



Sree Sankara College, Kalady

**NATIONAL SERVICE SCHEME**

Unit - 048

Activity Report: 2020 – 21



### 5/06/2020-WORLD ENVIRONMENT DAY

World Environment Day offers a global platform for inspiring positive change. It pushes for educators to inspire students to take action; and for youth to build a greener future. Everybody living on this planet, in this moment in time can be a part of “**Generation Restoration**”. For encouraging awareness and action for the protection of the environment, Sree Sankara College NSS Unit gives awareness among students about Sapling trees. Due to Covid 19 restrictions they planted trees in their home as part of this day. 200 volunteers participated and they named their trees as ‘**LIFE ON EARTH**’



# PLANTS ARE FRIENDS



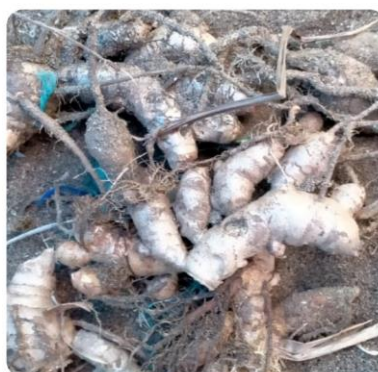
LET US SPEND THIS TIME TO SAVE ENVIRONMENT



PLANT A SAPLING 🌱

Clean our surroundings 🌿

STAYHOME#STAYSAVE 🏠



*Lets together save our nature*



*#stay home stay safe*

## **21/06/2020-WORLD YOGA DAY**

Yoga helps for inner peace. It is necessary to spare some time for exercise, yoga, etc. So, it is important to include yoga in daily life as it helps in controlling a person's body, mind and soul. And together it brings the physical and mental discipline which is better for the body and mind. On this World yoga day NSS Program Officer Dr. Manju V Kumar gives a class on the topic "yoga and Day to day life".

## 1/07/2020 - WORLD FOREST DAY CELEBRATION

The Day celebrates and raises awareness of the importance of all types of forests. On this day, countries are encouraged to undertake local, national and international efforts to organize activities involving forests and trees, such as tree-planting campaigns. On this day students engaged in various land reclamation activities by collecting various seeds and scattering them in the waste lands.



## 15/08/2020- INDEPENDENCE DAY

Independence Day promotes nationalism and patriotism towards the nation. It is one of the great days everyone remembers the sacrifices made by our freedom fighters to get Independence. Also, it teaches everyone to know the importance of Independence. On this day; Volunteers lighting a candle to salute the strikers in the Covid 19. They create a video and share it among the students, in addition, the children took the oath and conducted elocution competition for college students.



Sree Sankara College Kalady  
**National Service Scheme**  
unit no. 048



# Independence day Celebrations

## Elocution Competition

Happy  
INDEPENDENCE  
Day

Contact and submit entries to:  
**8590285759**  
**9645456545**

### Guidelines:-

Timelimit: 5 minutes.

Language: Malayalam or English.

Open for all UG & PG students.

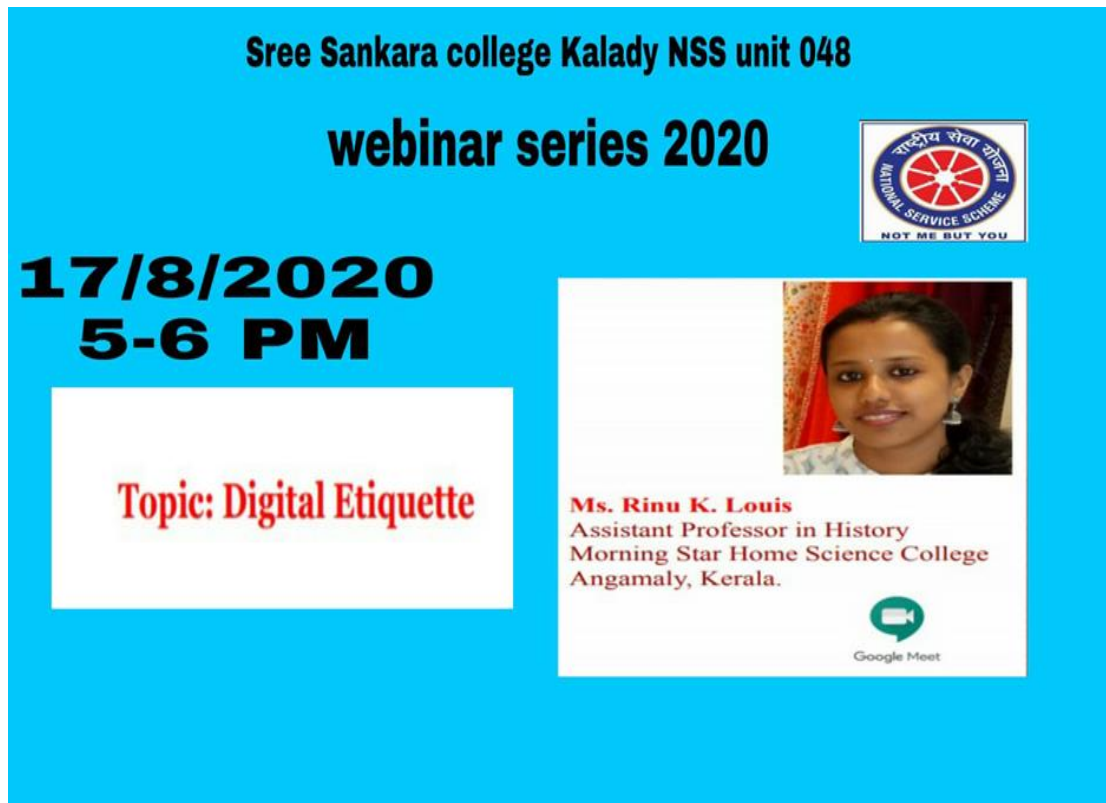
Videos must be sent through Whatsapp  
on or before August 12th 2020.





## 17/08/2020- WEBINAR ON DIGITAL ETIQUETTE

Digital etiquette, or netiquette as it is sometimes called, is a basic set of rules you should follow to make the Internet a better place for yourself and for others. Just as there are rules of etiquette in real life, face-to-face encounters, there are also rules you should follow while online. So we gave a lecture regarding Digital Etiquette to educate the children on 17/08/2020 by the resource person Dr. Rinu K Louis, Asst professor in history, Morning star home science college, Angamaly



The poster is for a webinar series in 2020. It features a blue background with white and red text. At the top, it says 'Sree Sankara college Kalady NSS unit 048' and 'webinar series 2020'. The date and time are '17/8/2020' and '5-6 PM'. The topic is 'Digital Etiquette'. A photo of Ms. Rinu K. Louis is shown, along with her name and title: 'Ms. Rinu K. Louis, Assistant Professor in History, Morning Star Home Science College, Angamaly, Kerala.' There is also a logo for the National Service Scheme (NSS) and a Google Meet icon.

