

# National Service Scheme

MAR ATHANASIUS COLLEGE

UNIT NO:24

## ***REPORT OF ACTIVITIES 2021-2022***

### **Programme Officers**

*Dr. Jani Chungath, Dept.of History*

*Dr. Alphonsa C.A, Dept of English*

### ***Volunteer Secretaries***

*Nithin Mohanan, II BA Hindi*

*Sumayya Beevi , II BA History*

“NOT ME, BUT YOU.”

## SIGNIFICANT ACTIVITIES OF NSS ,2020-2021

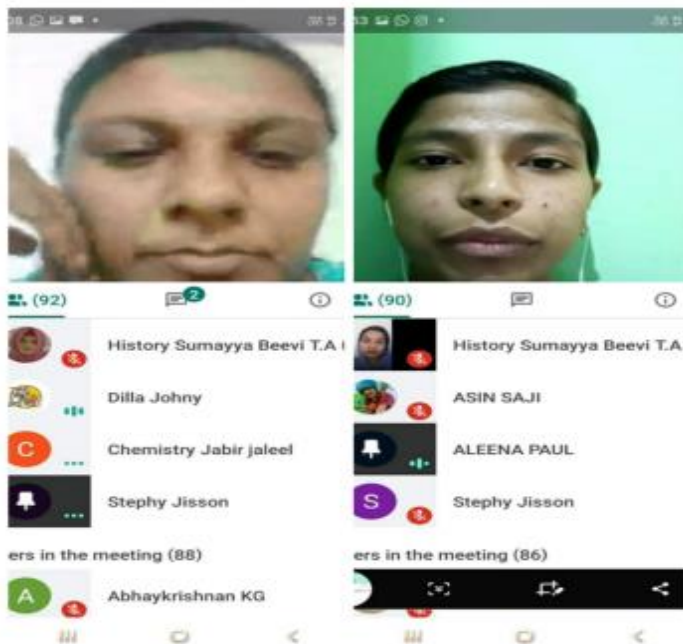
SL.NO	DATE	ACTIVITY
1	12-05-2021	International Nurses day Celebration
2	31-05-2021	Anti-tobacco Day Programme
3	01-06-2021 To 05-06-2021	Week for Nature-AURA
4	07-06-2021	Drugs Awareness Class
5	19-06-2021	National Reading Day Celebration
6	21-06-2021	International Yoga Day Programme
7	08-07-2021	Smartphone Distribution
8	01-08-2021	Friendship Day Celebration
9	04-08-2021	Hiroshima Day Programmes
10	08-08-2021	Quit India Day Online Quiz
11	12-08-2021	International Youth Day Programme
12	15-08-2021	Independence Day Celebration
13	20-08-2021	Onam Kit Distribution
14	02-10-2021	Fit India Run, Cleaning Challenge
15	14-10-2021	Operation Blackboard Began
16	29-10-2021	Visit at Krishnankutty's House
18	01-11-2021	Human Chain Formation
19	19-11-2021	“Kaithang”– Food distribution
20	20-11-2021	“Mess Free” Campaign Began

21	22-11-2021	Initiated “Snehakaram”- Lunch distribution
22	30-11-2021	Cleanse Campaign Began
23	01-12-2021	Class on Medicinal Plants
24	04-12-2021	Hair Donation Camp
25	14-12-2021	Energy Conservation Awareness Rally
26	16-12-2021	Cake Fiesta- Cake sale Clothing Drive
27	17-12-2021	Medicinal Garden
28	23-12-2021 To 29-12-2021	NSS Seven Day Camp
29	29-01-2022	Orientation Class-Maintenance and Welfare of Parents and Senior Citizens Act, 2007
30	22-01-2022	Bag Distribution
31	13-03-2022	“Fight Back” – Self defence training
32	18-03-2022	Smiling Competition
33	22-03-2022	Thattekad Forest Visit
34	31-03-2022	Blood Donation Camp- “Red Dawn”
35	01-04-2022	“MIMO”- Mime on Importance of water

# MAY

## May 12-INTERNATIONAL NURSES DAY SESSION

The pandemic has made us realise the importance of medical staff and the difficulties they go through. In relation with International Nurses Day, NSS Unit No:24 of Mar Athanasius College arranged an interactive session with nurses who are at the front in this gruesome fight against Covid-19. The speakers of the event were Mrs. Stephy Jisson, nurse at Little Flower Hospital, Angamali and Shri.Aleena Paul, tutor at Fathima Matha College. The event was an eye opening one as it gave the volunteers an inside view on the lives of nurses and the adversities they have to face in their work. The session was conducted from 10.30 am to 11.30 am via google meet.



