



**KANNUR UNIVERSITY
NATIONAL SERVICE SCHEME**



(UNIT NO. 72)

**DONBOSCO ARTS & SCIENCE COLLEGE
ANGADIKADAVU
P.O. ANGADIKADAVU (670706)
KERALA**

(UNIT NO.72)

**“NOT ME, BUT YOU”
PERSONALITY DEVELOPMENT THROUGH COMMUNITY SERVICE**

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PERFORMANCE /ACHIEVEMENTS DURING LAST 3 YEARS

NO	PARAMETER	FACTUAL POSITION		
		2018-19	2019-20	2020-21
1.	Plantation : a) No. Of plantation programmes organized b) No. of sapling planted in these programmes	a) 2 300+	a) 3 400+	a)
2.	Blood Donation a) No. of Blood Donation Camps organized b) Blood donated in the Camps	a.3 b.180	a.2 b.140	a. c.
3.	Health/Eye/Immunisation Camps : a) No.of Camps organized	–	–	–

Note: The details mentioned above should tally with those given in the main proposal. In case of major deviation, the proposal will be liable to rejection.

**Signature of Competent Authority in State /UT
(With office Seal)**

The NSS Unit to be considered for the Award shall be a single NSS Unit. Thus, in case a Programme Officer is in-charge of more than one NSS Units for any reason, one of such Units should be identified and all the data in this Performa should be furnished for that particular unit only.

Signature of the P.O Signature of the Principal

Signature of the Coordinator

FOREWORD

NSS at Don Bosco Arts & Science College, Angadikadavu,
Kannur University

The Winner of *the Best NSS Unit, the Best NSS Programme Officer, and the Best NSS Volunteer Awards* of Kannur University (2019-2020), Don Bosco Arts & Science College, Angadikadavu, upholds Social Responsibility as one of the key priorities in its official Value Charter: “We value committed service to the needy as an obligation.” (www.donbosco.ac.in)

Since the NSS volunteers in the campus are widely recognized and highly esteemed by all, having a legacy of active and dedicated engagement in full-fledged social service projects, new students are on a cutthroat mode queuing up for a place in NSS. It is a Herculean task to select the volunteers from 280 applicants for a 100-member unit. As part of the selection process, the credentials of the applicants are verified through a written aptitude test, a social work assignment, a personal interview and two-day residential camp.

The greatest achievement of the NSS units at Don Bosco Arts & Science College, under the inspiring and dynamic leadership of our two Programme Officers, Mr.Nithin Kuttan P.K. and Jisha E is the construction of three houses (*SnehaVeedu*) for three homeless families, consecutively for the last three years (2018-2019, 2019-2020 and 2020-2021).

The NSS volunteers launched ‘*Velicham*’, a specially-designed regular remedial coaching and tuition programme for the school-going tribal students at Eenthakari, a colony near Angadikadavu.

Another major venture involving financial backup was the *Midday Meal Programme* for the orphans at ‘BalikaSadan’ at Koottupuzha, with the students themselves contributing money and mobilizing the required fund to get the provisions for the inmates.

Yoga was made an integral part of NSS, organizing yoga workshops and seminars animated by experts for all the students in the campus. As part of the ‘Fit India’ programme, to make the students physically and mentally fit, samba sessions and follow-up activities were held.

The NSS unit at Don Bosco Arts & Science College was selected for the University level 7-day residential environment-oriented camp, *Urvaram*. Empowering the students to become proponents of environmental protection and sustainable development, conscientization programmes were organized at regular intervals, trees were planted with the support of the Forest Department, and ‘plastic-free campus and town’ was made a reality. Organic Farming was made a requisite, with the students cultivating and maintaining vegetable gardens in the campus.

During the days of flood in 2018 and 2019, NSS volunteers were fully engaged in the rehabilitation of flood victims in the relief camps, mobilizing fund, provisions and clothes, and cleaning up the houses for the people to re-settle when it was back to normalcy. During the months of Covid-19 pandemic especially when the lockdown had badly hit the poor, NSS volunteers supplied food packets of Rs.1000 each to 100 families in the neighboring areas.

The NSS unit organized Blood Donation camp in the campus every year and received the biggest donor award in Kannur district. Anti-drugs campaign was carried out in the campus holding awareness sessions, and in the towns with street plays and rallies, holding placards.



The NSS volunteers are the most disciplined students in the campus, always available for any work, eager to become partners in all social service initiatives, very reliable in the fulfillment of responsibilities entrusted to them, and are the great assets of our college.

Dr. Francis Karackat SDB
Principal



2020-21

LIST OF NSS ACTIVITY

Name of the activity	Organizing unit/ agency/ collaborating agency
Seven days special camp	NSS Don Bosco Arts and Science college Angadikadavu
Blood donation challenge	NSS Don Bosco Arts and Science college Angadikadavu
world blood donor day	NSS Don Bosco Arts and Science college Angadikadavu
saplings received from thalassery social forestry range	Thalassery forest range office &NSS Don Bosco Arts and Science college Angadikadavu
“vanamahostav” sapling plantation	Thalassery forest range office & NSS Don Bosco Arts and Science college Angadikadavu
world environment day	NSS Don Bosco Arts and Science college Angadikadavu
ormamaram 2021	Kannur university NSS cell
world earth day	NSS Don Bosco Arts and Science college Angadikadavu
prevention methods of covid 19 & anti-tobacco day observation	Field outreach bureau &NSS Don Bosco Arts and Science college Angadikadavu
world environment day – awareness	NSS Don Bosco Arts and Science college Angadikadavu,
world day against child labour	NSS Don Bosco Arts and Science college Angadikadavu
webinar butterflies of kerala	Social Forestry division Kannur &NSS Don Bosco Arts and Science college Angadikadavu
un environment programme- webinar	Geneva environment network
online webinar importance of mangrove in ecosystem	Thalassery forest range office &NSS Don Bosco Arts and Science college Angadikadavu
world blood donation day	NSS Don Bosco Arts and Science College Angadikadavu.



international womens day	NSS Don Bosco Arts and Science College Angadikadavu.
world health day	NSS Don Bosco Arts and Science College Angadikadavu.
childrens day	NSS Don Bosco Arts and Science College Angadikadavu.
world aids day awareness	NSS Don Bosco Arts and Science college Angadikadavu
gandhi jayanthi observation	NSS Don Bosco Arts and Science College Angadikadav
world literacy day	NSS Don Bosco Arts and Science College Angadikadavu.
world ozone day	NSS Don Bosco Arts and Science college Angadikadavu
teacher's day celebration a tributary video	NSS Don Bosco Arts and Science College Angadikadav
chingam 1- a tribute video presentation	NSS Don Bosco Arts and Science college Angadikadavu
independence day celebration	NSS Don Bosco Arts and Science college Angadikadavu
observation of paper bag day	NSS Don Bosco Arts And Science College Angadikadav
hiroshima day - poster making	NSS Don Bosco Arts and Science College Angadikadavu,
apj death anniversary- programmes essay writing competiton &elocution	Field Outreach Bureau &NSS Don Bosco Arts and Science College Angadikadav
“decide to determine” future traing programme by jci kuthuparamba	JCI Kuthuparmba &NSS Don Bosco Arts and Science college Angadikadavu
webinar on civil service exams	KCSA &NSS Don Bosco Arts and Science college Angadikadavu
awareness on cancer prevention & healthy life	Sanjevani cancer center &NSS Don Bosco Arts and Science college Angadikadavu



possibilities in higher education in the new era – webinar	Field Outreach Bureau &NSS Don Bosco Arts and Science college Angadikadavu
international girl child day	NSS Don Bosco Arts and Science college Angadikadavu
international nurses day	NSS Don Bosco Arts and Science college Angadikadavu
Ammaykkorumma	NSS Don Bosco Arts and Science college Angadikadavu
linga padhaviyum athikramangalude samushika manasathravum – webinar series	Kannur University NSS cell
gandhi jayanthi – aapath mithra inauguration	NSS Don Bosco Arts and Science college Angadikadavu
orientation programme disaster management	NSS Don Bosco Arts and Science college Angadikadavu
kerala state women and children development department-webinar series	NSS Don Bosco Arts and Science college Angadikadavu & kerala state women and children development department
karmasena formation for disaster management	NSS Don Bosco Arts and Science college Angadikadavu
water for birds	NSS Don Bosco Arts and Science college Angadikadavu
importance of voting	NSS Don Bosco Arts and Science college Angadikadavu
providing led tv to inthumkari colony mid day meal	NSS Don Bosco Arts and Science college Angadikadavu
cm @ campus	kannur university NSS cell
providing smart phones to the needy students	NSS Don Bosco Arts and Science college Angadikadavu
“velicham”	NSS Don Bosco Arts and Science college Angadikadavu



nss day celebrations	NSS Don Bosco Arts and Science college Angadikadavu
sannadhasena registration	NSS Don Bosco Arts and Science college Angadikadavu
kila - online training programme	kannur university NSS cell
Iritty - vallithode road side cleaning	NSS Don Bosco Arts and Science college Angadikadavu
virtual republic day programme	NSS Don Bosco Arts and Science college Angadikadavu
anti- terrorism day	NSS Don Bosco Arts and Science college Angadikadavu
no tobacco day	NSS Don Bosco Arts and Science college Angadikadavu
international day against drug abuse	NSS Don Bosco Arts and Science college Angadikadavu
yoga day celebration	NSS Don Bosco Arts and Science college Angadikadavu
mazhaku mumble	NSS Don Bosco Arts and Science college Angadikadavu
dry day	NSS Don Bosco Arts and Science college Angadikadavu
rain pits	NSS Don Bosco Arts and Science college Angadikadavu
world mental health day	NSS Don Bosco Arts and Science college Angadikadavu
cleaning charal river	NSS Don Bosco Arts and Science college Angadikadavu
snehhaveedu	NSS Don Bosco Arts and Science college Angadikadavu
gandhiji's martyrdom day – observation	NSS Don Bosco Arts and Science college Angadikadavu



world book day	NSS Don Bosco Arts and Science college Angadikadavu
food kit distribution	NSS Don Bosco Arts and Science college Angadikadavu
photo contest competition – onam	NSS Don Bosco Arts and Science college Angadikadavu
celebration of 125 years of netaji	NSS Don Bosco Arts and Science college Angadikadavu
fancy dress competition	NSS Don Bosco Arts and Science college Angadikadavu
photo contest	NSS Don Bosco Arts and Science college Angadikadavu
online quiz for nss volunteers	NSS Don Bosco Arts and Science college Angadikadavu
chandradinam – quiz competition	NSS Don Bosco Arts and Science college Angadikadavu
online quiz competition	NSS Don Bosco Arts and Science college Angadikadavu
exam duty opened for exam	NSS Don Bosco Arts and Science college Angadikadavu
election duty	NSS Don Bosco Arts and Science college Angadikadavu
stay at home,save lives pledge	NSS Don Bosco Arts and Science college Angadikadavu
food supply	NSS Don Bosco Arts and Science college Angadikadavu
covid voluntary duty – unarv	NSS Don Bosco Arts and Science college Angadikadavu



sannadhasena volunteer	NSS Don Bosco Arts and Science college Angadikadavu
cremation of covid death webinar on mental health in covid times	NSS Don Bosco Arts and Science college Angadikadavu
covid – 19 awarness campaign	NSS Don Bosco Arts and Science college Angadikadavu

