

Details of Extension and Outreach Programs Conducted by the Institution through Organized Forums Including NSS/NCC with Involvement of Community during 2020-2021

Sl. No	Name of the Activity	Date	Organizing Agency	Number of Participants
1	Covid Volunteer Selection	01-04-2020	NCC	50
2	Participation in Covid-19 Training	08-04-2020	NCC with Department of personnel and Training, Government of India	50
3	Covid Duty as Covid Volunteer	23-04-2020	NCC	26
4	Covid-19 Preventive Equipments Distribution	23-05-2020	NCC	50
5	World Environment Day	05-06-2020	NCC	55
6	Harithalyam Project - Environment Day Celebration	05-06-2020	NSS	100
7	My Life My Yoga	19-06-2020	NCC	46
8	International Yoga Day	21-06-2020	NCC	42
9	Awareness Programme on Environment	25-06-2020	NSS	100
10	Poster Making Competition - Kargil Diwas	22-07-2020	NCC	45
11	Covid-19 Pledge	16-08-2020	NSS	102
12	Poster Making - Fit India	26-08-2020	NCC	42
13	NSS and Youth - NSS Day Celebration	24-09-2020	NSS	100
14	Swach Bharath Mission - Gandhi Jayanti Celebration	02-10-2020	NCC	103
15	Say no to Corruption - Vigilance Awareness Programme	30-10-2020	NSS	100
16	National Unity Day Celebration	31-10-2020	NSS	100
17	Kerala Piravi - Reading Competition	01-11-2020	NSS	100

18	Blood Donation	23-11-2020	NCC	24
19	Constitution Day Observation	26-11-2020	NCC	78
20	Ranthal - Seven Day Virtual Camp	20-12-2020 to 26-12-2020	NSS	100
21	Nation Building	08-01-2021	NCC	45
22	Poster Making on Anti-Corruption	02-02-2021	NCC	34
23	International Mother Language Day - Speech Competition	21-02-2021	NSS	470
24	Maintaining the Banana Plantation	25-02-2021	NSS	10
25	National Science Day - Quiz Competition	28-02-2021	NSS	68
26	International Women's day- A Week of Prolonged Programs	01-03-2021 to 08-03-2021	NSS	100
27	Ex-NCC Yogdan Participation	04-03-2021	NCC	45
28	Poetry Day - A Poetry Competition	13-03-2021	NSS	27
29	Ente Vote Ente Avakasham- Rights and Duties of Votes	19-03-2021 to 20-03-2021	NSS	100
30	Forestry Day	21-03-2021	NSS	100
31	Muttathoru Vellathotti - World Water Day	22-03-2021	NSS	100
32	TB Day - Poster Making Competition	24-03-2021	NSS	100
33	Awareness Programme on Sustainability and Climate Change	27-03-2021	NSS	100
34	Covid Vaccination Awareness Programme	31-03-2021	NSS	100
35	Public Awareness by Volunteers	31-03-2021	NSS	100
36	Digital Public Awareness Programmes	2020-2021	NSS	100

1. COVID VOLUNTEER SELECTION – 01 April 2020

The COVID volunteer selection conducted in college among NCC cadets. Around 63 cadets were participated in the selection process and 50 cadets were registered as COVID volunteers. These cadets prove their volunteering skills and selected as a volunteer for COVID duty. They are ready to volunteering during the covid-19 pandemic.



2. PARTICIPATION IN COVID-19 TRAINING – 08 April 2020

The cadets participated in covid-19 training conducted by a joint venture of NCC unit and Department of personnel and training government of India. Cadets also got certificates for their performance. Mostly many cadets done the course and acquire the certificate of igot. These courses were made by government of India to select volunteers to fight against the pandemic. These registered 50 cadets hold the certificate for their volunteering duty.



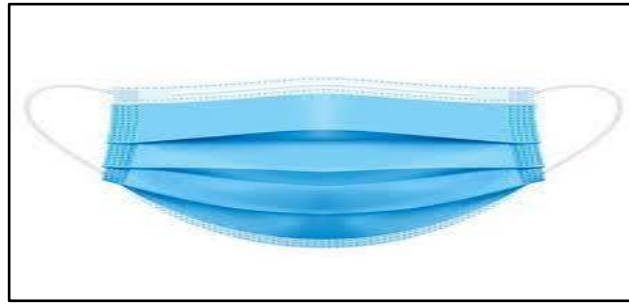
3. COVID DUTY AS COVID VOLUNTEER – 23 April 2020

The cadets of St. John's College, Anchal do their volunteering duty at Neendakara, a suburb of Kollam city. The twin Harbours, Neendakara and Sakhikulangara were volunteered by cadets as a covid volunteer. They done their volunteering duty over there with state police and health workers. Mostly harbour duty was controlled by cadets to ensure proper social distancing and other laws related to covid protocols. 26 cadets participated in this programme.



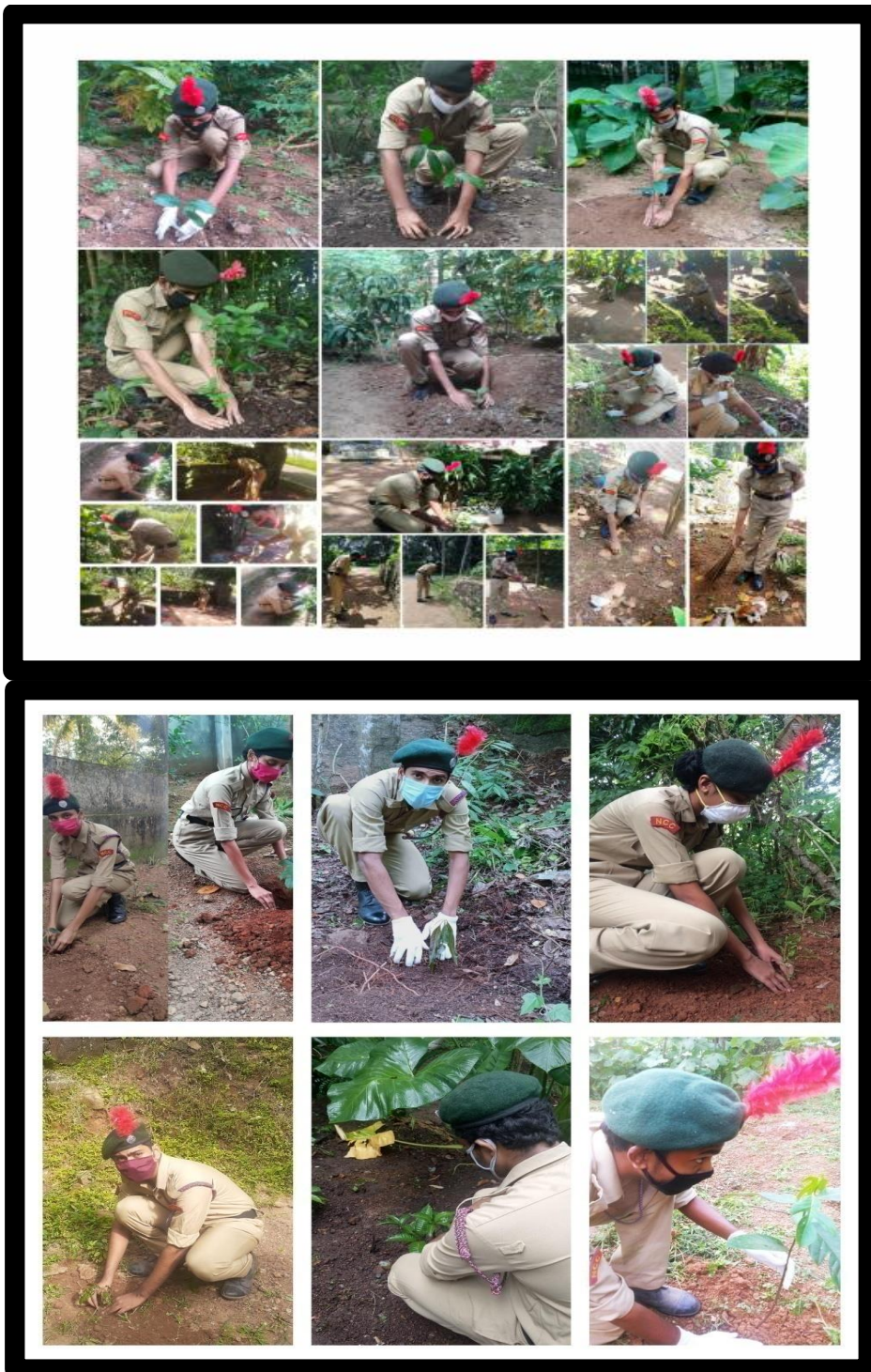
4. COVID-19 PREVENTIVE EQUIPMENTS DISTRIBUTION – 23 May 2020

Cadets of NCC unit St. John's College, Anchal provided masks and face shields and distributed it to frontline pandemic fighters. Cadets of St. John's College, Anchal collectively made masks in homes with an excellent quality and in a big number and provided it to the Anchal Police Station. Senior Cadets coordinated this activity. 50 cadets participated in this programme.



5. WORLD ENVIRONMENT DAY – 05 June 2020

Like all other years St. John's College, Anchal NCC unit observed Environmental day on June 5th. In this covid scenario cadets managed to do activities like other years. Cadets accepted the plant one tree challenge and uploaded the tree plantation pictures to social media to encourage others, cadets also did different awareness activities like poster making 'No plastic' motto propagation and also conducted cleaning activities. 55 cadets participated in this programme.



6. HARITHALAYAM PROJECT- ENVIRONMENT DAY CELEBRATION – 5 June 2020

June 5 marked a significant celebration of World Environment Day at our college, with our esteemed Principal leading the charge in inaugurating the program through the symbolic act of tree planting. The initiative was a part of the **Harithalayam project**, aimed at fostering a greener and more sustainable environment. Students actively participated by planting a variety of fruit trees within the college premises, contributing to the campus's overall ecological richness. Going beyond the college boundaries, 326 jackfruit seedlings found new homes as students enthusiastically planted them in their respective residences. 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. 100 volunteers participated in the programme.





7. MY LIFE MY YOGA – 19 JUNE 2020

It's a yoga blogging contest organized by the Ministry of Ayush and the Indian council for cultural relations. Cadets take part in the contest and be a part of it. The world is gearing up to observe the sixth International Day of Yoga (IDY) on 21st June 2020. On this occasion, the ministry of Ayush and the Indian council for cultural relations (ICCR) come together to announce the My life – My yoga video blogging contest. 46 cadets participated in this programme.



