



GOVERNMENT COLLEGE KASARAGOD

VIDYANAGAR, KASARAGOD, KERALA, 671123

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NAAC 3RD CYCLE ACCREDITATION

LIFE SKILL PROGRAMMES



GOVERNMENT COLLEGE KASARAGOD

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REPORT OF LIFE SKILLS PROGRAMMES CONDUCTED DURING 2018-19

NSS

19/08/2018. TRAUMA CARE CLASS

The TRACK volunteer training program was held on 19th August 2018 under the leadership of Rotary club and College NCC and NSS unit. The program was inaugurated by Sri MV Sukumaran, DYSP kasaragod. After that various classes were held. Dr. Shibi P Vargees, homeo medical officer took class on first aid. The leadership class was taken by Ravikumar, HRD trainer V Vaikundan, AMUI took class on road safety. After the classes, Sri Ajith Kumar, SI of police distributed the volunteer card. 20 cadets of third year and one cadet of second year attended the program. The program came to an end by 4 pm.

07-09-2018 to 09-09-2018: NATURE STUDY CAMP AT BEDRAMPALLA, PERLA

NSS unit in cooperation with Bhoomithrasena Club had conducted a three day nature study camp at Bedrampalla, Perla. The camping programme includes trekking, planting of saplings, water conservation & environmental classes. Prof. Unnikrishnan.P, Prof. Divya.M, Dr. Jijo.P.U, Prof. Manoharan.A, Prof. Sujatha.S, Dr. Vinayan.T and many other College lectures visited the camp and taken various sessions belonging to the importance of nature conservation. The NSS unit had also observed World Literacy Day in the camp by conducting various writing programmes and language skill development programmes. The volunteers left for their home by taking the oath that they won't destroy nature.

17-09-2018: PALLIATIVE CARE PROGRAMME

The NSS unit in association with the District Palliative care society had conducted palliative care training class for college students and volunteers of NSS unit at college auditorium. The District Panchayat President Sri.A.G.C.Basheer inaugurated the programme. The class was taken for a crowd of 200 Name and Signature of the Principal
Dr. Ananthapadmanabha A.I
After the class the volunteers were divided into several groups in accordance with the palliative care and carried out



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discussions. The innovations and new ideas arrived from the groups were presented at the end of the programme.

18-12-2018: SIGN LANGUAGE CLASS

The NSS unit in association with Jeevanam programme Nileshwaram conducted a sign language class for the NSS volunteers of our college. Principal Dr. Aravind Krishnan.K inaugurated the programme. State level sign language interpreter Sri.Rajeev Kumar had taken the class. Sri.Divakaran Kadinjimoola (Jeevanam programme), Dr.Vinayan.T, Prof.Sujatha.S were present in the programme.

22-02-2019 to 25-02-2019: KERALA VOLUNTARY YOUTH ACTION FORCE(KVYAF) - THREE DAY TRAINING CAMP AT MUNNAR, IDUKKI

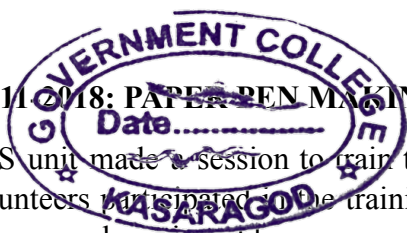
After the flood happened in the previous year, Govt. of Kerala had formed 'Kerala youth voluntary action force'. It aims to mold youth who are vulnerable to disaster management. Fifty NSS volunteers from our college had become the part of Kerala youth voluntary action force. Volunteers participated in the 3 day camp held at Munnar and successfully enrolled in the force after participating in the passing out parade held at Thiruvananthapuram.

03-03-2019: 'CAKE MAKING & DESIGNING' AND PRANIC HEALING CLASS

The NSS unit had conducted a cake making and designing programme, and Pranic healing class at Pandyala port. The cake making and designing programme was led by Smt.Shamseera.S and Smt.Irfana.K. They had demonstrated making and designing of different types of cakes in front of volunteers. The programme was also in association with the Kudumbasree units of Pandyala port. It will help them to start an entrepreneurship on cake making and make profit. NSS unit also arranged a class on Pranic healing for the volunteers at Pandyala port. The class was led by Sri.Rajeevan who was a Pranic healing trainer. Dr.Vinayan.T inaugurated the programme.

03-11-2018: PAPER PEN MAKING Name and Signature of the Principal **Dr. Ananthapadmanabha.A.L**

NSS unit made a session to train the NSS volunteers to make paper pens. More than eighty volunteers participated in the training session. NSS leader Mr. Yashavantha led them to make paper pens by using old newspapers.





05-12-2018 to 18-12-2018: ASHWAMEDHAM HEALTH SURVEY

The NSS volunteers engaged in the 'Ashwamedham survey' conducted by the Govt. of Kerala Health department for the eradication of leprosy from our society. The survey lasts about 2 weeks in Kasaragod. Volunteers were splitted into many groups and collected authentic information from the people. Volunteers' work was appreciated by the General Hospital Kasaragod.

02-06-2018: PRE-MONSOON CLEANING

NSS unit conducted pre-monsoon cleaning in college campus, in accordance with the green protocol initiated by Govt. of Kerala. Volunteers sorted the wastes into bio- degradable and non-biodegradable.

07-10-2018: CLEANING AT COASTAL AREAS

The NSS unit had conducted a programme 'Swacha Theeram Haritha Theeram' to clean the coastal areas of our district. NSS unit choosed Padne kadappuram coastal area of Valiyaparamba Panchayat to initiate the programme. Valiyaparamba is a main tourist destination in Kasaragod district. The NSS unit also made a Lake Conservation programme. Volunteers collected plastics and other wastes. Valiyaparamba Panchayat President Sri.Abdul Jabbar inaugurated the function. Dr.Vinayan.T, Mr.Maneesh Kumar.C, Smt.Pushpa.K, Sri.Ratheesh were also felicitated in the function. About fifty NSS volunteers had cleaned the coastal area with immense energy.

03-03-2019: COASTAL CLEANING

The NSS unit had conducted a coastal cleaning programme at Trikaripur Kadappuram in Valiyaparamba Panchayat. The programme was inaugurated by the Valiyaparamba Grama Panchayat Member Sri.Prasanna.P. Volunteers cleaned the Pandyala port which is a tourist destination at Trikaripur Kadappuram (sea shore) and sorted the plastic wastes into biodegradable and non-biodegradable. Forty volunteers participated in the programme.

AUGUST, 2018: FLOOD RELIEF ACTIVITIES

Kerala State faced one of the biggest floods in this century. Many people lost their life and properties. A large number of people who survived the flood are accommodated in the relief camps. In order to overcome this adverse situation, NSS unit also worked and contributed for the relief and rehabilitation activities. The NSS unit with the effort of volunteers collected many essential things needed for the relief camps especially dresses, medicines, food items, sanitary napkins from the shops of Kasaragod town and among the students of the college. They have contributed as much as they can. Volunteers packed the items in separate boxes



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and handovered the flood relief kit to the collecting centre under the district missionary situated in Government College Kasaragod. Dr.Vinayan.T, Prof.Sujatha.S and the NSS volunteers handovered collected items to the Deputy Tahsildar of Kasaragod. The collected goods worth approximately Rs 60,000. With the responsibility of District Collector Kasaragod, Government College Kasaragod was selected as one of the collecting and storing centres for essential materials needed for the flood relief camps. With the help of NSS Volunteers, they had stored, sorted and packed up the materials to the flood relief camps. The volunteers performed their best during these two weeks in the collecting and storing centre under district missionary. NSS unit also collected approximately Rs.25000/- for the relief fund.

10-01-2019: DISABILITY SURVEY BY DISTRICT MISSIONARY (ACCESSIBLE INDIA CAMPAIGN)

The Kasaragod District Missionary has launched an innovative Programme to create authentic data of disabled persons in our district. It was associated with the Accessible India campaign. The primary inauguration of this programme was held in our college in cooperation with the NSS unit. The programme was inaugurated by Kasaragod District Collector Dr.Sajith Babu.I.A.S. Dr.Vinayan.T, Prof.Sujatha.S, Dr.A.L.Anandapadmanabha, Sri.Jisho (Co-ordinator K.S.S.O), Prof.Muhammed Ali.K were present in the programme. The NSS volunteers had done a great job sorting the disabled people's data on the basis of Panchayats in Kasaragod District. The volunteers had worked consecutively for three days and sorted the data successfully from our college. After that, NSS volunteers went to Municipal town hall Kasaragod to upload data digitally.

