



# ENVIRONMENT AUDIT REPORT

**ST. ANTONY'S COLLEGE  
PEERUVANTHANAM**

**2023**

*Executed by*



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# ENVIRONMENT AUDIT REPORT

## ST. ANTONY'S COLLEGE

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PERUVANTHANAM





Environment Audit Report  
ST. ANTONY'S COLLEGE, PERUVANTHANAM  
EA 1003, 2023

### **Audit Team**

Ottotractions

- |   |                      |                                   |
|---|----------------------|-----------------------------------|
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### **About OTTOTRACTIONS**

*OTTOTRACTIONS established in 2005, is an organization with proven track record and knowledge in the field of energy, engineering, and environmental services. They are the first Accredited Energy Auditor from Kerala for conducting Mandatory Energy Audits in Designated Consumers as per Energy Conservation Act-2001. Government of Kerala recognized and appreciated OTTOTRACTIONS by presenting its prestigious "The Kerala State Energy Conservation Award 2009" for the best performance as an Energy Auditor. Ottotractions is an ISO 9001-2015, ISO 17020-2012 and ISO 14001-2015 Certified organization, which ensures the quality of its services.*

## **Acknowledgment**

We were privileged to work together with the administration and staff of St. Antony's College, Peruvanthanam for their timely help extended to complete the audit and bringing out this report.

With gratitude, we acknowledge the diligent effort and commitments of all those who have helped to bring out this report.

We also take this opportunity to thank the bona-fide efforts of team OTTOTRACTIONS for unstinted support in carrying out this audit.

We thank our consultants, engineers and backup staff for their dedication to bring this report.

Thank you.

B V Suresh Babu  
Accredited Energy Auditor  
AEA 33, Bureau of Energy Efficiency  
Government of India

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# INTRODUCTION

St. Antony's College, Peruvanthanam has entrusted Ottotractions to carry out an environmental audit of their campus building.

Each section contains recommendations for improvements relating to environmental issues, which are consolidated in the action plan in section 4.

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# BACKGROUND

Capping Peruvanthanam hillock in majestic splendour and set in the entrance to the High ranges at Kodikuthy, St. Antony's Peruvanthanam is an index of the aspirations of the educationally deprived sections of the High-land society. This Eco-friendly institution with endemic diversity and evergreen scenery arrests our attention and capture the hearts by its serenity and purity. This ambience provides the setting for creative learning. Spread on 7 acres of lush verdant backdrop at Peruvanthanam in Idukki

District. St. Antony’s College affiliated to M.G. University and approved by Govt. of Kerala, provides the perfect setting for producing educated citizens by providing both infrastructure and instructional facilities in eight programmes in the fields of Commerce, Management, Literature and Computer Applications. St. Antony’s college aims to impart value-based education to produce intellectually well developed, morally upright, socially matched and spiritually enlightened citizens who could be pivots of various professions in the globalized village. The college has sufficient infrastructure and instructional facilities and amenities for academic, administrative and extracurricular activities that serve as lab and land for education. Besides, the college inculcates hard and soft skills in its budding managers and scholars to face the changes and challenges of tomorrow.



<b>Occupancy Details</b>			
<b>Particulars</b>	<b>2020-21</b>	<b>2021-22</b>	<b>2022-23</b>
<b>Total Students</b>	<b>723</b>	<b>776</b>	<b>951</b>
<b>Staffs</b>	<b>48</b>	<b>53</b>	<b>66</b>
<b>Total Occupancy of the college</b>	<b>771</b>	<b>829</b>	<b>1017</b>

Total student strength of the campus is 1017. For calculating per capita carbon emission estimation, the student strength is taken into account.



# ENVIRONMENTAL ISSUES

This section is broken down into the following different areas: waste, water, energy, resource and materials use and procurement. A final 'other' section is also included for any additional issues.

## **1.1. Waste**

The way communities generate and manage their waste plays an absolutely key role in their ability to use resources efficiently. All buildings contain bins for both general waste and mixed recyclables (plastic bottles, card, cans and paper). On average each floor in the buildings areas has its own general waste bin and one recycling bin. When

the bins are emptied by the cleaning staff. Bins are marked and kept in different colors for identification, however in some locations throughout the building it was unclear which bins were for which waste streams.

There are four basic ways in which campus can do **plastic** recycling **collection** services for **plastic** bottles and containers – curbside, drop-off, buy-back or deposit/refund programs. The first, and most widely accessible, **collection** method is curbside **collection** of recyclables. The campus is installed bins to collect plastic bottles and single use plastics. The college has given a proper awareness on plastic waste problems and they are discouraging the students or teachers to carry plastics to the campus. The Bhoomitra Sena Club is very active in the campus and do a variety of programs to build awareness on waste management. The reports on different activities of the club are attached as technical supplement of this report.



The major concern of waste management will be focused on the solid waste produced by the campus. Solid wastes produced in the campus are mainly of three types, food waste, paper waste, and plastic waste. Food wastes produced in the campus are mainly by two means. The vegetable wastes produced in the kitchen during the food preparation. The food waste produced by the students and staffs of the campus after the consumption of meals. The degradable waste is treated in the biogas plant, the biogas generated is used in the kitchen. A state of art sewage treatment plant is installed in the campus

<b>Degradable Waste Generation</b>			
<b>St. Antony's College Peruvanthanam</b>			
Particulars	2020-21	2021-22	2022-23
Total Occupancy	771	829	1017
Waste generated in kg /day	15.42	16.58	20.34
Waste generated in kg /Yr	3392.4	3647.6	4474.8



Burning plastics shall be strictly restricted inside the campus. **Burning plastic** and other wastes releases dangerous substances such as heavy metals, Persistent Organic Pollutants, and other toxics into the air and ash waste residues. Such pollutants contribute to the development of asthma, cancer, endocrine disruption, and the global burden of disease.

<b>Solid non degradable Waste Generation</b>			
<b>St. Antony's College Peruvanthanam</b>			
Particulars	2020-21	2021-22	2022-23
Total Occupancy	771	829	1017
Waste paper generated in kg /day	0.1542	0.1658	0.2034
Waste plastic generated in kg /day	0.2313	0.2487	0.3051
Waste paper generated in kg /Yr	33.92	36.48	44.75
Waste plastic generated in kg /Yr	50.89	54.71	67.12

<b>WASTE MINIMIZATION AND RECYCLING</b>		
1	Does your institute generate any waste?	Yes, Solid waste, Canteen waste, paper, plastic, Horticulture Waste etc.
	If so, what are they?	
2	What is the approximate amount of waste generated per day? (in Kilograms/) (approx.)	21
3	How is the waste generated in the institute managed? By	Reuse of one side printed Paper for internal communication. Kitchen waste is used to generate manures and biogas. Two types of Waste bins are provided at campus for biodegradable and non-biodegradable waste.
	1 Composting	In-house
	2 Recycling	In-house
	3 Reusing	In-house
	4 Others (specify)	
4	Do you use recycled paper in institute?	Yes
5	Do you use reused paper in institute?	Yes
6	How would you spread the message of recycling to others in the community? Have you taken any initiatives? If yes, please specify.	Number of awareness programs through Bhoomitra Sena Club, Biodiversity Club and NSS Camp
7	Can you achieve zero garbage in your institute? If yes, how?	Not yet achieved. Possible through waste management plan.

<b>Green Cover Audit</b>			
1	<b>Is there a garden in your institute?</b>	<b>Yes</b>	
2	Do students spend time in the garden?	Yes	
3	Total number of Plants in Campus	Plant type	Approx. number
		Trees	18
		Ornamental	25
4	Number of Tree Plantation Drives organized by School per annum. (If Any)	Yes, through Bhoomitra Sena Club and Biodiversity club plantation drives are organized.	
5	Number of Trees Planted in Last FY.	20	
	Survival Rate	90%	



All the activities including energy consumption and waste management have their equivalent carbon emission and they positively contribute to the carbon footprint of the campus. Carbon sequestration is the reverse process, at which the emitted carbon dioxide will get sequestered according to the type of carbon sequestration employed. Even though there are many natural sequestration processes are involved in a campus, the major type of sequestration among them is the carbon sequestration by trees.

Trees sequester carbon dioxide through the biochemical process of photosynthesis and it is stored as carbon in their trunk, branches, leaves and roots. The amount of carbon sequestered by a tree can be calculated by different methods. In this study, the volumetric approach was taken into account, thus the details including CBH (Circumference at Breast Height), height, average age, and total number of the trees, are required. Detailed table is included in the technical supplement.

<b>Carbon Sequestration</b>			
<b>Particulars</b>	<b>2020-21</b>	<b>2021-22</b>	<b>2022-23</b>
<b>Total No of Trees</b>	<b>151</b>	<b>151</b>	<b>151</b>
<b>Carbon sequestered by trees in the campus (tCO<sub>2</sub>e)</b>	<b>0.87</b>	<b>0.92</b>	<b>0.97</b>

Carbon sequestered by a tree can be found out by using different methods. Since this study is employed the volumetric approach, the calculation consists of five processes.

- Determining the total weight of the tree
- Determining the dry weight of the tree
- Determining the weight of carbon in the tree
- Determining the weight of CO<sub>2</sub> sequestered in the tree
- Determining the weight of CO<sub>2</sub> sequestered in the tree per year

Carbon sequestered by each species of trees in the campus compound is given in the Table. Detailed calculation results are listed out in the tables provided in the technical supplements of 'Carbon sequestration'.



<b>St. Antony's College Peruvanthanam</b>		
<b>List of Trees on the College Campus</b>		
Sl.No	Name of the trees	Number
1	Jack fruit	7
2	Wild Jack Tree	5
3	Mango tree	4
4	Coconut palm	10
5	Guava	10
6	Fruit trees	40
7	Bamboo	65
8	Clove	2
9	Casuarina (kattadi)	1
10	Teak	1
11	Pine	1
12	Gooseberry	2
13	Pomegranate	1
14	Spanish cherry	1
15	Mahogany Tree	1
	<b>Total Trees</b>	<b>151</b>

### 3.1.1 ENERGY

#### a. Electricity

The total emission of the carbon dioxide per student is 63.92kg per year. Emission reduction plans were prepared to bring the existing per capita carbon footprint to zero or below so as to bring the campus a carbon neutral or carbon negative campus. All

energy efficiency projects and renewable Energy shall be implemented, So, the effective specific carbon emission per student is -1.54kg of CO<sub>2</sub> per year only

This can be achieved in many ways but, every alternate plan must be in such a way that, it must fulfill the actual purpose of each activity that is considered.

Here, three major methods are taken in to account as the plans for reducing the carbon emission of the campus.

- Resource optimization
- Energy efficiency
- Renewable energy

### Electricity Consumption

Base line Data (Electricity Bill)	
Code	EA
Facility	St. Antony's College Peruvanthanam
Provider	KSEB
Contract Demand (kVA)	70
Connected Load (KW)	113
Tariff	HT II (B) GENERAL
Consumer Number	1357200060681
Energy Charge Rs/ kWh Z1	6.8
Energy Charge Rs/ kWh Z2	10.2
Energy Charge Rs/ kWh Z3	5.1
Demand Charge Rs/ kVA	500
Excess Demand Rs/kVA	250
Energy Bill Analysis interval	2022-23

Annual Electricity Consumption (kWh)				
Consumer No	2020-21	2021-22	2022-23	Connected Load (kW)
1357200060681	19091	21860	25455	113
<b>Total</b>	<b>19091</b>	<b>21860</b>	<b>25455</b>	<b>113</b>

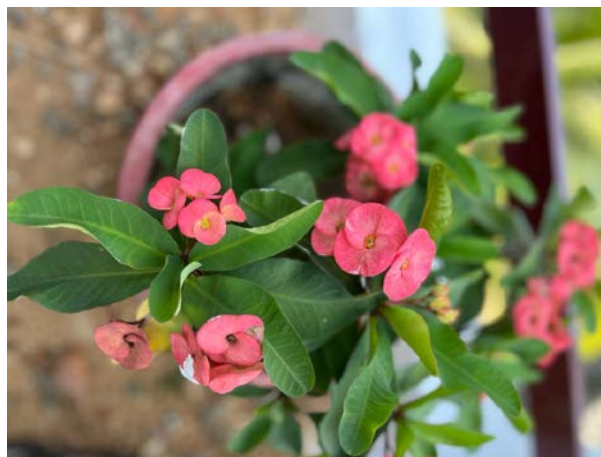
## RESOURCE OPTIMISATION

The effective use of resources can limit its unnecessary wastage. Optimal usage of the resources (such as fuels) can save the fuel and can also reduce the carbon emission due to its consumption. This technique can be effectively implemented in the 'transportation' and 'waste' sectors of the campus.

