



MAR ATHANASIUS COLLEGE KOTHAMANGALAM

NATIONAL SERVICE SCHEME

UNIT NO: 24

REPORT: 2020 - 2021

21-04-2020

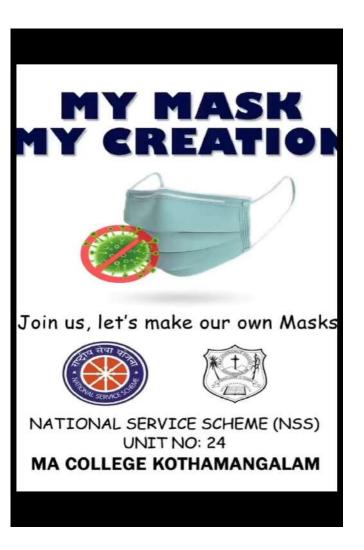
I-GOT ONLTRAINING PROGRAMME

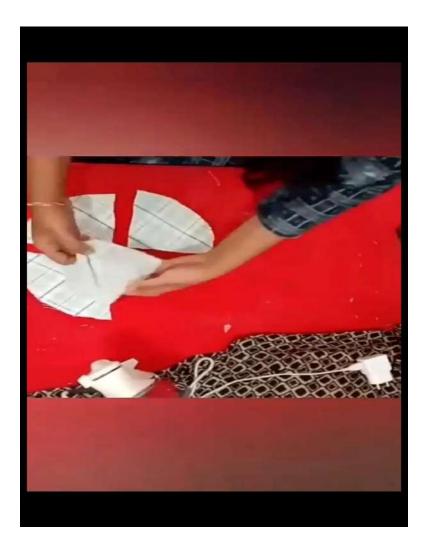
On 21-04-2020, under the guidance of Ministry Youth Affairs and Sports, the National Service Scheme Unit no:24 of Mar Athanasius College, Kothamangalam conducted a Covid-19 awareness class through the online platforms- google meet and youtube. The volunteers successfully completed the online awareness class which contained nine videos for better understanding. The programme concluded with the distribution of e-certificates to all volunteers.

05-05-2020

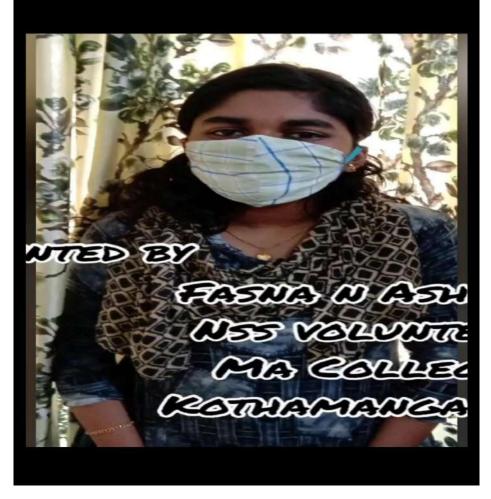
MASK MAKING

Due to the rapid spreading of the corona virus and the increasing demand for masks for protection, NSS volunteers [Unit no:24] conducted a mask making session. The session was shared in public through video on 05-05-2020, to help others learn the craft of mask making and become self-sufficient at a time pf pandemic.









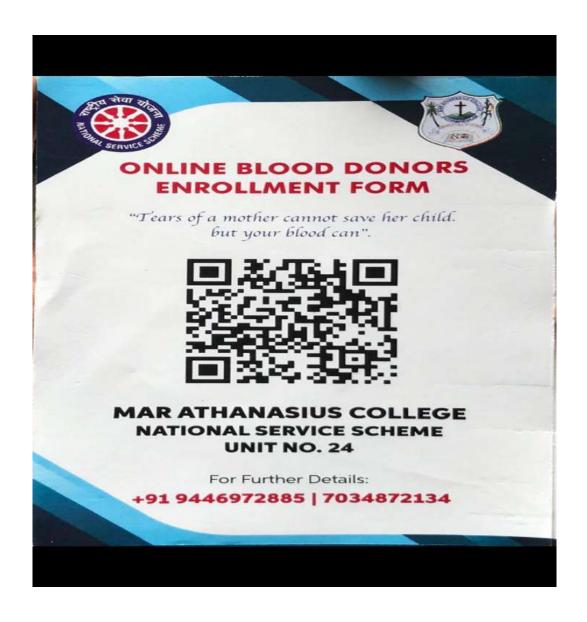
PLANT A TREE, PLANT A VOLUNTEER.

