

NSS ANNUAL REPORT FOR COLLEGE DAY 2018-19

The NSS unit of Aquinas College started their activities of the academic year by conducting road safety awareness programme in association with the NCC unit of our college. A year planner meeting was conducted, discussing the various activities to be performed during the academic year and the volunteer's secretaries were selected. The NSS unit was active in commemorating important days throughout the year like environment day, reading day, international yoga day, Quit India day, Independence day, International day against drug abuse, Senior citizen day, Teachers day, Gandhi Jayanti, Palliative care day, National girl child day etc. This year Yoga club and Student palliative care unit were started for students in the College campus. The NSS volunteers honored Senior citizens of the locality by conducting a programme for them in the campus and gifts were given to them. We have witnessed an active participation of the students in flood relief activities and rebuild Kerala mission. As a token of appreciation for their whole hearted services, certificates were given to the participants by the Corporation of Cochin. The NSS unit also received a certificate of appreciation from the District Collector. This year the NSS unit distributed provisions for 15 families during Onam season. The formal inauguration of NSS activities for the academic year 2018-19 was done on 27-09-2018 by Prof. Bridgit Jeeji C J, Principal, Aquinas College. A blood donation camp was organized in the campus in association with the Red Ribbon club, HDFC Bank and Lourdes Hospital. 64 persons including teachers and students donated their blood. On November 14th, NSS volunteers, programme officers and the college Principal visited the nearby Anganvadi and spent time with the children and presented them with drawing kits. A poster design competition was conducted for the college students in connection with the Aids awareness programme. Students also participated in the Leprosy Case Detection Campaign programme conducted by Kumbalangi Panchayath Health Centre. The NSS Unit of Aquinas College conducted the 7 days special camp at St Peters Higher Secondary School Kumbalangi during Christmas holidays. The objective of the camp was to take part in rebuild Kerala Mission and to take initiation in organic farming in the adopted village. The NSS unit opened "Snehapedika", a venture involving the sale of food items made by the NSS volunteers. The fund collected will be utilized for the welfare of the needy people. A painting and drawing competition was conducted in the college for the school students on the Martyr's day. Cash prizes and certificates were given to the winners and participants. As in the previous year, the NSS Unit of Aquinas College is continuing with the organic farming in the college campus. The NSS unit is taking part in the activities aimed for an ecofriendly campus and upliftment of the downtrodden people.

Programme Officers

Mary Hermine

Akhil Sebastian

NATIONAL SERVICE SCHEME AQUINAS COLLEGE

ANNUAL REPORT 2018 -2019

The newly appointed NSS program officer, Mr. Akhil Sebastian Assistant Professor, Commerce Department took charge from 04-06-2018. The activities for the academic year started by conducting road safety awareness programme for the public in association with the NCC unit of our college. A year planner meeting was conducted, discussing the various activities to be performed during the academic year and the volunteer's secretaries were selected.

05-06-2018 World Environment day

NSS unit of Aquinas College celebrated the Environment Day by planting trees in the college campus and distributing saplings of curry leaves to the nearby houses. In association with the forest department saplings were distributed to the staff and students of the college.

14-06-2018 International day of Blood donation

An awareness class on the topic 'Importance of blood donation' was given by the NSS volunteers to the students of Aquinas college. 88 students gave their willingness to donate their blood.

19-06-2018 Vaayanadinam

NSS unit of Aquinas College conducted a book review contest for the college students.

21-06-2018 International Yoga Day

Yoga practice was given to the NSS volunteers in advance and nearly 70 students participated in the yoga class conducted in the morning. The Principal of the college inaugurated the Yoga club which was undertaken by the NSS unit of the college. The membership was given to the teachers and students and the Yoga practice is in progress.

26-06-2018 International day against drug abuse and illicit trafficking

An orientation class for the students was arranged in association with the Kochi Taluk Legal Services Authority on the topic drug abuse. Adv. Aneese AH introduced the various laws associated with the topic.

21-07-2018 Chellanam flood relief

The NSS Unit with students from various departments, along with their programme coordinators; Mrs. Mary Hermine, Mr. Akhil Sebastian and other faculty members of the institution participated for the initiative organised on 21st July 2018. The Flood Relief Camp was opened in Leo Public School, Chellanam accommodating 1,214 people across the affected area. The main aim of the initiative was to clean and disinfect the flooded areas to

make it liveable. For this, the NSS volunteers and students were divided into various groups accompanied by panchayath members, Asha workers, medical officers and various local participants. Each group was supplied with sanitizers, hand gloves and preventive medicines required for cleaning and disinfecting the affected areas. The Flood relief initiative activities were organised and supervised by Tahsildar Mr. K V Brose, Deputy Tahsildars Mr. Marai Jerome and Mr. Joseph Antony Hertz. As an appreciation to their services certificates were given to all the volunteers by the Corporation of Cochin.

01-082018 Swachat Pakhwada

As directed by our prime minister, swachbharath campaign was initiated in our campus and the program was inaugurated by the Mr. Antony Hertz Dy.Thahasildar of Cochin corporation. Teachers and students took the Swachatha oath to keep the campus and the premises neat and clean. The program was followed by an orientation talk given by Mr. Sujith Karun on waste management.

04-08-2018 Mini Camp

The first Minicamp of the academic year was conducted in the college campus. The initiative for making the college plastic free was started. About 50 students participated in the campus cleaning.

06-08-2018 Quit India Day

Students prepared wall posters honoring the martyrs and were displayed in the college notice board.

08-08-2018 Senior Citizen Day –Snehasparsham

Senior citizens of the locality were honored by the NSS volunteers in a meeting conducted for them in the college campus. Various entertainment activities were arranged for them and they participated with great enthusiasm. They shared their experiences with the volunteers. 15 people participated in the function and all of them were given gifts.

16-08-2018 Flood relief camp

Kerala faced a great disaster in the form of heavy rain and a large number of people were moved to various relief camps. Six of our volunteers rendered their service to people in the camp opened at Vypeen. Their service was appreciated by the district Collector and certificates were given to them. A flood relief camp was opened the College from 17-08-2018 to 21-08-2018. All the NSS volunteers rendered service wholeheartedly throughout the camp days. As a token of appreciation for the selfless services, NSS unit was given an appreciation certificate by the Hon. District Collector.

22-08-2018 Onam Gift Packets

The NSS volunteers under the leadership of the program officers distributed provision kits to fifteen poor families in the college premises. The gifts were partly sponsored by AVT distributor Prajith.

01-09-2018 Post flood relief camp

Nearly forty students actively participated in the post flood camp conducted at Pallath Raman Center Fortkochi. They helped in packing medicines and food items which are being sent to various relief camps.

05-09-2018 Teachers Day

A meeting was organized by the students on 4th September to plan the programmes for the Teachers day. The teachers were honored and were gifted with pen.

14-09-2018 Rebuild Kerala Mission

As a part of Rebuild Kerala Mission surveys were conducted in the various flood affected areas throughout Kerala. NSS volunteers from our college participated in the survey conducted by Kumbalangi Panchayath which is our adopted village. Training were given to seventy students and they completed the survey in two days. NSS program officers also accompanied them.

24-09-2018 NSS Day

NSS volunteers conducted a socio-economic-health survey in ward 13 and an orientation about contagious diseases and plastic management were given to the people.

27-09-2018 Formal Inauguration of NSS activities

Even though the activities of the unit has already started , the formal inauguration was conducted on the above mentioned date by the college principal and an orientation talk on the topic Anti ragging was by Adv. Sunil C A member of Kochi taluk legal services authority.

02-10-2018 Gandhi Jayanthi

A special minicamp was conducted in the Kumbalangi Park a part of Gandhi Jayanthi celebrations.. The Panchayath President Mr. Martin inaugurated the programme. The students cleaned the park and the premises .70 students participated in the cleaning.

26-10-2018 Blood Donation Camp

A blood donation camp was organized in the campus in association with the Red Ribbon club, HDFC Bank and Lourdes Hospital. 64 persons including teachers and students donated their blood. The camp was a great success.

30-10-2018 Cancer awareness program

A cancer awareness program was conducted for the girl students of the college by Dr. Annu Susan George of Lakeshore Hospital. The session was interactive and informative.

31-10-2018 Edutainment program

Akshaymon and Abhinaykumar attended a work shop conducted by Mahatma Gandhi University at the University campus. On the same day we opened 'Snehapeedika' a venture to collect money to help the poor and deserving people of the society.

1-11-2018 Orientation class

An orientation class was given to the second and first UG students on the topic 'Public Property protection' by Adv. Benedicta member of Kochi Taluk Leagal Services Authority on Kerala Piravi day.

02-11-2018 Personality development program

Two of our volunteers Nivin Thilakan and Aakshaymon attended a one day training program for personality development and social media platform conducted at Kottayam

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The aids awareness programmes were conducted in the college on a day ahead as the first of December was a holiday. A poster design contest was held for the students and prizes were given to the winners.

11-12-2018 Leprosy case detection campaign

Twenty Five NSS volunteers were given training by Kumbalangi Health department on leprosy detection and they effectively participated in the Leprosy Case Detection Campaign programme which was appreciated by the Health officers.

18-12-2018 Pre-camp Orientation

An orientation class was given to the volunteers for attending 7 days NSS special camp during the Christmas holidays. The class was led by one of our former active volunteer Mr. Amal Kumar. The volunteers were made aware of the general activities, community services and purpose of the camp.

21-12-2018 to 27-12-2018 Special Camp

7 days Special camp at St. Peter's H S S, Kumbalangi:

The NSS special camp was inaugurated by Kumbalangi Panchayat President, Mr. Martin Joseph on 21-12-2018 at St. Peter's H S S, Kumbalangi. The campers were divided into different groups and each group was assigned a specific activity. The camp organized various community services in the Panchayat. The camp focused on the cleaning of the camp site, organic farming in the school and in the neighborhood, cleaning the premises of Govt. Hospital and Police station, visiting old age home, Kumbalangi Park cleaning etc. Along with community services, classes on various topics including the role of an NSS volunteer, leadership skills, Police and Public, contagious diseases, personality development, values in life and various group discussions and debates were also organized for the volunteers. MLA, Panchayat members, neighbouring families, teaching and non-teaching staffs of Aquinas College visited the camp and extended their support. Prizes were given for the best camper, and best worker. A manuscript 'Jwalamukhi' prepared by the volunteers was released by the MLA Mr. K J Maxi. The camp came to an end on 27-12-2018 on the Christmas Eve.

