

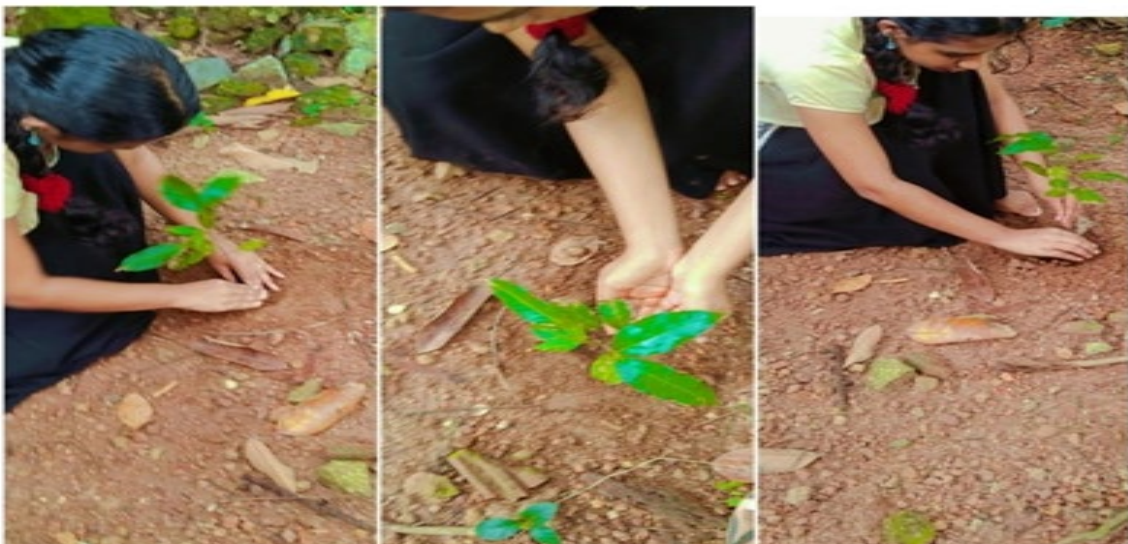
Details of Extension and Outreach Programs Conducted by the Institution through Organized Forums Including NSS/NCC with Involvement of Community during 2021-2022

Sl. No	Name of the Activity	Date	Organizing Agency	Number of Participants
1	World Environment Day	05-06-2021	NSS	150
2	Mullappu - Anganawadi Visit	19-06-2021	NSS	82
3	Kaithangu - Share a Meal Project	09-08-2021	NSS	100
4	Doing Small Thing wtht Grant Love - NSS Day Programs	24-09-2021 to 25-09-2021	NSS	100
5	Indian Airforce Day	08-10-2021	NSS	100
6	Cyber Law - Awareness Program	16-10-2021	NSS	100
7	Orientation Program	11-11-2021	NSS	100
8	Palliative Care Programs	19-11-2021 27-11-2021 08-12-2021 20-01-2021 23-01-2021	NSS	100
9	Health Run and Blood Donation Camp – NCC Day	28-11-2021	NCC	98
10	Orientation Program	11-12-2021	NCC	97
11	Clean Campus	17-12-2021	NSS	103
12	Oppam - Seven Day Special Camp	22-12-2021 to 28-12-2021	NSS	100
13	Skill Development Program for Women	12-01-2022	NSS	100
14	NCC National Youth Festival	12-01-2022	NCC	40
15	Covid Warrior	04-02-2022	NSS	100
16	Energy Conservation Program	13-02-2022	NSS	100

17	Blood Donation Program	17-02-2022	NSS with St. Joseph Mission Hospital, Anchal	150
18	Stand With Her - International Women's Day	3/8-03-2022	NSS	100
19	Post Covid Treatment Through Ayurveda	12-03-2022	NSS	97

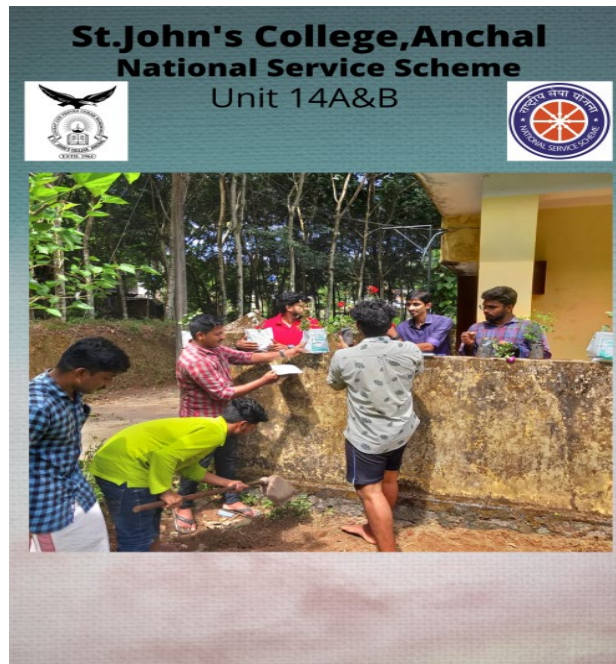
1. WORLD ENVIRONMENT DAY - 5 JUNE 2021

On June 5, the NSS unit celebrated world environment day. June 5 marked a significant celebration of World Environment Day at our college, with our esteemed Principal leading the charge in inaugurating the programme 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. Around 150 NSS volunteers participated in the programme. The programme was coordinated by NSS Programme officers Ms. Anu Varghese, Assistant professor, Department of commerce, Mr. Shijo V Varghese, Assistant professor, Department of Malayalam by planting saplings. Going beyond the college boundaries, jackfruit seedlings found new homes as students enthusiastically planted them in their respective residences. The volunteers planted saplings on their home. 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.



2. MULLAPPU - ANGANAWADI VISIT - 19 JUNE 2021

On July 19, the NSS volunteers visited the Anganavadi at Alencherry and cleaned the Anganawadi. They also distributed gloves and mask to anganawadi workers. Volunteers have developed a garden for small kids and kids were encouraged to water the plants on daily basis. 82 volunteers participated in this programme.



