

2015-16

Annual Report of NSS Activities Unit 47 of Don Bosco Arts & Science College

Sarath Krishnan
Don Bosco Arts & Science College, Angadikkadavu
2015-16



Annual Report 2015-16

National Service Scheme Units 47 & 72, Don Bosco Arts & Science College, Angadikkadavu

The NSS units 47 & 72 of Don Bosco Arts & Science College have initiated many programmes in the year 2015-16. The following is a short report on the achievements and programmes initiated by the unit.

1. One-Day Literary Workshop on Substance-Use (07-04-2015)

‘Literature and Art in order to spread awareness on drug/alcohol addiction’, this was the aim of the one-day workshop organized by NSS Don Bosco Arts & Science College. Eminent writer and professor of journalism, Mr. V.H. Nishadh had led the camp. The caption of the program was “Laharikkethire oru Akshara kootttayma”.

Rev. Fr. Bobby, HoD of MCJ introduced the writer to the volunteers. In the afternoon session, the students wrote stories based on the same theme.



Figure 1 Fr. Bobby introducing the guest



Figure 2 Mr. V.H. Nishaad handling the session



Figure 3 Volunteers taking part in the 'writing against substance use'

2. The Official Inauguration of NSS Activities of the year 2015-16 by V.S.

Anilkumar, former University NSS Co-ordinator (27-06-15)

The NSS units had its happiest moment as the former NSS University Coordinator Dr. V.S. Anilkumar, a celebrated writer and professor inaugurated the formal inauguration of NSS activities for the year. After the inauguration ceremony, he had conducted an orientation programme for the NSS volunteers and had divided the members into various groups. The groups were then asked to submit suggestions for various activities to be conducted in the year ahead. The volunteers had responded positively and had come up with various ideas.



Figure 4 Dr. V.S. Anilkumar inaugurating NSS activities for the year 2015-16



Figure 5 Inauguration (Volunteer secretary and Fr. Dr. Francis Karakkat in the picture)



Figure 6 Dr. V.S. Anilkumar handling the session

3. International Yoga Day Celebration and Initiation on Yoga Training to the volunteers led by Ms. Edna Jose (21-06-15)



Figure 7 Report on the Yoga Day celebration in Deccan Chronicle



Figure 8 Volunteers and faculty members practicing Yoga

The United Nations Organization had declared 21 June as International Yoga Day, a proud moment for all Indians as the contributions of India to the world getting recognition. In connection with this, the Govt of India had decided to conduct yoga programmes throughout the country and in embassies all over the world. The NSS units of Don Bosco Arts & Science College had risen to the occasion and conducted a yoga initiation programme. In the program, Principal Fr. Dr. Francis Karakkat reminisced about his own days in the seminary where he was taught yoga. Ms. Edna Jose of MSW Dept, herself a yoga trainer, had handled the training. Volunteers and faculty members had participated in the practical training.

4. An awareness class on Seasonal Diseases by the Health Department to the Volunteers (14-07-15)



Figure 9 Medical Officer Mr. Sasidharan conducting a class on Seasonal Diseases

The Kerala Health Department had decided to conduct awareness campaign against seasonal diseases and epidemics as the monsoon had started showing its impact on people in the form of diseases (National Mosquito Elimination Programme). The Primary Health Centre in Angadikkadavu and Karikkottakkary had in turn decided to have an awareness campaign and survey on seasonal diseases. As they expressed their willingness to use the NSS volunteers for this purpose, the health inspectors had conducted a class on seasonal diseases in the campus to train the NSS volunteers. Mr. Sasidharan T, Health Inspector had led the team. Mr. Anilkumar, Mr. Binoj, and Mr. Vishnu were also part of the program.

5. Awareness Campaign & Health Survey on Seasonal Diseases to the Public in Angadikkadavu and Karikkottakary Region with the Health Department (15-07-15 & 16-07-15)



Figure 10 Volunteers with the Health Dept Officials Taking part in the Survey & Awareness



Figure 11 Report of the activity in Malayala Manorama

As already mentioned, the health department had decided to conduct a survey and awareness program. The entire volunteers were divided into two groups first, for two days. They were again regrouped into small units and were sent to the localities such as Vaniyappara, Nirangampara, Vallithode, and the tribal colonies in the surrounding areas like Moonnamkutti Colony. The programme officers Mr. Sarath Krishnan (Unit

47) and Ms. Shana K (Unit 72) and also the health department officials had accompanied the volunteers.