**Sree Sankara college Kalady NSS unit 048**

**webinar series 2020**

**17/8/2020**  
**5-6 PM**

**Topic: Digital Etiquette**

**Ms. Rinu K. Louis**  
Assistant Professor in History  
Morning Star Home Science College  
Angamaly, Kerala.

NATIONAL SERVICE SCHEME  
NOT ME BUT YOU

Google Meet

## 22/08/2020 WORLD NATTARIVU DAY

On this day NSS unit organizes a one year program to familiarize youngsters about the uniqueness of our traditional knowledge on conservation of nature and agricultural practices. Sri V.K Sreedharan from Kanimangalam Nattarivu patanakendram led the session on the topic '*Pazhamayude Thanima*'.

## 8/09/2020 WORLD LITERACY DAY

Every year on September 8, we celebrate International Literacy Day to remind people the importance of literacy. Volunteers provide tutoring for children through online.

# "KNOWLEDGE SPREADING"



**online teaching by NSS  
Volunteer for 6th ,7th and  
10th class students**



16/11/2020

Our proudest moment was when our volunteer Namyalakshmi. R (DC II Sanskrit) participated the Pre RD Camp at Trichi.



#### **WEBINAR NOVEMBER 11 2020**


To provide knowledge to NSS Volunteers regarding NSS programmes, activities, organizing NSS camps and special camps. Impart comprehensive knowledge on youth development activities, Team Building, Leadership, Developmental issues, Disaster management, and Village adoption. Dr.Anamol K.A NSS Programme officer provide a class “Religio Sit Virtus” on November 11 2020 at Aquinas college, Edacochin.

**Aquinas College  
Edacochin  
NSS Unit**


**PRESENTS**

**Religio Sit Virtus**  
Orientation  
programme

**Resource  
Person**



**Dr. Anumol K A**  
Assistant Professor  
Dept of Economics Sree  
Sankara College Kalady  
NSS programme officer



**NOV 11 2020**  
**2 PM**

**NATTARIVU- -TWO DAY WORKSHOP**

The objective of this workshop was to familiarise the country that farmers have tried and succeeded for years has been passed down from generation to generation. NSS unit conducted a two day workshop on “Nattarivu” on 22 November 2020 through google meet platform. Classes lead by sri T. R Prem kumar on the topic ‘Prakrti Paatungalum Nattarivum’, and V.K.Sreedharan on the topic ‘krishiyude nattarivukal. This workshop was inaugurated by our respected principal Dr. Suresh A

**ശ്രീശങ്കരകോളജിൽ ശിൽപ്പശാല നടത്തി**

കാലടി: ശ്രീശങ്കരകോളജിൽ എൻ എസ്എസ് യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ പ്രകൃതിയുടെ തനിമയെ മനസ്സിലാക്കുന്നതിനും, കൃഷിരീതികളെ കുറിച്ച് അവബോധം ഉണ്ടാക്കുന്നതിനുമായി നാട്ടറിവ് എന്ന പേരിൽ ദ്വിദിന ശിൽപ്പശാല നടത്തി പ്രിൻസിപ്പാൾ ഡോ: എ സുരേഷ് ഉദ്ഘാടനം ചെയ്തു. കോളജ് ഐക്യൂഎസി മെമ്പർ ഡോ: കെ. ഡി മിനി സംസാരിച്ചു. പരിസ്ഥിതി പ്രവർത്തകരായ പ്രൊക്യൂമാർ, ഇകെ ശ്രീധരൻ തുടങ്ങിയവർ വിവിധ വിഷയങ്ങളിൽ ക്ലാസെടുത്തു. പ്രോഗ്രാമിന് ഫീസർമാരായ മഞ്ജുവികുമാർ, ഡോ. കെ.എ അനൂമോൾ തുടങ്ങിയവർ നേതൃത്വം നൽകി.

കോളജ് ഐക്യൂഎസി മെമ്പർ ഡോ: കെ. ഡി മിനി സംസാരിച്ചു. പരിസ്ഥിതി പ്രവർത്തകരായ പ്രൊക്യൂമാർ, ഇകെ ശ്രീധരൻ തുടങ്ങിയവർ വിവിധ വിഷയങ്ങളിൽ ക്ലാസെടുത്തു. പ്രോഗ്രാമിന് ഫീസർമാരായ മഞ്ജുവികുമാർ, ഡോ. കെ.എ അനൂമോൾ തുടങ്ങിയവർ നേതൃത്വം നൽകി.



**Sree Sankara College**  
National Service Scheme  
unit no. 048

ദിവിന ശില്പശാല

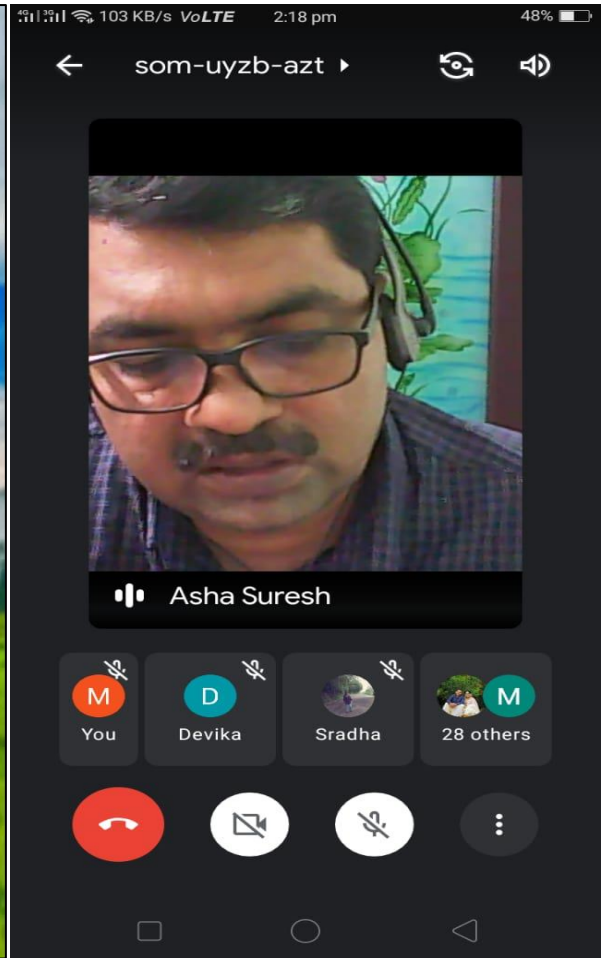
# നവംബർ

പഴയുടെ തനിമയെ ബോധ്യപ്പെടുത്തുന്നതിനും,  
പ്രകൃതിയേയും കൃഷിയേയും  
പരിചയപ്പെടുത്തുന്നതിനുമുള്ള ഉദ്യമം

21/11/2020 2.00- 3.00  
കൃഷിയുടെ നാട്ടറിവുകൾ - വി.കെ ശ്രീധരൻ  
നാട്ടറിവ് പഠനകേന്ദ്രം, കണിമംഗലം

22/11/2020. 2.00- 3.00  
പ്രകൃതി പാഠങ്ങളും നാട്ടറിവും - ടി.ആർ പ്രേംകുമാർ,  
മുഴിക്കുളം ശാല ബാസ്റ്ററേല ഗ്രാമീണ വിദ്യാപീഠം

[meet.google.com/som-uyzb-azt](https://meet.google.com/som-uyzb-azt)



