



ST. ANTONY'S COLLEGE

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

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NSS UNIT No. 144

ANNUAL REPORT 2019-2020

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 2019 at 1.30 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. Mr. Tomy Dominic, Principal presided over the meeting. Volunteer secretary Mr. Arun Radhakrishnan welcomed the gathering which started with the NSS anthem at 1.30pm. After the class, the volunteers were involved in a practical session of yoga. The volunteers shared the knowledge they gained from the class. Then Volunteer secretary Ms. Jisma Mary James thanked the gathering and the programme ended at 3.30 pm with the National Anthem.

World Anti-Drug Day Celebration was made by NSS Unit of St Antony's College Peruvanthanum along with Kerala Excise Department. Anti-drug day was celebrated at 2 'o' clock in the college auditorium. The principal prof. Tomy Dominic presided over the function and the chief guest was Mr. MN. Shivaparasad, excise CI, Perumade. During the event Mr. M N Sivaprasad created awareness among students about the dangerous effects of drug addiction on individual, family and society as whole. The overall programme was coordinated by the assistant programme officers and volunteer secretaries in the absence of Programme Officer.

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 orientation programme was conducted for the volunteers on 27th July 2019. The orientation programme started at 10am in the Conference hall. Mr. Albin John Koshy, NSS Volunteer

delivered the welcome speech. Mr. Tomy Dominic principal of the College presided over the function. Felicitations was delivered by Ms.Jisma Mary James, NSS Volunteer Secretary. Self introduction of the first year NSS Volunteers was also conducted. The Orientation class was taken by NSS Programme Officer Mr.Binu Kurian.He describes detail about the Origin, Mission, Vision of NSS.He also remind the NSS Volunteers about their Duties and Responsibilities. The 2nd year Volunteers shared their memory regarding the NSS Teamwork. The Programme ended with the NSS Anthem at 3pm.

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. One day gradening programme was conducted by NSS Unit of St.Antony's college peruvanthanam in Collaboration with Peruvanthanam Grama panchayath .The work was started with NSS Anthem. A small meeting was conducted at the beginning and Mr. KT Binu, Panchayat president and the ward member Mr.Muhammed Nizar expressed their Felicitation to NSS Unit. After the meeting, under the leadership of NSS Programme officer the NSS Volunteers were grouped into different teams and assigned with different work. Sides of the roads in front of the college where cleaned by cutting bushes and planted Flowering plants for Beautification of road sides. By 4.30 pm the work where finished. A meeting of the NSS unit was commenced in college Auditorium at 1 'o' clock. The Programme began with NSS anthem.Mr Binu Kurian, NSS Programme officer delivered the welcome speech.Mr. Tomy Dominic Principal of the college Presided over the function. The NSS Volunteers took part in the Oath taking ceremony regarding cleanliness which was led by the principal. Felicitation was delivered by Mr. Basil PN, Assistant programme officer. Previous year NSS volunteer Secretary Mr. Jomy Thomas Shared his NSS experiences. Certificates for the Third year NSS Volunteers were distributed by the principal. The meeting ended with the vote of thanks delivered by the Volunteer secretary Mr. Arun Radhakrishnan.The meetings ends at 1.45pm.

NSS Volunteers take the decision to stand along with Kerala flood affected people to support them. NSS Volunteers collected different required products from different areas and packed them accordingly with high spirit and team work under the leadership of NSS Programme officer Mr. Binu Kurian and Volunteer Secretaries.Through this activity NSS Volunteers show their love and belongingness to people and extended the support to flood

affected areas. The collected things were handed over to St. Joseph College Moolamattom as per the instruction of the university.

NSS Programme officer Mr. Binu Kurian and volunteer Representatives were visited the adopted village. The village members were conducted a meeting there. In that meeting they were discussed about the problems and necessities. Programme officer put forward the action plans for the future days. Villagers were given their suggestions and also offered their full support for the NSS unit. They also expressed their thanks for adopting their village.

Under the auspices of NSS unit of St. Antony's college Peruvanthanam in association with SMYM Kanayankavayal a house was constructed for a needy person on 28th August 2019. In the meeting that held at 9:30am, Mr. Josbin M Joseph, President of SMYM welcomed the gathering. Mr. Binu kurian, NSS Programme officer gave instructions to the volunteers regarding the work. Works begin soon after the meeting and ended at 3.30pm and a meeting for evaluating that day's programme was conducted. Arun Radhakrishnan volunteer secretary talked about the need and importance of service. The meeting ended at 4 pm.

