

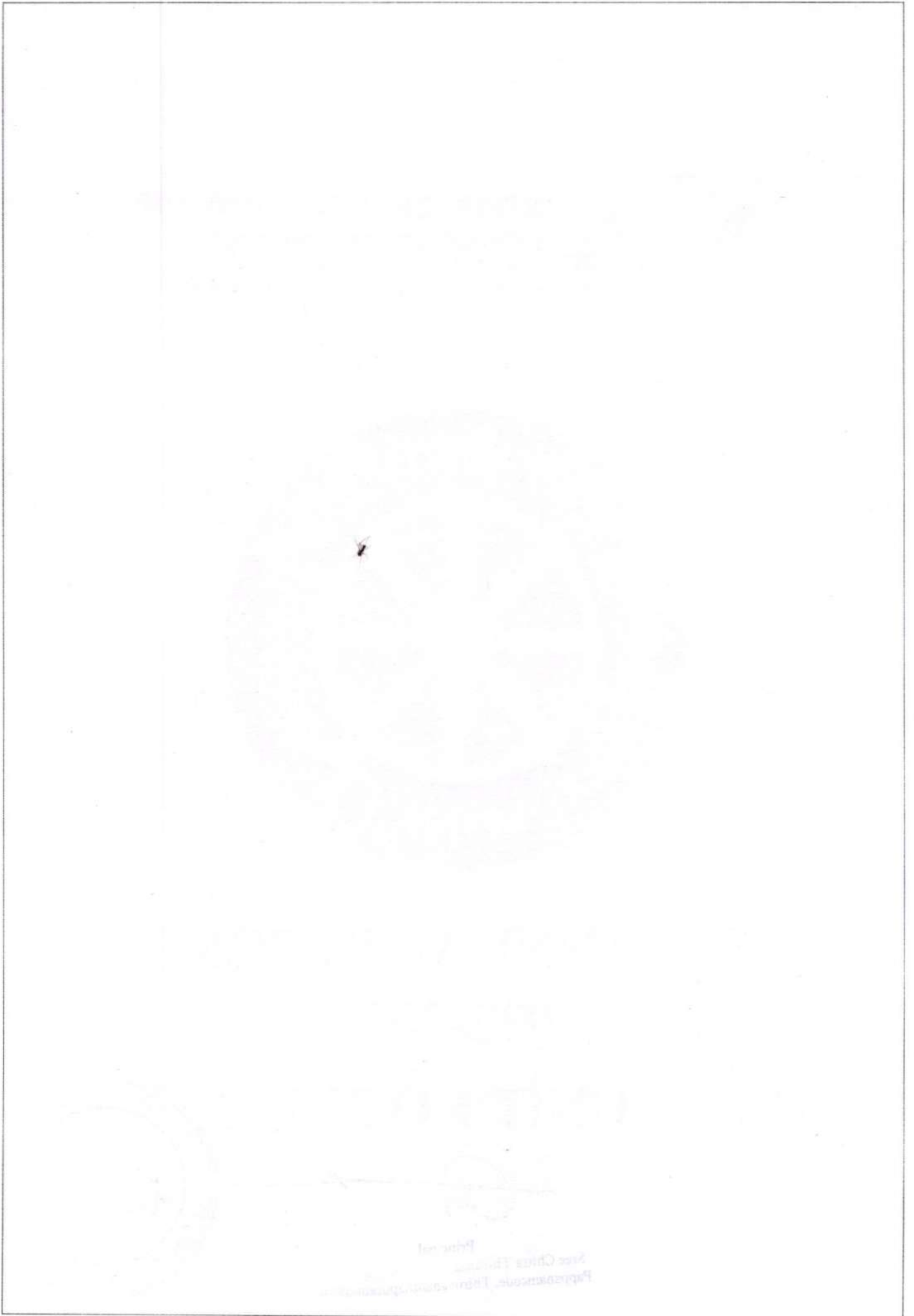


**SREE CHITRA THIRUNAL
COLLEGE OF ENGINEERING**
PAPPANAMCODE, TRIVANDRUM



NSS ANNUAL REPORT

2022 - 23





**SREE CHITRA THIRUNAL
COLLEGE OF ENGINEERING**
PAPPANAMCODE, TRIVANDRUM



**NSS ANNUAL REPORT
2022-2023**

UNIT NO 225

Principal


Sree Chitra Thirunal College of Engineering
Pappanamcode, Thiruvananthapuram-695 018



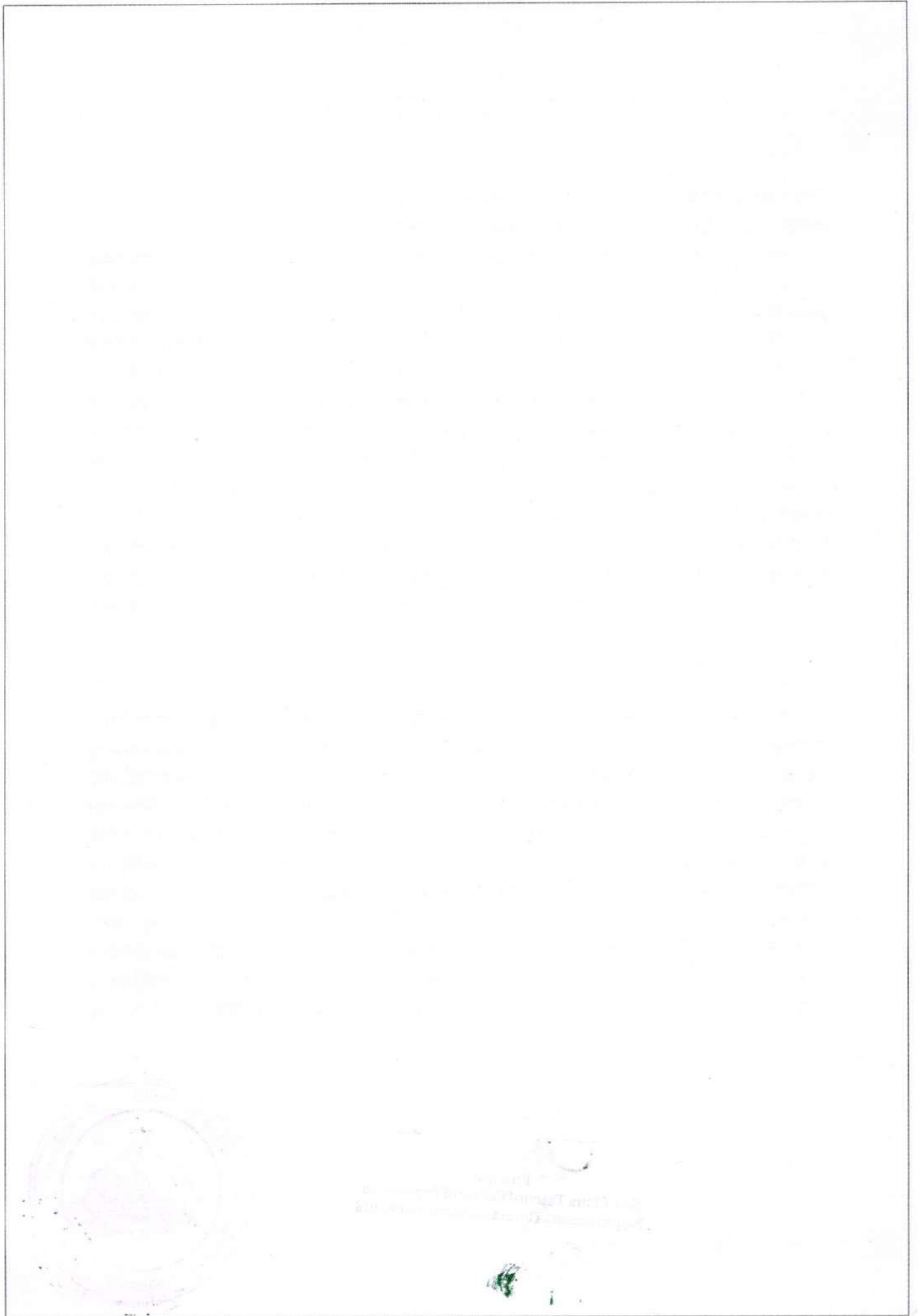
ABOUT NSS SCT UNIT

The National Service Scheme (NSS) at SCT College of Engineering, operating under the Ministry of Youth Affairs & Sports and affiliated with the NSS Technical Cell, Government of Kerala, stands as a beacon of community service and social responsibility. Established in 2009, the NSS unit has flourished both quantitatively and qualitatively, boasting two units with registration numbers 225 and 302 and a volunteer strength exceeding 200. Over the years, the NSS SCTCE has undertaken a diverse array of impactful initiatives, including 'KATHIR' for paddy field cultivation, 'NEYES' for skill development, 'AMRUTAKERALAM' for campus cleaning and tree plantation, and various other projects in collaboration with government departments. The unit's dedication to social causes has not gone unnoticed, garnering recognition through awards such as Best Unit, Best Programme Officer, and Best Volunteer from the Directorate of Technical Education, Government of Kerala, and the State Level Best Volunteer award. The NSS SCTCE has become synonymous with excellence in community service, consistently receiving accolades from various government bodies, institutions, and officials.

The NSS SCTCE's commitment to personality development through community service is exemplified through its multifaceted activities aimed at addressing societal needs. From organizing blood and organ donation camps to participating in international youth exchange programs, the NSS unit at SCT College of Engineering has transcended boundaries in its pursuit of social welfare. The unit's motto, 'Not me But you,' echoes in every initiative, fostering a spirit of selflessness and empathy among the student volunteers. Through residential camps, state camps, district camps, and a myriad of social service activities, NSS SCTCE not only enhances intellectual capabilities but also molds individuals with strong yet compassionate personalities. The unit's legacy of making a positive impact on society and receiving widespread acclaim underscores its role as a catalyst for change and an inspiration for others in the realm of soc.


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ABOUT NATIONAL SERVICE SCHEME

National Service Scheme (NSS) is an Indian government sector and public sector program conducted by the Ministry of Youth Affairs and Sports of the central government. Popularly known as NSS, the scheme was launched in Gandhi's Centenary year in 1969. Aimed at developing student's personality through community service, NSS is a voluntary association of young people in Colleges, Universities and at +2 level working for a campus-community (esp. Villages) linkage.

The idea of National Service Scheme was first proposed by Major General Mr Rao. Later, the University Grants Commission, headed by S.Radhakrishnan officially recommended the introduction of voluntary national service in academic institutions. This idea was again considered by the Central Advisory Board of Education (CABE) at its meeting in January, 1950; after examining the idea and the experiences of other countries in this field, the board recommended that students and teachers should devote time to voluntary manual work. In the draft, the first five year plan adopted by the government in 1952 and the need for social and labour service by Indian students for one year was stressed. In 1958 Jawaharlal nehru in a letter to the chief ministers, considered the idea of social service as a prerequisite for graduation. He directed the Ministry of Education to formulate a suitable scheme for the introduction of national service into academic institutions.

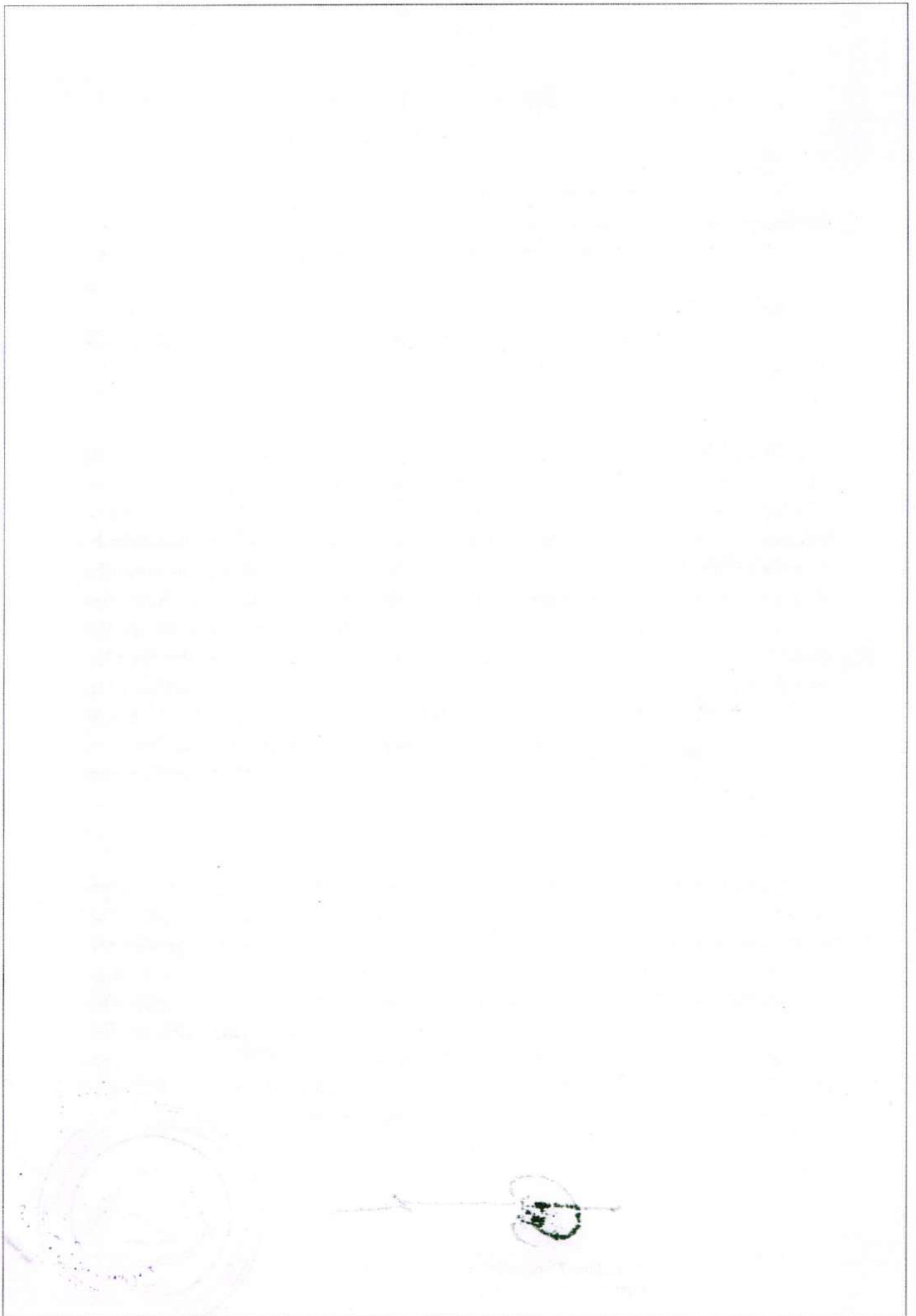
The symbol for the NSS has been based on the giant Rath Wheel of the world-famous Konark Sun Temple (The Black Pagoda) situated in Odisha India. The wheel portrays the cycle of creation, preservation and release. It signifies the movement in life across time and space, the symbol thus stands for continuity as well as change and implies the continuous striving of NSS for social change. The eight bars in the wheel represents 24 hours of a day. The red colour indicates that the volunteer is full of young blood that is lively, active, energetic and full of high spirit. The navy blue colour indicates the cosmos of which the NSS is tiny part, ready to contribute its share for the welfare of the mankind.



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ANNUAL PROFORMA REPORT

Period : 2022 March - 2023 March

Name of the university : APJ KTU

Name of the institution : SCT college of Engineering

Unit NO : 225

Name of the PO : Shri Baji K

1. ACTUAL ENROLLMENT

Male : Female : Total:

	Other category			SC			ST		
	M	F	T	M	F	T	M	F	T
Enrollment									

2. Details of special camp conducted during the month Dec 23

Date:

Venue:

Project:

	OC			SC			ST			TOTAL		
	M	F	T	M	F	T	M	F	T	M	F	T

3. Name of the adapted village : Nemom



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4. Details of activities conducted

NO	Activity/asset	No of units	No of volunteers
1	Blood donation	2	80
2	Plantation	10	20
3	Pulse polio immunization	-	-
4	Eye/health/thalassemia camp	-	-
5	Rallies/camp/pgm	1	80
6	Shramdhan	-	-
7	Self defence training	1	80

5. Participation/organising of major activities

Name of Act	Venue	Date	Participants		
			M	F	T
NIC	Idukki	May 15-25		1	1
Selec:PRE RD	Thrissur Engg clg			1	1
Nature camp	Idukki	May 10-12	20	20	40

6. Special achievements during this year

- Received BLOOD DONATION AWARD for being continuously supporting in volunteerly donations.
- Received SPECIAL MENTION AWARD from RCC for volunteerly blood donations.
- Received SILVER LEVEL AWARD from Insight forum for extraordinary Performance shown towards project ganitham.
- Received TOURISM CLUB special mention award .

(Photographs and certificates are being attached in annexure 1)

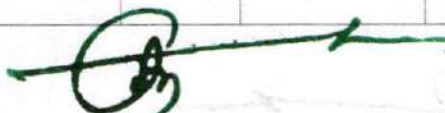


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ACTIVITIES CONDUCTED DURING 2022-2023

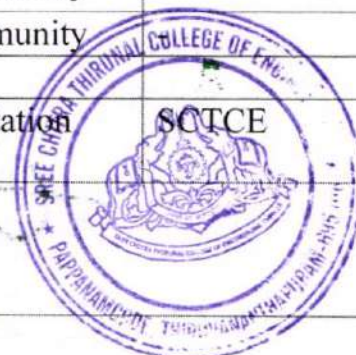
No	Activities	Hours	Date	Type	Venue
1	Yoga session	2	9/5/22	campus	SCTCE
2	Digital poster making	1	19/5/22	campus	SCTCE
3	Independence day	3	15/8/22	campus	SCTCE
4	Campus cleaning	3	24/9/22	campus	SCTCE
5	Electoral LC inaguration	3	28/9/22	campus	SCTCE
6	Camp arrangement	2	21/11/22	Campus	SCTCE
7	Self defence class	2	25/11/23	campus	SCTCE
8	One Camp Quiz	1	5/12/22	campus	SCTCE
9	Republic Day Practice	2	24/1/23	campus	SCTCE
10	Republic day	3	26/1/23	campus	SCTCE
11	Blood donation camp arrangement	2	7/3/23	campus	SCTCE
12	Blood donation camp	4	10/5/22	community	SCTCE
13	Vellayani lake cleaning	3	19/6/22	Community	Vellayani lake
14	PG award ceremony	2	2/7/22	community	Mar ivanious college
15	Kismath food fest	3	30/11/22	Campus	SCTCE
16	Vithura school visit	6	9/7/22	Community	Vithura
17	Drowning prevention day	2	19/7/22	community	Jimmy George stadium
18	State onam cele	3	6/9/22	community	Nishagendhi
19	State onam celebration 2	3	12/9/22	Community	Nishagendhi
20	Vettukadu beach cleaning	2	18/9/22	community	Vettukadu


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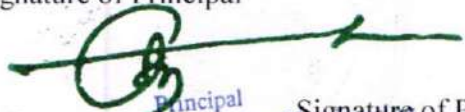
22	Linking Voters ID and Aadhar	6	28/9/22	community	SCTCE
23	Kanthari lake and village cleaning	6	2/10/22	community	Kanthari institute
24	Face changing project	6	14/10/22	community	Aakulam tourist village
25	Walk for freedom	2	15/10/22	community	Kowdiar
26	Kanthari day 2	6	15/10/22	community	Vazhuthacaud
27	Human chain	4	1/11/22	community	Vellayambalam
28	Orphanage visit	2	20/11/22	community	Nirmala shishu bhavan
29	Blood donation camp	4	22/11/22	community	SCTCE
30	Samoochika seva	6	28/2/23	community	East fort
31	Women day pgm	3	7/3/23	campus	SCTCE
32	Project Ganitham	1	1/12/22 to 6/3/23	Community	G meet
	1 PG 1	1		Community	-
	2 PG 2	1		Community	-
	3 PG 3	1		Community	-
	4 PG 4	1		Community	-
	5 PG 5	1		Community	-
	6 PG 6	1		Community	-
	7 PG 7	1		Community	-
	8 PG 8	1		Community	-
	9 PG 9	1		Community	-
	10 PG 10	1		Community	-
	11 PG 11	1		Community	-
	12 PG 12	1		Community	-
	13 PG 13	1		Community	-
	14 PG 14	1		Community	-
	15 PG 15	1		Community	-
	16 PG 16	1		Community	-
33	Session on blood donation	3	7/5/22	orientation	SCTCE


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34	Session on imp of climate change	3	11/6/22	Orientation	SCTCE
35	NSS day session	3	24/9/22	Orientation	SCTCE
36	Kanthari intro session	2	2/10/22	Orientation	Kanthari institute
37	Vigilance awareness	2	21/10/22	Orientation	SCTCE
38	PG training 1	3	5/11/22	orientation	Technopark
39	PO orientation	2	17/11/22	orientation	SCTCE
40	Rudhirasena	2	18/11/22	Orientation	SCTCE
41	Kanthari function	3	17/12/22	Orientation	Kanthari institute
44	Survey	6	1/12/22	Community	Kamaleswaram
45	Survey	6	3/12/22	Community	Kamaleswaram
46	Survey	6	4/12/22	Community	Kamaleswaram
47	Survey	6	17/12/22	Community	Kamaleswaram
48	Blood donation camp	4	8/3/23	Community	SCTCE
49	PG training 2	3	10/2/23	Orientation	Technopark
50	Energy cell orientation	2	2/3/23	Orientation	SCTCE
51	NRPF orientation	2	11/3/23	Orientation	SCTCE
52	Kismath preparation	3	30/11/22	Campus	SCTCE
53	Womens day pgm	2	8/3/23	Campus	SCTCE
54	Campus cleaning	3	11/3/23	Campus	SCTCE
55	Project Ganitham closing ceremony	2	4/4/23	Community	Mar baselious
56	Mid night fun run IWD'23	2	8/3/23	community	SCTCE

Signature of Principal



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Signature of Program coordinator

Signature of Program officer



DETAILED REPORT

CAMPUS

ACTIVITY NO - 01

BLOOD DONATION CAMP ARRANGEMENT

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	09/05/2022	70	Campus

"NOT ALL HEROES WEAR CAPES. SOME JUST DONATE BLOOD"

-Unknown

PROGRAM AIM – To Successfully organize a blood donation camp at Sree Chitra Thirunal College of Engineering ensuring a smooth and efficient process.

PROGRAM SUMMARY- Blood donation is a noble cause that extends beyond personal gain, as each donation has the potential to be a gift of life, symbolising compassion and a commitment to the welfare of others. Donating one unit of Blood can save up to 4 lives.

NSS SCTCE unit gives very much importance to blood donation by conducting blood donation camp twice a year and also giving awareness campaigns and orientation on voluntary blood donation.

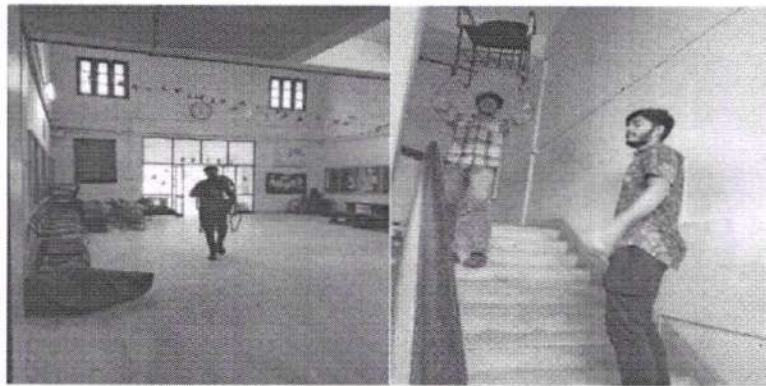
At the NSS meeting conducted last month the members have decided to conduct a blood donation orientation Camp. After the discussion with the PO and principal we have decided to conduct the same on 9th May 2022 (permission copy is attached in the annexure file).



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Successfully organizing a Blood Donation Camp requires a lot of coordination and Commitment. The Blood donation camp arrangement activity mainly focused on hiring compassionate volunteers to handle donors, setting up donation stations, and managing the overall flow of the Blood donation camp.

The Volunteers borrowed our Seminar Hall for the day and arranged the beds with the desks from the library in the seminar Hall. The volunteers set up a registration desk outside the Seminar hall to register the donors and provide them with proper information regarding the blood donation criteria. Food for the people from the medical department and refreshments for the generous donors were also arranged.

OUTCOME – The Volunteers gained valuable organizational and teamwork skills from organizing the blood donation camp, fostering a sense of community engagement and deeper understanding of the impact their efforts can have on public health.


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ACTIVITY NO - 02

YOGA SESSION

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	14/05/2022	30	Campus

"YOGA IS THE JOURNEY OF THE SELF, THROUGH THE SELF, TO THE SELF"


-Unknown

PROGRAM AIM – To provide a space for stress relief, improved concentration, and overall mindfulness, empowering volunteers to navigate academic challenges with calmness and resilience through yoga.

PROGRAM SUMMARY- Yoga is an ancient practice from India that combines physical poses, controlled breathing, and meditation. It helps improve flexibility, strength, and mental well being. By emphasizing mindfulness, it also reduces stress and promotes a balanced and healthier lifestyle.

NSS SCTCE Unit prioritizes the well being of its volunteers and others by focusing on both mental and physical health, fostering a holistic approach to overall wellness within the community.

At the NSS Meeting conducted last week the members have decided to organise a yoga session. After Discussing with PO and the Principal we have decided to conduct the same on 14 May 2022. The session was handled by Rejimon Sir. By 8.30AM all the volunteers assembled on the main Ground of the college.


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Proper instructions were given to the volunteers by the Yoga instructors and various forms of asanas were then thought to the volunteers which included the Mountain Pose (Tadasana) to build strength, Tree pose(Vrikshasana) for balance, Hastapadasana for enhancing blood circulation and Kapalbhathi for breathing. The session also taught the volunteers about meditation and its importance. Incorporating diverse practices like above, the yoga session concluded by providing refreshments to the volunteers and leaving them with a renewed sense of physical vitality, mental clarity, and a serene connection between mind and body.



OUTCOME – The volunteers gained a profound understanding of the significance of yoga as a program outcome. recognizing the importance of this ancient practice, participants developed an awareness of its positive impact on both physical and mental well being. Through active engagement in various yoga sessions, Volunteers not only grasped the value of cultivating flexibility and strength but also comprehended the crucial role yoga plays in promoting inner balance and mindfulness.


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ACTIVITY NO - 03

DIGITAL POSTER MAKING COMPETITION

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
Online	19/05/2022	20	Campus

"YOU CAN DO WHAT I CANNOT DO, I CAN DO WHAT YOU CANNOT DO. TOGETHER WE CAN DO GREAT THINGS"

- Mother Teresa

PROGRAM AIM – To Capture the spirit of 21st-century technological advancements through a digital poster that highlights the creative contributions of volunteers in shaping a connected, innovative, and sustainable future.

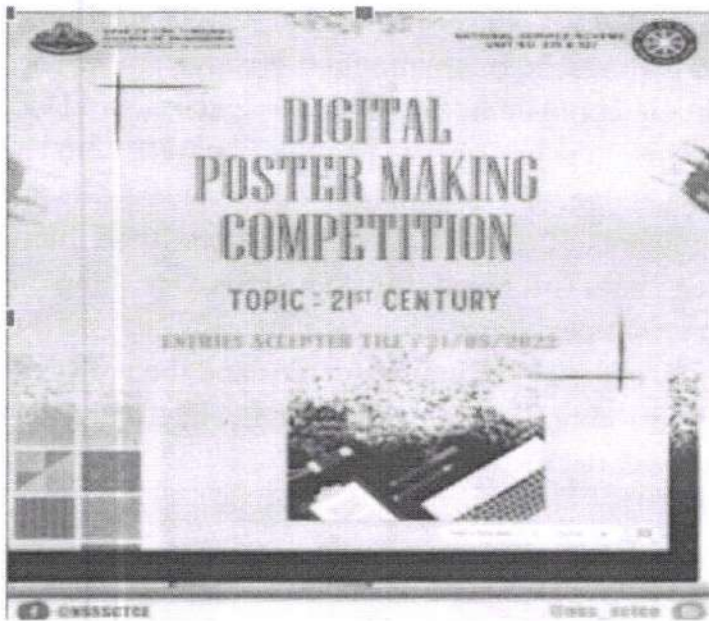
PROGRAM SUMMARY- Creativity is the catalyst that transforms the mundane into the extraordinary, allowing individuals to approach challenges with fresh perspectives. It is the heartbeat of innovation, driving progress in every facet of life, from arts and sciences to business and personal endeavors. By nurturing creativity, volunteers cultivate adaptability and resilience, unlocking novel solutions to complex problems. In essence, creativity is a dynamic force that enriches lives, fostering self-expression, open-mindedness, and the continuous pursuit of excellence. Embracing creativity not only enhances individual fulfillment but also contributes to the collective tapestry of human achievement and advancement in the world.

Creativity of the volunteers is one of the fundamental factors that drive NSS SCT Unit to its utmost expression. By engaging the volunteers in a world of creativity not only transforms the oneself but also the whole unit and its services.

