



**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

**2022-2023**

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## WORLD ENVIRONMENT DAY

On June 5, the NSS unit celebrated world environment day by organizing various programs. The volunteers planted saplings on their home. A debate was organized on the topic environment and development. A sapling was planted on the campus and a green wall was created.



## NATIONAL READING DAY

On June 19, as part of National Reading Day, an elocution competition was organized in the college by NSS. Students shared their views about the topic 'reading and social media'.





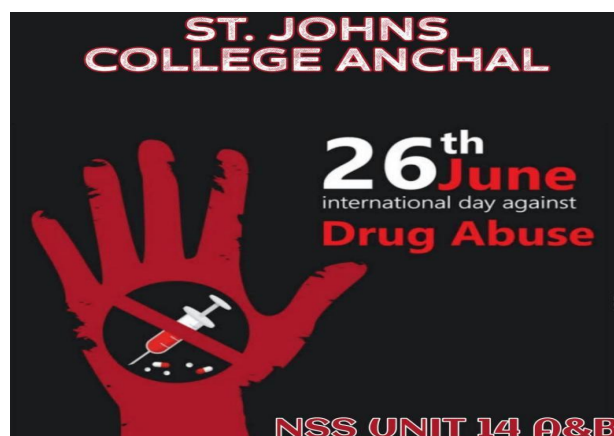
## INTERNATIONAL YOGA DAY

On International yoga day a yoga session was jointly organized by the NSS unit, NCC unit and Physical Education department of the college.



## INTERNATIONAL DAY AGAINST DRUG ABUSE

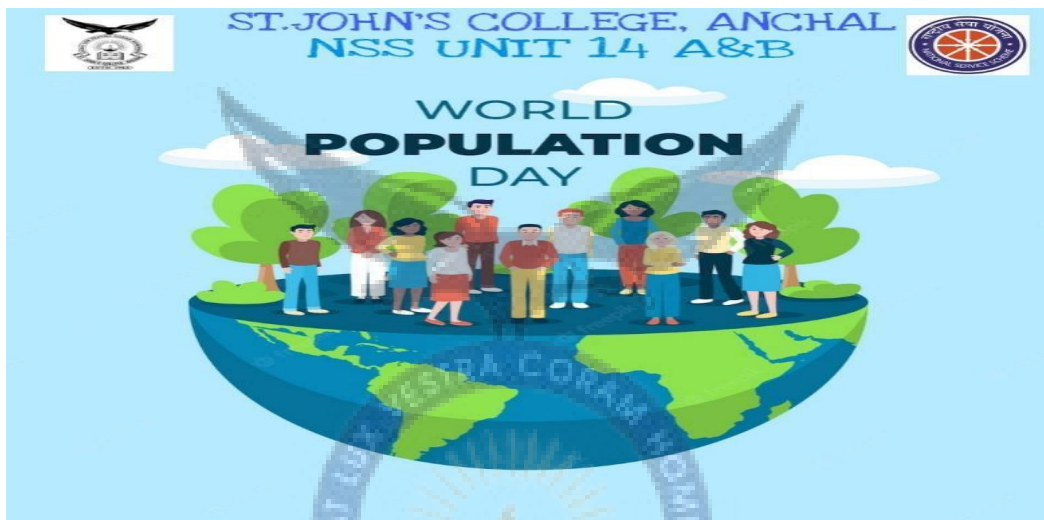
The day was observed with the theme "Addressing drug challenges in health and humanitarian crisis". An interactive session was conducted on this day.





## WORLD POPULATION DAY

On June 11, 2022 World Population Day was celebrated with the theme “A world of 8 billion: Towards a resilient future for all harnessing opportunities and ensuring rights and choices for all. A discussion was organized by the NSS unit on this day.



## INDEPENDENCE DAY

On August 15, Independence Day several programs were conducted by NSS unit in the College. The principal Dr. Cherian John hoisted the national flag. He delivered an Independence Day message. A freedom rally was jointly organized by NSS & NCC unit.





