

NSS Activity Report 2023-24

Social Justice Cell inauguration and seminar (April 24, 2023)

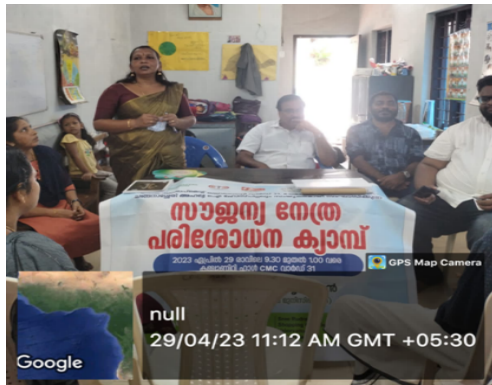
St. Michael's College Cherthala and the Law and Justice Research Foundation together formed the Social Justice Cell in the College. A seminar was conducted as part of the event at the college seminar hall on 24 April 2023, at 10 am. The Social Justice cell was inaugurated by the Honorable Agricultural Minister, P. Prasad. The seminar was held on the topic "Constitution and social justice", by Safi Mohan, Assistant Professor of Law College, Trivandrum. The class was engaging and addressed topics like the Indian constitution. Prof. Mohan expressed his concern about how we aren't aware of our own rights and duties. Around 100 Volunteers took part in this Seminar. The class was informative and interactive.



Free Eye Testing Camp (29 April 2023)

In association with Nehru Yuva Kendra, Alappuzha, a free eye testing camp was held on 29th April 2023 in the Community Hall, CMC, ward 31 at 9:30 am. The camp aimed to improve the overall quality of life by restoring and enhancing vision, which can positively impact livelihood and daily activities. The camp was inaugurated by P Unnikrishnan, the opposition leader of Cherthala Municipality. There was great participation from the public. Around 30 volunteers helped throughout this camp. The

camp was conducted under the supervision of Dr. Jyothi, Ahalya Eye Hospital Changanassery. The camp was a huge success.



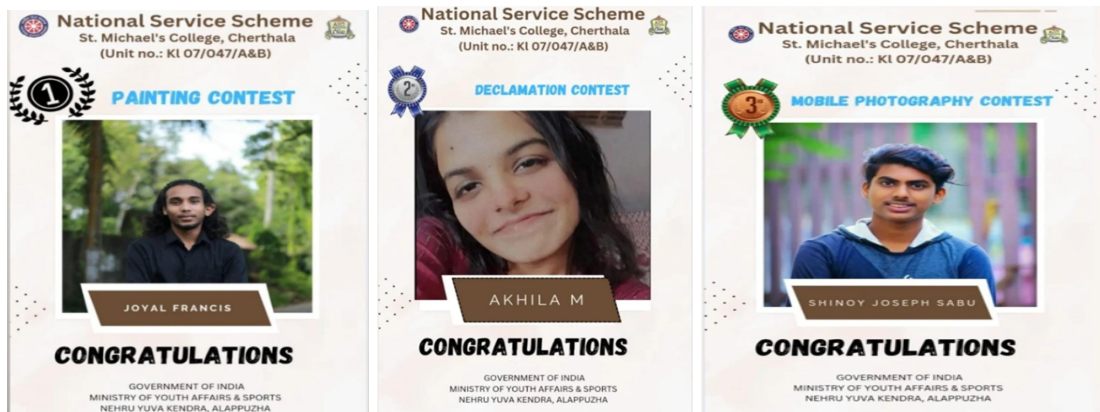
Old age home cleaning (5 May 2023)

The NSS volunteers who are also members of the Social Justice Cell of St. Michael's College went on a cleaning drive in the nearby old age home on 5 May 2023. About 50 volunteers cleaned the surroundings of the old age home and also painted some flower pots to set up a garden. They also interacted with the elderly people and finished off the cleaning by evening. The unit also decided to set up a garden named ' Elysium ' in the old age home.



Yuva Utsav 2023 (6 May 2023)

The Nehru Yuva Kendra of Alappuzha hosted *Yuva Utsav 2023* on 6th May 2023 at Naipunnya School of Management, Cherthala. This initiative was put forward to bring various talents together. Around 25 volunteers participated in various competitions. The NSS team of St Michael's College, Cherthala bagged the first prize in Thiruvathira and our Volunteer Joyal Francis won first prize in painting competition. Akhila secured second prize in declamation contest and Shinoy brought in third prize in mobile photography. The volunteers who participated received the participation certificate.



Snehadharam (08 May 2023)

The Social Justice Department of Alappuzha conducted “Snehadharam” in the Government Old-age Home, Mayithara. The programme started at 10.00 am. A group of singers kept the crowd entertained. The residents of the old age home were honoured at the function. Our college was also honoured at the function for its exceptional performance. The award was received by our Principal Dr. Sindhu S Nair and Programme Officer Dr. Seena Kurian. The NCC cadets along with a total of 100 volunteers rendered their support and help to this programme. They entertained the residents of the old-age home. The programme came to an end by 4:30 in the evening.



(15 May 2023)

The NSS volunteers of St. Michael's College Cherthala, took the initiative to set up a garden in the Government Old-age Home, Mayithara. The volunteers brought saplings from their home. They reached the old-age home and arranged the flower pots and then filled it with soil and watered them. They planted the plants. The volunteers also arranged a name board with the garden's name 'Elysium'. The 50 NSS volunteers participated in this programme.



Cleaning drive (15 May 2023)

The NSS volunteers of our college went on a cleaning drive. The objective was to clean the college playground for the " Karshikamela " which is to be held from 19 th May to 28 th May. Our volunteers cleared the ground and thus helped the coordinators to set up the stalls for the same.



Karshika Mela 2023 (19 May 2023)

The Karshikamela 2023 was held in St. Michael's College playground, inaugurated by the honourable minister of Agriculture of Kerala, Mr. P. Prasad on 19th May 2023. The fest was inaugurated with a rally starting off from Mayithara to the college ground. The

100 NSS volunteers of St. Michael's participated in the rally by dressing up as farmers and also did a flash mob in traditional costumes. The Minister congratulated the volunteers during his speech and the volunteers were served with coffee and snacks.



Disaster management training (26 May 2023 - 28 May 2023)

Disaster management training is a critical component of preparedness and resilience-building efforts to effectively respond to and recover from emergencies and disasters. A total of 15 volunteers participated in the disaster management and training program on May 26, 27, and 28 at Engineering College Cherthala. On the first day, they were divided into six groups and given classes on the relevance of training class on disaster management. They were introduced to different types of adventure activities. On the second day, the boys were given gym classes while the girls had training in Archery, Burma bridge, Parallel rope, and ascent and descent in trails. On the last day, the boys were given practice in the above-mentioned activities while the girls were given theory classes. The training came to an end with hands-on training to use the fire extinguisher. The three-day training program was very effective and helpful. The volunteers learned a lot from those trainers.



Karuthalum Kaithangum Adalat (May 29, 2023)

Under the leadership of the state government, the Social Justice Department, along with volunteers from St. Michael's College, organized the Karuthalum Kaithangum Adalat on May 29, 2023. Chief Minister Pinarayi Vijayan inaugurated "Karuthalum Kaithangum ", the taluk-level complaint redressal adalats that are to be held across the state. The objective was to ensure all the citizens received their grants and other necessary help properly. The program started at 9:30 a.m. with the prayer. The chief guest was the honorable Minister of Agriculture of Kerala, P. Prasad. A lot of senior citizens and differently-abled citizens attended the adalat. 50 NSS volunteers organized activities like joining hands in cleaning and participating in court proceedings and also provided the necessary services to differently-abled individuals and senior citizens. The program ended at 3 in the evening. The initiatives of both organizations made the program a success, and it achieved its objective.



World Anti-Tobacco Day (31 May 2023)

The NSS volunteers of St. Michael's College performed a flash mob in public with the message against the use of tobacco. The volunteers performed the flash mob and received the compliments of many. Our programme officers Dr. Seena Kurian and Dr. Rajesh R guided the volunteers and awareness against tobacco was provided showing the images of the diseases caused by tobacco consumption. The programme concluded at 3.00 pm.





World Environment Day (05 June 2023)

The NSS volunteers of St. Michael's College celebrated World Environment Day by planting a sapling in the college premises. This was initiated by college principal Dr. Sindhu S Nair by planting a sapling and thereafter giving a message about the importance of protecting the environment. The volunteers were given instructions on planting trees in their homes and thereafter posting a picture of the same. An awareness class was given to those 75 enthusiastic volunteers by Mr. Madhukrishnan. He pointed out the different ways about how carbon footprints are increasing and the different ways to decrease the carbon footprints. The programs were led by our program officer Dr. Seena Kurian.





Plastic drive(05 June 2023)

The plastic drive is a commendable initiative led by NSS volunteers. Tackling plastic pollution requires collective effort, and it's heartening to see so many volunteers actively involved in cleaning the campus and transforming barren lands into cultivable ones. Dr. Seena Kurian, Dr. Rajesh, and the senior volunteers deserve applause for their leadership in organizing the cleaning program. With 100 volunteers participating, it's clear that there's a strong commitment to creating a cleaner, more sustainable future. Initiatives like these not only address immediate environmental concerns but also lay the groundwork for a better tomorrow for generations to come.



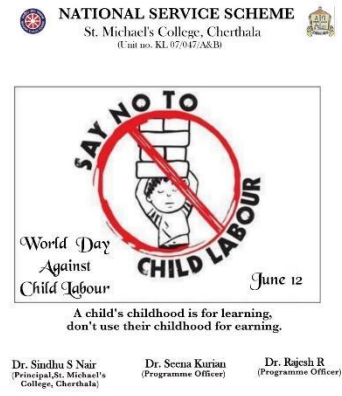
World Ocean Day (8 June 2023)

On World Ocean Day, the NSS volunteers of St. Michael's College Cherthala conducted a cleaning campaign on the nearby sea coast. Cleaning the nearby sea coast demonstrates a profound commitment to environmental stewardship and the well-being of our oceans. With 100 volunteers led by programme officer Dr. Seena Kurian, their efforts surely made a significant impact on the cleanliness and preservation of the coastal area. Such initiatives not only raise awareness about the importance of ocean conservation but also instill a sense of responsibility towards protecting our marine ecosystems.



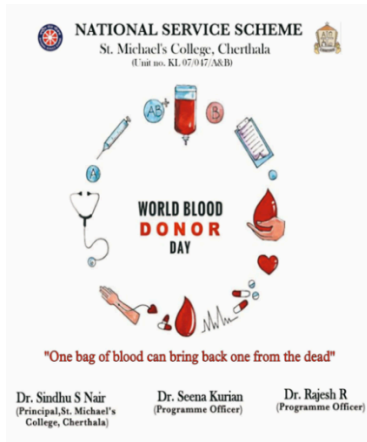
World Day against Child Labor (12 June 2023)

The World Day Against Child Labor was first established in the year 2002 by the International Labour Organization to draw constant attention to the issue of child labour and to revise and revisit our strategies to eliminate child labour. The NSS unit of St. Michael's College hosted the celebrations by taking a pledge against the hazards of child labour. Those 100 volunteers also made posters against child labour. The message was given by program officer Dr. Seena Kurian.



