

NSS UNITS 44 & 220 ACTIVITIES REPORT 2022-2023

- June 2, 2022
NSS Volunteers of St. Mary's College NSS units 44 & 220 conducted a poster competition, "Role of Youth in protection of Environment" in connection with world environment day.
- June 7, 2022
NSS volunteers of St. Mary's College NSS units 44 & 220 planted 100 saplings in connection with environmental day at various rural areas of Thrissur district.
- June 15, 2022
World Elder Abuse Awareness Day
NSS volunteers of St. Mary's College Conducted an awareness rally at Swaraj round in association with Social Justice Department, and Elder helpline.
- June 15, 2022
NSS volunteers of St. Mary's College Conducted a flash mob at regional theatre in association with Social welfare department to create awareness of care of Old age people.
- June 19, 2022
National Reading Day
NSS volunteers of St. Mary's College conducted a discussion on the literary works of renowned writer M T Vasudevan Nair.
- June 21, 2022
International yoga Day
NSS volunteers of St. Mary's College participated in the mass Yoga event in collaboration with university of Calicut and Nehru Yuva Kendra at St. Thomas College, Thrissur.
- June 26, 2022
International Day against the Drug abuse and Illicit Trafficking
NSS volunteers of St. Mary's College conducted a group discussion on the topic the Drug Abuse and Illicit Trafficking and Dr. Dhanya Shankar , NSS P O gave a lecture against the drug abuse to create awareness among college students and took oath against the drug abuse
- July 11, 2022
World Population Day
NSS volunteers of St. Mary's College conducted an Inter Departmental Online quiz Competition on population day for college students.
- July 12, 2022
World Paper Bag Day
NSS volunteers of St. Mary's College conducted a session on making paper bags and distributed among students and staff to spread awareness of the use of the environment-friendly alternative to harmful plastic bags.
- July 17, 2022
International day of Justice
NSS volunteers of St. Mary's College conducted a video and oral student presentation on International day of Justice to create awareness among students.
- July 21, 2022
St. Mary's College NSS units 44 & 220 participated in Calicut University NSS meet at John Mathai Centre Aranaturkara.

- July 23, 2022
World Drowning Prevention Day
NSS Volunteers of St. Mary's College NSS units 44 &220 participated in training session on drowning safety conducted by disaster management department at Thrissur Collectorate , Ayyantole.
- August 14, 2023
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted a handmade National flag making competition in connection with Independence Day
- August 15, 2023
NSS Volunteers of St.Mary's College NSS units 44 &220 participated and coordinated Independence Day Celebration at St.Mary's College, Thrissur.
- August 15, 2023
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted HAR Ghar Tiranga by hoisting National Flag at Home of all volunteers.

- September 12, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted a video presentation of Nasha Mukta Bharat Abhiyan for college students.
- September 17, 2022
NSS volunteers participated in Swatchtha Rally, Swachh Amrit Mahotsav in collaboration with Thrissur corporation to impart the message of clean city Thrissur.
- September 17, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 participated in cleaning campaign in connection with Swachh sagar surakhit sagar Abhiyaan and Indian swachta league at SN Puram coastal areas.
- September 21, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 in association with ESAF conducted an awareness rally and flash mob to impart the message of World Alzheimer's day 2022.
- September 24, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 visited old age home.

- September 27 &28 , 2022
Two-day Mass Campaign for linking voters' id and Aadhar card of Teaching staff, Non-teaching staff, students and general public was conducted by NSS units of St.Mary's college in association with Election wing, Collectorate Thrissur. The campaign was inaugurated by Smt. Jyothi (Deputy Collector, Election) on September 27, 2022.

- September 27, 2022
Induction programme to first year NSS Volunteers at Marian Hall, St.Mary's College.
- September 28, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 participated in "We Care" campaign an initiative of Government of Kerala and State NSS Cell.