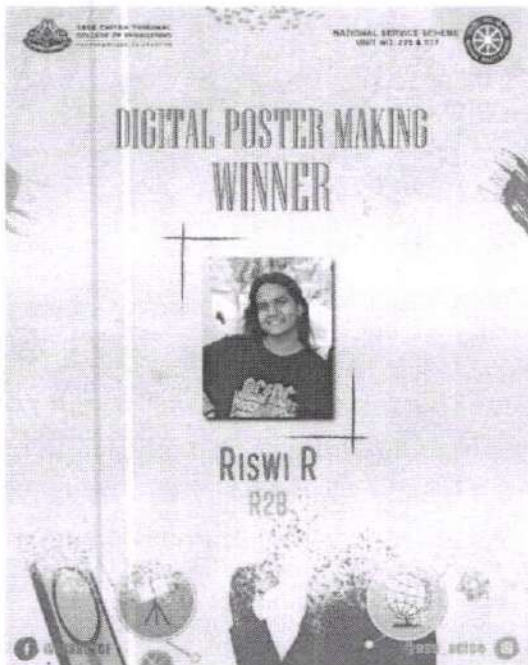


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At the NSS meeting conducted last month the members have decided to conduct a digital Poster making challenge on the topic “21st Century” to boost the creativity of volunteers. After the discussion with the PO and principal we have decided to conduct the same on 19th May 2022.




The Poster making competition was made an online event to maximise the utilisation of creativity and resources. Volunteers were challenged to channel their creativity and skills within a strict one-hour time frame to accomplish their tasks. Within this limited time frame, they were encouraged to unleash their innovative


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thinking and apply their unique skills to produce meaningful results. The time constraint served as a catalyst for volunteers to tap into their creative reservoirs, pushing the boundaries of what they could achieve within the given hour. This challenge not only showcased the volunteers' ability to think creatively under pressure but also highlighted the value of combining their diverse skills to efficiently complete their assignments. In essence, the one-hour time limit became an arena for the convergence of creativity and skills, resulting in impactful and time-bound contributions from the volunteers. The active participation of volunteers gave the event a resounding success and the prepared work by volunteers was collected through google files for evaluation. After evaluation, Riswi R, of R2B was declared the winner.

OUTCOME – The Digital Poster Making Competition on the Topic 21st Century was a captivating display of Creativity. Within the constrained time frame of one hour, volunteers ingeniously conveyed the transformative impact of technology on society. Their entries not only showcased a profound understanding of the theme but also demonstrated the ability to weave imaginative narratives into visually compelling designs. The winning posters stood out for their innovative approach, effectively capturing the interconnectedness, innovation, and sustainable progress emblematic of the 21st century.


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ACTIVITY NO – 04

INDEPENDENCE DAY

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	15/08/2022	40	Campus

"IF YOUR BLOOD DOES NOT RAGE, THEN IT IS WATER THAT FLOWS THROUGH YOUR VEINS. FOR WHAT IS THE FLUSH OF YOUTH IF IT IS NOT OF SERVICE TO THE MOTHERLAND"

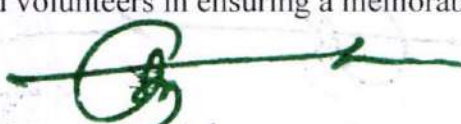
Chandra Shekhar Azad

PROGRAM AIM – To Achieve a meaningful and inclusive celebration of India's 76th Independence day through patriotic activities, community engagement and fostering a sense of unity among volunteers, emphasizing the spirit of freedom, service and social responsibility.

PROGRAM SUMMARY- Independence day is celebrated annually on 15th August in India Commemorating the nation's Independence from The British Colonial rule on 15th August 1947. India's gaining of independence was a tryst with destiny, as the struggle for freedom was a long and tiresome one, witnessing the sacrifice of many freedom fighters, who laid down their lives on the line.

NSS SCTCE joyously marked the nation's 76th Independence day with spirited celebrations. The volunteers came together to commemorate the significant occasion, expressing their patriotism through various activities and events. The festivities commenced with a solemn flag-hoisting ceremony, a poignant moment that marked the beginning of the event. Following the raising of the national flag, an inaugural speech by the principal unfolded, setting a meaningful tone for the celebration. The speaker's words echoed with resonance, infusing the gathering with a profound sense of purpose and significance. Subsequently, a moving rendition of a patriotic song captivated the audience, fostering a collective spirit of national pride.

As the musical tribute subsided, the focal point shifted to a meticulously coordinated parade, orchestrated with precision by dedicated volunteers. The parade showcased a display of unity and patriotism, with volunteers marching in synchronized steps, their enthusiasm palpable. The carefully planned sequence of events not only symbolized the reverence for the nation's independence but also highlighted the collaborative effort of the organizers and volunteers in ensuring a memorable and impactful celebration.


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In celebration of this auspicious day, the participation of both the Sub-inspector and ward councilor added to the significance of the event. The Sub-inspector and the ward councilor actively joined our gathering, contributing to the festive atmosphere. Their presence underscored the collective importance of commemorating the special day, bringing a sense of community involvement to the celebratory occasion.

Concluding the Independence Day celebration on a sweet note, the festivities wrapped up with the joyous distribution of sweets. As a symbol of shared happiness and camaraderie, the act of distributing sweets served as a fitting conclusion to the day dedicated to honoring the nation's independence. The sweet gesture marked the end of the celebratory event, leaving participants with a lingering sense of unity and patriotism.




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OUTCOME – The culmination of the aforementioned program yielded a resonant sense of unity and patriotic fervor among the participants. The carefully orchestrated events, from the flag-hoisting ceremony to the distribution of sweets, created a collective atmosphere of celebration and pride. The program's outcome was not only a memorable observance of Independence Day but also a testament to the community's shared commitment to honoring and cherishing the nation's freedom.



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ACTIVITY NO - 05

NSS DAY CAMPUS CLEANING

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	24/09/2022	50	Campus

"DON'T GET ANYTHING CLEAN WITHOUT GETTING SOMETHING ELSE DIRTY"

-Cecil Baxter

PROGRAM AIM – To raise awareness about the importance of social and environmental impacts and encourage NSS SCTCE members to contribute to the environment.

PROGRAM SUMMARY- A clean environment has been a question of Importance and has grabbed a lot of attention lately. People are now gaining insight and becoming aware of the importance of a clean environment as it is important for a healthy life and a safe future

NSS SCTCE unit gives very much importance to environmental cleaning. Regular cleaning not only ensures the physical hygiene of the premises but also contributes to the psychological well-being of students and staff. The campus cleaning not only improves the physical environment but also fosters a culture of service and community engagement

At the NSS meeting conducted last month the members have decided to conduct a campus cleaning activity on the behalf of NSS day celebrations. After the discussion with the PO and principal we have decided to conduct the same on 24th September 2023.



Principal

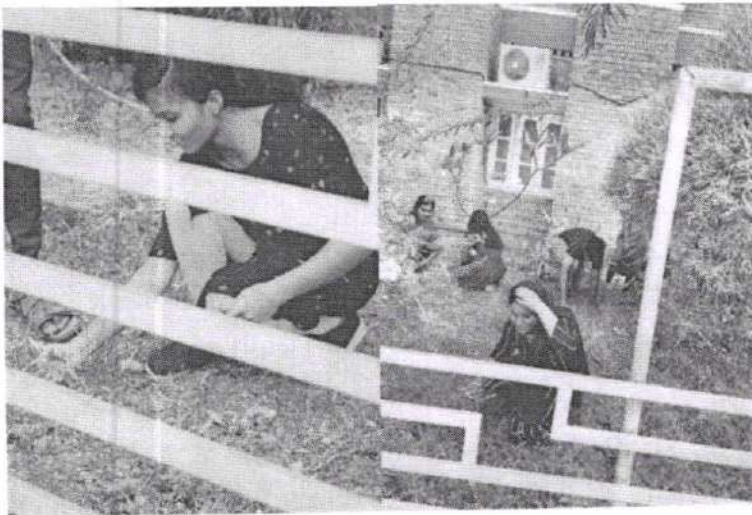
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NSS Day serves as a reminder of the importance of volunteerism and community service in building a socially conscious and responsible citizenry. It provides an opportunity for NSS volunteers to reflect on their collective efforts and celebrate their commitment to making positive contributions to society

During campus cleaning activities, refreshments are provided to participants as a way to show appreciation for their efforts, boost morale, and encourage teamwork. Providing refreshments not only ensures the well-being of participants but also adds a positive and enjoyable element to the campus cleaning experience.



OUTCOME – The activity promotes a sense of civic duty and social responsibility among the volunteers. The campus cleaning conducted by NSS not only improves the physical environment but also fosters a culture of service and community engagement


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ACTIVITY NO - 06

ELECTORAL LITERACY CLUB INAUGURATION

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	28/09/2022	50	Campus

"THE BALLOT IS STRONGER THAN THE BULLET"

-Abraham Lincoln

PROGRAM AIM – To promote awareness, understanding and active participation in the electoral process among the volunteers and the community

PROGRAM SUMMARY- The inauguration of an Electoral Literacy Club aims to promote awareness and active participation in the electoral process. Key objectives include educating members about voting procedures and electoral laws, encouraging voter registration, fostering civic responsibility, engaging youth in the democratic process, addressing misinformation, building a voter community, celebrating democratic values, collaborating with election authorities, conducting outreach programs, and promoting ethical and inclusive elections. The club serves as a platform for ongoing activities to achieve these goals.



Engaging youth in elections is crucial for a vibrant democracy. NSS SCTCE has taken the initiative to involve the presence and create awareness in the young minds. The goal is to empower young people to actively participate in shaping their communities and influencing policies that impact their lives.


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At the NSS meeting conducted last month the members decided to start an ELECTORAL LITERACY CLUB. After the discussion with the PO and principal we have decided to conduct the same on 28th September 2022.

Electoral Literacy Club was formed in SCTCE and was inaugurated by the officers of Election commission. ELC works to educate the future voters about enrolment, and other electoral processes like EVM/VVPAT. NSS volunteers helped the college staff and students in linking their Voter ID and Aadhaar card. The volunteers were able to collect and complete more than 200 entries.



OUTCOME – NSS SCTCEs Electoral Literacy Club yields positive outcomes including increased voter awareness and registration, enhanced civic engagement, empowerment of youth in politics, effective misinformation mitigation and promotion of democratic values.

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ACTIVITY NO - 07

BLOOD DONATION CAMP ARRANGEMENT

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCT College of engineering		30	Campus

"DONATE YOUR BLOOD FOR A REASON, LET THE REASON TO BE LIFE"

-Unknown

PROGRAM AIM – To raise awareness about the importance of blood donation and encourage NSS SCTCE members to contribute to this noble cause.

PROGRAM SUMMARY- Blood donation is a noble and significant act, as blood is essential for sustaining life. Donating just one unit of blood has the potential to save up to four lives, highlighting the profound impact a single contribution can make to the well-being of others.

NSS SCTCE unit gives very much importance to blood donation by conducting blood donation camps twice a year and also giving awareness campaigns and orientation on voluntary blood donation .

Organizing a successful blood donation camp involves thorough pre-event planning, securing permissions, arranging logistical support, ensuring medical assistance, implementing efficient donor registration, prioritizing donor comfort, providing refreshments, recruiting and training volunteers, maintaining proper documentation, and planning post-event activities. A well-coordinated effort ensures a smooth and effective blood donation camp, contributing to the noble cause of saving lives through blood donation.

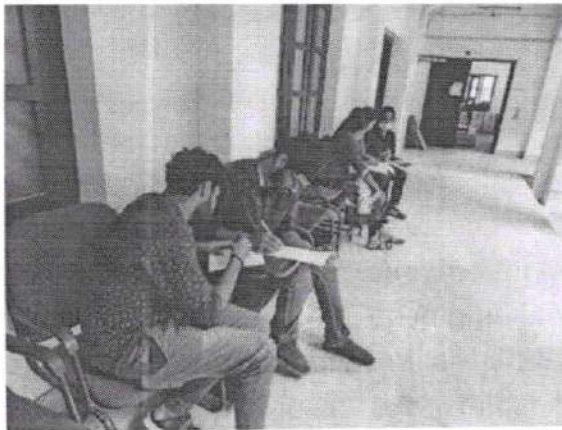


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As part of the blood donation camp, NSS SCTCEs volunteers and PO has decided make the necessary arrangements for the camp. NSS SCTCE has arranged our indoor seminar hall for the upcoming blood donation camp on 21/11/2022. We the volunteers borrowed our seminar hall for the day and arranged the beds with our desks from the library in the seminar hall. We also set up a registration desk outside the hall and also provided the donors with the proper information about the blood donation criteria. Food for the medical department people and refreshments for the donors were also arranged.



OUTCOME – Volunteers realized the value of blood and the need for blood donation. Well documented arrangements and positive outcomes contribute to public relations, community support, and a lasting legacy of health awareness and altruism


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ACTIVITY NO - 08

SELF DEFENSE CLASS FOR GIRLS

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	25/11/2022	40	Campus

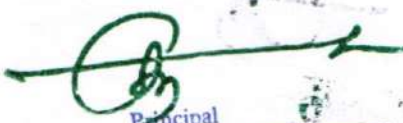
"BREAK THE SILENCE"

-Unknown

PROGRAM AIM – To raise awareness about the widespread prevalence of violence directed at women globally and to mobilize efforts to combat and eliminate such violence.

PROGRAM SUMMARY- The elimination of violence against women involves a multifaceted approach, including strengthening legal frameworks, promoting education and awareness, establishing support services, engaging communities, empowering women economically and socially, advocating for workplace policies, ensuring accessible healthcare, fostering international cooperation, improving data collection, addressing cultural norms, reforming the judicial system, implementing prevention programs, and promoting women's leadership. A comprehensive strategy is essential to create a society free from gender-based violence.

Self-defense classes for girls aim to empower them to prevent and respond to violence effectively. Involvements include teaching physical techniques, promoting situational awareness, emphasizing personal safety strategies, assessing and minimizing risks, educating on consent and assertiveness, fostering mental strength, practicing verbal de-escalation, simulating scenarios through role-playing, conducting educational workshops, building support networks, enhancing confidence, providing continuous training, raising awareness of legal rights, offering crisis intervention guidance, and encouraging community engagement. These classes contribute to equipping girls with practical skills, confidence, and a proactive mindset for personal safety and empowerment.


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Girls demonstrate bravery in the face of violence through assertiveness, self-defense skills, resilience, reporting incidents, supporting others, seeking help, advocacy, educating others, resisting pressure, expressing emotions, community leadership, contributing to resilient communities, pursuing education, finding innovative solutions, and championing gender equality. Their actions contribute to combating violence and fostering safer and more equitable environments.

At the NSS meeting conducted last week the members have decided to conduct a self defense class for girls. After the discussion with the PO and Principal we have decided to conduct the class on 25th November 2022, International day for the elimination of violence against women.



International Day for the Elimination of Violence Against Women' NSS-SCTCE and Women's Forum joined hands to conduct self-defence classes to train young women in self-defence The session was handled by Ms Radhika Boxing national medalist of fame and NSNIS-certified boxing coach. The session began around 4 pm and everybody assembled in the drawing hall of SCTCE. The session covered all the necessary self-defence moves and all the volunteers took this opportunity to learn and improve. The session was a really good opportunity for our volunteers



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OUTCOME – Self-defense classes for girls yield outcomes such as empowerment, increased confidence, and practical skills to respond to potential threats. The training fosters a sense of community, awareness of legal rights, and positive mental health, contributing to a proactive mindset and an empowered approach to personal safety. Overall, these classes equip girls with lifelong skills, resilience, and the ability to prevent victimization.



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HIROSHIMA REMEMBRANCE DAY

Venue	Date: 06/08/2020	No. of Participants	Type of Activity
Google meet	Time: 10am-12pm Duration: 2 hrs.		Campus


DETAILS

"If I had foreseen Hiroshima and Nagasaki, I would have torn up my formula in 1905"

-Albert Einstein



August 6, a reminder of the day when a nuclear weapon used during an armed conflict took lives of human race, razing a city to the ground. Hiroshima day 2020 marks the 75th year of walking the path of an atomic bomb. It commemorates the remembrance of the attack on Hiroshima and Nagasaki by the United States during World War 2 in 1945. On 06/08/2020 NSS SCTCE organized an Origami Crane Making Session, through the online platform Google meet from 10am to 12pm. The session was handled by the Ex-Volunteer secretaries Madhav Sankar and Sanjay Krishnan, in remembrance of Sadoko Sasaki, a girl victim of the atomic bombing. The NSS volunteers joined their hands and made the day with colorful origami.



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MY TREE CHALLENGE-PHASE 3

Venue Home activity	Date: 05/08/2020 Time: Duration: 2 hrs.	No. of Participants	Type of Activity Community
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DETAILS

"He that plants trees loves others beside himself."

-Thomas Fuller

#mytreechallenge



@nss_sctce
Phase 3

On 5th August 2020, NSS SCTCE conducted a program 'My Tree Challenge' as a continuation of World Environment Day programs. The program was conducted to create awareness among people about a simple thought that is "If you want to breathe healthy in future, then start planting." The NSS volunteers joined their hands to make Earth greener and their works were posted on social media for spreading the thought. Our work is far from done still continuing the effort to save our Mother Earth.



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VOYAGE FOR LIFE

Venue	Date:01/08/2020 Time:5pm to 7pm Duration:2 hrs.	No: of Participants	Type of Activity
Google Meet			Campus

Details

"Travel....

As much as you can.... As far as you can.... As long as you can....

Life's not meant to be lived in one place, it leaves you speechless, and then it turns you into a story teller"

-Anthony Bourdain



The volunteers of NSS SCTCE organised an interactive travel experience sharing session 'Voyage For Life' on 01/08/2020 from 5 pm to 7 pm through the online platform Google meet .The interactive session was handled by Mr. KM Jubeesh(Travel enthusiast, photographer) & Mr.Christy K Tom (Adventure traveller, Decathlon Mountain Sports Dept.).The session was very interesting as it was a new theme to the volunteers and it made an impact on the volunteers as the whole world is stuck in covid 19 pandemic.

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PHOTOGRAPHY CONTEST: JEWELS OF NATURE

Venue	Date: 30/07/2020 Time: Duration: 2hrs.	No: of Participants	Type of activity
Online			Community

Details

"Look deep into nature, and then you will understand everything better."

-Albert Einstein



NSS SCTCE unit number 225 and 527 in association with APJ Abdul Kalam Technical University NSS Cell have successfully conducted an online state level photography competition based on the topic Jewels of nature as part of World nature conservation day. The unit received 164 entries in and around Kerala. The participants were allowed to send entries from July 23 to July 30th. The criteria for selection was that it should stick to the topic 'Jewels of nature' which aims to capture the beauty of nature and the image should be original. Our judge was Razal Riyaz, a Mechanical engineering student at TKM Engineering College, Kollam. His seven years of hard work go a long way in being selected as the winner of the "Wild India Contest" jointly organized by the Animal Plant and the Discovery Channel. Razal's photo was previously published by National Geographic in 2019 under the title "Sunrise Canoe Ride" on Munroe Island, Kollam. His photos had also appeared on the official pages of multinational companies such as "Royal Enfield".

The winners of the competition are the following:

Rohit Pratap Nair from Basilius College Kottayam securing the first prize of ₹500, Sarathlal S M from ACE college of engineering Thiruvananthapuram securing the second prize of ₹300 and Anzil Mohammed Ansar from Sree Chitra Thirunal College of Engineering Thiruvananthapuram securing the third prize of ₹200


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INDEPENDENCE DAY

Venue	Date: 15/08/2020	No. of Participants	Type of Activity
SCTCE	Time: 8:30am-9:30am Duration: 1 hrs.		Campus

DETAILS

"Every citizen of India must remember that he is an Indian and he has every right in this country but with certain....duties"

-Sardar Vallabhbhai Patel



Jai Hind! To our freedom fighters, to our soldiers, to our heroes of the nation, they are the reason we are still alive, and we will never forget their sacrifice. NSS SCTCE organized and celebrated 74th Independence Day on 15/08/2020. The flag hoisting ceremony was done at the college by our Academic Dean Jayasudha in the presence of the college staffs, volunteers and the ceremony was conducted by maintaining social distance and have took all the precautions. The day was filled with patriotic spirit. It was a time to value our nation and never forget the sacrifices from those who gave us freedom.

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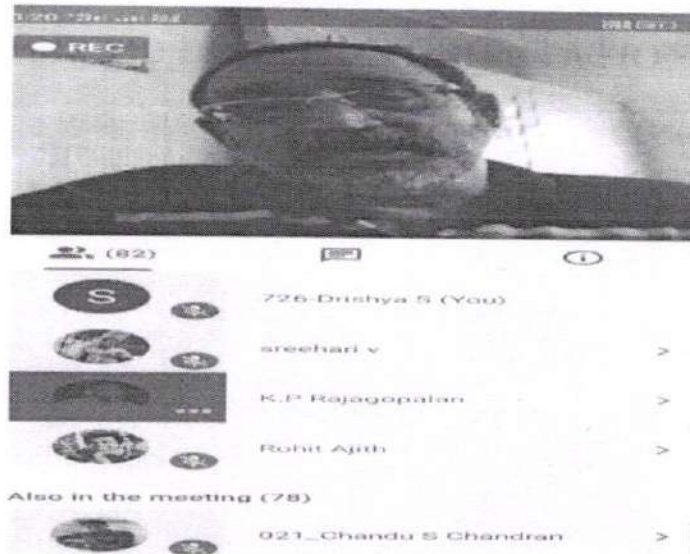
BLOOD DONATION ORIENTATION

Venue	Date:22/07/2020 Time:3pm to 5 pm Duration:2 hrs.	No: of Participants	Type of activity
Google meet			Orientation

Details

"Giving is not just about making a donation it is about making a difference"

-Kathy Calvin



NSS SCTCE organised an orientation programme on 22/07/2020 from 3 p.m. to 5 p.m. through the online platform Google meet .The program was on the topic "importance of blood donation in covid era" and was presented by KP Rajagopalan (National president federation of Indian blood donors organisation and vice president of all Kerala blood donors society) who started voluntarily blood donation and promotion movement from 1973 onwards. As the lockdown was lifted in phase, need to blood arose but the reluctance of voluntary donors to donate caused acute blood shortage. The aim of the session was to make our volunteers aware about the importance of voluntary blood donation in a critical situation and to be a responsible person of the society.



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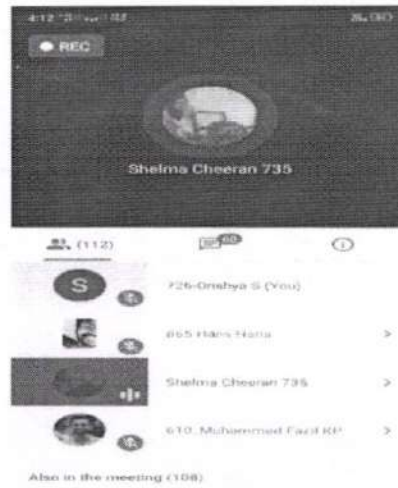
INDEPENDENCE DAY INTERACTIVE SESSION

Venue	Date: 15/08/2020	No. of Participants	Type of Activity
SCTCE	Time: 3pm-6pm Duration: 3 hrs.		Campus


DETAILS

"May the sun in his course visit no land more free, more happy, more lovely, than this our country"

-Sardar Bhagat Singh



NSS SCTCE organized and celebrated 74th Independence Day on 15/08/2020. In addition to this NSS SCTCE conducted an interactive session from 3pm to 6pm in which the present volunteers and ex volunteers of NSS SCTCE shared their experience from NSS programs. The session was very interesting and it recollects the beautiful memories of NSS which lasts lifelong. The session very effective and it was a good place for collaboration. The experience of someone became knowledge for others. The day was filled with patriotic spirit. It was a time to value our nation and never forget the sacrifices from those who gave us freedom.


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INDEPENDENCE DAY: POEM WRITING COMPETITION

Venue	Date: 16/08/2020 Time: Duration: 2 hrs.	No: of Participants	Type of Activity
Online			Campus

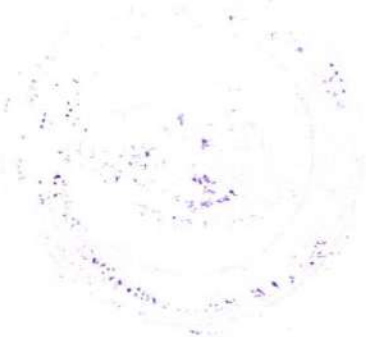
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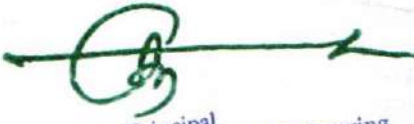
"We want deeper sincerity of motive, a deeper courage in speech and earnestness in action."

-Sarojini Naidu



NSS SCTCE organized and celebrated 74th Independence Day on 15/ 8 /2020 In connection with the day our volunteers conducted a poem writing competition in Malayalam language and the theme of the competition was 'crushed chains' which itself gives the energy and reminds the efforts of our freedom fighters. The program helped our participants to sift the sand of their experience for new glimmers of insight and made them realize that shaping a stanza from start to finish can teach them to have fun with language in totally new ways. It also helped our volunteers to express their views and thoughts in a creative way and it took the form of words.




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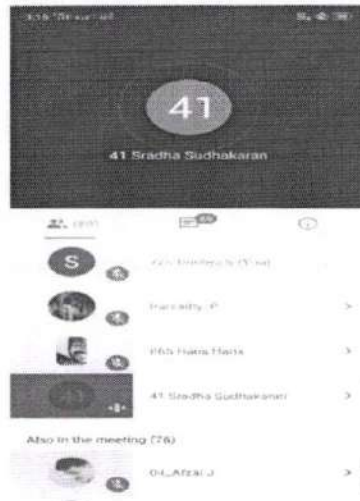
FRIENDSHIP DAY INTERACTIVE SESSION

Venue	Date: 04/08/2020	No. of Participants	Type of Activity
Online	Time: 3pm-6pm Duration: 3 hrs.		Campus

DETAILS

"Some people arrive and make such a beautiful impact on your life; you can barely remember what life was like without them"

-Anna Taylor



As a part of International Friendship Day celebration, NSS SCTCE organized an interactive session on 04/08/2020 from 3pm to 6pm through the online platforms Google meet and whatsapp. The volunteers were divided into five groups and different tasks were given to them. The session had given chances for our volunteers to speak out their views and thoughts about different themes. The aim of the program was to ameliorate different skills of our volunteers and thereby refine their personality.

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QUIT INDIA MOVEMENT QUIZ

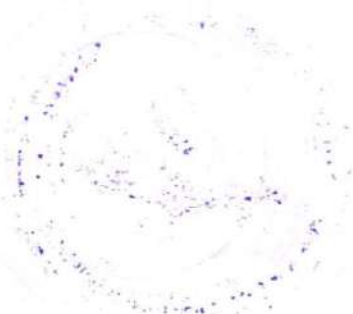
Venue	Date: 09/08/2020	No. of Participants	Type of Activity
Online	Time: Duration: 1 hrs.		Campus

DETAILS

"Think of yourselves as Indians only"

-Mahatma Gandhi

NSS SCTCE conducted a Youth Quiz program on 09/08/2020 through an online platform, in remembrance of Quit India Movement. The event was organized to improve the knowledge of the volunteers. The volunteers of NSS SCTCE participated in competition and the event was conducted in the form of game or mind sport in which participants attempted to get the right answer. The program engaged the participants in unique way and connected them to the topic very easily. Certificates were provided for the eligible students.





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YOUTH DAY ORIENTATION PROGRAM

Venue	Date:12/08/2020	No: of Participants	Type of Activity
Google Meet	Time:5pm to 7pm Duration: 2 hrs.		Orientation

Details

"We are what our thoughts have made us; so, take care about what you think. Words are secondary. Thoughts live; they travel far...."

-Swami Vivekananda



On 12th August 2020; International Youth Day, NSS SCTCE organised a session on the topic Why Should We Believe in Youth presented by Abhay Sankar S R (who was a former student of SCTCE and got UPSC civil. Services 2013 - AIR 606, allotted IRPS, 2014-17 - Prime Minister's Rural Development Fellow, (PMRDF, under MoRD GoI) at Karbi Anglong district Assam) from 5 pm to 7 pm through the online platform Google meet. The session gave awareness to the volunteers that the most vibrant section of every society is youth and young peoples are crucial segment of a Nations development. Every generation bring unique people who strive to change the world. The youth are not only the leaders of tomorrow, but also the partners of today.

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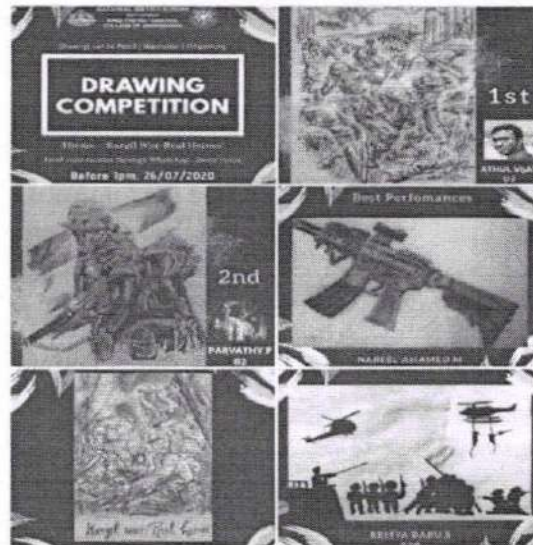
KARGIL VIJAY DIVAS: DRAWING COMPETITION

Venue Online	Date: 26/06/2020 Time: Duration: 2 hrs.	No: of Participants	Type of Activity Campus
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Details

"How you draw is a reflection of how you feel about the world, you are not capturing it, you are interpreting it"

Juliette Aristotle



NSS SCTCE organised an online drawing competition on 26/07/2020 emphasising the theme 'Kargil war- Real heroes' for the students of SCTCE as a dedication to all the brave soldiers of Indian Armed Forces who laid down their lives fighting for our nation. Certificates were provided to every qualified entry. The winners of the competition are Athul Vijay (First year Automobile Engineering) securing first Price and Parvathy P (First Year Biotechnology and biochemical engineering) securing Second price.





