

ANNUAL REPORT

2020 - 2021



NATIONAL SERVICE SCHEME

CMS COLLEGE, KOTTAYAM (AUTONOMOUS)

UNIT NO: 11

Report of the Activities conducted during the Academic Year

(2020 (April 1st) – 2021 (March 31st))

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INTRODUCTION

The COVID 19 pandemic had brought about several changes in the lifestyle of the people all over the world. On following the COVID 19 safety protocols the NSS Unit of CMS College succeeded in conducting several online and offline activities during this year. The sincere dedication and cooperation of each volunteers is remarkable in each activity.

The NSS Unit of CMS College Kottayam is the Unit number 11 under Mahatma Gandhi University. Our unit always organizes and conducts events with the utmost fairness and respect to discipline and decorum of the college by fully embracing the Vision and Mission of NSS and CMS College Kottayam. The unit has always been vigilant in making the motto of the NSS 'Not me but you ' more meaningful by working for the society with complete unity and integrity irrespective of the class or creed.

The NSS unit of CMS college was successful in organizing about seventy-seven activities including five long term projects, online webinars, blood donation camps, covid 19 awareness activities, election awareness programs, celebration of important days and events etc.

The NSS unit of CMS College aims at inspiring students with a sense of social responsibility and commitment through constructive social actions and community service. We always try our best in order to achieve the common goal of making the world a better place to live in.

ACTIVITIES IN DETAIL

1. COVID 19 Awareness through Social Media

March 12th onwards

As the whole world is fighting with Coronavirus, in order to make people aware of the seriousness of COVID 19, the NSS Unit of CMS College had created several posters, cartoons and videos for spreading awareness messages. We prepared videos to show how to take precautions and posters on the need to follow government ordinances. We also supported the college initiative of making sanitizers. We have an urge to help people in the crisis but the government had ordered lockdown and restrictions had implemented for the safety of the people. Later on, our volunteers had successfully completed a registration on *Sannadhasena* and 96 of volunteers attended an online course regarding COVID 19 and started using **Arogyasethu App**. Many of our volunteers worked in **COVID Care Centre, District Collectorate helpdesk, and**

എന്താണ് ഹോം ക്യാറന്റൈൻ?



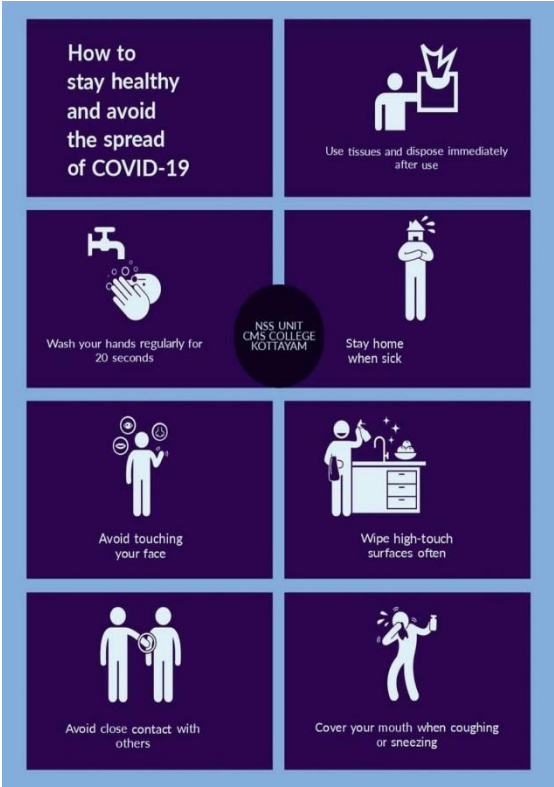
1. ക്യാറന്റൈനിൽ ഉള്ളവർ അവരുടെ വൃത്തിൽ തന്നെ കഴിയണം, മാസ്ക് ധരിക്കണം, അവരുപയോഗിക്കുന്ന സോപ്പ്, തോർത്ത്, ഗ്ലാസ്, പാത്രങ്ങൾ, കിടക്ക തുടങ്ങിയ വസ്തുക്കൾ മറ്റുള്ളവരുമായി പങ്കുവെക്കരുത്.
2. കൂടുതലായി മറ്റ് അംഗങ്ങളുമായി ക്യാറന്റൈൻ ഒരു മീറ്റർ എങ്കിലും അകലം പാലിക്കുക.
3. മതിയായവായു സഞ്ചാരം ഉള്ള വും തന്നെ ക്യാറന്റൈനിന് വേണ്ടി തിരഞ്ഞെടുക്കുക.
4. ക്യാറന്റൈനിൽ ഉള്ളവരെ ബാധിക്കുന്ന പരിചരിക്കാൻ ശ്രദ്ധിക്കണം. ഇവരെ ശുശ്രൂഷിക്കുന്നവർ മാസ്ക്, കയ്യുറ എന്നിവ ധരിക്കണം.
5. ക്യാറന്റൈനിൽ ഉള്ളവരെ പരിചരിക്കുന്നതിനു മുൻപും ശേഷവും ആൽക്കഹോൾ അടങ്ങിയിട്ടുള്ള സാനിറ്റൈസർ കൊണ്ടോ സോപ്പും വെള്ളവും കൊണ്ടോ കൈകൾ ശുചിയാക്കണം.
6. വസ്തുക്കൾ, കിടക്കവീശി, വെൽ എന്നിവ ഉപയോഗശേഷം വൃത്തിൽ തയ്യാറാക്കി വെക്കുന്ന പ്ലിച്ച്കിങ് ലായനിയിൽ നിക്ഷേപിക്കുക. ശേഷം അലക്കി ഉണങ്ങിയതിനു ശേഷം മാത്രം ഉപയോഗിക്കുക.
7. രോഗിക്ക് വേണ്ട ഭക്ഷണം മുറിയിൽ എത്തിച്ച് കൊടുക്കുക.

> നവീകരം, ഹാർട്ട് കേൾക്കും, നീന്തി കളയും, തടഞ്ഞി കളയും ഉപയോഗിക്കണം. നൂറുശതമാനം ഹൈജിൻ സാനിറ്റൈസർ, ഷിഷ് ബ്ലിച്ച് എന്നീ സിസ്റ്റം ക്യാമ്പുകൾ, ബാറ്ററി ഡ്രൈവ് ചെയർ പരിചരിക്കാൻ ഹാർട്ട്

* നല്ല ചുരുക്കം വയറിളക്കലോ ഉള്ള രോഗിയോടൊപ്പം താഴെ പറയുന്ന കൂടുതൽ സാധ്യതയിൽ വെച്ച്: ഉപയോഗിച്ച അല്ലെങ്കിൽ കൈകൾ ശുചിയാക്കണം

NSS UNIT CMS COLLEGE KOTTAYAM

also in the **community kitchens.**



On March 27, we prepared this poster from our side to express our sincere gratitude towards our medical team and police force, for their dedication and commitment to society. They are risking their lives for us



and we thought that it is necessary to express our respect and praise for them.

1st April 2020 onwards

Public Awareness

The masks and usage of sanitizer became a part of daily life. The government had initiated restrictions for traveling but some people refused to follow them. Our Police force was striving hard to ensure the safety of the public. As small support for them, we created this to make people aware of the necessity to follow the lockdown restrictions.



Photo Collage

Our volunteers jointly took a decision to make people aware by preparing a **photo collage** that delivers a message to the public and to

convey our applause and love towards the whole team of Health workers and other forces.



On 16th April



On 20th April

9th and 23rd July 2020

COVID-19
Public Awareness

NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM
UNIT NO : 11

പുറത്തേക്ക് പോവുകയാണോ...??



ഇതൊക്കെ ഒന്ന് ശ്രദ്ധിക്കണേ

Please Swipe >>>



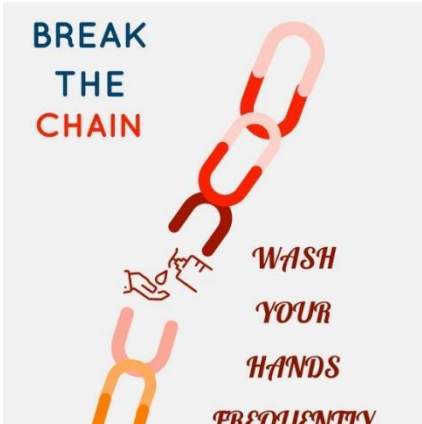
പൊതുസ്ഥലങ്ങളിൽ തുപ്പരുത്

@NSSUNITCMSCOLLEGEKOTTAYAM



അനാവശ്യമായി പ്രതലങ്ങളിൽ സ്പർശിക്കാതിരിക്കുക

@NSSUNITCMSCOLLEGE



2. 18th April 2020

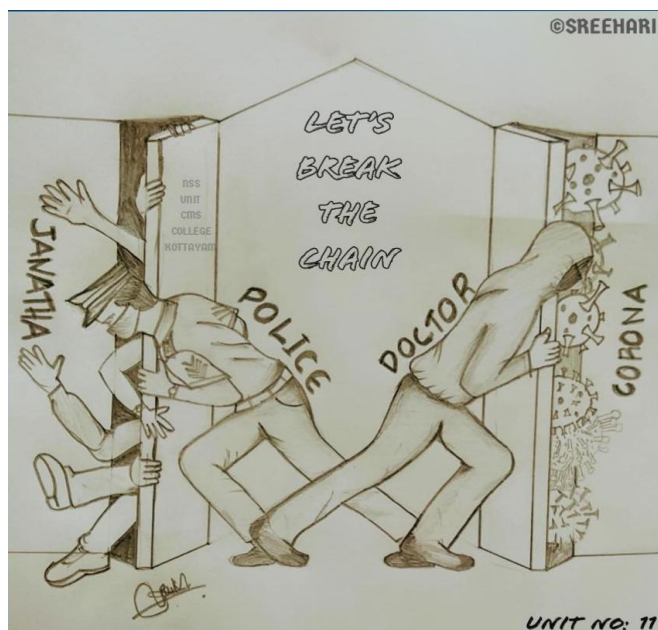
Be The CHANGE

Let us Break the Chain together, a cartoon to make people aware.

“Be the CHANGE that you wish to see in the world.”

Mahatma Gandhi

A cartoon maybe simple but sarcastic. It can deliver a significant message. As Gandhi said, “Be the change that you wish to see in the world.” This post reached the utmost level of publicity over social media platforms like Facebook and Instagram pages of the unit and as well as on the **CONNECTING NSS** Instagram page. Connecting NSS is a forum for unifying NSS from different colleges all over India. The vision of this platform is to Connect, Explore, and Share the views and posts of each NSS unit across the country. The post which we dispatched on the connecting NSS page in Instagram received great esteem and it went viral among the other NSS units.



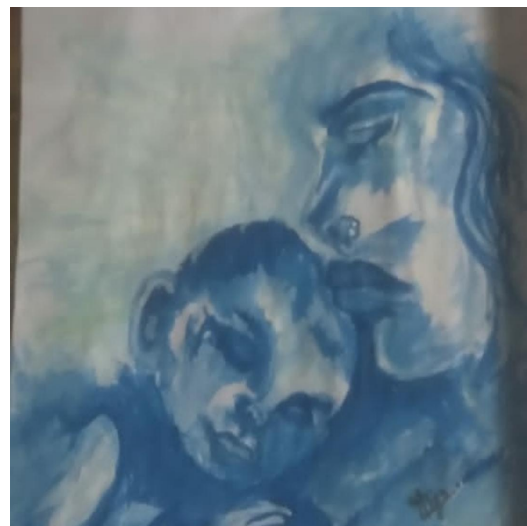
3. 10th May 2020

Mother's Day celebration

“It may be possible to hold pure gold, but who can make his mother more beautiful?”

Mahatma Gandhi

We are born of love and love is Mother. Mother's Day is the celebration of motherhood. As Abraham Lincoln said, “All that I am or ever hope to be, I owe to my angel mother.” NSS unit of CMS College celebrated Mother's Day within the limitations of lockdown due to the COVID 19 outbreak. **Volunteers had prepared handmade *Mother's Day* greeting cards and drawings to mark their respect and endearment.**



4. 12th May 2020

International Nurses Day Celebration

“The best way to find yourself is to lose yourself in the service of others.”

Mahatma Gandhi

International Nurses Day is observed around the world on May 12th of every year to mark the dedication and selfless service of a nurse to the society. Being a nurse is one of the most selfless act a person can undertake. In a society of different customs, cultures, and beliefs nurses are a universal gift to all. The dedicated work that they do and the kindness they deliver should serve as a reminder of the humanity inside us. In today’s scenario, nurses are stripping out of their comfort zones and becoming active contributors and innovators in the health care system. Nurses are the heart of health care and they are strong enough to tolerate anything and soft enough to understand anyone.

As a part of International nurse’s day, our unit conducted *Cartoon drawing competition, poster making competition, write-up competition, and ‘Anubhavakurup’ competition*. Winners were announced and appreciated. We also prepared a *Photo collage* to express, our honor, and gratitude towards each health care worker.


NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM
 കാർട്ടൂൺ രചന മത്സരം :
 വിജയി : ലിനറ്റ് ആൻ ഷാജി (1DC PHYSICS)




NATIONAL SERVICE SCHEME

CMS COLLEGE KOTTAYAM

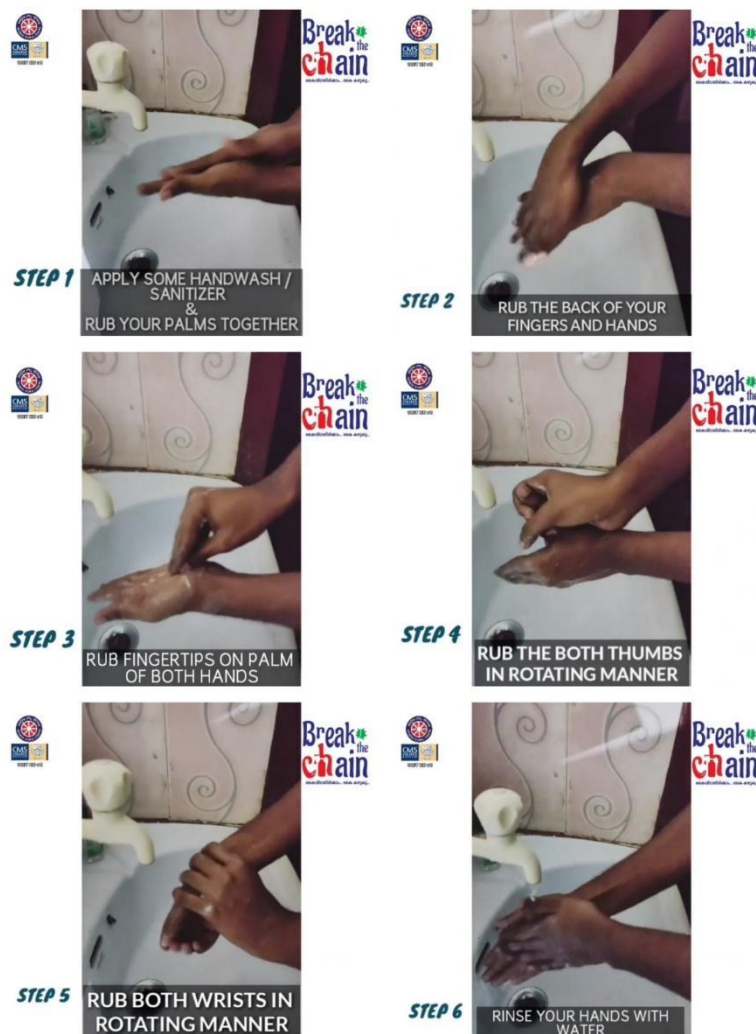


5. 30th May 2020

Proper Methods of Handwashing WHO prescribed Method.

COVID 19 Awareness Video

As part of the COVID awareness, the NSS unit of CMS College uploaded a video demonstrating the proper method of cleaning hands to destroy and prevent infectious germs and viruses. Proper cleansing of hands can prevent the spread of infections. We are using social media platforms to make people aware of such kind of general practice that we should follow in our daily lifestyle.



6. 2nd June 2020

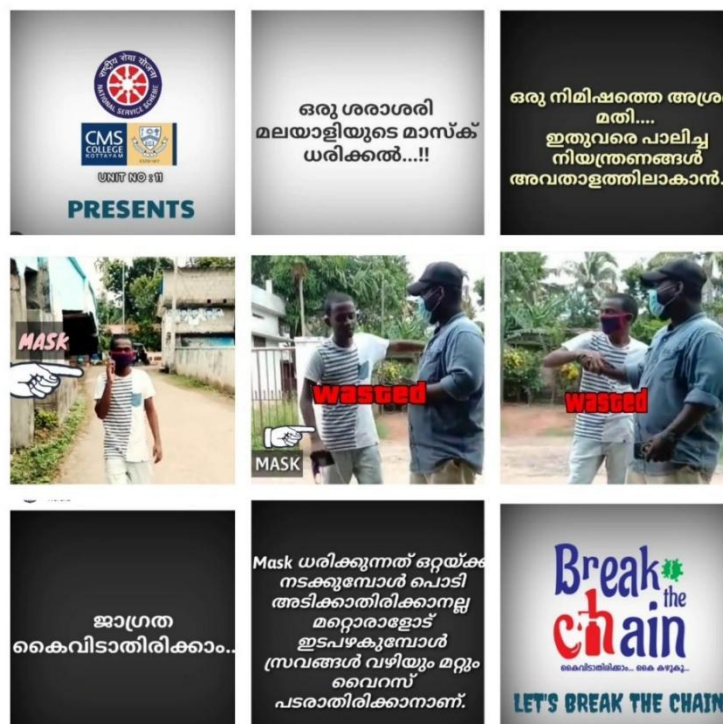
“MASK PLEASE”

Mask Wearing Style of an average Malayali

COVID 19 Awareness Video

COVID 19 has been spreading all over the world at a high rate. Since no vaccine or medicine is discovered, the recommended preventive measures like wearing masks, sanitizing, and maintaining social distancing are considered strict procedures and it should be followed in our daily life. But some people are not accustomed to wearing masks thereby it may lead to a high chance of spreading the virus.

In order to make people aware of the danger of improper ways of using masks, the NSS unit of CMS college uploaded a video in the social media demonstrating how people carry masks carelessly and the improper style of removing the mask from face. The sarcasm in the video makes it attractive and it focuses on the theme of the video.



7. 5th June 2020

World Environment Day

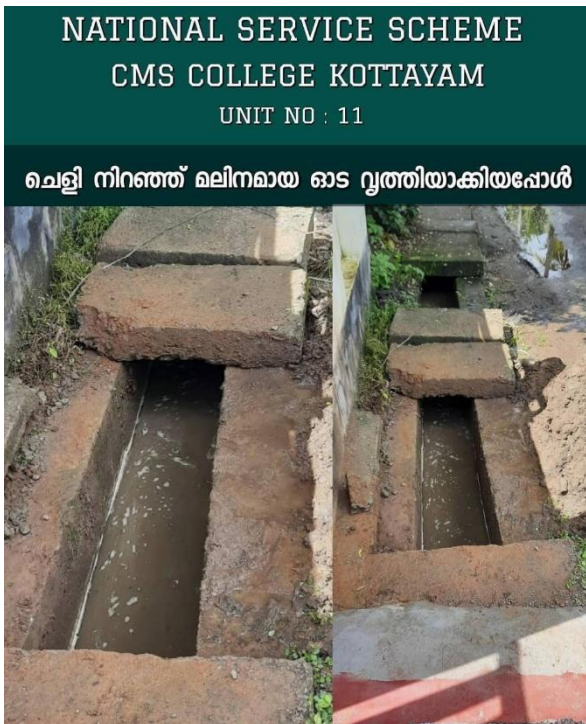
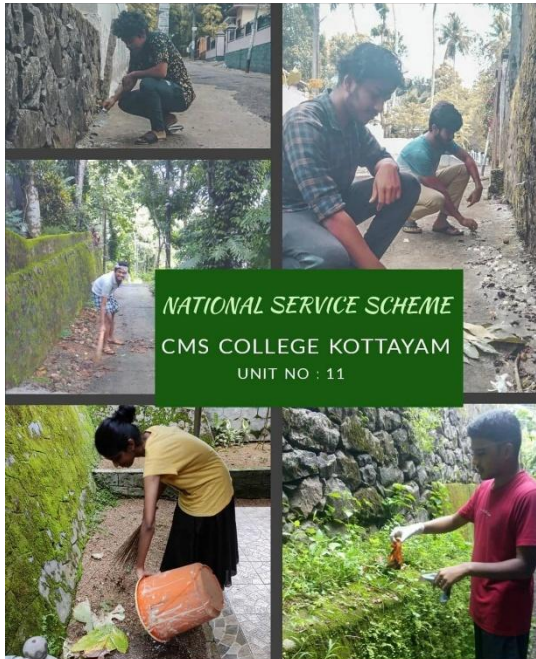
“It is our collective and individual responsibility to preserve and tend to the environment in which we all live.”

Dalai Lama

The World environment day is celebrated on June 5th every year and is the UNs initiative for encouraging awareness and action for the protection of the environment. A better environment is the most important aspect needed for surviving on this planet. Moreover, it is the only thing that can make life sustainable. The theme for World Environment Day 2020 is, '**Time for Nature**', with a focus on its role in providing the essential infrastructure that supports life on Earth and human development. With the world fighting a pandemic together and most countries in lockdown, the environment seems to have benefited slightly. Nature seems to have been busy reclaiming its spaces. Among other things, it is getting to breathe and clean itself a little, in the absence of the constant flurry of human activities. The slogan for this year is “**celebrate biodiversity.**” Biodiversity relies on a healthy environment. It's our responsibility to retain its natural beauty.

We the volunteers of NSS unit CMS College celebrated the environmental day by cleaning houses and surroundings as well as the public places. We also planted tree saplings as a part of the environmental day in connection with the '**PLANT A LIFE!**' *Challenge*

initiated by *EW Talks* in collaboration with *EXPECTATION WALKERS*, a youth NGO.



PLANT A LIFE!

PLANT A LIFE! Challenge was initiated by the **EW Talks** in collaboration with **EXPECTATION WALKERS** with the aim of planting 1000 trees throughout Kerala. This initiative has reached the utmost level of success by planting more than 3000 saplings throughout Kerala. **The NSS unit of CMS College** is proud of this achievement because we **rooted 360 plants** in between the limited period from May 7th to June 5th and reached the first among the colleges that took part in this challenge. We have been acknowledged with the certificate for our participation and excellent performance during the Plant a life! Challenge.



8. 12th June 2020

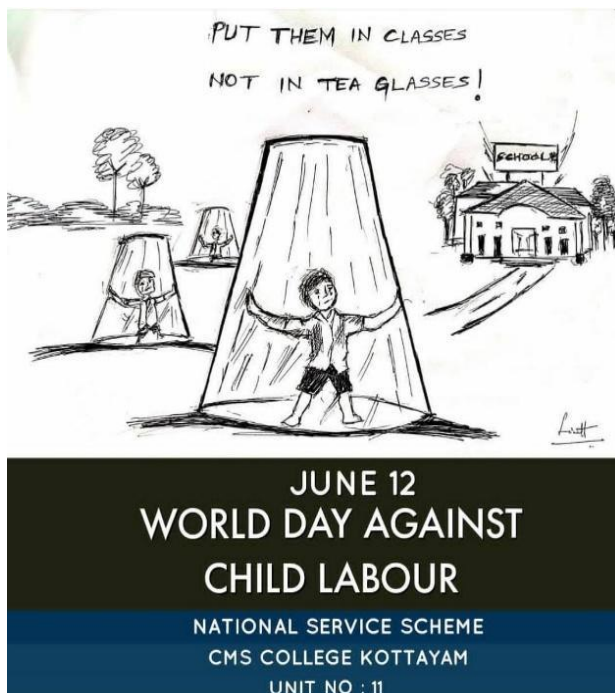


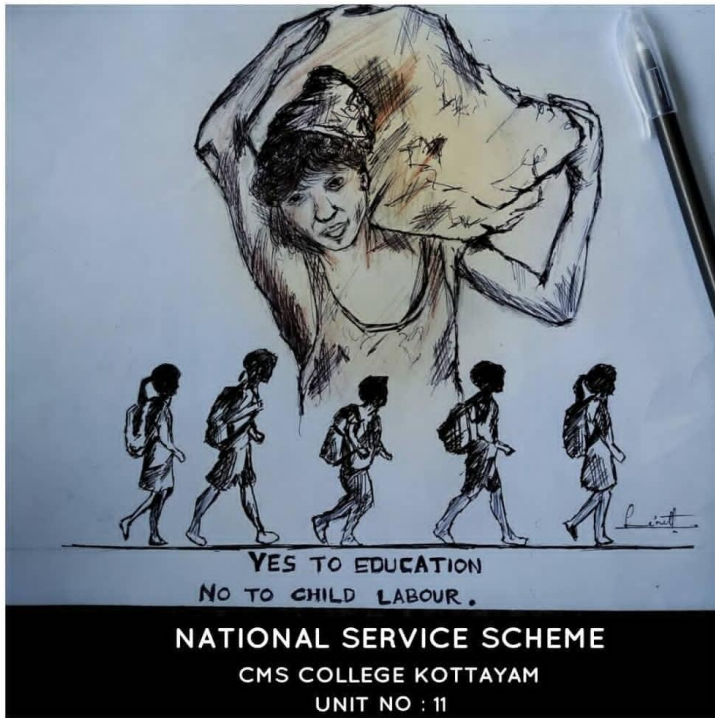
World Day Against Child labour

“Child labour perpetuates poverty, unemployment, illiteracy, population growth, and other social problems.”

Kailash Satyarthi

The World day against Child labour is an international labour organization sanctioned holiday aiming to raise awareness and activism to prevent child labour. We the NSS unit of CMS College decided to interact with children in our neighbourhood to make them aware of the child labour dilemma and also about the Child helpline number. As social beings, we have to be concerned about the rights of children and make sure that their rights as a child are not being denied. We also uploaded the awareness posters in social media platforms and the interaction video with the children on YouTube, in order to raise awareness and activism to prevent child labour.





എന്താണ് ബാലവേല.....???

ബാലവേല ശ്രദ്ധയിൽ പെട്ടാൽ എന്താണ് ചെയ്യേണ്ടത്...??



കുട്ടികളിൽ CHILD HELPLINE നമ്പർ പരിചയപ്പെടുത്താനും അതിക്രമങ്ങൾ കണ്ടാൽ എന്താണ് ചെയ്യേണ്ടത് എന്ന് ബോധ്യപ്പെടുത്താനായി നടത്തിയ സർവ്വേ



9_14th June 2020

World Blood Donors Day

“When you give blood you give another life, another anniversary, another day at the beach, another night under the stars, another talk with a friend, another laugh, another hug, another chance.”

American Red Cross



If you're a blood donor, you're a hero to someone, somewhere, who received your gracious gift of life. On June 14th of every year countries around the world celebrate World Blood Donors Day. The day is aimed to raise awareness of the need for blood and to thank blood donors for their kind and life-saving deeds. To mark the day NSS unit of CMS College prepared a poster to raise the wider awareness of the urgent need to increase the availability of blood whenever it is needed to save a life. We also prepared a **Willingness form for Blood donation** to ensure the willingness of the volunteers for donating blood All the volunteers with good health assured their support and willingness in blood donations. The theme for the Blood Donors day 2020 is **'Save Blood Saves Lives'**

which would be prompted with the slogan **‘Give blood and make the world a healthier place.’**

10. 21st June 2020

International Yoga Day

*“Undisturbed calmness of mind is attained by cultivating
friendliness of towards the happy, compassion for the unhappy,
delight in the virtuous, and indifference towards the wicked.”*

-Patanjali

‘The Yoga Sutras of Patanjali’.

Yoga is a physical, mental, and spiritual practice which is emerged in India. International Yoga Day is observed on 21st June of every year to spread awareness about the importance and impact of yoga in one’s health. Due to social distancing measures adopted by most countries, the theme set for this year is "Yoga for Health - Yoga at Home". The volunteers of NSS unit College practiced yoga at home in order to celebrate yoga day. We also uploaded a photo collage of the volunteers doing yoga in the social media as a motivation for others to practice yoga at home like the theme of 2020 suggests “Yoga for Health – Yoga at Home.”



