



T.K.MADHAVA MEMORIAL COLLEGE, NANGIARKULANGARA

National Service Scheme Report 2020-2021

Programme Officers: Ms. Preetha M.V. (Dept. of History)

Mr. Akhil B.S. (Dept. of Commerce)

Volunteer Leaders:

1. N. Nihal Muhammad (Dept. of Chemistry)
2. S. Ayana (Dept. of Commerce)

Objectives:

- Enable the volunteers to cope up with the new pandemic situation
- Equip them to switch to Online mode
- To mould the personality and character of students specially in Lockdown period
- Engage the volunteers in various covid related duties, vaccination drives etc.
- To know about Biodiversity around their locality, its conservation
- To explore natural resources and environment
- To engage the volunteers more on sustainable homestead agriculture
- Make them participate in household duties
- Teach various management skills

- Green initiatives to be introduced in home and surroundings
- Opinion gathering on burning social issues like dowry, POCSO, gender equality, Social Justice
- Equip the volunteers in problem solving process of society
- Extent Support to physically challenged, economically backward, bed ridden and other critically ill, covid affected people
- Observations of important dates round the year
- Enhance GK on History, Current Affairs and make them more Career focused
- Promote unity and democratic living among volunteers

- **Action plan**
- Conduct classes on relevant topics
- Direct involvement of volunteers in various activities like agriculture, plastic survey, cleanliness drives Etc.
- Motivate the students to keep their surroundings green and clean by undertaking plantation of saplings, segregation of plastics
- Motivate students to imbibe habits to manage waste generation and disposal, segregation of waste

- Inculcate proper waste management culture: in home and nearby places, digging waste pits,
- Observe important days like World Ozone day, Youth day, AIDS day, Women's day, World water day, World Environment Day etc. by conducting rallies, classes and other related activities.
- Capacity building initiatives to tackle the Emergency situations like Flood, COVID pandemic etc.
- Organize flood rehabilitation camps (thrice) in the college campus and Facilitated amenities to the inmates. Collected, contributed and distributed food and other necessary materials.
- Prompt the volunteers to donate blood on requirements. Prepare Blood donors' categorized directory
- Classes for facing new situations
- Sensitize the students to minimize the use of plastic bags, not to litter them in public places and water bodies. Enlighten them regarding the hazards of mismanagement of plastics and other wastes which ultimately provide breeding ground for mosquitoes.
- Encourage the volunteers to develop a simple lifestyle with minimum resources

REPORT OF REGULAR ACTIVITIES 2020-2021

An Overview

The Covid-19 has resulted in the sudden shift of NSS activities from normal to the digital platforms. Across the world the people have been told to stay home, the NSS Unit of TKMM College, Nangiarkulangara organized several online activities to cope with the new situation of Corona virus epidemic. They stayed home, recommended measures of social distancing and isolation. The volunteers used social media to create public awareness to fight against Covid19. Unit has undertaken programmes in response to Covid19, to specially reduce the stress and to make the best productive result of their time. Many initiatives were taken to serve the community.

. Volunteers registered as **Covid brigadier**. Time was used for **tree planting and extensive vegetable cultivation**. Volunteers got the best opportunity to attend multifaceted programmes. **Blood donor's directory** was prepared to encourage blood donation during Covid time. **Palliative and other charity** works were conducted. Students made a '**no plastic campaign**'. Steps were taken to **conduct Covid survey**, joined hands with authorities in handling Covid Pandemic and in the conduct of general election. Conducted many Covid drives to create awareness and also helped the public to register for vaccination. Volunteers also conducted **water survey**.

Volunteers attended many Integrated Govt. **Online Training courses and campaigns on Covid 19** which enabled them to handle things easily and efficiently. As

the volunteers are remaining in their home, they got the best time to pursue the new areas of knowledge.

Unit conducted more awareness programmes than previous years, most often the volunteers and webinars, days' observation by themselves, Steps were taken to increase the appetite for **reading among students** and to rediscover the magic of Books. Two literary pursuits have been produced by the NSS Unit during this year- One is the online flip magazine '**Sugatham**', the camp magazine released in commemorative to the great poetess Sugathakumari'. The Second one is the book '**SMS**'- a work based on the survey study of 100 houses by the volunteers during lock down days. The work really gave an insight to the conditions of the people, their financial strains, mental stress etc. We took initiative to help the palliative patients, and cancer distorted ones under Karuthal and Sparsam project respectively.

NSS REGULAR ACTIVITIES 2020-21

Abstract

Sl. No.	Date of the activity	Name of the activity	No. of Participants Beneficiary	Asset Creation
1	03/04/2020	Sannadhasena	32 volunteers registered/Community	Rs. 10000
2	14/04/2020	Selfie with my sapling.	150 volunteers /Community	
3	16/04/2020	Dish of the day	100 volunteers	
4	23/04/2020	Planting	150 volunteers	
5	25/04/2020	Wealth from waste	50 volunteers	
6	26/04/2020	Covid Charutha	35volunteers	
7	02/05/2020	iGOT training	100 volunteers	
8	07/05/2020	Spiting Kills	135volunteers , POs	
9	08/05/2020	One Day One Knowledge	400 students Campus	
10	25/05/2020	Online quiz	500 studentsCampus	
11	14/05/2020	Quiz		

12	29/05/2020	'Parithranam' - planting trees For the Future	100 volunteers Community	
13	01/06/2020	'ORINOQUIA- 2020'	350volunteers Community	
14	05/06/2020	World Environment Day Celebration – Harithalayam	Campus& community 500 volunteers	Rs3000
15	19/06/2020	National reading day Book review result on 25/06/2021	130 students	

16	21/06/2020	International Yoga Day		
17	26/06/2020	Anti- Drug Awareness	Community/ 100 volunteers	
18	12/07/2020	Paper bag day 'Say noto plastic'	Community/ 30 volunteers	
19	20/07/2020- 25/07/2020	University level Palliative Training Programme	1 volunteer	
20	10/08/2020- 15/08/2020	District level Palliative Training Programme 2020	4 volunteers	
21	15/08/2020	Independence Day	6 volunteers	
22	5/09/2020	Teachers Day celebration	150 volunteers	
23	24/09/2020	NSS day Talk with Shoukath (SnehaSamvadam,Shoukath inodoppam)	250 volunteers	
24	26/09/2020	Corona Awareness class	90 volunteers	
25	02/10/2020	NSS Volunteers celebrated Gandhi Jayanthi.	150volunteers	
26	4/10/2020	World Pets Day 'A selfie with my pet'	15 volunteers	
27	05/10/2020	World Teacher's Day a) "Share your	150 volunteers	