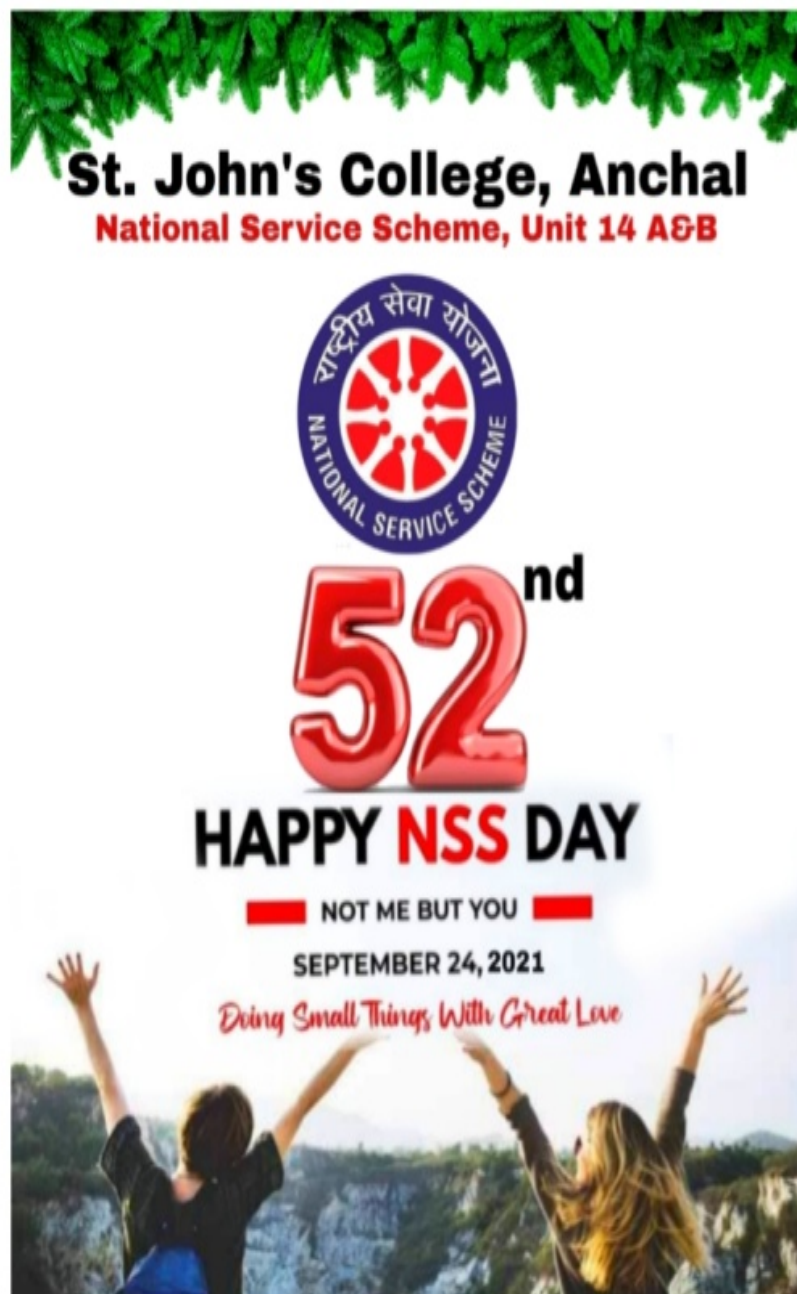
3. KAITHANGU - SHARE A MEAL PROJECT - 9 AUGUST 2021

On August 9, as part of share a meal project by NSS for providing noon meal for the needy in Government Hospital, Anchal. Under the "Kaithang" program, St. John's College organized a heartwarming initiative in which 100 volunteers came together to share a meal with patients at the Government Hospital in Anchal. Around 80 meals were collected from volunteers and staff and were distributed. This compassionate act not only provided nourishment to those in need but also brought a sense of comfort and solidarity to the patients.



4. DOING SMALL THING WTTTH GRANT LOVE - NSS DAY PROGRAMS - 24-25 SEPTEMBER 2021

The NSS day Programs were conducted through Google meet on 24th September 2021 with great vehemence and enthusiasm. St. John's College principal Rev. Fr Johnson G inaugurated the Programme. Programme officers Mr. Shijo V Varghese and Ms.Anu varghese spoke about NSS the duties of NSS volunteers and the social commitment they should uphold. The NSS Programme Officers appreciated the role of the students in various activities organized by NSS unit. The meeting was then followed by vivid arresting cultural events. One hundred volunteers participated in this programme. On 25th September in connection with NSS day celebrations our volunteers took part in the cycle rally with an objective of “**Let's save the fuel together, it's time to switch to green**”.





5. INDIAN AIRFORCE DAY - 8 OCTOBER 2021

Indian Air force day on 8th October was observed by our NSS group. On the occasion we organized an online presentation our volunteers made and presented videos related to the history of Air force. The presentation was a great and proud full moments for all of us and we dedicated this programme for our Indian Air force.



6. CYBER LAW - AWARENESS PROGRAM - 16 OCTOBER 2021

An awareness programme was organised on 16th October as part of 75th Independence Day Celebration Programme named “Azadi Ka Amruth Mahotsav”. The class was jointly conducted by the National Legal Service Authority, District Legal Service Committee, Pathanapuram, and the NSS unit of St.John's College, Anchal. College principal Rev. Fr. Johnson G inaugurated the session, Shri. S. Shamnad, Judicial first-class magistrate, Punalur led the talk. The central theme of the Programme was “**Cyber Law and Career Guidance**”. It was an insightful talk and all our volunteers have marked their positive feedbacks for the same. Shri Manu B, Secretary TLSS delivered the vote of thanks. 100 NSS volunteers actively participated in this awareness programme.






ഭാരത സ്വാതന്ത്ര്യത്തിന്റെ 75-ാം വാർഷികം സ്വാതന്ത്ര്യത്തിന്റെ അമൃത മഹോത്സവം

ദേശീയ നിയമസേവന അതോറിറ്റി ജില്ലാ നിയമസേവന അതോറിറ്റി കൊല്ലം. താലൂക്ക് ലിഗൽ സർവീസസ് കമ്മിറ്റി, പത്തനംപുരം. സെന്റ് ജോൺസ് കോളേജ്, അഞ്ചൽ എൻ എസ് എസ് യൂണിറ്റ് 14 എ & ബി

നിഖർ ലോയ് ഗ്വൈഡ്


വിഷയം : Cyber Law & Career Guidance
സ്ഥലം : സെന്റ് ജോൺസ് കോളേജ്, അഞ്ചൽ
തീയതി : 16/10/2021
സമയം : 2.30 p.m

