

ACTIVITY REPORT 2019-20

NATIONAL SERVICE SCHEME (UNIT 52,158)

KKTM GOVERNMENT COLLEGE, PULLUT

NATIONAL SERVICE SCHEME 52 & 158

Annual report 2019-20

1. International Yoga Day celebrations

National Service Scheme (units 52 & 158) organized a talk and yoga practice in connection with International yoga day on June 21, 2019



The importance of yoga is increasing in modern times. When life style diseases are increasing and mental and physical disturbances are increasing, yoga science helps to give meaning to life by giving importance to the body and mind through pranayama and meditation.

Yoga is one of the contributions of Indian culture to the world. Yoga is a way of life that brings out the infinite potential of the human mind and soul through daily practice, ensuring internal and external cleanliness by controlling the five senses. Yoga caste religion transcends genders.

Essential health in life has two major categories. Physical health and mental health. These are interrelated. It is a scientific solution to the increasing physical and mental problems of man in a competitive and stressful world. Yoga gives the holistic perfection of a person.

In order to make the society understand the importance of yoga, the K.K.T.M Government College Yoga Day celebration was organized under the leadership of NSS. Many people including teachers and students participated in the program conducted in the third year history undergraduate class.

Hadha Yoga Training Center, Pullut, Trainer Pankaja Teacher inaugurated the event. Demos on Bhujasana, Trikonasana and Vakrasana were conducted in the program.

2. Gandhi Jayanthi Celebration

National Service Scheme (units 52 &158) in association with the celebration of the 150 Gandhi Jayanthi Celebration ,organized a talk ,by SriShinas A.M, on Gandhi , on 2/10/2019,Felicitation was made by Sri .Noushad T.A,PTA Vice President,vote of thanks by Akarsh ,NSS secretary.



SEMINAR CONDUCTED AS PART OF THE COMMEMARATION OF 150 YEARS

OF THE BIRTH OF MAHATMA GANDHI



GANDHI JAYANTHI OBSERVANCE



As part of the Gandhi Jayanti Day celebrations led by KKTm Government

College NSS units, Pullut Government Ayurvedic Hospital and its premises were cleaned on Wednesday 2nd October 2019 at 9 am. NSS unit in-charge teachers, students, residents and many others participated in the cleaning work.

3.AIDS DAY OBSERVANCE AND COUNSELLING CLASS

As part of AIDS Day, AIDS Day Observance and Counseling Class was conducted under the leadership of K KTM Government College NSS Unit in association with Palliative care center, Kodungallur. NSS has been able to create an awareness about AIDS among the students.



Quiz Competition as part of the AIDS Day

The NSS unit and Sakhi one stop center jointly organized a quiz competition for students in conjunction with AIDS Day. Prizes were awarded to the winners.



4 CELEBRATION OF FIFTY YEARS OF NSS



In connection with the fiftieth anniversary celebrations of the National Service Scheme, NSS organized a function on 24 September 2019 at 10 30 in the Audio Visual Room. A unit for manufacturing paper pens, soaps, detergents and hand washes was inaugurated as part of this programme. NSS has devised and implemented such a scheme as a part of the project to know a handicraft along with studies. NSS coordinators, NSS team members, students, teachers and alumni association members were participated in the program. Many students participated in the training program to make paper pen, detergent, floor cleaner

and soap. These floor cleaners, detergents and soaps manufactured under the leadership of NSS units were later distributed by the college to the needy.





Making floor cleaner by NSS volunteer.

5. Flood relief at Nilambur

National Service Scheme (units 52 &158) KKTm Govt College Pullut organised relief activities at Nilambur ,worst affected areas during the flood of 2019. The delegation handed over food items, cleaning materials, clothes, etc. collected under the leadership of NSS of Pullut Government KKTm College to the people of Nilambur who were affected by floods and landslides. A group of 20 people performed various service activities in Nilambur. In the program, Dr. K K Ramani, G. Unnikrishnan, teachers, office staff, students and many others performed service activities



നവംബർ 2018-ൽ കോളിഫ്ലവർ രോഗം പടർന്നപ്പോൾ സഹായം നൽകിയവർ. ഇവർ സംഭാവനയ്ക്ക് നന്ദിയർപ്പിക്കുന്നു. 9482-236054. തൃശ്ശൂർ ജില്ല.

