



St Berchmans College

Founded 1922

AUTONOMOUS

College with Potential for Excellence | Reaccredited by NAAC with A Grade

ANNUAL REPORT OF STUDENT STUDENT EXTENTION ACTIVITIES

2017-22



ANNUAL REPORT 2021 – 2022

Premonsoon Cleaning and Awareness Program (05.06.2021)

Our unit conducted pre-monsoon cleaning & Awareness Programme to mark world environment day. It was inaugurated by Adv. Job Michael, MLA. 25 NSS volunteers distributed homeo medicines and health awareness notices at ward 3 of Changanacherry Municipality. They also cleaned Poovakattuchira pond & Municipal Park.



World Environment Day “Green Our Premises” (05.06.2021)

To commemorate June 5th World Environment Day, the NSS Unit of SB College conducted a programme “Green Our Premises”. Our volunteers planted 212 plantlets at their homes.



World Blood Donor Day - Awareness Program for students

NSS Unit SB College in association with Caritas Hospital, Kottayam organized an awareness program on World Blood Donor Day on 14.06.2021. Dr. Chitra James, Asst. Professor, Transfusion Medicine, at Medical College Hospital Kottayam, led the program. The program motivated volunteers for Blood Donation.



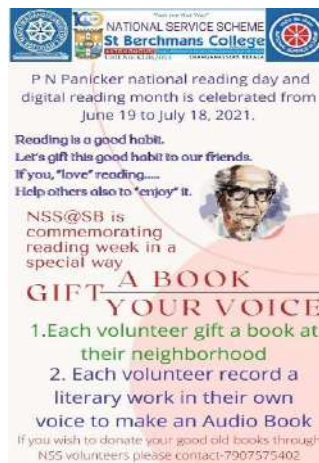
Anaemia Awareness Campaign

NSS Unit of SB College in collaboration with Madapally Additional organized an awareness program on Anemia on 19.06.2021. The Resource Person of the webinar was Ms. Metilda V Mani, Dietician, General Hospital, Changanacherry.



National Reading Day- Gift a Book and Gift your Voice to the Blind

On PN Panicker National Reading Day and Digital Reading Month, we initiated a Programme 'Gift a Book & Gift Your Voice' on 19.06.2021. NSS volunteers gifted a book in their neighborhood and recorded a literary work in their own voice to make an Audio Book. The recordings were sent to the Mozhi project 2021 of Koottu Charitable Trust for the Blind.



Literary Platform - Hridayam

NSS volunteers participated in the 'Literary Platform' organized by the All-Kerala Koottu Team as part of the National Reading Day on 26.06.2021. Mr. Nauthe fal, writer inaugurated the program. The volunteers of Koottu recited the poems and the young writers shared their experiences.



World Youth Skill Day- Resilience of youth through creativity during crises

NSS volunteers of SB College observed World Youth Skill Day through a program named "Prachodhan" based on the theme 'The Resilience of youth Through Creativity during Crises' on 15.07.2021. They trained their fellow volunteers and shared skill training videos online. Through the program, volunteers conveyed the message that creative skills are strong weapons to overcome difficult situations.



Road Safety Awareness Program

SB College NSS Unit and Honda Safety Driving Education Centre, Calicut, jointly organized a webinar on 'Road Safety' on 24.06.2021. 60 NSS Volunteers of SB College participated in a webinar. Mr. Anoopsai T. (Trainer, Honda Safety Driving Education Centre, Calicut) leads the program.



Shramdan - 200 Rain Water Harvesting Pits

As part of the Shramdan in the Month of August (06.08.2021 – 10.08.2021), the National Service Scheme volunteers of SB College have constructed 200 rainwater pits in the college and at their homes. The program was a success during

the pandemic situation and 47 volunteers participated in it. Through this project, volunteers acquired skills to conserve soil and water in order to protect nature.



Hiroshima Day - Awareness of Radiation Hazards

Hiroshima day was observed by hanging paper cranes and poster preparation on 06.08.2021. Volunteers made paper cranes to symbolize hope for peace and hung them in public places, public transport vehicles, and at their homes. Awareness posters on the Peace and Impacts of Radiation were also displayed at various locations by volunteers.



Onappanku (A Share of Onam)

On the day of Thiruvonam (21.08.2021), volunteers distributed lunch 'ONAPPANKU', to those who were unable to join their families on the day of the festival due to official duty or any other reason. Every volunteer identified a person from their locality, informed them in advance, and served Onasadya- a portion of the lunch they prepared at their home.



Awareness Programmes on Government projects for weaker sections

Our Sahyog groups conducted an awareness program of various Government projects for weaker Sections of our society on 27.08.2021. In association with various government departments and agencies, Sahyog groups conducted local campaigns and online campaigns on Ujjwala Yojana, Jan Dhan Account Creation, etc.



Awareness Programme - Suicide Prevention - “WAIT”

To commemorate International Ant suicidal Day, we conducted an online campaign named ‘WAIT’ for preventing the count of suicide on 12.09.2021. In order to help people, we tried to spread the WAIT Strategy - W: - Watch out, A: - Ask, I: - It will pass, T: - Talk which is considered a very acceptable protocol to prevent suicides. In addition, volunteers shared posters through social media and send personal messages the friends and relatives whom they think need support.



Lakshyodaya - Discussion on Action Plan for NSS Adopted Village

A half-day program was organized to develop an action plan for the adopted village Lakshyodaya Gramam on 23.09.2021. Dr. Rubin Philip presented the project. College Authorities, Representatives of Adopted Villages, Panchayat Members, Present and Former POs, and Volunteer secretaries, discussed and finalized the plan.



Shramdan by volunteers in their neighbourhood

Volunteers who were unable to reach college identified a public place in their own villages and conducted a cleaning programme on 02.10.2021. They have performed Shramdan at various locations like government offices, bus stops, schools, hospitals pathways, etc. of their villages.

“Vardhakyathinu Oppam” NSS International Day for Older Persons

On an international day for older persons, our unit has come up with a program on the theme ‘**digital equity for all**’ on 06.10.2021. To facilitate easy and effective use of smartphones by senior citizens, our volunteers introduced a **special android launcher named ‘big launcher’** for making smartphone use easy for the aged. This launcher with a large display and easy interface in smartphones will make its use easy and comfortable for elderly persons.



വാർദ്ധക്യത്തിന് ഒപ്പം NSS:
Introducing big launcher to senior citizens.
Merin shabu. | 2nd year BSc Microbiology

Kootickal - Flood relief collection center

NSS volunteers of SB College organized a collection center for the people who faced flood-related issues in the month of October (20.10.21 – 22.10.21). With generous cooperation from the public, teachers, students, St. Berchmans charitable trust, and well-wishers collection center gathered clothes, kitchen utensils, furniture, bed, food items, etc. Articles were distributed to the deserving hands in Kanjirappally, Mundakkayam, and Enthayaar areas.



Swach Bharat - Clean India Campaign - Mega Cleaning in Changanacherry

St. Berchmans College NSS unit and Nehru Yuva Kendra jointly conducted a Clean India - Roadside Cleaning Program as part of ‘Azadi Ka Amruth Mahotsav’ on 30th October 2021. Municipal Chairperson Smt. Sandhya Manoj inaugurated the program. Our Volunteers gathered almost a tonne of plastic waste from Changanacherry ‘By Pass’ and handed it over to Municipality. POs Dr. Rubin Philip and Mr. Pavanam Thomas, Volunteer secretary Alen T Sajan and Martin Joseph lead the activity. 56 NSS Volunteers participated in the program.



Rashtriya Ekta Diwas

Along with the whole nation, our unit observed “Rashtriya Ekta Diwas” commemorating the birth anniversary of Sardar Valla Bhai Patel in an elegant manner. In order to foster and reinforce our dedication and to preserve and strengthen the unity, integrity, and security of our nation, our volunteer conducted a Rally for Unity from Changanacherry Railway station to SB College by holding placards and taking the pledges for reinforcing the value of a strong and united India.



Landslide relief and Aid worth Rs. 125950 to devastated Koottickal

On 13 November 2021, Hilly areas of Kottayam district, Kootickal, Mundakkayam, Enthayaar, etc. got severely affected by landslides due to heavy rains. Hundreds of people lost their homes and all their belongings. SB College NSS Volunteers collected clothes, furniture, utensils, and other relief materials for the affected people. We were able to gather 150 pairs of cloths and other relief materials worth Rs. 125950 (10 LPG Gas Stoves, 54 Pressure cookers, 50 Pans, 50 Thava, 2 Coats, 2 Beds, and 10 Chairs) with the support of teachers and students. Our volunteers sorted and packed clothes and other items in boxes and distributed them to the needy families of Kanjirappally, Erumeli, and Kanamala.



Children's Day Celebration at Lakshyodaya Gramam

On Children's Day (14.11.21), 20 volunteers along with Program officers went to Lakshyodaya Gramam, our

adopted village, and organized children's day programs along with the children of the village. 24 children joined the program. An awareness class on hygiene, games, contests, etc. was conducted for children. In the end, volunteers gave gifts and sweets to the children.



'Sneha Sanketham' - Campus Community Interaction center at Adopted Village

An integrated community extension program - 'Sneha Sanketham' was launched at Lakshyodaya Gramam for interaction and knowledge sharing between the village community and NSS Volunteers (14.11.21). The project aims to establish a Campus Community Interaction center in the plot (4 cents) assigned the for NSS Unit of SB College by Vazhappalli Grama Panchayat. The project was launched by Mr.Shajahan P S, Ward Member.



Free Covid Vaccination Camp

We organized a free Covid Vaccination camp on our campus in association with General Hospital Kottayam on 16.11.2021. The efficient conduct of the vaccination camp facilitated a smooth vaccination process for old aged and disabled persons without delay and waiting. More than 250 people were vaccinated during the day.



Make in India - LED bulbs at NSS Eco products training and Marketing Unit

The Green Berch Eco products training and Marketing Unit functioning under our NSS unit started the manufacturing of LED lights on 20.11.2021. We acquired the necessary equipment and raw materials for the unit. Program officer Dr. Rubin Philip gave the necessary training to volunteers. The project aims at skill acquisition by volunteers and also in the financial sustainability of the unit through the manufacturing and marketing of an energy-efficient and eco-friendly product.

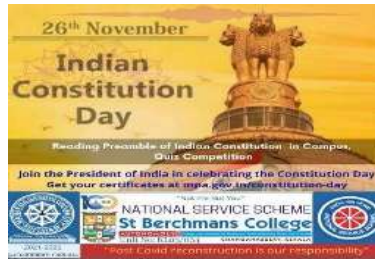
Indian Constitution Day

NSS Unit observed the constitution day in the college. NSS Volunteer Ms. Helen Paul read the preamble of the constitution in a solemn manner in the college through the public address system at 10 AM. Volunteers participated in online Quiz and preamble reading on MyGov.in and received appreciation certificates for the same.



E-Shram Registration and awareness

NSS unit, SB College promoted the E Shram project of the Ministry of Labour and Employment, Govt. of India on 28.11.21. Our volunteers individually conducted campaigns and helped unorganized workers in their neighborhood to enroll in the E-Shram portal to obtain ID cards and other benefits. Each volunteer facilitated the registration of 10 workers in unorganized sectors into the Govt. database.



Volunteering for the State Junior Basketball tournament

Thirty volunteers of our unit volunteered in the State level Junior Basketball tournament which was held in the St. Berchmans college indoor Stadium from 3rd December to 8th December.



Marketing of NSS LED Bulbs

Honourable Minister - Sri. Roshi Augustin, Minister for Irrigation released and conducted the first sale of LED bulbs manufactured by our volunteers through the Green berch initiative on 08.12.21. Adv. Job Michael, MLA of Changanacherry, Rev. Fr Reji P Kurian, Principal of SB College, and Sri Babu Michael, Syndicate Member MG University were present at the function.



Mini Blood Donation Camp

9 volunteers of our Unit donated blood to St. Thomas Hospital Chethipuzha on 15.12.21.



Inauguration of the Library at Lashyodaya Gramam

The inauguration of the Community Library and campus interaction project was held at Sanketham Aashramam, Koonamthanam on 18.12.21. Hon. MLA Shri. Job Michel inaugurated and distributed the books to the children. College Principal Fr. Reji P Kurian, Bursar Fr. Mohan Mathew, Ward Member Shri. Shajahan PS, Sr.Naveena CMC along with NSS POs and volunteers participated in this programme.



Special Camp PUNARJANI 2021-2022

SB College NSS Unit conducted a 7-day special camp from 27th 2021 to 2nd January 2022. The 7-day camp was inaugurated by Sri. Regional director, Kerala, and Lakshadweep. Dr. Babu Michael, a member of MG University felicitated the gathering. The camp sessions of awareness classes, Street play workshop Debate, Panel Cultural Performances, Shramdan, Cleaning activities, Parade Survey, and other programs.

