



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

2021-2022

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Kerala - 691 306

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1. WORLD ENVIRONMENT DAY

On June 5, the NSS unit celebrated world environment day. The volunteers planted saplings at their houses. Apart from planting at their own home, they distributed saplings to my neighboring houses as well.



2. KAITHANGU

As part of share a meal project, we collected meals from college to be distributed at Govt. Hospital, Anchal. Around 80 meals were collected from volunteers and staff and were distributed.

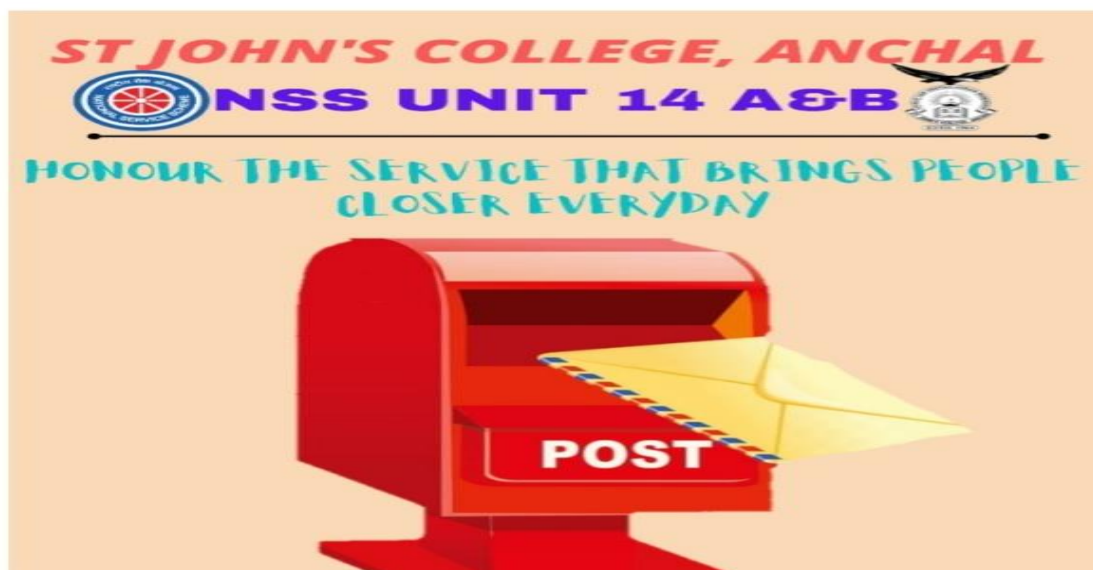
3. INDIAN AIRFORCE DAY

Indian Air force day was observed by our NSS group .On the occasion,Volunteer Secretary prepared a video related to the history of Air force and was then presented before the entire unit members. We dedicated this programme for our Indian Air force.



4. WORLD POSTAL DAY

As part of creating awareness about postal services we drafted different models of postal letters and shared in our NSS group.



5. WORLD MENTAL HEALTH DAY

The world mental health day was celebrated with the theme of “Move for mental health: Let’s invest. An interactive session was organized on the importance of mental health.



6. INTERNATIONAL DAY FOR GIRL CHILD

The international day of girl child was celebrated to promote proper education, healthcare, learning, opportunities to young girl and women. A campaign was organised , which was led by Volunteer secretary to ensure active participation of woman and ensuring better and safe environment for them.



7. WORLD FOOD DAY

An awareness programme regarding the importance of balanced diet and reduction of junk food was organised. Volunteers actively took part in the session and the programme put forward the idea of healthy diet and maintaining personal hygiene. It also focuses on reducing food wastage as well.



8. ORIENTATION PROGRAMME

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 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 Praveen Varghese Thomas, Motivational speaker oriented the volunteers. He said that the future of our country lies in the hands of youth. 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 Shijo Varghese.

9. PALLIATIVE CARE PROGRAMME

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. Certain essential provisions and food items collected by our volunteers under my leadership were distributed there.



10. PALLIATIVE HOME CARE PROGRAMME

Considering that it is the duty of an NSS volunteers to identify the needs and problems of the society and to help them, we provided them with medicines and other essentials.



