

Report of Various Socio-Economic Harmony Programmes

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1. KAITHAANG: FLOOD RELIEF

DATE: 23-24 AUGUST 2018

During the month of August, the NSS Unit at St. John's College actively engaged in flood relief activities, providing assistance to flood-affected communities. Donations were raised with the help of teachers, students and locally members helped us to buy clothes, blankets, medicines, food items for the victims. This initiative involved 100 dedicated volunteers who participated in disaster response efforts, aiding in relief operations. Additionally, on August 23 and 24, volunteers at the college were involved in the preparation of flood relief kits in Pathanamthitta, ensuring essential aid reached those in need during the floods.



2. MANAS: CAMPUS CLEANING PROGRAMME

DATE: 15 SEPTEMBER 2018

'Manas' was a campus cleaning drive held at St. John's College on September 15. The event brought together 100 volunteers who worked collectively to ensure that the college premises remained clean and well-maintained. This activity aimed to promote a sense of responsibility for the environment and a clean, healthy campus environment. All the NSS volunteers actively participate in the programme. Special cleaning effort was done on the same day to collect all the plastic waste accumulated in the college campus.



3. KARUTHAL: NSS DAY CELEBRATION

DATE: 24 SEPTEMBER 2018

NSS Day was inaugurated by the principal at college auditorium on September 24. 100 NSS volunteers from St. John's College visited the Arpitha orphanage centre (adopted village). They distributed clothes and essential articles to underprivileged children, spreading joy and support to those in need. Volunteers cut the cake with the members in the orphanage. This charitable act under the banner of "Karuthal" demonstrated the college's commitment to community welfare and social responsibility.



4. KARUTH: HEALTH AND PHYSICAL FITNESS AWARENESS

DATE: 10 OCTOBER 2018

Regular physical activity along with a nutritious food is the key to maintain a good life. Sri Abraham Mathew, SAAF Game winner conducted a physical fitness training session at St. John's College on October 10. He delivered a talk and training on physical fitness. This session focused on the importance of maintaining a healthy lifestyle through exercise and well-being practices. With 100 volunteers in attendance, the event aimed to instil the significance of physical fitness and overall health among the college community.



5. NAIPUNI: SKILL DEVELOPMENT TRAINING

DATE: 11 NOVEMBER 2018

Skill Development classes are to impart competency-based training, which will equip today's millennials with which are relevant for working environment. At St. John's College, Anchal, Sheela Jacob conducted an embroidery training program on November 11. The event aimed to impart valuable embroidery skills to the participants, fostering their creativity and handcrafting abilities. This hands-on training likely provided students with practical knowledge and encouraged artistic expression. 100 NSS volunteers actively participate in the programme. After the completion of the programme many students began to various embroidery items and learn for their needs.



6. DHISHA: MOTIVATIONAL PROGRAMME

DATE: 21 NOVEMBER 2018

Students who are not motivated will not perform effectively. Motivated students are more excited to participate. On November 21, St. John's College, Anchal, hosted an orientation class as part of "Dhisha." Sri Brahmanayakam Mahadevan conducted the session, providing valuable insights and knowledge to the participants. This event saw the active participation of 100 volunteers and students who were eager to learn and contribute to their personal and academic growth.



7. JEEVA: BLOOD DONATION CAMP

DATE: 23 NOVEMBER 2018

In collaboration with the Taluk Hospital in Kottarakara, St. John's College's NSS Unit organized a blood donation camp called "Jeeva" on November 23. The camp began at 10 am with a short inaugural function. A total of 44 volunteers from the college came forward to donate blood, contributing to the noble cause of saving lives and emphasizing the importance of community health and well-being. One medical team determined the blood groups of 150 individuals including students, teachers and non-teaching staff. The information was used for updating the Blood donors directory prepared and maintained by NSS units. The technical assistance was given by Taluk Hospital in Kottarakara.



8. VETTAM: AIDS DAY

DATE: 1 DECEMBER 2018

On World AIDS Day, the NSS Unit of St. John's College, Anchal, organized a rally from R.O. Junction. Abraham John, the Director of Santhwana Counseling Center in Pathanapuram, delivered an enlightening awareness talk to educate the community about HIV and AIDS. This event drew 100 dedicated volunteers from the college who actively participated in spreading awareness about this critical health issue.



9. PACHAPPU: SEVEN DAY SPECIAL CAMP

DATE: 1-7 DECEMBER 2018

DAY 1: 25 DECEMBER 2018

Day I started with the formal Inaugural with the title of "PACHAPPU". Around 100 NSS volunteers of our college were eagerly waiting for participating in the Camp. NSS Special Annual Camp was inaugurated by Dr. Alexander, Retired Principal, St. Dominic College, Kanjirappilly. Sir delivered a beautiful talk on Youth Empowerment and NSS. On this day, NSS Volunteers were grouped, assigned various activities to the individual group and Volunteers were given necessary instructions.

Impact- Gained an insight on the role of Youth in community development and Team spirit was developed among the Volunteers.



DAY 2: 26 DECEMBER 2018

On 26th December, Morning session (9:00 am to 1:00 pm) started with the talk on Fire and Safety by Sri. Sudheer Kumar, Safety Officer, Fire Force. Punalur. After that, there was a demonstration on fire rescue. After this session, the next session was handled by Sri. Sathi Kumar, CI, Anchal on the topic Youth Protection. The said faculty had a nice interaction with NSS volunteers.

Impact-Volunteers learned how to minimize the destruction caused by fire and steps to taken for ensuring Youth protection.



DAY 3: 27 DECEMBER 2018

27th December, NSS volunteers were engaged in cleaning activities. Volunteer secretaries divided the NSS Volunteers into several groups. Each group members were allocated with a particular area for cleaning. Following this, Students were engaged in vegetable cultivation. After that the session was handled by Dr. Madhu, Sradha Research Institute, Thiruvananthapuram on the topic Drastic Climatic Change, the next session December 2018 started at 05:00 PM in the evening. Lecture was delivered by Josin C Tharain, Asst. Professor, St. Johns College, Anchal on the topic Sex Education.

Impact: Developed a sense of participation in green practices. Gained the information, skills and motivation to make healthy decisions about sex and sexuality in their life.



DAY 4: 28 DECEMBER 2018

On 28th December 2018, Morning session (9:00 a.m. to 1:00 pm) started with the Skill development Programme handled by Sheela Jacob on big shopper making, Pickle preparation, Jam making etc. It was of great use for the NSS Volunteers. After the skill development class, all the volunteers gathered for session handled by Dr Brilliant Rajan, Assistant Professor, St John's College, Anchal on the topic Environment Protection and Development.

Impact: Developed a sense o sustainable development and need for skill development.





DAY 5: 29 DECEMBER 2018

On 29th December 2018, all the volunteers went to venue of the camp, Le To make this campus free of plastic zone and other wastes. All the volunteers of NSS unit spread across our college campus and adopted village as to clean up all the plastic wrappers, bottle, etc. They also made sure that no wrappers were lying in and around the campus. They also educated the people about the negatives of using plastic, harmful effects of burning plastics, need for cultivating organic vegetables, and distribution of saplings.

Impact: The main objective of programme was to inculcate the sense of responsiveness and belongingness in the mind of the students towards serving the needs of our society.





DAY 6: 30 DECEMBER 2018

On 30th December 2018, In the morning session Sri Nikilesh delivered a talk on Sustainable Life and conducted a group discussion on how to minimize the use of plastics in our daily life. Students actively participated in that. In the afternoon session, there was a class on Human Rights by Sri. Noyal Kumar,

Impact: Got an insight on developing a sustainable life style. Volunteers got awareness on the promotion and protection of human rights.



DAY 7: 31 DECEMBER 2018

On the last day, 31/12/2018 valedictory function was organized at Audio Visual Hall. Volunteer Secretaries presented the NSS Camp report in front of all NSS Volunteers. All the volunteers shared their experiences briefly. Programme Officers wished all the best for the NSS Volunteers for their future endeavours and was very happy with various programs which were conducted in the 07 days camp and also wished everyone and asked to conduct the camp once again in the village and to serve the villagers.

Impact: Group living, collective experience sharing and interaction with community.



10. DISHA: ORIENTATION PROGRAMME

DATE: 27 JULY 2019

An Orientation Programme for NSS Volunteers has been organized on July 27, 2019. The programme was inaugurated by Principal Rev. Fr. Johnson G. The programme was started with lighting the lamp. A warm welcome was extended to all the dignitaries by Anu Varghese, Programme Officer, NSS Unit. The principal conveyed his blessings to the NSS volunteers for their zeal to serve the society through NSS and also emphasized on the personality development through NSS. On this occasion, special guest Praveen Varghese Thomas, Motivational speaker, oriented the volunteers. It has been well said that the vision of our country lies in the hands of our youth. They are filled with tremendous and towering ambitions. They are the foundation for active development, and if engaged, they will try to solve the challenges that we face today. The programme ended with Vote of Thanks delivered by Shijo Varghese, NSS Programme Officer.



11. KARUTHAL: FLOOD RELIEF ACTIVITIES

DATE: 13 AUGUST 2019

The people of Kerala faced a huge flood. At that time NSS UNIT, St. Johns College, Anchal sets up a flood relief collection center. The collection point got very good response not only from the staff members and students, but also from the general public as well. On 13th August, the volunteers took the relief materials to Collectorate, Kollam and handed over them at the collectorate. This event saw the active participation of 100 volunteers and students who were actively participated in this programme. The efforts of 100 volunteers ensured that essential relief supplies reached those affected by floods, demonstrating the college's commitment to disaster relief and community support.





12. VIMUKTHI: ANTI-DRUG CAMPAIGN

DATE: 16 AUGUST 2019

NSS unit organized an anti-drug campaign on 16th August, 2019. Drug Abuse is a serious issue affecting all sections of the society, irrespective whether they are Young/Old, Poor/Rich, and Educated/Illiterate. Teenage drug addiction is one of the most serious substance abuse problems. The programme was inaugurated by Principal Rev. Fr. Johnson G. The programme was started with lighting the lamp. A warm welcome was extended to all the dignitaries by Shijo V Varghese, Programme Officer, NSS Unit. The principal conveyed his blessings to the NSS volunteers for their zeal to serve the society through NSS and also emphasized on the personality development through NSS. Awareness on Drug Abuse was held by Assistant Excise Commissioner, Sri Thajudeen at 11 am in Audio Visual Theatre. 100 NSS volunteers were actively participating in the interactive session which held after awareness talk.



13. HRIDHAYAPOORVAM: HOME NURSING TRAINING

DATE: 22 AUGUST 2019

Each year, a number of persons suffer with an accident or illness, severe enough to stop their breathing and leads to respiratory arrest. In a small number of these cases, it will even stop their heart beating and leads to cardiac arrest. Sudden cardiac arrest is a major cause of death in developed countries. Health awareness class by Cardiac Department, Mission Hospital Anchal was held on 22 August 2019. The programme was inaugurated by Principal Rev. Fr. Johnson G. The programme was started with lighting the lamp. A warm welcome was extended to all the dignitaries by Anu Varghese, Programme Officer, NSS Unit. The principal conveyed his blessings to the NSS volunteers for their zeal to serve the society through NSS and also emphasized on the personality development through NSS. Dr. Azad, Dr. Prince, Dr. Feba Educated the students and created awareness in helping them to prevent death occurring due to cardiac arrest by explaining the first aid activities, Demonstration class was also arranged. The 100 NSS volunteers actively participated in this program, gaining valuable skills in-home nursing and raising awareness about cardiac health.



14. HELMET: TRAFFIC AWARENESS PROGRAM

DATE: 11TH SEPTEMBER 2019

The NSS unit of St. John's College, Anchal organized a traffic awareness program called “Helmet” on 11th September 2019. Programme was started with inauguration by Fr Johnson G, Principal, St. John's College Anchal. This initiative featured a presentation and interaction with Circle Inspector Mr. Sudheer and his team. The program concentrated to educate students and the community about the importance of wearing helmets while riding motorcycles and adhering to traffic rules. This programme was conducted also with the aim of creating awareness among the youngsters about the perils of rash and negligent driving given the fact that most victims of road accidents youths. The resource person urged the student community to follow the traffic rules like wearing helmets while riding two wheelers, wearing seat belts etc. to have a safe ride. Active participation of 100 volunteers reflected their commitment to promoting road safety. It was a wonderful experience for the volunteers and other students. NSS Programme officer Mr. Shijo V Varghese welcomed the guests and Ms. Anu Varghese proposed vote of thanks. Ms. Anu Varghese and Mr. Shijo V Varghese who were the Programme officers, was thanked by the team for organising the traffic awareness programme for NSS volunteers.





15. SWANTHAM: CLEAN CAMPUS

DATE: 28 OCTOBER 2019

NSS unit St. John's College, Anchal involves in various activities towards the "Clean Campus" on 28th October 2019, In order to keep the campus clean and hygiene, the volunteers were provided with NSS caps, badges, hand-gloves, broom sticks and disposable bags. Each group was allotted different areas of the college to be cleaned. They devoted their day for cleaning the campus. The garbage collected by the volunteers after cleaning the campus was put together in dumping area of the Campus. The event successfully ended at three o'clock. 100 volunteers actively participated in this programme.



16. KOODAM ODAM: ANTI DRUG CAMPAIGN

DATE: 5 NOVEMBER 2019

NSS unit St. John's College, Anchal organized an Anti-drug campaign known as "Koodam Odam" on 5th November 2019. Drug abuse is a serious issue affecting all sections of the society. Irrespective whether they are young/old, poor/rich and educated/illiterate. Teenage drug addiction is one of the most serious substance abuse problems. To create an awareness, a koottayottam was conducted and students exhibited various posters on Drug Abuse designed by NSS volunteers. Koottayottam was flagged off by Excise Inspector, Mr. Prasad. Principal showed appreciation for the campaign and pointed out the fact that citizens from all walks of life have to play a part in discouraging drug use among students. Volunteers of the College took the pledge against drug abuse, administered by Mr. Vinoj, Mukti coordinator. All 100 NSS volunteers participated in this campaign, taking a pledge against drug abuse. NSS Volunteers, students, common public participated in the koottayottam and it was a grand success. Around 30000 citizens including volunteers, students from college and various schools, common public benefitted from the programme.



17. KUNJE NINAKAI: AWARENESS PROGRAMME ON CHILD ABUSE

DATE: 13 DECEMBER 2019

St. John's College organized a "KunjeNinakai" flash mob on December 13 to raise awareness about child abuse. One hundred volunteers took part in this event, conducting a rally from the college gate to the market junction. Holding placards, NSS volunteers walked from college to market junction and conducted awareness flashmob to spread awareness on child abuse. Through this energetic and attention-grabbing performance, they aimed to educate the public about the importance of child protection and the prevention of abuse.

Impact- We have to unite together to prevent child abuse. Over 35000 citizens including volunteers, students from college and various schools, common public benefitted from the programme.



18. CHOOTTU: SEVEN DAY SPECIAL CAMP 2019-2020

DATE: 23-31 DECEMBER 2019

DAY1: 23/12/2019

Day I started with the formal Inaugural with the title choottu". Around 100 NSS volunteers of our college w eagerly waiting for participating in the Camp. On this day, NSS Volunteers were grouped, assigned various activities to the individual group a Volunteers were given necessary instructions.

Impact: Team spirit was developed among the Volunteers.



DAY 2: 24/12/2019

On 24th December, Yoga was performed for 30 min followed by the assembly. Morning session (9:00 a.m. to 1:00 p.m.) started with self- defending class organized by Anchal Police Station.

Impact-Volunteers learned how to self-defend in emergencies.

The afternoon session started with the talk on Fire and Safety by Sri. Sudheer Kumar, Safety Officer, Fire Force, Punalur. After that, there was a demonstration on fire rescue.