Today, people live far away from agriculture. The need of the next generation is to cultivate agriculture first and foremost among the youth. For providing information regarding agriculture and create a farming mentality among the volunteers, a seminar was conducted on 3rd September 2019 in the College Conference hall at 2pm. The meeting was started with the NSS Song. Mr. Aneesh Thomas, Administrator in charge presided over the meeting. The seminar was led by Mr. Varghesekutty Thomas, Assistant Agriculture Officer, Peruvanthanam Krishi Bhavan. The seminar emphasise the importance of agriculture, organic farming and planting vegetables and its protection. NSS Programme Officer Mr. Binu Kurian welcome the gathering and the meeting ended with the vote of thanks by Volunteer Secretary Mr. Arun Radhakrishnan. The meeting ends on 3.30pm.

NSS three day camp is an important activity in NSS Programmes. It is essential before special camp. 3 Day camp of NSS Unit of St. Antony's College Peruvanthanam was conducted from September 6 to 8. 3 Day camp was started on 6th September with an inauguration meeting which were held at 4.30pm in the College auditorium. NSS programme officer Mr. Binu Kurian welcomed the gathering. College administrator in charge Mr. Aneesh Thomas presided over the function. Peruvanthanam Grama Panchayat President Mr. K.T Binu inaugurated the function. College staff secretary Mr. Bobby K Mathew, NSS Assistant programme officers Mr. Basil P.N., Ms. Roshni Chacko

delivers felicitation. Vote of thanks was delivered by Mr. Arun Radhakrishnan, NSS volunteer secretary. Then meeting was concluded at 5.15pm. NSS have a great influence of Mahatma Gandhi, Our father of Nation, because he focus on value based education. As an Indian and as an NSS Volunteer, we are required to know about our father of Nation. For that purpose, A seminar was conducted on 6pm. The seminar was led by Mr. Bino P Jose, Head of the Department of History, St Dominic College, Kanjirapally. After dinner various cultural programme were conducted. After the report presentation and camp news and camp evaluation, the first day's activities ended at 10pm.

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. Programme 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 Assembly NSS Volunteer Secretary Mr. Arun Radhakrishnan shared the experience about his leadership development camp. After experience sharing, debate was conducted on the topic usage of mobile phone in campus. Thereafter NSS Volunteers started to prepare land for vegetable garden from 9.30 to 1.30pm. The main of NSS is to Personality Development through social service. So, We required to know about personality development and how it happen through NSS. After tea break, Seminar was conducted on the topic “Personality Development through NSS” at 4.30pm. NSS Programme officer Mr. Binu Kurian led the seminar. After dinner various cultural programme were conducted. After the report presentation, camp news and camp evaluation, the second day's activities ended at 9.30 pm.

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. Programme 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. There conducted a detailed group discussion about the activities of NSS. The volunteers expressed the ideas about the activites. After Breakfast NSS Volunteers continued working in vegetable garden. Then NSS Programme officer Mr. Binu Kurian take class about Plastic free campus with the intention of keeping the campus clean on 11am. NSS Volunteers shared their experience about this camp and the camp comes to an end at 2.30 pm.

We required to work on our adopted village. On 13th September 2019 Friday, during the Onam Vacation, first gathering of NSS Volunteers at their newly adopted village 'kuttiplangadu' conducted. The meeting was held at G.H.S.S Kuttiplangadu. The programme was inaugurated by Mrs. Icey Bibin, ward member. NSS Volunteer Secretary Arun Radhakrishnan offered a warm welcome to all those who were present in the meeting. NSS Programme officer Binu sir delivered the key note address at the meeting. Mr. Sasi C.R and kuttiplangadu Gov.H.S.S. PTA President Mr. Joseph P R delivered the felicitation. The meeting ended with the vote of thanks delivered by NSS Volunteer Secretary Ms. Jisma Mary James. There after the meeting, volunteers cleaned the school premises, followed by the instructions from subsequent guests and Programme Officer and the programme ended at 3 pm.