8. INTERNATIONAL YOGA DAY – 21 June 2020

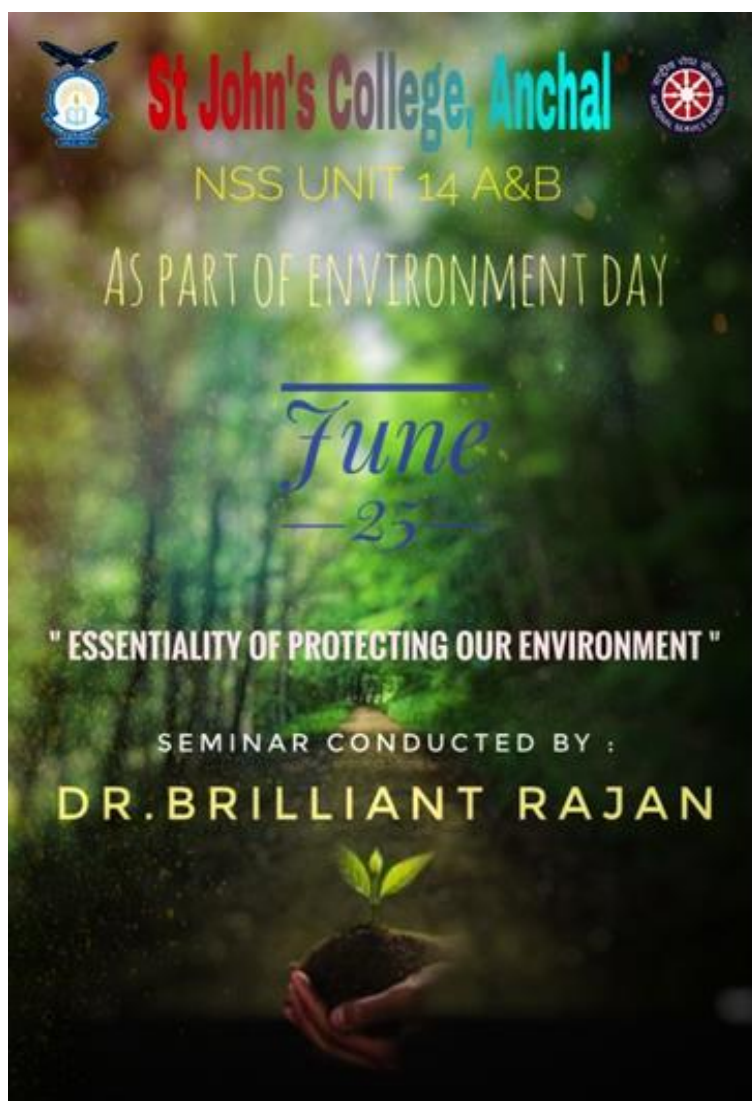
Yoga can support the healing process and help the person experience symptoms with more centeredness and less distress. NCC Unit, St. John's College, Anchal observed international yoga day 2021. Many activities and competitions conducted among cadets. The cadets participated in Jingle composition and Online IDY quiz showed greater spirit and took pledge on the importance of yoga. All cadets jointly did yoga and posted updates on an online platform. 42 cadets actively participated in this programme.



9. AWARENESS PROGRAMME ON ENVIRONMENT – 25 June 2020

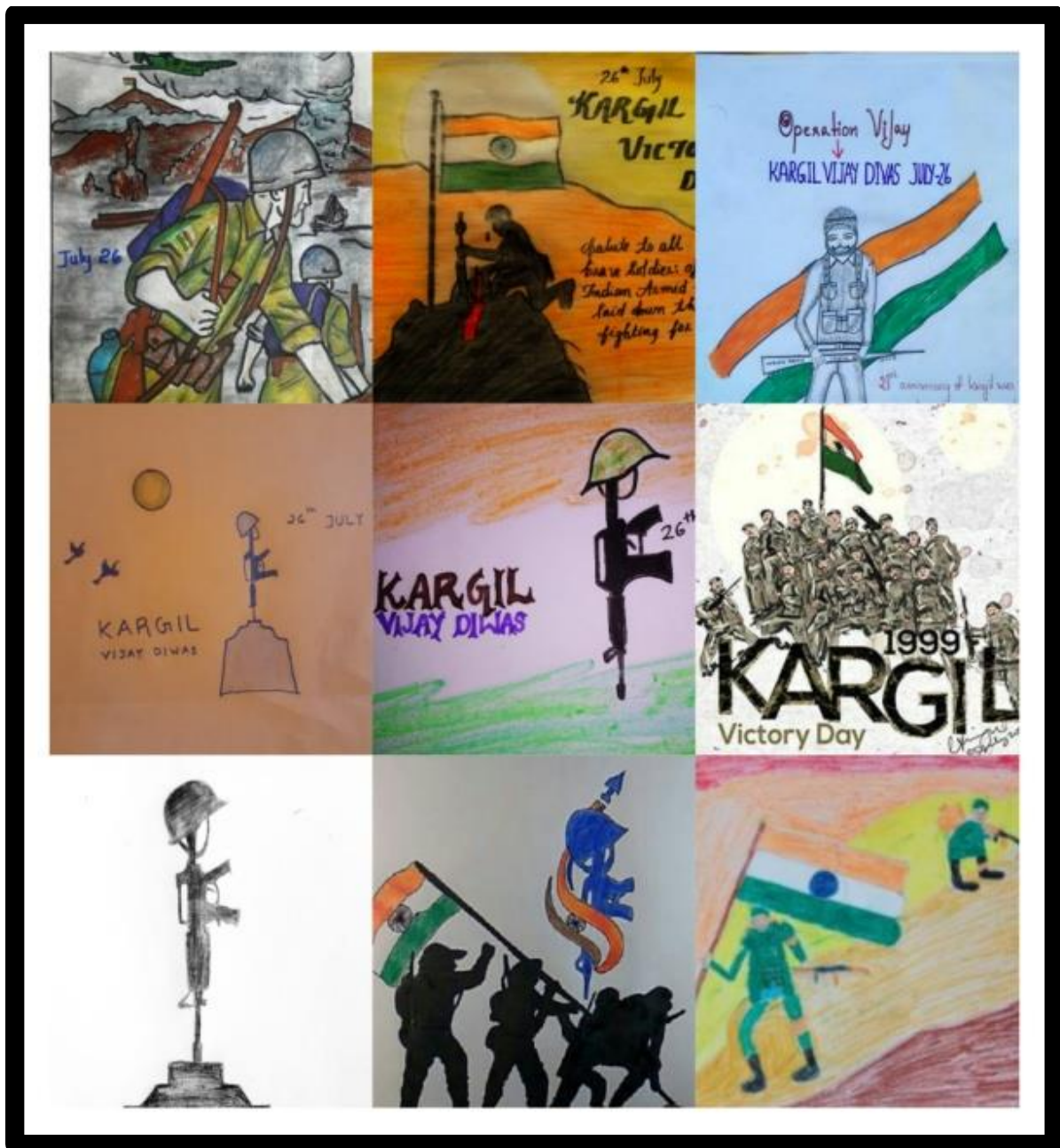
On June 25, our commitment to environmental consciousness extended beyond the celebration of World Environment Day, as a seminar unfolded, enlightening our dedicated volunteers about the imperative need to protect our surroundings. Dr. Brilliant Rajan, an esteemed authority in the field, graced the occasion as the chief guest and main speaker. With his profound insights, he delved 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 100 volunteers, actively participated in discussions, absorbing the gravity of their roles as environmental custodians. Dr. Brilliant Rajan'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.



10. POSTER MAKING COMPETITION - KARGIL DIWAS – 22 July 2020

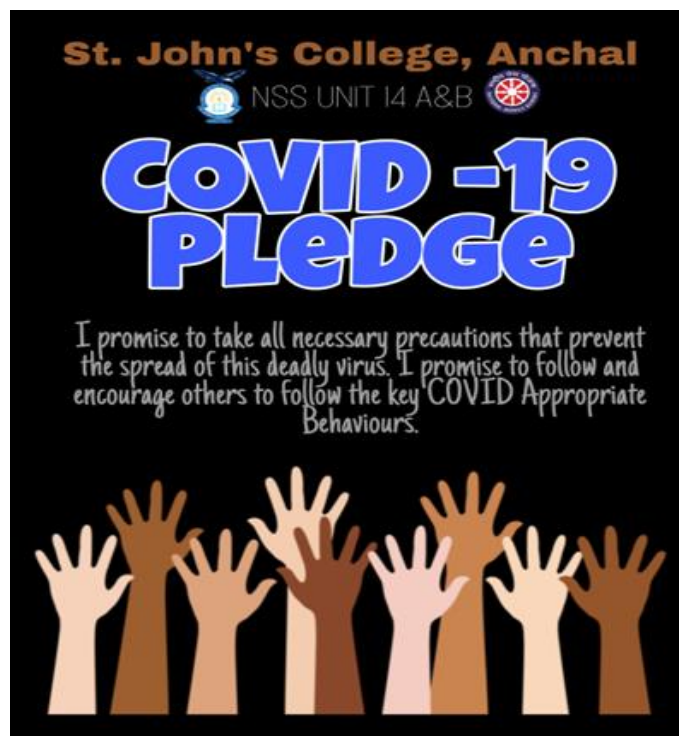
The cadets of St. John's College, Anchal celebrated Kargil Vijay Diwas. Different activities and competitions were conducted on behalf of the day. NCC unit organized a poster making competition as part of Kargil Vijay Diwas. Many cadets participate in the competition and create various types of posters. Varieties of posters were created and various ideas were shown by cadets in the remembrance of the soldiers who lost their life for our country. All cadets participated in the competition showed greater talent and poster making skill. Top 3 best posters were selected after the detailed judgment and awarded. 45 cadets participated in this programme.





11. COVID-19 PLEDGE – 16 August 2020

On the poignant day of August 16, against the backdrop of the ongoing COVID-19 pandemic, our unit orchestrated a solemn and impactful COVID-19 Pledge ceremony. In an era where collective responsibility and solidarity have become paramount, this event symbolized our unwavering commitment to navigating the challenges posed by the global health crisis. The atmosphere was charged with a palpable sense of purpose as 102 volunteers gathered to partake in the oath ceremony. The ceremony was not merely a ritual but a profound declaration of our shared dedication to adhering to the established health protocols and going above and beyond in aiding the vulnerable. The pledge encompassed a multifaceted approach. Volunteers solemnly vowed to rigorously follow COVID-19 safety measures, acting as exemplars in the community. The importance of wearing masks, maintaining social distance, and practicing rigorous hygiene was underscored, emphasizing the role each individual played in curbing the spread of the virus. Beyond personal responsibility, the pledge extended to a collective commitment to support the needy. Volunteers pledged their time, resources, and compassion to assist those adversely affected by the pandemic. This encompassed initiatives such as providing essential supplies, offering emotional support, and contributing to community welfare projects. The ceremony served as a poignant reminder that even in the face of adversity, our collective strength lies in unity and compassion. It was a moment of solidarity, where volunteers, diverse in backgrounds and skills, found common ground in their dedication to being agents of positive change during these trying times. As the echoes of the oath filled the air, it marked not just a ceremonial moment but a catalyst for a sustained and impactful effort. The COVID-19 Pledge became a guiding light, illuminating the path of responsible citizenship and altruism, steering our unit towards a future where the community's well-being is at the forefront of our endeavours.