Impact: Volunteers learned how to minimize the destruction caused by fire.



DAY3: 25/12/2019

On 25th December yoga was performed for 30 minutes. After Breakfast, NSS volunteers were engaged in cleaning activities Volunteer secretaries divides the NSS Volunteers into several groups

Impact: Created awareness among the public about Swatch Bharat event. After the cleaning activities, all the NSS Volunteers were engaged in planting several banana plants and engaged in medicinal plant garden.

Impact: Developed a sense of sustainable development.



DAY 4: 26/12/2019

On 26th December 2019, Yoga was performed for 30 min. Morning session (9:00 am to 1:00 pm) started with the inauguration of Palliative care unit, St. Johns College, Anchal

Impact: Offers a support system to address the needs of patients.

In the afternoon session, there conducted an awareness class on environment protection by Dr. Leju Thomas, HSST, St. Marys HSS, Pattom. Volunteers were asked to perform a Tablo on that.

Impact: Developed a sense of participation in green practices.





DAY 5 : 27/12/2019



DAY 6: 28/12/2019

On 28th December 2019. In the morning session we have conducted a workshop on Agarbathi making, In the afternoon session, there was a workshop on handicrafts making.

Impact: Skill development.





DAY 7: 31/12/2019

On the last day, 31st December 2019 valedictory function was organized at Audio Visual Hall. The programme started with the NSS Song as invocation song. Volunteer Secretaries presented the NSS Camp report in front of all NSS Volunteers. All the volunteers shared their experiences briefly. Programme Officers wished all the best for the NSS Volunteers for their future endeavours and was very happy with various programs which were conducted in the 07 days camp.

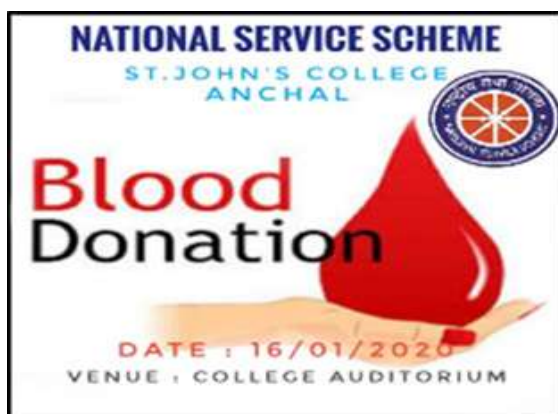
Impact: Group living, collective experience sharing and interaction with community.



19. JEEVA -BLOOD DONATION CAMP

DATE:16 JANUARY 2019

The NSS unit of St John's College, Anchal organized a blood donation camp in collaboration with blood bank of St. Josephs Mission Hospital Anchal on 16th January 2020. The camp began at 10.00 am with a short inaugural function where in Dr Mansoor Mohammed and his five-member team was given a floral welcome. Dr. Mansoor expressed his gratitude to the NSS unit of the college for its continuous endeavour in this regard. He also stressed on the growing need of blood in the state and commended the young volunteers for their noble act. The Camp was inaugurated by the Principal, Rev Fr. Johnson G. Dr. Mansoor conducted a talk on Need for donating blood NSS Volunteers determined the blood group of 150 individuals included teaching & non-teaching staff, students & non-student donors. The information was used for the updating of the Blood donation directory prepared and maintained by NSS unit, St. Johns College, Anchal. This was done with the technical assistance of St. Joseph Mission Hospital, Anchal 26 volunteers came forward to donate blood during the camp which included teaching & non-teaching staff, students & non-student donors. The blood donors were given Biscuits and fruti after donating the blood in order to reenergize themselves. The medical team was provided with lunch and the camp concluded at around 2.30 p.m. 100 volunteers actively participated in this life-saving initiative, contributing to the noble cause of ensuring a steady supply of blood for patients in need.





20. KOODU: SAHAPADIKORU VEEDU

DATE: 25March 2020

“Koodu” was a housing project initiated by NSS unit of St. John's College, which was successfully completed on 25 March 2020. The project aimed to provide homes to those in need. One hundred volunteers contributed their time and efforts to ensure the success of this humanitarian endeavour, making a difference in the lives of the less fortunate. Foundation stone laying ceremony for Sahapadikoru Veedu was held on 11th February 2020 and completed the housing project on March 2020. It was a beneficial programme for the Community Our programme gained an attention to the public.

Impact: It's the responsibility of each and every one to contribute in the community well-being.



21. CURRENCY - PROMOTING SAVINGS HABITS

DATE: 19 FEBRUARY 2020

NSS unit of St. John's College collaborated with the post office, Anchal branch and the NSS to promote a savings habit among students. They provided an opportunity to open a post office savings account scheme by sending their postal assistants to the college on 19th February 2020. The Department of Post (DoP) issued magnetic ATM cards to those who opened post office saving schemes. Around 80 opened accounts in the Post Office. On hundred students actively participated in this initiative, encouraging financial literacy and responsible saving.



22. SPARSHAM- PALLIATIVE CARE TRAINING

DATE: 22 FEBRUARY 2019

Under the auspices of the community health centre in Anchal, St. John's College organized palliative care training for 25 selected volunteers on February 22. The trained volunteers formed a palliative care team, and on February 24, they visited around 30 people suffering from chronic diseases. Palliative club inculcate a compassionate feeling among students towards the community. This initiative demonstrated the commitment of 100 volunteers to providing care and support to those in need.





23. SHORT FILMS - ANTI-DRUG ADDICTION MESSAGE

DATE: 6 MARCH 2020

Short film directed by a group of NSS volunteers was launched at Audio Visual Theatre and were shown to the entire college community. St. John's College's NSS unit directed a short film conveying a powerful message against drug addiction. This short film was released at the audio-visual theatre on March 6, 2020. The production and release of the film were made possible by the dedicated efforts of 100 volunteers who aimed to raise awareness about the perils of drug addiction and its impact on individuals and society. It was a good message to the society on drug addiction.

Impact: Let us say no to drugs and it's our responsibility to educate everyone around us to fight against drug abuse.



24. COVID-19 PLEDGE

DATE: 16 AUGUST 2020

On the poignant day of August 16, against the backdrop of the ongoing COVID-19 pandemic, our unit orchestrated a solemn and impactful COVID-19 Pledge ceremony. In an era where collective responsibility and solidarity have become paramount, this event symbolized our unwavering commitment to navigating the challenges posed by the global health crisis. The atmosphere was charged with a palpable sense of purpose as 102 volunteers gathered to partake in the oath ceremony. The ceremony was not merely a ritual but a profound declaration of our shared dedication to adhering to the established health protocols and going above and beyond in aiding the vulnerable. The pledge encompassed a multifaceted approach. Volunteers solemnly vowed to rigorously follow COVID-19 safety measures, acting as exemplars in the community. The importance of wearing masks, maintaining social distance, and practicing rigorous hygiene was underscored, emphasizing the role each individual played in curbing the spread of the virus. Beyond personal responsibility, the pledge extended to a collective commitment to support the needy. Volunteers pledged their time, resources, and compassion to assist those adversely affected by the pandemic. This encompassed initiatives such as providing essential supplies, offering emotional support, and contributing to community welfare projects. The ceremony served as a poignant reminder that even in the face of adversity, our collective strength lies in unity and compassion. It was a moment of solidarity, where volunteers, diverse in backgrounds and skills, found common ground in their dedication to being agents of positive change during these trying times. As the echoes of the oath filled the air, it marked not just a ceremonial moment but a catalyst for a sustained and impactful effort. The COVID-19 Pledge became a guiding light, illuminating the path of responsible citizenship and altruism, steering our unit towards a future where the community's well-being is at the forefront of our endeavours.

St. John's College, Anchal



NSS UNIT 14 A&B



COVID -19 PLEDGE

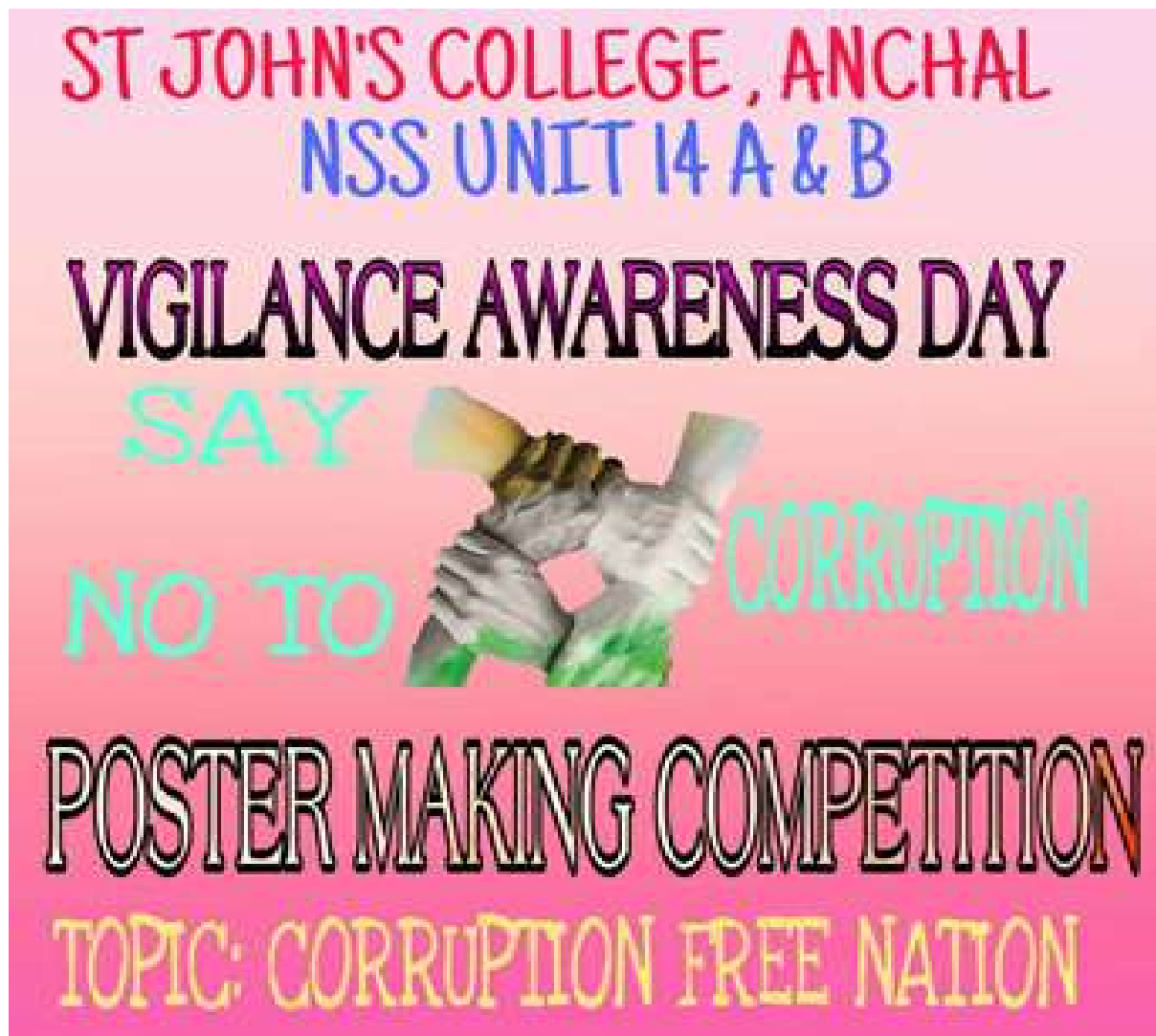
I promise to take all necessary precautions that prevent the spread of this deadly virus. I promise to follow and encourage others to follow the key COVID Appropriate Behaviours.



25. SAY NO TO CORRUPTION: VIGILANCE AWARENESS PROGRAMME

DATE: 30 OCTOBER 2020

On Vigilance Awareness Day, our entire unit members took a pledge to promote integrity, transparency and accountability in public life. Along with that a poster making competition was held on the topic "Corruption free Nation". A good participation was received from the side of our volunteers and the captions they made were good enough to raise our objection against corruption. The 100 volunteers actively participated in this programme.



26. RANTHAL: SEVEN DAY VIRTUAL CAMP

DAY: 20-27 DECEMBER 2020



DAY 1: 20 DECEMBER 2020

Seven Day Virtual camp which was named as "Ranthal" was started on 20/12/ 2020. It was with an orientation that the camp activities were commenced. Our college Principal has officially inaugurated the function, which was held in online platform in the background of Covid-19, Programme officers Anu Varghese and Shijo Varghese provided some guidelines of the camp activities. Then the entire volunteers were divided into 5 groups and each was given a leader for conducting activities. Volunteer Secretaries: Ancy and Abhishek also spoke during the inaugural function. As a part of NSS Virtual Camp. The first group. Jwala, conducted the first camp assembly. NSS programme officers Ms. Anu Varghese and Mr. Shijo V Varghese, NSS secretaries Ancy Haris and Abhishek Mohan and all other volunteers embellished the session with their occasional response and cooperation. Today's assembly was executed as two sessions. The first session commenced with NSS anthem sung by our group member, Kavya, which was then followed by the welcome speech

delivered by Amal A. An inspirational thought was then presented by Aswin regarding how one can be optimistic to cherish their dreams. With the healthy coordination of all the members, a newspaper report proclaiming the Inaugural ceremony of NSS camp has been published in the assembly and was presented by the group lead Akshaya. Further, volunteer Akshara shared some of her knowledge about NSS concerning its origin working principles etc in form of a speech. First session of the assembly was brought to an when Akhil Krishna proposed vote of thanks to the entire attendees.

DAY2: 21 DECEMBER 2020

As a part of NSS Virtual Camp. The first group. Jwala, conducted the first camp assembly. NSS programme officers Ms. Anu Varghese and Mr. Shijo V Varghese, NSS secretaries Ancy Haris and Abhishek Mohan and all other volunteers embellished the session with their occasional response and cooperation. Today's assembly was executed as two sessions. The first session commenced with NSS anthem sung by our group member, Kavya, which was then followed by the welcome speech delivered by Amal A. An inspirational thought was then presented by Aswin regarding how one can be optimistic to cherish their dreams. With the healthy coordination of all the members, a newspaper report proclaiming the Inaugural ceremony of NSS camp has been published in the assembly and was presented by the group lead Akshaya. Further, volunteer Akshara shared some of her knowledge about NSS concerning its origin working principles etc in form of a speech. First session of the assembly was brought to an when Akhil Krishna proposed vote of thanks to the entire attendees.

In the second session, Dr Preetha, Assistant Professor, Department of Botany graced the function with presence and catchy speech. That entire session focused on a seminar regarding "Practical tips sustainable Living". The seminar session was indeed productive, informative and insightful as well. The way of speak employed by ma'am has caught the attention of the entire audience. Even her words had the essence nature in it. Many tips for gardening were discussed in that session which included the preparation of bio- pesticides, bio-weedicides and bio- compost for the healthy growth and development of a plant. Within that limited span of time, she found time to clarify the doubts raised from the audience. After that session, the volunteers were

assigned the duty of practically applying the tips given by Dr. Preetha S. as today's work. Meeting officially came to an end with the vote of thanks proposed by the group leader.