നിലമ്പൂരിന് കെ.കെ.ടി.എം കോളിഫ്ലവർ എൻ.എസ്.എസിന്റെ സഹായം

പ്രളയത്തിലൂടെ ഉരുൾപൊട്ടലിലും തകർന്ന നിലമ്പൂരിലെ നൂരിതകനൂടുകൾക്കുവേണ്ടി അനേകമായി പുതുച്ചേരി ഗവ. കെ.കെ.ടി.എം കോളിഫ്ലവർ എൻ.എസ്.എസിന്റെ നേതൃത്വത്തിൽ സമാഹരിച്ച മൂന്നിരട്ടി സാമഗ്രികൾ, കെ.കെ.ടി.എം കോളിഫ്ലവർ നേതൃത്വത്തിൽ നവംബർ 2018-ൽ കോളിഫ്ലവർ രോഗം പടർന്നപ്പോൾ സഹായം നൽകിയവർക്ക് നന്ദിയർപ്പിക്കുന്നു. കോളിഫ്ലവർ രോഗം പടർന്നപ്പോൾ സഹായം നൽകിയവർക്ക് നന്ദിയർപ്പിക്കുന്നു. കോളിഫ്ലവർ രോഗം പടർന്നപ്പോൾ സഹായം നൽകിയവർക്ക് നന്ദിയർപ്പിക്കുന്നു.

നേം വീട്ടിലേക്ക് മടങ്ങുന്നു

പുതുച്ചേരി ജില്ലയിൽ പ്രവർത്തിക്കുന്ന കോളിഫ്ലവർ രോഗം പടർന്നപ്പോൾ സഹായം നൽകിയവർക്ക് നന്ദിയർപ്പിക്കുന്നു. കോളിഫ്ലവർ രോഗം പടർന്നപ്പോൾ സഹായം നൽകിയവർക്ക് നന്ദിയർപ്പിക്കുന്നു.



പ്രളയത്തിൽ തകർന്ന നിലമ്പൂരിലെ നൂരിതകനൂടുകൾക്കുവേണ്ടി അനേകമായി പുതുച്ചേരി ഗവ. കെ.കെ.ടി.എം കോളിഫ്ലവർ എൻ.എസ്.എസിന്റെ നേതൃത്വത്തിൽ സമാഹരിച്ച സാമഗ്രികൾ.



6. Orientation Class



Orientation Class for First year NSS Volunteers 2019-20

Orientation class organized for first year NSS volunteers. NSS Program Officers Unnikrishnan, senior teachers of the college and NSS volunteers participated in the class held in the audio-visual room. The children were exhorted in the class that NSS volunteers should always be responsible towards the society.

7. Selection Process of new volunteers 2019-20

The selection process for the selection of NSS volunteers for the year 2019-20 was held in the audio-visual room. First year undergraduate students participated in the selection process.



8. PLEDGE TO RENOUNCE JUNK FOOD

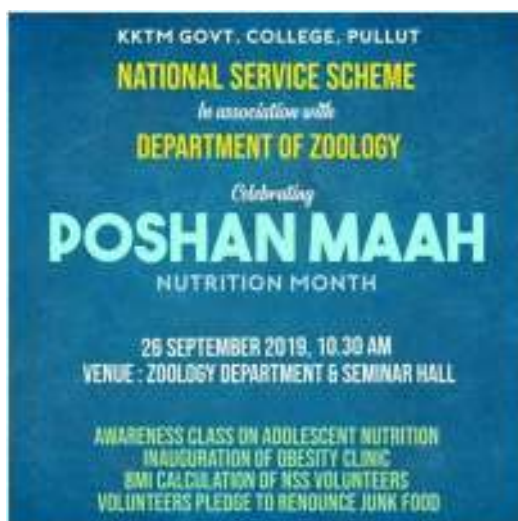
Junk food is harmful to our body. Therefore NSS volunteers have pledged to minimize the consumption of junk food. "Junk food is used to describe food and drinks low in nutrients (e.g vitamins, minerals and fiber) and high in kilojoules, saturated fat, added sugar and/or added salt. Eating junk food on a regular basis can lead to an increased risk of obesity and chronic diseases like cardiovascular disease, type 2 diabetes, non-alcoholic fatty liver disease and some cancers.



NSS VOLUNTEERS TAKING PLEDGE TO RENOUNCE JUNK FOOD

The students vowed to strictly refrain from excessive consumption of junk food as it affects the physical health of the students in a harmful manner.

9. POSHAN MAAH (NUTRITION MONTH) CELEBRATION



K K T M Government College, Department of Zoology and National Service Scheme jointly organized Nutrition Month Celebration on September 26, 2019 at 10.30 A M at Zoology Department Seminar Hall. Awareness Class on Adolescent Nutrition, Inauguration of Obesity Clinic, BMI Calculation of NSS Volunteers were

held on this occasion. Kodungallur Thaluk Hospital Medical Superintendent conducted a class and explain the importance of nutritious food.





