



# National Service Scheme

MAR ATHANASIOUS COLLEGE

UNIT NO:24

## ***REPORT OF ACTIVITIES 2022-2023***

### **Programme Officers**

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

*Dr. Eldhose A Y, Dept. of English*

### ***Volunteer Secretaries***

*RIZAL, II BA English*

*MUNEERA , II BA Economics*

“NOT ME, BUT YOU.”

## JUNE

### JUNE 5 – ENVIRONMENT DAY

World Environment day was celebrated by our NSS unit. The volunteers arranged an awareness programme at Government High School, Poika, Vadattupara on 4th June 2022. Around 55 plant saplings were distributed to the students. N.S.S. volunteer, Fathima Asharaf delivered a talk on the necessity of Environment conservation. Painting competition was also conducted. Students were asked to preserve their saplings and the volunteers will assess the maintenance of the saplings by the students in July.



### JUNE 16 – INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICING

**Anti Narcotics Pledge:** The NSS volunteers participated in the pledge organized by the District Commissioner of Police and the Anti Narcotic Bureau in connection with International Day Against Drug Abuse.

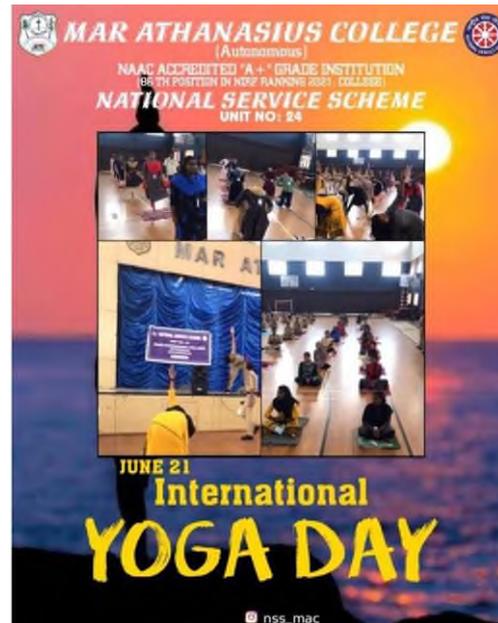
- Say Yes to Life , No to Drugs Pledge- E-Pledge

As part of spreading the awareness against the ill effects of drugs among citizens, in coordination with Narcotic Control Bureau (NCB) , Government of India has uploaded an e-pledge titled “Say Yes to Life, No

to drugs”. The NSS Volunteers took the Say Yes to Life , No to Drugs Pledge and received certificates for the same.

## JUNE 21: INTERNATIONAL YOGA DAY

Yoga performance



## • JUNE 24: D.E.A.D

As part of International Day against Drug Abuse and Illicit Trafficking, our N.S.S. unit organized a talk D.E.A.D. - Drugs End All Dreams. Fathima Asharaf, N.S.S volunteer delivered a lecture on drugs, its types, psycho-social impact and health effects.



## JULY

### JULY 6: പ്ലാസ്റ്റിക് പൊളിയല്ല #noplasticcampaign

The NSS unit in association with Nature Club, and Science Forum , inaugurated its No Plastic Campaign to impart awareness in people on the harmful effects of plastic in nature , environment, and human life. The first step towards this is the seminar titled “Environmental Issues of Kerala with Special reference to the usage of Plastic”. Dr. Gigi K Joseph, Assistant Professor of Zoology, Nirmala College and a noted ecologist delivered the talk. Other activities as part of No Plastic Campaign are,

July 7 - Online Survey

July 13 – Flashmob

July 15- Exhibition as part of No Plastic Campaign, Mock Election





## JULY 27 – RED DAWN

A blood donation campaign was organized in association with BIRK-Blood is Red Kootayma and IMA- Aluva on 27/6/2022. 60 units of blood were collected.





## **JULY 29 – INTERNATIONAL TIGER DAY SEMINAR**

**A seminar was conducted in association with Kerala Forest Department. Sri. Tiju C Thomas Associate Co-ordinator- WWF was the resource person.**





## AUGUST

### AUGUST 3 - FLOOD RELIEF ACTIVITIES

The NSS unit no 24 of MA College played a vital role in the flood relief activities. The NSS unit distributed essential things to the relief camps and helped in setting up the camp. The volunteers formed a 24 hours disaster management team with its services delivered at anytime for the suffering people. The volunteers acted courageously at the time of the disaster and lend the helping hand till the end.





## AUGUST 6 - SCHOOL CLEANING

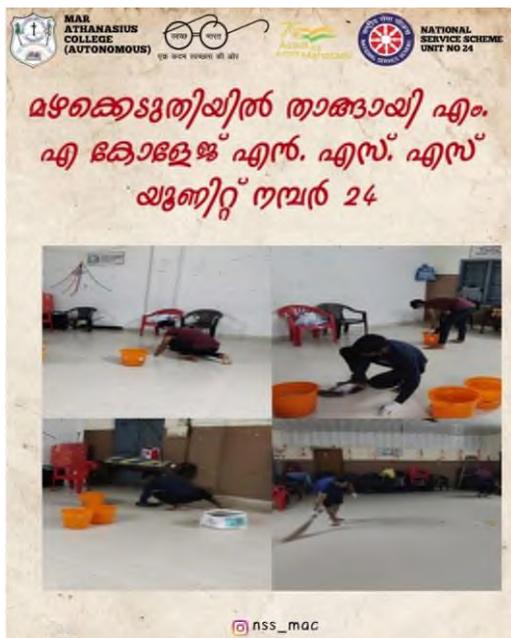
The relief camp was set in the Town U.P School Kothamangalam. After the dispersal of the camp, the volunteers cleaned the school for the upcoming classes. The volunteers showed great interest in the activities just after the flood.