DAY 3: 22 DECEMBER 2020

On December 22, 2020, the 2nd group, Deeksha, conducted the assembly as part of Annual Virtual Camp conducted by NSS Unit of St. John's College Anchal. The third day began with the morning assembly. The assembly began with NSS song recited by Aswathy, which was followed by welcome speech by Afifa. Group member Sreekutty presided over the function. Further into the assembly, thought of the day was presented by group member Soorya. Later, the camp newspaper for the second day was presented by group leader Vaishakh. A motivational speech by Kesiya and an inspirational story by Sreekutty added vibrance to the session. Program officers Shijo Sir and Anu Teacher provided instructions regarding various daily activities namely cooking as well as continuation of gardening activities. NSS secretaries Abhishek and Ancy Haris elevated the session with their timely presence. The morning session concluded as group member Vineetha proposed vote of thanks. The

next session began at 7:00pm regarding the topic Youth and Covid-19. The session was conducted by Sri. Jacob George, Health Inspector, Primary Health Centre, Yeroor. Everyone was cordially invited to the function by group member Sreekutty. Mr. Jacob George gathered attention of the group to the emergency of the current Covid-19 situation. The intensity and the insecurity of the disease have spread a sense of darkness around the world. The session focused on primarily maintaining personal hygiene. Preventive measures such as using face masks, frequent washing of hands, maintaining social distance were also taken into note. The session was very fruitful as many gained insights into Covid related affairs. A sincere gratitude to Mr. Jacob George was expressed by Program officers Mr. Shijo V Varghese and Ms. Anu Varghese. The session formally came to an end as group member Sreekutty delivers the vote of thanks.



DAY 4: 23 DECEMBER 2020

23-12-2020, Wednesday was the fourth day of the online NSS camp of St. John's college Anchal. At 10 am, the assembly started and we conducted the assembly with introduction speech, NSS song, with thought and a news report. Then the third group members had done a self-introduction. Then NSS coordinators Mr. Shijo V

Varghese and Ms. Anu Varghese had discussed about the today's programmes and then gave the day's common topic "Covid and Youth". And then said about the covid-19 survey and gave a questionnaire to conduct the survey. Then concluded the session with vote of thanks. Then the next session was at 3 pm and it was in "Zoom" platform, which was conducted by Women's commission and University of Kerala NSS Kollam District coordination. MSN institute of management and technology and in association with Lion' Club. Adv M. S Thara inaugurated the session and taught about different matters including the Abhaya murder case, she also said about the youth and NSS volunteers and their contributions. After that Dr. M. M Basheer sir took a awesome class and it was about how to maintain or how to lead a good married life. He also thought about ten important points to keep in mind for a better married life. It includes good mental health, listening without interruption, enjoying without complaining etc. The session was very useful and volunteers enjoined the class and also they came to realise some realities and good lessons. After that session because of the network issues and all there was no further classes and the volunteers was free to do their pending works and to collect the details for the survey.



DAY5: 24 DECEMBER 2020

On December 24, 2020, 4th group Shreshta conducted the assembly as part of Annual Virtual Camp 'Ranthal' conducted by NSS Unit of St. John's College Anchal. The fifth day began with the morning assembly. The assembly began with the NSS song recited by Safna Beevi which was followed by welcome speech by Joel John Panikar. Our group member Aparna S Prakash presided over the function. Further into the assembly thought of the day was presented by group member Manju Nair S. Later the press release of our newspaper 'Pulari' was done by Anu Varghese the NSS programme coordinator of St. John's college Anchal. Later, the camp news was presented as a live news headed by group leader Devika Rajendran along with the presence of Bincy Gladson K Rejt Reshma R and Muhammed Arif Sha. We made a debate on the topic Violence against Women in our news reading. As part of the debate volunteers from each group participated. Volunteer Ashna represented the first group, Jwala volunteer Kesiya represented the second group, Deeksha, volunteer Yedhu represented the group three, Ormacheppu, volunteer Safna Beevi represented our team and finally Malavika from the ninth group Mythri. Our group members made a remembrance in connection with the death of Sugutha Kumari teacher, famous poetress and nature lover. Safna recited few lines of "Orupaatuplaneyum paadinokkunnitha" one of the poems of Sugutha Kumari teacher. One of our group member Ajman spoke about the biography of Sugutha Kumari teacher. This part of the session gave the volunteers a glimpse into the life of Sugutha Kumari teacher. The second session began at 3 pm as various groups performed their cultural programmes. Our group also presented our cultural programme. We named our cultural event as 'Poppins'. Group leader, Devika Rajendran, delivered the welcome address in the cultural function. Shijo sir released the poster on the topic 'Violence Against Women'. Then our group member Lavanya Mohan presided over the function. Anu Varghese inaugurated our cultural event 'Poppins'. She inaugurated the ceremony by singing a melodious song. Our group members performed various cultural programs. Members of group 2 and 3 also performed their cultural program. The evening session was very vibrant as well as colourful. The session came to an end as our group leader Devika Rajendran delivered the vote of thanks for the programs. At 10 am, the assembly started and we conducted the assembly with introduction speech, NSS song, with thought and a news report. Then the third group members had done a self-introduction. Then NSS coordinators Mr. Shijo V Varghese and Ms.

Anu Varghese had discussed about the today's programmes and then gave the day's common topic 'Covid and Youth'. And then said about the covid-19 survey and gave a questionnaire to conduct the survey. Then concluded the session with vote of thanks. Then the next session was at 3 pm and it was in 'Zoom' platform, which was conducted by Women's commission and University of Kerala NSS Kollam District coordination. MSN Institute of Management and Technology and in association with Lion's Club. Adv M.S. Thara inaugurated the session and taught about different matters including the Abhaya murder case, she also said about the youth and NSS volunteers and their contributions. After that Dr. M. M Basheer sir took a awesome class and it was about how to maintain or how to lead a good married life. He also thought about ten important points to keep in mind for a better married life. It includes good mental health, listening without interruption, enjoying without complaining etc. The session was very useful and volunteers enjoined the class and also they came to realise some realities and good lessons. After that session because of the network issues and all there was no further classes and the volunteers was free to do their pending works and to collect the details for the survey. On December 24,2020, 4th group shreshta conducted the assembly as part of Annual Virtual Camp 'Ranthal' conducted by NSS Unit of St. John's College Anchal. The fifth day began with the morning assembly. The assembly began with the NSS song recited by Safna Beevi which was followed by welcome speech by Joel John Panikar. Our group member Aparna S Prakash presided over the function. Further into the assembly thought of the day was presented by group member Manju Nair S Later the press release of our newspaper 'Pulari' was done by Anu Varghese the NSS programme coordinator of St John's college Anchal. Later, the camp news was presented as a live news headed by group leader Devika Rajendran along with the presence of Bincy Gladson K, Rejt Reshma R and Muhammed Arif Sha. We made a debate on the topic Violence against Women in our news reading As part of the debate volunteers from each group participated Volunteer Ashna represented the first group Jwala volunteer Kesiya represented the second group Deeksha, volunteer Yedhu represented the group three Ormacheppu, volunteer SafnaBeevi represented our team and finally Malavika from the ninth group Mythri. Our group members made a remembrance in connection with the death of Sugutha Kumari teacher famous poetress and nature lover Safna recited few lines of "Orupaatuplaneyum paadinokkunnitha"one of the poems of Sugutha Kumari teacher. One of our group member Ajman Spoke about

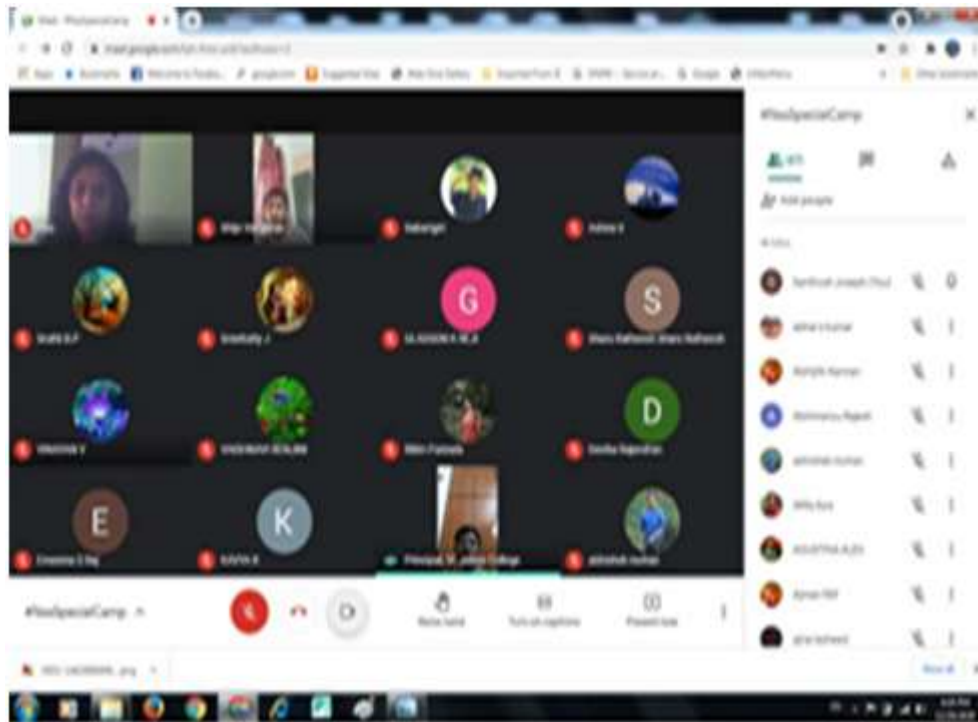
the biography of Sugutha Kumari teacher. This part of the session gave the volunteers a glimpse into the life of Sugutha Kumari teacher.



DAY 6: 25 DECEMBER 2020

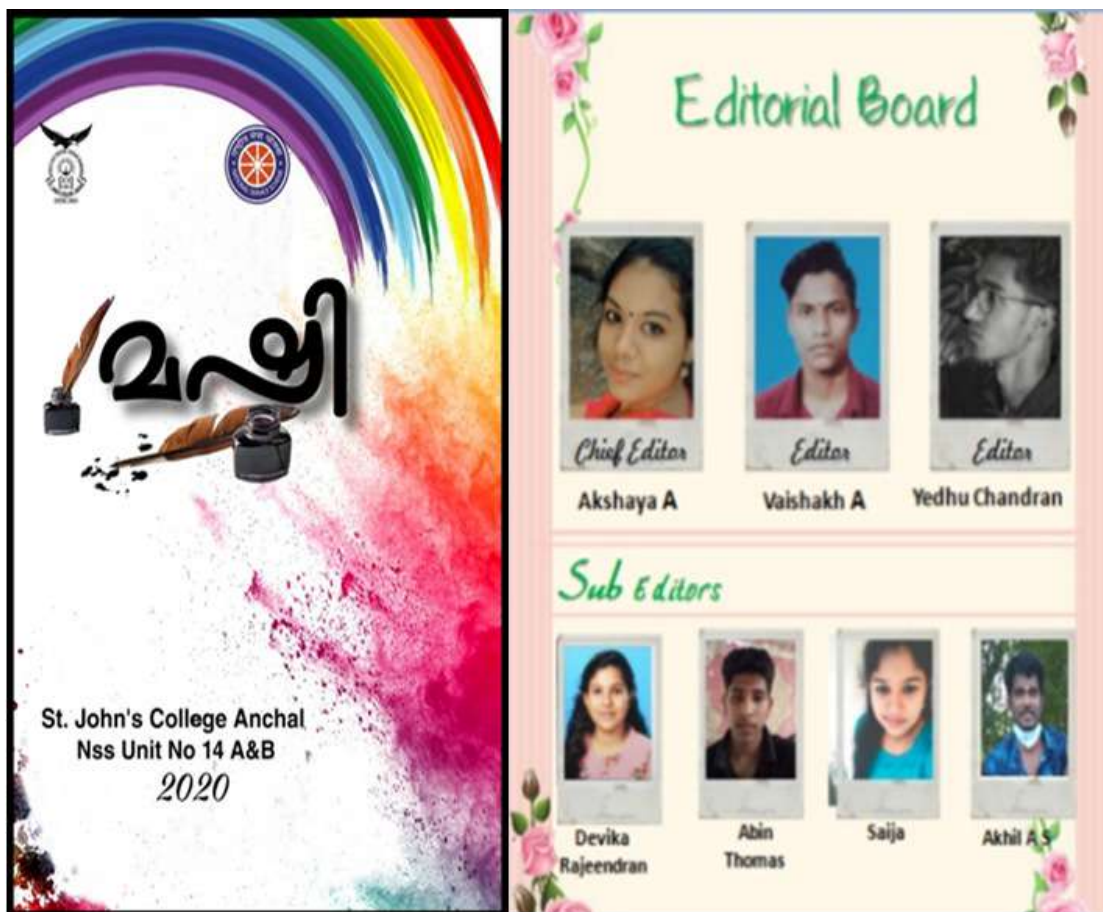
On 25th December 2020 5th group conducted the assembly as part of Annual Virtual Camp conducted by NSS of St. John's College, Anchal. The 8th day began with the morning assembly. The assembly NSS song recited by the group header Akhil which was followed by welcome speech by Sneha. Group member Seba presided over the function. Further into the assembly, thought of the day was presented by group member Abin Thomas. Later the camp newspaper for this day was presented

Nandhana. Followed by Nandhana, Malavika presented the importance of the day and along with her Nikita presented the points about Christmas and Akhil sang a carol song for the Christmas day finally with a vote of thanks by Ashik the morning assembly was ended.



DAY 7: 26 DECEMBER 2020

The section was started at 4.00 pm and started with group discussion by the group in the topic 'Message of NSS Volunteer to the World'. The groups successfully completed the discussion. After the discussion the cultural programme has begun. It conducted by the volunteer Nikitha firstly Akhil sang a song. After this Adresh rented out a moral story. With vote of thanks by Akhil the cultural programme of our group ended Various Christmas related videos were created by each group on that day. The next programme was conducted by the volunteer secretary Ancy it's a compaction of song with first letter and it was started with Shijo V Varghese and the volunteer are encourage participated in it. At a happiest movement the day and the meeting ended. It was the last day of the NSS camp. In this morning, there was a meeting conducted by the group leaders. In the afternoon, there was an official winding up of the meeting with the presidential of principal. In that meeting NSS volunteers shared their camp experiences. The report of Survey conducted by each group regarding Mitigation of Covid-19 was submitted. Along with that Magazine making committee was also announced.



**സെന്റ് ജോൺസ്
കോളേജ്, അഞ്ചൽ**
നാഷണൽ സർവീസ് സ്കീം
യൂണിറ്റ് നമ്പർ 14 A, 14 B.

റാന്തൽ

ഓൺലൈൻ

സപ്തദിനക്യാമ്പ്

2020 ഡിസംബർ 20 മുതൽ 26 വരെ

The youth for prevention and
mitigation of COVID 19

എടോറം, ഫിനിയ ട്രോപ്പിക്സ്
സെമിനാറിയൽ, സർവ്വ
സ്പോർട്ട്സ് ഫസ്റ്റാപരിപാടികൾ

27. NATIONAL SCIENCE DAY - QUIZ COMPETITION

DATE: 28 FEBRUARY 2020

As part of National Science Day, a science quiz was conducted among the volunteers, on which 68 students participated. The quiz began by 6.30 pm and lasted for the next 15 minutes. Questions were provided through Google Forms. Later, Amal, Keerthana, Akshara and Siya were declared as winners.



ST. JOHN'S COLLEGE,
ANCHAL

XSS Unit 14 A&B

Congratulations

SCIENCE QUIZ WINNERS

Siya S

Amal Sunder A

Akshara A K

Keerthana Hari

28. MUTTATHORU VELLATHOTTI: WORLD WATER DAY

DATE: 22 MARCH 2021

As part of World Water Day, the project named as "MuttathoruVellathotti" was implemented at the behest of the NSS. Under that project, in the backyard of each volunteer's house, a variety of water tanks were built for the stray birds that thirst in the hot summer.



29. T B DAY - POSTER MAKING COMPETITION

DATE: 24 MARCH 2021

In the context of TB day, a poster making competition was organized by the NSS Unit to raise awareness about tuberculosis. Those posters were then shared to various social media platform to get an expanded reach.



