



## **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.

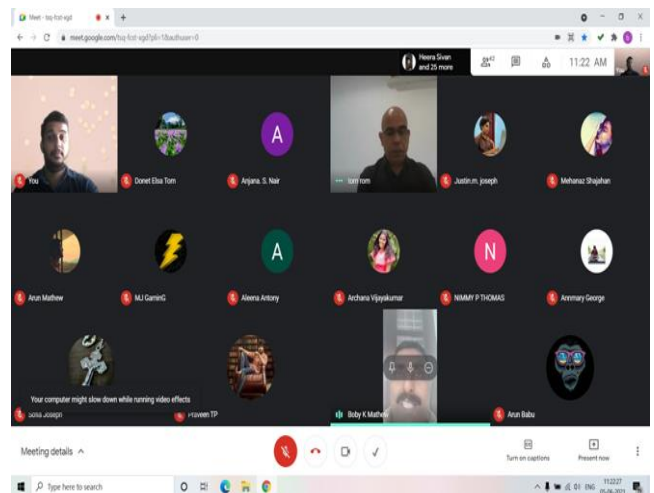
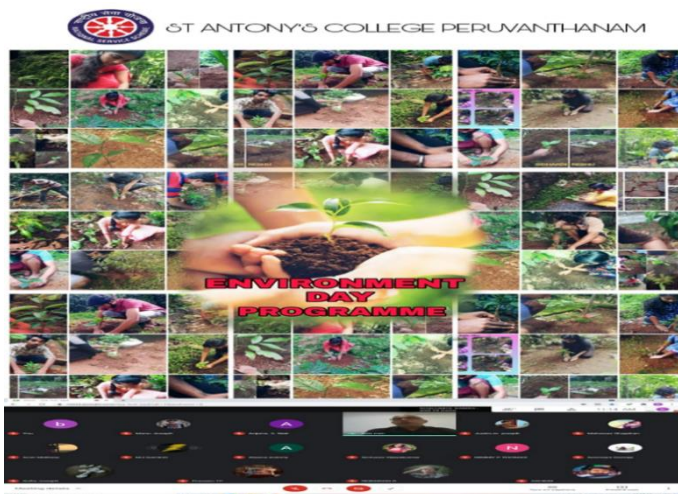
In today's world there are those who face many crises, today's young people are living without understanding these. On 24th March 2022 the volunteers of St. Antony's college Peruvanthanam visited the orphanage at kunnumbhagam, Kanjirapally. It was a comfort to be alone in the news of life and to spend 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.

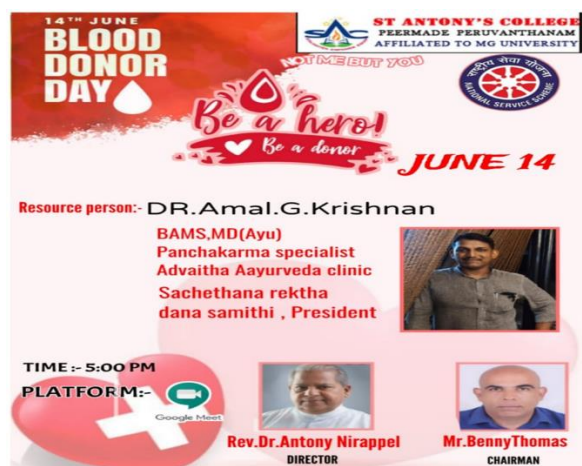
## June 5: Environment Day Celebration



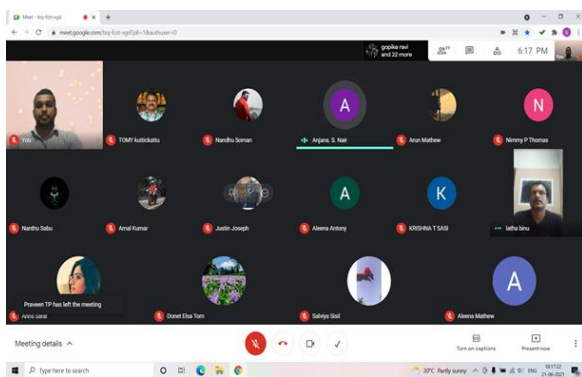
## Anti child labour week programme:



## June 14:

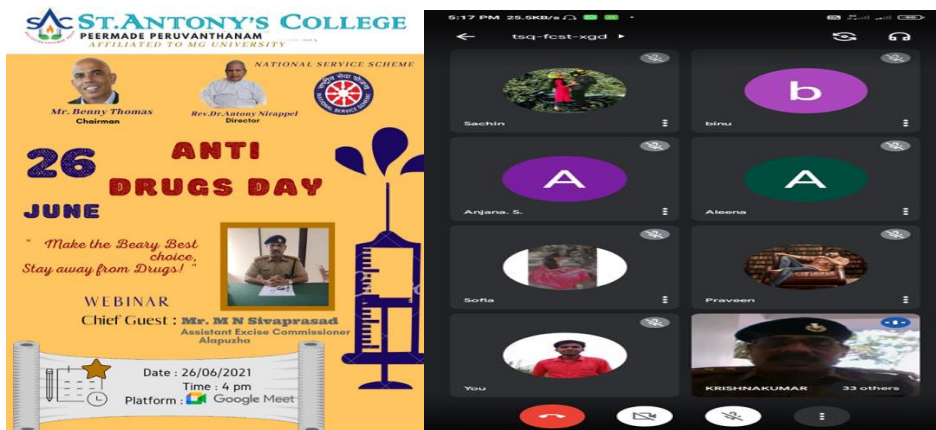


## June 21:





## Anti drug day programme:



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

**NATIONAL SERVICE SCHEME**

Mr. Benny Thomas  
Chairman

Rev. Dr. Antony Nirappell  
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

6:17 PM 25.5KB/s

Sachin, b, Arjuna. S., Aleena, Soha, Praveen, You, KRISHNAKUMAR, 33 others

## Orientation



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

Rev. Fr. Dr. Antony Nirappell  
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**

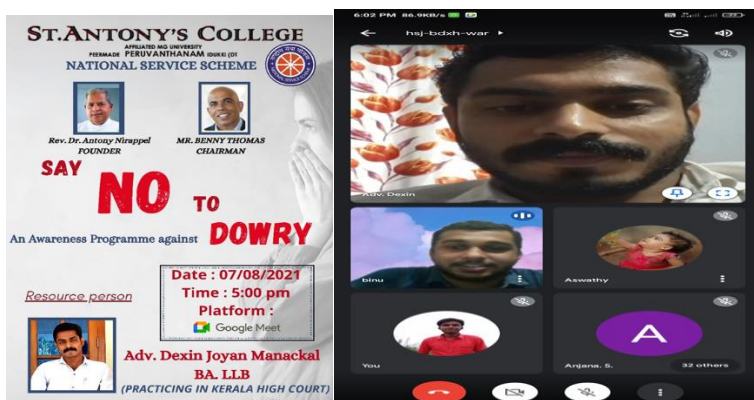
10:00 AM

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

hij-bdjh-war

Adv. Dexin, Dinu, Aswathy, Arjuna. S., 32 others

## Anti Dowry seminar:



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

Rev. Dr. Antony Nirappell  
FOUNDER

MR. BENNY THOMAS  
CHAIRMAN

**SAY NO TO DOWRY**

An Awareness Programme against **DOWRY**


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

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

6:02 PM 46.9KB/s

Adv. Dexin, Dinu, Aswathy, Arjuna. S., 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. James 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

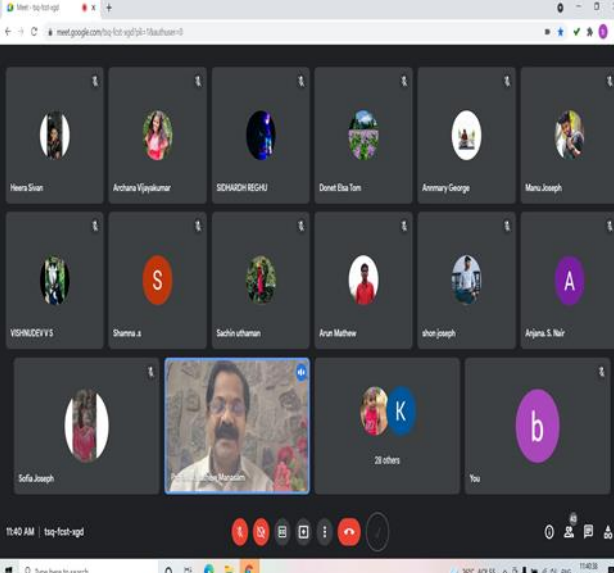


Resource person



**Prof. M.J. MATHEW**  
Principal, Sahyagathi 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