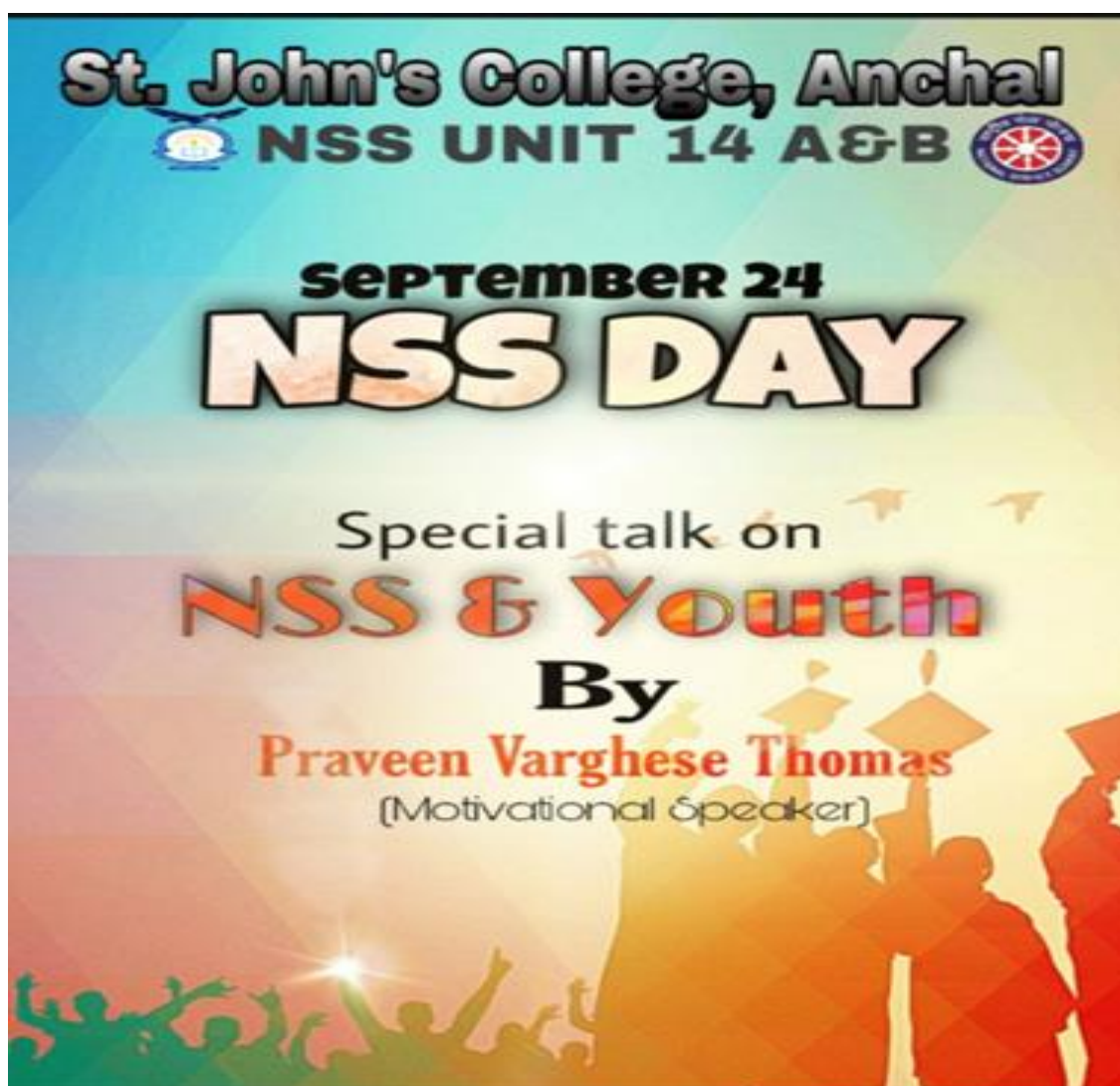
12. POSTER MAKING - FIT INDIA – 26 August 2020

Fit India Movement was launched on 29th August, 2019 by the Honourable Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events. In connection with fit India poster making were conducted and cadets participated in it. 42 cadets participated in this programme.



13. NSS AND YOUTH - NSS DAY CELEBRATION – 24 September 2020

NSS unit of St. John's College, Anchal celebrated the NSS day on 24th September 2020 with great vehemence and enthusiasm. NSS Day was inaugurated by the principal Fr. Johnson G. The NSS Programme Officers appreciated the role of the students in various activities organized by NSS unit. On the occasion of NSS Day, Motivational Speaker, Praveen Varghese Thomas gave a talk on NSS and Youth. He said that the future of our country lies in the hands of youth. He gave a talk on NSS and Youth. It was an insightful session and all our volunteers have marked their positive feedbacks for the same. 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. 100 volunteers participated in this Programme. 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 Mr Praveen Varghese Thomas for organising the motivational talk for NSS volunteers.



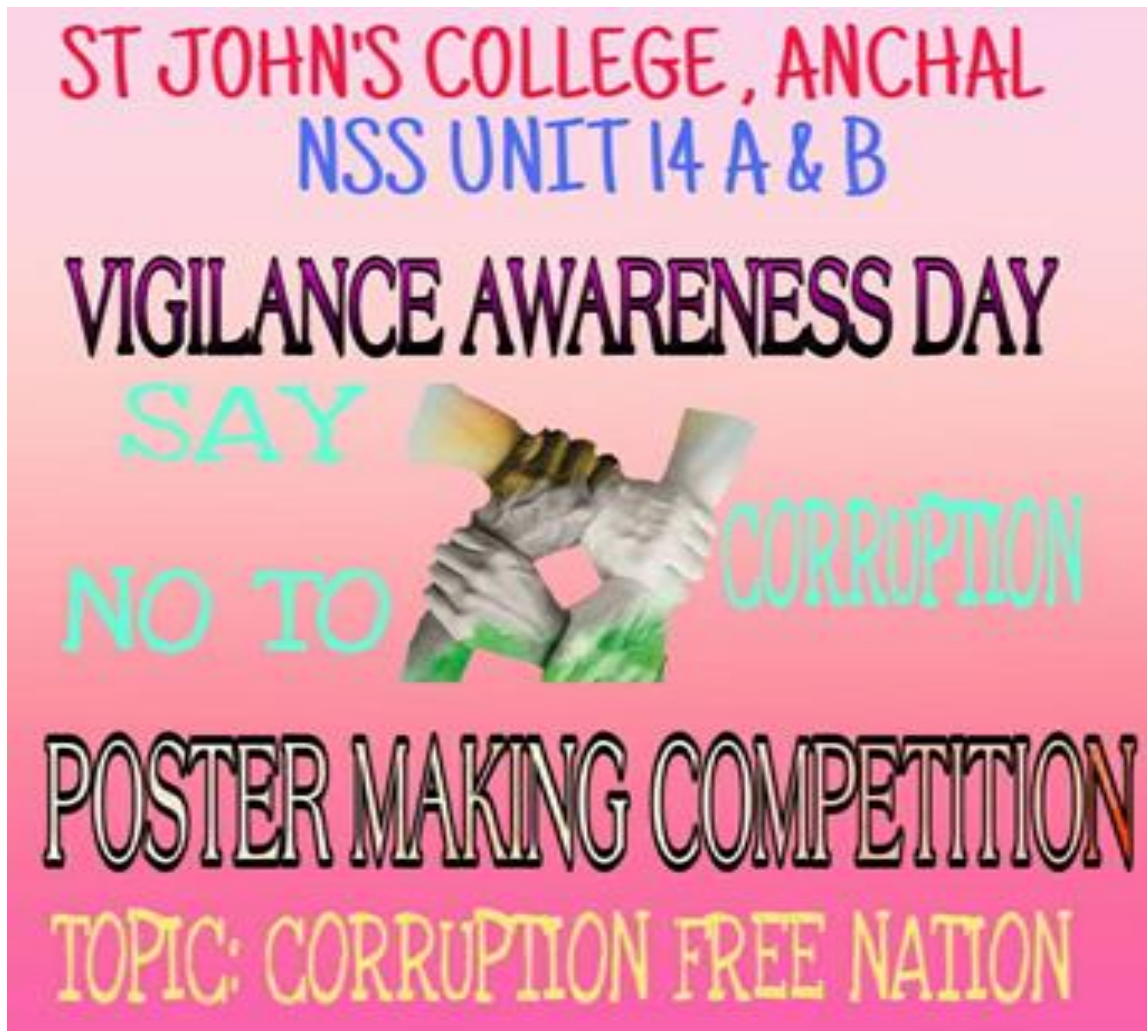
14. SWACHH BHARAT MISSION - GANDHI JAYANTI CELEBRATION – 02 October 2020

Gandhi Jayanti is celebrated on 2nd October every year to mark the birth anniversary of Mohandas Karamchand Gandhi, who was famously known as Mahatma Gandhi. Father of the Nation, as he was called, led India's freedom movement along with many other national leaders against British rule in India. Cadets became part of it and remember Gandhiji “Father of our nation”. As part of **Swachh Bharat Mission** cadets engage in cleaning activities, these programs were conducted due to Gandhi Jayanti cleaning activities were organized in the base of covid protocols. 103 cadets actively participated in this programme.



15. SAY NO TO CORRUPTION-VIGILANCE AWARENESS PROGRAMME - 30 October 2020

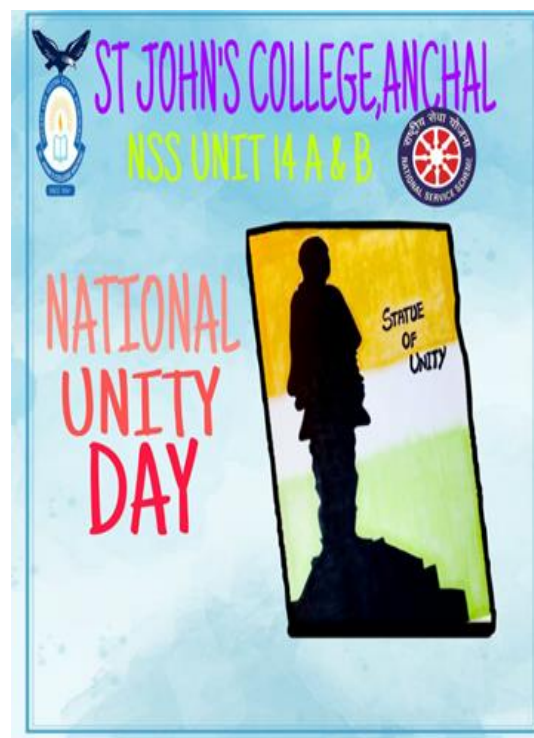
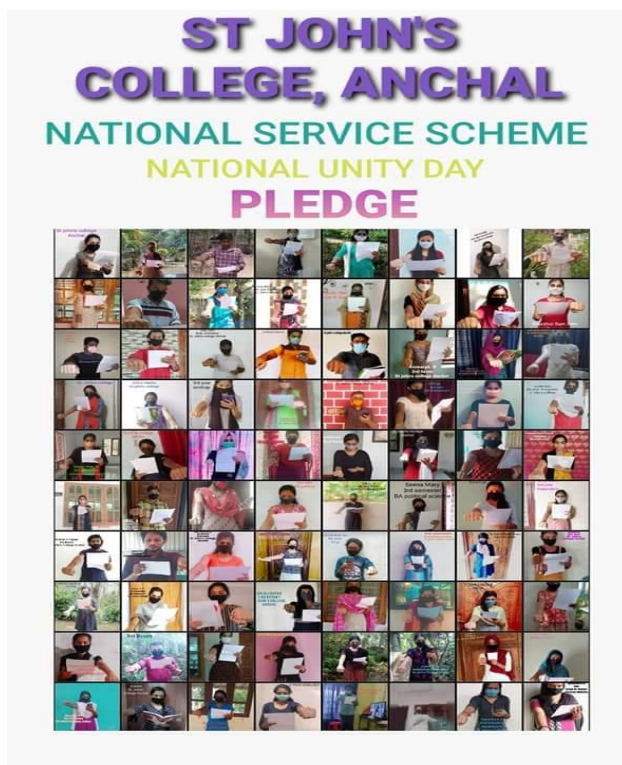
On Vigilance Awareness Day, our entire unit members took a pledge to promote integrity, transparency and accountability in public life. Along with that a poster making competition was held on the topic "Corruption free Nation". A good participation was received from the side of our volunteers and the captions they made were good enough to raise our objection against corruption. The 100 volunteers actively participated in this programme.



16. NATIONAL UNITY DAY CELEBRATION – 31 October 2020

On National Unity Day, our volunteers pledged to preserve the unity, integrity, and security of the nation and also strive hard to spread this message among fellow mates. A variety of cultural programs were also performed by some of our volunteers to define the unity in diversity in terms of varied culture. The event showcased the diverse talents and perspectives of our students. Chinta, a BCom student, eloquently captured the essence of nationalism, securing the first place with her impassioned speech. Haritha, from the Malayalam department, intricately woven cultural nuances into her oration, earning the second position. Afzal, a student of Political Science, clinched the third spot with a discourse that delved into the political intricacies of the nation.

The contest wasn't just a platform for intellectual expression; it was a testament to the vibrant tapestry of ideas that our students bring to the table. The 100 volunteers who participated added fervour to the atmosphere, creating an engaging and spirited environment. Beyond the competition, the event fostered a sense of unity and pride in our national identity. It became a melting pot of ideologies and perspectives, encouraging students to reflect on the values that bind us as a nation. The speeches served as a catalyst for meaningful conversations, prompting a deeper understanding of the responsibilities that come with the privilege of independence.