10-02-2019: MEDICAL CAMP – ‘ACCESSIBLE INDIA CAMPAIGN’ VOLUNTEER DUTY

As part of ‘Accessible India Campaign’, 30 NSS volunteers had participated in the medical camp held at Cherkala of Chengala Panchayat.

12-02-2019: MEDICAL CAMP – ‘ACCESSIBLE INDIA CAMPAIGN’ VOLUNTEER DUTY

As part of ‘Accessible India Campaign’, 30 NSS volunteers had participated in the medical camp held at Neerchal of Badiadka Panchayat.

15-02-2019 MEDICAL CAMP – ‘ACCESSIBLE INDIA CAMPAIGN’ VOLUNTEER DUTY

As part of ‘Accessible India Campaign’, 30 NSS volunteers had participated in the medical camp held at Town Hall, Kasaragod Municipality.



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‘CHANGATHI’ SURVEY PROGRAMME

The Kerala Literacy mission had initiated a programme named 'Changathi' which aims to teach Malayalam for the workers who are coming to Kerala from other states of India. NSS unit also co-operated with the programme with the Kerala Literacy mission. Our volunteers had splitted into teams and taken surveys at nearby Panchayats to know the details of workers who don't know Malayalam. Volunteers surveyed at Chengala Grama Panchayat in Kasaragod municipality. Finally NSS volunteers submitted the survey report to the literacy mission. As part of this, in April & May our volunteers are taking the responsibility to teach Malayalam to the workers from the other states in Kerala.

NCC

05/06/2018: WORLD ENVIRONMENT DAY

The world environment day was celebrated on 5th June 2018. The program was inaugurated by Mr Jeevan Babu(district collector, Kasaragod) in the presence of various other units of the college. The NCC unit planted about 20 saplings and was protected by net coverings. SUO Sabin Raj gave instructions to the cadets about planting and protecting trees. After planting, the NCC unit cleaned the college premises. The program came to an end by 12:45 pm.

21/06/2018: INTERNATIONAL YOGA DAY CELEBRATION

The yoga day program was conducted by NCC and NSS units with the support of Nehru Yuva Kendra, Kasaragod. It was inaugurated by Sri.N.Devidas(ADM, Kasargod). The yoga class instructions were given by Sri.Madhu(yoga trainer) and a class about yoga was presented by Sri.Unnikrishnan master. It was a healthy program.

17/1/2019 to 9/2/2019 : PHYSICAL EDUCATION DEPARTMENT

Organized a combat training programme from 17/1/2019 to 9/2/2019(21 days). 17 students participated in the boxing training. At the same time another batch was given training on Taekwondo. 22 participants attended the training. Girls were given a yoga training for 21 days. A Zumba and aerobics training were also given to 60 participants during that time.



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CENTRE FOR EXCELLENCE 2018-19

LIST OF PARTICIPANTS

NAME OF PROGRAMME: COACHING IN COMBAT SPORTS BOXING
DURATION: 17.01.2019 TO 09.02.2019 (21DAYS DURATION)

S.NO	NAME OF PARTICIPANT	DESIGNATION/CLASS	SIGN
1	ROBIN K JOSE	I BSC COMPUTER	[Signature]
2	SWETHANG V J	I BSC COMPUTER	[Signature]
3	MUHAMMED MIDLAJ K. P	I BSC COMPUTER	[Signature]
4	AJMAL	III BCOM	[Signature]
5	NASIR K	III BA HISTORY	[Signature]
6	SHIVALESH B	II BSC PHYSICS	[Signature]
7	ABDUL NOUZAD	II BA ECONOMICS	[Signature]
8	ALAN JOY	I BA ECONOMICS	[Signature]
9	ASHITH LAL R.	III BSC GEOLOGY	[Signature]
10	ANIRUDH B KRISHNA	I BSC CHEMISTRY	[Signature]
11	SUDHEESH K	III BA ENGLISH	[Signature]
12	ANIL KUMAR	III BSC COMPUTER	[Signature]
13	VISIN V	III BA ECONOMICS	[Signature]
14	ABHIRAM B KRISHNA	I BSC CHEMISTRY	[Signature]
15	ABHIRAM K P	I BSC PHYSICS	[Signature]
16	ABOORACKER SIDDIQUE	III BA MALAYALAM	[Signature]
17	SHARBEER IRFAN	II BSC COMPUTER	[Signature]

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LIST OF PARTICIPANTS

NAME OF PROGRAMME: COACHING IN COMBAT SPORTS (TAEKWONDO)
DURATION: 17.01.2019 TO 09.02.2019 (21DAYS DURATION)

S.NO	NAME	CLASS
1	MENAKSHI M	I B.COM
2	KEERTHI A	I BA ENGLISH
3	SAHANA A	I BA HISTORY
4	ANUSHA B	I BA ENGLISH
5	SAHANA N	I B.COM
6	SHYAMA N	I BA HISTORY
7	SALINI S	I BA ECONOMICS
8	SHIFALI S RAJ	I BA HISTORY
9	VIJAYAKUMARI	I BA ECONOMICS
10	DEEKSHA J	II BSC CHEMISTRY
11	VINAY VP	I BSC GEOLOGY
12	SHRUTHI TS	I BSC MATHS
13	AHAMMED KABER	I BSC MATHS
14	ABIN S PRADEEP	I BA ENGLISH
15	NANDAKISHOR VP	I BSC PHYSICS
16	ABOORACKER SIDDIQUE	III BA MALAYALAM
17	HANISHA VARADAN	I BA ENGLISH
18	SREEROP CK	I BSC CHEMISTRY
19	DILEEP M	I BSC ZOOLOGY

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LIST OF PARTICIPANTS

NAME OF PROGRAMME: YOGA GIRLS
DURATION: 17.01.2019 TO 09.02.2019 (21DAYS DURATION)

S.NO	NAME	CLASS	MT	SIGN
1	ASHWINI ASHOKAN P	III BOTANY	MT	[Signature]
2	ANUGRAHA	I BA ENGLISH	MT	[Signature]
3	SMITHASHEE S P.	I BA ENGLISH	L	[Signature]
4	NAVYA KRISHNAN	III BSC CHEMISTRY	XI	[Signature]
5	SUNITHA K S	III BSC CHEMISTRY	XI	[Signature]
6	SANTHA G	III BSC CS	L	[Signature]
7	MINATHIA MADHUSOODANAN	III MATHS	L	[Signature]
8	UPNIRAVYA SURESHKARAN	III HISTORY	XI	[Signature]
9	VISMAYA K	III BSC MATHS	L	[Signature]
10	RENI P JAYO	III BSC GEOLOGY	MT	[Signature]
11	ABHIRAMI K	III BSC PHYSICS	MT	[Signature]
12	PRASADHIL	I BA MALAYALAM	L	[Signature]
13	SHANMUKA	II BA HISTORY	L	[Signature]
14	SARITHA	I BSC BOTANY	L	[Signature]
15	DEVYA GOPALAM	I BA HISTORY	L	[Signature]
16	RABITHA	I BA HISTORY	L	[Signature]
17	DEVY S	I BSC GEOLOGY	L	[Signature]
18	NEETHY THOMAS	II BSC CS	L	[Signature]
19	ANJANA PRASADH	II BSC CS	XII	[Signature]
20	THANUJAYAM	II BSC CHEMISTRY	L	[Signature]
21	SREETHY K	I BSC BOTANY	L	[Signature]
22	ANURUPA	I BA KANNADA	L	[Signature]
23	ASHWALATHA	I BA MALAYALAM	L	[Signature]
24	RAJITHA	II BSC MATHS	XI	[Signature]
25	UPNIRAVYA	II BA HISTORY	L	[Signature]
26	ARVITHA	II BSC ZOOLOGY	L	[Signature]
27	PRASADHIL	I BA ENGLISH	L	[Signature]
28	SUDHAKAR R	I BSC GEOLOGY	L	[Signature]
29	SARITHA			



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18-02-2019 to 23-02-2019 - ELITE TRAINING PROGRAMME

A group of twelve students from the College Kabaddi Team attended the Elite Training Programme conducted by the SPORTS AUTHORITY OF INDIA, SA, Bangalore from 18-02-2019 to 23-02-2019.



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SUBMITTED

The following students of our College Kabaddi team along with two escorting staff are proceeding to attend the Elite Training Programme scheduled to be conducted by SPORTS AUTHORITY OF INDIA (SAI), Bangalore from 18-02-2019 to 23.02.2019.