## May 31-ANTI TOBACCO DAY PROGRAMME

In relation with Anti-Tobacco Day, NSS Unit No:24 of Mar Athanasius College conducted a Student Empowerment Program in association with the 'Project Venda'. The session was headed by the catalysts or speakers of the Fourth Wave Foundation Project Venda. The session focused on the increased usage of tobacco among students and youngsters and how it can be mitigated. It provided information on the reasons and markers of tobacco addiction, how to keep away from tobacco and how we can help our peers to get better. The session arranged on 31-05-2021 started at 11.30 and concluded by 12.30pm with a Q&A session.

# JUNE

## June 1-5: AURA, A WEEK FOR NATURE

NSS Unit No:24 of Mar Athanasius College arranged a one-week programme in association with the World Environment Day on June 5 (Environment Week Celebration) to celebrate our Mother Nature. The event started at June 1 and concluded on June 5, World Environment Day. Throughout the week all the volunteers wholeheartedly participated in all the programmes.

### June 1- "GLIMPSES OF NATURE"

On 01-06-2021, day 1 of Environment week celebration, all of the NSS volunteers took part in 'GLIMPSES OF NATURE'. It was an opportunity for volunteers to share the pictures of things they found intriguing and beautiful in nature. With the pictures collected, a collage of environment from the volunteer's view was formed. The vast variety of pictures and vivid colors reminded us of the complexity of nature.



### **June2 - "INSIGHT"**

On 02-06-2021, day 2 of Environment week celebration, NSS Unit No:24 launched an awareness video about the dangers humans are putting the nature through. The awareness video was made by the NSS volunteers and circulated in the all the NSS social media platforms which attracted a large amount of audience. It gave the viewers an insight on how our actions have an impact on nature and how nature retaliates.

### **June3- "ORIENTATION CLASS"**

On 03-06-2021, day 3 of Environment week celebration, NSS Unit No:24 organised an awareness class on 'Rainy Season Diseases and their Prevention Methods'. The class was led by Sr.Dr.Hitha CMC (BHMS Darshana Homeo Clinic, Kothamangalam). The class was highly educative and informative to the volunteers and the interactive session helped to clear doubts. The session started by 3.30pm and ended at 4.30 pm.



### **June4- "MISSION HYGIEIA"**

On 04-06-2021, day 4 of Environment week celebration, all the NSS volunteers took part in 'MISSION HYGIEIA' which aimed at keeping your home and surroundings clean. The volunteers cleaned and tidied up their surroundings to make the nature waste-free. The pictures of the cleaning process were collected to encourage future endeavours.



**June5- “TO MAMA WITH LOVE”**

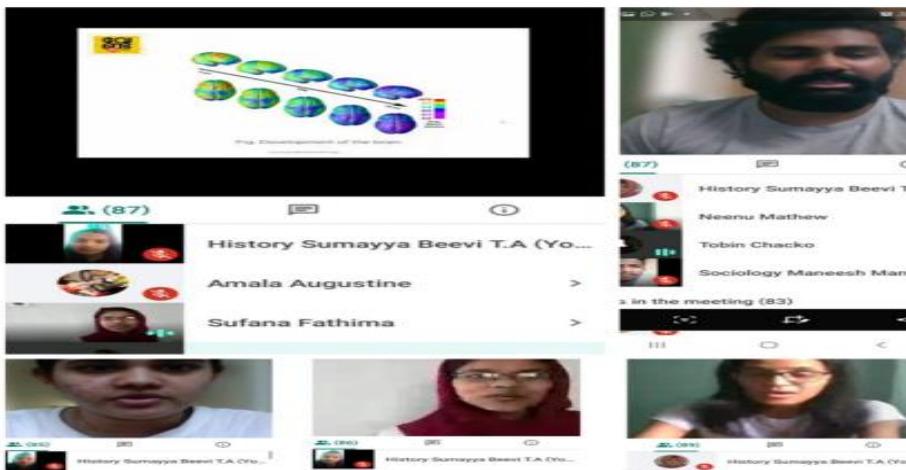
05-06-2021 marked the last day of NSS Unit No:24’s Environmental week celebration. On World Environment Day the volunteers participated in the programme, “TO MAMA WITH LOVE”-A sapling for the future by the volunteers. Each of the volunteers planted a sapling in their neighbourhood as a gift to nature. It was an opportunity to connect with nature and express our gratitude for all that we are given from nature.



