

Blood donation camp arrangements

Venue Sctce	Date: 09/05/2022 Time: Duration: 1 hr	No. of Participants	Type of Activity Campus
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DETAILS

“Your little effort can give others second chance to live life”

NSS SCTCE had arranged our indoor seminar hall for the upcoming blood donation camp on 09/05/2022 . 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 had also set up registration desk outside the hall and also provided the donors the proper information about the blood donating criterias. Food for the medical department people and refreshments for the donors were also arranged.

Objectives: volunteers realised the value of blood and the need for blood donation

DIGITAL POSTER MAKING

Venue online	Date: 19/5/2022 Time: Duration: 1 hr	No. of Participants	Type of Activity Campus
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DETAILS

" Do your work with your whole heart, and you will succeed - there's so little competition."

-Elbert Hubbard



NSS SCTCE conducted a digital poster making competition on the topic “21st century”. NSS volunteers actively participated and given their entries as google drive files to be evaluated.

Objectives: volunteers realized the importance of creativity, sense of global awareness and critical thinking ability.

BLOOD DONATION CAMP

Venue SCTCE	Date: 10/05/2022 Time: Duration: 2 hrs.	No. of Participants	Type of Activity Community
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DETAILS

"We cannot only live for ourselves. A thousand fibers connect us with our fellow men. "

- Herman Melville



NSS SCTCE conducted a blood donation camp on 10/05/22 from 09:30 am to 12:30 pm at the college premises. The volunteers oversaw the camp ensuring the smooth and effective conduction of the camp. Teachers, as well as students of the College, participated in the camp resulting in the immense success of the camp. The camp paved a way to encourage voluntary blood donation in line with the mission of NSS SCTCE of a healthier and safer country. The doctors expressed their gratitude for the success of the camp.

Objectives: volunteers realized the sense of duty and responsibility to the society.

NSS State Award Distribution

Venue Nishagandhi Auditorium	Date: 08/06/2022 Time: Duration: 2 hrs.	No. of Participants	Type of Activity Community
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DETAILS

“ Be it jewel or toy, not the prize gives the joy, but the striving to win the prize.”

-Robert Bulwer Lytto

Awards are a way to encourage good behaviour and inculcate competitive spirit.



The state NSS award distribution ceremony was conducted at Nishagandhi Auditorium on 08/06/2022. Volunteers from different colleges and many prestigious guests were present at this ceremony.

It was a proud moment for NSS SCTCE as the volunteers S. Janavarshini was awarded the Best Volunteer at the Kerala state level for the year 2019-20 and Swathi Santhosh was awarded the Best Volunteer at the Kerala state level for the year 2020-21.

Objective: Volunteers realized that good work will be rewarded and it encourages them to work more hard.

Drowning prevention day

Venue Jimmy George Indoor Stadium	Date: 19/07/2022 Time: 9.30 – 11. 30 Duration: 3 hrs.	No. of Participants	Type of Activity Orientation
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DETAILS

"Life is what happens when you're busy making other plans."
— John Lennon



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.

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

Objectives: Through this session, we were able to know more about scuba diving and about different ways to save someone who is drowning.

FACE CHANGING PROJECT OF AKKULAMTOURIST VILLAGE

Venue	Date: 14/10/2022	No. of Participants	Type of Activity
Akkulam tourist village	Time: Duration: 6 hrs.		COMMUNITY

DETAILS

*"I like the night. Without the dark, we'd never see the stars."
— Stephenie Meyer*



NSS volunteers collaborated with the tourism club to revive Akkulam as a part of the Kerala government's efforts for nightlife. Volunteers started by illustrating the walls of akkulam tourist village to bring life and color to the place. This effort was done as a beginning phase for making an active nightlife and further boosting tourism opportunities and helping local markets flourish.

Objectives: volunteers understood the need to change our city.

Human Chain

Venue Vazhuthacaud	Date: 01/11/2022 Time: Duration: 4 hrs.	No. of Participants	Type of Activity Community
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DETAILS

“ Drugs are the enemies of ambition and hope - and when we fight against drugs we are fighting for the future.”

