

**Details of Extension and Outreach Programs Conducted by the Institution through Organized Forums Including NSS/NCC with Involvement of Community during 2018-2019**

<b>Sl. No</b>	<b>Name of the Activity</b>	<b>Date</b>	<b>Organizing Agency</b>	<b>Number of Participants</b>
1	Pacha - Environment Day	05-06-2018	NSS	180
2	Vayikkam Valaram - Reading Day Celebration	19-06-2018 to 26-06-2018	NSS	100
3	Kaithanng - Flood Relief Activities	23-08-2018 to 24-08-2018	NSS	100
4	Manas - Campus Cleaning Programme	15-09-2018	NSS	100
5	Karuthal - NSS Day Celebration	24-09-2018	NSS	100
6	Karuth - Health and Physical Fitness Awareness	10-10-2018	NSS	100
7	Kerala Piravi - Debate Competition	01-11-2018	NSS	100
8	Naipuni - Skill Development Training	11-11-2018	NSS	100
9	Dhisha - Motivational Programme	21-11-2018	NSS	100
10	Jeeva - Blood Donation Camp	23-11-2018	NSS with Taluk Hospital, Kottarakara	194
11	Vettam - Aids Day	01-12-2018	NSS	100
12	Haritham - Street Play on Anti Plastic	07-12-2018	NSS	100
13	Pachappu - Seven Day Special Camp	25-12-2018 to 31-12-2018	NSS	100
14	National Youth Day - Speech Competition	26-01-2019	NSS	100
15	Kazcha - Art and Craft Exhibition	06-02-2019	NSS	100
16	Blood Donation Camp	24-02-2019	NCC with St. Joseph Mission Hospital, Anchal	53

### 1. PACHA – ENVIRONMENT DAY – 5 June 2018

This event, known as "Pacha," took place at St. John's College on June 5th. Dr. Jude Emmanuel, the Director of the Geology department, delivered an insightful speech to a gathering of 180 volunteers and students. In his talk, he likely emphasized the importance of environmental conservation and highlighted the significance of the colour green (Pacha) in our lives, emphasizing the connection between nature and sustainability. Seedlings were distributed to students in order to plant them in the premise of their house. Poster writing competition was also held on that day. This programme was organized by NSS unit at St. John's College.



## **2. VAYIKKAM VALARAM – READING DAY CELEBRATION – 19-26 June 2018**

From June 19-26, Reading day was celebrated in the campus. This week-long reading program, "Vayikam Valaram," aimed to promote literacy and the joy of reading in the community. Since the students of today's age lack the passion for reading, this initiative taken seems to be instrumental in bringing a position change. Held at St. John's College, this event involved 100 enthusiastic volunteers who engaged in various activities throughout the week to encourage reading among students and the local community. The program included reading sessions, book exchanges, and storytelling, all geared toward fostering a love for literature. This programme was organized by NSS unit at St. John's College.



### 3. KAITHANGU – FLOOD RELIEF ACTIVITIES – 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.



**4. MANAS – CAMPUS CLEANING PROGRAMME – 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.



**5. KARUTHAL – NSS DAY CELEBRATION – 24 September 2018**

The programme Karuthal during the 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.



**6. KARUTH – HEALTH AND PHYSICAL FITNESS AWARENESS – 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 instill the significance of physical fitness and overall health among the college community. The programme was organized by NSS, St. John's College, Anchal.



### 7. KERALA PIRAVI – DEBATE COMPETITION – 1 November 2018

Observing the great tradition and imbibing the true spirit of Keralites, we have organized a debate competition on Kerala Piravi. This event celebrated Kerala Piravi, the state's foundation day, at St. John's College, Anchal. The college organized a debate competition on the topic "Whether Malayalam to be the official language or not". This debate competition was encouraged intellectual discussions and healthy competition among the students. A total of 100 participants engaged in this contest, showcasing their debating skills and knowledge about the history and culture of Kerala. Sathyajith and Subeesh of III BA Malayalam won the first prize followed by Haritha and Abhirami of I BA Malayalam and Binila and Chintha of I BCom secured the third prize. This programme was organized by NSS unit, St. John's College, Anchal





### 8. NAIPUNI – SKILL DEVELOPMENT TRAINING – 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.



**9. DHISHA – MOTIVATIONAL PROGRAMME – 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. This programme was organized by NSS unit, St. John's College, Anchal.



**10. JEEVA – BLOOD DONATION CAMP – 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.



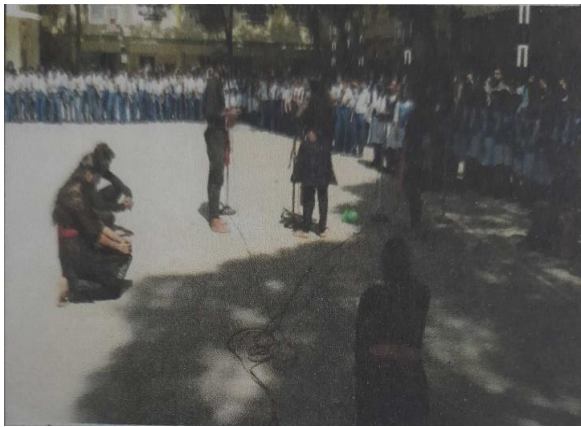
**11. VETTAM – AIDS DAY – 1 December 2018**

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.



**12. HARITHAM – STREET PLAY ON ANTI PLASTIC – 7 December 2018**

St. John's College's NSS Unit organized an anti-plastic rally and street play on December 7 in collaboration with nearby schools, including Govt LPS, Holy Family, and St. John's School. The event extended to the adopted village, and Dr. Nebulal Vettoor, Head of the Department of Malayalam at St. Thomas College, Kozhencherry, delivered an informative awareness talk. A total of 100 enthusiastic volunteers from St. John's College actively took part in this event, demonstrating their commitment to environmental conservation.



### **13. PACHAPPU – SEVEN DAY SPECIAL CAMP – 25-31 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, retd. 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 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 28<sup>th</sup> 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 Raj, Assistant Professor, St Johns 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.



**DAY6: 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.



**14. NATIONAL YOUTH DAY – SPEECH COMPETITION – 26 January 2019**

St. John's College, Anchal, celebrated National Youth Day by organizing a speech competition on January 26. It was celebrated for motivating the Youths through the ideas of Swami Vivekananda. The event provided a platform for 100 young speakers to showcase their talents and share their thoughts on various important topics, reflecting the college's dedication to nurturing the intellectual and oratorical abilities of its students. Chinju Sara of III BA Economics won the first prize and Athira G of I BCom won the second prize.



**15. KAZCHA – ART AND CRAFT EXHIBITION – 6 February 2019**

The NSS Unit of St. John's College, Anchal, organized an art and craft exhibition known as "Kazcha" on February 6. This event provided a platform for local artists and artisans to display their creative works, promoting the talents and creativity within the community. It also drew in 100 dedicated volunteers from the college who actively assisted in the organization and management of the exhibition, contributing to the success of this artistic endeavour. It got an overwhelming response both by the students and teachers of our college.



**16. BLOOD DONATION CAMP – 24 February 2019**

As a socially responsible youth organizations members, cadets of St. John's College NCC unit conducted a Blood donation camp on 24<sup>th</sup> 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 and 53 students NCC cadets were participated.