Main Programs of the Camp are as follows:

- ✚ POCSO ACT 2012 and Gender Equality
- ✚ "Soft Skills"
- ✚ Anti-Plastic Bag Campaign
- ✚ Preparation for campus Community Tie up
- ✚ Methods to conserve energy at home
- ✚ Energy Conversation Campaign
- ✚ "Street Play Workshop"
- ✚ Training on Yoga
- ✚ Debate
- ✚ Music Practice - Satbhavana Geetham
- ✚ Training on Fire Safety
- ✚ Organic Farming
- ✚ Parade Training
- ✚ Cinema - A Critical Evaluation
- ✚ Life is Beautiful -Motivation
- ✚ Amateur Radio for Disaster Management
- ✚ Panel Discussion
- ✚ Cultural Programs



December
G. Sreedhar,
Syndicate
included 10
Discussions,
Training,

- News Paper presentation
- Satchintha - Good Thoughts for the Day

1 Minute Paper Bag - Anti Plastic Bag Campaign - 5000 Bags

Our volunteers conducted an anti-plastic bag campaign. Volunteers were given the training to make a **paper bag in one minute** on 04.01.2022. Each volunteer made 25 paper bags. The bags were pooled together for distribution in the local market. Our volunteers made 5000 paper bags as part of this program.



E shram Portal Registration – Registering Labourers in Unorganised sectors

Our volunteers organized a campaign to find out needy people for e-Shram registration and helped them to enroll in e-Shram Portal on 05.01.22. After registration, members will receive Identity Cards, Accident insurance coverage, etc. Our volunteers facilitated the registration of 360 laborers of the unorganized sector to the E Shram Portal.



Blood Donation Camp in SB College

SB College NSS Unit conducted a blood donation campaign on 06.01.22. All the preparations are arranged. A team of doctors and nurses had reached in time from District Hospital, Kottayam. Our volunteers and students on campus cooperated with our campaign by donating blood. 40 Units of blood were donated.



Awareness program Through Radio Speak it out on FM

On the occasion of the National Voters Day celebration, Samashti Sahyog of NSS SB College conducted an awareness program through radio media village 90.8 to give awareness of electoral rights and the importance of voting. The opinion of volunteers and program officers were aired in the one-hour talk show.



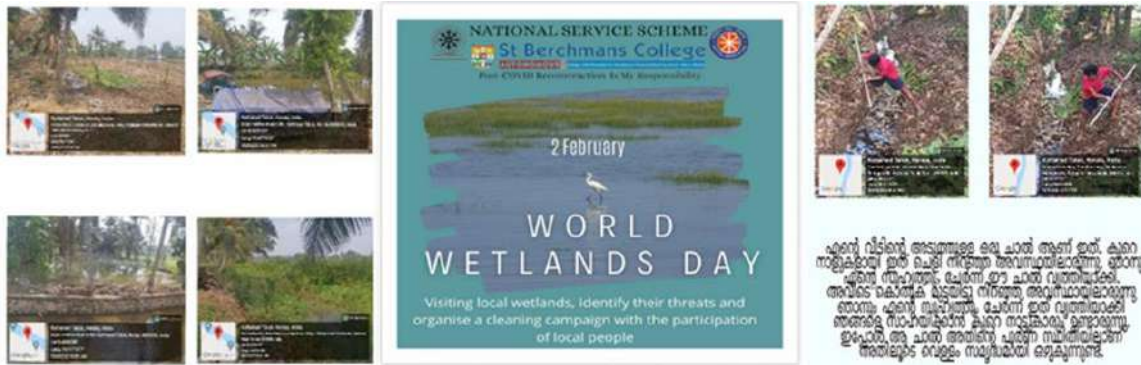
Udaan Activity - Intensive Social Action Program

Our volunteers were actively involved in various Udaan Activities in their locality on 30.01.22. In each Udaan activity, volunteers found persons or problems in their neighbourhood, which deserve their intervention and work on an individual basis to bring out a change.



World Wetlands Day - Adopting a water body

On World Wetlands Day, volunteers visited the wetlands near their homes and organized a cleaning program over there with the cooperation of their friends and family members on 02.02.22.



Safer Internet Day – Awareness through Self Evaluation tool

Safer Internet Day aims to raise awareness of emerging online issues and current concerns. As part of this program on 08.02.22, our volunteers prepared and circulated an Internet safety self-evaluation survey to check, how safe our activities are on the internet. Many students and Parents participated in this self-evaluation.



National Women's Day - Promoting a lady Entrepreneur in the locality

On Women's Day, our volunteers conducted the "Jhansi Rani" Campaign in which they identified Women Entrepreneurs in their locality and honoured them on 13.02.22. They were interviewed and a short was prepared to highlight their project. This program threw light on the local heroines who succeeded in their entrepreneurial path through hard work and effort. Activity motivated our volunteers, especially female volunteers. In addition, we conducted a women's song review competition. Volunteers watched the Women's Anthem by Sri. Shanker Mahadevan and prepared an appreciation for it.



"Poshan Pakhwada 2022" Special Drive for Nutrition of Adolescent Girls

Our unit was regularly supplying food grains, pulses, and vegetables to the "Balika Bhavan" home for poor adolescent girls, in Changanacherry on 18.02.2022. The vegetables produced in the "NSS Model Organic farm" were also supplied to the orphanage to support their nutrition through pesticide-free vegetables.



Social Justice Day- One Rupee Challenge for WheelChair

SB College Changanacherry NSS Unit organized a One Rupee Challenge as a part of the International Social Justice Day on 20.02.22. The money collected through this challenge was used to buy wheelchairs for children with disabilities who are financially disadvantaged among us. Volunteers actively worked for the challenge.



"Azadi Ka Amrut Mahotsav" Khadi Mela- Rally for Communal Harmony

Our NSS unit of SB College joined Changanacherry Social Service Society for celebrating Azadi Ka Amrutha Mahotsav on 04.03.22. Our volunteers joined a Rally for Communal Harmony in Changanacherry town to mark the beginning of Khadi Mela. Various religious leaders harmoniously joined the rally and delivered the message of unity.



Azadi Ka Amrut Mahotsav "Legend in Dhoti" Contest for school students

As part of Azadi Ka Amrutha Mahotsav Khadi Mela, our unit organized a rally of 75 school students in Gandhiji costume on 7th March 2022. Students from various schools participated in it. Legend in Dhoti - Rally in connection with the Centenary of Gandhiji's Dhoti Adoption.



"Khadi for nation Campaign"

Our NSS unit in association with CHASS KHADI conducted a Khadi Fashion Show Competition for college students on 08.03.2022. Many Colleges participated in our programme and Assumption College won the prize. The objective of the program was to promote Khadi material as a daily wear and comfortable and healthy dress for the new generation.



വാദി ഫാഷൻ ഷോ ഭാരതീയ തനിമയുടെ വേറിട്ട കാഴ്ചയായി

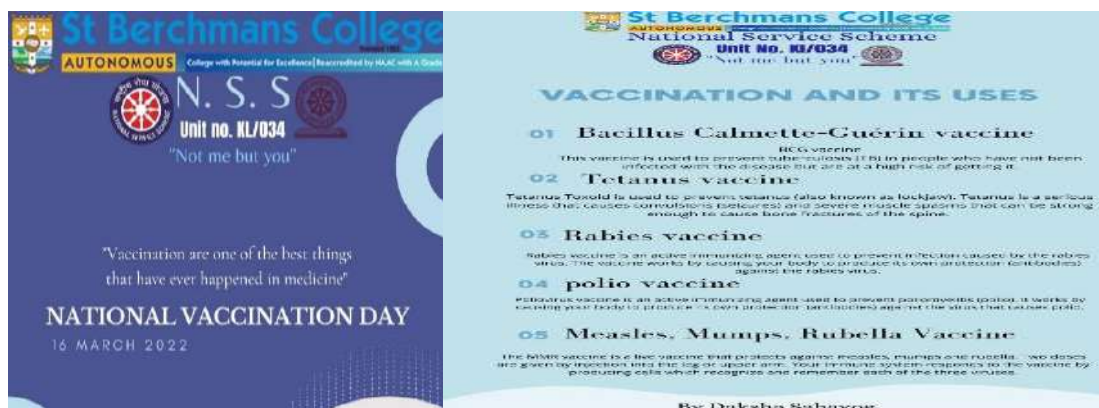
"Azadi Ka Amrutha Mahotsav" - Drawing Competition for school students

To mark one year of celebrating Azadi Ka Amrit Mahotsav, Our NSS unit conducted a mega drawing and painting competition on 12th March 2022 for school students. The competition was organized at SB College's indoor stadium. 150 students participated in the program.



National Vaccination Day

Our volunteers conducted an intensive social media campaign on the importance of vaccination in connection with National Vaccination Day on 16.03.22. Our volunteers shared the posters through various social media platforms to give information about vaccinations and their uses.



Sneha Veedu – Support for House construction at Adopted Village

With the generous support of volunteers and teachers of our college, financial help of Rs 40000 was given to Smt. Sindhu Babu, Mathilinchira, Koonamthanam for her house construction on 25.03.22. SB NSS volunteers rendered 140 Hours of labour support also in the construction of her house.



NSS Covid Warriors Kerala - Post Covid Clinic @ SB

Our Volunteers organized a one-day post covid clinic at our college in association with St. Thomas Hospital, Chethipuzha on 30.03.2022. Students, staff, and the public benefited from the camp. The camp included free consultations with Pulmonology and ENT doctors, and laboratory and pharmacy facilities were available. 156 patients attended the post-Covid Clinic.



Janasabha against drugs

SB College NSS Unit conducted “Janasabha”, in association with the State youth welfare board to curb the use of drugs and narcotics in Changanacherry town with community participation on 30.03.22. The campaign was inaugurated by Adv. Job Micheal, MLA, and many other representatives from various sectors of society including our college principal Rev. Fr. Reji P Kurian. We took an oath against drugs.

SAY NO TO WAR - Awareness Campaign

In the context of the Russia-Ukraine War, National Service Scheme at SB College conducted a campaign against war on 30.03.22. This programme was conducted to bring attention to the students and teachers and to let them know about the crisis of war and how it ruins the peace and security of the country.



Volunteers took initiative for this program and were able to conduct four programs on nature conservation day successfully on 28.07.22.

(a) Plastic Ploughing

The volunteers went to a private bus stand and cleaned most of the plastic and waste. The volunteers were wearing surgical gloves and masks.

After the cleaning, they took a documentary regarding the basic problems of private bus stands from various people.



(b) Awareness programmes for paddy cultivators

This includes providing awareness program for the paddy workers and farmers in nearby places.



(c) Distribution of saplings in the neighbourhood houses

As a part of nature conservation day, our NSS volunteers gave saplings to nearby houses.

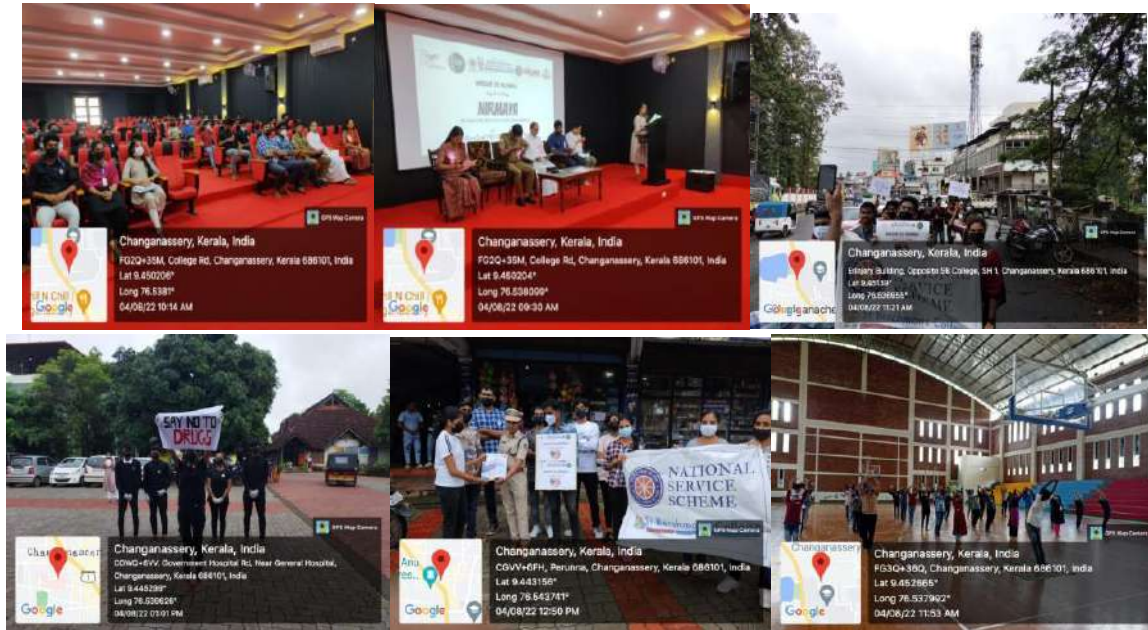


(d) Street Play

A street play was organized by the NSS volunteers and it was conducted on a private bus stand in Changanassery.



