

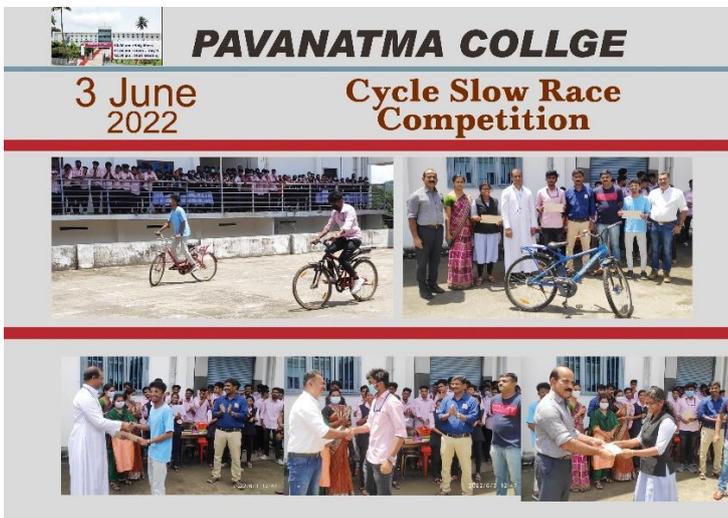
The National Service Scheme

Unit No.56, Pavanatma College Murickassery

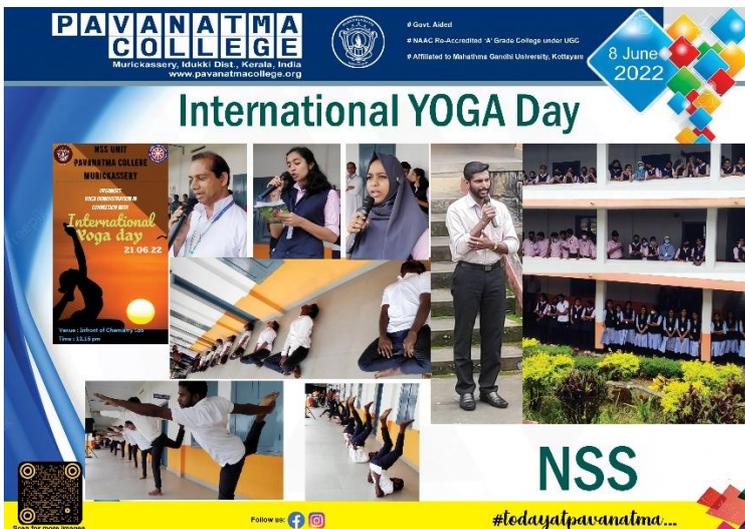
ANNUAL REPORT 2022-2023

The National Service Scheme (NSS) Unit of Pavanatma college murickassery is pleased to present its annual report for the year 2022-2023. This report encapsulates our endeavors, achievements, and contributions toward the betterment of society through various initiatives and activities.

1. **Cycle Slow Race on World Bicycle Day:** To promote eco-friendly transportation and healthy living, we organized a Cycle Slow Race on World Bicycle Day, 3rd June 2022. The event garnered enthusiastic participation and raised awareness about the benefits of cycling.



2. **Yoga Demonstration and Talk:** On International Yoga Day, 21st June 2022, we organized a yoga demonstration and talk, highlighting the significance of yoga in promoting physical and mental well-being.



3. **Essay Writing Competition:** An Essay Writing Competition was held on World Population Day, 11th July 2022, encouraging participants to reflect on population-related issues and sustainable development goals.



4. **World Blood Donor Day Celebration** On the occasion of World Blood Donor Day, on 21st June 2022, we organized a special event to honor and express gratitude to blood donors who selflessly contribute to saving lives through their noble act of donating blood. The event aimed to raise awareness about the importance of blood donation and recognize the invaluable contribution of donors in supporting healthcare systems and saving lives.



5. **Cloth Collection Campaign:** Our Cloth Collection Campaign on 26th July 2022, in support of cancer patients at Alphonsa Palliative Care Centre, Murickassery, received generous contributions from the public, providing much-needed comfort to the patients.



6. **Medical Camp:** In association with Alphonsa Hospital Murickassery, a medical camp was organized on 31st July 2022, providing healthcare services to the local community.