11. CLEAN CAMPUS

NSS unit organize various activities towards a clean campus. 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 and premises by volunteers was put together in the dumping area of campus. The college cleaning successfully ended at 3:30.



12. SKILL DEVELOPMENT PROGRAMME

As part of national youth day a skill development programme was conducted on 12th January at 10:30am in the college auditorium. Around 100 volunteers participated in the programme. Programme officer Shijo Varghese delivered the welcome address. Ms Shylaja gave training to volunteers in making washing powder, dishwash and lotion. Programme officer Anu Varghese delivered the vote of thanks. Later we, under my leadership, made lotion and distributed to our locality.



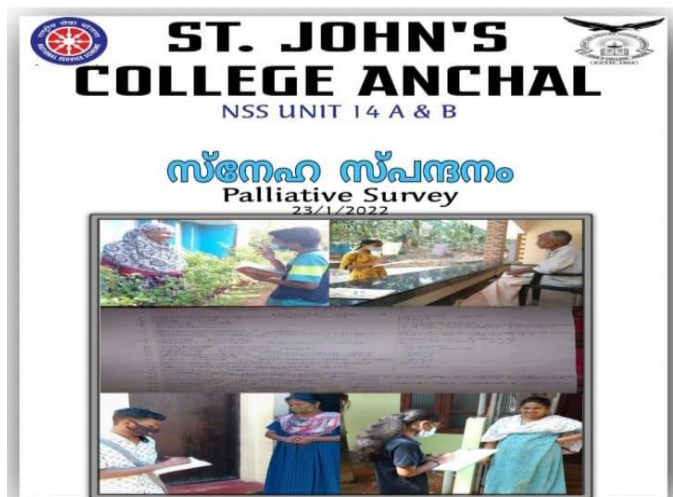
13. DONATED WHEEL CHAIR

On 20th January our NSS unit contributed 2 wheelchairs and distributed medicines for the inmates of Ammaveedu an orphanage in Kokad, Punalur.



14. PALLIATIVE SURVEY

On 23rd January our NSS volunteers engaged in palliative survey following covid protocols. We visited the houses and collected information about the needs of people who are bedridden or affected with chronic illness. We made visit to 25 houses in my locality and collected the details.



15. REPUBLIC DAY

On January 26th our NSS unit conducted various programmes. We organized patriotic song competition, patriotic dance competition and essay writing competition. The programme was a great success with the active participation of students.



Patriotic Song Competition

റിപ്പബ്ലിക് ദിനം അടിസ്ഥാനമാക്കിയുള്ള 3 മിനിറ്റിൽ കവിയാതെ ഉള്ള **song audio** ആണ് അയക്കേണ്ടത്

പരിപാടികൾ **29-1-2022** അകം താഴെക്കാണുന്ന **WHATSAPP** നമ്പറിലേക്ക് അയക്കുക

Akshaya - 8848026439
Arif - 9745113452
Sandra - 8075140685



Patriotic Dance Competition

റിപ്പബ്ലിക് ദിനം അടിസ്ഥാനമാക്കിയുള്ള 5 മിനിറ്റിൽ കവിയാതെ ഉള്ള ഡാൻസ് വീഡിയോ ആണ് അയക്കേണ്ടത്

പരിപാടികൾ **29-1-22** വൈകുന്നേരം 4 മണിക്ക് അകം താഴെക്കാണുന്ന **WHATSAPP** നമ്പറിലേക്ക് അയക്കുക

Akshaya - 8848026439
Arif - 9745113452
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ST. JOHN'S COLLEGE ANCHAL

NSS UNIT 14 A & B

ജനുവരി -26 റിപ്പബ്ലിക് ദിനം

ഉപന്യാസ രചന മത്സരം

വീക്ഷയം : മതവും രാഷ്ട്രവും

രചനകൾ അയക്കേണ്ട അവസാന തീയതി : 30/01/2022

രചനകൾ അയക്കേണ്ട നമ്പറുകൾ...