SL.NO	NAME	DEPARTMENT
1	ANIL KUMAR P	II BA HISTORY
2	RASIN C	I BCOM
3	SHINO M S	I BCOM
4	ABHISHEK K	I MALAYALAM
5	MALLESH	II ENGLISH
6	ANNAYA	II KANNADA
7	VIGNARAJ	II HISTORY
8	ABHIJITH C G	I BCOM
9	ANANTHU SUNIL	I ENGLISH
10	MUHAMMED NOUFAL	I MATHEMATICS
11	ACHU M	III BCOM
12	SHYAM	II MALAYALAM
13	Dr. ABHILASH SOLOMON	MANAGER (Assistant Professor)
14	GANESH	COACH (Kerala state sports council)


DR. ABHILASH SOLOMON

ASSISTANT PROFESSOR

Dept.of.physical education

15.02.2019




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REPORT OF LIFE SKILLS PROGRAMMES CONDUCTED DURING 2019-2020

NSS

12-07-2019: UNARVU - 2019

In association with JCI Kasaragod Heritage City, a youth empowerment training programme was conducted in our college. The programme was inaugurated by our college principal Sri A L Anandhapadmanabha. Assistant professor A N Manoharan, SubheeshK (Vice President,JCI)Prof.Sujatha., Manjima S (NSS Secretary)were present in the dais . The class was taken by Sri Venugopal (JCI International trainer).

31-08-2019:TRAINING OF VOLUNTEERS IN COLLECTORATE

A meeting was conducted at collectorate regarding data entry of flood affected persons of the district. An app was created named 'REBUILD KERALA' by the government. A team was organised for every village including the village officer , overseer and technical assistant. The technical assistance was given by NSS volunteers. Disaster management committee asked for our assistance in 41 villages. In the meeting , the group members were introduced to themselves. After that , a session about how to use the application was given to the volunteers and all the doubts were cleared.

26-11-2019: URVARAM TRAINING

Four NSS volunteers from our college participated in the URVARAM one day training program held at Thavakkara campus of Kannur University. URVARAM is a university level organised NSS program to make our earth plastic free and green.

06-12-2019 - 08-12-2019: INTER-COLLEGIATE BIODIVERSITY CAMP

Thirty volunteers from our college participated in the intercollegiate biodiversity camp at Nisarga, Badrampalla in Enmakaje panchayat along with Volunteers from Govinda Pai Memorial Government College and Nalanda College, Perla from 06/12/2019 to 08/12/2019. The camp focused on the study of vegetation of Enmakaje Panchayat, observing the bird diversity and attending various lecture classes on biodiversity conservation.



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20-01-2020 to 20-02-2020: YOGA CLASSES





As part of the FIT INDIA program, NSS unit conducted a month-long Yoga Training Program in our campus. The training program is organised from January 20 to February 20. The training program was inaugurated by Dr A L Anandhapadmanabha, Principal of Government College Kasaragod. Dr Vrinda, research scholar in Central University Periya is handling the classes.

06-03-2020: SELF DEFENCE CLASS

In association with JCI International, we organised a self defence training program as part of observing international women's day. International women's day is a day dedicated to honouring the achievement of women throughout history and all across the globe. The theme of this year's observation is #EachForEqual upholding the reality that an equal world is an enabled world. The self defence class was organised by the karate master Sri Ashraf. Such a class is indeed one of the prime needs of the women society around us.

16-03-2020: SANITIZER MAKING

In the current background of spreading of COVID 19, our NSS unit prepared sanitizers. The students appearing for the exam were instructed to use sanitizers before entering the hall. We prepared the sanitizers in our chemistry lab under the guidance of Sri Adarsh Chandran, former NSS volunteer. We also took the responsibility to distribute the sanitizer prior to the commencement of the exam.

16-06-2019: ENVIRONMENT DAY CELEBRATED

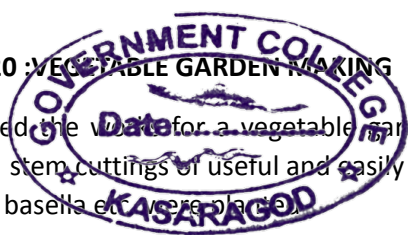
In association with the international Environment Day celebration a planting program was conducted in the campus. Around hundred plants were planted in the RET garden and fruit garden of the college. The program was inaugurated by Dr Muhammad Ali by planting a Neem plant.

01-08-2019: TREE PLANTING IN RET GARDEN

A tree planting programme was cordially conducted in collaboration with the Bhoomithrasena club of our college. The plants were planted in the RET garden of our college, which is a store house of rare and endemic plant species. Fourteen plants were planted by the 14 HODs of our college in presence of Prof. Mohammed Ali, Vanamithra Award Winner. By connecting all department heads, we were trying to convey the importance of tree planting to all the departments of the college.

07-01-2020 :VEGETABLE GARDEN MAKING

We initiated the work for a vegetable garden in the campus. The volunteers were asked to bring seeds and stem cuttings of useful and easily nurtured vegetables from their house. Amaranths, chilly, ivy gourd, basella etc. were planted.



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20-06-2019: YOGA DAY AWARENESS RALLY

In connection with the yoga day celebration on 21/06/ 2019 an awareness rally was conducted in the campus. Flag off was done by Prof.Muhammad Ali.K(former NSS programme officer)

19-07-2019: JALAJAGRATHA YAJNAM PROGRAMMES

As part of Jalajagratha Yajnam NSS Unit of our college conducted several programmes. Troll making contest on the topic afforestation and photography contest on the topic water harvesting were conducted . The programmes aimed to create an awareness among students regarding our present water status of the district.

31-08-2019: WATER QUALITY TEST

In association with the District Water Authority, a water quality testing campaign was conducted by the NSS Unit. The testing programme was conducted in the background of recent floods , to make sure whether the drinking water is safe for the users. The programme was conducted in three villages Mogral Puthur , Kumbala and Madhur. We were asked to collect two samples, one of 100ml and the other of 1L from each house. A total of 300 samples were collected and handed over to the District Water Authority.

02-01-2020 URVARAM SURVEY

We conducted the waste management survey organised as a part of the URVARAM project which aims to regenerate a plastic free green Kerala. The survey was held in Vidyanagar and the adopted village of our NSS, Nelakkala colony. Twenty teams done the survey and could successfully complete around 200 houses.

26-03-2020 VOLUNTEERS ENROLLED THEIR NAME IN WHO's (World Health Organization) ONLINE COURSE ON PREVENTION & CONTROL OF COVID-19

World Health Organization is currently providing an online course about Infection, Prevention and Control for Novel CoronaVirus. NSS volunteers of Government College Kasaragod enrolled their names for the course. The course provides a deep knowledge about the topic within an hour. It contains 3 modules and is an apt platform to study and support country preparedness towards novel coronavirus. Along with the virus outbreak, we are also dealing with an outbreak of misconceptions and unscientific information in the social media platforms and such a trend can be avoided by visiting such authentic platforms provided by WHO and others. Since the country is under lock down from March 21 and the only thing to do right now is to keep ourselves safe, we think that such courses are necessary to build an information immunity among the volunteers.



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21-06-2019 INTERNATIONAL YOGA DAY CELEBRATION

In association with Nehru Yuva Kendra Kasaragod, International yoga day was celebrated in the campus. The program was inaugurated by Smt Beefathima Ibrahim, Municipal chairperson .Sri Shafi Saleem(program coordinator NYK), M C Raju, Prof.Sujatha.S were also present in the inaugural session. Yoga demonstration was done by Sri.Madhu Kumar P and yoga class was taken by Sri Unnikrishnan Aninha.A class on the topic personality development by Nirmal Kumar kadakam and class about future education by Dr Jijo P U.

02-10-2019 WILDLIFE WEEK OBSERVATION

As part of celebrating wild life week, a tree planting programme was conducted.The plants were planted in the RET Garden of our college, which is a storehouse of rare and endemic plant species. The programme was inaugurated by Sri Biju, Forest Officer. Prof. Sujatha S, Prof.Asif Iqbal Kakkassery and staff from forest department, and NSS volunteers participated in the programme.

15-08-2019 CLEANING- AS PART OF INDEPENDENCE DAY CELEBRATIONS

NSS Unit celebrated the 73rd Independence day of our nation in the campus. The flag hoisting assembly was led by NSS volunteers. After flag hosting , an inaugural session was conducted in the seminar hall.This session was inaugurated by Dr. A L Anandhapadmanabha , principal of our college. Along with conveying his wishes , he also focused on the causes of the recent flood in kerala. Prof.Sujatha S , NSS secretaries Manjima K, Ancy C A , Shilpa K and Nithin Kumar shared their wishes. After the session cleaning was conducted in the campus.

