

ACTIVITY REPORT 2020-21

NATIONAL SERVICE SCHEME (UNIT 52,158)

2020-21 is the year when the epidemic of Corona has affected the entire world. Due to Covid-19 and Social distancing, the college couldn't organize much programs offline. But the NSS unit of this college somehow managed to arrange programs online

1. Environment Day Celebrations

National Service Scheme (units 52 &158) of KKTM Govt College Pullut planted tree siblings in connection with Environment Day celebrations on June 5,2020 .NSS Volunteers planted different kinds of trees in their houses and surrounding areas of their houses. In the Campus NSS volunteersss planted different kinds of tree siblings jointly with KKTM SEEDS.



When you plant a tree, you don't just plant a sapling but hope. We have learned it the hard way that trees are extremely important for our survival. We first resorted to deforestation and made space for more buildings on earth. Later, when we saw the environment getting seriously affected, we were introduced to something called "afforestation", a simple process of planting more trees for a better future.

Trees are essentially the livestock of humankind and other living organisms. They have unconditionally provided us with food, oxygen, and many other necessities for human sustainability, such as shelter, medicines, tools, and many more. With such rich values and importance, trees still do not get treated properly. They are cut down, eliminating any kind of life around the area.

However, with each passing day, the relevance and importance of planting trees have only increased. It has to be a combined mission of all mankind to plant more trees in order to save our ailing planet.

2. Yoga Day

National Service Scheme (units 52&158) organized online yoga day as a part of International Yoga Day celebrations on June 21, 2020 in association with Sahaja Yoga International, Kodungallur. Over the last few decades, there has been an upsurge in the prevalence of yoga. Medical professionals and celebrities are also adopting and recommending the regular practice of yoga due to its various benefits. While some regard yoga as simply one more prevailing fashion and associate it with the new age mysticism, others vouch for how astonishing this form of exercise feels. What they don't understand is that what they see as simply just another form of exercise will profit them in ways they never envisioned.

Before we get into the benefits of Yoga, it is essential to understand what exactly Yoga really is. Yoga is not a religion, it's a way of living that aims towards a healthy mind in a healthy body. Man is a physical, mental and spiritual being;

Yoga helps in developing the balance between all the three as stated in Ayurveda in India. Other forms of exercise, like aerobics, only assure physical wellbeing. These exercises have very little to do with the improvement of spiritual or astral body.

3.National Unity Day

National Unity Day or Rashtriya Ekta Divas celebrated on October **31** since 2014. The day is observed to mark the birth anniversary of Sardar Vallabai Patel, the man who played an important role in the political integration of India. Every year, October 31 is marked as National Unity Day or Rashtriya Ekta Diwas in India to observe Sardar Vallabhbhai Patel's birth anniversary. Sardar Patel was popularly called the Iron Man of India. He contributed immensely to India's freedom movement and political integration after the country gained independence from British rule in 1947.

The Indian government declared Patel's birthday National Unity Day in 2014 when the Ministry of Home Affairs published a statement saying that the occasion re-affirms the resilience and inherent strength of the country that can survive all kinds of threats to its unity, integrity, and security. National Service Scheme (units 52 &158) KKTm Govt College Pullut celebratethe day with pledge to protect the unity and integrity of the country on oct.31,2020.



NATIONAL UNITY DAY
N S S UNITS 52 AND 156
K K T M GOVT COLLEGE PULLUT



4.National Constitution Day

National Service Scheme (units 52 &158) KKTMM Govt College Pullut, in connection with National Constitution Day celebrate the day with a pledge to live in accordance with the constitution of the country. India celebrates Constitution Day, or National Law Day, every year on November 26 as it marks the day the Indian Constitution was adopted by the Constituent Assembly in 1949.

It was in 2015 when the Government of India decided to establish November 26 as Constitution Day to advance "constitutional values among residents". The day was declared in the year which marked the 125th birth anniversary of Dr Bhimrao Ambedkar, the chairman of the Drafting Committee of the Constitution.

Constitution Day is also known as Samvidhan Divas. After India became an independent country, the Constituent Assembly entrusted the job of drafting the Constitution to a committee chaired by Dr BR Ambedkar. Dr Rajendra Prasad, the first President of India, was the President of the Constituent Assembly, which was established in 1946.