-Bob Riley



As a part of the statewide "No to Drugs "campaign, various programs were organized by the NSS SCTCE unit on 01/11/2022. The string of events started with a procession by the NSS volunteers around the campus that emphasized the need to stay away from drugs which were followed by a music session.

NSS SCTCE volunteers, members of the Anti-Narcotic club, and faculty then participated in the human chain at 3 p.m. organized by the Government of Kerala which stretched from Gandhi Park to Vellayamablam Ayyankali square as a part of this campaign. The human chain program was made colorful and vibrant by the members of the dance and music club with their performances. Snacks and refreshments were provided to all the participants. All the participants then took an oath to promise to work efficiently towards the "No to Drugs" campaign.

Objective: Volunteers gained knowledge and realized the importance to create awareness about drug abuse.

Independence Day

Venue	Date: 15/08/2022 Time: Duration:	No. of Participants	Type of Activity Campus
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DETAILS

"Freedom is never dear at any price. It is the breath of life. What would a man not pay for living?"

-Mahatma Gandhi



NSS SCTCE celebrated the 75 years of Independence. The programmes were conducted in the typical way, starting with an inaugural speech, followed by a patriotic song and a parade orchestrated by the volunteers. The sense of happiness and pride could be clearly seen on the faces of all the volunteers, students and staffs gathered at the college ground for flag hoisting ceremony as India was celebrating its 76th Independence Day on 15th August 2022. The Sub inspector and ward councillor also joined with us to celebrate this auspicious day.

Objectives: Invoked love and respect to the nation and the freedom fighters, amongst the volunteers

KANTHARI DAY-2

Venue Artism Studio & School,	Date: 15/10/2022 Time: Duration: 6 hrs.	No. of Participants	Type of Activity COMMUNITY
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DETAILS

“The studio is a laboratory, not a factory. An exhibition is the result of your experiments, but the process is never-ending. So an exhibition is not a conclusion.”



NSS SCTCE collaborated with Educational Institute KANTHARI to support people with noble causes to showcase their ideas for social change. “spread the spice” was the name of the exhibition. The venue was CADRRE-The Artism Studio & School, conducted on 15 October 2022. Volunteers enthusiastically worked along with differently-abled people to raise funds for their particular cause. Many outsiders visited the event and contributed the best from their side, the main guests of this event were the students of Govt. School for the Visually Impaired, the volunteers, and the gathering were jubilantly watching them enjoying the activities and the games. Furthermore, volunteers conducted cultural activities to engage the gathering with their soulful performances.

Objectives: volunteers understood the need of helping people in need .

Kanthari introduction session

Venue	Date: 02/10/2022	No. of Participants	Type of Activity
Kanthari Institute	Time: Duration: 2 hrs.		Orientation

DETAILS

“Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world.”

— Joel Arthur Barker



A burning desire can transform dreams into reality. 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.

Afterwards, the NSS volunteers selected the pitch which they liked. The volunteers and participants had tea and snacks while discussing about 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 CADRRE-The Artism Studio, Vazhuthacaud on 15/10/2022.

Objective: Volunteers understood that true passion can make their dreams come true irrespective of the hardships one has to face.

Kanthari lake and village cleaning

Venue Kanthari Institute	Date: 02/10/2022 Time: Duration: 6 hrs.	No. of Participants	Type of Activity Community
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DETAILS

“Cleanliness is a habit that keeps the body, mind, and environment neat, clean, and delightful and free from dirt and toxic things.”

— **Amit Ray**

As a part of Gandhi Jayanthi, a cleaning drive was organised on 02/10/2022 in and around the village and lake adjacent to the Kanthari Institute, Vellayani. NSS volunteers reached Kanthari Institute at 9 a.m. The volunteers gathered together and the coordinator of the institute briefed to 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

Objective: Volunteers understood and appreciated the importance of cleanliness and the need for a clean environment.

ELECTORAL LITERACY CLUB – LINKING VOTER ID AND AADHAR CARD

Venue	Date: 28/09/2022 Time: 12pm to 3pm Duration: 3 hrs.	No. of Participants	Type of Activity
SCTCE			Community

DETAILS

“Real change, enduring change, happens one step at a time.”