08-01-2019 Organic farming

The volunteers prepared the backyard of the college for the purpose of organic farming. Vegetables such as pea, ladies finger, spinach, plantain were planted in the areas allotted for each vegetable. The students are taking care of the farm with enthusiasm and the farm is in progress.

10-01-2019 Palliative care meeting

Two of our volunteers Nivin Thilakan and Akshaymon attended a program at Govt. Hospital Ernakulam, which was meant for giving training in the field of palliative care.

15-01-2019 Palliative care day

A student palliative care unit was started in our college by the NSS Volunteers and the inauguration was done by the college Principal Ms. Bridget Jeeji C J. Mr. Xavier Pothempally, president of Paripalana palliative care gave an orientation talk to the volunteers.

24-01-2019 National girl child day

In connection with the National girl child day, a debate competition was held for the college students on the topic 'Female liberty a reality?' Students both girls and boys participated in the debate and the session was moderated by Ms. Sumi K John Asst. Professor of Malayalam department.

30-01-2019 Martyr's Day

As a part of Martyr's day a painting and drawing competition was conducted in the college campus for the school children on the topic 'A day with Bappuji'. Forty-six students from seven nearby schools participated in the competition. Cash prizes and certificates were given to the winners. A quiz competition was conducted for the college students on the 'Life History of Gandhi'. Cash+- prizes were given to the winners.

03-01-2019 Palliative care activities

Members of student palliative care unit attended a meeting on world cancer day and interacted with cancer patients. On 09-01-2019 students visited the houses of various bed ridden patients and spent time with them. On 24-01-2019, in association with paripalana palliative care unit, the volunteers distributed provision for the bed ridden patients. The students are actively participating in the palliative care activities whole heartedly.

AKHIL SEBASTIAN
MARY HERMINE
NSS Programme Officers

AQUINAS COLLEGE EDACOCHIN
NATIONAL SERVICE SCHEME (NSS)
(UNIT NO.003)
AQUINAS COLLEGE EDACOCHIN
NATIONAL SERVICE SCHEME (UNIT NO.003)

The National Service Scheme (NSS) is a Central Sector Scheme of Government Of India, Ministry of Youth Affairs & Sports. It provides opportunity to the student youth of India to take part in various government led community service activities programmes. The sole aim of the NSS is to provide hands on experience to young students in delivering community service

Motto: The motto of National Service Scheme is NOT ME BUT YOU

Program officers :

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24-01-2019 National girl child day

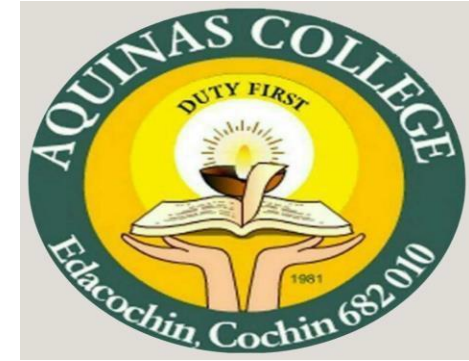
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NATIONAL SERVICE SCHEME UNIT NO : 003

AQUINAS COLLEGE EDACOCHIN

REPORT OF THE ACTIVITY 2020 -22

PROGRAMME OFFICERS

- Dr. Berry Holaday - M. G., Department of Economics
 - Mr. Akhil Sebastian - Department of Commerce
-

VOLUNTEER SECRETARIES

- Alen V. G – 2nd BA Economics
 - Olivia Grace – 2nd BA English
-

NSS REPORT

National Service Scheme is an educational programme with primary focus on the development of personality of students through community service. The programme aims to instilling the idea of social welfare in students, and to provide service to society without bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. The NSS unit of Aquinas College Edacochin has

90 volunteers The activities Of Nss unit of Aquinas College aim the development of students.This is the report of the activity Conducted during the academic year 2020 -21

WEBINAR ON “THE PRACTICE OF YOGA IN DAILY LIFE”

Yoga is that medicine that has the power to cure any disease of the Universe, even those which cannot be cured by the prescription of Doctor. Including Yoga in everyday life is one of the healthiest practice people can ever make. It not only makes you physically well but will calm your mind and soul. Yoga makes all people refresh. As a part of it, The Nss Unit of Aquinas college Organized a Webinar on the Topic “ The Practice of Yoga In Daily Life “ On 21st June 2020 . The Webinar were presented by the Resource person Ms. Naveena Anilkumar, Teacher Dawn Publich School. The Webinar started at 9.30 am and ended up at 10.30 am More than fifty members who had attendent the webinar the program ended up with vote of thanks.

COVID 19 : AWARENESS & TRAINING

COVID-19, which was initiated regionally at Wuhan of China, has become a global pandemic by infecting people of almost all the world. Human civilizations are facing threat for their survival and livelihood. No country are getting any substantial relief and solution from this pandemic rather to convince their citizens to make aware and taking precaution by changing their living style. As a part of It Our Nss Unit organized a webinar on the Topic “ Covid 19 : Awareness and Training” On 27th August 2020. The webinar were presented by Dr Savitha K, DMO Ernakulam. The webinar started at 11 am and ended up at 12.30 pm.

PLOG RUN 2020

Plog Run 2020 for Picking up Plastic conducted A clean India would be the best tribute India could pay to Mahatma Gandhi on his birth anniversary in 2020 ,” Shri Narendra Modi launched the Swachh Bharat Mission at Rajpath in New Delhi. On 2nd October 2014, Swachh Bharat Mission was launched throughout length and breadth of the country as a national movement. The campaign aims to achieve the vision of a ‘Clean India’ as a part of it Our NSS unit organised a Plogging Run as a Part of Swachh Bharat Program on 2nd October 2020 at 10 am for picking up plastic AMD, waste collection and disposal in Edacochin .The Plog Run Flagged off by our beloved Manager Rev.Fr.Dr. Marian Arrackal.

WEBINAR ON VIGILANCE AWARENESS AND ANTI CORRUPTION

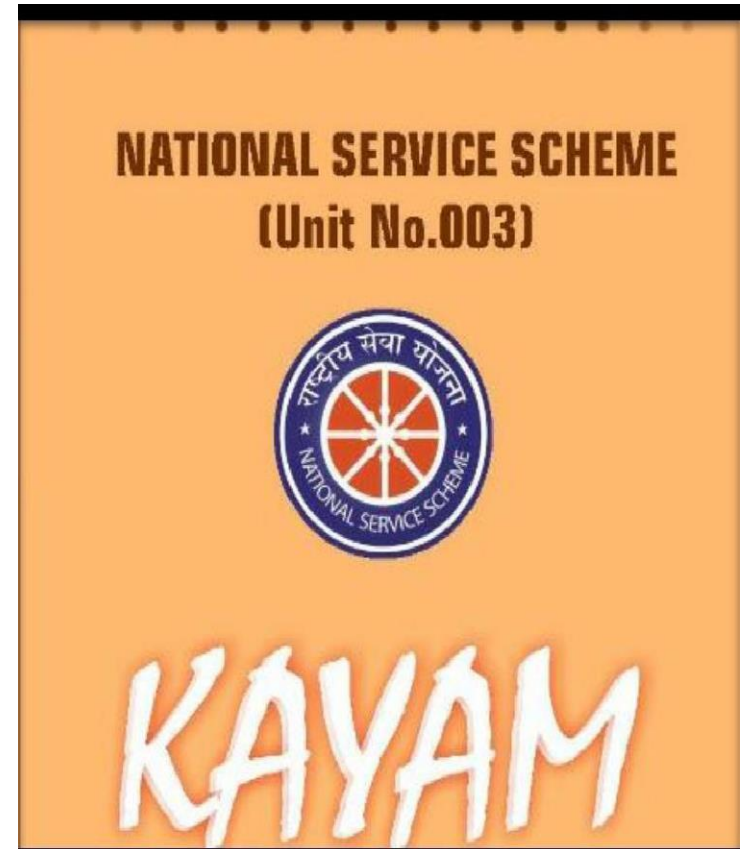
As a part of Vigilance Awareness Week from 27th October to 2nd November 2020. our Nss Unit in association with Taluk Legal Services society kochi organised a webinar from on 31st October 2020 On the Topic “ Vigilance Awareness and Anti Corruption . The Webinar were presented by Sri. Rajesh R, Sub judge & Chairman Taluk legal services committe kochi . It was an informative session.

NSS ORIENTATION PROGRAM

NSS Orientation Programme was organized at Aquinas College Edakochi On 11th November 2020. For Providing knowledge on NSS programmes, activities, organizing NSS camps and special camps. Impart comprehensive knowledge on youth development activities, Team Building, Leadership, Developmental issues, Disaster management, Village adoption. All first year students are participated in this event. It was Very Useful for new comers to know about the programme and activities being done under the National Service Scheme. The Orientation program were presented bg Dr.Anumol K.A.

SEVEN DAY SPECIAL CAMP KAYAM 2021

Under the auspicious guidance of the National Service Scheme Unit Of Aquinas College Edacochin Hereby made a 7 Day Camp named “KAYAM 2021” From 15th February 2021 To 21st February 2021. The camp was blessed with the Pparticipation of 92 students . It was conducted in Google meet platform Due to covid 19 pandemic in association with Nss Program Officers Of Aquinas College Edacochin.

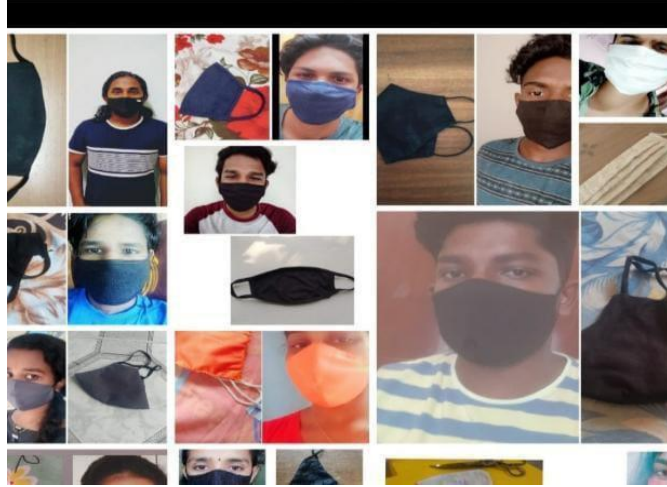


The Innaugration ceremony started at 2pm . The Program has inaugurated by Prof . M.J MATHEW (Former Nss Program coordinator , MG university & Pprincipal of Sahyajothi Arts and Science College, Kumali & was Followed by Welcome Speech By Mr. Akhil Sebastian. (Nss Program Officer, Aquinas College Edacochin. The Presidential Address were made by Mrs. Bredjit Jeeji C.J Which is followed by Dr. Berry Holaday,Nss Program Officer Made the Vote Of Thanks .In the Innaugral Speech Honourable Chief Guest Prof M. J. Mathew Emphasized the importance Of Nss Activities In the Recent Scenario . He also pointed out That the National development procedure is in the hands of youth as they form The majority of our population he also bestowed his appreciation and blessings to the Nss Unit of Aquinas College Edacochin.