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FLOOD IN CORONA SHIELD

Venue	Date: 09/07/2020	No. of Participants	Type of Activity
Google meet	Time:3pm-5pm Duration: 2 hrs.		Orientation

DETAILS

"The situation is not critical if you don't think it is"

-Shiryale



NSS SCTCE conducted an interactive and informative session on the topic "Flood in Corona Shield 2020". The session was handled by Sourav Santhosh, Secretary of Emergency Rapid response Team on 09/07/2020 from 3pm to 5pm through the online platform Google meet. The session was motivating and gave strength to face any crucial situation which can be easily overcome by unity. In the pandemic situation, be safe and dare fear.

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ENVIRONMENTAL DAY PROGRAMME

Venue	Date: 05/06/2020	No. of Participants	Type of Activity
SCTCE	Time: 9:30am to 12:30pm Duration: 3 hrs		Campus

DETAILS

"Earth provides enough to satisfy every man's needs, but not every man's greed."

-Mahatma Gandhi



On 05/06/2020 the volunteers of NSS SCTCE planted 20 saplings in the college premises as a part of world environmental day celebrations which aims at the theme "Time for nature" with a focus on its role in providing the essential infrastructure that supports life on earth and human development. The program was conducted from 9:30 am to 12:30 pm. The program was inaugurated by our principal Dr. K.Prabhakaran Nair and the program officers Rejimoan.R and Subha V. They shared their messages on the importance of protecting the Nature. In addition to this NSS SCTCE organized "My Tree Challenge" in which the volunteers plant a tree, take a snap and upload it in the social media on 5th of every month and thereby ensures the protection of the sapling they have planted.



MY TREE CHALLENGE-PHASE 2

Venue Home activity	Date: 05/07/2020 Time: Duration: 2 hrs.	No. of Participants	Type of Activity Community
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DETAILS

"The creation of a thousand forests is in one action"

-Ralph Waldo Emerson



NSS SCTCE conducted 'My Tree Challenge' programme on 5th July 2020. This programme was organised to make awareness among people about a simple thought that is 'One Tree planted is built on the principle of "Sustainability made Simple"'. The NSS volunteers joined their hands to make earth a better living place. The beautiful pictures of our work have been posted on social media for spreading the thought. Our work is far from done still continuing the effort to save our home 'Earth'. This programme aimed to recall the need of the hour- Plant tree, Save Earth.


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OCCULT

Venue	Date: 15/07/2020	No. of Participants	Type of Activity
Google meet	Time: 7pm-9pm Duration: 2 hrs.		Campus

DETAILS

Abacadabra

"It's still magic even if you know how it is done"

-Terry Pratchett



Magic is an exciting experience. NSS SCTCE conducted an Interactive magic session, OCCULT presented by Akash Ashokan (Interactive Illusionist) on 15/07/2020 at 7pm through online platform Google meet. It was an overwhelming experience with the pure magic. Magic session increased the curiosity among the students and all were interested to find the secrets behinds the magic, which still remains as mischievous.

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ONLINE QUIZ PROGRAM

Venue	Date: Time: Duration:	No: of Participants	Type of Activity
Online			Campus

Details

"No matter how hopeless the situation seems, it is never too late to turn things."

-Jadah seltner

On 26th June, International Day against Drug Abuse and Illicit Trafficking, NSS SCTCE conducted a quiz program from _____ based on the theme 'Better knowledge for better care' which emphasizes the need to improve understanding about the world wide problems due to drug abuse as this drug abuse is one of the most serious challenges being faced by contemporary society. The tentacles of drug abuse began to spread so alarmingly that it is causing serious issues to International community.



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MY TREE CHALLENGE

Venue Home activity (lockdown period)	Date: 05/06/2020 Time: Duration: 2 hrs.	No: of participants	Type of Activity: Community
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DETAILS

"To walk in nature is to witness a thousand miracles"

-Mary Davis



On 05/06/2020, NSS SCTCE conducted 'My Tree Challenge' as a continuation environmental day program. The volunteers of NSS SCTCE planted a sapling, took a snap of the plant which they have planted and uploaded it in the social media and maintained it. This program ensures a contact between volunteers and nature and it also helps the volunteers to be in a healthier and happier state. This program also focuses on making us aware about that 'just planting a tree is not sufficient, but maintaining it is very important and the time spend on a tree is never wasted'.

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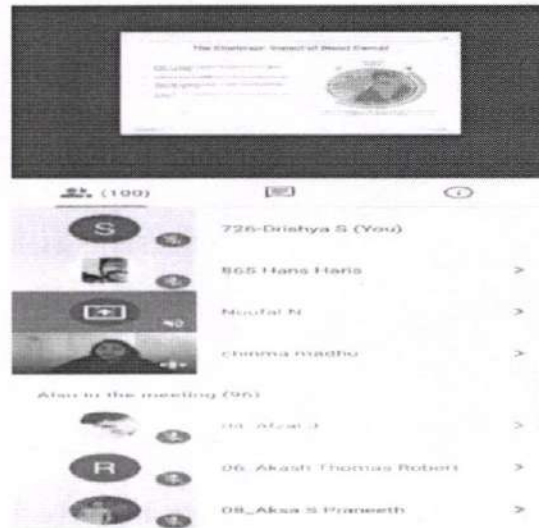
STEM CELL DONATION

Venue	Date: 21/06/2020	No. of Participants	Type of Activity
Google meet	Time: 4pm-6pm Duration: 2 hrs.		Orientation

DETAILS

"In the beginning there is the stem cell; it is the origin of an organisms life"

-Stewart sell



NSS SCTCE organized an awareness programme on "Stem Cell Donation" presented by Chinma Madhusoodhanan (Senior Associate at DKMS BMST foundation India) on 21/06/2020 Sunday at 4pm through the online platform Google meet. Through this programme students become more aware about stem cell donation and made them responsible one to respect and save others life.

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TV DONATION :1

Venue	Date:12/06/2020 Time:12 pm Duration:2 hours	No: of participants	Type of Activity
Pappanamcode			Community

Details

"Education is the key to unlocking the world, a passport to freedom."

-Oprah Winfrey



The global pandemic COVID -19 has taken a massive hit on the educational system of the state. In this situation the only way to take students forward in their education is online classes. Regarding this NSS SCTCE espoused Government high school Pappanamcode to ensure that none of the students lack the facilities for online classes. The NSS volunteers of SCTCE contacted the officials of the school and found out that one of the students lacked online class facilities and donated a television. So that the provided facilities will ensure the student the knowledge he/she want to acquire and change it to do something better for the world.


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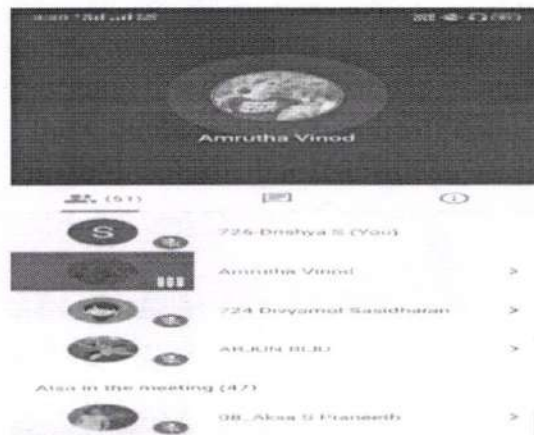
DEBATE-PAPER BAG DAY

Venue	Date: 12/07/2020	No. of Participants	Type of Activity
Google meet	Time: 3pm-5pm Duration: 2 hrs.		Campus

DETAILS

"Use papers instead of plastic. With them World is like a diamond which shines everywhere"

-Tom Robbins



The NSS SCTCE conducted a Debate competition on the topic "IS PAPER BAG AN APPROPRIATE SOLUTION?" On 12/07/2020 at 3pm as a part of World Paper Bag day, through the online platform Google meet from 3pm-5pm. Through this debate students understand whether paper bag is the ultimate solution and they understand the advantages and disadvantages of paper bag. The aim of the program was to aware the volunteers to go green with paper bags and to stop bagging the planet, say no to the plastic bag. Certificates were provided to the participated students.

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TV DONATION:2

Venue Nedumangadu	Date: 30/06/2020 Time: 3 pm Duration: 2 hours	No: of participants	Type of Activity Community
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Details

"Education is not filling a pail but the lightening of a fire"

-William Butler Yeats



The global pandemic coronavirus has shocked our country and its educational system. This have compelled the system to go for online classes to fulfil our goal of imparting knowledge to students .The volunteers of NSS SCT in support from the ex- volunteers of in NSS family provided sufficient facilities for the students who are facing difficulties in attending online classes .Our former volunteer secretary Sanjay Krishnan handed over the present to the deserved students .The program Enlightened our volunteers to develop their personality and help others in their difficult situation

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TV DONATION:3

Venue	Date: 03/07/2020 Time: 12pm Duration: 2 hours	No: of participants	Type of Activity
Pettah			Community

Details

"The roots of education are bitter but the fruit is sweet"

-Aristotle



The global pandemic covid-19 has changed the education system of our State completely and the classrooms are substituted by online platforms.

On 03/07/2020 NSS SCTCE in association with CultAway and Infosys espoused students to facilitate them for online class access. The NSS volunteers handed over television to one of the deserving students of Govt. Girls Highschool, Pettah in the presence of Pettah Ward Councillor and School Headmistress. This helps the student to acquire knowledge and change it to do something better for the world.

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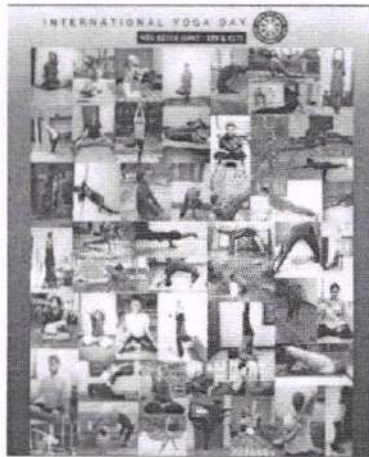
YOGA DAY ORIENTATION

Venue	Date: 21/06/2020	No. of Participants	Type of Activity
Google meet	Time: Duration: 2 hrs.		Campus

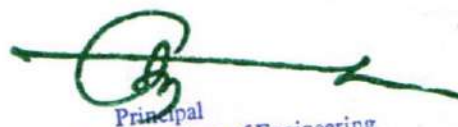
DETAILS

"Move your joints every day. You have to find your own tricks. Bury your mind deep in your heart, and watch the body move by itself."

-Sri Dharma Mitra



Yoga has the power to calm and strengthen the body. On 21st June 2020, International Yoga day NSS SCTCE conducted an orientation programme from 6am to 7am presented by our programme officer Rejimon R through an online platform Google meet. As a continuation of this yoga session was also carried out by NSS volunteers and did it with complete dedication at their homes. So that we can build strength, awareness and harmony in both the mind and body. Hence stay healthy.



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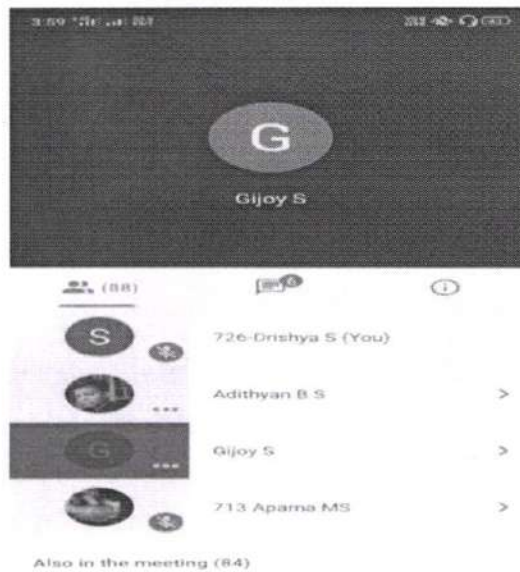
SNEHAPOORVAM

Venue	Date: 05/09/2020	No. of Participants	Type of Activity
Google meet	Time: 3pm-5pm Duration: 2 hrs.		Campus

DETAILS

"It is the supreme art of the teacher to awaken joy in creative expression and knowledge"

- Albert Einstein



As a wish of joy and happiness to our beloved teachers, the volunteers of NSS SCTCE organized an interactive session 'Snehapoorvam' with our teachers on 05/09/2020 Teachers Day at 3pm through online platform Google meet. The session was very interesting and inspirative in which teachers shared their experience during their teaching life and showed us that it takes more than an education to make a great teacher. It takes care, dedication and determination to what you believe in. the influence of teacher extends beyond classroom future.

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CHOOSE LIFE: MOTIVATIONAL INTERACTIVE SESSION

Venue	Date: 13/09/2020	No: of Participants	Type of Activity
Google Meet	Time: 5:30 pm to 7:30 pm Duration: 2hrs.		Orientation

"Soak up the views. Take in the bad weather and the good weather. You are not the storm."

—Matt Haig



NSS SCTCE organised a motivative interactive session 'Choose Life' by Sreya Iyer (Actor, anchor and a fitness enthusiast who struggled and surged ahead in search of success in her life) on 13/09/2020 from 5:30pm to 7:30pm through the online platform Google meet as a part of suicide prevention week. The session helped our volunteers, realise that no one else is going to push you in your life to succeed and great things never come from comfort zones. It was a motivative and an inspirational session as it showcased that taking your own life is never the right solution to any challenge you may be facing. Give yourself time for the circumstances to change and for the pain to subside.

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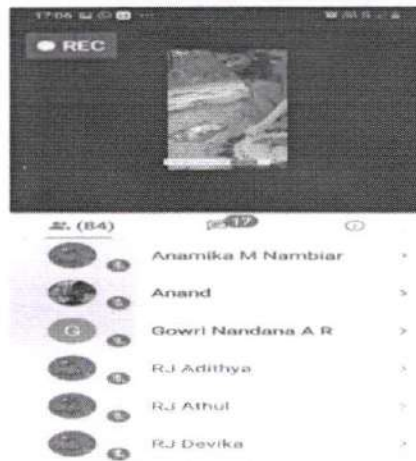
KIDUKKIKKONAM: ONAM CELEBRATION

Venue	Date: 02/09/2020	No: of Participants	Type of Activity
Google Meet	Time: 3 to 5pm Duration: 2 hrs.		Campus

Details

"Sometimes you will never know the true value of a moment until it becomes a memory".

-Dr.Suess



The day of Thiruvonam fills the minds of the Keralites with the greenness of love and the fragrance of brotherhood. But the Corona pandemic has completely changed the Onam celebrations in Kerala. The volunteers of NSS SCTCE united with the hope of better days of prosperity and happiness on 02/09/2020 from 3 pm to 5 pm to celebrate their Onam 'Kidukkikonam' with the NSS family through the online platform Google meet. The preparation for the programme has begun a few days before in which volunteers were divided into 10 groups. The programme consists of different artforms and each was unique in their own ways. The programme was a new experience to our volunteers in which they were able to develop and exhibit their creative skills. It also helped our volunteers to step out of their comfort zone and to build courage.

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COVID-19 AND MENTAL HEALTH

Venue	Date:21/08/2020	No: of Participants	Type of Activity
Google Meet	Time:7:pm to 9pm Duration:2 hrs.		Orientation

"I think you have to try and fail, because failure gets you closer to what you are good at."

-Louis.C.K



The Covid-19 pandemic and public health response to it have undoubtedly contributed to the widespread of emotional distress and increased risk for psychiatric illness. Regarding this, volunteers of NSS SCTCE organised an orientation programme on the topic 'Covid-19 and Mental health' on 21/08 /2020 from 7 pm to 9 pm through the online platform Google meet and the session was presented by Vishnu V (Psychologist ,BSC psychology ,MSC applied psychology ,Mission officer ,suicide prevention psychology circle).The session helped our volunteers to set out measures for healthcare and put in place to protect the mental health as psychological crisis intervention plays a pivotal role in overall deployment of the disease control.

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WOMEN'S EQUALITY DAY PROGRAM

Venue	Date: 26/08/2020	No: of Participants	Type of activity
Google Meet	Time: 4:30 to 6:30 Duration: 2 hrs		Orientation

Details

"We cannot change what we are not aware of and once we are aware, we cannot help but change"

– Sheryl Sandberg



Gender Equality basically begins in the mind. It is an individual's perception of treating another person at par with himself/herself. It does not happen in one day– it's more of a practice that you do every day. On 26th August, Women Equality Day, NSS SCTCE organised an interactive session on 'Are Women Treated Equally In Modern Era?' presented by Aishwarya Dongre IPS, ACP of Shangumugham (She have written a number of research papers on various fronts and is an established Bharatanatyam Dancer). The messages that she has given to volunteers was very inspirative and helped them to get out of their comfort zone. It was an informative and very interesting session.

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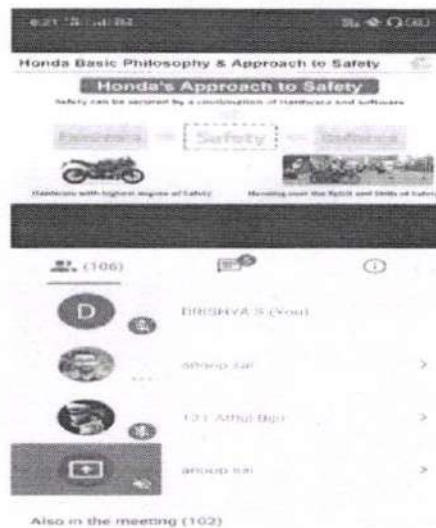
WEBINAR ON ROAD SAFETY

Venue	Date: 09/09/2020	No: of Participants	Type of Activity
Google meet	Time: 6pm to 8pm Duration: 2 hrs.		Orientation

Details

"A hero is someone who understands the responsibility that comes with his freedom."

Bob Dylan



No need to be panic, At the same time, no need to be over confident also. On 09/09/2020, NSS SCTCE conducted a Interactive Webinar on the topic 'Road Safety' and the session was handled by Anoopsai T (Trainer at Honda Safety Driving Education Centre, Calicut) from 6pm to 8pm through the online platform Google meet. The session was very informative and interesting as it delivered many messages that must be known to a driver and helped our volunteer to know the value of obeying rules and regulation designed for the safety of people during driving. Certificate were provided to all the volunteers participated in the webinar. It taught our volunteers that safety while driving can be achieved through adherence to a variety of general guidelines as well as the practice of specific driving techniques.


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MY TREE CHALLENGE: PHASE 4

Venue	Date: 05/09/2020	No: of Participants	Type of Activity
Home Activity	Time: 09:00am-11:00am Duration: 2 hrs.		Community

Details

"What we are doing to the forest of the world is but a mirror reflection of what we are doing to ourselves and to one another"

_ Mahatma Ghandhi



As a continuation of World Environmental Day celebration, the volunteers of NSS SCTCE conducted 4th phase of My Tree Challenge on 05/09/2020. This phase itself is a symbol showing the keen interest of our volunteers to maintain a connection with our nature and to protect it. The volunteers took a snap of their plant and uploaded in social media as a proof to what they have done in past few months to protect nature and to make aware others to be a part of the same.

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DRAWING COMPETITION: SLAVE TRADE ABOLITION

Venue	Date: 23/08/2020	No: of Participants	Type of Activity
Online	Time: Duration: 2 hrs		Community

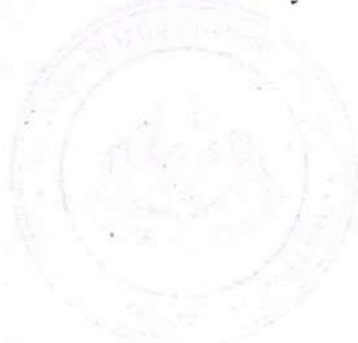
Details

"You may choose to look the other way, but you can never say again that you did not know"

William Wilberforce



NSS SCTCE organised a drawing competition on 23/08 /2020 based on the theme 'Slave Trade Abolition'. The competition was conducted for the students of SCTCE in which certificates were given to all participants. The programme helped our students to take out their creative heart and exhibit their skills. It also helped the participants to express their opinions about the socio-economic problems prevailing in the world. Their thoughts regarding the theme took the form of drawings and came out of their mind which can lead to the indeed changes needed for a society



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THOOLIKHA VIPLAVAM

Venue	Date: 08/09/2020	No: of Participants	Type of Activity
Online	Time: 10:00am-12:00pm Duration: 2 hrs		Community

Details

"Poetry is a matter of life, not just a matter of language"

-Lucille Clifton



Poetry, if we let it and embrace it, can offer us a way to empathize with one another. In its immediacy, poetry is a counsellor helping us to understand one another. Malayalam is rich in poets who made pen warriors. On 08/09/2020, International Literacy Day NSS SCTCE conducted an online poem writing competition 'Thoolika Viplavam' which consist of four-line poems. Certificates were given to best poems. It was a different way for our volunteers to articulate their thoughts and feelings as it helps to understand and appreciate the world around us. In essence, poetry gives them a great tool for developing one's self. It became a way for volunteers to process experiences, visual descriptions, and emotions.

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FOOD SAFETY SURVEY-DAY 2

Venue Nalanchira	Date: 17/09/2020 Time: 10am to 4pm Duration: 6 hrs.	No: of Participants	Type of activity Community
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Details

"For safety is not a gadget but a state of mind."

- Eleanor Everet



The volunteers of NSS SCTCE participated in a survey and the awareness programme conducted by Food Safety commissioner for retailers with in the limit of Trivandrum Corporation on 17/09/2020 from 10 am to 4pm at Nalanchira. Volunteers went to different shops (that sells food products) and restaurants and took a survey regarding their food safety license and registration. Those who don't have it or those who don't renew their existing license were advised to get new one or renew the existing one helped them to get the same there by follow rules that leads to a safe society.

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FOOD SAFETY SURVEY-DAY 1

Venue Thampanoor	Date: 16/09/2020 Time: 10am to 4pm Duration: 6 hrs.	No: of Participants	Type of activity Community
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Details

"For safety is not a gadget but a state of mind."

– Eleanor Everet



The volunteers of NSS SCTCE participated in a survey and the awareness programme conducted by Food Safety commissioner for retailers with in the limit of Trivandrum Corporation on 16/09/2020 from 10 am to 4pm at Thampanoor. Volunteers went to different shops (that sells food products) and restaurants and took a survey regarding their food safety license and registration. Those who don't have it or those who don't renewed their existing license were advised to get new one or renew the existing one helped them to get the same there by follow rules that leads to a safe society.

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AVENEUS OF NSS

Venue	Date: 24/09/2020	No: of Participants	Type of Activity
Google Meet	Time: 7:30pm to 9pm Duration:		Community

Details

"I think everyone has the potential to be creative, but they have to find the avenue or avenues that work for them."

- Julian Lennon



NSS SCTCE unit number 225 and 527 in association with APJ Abdul Kalam Technical University NSS cell have successfully organized an online state level orientation session 'Avenues of NSS' on 24/09/2020, NSS Day through the online platform Google meet. The session was managed by G.P. Sajith Babu, (Assistant Program Advisor and Regional Director, NSS Kerala and Lakshadweep) and around 200 participants were present. The program began at 7:30 p.m. with the heartfelt rendition of NSS song followed by the welcome address from prof. Rejimoan.R (NSS program officer NSS SCTCE unit 225). Presidential address was given by Dr.Joy Varghese V M(program coordinator APJAKTU NSS Cell).The introductory speech was delivered by prof. Neethi S Pillai(NSS Program Officer, NSS College of Engineering Palakkad and convener of KTU blood cell) and Mrs. Baby P(People Relation Officer Terumo phenol limited). The Erythro 3.0, an initiative taken by APJAKTU NSS blood cell and NSS CET in association with Terumo phenol Ltd was inaugurated by prof. Sajith Babu midst the event. Along with the same, the much-awaited e-magazine of NSS SCTCE was also launched. The magazine launch was indeed a very successful event. The constant handwork and perseverance of the NSS members led to the successful launch of the magazine which holds the key to the beautiful camp memories and articles. Felicitation address was given by Arun.M(Regional coordinator Thiruvananthapuram Region APJAKTU NSS cell) and Prof. Subha. V (NSS Program Officer SCTCE unit 527) delivered the vote of thanks.

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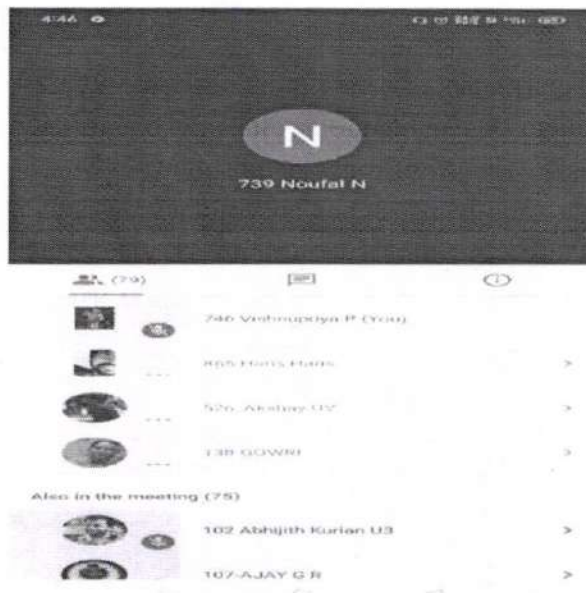
GAME SESSION

Venue	Date: 11/09/2020 Time: 4pm to 6pm Duration: 2 hrs.	No: of Participants	Type of Activity
Google Meet			Campus

Details

Doing the best at this moment puts you in the best place for the next moment.

-Oprah Winfrey



The volunteers of NSS SCTCE organised an Interactive Online Game Session on 11/10/2020 from 4 pm to 6 pm through the online platform Google meet. Volunteers were divided to 10 groups and different games were conducted in which they were able to develop a bond with each other. The program was very interesting and it helped our volunteers to improve their communicative skills and creativity. Experiences shared were a great way to collaborate and learn from each other to build confidence. It was a new experience for our volunteers who made a way for the volunteers to re-join and spend time among them virtually.

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MY TREE CHALLENGE-PHASE 5

Venue	Date: 05/10/2020	No. of Participants	Type of Activity
Home activity	Time: 9am to 11am Duration: 2 hrs.		Community

DETAILS

"When we heal the earth, we heal ourselves."

-David Orr

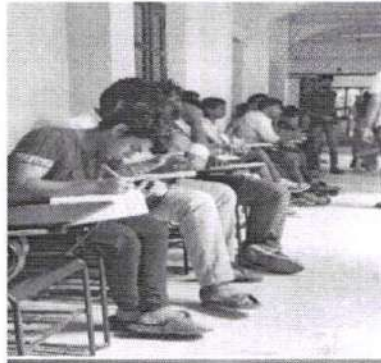


NSS SCTCE conducted a program 'My Tree Challenge' on 5th October 2020 as a continuation of World Environment Day programs. The program was conducted to create awareness among people. Mother Nature too needs care and protection; show her your care by caring for her trees. The NSS volunteers joined their hands to make Earth greener and their works were posted on social media for spreading the thought. Our work is far from done still continuing the effort to save our Mother Earth.

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OUTCOME – The volunteers learned about the importance of blood donation, the necessity of a clean, sanitized surrounding for donation procedures and the value of blood donation to society as a whole

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ACTIVITY NO-09

KISMATH PREPARATION

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	30/11/2022		Campus

"FOOD CAN BRING PEOPLE TOGETHER IN A WAY NOTHING ELSE COULD"

-YOTAM OTTOLENGHI

PROGRAM AIM – A fundraising program for charitable donations in the form of a food fest organised by NSS SCTCE. Also, to inculcate values of financial responsibility and collaboration among NSS SCTCE volunteers.

PROGRAM SUMMARY – A Food Fest is a delightful celebration of diverse culinary experiences, bringing together a variety of flavours and gastronomic delights. It provides a platform for food enthusiasts to explore, savour, and appreciate different tastes. The festival serves not only as a feast for the senses but also as a means to raise funds for a noble cause or charitable organization. Participants enjoy delicious food while contributing to a meaningful purpose, creating a unique blend of gourmet delight and social responsibility.

NSS SCTCE for this purpose organises Kismath - a Food Fest every year in order to raise money for charitable purposes. This was an initiative taken to incorporate a fun experience with a noble cause.

On 10/10/2022, the panel members, program officers and the principal held a meeting to decide upon the date, budget, resources and well as the final expected fund of Kismath. Following the meeting, the finalised date was announced allowing the volunteers ample time for preparation of the menu, collecting required assets and decorations for their respective stalls.

On the morning of Kismath, the food fest organized by NSS SCTCE on 30/11/2022 came alive with the tireless efforts of volunteers who worked diligently to infuse the venue with vibrant energy. With meticulous precision, they adorned the space with colourful decorations, crafting banners and streamers that embodied the fest's lively spirit. Simultaneously, teams efficiently arranged

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tables and chairs, creating a seamless layout for attendees to enjoy the diverse culinary offerings.



Every detail, from the immaculate table settings to the thoughtfully curated stalls showcasing various cuisines, reflected the dedication and meticulous planning of the volunteers. Their synchronized efforts transformed the venue into a captivating and inviting setting for the culinary extravaganza. As the sun ascended, illuminating the venue, the hard work and dedication of the volunteers became evident, setting the stage for an unforgettable culinary celebration at Kismath.



