The NSS Unit's efforts in raising awareness about the dangers of drug use.

The NSS Unit of Sree Krishna College Guruvayur has been actively involved in promoting anti-drug awareness among students and the local community. Through various campaigns and activities, the unit has been successful in educating people about the harmful effects of drug use and encouraging them to stay away from such substances. The award from the government of Kerala is a recognition of The NSS Unit's hard work and dedication towards creating a drug-free society. It is a proud moment for the College and The NSS Volunteers who have been working tirelessly towards this cause. The NSS Unit of Sree Krishna College Guruvayur is committed to continuing its efforts in promoting anti-drug awareness and working towards a better and healthier community.

COVID WARRIOR AWARD

Vishnu Das C P, a RRC Volunteer secretary and NSS Volunteer of Sree Krishna College Guruvayur, received the Covid Warrior Award from Dr Bindu, Higher Education Minister of Kerala on 14th November 2022 at Kozhikode. This award is a special recognition from the government of Kerala for the best Covid activities to help and heal the public during the pandemic.



Vishnu Das C P has been working tirelessly to assist those affected by the pandemic in his community. As a volunteer secretary, he has been actively involved in organizing relief camps, providing food and medical supplies to those in need, and raising awareness about the importance of following Covid protocols. He has also been involved in various Covid vaccination drives and has been instrumental in ensuring that as many people as possible receive the vaccine. His efforts have not gone unnoticed, and he has been recognized for his contributions with the Covid Warrior Award. This award is a testament to his dedication and hard work in helping his community during these challenging times.

Overall, Vishnu Das C P's work as a Covid warrior is truly commendable, and his recognition with this award is well-deserved. His efforts serve as an inspiration to others to step up and make a difference in their communities during these trying times.

PATRIOTIC SONG COMPTETION

NSS volunteer Anakha K from Sree Krishna College Guruvayur has won the first prize in the intercollegiate patriotic song competition held at Kozhikode. The competition was conducted by the Central Bureau of Communication, Ministry of Information & Broadcasting, Government of India, in connection with Azad Ki Amrit Mahotsav.

Anakha K's performance was well-received by the judges and the audience. Her rendition of the patriotic song filled with emotion and passion was a standout performance among the participants. The competition aimed to promote the spirit of patriotism among the youth and encourage them to express their love for the country through music.

The NSS Unit of Sree Krishna College Guruvayur congratulated Anakha K on her impressive achievement and acknowledged her dedication and hard work in preparing for the competition. The College is proud of Anakha K's accomplishment and is confident that she will continue to excel in her future endeavors.



PARTICIPATED IN NATIONAL YOUTH FESTIVAL

On December 30, 2022, Akhilesh N S, a NSS volunteer from Sree Krishna College Guruvayur, was selected to participate in the 26th National Youth Festival, 2023 to be held in Hubballi-Dharwad, Karnataka from January 12 to 16, 2023. The National Youth Festival is an annual event organized by the Ministry of Youth Affairs and Sports, Government of India. It aims to provide a platform for young people from different parts of the country to come together and showcase their skills, talents, and creativity. The festival will include a variety of events such as cultural performances, sports competitions, exhibitions, seminars, and workshops. Akhilesh N S was selected based on his excellent performance and contribution to the NSS activities. The NSS Unit of Sree Krishna College Guruvayur congratulates Akhilesh N S on his achievement and wishes him all the best for the National Youth Festival



PARTICIPATED IN NATIONAL INTEGRATION CAMP

NSS volunteer Athulnadh T has been selected to represent Kerala State at the National Integration Camp 2023 to be held in Burdwan, Kolkata from 18th to 4th February 2023. This is a proud moment for NSS Sree Krishna College to have one of their volunteers selected for such a prestigious event. As a volunteer, it is a great achievement for Athulnadh T to be given the opportunity to represent Kerala State and showcase the values and ideals of NSS. The National Integration Camp aims to foster a sense of national integration, communal harmony, and social awareness among the participants, and we wish Athulnadh T all the best in this endeavor.



