

ANNUAL REPORT

2019-2020



CMS COLLEGE KOTTAYAM (AUTONOMOUS)

'50 ACTIVITIES @ NSS @ 50'

The NSS Unit of CMS college planned to conduct 50 major programmes this year when NSS is celebrating it's Golden Jubilee year. With the indefagitable spirit of each Volunteer we achieved this success.

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ACTIVITIES IN DETAIL

1. 20th May to 25th May 2019

TRASH TO TREASURE

As a part of World Environment day Celebration the volunteers initiated a programme called, '*Azhukkil Ninnu Azhakilekke*' with Haritha Kerala Mission. Volunteers made more than 100 indoor plants in order to distribute them on Environment day.





2. 6th June 2019

WORLD ENVIRONMENT DAY CELEBRATION

World Environment day was celebrated by the NSS volunteers on 5th June 2019, the volunteers made and distributed around 110 indoor plants as a part of a programme called '*Azhukkil Ninnu Azhakilekku*' organised by the Haritha Kerala Mission and CMS College NSS Unit. This programme was inaugurated by the Kottayam District Police Chief Harishankar I.P.S.





3. 12th June 2019

ZERO WASTE DAY

With regard to 'Swatch Bharat' campaign, 'Zero Waste Day' was observed on 12th June 2019, Wednesday in the college campus. Posters were distributed among the students and they were stuck on the campus walls. Around 50 volunteers were participated in this programme. This programme was a great success in making the students understand how to keep our campus clean and free from plastic waste.





4. 14th June 2019

WORLD BLOOD DONOR DAY

On the occasion of the World Blood Donor Day on 14th June, the CMS College NSS Unit in association with the Red Ribbon Club accorded a warm welcome to 'Friends 2 Support' (F2S), when they visited the campus.

Blood donation is an important and foremost sense of every human being, every single drop of blood that you donate counts, especially in a country like India. "Friends2support" is a non-profit organization which saves the lives of many humans who need in urgent situations and this organization brings voluntary blood donors and those in need of blood onto a common platform and provides access to contact blood donors online from its website and mobile applications. Their mission is to fulfill every blood request in the country with a promising web portal and motivated individuals who are willing to donate blood. 50 volunteers belonging to NSS and Red Ribbon Club of CMS became a part of this occasion and the NSS flag was handed over to the F2S representatives under the leadership of NSS programme officers Ashok Alex Luke and Dr Shija Grace. A pledge was also taken by the volunteers to mark the World Blood Donor Day. The programme ended by 4.30 pm.

Every year, on 14th June, countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for regular donations and to thank blood donors for their life-saving gift of blood. The theme of this year was 'Safe Blood for all'



5. 18th June 2019

PLANT A TREE PLANT A VOLUNTEER

To make the campus more eco-friendly a new project called 'Forest in Campus' was started in the campus. As a part of this project many tree saplings were planted by the volunteers across the campus. Former NSS Programme Officer and Retd. Prof. John Chandi started off the project by planting a sapling on 18th June 2019. Approximately 125 volunteers participated in this programme and on the next day, they planted saplings in the campus and agreed to look after it as their responsibility. Fences was also tied among the trees to ensure the safety of the sapling. This act was reported as exemplary for other students in the campus.



Prof. John Chandi reminding the need to preserve nature.



Prof. John Chandi reminding the need to preserve nature.

6. 20th July 2019

PAPER PEN & BAG: MAKING AND DISTRIBUTION

Plastic pollution is damaging our environment rapidly. Plastic material is hard to dispose and the increasing use of plastic bags contributes to major pollution on earth. In order to overcome this issue the volunteers proposed an idea of making paper pens and paper carry bags. Around 100 pens and bags were made by the volunteers and they were distributed in the adopted village on 20th June 2019. They also agreed to use the paper pens and bags. Because this is the time we must take this problem seriously and work towards eradicating.



7. 21st June 2019

INTERNATIONAL YOGA DAY

In order to mark the International Yoga Day the NSS Unit of CMS College in association with the Women Studies centre organised a one hour yoga session. The session was taken by Babu Sir. Around 60 students became a part of this programme.