ATTACHED DETAILS OF SPECIAL CAMPS

SEVEN DAYS CAMP

A seven day camp was arranged in Don Bosco NSS units from 16th January to 22rd January .The time was really under the clutches of covid 19 pandemic, and we were forced to conduct the camp in online mode. The camp was just after the lockdown days and we took a special risk to conduct the camp in offline too. We organized the camp in 4 days offline mode and 3 days through online. Even though the camp was not residential the volunteers could enjoy the 4 days offline session. ”. The units undertook the following programmes were conducted during the camp.



1. THADAYANA NIRMANAM AT PALATHINKADAVU.
2. PAYYAMBALAM BEACH CLEANING
3. WEBINAR ON THE TOPIC LIFE & ART FORMS.
4. WEBINAR ON THE TOPIC PROTECTED AREAS IN KERALA AND ISSUES RELATED TO NON ANIMAL CONFLICTS.
5. WEBINAR ON THE TOPIC ROAD SAFETY.
6. CLEANING SANJEEVANI VANAM SAMUHIKA VANNAVALKARANA VIBHAGAM KANNUR EDAKKANAM IRITTY.

OPPARAM 2021

16-01-2021



Day 1 of the opparam the seven days camp started on 16th January at evening 4;00pm .

The meeting was conducted at the conference hall of Don Bosco Arts and



Science College Angadikadavu. The welcome speech was given by Nithin Kuttan NSS programme officer of the unit. The camp was inaugurated by Kuriachan Paiballikund President of Ayyankunnu Gram Panchayath who was proud to compliment the National Service Scheme for instilling a sense of duty in the youth of today. Fr. Thomas K O the Manager of the college graced the presidential address ,. Fr Francis Karackat the Principal of the college addressed the gathering. Smt Jisha E NSS programme officer motivated the volunteers with well wishes and followed by that Ajay David Jose the chairman of the college further motivated the volunteers. The vote of thanks was initiated by Gayathri PV NSS volunteer secretary of the NSS unit. The camp was inaugurated with high spirits and high hopes.

17-01-2021

Day 2 of opparam was partly conducted offline and online. At 9:00 am the volunteers and programme officers of Don Bosco Arts and Science College NSS units started for Palathinkadavu to fulfill their promise of helping the natives build a check dam across the main water body. The dam had to be built in order to quench the thirst of the residents of Mundikayam village which has been suffering from water shortage. Since the floods of 2019 that



led to the detracting of the river water. The event began with NSS song, followed by the welcome address by Smt. Jisha E. Ward member Bijoy Plathottathil and Block panchayath member Smt Mary Raji along with the residents of Mundikayam and Palathinkadavu graced the occasion and greeted the gathering. NSS programme officer Nithin Kuttan addressed vote of thanks. With the joint efforts of the volunteers and the villagers we completed the check dam across the river. The villagers shared their thanks and experience working with the NSS units of Don Bosco Arts and Science College Angadikadavu. At evening 7:30 pm started the online sessions of the camp. The online meeting began with NSS song and the volunteer Jesmi Rameshan delivered the thought for the day. Various other volunteers like Neeraj AV, Thara Sunil, Sruthi, Shyam Lal shared their experience and suggestions.

18-01-2021



Day 3 of the Opparam 2021 took the initiative of cleaning up one of the most visted places in Kannur, the Payyambalam Beach. It’s a popular tourist destination that houses the memorials of great people like Sukumaran Ayikod and also can be considered as one of the faces of Kannur city. The event started at 11:00 am. Smt Jisha E NSS

programme officer welcomed the authorities and the volunteers. The presidential address was given by Dr Priya Varghese DSS of Kannur University. The event was officially inaugurated by Sri DA Mohanan Mayor of Kannur Municipality



Corporation. The principal of Don Bosco Arts and Science College Fr Francis Karackat blessed the occasion. Then Shri Ayasurya the Ward Member of Payambalam wished everyone good luck. Akhil Devasia the recipient of the best NSS volunteer award addresses the gathering and vote of thanks was delivered by Mathew Jyothis Jimmy. The event started off by cleaning the memorial of Shri Sukumaran Ayikod .the event of the day were shared during the meeting at 9: pm.

19-01-2021

Day 4 of Opparam 2021 masked the beginning of the completely online camp. The day started at 7:30 am with NSS song by Krishna Reji via Google meet platform. The thought of the day was presented by Mariya



Jose and the previous day evaluation by Anulakshmi MV. Volunteers shared pictures of them doing yoga. The forenoon session included a class by Shri Muraleedharam K V a poet teacher and a spokesperson on the topic life and art from 10 am onwards. The session taught the volunteers how rhythm helps balance one’s life and being about a systematic flow. The session was hosted by Ronit Thomas and vote of thanks was delivered by Benjamin Augusty. During 2 to 4 pm the students conducted survey by telephonic interview. The evening session mainly included cultural programmes conducted by group 3 and 4. Various talents like mimicry, songs drawings were showcased. The last segment included a fun, interactive and knowledgeable quiz session on various NSS information. The day came to a beautiful end after the programme officers addressed the volunteers about the day’s deeds.

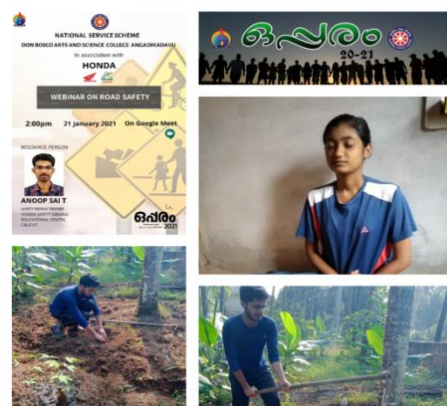
20-01-2021



Day 5 of opparam 2021 began at 7:30 with the NSS song being sung by Divya Sunny. The thought for the day was presented by Aswin PK and Divya. Previous day report and evaluation was presented by Albin Paul and Arishita Azees. Programme officer Jisha E discussed further plans and details of the camp with the volunteers. At 10: am the Thalassery Forestry Department conducted an eye opening session on protected areas in Kerala and issues related to non-animal conflicts. The session was hosted by Divya Sunny presided by Programme Officer Nithin Kuttan and inaugurated by C Rajeevan, the Section Forest Officer Kannur Social Forestry division. Greetings were given by Jisha E and volunteer Sruthi PM thanked everyone. The session was presented by Shri G Pradeep Assistant Conservator of Forest Social Forestry Division Kannur. At 12pm in the noon survey forms were distributed to volunteers to fill in the details of the survey. The collected the previous day. The afternoon session saw the volunteers became chefs for the food fest. The evening session was cultural programme segment conducted by group 5 and 6. At the end, the day was concluded with a game session.

21-01-2021

Day 6 of Opparam 2021, the day began with NSS song followed by thought of the day and previous day evaluation was various volunteers. At 10:00am the Programme Officers held a meeting to present reports of the survey and to share the experience of camp during covid pandemic. Each volunteer from a



group presented their reports and shared their experiences. The afternoon session from 2pm to 4 pm was handled by Anoop Sai, safety riding trainer, Honda safety, Driving Educational Centre Calicut. The webinar was on the topic road safety.



The session was hosted by Neeraj AV and presenter focused on the responsibility of the youngsters in the safety of the people using roads to commute. Vote of thanks was addressed by Bhagyasree Balakrishnan. Cultural programmes began at 7:30pm online and were conducted by groups 1 and 2. The programme showcased art forms like songs by Amala Mathew, Shilna P and Glorin Wilson dancing by Diya Divakaran and also Martial arts by Gayathry PV and Anagha Anand. Other fun activities included an award ceremony and an interactive and riddle section. The day came to an end.

22-01-2021



Day 7 of Opparam 2021, the last day of the seven day camp started at 9:15 am in front of Sanjeevani Vanam Samuhika Vannavalkarana Vibhagam Kannur Edakanam Iritty. The responsibility that the volunteer had taken up that day was to clean the area and clear out weeds from the area where medical plants are grown by the Forest Department. The welcome speech was given by Shri Rajeevan

c, the Forest Range Officer, Thalassery division. The occasion was blessed by Fr Bastin Nellissery the vice Principal of Don Bosco Arts & Science College who also honoured Shri Shimjith Thillankeri the recipient of Vanamithra award and Yuvakarshaka award. The headmaster of Uliyil Gov. U P school PV Divakaran and member Smt Jaya greeted everyone. The camp report was presented by NSS volunteer secretary Gayathry PV and volunteers Bhagyasree and Benjamin shared their camp experiences. Vote of thanks was addressed by Mathew Jyothis Jimmy, the NSS volunteer secretary. After the work at the region the seven day



NSS camp came to a successful ending after the Samapanasamelanam that is the final gathering event.