World Blood Donor Day (14 June 2023)

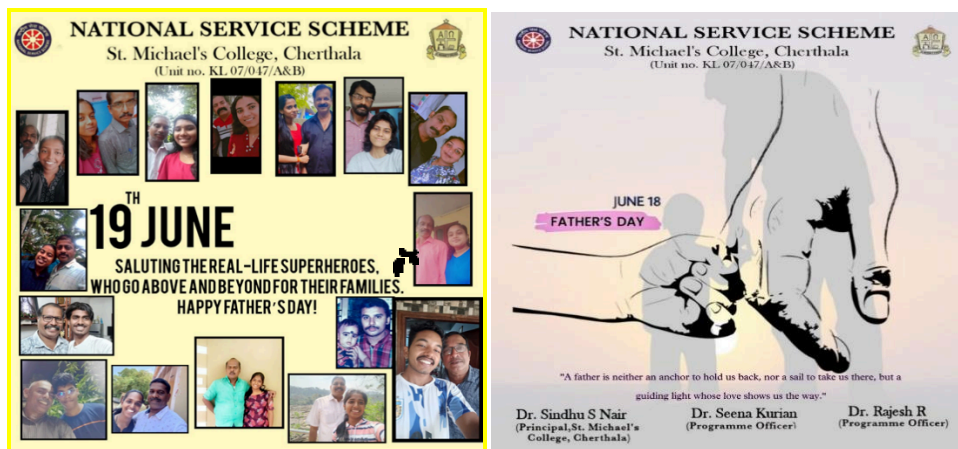
On World Blood Donor Day the volunteers along with our programme officer Dr. Seena Kurian went to the Government Medical College, Vandanam and donated blood. The volunteers received the certificates and our programme officer received a memento from the Department of Transfusion Medicine and Immuno-hematology, Government Medical College Vandanam. There were about 25 male volunteers along with the programme officer.





Fathers Day (18 June 2023)

Father's Day is a day honoring one's father, or relevant father figure, as well as fatherhood, paternal bonds, and the influence of fathers in society. On Father's Day, the NSS unit of St. Michael's College conducted a selfie contest. The volunteers were asked to share a selfie of them with their father on the official WhatsApp group. Later they were also asked to write a letter to their father expressing their affection for him.



National Reading Day (19 June 2023)

National Reading Day is celebrated on June 19 in India to honour Puthuvayil Narayana Panicker, popularly known as PN Panicker. He was a renowned teacher and revered as the father of the library movement in Kerala. On this day, the NSS volunteers of St. Michael's College collected books for school kids in order to set up a library in the Town LP school. The volunteers were asked to bring books of interest to kids and place them in the cradle set up by the leaders. A total of 95 books were collected.



ACCOK Food Donation(20 June 2023)

On 20 June 2023, the NSS volunteers took the initiative to donate food. The volunteers were asked to bring food packets from their homes to be placed in the ACCOK food almirah in Cherthala. ACCOK organisation arranges food and those who need it can directly access the food. About 50 food packets were collected.



National Service Scheme
 St. Michael's College, Cherthala
 (Unit no: KL 07/047/ A&B)

“വിശപ്പ് രഹിത ചേർത്തല ”

Dr. Sindhu S Nair
(Principal, St. Michael's College, Cherthala)

Dr. Seena Kurian
(Programme Officer)

Dr. Rajesh R
(Programme Officer)

International Yoga Day(21 June 2023)

The NSS unit of St. Michael's College, in association with AMAI (Ayurveda Medical Association of India), celebrated International Yoga Day in a beneficial way on June 21, 2023. The program started at 11.30 a.m. in the presence of the college principal Dr. Sindhu S. Nair, program Officer Dr. Seena Kurian, and Dr. Rajesh R. The program was attended by Dr. Jayaraj, Medical Officer of Govt. Ayurveda Hospitals Aroor, Dr. Venkitesh, Dr. Arathy Krishnan, and Dr. Roshan Babu. Dr. Jayaraj sir mentioned all the benefits and importance of doing yoga every day. 100 vounteers actively participated in doing yoga as instructed.



NATIONAL SERVICE SCHEME
 St.Michael's College, Cherthala
 (Unit no.KL 07/047/A&B)

21 June²⁰²³

INTERNATIONAL YOGA DAY

"Yoga is the journey of the self, to the self and through the self. Happy International Day of Yoga."

Dr.Sindhu S Nair
(Principal, St.Michael's College, Cherthala)

Dr.Seena Kurian
(Program Officer)

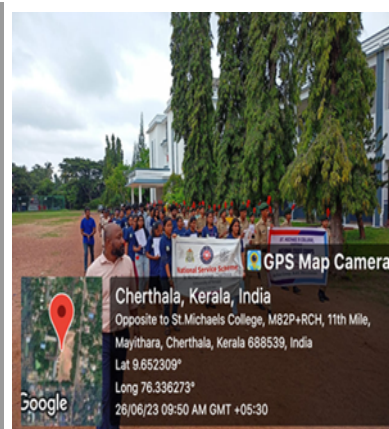
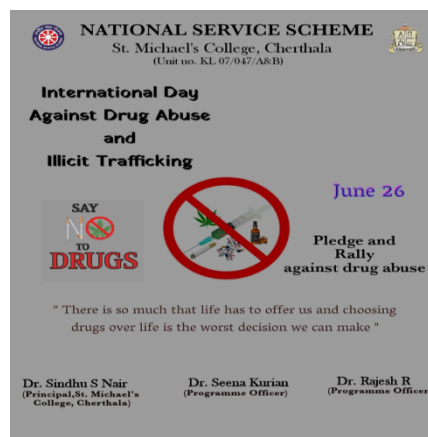
Dr.Rajesh R
(Program Officer)



International Day Against Drug Abuse & Illicit Trafficking (26 June 2023)

The International Day against Drug Abuse and Illicit Trafficking, or World Drug Day, is marked on 26 June every year to strengthen action and cooperation in achieving a world free of drug abuse. The aim of this year's campaign was to raise awareness about the importance of treating people who use drugs with respect and empathy; providing evidence-based, voluntary services for all; offering alternatives to punishment; prioritizing prevention; and leading with compassion. The campaign also aimed to combat stigma and discrimination against people who use drugs by promoting language and attitudes that are respectful and non-judgmental.

The NSS unit along the NCC unit of St. Michael's College arranged a rally against drug abuse. The principal Dr Sindhu S Nair spoke about the ill effects of drug abuse. With a strength of 100 volunteers a pledge was also taken to raise awareness among the students. The programme officers Dr Seena Kurian, Dr Rajesh R along with a few of the teachers guided the students.



Pride Month Rally(30 June 2023)

LGBT Pride Month is a month dedicated to the celebration and commemoration of lesbian, gay, bisexual, and transgender (LGBT) pride. Pride Month began after the Stonewall riots, a series of gay liberation protests in 1969. Modern-day Pride Month both honours the movement for LGBT rights and celebrates LGBT culture. The NSS unit of St. Michael's College arranged a pride rally with the LGBTQ flag and other quotes being sung by the volunteers. A session on LGBTQ was conducted by a senior volunteer. The principal Dr Sindhu S Nair and programme officer Dr Rajesh R presided over the programme and the volunteers actively participated in it.



Marari beach cleaning (01 July 2023)

The NSS volunteers in cooperation with the Environmentalist Foundation of India (EFI) conducted a cleaning drive in Marari beach, Alappuzha. The cleaning drive was held on 1st July 2023. 50 of our volunteers reached the beach around 8:30 a.m. The cleaning drive started with the EFI volunteers speaking about environmental degradation. The

cleaning drive was concluded at 11:30 p.m. with the volunteers handing the bags of waste.



International Plastic bag free day(03 July 2023)

International Plastic Bag Free Day is celebrated on July 3. It is intended to increase public awareness of the damaging effects that single-use plastic bags have on the environment. The significance of International Plastic Bag Free Day is to create a consciousness to take measures towards decreasing the dependency on plastic bags and promoting other alternative solutions that are sustainable. On the occasion of International Plastic Bag Free Day, 100 volunteers were given a class on the crafting of paper bags. These Volunteers were instructed to make paper bags and those were distributed to the nearby shops. The programme was presided over by programme officer Dr Seena Kurian and in the NSS office and concluded the program with a talk on “The demerits of plastic”.




NATIONAL SERVICE SCHEME
 St. Michael's College, Cherthala
 (Unit no. KL 07/017/A&B)
 

JULY 3

International plastic bag free day

"advocate for a plastic-free world and promote reusable alternatives."

Activity: Making Paper bags



SAY NO TO PLASTIC BAGS

Dr.Sindu S Nair
(Principal, St. Michael's College,
Cherthala)

Dr.Seena Kurian
(Programme Officer)

Dr.Rajesh R
(Programme Officer)



Awareness on Indian Constitution (04 July 2023)

A district level awareness programme was conducted by the Department of History of the University of Kerala on 4th July 2023. It was an awareness class on Indian Constitution. Two volunteers participated and received their certificates. Many professors spoke on the different aspects and views of our constitution. The programme was very productive and it helped them understand more about the constitution.



National Fish Farmer's Day(10 July 2023)

On July 10, as a part of National Fish Farming Day, the NSS unit of St. Michael's College celebrated this day by ranching fish seeds in the college pond. St. Michael's College Principal Dr. Sindhu S. Nair, Father Nelson Thaipparambil, and program officer Dr. Seena Kurian ranched those baby fish, and 50 NSS volunteers witnessed the program. Father Nelson Thypparambil appreciated the volunteers and then talked about the importance of fish farming.



World Population day(11 July 2023)

World Population Day is an annual event, observed on July 11 every year, which seeks to raise awareness of global population issues. World Population Day aims to increase people's awareness on various population issues such as the importance of family planning, gender equality, poverty, maternal health and human rights. This day was commemorated by the volunteers by conducting a debate in the topic "Is the rising population rate good or bad?". 65 volunteers actively participated in the debate. They were divided into two teams and both of them were in a tie. The debate helped the volunteers understand that the growing population will be deprived of essentials including oxygen and water. The programme was presided over by our programme officer Dr Seena Kurian which took place in a classroom.



Marigold Cultivation (11 July 2023)

The volunteers kickstarted the marigold cultivation for this Onam season. The volunteers with great efforts ploughed the field, made out dividends and planted the

marigold saplings. The venture was inaugurated by the Manager Fr. Nelson Thaiparambil, Principal Dr Sindhu S Nair and our programme officers Dr Seena Kurian and Dr Rajesh R. The volunteers planted about 150 saplings and the saplings are to be taken care of by the different departments.



Kargil Vijay Diwas(26 July 2023)

Kargil Vijay Diwas is celebrated every year on 26th July to rekindle the pride and valour of the soldiers who took part in Operation Vijay. On this day, 57 volunteers were given the task of making the Indian flags before independence. They were provided with sketch pens and also the old flags Groups were formed and they were provided with the pictures. The program was led by our programme officer Dr Seena Kurian. The best flag was given a prize.



APJ Abdul Kalam Memorial Day(27 July 2023)

The NSS unit of St. Michael's College commemorated the 8th death anniversary of APJ Abdul Kalam on July 27, 2023, by offering flowers to Kalam's images symbolically. A group of volunteers gathered in the St. Michael's College portico at 1 o' clock. The college principal, Dr. Sindhu S. Nair, the manager, Father Nelson Thaipparambil, the program officer, Dr. Seena Kurian, and Dr. Rajesh R talked about APJ. The college Principal explained the significance of the day. The ended at 1:30 p.m. with around 100 volunteers offering flowers on his image.