8. 26/06/2019

INTERNATIONAL DAY AGAINST DRUG ABUSE

To mark the International Day against Substance Abuse, the NSS Unit in connection with the Red Ribbon Cell and Anti-narcotics club of CMS College conducted a rally

from the college to Gandhi Square. More than 160 students became a part of this programme. Kottayam Municipal Chairperson Dr P R Sona flagged off the rally and in the end of the programme a pledge was taken by the volunteers.

After that, together with the Excise department of kottayam conducted an awareness class, Excise Officer Benny Sebastian took the classes for the volunteers. The Excise department lauded the NSS Unit for bringing youngsters together for the meet and said that young people should lead the fight against drug abuse. Observance of this day aims to raise awareness to fight against substance abuse as well as the unlawful trade of drugs.



9. 28/062019

'ANNAM'

"Not Me But You"

The NSS Unit of CMS College initiated another programme called 'Annam', which is to provide food for the needy in and around Kottayam. We provide them lunch weekly (on Fridays), the food were brought by the volunteers itself. As a result we were able to provide nearly 40 food kits. We started off this project because as an NSS volunteer *'we sees the need not the cause'*.



10. 29th June 2019

PLASTIC FREE CAMPUS

With the aim to keep the campus free from plastic the NSS Unit of CMS College conducted a programme called '*Plastic Collection Drive*' on 29th June 2019. The volunteers collected all the plastic bottles inside and outside the campus after that they bottles were given to a company named 'Clean Kerala' for recycling. This programme is still continuing in the campus.



11. 1st July 2019

70th ANNIVERSARY CELEBRATION OF KOTTAYAM DISTRICT

As a part of the 70th anniversary celebrations of Kottayam District the volunteers became part of the various celebrations conducted by the district authorities. A quiz competition was also conducted, NSS Volunteers Anitta Jose and Abhishankar got first prize and the prizes were distributed in the function held at the Kottayam Collectorate by the Dist. Collector P K SudheerBabu IAS.

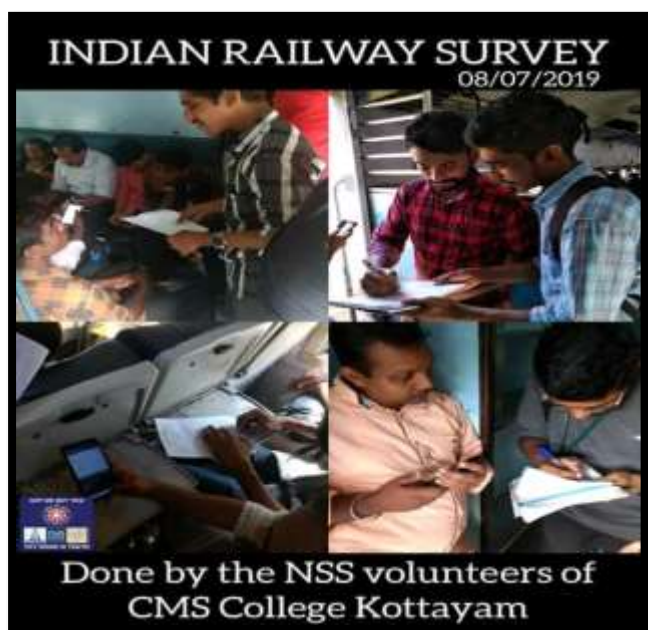


NSS Volunteer Anitta and Abhishankar receiving prize from the Dist. Collector.

12. 8th and 9th July 2019

INDIAN RAILWAY SURVEY

A survey was conducted by the Indian Railway on 8th and 9th July in order to know the problems of the passengers. The volunteers separated into different groups and they travelled along with the passengers. Through this, the volunteers were able to identify the problems and let the authorities know about the various issues they face while travelling.