NOV 26

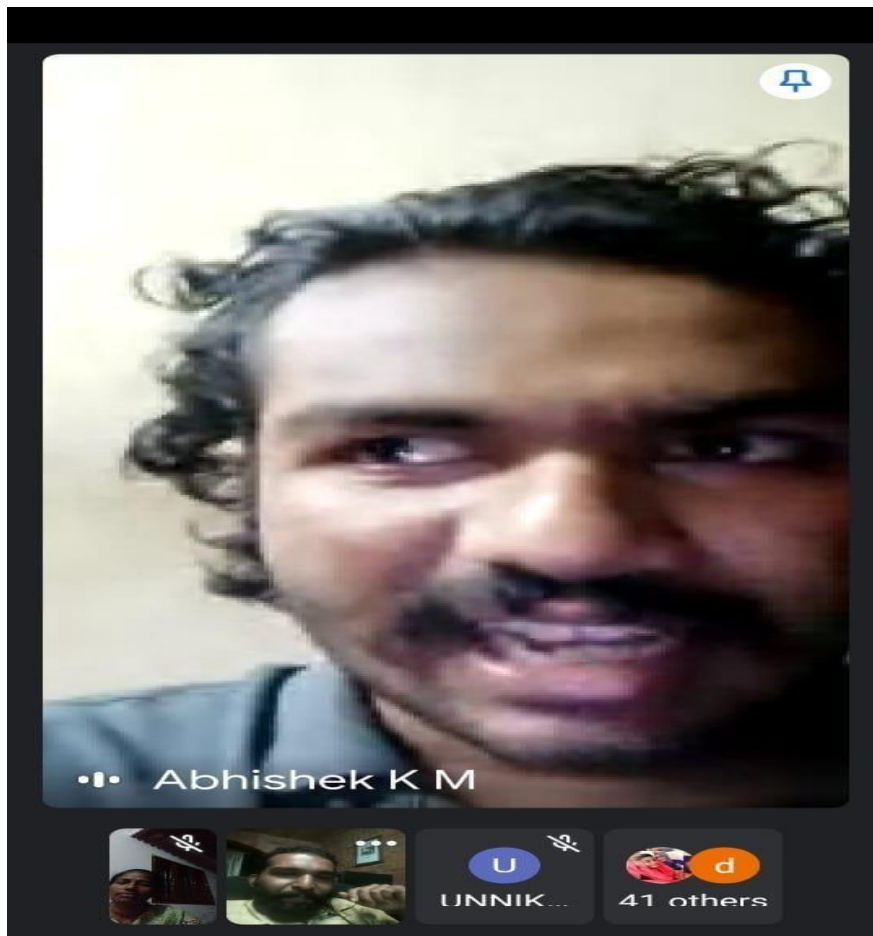


NATIONAL CONSTITUTION DAY
PLEDGE BY
N S S VOLUNTEERS
K K T M GOVT COLLEGE PULLUT

5.INTERACTION WITH FILM DIRECTOR SAJAS RAHMAN

National Service Scheme (units 52 &158) of KKTU Govt College, Pullut organized an online Interaction programme with Film Director Sajas Rahman,who got best film director award in 2019,in association with State Chalachithra Academy, Thiruvananthapuram. In this webinar Resource Person Mr. Sajas Rehman discussed about the Impact of Cinema on Youth. “Cinema is the most complex and powerful art form in the present world. India has had a rich tradition of cinema for many decades and the impact of cinema on youth is tremendous. People watch movies for different personal reasons, but whatever the reason may be, watching films consciously and subconsciously impacts their minds”said the Resource Person.





Sri Shinas A.M, HOD and Assistant Professor, History Department delivered welcome ,vote of thanks was made by Abhishek,NSS Volunteer.

6. Special NSS camp on COVID-19

National Service Scheme (units 52&158) organized various programmes on Covid-19. The COVID-19 pandemic has led to a dramatic loss of human life worldwide and presents an unprecedented challenge to public health, food systems and the world of work. The economic and social disruption caused by the pandemic is devastating: tens of millions of people are at risk of falling into extreme poverty, while the number of undernourished people, currently estimated at nearly 690 million, could increase by up to 132 million by the end of the year.