—Ruth Ginsberg



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 reasons behind linking Voter IDs with Aadhaar numbers are, streamlining of electoral rolls and the process of registration of migrated voters without duplication in electoral rolls and curbing the menace of multiple enrollments of the same persons in different places.

A large number of students and teachers participated in the program and helped us in achieving the goal. The importance of voting and the involvement of youth in it was also well explained to the students by the officials.

Objective: the volunteers understood the importance of voting and also maintaining an updated and accurate voter base for ensuring a fair system.

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CAMPUS CLEANING

Venue SCTCE	Date: 24/09/2022 Time: Duration: 2 hrs.	No. of Participants	Type of Activity campus
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DETAILS

“I only feel angry when I see waste. When I see people throwing away things we could use.”

—Mother Teresa

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 about the importance of a clean environment as it is important for the healthy life and a safe future. Gaining insight and becoming aware about the importance of a clean environment as it is important for the healthy life and a safe future. NSS SCTCE conducted a cleaning program on 24/09/2022. To Keep the environment clean is the responsibility of every individual.

Objective: Volunteer actively participated in the cleaning program and program gave idea about Maintaining the cleanliness is not the responsibility of one person alone, but it is a collective responsibility.

NSS DAY INTERACTIVE SESSION

Venue SCTCE	Date: 24/09/2022 Time: 9 am-1 pm Duration: 2 hrs.	No. of Participants	Type of Activity orientation
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DETAILS

"We make a living by what we get. We make a life by what we give."

- Winston Churchill



As a part of NSS day on 24th September 2022, NSS SCTCE conducted an interactive session. The session was handled by Mr. Vasanth Krishnan s who is a minds coach and people facilitator. The session was based on the importance of teamwork and why we should work as a family in NSS. All volunteers actively participated as it was fun and interactive.

Objective: The volunteer understood the importance of teamwork and volunteering.

PROJECT GANITHAM TRAINING-1

Venue TATA ELXSI	Date: 05/11/2022 Time: Duration: 3 hrs.	No. of Participants	Type of Activity orientation
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DETAILS

“The purpose of training is to tighten up the slack, toughen the body, and polish the spirit”

-Morihei Ueshiba



On 5/11/2022 team insight conducted its training for teachers and mentors as part of their project Grantham a program to teach children studying between classes 8th to 10th basic mathematics by making them fall in love with mathematics. During this orientation, volunteers were taught how to teach their assigned students and were told the idea and inspiration behind project Grantham

Objectives: volunteers got an idea about how to take classes for students.

PROJECT PROPOSAL

Project 1

Name: Co-Teachers From Support Verticals

Brief: o assign a co-teacher from the support vertical for each ASV

Details: This initiative will provide an excellent opportunity for volunteers from support verticals to build meaningful relationships with children while ensuring their well-being. These Co-Teachers will work alongside ASVs, offering additional guidance and assistance tailored to each child's unique needs.

Pitch: With the support of Co-Teachers, it becomes easier for the ASVs to manage kids effectively. Also, an ASV and co-teacher will create an environment where children feel valued and supported.

Project 2

Name: Orientation Session For Kids

Brief: To conduct an Orientation Session on Swearing and Self-Piercing and Tattooing

Detail: orientation session for children to raise awareness about the potential harms associated with swearing, self-piercing, and tattooing. By highlighting the consequences of these actions, we aimed to prevent children from engaging in such behaviours and promote healthier choices. During the orientation session, we focused on educating children about the physical and psychological risks associated with self-piercing and tattooing, such as infections, scarring, and regret. We also emphasized the negative impact of using swear words on personal relationships and social interactions.

Pitch: By providing orientations like this will help children to understand the real harm and problems behind such activities

Project 3:

Name: Expanding support

Brief: To expand support for other subjects in addition to Maths and English

Detail: Expanding support for subjects like biology, chemistry, and other disciplines in addition to the existing support for math and science. By providing more resources and volunteers in these areas, we can significantly impact children's learning experiences. Through recruitment, we can increase the number of volunteers specialized in biology, chemistry, and related subject which will help us in expanding the support for these subjects.