ARIF : 9745113452

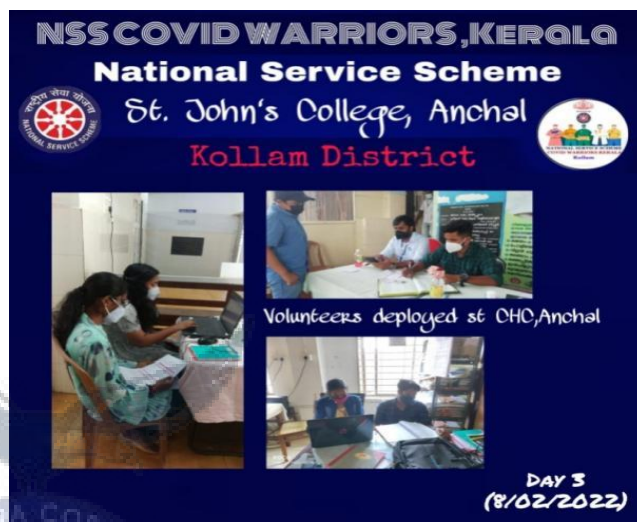
SANDRA : 8075140685

AKSHAYA : 8848026439

സെന്റ് ജോൺസിലെ വിദ്യാർത്ഥികൾക്ക് പങ്കെടുക്കാം.

16. COVID WARRIORS

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



17. ENERGY CONSERVATION PROGRAMME

On 13th February the NSS unit conducted awareness about importance of energy conservation among public. Under my leadership, notices were distributed to make the public aware of adopting various ways of energy conservation which include avoiding energy wastage and efficient use of modern technology. A class was conducted on 'Energy Conservation'. College principal Rev Fr Johnson G inaugurated the programme. Shijo Varghese NSS programme officer extended warm welcome to the programme. Mr. Jacob John led the class. Anu Varghese, NSS programme officer delivered the vote of thanks.

ST. JOHN'S COLLEGE, ANCHAL.

**National Service Scheme
Unit 14A & B**

SAVE ENERGY, SAVE MONEY, SAVE NATION

**വൈദ്യുതോപകരണങ്ങളും
ഉപയോഗിക്കുന്ന വൈദ്യുതിയും**

സീനാ വാട്ട് ബാർബ്	15 വാട്ട്	66.40 ടണിക്കോർ	ഒരു യൂണിറ്റ്
സീ എഫ് എൽ ബാർബ്	15 വാട്ട്	66.40 ടണിക്കോർ	ഒരു യൂണിറ്റ്
ബാർബ്	60 വാട്ട്	16.14 ടണിക്കോർ	ഒരു യൂണിറ്റ്
ജൂബ് ലൈറ്റ്	40 വാട്ട്	18.11 ടണിക്കോർ	ഒരു യൂണിറ്റ്
സീലിംഗ് ഹാൻ	60 വാട്ട്	16.40 ടണിക്കോർ	ഒരു യൂണിറ്റ്
പ്രിന്റിംഗ് 165 ലിറ്റർ	100 വാട്ട്	10.00 ടണിക്കോർ	ഒരു യൂണിറ്റ്
മിക്സിംഗ്	450 വാട്ട്	02.13 ടണിക്കോർ	ഒരു യൂണിറ്റ്
വാഷിംഗ് മെഷീൻ	325 വാട്ട്	03.00 ടണിക്കോർ	ഒരു യൂണിറ്റ്
തെലുപെട്ടി	750 വാട്ട്	01.25 ടണിക്കോർ	ഒരു യൂണിറ്റ്
വാട്ടർ പമ്പ്	750 വാട്ട്	01.25 ടണിക്കോർ	ഒരു യൂണിറ്റ്
വാക്വം ക്ലീനിംഗ്	750 വാട്ട്	01.25 ടണിക്കോർ	ഒരു യൂണിറ്റ്
ടൈം റിപ്പിംഗ്	100 വാട്ട്	10.00 ടണിക്കോർ	ഒരു യൂണിറ്റ്
ട്രേഡിംഗ് ഹാൻഡ്	20 വാട്ട്	50.00 ടണിക്കോർ	ഒരു യൂണിറ്റ്
റിഫ്രിജറേറ്റർ	40 വാട്ട്	20.00 ടണിക്കോർ	ഒരു യൂണിറ്റ്
മൈക്രോവേവ് ഓൺ	6 വാട്ട്	200.00 ടണിക്കോർ	ഒരു യൂണിറ്റ്
കമ്പ്യൂട്ടർ	80 വാട്ട്	12.50 ടണിക്കോർ	ഒരു യൂണിറ്റ്
എയർ കണ്ടിഷണർ	1500 വാട്ട്	40.00 ടണിക്കോർ	ഒരു യൂണിറ്റ്