'LET'S NURURE OUR NATURE, SO THAT WE CAN HAVE A BETTER FUTURE'

### June 7-ORIENTATION CLASS BY 'SAKSHI'

On 07-06-2021, an orientation class on the topic, POSCO ACT 2012 AND GENDER EQUALITY was conducted by the initiative of NSS volunteers of Mar Athanasius College, Unit No:24. The program was led by the SAKSHI Organisation (Equality is inclusiveness). The resource person and speaker of the class was Mrs. Adithi, Chief speaker of Sakshi Organisation. It was an enlightening experience for all the volunteers as it gave insight on the level of child sexual abuse in our country, it's reasons, how the law protects and fails to protect child abuse victims, how we can help and gender equality. The event started at 3pm and concluded by 5pm. By the end of the class there was an interactive session where the volunteers could raise questions and quench their queries.



### June 19-NATIONAL READING DAY CELEBRATION

On 19-06-2021, Unit No:24 of NSS, Mar Athanasius College celebrated National Reading Day among the volunteers. All volunteers went through their books and shared the picture of them reading their favorite book. It was an opportunity for volunteers to reminisce about their favorite literary work and the program was a success due to full participation.





**June 21-INTERNATIONAL YOGA DAY**

On 21-06-2021, NSS volunteers of Unit No:24 of Mar Athanasius College celebrated International Yoga Day by performing yoga in the morning. It was a relaxing experience for all the volunteers and the pictures of volunteers doing yoga was collected to remember the event. The event was a success with the participation of all volunteers.



# JULY

## July 8-SMARTPHONE DISTRIBUTION

The NSS Unit No:24 of Mar Athanasius College arranged a Save Chellanam fundraiser as a '10 Rupees Challenge' to help the people in need at Chellanam. Through the programme some amount was collected. The pandemic has adversely affected the education of vast number of students from poor backgrounds due to lack of smartphones to attend online classes. After consultation with the Chellanam panchayat president, the volunteers decided to provide a smart phone with the amount accumulated through the challenge. On 08-07-2021, NSS volunteers handed over a smartphone to two students who are sisters for study purposes.



# AUGUST

## August 1-FRIENDSHIP DAY CELEBRATION

On 01-08-2021, Sunday, under the guidance of NSS Unit No:24 of MA College international friendship day was celebrated. The programme was titled 'The Golden Memories' which started at 1.00pm through google meet, that provided a space for NSS volunteers to share their memories and experiences on friendship and it concluded with the cultural programme by the volunteers. Programme officers, Jani Chungath and Dr.Alphonsa C.A,Ex volunteer secretaries, Ashik Basheer and Jyothi Sabu, and super senior volunteers were also present. The programme concluded by the remarks from volunteer secretaries, Nithin Mohanan and Sumayya Beevi and vote of thanks by 2.00pm.



### August 4-HIROSHIMA DAY COMPETITIONS

On 04-08-2021 NSS Unit No:24 conducted an 'Origami making competition' for the college students in connection with the upcoming Hiroshima Day. Along with that NSS Unit in collaboration with the History Department of MA College conducted a 'Poster making competition'. The competitions were conducted over the span of two days and results were announced on August 6, Hiroshima Day.