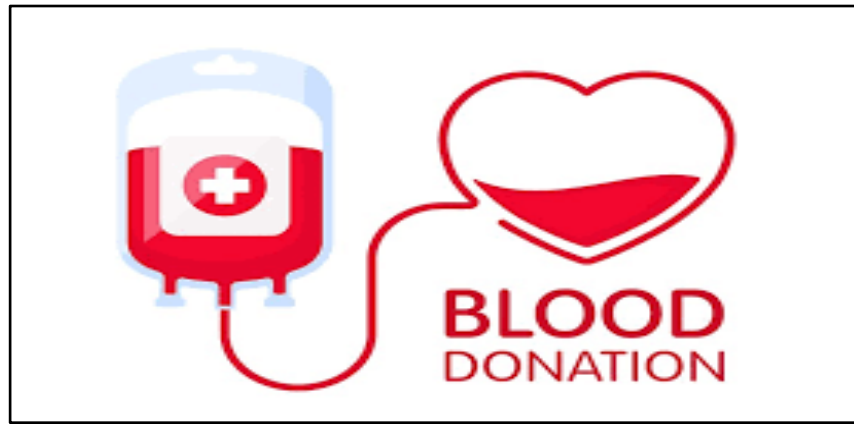
17. KERALA PIRAVI- READING COMPETITION – 01 November 2020

Observing the great tradition and imbibing the true spirit of Keralites, we celebrated Kerala Piravi. In connection with Kerala Piravi and Mother language day, a meeting was organized on google meet platform. This event celebrated Kerala Piravi, the state's foundation day, at St. John's College, Anchal. Our Programme Officer Shijo Varghese delivered message at this meeting. Reading competitions were also conducted with the aim of fostering reading among our volunteers and to make them understand the value to mother tongue over foreign languages. Akshara of II BA Political Science and Haritha of II BA Malayalam secured the first and second prizes. A total of 100 participants engaged in this contest. One hundred volunteers ensured their participation in the same.



18. BLOOD DONATION – 23 November 2020

As part of blood donation cadets voluntarily provides blood to the nearest blood bank. Due to the process awareness about blood donation also take place. Cadets became part of it and got certificates of blood donation. 24 cadets participated in blood donation camp.



19. CONSTITUTION DAY OBSERVATION – 26 November 2020

NCC unit of St. John's College, Anchal conducted a pledge taking activity on the observation of Constitution day. To make everyone aware of the value of our constitution and duties we should do for our nation, cadets made a pledge taking event through an online social media platform. The cadets read the preamble of the Indian Constitution as a mark of adherence to the Indian Constitution. 78 cadets participated in this programme.



20. RANTHAL - SEVEN DAY VIRTUAL CAMP – 20-26 December 2020

**സെന്റ് ജോൺസ്
കോളേജ്, അഞ്ചൽ**
നാഷണൽ സർവീസ് സ്കീം
യൂണിറ്റ് നമ്പർ 14 A, 14 B.

റാന്തൽ

ഓൺലൈൻ
സപ്തദിനക്യാമ്പ്

2020 ഡിസംബർ 20 മുതൽ 26 വരെ

The youth for prevention and
mitigation of COVID 19

പ്രശ്നരഹിതം പരിവേഷിത ഏകമൃത്യുക്കൾ
സൈബിനാനുകൂല്യങ്ങൾ സർവ്വ
രൂപാഭാസങ്ങൾ കലാപരിപാടികൾ

DAY 1: 20 December 2020

Seven Day Virtual camp which was named as "Ranthal" was started on 20/12/ 2020. It was with an orientation that the camp activities were commenced. Our college Principal has officially inaugurated the function, which was held in online platform in the background of Covid-19, Programme officers Anu Varghese and Shijo Varghese provided some guidelines of the camp activities. Then the entire volunteers were divided into 5 groups and each was given a leader for conducting activities. Volunteer Secretaries: Ancy and Abhishek also spoke during the inaugural function. A total of 100 volunteers were participated in the programme.



DAY 2: December 2020

As a part of NSS Virtual Camp. The first group. Jwala, conducted the first camp assembly. NSS programme officers Ms. Anu Varghese and Mr. Shijo V Varghese, NSS secretaries Ancy Haris and Abhishek Mohan and all other volunteers embellished the session with their occasional response and cooperation. Today's assembly was executed as two sessions. The first session commenced with NSS anthem sung by our group member, Kavya, which was then followed by the welcome speech delivered by Amal A. An inspirational thought was then presented by Aswin regarding how one can be optimistic to cherish their dreams. With the healthy coordination of all the members, a newspaper report proclaiming the Inaugural ceremony of NSS camp has been published in the assembly and was presented by the group lead Akshaya. Further, volunteer Akshara shared some of her knowledge about NSS concerning its origin working principles etc in form of a speech. First session of the assembly was brought to an when Akhil Krishna proposed vote of thanks to the entire attendees.

In the second session, Dr Preetha, Assistant Professor, Department of Botany graced the function with presence and catchy speech. That entire session focused on a seminar regarding "Practical tips sustainable Living".The seminar session was indeed productive, informative and insightful as well. The way of speak employed by ma'am has caught the attention of the entire audience. Even her words had the essence nature in it. Many tips for gardening were discussed in that session which included the preparation of bio- pesticides, bio-weedicides and bio- compost for the healthy growth and development of a plant. Within that limited span of time, she found time to clarify the doubts raised from the audience. After that session, the volunteers were assigned the duty of practically applying the tips given by Dr. Preetha S. as today's work. Meeting officially came to an end with the vote of thanks proposed by the group leader.



DAY 3: 22 December 2020

On December 22, 2020, the 2nd group, Deeksha, conducted the assembly as part of Annual Virtual Camp conducted by NSS Unit of St. John's College Anchal. The third day began with the morning assembly. The assembly began with NSS song recited by Aswathy, which was followed by welcome speech by Afifa. Group member Sreekutty presided over the function. Further into the assembly, thought of the day was presented by group member Soorya. Later, the camp newspaper for the second day was presented by group leader Vaishakh. A motivational speech by Kesiya and an inspirational story by Sreekutty added vibrance to the session. Program officers Shijo Sir and Anu Teacher provided instructions regarding various daily activities namely cooking as well as continuation of gardening activities. NSS secretaries Abhishek and Ancy Haris elevated the session with their timely presence. The morning session concluded as group member Vineetha proposed vote of thanks. After the morning session, a group discussion based on the topic 'Drug Abuse' was conducted within various groups. Group members shared their vivid opinions as well as were pre-occupied with daily activities. The second session began at 4:00pm as selected group members shared their experience during the group discussion. The session was cordially conducted by Dr. A. Shaji, NSS Coordinator, University of Kerala. Group member Keertana delivered the welcome note, formally inviting everyone to the session. The session focused on the topic "Inspiring Youth". As quoted by Dr. A. Shaji "Youth are the power houses that lead the nation forward". Many thoughtful facts and points were presented by Shaji Sir. He urged on the need for providing viable opportunities for youth. He also stressed on the need for maintaining a safe distance' with social media, which has become necessary evil today. Dr.A.Shaji also clarified the doubts emanated from the minds of the students. The session was very much inspiring and awakening at the same time. The session officially concluded as Keertana delivered the vote of thanks to Dr.A Shaji for his valuable efforts.

The next session began at 7:00pm regarding the topic Youth and Covid-19. The session was conducted by Sri. Jacob George, Health Inspector, Primary Health Centre, Yeroor. Everyone was cordially invited to the function by group member Sreekutty. Mr. Jacob George gathered attention of the group to the emergency of the current Covid-19 situation. The intensity and the insecurity of the disease have spread a sense of darkness around the world. The session focused on primarily maintaining personal hygiene. Preventive measures such as using face masks, frequent washing of hands, maintaining social distance were also taken into note. The session was very fruitful as many gained insights into Covid related affairs. A sincere gratitude to Mr. Jacob George was expressed by Program officers Mr. Shijo V Varghese and Ms. Anu Varghese. The session formally came to an end as group member Sreekutty delivers the vote of thanks.

S.T JOHN'S COLLEGE, ANCHAL
Group-2 DEEKSHI
National Service Scheme UNIT NO:14A & B
Mass E Campaign

DRUG ABUSE

THE MORE YOU USE, THE LESS YOU LIVE

Annual Special Virtual Camp
22 December 2020 Day 3
7 PM

Youth and Covid 19

Sri. Jacob George
Health Inspector
Primary Health Centre Yeroor

Gardening

DAY 4: 23 December 2020

23-12-2020, Wednesday was the fourth day of the online NSS camp of St. John's college Anchal. And the third group 'ormacheppu' was scheduled to coordinate the programs. At 10 am, the assembly started and we conducted the assembly with introduction speech, NSS song, with thought and a news report. Then the third group members had done a self-introduction. Then NSS coordinators Mr. Shijo V Varghese and Ms. Anu Varghese had discussed about the today's programmes and then gave the day's common topic "Covid and Youth". And then said about the covid-19 survey and gave a questionnaire to conduct the survey. Then concluded the session with vote of thanks. Then the next session was at 3 pm and it was in "Zoom" platform, which was conducted by Women's commission and University of Kerala NSS Kollam District coordination. MSN institute of management and technology and in association with Lion' Club. Adv M. S Thara inaugurated the session and taught about different matters including the Abhaya murder case, she also said about the youth and NSS volunteers and their contributions. After that Dr. M. M Basheer sir took a awesome class and it was about how to maintain or how to lead a good married life. He also thought about ten important points to keep in mind for a better married life. It includes good mental health, listening without interruption, enjoying without complaining etc. The session was very useful and volunteers enjoyed the class and also they came to realise some realities and good lessons. After that session because of the network issues and all there was no further classes and the volunteers was free to do their pending works and to collect the details for the survey.



DAY 5: 24 December 2020

On December 24, 2020, 4th group shreshta conducted the assembly as part of Annual Virtual Camp 'Ranthal' conducted by NSS Unit of St. John's College Anchal. The fifth day began with the morning assembly. The assembly began with the NSS song recited by Safna Beevi which was followed by welcome speech by Joel John Panikar. Our group member Aparna S Prakash presided over the function. Further into the assembly thought of the day was presented by group member Manju Nair S. Later the press release of our newspaper 'Pulari' was done by Anu Varghese the NSS programme coordinator of St John's college Anchal. Later, the camp news was presented as a live news headed by group leader Devika Rajendran along with the presence of Bincy Gladson K Rejt Reshma R and Muhammed Arif Sha. We made a debate on the topic Violence against Women in our news reading. As part of the debate volunteers from each group participated. Volunteer Ashna represented the first group Jwala, volunteer Kesiya represented the second group Deeksha, volunteer Yedhu represented the group three Ormacheppu, volunteer Safna Beevi represented our team and finally Malavika from the ninth group Mythri. Our group members made a remembrance in connection with the death of Sugutha Kumari teacher famous poetress and nature lover. Safna recited few lines of "Oru paatu planeyum paadi nokkunnitha" one of the poems of Sugutha Kumari teacher. One of our group member Ajman Spoke about the biography of Sugutha Kumari teacher. This part of the session gave the volunteers a glimpse into the life of Sugutha Kumari teacher.

The next part was a speech by Lekshmi on contemporary issues. As part of this, she took the topic Digital World. Our group member Parvathy gave us a lecture on today's speciality. Later, Dhanya one of our senior students from chemistry department of St John's college, Anchal trained the NSS volunteers to make paper bag and paper pencil. Anu Varghese and Shijo V Varghese usual gave instruction to the camp volunteers regarding the preparation of Christmas card, paper bag and paper pencil and making of candle videos for the NSS short film and then about the magazine preparation. The NSS volunteers of second and fourth group then introduced themselves and shared their camp experience. NSS volunteer secretaries Abhishek Mohan and Ancy Haris elevated the session with their timely presence. The morning session concluded as our group member Tarun C Benjamin proposed vote of thanks.