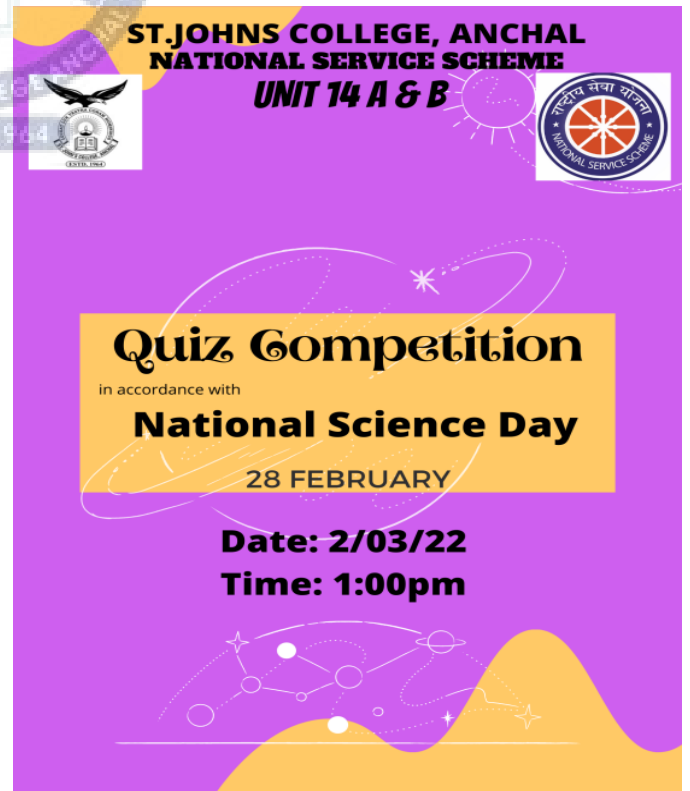
18. BLOOD DONATION PROGRAMME

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.



19. NATIONAL SCIENCE DAY

As part of National Science Day a quiz competition was conducted on 2nd march 1:00pm at the audio visual theatre.



20. SELF DEFENCE PROGRAMME FOR WOMEN

As part of International Women's Day celebrations the NSS unit conducted a self defence programme for women on 3rd March , 2022. Volunteer Christina of 2nd malayalam led the programme by teaching the students martial arts, she is a black belt holder in karate. It was a very useful programme for the students, as they learnt the basic techniques to defend any threats coming against them. Programme officers Shijo Varghese and Anu Varghese and me as the volunteer secretary spoke about the importance of learning martial arts.



21. WOMEN EMPOWERMENT RALLY

As part of 'Women's Week Celebration' our NSS unit conducted a women empowerment rally on 4th March 2022. All the volunteers held up placards with women empowerment thoughts. Everyone raised the slogan 'Break the Bias'. Me as the volunteer secretary delivered a message about women's day. The programme helped volunteers to share the message to the society for breaking all the barriers and inequalities that women face today.