In accordance with the World Environment Day, on 05-06-2020, NSS volunteers [Unit no:24] conducted "PLANT A TREE, PLANT A VOLUNTEER" programme. All the volunteers enthusiastically became a part of this programme by planting at least one sapling in their own household surroundings.



BLOOD DONORS FORM

On 14-06-2020, in accordance with World Blood Donation Day, NSS Unit no:24 of Mar Athanasius College, Kothamangalam collected data of people who were ready to be blood donors. The donors data was collected through google form including detailed information about the donors. The collected data was and is being used for the fast availability of blood for the people in need and in case of emergencies.



WORLD YOGA DAY

On 21-06-2021,NSS Unit no:24 of Mar Athanasius College, Kothamangalam conducted a Yoga session which started at 6'o clock in the morning in accordance with World Yoga Day. A video was made from the pictures provided by the participants of the Yoga session and handed over the video to the programme officer.





COVID KIT

On 23-06-2020 NSS volunteers of Mar Athanasius College, arrived at the college for the production of sanitizer, soap, powder, liquid dish wash, bathroom cleaner, mask, hand wash etc, Rs.3000was spend on buying the required raw materials for the production and about 30 kits were produced in 2 days for distribution.





AWARENESS WEBINAR ON THE DANGERS OF DRUG USAGE

In accordance with the Anti-narcotic Day, NSS volunteers of Unit no:24, Mar Athanasius College conducted an awareness webinar on the dangers of drug use on 26-06-2020. The webinar was under the guidance of mrs. Shalini George, the creative consultant and advisory board member of Project VENDA. Drug abuse, increased drug usage among teenagers and college students and after effects of drug use were some of the major topics of the Webinar. The webinar provided very effective and useful information to students.





SOCIAL MEDIA DAY

NSS Unit no:24 of Mar Athanasius College conducted an online essay writing Competition in accordance with Social Media Day on 30-06-2020. The winners were decided by the judges and prizes were distributed accordingly.



PROMOTIONAL PROGRAMME

On 16-07-2020, the multi-national food and drink producing company, NESTLE conducts a promotional programme for their new product, MILO at Mar Athanasius college, Kothamangalam. During that session, the new product was distributed free of charge to the teachers, staffs and NSS volunteers of the college.



MOBILE PHONE DISTRIBUTION

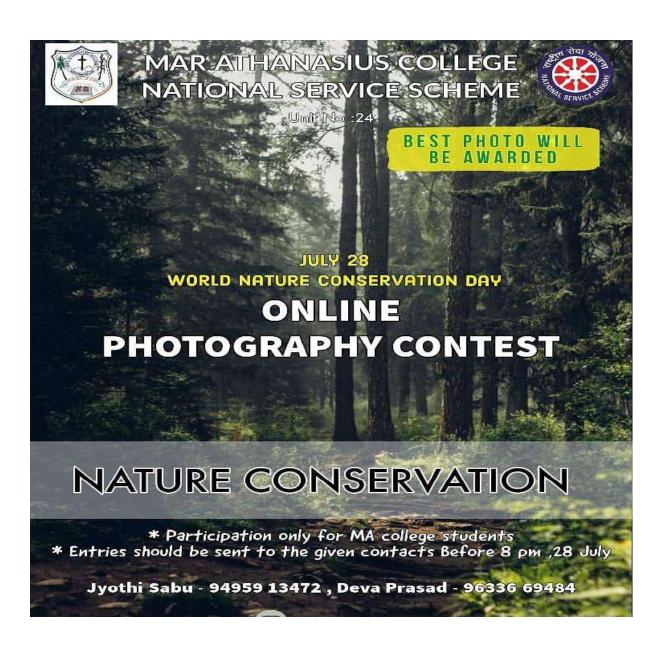
NSS unit no:24 distributed 10 smart phones to poor students in our college funded by M A college Association. In this pandemic situation, whole education system functioned through online. It helps some of our students to attend the class properly.





WORLD NATURE CONSERVATION DAY

On July 28, under Environment Protection Act, NSS unit no:24 of Mar Athanasius College conducted a photography competition. Several students participated and prizes were distributed to the winners.