St Berchmans College in collaboration with Nasha Mukta Bharat Abhiyan organized a campaign that fights against the menace of substance abuse. On 4th August 2022, in accordance with Azadi ka Amrith Maholsav, NSS of St Berchmans College Changanacherry conducted thirty different and intensive dynamic programmes "NIRMAYA - निर्माया" for a drug-free tomorrow which run to various sectors of society.



Campus visit

Students of Seva Nikethan Education Sponsorship Programme (SESP) Changanassery visited SB College organized by the NSS Unit.



Drawing Competition

A drawing competition was conducted for students of Seva Nikethan by our NSS Unit.



Photo Exhibition

A photo exhibition was conducted by the NSS unit at Govt. New U P School Nedumkunnam, Punnavelly.



Freedom Flower (Tiranga Pushpa)

Freedom Flower making has been organized by our NSS Unit for the school students.



BHIM Powered Digital Banking Campaign

BHIM Powered Digital Banking Campaign for migrant workers was initiated by the NSS Unit of SB College.



Blood Donation

In the month of July, our three NSS volunteers donated blood to different hospitals. Muhammad Favas M A, Abhiram R Benoy, and Abin Ipe Varghese went to Karithas Hospital, Kottayam, and donated Blood for the needy. Roshan Jose donated blood in St. Thomas hospital Chethipuzha on the second of August.



Udan Activities

Our volunteers are actively taking up meaningful and better activities in their locality as part of the Udan Intensive Social Action Project of our NSS unit.



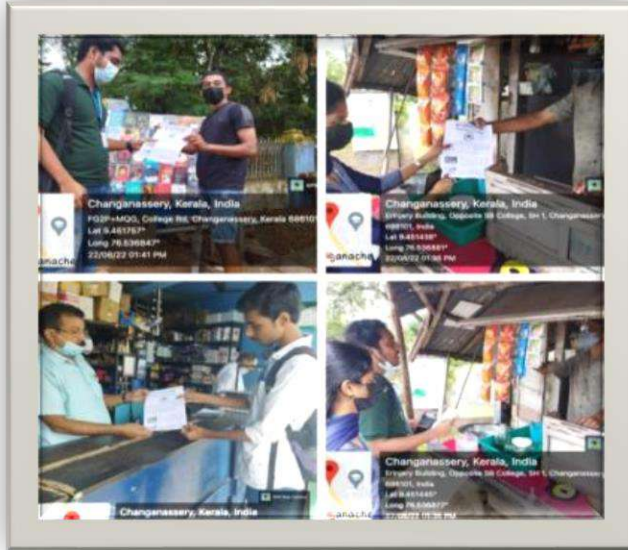
Awareness Campaign - World Mosquito Day

As part of World Mosquito Day on August 20, 2022, the NSS unit of SB College organized activities on the theme “Together we can end mosquito diseases worldwide”. Volunteers were given awareness of the day through a power-packed flyer accompanied by Google classroom activities. ‘DESTROY THE SOURCES’ was an activity conducted where volunteers actively participated in identifying and destroying mosquito breeding hot spots in their locality. A household awareness campaign was also conducted by volunteers in order to spread the message of the day. The best way to deal with mosquito larvae is to avoid them. To do so, remove buckets, barrels, toys, plastic bags and other clutters where breeding takes place in one surrounding. Our NSS volunteers put their hands together to destroy mosquito breeding sources. The Volunteers conducted a household awareness programme on World Mosquito Day in their locality.



Pamphlet Distribution - World Mosquito Day

An online flyer detailing the importance of the day highlighting the harmful diseases spread by mosquitoes was circulated among the various departments of SB College. Volunteers also conducted a pamphlet distribution programme in and around shops near the college.



Organic Horticulture Project

The Dept of Economics organized an Organic Horticulture Project.

Johnson MP Memorial National Paper Presentation Competition

Johnson MP Memorial National Paper Presentation Competition was organized by the Dept of Economics.

Health Action Campaign & BMI Monitoring

The Dept of Economics organized a Health Action Campaign & BMI Monitoring commemorating World Obesity Day.

International Women's Day Progressiveness Assessment Survey

The Dept of Economics conducted a Progressiveness Assessment Survey in association with International Women's Day.

Plant a Tree Campaign as part of the World Environmental Day 2021

The Dept of Economics implemented Plant a Tree Campaign as part of World Environmental Day 2021.

Voter Enrolment Facilitation Campaign

The Dept of Economics organized a Voter Enrolment Facilitation Campaign in order to commemorate National Voter's Day.

Pamphlet Distribution

The Dept of Economics organized a Pamphlet Distribution - Digital Kottayam

Shastravandi

Shastravandi, an approach by the Chemistry Dept. for conveying the importance of science among students of Govt. New UP School, Punnaveli.

10th All Kerala Mathematics Tournament

Mathematics Tournament is a major extension activity of the Department organized with the objective to popularize Mathematics among school and college students.

Tele Counselling Programme

Tele Counselling Programme was organized by the Kottayam District Administration and KILA and MSW Dept of SB College.

Tele Counselling Programme

Tele Counselling Programme was organized by the Kerala Catholic Bishops' Council (KCBC) and MSW Dept of SB College.

Collection campaign for flood victims

A collection campaign for flood victims was carried out by Goonj, Kerala, and the MSW Dept of SB College.

Distribution Drive in affected areas of the flood victims

Distribution Drive in affected areas of the flood victims was carried out by Oxfam, India for Flood Relief and MSW Dept of SB College

Sthree Shakthi Kala Jadha against dowry

Sthree Shakthi Kala Jadha against dowry was conducted as part of the Sthree Paksha Nava Keralam Programme of the Kudumbashree Mission by the Kudumbasree District Mission, Kottayam and MSW Dept of SB College.

Field Action Projects

Field Action Projects were carried out for the preventive interventions against the risk behaviours among children and adolescents by the Paippad Gramapanchayath, Vazhapally Gramapanchayath, Kurichy Gramapanchayath, Thrikodithanam Gramapanchayath, Puthupally Gramapanchayath, Kottayam Municipality and MSW Dept of SB College

Field Action Projects

Field Action Projects were carried out for the capacity building of parents and significant adults against child abuse by the Paippad Gramapanchayath, Vazhapally Gramapanchayath, Kurichy Gramapanchayath, Thrikodithanam Gramapanchayath, Puthupally Gramapanchayath, Kottayam Municipality and MSW Dept of SB College

Field Action Projects

Field Action Projects were carried out for empowering women against the atrocities they face by the Paippad Gramapanchayath, Vazhapally Gramapanchayath, Kurichy Gramapanchayath, Thrikodithanam Gramapanchayath, Puthupally Gramapanchayath, Kottayam Municipality and MSW Dept of SB College.

Plant a Sapling

BPCL and the Dept of Management Studies celebrated World Environment Day by planting saplings.

MSME day Celebration

MSME day was commemorated by the MSME Training Institute and Dept of Management Studies at SB College.

Signboard cleaning on Highways

Social Service Activities were carried out by the State Govt. Public work Dept. and Dept of Management Studies.

UN Day Celebration

Dept of Management Studies aimed at recovering better for an equitable and sustainable world

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Homestead Biodiversity- Photo Inventory

As part of the Homestead Biodiversity - Photo Inventory project conducted by the Kerala State Biodiversity Board, pictures of biodiversity in and around the home were collected and learned about them on 31.07.2020. Around 56 NSS volunteers of SB College registered for this and also uploaded pictures and their findings on the Biodiversity Board's website.



COVID Duty

Mr. Anish K Joseph, NSS Programme Officer of SB College served as the official in charge of the COVID-19 Facilitation Centre of Changanacherry Taluk on September 2&3, 2020.



(Mr. Anish K Joseph at COVID -19 Facilitation center)

NSS Day Special Activities

Commemorating the NSS Day, NSS volunteers of SB College Unit put forward their active presence in the creative voluntary activity on 24th September 2020. The volunteers individually took initiative in the activity and successfully implemented it by following the COVID protocols. The volunteers cleaned the bus stops, church premises, roadsides COVID quarantine camp, nearby building premises, home surroundings, etc. The programme officers Mr. Anish K Joseph, Dr. Rubin Philip & Mr. Shobin Varghese strengthened the volunteers by giving guidelines and specifications for the special activity.



(NSS day voluntary activities)

Plogging Run

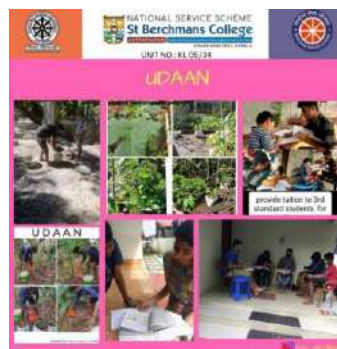
As part of the October 2nd Gandhi Jayanthi Day, The volunteers of NSS Unit SB College participated in the Plogging Run, by picking up trash to clean the roads and sidewalks.



(Volunteers cleaning the roads and sidewalks)

UDAAN

The NSS unit of SB College initiated an intensive social action project named 'UDAAN' for the academic year 2020-21. In this project, each volunteer independently takes up an activity in their neighbourhood. They will identify a person/family or a problem where continuous intervention by the NSS volunteer will bring improvement. In the beginning, the volunteers identified their area of activity and reported it to program officers. After obtaining approval from program officers, they initiated their work. The activities included taking free tuition, online learning assistance to school students, making improvements in livelihoods, support to people with disabilities, cleaning, and beautification of public places, vegetable farming, etc.



SAHYOG

The NSS unit of SB College initiated another intensive social action team project also named 'SAHYOG' for the academic year 2020-21. Volunteers were grouped into seven

Sahyog groups led by coordinators, convenors & joint conveners under the supervision of the programme officers. Each “Sahyog” had identified their projects and all of them started their activities.

Sahyog - Dhyuthi

It tries to make awareness among the public about social institutions in the community. They will conduct a survey on the awareness of people about various social institutions. After identifying the degree of awareness, they will plan and execute suitable awareness campaigns to make people familiar with the institutions and their role in society. They also plan to conduct mass awareness campaigns through social media.

Sahyog - Sanaatan

Sanaatan aims to work in the area of food sustainability by promoting kitchen gardens and homestead farming. They will mediate, awareness programs, campaigns, seed distribution, and knowledge sharing among neighbours to promote vegetable farming by utilizing the available spaces and facilities. The project also aims to nurture unity and cooperation among neighbours through vegetable gardens by sharing ideas, knowledge, seeds, vegetables they produce, etc.

Sahyog - Sankalp

Sankalp also stands for the aim of promoting the habit of farming in nearby households. They have taken steps to promote vegetable farming. As a part of stage one, volunteers collected and distributed grow bags, seeds, etc.

Sahyog - Dilaab

There are many people in our society who have been suffering mental stress due to the pandemic and lockdown. Members of Sahyog Dilaab went to homes in their area and talked to them. They collected information about their difficulties and offered them the help they needed. As a follow-up, they are planning to help them with their problems and help them to relax and recover from their stressful situations. They will concentrate on the needs of old aged people.

Sahyog - Agnimitra

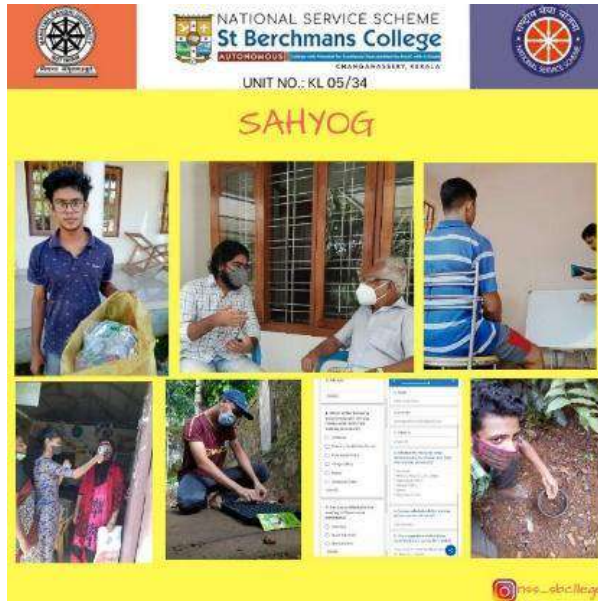
This project aims at environmental protection through voluntary service. They decided to collect plastic waste from their neighbourhoods and give it to scrap collection centres. Through the project, they aim to reduce plastic waste in their area and subsequent environmental degradation. They will initiate a campaign to minimize the use of single-use plastics.

Sahyog - Deenabandhu

Elderly people are sometimes marginalized in modern society. The members of Deenabandhu are trying to bring old aged people to the mainstream to make them feel secure and happy. As a first step, they spend time with their grandparents by talking and helping them. Basic skills to use mobile phones were also taught to them. They are planning to collaborate with ‘Vayoraksha’, a program initiated by the Government of Kerala.

Sahyog - Ektha

EKTHA planned on giving tuition-free of cost to the children in their locality. In the pandemic situation, it’s difficult for many students to cope with their studies. As a solution to this problem, each member of the sahyog takes free tuition for students within their locality obeying the COVID protocols. Thus, they are helping poor children in their studies amidst the strange situation of the pandemic.