St. John's College, Anchal
 affiliated to the University of Kerala and managed by Malankara Catholic Church
 Anchal, Kollam, Kerala, India 691306
NATIONAL SERVICE SCHEME
 UNIG 14 A&B

Women's day Celebration



Women Empowerment Rally



04/03/2022

INTERNATIONAL WOMEN'S DAY 8TH MARCH

WOMEN'S WEEK (Women's Week Celebration)
 4TH MARCH TO 8TH MARCH

04/03/2022 Friday

10:30am

WOMEN EMPOWERMENT RALLY



ST johns college anchal
 Nss unit 14 A & B



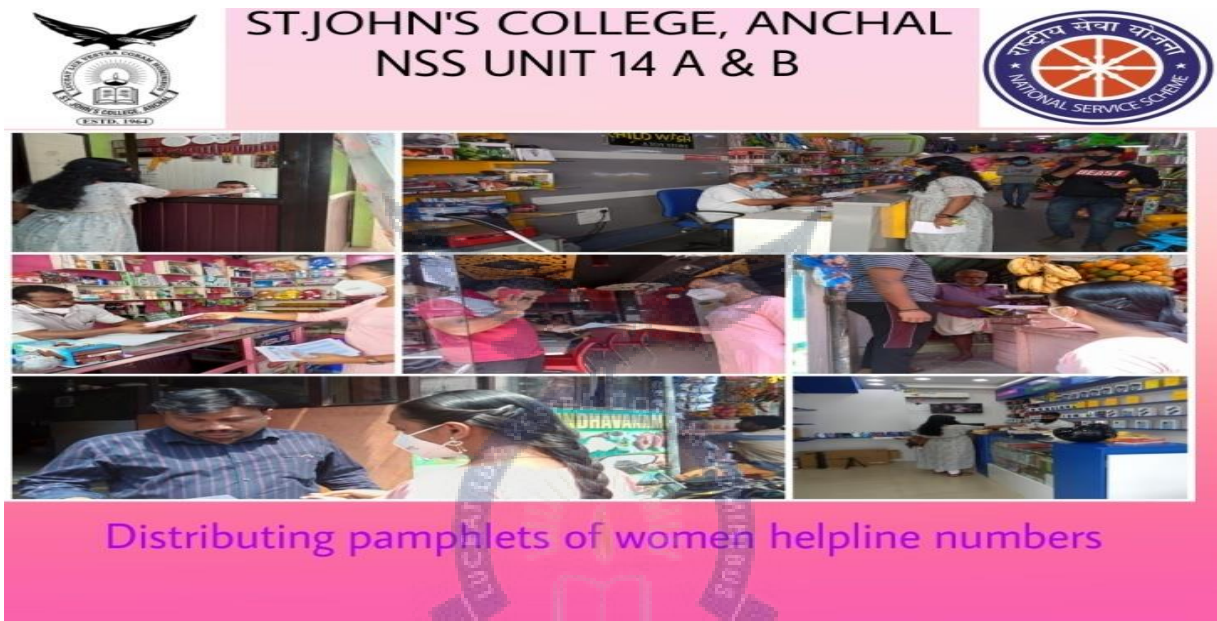
22.FLASHMOB

Our nss unit conducted a flasmob on 5th march as part of women's week celebration .Our volunteers assembled in public places and presented flashmob. NSS programme officers Shijo V Varghese and Anu Varghese and as a volunteer secretary, me spoke about how events like flashmob help women show their protest against them abuses happening against them and how dancing body act as the advocate demanding rights.



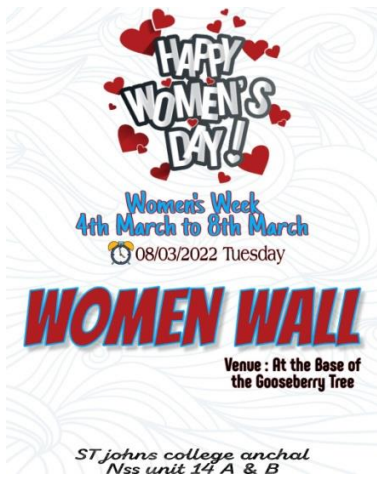
23. PAMPHLET DISTRIBUTION OF WOMEN HELPLINE NUMBERS

On 7th march NSS volunteers of St. John's College, Anchal distributed pamphlets printed with women helpline numbers in shops, bus stands, auto stand etc.



24. WOMEN'S WALL

On International Women's Day, 8th march 2022 our NSS unit created a women's wall. St. John's College principal Rev. Fr Johnson G inaugurated the programme by pasting a note on the Women's Wall. All those who pasted the notes on the women's wall wrote the names of the most influential women in their life and women empowerment quotes.