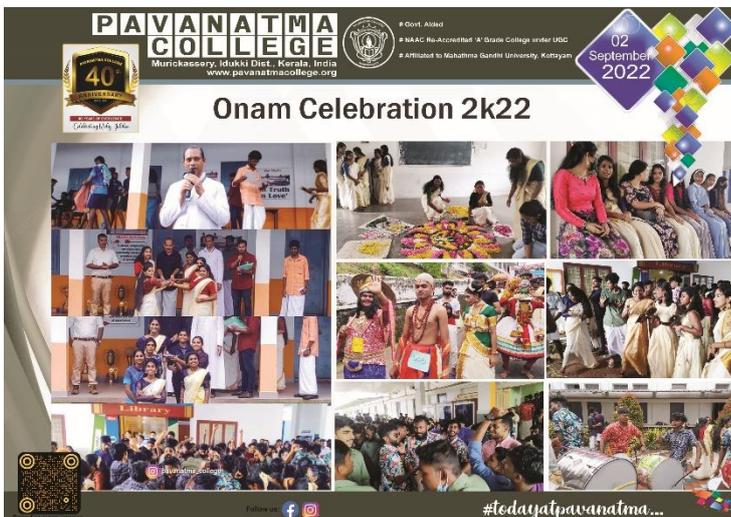
7. **Extempore Competition:** In connection with International Youth Day, an Extempore Competition was conducted on 11th August 2022, fostering public speaking skills and critical thinking among participants.



8. **Blood Donation Camp:** In collaboration with Lions Club International and Idukki Medical College, we organized a Blood Donation Camp on 23rd August 2022. This initiative aimed to address the critical need for blood in medical emergencies and received overwhelming support from the community.



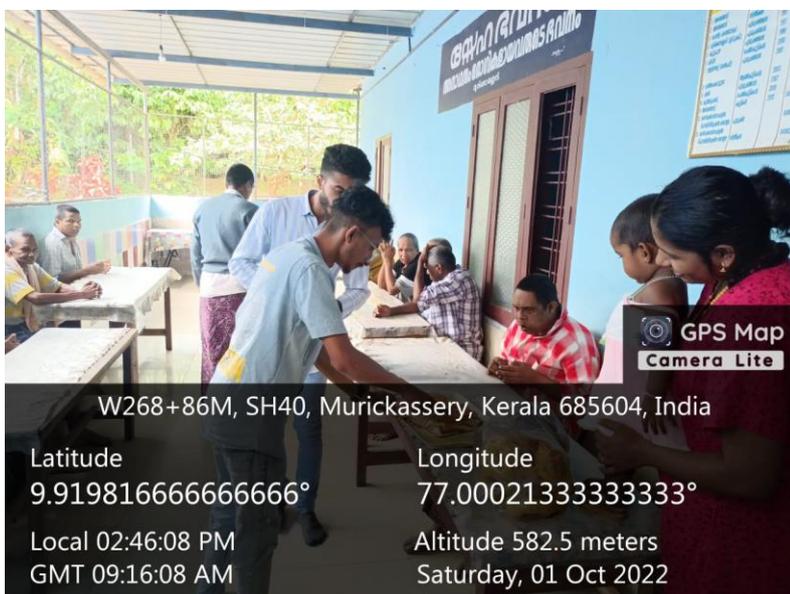
9. **Onam celebration.** On 2nd September 2022, our NSS Unit celebrated Onam with great enthusiasm and fervor. The celebration featured traditional activities including the creation of a stunning Athapookalam, symbolizing prosperity and abundance. A proclamation rally was organized, showcasing the vibrant colors and cultural richness of Kerala, as participants paraded through the streets with traditional attire and decorations. The atmosphere was filled with joyous melodies as Onapattu, traditional Onam songs, reverberated throughout the premises, adding to the festive ambiance. To culminate the festivities, Onapayasam, a delicious sweet rice pudding, was served to all attendees, fostering a sense of unity and camaraderie among participants.



10. Plastic Removal Campaign :On the occasion of NSS Day, celebrated on 21st September 2022, the National Service Scheme (NSS) organized a Plastic Removal Campaign aimed at removing plastic waste from public places. The campaign was conducted to raise awareness about the harmful effects of plastic pollution on the environment and to promote sustainable practices for a cleaner and greener future.



11.Old Age Home visit: On World Day of Old Age, 1st October 2022, we visited an old age home, providing companionship, meals, and entertainment to the elderly residents, symbolizing our respect and care for the senior members of society.