10 RUPEES CHALLENGE

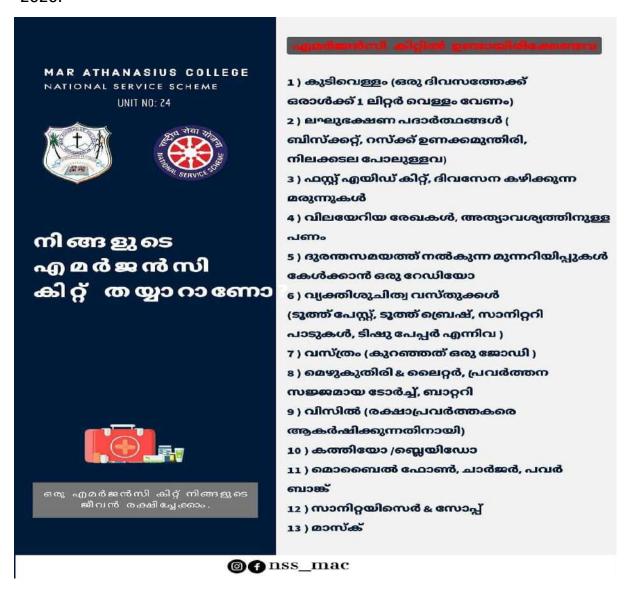
First Line Treatment Centre is the one of the most actively participating centre in Kerala, as an aim to help[covid-19 patients and people who are in quarantine. National Service Scheme Unit no:24 of Mar Athanasius College, came forward. For that, a programme named 10 rupees challenge was conducted, through that some amount was received. Antiseptic and similar equipments were bought and given to Kothamangalam Health Inspector- Jaya Prakash and Thalook Hospital superintendent Dr.Anjali N U on 29-07-2020.





EMERGENCY KIT

As a caution for flood threat National Service Scheme Unit no:24 of Mar Athanasius College published a poster including the list of necessary items for flood centres, on social media which is required in [Emergency Kit] on 10-08-2020.



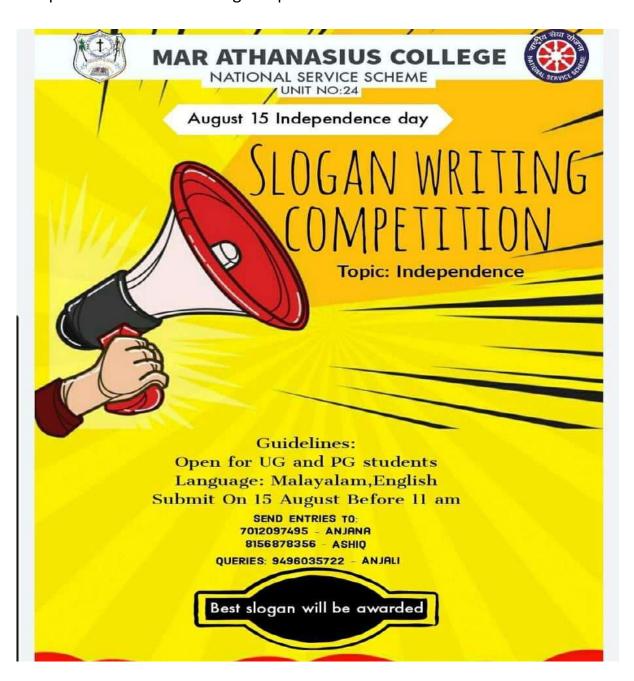
INDEPENDENCE DAY

As a part of Independence Day, August 15, National Service Scheme Unit no:24 of Mar Athanasius College conducted Independence Day quiz programme with the associate of Department of History. Winners were choosen by judges and given prizes.



SLOGAN WRITING COMPETITION

As a part of Independence day, August 15, National Service Scheme Unit no:24 of Mar Athanasius College, Kothamangalam conducted 'Slogan writing competition'. Winners were given prize.



WORLD HUMANITARIAN DAY

The NSS unit no:24 of Mar Athanasius college conducted caption writing competition on 19-08-2020 as part of the World Humanitarian Day. Prizes were awarded to the winning contestant.



CAPTION WRITING COMPETITION



ONAM

On the occasion of Onam on 31-08-2020 on the recommendation of Mar Athanasius college NSS unit essential items were handed over to st. Joseph assylum.



05-09-2020

TEACHER'S DAY

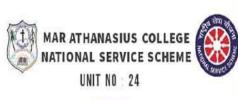
On the occasion of world teacher's day September 5th 2020, Mar Athanasius college NSS unit no:24 organised a commemorative competition. The competition was to share the memories of most influencial teachers in life. prize were awarded to the winning contestant.