 Google Meet

സ്പോക്കൻ : ഡ്ര.പി.വി. അനൂ വർഗ്ഗീസ്
 (എൽ. എൽ. എസ് ട്രൈബ്യൂണൽ ഓഫീസർ)
അദ്ധ്യക്ഷൻ: ഡ്ര.പി.വി. ഷിജോ. വി. വർഗ്ഗീസ്
 (എൽ. എൽ. എസ് ട്രൈബ്യൂണൽ ഓഫീസർ)
ഉദ്ഘാടനം : ഫാ. ജോൺസൺ.ജി (പ്രിൻസിപ്പൽ)
കൂപ്പർ : ശ്രീ.എസ്. ഷംനാദ്
 (ബഹു സുബിഷ്യൻ ടൈം കൂപ്പർ മെമ്പർഷിപ്പ് ഫുൾ ടൈം)
തലി : ശ്രീ. അനൂ.വി (സെക്രട്ടറി, ട്രി.എൻ. എസ്. സി)

7. ORIENTATION PROGRAM - 11 NOVEMBER 2021

On 11th November 2021 an Orientation Programme was organised for NSS volunteers. College principal Rev. Fr. Johnson G. inaugurated the function by lighting the lamp. A warm welcome was extended to all dignitaries present by Ms. Anu Varghese, Programme officer, NSS unit. College principal Rev. Fr. Johnson G. conveyed his blessings to the function. He emphasized on the personality development of volunteers through NSS. The special guest Mr. Praveen Varghese Thomas, Motivational speaker oriented the volunteers. He said that the future of our country lies in the hands of youth. Motivational Speaker, Mr. Praveen Varghese Thomas gave a talk on NSS and Youth. It was an insightful talk 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. The Programme ended with vote of thanks, delivered by NSS Programme officer Mr. Shijo V Varghese.



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



8. PALLIATIVE CARE PROGRAMS – 19 & 27 NOVEMBER 2021, 8 DECEMBER 2021, 20 & 23 JANUARY 2022

19 November 2021

A helping hand for those who are in need is an important service a volunteer can do. Considering it our NSS unit made a visit to Ammaveedu, an orphanage in Kokad, Punalur by keeping all covid protocols on November 19. Certain essential provisions and food items collected by our volunteers were distributed there.



27 November 2021

Considering that it is the duty of an NSS volunteer to identify the needs and problems of the society and to help them. On 27th November our NSS unit donated television set and financially helped those who are in need of money.



08 December 2021

Medicine Distribution: Our NSS unit is actively engaged in medicine distribution Programmes. On 8th December we have donated medicines to Kollam palliative care unit.

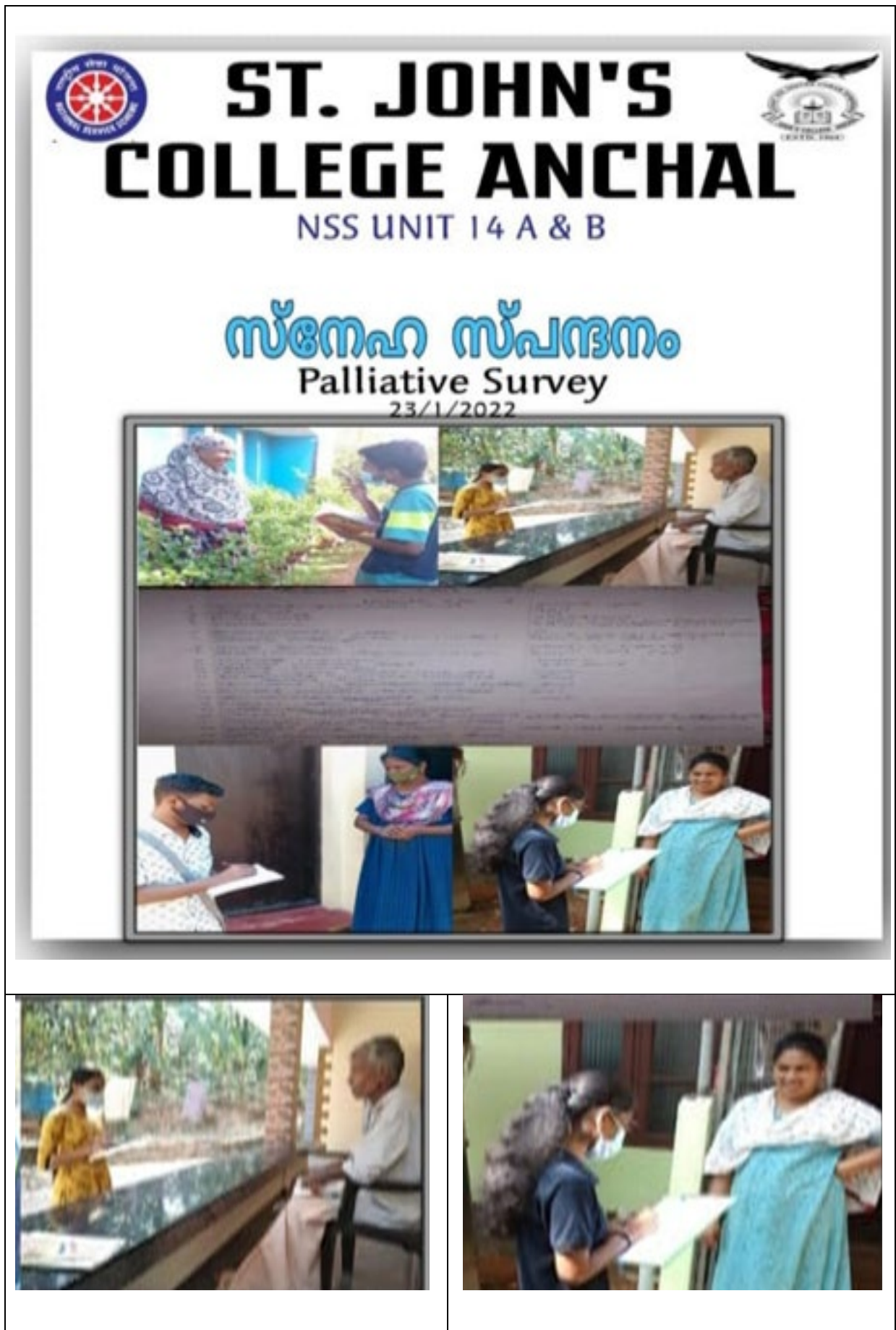
20 January 2022

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



23 January 2022

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



9. HEALTH RUN AND BLOOD DONATION CAMP – NCC DAY - 28 NOVEMBER 2021

On the 73rd raising day of NCC, our unit has conducted a Health Run and a blood donation camp. Principal hosted the flag and delivered a speech on the importance of NCC in developing the youth of our nation. Health Run is more helpful to aware the people about the importance of running in maintaining good health and blood donation helped to educate the donation of blood for saving lives. 98 cadets participated in the health run and blood donation camp as a part of NCC day programmes.