**26/11/2020-NATIONAL CONSTITUTION DAY**

26 November has its own importance in the history of independent India because on this day in 1949, the Constitution of India was adopted and it came into effect on 26 January, 1950. Therefore, marking the dawn of a new era. To acknowledge the contribution of the framers of the Constitution and to aggravate the people regarding the prominent values, 26 November is celebrated as the 'Constitution Day'. NSS Unit 048 organized a webinar on 'Revisiting Constituent Assembly' on the constitution day, 26 November 2020 at 2.00 PM on google meet platform. Assistant professor of Politics Dr. Sreeja G handled the class. 60 students participated. This webinar was inaugurated by our respected principal Dr.Suresh A



- M You
- Jasnajoy
- Dr.Anumol
- R L 71 others

📞 🔇 🔇 ⋮



See Sankara college Kalady  
National Service Scheme  
Unit no.048

# Constitution Day

November 26

Webinar on  
'Revisiting Constituent assembly'

Resource person :

Sreeja. G  
Assistant professor  
Dept. of History and  
Political science  
Sree Sankara college,  
Kalady

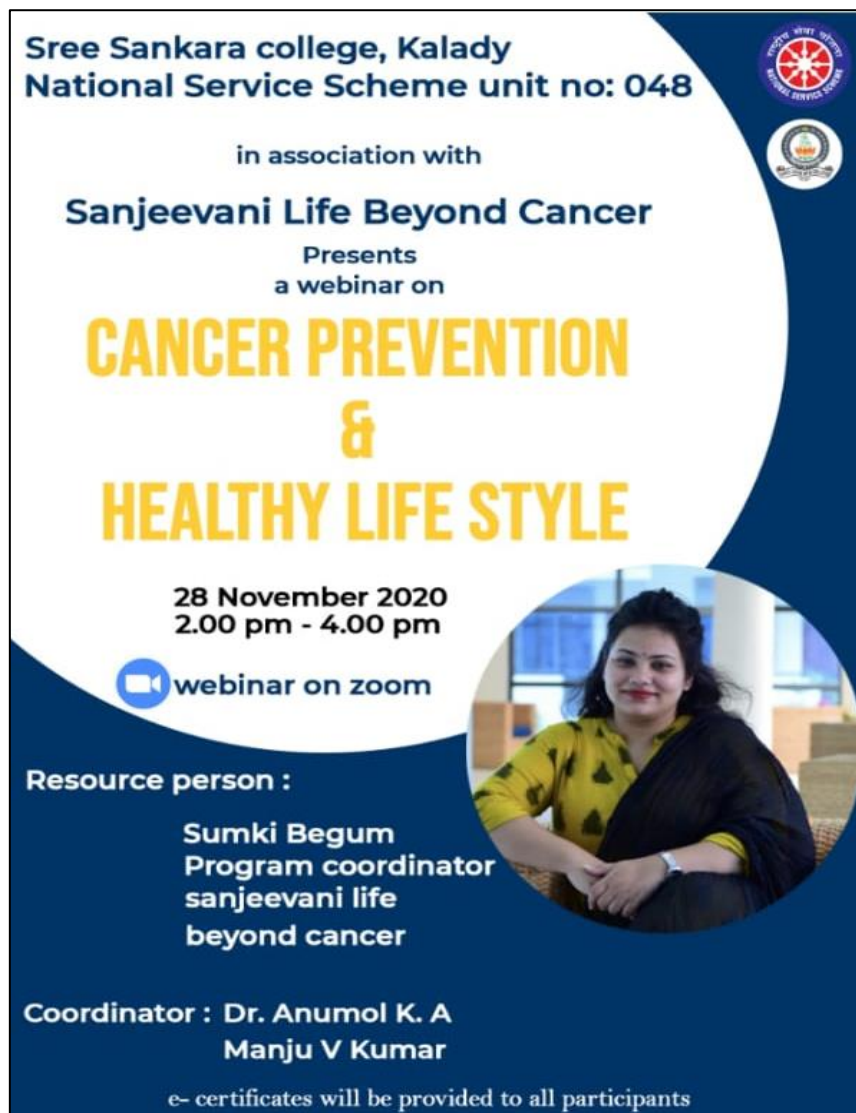
Time: 2 pm - 3 pm



On Google Meet

## **NOVEMBER 28 -CANCER PREVENTION AND HEALTHY LIFESTYLE**

The primary goal of this webinar is to promote and develop awareness among students and emphasize the importance of early detection. Cancer awareness can also lead to people making healthier lifestyle choices. In association with Sanjeevani-Life beyond Cancer, a nonprofit organization organized a webinar on cancer prevention on 28<sup>th</sup> November 2020. Resource person- Sumki Begum, Programme co-ordinator, Sanjeevani life beyond cancer.




The poster is a vertical rectangle with a dark blue background and a white circular area on the right side. At the top left, it reads 'Sree Sankara college, Kalady' and 'National Service Scheme unit no: 048'. Below this, it says 'in association with Sanjeevani Life Beyond Cancer Presents a webinar on'. The main title 'CANCER PREVENTION & HEALTHY LIFE STYLE' is written in large, bold, yellow letters. The date and time '28 November 2020 2.00 pm - 4.00 pm' are listed below. A blue speech bubble icon with a white camera icon is followed by the text 'webinar on zoom'. On the right side, there is a circular photograph of a woman with dark hair, wearing a yellow and black patterned top and a black shawl. At the bottom left, it identifies the 'Resource person : Sumki Begum Program coordinator sanjeevani life beyond cancer' and the 'Coordinator : Dr. Anumol K. A Manju V Kumar'. At the very bottom, it states 'e- certificates will be provided to all participants'. There are two circular logos in the top right corner: one is the NSS logo and the other is the college logo.

**Sree Sankara college, Kalady**  
**National Service Scheme unit no: 048**

in association with  
**Sanjeevani Life Beyond Cancer**  
Presents  
a webinar on