JUNE 21 : INTERNATIONAL YOGA DAY





**NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM**

UNIT NO : 11

JUNE 21 : INTERNATIONAL YOGA DAY



11.2nd July 2020

'Dooth' - SMART PHONE DISTRIBUTION FOR ONLINE

CLASSES. (ദൂത)

Since the COVID-19 case graph is continuing its exponential rise day by day. The academic system of the country has switched over to online education. But the access to Mobile phones, televisions, or other similar gadgets for the purpose of online education is not the same for every student all over the country in the wake of the Covid19 pandemic. As a small solution to the problem, the NSS unit of CMS College collected a sum of money from the volunteers as an initiative to support the students in need of such gadgets. **Our unit had donated smartphones to two students of SLB LP school in our adopted village Karil.**



 **NATIONAL SERVICE SCHEME**
 **CMS COLLEGE KOTTAYAM**
UNIT NO : II

CMS കോളേജിലെ NSS യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ ഓൺലൈൻ ക്ലാസ്സിൽ പങ്കെടുക്കാൻ ഫോൺ ഇല്ലാതിരുന്ന വിദ്യാർത്ഥിക്ക് വേണ്ടി നൽകിയ ഫോൺ SLBLP സ്കൂൾ അധികൃതർ വിദ്യാർത്ഥിക്ക് കൈമാറി (02/07/2020)



12.3rd July 2020

Plastic Bag Free Day

Plastic pollution is a global catastrophe. The international plastic-free day is observed on July 3rd of every year. Humans are depended on plastic for a wide range of uses. The day is dedicated to highlighting the awareness on usage of plastic and issues brought about by them. In order to mark the plastic bag free day and to inform the public on the danger of using plastic bags, the NSS unit of CMS College uploaded awareness posters on social media platforms to encourage people around us to reduce the use of plastic bags.

A Google meet was also organised and our volunteers interacted to each on the topic of quitting plastic bags. This session had created awareness among volunteers to promote the use of Paper bags.



13.11th July 2020

World Population Day

Easy to Add

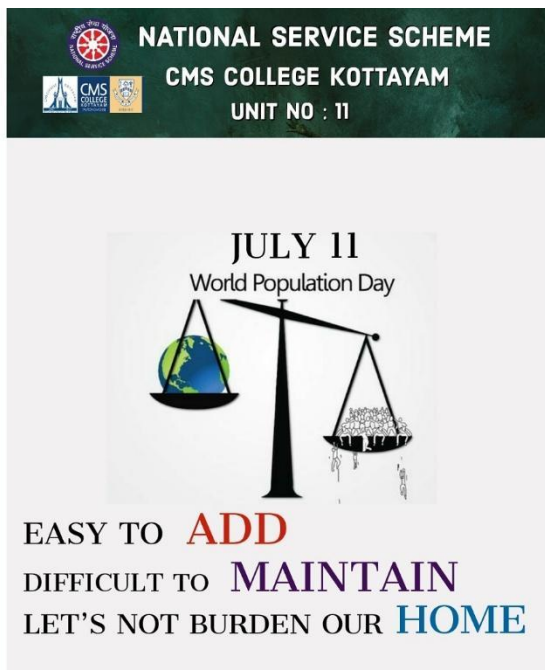
Difficult to Maintain

Let's not burden our Home.

World population day is an annual event observed on July 11th, which seeks to raise awareness on global population issues. This day helps people to know more about population issues. NSS unit of CMS College celebrated World population day and used social media platforms to create awareness among people regarding the


increase in the world population and the importance of reproductive health.

Our unit had also conducted Essay writing competition and Poster making competition on the topic “Covid-19 and Population” and the winners were also announced.

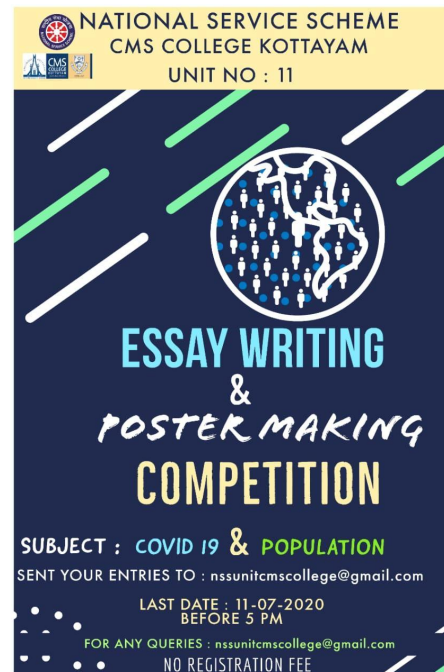


NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM
UNIT NO : 11


JULY 11
World Population Day



EASY TO **ADD**
DIFFICULT TO **MAINTAIN**
LET'S NOT BURDEN OUR **HOME**



NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM
UNIT NO : 11



ESSAY WRITING
&
POSTER MAKING
COMPETITION

SUBJECT : **COVID 19 & POPULATION**
SENT YOUR ENTRIES TO : nssunitcmscollege@gmail.com
LAST DATE : 11-07-2020
BEFORE 5 PM
FOR ANY QUERIES : nssunitcmscollege@gmail.com
NO REGISTRATION FEE



NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)

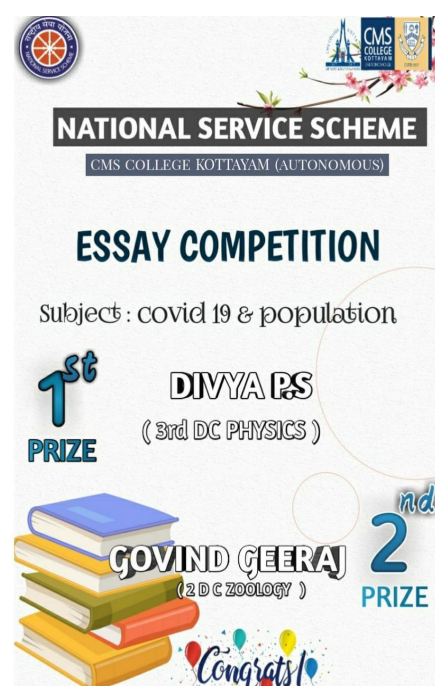
POSTER MAKING
COMPETITION

Subject : covid 19 & population

1st
JUHI ANN
PRIZE (2DC ENGLISH LANGUAGE AND LITERATURE)

2nd
LINETT ANN SHAJI
PRIZE (2 D C PHYSICS)

Congrats!



NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)

ESSAY COMPETITION

Subject : covid 19 & population

1st
DIVYA PS
PRIZE (3rd DC PHYSICS)

2nd
GOVIND GEERAJ
PRIZE (2 D C ZOOLOGY)

Congrats!

14.12th July 2020

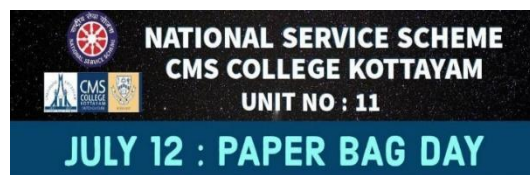
Paper bag Day

'Reduce, Reuse, Recycle'

Paper bags are the environment-friendly alternative for the plastic carry bags. The paper bag Day aimed at promoting the use of eco-friendly paper bags and also spread awareness to avoid the use of nature polluting plastic polythene carry bags that take thousands of years to decompose.

In order to mark the Paper bag Day, the NSS unit of CMS College uploaded posters on the advantage of using paper bags and also posted an effective video on making handmade paper bags to encourage people to switch over from hazardous plastic bags to eco-friendly paper bags.

The video gained a lot of appreciation in the social media platforms and this video was considered as an effective one for society. Our volunteers ensured that they and their families will use eco-friendly bags instead of the plastic bags.





HOW TO MAKE PAPER BAG EASILY |
NATIONAL SERVICE SCHEME | CMS
COLLEGE KOTTAYAM | UNIT NO :11

YouTube Link: <https://youtu.be/uGazidOliT0>

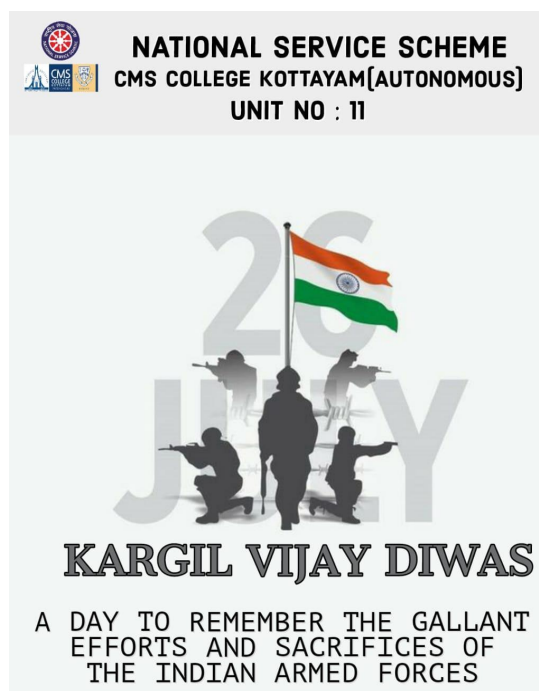
15.26th July 2020

Kargil Vijay Diwas.

The Kargil Vijay Diwas is celebrated in honour of the Kargil war heroes. On this date in 1999 India successfully took command of the high outposts. Our NSS unit had celebrated the day by creating a tribute video and posters to remember the gallant efforts and sacrifice of the Indian Armed forces.

On Kargil Vijay Diwas, we remember the courage and determination of our armed forces, who steadfastly protected our

nation. The tribute video clearly mentioned the history of the Kargil war and the importance of the day. The video received a huge appreciation in the social media. The effort to create such a tribute video with voice over was only done with the aim to promote patriotism and to show our respect to all the soldiers and commandos. It is sure that their valour continues to inspire generations.



Kargil Vijay Diwas | TRIBUTE VIDEO |
NATIONAL SERVICE SCHEME | CMS
COLLEGE KOTTAYAM

You Tube link: <https://youtu.be/uyYzVynvF88>

16.8th August 2020

Karipur Plane Crash
Sharing of information.

An Air India Express flight crashed at Karipur airport around 7.45 p.m. on August 7. The flight carrying 191 passengers crashed after overshooting the runway. 174 passengers, 10 Infants, 2 Pilots, and 5 cabin crew were on board the aircraft. The Air India Express flight was travelling from Dubai to Calicut. According to airport sources, the flight skidded off the rain-soaked tabletop runway while landing. About 20 people were killed including Capt. Deepak V Sathe and 173 others were injured.

All the news media were circulating details regarding the tragedy and we also considered it as our duty to share the information such as the List of Passengers and the requirement of Blood in the Hospital. Sharing needful information was the only thing that we could do.

We expressed our sincere condolences through social media. Wishing them strength and peace during this hard time. Our thoughts and prayers are with the friends and relatives of all the people who lost their lives in the plane crash.

17.15th August 2020

Independence Day

As the COVID-19 cases in India touch an all-time high, the world's second-most populous country celebrates the 74th Independence Day following pandemic precautions. As we know that our academics, as well as the activities of our unit, are connected online we celebrated Independence Day within our limits. This day is celebrated to pay tribute and to remember the sacrifice and struggle of our brave heroes in the fight for freedom.



Fit India Youth Club

Honourable Prime Minister of India has launched the FIT INDIA MOVEMENT on 29 Aug 2019 so as to make Physical

Fitness a lifestyle. FIT INDIA MOVEMENT focuses on social changes from an idle way of life to a truly dynamic method of everyday living. Fit India would be a success only when it becomes a people's movement. The Fit India Mission encourages YOUTH CLUB to motivate people to become part of FIT INDIA MOVEMENT by inculcating at least 45-60 minutes of physical activities in their day to day lives, individuals and Youth Club can undertake various efforts for their own health and well-being as well as for the health and well-being of fellow Indians.

On the occasion of 74th Independence Day on Saturday, Union Minister of Youth and Sports Kiren Rijiju launched yet another nation-wide initiative, the Fit India Youth Club, in order to promote fitness among citizens. Under this program, Nehru Yuva Kendra Sangathan and National Service Scheme, Scouts and Guides, NCC, and other youth associations will enlist as Fit India Youth Clubs in each part of the nation, hence Fit India Youth Clubs will unite fitness and voluntarism in a unique manner.

As a part of this initiative, our volunteers also watched the webcast of the program and were able to grasp more knowledge on the same.



NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT NO : 11





NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM [AUTONOMOUS]
UNIT NO : 11



Volunteers attending the online launching ceremony of the Fit India Youth Club by Kiren Rijju Honourable Union Minister of Sports and Youth.

18.21st August 2020

Pre Monsoon Online Training

Samoohika Sannadhasena

“Samoohika Sannadhasena” is an organisation of volunteers constituted by the Government of Kerala to provide help and relief to people during crisis situations like great natural disasters, the spread of pandemics, etc. The aim is to have approximately one volunteer for every

100 people. In light of the Monsoon season, the Directorate of Samoohika Sannadhasena, Government of Kerala, had launched a Pre-Monsoon Online Training for Sannadhasena Volunteers.

As per the instructions, all the registered members in the Samoohika Sannadhasena of our NSS unit had attended the training program. The training program had made the volunteers conscious of the appropriate responses that should be taken at times of crisis situations.

19.15th September 2020

BRIDGE PROJECT

Financial assistance Scheme for Students.

The BRIDGE is a Financial assistance Scheme for Students organized by the NSS unit of CMS College. This project was initiated to provide financial assistance to students who are financially backward but excellent in their studies from schools of different districts in Kerala. Financial assistance for the BRIDGE project is received from well-wishers and delivered to deserving students.

On 15th September 2020, a total of Forty-five thousand rupees (₹ 45,000) were given to four students of Government High School, Palissery.

GOVT. HIGH SCHOOL, PALISSERY

EZHATTUMUGHAM P.O., PIN - 683577
Ph : 0484 2439258, Email-gvtupschool@gmail.com

Edl. Dist- Aluva

Sub. Dist-Angamaly

No.

Date: 15.9.2020

സാക്ഷ്യപത്രം

പാലിശ്ശേരി ഗവ: ഹൈസ്കൂളിലെ വിവിധ
ജ്യോതിഷകളിൽ പഠിക്കുന്ന നിർധനരായ വിദ്യാർത്ഥി
കൾക്ക് കോട്ടയം CMS കോളേജിലെ NSS വിഭാ
ഗത്തിന്റെ BRIDGE 2020 പദ്ധതിയുടെ ഭാഗമായി
45000/- രൂപ ലഭിച്ചു. വിശദവിവരങ്ങൾ ചുവ
ടെ ചേർക്കുന്നു.

1. സമ്പൂർണ്ണ പി. എ (Std 10)	- 15000/-
2. ദേവി കൃഷ്ണ സ്നേഹ് (Std 7)	- 15000/-
3. അലീന പൊളി (Std 8)	- 10000/-
4. അടീരാമി കെ.സി (Std 3)	- 5000/-
	<u>45000/-</u>



Sudha
15/9/2020
SUDHA T
PEN: 274004
HEADMISTRESS
GOVT.H.S PALISSERY
EZHATTUMUGHAM P.O.

20.16th September 2020

National Webinar

Ministry of Education and Ministry of Youth Affairs & Sports, Govt. of India have jointly organized a National WEBINAR on New Education Policy 2020 (NEP) on 16th September from 1 PM to 3.30 PM. All volunteers of our NSS unit watched the Webcast and made use of this wonderful opportunity.



21.24th September 2020

NSS Day Celebration

“I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.”

Rabindranath Tagore

The National Service Scheme was formally launched on 24th September 1969, the birth centenary year of the Father of the Nation. Therefore, 24 September is celebrated every year as NSS Day. NSS is a public service program conducted by the Ministry of Youth Affairs and Sports.

As Mahatma Gandhi said “The best way to find yourself is to lose yourself in the service of others. NSS aims to provide hands-on experience to young students in delivering community service.

Our NSS Day celebration mainly focused on the vision and moto of Fit India Movement therefore we conducted webinars and other programs in relation with Physical and Mental Well Being themes. Fit India Movement is a nation-wide campaign that aims at encouraging people to include physical activities and sports in their everyday lives.

We know that the whole world is facing a crisis, Covid 19 and in this pandemic situation, we have many limitations. Within our

limitations, we planned to organize 7-day continuous programs and all of them were a big success.

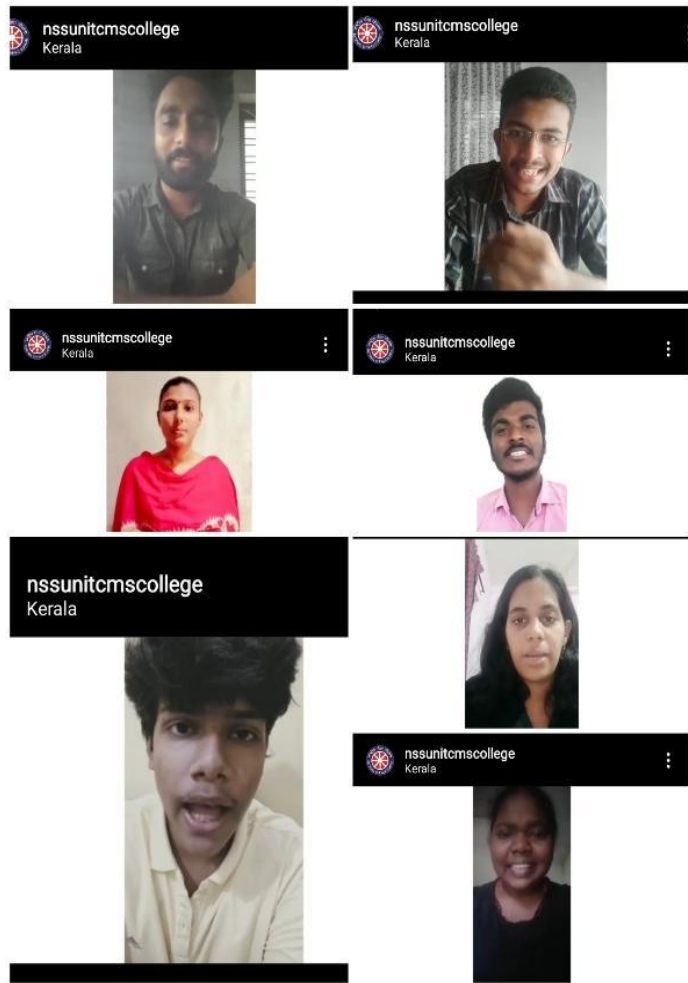


Programs:

7 Days 7 Thoughts

Seven of our volunteers shared a video message on daily basis. Their thoughts were clear and unambiguous so that the viewers understood them easily and it gained a lot of appreciation among the college student teachers groups as well as in social Media.





7 Days 7 Challenges

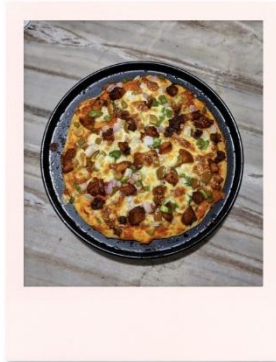
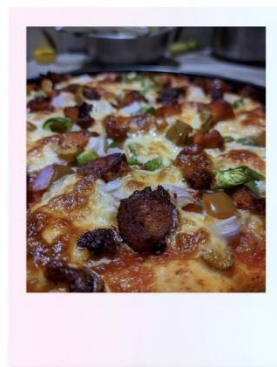
Different challenges were given to the volunteers on each day. The dedication and enthusiasm of all volunteers were visible throughout the event.



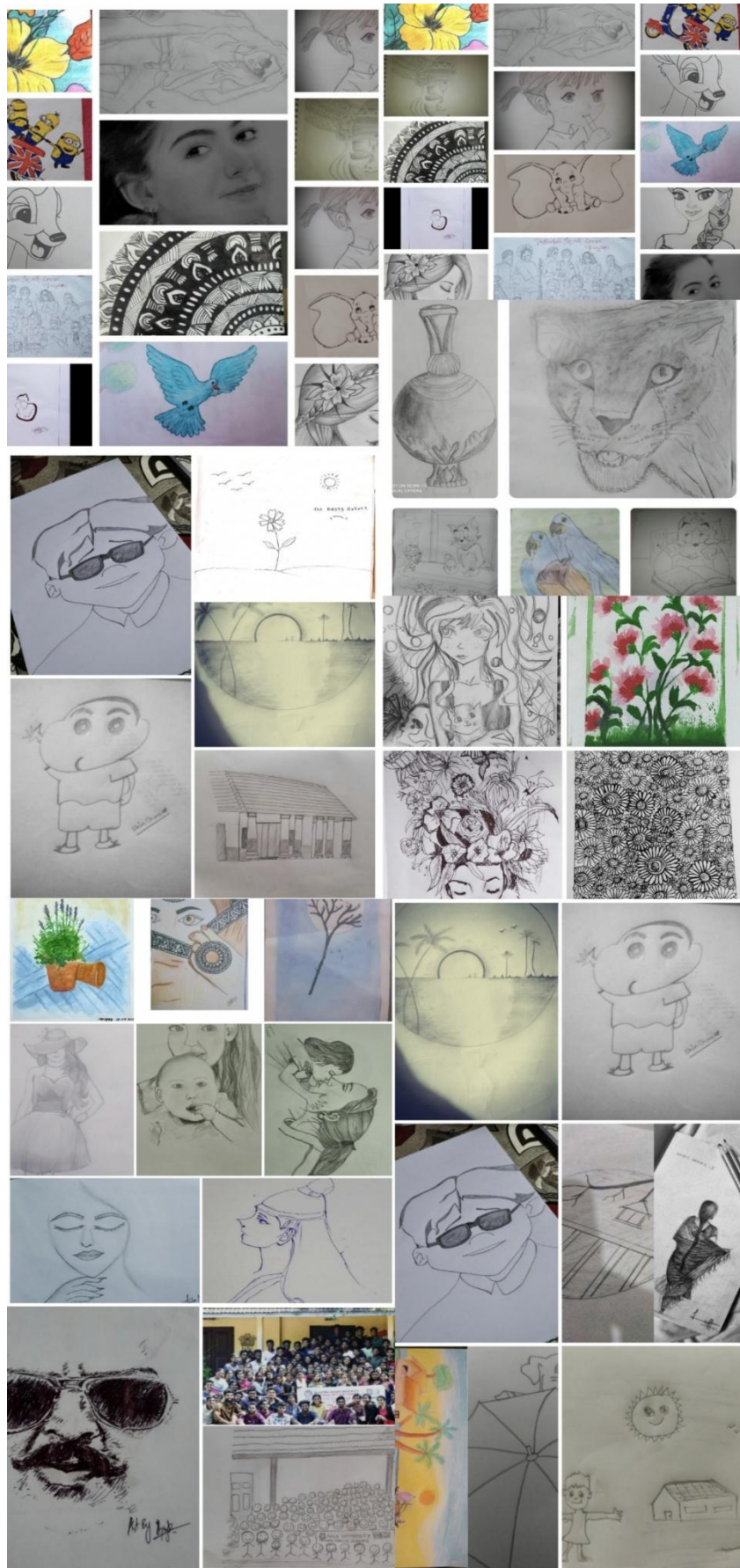
On this wonderful occasion of the NSS Day celebration, a special online meeting was held on 25th September at 2.30 pm for all Volunteers through the platform.

7 Day Celebration Ending Eve

The seven days of NSS Day celebration came to an end with the meeting held on 31st September at 7 pm.



Challenge: Cook for your family



Challenge: Draw a picture

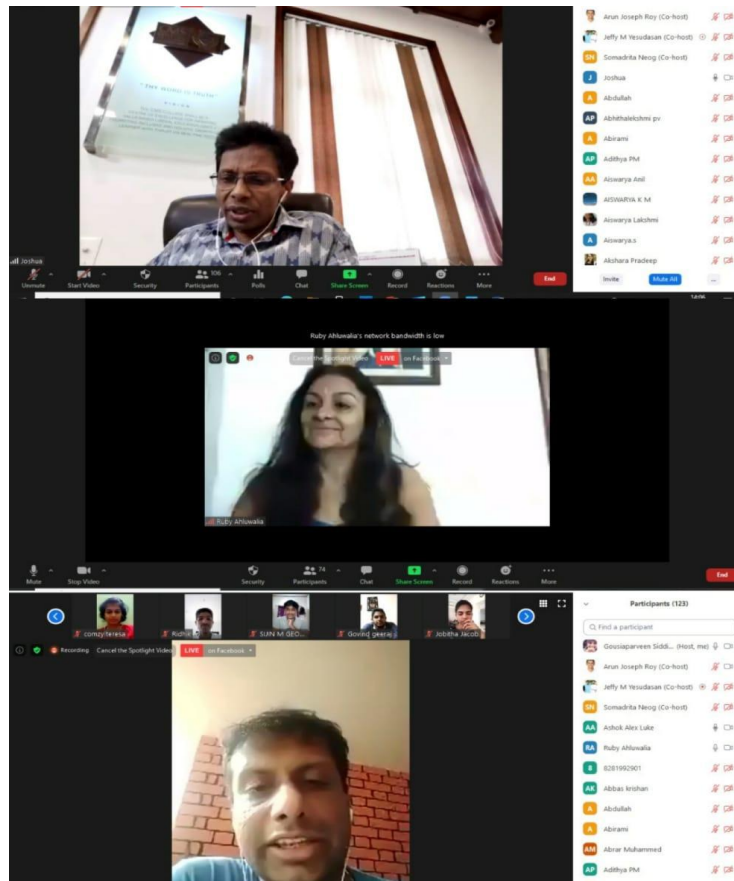
22.26th September 2020

Webinar

Awareness on Prevention of Cancer and Healthy Lifestyle.

National Service Scheme, CMS College Kottayam organised a National level Webinar on the topic **Cancer Prevention & Healthy Lifestyle** in association with Sanjeevani Life beyond Cancer on 26/09/2020 (Saturday) from 2 PM TO 4 PM. E-Certificates were given to all participants after filling the feedback form. Prof. Dr. Varghese C Joshua, principal of CMS College inaugurated the webinar, and Ms.Sumki Beegum, Counsellor of Sanjeevani Life Beyond Cancer lead the session.

The poster is a vertical rectangular graphic with a red background and a brain image in the background. At the top, it features the logos of the National Service Scheme and CMS College Kottayam. The text reads: 'NATIONAL SERVICE SCHEME CMS COLLEGE KOTTAYAM (AUTONOMOUS) UNIT NO : 11 INVITES YOU FOR A WEBINAR ON CANCER PREVENTION & HEALTHY LIFESTYLE'. Below this, it says 'IN ASSOCIATION WITH SANJEEVANI LIFE BEYOND CANCER'. The event details are: 'ON SEPTEMBER 26 (SATURDAY) FROM 2:00 PM TO 4:00 PM'. The venue is 'ZOOM'. The Meet ID is '88978797878' and the Password is '671936'. On the left, there is a photo of Ms. Sumki Beegum, Counselor of Sanjeevani Life Beyond Cancer. On the right, there is a photo of Prof. Dr. Varghese C. Joshua, Principal of CMS College Kottayam (Autonomous). At the bottom, there is a QR code and the text 'CLICK BELOW FOR REGISTRATION'. Two lines of text at the very bottom state: '**PRE-REGISTRATION IS REQUIRED TO ATTEND THE WEBINAR**' and '**E-CERTIFICATES WILL BE PROVIDED**'.



23.27th September 2020

Webinar

Mental health awareness webinar.

Topic: Well Being

CMS College NSS unit in collaboration with Yellow Club organised an online webinar workshop on the topic 'Well Being' on 27th September 2020 at 11 am. The Speaker of the webinar was

Nishtha Narula, Counseling psychologist, Department of Mental Health and Behavioral Sciences, Fortis Healthcare.