13. 12th July 2019

WORLD POPULATION DAY

As Kalam said “the ignited mind of the youth is the most powerful resource on earth” we conducted a poster design competition and a quiz competition for all the students in the college in order to bring out their fresh and ebullient ideas on world population day. About 63 posters were given by the students and the prize winning posters of 9 students were displayed in front of the great hall.



14. 13th July 2019

AWARENESS CAMPAIGN AGAINST PROPER WASTE DISPOSAL AND SEASONAL DISEASE

To make people aware of the deleterious and troublesome effects of seasonal diseases and improper disposal of wastes, the NSS Unit of CMS College conducted a campaign on 13th July 2019. The volunteers divided into several groups and they visited the houses in Chalukunnu, Chungam areas and distributed pamphlets which describes the proper waste disposal.



15. 13th July 2019

Biodiversity Park & Herbal Garden

With the monumental and determined efforts taken by the NSS volunteers a Biodiversity Park and Herbal Garden was made in the campus on 13th July 2019. It took four days to complete the park. On 20th July 2019 the volunteers brought herbal plants and they were planted in the garden. They took the responsibility to look after the garden and they made fences also.



Volunteers preparing the garden.



Volunteers working in the garden

16. 20th August 2019

GENERAL ORIENTATION FOR FIRST YEAR NSS VOLUNTEERS

An orientation class was conducted on 20th August 2019 for the first year NSS Volunteers. The classes were taken by the former NSS Programme Officer Prof John Chandi. Through this the volunteers came to know more about NSS especially he taught the aims and objectives of NSS. He shared his experiences with the volunteers.



17. 27th July 2019

**AWARENESS CLASS ON LIQUID WASTE MANAGEMENT & MALARIA
ELIMINATION**

The NSS Unit of CMS College conducted a seminar on malaria elimination and liquid waste management. An orientation class was also organized with the help of Community Health Centre on 27th July 2019. The classes were taken by Prof. Dr. Shoba, department of community health and B S Anilkumar, District Nodal Officer, malaria education. In order to take a survey in their neighbouring places about the liquid wastes and its management a form was also distributed among the volunteers. After that the volunteers conducted a survey.



18. 27th July 2019

SOFT SKILL DEVELOPMENT PROGRAMME

A soft skill development programme was conducted for the volunteers, as a part of this 73 detergent packets were made and later the detergents were sold to the faculties of the college.



19. 1st August 2019

'SNEHAVEEDU'

'NOT ME BUT YOU'

"Deeds must be an execution of words"

'Snehaveedu', which is another venture of this year by the CMS college NSS unit. This was the dream project of all the NSS Volunteers to build a home for Vishnu, who was a former student and NSS volunteer of CMS College. The foundation stone was laid down in Kumily by the College Principal Dr Roy Sam Daniel in the presence of the programme officers, Volunteer leader, Secretary and others. This programme became another golden feather in the crown of CMS College NSS Unit.





20. 2nd August 2019

OATH TAKING: SWACHATHA SABATH

As a part of Swachh Bharat an oath was taken by the NSS Volunteers on 2nd August 2019. Approximately 125 Volunteers were present in this occasion. NSS Programme Officer Dr. Shija Grace rendered the oath. After taking the oath she emphasised on the need to have a clean campus and surrounding.



21. 8th August 2019

'PACHATHRUTHU'

'Pachathuruthu' a 'mini forest' was made in the campus on 8th August 2019 by the NSS Volunteers, which is an initiative by the Haritha Kerala Mission, Kottayam and Sociology department of CMS College. It is to make the campus greener by planting saplings by making a mini forest called 'Pachathuruthu'. District Collector P.K Sudheer Babu IAS inaugurated the

programme by planting a tree sapling. NSS volunteers, Haritha Kerala Mission representatives became a part of this immense project.



Collector planting the sapling



The team behind this great venture with the district collector.