DEPUTED AS CONTINGENT LEADER IN NIC

On 2023 January 24, it was announced that Dr. Midhun K S, an NSS Programme Officer of Sree Krishna College Guruvayur, has been selected and deputed as the Contingent Leader for the National Integration camp 2023 at Burdwan Kolkata from 18th to 4th February 2023, representing the state of

Kerala. This is a proud moment for The NSS Unit of Sree Krishna College Guruvayur as their Program Officer has been selected for such an important role. The National Integration camp is a platform for youth from all over the country to come together and promote national unity and brotherhood, and Dr. Midhun K S will be representing The NSS Unit and Kerala in this prestigious event. The NSS Unit of Sree Krishna College Guruvayur congratulates and wishes him all the best for the event.



16.POSTERS OF DAY OBSERVATION

75
 आजादी का
 अमृत महोत्सव
 NATIONAL SERVICE SCHEME UNIT 190 & 191
SREEKRISHNA COLLEGE GURUVAYUR
 (CALICUT UNIVERSITY)

JULY 27



**Dr. A P J ABDUL KALAM
 MEMORIAL DAY**



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75
 आजादी का
 अमृत महोत्सव
 NATIONAL SERVICE SCHEME UNIT 190 & 191
SREEKRISHNA COLLEGE GURUVAYUR
 (CALICUT UNIVERSITY)

JULY 26



KARGIL VIJAY DIVAS



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NATIONAL SERVICE SCHEME, UNIT 190&191
SREE KRISHNA COLLEGE, GURUVAYUR
 (Calicut University)

11 JULY

WORLD POPULATION DAY

Earth is our home; keep it clean, happy and less crowded

75
 आजादी का
 अमृत महोत्सव

facebook @nssskcgvr

SREEKRISHNA COLLEGE GURUVAYUR
 (CALICUT UNIVERSITY)
 NATIONAL SERVICE SCHEME UNIT 190&191

JUNE 26

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

Say no to drugs

facebook nssskcgvr

SREEKRISHNA COLLEGE GURUVAYUR
NATIONAL SERVICE SCHEME
UNIT 190&191

**OLYMPIC DAY
JUNE 23**

"The most important thing in the olympic Games is not winning but taking part, The essential thing in life is not Conquering but Fighting well".

nssskcgvr

sreekrishna college guruvayur
National service scheme unit 190&191
(University of Calicut)

**JUNE 23
UNITED NATIONS PUBLIC SERVICE DAY**

@nssskcgvr

Sreekrishna college, Guruvayur
National service scheme, unit 190&191
(University of Calicut)

June 21
WORLD MUSIC DAY

Love Yourself in the Sound of Music

5

SREE KRISHNA COLLEGE, GURUVAYUR
National Service Scheme unit 190&191
(University of Calicut)

14th June
WORLD BLOOD DONOR DAY

DONATE BLOOD. SAVE LIVES

nssskcgvr

NATIONAL SERVICE SCHEME, UNIT 190 & 191
SREEKRISHNA COLLEGE, GURUVAYUR

INTERNATIONAL ALBINISM AWARENESS DAY

June 13

Strength Beyond All Odds

@nssskcgvr

SREE KRISHNA COLLEGE, GURUVAYUR
National Service Scheme 190&191 units

WORLD ENVIRONMENT DAY

"Make the world a better place"

Sive

nssskcgvr

SREEKRISHNA COLLEGE GURUVAYUR
NATIONAL SERVICE SCHEME
UNIT 190&191

**MAY 22
INTERNATION DAY FOR
Biological Diversity**

nssskcgvr

SREE KRISHNA COLLEGE, GURUVAYUR
(UNIVERSITY OF CALICUT)
NATIONAL SERVICE SCHEME UNIT 190&191

**MAY 17
WORLD TELECOMMUNICATION AND INFORMATION SOCIETY DAY**

@nssskcgvr



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(UNIVERSITY OF CALICUT)
NATIONAL SERVICE SCHEME UNIT 190&191



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SREE KRISHNA COLLEGE, GURUVAYUR
(UNIVERSITY OF CALICUT)