The collaborative spirit and attention to detail exhibited by the volunteers ensured a seamless experience for attendees, underscoring their commitment to making the food fest an exceptional and enjoyable event for everyone in attendance. After the fest was successfully completed, upon counting the finances collected, a huge

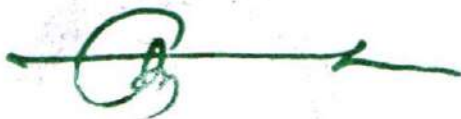
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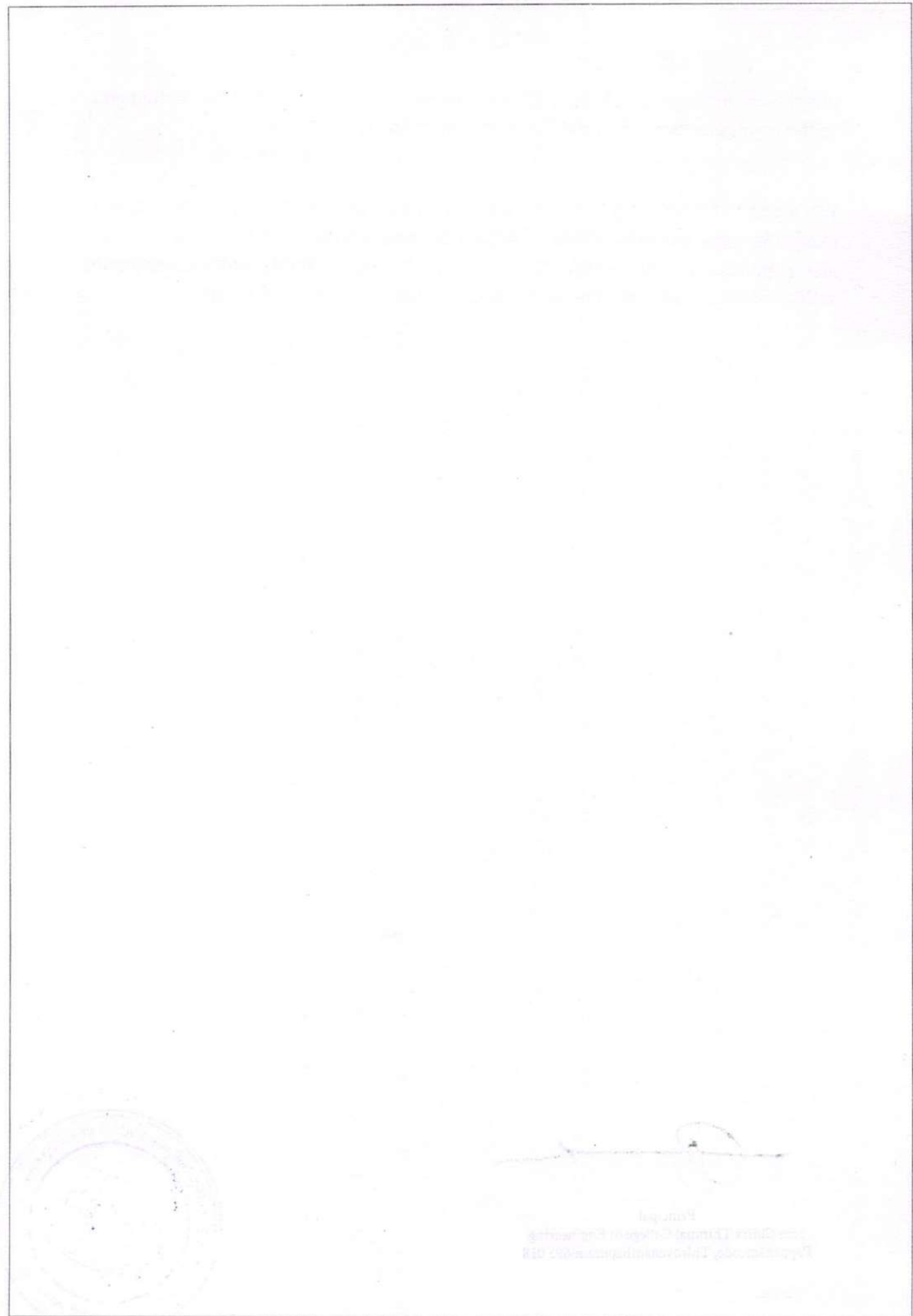
profit was attained which marked the triumphant victory of the NSS volunteers in the amalgamation of a food fest and philanthropy.

PROGRAM OUTCOME – Kismath was a victorious event that not only brought about the sense of collaboration and coordination among the NSS volunteers but also a notion of benevolence. Successful collection of funds and the complete selling of the ecstatic delicacies marked the final triumph of Kismath.



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ACTIVITY NO - 10

KISMATH – FOOD STALL

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	30/11/22	70	CAMPUS

"FOOD IS MORE THAN A COMMODITY. IT'S ALSO A COMMUNITY. WHAT YOU EAT LITERALLY BECOMES YOU. EVERY BITE CONNECTS YOU TO THE WHOLE WORLD."

-Unknown

PROGRAM AIM – To provide convenient and affordable food options for students and staff, creating a vibrant and social dining environment on campus and raising funds for various community-based activities.



PROGRAM SUMMARY- The National Service Scheme (NSS) of Sree Chitra Thirunal College of Engineering (SCTCE) organized a delightful food stall event called "Kismath." The aim of this initiative was to offer a diverse range of delicious food options to the college community while also raising funds for a

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charitable cause. The event took place on the college premises, creating a vibrant atmosphere of culinary delights.



The positive feedback and enthusiastic participation from attendees underscored the event's popularity and the efforts of the organizing team. The NSS SCTCE remains dedicated to organizing such impactful initiatives in the future, continuing their mission to serve both the college community and society at large.



OUTCOME – Creating a successful campus food stall program involved factors like menu variety, quality, pricing, and service speed. Positive outcomes include increased student satisfaction, higher sales, and a positive impact on the campus community.


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ACTIVITY NO- 11

ONE CAMPUS ONE IAS QUIZ COMPETITION

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	5/12/2022	10	CAMPUS

"VISION WITHOUT ACTION IS MERELY A DREAM; ACTION WITHOUT VISION IS MERELY PASSING TIME; BUT VISION AND ACTION TOGETHER CAN CHANGE THE WORLD"


-SUDHA MURTHY

PROGRAM AIM – ‘ONE CAMPUS ONE IAS’ is a flagship program conducted by APJAKTU. This aims to foster academic engagement and intellectual development among students.

PROGRAM SUMMARY - A quiz is an engaging and interactive assessment tool designed to challenge participants' knowledge, encouraging active learning through a series of questions that prompt thoughtful responses.

NSS SCTCE gives much importance for academic engagement and conducts the quiz competitions to benefit the students by promoting active learning, enhancing knowledge retention, improving critical thinking skills, fostering healthy competition, and boosting confidence. We encourage students to explore a variety of topics, think quickly, and apply their knowledge in a dynamic setting, contributing to a more engaging and effective learning experience.

On the NSS meeting conducted last month the members have decided to conduct a quiz competition on the basis of ‘One campus one IAS’ a flagship event of APJAKTU. After the discussion with the PO and principal we have decided to conduct the same on 5th December 2022.


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The NSS SCTCE organized a quiz competition as part of the APJAKTU flagship program 'ONE CAMPUS, ONE IAS.' This initiative aimed to foster academic engagement and intellectual development among students. The event proved successful in promoting a culture of academic excellence, with participants demonstrating their knowledge and commitment.

Sujith S from T5B and Karthik Vinod from B3 emerged as the winners, showcasing exceptional intelligence and a dedication to academic pursuits. Their quick thinking set them apart in the unit-level quiz competition, highlighting their prowess in diverse subjects.

The program, a testament to the significance of collaborative academic endeavors, provided a platform for students to test their knowledge and skills. By encouraging participation from various units, it successfully created an atmosphere of healthy competition. The success of Sujith S and Karthik Vinod reflects not only their individual capabilities but also the effectiveness of the 'ONE CAMPUS, ONE IAS' initiative in nurturing intellectual growth among the student community. Overall, the quiz competition served as a commendable platform for promoting academic excellence and fostering a spirit of learning within the campus community.

OUTCOME – The session successfully achieved its goal by enhancing the knowledge, building confidence, fostering critical thinking, healthy competition, exposing participants to diverse topics, motivating further learning and also contributing to volunteers academic and personal development, creating a dynamic and engaging learning experience.


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ACTIVITY NO- 12

REPUBLIC DAY

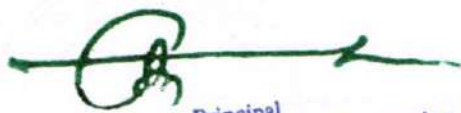
VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	26/01/2023	50	CAMPUS

"YOU MUST BE THE CHANGE YOU WISH TO SEE IN THE WORLD"
-MAHATMA GANDHI

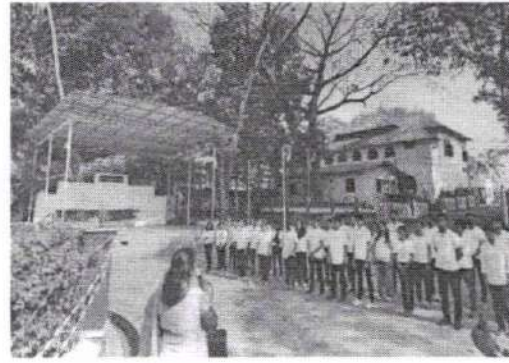
PROGRAM AIM – Celebrating Republic day aims to instill patriotism, foster civic awareness, and honor India's constitutional legacy. Through cultural events and educational programs, volunteers learn about the nation's history, democratic values, and the contributions of freedom fighters. The celebrations promote unity in diversity, encourage civic responsibility, and inspire social engagement. Recognizing the significance of Republic Day instills a sense of pride, leadership, and teamwork among students. Overall, these activities contribute to creating informed, responsible citizens who appreciate their role in shaping the future of the nation.

PROGRAM SUMMARY - Republic Day holds immense importance as it commemorates the day when India adopted its Constitution, becoming a sovereign, democratic republic. Celebrated on January 26th, it signifies the values of justice, liberty, equality, and fraternity. The day serves as a reminder of the sacrifices made during the struggle for independence and emphasizes civic responsibilities. Republic Day instills patriotism, educates citizens about the Constitution's principles, and promotes unity in diversity. It is a symbolic occasion to reflect on democratic ideals, honor national heroes, and inspire active participation in shaping a progressive and inclusive nation.

On the NSS meeting conducted last month the members have decided to celebrate 74 th Republic Day of our country by flag Hoisting and by conducting a Patriotic run an event AICTE and Veteran India came up to celebrate 74th Republic Day on 26th January


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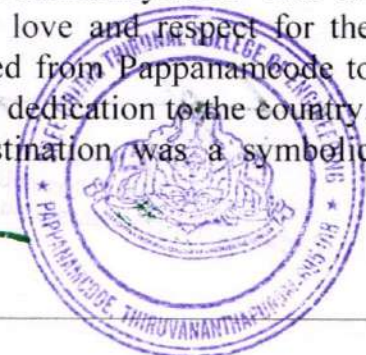
In preparation for the grand celebration of the 74th Republic Day, NSS members dedicated two intense days of practice, held on January 24 and 25. The focus of these practice sessions was to ensure that the volunteers were well-coordinated and ready to participate wholeheartedly in the Republic Day parade. The training involved meticulous rehearsals for the flag hoisting ceremony, emphasizing precision and unity. Additionally, volunteers were briefed on their roles during the Patriotic run, ensuring a seamless and impactful event. The practice sessions were not only about perfecting the physical aspects of the parade but also about instilling a deep sense of patriotism and pride among the participants. The dedication and enthusiasm exhibited by the NSS members during these two days underscored their commitment to commemorating the Republic Day with dignity and fervor, fostering a spirit of unity and national pride.

On the auspicious occasion of the 74th Republic Day, NSS SCTCE orchestrated a grand Patriotic Run in collaboration with the AICTE and Veteran India. This event was a poignant tribute to our nation's history and a celebration of the spirit of unity and patriotism.

The day commenced with a symbolic and profound gesture as the principal of SCTCE hoisted the Indian flag. This traditional act of raising the national flag carried deep significance, symbolizing the reverence for the country and the values it stands for. It set the tone for the day's events, resonating with the essence of Republic Day.

Following the flag hoisting ceremony, the principal and PO delivered inspiring speeches on Republic Day, highlighting its significance. They emphasized the values enshrined in the Constitution, the sacrifices of freedom fighters, and urged students to uphold democratic principles. The speeches aimed to instill patriotism and a sense of responsibility among the school community. After that, an enthusiastic assembly of volunteers, fueled by their love and respect for the nation, embarked on a spirited run. The route spanned from Pappanamcode to Karamana, providing a physical manifestation of their dedication to the country. The act of running together towards a shared destination was a symbolic


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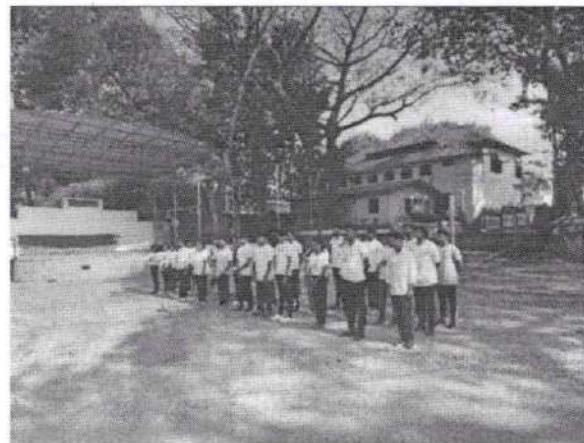


expression of unity, emphasizing the importance of collective effort for the greater good.

Central to the run's purpose was the tribute it paid to those individuals who played pivotal roles in securing our country's freedom. The volunteers, through their active involvement, honored the sacrifices of those who valiantly fought for the nation's independence. This served as a reminder of the struggles and hardships endured by our forebears, instilling a profound sense of gratitude and responsibility among the volunteers.

Beyond a mere commemoration of historical events, the Patriotic Run aimed to inspire a commitment to building a better future. The event encapsulated the spirit of Republic Day by encouraging volunteers to reflect on the nation's journey, appreciate its diversity, and unite in a collective vision for progress. The run, therefore, became a conduit for fostering a sense of national pride and responsibility among the youth, motivating them to actively contribute to the nation's development.

In essence, this Patriotic Run organized by NSS SCTCE, in collaboration with AICTE and Veteran India, transcended the realm of physical activity. It became a symbolic journey of remembrance, gratitude, and inspiration—a testament to the enduring spirit of the Indian nation. As the volunteers crossed the finish line, their steps echoed a collective pledge to carry forward the legacy of sacrifice and build a future characterized by unity, diversity, and progress.



OUTCOME - Republic Day assembly and Patriotic Run among volunteers are likely to result in heightened patriotism, increased awareness of democratic principles, and a sense of unity. Volunteers participating in these events may develop a deeper appreciation for the country's history and the significance of Republic.

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ACTIVITY NO - 13

BLOOD DONATION CAMP - IWD'23 ARRANGEMENT


VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	7/3/2023	30	Campus

"A SINGLE DROP OF BLOOD CAN MAKE A HUGE DIFFERENCE"

-Unknown

PROGRAM AIM – To organize a blood donation camp on International Women's Day, with NSS volunteers preparing the seminar hall to ensure a clean and welcoming space for donors.

PROGRAM SUMMARY - In honor of International Women's Day on March 8, NSS SCTCE organized a blood donation camp scheduled for 08/03/2023. As part of the preparations, on 07/03/2023, NSS volunteers dedicated their time and effort to set up the seminar hall for the upcoming event. They took charge of arranging tables, bringing benches from the library, and ensuring the cleanliness and hygiene of the blood donation room. This proactive groundwork showcased the volunteers' dedication to promoting community health. Their collaborative spirit and hard work not only paved the way for a successful blood donation camp but also emphasized the value of teamwork in contributing to the overall well-being of the community. The volunteers' initiative reflected the essence of NSS in actively engaging and making a positive impact on public health initiatives.


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ACTIVITY NO – 14

WOMEN'S DAY PROGRAM INAUGURATION-IWD'23

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	07/03/2023	40	CAMPUS

"There is no force more powerful than a woman determined to rise."

~W.E.B. Dubois

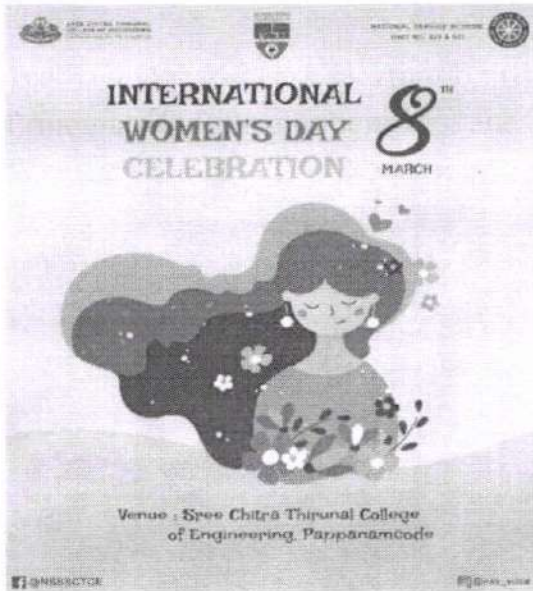
PROGRAM AIM – To celebrate women's achievements, raise awareness about gender equality, and advocate for a world where women have equal opportunities in all aspects of life, including education, employment, and leadership roles. Action for addressing gender-based discrimination and promoting a more inclusive and equitable society.

PROGRAM SUMMARY – International Women's Day is celebrated to honor the social, economic, cultural, and political achievements of women worldwide. It also serves as a reminder of the ongoing fight for gender equality and the need to address issues like discrimination, violence, and inequality that women may face. The day is an opportunity to raise awareness, advocate for women's rights, and foster a collective commitment to creating a more inclusive and equitable world.



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We have conducted a meeting on 01/02/2023 along with the Program Officers, Principal and Panel members and decided to conduct a program based on Women's Day at SCTCE Campus on 28/02/2023.



The Women's Day Inauguration program on International Women's Day, 2023 was conducted in the college premises. The program was hosted by esteemed dignitaries –Dr. Rohini Samadarsini, Principal Sheeja MK, Ms. Jayanthi PB (Air Traffic Controller), and Dr. P V Sulochana- under the banner of SHB, celebrating women's remarkable contributions and achievements. The ceremony began with


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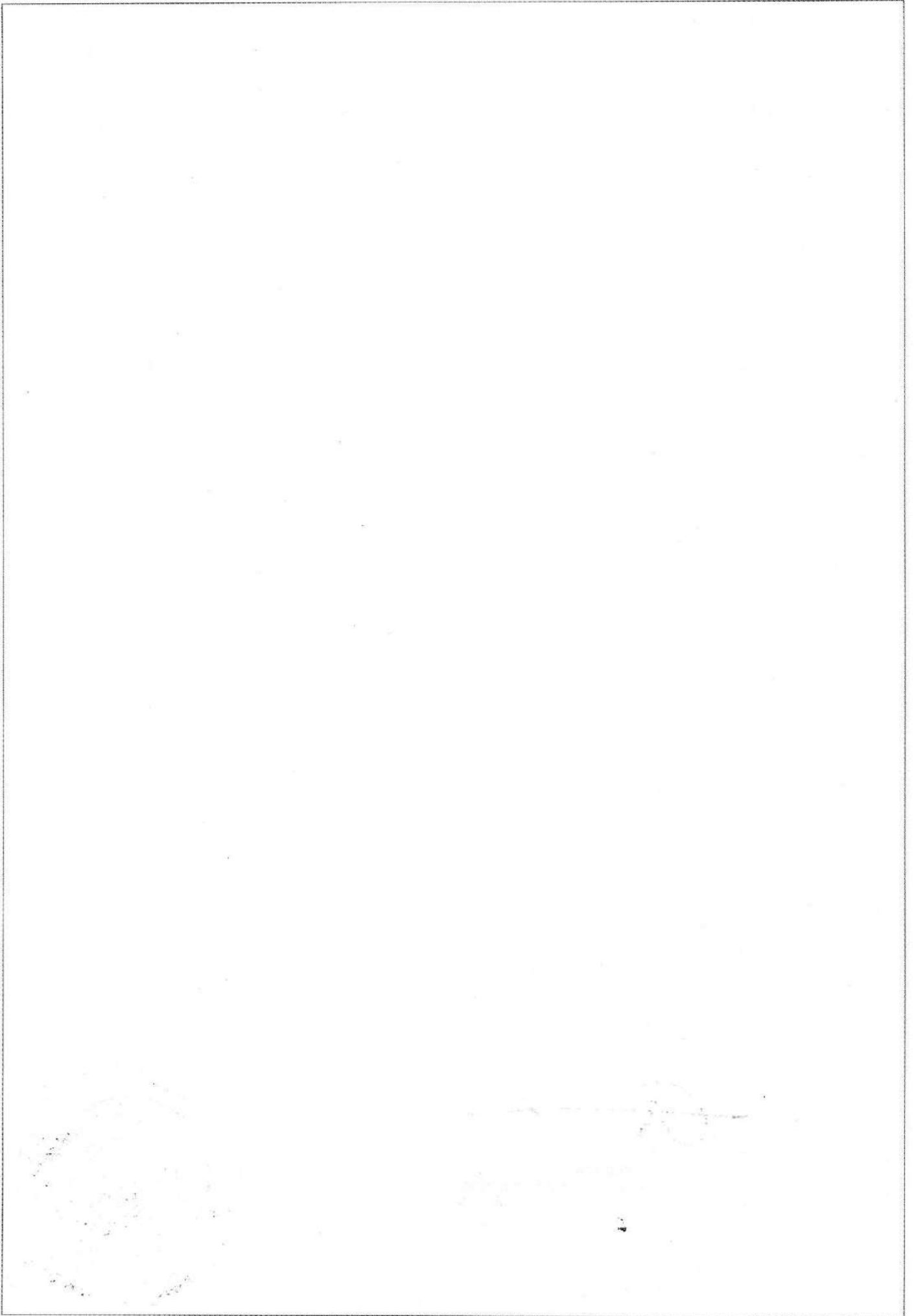
a moving homage to women hood, featuring inspiring addresses from Dr. Rohini Samadarsini, Ms. Jayanthi PB and Dr. P V Sulochana, emphasizing women's pivotal roles. NSS SCTCE actively participated, reaffirming their commitment to gender equality and women's empowerment. Subsequently, an impactful session on Breast Cancer and Early Detection by Dr. P V Sulochana engaged the audience offering crucial insights into breast health and preventive measures. NSS SCTCE's involvement underscored their dedication to raising awareness about women's health issues, emphasizing their proactive role in community welfare. The event not only honored International Women's Day but also highlighted NSS SCTCE's enduring dedication to fostering gender inclusivity and empowerment within their community.

PROGRAM OUTCOME – The session successfully achieved its goal by allowing the volunteers to understand the value of Women Empowerment and raising awareness about their health issues, and also celebration of women's achievement across diverse domains.



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ACTIVITY NO- 15

WOMEN'S DAY PROGRAM ACTIVITIES- IWD'23

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	08/03/2023	30	Campus

"GENDER EQUALITY WILL ONLY BE REACHED IF WE ARE ABLE TO EMPOWER WOMEN"

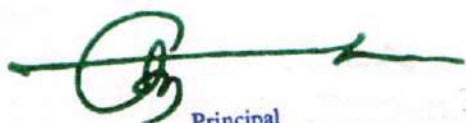
-MICHELLE BACHELET

PROGRAM AIM – On the occasion of International Women's Day, NSS SCTCE organized a talk session on "Equity" by renowned food vlogger Ms. Anjana Gopakumar, to shed light on equity for women which involves ensuring fairness, justice, and equal opportunities for women in various aspects of life, including education, employment, healthcare, and social participation.

PROGRAM SUMMARY – Equity refers to the quality of being fair, impartial, and just. It involves ensuring that individuals have access to opportunities, resources, and treatment that is unbiased. Equity with respect to International Women's Day, symbolizes fairness in opportunities, pay, representation, education, health care and so on among men and women or rather all genders. It recognizes and addresses historical and systemic disparities that have led to gender-based discrimination and aims to create a level playing field for people of all genders.

NSS SCTCE and SHE, the Women's forum of SCTCE decided to celebrate womanhood on International Women's Day by tabulating multiple events that included an inaugural ceremony, talk sessions, workshops, a self-defence class and a midnight run.

Hence, NSS SCTCE and SHE SCTCE conducted a meeting a month prior on 10/02/2023 headed by the principal to organise a one-day program for International Women's Day on 08/03/2023. One of the many sessions being an interactive talk show by Ms. Anjana Gopakumar.


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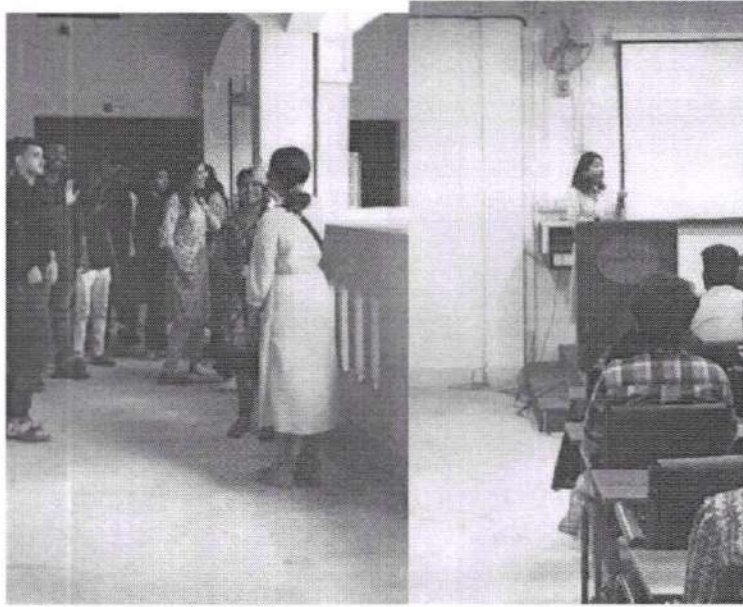
Thus, in observance of International Women's Day, on 08/03/2023, NSS SCTCE and SHE SCTCE orchestrated a vibrant morning workshop entitled "Embrace Equity" at the Mechanical Seminar Hall. This event featured an impactful talk by the distinguished food vlogger MS. ANJANA GOPAKUMAR, seamlessly incorporating a lively debate and interactive group discussions to facilitate a thorough exploration of gender equity. The workshop aimed to provide a comprehensive understanding of the subject and encourage active participation from attendees. Anjana's insightful session, coupled with spirited debates and collaborative discussions, empowered participants to question prevailing stereotypes and play a proactive role in the ongoing discourse on gender equality.

The multifaceted approach of the morning workshop was marked by its dynamic elements, creating a robust platform for promoting inclusivity within the SCTCE community. It not only celebrated International Women's Day but also served as a catalyst for positive change by fostering a culture of dialogue and awareness. Participants were encouraged to contribute to the ongoing narrative surrounding gender equality, thus making meaningful strides towards a more inclusive environment.

Through this event, NSS SCTCE and SHE SCTCE demonstrated their commitment to advancing the cause of gender equity and creating a space where diverse voices could be heard. The workshop served as a powerful testament to the importance of engaging in open conversations, challenging societal norms, and collectively working towards a more inclusive and equitable future within the SCTCE community and beyond.


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PROGRAM OUTCOME – Volunteers and attendees were made aware of the concept of Equity through this vigorous and encapsulating talk session. It brought a sense of satisfaction that NSS SCTCE alongside SHE SCTCE has provided a platform for the equal representation for all regardless of gender; a stage where everyone's voice mattered and will be heard.

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ACTIVITY NO- 16

CAMPUS CLEANING

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	11/03/2023	50	Campus

"ENVIRONMENTAL CLEANLINESS BEGINS WITH EACH INDIVIDUAL DESIRE TO BE CLEAN."


-LAILAH GIFTY AKITA

PROGRAM AIM – To provide a warm and welcoming environment for the new volunteers of NSS SCTCE to mingle with the existing volunteers while also providing them with a taste of the concept, theme and idea of NSS through a campus cleaning session.

PROGRAM SUMMARY – Campus cleaning is an essential activity that contributes to the overall well-being and aesthetics of an educational institution. Volunteers engage in tasks such as litter removal, landscaping, and general upkeep to create a conducive learning atmosphere. Campus cleaning not only enhances the physical appearance of the educational facility but also promotes a sense of pride and responsibility within the community. In essence, campus cleaning activities contribute to the overall positive experience of students and create a sense of collective ownership and community engagement within the educational institution.

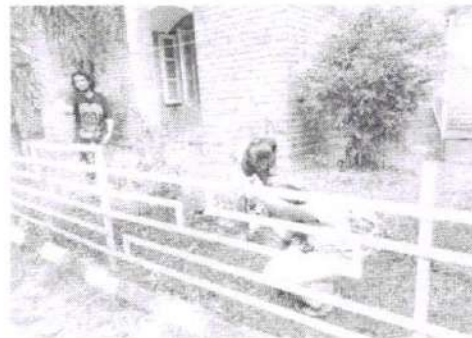
The NSS members alongside the principal and program officers organised a meeting on 01/03/2023 to decide upon a session that would not only provide a platform for the introduction of new volunteers but also inculcate the values of selflessness, generosity and community service through Campus Cleaning. This ensures that by providing a service to our own campus we can extend the same emotion and vigour towards the service of our society.

