



St. Antony's College

PEERUMADE, PERUVANTHANAM

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

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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.

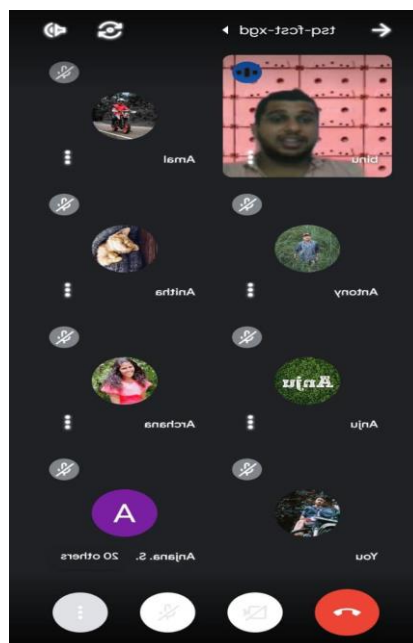
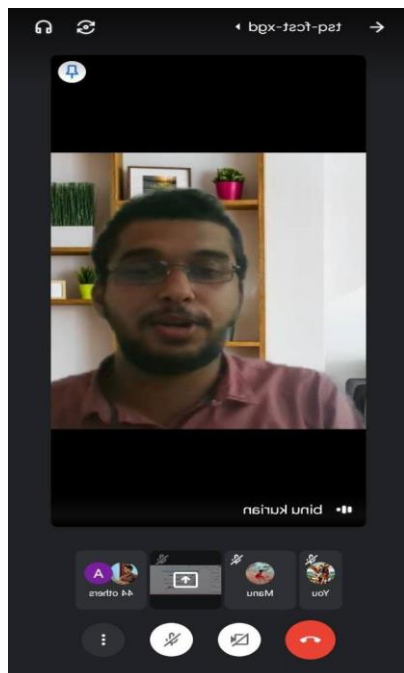
The sixth day of the seven-day camp started at 10 am. The meeting, which began with the NSS song, featured volunteers presenting camp news and delivering the message of the day. From 10.30 am, volunteers visited and surveyed 4 homes near their home. From 11.30 am, the information collected under the 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

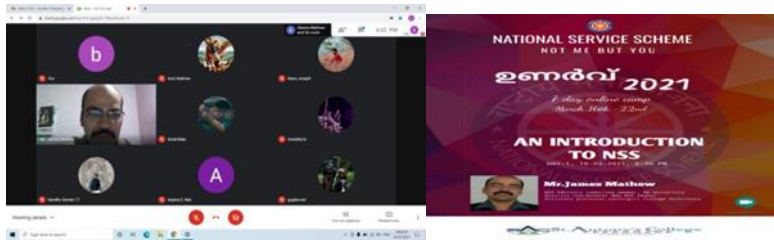
they were able to attend the camp in an enjoyable way. Block Panchayat Member Mr. KR Vijayan was the Chief Guest at the meeting which was presided over by Hon'ble College Chairman Mr. Benny Thomas. The meeting was welcomed by the College Principal-in-Charge Mr. Bobby K. Mathew the College Administrator 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.

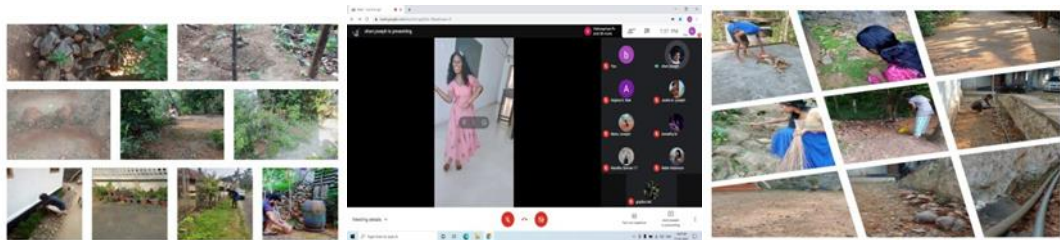
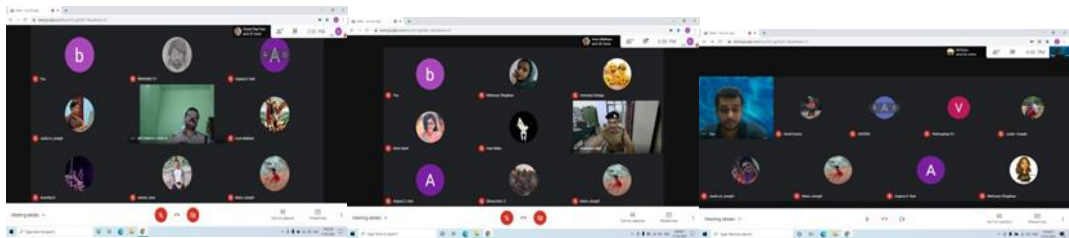
Orientation to NSS



Camp Day 1

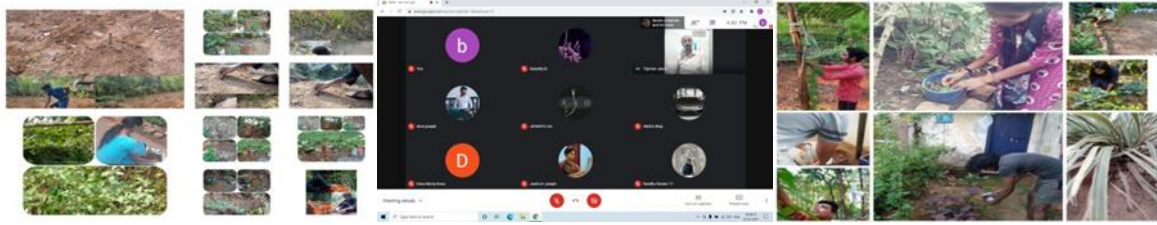


Camp Day 2



Camp Day 3





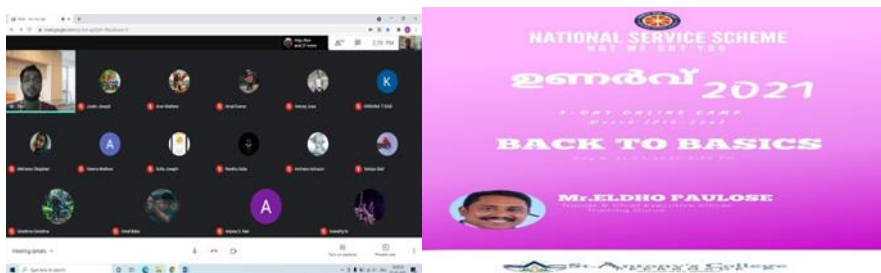
Camp Day 4

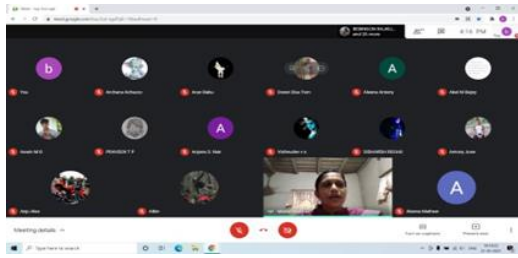


Camp Day 5



Camp Day 6





Camp Day 7