- September 30, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted a human chain and symbolic burying of drugs in connection with Anti-Drug Campaign.
- October 2, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted a discussion and oral presentation about Mahatma Gandhi's life and Ideals and conducted a cleaning programme at the premises of college.
- October 2, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 participated in flashmob in connection with Lahari vimuktha campaign at Tekkinkad Maidan and municipal stand; in association with Thrissur district youth welfare board.
- October 6, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 participated in **Mukthadhara**, drug free campus programme which is inaugurated by Higher Education Minister Prof. R Bindu at Keralavarma college.
- October 8, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted an oath taking against the usage of drugs in connection with Say no to Drugs campaign (Education Department).
- October 8, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted an awareness rally and poster display to nearby educational institutions against the usage of drugs in connection with Say No Drugs Campaign.
- October 11, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 participated in walkathon conducted in association with Alpha Palliative Care at student's corner, Thekkinkad Maidan in connection with World hospices and Palliative Care Day Celebration.
- October 11, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted a Quiz Competition in connection with Anti-drug Campaign by Kerala State Government.
- October 11, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted a cleaning programme and removal plastic waste from public road around Schools and colleges.
- October 13, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted a flash mob in connection with Drug Free Campus campaign at St.Mary's College.
- October 13, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted a poster display to create awareness against the usage of drugs.
- October 20, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 participated in panel discussion "Say No to Drugs" conducted in association with District Information Office, Thrissur. The function was inaugurated by honourable Higher Education Minister Prof. R. Bindu.

- October 27, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted a video presentation against the usage of drugs in connection with Say No Drugs Campaign.
- October 27, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 have been involved in the *Bodhapoornima- Army against usage of Drugs among youth* an initiative of Kerala Government. The programme was inaugurated by Honourable Chief Minister of Kerala, Shri . Pinarayi VJayan.
- October 27, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted a video presentation in connection with national Integration Day and student and staff oral presentation of Sardhar Vallabhbhai Patel life and contribution.
- October 27, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted a quiz competition about Sardhar Vallabhbhai Patel life and contribution presentation in connection with national Integration Day.
- October 28, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 took Unity Pledge in connection with national Integration day.
- November 1, 2022-
NSS Volunteers of St.Mary's College NSS units 44 &220 in association with district information department and district youth affairs department conducted mass campaign against usage of drugs among youth through music concert rendered by 100 NSS volunteers of St.Mary's college at Tekkinkad maidan on November 1st 2022. The programme was inaugurated by honourable district collector Smt. Haritha V Kumar IAS.
- November 28, 2022
Three Goal challenge- "Harithavam" campaign conducted by NSS volunteers in collaboration with district Suchitwa mission to impart the message of REUSE, RECYCLE & REDUCE the usage of plastic in connection with world cup football.
- December 1, 2022
NSS Volunteers conducted Debate & Discussion on the topic Dowry and violence against Women
- December 1, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted AIDS awareness rally at Swaraj round, Thrissur.
- December 1, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted Discussion and student presentation regarding AIDS prevention among public and students.

- December 3, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 participated in the A P J Abdul kalam foundation meet at St.Mary's college. The function was inaugurated by Minister Bindu.
- December 5, 2022
Visit to Aganwadi by NSS volunteers of St.Mary's College, Thrissur.
- December 23, 2022
NSS volunteers Parents meet.
- December 23, 2022-
The Special residential camp of NSS units 44 & 220, "UNARVU" which was conducted with the theme "Drug free youth" was inaugurated by Shri. P.A.Muhammed Arif IPS (Supdt of Police and Assistant Director, Kerala Police academy). Dr. Soni T L, NSS programme coordinator of Calicut University, Principal Dr.Sr. Magie Jose, Shri Satheesh Kumar (Thrissur Corporation) spoke to the volunteers. **Resource** persons from a wide spectrum including Media, Police department, Fire & Rescue, health department, Social service etc. interacted with NSS volunteers throughout the camp.
- December 24, 2022
NSS Volunteers of St.Mary's College NSS units 44 &220 participated and actively involved in "Sasneham Thrissur" and "Soul of Thrissur" programme at Regional Theatre. Honourable minister Adv. Rajan, Minister S Radhakrishnan, Minister R Bindu, Aishwarya Dongre IPS, Haritha V Kumar IAS, Ankit Asokan IPS, Sikha Surendran IAS, and other state NSS officers participated in the function.
- January 20-26, 2023
NSS Volunteers of St.Mary's College NSS units 44 &220 conducted one week road safety awareness campaign and distributed pamphlets of safe road rules to drivers, private vehicles, students, general public etc.
- January 25, 2023

Blessit A NSS Volunteer of Bsc Biotechnology got selected as the new voter award by the honourable Thrissur District collector & Election Wing.
- January 26, 2023
NSS Volunteers of St. Mary's College NSS units 44 &220 participated & conducted Republic Day Celebration at St.Mary's College.
- January 26, 2023
NSS Volunteers of St.Mary's College NSS units 44 &220 prepared hand-made paper/cloth National Flags and distributed to staff and students.
- January 28, 2023
NSS Volunteers of St.Mary's College NSS units 44 &220 in association with Kerala State Excise department conducted a street play and Group Song against the usage of drugs among school and college students at Tekkinkad maidan. The programme has been inaugurated by Minister Adv.Rajan.