		Experience with a teacher” b) Blood donation campaign	1 volunteer leader.	
28	09/10/2020	World Postal Day Celebration 'A Letter to Corona'	25volunteers	
29	27/10/2020	Breast Cancer Awareness Programme 'Snehitha'	10 volunteers	
30	31/10/2020	National Unity Day	95volunteers	
31	02/11/2020-11/11/2020	Child Rights course	2 volunteers	
32	13/11/2020	PRD selection at MSM College	NSS P O Preetha M V and 2 volunteers	
33	14/11/2020	Children's day Celebration- 'Kunnikkuru'	100 volunteers/comm unity	
34	16/12/2020	'Pride moment'-kudos to Archana Nalanan	130 volunteers	
35	27/11/2020	skill development to the volunteers		
36	01/12/2020	Aids Day Observation		
37	15/12/2020	World Soil Day “Know the soil”		
38	02/12/2020-08/12/2020	Youth for Development		
39	10/12/2020-16/12/2020	World Human Rights Day 'AVAKASHAM 2020'	150 volunteers	
40	23/12/2020-29/12/2020	Hope 2020	100 volunteers	Rs. 48000
41	05/01/2021	online camp Magazine book release	6 volunteers	
42	12/01/2021-18/01/2021	National youth week Celebrations	85 volunteers	
43	19 /01/2021	Film review and discussion	95 volunteers	
44	24/012021	National girl child day celebration	95 volunteers	
45	26/01/2021	72nd Republic Day	100 volunteers	

46	30/01/2021	Martyr's Day	100 volunteers	
47	04/02/2021	Sparsam	100 volunteers	
48	12/02/2021	'Sparsam' charity	50 volunteers	Rs5000
49	15/02/2021- 21/02/2021	Leadership training programme	2volunteers	
50	27/02/2021	'Karunam'-palliative talk.	100 volunteers	
51	20/02/2021	World day of Social Justice.	100 volunteers	
52	28/02/2021	National Science Day	50volunteers	
53	08/03/2021	Women's Day' 'ETHRAM 2021'	250volunteers	Rs 4000
54	04/03/2021	'Karunam'	50 volunteers Community	
55	05/03/2021	'Karunam'	50 volunteers Community	Rs 5000
56	06/03/2021	'Karunam'	50 volunteers community	Rs 9000
57	12/03/2021	'Karunam'	50 volunteers community	Rs 3000
58	15/03/2021	World consumer Rights Day 'Alert'	50 volunteers	Rs 10000
59	16/03/2021	'Covax'	50 volunteers community	
60	17/03/2021	Sparsam	3 volunteers	
61	21/03/2021	World Poetry Day, Forest Day and the World Water Day	65 volunteers community	
62	24/03/2021	World TB Day	50volunteers	
63	29/03/2021	Covid period blood donation Challenge	community	
	Total			97000

1. **03/04/2020:**Submitted the details of volunteers from both 1st years and 2nd years who volunteered themselves to join Sannadhasena 2020 for participating in anti-corona activities and to help those who are in need.
2. **14/04/2020:Selfie with my sapling**



This program was initiated by the NSS volunteers to plant a sapling and to protect the environment. The volunteers planted saplings and trees in their houses and shared pictures with their plants. This program is a step to restore our **environment and the Earth.**

3. Lock down Gardening



7. 26/04/2020: Lockdown pleasures (Covid Charutha)



Volunteers painted, sketched portraits, pen art on leaves, wall paint, writings, etc.

Art on leaf



8. 02/05/2020: iGOT



Volunteers attended the (Integrated Govt. Online Training) courses on Covid 19. Many such courses were attended by the volunteers as they are in their home only.

9. **07/05/2020: Spitting kills campaign**-NSS volunteers attended an **awareness campaign** against COVID -19. Volunteers got training a lot to face Corona virus and to serve for the community.

10. **08/05/2020:** NSS Unit planned a **month-long Knowledge sharing programme** with the idea of increasing students' knowledge during the crisis and the program became a grant success with the active participation from the whole students of the college. Each NSS Volunteer shared **a knowledge a day**, thus 150 facts were studied by the volunteers.

11. **25/05/2020: Online Quiz**



NSS volunteers conducted an **online intra college quiz competition**. "GREENOVIA 2020" on the topic '**Biodiversity**'. Participants were provided with E Certificate.

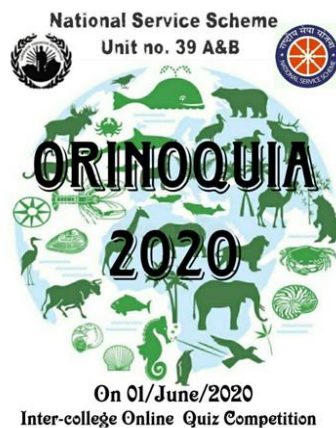
12. **14/05/2020:** Volunteer Jithu Sunil participated in in the inter-collegiate COVID-19 online awareness quiz competition at SN College Chempazhanthi.

13. **29/05/2020: Parithranam, through Generations**



Volunteers steered the programme by **planting tree saplings** with the aim of conserving nature with senior citizens and young generation. (Old and young connect programme). The volunteers **cleaned** their land and **planted trees and vegetables** made this event a success by ensuring with the involvement of their family and friends and neighbors.

14. 01/06/2020: NSS Volunteers conducted an Inter collegiate **Biodiversity quiz competition 'ORINOQUIA-2020'**.



15. 05/06/2020: Environment Celebrations



a) Webinar on the **Conservation of biodiversity for Sustainable Life"** led by C. C. Harilal, Head of the Department of Environmental Sciences, University of Calicut. The webinar was opened to public

b) Volunteers made a **video** on the theme of the day.

Environment day video:



c) The events of the day were organized in collaboration with the **Harithalayam** project of the University of Kerala abide by Covid protocols.

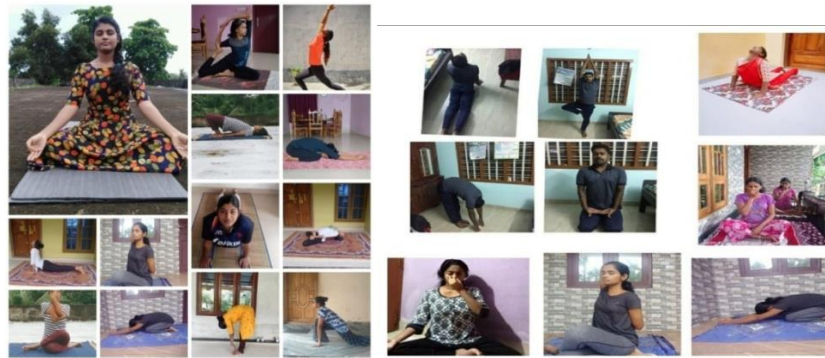
The event was inaugurated by planting of trees in the college campus by the Principal Dr. Vinod Haridas and P O Preetha MV.