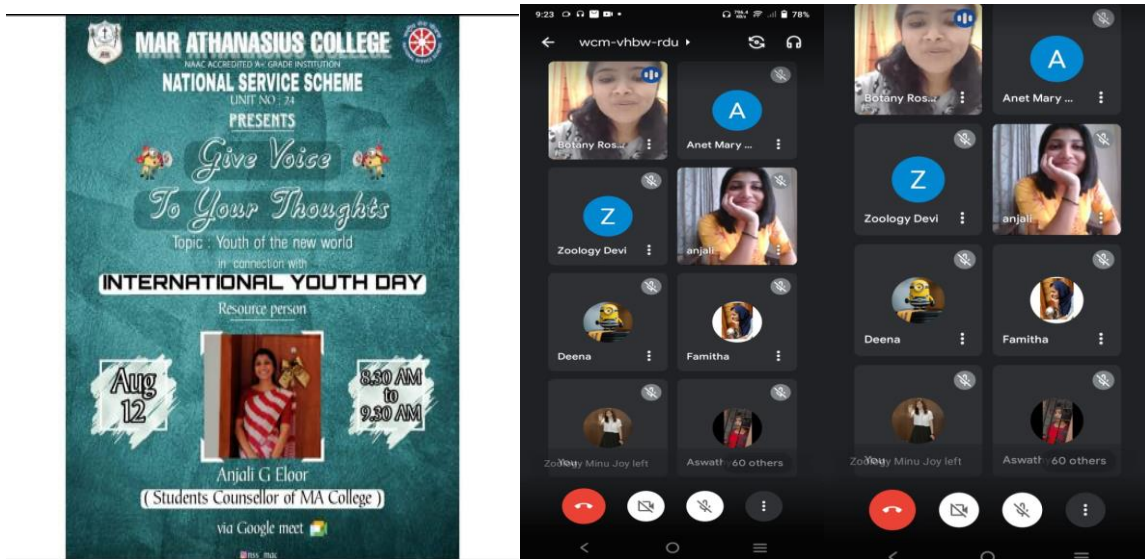


### August 8-QUIT INDIA DAY ONLINE QUIZ

In relation with the 'Quit India Day', NSS Unit No:24 conducted an online quiz competition for college students in honour of our ancestors fight for freedom. The competition was conducted in levels and winners were announced on August 9 and provided with E-certificates.

### August 12-INTERNATIONAL YOUTH DAY PROGRAMME

In connection with International Youth Day, on 12-08-2021 NSS unit No:24 of MA college arranged a programme named 'Give Voice to Your Thoughts' on the topic-Youth of the new world. The programme started at 8.30 am via google meet. The resource person and chief guest of the occasion was Ms. Anjali G Eloor , Students Counsellor of MA College. One volunteer from each department shared their views on various topics on the struggles and strengths of youth like lack of proper sex education mental health of youth, youth and politics lifestyle in lockdown, power of youth to change the world etc and discussion was conducted. The programme concluded at 9.30 am with vote of thanks delivered by NSS Volunteer Secretary, Summaya Beevi.



### August 15-INDEPENDENCE DAY CELEBRATION

On the 75<sup>th</sup> Independence Day,15-08-2021, the NSS Unit No:24 of Mar Athanasius College conducted an online programme named 'A Historical Walk'. It was a journey through the historical events of our past to reminisce the efforts of our ancestors for our freedom. The events and descriptions were presented by NSS volunteers via google meet. The programme started at 4.00 pm and concluded by 5.00pm.

### August 20- ONAM KIT DISTRIBUTION

On the eve of Onam,20-08-2021,the NSS Unit No:24 of Mar Athanasius College distributed Onam food kits among 50 families of its adopted village ,Edamalayar ,Thalamkandam .The fund was raised with the help of NSS volunteers ,teachers and people who were ready to contribute and the kits included essential Onam items like 3kg rice, vegetables of about 2.5 kg etc .Due to the current situations, five NSS volunteers along with volunteer secretaries, Nithin Mohanan and Summaya Beevi, NSS programme officer, Alphonsa C. A and Kuttampuzha fifth ward member, Bincy Mohan visited the village by 1.30 pm and distributed the kits prepared with at most care .The villagers were grateful for the small help and the volunteers returned by 4.30 pm.



## OCTOBER

### OCTOBER-2 GANDHI JAYANTI PROGRAMMES

#### ***FIT INDIA RUN***

On the day of Gandhi Jayanti , NSS volunteers of Unit No:24 of MA College took part in the closing ceremony of 'FIT INDIA FREEDOM RUN ' in which volunteers of NCC 18(K) Battalion, Youth Red Cross and Rotary Karate Club. The event was coordinated in association with Nehru Yuva Kendra, Ernakulam. The flag off was by Shri. Mohammed Riaz, DYSP of Muvattupuzha. The FIT INDIA FREEDOM RUN started from KSRTC junction at 9.00 am on Saturday and concluded at Post Office junction. Due to the current pandemic circumstances only limited number of participants were allowed.



### **CLEANING CHALLENGE**

On 02-10-2021, all the NSS volunteers in celebration of Gandhi Jayanti joined together in a 'CLEANING CHALLENGE' to make their houses and surroundings tidy. Photos from all the volunteers were collected and the challenge was a success.

### **OCTOBER 14-16- "OPERATION BLACKBOARD"**

The members of NSS Unit No:24 collectively decided on launching a new campaign titled 'OPERATION BLACKBOARD' for the month of October which is a cleaning campaign focuses on bringing the schools which have been closed due to Covid-19 for almost 2 years back to their full functionality and cleanliness. On 14-10-2021. The first leg of the campaign was done at Govt. U.P School , Asamannoor. The cleaning took up to 3 days with the participation of 60 volunteers- 20 volunteers per day. The windows, premises and classrooms were thoroughly cleaned and sanitized. After the cleaning was done, the classrooms were arranged and keys were handed over to school officials and all were happy with the result.