22. 8th August 2019

Throw and Grow: Seed Ball making and distribution

The programme was conducted to protect and maintain the environment from waste materials. It was a new way in planting the seedling excluding the use of plastic grow bags. It focuses on increasing green cover across India. Haritha Kerala Mission district coordinator Mr. P. Ramesh handed over the first seed ball to the NSS programme officer Dr. Shija Grace in the presence of the district collector P K Sudheer Babu IAS on 8th August 2019. The seed balls were prepared by the volunteers itself. The process involves making golf ball-sized mixture of soil, seeds and compost, and scattering it in suitable places for trees to grow. It is also an easy way to grow native trees.



Seed Ball is handing over to the NSS Programme Officer Dr. Shija Grace



Volunteers making seed balls

23. 11th August 2019 to 16th August 2019

FLOOD RELIEF CAMPAIGN

When Kerala was going through the worst period of history the NSS Unit of CMS College initiated many activities for the people who are affected by the flood.

Collection Centre



As an initial step we started a 'Collection Centre' from 11th August 2019 to 16th August 2019. The volunteers collected over 2.5 lakh rupees worth products which include medicines, clothing, food and other emergency items were given for the affected ones. At the end of each day the products were consigned to the District Collectorate.





MGU Collection Centre

The volunteers also distributed materials to the MG University NSS collection centre on 16th August 2019. Over 40000 rupees worth products were given to the collection centre. It includes foods, clothes, soap, paste sanitary pads, water, mats, washing materials etc.



24. 14th August 2019

FOOD KIT DISTRIBUTION IN THE ADOPTED VILLAGE

Kariyil Colony, the adopted village of the NSS Unit of CMS College is also affected by the flood. The volunteers distributed 35 food kits which includes 2kg rice, 500mg pulses, paste, soap etc. in it. The volunteers also visited the places which was affected by the flood.



Volunteers distributing kits across Kariyil Colony in a boat



25. 12th and 13th August 2019

FLOOD RELIEF CAMP VISITING

As a part of the flood relief activities the volunteers visited the flood relief camps in and around Kottayam. It was a different experience for all the volunteers, we supported them mentally and spend a lot of time with them. We also provided food kits in 3 flood relief camps.





26. 15th August 2019

INDEPENDENCE DAY CELEBRATION

The NSS Volunteers celebrated the 73rd Independence Day in the college campus. CMS College Principal Dr Roy Sam Daniel hoisted the flag in the presence of College Barsar, teachers, NSS Program Officers, NCC Cadets and NSS Volunteers. After the flag hoisting the volunteers took Oath and recited Patriotic song as a part of the programme. The Volunteers collected plastics from the campus, removed weeds in the 'Herbal Garden' and 'Biodiversity Park' which was made by the volunteers last month.





27. 24th August 2019.

TALK ON CLIMATE CHANGE AND DISASTER MANAGEMENT

A talk on Climate Change & Disaster Management was conducted by the CMS College NSS volunteers on 24th August 2019. Dr Julia Edward, Methodist mission partner and researcher on climate change was the resource person. She insisted on the causes and reasons of climate change and she says that children are the most vulnerable when a disaster strikes and half of the people who are affected by disasters are children. She has been researching climate change in the Pacific and advocating for climate justice globally since 2010.





28. 2nd September 2019

‘SNEHAVEEDU’: KEY HAND OVER

‘Snehaveedu’, which is another venture of this year by the CMS college NSS unit. The key was handed over in the valedictory function of CMS College Bicentenary celebrations on 2nd September 2019. In the presence of the Most Revd & Rt. Hon Dr Justin Welby, Archbishop of Canterbury; Dr Thomas Issac, finance minister and other dignitaries, Thomas Chazhikadan MP handed over the key to Vishnu, who was a former student and NSS volunteer of CMS College. MGU NSS programme Co-ordinator Prof MJ Mathew witnessed the handing over ceremony. It has an immense pleasure to launch this project at the same time of NSS's Golden jubilee year and CMS College Bicentenary. We started off this project because as an NSS volunteer ‘we sees the need not the cause’ and it is also the outcome of the great efforts taken by the volunteers and programme officers of CMS College.