**CANCER PREVENTION  
&  
HEALTHY LIFE STYLE**

**28 November 2020**  
**2.00 pm - 4.00 pm**

 **webinar on zoom**

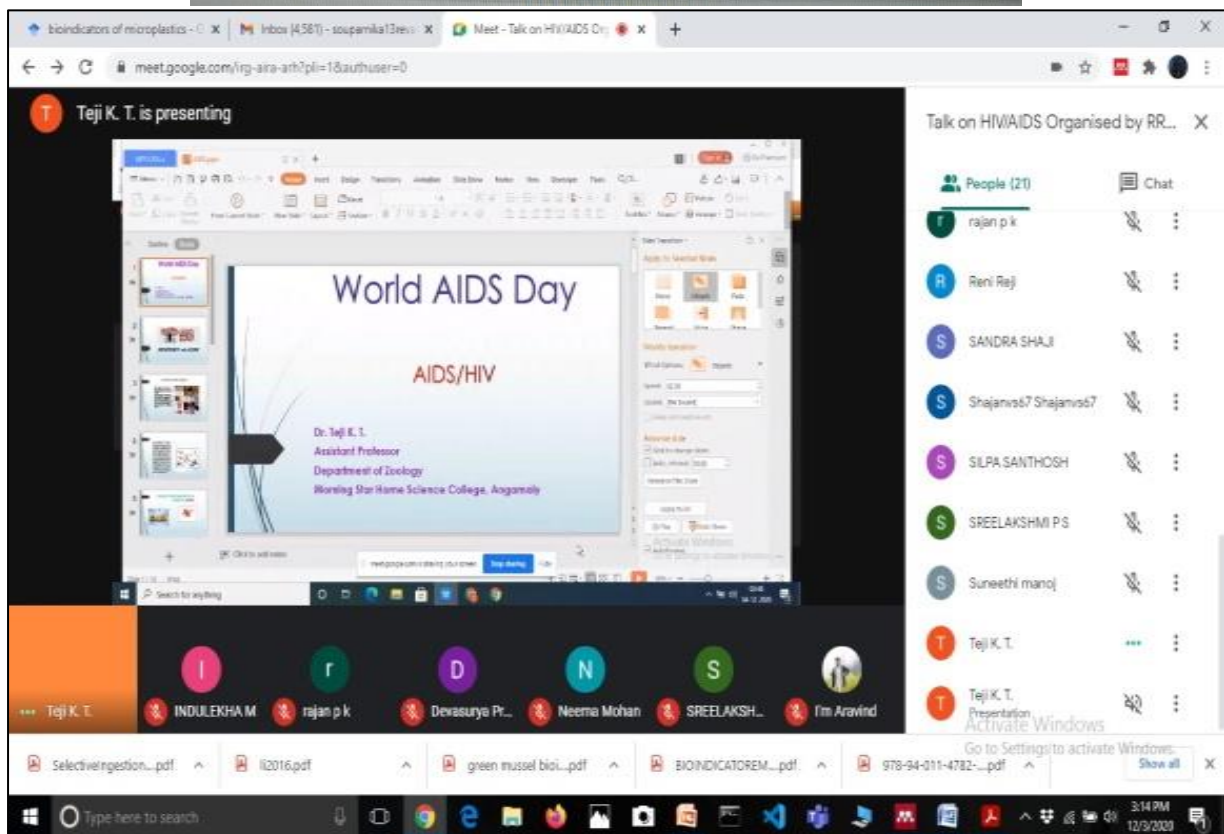
**Resource person :**  
**Sumki Begum**  
**Program coordinator**  
**sanjeevani life**  
**beyond cancer**

**Coordinator : Dr. Anumol K. A**  
**Manju V Kumar**

e- certificates will be provided to all participants

## **DECEMBER 3/12/2020 WORLD AIDS DAY**

Every year on 1 December, the international community unites to observe World AIDS Day. This is a day to increase awareness and understanding of HIV, to galvanize the response to the epidemic and to remember those we have lost. In connection with World Aids day, NSS unit in association with Red Ribbon club organize a talk on HIV/AIDS. Speaker- Dr. TEji K.T, Assistant Professor, Morning star home science College Time- 3-4 pm



## PALLIATIVE CARE DAY

Palliative care members provide mental, physical and spiritual comfort to those who are chronically ill. Palliative Care Society “Thanal” in Kanjoor has been setting by providing free treatment and medication those who are chronically ill. For supporting them, NSS unit provide Medical kit to Convenor P.B Aboobakkar.





**BLOOD DONATION CAMP 29/03/2021**

The aims of this camp to create awareness about the need for safe blood and life-saving components of blood required for transfusion. No other work is more sacred than this. Blood donation is an excellent service to humanity. Sree sankara college Kalady NSS Unit in association with Amrita hospital, Ernakulam, Sree Sankara College NSS Unit 048 and Adi Sankara Engineering College NSS Unit jointly organizes a blood donation camp on 29<sup>th</sup> March 2021

**BLOOD DONATION CAMP**

**# EVERYONE COULD BE A HERO**

**DONATED TODAY! SAVE A LIFE**

**29 TH MARCH 10 AM - 1PM**

**GIVE BLOOD**

**CONTACT US:**  
 ARUN : 8921986854  
 Keerthana : 6238665831

IN ASSOCIATION WITH  
 AMRITA HOSPITAL  
 ERNAKULAM

NATIONAL SERVICE SCHEME, UNIT NO'S  
 228,582,048

Adi Shankara  
 SREE SANKARA COLLEGE KALADY



### **3/03/2021 WORLD WILD LIFE DAY'**

The theme of World Wildlife Day 2021 is "Forests and Livelihoods: Sustaining People and Planet". The theme highlights the key role of forests, forest species, and ecosystem services in sustaining the livelihoods of hundreds of millions of people across the world mainly of indigenous and local communities with historic ties to forested and forest-adjacent areas. As a part of 'world wild life day' our volunteers organized a programme- '*Venaldahamakattan.*' On this day the volunteers devised various means of obtaining drinking water for the birds located in our college.



## **WORLD HEALTH DAY 7/4/2021**

The theme for World Health Day 2021 is 'Building a fairer, healthier world'. Stating that our world is unequal, WHO said that the COVID-19 pandemic has highlighted how some people can have better access to health services and live healthier lives than others. On this day NSS volunteers making videos .Through videos they gave awareness about different ways can help to achieve good health that is Eat healthy meals, Add more fruits and vegetables to your diet, Drink a sufficient amount of water, Do regular exercise, Wash your hand before eating, Get enough sleep, Practice meditation, Avoid smoking, tobacco, alcohol, caffeine, and sugary drinks.

**Good Morning**  
**ഇന്ന് ലോക ആരോഗ്യദിനം**  
**7.4.21**



**ആരോഗ്യമുള്ള മനസ്സ്**  
**ആരോഗ്യമുള്ള ശരീരം അതാവണം**  
**നമ്മുടെ ലക്ഷ്യം**  
**ലോക സമസ്ത സുഖിനോ ഭവന്തു**  
**എല്ലാ ആരോഗ്യ പ്രവർത്തകർക്കും വേണ്ടി**  
**പ്രാർത്ഥിച്ചു കൊണ്ട്**  
**World Health Day**

**NSS Unit 048**



**WORLD HEALTH DAY**  
**7th APRIL**

## **Corona Awareness Campaign- Covid 19 Related Activities**

NSS unit of Sree Sankara college kalady, has initiated Corona Virus awareness programs to make the people aware about the distribution and symptoms of corona infection. The volunteers of Sree Sankara College did door to door awareness campaign by survey. Distributing foods to isolated persons etc.....



*Covid 19 Awareness at "Kuttambuzha Tribal Colony"*





**WEAR  
FACE MASKS**

*Stand together by not standing together*

#stopthespread

Stay home...  
Don't panic beat the pandemic



**SANITIZE YOUR HANDS  
FREQUENTLY**



**ALWAYS WEAR A MASK**



**PROTECT YOUR SELF  
AND OTHERS**

**DENGUE FEVER DAY**

Being a major international public health concern, the main method to control or prevent its transmission is to combat vector mosquitoes for which awareness about available preventive methods can play a major role. Awareness among students is an important factor for preventing dengue in the community. NSS volunteers making video and through Power point presentation gave awareness of preventive methods of Dengue fever.