10. Obesity Clinic of NSS VOLUNTEERS



11. WORLD ENVIRONMENT DAY CELEBRATING IN ASSOCIATION WITH ALUMNI –JUNE 5TH 2019



12. Making of floor Cleaner

K. K. T. M. GOVT. COLLEGE, PULLUT, NATIONAL SERVICE SCHEME (UNIT52,158) make floor cleaner. When cleaning equipment and floorcleaners were not available to clean the mud-covered houses in the floods, they were manufactured under the leadership of the NSS unit and distributed to the flood-affected areas on August 2019.



The work done by NSS at a most useful time was greatly appreciated



13. GIVING ONAKIT TO OLDAGE HOME ,DAYA@KODUNGALLUR

As a helping hand to the stranded elderly, the NSS unit visited the old age home and distributed Onakit to the inmates as part of Onam celebrations. The NSS members returned after spending some time with them and giving them happy moments.



DISTRIBUTION OF ESSENTIAL ITEMS TO THE DAYA OLD AGE HOME,METHALA,KODUNGALLUR



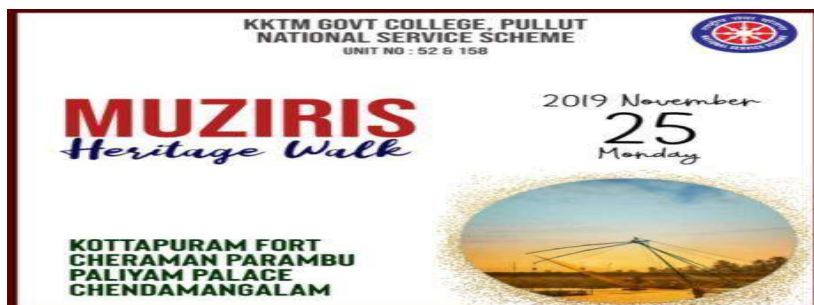
14. Food festival



NSS members organized the food festival in collaboration with IQAC. The program saw great cooperation from students, teachers and non-teachers. The money raised from it was used for charitable purposes.

15. MUZRIS HERITAGE WALK

National Service Scheme (units 52 &158) KKTm Govt College Pullut organized a visit to the historical sites included in the Muziris Heritage Project in association with Muziris International Convention Centre on Nov.25,2019.





RECEIVING HONOUR FROM MUZIRIS HERITAGE PROJECT MD, Sri NOUSHAD P A ON BEHALF OF NSS UNITS FOR ACTIVE PARTICIPATION IN MUZIRIS HERITAGE ACTIVITIES.

16.7 Days Camp

KKTM Government College Pullut and National Service Scheme Unit No. 52 and 158 conducted a seven day camp from 21st to 27th December 2019 at Government UP School Methala. Survey, herbalism, organic vegetable cultivation, anti-drug rally and classes on various subjects were conducted in Methala and surrounding areas. There was great cooperation from NSS Coordinators, NSS Volunteers and locals for the complete success of the program. Seven day Sahavasa camp started with registration, valambara jatha and NSS song. NSS Program Officer G. Unnikrishnan gave the welcome speech. College Principal Dr I Anitha presided over the function. Kodungallur Municipal Corporation Chairman KR Jaithran performed the inauguration. Nesi EA, Vice Principal of the college, gave his felicitation speech on the occasion. Cleanliness of premises. Anti-drug awareness classes were organized as part of the camp.



24-12-2019 ശനി
 കെ.ടി.എം.എസ് വിജ്ഞാപനം
 എൻ.എസ്.എസ് ഗീതം
 ഉറപ്പ്
 നയിക്കുന്നത്: കെ.വി.കൃഷ്ണകൃഷ്ണൻ
 (കമ്പ്യൂട്ടർ ട്രെയ്ൻ ചെയ്യാൻ
 കാണാൻ)
 സമയം : രാവിലെ 10 മുതൽ 12 വരെ
 ഉച്ചകഴിഞ്ഞ് : പച്ചക്കറി കൈകൾ
 വീരമനം, സർവ്വ
 കരമൻ പ്രോഗ്രാം

25-12-2019 ഞായർ
 എൻ.എസ്.എസ് ഗീതം
 ശ്രീനീലേശ്വരൻ
 ആരാധനം : ദയ ചാരിറ്റബിൾ
 ഫോണ്ടേഷൻ
 സമയം : രാവിലെ 10 മുതൽ 12 വരെ
 ഉച്ചകഴിഞ്ഞ് : എൻ.എസ്.എസ് പുതിയ
 വിദ്യാർത്ഥി സംഗമം
 വേദി : യു.പി.സ്കൂൾ, മേത്തല

