



ST. ANTONY'S COLLEGE PERUVANTHANAM

Accredited by Govt. of Kerala & Affiliated to M.G. University, Kottayam
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 2nd 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 22nd 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 2nd 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 16th, 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 14th 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 9th 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 12th 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 10th 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 9th 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 2nd 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



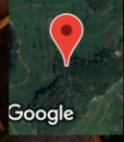
MEDICAL CAMP





PALLIATIVE ACTIVITIES





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



ORPHANAGE VISITING

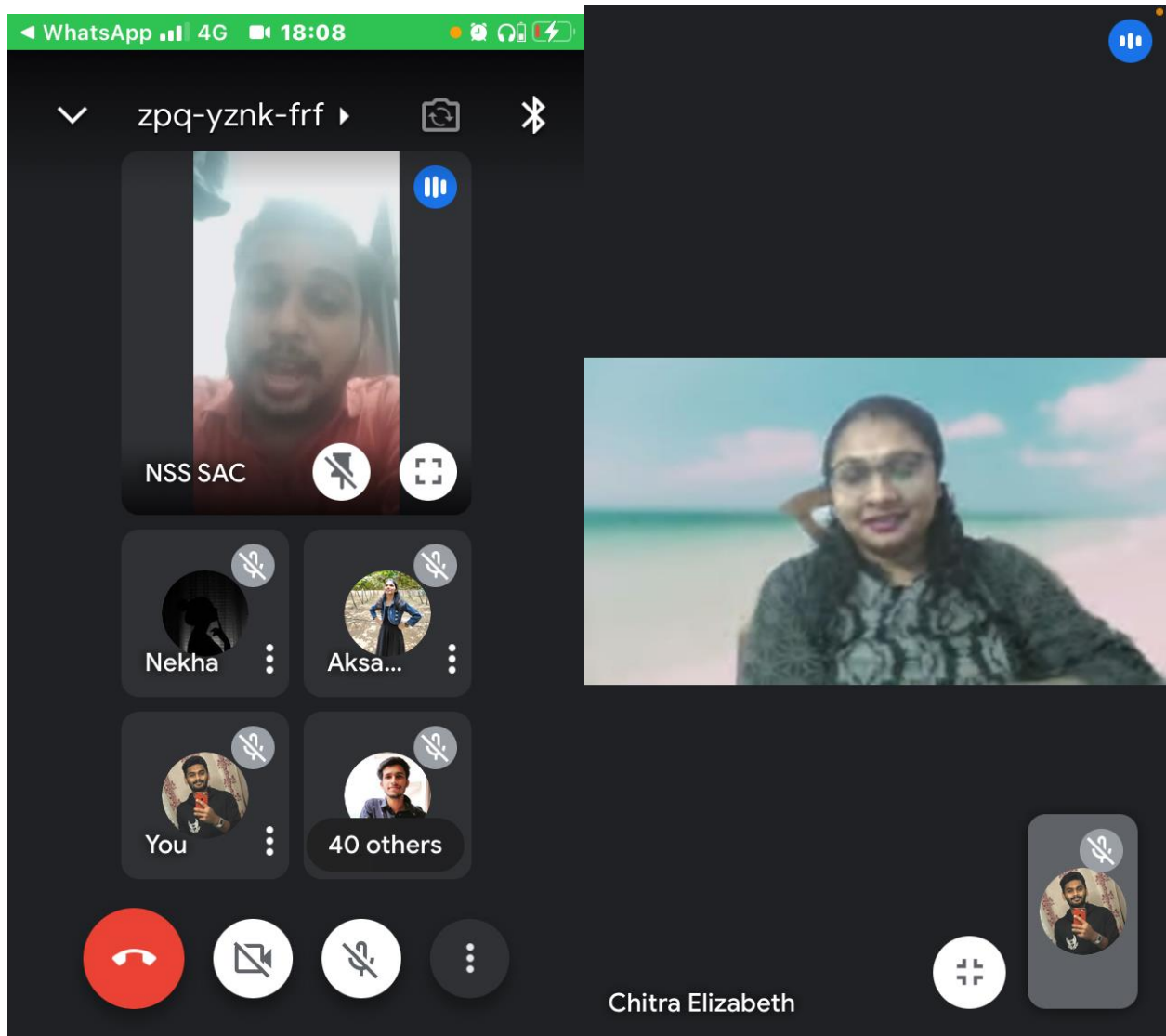
NATURE CAMP



MINI CAMP



DAY OBSERVATIONS



LEGAL AWARENESS





ANTI DRUGS



ADOPTED VILLAGE ACTIVITIES



ORIENTATION



NEW NSS UNIT INAUGURATION