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NATIONAL SERVICE SCHEME UNIT 190&191
SREE KRISHNA COLLEGE GURUVAYUR
(UNIVERSITY OF CALICUT)

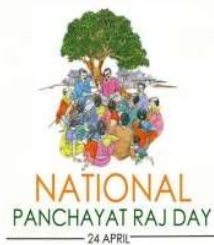


**"Athletics is not so much about the legs.
It's about the heart and mind."
— Eliud Kipchoge**

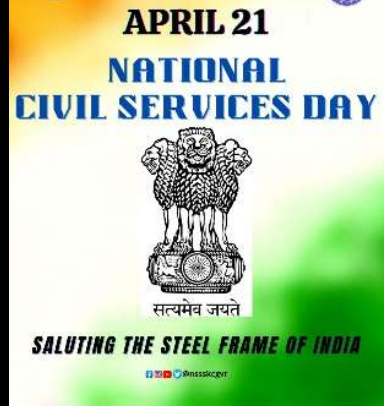
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NATIONAL SERVICE SCHEME
UNIT 190&191
SREEKRISHNA COLLEGE, GURUVAYUR
(UNIVERSITY OF CALICUT)



NATIONAL SERVICE SCHEME, UNIT 190&191
SREE KRISHNA COLLEGE, GURUVAYUR
(UNIVERSITY OF CALICUT)



NATIONAL SERVICE SCHEME UNIT 190&191
SREE KRISHNA COLLEGE, GURUVAYUR
(UNIVERSITY OF CALICUT)

*Bhim Rao Ambedkar
Remembrance Day
April-14*

nssscgvvr

NATIONAL SERVICE SCHEME, UNIT 190 & 191
SREE KRISHNA COLLEGE, GURUVAYUR
(University of Calicut)

**Green Auditing has been
successfully completed**

About 600 Trees are growing in
our Campus

GURUVAYUR, DEVASWOM

SREEKRISHNA COLLEGE, GURUVAYUR
NATIONAL SERVICE SCHEME UNIT 190&191

Remembering the martyrs who
laid down their lives on this day
in 1919
**JALLIANWALA BAGH
MASSACRE DAY**
13 th April

National service scheme unit 190&191
Sreekrishna college guruvayoor

**WORLD
HOMEOPATHY
DAY APRIL 10**

@NSSSKC GVR

NATIONAL SERVICE SCHEME UNIT 190 & 191
SREEKRISHNA COLLEGE GURUVAYUR
(UNIVERSITY OF CALICUT)

**August 29
NATIONAL
SPORTS
DAY**

SPORTS NOT ONLY BUILD BETTER ATHLETES
BUT ALSO BETTER PEOPLE

nssskcgvr

NATIONAL SERVICE SCHEME UNIT 190 & 191
SREEKRISHNA COLLEGE GURUVAYUR
(CALICUT UNIVERSITY)

**12TH AUGUST
WORLD ELEPHANT DAY**

"The biggest creature that lived a silent life
without having an innocent one the elephants!"

nssskcgvr

NATIONAL SERVICE
SCHEME, UNIT 190&191
SREEKRISHNA COLLEGE
GURUVAYUR

UNLESS WE PRACTICE CONSERVATION, THOSE WHO COME AFTER US
WILL HAVE TO PAY THE PRICE OF MISERY, DEGRADATION, AND FAILURE
FOR THE PROGRESS AND PROSPERITY OF OUR DAY.

**WORLD
NATURE
CONSERVATION
DAY**



nssskcgvr

75
आजादी का
अमृत महोत्सव

**15 August
Happy
INDEPENDENCE DAY**



NATIONAL SERVICE SCHEME UNIT 190 & 191
SREEKRISHNA COLLEGE GURUVAYUR
 (CALICUT UNIVERSITY)



SMALL INDUSTRY DAY

AUGUST 30

"THE SMALL THAT CAN MAKE A BIG CHANGE."



