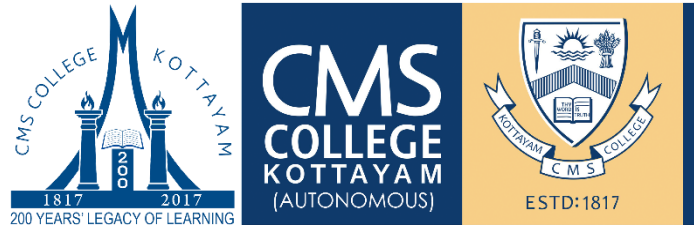


# ANNUAL REPORT

2017-2018



**CMS COLLEGE KOTTAYAM**

**(AUTONOMOUS)**

## **ACTIVITIES CARRIED OUT DURING THE YEAR 2017-2018**

<b>ACTIVITIES</b>	<b>DATES</b>
<b>WORLD ENVIRONMENT DAY</b>	<b>05-06-2017</b>
<b>INTERNATIONAL YO3GA DAY</b>	<b>20-07-2017</b>
<b>ORIENTATION PROGRAMME FOR 1<sup>st</sup> YEAR VOLUNTEERS</b>	<b>15-07-2017</b>
<b>ELECTION DRIVE</b>	<b>21-07-2017</b>
<b>BLOOD DONATION CAMP</b>	<b>28-07-2017</b>
<b>AYURVEDA CAMP</b>	<b>29-07-2017</b>
<b>3 DAY CAMP FOR JAIVAM</b>	<b>5-08-2017 TO 07-08-2017</b>
<b>INDEPENDENCE DAY</b>	<b>15-08-2017</b>
<b>JAIVAM INAUGURATION AT MG UNIVERSITY</b>	<b>29-08-2017</b>
<b>SPECIAL CAMP (JAIVAM 2017-18)</b>	<b>31-08-17 TO 06-09-2017</b>
<b>GANDHI JAYANTHI (AT UP SCHOOL, THIRUVARPU)</b>	<b>02-10-2017</b>
<b>ANTI-DRUG RALLY FROM COLLECTORATE TO GANDHI SQUARE KOTTAYAM</b>	<b>02-10-2017</b>
<b>BLIND WALK</b>	<b>12-10-2017</b>
<b>PARTICIPATED IN DAAN UTSAV CONTEST (SOCIAL ENTREPRENEURSHIP CHALLENGE)</b>	<b>13-10-2017</b>
<b>JOB FAIR</b>	<b>21-10-2017</b>
<b>WORLD AIDS DAY</b>	<b>01-12-2017</b>

<b>CHRISTMAS CELEBRATION AT UP SCHOOL THIRUVARPU</b>	<b>23-12-2017</b>
<b>CAMPAIGN AGAINST SUBSTANCE ABUSE</b>	<b>12-01-2018</b>
<b>ORGANIC FARM HARVEST BY Sri MR UNNI (REGISTRAR, MG UNIVERSITY)</b>	<b>13-01-2018</b>
<b>NATIONAL VOTERS DAY</b>	<b>25-01-2018</b>
<b>REPUBLIC DAY CELEBRATION</b>	<b>26-01-2018</b>
<b>EYE DONATION CAMPAIGN</b>	<b>06-02-2018</b>
<b>AWARENESS ON PALLIATIVE CARE</b>	<b>24-02-2018</b>
<b>AWARENESS AGAINST TOBACCO USAGE</b>	<b>27-02-2018</b>
<b>NATIONAL INTEGRATION CAMP</b>	<b>02-03-2018 TO 08-03-2018</b>
<b>WORLD AUTISM DAY</b>	<b>03-04-2018</b>
<b>ORGANIC STALL AT INTERNATIONAL GLOBAL MEET</b>	<b>21-04-2018 TO 24-04-2018</b>

