



ST. JOHN'S
COLLEGE, ANCHAL

Affiliated to the University of Kerala
Re-accredited with A Grade by NAAC
Recognised for STAR College by DBT, Govt. of India

LET YOUR
LIGHT
SHINE BEFORE
MEN

1.3.1: Curriculum Enrichment

2020-2021

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ACTIVITIES OF THE YEAR 2020-21

1. NEARBY SCHOOL CLEANING



The NSS unit members cleaned the classroom and premises of LPS Anchal an LP School in our adopted village.

2. DONATED WHEELCHAIR

As a part of supporting and considering our senior citizen, our unit donated two wheel chairs for the inmates of AMMA VEEDU, an old age home at Kokkad, Punalur.



3. BANANA PLANTATION

Banana plantation was made at our college premise as a part of our vegetable garden project.



4. OLD AGE HOME VISIT

Considering old age care as one of the most important service a volunteer can do. Our unit members made a visit to Arpitha, an old age care centre, Panayamchery, Anchal by keeping all kinds of prevailing COVID protocol. Certain essential provisions and food items were collected by our volunteers and were distributed over there.



5. PLASTIC BOTTLE GARDENING

With an objective to reduce plastic wastes in our campus, our volunteers, under my leadership, took an active role in collecting plastic bottles from college premises and them made a plastic bottle garden by making use of the same.



6. MEDICINE DISTRIBUTION

As a part of our Palliative Care activities, Medicine for the patients were bought and distributed under our NSS unit.



7. BOOK FARM

By realizing the social commitment our NSS unit has decided to donate books for those who haven't access to it. It was given to an initiative named 'BOOK FARM' by joining hands with KITES foundation. Both used and unused books were given for donation. It included story books, novels, digest study materials etc. The book were handed over to book farm team by our principal Fr Johnson G, under the auspices of NSS unit St John's College Anchal





8. BLOOD DONATION CAMP

Our unit has organized a blood donation camp at our college auditorium. Many people from inside and outside the campus participated by donating blood and was awarded certificates for the same.



9. MID-DAY MEAL DISRIBUTION

Our volunteers collected food packages from students of our college and then distributed the same to the inmates of Arpitha, an old age home at Pananyamchery, Anchal.





10. PRE-MONSOON CLEANING DRIVE

A group of volunteers were assigned the duty of cleaning the premises of our college as a part of pre- monsoon cleaning drive to prevent diseases . Every volunteers actively took part in this programme. Along with that every volunteers were asked to clean their houses and surroundings to prevent monsoon related diseases.



11. ENVIRONMENTAL DAY CELEBRATION

In connection with "World Environmental Day ", NSS Unit (14 A&B) of St.John's College, Anchal has came up with a variety of programs with a view to protect the environment and to promote environment friendly programs encompass activities like:

- Planting a sapling.
- Best out of Waste
- Nature Photography contest.



PLANTING A SAPLING

This was also an initiative to commemorate Sajith Babu Sir..., the former regional director, NSS, Kerala with a concept of "Ormmamaram".



12. ANAEMIA AWARENESS CLASS

With a view to spread the awareness regarding Anaemia, a campaign was conducted on June 12, Saturday at 3:00 pm. This program was conducted in association with the Dept. Of Women & Child Development and ICDS. The symptoms and causes of Anemia along with the remedial measures to prevent were clearly discussed in that session. The meet session was conducted on Google meet Platform and a fuller participation was there from the part of our volunteers, which made the meet more beneficial.





13. POTHICHOOR PROGRAMME



Our volunteers, collected and provided food and other essentials to the needy poor and passengers as, in the background of COVID 19; as they find it hard to equip those things from shops.

14. VEETIL ORU PACHAKARI (Kitchen Garden) THOTTAM PROGRAMME

Under the program named ' veetil oru pachakari thottam programme ' , the volunteers returned to earth to nurture the plants. Under my leadership the program was made successful as every volunteer created their own vegetable garden at home during the COVID times.