(Sahyog group activities done by NSS volunteers)

2,3 December 2020: COVID Duty

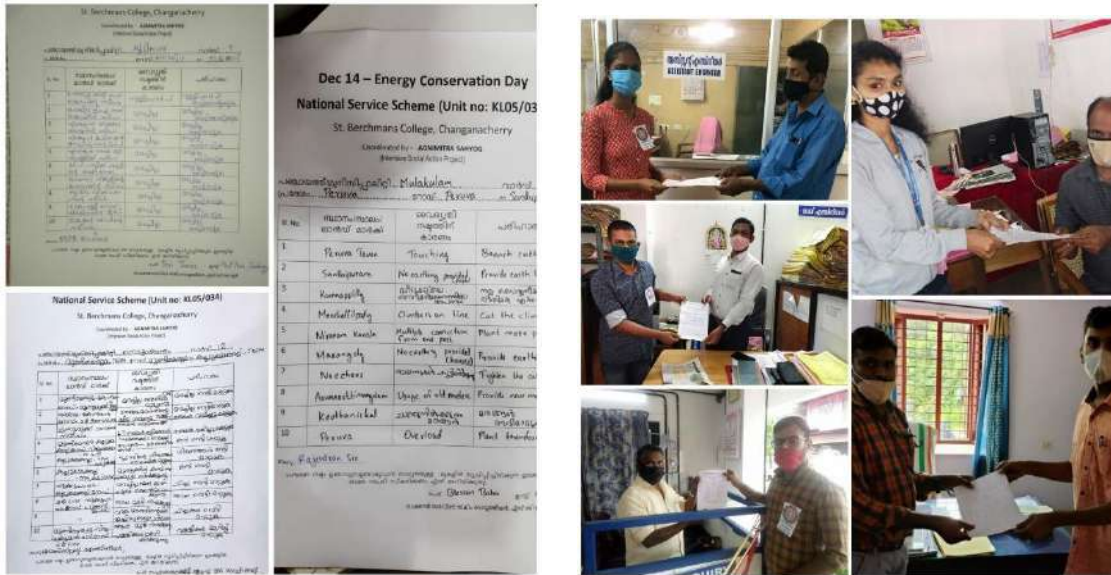
Mr. Anish K Joseph, NSS programme officer of SB College, served as the official in the COVID-19 center, Warrior Samajam Hall in Changanacherry taluk on 2 & 3 December 2020.



Scanned by TapScanner

Energy Conservation Day

To commemorate Energy Conservation Day, the NSS unit of SB College conducted an activity named 'Karuthal' on 14 December 2020. Volunteers individually searched for incidences of transmission loss on electricity lines, poles, etc., and reported such incidences to KSEB officials of their respective locality. 53 volunteers participated and reported 456 such incidences to the officials.



(The observations submitted by the volunteers)

7-Day Special Camp 'Navodayam 20' Shramdaan (Work session)

The NSS volunteers were divided into 7 Sahyog groups and each of them identified four individual shramdaan activities possible in their neighbourhood and they filled out a google form describing their shramdaan. The volunteers actively participated in their first work session Shramdaan and uploaded their photos. The volunteers cleaned the surroundings, supplied the COVID awareness brochures, helped the elders, etc.



Shramdaan

The volunteers actively performed their second Shramdaan activity. The volunteers cleaned the bus stops, helped in police stations, helped the staff members to clean the staffroom in a school, create awareness about the COVID situation, etc.



(Shramdaan)

Shramdaan

The volunteers actively did their third Shramdaan activity. The volunteers prepared and supplied masks & paper bags, assisted a carpenter in his work, make the river bank free of plastics, etc...



(Shramadaan)

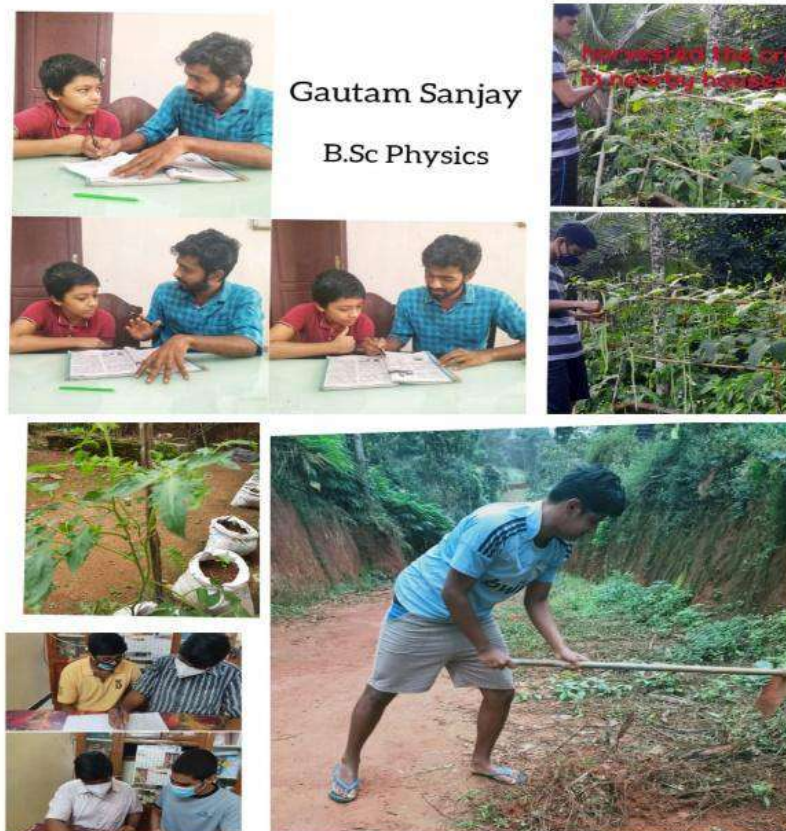
Survey

The major activity on the fifth day was a Field Survey on the impact of COVID-19. Each volunteer collected data from 10 households and in total, we get data from 880 households. The data were collected through the google form.



Intensive Social Action Projects Launched by SB College NSS Unit: Udaan & Sahyog UDAAN

The NSS unit of SB College initiated an intensive social action individual project named 'UDAAN' for the academic year 2020-2021. In this project, each volunteer independently takes up an activity in their neighbourhood. They will identify a person/family or a problem where the continuous intervention by NSS volunteers will bring improvement. In the beginning, the volunteers identified their area of activity and reported it to program officers. After obtaining approval from program officers, they initiated their work and they are working on their udaan activities by following the COVID protocols. The activities included taking free tuition, online learning assistance to school students, making improvements in livelihoods, support to people with disabilities, cleaning, and beautification of public places, vegetable farming, etc.



(Udaan activities done by the volunteers)

SAHYOG

The NSS unit of SB College initiated another intensive social action team project named 'SAHYOG' for the academic year 2020-21. Volunteers were grouped into seven Sahyog groups led by coordinators, convenors & joint conveners under the supervision of the Programme Officers. Each Sahyog is actively planning and implementing innovative activities as part of their projects.

Sahyog - Dhyuthi

The main aim of this project is to familiarise society with the procedures of various activities which would be beneficial for them in their daily life. The group has selected social media platforms like Instagram and Facebook to achieve the desired result. The information which would be provided on the group's social media page is collected from the e - District

website. All the members of the group were given an equal amount of data to be collected from the website and these data were verified by the members of the group by enquiring about them in Akshay centers, Panchayath offices, the website of NVSP, etc. As of now, the first phase of the project "SEVAN" has been successfully completed.



Sahyog - Sanaatan

Sahyog, Sanataan aims at promoting agricultural cultivation and all the members are working for it. We collected the seeds of vegetables and planted them in the nearby houses and are maintaining them. The neighbours in the nearby houses are giving great responses.



Sahyog - Sankalp

The third group, conceived as part of Sahyog activity collected seeds, germinated them, planted them in nearby houses, and then maintained them every day.



Sahyog - Dilaab

As part of the second phase of this year's collaborative work of the SB NSS unit, the fourth group, Dilab's selected activity, is entirely focused on the elderly. They are generally more likely to suffer from psychological distress as they are the most vulnerable group to the COVID epidemic that is spreading across the country. In that way, the members of the Dilab group volunteered to come directly to their problems and help them a little. All volunteers in the group spoke directly to the elderly in and around their homes, in compliance with all COVID standards.



Sahyog - Agnimitra

Through the project, they aim to reduce plastic waste and reduce pollution. In the project, twice a month they collected plastics from nearby areas and take the collected plastics to the plastic collection centres at last. As part of this, sahyog has started its second stage by collecting plastic waste from around 10 houses.



Sahyog - Deenabandhu

The second stage of the elderly care program constituted an intimate relationship between the new generation and the old generation. Members of the group took initiative to spend their valuable time with their grandparents by hearing them. They are satisfied with our work and gave great responses.



Sahyog - Ektha

Sahyog EKTA aims to give tuition-free of cost to the children in their own locality and was named ABHYUDAY. As it is a tough time for students who attend online classes because of the pandemic, there is a question mark before each student if they are understanding the subject or attending the class daily. So we came up with the solution that each member can take free classes like tuition for students within your locality by obeying the COVID protocols. Thereafter our members tried to contact children in their own locality. As we planned our group members taught the children of our own locality in their free time. Members took classes for children on various subjects. As per the children's opinions, they are completely satisfied with the teaching programme and gave their reviews about the classes. So the task is a complete



(Awareness campaign by volunteers)

123 Years of Subhash Chandra Bose

In commemoration of 123 Years of Subhash Chandra Bose, the NSS unit of SB College conducted a programme named 'Nerinte Nethaji' on 13.01.2021. As a part of this activity, 44 NSS Volunteers of SB College prepared posters conveying insights and great words about Subhash Chandra Bose and placed them in a place that attracted public attention.



(Volunteers prepared posters and exhibited them)

National Voter's Day

To enhance people's participation in the electoral process, National Voter's Day has been observed by the NSS unit of SB College. The unit conducted a programme named 'Perucherckku, Vote Cheyyu' on 25th January 2021. Volunteers did awareness activities for educating senior citizens above 80 years of age and persons with disabilities about the provision of postal voting without going to booths. Each of them visited 10 nearby houses and conveyed awareness messages.



(Awareness activities on National Voter's Day)

Anjappam

The world needs a change. It needs more humanity, more compassion, and more love. *Anchappam* is such an initiative toward positive change. A concept visualized by the renowned Fr. Bobby Jose Kattikad, Anjappam as a social collective effort aims to mitigate this social injustice by offering the marginalized sections economic access to food. The NSS volunteers of S.B College, serve food in the *Anchappam* daily.



(Volunteers serve food in Anjappam)

Sneha Thannerkudam

NSS Unit, SB College in association with Prakrithi Samrakshana Sangam organized an awareness program by a *Thannerkudam* facility on the campus which provides birds with water to drink. The activity emphasized the importance of setting up similar water facilities in the households to help the birds survive the scorching summer.



(Awareness Program by Sneha Thanneerkudam project)

Election Awareness Rally

NSS Unit of SB College in association with the Systematic Voters Education and Electoral Participation Programme SVEEP conducted an Election Awareness Rally on 17th March 2021. The rally was conducted at the Perunna bus stand and it was flagged off by Dr. Jose George, Vice Principal of SB College. Thus we gathered at the Municipal gate and Dr. Rubin Philip, NSS Programme Officer welcomed the gathering. The message was given by Ms. Preetha Prathap, Tehsildar of Changanacherry, Dr. Jacob Mathew M, Principal of SB College, and Mr. Shibu V. P, Secretary of Changanacherry Municipality.



(Dr Jose George flagging off the rally)



(Rally)



(Gathered at Municipal Gate)

Koottu

Koottu is a Charitable Trust aimed at uplifting visually impaired students. They have been engaged in providing voice clippings of study materials for students in colleges across the state for the past few years. As part of this 55 NSS volunteers of SB College is preparing audio learning materials for visually impaired students. The volunteers are divided into different groups and given materials for voice recording.

SVEEP- Bike Rally

2 NSS Volunteers of SB College participated in the bike rally organized by the Systematic Voters Education and Electoral Participation program SVEEP in Kottayam on 27.03.2021. The programme was to create awareness of the election.



(Bike Rally)

Election Duty

7 NSS volunteers of SB College did the sanitizing work at a polling booth of Changanacherry Taluk.



(Volunteers at polling booth)

Webinar on COVID Protection through Vaccination

NSS volunteers of SB College participated in the webinar organized by Govt. Of India - Ministry of Information and Broadcasting Field Outreach Bureau, Kottayam in coordination

with National Service Scheme of SB College on 08.05.2021. The Webinar was a talk on ‘COVID Protection through Vaccination’ by Shri Domi John, District Education Media Officer Health Services Department, Kottayam. The Chief Guest of the webinar was Fr. Reji P Kurian, Principal of SB College. The webinar helped the volunteers to know the importance and necessity of Vaccination against COVID.



(Webinar by Shri Domi John)



(Message given by Fr. Reji P Kuriyan)

COVID Vaccine Registration

NSS volunteers of SB College helped elder people in registering for the COVID Vaccine.