12.Antidrug Awareness Quiz: On 11th October 2022, in association with the Excise Department, we organized an Antidrug Awareness Quiz to engage and educate the youth about the dangers of drug abuse.



13. WE CARE Fundraising Programme: A fundraising programme, "WE CARE," was held on 13th October 2022, supporting the Government of Kerala's initiative to assist individuals with chronic diseases.



14. Anti-Drug Awareness Campaign: On 28th October 2022, we conducted an Anti-Drug Awareness Campaign, raising awareness among the public and distributing informative pamphlets to educate individuals about the harmful effects of substance abuse.



15. Antidrug Awareness Drama

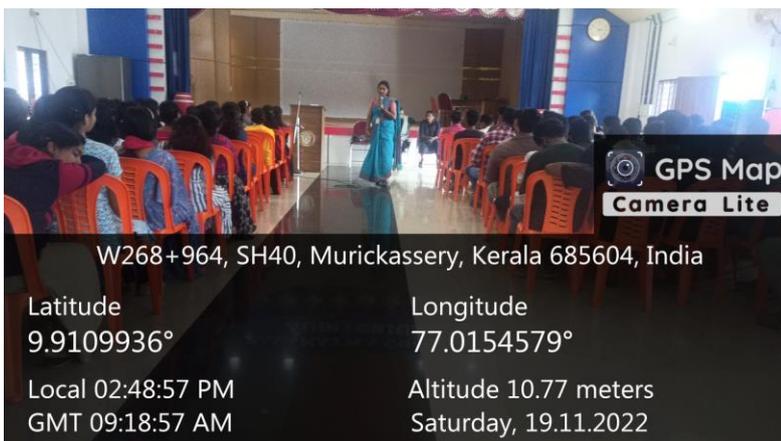
On October 29, 2022, an engaging drama titled "Breaking Free" was performed at the Open Stage, jointly organized by the National Service Scheme (NSS) and Intercollegiate Fellowship. The compelling production centered around the theme of antidrug awareness, highlighting the detrimental effects of substance abuse on individuals and society. Through powerful performances and thought-provoking narratives, the drama effectively conveyed messages of prevention, rehabilitation, and community support.



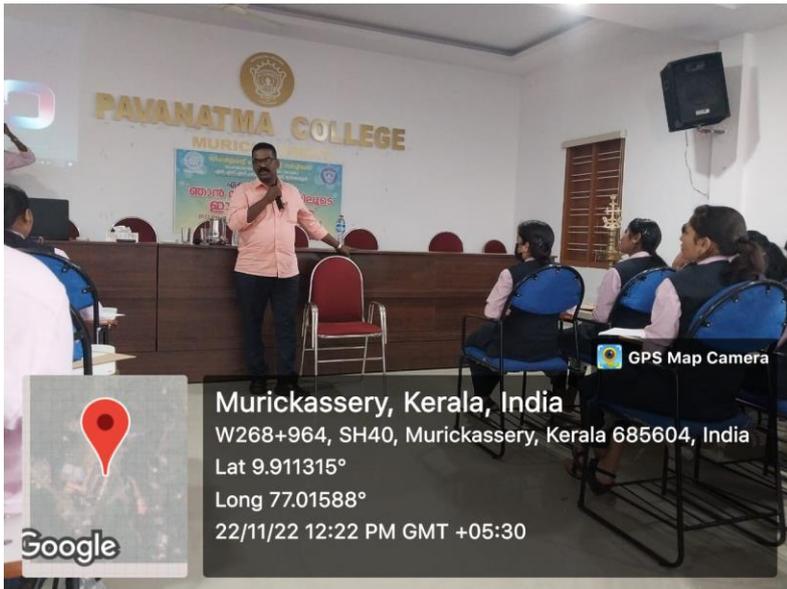
16. Adyanam 2k22 - One Day with School Students: In collaboration with Nehru Yuva Kendra, we spent a day with school students at SHUPS Padamugham on 15th November 2022, engaging them in sports, cultural activities, and motivational sessions to inspire and guide them towards excellence.



17. Seminar on Health Hygiene: A seminar on Health Hygiene was conducted on 19th November 2022 by Ms. Ambily Velaudhan, Junior Public Health Nurse, PHC Vathikudy, emphasizing the importance of maintaining good hygiene practices for overall well-being.