29-09-2020

STUDENT EMPOWERMENT PROGRAMME

Awareness session was organized by NSS volunteers of Mar Athanasius college, under the Fourth Wave Foundation Project VENDA. The class was via zoom app on 29-09-2020. Mrs. Shalini George, Ms. Namitha Johnson, Ms. Neenu Mathew, mr.Roshan Kunjachan and Mr. Jijin lead the class. The volunteers got a very useful class on student empowerment.

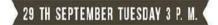




Fourth Wave Foundation PROJECT VENDA



TOPIC: STUDENT EMPOWERMENT
FOR ALL NSS VOLUNTEERS







RESOURCE PERSONS

SHALINI GEORGE

(Creative Consultant And Advisory Board Member Of Project VENDA)

NAMITHA JOHNSON

(PROJECT VENDA CATALYST)

· NEENU MATHEW

(PROJECT VENDA CATALYST)

· ROSHAN KUNJACHAN

(PROJECT VENDA CATALYST)

· JUIN. S

(PROJECT VENDA CATALYST)

JOIN THE CLASS VIA ZOOM APP

10-09-2020

SUICIDE PREVENTION DAY

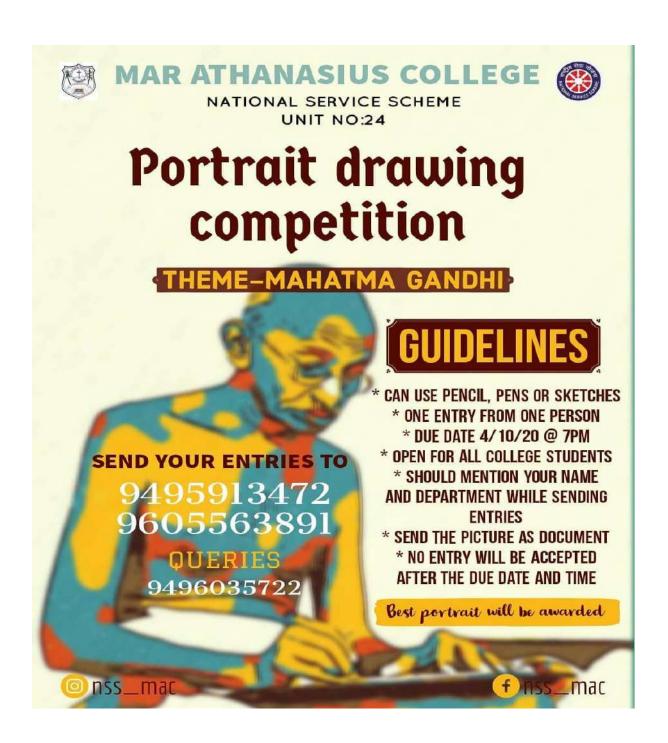
As part of "world suicide prevention day" on 10-09-2020, Mar Athanasius college NSS unit no:24 organized an awareness session on the growing number of suicides among young people and how to prevent them. Dr. Viji k Ramakrishnan professional councillor M A engineering college conducted the class via google meet.



02-10-2020

GANDHI JAYANTHI DAY

In connection with the Gandhi Jayanthi Day on October 2, Mar Athanasius college NSS unit conducted a portrait drawing competition on the topic of 'Mahatma Gandhiji'. Prizes were given to the winning contestant.



02-10-2020

GANDHI JAYANTHI DAY

Kothamangalam Mar Athanasius college NSS unit celebrated service day on October 2 in connection with 'Gandhi Jayanthi' day. NSS volunteers made pictures pf cleaning the house and surroundings in college form.

October 2 CANDHI JAYANTI CONDINI EL ENTRE EL E



08-10-2020

COVID-19 OATH

NSS volunteers of Mar Athanasius college Kothamangalam took an oath against Covid-19 on 08-10-2020 and also took pictures and made in a college form.



MAR ATHANASIUS COLLEGE



National Service Scheme Unit No :24

Covid Pledge



17-11-2020 – 26-11-2020

NSS volunteers of Mar Athanasius college, Kothamangalam unit no:24 came together and decorated the walls of Kothamangalam Town U.P school with beautiful wall paintings. The wall painting were entirely done by the volunteers from 17-11-2020 – 26-11-2020. The programme was under the guidance of programme officers Dr. Alphonsa C A and Dr. Jani Chungath, and volunteer secretaries, Ashik Muhammed and Jyothi Sabu.