The campus cleaning initiative organized by NSS SCTCE on 11/3/2023 was a dual-purpose undertaking, seamlessly integrating environmental stewardship


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with an orientation platform for new volunteers. Under the guidance of experienced members, the session commenced with an orientation that underscored the significance of communal responsibility and the imperative of environmental conservation. Volunteers, comprising both seasoned and novice participants, united with unwavering enthusiasm, methodically purifying the campus grounds, addressing littered areas, and enhancing the overall environment. Beyond its core objective of ensuring a cleaner campus, the event served as an initiation for newcomers, imparting to them the values inherent in NSS SCTCE's community-centric initiatives, while concurrently fostering camaraderie and teamwork among all participants.



NSS SCTCE's campus cleaning session exemplified a fusion of environmental consciousness and volunteer induction. By intertwining the principles of community service and environmental advocacy, the event not only rejuvenated the campus but also sowed the seeds for a generation of conscientious stewards committed to nurturing a cleaner, more sustainable campus and community.

This initiative, marked by its dual impact, not only contributed to the immediate improvement of the campus environment but also played a pivotal role in shaping a community of individuals dedicated to the ethos of responsible environmental safekeeping.

PROGRAM OUTCOME – The campus cleaning was incredibly successful in improving the overall aesthetics of our institution. It also helped in the eruption of a sense of social welfare from within new volunteers. Besides, a friendly, collaborative and positive work environment was attained among the existing and new volunteers of NSS SCTCE.

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COMMUNITY

ACTIVITY NO - 17

BLOOD DONATION CAMP

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	7/5/2022	70	Community

"A SINGLE DROP OF BLOOD CAN MAKE A HUGE DIFFERENCE"

-Unknown


PROGRAM AIM – To raise awareness about the importance of blood donation and encourage NSS SCTCE members to contribute to this noble cause.



PROGRAM SUMMARY- Blood donation is one of the noblest and greatest donations a man can make. Blood is our life sap . Donating one unit of blood can save up to 4 lifes.

NSS SCTCE unit gives very much importance to blood donation by conducting blood donation camps twice a year and also giving awareness campaigns and orientation on voluntary blood donation .

The blood donation camp at Sree Chitra Thirunal College of Engineering conducted on 7th May 2022 from 9:30 am to 12:30 pm was a great success, thanks


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to the enthusiastic participation of its students. The event saw a commendable turnout as students actively embraced the chance to contribute to this life-saving cause. Their keen involvement not only demonstrated a strong sense of community responsibility but also emphasized the college's commitment to social welfare. The combined efforts of students and efficient organization led to a smooth and productive blood donation drive, leaving a positive impact on both the college community and the larger society it serves.




The camp oversaw the support of students and teachers. We were able to get many registrations from the students who came forward with a strong determination to contribute for a healthy society. The volunteers managed the camp to ensure its efficient operation. Both teachers and students from the College actively took part, contributing to the camp's significant success.

All the safety measures were taken before the commencement of the camp and each of the donors were properly checked and ensured of their health. After blood donation, refreshments and restrooms were provided and the whole college stood in making the program a grand success. The doctors and nurses also expressed their gratitude for the success of the camp and ensured us with their support for future blood donation camps.



OUTCOME – The collective effort of students, faculty and the NSS SCTCE volunteers helped in collecting a substantial amount of life saving blood, reinforcing our dedication to making a positive attitude on the well-being


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ACTIVITY NO - 18

VELLAYANI LAKE CLEANING

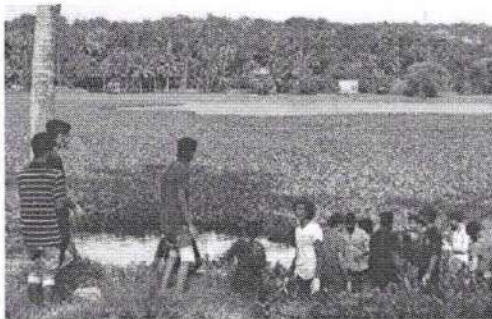
VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
Vellayani Lake	12/6/2022	50	Community

"WHEN THE WELL'S DRY, WE KNOW THE WORTH OF WATER"

- Benjamin Franklin

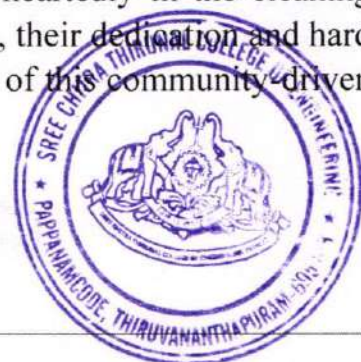
PROGRAM AIM – Restore Vellayani Lake by cleaning it thoroughly, promoting a healthier environment and community well-being.

PROGRAM SUMMARY - NSS SCTCE, in collaboration with Neerthadakam and as part of the Natural Resource Protection Force (NRPF), organized a significant Vellayani Lake cleaning event on June 19, 2022. This impactful initiative witnessed the enthusiastic participation of numerous volunteers from our institution, all contributing to the restoration of the environment in alignment with NRPF's overarching mission. Before embarking on the cleaning activities, a comprehensive orientation session was conducted by the proficient team from Neerthadakam, shedding light on the importance of responsible water management and treatment methods.



The volunteers, inspired by a shared commitment to environmental stewardship and the guiding principles of NRPF, engaged wholeheartedly in the cleaning process. Targeting specific portions of Vellayani Lake, their dedication and hard work played a pivotal role in the successful execution of this community-driven

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program. The cleaning endeavor extended for a duration of three hours, providing participants with not only hands-on experience in restoring the lake but also valuable insights into the multifaceted aspects of water conservation.

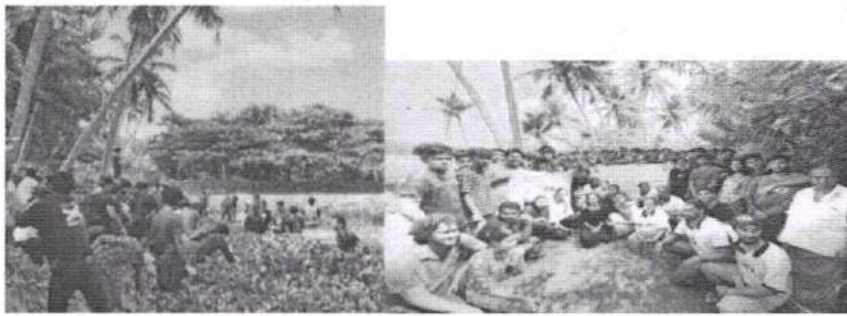


The orientation session, endorsed by NRPF and conducted by Team Neerthadakam, proved instrumental in enhancing the awareness of our volunteers regarding the broader implications of water management. Participants gained a profound understanding of the importance of treating water resources with care and adopting sustainable practices, aligning seamlessly with NRPF's commitment to promoting responsible environmental behavior. This educational component added depth to the practical experience of cleaning the lake, fostering a sense of responsibility towards the environment.

As the community program unfolded under the banner of NRPF, the volunteers not only engaged in the physical act of cleaning but also fostered a sense of camaraderie and shared purpose. This collaborative effort infused positive energy into the surroundings, creating an environment conducive to impactful community involvement. The joy derived from collectively contributing to a cleaner and healthier Vellayani Lake, guided by the principles of NRPF, was palpable among the volunteers.


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The program's conclusion was marked by a couple of joyful moments, signifying not just the successful execution of the cleaning initiative but also the profound sense of satisfaction that comes from actively participating in community service under the banner of NRPF. These moments of joy served as a reminder of the positive impact that collective action, guided by NRPF's principles, can have on the environment and the well-being of the community. The combination of hands-on cleaning activities, educational orientation, and shared moments of joy created a holistic experience for the volunteers. Through this program, participants not only contributed towards the restoration of Vellayani Lake but also wholeheartedly embraced NRPF's mission of natural resource protection, setting the stage for continued community-driven initiatives in the future.

OUTCOME – The project successfully achieved its goal by instilling the importance of water conservation and healthy environment for the safety of our society and also helped in giving life to the Vellayani Lake.

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ACTIVITY NO - 19

PROJECT GANITHAM AWARD CEREMONY

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
Mar Ivanios College	2/7/2022	30	Community

"Teaching is a great way to keep learning "


-Matthea Harvey

PROGRAM AIM – To celebrate the success of the project Ganitham and to give awards to the volunteers.

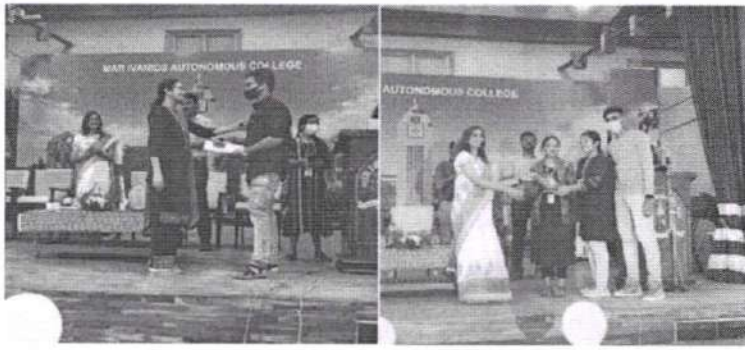
PROGRAM SUMMARY- Project Ganitham provides an internship opportunity to college students for volunteering, to gain first-hand experience in teaching and student development.

NSS SCTCE, in collaboration with Insight For Innovation, successfully concluded the third phase of Project Ganitham, a pioneering initiative aimed at revolutionizing the teaching and learning of fundamental mathematics concepts among school students. The celebratory event, held at Mar Ivanios College Auditorium in Trivandrum on July 2nd, 2022, highlighted the impactful role of NSS volunteers from Sree Chitra Thirunal College of Engineering, in teaching essential mathematics skills to almost 80 students.

This program resonated deeply with the dedicated volunteers who actively participated, serving as a profound source of inspiration for upcoming projects and programs. Awards and certificates were graciously presented to students who demonstrated exceptional commitment and ability throughout the project's completion. The significant contribution of NSS volunteers in teaching basic mathematics concepts, including decimals, fractions, lines and angles, operations, to a substantial number of students added a remarkable dimension to the event.


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This ceremony not only acknowledged individual achievements but also underscored the transformative power of education, emphasizing the collective effort required to inspire and empower students on their mathematical journey.



The conclusion of the event left attendees with a sense of warmth and renewed purpose, fostering motivation to continue supporting Project Ganitham. The organization, in reaffirming its commitment, highlighted its dedication to nurturing young minds, fostering a genuine love for mathematics, and making a positive impact on the educational landscape. As Project Ganitham looks ahead, it eagerly anticipates future editions, aiming to sustain its mission of inspiring a generation of mathematically adept individuals poised to contribute significantly to the advancement of society.

OUTCOME –The session effectively accomplished its objective by emphasizing the significance of education and creating opportunities for volunteers to contribute to a better future generation.

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Department of Electrical & Electronics Engineering

ACTIVITY NO - 20

A VISIT TO VITHURA SCHOOL

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
VITHURA	09/07/2022	50	COMMUNITY


"No act of kindness, no matter how small, is ever wasted."

-UNKNOWN

PROGRAM AIM – To provide essential studying kits and items to enhance and improve the educational level of education as education is the backbone of future and also to mingle with students and the villagers by creating a socially friendly atmosphere

PROGRAM SUMMARY- The National Service Scheme (NSS) of Sree Chitra Thirunal College of Engineering (SCTCE) on 9th July conducted a school visit to a tribal village of Vithura. School Bags along with some stationery items have been gifted to the kids present there. Many games and interactive sessions have been done during those hours. Volunteers get mutually attached to those kids who played along with them, had food and enjoyed very well by maintaining NSS dignity.




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After the school Visit the volunteers went out for trucking along with the villagers. It was also a mind-blowing experience which everyone enjoyed well which helped the volunteers to connect with people



OUTCOME – Volunteers realized the sense of duty and responsibility to society. Education assistance can help individuals acquire new skills, enhancing their social life.


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ACTIVITY NO - 21

DROWNING PREVENTION PROGRAM

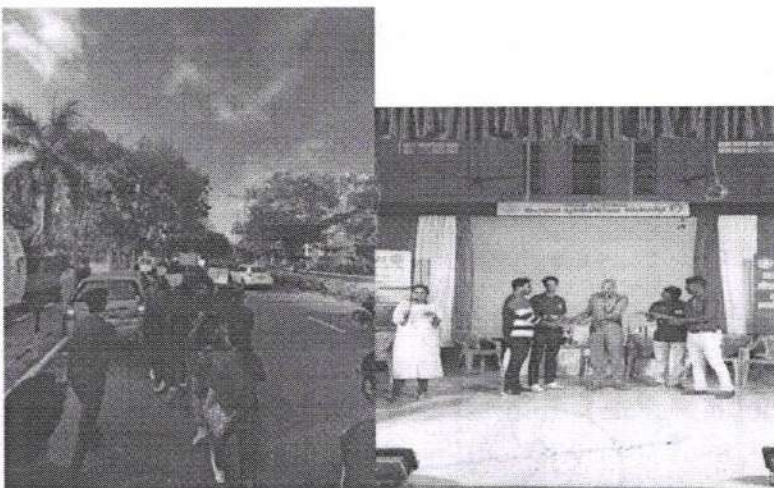
VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
JGI Stadium	19/07/2022	40	COMMUNITY

"Drowning prevention is not just about teaching people to swim; it's about empowering communities with knowledge, fostering a culture of safety"

-Unknown

PROGRAM AIM – To raise awareness, educate communities about water safety, and implement strategies to reduce the risk of drowning incidents. The goal is to minimize the occurrence of drowning accidents and ensure the safety of individuals around water.

PROGRAM SUMMARY- NSS SCTCE participated in a program conducted by the Kerala State Disaster Management Authority on account of World Drowning Prevention Day on 25/07/2022 at Jimmy George Indoor Stadium. The Volunteers of NSS-SCTCE participated in the rally to spread awareness among the public and also attended the scuba diving sessions in the pool, the volunteers also had a chance to gain an understanding of how to help a person from drowning.



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An inter-college quiz competition was also conducted and the NSS volunteers **Anas PS and Basim Muhammad** of SCTCE bagged the first position in the competition.



OUTCOME – Through this session, we were able to know more about scuba diving and about different ways to save someone who is drowning, increased awareness and knowledge about water safety, improved swimming and survival skills in the community, and greater adherence to safety measures increased awareness and knowledge about water safety, improved swimming and survival skills in the community, and greater adherence to safety measure.

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ACTIVITY NO - 22

STATE ONAM CELEBRATION VOLUNTEERING

DAY 1

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
Nishagandhi Auditorium	06/09/2022		COMMUNITY

"Volunteering during the state Onam celebration is not just about serving; it's a vibrant tapestry of unity, culture, and shared joy."

-Unknown

PROGRAM AIM – To foster community engagement and participation in organizing and executing events related to the traditional festival of Onam. play a crucial role in coordinating activities, ensuring the smooth execution of events, and contributing to the overall success of the Onam festivities.

PROGRAM SUMMARY- NSS SCTCE had lent its volunteers to help out with the Onam Celebration programs that were happening throughout the district. The volunteering was done in collaboration with the Tourism Club and District Tourism Promotion Council, Thiruvananthapuram. The program was inaugurated and flagged off by Honourable Tourism Minister **P.A. Muhammad Riyas** and Mr. PB Nooh Bava IAS, Director, Department of Tourism, Kerala. Volunteers play a pivotal role in organizing and executing diverse events, contributing to the vibrancy of the Onam festivities.

Their dedication creates a shared space where traditions flourish, and the spirit of celebration becomes a collective moment, weaving a tapestry of unity and joy for all participants.



OUTCOME – Ensure the participation of the volunteers in programs happening in the public sector. It included a strengthened sense of community cohesion.

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heightened cultural awareness, and the successful execution of diverse events, enhancing the overall experience for participants. Volunteer efforts contributed to the seamless organization of festivities, creating a positive and inclusive atmosphere.



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ACTIVITY NO-23

STATE ONAM CELEBRATION VOLUNTEERING DAY-2

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
NISHAGANDHI	12.09.2022	20	Community

"AS THE VIBRANT POOKALAMS BLOOM AND THE AROMA OF SADHYA FILLS THE AIR"

-Unknown

PROGRAM AIM- To help out with the Onam celebration programs which were held throughout the district and NSS SCTCE members in collaboration with the District Tourism club and Promotion Council played a vital role in making the event a success.

PROGRAM SUMMARY- Onam is the festival that brings together all communities in Kerala. On this day, religion, caste or creed is not of importance. One of the most popular festivals of India, people celebrate it with great zeal. Onam is a rice harvesting festival which is celebrated in the southernmost state of Kerala. Onam, which symbolises homecoming of demon king Mahabali, is one of the most famous and biggest festivals of Kerala and is celebrated all across the state. The festival is celebrated for 10 days and the Keralites show great enthusiasm while celebrating it.

NSS SCTCE were much committed to promote the rich cultural traditions of Onam and to ensure the success of programs happening throughout the district.



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DAY 2 ONAM CELEBRATION PROGRAM was inaugurated and flagged off by Honourable Tourism Minister P.A. MUHAMMAD RIYAS and Mr. PB NOOH BAVA IAS, Director, Department of Tourism, Kerala. The program was held at Nishagandhi Auditorium on 12.09.2022. Various entertaining programs and traditional competitions were organised as part of the celebration. People from different localities participated in the program with great enthusiasm and joy, and the 3-hour program concluded with memorable experiences.

OUTCOME- This Onam celebration demonstrated the volunteer's dedication to promoting cultural festivities and engaging in public sector programs and the commitment to community involvement.

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ACTIVITY NO- 24

VETTUCAUD BEACH CLEANING NRPF

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
VETTUCAUD	18.09.2022		Community

“CLEANLINESS IS NOT A DISCIPLINE. IT'S AN EXPRESSION OF LOVE AND REGARD FOR ALL LIVES AROUND US”

-Sadhguru

PROGRAM AIM- To raise awareness about the ill effects of plastic waste on the sea ecosystem, by collecting and disposing waste.

PROGRAM SUMMARY- Beach cleaning is the process of removing solid litter, dense chemicals, and organic debris deposited on a beach or coastline by the tide, local visitors, or tourists.



NSS SCTCE actively participated in collecting and disposing of waste, including plastics, glass bottles, paper cups, and straws, from the coastal areas of Vettucaud on 18.09.2022. They collected waste to dispose of almost 50 kg of waste collected. Careless disposal of plastic can have dire consequences and are indigestible for marine creatures and affects their intestines or cause infection in those animals that consume it. Thousands of marine animals worldwide have been affected by plastic pollution, including sea turtles, seabirds, and marine mammals. Therefore,

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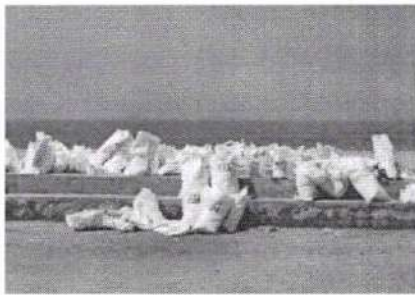
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Beach clean-ups are vital to mitigate the problem caused by ocean debris and the danger that plastic pollution poses to marine life.



Knowing the impacts of the rubbish on the beach, the intention of organizing a beach clean-up was to gather important data on the types of trash that pollutes the shoreline.



OUTCOME- This activity provided an opportunity for volunteers to learn more about the sea and its delicate ecosystem, and the ill effects of plastic waste that lead to damage to the sea ecosystem.

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ACTIVITY NO-25

LINKING VOTER ID AND AADHAAR

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	28.09.2022	60	Community

"RIGHTS OF TRUE CITIZENSHIP OCCUR ONLY TO THOSE WHO SERVE THE STATE TO WHICH THEY BELONG"

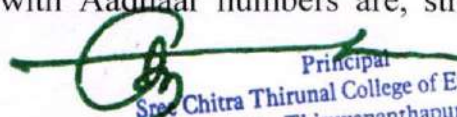
-MAHATMA GANDHI

PROGRAM AIM- To link the voter ID and Aadhaar Card and prevent duplication or multiple enrolments of the same person in different places. To promote the importance of voting and involvement of youth in it.

PROGRAM SUMMARY- To weed out duplication of voters, such as migrant workers who may have been registered more than once on the electoral rolls in different constituencies or for persons registered multiple times within the same constituency.



The **NSS** unit of SCTCE joined together with the electoral literacy club to conduct a program to link the VOTER ID and AADHAAR Card of the students and staff of the college. Officials from the election commission of India educated the students and teachers on using the mobile application of the election commission to register or link the voter ID with the Aadhaar Card. The reason behind linking voter IDs with Aadhaar numbers are, streamlining of electoral rolls and the


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process of registration of migrated voters without duplication in electoral rolls and curbing the menace of multiple enrolments of the same person in different places. Once the Aadhaar is linked, the electoral roll data system will issue alerts on the existence of previous registrations whenever a person will apply for new registration. This move will help in cleaning the electoral roll and facilitate elector registration in the location at which persons are ordinarily residents



OUTCOME- It was a great initiative that achieved its goals and empowered the college community to be active participants in the electoral process and also raised awareness about the importance of voting and the role of youth in the democratic process.

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ACTIVITY NO - 26

KANTHARI LAKE AND VILLAGE CLEANING

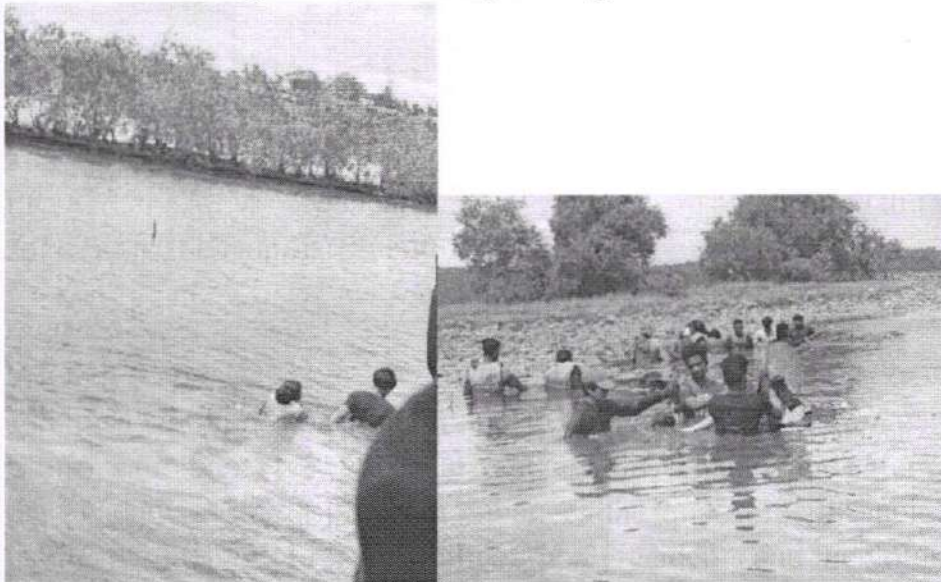
VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
Kanthari Institute, Nemom	2.10.2022	50	Community

"CLEANLINESS IS HALF YOUR HEALTH."

-UNKNOWN

PROGRAM AIM – To clean and collect waste in and around the village and lake adjacent to the Kanthari Institute, Vellayani.

PROGRAM SUMMARY- A neighbourhood that looks good, that's free of clutter and trash would be appealing to look at and to be there. Volunteering for cleanup is one of the finest ways to ensure and enable a cleaner and safer environment for the residents. Such a program enhances the quality of the neighbourhood and instills the feeling of responsibility among residents and the volunteers.



As a part of Gandhi Jayanthi, the NSS officials and volunteers have conducted a meeting on 24.9.2022 to take an initiative for cleaning and collecting waste around the village and lake adjacent to the Kanthari Institute, Vellayani. The idea was put forward by the volunteer secretaries and permission was obtained from the principal. A cleaning drive was organised on 02.10.2022 in and around the village and lake adjacent to the Kanthari Institute, Vellayani. The volunteers

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reached Kanthari Institute at 9 a.m. The coordinator of the institute briefed the participants about Kanthari and the cleaning initiative.



The NSS volunteers along with the participants from Kanthari were then divided into different groups and were allotted different areas of the village and lake for cleaning. Wastes were collected and then segregated into different categories according to their types and were sent for recycling. After the cleaning drive, refreshments and lunch were provided to all the participants

OUTCOME – The session successfully achieved its goal by imparting valuable knowledge about cleaning and volunteering. Volunteers left with a heightened awareness of the significance of contributing to this interactive and engaging initiative.


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ACTIVITY NO - 27

FACE CHANGING PROJECT OF AKKULAM TOURIST VILLAGE

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
Akkulam tourist village	14/10/2022		Community

"ACT AS IF WHAT YOU DO MAKES A DIFFERENCE BECAUSE IT TRANSFORMS"

-WILLIAM JAMES

PROGRAM AIM – Vibrant transformation of Akkulam tourist village, by painting the walls of the same by the volunteers.

PROGRAM SUMMARY - Volunteers are encouraged to take the initiative in helping towards the development and the welfare of government institutions so as to ensure an active role of volunteers in the development of the country. Volunteers gain skills and learn about working of different government intuitions by the same. Volunteering encourages development of civic responsibility and virtues.

NSS officials meet and discuss the possibility of contributing for the transformation of Akkulam tourist village on 6/10/2022. They elaborate the principal and get the permission for the same.

The joint efforts of NSS volunteers and the tourism club in reviving Akkulam align with the Kerala government's larger vision to develop a vibrant nightlife. Beginning with the Akkulam Tourist Village, the volunteers focused on transforming the ambiance by painting the walls. This artistic initiative not only adds life and color to the area but also serves as a symbolic starting point for creating a nightlife experience.



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The strategic intent behind this collaborative project is not merely aesthetic; it extends to boosting tourism opportunities and nurturing local markets. By enhancing the visual appeal of Akkulam, the aim is to attract more visitors, thereby contributing to the economic growth of the region. The fusion of art and tourism creates an inviting atmosphere, encouraging people to explore and engage with the cultural and recreational offerings of the area.

As the efforts progress, the expectation is that Akkulam will become the right spot for social activities and entertainment. This, in turn, can have a positive effect on local businesses, fostering economic development. The collaboration emphasizes the significance of community engagement and initiatives in realizing broader government objectives for cultural enrichment, economic stimulation, and the overall well-being of the region.



OUTCOME – Volunteering for the community has instilled the feeling of responsibility to the welfare of the community among the volunteers. It has also boosted the feel of being part of a community.


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ACTIVITY NO - 28

WALK FOR FREEDOM

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
Kowdiar	15/10/2022	30	community

"INTEGRITY IS DOING THE RIGHT THING WHEN NO ONE IS WATCHING"

- C.S. LEWIS

PROGRAM AIM – To enable the volunteers to be a part of creating global awareness and local action in the fight against human trafficking.

PROGRAM SUMMARY - Human trafficking is a global issue and has become modern day slavery. It is important to raise awareness of human trafficking and promote and protect the rights of trafficking victims. Awareness-raising activities and prevention efforts around the safe use of the internet and social media may help to reduce the risk of people becoming the victims of trafficking.

The NSS volunteers and the officials meet and discuss the possibilities of being part of an anti-human trafficking awareness program on 8/10/2022. An awareness walk is initiated and the officials attain the permission from the principal for the same.



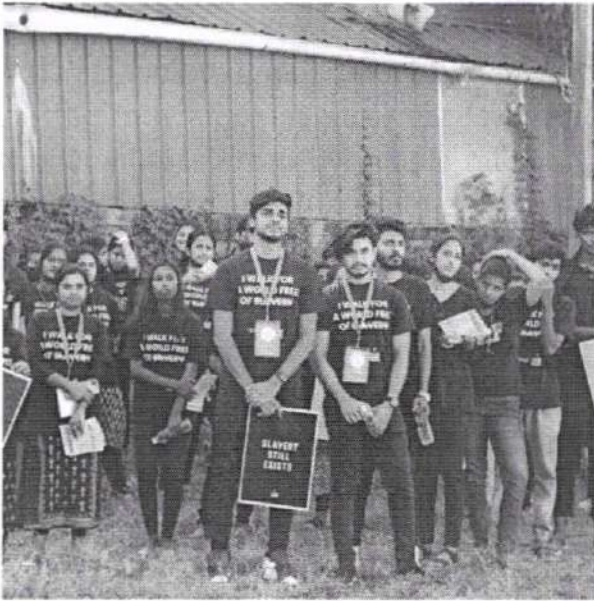
On the 15th of October 2022, the Volunteers of NSS SCTCE played a pivotal role in the impactful 'FREEDOM WALK,' a dedicated effort to combat human

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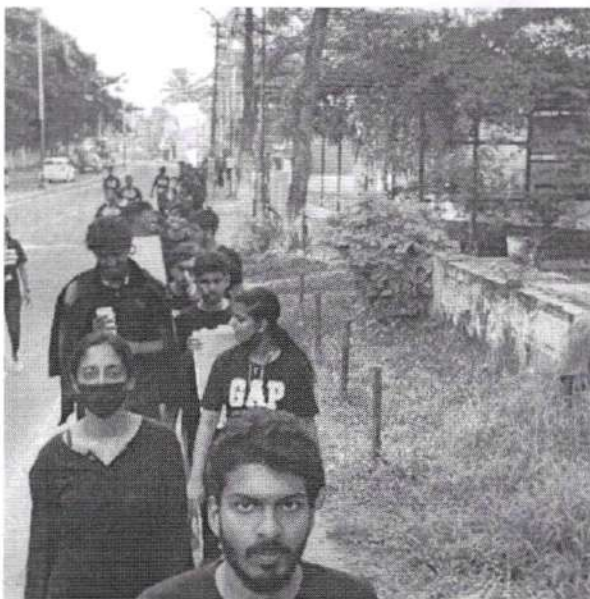
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trafficking on a global scale. The event was inaugurated by Harshitha Attaluri, the anti-human trafficking nodal officer for Kerala, at the Salvation Army School in Kowdiar.



