



**KANNUR UNIVERSITY**  
**NATIONAL SERVICE SCHEME**



**(UNIT NO. 47)**

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

**LAYA A.V.**  
**(UNIT NO.47)**

**“NOT ME, BUT YOU”**

**PERSONALITY DEVELOPMENT THROUGH COMMUNITY SERVICE**

# SNEHAVEEDU KEY PRESENTATION

**Date: 06/01/2022**

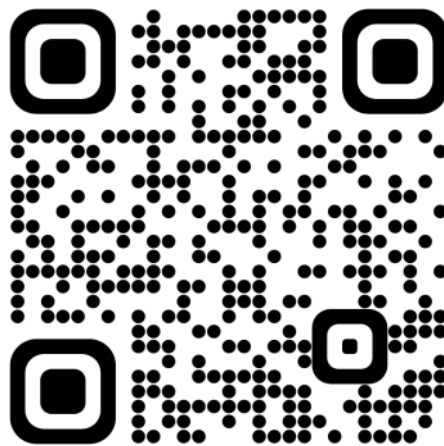
Despite the challenges thrown by the pandemic, the Nationalist Service Scheme Units 47 and 72 of Don Bosco Arts and Science College constructed a Snehaveedu for a destitute woman and



her two children. This is the fourth house that has been successfully completed by us. Peravoor M.L.A Sri Sunny Joseph Handed over the key to the beneficiary. The chief guest of the occasion was Mrs. RakhiRaghavan, Syndicate Member of Kannur University. DSS of Kannur University Cell, Dr. Nafeesa Baby , Fr. Sojan Vice Principal of Don Bosco Arts and Science College, Vice President of KPCC, Karnataka Mr. Asainar Haji. The NSS volunteers of both the units strived for long hours to raise a fund of Rs. 5 lakh issuing gift coupons, organizing sponsors from public and philanthropic contributions from the towns of Kannur, Thalassery, Mattannur, Kuthuparamba, and Irritty. Residents of Savio Home (college hostel for men) collected around Rs 31,000 THROUGH PayasamChallenge and the Department of Psychology raised an amount of Rs. 41,000 with the help of cake challenge during the Chridtmas season. The staff and the management contributed Rs. 2 lakh. The 600 square feet house was built within a span of 10 months at a total cost of Rs 8 lakh. This journey was special to all

the souls that were compassionate enough to make their own contribution of love and effort into this noble project. NSS Units 47 and 72 of Don Bosco Arts and Science College will always be seeking for such challenging ventures in the future as we have always done in the past to make this world better day by day.

YouTube Link :



## “MID DAY MEAL”

### POTHI-CHOR

We, the NSS Don Bosco family decided to continue midday meal programme at Balika Sadan, Palathumkadavu. In 2020-21 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 June 2021 the NSS PO Sri. Nithin Kuttan sir, Mrs Jisha E, the volunteer secretary Akshay Biju and Laya A V 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

## 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.

## **DISTRIBUTION OF FOOD ITEMS AT KRIPA CHARITABLE SOCIETY**

The Kripa Charitable Society is having nearly three hundred inhabitants out of which ninety were affecting with the covid 19 virus. Fearing the same, many has refused to visit or help them out of the crisis that the pandemic has



brought on them. They were facing shortage of many essential items including the basic food items. The NSS units of DBASC along with the help of college management helped them by visiting and delivering food items. NSS Programme Officer Nithin Kuttan along with Volunteers Cecilia, Varsha, and Akaansha went to distribute the food items.

## **COVID WARRIORS**

## **COMMUNITY ENGAGEMENT PROGRAM: COVID 19 HELP DESK**

**Date: 07/06/2021 to 26/06/2021**

After the MGNCRE, Community Engagement Programme seminar, a meeting of NSS students was held in with the presence of college