After the morning session a group discussion based on the topic 'Violence against women' was conducted within the various group members shared their vivid opinion as well as well as pre occupied with daily activities. The second session began at 3 pm as various groups performed their cultural programmes. Our group also presented our cultural programme. We named our cultural event as 'Poppins'. Group leader, Devika Rajendran, delivered the welcome address in the cultural function. Shijo sir released the poster on the topic 'Violence Against Women'. Then our group member Lavanya Mohan presided over the function. Anu Varghese inaugurated our cultural event 'Poppins'. She inaugurated the ceremony by singing a melodious song. Our group members performed various cultural programs. Members of

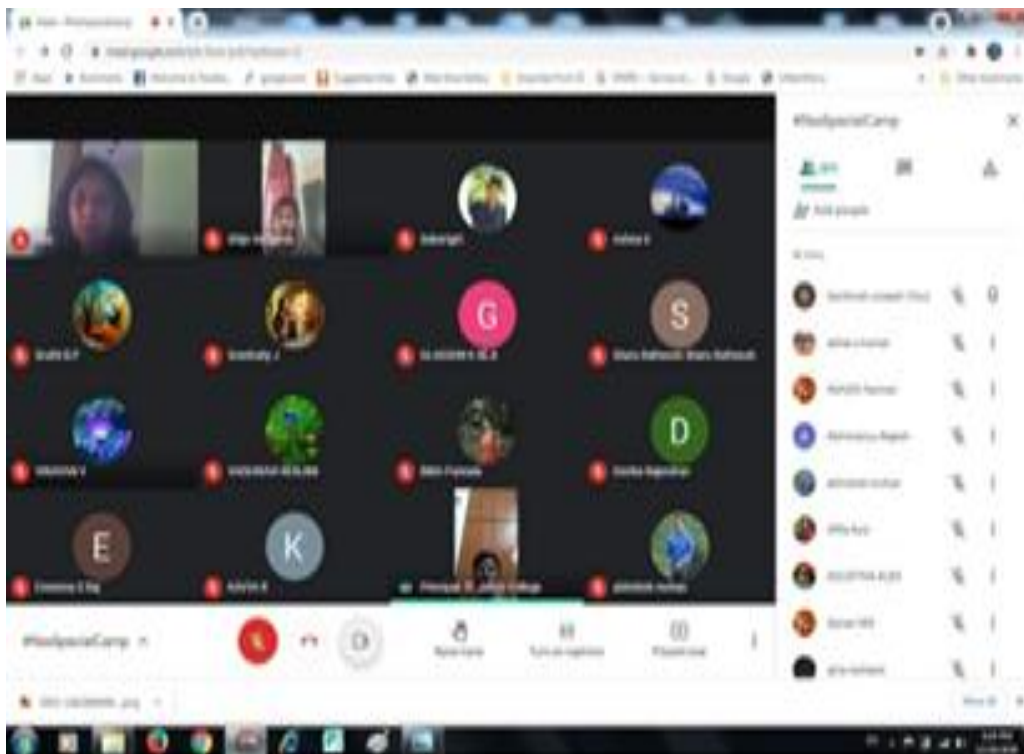
group 2 and 3 also performed their cultural program. The evening session was very vibrant as well as colourful. The session came to an end as our group leader Devika Rajendran delivers the vote of thanks.

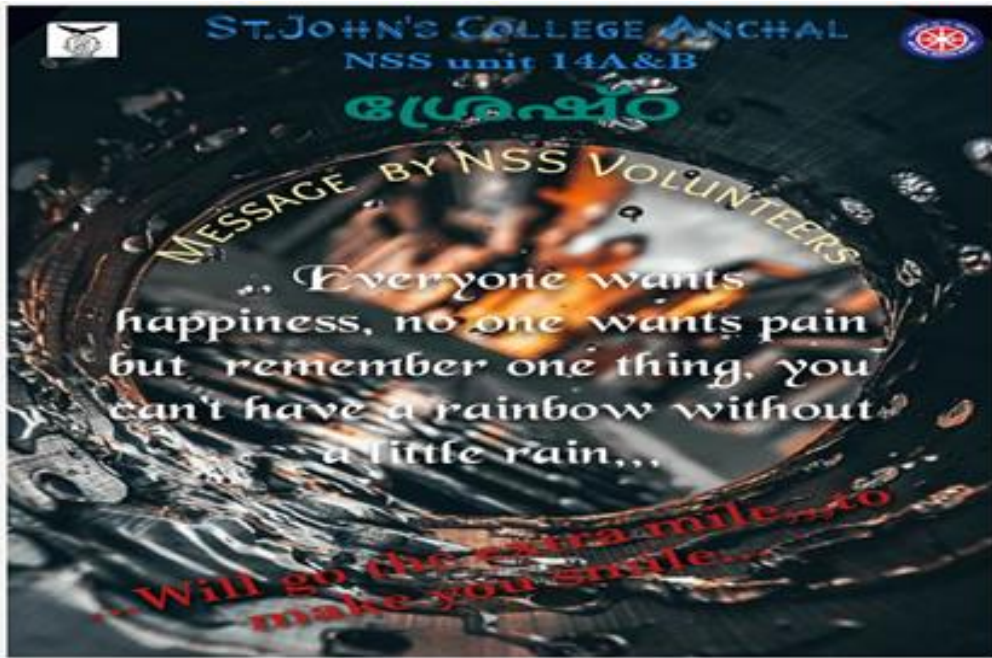


DAY 6: 25 December 2020

On 25th December 2020 5th group conducted the assembly as part of Annual Virtual Camp conducted by NSS of St. John's College, Anchal. The 8th day began with the morning assembly. The assembly NSS song recited by the group header Akhil which was followed by welcome speech by Sneha. Group member Seba presided over the function. Further into the assembly, thought of the day was presented by group member Abin Thomas. Later the camp newspaper for this day was presented Nandhana. Followed by Nandhana, Malavika presented the importance of the day and along with her Nikita presented the points about Christmas and Akhil sang a carol song for the Christmas day finally with a vote of thanks by Ashik the morning assembly was ended.

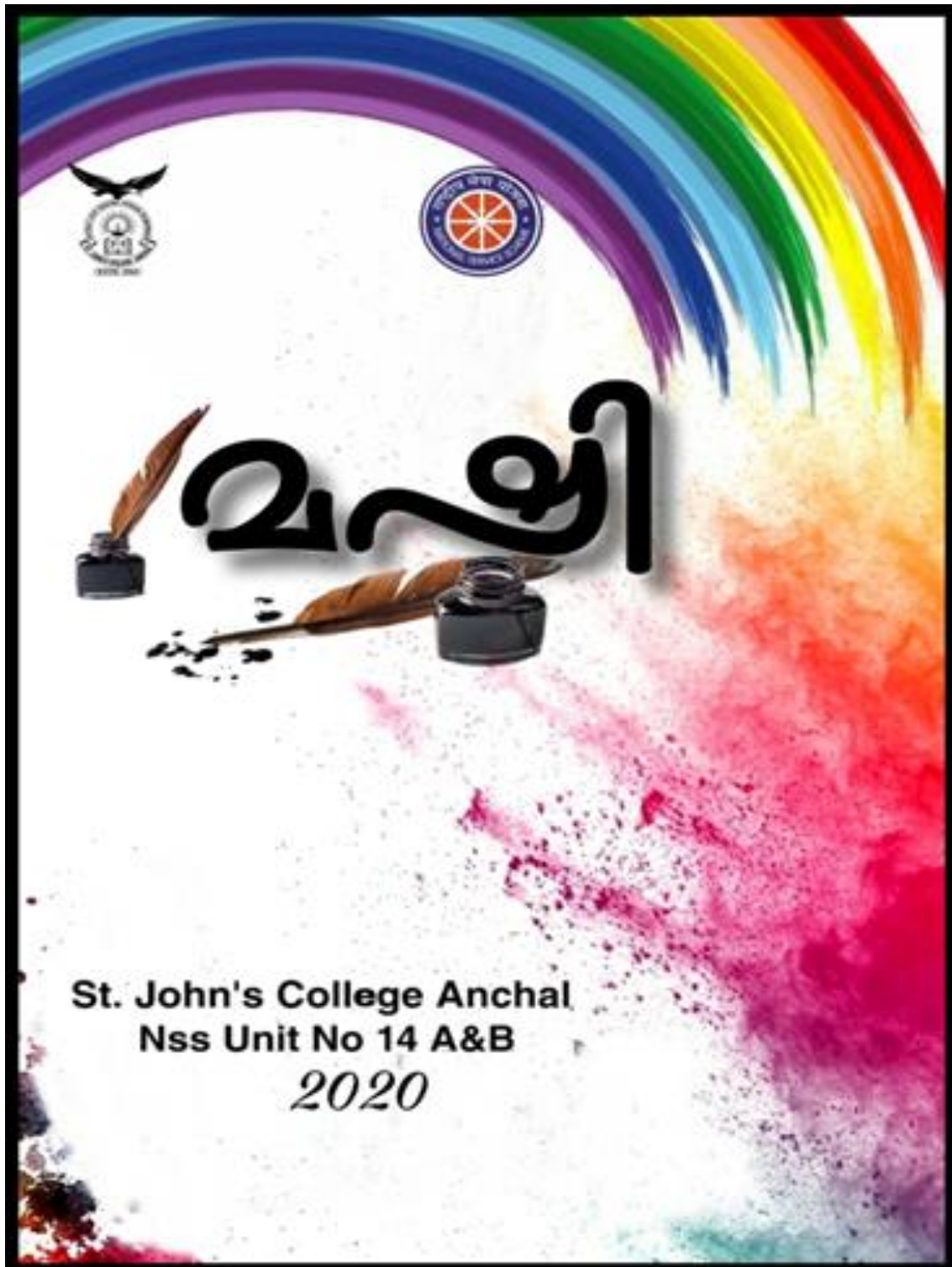
The section was started at 4.00 pm and started with group discussion by the group in the topic 'Message of NSS Volunteer to the World'. The groups successfully completed the discussion. After the discussion the cultural programme has begun. It conducted by the volunteer Nikitha firstly Akhil sang a song. After this Adresh rented out a moral story. With vote of thanks by Akhil the cultural programme of our group ended Various Christmas related videos were created by each group on that day. The next programme was conducted by the volunteer secretary Ancy it's a compaction of song with first letter and it was started with Shijo V Varghese and the volunteer are encourage participated in it. At a happiest movement the day and the meeting ended.





DAY 7: 26 December 2020

It was the last day of the NSS camp. In this morning, there was a meeting conducted by the group leaders. In the afternoon, there was an official winding up of the meeting with the presidential of principal. In that meeting NSS volunteers shared their camp experiences. The report of Survey conducted by each group regarding Mitigation of Covid-19 was submitted. Along with that Magazine making committee was also announced.



Editorial Board



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Akshaya A



Editor

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**Devika
Rajeendran**



**Abin
Thomas**



Saija



Akhil A S

21. NATION BUILDING – 08 January 2021

As per the Notification from K&L date on the folkdance competition on behalf of the nation building propagation, cadets of our institution showed a wonderful competition. Many cadets from our institution participated in the folkdance competition and achieved special mention in the competition. Cadets take part in the nation building program, folk dance of Kerala were taken as a topic and cadets engage in it. 45 cadets participated in this programme.



22. POSTER MAKING ON ANTI-CORRUPTION – 02 February 2021

NCC unit of St. John's College, Anchal participated in the Anti-corruption poster making competition conducted on 9th December 2020 which was conducted in the Battalion Level. Many cadets showed their talent in the competition and got some prizes for the best posters. 34 cadets participated in poster making competition.