Harithalayam project



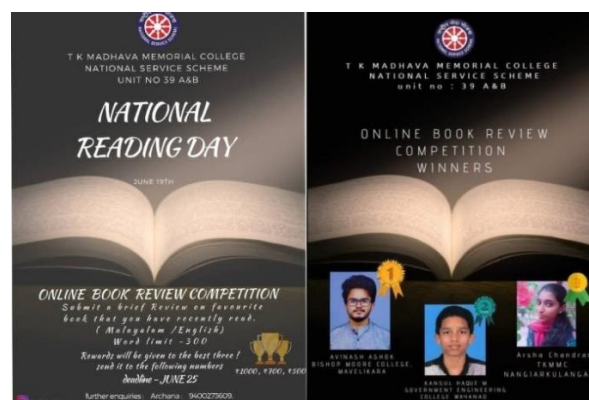
16. 19/06/2020: NSS volunteers conducted an inter-collegiate Book review competition to encourage the reading habit among the students. The prize money (Rs1000) and E certificate was given to the winner.

17. 21/06/2020: Yoga



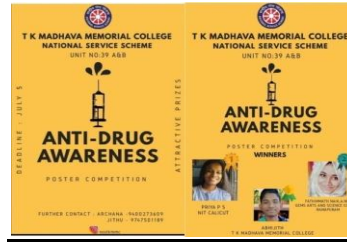
NSS volunteers conducted an inter-collegiate “Logo Contest” and prizes were given. Volunteers did yoga in their home and best of their posture Pic was send.

18. 26/06/2020: Book review competition



Book review competition was conducted, E certificates and prize money was given to the winners (Reading day programme)

19. 26/06/2020:Anti-drug awareness



Anti-drug awareness was conducted by the NSS volunteers. Volunteers conducted poster competition. Prizes were given to the winner.

20. 12/07/2020: Paper bag day. Volunteers made **paper bags** at home during lockdown days and distributed it among the shops and the people nearby, thereby made an **awareness of the hazards of plastic.**

21. 20/07/2020 -25/07/2020: University Level Palliative Training,



Volunteer Athul.S, participated in the 5 days University level palliative training programme.

22. 10/08/2020-15 /08/2020- District Level Palliative Training. Namitha.R. Raghav, R Rajkumar. NeethuKunjumon. N, Lavanya P participated in the 5 days District level palliative training programme.

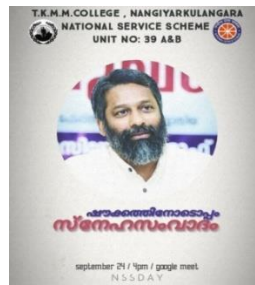
23. 15 /08/2020:Independence Day



Volunteers celebrated Independence Day, hoisted National flag at campus strictly followed Covid protocol. Conducted quiz on National leaders, speech etc.

24. 05/09/2020: Volunteers greeted their teachers over the phone on **Teachers Day**

25. 24/09/2020: NSS Day with Shoukath



Discussion with Shoukath (Sneha Samvadam, Shoukathinodoppam) The famous philosopher, mystical writer and the Kerala Sahithya Academy award winner Shoukath was the chief guest. The NSS volunteers got an amazing and unforgettable experience from this **Samvadam**.

26. 26/09/2020: Awareness class on Corona



- a) Conducted an Awareness class on Corona by Naveen K in association with District Health Dept.
- b) Volunteers conducted online campaign against Covid.

27. 02/10/2020: Gandhi Jayanthi



NSS volunteers celebrated Gandhi Jayanthi. Essay writing competition and speech contest was conducted. Volunteers cleaned their surroundings and the area near to their houses.

28. 04/10/2020: Pet day



A selfie contest with the pets was conducted by the NSS volunteers as a part of celebration. This program was perfectly organized and prizes awarded to the winners.

29. 05/10/2020: World Teachers Day- NSS volunteers conducted a writing competition on the title 'The most influential teacher in my life'. The Entries were invited on inter collegiate basis and best one was awarded with the prize money.

30. 05/10/2020: blood donation campaign.



Volunteer leader Archana Nalanan participated in the 1-week voluntary blood donation campaign - Donation is free of gender bias and physical challenges in collaboration with University College, Tvm.

31. 29/03/2021: Blood donation during Covid Time



Charukes K Priyesh donated blood thrice during Covid period. In fact he is the leader of blood donation cell of our NSS Unit. We have prepared a blood donors directory (comprising of these students of whole College, volunteers, their family, friends, relatives and even neighbors), blood **donation cell of our NSS Unit** is very well co coordinated the blood requirements that are coming to us.

32. 09/10/2020: Postal day



36. 1&2/11/2020: LGBT Webinar



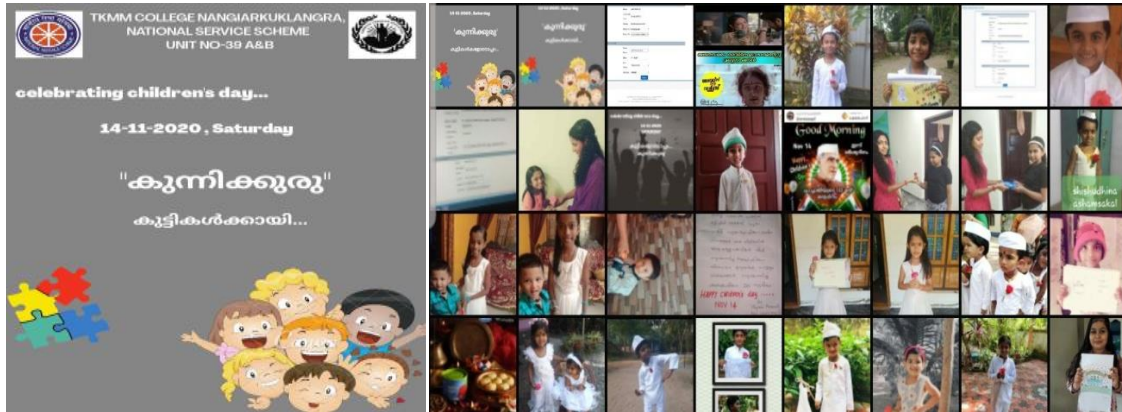
Volunteer leader Archana Nalanan participated in the online programme for **LGBT** organized by NYCI

37. 13/11/2020: PRD selection



- a) NSS P O Preetha M V was a member of selection board to PRD camp held at MSM College Kayamkulam.
- b) Volunteers Amal Krishnan and Reshma S participated in the event.

38. 14/11/2020: Children's Day



An online platform was opened for children to showcase their talents. Volunteers greeted children's day wish to their relative kids and children nearby. Kids recited poems, sung songs, drawings, fancy dress, etc. The members did not forget to give small gifts and to inspire the children.

39. 15/11/2020: Pride moment



Archana Nalinan, our Volunteer leader got the 'Certificate of appreciation', Kerala University NSS award 2019-20

40. 27/11/2020: Kerala Youth Leadership Academy conducted the class led by Mr. N.S Madhavan for the skill development to the volunteers.

41. 01/12/2020: Aids Day Observation. Aids awareness by Smt. Girija K S (VIHAAN CSC project Co-coordinator Alappuzha Dist.). The volunteers

discussed about HIV aids and made Posters and status posts to make public awareness.