30. AWARENESS PROGRAMME ON SUSTAINABILITY AND CLIMATE CHANGE

DATE: 27 MARCH 2021



In a collective effort to raise awareness about sustainability and address the pressing issue of climate change, the volunteers of St. John's College participated in Earth Hour, a global initiative that encourages individuals and communities to symbolically switch off non-essential lights for one hour. The designated time frame, from 8:30 to 9:30, became a powerful gesture of solidarity with the planet. Embracing the spirit of Earth Hour, the volunteers took a proactive step by turning off the lights in their homes. Instead, the soft glow of candles illuminated their spaces for the duration of

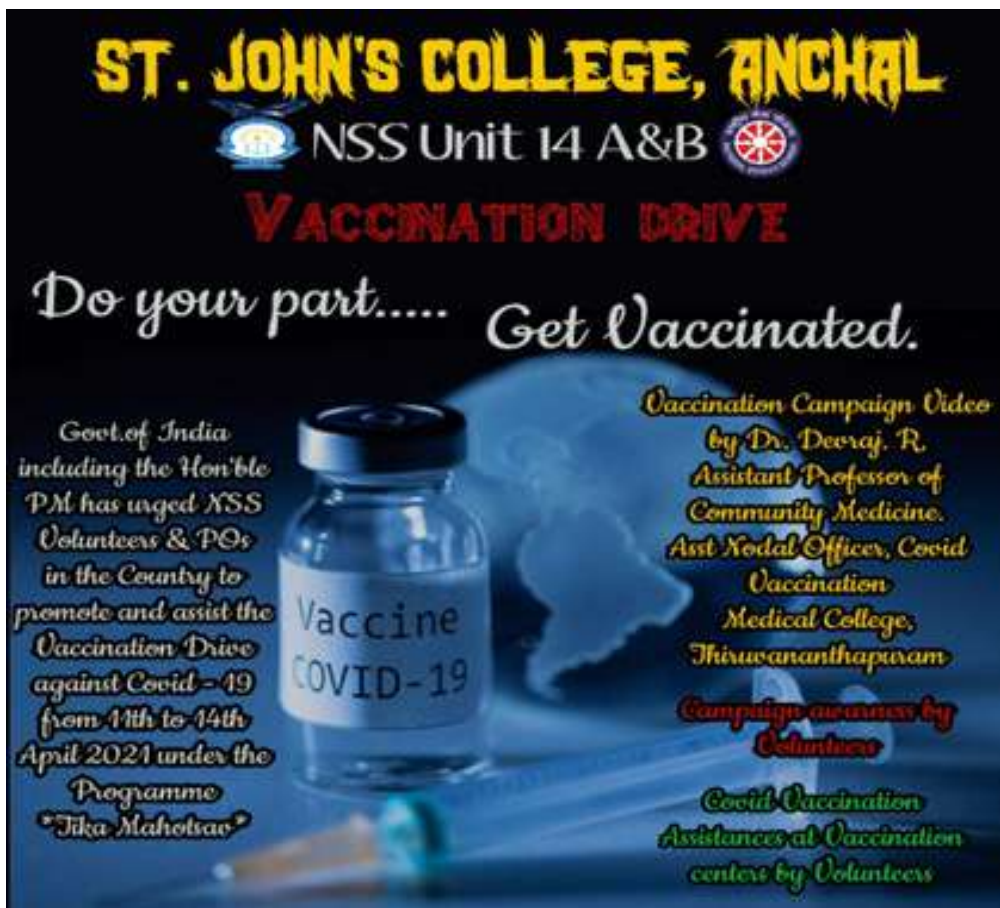
the hour. This simple yet impactful act conveyed a profound commitment to environmental conservation and the adoption of sustainable practices.

The symbolic gesture transcended the physical act of switching off lights; it became a collective statement echoing the urgency of addressing climate change. By opting for candlelight, the volunteers emphasized the need for energy conservation and reflected on the broader implications of individual actions on the planet. Beyond the symbolic act, the observance of Earth Hour served as a catalyst for conversations about sustainable living within the college community. Volunteers engaged in discussions about the significance of Earth Hour, sharing insights on how small, intentional changes in lifestyle contribute to a more sustainable and eco-friendly future. St. John's College, through the active participation of its volunteers in Earth Hour, demonstrated a commitment to environmental stewardship. By acknowledging the interconnectedness of individual actions and the health of the planet, the college community reaffirmed its dedication to fostering a sustainable ethos for the benefit of present and future generations.

31. COVID VACCINATION AWARENESS PROGRAMME

DATE: 31 MARCH 2021

Propagated the critical message of Covid vaccination. The concerted efforts of St. John's College NSS Unit 14 A&B demonstrated a proactive approach in raising awareness during the ongoing pandemic. The first initiative, spearheaded by Dr. Devraj R, Assistant Professor of Community Medicine and Assistant Nodal Officer for Covid Vaccination at Medical College, Thiruvananthapuram, involved the creation of a Covid Vaccination awareness video. Dr. Devraj's authoritative expertise in the field ensured the video's accuracy and clarity. By disseminating crucial information about the urgency and importance of vaccination, the video served as an educational tool for a wide audience. Complementing this, the second initiative focused on public awareness through the efforts of dedicated volunteers.




A Covid Vaccination awareness video was thoughtfully prepared, emphasizing the immediate need for vaccination. This video became a powerful tool in conveying the message to the community. The dissemination strategy was a key aspect of the campaign's success. Every volunteer in NSS Unit 14 A&B took an active role in

sharing the awareness video with their contacts, groups, friends, and relatives through various social media platforms. This grassroots approach ensured a widespread reach, maximizing the impact of the awareness campaign. In a time where accurate information is crucial, the collaboration between the knowledgeable insights of Dr. Devraj R and the grassroots efforts of NSS volunteers created a synergy that effectively conveyed the importance of COVID-19 vaccination. St. John's College, through its NSS unit, demonstrated a commitment to community health by actively engaging in awareness programs that empower individuals to make informed decisions for the collective well-being during the challenging times of the pandemic.

St. John's College, Anchal
NSS Unit 14A&B

TIKA MAHOTSAV



Dr. Devraj R
Assistant Professor of
Community Medicine,
Asst Nodal Officer,
COVID Vaccination
Medical College,
Thiruvananthapuram

**COVID Vaccination awareness
Video**

32. PUBLIC AWARENESS BY VOLUNTEERS

DATE: 31 MARCH 2021

In connection with the Covid awareness programmes, St. John's College, Anchal NSS unit 14 A&B has put some productive programmes into action. A Poster advising the public to ensure themselves in getting vaccinated was prepared by the volunteers and has been distributed in their locality. Each student distributed 5 posters to 5 houses near them and made them aware of the need of getting vaccinated. Thereby, with the effort of our 100volunteers, we were able to cover about 500 houses to spread awareness regarding vaccination.



33. DIGITAL PUBLIC AWARENESS PROGRAMMES

DATE: 2019-2020

Awareness raising means making people conscious about a problem or issue. The NSS unit want to make a certain topic or issue more visible within a community. The goal is to make people understand the importance of a certain issue and find support to address it. Digital media also facilitates interaction across social, economic, cultural, political, religious and ideological boundaries, allowing for enhanced understanding. So NSS unit took initiative in mass campaign through digital awareness. Raising awareness regarding different issues like different forms of violence against women and domestic violence, drug abuse, child abuse is an important element in the prevention of violence against women and children, because heightened awareness is a first step in changing attitudes and behaviour. NSS Unit have developed the sense of responsibility, understood the problems of the community and worked on the developing sustainable solutions.

1. <https://youtu.be/zbyA0KeOoME> Women empowerment and women rights



2. <https://youtu.be/aE5RxRG5nmU> Cyber Crimes against women



3. <https://youtu.be/XS0Df0HFq70> Public awareness regarding women harassment



4. <https://youtu.be/9JU8MKDw5IU> studying tips



5. <https://youtu.be/gLRxSgBENFE> How to communicate to others



6. <https://youtu.be/gLRxSgBENFE> How to enjoy college life



34. MULLAPPU: ANGANAWADI VISIT

DATE: 19 JUNE 2021

On July 19, the NSS volunteers visited the Anganavadi at Alencherry and cleaned the Anganawadi. They also distributed gloves and mask to anganawadi workers. Volunteers have developed a garden for small kids and kids were encouraged to water the plants on daily basis. 82 volunteers participated in this programme.



35. KAITHANGU: SHARE A MEAL PROJECT

DATE: 9 AUGUST 2021

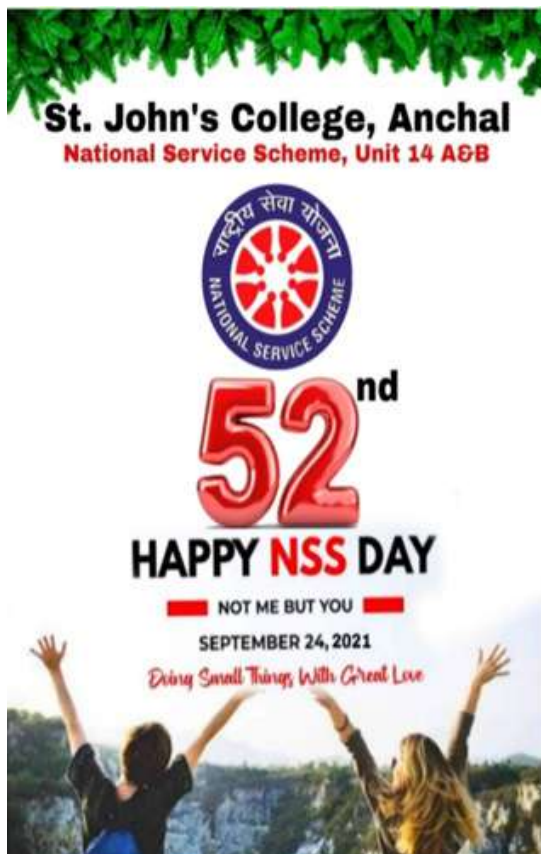
On August 9, as part of share a meal project by NSS for providing noon meal for the needy in Government Hospital, Anchal. Under the "Kaithang" program, St. John's College organized a heart-warming initiative in which 100 volunteers came together to share a meal with patients at the Government Hospital in Anchal. Around 80 meals were collected from volunteers and staff and were distributed. This compassionate act not only provided nourishment to those in need but also brought a sense of comfort and solidarity to the patients.



36. NSS DAY PROGRAMMES

DATE: 24-25 SEPTEMBER 2021

The NSS day Programmes were conducted through Google meet on 24th September 2021 with great vehemence and enthusiasm. St. John's College principal Rev. Fr Johnson G inaugurated the Programme. Programme officers Mr. Shijo V Varghese and Ms. Anuvarghese spoke about NSS the duties of NSS volunteers and the social commitment they should uphold. The NSS Programme Officers appreciated the role of the students in various activities organized by NSS unit. The meeting was then followed by vivid arresting cultural events. One hundred volunteers participated in this programme. On 25th September in connection with NSS day celebrations our volunteers took part in the cycle rally with an objective of "Let's save the fuel together, it's time to switch to green".



37. CYBER LAW - AWARENESS PROGRAMME

DATE: 16 OCTOBER 2021

An awareness programme was organised on 16th October as part of 75th Independence Day Celebration Programme named “Azadi Ka Amruth Mahotsav”. The class was jointly conducted by the National Legal Service Authority, District Legal Service Committee, Pathanapuram, and the NSS unit of St.John’s College, Anchal. College principal Rev. Fr. Johnson G inaugurated the session, Shri. S. Shamnad, Judicial first-class magistrate, Punalur led the talk. The central theme of the Programme was “Cyber Law and Career Guidance”. It was an insightful talk and all our volunteers have marked their positive feedbacks for the same. Shri Manu B, Secretary TLSS delivered the vote of thanks. One hundred NSS volunteers actively participated in this awareness programme.






ഭാരത സ്വാതന്ത്ര്യത്തിന്റെ 75-ാം വാർഷികം സ്വാതന്ത്ര്യത്തിന്റെ അമൃത മഹോത്സവം

ദേശീയ നിയമസേവന അതോറിറ്റി ബില്ലാ നിയമസേവന അതോറിറ്റി കെ.എം. താലൂക്ക് വീഗൽ സർവീസസ് കമ്മിറ്റി, പത്തനംപുഴ. സെന്റ് ജോൺസ് കോളേജ്, അഞ്ചൽ എൻ എസ് എസ് യൂണിറ്റ് 14 എ & ബി

നിലമ ബോധ ഉദ്ധ്യം

	വിഷയം : Cyber Law & Career Guidance തരം : സെന്റ് ജോൺസ് കോളേജ്, അഞ്ചൽ തീയതി : 16/10/2021 സമയം : 2.30 p.m	
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Google Meet

സ്വാതന്ത്ര്യം :	ഡോ.പി.പി. അനന്ദ വർഗ്ഗീസ് (എൻ. എസ്. എസ് യൂണിറ്റിന്റെ ചെയർമാൻ)
അദ്ധ്യക്ഷൻ:	ഡോ.പി.പി. ഫിലോ. വി. വർഗ്ഗീസ് (എൻ. എസ്. എസ് യൂണിറ്റിന്റെ ചെയർമാൻ)
ഉദ്ഘാടനം :	ഷ. ജോൺസൺ.സി (പ്രിൻസിപ്പൽ)
കൂട്ടായ്മ :	ശ്രീ.എസ്. ഷംനാദ് (സെന്റ് ജോൺസ് കോളേജ്, അഞ്ചൽ യൂണിറ്റിന്റെ ചെയർമാൻ)
തലി :	ശ്രീ. അരുൺ (സെന്റ് ജോൺസ്, എസ്. സി)

38. ORIENTATION PROGRAMME ON PERSONALITY DEVELOPMENT

DATE: 11 NOVEMBER 2021

On 11th November 2021 an Orientation Programme was organised for NSS volunteers. College principal Rev. Fr. Johnson G. inaugurated the function by lighting the lamp. A warm welcome was extended to all dignitaries present by Ms. Anu Varghese, Programme officer, NSS unit. College principal Rev. Fr. Johnson G. conveyed his blessings to the function. He emphasized on the personality development of volunteers through NSS. The special guest Mr. Praveen Varghese Thomas, Motivational speaker oriented the volunteers. He said that the future of our country lies in the hands of youth. Motivational Speaker, Mr. Praveen Varghese Thomas gave a talk on NSS and Youth. It was an insightful talk and all our volunteers have marked their positive feedbacks for the same. They are filled with towering dreams and aims. They are foundation of active growth and development. They are able to find solutions for the challenges we face today. The Programme ended with vote of thanks, delivered by NSS Programme officer Mr. Shijo V Varghese.



39. PALLIATIVE CARE PROGRAMMES

DATE: 19/27 NOVEMBER 2021 / 8 DECEMBER 2021 / 20-23 JANUARY 2022

DATE: 19/11/2021

A helping hand for those who are in need is an important service a volunteer can do. Considering it our NSS unit made a visit to Ammaveedu, an orphanage in Kokad, Punalur by keeping all covid protocols on November 19. Certain essential provisions and food items collected by our volunteers were distributed there.



Date: 27/11/2021

Considering that it is the duty of an NSS volunteer to identify the needs and problems of the society and to help them. On 27th November our NSS unit donated television set and financially helped those who are in need of money.

Date: 20/01/2021

Medicine Distribution: Our NSS unit is actively engaged in medicine distribution Programmes. On 8th December we have donated medicines to Kollam palliative care unit.



DATE: 20/01/2021

On 20th January our NSS unit contributed two wheelchairs and distributed medicines for the inmates of Ammaveedu an orphanage in Kokad, Punalur. Palliative Survey: On 23rd January our NSS volunteers engaged in palliative survey following covid protocols. NSS volunteers visited the houses and collected information about the needs of people who are bedridden or affected with chronic illness. NSS volunteers made visit to 25 houses in my locality and collected the details.