15. CONSUMER RIGHTS DAY

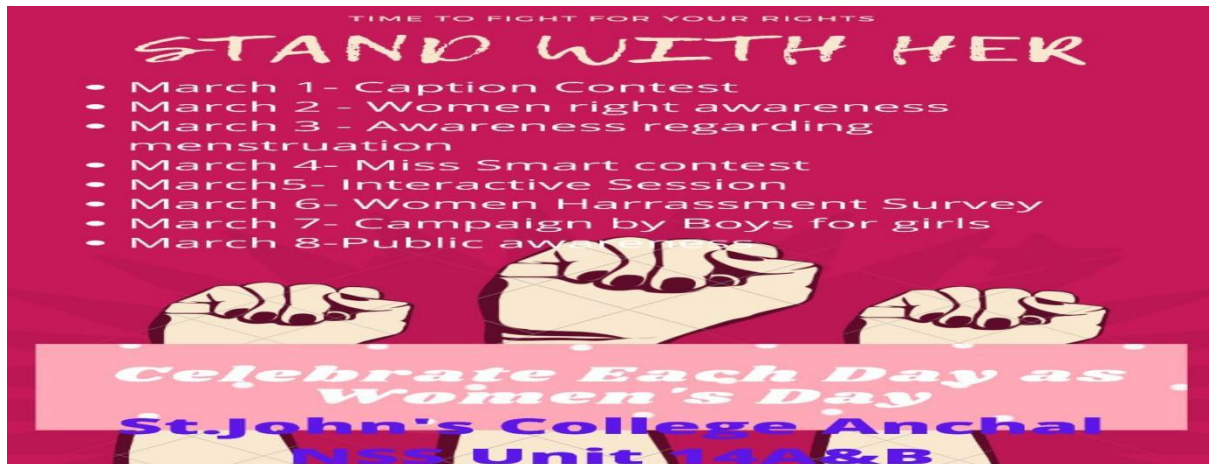
In relation with consumer rights day, Posters regarding consumer rights has been created and were pasted on different department's notice board as an awareness program on behalf of our NSS Unit .



In the context of International Women's Day, a week prolonged programs (01/03/2021-08/03/2021) was planned to be organized.

16. CAPTION MAKING COMPETITION

Being the first day, it was decided to conduct a caption making contest among boys regarding the one week program. A complete participation by the boys was witnessed by the contest. The caption "HER LIFE GUARANTEED IS A PROMISE FOR THE FUTURE", Proposed by one of our NSS Volunteer, Arif Kamarudheen was selected as the Women's Day Program caption, which was then made to a poster and turned out as the common Whatsapp DP of our the unit members for the whole week.



17. "PROTECT GIRLS "CAMPAIGN

As a part of this, all the boys were assembled at the college for a campaign for protection of girls with a slogan "Stand with her". The aim of the program was to make all the boys aware of their responsibility to protect girls. The campaign started by 12:30 pm and came to an end by 2:30pm.

18.WOMEN'S RIGHT AND AWARENESS CLASS

Being the 2nd day of the Women's day celebration, as per scheduled earlier our program officer, Anu Varghese, took an awareness class based on Women's Right. This session was scheduled at 10 am and all the volunteers ensured their participation in the same. She also provided recorded classes regarding the topic.

VIDEO LINKS FOR PUBLIC AWARENESS

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

<https://youtu.be/aE5RxRG5nmU> cybercrimes against women

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



ST JOHN'S COLLEGE, ANCHAL
NSS UNIT 14 A&B



19. ARTHAVATHINTE VARTHAMANAM

The 3rd day of women's day celebrations, was marked by an awareness class led by team "RED CYCLE" Our program officer Anu Varghese presided over the session. The session was led by Arjun Sir about the topic 'Menstruation'. It was a very interactive session. The class started at 6 pm and came to an end by 8 pm with the vote thanks proposed by the me, the programme coordinator.