On 24 September 2019 NSS Golden jubilee was celebrated under the auspices of NSS unit, St. Antony's College Peruvanthanam. The programme began at 2.15 pm with NSS anthem. Mr. Binu Kurian, NSS Programme Officer welcomed the gathering and gave detailed description about NSS. The programme was inaugurated by the College Principal Mr. Tomy Dominic. Keynote address was made by Mr. Jogesh K.K, Department of Political Science. Mr. Bobby K Mathew, Staff Secretary, Mrs Jolly Joseph, Vice principal and Mr. Basil PN, Assistant Programme officer delivered felicitation. Vote of thanks was given by Arun Radhakrishnan, Volunteer secretary. It was followed by the various cultural programmes of the talented NSS Volunteers. The function came to an end at 4pm.

Gandhi Jayanthi is celebrated as an important day in NSS. The NSS Unit of St. Antony's College Peruvanthanam celebrated Gandhi Jayanthi on 2nd October 2019. The Programme began at 9:30 am with an assembly. Programme officer Mr. Binu Kurian gave a message on the 150th birth anniversary of Mahatma Gandhi. Mr K.T Binu inaugurated the Programme. The volunteers cleaned both sides of the main road in front of the college and engaged in works related to the construction of garden in the sides of National Highway by college in association with Peruvanthanam Grama Panchayat. It came to an end at 3.30 pm.

As part of anti-plastic campaign an awareness rally was conducted under the auspices of Peruvanthanam Grama Panchayat and the NSS Unit of St. Antony's College peruvanthanam

on 1st November Kerala Piravi at 1:30pm. All the NSS Volunteers participated in the rally with placards having slogans to create a ban on plastic usage and to protect the environment from the harmful effects caused by the plastic. Mrs. Shyamala Mohan, vice president of Peruvanthanam Grama Panchayat presided over the meeting that followed. Keynote address was given by Mr. K. T. Binu, president of Peruvanthanam Grama Panchayath. Mr. Binu Kurian NSS Programme officer delivered the felicitation. The programme ended at 4.30 pm.

A medical camp for persons affected with spinal cord ailments was conducted under the auspices of Peermade taluk hospital's Palliative care unit on 9th November 2019 at De Paul public School, Mundakayam. All the first year NSS Volunteers of St. Antony's College Peruvanthanam participated in the camp and offered their volunteer service for helping the patients. The camp began at 9:30 am and ended at 3:30 pm.

A meeting of the NSS unit of St. Antony's college Peruvanthanam was conducted on 16th November 2019 at 8.30 am in the college. The meeting began with NSS anthem. Ms. Roshni Rachel Chacko, Assistant Programme officer gave instructions regarding the work. After the meeting, the land taken for the cultivation was cleared and also the pavement of the college was cleaned. A meeting was held after 1.30 pm in which Prof. Renji Mathew, principal of the college interacted with the volunteers. At 2.30 pm the work restarted and came to an end at 3.30pm.

A meeting of the NSS unit of St. Antony's college Peruvanthanam was conducted on 23-11-2019 at 9 am in the college. The meeting began with NSS anthem. Mr. Binu Kurian, Programme officer gave instructions regarding the work. The place taken for vegetable farming was cleaned for cultivation. The volunteers were engaged in work from 9.15am to 1pm. A meeting was held after 1:30 pm in which programme officer shared experiences about his training camp. At 2.30 pm the work restarted and they were engaged in work and finally it came to an end at 3.30pm.

A meeting of the NSS unit of St. Antony's college Peruvanthanam was conducted on 26-11-2019 at 10.30 am in the college as part of constitution day. The meeting began with NSS anthem. Mr. Binu Kurian, Programme Officer welcomed the gathering.

The college administrator Mr. Aneesh Thomas presided over the meeting. At 11 am preamble reading was delivered by Mr. Jogesh K K, Assistant Professor in Political Science. After Preamble reading a class related to Indian constitution was conducted. The seminar was led by Mr. Ibrahimkutty, teacher of Govt H.S School kuttiplangad. The seminar helps the volunteers to understand the content of constitution and to get an overall idea about it. They understand the importance of the Indian Constitution. The Felicitation was delivered by Vice Principal Mrs. Jolly Miss and Mr. Bobby K Mathew, Staff Secretary. Mr. Arun Radhakrishnan, NSS Volunteer secretary delivered vote of thanks. Program ended by National Anthem at 12.30 pm.