17-08-2019 REGULAR WORK IN CAMPUS

Regular work was conducted in our college. Pruning was done in the RET garden , plastics were removed from the fruit garden and canteen premises

14-11-2019 BEACH CLEANING

In connection with the 150th birth anniversary of Gandhi, a sea shore cleaning program was conducted in association with the Green Cadet Corps. Coordinating NSS, NCC,SPC, ECO CLUB, KUDUMBASREE and students from various colleges and schools, the program was conducted in the Nellikkunnu beach area. We could remove plastic wastes from around 2 km area. The program was inaugurated by municipal chairperson Smt Beefathima Ibrahim.

25-01-2020 SWATCHATHA HI SEVA



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NSS Unit cleaned the roadsides and Bovikkanam on January 25. The national highway premises extending from Anangoor to BC Road was cleaned by the volunteers. Majority of the wastes were plastics of which wrappings contributed the major part. Everyone is hoping that the wastes generated would decrease in the background of banning one time use plastics. The shop owners and the natives also helped us in cleaning the surroundings and they also assured us that they will minimise the use of plastics

26-01-2020 REPUBLIC DAY CELEBRATIONS - CLEANING AT COLLECTORATE COMPOUND

NSS unit in association with JCI International cordially celebrated the 71st Republic Day of our nation honouring the date on which the constitution of India came into effect. After saluting the flag we organised a rally from our college to the college raising the awareness of the public towards Global warming and climatic change. As part of observing our republic day, we cleaned the Collectorate compound and premises. The cleaning program was inaugurated by respected collector Dr D Sajith Babu IAS.

10-02-2020 SHUTTLE COURT CLEANING

We cleaned and repainted the shuttle court prior to the upcoming sports day. And we hope for the utilisation of the same here onwards.

11-02-2020 SEA SHORE PROTECTION

As part of protecting the sea shores of our district, we cleaned the Thalangara beach. The program was inaugurated by Dr D Sajith Babu IAS. Our volunteers removed plastic wastes from the shore.

25-06-2019 MEDICAL CAMP –‘ACCESSIBLE INDIA CAMPAIGN ‘VOLUNTEER DUTY

NSS volunteers participated in the camp conducted at Karmamthody, which is organised by accessible India campaign. The Campaign meant to serve differently abled people of the community.

02-07-2019 to 04-07-2019: ACCESSIBLE INDIA CAMPAIGN

Accessible India Campaign is a central governmental initiative to help the differently abled of the community. It involves online registration through Akshaya centres followed by a campaign in each panchayat. NSS volunteers of our college participated in these campaigns. The camps were conducted in Bellur panchayath on 2nd July, Badiyadkka panchayat on 3rd July and kumbadaje panchayath on 4th July. Our volunteers were in charge of registration, data entry, refreshment for them etc.

08-07-2019 to 09-07-2019 ACCESSIBLE INDIA CAMPAIGN



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Accessible India Campaign is a central governmental initiative to help the differently abled of the community. NSS volunteers of our college participated in these campaigns. The camps were conducted at Bovikkanam on 8th July and at Perla on 9th July. Our volunteers were in charge of registration, data entry, refreshment for them etc.

04-08-2019 'CHANGATHI' CLASS- KERALA LITERACY MISSION

Changathi is a literary programme for the migrant labourers in Kerala. It is a state level initiative and the NSS volunteers of our college were selected as the instructors for the class in Chengala panchayat. The programme was inaugurated on 21-07-2019. Then onwards a class of one hour and one hour is given to the students on each Sunday by the instructors. The classes are conducted in Cordova college, nellikkatta and Chengala goat farm.

DATA ENTRY OF FLOOD AFFECTED PERSONS

The programme was to enter the details of the flood affected persons in the state through the application 'REBUILD KERALA'. A team is created for each village Including the village officer, overseer and a technical assistant. The technical assistance was provided by the NSS volunteers of our college in 41 villages in the district. The entries were grouped into three categories: flood affected , flood affected -no damage and relocated persons. The programme enabled the volunteers to get to know about the effects of flood and the miseries they were dealing with.

14-11-2019 ACCESSIBLE INDIA CAMPAIGN- VOLUNTEER DUTY

Fifteen NSS volunteers participated in the Accessible India Campaign held at Soorambail on 14/11/2019.

16-11-2019 & 20-11-2019 ACCESSIBLE INDIA CAMPAIGN- VOLUNTEER DUTY

Six NSS volunteers from our College participated in the accessible India Campaign held at Kumbala.

NCC

06/05/2019 WORLD ENVIRONMENT DAY PROGRAMME:

As a part of world environment day various programmes were conducted by the unit the day after that. The district wise programme was inaugurated by Sri. Santh Babu (district collector Kasaragod) in the presence of NCC unit and various other units Of the college. The college wise programme was inaugurated by the college NCC caretaker Sri. Gopinathan Nair. A The NCC unit planted almost 25



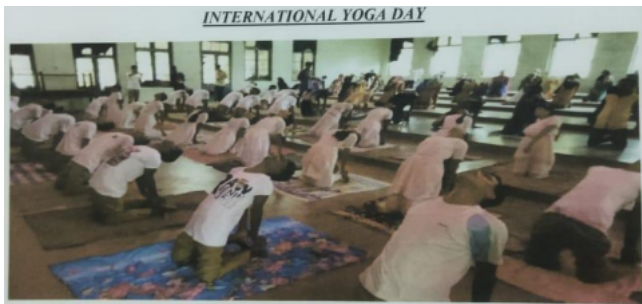
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saplings in the college premises. SUO Bhavana p gave instructions for planting and protecting the saplings. After this a poster making competition and quiz competition were conducted for the NCC cadets under the supervision of third year cadets. The programme came to an end by 1 pm.

21/06/2019 INTERNATIONAL YOGA DAY.

The yoga day was celebrated by the NCC unit collaborating with the college NSS unit and Nehru yuva kendra ,Kasargod It was a really healthy programme and the cadets and NSS unit carried out various yogasanas under. The guidance of Sri Madhu Kumar P (Yoga trainer) .The programme ended by 11 am.



11/08/2019 FLOOD RELIEF CAMPAIGN

In 2019 Kerala,faced a major blow as flood hit once again on our land. As NCC cadets who are Socially indebted in disaster management programs took part in various flood relief Campaigns.cadets from the unit under Supervision of 3rd year students collected the needy materials and transported it to various camps. Many cadets visited the flood relief camps and helped the people who are suffering from the disaster. Former ncc cadets and various units and students collaborated With the ncc unit for gathering and supplying materials.



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14/11/2019 WORLD DIABETIC DAY PROGRAMME

World diabetic day was celebrated by the college with the collaboration of various units in college and also several Health clubs in Kasaragod district. As a part of this a group run was conducted for the ncc the cadets.it was a healthy Programme which upheld the notion that running and exercises can reduce diabetes considerably under the collaboration of NSS unit a massive beach cleaning waa held on the day.cadets along with other Members cleaned the beach side.

09/12/2019 CLEANING PROGRAMME

As instructed by the lakshadweep Kerala directorate a day was devoted for cleaning. The ncc unit used this occasion for fund collection for the soldiers who passed away in war. Flogging was held as apart of this.college ,ground nearby places were cleaned by the Ncc cadets.

14/12/2019 BLIND SCHOOL CLEANING PROGRAMME

The cadets of NCC govt college yearly devotes a day for others.The nearby blind schoolAnd premises were cleaned by the cadets of the unit and was appreciated by the school authority



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REPORT OF LIFE SKILLS PROGRAMMES CONDUCTED DURING 2020-21

NSS



21/06/2020 INTERNATIONAL YOGA DAY OBSERVED

NSS units 02 & 09 of our college cordially celebrated the International Yoga Day by conducting various programs. Under the Fit India campaign we conducted a one month lasting yoga training in our college during January of this year. By then, our volunteers were practising yoga as their daily

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routine. Other than this, we also conducted an online webinar based on the importance of Yoga in everyday life. The webinar was led by Smt Vrinda, a research faculty in Central University, Periya.

19/08/2020-22/08/2020 & 19/09/2020-23/09/2020 SANNADHASENA ONLINE TRAINING

Volunteers from our college enrolled their name in the Sannadhasena to take up various social responsibilities and to help the people at the time of disaster and crisis through voluntary works. As part of this training from the experts in disaster and crisis management were provided to the volunteers by the Sannadhasena on the above dates. Volunteers were given online classes about CPR, improvised devices, and emergency kit.