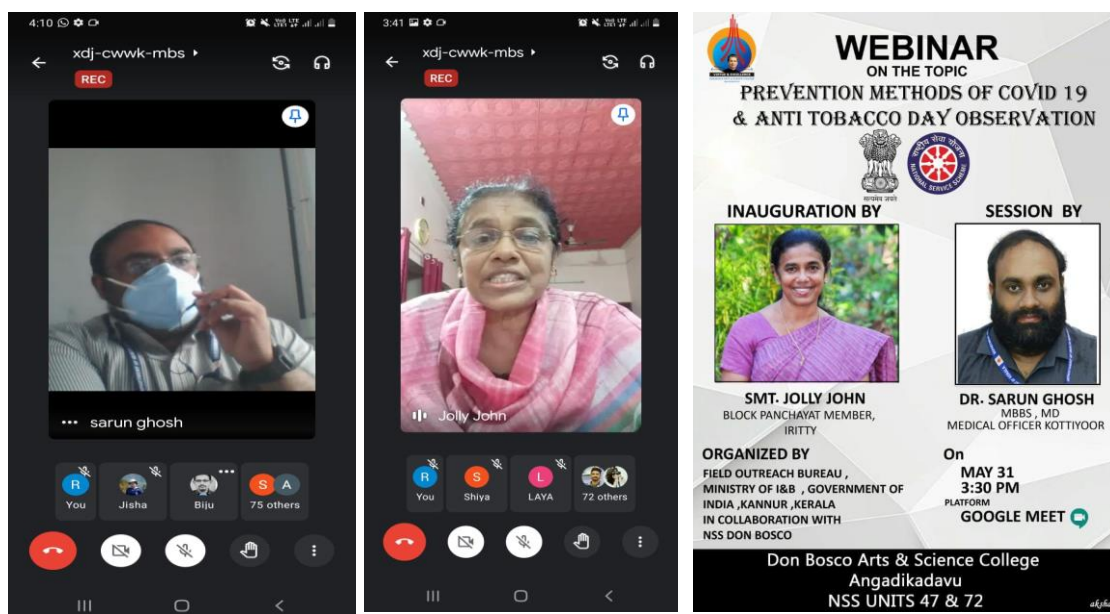
coordinator. The topics and the matters discussed in the seminar were explained to the students at the meeting. We made them aware of the fact that we, the students have to stand as a helping hand to all those people who are affected and suffering due to the Covid 19 pandemic.

Each team refreshed their data from respective sources. Team 1 received a call to know about the availability of doctors in the nearest hospital. Team 5 got a call from a person who was facing difficulty in facing people who was treating her with fear even after her recovery from covid 19. A meeting with all the 5 team leaders were conducted to share updates. The information from the meeting was passed down to each team member without fail.

The NSS unit of the Don Bosco college was conducted a valedictory function to conclude the yoga campaign, Prana 2021. The teaching staff and the students of DBASC was invited as audience. The session started with prayer by Cecilia (Bcom Finance) and the session was anchored by Sreya K S ( Bcom CA). Mr. NithinKuttan P K(PO)delivered the welcome speech. Mrs. Jisha E (PO) gave the presidential address. FrBastin (Manager and Rector) inaugurated the session. Our Student Union Chairman, Ajay David gave the felicitation speech. Dr. Pathmanabhan T V handled the session on the topic prevention of communicable disease and improving immunity through Yoga. A question answer session was also conducted and audience came up with interesting queries. Sarath sir ( staffsecretary), Tesna (BA English), Ahla (Bsc Psychology) gave feedback on the class. Vote of thanks was given by NSS Volunteer Secretary, Laya A

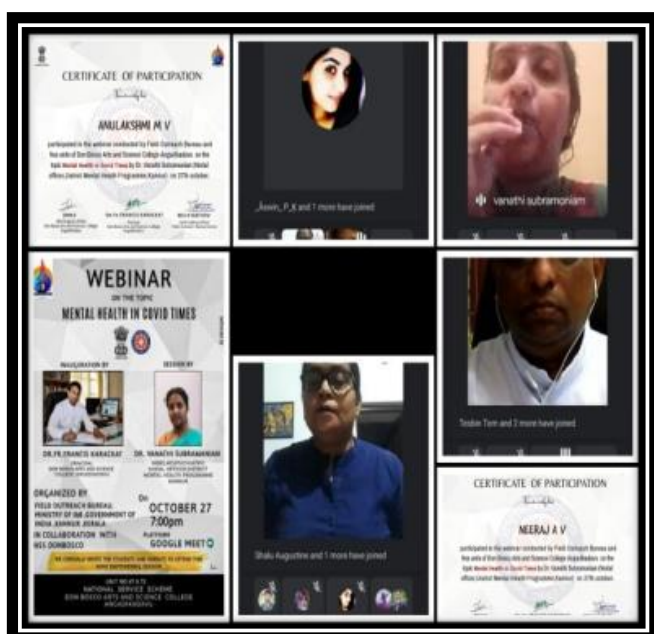
# AWARNESS CLASSES ATTENDED

## PREVENTION METHODS OF COVID 19 & ANTI TOBACCO DAY OBSERVATION



On 31<sup>st</sup> 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 .An anti tobacco pledge was also taken.