- February 15, 2023
 NSS Volunteers of St.Mary's College NSS units 44 &220 participated in " Vipanana Mela " at NSS Department, University of Calicut and GeMMS Portal session.
- February 21, 2023
 NSS UNITS 44 & 220 conducted a workshop and hands-on-training session on usage of Calicut university student portal and grace mark entry through portal. The process of student portal registration, mark entry of NSS and various grace mark options has been detailed in the session. The doubts of students regarding grace mark entry have been cleared during the hands-on-training session.
- February 22, 2023
 NSS Volunteers of St.Mary's College NSS units 44 &220 conducted a video presentation session on GeMMs Portal.
- February 28, 2023
 NSS Volunteers of St.Mary's College NSS units 44 &220 participated in National youth parliament jointly organised by University of Calicut and Nehru Yuva Kendra at Vimala College.
- March 4, 2023
SIX DAYS AAPDAMITRA VOLUNTEER TRAINING PROGRAMME
 NSS volunteers participated in Aapdamitra Training Programme by Fire and rescue department of Thrissur in connect with Disaster management Department.
- March 8, 2023

 INTERNATIONAL WOMENS DAY-

 NSS UNITS 44 & 220 conducted a discussion on "Challenges faced by Women in personal and social life" and flash mob in connection with International women's day at college
- March 20, 2023
 NSS UNITS 44 & 220 of St.Mary's College conducted a **free ophthalmic Care project in association with** Ophthalmic doctors and Drisyam eye care, Thrissur for staff, students and general public.
- March 21, 2023
 NSS Volunteers of St.Mary's College NSS units 44 &220 conducted and participated in Azaad Sena committee meeting at St.Mary's college, Thrissur . Dr Sr Magie Jose, Principal presided over the function.
- March 22, 2023
World Water Day
 NSS Volunteers of St.Mary's College NSS units 44 &220 conducted 'Save Water for Future campaign' and distributed pamphlets and conducted a poster exhibition regarding the

efficient usage of water and imparted the message of wasting of water have a disastrous effect on the ecosystem.

- March 24, 2023
World Tuberculosis
NSS Volunteers of St.Mary's College NSS units 44 &220 made posters to create awareness and prevention of Tuberculosis.
- March 25, 2023
Earth Hour
NSS Volunteers of St.Mary's College NSS units 44 &220 conveyed the message for switching off electricity from 8.30 pm to 9.30 pm in solidarity to earth hour along with WWF. Volunteers created the Biggest Hour for Earth and conveyed the message to staff, students and public- *switch off your lights and spend 60 minutes doing something positive for our planet*. The theme of Earth Hour 2023 is *"The Biggest Hour for Earth"*.
- April 2, 2023
NSS Volunteers of St.Mary's College NSS units 44 &220 and NSS PO participated in NSS university of Calicut and State NSS meet "HRIDYAM 2023" at Christ College Irinjalakuda. The function was inaugurated by honourable Minister Prof. R Bindu and function was presided over by Dr. R N Anzer, State NSS Officer. Dr. Dhanya Shankar K S , NSS PO attended the session.
- April 25, 2023
University level online (organising the event) meet regarding programme on 28th April at Thrissur pooram exhibition stall.
- April 25, 2023
Volunteers attended University of Calicut, NSS Wing seminar "Manjal arogyathinum samrakshanathinum" online webex meet 8.30 to 9.30 pm.
- April 28, 2023
NSS volunteers presented lahari vimuktha youvanam song at Pooram exhibition hall in collaboration with excise department, Vimukthi Programme.
- May 14,2023
NSS volunteers participated in Ente Keralam seminar coordinated by district planning office, ASAP and Government of Kerala.
- May 15, 2023
NSS volunteers rendered volunteership help in Ente Keralam programme conducted by Government of kerala at Tekkinkadmaidan stalls.

NSS Programme officers

Dr.Dhanya Shankar K S

Dr. Deepa G Muricken

