

CHRISTIAN COLLEGE

CHENGANNUR



NATIONAL SERVICE SCHEME

NSS UNIT No. 44 A & B



REGULAR ACTIVITY REPORT

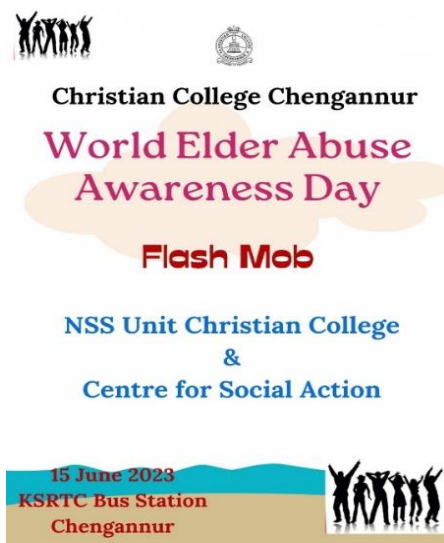
2023-24

INTRODUCTION

The National Service Scheme units 44 A & B of the Christian College Chengannur, have successfully completed one more year with more meaningful and community involvement programme. These programmes are mainly aimed to inoculate the spirit of voluntary work among the volunteers through the sustained community interactions and promote personality development. The activities and programmes focused to identify the needs and problems of campus and community. All the events organized by the units for the academic year 2023-24 are intended to motivate the student community to become a socially responsible human being. A detailed report carried out by the units is given below.

1. Elder Abuse Day (15-06-2023)

NSS unit of Christian College Chengannur organized a flashmob on 15th June 2023 as **World Elder Abuse Awareness Day** in association with Center for Social Action on 15th June 2023 at KSRTC Bus Station, Chengannur. A flash mob dance was performed at the KSRTC Bus Stand, Chengannur at 10 am. By raising awareness about the specific challenges faced by older persons in emergencies, we can foster a more inclusive and protective environment. The programme was attended by 98 participants. Refreshments were provided.





മുതിർന്ന പൗരന്മാരോടുള്ള അതിക്രമങ്ങൾക്കെതിരെയുള്ള ബോധവൽക്കരണ ദിനാചരണത്തോടനുബന്ധിച്ച് ചെങ്ങന്നൂർ ക്രിസ്ത്യൻ കോളജിലെ എൻഎസ്എസ് യൂണിറ്റിന്റെയും സെന്റർ ഫോർ സോഷ്യൽ ആക്ഷൻ ക്ലബിന്റെയും നേതൃത്വത്തിൽ ചെങ്ങന്നൂർ കെഎസ്ആർടിസി ബസ് സ്റ്റാൻഡിൽ നടത്തിയ പോസ്റ്റർ പ്രദർശനം. വിദ്യാർത്ഥികൾ ഫ്ലാഷ് മോബ് നടത്തുകയും മുതിർന്ന പൗരന്മാരുടെ സംരക്ഷണത്തിന്റെ പ്രാധാന്യം സൂചിപ്പിക്കുന്ന പോസ്റ്ററുകൾ പ്രദർശിപ്പിക്കുകയും സ്റ്റാൻഡിന്റെ പരിസര പ്രദേശങ്ങളിലും ബസുകളിലും സ്റ്റിക്കർ പതിപ്പിക്കുകയും ചെയ്തു.

(Manorama Newspaper- reported on 16-06-2023)

2. International Day of Yoga (21-06-2023)

NSS unit of Christian College Chengannur celebrated the 9th **International Day of Yoga** in association with Health club by Mrs. Rajasree J, National Ayush Mission Yoga Instructor and SCOLE Kerala Yoga Instructor, on 21st June 2023, at Auditorium. The Theme for International Yoga Day 2023 was “Yoga for Vasudhaiva Kutumbkam” which represents our shared desire for “One Earth, One Family, One Future”. The event commenced with a welcome speech by Mr. Sidharth, followed by presidential address by Dr. Johnson Baby. The gathering was felicitated by Dr. Annies Joseph. Vote of thanks was delivered by Ms. Devika. The second session was kicked off with warm-up exercises and guided through various asanas, with simultaneous explanations of their significance. The instructor emphasized the importance of incorporating yoga into daily life and maintaining harmony between the body and mind. The yoga instructors provided detailed explanations of each pose and offered guidance on precautions to be taken. The programme was attended by 95 participants. Refreshments were provided.



CHRISTIAN COLLEGE CHENGANNUR

INTERNATIONAL DAY OF YOGA

**NSS UNIT CHRISTIAN COLLEGE
&
HEALTH CLUB**



RAJASREE J.