KKTM GOVT COLLEGE ,PULLUT

NSS VIRTUAL CAMP

20-26 DEC.2020

YAC 19

DAY-1

PROGRAMMES

INAUGURATION 4.00-4.30 PM

WELCOME : Sri.UNNIKRISHNAN .G

INAUGURATION : Dr NESY E.A

FELICITATION : NOUSHAD T.A(PTA Vice
President)

VOTE OF THANKS : AKARSH

4:30PM-6PM : ICE BREAKING & GROUP
FORMATION

6PM-6:30PM : Providing Camp Rules

theme of the camp

**YOUTH FOR PREVENTION &
MITIGATION OF COVID -19**

Millions of enterprises face an existential threat. Nearly half of the world's 3.3 billion global workforce are at risk of losing their livelihoods. Informal economy workers are particularly vulnerable because the majority lack social protection and access to quality health care and have lost access to productive assets. Without the means to earn an income during lockdowns, many are unable to feed themselves and their families.

**KKTM GOVT COLLEGE
PULLUT**

**SEVEN DAY VIRTUAL CAMP
YAC-19**
Youth Against Covid-19

**DATE: 20 - 26 DECEMBER
2020**

**INAUGURATION
Dr. NESY .E.A
PRINCIPAL IN CHARGE**

Programme officers :
Sri Unnikrishnan G
Smt. Shany .N.S

Unit secretaries :
Akarsh M H
Muhammed Sinan P

**4 PM
20-12-2020**

**NATIONAL
SERVICE
SCHEME
UNITS 52 & 158**

GOOGLE MEET

As people grapple with these health, social and economic impacts, mental health has been widely affected. Plenty of us became more anxious; but for some COVID-19 has sparked or amplified much more serious mental health problems. A great number of people have reported psychological distress and symptoms of depression, anxiety or post-traumatic stress. And there have been worrying signs of more widespread suicidal thoughts and behaviors, including among health care workers.

NSS organized a virtual camp on Youth Against Covid-19 with the aim of equipping the students, teachers and parents to overcome such a pandemic situation. Inauguration of the special camp was made by College Principal Dr Nesy E.A. on 20/12/2020, Felicitation was made by Sri. Noushad T.A., PTA Vice President, vote of thanks by Akarsh, NSS secretary. Considering the pandemic situations, online programmes were given priority in the camp. Both online and offline programmes, individual programmes at home, were organized.

7.7 Days Lecture series on COVID-19

In the context of the epidemic of Covid-19, NSS conducted a series of lectures on

Covid for seven days. Mathrubhumi Speak for Kerala First Prize Winner Naufal. N., Civil Excise Range Office, Kodungallur Civil Excise Officer Jadir P. M., Kerala Women's Commission Counsellor Mala Ramanan and Maharaja's College Ernakulam, Department of English, Assistant Professor Dr. Suja T V delivered a lecture on the topic of 'youth against covid- 19' for seven days.

WEBINAR-1

ways of survival and love



The topic of the lecture was 'ways of survival and love'. The speaker emphasized the need to overcome this pandemic situation through love.

WEBINAR-2

'Covid and Drug Abuse'

A webinar was organized on the topic of 'Covid and Drug Abuse' under the

leadership of NSS Unit. Kodungallur Civil Excise Range Officer Jadeer P M conducted the class at ten o'clock in the morning on 22. 12. 2020.

KKTM GOVT COLLEGE, PULLUT
SEVEN DAY NSS VIRTUAL CAMP YAC-19
22.12.2020
10AM
JADEER.P.M
CIVIL EXCISE OFFICER
CIVIL EXCISE RANGE OFFICE KODUNGALLUR
കോവിഡും ലഹരിയും
Google Meet

The COVID-19 pandemic has brought major challenges to healthcare systems and public health policies globally, as it requires novel treatment and prevention strategies to adapt for the impact of the pandemic. Individuals with substance user disorders (SUD) are at risk population for contamination due to multiple factors—attributable to their clinical, psychological and psychosocial conditions. Moreover, social and economic changes caused by the pandemic, along with the traditional difficulties regarding treatment access and adherence—will certainly worsen during this period, therefore aggravate their condition.

In addition, this population are potential vectors of transmission. In that sense, specific strategies for prevention and treatment must be discussed. health care professionals dealing with SUD must be aware of the risks and challenges they will meet during and after the COVID-19 outbreak. Addiction care must be reinforced, instead of postponed, in order to avoid complications of both SUD and COVID-19 and to prevent the transmission of coronavirus.

PM Jadeer discussed in the class how the covid pandemic is harming drug users. A large number of teachers, students and parents became the beneficiaries of this program.

WEBINAR-3

A class on Pandemic and Social Responsibility was organized as part of the webinar series Youth Against Covid-19 under the leadership of NSS. 23. 12. 2020. Mala Ramanan, Councilor of Kerala Women's Commission, delivered the keynote address at the event held at 11 AM. The class discussed how the covid pandemic is affecting social relations in a harmful way and what are the social responsibilities of humans as a social being during the pandemic.