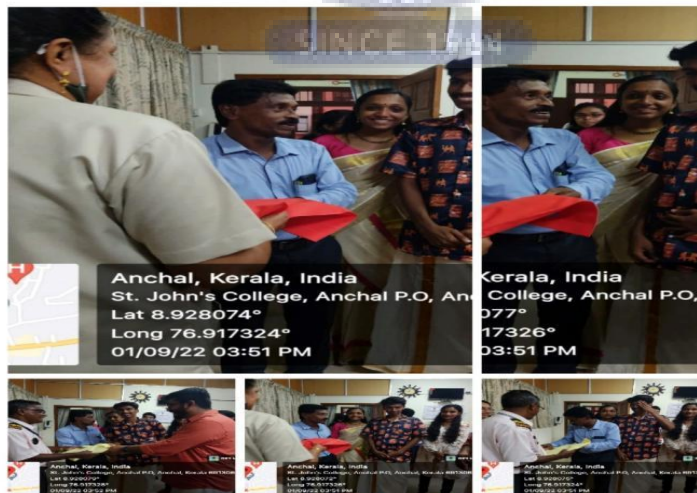
### VOLUNTEER LEADERSHIP TRAINING PROGRAMME

Two of our volunteers (Akshaya R & Arif N) had participated in the three-day residential volunteer leadership training programme held from 23-25 August, 2022.



### OMANIKKAN ORU ONAKAALAM

As part of the 'Omanikan Oru Onakaalam' program organized by the State NSS Cell new clothes were gifted to the non-teaching staff of the college.





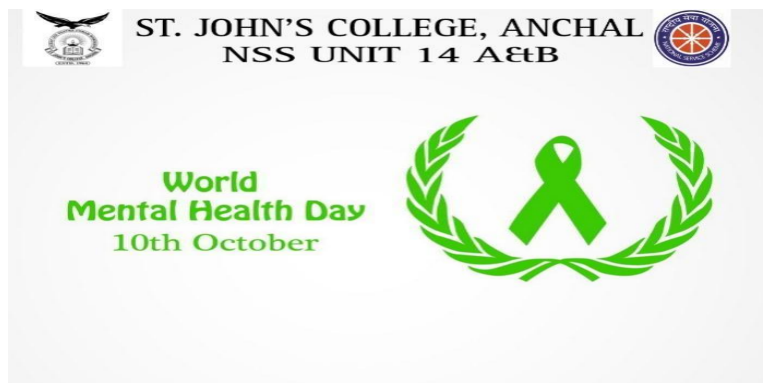
### ANTI-DRUGS AWARENESS PROGRAM

On September 21,2022 an anti-drugs awareness programme 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 StJ ohn's College, Anchal. Mr T. Y James led the anti- drugs awareness class. A drama on this theme was also played. Asst. Prof. Lalitha Joseph (Convener, Anti- Narcotics cell) conveyed the felicitation. The vote of thanks was delivered by Asst. Prof. Thomas Mohan (NSS Programme Officer).



### WORLD MENTAL HEALTH DAY

The world mental health day was observed with the theme 'Making mental health & well being a global priority for all'.





## GLOBAL HANDWASHING DAY

On October 15, Global Handwashing Day campaign was jointly organized by NSS unit and Health club on the theme "Unite for universal hand hygiene".



## BODHYAM QUIZ

On October 12, 2022, a quiz competition 'Bodhyam 2022' was conducted in connection with the anti-narcotics awareness program by the state government. The winners were sent to participate in the district level competition.





## CLEANLINESS DRIVE

A cleanliness drive was conducted by NSS volunteers at Market Junction bus stand, Anchal on October 20, 2022. It was organized as part of the clean India program by National Youth Affairs Ministry. NSS volunteers collected the waste materials, separated the plastic and paper wastes and handed over the collected waste materials to 'Harithakarmasena' volunteers.



## NEWSPAPER CHALLENGE

A newspaper challenge was conducted by the NSS unit as a fundraising program. NSS volunteers collected and sold old newspapers, magazines, books etc. to raise funds.