24/09/2020 NSS DAY CELEBRATED

As part of celebrating the NSS Day, NSS Units 02 & 03 of Government College Kasaragod organised a blood donation drive in the district blood bank. Around 20 volunteers came forward to donate their blood in this stressed situation of a pandemic outbreak. The District blood bank of Kasaragod Government Hospital authorities appreciated our drive amid a pandemic awe and also thanked us since they were going through a shortage of blood donors due to the unexpected virus.

24/10/2020 UNITED NATIONS DAY OBSERVED

NSS UNITS 02 & 03 of Government College Kasaragod celebrated United Nation day by conducting a quiz. Along with this a cleansing session was also conducted in the college. Many volunteers participated in the cleaning and quiz competition. The winner is Sneha. M was congratulated along with the participants.

04/11/2020 30TH DAY CELEBRATION OF ORU THADAM NATTI

On behalf of nature day an innovative house farming programme was conducted. About 58 volunteers participated.

01/12/2020 WORLD AIDS DAY OBSERVED

NSS Units 02 & 03 of Government College Kasaragod observed world AIDS day by conducting an AIDS day awareness class. The class was handled by Sri. Mohanan Mangad (director health line Kasaragod). Sir made us aware about AIDS and its control measures.



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18/12/2020 GREEN MANGALPADY

NSS units 02 & 03 of Government College Kasaragod participated in 'Green Mangalpady' Programme held at civil station Kasaragod. Awareness class was handled by Sri. Krishnan sir. Sir made us aware about the different types of plastics and its proper management and its recycling and reuse. There was a field visit to Mangalpady. About 25 volunteers participated.

22/12/2020 GREEN MANGALPADY

NSS Units 02 & 03 volunteers conducted a survey about the waste management in Mangalpady. About 25 volunteers participated.

23/12/2020 GREEN MANGALPADY

NSS Units 02 & 03 of Government College Kasaragod volunteers collect information about the waste management in Mangalpady.

24/12/2020 GREEN MANGALPADY

NSS Units 02 & 03 of Government College Kasaragod conducted a feedback session about the work at Mangalpady in civil station Kasaragod.




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NSS Units 02 & 03 of Government College Kasaragod harvested the vegetable garden after 3 months . This innovative programme aimed to produce organic gardens with a disease free generation .

15/01/2021 YOUTH WEEK CELEBRATION

On 15th , a campus cleaning was conducted and different parts of the college was done plastic free on the basis of green protocol and these plastics were collected for recycling . About 70 volunteers participated

15/01/2021 YOGA

NSS Unit 02 & 03 of Government College Kasaragod conducted yoga class which started on 15/01/2020 The class was handled by Sri.Rajith Sir taught about 'suryanamaskaram' and its importance About 20 volunteers participated

16/01/2021 SCUBA DIVING CAMP

Volunteers of NSS Units 02 & 03 of Government College . Kasargod participated in the Scuba Diving Camp organised by Kerala State Youth Welfare Board held at National Adventure Academy Devikulam from 16/01/2020 to 22 / 01 / 2020.The camp aims to make the volunteers to be capable of taking action plan against disaster management through 7 day coaching. 10 NSS volunteers participated as the ambassador of KVVAF. The volunteers got trained for scuba diving, swimming, river crossing , rock climbing, first aid etc.

01/02/2021- 27/02/2021 UBHAYA-Yoga Class

The yoga class Ubhaya started from the month of January, handled by PK Rejimon. He taught volunteers about different types of Asanas. It improved volunteers' concentration and relief from stress and strain.



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23/02/2021 CAMPUS CLEANING

NSS units 02 & 03 of Government College Kasaragod conducted campus cleaning to make the campus free from plastic pollution

26/02/2021 ORU THADAM NATTY

NSS Units 02 & 03 of Government College Kasaragod conducted 'oru thadam natty' programme on behalf of nature day was harvested on 26/02/2021. It aimed to produce a healthy future.

25/04/2021 WORLD MALARIA DAY OBSERVED

NSS units 02 & 03 of Government College Kasaragod observed World Malaria Day by cleaning the surrounding place of house to make the world free from the pandemic Malaria in this present situation of Covid-19



26/04/2021 60th DAY OF ORU THADAM

NSS units 02 & 03 of Government College Kasaragod conducted 'Oru Thadam' programme in which volunteers cultivated vegetables at their houses in order to create disease free society.




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29/04/2021 WORLD DANCE DAY CELEBRATED

NSS units 02 & 03 of Government College Kasaragod celebrated World Dance Day by creating a dance mashup video for the campaigning of 'Donate Blood Before Vaccination'.

29/04/2021 COVID CONTROL ROOM

NSS units 02 & 03 of Government College Kasaragod worked as part of Covid Control Room Cell and Vaccination Centre. Volunteers collected data of Covid patients at different parts and helped to find the total number of patients and their health condition and also helped in the registration of covid vaccination.



06/05/2021 COVID CONTROL ROOM



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Volunteers worked as part of covid control room cell at primary health centres in Periya, Kanhangad, Muliya which aim to the smooth functioning of the control room, set up for the data collection of covid patients. The cell worked up to 31/05/2021.

16/05/2021 NATIONAL DENGUE DAY OBSERVED

NSS Units observed national Dengue day by conducting an awareness class which was handled by Dr. Mohan .E (Deputy State Medical Officer). Sir explained the mode of destruction and prevention of dengue fever in the present situation of Covid-19 pandemic . Along with this a pre-monsoon cleaning was conducted to prevent other types of contagious diseases.



28/05/2021 SANNADHASENA REGISTRATION

NSS units 02 & 03 of Government College Kasaragod participated in the orientation class. The class was handled by Athira Mohan (Sannadhasena Master Trainer. Kasaragod District) and Varun Vinay (Sannadhasena Master Trainer Kasaragod District),which made volunteers know about Sannadhasena and its mode of working. The trainers also showed the way of registration and also their activities to overcome the present situation of the pandemic. About 70 volunteers participated.

31/05/2021 WORLD TOBACCO DAY

World tobacco day was observed by conducting an online webinar on the topic, 'Commit to Quit'. The class was handled by N-6 Raghunathan (Excise Preventive Officer Kasaragod). Sir explained the bad and ill effects of tobacco through the experience of his service.



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REPORT OF LIFE SKILLS PROGRAMMES CONDUCTED DURING 2021-22

05/06/2021 CELEBRATED WORLD ENVIRONMENT DAY



NSS units of 02 & 03 of Government College Kasaragod celebrated world environment day by planting a total of 555 trees in their houses in the memory of Sri. G P Sajith Babu.

05/06/2021 – 15/06/2021 HELP DESK FOR VACCINATION

Volunteers participated in the help desk for the easy registration for vaccination from their houses. Also A help desk for the registration of vaccination was held from 05/06/2021 - 15/06/2021 in the Collectorate to help for the easy registration of vaccination.

12/06/2021 AWARENESS CLASS

Volunteers participated in the campaign 12 awareness class about anemia. The class was handled by Smt. Dr. Seleena V. She made volunteers aware about anemia and its symptoms and causes.

21/06/2021 WORLD MUSIC DAY AND YOGA DAY CELEBRATED

World music day was celebrated by conducting a music competition for adults with age above 30 in the name 'Kavile pattu malsaram'. Yoga day was celebrated by releasing the poster of volunteers doing Yogasanas.

02/08/2021 LIFE SKILL TRAINING

Volunteers participated in a life skill training programme which was handled by Mr. Abdul Gafoor to entertain students.

03/08/2021 - 05/08/2021 PHYSICAL ASSESSMENT AND SCREENING CAMP(RVY)

Volunteers of NSS units 02 & 03 of Government College Kasaragod participated in physical assessment and screening camp conducted by Bharath sarkar, ALMICO Bangalore, Jilla Bharanakoodam Kasaragod, held at Chinmaya Vidhyalaya, Vidhyanager on 03/08/2021 and Christ CMI Public School, Kanhangad on 04/08/2021 and GHSS Pilicode on 05/08/2021 for the distribution of equipment for disabled people.