Hiroshima Day and Nagasaki Day(August 6, 2023)

Hiroshima Day and Nagasaki Day are observed on August 6 and 8, respectively, annually, to motivate a peaceful government and expand awareness of the consequences of the bomb invasion of Hiroshima and Nagasaki. The nuclear attack occurred in 1945 with an atomic bomb on August 6 in the city of Hiroshima and later on August 9 in Nagasaki, two cities in Japan. The NSS volunteers commemorated this day by praying for world peace and unity. The main objective was to make as many Sadako birds we could. 60 of the volunteers joined their arms and learned the making of Sadako birds and made 100 of them. The volunteers crafted the Sadako birds under the guidance of our program officers, Dr. Seena Kurian and Dr. Rajesh R. On August 9, the volunteers hung the Sadako birds in the boughs of the trees in the college and in front of the NSS office room, with the program officers being the first to hang the birds. The program achieved its objective.



Blood Donation Camp(08 August 2023)

A blood donation camp was organized in the college on the occasion of World Blood Donor Day. The event was organized by Red Ribbon Club of NSS unit on 8th August 2023. Dr. Ajmeen Khan and the nurses of Government Medical College, Vandanam rendered their services in the blood donation camp. All the people filled the form before

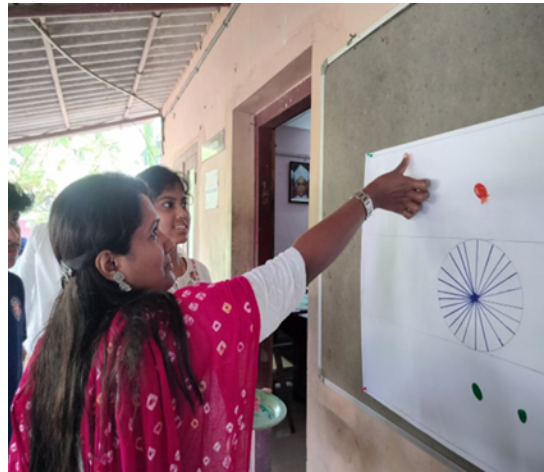
donating blood and completed all the procedures. A lot of students, teaching and non-teaching staff proudly donated blood in the blood donation camp which started at 10:30 am. About 100 units of blood were collected and the donors were given snacks and juices. The donation camp was concluded by 12:30 pm.



Independence Day(August 15, 2023)

Independence Day is celebrated annually on August 15 as a public holiday in India, commemorating the nation's independence from the United Kingdom on August 15, 1947. It is one of the great days everyone remembers the sacrifices made by our freedom fighters to get independence. Also, it teaches everyone the importance of independence, and it's also a time for everyone to come together and celebrate our diversity.

The NSS unit, along with the NCC unit, arranged the independence day programs. The formal function started with the welcome speech by Dr. Abin Albert, followed by the presidential address by the college principal, Professor Sindhu S. Nair. The flag was hoisted by our college principal, and it was followed by the parade of the NCC unit. The dignitaries of the function were the manager, Fr. Nelson Thyparambil, the program officers, Dr. Seena Kurian, and Dr. Rajesh R. All the faculty and staff members were present throughout the function. The NSS volunteers sang the patriotic song. Independence Day sweets were distributed among the people gathered there. One of the NSS volunteers proposed the vote of thanks. 70 of the volunteers joined the celebrations. A number of other programs were conducted by the NSS volunteers. The Indian flag was outlined in front of the NSS room, where the volunteers filled the flag using the thumb painting technique. An independence day quiz was conducted, and the winners were rewarded. The celebrations were truly engrossing, inducing a proud feeling in everyone's heart, making them more patriotic, and creating a sense of unity.





Meri Maati Mera Desh(August 15,2023)

The Meri Maati Mera Desh" campaign is envisaged from August 9 2023, as the culminating event of 'Azadi Ka Amrit Mahotsav'. It is a tribute to the Veers and Veeranganas who have made the supreme sacrifice for the country. It envisions a unified celebration of India's soil and valour, commemorating the nation's journey of freedom and progress. By connecting with the land and honoring our heroes, this program will instill a sense of national pride and inspire future generations to protect India's cherished heritage.To commemorate this, the principal Professor Sindhu S Nair , the program officers Dr Seena Kurian and Dr Rajesh R and 70 NSS volunteers took a handful of soil and took the panch pran oath. The activity was done as prescribed by the Government of India, and it was a successful one. As a result of these efforts, there was a renewed sense of national pride and unity among the volunteers.



A Clean Sweep(August 16, 2023)

Nature surrounds man. So to ensure we live in a green environment, the NSS volunteers, along with NYK Alappuzha, planted tree saplings in and around the college. The saplings were provided by NYK Alappuzha. This was inaugurated by the college principal, Professor Sindhu S. Nair, followed by her valuable message about preserving nature. A few of the saplings were planted by our manager, Fr. Nelson Thyparambil, and other faculties, including our program officers. There was also a mini-cleanup at the college. A group of 50 volunteers worked together to accomplish the objective. The volunteers cleaned the surroundings of the college library and the NSS office. The program resulted in a more tidy and healthy environment.



Malayalam New Year(August 17, 2023)

On August 17, St. Michael's College was ablaze with the vibrant hues of Kerala's cultural tapestry as NSS volunteers orchestrated a spectacular celebration marking the Kerala New Year. The event's centerpiece was a breathtaking formation of Kerala's map, a testament to the unity and spirit of the participants. The meticulous choreography and synchronized movements of the NSS volunteers brought the geographical outline of

Kerala to life, evoking a profound sense of pride and unity among the onlookers. There was a total 65 volunteers who took part in this program. The cultural performances were a dazzling showcase of Kerala's rich heritage, featuring mesmerizing renditions of Thiruvathira that left the audience spellbound. The event, a resounding success, not only celebrated Kerala's cultural richness but also fostered a profound sense of unity and pride among all present. It was a fitting tribute to the vibrant spirit of the state, and heartfelt thanks go to the volunteers who contributed to its success. Anticipation now builds for future celebrations that will continue to promote and celebrate the cultural heritage of Kerala. The program was highly successful.



World Photography Day(August 19,2023)

On August 19, the NSS unit of St. Michael's College celebrated World Photography Day in an astonishing manner to analyze the creativity of the students in the college. The program coordinators arranged a photography competition. The competition was aimed at encouraging students from the college to share a single photo on the given theme "life". The participants were given a deadline to submit photographs along with details. About 25 students participated in the program and shared amazing photographs for the competition portraying the theme. Shinoy Joseph Sabu from the Zoology Department stood first, and Abhijith from Bcom stood second. The celebration ended by congratulating the winners.



Paayasa mela(August 21, 2023)

The National Service Scheme (NSS) volunteers of St. Michael's College, Cherthala, organized a food fest called ' Paayasa mela ' on August 21, 2023 at the NSS office within the college premises. This event was conducted as a fundraising program with the noble intention of helping a friend in need to rebuild his damaged house. The NSS volunteers came together to extend a helping hand in rebuilding his home. The event took place at the NSS office located within St. Michael's College, Cherthala. It kicked off at noon, providing a perfect opportunity for students and staff to indulge in delicious palpayasam during their lunch break. the payasam were priced reasonably, making them affordable for students and staff. The food fest 'Paayasa mela' with the main item palpayasam was a heartwarming display of solidarity and compassion within the college community. Not only did it serve its purpose as a fundraiser, but it also highlighted the altruistic nature of the students and their commitment to helping those in need. The event was a testament to the spirit of service and community engagement that the NSS program fosters among young minds.



Teacher's day(September 5 2023)

India celebrates Teachers' Day on September 5 to mark Dr. Sarvepalli Radhakrishnan's birth anniversary. He was a former President of India, scholar,

philosopher, and Bharat Ratna recipient. On Teachers' Day 2023, students all over the country pay respect and tribute to their teachers.

The NSS unit of St. Michael's College Cherthala wished their teachers on this teacher's day with a warm greeting card and chocolates. Volunteers were engaged in card-making both on the previous day and that day. These started with a group of volunteers alongside our program officer, Dr. Seena Kurian, wishing the college principal, Professor Sindhu S. Nair. The volunteers were divided into groups, and each group was assigned to wish and gift the teachers accordingly. About 100 volunteers engaged in all the activities. All the faculty were considered, and the program was successful with the initiative of the volunteers and program officers.



First Aid Day(September 9, 2023)

On the occasion of First Aid Day, which was observed on September 9 2023, NSS volunteers of St. Michael's College initiated a program to distribute first aid kit to the Physical Education Department. The objective was to promote safety and provide immediate medical assistance to athletes and sports enthusiasts during sports events and practices. 6 NSS volunteers and members of physical education department were present during the event. The kit contained essential medical supplies such as bandages, Dettols, scissors, tablets etc.. The distribution of first aid kit to the Physical Education Department will contribute a safer sports environment, ensuring that immediate medical assistance is readily available in case of injuries. This program fostered collaboration between NSS volunteers and the Physical Education Department, promoting a sense of community and responsibility towards the well-being of all sports enthusiasts. It was a successful initiative aimed at improving safety in sports activities within our institution. The awareness and knowledge imparted during the event will serve to protect and support athletes and sports enthusiasts in the future.



World Suicide Prevention Day(September 10, 2023)

On September 10 ,2023, the National Service Scheme volunteers of St. Michael's College, Cherthala, came together to observe Suicide Prevention week. This event was organized with the aim of raising awareness about the importance of mental health and suicide prevention through various initiatives and activities. On September 12 ,2023 a session on the topic 'suicide prevention' was held at 2 pm in the college auditorium by the renowned mental health expert Asumtha Livin, Who's a counseling psychology consultant Psychologist which she shared her experiences and insights on suicide prevention, emphasizing the importance of early intervention and emotional support. And the program was a success.



Kanak Campaign Fest (September 12, 2023)

Under the leadership of the District Women and Child Development Department, as a part of the Mission Shakti project, activities including self-defense training, empowerment classes, and discussions on gender sensitization were organized at St. Michael's College, Cherthala. The objective was to empower the young generation on various topics that are socially relevant. The program started at 10 a.m. with the prayer, followed by the welcome speech. The program was presided over by Dr. Sindhu S. Nair, principal of the college. The inauguration was done by Maya Lakshmi, Program Officer of

the Alappuzha District ICDS Cell. Dr. Seena Kurian, Program Officer of NSS, conveyed her best wishes. The Women Cell Sub-inspectors of Police, Sulekha Prasad, Asha P. A., Deepa K. D., and others conducted the classes.

Mission Shakti District Coordinator Sijoy Thomas and gender specialists including Athira Gopi, Lijo Joseph, Sanjeev Kumar, and Ashwathi Vishwanath lead the program. 70 volunteers attended the classes and joined the discussion. The program was highly effective, and it achieved its objective. The program evoked a sense of conscience about the above-mentioned topics among the volunteers.



Yuva Samvad

2023 (September 15, 2023)

15, 2024, an impactful program called YovaSamvad was organized in collaboration with NYK, where Sree Chandi Ummam inaugurated the event. Our NSS volunteers played a pivotal role, actively participating in various activities throughout the day. Notably, they contributed significantly to the panel discussions, offering insights on the theme "Panchpran India @2047." The volunteers passionately delivered speeches, addressing the challenges and opportunities for youth in shaping India's future. As a gesture of appreciation, Chandi Oomen presented them with thoughtful gifts, recognizing their dedication to community involvement. The program provided a platform for our NSS unit to engage in meaningful dialogues, reinforcing our commitment to positive community impact and collaboration for a better future. We express our sincere gratitude to NYK for organizing this transformative event, fostering youth dialogue, and promoting community engagement.