The yellow club is an online community-based platform committed to raising Mental health awareness in India. The core mission of this workshop was to make mental healthcare accessible and affordable to all, complemented by our vision for a society which bases itself on empathy and mutual support between

The poster is a vertical rectangle with a blue background and a yellow border. At the top left, there are logos for CMS College Kottayam and the National Service Scheme (NSS). To the right, the 'yellow club.' logo is displayed in yellow. Below the logos, the text reads: 'NATIONAL SERVICE SCHEME', 'CMS COLLEGE KOTTAYAM (AUTONOMOUS)', and 'UNIT NO : 11'. This is followed by 'INVITES YOU FOR A' and 'WEBINAR ON' in white, and 'WELL BEING' in large, bold, yellow, handwritten-style font. Below this, it says 'IN ASSOCIATION WITH' and 'YELLOW CLUB' in bold yellow. A dotted box contains the date and time: 'SEPTEMBER 27 (SUNDAY)', 'FROM 11:00 AM TO 12:00 PM', and 'VENUE : GOOGLE MEET'. On the left side, there is a small portrait of Nishtha Narula, a woman with dark hair wearing a red top, with the word 'SPEAKER' above it. Below the portrait, her name and title are listed: 'Nishtha Narula, Counselling Psychologist, Department of Mental Health and Behavioral Sciences, Fortis Healthcare'. To the right of the portrait, there is a QR code and the text 'CLICK BELOW FOR REGISTRATION'. At the bottom, a note states: '**PRE-REGISTRATION IS REQUIRED TO ATTEND THE WEBINAR**'.

individuals.

24.1st October 2020

International Day of Older Persons

ലോക വയോജന ദിനം Oct-1

October 1, 2020 marks the 30th anniversary of International Day of Older Persons. On December 14, 1990, the United Nations decided to observe October 1 as International Day of Older Persons. This year's theme is 'The Impact of Epidemics on Geriatric Care'. (വയോജന പരിപാലനത്തിൽ മഹാമാരികളുടെ സ്വാധീനം') NSS volunteers of CMS College also celebrated the auspicious day with their grandparents and other old people in their relative circle.

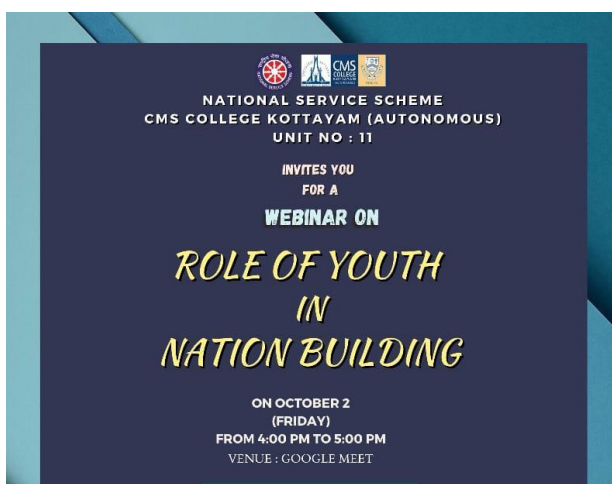


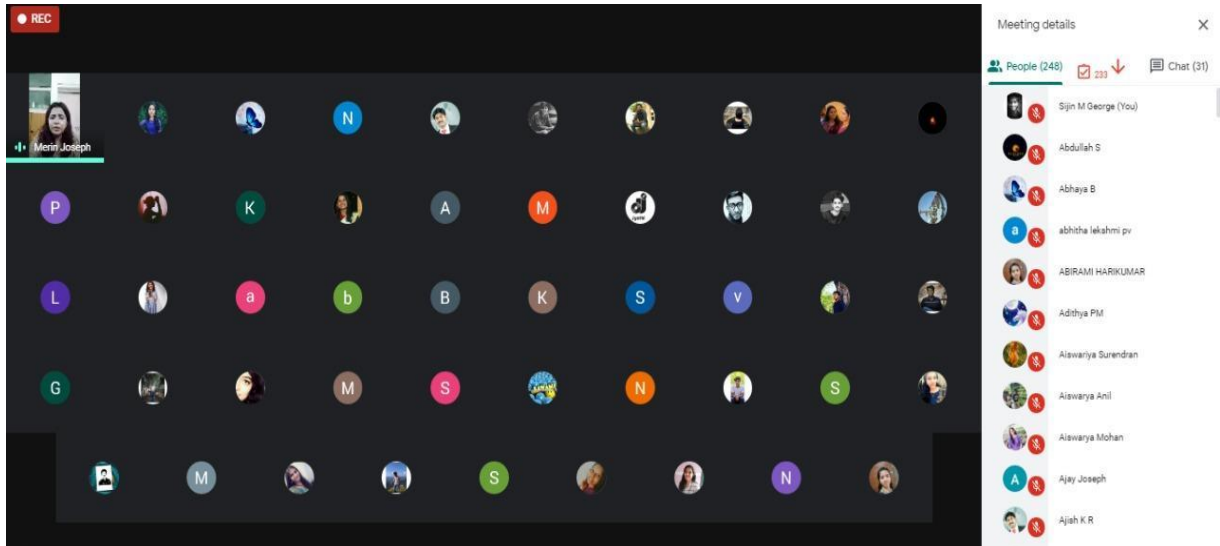
25.2nd October 2020

Webinar-Role of Youth in Nation Building.

The term nation building is usually used to refer to a constructive process of engaging all citizens in building social cohesion, economic prosperity and political stability in nation in an inclusive and democratic way. The vision of our country lies in the hands of our youths, since they are filled with tremendous and high ambitions.

On October 2nd, NSS Unit CMS College conducted a webinar on the role of youth in nation building by Merin Joseph IPS, Superintendent of Police, Railways, Kerala, who is an inspiration to many. The webinar stressed on the role of young people to get a good education in order to become better citizens of tomorrow. The webinar had a great impact on the students and civil service aspirants. The session helped them to build confidence and pursue the field of interest.





26.2nd October 2020

Plogging Run & Gandhi Jayanti celebration

October 2, 2020 is the first anniversary of FIT INDIA PLOG RUN, which was launched by Shri. Kiren Rijiju, Hon'ble Minister for Youth Affairs and Sports. Today, along with the culmination of 159th Birth Anniversary of Mahatma Gandhi, NSS Unit of CMS College Kottayam conducted a virtual Plogging Run. Volunteers and Programme Officers took part in this event. All safety measures were taken and COVID Protocols were strictly followed. The first anniversary of Fit India Plogging Run aimed at 'staying fit while keeping the country clean'. It is a physical activity of

running and picking trash to compel a bigger change in the environment, highlighting the need for reducing plastic consumption and compel a healthier way of managing trash. NSS Volunteers and Programme Officers collected Plastic wastes and e-wastes from roadsides and disposed it in the healthier way, thus made garbage collection fun, healthy, empowering and making the



environment a better place to live in.





NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT NO : 11

PLOGGING RUN



NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT NO : 11

PLOGGING RUN






October 2-Gandhi Jayanthi

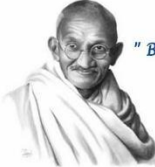
“An eye for an eye will only make the whole world blind.”

Mahatma Gandhi

Gandhi Jayanthi is celebrated on October 2 of every year to mark the birthday of Mahatma Gandhi, the father of our nation, an Indian lawyer, anti-colonial nationalist and the one who led India's freedom movement against the British rule in India. It is observed across the states and territories in India and is one of the officially declared national holiday in order to pay respect to Gandhiji. NSS Unit CMS College has celebrated 151st birth anniversary of Mahatma Gandhi by conducting a webinar on role of youth in nation building and participated in the Plogging run.

NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT NO : 11



" BE THE CHANGE THAT YOU WANT
TO SEE IN THIS WORLD "

OCTOBER 2

GANDHI JAYANTI

EVENTS

- * TALK BY MERIN JOSEPH IPS
- * PLOGGING RUN (E-Waste & Plastic Waste Collection Drive)

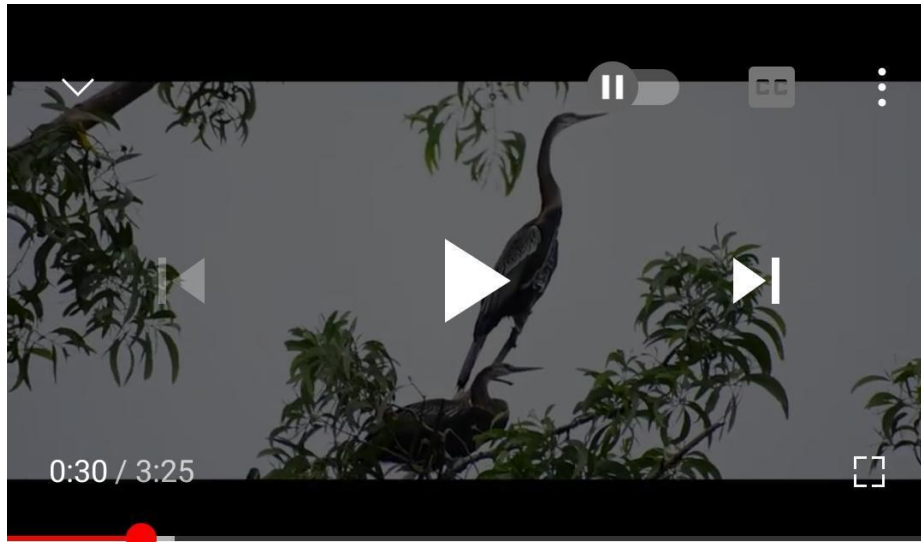
27.4th October 2020

World Animal Day Celebration

World Animal Day is celebrated every year on October 4 to raise the status of animals in order to improve welfare standards around the globe. Started off as a way to highlight the plight of endangered species, world animal day has evolved and become the day to honour animals. Since the animals are profoundly affected by the action of individuals and nations, it is essential to honour all the animals of the world to raise awareness among public, by encouraging individuals to organise events in celebration of world animal day.

To mark this day, NSS Unit CMS College launched a special documentary on snake birds which faces extinction now. The documentary is released through the official YouTube channel of NSS unit CMS College to increase awareness among the public and to make this world a fairer place to live in.





📍 KOTTAYAM

Documentary on Snake Birds| Oct 4
World Animal Day| NSS CMS College U...

YouTube link: <https://youtu.be/RvUmLDcc0WQ>

28.8th October 2020

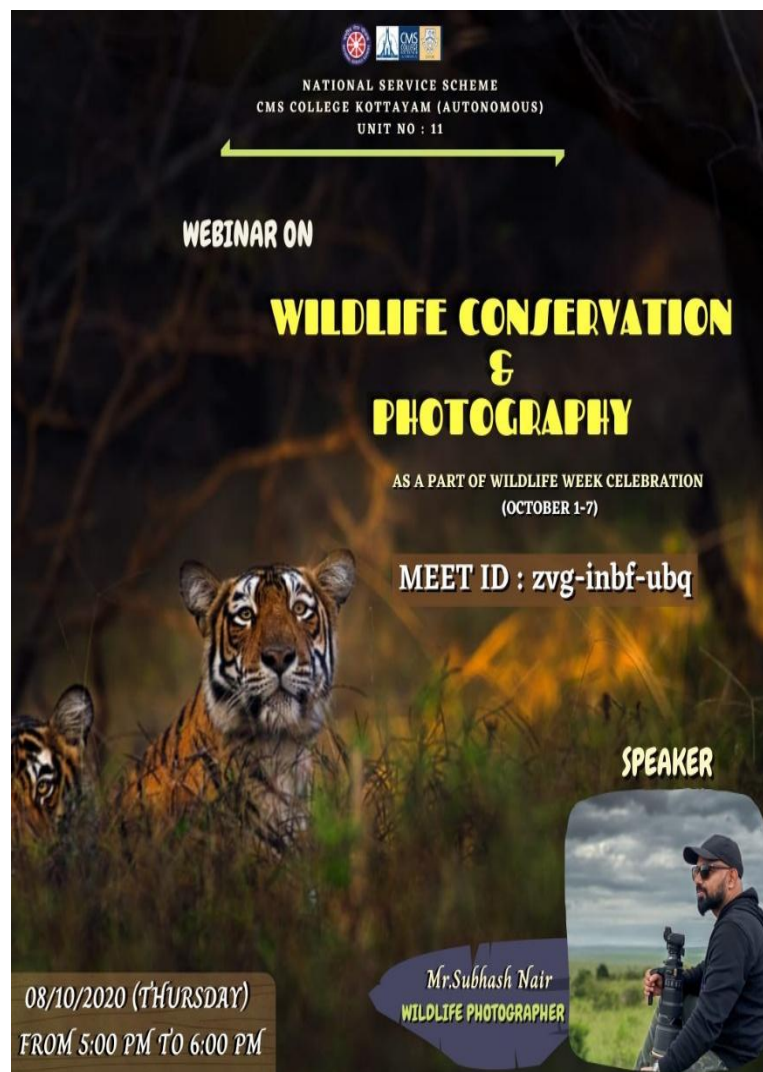
Webinar on Wildlife Conservation and Photography.

Wildlife conservation is the practice of protecting plant and animal species and their habitats. The goal of wildlife conservation is to ensure the survival of these species, and to educate people on living sustainably with other species.

NSS Unit CMS College organised a webinar on wildlife conservation and photography on 8th October ,2020 at 5.00 pm. The speaker of the webinar was Mr. Subhash Nair, the leading lens man of nature and

wildlife photography, who is one of the founders of a photography expedition company called Expanded Expedition.

The main focus of the webinar was to unleash a new brand of wildlife conservation upon the world through photography. It really helped the volunteers to get a clear sight on the necessity of wildlife conservation and to pursue the dream of wildlife photography for those who were interested.



The poster is for a webinar titled "WILDLIFE CONSERVATION & PHOTOGRAPHY". It features a background image of a tiger in a natural setting. At the top, it lists the organizing institution: "NATIONAL SERVICE SCHEME, CMS COLLEGE KOTTAYAM (AUTONOMOUS), UNIT NO : 11". The event is part of "WILDLIFE WEEK CELEBRATION (OCTOBER 1-7)". The Meet ID is "zvg-inbf-ubq". The speaker is "Mr. Subhash Nair, WILDLIFE PHOTOGRAPHER". The date and time are "08/10/2020 (THURSDAY) FROM 5:00 PM TO 6:00 PM".

NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT NO : 11

WEBINAR ON

**WILDLIFE CONSERVATION
&
PHOTOGRAPHY**

AS A PART OF WILDLIFE WEEK CELEBRATION
(OCTOBER 1-7)

MEET ID : zvg-inbf-ubq

SPEAKER

Mr. Subhash Nair
WILDLIFE PHOTOGRAPHER

08/10/2020 (THURSDAY)
FROM 5:00 PM TO 6:00 PM

29. 8th October 2020

COVID Pledge

The Ministry of Youth Affairs and Sports have urged all NSS Volunteers and Programme Officers to administer a COVID Pledge at 1.00 PM on 8.10.2020. The Pledge was taken by all NSS functionaries and Volunteers.



30.10th October 2020

പൂമ്പാറ്റയ്ക്ക് ഒരു പുന്തോട്ടം

(Butterfly Garden)

Inauguration & Webinar

Once Butterflies were an integral part of our backyards. The role of butterflies in the growth of flowers and plants are highly significant. But the sad fact is that they are disappearing day by day. പൂമ്പാറ്റക്കൊരു പുന്തോട്ടം is a project initiated by NSS Unit CMS College Kottayam in collaboration with Mathrubhumi SEED Project for the UP, High school students of Kerala aimed at making home butterfly garden for the protection of butterflies. Through this project school going children are trained and provided with sufficient knowledge to transform their homes into eco-friendly centers.

At the same time, it explains the things that need to be taken care of to attract butterflies and about how plants should be grown in the garden scientifically and simply.

The inauguration of the project was held on 10th Oct 2020, done by Gouri a 5th standard girl, Youtuber, a popular butterfly observer who has become famous for depicting the life cycle of butterflies.

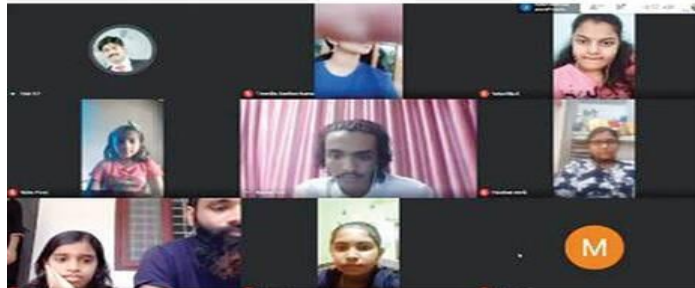
The webinar was taken by Naveen Prasad Alex who is world-famous for the discovery of 2 new butterflies in Kerala at the age of 12 and the study of many butterflies. He has secured many awards such as Inspire award 2014, Prof. George Memorial Young Scientist Award 2018.

The session was a great success and gained huge publicity with the active participation of school students across the state.



Mathrubhumi മാതൃഭൂമി

‘പുണ്യാര്യക്കൊരു പുന്തോട്ടം’ പദ്ധതി വീടുകളിലും



▶ സി.എം.എസ്.കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റും മാതൃഭൂമി സീഡും ചേർന്ന് സ്റ്റുഡന്റ്സ് കൂട്ടിക്കൊണ്ടിരുന്ന സൗഹൃദപരമായ ‘പുണ്യാര്യക്കൊരു പുന്തോട്ടം’ പദ്ധതിയുടെ ഉദ്ഘാടനത്തിൽനിന്ന്

കോട്ടയം ▶ കോട്ടയം സി.എം.എസ്. കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റും മാതൃഭൂമി സീഡും ചേർന്ന് സ്റ്റുഡന്റ്സ് കൂട്ടിക്കൊണ്ടിരുന്ന സൗഹൃദപരമായ ‘പുണ്യാര്യക്കൊരു പുന്തോട്ടം’ പദ്ധതി തുടങ്ങി. കൂട്ടിക്കൊണ്ട് ശലഭഭരണ നിർമ്മാണം, പരിപാലനം, പ്രശസ്തരായ ശാസ്ത്രജ്ഞരോട് അടുത്തിടപഴകാനുള്ള അവസരമുണ്ടാക്കുക എന്നിവയാണ് ലക്ഷ്യം.

ശലഭനിരീക്ഷണ വീഡിയോകളിലൂടെ സാമൂഹികമായ മണ്ണിൽ ശ്രദ്ധേയമായ തൃശ്ശൂർ സ്വദേശിനി ഗൗരി ഉദ്ഘാടനം ചെയ്തു. കോളേജ് പ്രിൻസിപ്പൽ



ഡോ. വർഗീസ് സി.ജോഷ്യാ അധ്യക്ഷത വഹിച്ചു. കേരളത്തിലെ ശലഭങ്ങളെക്കുറിച്ച് പഠനം നടത്തിയ ബിരുദ വിദ്യാർഥിനീ പ്രസാദ് ക്ലാസെടുത്തു. വിവിധ ജില്ലകളിൽ നിന്നായി 500-ഓളം വിദ്യാർഥികൾ പങ്കെടുത്തു. എൻ.എസ്.എസ്. വെള്ളൻറിയർ സെക്രട്ടറി സിജിൻ എം.ജോർജ്ജ്, എൻ.എസ്.എസ്. വെള്ളൻറിയർ ഹരിത, മാതൃഭൂമി സീഡ് എക്സിക്യൂട്ടീവ് വിനുജ വിജയ് തുടങ്ങിയവർ പ്രസംഗിച്ചു. എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. കെ.ആർ.അജീഷ്, ഡോ. അമൃത നിനു എബ്രഹാം എന്നിവർ നേതൃത്വം നൽകി.

31.18th October 2020

സമുദ്ധി

Webinar

“ശീതകാല പച്ചക്കറി കൃഷി അറിയേണ്ടതെല്ലാം.”

The NSS Unit of CMS college in collaboration Mathrubhumi SEED project conducted an all Kerala webinar on the topic " ശീതകാല പച്ചക്കറി കൃഷി: അറിയേണ്ടതെല്ലാം. " The webinar session was inaugurated by Shri. Thiruvanchoor Radhakrishnan MLA and the Presidential address was delivered by Dr. Varghese C Joshua, Principal of CMS College Kottayam. He appreciated us for taking initiative for conducting such kind of webinars for motivating the people who were interested in agriculture.

The speaker for the session was Dr. Jayalakshmi. G, Programme coordinator of Krishi Vigyan Kendra (ICAR) Kerala Agricultural University. Live telecast of the webinar session was also arranged through our units official YouTube channel. Almost 250 participants from the various districts of Kerala actively participated in the webinar.



ശീതകാല പച്ചക്കറി കൃഷി: സംസ്ഥാനതല വെബിനാർ നടത്തി

കോട്ടയം ▶ 'ശീതകാല പച്ചക്കറി കൃഷി, അറിയേണ്ടതെല്ലാം' എന്ന വിഷയത്തിൽ മാതൃഭൂമി 'സീഡ്' കോട്ടയം സി.എം.എസ്.കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റിന്റെ സഹകരണത്തോടെ സംസ്ഥാനതല വെബിനാർ നടത്തി. തിരുവഞ്ചൂർ രാധാകൃഷ്ണൻ എം.എൽ.എ. ഉദ്ഘാടനം ചെയ്യുന്നു.

സി.എം.എസ്.കോളേജ് പ്രിൻസിപ്പൽ ഡോ. വർഗീസ് സി.ജോഷ്യാ അധ്യക്ഷത വഹിച്ചു. സംസ്ഥാനത്ത് ഭക്ഷ്യസുരക്ഷപര്യാപ്തത കൈവരിക്കുന്നതിന് ഇത്തരം വെബിനാറുകൾ സഹായകമാകുമെന്ന് അദ്ദേഹം പറഞ്ഞു. കുമരകം കേരള കൃഷിവിജ്ഞാനകേന്ദ്രം പ്രോഗ്രാം കോ-ഓർഡിനേറ്റർ ഡോ. ജി.ജയലക്ഷ്മി ക്ലാസെടുത്തു. വിവിധ ജില്ലകളിൽനിന്ന് വിദ്യാർത്ഥികളുടെ 250-ഓളം ആളുകൾ പങ്കെടുത്തു. എൻ.എസ്.എസ്. വൊളന്റിയർ സെക്രട്ടറിമാരായ നവ്യ സുരേഷ്, സിജിൻ എം.ജോർജ്ജ്, വൊളന്റിയർമാരായ അഞ്ജലി ശ്യാമപ്രസാദ്, മഹാന



▶ ശീതകാല പച്ചക്കറി കൃഷിയെപ്പറ്റി മാതൃഭൂമി 'സീഡ്' കോട്ടയം സി.എം.എസ്.കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റിന്റെ സഹകരണത്തോടെ നടത്തിയ സംസ്ഥാനതല വെബിനാർ തിരുവഞ്ചൂർ രാധാകൃഷ്ണൻ എം.എൽ.എ. ഉദ്ഘാടനം ചെയ്യുന്നു

ഷെറിൻ, മാതൃഭൂമി സീഡ് എക്സിക്യൂട്ടീവ് വിനുജ വിജയ് തുടങ്ങിയവർ പ്രസംഗിച്ചു. എൻ.എസ്.എസ്. സ്റ്റുഡൻ്റ്സ് ലീഡർ അശ്വ

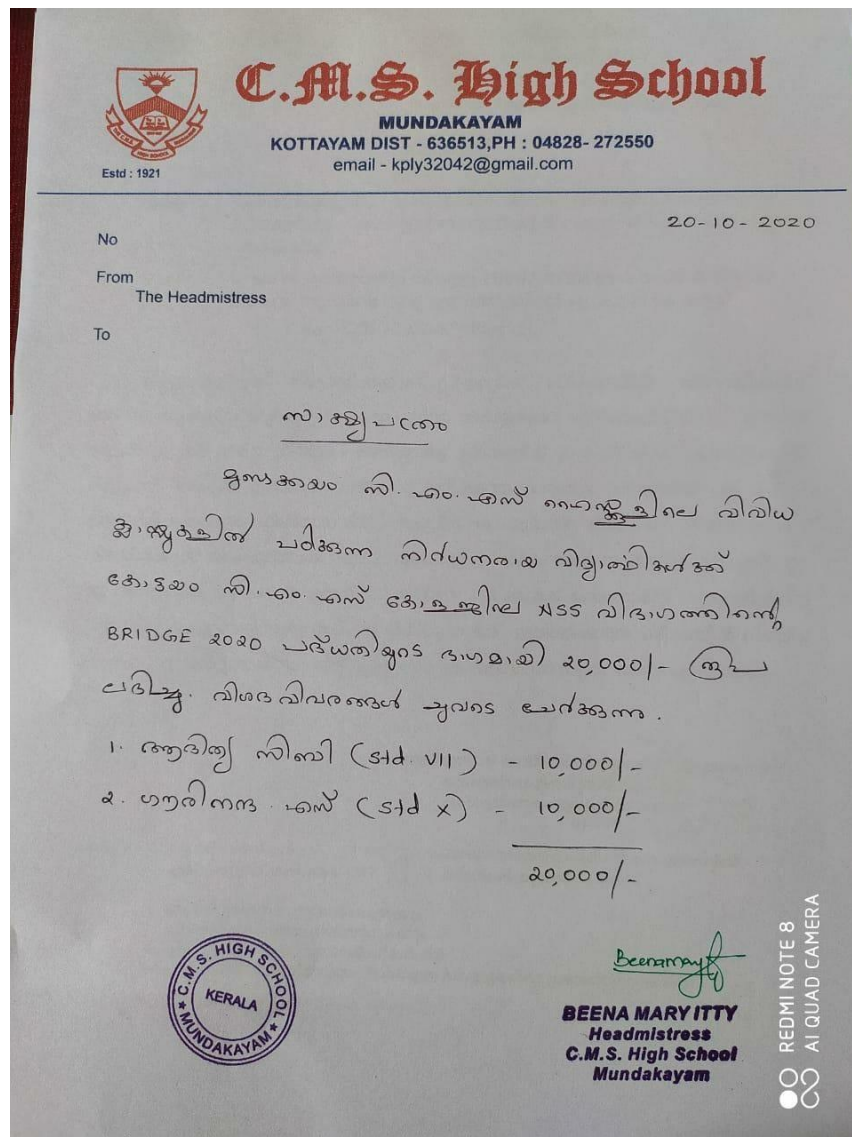
ന്ത് രാജ്, പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. കെ.ആർ.അജീഷ്, ഡോ. അരുൺ റിനു എബ്രഹാം എന്നിവർ നേതൃത്വം നൽകി.

32.20th October 2020

BRIDGE PROJECT

Financial Assistance Scheme for Students

On 20th October 2020, a total of Twenty thousand rupees (₹ 20,000) were given to two students of CMS High School, Kottayam as a support for their educational needs.



33.24th October 2020

Webinar on UN @75



The United Nations is marking its 75th anniversary at a time of great challenge, including the worst global health crisis in its history. Created 75 years ago in the ashes of World War II, the United Nations today remains true to its founding mission: to bring nations and peoples together to preserve peace and security, and improve lives everywhere.

As the United Nations celebrates its 75th anniversary, our unit took an initiative to conduct a webinar on UN @ 75. The speaker for the session was **Mr. John Samuel**, Present Chair of Asia Democratic Network, Seoul, Former Director & Global Democratic Advisor UNDP, Present Director of Bodhigram and National Center for Advocacy.

All volunteers of our unit actively participated in the webinar and they used the interactive session wisely to clarify their doubts and to grasp more information from the prominent personality.

34.31st October 2020

പുമ്പാറ്റയ്ക്ക് ഒരു പൂന്തോട്ടം

(Butterfly Garden)

Announcement of winners.

&

Webinar 2

വിഷയം: “നിങ്ങൾക്ക് എങ്ങനെ ഒരു ശാസ്ത്രജ്ഞനാവാം.”



On October 31st 2020, the second Webinar in relation to the project “പുമ്പാറ്റക്കൊരു പൂന്തോട്ടം”, a joint project of NSS Unit CMS College Kottayam and Mathrubhumi SEED Project, was conducted on the topic 'നിങ്ങൾക്ക് എങ്ങനെ ഒരു ശാസ്ത്രജ്ഞനാവാം'.

The speaker of the session was Prof. S. Sivadas, retired HOD of Chemistry department CMS College Kottayam, a well known author and trainer. He has been working in the field of science, fiction and education for the past 50 years. He said that, many scientific truths can be learned by observing nature closely.

Along with the webinar, Programme Officer of NSS Unit CMS College Prof. Amrutha Rinu Abraham announced the winners of പൂമ്പാറ്റക്കൊരു പുനോട്ടം project.