MASK MAKING @HOME



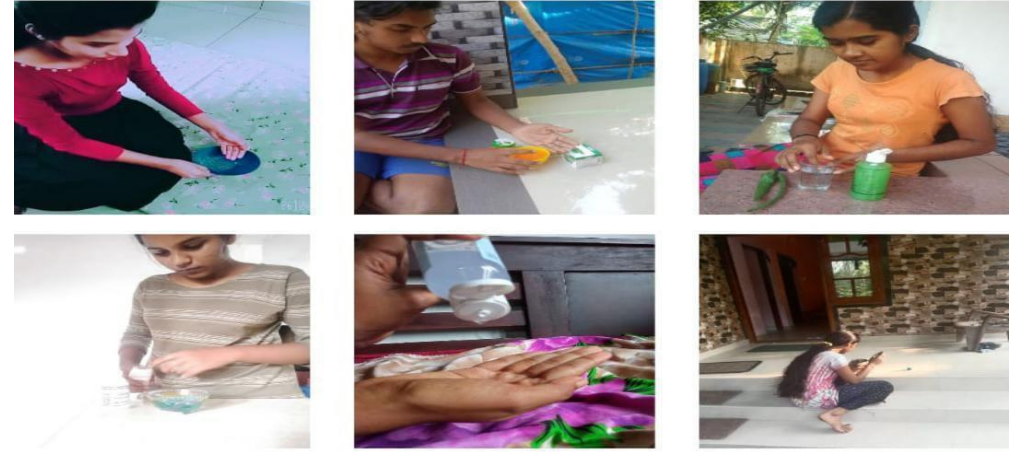
GROUP - 3



CLEAN YOUR LOCALITY



SANITIZER MAKING AT HOME



On the Second day, Mask Making at home was the Sramadhan activity and the first session was on the topic 'SOFT SKILL DEVELOPMENT & TRAINING' By Mr.ANAND K, Assistant Professor, Department of English, Rajagiri College of Social Sciences, Kalamassery. The Cultural program were started at 7 pm. On the Third Day 'Field Survey on Covid 19 Prevention & Mitigation was the Sramadhan Activity and the Second Session was on the topic "Youth for Prevention and Mitigation of Covid 19 Dr. TONY PIOUS ,MBBS, MD (General Medicine) Physician, Sacred Heart General Hospital, Cherthala. The cultural program were started at 8 pm. On the Fourth Day 'HOUSEHOLD FARMING' was the Sramadhan Activity and the Third Session was on the topic "Organic Farming " By Ambili K.V. The Cultural Program were started at 7 pm

On the Fifth day " Clean Your Locality " was the Sramadhan Activity and The Fourth Session was on the topic " COVID 19 : CHEMISTRY IN ACTION' By Dr. DERRY HOLADAY M G (Assistant Professor, P.G. Department Of Chemistry, Fatima mata National college kollam. The Cultural activities were started at 7 pm. On the Sixth Day "Sanitizer making at home was the Sramadhan Activity and The Fifth Session was on the topic " 'DRUG ABUSE & ILLICIT TRAFFICKING' By Mr. SAJITH KUMAR (Assistant Excise Commissioner & Vimukthi Manager, Ernakulam). The Cultural activities started at 7 pm. On the 7th day Closing Ceremony were started at 8.30 am followed by Camp Review Were made by Akhil Sebastian, Nss Program officer

CLEAN KOCHI DRIVE

On 13th March 2021, Our Nss Volunteers Participated in the program named Clean Kochi Drive. As Part of the Green Kochi mission. A cleaning Awareness Program was conducted on Saturday 13th March 2021 from 7.30 am to 10.30 am at Kaloor 44th division in association with Kerala legal service society, District legal service society, Indian Medical Association, other government agencies and the National Service Scheme of Aquinas college. Around 10 NSS volunteers are participated actively in this program.



POCO
SHOT ON POCO M2 PRO

STRIKING FLASHMOB

Striking Flashmob conducted To uplift the vote Nss Volunteers of Aquinas College conducted a flashmob On 24th March 2021 in accompanied by kochi taluk office, Systemic voter education and electrol participation named SVEEP. In the amdist of covid scenario our Nss team who took it as a challenge and made this event a grand Success . We conducted our flashmob in more than 11 places in the main places of kochi. The Programme was inaugurated by Sub collector Of fortkochi Mr.Harish Rasheed Sir. The main aim of the programme was to level up the number of voters in all place and to select their representative . Also the members of SVEEP gave the demo of voting methods to the public who were unknown about the voting. More than 13 volunteers were participated in the flashmob. The program started at 9am in fortkochi and ended up at 5pm at pyari junction.

പോളിങ് ഉയർത്താൻ കൊച്ചിയിൽ ഫ്ലാഷ് മോബ്



നിയമസഭാ തിരഞ്ഞെടുപ്പിൽ പോളിങ് ശതമാനം ഉയർത്തുന്നതിനായി റവന്യൂ വകുപ്പ് സംഘടിപ്പിച്ച പരിപാടിയിൽ വിദ്യാർത്ഥികൾ അവതരിപ്പിച്ച ഫ്ലാഷ് മോബ്

ഫോർട്ടുകൊച്ചി നിയമസഭാ തിരഞ്ഞെടുപ്പിൽ പോളിങ് ശതമാനം ഉയർത്തുകയെന്ന ലക്ഷ്യവുമായി റവന്യൂ വകുപ്പ് രംഗത്ത്. കോളേജ് വിദ്യാർത്ഥികളെ പങ്കെടുപ്പിച്ചുള്ള ബോധവൽക്കരണ പരിപാടികളാണ് ഇതിനായി സംഘടിപ്പിച്ചത്. ഇടക്കൊച്ചി അക്വിനാസ് കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റിന്റെ നേതൃത്വത്തിൽ കൊച്ചിയിൽ വിവിധ ഭാഗങ്ങളിൽ ഫ്ലാഷ് മോബ് അരങ്ങേറി. ഇടക്കൊച്ചി അക്വിനാസ് കോളേജിൽ കന്നി വോട്ടർമാർക്കായി വോട്ടിങ് പരിശീലനവും നടത്തി. കൊച്ചി താലൂക്ക് ഓഫീസിൽ മാതൃകാ പോളിങ് സ്റ്റേഷനും പ്രവർത്തിക്കുന്നുണ്ട്. ബോധവൽക്കരണ പരിപാടിക്ക് തുടക്കം കുറിച്ചു ഫോർട്ടുകൊച്ചി സബ് കളക്ടർ ഡോ. ഹാരിസ് റഷീദ് ഹൈന്ദവ ജൻ ബലൂൺ പറഞ്ഞു. കൊച്ചി തഹസീൽദാർ മധുസൂദനൻ, സ്വീപ്പ് കോ-ഓർഡിനേറ്റർ ജോസഫ് ഹെർട്ടിസ് എന്നിവർ നേതൃത്വം നൽകി. കൊച്ചി താലൂക്ക് ഓഫീസിന്റെ മേൽനോട്ടത്തിലാണ് പരിപാടി സംഘടിപ്പിക്കുന്നത്.



WORLD ENVIRONMENT DAY

World Environment Day is celebrated every year on June 5 globally. It is a day on which we spread awareness about the environment and the need to conserve it. As a part of it our Nss Unit Conducted a webinar on the topic “ Ecosystem Preservation & Disaster Risk Management “ On 5th June 2021 at 3pm Via Google meet. The Session was presented by the Resource person Navneet Yadav, Associate Director at ‘Doers,’ a Shimla based humanitarian organization working towards resilience and sustainability in the Himalayan region of India. He gave tbe complete idea about this topic and explained the steps had to be taken in the future. Almost all of the Nss Volunteers had attended the Webinar. The Webinar ended up with the Volunteer secretaries vote of thanks

group-1

AQUINAS COLLEGE NSS UNIT NO:003



राष्ट्रीय सेवा योजना
NATIONAL SERVICE SCHEME

JUNE 5
WORLD ENVIRONMENT DAY

"LOOK DEEP INTO
NATURE, AND YOU
WILL UNDERSTAND
EVERYTHING
BETTER."
-ALBERT EINSTEIN

PLANT A TREE FOR TOMORROW



ANEMIA AWARENESS PROGRAMME

Anemia Awareness program were conducted on June 19 2021 at 12pm with the help of ICDS Kochi Urban 2. The session was completely in an online platform. The session completed in a fruitful manner. The participation of the volunteers makes the session a great success. The principal, The manager, The vice principal and other prominent members presence made the session complete.

The Women and Child Development Department has started the 'Anemia Awareness Campaign' that aims to create awareness about low haemoglobin levels among women and children. The session mainly focused on today's lifestyles and the situation that leads to the cause of anemia. The Nss programme officer Mr. Akhil Sebastian who delivered the vote of thanks

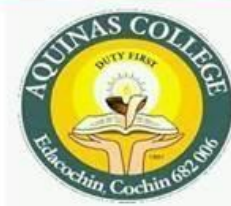
കേരള സർക്കാർ വനിത ശിശു വികസന വകുപ്പ് 12 ആവണേ ?

അനീമിയ ബോധവൽക്കരണം

ഐ .സി. ഡി. എസ് കൊച്ചി അർബൻ 2
NSS യൂണിറ്റ് & NCC യൂണിറ്റ്

അക്വിനാസ് കോളേജ് ഇടക്കൊച്ചി

19 / 06 / 2021 , 12 TO 1PM
GOOGLE MEET PLATFORM



WEBINAR ON “ SAHAJAYOGA MEDITATION ”

Yoga is that medicine that has the power to cure any disease of the Universe, even those which cannot be cured by the prescription of Doctor. Including Yoga in everyday life is one of the healthiest practice people can ever make. It not only makes you physically well but will calm your mind and soul. Yoga makes all people refresh. As a part of “International Yoga Day “. The Nss Unit of Aquinas college in collaboration with SN Arts and Science College, Kumarakam and SAS SNDP Yogam College, Konni jointly Organized a Webinar in the Topic “ Sahajayoga Meditation “ On 21st June 2021 , Monday. The Webinar started at 7 am and ended up at 8 am via Google Meet platform . The session was about the sahajoyoga meditation. More than fifty members who had attendent the webinar the program ended up with vote of thanks.