# 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.

## VACCINATION REGISTRATION CAMP

NSS volunteers AmithaMerin (B.com Finance) and Augustine Biju (B.com CA) represented the NSS units of DBASC at a vaccination registration camp for the handicapped people. They spent a whole day with the team helping in the registration process. The news was issued in the newspaper the previous day to mark this event.





## YOGA & COVID TREATMENT

On 22, the NSS unit of Don Bosco College conducted a session on the topic covid stress through yoga. The session started with prayer by Alen Shaji (NSS volunteer) and the session was anchored by Gopika (NSS volunteer). The class was handled by Mr. Dhanesh Edakkanam (International Yoga Trainer, Ayur yoga Ashram, Mysore). The aim of this session was to spread awareness among the public regarding the mental and physical health benefits brought by



making yoga a habit. The second day focussed on sharing tips and tricks to relieve stress the pandemic has brought on people. An interactive session was conducted for doubt clearance after the class. The program ended with the vote of thanks delivered by Albin Biju( NSS volunteer)

## COVID-19 PROTOCOL SURVEY

NSS volunteers of DBASC college helped the officials to conduct a mask survey in various Panchayaths of the district. The volunteers were asked to collect take charge of conducting survey in their respective panchayaths regarding the usage of masks, the type of the mask used and other details using an app named ODK collect. Volunteers were guided by Dr. Sachin and instruction were passed via a zoom meeting which they attended prior to the survey.

The name of the volunteers and the panchayaths in which they did the survey is mentioned below.

## COVID VACCINATION DUTY

Covid vaccination is a necessity for everyone in the midst of this pandemic.

But the NSS volunteers of Don Bosco Art and Science College found several people who lacked resources to register for vaccination. So they helped them in

by working is a local health centre to book peoples vaccination slots at their nearest hospitals and to ensure that they are getting vaccinated. Volunteers ensured their participation from the locations nearest to their



residence and helped the people living in their locality. Some of the volunteers worked continuously for multiple days in vaccine registration centres

## SWACHAM SUNDARAM

### CLEANING CHARAL RIVER

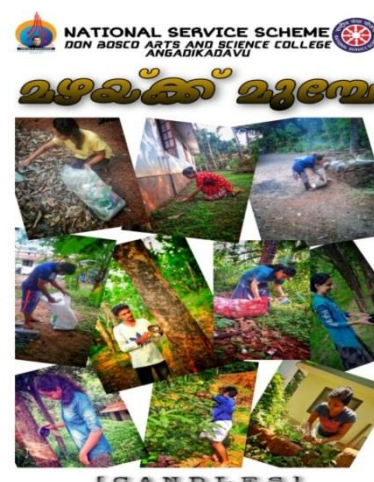
On 5<sup>th</sup> March 2021, NSS volunteers organized a programme at charal river. Along with the people of charal the volunteers cleared all the plastic and other non decomposable wastes from the river, cleared



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 Akshay Bijugive initiative to the programme.

## 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.





# KOLIKKADAVU SCHOOL CLEANING

NSS units 47 and 72 of Don Bosco College initiated a cleaning activity at Don Bosco School at Kolikkadavu. The cleaning activity was a part of preparing the school for reopening and welcoming students back to offline classes. The parents of the students of the school also joined hands with the volunteers to help them complete the task. Over 40 volunteers participated in the activity. They cleaned classrooms, moved furniture, dusted them, dusted and mopped classrooms and cleaned toilets. The teaching and non teaching staffs also joined hands with the parents and volunteers. The cleaning activity was completed by afternoon time. The school treated the volunteers with tea and snacks after the work.



# THALASSERY RAILWAY STATION

## CLEANING

NSS units 47 and 72 of Don Bosco Arts and Science College took the initiative to clean the Thalassery railway station on the 6<sup>th</sup> of November. The programme was inaugurated by the Station



Master Mr. Vijay Kumar Sir. He graced the audience and volunteers about the importance of keeping railway station clean along with briefing about the history of the railway culture in India and the revolutionary steps it took towards maintain a clean railway. The police guard in charge, other railway officials and NSS PO Mrs. Jisha E also graced the crowd.