6. Yoga Training Class Formal Inauguration & Training Session (06-08-15)



Figure 12 Yoga Training Inauguration by Sky Yoga

The Yoga Initiation programme was already organized by the NSS units in connection with the International Yoga Day. On that occasion itself, many volunteers had expressed their willingness to learn yoga. Therefore, on 6th August, we have organized a yoga training programme with Sky Yoga Trust. Dr. T N Vijayakumar, Mr. Mathewkutty, and Mr. Johnson PP of Sky Yoga Trust led the team. Almost 150 students and faculty members had participated in the programme.

7. Independence Day Celebration with Games and Programmes (15-08-15)



Figure 13 Fr. Dr. Thomas K O hoisting the National Flag



Figure 14 Volunteers enjoying the day with games and various activities

The 69th Independence Day was celebrated in the campus with so much vigour and colour. In the morning, the Manager Fr. Thomas KO had hoisted the flag. The NSS volunteers and students saluted the flag and sang National Anthem. After the flag hoisting, a formal meeting was organized at 9.30 to with Independence Day message and wishes. Fr. Thomas KO and Mr. Jose, faculty of Malayalam Department had given messages. The volunteers had celebrated the event with songs and other programmes.

In the afternoon, a session on group dynamics had held with various games and activities. The volunteers had enjoyed the programme and also they learned many things on team work.

8. Blood Donation and Detection Camp (07-09-15)



Figure 15 NSS Volunteers & Programme Officer with Health Officials receiving Certificates after Blood Donation



Figure 16 Report of Blood Donation in Newspaper



Figure 17 Report of Blood Donation in Newspaper

The NSS units of our campus had successfully organized a blood donation camp with a record number of students and faculties donating their blood. The officials of Thalassery Govt Hospital had led the camp. Mr. Muhammad Khais, Mr. Gopi M., Ms. Praseetha, Ms. Pushpa B K, Ms. Anagha T K, Ms. Shijina, Mr. Shaji C, Mr. Abdul Saleem, Mr. Madhavan K, and Mr. Vinodkumar had been with the medical team. A total number of 125 students and 7 staff members had donated their blood, thus making the event a record in the district. Several students were unable to donate their blood though they were willing to do so due to lack of time. The NSS units as well as the students who donated the blood had received certificates from the medical team.

9. World Elder's Day Observation with the Screening of the short-film 'What's That?' (01-10-15)



Figure 18 A sketch by Anaswara A S, NSS Volunteer

The National Service Scheme, along with the MSW department, had organized a programme in connection with the World Elder's Day. The NSS units had screened a short-film 'What's That', and it was an eye-opener to the students as well as faculty members. The entire students of MSW department and the faculty members were present along with the NSS volunteers and programme officers of units 47 & 72.

10. Gandhi Jayanthi Observation & Visit to Snehabhavan, Charal (02-10-15)



Figure 19 Gandhi Jayanthi

The NSS units of Don Bosco Arts & Science College had decided to observe the birthday of Father of Nation in a meaningful way. With this aim, the entire volunteers were divided into two groups and one group went to the Snehabhavan, Charal and had conducted 'Sramadaan' there and also spent some time with the inmates there with various programmes whereas the second group stayed in the college auditorium and had organized a cultural gathering. The gathering was inaugurated by Manager Fr. K.O. Thomas, and in his keynote address, he stressed the importance of following Gandhian ideals in the contemporary society. One highlight of the program was that

the entire event was planned and organized by the first year volunteers themselves without any direct intervention from the part of the programme officers. So, the presidential address, the organization committee, and all the aspects of a formal gathering were handled by the volunteers. This was with a view of enhancing their leadership ability. One-fifty volunteers from both the units had participated in the program.

11. Pre-Camp Orientation for the 2nd Year Volunteers by Dr. M.K. Madhusoodanan of NAM College, Kallikkandy (15-12-15)

A pre-cap orientation programme was organized by NSS to prepare the volunteers for the annual residential camp. Dr. M.K. Madhusoodanan of NAM College, Kallikkandy had handled the session. The programme was held at the seminar hall of Don Bosco College. Seventy volunteers had participated in the program.