മഴക്കെടുതിയിൽ താങ്ങായി എം. എ  
കോളേജ് എൻ. എസ്. എസ് യൂണിറ്റ്  
നമ്പർ 24



© nss\_mac



# AUGUST 10 - AYURVEDA MEDICAL CAMP IN ASSOCIATION WITH AYUSH PRIMARY HEALTH CENTER, KOTHAMANGALAM



MAR ATHANASIUS COLLEGE (AUTONOMOUS) NATIONAL SERVICE SCHEME UNIT NO. 24

മാർ അത്തനേഷ്യസ് കോളേജ് നാഷണൽ സർവീസ് സ്കീം യൂണിറ്റ് നമ്പർ 24 ഉം, ആയുഷ് പ്രൈമറി ഹെൽത്ത് സെന്റർ കോതമംഗലം മുനിസിപ്പാലിറ്റിയും സംയുക്തമായി സംഘടിപ്പിക്കുന്ന

## സൗജന്യ ആയുർവേദ വെഡിംഗ് ക്യാമ്പ്

2022 ആഗസ്റ്റ് 10 ബുധനാഴ്ച രാവിലെ 9:30 മുതൽ 1:30 വരെ.

കോതമംഗലം മാർ അത്തനേഷ്യസ് കോളേജ് ഇൻഡോർ സ്റ്റേഡിയത്തിൽ വെച്ച് നടത്തപ്പെടുന്നു.

ഏല്പാവാർക്കും സൗജന്യ രോഗി പരിശോധനയും, മരുന്ന് വിതരണവും ഉണ്ടാക്കിയിരിക്കുന്നതാണ്...







## AUGUST11-MENTAL HEALTH AWARENESS TALK

In accordance with August 12 International Youth Day a talk was conducted on the topic “Are You Normal?” by Dr Titus Lassar, HOD and Asst. Professor Department of Psychology, Indira Gandhi College Kothamangalam and Campus student Psychologist, in association with Kerela State Youth Welfare Board.



# AUGUST 15 – INDEPENDENCE DAY

Freedom Wall

Quiz Competition

Selfie with flag

Independence day Magazine



Logo of MAR ATHANASIOS COLLEGE (AUTONOMOUS) and NATIONAL SERVICE SCHEME (NSS) are visible at the top.

**INDEPENDENCE DAY - AUGUST 15**

**QUIZ COMPETITION**

Conducted on August 13 | 10 AM |  
Through Google form.

In association with Public Library Kakatpoo

Registration closes - 12 August | 8 pm

Register  
Ayana-95679 52872  
Jisna- 6282 770 703

Open For All MACians

First Prize  
**501/-**

[@nss\\_mac](#)



Logo of MAR ATHANASIOS COLLEGE (AUTONOMOUS) and NATIONAL SERVICE SCHEME (NSS) are visible at the top.

**"NATION FIRST, ALWAYS FIRST"**

Independence Day  
Magazine

[@nss\\_mac](#)





# AUGUST 22, SEMINAR- AYURVEDHA & HEALTH

The Nature club, Botany Department & The NSS Unit No 24 jointly organized a talk on the topic “ഋതുഭേദം-ആരോഗ്യം-പരിസ്ഥിതി”.

Dr. G. Rajasekharan Nair (State coordinator, Ayurveda medical association of India) led the talk.

**MAR ATHANASIOUS COLLEGE**  
(AUTONOMOUS), KOTHAMANGALAM 686666  
NAAC ACCREDITED "A+" GRADE INSTITUTION  
(56TH POSITION IN NIRF COLLEGE RANKING 2022)

Organized by  
Nature club, Botany department & NSS unit no 24

## Talk On

### ഋതുഭേദം-ആരോഗ്യം-പരിസ്ഥിതി

"ആരോഗ്യമുള്ള ജനതയ്ക്കുവേണ്ടി പരിസ്ഥിതി സാക്ഷരതയിലേക്ക് ഒരു ചുവട്."

**Dr. G. Rajasekaran Nair**  
(State coordinator Ayurveda medical association of India.)

Date- 22/08/2022  
Venue- M. P Varghese library Seminar hall  
Time- 2pm

**MAR ATHANASIOUS COLLEGE(AUTONOMOUS)**  
KOTHAMANGALAM- 686666  
NAAC ACCREDITED "A+" GRADE INSTITUTION  
RANKED 56TH IN NIRF COLLEGE RANKING 2022

Nature club, Botany department and NSS

### ഋതുഭേദം-ആരോഗ്യം-പരിസ്ഥിതി

ആരോഗ്യമുള്ള ജനതയ്ക്കുവേണ്ടി പരിസ്ഥിതി സാക്ഷരതയിലേക്ക് ഒരു ചുവട്

22/08/2022

ഋതുഭേദം  
ആരോഗ്യം  
പരിസ്ഥിതി

**Kothamangalam, Kerala, India**  
3J49+92F, MA College Rd, Kothamangalam, Kerala 686691, India  
Lat N 10° 3' 21.28896"  
Long E 76° 37' 3.21852"  
22/08/22 02:18 PM





## SEPTEMBER

### SEPTEMBER 5 - TEACHERS DAY PROGRAMMES

As a token of love for our beloved teachers, the NSS Volunteers made and distributed beautiful teachers day card to all the teaching faculties of ma college.





