

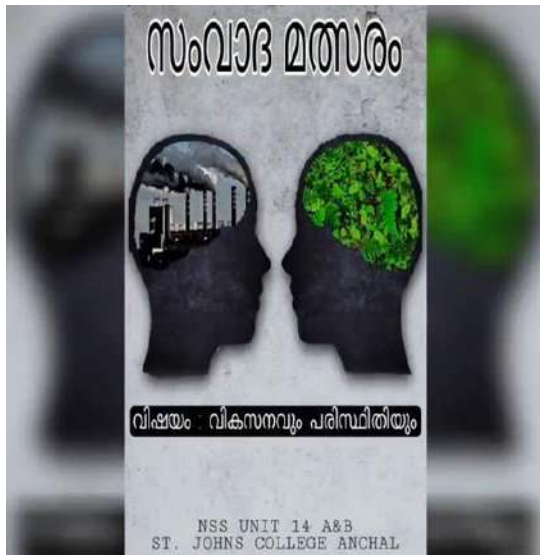
Details of Extension and Outreach Programs Conducted by the Institution through Organized Forums Including NSS/NCC with Involvement of Community during 2022-2023

Sl. No	Name of the Activity	Date	Organizing Agency	Number of Participants
1	Vikasanavum Paristithiyum – A Debate Competition	05-06-2022	NSS	200
2	An Awareness Programme on Saving Our Environment	05-06-2022	NCC	40
3	Blood Donation Camp	14-06-2022	NCC with St. Joseph Mission Hospital, Anchal	22
4	National Reading Day	19-06-2022	NSS	50
5	National Youth Festival Celebration	21-06-2022	NCC	35
6	Importance of Practicing Yoga as a Life-Style Choice	21-06-2022	NCC, NSS	100
7	Rain Water Harvesting	26-07-2022	NCC	45
8	Volunteer Leadership Training Programme	23, 25-08-2022	NSS	2
9	Anti-Narcotics Awareness Programme	21-09-2022	NSS	150
10	Bodhyam Quiz	12-10-2022	NSS	50
11	Global Handwashing Day	15-10-2022	NSS	
12	Cleanliness Drive	20-10-2022	NSS	50
13	Anti-Drug Campaign Cycle Rally	29-10-2022	NCC	47
14	National Adventure Camp	29-10-2022 to 07-11-2022	NSS	1
15	National Unity Run	31-10-2022	NCC	48
16	Anti-Narcotic Human Chain	01-11-2022	NSS	100
17	Anti-Tobacco Sensitisation Program	19-11-2022	NSS	98
18	Disaster Risk Resilience & Preparedness Training	21-11-2022	NCC and NSS with Disaster Management Authority, Kollam	103

19	Awareness Program on Plastic Pollution	24-11-2022	NCC	97
20	Constitution Day	25-11-2022	NSS, Dept. of Political Science	115
21	Equalize – World Aids Day	01-12-2022	NSS	53
22	Discussion on Women's Safety	01-12-2022	NSS	100
23	Human Rights Day	14-12-2022	NSS, Dept. of Political Science	100
24	Orientation Program	19-12-2022	NSS	100
25	Hridayam 2022 - Seven Day Residential Special Camp	25, 31-12-2022	NSS	100
26	Basheer's Birth Anniversary	21-01-2023	NSS	15
27	International Mother Language Day	21-02-2023	NSS	100
28	Asaad Sena Unit & Anti-Drug Awareness Class	26-02-2023	NSS	20
29	Global Science for Global Wellbeing – National Science Day	28-02-2023	NSS	20
30	Flash Mob – Women's Day	08-03-2023	NSS	80
31	Survey	25-03-2023	NSS	100
32	Switch off & Give an Hour for Earth	25-03-2023	NCC	98
33	Har Ghar Tiranga Flag Hoisting Ceremony	28-03-2023	NCC	102

1. VIKASNAVUM PARISTITHIYUM – A DEBATE COMPETITION - 5 JUNE 2022

On June 5, the NSS Unit observed the World Environment Day world environment day by organizing various programs. A tree sapling was planted in the campus by the Principal, Dr. Cherian John in the presence of Program Officers and Volunteers. In his speech, the Principal dwelt upon the need for protecting the environment and how the youth can take the lead in environmental initiatives. A green wall was set up where all students could write their opinions and views. A debate was organized on the topic ‘environment and development’ by NSS Volunteers. Later, in the day, Volunteers planted saplings in their own homes pledging to protect the environment. Around 200 students from different departments participated in the programs.





2. AN AWARENESS PROGRAMME ON SAVING OUR ENVIRONMENT - 5 JUNE 2022

World Environment Day celebrated in our college by planting Trees in our campus. The programme was inaugurated by college principal and environment day message was delivered by Dr, Sooraj Kumar, Assistant Professor, Department of English, St. John's College, Anchal. As part of Environment Day we also take an oath for saving our environment. 40 cadets participated in this awareness programme.





3. BLOOD DONATION CAMP - 14 JUNE 2022

A blood donation camp was organised on the world blood donor day. The camp was held at St. Joseph's mission hospital, anchal. Cadets were actively participated in the program, by donating blood they uphold the message that " donating blood is an act of solidarity, join the effort and save lives. 22 cadets participated in blood donation programme.