National Ayush Mission Yoga Instructor
&
SCOPE Kerala Yoga Faculty



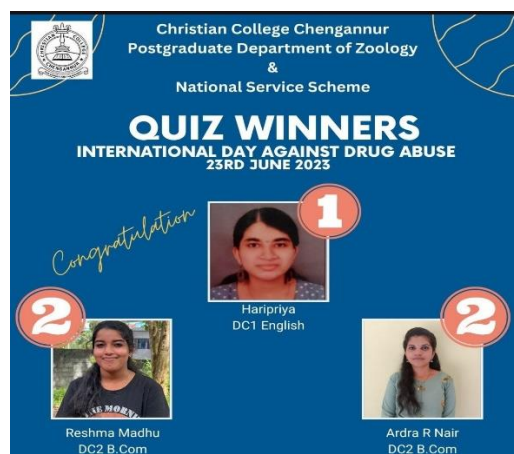
**21 June 2023
10 am
College Auditorium**



3. International Day Against Drug Abuse (23-06-2023)

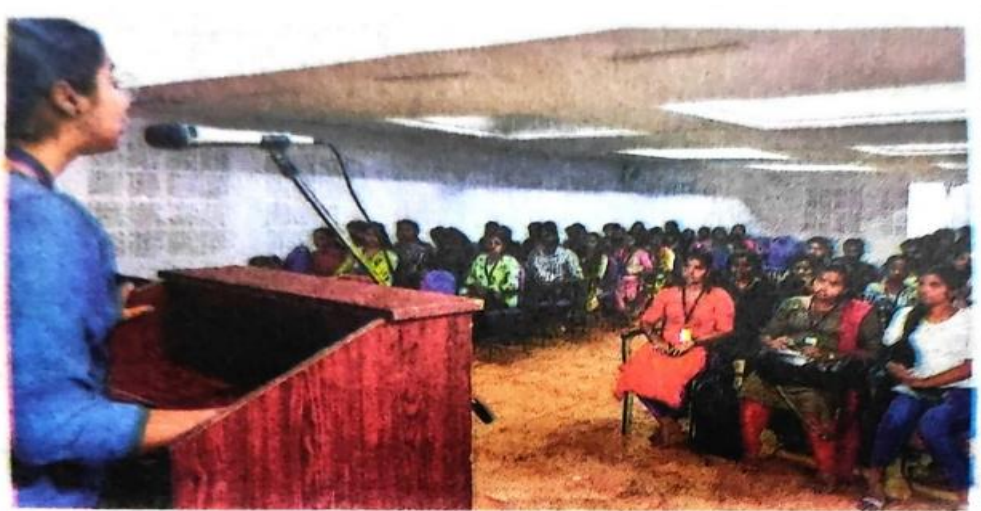
NSS unit of Christian College Chengannur conducted quiz competition in collaboration with Zoology Department on 23rd June 2023 at Zoology department, as part of World Drug Day or International Day Against Drug Abuse and Illicit Trafficking.

The program started with a prayer song. Ms. Elssa Ann Koshy, NSS Programme Officer, welcomed the gathering. The winners were declared after the quiz competition. The programme was attended by 50 participants.



4. Child Sexual Abuse Awareness Class (14-07-2023)

As a part of child sexual abuse and POCSO act 2012, NSS unit of Christian College, Chengannur conducted an awareness program (workshop) on 14th July 2023 at Seminar Hall. It was organized by "The Rakshin Project" By SAKSHI an NGO. The session was taken by Ms. Hanna John, who is an undergraduate student from the University of Delhi and two other volunteers from the NGO Ms. Kaushika Rajavelu and Ms. Malavika S. The session started at 1 pm with the prayer song. The event commenced with a welcome speech by Mr. Sidharth, followed by presidential address by Dr. Johnson Baby. Ms. Hanna John started the session by introducing about the NGO and explained the laws enacted for sexual abuse and made us do two oaths. She made sure the volunteers present in that session will take a step forward and ended by a wonderful session with a video example. The session ended with a vote of thanks and national anthem. MOU was signed. The programme was attended by 100 participants. Refreshments were provided.



ചെങ്ങന്നൂർ ക്രിസ്ത്യൻ കോളേജ് എൻഎസ്എസ് യൂണിറ്റ്, സാക്ഷി എന്നിവയുടെ നേതൃത്വത്തിൽ കോളേജ് വിദ്യാർത്ഥികൾക്കായി നടത്തിയ കുട്ടികൾക്കെതിരെയുള്ള ലൈംഗികാതിക്രമങ്ങളെക്കുറിച്ചുള്ള ബോധവൽക്കരണ ക്ലാസിൽ നിന്ന്. പോക്സോ നിയമത്തെ കുറിച്ച് അവബോധം നൽകി. നേതൃത്വപരിശീലനവും നടത്തി. ഹന്ന ജോൺ പരിശീലനത്തിന് നേതൃത്വം നൽകി.