# SEPTEMBER 8, ONAM KIT DISTRIBUTION AT THALUMKANDOM TRIBAL COLONY.

The NSS Unit distributed Onam special food kits among the 54 families of Thalumkandom tribal colony, Idamalayar and 6 kits among the forest guards. The fund was raised by selling chips among the students and teaching and non teaching staffs of MA College.



## മനം നിറയെ പൊന്നോണം



താളുകളിലും ആദിവാസി കോളനി ഓണക്കിറ്റ് വിതരണം.

nss\_mac





## SEPTEMBER 26- “ VILAVU”

**Inauguration of Vilavu project, Organic vegetable farming funded by Kerala Agriculture Department. The project was Inaugurated by the Former Agricultural Sri. V. S. Sunil Kumar in the presence of MLA Antony John and MA Association Secretary Dr. Vinny Varghese. The programme officers Dr. Alphonsa C.A , Dr. Eldhose A.Y, the principal Dr. Densley Jose and many others were participated. Nature club received a grant of 1.5 lacs.**





## OCTOBER

### OCTOBER 3 & 4- COMMUNITY HEALTH CENTRE AND PALLIATIVE CARE CLEANING, VENGOOR AS PART OF OCTOBER 2.

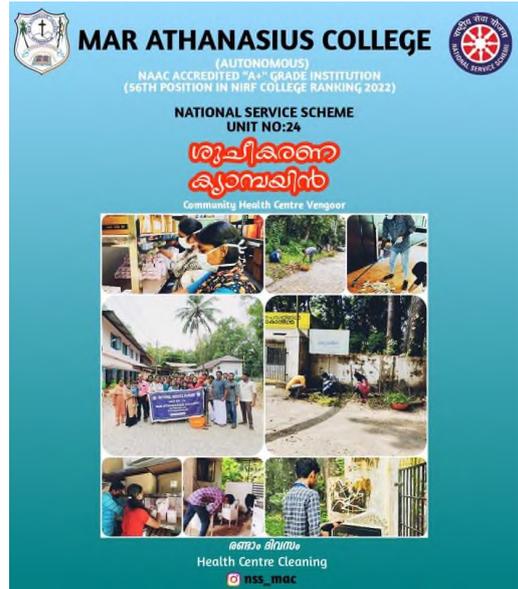
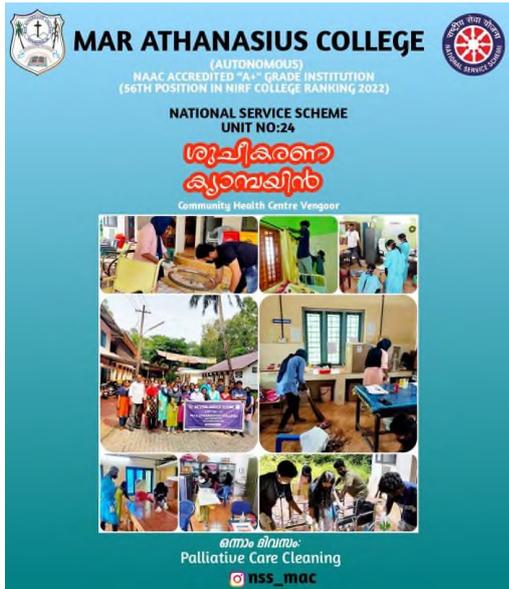
As a part of Gandhi Jayanthi, the NSS volunteers cleaned the community health centre and palliative care, Vengoor on October 3 & 4. The programme was successfully completed with the participation of 45 + volunteers.





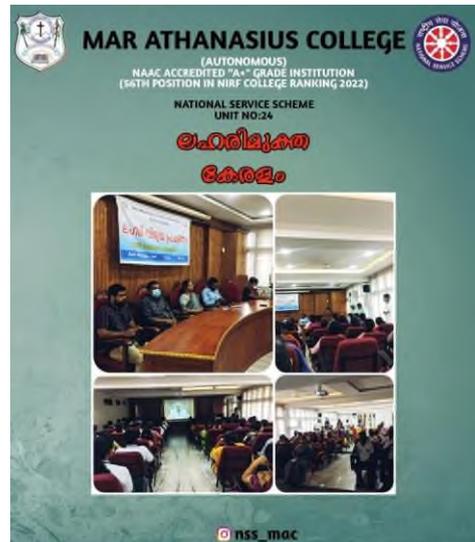






**OCTOBER 6- INAUGURATION OF ANTI DRUG CAMPAIGN**

The NSS unit no 24 of MA College also took part in the state wide online inauguration of Anti Drug Campaign by the Chief Minister Pinarayi Vijayan.





## OCTOBER 11- COLLEGE LEVEL ANTI-DRUG QUIZ

As the part of Anti-Drug Campaign, the NSS unit conducted an anti drug quiz competition in the college student centre. Diya Baby of 2<sup>nd</sup> BA Economics and Drishya Sunil of 1<sup>st</sup> BSc Mathematics secured the first and second prize respectively.