10. ORIENTATION PROGRAM - 11 DECEMBER 2021

An orientation programme was conducted under the guidance of NDA cadet Kashyap. The main objective of this awareness programme for helping the cadets about how to prepare for the SSB interview, also he shared his experiences in the NDA academy. Mr. Kashyap classes were really inspiring and helpful to our cadets to achieve their dream. 97 cadets participated in this orientation programme.



11. CLEAN CAMPUS - 17 DECEMBER 2021

On 17th December 2021 NSS unit organize various activities towards a clean campus. The cleaning Programme was inaugurated by the Principal Rev. Fr. Johnson G. Principal delivered a beautiful talk about the importance of cleanliness in our environment. NSS volunteers were grouped and assigned various duties to the individual group and volunteers were given necessary instructions. The NSS volunteers were provided with gloves, sanitizer, mask, broom sticks, disposable bags. Different areas were allotted to each group. The garbage collected from the campus by volunteers was put together in the dumping area of campus. Programme Officers Ms. Anu Varghese and Mr. Shijo V Varghese gave instructions to the volunteers. The college cleaning successfully ended at 3:30. A total of 103 volunteers participated in the programme.



12. OPPAM - SEVEN DAY SPECIAL CAMP - 22-28 DECEMBER 2021

DAY 1: 22 DECEMBER 2021

The NSS camp 'OPPAM 2021' with lot of new goals and programs started with the flag hoisting by college principal Rev. Fr. Johnson G. NSS program officers Mr. Shijo V Varghese, Ms. Anu Varghese, volunteer secretaries and all the 100 volunteers participating in the camp were present in the flag hoisting ceremony and they sung the NSS anthem. The volunteers were already divided into seven groups and they were given a theme. After the flag hoisting the volunteers in their respective groups made a rally to the college auditorium for the inaugural session. Rev Fr Johnson G inaugurated the camp. NSS program officers Mr. Shijo V Varghese and Ms. Anu Varghese spoke about the importance of NSS camp in the life of NSS volunteers. In the inaugural session each group held up the placard and raised a slogan according to their theme. Volunteer secretary Akshaya delivered the vote thanks.



National Service Scheme
St. John's College, Anchal
Unit :14 A&B



Seven Day
Special Camp

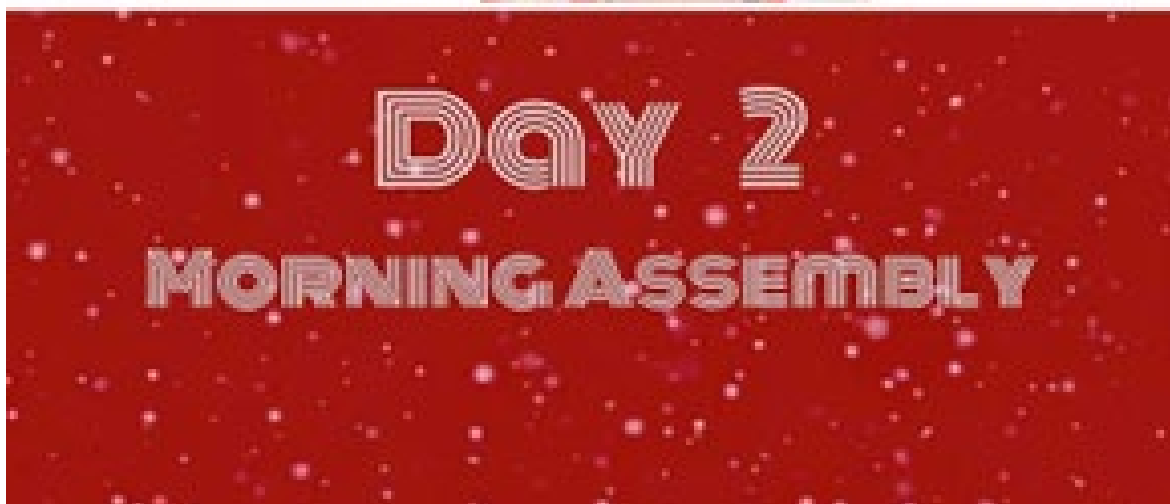


ഒന്നാം 2021
2021 DEC 22-28

Exhibition
Cleaning Planting
Awareness Programmes
Survey Awareness Rally
SKILL DEVELOPMENT PROGRAMMES
Cultural Programmes
Group Discussions Debates
Short Film Cooking
MAGAZINE