4. NATIONAL READING DAY - 19 JUNE 2022

On June 19, as part of National Reading Day, an elocution competition was organized in the college by the NSS Units. The topic given for the elocution was 'Reading and social media' where students shared their views and opinions on the new trends in reading, both for learning and leisure. Some shared their concerns about the death of reading in an era crowded with multi-media content across multiple online platforms. Others stated that reading itself has taken new manifestations in the form of e-books, audio books and other digital format. The event witnessed rigorous debates and deliberations among the students. The Program Officers acted as mediators in collating the arguments presented by all students. The event concluded with a pledge by all volunteers that they will ever give up the habit of reading and will encourage their peers to do the same. Around 50 Volunteers participated in the event which was held during the lunch break.



5. NATIONAL YOUTH FESTIVAL CELEBRATION - 21 JUNE 2022

As a part of celebrating NCC National Youth Festival NCC unit of St. John's College, Anchal conducted different programmes under the guidance of college principal Dr. Cherian John. 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. 35 cadets participated in this programme.



6. IMPORTANCE OF PRACTICING YOGA AS A LIFE-STYLE CHOICE - 21 JUNE 2022

On International Yoga Day, a yoga session was jointly organized by the NSS Unit, NCC Wing and Physical Education Department of the College. The yoga session was led by a trained Yoga Professional who emphasised the importance of practicing Yoga as a life-style choice. Yoga is not just about physical exercise or calisthenic but rather it is a confluence of the body, mind and soul. Practicing yoga has immense benefits physically, mentally and spiritually. Yoga has gained immense popularity around the world with more followers imbibing the philosophy and essence of Yoga. Around 100 students from the college and nearby schools participated in the Yoga session. The session ended with a pledge by all the participants to practice Yoga daily in their lives and to preach the relevance of Yoga to others.



7. RAIN WATER HARVESTING - 26 JULY 2022

A rain water harvesting programme was conducted on 26th July 2022 at St. John's College, Anchal. The cadets resolved the issues related to the rain water harvesting in St. John's college, Anchal. The cadets also cleaned the rain water harvesting system and its surroundings under the guidance of our ANO Lt Dr Arun. P. S. It was conducted to strengthen the programme "Jal Shakti Abhiyan". 45 cadets participated in rain water harvesting programme.



8. VOLUNTEER LEADERSHIP TRAINING PROGRAMME - 23-25 AUGUST 2022

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



9. ANTI-NARCOTICS AWARENESS PROGRAM - 21 SEPTEMBER 2022

On September 21, an anti-drugs awareness program was jointly organized by NSS unit and Anti-Narcotics Cell in association with the Vimukthi Mission, Kerala Excise Department. Samuel Daniel, ICPF district coordinator extended the welcome address. Keynote address was given by Dr. Cherian John, principal St. John's College, Anchal. Mr. T. Y James led the anti- drugs awareness class. A drama on this theme was also staged on this occasion by artists of ICPF. Lalitha Joseph (Convener, Anti -Narcotics cell) conveyed the felicitation. The vote of thanks was delivered by Thomas Mohan (NSS Program officer). More than 150 students participated in the program. The program concluded with a pledge taken by all participants to prevent incidents of drug abuse and to eradicate the menace of drug addiction from society.

ICPF ന്റെ ആഭിമുഖ്യത്തിൽ ANGELOS നടത്തുന്ന

കേരള ലഹരി വിമോചന യാത്ര

കൊച്ചി മുതൽ എറണാകുളം വരെ
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എൻ എസ് എസ് യൂണിറ്റ് & ആന്റി നാർക്കോട്ടിക്സ്
സെൽ, St. ജോൺസ് കോളേജ്
എൻ എസ് എസ് യൂണിറ്റ് നമ്പർ 14 A & B

കാര്യപരിപാടികൾ

ഊദ്യോഗ പ്രവർത്തനം

സ്വാഗതം : ശ്രീ. സാമുവേൽ ഡാനിയേൽ
ICPF കൊല്ലം ജില്ലാ കോർഡിനേറ്റർ

അദ്ധ്യക്ഷ പ്രസംഗം : മഡം. ഹെറിയൻ യുവാങ്
പ്രിൻസിപ്പൽ St. ജോൺസ് കോളേജ്

ബോധവൽക്കരണ ക്ലാസ്സ് : ശ്രീ. റ്റി. റെന. ജെയിംസ്,
(എൻജലോസ്)

ആശംസകൾ : ശ്രീമതി. ലളിത ജോസഫ്
കൺവീനർ-ആന്റി നാർക്കോട്ടിക്സ് സെൽ
St. ജോൺസ് കോളേജ്, എറണാകുളം

സംഗം : "അറിയുക പ്രിയ മിത്രങ്ങളേ"

വാക്യ കാർ കാർഡ് : ശ്രീ. തോമസ് തോറൻ
എൻ എസ് എസ് യൂണിറ്റ് നമ്പർ 14 A & B
St. ജോൺസ് കോളേജ്, എറണാകുളം



10. BODHYAM QUIZ - 12 OCTOBER 2022

On 12th October 2022, a quiz competition 'Bodhyam 2022' was conducted in connection with the anti-narcotics awareness program by state government. The winners were sent to participate in the district level competition. Around 50 students were participated in the quiz programme.