Nearly 50 volunteers participated in this work the task assigned to them was cleaning out side areas of the Railway station rikshaw and private vehicle parking lots, garden, parkand so on. Volunteer were split into groups nd with required ecquipments like gloves,



sacks, knife etc they gotto work. NSS POs lead the volunteers and completed the work by noon time. The Rilway Authorities thanked their



service by providing refreshments to the volunteers at the end of the work.

## KOODE

# BLOOD DONATION CHALLENGE

**Date: 26/04/2021 – 01/05/2021**

Pre covid-19 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 N.S.S volunteers take part in the challenge.



## BLOOD DONATION CAMP

Blood donation is one of the greatest way a person can bring a fellow being back to life. In search of healthy blood donors, the Blood Donors Kerala (BDK), Irritty Thaluk Committee and NSS Units 47 and 72 of Don Bosco College conjointly organised a blood donation camp at Don Bosco College campus. The camp was conducted with the cooperation of Kannur Government Hospital Blood Bank.

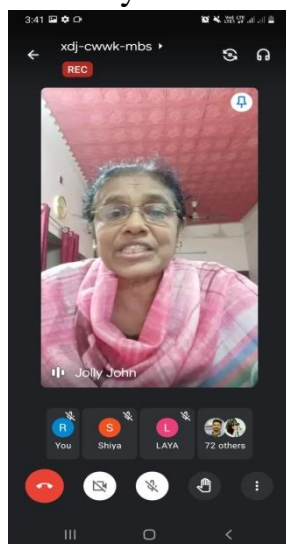
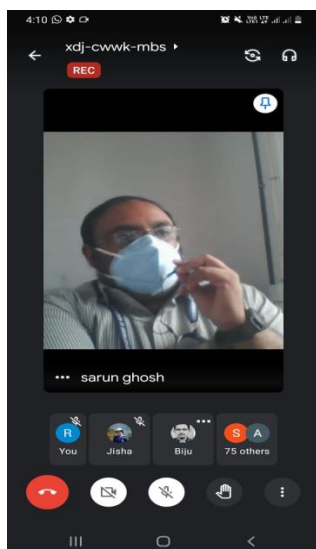
Motor Vehicle Inspector Mr. T. Vykundan inaugurated the programme and the Principal of Don Bosco Arts and Science College graced the crowd with presidential address when NSS PO Mrs. Jisha E delivered the welcome speech and volunteer Secretary Akshay Biju gave the vote of thanks. Students from both the Don Bosco Colleges came forward to donate blood. Voluntyeers enured that discipline was maintained in the blood donation camp and the decorum of the college was undisturbed. They maintained register for the donors, ensured that the covid protocols were strictly followed, assisted the medical faculties and distributed energy drinks and refreshments to the donors. Students and teachers actively participated in the camp as donations from nearly 70 people were collected at the end of the day.

distancing, checked the temperature, allotted tokens, distributed the prescribed medicines and assisted the Dr. Radhika and Dr. Sheeba. The inhabitants of the colony cooperated really well with the medical camp. The doctors ensure the medicines were made available to the people. The medicines were distributed to the people in required amounts as they were asked to bring small bottled in which they carried the medicine. They were grateful for the medical attention in the midst of the covid pandemic. The camp began by 10 in the morning and was concluded by 1:30 in the noon. People from nearby the colony also took part in the camp and made use of the medical assistance available.

# VIMUKTHI

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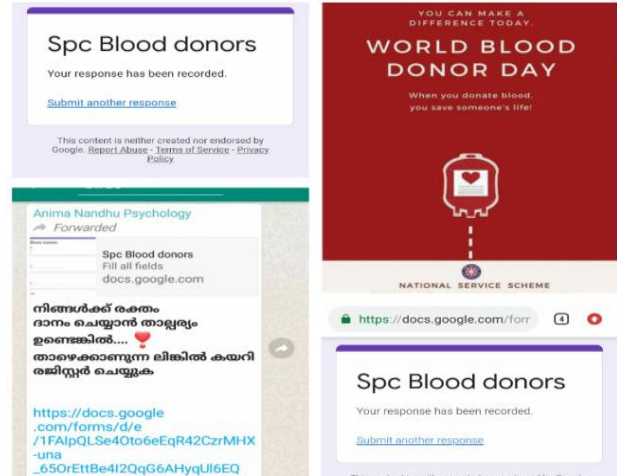
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Science College organized a webinar with Field Outreach Bureau Ministry of I&B Govt. of India, Kannur, Kerala. The webinar was arranged in Google meet at 3:30 pm. The web gathering was welcomed by Nithin Kuttan P O. Smt Jolly John Block Panchayat member 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.