Pitch: Expanding support will bring a great impact on kids academics and this will also help in improving their interest in other areas.

IMPORTANCE OF CLIMATE CHANGE AND EFFECTS

Venue	Date: 06/01/2022	No. of Participants	Type of Activity
College Seminar Hall	Time: 9.30 – 11.30 Duration: 2 hrs.		Orientation

DETAILS

*"What you do makes a difference, and you have to decide
what kind of difference you want to make."*

-Dr Jane Goodall

The Environment and the economy are both two sides of the same coin. If we cannot sustain the environment, we cannot sustain ourselves.



The climatic change has become a global concern over the last few decades. Besides, these climatic changes affect life on the earth in various ways. These climatic changes are having various impacts on the ecosystem and ecology. Due to these changes, a number of species of plants and animals have gone extinct. Climate Change is the defining issue of our time and we are at a defining moment. From shifting weather patterns that threaten food production, to rising sea levels that increase the risk of catastrophic flooding, the impacts of climate change unteers

global in scope and unprecedented in scale. Without drastic action today, adapting to these impacts in the future will be more difficult and costly.

NSS SCTCE conducted an Interactive session on the topic Importance Of Climate change and Its Effects related to Environmental Day and World Ocean Day on 11/06/2022. This session was handled by Mr.Sujith Surendran who is the Programme Officer, Thanal.

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Objectives: Through this session, we were able to create an awareness on the importance of climate change and effects among the volunteers

Session on importance of blood donation

Venue Sctce	Date: 07/05/2022 Time: 2 pm – 4 pm Duration: 2 hrs.	No. of Participants	Type of Activity Orientation
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DETAILS

“Your little effort can give others second chance to live life”

NSS SCTCE conducted an indoor session on importance of blood donation on 07/05/2022 . The session was first of all started with the question “ who all had donated their blood atleast once in their lifetime? “. The students were enlightenment with all the varieties of blood groups. The students now know what are the criterias 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 realised the value of blood and the need for blood donation

State Onam Celebration Volunteering Day 2

Venue Nishagandhi Auditorium	Date: 12/09/2022 Time: Duration: 6 hrs.	No. of Participants	Type of Activity Community
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DETAILS

“The most beautiful things are not associated with money; they are memories and moments.

If you don't celebrate those, they can pass you by”

-Alek Wek



Celebration helps to relax and unwind in the midst of busy and crazy lives.

Onam is the festival that brings together all communities in Kerala. On this day, religion, caste or creed is not of importance.

The volunteers of NSS SCTCE in Association with Kerala tourism club had volunteered final Day celebrations of the 7 day long Kerala state Onam celebrations Thiruvananthapuram centralised at Nishagandhi auditorium on 12/09/2022.

NSS and non NSS volunteers from different colleges in Trivandrum were present in the occasion for volunteering along with the Kerala tourism club.

Objective: Volunteers got the opportunity to work with Tourism Club and got chance to interact with different types of people during volunteering.

State Onam Celebration Volunteering Day 1

Venue Kanakakunnu	Date: 06/09/2022 Time: Duration:3 hrs	No. of Participants	Type of Activity Community
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DETAILS

"Volunteers do not necessarily have the time; they just have the heart."

Elizabeth Andrew



NSS SCTCE had lend its volunteers to help out with the Onam Celebration programmes 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 Honorable Tourism Minister P.A. Muhammad Riyas and Mr. PB Nooh Bava IAS, Director, Department of Tourism, Kerala.

Objectives: Ensure the participation of the volunteers in programs happening in the public sector.

VELLAYANI LAKE CLEANING

Venue Vellayani Lake	Date: 19/06/22 Time: Duration: 2 hrs.	No. of Participants	Type of Activity Community
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DETAILS

“Water is Life and clean water means healthy”

-Audrey



NSS SCTCE associated with Neerthadakam conducted a Vellayani Lake cleaning program on 19-06-22. Many of our volunteers have been participated and an orientatation has been given by Team Neerthadakam. The volunteers massively make a great job and cleaned some of the portions. Volunteers came to know about the importance of water management ; Treatment etc . It was a 2hr Community program which ended with a couple of Joy.