11. GLOBAL HANDWASHING DAY - 15 OCTOBER 2022

On 15th October, Global Handwashing Day campaign was jointly organized by NSS unit and the Health Club on the theme "Unite for universal hand hygiene". The Global Handwashing Day is jointly organised by United Nations and other international organisations to promote the habit of washing hands among all persons with soap, handwash or any other product. On the occasion, soaps were distributed in all the departments of the college by NSS Volunteers and students were instructed to wash their hands under running water for 20 seconds. Later, all the students and teachers took the pledge on practicing the habit of hand-washing. The campaign assumes significance in the context of preventing water-borne diseases and reducing the rate of infant mortality in developing countries. The campaign witnessed a massive and enthusiastic participation from all students and teachers in the college.



12. CLEANLINESS DRIVE - 20 OCTOBER 2022

A cleanliness drive was conducted by NSS volunteers at Market Junction bus stand, Anchal on 20th October evening. It was organized as part of the Clean India program by National Youth Affairs Ministry on the occasion of Gandhi Jayanti. The NSS volunteers collected the waste materials, segregated the plastic and paper wastes and handed over the collected waste materials to 'Haritha Karma Sena' volunteers. The program was organized under the guidance of Program Officers and more than 50 volunteers participated in the cleanliness drive. The event was inaugurated by the former president of Anchal Grama Panchayat, Sri. Zakeer Hussain. In his address, Sri. Hussain applauded the activities of the NSS Unit in making public places clean and neat and urged the Volunteers to expand their activities. The event was well covered by the press and media.

'CLEAN INDIA , GREEN INDIA'

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

ശുചീകരണ യജ്ഞം

20 th October 2022

3 pm onwards

അഞ്ചൽ ബസ് സ്റ്റാൻഡും പരിസരവും എൻഎസ്എസ് വോളണ്ടിയേഴ്സ് ശുചീകരിക്കുന്നു

13. ANTI-DRUG CAMPAIGN CYCLE RALLY - 29 OCTOBER 2022

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. In order to spread the negative impacts of drugs on human life our unit conducted an anti-drug campaign cycle rally on 29th October 2022. The main aim of this rally was to create awareness about drug abuse in and around our college. 47 cadets participated in this programme.



14. NATIONAL ADVENTURE CAMP - 29 OCTOBER 2022 - 7 NOVEMBER 2022

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




15. NATIONAL UNITY RUN - 31 OCTOBER 2022

On 31st October 2022 the NCC unit along with the cooperation of NSS, anti-narcotic cell and sports club conducted a 'National Unity Run' under the guidance of college principal Dr Cherian John and he flagged off the program. The main aim of this programme was to spread the message 'say no to drugs'. 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. In order to spread the negative impacts of drugs on human life our unit conducted an anti-drug campaign. On that day Rastriya Ekta Divas pledge was taken. 48 cadets participated in this programme.



NEHRU YUVA KENDRA, KOLLAM
MINISTRY OF YOUTH AFFAIRS & SPORTS
GOVERNMENT OF INDIA

In association with
NSS UNIT 14 ADB & NCC UNIT 9K Bn NCC KOTTARAKKARA
St. JOHN'S COLLEGE, ANCHAL



NATIONAL UNITY RUN
A INDIVIDUAL VOLUNTEER ENROLLMENT PROGRAM
(1987)

With the message of
'SAY NO TO DRUGS'

INAUGURATION: Dr. CHERIAN JOHN
Principal, SJC Anchal

On 31st October, 2022 at 09:30 am
Anchal Bus Stand to SJC Anchal

Jointly organised by the NSS, the NCC, Anti-Narcotics Cell & Sports Club
SJC Anchal



16. ANTI-NARCOTIC HUMAN CHAIN

DATE: 1 NOVEMBER 2022

On November 1st as part of the ending of first phase of anti-narcotic awareness campaign 'Bodhapoornima' by the state government an anti-drug human chain was organized by the NSS unit and anti-narcotics cell of the college. The human chain was formed around 3:30 pm. Following that a pledge against drugs was also taken. Around 100 students were participated in the programme.



17. ANTI-TOBACCO SENSITISATION PROGRAM - 19 NOVEMBER 2022

An anti-tobacco sensitization program was conducted on 19th November, 2022 by NSS unit in association with Community Health Centre, Anchal. A total of 98 NSS volunteers were participated in the program. The program began with NSS song. Asst. Prof. Thomas Mohan (NSS program officer) extended a warm welcome to the gathering. The keynote address was given by Dr. Sanalkumar T (Medical officer, CHC Anchal). After that session on Anti-tobacco sensitization program was held. Ms. Jayalekshmi (Secondary palliative staff nurse) spoke about the palliative care programs of CHC. The vote of thanks was delivered by Dr. Sunitha Grace Zacharia (NSS program officer).