ATTACHED DETAILS OF BLOOD DONATION, TREE PLANTATION, AWARENESS CLASSES & RALLIES CONDUCTED

BLOOD DONATION CHALLENGE



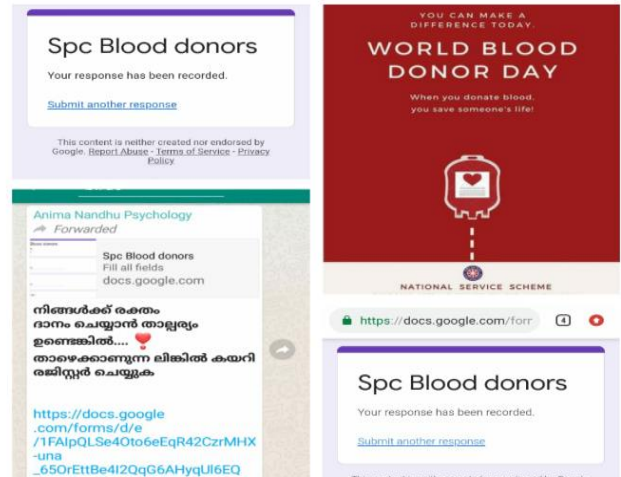
Pre covid vaccination blood donation campaign conducted by NSS unit Don Bosco Arts and Science College Angadikkadavu from 26th April-1st may. The campaign was conducted through Social Medias. The motive behind the campaign was to make people aware the importance of donating blood before taking vaccination. This is because blood donation can only be done after 3 months of vaccination. So there will storage of blood. In order to

avoid that the campaign was made. About 36 nss volenters take part in the challenge



WORLD BLOOD DONOR DAY

As a part of world blood donor day, volunteers all together registered to donate blood in SPC blood donors form.



TREE

PLANTATION

SAPLINGS RECEIVED FROM THALASSERY SOCIAL FORESTRY RANGE



NSS Don Bosco units 47&72 received 500 saplings from Thalassery Social Forestry range as institutional plantation scheme. Sri Rajeevan section forest officer, visited the college and provided the same .Sri Nithin Kuttan, Smt Jisha E programme officers of the units and volunteer secretary Mathew Jyothis Jimmy were there in the college to receive them.

“VANAMAHOSTAV” SAPLING PLANTATION



Thalassery Forest range office and the NSS units of Don Bosco Arts & Science College arranged Vanamahastav programme in the college. On 2nd July 2020 the Thalassery range forest officer Mr.



Arunesh K.V, Mr Rajeevan C section forest officer and Mr Varghese K A section forest officer visited the college premises on 25th June. They supplied 500 saplings to our college under their institutional plantation scheme. Our principal Fr. Francis Karackat welcomed them. Rev. Fr.Bastin our vice principal and other NSS volunteers were there to plant the saplings.

WORLD ENVIRONMENT DAY

As



part of environment day celebrations, the volunteers of NSS units Don Bosco College cleaned and planted tree saplings in their premises. 100 volunteers planted saplings in their areas.

ORMAMARAM 2021

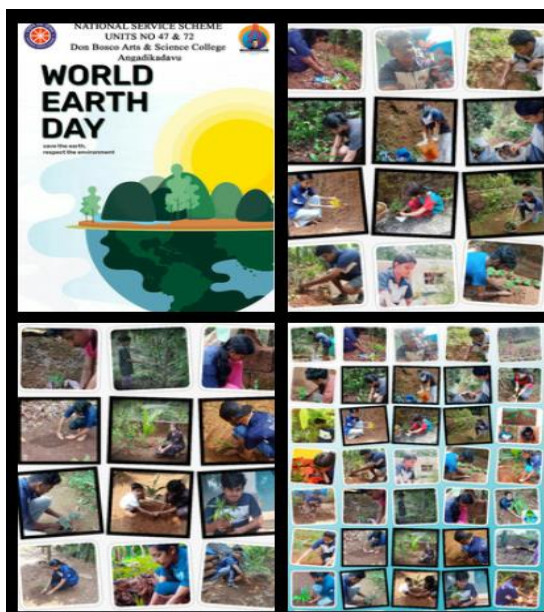
Kannur university NSS organized a comemmaration program in the name of G P Sajith babu sir.The program was named “ORMAMARAM” and the aim of that program was to plant 8000 saplings by NSS volunteers of diferent colleges under Kannur university. So a meeting was held on 5th June under the leadership of Smt Priya Vargeese DSS of Kannur university.The program was inaugurated by honorable higher minister R Bindu and presided by N Sukanya Syndicate Member.



The program officers of Kannur University and some volunteers from different units participated .200 volunteers of our unit planted saplings in their own home .Father Antony Principal of MCA Don Bosco College, Fr.Jimmy Administrator, Planted sapling in the college campus



WORLD EARTH DAY



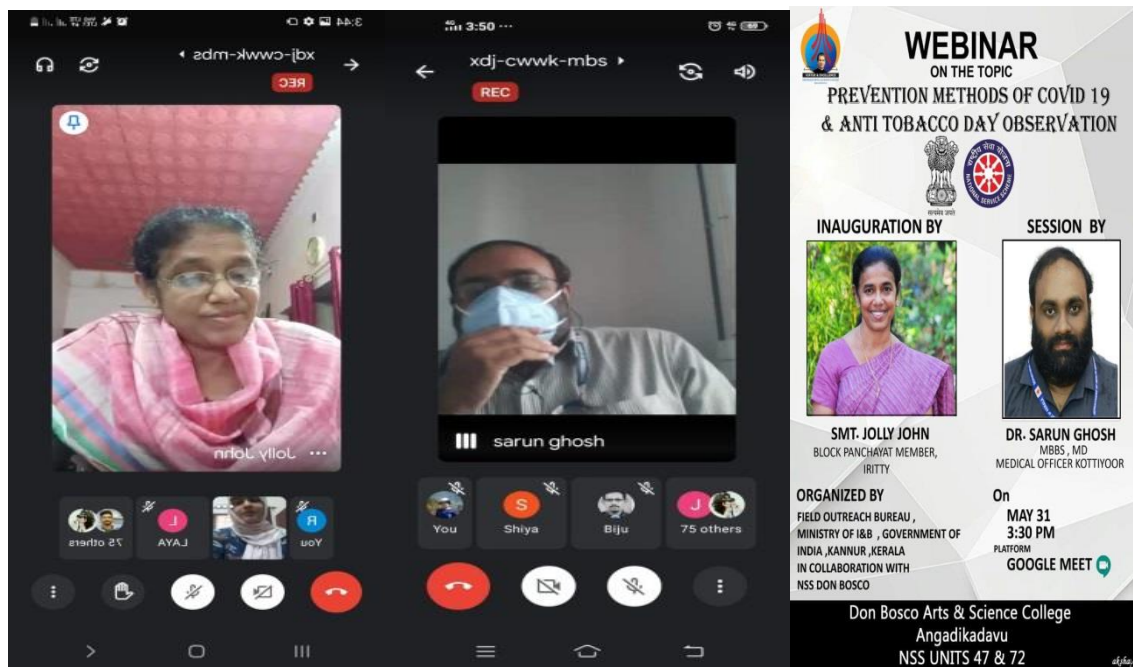
On 22nd April as part of world earth day, NSS volunteers of Don Bosco College planted saplings in their surroundings. 200 volunteers of our units took part in this noble venture.



AWARENESS CLASSES ATTENDED

PREVENTION METHODS OF COVID 19 & ANTI TOBACCO DAY OBSERVATION

On
31st
May
Anti-



tobacco day we the NSS team of Don Bosco Arts and Science College organized a webinar with Field Outreach Bureau Ministry of I&B Govt. of India, Kannur, Kerala. The webinar was arranged in Google meet at 3:30 pm. The web gathering was welcomed by Nithin Kuttan P O. Smt Jolly John Block Panchayat member Iritty inaugurated the programme with an inauguration speech. Dr Sarun Ghosh MBBS md Medical Officer Kottiyoor led the class with smart explanations of both the subjects covid 19 and the anti tobacco day. He explained



how covid 19 connected with tobacco. The programme was felicitated by Sri.Biju Mathew secretary Field Outreach Bureau. Around 76 volunteers participated in the web gathering and vote of thanks was given by Amitha. Anti-tobacco day pledge was also taken by the volunteers.

WORLD DAY AGAINST CHILD LABOUR

On 12th July 2020, A webinar was conducted on the topic world day against child labour. The source person of the programme was our volunteer Bhagyasree Balakrishnan. 100 volunteers took part in the awareness session. The session was welcomed by Krishna Reji and vote of thanks was conveyed by Snehasree. The webinar was fabulous.

WORLD ENVIRONMENT DAY – AWARENESS

NATIONAL SERVICE SCHEME
DONBOSCO ARTS AND SCIENCE COLLEGE ANGADIKADAVU



ലോക
പരിസ്ഥിതി ദിനം

ജീവിക്കാം പ്രകൃതിയെ നോവിക്കാതെ...

[nss_donbosco](#)

On 5th June 2020, an awareness class was conducted as part of world environment day on the topic sustainable use of natural resources. The session was handled by NSS P O Jisha E. 60 of our students took part in it. The programme was welcomed by Anjaly Mathew and vote of thanks was conveyed by Swathi MC.



ONLINE WEBINAR IMPORTANCE OF MANGROVE IN ECOSYSTEM

Thalassery forest range office conducted webinar on 4th October 2020 in the topic "Importance Of Mangrove In Ecosystem". Sri. C Krishnan MLA inaugurated the program. Sri Jaffer Pallot conducted the class. He spoke about the importance of mangrove and



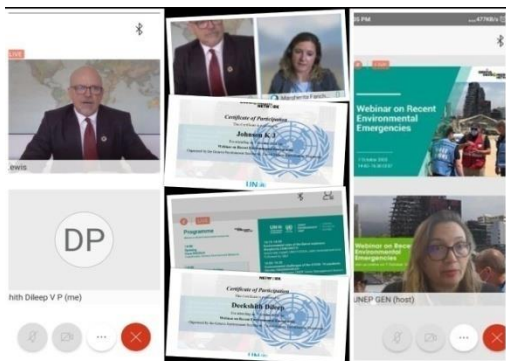
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survival for the best ecosystem management. The class gave awareness to the participants. Around 200 people participated in the webinar our 50 volunteer were present.

its

UN ENVIRONMENT PROGRAMME- WEBINAR

Geneva environment network arranged a webinar on the topic "recent



our
and

environmental emergencies" on 7th October 2020. Johnson KJ, Deekshith Dileep, Mathew Jyothis Jimmy from NSS Units participated in the webinar awarded a certificate.