5. Blood Donation Camp (07-08-2023)

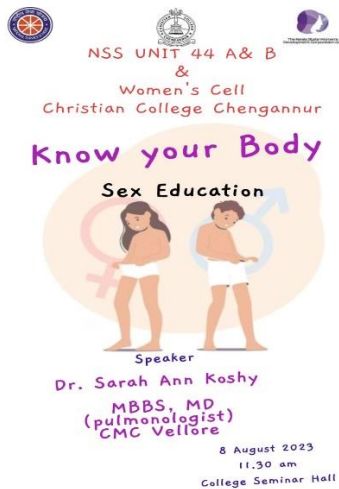
NSS Christian College Chengannur and Red is blood Kerala Pathanamthitta organizing a **Blood Donation Camp** in association with Government Hospital Pathanamthitta on 7th August 2023 at the Seminar Hall. The programme was attended by 200 participants. While addressing to people at the camp our student volunteers brought awareness in them about shortage of blood and why we must donate blood

every year, to help the persons requiring blood. 59 students donated their blood. Refreshments were provided.



6. Sex education (08-08-2023)

NSS Christian College Chengannur organized **Sex education** class in association with Women's cell on 8th August 2023 at Seminar Hall. The session started at 11.30am with the prayer song. The event commenced with a welcome speech by Ms. Meenakshi, followed by presidential address by Dr. Johnson Baby. The session was handled by Dr. Sarah Ann Koshy, Pulmonologist, CMC, Vellore. She emphasized the necessity to learn about their bodies and to recognize their feelings and emotions, while discussing family life and different types of relationships, decision-making, the basic principles of consent and what to do if violence, bullying or abuse occur. This type of learning establishes the foundation for healthy relationships throughout life. Mrs. Linchu Elizabeth Samuel, Women's cell coordinator felicitated the gathering and Ms. Akhila (DC1 History) delivered the vote of thanks. The programme was attended by 200 participants. Refreshments were provided.



7. Cleaning (17-09-2023)

NSS Volunteers of Christian College **cleaning** Chengannur Municipality roads and Market on 17th September 2023 in association with Chengannur Municipality as part of Indian Swachhata League campaign. The programme was attended by 100 participants.

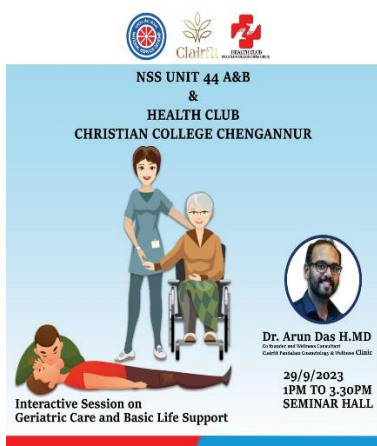


8. Geriatric Care and Basic Life Support Class (29-09-2023)

The health club and NSS unit conducted an interactive session about geriatric care and basic life support on 29th September 2023 at the college Seminar Hall. The

main purpose of this geriatric class was to educate students about the unique needs and challenges faced by elderly individuals and to equip them with the basic knowledge and skills required to provide care and support to the elderly population.

Dr. Arun das (Cofounder and Wellness Consultant, Clarifit Pandalam Cosmetology & Wellness Clinic) took the class about geriatric care and basic life support. The class started with Mr. Roshan's welcome speech. This was a very useful class for us. Then there was question and answer discussion. Anson said vote of thanks. We can work towards enhancing this quality of life and promoting healthy aging. The programme was attended by 196 participants. Refreshments were provided.



9. NSS Day Celebration (02-10-2023)

The NSS unit 44 A & B of Christian College, Chengannur organized a cleanliness campaign at Chengannur Railway Station on 2nd October 2023 as part of Gandhi Jayanti and NSS Day Celebration.

The cleaning programme was started around 10:15 Am. Our students started cleaning the railway station. They removed the weeds, plastic wastes and tea cups spread over there to the place where the railway officials arranged for the removal of collected wastes. The event was completely controlled and monitored by the NSS Programme Officer Dr. Basil Thomas, Ms. Elssa Ann Koshy and also with the help of

other members from the railway station. The programme was attended by 200 volunteers who participated in the work relating to the cleaning of the old railway track. Refreshments were provided.

