

Government College for women, Vazhuthacaud, Thiruvananthapuram  
NSS UNIT (04 A & B)  
Activity Report 2020-21

NSS Units ( 04 A & B) of Government College for women, Thiruvananthapuram were active during the academic year 2020-21. About 200 volunteers in two units was working efficiently. Volunteers have been involved in online activities since the covid outbreak intensified. Our NSS Volunteer Leader Sreekutty D. S., has been selected as the best NSS volunteer for the period 2019-20. Program Officer, Dr. Shanthi P. , received the Incentive Award for Outstanding Performance.

The first step was to join the “*sannadhasena*” of the Government of Kerala during the period April 2020 to March 2021. About 187 volunteers volunteered for this programme. As per the instructions from the government, Athira, a member of the “*sannadhasena*”, volunteered to help in distributing *kit* for *Malainkeezh* panchayat *supplyco*. In addition, the volunteers shared their mask making art and awareness programs through online media.

Since April 20, more than 180 volunteers and NSS PO’s have participated in the “IGOT” covid online training programme conducted by the Central Government through the online media platforms Diksha and Arogya Sethu and obtained e-certificates. Volunteers thorough participating in the above program, received training and awareness on various topics related to covid.

On May 8<sup>th</sup>, 145 volunteers participated in an awareness quiz and received certificates as part of the Spitting Kills campaign conducted by VOTV in association with the NSS. Volunteers also participated in the Virtual Justice Party through the Green Army. 2 NSS volunteers participated and became the winners in the program “KOINONIA2020” organized by Chempazhanthi SN College.

On the occasion of World Environment Day on June 5, all volunteers planted tree in their homes and as a part of “*Harithaalam*” project, the principal in-charge Mrs. Anila.J S planted tree in college campus in the presence of NSS P.O. and 5 volunteers following the covid safety standards. We also published the pictures of volunteers planting the saplings in collages. NSS volunteers announced their online presence at the inauguration ceremony of the “*Harithaalam*” project carried out by the Hon'ble Chief Minister. Our volunteers prepared posters, organized an online essay competition “HAEMATOJULISTE” in honor of the glory of blood donation and distributed certificates to the winners. In connection with the Yoga Day on June 21, an inter-college poetry competition called '*Pratyahara*' was held. About 51 entries were received from various colleges. The winners were given certificates. Volunteers made posters and anti-drug awareness videos on June 20, Anti-Drug Day.

On the occasion of World Population Day, July 11, NSS Units organized an essay writing competition called ENSAYO. Many students from different colleges had sent their entries and winners were distributed certificates. In July 15<sup>th</sup>, World skill day, Volunteers shared videos showing off their skits. Six leaders participated in district university level palliative care training from July 27 to August 1 and received certificates.

On August 2, our NSS units organized a webinar on how to deal with the psychological stress caused by students following the covid outbreak. Our College psychology department assistant professor Mr. Mahesh, also a clinical psychologist, took a class on "Student Mental Health in the midst of Covid 19 Pandemic". Certificates of participation were distributed to about 200 students at the event. E-magazine "CUARENTINA" was prepared and published to showcase the creativity of volunteers during the 'Lockdown' era. About 25 volunteers and NSS P.O. participated in the Cultural Exchange Program conducted as part of EBSB. A collage was made to mark Hiroshima Day. Ashita Jose, our volunteer, participated at the “Scars

of History” an event organized by Chengannur SN College. Volunteers produced a motivational video on International Youth Day and conducted an online cartoon writing competition called INDART on Independence Day. The patriotic video song highlighting the relevance of Independence Day, the Freedom Fighters album and the Independence Day speech was shared. Our NSS Volunteers won the online quiz conducted by Pirappankode University of Technology. Nehru Yuva Kendra in association with NSS conducted an awareness webinar.

On September 2, various Onam games were held and Onam celebrations were organized on the Google meet platform. On September 15<sup>th</sup>, a peace message writing competition called "EIRENICA" was held. On September 26<sup>th</sup>, NSS units conducted a cancer awareness webinar as part of Sanjeevani. On September 27, as a part of suicide prevention, a webinar was organised in association with the “Nila Foundation” and produced a collage declaring solidarity with suicide prevention activities. In September itself, a quiz 'HIMADRI' was organized as part of CBSE to mark NSS Day. N.S.S. made videos to share experiences and made posters on as a part of heart day.