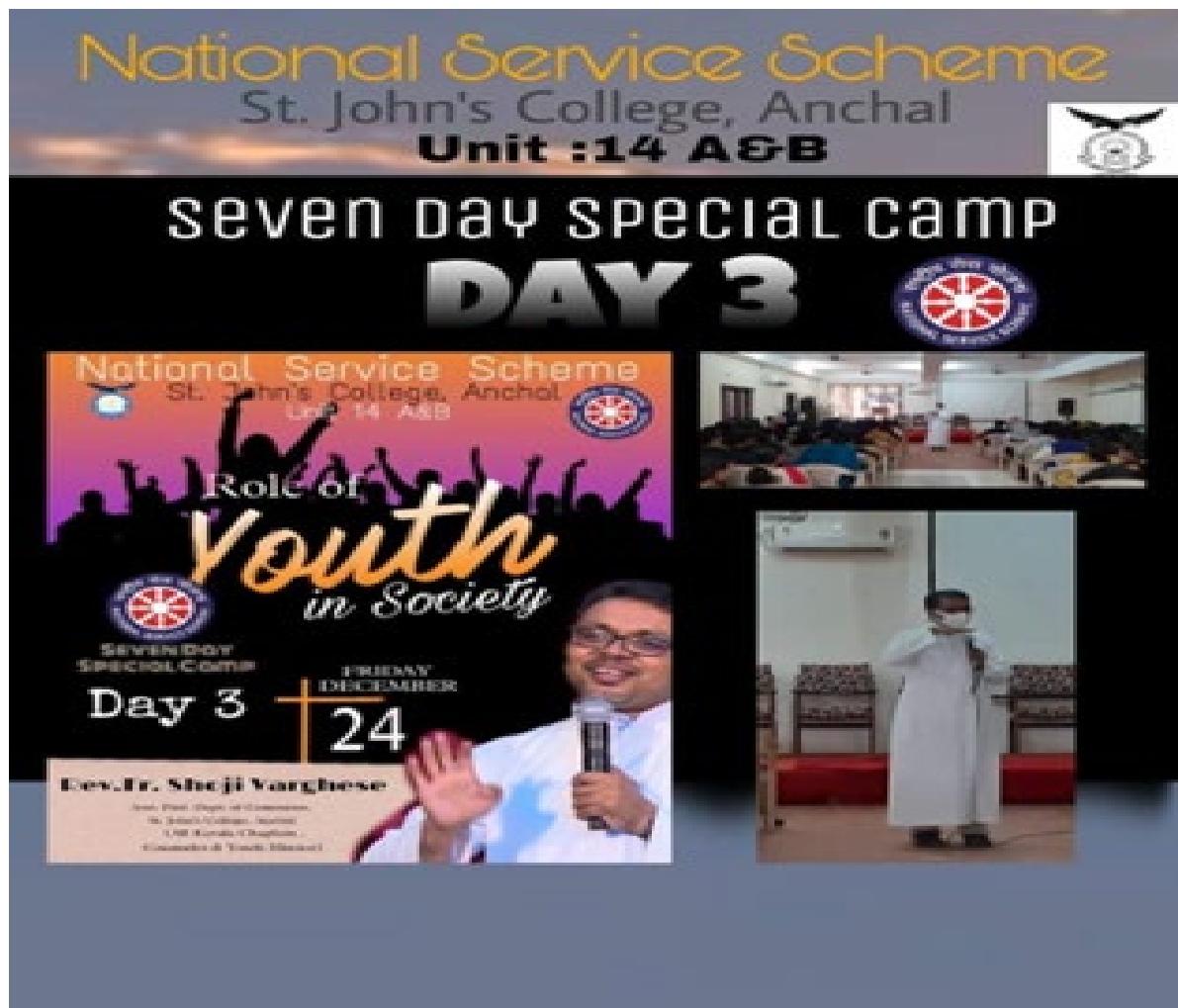
DAY 2: 23 DECEMBER 2021

The second day of the camp began with the assembly conducted by group 1 with the theme 'Lahari'. It began with NSS anthem followed by welcome speech, camp report, reading camp newspaper and thought of the day. The Program officers talked about the activities on second day. Christmas card making was conducted and all students actively participated in the activity. The day was followed by a variety of cultural activities.



DAY 3: 24 DECEMBER 2021

The third day was yet another wonderful and energetic day of the camp. The camp started with the assembly conducted by group 2 with the theme 'Child protection'. The assembly began with NSS anthem followed by camp report, camp news, and thought of the day and logo presentation. Then a session was taken by Rev.Fr. Shoji Varghese, Assistant Professor, Dept of Commerce, St Johns College, Anchal, All Kerala chaplain, counsellor & youth mentor on 'Role of youth in society'. It was an insightful session for the volunteers.



National Service Scheme

St. John's College, Anchal

Unit :14 A&B



SEVEN DAY SPECIAL CAMP

DAY 3



DEBATE

SHOULD STUDENTS HAVE GENDER-NEUTRAL UNIFORMS?

ବିଷୟ 2021

National Service Scheme

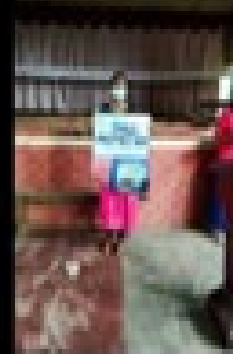
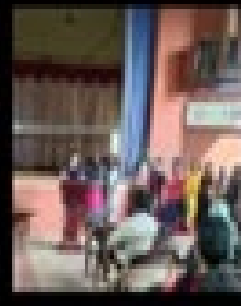
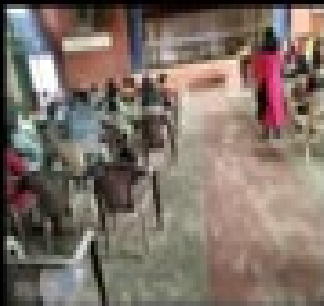
St. John's College, Anchal

Unit :14 A&B



SEVEN DAY SPECIAL CAMP

DAY 3



MORNING ASSEMBLY

ഒന്നാം 2021

DAY 4: 25 DECEMBER 2021

The fourth day of the camp was conducted online through google meet. The camp began with the assembly. Group 3 with the theme 'Gender equality' conducted the assembly. started with NSS anthem followed by camp report, camp news, thought of the day and a speech on gender equality. Making paper files, survey data collection and short film making based on the theme of each group was the activities of the day. All students made paper files thus promoting a nature friendly camp. The students also started the preparation for making short film. The day was very engaging for the NSS volunteers as they started the survey.



ST. JOHNS COLLEGE ANCHAL



National service scheme

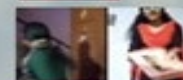
Nss unit 14 A & B

Oppam 2021



Short films

- 1 Lahari**
- 2 Child protection**
- 3 Gender equality**
- 4 plastic**
- 5 Energy conservation**
- 6 promote peace**
- 7 Traffic rules**



DAY 5: 26 DECEMBER 2021

The fifth day of the camp was conducted online through google meet. Group 4 with the theme 'Plastic' conducted the assembly. The assembly began with NSS anthem, followed by camp report, reading of camp newspaper, thought of the day and a motivational story. The students finished their survey data collection. Each volunteers collected data from 5 households. Going for survey was a very different and interesting experience for the volunteers. Dr. Leju P Thomas took an online session on 'Haritha Bhumi Haritha Bhavi'. It was a very informative session.



National Service Scheme

St. John's College, Anchal

Unit 14 A&B

SEVEN DAY SPECIAL CAMP



Our Volunteers engaged in survey activities

2021

DAY 6: 27 DECEMBER 2021

The assembly conducted by group 6 with the theme 'Energy conservation' marked the beginning of sixth day of the camp. The assembly started with NSS anthem followed by camp report, reading of camp newspaper, thought of the day and a pledge to conserve energy resources for the future. Shri C B Vijayakumar, Rtd. Excise Officer, De addiction counsellor took a session on the banner of 'National Tobacco Control Programme' in collaboration with National Health Mission, Kollam and District Health Medical Office as part of sensitization programme for NSS volunteers. Shri Vishnu Prasad, ASAP certified trainer took a session on 'How to prepare for an interview?'. Both the sessions were interactive and informative. The day was also very enjoyable with many games and cultural programmes.