## NATIONAL UNITY RUN

On October 31, 2022, National Unity Run was jointly organized by the NSS, NCC, Anti-narcotics cell and sports club. College principal Dr Cherian John flagged off the program. 'Rashtriya Ekta Divas' pledge was also taken.



## ANTI-NARCOTIC HUMAN CHAIN

On November 1, as part of the ending of first phase of anti-narcotic awareness campaign 'Bodhapoornima' by the state government an anti-drug human chain was organized by the NSS unit and anti-narcotics cell of the college. The human chain was formed around 3:30 pm. Following that a pledge against drugs was also taken.



## NATIONAL ADVENTURE CAMP

One of our students Manjima Madhusoodanan participated in the Adventure camp (2022-23) held at Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports at Pong Dam, Himachal Pradesh from 29th-7th November.





## ANTI-TOBACCO SENSITISATION PROGRAMME

An anti-tobacco sensitization program was conducted on November 19, 2022 by NSS unit in association with Community Health Centre, Anchal. The program began with NSS song. Asst. Prof. Thomas Mohan (NSS program officer) extended a warm welcome to the gathering. The keynote address was given by Dr. Sanalkumar T (Medical officer, CHC Anchal).




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

in association with  
**COMMUNITY HEALTH CENTRE, ANCHAL**

organises  
**ANTI-TOBACCO SENSITISATION PROGRAMME FOR COLLEGE STUDENTS**

Date: 19/11/22  
Venue: Audio Visual Hall



**RESOURCE PERSONS**

MEDICAL OFFICER	: DR. SANAL KUMAR T
HEALTH INSPECTOR	: MADHUSOODANAN NAIR
PUBLIC HEALTH NURSING SUPERVISOR	: LATHAKUMARY
PRO/LO	: ATHULYA S
JUNIOR HEALTH INSPECTOR	: GOPAKUMAR, SHAJU. N
JUNIOR HEALTH NURSE	: MANJU
SECONDARY PALLIATIVE STAFF NURSE	: JAYALEKSHMI
SECONDARY PALLIATIVE PHYSIOTHERAPIST	: LEKSHMI PRIYA
PALLIATIVE STAFF NURSE	: GINI C MATHEW

## DISASTER RISK RESILIENCE & PREPAREDNESS TRAINING

Disaster risk resilience and preparedness training was jointly organized by NSS unit & NCC unit in association with District Disaster Management Authority, Kollam on November 21, 2022. The presidential address was delivered by college principal Dr. Cherian John. Ms. Beena Rani (Additional District Magistrate, Kollam) conveyed the inaugural address. Mr. Thomas Mohan (NSS program officer), Mr Santhosh G. Nath (Deputy Tahsildar, Headquarters) & Lt Dr Arun P.S. (NCC Officer) gave felicitations.





**St. JOHN'S COLLEGE, ANCHAL**  
NSS UNIT 14A & 14B and NCC UNIT 9K Bn NCC KOTTARAKKARA  
in association with  
**DISTRICT DISASTER MANAGEMENT AUTHORITY, KOLLAM**  
organise  
**DISASTER RISK RESILIENCE AND PREPAREDNESS TRAINING**

**INAUGURAL PROGRAMME**

- Prayer Song
- Welcome Speech : **Dr. Mary M Abraham**  
(Asst. Professor and HOD, Department of Malayalam)
- Presidential Address : **Dr. Cherian John**  
(Principal, SJC Anchal)
- Inaugural Address : **Ms. Beena Rani**  
(Additional District Magistrate, Kollam)
- Felicitations : **Mr. Thomas Mohan**  
(NSS Programme Officer, SJC Anchal)  
**Mr. Santhosh G. Nath**  
(Deputy Thahasildar, Head Quarters)  
**Lt. Dr. Arun P.S**  
(NCC Officer, SJC Anchal)
- Vote of Thanks : **Dr. Brilliant Rajan**  
(Staff Advisor, SJC Anchal)