NSS DAY(September 24,2023)

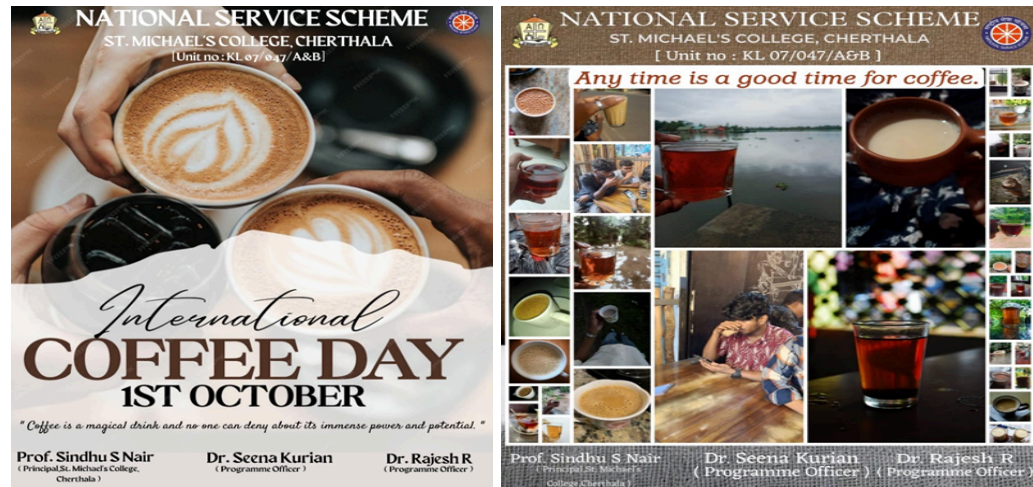
NSS (National Service Scheme) Day is observed on September 24th each year in India. It's a day to celebrate and promote the spirit of volunteerism and community service. On September 24, the NSS unit of St. Michael's college celebrated National Service Scheme day by organising various activities. The NSS Day celebration began with a rally that brought 100 NSS volunteers together. After the rally, the volunteers gathered for sapling planting. The volunteers planted a variety of saplings contributing to local biodiversity and environmental conservation efforts. NSS volunteers actively participated in digging holes, planting saplings, and watering them. A group of 100 students gathered together to accomplish the objective. The programme resulted in a more healthy environment.



International Coffee Day (October 1, 2023)

In commemoration of International Coffee Day on October 1, 2023, NSS volunteers enthusiastically participated by sharing their love for coffee or tea through a unique initiative. The objective was to foster a sense of camaraderie and connection among the volunteers while indulging in a virtual celebration of the beloved beverages. Volunteers were encouraged to post pictures of their coffee or tea moments in the official WhatsApp group. On this day, all volunteers actively engaged in this creative and enjoyable activity, contributing to a lively exchange of experiences and promoting a sense of unity within the NSS community. This initiative not only celebrated the joy of

coffee and tea but also strengthened the bonds among volunteers in a fun and informal way.



Cleanse with Gandhi(October 2, 2023)

On the 2nd of October as part of the Gandhi Jayanti celebration the NSS unit decided to take the path of social services by announcing a campaign for cleaning the surrounding of cherthala railway station and this campaign was named by cleanse with Gandhi. It was a programme that done in collaboration with Rotaract club. The program was coordinated by programme officer Dr Seena kurian. The aim of this campaign was to create a public awareness about the need of the social services which taught us by the great leader Mahatma Gandhi through his life. Almost 50 volunteers participated in the program. The event concluded with a collective commitment to promoting Gandhian values in our communities. Attendees expressed their gratitude for the opportunity to come together and reflect on Mahatma Gandhi's life and legacy .





Mentor Marvel day(October 5,2023)

World Teachers' Day has been celebrated since 1994. On this day the Nss unit decided to conduct a programme. The name of the programme was Mentor Marvel and the programme aimed to celebrate how teachers are transforming education but also to reflect on the support they need to fully deploy their talent and vocation, and to rethink the way ahead for the profession globally.

As a part of the world teachers day Nss unit of St Michael's College decided to give tributes to the teachers. 28 Nss volunteers actively participated in the programme. Along with collecting gifts they also took the initiative to wrap it beautifully with colour papers and distribute it to the teachers of all the departments. The volunteers were divided into 2 groups for the effective distribution. The program was a great success and got immense love and appreciation from the side of teachers.



Basic Life Support, Cardio Pulmonary Resuscitation(October 06, 2023)

On 6th October 2023, St. Michael's College Cherthala in association with Rotary Club Sherthallai hosted an awareness class on Basic Life Support Cardio Pulmonary Resuscitation (CPR) in their auditorium, organized under the Satrangi Project for cardiac care. With participation from 60 dedicated volunteers from the NSS Unit, Principal Prof. (Dr.) Sindhu S Nair presided over the function, guided by Programme Officer Dr. Seena Kurian. The session, led by Dr. Anil Vincent, Senior Paediatrician from the Government Hospital Cherthala, provided comprehensive training on essential life-saving techniques including chest compressions, rescue breathing, and the use of automated external defibrillators (AEDs). Through practical demonstrations and interactive discussions, volunteers gained valuable skills and knowledge to effectively respond to emergency situations, emphasizing the importance of timely intervention in saving lives, particularly in cases of sudden cardiac arrest. This initiative underscored the college's commitment to promoting cardiac care awareness and empowering volunteers to make meaningful contributions to their communities.





International White Cane Day (15 October 2023)

NSS volunteers actively participated in the International White Cane Day rally, joining forces with the blind individuals of the Kerala Federation of the Blind in collaboration with ACCOK Cherthala. The primary objective was to raise awareness about the challenges faced by visually impaired individuals and promote inclusivity. With a commendable turnout, around 20 volunteers attended the event, demonstrating their commitment to supporting and advocating for the rights and well-being of the blind community. The rally served as a platform for fostering empathy, understanding, and solidarity among participants, contributing to a more inclusive and compassionate society.






IGNITE - APJ Abdul Kalam quiz (October 16, 2023)

The NSS unit at St. Michael's College Cherthala conducted the "Ignite - APJ Abdul Kalam Quiz" with the aim of fostering knowledge and inspiration among NSS volunteers. A total of 50 volunteers participated, of whom nine were selected for the final round. The quiz, held recently, served as a platform to celebrate the ideals of the late President

NATIONAL SERVICE SCHEME
ST. MICHAEL'S COLLEGE, CHERTHALA
[Unit no : KL 07/047/A&B]

IGNITE
Quiz Competition



Topic :
A.P.J. Abdul Kalam

Date : 16 October 2023
Time : 1:00 pm
Venue : A 20 Classroom

Prof. Sindhu S Nair
(Principal, St. Michael's College, Cherthala)

Dr. Seena Kurian
(Programme Officer)

Dr. Rajesh R
(Programme Officer)



Dr. APJ Abdul Kalam and promote awareness of his visionary contributions. The volunteers actively participated, showcasing their enthusiasm for learning and their commitment to the spirit of service. The event not only ignited intellectual curiosity but also instilled a sense of pride and responsibility in honoring the legacy of Dr. Kalam. Program officer Dr. Seena Kurian appreciated the winners and congratulated them. St.

Michael's College cherishes such initiatives that contribute to the holistic development of its NSS volunteers.

Silent Valley Nature Camp (26-27 October 2023)

The NSS unit and the Department of Zoology embarked on a captivating nature camp to Silent Valley, Mukkali, Palakkad, under the guidance of Programme Officer Dr. Seena Kurian, Head of the Botany Department, Dr. Teny David, accompanied by other dedicated teachers, Sam Johnson and Smisha, the two-day journey unfolded with enriching experiences. The expedition commenced with an exhilarating trek in the

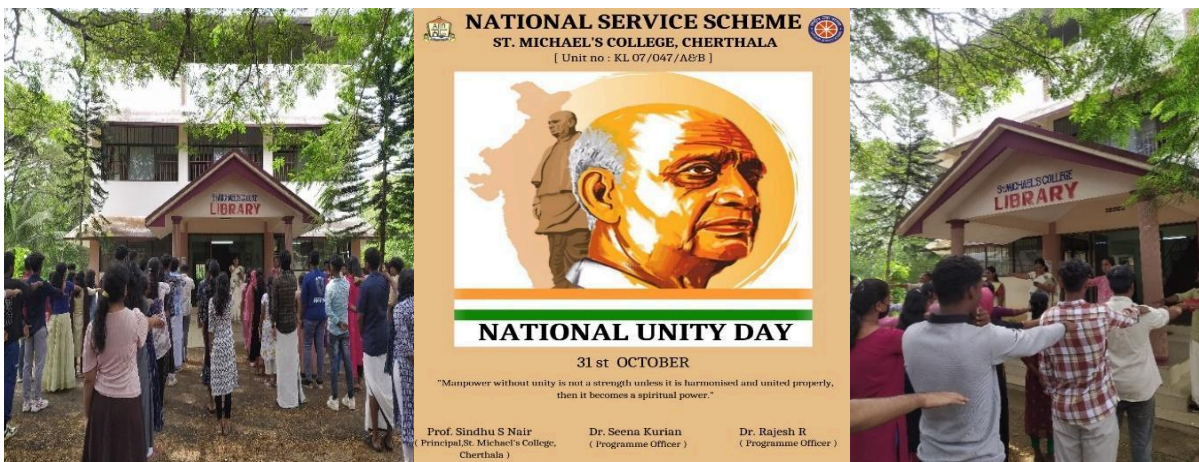


Mukkali range, where the forest officer provided extensive insights into Silent Valley's rich biodiversity, encompassing even the minutest details. Following a post-trek lunch, the group visited the nearby village Attapadi and a scenic viewpoint. An evening lecture delved into the intricacies of the forest, and participants were divided into four groups for assignments related to the national park. The second day commenced with an early bird-watching session, followed by a visit to the Sairandhiri and the botanical garden at the forest office. Post-return, participants were allotted time for assignment preparation. The day unfolded at the riverside, with the forest ranger Kareem Sir sharing captivating stories. Subsequently, participants presented their assignments, concluding with a review and a heartfelt vote of thanks. As we wrapped up our nature camp, filled with newfound knowledge and appreciation for the environment, we departed from Silent Valley, Mukkali, carrying memories and insights that will resonate within us.



National Unity Day (31/10/2023)

Since 2014, India has celebrated Rashtriya Ekta Diwas, or National Unity Day, on October 31 every year to mark the birth anniversary of Sardar Vallabhbhai Patel, known as the Iron Man of India. Rashtriya ekta diwas 2022 marks the 147th birthday of Sardar Vallabhbhai Patel. N. S. S unit of St. Michael's college heartily observed the day in cooperation with Nehru Yuva Kendra with the aim of spreading the message of unity and fraternity among volunteers. As part of the Unity Day celebrations, the volunteers paid tributes to great personalities like Sardar Vallabhbhai Patel, Pandit Jawaharlal Nehru and Ithira Gandhi who worked for the betterment of the country. After that a message was delivered by programme officer Dr. Seena Kurian in which she pointed out the significance of unity, equality and secularism in a country like India which has unity in diversity. Volunteers also took a pledge and organised a Team Run which was flagged off by Programme officer Dr. Rajesh. P. The programme was ended with the felicitation by Mr. Shivamohan, National youth volunteer Nehru Yuvakendra followed by Vote of thanks speech by Anjali Krishna, N. S. S volunteer secretary. As a whole the programme met with success.