A newspaper clipping featuring a group photo of approximately 25 people, likely students and faculty members. The text is in Malayalam. The main headline reads: "രോഗികളെ പരിചരിക്കാൻ സെന്റ് ജോൺസ് കോളേജ് വിദ്യാർത്ഥികൾ" (Students of St. John's College care for patients). Other visible text includes "സെന്റ് ജോൺസ് കോളേജ്" and "നെടുമുണ്ട് കാവ് കർമ്മ കർമ്മകൾ" (Nedumunth Kavay Karma Karayamam). The clipping is partially obscured by other text on the page.

40. CLEAN CAMPUS

DATE: 17 DECEMBER 2021

On 17th December 2021 NSS unit organize various activities towards a clean campus. The cleaning Programme was inaugurated by the Principal Rev. Fr. Johnson G. Principal delivered a beautiful talk about the importance of cleanliness in our environment. NSS volunteers were grouped and assigned various duties to the individual group and volunteers were given necessary instructions. The NSS volunteers were provided with gloves, sanitizer, mask, broom sticks, disposable bags. Different areas were allotted to each group. The garbage collected from the campus by volunteers was put together in the dumping area of campus. Programme Officers Ms. Anu Varghese and Mr. Shijo V Varghese gave instructions to the volunteers. The college cleaning successfully ended at 3:30.



41. OPPAM: SEVEN DAY SPECIAL CAMP

DATE: 21-28 DECEMBER 2021

DAY 1: 21 DECEMBER 2021

The NSS camp 'OPPAM 2021' with lot of new goals and programs started with the flag hoisting by college principal Rev. Fr. Johnson G.NSS program officers Mr. Shijo V Varghese, Ms. Anu Varghese, volunteer secretaries and all the 100 volunteers participating in the camp were present in the flag hoisting ceremony and they sung the NSS anthem .The volunteers were already divided into seven groups and they were given a theme. After the flag hoisting the volunteers in their respective groups made a rally to the college auditorium for the inaugural session. Rev Fr Johnson G inaugurated the camp. NSS program officers Mr. Shijo V Varghese and Ms. Anu Varghese spoke about the importance of NSS camp in the life of NSS volunteers. In the inaugural session each group held up the placard and raised a slogan according to their theme. Volunteer secretary Akshaya delivered the vote thanks.



ବିନୋ 2021
2021 DEC 22-28

Exhibition
Cleaning Planting
Awareness Programmes
Survey Awareness Rally
SKILL DEVELOPMENT PROGRAMMES
Cultural Programmes
Group Discussions Debates
Short Film Cooking
MAGAZINE

DAY 2: 23 DECEMBER 2021

The second day of the camp began with the assembly conducted by group 1 with the theme 'Lahari. It began with NSS anthem followed by welcome speech, camp report, reading camp newspaper and thought of the day. The Program officers talked about the activities on second day. Christmas card making was conducted and all students actively participated in the activity. The day was followed by a variety of cultural activities.



DAY 3: 24 DECEMBER 2021

The third day was yet another wonderful and energetic day of the camp. The camp started with the assembly conducted by group 2 with the theme 'Child protection'.



National Service Scheme
St. John's College, Anchal
Unit :14 A&B

seven DAY SPECIAL CAMP

DAY 3



DEBATE


SHOULD STUDENTS HAVE GENDER-NEUTRAL UNIFORMS?

ଭିଲ୍ଲ 2021

National Service Scheme
St. John's College, Anchal
Unit :14 A&B

seven DAY SPECIAL CAMP

DAY 3



MORNING ASSEMBLY

ଭିଲ୍ଲ 2021

DAY 4: 25 DECEMBER 2021

ST. JOHNS COLLEGE ANCHAL

National service scheme

Nss unit 14 A & B

Oppam 2021

Short films

- 1 Lahari
- 2 Child protection
- 3 Gender equality
- 4 plastic
- 5 Energy conservation
- 6 promote peace
- 7 Traffic rules



The fourth day of the camp was conducted online through google meet. The camp began with the assembly. Group 3 with the theme 'Gender equality' conducted the assembly. Started with NSS anthem followed by camp report, camp news, thought of the day and a speech on gender equality. Making paper files, survey data collection and short film making based on the theme of each group was the activities of the day. All students made paper files thus promoting a nature friendly camp. The students also started the preparation for making short film. The day was very engaging for the NSS volunteers as they started the survey.

DAY 5: 26 DECEMBER 2021

The fifth day of the camp was conducted online through google meet. Group 4 with the theme 'Plastic' conducted the assembly. The assembly began with NSS anthem, followed by camp report, reading of camp newspaper, thought of the day and a motivational story. The students finished their survey data collection. Each volunteers collected data from 5 households. Going for survey was a very different and interesting experience for the volunteers. Dr. Leju P Thomas took an online session on 'Haritha Bhumi Haritha Bhavi'. It was a very informative session.



National Service Scheme

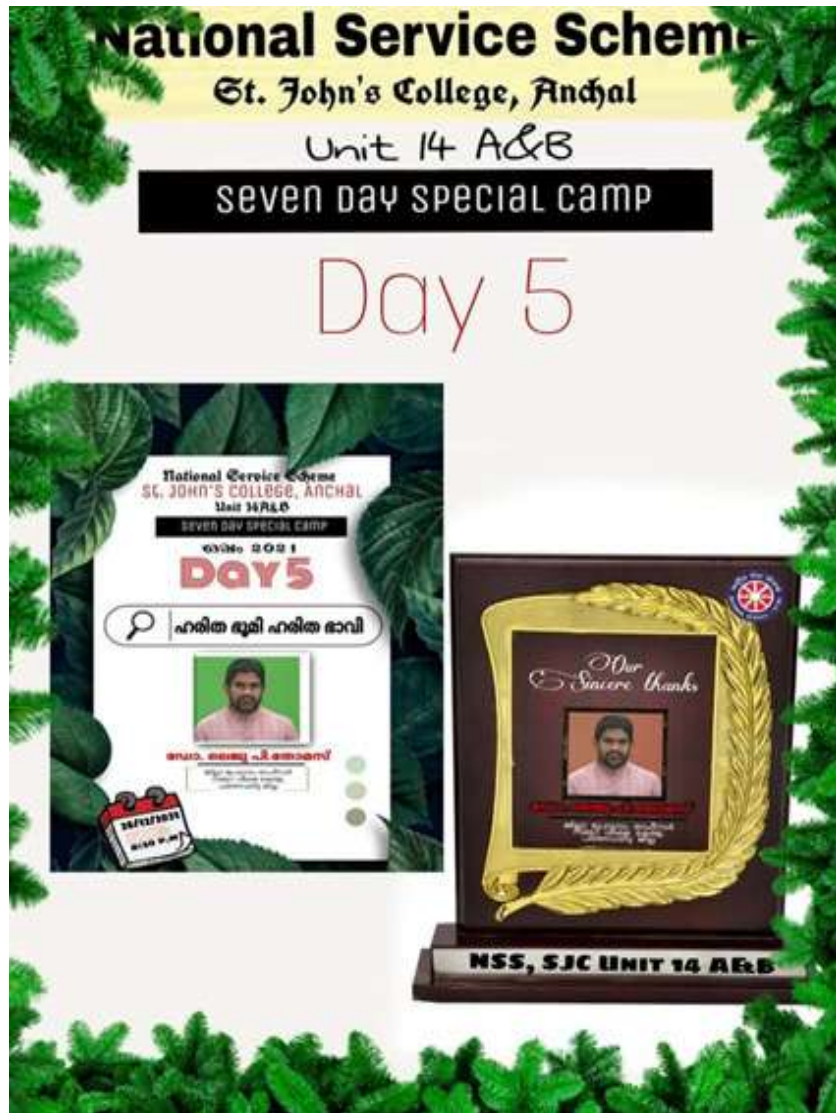
St. John's College, Anchal

Unit 14 A&B
SEVEN DAY SPECIAL CAMP



Our Volunteers engaged in Survey activities

ଭବନ 2021




DAY 6: 27 DECEMBER 2021

The assembly conducted by group 6 with the theme 'Energy conservation' marked the beginning of sixth day of the camp. The assembly started with NSS anthem followed by camp report, reading of camp newspaper, thought of the day and a pledge to conserve energy resources for the future. Shri C B Vijayakumar, Rtd. Excise Officer, De addiction counsellor took a session on the banner of 'National Tobacco Control Programme' in collaboration with National Health Mission, Kollam and District Health Medical Office as part of sensitization programme for NSS volunteers. Shri Vishnu Prasad, ASAP certified trainer took a session on 'How to prepare for an interview?'. Both the sessions were interactive and informative. The day was also very enjoyable with many games and cultural programmes.


National Service Scheme

St. John's College, Anchal
Unit :14 A&B








Day 6

SEVEN DAY SPECIAL CAMP



ଭାର୍ତ 2021



Morning Assembly

National Service Scheme

St. John's College, Anchal

Unit :14 A&B



Day 6

SEVEN DAY SPECIAL CAMP
 2020-2021



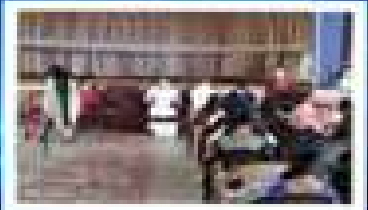
NATIONAL HEALTH MISSION, KOLLAM DISTRICT MEDICAL OFFICE (HEALTH) & NSS UNIT ST. JOHN'S COLLEGE, ANCHAL.

WEEKLY TALKS WITH PROGRAM

SENSITIZATION PROGRAMME FOR NSS VOLUNTEERS

Date: 27/12/2021

Topic: **Self-Care**
 Date: **27/12/2021**
 Venue: **St. John's College, Anchal**
 Organized by: **NSS Unit, St. John's College, Anchal**
 In Charge: **Dr. S. S. S. S. S.**
 Faculty Member: **Dr. S. S. S. S. S.**
 Topic: **Self-Care**



National Service Scheme

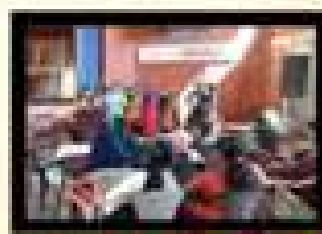
St. John's College, Anchal

Unit 14 A&B

SEVEN DAY SPECIAL CAMP

Cultural Programmes

Day 6

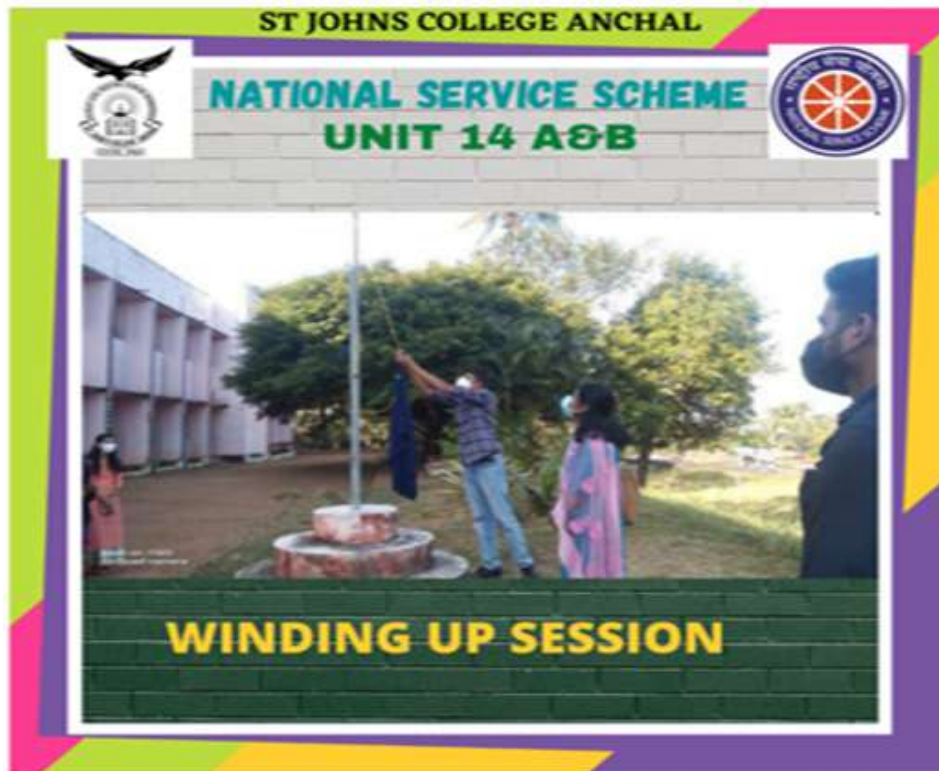




DAY 7: 28 DECEMBER 2021

The seventh day of the camp began with the assembly conducted by group 6 and group 7 with their theme 'Promote peace' and 'Traffic rules' respectively. The assembly started with NSS anthem followed by camp report, camp newspaper reading, thought of the day, an inspirational talk and logo presentation. Each group planned programs which can be implemented through the NSS unit and presented it.

An exhibition was conducted presenting all the Christmas cards and paper files made by volunteers. College principal Rev Fr Johnson G inaugurated the winding up session, the volunteers shared their camp experience, NSS program officers Mr. Shijo V Varghese and Ms. Anu Varghese spoke about the camp. NSS volunteer secretaries delivered the vote of thanks. The camp ended with the publishing of digital camp magazine 'Semicolon' by college principal Rev. Fr. Johnson G and flag lowering.



42. SKILL DEVELOPMENT PROGRAMME FOR WOMEN

DATE: 12 JANUARY 2022

As part of National Youth Day, a skill development programme for women was conducted on 12th January at 10:30am in the college auditorium. Around 100 volunteers participated in the programme. Programme officer Mr. Shijo V Varghese gave the welcoming address. Ms. Shylaja gave training to volunteers in making washing powder, dish wash and lotion etc. Programme officer Ms. Anu Varghese delivered the vote of thanks. In the afternoon session, Skill development Programme handled by Ms. Sheela Jacob on big shopper making, Pickle preparation, Jam making etc. The Skill Development Programme successfully ended at 3:00 pm.

Impact: Provided adequate training in making washing powder, Dish wash making, Lotion making etc.