20. LET'S TALK:- Empowering Women

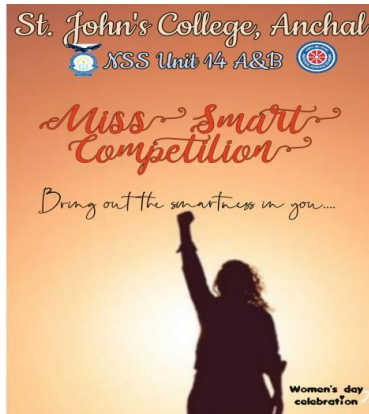
Being the 4th day of Women's day celebration, we had two sessions. The first session was led by a renowned Journalist Smt. ALAKANADHA., which was scheduled to be at 3:00 pm. And the second session was arranged to publish our magazine named "Mashi", prepared as a part of our seven day virtual camp.



21. ONLINE MISS SMART COMPETITION

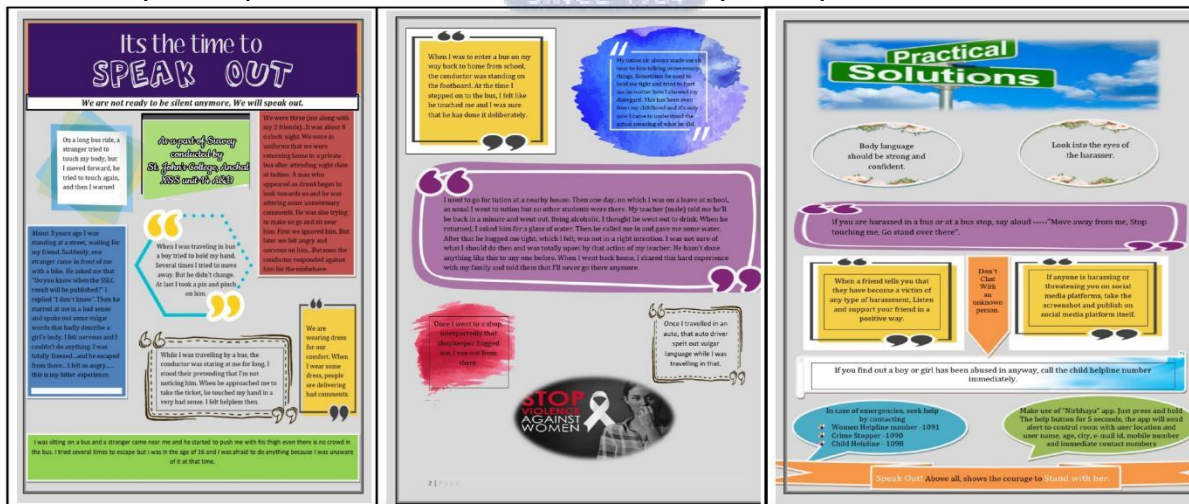
On the 5th day of the Women's day celebration, the winners of the MISS SMART COMPETITION were announced.

The aim of the competition was to strengthen girls and to handle every situations smartly. This was conducted in different stages. This competition was not confined to NSS volunteers; many other students in the college took part in it. In total 20 students registered for the competition and participated in the first round, Out of which 10 were selected for the second and third round. All those 10 students were declared as winners of under various titles. Ajina and Alfiya were declared as the title winners of the MISS SMART COMPETITION, Parvathy, Aleena and Najuma were awarded "MISS SHARP VOICE", Sreekutty and Sharu were awarded "MISS ATTITUDE". MISS CHARMING PERSONALITY award was being shared by Anjali and Gadha and Pournami was awarded "MISS BOLD"



22. WOMEN'S DAY SURVEY AND LEAFLET DISTRIBUTION

As scheduled earlier, 6th day's program was meant for survey report presentation. As a part of women's day program under the auspices of NSS, a survey was conducted regarding sexual harassment. This was an opportunity for many girls, who are inside and outside of the college, to speak out against all the injustice happening against her. Many women shared their bitter experiences and put forward many practical solutions to these problems. On the basis of that a leaflet was created and distributed later on. About 500 girls participated in the survey called Speak out survey. Volunteer secretaries presented the reports. This was then followed by a group discussion regarding Harassment against women. The session started by 7:00 pm and then came to an end by 8:00 pm.