On the occasion of Gandhi Jayanti on October 2, a short story competition titled 'ALIKAFABEL' was organized on the theme 'Satyam'. On October 11, Nine Prayas and JCI in association with our NSS units, organized an awareness program “seevanam” led by Dr. Shibi P. Varghese. On the occasion of World Food Day, a campaign called Need for Feed was organized and as part of it, videos, collages, online recipe contests (folk recipes) and kitchen garden contests were organized. E-certificates were distributed to all the students who participated in the competition. On October 22, volunteers also participated in the Nehru Youth Center's webinar on the new education policy. On October 24, as part of the activities, all the volunteers of NSS units participated in the environmental protection webinar organized by our NSS units. Dr. Iyona, Asst.Preofessor & NSS P.O.,All Saints College led the class. On October 28, Dr. Regipol, a

community professor at Sree Gokulam Medical College, conducted awareness classes on cancer prevention. On October 31, our volunteers pledged their allegiance and presented it as a collage.

In November, the 75th U.N. day, about 6 volunteers from our College participated in the International Webinar held on the occasion. About 30 volunteers and NSS P.O's took part in the webinar, which was held as part of the Women's Commission's three-day program. By November, first-year students became part of the NSS. Volunteers created a blood donation directory as part of the All Kerala Blood Donors Association and distributed it for blood donation purposes.

About 60 students participated in the Cancer Awareness Virtual Class organized by Cochin Cancer Society and NSS on December 6, 2020. The class was led by Dr. V .P. Gangadharan. From December 20 to 27, a seven-day online camp "*Sashraddham*" was conducted, which was attended by around 60 volunteers. As a part of "*Ente Malayalam*" program organized by Asianet News, around 30 volunteers registered themselves as Malayalam Ambassadors.

Posters were made on the occasion of National Youth Day and circulated through social media. As part of Netaji Subhash Chandra Bose's 125<sup>th</sup> birthday celebrations, a short video and poster about Netaji was made and were circulated online. About 183 students were directly and indirectly involved in it.

On January 24, 2021, on the occasion of the National Girl's Day, an exhibition of drawings, speeches and poetry were conducted. On Republic Day 2021, posters, patriotic songs and a Republic Day message video were produced. All the volunteers and NSS P.O's were part of the celebration. Volunteers organized commemorative video songs and Martyr's Day webinar on the occasion of Mahatma Gandhi Martyr's Day. About 160 volunteers and NSS P.O's participated in it.

On February 1, poster making and speeches were prepared to mark World Cancer Day. Water Day was also observed in this manner. More than 90 volunteers participated in the webinar organized on February 18, 2021 under the leadership of the Women's Commission

on the topic of 'Present and Cyber Security'. Activities aimed at mother tongue education on the occasion of World Mother Language Day included the publication of an e-magazine called '*Rathrimazha*', a video presentation and a speech. On February 25, a women's safety class was organized to provide self-defense training to girls (offline). About 30 NSS volunteers participated in the Zoom meeting conducted by "Research Academy for Creative Excellence" on World NGO Day.

In the month of March 2021, Sri Brahmanayakam Mahadevan gave an orientation class to the first year NSS volunteers in the college auditorium in compliance with the covid norms. A wheelchair and surgical masks were donated to RCC on March 3 as part of its palliative care activities. A self-defense class was organized in the days March 3,8,9,10,17,24. About 40 volunteers were trained in the classes. About 30 volunteers participated in the WebEx meeting organized in connection with the 18th anniversary of the All Kerala Blood Donors Society and then organized a blood donation camp on March 20 jointly by Phoenix, NSS and NCC to promote blood donation to the public and children. On the occasion of Women's Day, '*Penma 2021*' was organized. As part of this, volunteers conducted a program called 'Penvara'(Offline), a musical evening called 'Dhwani' (Online)and videos related to Women's Day. NSS P.O's and about 180 volunteers participated. A SIGN Campaign was organized on 23 March 2021 in association with SVEEP to motivate new voters to be part of the election. About 70 volunteers attended this campaign. A Flashmob was organized with the goal of green elections and universal suffrage. About 30 volunteers participated in the flash mob.

The year 2020-21 was an effective academic and non-academic year for the NSS units of Government Women's College to be active, laudable and nurture a sense of community. The NSS units at the college conducted a number of activities online and then offline in the wake of the health emergency