## WASTE MINIMISATION

Optimal utilization of paper and plastic stationaries can reduce the frequency of purchase of items. This can reduce the unnecessary wastage of money as well as the excess production of waste. In the case of food, proper food habits and housekeeping practices can optimize its usage.

Currently, the College is taking an appreciable effort to reduce the unnecessary production of wastes. But the campus still has opportunities to reduce the generation of waste and can improve much more. Resource optimization can be effectively implemented in all type of waste generated in the campus and the campus can expect about 50% reduction the total waste produced.



## ENERGY EFFICIENCY

Energy efficiency is the practice of reducing the energy requirements while achieving the required energy output. Energy efficiency can be effectively implemented in all the sectors of the campus.

## FUELS FOR COOKING

The campus can install a solar water heater to rise the water temperature to a much higher level, then it has to consume only very less amount of thermal energy for preparing the same amount of food. This can make a positive benefit to the campus by saving money, energy and can reduce the carbon emission of the campus due to thermal energy consumed for cooking.

## TRANSPORTATION

Energy efficiency of the transportation sector is mainly depended on the fuel efficiency of the vehicles used. Here mileage of the vehicle (kmpl - Kilometres per Litre) is calculated to assess the fuel efficiency of the vehicle. Percentage of closeness is the ratio of actual mileage of the vehicle to its expected mileage. If the percentage of closeness of mileages of each vehicle is greater than that of its average, then the efficiency status of the vehicle is considered as 'Above average' and else, it is considered as 'Below average'

## Renewable Energy

After analyzing the historical and measured data the following projects are proposed to make the campus carbon neutral. The projects are from energy efficiency and renewable energy. The further additions in the green cover increase will also give positive impact in the carbon mitigation. The campus has good potential to install solar power plant.



OTTOTRACTIONS- ENERGY AUDIT						
St. Antony's College Peruvanthanam						
Greenhouse Gas Mitigation through Major Energy Efficiency Projects						
SI No	Projects	Energy saved(Yearly)		Sustainability (Years)	First year ton of CO2 mitigated	Expected Tons of CO2 mitigated through out life cycle
		(kWh)	MWh	Years		
1	Energy Saving in Lighting by replacing existing 61 No's T8 (40W) Lamps to 18W LED Tube	966	0.97	10	0.71	7.05
2	Energy Saving by replacing existing 135 No's in-efficient ceiling fans with Energy Efficient Five star fans	7672	7.67	10	5.60	56.01
Total		<b>8639</b>	<b>9</b>	<b>10</b>	<b>6.31</b>	<b>63.06</b>

OTTOTRACTIONS- ENERGY AUDIT						
St. Antony's College Peruvanthanam						
Greenhouse Gas Mitigation through Renewable Energy Projects						
SI No	Projects	Energy saved(Yearly)		Sustainability (Years)	First year ton of CO2 mitigated	Expected Tons of CO2 mitigated through out life cycle
		(kWh)	MWh	Years		
1	Installation of 60kWp Solar Power Plant	76650	76.65	25	55.95	1398.86
Total		76650	77	25	55.95	1399

<b>General Environmental Awareness Questionnaire</b>	
Are you aware of any environmental Laws pertaining to different aspects of environmental management?	Yes
Does your institute have any rules to protect the environment? List possible rules you could include.	Yes
Dose Environmental Ambient Air Quality Monitoring conducted by the Institute?	No
Dose Environmental Water and Wastewater Quality monitoring conducted by the Institute?	No
Dose stack monitoring of DG sets conducted by the Institute?	No
Is any warning notice, letter issued by state government bodies?	No
Dose any Hazardous waste generated by the Institute? If yes explain its category and disposal method	No
Are you aware of any environmental Laws pertaining to different aspects of environmental management?	Yes
Does your institute have any rules to protect the environment? List possible rules you could include.	Yes
Does housekeeping schedule in your campus?	Yes
Are students and faculties aware of environmental cleanliness ways? If Yes Explain	Yes
Does Important Days Like World Environment Day, Earth Day, and Ozone Day etc. eminent in Campus?	Yes
Does Institute participate in National and Local Environmental Protection Movement?	Yes
Does the institute have any Recognition/certification for environment friendliness?	Yes
Does the institute use renewable energy?	No
Does the Institution conduct a green/environmental audit of its campus?	Yes
Has the institution been audited / accredited by any other agency such as NABL, NABET, TQPM, NAAC etc.?	Yes (NAAC)

<b>Best Practices and Initiatives</b>	
Renewable Energy	No
Solar Power Plant	No
Energy Audit and Green Audit Conducted	Yes
Biogas Plant installed	No
Biodiversity Conservation	Yes
Green Cover	Yes
Tree Plantation Drives	Yes
ECO clubs	Yes
Groundwater Recharge	Yes
Rain Water Harvesting System.	Yes
Pollution Reduction Public Transportation	Yes
E Waste Management	No
Connected to authorized recycler	No
Solid Waste Management	Yes
Lifting of garbage from the campus on alternate days by the Municipal Corporation.	No
Adoption of Village	Yes
CSR	Yes
Water Conservation	Yes
Energy Conservation	Yes





# RECOMMENDATIONS

1. Implement a utility monitoring program.
  - Allocate staff to carry out meter readings for electricity, waste and water on regular basis
  - Add monitoring data to spreadsheet so results can be viewed graphically
  - Compare with the utility bills meter readings in order to ensure accuracy;
2. Consider adopting and implementing a sustainable procurement policy which takes into account the whole life cycle of a product, and make sure environmental issues are written into tenders when contracting out.

3. Consider trialing recycled paper again – many recycled brands today, such as Evolve, are just as good as virgin paper.
4. Trial the use of re-manufactured (i.e., refilled) ink and toner cartridges rather than purchasing new ones.
5. Consider producing some designated ‘environmental’ pages on the intranet to make it easier for staff to find environmental information. If possible, a discussion forum could be set up to allow easy internal communications and staff to make suggestions for environmental improvements.
6. Environmental training could be formalized and carried out for all staff. It does not have to be too long or onerous, providing it covers key points, particularly in relation to waste so all staff are aware of the legal requirements. At the very least, environmental information should be included in the induction pack.
7. It is strongly recommended that environmental information is also given to students and staff during induction. It is particularly important for them to be aware of what waste they can dispose of on site and where they can dispose of it, and what waste streams they must take away with them.
8. Consider implementing an environmental management system to incorporate all improvements and monitoring requirements. It does not need to be a complex system certified to any particular standard, merely a way of ensuring that baselines are set and progress is measured. Formation of Environment Policy and communicated to all faculties and other staff.
9. Plan for Zero Waste Campus Project
10. E-waste monthly inventory be maintained at campus as per E waste rules 2016.
11. A Water Meter should be installed at the institute for monitoring of water consumption per capita.
12. Increase in Environmental promotional activities for spreading awareness at campus.
13. Environment/Green committee formation for regulating eco-friendly initiatives at campus premises and periphery.



# CONCLUSION

This audit involved extensive consultation with all the campus team, interactions with key personnel on a wide range of issues related to Environmental aspects. The audit has identified several observations for making the campus premise more environmentally friendly. The recommendations are also mentioned with observations for the College team to initiate actions.

<b>Carbon Foot Print</b>							
Sl. No.	Particulars	2020-21	tCO <sub>2</sub> e	2021-22	tCO <sub>2</sub> e	2022-23	tCO <sub>2</sub> e
1	Electricity (kWh)	19091	15.655	21860	17.92	25455	20.87
2	Diesel (kg)	1443	4.6191	6533	20.91	11675	37.36
3	LPG (kg)	228	0.342	380	0.57	456.00	0.68
4	Biogas (m3)	0.00	0.00	0.00	0.00	0.00	0.00
5	Degradable Waste in kg/yr.	3392.4	2.1372	3647.6	2.3	4474.8	2.82
6	Paper Waste in kg/yr	33.92	0.019	36.48	0.02	44.75	0.03
<b>Total Carbon Foot Print tCO<sub>2</sub>e/yr</b>			<b>22.77</b>		<b>41.72</b>		<b>61.76</b>

<b>Net Carbon Emission after implementing Energy Efficiency projects and Renewable Energy Projects Proposed</b>		
1	Total Carbon Foot Print tCO <sub>2</sub> e/yr	61.76
2	Carbon Sequestered tCO <sub>2</sub> e/yr	0.97
3	Carbon mitigated by Renewable Energy tCO <sub>2</sub> e/yr (Installed)	0.00
4	Carbon mitigated by Renewable Energy tCO <sub>2</sub> e/yr (Proposed)	55.95
5	Carbon mitigated by Energy Efficiency (Proposed) tCO <sub>2</sub> e/yr	6.31
6	Effective Carbon footprint tCO <sub>2</sub> e/yr	-1.47
7	Total No of Students	951
8	Specific Carbon Footprint kg CO <sub>2</sub> e/Student/Yr	-1.54

However, there is scope for further improvement, particularly in relation to waste minimization and energy monitoring. By implementing a basic environmental management system, current good practice can be formalized and a framework can be set up for monitoring, implementation of action plans and continual improvement.

The audit team observed that the overall site is maintained well from an environmental perspective. There are no major observations but few things are important to initiate urgently are waste management records by monthly inventory of hazardous waste, rainwater harvesting recharge; water balance cycle and periodic inspection of buildings; environment policy and initiation of composting at campus.

## References

- The Environment [Protection] Act – 1986 (Amended 1991) & Rules-1986 (Amended 2010)
- The Petroleum Act: 1934 – The Petroleum Rules: 2002
- The Central Motor Vehicle Act: 1988 (Amended 2011) and The Central Motor Vehicle
- Rules:1989 (Amended in 2005)
- Energy Conservation Act 2010.
- The Water [Prevention & Control Of Pollution] Act – 1974 (Amended 1988) & the Water (Prevention & Control of Pollution) Rules – 1975
- The Water [Prevention & Control Of Pollution] Cess Act-1977 (Amended 2003) and Rules- 1978
- The Air [Prevention & Control Of Pollution] Act – 1981 (Amended 1987) The Air (Prevention & Control of Pollution) Rules – 1982
- The Gas Cylinders Rules – 2016 (Replaces the Gas Cylinder Rules – 1981
- E-waste management rules 2016
- Electrical Act 2003 (Amended 2001) / Rules 1956 (Amended 2006)
- The Hazardous Waste (Management and Handling and Trans-boundary Movement) Rules, 2008 (Amended 2016)
- The Noise Pollution Regulation & Control rules, 2000 (Amended 2010)
- The Batteries (Management and Handling) rules, 2001 (Amended 2010)
- Relevant Indian Standard Code practices

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# TECHNICAL SUPPLEMENTS



## ST. ANTONY'S COLLEGE PERUVANTHANAM

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Peruvanthanam P.O., Kodikuthy, Idukki (Dt.), Kerala - 685 532

### GREEN AUDIT

Particulars	2022-23	2021-22	2020-21	2019-2020	2018-19
Number of students	951	776	723	708	741
Number of staff	66	53	48	48	43
Total Building area (m <sup>2</sup> )	5670 sqm	5570sqm	5570sqm	5570sqm	5570sqm
Total Land Area(acre)	5.5Acre	5.5 Acre	5.5 Acre	5.5 Acre	5.5 Acre
Total Green cover	80%	90%	90%	90%	90 %
Total Number of trees	156	130	100	95	90

#### List Of Trees:

1. Jack fruit -7
2. Wild Jack Tree- 5
3. Mango tree -4
4. Coconut palm-10
5. Guava-10
6. Fruit trees-40
7. Bamboo-65
8. Clove – 2
9. Casuarina (kattadi) -1
10. Teak 1
11. Pine -1
12. Gooseberry -2
13. Pomegranate -1
14. Spanish cherry – 1
15. Mahogany Tree – 1





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Peruvanthanam P.O., Kodikuthy, Idukki (Dt), Kerala - 685 532

## **NSS ANNUAL REPORT 2022-23**

### **Unit No. 144 & 233**

Annual Report of St Antony's College Peruvanthanam NSS Unit during the year 2022-2023. At the beginning of the year, the NSS advisory committee met and prepared a plan for the events to be held this year.