NSS Unit 44 A & B
Christian College Chengannur
&
Chengannur Railway Division

NSS Day Celebration
2nd October 2023

Monday
 Cleaning &
 Planting Sapling

Swachhata Hi Seva

9.30 am to 12.30 pm

8JC5+2F4, Railway Station Rd, Chengannur, Kerala 689121, India

Latitude 9.3196043° Longitude 76.60873129°
 Local 11:11:31 AM Altitude 10 meters
 GMT 05:41:31 AM Monday, 02.10.2023

10. Anti-drug Quiz Competition (12-10-2023)

NSS unit of Christian College Chengannur conducted **Anti-drug Quiz Competition** on 12th October 2023 at AV Hall. The program started with a prayer song. The winners were declared after the quiz competition. The programme was attended by 70 participants.

NSS UNIT 44 A&B
CHRISTIAN COLLEGE
CHENGANNUR

Anti drug Quiz Competition
 Thursday, 12-10-23
 Time: 01:00pm to 01:30

Instructions:
 Only team entries are allowed, and team shall consist of two persons.

Venue
 AV Room
 CHRISTIAN COLLEGE CHENGANNUR

Contact Us
 Miss Etha Ann Kishy: 75106 55759
 Assistant Prof (Zoology Department)
 Annex A, 7902261203
 DC 1 BCem

8J4H+W4H, Christian College Rd, Kerala 689122, India

Latitude 9.30751528° Longitude 76.6279462°
 Local 01:07:16 PM Altitude 30 meters
 GMT 07:37:16 AM Thursday, 12.10.2023

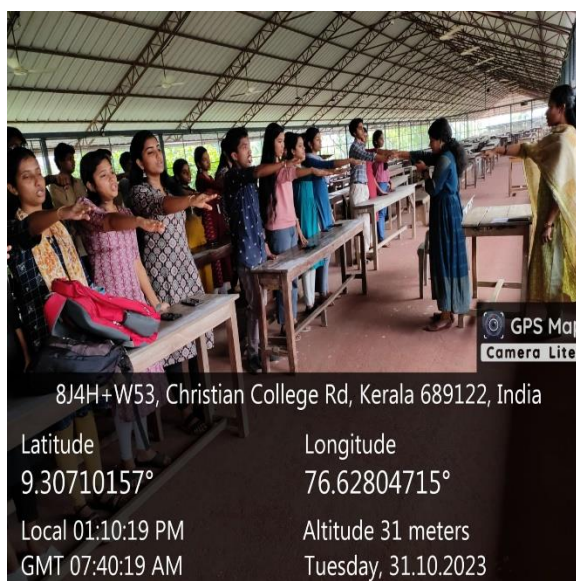
11. Nature Camp at Thattekkadu Bird Sanctuary (3 days)

NSS unit of Christian College Chengannur conducted **Nature Camp at Thattekkadu Bird Sanctuary** from 16th – 18th October 2023. Dr. Salim Ali's disciple Dr. Sugadhan sir shared a lot of information about the birds and forest. On the last day, NSS Volunteers performed cultural programme like songs, dances and games. The programme was attended by 40 participants.



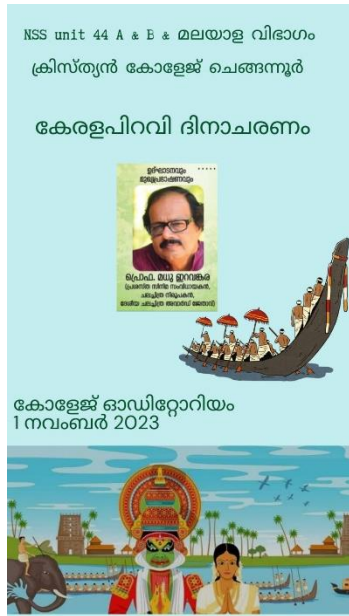
12. National Unity Day (31 – 10- 2023)

NSS unit of Christian College Chengannur celebrated **National Unity Day** on 31st October 2023 at Main Building Hall. The students took pledge or oath taking ceremony that embarked the spirit of unity among them. The programme was culminated by thoughtful and inspirational messages about national security and communal harmony to maintain cohesive peace and unity among the citizens of our country. The programme was attended by 40 participants.



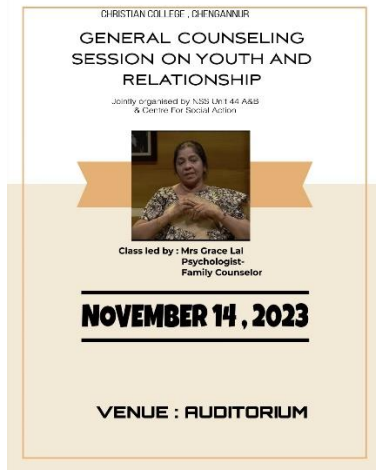
13. Kerala Piravi day (01-11-2023)

