

Details of Extension and Outreach Programs Conducted by the Institution through Organized Forums Including NSS/NCC with Involvement of Community during 2019-2020

Sl. No	Name of the Activity	Date	Organizing Agency	Number of Participants
1	Swachh Bharat Abhiyan - Environment Day Celebration	05-06-2019	NCC	55
2	Practicing Yoga - International Yoga Day	21-06-2019	NCC	58
3	Oushadi - Medicinal Plant Gardening	25-07-2019	NSS	150
4	Dhisha - Orientation Programme	27-07-2019	NSS	98
5	We Want Peace - Speech Competition	06-08-2019	NSS	100
6	Karuthal - Flood Relief Activities	13-08-2019	NSS	100
7	Vimukthi – Anti Drug Campaign	16-08-2019	NSS	100
8	Hridhayapoorvam - Home Nursing Training	22-08-2019	NSS	100
9	Onjaal - Onam Celebration at Arpitha Orphanage	06-09-2019	NSS	100
10	Helmet - Traffic Awareness Programme	11-10-2019	NSS	100
11	Oppam - Transgender Awareness Programme	25-10-2019	NSS	100
12	Swantham - Clean Campus	28-10-2019	NSS	100
13	Maduram Malayalam - Keralapiravi Debate Competition	01-11-2019	NSS	100
14	Kootam Ootam - Anti Drug Campaign	05-11-2019	NSS	100
15	Naam Onnu - Ek Bharat Sresht Bharat	21-11-2019	NSS	100
16	Sredha - Street Play	05-12-2019	NSS	100
17	Kunje Ninakai - Awareness Programme on Child Abuse	13-12-2019	NSS	100
18	Choottu - Seven Day Special Camp	23-12-2019 to 31-12-2019	NSS	100

19	Jeeva - Blood Donation Camp	16-01-2020	NSS with St. Joseph Mission Hospital, Anchal	100
20	Koodu - Sahapadikoru Veedu	11-02-2020	NSS	100
21	Pachaviral - Seminar on Environmental Issues	18-02-2020	NSS	250
22	Currency - Promoting Savings Habits	19-02-2020	NSS with Post Office, Anchal	80
23	Sparsham - Palliative Care Training	22-02-2020	NSS	25
24	Short Films – Anti Drug Addiction Message	06-03-2020	NSS	100

1. SWACHH BHARAT ABHIYAN - ENVIRONMENT DAY CELEBRATION – 5 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.



2. PRACTICING YOGA – INTERNATIONAL YOGA DAY – 21 June 2019

Yoga can support the healing process and help the person experience symptoms with more centeredness and less distress. NCC unit of St. John's College, Anchal conducted a live yoga session on observing the international yoga day. Every cadet participated in the yoga class conducted by NCC in our college. The function was addressed by the Respected Principal and respected ANO and provided the motto. The motto was declared by the ANO. Refreshments were provided after the function. This programme whole aim is to inculcate a spirit of adventure, explorative inquisitiveness, develop stamina, endurance, discipline, courage, determination, comradeship, leadership leading to development of self-confidence. 58 cadets participated in yoga practice.



3. OUSHADI – MEDICINAL PLANT GARDENING – 25 July 2019

On 25th July 2019 The NSS unit of St. John's College, Anchal conducted an awareness programme on Medical plant gardening. Our esteemed Principal leading the charge in inaugurating the program through the symbolic act of medicinal plants are gardening. The initiative was a part of the Harithalayam project, aimed at fostering a greener and more sustainable environment. Students actively participated by gardening a variety of medicinal plants within the college premises, contributing to the campus's overall ecological richness. This collective effort not only beautifies our immediate surroundings but also aligns with a broader commitment to environmental conservation. The day served as a reminder of our shared responsibility to nurture and protect the planet, one tree at a time. Dr Preetha SS, Assistant Professor, Department of Botany delivered a speech on Nature living style. Almost 150 volunteers participated in the programme. With her profound insights, she delivered into the critical issue of environmental exploitation, unravelling the layers of challenges and urging the audience to become stewards of change. The seminar served as a pivotal platform for knowledge exchange and reflection, fostering a deeper understanding of the intricate balance between human activities and the environment. The engaged audience, comprised of 150 volunteers, actively participated in discussions, absorbing the gravity of their roles as environmental custodians. Dr. Preetha's expertise ignited a spark of inspiration, motivating the volunteers to champion sustainable practices in their daily lives. As the seminar concluded, a sense of shared responsibility and heightened awareness permeated the gathering, reinforcing our collective commitment to safeguarding the planet for future generations.