23. WOMEN'S DAY MASS CAMPAIGN

The 7th day was scheduled to release the Campaign Video (Campaign by boys for girls) that had been covered on 01/03/2021. To make it a mass campaign, it was published under several social media platforms. Many positive responses were received in the name of this campaign and it was able to capture the public attention. A rally was also organized in compliance with the COVID protocol.



Video Link:

<https://youtube.com/shorts/XS0Df0HFq70>

<https://youtu.be/4oGJuQk6Eg0>

24. ELECTION RELATED ACTIVITIES

In the backdrop of Kerala legislative assembly election, the NSS Unit 14 A&B of St. John's College, Anchal has taken part in the programs, as per the circular directed by Election commissioner and District Collector.

Conjointly, a banner was also erected bearing slogans for acquiring fuller participation in voting, in compliance with the Green protocol as instructed by the Election Commission. Jute bag and chart papers were used for making the banners.



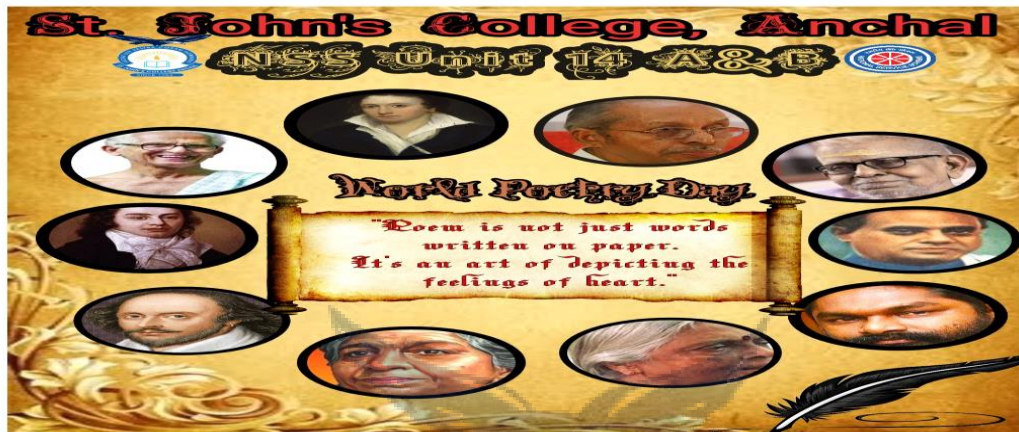
27. CAMPAIGN AGAINST DOWRY

India outlawed the dowry practice but today, one woman dies there every hour in a dowry-related incident. Various posters and drawings were made against dowry- related violence and abuse and were pasted in public places by our unit members and an oath against dowry was taken by our volunteers



28. WORLD POETRY DAY

Inter - College poetry writing competitions were held as part of the NSS Unit in conjunction with Poetry Day. The winners were announced on poetry day 21/03/2021 and the cash prize for the winners were provided as Rs. 500, Rs.300 and Rs.200 for the first, second and third position holders respectively.



29. ENERGY CONSERVATION AWARENESS

As a part of Energy conservation day, in order to make people aware of global warming and climate change and promoting efforts towards saving energy resources, an awareness campaign was conducted by our unit. Along with that we distributed pamphlets regarding the same.