23. INTERNATIONAL MOTHER LANGUAGE DAY- SPEECH COMPETITION - 21 February 2021

On the 21st of February 2021, a Sunday, St. John's College in Anchal celebrated International Mother Language Day with fervour and intellect, hosting a speech competition under the banner of NSS Unit 14 A&B. This event stood as a testament to the college's commitment to linguistic diversity and cultural heritage. Breaking the conventional boundaries, the speech competition was open not only to NSS Volunteers but embraced the entire student body, fostering inclusivity. Students were allotted the entire span from 9:30 am to 5 pm to articulate their thoughts on the significance of International Mother Language Day. Embracing the modern era, speeches were submitted in video formats, allowing participants to express their sentiments and ideas creatively. The competition saw enthusiastic participation, with numerous students contributing their perspectives on the importance of preserving and celebrating linguistic diversity. A total of 470 students participated in the event. Notably, Devisree secured the first prize, delivering a compelling speech that resonated with the essence of the occasion. Akhil, with an equally impressive presentation, secured the second prize, showcasing the depth of talent within the student community.

The third prize was shared by Kesiya and Rohini, a testament to the high calibre of speeches that permeated the competition. Their insightful reflections and eloquent expressions captured the attention of the judges, resulting in a well-deserved recognition. Beyond the realm of competition, the event served as a platform for fostering a sense of cultural pride and understanding. It emphasized the importance of language as a carrier of identity and heritage, echoing the broader global sentiment on International Mother Language Day. In essence, the speech competition at St. John's College not only celebrated linguistic diversity but also empowered students to become ambassadors of their respective mother tongues, contributing to the rich tapestry of cultural understanding and appreciation within the college community.





24. MAINTAINING THE BANANA PLANTATION – 25 February 2021

Banana plantation was carried out in and around the college campus on 25th February 2021. A maximum of 10 volunteers were made to be at college for maintaining the banana plantation, which has been started as a part of lock down activity by our unit.



25. NATIONAL SCIENCE DAY - QUIZ COMPETITION – 28 February 2021

As part of National Science Day, a science quiz was conducted among the volunteers, on which 68 students participated. The quiz began by 6.30 pm and lasted for the next 15 minutes. Questions were provided through Google Forms. Later, Amal, Keerthana, Akshara and Siya were declared as winners.





26. INTERNATIONAL WOMEN'S DAY- A WEEK OF PROLONGED PROGRAMS - 18 March 2021

DAY 1: 01 March 2021

In the context of International Women's Day, a week prolonged programs (01/03/2021-08/03/2021) were planned to organize. Being the first day, it was decided to conduct a caption making contest among boys regarding the one week programme. 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 the unit members for the whole week. On the same day all the boys were assembled at the college for a camping for girls. The campaign started by 12.30 pm and came to an end by 2.30pm.







TIME TO FIGHT FOR YOUR RIGHTS

STAND WITH HER

- March 1- Caption Contest
- March 2 - Women right awareness
- March 3 - Awareness regarding menstruation
- March 4- Miss Smart contest
- March 5- Interactive Session
- March 6- Women Harrassment Survey
- March 7- Campaign by Boys for girls
- March 8- Public awareness



Celebrate Each Day as Women's Day
St. John's College Anchal
NSS Unit 14A&B

DAY 2: 02 March 2021

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.

ST JOHNS COLLEGE, ANCHAL
NSS UNIT 14 A&B



DAY 3: 03 March 2021

The 3rd day of women's day celebrations, was marked by an awareness class led by team "Red Cycle". Our program officer Ms. Anu Varghese presided over the session. The NSS Volunteer leader Devika welcomed everyone to the program. The session was led by the resource person Mr. Arjun, 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 our volunteer secretary Akshaya.

ST JOHN'S COLLEGE, ANCHAL
NATIONAL SERVICE SCHEME
UNIT NO 14 A&B

ആർത്തവത്തിന്റെ
വർത്തമാനം

RESOURCE PERSON: ARJUN
MARCH 3, WEDNESDAY, 6 PM

@theredcycle x @menstruation.kerala

DAY 4: 04 March 2021

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 3:00pm. The second session was arranged to publish our magazine named "**Mashi**", prepared as a part of our seven-day virtual camp. Mashi was published by our college principal. NSS Programme officers along 10 magazine committee participated in that function. Later this digital magazine was made accessible for all our unit members.



DAY 5: 05 March 2021

On the 5th of March 2021, the momentum of Women's Day celebrations at St. John's College reached its zenith with the announcement of the winners of the **Miss Smart Competition**. The competition, designed with the noble aim of empowering young women to navigate life's challenges with intelligence and grace, unfolded through various stages, transcending the boundaries of NSS volunteers to encompass the diverse student body of the college. A total of 20 students exhibited their prowess by registering for the competition, marking the initiation of a journey that aimed to showcase not just outer beauty but also inner strength and smart decision-making. The first round witnessed spirited participation, with 10 outstanding individuals progressing to the subsequent rounds. These finalists showcased their wit, intelligence, and composure, embodying the essence of the competition. Ultimately, all 10 participants emerged as winners, each receiving titles that reflected their unique qualities. Ajina and Alfiya claimed the coveted titles of **Miss Smart**, embodying the essence of intelligence and grace. Parvathy, Aleena, and Najuma were recognized as **Miss Sharp Voice**, acknowledging their ability to articulate thoughts with precision and clarity. Sreekutty and Sharu secured the title of **Miss Attitude**, showcasing a blend of confidence and resilience. The **Miss Charming Personality** award was shared by Anjali and Gadha, celebrating their charismatic and engaging personas. Pournami was crowned **Miss Bold**, symbolizing her courage and fearless approach to life. Beyond the glittering titles, the Miss Smart Competition served as a platform for fostering self-esteem, camaraderie, and a sense of empowerment among the participants. It stood as a testament to the college's commitment to nurturing not just academic excellence but also holistic personal development. As these young women carry their titles with pride, they become beacons of inspiration, embodying the spirit of intelligence, resilience, and grace for the entire college community.





DAY6: 06 March 2021

On the 6th of March 2021, a pivotal event unfolded at St. John's College, as part of the Women's Day program organized by the NSS. The day's agenda was dedicated to the presentation of a survey report, a critical initiative aimed at addressing and understanding the prevalent issue of sexual harassment. This platform provided a voice for numerous girls, both within and outside the college, to courageously speak out against the injustices they may have faced. The Speak Out survey, conducted under the auspices of NSS, saw the active participation of approximately 500 girls. It became a poignant testament to the collective strength and resilience of women, who seized the opportunity to share their personal experiences and propose practical solutions to combat the pervasive issue of harassment. The survey findings were compiled into a brochure, serving as a tangible outcome and a collective narrative of the challenges faced by women. Volunteer secretaries played a crucial role in presenting the comprehensive reports, shedding light on the diverse range of experiences expressed during the survey. Following the report presentation, the atmosphere transitioned into a crucial and thought-provoking group discussion on harassment against women. The session, commencing at 7:00 pm, provided a safe space for open dialogue, allowing participants to delve deeper into the root causes and potential solutions to the issue at hand. This inclusive discourse aimed not only to raise awareness but also to foster a

sense of solidarity among the participants. As the clock struck 8:00 pm, the session concluded, leaving an indelible mark on the collective consciousness of the college community. The day's events were a testament to the college's commitment to addressing pressing societal issues and fostering an environment where women's voices are not only heard but actively contribute to positive change.

It's the time to SPEAK OUT
We are not ready to be silent anymore, We will speak out.

When I was in a bus, a stranger came near me and he started to touch me. I was scared and I was alone. I was afraid to do anything because I was alone in a bus.

When I was in a bus, a stranger came near me and he started to touch me. I was scared and I was alone. I was afraid to do anything because I was alone in a bus.

Practical Solutions

- Body language should be strong and confident.
- Look into the eyes of the harasser.

If you are harassed in a bus or at a bus stop, say aloud — "Move away from me, stop touching me. Go stand over there".

When a friend tells you that they have become a victim of any type of harassment, listen and support your friend in a positive way.

Don't Chat With an unknown person.

If anyone is harassing or threatening you on social media platforms, take the screenshot and publish on social media platform itself.

If you find out a boy or girl has been abused in anyway, call the child helpline number immediately.

In case of emergencies, seek help by contacting:

- Women Helpline number - 1091
- Crime Helpline - 1790
- Child Helpline - 1098

Make use of "Helpline" app. Just press and hold. The help button for 3 seconds, the app will send alert to control room with user location and user name, age, city, a mail id, mobile number and immediate contact numbers.

STOP VIOLENCE AGAINST WOMEN

Speak Out! Above all, share the courage to stand with her.

DAY 7: 07 March 2021

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.



St. John's College, Anchal
NSS Unit 14A&B

**SPEAK OUT & STAND WITH HER
CAMPAIGN**

Phase 2

PRESS & HOLD
Nirbhayam App (An initiative of Kerala Police)



GET IT ON
Google Play

Download on the
App Store

**All girls must have downloaded this app.
BE FEARLESS.....**



DAY 8: 08 March 2021

On the 8th of March 2021, the culmination of a week-long Women's Day program at St. John's College unfolded with the inauguration of a mass campaign titled "**Speak Out and Stand with Her.**" The inauguration ceremony took place at the audio-visual lab, with the esteemed presence of Principal Fr. Johnson G, who presided over the event. Anchoring the inauguration, Circle Inspector Saiju Nath, a respected figure in the Anchal community, officially kicked off the campaign by handing over helpline posters to the dedicated volunteer secretaries. This symbolic gesture marked the initiation of a collective effort to amplify the voices of women and provide support to those in need. A notable highlight of the ceremony was the honouring of Smt. Shyamala, the sole lady auto driver in the Anchal area. Her presence served as an inspiring example of breaking gender stereotypes and pursuing one's passion with resilience.

The program officers, Ms.Anu Varghese and Mr.Sijo Varghese, along with volunteer secretaries Akshaya, Devika, and Vaishakh, played pivotal roles in delivering impactful messages during the ceremony. Their words resonated with the audience, emphasizing the significance of unity and solidarity in championing women's rights. Post-inauguration, a rally ensued towards Anchal RO junction, adhering to COVID-19 protocols. The volunteers actively participated in pasting posters containing women helpline numbers in shops, buses, and various public areas, disseminating crucial information for immediate assistance. In a heartening gesture, the campaign extended recognition to women laborers working in nearby shops, acknowledging their contribution and resilience. This holistic approach not only raised awareness but also actively involved the community in championing the cause. The "**Speak Out and Stand With Her**" campaign epitomized the college's commitment to social responsibility, fostering an environment where women are not only celebrated but also actively supported. The ripple effects of this initiative were anticipated to contribute towards creating a safer and more supportive community for women in the Anchal area.

The second phase (14-03-2021) of Speak out and Stand with her campaign get under way with the joint effort of Kerala Police and NSS Unit 14 A&B of St. John's College, Anchal. The complete list of students, who have downloaded Nirbhayam App, has been collected and made it compulsory that all the girls in the college should mandatorily download the same.