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

in association with

COMMUNITY HEALTH CENTRE, ANCHAL

organises

ANTI-TOBACCO SENSITISATION PROGRAMME FOR COLLEGE STUDENTS

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



RESOURCE PERSONS

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



18. DISASTER RISK RESILIENCE & PREPAREDNESS TRAINING - 21 NOVEMBER 2022

Disaster risk resilience and preparedness training was jointly organized by NSS unit & NCC unit in association with District Disaster Management Authority, Kollam on 21st November 2022. The program began with the prayer song. Dr. Mary M Abraham (Asst. Prof, Department of Malayalam) gave a warm welcome to the gathering. The presidential address was delivered by college principal Dr. Cherian John. Ms. Beena Rani (Additional District Magistrate, Kollam) conveyed the inaugural address. Mr. Thomas Mohan (NSS program officer), Mr. Santhosh G Nath (Deputy Tahsildar, Headquarters) & Lt. Dr. Arun P.S (NCC Officer) gave felicitations. The vote of thanks was given by Dr. Brilliant Rajan (Staff Advisor). The inaugural session was followed by four sessions. The training session gave each cadet a lot of information to cope up with the disaster. 103 students participated in this programme.

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

DISASTER RISK RESILIENCE AND PREPAREDNESS TRAINING



INAUGURAL PROGRAMME

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

 **21st November, 2022**

 **St. JOHN'S COLLEGE AUDITORIUM**

 **09:30 am-05:00 pm**

19. AWARENESS PROGRAMME ON PLASTIC POLLUTION - 24 NOVEMBER 2022

One of the rising issues faced by the world is pollution caused by plastic. In order to prevent the spread of plastic pollution and to support Puneet Sagar Abhiyan, the cadets of St. John's College, Anchal took an oath on 24th November 2022 and successfully participated in Puneet Sankalp. By doing this the cadets pledge to protect water bodies from plastic contamination. 97 cadets participated in this awareness programme.





20. CONSTITUTION DAY - 25 NOVEMBER 2022

The NSS unit and Department of Political Science and Public Administration jointly organized a program on National Constitution Day on 25th November 2022. Ms. Anjana welcomed the gathering. Dr. Cherian John (Principal) gave the presidential address. Dr. Sajan Thomas (Asst Prof, Department of political science) gave a talk on 'Constitutional Morality'. Dr. Ronie Thomas (HOD, Department of Political Science) & Mr. Thomas Mohan (NSS PO) delivered the felicitation. On this occasion a reprint of the original version of the Indian constitution was handed over by the Principal to the Librarian. The program ended with vote of thanks by Ms. Vaishnavi S. It was followed by a 'National Constitution Day Quiz Contest 2022'. A total of 115 students were participated in the programme.

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

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

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

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

Date: 25.11.22 **Venue: Audio-Visual Hall**



21. EQUALIZE – WORLD AIDS DAY - 1 DECEMBER 2022

On December 1, 2022 World Aids Day was commemorated on the theme 'Equalize'. A poster showing the theme had been created and shared in our social media handles. 53 NSS volunteers were participated in the programme.

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



22. DISCUSSION ON WOMEN'S SAFETY - 1 DECEMBER 2022

A discussion on women's safety was organized by NSS in association with the Women and child Development Department on 1st December, 2022. The discussion was led by Adv. Rajisha (Family Court counsellor) she spoke about the current scenario and safety of women in the society & about the laws which protects the rights of women. Students also raised questions and expressed their concerns about the topic. Dr. Kavitha C H (Convener, Women's Cell) delivered the welcome address. The keynote address was done by Dr. Cherian John (Principal). MS. Suja Kartika (School Counsellor) & Dr. Sunitha Grace Zacharia (NSS PO) have extended felicitations for the program. The program ended with vote of thanks by NSS volunteer Manjima Madhusoodanan. 100 students were participated in the programme.

സെന്റ് ജോൺസ് കോളേജ്, അഞ്ചൽ
എൻ.എസ്.എസ് യൂണിറ്റ് 14 A&B
വനിത ശിശുവികസന വകുപ്പ്




കർമ്മപരിപാടി

സ്വാഗതം	:	ഡോ. കവിത C.H <small>(Convener, Women's Cell, Asst. Professor, Department of Botany)</small>
അധ്യക്ഷ പ്രസംഗം	:	ഡോ. ചെറിയാൻ ജോൺ <small>(Principal, SJC Anchal)</small>
ആശംസകൾ	:	ശ്രീമതി. സുജ <small>(School Counsellor)</small> ഡോ. സുനിത ഗ്രേസ് സക്കറിയ <small>(NSS PO, SJC Anchal)</small>
ചർച്ച	:	അഡ്വ. രജിഷ <small>(Family Court Counsellor)</small>
നന്ദി	:	മഞ്ജിമ മധുസൂദനൻ <small>(NSS Volunteer)</small>

തീയതി: ഡിസംബർ 01, 2022
സമയം: 02:00pm

Jointly organised by the NSS, the NCC & Women's Cell, SJC Anchal



23. HUMAN RIGHTS DAY - 14 DECEMBER 2022

As part of Human Rights Day, a Human Rights Day Lecture 2022 was jointly organized by NSS unit and Department of Political Science and Public Administration in association with Institute of Parliamentary Affairs on 14th December 2022. Ms. Ajmi J. S welcomed the gathering. Dr. Cherian John (Principal) gave the presidential address. The lecture was led by Mr. Babu Ramachandran. He spoke about the emergency period and the recent issues which showed the curtailment of human rights. Dr. Ronie Thomas (HOD, Department of Political Science), Ms. Gouri Nair S & Mr. Thomas Mohan (NSS PO) delivered the felicitation. The program ended with vote of thanks by Ms. Bhagyalekshmi S. 110 students were participated in the programme.