The poster is for a webinar titled 'YAC-19 youth against covid-19' held on 23.12.2020 at 11 AM. The speaker is Mala Ramanan, a Counsellor at the Kerala Vanitha Commission. The event is part of a 'SEVEN DAY NSS VIRTUAL CAMP' at 'KKTm GOVT COLLEGE, PULLUT'. The poster includes logos for the college and NSS, a circular portrait of Mala Ramanan, and a Google Meet icon. The text is in English and Malayalam.

KKTm GOVT COLLEGE, PULLUT

SEVEN DAY NSS VIRTUAL CAMP

YAC-19

youth against covid-19

23.12.2020, 11.AM

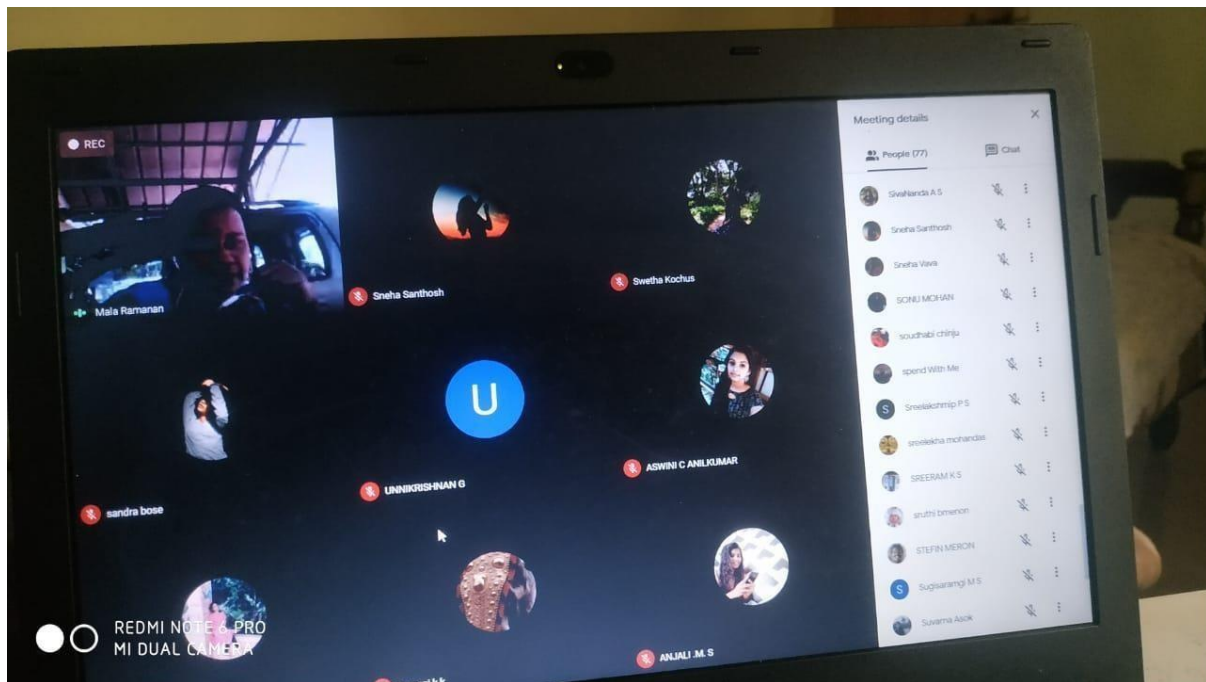
MALA RAMANAN

COUNSELLOR
KERALA VANITHA COMMISSION

മഹാമാരിയും സാമൂഹിക
ഉത്തരവാദിത്തവും

Google Meet

The Topic Of the Lecture was ‘Social Responsibility in the wake of COVID-19’. Social distancing efforts have led us to see connection as a threat rather than a strength. The Speaker Emphasised the fact that the health of our communities depends on each of us taking individual actions to help others. This includes kids, as much as adults.



WEBINAR-4

Healthy Adolescence

As part of Seven Day NSS Virtual Camp Dr Binsi P Chacko Conducted the class on the Topic 'Healthy Adolescence' on 24.12. 2020. In the program which started at 10.30 am, various problems faced by adolescent children were discussed. The webinar discussed how Covid-19 is harming adolescent health. Many doubts about the mental and physical health of teenagers were raised in the discussion. The students actively participated in the discussion and asked questions. Parents who are worried about the health of their teenage children also raised many doubts in the discussion. Dr Binzi P Chacko satisfactorily clarified and answered all those doubts.