NATIONAL SERVICE SCHEME
 UNIT 190&191
SREE KRISHNA COLLEGE GURUVAYUR
 (CALICUT UNIVERSITY)



SEPTEMBER 21
WORLD ALZHEIMER'S DAY



"There is no substitute for the love of an Alzheimer's caregiver "



@nssskcgvr



NATIONAL SERVICE SCHEME UNIT 190 & 191
SREEKRISHNA COLLEGE GURUVAYUR
 (UNIVERSITY OF CALICUT)



"Women are the largest untapped reservoir of talent in the world".

nssskcgvr

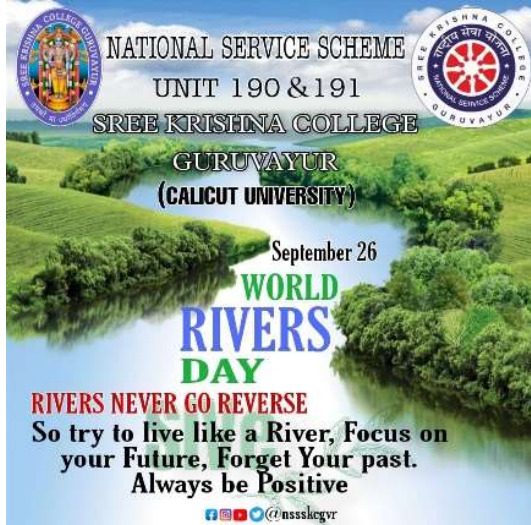


NATIONAL SERVICE SCHEME
 UNIT 190 & 191
SREE KRISHNA COLLEGE, GURUVAYUR
 (UNIVERSITY OF CALICUT)

SEPTEMBER 27
WORLD TOURISM DAY

Travel for humanity
For a better tomorrow and a brighter world
Travel For good

nssskcgvr



NATIONAL SERVICE SCHEME
 UNIT 190 & 191
SREE KRISHNA COLLEGE
GURUVAYUR
 (CALICUT UNIVERSITY)

September 26

WORLD RIVERS DAY

RIVERS NEVER GO REVERSE
 So try to live like a River, Focus on your Future, Forget Your past.
 Always be Positive

nssskcgvr



NATIONAL SERVICE SCHEME UNIT 190 & 191
SREEKRISHNA COLLEGE GURUVAYUR
 (CALICUT UNIVERSITY)

JULY 29

INTERNATIONAL TIGER DAY

nssskcgvr

NATIONAL SERVICE SCHEME UNIT 190 & 191
SREEKRISHNA COLLEGE GURUVAYUR (CALICUT UNIVERSITY)



September 21
INTERNATIONAL PEACE DAY

Peace can not be kept by force ;
it can be achieved by Understanding

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NATIONAL SERVICE SCHEME UNIT 190 & 191
SREEKRISHNA COLLEGE GURUVAYOOR (UNIVERSITY OF CALICUT)

Sept 26
WORLD ENVIRONMENTAL HEALTH DAY

Environment is no one's property to destroy;
it's everyone's responsibility to protect

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NATIONAL SERVICE SCHEME UNIT 190 & 191
Sree Krishna College Guruvayur (University of Calicut)

FEBRUARY 7



Safer Internet Day

'Together For A Better Internet'

@nssskcgvr @nssskcgvr

NATIONAL SERVICE SCHEME Unit 190&191
Sreekrishna college, Guruvayur (University of Calicut)

DECEMBER 11



INTERNATIONAL UNICEF DAY
'For every child'

"I can testify to what UNICEF means to children because I was among those who received food and medical relief right after World War II"
-Audrey Hepburn

@nssskcgvr @nssskcgvr

National Service Scheme (Unit 190&191)
Sree Krishna College, Guruvayur (University of Calicut)

"നിലവിലാക്കേണ്ടതും തുടരേണ്ടതും രാഷ്ട്രം തന്നെയാണ്. കർമ്മം താഴെ ഇരിക്കുമ്പോഴാണ് നമ്മളിലേക്ക് തന്നെയാണ്"