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NATIONAL SERVICE SCHEME  
UNIT NO:24  
Anti-Narcotic Cell

അറിയുക  
കേരളം

Anti-Drug Quiz Competition

Students' Centre  
11/10/2022  
11:30 AM

For Registration: Dr. Alphonsa C. A  
(NSS Programme Officer)  
9809580667

Prizes For Winners

mss\_mac



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Anti-Narcotic Cell

അറിയുക  
കേരളം

Anti-Drug Quiz Competition Winners

1st  
Diya Baby  
2nd BA Economics

2nd  
Drishya Sunil  
1st BSc Mathematics

Congratulations

nss\_mac





**OCTOBER 25- HUMAN CHAIN ORGANIZED IN COLLABORATION WITH KOTHAMANGALAM MUNICIPALITY, AGAINST DRUGS.**

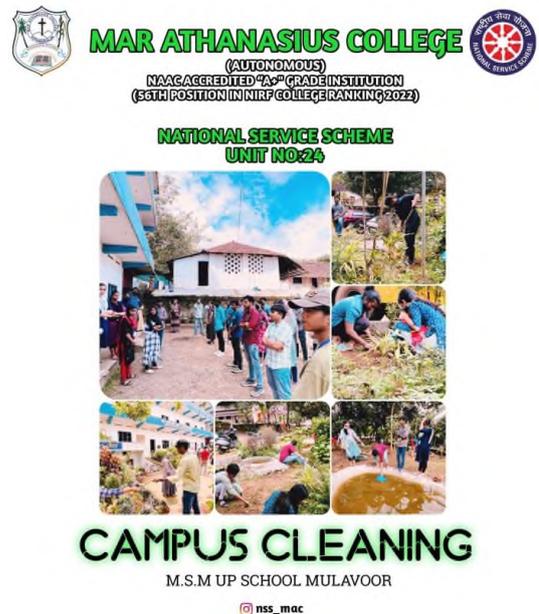
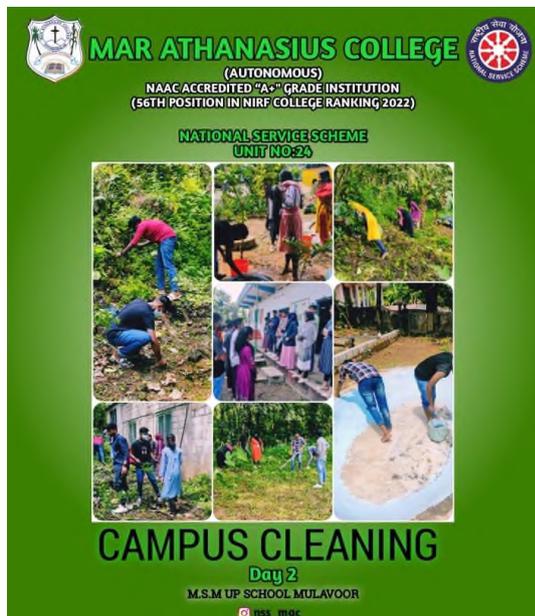
**In collaboration with Kothamangalam Municipality NSS volunteers organized a human chain against drugs. Students of various institutions took part in the chain. The chain started from near the municipality office and lasted long for kilometres and ended with a flash mob presented by the participants.**





**OCTOBER 19 & 20 - CAMPUS CLEANING MSM UP SCHOOL, MULAVOOR**

On 19<sup>th</sup> & 20<sup>th</sup> October the NSS volunteers cleaned the surroundings of MSM UP School, Mulavoor. The volunteers renovated and beautified the school garden and planted vegetables. Around 45 + volunteers participated in the cleaning.



## NOVEMBER

### NOVEMBER 1-HUMAN CHAIN AGAINST DRUGS FORMED AT M A COLLEGE AS PART OF STATE GOVERNMENT DIRECTIVE.

The NSS Unit No 24 of MA College worked for the spreading of a message against drug abuse. The NSS Unit organized a human chain at MA College under the state government directive. Not only the NSS volunteers, whole students, teaching and non-teaching staffs participated in the human chain.







**NOVEMBER 1- BURNING THE EFFIGY OF DRUG MONSTER BY SRI. ANTONY JOHN, MLA, KOTHAMANGALAM.**

**Honourable MLA Sri. Antony John burned the effigy of drug monster with the Excise Officers of Kothamangalam range. It was conducted as an awareness for the students.**

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**ലഹരിവിരുദ്ധ ക്യാമ്പയിൻ  
സമാപനം**  
In Association with  
Excise Department Kothamangalam

**ലഹരി ഭൂതമന്ദര  
കന്യാകരം..**

2:30 PM  
1/11/2022  
Outside Indoor stadium  
nss\_mac





### **NOVEMBER 3 -CLEANING DRIVE- ANGANAVADI, ALUMMAVINCHUVADU**

**The premises of an Anganavadi, Alummavinchuvadu, Nellikuzhy was cleaned and renovated by the NSS Unit no 24. 25 volunteers participated in the cleaning drive and the teachers of the Anganavadi expressed great gratitude towards the service.**