Amiya Ashok of Chinmaya Vidyalaya, Krishnadas of GVHSS, Cheruvannoor and Feba Reji of SJHS were selected as the



പ്രൊഫ. എസ്.ശിവദാസുമായി സംവദിച്ച് സീഡ് അംഗങ്ങൾ

കോട്ടയം ▶ മാതൃഭൂമി സീഡും സി.എം.എസ്.കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റും ചേർന്ന് സ്കൂൾകുട്ടികൾക്കായി വെബിനാർ നടത്തി. 'നിങ്ങൾക്കെങ്ങനെ ഒരു ശാസ്ത്രജ്ഞനാകാം' എന്നതായിരുന്നു വിഷയം. അധ്യാപകനും എഴുത്തുകാരനുമായ പ്രൊഫ. എസ്.ശിവദാസ് ക്ലാസെടുത്തു. പ്രകൃതിയെ സൂക്ഷ്മമായി നിരീക്ഷിക്കുന്നതിലൂടെ നിരവധി ശാസ്ത്രസത്യങ്ങൾ പഠിക്കാനാകുമെന്ന് അദ്ദേഹം പറഞ്ഞു.

എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർ ഡോ. അമൃതാ രീനു അബ്രഹാം 'പൂമ്പാറ്റക്കൊരു പുനോട്ടം' പദ്ധതിയുടെ വിജയികളെ പ്രഖ്യാപിച്ചു. ആമിയ



അശോക് (ചിന്മയാ വിദ്യാലയ), കൃഷ്ണദാസ് (ജി.വി.എച്ച്.എസ്.എസ്., ചെറുവണ്ണൂർ), ഫെബരജി (എസ്.

ജെ.എച്ച്.എസ്., പിറവം) എന്നിവർ വിജയികളായി. എൻ.എസ്.എസ്. വൊളന്റിയർ നമിതാ വിനോദ്, സ്റ്റുഡൻറ്സ് സെക്രട്ടറി സിജിൻ എം.ജോർജ്ജ് എന്നിവർ പ്രസംഗിച്ചു. പ്രോഗ്രാം ഓഫീസർ ഡോ. കെ.ആർ.അജീഷ്, മാതൃഭൂമി സീഡ് എക്സിക്യൂട്ടീവ് വിന്ദുജ വിജയ് എന്നിവർ നേതൃത്വം നൽകി.

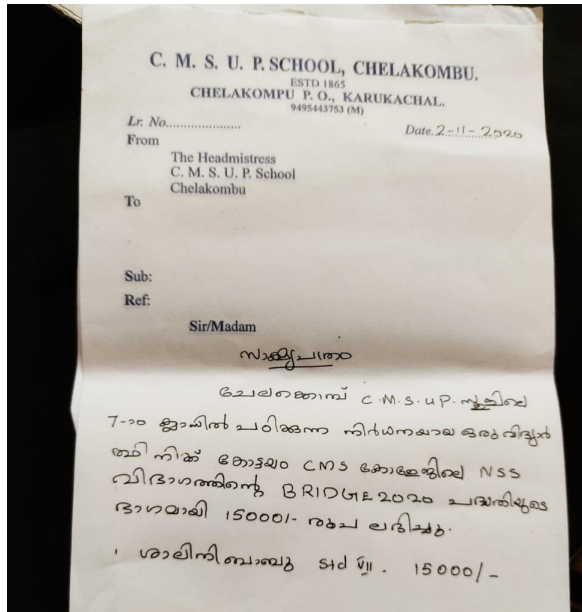
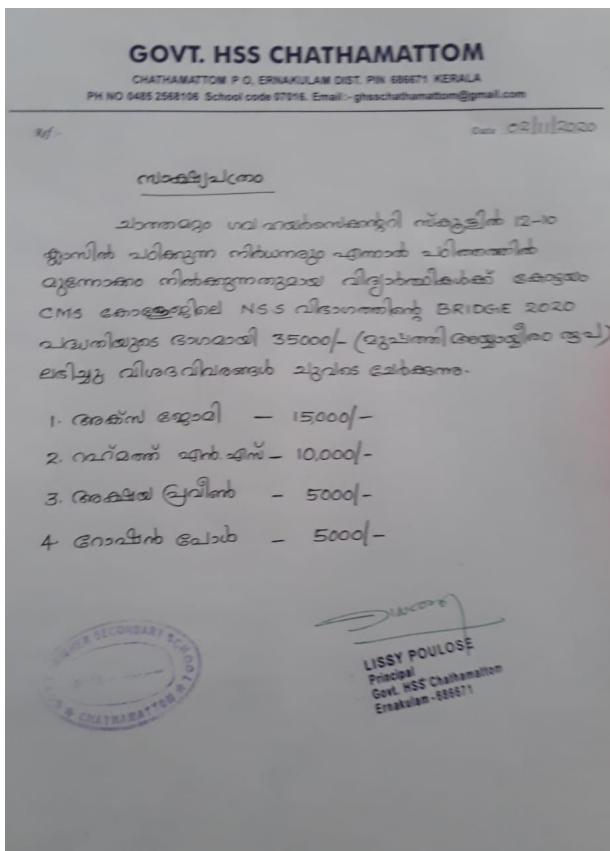
winners. The winners were awarded with prizes and incentive gifts were also given to rest of the selected participants.

35.2nd November 2020

BRIDGE PROJECT

Financial Assistance Scheme for Students

On 2nd November 2020, a total of Fifty thousand rupees (₹ 50,000) were given to four students of Govt.HSS Chathamattom and one student of C.M.S.U.P. School Chelakomb as a support for their educational needs.



36.14th November 2020

Children's Day Celebration

“The children of today will make the India of tomorrow. The way we bring them up will determine the future of the country.”

Jawaharlal Nehru

Children are the future of the nation and the citizens of tomorrow. They are the most promising, potent, and motivating population and can change the future of mankind.

Children are the most vulnerable in the population in many countries. Thus, to spread awareness about improving children's welfare and to reduce atrocities and abuses against children's World Children's day is observed every year.

Universal Children's Day is observed on November 20 every year. Countries across the world celebrate children's day on different dates. In India Children's day is observed on November 14, every year. The day marks the birth anniversary of the first Prime Minister of India Pandit Jawaharlal Nehru.

NSS Unit of CMS College also celebrated Children's Day and as a part of this we conducted an All Kerala Speech Competition for UP and High school kids on the topic “ഞാൻ പ്രധാനമന്ത്രിയായാൽ.”

Out of the total entries, five from each category were selected for the final round. The speeches of the five selected candidates have

uploaded on YouTube. Below are the names of those selected participants and the link to the YouTube video.

UP SSECTION

SREELAKSHMI SATHEESH
VAIKKILASSERY UP SCHOOL
CALICUT

<https://youtu.be/T2qdDP7oquU>

JOANN ELZA KURIAN
THE BAKER VIDYAPEEDH SENIOR SECONDARY SCHOOL
KOTTAYAM

<https://youtu.be/3XGcDBelgvg>

CHINMAY CHITHAMBARAN
NSS HSS TRIPUNITHURA
ERNAKULAM

<https://youtu.be/y6i2INKt0Yk>

NAVNEETH BIJO
St. ALOSIUS HSS ATHIRAMPUZHA
KOTTAYAM

<https://youtu.be/NhWFKe6H3wI>

ABHAY SHANKAR
VILLYAPPALLI UP SCHOOL
CALICUT

<https://youtu.be/5185t5wG100>

HIGH SCHOOL

SOJU C JOSE

KRKPM BHS KADAMPANAD

KOLLAM

https://youtu.be/_W-HwuzPVlA

ELIZABETH VARUGHESE

MDSHSS KOTTAYAM

https://youtu.be/_MaFIs0P1sg

PRAYAG S

KARIYAD NAMBIAR'S HIGHER SECONDARY SCHOOL

KANNUR

<https://youtu.be/Z6Pc74xhIEc>

JESWIN ABRAHAM VARGHESE

CMS HIGH SCHOOL MUNDAKAYAM

KOTTAYAM

<https://youtu.be/5jCUznWMHPI>

FEBA REJI

SJHS PIRAVOM

ERNAKULAM

<https://youtu.be/Mt2JYwmNHVc>

Winners of the All Kerala Speech Competition were selected from these entries and given prizes.



37.CMS COLLEGE AS VENUE

16th November 2020

Pre-RD Parade - Kottayam District Selection at CMS College

CMS College was selected as the venue for the District Selection process for RD Parade. Officials and volunteers of our NSS unit provided all the needful supports for the selection team. 28 Volunteers from different Units participated in the selection procedures and 3 of them were selected to the Pre-RD Parade Camp which is going to be held at Coimbatore.



38.28th November 2020

“വീട്ടിൽ ഒരു ഔഷധ തോട്ടം”

Inauguration of the Project.

NSS Unit of CMS College Kottayam initiated a project with an aim to create as much as medicinal garden in our society. Dr.K. Sabukuttan, State NSS officer inaugurated the project and he shared his views regarding the relevance of a medicinal garden in each house. The project is entitled “വീട്ടിൽ ഒരു ഔഷധ തോട്ടം”, our vision is to promote the vegetation of medicinal plants and to motivate people to create a medicinal garden in their own houses. So far more than 250 medicinal gardens have been created in all the districts of Kerala and the process is continuing till now.



39.28th November 2020

***Orientation Webinar on National Service Scheme:
Philosophy, Goals and Relevance***

NSS unit, CMS College conducted an Orientation webinar for the 1st year UG students who had given applications for joining NSS. The webinar was on the topic 'National Service Scheme: Philosophy, Goals, and Relevance' and the session was led by Dr. K. Sabukuttan, State NSS Officer. The session delivered details of all the aspects regarding NSS and its functioning, responsibilities as a volunteer, approach towards society, etc.



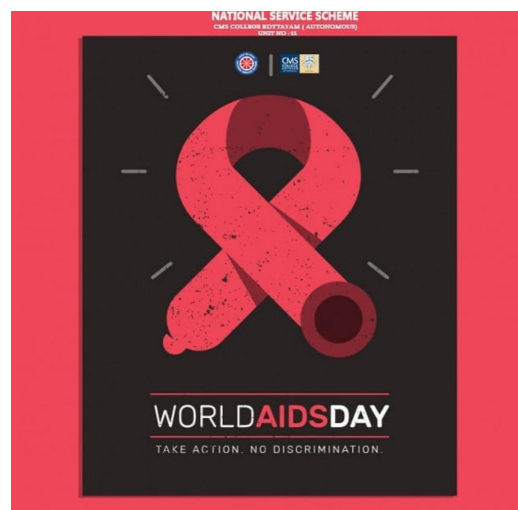
40.1st December 2020

World AIDS Day

World AIDS Day is an opportunity to show solidarity with the millions of people living with HIV worldwide. The theme for World AIDS Day 2020 is “Global solidarity, shared responsibility.” In 2020, the world’s attention has been focused on

the Covid-19 pandemic on health and how pandemics affect lives and livelihoods. Covid-19 is showing once again how health is interlinked with other critical issues, such as reducing inequality, human rights, gender equality, social protection, and economic growth.

On behalf of World AIDS Day CMS College NSS unit decided to transfer a message to the society for that we prepared Paper bags and in support of HIV/AIDS awareness, we've brought together some quotes and wrote them on those paper bags meant to inspire courage and togetherness in the face of our beloved ones. Our initiative to bring such an awareness was a huge success, we have distributed those paper bags in the retail shops and among our family and friends.





41.2nd December 2020

National Pollution Control Day



December 2 is observed as National Pollution Control Day every year. The day is observed in the memory of those who have lost their lives in the Bhopal Gas tragedy on the night of December 2nd and 3rd, 1984. The theme of the 2020 National Pollution Control Day is “raise awareness about the importance of pollution control and educate people on how to prevent pollution”.

The environmental pollution, directly and indirectly, affects the quality of life more than one can imagine. All this is mainly caused by human activities which harm the environment in ways more than one. Wangari Maathai once said, “If we heal the earth, we heal ourselves.” Thus, to spread awareness on controlling pollution our unit took an initiative to plant as much as fruit trees in our surroundings. Since we have Volunteers from different districts of Kerala we have succeeded in **planting more than 200 fruit trees.**



02-12-2020

NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT NO : II

ദേശീയ മലിനീകരണ നിയന്ത്രണ ദിനത്തോട് അനുബന്ധിച്ച് കോട്ടയം
CMS കോളേജിലെ NSS യൂണിറ്റിന്റെ നേതൃത്വത്തിൽ വിടുകളിൽ
ഫലവൃക്ഷ തൈകൾ നടു.



42.3rd December 2020

BRIDGE PROJECT

Financial Support to our College Student

As Mark Twain said “Kindness is the language which the deaf can hear and the blind can see.” An act of kindness never goes futile if you are kind to someone it will reflect in our behaviour. Being kind to others instils a positive feeling and makes this world a better place to live.

Prof. Dr.Varghese C Joshua, Principal of CMS College handed over ₹ 1 Lakh to Ms. Sanika, of 3rd DC Zoology, CMS College. This amount was jointly collected by Department of Zoology CMS College, FOCCUS & NSS Unit CMS College. As part of our BRIDGE Project we took an initiative to collect a sum of Rupees Twenty Five thousand from our well-wishers for this donation purpose.



43.5th December 2020

International Volunteer Day



NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT NO : II



INTERNATIONAL
VOLUNTEER
DAY
DECEMBER 5

International Volunteers Day (IVD), initially known as International Volunteer Day for Economic and Social Development, is usually celebrated on 5th December every year and to mark this day our volunteers planned to volunteer their household activities on the day. They cleaned their surroundings and helped the parents in homely regular activities.

Over the last months, as the COVID-19 pandemic has ravaged across the world, some of our volunteers have been at the forefront of medical, community and societal responses and all of them showed their willingness to serve the society by ensuring their participation in online Volunteer training programs. Showing the impact of volunteers in their

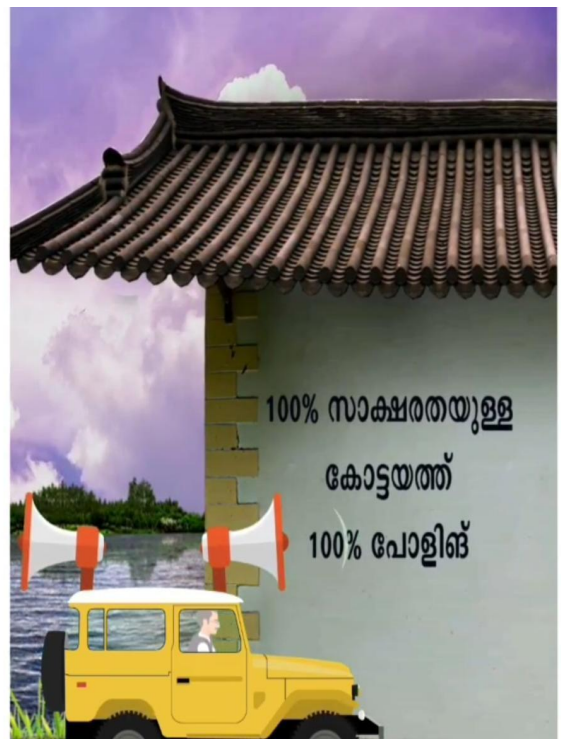
societies during this crisis, we will reach to all nooks of the globe with the message “Together We Can Through Volunteering”, the theme of 2020 International Volunteer Day.



44.6th December 2020

Election Awareness Video

In an endeavour to extend electoral literacy and awareness, on 6th December 2020, NSS Unit CMS College Kottayam created a short video for spreading election awareness and also to request people to Cast their Vote. We have uploaded the video in YouTube through our official YouTube channel, NATIONAL SERVICE SCHEME CMS COLLEGE KOTTAYAM. The video gained a lot of attention on social media and it resulted in creating a wide spread awareness among people regarding need of casting vote.



45.10th December 2020

Human Rights Day



This year's Human Rights Day theme relates to the COVID-19 pandemic and focuses on the necessity to build back better by ensuring Human Rights are central to recovery efforts. We will reach our common global goals as long as we are ready to create equal opportunities for all, address the failures exposed and exploited by COVID-19, and apply human rights standards to tackle entrenched, systematic, and intergenerational inequalities, exclusion and discrimination.

On behalf of this day our unit conducted an Essay writing competition for the UG first year Students of CMS College. Students actively

participated in the competition and from the 200 plus entries we have selected the best essays and announced the winners.



The certificate is a rectangular graphic with a light green background and a colorful geometric border in shades of purple, blue, and teal. At the top, it features three logos: the National Service Scheme (NSS) logo, the CMS College logo, and the University of Kerala logo. Below the logos, the text reads: "NATIONAL SERVICE SCHEME", "CMS COLLEGE KOTTAYAM (AUTONOMOUS)", and "UNIT NO : 11". A horizontal line with arrowheads at both ends is positioned below the unit number. The main title of the competition is "HUMAN RIGHTS DAY" in large, bold, dark blue letters, followed by "ESSAY WRITING COMPETITION" in a slightly smaller font. Below the title, the word "WINNER" is written in bold, black letters. A photograph of a young man with dark hair, wearing a black t-shirt, is centered on the certificate. Below the photo, a blue banner contains the name "GAUTHAM KRISHNA" and the course "1 DC BSC. CHEMISTRY" in white, bold, uppercase letters.

NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT NO : 11

HUMAN RIGHTS DAY
ESSAY WRITING COMPETITION
WINNER

GAUTHAM KRISHNA
1 DC BSC. CHEMISTRY

46.21st December 2020

Shigella Disease Awareness Poster

On 21st December 2020, NSS Unit CMS College uploaded a poster on social media to create awareness among people about Shigella Disease. Shigella, a genus of bacteria, genetically closely related to E coli. It is a bacterial disease that mainly affects children and the immunocompromised. The poster provided awareness on the ways of spreading the disease, symptoms and methods to resist it

47.21st & 22nd of December 2020



The poster features logos for the National Service Scheme (NSS) and CMS College Kottayam (Autonomous) at the top. The title 'ഷിഗല്ല' (Shigella) is prominently displayed in the center. Below the title, a Malayalam text explains that Shigella is a bacterial disease related to E. coli, primarily affecting children and immunocompromised individuals. The poster is divided into three sections: 'രോഗം പടരുന്നതെങ്ങനെ?' (How does the disease spread?), 'രോഗലക്ഷണങ്ങൾ' (Symptoms), and 'എങ്ങനെ പ്രതിരോധിക്കാം?' (How to prevent it?). Each section includes a list of key points and an illustrative image. The 'How it spreads' section lists poor hygiene, unclean water, and contact with infected individuals. The 'Symptoms' section lists abdominal pain, bloody stool, and fever. The 'Prevention' section lists handwashing, safe food and water consumption, and avoiding contact with infected people.

ഷിഗല്ല

കുട്ടികളെയും പ്രതിരോധ ശേഷി കുറഞ്ഞവരെയും കൂടുതലായി ബാധിക്കുന്ന ബാക്ടീരിയൽ രോഗമാണ് ഷിഗല്ല.

രോഗം പടരുന്നതെങ്ങനെ ?

- പഴകിയ ഭക്ഷണം
- മലിനമായ കുടിവെള്ളം
- തുറസ്സായ സ്ഥലത്തെ മലവിസർജനം
- മല വിസർജനത്തിനു ശേഷമുള്ള ശുചിത്വമില്ലായ്മ

രോഗലക്ഷണങ്ങൾ

- വയറുവേദന
- ദഹനക്കുറവ്, വിശപ്പില്ലായ്മ
- പനി
- ചർദ്ദി
- വയറിളക്കം, മലത്തിൽ രക്തത്തിൻറെ സാന്നിധ്യം

എങ്ങനെ പ്രതിരോധിക്കാം ?

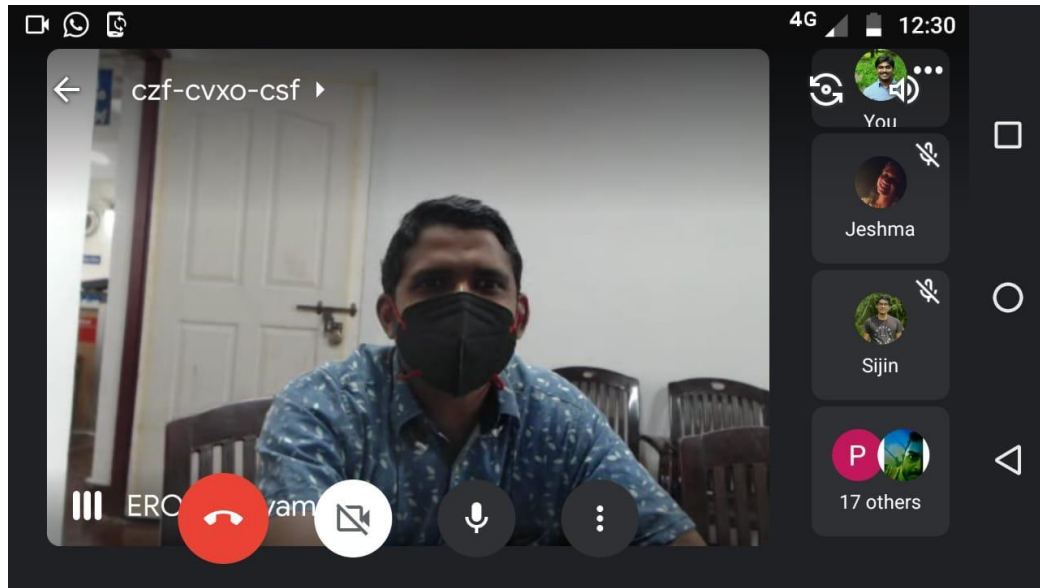
- തിളപ്പിച്ചാറിയ വെള്ളം മാത്രം കുടിക്കുക
- തുറന്നുവെച്ചിരിക്കുന്ന ആഹാരസാധനങ്ങൾ കഴിക്കാതിരിക്കുക
- രോഗത്തിനു മുൻപും ശേഷവും വൃത്തിയാക്കി പയോഗിക്കുക

New Voters Enrollment Training

NSS unit CMS College attended the training program conducted by the Kottayam Thaluk Election Control Wing for getting involved in the pre-election procedure of enrolling new Voters into the Voters list. Under the guidance of Tahasildar and Electoral Registration officer (ERO), 20 of our volunteers and programme officers actively participated in the training and ensured their attention and commitment in the enrollment procedures.

On 21st of December at 2pm a training session was conducted for all Colleges under Kottayam Thaluk. We expressed our pleasure in doing such a service and exclusively for NSS Volunteer of CMS College a session was conducted on 22nd of December. This training program was conducted to ensure the 100% Enrollment of new voters from the constituencies Puthupally, Kottayam and Ettumanoor respectively. Volunteers got training for Registration of new elector, Registration of overseas elector, Deletions or objections in Electoral roll, Correction of entries, Transposition within AC, Migration to another AC, etc.

The main focus was on the fresh inclusion of new Voters into the list. Our unit successfully completed more than 100 new enrollments. We know that NSS is a channel which is interconnected, we have Volunteers from almost all districts of Kerala and we used this resource of volunteer in the new enrollment process so that we got new enrollment applications from many areas.



48.22nd December 2020

7-Day Special Camp for First year Volunteers



The National Service Scheme Unit of CMS College Kottayam, organized a 7 day special online camp for the 1st year volunteers from December 22, 2020 to December 28, 2020. The 7-day online special camp was entitled, 'അതിജീവനം 2020' as we conducted a camp amidst of the Covid-19 pandemic. Conducting an online camp was a fresh and uncertain idea for the organizers, the virtual camp was conducted on Zoom Cloud Meetings, which owned the maximum beneficial facilities. While the Covid-19 pandemic restricted us from conducting a residential camp, we were able to complete the 7-day online special camp triumphantly.

Under the auspicious guidance of National Service Scheme unit of CMS college Kottayam, the virtual camp of 2020-21 academic year started at 4 p.m on 22nd December 2020 with the NSS anthem. The presidential address of Dr. Varghese C Joshua, the principal of CMS College Kottayam was followed by a welcome speech of Prof. Dr. Amrutha Rinu Abraham, the programme officer of NSS, CMS college. The seven-day special camp was inaugurated by Dr. Rekha Raj, NSS Programme coordinator of MG University and Assistant Professor of School of Gandhian Thought and Development studies.

All sessions were strict and time bounded starting with the yoga session at 7:30 a.m which was led by a 1st-year volunteer, Miss . Aleena Binu of Botany department, CMS College, followed by fieldwork at 10:30 a.m and then Afternoon sessions with interactive classes on different topics (An Awareness/ Skill Development sessions) from 3 p.m, ending with the cultural program session at 7:00 p.m. Hundred volunteers of the first year were divided into five groups for the better participation of each

volunteer in the activities. Different committees like report committee, magazine committee, Program committee, cultural committee and media committee were arranged to make sure the participation and capability of each volunteer. The cultural activities and programs on each day helped NSS volunteers to express and explore their hidden talents even through an online platform. Games, quizzes, news and trolls made the program astounding.

The seven day special camp started everyday with a healthy and refreshing yoga session. Each one of the first year NSS volunteers started their day with a bright and light yoga class which starts at 7.30 AM daily. It was conducted by one of the first year NSS volunteers, Miss. Aleena Binu of Botany department, CMS College. Resource Person from Volunteers is one of the ideas which NSS Unit of CMS College Kottayam promotes.

National Service Scheme helps the volunteers to become a better social being. In this scenario of Covid-19 pandemic, the field work was a challenge in NSS virtual camp. The time scheduled for field work was from 10:30 am to 12:00 pm and all the volunteers worked at their home according to tasks for a minimum of one and a half hours. To upload the photographs of the finished works, a google form was provided each day. The volunteers punctually uploaded the photos before 3:00 pm. Thus the field works of NSS virtual camp 2020 was done effectively. Cleaning activities, creation of vertical garden and kitchen garden, online surveys related to covid-19, awareness classes were some of the major activities conducted for the fulfilment of the duty as a NSS volunteer. The field work for day 2 of NSS camp was given to ensure the active participation

of the volunteers in cleaning activities. Plastic and e-waste management is a challenge we are facing these days. In order to manage these wastes without any harm the method of recycling can be applied. Keeping this as a tool, the field work for day 3 of NSS virtual camp was given to the volunteers. The task was to collect plastic bottles and reuse it to make vertical garden. The importance of a kitchen garden is great and manifold. The fieldwork for day 4 of the seven-day virtual camp was to create a kitchen garden in our home.

The Seven Day special camp started with an ice breaking session by Mr. Tomjith Makrose (Former NSS volunteer and Personality development trainer). The volunteers also had classes on personality development on different topics such as ‘Movie and Community’ by Dr.Sudheesh K.V.(Assistant Professor in St Thomas College, Kozhencherry), class on Personality development by Mr. Adoney T.John (Research Scholar at Maharajas College,Kochi), ‘Rising from the Ashes’ by Mr. Anish Mohan Kottayam,(Personality Transformation Coach and National Coordinator IPCAI), ‘NSS volunteers as the providers and receivers of psycho-social support in the context of covid-19 pandemic’ by Dr.Sudheeran T.S (Psychiatric Social worker, District hospital, Kottayam) and a Talk by Sri. G.P.Sajith Babu (Regional Director, NSS-Kerala, Lakshadweep) ‘Community development through Darshanam’ handled by Adv.Geetha Sarasakshan (Program Coordinator, Darshanam), and a talk by Sri. . FAZIL E. (Principal,MMOHSS,Parayapalli) and Dr. Thomas Abraham (International facilitator, Theme Centred Interactions And Former Programme Co-ordinator of NSS MG University). Each of these classes helped the volunteers to develop their personality and to understand their duties towards the community. The classes also made the volunteers

believe in themselves and to have the confidence to face the challenges and consequences that come across life.