AQUINAS COLLEGE EDACOCHIN
YOGA CELL & NSS UNIT

INTERNATIONAL YOGA DAY

Webinar on : **“SAHAJAYOGA MEDITATION”**
21 JUNE 2021
TIME : 7 A.M. – 8 A.M.
GOOGLE MEET PLATFORM (MEET ID :vqw-kqfj-kmu)

In Collaboration with

- ❑ **Yoga & IQAC Cell NSS Unit of SN Arts & Science College Kumarakom**
- ❑ **NSS Unit of SAS SNDP Yogam College, Konni**

AQUINAS COLLEGE EDAKOCHI



NSS UNIT - 03



**NSS VOLUNTEERS OF AQUINAS COLLEGE
 PERFORMING YOGA ON
 INTERNATIONAL YOGA DAY
 2021**



"Yoga for well-being"

MGNCRE NATIONAL LEVEL PRESENTATION

On June 27th 2021, Our Nss Volunteers and Programme officer's participated in the National level presentation about the 20 days Engagement programme. The Programme were in association with MGNCRE, Ministry of Education, Government of India. Nss Unit has constituted five student volunteer teams in the areas of Hospital Management, Non Hospital Management, Support to Covid affected families, Medical Supplies, Psychosocial support to Covid patients and their family members, rendered valuable services during the pandemic and it was a great success.

TEAM 1: HOSPITAL M...

- Online Vaccination registration
- Information about vaccination centers
- Availability of vaccines
- Resolving vaccination issues

- Provide Tele counselling facility
- Provide near by physiologist contacts
- Instructions for the quarantine people

OTHER ACTIVITIES..

Doubt Relief Video's Guidelines for Vaccine Registration and people in quarantine

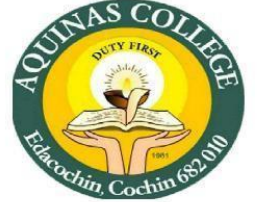
TEAM 2: NON HOSPITAL M...

- Information about availability of medicines
- Provides help in purchasing medicines
- Information about Community Health Centers
- Information about availability of vaccines

- Providing remedial measures to be taken during covid period
- Providing information about post covid precautions
- Provides information about the things to be taken when covid positive

TEAM 4: MEDICAL SUPPLIES

- Availability of Oximeters
- Availability of Medicines in Pharmacy
- Information about doctors who provide online services
- Medicines for needy



AQUINAS COLLEGE, EDAKOCHI (20 DAYS COMMUNITY ENGAGEMENT PROGRAMME) 06-06-2021 TO 25-06-2021

Mr. Akhil Sebastian & Dr. Berry Holaday MG
(NSS Programme Officers)

27/06/2021

Online meetings & Team Formation



सत्यमेव जयते

Certificate of Recognition



*This is to recognize **Aquinas College Edakochin, Eranakulam district Kerala** as a member of Beat Covid Campaign initiative of Mahatma Gandhi National Council of Rural Education, Hyderabad. The institution has constituted five student volunteer teams in the areas of Hospital Management, Non Hospital Management, Support to Covid affected families, Medical Supplies, Psychosocial support to Covid patients and their family members, rendered valuable services during the pandemic.*

Mahatma Gandhi National Council of Rural Education
Department of Higher Education, Ministry of Education
Government of India


Dr. W G Prasanna Kumar
Chairman MGNCRE

MoE/Beat Covid Campaign/June/AR/0012

THE INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

The International Day against Drug Abuse and Illicit Trafficking, or World Drug Day, is marked on 26 June every year, to strengthen action and cooperation in achieving the goal of a world free of drug abuse.

Nss Volunteers of Aquinas college attended the webinar on 'International Day Against Drug Abuse' on June 30th 2021, Which was organised by Nss Unit In Association with Taluk Legal Service Comitte , Kochi . Superintendent of Police Sri. N.Vijayakumar IPS was the chief guest of the event .



TALUK LEGAL SERVICES COMMITTEE, KOCHI

in association with

AQUINAS COLLEGE, EDAKOCHI

**INTERNATIONAL DAY AGAINST
DRUG ABUSE**

on 30th June 2021 at 4 pm to 5 pm

webinar

Programme Schedule

Welcome speech

Ms. Bridgit Jeeji. C. J

Principal, Aquinas College, Edakochi

Presidential address

Sri. Rajesh. R

(Chairman/Sub. Judge) TLSC Kochi

Key stone address

Sri. N. Vijayakumar IPS

Superintendent of Police

Keynote address

Sri. T. A. Ashok Kumar

Dy. Commissioner, Excise Dept. Ernakulan

Salient point address

Sri. Vivek. V

Superintendent, Customs Preventive,
Kochi.

Vote of thanks

NSS Volunteer, Aquinas College,
Edakochi



Poster Maker

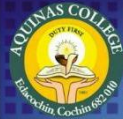
COVID 19 WEBINAR SERIES

From July 10th to 16th 2021, A Covid 19 Webinar Series were conducted in association with Govt of India Ministry of Information & Broadcasting was organised by the Nss Unit of the College. The first session was held on July 10th at 3pm by Dr. Soumya Raj, Nodal Officer District Mental Health Program (DMHP) Ernakulam on the topic "Confidence building for youth during Pandemic". The Second session was held on July 12th at 7pm by Dr. Rohini C, Assistant Surgeon FHC Kuttampuzha Ernakulam on the Topic " How to prevent covid third wave ” The third session was held on July 14th at 2pm by Dr. Prasanth K, Assistant Nodal Officer Covid Vaccination Ernakulam on the Topic " Covid 19 :Vaccination & Prevention "

The fourth session was held on July 16th at 7pm by Dr. Aneja T.N BNYS, Msc Yoga Medical Officer on the Topic "Immunity of Youth during Pandemic". The Webinar Series was a great success and it was very helpful for the Students to learn more about these topics.

ANTI – DOWRY CAMPAIGN

Dowry is a social evil in the society, that has caused unimaginable tortures and crimes towards women. The evil has taken lives of women from all stratas of society. As a part of Anti Dowry Campaign our Nss Unit in association with Taluk Legal Services society kochi organised a webinar series from July 28th to August 4th on the Topic “ Menace of Dowry and Women Empowerment .The Programme were inaugurated by Sri. Rajesh R, Sub judge & Chairman Taluk legal services committe kochi followed by the first webinar session were presented by Adv. Hanis Manakkal.



AQUINAS COLLEGE
EDACOCHIN



WEBINAR SERIES ON
ANTI DOWRY CAMPAIGN

NSS UNIT IN ASSOCIATION WITH
TALUK LEGAL SERVICES COMMITTEE, KOCHI

From 28th July till 4th August

Inauguration by
Sri. Rajesh. R

Sub Judge & Chairman Taluk legal services committee Kochi



MENACE OF
DOWRY
& WOMEN
EMPOWERMENT



Resource Person
Adv. Hanis Manakkal

Bar Association Kochi

28th July Time : 7 pm  **Google Meet**

ANTI – DRUG CAMPAIGN

As part of the anti-drug campaign NSS unit of Aquinas College Edakochi in association with Vimukthi Mission Ernakulam organised a Webinar on the Topic “ADDICTION” on 7th August , 2021 Saturday on 8pm via Google Meet. The session was lead by Mr. Bibin George the psychiatric social worker of Vimukthi De-addiction center Muvattupuzha. The presence of the assistant exercise commissioner Mr. G Sureshkumar and the Vimukthi mission coordinator Mr. K. A Faisal make the webinar more effective to the students.

വിമുക്തി ലഹരിവർജ്ജന മിഷൻ
എറണാകുളം

കോളേജ് വിദ്യാർത്ഥികൾക്കായി നടത്തുന്ന
ലഹരിവിരുദ്ധ പ്രചാരണം

2021 ആഗസ്റ്റ് 7, ശനിയാഴ്ച രാത്രി 8 ന്
ഇടക്കൊച്ചി അക്വിനാസ് കോളേജിൽ

പങ്കെടുക്കുന്നവർ: Google Meet

ശ്രീ. ജി. സുരേഷ്കുമാർ
(അസി. എക്സിക്യൂട്ടീവ് കമ്മീഷണർ & വിമുക്തി മാനേജർ)

ഡോ. ബിബി പോളഡേ
(എൻ.എസ്.എസ്. അക്വിനാസ് കോളേജ്, ഇടക്കൊച്ചി)

ശ്രീ. അഖിൽ സെബാസ്റ്റ്യൻ
(എൻ.എസ്.എസ്. അക്വിനാസ് കോളേജ്, ഇടക്കൊച്ചി)

ശ്രീ. കെ. എ. ഫൈസൽ
(വിമുക്തി മിഷൻ കോർഡിനേറ്റർ)

വിഷയം: അധികജൻ
ക്ലാസ്സ്: ബിബിൻ ജോർജ്
(സൈക്യാട്രിക് സോഷ്യൽ വർക്കർ, വിമുക്തി ഡി അധികജൻ സെന്റർ മുവാറ്റുപുഴ)

AQUINAS COLLEGE
Edacochin - 682 010
Mob: 9497577181
aquinascollegemail@gmail.com

IN ASSOCIATION WITH
AQUINAS COLLEGE
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aquinascollegemail@gmail.com

വിമുക്തി സേവാ മിഷൻ
VIMUKTHI MISSION
ERNAKULAM
NSS UNIT NO: 501

KARUTHAL

Under the Leadership of Aquinas College Nss Unit. The Program named “Karuthal” were organised for the distribution of immunization kits and food kits On 13th August 2021 at 10 am in Conference Hall of Aquinas College. The Program Were Innaugrated by our Beloved Manager, Rev. Fr. Dr Marian Arrackal. Felcitation were made by Jeeja Tenson, The Councillor of 15th Division and Abhilash Thoppil, The Councillor of 16th Division. Vote of Thanks Were made by Dr. Berry Holaday, Program officer.