The NSS meeting was held at the beginning of the academic year itself and 2<sup>nd</sup> year B.Sc cyber forensic students and NSS Volunteers Mr.Abhijith Motty and Ms.Avantika Omanakuttan were selected as volunteer secretaries. 2nd year BCA student and NSS volunteer Mr.Jithu C Shaji, 2nd year BCom student and NSS volunteer Nandana Dileep were appointed as the volunteer secretaries of newly sanctioned NSS Unit. Along with this Mr. Akshay Mohandas, Assistant Professor, Department of Management has been appointed as the programme officer of the newly sanctioned NSS unit.

### **BLOOD DONATION**

Nowadays, more individuals need blood on a daily basis .Blood has a key role in sustaining many lives. Blood donation is the most valuable thing that can be done by the youngest generation to the world. To spread this message to the students, the NSS unit conducted 2 blood donation camps in collaboration with Kottayam Medical College Blood Bank. Dr. Chitra James, Medical Officer, Kottayam Medical College Blood Bank gave leadership to the blood donation camp held on 23/06/2022.66 students were donated their blood during the camp. Another Blood Donation camp was held on 22<sup>nd</sup> March 2023 and Dr. Angel Maria, Medical Officer, Kottayam Medical College Blood Bank gave leadership to the blood donation camp. 71 students donated their blood during this camp.

Besides this, the NSS volunteers donate blood to the public in case of urgent need. more than 25 donations were made in the academic year.

### **MEDICAL CAMP**

The medical camp was conducted by the NSS unit of St. Antony's College Peruvanthanam in association with St. Joseph Church Peruvanthanam, Kokkayar grama panchayath, New Vision Eye Hospital and Vechoochira Bedhani Clinic on 4th February 2022. Mr Vazhoor Saman, Peerumedu MLA, inaugurated the camp in the presence of Mr. K T Binu, Idukki District Panchayath President. NSS volunteers have participated very actively and led to a successful camp. More than 200 people were participated in the camp.

### **PALLIATIVE ACTIVITIES**

Palliative care activities are being conducted in association with Peerumedu Taluk Hospital with the aim of inculcating love, empathy, and caring for the elderly among NSS volunteers. A three-day training programme was conducted from September 28 to prepare volunteers for patient care. The programme was arranged with different classes on two days and a home visit on the third day.

On September 28, 2022, at 10 am, the meeting was held and which was presided over by Dr. Antony Joseph, Principal of the college and Mrs. Domina Saji, Peruvanthanam Grama Panchayat president, inaugurated the meeting. Dr. Anand B, Peerumedu Taluk Hospital Superintendent, Mr. Prasad Mohanan, Peruvanthanam Health Inspector, Ward Member Mr Muhammad Nisar, Ms. Beena Varghese Superintendent of Nursing, and others spoke. The seminars that followed were led by the doctors and palliative staff of Peerumedu Taluk Hospital. The second day seminars were led by Dr. AGP Narayanan, District Palliative Nodal Officer and Superintendent of Thodupuzha District Hospital, and Mr. Sijo Vijayan, District Palliative Co-ordinator.

37 second-year NSS volunteers have successfully completed the training. As part of the three-day training camp, 37 volunteers were engaged in home visits and patient training. With the aim of giving more experience to the trained

volunteers and to benefit society, a team consisting of three to five volunteers conducting field visits and patient training every week in collaboration with Peerumedu Taluk Hospital Palliative Department. The team, consisting of 20 volunteers, is engaged in palliative activities and visits with the palliative staff of the taluk hospital.

### **ORPHANAGE VISITING**

Students of St. Antony's College Peruvanthanam spend time with Yendayar orphanage (Sneha Bhavan) and feed them every Wednesday. NSS unit also participates in the programme which aims to develop love and empathy towards elders. During the working year, NSS volunteers bring food, visit the orphanage, spend time with them and entertain them by performing several cultural activities three times. On March 29 2023, under the leadership of Programme Officer, volunteers visited the Kunnamthanam Orphanage near Changanassery and handed over the necessary items to them. The visit to the orphanage was a heart touching experience for volunteers to see the people who are not physically and mentally stable, suffering each day.

### **NATURE CAMP**

Environmental protection is an important part of NSS activities. Understanding the environment and the need to protect it is essential for environmental protection. In this era where the environment is heavily polluted and exploited. With this goal in mind, a nature camp was organized on December 12, 13, 14 at Thekkady in association with Periyar Tiger Reserve. Seminars to learn more about the environment were part of the Nature camp. As a part of the nature camp, volunteers got to experience the charm, beauty and silence of the forest. The tracking on the second day was quite an experience. Apart from enjoying the beauty and charm of the forest, it also helped to see many wild animals. On the third day we went bird watching. The camp helped to understand about the environment and the need for environmental protection and about various animals and birds. 38 volunteers participated in the camp.

## **MINI CAMP**

Each camp is important in NSS activities. Two mini-camps were conducted during the academic year aimed at personality and leadership skill development of NSS volunteers. With an aim to enhance the performance and skills of second year NSS volunteers, a three day camp was conducted during 2nd 3rd 4th September 2022. Honorable Peruvanthanam Gram Panchayat President, Mrs. Domina Saji inaugurated the camp during the function which was presided over by Dr. Antony Joseph, Principal of the College on 2<sup>nd</sup> September 4pm.

As part of the camp, the sides of the National Highway were cleared and the premises of the college were also cleaned. Various programmes including Group Discussion, Debate and cultural programmes were conducted with the aim of personality development and leadership development.

3 day camp for 1st year NSS Volunteers was conducted on 16<sup>th</sup>, 17th and 18th December 2022. First year volunteers from both the units participated in the camp. Peruvanthanam Grama Panchayat President Mrs. Domina Saji inaugurated the camp in the gathering presided over by Honorable Principal Dr. Antony Joseph on 16th December 2022 at 4.00 Pm. On the second day a seminar was conducted and which was led by Mr. Gokul C Dileep, former volunteer Secretary of St. Mary's College and University, State and National Award winner for best volunteer. The seminar helped to know and understand better about NSS. Various activities and cultural programmes were conducted as part of the camp. The sides of the National Highway were cleared and the premises of the college were also cleaned. The camp helped to ensure the personality development of the volunteers.

## **DAY OBSERVATIONS**

The blood donor's day was celebrated on 14<sup>th</sup> June 2023. There was an online seminar conducted on the topic related to the necessity and importance of blood donation. Dr. Chitra James from the Blood Bank department of Kottayam Medical college led the online seminar. The seminar started at 6 pm and ended at 7 pm. The seminar was so helpful that the importance and the things we should be

aware of at the occasion of blood donation were well explained at the event.

International yoga day celebrated on 21st June. In order to understand the importance of yoga and its role in healthcare. A seminar was conducted at 1.30pm. The Seminar led by Mr Binu V.T, Physical Education Teacher, Alfeen Public School. The Programme was inaugurated by Dr. Antony Joseph, Principal of the institution. Some practical yoga sessions were also conducted after the meeting.

On June 27th, a seminar was conducted in relation to international day against drugs. The main aim of the meeting was to prepare the volunteers against the drug usage and spread awareness. Seminar was held on 1.30pm and which was led by honorable Peruvanthanam CI Jayaprakash and SI Sri. Sali. The Programme was inaugurated by Dr. Antony Joseph, Principal of the institution.

## **LEGAL AWARENESS**

It is the duty of every Indian citizen to understand the laws that are enacted in our country. In order to do so, we conducted a seminar on 9<sup>th</sup> November 2022 at 1.30pm and the seminar was led by adv. Nibu Mathew from Peerumade Legal Service Society.

Following that, another seminar was also conducted on 12<sup>th</sup> November 2022 at 11.00am about the POCSO and Domestic Violence act. This seminar was led by Adv. Kavitha Thankappan from Peerumade Legal Service Society. These seminars helped us to understand more about some important laws in our country.

The importance of educating our younger generation more about the traffic rules is inevitable now a days. The ignorance and breaking of traffic rules took many lives. So we conducted a seminar to give awareness to volunteers about the traffic rules on 10<sup>th</sup> March 2023 at 11am. The seminar was led by Vandiperiyar Motor Vehicle Inspector Mr. Arun C.D. This seminar was so helpful to understand a lot more about our traffic rules.

## **ANTI DRUGS**

Now a days the use of drugs is increasing day by day. Especially in the youngest generations. Therefore, it is necessary to conduct Anti drug seminars and programmes. An anti-drug seminar was conducted on 27th June 2022 at 1.30 pm in college and the seminar led by Mr. Jayaprakash CI of Peruvanthanam and Mr Sali, Sub inspector of police. An another anti-drugs seminar was conducted on 9<sup>th</sup> November 2023 at 1.30pm in the College Conference hall and the seminar was led by Sri. MN Sivaprasad, Hon'ble Kottayam Excise Deputy Commissioner and Shri Benny Joseph, Excise Preventive Officer. These seminars helped us to understand the problems caused by the use of drugs in our personal life, family and society

## **ADOPTED VILLAGE ACTIVITIES**

NSS Unit of St. Antony's College Peruvanthanam conducted many activities at their adopted Village Palooravu during the working year. At the beginning of the year, the needs of the area were understood by consulting the ward members and locals. August 13, 2022 Volunteers remove mounds of soil from the back of a family's home. That was hit by a landslide. On August 18, 2022, volunteers under the leadership of the Program Officer cleaned the Ayurveda Hospital and cleaned the medicinal garden of the hospital. In the month of December, a waste pit was constructed in Palooravu UP School and the school premises were cleaned. On October 1, the sides of the road were cleared and medicinal plants were planted on both sides. In the month of March, soil was removed from the landslide areas behind two houses. In this way, many activities were carried out in the adopted village during the working year.

## **CLEANING DRIVES**

During the working year, cleaning drives were conducted at various places. In two minicamps held during the working year, both sides of the National Highway and the premises of the college were cleaned. On October 29, with the goal of making the environment plastic-free, plastic waste was removed from the college and both

sides of the national highway from college to Peruvanthanam. On April 20th, 2023 from 10 AM to 3:00 PM, KSRTC buses of Kumily Depot. were washed and cleaned. The programme was held with the aim of convincing the youth about the necessity of protecting public property. 20 volunteers were actively participated. The drains on the sides of the National Highway near the college were cleaned on 28th April 2023 under the leadership of NSS and work was done to ensure smooth flow of water. 15 NSS Volunteers participated in the activity from 10 am to 1 pm. On 28th April 2023, St. Antony's College Peruvanthanam NSS Unit, Visited tourist place 'Aanachari' and cleaned premises and the plastic waste were removed. 20 volunteers were actively participated in the activity which was conducted from 10.00 am to 1.00 pm.

### **NEW NSS UNIT INAUGURATION**

It was a matter of great pride for the college that a new unit was sanctioned in addition to the existing NSS unit. Mr. Akshay Mohandas, Assistant Professor, Department of Management has been appointed as the program officer of the new unit. The newly sanctioned unit was inaugurated on 15th December 2022 at 12 noon by Dr. E N Sivadasan, MG University NSS Programme Co-ordinator. The meeting was presided over by Hon'ble Principal Dr. Antony Joseph. MG University NSS Idukki District Co-ordinator Mr. James Mathew felicitate the gathering.

### **ORIENTATION**

Orientation Programmes was conducted on 22nd October and 19 November 2022 for new NSS volunteers. College NSS Programme Officer Mr. Binu Kurian lead the seminar with the intention of creating a clear awareness among the volunteers about the activities of NSS and the ideas put forward by NSS. The seminar helped to get a closer look to the NSS and to understand the NSS activities. The orientation programmes was conducted from 10 am to 3 pm

An orientation programme was conducted on 15th December 2022 from 10.30 am to 12 pm with the intention of creating more awareness among volunteers about NSS. MG University NSS Idukki District Co-ordinator Mr James Mathew

lead the seminar.

### **HAIR DONATION**

NSS Unit of St. Antony's College Peruvanthanam conducted hair donation programme on 16th March, 2023 at 2 pm. In a meeting presided over by Honorable Principal Dr. Antony Joseph, college teachers and students donated their hair to cancer patients, and also gave a great message to the society.