(Volunteers registering for COVID vaccine)

Supply of Necessities to COVID Patients

NSS volunteers of SB College supplied food, medicines, and other necessary items to COVID patients.



(Volunteers supplying necessary items)

Election Duty by volunteers

7 NSS volunteers of SB College did the sanitizing work at a polling booth of Changanacherry Taluk.

COVID Cell - Help Desk by Unit - “Doctor on Call”

To give emergency medical assistance to people during COVID-19 - lockdown, the COVID Cell of our unit facilitated a telephonic medical consultation - ‘Hello Dr’. Dr. Jayasurya PG and Dr. Najma Salim provided telephonic medical advice to around 50 patients.



Assistance for COVID Vaccine Registration

NSS volunteers of SB College helped 165 elder people in online registration for the COVID Vaccine in their neighborhood.

Supply of Necessities to COVID Patients

NSS volunteers of SB College supplied 25 food packets, medicines, and other necessary items to COVID patients along with local Govt. bodies and other social organizations.

9th All Kerala Mathematics Tournament

Mathematics Tournament is a major extension activity of the Mathematics Department organized with the objective to popularize Mathematics among school and college students.

COVID-19 Facilitation

COVID-19 Facilitation Work Centres organized by the Govt. of Kerala.

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Pre-Monsoon Cleaning Campaign and Saplings Plantation

As part of the various 'Shuchitwa' initiatives, the NSS Cell of MG University came up with the "Littering Free Campus, Village, and City Scheme" for the NSS Volunteers. As the inauguration of this scheme at the unit level, the NSS SB College Unit in association with **Rehma Charitable Trust and Urava Clean Water Project**, with the strength of 50 NSS volunteers initiated a cleaning drive from Perunna-Mannanam Junction to Contour Junction on 15th June 2019. This programme was graciously inaugurated by Shri. Lalichen Kunniparambil (Municipal Chairman, Changanassery), Adv. PS Manoj (Municipal Councillor), Fr. Reji Plathottam (Vice Principal, SB College), Mr. Anish K Joseph (NSS Programme Officer), Mr. Sasikumar Palakkalam (Coordinator, Urava) and Dr. Sabu M Yohannan (Coordinator, Rehme Charitable Trust). The volunteers also planted 15 saplings on both sides of the MC road.



(Pre monsoon cleaning inauguration)



(ACV news report on the inauguration)



(Cleaning session at Perunna)



(Sapling plantation on AC road)

Donating Library books to *Anjappam* Library

An orientation meeting was organized by the *Anjappam* organization to inform the volunteers about their novel operations and responsibilities. NSS unit SB College is a major partner of *Anjappam* at Changanacherry. The organisation attempts to ensure food for all and its motto is 'Annavum Aksharavum Aadaravode' (Food and Letters with Respect). This session was followed by a Book Donation Initiative, where the NSS Programme Officer Mr. Anish K Joseph and NSS volunteers donated books to *Anjappam* library.



(Fr. Bobby Jose Kattikkadu receiving the Library books)

Serving at Anchappam

The world needs a change. It needs more humanity, more compassion and more love. Anjappam is an organization which aims to mitigate the social injustice of poverty and hunger by offering the marginalized sections access to quality food at minimalized or in fact zero cost. Daily 4 NSS volunteers from SB College go to Anjappam in order to serve food to the needy ones.

International Day against Drug Abuse and Illicit Trafficking (Film Show and Discussion)

In order to project the dangers of drug addiction, the NSS SB College Unit decided to put forward a Short Film Screening and Discussion on the same. As a part of this, a short film called “**Mydhya**” was screened, which created awareness by imparting the consequences of drug addiction and other problems faced by their mates. Further, the volunteers arranged a discussion on the topic “**Awareness through Media**”, where the volunteers discussed the various possibilities which the latest media can provide, through which the public can be made aware of the ill effects of drugs. In conclusion, NSS volunteers made an Anti-Narcotics Pledge.



(Film Show – Mydhya)



(Discussion on Awareness through media)

Eco Products Training Workshop

The NSS volunteers hosted an eco-product training workshop on our campus where the trainers shared the skill of eco-product manufacturing with the trainees who attended the workshop. The manufacturing of eco pens and paper bags was taught by the NSS executives on 19th July 2019, at S.B College. Most of the raw materials used for production were waste products which were collected from the campus as well as from the nearby houses.



(Eco Products training to NSS volunteers under the leadership of NSS Executives)

The workshop has resulted in the continuous production of Eco-Products. The selected volunteers are regularly engaged in eco product making from 4:00-5:00 PM on most college days in order to expand production.

SBSI Household Survey

The NSS volunteers who had enrolled in the Swachh Bharat Summer Internship took part in an 'Anti-plastic survey and campaigning' on Saturday. The team led by Volunteer Captain Joyal Joseph was divided into different groups and was allotted different areas in the Changanassery Taluk. The main agenda of the survey was to collect information about the methods of waste disposal used by households. NSS volunteers also gave awareness to the citizens about the disadvantages of plastics and unsystematic waste disposal. Questionnaires were distributed to about 50 random households. Around 160 individuals belonging to diverse age groups participated in this survey.



CLEANATHON: A Walk for a Cleaner Tomorrow



As a part of the SBSI campaign, a walkathon titled 'CLEANATHON' was done in the Changanacherry region with the aim of spreading awareness about the importance of cleanliness in our daily lives. The walkathon attracted the attention of many as we rallied through the most crowded parts of the city. The walkathon was greeted with positive responses throughout its duration.

3R's Pamphlet Distribution

Alongside the walkathon, we also distributed pamphlets containing information regarding simple waste management techniques that can be implemented at small/domestic scales. The pamphlet emphasized the introduction and implementation of **3Rs (Reduce, Reuse, Recycle)** in our daily lives as well as waste segregation using simple techniques.



Charity Collection Drive

In association with Charity World Trust, a collection drive was organized on 28th July 2019, to support kidney patients, in which some of the NSS volunteers of SB College Changanassery actively participated.

Exhibition of Eco Products (GreenBerch Stall)

An exhibition of the products of the Berchman Eco Product Institute of National Service Scheme, SB College Unit was held on 2nd August 2019 in association with the Berch-Enviro program conducted by the Berchmans Institute of Management Studies. Our institute is committed to spreading the messages of “Reduce, Reuse, Recycle and Upcycle”.

The products include eco pens, paper bags, seminar kits, bottle crafts and other craft products which will be offered for sale on the campus. The exhibition was conducted as part of *Swachhata Pakhwada* (August 1st to August 15th) activities called for by the Union Ministry of Sports and Youth Affairs.



(Preparation of Stall and Exhibition of Eco Products to the college students)

11 August 2019 to 15 August 2019: Flood Relief Activities

The unprecedented, devastating floods of 2019 called for many needs. From 11th August 2019, NSS volunteers of SB College fully engaged in flood relief activities. Materials worth Rs. 25000 were collected and properly distributed. The nearby camps were occasionally visited. The collected goods were supplied to the needy through Kudumbasree Mission, Pathanamthitta District Mission and Sakhyaa Charitable Society in collaboration with Rise-Up Forum (309/2018).



(Collection of necessary commodities from various districts)

Bund Construction

Volunteers of St Berchmans College NSS Unit, Changanacherry participated in the voluntary work to rebuild the broken bunds in Mullakkal, Alappuzha. Volunteers helped sew sandbags and filled sand in the same. Twenty volunteers from the second year and 9 volunteers from the first year participated in the sand sack filling and sewing from 9 am to 3 pm on 23-08-2019 bearing the scorching heat of the sun.



(NSS Volunteers helping in the construction of bund in Mullakkal, Alappuzha)

Eco Products Campaign and Sale

GreenBerch, the NSS unit's Eco Products Training and Marketing Institute becomes more effective by familiarizing the products to society and also the college staff and students. So NSS SB College decided to do a campaign of eco products for the citizens living in Changanacherry Taluk. Different groups of NSS volunteers were divided into different areas for the personal selling process. These products were also given for sale to the college staff and students by introducing such products to different departments and the volunteers were successful in this activity.



(Eco products Campaigning and Sale)

World Heart Day Rally

Forty-five NSS volunteers of SB College participated in the World Heart Day Rally through a distance of five kilometres conveying the importance of maintaining "a healthy heart for a healthy life". The programme was organized by St Thomas hospital, Chethipuzha in association with National Service Scheme.



Mega Cleaning Campaign on Gandhi Jayanti

St Berchmans (Autonomous) College, Changanacherry has recommitted itself to the cause of environment protection by launching a series of activities under the banner of 'Swatchatha Hi Seva Campaign' in the college and in the neighbourhood from Oct 1, 2019, to Oct 2, 2019.

NSS volunteers of SB College (about 150 students) led a **Mega Cleaning Campaign** in association with Charity World Trust at Muttar Panchayat in Alleppey district. The programme was held in a severely flood-prone area and it could ensure community participation by bringing together around 5000 people in the campaign. This area in Muttar panchayat was identified to be a highly deserving area of community action and a decision was taken by the Programme Officers to submit the proposal to select this area as the Adopted Village in the next Advisory Committee meeting.



**NSS SB College
KL 05/34**
**Gandhi Jayanti Celebrations
@Muttar Panchayat**
ശുചിത്വ സാക്ഷരതാ യജ്ഞം -
ഉദ്ഘാടനം

Fit India Plogging Run

Fit India Plogging Run was organised by the National Service Scheme unit of the college at Muttar Panchayat as part of the Gandhi Jayanti Mega Cleaning Campaign. About 150 NSS volunteers participated in the plogging run.



Municipal Ward Meeting

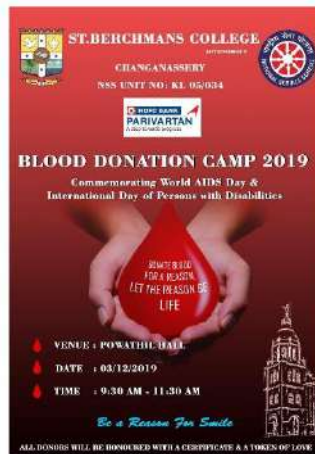
NSS Programme Officers Mr. Anish K Joseph and Dr Rubin Philip attended a Municipal Ward Meeting, “Grama Sabha” on 6th November 2019. The Changanassery Municipality has requested the NSS unit of SB College to associate with a survey and waste management campaign in Ward 4 of Changanassery Municipality which is near our college.



(NSS Programme Officers attending Municipal Ward Meeting)

Blood Donation Camp

A blood donation camp was organized by the National Service Scheme at the college in association with **HDFC Bank** and **Kottayam Medical College** commemorating **World Aids Day** and **International Day of Persons with Disabilities** on 3rd November 2019. Students from various departments donated their blood. The camp succeeded in collecting about **80 units** of blood. Certificates were given to students who donated blood.



Vimukthi Club - Excise Bike Rally

On 4th December 2019, Vimukthi Club of the National Service Scheme unit of SB College in collaboration with the Excise Department of Changanassery conducted an **Excise Bike Rally** against the social issue of **“Drug Abuse”**. Around 25 bikes took part in this programme and it was flagged off by our College Principal Dr. Jacob Mathew M.



Suvarnam 2019 - 7 day Special Camp at Muttar

The 7-day special camp of the National Service Scheme, SB College Unit was held at St George HS School, Muttar from 20 Dec 2019 to 26 Dec 2019. Dr. P K Padmakumar, Syndicate Member, MG University inaugurated the camp in the presence of Mr. M K Joseph, President, Muttar Panchayat, Dr. Jacob Mathew, Principal, SB College and Fr. Reji P Kurian, Vice Principal, SB College and other dignitaries. The volunteers were engaged in various post-flood activities for ‘Rebuilding Kerala’ during the camp.



(A glimpse of the few programmes from the 7-Day Camp)

Ini Njan Ozhukatte (*Let me flow now*) – Canal Cleaning Drive

We joined hands with ‘Haritha Kerala Mission’ and undertook the task of cleaning a canal which was clogged by both weeds and plastic. Realizing that water bodies, canals and proper drainages are essential components of a healthy ecosystem, we took up the task of cleaning a clogged-up canal in the Muttar Panchayat. As an awareness campaign, we did a rally from the school to the location of our activity. The work session was inaugurated by Haritha Kerala Mission Alappuzha Coordinator, Shri K S Rajesh. All the volunteers actively participated in this clean-up session. The clean-up drive also saw the participation of many local people, who provided us with help and support for this noble activity.



Street Play – ‘Ni Manushyan Ano?’ (*Are you a human?*)

A street play was organized that addressed many contemporary issues like abortion, nature conservation, excessive use of fertilizers and insecticides, drug abuse etc. The street play was conducted at two locations and it attracted the attention of many who had gathered to watch the same.



Renewable Energy Survey and Disability Survey

A survey on renewable energy (in association with ANERT) as well as a survey on disabilities. The volunteers were divided into groups of four and were allocated to different areas. The survey started at 10:00 am and ended by 1:30 pm. Data were collected from about 150 households. The data were grouped together and later on uploaded to the required websites.