കോവിഡ് പ്രതിരോധ കിറ്റുകൾ നൽകി



ഇടക്കൊച്ചി അക്വിനാസ് കോളേജ് നാഷണൽ സർവീസ് സ്റ്റീമിൻറെ നേതൃത്വത്തിൽ സംഘടിപ്പിച്ച കോവിഡ് പ്രതിരോധ കിറ്റുകൾ ഫാദർ മരിയൻ അറയ്ക്കൽ കൗൺസിലർമാർക്ക് കൈമാറുന്നു

പള്ളൂരുത്തി ▶ ഇടക്കൊച്ചി അക്വിനാസ് കോളേജ് നാഷണൽ സർവീസ് സ്റ്റീമിൻറെയും അധ്യാപകരുടെയും നേതൃത്വത്തിൽ നിർധനർക്കായി കോവിഡ് പ്രതിരോധ കിറ്റുകളും ഭക്ഷ്യവസ്തുക്കളും വിതരണം ചെയ്തു. കോളേജ് മാനേജർ ഫാ. ഡോ. മരിയൻ അറയ്ക്കൽ ഇവ നഗരസഭാ കൗൺസിലർമാർക്ക് കൈമാറി.

കൗൺസിലർമാരായ അഭിലാഷ് തോപ്പിൽ, ജീജ ടെൻസൻ, കോളേജ് പ്രിൻസിപ്പൽ ബ്രിജിറ്റ് ജിജി, നാഷണൽ സർവീസ് സ്റ്റീം പ്രോഗ്രാം ഓഫീസർമാരായ അഖിൽ സെബാസ്റ്റ്യൻ, ഡോ. ബെനി ഹൊളാഡെ തുടങ്ങിയവർ പങ്കെടുത്തു.



INDEPENDENCE DAY CELEBRATION

On 15th August, 2021 Independence Day was celebrated through online platform . Virtual Flag hoisting and various cultural activities were conducted , It was fully organized by Nss Volunteers. Large number of Nss Volunteers participated in the programme. The Program was innaugrated by Our Beloved Principal Bridjit Jeeji ma'am. Dr Berry Holaday & Mr. Akhil Sebastian, our Nss Programme Officers gave the independence day message. It was a graceful event





AQUINAS COLLEGE EDAKOCHI

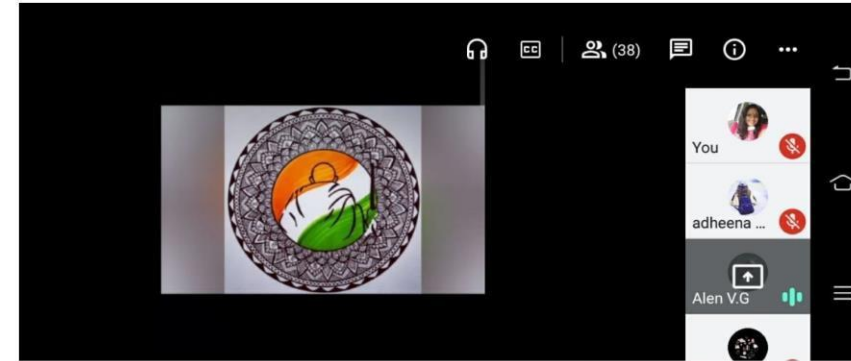


Nss Unit : 03

Enlivening Events of the Occasion

- **Nss Song : Rosemary Indu (Nss Volunteer)**
- **Welcome Speech : Athul K.R (Nss Volunteer)**
- **Virtual Flag Hosting**
- **Independence day Message - Programme officer**
- **Patriotic Song - Rose Mary (Nss Volunteer)**
- **The history of the Indian freedom struggle at a glance - Adheena Ks (Nss Volunteer)**
- **Drawing Presentation - Nss Volunteers**
- **Major Movements of Mahathma Gandhi that helped in Indian Freedom Struggle -Aleena (Nss Volunteer)**
- **Independence day theme dance performance - (Nss Volunteers)**
- **Vote of Thanks- Alen V.G (Nss Volunteer)**

15TH AUGUST



NATIONAL UNITY DAY

National Unity Day is also called Rashtriya Ekta Diwas which is celebrated on 31st October each year to commemorate the birth anniversary of the iron man of India, Sardar Vallabhbhai Patel.

National Unity Day 2021 will mark 146th anniversary of Patel. Our Nss unit celebrated National Unity Day by conducting various programs like Unity run of Nss Volunteers , Rashtriya Ekta Divas oath taking ceremony and Essay Writing Competition.



PLOG RUN 2021

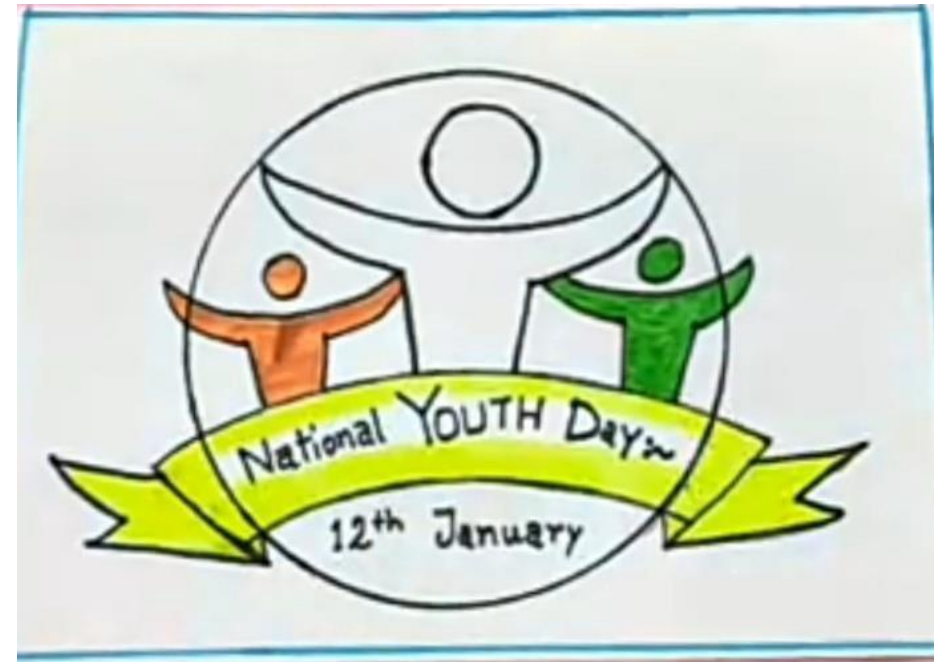
As a part of Clean India Programme under the Ministry of Youth Affairs and Sports in commemoration of Azadi Ka AmritKaAmritMahotsava organised nationwide Clean India Programme from 1st October 2021 to 31st October 2021. As a part of this , our NSS unit also organised a Plogging Run on 28th October 2021 at 10 am for waste collection and disposal in Edacochin . The Plog Run Flagged off by our beloved Manager Rev.Fr.Dr. Marian Arrackal.





NATIONAL YOUTH DAY

National Youth Day, also known as Vivekananda Jayanti, is celebrated on 12th January, being the birthday of Swami Vivekananda. He personified the eternal energy of the youth and their restless quest for truth. The future of a nation depends upon the youth of the country. Aquinas College NSS Unit organized a poster designing competition on 12th January 2022 in honour of National Youth Day and as part of Celebrating the birth anniversary of Sri Swami Vivekananda. The active participation of the students made this event a great success.



MRITHUNJAYA

*One of the Aquinas College Ruby Jubilee project named *”Mrithyunjaya”*. An initiative of social responsibility committee, NSS Unit Aquinas College & Aquinas Alumini Association was Inaugurated on December 19, 2021 at the Aquinas College Auditorium. By this project our aim is to make each Aquinas students to be able to Help the needy in severe conditions, to bring a dying person back to life. The event Start with a prayer Song after the prayer, Ms. Zeta Paul The secretary of Aquinas Alumini Association officially welcomes all. Rev. Fr. Dr. Marian Arakkal the manager of Aquinas College inaugurated the function by lighting the lamp. Presidential address were done by the principal of Aquinas College Ms. Bridgit Jeeji.*



ഇടക്കൊച്ചി അക്വിനാസ് കോളജ് റൂബി ജൂബിലി ആഘോഷങ്ങളുടെ ഭാഗമായി നടപ്പാക്കുന്ന മൃത്യുഞ്ജയ പദ്ധതിയുടെ ഉദ്ഘാടനം കോളജ് മാനേജർ ഫാ.മരിയൻ അറക്കൽ നിർവഹിക്കുന്നു. സീറ്റു പോൾ, ബ്രിജിറ്റ് ജിജി, ജെബി ഐ.ചെറിയാൻ, വി.എസ്.ആന്റണി, വിൽഫ്രഡ് മാനുവൽ എന്നിവർ സമീപം.

അക്വിനാസ് കോളജിൽ മൃത്യുഞ്ജയ പദ്ധതി

ഇടക്കൊച്ചി • അക്വിനാസ് കോളജ് റൂബി ജൂബിലി ആഘോഷങ്ങളുടെ ഭാഗമായി നടപ്പാക്കുന്ന മൃത്യുഞ്ജയ പദ്ധതി കോളജ് മാനേജർ ഫാ.മരിയൻ അറക്കൽ ഉദ്ഘാടനം ചെയ്തു.

പദ്ധതിയുടെ ഭാഗമായി ഇന്റർ ഡൈവ് അക്കാദമിയുടെ നേതൃത്വത്തിൽ വിദ്യാർത്ഥികൾക്കായി ഫസ്റ്റ് എയ്ഡ് വർക്ക് ഷോപ്പ് സംഘടിപ്പിച്ചു. പൂർവ്വ വിദ്യാർത്ഥികൾ

കോളജിനു സംഭാവന ചെയ്ത വിൽചെയറും ഫസ്റ്റ് എയ്ഡ് ബോക്സും പ്രസിഡന്റ് ജെബി ഐ.ചെറിയാൻ പ്രിൻസിപ്പൽ ബ്രിജിറ്റ് ജിജിക്ക് കൈമാറി.

പ്രഫ.സീറ്റു പോൾ അധ്യക്ഷത വഹിച്ചു. ഡോ വി.എസ്. ആന്റണി, ഡോ.ജസ്റ്റിൻ റിബല്ലോ, ഡോ ആർ.താരാനാഥ്, മേരി ഹെർമൻ, അഖിൽ സെബാസ്റ്റ്യൻ എന്നിവർ പ്രസംഗിച്ചു.