### **UNIVERSITY LEVEL PARTICIPATION**

In the month of October 2022, the college conducted a quiz competition called “Laharivimukta” conducted under the leadership of the State NSS cell. Programme Officer Mr. Binu Kurian represented the Unit in the Programme Officers' meeting held at the University on 30th June 2022. Volunteer Secretaries Mr. Jithu C Shaji and Ms. Nandana Dileep participated in the training held at St. Dominic's College. Volunteers represented the unit in all university selection processes leading up to the National Camps. Programme Officer Mr. Binu Kurian participated in the PFMS training held at Kunnukara College. Programme Officer Mr. Binu Kurian also participated in the one-day workshop conducted by the university for programme officers on 2<sup>nd</sup> March 2023. Peruvanthanam St. Antony's College has been a good year and the college believe that it will be possible to work better in the coming years. Most gratefully remember our beloved College Principal Dr. Antony Joseph and MG University NSS Programme Co-ordinator, Dr. E N Sivadasan for providing all support to the activities. Also thanks to all those who supported NSS activities.

### **BLOOD DONATION**





## MEDICAL CAMP

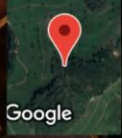




## PALLIATIVE ACTIVITIES



## ORPHANAGE VISITING



Periyar, Kerala, India  
Unnamed Road, Periyar, Kerala 685507, India  
Lat 9.636927°  
Long 77.054176°  
13/10/22 12:16 PM GMT +05:30



# NATURE CAMP



# MINI CAMP



## DAY OBSERVATIONS



## LEGAL AWARENESS





## ANTI DRUGS



## ADOPTED VILLAGE ACTIVITIES



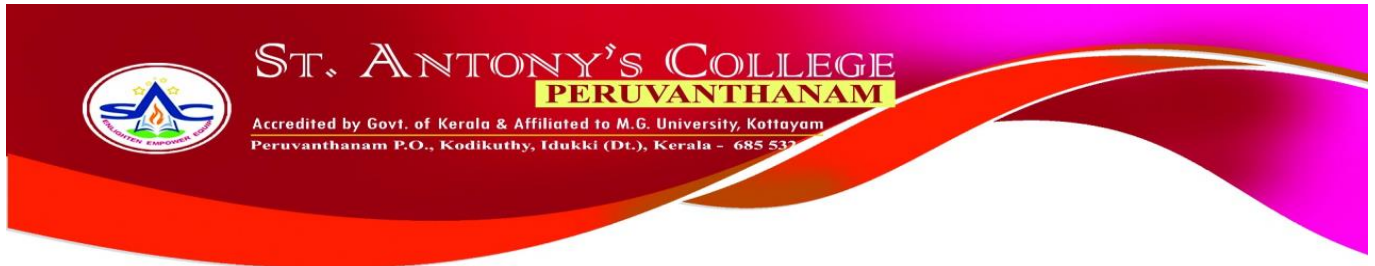
## ORIENTATION





# NEW NSS UNIT INAUGURATION





## **NATIONAL SERVICE SCHEME (NSS)**

### **Unit No. 144**

### **Annual Report 2021-2022**

Activities for the academic year 2021-22 began on 5<sup>th</sup> June, 2021. Volunteers planted trees in their homes on June 5 morning to mark Environment Day. The meeting began at 11 o'clock. The honorable principal in charge Sri. Boby K Mathew presided over the function. The honorable college chairman Sri. Benny Thomas delivered the environmental day message and inaugurated the events of the NSS year of operation. Volunteer secretary Ms. Mehanaz shajahan addressed the gathering. NSS Programme officer Sri. Binu Kurian welcomed the gathering and the volunteer secretary Sri. Justin M Joseph expressed gratitude. The programme officer took initiative to discuss the possible activities to be carried out this year and the volunteers shared innovative ideas. The programme officer appointed second year NSS volunteer, BCA student, Mr. Arun Mathew and second year NSS volunteer, BA student, Ms. Anjana S Nair as volunteer secretaries for the current year. Assistant Programme Officer Smt. Suneesha Mohanan was welcomed by the programme officer to NSS and congratulated for taking the new responsibility. The meeting ended at 12.30 pm.

Idukki District child protection unit conducted Anti-child labour week programme on 10<sup>th</sup> June 2021 at 11 am as part of the Saranabalyam project. District child protection officer Mrs. Geetha M.G. welcomed the online training programme for NSS volunteers and social work students of Idukki district. MG University NSS advisory committee member and Idukki district NSS co-ordinator Mr. James Mathew presided over the meeting. District

women and child development officer Mrs.Jibin Lolitha Sain inaugurated the function and child line district co-ordinator Mr.Tony Thomas delivered the key note address. District social justice officer Mr.Binoy V.J. led the training programme and participants asked questions and he gave clarifications for queries. All the volunteers of St.Antonys College Peruvanthanam NSS unit actively participated in the programme. District child welfare committee officer Mr.Jomet George thanked and concluded the meeting on 1 pm.

Anemia Awareness Class among College Students was conducted on Saturday, 12th June 2021 at 12 pm as part of the Women and Child Development, ICDS Project Azhutha Block. CHC Medical Officer Dr. Meera George led the class at the meeting which was welcomed by Child Development Project Officer. Dr. Meera George answered the queries of the participants. At exactly one o'clock, Supervisor Sadie ended the classes by thanking all. The class learned exactly how anemia occurs in people of all ages and what the cure is. The class learned exactly how to give medication to children of all ages and what can be done to prevent anemia. I learned in class exactly how iron deficiency affects the body. It was a class that would benefit absolutely all ages. NSS Assistant Programme Officer Mrs. Suneesha Mohanan and all girls' volunteers represents St. Antony's College Peruvanthanam in the programme.

The Awareness Programme on "Be a Hero, Be a Donor" was held on 14<sup>th</sup> June, 2021 at 5 pm on the occasion of Blood Donor Day. Sachetana Blood Donation Committee President and Advaita Ayurveda Clinic Panchakarma Specialist Dr. Amal G Krishnan is the key resource person in the programme. NSS Assistant Programme Officer Mrs. Suneesha Mohanan welcomed the audience. Hon'ble College Principal in Charge Sri.Boby K Mathew presided over the function. NSS programme officer Mr.Binu Kurian delivered the introductory speech. After class the volunteers asked their doubts and the doctor cleared up their doubts. Volunteer Secretary Mr. Arun Mathew express gratitude to the chief guest and volunteers. The programme ended with the national anthem at 6 pm. This was a class that reveals the glory of blood donation and the doctor who donated blood 37 times became a great role model for everyone. The doctor explained the benefits of

blood donation to the volunteers. In a short period of time, the doctor imparted more knowledge to the volunteers.

In this time lifestyle is changing a lot. It is very important that the next generation should be aware about yoga. A seminar was held in connection with the International Yoga Day. The seminar was held on 21st June 2021 at 5 pm on the occasion of international yoga day. Mr. Binu V T who is a physical education teacher at Alfeen public school Kanjirappally and also a graduate of the National Sivanandha Yoga Vedantha center, led the seminar. Volunteer secretary Mr. Arun Mathew welcomed the gathering which started with the NSS anthem at 5 pm. The NSS Programme officer Mr. Binu Kurian presided over the function. After the class, the volunteers shared the knowledge they gained from the class. Then Volunteer secretary Ms. Anjana S Nair thanked the gathering and the programme ended at 6 pm with the National Anthem. In a short time, he also gave some easy yoga exercises that will benefit to the volunteers. The programme officer Mr. Binu Kurian, Assistant programme officer Mrs. Suneesha Mohanan, volunteer secretaries Arun Mathew and Anjana S Nair took initiatives for the arrangement of the programme.

In this time, so many young people are becoming addicted to drugs. So it is the need of every citizen to make the society aware of the evil aspects of drug abuse. An awareness programme was held on 26th June 2021 at 5 pm on the occasion of World Anti-Drug Day. The meeting was presided over by the Honorable College Chairman Mr. Benny Thomas. NSS programme Officer Mr. Binu Kurian welcomed the gathering. Alappuzha Assistant Excise Commissioner Mr. M. N Sivaprasad led the seminar. The volunteers asked their questions and he answered them correctly. In a short period of time, he explained very clearly how tobacco, drugs and alcohol all affect the human body. The idea of getting rid of alcoholism was given to the class. NSS Volunteer Secretary Mr. Arun Mathew concluded the meeting with a vote of thanks. Programme Officer Mr. Binu Kurian, Assistant Program Officer Mrs. Suneesha Mohanan, Volunteer Secretaries Mr. Arun Mathew and Mrs. Anjana. S. Nair make arrangements for the smooth running of the programme.

A refreshment is required while working in any field. So a refreshment programme on "Back to basics of NSS" was held on 10th June 2021 at 11 am with the aim of educating second year NSS Volunteers more about NSS. NSS Programme Officer Mr. Binu Kurian welcomed the gathering. NSS state Award winner, Writer, Former NSS programme Co-ordinator, Former state NSS officer and Principal of Sahyajyothi arts and science college kumily. Prof. MJ Mathew was led the webinar. He shared his experience in NSS with the volunteers and it was a real refreshment to the volunteers. The volunteers then asked their questions and he answered them accurately. In a short time, he made it very clear what the NSS is and about the aim of NSS. He correctly conveyed the idea that NSS is an educational project. At exactly 12.30 pm, NSS Volunteer Secretary Mr. Arun Mathew concluded the meeting with the vote of thanks. For the smooth running of the programme, the program officer Mr. Binu Kurian, Assistant Programme Officer Ms. Suneesha Mohanan, volunteer secretaries Arun Mathew and Anjana S Nair takes initiative.

Nowadays, issues on Dowry and domestic violence are increasing day by day. And also many women are moving to commit suicide due to these troubles. So an awareness seminar on say no to dowry was organized on 7th August 2021 at exactly 5 pm. NSS Volunteer Secretary Mr. Arun Mathew welcomed the gathering which started with NSS song. On the subject of Say no to dowry, Adv. Dexin Joyan Manackal BA. LLB (practicing in Kerala High Court) lead the seminar. During the one - hour session, he conducted classes on dowry issues faced by women and the Dowry Prohibition Act. After the awareness programme, Anti Dowry Pledge was recited by the NSS Volunteer Secretary Mrs. Anjana.S. Nair and the volunteers confessed. NSS Programme Officer Mr. Binu Kurian thanked the audience for the meeting. NSS Programme Officer Mr. Binu Kurian, NSS Assistant Program Officer Mrs. Suneesha Mohan, Volunteer Secretaries Mr. Arun Mathew, Ms. Anjana S. Nair and all NSS volunteers attended the meeting. The seminar ended at exactly 6 o'clock with the national anthem.

An Essay writing competition was conducted on 15th August 2021 on the occasion of 75th Indian Independence day. Majority of the volunteers were participated in the

competition. The competition was done by using the official e-mail id of the NSS unit. "The Role of youth in national development " was the topic of the competition. It is a programme conducted in order to aware the volunteers among their role in National Development. Mr. Manu Joseph, Second year NSS Volunteer got the first Prize of the competition and Archana Vijayakumar got the Second Prize.

The primary aim of NSS is personality development through social service. Teachers are also be respected equally as parents, which will lead to personality development. As part of this special day, volunteers honored and wished their Teachers with the aim of establishing a good relationship with them and for expressing their honors to them. Everyone has a Teacher who influenced their life. We organized a competition to write a letter to the teacher who influenced them during their study. Ms. Anjana S Nair got First Prize for the Competition and Mr. Sidharth Reghu got the second prize.

It is the most important day in relation to NSS. In every year September 24 is celebrated as the NSS Day. It is a day to think and review the objectives and aims behind the formation of NSS. NSS Day was celebrated auspiciously. An NSS volunteer is required to the NSS Song and the thought given and express by the song. With the aim of understanding and know the theme provided by the NSS to the volunteers, NSS Song Contest was conducted for Volunteers. Every one have many of talents and most of them never got opportunities to express their talent. In order to develop the talents of Volunteers, a cultural programme were organized in relation to NSS Day on 24<sup>th</sup> September 6pm. They express their talents and skills during the session with the help of online platform. The program comes to an end on 8.30pm.