12. New Year Celebration with An Interactive Session with the University NSS Coordinator and Sr. Treessa of Hridayaram, Payyannur



Figure 20 University coordinator Dr. K P Muhammad, Sr. Dr. Treessa Palakkal, Principal Fr. Dr. Francis Karackat, Senior Teaching Faculty Mr. Baby P J on the stage

After the successful organization of the seven-day annual residential camp, the volunteers were excited to hear that the university NSS coordinator Sri. Muhammad Sir would like to visit the campus and personally to appreciate the volunteers. So, it was decided to celebrate as part of the New Year Celebration. The volunteers got an unexpected gift in the form of a class by Sr. Treessa alackal SH of Hridayaram Community College as she accompanied the coordinator. Sr. Treessa gave an orientation to the volunteers, and it was followed by New Year Celebration and also, awards for the best performers during the camp were also given. The coordinator had addressed the gathering and explained about the philosophy of NSS to the volunteers. One hundred and seventy volunteers from both the units had attended the programme.

13. National Youth Day Celebration (12-01-16)

The National Youth Day, the birthday of Swami Vivekananda, was celebrated on 12-01-16 in the seminar hall. The programme officers reminded the students of the relevance of the philosophy of Vivekananda, and how it is connected with the ideals of NSS. Various programmes were presented by the volunteers. Ninety volunteers from both the units have participated in it.

14. Orientation Class for 1st Year NSS Volunteers led by Mr. Shaju KC, HSST (13-02-16)

An orientation programme was held on 13th February, 2016 in the seminar hall for the first year volunteers. The aim was to equip them with basic philosophy and ideals of NSS. HSST of Manathana HSS, Mr. Shaju K. C. handled the session. Sixty-three volunteers from both the units participated in the programme. The class was participatory in nature as it included various games.



Figure 21 Shaju sir handling the session



Figure 22 Various activities



Figure 23 He is responding to students' queries

15. Awareness programme on Tuberculosis by PHC Karikkottakari and Tuberculosis Association, Iritty Unit in connection with the Tuberculosis Day (24-02-16)

In connection with the Tuberculosis Week, the PHC Karikkottakkari, and TB Association, and TB Unit of Iritty, and NSS Units of Don Bosco Arts & Science College had organized an awareness programme at Karikkottakkari PHC. Several health workers, Asha Workers, Medical Officers, Panchayath Members were also present in the function as also the NSS volunteers. Though nobody is aware of the presence of TB in our area, it still has many victims. In this sense, the class was a kind of revelation to all of us. The trainers talked about various misconceptions the public has on TB and had exhorted the volunteers about the need to have humane feelings towards the patients, and not to isolate them. The medical officers like Dr. Sadanandan, Dr. Rajesh, and also panchayat leaders like President Adv. Sheeja Sebastian and various others had talked on the occasion.



Figure 24 The inauguration of Tuberculosis Awareness Programme. Dignitaries on the dais



Figure 25 Mr. Biju handling the session



Figure 26 Closing ceremony

*In addition to these, the volunteers had attended various programmes such as one-day training on trauma care by TRACK, trauma care society of Kannur at KMM College, Kannur, E-waste management class at the university on 14-12-2015, and also the one-day training programme organized by NSS unit, Govt College Kasargod. The NSS unit has also joined hands with Kerala Youth Welfare

Board in order to form a blood-group directory “Jeevadayini”. The college students submitted the forms expressing their willingness to donate blood. The volunteers are always willing to donate blood, and have donated blood at various times in the academic year depending upon requests from nearby hospitals and private individuals.