SINCE 1964

25. POST COVID TREATMENT THROUGH AYURVEDA

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. Indhulakshmi M (Padma Ayurvedics, Chadayamangalam) took the session conducted through Google meet. Programme officer Anu Varghese delivered the vote of thanks.


 ആയുർവേദ മെഡിക്കൽ അസോസിയേഷൻ ഓഫ് ഇന്ത്യ സംസ്ഥാന വനിതാ കമ്മിറ്റി

മാർച്ച് **അന്താരാഷ്ട്ര വനിതാ ദിനം**



ജീവനം
കോവിഡാനന്തര ചികിത്സ ആയുർവേദത്തിലൂടെ ബോധവൽക്കരണ ക്ലാസ്സ്

ക്ലാസ്സ് നയിക്കുന്നത്:
DR.INDHULEKSHMI M



ST. JOHNS COLLEGE ANCHAL
 Nss unit 14 A&B

കോവിഡാനന്തര ചികിത്സ ആയുർവേദത്തിലൂടെ

<< ക്ലാസ്സ് നയിക്കുന്നത്



Date: 12/03/22
Time: 7:00pm
Platform: Google meet

DR. INDHULEKSHMI M
Padma Ayurvedic Chadayamangalam

26. Youth Day Speech competition

A speech competition on the topic, "Role of Youth in nation building "was conducted under the auspices of our NSS unit .



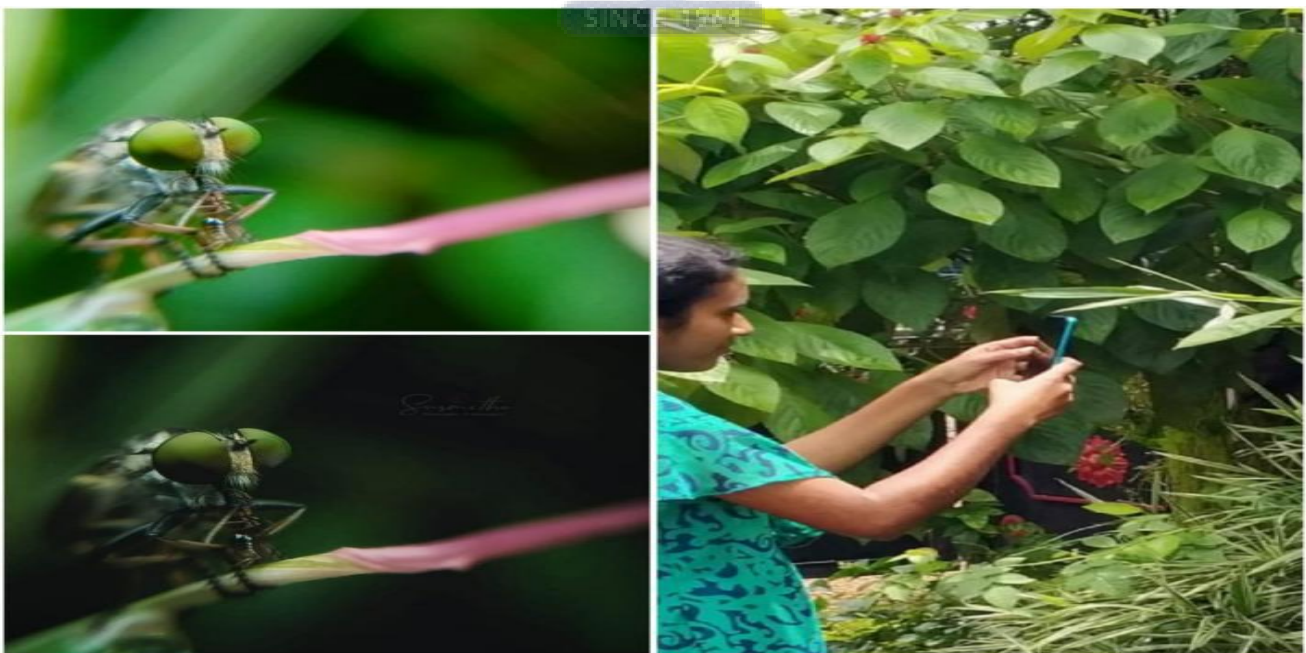
27. Transgender awareness Programme.