### **OCTOBER 21- 23- “OPERATION BLACKBOARD”**

On 21-10-2021, volunteers of NSS Unit No: 24 took part in cleaning GHS Poikara, Vadatupara-the second school as part of the school cleaning campaign, OPERATION BLACKBOARD. The programme was successfully completed in two days with participation of 25+ volunteers.



### **OCTOBER 29- VISIT AT KRISHNANKUTTY CHETAN'S HOME**

On 29-10-2021,5 volunteers of NSS Unit No:24 went to Paingottoor to visit Krishnankutty who has been bedridden for 33 years due to a back injury. The volunteers reached by 10 am and spent the day taking care of him. Volunteers bathed him, cooked food for him, cleaned the house and surroundings and took care of his medicines too. They returned by 3 pm.



### **OCTOBER 28-30- “OPERATION BLACKBOARD” - WHITEWASHING AND PAINTING SCHOOL**

On 28-10-2021, the NSS volunteers of MA College whitewashed and painted the Govt.L.P.School ,Kottapady .About 15 volunteers took part in whitewashing the walls of the school classrooms.On the following the days ,25 volunteers participated in painting and decorating the outer walls of the school with cartoon characters to welcome the students on their new school year.





### **OCTOBER 31- DRAWING AND DECORATING THE SCHOOL**

On 31-010-2021, the volunteers filled the walls of Govt.L.P School, Kottapady with cartoon characters with vibrant colors. It was done as a welcoming surprise for the students who will be coming at the beginning of the academic year.



## NOVEMBER

### NOVEMBER 1- HUMAN CHAIN FORMATION

On 01-11-2021, in association with unity day, the NSS volunteers of MA College Unit No:24 formed a human chain and rallied at campus with the participation of 30+ volunteers in the morning to celebrate the birth anniversary of Sardar Vallabhbhai Patel with the nation.

### NOVEMBER 19 - 'KAITHANG' - LUNCH BOX DISTRIBUTION

On 19-11-2021, in co-operation with a programme titled, 'Lunch Box', conducted by Karuthal organisation at Ernakulam. This programme is conducted for making sure that all the homeless get atleast one meal a day. The volunteers dropped off 30+ lunch boxes at Ernakulam to be distributed among the needed people.



**NOVEMBER 20- “MESS FREE” -ASSAMANNUR GRAMAPANCHAYAT AND ROAD CLEANING**

On 20-11-2021, the NSS Unit No:24 of Mar Athanasius College initiated a new campaign titled “MESS FREE” aimed at making the broads and surroundings clean. As the first leg of the campaign, the volunteers cleaned the Grama panchayath office and surroundings. 20 volunteers worked together from morning till evening to complete the task. The road cleaning was also simultaneously done by the volunteers with another group of volunteers of almost 20. Programme officers were also present for the same.



#### **NOVEMBER 22- “SNEHAKARAM”-LUNCH DISTRIBUTION**

The NSS volunteers of Mar Athanasius College launched a new campaign titled “SNEHAKARAM”. The purpose for the new initiative was to provide lunches for the needy people at Kothamangalam private bus stand. The first leg of the campaign started on 22-11-2021 and five lunch kits were distributed. The lunches were provided two days a week and there was active participation from all the volunteers.

#### **NOVEMBER 30- “CLEANSE” - CHERUVATTOOR AYURVEDIC HOSPITAL CLEANING**

On 30-11-2021, the NSS volunteers of Unit No:24 cleaned the surroundings of Ayurvedic Hospital at Cheruvattoor as part of the cleaning campaign, CLEANSE. The cleaning was completed with the participation of 50 volunteers within 2 days.



# DECEMBER

## DECEMBER 1-CLASS ON MEDICINAL PLANTS

On 01-12-2021, the following day after the cleaning of Ayurvedic Hospital, Cheruvattoor, the doctors at the hospital took a class on the importance of medicinal plants, how to grow them, where they can be found and their medicinal purposes. The class was attended by the volunteers who took part in hospital cleaning, along with the programme officers.



#### DECEMBER 4 - "SHAIR" - HAIR DONATION CAMP

On 04-12-2021, the NSS volunteers of Unit No:24 conducted a hair donation camp at indoor stadium of Mar Athanasius College. The camp was conducted in co-operation with hairbank of Miracle Charitable Association, Thrissur. The event started by 10 am with a meeting in which the respected principal ,Shanty .A.Avirah inaugurated the event. Programme officers, Dr.Jani Chungath and Dr. Alphonsa C.A , were present for the event. Participants of all age categories including students from nearby schools participated wholeheartedly in the event. The hair donation camp was a major success with participation of 50+ participants and the donated hair was used to make wigs for cancer patients.