The 5th day of the virtual camp entrusted a survey as the field work for the day, Social Health Survey Regarding Covid 19. Each volunteer surveyed a minimum of 10 households each, which brought a total of more than 1000 households from various districts of Kerala. A Google form was given to collect the information, which had questions majorly from the context of Covid-19 pandemic. We were successfully able to collect information from 10 districts of Kerala, in which we got most from Kottayam district and then Thiruvananthapuram, Pathanamthitta, Alappuzha, Wayanad, Kollam, Idukki, Palakkad, Malappuram and Kozhikkode. Personal details of the family members were asked, including name, occupation, Covid-19 cases and death, the number of people who got new jobs and lost jobs, working outside Kerala and India, the number of members who were a part of Sannadhasena of the government were noted. The Source of drinking water and the method of disposal of plastic wastes was noted. Number of fruit trees and domestic animals in the house were also taken. It was found that majority of the people are strictly following the Covid 19 protocols in their daily life. No reports of death were found. Only a small fraction of people were infected with Covid-19. Similarly, only a small percent of people lost their jobs. Among the 1000 households, 18 Sannadhasena volunteers were found. Majority of people used well as the source of drinking water. Plastic wastes were mostly collected and disposed by the Panchayat or Municipality of the area. Only a very few houses reported burning as the method for disposing plastic. After conducting the survey Volunteers

consolidated the data collected from the survey into a single Survey Report.

The cultural programs and news reports were the most awaited programs of the seven-day virtual camp, programs for each day started at 7 pm. All the volunteers showed their keen interest for the programs to be held on each day. Everyone was able to present a variety of innovative programs within a short period. The news report was another session held after the cultural programs. They created trolls, memes, related to the recently occurred incidents of the camp.

The valedictory function of the 7 Day virtual camp was conducted on 28th December 2020. The chief guest and Keynote speaker on the event was the most respected Teeka Ram Meena IAS, the Chief Electoral Officer of Kerala. The theme of the session was about the participation of youth for a healthy and vibrant democracy. His lively class was followed by a camp overview report by Mr. Sijin M.George, Volunteer Secretary of NSS unit. The 7 Day virtual camp came to a spirited end by the



NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTYAM (AUTONOMOUS)
UNIT : 11

NSS 7 DAY SPECIAL CAMP 2020

OUR RESOURCE PERSONS



Sri. Teeka Ram Meena IAS
(Chief Electoral Officer, Kerala)



Sri. G. P Sajith Babu
(Regional Director N S S Kerala & Lakshadweep)



Dr. K. Sabukuttan
(State N S S Officer)



Dr. Rekha Raj
(NSS Programme Coordinator, MGU)



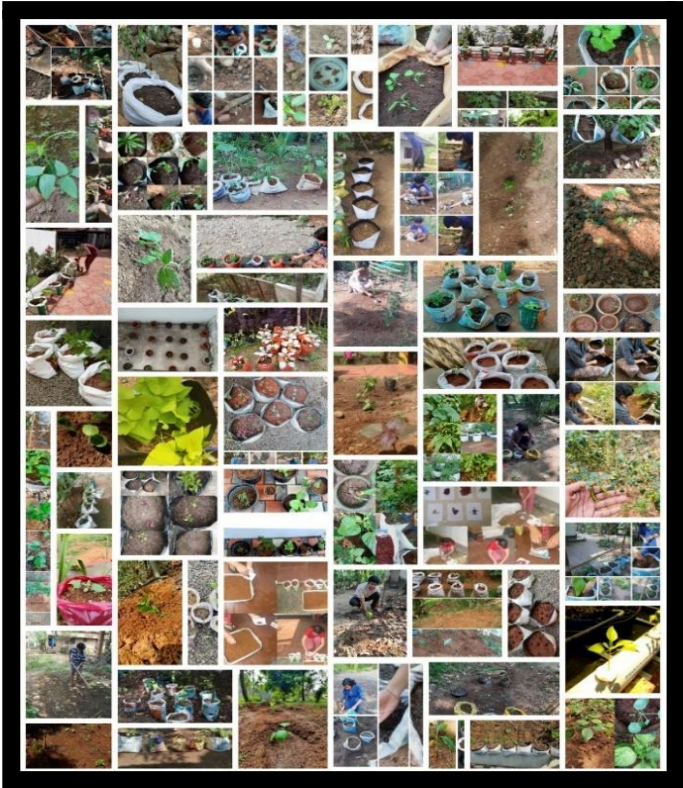
Sri. FAZIL E
(Former State NSS Co-ordinator)

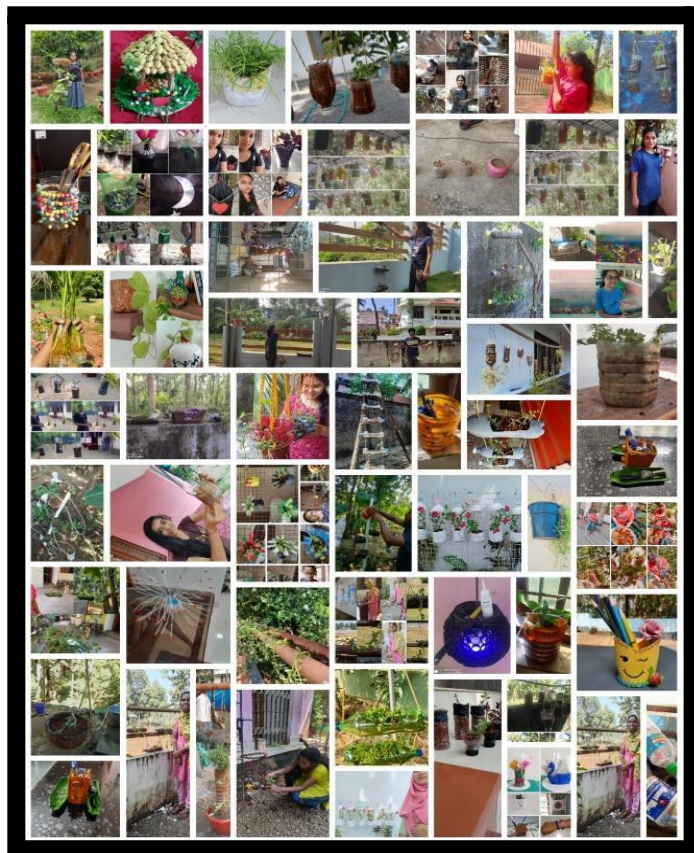


Dr. Thomas Abraham
(Former NSS Programme Coordinator, MGU)



speech of NSS Programme Officers, Dr. Ajish K.R and Dr. Amrutha Rinu Abraham.





NATIONAL SERVICE SCHEME
C.M.S COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT - 11


..... **NSS 7 DAY:**

SPECIAL CAMP
DAY 1

ICE BREAKING SESSION



TOMJITH MARKOSE
(PERSONALITY DEVELOPMENT TRAINER)

DEC 22 | **4:00 P.M** | 

NATIONAL SERVICE SCHEME
C.M.S COLLEGE KOTTAYAM (AUTONOMOUS)

സംഗീതകൃതി
അതിജീവനം 2020

Day 2

topic:
Personality Development
by:
Adoney T John
(Research Scholar Mahatma College Ernakulam)

23, December 2020
3 PM

VENUE: 

NATIONAL SERVICE SCHEME
C.M.S COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT - 11

“സിനിമയും സമൂഹവും”

24 DECEMBER at 3 PM



DR. SUDHESH KV
ASSISTANT PROFESSOR
ST THOMAS COLLEGE KODIENKONDE







NATIONAL SERVICE SCHEME
C.M.S COLLEGE KOTTAYAM (AUTONOMOUS)

അതിജീവനം 2020
NSS SPECIAL CAMP DAY 4

TOPIC
NSS VOLUNTEERS AS PROVIDERS AND RECEIVERS OF PSYCHO-SOCIAL SUPPORT IN THE CONTEXT OF COVID 19 PANDEMIC



DR. SUDHEERAN T.S
PSYCHIATRIC SOCIAL WORKER, GENERAL HOSPITAL KOTTAYAM

25 DEC | **3:00 P.M** | 

NATIONAL SERVICE SCHEME
C.M.S COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT - 11

..... **NSS 7 DAY:**

SPECIAL CAMP
DAY 5

TOPIC : **RISING FROM THE ASHES**



Speaker : **ANISH MOHAN KOTTAYAM**
(Personal Transformation Coach, IPCAI)

DEC 26 | **3:00 P M** | 

NATIONAL SERVICE SCHEME
C.M.S COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT - 11

7 DAY SPECIAL CAMP
DAY 6

TOPIC:
COMMUNITY DEVELOPMENT THROUGH DARSANAM

TIME : 4:00 PM | **VENUE : ZOOM** 

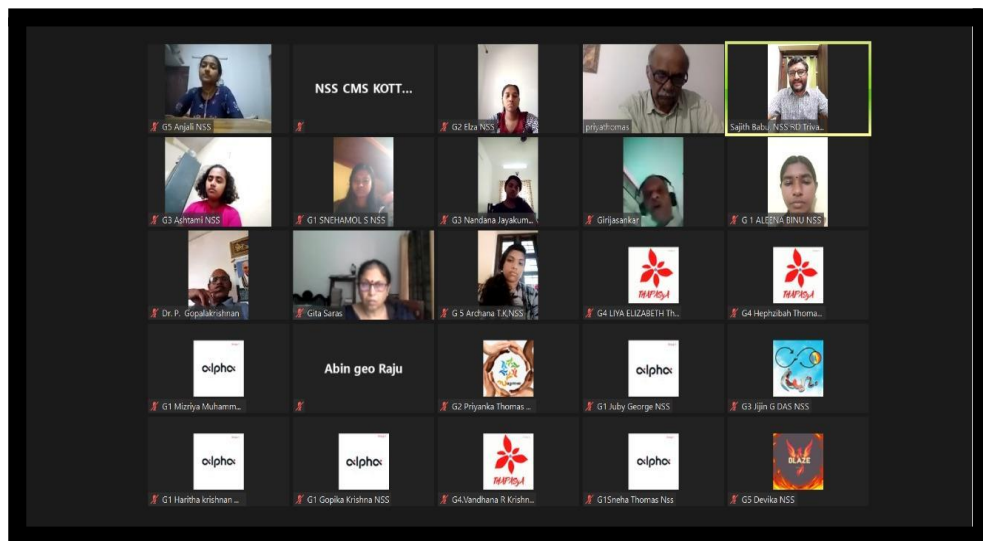
KEY SPEAKERS



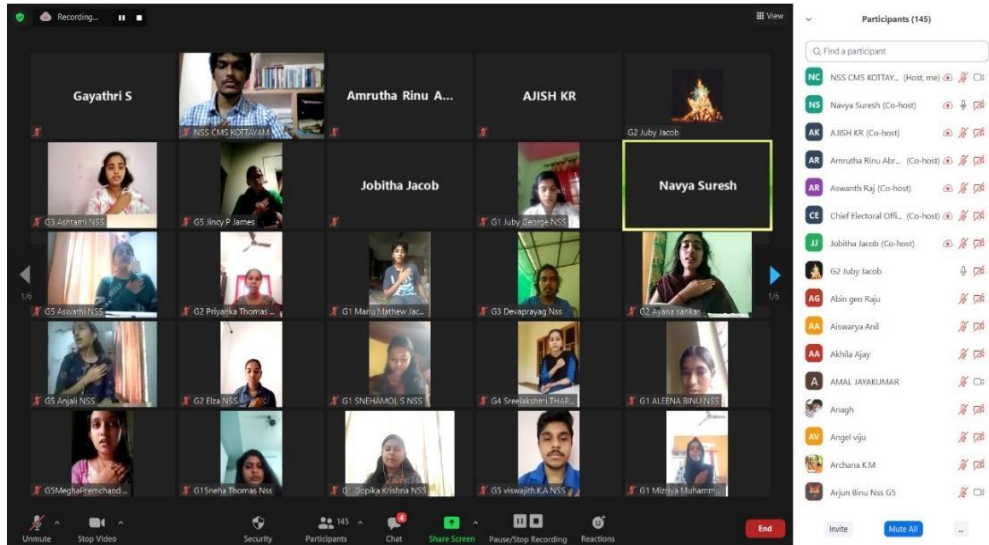
Sri. G.P. SAJJITH BABU
(Regional Director, NSS, Kerala @ Lakshadweep)

DR. THOMAS ABRAHAM | **ADV. GEETHA SARASAKSHAN**
(Assistant Co-ordinator, DARSANAM)

Sri. FAZIL R
(Regional Director, Kerala @ Lakshadweep)
President of NSS Kerala Council for Youth NSS State Co-ordinator (a Member of SPC Process)



Sri. G. P. Sajith Babu, Regional Director of NSS Kerala and Lakshadweep leading the session.



49.22nd December 2020

Hair We Care - Hair Donation Campaign



NSS Unit, CMS College Kottayam in collaboration with NGO Expectation Walkers conducted a Hair Donation Campaign. On this occasion of Christmas Our unit joint hands with Project Make Zambet to change the lives of many. Project Make Zambet, a hair donation initiative of Expectation Walkers in collaboration with Miracle Charitable Organisation for Cancer patients. The major theme of this Hair We Care project is ' Let your hair make a smile to someone.' The aim is to provide free wigs to those who cannot afford and help them to rekindle a resemblance of happiness in their lives.

Hair is precious and even more so to someone who loses it suddenly due to medical reasons. For cancer patients, hair loss is the most stressful & traumatic side effect of chemotherapy and radiation treatment. This effect on their appearance can be a further setback to patients who are already enduring physical and emotional hardship. The patients lose their identity, lack self-esteem and have lowered morale.

We were able to collect hair of more than hundred individuals. The campaign got participation from all districts of Kerala. **Forty Three of our own College students, their friends and relatives, and many students from other colleges also became a part of this campaign.**

Our own NSS Volunteer Miss. Bismimol K. B donated her full hair and became a role model and inspiration for others to donate their hair. This act done by Bismimol marks the confidence, responsibility and determination of a Volunteer. The project received a great public appreciation and a dedicated social involvement.

KERALA'S LARGEST HAIR DONATION FEST

DONATE HAIR THIS XMAS

10 DAYS 100+ DONATIONS

LET THE POOR SMILE HAPPILY

DONATE FOR A GOOD CAUSE

DONATE YOUR HAIR TO THE POOR CANCER PATIENTS IN INDIA, TO MAKE A SMILE ON SOMEONE SOMEWHERE

HAIR WILL GROW, HAPPINESS WILL REACH THE RIGHT PLACE

DONATION REGISTRATION EXTENDED TILL DEC 30

REGISTER DONATION ONLINE



Expectation Walkers Presents
PROJECT MAKE ZAMBET
Des Dons Cabello
KERALA'S LARGEST HAIR DONATION FEST

WWW.EXPECTATIONWALKERS.COM



Expectation Walkers Presents
PROJECT MAKE ZAMBET
Des Dons Cabello
KERALA'S LARGEST HAIR DONATION FEST

For Hair donation Registration :
www.expectationwalkers.com

CMS COLLEGE KOTTAYAM
ESTD-1917

CMS COLLEGE KOTTAYAM
KOTTAYAM (KERALA)

CMS COLLEGE KOTTAYAM JOINT HANDS WITH PROJECT MAKE ZAMBET TO CHANGE THE LIVES OF MANY

Project Make Zambet, a hair donation initiative of Expectation Walkers in collaboration with Miracle Charitable Organisation for cancer patients has successfully received more than 150 donations across India. We aim to provide free wigs to those who cannot afford and help them rekindle a resemblance of happiness in their lives. Join us and become one among the many to be a reason for their smile

നോവും മനസ്സുകൾക്ക് ഒപ്പം നിൽക്കലാണ് അഴക്!

■ നിർധന രോഗികൾക്ക് വിഗിനായി മുടി നൽകുന്ന പരിപാടിയിൽ പങ്കാളിയായി ബിസ്ബിമോൾ

കോട്ടയം • സിഎഎസ് കോളജ് നാഷനൽ സർവീസ് സ്കീം, എക്സ്പെക്റ്റേഷൻ വോക്കേഷൻ എന്നിവ ചേർന്നു നടത്തുന്ന 'ഹെയർ ഡൊണേഷൻ ക്യാംപെയ്നിൽ' താരമായി കെ. ബി.ബിസ്ബിമോൾ.



'ഹെയർ ഡൊണേഷൻ ക്യാംപെയ്നിൽ' മുടി നൽകുന്നതിനു മുൻപും നൽകിയതിനു ശേഷവുമുള്ള ബിസ്ബിയുടെ ചിത്രം.

8 ഇഞ്ച് നീളത്തിൽ മുടി നൽകേണ്ട സ്ഥാനത്ത് മുടി പൂർണ്ണമായി നൽകാൻ സിഎഎസ് കോളജിലെ ബി.കോ. രണ്ടാം വർഷ വിദ്യാർത്ഥിനിയായ ബിസ്ബി തയ്യാറായി. മുടി തപാൽ വഴി തൃശൂരിലെ സൗലഭനന്ദ്യ്ക്ക് അയച്ചു.

ഇടുക്കി പാണ്ടിപ്പാറ കാനത്തിൽ കി.കെ.ബിനോയി - സുജ ദമ്പതികളുടെ മകളാണ് പത്തൊൻപതു കാരി ബിസ്ബി.

സിഎഎസ് കോളജിലെ എൻ എസ്എസ് വോളന്റിയർമാരും പൂർവ്വ വിദ്യാർത്ഥിനികളും ഉൾപ്പെടെ

ഒരു നൂറോളം വിദ്യാർത്ഥികൾ ക്യാംപെയ്നിൽ പങ്കാളികളായി. മിറക്കിൾ ചാരിറ്റബിൾ അസോസിയേഷനാണ് നിർധന രോഗികൾക്ക് വിഗ് തയ്യാറാക്കി നൽകുന്നത്. 31 വരെ ക്യാംപെയ്നിൽ പങ്കാളികളാകാം. ഫോൺ: 9495340914

മുടിമുഴുവൻ നൽകി

'മൊട്ട' വിളി ബിസ്ബിക്ക് അഭിമാനം

എ എസ് മനോഹർ

കോട്ടയം ആരെയെങ്കിലും 'മൊട്ട'യെന്ന് വിളിച്ചാൽ പരാതിയും പരിഭവവുമല്ല അഭിമാനവും സന്തോഷവുമാണ് ബിസ്ബി എന്ന പത്തൊമ്പതു കാരിക്ക്. ഫാഷൻ പ്രേമം കൊണ്ടല്ല ക്യാൻസർ രോഗികൾക്ക് വിശ്വസിക്കാനാണ് ബിസ്ബി പൊന്നുപോലെ സൂക്ഷിച്ച മുടിമുറിച്ചത്.



ബിസ്ബി

ഇടുക്കി, കാനത്തിൽ ബിനോയി- സുജ ദമ്പതികളുടെ മകളായ കെ ബി ബിസ്ബിമോൾ കോട്ടയം സിഎംഎസ് കോളേജ് രണ്ടാംവർഷ ബി.കോ. വിദ്യാർത്ഥിനിയാണ്. കോളേജിലെ എൻഎസ്എസ് യൂണിറ്റും തൃശ്ശൂർ കേന്ദ്രമായ എക്സ്പെക്റ്റേഷൻ വോക്കേഷൻ ചേർന്ന് സംഘടിപ്പിച്ച ഹെയർ ഡൊണേഷൻ ക്യാമ്പയിനിലാണ് മുഴുവൻ മുടിയും നൽകി

ബിസ്ബി മാതൃകയായത്. 24ന് സംഘടിപ്പിച്ച ക്യാമ്പയിനിൽ വിദ്യാർത്ഥിനികളും പൂർവ്വ വിദ്യാർത്ഥിനികളും അടക്കം നൂറോളം പേർ മുടി നൽകി. ക്രിസ്മസ് സമ്മാനമായി മുടി നൽകുകയാണ് ഓൺലൈനായി സംഘടിപ്പിച്ച പരിപാടിയുടെ ലക്ഷ്യം. ചുരുങ്ങിയത് 20 സെ.മീ മുടിയാണ് വിശ്വിന് വേണ്ടത്. എൻഎസ്എസ് വോളന്റിയർ കൂടിയായ ബിസ്ബി തലമുടി പൂർണ്ണമായും ഷേവ് ചെയ്ത് 30 സെ.മീ

മുടിയോളം നൽകി. ആദ്യം മുടി മുറിക്കാൻ ചെന്ന ബ്യൂട്ടി പാർലറുകാർ തലശേവ് ചെയ്ത് മുടി എടുക്കാൻ തയ്യാറായില്ല. പിന്നീട് ജന്റേസ് ബ്യൂട്ടിപാർലറിൽ പോയാണ് മുടി ഷേവ് ചെയ്തതെന്ന് ബിസ്ബി 'ദേശഭിമാനിയോട് പറഞ്ഞു.

മുടിമുഴുവൻ എക്സ്പെറ്റേഷൻ വോക്കേഷനിന് അയച്ചു നൽകി. ക്യാൻസർ രോഗികൾക്ക് സൗജന്യമായി വിഗ് നൽകുന്ന മിറക്കിൾ ചാരിറ്റബിൾ അസോസിയേഷന് ഇത് കൈമാറും. ഡിസംബർ 31 വരെ പരിപാടിയുടെ ഭാഗമാകാം. ഫോൺ: 9495340914. സിഎംഎസ് എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസേഴ്സ്, ഡോ. അരുൺ റിനു എബ്രഹാം, ഡോ. കെ ആർ അജീഷ്, ലിഡർമാരായ സിഖിൻ, ജോബിത, നവ്യ അശ്വത്ത് എന്നിരാണ് ക്യാമ്പയിന് നേതൃത്വം നൽകിയത്.

മുടിമുഴുവൻ നൽകി 'മൊട്ട' വിളി ബിസ്ബിക്ക് അഭിമാനം. കോട്ടയം സിഎംഎസ് കോളേജിലെ എൻഎസ്എസ് യൂണിറ്റും തൃശ്ശൂർ കേന്ദ്രമായ എക്സ്പെക്റ്റേഷൻ വോക്കേഷൻ ചേർന്ന് സംഘടിപ്പിച്ച ഹെയർ ഡൊണേഷൻ ക്യാമ്പയിനിലാണ് മുഴുവൻ മുടിയും നൽകി.



EXPECTATION WALKERS

1ST FLOOR, THACHAPPULLY COMPLEX, THELAPPILY JUNCTION PIN: 680712

PH - +91 9172284485 REG NO : KTM/TC/170/2019

WWW.EXPECATIONWALKERS.COM

Re: Appreciation Letter

To Whom it May Concern

This letter serves to extend our sincere appreciation and heartfelt gratitude to NSS Unit 11, CMS College (Autonomous), Kottayam.

It is a great pleasure to acknowledge NSS Unit 11 for being an extraordinary partner in our hair donation initiative, Project Make Zambet 2020-2021 from 10/12/2020 to 15/01/2021 with a total hair donation of 43.

In recognition of the outstanding service and assistance by NSS Unit 11 we would like to thank you for your work of excellence and hope that together we can continue to achieve greatness. May the Lord bless you.

Yours faithfully,

The Management Head
Rithika Lal Thayat
Nation In charge
Expectation Walkers India
KL/2020/0271046

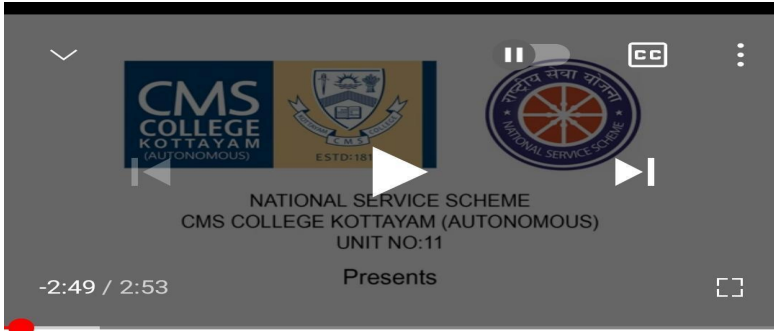
50.24th December 2020

Election Awareness Video
How to Enroll in Voters List.



YouTube Link: <https://youtu.be/bBXxKO8IG5E>

National Service Scheme Volunteers of CMS College Kottayam prepared a video in order to help new voters to get enrolled in Voter's List. This video clearly talks about the importance of voting. All the Helpline numbers are mentioned in the video. This Video is Prepared in Association with Election Section, Taluk Office Kottayam & Election Literacy Club, CMS College Kottayam. The video circulated widely all over Kerala and we were able to clarify the doubts of people regarding the enrollment procedures. And we also become a part in providing assistance for enrolling new voters into the list.



CMS COLLEGE KOTTAYAM

How to Enroll in Voter's List | Raise Your Voice | National Service Scheme | CMS...

884 views · 2 weeks ago

51.3rd January 2021

Webinar

സമൃദ്ധി

“Leafy Garden to Ensure Nutrition.”

NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT: II

“LEAFY GARDEN TO ENSURE NUTRITION”

സമൃദ്ധി

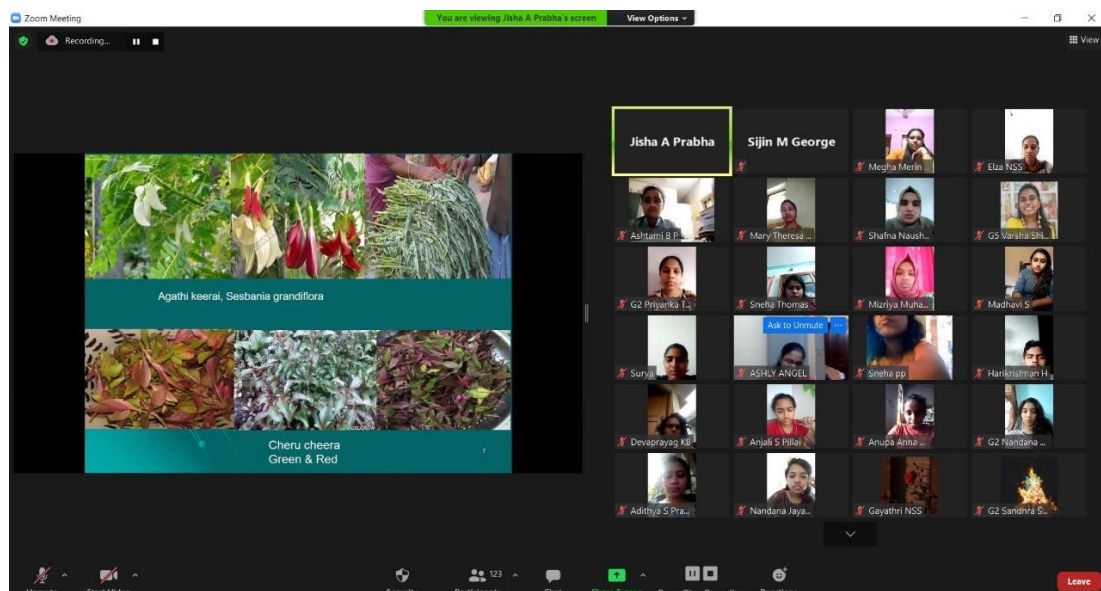
03 JAN
@4 PM

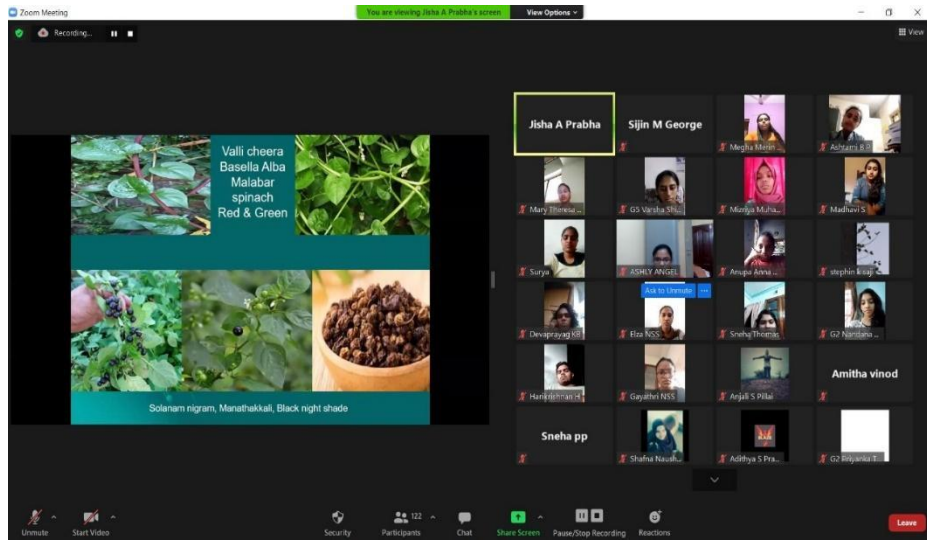
DR. JISHA A PRABHA
ASSISTANT PROFESSOR
ICAR- KRISHI VIGYAN KENDRA
KERALA AGRICULTURAL UNIVERSITY
KOTTAYAM, KUMARAKOM

ID: 835 1554 5810
PASSWORD: 904073

Green leafy vegetables are vital for growth and good health as they contain all important nutrients. It is essential for the development of a healthy community with good nutrition. In order to make people aware of the importance of leafy garden, NSS Unit CMS College organized a webinar on the topic 'Leafy garden to ensure nutrition' by Dr Jisha A Prabha, (Assistant Professor, ICAR Krishi Vigyan Kendra, Kerala Agricultural University, Kottayam, Kumarakom) on January 3rd at 4:00 PM as a part of the 'സമൃദ്ധി' project.