National Service Scheme

St. John's College, Anchal

Unit :14 A&B



Day 6

SEVEN DAY SPECIAL CAMP



ഒപ്പം 2021



Morning Assembly

National Service Scheme

St. John's College, Anchal

Unit :14 A&B

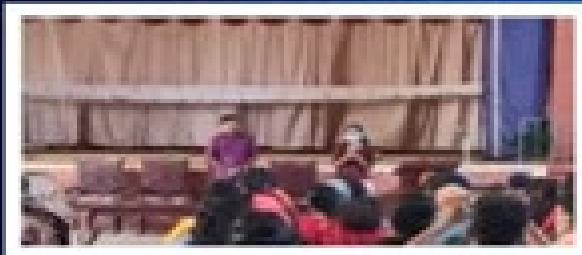


Day 6

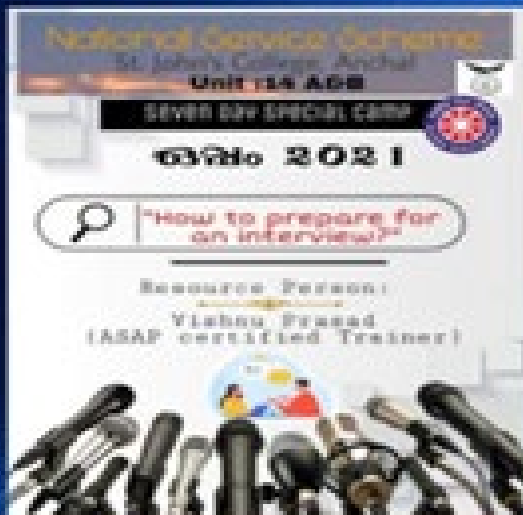
SEVEN DAY SPECIAL CAMP



ବିନୋ 2021



Seminar





National Service Scheme
St. John's College, Anchal

Unit 14 A&B
seven day SPECIAL CAMP

Cultural Programmes

Day 6

The poster features three photographs: a large group of students in a hall, a group of students at a table, and a group of students in a classroom. The background is a colorful sunset with silhouettes of people at the bottom.

DAY 7: 28 DECEMBER 2021

The seventh day of the camp began with the assembly conducted by group 6 and group 7 with their theme 'Promote peace' and 'Traffic rules' respectively. The assembly started with NSS anthem followed by camp report, camp newspaper reading, thought of the day, an inspirational talk and logo presentation. Each group planned programs which can be implemented through the NSS unit and presented it. An exhibition was conducted presenting all the Christmas cards and paper files made by volunteers. College principal Rev Fr Johnson G inaugurated the winding up session, the volunteers shared their camp experience, NSS program officers Mr. Shijo V Varghese and Ms. Anu Varghese spoke about the camp. NSS volunteer secretaries delivered the vote of thanks. The camp ended with the publishing of digital camp magazine 'Semicolon' by college principal Rev. Fr. Johnson G and flag lowering.





13. SKILL DEVELOPMENT PROGRAM FOR WOMEN - 12 JANUARY 2022

As part of National Youth Day, a skill development program for women was conducted on 12th January at 10:30am in the college auditorium. Around 100 volunteers participated in the programme. Programme officer Mr. Shijo V Varghese gave the welcoming address. Ms. Shylaja gave training to volunteers in making washing powder, dishwash and lotion etc. Programme officer Ms. Anu Varghese delivered the vote of thanks. In the afternoon session, Skill development Programme handled by Ms. Sheela Jacob on big shopper making, Pickle preparation, Jam making etc. The Skill Development Programme successfully ended at 3:00 pm.

Impact-Provided adequate training in making washing powder, Dish wash making, Lotion making etc.





14. NCC NATIONAL YOUTH FESTIVAL - 12 JANUARY 2022

As a part of celebrating NCC National Youth Festival NCC unit of our college conducted different programmes under the guidance of our Principal. The cadets done a Morning walk from college which followed by Yoga. By doing these activities we are able to aware many others to do these and make these as a part of their life too. 40 cadets participated in this programme.








15. COVID WARRIORS - 4 FEBRUARY 2022

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



NSS COVID WARRIORS, KERALA
National Service Scheme
St. John's College, Anchal
Kollam District



Volunteers deployed at CHC, Anchal

DAY 3
(8/02/2022)