### **OTHER VOLUNTEERSHIP PROGRAMMES**

**SPECIAL CAMP AT CMS LP SCHOOL.**  
**SECRETARY CAMP AT BK COLLEGE, AMALAGIRI.**  
**ANTI-DRUG SEMINAR.**  
**PRE-RD SELECTION CAMP AT BK COLLEGE, AMALAGIRI.**  
**NYK (NEHERU YUVA KENDRA) AT ETTUMANOOR.**  
**NYK (NEHERU YUVA KENDRA) STATE CAMP AT KAKKANAD, KOCHI.**  
**CLEANING AT KODIMATHA FISH MARKET.**

### **INTERNATIONAL YOGA DAY**

International Yoga Day was celebrated by the NSS Unit of CMS College on June 20<sup>th</sup> 2017. The classes were led by Prof Theresa Paul, former faculty of Stephens College, Uzhavoor. She stressed on the need to practice yoga for a healthy life and she talked about the history of yoga, how it has evolved over a period of years. The event was attended by 20 Nss volunteers. Ma'am also taught us some yoga postures which would be very useful in our life.



## AYURVEDA CAMP



A free Ayurveda camp was initiated by the NSS Unit of CMS College in association with Kottakal Arya Vaidyasala, Malapuram in the college campus on 28/7/2017. The camp was inaugurated by

Sri Jose Panachipuram who is a noted Malayalam writer, nearly 150 people availed the free treatment of the camp. Most of the people who visited the camp were senior citizens and they thanked the college and Kottakal Arya Vaidyasala for conducting a free Ayurveda camp.

Every single staff from CMS College participated in the camp. They also availed the free treatment of the camp.





**Blind Walk**



A 'Blind Walk' was organized in association with the Darsana Cultural Centre and Baseliious College, Kottayam. Almost 50 NSS Volunteers of CMS College became a part of this initiative. The programme was organized in solidarity with the millions of blind people. The volunteers covered their eyes with a piece of cloth and marched nearly 1 km holding arms on each other's shoulder in order to get a touch of the experience of the real blind. The Event was conducted under the patronage of the Project Vision Bangalore, which is one of the leading institutes working for the blinds in the country.







**ANTI-DRUG RALLY FROM COLLECTORATE TO GANDHI SQUARE KOTTAYAM**

As a part of Gandhi Jayanthi celebration, an Anti-Drug rally was conducted with the Excise Department, from the district collectorate to the Gandhi Square. Nearly 25 NSS volunteers became

part  
of



this marathon. The rally was inaugurated by the District Collector **Dr B S Thirumeni IAS**. He called upon the youth to take up the responsibility of fulfilling the vision that Gandhiji had for India. The valedictory function was addressed by **Sri Thiruvanchoor Radhakrishnan** MLA, who said that organizations like the National Service Scheme had very important role to play in the development of the country.



**Blood Donation Camp**



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Mega Blood Donation camp was organised by the NSS Unit of CMS College on 28/7/2017. Nearly

150 students including a huge number of NSS Volunteers donated their blood. A medical team under the leadership of Dr Suma from the District Hospital Kottayam oversaw the activities. The event was coordinated by the NSS Programme Officers and Volunteer secretaries of the CMS, College.





**GANDHI JAYANTHI (AT UP SCHOOL, THIRUVARPU)**



The NSS Unit of CMS College celebrated Gandhi Jayanthi along the students of Govt. UP School, Thiruvarpur. We taught the students about Gandhian values. We also made them to play some exciting games and gifted them with wonderful prizes like books and other school kits.









## **WORLD ENVIRONMENT DAY**

One of the biggest threats to modern life is Environment pollution. It is our duty to make the world again green. The NSS unit of CMS College celebrated World Environment day on June 5<sup>th</sup>. On this day, hundred volunteers were divided into different groups, they cleansed the campus and planted saplings, vegetables seeds and plants they also prepared fertilizers to fill some grow bags.





## ORGANIC FARM HARVEST BY Sri MR UNNI (REGISTRAR, MG UNIVERSITY)

As a part of 'Jaivam 2K18', CMS college NSS volunteers planted different types of organic vegetables in three different plots. Different varieties of vegetables like cauliflower, cabbage, radish, beetroot, cucumber, eggplant, mung bean etc. During the first harvest, MG University Registrar Sri MR Unni inaugurated the programme, appreciated the initiative and gave a wonderful speech and encouraged the volunteers to practice organic farming at home.