**21st November, 2022**  
 **St. JOHN'S COLLEGE AUDITORIUM**  
 **09:30 am-05:00 pm**



## CONSTITUTION DAY

The NSS unit and Department of Political Science and Public Administration jointly organized a program on National Constitution Day. Ms. Anjana welcomed the gathering. Dr Cherian John (Principal) gave the presidential address. Dr Sajan Thomas (Asst Prof, Department of political science) gave a talk on 'Constitutional Morality'. Dr RonieThomas (HOD, Department of Political Science) & Mr Thomas Mohan (NSS PO) delivered the felicitation. On this occasion a reprint of the original version of the Indian constitution was handed over by the Principal to the Librarian. The program ended with vote of thanks by Ms. Vaishnavi S. It was followed by a 'National Constitution Day Quiz Contest 2022'.





## WORLD AIDS DAY

On December 1, 2022 World Aids Day was commemorated on the theme 'Equalize'. A poster showing the theme had been created and shared in our social media handles.

**St. JOHN'S COLLEGE, ANCHAL**  
**NSS UNIT 14 A&B**  
and  
**DEPARTMENT OF POLITICAL SCIENCE & PUBLIC ADMINISTRATION**  
jointly organise  
**NATIONAL CONSTITUTION DAY**  
**26 NOVEMBER**

**PROGRAMME SCHEDULE**  
(10:00 am to 12:00 pm)

Welcome	: Ms. Anjana S (HOD, Political Science)
Presidential Address	: Dr. Cherian John (Principal, SJC Anchal)
Handing over the Reprint of the Original Version of the Indian Constitution by the Principal to the Librarian.	
Keynote Address	: Dr. Sajan Thomas (Assistant Professor, Department of Political Science) on 'CONSTITUTIONAL MORALITY'
Felicitations	: Dr. Ronie Thomas (HOD, Department of Political Science) Mr. Thomas Mohan (NSS PO, SJC Anchal)
Vote of Thanks	: Ms. Vaishnavi S (HOD, Political Science)

followed by  
**'National Constitution Day Quiz Contest 2022'**  
(Questions will cover a broad range of topics covering Indian Constitution, polity, governance and nationalism)

Date: 25.11.22      Venue: Audio-Visual Hall



**St. JOHN'S COLLEGE, ANCHAL**  
**NSS UNIT 14 A&B**

**WORLD AIDS DAY** | 1 DEC 2022

**"EQUALIZE"**

## WORLD AIDS DAY

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## DISCUSSION ON WOMEN'S SAFETY

A discussion on women's safety was organized in association with the Women and Child Development Department on 1st December, 2022. The discussion was led by Adv. Rajisha (Family Court counsellor) she spoke about the current scenario and safety of women in the society & about the laws which protects the rights of women. Students also raised questions and expressed their concerns about the topic. Dr Kavitha C H (Convener, Women's Cell) delivered the welcome address. The keynote address was done by Dr Cherian John (Principal). Ms Suja Kartika (School Counsellor) & Dr Sunitha Grace Zacharia (NSS PO) have extended felicitations for the program. The program ended with vote of thanks by NSS volunteer Manjima Madhusoodanan.