WORLD AIDS DAY

In connection with World Aids Day, Mar Athanasius college NSS unit no:24 conducted poster making Competition on the topic of 'AIDS awareness among youth'. prize were awarded to the winning contestant.



NATIONAL POLLUTION CONTROL DAY

In connection with National Pollution control Day, the volunteers of Mar Athanasius College NSS unit no:24 collected the plastic wastes which was thrown around the home and surroundings and utilized effectively. Every students participated and the project was successful.



Unit No :24



NATIONAL POLLUTION CONTROL DAY



INTERNATIONAL DAY FOR DISABLED PERSONS

In connection with world disabled persons day, the disabled children presented a video and testified with their brilliant ability that "WE ARE NOT DISABLED, WE ARE DIFFERENTLY ABLED".





INTERNATIONAL DAY FOR VOLUNTEERS

International day for volunteers, a day that every NSS volunteers are proud of such daily rituals are very helpful to make the youth understand the greatness of the services. With the motto "SERVICE TO OTHERS IS THE RENT YOU PAY FOT YOUR ROOMS HERE ON EARTH", the NSS volunteers of Mar Athanasius college celebrated this day.



MAR ATHANASIUS COLLEGE NATIONAL SERVICE SCHEME

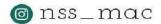


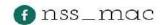
UNIT NO:24



5th December International day for VOLUNTEERS

""Service to others is the rent you pay for your room here on Earth"





07-12-2020 - 12-12-2020

CHRISTMAS KIT

To make the Christmas celebration more beautiful, NSS volunteers of Mar Athanasius College made many decorated items and distributed among teachers and nonteaching staffs as Christmas kit. They Collected money and contributed to charity fund. It was led by programme officers Dr. Jani Chungath, Dr. Alphonsa C A volunteer secretaries Ashik Muhammed, Jyothi Sabu



NSS volunteers of Mar Athanasius college, visited Thankalam Vikas orphanage on the Christmas day. They spend the day interacting with the beautiful souls of the orphanage and there were performances held by the volunteers which includes dances, songs etc to celebrate Christmas. Christmas cards and sweets also distributed among the children by the volunteers which marked the end of that day.







15-01-2021

ORGANIC FARMING

NSS unit no:24 conducted organic farming from January 15 to January 18 as a part of reducing the use of fertilisers. Ten students participated for the same. Tapioca was cultivated mainly. College plot was used for farming.

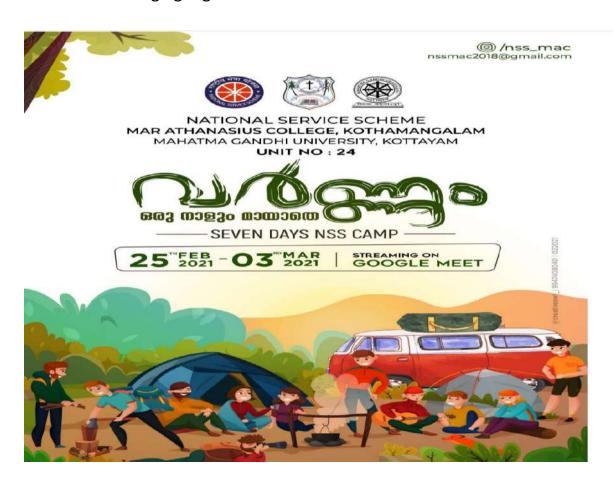


VARNAM

SEVEN DAYS NSS CAMP

25-02-2021 - 03-03-2021

NSS unit no:24 M A college has organised 7 days special camp called VARNAM. Camp started at 25th February and ends at 03rd March 2021. Camp Was conducted through google meet.



INAUGURATION AND ICE BREAKING SESSION

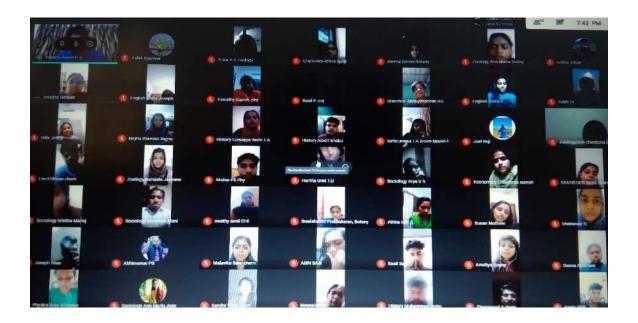
The inauguration programme starts at 04.30 pm. Camp was inaugurated by Dr. Shanti A Avirah, principal, M A college, Kothamangalam.