The Malayalam department along with NSS unit of Christian college Chengannur celebrated the 67th Kerala Piravi day. The programme was organized in the college auditorium from 10.30 am to 12.30 pm. Prof. Madhu Eravankara, film director, film critic, film teacher and author, came as the chief guest to inaugurate the programme. The occasion was also graced by our principal Dr. Johnson Baby sir, teachers of Malayalam department and NSS coordinators Dr. Basil Thomas and Miss Elssa Ann Koshy. Dr. Bindhu John, Asst. Prof. of Malayalam department gave the welcome speech. Prof. Madhu Eravankara inaugurated the function and addressed the audience. Music and dance programmes were displayed by students from different departments. Prof. Madhu Eravankara handed over the book of collection of poems by Liya Sara Jacob, a student of 3rd DC history department to the honourable principal and released it. Prizes were distributed to the students who scored A+ in Kerala university exam. Shabhna Miss from Malayalam department gave the vote of thanks. The programme was attended by 200 participants. Refreshments were provided.



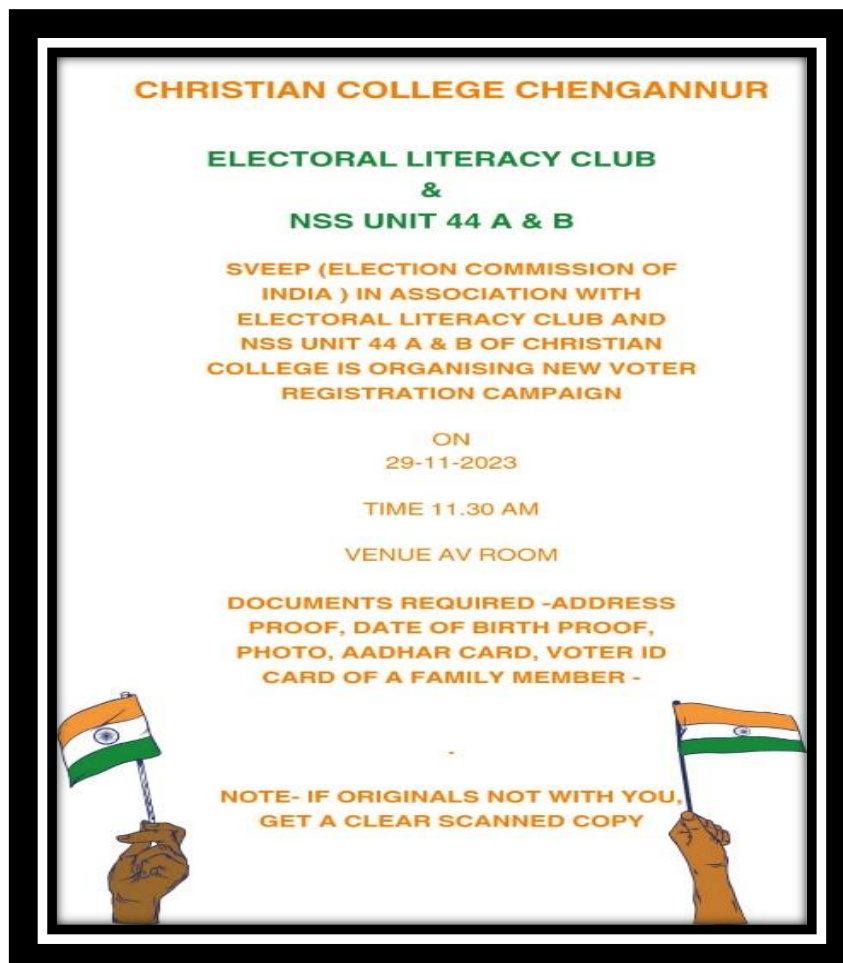
14. General Counselling for Youth and Relationship session (14-11-2023)

A **General Counselling for Youth and Relationship** session was organized by NSS unit and Centre for Social Action Club on November 14th 2023 which was handled by **Mrs. Grace Lal**, a famous family counsellor, psychologist and personality development trainer. The occasion was also graced by our principal Dr. Johnson baby sir. The programme was organized by NSS unit and centre for social action club. At 10.30 am the programme started with the prayer. The welcome speech was presented by Sivani. A very energetic class was conducted by Gracelal ma'am. Ma'am spent more time to provide us a personality development training. The programme was concluded at 12.00 pm with the vote of thanks by Ameena. The programme was attended by 200 participants. Refreshments were provided.



15. New Voter Registration Campaign (29-11-2023)

SVEEP in association with Electoral Literacy Club and NSS unit organized a **new voter Registration Campaign** on 29th November 2023. The programme was attended by 40 participants.