A programme for the second year NSS Volunteers was conducted on 30th November 2019. All the NSS Volunteers Gathered in the college at 8.30 am. The programme began with NSS Anthem. Programme Officer Mr. Binu Kurian gives instructions regarding the work. Volunteers cleaned the area chosen for cultivation. The programme was inaugurated by Mr. Vargheesekutty Thomas, Agricultural officer by planting a seedling. He talked importance of organic farming. Then Mr. Aneesh Thomas, college Administrator, Mr. Binu kurian, Programme officer and Arun Radsakrishnan, Volunteer Secretary planted seedlings. After planting all the Seedlings the programme ended at 4 pm.

As part of the programme 'END TB SAVE IDUKKI', under the auspices of Health Department Idukki, all the NSS Volunteers of St. Antony's college peruvanthanam gathered at IHRD College Kuttikanam for a Marathon on 6- 11-2019. The Health department provided badge and T-shirt for the volunteers and gave instructions regarding the marathon. Marathon reached in front of Marian college Kuttikanam and in the meeting that followed students of schools and colleges, common people, officers from Health department etc. participated. Mr. Bijumon, Assistant Health inspector inaugurated the function. Felicitation was delivered by chairman of Marian college Kuttikkanam and Mr. Arun Radhakrishnan, NSS volunteers Secretary. Health Officers talked in the meeting. It was followed by entertainment programmes. At 12 noon the Programme came to an end.

A meeting of the NSS unit of St. Antony's College Peruvanthanam was conducted on 14-12-2019 at 9.30 am in the Adopted village Kuttiplangad. The meeting began with NSS anthem. The

Programme officer Mr. Binu Kurian welcomed the gathering. The Kuttiplangad Grama Panchayat president Mr. Nechur Thangappan inaugurated the meeting. Ward Member Mrs. Icey bibin delivered felicitation. NSS Volunteer Secretary Arun delivered vote of thanks. After meeting NSS Volunteers cleaned the road sides and make reconstruction works for pathetic road areas. The volunteers were activity work during the day as a team. The Programme ended at 3pm.

The seven day camp “**Suvarnam 2019**” organised by St. Antony’s College Peruvanthanam in the adopted village of Kuttiplangadu was conducted during the days of 21-27 in the month of December. As part of the programme held at Kuttiplangadu Govt. Higher secondary school on December 21 at 2pm , college director Rev. Dr. Antony Nirappel Presided the inaugural function. Inauguration and keynote address were delivered by Kuttiplangadu Grama panchayath President Sri. Nechoor Thankappan.

Principal Prof. Renji Mathew welcomed the volunteers of the camp and people of the Village. Grama panchayath member Mrs. Icey Bibin , Administrator Sri. Anish Thomas, Vice Principal Smt. Jolly Joseph, P.R.O Sri. Jose Antony, Staff Secretary Sri. Bobby K Mathew, Assistant programme officer Ms. Roshni Rachel Chacko , Basil P N gave the greetings to the function. Programme officer Mr. Binu Kurian were delivered vote of thanks.

Here after, the programme officer gave the necessary instructions for the volunteers in the camp. Following the schedule at 5pm, college principal and winner of the best programme officer of M.G University prof. Renji Mathew organized a seminar on his views and experience on NSS. He also put forward his new ideas and mentioned about the changes that each volunteers should have through his own experiences. This was followed by the ice breaking session conducted by the programme officer. Several entertainment programmes were conducted after dinner . The day’s programme ended at 10.30pm with the presentation of the camp news paper and camp report.

The activities for the second day began on 5.45 am. As an initiative to improve the volunteers health, a yoga practice was conducted, followed by a parade. Following the breakfast, road renovation works were initiated. With the goal of making the road worth travelling, the NSS volunteers united to conduct

the renovation works. The task was inaugurated by the honorable ward member Smt. Icey Bibin .The renovation works were conducted by the volunteers until 2 pm. A seminar was conducted on the topic “Group Dynamics “ on 4 pm led by corporate trainer and motivational speaker Mr. Eldho paulose.He focused on how to develop leadership and enhance various skills in children. Various entertainment activities were conducted after supper. After the camp news and camp report presentation, the second day activities were concluded.