## **BUTTERFLY GARDEN**

NSS unit of CMS College Kottayam after planting medicinal and fruit plants in the college premises paid much care for its follow up activities. The maintenance of the butterfly garden is an important work initiated by NSS volunteers. We gave special care, at least once a month, to visit, clean and maintain the garden.



## **REPUBLIC DAY**

The NSS unit of CMS College in tie up with NCC celebrated the 69<sup>th</sup> Republic Day. CSI registrar and College vice principal hoisted the National flag and gave the Republic Day message. He stressed on the need to preserve the national integrity and the need to fight against terrorism. The volunteers and cadets have great responsibility to up held peace and prosperity of the motherland. A National integration pledge was also taken by the NSS volunteers.



## **ORIENTATION PROGRAMME FOR 1<sup>st</sup> YEAR VOLUNTEERS**

CMS College NSS units conducted Orientation Programme for the newly enrolled volunteers on July 15<sup>th</sup> 2017. CMS College Principal **Dr. Roy Sam Daniel** inaugurated the programme. Resource persons enlightened the volunteers with the aims and objectives of National Service Scheme. Volunteer secretary Mahesh Krishna gave a motivational speech and the senior volunteers shared their experiences. They gave information about NSS rules and regulation, the criteria for selection and how they should indulge in every single NSS activity.







## **NATIONAL VOTERS DAY**

National Voters Day was observed at CMS College, Kottayam on January 25<sup>th</sup>, 2018. Though the National Voter's Day is observed every year throughout India this time it stands significance as India is preparing for the general elections next year and nearly 130 million new voters are added to the electoral roll for 2019 which is a significant number that cannot be ignored. As the world's largest democracy and as a nation having a significant amount of youth population, India has many things to contribute to the world and so does the Indian youth to its own nation. It would not be wise for the youth of any country to not have a vision on the political process and its outcome which ultimately have an important role in their own welfare. Therefore one of the responsibilities that the youth has to fulfil is the complete participation in the electoral process which makes them to decide their own political masters. With the objective of preparing those who were born in the 21<sup>st</sup> century to cast vote for the first time in the general elections of 2019, the National Voters Day was observed in the campus with the joint coordination of the Election Commission of India and the National Service Scheme of CMS College, Kottayam. The program was marked with the presence of Honourable District Collector of Kottayam **Dr B.S Thirumeni I.A.S** and the Vice Chancellor of Mahatma Gandhi University **Dr Babu Sebastian**. CMS College Principal Dr Roy Sam Daniel, Deputy Collector **J Sreelatha**, National Service Scheme Programme Officer Sri Ashok Alex Luke, NSS volunteer Secretaries Mahesh Krishna, Aarcha R and the Union representative Rubeena Abubaker also were present in the occasion.

Deputy Collector J Sreelatha welcomed the gathering about th and talked about the history of Election Commission of India and its present status. **Dr B.S. Thirumeni I.A.S**, who was the key note speaker stressed on the point that that the youth in India should be a role model to the world by fulfilling their own responsibilities to the nation. **Dr Babu Sebastian**, Vice Chancellor of Mahatma Gandhi University narrated the oath to the young voters and called them to be responsible citizens and not to stay away from political consciousness. Others who spoke on the occasion were Principal **Dr Roy Sam Daniel**, NSS Programme Officer Ashok Alex Luke and Volunteer Secretary Mahesh Krishna.





**CAMPAIGN AGAINST SUBSTANCE ABUSE**



CMS College NSS unit in association with National Health Mission organised a campaign against substance abuse on 12-01-17. The volunteers performed a flash mob in the college campus and in Nagambadam private bus stand. “THINK BEFORE YOU USE” was the message we tried to bring through the flash mob. Volunteer secretary took a small class on substance abuse and showed the volunteers a motivational video clip based on drug abuse.