Punarjani: The Revival of Water Bodies

The work session on day 4 was named 'Punarjani', which literally means rebirth. Just like the name rightly points out Punarjani was an activity aimed to revitalize and bring back the glory of ponds and rivers which used to flow prominently a few years ago. As a part of this activity, NSS volunteers cleaned a water channel in the Muttar Panchayat and removed all the organic and plastic waste from that water body. The work session was inaugurated by Shri Mathew Varghese, Chairman of the Health and Education Standing Committee, Muttar Panchayat.



HAM Radio Making

Shri Justin John, Assistant Professor, SB College conducted a workshop on **the possibilities of HAM Radio** – the individually operational radio sets. Ham radios opened up a possibility of communication **during flood-affected times** during which mobile phones cannot be used.



(Discussion on the making of HAM Radio)

Clean Campus – Green Campus

The major activity of the following day was titled “**Clean Campus – Green Campus**”. All the volunteers took part in this activity to clean the campus. They were divided into various groups and assigned different tasks. The main objective of the day’s cleaning session was to level an area which would later be used as an assembly ground for the students of the school. The school garden and the playground were also cleaned as a part of this activity.



(Cleaning the areas in and around the school campus)

GreenBerch Eco products Stall - Changanassery Mega Fest

In light of the Government's initiative to ban the use of Non-Recyclable Plastics, the National Service Scheme Unit of S.B College came forward with the GreenBerch Eco Products Training Institute. The institute managed a stall in the Changanassery Mega Fest held inside the SB College Campus from the 21st to the 29th of December 2019. The stall was dedicated purely to the propagation and sale of eco-friendly alternatives of day-to-day plastics like carry bags, disposable plates and cutlery, etc. The Stall also showcased artistically recycled glass bottles as a clean and creative alternative to the current unsustainable practice of trash heaps and landfills.



(Eco Products Stall at Changanacherry Mega Fest)

Changanassery Mega Fest – Green Army to maintain Green Protocol

St Berchman's Campus hosted the Changanassery Mega Fest 2019 from the 21st to the 29th of December 2019 conducted under the joint leadership of Charity World and Radio Media Village. The Fest was conducted to raise funds for Charity. Charity is one of the biggest mottos of the National Service Scheme paved for the involvement of the SB College NSS Unit in the Fest.

The SB College NSS Unit contributed to the cause and the coordination of the fest during the nine days was carried out by about 50 NSS volunteers. The Fest was carried out under the Green Protocol which banned the use of single-use plastics in and during the fest. The NSS unit was in charge of forming a Green Army for protecting the Green Protocol



(Green Army Captains being handed over with the Mega Fest Torch)

Eco Products Training Workshop conducted by GreenBerch

The Eco Products initiative 'GreenBerch' by the SB College NSS Unit is fully fledged in its promotion and training of Eco-friendly products. An Eco Product training workshop was conducted for the NSS volunteers of St. Mary's HS School, Champakkulam. The half-day training programme was conducted at St Aloysius H S School, Edathua during the annual NSS camp for the Higher Secondary School Volunteers. The workshop was led by Adarsh M, NSS Volunteer Captain, SB College, Changanassery.



(Volunteer Captain Adarsh M engaging with the students)

DISHA 2020 - A Mega Drug Awareness Campaign

Understanding that youths are the integral building blocks of our nation, but also realizing the startling fact that a huge percentage of today's teenagers are held captive by the shackles of drug abuse, the National Service Scheme Unit of S.B College associated with the Changanacherry Taluk Residents Association Apex Council, Vimukthi (Kerala Excise), and the NCC (Army Wing) of S.B College and jointly organized DISHA 2020 – Drug-Free Campus Campaign for the students of S.B College. NSS Programme Officer Mr. Anish K Joseph welcomed the gathering and the inauguration was done by **Shri. P.S Sabu IPS, District Police Chief, Kottayam**. The theme was presented by Shri C.J Joseph, President, TRAACC and Dr. Jacob Mathew, Principal, SB College; Shri Viji Philip, Secretary, TRAACC etc. addressed the gathering.



ചങ്ങനാശ്ശേരി താലൂക്ക് സിഡന്റ്സ് അസോസിയേഷൻ അച്ചക്സ് കാൺസിൽ, എസ്ബി കോളജ് നാഷണൽ സർവീസ് സ്കീം എന്നിവരുടെ സംയുക്താഭിമുഖ്യത്തിൽ ആരംഭിച്ച ലഹരിവിമുക്ത കാമ്പസ് കോട്ടയം ജില്ലാ പോലീസ് മേധാവി പി.എസ്. സബു ഉദ്ഘാടനം ചെയ്യുന്നു.

ലഹരി വിമുക്ത കാമ്പസ് പരിപാടിക്കു തുടക്കം

ചങ്ങനാശേരി: താലൂക്ക് റസിഡന്റ്സ് അസോസിയേഷൻ അപ്പക്സ് കാൺസിൽ, എസ്ബി കോളജ് നാഷണൽ സർവീസ് സ്കീം, എൻസിസി, കേരള എക്സൈസ് വിമുക്തി എന്നിവർ സംയുക്തമായി എസ്ബി കോളജിലെ മാർ കാവുകാട്ട് ഹാളിൽ ലഹരികെതിരെയുള്ള ബോധവൽക്കരണ പ്രവർത്തനത്തിന് തുടക്കം കുറിച്ചു. കുട്ടികൾക്കുണ്ടാകുന്ന പ്രശ്നങ്ങൾ മാതാപിതാക്കളോടും അ

ധ്യാപകരോടും പങ്കുവയ്ക്കണമെന്നും സുഹൃത്തുക്കളെ തിരഞ്ഞെടുക്കുമ്പോൾ സൽഗുണമുള്ളവരെ കൂടെകൂട്ടണം എന്നും സമ്മേളനം ഉദ്ഘാടനം ചെയ്തു കൊണ്ട് കോട്ടയം ജില്ലാ പോലീസ് മേധാവി പി.എസ്. സബു പറഞ്ഞു. എൻഎസ്എൻ വാളന്റിയേഴ്സ് നിർമ്മിക്കുന്ന പരിസ്ഥിതി സൗഹൃദ വസ്തുക്കളുടെ (ഗ്രീൻബിൽഡിംഗ്) പ്രദർശനവും ആദ്യ വിൽപനയും കുട്ടികൾക്കുള്ള

നാഷണൽ സർവീസ് സ്കീം അവാർഡുകളും ജില്ലാപോലീസ് മേധാവി നിർവഹിച്ചു. കോളജ് പ്രിൻസിപ്പൽ ഡോ. ജോണിമാത്യു എം. അധ്യക്ഷത വഹിച്ചു. താലൂക്ക് റസിഡന്റ്സ് അസോസിയേഷൻ അച്ചക്സ് കാൺസിൽ പ്രസിഡന്റ് സി.ജെ. ജോസഫ് മുഖ്യപ്രഭാഷണം നടത്തി. എക്സൈസ് ഇൻസ്പെക്ടർ സന്തോഷ്കുമാർ ക്ലോസ് നയിച്ചു. എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസർ അനീഷ് കെ. ജോസഫ്,

ഡോ. റുബിൻ ഫിലിപ്പ്, ലഫ്റ്റനന്റ് ജയിന്റ് ബോണർ, വിജി ഫിലിപ്പ് ഭൃത്യയിൽ, ജോസഫ് കുട്ടി പുറവടി, വിനു ജോബ്, പി.എൻ. സുകുമാരൻ, ലിനു ജോബ്, ജോഷി കൊല്ലാപുരം, ജയിംസ് ജോസഫ്, ഷിയാൻ മുഹമ്മദ് തുടങ്ങിയവർ പ്രസംഗിച്ചു. പ്രഫ. പെരുന്ന വിജയന്റെ കാഴ്ചകൃത്ത് ലഹരികെതിരെയുള്ള നാടകം മുഹമ്മദ് ഷൈഫിക് സ്റ്റേജിൽ അവതരിപ്പിച്ചു.

(Deepika Newspaper – 28th January 2020)

GreenBerch- an Exclusive Space for Eco products Training and Marketing

The inauguration of the GreenBerch room, a space solely dedicated within the college campus for the purpose of making and marketing the eco products made and procured by NSS volunteers of SB College, was carried out by Shri. P.S Sabu IPS, District Police Chief, Kottayam. GreenBerch: Berchmans Eco products Training and Marketing Institute has so far given training to nearly 1500 individuals across Kerala, spearheading the anti-plastic campaign of NSS.



The first sale of the Green-Berch Eco-Products was done by Dr. Jacob Mathew, Principal, S.B College and the products were purchased by P.S Sabu IPS, District Police Chief, Kottayam.

World Cancer Day – Awareness Rally

In commemoration of World Cancer Day led by the Union for International Cancer Control (UICC), the NSS Unit of SB College in collaboration with the Department of Social Work, SB College and Caritas Hospital, Kottayam organized a Cancer Awareness Campaign with various activities. The campaign was flagged off with an awareness rally at the KSRTC bus stand and Puthoorpally Shopping Complex area.



World Cancer Day – Street Play on Cancer Prevention

In commemoration of World Cancer Day, a street play was organized on the precautions for cancer prevention. The play was conducted at Puthoorpally shopping complex area.



Anganwadi Painting

S.B College NSS Volunteers undertook the task of cleaning and beautifying an Anganwadi located in Changanacherry. The Anganwadi which had not been properly looked after throughout these ages had filthy walls and classrooms which certainly didn't provide an atmosphere which is expected in an Anganwadi. The volunteers swung into action and actively took part in the cleaning activities. Later on, the classrooms were whitewashed and suitable drawings and writings were painted on the walls



ASPIC Club Annual Meeting 2020

The Programme Officers and Volunteer Secretaries attended the annual meeting of the ASPIC club which operates through NSS on campus. ASPIC Clubs work to generate awareness about Antibiotic resistance and other health-related issues.



Inauguration of Ek Bharat Shrestha Bharat Programme (EBSB) at SB College

Ek Bharat Shrestha Bharat Programme (EBSB) at SB College in collaboration with National Service Scheme was inaugurated at SB College by Sri. Uttam Singh, Research Scholar, IIT Mandi, Himachal Pradesh.



(Inauguration of EBSB)



(Volunteers at the EBSB Inaugural Ceremony)

Guest Talk on the Cultural Diversity of Himachal Pradesh



Sri. Uttam Singh, Research Scholar, IIT Mandi, Himachal Pradesh delivered a talk on the History and Culture of Himachal Pradesh. Nearly 100 NSS volunteers attended the programme. A Tribal Dance of Himachal Pradesh was presented by the NSS volunteers in order to develop an interest in the culture of the state.

'Navodakam' Water body management project

Periodical cleaning and maintenance of Poovakkattuchira was carried out by the Dept of Botany.

Data Collection

The Dept of Commerce conducted data collection as part of Swatch Bharath.

Cleaning Programme

The Dept of Commerce conducted a cleaning programme in the Changanassery Municipality.

Social Awareness Programme - Unnat Bharat Abhiyan

The Dept of Zoology conducted a Need Assessment survey and production of compost from water weeds as a measure to enhance the quality of the Kokkattuchra community.

Cleaning Programme - Swachh Bharat

The NCC conducted a cleaning programme as part of Swachh Bharat.

Awareness Programme

The Dept of Social Works conducted a Suicide Awareness Programme at St. Joseph Higher Secondary School, Changanassery.

Awareness Programme

The Dept of Social Works conducted a Suicide Awareness Programme at Placid Vidya Vihar School, Changanassery.

Awareness Programme

The Dept of Social Works conducted an Awareness street play on waste management at Alappuzha.

Camp

The Dept of Social Works conducted a Stem cell detection camp at Changanassery.

Collection and distribution of flood relief materials

The Dept of Social Works collected and distributed flood relief materials to the victims of North Kerala

Restoration of Endosulfan victims in Kerala

The Dept of Social Works conducted a Public campaign and One Act Play on the need for rehabilitation of the Endosulfan victims in Kerala by Daya Bai.

Awareness Programme

The Dept of Social Works conducted a Cancer Awareness Campaign with Exhibition, Rally and Street play.

Field Action Programme

The Dept of Social Works conducted a Cancer School-Based Field Action Programme against Risk Behaviour among children and adolescents implemented in five schools.

Fund Raising Programme

Students of the Dept of Social Works volunteered in CHRYSALIS TOWARDS INCLUSION – Fundraising Programme for Alan T21 Welfare Trust.

Break the Chain

The Dept of Social Works distributed sanitiser at the Valummelchira SC colony.

Workshop on AM and FM radio building

The Dept of Physics conducted a workshop on AM and FM radio building

Suvarnam 2019

7-day Special Camp at Muttar from 20 Dec 2019 to 26 Dec 2019: The volunteers were engaged in various post-flood activities for 'Rebuilding Kerala' during the camp.