Mahatma Gandhi, the Father of the Nation, has made the greatest contribution to the origin and recurrence of the NSS. It is necessary to understand Gandhiji's ideas. To this, a seminar on Gandhian Ideas was held at 4.30 pm on October 2nd. Sri. Roy Scaria, former NSS Program Officer of St. Thomas HSS Erumely has led the seminar. He explain the thoughts of our father of Nation. Through this seminar the volunteers were able to

understand the ideas put forward by Gandhiji. Mr . Binu Kurian, Programme Officer welcomed the gathering which was greeted by the Principal in charge Sri. Bobby K Mathew. Vote of thanks was given by volunteer secretary Mr.Arun Mathew.The meeting ended at 6 pm.

Koottikkal and surrounding are the most affected areas by landslides and natural disasters during the monsoon in Kerala.The people of Kootikal- Yendayar region faced many obstacles and hurdles during the period. On 30<sup>th</sup> October, 2021, NSS volunteers visited Yendar and as a relief they help the native people to remove the soil and rocks which are spread all over the areas to restore the transportation. They started the work by 9am under the leadership of NSS Programme Officer Mr. Binu Kurian and Assistant Programme Officer Mrs. Suneesha Mohanan in association with SMYM Yendayar. The volunteers works hard and the activity comes to an end with 4 pm. At the end volunteers were able to understand the consequences and they are able to help the native people from the greatest disaster.

No matter which field we work, the knowledge regarding it is essential.When NSS volunteers work with NSS,they should be aware of the ideas we put forward, so that they can whole heartedly work with NSS. In correspondence with the ideas and vision of NSS,an online orientation programme was conducted for the volunteers on 4th December 2021.The session which was conducted in the morning from 10am to 12pm. The seminar was led by prof.Dr.M J Mathew, the Principal of Sahyajyothi College Kumily, Former NSS Programme Co-ordinator of M G University, moreover he has won State Award for the Best Program Officer and also has authored many books. He described regarding the ideas and visions that NSS is envisioning, which has helped them to understand the basic values that NSS withheld. Mr. Binu Kurian, NSS Programme officer welcome the gathering and Volunteer Secretary Mr. Arun Mathew expressed Vote of Thanks.

It is necessary that the people who working in NSS have to understand the ideas completely which is provided by the NSS .A one day seminar was conducted by the aim

with Physical made, that the volunteers should understand the intentions and goal of NSS .The Programme officer Mr. Binu Kurian led the programme. He explain the origin, objectives, aims, duration of working, nature of work and how the NSS helps the volunteers to make good personality. An NSS Volunteer is required to know the NSS Song and Clap. With that intention, in the afternoon Session, provide training on NSS Song and NSS Clap and also explain the message given by the NSS Song. It helps the volunteers to understand and study the NSS Song and Clap. The seminar helped the volunteers to understand the future goals of NSS. The One day Orientation programme was comes to an end on 3pm.

As part of Azadi ka Amrit Mahotsav programme, one day programme was conducted by Periyar Tiger Rerserve in association with St. Antonys College Peruvanthanam NSS Unit. Mr. Binu Kurian, NSS Programme Officer welcomed the gathering which was greeted by the principal in charge Sri. Bobby K Mathew. Nature Education Officer smt. Asha Rani K was led the seminar. Assistant Nature Education Officer Sri. Sunil C.J, section forest officer Sri. Biju V Thomas, Beat forest officer Sri. Monachan and tribe representatives addressed the meeting. Explained the need and importance of environmental protection and cleared the doubts of volunteers. These were very useful for getting to know nature better. Through this programme, the volunteers, were aware about the importance of Environmental protection. NSS Volunteer Secretary Ms. Anjana S Nair expressed Vote of thanks. The programme ends on 1pm.

It is the responsibility of a volunteer to protect the nature. Personal hygiene and clean environment are some essential requirements in our life. NSS Volunteers are responsible to keep this. With the aim of clean the environment and protect the garden One day cleaning programme was conducted on 18<sup>th</sup> December 2021 under the leadership of NSS Programme Officer Mr. Binu Kurian. Gardens have been set up along the sides of the National Highway near the college with the objective of cleaning the area around the National Highway. The garden and surroundings were cleaned by the volunteers.The



programme were started on 9am and comes to an end on 3pm. NSS Programme Officer, Volunteer secretaries take initiative for conducting programme.

Special camp of the National Service Scheme unit of St. Antony's College Peruvanthanam for the academic year 2021-2022 "Unarv 2021" was held from 26th December 2021 to 1st January 2022 at St. Antony's College, Peruvanthanam. The camp was conducted in accordance with the Covid norms and instructions were given by the Mahatma Gandhi University NSS Cell and State NSS office. Idukki District Panchayat Member Mr. Binu inaugurated the camp on December 26, 2021 at 3 pm in a meeting presided over by College Chairman Benny Thomas. Principal in charge Mr. Bobby K Mathew delivered the message. Honorable Ward Member Sri. Mohammad Nisar, Assistant Programme Officer Mrs. Suneesh Mohanan, Volunteer Secretary Ms. Anjana S Nair, College PRO Mr. Antony Jose conveyed their greetings. NSS Programme Officer Mr. Binu Kurian welcomed the gathering and Volunteer Secretary Mr. Arun Mathew expressed his gratitude. The inaugural session ended at 4 pm. After the inaugural function, the Programme Officer giving the necessary instructions to the Volunteers. Prior to the camp, the volunteers were divided into 5 groups and they were engaged in activities on a group basis. The Motivational Seminar at 6 pm was led by Dr. Antony Joseph, Former Head of the Department of Commerce, Henry Baker College Melukavumattom, eminent motivational speaker, thinker and author. The seminar helped the volunteers to discover their talents and gain confidence. After the dinner, the volunteers performed their cultural talents. After the report presentation and camp news and camp evaluation, the first day's activities ended at 9:30pm.

The activities of second day of Special camp began at 6 am. Volunteers practiced yoga from 6 am to 7am. After that they were engaged in the parade from 7 am to 8 am. Program Officer Mr. Binu Kurian hosted the flag at the Assembly held at 8 am after breakfast. Assembly was started with NSS Song and it is followed by thought of the day and the instructions of the Programme Officer. After breakfast, volunteers engaged in gardening activities from 9 am to 1 pm. The sides of the dirty National Highway were

cleaned and renovations were done to the previously constructed garden. This project was started in the year 2020 in association with Peruvanthanam Grama Panchayat to discourage the dumping of waste on the sides of the road and to beautify the landscape. Today we are going through a period of natural disaster. In such a situation, it is imperative that the volunteers be enlightened about nature conservation and what we can do about it. With this intention a seminar was conducted on 3pm. Sri. Sunil PG, Nature Assistant Officer, Thekkady led the seminar. The seminar helped the volunteers to understand the need for nature conservation and the dangers posed by natural disasters. The seminar on Social Security was conducted at 6 pm by Mr. Roy Mathew, Former SPG Officer, Government Officer, Cabinet Secretariat, the Government of India. This seminar helped the volunteers to understand the systems. After dinner, the volunteers performed. Art Evening helped the volunteers nurture their artistic talents. After the report presentation, camp news and camp evaluation, the second day's activities ended at 9.30 pm.

The third day of Special camping activities began at 6 am with Yoga Practice. The volunteers were engaged in Yoga Practice from 6am to 7 am and thereafter they were engaged in Parade from 7am to 8am. The programme officer hosted the flag at the assembly, which was held at 8.30 am after breakfast. The assembly, which began with the NSS anthem and it is followed by message of the day and thereafter the Programme Officer gave instructions. From 9 am to 1 pm, volunteers were engaged in garden renovation work. Turned into different groups and engaged in activities. Such activities helped the volunteers to understand the need to keep the environment clean and to understand the importance of environmental protection. Today we live in an age where drug use is increasing day by day. A good percentage of people start using alcohol during the school-college period. Peermede Excise officer Mr. Benny Joseph held a seminar at 3 pm with the objective of educating the volunteers against drug abuse. The impact of drug use on individual and social life was discussed in detail at the seminar. As an Indian citizen, we have a responsibility to understand and study the Constitution of India and about Gandhiji, the Father of the Nation of India and who contributed to the emergence of

the NSS. Mr. Bino P. Jose, Head, Department of History, St. Dominic's College, Kanjirapally, led the seminar on the Constitution of India and Gandhiji at 6 pm. The seminar helps the volunteers to get acquainted with Gandhiji and the Constitution of India. After the dinner, the volunteers presented cultural programmes. After the report presentation, camp news and camp evaluation, the third day's activities ended at 9.30 pm.

The fourth day of the seven-day camp began at 6 am with Yoga Practice. Volunteers were engaged in yoga practice from 6am to 7am and thereafter they were engaged in parades from 7am to 8am. Volunteer Secretary Sri Arun Mathew hosted the NSS flag on the assembly held at 8.30am after breakfast. The message of the day was shared at the assembly, which began with the NSS anthem, and the program officer gave instructions. Environmental hygiene is as important as personal hygiene. Each of us has a responsibility to keep the college we attend as clean as our own home. To this end, the college and its surroundings were cleaned from 8.30 am to 1 pm. The plastic was removed from the camp and the farm was cleaned. This helped in understanding the need for sanitation and increasing interest in agriculture. Knowledge of any field is essential for operational excellence. Volunteers working on the NSS education programme need to be aware of its purpose. Mr. Binu Kurian, NSS Program Officer, St. Anthony's College, Peruvanthanam, led the seminar at 3 pm. This enabled the volunteers to understand the basic concepts of NSS. The National Service Scheme aims at personal development. NSS is a unique opportunity to develop the leadership skills of a volunteer. The seminar on Leadership Skills was conducted at 6 pm by Mr. Tijomon Jacob, Head, PG Department of Commerce, St. Antony's College, Peruvanthanam. The seminar helps the volunteers to understand what a leadership lesson is and how to develop a leadership lesson. After dinner, the volunteers performed cultural programmes. After the report presentation, camp news and camp evaluation, the fourth day's activities ended at 9.30 pm.

The fifth day of the seven-day camp began at 6 am with Yoga Practice. Volunteers were engaged in yoga practice from 6am to 7am and thereafter they were engaged in parades from 7am to 8am. Volunteer Secretary Kumari Anjana S Nair hosted the NSS flag

at the assembly held at 8.30 am after breakfast. The assembly, which began with the NSS anthem and thereafter shared the message of the day and instructions by the Program Officer. The activities of the adopt village are more important than the activities of the campus. These activities were restricted for some time due to the spread of corona epidemics. On the fifth day we reach the adopted village at 9.30 am. From 9.30 am to 1.30 pm, volunteers were engaged in cleaning activities in the village. Both sides of the dirt road were cleared. Knowledge of the laws of the land is essential for any individual. The seminar on various laws pertaining to students was held at 3 pm and was led by Adv. Dexin Joyan, Advocate, Honorable High Court of Kerala. The seminar helped to understand the rules including POCSO act. The opportunities that the NSS opens up to a volunteer are huge. They have the opportunity to go out into the community and address their concerns as well as attend State level and National Level camps and receive nationwide recognition for the best volunteers. It is inspiring to talk to those who have received such honors. The seminar was held at 6 pm and was led by Mr. Gokul C Dileep, Former NSS Volunteer Secretary, St. Mary's College Manarkad, winner of the National Award for Best Volunteer. The seminar which included various activities, was aimed at giving more energy to the NSS volunteers. After the dinner, the volunteers presented various cultural programmes. After the report presentation, camp news and camp evaluation, the fifth day's activities ended at 9.30 pm.

The sixth day of the seven-day camp began at 6 am with Yoga Practice. Volunteers were engaged in yoga practice from 6am to 7am and thereafter they were engaged in parades from 7am to 8am. Programme Officer Mr. Binu Kurian hosted the NSS flag at the assembly held at 8.30 am after breakfast. The assembly, which began with the NSS anthem, volunteers shared the Message of Day and the programme officer gave necessary instructions. Volunteers reached the adopt village at 9.30 am and they were engaged in cleaning activities and gardening upto 1.30pm. The school premises were cleaned and necessary arrangements were made for the construction of a garden there. The activities in the adopt village helped to know the adopt village better and help them in their needs.