KKTM GOVT COLLEGE PULLUT



SEVEN DAY NSS VIRTUAL CAMP

YAC-19

Youth Against Covid-19

Dr.BINCY .P.CHACKO

LEAD FOR AFTERCARE PROGRAMME

THE BANYAN KERALA CHAPTER

ആരോഗ്യകരമായ കൗമാരം



24.12.2020, 10.30 AM

WEBINAR-5

One Sky One Wing

As part of the Seven Day NSS Virtual Camp, Ernakulam Maharaja's College English Department Assistant Professor Dr. Suja T V conducted a class on the topic 'One Sky One Wings'. The program started on 24. 12. 2020 at 10.30 am. This session mostly discussed the problems faced by the people during the covid pandemic. Many people including teachers, students and parents participated in the webinar. NSS students actively participated in the discussion and shared ideas to beat the covid pandemic. The class also discussed the social and personal discipline people should follow during the Covid pandemic.

Suja Tr Today, 7:56 am

KKTM GOVT COLLEGE,PULLUT

SEVEN DAY NSS VIRTUAL CAMP

YAC-19

Youth Against Covid -19

Dr.SUJA .T.V

ASSISTANT PROFESSOR
DEPARTMENT OF ENGLISH
MAHARAJAS COLLEGE ,ERNAKULAM

25.12.2020,10.AM

Google Meet

ഒരാകാശം ഒരേചിറകുകൾ

Valedictory program

Valedictory program of NSS Virtual Camp was held online on 26. 12. 2010 at 11:00 AM. College Principal-in-charge Dr. Nesy E A delivered the presidential address. The program was inaugurated by KKTm Government College former HOD Prof. Performed by Ullas M A. NSS Thrissur district ex-coordinator Professor K N Ramesh was the chief guest at the event. Many people including NSS students, teachers and parents participated in the event.