'സമൃദ്ധി' is a project organized by NSS Unit CMS college, in collaboration with the University of Agriculture, to bring people closer to agriculture by creating a friendly attitude towards it and to educate them on various levels of agriculture.





52.9th January 2021

Webinar

“ആദ്യം ആരോഗ്യം”

An Interactive Session on Healthy Lifestyle


 NATIONAL SERVICE SCHEME
 C.M.S COLLEGE KOTTAYAM (AUTONOMOUS)
 UNIT NO: 11

ആദ്യം ആരോഗ്യം

(AN INTERACTIVE SESSION ON HEALTHY LIFESTYLE)



Dr . Prasanth C.V

State Chairman, IMA Food Safety Initiative
 President, IMA Thiruvananthapuram
 RMO, Dept of Palliative Medicine, RCC
 Expert Member, Vimukthi Sub Committee, Govt of Kerala

JAN
10

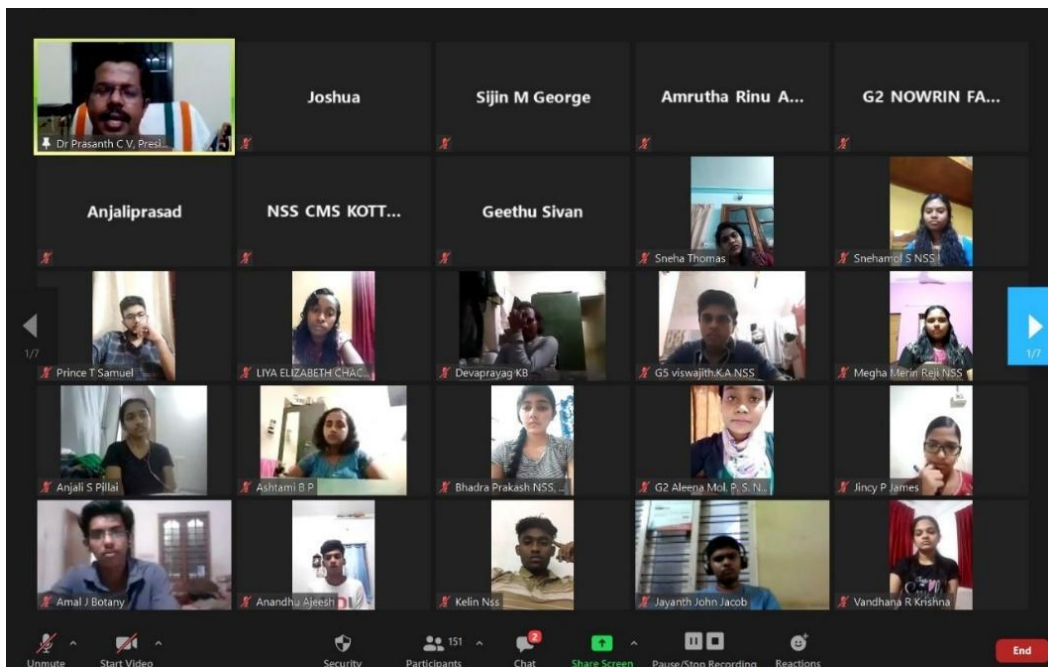
7:30 PM -
8:30 PM

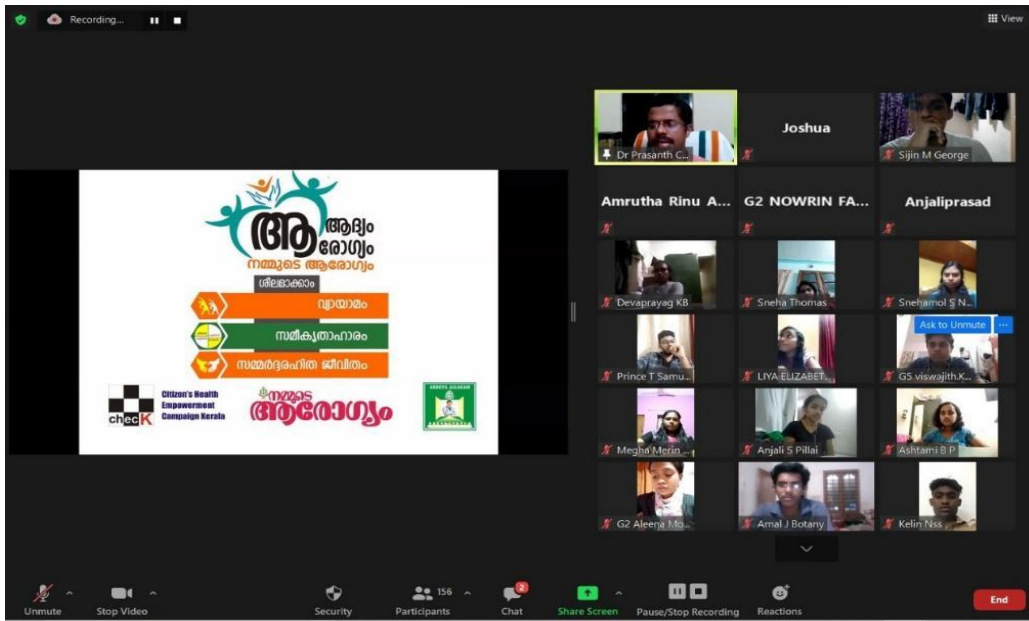


Meeting ID: 833 6728 0851
Passcode: 738185

Health is generally defined as the absence of diseases. But health is a means of complete daily life, not just for survival. It is a reality with emphasis on physical, social and personal factors. Maintaining a healthy lifestyle is a necessity to live a healthy, peaceful life in today's world. Physical fitness is not the sole basis of being health, being healthy means being mentally and emotionally fit.

In order to make people aware of the need of maintaining a healthy lifestyle, NSS Unit CMS College organized an interactive session called 'ആദ്യം ആരോഗ്യം' on January 9, 2021 at 7.30 pm. The session was taken by Dr Prasanth C V (State chairman, IMA Food Safety Initiative President, IMA Thiruvananthapuram RMO, Dept of Palliative medicine, RCC Expert member, Vimukthi subcommittee, Govt of Kerala). The session was really informative to the participants.





53.23rd January 2021

Celebration of Birth Anniversary of Netaji Subhash Chandra Bose.

Virtual Cycle Rally

Tribute Video



“Freedom is not given, it is Taken”

No Indian citizen can forget these words.

A hero who fought for the freedom of India, won the hearts of people, the enraged revolutionary, the brave patriot who fought to wipe out the British from India, Netaji Subhash Chandra Bose.

On the occasion of celebrating the 125th birth anniversary of Netaji, on January 23, 2021, NSS Unit CMS College, in his honor, organized a virtual cycle rally. Almost all the volunteers, cycled at least 200 meters from their homes in full compliance with the covid protocol.

In addition to the bicycle rally, NSS Unit CMS College created a tribute video to Netaji and uploaded it on the official YouTube channel of CMS College NSS Unit.

YouTube Link: <https://youtu.be/S32a6syG96Y>

23/01/2021

NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT NO : 11

VIRTUAL CYCLE RALLY

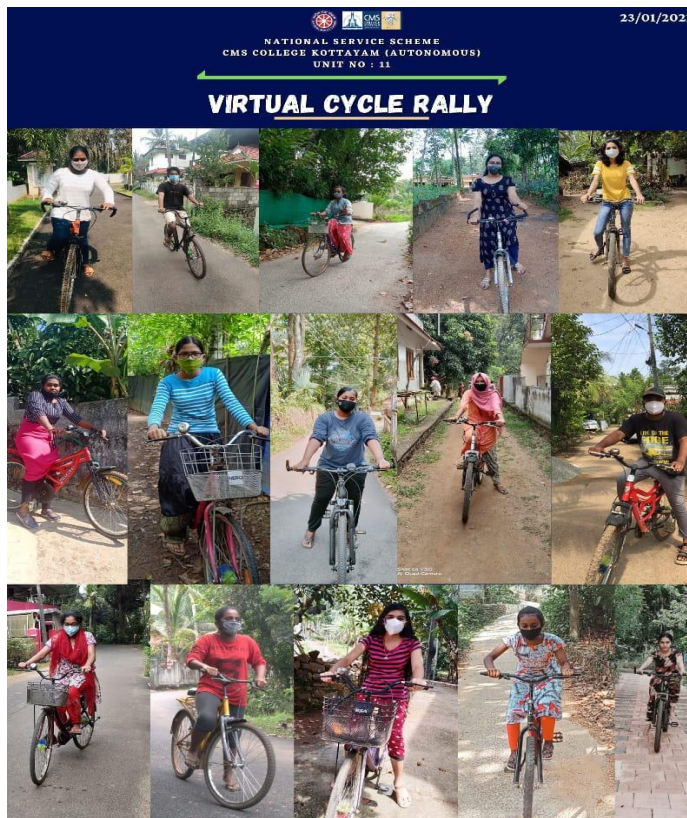


23/01/2021

NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT NO : 11

VIRTUAL CYCLE RALLY





54.25th January 2021

National Voters Day

All Kerala Speech Competition for College Students

The National Voter's day is celebrated in India on January 25 every year, to encourage young voters to take part in the political process. The theme for this year's National Voter's Day is "Making our Voters Empowered, Vigilant, Safe and Informed."

In order to mark the 11th National Voter's Day, on January 25th 2020 NSS Unit CMS College conducted an all Kerala Speech



competition for college students on the topic My Vote, My Voice to spread awareness about the importance of voting and participating in the electoral process. The winners of the competition were announced and were given E- certificates. Volunteers also participated in District Collector's message meeting on Voter's day

ALL KERALA
SPEECH COMPETITION
FOR COLLEGE STUDENTS

TOPIC
"MY VOTE MY VOICE"

Language: English / Malayalam

TIME LIMIT - MAXIMUM 2 MINUTES
LAST DATE OF SUBMISSION OF ENTRIES: 25/01/2021

FOR FURTHER QUERIES
NAVYA : 9856489771
SIJIN : 9495340914

SENT YOUR ENTRIES
JOBITHA : 9072276833
ASWANTH : 7306103440

NATIONAL SERVICE SCHEME & ELECTORAL LITERACY CLUB
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT 11

*National Voter's Day Special
Speech Competition*



St. Dominics College Kanjirapally

 NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT 11

55.26th January 2021

Republic Day



“We are Indians, Firstly and lastly”-B R Ambedkar

Republic day of India is celebrated on January 26 every year to mark the day when the Constitution of India came into effect. It is the day on which heart of every Indian fills with intense patriotism.

To mark the republic day this year, NSS Unit CMS College conducted a quiz competition for the students of CMS College Kottayam. E-certificates were given for all those who scored above 85% in the competition.



26/01/2021

REPUBLIC DAY QUIZ COMPETITION
AT 6:00 PM

REGISTRATION TILL 4:00 PM

FOR FURTHER QUERIES

ASWANTH : 7306103440	JOBITHA : 9072276833
SIJIN : 9495340914	NAVYA : 9656459771

E-CERTIFICATES WILL BE PROVIDED
FOR ALL WHO SCORES ABOVE 85%



NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT 11

56.30th January 2021

Martyrs Day



NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT NO : 11



**"Martyrs don't die, they continue to
live in our hearts as inspiration"**

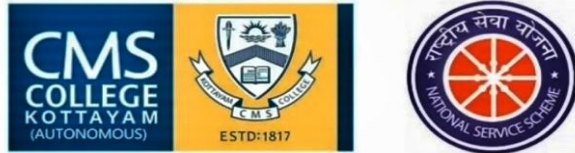
JANUARY 30
MARTYRS
DAY

“Let us all be brave enough to die the death of a martyr, but let no one lust for martyrdom.”-Gandhiji

Martyr’s day is observed every year on January 30 to mark the death anniversary of the father of nation Mohandas Karamchand Gandhi. It is a historic day, celebrated in remembrance of all martyrs who sacrificed their lives for the nation. On this day, NSS Unit CMS College Volunteers created a dance cover as a tribute to all martyrs who sacrificed their lives for the well-being of our nation.

Martyrs Day Dance Cover by National Service Scheme Volunteers of CMS College Kottayam (Autonomous) Remembering All Martyrs who sacrificed their lives for the well-being of the Nation.

<https://youtu.be/6tySyt0K2qc>



NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT NO:11

Presents

📍 CMS COLLEGE KOTTAYAM

Martyrs Day Dance Cover | National Service Scheme | CMS College Kottaya...

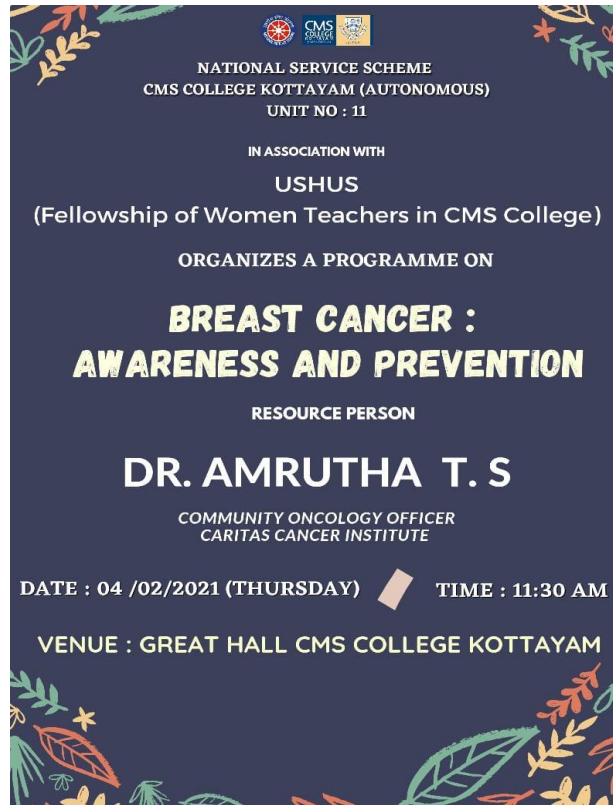


57.4th February 2021

World Cancer Day

BREAST CANCER: AWARENESS AND PREVENTION

Mini Medical Camp & Awareness Talk



World Cancer Day is observed to spread awareness, inspire change and reduce the global impact of cancer. The day is celebrated every year on 4th of February. The theme for World Cancer Day 2021 is 'I Am and I Will.' It is a multi-year campaign that began in 2019 and this year will mark the last year. The theme represents an empowering call-to-action urging personal commitment, it also represents the power of action taken now to have a positive impact on the future. The theme clearly focuses on “together all our actions matter”.

The NSS unit of CMS College Kottayam organised a program on “Breast Cancer: Awareness and Prevention”, an awareness class and mini medical camp in association with USHUS (Fellowship of Women Teachers in CMS College). College Principal Dr. Varghese C Joshua delivered the felicitation and appreciated us in taking such kind of initiatives. Our Resource person was Dr. Amrutha T.S, Community Oncology Officer Caritas Cancer Institute. Around 75 individuals including teacher and non-teaching staff of our college participated in the program and more than 20 among them went through the medical check-up as well. The aim behind this program to reduce misconceptions about cancer and to help people in getting the right information about it. These kind of initiatives helps to increase attention and support for the awareness, early detection and treatment as well as palliative care of this disease.



58.27th February 2021

ഒരു ദിനം ഒരു രൂപ പദ്ധതി

Inauguration



“One Day One Rupee Challenge” (ഒരു ദിനം ഒരു രൂപ പദ്ധതി) is a project started by the NSS unit of CMS College Kottayam with the objective of helping children with disabilities and their families who are facing financial difficulties. College Principal Dr. Varghese C Joshua inaugurated the project. Vice principal Dr. Mini Chacko, Bursar Rev. Fr. Jacob George and NSS Programme Officers addressed the gathering and delivered the felicitations. Kits were donated to families of ten differently abled students of ‘JYOTHIS SCHOOL FOR DIFFERENTLY ABLED’ as a part of the first phase of aid distribution. The given kits contained food items, clothes and some other necessary items to the families.



‘ഒരു ദിനം, ഒരു രൂപ’ പദ്ധതിയുമായി സിഎംഎസ് കോളജ് വിദ്യാർത്ഥികൾ

കോട്ടയം • ‘ഒരു ദിനം, ഒരു രൂപ’ പദ്ധതിയുമായി കോളജ് വിദ്യാർത്ഥികൾ. സാമ്പത്തിക ബുദ്ധിമുട്ടുകൾ അനുഭവിക്കുന്ന ഭിന്നശേഷിക്കാരായ കുട്ടികളെയും അവരുടെ കുടുംബങ്ങളെയും



സഹായിക്കുക എന്ന ലക്ഷ്യത്തോടെ സിഎംഎസ് കോളജിലെ നാഷണൽ സർവീസസ് കീം വൊളന്റിയർമാർ ആരംഭിച്ചതാണിത്.

കോളജ് പ്രിൻസിപ്പൽ ഡോ. വർഗീസ് ജോഷ്യാ പദ്ധതി ഉദ്ഘാ

ടനം ചെയ്തു. വൈസ് പ്രിൻസിപ്പൽ ഡോ. മിനി ചാക്കോ, ബർസാർ റവ. ജേക്കബ് ജോർജ്ജ്, എൻഎസ് എസ് പ്രോഗ്രാം ഓഫീസർ ഡോ. കെ. ആർ. അജീഷ്, വിദ്യാർത്ഥികളായ സിജിൻ എം. ജോർജ്ജ്,

അശ്വത് രാജ് എന്നിവർ പ്രസംഗിച്ചു.

ഒന്നാംഘട്ട സഹായവിതരണത്തിന്റെ ഭാഗമായി ജ്യോതിസ്സ് സ്കൂളിലെ ഭിന്നശേഷിക്കാരായ 10 കുട്ടികളുടെ കുടുംബങ്ങൾക്ക് ‘സ്നേഹക്കിറ്റ്’ സമ്മാനിച്ചു.

59.28th February 2021

“ഒരു ദിനം ഒരു രൂപ” Project

KIT DISTRIBUTION

NSS Unit CMS College Kottayam donated kits containing food items, clothes and some other daily necessary items to the families of ten differently abled students of ‘**JYOTHIS SCHOOL FOR DIFFERENTLY ABLED**’ as a part of the “One Day One Rupee” Challenge initiated by the Unit.



കോട്ടയം CMS കോളേജിലെ എൻ എസ് എസ് യൂണിറ്റിന്റെ ഒരു ദിനം ഒരു രൂപ പദ്ധതിയുടെ ഭാഗമായി 'JYOTHIS SCHOOL FOR DIFFERENTLY ABLED' എന്ന സ്ഥാപനത്തിലെ പത്ത് ദിനശേഷിക്കാരായ വിദ്യാർത്ഥികളുടെ കുടുംബങ്ങൾക്ക് ഭക്ഷ്യധാന്യങ്ങളും നിത്യോപയോഗ സാധനങ്ങളും വസ്തുക്കളും അടങ്ങിയ കിറ്റ് സമ്മാനിച്ചു



60.8 March 2021

Inter Collegiate Poetry competition
In association with International Women's Day
Celebration.

The International Women's day is observed on March 8 every year to uphold women's achievements, recognize challenges, and to focus greater attention on women's rights and gender equality.

On 8 March 2021, NSS Unit CMS College conducted a **Poetry competition on the topic എന്റെ കണ്ടുനിലെ സ്ത്രീ നൊമ്പരങ്ങൾ for men on the occasion of International Women's Day.** College level students had the opportunity to participate. It was a great opportunity for the students to express their views and attitudes about the lives of women in the current scenario.





National Service Scheme
CMS College Kottayam (Autonomous)
UNIT: 11

presents,
Inter Collegiate
Poetry Competition

In association with "International Women's Day!"

Topic;
 'മറഞ്ഞ കുഞ്ഞുങ്ങളുടെ
 സ്ത്രീ സാക്ഷാത്കാരം'

Instructions:

- * The participants of The Competition Should be Boys
- * Last Date For Submission of Entries will be on 20/03/2021
- * Entries can be either in English or in Malayalam.
- * The Entries should be strictly based on The Theme.
- * Plagiarism will not be entertained.
- * The entries should be original and should not be published anywhere else.
- * Best Poems will be Selected and will be published as an E-Magazine by NSS Unit of CMS College Kottayam.
- * Valuation will be done by Experts and the decision of the judges will be FINAL.
- * There will be Exciting Prizes for candidates securing the First, Second and Third position.

Send your Entries to ;
 nss@cmscollege.ac.in



for further queries

* Navya Suresh +91 96564 59771	* Jobitha Jacob +91 90722 76853
* Aswanth Raj TN +91 73061 05440	* Sijin M George +91 9495540914

61.18 March 2021

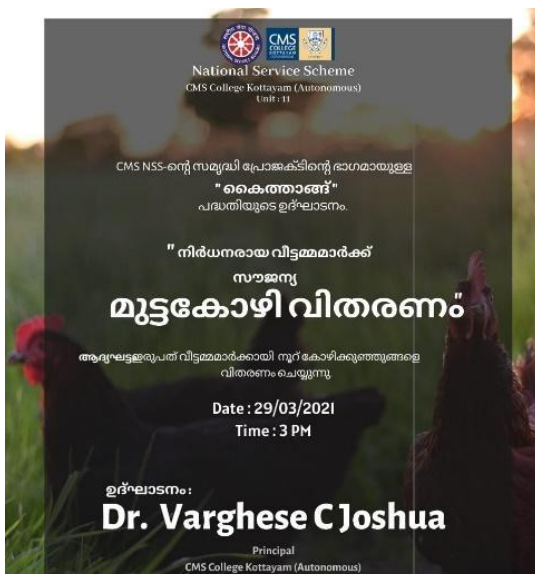
കിളികടം project



On 18th March 2021, the കിളികുടം project was inaugurated in CMS College in association with NSS Unit CMS College, Birds club International Kottayam and Environment club. The main aim of the project was to ensure that birds get water even during this hot summer. The water is stored in mud pots attached to the trees in college. The program was inaugurated by Jayaraj, film director and founder of Club International.

62.20 March 2021

കൈത്താങ്ങു - മുട്ടുകോഴി വിതരണം



On 20 March 2021, at 3 pm the inauguration of കൈത്താങ്ങു project was done by the Principal of CMS College Kottayam, Dr Varghese C Joshua as a part of Samrudhi Project (‘സമൃദ്ധി’) by National Service Scheme of CMS College Kottayam .

‘സമൃദ്ധി’ is a project organized by NSS Unit CMS college, in collaboration with the University of Agriculture, to bring people closer to agriculture by creating a friendly attitude towards it and to educate them on various levels of agriculture.

The main objective of the scheme was to distribute chickens to poor and needy housewives. In the first phase, one hundred chicks were distributed to twenty housewives. The Two months old **Gramasree** chicks were distributed. The main purpose of the project was to provide a way for the poor housewives in the society to earn an income of their own.



മുട്ടക്കോഴികളെ വിതരണം ചെയ്തു

കോട്ടയം

സിഎംസ് കോളേജിലെ നാഷണൽ സർവീസ് സ്കീമിന്റെ കൈത്താങ്ങു പദ്ധതിയുടെ ഭാഗമായി മുട്ടക്കോഴികളെ വിതരണം ചെയ്തു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. വർഗീസ് സി ജോഷ്യാ പദ്ധതി ഉദ്ഘാടനം ചെയ്തു. എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസേഴ്സായ ഡോ. അജീഷ് കെ ആർ, ഡോ. അമൃത റിനു അബ്രഹാം എന്നിവർ സംഘടിപ്പിച്ചു.

63.30 March 2021

Mini Blood Donation Camp.

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.

On 30 March 2021, blood donation camp was organized by NSS Unit CMS College Kottayam in association with Kottayam District Hospital. The camp was conducted with all security measures in the face of the Covid pandemic. More than 30 willing donors registered for the donation and about 15 students, including NSS volunteers and other college students, participated in the blood donation. There was an overwhelming response from the donors.



64.31st March 2021

CHILD CARE PROJECT

‘Child Care’ is a project started under the leadership of NSS unit of CMS College to help the needy and poor children. The aim of the project is to provide medical assistance to children, distribute essential items, provide learning materials etc.

As part of the first phase of the project, 100 towels were donated to new born babies at the Medical College Children’s Hospital on 31st March 2021. These towels will be provided free of cost to the new born babies of the poor parents who come to INSTITUTE OF CHILD HEALTH.



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സിഎംഎസ് കോളജിൽ 'ചൈൽഡ് കെയർ' പദ്ധതി

കോട്ടയം • നിർധനരായ കുഞ്ഞുങ്ങളെ സഹായിക്കുന്നതിനായി സിഎംഎസ് കോളജിലെ നാഷനൽ സർവീസ് സ്കീമിന്റെ നേതൃത്വത്തിൽ ചൈൽഡ് കെയർ പദ്ധതി ആരംഭിച്ചു. കുട്ടികൾക്ക് ചികിത്സാ സഹായങ്ങൾ നൽകുക, അവശ്യ സാധനങ്ങളുടെ വിതരണം നടത്തുക, പഠനോപകരണങ്ങൾ നൽകുക എന്നിവയാണ് പദ്ധതിയുടെ ലക്ഷ്യം. പദ്ധതിയുടെ ആദ്യ ഘട്ടമായി മെഡിക്കൽ കോളജിലെ കുട്ടികളുടെ ആശുപത്രിയിൽ നവജാത ശിശുക്കൾക്ക് 100 കിടക്കവിരികൾ സംഭാവന ചെയ്തു.

ഓട്ടിസം സെന്ററിൽ ചികിത്സയ്ക്കായി വരുന്ന കുട്ടികൾക്ക് പഠനോപകരണങ്ങളും വാങ്ങിനൽകി. എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. കെ.ആർ. അജീഷ്, ഡോ. അമൃത റീനു ഏബ്രഹാം, സ്റ്റുഡന്റ് ലീഡർ അശ്വത്ത് രാജ് എന്നിവർ നേതൃത്വം നൽകി

65.31st March 2021

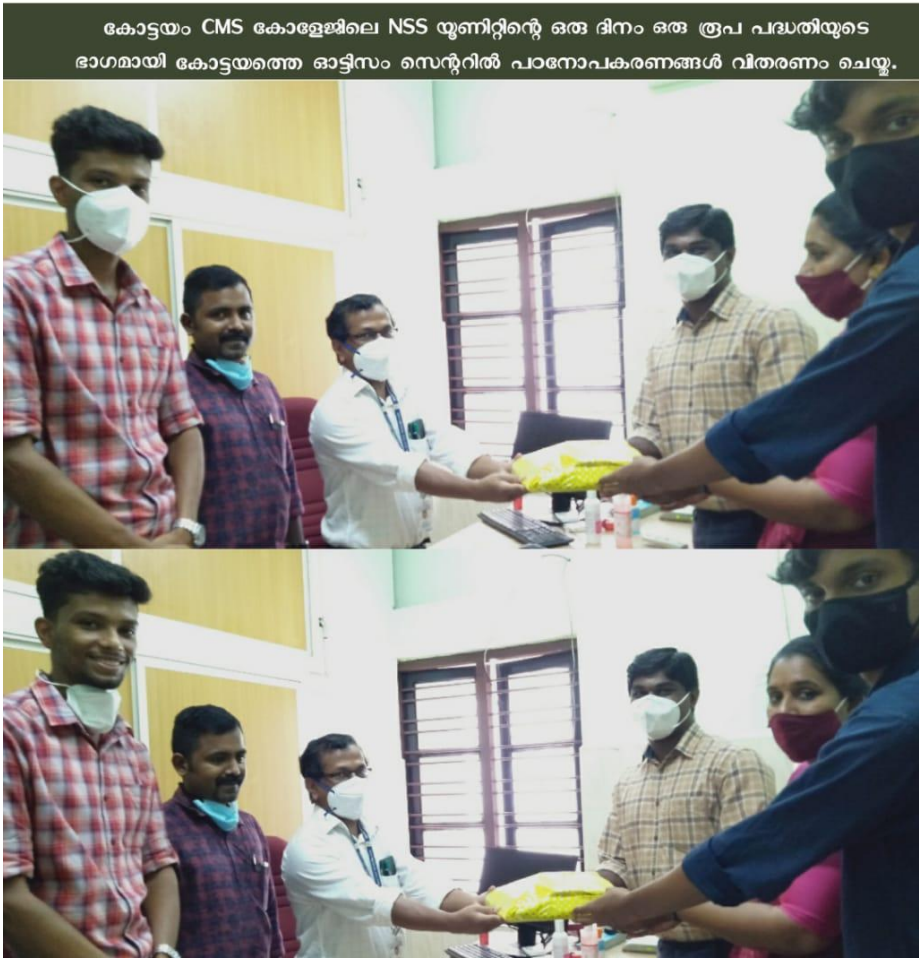
ഒരു ദിനം ഒരു രൂപ Project
Study Material Distribution.