WEBINAR BUTTERFLIES OF KERALA

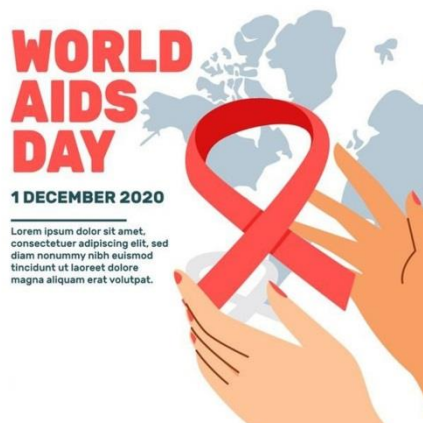
Social Forestry division Kannur conducted a webinar on 9th October 2020 on the topic "Butterflies of Kerala". The program was inaugurated by Mr. N T Sajan IFS, Conservator of Forest Social Forestry, Kozhikode.



WORLD AIDS DAY AWARENESS



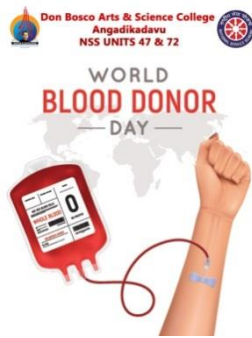
Don Bosco Arts & Science College
Angadikadavu, Kannur University
NSS UNITS 47 & 72



On December 2 AIDS Day, An awareness classics conducted within the units. The resource person of the programme was NSS programme officer Jisha E. 75 of our students took part in the session. The programme was welcomed by Krishna Reji, NSS volunteer from department of BSc Mathematics. Vote of thanks was conveyed by Shyamlal, NSS volunteer from department of Bcom computer application. The session was so interactive.

WORLD BLOOD DONATION DAY

On part the



14th July 2020, an awareness class was conducted as a of world blood donation day. The resource person of programme was our NSS P O Nithin Kuttan. 80 of our students took part in the session. The programme was welcomed by Neeraj AV and vote of tanks was conveyed Joe Joseph.

AWARENESS ON CANCER PREVENTION & HEALTHY LIFE

Sanjeevani life beyond cancer (SLBC) arranged a webinar on the topic "Awareness on cancer prevention and Healthy life style. Mr. Sumki Begum, programme coordinator outreach SLBC, took session by showing with lots of real experiences. The class was so vibrant and described the healthy life style to prevent cancer. The programme was Inuagrated by Rev. Dr Francis Karackat and smt. Jisha E NSS P.O gave vote of thanks.

COVID – 19 AWARENESS CAMPAIGN



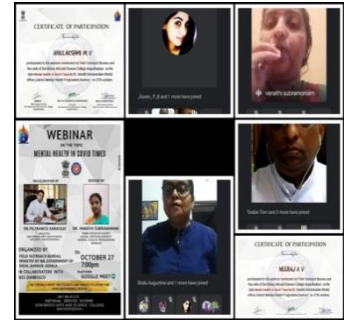
NSS units of Don Bosco college arranged an awareness campaign as covid 19 reached



phase two. It was done through Social Medias. The importance of wearing masks, washing hands & maintaining distances were expressed through the campaign.

WEBINAR ON MENTAL HEALTH IN COVID TIMES

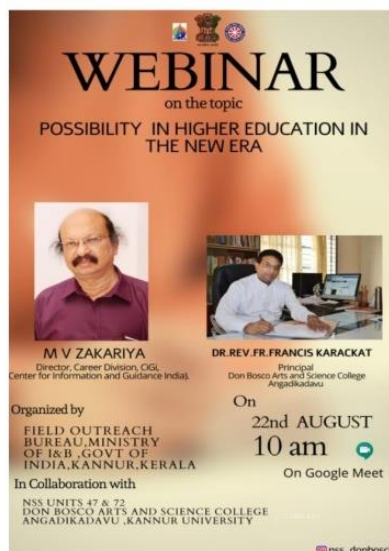
An online webinar was arranged by Field Outreach Bureau in collaboration with NSS units of Don Bosco Arts & Science college. The program was on the topic mental health in covid times. The program was inaugurated by Fr. Francis and the session was handled by Dr. Vanathi Subramanian. She took a wonderful class explaining the mental health problems during covid pandemic and how to solve it. A doubt clearance session was done after the class.



ATTACHED DETAILS OF CAREER GUIDANCE CLASSES

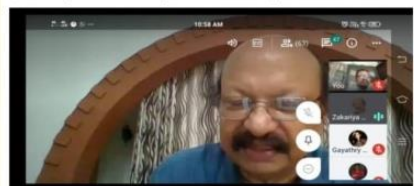
POSSIBILITIES IN HIGHER EDUCATION IN THE NEW ERA – WEBINAR

Central Field Out Reach Bureau and NSS units of Don Bosco arts and science college jointly organized a webinar on 22 August 2020 on the topic "Possibilities in Higher Education in the



പഠനത്തിനൊപ്പം വ്യക്തിത്വവികസനം മുഖ്യം: വെബിനാർ

കണ്ണൂർ അക്കാദമിക് സിലബസസിന്റേപ്പറ്റി വിദ്യാർത്ഥികൾ പഠിക്കുന്ന കാര്യങ്ങൾകുറിയായാണ് തൊഴിൽ കാര്യം തിരുമാനിക്കുന്നതെന്ന് കാലിഫോർണ്യയിലെ സി.റ്റി. മുൻ അസി. ഷെൽട്ടോറം കലിയർ ശൈലധരായ എം.വി. സക്കറിയ. പുതിയ കാലത്തിനുള്ള വികാല സാധ്യതകൾ എന്ന വിഷയത്തിൽ നടന്ന വെബിനാറിൽ മുഖ്യപങ്കാക്കണം നടത്തുകയാക്കിയെന്നു അദ്ദേഹം. ഇതു തൊഴിൽമേഖലകളും സാധ്യതകളും നിവേദിച്ചാണ്, അവ സംബന്ധിച്ച കൃത്യമായ ധാരണയും അക്കാദമിക് മികവു



വെബിനാർ സംഘടിപ്പിച്ചു

കണ്ണൂർ കേന്ദ്ര ഹിന്ദിം ഔദ്യോഗിക ബുദ്ധിമുട്ടുകൾ മോഹനം ആർ.സി. സമരൻ കോളേജ് അടങ്ങി എൻ.എസ്.എസ്. യൂണിറ്റ് എന്നിവർ ചേർന്നു ഉന്നത വിദ്യാഭ്യാസ ചൗക്കതെ പുതിയകാല സാധ്യതകൾ എന്ന വിഷയത്തിൽ വെബിനാർ സംഘടിപ്പിച്ചു. കാലിഫോർണ്യയിലെ സിലബസസിന്റേപ്പറ്റി വിദ്യാർത്ഥികൾ പഠിക്കുന്ന കാര്യങ്ങൾകുറിയായാണ് തൊഴിൽ കാര്യം തിരുമാനിക്കുന്നതെന്ന് കാലിഫോർണ്യയിലെ സി.റ്റി. മുൻ അസി. ഷെൽട്ടോറം കലിയർ ശൈലധരായ എം.വി. സക്കറിയ. പുതിയ കാലത്തിനുള്ള വികാല സാധ്യതകൾ എന്ന വിഷയത്തിൽ നടന്ന വെബിനാറിൽ മുഖ്യപങ്കാക്കണം നടത്തുകയാക്കിയെന്നു അദ്ദേഹം. ഇതു തൊഴിൽമേഖലകളും സാധ്യതകളും നിവേദിച്ചാണ്, അവ സംബന്ധിച്ച കൃത്യമായ ധാരണയും അക്കാദമിക് മികവു



New Era". The webinar was lead by Mr. MV Zachariah, director (Centre for information and Guidance Center) and former Calicut university asst. Registrar. A academic career of student is decided not only the academic syllabus but also his experiences in real life - he opined. The class was really interactive and inspired the students. The webinar mainly aimed to give the students about job opportunities and its possibilities. The college principal Fr. Dr. Francis karackat, Kannur district field publicity officer Mr.Biju Mathew and the NSS PO Mrs. Jisha E felicitated the function. Around 70 volunteers participated throughout the session.