AQUINAS COLLEGE EDAKOCHI




മൃത്യുഞ്ജയ

Aquinas Ruby Jubilee Project
Inauguration



Mr. Vishnu Raj IAS
Sub Collector, Fortkochi

&

First Aid Training Workshop By,
INTER DIVE ADVENTURE SPORTS CENTER KOCHI

On 9th December @ 2Pm
Venue : College Auditorium

Jointly organized by
Social Responsibility Committee, NSS & Aquinas Alumni Association

WARM WELCOME TO ALL

As a part of transforming the college into PD friendly campus Aquinas college Alumini Association contributed a wheel chair to the college. Mr. Jebi I Cheriya Join RTO and the president of Alumini association handoverd the Wheel Chair to the principal Ms. Brdgit Jeeji. As a part of 'Mrthvinjaya' project Aquinas alumini Association secretary Ms. Zeta Paul handover the First aid box to Dr. Joseph Justin Rebello The vice principal of Aquinas college. An Interactive First aid training workshop was lead by Mr. Wilfred C Manual and the team inter –diving adventure sports kochi. Mr. Akhil Sebastian, Aquinas College NSS program officer delivered vote thanks to the occasion.

SEVEN DAY SPECIAL CAMP PRODHYATHA 2021

Aquinas College NSS unit conducted the annual special camp “ prodhyatha 2021 “ for 2021 – 2022 NSS volunteers from 27th December 2021 to 2nd January 2022. The camp was inaugurated by Rev. Dr. Marian Arakkal Manager of Aquinas College Edakochi. 97 Students were participated in the camp. The first session on the topic ‘ Not me but you ‘ was led by Mr. Sarath B S Ex Aquinian Research Scholar. On the second day the session was on the topic ‘Youth and addiction- Staggering Realities’ the session was led by Mr. Bibin George the psychiatric Social worker of vimukthi de-addiction centre, Government Hospital Muvattupuzha. On the third day the third session was on the topic ‘ Financial Literacy among Youth ‘ was led by Mr. Sugathan P previous assistant General manager of Union Bank of India presently financial literacy councillor of Edappally.



 **AQUINAS COLLEGE** 
EDACOCHIN

NATIONAL SERVICE SCHEME (UNIT 003)

പ്രവേശനം 2021

2021 NSS SPECIAL CAMP

DEC 27th , 2021 - JAN 2nd , 2022



The fourth day the fourth session was on the topic “21st century skills in the new normal world ‘ this session was led by Mansoor P T the UNV youth resource center coordinator Ernakulam.The fifth day the fifth session was led Dr.Resmi S Kaimal on the topic Covid 19: Omicron – a deep insight.The 6th day’s session was led by the former NSS program coordinator of M G university on the topic ‘ 2022 New thoughts and new way.The last session was on the topic ‘Road safety Awareness ‘ led by Bijumon S P The Ernakulam motor vehicle inspector.



AQUINAS COLLEGE EDAKOCHI

NSS UNIT -03

NSS SPECIAL CAMP

പ്രൊദ്യത 2021

27th DEC 2021 - 2nd JAN 2022

DAY 3 (29-12-21)

SESSION NO :3

‘A STEP TO SAVE IS A STEP OUT OF POVERTY’

FINANCIAL LITERACY AMONG YOUTH

Time: 1:30 p.m – 2:30 p.m.



Sugathan.P

Presently Financial Literacy Counsellor,
Edappally Block.
Previously Asst. General Manager Union Bank of India.



WOMEN'S DAY CELEBRATION

Every year, International Women's Day is celebrated on March 8 across the world. It's a day when everyone shows appreciation, love, and respect towards women. A woman is said to be a beautiful creation of God! It is a fact that all the great personalities are born from the woman's womb and have taken their initial teachings from a woman.

Our NSS Unit celebrated "International Women's Day" on 8th March ,2022 in association with Taluk Legal Service Authority Kochi, one day orientation programme were conducted for the students and teachers. The Resource Person for the day was Adv.Hema, Practicing Lawyer at High Court, Ernakulam.



**TALUK LEGAL SERVICES AUTHORITY
KOCHI**

In Association with

NSS UNIT AQUINAS COLLEGE, EDAKOCHI

WOMENS DAY - 2022

2022 MARCH 8, TUESDAY, 9.30 A.M. AT AQUINAS COLLEGE EDAKOCHI

RESOURCE PERSON:

ADV. HEMA

MRITHUNJAYA PROJECT WEBINAR

Aquinas College NSS unit in Association with Social Responsibility Committee under Ruby Jubilee project and Aquinas Alumni Association organized a webinar on the topic ‘ The burden of allergy in daily life – Approach and Management ‘ On March 28th 2022 under “Mrithunjaya” project. The resource person of the webinar was Dr. Shwetha Shenoy, Consultant ENT surgeon, Allergy & vertigo specialist, VPN Lakeshore Hospital, Nettor Ernakulam the active participation of the Aquinians made the webinar a great success.

AQUINAS COLLEGE EDACOCHIN
NATIONAL SERVICE SCHEME (NSS)
(UNIT NO.003)
AQUINAS COLLEGE EDACOCHIN
NATIONAL SERVICE SCHEME (UNIT NO.003)

The National Service Scheme (NSS) is a Central Sector Scheme of Government Of India, Ministry of Youth Affairs & Sports. It provides opportunity to the student youth of India to take part in various government led community service activities programmes. The sole aim of the NSS is to provide hands on experience to young students in delivering community service

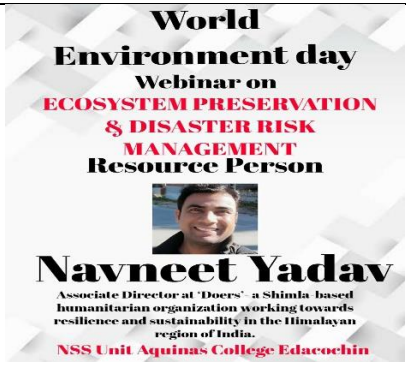


Motto: The motto of National Service Scheme is NOT ME BUT YOU





Program officers :


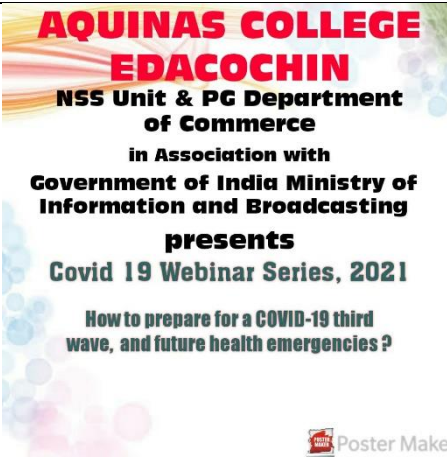
ANNUAL REPORT
(2021-22)
ACTIVITIES OF NSS UNIT DURING THE ACADEMIC
YEAR (2021-2022)

- 1. On June 5th, 2021** at 3pm;World Environmental Day; was celebrated by organising a webinar on; Ecosystem Preservation and Disaster Risk Management By Navneet Yadav as the resource person.
- 2.** Our NSS Unit took part in the 20 days Community Engagement Programme of Beat COVID19 Campaign organised by MGNCRE in the Month of June 2022.
- 3.** On June 19th, 2021 at 12noon an Anemia Awareness Programme was organised by the NSS unit in association with ICDS Kochi Urban 2 to create an awareness among the students and teachers.
- 4.** On June 21st, 2021 , 'International Yoga Day' was celebrated online via a Webinar on Sahajoyoga meditation in collaboration with SN Arts & Science College Kumaraom & SAS SNDP Yogam College, Konni and our NSS Unit
- 5.** On June 27th, 2021 , our NSS Unit Volunteers and Programme Officers participated in the National Level Presentation about the 20days community engagement programme.
- 6.** On June 30th, 2021 our NSS Unit Organised a Webinar On ' International Day Against Drug Abuse' In association with Taluk Legal Service committee from evening 4pm to 5pm . Sri.Vivek V was the resource person.





7. On July 9th, 2021 our NSS Unit in association with HDFC bank kicked off a Green initiative and Green Protocol measures in the campus by Planting & distribution of sampling to the teachers and students
8. From July 10th to 16th 2021, A Covid 19 Webinar series in association with Govt of India ministry of Information & broadcasting was organised by the NSS Unit of the college.
 - a. The First session was held on July 10 th at 3pm by Dr. Soumya Raj on the Topic " Confidence building for youth during pandemic";
 - b. The Second session on held on July 12th at 7pm by Dr. Rohini C on the Topic "; How to prevent covid 3rd wave";
 - c. The third Session was held on July 14th at 2pm by Dr. Prasanth K. on the topic "; Covid 19: Vaccination & Prevention";
 - d. The fourth session was held on July 16th at 7pm by Dr. Aneesa T.N. on the Topic "; Immunity of Youth during Pandemic";
9. The NSS Unit of the college in association with Taluk Legal society organised a webinar series from July 28th to Aug 4th on the topic ";Menace of Dowry & Women Empowerment "; by led by Adv. Harris Manakkal .
10. On August 7th, 2021 the NSS Unit in Association with Vimukthi Mission, Kerala organised a webinar on Addiction by Bibin George, Psychiatric Social Worker, Vimukthi De-addiction Centre, Muvattupuzha.
11. On December 9 th ,2021 our NSS Unit in Association with Social Responsibility Committee under Ruby Jubilee Project and our Alumni Association inaugurated 'Mrithunjaya Project' by organising a workshop and training on 'First Aid training' by Inter-drive Adventure Sports Centre, Kochi
12. Our Unit conducted our Annual Special Camp "ഒരു വർഷം 2021" for year 2021 2022 from 27Th Dec 2021 to 2nd Jan 2022.
13. A Poster Designing Competition was organised by the NSS Volunteers on 12th January 2022 in Honour of National Youth Day and as a part of celebrating the birth anniversary of Sri. Swami Vivekananda.
14. On March 28, 2022 under the Mrithunjaya Project our NSS Unit in association with Social Responsibility Committee under Ruby Jubilee Project and our Alumni Association organised a webinar on 'The Burden of Allergy in Daily Life –Approach & Management'. The resource person was Dr. Shwetha Shenoy, Consultant ENT Surgeon, Allergy & Vertigo Specialist, VPS Lakeshore Hospital , Nettor, Ernakulam.
15. Our NSS Unit celebrated "International Women's Day" on 8 th March ,2022 in association with Taluk Legal Service Authority, Kochi was organising a one day orientation programme for the students and teachers. The Resource Person for the day was Adv.Hema, Practicing Lawyer at HighCourt, Ernakulam.