St. JOHN'S COLLEGE, ANCHAL
NSS UNIT 14 A&B
and
DEPARTMENT OF POLITICAL SCIENCE AND
PUBLIC ADMINISTRATION
jointly organise
HUMAN RIGHTS DAY LECTURE 2022
in association with
Institute of Parliamentary Affairs
PROGRAMME SCHEDULE
(09:30am-12:00pm)

Welcome : **Ms. Ajmi J.S**
(II MA Class Representative)

Presidential Address : **Dr. Cherian John**
(Principal, SJC Anchal)

Inauguration of Forum for Democracy and Social Justice
by the Chief Guest.

Human Rights Day Lecture : **Mr. Babu Ramachandran**
(Noted Television Anchor & Journalist,
Asianet News)

Felicitations : **Ms. Gouri Nair S**
(Assistant Professor,
Department of Political Science)

Vote of Thanks : **Ms. Bhagyalekshmi S**
(II DC Political Science Representative)

Date: 14.12.2022 **Venue: Audio-Visual Hall**
"Dignity, Freedom and Justice for All"



24. ORIENTATION PROGRAM - 19 DECEMBER 2022

An orientation program was organized for first year NSS volunteers on 19th December 2022. 100 students were participated in the program. College Principal Dr. Cherian John inaugurated the program. NSS program officer Dr. Sunitha Grace Zacharia extended a warm welcome to the gathering. The class was led by Dr. Anu Varghese (Asst. prof, Department of Commerce) & Mr. Shijo V Varghese (Asst. prof, Department of Malayalam) previous NSS program officers of the college. They talked about the role NSS play in the personality development of volunteers, the importance of NSS volunteers in the development of society. They shared their experiences in NSS and discussed about the ways through which NSS volunteers can contribute to social service. The program ended with vote of thanks by Mr. Thomas Mohan (NSS program officer).



25. HRIDYAM 2022 - SEVEN DAY RESIDENTIAL SPECIAL CAMP - 25-31 DECEMBER 2022

FIRST DAY (25/12/2022)

The seven day residential special camp 'Hridyam 2022' organized by the National Service Scheme Unit 14A & 14B of St. John's College, Anchal began on 25th December 2022. The camp started with the flag hoisting by college principal Dr. Cherian John at 11:00am. After the flag hoisting ceremony Program Officers and all the volunteers gathered at the college auditorium for the inaugural session, it started with the NSS song, volunteer secretary Akshaya R welcomed the gathering. College principal Dr. Cherian John delivered the inaugural address. NSS Program Officers Dr. Sunitha Grace Zakharia (Asst. Professor, Department of Mathematics) and Thomas Mohan (Asst. Professor, Department of Political Science) delivered the felicitations. Volunteer secretary Arif N delivered the Vote of Thanks. The inaugural session was followed by 'Kalavara Nirackal'.

The first session of the camp 'Ice Breaking' began on 4:00pm. The session was conducted by Fr. Shoji Varghese. The session helped volunteers to get rid of all the tensions they have about the camp, it was full of various group and individual games. At 6:00pm there was a Christmas Carol by the volunteers and a Christmas message was delivered by Fr. Shoji Varghese. The session ended at 7:00pm. After that volunteer was developed to 7 groups, each group were allotted their duties for the next day. The day was followed by a variety of cultural activities conducted by group 1.





Anchal, Kerala, India
WWG9+Q3G, near St John's College, Anchal, Kerala
691306, India
Lat 8.927189°
Long 76.917776°
25/12/22 06:57 PM GMT +05:30

SECOND DAY (26/12/2022)

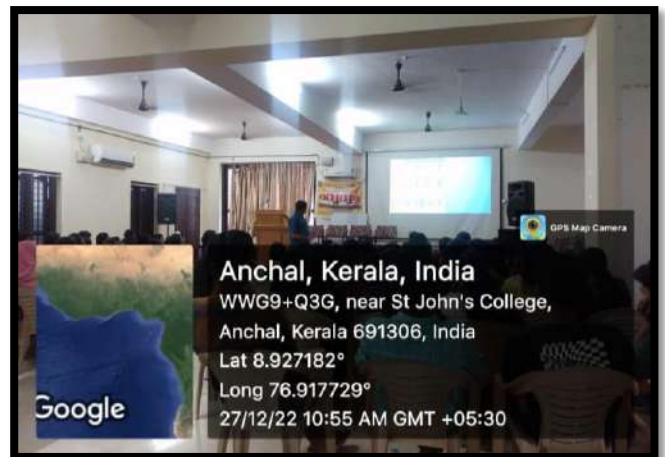
The second day of "Hridiyam 2022" NSS seven-day fellowship camp started at 6 pm sharp with the assembly. Group six led the assembly. After NSS anthem, camp news and report, yoga training was conducted under the leadership of yoga trainer Ayana p Nair. Then the morning section started at 9 am. Based on the topic 'How to become a good leader from an ordinary person', Dr. Nelson p Abraham conducted the class. Afterlunch, the second section started at 2 pm. Vishnu Prakash conducted the class based on the topic 'Soft Skill Development'. He presented the topic in a very simple manner which should be useful for the volunteers in the future. After assigning the tasks for the next day to the groups, the cultural program started at 7 pm. That day also passed through different periods of time.