## HUMAN RIGHTS DAY

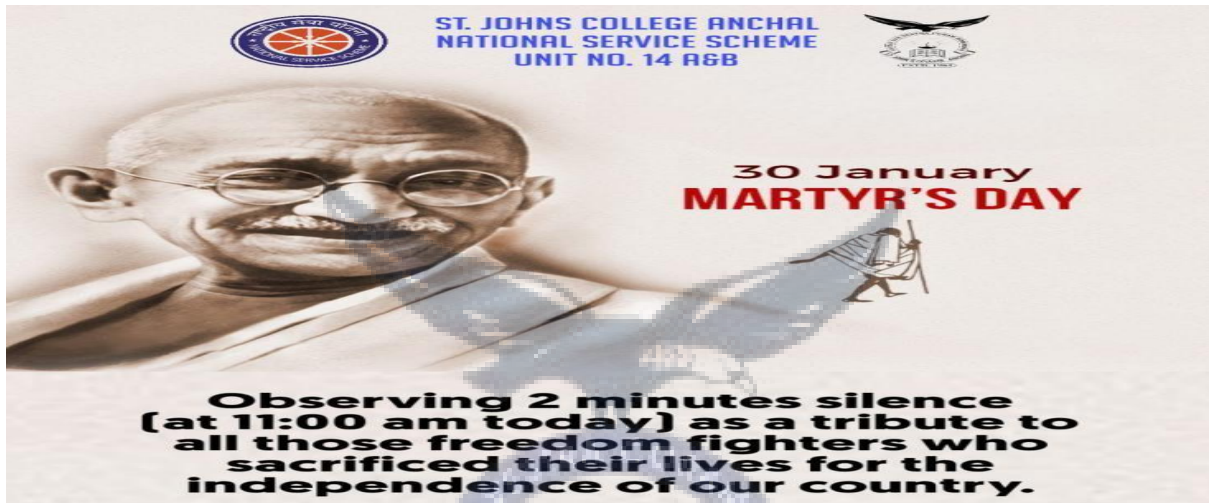
As part of Human Rights Day, a Human Rights Day Lecture 2022 was jointly organized by NSS unit and Department of Political Science and Public Administration in association with Institute of Parliamentary Affairs. The lecture was led by Mr. Babu Ramachandran. He spoke about the emergency period and the recent issues which showed the curtailment of human rights.





## MARTYRS' DAY

On Martyrs' Day, a two minutes silence was observed as a tribute to all the freedom fighters who sacrificed their lives for the independence of our country.



## NATIONAL INTEGRATION CAMP

One of our volunteers Krishnachandran participated in the National Integration Camp, 2023 held at Sri Y.M. College (Autonomous), Narasapur, West Godavari District, Andhra Pradesh.





## INTERNATIONAL MOTHER LANGUAGE DAY

On February 21, as part of International Mother Language Day a lecture on the topic 'Ente Malayalam' was organized by NSS. NSS volunteer Anoop M Das welcomed the gathering. The lecture was given by Mr. Shijo V. Varghese (Asst . Prof, Department of Malayalam). He spoke about the role played by mother tongue in the growth of an individual. He also spoke about the history and origin of the language. The program ended with vote of thanks by NSS volunteer Lathinamol C P.



## BLOOD GROUP REGISTER

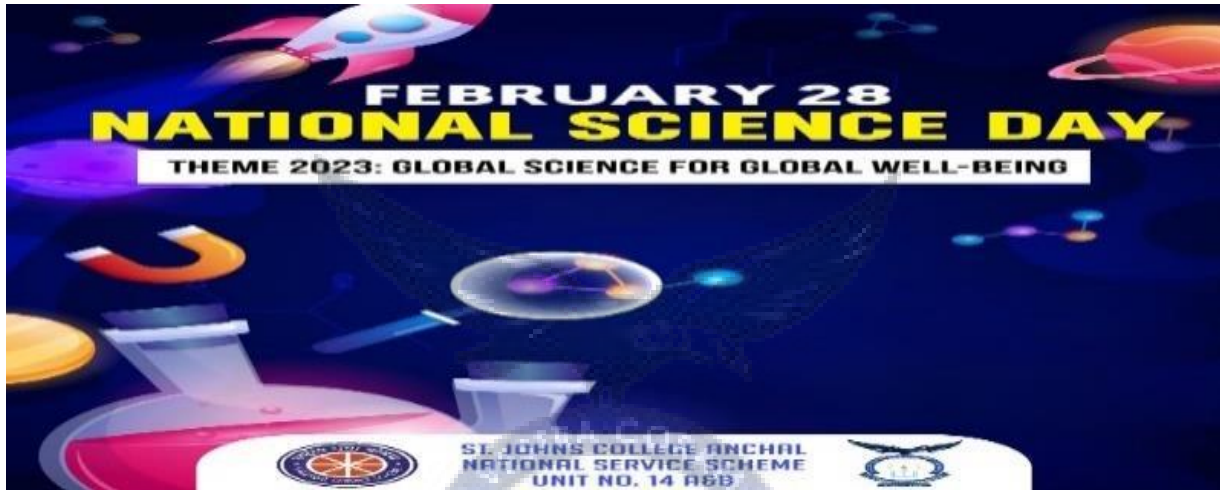
A blood group register was created by NSS. A google form was created and circulated, students who are willing to donate blood submitted their names and other details. This will help to find donors more easily when needed.