WEBINAR ON CIVIL SERVICE EXAMS

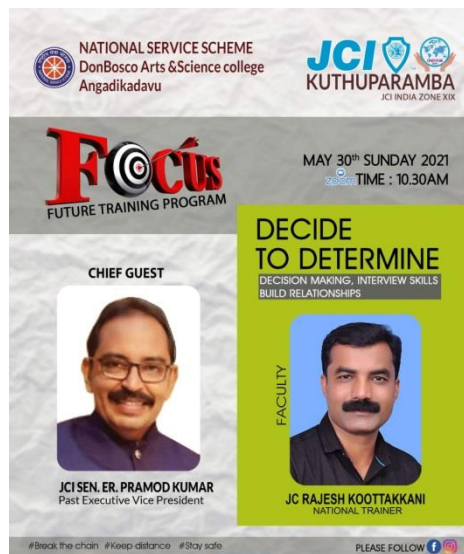


The NSS unit of Don Bosco Arts and Science College attended a Mega Civil Service webinar on 10th October. KCSA arranged the programme with NSS units of Don Bosco college, Sibga college and SNG Veerpad. The programme was inuagrated by Adv. S. Mamu, Director of image and keynote address was given by V. C Balakrishnan. Smt. Jisha E, NSS programme officer, Don Bosco college felicitated the function. The NSS POs of SNG Veerpad and Sibga College also gave felicitation. Mr. Sreejish MG, KCSA faculty and winner of UPSC exam conducted the class. From our units around 70 volunteers participated in the webinar

“DECIDE TO DETERMINE”



FUTURE TRAINING PROGRAMME BY JCI KUTHUPARAMBA



Don Bosco NSS units conducted a future training programme for NSS volunteers with JCI kuthuparamba. The programme was on 30th may 2021 Sunday at 10:30 am. J C Rajesh Kottakkam a National Trainer led the class. His simple narration and method helped the students to think about their future seriously and mould their decisions in an apt way. J C SEN ER Pramod Kumar was the chief guest of the programme Smt Jisha E PO of units' no.72 felicitated the programme. Around 80 volunteers participated in the webinar Mathew Jyothis Jimmy gave vote of thanks

DAY OBSERVATION PROGRAMMES CONDUCTED



APJ DEATH ANNIVERSARY- PROGRAMMES ESSAY WRITING COMPETITION & ELOCUTION

We the NSS units of Don Bosco Arts and Science College commemorated Sri.

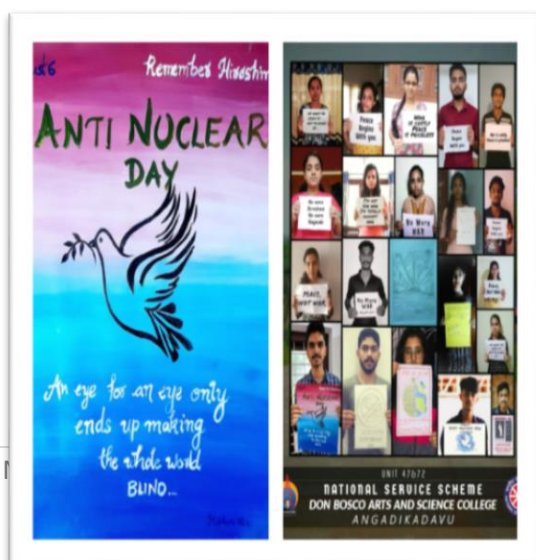
APJ Abdul Kalam our former president on 27th of July 2020 on his death anniversary day. We conducted different programs on that day with JCI Iritty and Sulthan Bathery. Essay competition and elocution conducted among high school, higher secondary and college students. We got many entries from different schools in



Kannur and Kasargod districts. The programme was conducted in online platform and the topics were given earlier. The entries were given to Rajisha miss for valuing. Anitta Abraham and Avinthika E M students of Edoor Higher Secondary school bagged the first and second prizes respectively in elocution. Ashfeena P P student of Kannur Dental college won first prize in essay writing competition. The second prize for essay writing was won by Vismaya of Don Bosco Arts and Science College Angadikadavu. On 3rd august the programme officers Sri Nithin Kuttan and Smt Jisha E volunteer secretary Mathew Jyothis Jimmy with JCI president Sri Danesh Edakkanam visited the winner's houses. A memento and a book of APJ Abdul Kalam were presented to the champions.

HIROSHIMA DAY - POSTER MAKING

We the NSS units of Don Bosco Arts and Science College Angadikadavu observed Hiroshima day. The



volunteers made posters on the day and posted in the Whatsapp group. Many volunteers made posters against war and posted. After that a small meeting was conducted. Around 60 volunteers presented in the meeting.

OBSERVATION OF PAPER BAG DAY

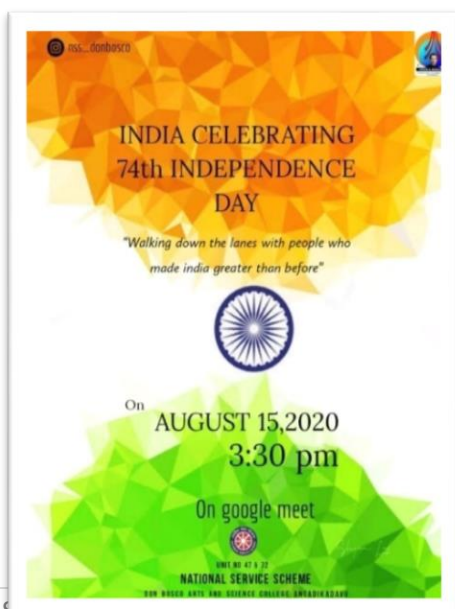
Don Bosco Arts & Science college NSS unit observed paper bag day with a demo class by Sri. Amaranth sir ,teacher Muzhakkunu Govt. U P school. He gave a demo class for our volunteers through social media. Our volunteers made paper bags after seeing this class



https://www.instagram.com/tv/CCjblS3jZ09/?utm_medium=copy_link

INDEPENDENCE DAY CELEBRATION

the



We the NSS units of Don Bosco Arts& Science College celebrated Independence Day. At 8 am flag was hoisted by the Rector and Manager Fr Thomas K O in college campus. He gave a small message after the flag hoisting. At 3:30pm we conducted an online meeting for the celebration. Kum.Gayathri P V volunteer



secretary led the meeting and 8 students spoke about the contributions of some freedom fighters on the occasion. Juraj P V delivered vote of thanks.

CHINGAM 1- A TRIBUTE VIDEO PRESENTATION

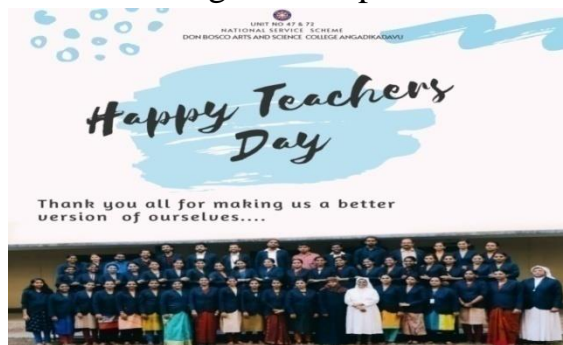
We the NSS units of Don Bosco Arts & Science College celebrated Chingam 1. As a part of Chingam 1 a tributary video was made honoring farmers. Group one was in charge of the video presentation and they had done a great video showing their tribute to farmers.



https://www.instagram.com/tv/CD-yKqiDDAI/?utm_medium=copy_link

TEACHER'S DAY CELEBRATION A TRIBUTARY VIDEO

On 5th September, the NSS units of Don Bosco arts and Science College prepared a tributary video for showing their respect towards teachers. Arshitha from BBA dept., Leo Arshad P M, etc.. took making it as a reality. Don Bosco teacher's mixed it in college their creativity. It was a heart touching remembrance for all teachers of Don



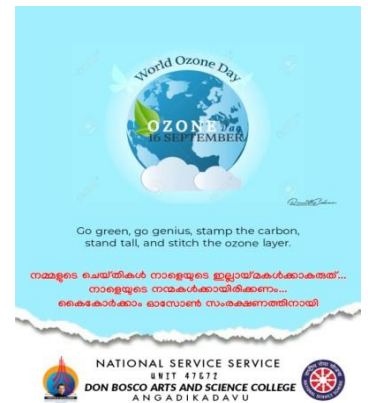
Sebastian, leadership for They collected photographs, form and added

Bosco College



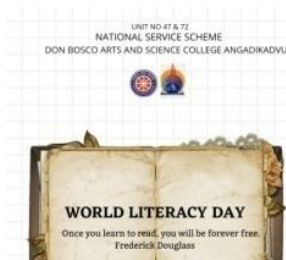
WORLD OZONE DAY

International ozone day, and awareness class was conducted with in the units. The Resource person of this program was the vice principal of the college Fr. Bastian Nellisherry. 92 volunteers took part in the section. The program was welcomed by Bhagyashri Balakrishnan, NSS volunteer from bsw department. Vote of thanks was conveyed by Arshitha Azez, volunteer from BBA department. The section was so interesting.



WORLD LITERACY DAY

World
our
Bosco



literacy day, awareness class was conducted within units. Resource person was the principle of Don Arts and Science College, Fr. Francis Karakkat. 75 volunteers took part in the section. Welcome

by



speech by Stenil P Jacob and vote of thanks Albin PV. The section was very useful.

GANDHI JAYANTHI OBSERVATION

Don



Bosco Arts & Science College NSS units observed Gandhi Jayanthi day together in



online mode. On 3rd October 2020 Sri. Ad. Manoj M Kandathil follower of gandhian path secretary of Madya Vargana Samithi Thalassery conducted a webinar on the topic “Gandhijiyum Samakalika Indiyum”. He metioned the significance of gandhiyan values in the present world. The talk was really inspiring and topic oriented. Around 86 volunteers participated in the meeting and some asked their doubts.

CHILDRENS DAY

The
NSS

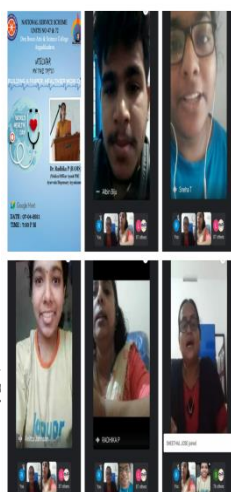


NSS units 47&72 of Don Bosco NSS units celebrated children's day providing chocolates to children by our volunteers. Our 100 volunteers gave sweets to the selected children in their own areas.

WORLD HEALTH DAY

ONLINE WEBINAR – BUILDING FAIRER HEALTHIER WORLD

On
Dr.



7th April 2021 world health day nss organized an online webinar on the topic building a fairer healthier world.

Radhika P (BAMS) Medical officer Ayesh PHC Ayurveda Dispensary Ayyankunnu takes in charge of



the session in webinar. NSS volunteer Sneha P anchors the webinar and Albin Biji gave vote of thanks for the session. The duration of the meet was about one and half hours. NSS programme officer Jisha E Assistant Professor department of English coordinated the programme.

INTERNATIONAL WOMENS DAY

On March 8th 2021 international womens day celebration a seminar on the topic “Women and the Society” was conducted.