KKTM GOVT COLLEGE,PULLUT

SEVEN DAY NSS VIRTUAL CAMP

VALEDICTORY PROGRAMME

YAC-19

YOUTH AGAINST COVID -19

CHIEF GUEST

Dr.NESY.E.A

PRINCIPAL IN CHARGE
Presidential Address

INAUGURATION

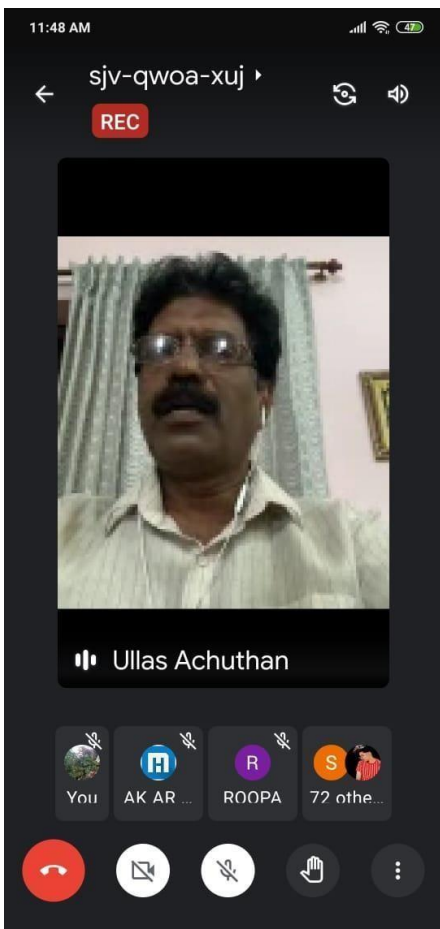
Prof. ULLAS.M.A

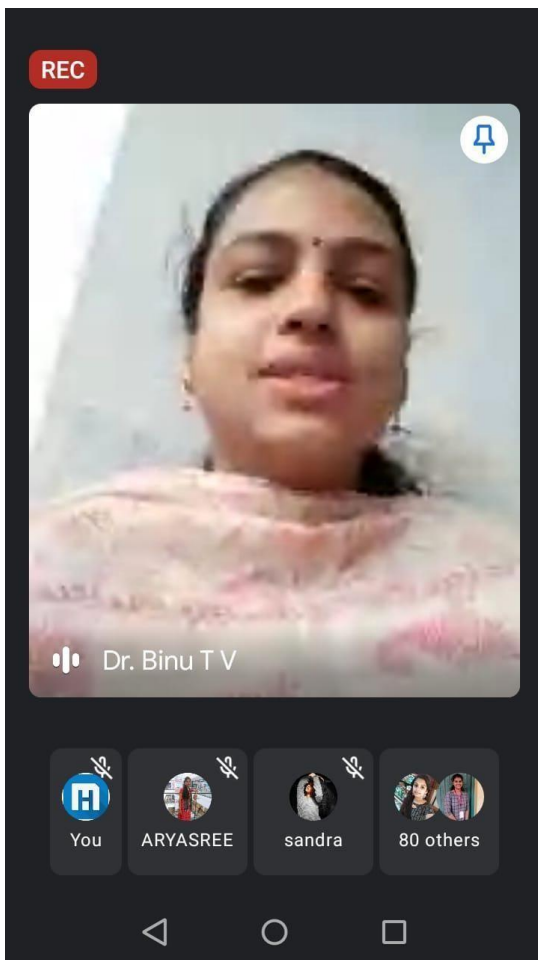
FORMER HOD ,
DEPARTMENT OF ECONOMICS
KKTm GOVT COLLEGE,PULLUT

Prof.K.N.RAMESH

FORMER NSS THRISSUR
DISTRICT COORDINATOR

26-12-2020,11 AM





Online visit by NSS Thrissur district co-ordinator Dr Binu T.V

8)Webinar on COVID-19 and Mental stress

A webinar was held on 26. 5. 2019 at 7 pm on the topic ‘Are there Shortcuts to Happiness?’ University of Kerala Research Scholar Naufal N. delivered the keynote address. This webinar discussed how the mental stress caused by the covid pandemic is affecting humans in a harmful way.



Webinar reduce the tension and fear among the volunteers and their family members. The COVID-19 pandemic may have brought many changes to how you live your life, and with it, at times, uncertainty, altered daily routines, financial pressures and social isolation. You may worry about getting sick, how long the pandemic will last, whether your job will be affected and what the future will bring. Information overload, rumors and misinformation can make your life feel out of control and make it unclear what to do.

During the COVID-19 pandemic, you may experience stress, anxiety, fear, sadness and loneliness. And mental health disorders, including anxiety and depression, can worsen. Naufal N explained how to deal with this covid-19 situation in a healthy manner with less mental stress.

9. Road Safety Awareness Programme

National Service Scheme (units 52 &158) organized a webinar on Road

Safety in collaboration with safety driving Educational Centre, Calicut. webinar create an awareness on road safety rules and regulations among the NSS Volunteers.NSS Programme Officer Shany N.S. delivered welcome Speech. Sri.Adarsh led the class. vote of thanks was made by Kumari Sreelakshmi.



10. ***'Learner support Programme'***

**An initiative to support online Teaching and Learning Programme
Organised by NSS Unit KKTm government College, Pullut**

Introduction:

The NSS unit of KKTm Government College organized a learner support program to facilitate online teaching and learning during the COVID-19 pandemic. The program began on 7th June 2020 and was inaugurated by Dr. Nesy E.A., the Principal of the college. The program aimed to collect used laptops from faculty, students, and alumni to provide support for students who lacked access to computers for online learning.

Collection of Used Laptops:

The program was successful in collecting 31 used laptops from faculty, students, and alumni (During 7/6/2020-16/6/2020). These laptops were refurbished by the NSS unit to make them functional and were then provided to students in need. The laptops were distributed to students who lacked access to computers for online learning due to financial constraints.

Impact:

The program had a significant impact on students who lacked access to computers for online learning. The distribution of laptops allowed the needy students to participate in online classes and complete their coursework. The program ensured that all students had an equal opportunity to learn and did not face any barriers to access education.

Conclusion:

In conclusion, the learner support program organized by the NSS unit of KKTm Government College was successful in providing support for students who lacked access to computers for online learning. The program collected 31 used laptops and distributed them to students in need. Students are allowed to attend the class either in College or the lap tops are issued to them temporarily for attending the class from home. The program had a significant impact on students and ensured that all students had an equal opportunity to learn.

The particulars of the laptops Collected as part as LSS 2020 are given below.