THIRD DAY (27/12/22)

The 3rd day of 'Hridhyam 2022' NSS 7day Camp started with the assembly of group two. After NSS anthem, Camp news and report, volunteers practiced exercises. The first section started at exactly 9 am. College Botany Department Assistant Professor Jerry C Jackson conducted a class on 'Science, Living Conditions and Environment'. This section was a combination of class and games. After lunch, a medical camp was conducted in the class led by the health department. The medical camp was led by Health Inspector Gopakumar. After that, the groups were given new tasks and the volunteers performed artistic performances with dance and songs. The day ended beautifully.



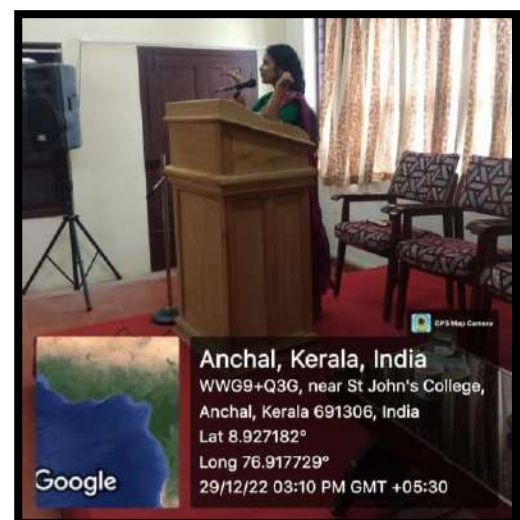
FOURTH DAY (28/12/22)

The 4th day of 'Hridhyam 2022' NSS 7day camp started with the assembly of Group-4. After NSS anthem, camp news and report, 30 minutes yoga practice was conducted. The training was led by yoga trainer Ayana P Nair. Then the morning section started at 9 am. Dr. Sr Ancelet conducted the class on 'Palliative Care Training'. After lunch, the second session started. It was an awareness class against the scourge of drug addiction, which is much discussed in the contemporary society. The second section was led by Excise department officers Hari Lal and Mathew Paul. At 7 pm, a debate was held on the topic of 'Uniform Civil Code' and the volunteers expressed their opinion for and against the issue. After that, the assigned tasks were changed to the groups. The day ended beautifully with classes and discussions on topics that are very important in contemporary society.



FIFTH DAY (29/12/22)

The fifth day of Hridhyam 2022 NSS 7-day Camp started at exactly 6 o'clock. Group-1 led the assembly. Then the assembly started with NSS song. After the report, camp news and thought topic, 30-minute yoga training was conducted, and yoga trainer Ayana P. Nair also led the yoga section. Then the morning section started at 9 o'clock. College Zoology Department assistant professor Josin Tharian led the class related to "sex education" and helped to create awareness among the volunteers. Then the college principal Dr. Cherian John led the class based on the topic of 'Communicative Skills' and the volunteers experienced it effectively. After lunch on "Financial Literacy and Discipline" Smt. Jamila took the class and suggested ways to ensure financial security. After that, the tasks were changed to each group and then all the groups came together to perform a colorful performance



SIXTH DAY (30/12/22)

The 6th day of Hridhyam 2022 NSS 7-day Camp started at exactly 6am with the assembly of Group 3. After NSS anthem, camp news report, volunteers practiced exercises. Then the morning session started at 9 o'clock. Shahjahan conducted a class based on the topic of 'Electrical Literacy'. His was a class that incorporated games in a fun way. After lunch Fr. G Varghese led the class on the topic 'Emotional Intelligence'. Then the campfire started at 7 pm. The day passed by sharing the sweet memories of the camper along with the song.



SEVENTH DAY (31/12/22)

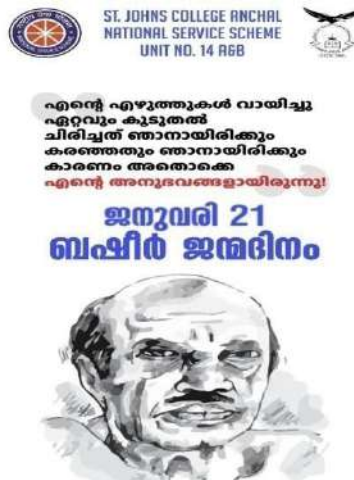
The 7th day of 'Hridhyam 2022' NSS Camp started with assembly at exactly 6 am. After yoga practice, volunteers cleaned the premises. Then from 10 am to 11 am camp review was done and then the closing session started. Voliteer Secretary Akshaya welcomed and College Principal Dr. Sir Cherian John inaugurated and delivered the keynote address. Program Officer Thomas Mohansir and Sunitha Grice Ma'am gave greetings. Volunteer Secretary Arif thanked. Then the camp ended at 1 o'clock with unforgettable memories.