**Nss Unit - 048**

**സീറോ ഇമ്മ്യൂൺ സീറോ ഡെങ്കു**

കുപ്പി, ടയർ, ചിരട്ട, പഴയ പാത്രം എന്നിവയിൽ വെള്ളം കെട്ടിനിൽക്കുന്നത് ഒഴിവാക്കുക

**ഡെങ്കിപ്പനിയിൽ നിന്ന് രക്ഷനേടൂ !**

ഡെങ്കിപ്പനി പ്രതിരോധം വീട്ടൽ നിന്നാരംഭം

#STAY HOME #STAY SAFE

## 22 MAY 2021-WORLD BIODIVERSITY DAY

The International Day for Biological Diversity is celebrated each year on 22 May, a date in our Calendar dedicated to raising global awareness about the importance of protecting biological resources and the global biodiversity that shapes our environment — not only the various species of plants, animals and microorganisms around us, but also the genetic diversity of each of them, as well as the great variety of ecosystems that make up our planet. On this day NSS volunteers gave awareness about the need to protect our biodiversity and also by sapling new plants in their home.





To plant a garden is  
to believe in tomorrow



Cleaning and organizing is a  
practice and not a project



**24<sup>TH</sup> APRIL 2021- DONATION OF MEDICAL KIT TO GOVERNMENT COMMUNITY HEALTH CENTRE KALADY**

For supporting our medical officers, Sree Sankara college NSS unit donate medical kit to community health center mattoor,Kalady.NSS programme officers Dr Manju V Kumar and Dr.Anumol K.A handover the medical kit to Dr.Pushpa ( Senior medical officer)



**WORLD NO TOBACCO DAY 31ST MAY**

This yearly celebration informs the public on the dangers of using tobacco, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations. The COVID-19 pandemic has led to millions of tobacco users saying they want to quit. Commit to quit today and sign the pledge. On this day Sree Sankara NSS unit organizes a webinar by Dr.Manju (Assistant Surgeon).This programme was inaugurated by Sasikumar ( CI Police,Nedumbasserry).In connection with we also organized a cartoon competition on focal theme.

**QUIT TOBACCO TO BE A WINNER'**

# World No Tobacco Day-2021



**Sree Sankara College, Kalady**  
**NSS UNIT 048**



**കാര്യപരിപാടികൾ**

NSS ഗീതം

സ്വാഗതം	ഡോ. മഞ്ജു വി കുമാർ (NSS Programme Officer)
അദ്ധ്യക്ഷൻ	ഡോ.സുരേഷ് എ (Principal, Sree Sankara college, Kalady)
ഉദ്ഘാടനം	സഹിഷ്യമാർ റ്റി (CI of Police, Nedumbassery)
തുല്യ പ്രഭാഷണം	ഡോ. മഞ്ജു (Assistant Surgeon,CHC Kalady )
ആശംസകൾ :-	ദ്രി.എസ് പ്രസാദ് (IQAC member) LI. രാജി രാമകൃഷ്ണൻ (NCC officer)
നന്ദി	ഡോ. അനുമോൾ കെ എ (NSS Programme Officer)
Programme coordinators :-	Arun M Anakha Anil

**"മനസ്സ് നന്നാവട്ടെ"**

Date :- May 31 2021  
Time :- 10:30 am

# **WORLD NO TOBACCO DAY-2021**



**Sree Sankara College, Kalady**

**NSS UNIT 048**

**Awareness class  
By**

**Dr.MANJU**

**(Assistant surgeon, CHC Kalady)**

**Time:- 10:30**

**Platform:- Google meet**

**open Meet enter this code:**

**yfk-hyip-cyp**

**[https://meet.google.com/yfk-hyip](https://meet.google.com/yfk-hyip-cyp)**

**-cyp**

## **World No Tobacco day 2021**



**Sree Sankara College, Kalady  
NSS UNIT 048**



### **Cartoon competition**

**On**

***Focal theme***

**Send the entries through whatsapp**

**Dr.Anumol K A:-**

**96454 56545**

**Dr.Manju V Kumar:-**

**85902 85759**



***Last date:***

***June 2, 2021***

***Evening 4pm***



SREE SANKARA COLLEGE

NATIONAL SERVICE SCHEME

Unit - 048

*No tobacco day*



# SPECIAL SEVENDAY CAMP REPORT 2020-2021

*THEME: SAMRAKSHA 2020*  
*“YOUTH FOR PREVENTION AND MITIGATION OF COVID-19”*



**Sree Sankara College, Kalady**  
National Service Scheme  
Unit no. 048

**Special Seven Day  
Camping Programme**  
2020-2021  
Youth for prevention and  
mitigation of covid 19  
22nd December 2020 to 28th December 2020

**Day 1 (22/12/2020) 4.00 pm - 4.30 pm**  
ഉദ്ഘാടനസമ്മേളനം

സ്വാഗതം : Dr. Anumol K A  
(NSS Programme officer  
Sree sankara college Kalady)

അദ്ധ്യക്ഷൻ : Dr. A Suresh  
(Principal sree sankara college Kalady)

ഉദ്ഘാടനം : Dr Sudhakaran K M  
(MG University Syndicate member)

ആശംസകൾ : Dr K Krishnadas  
(MG University ex- Syndicate member)  
Dr Manju T  
(IQAC member)  
Mr. Vaideyanathan  
(Office Superintendent SSC Kalady)  
Anison  
(Collee Union Chairman)

നന്ദി : Mrs . Manju T Kumar  
(NSS Programme Officer  
Sree Sakara College Kalady)

4.30 am - 6.00 am : Ice breaking & group formation

6.00 am - 6.30 am : Providing camping rules & disbursing  
the camp

### Day 2 (23/12/2020)

7.30 am - 8.30 am : Camp Assembly (NSS song/ Thought of  
the day/ Yoga/ Meditation/ Digital Paper  
presentation/ Evaluation of the previous day  
experiences)

9.00 am - 10.00 pm : Dr. Ajith James Jose (Senate member MGU,  
Asst. Professor SB College Chengannur)  
First Step to Social Service

10.30 am - 12.00 pm : Shramadan / Projects on the neighbour-  
hood or locality

3.00 pm - 3.45 pm : Skill training / Group activities

7.00 pm - 8.00 pm : Cultural programmes

### Day 3 (24/12/2020)

7.30 am - 8.30 am : Camp Assembly

9.00 am - 10.00 pm : Talhath P M (Senior civil Police Officer,  
Cyber crime police station, Emakulam  
Rural Aluva  
Cyber Awareness Class

10.30 am - 12.00 pm : Shramadan / Projects on the neighbour-  
hood or locality

3.00 pm - 3.45 pm : Skill training / Group activities

7.00 pm - 8.00 pm : Cultural programmes

#### Day 4 (25/12/2020)

- 7.30 am - 8.30 am : Camp Assembly  
9.00 am - 10.00 pm : Mr. Shineed Krishna  
Motivational Speaker  
topic : Smile  
10.30 am - 12.00 pm : Shramadan / Projects on the neighbour-  
hood or locality  
3.00 pm - 3.45 pm : Skill training / Group activities  
7.00 pm - 8.00 pm : Cultural programmes

#### Day 5 (26/12/2020)

- 7.30 am - 8.30 am : Camp Assembly  
9.00 am - 10.00 pm : V K Sreedharan (Nattarivu padana kendram,  
kanimangalam  
നാട്ടറിവ്  
10.30 am - 12.00 pm : Field Survey  
3.00 pm - 3.45 pm : Skill training / Group activities  
7.00 pm - 8.00 pm : Cultural programmes