16. Self Defense Training and Gender Awareness Campaign (Kanal Project-Government of Kerala) (01-12-2023)

The women child welfare commission, in collaboration with NSS unit organized an empowering session at the Christian college seminar hall on December 1, 2023 at 10.30am. The event aimed to impart essential self-defense skills and foster gender awareness among attendees. Ms. Chinnu (1st year Economics) delivered a warm welcome speech. The principal delivered the keynote address. The first session was conducted by Mrs. Sulekha ma'am (Asst. Sub inspector of Crime Branch Alappuzha), provided attendees with practical techniques and strategies to protect themselves in various situations. Mr. Shiju sir handled the session focused on highlighting the useful apps developed by the Kerala Police was presented valuable tools for personal safety and emergency situations. The vote of thanks delivered by Ms. Thumpi P (1st year Economics). The programme was attended by 200 participants. Refreshments were provided.





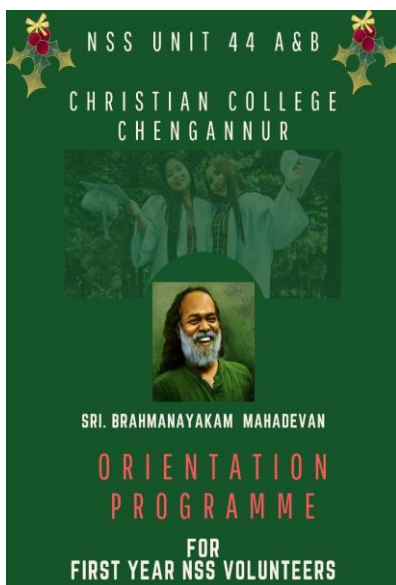
17. World Aids Day (01-12-2023)

NSS Unit and Red Ribbon Club conducted Essay writing Competition and a skit Program conveying the message of Aids on **World Aids Day** conducted on 1st December 2023 at AV room at 11:30am. The programme was attended by 75 participants.



18. Orientation programme (14-12-2023)

An **Orientation programme** for the First Year NSS volunteers was conducted on 14th December 2023 at 10am at Auditorium and was handled Mr. Brahmanayakam Mahadevan, Founder Chairman of Sahajeevan Special School and Organization for the Joined Action of Special Schools (OJASS). The event aimed to introduce new NSS volunteers to the objectives, guidelines, and activities of the NSS program, fostering a sense of social responsibility and community service. The program began with a formal inauguration ceremony and lamp lightening by Mr. Brahmanayakam Mahadevan. He delivered an inspiring speech about the importance of community service and youth involvement. The programme was attended by 100 participants. Refreshments were provided.



19. Emotional Intelligence Class (30-01-2024)

NSS Unit and Red Ribbon Club organized a talk on the importance of **emotional intelligence** in future jobs and relationships on 30th January 2024 at AV room and was led by Mr. Sangeeth Sebastian, Founder of VVOX. The occasion was also graced by our principal Dr. Johnson baby sir. The mission behind the platform is to

democratize sexual health and knowledge by making it accessible to all. He had brought awareness among students. The programme was attended by 190 participants.

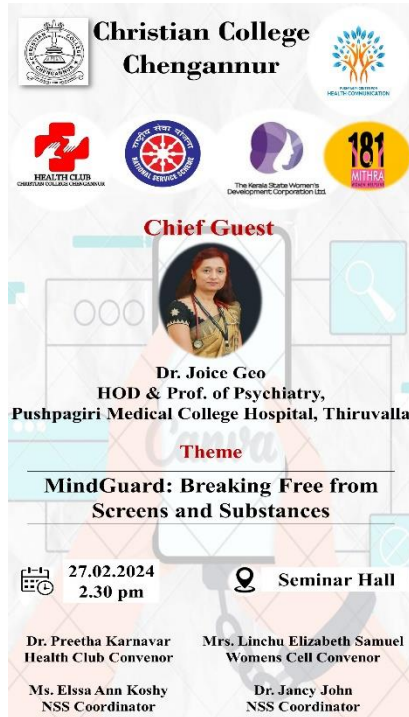


20. Psychiatric Counselling Session (27-02-2024)

A thought-provoking orientation class was conducted by Dr. Joice Geo, HOD and Prof. of Psychiatry, Pushpagiri Medical College Hospital, Thiruvalla on 27th Feb, 2024 at 2.30 pm at the Christian college Seminar Hall. The class was organized by Health Club, NSS and Women Cell. The event aimed to Breaking free from screens and substances.

The welcome speech was delivered by Dr. Preetha Karnaver, Health club convener. The occasion was blessed with the presents of principal Dr. Johnson baby sir and delivered a motivational talk. Dr. Joice Geo, HOD & Prof of Psychiatry, Pushpagiri Medical College and Hospital, explained the concept of screen addiction, emphasizing its prevalence among individuals, especially youth and its negative impacts on mental health including increased stress, anxiety and decreased productivity. In conclusion 'Breaking Free from screens and substances' served as a catalyst for raising awareness

and instigating positive action against prevalent issues affecting today's youth. Vote of thanks delivered by Miss Elssa Ann Koshy, NSS Programme Officer. The programme was attended by 100 participants.