A transgender awareness program was conducted to make our volunteers aware about the rights of a transgender and to awake them to treat transgender in the same way as we treat others.



28. Photography Contest

On photography day, a photography contest was conducted and the winners were awarded.



29. Children's Home Visit.

We made a visit to a Child care centre at Anchal with some of our volunteers and spent some quality time out there. We distributed sweets and paper caps to them.



30. Day for Safety and health at work

Keeping focus upon a stress less and healthy work environment, a group discussion on "Reduce Stress at work place" was organized among the volunteers. Many innovative and creative points were proposed by our volunteers to relieve stress and to build up a healthy mental state at work.



31. International Dance Day

As a part of International Dance Day, an inter-departmental dance competition was conducted exclusively for the volunteers. Many skillful volunteers participated in the competition and the winners were decided after a very tough judgment. Merrifol performances of the volunteers added colour to this day



32. E-Sanjeevani Awareness

The current pandemic situation is not favorable for the patients to consult their doctors directly. Considering this in mind, to make the society aware about the prevalent online consulting system "E Sanjeevani"(an initiative of Kerala government), an awareness poster has been created and then our volunteers shared it in social media platforms. Helpline numbers were also included, which will make that information more effective for the needed ones.



33. Anti-Tobacco Day

On Anti-tobacco day, volunteers were asked to prepare their own posters with self made captions and to disseminate it to wherever they can in order to clear out the habit of smoking from our society.

On the same day we organized an anti-tobacco rally.



34. Martyrs' Day

On martyrs' day, a group wise poster making competition was organized for first year volunteers.



35. Felicitation ceremony

Our unit organized a meeting for appreciating our program officer, Shijo sir for his achievement as best program officer, (university level).



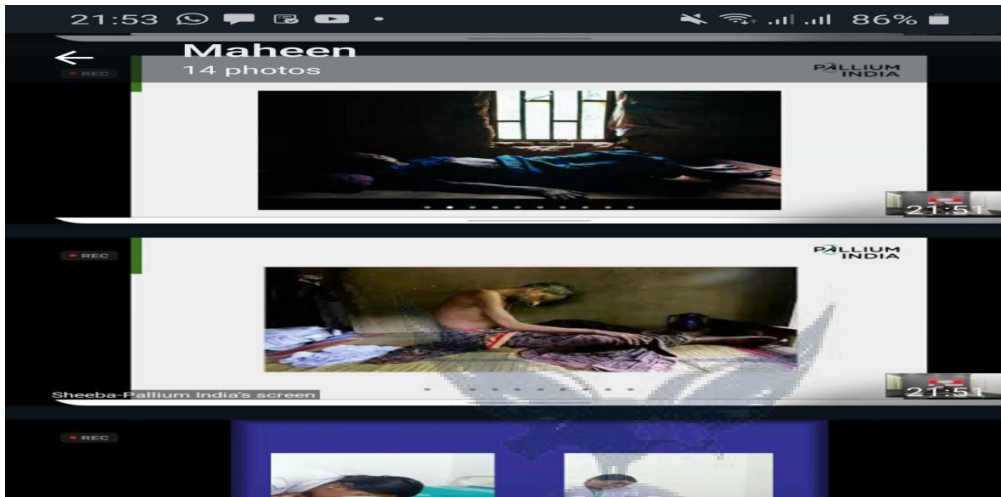
36. Seven Day Leadership Camp

Two of our volunteers (Muhammad Maheen J K, Devika Rajendran) had participated in the seven-day volunteer leadership camp ,2022.



37. Palliative Camp

Some of our volunteers under the leadership of volunteer secretary Maheen has participated in the Palliative camp conducted in the year 2022. As a part of this our volunteers were given directions for the needed activities.



39. Distributed Sewing Machine

Our unit has distributed 8 sewing machines to some of our volunteers who are not able to afford its cost.