## **PRE-RD SELECTION CAMP AT BK COLLEGE, AMALAGIRI**

There was a selection camp held at Amalagiri College for NSS volunteers to prove their own abilities. After few selection processes several volunteers were selected for different camps like pre-rd camp, National Integration camp etc. Volunteer secretary Mahesh Krishna and volunteer Reshma Shivadas from CMS College also participated in the camp and Volunteer secretary Mahesh Krishna was selected for the National Integration camp which was going to be held at Shivamoga, Karnataka.





### **NATIONAL INTEGRATION CAMP (SHIVAMOGA, KARNATAKA)**

A ten member team was selected for the National Integration camp which was held at the Kuvempu University, Shivamoga, Karnataka. Volunteer secretary of CMS college NSS unit was the contingent leader. The camp was for seven days. There were NSS volunteers from different states like Tamilnadu, Andhrapardesh, Gujarat, and Karnataka. Around 150 volunteers from different universities and states attended the camp and shared their culture and values. There were yoga sessions and different types of shramadhans conducted at different parts of the university campus.

Volunteers from different universities and states showed their culture performed various arts forms. On the last night of the camp, they conducted a special ceremony known as Depotsava. The overall experience of the camp was totally a different experience for the volunteers. During the valedictory session different awards were given. Kerala team won the award for best procession which was led by Mahesh.









## EYE DONATION

An Eye Donation campaign was organized by the NSS unit of CMS College in association with Darsana Cultural Academy. The day was really enlightening and a different experience for the volunteers. The campaign was inaugurated by Fatima Anshi and Rev. Fr. George Kanamthanam, director of project vision. On that day around thousand students and staffs of CMS College volunteered to donate their eyes posthumously.





## JAIVAM 2K17

*Campaign for transforming  
'100% Literacy District in*



*Kottayam District to a  
Organic Farming'*

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Organic Farming is a unique harmony between human upholds holistic agro-eco biodiversity, biological activity through natural means. It relies on organic fertilizers and pesticides, instead of chemical based products. Besides promoting crop rotation and mixed cropping, it integrates animal husbandry and animal manure. It also strives to conserve native flora and fauna and preclude genetic manipulations.

Organic farming is significant in terms of agronomic practices, integration of animal husbandry in the process, scale of farms, and methods of access to markets. Sustainable crop production practices can lead to higher yields over time, with less need for expensive and environmentally damaging inputs. Organic Farming focuses on sustainable, environmentally friendly practices, ensuring ecological balance naturally.

living system which ensures beings and nature. It system including cycles and soil biological

activity through natural means. It relies on organic fertilizers and pesticides, instead of chemical based products. Besides promoting crop rotation and mixed cropping, it integrates animal husbandry and animal manure. It also strives to conserve native flora and fauna and preclude genetic manipulations.

### **SPECIAL CAMP (JAIVAM 2017-18)**

#### **VENUE: GOVT UP SCHOOL, THIRUVARPU, KOTTAYAM**

This year's special camp was totally different. MG University took a great initiative to change the lifestyle of the people of Kottayam. They introduced a project named as [JAIVAM 2K17](#). Their main aim was to make people aware of organic farming and its importance in today's life, as a part of this more than 10,000 NSS volunteers from various colleges visited thousands of houses in different panchayats and municipalities.

CMS college NSS unit was assigned with Thiruvvarpu panchayath, Kottayam. The camp was conducted at Govt UP School, Thiruvvarpu. The whole camp was a different experience for all the volunteers as they faced different types of people and made an awareness of organic farming.

#### **DAY 1 (31-09-2017)**

On the first day of the seven day camp after the registration of about 100 national service scheme volunteers, Thiruvvarpu Grama Panchayath President Srimathi Jessie inaugurated the campus. Dr Roy Sam Daniel was the chief guest of the ceremony, Thiruvvarpu Grama Panchayath Vice President, former NSS programme officer of CMS College were also present. After the inaugural session an ice breaking session was conducted by the senior volunteers of CMS College NSS unit. After the session the volunteers were divided into five groups and gave details regarding the survey. Different groups were assigned for different wards.