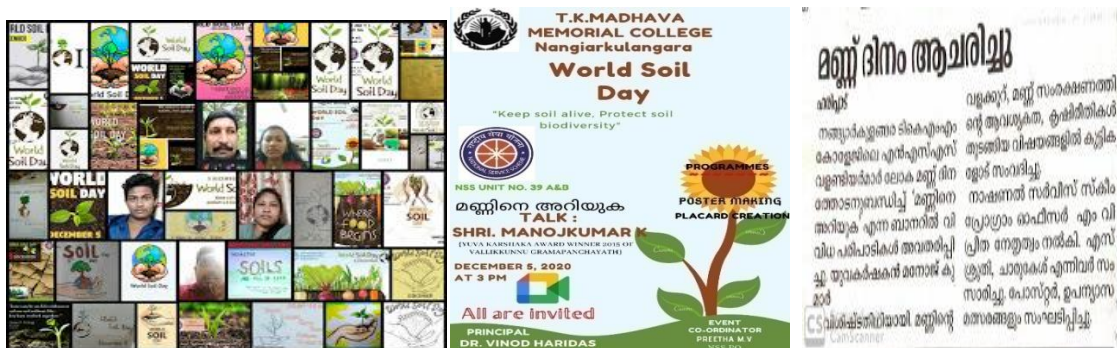
42. 02/12/2020-08/12/2020: A webinar series conducted by Nehru Yuvakendra and National Service Scheme, Keralauniversity named “Youth for Development” for ensuring youth participation in Nation Building activities.

43. 10/12/2020-16/12/2020:Human Rights Awareness programme



Human Rights Awareness programme was organized department wise- webinar series with the theme of "Recover better- Stand Up for Human Rights" (The programme was attended by Dept. Teachers) conducted -**AVAKASHAM 2020** to develop the skills and make them aware of human rights and its violations Debate, poster making, placards, drawing competitions were also conducted

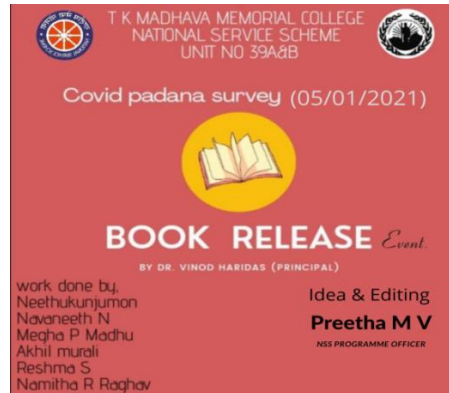
44. 15/12/2020: Soil day



Organized a talk show on the topic “**Know the soil**” the session was run by Mr.Manojkumar K (Yuvakarshaka award winner 2015 Vallikkunnu gramapanchayath.)

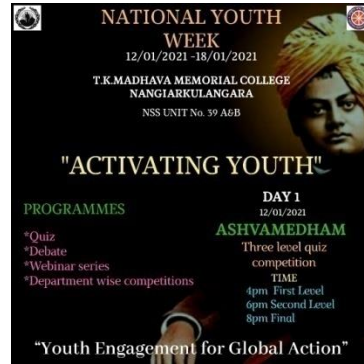
45. 23/12/2020-29/12/2020: The NSS Seven Days camp of the year, “**Hope 2020**” was conducted in online platform.

46. 05/01/2021: Online camp Magazine release



- a) Online camp Flip Magazine Magazine ‘**Sugatham**’, as a tribute to the great poetess Sugathakumari. was released by the Principal Dr.Vinod Haridas
- b) **Also released the book ‘SMS’**- A Covid study, (based on 100 houses' survey by NSS Volunteers.

47. 12/01/21-18/01/21: National youth week



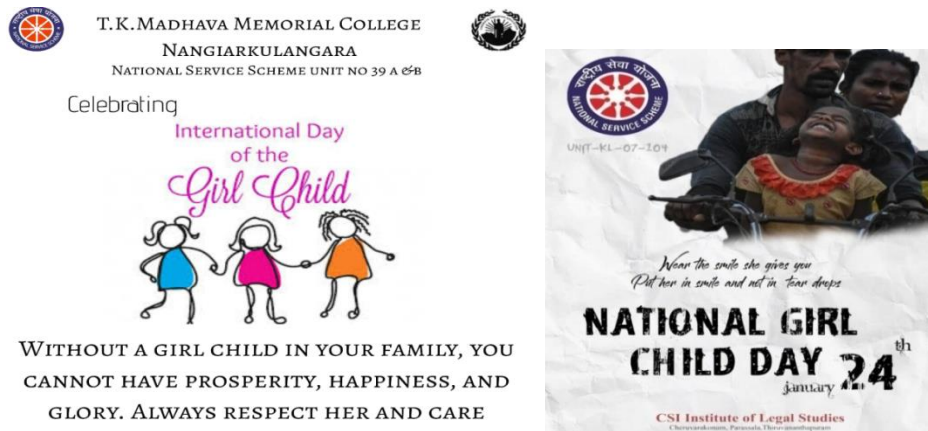
NSS volunteers successfully celebrated the National youth week Celebrations conducted series of programmes in offline & offline modes under the banner "ActivatingYouth" in remembrance of Swami Vivekananda. NSS volunteers successfully celebrated the National youth week Celebrations conducted series of programmes in offline & offline modes under the banner "ActivatingYouth" in remembrance of Swami Vivekananda conducted webinar on Swami Vivekananda in virtual platform. NSS Programme Officer Smt. Preetha. M.V. chaired the session Volunteers spoke over the various quotes of Swami Vivekananda and its importance in daily life. NSS volunteers attended the programme with grave concern.

48. 19/01/2021: Film review



Volunteers reviewed the malayalam movie **the great Indian kitchen** and discussed the democratic sharing of duties, gender equality based on the film in google meet. Programme Officer Smt. Preetha. M.V moderated the session.

49. 24/01/2021: Girl child day observation



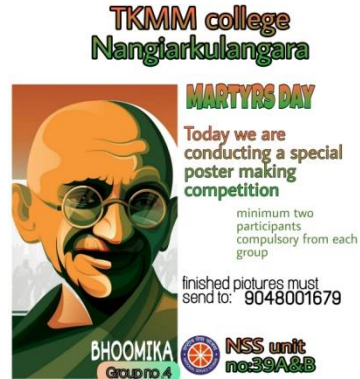
International day of education and national girl Child day celebration. Posters were made on the theme.

50. 26/01/2021: Republic Day



The NSS & NCC units of TKMM College celebrated. 72nd Republic Day Principal Dr. Vinod Haridas hoisted the flag. NCC ANO Lt. Seena V, NSS P O Preetha M V felicitated and gave message.

51. 30/01/2021: Martyrs day



Students saluted the flag and conducted various online programmes thereafter. Volunteers conducted many programmes like quiz, elocution, drawing, poster making, seminar etc. The volunteers recollected Gandhian ideologies, different political movements which ultimately gained freedom for India. The power of Gandhi's word still inspires us to change the world by changing ourselves. E certificates were provided for the winners and participants.