Special study materials were distributed to differently abled students at the Kottayam Autism Centre as part of the ഒരു ദിനം ഒരു രൂപ scheme of NSS Unit CMS college.



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66. Activities under SVEEP

25 March 2021 – 31 March 2021



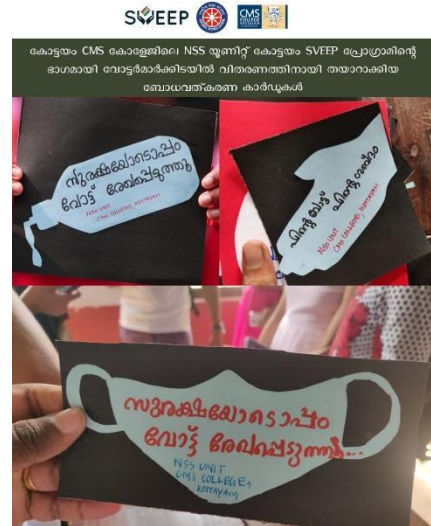
Systematic Voters' Education and Electoral Participation program, better known as SVEEP, is the flagship program of the Election Commission of India for voter education, spreading voter awareness and promoting voter literacy in India. The primary aim of SVEEP is to construct a strong participative democracy by making people aware of the need of an active involvement in voting.

In collaboration with SVEEP, NSS unit of CMS college organized several programs in order to increase the polling rate in Kottayam district. The awareness programs were mainly held at public places including Nagampadom bus stand, Thirunakkara bus stand, KSRTC bus stand, Baker Junction and also in Karil Colony. All these activities strictly followed green protocol and covid protocol.

25th March 2021

AWARENESS PROGRAM AT KUMARAKOM

On 25th March 2021, NSS unit of CMS College, Kottayam organised awareness programs at Kumarakom Junction. The volunteers went along with 'vote vandi' and briefly explained the working of voting machine by exhibiting the model of Electoral Voting Machine. Volunteers distributed brochures and cards prepared by NSS volunteers. A quiz program was conducted and masks were gifted. Participants co-operated well with NSS volunteers and these programs had a huge impact among voters. The Programme Officers, Dr.Ajish K.R and Dr.Amrutha Rinu Abraham led the program. They gave instructions to the volunteers and interacted with people.





67.26th March 2021

AWARENESS PROGRAM AT KOTTAYAM

On 26th March 2021, in order to aware people about the importance of voting, NSS unit of CMS College, Kottayam conducted several programs at Kottayam Town. Volunteers explained the working of EVM using a model of voting machine made by volunteers in shops at Baker junction. Brochures were distributed at Nagambadom bus stand and College Junction. Cards prepared by NSS volunteers were given to people at Thirunnakara bus stand and KSRTC bus stand. Volunteers also made passengers

conscious about the need of voting by conducting a quiz program at different bus stands.





68.27th March 2021

BIKE RALLY

Volunteers of NSS unit of CMS College, Kottayam (Autonomous) in collaboration with SVEEP organized a 'BIKE RALLY' at 1q 3.00 pm on 27th March 2021. District Collector Smt. M.Anjana IAS flagged off the event at Collectorate. The bike rally started from Collectorate and came to an end by 5.00 pm at Nagambadom stadium. There were a total of 8 bikes and 16 volunteers. They took an oath regarding voting, proclaimed that everyone will vote and will participate actively in voting process. The programme officer, Dr.Amrutha Rinu Abraham gave instructions to the volunteers. People representing different sections of society like

LGBTQ community, differently-abled people and also volunteers shared their views and thoughts on voting and the need of participation in election on the white board placed there.



69.28th March 2021

POSTER PASTING

On 28th March 2021, NSS volunteers of CMS College Kottayam (Autonomous) pasted posters on walls of KSRTC bus stand, Thirunnakara bus stand, College Junction, Baker Junction, Gandhi Square and almost all the parts of the Kottayam Town. The main focus of the program was to encourage the voters for polling and to participate in the decision-making process of democracy. The posters included instructions and safety measures to be followed while voting in the face of Covid-19 pandemic. We also shared

information regarding the required documents to be taken for voting.





70.29th March 2021

VOTE TREE

On 29th March 2021, volunteers of NSS unit of CMS College, Kottayan (Autonomous) prepared an extremely creative and informative vote-tree to attract people and to aware them of their responsibility in the participation and decision-making process of democracy. The vote tree consists of various quotes and thoughts on the importance of voting and it was placed at collectorate. This program gained a lot of appreciation and acceptance.



71.30th March 2021

AWARENESS PROGRAMME AT ADOPTED VILLAGE

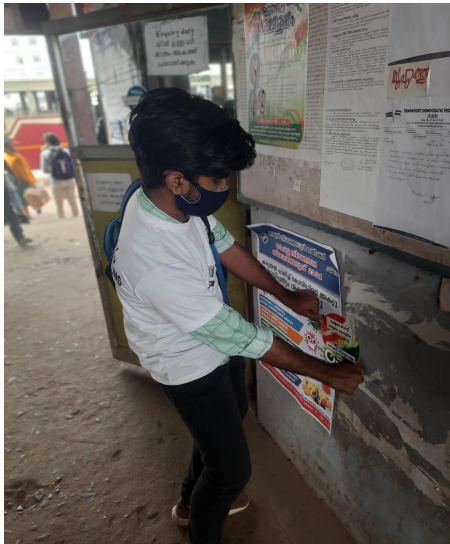
On 30th March 2021, volunteers of NSS unit of CMS College, Kottayam (Autonomous) organized awareness programs at adopted village, Karil Colony. Volunteers distributed brochures, masks and t-shirts in and around houses in Karil Colony, Kumarakom. The cooperation of villagers was appreciable. The volunteers interacted with people belonging to every class in Kumarakom including fishermen, auto drivers, homemakers, union trade workers, store keepers, aged people, about their views on the necessity of election.



72.31st March 2021

POSTER PASTING ON BUSES

On 31st March 2021, NSS volunteers of CMS College, Kottayam pasted posters on walls of KSRTC bus stand and buses. The main aim of the program was to make people aware and encourage for polling and to participate in the decision-making process of democracy. The program was a huge success and was well accepted among the voters.





73.31st March 2021

ELECTION AWARENESS VIDEO

When we convert the idea we want to share into short videos, it goes deeper into people and fulfilled its purpose to the maximum.

On 31 March 2021, NSS Unit CMS College Kottayam, released a short video for spreading election awareness and the importance of active involvement in the decision-making process. The video was uploaded through the official YouTube channel, NATIONAL SERVICE SCHEME CMS COLLEGE KOTTAYAM. The program gained a lot of attention on social media and achieved the aim of encouraging the eligible citizens to vote and to build a stronger democracy through greater participation. The Programme Officers Dr. Amrutha Rinu Abraham and Dr. Ajish KR supervised this project second year volunteer Anirudh B directed this short awareness video.

YouTube

Link:

<https://www.youtube.com/watch?v=QgbSm-sK3ZE&feature=youtu.be>



വോട്ട് ചെയ്യൂ. നാടിന്റെ നന്മയ്ക്കായി

In association with

SWEEP
KOTTAYAM

74.31th March 2021

ELECTION AWARENESS SONG

Music has a massive impact on the lives of people. It is almost everywhere we go. Music is also an easy way to seek attention and also to create awareness among people. The NSS Unit of CMS College Kottayam in association with Electoral Literacy Club of CMS College Kottayam and SVEEP Kottayam released a Malayalam lyrical video song named 'Ellarum Pokanam' on 31-03-2021. The video was released through the official YouTube channel, NATIONAL SERVICE SCHEME CMS COLLEGE KOTTAYAM. This video got a huge appreciation from the public, especially from youngsters. The song was made in the tune of an old Malayalam hit song "Ellarum Chollanu". The video gone viral and got many positive responses from the public.

YouTube Link: <https://www.youtube.com/watch?v=gmIVWgGIpMM>

Electoral Literacy Club
&



NSS Unit, CMS College Kottaym (Autonomous)

എല്ലാരും പോകണം
എല്ലാരും പോകണം

ഈ വട്ടം
വോട്ട് ചെയ്യാൻ

75.31th March 2021

**AWARENESS POSTERS SHARING AT AUTO RIKSHAWS
IN KOTTAYAM TOWN**

Auto Rikshaws are known as the vehicles of commoners. So, sharing awareness posters in rikshaws can create greater impact among common people. The National Service Scheme of CMS College Kottayam pasted posters in auto rikshaws in Kottayam Town. The Auto Rikshaw drivers were cooperative. The posters were also fixed at several Auto Rikshaw stands in Kottayam. This made a huge impact among the common people.



76.31 March 2021

BRIDGE PROJECT
ONE TIME SCHOLARSHIP

As part of the BRIDGE project of NSS Unit CMS College Kottayam, one time scholarship amount of 1500 was handed over to 8 students of Olassa Government H S for blind school. The program was organized in association with the ആർദ്രത fellowship.



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77.

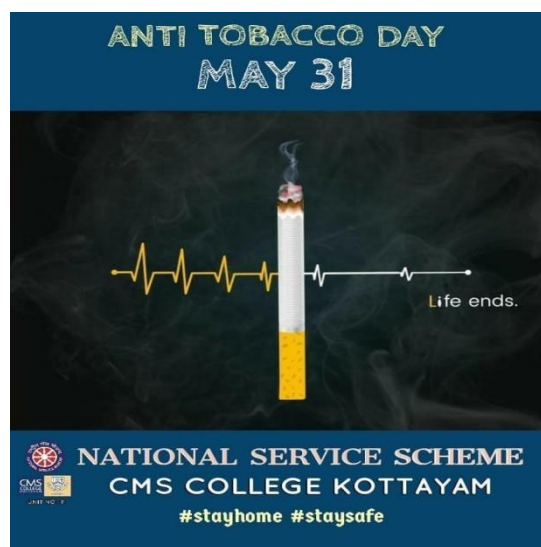
**OBSERVANCE OF IMPORTANT DAYS AND EVENTS BY
THE MEANS OF CREATING POSTERS AND SPREADING
THEM THROUGH SOCIAL MEDIA PLATFORMS.**

1. 31st May 2020

World No Tobacco Day

*‘Replacing the smoke on your face with a smile today will
replace illness in your life with happiness tomorrow.’*

31st May is observed as World No Tobacco Day all across the world. This day’s major concern is to promote awareness of the severe impacts that Tobacco has on humans and to discourage the use of tobacco products. It also sheds light on the fact that passive smoke too can be equally harmful. The World Health Organization introduced this day to spread awareness internationally about the risks caused due to tobacco usage. The Theme for World No Tobacco Day 2020 is “Protecting youth from industry manipulation and preventing them from tobacco and nicotine use.



In order to mark World No Tobacco Day and to make public aware on the danger of using tobacco, the NSS unit of CMS College uploaded an awareness poster on various social media platforms also to encourage people in our society to claim their right to health and to safeguard emerging future generations.

2. 21st June 2020

Father's Day

“I cannot think of any need in childhood as strong as the need for a father's protection.”

Sigmund Freud

Father's Day is celebrated for honouring fatherhood and parental bonds. On this day, we the volunteers of NSS unit CMS College expressed our gratitude and honour to fathers and father figures for their love, sacrifice, and commitment towards the family. To mark this day we prepared a poster to convey our respect and gratitude towards all father figures.



NATIONAL SERVICE SCHEME
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3. 26th June 2020

International Day Against Drug Abuse and Illicit Trafficking

“Drugs take you to hell, disguised as heaven.”

Donald Lynn Frost

International Day Against Drug Abuse and Illicit Trafficking is observed as a day against drug abuse and the illegal drug trade. This year’s theme for the day is “Better Knowledge for Better Care.” The day articulates the need to promote the understanding of the world drug problem and how in turn, better knowledge will facilitate to resolve the problem. The NSS unit of CMS college prepared a poster and used social media platforms to spread the awareness message among the students



and the public to eradicate drug abuse.

4. 1st July 2020

National Doctors' Day

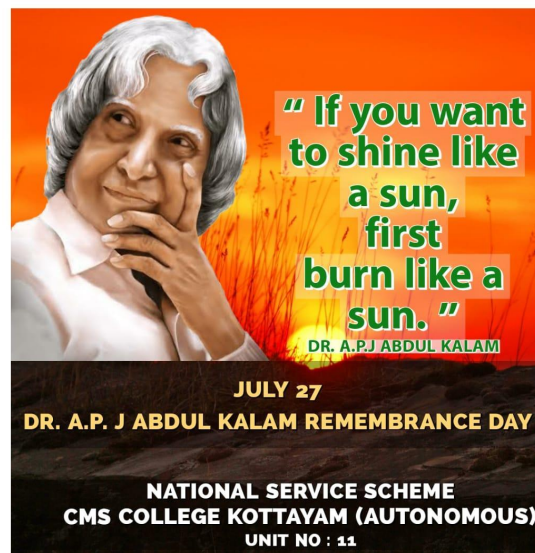
Every year, July 1st is observed as National Doctors Day. It is a day celebrated to recognise the contribution of doctors to individuals and communities. As Carl Jung said, “medicines cure the disease but only doctors can cure patients.” Therefore, in order to celebrate National Doctors Day, the NSS unit of CMS College uploaded a post on social media to show immense respect to all the doctors.



5. 27th July 2020

APJ Abdul Kalam Remembrance Day.

July 27 marks the death anniversary of India's missile man, Dr. APJ Abdul Kalam. Born as Avul Pakir Jainulabdeen Abdul Kalam, he was India's 11th President and was an aerospace scientist. Dr. Kalam lost his life while delivering a lecture at the Indian Institute of Management Shillong. Dr. Kalam was referred to as 'People's President'. In order to remember the great personality and as an honour, our unit had prepared posters and uploaded them on social media platforms.



6. 28th July 2020

World Nature Conservation Day

“Earth provide enough to satisfy every man's need, but not every man's greed.”

Mahatma Gandhi

World Nature Conservation Day is observed annually on July 28 to remind us about the importance of nature and need to protect it. In order

to mark this day Our unit uploaded posters on social media to spread awareness about the best practices to protect the natural resources and to highlight the importance of practicing sustainable living with the mindful use of natural resources.



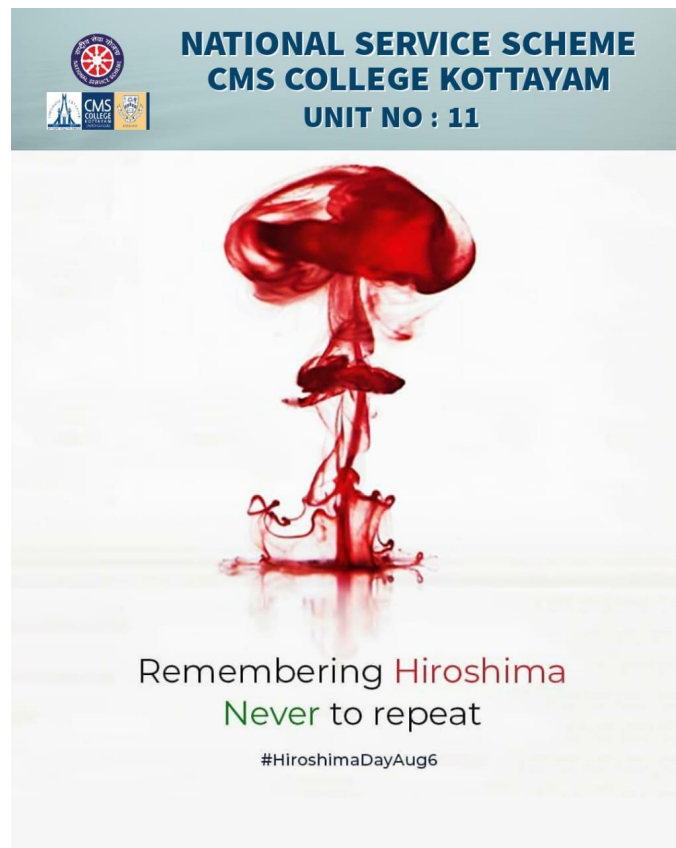
7. 6th August 2020

Remembering Hiroshima Day

**“Nuclear weapons offer us nothing but a balance of
terror, and a balance of terror is still terror.”**

On August 6 every year, Hiroshima Day is observed. This is a day of remembrance of the first atomic bombing of the world by the United

States in the city of Hiroshima. It is not a day of celebration but a day of remembrance. There are several events organized to remember the nuclear on Hiroshima as well as Nagasaki. To mark the day NSS unit of CMS College uploaded Hiroshima day posters on social media.



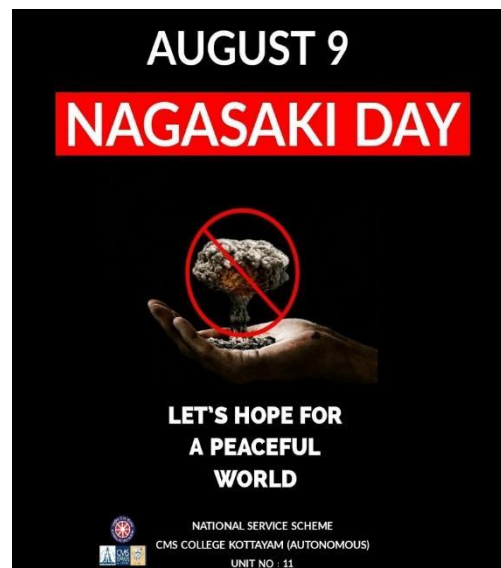
8. 9th August 2020

Remembering Nagasaki Day.

2020 marks the 75th anniversary of the detonation of nuclear bombs during World War II in Hiroshima (August 6) and Nagasaki (August 9). There are official commemoration ceremonies in

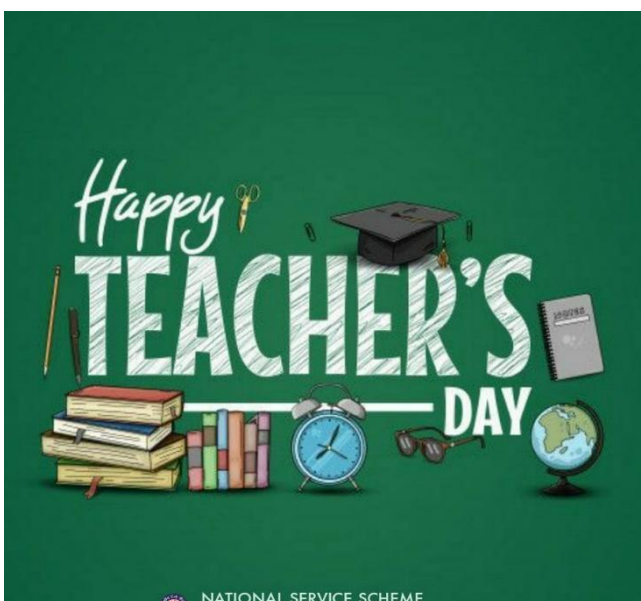
Hiroshima and Nagasaki organised by these cities, as well as actions and events organised by civil society in Japan and around the world. The day is observed to promote peace politics against the war.

To mark this day NSS unit of CMS College uploaded posters on Nagasaki day to create awareness about the threats of using nuclear weapons and the effect of nuclear energy on the public. Also shared a message which talks about the negative impacts of war.



9. 5th September 2020

Teachers Day



"If a country is to be corruption free and become a nation of beautiful minds, I strongly feel there are three key societal members who can make a difference. They are the father, the mother and the teacher."

Dr. APJ Abdul Kalam.

In India, 5th September is celebrated as **Teachers' Day** as a mark of tribute to the contribution made by teachers to society. 5th September is the birth anniversary of a great teacher **Dr. Sarvepalli Radhakrishnan**, who was a staunch believer of education and was a well-known diplomat, scholar, the President of India, and above all, a teacher. To mark this day and to express our immense respect towards teachers NSS unit, CMS College uploaded Teachers Day greeting posters on social media platforms.

10.8th September 2020

International Literacy Day.

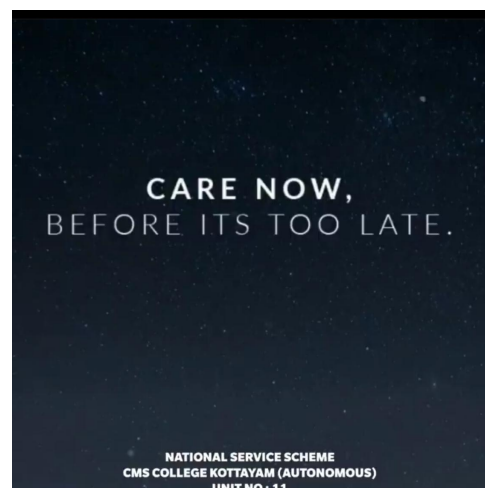
International Literacy Day 2020 focuses on “Literacy teaching and learning in the COVID-19 crisis and beyond,” especially on the role of educators. The theme highlights literacy learning in a lifelong learning perspective, and therefore, mainly focuses on youth and adults. To mark this day our unit uploaded posters on social media.



11.16th September 2020

World Ozone Day

This year, we celebrate 35 years of global ozone layer protection. The slogan of the day, “Ozone for life”, reminds us that ozone is crucial for our life on Earth and we must continue to protect the ozone layer for our future generations also. In order to mark the day and to make people aware on the importance of this day Our unit took an initiative to prepare awareness video and posters and we also spread them through social media platforms.



12.21st September 2020

International Day for Peace and Non-violence

Each year the International Day of Peace is observed around the world on 21 September. The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire. The Theme for this year is Shaping Peace Together.



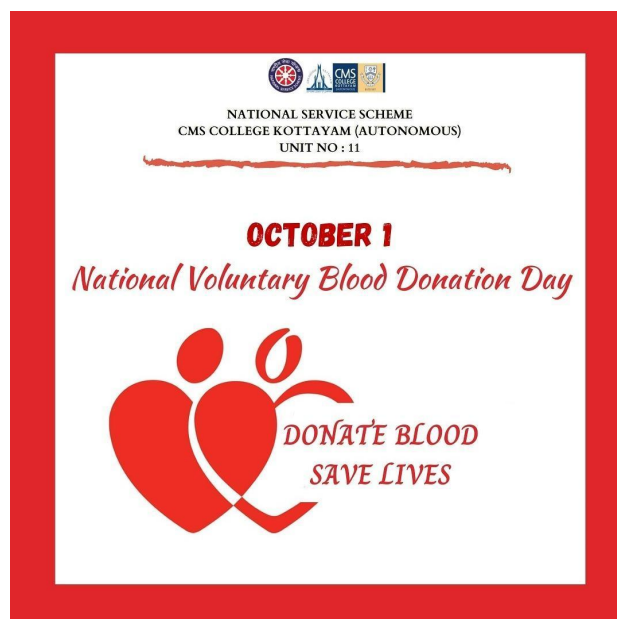
13.1st October 2020

National Voluntary Blood Donation Day

“Bring a life back to power. Make blood donation your responsibility.”

Blood donation, a noble and selfless act. A single blood donation can save up to 3 lives. But a lot of people are hesitant about donating blood due to various reasons.

On 1 October every year, National voluntary blood donation day is observed in India since 1975 to encourage healthy people to donate blood voluntarily to meet the needs of the people. In order to mark this day NSS Unit CMS College Kottayam made a poster to create awareness among public about the purpose of blood donation especially in the time of this pandemic. and posted it on various social media.



14.5th October 2020

International Teachers Day.



OCTOBER 5

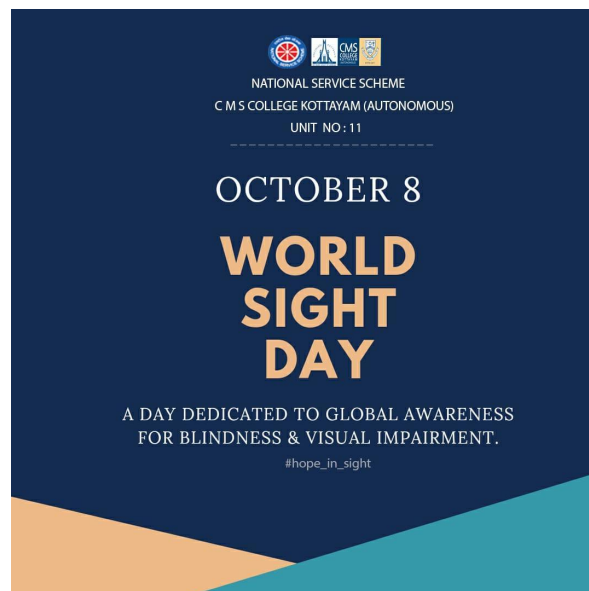


*Thank you, dear teacher!
It is always so difficult to say in words the astonishingly kind
support and inspiration that you give us. You deserve the
greatest award on earth for the amazing support you bless our
lives with.*

HAPPY TEACHER'S DAY

15.8th October 2020

World Sight Day



16. 8th October 2020

Indian Airforce Day



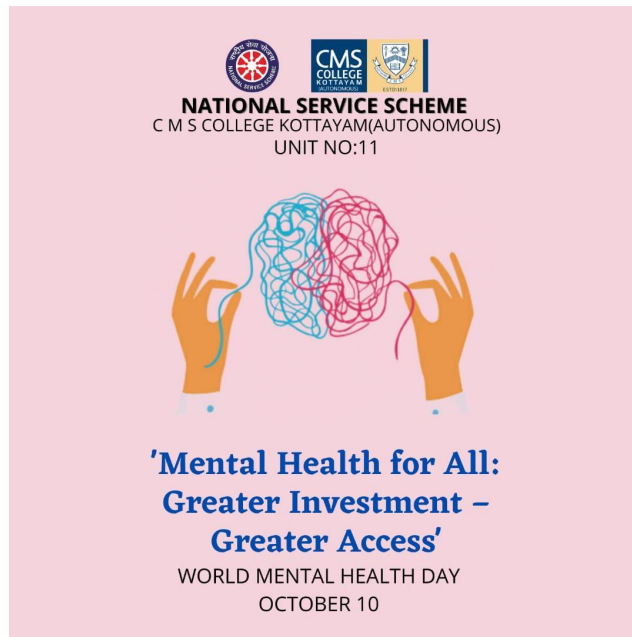
17.9th October 2020

World Post Day



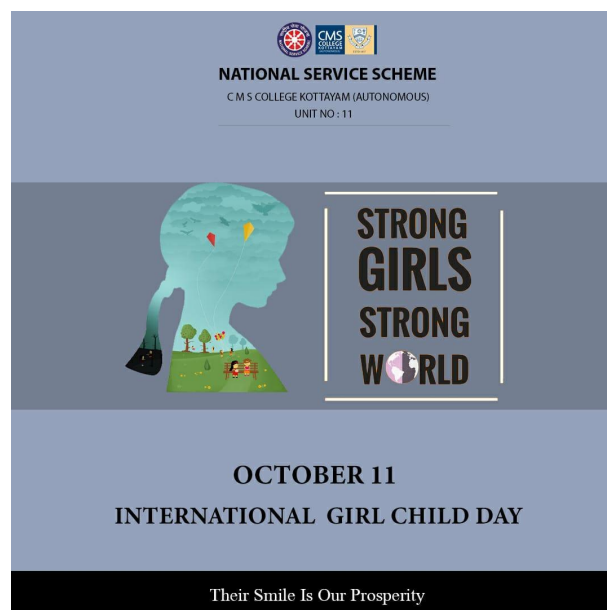
18.10th October 2020

World Mental Health Day



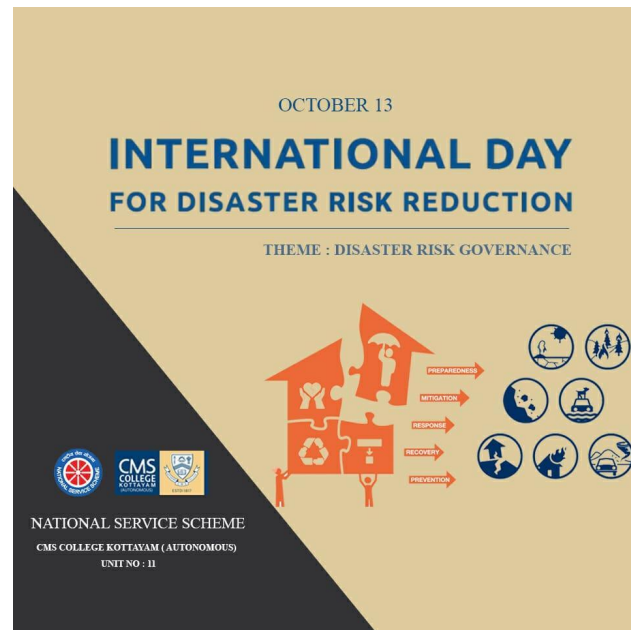
19.11th October 2020

International Girl Child Day.