#### Day 6 (27/12/2020)

- 7.30 am - 8.30 am : Camp Assembly  
9.00 am - 10.00 pm : Priyanka Nair  
Isha Foundation  
Yoga awarewness  
10.30 am - 12.00 pm : Survey reoprt presentation, camp report  
presentation, Covid 19 experience report  
presentation  
3.00 pm - 4.00 pm : Solomon John (De Paul Institute Angamaly)  
Personality Development  
7.00 pm - 8.00 pm : Cultural programmes

#### Day 7 (28/12/2020)

- 7.30 am - 8.30 am : Camp Assembly  
9.00 am - 10.30 pm : Valedictory Session  
Welcome : Smt. Manju V Kumar (NSS programe Officer)  
Inaugration : Dr. Harikrishnan  
(syndicate member, MG University)  
Presidential address : Dr Suresh A (Principal SSC Kalady)  
Vote of Thanks : Dr. Anumpl K A (NSS programe Officer)



## DAY-1[22/12/20 TUESDAY]

The special seven day camp of Sree Sankara College Kalady, National Service Scheme Unit No: 048 was officially and virtually inaugurated on December 22, 2020 at 5.30 pm. Welcome speech was delivered by NSS Program Officer, Dr. Anumol K A, and College principal Dr. A Suresh sir presided over the meeting. The program was inaugurated by M G University Syndicate member, Dr. Sudhakaran sir. Felicitations were given by Former Syndicate member Dr. K Krishnadas sir, IQAC Member Dr. Manju, College Office Superintendent Sri Vaidyanadhan and College Union Chairman Sri Anison. NSS Program Officer Dr. Manju V Kumar expressed vote of thanks. After inauguration session the programme officers giving necessary instructions to all 100 volunteers.

## DAY-2[23/12/20 WEDNESDAY]

The second day of Samraksha special seven day camp started at 8 am with NSS song by first group. Following, NSS volunteer from first group gave 'thought for the day'. At 9 am we got a valuable class on 'The first step to social service' by Dr. Ajith James Jose. We could realise that what type of social commitment we should keep and how to overcome challenges in life that we came across each day. At 11 am volunteers went to their locality to give awareness to peoples about Covid-19. After lunch, volunteers got engaged in skill based activities. At 7 pm all volunteers could enjoy the cultural programs held by first group.

Sree Sankara College, Kalady  
National Service Scheme  
Unit no. 048

Special Seven Day Camp  
സംരക്ഷ 2020  
ഒരേ മനസ്സോടെ ഒരുമിച്ച്  
Youth for prevention and  
mitigation of covid 19

The First Step to Social Service  
23 Dec 2020  
8.45 am

Resource person  
Dr. Ajith James Jose  
Senate member- MG University  
Best NSS Programme Office 2018-19  
Assistant Professor  
SB College Changanassery

Google Meet

# NOVEL CORONA VIRUS PROTOCOLS

"Better to wear a mask than  
a ventilator"



#stayhomestaysafe



Annu Punnoose  
Bsc Statistics

# COVID-19 AWARENESS



BEAT THINGS  
(TOGETHER)

"Stay in and don't wander around"  
#covid19protocols



stay home, stay healthy



Use masks and sanitizers to fight against COVID-19

Avoid close contact with others while going out



#stayhomestaysafe

## Awarness of covid-19



Always sanitize your hands



#Stay safe stay home

## BE AWARE IN THIS GREAT PANDAMIC



Sanitize your hands in proper way



Wear mask in a proper manner

**Be** Supportive  
Careful  
Alert  
Kind



**MASK OR RESPIRATOR, YOU HAVE TO PONDER AND CHOOSE ONE OUT OF THE TWO"**



*Ensure that you and your loved ones follow the directions for your own safety*

### **DAY-3[24/12/20 THURSDAY]**

The third day of Samraksha special seven day camp began with NSS song by second group. They presented 'thought for the day' and 'news-report'. After that at 9 am , the Senior Civil Police Officer , Thalhanth sir took a webinar for us on the topic 'Cyber security'. This session aware us about how to be alert on downloading some apps and in using some websites. At 11 am volunteers got engaged in flower gardening and farming. It was a nice and better experience for volunteers who have been in home for about more than 8 months. In the afternoon session we could create beautiful works from wasted things. At 7 pm , group 2 conducted cultural programs which was really relieving our other anxieties. Thus third day also passed.

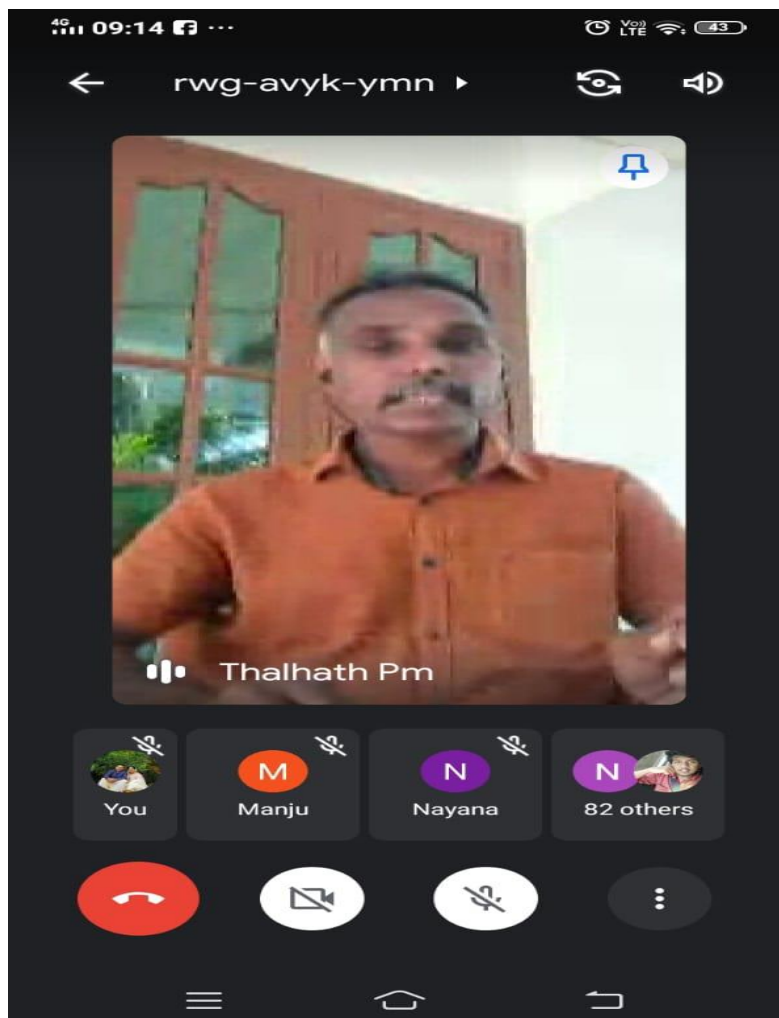
Sree Sankara College, Kalady  
**NSS Unit 048**