**ST. JOHNS COLLEGE
ANCHAL**

NSS Unit 14 A & B

സ്ത്രീ സുരക്ഷ

WOMEN HELPLINE NUMBER- 1091

CRIME STOPPER- 1090

CHILD HELPLINE- 1098

Nirbhayam App Press & Hold





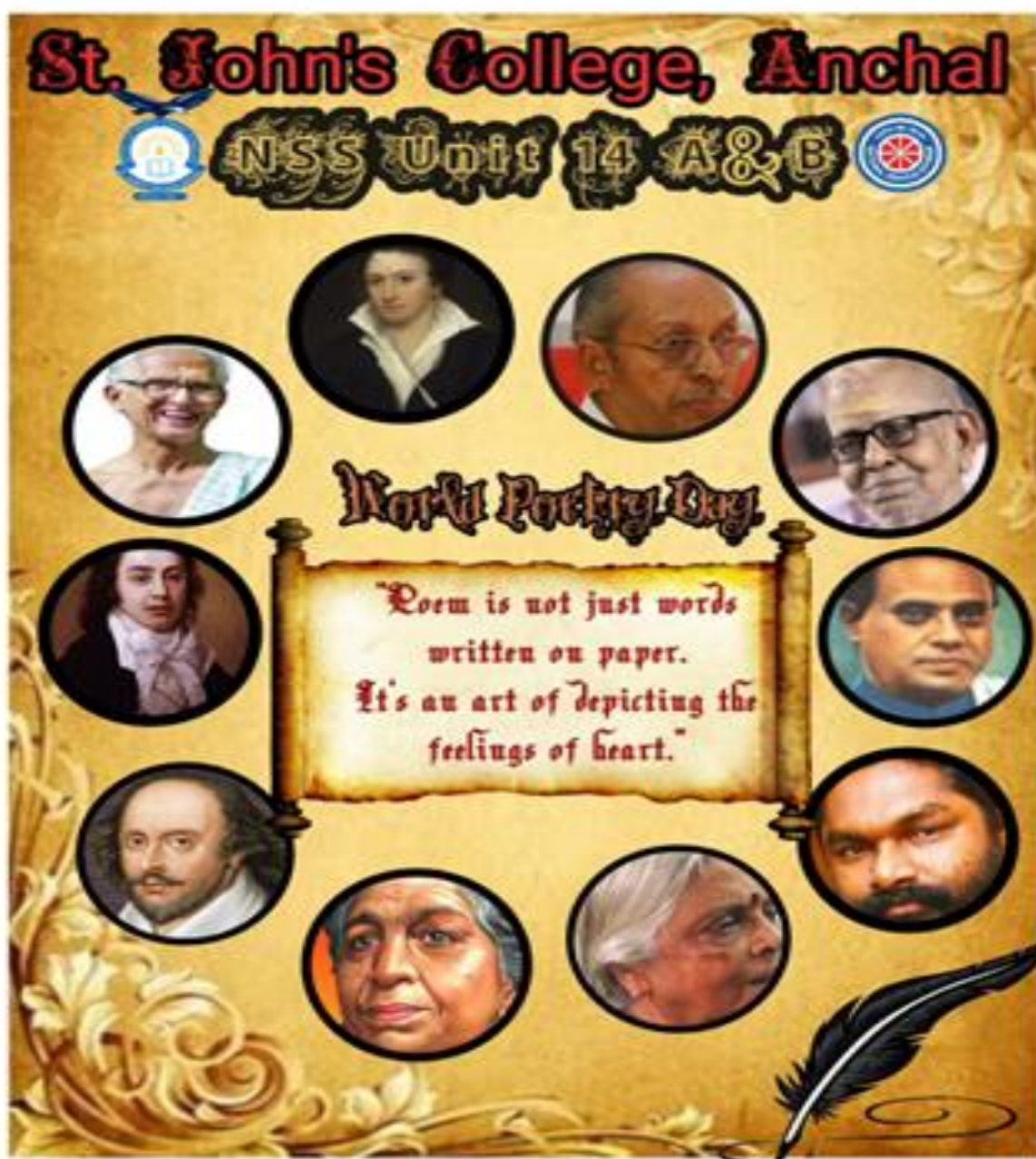
27. EX-NCC YOGDAN PARTICIPATION – 04 March 2021

As the largest uniform Youth organization NCC have to do so many things in these covid 19 scenarios. NCC cadets came to frontline pandemic control with the observation of Ex NCC Yogdan. Many cadets from our institution helped administratively, helped the police forces in public administration. The cadets performed sensible and selfless service in the pandemic scenario. 45 cadets from our institution signed their consent to go for the covid duty and some among them have done covid duty in traffic management and administrative support at different places of the district.



28. POETRY DAY- A POETRY COMPETITION – 13 March 2021

A poetry competition was announced in connection with the world poetry day in both inter-departmental wise and inter-college wise. Those interested in participating were given time from 13/03/2021 to 20/03/2021 to submit their entries. Entries are accepted through the Google form. A total of 27 entries were received. It was also decided to announce the winners on the 21/03/2021(world poetry day.). 21st March 2021 (Sunday) Poetry writing competitions were held at the college and departmental level 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. Linsha Shaji, Vineeth V R,Pournami R, Shibina S.



St. John's College, Anchal
NSS Unit 14 A&B

World Poetry Day March 21

ജൂനിയർ-കോളേജ്
കവീതാ രചനാ
മത്സരം

30 വരിയിൽ കൂടാതെ.
വിജയിയെക്കുറിച്ചു ഓൺലൈൻ പ്രഖ്യാപനം.
പങ്കെടുക്കാൻ താല്പര്യം ഉള്ളവർ ചുവടെ നൽകിയിരിക്കുന്ന ഫോൺ നമ്പറിൽ രജിസ്ട്രേഷൻ ചെയ്യേണ്ടതാണ്.

📞 സബ്മിഷനുകൾ സമർപ്പണം തീയതി : 20/03/2021.

ST. JOHNS COLLEGE, ANCHAL
NSS UNIT 14 A&B

World Poetry Day

കവീതാ രചനാ
മത്സരം

Entries can either be in Malayalam or English.

Inviting entries from 13/03/2021 onwards. Last date of submission: 18/03/2021

📄📄📄 form will be provided.

ST. JOHN'S COLLEGE, ANCHAL
NSS Unit 14 A&B
Poetry Competition Winners

Congratulations

1st

Linsha Shaiju

2nd

Vineeth V R

3rd **3rd**

 
Pournami R **Shibina S**

29. ENTE VOTE ENTE AVAKASHAM - RIGHTS AND DUTIES OF VOTES - 19-20 March 2021

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. Various competitions, which encompass poetry writing, story writing, cartoon, collage and drawing has been held under the auspices of our unit. 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. In relation with Election Commission and SWEEP on their drive to spread awareness regarding the rights and duties of voters, NSS unit of our college had announced numerous competitions like poetry writing, story writing, cartoon etc. various entries had been collected and the best two were sent to higher level competition. 100 volunteers actively participated in this programme. The active participation of our volunteers made that program a great success.



ST. JOHN'S COLLEGE, ANCHAL

NSS Unit 14 A&B

ഓട്ടം മാട് ഓട്ടം ഭരണകാരം



Vote!



ജോയിന്റ് കാലാവസാനം തിരഞ്ഞെടുപ്പും

യാദിയാദം ആശയങ്ങളും വളരട്ടെ.....

കഥ | കവിത | കാർട്ടൂൺ | കൊളാഷ് | ചിത്രരചന

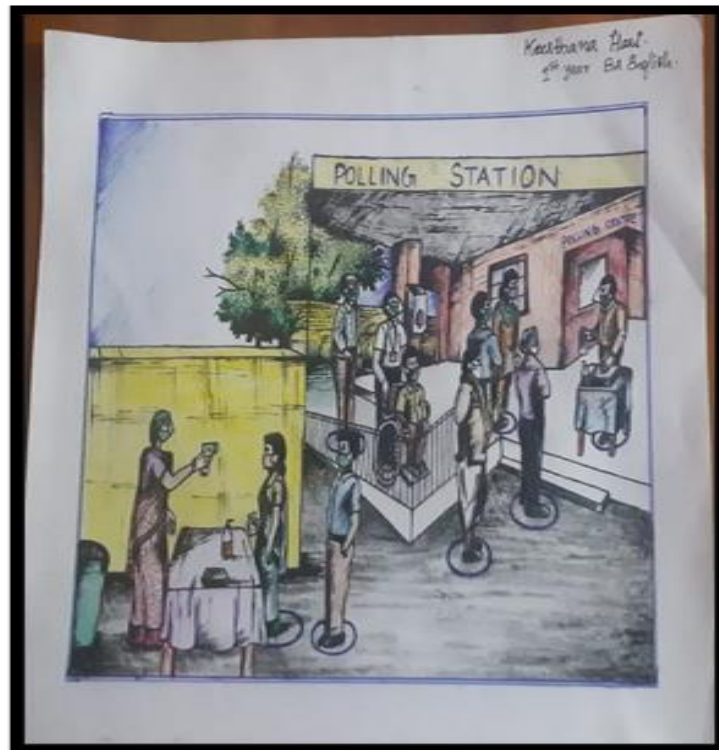
അവസാന തിയതി : 20/03/2021



SWEEP



കൊല്ലം മാട് കൊല്ലം - പ്രവീർ റ്റേ



Karthika Hal
B.A English

Covid Election

The world is getting wounded,
And every life is counted,
With the time on the clock ticking,
How are we going to save the living?
It is a novel, that virus is new in town,
It wears a crown of spikes and thorn,
This intruder is called Coronavirus,
It is nicknamed as COVID-19.

Can't wait until its finally vote-
Section mood is on the way,
Candidates are on the floor of flag,
Polling booth have to bow down.

Drawn to the mother nature's arm
So that the candidates are away from harm
Give birth to rejuvenating flowers,
Which later showers fragrance for hours.

Station is like a heavenly crèche that-
Leaves candidates pleasant smell,
Bathing out Corona from their shell,
It never expects any thorn.

How happy is the Billie booth,
That variables in the road alone,
And doesn't care about Corona -
And Exigencies never fears -

There is nothing as perfect
Where did the world come from?
We all are humans,
Living in a human world.

30. FORESTRY DAY – 21 March 2021

In connection with the forestry day, a total of 100 volunteers planted saplings in their houses as directed by our unit and were then asked to follow up its growth. Each and every volunteer took part in the program and made it a grant success.



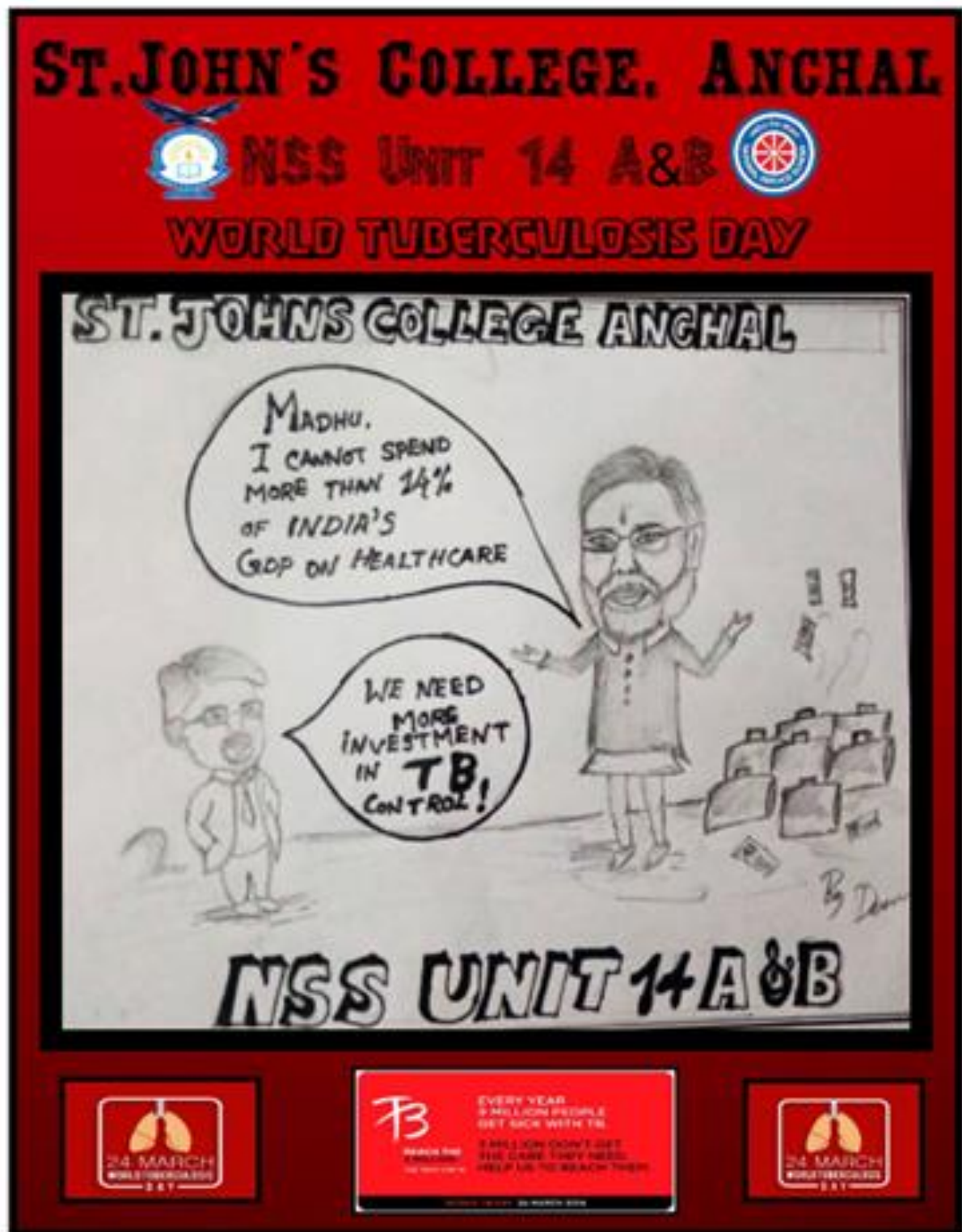
31. MUTTATHORU VELLATHOTTI – WORLD WATER DAY – 22 March 2021