#### DECEMBER 12- "MESS FREE" -NELLIKUZHI CHATHANATUPADI ROAD CLEANING

On 12-12-2021, the NSS volunteers of Unit No: 24 cleaned the Nellikuzhi- Chathanatupadi road .The cleaning was completed with the participation of 20 volunteers from morning to evening.This was the second cleaning as part of the cleaning campaign,MESS FREE.



### DECEMBER 13- “CLEANSE” -NELLIKUZHI NIMS HOSPITAL CLEANING

On 13-12-2021,30 volunteers of NSS Unit No:24 of MA College took part in cleaning the surroundings of Nellikuzhi NIMS Hospital from morning.This was done as part of CLEANSE campaign.





#### DECEMBER 14- ENERGY CONSERVATION AWARENESS RALLY

On 14-12-2021, NSS Unit No:24 volunteers took part in a rally from college to Kothamangalam town. It was in association with GO ELECTRIC CAMPAIGN organised by URJAKIRAN 2021-22. All of the NSS volunteers took part in this rally and held up placards. Programme officers were also present and all the participants took an energy conservation pledge. The signs of all those who participated were also collected.







### DECEMBER 16- CAKE FIESTA

On 16-12-2021, the volunteers of Unit No:24 organised a cake sale in association with Christmas as a fund raiser. The cake fiesta lasted for 3 days. The teachers, students and volunteers actively took part in buying and selling the cakes which made the event a grant success. 400+ cakes were sold in 3 days and the profit acquired was aimed at help children at an orphanage.

### DECEMBER 16-CLOTHING DRIVE

The NSS volunteers organised a clothing drive for a week. Clothes from students and teachers in good condition were collected and stored . The bulk of clothes were supplied to cloth bank on 16-12-2021 in the presence of volunteer secretaries and programme officers.



## DECEMBER 17- MEDICINAL GARDEN

On 17-12-2021, NSS volunteers of Unit No:24 cleaned the surroundings of MSM U.P. School, Mulavoor. Around 15 volunteers took part in cleaning and also set up a medicinal garden for the benefit of young students so that they may get familiar with the variety of medicinal plants.



## **DECEMBER 23-29- NSS SEVEN DAY CAMP – “VERUKAL”**

Due to the abrupt circular from the MG University to conduct the NSS camp during the Christmas vacation, NSS Unit No:24 of Mar Athanasius College decided to organise the seven day camp from December 23 to December 29. The venue for the camp was the college campus because of the impending Covid situation and the further difficulties in having the camp in another far off region. The camp participants and the second years organising the camp submitted their vaccination certificates and permission slips from parents before being admitted to the camp. All the sanitising procedures and covid protocols including social distancing for sleeping arrangements were followed.

### **DAY 1**

The first day of the camp kick started on 23-12-2021 with inauguration meeting conducted at Student Centre of Mar Athanasius College. All the camp participants and organisers attended the meeting. The meeting started by 1.00pm with welcome speech by NSS programme officer, Dr. Jani Chungath. The camp was inaugurated by the college principal, Dr. Shanty A. Avirah. The meeting also honoured Smt. Anu George with the Best Programme Officer Award 2018-19. Sri. Joseph K.B was awarded for attending PreRD camp in 2018 and Smt. Susan P. Eldhose and Jeevan K.Rajan were awarded for being the NSS Volunteer Secretaries. Felicitation was done by Dr. Eldhose A.M and vote of thanks was given by Dr. Alphonsa C.A. After the official meeting was over, an orientation class was conducted by Dr. Jai M Paul C.E for introducing the NSS and its values to the new NSS volunteers. The whole of the function was concluded by 4pm.



## DAY 2

On 24-12-2021, the second day started by 7.30 am with morning assembly and report presentation which listed the activities of the last day by volunteers. It was followed by all the participants participating in Yoga for 1 hour. "CLEANATHON" campaign-The volunteers took part in arranging and cleaning the campus classrooms for the upcoming National Football Tournament from 10.00am to 12.00 pm. The lunch was at 12.30 pm. An orientation class was led by Sri. Francis Xavier, former Programme Officer, Assistant Professor, Department of Physics, MA College on the topic -Energy Conservation from 3.00pm to 4.00pm. The activities concluded with the Cultural Programmes performed the talented new volunteers in the camp. The day ended at 10.00pm.