Today, people live far away from agriculture. The need of the next generation is to cultivate agriculture first and foremost among the youth. To this end, the seminar was conducted at 3 pm and it is led by Mr. Varghese Kutty Thomas, Assistant Agriculture Officer, Peruvanthanam Agriculture Office. He explained about organic farming methods and the changes they are bringing to our health and society. The main goal of NSS is to develop the personality through community service. The NSS should be able to form a good personality by working on a volunteer basis. The work of the NSS should help to change everything in their thinking, action and behavior. The seminar on Personality Development at 6 pm was chaired by Mr. Wilfred Chacko, Commerce Lecturer, St. Antony's College, Peruvanthanam. He explained at the seminar what personality is and how to build a good personality. After dinner, the volunteers performed cultural programmes. After the report presentation, camp news and camp evaluation, the sixth day's activities ended at 9.30 pm.

The last day of the seven-day camp was began 6 am with Yoga. Volunteers were engaged in yoga practice from 6am to 7am and thereafter they were engaged in parades from 7am to 8am. Programme Officer Mr. Binu Kurian hosted the NSS flag at the assembly held at 8.30am after breakfast. At the assembly, which began with the NSS anthem, Volunteers gave the message of the day and the programme officer gave instructions. After the Assembly, an evaluation about the camp were made by the volunteers and they also share their camp memories. Peruvanthanam Grama Panchayat President Mrs. Domina Saji inaugurated the concluding session at 11 am in the meeting which is presided over by Hon'ble Principal in Charge Mr. Bobby Mathew. Hon'ble Azhutha Block Panchayat Member Shri KR Vijayan delivered the key note address. Programme Officer Mr. Binu Kurian welcomed the gathering and Volunteer Secretary Mr. Arun Mathew expressed his gratitude. The seven-day camp " \*unarvu 2021" \* concluded on January 1, 2022 at 12 noon.

Republic Day of India were celebrated by the NSS Unit of St. Antony's College Peruvanthanam. As a citizen, all are required to know about the Indian Constitution. It will

help us to understand the Rights provided in the Constitution and also to be aware about the constitution. With that intention, an Essay writing competition was conducted on the topic “Indian Constitution”. It helps the volunteers to know about the Indian Constitution and to study about the constitution. A drawing competition also conducted as part of Republic Day Celebration. Mr. Arun Mathew, Second year NSS Volunteer got the first prize for essay competition and Mr. Shon Joseph got the Second Prize. Ms. Manu Joseph got the first price for drawing competition and Ms. Sofiya Joseph got the second price.

In these days we are moving through the era of awkwardness and difficulties. Domestic violence and suicides are now common in our community. A responsible citizen should be aware of the laws prevailing in our country. With the intention of offer awareness among the volunteers, a seminar was conducted on 13<sup>th</sup> February 2022 on the topic " Domestic violence Act" at 2.30pm. Adv. Jai James, who is one of the lawyers of Peerumade Legal Service Society led the seminar . The seminar helps to understand the Consequences of Domestic violence and punitive action for them. The seminar helps the volunteers to understand the content of the act well. The programme officer Mr. Binu Kurian delivered the welcome speech and Ms. Anjana S Nair delivered the vote of thanks.

It is the responsibility of a volunteer to protect the nature. Personal hygiene and clean environment are some essential requirements in our life. NSS Volunteers are responsible to keep this. With the aim of clean the environment and protect the garden One day cleaning programme was conducted on 19<sup>th</sup> February 2022 under the leadership of NSS Programme Officer Mr. Binu Kurian. Gardens have been set up along the sides of the National Highway near the college with the objective of cleaning the area around the National Highway. The garden and surroundings were cleaned by the volunteers. The programme were started on 9am and comes to an end on 3pm. NSS Programme Officer, Volunteer secretaries take initiative for conducting programme.

We are living through time in which the use of intoxicants is on the rise. The use of such substances begins at younger age. In such a case, it is important to be aware of the

dangers in using intoxicants. It is essential to give awareness for volunteers to stay away from these. A seminar was held on 24th February with this aim. The seminar was led by Kottayam District Exice Assistant commissioner Mr.M.N Sivaprasad. He explained about the social, economic and health implications of intoxicants. The seminar helped to identify the dangers of drug use and to stay away from them.NSS Programme Officer Mr. Binu Kurian delivered the welcome speech and Volunteer secretary Mr. Arun Mathew delivered the vote of thanks.

As we are the humans who reside in the nature, it's our duty to love, protect and know more about the nature. So a nature camp was organized at Thekkady on 21st March in association with the Periyar Tiger Reserve with the aim of giving volunteers a chance to learn more about nature. Nature Education Officer Smt.Asha Rani took a session about the importance of protecting the nature and shared a lot about the Periyar Tiger Reserve. We then traveled through the interiors of the forest to learn more about nature and its wild life and then attended a conference and rally on the occasion of Forest Day. This day helped to understand the importance of protecting the environment.

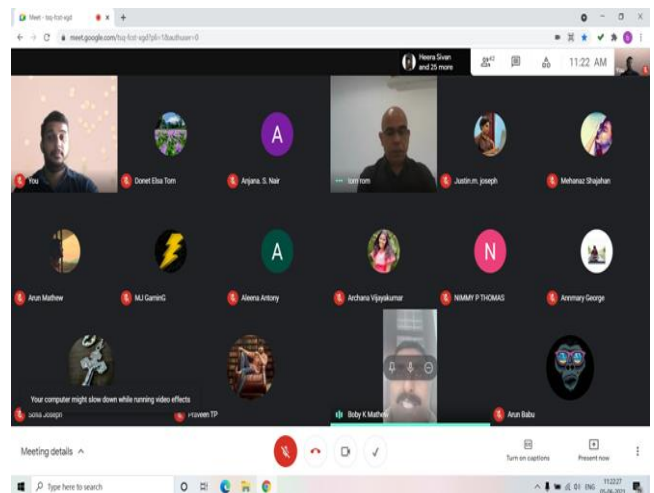
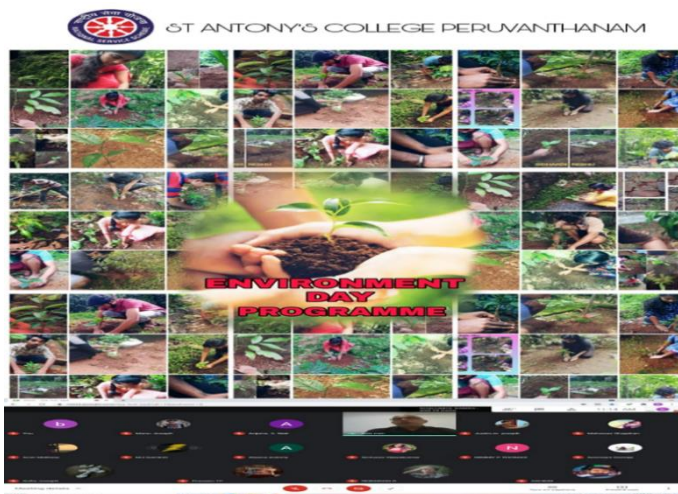
In today's world there are those who face many crises, today's young people are living without understanding these. On 24th March 2022 the volunteers of St. Antony's college Peruvanthanam visited the orphanage at kunnumbhagam, Kanjirapally. It was a comfort to be alone in the news of life and to spend the day with them. They were given the resources they needed and spent the day with them, eating together and performing art shows so that their pain was relieved. Volunteers spent the evening there until 3 p.m. Programme Officer Mr. Binu Kurian and Volunteer Secretary Mr. Arun Mathew provided leadership for the programme. It helps the volunteers to understand more about the society and to create more concern among them towards parents.

A volunteer is responsible for act as role model for others. It is required to keep themselves from all in habitual activities. It is required to provide awareness among volunteers for keeping distance from drugs.In association with social justice department,

the NSS unit of St. Antony's college Peruvanthanam organized an awareness programme against drugs. The meeting began on 1.30pm at the conference hall. The program was led by Mrs. Preethy PR from social justice department. The programme helped the volunteers to understand about the bad effects of drugs. The programme officer Mr. Binu kurian welcomed the gathering and the volunteer secretary Mr. Arun Mathew delivered the vote of thanks. The program came to an end at 3pm.

During the first half of the academic year, we were failed to conduct physical programmes due to covid pandemic. During the year, YouTube is used as a channel for creating opportunities and through that enhancing the quality of volunteers. More than 300 videos were uploaded in the channel during the year. NSS Volunteer Secretary Ms. Anjana S Nair got university level selection for Pre-RD camp and attend the Pre-RD camp held at Thiruvananthapuram during the month of November.

## June 5: Environment Day Celebration

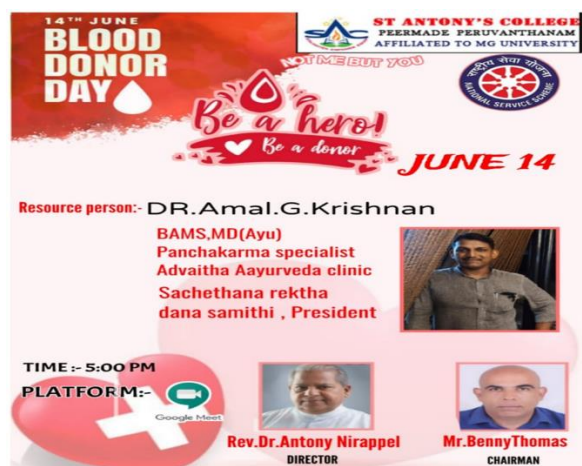




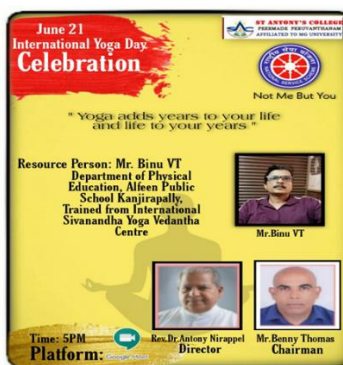
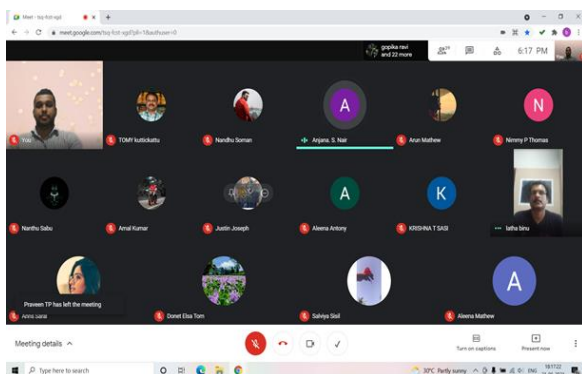
## Anti child labour week programme:



## June 14:



## June 21:



## Anti drug day programme:



**ST. ANTONY'S COLLEGE**  
PEERMADE PERUVANTHANAM  
AFFILIATED TO MG UNIVERSITY

**NATIONAL SERVICE SCHEME**

Mr. Benny Thomas  
Chairman

Rev. Dr. Antony Nirappal  
Director

**26 JUNE ANTI DRUGS DAY**

"Make the Beary Best choice, Stay away from Drugs!"

**WEBINAR**  
Chief Guest : **Mr. M N Sivaprasad**  
Assistant Excise Commissioner  
Alapuzha

Date : 26/06/2021  
Time : 4 pm  
Platform : Google Meet

The screenshot shows a Google Meet interface with participants: Sachin, binu, Anjana S., Aleena, Sofia, Praveen, You, and KRISHNAKUMAR (33 others).

## Orientation



**ST. ANTONY'S COLLEGE**  
AFFILIATED MG UNIVERSITY  
PEERMADE PERUVANTHANAM IDUKKI (DT.)

Rev. Fr. Dr. Antony Nirappal  
Director

Mr. Benny Thomas  
Chairman

**BACK TO BASICS OF NSS**  
REFRESHMENT PROGRAMME FOR NSS VOLUNTEERS

**Resource person :**  
**Prof. M J MATHEW**  
Principal, Sahyajyothi Arts and Science College Kumili  
Former MG University NSS programme  
Co-ordinator  
NSS State Award Winner  
Writer

DATE : 10/07/2021  
Time : 11: 00 am  
PLATFORM : Google Meet

**NATIONAL SERVICE SCHEME**

The screenshot shows a Google Meet interface with multiple participants in a grid view.