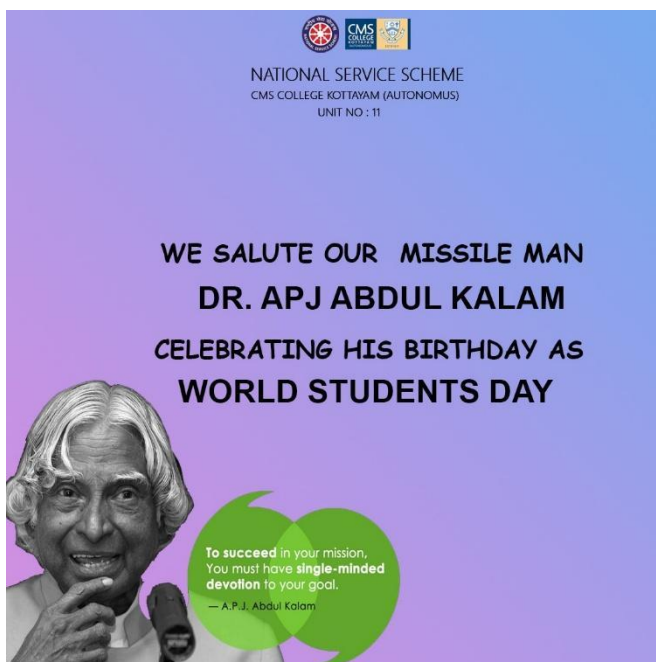
20.13th October 2020

International Day for Disaster Risk Reduction.



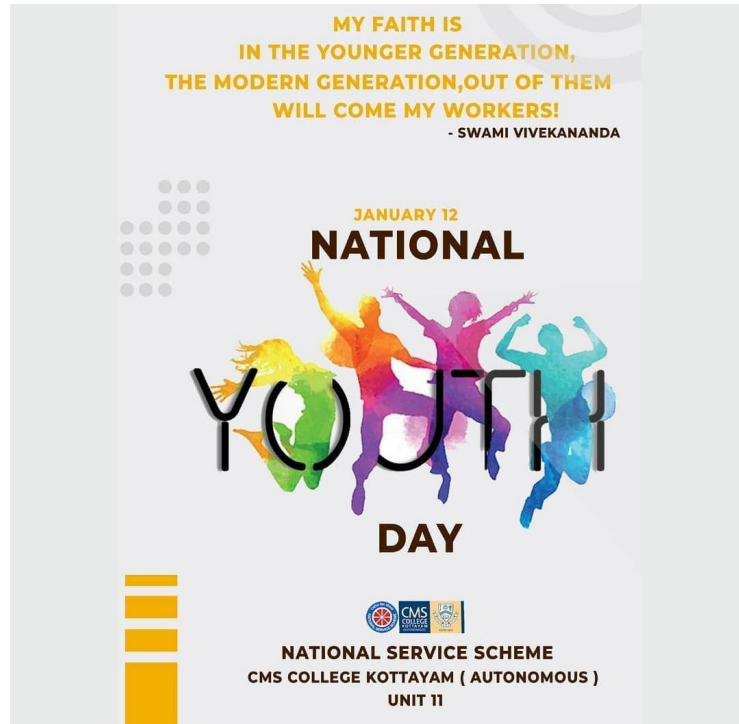
21.15th October 2020

World Students Day



22.12th January 2020

National Youth Day



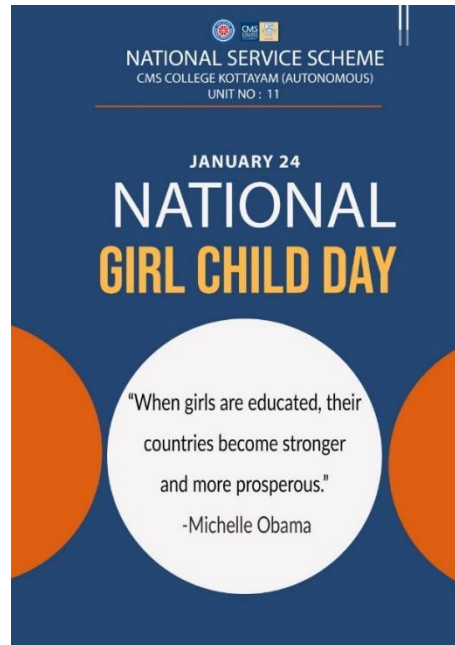
23.15th January 2021

Indian Army Day



24.24th January 2020

National Girl Child Day



25.31st January 2021

Pulse Polio Immunisation Awareness Poster



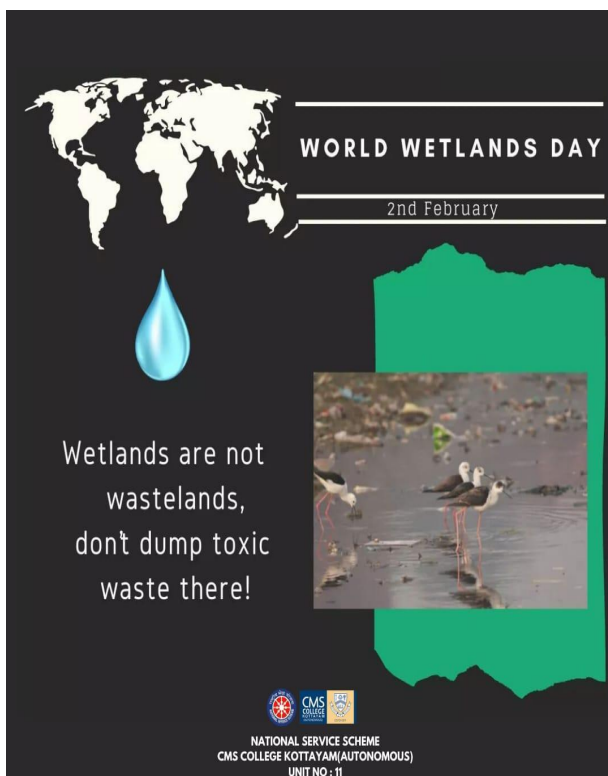
26.1st February 2021

REMEMBERING DAY OF KALPANA CHAWLA.

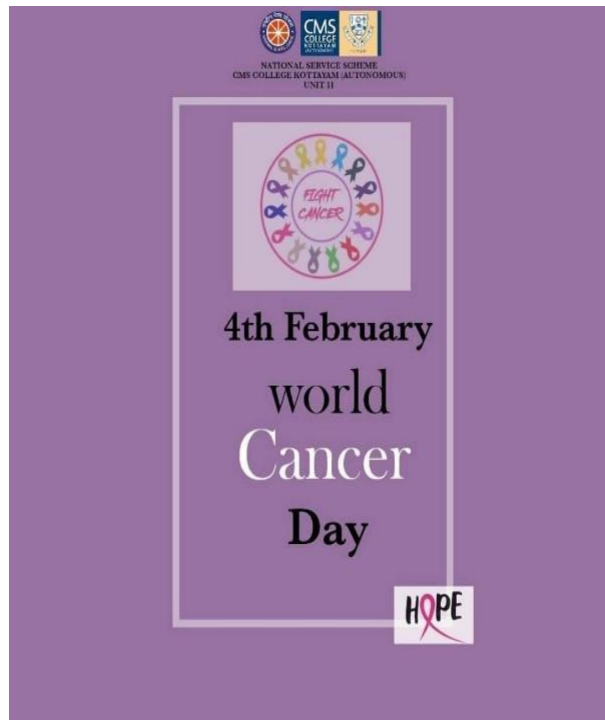


NATIONAL SERVICE SCHEME
CMS COLLEGE KOTTAYAM (AUTONOMOUS)
UNIT II

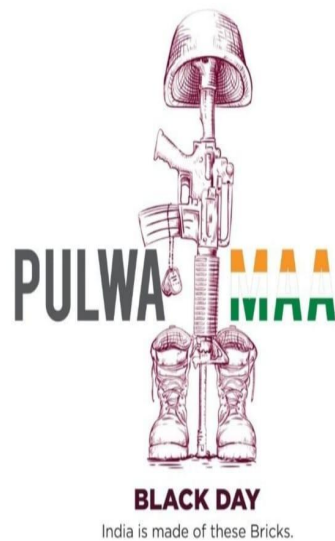
27.2nd February 2021 – **WORLD WETLAND DAY**



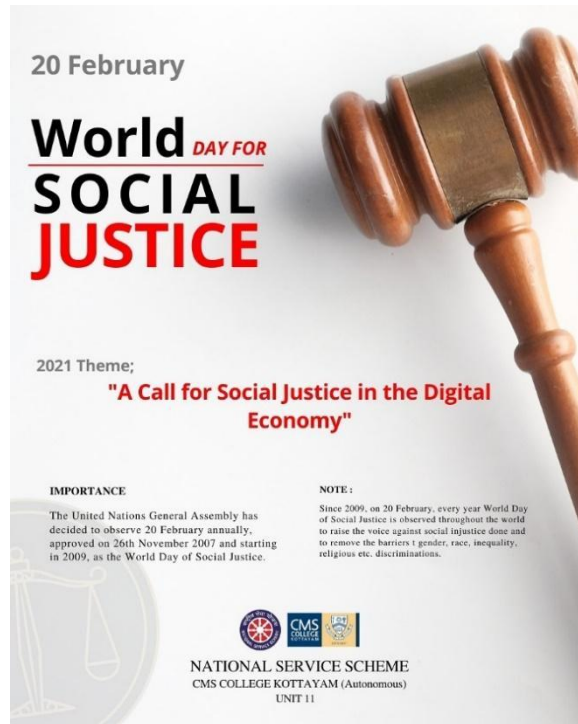
28.4th February 2020 – WORLD CANCER DAY



29.14th February 2021 – BLACK DAY

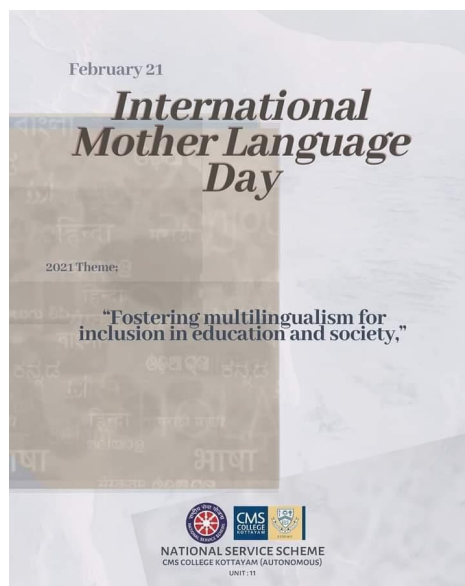


30.20th February 2021 – WORLD DAY FOR SOCIAL JUSTICE



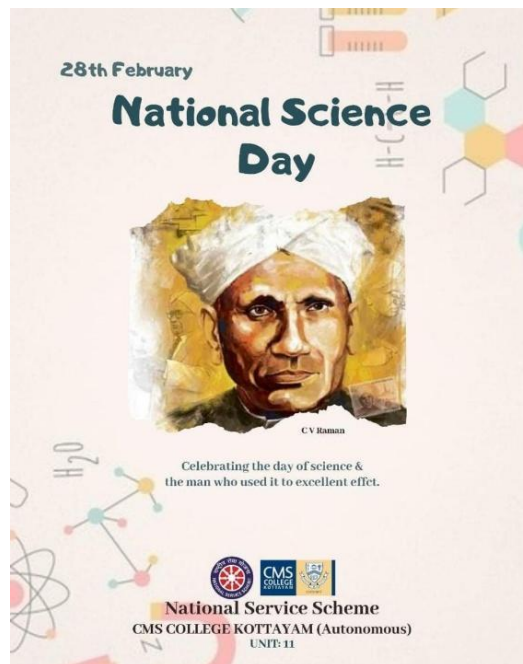
31.21st February 2021

INTERNATIONAL MOTHER LANGUAGE DAY.



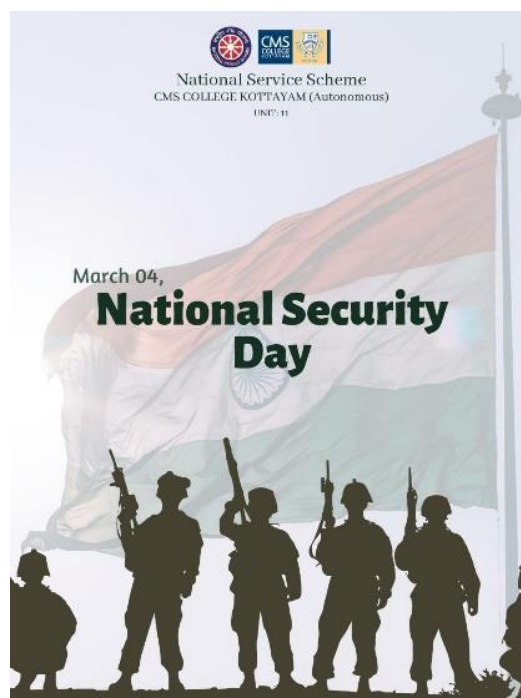
32.28th February 2021

NATIONAL SCIENCE DAY



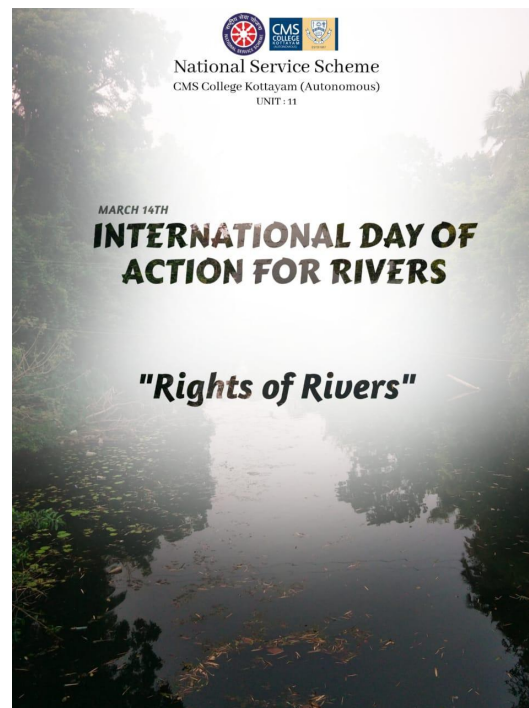
33.4th March 2021

NATIONAL SECURITY DAY



34.14th March 2021

INTERNATIONAL DAY OF ACTION FOR RIVERS



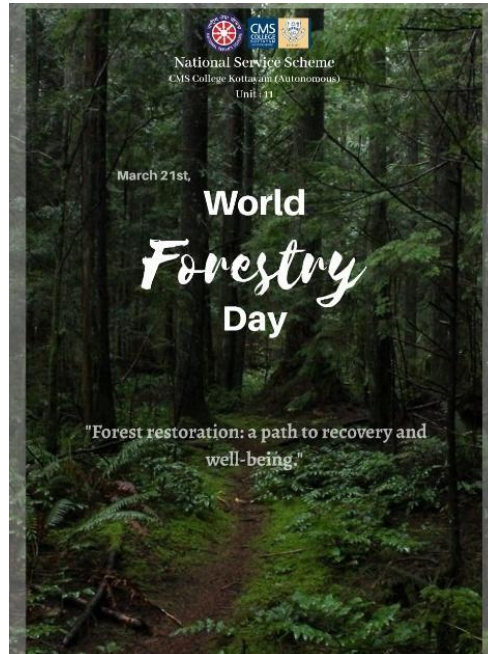
35.15th March 2021

WORLD CONSUMER RIGHTS DAY.



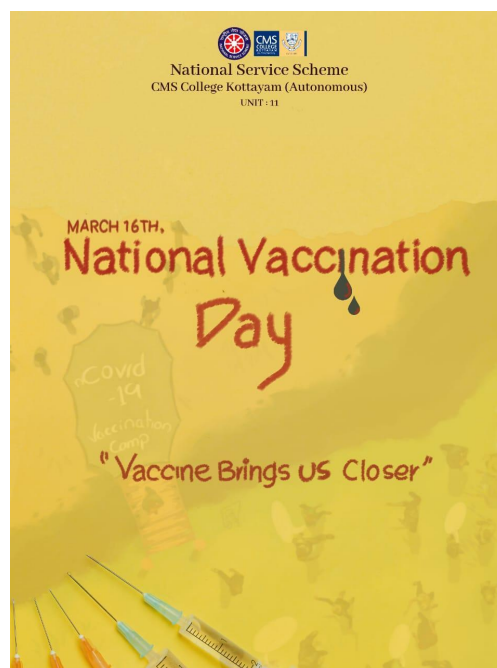
36.21st March 2021

WORLD FOREST DAY



37.16th March 2021

NATIONAL VACCINATION DAY



OUR COLLABORATORS

<i>COLLABORATORS</i>	<i>ACTIVITY</i>
<i>Expectation Walkers (NGO) & E.W Talks</i>	<i>World Environment Day.</i>
<i>Ministry of Youth Affairs & Sports, Govt. of India.</i>	<ul style="list-style-type: none"> ● <i>Participation in FIT INDIA MOVEMENT</i> ● <i>Participation in National Webinar.</i> ● <i>Plogging Run</i> ● <i>COVID Pledge</i>
<i>Samoohika Sannadha Sena Goverenment of Kerala</i>	<i>Pre – Monsoon online Training.</i>
<i>Sanjeevani- Life Beyond Cancer (NGO)</i>	<i>Webinar: Awareness on Prevention of Cancer and Healthy Lifestyle.</i>
<i>Yellow Club (NGO)</i>	<i>Webinar: Mental Health Awareness</i>
<i>Merin Joseph IPS</i>	<i>Webinar: Role of Youth in Nation Building.</i>
<i>Expanded Expedition Company.</i>	<i>Webinar: Wildlife Conservation and Photography.</i>
<i>Mathrubhumi SEED</i>	<ul style="list-style-type: none"> ● <i>Poombaattaykku oru Poonthottam - Butterfly Garden Project.</i> ● <i>Webinar: How to be a Scientist.</i>

<p><i>Mathrubhumi SEED & Kerala Krishi Vigyan Kendra</i></p>	<p><i>Samrudhi Project</i></p> <ul style="list-style-type: none"> ● <i>Webinar - Know all about Winter Season Vegetables.</i> ● <i>Leafy Garden to Ensure Nutrition.</i>
<p><i>Kottayam Thaluk Office Election Section.</i></p>	<ul style="list-style-type: none"> ● <i>New Voters Enrolment Training.</i> ● <i>VIDEO- How to Enrol. in Voter's list.</i>
<p><i>Kerala State Election commission</i></p>	<p><i>Class on 'Participation of Youth is Important for a Healthy and Vibrant Democracy'</i></p> <p><i>Speaker: Shri. Teeka Ram Meena IAS, Chief Electoral officer.</i></p>
<p><i>District hospital, Kottayam</i></p>	<p><i>Class on 'NSS Volunteers as the Providers and Receivers of Psycho-social Support in the Context of Covid-19 Pandemic'</i></p> <p><i>Speaker: Dr. Sudheeran T.S</i></p> <p><i>___Mini Blood Donation Camp</i></p>
<p><i>Institute of Person Centred Approaches in India (IPCAI)</i></p>	<p><i>Class on the topic: 'Rising from the Ashes'</i></p> <p><i>Speaker: Mr. Anish Mohan, Personal Transformation Coach, IPCAI</i></p>
<p><i>Movie Analysis Channel: Monsoon Media</i></p>	<p><i>Class on the topic 'Movie and Society'</i></p>

	<i>Speaker: Prof.Dr. Sudheesh K.V</i>
<i>DARSANAM</i>	<i>Class on 'Community Development' 'DARSANAM' Speakers: Adv.Geetha Sarasakshan Dr. Thomas Abraham Sri. Fazil. E</i>
<i>Regional Directorate, National Service Scheme, Kerala & Lakshadweep</i>	<i>Talk on National Service Scheme and its Vision. Speaker: Sri. G.P. Sajith Babu, Regional Director NSS Kerala and Lakshadweep.</i>
<i>Expectation Walkers (NGO) & Miracle Charitable Organisation.</i>	<i>HAIR WE CARE- Hair Donation Campaign.</i>
<i>Community Oncology Department Caritas Cancer Institute Kottayam. & USHUS-Fellowship of Women Teachers in CMS College.</i>	<i>Breast Cancer Awareness and Prevention. Mini Medical Camp and Awareness Talk.</i>
<i>Birds Club International Kottayam. & Environmental Club CMS College.</i>	<i>Kilikkudam- Project for Birds.</i>
<i>SVEEP Kottayam</i>	<i>Assembly Election Awareness Programs.</i>

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LONG TERM PROJECTS

BRIDGE PROJECT

The BRIDGE is basically a Financial assistance Scheme for Students organized by the NSS unit of CMS College. This project was initiated to provide financial assistance to students who are financially backward but excellent in their studies from the schools of different districts in Kerala. Financial assistance for the BRIDGE project is received from the well-wishers and delivered to the deserving students and the project is to be continued.

On 15th September 2020, a total of Forty-five thousand rupees (₹ 45,000) were given to four students of Government High School, Palissery. On 20th October 2020, a total of Twenty thousand rupees (₹ 20,000) were given to two students of CMS High School, Kottayam. On 2nd November 2020, a total of Fifty thousand rupees (₹ 50,000) were given to four students of Govt.HSS Chathamattom and one student of C.M.S.U.P. School Chelakomb.

As part of the BRIDGE project we took an initiative to collect a sum of Rupees Twenty Five thousand from our well-wishers for Ms. Sanika, our own college student for her educational needs. Prof. Dr.Varghese C Joshua, Principal of CMS College handed over ₹ 1 Lakh to Ms. Sanika, of 3rd DC Zoology, CMS College. This amount was jointly collected by the Department of Zoology CMS College, FOCCUS & NSS Unit CMS College.

On 31st March 2020, as part of the BRIDGE project of NSS Unit CMS College Kottayam, one time scholarship amount of 1500 was handed over to 8 students of Olasha Government H S for blind school. The program was organized in association with the ആർദ്രത fellowship.

SAMRUDHI PROJECT

Samrudhi (സമൃദ്ധി) is a project organized by NSS Unit of CMS college, in collaboration with the University of Agriculture, to bring people closer to agriculture by creating a friendly attitude towards it and to educate them on various levels of agriculture. Based on the project we have conducted webinars in association with Mathrubhumi SEED and Kerala Agricultural University with an aim to provide information and to clarify doubts of people who had interest in agriculture.

A State webinar was conducted on the topic " ശീതകാല പച്ചക്കറി കൃഷി: അറിയേണ്ടതെല്ലാം. " The webinar session was inaugurated by Shri. Thiruvanchoor Radhakrishnan MLA and the Presidential address was delivered by Dr. Varghese C Joshua, Principal of CMS College Kottayam.

In order to make people aware of the importance of leafy garden, NSS Unit CMS College organized a webinar on the topic 'Leafy garden to ensure nutrition' lead by Dr Jisha A Prabha, (Assistant Professor, ICAR Krishi Vigyan Kendra, Kerala Agricultural University, Kottayam) on January 3rd 2020. Green leafy vegetables are vital for growth and good

health as they contain all important nutrients. It is essential for the development of a healthy community with good nutrition.

KAITHANGU- Sub Project of Samrudhi.

Kaithangu is a project associated with the Samrudhi project initiated by the NSS Unit of CMS College. On 20 March 2021, at 3 pm the inauguration of (കൈത്താങ്ങു) Kaithangu project was done by the Principal of CMS College Kottayam, Dr Varghese C Joshua.

The main objective of the scheme was to distribute hens to the poor and needy housewives. In the first phase, one hundred hens were distributed to twenty housewives. The main purpose of the project was to provide a way for the poor housewives in the society to earn an income of their own.

“ONE DAY ONE RUPEE CHALLENGE”

“One Day One Rupee Challenge” (ഒരു ദിനം ഒരു രൂപ പദ്ധതി) is a project started by the NSS unit of CMS College Kottayam with an objective of helping children with disabilities and their families who are facing financial difficulties. The amount for the One Day One Rupee Challenge was jointly collected by the first and second year NSS volunteers of CMS College.

As a part of the first phase of aid distribution kits were donated to families of ten differently abled students of ‘JYOTHIS SCHOOL FOR

DIFFERENTLY ABLED'. The given kits contained food items, clothes and some other necessary items to the families. And in the next phase Special study materials were distributed to differently abled students at the KOTTAYAM AUTISM CENTRE.

CHILD CARE

‘Child Care’ is a project initiated under the leadership of NSS unit of CMS College in order to help the needy and poor children. The aim of this project was to provide medical assistance to children, distribute essential items, and to provide learning materials etc.

As part of the first phase of the project, 100 towels were donated to new born babies at the Medical College Children’s Hospital, Kottayam on 31st March 2021. These towels will be provided free of cost to the new born babies of the poor parents who came to the INSTITUTE OF CHILD HEALTH.

CONCLUSION

The National Service Scheme Unit of CMS College had conducted its activities for the 2020-2021 academic year where in midst of the covid-19 pandemic that spread terror around the world. Since the covid-19 pandemic had brought about several restrictions in conducting offline activities. However, we succeeded in using the innovative possibilities of online medium and completed about 77 activities, both online and offline.

The NSS Units have conducted many activities inside and outside the college campus. The activities started in the month of April 2020 with the Covid 19 awareness programs. The routine programmes consist of Orientation programs, Celebration of days like Environmental day, Yoga day, Teacher's day, Literacy day, Gandhi Jayanthi, NSS day, Independence Day, Republic Day and other Special activities, like Special Camp, awareness on health and hygiene, Medical camps etc.

The NSS unit of CMS college was successful in organizing a number of activities that has gained much attention among the people.

About seventy-seven activities including five long term projects, online webinars, blood donation camps, covid 19 awareness activities, election awareness programs, Inter-collegiate and all Kerala competitions were also organized. Our unit also completed the selection procedures of new volunteers for the 2021-2022 academic year and also conducted an online virtual seven-day camp for them via Zoom cloud meetings.

The COVID 19 pandemic had brought about several changes in our lifestyles and the sincere dedication of each volunteers is remarkable in each activity. Being at different places in different situations, volunteers were able to participate in the activities. The activities of this academic year 2020-2021 succeeded in bringing the vision and aim behind the motto of the National Service Scheme to the volunteers.

Here comes the end of the annual report of the National Service Scheme Unit of CMS College Kottayam for the academic year 2020-2021. Betwixt the pandemic catastrophe, let us hope for a new miraculous dawn with a healthy and prosperous life.