## DAY 3

On 25-12-2021, the day camp was conducted online since it was the Christmas Day. The day started as usual with wake up at 5.30 am. The assembly and report presentation was conducted by the volunteers from 7.00 am to 8.00am. It was followed by Yoga. Christmas activities like Card making and Craft making to motivate the creative skills of volunteers titled, "CELESTIA". All the volunteers actively involved in the craft section. From 3.00pm to 4.00pm an orientation class was conducted by Sanju P. Cheriyan, Assistant Professor, Saintgits College of Applied Science, on his life experiences, the value of determination and goals and tips on living a fruitful life. The day ended with cultural programmes of the volunteers.



## DAY 4

On 26-12-2021, the day started with 7.30 am on campus with assembly and report presentation which detailed the happenings of the last day. It was followed by Yoga till 8.30 am. CLEANATHON campaign-The volunteers took part in cleaning and arranging the classrooms in the campus from 10.00am to 12.00pm. After the lunch was over, the Christmas celebration at campus organised by NSS Unit No:24 at Mar Athanasius College, Indoor Stadium. The celebration titled "FROSTY FIESTA" included the performances like carol songs, group dances and the final grand carol with all of the volunteers. The celebration ended with cake distribution among the volunteers.



## DAY 5

On 27-12-2021, the wakeup was at 5.30 am. Breakfast was provided and Assembly and Report presentation was the first event of the day. It was followed by parade at football ground led by Jeevan K.B(Best Volunteer-2018). All the volunteers cooperated in CLEANATHON-cleaning campaign that included cleaning the premises of the Mar Athanasius College. An Ice Breaking Session was headed by Dr.Babu Sankar ,Assistant Professor ,St.Joseph College

of Energy and Technology Pala.It was an entertaining and eye-opening section for all the volunteers. The day ended with a cultural programme that showcased the talents of the volunteers.



## DAY 6

On 28-12-2021, the day began with wake up with 5.30 am and followed by Assembly and Report Presentation .After breakfast ,the volunteers actively took part in the Parade. The cleaning campaign -CLEANATHON, was completed by the volunteers .The entire premises

of the college campus was cleaned by the volunteers by the second last day of the camp. By 3.00pm , a session on Fire and Rescue by the Fire and Rescue team, Kothamangalam. It was an informative session for all the volunteers. The cultural programme session was an enjoyable session. The day ended with a camp fire in which all the volunteers and programme officers took part in. It was at night and the volunteers shared their experiences around the warm fire.



## DAY 7

On 29-12-2021, the last day was the most memorable with a lot of activities that entertained the whole of the camp. The day started as usual with assembly and report presentation. Parade was led by Joseph K.B(Best Volunteer -2018) in the football ground of the Mar Athanasius College. Cultural programmes including singing, mimicry and a lot more was performed by the talented volunteers. Tug of war was the main event of the day which resulted in a fiery competition between groups and a jubilant mood for the whole of the camp. It was followed by Closing Ceremony 12.00pm .The welcome was done by Nithin Mohanan, NSS Volunteer Secretary ,MA College. The presidential address was delivered by the principal of MA College, Dr. Shanty A. Avirah. The felicitation was done by programme officers, Dr. Jani Chungath and Dr. Alphonsa C.A. The official programme ended with vote of thanks by Sumayya Beevi. T.A, NSS volunteer secretary.



After the official programme, the volunteers shared their experiences, learnings and most memorable movements from the camp. It was a heartwarming experience for all those present there. The programme officers too shared their experiences. After the session, lunch was provided for all and the volunteers dispersed to go back to their homes. This marked the end of the eventful seven day camp of NSS Unit No:24 of Mar Athanasius College, Kothamangalam.

#### **JANUARY 28- ORIENTATION CLASS**

On 28-01-2021, the NSS volunteers of Mar Athanasius College took part in an orientation class on the Maintenance and Welfare of Parents and Senior Citizens Act,2007. The class was arranged by Maintenance tribunal, Muvattupuzha of Social Justice Department.20+volunteers took part in the class and programme officers were also present along with the volunteers.

## **FEBRUARY**

#### **FEBRUARY 22- BAG DISTRIBUTION**

On 22-2-2022, with the amount acquired from the Cake Fiesta, cake sale,on Christmas, NSS volunteers of MA College bought bags and school supplies and delivered them at Yeldho Mar Baselious Orphanage for the children there to use for the upcoming school year.