## **DAY 2 (01-10-2017)**

The second day of the camp took a fresh start by a yoga session. After the yoga session volunteers were assigned to their wards and the details of the area were provided. The volunteers went to three different wards. All the volunteers were sent to different areas in a group of three and all of them did a wonderful survey and made awareness about the importance of organic farming. After the survey all the volunteers returned to the camp site and shared their experience of the survey. The second day came to an end by a wonderful cultural session.

## **DAY 3 (02- 10-2017)**

It was the third day of the camp and as usual the yoga session was there for the volunteers. After their breakfast they went to their respected wards and started their survey. This time there were different wards and the beauty of the places were something special. Volunteers enjoyed their survey as they walked along the paddy fields and small lakes and ponds. This was totally different experience for them and after the survey all the volunteers returned to the camp site. After returning all shared their beautiful experience and also transferred the hand written details in their respected mobile phone. The third day came to end and all the volunteers returned to their rooms after the cultural session.

## **DAY 4 (03-10-2017)**

After the yoga section in the fourth day the volunteers were assigned to three groups. Two groups went for the survey and one group stayed at the camp site. They cleaned the camp site which was the compound of Govt UP School. After cleaning the areas they planted different variety of plants and vegetables as a part of organic farming.

The first two groups went to the survey at three different wards which were totally different from the previous wards because the area was large and they had to travel a long distance to cover the wards. Around 4 pm they returned to the camp site and did their usual work and also transferred the hand written details in their respected mobile phone. They fourth day ended successfully.

## **DAY 5(04-10-2017)**

The fifth day of the amp was special one because it was Onam and all the volunteers were excited for that day. After the usual yoga session volunteers went to their respected wards for their survey. During the lunch time they returned to the camp site and a special Onam sadhya was ready for them by the senior volunteers. All the volunteers enjoyed their sadhya and after taking some rest, they continued their survey for the next half of the day. After completing the survey they all returned to the camp site. As usual the cultural programmes were conducted by different groups and the fifth day ended with some beautiful memories.

**DAY 6(05-10-2017)**

It was the sixth day of the camp and instead of yoga session, the volunteers were made to play sports for a different experience. After the sports there were only four wards left. The volunteers went to the survey at three different wards. They did their survey without any hesitation and this time, they completed the survey within 4 pm. After completing the survey our volunteers performed a flash mob at the Thiruvarpu junction creating awareness on organic farming and to spread the message of Jaivam.

**DAY 7(06-10-2017)**

Finally the special camp or the seven day camp came to an end. As usual there was the yoga session along with some exercises. After the breakfast the volunteers completed the survey at the last ward. After completing the survey they all returned to the camp site by 12 o'clock noon.

Valedictory function was inaugurated by CMS College Principal Dr. Roy Sam Daniel. The camp was memorable one and all the volunteers learned the value and importance of organic



farming. This camp gave them a different experience.























**CHRISTMAS CELEBRATION AT GOVT UP SCHOOL**

**(THIRUVARPU)**

On 23<sup>rd</sup> of December the NSS Unit of CMS College celebrated Christmas along with the students of Govt. UP School, Thiruvarpur. The day was really good and the volunteers were happy as they gifted the children with books collected from the 110 volunteers of CMS NSS unit to start a small library for the UP school students.

### **ORGANIC STALL AT INTERNATIONAL GLOBAL MEET**

The Global Organic Meet being held in April 2018 at CMS College, Kottayam has been conceived as a unique academic carnival where serious academic deliberations, exhibitions and cultural pageantry co-exist to demonstrate the significance and diversity of the organic concept in





agriculture. The seminar seeks to touch upon all aspects of organic farming as well as sustainable agriculture which have engaged academic attention and continue to inspire academics and research.

CMS College NSS unit was given a golden opportunity to present their organic stall at global meet. They presented different types of organic vegetables and grow bags and more than 2500 people visited the stall. MG University Vice-Chancellor Dr Babu Sebastian and Kottayam Municipal chairperson Dr P.R Sona inaugurated the exhibition. After inauguration the dignitaries visited every stall and gave their comments.