JANUARY 15
PALLIATIVE CARE DAY

You Are Not Alone
MY CARE My Right

Students Initiative in Palliative

NATIONAL SERVICE SCHEME UNIT 190,191
SREE KRISHNA COLLEGE GURUVAYUR (UNIVERSITY OF CALICUT)

FEBRUARY 11



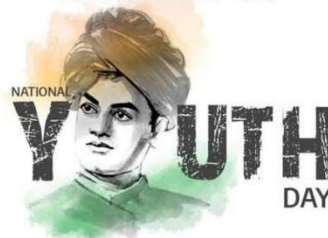
"Science is not a boy's game, it's not a girl's game. It's about where we are and where we are going"

@nssskcgvr



NATIONAL SERVICE SCHEME UNIT 190&191
SREE KRISHNA COLLEGE, GURUVAYUR (UNIVERSITY OF CALICUT)

JANUARY 12



विकसित युवा - विकसित भारत

"NOT ME BUT YOU"

@nssskcgvr



National Service Scheme
Unit 190 & 191
SREE KRISHNA COLLEGE, GURUVAYUR
(University of Calicut)

February 11
WORLD DAY OF SICK
"Let's pray for them"

f @ nssskcgvr

NATIONAL SERVICE SCHEME UNIT
190&191
SREEKRISHNA COLLEGE GURUVAYUR
(CALICUT UNIVERSITY)

NOVEMBER 14
**WORLD
Diabetes Day**
Love Life
and Fight

f @ nsssbqvr

National Service Scheme
Unit 190 & 191
SREE KRISHNA COLLEGE GURUVAYUR
(University of Calicut)

**INTERNATIONAL
MOUNTAIN DAY**
December 11

ADVENTURE
Capture the moment

Every mountain top is within reach if you
just keep climbing

f @ nssskcgvr

National Service Scheme
Unit 190&191
Sreekrishna College Guruvayur
(University of Calicut)

75
Azadi Ka
Amrit Mahotsav

SALUTING HIS EFFORTS TO BUILDING
INDIA AS A ONE COUNTRY
एक भारत, श्रेष्ठ भारत.

राष्ट्रीय
एकता
दिवस

**NATIONAL
DAY OF
UNITY**

31st October
2022

Taking pledge for
Rashtriya Ekta Diwas
Time: 3:30 PM
@NSS Office

Run for Unity
by NSS Volunteers
Time : 11:30 AM
from college campus
to Pannisseriy

NATIONAL SERVICE SCHEME
UNIT 190&191
SREEKRISHNA COLLEGE GURUVAYUR
(UNIVERSITY OF CALICUT)

8 October
INDIAN AIR FORCE DAY
OUR FLAG WAVING IN THE AIR IS THE SYMBOL OF OUR PRIDE.
JAI HIND!!

f @ nssskcgvr

NATIONAL SERVICE SCHEME
UNIT 190&191
SREEKRISHNA COLLEGE GURUVAYUR
(UNIVERSITY OF CALICUT)

WORLD HOSPICE AND PALLIATIVE CARE DAY

October 8

**HEALING HEARTS
AND
COMMUNITIES**

f @ nssskcgvr

NATIONAL SERVICE SCHEME
UNIT 190&191
SREE KRISHNA COLLEGE GURUVAYUR
(UNIVERSITY OF CALICUT)

FEBRUARY 10

**NATIONAL
DEWORMING
DAY**

'TAKE A STEP TO MAKE EVERY CHILD
IN THE COUNTRY WORM FREE'

f @ nssskcgvr



National service scheme
 Unit 190&191
 Sreekrishna college, Gurusvayoor
 (University of Calicut)
Children's Day



"Every child is a different kind of flower, and all together, they make this world a beautiful garden"



November 14

@nssskcgvr



NATIONAL SERVICE SCHEME
 UNIT 190&191
 SREEKRISHNA COLLEGE GURUVAYOOR
 (UNIVERSITY OF CALICUT)