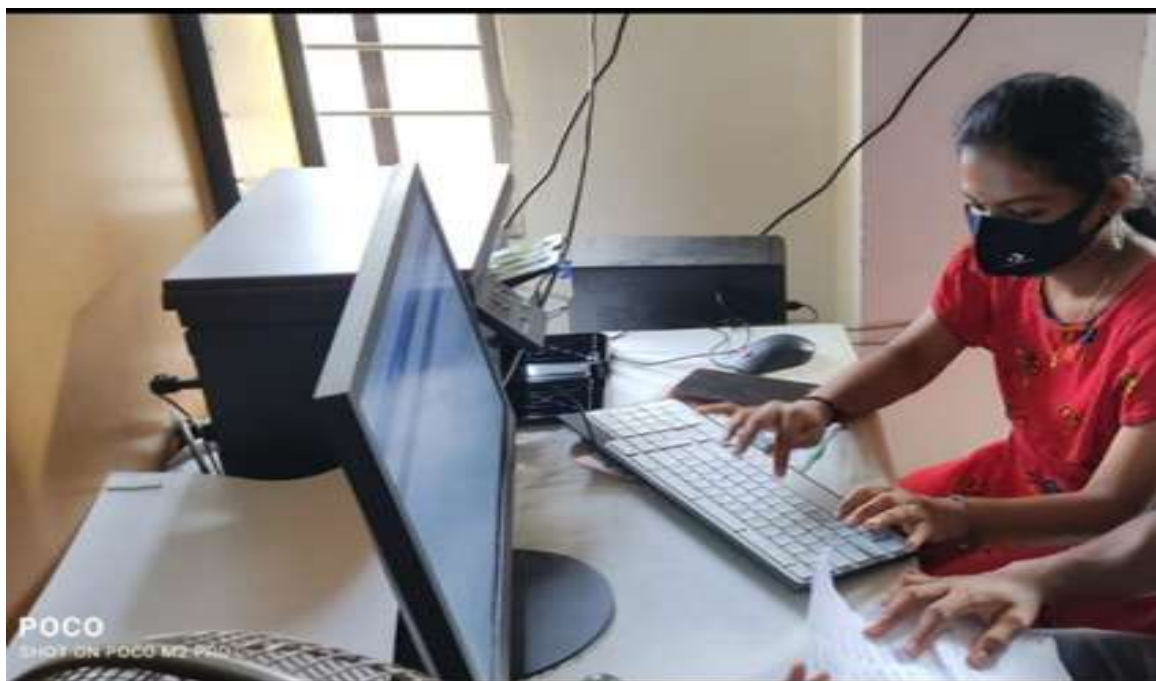
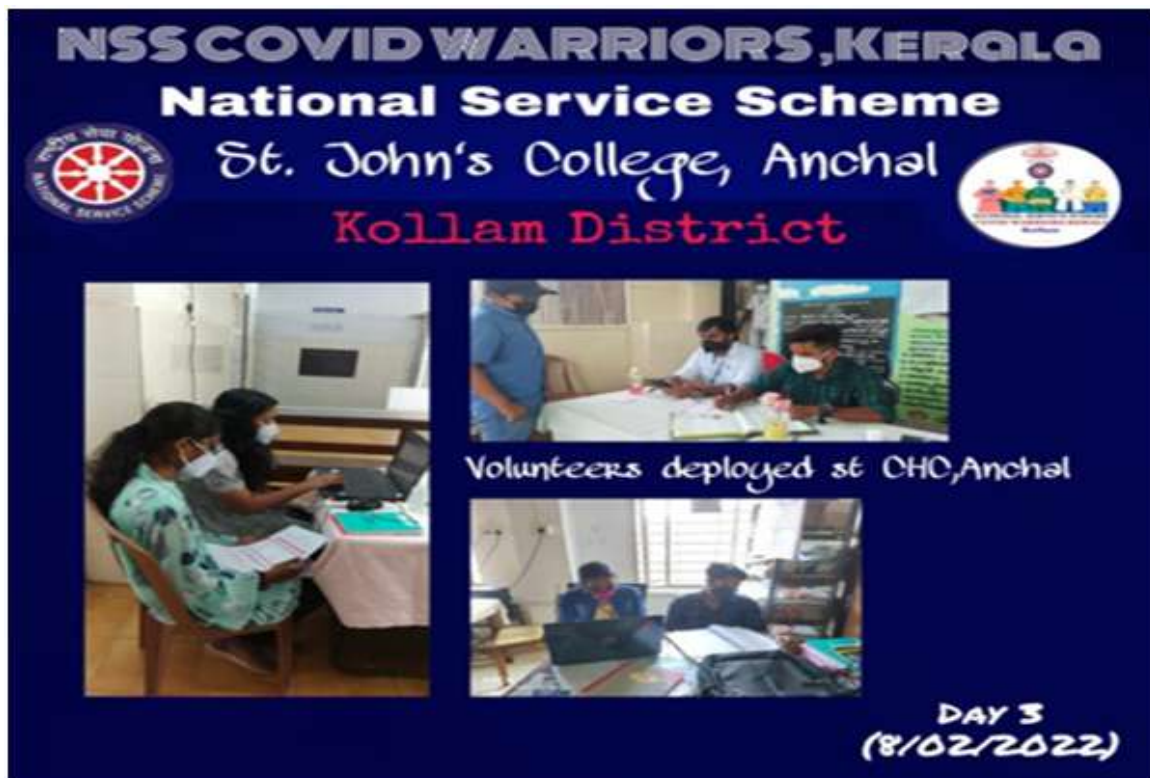




43. COVID WARRIORS

DATE: 4-5 FEBRUARY 2022

As part of NSS Covid Warriors Kerala programme by State NSS Cell volunteers were deployed in Govt. PHC Anchal from 4th February to 10th February. Volunteers have done data entry works, vaccination duty and covid test duty.



44. ENERGY CONSERVATION PROGRAMME

DATE: 13 February 2022

On 13th February the NSS unit conducted awareness about importance of energy conservation among public. In the morning session NSS volunteers was distributed a notice to make the public aware of adopting various ways of energy conservation which include avoiding energy wastage and efficient use of modern technology. We can reduce the energy consumption by adopting various ways of energy conservation which includes efficient use of technologies and avoiding energy wastage. For seeking attention NSS volunteers have arranged a mass campaign. It was great success. In Afternoon session, there conducted an awareness talk was conducted on 'Energy Conservation'. College principal Rev. Fr. Johnson G. inaugurated the programme. Mr. Shijo V Varghese NSS programme officer extended warm welcome to the programme. Mr. Jacob John led the class. Ms.Anu Varghese, NSS programme officer. One hundred volunteers participated in this programme.

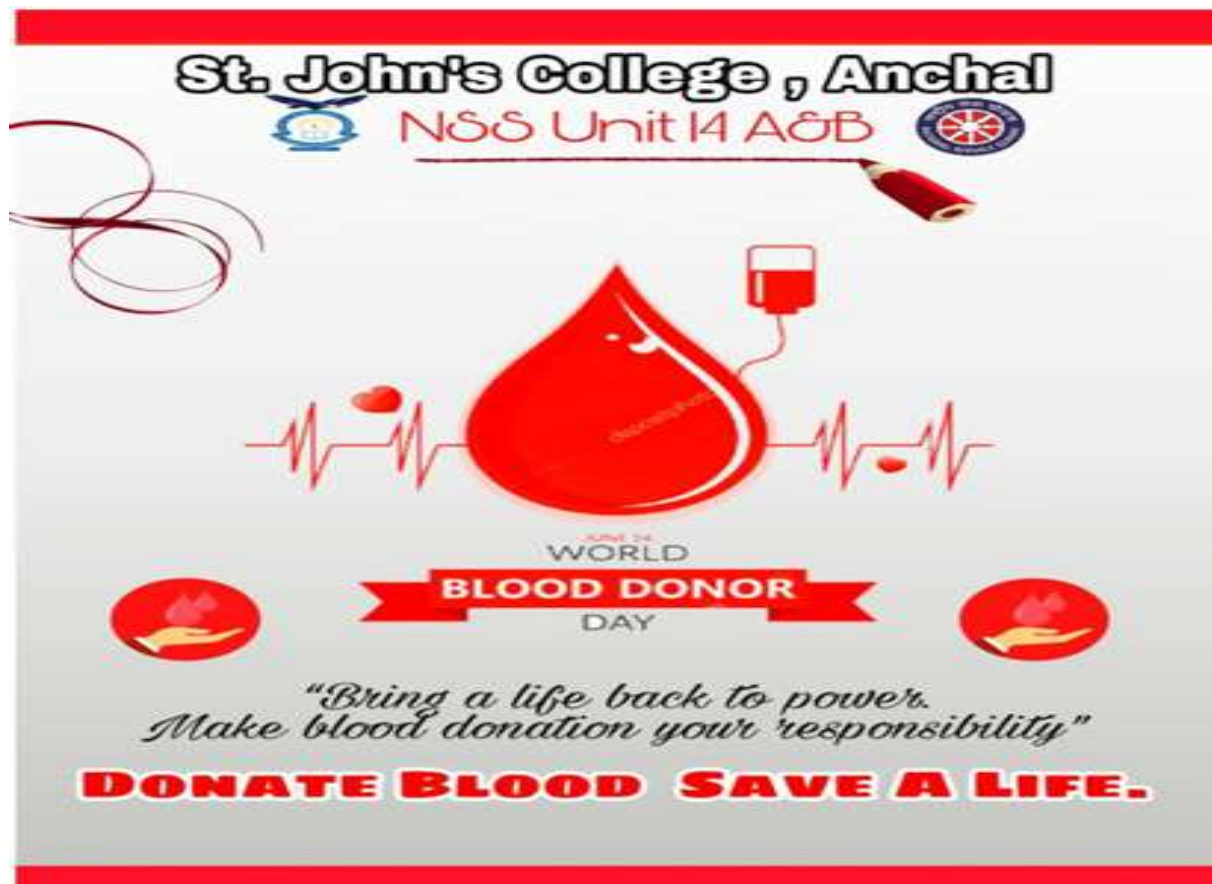
വൈദ്യുതോപകരണങ്ങളും ഉപയോഗിക്കുന്ന വൈദ്യുതിയും			
സീലോ വാട്ട് ബൾബ്	15 വാട്ട്	66.40 മണിക്കൂർ	ഒരു യൂണിറ്റ്
നാി എഫ് എൽ ബൾബ്	15 വാട്ട്	66.40 മണിക്കൂർ	ഒരു യൂണിറ്റ്
ബൾബ്	60 വാട്ട്	16.14 മണിക്കൂർ	ഒരു യൂണിറ്റ്
ബ്ലണ്ട് കൈലറ്റ്	40 വാട്ട്	18.11 മണിക്കൂർ	ഒരു യൂണിറ്റ്
സീലിംഗ് ഫാനർ	60 വാട്ട്	16.40 മണിക്കൂർ	ഒരു യൂണിറ്റ്
ട്രിപ്പിംഗിംഗ് 165 ലിറ്റർ	100 വാട്ട്	10.00 മണിക്കൂർ	ഒരു യൂണിറ്റ്
മിക്സിംഗ്	450 വാട്ട്	02.13 മണിക്കൂർ	ഒരു യൂണിറ്റ്
വാഷിംഗ് മെഷീൻ	325 വാട്ട്	03.00 മണിക്കൂർ	ഒരു യൂണിറ്റ്
തേവുപെട്ടി	750 വാട്ട്	01.25 മണിക്കൂർ	ഒരു യൂണിറ്റ്
വാട്ടർ പമ്പ്	750 വാട്ട്	01.25 മണിക്കൂർ	ഒരു യൂണിറ്റ്
വാക്യൂം ക്ലീനർ	750 വാട്ട്	01.25 മണിക്കൂർ	ഒരു യൂണിറ്റ്
മെലി വിഷൻ	100 വാട്ട്	10.00 മണിക്കൂർ	ഒരു യൂണിറ്റ്
ടേസ് റിക്കാർഡർ	20 വാട്ട്	50.00 മണിക്കൂർ	ഒരു യൂണിറ്റ്
റിഫ്രിജറേറ്റർ	40 വാട്ട്	20.00 മണിക്കൂർ	ഒരു യൂണിറ്റ്
മൈക്രോവേവ് ഷർട്ടർ	5 വാട്ട്	200. മണിക്കൂർ	ഒരു യൂണിറ്റ്
കമ്പ്യൂട്ടർ	80 വാട്ട്	12.50 മണിക്കൂർ	ഒരു യൂണിറ്റ്
എയർ കണ്ടീഷണർ	1500 വാട്ട്	40.00 മണിക്കൂർ	ഒരു യൂണിറ്റ്

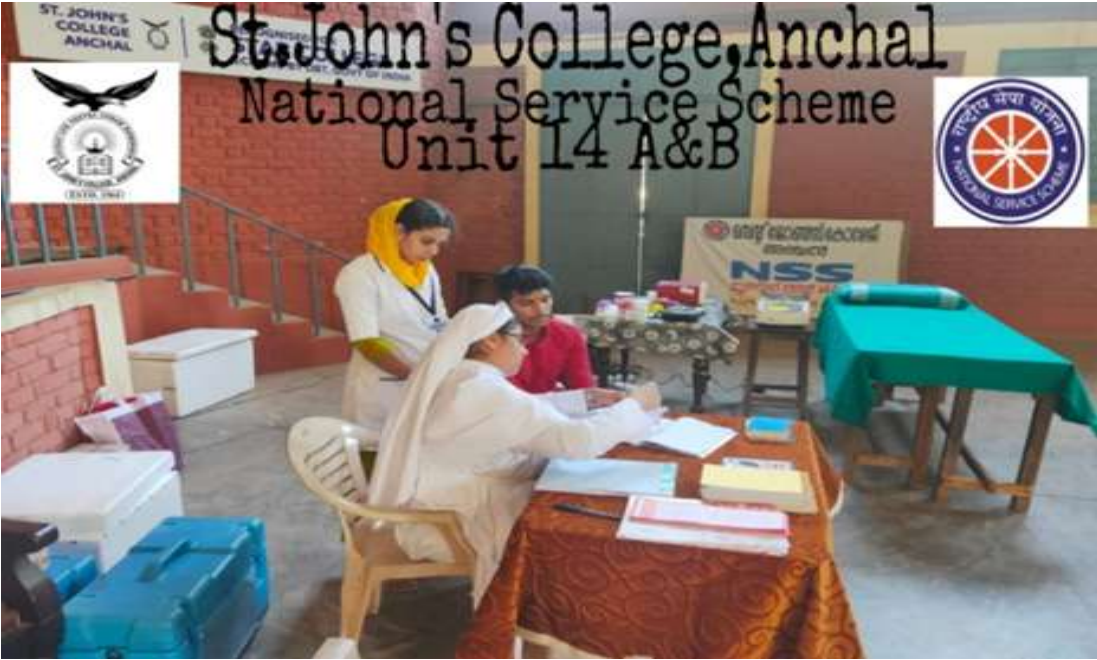


45. BLOOD DONATION PROGRAMME - 2022

DATE: 17 FEBRUARY 2022

On 17th February 2022 our NSS unit of St. John's College, Anchal organised a blood donation camp in collaboration with St. Joseph's Mission Hospital, Anchal. The camp began at 10:00am. Dr Mansoor Muhammed was the special guest of the function. He expressed his gratitude to the NSS unit of the college for its continuous Endeavour in this regard. He also talked about the growing need of blood and appreciated the volunteers for their noble act. The camp was inaugurated by college principal Rev Fr Johnson G. Dr Mansoor delivered a talk on need of donating blood. The volunteers determined the blood group of around 150 individuals including teachers, non-teaching staff, students and other donors. With this information Blood donation directory prepared and maintained by NSS unit St. John's College, Anchal was updated. This was done with the help of technical assistance of St. Joseph Mission Hospital, Anchal.





46. POST COVID TREATMENT THROUGH AYURVEDA

DATE: 12 MARCH 2022

On 12th March as part of International Women's Day conducted awareness programme on 'Post Covid Treatment through Ayurveda' in association with Ayurveda Medical Association of India, State Women's Committee. Programme officer Shijo V Varghese delivered the welcome speech. Dr. Indhulekshmi M Padma Ayurvedics, Chadayamangalam took the session conducted through Google meet. Programme officer Anu Varghese delivered the vote of thanks. An active involvement of the volunteers could have been seen throughout the program. They cleaned their premises and even posted those pictures in our Official NSS WhatsApp group as proofs.



47. ANTI-NARCOTICS AWARENESS PROGRAMME

DATE: 21 SEPTEMBER 2022

On September 21, an anti-drugs awareness program was jointly organized by NSS unit and Anti-Narcotics Cell in association with the Vimukthi Mission, Kerala Excise Department. Samuel Daniel, ICPF district coordinator extended the welcome address. Keynote address was given by Dr. Cherian John, principal St. John's College, Anchal. Mr. T. Y James led the anti- drugs awareness class. A drama on this theme was also staged on this occasion by artists of ICPF. Lalitha Joseph (Convener, Anti -Narcotics cell) conveyed the felicitation. The vote of thanks was delivered by Thomas Mohan (NSS Program officer). More than 150 students participated in the program. The program concluded with a pledge taken by all participants to prevent incidents of drug abuse and to eradicate the menace of drug addiction from society.