**NOVEMBER 10- CLEANING DRIVE-GOVT LP SCHOOL,  
THRIKARIYUR**

**In November 10, a cleaning drive was conducted in Govt. LP School, Thrikariyur. The volunteers actively participated in the cleaning drive and fully renovated an old class room which was in a pathetic condition.**





**NOVEMBER 12-NSS VOLUNTEERS ATTENDED ONE DAY TRAINING IN DISASTER MANAGEMENT ORGANIZED BY KOTHAMANAGALAM MUNICIPALITY**

**Kothamangalam Municipality conducted a one day training in disaster management for volunteers. 15 volunteers from MA College NSS Unit No 24 attended the session.**






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**NATIONAL SERVICE SCHEME**  
 UNIT NO:24







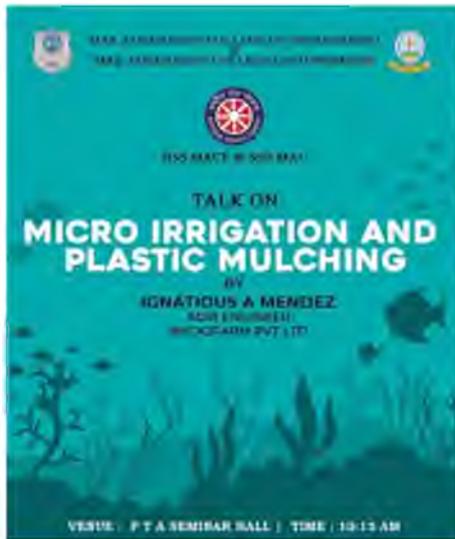



Conducted by  
**District Disaster Management Authority**  
 സന്നദ്ധസേന പ്രവർത്തകർക്കുള്ള  
 ദുരന്ത മുന്നൊരുക്ക പരിശീലനം.

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**NOVEMBER 17-TALK ON “MICRO IRRIGATION AND PLASTIC MULCHING.**

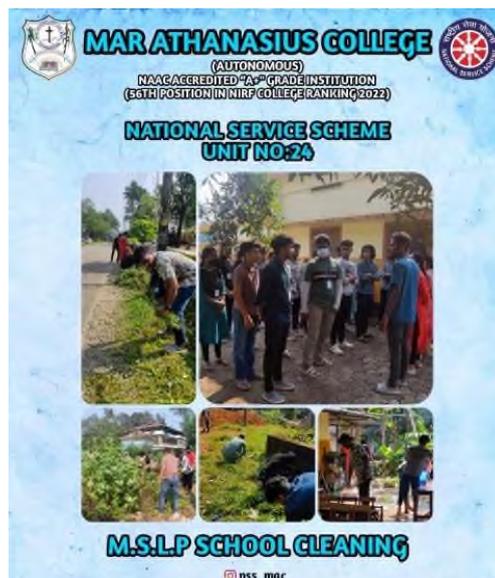
**The NSS Unit of MAC & MACE organized a talk on “Micro Irrigation and Plastic Mulching” which is effective for organic farming. The talk was led by Ignatious A Mendez (Agri Engineer, Back2farm PVT LTD) and his team. They presented a demo on the effective implementation of these techniques. We also implemented the same techniques in the VILAVU Organic farming project which provided a great result.**





## **NOVEMBER 21- CLEANING DRIVE- MSLP SCHOOL, OONJAPPARA**

**The NSS volunteers conducted a cleaning drive in MSLP School, Oonjappara. The teachers of the school provided great support for the volunteers.**



## **DECEMBER 16 -18 : MINI THREE DAY CAMP-“NAVAYUGA”**

**According to the direction from the M G University NSS unit no 24 of Mar Athanasius College decided to conduct a three day camp from December 16 to December 18. The camp was organized in the college campus itself. The camp participants and the organisers submitted their permission slips from their parents before admitted to the camp. The camp was conducted exclusively under the rules and regulations of the University.**

## DAY 1

The first day of the camp started on 16/12/2022 Friday with an inaugural session conducted on the college students center. All the members of the camp including the participants and organisers participated in the session. It started at 2.00 PM with the welcome speech delivered by the NSS programme officer Dr. Alphonsa C.A. The camp was inaugurated by the principal Dr. Densely Jose. The session was adorned by the presence of the former volunteer secretaries Nithin Mohanan and Sumayya Beevi T.A. Ms. Pavithra K. R, the college Chairperson and Dr. Aby. P. Varghese, Student Dean Assistant Professor were also participated in the event. Dr. Eldhose A.Y delivered the vote of thanks. After the session an orientation was conducted by Bichu S. Nair for introducing NSS and its values to the new volunteers. The whole of the function was concluded by 5.00 PM. After a small tea break, cultural programme of the new volunteers were conducted from 6.00 PM to 8.00 PM.