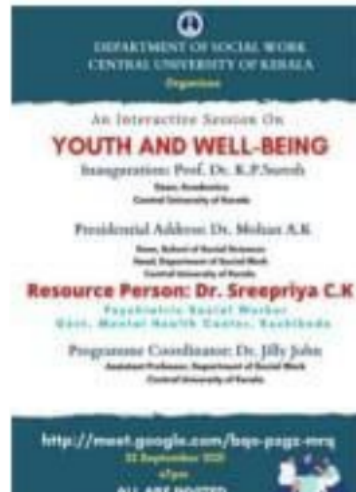
22-09-2021 INTERACTIVE SESSION CONDUCTED

NSS units 02 & 03 of Government College Kasaragod participated in the interactive session conducted by department of social work, central university of Kerala on the topic 'Youth and Wellbeing' by Dr.Sreepriya G.K.



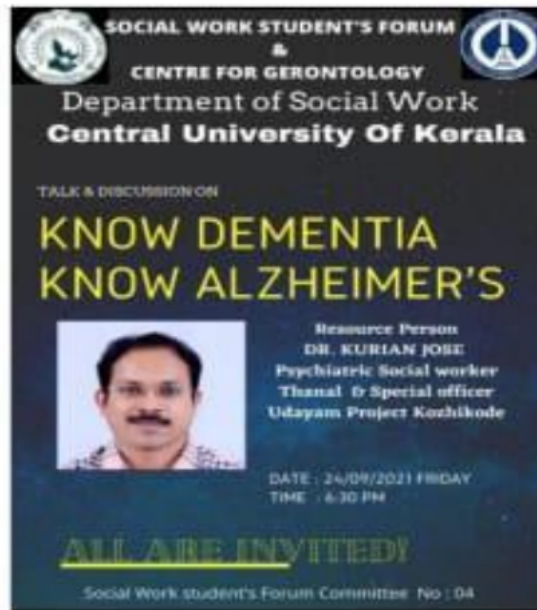
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24-09-2021 INTERACTIVE SESSION CONDUCTED

NSS units 02 & 03 of Government College Kasaragod participated in the interactive session conducted by Social Work Students Forum and Centre for Gerontology Department of Social work on the topic 'know Dementia, know Alzheimer's' by Dr.Kuriyan Jose.



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On behalf of the college reopening a video was released by NSS units 02 & 03 of Government College Kasaragod to instruct the students about the protocol and wearing them about the situation of Covid 19 which was published by Dr. Rema M (Principal Government College Kasaragod)

30-09-2021 CLEAN COLLEGE CAMPAIGN CONDUCTED

NSS units 02 & 03 of Government College Kasaragod along with N G O Union Kasaragod, conducted a college sanitization and cleaning programme which was inaugurated by MLA N A Nelikkunnu. The programme aimed to clean the entire college classrooms before the reopening of colleges in the present situation of Covid 19 pandemic. In the presence of Dr. Rama. M (Principal Government College Kasaragod) cleaned and sanitised the entire PG class rooms. About 25 volunteers participated.

08-10-2021 LIBRARY CLEANING CONDUCTED

NSS units 02 & 03 of Government College Kasaragod conducted cleaning at Kasaragod municipality library. Team of 30 volunteers participated in this cleaning programme that started at 10 am. Volunteers helped with sorting magazines, newspapers and other library books. Also they cleaned the surroundings of the library which was non-functional due to Covid-19.

09-10-2021 CAMPUS CLEANING CONDUCTED

NSS units 02 & 03 of Government College Kasaragod cleaned our college campus. Volunteers cut the grasses and make the campus plastic free. Almost all volunteers participated in this programme. Principal Dr. Rema Madam guide us.

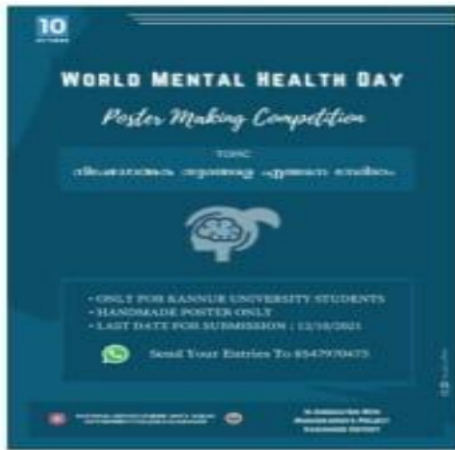
10-10-2021 WORLD MENTAL HEALTH DAY CELEBRATED

In association with World Mental Health Day NSS units 02 & 03 of Government College Kasaragod conducted an orientation class on the topic 'Mental health' by Dr. Rahamathulla K Medical officer, Manasikarogya Project Kasaragod District. 65 volunteers participated in this programme.



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10-10-2021 CONDUCTED POSTER MAKING COMPETITION

NSS units 02 & 03 of Government College Kasaragod conducted a poster making competition for all Kannur University students in association with Manasikarogya Project Kasaragod District.

16-10-2021 WORLD FOOD DAY CELEBRATED

NSS units 02 & 03 of Government College Kasaragod celebrated World Food Day by giving the food for the needies. The programme was named "Snehapoorvam". The NSS volunteers wrapped up the delicious and ordinary home-made food and delivered packages from each home as best they could and distributed them to the poor, the hungry and the homeless. The packages were distributed at Kasaragod bus stand, railway station and other nearby places.



25-10-2021 MELLIKUNNU BEACH CLEANING



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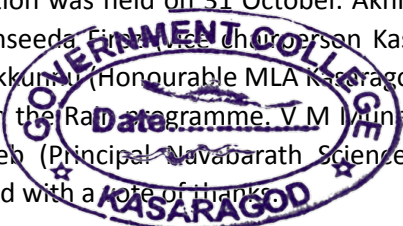
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NSS units 02 & 03 of Government College Kasaragod conducted a plastic collection drive at Nellikkunnu Beach organised by Nehru Yuva Kendra as part of Clean India Campaign. 21 volunteers participated in this programme that started at 10 am, as a part of clean up plastic storage programme that runs from October 1 to 31. The programme was inaugurated by Adv V.M Muneer (Municipal chairman Kasaragod) and Akhil P (NYK District Youth Officer) co-ordinated the programme. Volunteers were divided into 6 groups and collected plastic, bottles, chappals separately to make the beach plastic free



31-10-2021 SEA VIEW PARK CLEANING

NSS Units 02 & 03 of Government College Kasaragod conducted Sea View Park cleaning at Thayalangadi organised by Nehru Yuva Kendra as a part of "Clean India Campaign ". 29 volunteers participated in this programme that started at 10 am. The grass was picked up and stuffed into bags. The plastic was collected from the river bank, surroundings and brought to the designated place. The carved grass was dug up and cleaned. The campaign started from October 1 and the valedictory function was held on 31 October. Akhil (NYK District Youth Officer) delivered the welcome address, Shamseeda Firdaus (Chairperson Kasaragod municipality) delivered the presidential address. N A Nellikkunnu (Honourable MLA Kasaragod) inaugurated the programme and he released the poster of Catch the Rain programme. V M Muneer (Chairperson of municipality) was the chief guest and M A Najeeb (Principal Navabarath Science College Kasaragod) presented the topic. The programme ended with a vote of thanks.



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07/11/2021 NATIONAL CANCER AWARENESS DAY CELEBRATED

NSS Units 02 & 03 of Government College Kasaragod celebrated National Cancer Awareness Day by preparing a placard about cancer awareness. About 70 volunteers participated.

12/11/2021 WORLD PNEUMONIA DAY CELEBRATED

NSS Units 02 & 03 of Government College Kasaragod celebrated world pneumonia day by creating an awareness video about the deadliest disease pneumonia.



14/11/2021 DIABETICS DAY OBSERVED

NSS units 02 & 03 of Government College Kasaragod observed Diabetics Day by conducting an awareness class on the topic Diabetics. The class was handled by Dr. Shrinath Shetty (consultant, endocrinologist of KMC hospital, Mangaluru). The class started at 6 pm on Google meet. Almost 60 volunteers participated in this programme. The volunteers got a clear idea about diabetes



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20/11/2021 20 DAYS OF ORU THADAM NATTI 2.0

NSS units 02 & 03 of Government College Kasaragod celebrated 20 days of oru thadam natti 2.0 by collecting the photos of the kitchen garden which was started in association with Kerala Piravi.