21. Women's Day (07 – 03- 2024)

On March 7th, 2024, the Women's Day celebration at Christian College Chengannur brought together a vibrant program in the college auditorium, commencing around 1:30 pm. The esteemed Chief Guest, Ms. Amalu Sreerang, MG University Kalathilakam 2020, graced the occasion. Mrs. Linchu Elizabeth Samuel, the Women's Cell Convenor, extended a warm welcome to all attendees. Principal Johnson Baby delivered an inspiring presidential address, marking the significance of the day.

The program featured captivating performances, followed by an impressive ramp walk. The ramp walk, presented by Ras Fashion Studio in collaboration with NSS, Health Club, KS WDC Women's Cell, and Best Arts Club, added a touch of glamour and elegance to the event. Mr. Alby Cheriyan expressed gratitude in a heartfelt Vote of

thanks, acknowledging the contributions of all involved. The programme was attended by 200 participants. Refreshments were provided.

**KSWDC WOMEN'S CELL
CHRISTIAN COLLEGE, CHENGANNUR**
In association with
NSS, Health Club & Best Arts Club

Powered by
Ras Makeup Studio

Women's Day Celebrations 2024

**Radiance:
Unveiling the Kaleidoscope of Beauty
and Flair**

Chief Guest



**Ms. Amalu Sreerang
MG University
Kalathilakam 2020**

Events

- Fashion Show
- Variety Entertainments

**07.03.2024
01.30 pm** **Auditorium**

Mrs. Linchu Elizabeth Samuel
Womens Cell Convener

Ms. Elssa Ann Koshy & Dr. Jancy John
NSS Programme Coordinators

Dr. Preetha Karnaver
Health Club Convener

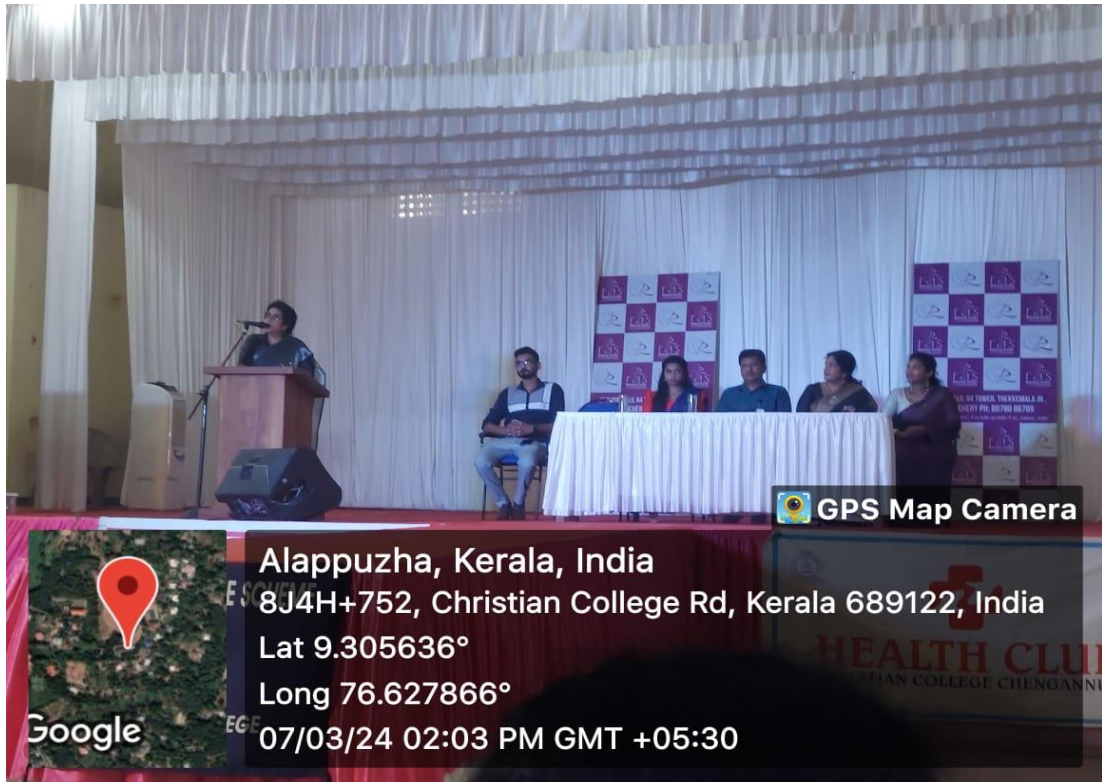
Dr. Suby Elizabeth Oommen
Best Arts Club