Sl.No.	Name of Person donated	Description of laptops	Remarks
1	Binu mol T.V.	Acer Laptop	
2	Dr. Suma C.S.	Lenovo laptop	
3	Sanitha C.S.	HP laptop	
4	Parvathy H.S.	HP laptop	
5	Dr. Dhanya N.P.	Dell laptop	
6	Dr. Lovely George	Acer laptop	
7	Dr. Sujathan P.K.	Dell Laptop	
8	Arun V.	HP laptop	
9	Prasad N.K.	Dell laptop	
10	Shihabudeen A.S.	Acer laptop	
11	Dr. Shaji E.M.	Dell laptop	
12	Dr. Seema Menon	Lenovo laptop	
13	Dr. Sabna K.S.	Lenovo laptop	
14	Dr. Manju P.M.	Dell laptop	
15	Dr. Vinayasree S.	HP laptop	
16	Preetha K.	Acer Laptop	
17	Dr. Resmi T.	HP laptop	
18	Shani N.S.	MSI laptop	
19	Dr. Dhanya P.D.	HP laptop	
20	Dr. Yacob Thomas	Acer laptop	
21	Raga R.	HP laptop	
22	Rameena K Jamal	Dell Laptop	
23	Dr. remain K.K.	Dell Laptop	
24	Dr. Balaji M.N.	HP laptop	
25	Hallelu Rahman V.M.	HP laptop	
26	Dr. Fousiya P.A.	Lenovo laptop	
27	Honey Sabu	HP laptop	
28	Rijoy K.J,	Dell laptop	
29	Dr. Deepthi A.N.	HP laptop	
30.	Adv. Ramlath	HP laptop	
31	Subaida Teacher	HP laptop	



LEARNER SUPPORT PROGRAMME

ORGANISED BY NSS UNIT,
KKTM GOVT. COLLEGE,
PULLUT

STARTS ON 07.06.2020

An innovation to
facilitate on-line
teaching and learning
programme in college

"Donate a laptop, change the
lives during the pandemic"



11. National Volunteers Day Programme-January 25, 2021

National Service Scheme (units 52 &158) in association with National Volunteers Day -January -25- 2021 organized a seminar to create an awareness among the volunteers. Dr Nesy E.A, presides the session. Inauguration was made by Sri Vinayachandran P.N ,Ward Councilor, Chief guest of the day was Muhammed Ashref .N.A,Soil Conservation Officer (Rtd),Booth Level officer ,Kodungallur .vote of thanks was by Akarsh ,NSS secretary.

KKTM GOVT COLLEGE, PULLUT
NSS UNITS-52 & 158
**NATIONAL VOTERS DAY & HELP DESK FOR
REGISTERING NEW VOTERS
JAN-25,2021** **CHIEF GUEST**