## Cyber Awareness Programme

**Thalhath P. M**

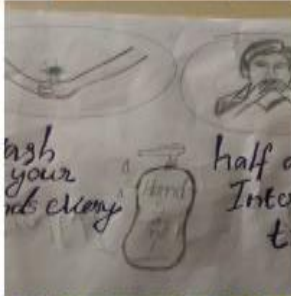
Senior Civil Police Officer



*Gardening*

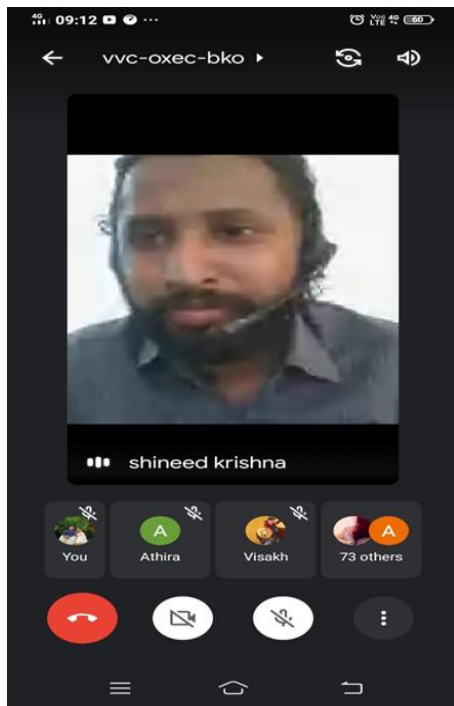


# group 1 Wonderful pieces of ART 🎨

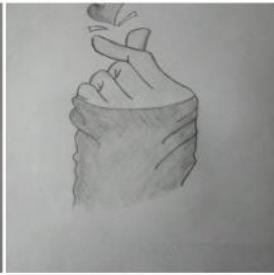


**DAY -4[25/12/20 FRIDAY]**

Samraksha special seven-day camp's fourth day started with group-3's NSS song. They brought in 'thought for the day', 'news-report' and 'report of previous day'. After the breakfast, Shineed sir who is the guest lecturer of Sree Sankara College Kalady gave us a class on finding our own qualities and how to keep them in our life. In the afternoon session, we could prepare some innovative ideas based on Christmas Eve and Corona issue. In the night session group -3 volunteers presented cultural programs, also we have a special guest Sri Viswanath K (Chief sub editor, Mathrubumi,) It was so aesthetic.







NEVER LET YOUR  
**FEAR**  
decide  
YOUR  
**FUTURE**

NO ONE  
is  
**YOU**  
AND THAT is  
YOUR  
**POWER**



**STAY**  
TRUE TO  
yourself



**MOMS**  
★ ARE THE REAL ★  
superheroes  
# OF THE →  
**WORLD**



**FOLLOW**  
YOUR  
heart





# GROUP-1



## അതിജീവനം







Wishing u a happy  
Christmas



#### **DAY-5[26/12/20 SATURDAY]**

The fifth day of Samraksha Special Seven day camp got its starting energy from fourth group's NSS song. Following they presented 'thought for the day', 'news-report', and previous day's 'report'. Then we had our breakfast and at 9am V. K. Sridharan sir from Nattarivu study centre gave us a one hour class on 'Nattarivukal'. From this class we could understand what was the uniqueness of olden traditions in the field of farming and how it is really beneficial to each and every one. We were more interested to practice and continue farming in our own home to feel the nature. At 11 am we went in our neighbourhood to

conduct Covid-19 Survey and collected suitable information. At 7pm cultural programs were organised by group 4 which was really surprising and enjoyable. Thus fifth day also got passed.