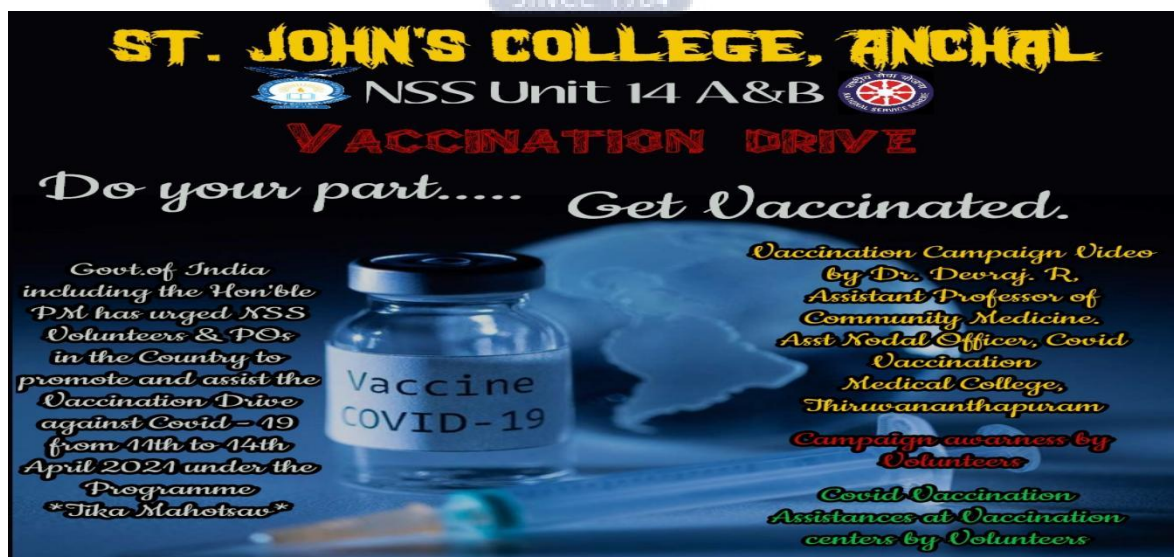
30. ANTI-DRUGS RALLY

On Anti-drugs day, an anti drugs-rally was organized in order to raise awareness on the growing menace of drug addiction among youngsters. With the cooperation of all our volunteers, we able to coordinate the programme in a much better way.



Creating COVID Awareness as a part of
TIKA MAHOTSAV

In connection with the COVID awareness programs, St. John's College, NSS Unit 14 A&B has put some productive programs into action.



ST. JOHN'S COLLEGE, ANCHAL
NSS Unit 14 A&B
VACCINATION DRIVE

Do your part..... Get Vaccinated.

Govt. of India including the Hon'ble PM has urged NSS Volunteers & POs in the Country to promote and assist the Vaccination Drive against Covid-19 from 11th to 14th April 2021 under the Programme **Tika Mahotsav**

Vaccination Campaign Video by Dr. Devraj. R, Assistant Professor of Community Medicine, Asst Nodal Officer, Covid Vaccination Medical College, Thiruvananthapuram
Campaign awareness by Volunteers
Covid Vaccination Assistances at Vaccination centers by Volunteers