Workshop

NSS conducted a workshop on HAM radio communication for disaster management (St. George's HSS Muttar)

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Educational support to Tribal School Students



On 18th June 2018 Umbrellas and bags were collected from the NSS Volunteers and given to the students of Kandampady Government Tribal School, Idukki in association with *Kayythang Charitable Society, Kandampady*.

World Environment Day - KSCSTE

National Service Scheme, St. Berchmans (Autonomous) College, Changanassery (Unit No: KL 05/034) observed 'World Environment Day - 2018 on 25th June 2018, supported by **Kerala State Council for Science, Technology and Environment** (KSCSTE) on the focal theme 'Plastic pollution'. *All Kerala Essay Writing Competition* and seminars were conducted as a part of the celebrations. A total of 210 students (UG and PG) participated in the celebrations. The welcome address was proposed by **Dr. Ajith James Jose** (NSS Programme Officer) and the presidential address by college Principal **Rev. Fr. John Joseph**. The function was inaugurated by **Dr. Jinu Jacob George**, by lighting the lamp. He is an assistant professor in Department of Polymer Science & Technology, Cochin University of Science and Technology (CUSAT), Kochi. **All Kerala Essay Writing Competitions** to promote anti-plastic pollution activities were conducted and the winners were awarded cash prizes and certificates during the inaugural function.

First prize: Rs 2500 and certificate (Ms Samiya Sarah Abraham, BCM College, Kottayam)

Second prize: Rs 1500 and certificate (Ms Ayana Surendran, Morning Star Home Science College, Angamaly)

Third prize: Rs 500 and certificate (Ms Tania Sabu, St Berchman's College, Changanassery)



This was followed by a scientific talk by Dr. Jinu Jacob George on 'Beat Plastic Pollution'. He discussed various topics related to nature protection and the need for plastic recycling. Also,

he mentioned how to utilize plastic without disturbing the beauty of nature. Students interacted with him and cleared their doubts. After the session, many of our students are initiating Anti Plastic pollution activities.

Leadership Camp

A leadership camp programme was organized on 23rd June 2018 for the 2nd year NSS Volunteer from 10 am. NSS Programme officers Dr Ajith James Jose and Prof. Anish K Joseph addressed the gathering. NSS Volunteer secretary Anandhu S felicitated the volunteers. Mr. Tony Madathil (Film script writer) deliver a session on the topic “Leadership through NSS”.

Plastic Free Campus

‘Plastic Free Campus’, was really a novel experience for students. Students collected plastic bottles on campus and placed them in a commonplace. We planned to hand over the bottles to **Haritha Karma Sena of Swatch Bharath**

Donation to Flood Relief Camp –Kuttanadu



Our NSS Unit organized a donation to the flood relief camp at Kuttanadu on 26th July 2018. NSS Programme Officers Dr. Ajith James Jose and Prof. Anish K Joseph along with some of the NSS volunteers visited the flood-affected area of Kuttandu (Vezhapra). The programme was flagged off by the college principal Rev. Fr. John Joseph Mullanpara. The food items and the sanitary items collected from the NSS volunteers and from the college were distributed among the people of Vezhapra village.

FLOOD RELIEF ACTIVITIES OF THE NSS TEAM (18th August 2018 – 26th August 2018)

Flood Relief Camps were the need of the hour after the devastating floods of August 2018, which left teeming thousands homeless and helpless in Kerala. St Berchmans College, Changanasserry could extend a firm helping hand to the people of Kuttanad by acting as a Collection and Distribution Centre of materials to nearly 60 camps in Kuttanad and Changanasserry and also by opening its classrooms to set up a camp which could accommodate about 500 people. Throughout the camp nearly 50 NSS volunteers were present and they could help the faculty members in organising many activities planned for the camp inmates.

The relief camp at SB was benevolently supported by various organisations and individuals. 3611 people from the flood-hit areas in Kuttanad and Changanacherry registered at SB College Relief Centre. 167 families with a total strength of 473 members camped at SB from 18th August 2018 to 26th August 2018. Food was served to 700 people every day. 2000 kits which contained food and cleaning materials were distributed to the needy. 60 other camps in Kuttanad and Changanacherry were supported by the resources received at SB College.

St Berchmans College, Changanassery could extend a firm helping hand to the people of Kuttanad by acting as a Collection and Distribution Centre of materials to more than 50 camps in and around Changanassery and also by opening its classrooms to set up a camp which could accommodate about 500 people. Mr. Anish K Joseph, NSS Programme Officer was the coordinator of the relief camp at SB.

Dr. Ajith James Jose, NSS Programme Officer, SB College led a team of 50 volunteers to Era Panchayath for the cleaning of public buildings on 26th August 2018.



Opening of Camp Stores for Distribution of materials to camp Inmates

Apart from the Collection and Distribution Centre, which acted as the Control Room of all relief activities, two separate stores were opened for the easy and proper distribution of essential materials to the camp inmates. Both of these stores were managed under the secure leadership of the NSS volunteers.



Medical Camp

The service of various medical teams and individual volunteer doctors were made available on the campus. The teams visited included doctors from Medical College, Kottayam, Sree Chithra Trivandrum etc. A medical centre with essential medicines was also opened in the Amaravati block for the camp inmates. The necessary arrangements for the medical camp were made by the NSS volunteers.

Medical camps for flood victims

A medical camp for flood victims at Thottuvathala, Alappuzha Dist. was conducted by the NSS, S H Medical Centre, Kottayam & St. Berchmans Educational and Charitable Trust.

Medical camps for flood victims

A medical camp for flood victims at Valummelchira Colony was conducted by the NSS, Rotary Club (Pala), Marian Medical Centre(Pala), St. Berchmans Educational and Charitable Trust

NSS volunteers to ensure proper cleanliness and hygiene in the camp

Based on the recommendation of the Medical College Team who visited the campus, a separate team of NSS volunteers was constituted to ensure proper. Cleanliness and hygiene in and around the rooms and camps during the stay of flood-affected people. Once each day the team went around the campus, created awareness among the people and themselves cleaned the observed unhygienic condition.



You & Me

The District Administration, DC books and the You & Me team organized an interactive session consisting of games, folk songs etc. The interactive session was led by Manu Jose. The session could spread a spirit of happiness and positive energy among the camp inmates with shattered dreams. Mr. Anish K Joseph, NSS Programme Officer organised the event.



Medical camp by Malayala Manorama

A medical camp was organized for the camp inmates by Malayala Manorama on 23rd August 2018. The necessary arrangements for the medical camp were made by the NSS volunteers.

Positive Thinking and Psychological Relaxation Exercise. A class on Positive Thinking and Psychological Relaxation Exercise was arranged by NSS volunteers on 25th August 2018. The class was led by Fr. Sunny SJ.



Food Grains Kit

From 25th August 2018 to 26th August 2018 Cleaning and food grains kits were distributed under the leadership of NSS volunteers to the inmates who were leaving the camp to their houses. Mr. Anish K Joseph, NSS Programme Officer and Coordinator of the Relief Camp coordinated the activities.



Post Flood Cleaning

On 26th August 2018, NSS Volunteers took up the task of post-flood cleaning the Panchayat Office, Hospital, Village Office, NSS School, Post Office and houses in Eara, Kottayam. The team was led by Dr. Ajith James Jose, Programme Officer NSS and Dr. Rubin Philip of SB College.



August Mouna Upavasm

On 7th August 2018, NSS volunteers visited the campsite of 'August Mouna Upavasm' (August Silent Fasting), interacted with the activists and offered their support. The camp has been regularly conducted over the past twelve years across Kerala by a group of social activists in the week of Hiroshima – Nagasaki days. This year the camp was organized at CSI Youth center at Changanasserry and the proposed objective was the banning of chemical pesticides and making Kerala an organic state. Prof. Anish K Joseph also addressed the gathering of the activists at the campsite. NSS volunteers carried leaflets and magazines of the campaign and distributed those on the college campus.



Rescue Operations at Changanassery Boat Jetty



NSS Programme Officer, Mr. Anish K Joseph and NSS volunteers were involved in the initial rescue operations at the boat jetty when people were shifting in huge numbers from Kuttanad to Changanacherry. They also visited relief camps in Changanassery.

Training Program on paper bags and cloth mats



A training class by Dr Sunil Kumar (Naturopathy Doctor) was organized on 1st September 2018 for the NSS Volunteers. The volunteers were trained to make paper bags and cloth mats out of waste cloth material.

Eco pen training at PIETA BHAVAN

On 2nd September 2018, an Eco-pen making workshop was conducted for the inmates of PIETA BHAVAN at Midaykunnu, Pothy, Kottayam by NSS volunteer captains Nandu R Bhattathiri,

Achumol Sabu, and Sneha Agnes Kurian under the supervision of NSS Programmes officer Dr. Ajith James Jose.



Outreach programme at B.Ed College

An Eco pen making workshop was conducted for the B Ed students of Sahodaran Ayyappan Memorial College of Education at Poothotta, Eranakulam on 8th September 2018 by NSS volunteers Nandu R Bhattathiri, Achumol Sabu, and Sneha Agnes Kurian.



(Malayala Manorama; 14/09/2018; Page: 2)

Post-flood situational analysis survey



Post-flood situational analysis survey of Kuttanadu was held on the 13th 14th 15th of September 2018. It was a three-day survey in which the NSS volunteers & MSW students were divided into 60 different groups, with 3 volunteers each. The survey aimed at further steps that can be taken by the Government on flood-related problems of the particular area and further suggestions. The volunteers covered almost all zones of Kuttanadu including Muttar, Kidangara, Champakulam, Pulincunnoo, Kavalam, Ramankary, Kainakary, Koduppunna Kayalpuram Mambhuzhakary, Vezhapra, Palikoottumma etc. On the last day, the volunteers organized group discussions in the presence of panchayath presidents, ward leaders, ward members, parish representatives and locality members. The volunteers successfully completed the survey.

Eco product training workshop at St Stephen's College, Uzhavoor

A one-day eco-products-making workshop was taken by our NSS Volunteers Nandu R Bhattathiri, Riyamol, Sebastian Varghese, Merin V Philip, Aparna V Pillai on 20th September 2018 for the NSS Volunteers of St Stephan's College, Uzhavoor.



Gandhi Jayanthi Celebration



A cleaning section was organized in association with the NSS Day celebration and Gandhi Jayanthi on 2nd October 2018. The Programme Officer Dr. Ajith James Jose welcomed the gathering, SB College Vice Principal Fr. Reji Plathottam inaugurated the programme. NSS Programme Officer Prof. Anish K Joseph delivered the vote of thanks. First-year and second-year NSS volunteers cleaned the premises of Government Hospital Changannasserry. The medical officer of the hospital delivered the vote of thanks to the volunteers.

Swachatha Awareness Rally



The Swachatha awareness rally was conducted on 3rd October 2018. First-year NSS Volunteers and second-year NSS Volunteers participated in the rally.

Blood Donation Camp

A blood donation camp was organized by the NSS at the college in association with HDFC Bank and Kottayam Medical College on 11th October 2018. Students from various departments

donated their blood. The camp succeeded in collecting about 65 units of blood. Certificates was given to students who donated blood.



Distribution of Study Materials and Inauguration of Drinking Water Facility

NSS Programme Officers Dr. Ajith James Jose and Prof Anish K Joseph and volunteers visited Nakral Pathuvel (ward 15 Paippadu grama panchayath) on 11th October 2018. The area is an extremely remote area where rare public transport is available around 3 kilometres away. Most of the inhabitants in the village are daily labourers whose great wishes are to get a good road and a regular drinking water supply. In collaboration with Wings of Charity and Urava (two charitable groups) study materials for the children in the area were distributed. The Programme Officers also inaugurated a drinking water facility for the people in the hamlet.



All Kerala Eco product making workshop – Train the Trainer programme



To flag off the Eco product Training Institute, NSS Volunteers of SB College organised an All Kerala One Day Eco Products Making Workshop for the students and faculty members of different colleges and schools, there were about 200 registrations and participations. The programme was inaugurated by the NSS coordinator of MG University, Prof. M J Mathew. Doubtlessly the esteemed presence of Film Script Writer Sri. Tony Madathil, Dr.

Sunil Kumar (Naturopathy), Programme Officers Dr. Ajith James Jose & Prof. Anish K Joseph enriched the programme.

Meenachil Odonate Survey 2018

NSS Volunteers took part in the Meenachil Odonate Survey 2018 organized by the Tropical Institute of Ecological Sciences (TIES) on 3rd & 4th November 2018, Vellore in collaboration with the Department of Forests and Wildlife Environment of Kerala. On the first day, Dr. Abraham Samuel took a seminar about the scenarios and also the indicators of pollution towards odonates. The second day of the survey was from Thiruvanchoor to Poovathumood Bridge. About 19 species of dragonflies were observed from the survey and it was concluded that due to the flood, the number of odonates has decreased.



National Energy Conservation Day - CHASS



NSS volunteers celebrated National Energy Conservation Day in collaboration with CHASS Changanassery on 15th December 2018. They decided to conduct a rally from SB College to Changanassery Central Junction in order to give the public awareness about energy consumption and ways to minimize its use.