Covid lock down has widened the area of knowledge as it facilitated many online platforms to attend many webinars, awareness programmes.

Participation Certificates of volunteers/Covid awareness programme certificates



52. 28/02/2021: Fund raising programmes



NSS decided to launch charity initiatives for cancer patients and to undertake Palliative care activities

- a) For that cause the volunteers were engaged in paper pen making &also preparing ground for flower cultivation.
- b) **The science day** was observed conducted essay writing competition to **promote scientific temper.**

53. 04/02/2021: Cancer day observation- Sparsam, initiative by the NSS Unit of TKMMC, Nangiarkulangara was inaugurated to extend help to cancer fighters of impoverished family.



This trivial attempt took a start in connection with the world cancer day. Volunteers are planning to raise charity fund from their various Lock down activities. Sparsam is not merely helping financially but giving emotional solace to the affected and their family. Volunteer leader N Nihal Muhammed, Parvathi R, Maneesh Manoj et al. visited a family, and donated Rs5000. They were accompanied by the English dept. HODSoumya S and NSS PO PreethaMV.

54. 5/02/2021-21/02/2021:Leadership training camp



Leadership training camp was attended by Kasyap Krishnadas and Reshma S

55. 20/02/2021: NSS volunteers of TKMM College observed World day of Social Justice. Competitions like poster making, essay writing, Digital drawing etc. were conducted

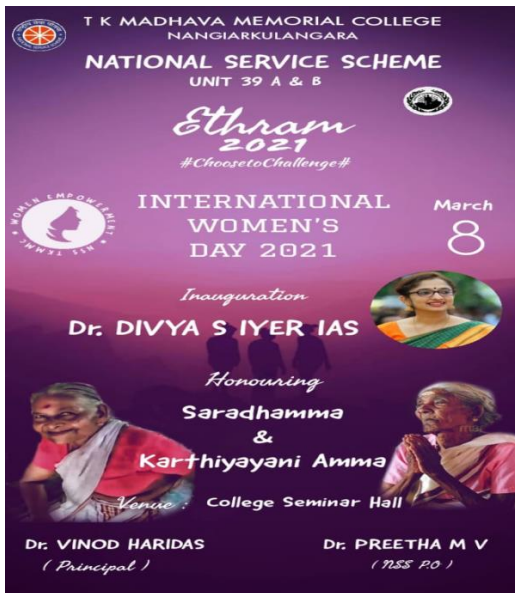
56. 27/02/2021: Karunam palliative care unit of TKMM NSS unit conducted a webinar by Sri.Shammeer Muhammad, Director snehaveedu Harippad. NSS P O Preetha MV. Volunteer leader N Nihal Muhammed, Charukes K Priyesh, Lekshmi MS also shared their views on Palliative programmes

57. 07/03/2021:Archana Nalanan recognized by all **Kerala blood donors’ society**



58. 08/03/2021: womens’ day celebrations

Women’s day

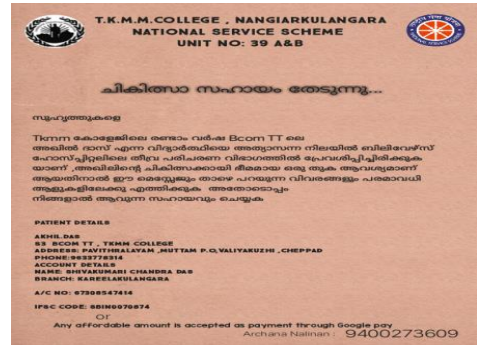




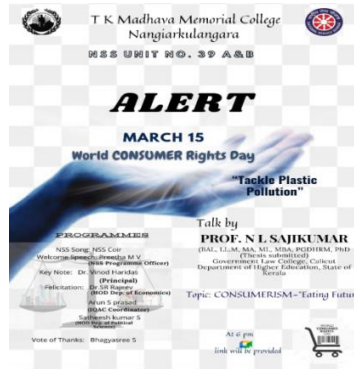
Volunteers of T.K. Madhava Memorial College celebrated with various events under the banner **Ethram 2021**. The ceremony was inaugurated at the College Seminar Hall by Dr. Divya S Iyer in online mode. College Principal Dr. Vinod Haridas presided over the function. The teachers viz Dr. Arun. S. Prasad, Sarsha. S, Abhilash. Y, Ardra. P. Panicker and college chairman Naveen S addressed the gathering. NSS Program Officer Smt. M.V. Preetha Welcomed and the Volunteer Secretary N Nihal Muhammad delivered vote of thanks.

- a) **The Dance drama** performed by volunteers exposed the real plight of women's lives "**Adira**" caught everyone's praise.
- b) The program officer along with volunteers visited Karthiyani Amma (Narishakthi Award winner), Valiyakulangara Sharadamma, who turned the challenges into strength. **Honoring these lives of women** was a different experience for the children.
- c) The **poster exhibition** organized under the banner "Mugham", depicting the achievements of women was really an inspiration for the entire team.
- d) In an **opinion poll** conducted in campus by volunteers, the students pointed out different constraints in the progress of women and pointed out the very social environments that have to be changed in order to achieve gender equality.

59. 15/03/2021: Charity to our volunteer for treatment

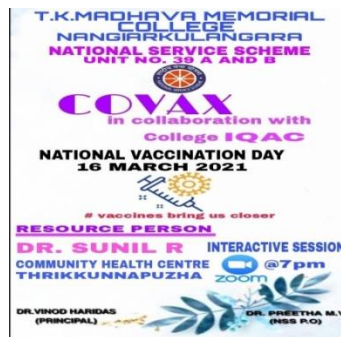


60. 15/03/2021: World Consumer day



Dr N L Sajikumar, associate professor, Govt. Law College Kozhikkode interacted with the volunteers on the topic **“Consumerism: Eating the future”**. The key Speaker gave a clear vision on the Legalities of empowered consumerism, and the duties of a consumer. The webinar also focused the tagline of World Consumer Day this year ie, **“Tackling plastic pollution”**

61. 16/03/2021: National Vaccination Day



NSS Volunteers Celebrated the National Vaccination Day/National immunization day on March 16 #Vaccines bring us closer.

Jointly with College IQAC organized a webinar under the banner **Covax** by Dr. Sunil. R (Community Health Center, Thrikunnapuzha). Session gave a clear vision on vaccination method, types of vaccination, period of vaccination time and the current influence of vaccine amidst the Covid pandemic.

Through the webinar he well explained the administration of vaccination, its history. The webinar removed all the confusions prevailed regarding the Covid vaccination.

62. 21/03/2021: Poetry day, Forest day. Water Day



- a) The events began by commemorating the Famous poet and lyricist, college alumnus Shri. Anil **Panachoran**. College Principal Dr. Vinod Haridas inaugurated the ceremony and recited his poem showing the importance of **tree planting**. Volunteers talked about Kerala poetry and the influence of the same on various aspects of people's life, Volunteers N. Nihal Muhammad, Charukes. K. Priyesh, Sajira Salim and Abhiram shared their views and Karthik, Haritha Haridas **recited poems**, which was followed by a poetry writing competition.

b) Water Day was celebrated by cleaning the water sources and taps in the college. In the upcoming days, it has been decided by the NSS team to conduct a **water survey and test the water purity** of the surrounding wells. **Tree saplings and medicinal plants** were planted on the college premises in connection with the World Forest Day.