18.Seminar insights into Drug Addiction and Abuse: A seminar titled "Insights into Drug Addiction and Abuse" was conducted on 22nd November 2022 by Mr. Karthikeyan K, Assistant Excise Commissioner, Idukki. The seminar shed light on the challenges posed by drug abuse and the importance of prevention and rehabilitation efforts.



19. Seminar on 21st Century Skills: A seminar on "21st Century Skills" was organized on 22nd November 2022 by Mr. Babu Pallippattu, emphasizing the importance of skills relevant for success in the modern era.



20. Water Quality Testing Training: Volunteers received training in water quality testing from Jal Jeevan Mission Vathikudy from 25th to 26th November 2022, equipping them with essential skills to ensure access to clean and safe drinking water.



21. World AIDS Day Commemoration

World AIDS Day was commemorated on 01/10/2022 with an oath-taking ceremony organized to raise awareness and solidarity in the fight against HIV/AIDS. Attendees pledged their commitment to combating stigma, supporting those affected by the virus, and advocating for increased access to treatment and prevention measures. World AIDS Day - Oath taking



22. Debate on Dowry Prohibition: In connection with the Orange Campaign by the Social Welfare Department, Government of Kerala, and ICDS, a debate on Dowry Prohibition was organized on 6th December 2022, advocating for gender equality and social justice.

23. Seven Day Special Camp: A seven-day special camp was conducted at St. Mary's LPS Chempakappara from 27th December 2022 to 2nd January 2023, encompassing various activities aimed at community development and welfare. The MAJOR activities under 7day camp are

1. Road Reconstruction- The 5 km-long Daivammedu-Chempakappara road was reconstructed by the volunteers.



2. Water Quality Testing- Quality assessments of the drinking water in the houses were conducted by the volunteers, and the results were uploaded on the official website of the Water Authority, Government of Kerala.



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3. Legal Awareness class



4. Career guidance Class



5. Environmental protection awareness class

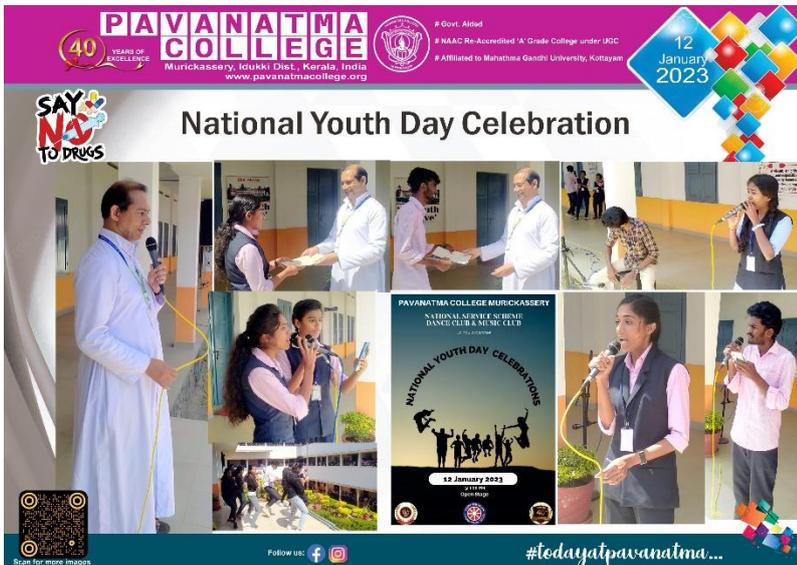


6. Heading to the nearby forest for a trucking adventure and to experience nature firsthand.



24. The National Youth Day celebration

National youth Day celebration held at the Open Stage on 12th January 2023 was a vibrant and memorable event, showcasing the enthusiasm, talent, and spirit of the youth. Organized to commemorate the birth anniversary of Swami Vivekananda, the event aimed to inspire and empower the young generation to contribute positively to society.



25. One Day with Sick: Volunteers visited sick individuals on World Day of the Sick, 11th February 2023, offering them solace, companionship, and support during their time of need, demonstrating our commitment to compassionate service.



The NSS Unit of Pavanatma College Murickassery remains committed to its mission of community service and societal upliftment. Through our diverse range of activities and initiatives, we strive to make a positive impact on the lives of individuals and contribute to building a better, healthier, and more inclusive society. We express our gratitude to all volunteers, collaborators, and supporters who have contributed to our endeavors, and we look forward to continuing our journey of service and transformation in the coming years.

MURICKASSERY

TIJO ANTONY

31/03/2023

NSS PROGRAMME OFFICER