Objectives: volunteers realized the sense of duty and responsibility to the society.

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Objectives: volunteers realized the sense of duty and responsibility to the society.

VETTUCAUD BEACH CLEANING (NRPF)

Venue Vettucaud	Date: 18/09/2022 Time: Duration: 2 hrs.	No. of Participants	Type of Activity Community
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DETAILS

“No water, no life. No blue, no green”

- Sylvia Earle



It's time to get to the root of this ocean crisis. Careless disposal of plastic can have dire consequences. A plastic bag looks like a tasty jellyfish to an indiscriminate feeder like a sea turtle, but plastic is indigestible. It can choke, block the intestines of, or cause infection in those animals that consume it. Volunteers of NSS SCTCE collected wastes like plastics, glass bottles, paper cups, and straws from the coastal side and handover the collected wastes to dispose almost 50kg of waste was collected.

Objective: volunteers got a chance to know more about the sea and the ill effects of plastic waste that lead to damage to the sea ecosystem.

VIGILANCE AWARENESS SESSION

Venue SCTCE	Date: 15/10/2022 Time: 3pm-4pm Duration: 1 hrs.	No. of Participants	Type of Activity orientation
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DETAILS

“The corruption of the best things gives rise to the worst”

-David Hume



In connection with 'Vigilance Awareness Week', NSS volunteers attended a session with Mr. Manoj Chandran, Inspector, Vigilance and Anti-Corruption Bureau, special investigation unit 2, organized by the NSS SCTCE unit and the Vigilance department. The session shed light on various aspects like crimes that come under Vigilance jurisdiction, how to report a crime to the Vigilance department, and the working of the Vigilance department. During the interactive session that followed, the doubts and questions of the volunteers were cleared by the resource person.

Objectives: volunteers got aware of the importance of preventing corruption in present society

VITHURA SCHOOL VISIT

Venue Vithura	Date: 09/07/22 Time: Duration: 3 hrs.	No. of Participants	Type of Activity Community
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DETAILS

“Charity is our responsibility”



NSS SCTCE ; On 9th July done a school visit on a tribal village of Vithura. School Bags along with some stationary items have been gifted to the kids present there. Many games interactive sessions have been done during that hours. Volunteers get mutually attached by those kids played along with them had food and enjoyed very well by maintaining NSS dignity. After the school Visit the volunteers went out for trucking along with the villagers . It was also a mind blowing experience which every one enjoyed well.

Objectives: volunteers realized the sense of duty and responsibility to the society.

WALK FOR FREEDOM

Venue kawdiar	Date: 15/10/2022 Time: 6:30-8:30 Duration: 3 hrs.	No. of Participants	Type of Activity Community
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DETAILS

“I know that together, we can do something about it.”

-Tony Kirwan



Volunteers of NSS SCTCE took part in the ‘FREEDOM WALK’ organized as a part of creating global awareness and local action in the fight against human trafficking on 15th October 2022.

Kerala anti-human trafficking nodal officer Harshitha Attaluri inaugurated the walk at salvation army school, kowadiar, and talked to the participants about the challenges faced by Kerala and how people migrating to and from the state can fall into the traps of human trafficking rackets. The volunteers took a pledge to work towards preventing human trafficking in every way possible and participated in the march that emphasized the immediate need to erase human trafficking from the world

Objectives: volunteers understood the need to erase human trafficking

YOGA SESSION

Venue SCTCE	Date: 14/05/2022 Time: Duration: 1hrs.	No. of Participants	Type of Activity CAMPUS
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DETAILS

Blessed are the flexible, for they shall not be bent out of shape
-Michael McGriffy



On 14 May 2022, a yoga session was conducted by NSS SCTCE. The session was handled by Rejimon Sir. By 8.30 all the volunteers assembled, Proper instructions were given by the YOGA instructors. Various forms of yoga asanas were then performed by the volunteers which included asanas like Hastapadasana, Tarascan, Vrukshasan, Kapalbhati, etc.

Objectives: volunteers understood the importance of yoga