25/11/2021 WORLD ANTIBIOTICS AWARENESS WEEK CELEBRATED

NSS units 02 & 03 of Government College Kasaragod celebrated "World Antibiotics Awareness Week" in association with the department of food safety, Kasaragod. "Go Blue for AMR" was the tagline of this programme. Sri. John D. P. Kumar (food safety department) gave a welcome speech. Prof. Asif



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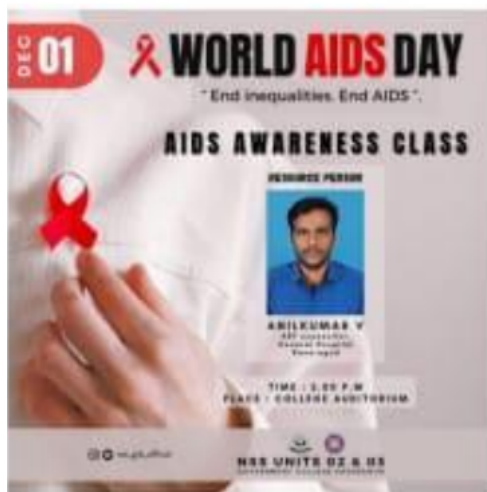
Iqbal Kakkassery (NSS programme officer) gave a presidential address. Homambika S (nodal food safety officer, Kasaragod) introduced the topic. The classes were taken by Sri. Satheeshan (Deputy director, fisheries), Sri. Mahesh Narayanan (quality control officer), Dr. Dhanusree (veterinary surgeon), Sri. Ranjith (health supervisor). Sri. Sreenivsan M delivered the vote of thanks. The programme started at 2 PM. Almost 50 volunteers participated in this programme. The volunteers got a clear idea about the use of Antibiotics & food safety.

27/11/2021 CAMPUS CLEANING CONDUCTED

On behalf of the selection process of first year NSS volunteers, NSS units 02 & 03 of Government College Kasaragod conducted campus cleaning. The programme started at 2 PM. The volunteers were divided into five groups and cleaned the different parts of the campus.

01/12/2021 WORLD AIDS DAY OBSERVED

NSS units 02 & 03 of Government College Kasaragod observed World Aids Day by conducting an awareness class about AIDS. The class was taken by Sri. Anil Kumar (senior Councillor of ART centre, Govt. Hospital Kasaragod). Sri. Asif Iqbal kakkassery (programme officer of NSS unit) welcomed the gathering. Sri. Hari Kurupp (HOD of Economics, Govt. College Kasaragod) did the presidential address. Prof . Sujatha S (programme officer of NSS unit) expressed felicitation to the programme. Almost 110 volunteers participated in this programme.



02/12/2021 NATIONAL POLLUTION CONTROL DAY OBSERVED

NSS units 02 & 03 of Government College Kasaragod observed National Pollution Control Day by making cloth bags. By making cloth bags they learned how to make and how we can reduce pollution by using cloth bags. Almost 100 volunteers participated.



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05/12/2021 HOME CLEANING CONDUCTED

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NSS units 02 & 03 of Government College Kasaragod conducted home cleaning. The volunteers were instructed to clean their home and make plastic free. The volunteers cleaned their homes and shared the photos of the cleaning.

23/12/2021 CAMPUS CLEANING CONDUCTED

NSS units 02 & 03 of Government College Kasaragod conducted campus cleaning. The programme started at 9.30 am. Almost 100 volunteers participated. The volunteers cleaned the campus as a part of special camp site cleaning.

26/01/2022 REGISTERED NSS COVID WARRIORS KERALA

NSS covid warriors Kerala which is being formed at the state level to coordinate covid defence activities under the auspices of the State Office of the National Service Scheme. 26/01/2022 PARTICIPATED IN COVID WARRIOR KERALA ORIENTATION CLASS NSS units 02 & 03 of Government College Kasaragod participated in the first orientation class of NSS Covid warrior Kerala. Dr. Anzer R N (State NSS officer), Sri.Brahma Nayakam Mahadevan, Sri. Prasoon P Mangalath, participated in the class held via google meet at 7 pm. The Google Meet was held with the aim of coordinating the defensive activities carried out by the various NSS cells. The NSS is developing comprehensive plans with the view that the increased participation of campuses in defence activities should ensure greater student representation.



29/01/2022 AWARENESS CLASS CONDUCTED

NSS units 02 & 03 of Government College Kasaragod conducted an awareness class in association with Sakhi one stop centre which was an organisation under women and child development. Dr. Vidya K (Assistant Surgeon, EHC Anandashramam) took class on the topic "Mental Health In Pandemic Period." Deepa K (Case worker, Sakhi One Stop Centre) took a class on sakhi and its





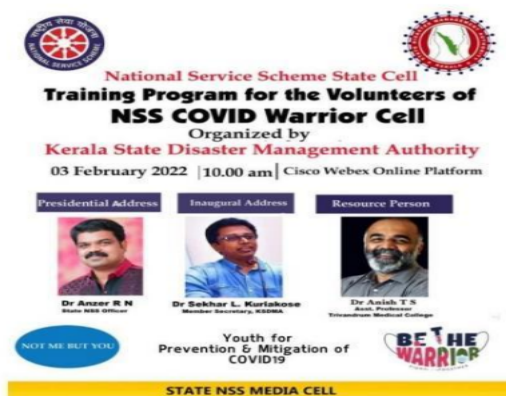
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services. Sini Sebastain welcomed the gathering and volunteer secretary Sethulakshmi V S shared vote of thanks.

03/02/2022 PARTICIPATED IN TRAINING PROGRAMME FOR THE VOLUNTEERS OF NSS COVID WARRIOR CELL

NSS Units 02 & 03 of Government College Kasaragod participated in a training program for the volunteers of NSS COVID Warrior cell. The programme was organised by Kerala State Disaster Management Authority. Dr. Anzeer R N (State NSS Officer) did the presidential address. Dr. Sekhar L Kuriakose (Member Secretary, KSDMA) inaugurated this programme. The resource person is Dr. Anish T (Asst. Professor Trivandrum Medical College). The programme took place in an online platform, Cisco Webex.



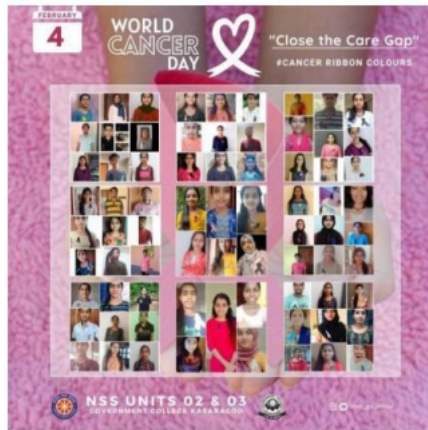
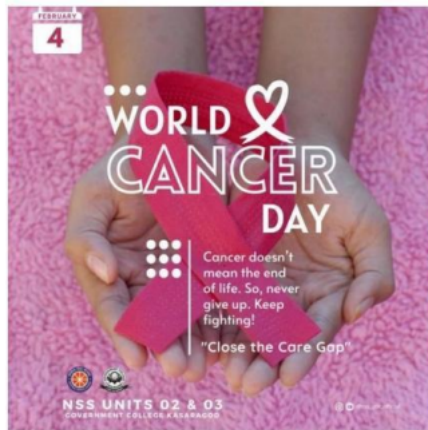
04/02/2022 WORLD CANCER DAY CELEBRATED

NSS units 02 & 03 of Government College Kasaragod celebrated World Cancer Day by creating an online short film. The volunteers shoot each scene from their own houses and edit it as an online short film. Each volunteer shared their picture by wearing a different colour ribbon which represents different types of cancer and volunteers spoke about the significance of the ribbon which they were wired.



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05/02/2022 PARTICIPATED IN COVID WARRIORS TRAINING PROGRAMME

Volunteers from NSS units 02 & 03 of Government College Kasaragod participated in the training programme for NSS Covid Warriors engaged in Covid prevention activities all over Kerala on a regional basis organised by the State Health Department. The programme started at 2 pm.

05/02/2022 - 06/02/2022 COVID WARRIORS

Volunteers from NSS Units 02 & 03 of Government College Kasaragod assigned duty at District Hospital, Kanhangad. The volunteers did Covid-19 Data Entry



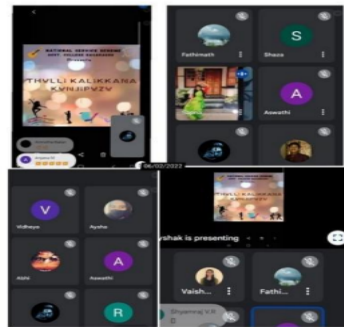


Name and Signature of the Principal
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05/02/2022



07/02/2022 - 08/02/2022 COVID WARRIORS

Volunteers from NSS Units 02 & 03 of Government College Kasaragod assigned duty at District Hospital, Kanhangad. The volunteers did Covid-19 Data Entry.