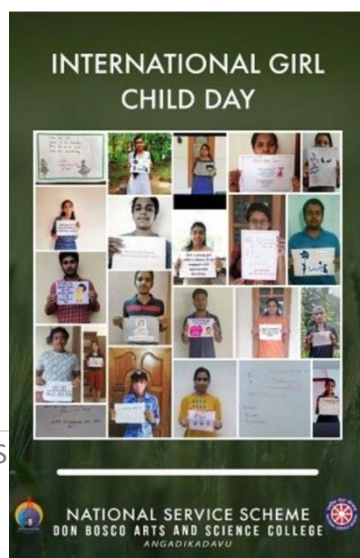
Principal of the college Fr Francis Karakat, College Union Chairman Ajay David Jose programme officer Nithin Kuttan were present on the stage. Dr Radhika from Angadikadavu Ayurvedic

Dispensary conveyed felicitation. The session was handled by Ms Varsha Jithu working in district legal services authority kasargod. The session was really good and inspiring.



INTERNATIONAL GIRL CHILD DAY

On
an
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our



11th october 2020 -International Girl child Day, awareness programme was conducted with in units. The resource person of the programme NSS volunteer Secretary Gayathri P V. 60 of students took part in the session. The



programme was welcomed by Aleena Sebastian, NSS volunteer from department of BA English. Vote of thanks was conveyed by Neeraj A V, NSS volunteer from department of BA English. The session was so wonderful.

INTERNATIONAL NURSES DAY



On March 12 International nurses day nss units of Don Bosco College conducted a Google meet. Alice Xavier parambukattil (staff nurse , Iritty thakuk hospital) gave a wonderful session about her journey as a nurse and about a complete information regarding the services that a nurse provide to the society.. Our Health Minister Shylaja Teacher extends her special greeting to Don Bosco Arts and Science College, Angadikadav, for the Nurses day celebration.

AMMA YKKORUMMA

On March 8th, as part of International Mother's Day, NSS volunteers of Don Bosco conducted a webinar named 'ammaykkorumma'. Mrs Rajisha C R former NSS P O (best nss programme officer) handled the webinar. She signified mother's role in molding the society. It was really a touching and a worthy session. The programme was welcomed by Laya A V and NSS volunteer Jisna gave vote of thanks.



VIRTUAL REPUBLIC DAY PROGRAMME



On 26th January 2021, we the NSS unit of Don Bosco College arranged an online Republic day celebration. The programme was conducted by Jisha E NSS P O. Competition such as poster making, fancy dress, essay writing are conducted as a part of the day celebration.

ANTI- TERRORISM DAY

On 21
units
peace



May as a part of Anti Terrism day .NSS of Don Bosco College conducted a Google Meet on the topic of preserve and harmony. Programme officer Jisha E handled the session. OUR VOLUNTEER Athulya anchored the program and Priyanka gave vote of thanks.



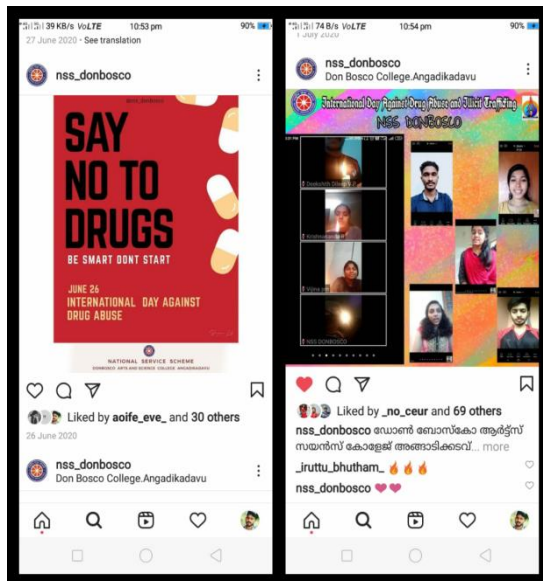
NO TOBACCO DAY

As a part of no tobacco day an amazing video was made by our volunteers. In this video one of our volunteers, Devika portrayed the demerits of tobacco.



INTERNATIONAL DAY AGAINST DRUG ABUSE

As a drug NSS and of



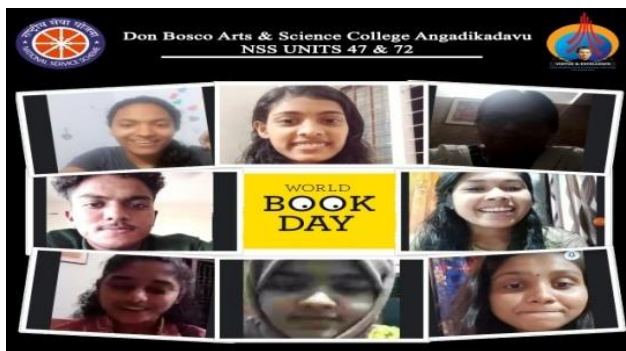
part of international day against abuse the volunteers of Don Bosco units conducted an online meeting pledges were made against the use of drugs.

WORLD MENTAL HEALTH DAY



As a part of world mental health day an online webinar was arranged for the students. The session was inaugurated and handled by Fr Kuriakose PhD in psychology. The webinar was on the topic happiness strategies. He taught us the importance of happiness and how happiness leads to a good mental health. A doubt clearing session was made after the class.

WORLD BOOK DAY



As per the part of world Book day, NSS students of Don Bosco Arts and Science college conducted a Google meet on April 23rd and they celebrate the day .The event was anchored by one of our volunteer

Laya. In this session the NSS P O Jisha E, Bhagyasree, Gopika, Athulya,Shiya Sherin, Laya and Akshay reviewed the book which they read. Vote of thanks for the event was delivered by Albin.

GANDHIJI'S MARTYRDOM DAY – OBSERVATION

On 31st January we the nss unit of don bosco arts and science college observed gandhijis martyrdom day. All the volunteers along along with the students of various departments garthered in the amphi theatre. Smt jisha e programme officer talked on the significance of the day. Akhil devassia former volunteer secretary spoke his experience as an nss volunteer to new volunteers, Mathew Jyothis Jimmy NSS volunteer secretary detailed the actions of NSS Don Bosco .



ATTACHED DETAILS OF SNEHHA VEEDU

SNEHAVEEDU-DEMARCATION CEREMONY

On 28th february 2021 snehaveedu construction on track with demarcation ceremony and blessing by Fr Rapson from Avila Sadhan . Fr Dr Kuriakose Pallikunnel head of Psychology department addressed the gathering, NSS programme officer



Jisha E coordinated the ceremony. The iritty block panchayath member attended the function. the panachyath member of Ayyamukku area felicitated the function. NSS volunteers and well wishers graced the occasion. Nss volunteer secretary Mathew Jyothis Jimmy concluded the programme.

FUND COLLECTION



NSS volunteers of Don Bosco College arranged a fund raising programme through online and offline medias for house construction of sneha veedu. On 10th April volunteers gathered at iritty town and made different groups for collected amount from different shops. The group visited each and every shop and presented the matter to shop keepers. They gave a warm welcome for the noble



cause and contributed as per their capacity. That day the volunteers could collect around Rs 25,000.

We made an online payment system for fund raising. The venture became a successful one because of the generous people. Around Rs 1,50,000 was received from the teachers of don bosco college and other noble minds.

SILT REMOVAL FROM WELL AT SNEHAVEEDU SITE

Around 20 volunteers cleaned the slit from the well at snehaveedu site on 10th February 2021. The work was done with too much enthusiasm and through that work we could provide a clean water source for the needies.



UNLOADING OF BUILDING

ROCKS AT SNEHAVEED SITE

On 11th February, building rocks (chattakalle) was brought and unloaded at the sneha veedu site. Mathew Jyothis, Ronit, Johnson K J took initiative for the work.



FOUNDATION STONE FIXING

On 12th march snehaveedu- foundation stone fixing by Rev.Fr Dr Thomas, Fr Jibin Vattukalam, Mrs Celina from Avila Sadan. The whole events were held in Avila, Edoor. The land for the construction of snehaveedu was offered by Avila Sadan. Fr.Dr.Thomas KO, Head of social work department addresses the gathering. NSS programme officers Jisha E coordinated the ceremony.

ATTACHED DETAILS OF CLEANING ACTIVITIES UNDER SWATCHH BHARATH ABHIYAN CLEANING CHARAL RIVER

On 5th
charal
of
all the
the



March 2021, NSS volunteers organized a programme at river. Along with the people charal the volunteers cleared pastic and other non decopmosible wastes from river, cleared objects which

blocked the path of flow of the river. NSS programme officer Smt Jisha E , Sri NithinKkuttan, ward member Smt Sindhu Benny volunteer secretary Mathew Jyothis Jimmy give initiative to the programme.

RAIN PITS

On 27th May NSS volunteers of Don Bosco College made rain pits at their houses to improve the water source of land. Our



volunteers took initiative and took pits for the rain water to be filled in it, thereby decreasing water shortage.

DRY DAY

NSS
dry
their
to the



volunteers of Don Bosco College observed day on 22nd May. The volunteers cleaned house and surroundings removing plastics, unwanted weeds, and emptied mosquito generating areas and became role models society. They highlighted the slogan

“society hygiene trough self-hygiene”

MAZHAKU MUMBE

The volunteers of Don Bosco NSS units cleaned their surroundings before rain to prevent diseases during the rain under the name “mazhaku mumbe”.

The volunteers cleaned their house and surroundings removing plastics, unwanted weeds, and emptied mosquito generating areas.



മഴയ്ക്ക് മുൻപ്



(CANDLES)

IRITTY- VALLITHODE ROAD SIDE CLEANING





the

Volunteers of Don Bosco NSS unit showed the obligation towards society by arranging different helping aid. The volunteers cleaned signal boards near Benhil School, Kunnoth.