Harmony day (31

October, 2023)

On 31 October 2023 NSS unit of St Michael's College (cherthala) conducted an oath taking ceremony in associate with the national unity day which is introduced by the government of India to acknowledge the death of a famous politician Dr . Sardar Vallabhbhai Patel. The name suggested for the programme was Harmony day. The programme was carried under the command of the programme officer Dr Seena kurian and volunteer secretary Parthik manoj . About 56 volunteers made their active participation in the ceremony conducted by the unit. Then assembly got dispersed and it made a great response in the campus.

Meri Matti Mera Desh **(National Level) (1 November, 2023)

On November 1, 2023, two dedicated volunteers from our NSS unit, Anugraha Babu and Joyal Francis, were selected to represent our college at the prestigious national-level "Meri Matti Mera Desh" program in Delhi. The program aimed to honor the valor and sacrifice of the country's brave soldiers. Anugraha and Joyal, accompanied by other participants, carried soil from our land as a symbol of respect and gratitude to the veers of our nation. At the ceremony, they joined hands with fellow attendees in raising the soil-filled pots as a gesture of reverence towards the courageous defenders of

our country. Their participation in this significant event not only showcased our college's commitment to national pride and remembrance but also underscored the importance of honoring our nation's heroes.

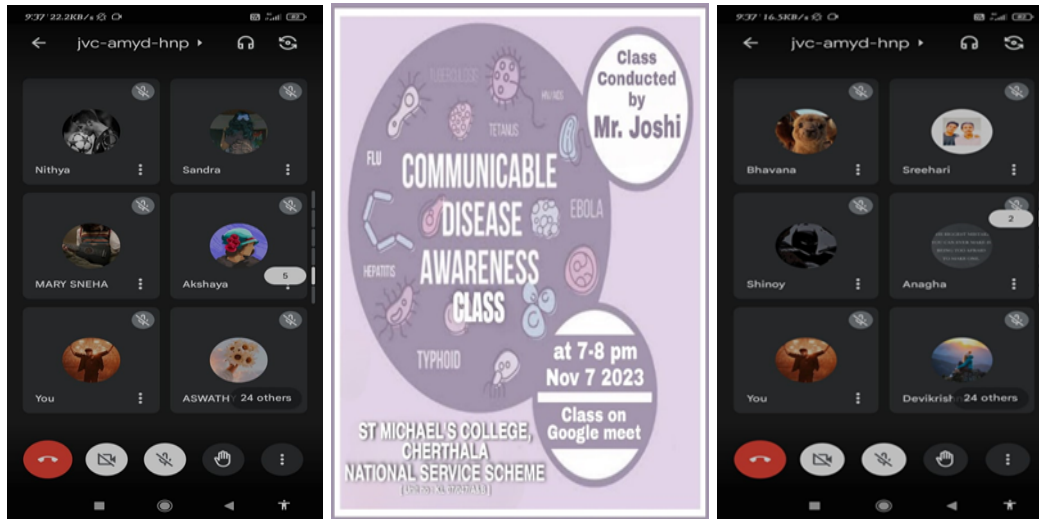


Let's Talk about Drugs (November 04, 2023)

The NSS unit of St. Michael's College Cherthala organized a quiz on drug abuse, titled "Let's Talk About Drugs," on November 4 at 1 o'clock. The event aimed to raise awareness among NSS volunteers about the critical issue of drug abuse and its implications on individuals and society. A total of 9 groups participated, each having 2 volunteers. The quiz covered various aspects of drug abuse, including its impact on health, social consequences, and preventive measures. NSS volunteers actively participated in the quiz, showcasing their knowledge and commitment to addressing societal challenges. The event not only served as an educational platform but also fostered a sense of responsibility among the participants to contribute to the prevention and awareness initiatives surrounding drug abuse. Overall, "Let's Talk About Drugs" successfully engaged NSS volunteers in a meaningful dialogue on a pressing issue, reinforcing the NSS unit's dedication to social welfare and community development. The quiz not only provided valuable insights but also encouraged a proactive approach towards building a healthier and drug-free community.

Awareness on Communicable Diseases (07 November 2023)

A webinar on awareness of communicable diseases was conducted by the National Service Scheme of St. Michael's College Cherthala on November 7, 2023, via Google Meet. The aim of this online awareness class was to provide guidelines about the spreading chicken pox disease in and around the college. The class was given by Mr. VP Joshy, the Health Inspector of Cherthala. A total of 50 volunteers attended the session. Program Officer Seena Kurian presided over the session. The volunteers attended the session interactively, and the objective of the program was achieved.



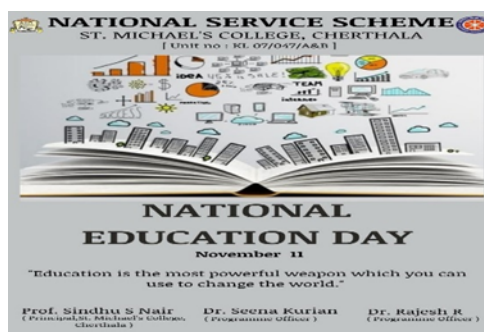
Legal Service Day (November 09, 2023)

On Legal Service Day, November 9, the NSS unit of St. Michael's College Cherthala organized a webinar titled "Liberties," conducted via Google Meet. Advocate Anantha Krishnan addressed 60 NSS volunteers, enlightening them on legal rights and responsibilities. The aim of the program was to empower volunteers with essential legal knowledge, fostering a sense of civic duty and awareness. The webinar covered diverse aspects of legal rights, enhancing the volunteers' understanding of the legal framework. This initiative not only contributed to their personal growth but also aligns with the NSS unit's broader mission of creating socially responsible and legally informed individuals. The engaged participation of 60 volunteers underscored the success of the program.



National Education Day (November 11, 2023)

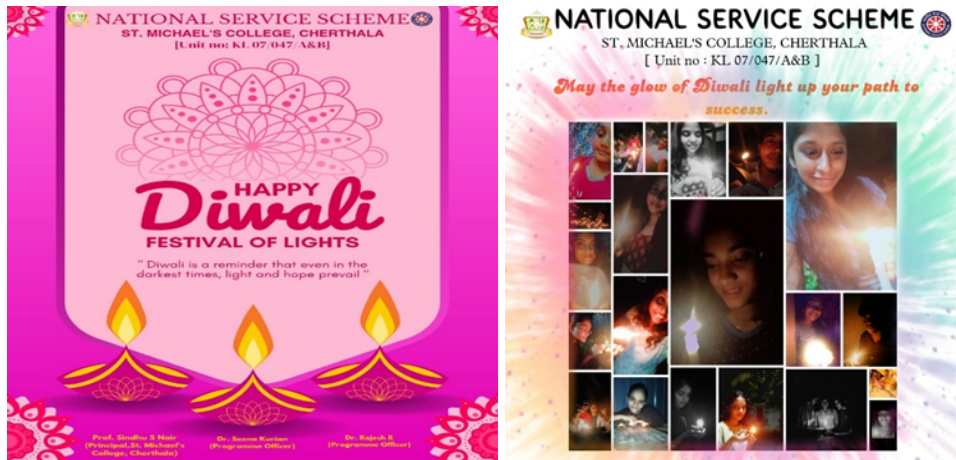
In celebration of National Education Day, the NSS unit organized a unique initiative at St. Michael's College Cherthala. The aim was to empower NSS volunteers by providing them with a platform to share their knowledge and passion. Each volunteer enthusiastically undertook the task of delivering a two-minute class on their favorite topic. A total of 45 volunteers attended this session. This not only encouraged public speaking skills but also promoted diverse learning experiences among the volunteers. The event highlighted the significance of education in fostering personal growth and knowledge dissemination. St. Michael's College Cherthala is proud to observe National Education Day through such engaging and student-centric activities, fostering a culture of continuous learning and empowerment.



Diwali (November 10, 2023)

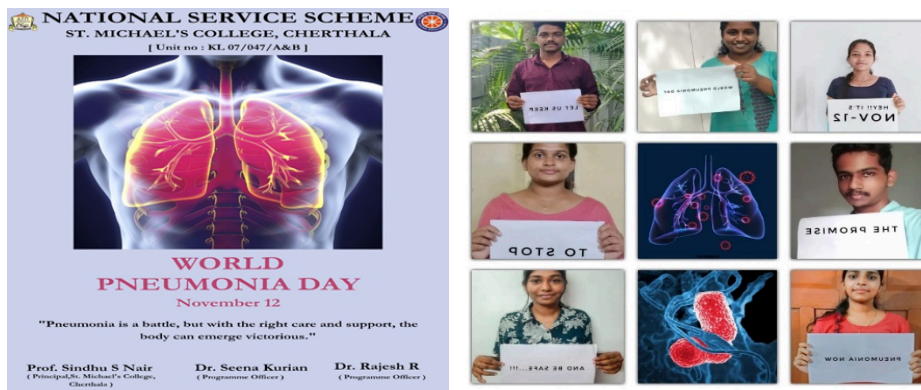
The National Service Scheme celebrated Diwali Day on November 10 with fervor and enthusiasm. Diwali is a time to celebrate the triumph of light over darkness, knowledge over ignorance, and good over evil. Forty dedicated volunteers from our community actively participated in various activities to spread joy and light during this festive occasion. The heart of our celebration was the initiative where each volunteer illuminated the spirit of Diwali by sharing

their vibrant photos holding diyas (deepam). These images symbolized our collective commitment to spreading positivity and hope during this auspicious festival.



World Pneumonia Day (12/11/2023)

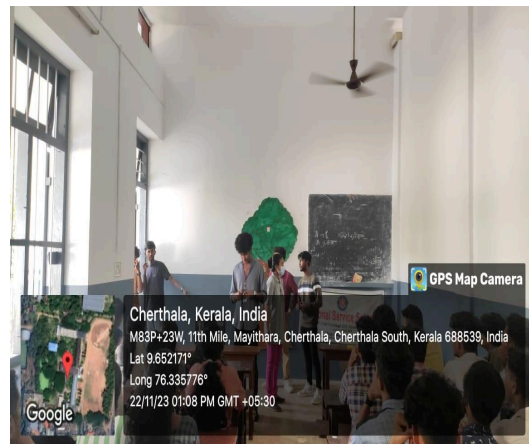
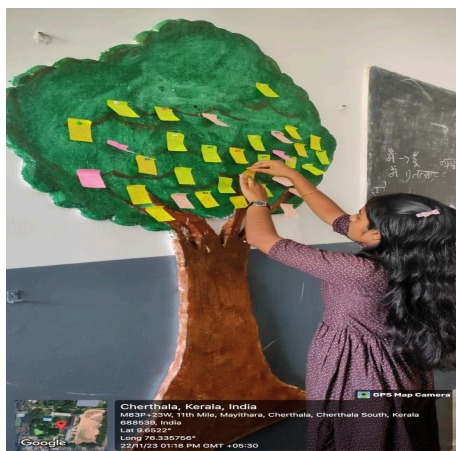
In commemoration of World Pneumonia Day, our NSS unit at St. Michael's College Cherthala orchestrated a creative initiative on November 12. Volunteers engaged in crafting informative collages department-wise, using placards to highlight symptoms, quotes, precautions, and essential information related to pneumonia. This artistic endeavor aimed to raise awareness about the severity of pneumonia and promote preventive measures. By strategically organizing the collages based on departments, the information reached a diverse audience within the college community. This unique approach not only educated individuals about pneumonia but also encouraged cross-disciplinary collaboration in addressing health issues. The event successfully combined creativity with education, contributing to the broader goal of promoting health awareness within the college.





World Kindness Day(November 13, 2023)

In celebration of World Kindness Day, St. Michael's College Cherthala NSS unit orchestrated a heartwarming initiative on November 13. Fifty volunteers actively participated in crafting a "Kindness Tree," a symbol of compassion and goodwill. The aim of this creative endeavor was to spread kindness through a tangible display of handwritten notes on acts of kindness. Volunteers prepared notes expressing thoughtful gestures, empathy, and positivity, adorning a thermocol tree with these messages. This project not only aimed to celebrate the essence of World Kindness Day but also sought to inspire a culture of compassion within the college community. The Kindness Tree served as a visible reminder of the collective power to foster a more caring and considerate environment.



The Little Discoverers carnival(14 November 2023)

Children's Day is celebrated in India to raise awareness about the rights, education, and welfare of children. On this day a group of 25 members from the Nss unit visited the kindergarten near the college. The Name of the programme was The Little Discoverers carnival. The aim of the visit was to encourage the talents and the skill among the children. The Nss programme officer Dr Seena kurian lead the program . The volunteers also took the initiative for helping the children to exhibit their cultural talents such as singing, dancing, mono act, speech etc. They also provided study material such as books, pencils, colours for them to get closer to

the books. In conclusion, the visit to the kindergarten on Children's Day proved to be a delightful and enriching experience. Witnessing the joy and enthusiasm of the children highlighted the importance of fostering a positive and nurturing environment for early childhood development. The activities organized and the interactions observed underscored the significance of creating spaces that promote learning, creativity, and social skills in our youngest learners. Overall, the visit reinforced the value of investing in early education for the holistic growth and well-being of our children.



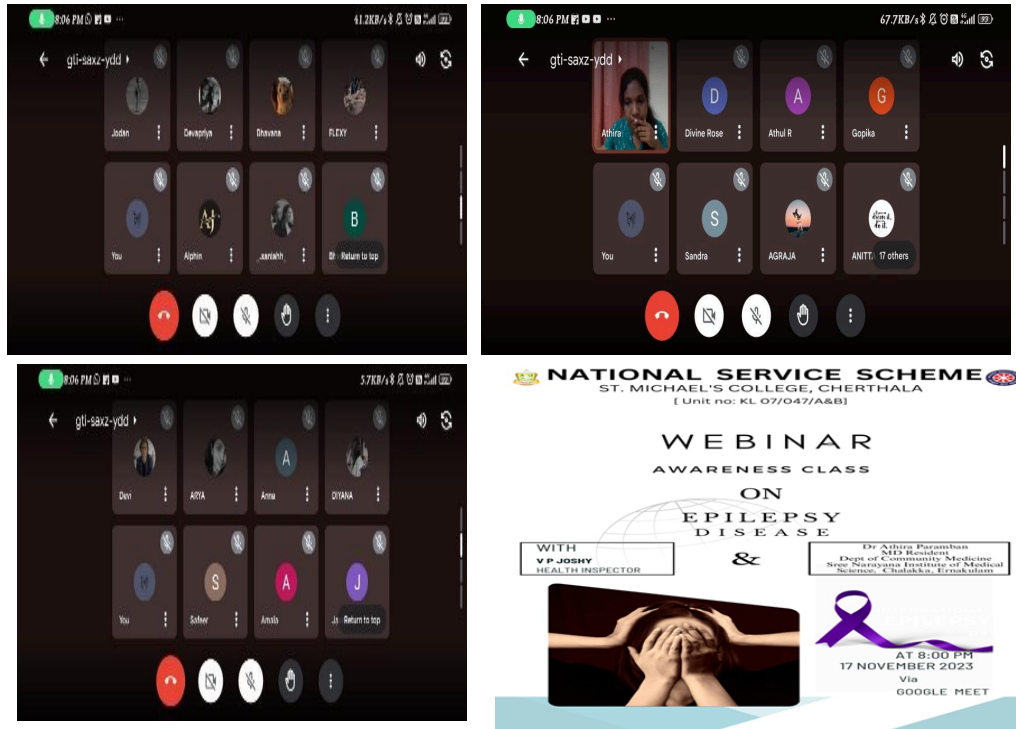
World Diabetes Day (14/11/2023)

On World Diabetes Day, the NSS Volunteers of St Michael's College Cherthala implemented a proactive Healthy Eating Initiative in the college canteen to raise awareness about diabetes and promote healthier food choices among students and staff. The initiative aimed to foster a culture of well-being and contribute to the prevention of diabetes through informed dietary decisions. The program Raised awareness about the importance of healthy eating in preventing diabetes. The Healthy Eating Initiative on World Diabetes Day at the college canteen was a commendable effort in promoting health-conscious choices. Ongoing efforts to sustain these positive changes will play a vital role in fostering a long-term culture of healthy living.



Awareness on Epilepsy (17/11/2023)

On November 17, Dr. Athira Paramban conducted an insightful session on epilepsy awareness via Google Meet, marking Epilepsy Day. With a total participation of 50 attendees, the aim was to enhance understanding and dispel myths surrounding epilepsy. Dr. Athira, through her expertise, delved into the nuances of epilepsy, its impact on individuals, and methods of support. The session not only provided valuable information but also aimed to foster a more inclusive and compassionate community. St. Michael's College Cherthala appreciates Dr. Athira's efforts in raising awareness about epilepsy, contributing to a more informed and supportive environment for those affected by this neurological condition.



Yuva uthsav18/11/2023

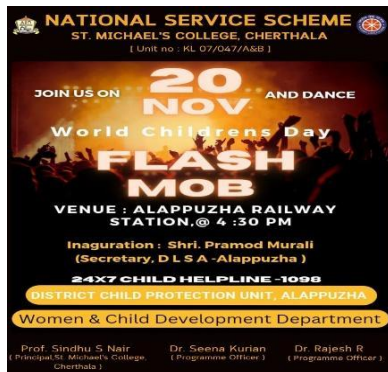
The Nehru Yuva Kendra organized a state level competition named yuva utsav , showcasing talents across various domains. The event, held over two days on 18,19 November.NSS volunteers brought together 12 enthusiastic participants who showcased their skills in folk dance and drawing competition.Participating in cultural programs on NYK was a rewarding experience. Engaging activities fostered cultural exchange, promoting understanding and unity among participants creating a vibrant and inclusive atmosphere. Overall, it was a valuable opportunity to celebrate diversity and build connections.The inclusion of participants from different districts surely added a rich diversity of talent and cultural representation to the Yuva Utsav.



International Childrens day(November 20,2024)

"Orange the World" campaign was organized in conjunction with the International Day for the Elimination of Violence Against Women. This global campaign aims to raise awareness and take action to end violence against women and girls. The color orange is used as a symbol to represent a brighter future without violence. In your specific context, it seems that a flashmob was conducted by National Service Scheme (NSS) volunteers from St. Michael's College. NSS is a voluntary organization in India that

engages students in various community service activities. The collaboration with the District Child Protection Unit and the Department of Women and Child Development indicates a concerted effort to address and prevent violence against women and children.



Police Station Visit (November 22, 2023)

The NSS unit of St. Michael's College, Cherthala, visited the Mararikulam Police Station as part of Azaadi ka Amrit Mahotsav on November 22, 2023. The objective of the program was to make the volunteers aware of the working of a police station. The Station Writer, Mr. Jayachandran, gave the volunteers a tour of the police station and explained each room's specifications. There is a General Diary that records the daily activities of the police station, starting at 8 am, continuing for 24 hours, and is kept in the Reception area. It is managed by the Duty officers and overseen by the Station-in-Charge. There are separate office rooms for the Circle Inspector, the Station House Officer, and the Sub Inspector.



KERALALOLSAVAM (November 23 - 26 , 2024)

During "KERALALOLSAVAM," held from November 23 to 26, 2023, our dedicated NSS volunteer, SA Athulkrishna, showcased his talent and creativity by participating in a dance performance. Athulkrishna's participation not only highlighted his passion for the arts but also represented our NSS unit's commitment to fostering holistic development among its members. Through his captivating performance, Athulkrishna not only entertained the audience but also contributed to the vibrant cultural atmosphere of the festival. His involvement in KERALALOLSAVAM exemplifies the spirit of youth engagement and active participation promoted by the NSS unit at our institution, inspiring fellow students to explore their talents and contribute to the cultural heritage of Kerala.



PRABHODHA 2023 (24-26 November,2023)

Three-Day Residential Volunteer Leadership Training Program

The Three-Day Residential Volunteer Leadership Training Programme 2023 of Kerala University, "PRABODHA" 2023, was held at TKM College of Arts and Science, Karicode, Kerala. The Volunteers Parthik Manoj and Bhavana Krishna P from our unit attended the camp. The program was guided by Mister Brahmanayakam Mahadevan, the national trainer, who accompanied the volunteers till the end of the camp. Day one started at 6 in the evening with the registration and, thereafter, the inaugural function. Later, a session on NSS in Kerala: Avenues and Activities was led by the state NSS officer, Dr. Anzer RN. The next session included a camp briefing by Brahmanayakam, sir. Kollam district coordinator Dr. Gopakumar G controlled and managed the whole training program. Day two started with

Ice-breaking and grouping the volunteers into seven groups by Brahmanayakam sir. After lunch, a session on the efforts and pains of your parents by Dr. Siddique, who is a well-known psychologist, was highly touching and emotional. Leadership through Life Skills, an amazing session was given by Dr. Udayakumar and Biju Simon, making the volunteers into one soul in different bodies. Later, the volunteers were given time for the practice of cultural activities, and they enthusiastically staged their activities. Day three began with a highly required and socially valuable session, "Voluntary Blood Donation: The Need of the Hour" by Dr. Ratheesh Sahadevan. He explained the need for blood donation and the need to have a social commitment. Further, a session on NSS unit management was given by Dr. Gopakumar G, and he further explained the future plans and the types of activities each NSS unit must do and extend their social activities. A group time was also given for the discussion of implementing new activities. The camp ended at 1:30 p.m. on November 26, 2023, with the valedictory function and distribution of the certificates.



Constitution day(26 November 2023)

The 'ORATOR HUNT' speech competition organized by Alappuzha Nehru Yuva Kendra and School of Life Skills on Constitution Day. It's commendable that the event focused on a crucial theme such as the challenges faced by the Indian judicial system. Speech competitions like these provide an excellent platform for individuals to express their opinions and insights on important issues.

The active involvement of two volunteers in the contest showcases a positive initiative towards understanding and addressing the challenges within the Indian judicial system. It's also noteworthy that they received participation certificates, recognizing and acknowledging their efforts. Events like these play a significant role in increasing awareness and knowledge about the functioning of the Indian judicial system. The sharing of diverse perspectives during such competitions can contribute to a more informed and engaged citizenry.