## **DAY 2**

**The second day started on 6:30 with the morning assembly and report presentation which enlisted the activities of the last day. It was followed by the parade session engaged by 2<sup>nd</sup> NSS volunteers Roshiny Roy and Vinaya C.R, participated by all the NSS Volunteers for one hour. CATHARSIS cleaning drive which included the cleaning of college campus and the nearby Fire Station and premises. A survey was conducted by the volunteers among the people of a colony near Shobhana Public School for the enquiry of the distribution of tree saplings between the residents of the colony. Cultural programmes of the participants were conducted from 1:30 to 4.00 PM. After the tea break, ARCADE, a gaming session was organised for the participants. A fabulous ice breaking session led by Dr. Babu Sankar was held from 6.00 to 9.00 PM. The day ended at 10.00 PM.**





### **DAY 3**

**On 18-12-2022, the last day remained with colourful and gorgeous memories which engaged by the volunteers with great pride and pleasure. As usual, the sunrise witnessed the morning assembly and report presentation. A session engaged by the second year NSS volunteers Angel Shaji, Dona Sathyanarayanan was organised after the assembly. All the participants practised yoga in the session. The yoga session was followed by the valedictory function. The welcome speech was delivered by Risal Harshal K.M , NSS Volunteer Secretary. The principal, Dr. Densely Jose delivered remarks in the function. The camp review and report were presented by the participants. The function ended with the vote of thanks by Muneera Asharaf, NSS Volunteer Secretary. After the official programme, the volunteers shared their experiences and memories about the camp. The camp provided a mind blowing, memorable and valuable experience which lasts throughout the lives of the participants. The volunteers engaged in different cultural programmes and games which bought out a celebration. Lunch was provided for all and the volunteers went back to their homes. This closed the curtain of a valuable and eventful three day camp of NSS Unit No 24 of Mar Athanasius College.**

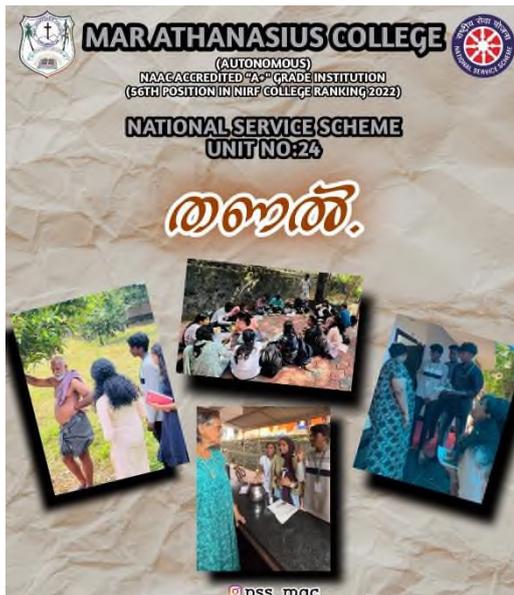




## JANUARY

### JANUARY 15 – “THANAL”

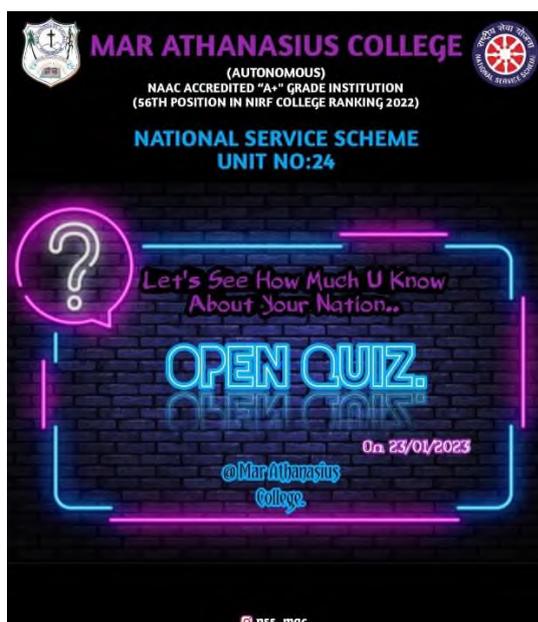
As part of international youth day a survey was conducted among the old-aged parents in the locality Ilampra. The volunteers visited their residence and collected the necessary details according to their needs.





## JANUARY 26 – REPUBLIC DAY

As part of Republic Day, NSS volunteers conducted open quiz and charts presentation. The volunteers painted the national flag in their faces. The first question was asked to the college principal Dr. Manju Kuriyan and gifted a small price to the answer. Beautiful charts and crafts were presented in the college entrance. The programme helped to grow patriotism in the minds of the teachers and students.







## **FEBRUARY**

### **FEBRUARY 20 – PAINTING AND CLEANING AT THRIKKARIYUR L.P SCHOOL.**

**On February 20, the volunteers of NSS unit no 24 cleaned the premises and campus of Thrikariyur L.P School and painted the classrooms. The volunteers also renovated the vegetable garden and painted the vases. The cleaning drive lasted from morning to evening with a participation of 20 volunteers.**







## **MARCH**

### **MARCH 7 – CPR TRAINING**

**In 07-03-2023, the NSS unit no 24 of Mar Athanasius College conducted a CPR training programme in association with Federal Bank Hormis Memorial Foundation. The volunteers practised CPR and trained to overcome emergencies.**