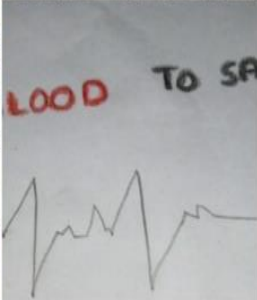




# NSS COVID 19 SURVEY

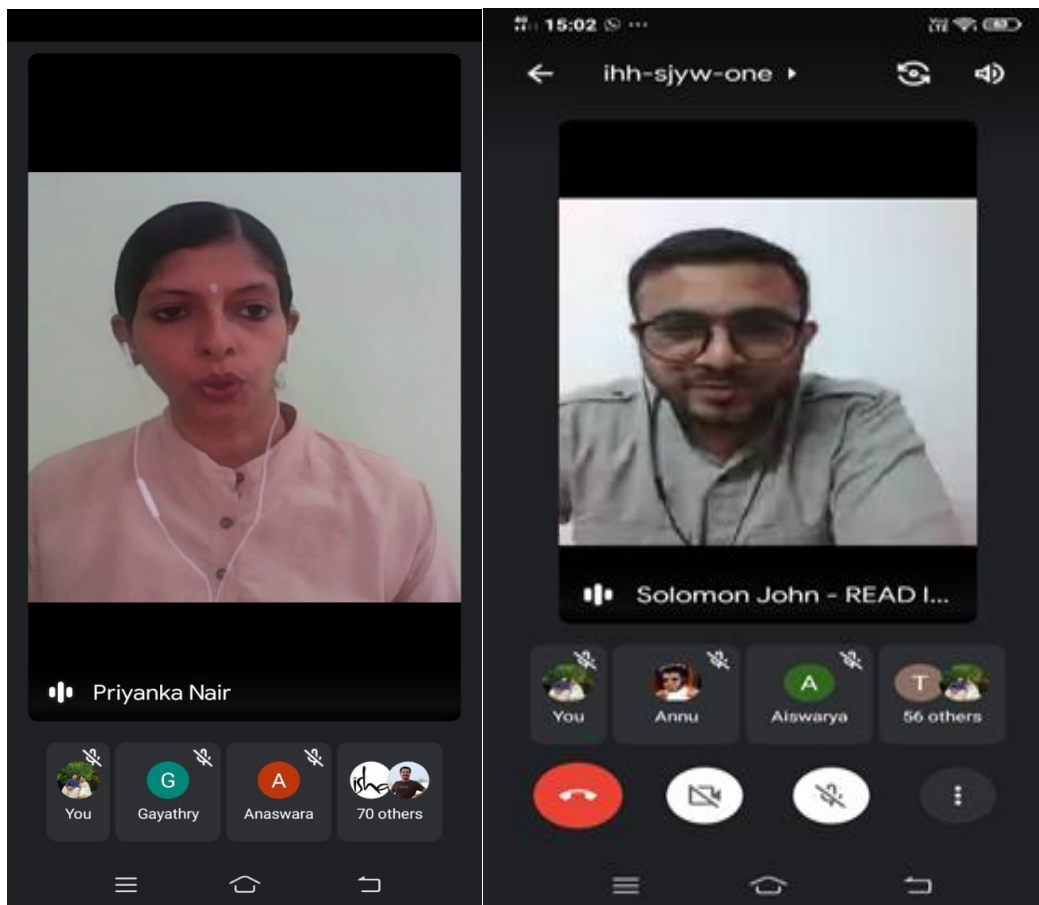


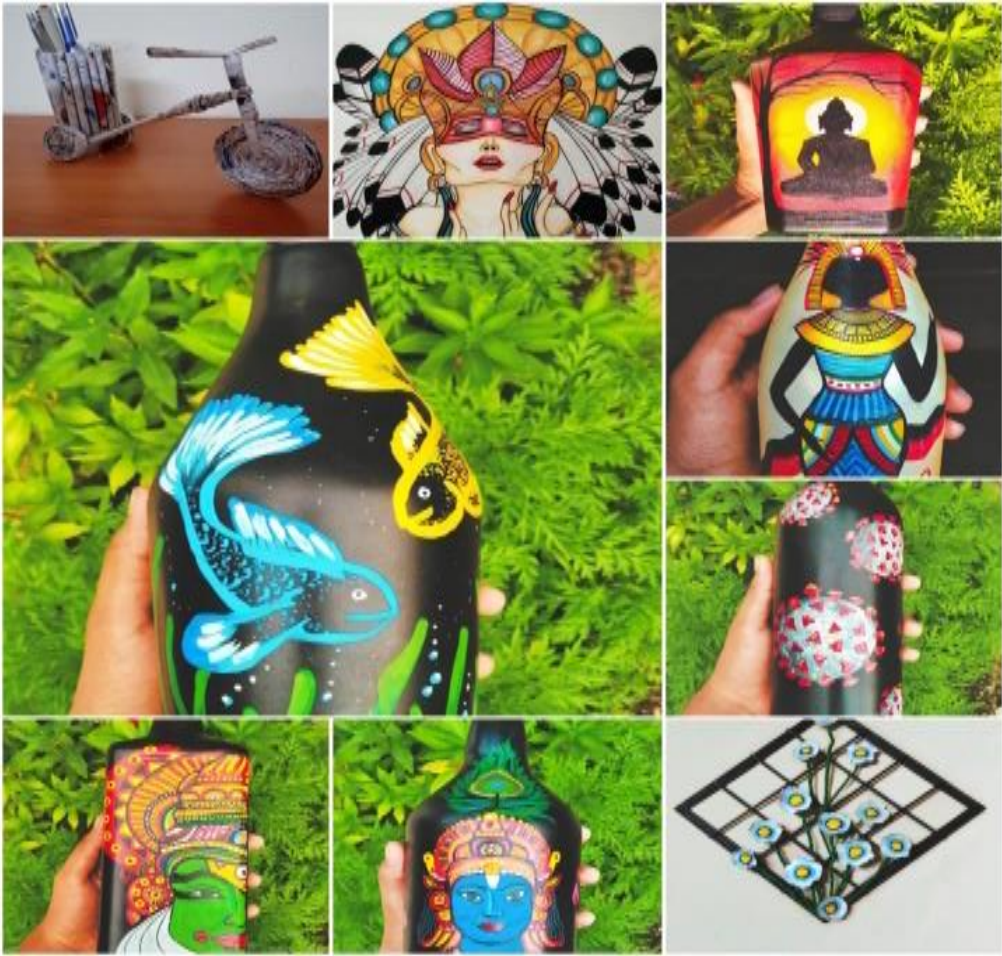
*Thru Purposse  
Doc Statistics*



## DAY-6[27/12/20 SUNDAY]

Samraksha Special Seven Day camp's second last day or sixth day began with 'Simha kriya'- a part of YOGA class conducted by ISHA foundations, Trivandrum. After that one hour yoga practice group 5 presented 'NSS song', 'thought for the day', 'newspaper report' and 'report of previous day'. Following, volunteers engaged to aware more about COVID-19 in the society. At 3pm the HOD of School of Professional Development, DePaul Institute of Science and Technology, Angamaly, Sri Solomon sir took a valuable one hour session on 'Personality Development'. That really helped volunteers to recognise their levels and how to improve it. In the night session group 5 conducted cultural activities by including different games which made other volunteers very happy.











*Covid survey*



# ഗ്രൂപ്പ് 1: കോവിഡ് 19 മുൻകരുതലുകൾ





### **DAY-7[28/12/20 MONDAY]**

The last day of Samraksha Special Seven Day Camp started with first group's NSS song. They brought in 'thought for the day', 'news-reading' and 'report'. Their news were really different and attractive. The final meeting of our NSS Special Seven Day Camp started at 6 pm. NSS Program Officer Srimati Manju ma'am delivered the welcome speech. Dr A Suresh sir ,the principal of Sree Sankara College Kalady , presided over the meeting. The meeting was inaugurated by the Syndicate member of M. G. University, Sri Harikrishnan P sir. A volunteer from each five group gave feedback about the seven day camp. The meeting and our seven day camp got ended with the vote of thanks delivered by NSS Program Officer, Dr. Anumol ma'am.

# ക്യാമ്പ് സമാപിച്ചു

കാലടി • ശ്രീശങ്കര കോളജ് എൻ എസ്എസ് യൂണിറ്റിന്റെ സപ്തദിന ക്യാമ്പ് 'സംരക്ഷ 2020' സമാപിച്ചു. സമാപന സമ്മേളനം എംജി സർവകലാശാല സിൻഡിക്കറ്റ് അംഗം ഡോ.ഹരികൃഷ്ണൻ ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ ഡോ.എ.സുരേഷ് അധ്യക്ഷത വഹിച്ചു. പ്രോഗ്രാം ഓഫീസർമാരായ മഞ്ജുവി.കുമാർ, ഡോ.കെ.എ.അനുമോൾ എന്നിവർ നേതൃത്വം നൽകി.



## ഐക്യദാർഢ്യ ജ്യാല

കാലടി • ഡൽഹിയിൽ നടക്കുന്ന കർഷക സമരത്തിനു പിന്തുണ നൽകി കത്തോലിക്കാ കോൺഗ്രസ് കൈപ്പുടർ യൂണിറ്റിന്റെ നേതൃത്വത്തിൽ ഐക്യദാർഢ്യ ജ്യാല സംഘടിപ്പിച്ചു. വികാരി ഫാ. ബെർക്കുമാൻസ് കൊടയ്ക്കൽ ഉദ്ഘാടനം ചെയ്തു. യൂണിറ്റ് പ്രസിഡന്റ് ജോസ് ആന്റണി, സിസ്റ്റർ വന്ദന, ടെൻസി അവരാച്ചൻ, മേരി ജോയി, കെ.ഡി.ഷാജൻ എന്നിവർ പ്രസംഗിച്ചു.

## ക്യാമ്പ് സമാപിച്ചു

കാലടി • ശ്രീശങ്കര കോളജ് എൻ എസ്എസ് യൂണിറ്റിന്റെ സപ്തദിന ക്യാമ്പ് 'സംരക്ഷ 2020' സമാപിച്ചു. സമാപന സമ്മേളനം എംജി സർവകലാശാല സിൻഡിക്കറ്റ് അംഗം ഡോ.ഹരികൃഷ്ണൻ ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ ഡോ.എ.സുരേഷ് അധ്യക്ഷത വഹിച്ചു. പ്രോഗ്രാം ഓഫീസർമാരായ മഞ്ജുവി.കുമാർ, ഡോ.കെ.എ.അനുമോൾ എന്നിവർ നേതൃത്വം നൽകി.

## ലൈബ്രറി നവീകരിച്ചു

കാലടി • ക്രിസ്തുമസ് അവധിക്കാലം പെരുമ്പാവൂർ ഗവ.പോളിടെക്നിക്സിലെ എൻഎസ്എസ് വൊളന്റിയർമാർ ലൈബ്രറി നവീകരണത്തിനു മാറ്റിവച്ചു.