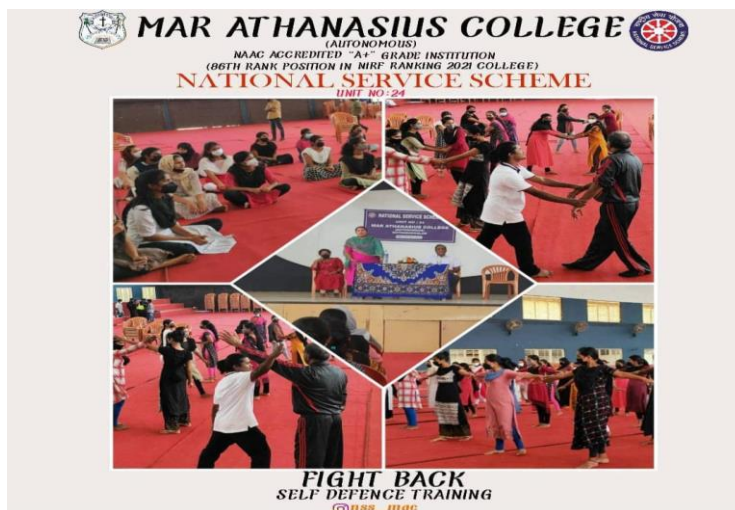




## MARCH

### MARCH 13- FIGHT BACK

On 13-03-2022, NSS Unit No:24 organised a self defence training programme for girls in association with Women 's day. Volunteers, students and non-students took part in the programme and was conducted from 10 am to 12pm. Volunteer secreteries and programme officers were present at the event.



### **MARCH 18-SMILING COMPETITION**

On 18-03-2022, volunteers of MA College NSS Unit No: 24 kick started a' smiling competition, in association with the upcoming World Happiness Day on March 20<sup>th</sup>.It was a photo contest in which entries of smiling pictures of competitors were received and winner was announced on 20<sup>th</sup> March.Unit No:24 also released a video on association with Happiness day.

### **MARCH 22- THATTEKAD FOREST VISIT**

On 22-03-2022, in association with World Forest Day the volunteers of NSS Unit No:24 organised a forest visit with the participation of all the volunteers at Thattekad.The forest visit started by 10 am. The volunteers viewed a documentary, spent time at the museum and had a walk through the butterfly garden .It was altogether an enriching and fulfilling experience for all the volunteers to spent time with nature.



### **MARCH 31- RED DAWN -BLOOD DONATION CAMP**

On 02-04-2022,NSS volunteers conducted a blood donation camp at Indoor Auditorium of Mar Athanasius College.It was conducted in co-operation with IMA ,Aluva.The event was in the presence of volunteer secretaries and programme officers.It started by 10am with active participation of volunteers, students and non students.All the arrangements were done by volunteers and the event was a huge success with participation of 60+ blood donors.



## APRIL

### APRIL 1- "MIMO"

On 01-04-2022, in association with World Water Day NSS Unit No:24 conducted a mime performance, 'MIMO' at the Kothamangalam Bus Stand at 3.45 pm. The theme of the mime was spreading awareness about the importance of water and its conservation. The audience included students and natives of kothamangalam. The performance was greatly appreciated and praised.



**CLEANING CAMPAIGNS INITIATED BY NSS UNIT NO:24 OF MAR ATHANASIOUS COLLEGE ,2021-22**

TITLES	DATES
"OPERATION BLACKBOARD" -School cleaning	1. October 17 2. October 24 3. October 31
"MESS FREE" -Road Cleaning	1. November 20 2. December 12
"CLEANSE" -Hospital Cleaning	1. November 30 2. December 13

**FOOD CAMPAIGN INITIATED BY NSS UNIT NO:24 OF MAR ATHANASIUS COLLEGE,2021-22**

**“SNEHAKARAM”**

DATES
1. November 22
2. November 25
3. December 7
4. December 18
5. March 8
6. March 14
7. March 17
8. March 26
9. April 3
10. April 7



**MAR ATHANASIUS COLLEGE**  
(AUTONOMOUS)  
NAAC ACCREDITED 'A+' GRADE INSTITUTION  
(86 TH POSITION IN NIRF RANKING 2021- COLLEGE)

**NATIONAL SERVICE SCHEME**  
UNIT NO : 24



**സ്നേഹ കീരണം**  
DAY - 8  
(പൊതുമുഖ്യാർ വിതരണം )  
ഞങ്ങൾ ഉദ്യമം ഇവകരതടാസം  
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**MAR ATHANASIUS COLLEGE**  
(AUTONOMOUS)  
NAAC ACCREDITED 'A+' GRADE INSTITUTION  
(86 TH POSITION IN NIRF RANKING 2021- COLLEGE)

**NATIONAL SERVICE SCHEME**  
UNIT NO : 24



**സ്നേഹ കീരണം**  
DAY - 5  
(പൊതുമുഖ്യാർ വിതരണം )  
ഞങ്ങൾ ഉദ്യമം ഇവകരതടാസം  
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