ICPF ന്റെ ആഭിമുഖ്യത്തിൽ ANGELOS നടത്തുന്ന

കേരള 

ലഹരി വിരോധന യാത്ര കൊട്ടാരം ഏരിയ പാലാട്ടം

കേരള സംസ്ഥാന നാർക്കോട്ടിക്സ് ഏരിയയിൽ
 വിദ്യാലയ വിഭാഗത്തിൽ ചേർന്ന്

എൻ എസ് എസ് യൂണിറ്റ് & ആന്റി നാർക്കോട്ടിക്സ് സെൽ, St. ജോൺസ് കോളേജ്
 എൽ എസ് എസ് യൂണിറ്റ് നമ്പർ 14 A & B

കാര്യപരിപാടികൾ

ഊട്ടോ പ്രദർശനം

സ്വാഗതം : ശ്രീ. സാമുവേൽ ഡാനിയേൽ
 ICPF കൊട്ടാരം ഏരിയ കോർഡിനേറ്റർ

അദ്ധ്യക്ഷ പ്രസംഗം : മധ്യ. ഡയറക്ടറുടെ അദ്ധ്യക്ഷ പ്രദർശിപ്പിച്ച St. ജോൺസ് കോളേജ്

അനുവാദമേറിയ ഏജൻ്റ് : ശ്രീ. വി. രാജ. രാജേഷ്, (ഏരിയ ഏജൻ്റ്)

ആശംസകൾ : ശ്രീമതി. ലളിത മോസഫർ
 കോർഡിനേറ്റ്-ആന്റി നാർക്കോട്ടിക്സ് സെൽ St. ജോൺസ് കോളേജ്, അമ്പലമുക്ക്

ഗാനം : "താനിയുക പ്രിയ മിത്രങ്ങളേള"

വാക്യ മാർഗ്ഗം : ശ്രീ. മോഹൻ മോഹൻ
 എൻ എസ് എസ് ന്യൂ എക്സിക്യൂട്ടീവ് കമ്മിറ്റിയിൽ St. ജോൺസ് കോളേജ്, അമ്പലമുക്ക്

48. NSS DAY - 2022

DATE: 24 SEPTEMBER 2022

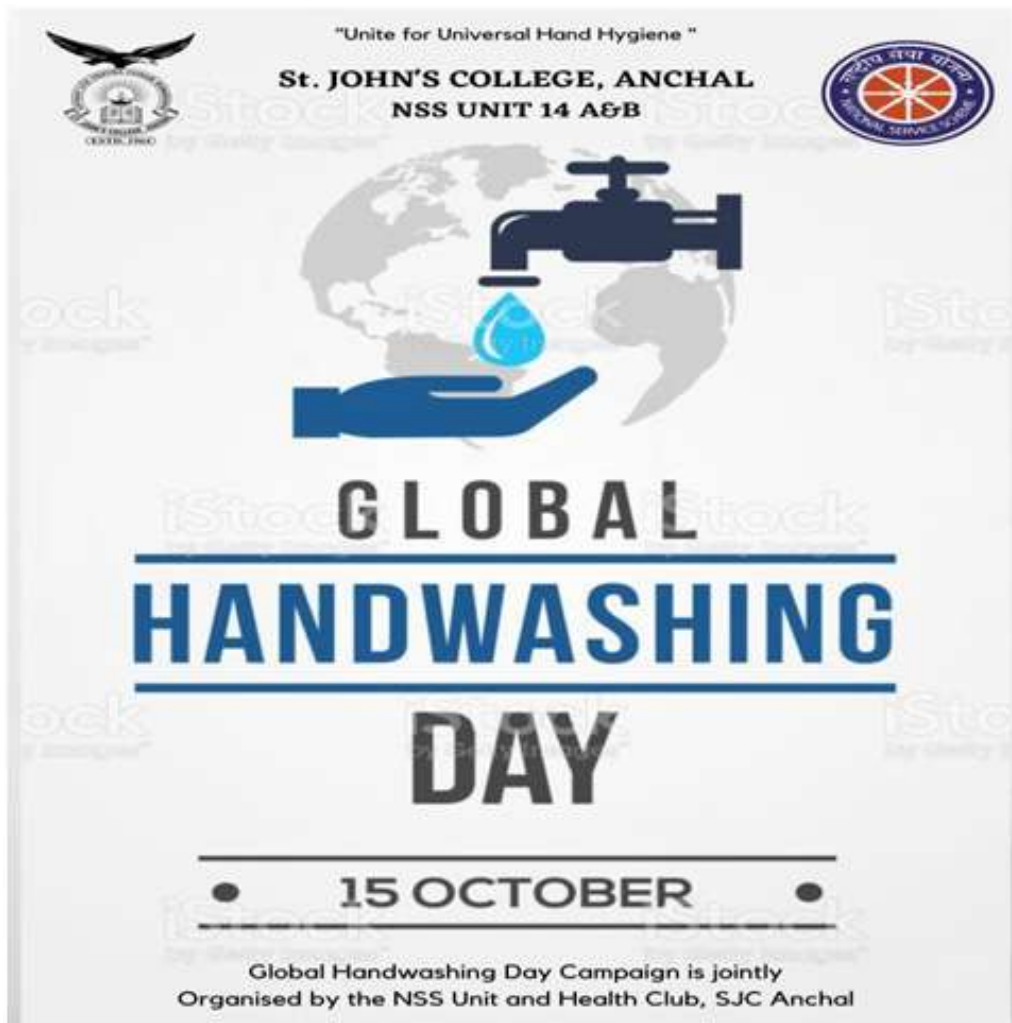
The NSS Day was commemorated by the NSS Unit on September 24. On the occasion, Dr. Cherian John, the Principal of College, hoisted the NSS flag in the presence of Program Officers and students. In his speech, the Principal recalled his memories working as a NSS Volunteer during his college days and how the NSS, as the largest national youth voluntary organisation, has contributed to national unity and integrity. The NSS Program Officer Thomas Mohan, in his felicitation address, emphasized the need for strengthening NSS activities in the college and the importance of NSS volunteers in social activities. More than 50 students participated in the inaugural ceremony.



49. GLOBAL HAND WASHING DAY

DATE: 15 OCTOBER 2022

On 15th October, Global Hand washing Day campaign was jointly organized by NSS unit and the Health Club on the theme “Unite for universal hand hygiene”. The Global Hand washing Day is jointly organized by United Nations and other international organizations to promote the habit of washing hands among all persons with soap, handwash or any other product. On the occasion, soaps were distributed in all the departments of the college by NSS Volunteers and students were instructed to wash their hands under running water for 20 seconds. Later, all the students and teachers took the pledge on practicing the habit of hand-washing. The campaign assumes significance in the context of preventing water- borne diseases and reducing the rate of infant mortality in developing countries. The campaign witnessed a massive and enthusiastic participation from all students and teachers in the college.



50. CLEANLINESS DRIVE

DATE: 20 OCTOBER 2022

A cleanliness drive was conducted by NSS volunteers at Market Junction bus stand, Anchal on 20th October evening. It was organized as part of the Clean India program by National Youth Affairs Ministry on the occasion of Gandhi Jayanti. The NSS volunteers collected the waste materials, segregated the plastic and paper wastes and handed over the collected waste materials to 'Haritha Karma Sena' volunteers. The program was organized under the guidance of Program Officers and more than 50 volunteers participated in the cleanliness drive. The event was inaugurated by the former president of Anchal Grama Panchayat, Sri. Zakeer Hussain. In his address, Sri. Hussain applauded the activities of the NSS Unit in making public places clean and neat and urged the Volunteers to expand their activities. The event was well covered by the press and media.





51. BLOOD DONATION CAMP BY NCC

DATE: 24 FEBRUARY 2019

As a socially responsible youth organizations members, cadets of St. John's College NCC unit conducted a Blood donation camp on 24th November 2020. Thirty NCC cadets participated in the blood donation camp with the help of St. Joseph Mission Hospital, Anchal and medical faculty Cadets of our institution managed to conduct these camps successfully. The camp began at 10.00 am, with short inaugural function. St. John's College Principal Rev.Fr. Johnson G. inaugurated the programme. There was an active participation of cadets.



52. SWACHH BHARAT ABHIYAN-ENVIORNMENT DAY CELEBRATION

DATE: 05 JUNE 2019

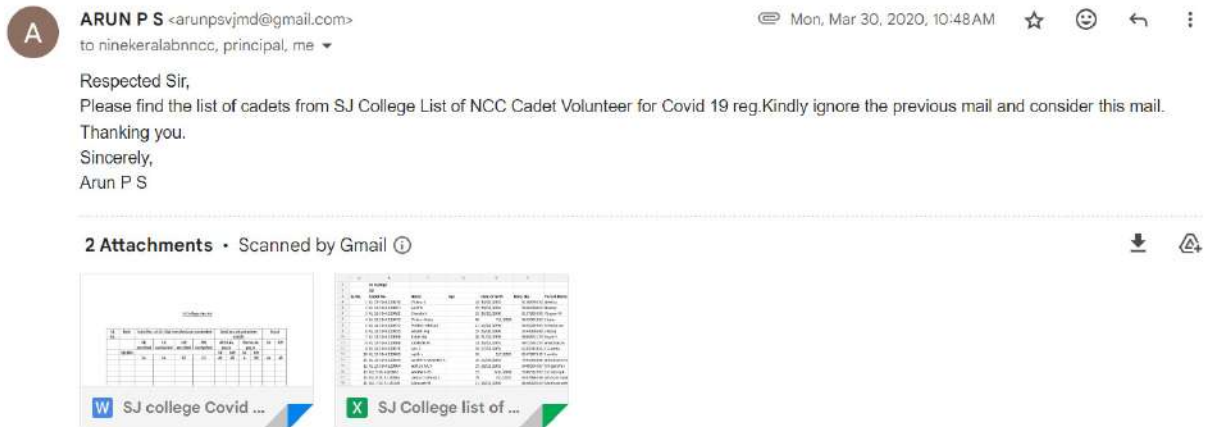
On June 5th 2019, the NCC unit of St. John's College, Anchal conducted a number of activities coordinating different clubs of the institution. There was an inaugural function on which the motto was announced. NCC coordinated other organisations such as NSS, Nature club, etc. For the cleaning activities, cleaned a vast area and planted trees. The activity also included the promotion of Swachh Bharat Mission. Awareness and Nature conservation classes were provided to the cadets. 55 cadets actively participated in this celebration.



53. COVID VOLUNTEER SELECTION

DATE: 01 APRIL 2020

The covid volunteer selection conducted in college among NCC cadets. Around 63 cadets were participated in the selection process and 50 cadets were registered as covid volunteers. These cadets prove their volunteering skills and selected as a volunteer for covid duty. They are ready to volunteering during the covid-19 pandemic.

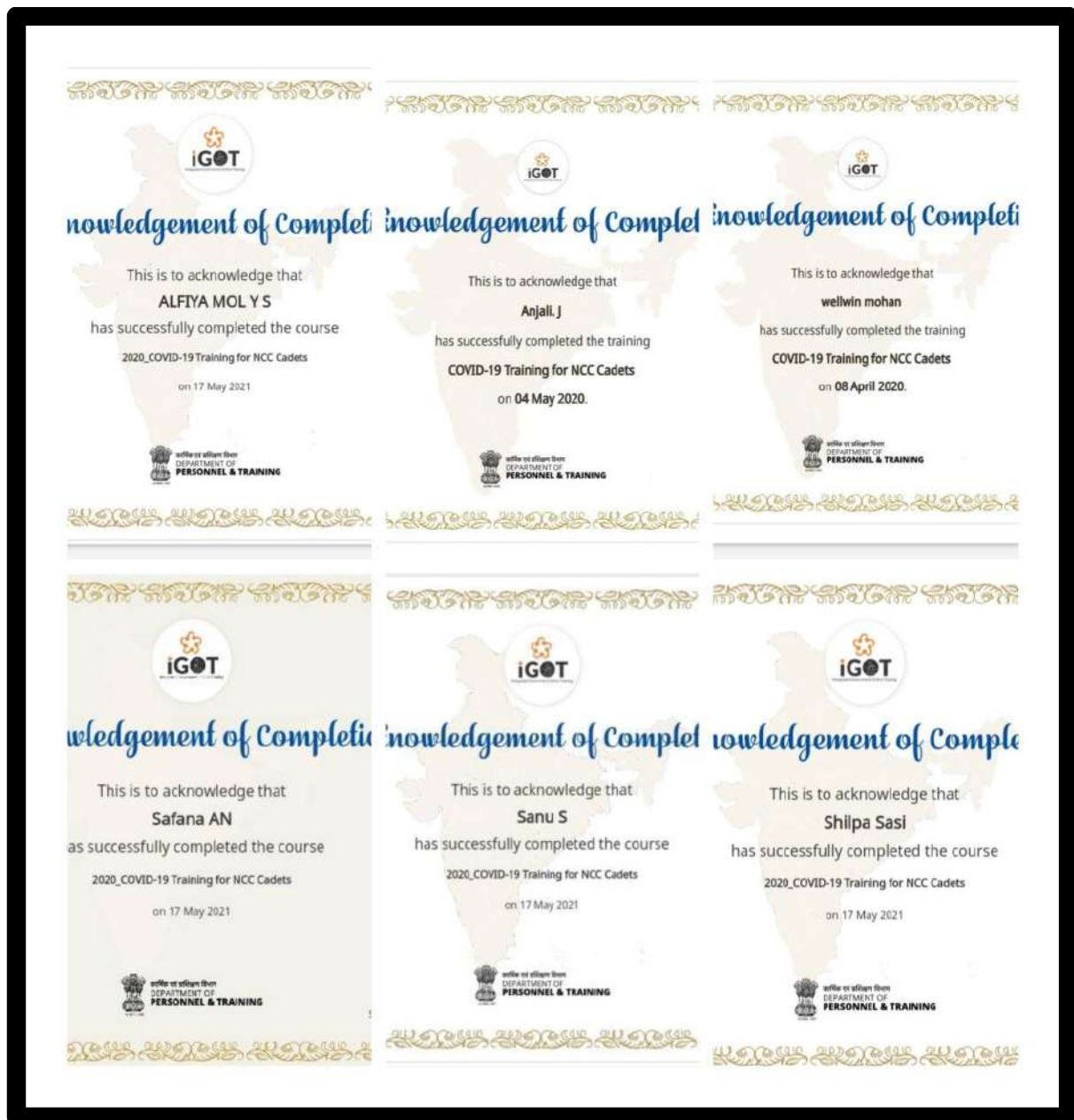


SL No.	Cadet No.	Name	Age	Date of birth
	SJ College			
	SD			
1	KL 19 SD A 120070	Vishnu K	18	30/10/2001
2	KL 19 SD A 120057	Aazif N	19	20/02/2001
3	KL 18 SD A 120065	Chandu V	19	24/12/2000
4	KL 18 SD A 120072	Vishnu Shabu	20	7/2/2000
5	KL 18 SD A 120073	Wellwin Mohan	21	15/12/1998
6	KL 18 SD A 120059	Adarsh Raj	19	26/08/2000
7	KL 18 SD A 120068	Robin Raj	20	21/04/1999
8	KL 19 SD A 120068	KARNAN M	18	26/12/2001
9	KL 18 SD A 120075	Anu S	18	17/12/2001
10	KL 19 SD A 120069	sajith s	18	9/7/2001
11	KL 19 SD A 120059	ADITHYA KRISHNA R	18	15/09/2001
12	KL 19 SD A 120064	GOKUL RAJ T	19	18/01/2001
13	KL19 SD A120061	ANURAG VS	19	9/12/2000
14	KL19 SD A 120065	Jaison D Johnson	19	3/1/2001
15	KL17 SD A 120109	Maneesh M	21	18/01/1999
16	KL17 SD A 120115	Tomy A	22	11/2/1998
17	KL17 SD A 120111	Rahul Krishnan	20	26/06/1999
18	KL17 SD A 120107	Kamalnath S Nair	20	16/04/1999
19	KL 18 SD A 120066	Kannan K	19	9/11/2000
20	KL 18 SD A 120061	Ajin Rajan	19	31/01/2001
21	KL 18 SD A 120060	AKHIL R THIRUASI	18	11/6/2000

54. PARTICIPATION IN COVID-19 TRAINING

DATE: 08 APRIL 2020

The cadets participated in covid-19 training conducted by Department of personnel and training government of India. Cadets also got certificates for their performance. Mostly many cadets done the course and acquire the certificate of IGOT. These courses were made by government of India to select volunteers to fight against the pandemic. These registered 50 cadets hold the certificate for their volunteering duty.