63. 04/03/2021, 05/03/2021, 06/03/2021, 07/03/2021: Palliative charity

a) NSS Unit conducted a palliative survey in college neighborhood



Sr no	Name & Age	Address	Diagnosis	Referral	Referral	Remarks
1	Uthamma, 75y	Sagarika, TP North, Kavaratti Island 1	CVA & hemiplegia	ATI and	11/20	Stroke
2	Hariprasad, 80y	Changanassery, Keralada	Old age dementia + DPH	AV card	10/20	not stable
3	Sanjay, 81y	Changanassery, Keralada (Island 2)	Post stroke weakness old age dementia & hemiplegia	AV card		not stable
4	Subramani, 80y	Changanassery, Keralada (Island 2)	Stroke, renal and liver failure	AV card		not stable
5	Prasad, 80y	Kapalash, Keralada (Island 2)	Post stroke weakness	AV card		not stable



b) NSS Unit donated provisions, medicines, hand sanitizer and mask to destitute in college surroundings Handed over the things (Rice, and other provisions) to the HR of Haripad District Hospital Palliative care unit Handed over the rice vegetable kit, rawrice ,sugar, tea powder ,parippu, payar ,vim bar etc.&1000rs to Parvathy amma



64. 17/03/2021: NSS Unit visited many palliative patients. Jointly with Haripad District Hospital Palliative care unit and donated provisions, medicines, hand sanitizer and mask to them.

65. 24/03/2021: World TB Day, Posters were made for public awareness.



T K Madhava Memorial College



National Service Scheme - Seven Days Camp Report 2020-2021

HOPE 2020

YOUTH FOR PREVENTION & MITIGATION OF COVID-19

(7 days virtual camp 23.12.2020-.29.12.2020)

The seven days virtual camp of National Service Scheme for this year was conducted in virtual mode due to Covid pandemic. Youth for prevention and mitigation of covid-19 is the adopted theme, based on this the unit conducted variety of projects. The camp was organized in such a way to uphold the spirit of resilient youth to attain Personality development, to make proper awareness among the students regarding the current social issues and drive them towards needs of the society and to make them socially responsible citizen and to inculcate faith in manual labour.

Personality and gain experience from these community services. Though most of our activities were held online, several activities like Covid survey, rain water harvesting survey, nearby bus stop cleaning etc. were done by maintaining Covid protocol.

At most attention was taken to maximize the output from the camp through elaborate group activities. Routine activities like assembly, yoga and physical exercises, camp newspaper, cultural programmes, camp evaluation was done daily.

50 first year volunteers and 50 from second year were enrolled in the camp HOPE 2020. The volunteers were grouped in to seven viz. Appooppanthadi, Amigos. Magic magnet, Karma Phoenix Paravakal and team Bhoomika. All the camp projects and progames were done group wise.

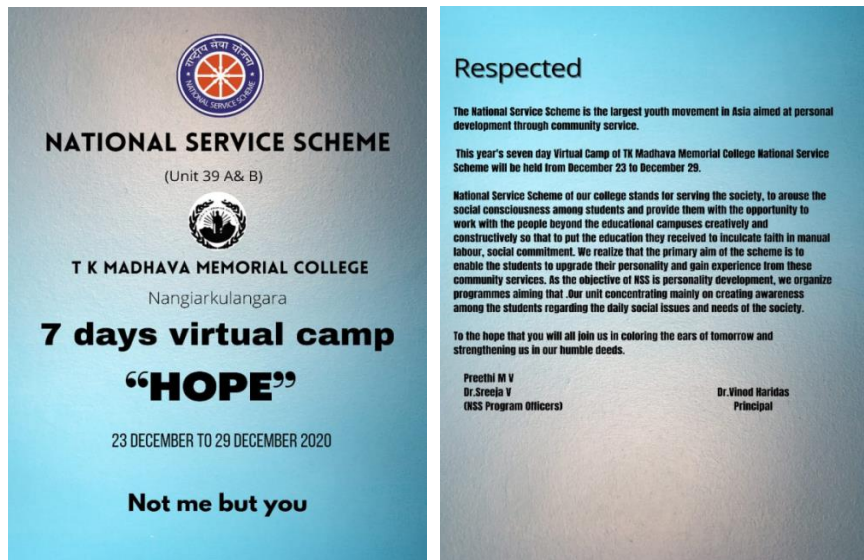
NSS PO Preetha MV was in charge of the camp.7 days virtual camp HOPE 2020

Day 1

23.12.2020: A **Pre-orientation Training** camp was conducted online and orientation was given by C.M. Lohithan former faculty of the college, and currently the principal of Sree Narayana Centre for Advanced studies, Nangiarkulangara. The session was very effective and nourished the volunteers' camp preparations.



Camp invitation



The **Inaugural ceremony** of HOPE was on December 23 at 5 pm was done by Dr.Shaji A, Programme co-ordinator of NSS, University of Kerala. The Presidential

address was given by the College Principal Dr. Vinod Haridas. The Ice breaking session created a sense of family bond among volunteers.

Day2

24.12.2020

The program **AYUSHMAN**, a session on yoga and meditation was handled by Dr. Aneesh Rajappan, Head of Physical education department enabled the volunteers to know more about the need to practice yoga and meditation.

By 10.30 am, one of the major **Shramdan** of the camp namely, 'PUNARJANI', the **100 bus stops beautification** project started. (Encompassing Bus stops from Haripad to Karunagapally and main bus stands in Kayamkulam)

'PUNARJANI', project was inaugurated by the Programme officer Preetha M V by planting Thanal tree at College bus stop (Thanal tree planted in bus stops were named sugatham). Three were sponsored by the Rotary Club, Haripad.

Punarjani Inauguration at college Bus stop



Volunteers cleaned the nearby bus stops and surroundings. (In certain cases, they washed bus stands and) planted tree saplings (Thanal project) and flowering plants. In

certain areas students donated pots too. Installation of reading facilities (journals, books & newspapers), also placed sanitizers in the Bus stops. Group leaders ensured the perfection of the duties, and updated the works over phone and uploaded videos and photographs to make sure the progress of the shramadan. This project was highly appreciated by the people around and came under great media coverage. In many places the locals also joined with the volunteers and sponsored things required and offered food to the volunteers.

Motivational session **SUCCESS MANTRA** was led by Dr. S. BSREEJAYA, former Principal of TKMM College provided many valuable tips for achieving success in our life.