26-12-2019
 എൻ.എസ്.എസ് ഗീതം
 ഉറപ്പ് : ഡോ.പി.എൻ. നിയമങ്ങൾ
 ഇ.ആർ.കെ.വൈദ്യ
 (നെയ്ത്ത് ഇൻസ്പെക്ടർ റോഡ് ഫോർട്ടിൻ,
 കൊല്ലം)
 സമയം : രാവിലെ 10 മുതൽ 12 വരെ
 ഉച്ചകഴിഞ്ഞ് : ഓഷധസസ്യ തൊട്ടണിമരണം

27-12-2019
 എൻ.എസ്.എസ് ഗീതം
 രാവിലെ 10 മുതൽ 12 വരെ സർവ്വ
 ഉച്ചകഴിഞ്ഞ് സമാഹരണ സമ്മേളനം
 സ്വാഗതം : ഇന്ദ്രിയാക്ഷൻ അി
 അദ്ധ്യക്ഷൻ :
 ഉദ്ഘാടനം : മേത്തല
 (ജില്ലാ കോ-ഓർഡിനേറ്റർ)
 ക്യാമ്പ് അവലോകനം



**കെ.കെ.ടി.എം
 സർക്കാർ കോളേജ്**
 പുല്ലൂറ്റ്, കൊടുങ്ങല്ലൂർ
 നാഷണൽ സർവ്വീസ് സ്കീം
 യൂണിറ്റ് നമ്പർ 52/158

**സപ്ത
 ദിനക്യാമ്പ്
 കരിരോർ**

**2019 ഡിസംബർ
 21 മുതൽ 27 വരെ**
 സ്ഥലം :
 ഗവൺമെന്റ് യു.പി.സ്കൂൾ,
 മേത്തല





17. Awareness class on Women security rules

An awareness class was organized by NSS on 22.12.2019 on the subject of Women Security Rules. Advocate Ramlath conducted the class. Laws related to women's safety were discussed in the class.



18. cleaning the school premises

NSS members cleaned Methala Govt UP school premises as part of 7-day NSS camp





19. Lahari Vimukthi Class(Anti Drug Class)

NSS organized a **Anti-drug Class** in association with Chief Excise Office, Kodungallur. On December 23, 2019, Chief Excise Officer Jadir P. M. led the class. The class discussed how drug abuse is affecting the growing generation. The Excise Officer pointed out in the class that the children should show courage to never use drugs.



20. Anti-Drug Rally

An anti-drug rally was organized under the leadership of NSS Unit of Pullut Govt. K K T M College in solidarity with the Laharimukta Theevra Yajna program conducted by Kerala Government. Kodungallur Excise Circle Inspector C R Padmakumar inaugurated the event held in and around Methala. Inspector P M Praveen, Civil Excise Officer P M Jadeer, NSS Program Officers K K Ramani and Unnikrishnan presided over the programme.



21. STREET DRAMA

A Street Drama was organized under the leadership of NSS Unit of Pullut Govt. K K T M College in solidarity with the Laharimukta Theevra Yajna program conducted by Kerala Government. Kodungallur Excise Circle Inspector C R Padmakumar inaugurated the event held in and around Methala. Inspector P M Praveen, Civil Excise Officer P M Jadeer, NSS Program Officers K K Ramani and Unnikrishnan presided over the programme.



STREET DRAMA by N S S students



22.FLASH MOB

A FLASH MOB was organized under the leadership of NSS Unit of Pullut Govt. K KT M College in solidarity with the Laharimukta Theevra Yajna program conducted by Kerala Government. Kodungallur Excise Circle Inspector C R Padmakumar inaugurated the event held in and around Methala. Inspector P M Praveen, Civil Excise Officer P M Jadeer, NSS Program Officers K K Ramani and Unnikrishnan presided over the programme.



FLASH MOB, to against Alcohol

23. THE IMPORTANCE OF READING-Awareness Class

Reading is declining in today's society. It affects the new generation in a very harmful way. It is the lack of reading that leads children to deadly situations like substance abuse. Keeping this idea in mind, an awareness class was organized with the help of NSS State Library Council on the importance of reading.



24. CHRISTMAS CELEBRATION @NSS CAMP



25. Farming-class

A class on farming methods was organized by NSS in collaboration with Kodungallur Agriculture Office. The Agriculture Officer conducted the class on the children's lessons of agriculture. The class discussed the need for a new generation to enter agriculture.



Farming-class led by agricultural officer, Kodungallur

26. Distribution of plants and cleaning Solution

Saplings were distributed under the leadership of Government College NSS Unit. Distribution of cleaning solution made by members of NSS unit was also done.