## MARCH 8 – CLASS ON MENSTRUAL HYGIENE

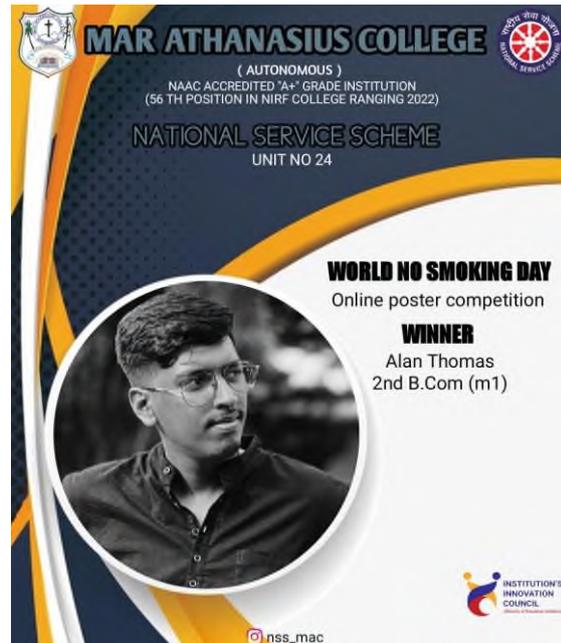
Class conducted on the topic “LET’S LEARN ABOUT MENSTRUAL HYGIENE” in accordance with women’s day. Saumya Das, public health inspector, Kothamangalam was the resource person. The NSS volunteers Nandana Saju also delivered a talk on the effective use of menstrual cup and its usage. The class was really effective and fruitful for the audience.





## MARCH 9 – POSTER MAKING COMPETITION

In connection with the no smoking day, celebrated at march 9 the NSS unit no 24 conducted a poster making competition on the topic “LESS CIGARETTES MORE BREATHS”. Alan Thomas (2<sup>nd</sup> B.com model 1) was announced as the winner.



## MARCH 22 – PHOTOGRAPHY CONTEST

A photography contest was conducted in accordance with world water day. The participants were directed to submit photos related to water. From various participants, Alan Thomas(2nd B.Com Model 1) was announced as the winner.



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**NATIONAL SERVICE SCHEME  
UNIT NO-24**

**PHOTOGRAPHY  
CONTEST**

**Rules & Regulations**

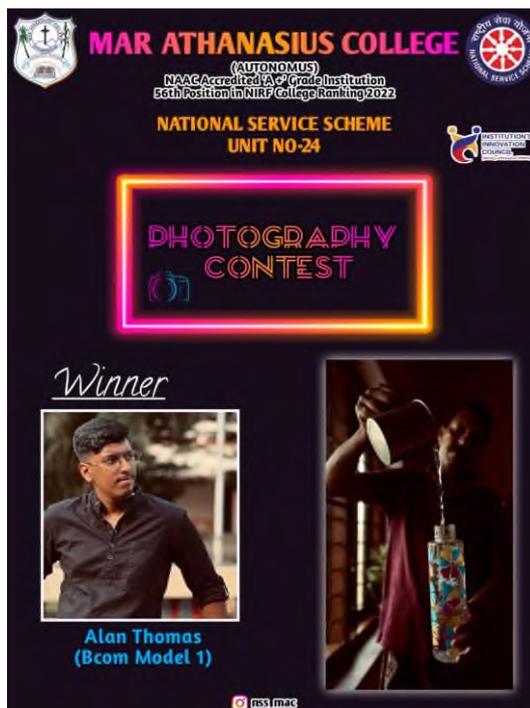
- ◆ Photos should only be taken in mobile phone.
- ◆ Photographs will be judged on the basis of content, creativity and style.
- ◆ Both colour & Black & White photographs can be submitted for valuation.
- ◆ The entries should be in original and must not be modified / edited in any manner.
- ◆ The entries will be accepted till only 26th Sunday 10am.

**Theme-  
Water**

**Reward:  
Cash Prize**

8848575628

nssjmac



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**NATIONAL SERVICE SCHEME  
UNIT NO-24**

**PHOTOGRAPHY  
CONTEST**

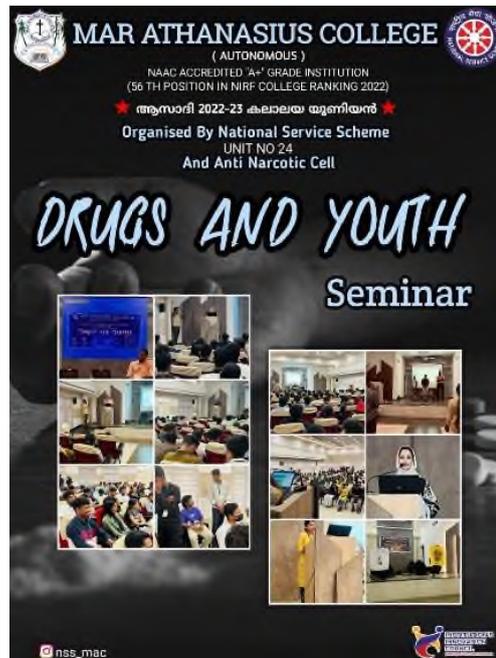
*Winner*

**Alan Thomas  
(Bcom Model 1)**

nssjmac

## MARCH 28 –“DRUGS AND YOUTH” SEMINAR

NSS unit no 24 and Anti-narcotic cell of Mar Athanasius College jointly conducted a seminar on the topic “DRUGS AND YOUTH” in the college students centre. The volunteers presented a drama and flashmob to spread awareness on drugs to the audience.



## APRIL

### APRIL 12 – “SEVANA”

The NSS volunteers visited the rehabilitation centre at Ayiroorpadam and performed various cultural programmes and spend much time with the inmates.



## APRIL 29 - "VIMUKTHI" TRAINING CAMPIGN

The NSS volunteers attended the "VIMUKTHI" training campign conducted by the nava kerala mission at ernakulam town hall.