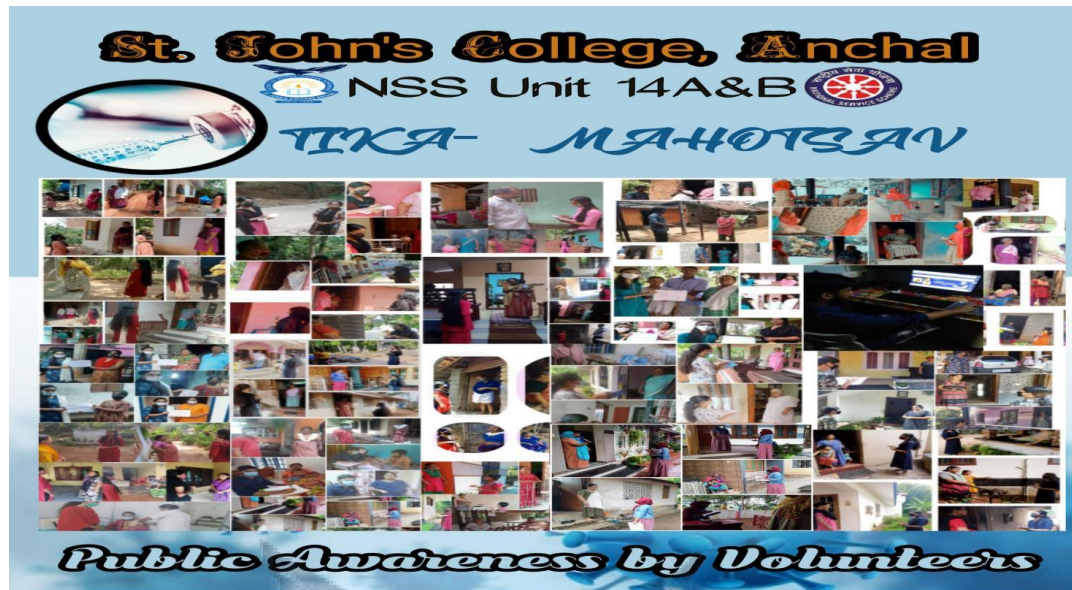
31. COVID VACCINATION AWARENESS PROGRAM

A COVID Vaccination awareness video has been prepared to make the people aware of the immediate need of getting vaccinated. Being the Asst. Nodal Officer, COVID Vaccination of Medical College, Thiruvananthapuram, the authoritative knowledge of Dr. Devraj R, on the topic will make sure that each and every person watching this video will clearly understand the urgency and importance of having this vaccine. In addition to that, we shared this video to their contacts, groups, friends, relatives etc. via various social media platforms which further



32. PUBLIC AWARENESS: COVID VACCINATION

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. We made sure that all our volunteers have participated in this drive so as to complete 500 houses.



33. CLOTHES AND FOOD DISTRIBUTION

We collected cloths and food items from our students and nearby houses and shops and distributed it to "AMMAVEEDU" at Kokkad.



34. HEALTH SURVEY

Our Volunteers, conducted a health survey in connection with Anchal Grama Panchayath. It was done with a view to find out the health condition of those who had diagnosed with COVID.



35. EARTH DAY

On this day, all our volunteers planted trees in their premises as well as took active part in cleaning our surroundings. Every volunteer made their valuable contribution towards making a green earth free from pollution.



37. YOGA DAY

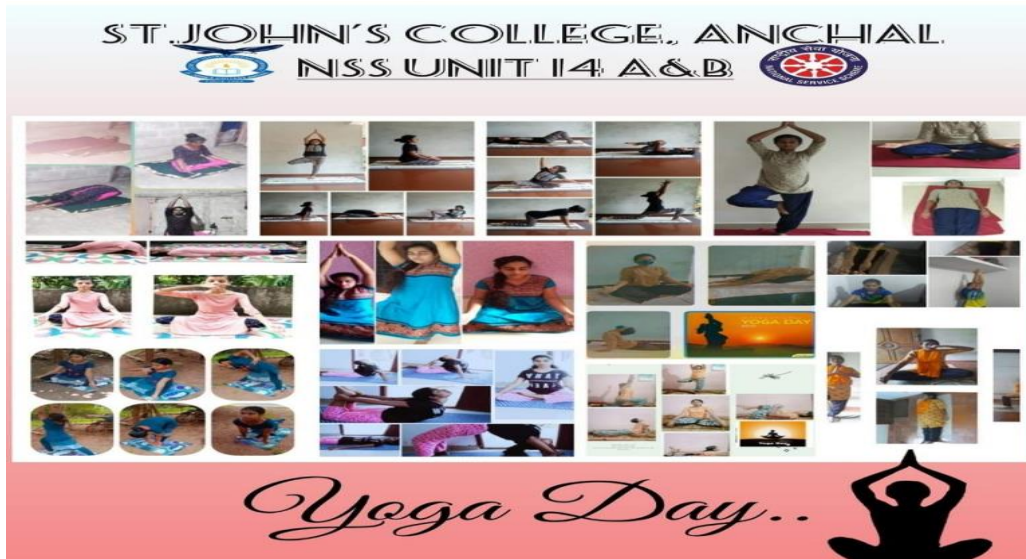
On International Yoga Day, our volunteers including me were asked to do Yoga and we were given proper training through videos. We, the volunteers, with great care studied all the Yogasanas and done it by ourselves. And they were also asked to post the pictures of the same in our official group.



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38. CAMPAIGN FOR FIT INDIA

As a part of Fit India movement, our volunteers including me took part in a fitness run to make the general public aware of the importance of a healthy and fit body. Our volunteers as a responsible citizen ensured participation in Fit India, Freedom run Pledge.



38. HUMAN RIGHTS DAY

A one day workshop on Human Rights has been conducted on human rights day, at College auditorium in order to spread human rights literacy among the volunteers.