**Dr. NESY.E.A**
PRINCIPAL IN CHARGE
Presidential Address

**VINAYACHANDRAN P.N**
WARD COUNCILLOR

**MUHAMMED ASHARAF N.A**
SOIL CONSERVATION OFFICER(Rtd)
BOOTH LEVEL OFFICER, KODUNGALLUR

INAUGURATION
25-1-2021, 11 AM



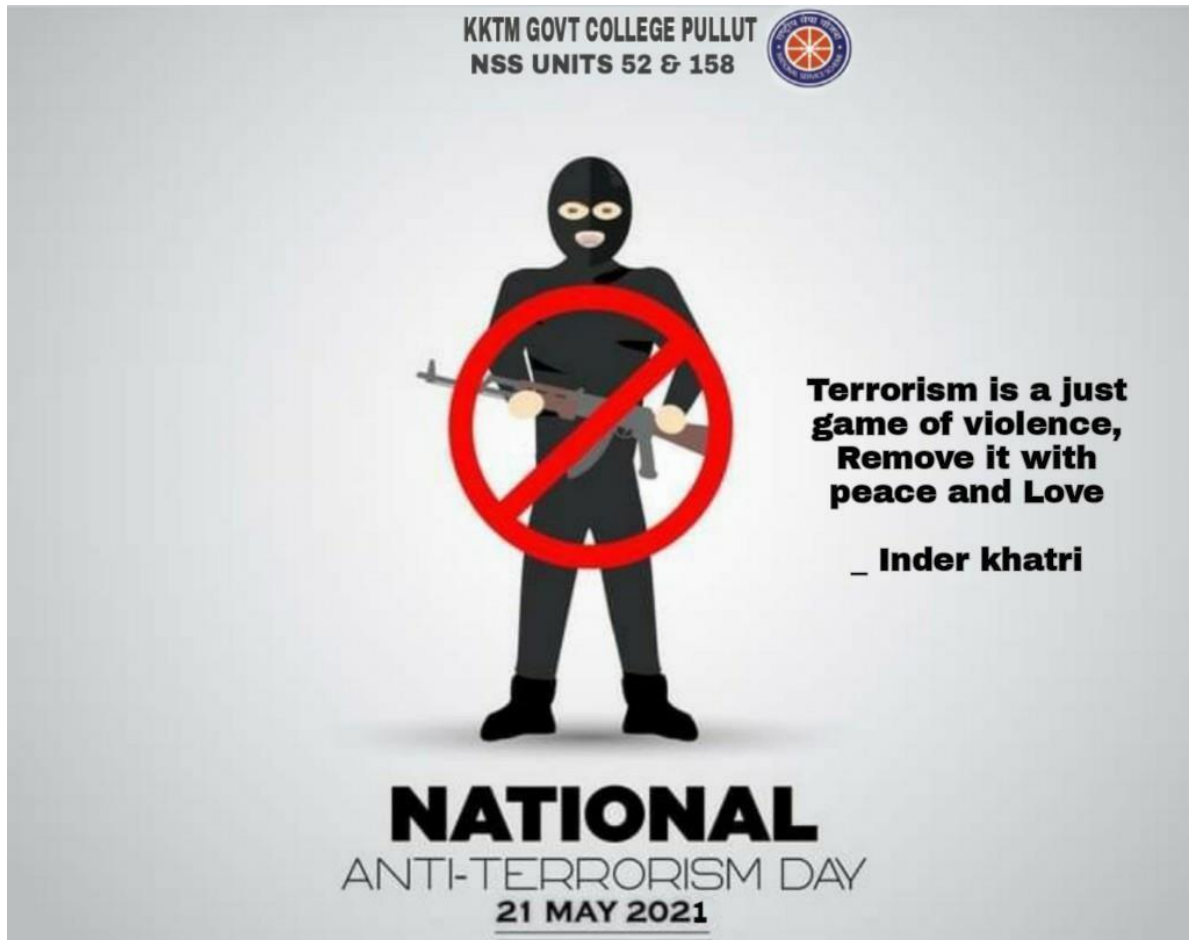


12.ANTI-TERRORISM DAY

KKTM Government College organized an awareness class on May 21, 2021 as part of national Anti-Terrorism day in association with Excise Department, Govt. of Kerala against terrorism under the leadership of NSS unit. Every year 21st May is observed as Anti-Terrorism Day.

Prime Minister Rajiv Gandhi was assassinated by a suicide bomber while he was campaigning for the Congress party in Sriperumbudur in Tamil Nadu. After the assassination, the government decided that May 21 will be observed as Anti-Terrorism Day to raise awareness among people about terrorism. Rajiv Gandhi was the youngest Prime Minister of India when he was sworn in at the age of 40.

poster made by NSS volunteer to create an awareness against terrorism



While this day is an opportunity to honor the sacrifices of thousands of security personnel in the fight against terrorism, it is also a reminder that terrorism is still a massive threat to unity and peace in the country. Several government and social organisations plan events on this day to foster unity and national pride in the people. They also educate people on how to act as a force multiplier of the security forces in dealing with terrorism.

NSS has been able to create awareness about such issues by celebrating Anti-Terrorism Terrorism Day. NSS volunteers organized anti-terrorism awareness programs as part of Anti-Terrorism Day celebrations. Poster making and drawing competitions were organized. Prizes were awarded to the winners.

13. NSS EXTENSION AND OUTREACH ACTIVITIES

NSS Volunteers gives prominence to extension and outreach activities with the intention of service that are beneficial for the community and in coherence with the policies of the college. NSS Volunteers involved in extension and outreach activities with the spirit of service.

1. Abhishek K.M ,NSS volunteer worked as RRT,Rapid Responding Team during the covid period under Kaipamangalam Panchayat
2. Abhishek K.M ,NSS volunteer worked as Co-Ordinator during the covid period under Kaipamangalam Panchayat to collect details for grama sabha
3. Abhishek K.M ,NSS volunteer worked as Co-Ordinator of adidaridriyam project during the covid period under Kaipamangalam Panchayat to collect details for the same
4. Abhishek K.M ,NSS volunteer was a member of KITES Foundation and worked in association with the social activities organised by KITES Foundation .
5. Asad ,NSS volunteer worked as RRT,Rapid Responding Team during the covid period .