Report on Seven-Day Annual Residential Camp

***OPPARAM '15* (20th to 26th December 2015) at IJM HSS,**

Kottiyoor

The Seven-Day Annual Residential Camp of Don Bosco Arts & Science College (units 47&72) was held from 20th to 26 December at IJM HSS, Kottiyoor. The camp was named “*opparam '15*” as a sign of the unity, togetherness, and team spirit that the volunteers are expected to gain from the camp. The preparations for the camp had started much earlier. The programme officers had called the meeting of the volunteers earlier and had formed a committee to decide on the camp venue and the work. The members of the committee had visited various places including the surrounding Vaniyappara, Randamkadavu, Kolikkadavu, Manikkadavu, Kelakam, and Kottiyoor. Then, considering various factors like availability of work, support from the neighboring community and so on, two places were shortlisted such as Kelakam and Kottiyoor. The programme officer had visited the area in order to seek the support of the community members. The panchayat office bearers of Kottiyoor Grama Panchayat were so enthusiastic and based on that, it was decided to camp at Kottiyoor. The management of IJM HSS offered to give us the accommodation facility. Then, we had approached various social organizations and leaders in the area to support us. Kerala Vyapari Vyavasayi Ekopana Samiti, and Chamber of Kottiyoor offered their support in addition to the support from the Kottiyoor Grama Panchayat. The Neendunokki Mini-Stadium had to be cleared and cleaned, and also the surroundings of the Kottiyoor Grama Panchayat and the PHC of Kottiyoor. Also, a shramadan along the road-sides of Kottiyoor was also agreed upon. The panchayat officials and the business community had agreed on supporting us in the form of food and other facilities.

Besides getting the support of the community members, we need to get the fulsome support of the management, staff, and students. The Advisory Committee meeting was held with this aim, in which the Principal and the committee members had gone through the proposals and monitored the progress. A staff meeting was also convened in connection with the camp and the principal and the programme officers sought the support of the staff. The staff offered to help us by visiting us and offering food and all.

In order to prepare the volunteers for the camp, an orientation was conducted on 15th of December, in which the trainer Dr. Madhusoodanan motivated the volunteers and talked about the essential details on the camp. Besides this orientation class, the programme officers contacted the parents of NSS volunteers and informing them about the details of the camp. A code of conduct was prepared for the volunteers to take note of.

The camp organizers got an unexpected support from Lions' Club, Iritty, and they had agreed to conduct an **Eye-detection Camp** during the seven-day camp.

Before the actual beginning of the camp, a group of NSS volunteers including the Programme Officer Mr. Sarath Krishnan, Ms. Rajisha and senior faculty of Malayalam Department Mr. Baby P J, visited the camp venue to prepare for the camp. The programme officer and the volunteer secretary had distributed the notice for the camp as well as the eye-detection camp in the entire area.

20-12-15

The inaugural ceremony of the camp was held in the morning session of "opparam '15" in the presence of the Panchayat President Ms Indira Sreedharan, Vice President Mr. Roy Nambudagam, Principal of Don Bosco College Rev Fr. Dr. Johny Jose, Panchayat members Mr. Chacko, faculty members, college union representative Mr. Don Thomas (UUC) etc. The

function was presided over by Rev. Fr. Dr. Johny Jose, and inaugurated by Ms. Indira Sreedharan.

In the afternoon session, there was an ice-breaking session by Ms. Roshini P K. in-charge of Department of Commerce. Then, in the evening, the camp project was detailed by Ms. Shana K. the volunteers were divided into various groups and duties were assigned to them. It was decided to publish a camp magazine at the closing ceremony and with this aim, a magazine committee was formed under the leadership of Mr. Juvel Kuriakkose. The day ended with camp evaluation and cultural programmes.

21-12-15

The day began with the PT in the morning at 6.30. After the breakfast, the volunteers went to the worksite near the Kottiyoor Grama Panchayat. They had a hard work cleaning a stream filled with dirt. They came back in the noon and had their lunch.

A class on group dynamics and team work was held in the afternoon by Mr. Anees Muhammed Mirza of Phoenix Thalipparamba. The students enjoyed the session as it was filled with activities and games.

The evening session was handled by Fr. Robin Vadakkancherry, vicar of Neendunokki. He was a reservoir of knowledge especially on issues related to bio-diversity in the Western Ghats, the ecologically sensitive area. He shared the anxieties he has on the condition of the Western Ghats, and the session was thought provoking to the volunteers.