4. DHISHA – ORIENTATION PROGRAMME – 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. A total of 98 students participated in the event.



5. WE WANT PEACE – SPEECH COMPETITION – 6 August 2019

"We Want Peace", with this thought on 6th August 2019, NSS volunteers organized Hiroshima Observance Day in seminar hall. A moment of silence was observed to pay homage to all the victims of Hiroshima Nagasaki disaster. Speech competition on 'Rashtra Sankalpavum Desheeyathayum' was held. A student of II BA Political Science won the first prize and Niranjana of II BA Malayalam won the second prize. The event provided a platform for 26 young speakers to showcase their talents and share their thoughts on this topic. A total of 100 enthusiastic volunteers from St. John's College actively took part in this event.



6. KARUTHAL – FLOOD RELIEF ACTIVITIES – 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.



7. VIMUKTHI – ANTI DRUG CAMPAIGN – 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.



8. HRIDHAYAPOORVAM – HOME NURSING TRAINING – 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.



9. ONJAAL – ONAM CELEBRATION AT ARPITHA ORPHANAGE – 6 September 2019

Onam is a major annual event for Keralites, it is the official festival of the state and the spectrum of cultural events. The NSS volunteers organise a very memorable Onam Celebration in the academic year 2019-2020. The NSS unit St. John's College celebrated Onam under the "Oonjaal" program on September 6 at Arpitha Orphanage, the college's adopted village. The 100 volunteers joined in the festivities, bringing joy and celebrating the spirit of Onam with the underprivileged children in the community. Volunteers enthusiastically participated in the celebration with dear ones in the orphanage. The NSS Programme officers appreciated the role of the students in various activities organised by NSS unit. The programme ended with Vote of Thanks delivered by Shijo Varghese, NSS Programme Officer.



10. HELMET – TRAFFIC AWARENESS PROGRAMME – 11 October 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.



11. OPPAM – TRANSGENDER AWARENESS PROGRAMME – 25 October 2019

This ignorance and lack of understanding about transgender people in Indian society need to be changed as soon as possible, and it can only be done by spreading awareness among people. Transgender awareness programme as part of “Oppam” in collaboration with Social Justice Department was held on 25th October 2019 at St. John's College Auditorium. Mr. Sudheer Kumar, Director, Social Justice Department inaugurated the programme. Ms. Maya, LAS Resource person delivered an awareness on transgender issues. Transgenders, Vismaya and Ardra shared their experiences. Students realized that it's their duty to support transgenders and make awareness among the community regarding this. The 100 volunteers engaged in this program to promote understanding and inclusion. This awareness programme helps our volunteers to increase understanding about transgender people and the issues members of the community face. NSS Programme officer Mr. Shijo V Varghese welcomed the guests and Ms. Anu Varghese proposed vote of thanks.





12. SWANTHAM – CLEAN CAMPUS – 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.



13. MADURAM MALAYALAM – KERALA PIRAVI DEBATE COMPETITION - 1 November 2019

Observing the great tradition and imbibing the true spirit of Keralites, we celebrated Kerala Piravi Maduram Malayalam in campus on 1st November 2019. This event celebrated Kerala Piravi, the state's foundation day, at St. John's College, Anchal. The NSS unit organized a debate competition on the topic Tradition of Kerala that 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. Haritha of II BA Malayalam and Chintha of II B Com secured the first and second prizes.



14. KOOTAM OOTAM – ANTI DRUG CAMPAIGN – 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. Kootayottam 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.



15. NAAM ONNU – EK BHARAT SRESHT BHARAT – 21 November 2019

The Ministry of Youth Affairs and Sports, Government of India has urged the NSS units in the country to organise 'Ek Bharat Shreshta Bharat' (EBSB) activities as part of regular activities to be implemented by the selected colleges under the University of Kerala. These activities are to be organised in favour of the pairing state under Ek Bharat Sresht Bharat. For Kerala the pairing state is Himachal Pradesh.

On 21st November 2019, the NSS Unit started the first programme on Ek Bharath Shresht Bharat. The NSS Programme Officer Ms. Anu Varghese presented the brief introduction of the programme to the NSS volunteers. NSS programme officer Mr. Shijo V Varghese, gave a detailed lecture on the culture of Himachal Pradesh and also presented a video on dance of Himachal Pradesh. Our volunteer Malavika narrated the culture of Himachal Pradesh to students. 100 volunteers actively participated in this programme.