Thomas Chazhikadan MP handing over the key of 'Snehavedu' to Vishnu



The team behind this venture with Prof MJ Mathew sir

29. 5th September 2019

TEACHER'S DAY CELEBRATION

We celebrate 5th September as the Teachers day every year across the country, the NSS volunteers also celebrated in order to express gratitude and appreciation for their teachers on this day. As a part of the celebration volunteers prepared greeting cards for all the teachers in the college and thanked them for making us what we are today.



30. 7th September 2019

PLASTIC COLLECTION DRIVE

The NSS Unit of CMS College in association with the Kottayam Municipality and district Suchithwa Mission organised a plastic collection drive on 7th September 2019 as a part of 'Thazhathangady Boat race'. The volunteers collected all the plastics bottles and they

prevented people from throwing plastic bottles into the river and showed the right way to put them into waste bins.



31. 20th to 22nd September 2019

'THRAYA'- 3 Day Camp

'Thraya', which is the 3 day camp for the first year N.S.S volunteers was organized on 20th September 2019. State Liaison Officer and acting registrar Dr Sabukuttan inaugurated the camp in the presence of MG University NSS Programme coordinator Prof M J Mathew and Dr Roy Sam Daniel, Principal of the college. '*Valicheriyal Vimuktha Gramam, Nagaram, Campus*' was the theme. The camp had orientation programmes, sessions with moral values, awareness classes, vegetable garden, cleaning activities, in the college campus and public places such as Kottayam collectrate and

cultural activities such as street plays on 'Swachatha'. The Railway conducted a drawing competition for the volunteers 20 volunteers became part of this, NSS Volunteer Ridhik won first prize. ASAP Master trainer Thomas Zachariah, John M Yeshudasan (2nd year NSS volunteer) took interactive sessions for the volunteers. This camp inculcated the spirit of volunteerism among the students through community interaction, which is one of the aim of NSS.





32. 24th September

NSS DAY CELEBRATION

The Golden Jubilee of NSS is celebrated by the NSS Volunteers of CMS College. In order to let the students know about NSS, the Volunteers distributed more than 2500 Greeting cards, Smileys and Paper pen for all the students and teachers in the college.

These were the outcome of the hard work taken by the volunteers. We also made the NSS formation as a part of Golden Jubilee celebration.





33. 30th October 2019

BLOOD DONATION AWARENESS FLASH MOB

Our blood can give a life to someone and it has the power to give a precious smile to someone's face. In order to make people aware of the blood donation campaign a Flash mob was conducted in the Mall of Joy, Kottayam.



34. 1st October 2019

NATIONAL VOLUNTARY BLOOD DONATION DAY CELEBRATION AND BLOOD DONATION CAMPAIGN

National Voluntary Blood Donation Day is celebrated by the NSS Unit of CMS College on 1st October 2019. CMS College hoisted the district level inauguration ceremony. Mr Tiruvanchoor Radhakrishnan MLA inaugurated the function, District Collector PK Sudheer Babu IAS, District Medical Officer, District Panchayath President and many

other dignitaries were present in this occasion. We celebrate this every year to share the need and importance of the blood in the life of an individual.



As a part of this a **Mega Blood Donation Campaign** was organised by the NSS Volunteers. A team from the District medical hospital came to collect the blood. There was an overwhelming response from students and other donors, a total of 100 units were collected in the camp. Mr Tiruvanchoor Radhakrishnan MLA inspired by this campaign and donated his blood. Some of the donors who could not donate this time were assured for donation in the next camp. A Certificate of appreciation, donation card and refreshment was given to each donor as a token of gratitude. Blood Donation is an important and foremost sense of every human being, every single drop of blood that you donate counts, especially in a country like India where it needed every two seconds.





MLA donating his blood

35. 2nd October 2019

GANDHIJAYANTI CELEBRATION

➤ AWARENESS RALLY ON ALCOHOL AND DRUGS

We marked the celebration of Gandhijayanthi from a rally which is started off from the college and ended up in the Gandhi Statue. More than 120 NSS Volunteers became a part of this programme. There after they cleansed the surroundings of Collectrate.