## Anti Dowry seminar:



**ST. ANTONY'S COLLEGE**  
PEERMADE PERUVANTHANAM IDUKKI (DT.)  
**NATIONAL SERVICE SCHEME**

Rev. Dr. Antony Nirappal  
FOUNDER

MR. BENNY THOMAS  
CHAIRMAN

**SAY NO TO DOWRY**


An Awareness Programme against **DOWRY**

**Date : 07/08/2021**  
**Time : 5:00 pm**  
**Platform :** Google Meet

**Resource person**  
**Adv. Dexin Joyan Manackal**  
BA, LLB  
(PRACTICING IN KERALA HIGH COURT)

The screenshot shows a Google Meet interface with participants: Adv. Dexin, binu, Aswathy, You, Anjana S., and 32 others.

## Essay writing competition:



**National Service Scheme**  
St Antony's College Peruvanthanam

**ESSAY WRITING COMPETITION**


St. Antony's College, NSS Unit conducts Essay Writing Competition on 15th August in connection with Independence Day

**TOPIC**  
*The role of youth in national development.*


\* Participants can write an essay and send it to nsssacp@gmail.com by email id before 7pm on August 15, 2021..

\* Late submission will not be considered

nsssacp@gmail.com




## Gandhi jayanthi:




St Antony's College Peruvanthanam

National Service Scheme  
Unit no : 144




Mr. Antony Thomas  
Chairman




Rev. Dr. Antony Abraham  
Founder

**2<sup>nd</sup> OCTOBER**

**GANDHI JAYANTI**  
Webinar @ 5 p.m  
By



Roy Senthya  
NSS Chemistry  
St. Thomas NSS Kennedy,  
Former NSS programme officer



## Cleaning at koottikkal:





## Orientation:

**ST. ANTONY'S COLLEGE**  
Affiliated to MG University  
Peermade, Peruvanthanam Idukki d.t

ORIENTATION PROGRAMME  
AN  
INTRODUCTION TO NSS

Resource person

**Prof. M.J. MATHEW**  
Principal, Sahyadri Arts and science college kumill  
Former MG University NSS co-ordinator  
NSS state award winner  
Writer

NATIONAL SERVICE SCHEME  
ST ANTONY'S COLLEGE PERUVANTHANAM

## Orientation:



## Azadi ka amrut mahotsav:



## One day cleaning programme:



## Domestic violence act:



## One day cleaning:



## Say no to drugs:



## Nature camp:



## Orphanage visiting:



## Anti drugs seminar:

  
SOCIAL JUSTICE DEPARTMENT  
**NASHA MUKT BHARAT ABHIYAN**  
(MSJE. GOVT OF INDIA)

കൊടുംകോർക്കോം ലഹരികെത്തിരെ  
ലഹരി വിമുക്ത ഇടുക്കി  
ലഹരി വിമുക്ത ഭാരതം

Venue: St. Antony's College Peruvanthanam

Resource Person:

Date : 25-03-2022  
Time : 1.30 pm

  
Ms. Preethi P-R (MSW)  
(Medical And Psychiatry)

**NASHA MUKT BHARAT ABHIYAN**  
Organized By  
Social Justice Department



# St. Antony's College

## PEERUMADE, PERUVANTHANAM

Approved by Govt. of Kerala & Affiliated to M.G. University, Kottayam

Peruvanthanam P.O. Idukki - 685 532

Ph: 04869 281191, 9745729909

Website: [www.stantonyspeermade.ac.in](http://www.stantonyspeermade.ac.in) | e-mail: [stantonyspeermade@gmail.com](mailto:stantonyspeermade@gmail.com)

### **NATIONAL SERVICE SCHEME**

#### **UNIT NO: 144**

#### **Annual Report 2020-2021**

National service scheme has always stood up to its strong spirit of serving people even in spite of covid-19, keeping in mind the motto 'Not me but you '. The belief that we must lie for others, is being realized through the selfless service of NSS Volunteers who gets into timely action for the upliftment of the needy people of their respective localities. NSS unit of St. Antony's college has been succeeding to in work with the society. We also aim students to improve in both individual aspects and social behaviors. We have achieved in molding students in light of personality development through social service. In the situation of the pandemic, NSS unit has conducted activities thorough online platforms

On August 25, 2020 at 3 pm Idukki District Legal Services Authority led a webinar on the theme 'Constitutional values with special emphasis to the fundamental duties'. Mr. Dinesh M. Pillai, Idukki District legal service authority, Sub-Judge and Secretary welcomed the gathering, Idukki Additional District Judge Mr. Nixon M. Joseph inaugurated the function and Mrs. Anita N thanked the Section. In this class led by Mr. Roshan Thomas, Lawyer brought very in-depth ideas on 'Constitutional values with special emphasis to the fundamental duties' were shared for the volunteers. NSS Volunteers were actively participate in the programme. The class was very important for the volunteers to understand the



duties of the common people. The meeting then ended at 4 pm.

On December 24, 2020 at 2 pm, an online orientation seminar was conducted for the newly enlisted NSS Volunteers. NSS Programme Officer Mr. Binu Kurian explained the basics regarding NSS. The aim of this class was to convince the volunteers for their duties and responsibilities as an NSS volunteer. This class, which was very enjoyable, ended at four o'clock in the evening.

On February 11, 2021, at 2.30 PM, NSS Unit of St. Antony's College, Peruvanthanam participated in the webinar conducted by Idukki District legal service society and Mahatma Gandhi University on 'Anti Ragging', which was held on February 11, 2021, at 2.30 PM, Mr. Dinesh M Pillai, Idukki DLSA, Sub - Judge and Secretary, welcomed the seminar, which was led by Advocate Prince J Panel. He explained that ragging is a crime that destroys physical and emotional confidence, which leads to an increase in suicidal tendencies. Mr. Amal Sudhakaran, Vice Chairman, Mahatma Gandhi University, then thanked the audience and the class ended at 3.30 pm.

The seven-day camp is an experience that will bring back unforgettable memories of any NSS unit. The role of the seven-day camp is to help others and at the same time develop their own skills and supportive attitude. But the seven-day camp had to be conducted online as they could not get together in the wake of the covid-19 epidemic. Even though it was online, the camp was successfully completed with the joint efforts of Mr. Binu Kurian, Programme Officer and NSS Volunteers.

The NSS Unit of St. Antony's College, Peruvanthanam has started the seven day online Camp 'UNARV 2021' for the academic year 2020-21 on March 16, 2021 at 2 pm. The meeting was presided over by College Chairman Sri. Benny Thomas. The Honorable Peruvanthanam Grama Panchayat President Smt. Domina Saji inaugurated the function. College P.R.O Sri. Jose Antony and Panchayat Member Sri. P.S Nizar conveyed their gratitude and Mr. Bobby K. Mathew, Hon'ble Principal-in-Charge of

the College welcomed the gathering and Mr. Binu Kurian, NSS Programme Officer expressed his gratitude.

After the inauguration, the Programme Officer gave the necessary instructions. Volunteers cleaned their own rooms in their homes and planned art events. This activity helped the volunteers to understand the importance of ensuring personal hygiene. The seminar on 'An Introduction to NSS' was lead at 6 pm by Mr. James Mathew, Member, MG University NSS Advisory Committee, Idukki District NSS Coordinator and Professor of Shanthigiri College. He explained the purpose of the NSS and the ideas it puts forward. Cultural programme were conducted there on. After the feedback section, suggestions and report presentation, First day activities were came to an end by 8.30pm.

The second day of the seven-day camp started at 2 pm. At the meeting, which began with the NSS song, the Volunteers presented camp news and delivered the message of the day. The seminar on traffic rules was led at 2.30 pm by the Peruvanthanam Police Station SI Mr. Biju A. Joseph. This seminar was very helpful in imparting traffic awareness. From 3.30pm, the volunteers cleaned the area around their home and engaged in arts training. Environmental hygiene is just as important as personal hygiene. Through this work, the volunteers realized the importance of keeping the environment clean. Alappuzha Excise Assistant Commissioner M N Sivaprasad led the seminar on the harmful effects of drugs at 6 pm. He explained the harmful effects of drug abuse on young people in today's society. The seminar was a motivation for those who use and induce drug use to withdraw from it. The second day's activities ended at 8.30pm, followed by various art activities, report presentations and suggestions.

The third day of the seven-day camp began at 2 pm. At the meeting, which began with the NSS song, the Volunteers presented camp news and delivered the message of the day. The seminar on 'Being a Good Person' was led by Mr. Wilfred Chacko, Assistant Professor, Commerce Department, St. Antony's

College at 2.30 pm. He presented stories and thoughts about service attitudes and personal development. From 3.30 pm, the volunteers built and maintained a vegetable garden in their homes and then engaged in art training. Volunteers volunteered to grow non-toxic vegetables rather than using food items that were sprayed and injected with poison. Mr. Tijomon Jacob, Head of the PG Department of Commerce, St. Antony's College, led the seminar on leadership qualities after the arts programme which was held from 6.30 pm. He led the class through stories and quotes exemplifying the lives of great personalities. The third day of activities ended at 8.30 pm, followed by art shows, report presentations and suggestions.

The fourth day of the seven-day camp began at 2 pm. At the meeting, which began with the NSS song, the Volunteers presented camp reports and delivered the message of the day. The seminar on 'Volunteerism' was led at 2.30 pm by Mr. Binu Kurian, Assistant Professor, Commerce Department, St. Antony's College and NSS Programme Officer. He presented the seminar in an engaging way, exemplifying his life experiences of what a volunteer is and how to be. The seminar held at 2.30pm was very helpful in incorporating the essence of volunteerism in the minds of the volunteers. From 3.30pm, the volunteers showcased their culinary skills and engaged in arts training. This activity helped the volunteers to understand the difficulties of preparing food and how much parents struggle for a single meal. The seminar on Gandhian thought was conducted at 5 pm by Mr. Bino P. Jose, Head, Department of History, St. Dominic's College. This seminar was very helpful in understanding the relevance of incorporating Gandhian ideas into life such as the perfection of the soul, the perfection of truth and the importance of karma. The fourth day of activities ended at 8.30pm, followed by art shows, report presentations and suggestions.

The fifth day of the seven-day camp began at 1.30 pm. At the meeting, which began with the NSS song, the Volunteers presented camp reports and delivered the message of the day. Mr. Benny Thomas, Chairman, St. Antony's College, Peruvanthanam, led the seminar on 'Social Responsibility' at 2 p.m. He led the class

in an engaging way about the importance of incorporating the values of social commitment into life. From 3.30pm, the volunteers planted gardens in their homes and implemented the 'plant a volunteer plant a tree' project. This work helped the volunteers to understand how important it is to plant and care for plants and trees in these times of global warming and water scarcity, and how vital they are to the survival and growth of other species. Various art shows were presented at 6 p.m. The seminar on 'Journey through NSS' was conducted by Mr. Gokul C Dileep, National NSS Award Winner and Former NSS Advisory Board Member of MG University. He gave a very interesting class on the changes that NSS has made in his life and the benefits that NSS has brought about. This seminar was very inspiring for the volunteers. After the report presentation and suggestions, the fifth day of activities ended at 8.30pm.

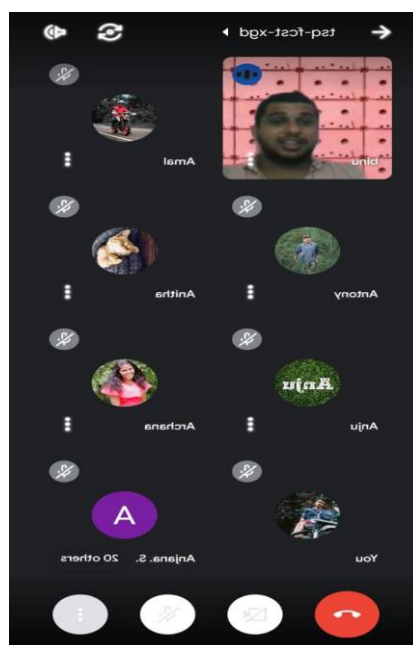
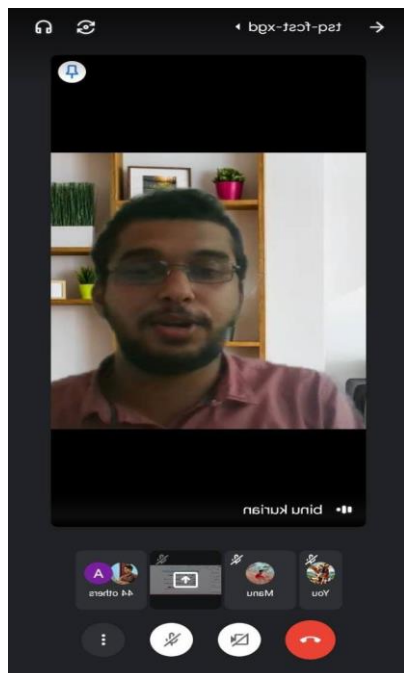
The sixth day of the seven-day camp started at 10 am. The meeting, which began with the NSS song, featured volunteers presenting camp news and delivering the message of the day. From 10.30 am, volunteers visited and surveyed 4 homes near their home. From 11.30 am, the information collected under the guidance of the Programme Officer was reviewed and then the volunteers engaged in the training of the arts. Shri Jai James, Advocate, Peermade Court, led the seminar on Poxo Act and domestic law at 2.30 pm. The seminar explained the consequences of child abuse in today's world and its legal aspects. The seminar on 'Personality Development' at 4 pm was led by Mrs. Mariamma Alex, Head, Department of Management, St. Antony's College. This seminar explained how to mold personality and how to become a better person. The seminar on 'Back to Basics' at 5.30 pm was led by Mr. Eldo Paulos, Corporate Trainer. He explained how to become a good person and how to be a volunteer. The sixth day of activities ended at 8.30 pm, followed by art presentations, report presentations and suggestions.