16. ENERGY CONSERVATION PROGRAM - 13 FEBRUARY 2022

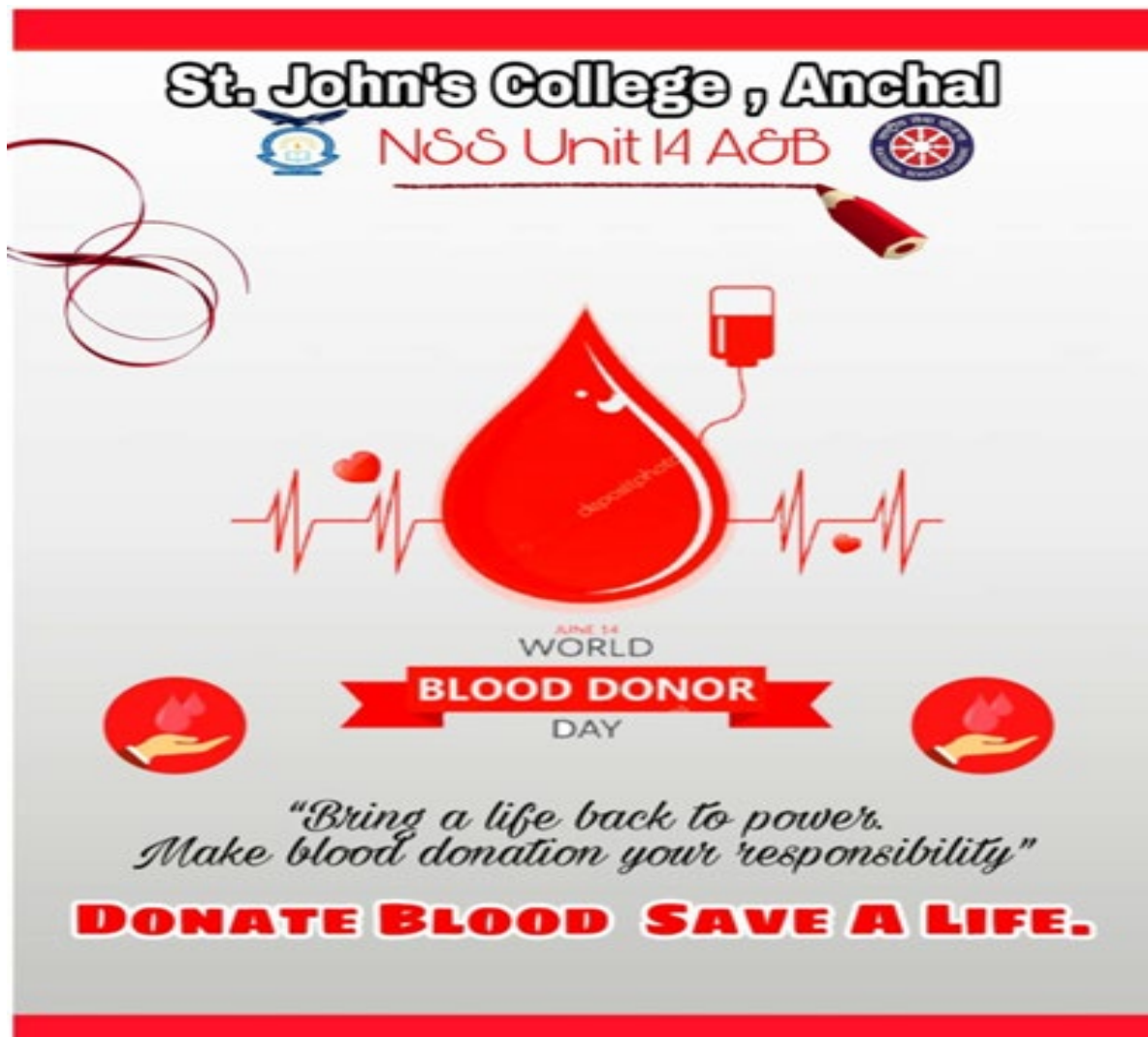
On 13th February the NSS unit conducted awareness about importance of energy conservation among public. In the morning session NSS volunteers was distributed a notice to make the public aware of adopting various ways of energy conservation which include avoiding energy wastage and efficient use of modern technology. We can reduce the energy consumption by adopting various ways of energy conservation which includes efficient use of technologies and avoiding energy wastage. For seeking attention NSS volunteers have arranged a mass campaign. It was great success. In Afternoon session, there conducted an awareness talk was conducted on 'Energy Conservation'. College principal Rev. Fr. Johnson G. inaugurated the programme. Mr. Shijo V Varghese NSS programme officer extended warm welcome to the programme. Mr. Jacob John led the class. Ms.Anu Varghese, NSS programme officer. One hundred volunteers participated in this programme.

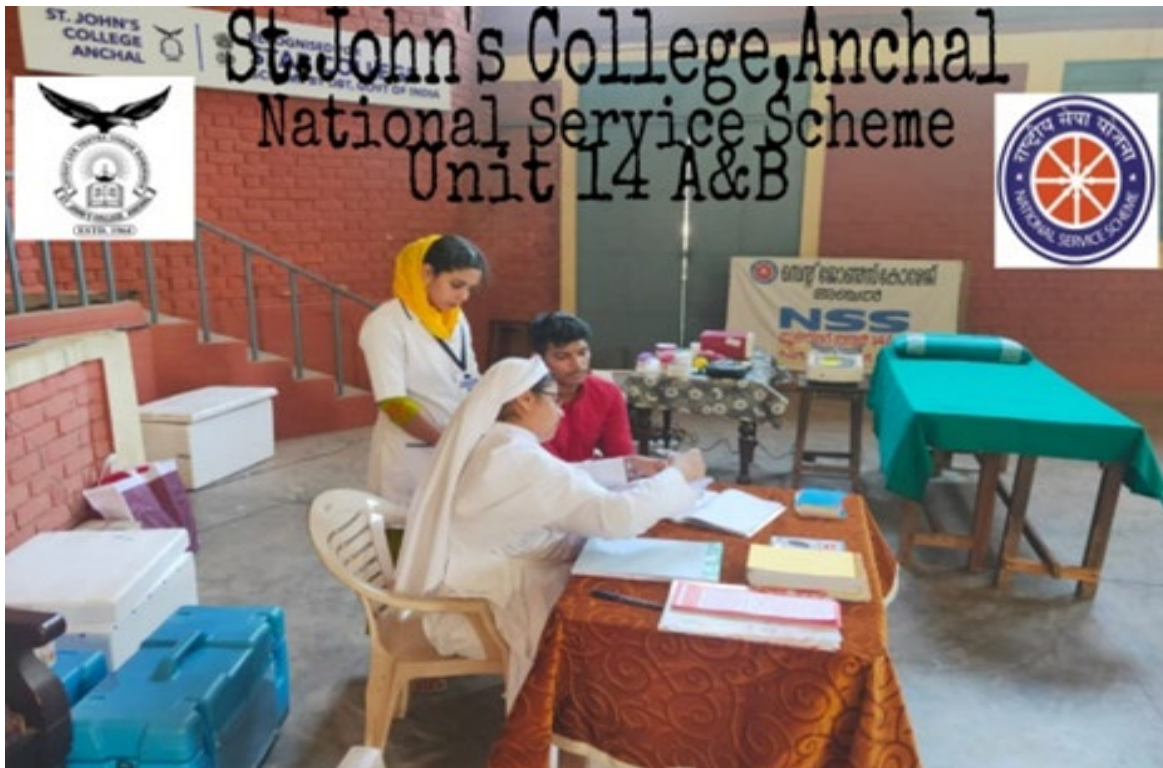
വൈദ്യുതോപകരണങ്ങളും ഉപയോഗിക്കുന്ന വൈദ്യുതിയും			
സീറോ വാട്ട് ബൾബ്	15 വാട്ട്	66.40 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
സി ഏഫ് ഏൽ ബൾബ്	15 വാട്ട്	66.40 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
ബൾബ്	60 വാട്ട്	16.14 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
ബ്ലബ് ലൈറ്റ്	40 വാട്ട്	18.11 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
സീലിംഗ് ഫാൻ	60 വാട്ട്	16.40 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
ഫ്രിഡ്ജ് 165 ലിറ്റർ	100 വാട്ട്	10.00 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
മിക്സി	450 വാട്ട്	02.13 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
വാഷിംഗ് മെഷീൻ	325 വാട്ട്	03.00 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
തേപ്പുപെട്ടി	750 വാട്ട്	01.25 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
വാട്ടർ പമ്പ്	750 വാട്ട്	01.25 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
വാക്വം ക്ലീനർ	750 വാട്ട്	01.25 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
ടെലി വിഷൻ	100 വാട്ട്	10.00 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
ട്രേറ്റ് റിക്കാർഡർ	20 വാട്ട്	50.00 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
വീഡിയോപ്പാർ	40 വാട്ട്	20.00 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
മെമ്പെൽ ചാർജർ	6 വാട്ട്	200. രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
കംപ്യൂട്ടർ	80 വാട്ട്	12.50 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്
ഏയർ കണ്ടീഷണർ	1500 വാട്ട്	40.00 രണ്ടിക്കൂർ	ഒരു യൂണിറ്റ്