➤ **HONOURING THE PREVIOUS NSS PROGRAMME OFFICERS OF CMS COLLEGE**

‘NSS @50, GANDHIJI @150 and CMS @200’ is another major programme which we conducted this year. As a part of this programme we honoured all the teachers who served as the NSS Programme officers till the NSS started. This programme became another golden feather in the crown of CMS College NSS Unit. NSS state Programme Coordinator Dr Sabukuttan sir, NSS POs were present in this occasion. The first NSS Programme Officer of CMS College Alexander sir inaugurated the function. All the NSS Programme Officers shared their experiences and it became a motivation for all the volunteers to take another great step.





36. 5th October 2019

CULTURE PROGRAMME AND CLEANING IN THE RAILWAY STATION

A Flash mob and Skit was played by the NSS Volunteers in order to aware the people about the harmful effects of drugs and alcohol. After that, a cleaning activity was also initiated by the volunteers. They collected all the plastics wastes in the station and cleansed a portion of land in the station.





37. 14th November 2019

WORLD DIABETES DAY CELEBRATION

- World Diabetes Day is the primary global awareness campaign focusing on diabetes mellitus, as a part of this volunteers became a part of the diabetic walk which was organised by the District Collectrate. Kottayam district collector P K Sudheer Babu IAS flagged off the walk from district Collectrate to Thirunnakkara.

- The recent studies shows that diabetes are increasing drastically in youth. In order to spread and raise awareness among youths, an awareness class was conducted at college level. This session was taken by NSS volunteer Sijin M George. He expounded the causes and problems of diabetes, and as an action against this he introduced the ways for the prevention and control of diabetes. The small changes in the diet and exercise is what we needed and this will make a big difference, he said.



38. 11th November 2019

'SNEHAVEEDU' HOUSE WARMING

We decided to visit the home during the house warming ceremony on 16th November 2019 at Kumily. It's a great pleasure for all the NSS volunteers to be a part of this Great project. More than 35 NSS volunteers, Programme officers and teachers were present during the occasion. The Block Panchayat President said that she is really proud and grateful to see the efforts taken by the volunteers for their friend Vishnu.



39. 10th December 2019

HUMAN RIGHTS DAY CELEBRATION

Human rights are relevant to all of us, every year observance of this day is to aware people on the need to stand up for our rights and those of others. “Youth standing up for human rights” was the theme of this year, because youth can play a crucial role in positive change as a part of this a special session was organised to empower the youth. The session was led by 2nd year NSS volunteer Rahul Suresh. He gave an introduction to the basic human rights, UDHR etc... and said the young generation should foster on the need to stand up for human rights.



40. 20th December 2019 to 26th December 2019

‘SUVERNAM’- 7 DAY CAMP

The NSS Unit of CMS College conducted their 7 day camp ‘Suvarnam’ from 20th december 2019 to 26th december 2019 at Kumarakom. Plastic free campus, surveys, seminars, classes, soft skill training, cultural programmes etc. were some of the major activities we conducted for the personality development of the volunteers. Kumarakom Grama Panchayath President A P Salimon inagurated the 7 day camp.

Each day starts with a morning walk or parade. The seven days are overwhelmed with a lot of activities. They had sessions called ‘*Let’s Make Some Noise*’ by Divek C (CMS college PG Student), classes on ‘*Introduction to Crisis and Disaster Management*’ by Dr Spencer (Scientific Officer, Kerala State Disaster Management Authority, Kottayam Collectrate), *Renewable Energy survey*, a class by Sri N D Sivan, ‘*Hands on Training on Disaster Based Life Support*’, a special session called ‘*Spark*’ by Adoney T John (Soft Skill Trainer, Best NSS Volunteer 2015), ‘*Wall Painting*’ in the adopted village, another interactive session called ‘*Wonder Vibes*’ by Sri Tomjith Markose (Former NSS Volunteer & Alumnus CMS College), a session called ‘*Akhar*’- moulding the leader’s of tomorrow by Sri Thomas Zachariah (ASAP Master Trainer), Haritha Kerala

Mission's 'Trash to Treasure' programme by Anupama Rajappan and a gaming and Interactive session called 'World Summit' by Rahul Suresh (2nd year NSS Volunteer). These were the major programme conducted.