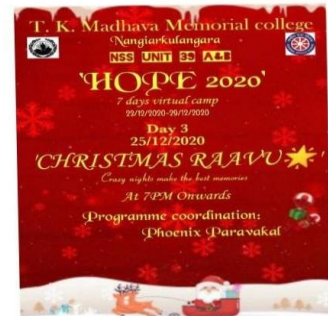
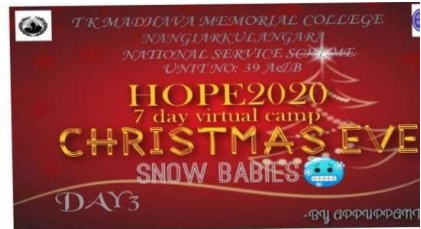
The Cultural Night was fantastically done by all Groups in all days with different names like.

DAY 3

25.12.2020

N. Niha, I. Muhammad, first year volunteer leader and Wrestling Champion, conducted a yoga session **SOORYA NAMASKAR**. The highlight of **Christmas Celebration** was the task 'clean and cook'. Each group separately named their task like LET IT SNOW, FEAST IN THE EAST, RUCHIKOOTU, CLASSIC KITCHEN, MANTHRIKAKOOTTU etc. This really was an amazing session as the volunteers cooked a fabulous variety of foods and cleaned their kitchen and surroundings. The volunteers and their family members came online and shared this "new experiences".

The **Christmas Special programme 'CAROL WITH PUSHPAVATHY'** in which Pushpavathy Poipadath, the famous play back singer and social activist joined the camp. She sang and shared many progressive ideas to brighten up the future. Christmas Eve was made extra colorful by variety of performances. Christmas message was also there.



DAY 4

26.12.2020

Volunteers were involved in a variety of community service programs like Shramadan programs include bus stop cleaning, vegetable gardening, roadside

cleaning, water literacy survey and covid study survey. Daily volunteers shared work experiences.

“NANAV” with Dr. V. R. Subhash Chandra Bose, former director, Water Resources Department and Scientist talked to the children about **water pollution and rainwater harvesting**. The class was also conducive to the continued activities of the NSS unit. The volunteers discussed about rainwater harvesting, Water pollution. The session made the **conduction of water survey** more oriented.

The volunteers made a **study of water sources** in their Ares and understood **how to avoid water pollutant agents**.

Volunteers paid tribute to those who died in the **Tsunami disaster** in December 26, 2004

DAY 5

27.12.2020

The Shramadan projects like cleaning **bus stop beautification, water and Covid Surveys, making vegetable garden** etc. Continued

YUVADHAARA a youth facilitation session was taken by AMITH M.S, IEC expert, ANERT, Department of Power, Government of Kerala



DAY 6

28.12.2020

"JEEVANTE NEER THULIKAL" blood donation project during covid-19, was blessed by RATHEESH SAHADEVAN, general secretary, All Kerala Blood Donors Society.

"LALISAM", a fun filled programme was handled by G N Lal Krishna, former NSS volunteer, TKMM college. Many senior NSS Volunteer leaders joined this session and shared their experiences.



DAY 7

29.12.2020

The camp HOPE 2020 was held on the virtual platform was a great success. The success of this camp was that,100 volunteers participated in the virtual camp from their home itself. Volunteers conducted various programmes on the online platform, including certain offline programmes too.

During **Camp shramadan** the volunteers completed the **cleaning of 100 bus stops, planting of trees, cleaning roads, making sustainable vegetable gardens.**

And also conducted water survey and covid Survey.

The concluding session of the camp was inaugurated by **Shri. Lida Jacob IAS.** She congratulated all the volunteers who actively participated in the camp and showered her appreciation of our camp projects.

The college principal Dr. Vinod Haridas chaired the event and did the cover release of online **camp Magazine ‘Sugatham’** as a **tribute to the great poetess Sugathakumari.** (online flip Magazine was released on Jan 5, along with the release of the book **‘SMS’- Covid study.** (work started prior to camp)

Smt. K. V. Lekha, Smt. Mini. R, Dr. Preeth. M, Lt. Seenaa V felicitated the function.

All the volunteers shared their experiences of virtual camp in the function.

The concluding ceremony of Shramadan **Punarjani** was inaugurated by the Municipal Chair Person Smt. Sasikala by planting Jackfruit tree, in Kayamkulam Bus stand front area. Volunteers along with PO Preetha MV cleaned the bus stand surroundings and planted many tree saplings.

The volunteers are still giving attention to maintain cleanliness in their respective bus stops and are giving continuous care to their plants.

In the valedictory session volunteers presented the best of their cultural programmes.

T K Madhava Memorial College
Nangiarkulangara

National Service Scheme
Unit 39 A& B

7 days virtual camp

"HOPE 2020"

23.12.2020 to 29.12.2020

INAUGURATION ON
23 DECEMBER 2020
Dr. Shaji A
Programme Co_ordinator
NSS, University of Kerala

PRESIDENTIAL ADDRESS

Dr. Vinod Haridas
Principal

Fitness sessions

TK MADHAVA MEMORIAL COLLEGE
Nangiarkulangara
NSS Unit 39 A&B

HOPE 2020
23.12.2020 to 29.12.2020
7 Days Virtual Camp
DAY 6 [28.12.2020]

Fitness Mantra
No excuses just do it

@ 7:30 AM

Programme Co-ordination: KARMA

T K MADHAVA MEMORIAL COLLEGE
Nangiarkulangara

NSS UNIT 39 A&B

HOPE 2020
7 Day Virtual Camp



Day 5
27-12-2020

VIRTUAL YOGA
'Strike A Pose'

Program Coordination:-
PHOENIX PARAVAKAL

Thanal tree planted in bus stops were named sugatham



 **T K MADHAVA MEMORIAL COLLEGE** 
NANGIARKULANGARA
NATIONAL SERVICE SCHEME
UNIT NO: 39 A&B

HOPE 2020
7 DAY VIRTUAL CAMP
DAY 6

SESSION 1
7:30-8:30
NSS CHOIR
CAMP NEW PAPER

SESSION 2
10:30-12:00PM
survey/Bustop cleaning
SRAMADAN

SESSION 3
3:00-3:45
AWARENESS SESSION
TOPIC-VOLUNTARY BLOOD
DONATION DURING COVID-19

SESSION 4
5:00-5:30
'LALISAM'
GAME SESSION

SESSION 5
7:30-8:30
CULTURAL PROGRAMME

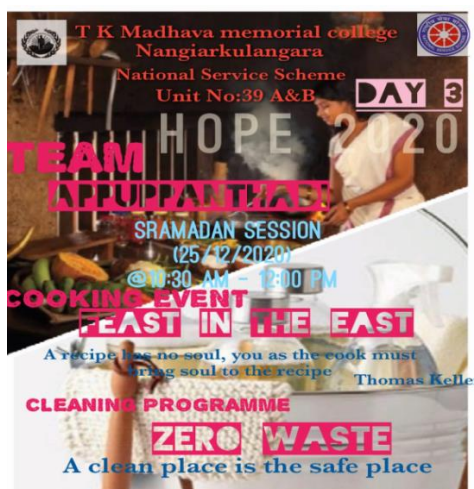
BY APPUPPANTHADI


T K MADHAVA MEMORIAL COLLEGE
HOPE 2020 7 DAYS VIRTUAL CAMP
DAY 4
നിറക്കൂട്ട്
DEC-26 @ 7:30 PM ONWARD
PROGRAMME COORDINATION -
AMIGOS!!