As part of World Water Day, the project named as "Muttathoru Vellathotti" was implemented at the behest of the NSS. Under that project, in the backyard of each volunteer's house, a variety of water tanks were built for the stray birds that thirst in the hot summer.



32. TB DAY – POSTER MAKING COMPETITION – 24 March 2021

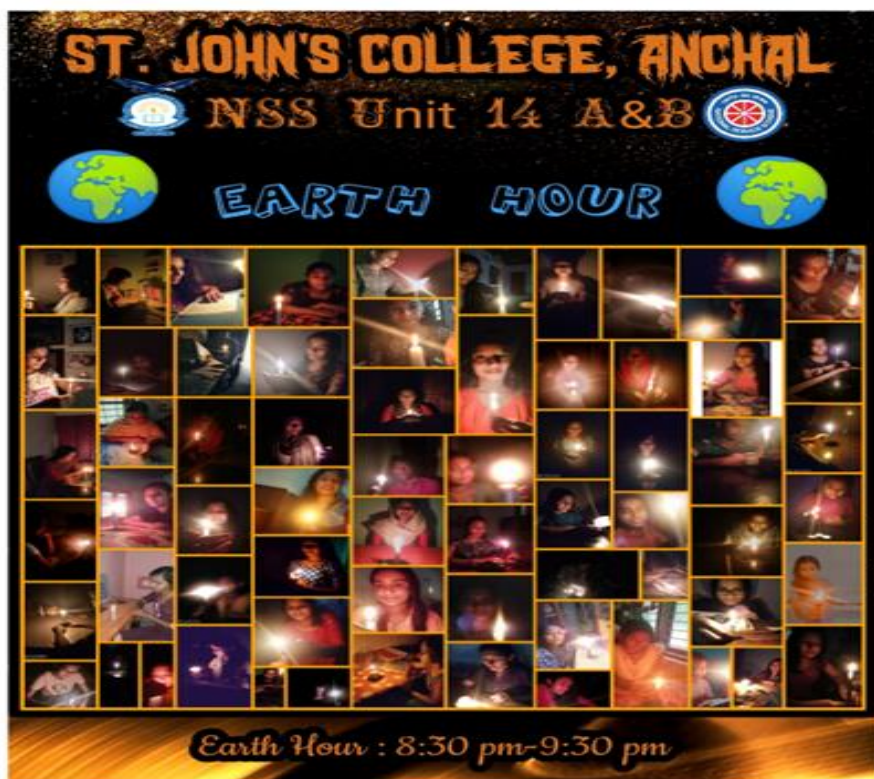
In the context of TB day, a poster making competition was organized by the NSS Unit to raise awareness about tuberculosis. Those posters were then shared to various social media platform to get an expanded reach.



33. AWARENESS PROGRAMME ON SUSTAINABILITY AND CLIMATE CHANGE - 27 March 2021

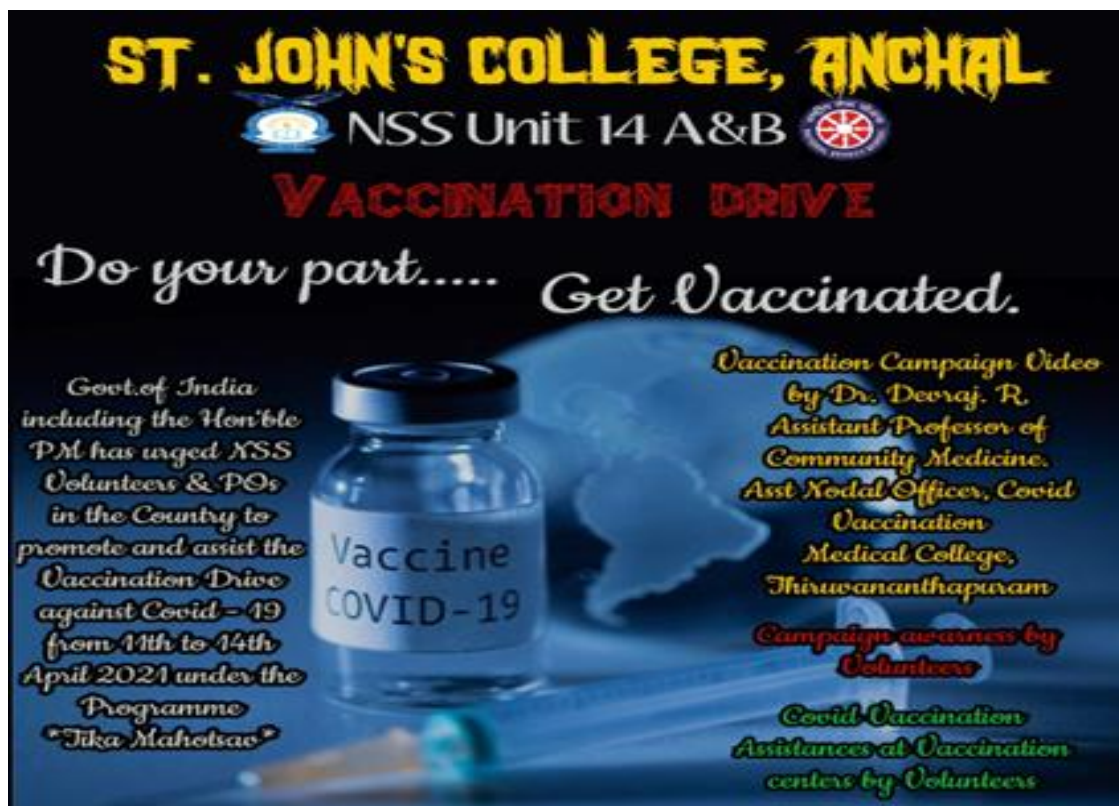
In a collective effort to raise awareness about sustainability and address the pressing issue of climate change, the volunteers of St. John's College participated in Earth Hour, a global initiative that encourages individuals and communities to symbolically switch off non-essential lights for one hour. The designated time frame, from 8:30 to 9:30, became a powerful gesture of solidarity with the planet. Embracing the spirit of Earth Hour, the volunteers took a proactive step by turning off the lights in their homes. Instead, the soft glow of candles illuminated their spaces for the duration of the hour. This simple yet impactful act conveyed a profound commitment to environmental conservation and the adoption of sustainable practices.

The symbolic gesture transcended the physical act of switching off lights; it became a collective statement echoing the urgency of addressing climate change. By opting for candlelight, the volunteers emphasized the need for energy conservation and reflected on the broader implications of individual actions on the planet. Beyond the symbolic act, the observance of Earth Hour served as a catalyst for conversations about sustainable living within the college community. Volunteers engaged in discussions about the significance of Earth Hour, sharing insights on how small, intentional changes in lifestyle contribute to a more sustainable and eco-friendly future. St. John's College, through the active participation of its volunteers in Earth Hour, demonstrated a commitment to environmental stewardship. By acknowledging the interconnectedness of individual actions and the health of the planet, the college community reaffirmed its dedication to fostering a sustainable ethos for the benefit of present and future generations.



34. COVID VCCINATION AWARENESS PROGRAMME – 31 March 2021

Propagated the critical message of Covid vaccination. The concerted efforts of St. John's College NSS Unit 14 A&B demonstrated a proactive approach in raising awareness during the ongoing pandemic. The first initiative, spearheaded by Dr. Devraj R, Assistant Professor of Community Medicine and Assistant Nodal Officer for Covid Vaccination at Medical College, Thiruvananthapuram, involved the creation of a Covid Vaccination awareness video. Dr. Devraj's authoritative expertise in the field ensured the video's accuracy and clarity. By disseminating crucial information about the urgency and importance of vaccination, the video served as an educational tool for a wide audience. Complementing this, the second initiative focused on public awareness through the efforts of dedicated volunteers. A Covid Vaccination awareness video was thoughtfully prepared, emphasizing the immediate need for vaccination. This video became a powerful tool in conveying the message to the community. The dissemination strategy was a key aspect of the campaign's success. Every volunteer in NSS Unit 14 A&B took an active role in sharing the awareness video with their contacts, groups, friends, and relatives through various social media platforms. This grassroots approach ensured a widespread reach, maximizing the impact of the awareness campaign. In a time where accurate information is crucial, the collaboration between the knowledgeable insights of Dr. Devraj R and the grassroots efforts of NSS volunteers created a synergy that effectively conveyed the importance of COVID-19 vaccination. St. John's College, through its NSS unit, demonstrated a commitment to community health by actively engaging in awareness programs that empower individuals to make informed decisions for the collective well-being during the challenging times of the pandemic.



St. John's College, Anchal



NSS Unit 14A&B



TIKA MAHOTSAV



Dr. Devraj R
Assistant Professor of
Community Medicine.
Asst Nodal Officer,
COVID Vaccination
Medical College,
Thiruvananthapuram



**COVID Vaccination awareness
Video**

35. PUBLIC AWARENESS BY VOLUNTEERS – 31 March 2021

In connection with the Covid awareness programmes, St. John's College, Anchal NSS unit 14 A&B has put some productive programmes into action. 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 100 volunteers, we were able to cover about 500 houses to spread awareness regarding vaccination.



36. DIGITAL PUBLIC AWARENESS PROGRAMMES – 2020-2021

Awareness raising means making people conscious about a problem or issue. The NSS unit want to make a certain topic or issue more visible within a community. The goal is to make people understand the importance of a certain issue and find support to address it. Digital media also facilitates interaction across social, economic, cultural, political, religious and ideological boundaries, allowing for enhanced understanding. So NSS unit took initiative in mass campaign through digital awareness. Raising awareness regarding different issues like different forms of violence against women and domestic violence, drug abuse, child abuse is an important element in the prevention of violence against women and children, because heightened awareness is a first step in changing attitudes and behaviour. NSS Unit have developed the sense of responsibility, understood the problems of the community and worked on the developing sustainable solutions.

No	Title	Link
1	Emotional quotient	https://youtu.be/o85vEZhPLKk
2	Adaptability quotient	https://youtu.be/r4Of1FB-7ps
3	How to influence child development	https://youtu.be/-kpyBCfJ9IQ
4	Gender equality	https://youtu.be/VJFVbzZF-PY
5	Humanity is the best religion	https://youtu.be/eyWP57QqYUc
6	Book review	https://youtu.be/tpv-wFyKWVI