Attaluri took the opportunity to address the gathered volunteers, shedding light on the intricate challenges faced by the state of Kerala. She highlighted the vulnerabilities faced by people migrating to and from Kerala, emphasizing the potential risks of falling into the traps set by human trafficking rackets. This insightful talk served as a crucial aspect of the awareness campaign, providing participants with a deeper understanding of the issue.




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During the event, the volunteers, motivated by their commitment to the cause, took a solemn pledge. This pledge signified their dedication to actively work towards preventing human trafficking through any means within their capacity. The march that followed became a powerful symbol of unity and purpose, underscoring the immediate need to eradicate human trafficking from not just the local community but the world at large.

The 'FREEDOM WALK' organized by NSS SCTCE was more than just a physical activity; it was a collective statement against the heinous crime of human trafficking. By participating in this event, the volunteers showcased their determination to be agents of change, contributing to the larger mission of creating awareness and taking tangible steps to combat this global menace. The event stands as a testament to the power of community engagement and grassroots initiatives in addressing and eradicating complex social issues.

OUTCOME – The session successfully achieved its goal by imparting valuable knowledge against human trafficking and its ill effects. Volunteers left with a heightened awareness of the significance of contributing to this initiative.



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ACTIVITY NO - 29

KANTHARI DAY-2

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
Artism Studio & School, Vazhuthacaud	15/10/2022	50	Community

"I AM DIFFERENT, NOT LESS"

-DR. TEMPLE GRANDIN

PROGRAM AIM – To raise funds for the betterment of differently-abled people in CADRE-The Artism & School.

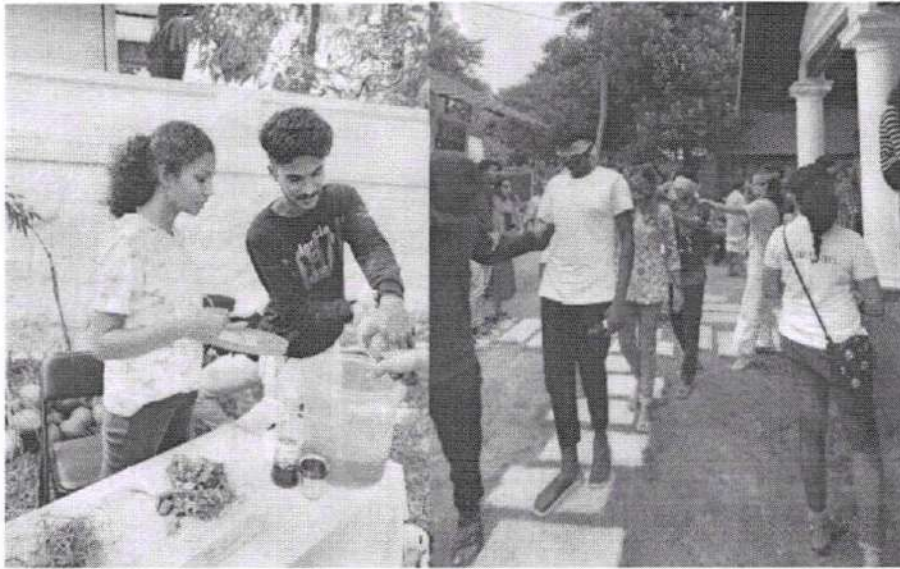
PROGRAM SUMMARY – Helping people with disabilities is important for creating an inclusive and equitable society. It also helps people with disabilities pursue their goal and live with dignity. By offering support and raising funds, we can ensure that everyone has the opportunity to participate fully in society. Always respect and ask if someone needs assistance before offering to help.

The NSS volunteers and the officials meet and discuss the possibilities of being part of "Spread the Spice" a collaborative effort between NSS SCTCE and Kanthari Educational institute on 8/10/2022. A fund raiser is initiated and the officials attain the permission from principal for the same



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"Spread the Spice" was a collaborative effort between NSS SCTCE and Kanthari Educational Institute, held at CADRRE - The Artism Studio & School in Vazhuthacaud on October 15, 2022. The event served as a platform to support noble causes, with volunteers, including those with different abilities, actively participating to raise funds for specific initiatives.



One notable highlight was the presence of students from the Govt. School for the Visually Impaired, who were the main guests. Their involvement added a heartwarming touch to the event, capturing the attention and admiration of the gathering. The inclusivity of differently-abled individuals in various activities and games contributed to the overall spirit of unity and support.


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The event attracted a diverse audience, including outsiders who enthusiastically joined in and contributed their best to the cause. The collaborative atmosphere fostered a sense of community and shared purpose.

To engage the audience further, volunteers organized cultural activities, showcasing soulful performances. These activities not only entertained but also connected the gathering on a deeper level, creating a jubilant and inclusive environment.

In essence, "Spread the Spice" at CADRRE - The Artism Studio & School was more than just an exhibition; it was a celebration of compassion, diversity, and collective efforts toward positive social change.

OUTCOME – The fund-raising program was a success and funds were successfully handed over to the deserved. Volunteers left with a heightened awareness of the significance of contributing to this interactive and engaging initiative.



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ACTIVITY NO - 30

HUMAN CHAIN

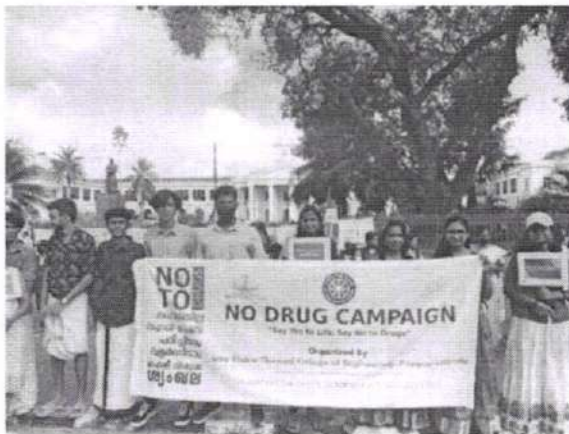
VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
Vellayambalam	1/11/2022	50	Community

"DRUGS TAKE YOU TO HEAVEN DISGUISED AS HELL"


-DONALD LYN FROST

PROGRAM AIM – To raise awareness against drug abuse and initiate programs regarding the same.

PROGRAM SUMMARY – Drug abuse is when a drug is used for a different purpose than intended, or in excessive amounts. Drug abuse can involve illegal drugs as well as medicines. Drugs cause imbalance to a person's mental or physical state. Drug addiction can lead to low self-esteem, memory challenges, attention deficits, etc., therefore it is important to spread awareness among the youth about the harmful effects of drugs.



The NSS volunteers and the officials meet and discuss various programs to conduct in accordance with the "No to Drug" campaign 25/10/2022. A human chain and other engaging programs are organised and the officials attain the permission from principal for the same.


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As part of the statewide "No to Drugs" campaign on November 1, 2022, NSS SCTCE organized a series of impactful programs. The day commenced with an awareness procession led by NSS volunteers around the campus, underscoring the importance of steering clear of drugs. Following the procession, a session further conveyed the campaign's message.



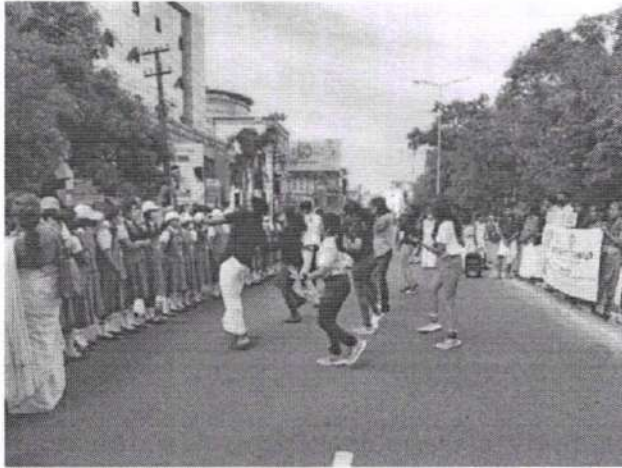
At 3 p.m., NSS SCTCE volunteers, members of the Anti-Narcotic club, and faculty actively participated in a human chain organized by the Government of Kerala. This human chain extended from Gandhi Park to Vellayamablam Ayyankali square, symbolizing a united front against drug abuse. The event was made vibrant and colorful by the engaging performances of the dance and music club members.

The participants, after actively contributing to the human chain, were provided with snacks and refreshments, fostering a sense of community and camaraderie. The event culminated in a collective pledge, where all participants vowed to work diligently towards the "No to Drugs" campaign, emphasizing their commitment

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to creating a drug-free society. The combined efforts of NSS SCTCE and various clubs not only raised awareness but also instilled a sense of responsibility and unity in the fight against drug abuse.



OUTCOME – The volunteers participated in a human chain and the goal of spreading awareness among the public was successful. The participants understood the importance of the “No to Drug” campaign and the event was conducted successfully.

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ACTIVITY NO – 31

ORPHANAGE VISIT

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
NIRMALA SHISHU BHAVAN	20/11/2022	30	COMMUNITY

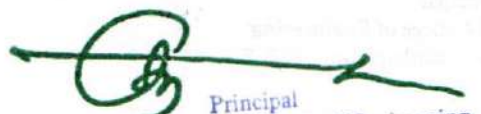
"IT'S NOT HOW MUCH WE GIVE BUT HOW MUCH LOVE WE PUT INTO GIVING"

~MOTHER TERESA

PROGRAM AIM – To improve personality development and the aim of visiting an orphanage is typically to offer support, companionship, and care to orphaned children. It provides an opportunity to contribute positively to their well-being, emotionally and socially, through interaction, activities, and sometimes material assistance.

PROGRAM SUMMARY –Visiting an orphanage can create meaningful human connections and break the sense of isolation that orphaned children may feel. It provides an opportunity to share love, kindness, and encouragement, potentially impacting their emotional and social development. Furthermore, such visits can inspire empathy in individuals, fostering a deeper understanding of social issues and encouraging a sense of responsibility towards vulnerable populations. Overall, visiting an orphanage is a way to contribute to the betterment of society by supporting those who are often in need of care, attention, and resources.


We have conducted a meeting on 2/11/2022 along with the Program Officers, Principal and Panel members and we have decided to conduct an orphanage visit as a part of World Children's Day on 20/11/2022 at Nirmala Shishu Bhavan.


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As a part of World Children's day NSS SCTCE visited an orphanage. The orphanage we selected was Nirmala Shishu Bhavan at Palayam . There were about 50 orphans residing in that institute. The volunteers, after interacting with them, decided to conduct different programs to engage them. The infectious energy and joy from the children were transmitted to the volunteers and a special bond was created within no time. They spent time with the children by talking and interacting and also arranged cultural events like dance and music with them. The volunteers also distributed things like chocolates, fruits, dairy products, soaps, origami toys and other essential items. An inauguration ceremony was conducted with the head of the institute. The volunteers along with the children were immensely happy to have this experience.


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PROGRAM OUTCOME –This experience of visiting an orphanage leads to emotional connections, personal growth, increased community awareness, and inspiration for positive change. It gave a chance to provide support and positively impact the lives of orphaned children.



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ACTIVITY NO – 32

BLOOD DONATION CAMP

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	22/11/2022	80	COMMUNITY


“Donate blood. save life!”

-Unknown

PROGRAM AIM – To raise awareness about the importance of blood donation and encourage NSS SCTCE members to contribute to this noble cause.

PROGRAM SUMMARY – Human blood is an essential element of human life with no substitute. In many major surgeries and trauma emergencies the use of whole blood is now well accepted. Blood transfusion has been responsible for saving millions of lives each year around the world. Yet the quantity and quality of blood pool available for transfusion is still a major concern across the globe, especially in the developing countries.

Having donated blood, our cell count goes down which leads to new cell regeneration. This is definitely a healthy process that defines that an individual is fine and fit. Our entire body freshens up and many of our health issues come to an end. Therefore, blood donation results in a healthier body that raises our life span. Blood isn't merely needed in case of injuries or accidents but also for plasma or platelets required by a patient. In such cases, if an adequate amount of blood is readily available in a blood bank, patients can be smoothly treated. Hence people should regularly donate blood to ensure an adequate availability of it for the needy at the right time.

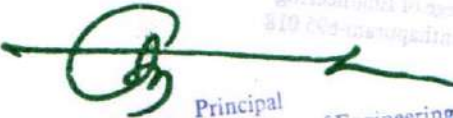

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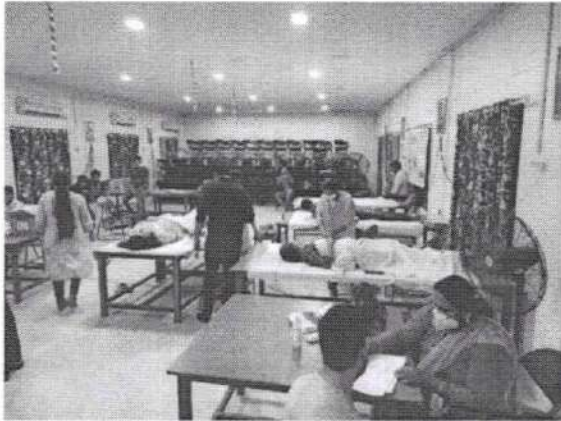


We have conducted a meeting on 14/11/2022 along with the Program Officers, Principal and Panel members and decided to conduct a Blood donation Camp at SCTCE on 22/11/2022.

NSS SCTCE conducted a blood donation camp on 22/11/2022 from 9.30 am to 12.30 pm on campus premises which resulted in huge success. Total of 100 participants were present out of which 60 were found eligible. Teachers, as well as students of the college participated in the camp. We were able to donate 60 units of blood to the hospital. The volunteers oversaw the camp ensuring smooth and effective conduction of the camp. The participants were given appreciation certificates from the doctors. The students further pledged to participate in future donations and to spread awareness and encourage others around them to do the same. The camp paved the way to encourage voluntary blood donations in line with the mission of NSS SCTCE of a healthier and safer community. The doctors expressed their gratitude for the success of the camp.


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PROGRAM OUTCOME – The session successfully achieved its goal by imparting valuable knowledge about blood donation. Volunteers left with a heightened awareness of the significance of contributing to this life-saving initiative.

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ACTIVITY NO – 33

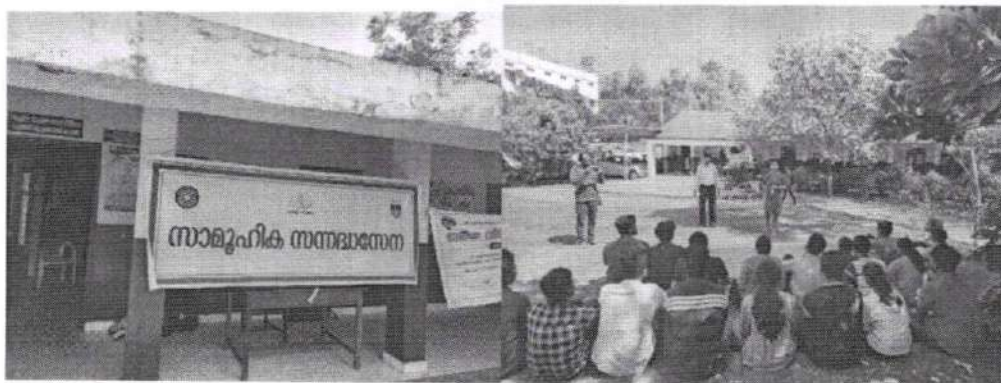
SAMOOHIKA SAMMADHASEVA

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
EAST FORT	28/11/2022	30	COMMUNITY


“Cleanliness is not next to godliness, it is godliness”
~Mahatma Gandhi

PROGRAM AIM – To raise and create awareness to keep our surroundings clean and help our society and to encourage NSS SCTCE to contribute in the following.

PROGRAM SUMMARY – Cleanliness is important, for it builds up a healthy environment that facilitates physical and mental well-being and growth. Therefore, its individual, as well as collective importance cannot be denied. Cleaning the environment is the key to the existence and survival of life on planet earth. Maintaining a clean environment reduces pollution, preserves our biosphere, protects endangered species, and helps preserve the earth’s natural resources. In society, the state of cleanliness represents the mindset of its inhabitants.



We have conducted a meeting on 16/02/2023 along with the Program Officers, Principal and Panel members and decided to conduct a Samoohika Sammadhaseva at our Eastfort following Attukal pongala festival on 28/02/2023.


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The Samoohika Sammadhaseva conducted by NSS SCTCE in collaboration with other NSS units and a political party during Attukal Pongala festival was a successful endeavor. The volunteers actively participated in the post festival clean up by removing bricks and donating them to homeless individuals. This initiative not only contributed to environmental sustainability but also addressed the needs of marginalized communities. The event served as a platform for volunteers to engage in community service, promoting a sense of social responsibility and empathy. This activity also allowed the volunteers to interact with other units and get to learn their experience, also promoted social interactions with the public. The volunteers along with the police force helped clear traffic along the route to avoid chaos. Attukal Pongala festival being one of the largest festivals of Trivandrum and having people from all over the state as well, NSS volunteers also helped to control the gatherings.

PROGRAM OUTCOME – The session successfully achieved its goal by allowing the volunteers to understand the value of having a clean environment and to help less fortunate people around.

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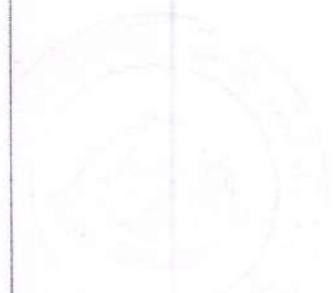
Director
National Bureau of Standards
Washington, D.C. 20343

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ACTIVITY - 34

HARITHA MITHRAM SURVEY - KAMALESWARAM

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
KAMALESWARM	1.12.2022 to 17/12/2022	40	Community

“WE WON 'T HAVE A SOCIETY IF WE DESTROY THE ENVIRONMENT”

-MARGARET MEAD

PROGRAM AIM- To enrol residents in the mission and gather essential information for effective waste management. The mission's goal is to create awareness about environmental issues, encourage community participation, and implement initiatives, such as monthly waste collection, to contribute to waste reduction and promote environmental sustainability.

PROGRAM SUMMARY- Solid waste management has become a major environmental issue in India. The increase in population and urbanization are largely responsible for the increase in solid waste. Municipal Solid Waste (MSW) includes mostly residential waste, commercial waste, and market waste, Domestic house waste, street sweeping etc. It consists of biodegradable waste, recyclable waste, inert waste, combustible and non-combustible waste etc. At present any scientific system has rarely been practiced for the safe disposal of municipal solid waste in the city. Insufficient storage, collection, transportation, treatment and disposal of waste lead to contamination of air, surface and groundwater, which result in formation of breeding grounds for vectors, pests, rodents, etc. causing public health problems. Proper planning for collection, transportation, treatment and disposal of solid waste are therefore extremely essential for the protection of environment, health, sanitation and social wellbeing of the people.



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OUTCOME- The NSS SCTCE team's efforts paid off as they were able to enrol over 300 local residents into the mission and gather crucial information for effective waste management. The community showed great interest and enthusiasm in participating in waste reduction initiatives. This survey helped create awareness about environmental issues and fostered a sense of responsibility among the residents.

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NSS SCTCE (National Service Scheme, Sree Chitra Thirunal College of Engineering) demonstrated proactive engagement in the Haritha Mitram Mission conducted in Kamaleswaram through four impactful sessions spanning from December 1, 2022, to December 17, 2022. The primary objective of these sessions was to actively involve and enroll residents in the mission, with a specific focus on promoting effective waste management practices within the community. Utilizing a dedicated app, NSS volunteers facilitated interactive sessions with the residents, aiming to raise awareness about pressing environmental issues and the importance of adopting sustainable waste management practices.

The approach yielded positive results, with the community showing notable interest in becoming a part of the Haritha Mitram Mission. The residents' enthusiastic response reflected a genuine eagerness to contribute to waste reduction and enhance environmental sustainability. Of particular significance was the expressed interest in participating in the monthly waste collection initiative, indicating a strong community commitment to actively address and mitigate environmental challenges.

By fostering awareness and encouraging community participation, NSS SCTCE not only contributed to the success of the Haritha Mitram Mission but also played a pivotal role in building a sense of environmental responsibility among the residents. This initiative exemplifies the NSS commitment to community service and the promotion of sustainable practices, showcasing the potential for positive change through collaborative efforts in addressing pressing environmental concerns.

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ACTIVITY NO - 35

PROJECT GANITHAM PHASE 1

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
G MEET	01/12/2022 to 14/01/2023		Community


"EDUCATION IS THE KEY THAT UNLOCKS THE GOLDEN DOOR TO FREEDOM"

-GEORGE WASHINGTON CARVER

PROGRAM AIM – To provide basic education in mathematics to children in tribal communities, emphasizing interactive sessions to foster understanding, all under the leadership of TEAM INSIGHT.

PROGRAM SUMMARY- Started in 2019, Project Ganitham has been a transformative initiative centered on empowering high school children with the fundamental knowledge of Mathematics. Project Ganitham, spearheaded by TEAM INSIGHT, was a groundbreaking initiative aimed at imparting fundamental mathematics education to students in grades 8, 9, and 10.

The 14 one-hour online classes conducted from December 1, 2022, to January 14, 2023, as part of Project Ganitham, were a pivotal component of the transformative initiative led by TEAM INSIGHT. These sessions aimed to empower NSS volunteers with fundamental knowledge in mathematics and equip them with effective teaching and mentoring skills for students in grades 8, 9, and 10.



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The classes focused on various aspects, including basic mathematics concepts, teaching methodologies, handling children, and implementing tests and quizzes. The curriculum emphasized interactive sessions, problem-solving exercises, and practical applications to enhance the volunteers' understanding of mathematical concepts and prepare them for effective teaching. Throughout the 14 classes, volunteers underwent significant personal and professional development, fostering a platform for cultivating strong teamwork and leadership skills. The sessions served as more than just academic instruction; they became a catalyst for personal growth and knowledge sharing among the volunteers.

The online classes incorporated team-building events to enhance collaborative efforts, ensuring that the volunteers were well-prepared to deliver impactful sessions to the students. By the end of the 14 sessions, volunteers had gained valuable insights into teaching mathematics, handling students, and conducting tests and quizzes. The program successfully transcended traditional education, creating an enriching experience for both the volunteers and, ultimately, the students they would be teaching.


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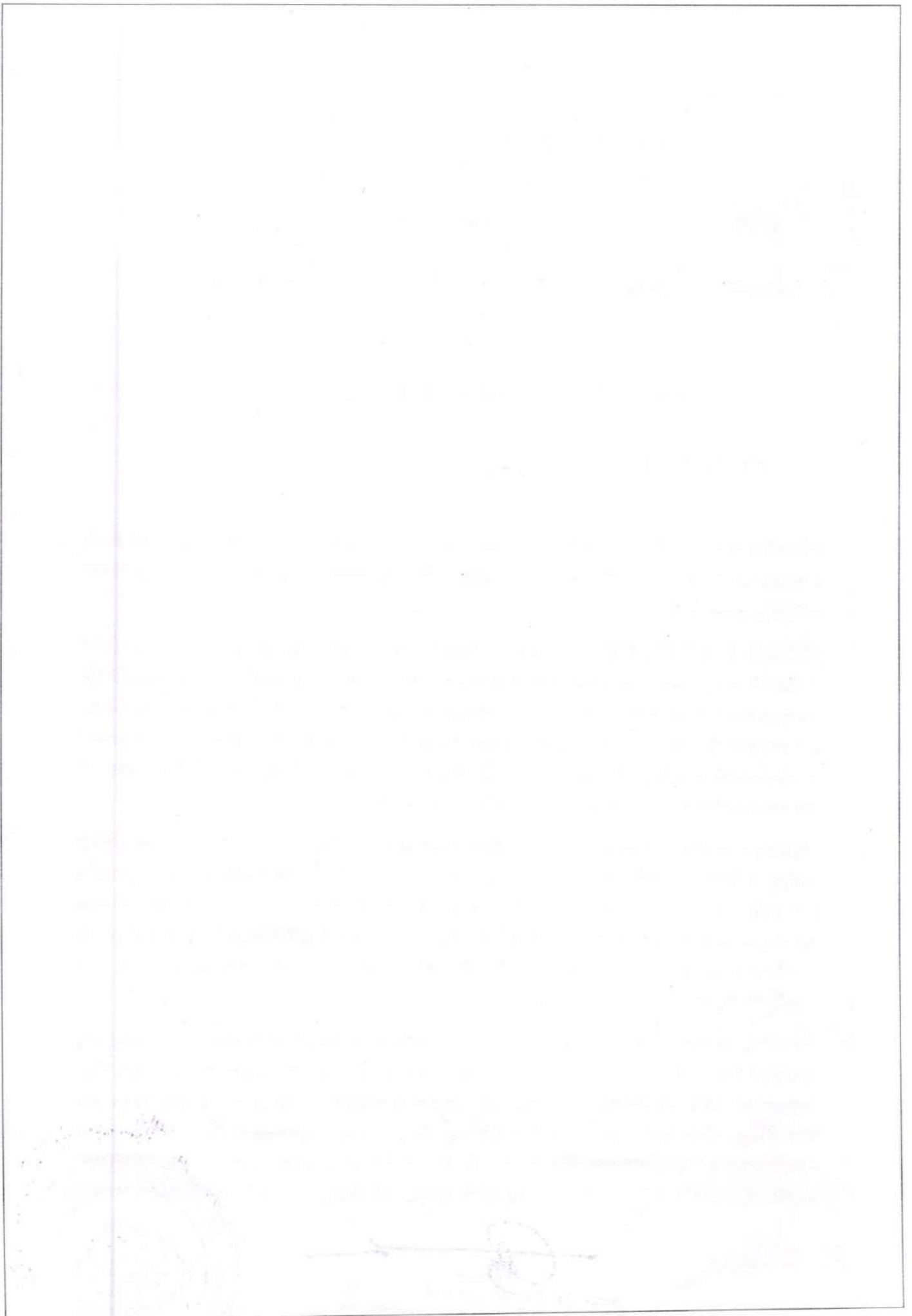
OUTCOME – The sessions successfully resulted in enhanced understanding and the creation of a positive learning environment within the class. The commitment of volunteers and the notable improvements observed among students serve as indicators of the program's transformative experience

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ACTIVITY NO- 36

PROJECT GANITHAM PHASE 2

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
G-MEET	19/02/2023 to 06/03/2023	50	Community

“EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD.”


- NELSON MANDELA

PROGRAM AIM – To teach the fundamentals of essential mathematics to high school students (8th, 9th and 10th grade) by interactive sessions and problem-solving exercises.

PROJECT SUMMARY - Project Ganitham is an initiative led by TEAM INSIGHT focuses on empowering high school children with the fundamental knowledge of Mathematics. The children are educated with interactive sessions, problem-solving exercises and practical applications to enhance the students' understanding about the subject. A strong basis on the subject will make it easier for the students to pursue mathematics with ease.

Project Ganitham Phase 2 Day-1 started on 19th February 2023. The 15 one-hour online classes conducted from 19th February, 2023, to 6th March, 2023 were a pivotal component of the transformative initiative led by TEAM INSIGHT. These sessions aimed to empower NSS volunteers with fundamental knowledge in mathematics and equip them with effective teaching and mentoring skills for students in grades 8, 9, and 10.

The classes focused on various aspects, including basic mathematics concepts, such as lines, algebra, integers, division and multiplication to complex topics like integrals and differentials teaching methodologies, along with sessions on handling children, and implementing tests and quizzes. The curriculum emphasized interactive sessions, problem-solving exercises, and practical applications to enhance the volunteers' understanding of mathematical concepts



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and prepare them for effective teaching. Throughout the 15 classes, volunteers underwent significant personal and professional development, fostering a platform for cultivating strong teamwork and leadership skills. The sessions served as more than just academic instruction; they became a catalyst for personal growth and knowledge sharing among the volunteers.



The online classes incorporated team-building events to enhance collaborative efforts, ensuring that the volunteers were well-prepared to deliver impactful sessions to the students. By the end of the 15 sessions, volunteers had gained valuable insights into teaching mathematics, handling students, and conducting tests and quizzes. The program successfully transcended traditional education, creating an enriching experience for both the volunteers and, ultimately, the students they would be teaching.


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OUTCOME – The sessions successfully resulted in enhanced understanding and the creation of a positive learning environment within the class. The commitment of volunteers and the notable improvements observed among students serve as indicators of the program's transformative success.



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ACTIVITY NO - 37

MIDNIGHT FUN RUN IWD 23'

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
Kanakakunnu	08/03/2023		Community

"Women, whether subtly or vociferously, have always been a tremendous power in the destiny of the world."

-ELEANOR ROOSEVELT

PROGRAM AIM – The Midnight Fun Run, organized as part of the International Women's Day celebration by NSS SCTCE and SHE, aimed to symbolize unity, promote physical well-being, and make a strong statement in support of gender equality. By choosing a unique and engaging activity like a midnight run, the program sought to create a memorable experience that underscored the importance of collective efforts toward building a more inclusive society.