17. BLOOD DONATION PROGRAM - 17 FEBRUARY 2022

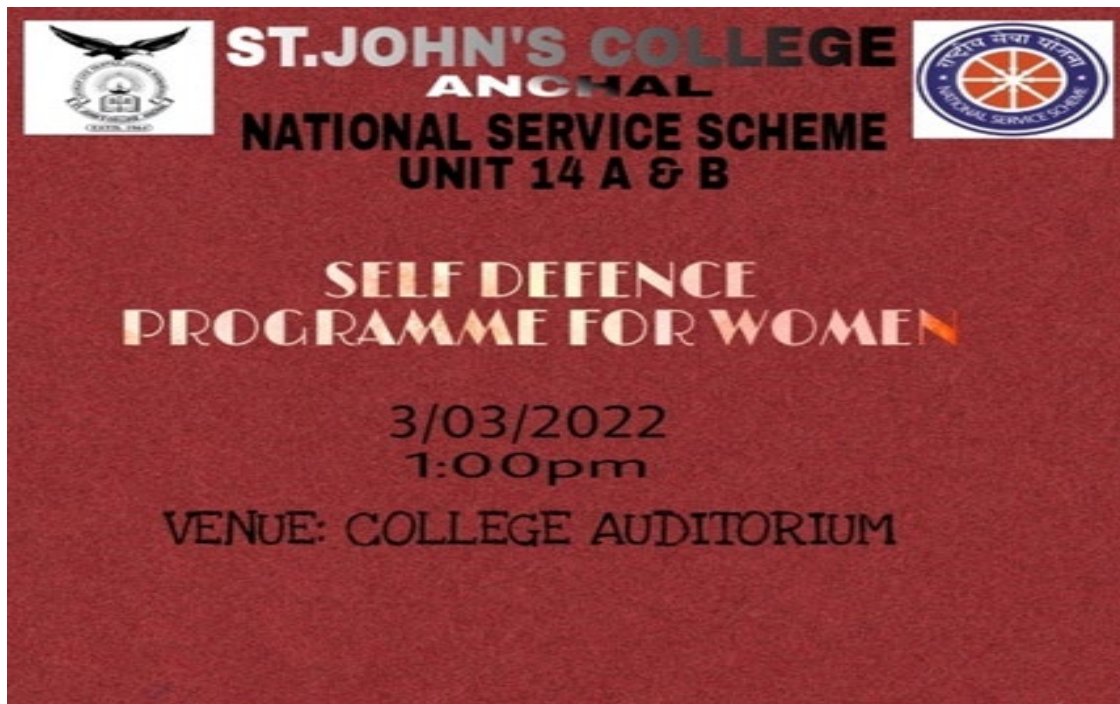
On 17th February 2022 our NSS unit of St. John's College, Anchal organised a blood donation camp in collaboration with St. Joseph's Mission Hospital, Anchal. The camp began at 10:00am. Dr Mansoor Muhammed was the special guest of the function. He expressed his gratitude to the NSS unit of the college for its continuous Endeavour in this regard. He also talked about the growing need of blood and appreciated the volunteers for their noble act. The camp was inaugurated by college principal Rev Fr Johnson G . Dr Mansoor delivered a talk on need of donating blood. The volunteers determined the blood group of around 150 individuals including teachers, non-teaching staff, students and other donors. With this information Blood donation directory prepared and maintained by NSS unit St. John's College, Anchal was updated. This was done with the help of technical assistance of St. Joseph Mission Hospital, Anchal.





18. STAND WITH HER- INTERNATIONAL WOMEN'S DAY - 3-8 MARCH 2022

Self Defence Programme for Women (03/03 2022): As part of International Women's Day celebrations, the NSS unit conducted a self defence programme for women on 3rd March, 2022. Volunteer Christina of II Malayalam led the programme by teaching the students martial arts, she is a black belt holder in karate. It was a very useful programme for the students, as they learnt the basic techniques to defend any threats coming against them. Programme officers Mr. Shijo V Varghese and Ms. Anu Varghese spoke about the importance of learning martial arts. The programme started at 10.00 am and came to an end at 12.00 pm.



Women Empowerment Rally (04/03/2022): As part of 'Women's Week Celebration' our NSS unit conducted a women empowerment rally on 4th march 2022. All the volunteers held up placards with women empowerment thoughts. Everyone raised the slogan 'Break the Bias'. Volunteer secretary Akshaya delivered a message about women's day. The programme helped volunteers to share the message to the society for breaking all the barriers and inequalities that women face today.





Flashmob (05/03/2022): Our NSS unit conducted a flashmob on 5th march as part of women's week celebration. NSS volunteers assembled in public places and presented flashmob. NSS programme officers Mr.Shijo V Varghese and Ms.Anu Varghese spoke about how events like flashmob help women show their protest against them abuses happening against them and how dancing body act as the advocate demanding rights.



Pamphlet Distribution of Women Helpline Numbers (07/03/2022): On 7th March NSS volunteers of St. John's College, Anchal distributed pamphlets printed with women helpline numbers in shops, bus stands, auto stand etc.



Women's Wall (08/03/2022): On International Women's Day, 8th March 2022 NSS unit created a women's wall. It was a very creative programme. St. John's College principal Rev. Fr. Johnson G. inaugurated the programme by pasting a note on the Women's Wall. All those who pasted the notes on the women's wall wrote the names of the most influential women in their life and women empowerment quotes.



19. POST COVID TREATMENT THROUGH AYURVEDA - 12 MARCH 2022

On 12th March as part of International Women's Day conducted awareness programme on 'Post Covid Treatment through Ayurveda' in association with Ayurveda Medical Association of India, State Women's Committee. Programme officer Shijo V Varghese delivered the welcome speech. Dr. Indhulekshmi M Padma Ayurvedics, Chadayamangalam took the session conducted through Google meet. Programme officer Anu Varghese delivered the vote of thanks. An active involvement of the volunteers could have been seen throughout the program. They cleaned their premises and even posted those pictures in our Official NSS WhatsApp group as proofs. A total of 97 volunteers participated in the event.