ക്രിസ്ത്യൻ കോളേജിൽ വനിതാദിനാഘോഷം

ചെങ്ങന്നൂർ - ചെങ്ങന്നൂർ ക്രിസ്ത്യൻ കോളേജിലെ വിമൻ സ്റ്റുഡി യൂണിറ്റും ഹെൽത്ത് ക്ലബ്ബും എൻ.എസ്.എസും ബെസ്റ്റ് ആർട്സ് ക്ലബ്ബും സംയുക്തമായി വനിതാദിനാഘോഷം നടത്തി. എം.ജി. സർവകലാ ശാലാ മുൻ കലാതിലകം അമ്മലു ശ്രീരംഗ് പരിപാടി

ഉദ്ഘാടനം ചെയ്തു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ജോൺസൺ ബേബി അധ്യക്ഷനായി. ലിഞ്ചു എലി സബത്ത് സാമുവേൽ, ഡോ. പ്രീതാ കാരണവർ, ഡോ. എത്സ ആൻ കോശി, ഡോ. സുബി എലിസബത്ത് ഉമ്മൻ, കുമാരി നേഹ എന്നിവർ സംസാരിച്ചു.



22. Healthy menstrual practices class (19 – 03- 2024).

NSS Unit of Christian College, Chengannur, hosted a significant event focused on menstrual health awareness and the distribution of menstrual cups to students on 19th March 2024 at Seminar Hall. The event featured a memorandum of understanding (MOU) signing with Pushpagiri Medical College, Thiruvalla, alongside a comprehensive talk on healthy menstrual practices and menstrual disorders by Dr.

Shalini James, Senior Resident, Department of Obstetrics and Gynecology, Pushpagiri Medical College.

The welcome speech delivered by Dr. Preethi Karnaver, health club convener. The occasion is blessed with the presents of Dr. Father George, director of Pushpagiri college, Dr. Felix and Dr. Joe. The event commenced with the formal signing of a memorandum of understanding (MOU) between Christian College, Chengannur, and Pushpagiri Medical College, Thiruvalla. This partnership aims to promote collaborative efforts in enhancing menstrual health awareness, education, and access to healthcare resources for students. The occasion was presided by Dr. Johnson Baby (Principal of Christian college). The programme was inaugurated by Fr. George Kurishinkal (Director of Pushpagiri Hospital). Felicitation speech was delivered Dr. Felix Johns, Dr. Joe Abraham, Mrs. Linchu Elizabeth Samuel (Women Cell Convener) and Ms. Elssa Ann Koshy (NSS Programme Officer).

Dr. Shalini James, an esteemed senior resident from the Department of Obstetrics and Gynecology at Pushpagiri Medical College, delivered an insightful talk on healthy menstrual practices and menstrual disorders. Following the enlightening talk, Cup of Life, a menstrual cup distribution initiative, facilitated the distribution of menstrual cups to the students of Christian College, Chengannur. The vote of thanks delivered by Ms. Arundhathi. The programme was attended by 110 participants. Refreshments were provided.



STUDENT/FACULTY ACHIEVEMENTS

1. Haripriya S. (II DC English) and Nandana (II DC Economics) participated in the Vimukthi Mission programme for the District Level Quiz Competition conducted on 19th October 2023 by Kerala State Excise Department.
2. THRIVE programme: AKSHARA AR (DC1 BBA) of Christian College, Chengannur, Alappuzha to be a volunteer of the THRIVE programme.

PROGRAMMES ATTENDED BY STUDENTS

S.no.	Date of the event	Name of the event and venue	Description of the event and details of the participation
1.	04/07/2023	District Level Awareness Programme on Indian Constitution at Government College Ambalapuzha by college's Department of History and NSS unit 93 A of Government College Ambalapuzha.	Nandana s and Haripriya s volunteers of Christian College Chengannur NSS unit 44 A and B participated in the programme.
2.	24/11/2023- 26/11/2023	Volunteer Leadership Camp 2023-24, at Kerala University Students' Centre, Thiruvananthapuram.	Abhinandh V. (II DC B. Com) & Haripriya S. (II DC English) participated in three-day residential camp, conducted at Kerala University Students' Centre, Thiruvananthapuram.

EXTENSION ACTIVITIES ORGANISED BY THE CLUB

1. **Food distribution** by NSS volunteers along with the NSS Programme officers Dr. Basil Thomas and Ms. Elssa Ann Koshy visited the Government Hospital, Chengannur and St. Andrews Pain and Palliative Care Centre, Puthencavu on 18th July 2023.
2. As part of beautification of places (**Sneharamam**), we have chosen to beautify Christian College Chengannur, College Junction and KSRTC stand in collaboration with Chengannur Municipality.