PROGRAM SUMMARY – The idea for the Midnight Fun Run as part of the International Women's Day celebration emerged during a planning meeting held on March 1, 2023, with key stakeholders such as Program Officers, the Principal, and Panel members. The decision to organize a midnight run was rooted in the desire to create a unique and impactful activity that would symbolize unity, promote physical well-being, and align with the broader theme of gender equality associated with International Women's Day.



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The core idea behind the Run was to provide a symbolic representation of the collective journey towards gender equality. By choosing the midnight hour, the event aimed to underscore the significance of the struggle for equality, emphasizing the need for continuous effort even in the darkest hours. The run served as a physical manifestation of the commitment to empowering women and creating a more inclusive society.



Preparations for the Midnight Fun Run involved meticulous planning to ensure both symbolic and physical success. The route was strategically chosen to be well-lit, prioritizing participant safety, it was decided that the run would take place from Kanakakunnu to East Fort, over 5 km in distance, and that it would start at sharp 12 a.m. Symbolic colors were encouraged to be worn by participants, reflecting the spirit of the occasion and fostering a sense of unity.


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The organizing committee coordinated logistics, ensured proper permissions, and disseminated information to maximize participation.

As participants gathered in anticipation, the atmosphere became charged with enthusiasm and camaraderie. The run commenced with a brief ceremony, reiterating the event's significance and its alignment with the broader goals of International Women's Day. The participants embarked on a 5km run, starting from the college premises. The route showcased solidarity and purpose, mirroring the commitment to gender equality.

The Midnight Fun Run concluded with participants returning to the college after completing the 5km route. The event not only promoted physical well-being but also left a lasting impact on the participants, reinforcing the message of unity and commitment to gender equality. The camaraderie and enthusiasm displayed by the volunteers underscored the success of the event in achieving its intended goals within the framework of the International Women's Day celebration. The Midnight Fun Run became a memorable and symbolic highlight of the comprehensive program, leaving participants inspired and motivated to contribute to the ongoing efforts for equality.

PROGRAM OUTCOME – The Midnight Fun Run proved to be a resounding success, achieving its intended aims and leaving a lasting impact on the participants. The event not only promoted physical fitness but also served as a symbolic representation of the collective journey toward gender equality. Participants, including NSS SCTCE and SHE members, embraced the spirit of the run with zeal, underlining their commitment to supporting and advocating for women's rights.

The Midnight Fun Run, within the broader context of International Women's Day celebrations, contributed to creating awareness and fostering a sense of unity among the participants. It stood out as a unique and memorable activity, reinforcing the message that inclusivity, empowerment, and gender equality are causes worth actively pursuing. The success of the Midnight Fun Run exemplifies the effectiveness of innovative approaches in promoting social awareness and participation in meaningful initiatives.



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ACTIVITY NO - 38

BLOOD DONATION CAMP - IWD'23

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	08/03/2023	80	COMMUNITY

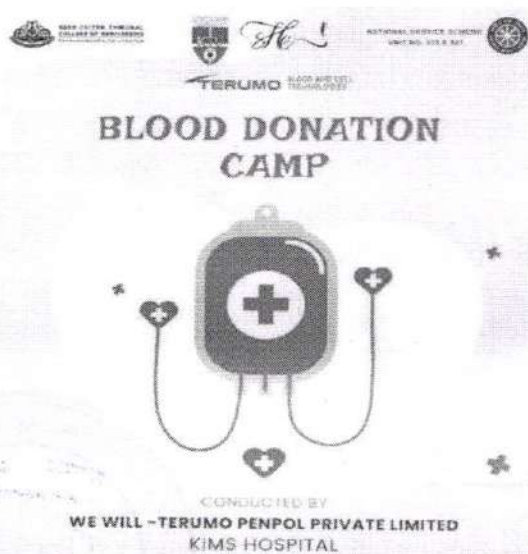
"THE FINEST GESTURE ONE CAN MAKE IS TO SAVE LIFE BY DONATING BLOOD"


- DR. V MURUGAN

PROGRAM AIM – To organise a blood donation camp in a collaborative effort with KIMS Hospital on International Women's Day 2023.

PROGRAM SUMMARY- Blood donation is one of the noblest and the greatest donations a man can make. Blood is our life sap. Donating one unit of blood can save up to 4 lives.

NSS SCTCE unit gives very much importance to blood donation by conducting blood donation camps twice a year and also give awareness campaigns and orientation on voluntary blood donation.




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At the NSS meeting conducted on 02/03/2023, the volunteers have decided to organize a blood donation camp on the upcoming International Women's Day. After the discussion with the Principal, the Program officers and the volunteer secretaries, we have decided to arrange the blood donation camp on 08/03/2023.

Taking place within the campus walls, at Seminar Hall 112, the event aimed to raise awareness about the critical need for blood donations and witnessed participation from the college community. Held from 10:00 AM to 1:00 PM, the camp, managed by the KIMS Hospital's medical team, ensured a safe donation process and successfully collected a substantial number of blood units.

This joint effort not only commemorated International Women's Day but also showcased the community's dedication to altruism and healthcare support. The active and steady influx of donors underscored the success of the initiative, emphasizing the collective commitment to addressing the crucial demand for blood donations. The collaboration between NSS SCTCE and KIMS Hospital exemplified the spirit of community engagement and health advocacy.



In summary, the Blood Donation Camp on International Women's Day, organized by NSS SCTCE and KIMS Hospital, proved to be a successful endeavour in creating awareness and meeting the vital need for blood donations. The event symbolized the community's strong commitment to altruistic actions and support for healthcare initiatives.

OUTCOME – The blood donation camp was effectively organised with the assistance from KIMS Hospital's medical support and we managed to deliver more units of blood than the expected amount, making this camp successful.

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ACTIVITY NO - 39

PROJECT GANITHAM CLOSING CEREMONY - SYNERGY 23'

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
Mar Baselios College Of Engineering, Trivandrum	04/04/2022		Community

"The goal of education is the advancement of knowledge and the dissemination of truth."

- JOHN F KENNEDY

PROGRAM AIM – Project Ganitham, initiated by NSS SCTCE in collaboration with Insight For Innovation, aimed to bring about a transformative change in the teaching and learning of fundamental mathematics among school students. The program sought to address challenges in math education, especially in grades 8, 9, and 10, by employing interactive sessions, problem-solving exercises, and practical applications. The primary goal was to empower students with a solid understanding of mathematical concepts and enhance their confidence in the subject.

PROGRAM SUMMARY – The importance of Project Ganitham, orchestrated by NSS SCTCE in collaboration with Insight For Innovation, extends far beyond the realm of mathematics education. By addressing the fundamental challenges in teaching and learning, this initiative has become a beacon of transformative change. The program's emphasis on interactive sessions, practical applications, and community involvement not only enhanced students' mathematical abilities but also instilled confidence in a subject often perceived as challenging. Equally significant is the impact on volunteers who, through their active participation, underwent personal and professional development, cultivating teamwork and leadership skills. The success of this initiative demonstrates the profound impact collaborative educational projects can have in fostering positive change, empowering both students and volunteers with the tools needed for success in education and beyond.



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The program unfolded in multiple phases, with dedicated volunteers actively engaging in teaching sessions and community involvement. Utilizing innovative teaching methodologies, the volunteers facilitated interactive classes that went beyond traditional education. The emphasis was on not only imparting knowledge but also cultivating teamwork and leadership skills among the volunteers. Project Ganitham transcended conventional education by creating a platform for knowledge sharing, personal growth, and the promotion of mathematical education among young learners.

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Synergy 23, the celebratory event held on April 4, 2022, at Mar Baselios College Auditorium in Trivandrum, marked the culmination of a successful phase of Project Ganitham by NSS SCTCE in collaboration with Insight For Innovation. The event aimed to acknowledge and appreciate the dedicated efforts of the 5000 volunteers who actively participated in transforming mathematics education for school students. The event received a distinguished inauguration by SMT R. Bindu, the Minister for Higher Education and Social Justice in Kerala. In her address, she lauded the exemplary efforts of the volunteers and underscored the crucial role of such initiatives in education and community service. Minister Bindu emphasized the importance of active youth involvement in projects like "Ganitham," encouraging them to contribute meaningfully to society. The event further acknowledged and honored approximately 550 NSS volunteers from various colleges across the state for their outstanding contributions to the transformative project. The participation of the Minister and the large number of volunteers highlighted the widespread recognition and significance of initiatives fostering education, community engagement, and social responsibility.

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Awards and certificates were distributed to recognize the exceptional contributions of volunteers, highlighting their commitment to the success of the project. Synergy 23 went beyond a mere acknowledgment ceremony, serving as a platform to inspire and motivate both the volunteers and the community. The event showcased the positive impact of collaborative educational initiatives, fostering a sense of community engagement, social responsibility, and a passion for learning. Overall, Synergy 23 not only celebrated the achievements of Project Ganitham but also reinforced the significance of collective efforts in driving positive change in education and community service.

PROGRAM OUTCOME – The completion of Project Ganitham marked a significant achievement, with a positive impact on both volunteers and students. The students demonstrated notable improvement in their mathematical abilities and confidence levels. The initiative became a catalyst for academic progress, dispelling the perception that mathematics is a challenging subject. The volunteers, in turn, underwent significant personal and professional development, gaining valuable experience in teaching, teamwork, and leadership. In conclusion, Project Ganitham, driven by NSS SCTCE and Insight For Innovation, achieved its aim of transforming mathematical education. The collaborative efforts of volunteers and the positive outcomes for both students and educators underline the success of the initiative in making a lasting impact on the community.



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Sriee Chitra Thiruvinal College of Engineering
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ORIENTATION

ACTIVITY NO - 40

SESSION ON IMPORTANCE OF BLOOD DONATION

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	7/5/2022	70	Orientation

"Be someone's lifeline; donate blood"

-Unknown

PROGRAM AIM – To raise awareness about the importance of blood donation and encourage NSS SCTCE members to contribute to this noble cause.

PROGRAM SUMMARY- Blood donation is one of the noblest and greatest donations a man can make. Blood is our life. Donating one unit of blood can save up to 4 lives.

At the NSS meeting conducted on 1st may 2022 the members have decided to conduct a blood donation orientation for discussing its importance. After the discussion with the PO and principal we have decided to conduct the same on 7th may 2022.



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An orientation on blood donation can cover various aspects, such as the importance of voluntary blood donation, the impact it has on saving lives, and the role each individual can play in contributing to community health. Additionally, the session can address common misconceptions and fears related to blood donation, aiming to alleviate concerns and encourage more people to participate.

Given the short timeframe between the decision on May 1st and the actual orientation on May 7th, it's likely that the NSS members are prioritizing swift action and effective communication. This may involve promoting the event through various channels, such as posters, social media, and word of mouth, to ensure maximum participation.

The timing of the orientation is crucial, and choosing May 7th provides an opportunity to coincide with or precede other related events, such as World Thalassemia Day on May 8th. Aligning the orientation with relevant dates can amplify its impact and raise awareness on a broader scale

After the orientation we give tasks on the basis of voluntary blood donation. The session winds up at 5pm with the realization of the need for blood donation.

NSS SCTCE conducted an indoor session on the importance of blood donation. The session first of all started with the question "Who all had donated their blood at least once in their lifetime? "

The students were enlightened about all the varieties of blood groups. The students now know what are the criteria for donating blood.

We now know that by donating blood not only the receiver is benefited but also the donors in many ways. Objectives: volunteers realized the value of blood and the need for blood donation

OUTCOME – The session successfully achieved its goal by imparting valuable knowledge about blood donation. Volunteers left with a heightened awareness of the significance of contributing to this life-saving initiative .



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ACTIVITY NO - 41

SESSION ON IMPORTANCE OF CLIMATIC CHANGES

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	11/6/2022	70	Orientation

"The world will not be destroyed by those who do evil, but by those who watch them without doing anything."

— Albert Einstein.

PROGRAM AIM – To raise awareness about the importance of climate change and encourage NSS SCTCE members to contribute to resist its noble causes.

PROGRAM SUMMARY- Climate change refers to long-term shifts in temperatures and weather patterns. These shifts may be natural, but since the 1800s, human activities have been the main driver of climate change, primarily due to the burning of fossil fuels (like coal, oil, and gas), which produces heat-trapping gases.

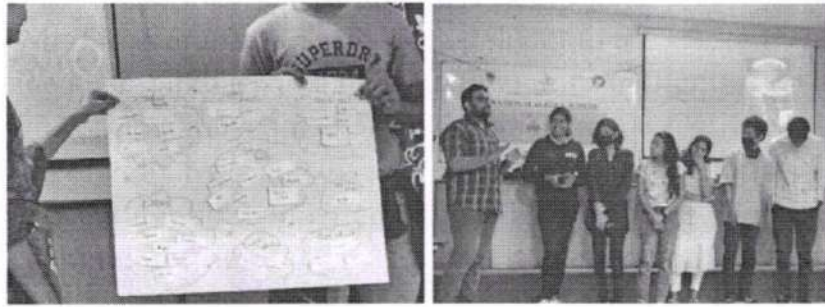
At the NSS meeting conducted on 24/05/2022 the members along with the Program Officers and the Principal decided to conduct an orientation for discussing the importance of climate change and its effects. After the meeting, it was decided to conduct the same on 11th June 2022.

On June 11, 2022, NSS SCTCE organized a highly informative orientation session focusing on the significance of climate change and its impact. Mr. Sujith Surendran, Programme Officer, Thanal, skillfully led the session with charisma and experience. The event aimed to enhance awareness among volunteers, providing them with valuable insights into the environmental challenges our planet faces.



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The program successfully encouraged active engagement and interaction among the participants, fostering an atmosphere of open communication and involvement. Mr. Surendran's expertise added depth to the session, ensuring that volunteers gained a comprehensive understanding of the implications of climate change. After the orientation a quiz session is conducted to realise the knowledge and perspectives of volunteers and discussion for how to prevent these causes and its effects. The event not only imparted knowledge but also served as a platform for the NSS community at SCTCE to come together and discuss proactive measures for addressing environmental concerns in their local and global contexts.

OUTCOME – The session successfully achieved its goal by imparting valuable knowledge about climate change and its effects. Volunteers left with a heightened awareness of climate change and its preventive measures.



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ACTIVITY NO - 42

NSS DAY INTERACTIVE SESSION


VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	24/9/2022		Orientation

"If you can't feed a hundred people, feed just one."

-Unknown

PROGRAM AIM – Identify the needs and problems of the community and involve them in problem-solving. develop among themselves a sense of social and civic responsibility.

PROGRAM SUMMARY - NSS was formally launched on 24th September, 1969, the birth centenary year of the Father of the Nation. Therefore, 24 September is celebrated every year as NSS Day with appropriate programmes and activities. Through its objectives of understanding the community, self-awareness in relation to the community, identification of community needs and problems, and active involvement in problem-solving processes, NSS creates a platform for participants to contribute meaningfully to society. NSS volunteers immerse themselves in the fabric of their communities, gaining insights into the challenges and aspirations of the people they serve. This not only helps them develop a deeper understanding of the societal context but also cultivates a strong sense of social and civic responsibility. By actively participating in community-driven initiatives and problem-solving, NSS volunteers not only address immediate needs but also contribute to sustainable development and positive social change. The essence of NSS lies in its ability to transform individuals into socially conscious and responsible citizens, fostering a sense of empathy and commitment to the well-being of the community at large.


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NSS SCTCE unit gives very much importance to celebrate NSS day. On the NSS meeting conducted 19th October the members decided to conduct an orientation program. After the discussion with the PO and principal we have decided to conduct the same on 24th October 2022.

On September 24, 2022 NSS SCTCE organised an interactive session as a part of NSSD. The fact that Mr. Vasanth Krishnan, a minds coach and people facilitator, led the session adds a valuable perspective to the discussion on teamwork and the familial aspect of working together in NSS.

The session seems to have focused on the significance of teamwork and emphasized the idea of the NSS community functioning like a family. This approach can be highly beneficial in fostering a sense of unity, shared responsibility, and collaboration among the volunteers.

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The active participation of all volunteers suggests that the session was engaging and enjoyable. The interactive nature of the event likely contributed to a positive learning experience, making it more likely for participants to grasp and internalize the concepts discussed.



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By understanding the importance of teamwork and volunteering, the volunteers are likely to appreciate the collective impact they can make when they work together. Teamwork is often essential in achieving common goals and addressing community needs effectively, which aligns well with the objectives of NSS.

.Moreover, the analogy of working as a family within NSS implies a deeper connection and a sense of belonging. This familial approach can enhance the volunteer experience, making it more fulfilling and encouraging long-term commitment to community service.

Overall, the session organized by NSS SCTCE appears to have successfully conveyed the importance of teamwork and instilled a sense of camaraderie among the volunteers, contributing positively to the NSS community's spirit and mission.

OUTCOME – The session successfully achieved its goal by imparting valuable knowledge about NSS day. Volunteers left with a heightened awareness of the significance and importance as an NSS Volunteer.



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ACTIVITY NO - 43

KANTHARI INTRODUCTION SESSION

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
Kanthari Institute	2/10/2022		orientation

“A burning desire can transform dreams into reality.”

-Unknown

PROGRAM AIM – volunteers were given the amazing opportunity to listen to the pitches from the participants from Kanthari Institute.

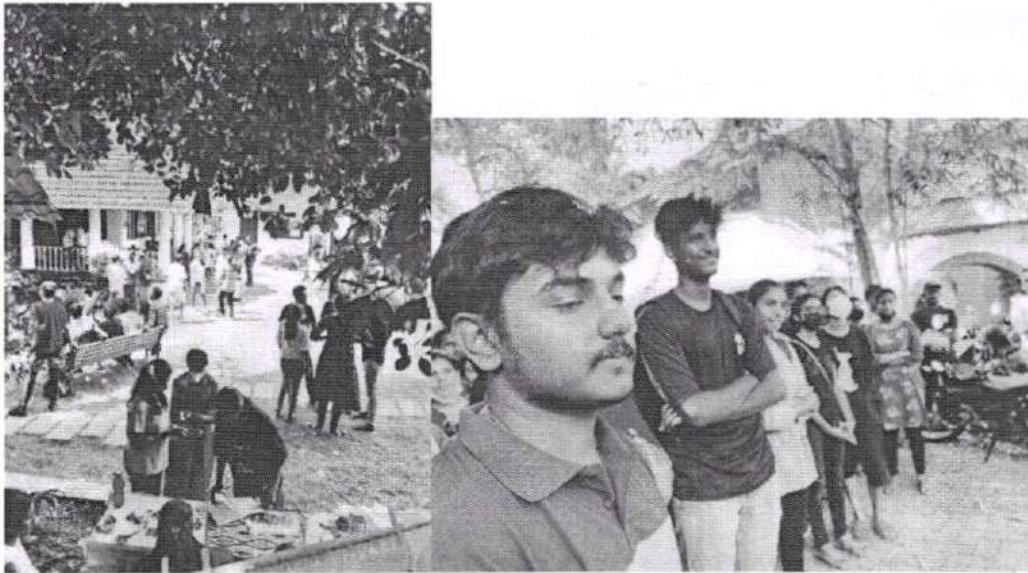
PROGRAM SUMMARY- Kanthari is an organization that supports and empowers social change visionaries, particularly those with disabilities, from various countries. The organization aims to ignite the passion and drive within its participants, empowering them to create significant social impact despite any physical challenges they may face.

On 02/10/2022, NSS SCTCE volunteers were given the amazing opportunity to listen to the pitches from the participants from Kanthari Institute. The NSS volunteers and the participants from Kanthari assembled in the main hall at 1.30 pm for the event. The participants from over 10 countries pitched their ideas on various socially relevant issues like disability, menstrual hygiene, LGBTQIA+ rights, women empowerment, alternative education, agriculture and environment.



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Afterwards, the NSS volunteers selected the pitch which they liked. The volunteers and participants had tea and snacks while discussing the respective project they chose and understood in detail about the visions and goals behind the project which was to be demonstrated in an exhibition at CADRE-The Artism Studio, Vazhuthacaud on 15/10/2022.



OUTCOME – The session successfully achieved its goal by imparting valuable knowledge about various socially relevant issues like disability, menstrual hygiene, LGBTQIA+ rights, women empowerment, alternative education, agriculture and environment.

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ACTIVITY NO - 44

VIGILANCE AWARENESS SESSION

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	21/10/2022	40	Orientation

"SAY NO TO CORRUPTION; COMMIT TO THE NATION."


-THEME OF VAW'23

PROGRAM AIM - To sensitize participants to the detrimental effects of corruption, promote ethical behavior, and encourage a proactive approach towards preventing and combating corrupt practices.

PROGRAM SUMMARY-Vigilance Awareness Week (VAW) is being celebrated every year and coincides with the birthday of Sardar Vallabhbhai Patel, known to be a man of high integrity. In pursuit of the vision of the Government of India to make a New India, the Central Vigilance Commission, as the apex integrity institution of the country, endeavours to promote integrity, transparency and accountability in public life.



Vigilance Awareness Week is one of the tools of the Commission in increasing public awareness about the perils of corruption. The Commission has decided that


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this year Vigilance Awareness Week would be observed from 30th October to 5th November, 2023 with the titled theme.

In connection with this, NSS SCTCE unit decided to conduct an interactive session aiming to promote vigilance awareness among the volunteers who are the promised youth of our nation. NSS volunteers attended a session with MR. MANOJ CHANDRAN, Inspector, Vigilance and Anti-Corruption Bureau, special investigation unit 2. The session was organized by NSS SCTCE unit and Vigilance department on 21st October 2023 at college seminar hall.

The session shed light on various aspects like crime that come under Vigilance jurisdiction, how to report crime to the Vigilance department, and the working of the Vigilance department. The speaker highlighted the role of each individual in upholding ethical values and contributing to a corruption-free community.

The event concluded with an interactive question and answer session, allowing volunteers to seek clarifications and share their perspectives. This segment facilitated an open dialogue and provided an opportunity for volunteers to address specific concerns related to vigilance.



OUTCOME – Session successfully achieved its objective of fostering a sense of responsibility and commitment towards vigilance and ethical conduct. Volunteers left the session equipped with knowledge and tools to actively contribute to building a corruption-free environment.


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ACTIVITY NO - 45

PROJECT GANITHAM TRAINING -1

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
Techno Park	5/11/2022	30	Orientation

"LET'S BRING A CHANGE FOR A BETTER EDUCATION."

-Unknown

PROGRAM AIM – To enhance the capabilities of volunteers' teaching skill and to be a proficient partner in PROJECT GANITHAM, which aims to help high school children to improve essential knowledge of Mathematics.

PROJECT SUMMARY - Started in 2019, Project Ganitham focuses on empowering high school children with the fundamental knowledge of Mathematics. A strong foundation in this subject is essential for their academic and personal growth. Through engaging workshops and activities, dedicated college volunteer's and corporate partners bring the magic of numbers to life.

The second phase of Project Ganitham started with a training session on 10th February 2023 aimed to improve the pedagogical skill of each volunteer in the mission. The 3 hour orientation session was held at Technopark, Thiruvananthapuram under the supervision of NSS SCTCE and Insight Organisation.

The session was divided into advanced methodologies focused on elevating the volunteer's capabilities to a higher echelon. Encouraging an atmosphere of open dialogue and collaborative learning, the session fostered a setting where the volunteer's not only refined their teaching techniques but also honed their communication aptitude.



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OUTCOME- The session successfully achieved its goal by boosting volunteer's teaching and communication talent. Volunteer's evolutionized skills are beneficial in project success. By making Mathematics enjoyable and accessible, volunteers can open up new opportunities for the young learners.

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ACTIVITY NO - 46

PROGRAM OFFICER ORIENTATION

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	17/11/2022		Orientation

"NOT ME BUT YOU."

- NSS MOTTO

PROGRAM AIM - To provide knowledge on NSS programmes, activities, organizing NSS camps and special camps for 1st year students. Emphasized the performance and impressive activities of NSS SCTCE unit.

PROGRAM SUMMARY - The National Service Scheme (NSS) is a Central Sector Scheme of Government of India, Ministry of Youth Affairs & Sports. It provides opportunity to the student youth of 11th & 12th Class of schools at +2 Board level and student youth of Technical Institution, Graduate & Post Graduate at colleges and University level of India to take part in various Government led community service activities & programmes. The primary objective of developing the personality and character of the student youth through voluntary community service. 'Education through Service' is the purpose of the NSS.



Being an active member these student volunteers would have the exposure and experience to be the following:

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- an accomplished social leader
- an efficient administrator
- a person who understands human nature

The NSS unit along with the Faculty of SCTCE conducted an orientation program for the newly joined students of 2022-26 batch acknowledging the above mentioned aspects. The orientation session was conducted by Baji Sir ,the program officer(PO) of NSS SCTCE unit. Volunteer Secretaries and other senior volunteers introduced the objectives of NSS to the new set of volunteers and then they shared their memorable experiences in NSS.



The session effectively introduced the National Service Scheme(NSS) and highlighted the achievements and impactful activities of the NSS SCTCE unit.

It provided necessary information for the volunteers to actively engage in community service activities. New volunteers were also given the opportunity for sharing their past experiences related to NSS that they had during their school days. The 2 hour orientation was held at the college seminar hall with the participation of around 150 fresher's. It motivated the NSS Volunteers for continuing their selfless service towards community work.

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OUTCOME – The students were convinced of the sole aim of the NSS which is to provide hands- on experience to young students in delivering community service. The volunteers were determined to serve the nation with utmost loyalty.

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ACTIVITY NO - 47

RUDHIRASENA-FLAGSHIP ORIENTATION

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	18/11/2022	50	Orientation

"A SINGLE DROP OF BLOOD CAN MAKE A HUGE DIFFERENCE"

-UNKNOWN

PROGRAM AIM – To raise awareness about the importance of blood donation and encourage NSS SCTCE members to contribute to this noble cause.

PROGRAM SUMMARY- Blood donation is one of the noblest and greatest donations a man can make. Blood is our life sap. Donating one unit of blood can save up to 4 lives.

NSS SCTCE unit gives very much importance to blood donation by conducting blood donation camp twice a year and also giving awareness campaigns and orientation on voluntary blood donation.

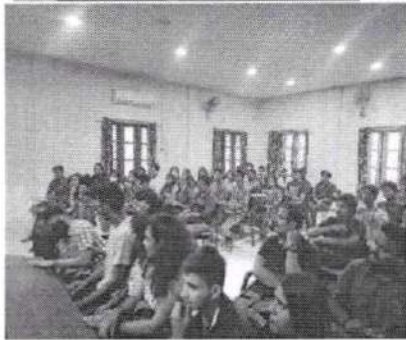
At the NSS meeting conducted last month the members have decided to conduct a blood donation orientation on the basis of Rudhirasena. After the discussion with the PO and principal we have decided to conduct the same on 23rd December 2023 (permission copy is attached in annexure file)

RUDHIRASENA is a flagship orientation chartered by APJ KTU NSS cell as a flagship in order to alarm the students about the importance of blood donation. This orientation was handled by KUMARI AKHILA SD Regional coordinator. The orientation was held at the college seminar hall. She shared the importance of blood donation and raised the questions; Who can donate? Who can accept? and also discussed the death rate ratio on the basis of road accidents.

After the orientation she was given a task on the basis of voluntary blood donation and the volunteers got enrolled in Rudhirasena application for the voluntary blood donation. The session winded up at 5pm with the realization of the need for blood donation.


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OUTCOME – The session successfully achieved its goal by imparting valuable knowledge about blood donation. Volunteers left with a heightened awareness of the significance of contributing to this life-saving initiative.

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ACTIVITY- 48

KANTHARI FUNCTION

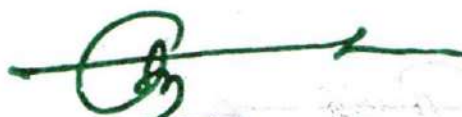
VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
KANTHARI INSTITUTE	17.12.2022	50	

*"KNOWING IS NOT ENOUGH; WE MUST APPLY. WILLING IS NOT ENOUGH
WE MUST DO"*

-Unknown

PROGRAM AIM- The aim of the KANTHARI program is to empower individuals from diverse backgrounds to become social change agents. Participants undergo rigorous training to develop the skills, knowledge, and mindset needed to initiate and lead projects that address social issues and create positive impact in their communities.

PROGRAM SUMMARY- The KANTHARI GRADUATION CEREMONY held on 17.12.22. It was a momentous occasion that brought together a diverse group of individuals from different backgrounds who had completed the rigorous training program offered by the Kanthari organization. This year's ceremony was made even more special by the participation of National Service Scheme (NSS) volunteers, who had been actively involved in supporting the initiatives of Kanthari. The graduation ceremony commenced with a warm welcome extended to all the attendees, including the graduates, NSS volunteers, distinguished guests, and members of the organizing committee. The event was marked by an atmosphere of enthusiasm, inspiration, and celebration.



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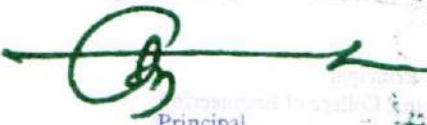
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The NSS volunteers actively supported the initiatives of Kanthari, showcasing their dedication to social service and community engagement. Their participation in the ceremony added to the specialness of the occasion and highlighted the importance of collaboration in creating positive change.

OUTCOME- Through this program, individuals gain the necessary tools and inspiration to make a difference in their communities. The Kanthari Graduation Ceremony is a culmination of their hard work and dedication, celebrating their achievements and empowering them to continue their impactful work.