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NATIONAL SERVICE SCHEME  
UNIT NO:24



നവകേരളം, വൃത്തിയുള്ള കേരളം  
വലിച്ചെറിയൽ വിമുക്ത കേരളം.

Conducted By,  
**NAVA KERALA MISSION**



**വിമുക്തി**  
Training Campaign.

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## MAY

### MAY 10 & 11 – CAMPUS CLEANING AT G.M.H.S.S CHERUVATTOOR.

The campus and surroundings and G.M.H.S.S Cheruvattoor was cleaned by the volunteers of unit no 24. The teachers and staffs expressed great gratitude towards our effort.



Cheruvattoor, Kerala, India  
5HG+270, Inmalappally Puthupetty Rd, Cheruvattoor, Kerala  
686691, India  
Lat 10.057431°  
Long 76.5738°  
11/05/23 10:48 AM GMT +05:30



## MAY 16 & 17 – AGRICULTURAL SURVEY

As a part of Kerala Agricultural Census the NSS volunteers conducted survey in ward 13 of Karimannoor Grama Panchayath, Idukki. The

volunteers visited every nook and corner of the ward and collected the necessary details required for the census.





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**AGRICULTURE CENSUS 2022,23**  
**IDUKKI, KARIMANNOOR WARD 13**



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The image is a promotional poster for an agriculture census. It features the college's name, accreditation details, and the specific event title. Below the text are two photographs: one showing a group of people outside a building and another showing a man in a grey shirt looking at his phone. The poster includes a social media handle at the bottom.

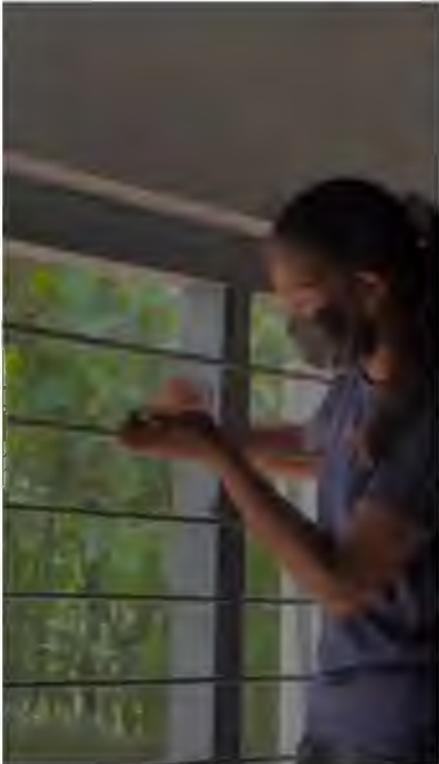
## MAY 25<sup>TH</sup>-31<sup>ST</sup> - “VARNASHIKHA”

The NSS volunteers had renovated and painted the classrooms of Athanickal U.P school Muthamkuzhi in connection with the new academic year. Attractive and beautiful pictures were drawn and painted in the walls of kinder garden. Other U.P classrooms were also painted by the volunteers. Later, the school was adopted by MA College NSS unit no 24. We visited the school several times after the renovation and joined with their pleasure.





Pindimana, Kerala, India  
4J4G+J29, Thrikkariyoor - Vettilappara - Kulangattukuzhy -  
Padippura Rd, Pindimana, Kerala 686681, India  
Lat 10.106475°  
Long 76.625417°  
31/05/23 12:05 PM GMT +05:30









**THE NSS UNIT DISTRIBUTES FOOD TO THE NEEDY ON EVERY MONDAY AND FRIDAY UNDER THE PROGRAMME “SNEHAKARAM”.**









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UNIT NO 24



# സ്മേഹ കിരണം

DAY 30

തൊഴിലില്ലായ്മ രാജ് - ഇടവേളകൾ

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UNIT NO 24



# സ്മേഹ കിരണം

DAY 15

തൊഴിലില്ലായ്മ രാജ് - ഇടവേളകൾ

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UNIT NO 24



# സ്മേഹ കിരണം

DAY 16

തൊഴിലില്ലായ്മ രാജ് - ഇടവേളകൾ

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UNIT NO 24



# സ്മേഹ കിരണം

DAY 19

തൊഴിലില്ലായ്മ രാജ് - ഇടവേളകൾ

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# സ്മേഹ കിരണം

**DAY 24**  
 സ്മേഹ കിരണം - ഇരുപത്തൊമ്പതാം ദിവസം

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# സ്മേഹ കിരണം

**DAY 25**  
 സ്മേഹ കിരണം - ഇരുപത്തിയൊന്നാം ദിവസം

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# സ്മേഹ കിരണം

**DAY 23**  
 സ്മേഹ കിരണം - ഇരുപത്തിമൂന്നാം ദിവസം

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# സ്മേഹ കിരണം

**DAY 22**  
 സ്മേഹ കിരണം - ഇരുപത്തിരണ്ടാം ദിവസം

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UNIT NO 24



**സ്മരണ യാത്ര**

DAY 22

(പ്രാർത്ഥനാ ദിവസം)

തങ്ങളുടെയും ഇടതടവിലും

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**സ്മരണ യാത്ര**

DAY 31

(പ്രാർത്ഥനാ ദിവസം)

തങ്ങളുടെയും ഇടതടവിലും

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