SL NO	DATE	ACTIVITY	PICTURE
1	5-JUNE-2021	On June 5th, 2021 at 3pm World Environmental Day was celebrated by organising a webinar on Ecosystem Preservation and Disaster Risk Management By Navneet Yadav as the resource person.	
2		Our NSS Unit took part in the 20 days Community Engagement Programme of Beat COVID19 Campaign organised by MGNCRE in the Month of June 2022.	
3		“KARUTHAL” COVID HELP KITS TO WARDS	
4	19-JUNE-2021	On June 19th, 2021 at 12noon an Anemia Awareness Programme was organised by the NSS unit in association with ICDS Kochi Urban 2 to create an awareness among the students and teachers.	
5	21-JUNE-2021	On June 21st, 2021 , 'International Yoga Day' was celebrated online via a Webinar on Sahajoyoga meditation in collaboration with SN Arts & Science College Kumarakaom SAS SNDP Yogam College, Konni and our NSS Unit	

			
6	27-JUNE-2021	On June 27th, 2021 , our NSS Unit Volunteers and Programme Officers participated in the National Level Presentation about the 20days community engagement programme.	
7	30-JUNE-2021	On June 30th, 2021 our NSS Unit Organised a Webinar On 'International Day Against Drug Abuse' In association with Taluk Legal Service committee from evening 4pm to 5pm. Sri.Vivek V was the resource person.	 
8	9-JULY-2021	On July 9th, 2021 our NSS Unit in association with HDFC bank kicked off a Green initiative and Green Protocol measures in the campus by Planting distribution of sampling to the teachers and students	

			
9	10- JULY- 2021	<p>From July 10th to 16th 2021, A Covid 19 Webinar series in association with Govt of India ministry of Information broadcasting was organised by the NSS Unit of the college.</p> <p>a) The First session was held on July 10 th at 3pm by Dr. Soumya Raj on the Topic Confidence building for youth during pandemic;</p> <p>b) The Second session on held on July 12th at 7pm by Dr. Rohini C on the Topic & How to prevent covid 3rd wave</p> <p>c) The third Session was held on July 14th at 2pm by Dr. Prasanth K. on the topic Covid 19: Vaccination Prevention</p> <p>d) The fourth session was held on July 16that 7pm by Dr. Aneeja T.N. on the Topic Immunity of Youth during Pandemic</p>	
10		<p>The NSS Unit of the college in association with Taluk Legal society organised a webinar series from July 28th to Aug 4th on the topic “Menace of Dowry Women Empowerment”; by led by Adv. Harris Manakkal .</p>	

11	7- AUGUST -2021	On August 7th, 2021 the NSS Unit in Association with Vimukthi Mission, Kerala organised a webinar on Addiction by Bibin George, Psychiatric Social Worker, Vimukthi De-addiction Centre, Muvattupuzha.	
12	28-10- 2021	PLOGGING RUN 2021	  
13	27- DECEMBER 2021 TO 2 ND JANUARY 2022	Our Unit conducted our Annual Special Camp “പ്രോദ്യുത 2021” for year 2021- 2022 from 27th Dec 2021 to 2nd Jan 2022.	  

			
14	12- JANUAR Y-2022	A Poster Designing Competition was organised by the NSS Volunteers on 12th January 2022 in Honour of National Youth Day and as a part of celebrating the birth anniversary of Sri. Swami Vivekananda.	
15	8- march- 2022	Our NSS Unit celebrated “International Women’s Day” on 8 th March ,2022 in association with Taluk Legal Service Authority , Kochi was organising a one day orientation programme for the students and teachers. The Resource Person for the day was Adv.Hema, Practicing Lawyer at High Court, Ernakulam	 
16	28- MARCH- 2022	On March 28, 2022 under the Mrithunjaya Project our NSS Unit in association with Social Responsibility Committee under Ruby Jubilee Project and our Alumni Association organised a webinar on ‘The Burden of Allergy in Daily Life –Approach Management’. The resource person was Dr. Shwetha Shenoy, Consultant ENT Surgeon, Allergy Vertigo Specialist, VPS Lakeshore Hospital , Nettor, Ernakulam.	

17		FIT INDIA FREEDOM RUN 2.0	
18	11-10-2021	"BACK TO COLLEGE" FREE COVID VACCINATION CAMP BY M.P HIBI EDEN	  
19		UNITY RALLY: NSS VOLUNTEERS AND POS	 

			
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AQUINAS COLLEGE EDACOCHIN
 NATIONAL SERVICE SCHEME (NSS)
 (UNIT NO.003A & 003B)

AQUINAS COLLEGE EDACOCHIN
 NATIONAL SERVICE SCHEME (UNIT NO.003A & 003B)
 ANNUAL REPORT 2022 -23



The National Service Scheme (NSS) is a Central Sector Scheme of Government Of India, Ministry of Youth Affairs Sports. It provides opportunity to the student youth of India to take part in various government led community service activities programmes. The sole aim of the NSS is to provide hands on experience to young students in delivering community service




Motto: The motto of National Service Scheme is NOT ME BUT YOU






NAME OF THE PROGRAM OFFICER





1. Mr. Akhil Sebastian Ph. No. : 83010 22378
2. Dr. Berry Holaday M.G. Ph. No. : 9142339747

NSS AQUINAS COLLEGE UNIT ACTIVITICE 2022-23

SL.NO	DATE	ACTIVITY	PICTURE
1	6/6/2022	World Environmental Day celebrated "Walk and talk through the perennial Trees" Environmental Awareness Campaign	
2	10/6/2022	Planted saplings	


			
3	27/06/2022	International Day against drug abuse and illicit trafficking in association with Kochi Taluk Legal Service Society. Talk by Adv. Sunil	
4	5/08/2022	Organic Farming (Planted vegetables in the college compound) and distributed plants to nearby homes	 
5	02/10/2022	Gandhi Jayanthi day – visited division 17 of Cochin Corporation (Cleaning Programme)	

6	30/10/2022	Jeevamshem medical camp at St.Mary Church ground Edacochin in association with Gawtham Hospital	  
7	1/11/2022	Anti-Drug Awareness Rally in association with NCC Sports	
8		Eye camp at Aquinas College	
9	21/3/23 to 25/3/23	Agriculture Survey conducted in 8 wards under Cochin corporation	



			
10	14/10/2022	Snehasparshem (Old age people are taken to our college)	  
11	30/07/2022	Book Donation to St. Sebastian, Pallithod	
12	30/07/2022	Voluntary teaching	

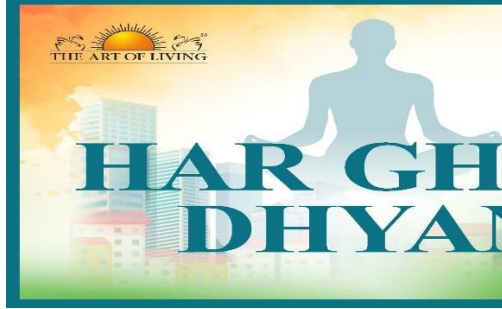




<p>13</p>	<p>23/12/22 - 29/12/22</p>	<p>Special camping programmes</p> <ol style="list-style-type: none"> 1. Anti-Drug Awareness Campaign Pledge in nearby wards 2. Green Protocol in Aroor Panchayath 3. Green School clean school campus 4. Plogging through Aroor Panchayath 	   
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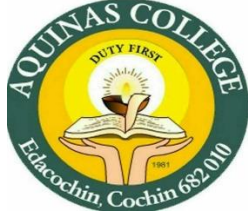
14		<p>OLD AGE HOME VISITING</p>	
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15	15-09-2022	INDEPENDENCE DAY CELEBRATION WITH ST.MARY'S SCHOOL EDAKOCHI	 
16	20-09-2022	ANTI DRUG AWARENESS CAMPAIGN CONDUCTED IN ASSOCIATION WITH PALLURUTHY POLICE STATION AS A PART OF "KOCHI CITY JANAMAITHRI PROJECT"	 <div data-bbox="997 1429 1487 1556" style="position: absolute; top: 638px; left: 625px;"> <p>Kochi, Kerala, India W76Q+9MF, Aquinas College Rd, Ed Kerala 682010, India Lat 9.910717° Long 76.289049° 20/09/22 02:27 PM GMT +05:30</p> </div>

			
17	9- DECEMBER -2022	On December 9 th ,2021 our NSS Unit in Association with Social Responsibility Committee under Ruby Jubilee Project and our Alumni Association inaugurated 'Mrithunjaya Project' by organising a workshop and training on 'First Aid training' by Inter-drive Adventure Sports Centre , Kochi	11
18		NSS 1 ST YR ORIENTATION CAMP	

<p>19</p>	<p>13-01-2023</p>	<p>“HAR GHAR DYAN” AS A PART OF AZADI KA AMRUTH MAHOLTHSAV”</p>	  
<p>20</p>		<p>KERELA STATISTICAL DEPARTMENT: AGRICULTURAL SURVAY AWARENESS</p>	 

21		ONAM CELEBRATION – NSS ORGANISED	
22		MEETING WITH KOCHI MAYOR – “CLEAN KOCHI”	 



AQUINAS COLLEGE EDACOCHIN
NATIONAL SERVICE SCHEME
ANNUAL REPORT
2023-24

PROGRAMME OFFICERS

Mr. Akhil Sebastian (P.G. Dept of Commerce)

Ms. Roshny Elizabeth (Dept. of English)

AQUINAS COLLEGE EDACOCHIN

NATIONAL SERVICE SCHEME (UNIT NO.003)

The National Service Scheme (NSS) is a Central Sector Scheme of Government of India, Ministry of Youth Affairs & Sports. It provides opportunity to the student youth of India to take part in various government led community service activities & programmes. The sole aim of the NSS is to provide hands on experience to young students in delivering community service

Motto:

The motto of National Service Scheme is **NOT ME BUT YOU**



All the youth volunteers who opt to serve the nation through the NSS led community service wear the NSS badge with pride and a sense of responsibility towards helping needy.

The Konark wheel in the NSS badge having 8 bars signifies the 24 hours of a day, reminding the wearer to be ready for the service of the nation round the clock i.e. for 24 hours.

Red colour in the badge signifies energy and spirit displayed by the NSS volunteers.