Clean & Cook

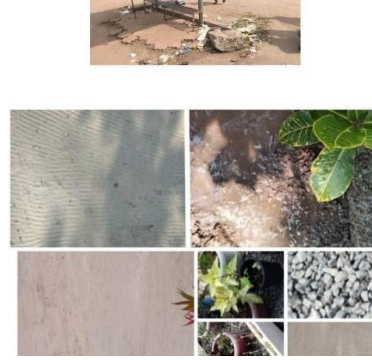
ever lasting memory in everyone's mind.



Christmas events

Shramadan





HOPE 2020
T.K.MADHAVA MEMORIAL COLLEGE
NANGIARKULANGAR

സമാപന സമ്മേളനം

11:30AM

NSS SONG ATHIRA MOHANG

WELCOME SPEECH PREETHAM Y
NANGI P.O.

PRESIDENTIAL ADDRESS DR.VINOD HARIDAS
Principal

INAUGURATION LIDA JACOB IAS
MEMBER OF GOVT. P.T.S. SERVICE COMMITTEE
NANGIARKULANGAR

FELICITATION Smt.K.V.LEKHA
HOD.HINDI DEPARTMENT
Smt.MENI R
HOD.HINDI DEPARTMENT
DR.PREETHM
HOD. DEPARTMENT OF COMMERCE

CAMP EXPERIENCE SHARING NSS VOLUNTEERS

NOTE OF THANKS K.S. KASYAPKRISHNADAS

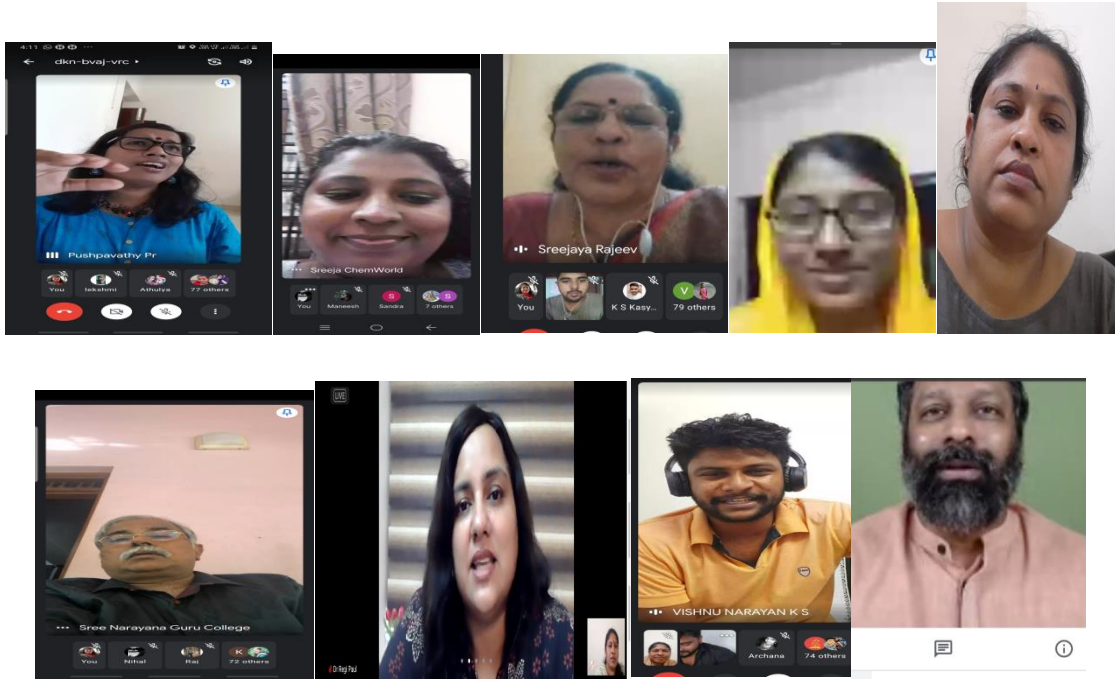
T K MADHAVA MEMORIAL COLLEGE
NANGIARKULANGAR

NATIONAL SERVICE SCHEME
UNIT 19 A & B

സുഗതം
NSS CAMP MAGAZINE



Courtesy



വെർച്വൽ സ്പർശിത ക്യാമ്പ് സമാപിച്ചു

ഹരിപ്പാട്: നൂറുകൾക്കു മേലായിട്ടുള്ളവർക്കായിട്ടുള്ള വെർച്വൽ സ്പർശിത ക്യാമ്പ് ഫോർട്ട് 2020 സമാപിച്ചു. പ്രിൻസിപ്പൽ ഡോ. വിനോദ് ഹരിദാസ് അദ്ധ്യക്ഷത വഹിച്ച സമാപന സമ്മേളനം ലിഡർമാരുടെ ഉദ്ദേശ്യം വെച്ചു. ഓൺലൈനായി സംഘടിപ്പിച്ച ചടങ്ങിൽ പ്രോഗ്രാം ഓഫീസർ എം. വി. പ്രീത സ്വാഗതവും വോളന്റിയർ ലിഡർ കശ്യാപ് കൃഷ്ണദാസ് നന്ദിയും പറഞ്ഞു. അദ്ധ്യക്ഷകരായ കെ. വി. ലേഖ, ആർ. മിനി, വി. സീന എന്നിവർ സംസാരിച്ചു. ആദ്യദിവസങ്ങളിലായി ഹരിപ്പാട് മുതൽ കരുനാഗപ്പള്ളി വരെയുള്ള 100 ബസ് സ്റ്റോപ്പുകൾ ശുചിയാക്കുക എന്നതായിരുന്നു ക്യാമ്പിന്റെ പ്രധാന ലക്ഷ്യം. കോളേജിന്റെ രണ്ടു ബസ് സ്റ്റോപ്പുകൾ ശുചിയാക്കിയിട്ടുണ്ട്. കരുവാറ്റ, മുട്ടം, ഓച്ചിറ, കായംകുളം ബസ് സ്റ്റോപ്പുകൾ തുടങ്ങി നിരവധി കാത്തിരിപ്പുകേന്ദ്രങ്ങളാണ് കട്ടികൾ ശുചിയാക്കിയത്. കാത്തിരിപ്പുകേന്ദ്രങ്ങൾ ഭംഗിയാക്കുന്നതിനോടൊപ്പം വായനാസൗകര്യവുമൊരുക്കി സാനിറ്റൈസറും നൽകി. കൂടാതെ വോളന്റിയർമാർ ജലസാക്ഷരത, കൊവിഡ് സർവ്വേകളും നടത്തി.



PLACE: NANGIARKULANGARA

Date: 06/07/2021

Preeth M V

PREETH M V
Name and signature of the
Programme Officer