The last day of the seven-day camp started at 1 pm. The meeting started with the NSS Song and the volunteers shared their camp experience and the closing session was held at 2.30 pm. The volunteers commented that the camp was very experiential and

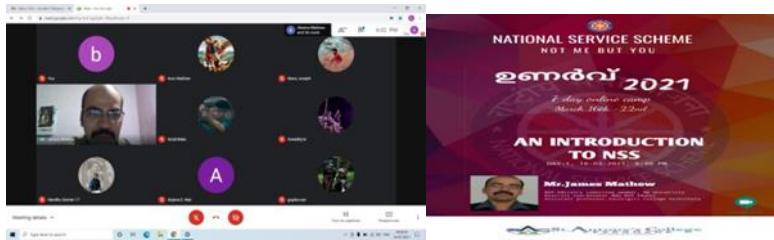
they were able to attend the camp in an enjoyable way. Block Panchayat Member Mr. KR Vijayan was the Chief Guest at the meeting which was presided over by Hon'ble College Chairman Mr. Benny Thomas. The meeting was welcomed by the College Principal-in-Charge Mr. Bobby K. Mathew the College Administrator Mr. Aneesh Thomas conveyed his gratitude and the Volunteer Secretary Mehanas Shahjahan expressed her gratitude. During the meeting, Programme Officer Shri Binu Kurian presented the report of the camp which was conducted for 7 days. Arun Mathew and Anjana S Nair were later selected and awarded as the Best Volunteers. After the meeting, the seven-day camp 'UNARV 2021 'of the NSS unit of St. Antony's College, Peruvanthanam ended at 3.30 pm

In the language of love, I would like to thank Mr. Bobby K. Mathew, Principal in charge of the College, Programme Officer Mr. Binu Kurian, NSS Volunteers and all those who helped the NSS Unit to complete all its activities till March 2021.

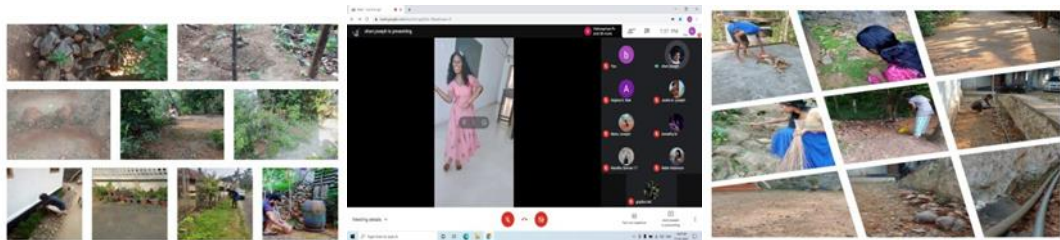
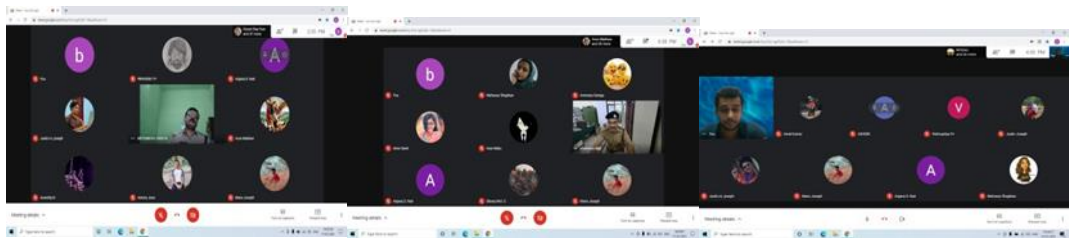
### **Orientation to NSS**



Camp Day 1

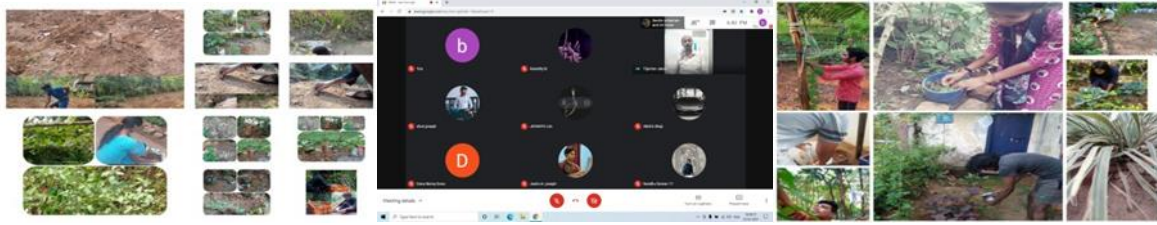


## Camp Day 2



## Camp Day 3





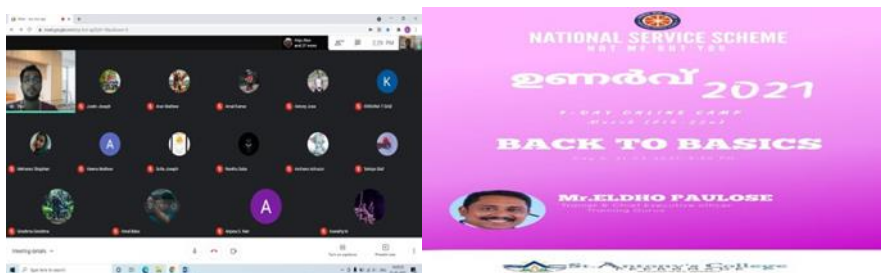
## Camp Day 4

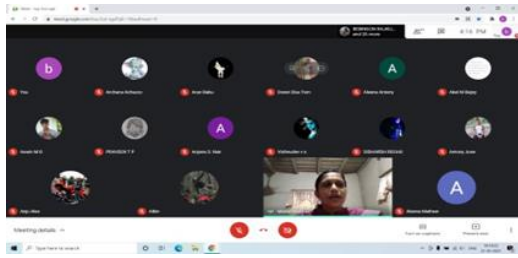


## Camp Day 5



## Camp Day 6





## Camp Day 7





# KERALA STATE ELECTRICITY BOARD LIMITED

Office of the Special Officer(Revenue), Pattom, Thiruvananthapuram

## DEMAND NOTICE FOR JANUARY 2022

(As per CHAPTER VII of KERALA ELECTRICITY SUPPLY CODE -2014)

Con. Code	1357200060681	Bill Date	04-Jan-2022	Due Date	11-Jan-2022	Bill.No	2102811940070 Ver : 0
Tariff	HT II (B) GENERAL	DC Date	27-Jan-2022	CD(cash)		136000	BG
St. Antonys College St Antonys College, I-396 B, Peruvanthanam, Idukki., 685532 Mobile no-9562581191 <p style="text-align: center;">LCN :11/8772</p>				SBI Virtual A/c No(IFS Code:SBIN0070493)-KSEBHT11C8772 KSEBL WISHES all its consumers A VERY HAPPY NEW YEAR Consumer GSTIN_ID -/KSEB (L)GST ID=32AAECK2277NBZ1			

Arrears as on 30-Nov-2021				Date of Previous Reading	30-Nov-2021	Email:	
Disputed		Undisputed	225119	Date of Present Reading	31-Dec-2021	Supply Voltage	11 kV HT
Contract Demand(kVA)	75% of CD (KVA)	130% of CD (KVA)	Connected Load (KW)	Average		Billing Type	DPS
70.0	52.5	91.0	112.9	MD (kVA)	Consumption (kWh)	PF	Section
				21.80	2420	0.93	Peruvanthanam
							Circle
							Thodupuzha

### Reading Details of meter 17125387 a-Working (KVA,KWh,KVAh & KVArh) for 12-2021

1. Energy Consumption(KWh)					3. Energy Consumption(KVArh) Lag and KVArh (Lead)								
Zone	FR	IR	MF	Units	Zone	FR	IR	MF	Units	FR	IR	Units	
1	29677.00	28069.00	1.000	1608	1	13133.00	12273.00	1.000	860	7701.00	7692.00	9	
2	4812.00	4507.00	1.000	305	2	3368.00	3172.00	1.000	196	2723.00	2723.00	0	
3	10159.00	9603.00	1.000	556	3	9940.00	9451.00	1.000	489	3755.00	3755.00	0	
				Total	2469					Total kVArh(Lag)	1545	kVArh(Lead)	9
2. Energy Consumption(KVAh)					4. Demand (KVA)				Readings		MF	Units	
Zone	FR	IR	MF	Units	1	2	3						
1	34814.00	32934.00	1.000	1880				21.69	1.000		21.69		
2	6322.00	5957.00	1.000	365				13.07	1.000		13.07		
3	15544.00	14798.00	1.000	746				5.841	1.000		5.84		
				Total	2991								
Ave.PF=KWh/KVAh				0.83					5.Factory Lighting			0.0	
									6.Colony Lighting			0.0	
									7.Generator			0	

### INVOICE

	Unit	Rate (Rs)	Amount (Rs)		Amount
1.Total Demand Charge				9.Other Charges	
a. Demand Charge - Normal	53.0	440.000	23320.00	Reconnection Fee	0.00
b. Demand Charge - Peak	0.0	440.000	0.00		
c. Demand Charge - Off peak	0.0	440.000	0.00		
d. Excess Demand Charge (Normal)	0.0	220.000	0.00		
e. Excess Demand Charge(Peak)	0.0	220.000	0.00		
f. Excess Demand Charge (Off peak)	0.0	220.000	0.00		
Sub Total (a+b+c+d+e+f)			23320.00		
2.Total Energy Charges				10.Total(add 1 to 9)	
a. Energy charges - Normal	1608	6.20000	9969.60	Plus/Minus (Round off)	0.43
b. Energy charges - Peak	305.0	9.30000	2836.50	UnDisputed Arr Amount	225119.00
c. Energy charges - Off peak	556.0	4.65000	2585.40	Less	
Sub Total(a+b+c)			15391.50	1. Advance / Credit	
3.PF Incentive / Disincentive				2. CD Interest	0.00
Total Energy Charge			16853.69	3. CD Refund	0.00
4.Energy Charges on Lighting load				Net Payable	
a.Factory Lighting	0	0.2		266894.00	
b.Colony Lighting	0	0.2	0.00		
Sub Total(a+b)					
5.Electricity Duty	15392	0.100	1539.15		
6.Ele. Surcharge	2469	0.025	61.73		
7.Duty on self generated energy	0	0.012	0.00		
8.Penalty for non-segn. of light load					

(Rupees Two Lakh Sixty Six Thousand Eight Hundred Ninety Four Only)

E & O.E	Balance Advance at Credit, if any
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As per Regulation 130 of Kerala Electricity Supply Code 2014 any complaint regarding accuracy of a bill shall be first taken up with the officer designated to issue the bill (Special Officer(Revenue)). Please follow our official Facebook page fb.com/ksebl for information & announcements.(Please see the instructions overleaf)

SPECIAL OFFICER (REVENUE)

Please Detach and enclose with the DD

1357200060681	2102811940070	Rs.266894.00	January 2022
St. Antonys College	Name of the Bank	Date	Signature
DD/Payment Instruction			

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