The activities of the third day of the camp started at 5.45 am with the practice of yoga which is continued by the gathering of assembly followed by the parade. Having the breakfast at 7.30am, the volunteers went on continuing the work on the development of the road along with the villagers. It was wonderful experience for them. The renovation of the road continued till 1.30pm.

Later on 3pm , a seminar was taken on the topic “ The soil and human “. It was lead by sri. Varghesekutty Thomas , assistant agricultural officer, peruvanthanam. He also defined about the health problems which are found by humans and the importance of organic agriculture in a life. After the seminar , programme officer gave instructions regarding the survey conducted on the 4th day. Cultural activities were conducted after dinner followed by presentation of camp news paper . And finally , all the programme came to an end on 10.30pm.

A survey was conducted regarding the various health problems faced by the people as well as, an inquiry was conducted on the various practices they use for waste disposal and management. The Survey was concluded at 1PM.

At 2:30PM, a seminar on substance abuse and its disadvantages was led by the Peermade Excise Circle Inspector, Shri M.N. Sivaprasad.

During the evening, the codification on the data collected via the survey was done on the supervision of the program officer. After the supper, entertainment programs were conducted by the volunteers. The activities for the 4th day concluded at 10:30PM.

The activities for the 5th day of the 7 day camp began at 6.15 am. A yoga practice was conducted followed by the assembly and the parade. At 9:00AM, the volunteer boys were engaged in the task of cleaning the Brook and its

premises whereas, the volunteer girls were engaged in the task of cleaning the school and its premises until the afternoon. From 2:30PM, Christmas celebrations were conducted with the residents of Kuttiplangadu. The programme “Ee Christmas Kuttiplangandinoppam” was conducted by the NSS unit of St. Antony’s College, Peruvanthanam and various entertainment programs were conducted.

At 4:30pm, a seminar was conducted on the topic ‘periodical laws’ led by the DYSP of Kattapana, Shri. N C Rajmohan. The seminar, based on his life experiences, highlighted the need for volunteers to follow various rules. Subsequently, the survey’s evaluation work was completed. On evening 6.30pm, a special programme were presented by Sri. Sinish Koottikal, tv artist. After supper, the volunteers performed various entertainment activities. After the camp news and report presentation, the fifth day activities were concluded.

In the sixth day of 7 day camp, the camp activities started as usual at 5.45 in the morning with yoga followed by assembly and parade. After the breakfast, the NSS volunteers were engaged in road maintenance activities during 8.30 to 3pm. This activity made the volunteers to understand the difficulties faced by people with poor transportation facilities. By 5pm a seminar was lead by Mr. Binu Kurian, who is the programme officer of NSS unit of St. Antony’s college peruvanthanam on the topic “NSS and Volunteerism”. Many things regarding the basic concepts and ideas of NSS and topic like how a good NSS volunteer behave were also discussed and stated. Various colourful entertainment programmes were presented by the NSS volunteers after dinner. The camp activities in the 6th day concluded at 10.30pm after presenting the camp report.

As usual, the last day of the seven day camp started at 5.45am with the yoga practice followed by the assembly and parade. After having breakfast the volunteers were engaged in various road maintenance activities under the leadership of the programme officer. Which continued until 11’o clock. After that, the NSS volunteers shared various experiences they had in the camp. Finally concluding meeting was held on 2pm in which Mr. nechhor Thankappan, panchayath president, kokkayar were presided over the meeting. Ward member Smt. Icey Bibin were delivered a concluding message. An introduction speech to the meeting was given by the programme officer Mr.

Binu Kurian. The meeting ended with a vote of thanks from the volunteer secretary Mr. Arun Radhakrishnan. The activities of the last day came to an end by 3pm.

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 15th February 2020 under the leadership of NSS Programme Officer Mr. Binu Kurian. Gardens already set up in the sides of the National Highway near the college were cleaned.. The garden and surroundings were cleaned by the volunteers. The programme were started on 9.30am and comes to an end on 2.30pm.

Anti drug day programme:



July 27:



August 7:



August 23:



August 28:



September 3:



September 6:



september 7:



September 8:



September 13:



September 3:



September 6:



september 7:



September 8:



September 13:



September 24:



October 2:



November 1:



November 9:



November 16:



November 23:



November 30:



December 6:

