

NSS Activities 2018-19

NSS units of 7A and 7B of our college conducted many activities during the academic year 2018-19.

Environmental day celebrations- 2018-19

The environmental day celebration was inaugurated by Dr. K Unnikrishnan, Principal; by giving a sapling to our NSS programme officers Dr. Sujith S & Dr. Renil Dev M R. The Principal gave a thought provoking speech on the theme of the year, Beat plastic pollution. The Principal planted a Mango tree at the college premise and named it as “Tree for future”. Volunteers planted many saplings in the college premises and started keeping a directory.

NSS Volunteer Award University level and State level

Our NSS Volunteer Sri Vishnu S received the best N.S.S Volunteer award of University level and State level. That a milestone of our college.





NAAC Visit

A milestone of the college was NAAC Visit. During that visit N.S.S Volunteers did their maximum efforts to maintain the college clean and Beautification. Under the guidance of the N.S.S Programme officers the Volunteers did their job sincerely and clearly. They cleaned nook and cranny of the college campus with their maximum efforts. Apart from the beautification more than hundred flower pots were set every side of the college. They established a beautiful garden in the front of the college. The hard work and efforts of the volunteers impressed the NAAC and they awarded A+ grade of the college.

Green Protocol

The N.S.S units of our college were actively involved to initiative Green Protocol. Plastic waste is a major harm to the society. Hence our NSS Volunteers under the leadership of Vishnu S, are turning their back to use, and throw plastic bottles which they consider an environmental Hazard. The NSS unit of college has come forward with several initiatives to minimize the use of plastic and convert the campus into a green belt zone. Our unit has associated with the Thiruvananthapuram Corporation to become an independent entity and dispose of their own waste. For implementation of the Green Protocol in College Campus, NSS units brought forth the following Green Protocol proposed to be employed.

1. Encourage the use of Stainless steel plates to carry food.
2. Avoid plastic covering and rexine-binding on dissertation and seminars.
3. Use electronics display board, cloth banners etc. for seminars workshop etc.
4. Avoid plastic files and pens for seminars and workshops. Encourage jute, paper files and pencils.
5. Avoid disposable cups and plates in functions; instead use only stainless steel plates and cups.
6. Promote the use of ink pens to prevent accumulation of plastic wastes.

Attukalpongala

Pongala is the most important festival of Attukal Bhagavathy Temple. The festival entered the Guinness records for being the largest single gathering of women for religious activity. Hence a huge number of wastes generated each year. Before implementing the green protocol estimated waste generated on one day during Attukal Pongala was around 370 tons. Succeeding years it went down drastically after the green protocol implementation and campaigning with the help

of green army volunteers, Trivandrum Corporation and District Administration Collector Thiruvananthapuram.



Green Army Volunteers

Our NSS Volunteers are the virtual members of Green Army. More than ten members are engaged the green army campaigning in every year. Around thousand devotees offer pongala inside the College Campus every year. These devotees are served drinking waters snakes and first aid facilities by our volunteers. Post Pongala cleaning our volunteers cleaned campus with the help of Trivandrum Corporation. Besides Pongala ceremony our volunteers engaged with many Green Army activities.

Fish Pond

Our college garden hosts a lot of honey bees, birds and other exotic creature's drinking water from a small bowl kept near the water tank, which need to be filled up daily. So we have decided to build a two small pond which will provide drinking water to the fauna in the garden. The pond will also host some color fish which will eat away the mosquito larvae from the pond water.

World no tobacco day

Every year, on 31st may, the world Health organization (WHO) and global partners celebrate world No tobacco day. We conducted the campaign; it was an opportunity to raise awareness on the harmful and deadly effects of tobacco use and to discourage the use of tobacco in any form.

As part of the no tobacco companion NSS volunteers of our college conducted three programmes.



1. More than fifty volunteers conducted a rally holding pluck card from Palyam to Thampanoor.
2. For celebrating that day our college held poster making competition and our principal honored the winners in that competition.
3. We conducted a flash mob in three different areas in Trivandrum city to discourage the use of tobacco in any form.

International Day of Persons with Disabilities.

On this day Our NSS Volunteers conducted a flash mob at East Fort, Trivandrum participated with disabilities students from various Schools.

Ekata - Special Olympic-2018

Kerala is witnessing the participation of all 14 Districts as it celebrates 50 years of the special Olympic programme World wide. Organized by Special Olympics Bharat-Kerala Chapter in Collaboration with the national charitable Trust, a mega event titled “Ekata” is bringing together 15000 Athletes and 5000 in unified march on the occasion of the SO Bharat - Kerala State athletic meet, which is being held at the Lakshmi Bhai National College of Physical Education, Green Field Stadium Trivandrum.

On this occasion more than ten volunteers from our college, under the leadership of Vishnu S has participated in that event.



Old age home visit

Every year our NSS Volunteers Visits the old age homes at different parts of Thiruvananthapuram District. They cleaned the old age home and distributed dress collected from the students and teachers of the college.

River Protection

To protecting the rivers, National Service Scheme, University of Kerala has organized a programme, namely River Protection, under the supervision of Land and Disaster Management. On this Basis University of Kerala organized three day residential training programme on river protection. Our two students, namely Vishnu S and Abhijith has participated that training Programme. After that our volunteers under the leadership of Vishnu S Planted 100 Saplings on the Shore of Vamanapura River.



Plantation

Regular activities done by the volunteers, including plantation of trees, setting vegetable garden and beautification of college campus. The volunteers were divided into group and their task shifted each week. The groups took it in a competitive spirit and have done their best in each week's work. They showed interest in setting a garden in front of the college and took initiative in planting trees and vegetable gardens. Volunteers collected vegetable plants and flowering plant from their home and locality and made a good vegetable and flower garden.



Banan tree Garden

A beautiful and big banana tree garden set by N.S.S volunteers in college, more than hundred banana tree in that garden. Every week volunteers plugged many bananas in that garden. The irrigation duties and caring of banana trees are assigned to each N.S.S Groups.



Blood Donation

Our NSS Volunteers actively donated bloods in different hospitals. Every six months minimum 250ml blood donated to RCC, Medical College, General Hospital, KIMS etc.