16. SREDHA - STREET PLAY – 5 December 2019

On December 5, St. John's College organised "Sredhaa," featuring a street play aimed at raising awareness about drug abuse. Street Plays are very effective in community with rural masses. Our volunteers did a street play in 2018 on the theme **Reduce the usage of Plastics** and on December 5,2019 on the theme **Drug Abuse**. Street play was conducted in various nearby schools in Anchal, Market junction and adopted village. It was a beneficial programme for the Community Our programme gained an attention to the public. It was a beneficial programme for the community. The 100 volunteers actively participated in this program, showcasing their commitment to combatting drug-related issues and promoting a drug-free society through creative means.

Impact: Let us say no to drugs and its our responsibility to educate everyone around us to fight against drug abuse. Over 30000 citizens including volunteers, students from college and various schools. Common public benefitted from the programme.



17. KUNJE NINAKAI – AWARENESS PROGRAMME ON CHILD ABUSE – 13 December 2019

St. John's College organized a "Kunje Ninakai" flash mob on December 13 to raise awareness about child abuse. 100 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 – 23-31 December 2019

DAY 1: 23 December 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 December 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.





DAY 3: 25 December 2019

On 25th December yoga was performed for 30 minutes. After Breakfast, NSS volunteers were engaged in cleaning activities. Volunteer secretaries divide 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 December 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 December 2019

On 29th December 2018, Yoga was performed for 30 mins. Followed by this we had an awareness class on Sex education handled by Prof. Josin C. Tharain

Impact-Helped the volunteers to gain the information, skills and motivation to make healthy decisions about sex and sexuality in their life.

In the afternoon session, Skill development Programme handled by Ms. Sheela Jacob on big shopper making, Pickle preparation, Jam making etc.

Impact-Provided adequate training in big shopper making, Pickle preparation, Jam making etc.



Day 6: 28 December 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 December 2019

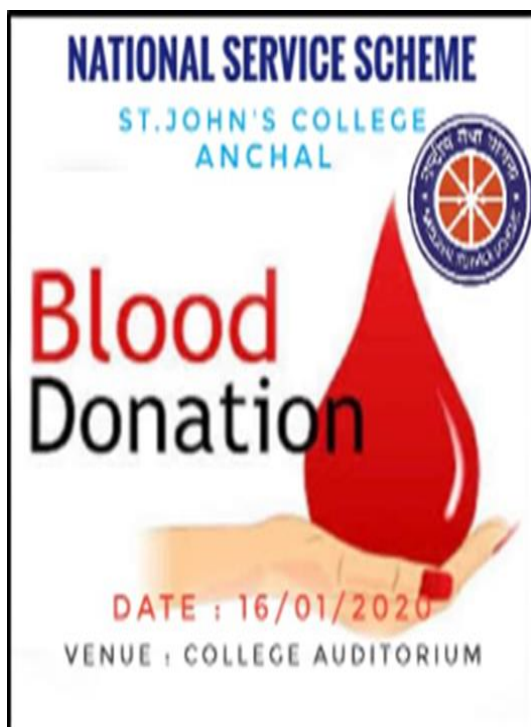
On the last day, 31st December 2019 valedictory function was organized at Audio Visual Hall. The programme started with the NSS Song as invocation song. Volunteer Secretaries presented the NSS Camp report in front of all NSS Volunteers. All the volunteers shared their experiences briefly. Programme Officers 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 – 16 January 2019

The NSS unit of St Johns 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 – 11 February 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. A total of 100 NSS volunteers actively participated in this scheme.

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



21. PACHAVIRAL – SEMINAR ON ENVIRONMENTAL ISSUES – 18 February 2020

A seminar on environmental issues “Pachaviral” has organized by NSS unit of St. John's College on 18th February 2020, featuring a presentation by social and political activist Shri. Daya Bhai. This awareness programme inaugurated by the principal Fr. Johnson G. The seminar aimed to educate the attendees on critical environmental concerns. 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. Around 250 students including 100 NSS volunteers were participated in this event, showing their commitment to environmental awareness and conservation.

Impact- We could introduce a legendary social worker not only to the volunteers but also to the entire campus and to the common public.



22. CURRENCY - PROMOTING SAVINGS HABITS – 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.



23. SPARSHAM - PALLIATIVE CARE TRAINING - 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.



24. SHORT FILMS – ANTI-DRUG ADDICTION MESSAGE – 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.