Sukrutham 2018 - Seven Day Camp Report

Sukrutham 2018 was organised at St. Mary's Govt. High School Palakkathakidi, Kunnathanam from 21st to 27th December 2018. Around 100 volunteers participated in the camp.

Inaugural Session

NSS Programme Officer **Dr. Ajith James Jose** welcomed the gathering. SB College Principal **Rev. Fr. John Joseph Mullenparackal** presided over the function. M G University Syndicate member, **Dr. Padmakumar** inaugurated the function. The keynote address was given by **Mr. S.V Subin**, a District Panchayath member. The Chief Guest of the function was **Sri. Radhakrishnan Kurup**, President of Kunnathanam Grama Panchayath, **Mrs. S Sreelekha**, Block Panchayath member, **Mrs. Sunila Devi**, Headmistress of the School, **Mrs.V. V.**

Radhamaniyamma, Ward Member **Rev. Fr. John J Chavara**, and SB College Bursar felicitated the gathering. **Mr. Anish K Joseph**, NSS Programme Officer delivered the vote of thanks. Ice breaking session was led by **Mr A P Arun, Sub-editor of Deepika**. The volunteers were divided into different groups for the same. The second Day of the camp began with assembly, followed by physical fitness and parade training. Volunteers visited and cleaned the flood-affected areas, by 8:00 am. The volunteers were divided into areas for cleaning. The cleaning session ended by 12:00 pm.



Anti-Plastic Campaign

To interact with the people of the village, and to make them aware of **plastic usage and its demerits**, an **anti-plastic campaign** was held. Volunteers were divided into different groups and were spread into different areas. The survey started at 9:00 am and ended at 1:30 pm. To inaugurate the survey, Haritha Kerala Mission Pathanamthitta District Co-ordinator **Mr. R. Rajesh**, Pathanamthitta District Panchayath member **Mr S. V. Subin**, Palakkathakidi Ward number 5 member, **Mr. Sujash** gave instructions. The survey started at 10:00 am and ended by 1:30 pm. By 8:00 am, breakfast was given and the volunteers went to **reconstruct the roads** which got damaged due to a flood near **Madathilkavu Temple, Palakkathakidi**. It ended up by 12:00 pm. **The road construction** was a great help to the people since they had difficulty in transportation. After a break; to make the people aware of the demerits of plastic, our volunteers performed a **street play** which mainly which had the moral **“Green Village, Clean Village”**. Then a heart-touching entertainment programme was held by the music troop **“Aradhana Kalavedhi”**, **Palakkathakidi**, followed by volunteers’ **street play**. Then the usual group-wise cultural programme of the volunteers was held. The next day, the NSS Volunteers went to **Muthoor Junction** for **cleaning activities** and also the waiting shed. The Programme was inaugurated by **Sri. SV Subin, Pathanamthitta District Panchayath Member**.

Manimalayar River Cleaning

Followed by breakfast, the volunteers visited **Manimalayar** as a part of the **Swacch Bharath Mission**. Then the volunteers were engaged in **cleaning activities** by removing plastic wastes such as plastic bottles, plastic sheets, plastic covers tree bark etc. As a memory of this activity, the volunteers and Programme Officers made a human chain in order to show a sign for protecting rivers, canals etc. against pollution. Then the volunteers went back to the campsite.



Toilet and Premises Cleaning - Swacch Bharath

As a part of the Swacch Bharath Mission, our Volunteers took up the initiative to clean the toilets and the surrounding areas of the School Campus where the camp was held at. This was a novel initiative taken up from the volunteers' side.

Eco Product Making Workshop at Marthoma College Thiruvalla

NSS Volunteers Nandu R Bhattathiri, Sebastian Varghese and Don Thomas went to Marthoma College Thiruvalla to take an eco-product-making workshop on paper pens and paper bags on 22nd December 2018. About 125 NSS volunteers from the respective college attended our programme.



Palliative Care Team of SB College

One of our volunteers set aside one day to join the palliative care team on 16th January 2018. The volunteers along with the team of Govt. Hospital Changanassery takes care of senior citizens who need special care and support and our volunteers were happy to join the programme.

Sasthrapadham (SSA)

National Service Scheme, SB College unit hosted the programme conducted by Sarva Shiksha Abhiyan, Kottayam for students who were science aspirants to know about science. It was a three-day residential programme which was held from 19th January 2019 to 21 January 2019 and it was inaugurated by Mar Thomas Tharayil in presence of Kottayam District Collector Mr P K Sudheer Babu IAS. Dr Ajith James Jose was the camp coordinator.



House Construction

NSS volunteers under the supervision of Programme Officer Prof. Anish K Joseph went to visit flood affected area at Kuttanadu. NSS SB College in collaboration with Non-Governmental Organization named "Urava" decided to construct houses for the people who have been affected by the flood. Our volunteers helped this organization to construct a house for a widow with Alzheimer's disease.

VVPAT Demonstration

On 15th February 2019, NSS SB College Unit in association with the Election Literacy Club of the College which is coordinated by Mr. Anish K Joseph, NSS Programme Officer, organized a demonstration of Electronic Voting Machine and VVPAT for familiarizing the voting process among students.

New Library in Kunnanthaanam by NSS

Books were collected from the NSS Volunteers and were donated to a library at Palakkathakidi. Books were handed over to the Jilla Panchayath member, Sri SV Subin.



Tuition Programme for students in Palakkathakidi

To support the children, every Saturday our volunteers are organizing a tuition class in Palakkathakidi. Our volunteers are taking classes for high school students in different subjects. This is a platform to interact with the children of the adopted village.



Skill Enhancement Women Empowerment Programme

On 2nd March our NSS volunteers Nandu R Bhattathiri (Volunteer Captain), Gokul Vijayan, and Adarsh M went to Fathima Matha National College, Kollam and trained their students in association with the skill Enhancement Women Empowerment Programme of the college.



Service in ANJAPPAM

The world needs a change. It needs more humanity, more compassion and more love. **ANJAPPAM** is such an initiative towards positive change. It is a charitable organization that aims to be an agent of change in Kerala – a land that although called God’s own country, is one that is rife with social inequality, especially when it comes to access to one of man’s most primal needs-food. A concept visualized by the renowned Fr. Bobby Jose Kattikad, Anjappam as a social collective effort aims to mitigate this social injustice by offering the marginalized sections economic access to food. Our NSS volunteers are serving food in the Anjappam from 11th March 2019.



Sensitization Programme on Transgenders

Under the auspices of the Social Justice Department of Kerala, the NSS Unit of SB College, Changannassery organized a Sensitisation programme on transgenders on 11th March 2019, Monday at Ulahannan Mapila Centre of the college at 2:00 pm. All the NSS Volunteers along with other students participated in the programme. The function was presided by Sri M M Mohandas, the District Social Justice Officer and it was addressed by College Vice Principal Prof. Joseph Kurian. An introduction was given by Mr. Chandrabose, Senior Superintendent of the Department of Social Justice, Mr. S Alosius the Project Manager, T I project of KSACS, Kollam district and transgender Justices board member, who took the awareness class. **Miss Renju**, a transgender representative took an interactive section and shared her experiences. The programme came to an end after the vote of thanks, which was proposed by NSS Volunteer **Jewel James**



Water to Birds in summer - Thanneer Kudam

As the weather conditions are raising to extreme levels in the state our NSS Volunteers as part of protecting the birds, pots filled with water were brought on trees in the college premises for the birds to quench their thirst on 18th March 2019. The programme was inaugurated by the former principal and the director of Berchmans Institute of Management Studies Director Dr Stephan Mathew. NSS Programme Officer Dr Ajith James Jose welcomed the gathering. Dr Stephan Mathew addressed the volunteers about the need to protect the birds and the environment. He also encouraged them to hang more pots on the college premises. The Programme Officer Prof Anish K Joseph advised the volunteers to do the same in their own houses.



Vimukthi sticker distribution inauguration

The distribution of *Vimukthi-related* stickers was inaugurated on 19th March 2019. It was inaugurated by the Regional Director of NSS, Sri. Sajith Babu, in the presence of Sri Sabukuttan, State NSS Officer, Prof MJ Mathew, NSS MGU Programme Coordinator and our unit Programme Officers Dr. Ajith James Jose & Prof Anish K Joseph. Vimukthi-related stickers were distributed to the people of the adopted village, Palakkathakidi on 29th April 2019. The aim of the distribution was to reduce the usage of alcohol among people.



Lok Sabha Election 2019 – Assistance to PwDs – Coordination of Changanacherry LAC



Mr. Anish K Joseph, unit Programme officer acted as the **NSS charge officer for Election** in Changanassery LAC upon the order of the District Collector, Sri Sudheesh Babu. He coordinated around a hundred volunteers and six Programme Officers in the constituency belonging to different colleges for assisting Persons with Disabilities at the polling booths.

28 volunteers of SB College were involved in the duty assigned to NSS volunteers. They assisted persons with disabilities (PwDs) in Changanassery Assembly Constituency at polling booths on Election Day. 114 PwD voters were taken to various booths with the assistance of NSS Volunteers in Changanassery LAC.

NSS published a Book - Muthashicurrikal

In order to bring back the old traditional taste of Kerala foods, the NSS volunteers of SB College collected the recipes of the old culture food from their grandmothers and clubbed them into a recipe book named *Muthashicurrikal*.

NCC (National Cadet Corps) and ANO jointly participated in a cleaning activity in flood-affected areas.

Swachatha awareness rally

The Swachatha awareness rally was conducted on 3rd October 2018. First-year NSS Volunteers and second-year NSS Volunteers participated in the rally.

House maintenance

NSS partnered with the Social Workers Association of India, the State of Illinois and St. Berchmans Education and Charitable Trust to provide housing maintenance for five flood-affected families.

Post-flood health status survey

A survey to analyse the post-flood health status of people in Kadamanchira and Valummelchira Colonies in Changanassery Municipality was conducted by the Ayushya Centre for Healing and Integration Charitable Society, Changanassery & NSS unit of St. Berchmans College.

Psycho-social care for the flood victims

TOT programme on psycho-social care for the flood victims was conducted by the Ayushya Centre for Healing and Integration Charitable Society, Changanassery & NSS unit of St. Berchmans College.

“Kitab” for the flood-affected schools

A used book collection campaign “Kitab” for the flood-affected schools was conducted by NSS & Goonj, New Delhi.

Street play on health and hygiene

Street play on health and hygiene in 22 flood-affected villages of Ramankary and Thiruvanvandoor Grama Panchayat was conducted by NSS & ADRA, an International NGO.

Street plays for the Vimukthi project

Street plays were performed as part of the Vimukthi project - an anti-drug addiction campaign by NSS in association with the Kerala State Excise Department and Sargakshetra Cultural Centre.

Street play on the theme “Children and Social Media”

Street play on the theme “Children and Social Media” was performed at Kottayam town as part of World Social Workers Day by NSS & Kerala Association of Professional Social Workers (KAPS).

Field Action Projects on Prevention of Atrocities against Women (3)

Three Field Action Projects on the Prevention of Atrocities against Women were carried out by NSS along with Veliyanad Grama Panchayath, Kavalam Grama Panchayath, and Thrikodithanam Grama Panchayath.

Psycho-social interventions with children (6)

Psycho-social interventions with children were conducted by NSS with six government schools viz., Govt LP School, Veliyanad, Govt LP School, Poochalil, Govt UP School, Veliyanad, Govt. UP School, Kavalam, Govt UP School, Vezhapra, Ramankary Grama Panchayath.

Seven-day rural camp

A seven-day rural camp at Olappara Plantation Settlement colony in Punalur, Kollam District (Socio-economic survey, Cultural interaction with settlement colony, members, Awareness programmes, Medical camp, Psycho-social interaction with students of Govt. UP School, Olappara) was organized along with Marthoma Boys Home, Punalur, Govt. UP School, Olappara.

Survey on Health Aspects during flood

NSS volunteers participated in a Survey on Health Aspects during the flood conducted by Government Hospital Kavalam.

‘Muttai’: Psycho-Social Intervention

NSS volunteers participated in the ‘Muttai’: Psycho-Social Intervention among the flood-affected children in Kavalam Government School.

Sorting of relief materials for distribution

Sorting of relief materials for distribution in the most isolated flood-affected areas in Kerala was done by NSS volunteers with the Dynamic Action, Thiruvalla, Pathanamthitta

'Navodakam' Water body management project

Periodical cleaning and maintenance of Poovakkattuchira was carried out by the Dept of Botany.

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Jaivam Inauguration

Jaivam 2017 inauguration was held on August 2017 on the university sports ground. Chief Minister Mr. Pinarayi Vijayan inaugurated the function. About 130 students from St. Berchmans College attended the programme.



Volunteer Leaders Meet at M G University for Jaivam

A programme based on Jaivam 2017 was conducted by M G University on 26/08/2017 Saturday. Abhijith A S, Tony Jacob and Navomi Theresa James attended the programme. Decisions regarding the upcoming Jaivam survey were taken.



Jaivam Survey

NSS Volunteers of SB College Changanassery have completed 4950 houses for Jaivam Survey through this NSS Camp. Volunteers taught the native people about the importance of organic farming.