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ACTIVITY NO - 49

PROJECT GANITHAM: TRAINING-2

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
TECHNOPARK	10/02/2023	40	ORIENTATION

"EDUCATION IS NOT PREPARATION FOR LIFE, EDUCATION IS LIFE ITSELF"

- JOHN DEWEY

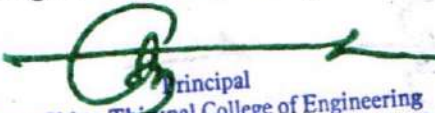
PROGRAM AIM – To enhance the capabilities of a volunteer's teaching skills and to be a proficient partner in PROJECT GANITHAM, which aims to help high school children to improve essential knowledge of Mathematics.

PROGRAM SUMMARY- Started in 2019, Project Ganitham focuses on empowering high school children with the fundamental knowledge of Mathematics. A strong foundation in this subject is essential for their academic and personal growth. Through engaging workshops and activities, dedicated college volunteer's and corporate partners bring the magic of numbers to life.

At the NSS meeting conducted on 04/02/2023 on the basis of Project Ganitham, us volunteers put forward the idea of organising the second part of the training programme. After the discussion with the Principal, the Program officers and the Volunteer secretaries, the training project was set to start from 10/02/2023.

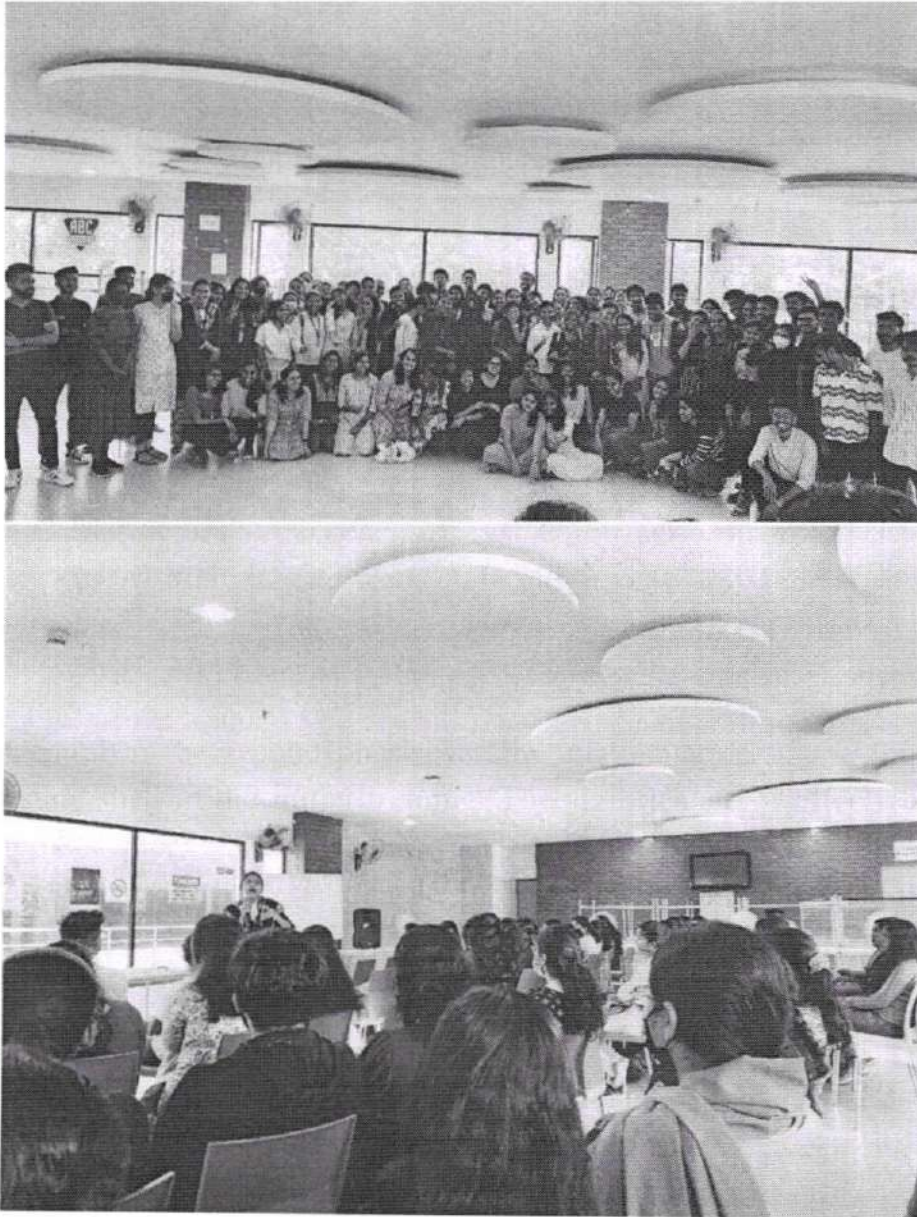
The Second Phase of Project Ganitham commenced on 10/02/2023 with a training session facilitated by NSS SCTCE and Insight. This phase represented a significant evolution in the pedagogical and communication skills of volunteers, who delved into advanced methodologies, elevating their capabilities to a higher echelon. The training fostered an environment of open dialogue and collaborative learning, enabling volunteers to refine teaching techniques and tailor mathematical concepts to individual student needs.

The session went beyond traditional approaches, emphasizing nuanced communication strategies to convey complex mathematical ideas with ease. This


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approach aimed at ensuring an inclusive learning environment for all students. Empowered by this advanced training, volunteers emerged with heightened confidence and a more profound understanding of teaching methodologies. They were now poised to enhance the educational journey of their students by applying these learned techniques in a practical setting.



Central to the second phase was the augmentation of the foundational pillars established in the initial training. The significance of effective communication took center stage, with a focus on fortifying volunteers' skill sets and understanding its crucial role in fostering a conducive learning atmosphere.



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Practical scenarios and interactive discussions were integrated into the session, enabling volunteers to fine-tune their approaches and ensuring a more profound impact on student engagement and comprehension.

As the training concluded, volunteers left invigorated and equipped not just with knowledge but with a refined skill set. They were ready to apply these learned techniques and methodologies in real-world scenarios, reaffirming their commitment to making a tangible difference in the educational landscape through the ongoing Project Ganitham. The program not only enriched volunteers but also set the stage for a more impactful and inclusive educational journey for the students involved.

OUTCOME – The Ganitham Project, which set foot to enhance the volunteer's teaching capabilities and to pass the knowledge of Mathematics and its applications to high school students, motivating them to perform to their fullest has been a grand success.



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ACTIVITY NO - 50

ENERGY CELL -FLAGSHIP- ORIENTATION

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	02/03/2023		ORIENTATION

"ENERGY CONSERVATION IS THE FOUNDATION OF ENERGY INDEPENDENCE"

- TOM ALLEN

PROGRAM AIM – To organise an interactive orientation session based on the Energy Cell flagship program, emphasizing the need for energy conservation and various methodologies for harnessing energy.

PROGRAM SUMMARY- Conservation of energy refers to the efficient and responsible use of energy resources to minimize waste and environmental impact. It involves adopting practices and technologies that aim to reduce energy consumption, promote sustainability, and decrease reliance on finite resources.

At the NSS meeting which took place on 25/02/2023, in accordance with the Energy cell Flagship program, the volunteers put forward the idea to organize an orientation session on behalf of the flagship program. After discussing with the Principal, the Program Officers and the Volunteer secretaries, we decided to hold the orientation session on 02/03/2023.

NSS SCTCE organized an enlightening orientation session for its volunteers, focused on the Energy Cell flagship program and led by Regional Coordinator Kavya B. The session, guided by Kavya's expertise, delved into the essence of energy conservation, stressing its critical importance and exploring various methodologies for harnessing energy. The interactive session included a vibrant brainstorming segment where volunteers actively contributed innovative ideas, fostering a dynamic exchange of thoughts and initiatives.

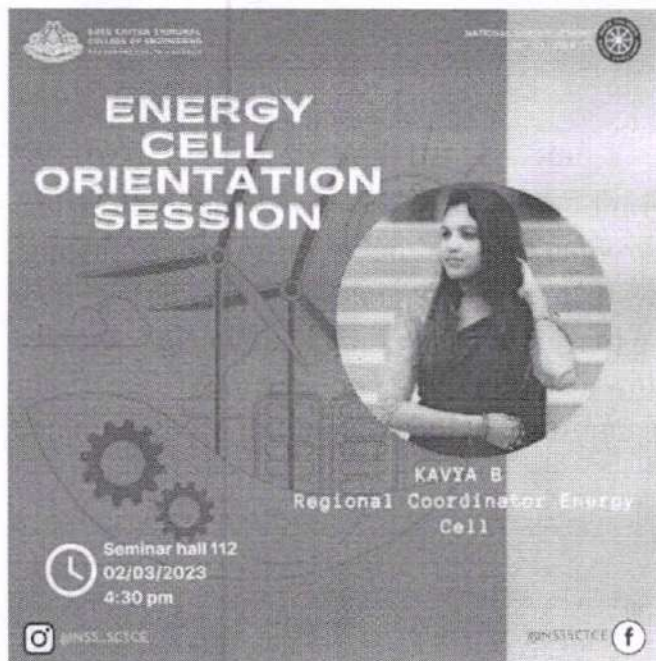
Kavya's adept leadership and the session's interactive nature left a lasting impression on volunteers, providing them with a deep understanding of energy



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conservation and a fervent motivation to drive tangible change. The orientation ignited a sense of responsibility and empowerment among volunteers, inspiring them to champion sustainable energy practices within their community and beyond. This marked a pivotal step toward a more conscientious and sustainable future, as volunteers emerged equipped with both knowledge and a passionate commitment to initiating positive environmental change.

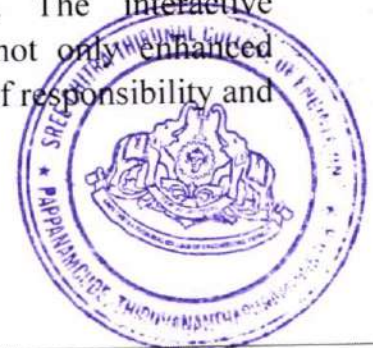


Inspired by the session's insights, volunteers emerged with a renewed commitment to champion sustainable energy practices, marking a pivotal step towards fostering a more conscientious and environmentally sustainable future. The program reflects not only an educational endeavour but also a transformative experience that empowers volunteers to be advocates for positive change in the realm of energy conservation.

In summary, NSS SCTCE's orientation session, led by Kavya B, immersed volunteers in the intricacies of energy conservation. The interactive brainstorming segment, coupled with Kavya's guidance, not only enhanced volunteers' comprehension but also instilled in them a sense of responsibility and

A handwritten signature in green ink, appearing to be "S. S. S.", written over a horizontal line.

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motivation to advocate for sustainable energy practices, symbolizing a crucial stride towards a more conscientious and sustainable future.



OUTCOME – The interactive orientation session based on Energy Cell flagship a program about the essence of energy conservation, stressing its importance and exploring various methodologies about harnessing energies was successfully organised.

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ACTIVITY NO - 51

NRPF - FLAGSHIP – ORIENTATION

VENUE	DATE	NO OF PARTICIPANTS	MODE OF ACTIVITY
SCTCE	11/03/2023		Orientation

“IF CONSERVATION OF NATURAL RESOURCES GOES WRONG, NOTHING ELSE WILL GO RIGHT”


-M. S. SWAMINATHAN

PROGRAM AIM – To raise awareness among the members of NSS SCTCE about the importance of natural resources and the need to conserve them through an orientation program to instil this worthy cause.

PROGRAM SUMMARY – Natural resources form the backbone of our planet's sustenance, providing the essential elements that support life and ensure the well-being of all living organisms. Conservation efforts aim to preserve and sustainably manage these resources, ensuring their availability for current and future generations.

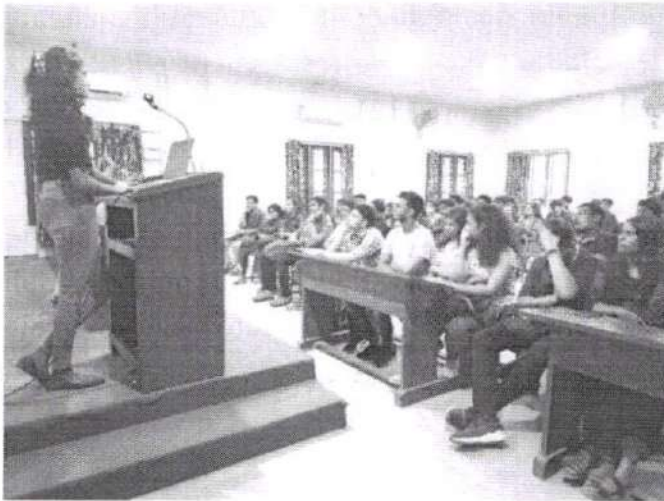
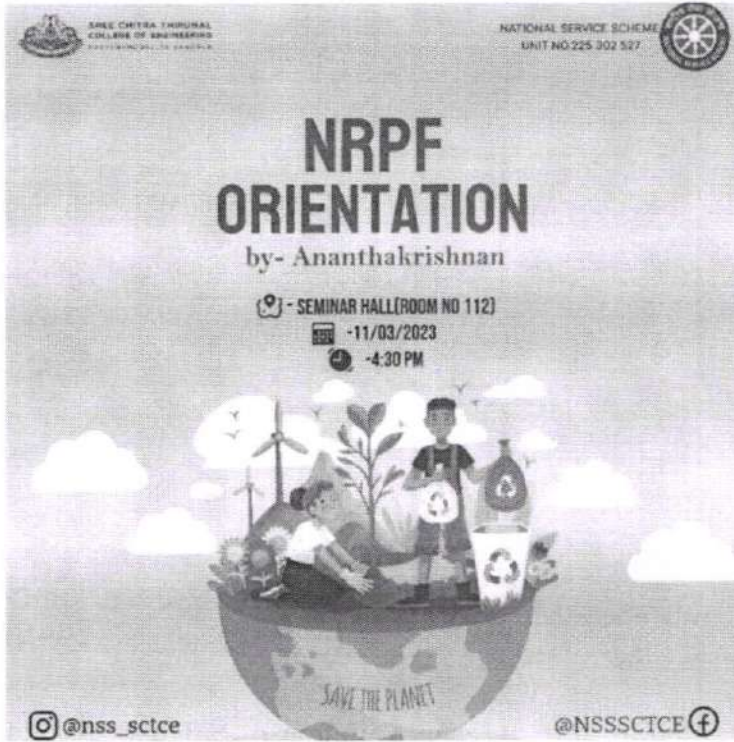
NSS SCTCE aims to promote recognition of the conservation of natural resources by conducting an orientation program through NRPF- Natural Resource Protection Fund, a flagship program that was initiated to spread knowledge about natural resource protection among NSS volunteers.

An NSS meeting was held on 01/03/2023 in the presence of NSS panel members, program officers and the principal. The aim of the meeting was to organise an orientation on NRPF and to register the students to the Tree Tag website, to enforce NRPF's initiative of planting trees among students.



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NRPF flagship orientation was therefore held to inculcate knowledge and understanding among the volunteers regarding natural resource conservation and steps that can be taken by each volunteer for the same. The comprehensive orientation was handled by ANANDAKRISHNAN R in the college seminar hall. He educated the students on the aims of NRPF as well as its four main initiatives- Thanal, Aviyal, Samrakshiti, and Swapnakoodu were emphasized for their pivotal role in the preservation of natural resources. A thorough presentation was delivered on the website login protocols and procedures for tree tagging, empowering volunteers to actively engage in the conservation initiatives of NRPF.



The orientation session ended with the eager registration of volunteers for tree tagging, encouraging active participation. Snacks and refreshments were provided to create a collaborative atmosphere among the participants.

PROGRAM OUTCOME – The session successfully achieved its aim by conveying valuable information on preservation of natural resources. Volunteers left the orientation with an in-depth understanding of the schemes of NRPF alongside the steps to enrol in tree tagging.



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HARITHA VIDYALAYAM: NSS 7 DAY SPECIAL CAMP
ANNUAL CAMP REPORT

Venue	Date: 24/12/2022 to 30/12/2022	No.of Participants:		Type of Activity
Government Upper Primary School, Nemom	Unit(s): 225, 527	225	45	Camp
	Duration: 7 days.	527	44	Camp

"We are not put on this earth for ourselves, but are placed here for each other. If you are there always for others, then in time of need, someone will be there for you."

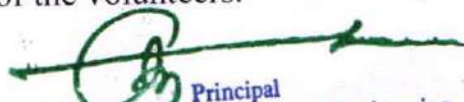
-Jeff Warner

OVERALL REPORT:



Haritha Vidyalayam, the **NSS 7 Day Special Camp** was a transformative and enriching 7-day endeavor held from the **24th to the 30th of December, 2022** at Government Upper Primary School, Nemom. This special camp brought together a group of dedicated volunteers eager to engage in personal growth, community service, and meaningful contributions. Organized with meticulous planning and executed with enthusiasm, the camp unfolded as a vibrant tapestry of activities, sessions, and collaborative efforts, leaving a lasting impact on all participants.

Each day of the camp was meticulously structured, commencing with the morning assembly that fostered unity and a positive atmosphere. The participants engaged in a variety of activities aimed at holistic development. From physical exercises promoting wellness and teamwork to dedicated work sessions contributing to the school's improvement, every task showcased the collective commitment and spirit of the volunteers.


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Educational sessions led by experts such as **Mr. Sujith Surendran, Mr. Babu Sankar, Mr. Vasanth Krishna, and Mr. Jobi Komdoor** added invaluable insights and knowledge, enriching the participants' learning experience. Cultural performances, parades, and ceremonies highlighted the diversity, creativity, and unity among the volunteers, fostering a sense of belonging and celebration.

The week-long journey culminated in a heartfelt closing ceremony, acknowledging the outstanding contributions and efforts of the participants. Awards recognizing the best team, best leader, and individual accomplishments highlighted the exemplary dedication displayed throughout the camp. The event served not just as a closure but as a testament to the shared accomplishments, personal growth, and lasting bonds forged during the camp.

The Camp stands as a testament to the power of collective action, personal development, and community engagement. Beyond the completion of tasks and sessions, the camp fostered a sense of unity, shared purpose, and fulfillment among the volunteers. As the participants dispersed, they carried with them not only memories of the enriching experiences but also the motivation to continue making meaningful contributions in their communities. This camp exemplified the impact of collaborative efforts and the potential for positive change when individuals come together with a common goal.

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DAY BY DAY REPORTS

DAY 1:

Date: 24/12/22

The inaugural ceremony of the 7-day special camp, "Haridha Vidhyalayam," commenced on the 24th of December, 2022. The volunteers gathered to participate in this enriching experience were addressed by the esteemed Principal Sheeja MK and Mansool the Principal of UP School Nemom.

Following the ceremonial opening, the day unfolded with a captivating session conducted by Mr. Sujith Surendran, a certified life skill and soft skill trainer from the organization "Thannal." Mr. Surendran shared invaluable insights and conducted engaging activities, contributing to the personal development of the participants.

As the sun set, the camp transitioned into after-dinner activities, fostering camaraderie among the volunteers. The day concluded on a high note, setting the tone for a week filled with learning, growth, and meaningful connections.

DAY 2:

Date: 25/12/22

The second day of the "Haridha Vidhyalayam" special camp kicked off with a spirited morning assembly at 6 am, fostering a sense of unity among the volunteers. Following the assembly, participants engaged in physical activities, promoting wellness and teamwork.

After the morning activities, a wholesome breakfast energized everyone for the day's tasks. The camp workforce then dedicated a considerable portion of the day to hands-on work, taking a break around 1 pm for lunch.

The afternoon session involved camp activities that focused on cleaning the school premises. Volunteers were actively involved in cleaning and painting the walls, contributing to the overall improvement of the school environment.



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Later in the day, a session conducted by Mr. Babu Sankar added an educational dimension to the volunteers' experience, enriching them with valuable knowledge and insights.

As the evening approached, the mess team served dinner at 7:30 pm, fueling the energy for the subsequent camp activities. The night continued with the volunteers actively participating in the planned events, creating a vibrant atmosphere of collaboration and community.

The day's activities concluded around 10:30 pm, marking the end of Day 2 of the special camp.

DAY 3:

Date: 26/12/22

Day 3 of the "Haridha Vidhyalayam" special camp adhered to the familiar routine, commencing with a morning assembly at 6 am, followed by a yoga session to promote physical and mental well-being.

After the yoga session, participants fueled up with a nutritious breakfast, preparing them for a day filled with meaningful activities. Starting at 9 am, volunteers engaged in dedicated work, displaying commitment and teamwork.

The hard work led to a well-deserved lunch break, where participants refueled and recharged for the rest of the day. Following lunch, the camp transitioned into a variety of activities, ranging from camp-specific tasks to enjoyable games.

A tea break provided a brief pause, allowing everyone to relax and recharge for the upcoming evening activities. Fun games were conducted, fostering a lively atmosphere and strengthening the camaraderie among the volunteers.

Camp activities continued into the night, with volunteers actively participating and contributing to the overall success of the special camp. Dinner, served at 9 pm, marked the end of Day 3, concluding another day of shared experiences and collaborative efforts.



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DAY 4:

Date: 27/12/22

Day 4 of the "Haridha Vidhyalayam" special camp commenced with the customary morning assembly at 6 am, setting a positive tone for the day. Following the assembly, participants engaged in a spirited parade, showcasing unity and teamwork.

After the parade, a wholesome breakfast prepared everyone for a day filled with diverse camp activities. The morning hours were dedicated to engaging and collaborative tasks, fostering a feeling of mutual support among the volunteers.

A well-deserved lunch break at midday allowed participants to recharge for the afternoon session. Starting from 2 pm, volunteers actively participated in camp work, contributing to the ongoing initiatives.

A refreshing tea break provided a brief respite, leading into an educational session from 6 to 8 pm conducted

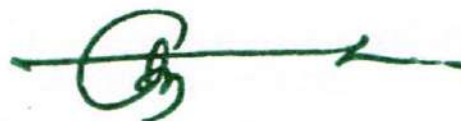
His session added valuable insights and knowledge to the participants' learning experience.

Dinner was served in the evening, marking a moment of relaxation and a sense of togetherness among the volunteers. Post-dinner, camp activities continued, maintaining the energy and enthusiasm of the participants.

As the clock struck 10:30 pm, lights were turned off, concluding another eventful day at the special camp.

DAY 5:

Date: 28/12/22



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Day 5 of the "Haridha Vidhyalayam" special camp unfolded with the familiar morning assembly at 6 am, setting the positive tone for the day. The participants then engaged in a spirited parade, highlighting their unity and teamwork.

After the parade, a wholesome breakfast prepared everyone for a day filled with exciting events. The morning featured a session from 10 am to 1 pm by Mr. Vasanth Krishna, offering valuable insights and knowledge to the eager participants.

Following a rejuvenating lunch break, the afternoon saw the continuation of camp activities, fostering collaboration and shared efforts among the volunteers. A tea break at 5:30 pm provided a moment of relaxation before the evening session.

The evening commenced with more camp activities, leading up to a communal dinner served at 8 pm. At 9 pm, the camp transformed into a showcase of talents, with teams presenting cultural performances, highlighting their creativity and unity.

Post the cultural festivities, Day 5 concluded with a sense of accomplishment and unity among the participants as they dispersed for the night.

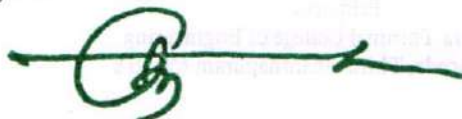
DAY 6:

Date: 29/12/22

The sixth day of the "Haridha Vidhyalayam" special camp commenced with the customary morning assembly at 6 am, setting a positive and focused atmosphere for the day. Following the assembly, participants engaged in a yoga session, promoting physical and mental well-being.

After the yoga session, a nutritious breakfast prepared everyone for a day filled with diverse camp activities. The morning hours were dedicated to engaging tasks that showcased the collective effort and unity of the participants.

A midday break for lunch allowed volunteers to recharge for the afternoon session. Post-lunch, the camp resumed its work-oriented activities, contributing to the ongoing projects.



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A well-deserved tea break at 5:30 pm provided a moment of relaxation. The day continued with more camp activities, fostering a sense of teamwork and shared accomplishment.

Dinner was served at 8 pm, marking a moment of communal gathering and celebration. Post-dinner, camp activities continued, maintaining the energy and enthusiasm of the participants.

As the night approached, lights were turned off, concluding another day at the special camp.

DAY 7:

Date: 30/12/22

The seventh and final day of the 7-day special camp, "Haridha Vidhyalayam," commenced with a sense of purpose as participants gathered for the morning assembly. Engaging camp activities followed, reflecting the enthusiasm and dedication that had defined the week.

A hearty breakfast fueled the participants for the day's events. From 8:30 to 9:30 am, a session by Brahmanayakan Mahadevan added a significant educational dimension to the closing day.

Confirming the positive impact of the camp, the closing ceremony commenced at 10:30 am. This ceremony was marked by the announcement of the best team, best leader, and several awards recognizing outstanding contributions among the volunteers. The recognition highlighted the exemplary efforts and commitment demonstrated throughout the week.

As the day unfolded, a sense of camaraderie and accomplishment filled the air, culminating in a closing ceremony that left a lasting impact. The volunteers, who had become a close-knit family, wore big smiles as the week-long journey concluded.

Day 7 concluded with a sense of fulfillment, and by 1 pm, the volunteers dispersed, carrying with them memories of a rewarding and impactful special camp experience.



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PROJECT AIM:

“Harithvidyalayam” was the project undertaken by NSS SCTCE for its 7 Day Special Camp. The aim of the project conducted was multifaceted, with a primary focus on the holistic improvement of the Government Upper Primary School in Nemom. The overarching goal was to create an optimal learning environment by addressing various aspects of the school's infrastructure. This encompassed the removal of debris and waste materials through dedicated cleaning efforts, ensuring a safe and hygienic space for students and staff. Concurrently, the project aimed at enhancing the school's functionality by setting up necessary electrical and electronic equipment, undertaking repair works, and addressing structural issues. Moreover, the initiative sought to uplift the overall ambiance by actively engaging in beautification activities, including landscaping, planting trees and flowers, and painting the school. The holistic approach aimed not only to meet immediate needs but also to instill a sense of pride, ownership, and positivity within the school community, fostering a conducive and inspiring educational atmosphere.

PROJECT REPORT:

“Harithvidyalayam” was the project undertaken by NSS SCTCE for its 7 Day Special Camp. The focus of the project was on undertaking various activities aimed at improving the Government Upper Primary School in Nemom. The project encompassed cleaning, setting up electrical and electronic equipment, repair works, beautification, and painting the school.

The primary objective of Harithavidyalam was to contribute to the holistic development of the Government Upper Primary School in Nemom. The NSS team aimed to create a conducive and inspiring environment for both students and staff by addressing multiple aspects of the school's infrastructure.

During the project, the NSS team demonstrated a committed initiative to cleanse the school grounds meticulously. Volunteers diligently removed debris, garbage, and various waste materials, emphasizing the creation of a pristine and secure environment for both students and staff. This thorough cleaning not only addressed immediate hygiene concerns but also laid the foundation for a safer and more conducive learning atmosphere.



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In addition to the cleaning efforts, a substantial focus of the project was directed towards enhancing the overall aesthetics of the school surroundings. The NSS volunteers engaged in landscaping activities, actively participating in the planting of trees and flowers, and implementing various enhancements to uplift the visual appeal of the environment. This comprehensive beautification initiative aimed not only to create a more visually pleasing atmosphere but also to instill a sense of pride and positivity within the school community. The combination of cleanliness and aesthetic improvements worked synergistically to contribute to an overall transformation of the school's physical environment.



The painting activities undertaken by the NSS team as part of the Harithavidyalam project were instrumental in transforming the visual appeal of the Government Upper Primary School in Nemom. Beyond surface beautification, the vibrant colors and neatly painted structures created a positive and inspiring atmosphere for the entire school community. This visual transformation instilled a sense of pride and ownership, positively impacting the mood of students and staff. The act of painting symbolized renewal and commitment to the school's improvement, fostering a collaborative spirit among the community. The freshly painted surroundings not only enhanced the learning environment but also left a lasting impression on visitors and stakeholders, radiating a sense of optimism and collective responsibility.

Involving the school community in the painting activities during the Harithavidyalam project strengthened bonds and promoted teamwork. The collaborative effort contributed to a shared commitment to the school's well-being and created a sense of togetherness among students, teachers, and NSS volunteers. Through this initiative, the school not only received a visual upgrade


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but also became a symbol of collective pride, positivity, and renewed dedication to providing a stimulating educational environment for all.

The NSS team worked on installing necessary electrical and electronic equipment to enhance the functionality of the school. This may have included fans, lights, and other essential devices to improve the learning environment. Several repair works were undertaken to address any structural or functional issues within the school premises. The NSS volunteers ensured that the school's facilities were in good condition to provide a comfortable space for learning.

The Harithavidyalam project had a positive impact on the Government Upper Primary School in Nemom. The cleaned and beautified environment, coupled with the repaired facilities and newly installed equipment, contributed to a more conducive learning atmosphere. The visual transformation through painting added a sense of pride and joy to the school community.

CAMP PROJECT OUTCOME:

Harithavidyalam, the NSS SCTCE 7-day special camp project for 2022, exemplified the spirit of community service and social responsibility. The concerted efforts of NSS volunteers in cleaning, repairing, beautifying, and painting the school demonstrated their commitment to creating a better educational space for the students of the Government Upper Primary School in Nemom. The project not only addressed immediate needs but also left a lasting positive impact on the school's infrastructure and overall ambiance.



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