# OBSERVATION DAY

## WORLD BLOOD DONOR DAY

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



## WORLD DAY AGAINST CHILD LABOUR

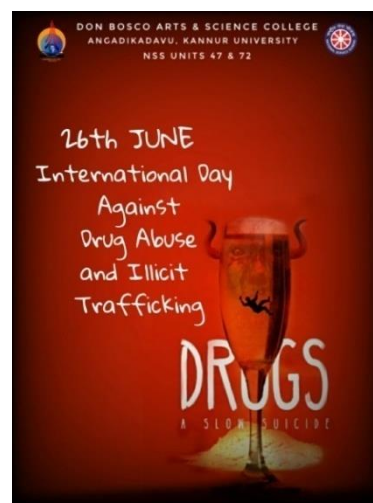


On 12<sup>th</sup> July 2020, A webinar was conducted on the topic world day against child labour. The source person of the programme was our volunteer Bhagyasree Balakrishnan. 100 volunteers took part in the awareness session. The session was welcomed by Krishna Reji and vote of thanks was conveyed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

Snehasree. The webinar was fabulous.

# INTERNATONAL ANTI DRUG DAY

On international drug day, a poster was issued to notify everyone regarding the importance of its celebration. Every volunteer were asked to make an interesting poster so as to create awareness and spread the correct information about the deadly effects that drug abuse can bring to one's life.



A video was created using the photographs the volunteers had sent showing them holding their creation. By evening, the video accompanied the collage made earlier that day on social media platforms.

## INDEPENDENCE DAY

The 74<sup>th</sup> independence day was celebrated offline in the college with the presence of 25 NSS volunteers. The day was celebrated by hoisting a flag and a march lead by NSS Volunteer Secretary AkshayBiju in the presence of NSS



Programme Officer Mr.NithinKuttan, Principal of DBASC, Fr. FancisKarackat, Fr. Batin (manager and rector of DBASC) and other faculties. The flag hoisting which was done by Fr. Bastin was followed by a speech by Laya A.V. (NSS Volunteer Secretary) and concluded with National Anthem. The meeting was dispersed after the distribution of sweets. The 25 volunteers was gathered respecting all the covid protocols.



In relation to the celebration of Independence day, various competitions were conducted online. Various groups took charge of the competitions. Group 3 lead by Athulya and Jose James took the responsibility of the Fancy Dress contest, Group 4 lead by Lithiya and Adarsh was in charge of the Speech Contest and Group 5 lead by Sneha Joseph and Linto was overlooked the Flag making contest. No registration fee was collected and the contest was conducted category wise. The best and the second best entry was rewarded with cash awards. The winners were selected by NSS Programme Officers Mrs.Jisha E. and Mr.NithinKuttan.



## NSS DAY

In relation of the NSS day celebration, volunteers of DBASC NSS units 47 and 72 joined to provide help in various Higher Secondary Schools of Kannur-Kasargod districts to assist the Plus One final examination procedures.

Volunteers assisting in various Schools are as follows:



Name of Schools	Name of Volunteers
St. Thomas Higher Secondary School, Thomapuram	Soumya Saji Anitta Sunil Amitha Merin Augustine Joseph James Sebastian Ansalam Anie Biju Mareena Joseph Ashbin Joseph
St. Thomas Higher Secondary School, Kelakam	Amal Antony Akshay Sebastian Saji
Chavassery Higher Secondary School, Kannur	Avyay P.M. Abhishek. C.K.
Sacred Heart Higher Secondary School, Angadikkadavu	Vimal , Akshay Biju Laya A V
Kalliasseri Higher Secondary School, Kalliasseri	Bhagyalakshmi

## WEBINAR ON

### “ട്രാൻസ്ഗെൻഡറും സമൂഹവും”

A webinar in the topic ട്രാൻസ്ഗെൻഡറും സമൂഹവും(transgender and society) was conducted in order to spread awareness regarding the current socio economic crisis faced by the LGBTQI community in our

modern nation. In the light of the prevailing inequalities and injustices happening against them, the session was handled by a Varsha, transgender and Justice Board Member, Kasargod. The session was inaugurated by Fr. Sojan, Vice Principal of DBASC. The webinar took place on Google Meet platform from 7 pm to 8:30 pm. The interactive session was very active with the queries of volunteers. This webinar was very much beneficial in emphasising the importance of building a generation that is sensitive and considerate of the issues and concerns of the transgender community.