## NYK (NEHERU YUVA KENDRA) AT ETTUMANOOR (DISRICT LEVEL)

Nehru Yuva Kendra conducted a district level camp for NSS volunteers and youth club members. Motivational classes and activities conducted were conducted for the volunteers.

## NYK (NEHERU YUVA KENDRA) STATE CAMP AT KAKKANAD, KOCHI (STATE LEVEL)

After the district level camp, few NSS volunteers were selected for the state level camp. It was a national integration camp along with the people of Himanchal Pradesh.





## **SPECIAL SEVEN DAY CAMP**

### **VENUE: CMS LP SCHOOL KOTTAYAM**

The seven day camp for the NSS Volunteers of 2016-17 batch started from 23<sup>rd</sup> December to 28<sup>th</sup> December 2016.

#### **DAY 1- 23/12/2016**

On the first day of the seven day camp after the registration of about 100 national service scheme volunteers, the camp was inaugurated by Kottayam Municipality Chairperson Dr. P R Sona at 11 am in the College. CMS College Principal Dr. Roy Sam Daniel gave an inspirational talk to all the NSS Volunteers. NSS programme Officers Prof. Shinu Peter and Smt. Mini Mariam Zachariah also talked in the function. After the inaugural function an ice breaking section was conducted in the initiative of Sri. Thomas Zachariah.

#### **DAY 2- 24/12/2016**

The second day of the camp had started with yoga at 6am. After yoga the volunteers took some time for the discussion of that day activities. At 11 am, Vigilance officer Sri. Shobhan took a class on 'Anti- corruption'. They decided to start a Vigilance Club in co-operation with National Service Scheme in our college. Then the volunteers cleansed the college campus by removing all the plastic wastes. Then they made some initiatives for a plastic free campus.

### **DAY 3- 25/12/2016**

As usual the third day of the camp was started with yoga at 6am. On this Christmas day the camp was divided into three groups and each had their own responsibilities. One group visited “Anganvady” in Pullarikunnu Colony and celebrated the Christmas with the children of there by cutting Christmas cake and distributing sweets. As a part of it volunteers made the compound of the institution clean. On the same way the second group visited Snehabhavan the old age home in Puthenangady. Volunteers interacted with 30 people who were staying there. There also the volunteers cut the cake and shared happiness of Christmas with the Snehabhavan people. After that a class of “organic farming” was conducted and it was taken by Smt Lathika C R teacher from Krishibhavan.

### **DAY 4- 26/12/2016**

After the yoga section in the fourth day there were three programmes. Construction of house was the first one, secondly fund collection for house construction and finally survey on organic farming in Pullarikunnu Colony. The camp was divided into three and each was elected to each programme. Till evening the boys worked at house site, the group went for fund collection also took much time and the survey had taken from about 150 houses. Then a class was taken on the topic “life style diseases and precautions” by Dr. Joy Mani.

### **DAY 5- 27/12/2016**

After the yoga class on fifth day volunteers cleaned a side of Kottayam town area. By the co-ordination with Kottayam municipality, volunteers cleaned the front section of the Kodimatha market. About half of the day the volunteers was engaged in this job. Dr. Jacob Thomas retired HOD of commerce department took a class on “demonetization”.

### **DAY 6- 28/12/2016**

The second last day of the camp started as usual with yoga and exercise. This day also it was cleaning activity for the volunteers. This time volunteers took risk of cleaning the fish market in Kanjikuzhy. The half of the day was spend there for cleaning. Sri.Subeesh Mathew has taken a class on “personality development and counseling”.

### **DAY 7- 29/12/2016**

With yoga itself the last day began and the only class was “road safety measures” and it was taken by traffic SI Santhosh P. Finally the volunteers cleaned the place where uses to stay. Valedictory function was inaugurated by CMS College Principal Dr. Roy Sam Daniel and the seven day camp end at 3.30pm.