World AIDS Day(December 01, 2023)

On December 1, 2023, St. Michael's College, Cherthala, orchestrated a compelling World AIDS Day awareness rally led by the NSS unit. Under the guidance of Principal Dr. Sindhu S. Nair and Programme Officer Dr. Seena Kurian, the event began with a heartfelt pledge, fostering empathy and understanding. The spirited rally, guided by Dr. Seena Kurian, traversed the college premises and nearby areas, with NSS volunteers dressed in striking red costumes and carrying red balloons, symbolizing unity and support. A poignant formation of the red ribbon, a global symbol for HIV/AIDS awareness, was created on the college ground. This visually impactful initiative aimed at reducing stigma and spreading crucial information about HIV/AIDS, demonstrating St. Michael's College NSS unit's dedication to social responsibility and health education on World AIDS Day.



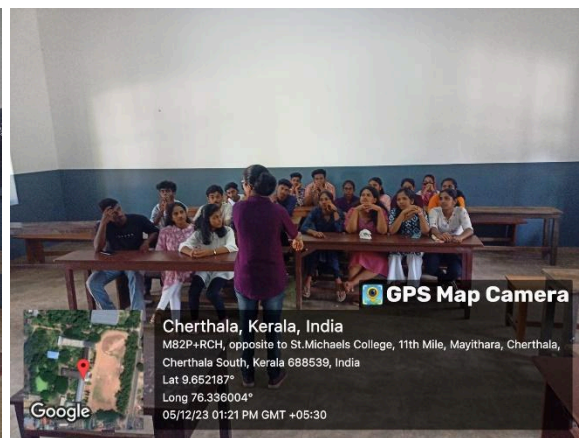
AIDS Awareness Class (December 4, 2023)

On December 4, 2023, Mr. Sangeeth Sebastian conducted an insightful AIDS awareness class at St. Michael's College. Focused on gender sensitization in connection with AIDS awareness, the session delved into the understanding of HIV, emphasizing precautionary measures. Mr. Sebastian skillfully navigated through the complexities of

the subject, providing valuable insights to the participants. The class not only fostered awareness about AIDS but also highlighted the intersectionality of gender in its impact. This educational initiative played a crucial role in equipping attendees with knowledge for responsible and informed behavior in the context of HIV/AIDS prevention.

International Volunteer Day (December 05,2023)

International Volunteer Day takes place every year on December 5. It's an opportunity to celebrate and thank people all around the world who dedicate their precious time and efforts to voluntary service. The objective of the day was to make the volunteers aware of the value and heart of a volunteer. On this day, the NSS unit of St. Michael's College Cherthala conducted a class on volunteerism. The class was given by one of the senior volunteers. The volunteers were given opportunities to experience the act of volunteership. A total of 25 volunteers attended the session. The program thus obtained its objective, and it's sure we mentored a few people to become volunteers.



EnviroGlobe: Seeding Sustainability (World Soil Day) (December 05,2023)

World Soil Day is an annual observance held on December 5th to raise awareness about the importance of soil and advocate for sustainable soil management. With this year's theme "Soil and Water: A source of Life," the NSS unit has decided to combine education and creativity by organizing a terrarium-making course named EnviroGlobe: Seeding Sustainability. The objective was to make the volunteers learn about the vital connection between soil and water but also engage in hands-on activities, fostering a deeper appreciation for the delicate balance that sustains life on Earth. Our volunteer, Shinoy Joseph, led the class, explaining the importance and facts about a terrarium and the process of making one. The video was also shared with the official WhatsApp group for further reference. The initiative achieved its aim of fostering appreciation for sustainable practices.



 **NATIONAL SERVICE SCHEME**
 St. Michael's College, Cherthala
 (Unit no. :KL 07/047/A&B) 

**EnviroGlobe: Seeding
 Sustainability**

World  December 05
SOIL
 Day

**Terrarium Making Event
 @ 1 pm
 A20 classroom**

"Soil is not our property; it has come to us as a legacy, and we must
 pass it on to future generations."
 - Sadhguru

Prof (Dr). Sindhu S Nair
 (Principal, St. Michael's
 College Cherthala)

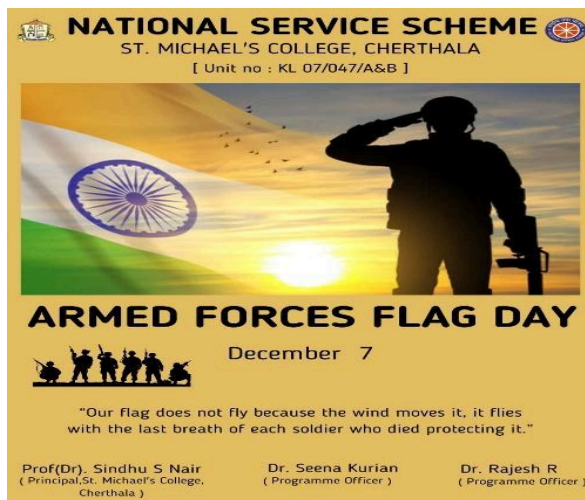
Dr. Seena Kurian
 (Program officer)

Dr. Rajesh R
 (Program officer)



Armed Forces Flag Day (December 07,2023)

7th December is observed as the Armed Forces Flag Day throughout the country to honor the martyrs and the men in uniform who valiantly fought and continue to fight on our borders to safeguard the country's honor. The NSS unit of St. Michael's College commemorated this day. Photos of native soldiers were displayed, and volunteers paid tribute with flowers, fostering patriotism and understanding the sacrifice of brave soldiers. The aim was to induce a sense of patriotism in them and also understand the valour and sacrifice of the brave soldiers and others ignitand we're paying tribute to them. We couldn't portray the huge number of soldiers, so we displayed only Malayalee soldiers. The event included a pledge, successfully



achieving its aim.

Sabarimala Duty (8-10 December, 2023)

From December 8 to December 12, the NSS unit of St. Michael's College Cherthala actively participated in Sabarimala duty, with a dedicated team of nine volunteers. Engaging in various responsibilities, our volunteers contributed to maintaining order, assisting pilgrims, and ensuring the smooth flow of activities during this significant period at Sabarimala. Their commitment and discipline reflected positively on the NSS unit and the college. The experience not only deepened their sense of civic responsibility but also provided an opportunity for cultural exchange and understanding. St. Michael's College Cherthala takes pride in the active involvement of its NSS unit in such vital community service initiatives.



Nehru Yuva Kendra Competition - "My Bharat Vikasith Bharat 2047"

On 10th January 2024, Nehru Yuva Kendra of Alappuzha organized a district-level competition at ASAP Community Skill Park, Cheriya Kalavoor, Alappuzha. The theme of the competition was "My Bharat Vikasith Bharat 2047." The event witnessed active participation from 11 contestants, all volunteers between the ages of 16-29. Arjun S Kumar, a dedicated volunteer, enthusiastically took part in the competition, contributing to the vibrant atmosphere. The participants shared their perspectives on the development of India, envisioning a progressive Bharat by the year 2047. The competition, held at the district level, served as a platform for young volunteers to express their ideas and visions for the future of the nation. The diversity of thoughts and insights presented by the 11 contestants highlighted the rich pool of talent and aspirations within the community. Overall, the Nehru Yuva Kendra competition successfully brought together young minds to deliberate on the theme of "My Bharat Vikasith Bharat 2047," contributing to the spirit of nation-building at the grassroots level.



World Hindi Day (January 10, 2024)

The NSS Unit of St. Michael's College Cherthala celebrated Vishv Hindi Diwas by organizing various activities. The volunteers demonstrated their commitment by creating and displaying posters in the portico, contributing to the festive atmosphere, also conducting a quiz competition. An exhibition was also conducted, showcasing the cultural richness of the Hindi language. Dr. Seena Kurian, the Program Officer, took the initiative to address the volunteers who actively participated in these events. A total of 50 volunteers actively participated in the venture. Her speech likely emphasized the significance of promoting the Hindi language and culture, fostering a sense of unity among the volunteers. The combination of poster-making, the exhibition, and Dr. Seena Kurian's address contributed to a meaningful celebration of Vishv Hindi Diwas.



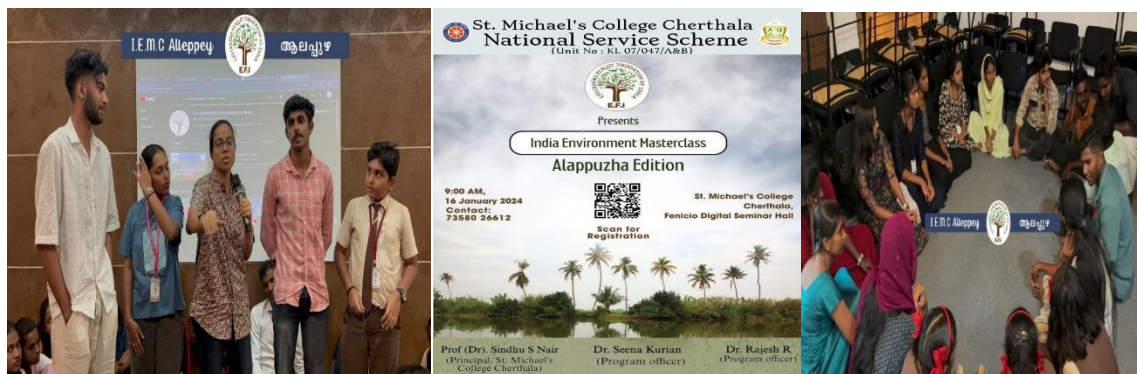
Indian Army Day (January 15, 2023)

On January 15th, in observance of Indian Army Day, NSS volunteers were urged to partake in a special initiative. The objective was to pay tribute and express solidarity with the Indian Army by lighting a candle. Volunteers actively participated in this commemorative gesture, capturing moments of their candle lighting and sharing pictures in the official WhatsApp group. This initiative not only honored the dedication and sacrifices of the Indian Army but also fostered a sense of unity and patriotism among the volunteers. The collective act of lighting candles served as a symbol of respect and appreciation for the brave men and women serving in the Indian Army, highlighting the NSS commitment to national pride and social responsibility.



India Environment Master Class (January 16, 2024)

On January 16, 2024, the Environmentalist Foundation of India organized an India Environment Master Class, the Alappuzha edition at Fenicio Digital Seminar Hall in St. Michael's College, Cherthala. The session, held at 9 am, aimed to educate and engage participants on environmental issues. Led by Arun Krishnamurthy, the founder of Environmentalist Foundation of India, the class covered various aspects of environmental conservation, with support from Nidhin Thomas, Nimisha, and Siva S Babu. The event attracted a total of 50 participants who actively participated in discussions, workshops, and presentations. The master class focused on fostering environmental awareness, sustainability practices, and empowering individuals to contribute to the preservation of the environment. The collaboration of knowledgeable leaders and participants ensured a comprehensive learning experience, aligning with the Environmentalist Foundation of India's commitment to creating environmentally conscious citizens.