In addition to that, in the adopted village the volunteers took surveys, distributed carry bags and paper pen, transported the materials like bricks, metals etc. from the main road to the Kariyil village etc. It was not an easy task but with great effort they have taken they made it possible. The Volunteers celebrated christmas with Kariyil Villagers.





41. 27th December 2019

HOME CONSTRUCTION

The volunteers helped in the constructed of a home in the adopted village. There is no road to transport the materials from the main road to the village except a small narrow bridge where, walking itself is extremely difficult. It is a herculean task for the volunteers to transport

the materials to the colony from the main road but they carried the materials for the construction to Kariyil colony successfully. They roofed the house, constructed the walls and became part of the various works related to this.



42. 11th & 12th January 2020

**CAMPAIGN & AWARENESS CLASS ON SUBSTANCE ABUSE AT
ADOPTED VILLAGE**

Drug or substance abuse is becoming an increasing problem in India. Young people are getting hooked on drugs and drug abuse on youth is on the rise. As an action against this the NSS Unit in association with the Excise department of Kottayam organised an awareness class in the adopted village. Panchayath president Sri A P Salimon inagurated the function. The classes were taken by the excise officers, more than 40 younsters and their parents became part of this programme.



43. 26th January 2020

REPUBLIC DAY CELEBRATION

Each year, 26th January is a day on which every Indian heart fills up with patriotic fervour and immense love for motherland. The NSS Unit of CMS College celebrated Republic Day. Dr Roy Sam Daniel, Principal of the college hoisted the flag and he delivered the Republic day speech. Bursar of the college, NSS Programme Officers, NCC Cadets and students were present in this occasion. NSS Volunteers sang patriotic songs, they delivered speech etc.



44. 30th January 2020

NSS MAGAZINE PUBLICATION

‘The magazine of unexpected creativity’

In the light of 200 years of CMS College and the Golden Jubilee year of National Service Scheme we have immense pleasure to release “NAM” (means ‘WE’), which is another initiative of the NSS Unit this year. Former NSS Programme officer Dr Merry Eapen published the magazine in the presence of the Programme officers, Secretary, Leaders, Executive members and Volunteers. This is the result of the tremendous efforts taken by the volunteers. The magazine helped to bring out the undefined magical talent of all volunteers. It includes paintings, essays, articles, poems, drawings, cartoons, etc. It revealed their excellent creativity.



45. 1st February 2020

WASTE DISPOSAL SURVEY

IN ADOPTED VILLAGE

We identified the improper waste disposal in the adopted village, as a part of this we conducted a survey. From this, we came to know that the current waste disposal practices are really harmful to the environment as well as for them. Most of the people living here is unaware of the harmful effects of improper waste disposal and it led to the outbreak of many deadly diseases. This will also leads to hazards like environmental degradation, water pollution, soil pollution, and air pollution. As a solution we submitted a report to the concerned authorities based on the survey we conducted. As a result the authorities placed waste bins in the village. This helped them to solve the issues they were facing for years.





46. 7th February 2020

VIMUKTHI JWALA

The Excise department of Kottayam in association with CMS College NSS unit conducted an awareness program in Gandhi Square. This programme aims to counteract the drug abuse among youth. More than 300 people became part of this great programme after that the Excise commissioner rendered an oath.



47. 10th February 2020

SAKSHARATHA SURVEY

During the time of our 7 day camp we came to know that many peoples in our adopted village is illiterate. To overcome this issue we conducted a survey and on the basis of that we submitted a report to the Panchayat President and secretary. Then they called us for a meeting with saksharatha mission, panchayath President, Secretary and literacy representatives. We discussed the problems for the illeteracy, then they agreed to conduct classes for the illeterates in the village. We showed willingness to teach them, they agreed and the classes will start on April onwards.