Ice breaking session was inaugurated by Dr. Jani Chungath NSS programme officer, M A college. The session starts at 7.30 pm which was lead by Sanju P Cherian, assistant professor Saintgits College of applied science.



A JOURNEY THROUGH NSS

The second day of NSS special camp starts at 7.30 am with assembly. The volunteers attended yoga class online through google meet. The yoga class was lead by Vignesh R Nambiar. At 10 am to 12 pm the volunteers made face mask by themselves . Each volunteer made 5 mask per day. We distribute the mask to needy people in and around the college. Sri. Francis Xavier who was the ex. Programme officer , Assistant professor, Department of Physics , MA College who share his experience "A Journey Through NSS". The programme ended at 5 pm. And the cultural programmes starts at 7pm and ends at 8 pm.



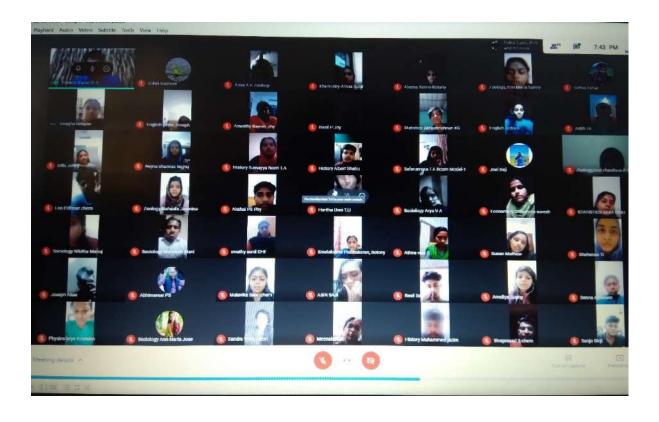
AWARENESS SESSION ON COVID-19

The 3rd day of NSS special camp starts at 7 am with assembly. Listed volunteers presented the NSS report and experiences of previous day. The volunteers attended online exercise session at 8 am. At 10 am to 12 pm volunteers cleaned their house and surroundings. Dr. A B Vincent MD, consultant- general medicine Govt. PVS covid apex treatment centre, Kaloor, Ernakulam and consultant- general medicine general hospital, Muvattupuzha who takes the awareness session on "COVID-19". The session ended at 4 pm. And the cultural programme starts at 7 pm and ends at 8 pm.



LEADERSHIP IN YOU

The 4 th day starts with assembly and yoga and a leadership programme was held on 10 am to 12 pm which was lead by Dr Babu Sankar Assistant professor St. joseph college of Engineering and Technology Pala . After the class the volunteers conducted covid -19 prevention survey. Cultural programs starts at 7pm and ends at 8 pm.



01-03-2021

STUDENT EMPOWERMENT PROGRAMME

The 5 th day of the camp starts with the assembly and exercise. From 10 am to 12 pm basket making session was conducted . from 3 pm to 5 pm students empowerment programme by PROJECT VENDA CATALYSTS. Cultural programmes were conducted from 7 pm to 8 pm.



02-03-2021

NEW ENERGY SOURCES AND ENVIRONMENT

The 6th day of the camp starts with the assembly and yoga . on 10 am we conducted a tressure hunt and ends on 12 pm . on 3 pm NEW ENERGY SOURCES AND ENVIRONMENT was taken by CT AJITH KUMAR Associate fellow and head of the energy division of IRTC [retired] state programme manager of ANERT Kerala.



03-03-2021

END OF THE SPECIAL CAMP

The last day of the special camp was held on March 3 2021. The valedictory function starts at 9 am. The welcome was delivered by Ashik Muhammed NSS volunteer secretary, M A college, Kothamangalam. Dr. Shanti A Avirah, Principal of M A college, Kothamangalam, Dr. Jani Chungath, NSS programme officer, M A college, Kothamangalam, Dr. Alphonsa C A, NSS programme officer, M A college, Kothamangalam, they delivered their remarks on special camp. The function ends with vote of thanks by Jyothi Sabu, NSS volunteer secretary, M A college, Kothamangalam.