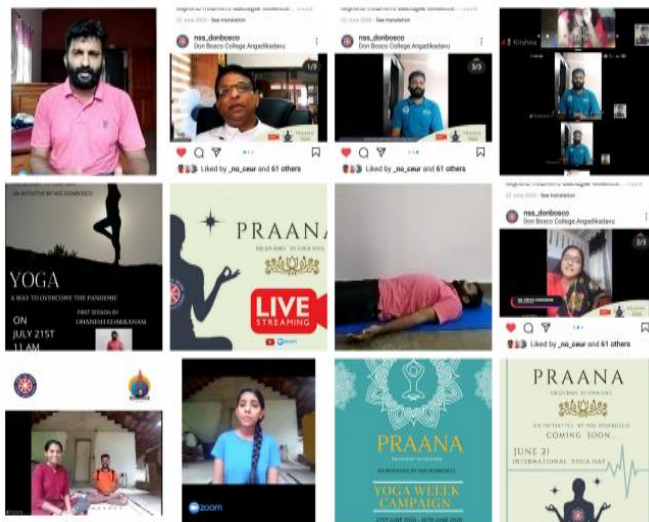
These boards were fully covered by unwanted creepers and waste. Around 16 volunteers gathered near Benhill School with Programme Officers, Mr Zaviour Kutty Assistant Professor MSW department inaugurated the programme. Smt.

Jisha E NSS P O welcomed the gathering and Fr Jomy Manager of Benhill School gave felicitation. NSS volunteer Bhagyasree Balakrishnan gave vote of thanks.

ATTACHED DETAILS OF TRAINING PROGRAMMES CONDUCTED

YOGA DAY CELEBRATION

NSS



yoga

On

the

taken

units of Don Bosco Arts & Science college

Angadikadavu observed the day with great enthusiasm.

21st June we arranged a webinar session about yoga- away to overcome pandemic. The class was by Sri. Danesh Edakkanam

[certified yoga trainer, Ayurashram Mysore]. Our principal Rev Fr Francis Karackat welcomed all and conveyed his wishes and blessings to the programme . The session was inaugurated by Smt Priya Varghese DSS of Kannur University. She expressed her happiness for arranging yoga day as a campaign. During her



speech she insisted everyone to follow the path of yoga to overcome the dangerous diseases and mental depression. The session started at 11:00am and finished by 12:30 pm. The participants expressed their gratitude in our chat box after attending the class. Our second day session was handled by Sri. Ankush Mauriya , certified yoga trainer , Pathanjali Ashram and he was the participant of our NIC camp conducted by state NSS Cell Banglore . The class was arranged in evening at 3:00pm. Yoga session on the 3rd day was handled by Sri. Danesh Edakkanam and his training class was started at 3:00pm evening. He talked about Suryanamasakaram and some useful asanas. On 24th and 25th June the session was handled by Miss Anjana yoga trainer. She is the second year MSW student of our college and disciple of Sri Danesh Edakkanam sir. She captured the mind of viewers through her simple narrative style and taught some asanas useful for daily life in two days class.

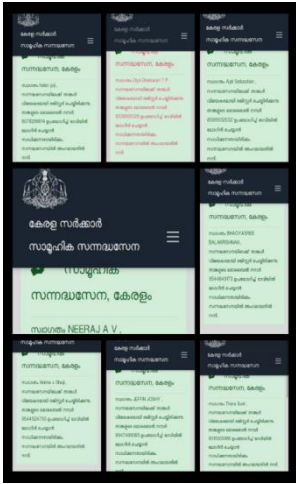
KILA - ONLINE TRAINING PROGRAMME

Kannur University arranged an online training programme about disaster management. Kerala Institute of Local Administration conducted the programme for training the students. From our college NSS units around 83 volunteers participated and bagged the certificate.



SANNADHASENA REGISTRATION





Our volunteers of NSS Don Bosco Arts and Science College Angadikadavu, registered as sannadhasenna volunteers during covid 19 pandemic. Around 65 of our students registered as volunteers.

NSS DAY CELEBRATIONS & RASKHIN PROJECT

Don Bosco NSS units 47&72 celebrated their NSS day celebration by arranging a useful seminar (webinar). On that day The Rakshin Project, Sakshi Nhi, New Delhi led a class on the topic "Child sexual abuse and Pocso Act -2012". Adhithi Kishore was the speaker of the day. She addressed the audience with



very good explanations about child safety and Pocso Act. Rev. Fr. Dr. Francis Karackat, principal of Don Bosco Arts and Science College welcomed the participants. Miss. Thara sunil, volunteer anchored the programme. And Mrs. Jisha E the programme officer of unit number 72 gave vote of thanks. Around 66 students participated in the programme.



ATTACHED DETAILS OF VELICHAM, MID DAY MEAL

“VELICHAM” PROVIDING SMART PHONES TO THE NEEDY STUDENTS

District Child line cell and NSS units of Don Bosco college extended help for the needy students who don't have even a smart phone to continue their online studies. The volunteers collected money very quickly and purchased 3 smart phones, Mr. Amalijith Thomas , Childline

officer received smart phones from the principal Rev.Fr. Francis Karackat from his office along with the presence of two programme officers Nithin Kuttan & Jisha E and our volunteer Mathew Jyothis Jimmy. The phones were handed to the needy students by the childline officer Mr.Amaljith Thomas in the presence of Nithin Kuttan NSS programme officer and our volunteer Stenil.



PROVIDING LED TV TO INTHUMKARI COLONY

Don Bosco Arts & Science college Angadikadavu NSS units 47&72 provided an LED TV to Inthumkari colony. This colony is an adopted village of our NSS units. Around 25 colony studying in them E-education During this covid 19 education system changed and pupil of difficult to continue was presented by the college to the childline Thomas. At the same was given for students two programme Kuttan & Smt. Jisha E Amaljith Thomas and our volunteer Mathew Jyothis Jimmy were there on the presenting ceremony.



students from that different schools for facility was not there. pandemic our became totally that colony felt their studies. The TV principal of our officer Mr. Amaljith day afternoon the TV of the colony. The officers Sri Nithin and childline officer



MID DAY MEAL



We, the NSS Don Bosco family decided to continue midday meal programme at Balika Sadan, Palathumkadavu. In 2019-20 the NSS units together provided midday meal there without any delay. The mid day meal programme was started the previous year and it was stopped because of covid 19 pandemic. On 7th September 2020 the NSS PO Sri. Nithin Kuttan sir, Mrs Jisha E, the volunteer secretary Mathew Jyothis Jimmy visited the Balikasadan, Palathumkadavu. This time we purchased Rice and grocery items for one month and provided. During this covid 19 pandemic situation, we followed all the rules made by government strictly. The mid day meal programme was started the previous year and it was stopped because of covid 19 pandemic.

MONTH	TIME	COST
JUNE	4-FRIDAYS	5400
JULY	4-FRIDAYS	5400
AGUST	5-FRIDAYS	6750
SEPTEMBER	4-FRIDAYS	5400
OCTOBER	4-FRIDAYS	5400
NOVEMBER	5-FRIDAYS	6750
DECEMBER	4-FRIDAYS	5400
JANUARY	5-FRIDAYS	6750
FEBRUARY	4-FRIDAYS	5400
TOTAL	39-FRIDAYS	52350

FIT INDIA



PHYSICAL FITNESS TEST

ABOUT YOGA

Don Bosco Arts & Science College Angadikadavu conducted a yoga class for the students of UG and PG with the help of NSS units of the college. Fr. Dr. Francis Karackat presided the function. Sri. Danesh P conducted the class for 200 students .He explained the importance of yoga and its career opportunities. He explained his experiences about how he overcame his life challenges by practising yoga.

DETAILS OF OTHER PROGRAMMES

CM @ CAMPUS



Our volunteers Thara, Bsc Psychology Student and Neeraj BA English Student participated in the programme on 13th February 2021 with CM in Kannur University Mangattuparamba campus. Other volunteers and programme officers joined the live streaming at Don Bosco College Angadikadav.

IMPORTANCE OF VOTING





As a part of Kerala local body election, posters were made by the volunteers of NSS units of Don Bosco College. The posters were portraying the importance of voting. This is done to make the people aware of the right to voting and the need to vote in the coming election.

WATER FOR BIRDS

for birds



Volunteers arranged water pots during summer season.

KARMASENA FORMATION FOR DISASTER MANAGEMENT

Don Bosco Arts & Science College NSS units formed a Karmasena for doing fast actions in disaster times. The rescue team was formed including the members from our units and from our ex-volunteers. It was a great and first attempt of the college and university itself. Around 95 students joined the Karmasena



KERALA STATE WOMEN AND CHILDREN DEVELOPMENT DEPARTMENT-WEBINAR SERIES



On 2/12/2020 a webinar series was conducted by Kerala Sarkar Vanitha Shishu Vikasana Vakup, Kannur. The first day topic was "Transgender Policy Nayavum Samuhavum". The programme was officially Inuagrated by K. Sethuraman IPS, DIG of police Kannur.

The resource person of the programme was Smt. Vijayaraja Mallika writer and Social Worker. The session lasted for one and a half hour. The welcome speech was conveyed by Deena Bharathan, officer of District women and child development department, Kannur. Dr. Priya Varghese DSS Kannur University facilitated the function. Smt. Manju P.G delivered vote of thanks. 58 of our volunteers took part in the session.

On the second day of the webinar series organized by Kerala State Women and Children development department. The topic of the second day was "Santhoshakaramaya Koumaram-Sareerika Manasika Thalangal". The session was handled by Dr. Preetha Thomas, Ast. Prof. Cum. Psychologist, Bangalore. 75 of our volunteers participated in the session.



On the final day of the webinar series Dr. Priya Vargees, DSS Kannur university handled the session. The topic was "Linga padhavi-Acadamic Thalathil". The webinar lasted for 1 and ½ hours. 81 of our students participated in the session. The programme was welcomed by Smt. Sulaja. P, women protection officer Kannur.

UNIVERSITY PROPOSED PROGRAMES

ORIENTATION PROGRAMME DISASTER MANAGEMENT

to



Kannur University arranged an online disaster management classes for forming a group of volunteers work in disaster time. On 17th Aug.