The Blue colour signifies the cosmos of which the NSS is a tiny part, ready to contribute its share for the welfare of the mankind

The NSS Unit of Aquinas College started in the year 1982. Prof. V J Varghese was our first Programme Officer. Throughout these years since its foundation, the NSS Unit is serving the Urban and Rural areas of Cochin wholeheartedly by enriching the personality development and social responsibility of the students of the institution. Every year 200 volunteers are being selected to the Unit for rendering their selfless service to the college and community.

NSS PROGRAMME OFFICERS 2023-24

Asst. Prof. Sri. Akhil Sebastian - P.G. Dept. of Commerce	2018-till date
Asst. Prof. Smt. Roshny Elizabeth - Dept. of English	2023-till date

NSS ANNUAL REPORT

1 JAN 2023 - 13 MAR 2024

SL. NO	EVENTS	DATES	DETAILS
1	HAR GHAR DHYAN	13/01/2023	HAR GHAR DHYAN was organised in the college for NSS Volunteers in association with an NGO 'Art of Living'. The Session was led was Mr. Rajagopal Krishnan, faculty of Art of Living & Yoga Expert
2	AGRICULTURAL SURVEY-KERALA STATISTICAL DEPARTMENT	17/03/2023	An Agricultural Survey Was conducted by Kerala Statistic Department, Kochi in Kochi with help of NSS Volunteers
3	WORLD ENVIRONMENT DAY	5/6/2023	Planted 500 fruit Saplings (Vietnam Supreme Jackfruit) in and around the campus, the adopted school (St. Mary's Adopted School, Edacochi) and the Adopted Village, (Kumbalangi).
4	INTERNATIONAL YOGA DAY	21/5/2023	Conducted Yoga Sessions for NSS Volunteers in the Campus by Yogi Naveena
5	NATIONAL INTEGRATION CAMP AT CHENNAI	18/06/2023 to 25/06/2023	Mr. Akhil Sebastian, NSS Programme Officer of Aquinas College, was selected as the Camp Leader from M.G. University to participate in the National Integration Camp Held in Chennai
6	AWARENESS CLASS FOR PARENTS ON YOUTH AND ADDICTION	30/06/2023	Mr. Bibin George (Psychiatric Social Worker, Vimukthi De-Addiction Centre) held the awareness class for parents.

7	INDEPENDENCE DAY	15/08/2023	Celebrated Independence Day by hoisting the Flag in the College and NSS Volunteers visited the nearby houses and actively took part in the “Har Ghar Tiranga” Campaign .
8	ONAM CELEBRATIONS	23/08/2023	NSS organised various traditional games and competitions in connection with the College Onam Celebrations
9	TEACHER’S DAY CELEBRATIONS	05/09/2023	Teacher’s Day was celebrated in the campus .Volunteers greeted the teachers with self made greeting cards and gave them a pen. The NSS Unit organised various games and activities for Teachers.
10	AWARENESS CLASS ON DRUGS ABUSE	14/09/2023	An Awareness Class was held by The Right Turn, N.G.O.
11	LET’S CLEAN FORT KOCHI BEACH	16/09/2023	NSS Volunteers and PO Mr. Akhil Sebastian actively participated in the cleaning campaign.
12	SEVANA VARAM	02/10/23	NSS Volunteers and PO Mr. Akhil Sebastian actively participated in the cleaning campaign.in Edakochi Public Health Centre, GHSS Edakochi and 16 th Ward areas as a part of Gandhi Jayanthi Celebrations.
13	NSS UNIT INAUGURATION FOR 2023- AND 2-DAYS ORIENTATION CAMP FOR FIRST YEAR STUDENTS,	17/10/23 & 18/10/23	The activities of the cell were inaugurated by Rev.Manager Dr.Marian Arackal followed by two days , non-residential Orientation Camp for First year students led by Mr. Ajish K R Assistant Professor in Dept. of Chemistry CMS College Kottayam on 17/10/23 & Fr.Eldhose , Assistant Professor in Dept of Psychology,St.KuriakoseCollege Kuruppampady
14	NATURE CAMP – KADARIVU 2023	26/10/23 - 28/10/23	23 NSS Volunteers along with 2 NSS Programme Officers attended two days nature camp “Kadarivu” at Muthanga Wildlife Sanctuary.
15	KERALEEYAM	07/11/2023 & 08/11/2023	NSS Programme Officer, Mr.Akhil Sebastian attended the Keraleeyam program at Trivandrum
16	CHILDREN’S DAY CELEBRATION AT ADOPTED SCHOOL	14/11/2023	NSS Volunteers along with PO’s visited St.Mary’s L.P.School, Pambaimoola .P.O , Ms.Roshny Elizabeth, took an awareness session on ‘Good Touch and Bad Touch’ for students.

17	AWARENESS PROGRAMME ON GENDER EQUALITY & MODERN CHALLENGES TO WOMEN RIGHTS	18/11/2023	A session by Adv. Shobana T.M was organised for NSS Volunteers.
18	MINI CAMP	18/11/2023	A mini camp was organised for the first year and second year NSS Volunteers based on theme of 'Clean Campus Green Campus'
19	YOUTH TRAINING	18/11/2023	NSS Volunteer, Mr. Ananth Krishna, attended a one-day training programme organised by Govt. of Kerala.
20	WORLD AIDS DAY	01/12/2023	An awareness talks by Mr. Francis Moothedan, Global Master Trainer -UNODC & CPDAP for students and Red ribbons were woven and pinned to all the teachers students, Non - Teaching Staff of Aquinas College Edacochin
21	SVEEP 2024 AT NAVAKERALA IN FORKOCHI	08/12/2023	The NSS Volunteers and NSS Programme Officer Mr. Akhil Sebastian in association with Kochi Taluk organised a Voter's Registration Campaign at Chief Minister's Navakerala Programme held in Fortkochi
22	OBSERVATION OF SEXUAL HARASSMENT OF WOMEN AT WORKPLACE PREVENTION WEEK.	15/12/2023	An awareness class was held on Sexual Harassment of Women at Workplace Prevention Week.
23	CHRISTMAS CELEBRATION AT KARUNALAYAM, KOCHI	15/12/2023	The NSS Programme Officer, Mr. Akhil Sebastian and NSS Volunteers kicked off 2023 Christmas Celebration of Aquinas College in Karunalayam, A home for disabled, old and mentally challenged inmates. Cultural Programmes, X'Mas Cake Cutting and Sweet distribution were organised by the NSS Volunteers for the inmates of Karunalayam, Kochi.
24	DISASTER MANAGEMENT TRAINING	16/12/2023	The NSS Volunteers of Aquinas College attended the Disaster Management Training at Sacred Heart College. The Training led to the formation of a new Disaster Management Team of NSS Volunteers in Aquinas College.

25.	SEX EDUCATION CLASS	19/12/2023	An Awareness class on Sex Education was held for Second and Final U.G Students.
26.	WORKSHOP ON VOTER'S ENROLLMENT	19/12/2023	A workshop on new voter's enrolment was organised jointly by NSS Unit and Electoral Literacy Club in association with Young India foundation. The Workshop was inaugurated by Deputy Collector of Ernakulam B. Anil Kumar. The Session on enrolment was led by Mr. Amal Saji, State Coordinator, Young India Foundation.
27.	VISIT TO KUMBALANGHI PANCHAYAT (CHRISTMAS CELEBRATION AT ADOPTED VILLAGE)	21/12/2023	The NSS Programme Officer Mr. Akhil Sebastian and NSS Volunteers visited the adopted Village Panchayat office to celebrate Christmas with Ms. Leeja Thomas, Panchayat President, Kumbalangi. Cakes and Sweets were distributed by the NSS Volunteers in Office as a part Christmas Celebration
28.	DIGI KERALAM - DIGI KERALA CAMPAIGN	04/01/2024	The NSS Unit of Aquinas College launched the DIGI KERALA Campaign of Ernakulam LSG for college students as volunteer registration at College level.
29.	PALLIATIVE CARE DAY JANUARY 15	15/01/2024	The NSS Unit of Aquinas College Edacochin in liaison with Kochi Karunya Sangha VEDI observed Kerala Palliative care Day by distributing Food Kits, Dialysis Kits to the needful in Santhom Animation Centre, Mundamveli, Kochi.
30.	BLOOD DONATION CAMP	17/01/2024	The NSS Unit in Association with Lions Club Kochi, Bhavani Foundation Kalady and Amritha hospital organised a blood donation camp in Aquinas College Edacochin. The NSS Unit launched first of its kind a Blood Donors Directory on occasion of the camp.
31.	SCHOOL ADOPTION	25/01/2024	The NSS Unit of Aquinas College signed an MOU to Adopt GHS Edacochin in 2023-24 as its adopted school.
32.	MOTIVATION SESSION IN ADOPTED SCHOOL	25/01/2024	The NSS Unit organised a Motivation talk on the topic 'You are Gifted' by Bony Chellanam in GHS Edacochin as a part of School Adoption Project.
33.	NATIONAL VOTER'S DAY	25/01/2024	The NSS Unit in liaison with Electoral Literacy Club jointly organised a pledge taking ceremony by NSS Volunteers in Kumbalangi to observe

			National Voter's Day 2024. (NVD24)
34.	REPUBLIC DAY 2024	26/01/2024	The NSS Unit in liaison with NCC organised flag hoisting ceremony and sweets distribution on the occasion of the Republic Day.
35.	SUSTAINABLE TOURSIM PROJECT 2023-24	26/01/2024 To 25/02/2024	The NSS Unit in liaison with Kumbalangi Panchayat jointly renovated a partly established park to tourist attractive hot spot.
36.	KANAL FEST 2024	16/02/2024	The Department of Women and Child Development Ernakulam and NSS Unit jointly organised a Gender Equality Awareness Session and a Self-Defence Camp for students in Aquinas College.
37.	ELECTION AWARENESS PROGRAMME	04/03/2024	The Aquinas Alumni Association, Electoral Literacy Club, Kochi Taluk and NSS Unit jointly organised an Election Awareness Programme for the students and faculty members. The programme was officially inaugurated by Mr. Nishanth Sihara IAS, Assistant Collector Ernakulam. Flash Mob, Placards, Mock Voting using Student representatives were organised.
38.	MEDICAL CAMP AT ADOPTED SCHOOL	10/03/2024	The Lions Club Elites Kochi, Bhavani Foundation Kalady, St. Mary's Church Edacochin, Amritha Hospital Edappally and NSS unit of Aquinas College Edacochin jointly organised a Free Eye Dental Medical Camp in St. Mary's LPS School Edacochin.

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