"HERE'S TO THANKING ANESTHESIA FOR LETTING US GET TREATED WITHOUT FEELING THE PAIN"

@nssskcgvr



NATIONAL SERVICE SCHEME
 UNIT 190 & 191
 SREE KRISHNA COLLEGE, GURUVAYOOR
 (CALICUT UNIVERSITY)



NATIONAL SERVICE SCHEME, UNIT 190&191
 SREE KRISHNA COLLEGE, GURUVAYOOR
 (UNIVERSITY OF CALICUT)



OCTOBER 16 - WORLD FOOD DAY



"If you can't feed a hundred people, then feed just one" - Mother Teresa

@nssskcgvr



NOVEMBER 07

NATIONAL CANCER AWARENESS DAY



@nssskcgvr

17. CONCLUSION

NSS Sree Krishna College Guruvayur is actively involved in various social and community development activities in the Kandanassery Local Body of Thrissur. The NSS team has been actively engaged in promoting sustainable development and awareness programs in the participated village. This report highlights the various activities undertaken by the NSS team in the year 2022-2023.

Palmyra Sapling for Sustainable Development:

The NSS team has distributed Palmyra saplings to promote sustainable development in the participated village. The Palmyra sapling is considered an essential plant for environmental protection, as it helps in reducing air pollution and soil erosion.

Distribution of Cotton Bags for Plastic-Free Village:

The NSS team has also distributed cotton bags to the villagers to promote a plastic-free environment. The use of cotton bags instead of plastic bags will help reduce plastic pollution in the village.

Note Book and Stationery Distribution:

The NSS team has distributed notebooks and stationery items to school children living in the panchayat. This initiative aims to support the education of underprivileged children and promote education for all.

Vegetable Seeds Distribution:

The NSS team has distributed vegetable seeds to 100 families in the participated village to promote organic farming. This initiative aims to encourage the use of organic farming methods, which are environmentally friendly and sustainable.

Pepper Vines Distribution:

The NSS team has also distributed pepper vines to 100 families in the participated village to promote farming and sustainable development. Pepper vines are considered a valuable crop for farmers as they have high demand in the market.

Sanitary Lotion Distribution:

The NSS team has distributed different types of low-cost sanitary lotions to poor families in the village. This initiative aims to promote hygiene and health in the community.

Food Packet Distribution:

The NSS team has distributed 850 food packets to needy families in the participated village. This initiative aims to support the underprivileged families during difficult times.

Summer Season Awareness Program:

The NSS team has conducted an awareness program for the elderly in the village to make them aware of the precautions they need to take during the summer season. This initiative aims to prevent heat-related health problems among the elderly in the community.

Eye Test Camp:

The NSS team has conducted a free eye test camp for the villagers. More than 400 people were tested for their vision, and those who needed glasses were provided with free glasses

Blood Donation Camp:

The NSS team has also conducted a blood donation camp in the participated village. This initiative aims to create awareness about the importance of blood donation and encourage people to donate blood.

Anganwadi Students Support:

The NSS team has distributed chocolates and books to Anganwadi students to encourage their education and promote the welfare of the underprivileged children in the village.

Anti-Drugs Awareness Program:

The NSS team has also conducted an awareness program on anti-drugs. This initiative aims to create awareness among the youth about the harmful effects of drugs and prevent drug addiction in the village.

Conclusion:

In conclusion, the NSS team of Sree Krishna College Guruvayur has played an active role in promoting sustainable development and community development activities in the participated village. The various initiatives undertaken by the NSS team have had a positive impact on the villagers, promoting education, health, and hygiene, and environmental protection. The NSS team deserves appreciation for their dedication and hard work in making a significant contribution to the welfare of the participated village.

NOT ME, BUT YOU

The National Service Scheme is a Prominent Youth Organization in India, Under the ministry of Youth affairs and Sports, Presently working with a strength over 3.8 Million Youth in Various Universities, College and Institutions in India

JOIN WITH US AND SERVICE TOGETHER FOR NATION