## UNIVERSITY PROGRAMME

### CM @ CAMPUS

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

### ELECTION DUTY



In Kerala assembly election time Don Bosco N.S.S. volunteers extended a helping hand for the election commission. On 6<sup>th</sup> 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.

## SEND OFF FUNCTION FOR KANNUR DSS

The DSS of Kannur district was transferring to Thiruvananthapuram. The NSS program officers of various colleges of Kannur decided to give Mrs. Priya a virtual send off party. The event was inaugurated by the reknown actor, Mr. SanthoshKeezhattoor.

The faculties reflected on a wonderful time they got to share with the DSS and how she had been a constant guidance and motivation for them all the way along. The Program Officers from DBASC, Mr. NithinKuttan and Mrs. Jisha E was very lively throughout the meet. The event was filled with a lot of entertainment programs like songs. Among such programs, from the DBASC NSS unit, a welcome dance was prepared by the volunteers Aleena Sunil (BA English) and Vyshnavi K. (Bsc Psychology). A song from Merin was also an entertainment event that everyone enjoyed. Mrs. Priya was the final one to talk about her experience with everyone before concluding the send off gathering with a vote of thanks.



# PRAKRUTHI

## 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](https://www.instagram.com/tv/CD-yKqiDDAI/?utm_medium=copy_link)

## ENVIRONMENT DAY: BREATHE CHALLENGE



**Date: 05/06/2021 to 28/07/2021**

The NSS unit of SreeShankaracharya University of Sanskrit, Kalady came up with the Breathe Challenge for all other NSS units all around



Kerala. NSS units of DBASC accepted to be a part of the challenge on 2<sup>nd</sup> June. As a first, challenge, volunteers were asked to send a picture of them planting a sapling within 8<sup>th</sup> June and to send the updates regarding its growth after 50 days. That is, to resend a photo of the grown version of the plant on 28<sup>th</sup> July. There were several competitions like oil painting, water colouring, digital painting, pencil drawing, story writing, calligraphy, collage, bottle art and so on as a part of the challenge. Several volunteers from DBASC NSS unit 47 and 72 showed active involvement in such competitions.

## NAVAJEEVAN

### DISTRIBUTION OF MEDICINES

In Ayankunnu Panchayath, there are families with people who are having prescribed medicines continuously for a long period of time. Most of them are having poor financial background and are facing difficulty in meeting the demands of their medicinal bills. So, with the assistance of the Ayyankunnu Panchayath member, a survey was conducted by the NSS units 47 and 72 of DBASC among such families to know who needs the support from our NSS units. After conducting and analysing the survey, families and persons in need were identified. Within a few weeks, on 21<sup>st</sup> the medications that they were in need was delivered to them. NSS Programme Officer Mr.NithinKuttan and NSS Volunteer



Secretary AkshayBiju with the help of other leaders and volunteers ensured the needy were given help.

## **BED DISTRIBUTION AT EENTHUMKARI TRIBAL COLONY**

Fr. Edwin, warden of Savio Home, boy's hostel of Don Bosco Arts and Science College informed the availability of a number of unused beds at the hostel. The Programme Officers came up with the idea of contributing them to the helpless people of Eenthumkari Colony. They might need it the most in the cold days of the approaching December month. The Mr. Nithin Kuttan P.K. and Mrs. Jisha E with the Assistance of Volunteer Secrateries Akshay Biju and Laya A V made arrangements to transport these beds to the colony. Over 35 beds were handed over to the people of the tribal colony.

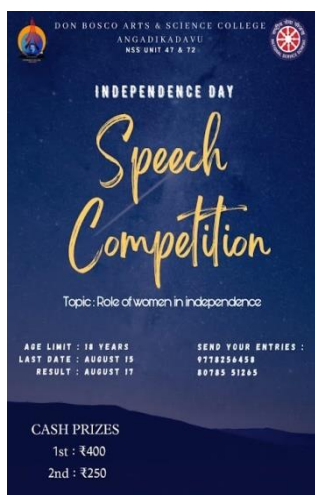


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