48. 25th February 2020

AWARENESS CLASS ON PALLIATIVE CARE

The NSS Unit of CMS College in association with the Kottayam General hospital Palliative care unit conducted an awareness class on palliative care. It was arranged as a one day training programme which aims to aware the volunteeers on Palliative care. This aims at optimizing quality of life and mitigating suffering among people with serious common illness. The session was taken by the Palliative Care State Consultant Mr Praveen. He said that palliative care will improve communication between patients, caregivers and healthcare providers, enables patients to remain comfortable and improves the quality of survival. Medical officer Dr Susamma Varghese, Physiotherapist Reeja Mathew, Staff Nurse Reshmi P R were also present in this programme.



49. 5th March 2020

PLASTIC FREE CAMPUS

Plastic pollution is damaging our environment rapidly. Waste plastic material is hard to dispose of and contributes to major pollution on earth. This has become a cause of global concern. The increasing use of plastic bags, utensils and furniture, the amount of plastic waste has also gone up and so has the plastic pollution. Now it's time we must take this problem seriously and work towards eradicating it. So, we started this programme with the aim to keep our campus clean and free from plastics. This is the second phase of plastic collection drive in our college. As a part of this we cleansed the college ground and surroundings and we collected over 2000 plastic bottles from the college premises.



50. 12th March onwards

COVID-19- SOCIAL MEDIA AWARENESS

When the whole world is battling with Corona virus in order to aware peoples about the intensity and seriousness of Corona virus, the NSS Unit of CMS College, spreaded the awareness messages through social media platforms like Facebook, Whatsapp, Instagram, etc. Though we have an urge to go out and help peoples this is something we cannot handle so we thought this is the best way help the people. We send messages to take precautions and messages on the need to obey government orders and policies. We also supported the college initiative of making sanitisers.

എന്താണ് ഹോം ക്യാറൈന്റർ?



1. എപ്പോഴിടം ഉള്ളപ്പോൾ മാസ്ക് ധരിക്കുക. മാസ്ക് മാറ്റിയെടുക്കുന്ന സമയം കൈകൾ കൃത്യമായി വൃത്തിയാക്കുക.

2. താൽപ്പരമുള്ളപ്പോൾ മാസ്ക് ധരിക്കുക.

3. വൃത്തിയാക്കിയ മാസ്ക് ഉപയോഗിക്കരുത്. മാസ്ക് മാറ്റിയെടുക്കുന്ന സമയം കൈകൾ കൃത്യമായി വൃത്തിയാക്കുക.

4. എപ്പോഴിടം ഉള്ളപ്പോൾ മാസ്ക് ധരിക്കുക. മാസ്ക് മാറ്റിയെടുക്കുന്ന സമയം കൈകൾ കൃത്യമായി വൃത്തിയാക്കുക.

5. എപ്പോഴിടം ഉള്ളപ്പോൾ മാസ്ക് ധരിക്കുക. മാസ്ക് മാറ്റിയെടുക്കുന്ന സമയം കൈകൾ കൃത്യമായി വൃത്തിയാക്കുക.

6. മാസ്ക് ധരിക്കുന്ന സമയം കൈകൾ കൃത്യമായി വൃത്തിയാക്കുക.

7. മാസ്ക് ധരിക്കുന്ന സമയം കൈകൾ കൃത്യമായി വൃത്തിയാക്കുക.

8. മാസ്ക് ധരിക്കുന്ന സമയം കൈകൾ കൃത്യമായി വൃത്തിയാക്കുക.

9. മാസ്ക് ധരിക്കുന്ന സമയം കൈകൾ കൃത്യമായി വൃത്തിയാക്കുക.

10. മാസ്ക് ധരിക്കുന്ന സമയം കൈകൾ കൃത്യമായി വൃത്തിയാക്കുക.

NSS UNIT CMS COLLEGE KOTTAYAM

How to stay healthy and avoid the spread of COVID-19

Use tissues and dispose immediately after use

Wash your hands regularly for 20 seconds

Stay home when sick

Avoid touching your face

Wipe high-touch surfaces often

Avoid close contact with others

Cover your mouth when coughing or sneezing

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