22-12-15

The third day was crucial for us as the **eye-detection camp** was scheduled on this day. It was planned as a joint venture with Lion's Club Iritty, Malabar Eye Care Hospital Kannur and

NSS units of Don Bosco Arts & Science College. The volunteers were divided into two groups. One group stayed in the camp venue for the preparation for food and reception of patients. The rest of the volunteers went to the work site. The eye-detection camp was a huge success as almost 120 patients came for consultation.

In the afternoon session, there was a programme on organ donation. P Arun of Mattannur Mini Club handled the session. Many volunteers had agreed to donate their organs.

In the evening, there was an interactive session with Rama Kottiyoor regarding the hardships she faced, as she is an AIDS patient. The volunteers moved to tears when they listened to the sad plight she had to face.

The day ended with cultural programmes and evaluation of the activities.

23-12-15

In the morning session, the volunteers felt so tired as they had to work under the scorching sun in the Mini Stadium, Neendunokki. In the afternoon, Fr. Dr. Francis Karakkatt handled a session on Media Ethics.

The day ended with cultural programmes and evaluation of the activities.

24-12-15

All the volunteers were so excited as they got the information that the university coordinator would be visiting the camp. The work was going on in the premises of PHC Kottiyoor when the coordinator came. The volunteers interacted with the coordinator and took photos as well.

The afternoon session was handled by Mr. Sangeeth, JCI Trainer. It was on soft-skills. The volunteers were benefited by the class.

The evening was busy as the volunteers were preparing for the Christmas celebrations by making cribs and practicing carol songs. They went nearby areas singing carol songs and at night, they went to the church for mass.

25-12-15

The Christmas was celebrated in the camp with many programmes. The programme officer Ms. Shana K led the programme, and in the evening, the volunteers had visited the nearby Boy's Town and the house of Ms. Jainy M George, faculty in the Department of Hindi, and a former NSS programme officer.

There were cultural programmes and camp evaluation at night.

26-12-15

The morning was completely devoted to cleaning the camp premises. As we are going to be dispersed, we made it sure that the camp venue would be very clean. There was a valedictory session, which was inaugurated by Fr. Dr. Thomas K O, Manager of Don Bosco Arts & Science College. The **camp magazine** was released in the function by giving a copy to the Panchayat member Mr. Johny.

The camp came to a successful end by the evening.



Figure 27 The Camp Inauguration. Fr. Dr. Johny Jose, Panchayath President Smt. Indira Sridharan, and other dignitaries on the dais



Figure 28 Camp Inauguration. Fr. Dr. Johny Jose addressing the volunteers



Figure 29 Camp Inauguration. Panchayath President Smt. Indira Sreedharan addressing the gathering



Figure 30 Ms. Shana K hoisting the NSS Flag at the camp



Figure 31 Eye-detection camp at the camp with Lion's Club Members & Eye Care Hospital officials



Figure 32 Volunteers at work site



Figure 33 Volunteers at work site



Figure 34 Volunteers at work site, at Neendunokki Mini Stadium



Figure 35 KVVES with NSS volunteers



Figure 36 Volunteers in Christmas Papa's attire



Figure 37 KVVES organising Christmas celebration with NSS volunteers



Figure 38 Volunteers with University NSS Coordinator Dr. KP Muhammad, and section officer Mr. Siraj



Figure 39 Volunteers celebrating Christmas

.....

Best volunteers of Unit 47:

1. Blesson K James II Year BA English

Blesson K James has been the volunteer secretary of Unit 47 and he has taken many initiatives to organize programmes. He has been instrumental in making the Annual Camp a success.

2. Nivya Manuel II Year B Com Cooperation

Nivya has been an active NSS volunteer and has put maximum effort to make the activities of NSS a success. She has no reluctance in taking up works as well as her ready repartees has made the camp and/or other activities lively.

Best volunteers of Unit 72:**1. Dona Jose II Year B Com Cooperation**

Dona has been the volunteer secretary of Unit 72 and her hard work and dedication is a model to other volunteers. She has had some physical problems before the camp, but even then she engaged in all activities without any complaint.

2. Renji Sebastian II Year BBA

Renji has been the best camper this year. He has been so active in the work that we have selected this year for the camp. Not only that with his wit and sarcasm, he became the hero of the camp, and also during the cultural programmes. He has been a regular in all activities of NSS.