55. COVID DUTY AS COVID VOLUNTEER

DATE: 23 APRIL 2020

The cadets of St. John's College, Anchal do their volunteering duty at Neendakara, a suburb of Kollam city. The twin Harbours, Neendakara and Sakthikulangara were volunteered by cadets as a covid volunteer. They done their volunteering duty over there with state police and health workers. Mostly harbour duty was controlled by cadets to ensure proper social distancing and other laws related to covid protocols. 26 cadets participated in this programme.



56. COVID-19 PREVENTIVE EQUIPMENTS DISTRIBUTION

DATE: 23 MAY 2020

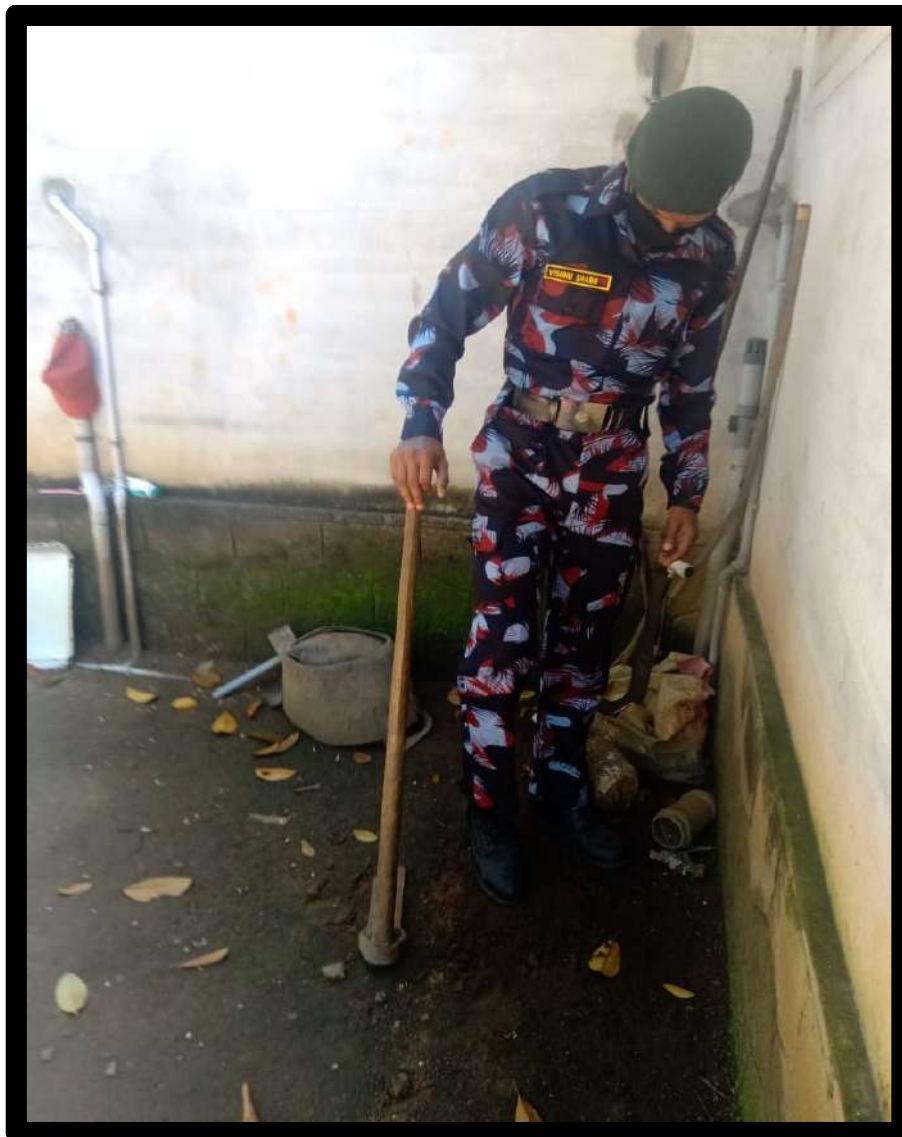
Cadets of NCC unit St. John's College, Anchal provided masks and face shields and distributed it to frontline pandemic fighters. Cadets of St. John's College, Anchal collectively made masks in homes with an excellent quality and in a big number and provided it to the Anchal Police Station. Senior Cadets coordinated this activity. 50 cadets participated in this programme.



57. CLEANING CONDUCTED AS PART OF GANDHI JAYANTI

DATE: 04 OCTOBER 2022

Gandhi Jayanti is celebrated on 2nd October every year to mark the birth anniversary of Mohandas Karamchand Gandhi, who was famously known as Mahatma Gandhi. Father of the Nation, as he was called, led India's freedom movement along with many other national leaders against British rule in India. Cadets became part of it and remember Gandhiji "Father of our nation". As part of Swachh Bharat Mission cadets engage in cleaning activities, these programs were conducted due to Gandhi Jayanti cleaning activities were organized in the base of covid protocols. 103 cadets actively participated in this programme.



58. POSTER MAKING ON ANTI-CORRUPTION

DATE: 02 FEBRUARY 2021

NCC unit of St. John's College, Anchal participated in the Anti-corruption poster making competition conducted on 9th December 2020 which was conducted in the Battalion Level. Many cadets showed their talent in the competition and got some prizes for the best posters. 34 cadets participated in poster making competition.



59. EX-NCC YOGDAN PARTICIPATION

DATE: 04 MARCH 2021

As the largest uniform Youth organization NCC have to do so many things in these covid 19 scenarios. NCC cadets came to frontline pandemic control with the observation of Ex NCC Yogdan. Many cadets from our institution helped administratively, helped the police forces in public administration. The cadets performed sensible and selfless service in the pandemic scenario. 45 cadets from our institution signed their consent to go for the covid duty and some among them have done covid duty in traffic management and administrative support at different places of the district.

60. ORIENTATION PROGRAMME ON SSB

DATE: 11 DECEMBER 2022

An orientation programme was conducted under the guidance of NDA cadet Kashyap. The main objective of this awareness programme for helping the cadets about how to prepare for the SSB interview, also he shared his experiences in the NDA academy. Mr. Kashyap classes were really inspiring and helpful for cadets to achieve their dream. 97 cadets participated in this orientation programme.



61. WORLD BLOOD DONOR DAY

DATE: 14 JUNE 2020

A Blood donation camp was organised on the world blood donor day. The camp was held at St Joseph's Mission Hospital, Anchal. Cadets actively participated in the program, By Donating Blood they uphold the message that "Donating Blood is an act of solidarity, join the effort and save lives. 22 cadets participated in blood donation programme.



62. RAIN WATER HARVESTING

DATE: 26 JULY 2022

Rain water harvesting programme was conducted on 26th July 2022 at St. John's College, Anchal. The cadets resolved the issues related to the rain water harvesting in St. John's college, Anchal. The cadets also cleaned the rain water harvesting system and its surroundings under the guidance of our ANO Lt Dr Arun. P. S. It was conducted to strengthen the programme "Jal Shakti Abhiyan". 45 cadets participated in rain water harvesting programme.



63. ANTI-DRUG CAMPAIGN CYCLE RALLY

DATE: 29 OCTOBER 2022

Drug abuse is a serious issue affecting all sections of the society, irrespective whether they are young/old, poor/rich and educated/illiterate. Teenage drug addiction is one of the most serious substance abuse problems. In order to spread the negative impacts of drugs on human life our unit conducted an anti-drug campaign cycle rally on 29th October 2022. The main aim of this rally was to create awareness about drug abuse in and around our college. 47 cadets participated in this programme.



64. DISASTER MANAGEMENT PROGRAMME

DATE: 21 NOVEMBER 2022

The NCC unit of St. John's College, Anchal organised a disaster management programme titled 'Disaster risk resilience and preparedness training' on 21st November 2022. The program was conducted in association with the district disaster management authority. St. John's College, Anchal principal Dr. Cherian John delivered the presidential address. The training session gave each cadet a lot of information to cope up with the disaster. 94 cadets participated in this awareness programme.



65. AWARENESS PROGRAMME ON PLASTIC POLLUTION

DATE: 24 NOVEMBER 2022

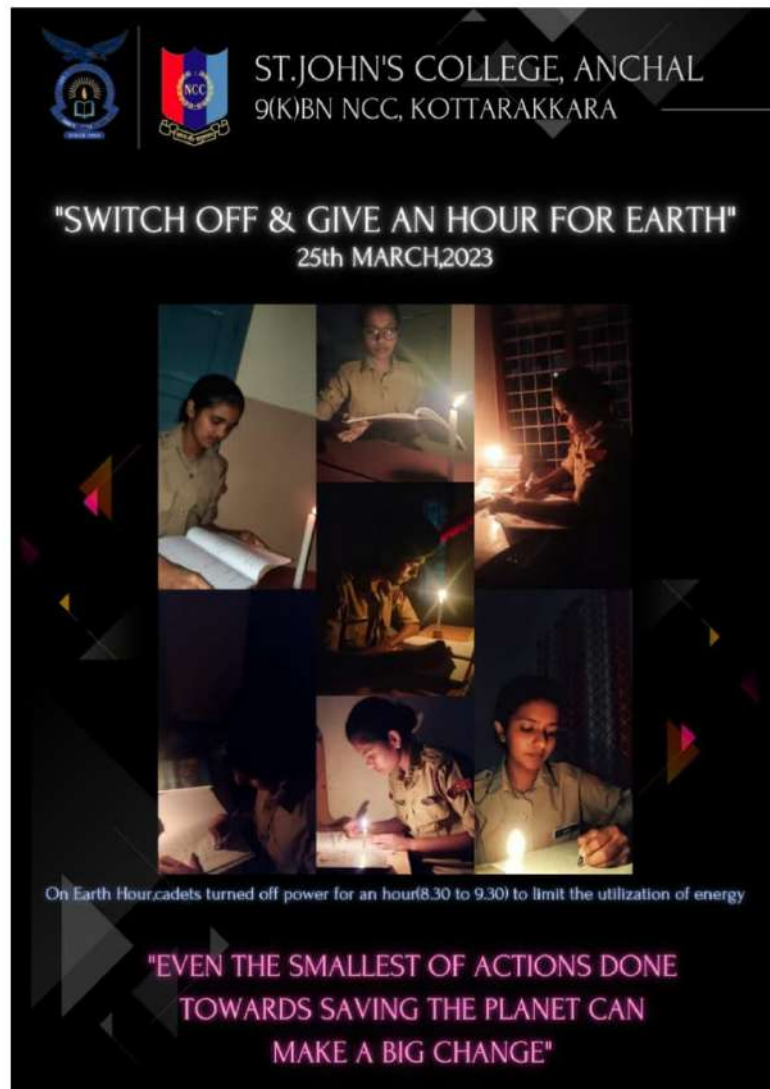
One of the rising issues faced by the world is pollution caused by plastic. In order to prevent the spread of plastic pollution and to support Puneet Sagar Abhiyan, the cadets of St. John's College, Anchal took an oath on 24th November 2022 and successfully participated in Puneet Sankalp. By doing this the cadets pledge to protect water bodies from plastic contamination. 97 cadets participated in this awareness programme.



66. SWITCH OFF & GIVE AN HOUR FOR EARTH

DATE: 25 MARCH 2023

"Even the smallest of actions done towards saving the planet can Make a big change". We can reduce the energy consumption by adopting various ways of energy conservation which includes efficient use of technologies and avoiding energy wastage. On 25th March 2023, cadets of St. John's college, Anchal turned off power for an hour to limit the utilization of energy. This programme shows their commitment towards the environment and to uphold a sustainable living. 98 cadets participated in this programme.



**67. International Day for the elimination of all kinds of violence against women
 - Organised by Kerala State Women and Child Development Co-operation**

As a part of this program a campaign named 'Orange the world' was held at college by the department. Adv, Rajeesha, Family Court Counsellor, Punalur led a debate on the topic United activism to end the violence against women and girls. Active participation from among the girls of the college was witnessed. The debate session was followed by a question-and-answer session where Adv. Rajeesha cleared all doubts regarding the laws prevailing for atrocities against women.



68. Activities of SJC Career Guidance and Placement Cell

The SJC Career Guidance and Placement Cell tried to extend passing on information to the former students of the institution.

The already existing WhatsApp group named SJC Career Guidance Cell was renamed as SJC Alumni Career Guidance Cell with the link <https://chat.whatsapp.com/JzdNkwUsYBpBPUBwSJGZ4v> with 200 participants.

A WhatsApp group solely meant for Civil Services Aspirants with the name Civil Services' Winners was created on June 9, 2021 with fifteen participants. The group was created to focus on oratory skills that is required to crack the interview of the UPSC examinations. The link to the group is:


<https://chat.whatsapp.com/IvgPyyoqTOfD7m2cTbbM0x>. A Telegram group for the same purpose was also created on January 22, 2022 with the link: <https://t.me/+jT3EHS3hdiU4YzI1>

A new WhatsApp group for the current batches of students, with the name SJC Career Guidance Cell was created on December 12, 2022, which would be help to pass on information about Higher Studies and Career opportunities. The link to the group is: <https://chat.whatsapp.com/IVPaZ9dIHcBBxanpfcjemO> which had a total of 250 students as on March 31, 2022.

Following are the activities during the academic year:

- Civil Services Debate 1, June 13, 2021: A CS Winners Debate 1 on 'What does a Good Administrator need?' was held virtually from 3:00 – 4:00pm via the Google Meet joining info link: <https://meet.google.com/gvs-xbtz-vht>.
- Civil Services Discussion 2, August 3, 2021: A virtual discussion with the Video call link: <https://meet.google.com/gig-wyxa-arf> was conducted from 3:00-4:00 pm.

Placement Drive, March 24, 2022: The Apollo Group of Educational Institutions, Ahmedabad organised a one day placement drive for the students of our college in the Audio Visual Room. The list of students who were selected is attached.

 **ST. JOHN'S**
COLLEGE, ANCHAL
LET YOUR LIGHT SHINE BEFORE MEN



SJC CAMPUS PLACEMENT CELL

**One Day Career Guidance Seminar
"What after Graduation? "**

Sponsored by

T. I. M. E. Kollam

November 18, 2019



 **ST. JOHN'S**
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SJC CAMPUS PLACEMENT CELL

**Orientation on
"Confidence Building "**

Sponsored by

The Gillete Guard Company
in collaboration with
Malayala Manorama

February 3, 2020





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SJC CAMPUS PLACEMENT CELL

Orientation on PSc Coaching



**SPONSORED BY...
VIJAYAVEEDHI PSC
COACHING
CENTRE, PUNALUR**

January 24, 2020

69. Induction Programme for first year students

College conduct induction programme for first year students with lot of programmes and activities. This programme provided an orientation and overall understanding of the entire degree programme, higher education and career opportunities in India abroad. This also entailed an explanation/ tour of the facilities such as labs, libraries, clubs and various scholarship programmes.