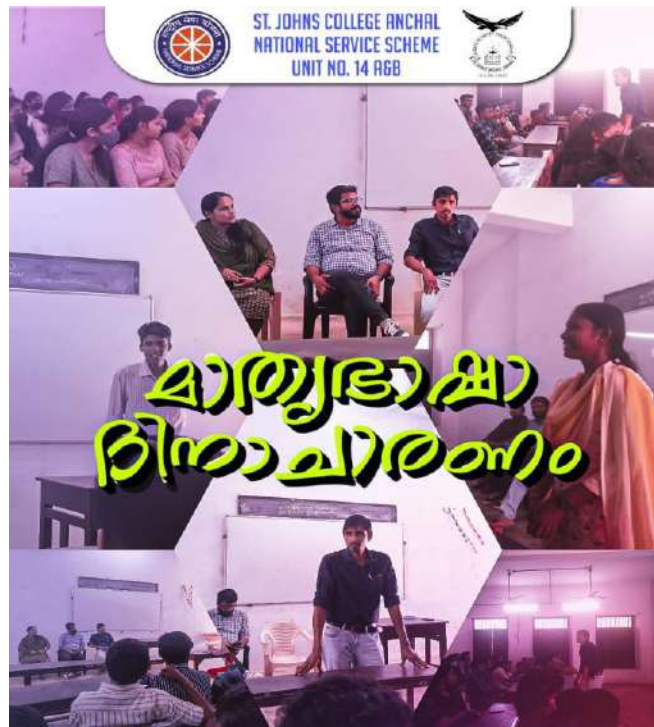
26. BASHEER'S BIRTH ANNIVERSARY DATE: 21 JANUARY 2023

As part of the birth anniversary of K P Muhammed Basheer an essay writing competition was conducted on January 21st as a part of the NSS activity. The winners of the competition were gifted with books written by Basheer. 15 students were participated in the competition.



27. INTERNATIONAL MOTHER LANGUAGE DAY DATE: 21 FEBRUARY 2023

On February 21, as part of International Mother Language Day a lecture on the topic 'Ente Malayalam' was organized by NSS. 100 NSS volunteers were participated in the program. NSS volunteer Anoop M Das welcomed the gathering. The lecture was given by Mr. Shijo v Varghese (Asst.prof,Department of Malayalam). He spoke about the role played by mother tongue in the growth of an individual. He also spoke about the history and origin of the language.The program ended with vote of thanks by NSS volunteer Lathinamol C P.