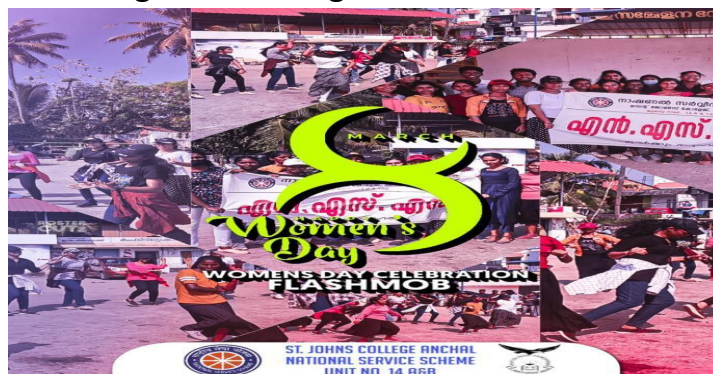
## NATIONAL SCIENCE DAY

National Science Day was celebrated on February 28 with the theme 'Global Science for Global Well being'. A quiz competition was conducted by NSS unit on that day.



## WOMEN'S DAY

On International Women's Day; March 8, 2022, a flash mob was performed by NSS volunteers in market junction, Anchal. NSS programme officer Dr Sunitha Grace Zacharia and volunteer secretary Akshaya R. spoke about the importance of celebrating women's day. They spoke about how events like flash mob empowers women and how dancing body act as the advocate demanding women's rights.





### ASAAD SENA UNIT & ANTI-DRUG AWARENESS CLASS

The Asaad Sena Unit of our NSS unit was formed on February 26, 2023. The inauguration of the unit was held on March 24, 2023. 20 NSS volunteers are members of the unit. NSS program officer Mr Thomas Mohan extended a warm welcome to the gathering. The keynote address was delivered by Dr Cherian John (Principal, SJC Anchal). Mr Sudhevan (Excise Circle Inspector, Punalur) inaugurated the Asaad Sena Unit. Ms Lalitha Joseph (Convener, Anti-Narcotics Cell) delivered the felicitation. As part of the inauguration an anti-drugs awareness class was also conducted.

**UNIVERSITY OF KERALA**  
ST. JOHN'S COLLEGE, ANCHAL  
NATIONAL SERVICE SCHEME  
UNIT No. 14 A&B

Inauguration of  
**ASAAD SENA UNIT & ANTI-DRUG AWARENESS CLASS**  
24.03.2023 10:30 am  
Venue: Audio-Visual Hall

**PROGRAMME**

<b>WELCOME SPEECH</b>	<b>:</b>	<b>Mr. Thomas Mohan</b> (NSS Program Officer)
<b>PRESIDENTIAL ADDRESS</b>	<b>:</b>	<b>Dr. Cherian John</b> (Principal)
<b>CHIEF GUEST</b>	<b>:</b>	<b>Mr. Sudevan</b> (Circle Inspector, Punalur Excise Circle)
<b>RESOURCE PERSON</b>	<b>:</b>	<b>Mr. Mathew Paul</b> (Vimukthi Co-ordinator, Anchal)
<b>FELICITATION</b>	<b>:</b>	<b>Ms. Lalitha Joseph</b> (Convener, Anti-Narcotics Cell)
<b>VOTE OF THANKS</b>	<b>:</b>	<b>Dr. Sunitha Grace Zacharia</b> (NSS Program Officer)





## SURVEY

On March 25, our NSS volunteers engaged in survey collecting details of people who don't have formal education and employment and fall under the age group between 15-29. The volunteers were divided into 10 groups and each group visited 10 houses in Erorr Gramapanchayath. We made visit to total 100 houses and collected the details