OhShun Trash (Mararikulam Beach Cleaning)(January 19,2024)

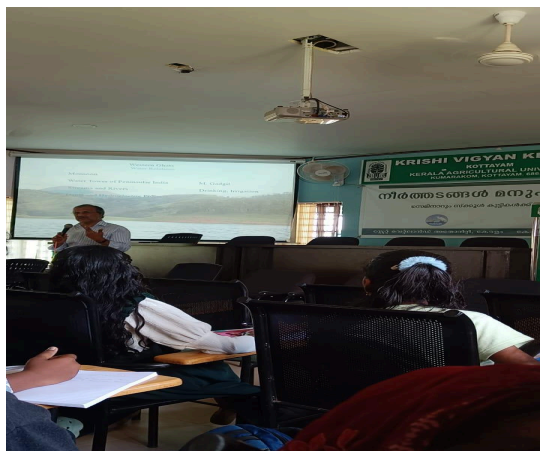
In a commendable collaborative effort, the Environmentalist Foundation of India (EFI) joined hands with enthusiastic volunteers who had attended their master class for a beach cleaning initiative at Marari. Aptly named "OhShun Trash," the event aimed to address the growing concern of plastic pollution on Marari Beach. The beach cleaning activity kicked off at 3:30 pm, drawing together a dedicated group of volunteers equipped with the knowledge gained from EFI's master class. The participants, driven by environmental consciousness, actively engaged in collecting plastics strewn along the shoreline. The focus was not only on visible plastic debris but also on preventing microplastics from entering the ocean and disrupting the delicate marine ecosystem. The foreigners too took part in this initiative. The initiative was strategically timed to prevent further harm to nature, particularly the marine life affected by plastic pollution. The collected plastics were responsibly disposed of to ensure they did not find their way back into the ecosystem. The significance of such initiatives cannot be overstated, as they play a crucial role in preserving the ecological balance of our oceans and beaches. By actively involving volunteers, EFI and OhShun Trash demonstrated the power of collective action in combating environmental challenges. As the beach cleaning concluded at 4:30 pm, the stretch of Marari Beach underwent a positive transformation. The event not only contributed to the immediate cleanliness of the area but also served as a reminder of the ongoing need for environmental stewardship. The joint effort of EFI, the dedicated volunteers showcased the potential for positive change when communities unite for the well-being of our planet.



Vembanad water bird count 2024 (January 21,2024)

A two day stay-camp was conducted by SWAK at Kumarakam, Kottayam aimed at a comprehensive water bird count in the Vembanad region. The primary objectives were to assess the diversity and population of avian species inhabiting or migrating through the wetlands. A number of 8 volunteers were participated in this camp. The volunteers reported there at 10 am, 20/1/24. An informative session on topic wetland, western ghats and its biodiversity conducted by Dr. Unnikrishnan N.

Participants collaborated in collecting and documenting data on bird species, their numbers, and specific locations. Identified a diverse range of water birds, including migratory species, contributing valuable data to conservation efforts. Fostered collaboration between environmental organizations, local communities, and government bodies for ongoing conservation initiatives on the second day starting from 7 am and summed up at 1 pm. The camp concluded on 21 st January at noon after providing lunch.



National Voters day (January 25, 2024)

On January 25, 2024, the NSS unit of St. Michael's College, Cherthala, marked National Voters Day with a dynamic and engaging celebration. The Principal Dr Sindhu S Nair led the NSS volunteers in a solemn pledge-taking ceremony, emphasizing the significance of responsible voting. Following this, a comprehensive demonstration of Electronic Voting Machines (EVMs) was conducted, allowing students to gain practical

insights into the electoral process. To add a touch of vibrancy, the volunteers organized a spontaneous flashmob, injecting energy into the atmosphere. The flashmob not only entertained but also served as a creative expression of the importance of electoral participation. The Principal's trial vote on the EVM set the stage for the volunteers to actively engage in the democratic process, casting trial votes themselves. The event successfully blended education and entertainment, leaving students with a heightened awareness of their role in upholding democratic values and a renewed commitment to actively participate in future elections.





Republic Day (January 26, 2024)

On January 26, 2024, the NSS unit of St. Michael's College actively participated in the Republic Day celebrations, with 50 enthusiastic volunteers contributing to the event's success. Principal, Dr. Sindhu S Nair, raised the national flag at 8:45 AM, marking the beginning of a memorable and patriotic occasion. The presence of Program Officer Dr Seena Kurian and Dr Rajesh added significance to the event. Their support and active participation were instrumental in fostering a sense of camaraderie and purpose among the NSS volunteers.

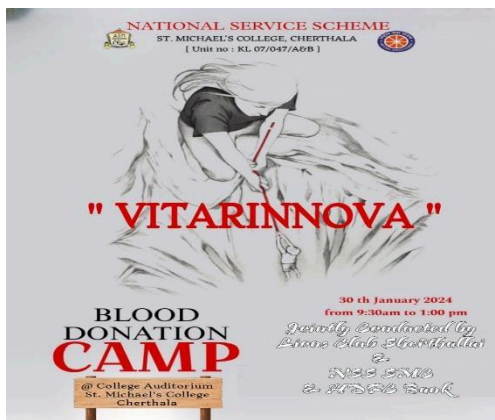
The Republic Day celebration continued into creating a rangoli at of the Indian national flag. The active participation of the volunteers and the NCC cadets, esteemed presence of the principal and guests, and the meaningful cultural presentations contributed to a memorable event that reinforced the values of patriotism and unity. The NSS unit continues to play a crucial role in fostering a sense of social responsibility among the student community.





VitaRinnova - Blood Donation Camp (January 30, 2024)

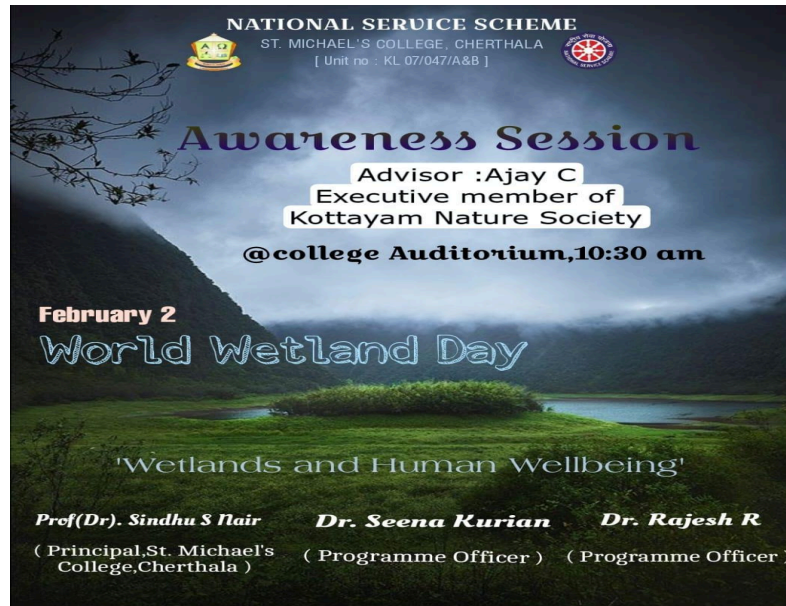
The NSS unit of St. Michael's College, Cherthala, hosted a successful blood donation camp "VitaRinnova" in collaboration with the HDFC Bank, and Lions Club Cherthala at the college auditorium. Approximately 50 units of blood were generously donated during the event. The inauguration was conducted by College Manager Fr. Nelson Thaiparambil, setting a tone of community service and solidarity. Lions Club members delivered impactful speeches, enriching the gathering. HDFC Bank Manager Vidya and Dr. Salim of IMA Cochin provided felicitations, acknowledging the noble cause. Notably, Principal Dr. Sindhu S. Nair welcomed the audience. Programme Officer Dr. Seena Kurian exemplified leadership by actively participating in blood donation. The event was a testament to the college's commitment to social responsibility, fostering a sense of community and humanitarian values.





World Wetlands Day (February 02, 2024)

On February 02, 2024, the NSS Unit at St. Michael's College Cherthala organized a seminar on World Wetlands Day, held in the college auditorium at 10:30 AM. Mr. Ajay C, Executive Member of Kottayam Nature Society, and led the event, which saw enthusiastic participation from 60 dedicated volunteers. Programme officer Dr Seena Kurian presided over the program. The seminar featured presentations, interactive sessions, and panel discussions highlighting the ecological significance of wetlands, conservation challenges, and successful initiatives and the objectives was accomplished. The event served as a platform for raising awareness and fostering discussions on the importance of wetlands and their conservation, underscoring the collective commitment of the NSS Unit towards environmental stewardship and social responsibility.



International mother language day (February 21, 2024)

As 21st february 2024 is observed as International Mother Language day globally every year, it recognize and promote linguistic and cultural diversity and Multilingualism. On this day we the nss volunteers of st Michaels college celebrated it with certain programs. A General meeting of the volunteers was conducted at 12 pm and around 50 volunteers were present. A speech on the ' Importance of Mother Language and How the World Fails to Protect and Preserve their Mother Tongue ' was delivered by one of our volunteers and he shared his views and the relevance of mother language. It was followed by each one of the volunteers representatively talking about the different slangs they speak and their perception of their mother tongue. Our programme officer Dr Seena Kurian presided the program and gave a small session on how the mother language is neglected by this generation.



Central Excise Day (February 26, 2024)

On February 26, 2024, in observance of Central Excise Day, the NSS Unit volunteers at St. Michael's College Cherthala prepared and performed a skit on the theme of "Taxation and Economic Growth." With the participation of 50 dedicated volunteers, the skit aimed to raise awareness about the significance of central excise duties in fostering economic development and ensuring fiscal stability. Under the guidance of Programme Officer Dr. Seena Kurian, the skit was performed in the college auditorium, followed by a session where volunteers took a pledge to contribute towards the nation's economic progress and uphold ethical practices in taxation. Through this initiative, the NSS Unit sought to instill a sense of responsibility and civic duty among its members, emphasizing the role of young citizens in promoting economic prosperity and social welfare.



Grow Green, Live Green (March 01, 2024)

On March 1, the NSS Unit at St. Michael's College Cherthala embarked on a green initiative titled "Grow Green, Live Green," where the NSS volunteers, alongside the principal and programme officer, participated in planting vegetables and tapioca within the college premises. The objective of this initiative was to promote sustainable living practices and self-sufficiency by cultivating organic produce locally. By engaging in hands-on gardening activities, the volunteers aimed to foster environmental consciousness and encourage the college community to adopt eco-friendly lifestyles. Through this collaborative effort, the unit sought to create a greener campus environment while also promoting the importance of agriculture and self-reliance.



No Smoking Day (March 13, 2024)

On March 13, in observance of No Smoking Day, volunteers from the NSS Unit at St. Michael's College Cherthala conducted various awareness programs aimed at promoting tobacco cessation and raising awareness about the harmful effects of smoking. Under the guidance of Programme Officer Dr. Seena Kurian, the volunteers organized pledge-taking sessions and other small programs throughout the day. These activities included poster displays, interactive sessions, and distribution of informational pamphlets highlighting the health risks associated with smoking and the benefits of leading a smoke-free lifestyle. Through these initiatives, the volunteers endeavored to inspire positive behavior change and encourage individuals to adopt healthier habits, contributing to the broader goal of tobacco control and public health promotion.



World Forest Day (March 21, 2024)

On World Forest Day, volunteers from our NSS unit embarked on a meaningful initiative to support local bird populations by providing water in containers placed in their house premises. This simple yet impactful gesture aimed to alleviate the effects of climate change and deforestation on wildlife habitats, particularly during hot and dry seasons. Volunteers diligently placed water-filled containers, known as "bekaer," to offer much-needed hydration to birds in their neighborhoods. Additionally, to document and share their contributions, volunteers were requested to capture photos of the water stations and share them on a dedicated WhatsApp group. Through this collective effort, our NSS unit demonstrated its commitment to environmental conservation and wildlife welfare, fostering a sense of responsibility towards preserving our natural ecosystems.