28. ASAAD SENA UNIT & ANTI-DRUG AWARENESS CLASS

DATE: 26 FEBRUARY 2023

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

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

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

PROGRAMME

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



29. GLOBAL SCIENCE FOR GLOBAL WELLBEING – NATIONAL SCIENCE DAY

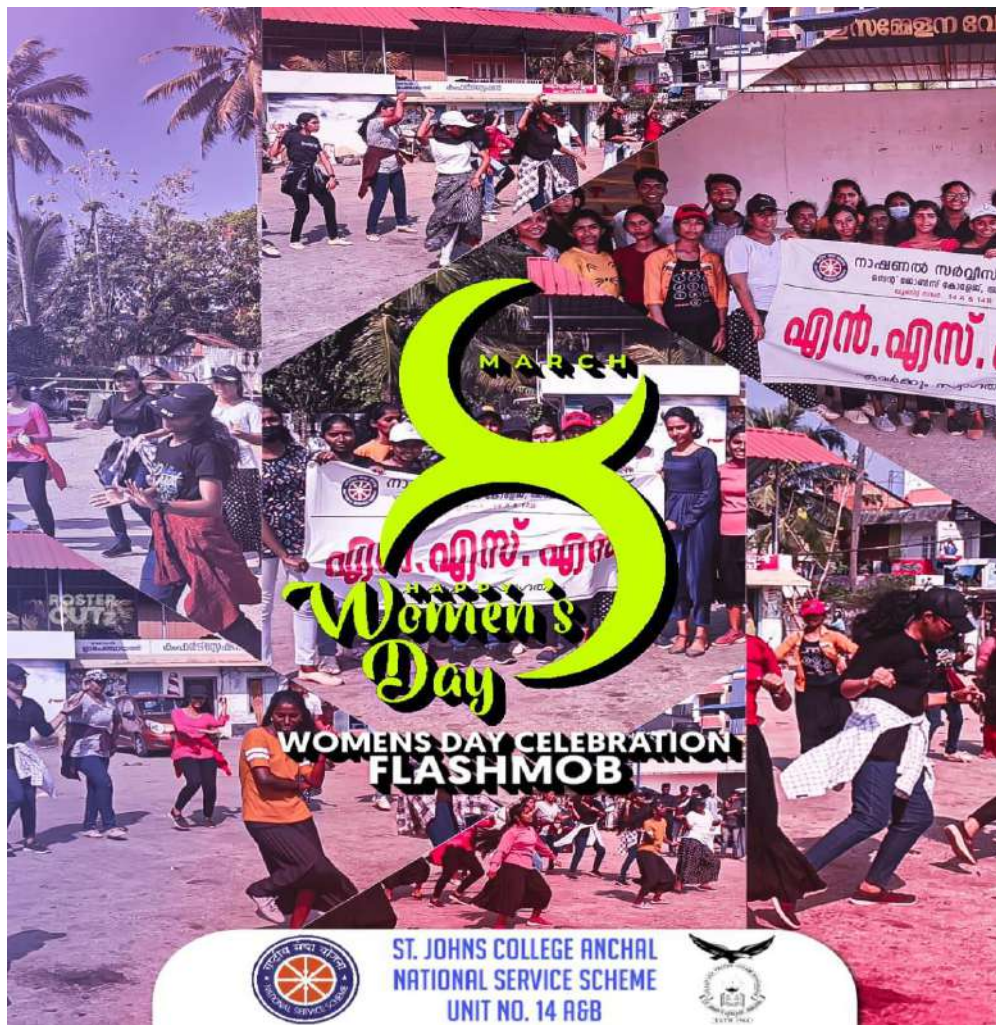
DATE: 28 FEBRUARY 2023

National Science Day was celebrated on February 28 with the theme 'Global Science for Global Wellbeing'. A quiz competition was conducted by NSS unit on that day. 20 students were participated in the program.



**30. FLASH MOB – WOMEN’S DAY
DATE: 8 MARCH 2023**

On International Women’s Day, March 8, 2022 a flashmob was performed by NSS volunteers in market junction, Anchal. NSS program officer Dr.Sunitha Grace Zacharia and volunteer secretary Akshaya R spoke about the importance of celebrating women’s day. They spoke about how events like flash mob empowers women and how dancing body act as the advocate demanding women’s rights. 80 NSS volunteers were participated in the program.



31. SURVEY

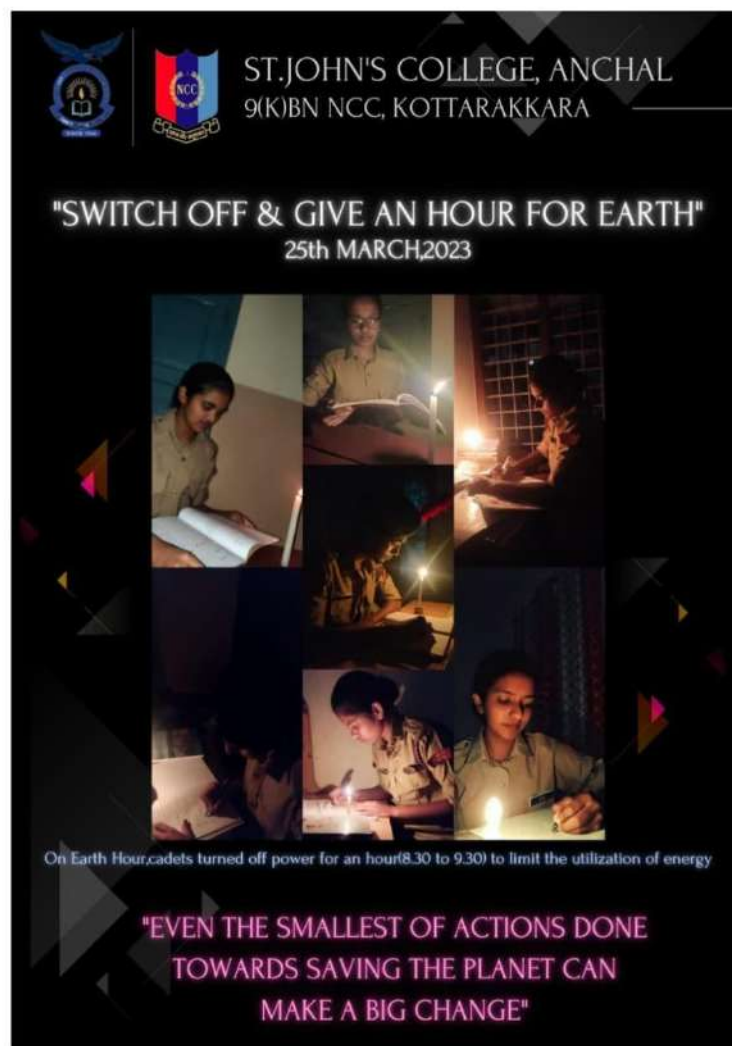
DATE: 25 MARCH 2023

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



32. SWITCH OFF & GIVE AN HOUR FOR EARTH DATE: 25 MARCH 2023

"Even the smallest of actions done towards saving the planet can Make a big change". We can reduce the energy consumption by adopting various ways of energy conservation which includes efficient use of technologies and avoiding energy wastage. On 25th March 2023, cadets of St. John's college, Anchal turned off power for an hour to limit the utilization of energy. This programme shows their commitment towards the environment and to uphold a sustainable living. 98 cadets participated in this programme.



33. HAR GHAR TIRANGA FLAG HOISTING CEREMONY DATE: 28 MARCH 2023

The "Har Ghar Tiranga" flag hoisting ceremony at St. John's College as part of the National Cadet Corps (NCC) is a proud and patriotic tradition. This ceremony exemplifies the strong spirit of discipline, dedication, and service instilled in NCC cadets. The cadets hosted national flag at their houses. The ceremony usually includes the singing of the national anthem, speeches on the significance of the flag and the NCC's role in fostering leadership and patriotism, and the NCC cadets' salute to the flag. 102 cadets participated in this programme.