Classes started at 10am and class was led by Mr. Sreedhar Radhakrishnan, director of Thanal. Afternoon session was led by Mr. Sekhar Luckose Kurriakose, Member Secretary of Kerala state emergency operation center. On 18th August Sri. Murali Thummarukkudi conducted the class. Dr. A K Jayasree, Kannur Govt. Medical College provided a class about survival and protection in covid days. Around 53 volunteers participated in the programme along with two programme officers Sri. Nithin Kuttan and Mrs. Jisha E.

GANDHI JAYANTHI – AAPATH MITHRA INAUGURATION



gave

Kannur University NSS cell organized Gandhi Jayanthi celebration for nss units under the University Aapath Mithra, a disaster management team was formed and inaugurated on that day by the vice chancellor Prof. Gopinath Ravendran. Dr. Priya Varghese presided the function and talked about Aapathmithra. Dr R Sabukuttan State NSS officer and Mr. G P Sajith Babu felicitated to the programme. The project coordinates

Mr. Sujith K V, NSS PO Payannur College and Mr Nithin Kuttan NSS PO Don Bosco College and Mr V Vijayakumar presented district wise reports of covid activities conducted in different colleges on the same day. The university arranged a felicitation for NSS State winners. From our college the programme officer Smt. Jisha E, Sri Nithin Kuttan and volunteer secretaries Mathew Jyothis Jimmy and Gayathri P V attended the programme.



LINGA PADHAVIYUM ATHIKRAMANGALUDE SAMUSHIKA MANASATHRAVUM – WEBINAR SERIES

Kannur University NSS cell organized a webinar series from November 25th onwards in association with the international day for the elimination of violence against women. The series started from 25th November to 29th November. On 25th November the class was handled by Dr. Susan George on the topic "Linga Padhaviyum Athikramangalude Samoohika Manasathravum". The programme was welcomed by Dr. Priya Varghese DSS Kannur university and the programme was moderated by Smt. Sheena. K, NSS PO, MG college, Chendayad. Around 56 volunteers participated in the webinar.



NSS Kannur university cell's webinar series continued. The topic of the second day was "Puthuthalamurayude Lingavicharangaal". The profound writer Mr. Mythreyaan served as the resource person. The session began with the speech of Dr. Priya vargees DSS Kannur university. 59 volunteers from our units participated in the session. It lasted for about 2 hours. Dr. Deepamol Mathew from Nirmalagiri College conveyed vote of thanks.

The third day of webinar series organized by Kannur university NSS Cell. The session was conducted by RJ Shifna. She handled the topic "Puthuthalamurayude Lingapadavi vicharangaal". The session saw a great success with a good interaction of the volunteer. Dr. Priya Vargees DSS Kannur university welcomed the session. The P.R.O of the university served as the moderator of the session. 56 of our volunteers took part in the session.

On 4th day of the webinar series organized by the Kannur university NSS cell, the topic was "Sthree Athijeevanangalod Samoohathinte Kazhchappad". The

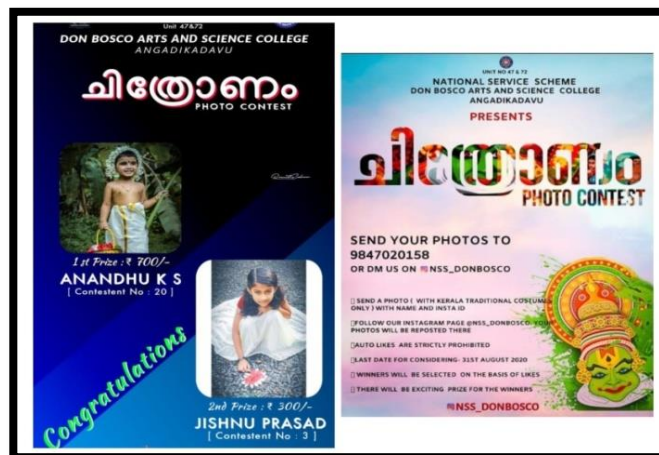


session was handled by Smt Echumukutty. She spoke out to be bold and face the society even though we have survived so much. Dr. Deepamol Mathew NSS PO Nirmalagiri college was the moderator of the session. 78 of our students took part in the session

COMPETITONS ORGANIZED

PHOTO CONTEST COMPETITION – ONAM

NSS Don Bosco units 47 &72 celebrated Onam with pomp and show. We launched a photo competition in attires. We got different colleges, other general On 2nd September. declares the winner. open contest and it



contest traditional entries from schools and sections. We It was an is named as

"Chithrolsavam". Anandu K S and Jishnu Prasad G Tech Kannur got the first and second prices respectively.

CELEBRATION OF 125 YEARS OF NETAJI





On 21st January 2021, as a part of celebration of 125 years of Netaji Subhash Chandra Bose, programs such as drawing competition, caption writing, essay writing was conducted by NSS units Don Bosco on. All the nss volunteers take part in the competition. Prizes for the competition were also given to the winners.

FANCY DRESS COMPETITION

On
day
dress



27th January in connection with 72nd republic NSS units conducted programs such as fancy competition and digital painting through online platform.

ONLINE QUIZ FOR NSS VOLUNTEERS

An
10th
the
time



online quiz was conducted from 6th July to July. Mr Deekshith Dileep one of our volunteer prepared the question and he became the quiz master. The time fixed for programme was 8 pm and it was through Whatsapp. The quiz master instructed the limit and other details earlier itself and other volunteers followed all the instructions. The questions were related to histories, GK and current affairs. Neeraj and Ronit got first and second prize respectively.



CHANDRADINAM – QUIZ COMPETITION

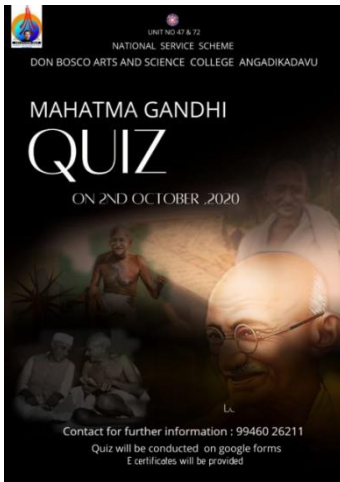
On 21st July 2020 NSS units 47 & 72 conducted an online quiz competition for the volunteers of our college related on the occasion of Chandradinam. The duration of the competition was one hour and Leo Sebastian one of our volunteers became the quiz master. Deekshith and Jessica got first and second places in the competition.



The

ONLINE QUIZ COMPETITION

On



part

2nd October, at 7:00 pm an online quiz was conducted by the volunteers of don bosco arts & science college as a part of Gandhi Jayanthi celebration. Students from different college took part in this friendly competition.

PHOTO CONTEST

NSS units of Don Bosco College arranged an online photo contest was conducted on the topic nss memories. The results were published by Mr. Dhanesh Anand(film actor).



COVID ACTIVITIES

Exam duty opened for exam

NSS
exam
the
fully



units of Don Bosco Arts and Science College opened a help desk for the students of 4th sem who attended the from 29/09/2020 to 9/10/2020. Around 10 volunteers arranged sanitizer and checked temperature of the students. Help desk volunteers worked 5 hours fully and helped the institution to conduct exam in healthy ways.

ELECTION DUTY



In kerala assembly election time don bosco nss volunteers extended a helping hand for the election commission. On 6th april around 30 volunteers reached in different polling booths in kannur district. some volunteers were appointed as

webcasting operators and some were assisted to help the voters.

STAY AT HOME,SAVE LIVES PLEDGE



As covid 19 was severe in our country, our volunteers took pledge “stay at home, save lives” and committed himself/herself to abide by the 21 days lockdown rule.

FOOD SUPPLY



During covid 19 pandemic NSS unit of Don Bosco College supply food kits on 29th may 2021 to the needy one how are affected by the disease.

The volunteers went to the hoses of the patients in their own areas and supplied the kits.

COVID VOLUNTARY DUTY – UNARV

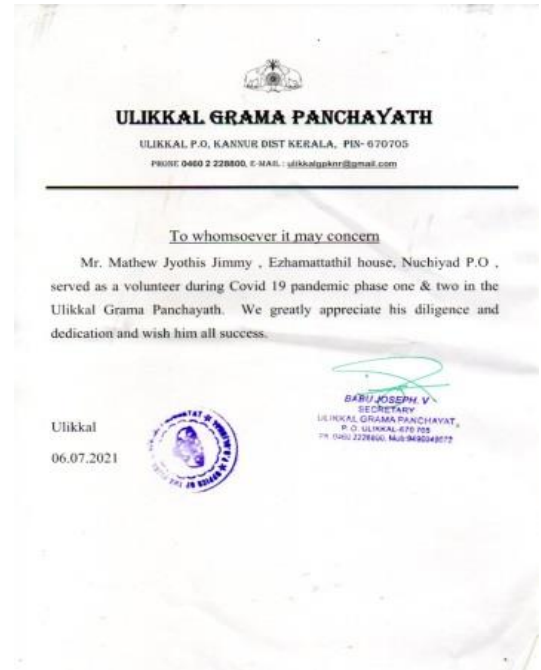


Our NSS volunteer secretary Mathew Jyothis Jimmy worked as UNARV – volunteers block leader in National Health Mission from 20-06-2000 to 31-08-2020. He served as a covid volunteer and the NHM greatly appreciate his diligence and dedication.



SANNADHASENA VOLUNTEER

Our NSS volunteer secretary Mathew Jyothis Jimmy served as a covid volunteer during covid 19 pandemic phase one & two in Ulikkal Gram Panchayath.



CREMATION OF COVID DEATH



Our volunteers attended the funeral ceremony of the patients who died of covid - 19. Mathew ,Ronit and Binil volunteered 15 cremation works at different places kottiyoor, edoor , karikottakari etc.



FOOD KIT DISTRIBUTION

The NSS units of Don Bosco Arts & Science College supplied Food kit at Sree Sachidananda Balamathiram near Mattanur,

Chavassery during covid-19 days. Our programme officer Nithin Kuttan Sir and other NSS volunteers showed our generosity and visited the place.