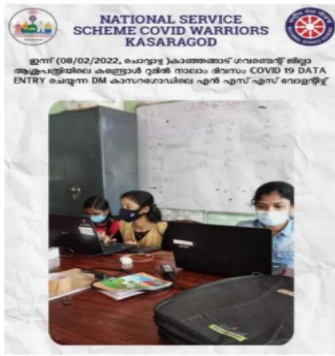
09/02/2022 - 10/02/2022 COVID WARRIORS

Volunteers from NSS Units 02 & 03 of Government College Kasaragod assigned duty at District Hospital, Kanhangad. The volunteers did Covid-19 Data Entry.



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12/02/2022 PARTICIPATED IN A WEBINAR ON HEALTH AWARENESS

NSS Units 02 & 03 of Government College Kasaragod participated in a webinar which was organised by Covid warriors kerala in association with Moulana Hospital, Perinthalmanna, Astermims Oncology department and IMA WDW Perinthalmanna as a part of World Cancer Day. The webinar is based on the theme “different types of cancers in women”. The class was assigned by Dr. Rahul(MBBS, MD, DM Consultant) and Dr. Kochu S Mani (MBBS, DGO, Senior Consultant).

12/02/2022 COVID WARRIORS

Volunteers from NSS Units 02 & 03 of Government College Kasaragod assigned duty at District Hospital, Kanhangad. The volunteers did Covid-19 Data Entry.

16/02/2022 FOOD DISTRIBUTION

In association with “Snehapoorvam” programme which was conducted In every month, NSS units 02 & 03 of Government College Kasaragod Distributed food for the needs. The NSS volunteers wrapped up the Delicious and ordinary home-made food and delivered packages from Each home as best they could and distributed them to the poor, the Hungry and the homeless. The packages were distributed at Kasaragod Bus Stand, railway station and other nearby places.



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21/02/2022 WORK AT RET GARDEN

NSS Units 02 & 03 of Government College Kasaragod cleaned the RET Garden. The volunteers filled up the water tanks and poured water to the trees.

21/02/2022 STARTED AGRICULTURAL GARDEN

NSS Units 02 & 03 of Government College Kasaragod started an agricultural garden at the college. The volunteers pruned the grasses and made the plot for cultivation.

21/02/2022 INVITED FOR AIIMS HUMAN CHAIN

NSS Units 02 & 03 of Government College Kasaragod participated in a human chain for the need of AIIMS in Kasaragod district. The need to set up a world-class medical college, the All India Institute of Medical Sciences or AIIMS in Kasaragod district, free of charge for research and treatment for any disease. Nasser Cherkalam (Chairman, People's Community Working Group) and Zubair Paduppu (Vice Chairman, Indefinite Fasting Organizing Committee) explained to the volunteers.

22/02/2022 CAMPUS CLEANING

NSS Units 02 & 03 of Government College Kasaragod cleaned veranda of each department and cleared the waste of construction works




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23/02/2022 PARTICIPATED IN COVID WARRIOR MEETING AT COLLECTORATE

NSS units 02 & 03 of Government College Kasaragod participated in a meeting related to Covid warrior kerala held at Collectorate. District commanding officer Reshma. P, dispatch and monitoring cell members Abhijith V. S and Athira k handed over the Circular by a State NSS officer to Smt. Bhandari Swagat Ranveer Chand (District Collector), Ramendran A K (Additional district magistrate) , and district legal services authority officer. Assured that the members of Covid warriors in Kasaragod district are ready to accept duties. Handed over the complete list of covid warriors members of Kasaragod district.

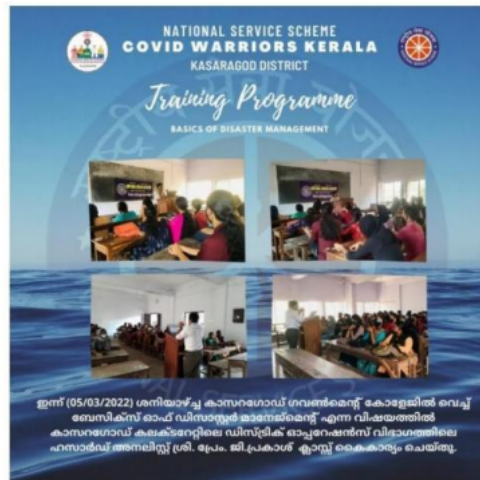
05/03/2022 COVID WARRIORS DISTRICT TRAINING PROGRAMME

NSS Units 02 & 03 of Government College Kasaragod conducted covid warriors district training programme. The session was about the basics of disaster management and it was handled by Sri. Prem G. P. (District disaster analyst of district operations). Almost 100 volunteers including volunteers from various colleges participated in this programme.



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12/03/2022 CAMPUS CLEANING CONDUCTED

NSS Units 02 & 03 of Government college Kasaragod cleaned the college campus. The work started at 9.30 and it lasted till the evening. The volunteers were divided into three groups and they cleaned the college entrance, garden, etc. The volunteers refreshed their minds by singing songs. It was just cleaning work but it influenced the volunteers to clean their mind also.

14/03/2022 FOOD DISTRIBUTED

The pothichor distribution programme named 'Snehapoorvam' which was conducted every month, NSS units 02 & 03 of Government College Kasaragod distributed food for the needies. The NSS volunteers wrapped up The delicious and ordinary home-made food and delivered packages from each home as best they could and distributed them to the poor, the hungry And the homeless. The packages were distributed at Kasaragod bus stand, railway station and other nearby places.

16/03/2022 MASS CLEANING BEFORE KANNUR UNIVERSITY UNION KALOLTSAVAM

NSS Units 02 & 03 of Government College Kasaragod conducted campus cleaning before the university union kalolsavam. All departments were joined with us in the cleaning programme. The whole campus was cleaned under the leadership of NSS Volunteers. The work was started at 11 am and it lasted till the evening.

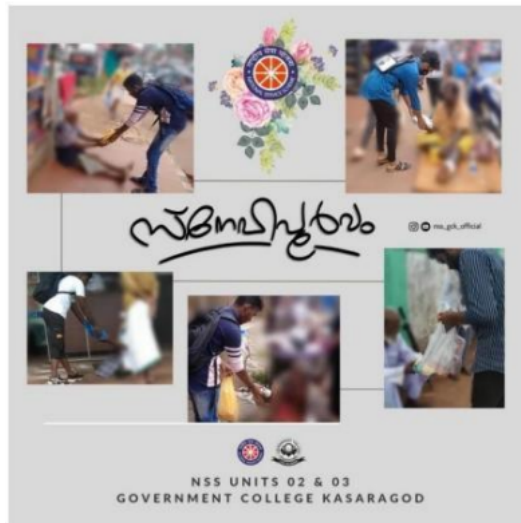
14/04/2022 FOOD DISTRIBUTED

In association with "Snehapoorvam " programme which was conducted every month, NSS units 02 & 03 of Government College Kasaragod distributed food for the needies. The NSS volunteers wrapped up the delicious and ordinary home-made food and delivered packages from each home as best they could and distributed them to the poor, the Hungry and the homeless. The packages were distributed at Kasaragod Bus Stand, Railway Station and other nearby places.



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25/04/2022 WORLD MALARIA DAY CELEBRATED

NSS Units 02 & 03 of Government College Kasaragod celebrated world malaria day by conducting home cleaning. The volunteers cleaned their home and cleared the areas where the mosquitos spread.

29/04/2022 INTERNATIONAL DANCE DAY CELEBRATED

NSS Units 02 & 03 of Government College Kasaragod celebrated international dance day by organising a dance competition for all GCK students. It helped the students to nurture their talents.



08/05/2022 ENDEMIKALACHOTTAM

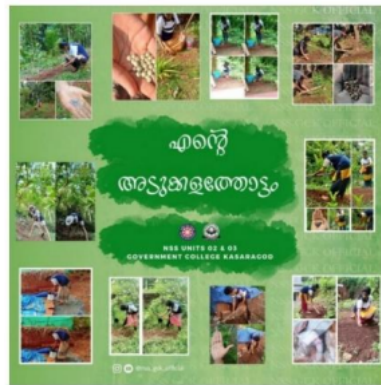
NSS Units 02 & 03 of Government College Kasaragod celebrated Endemikalachottam programme. The volunteers made a kitchen garden at their homes and shared a photo of it.



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17/05/2022 SELF DEFENCE CLASS CONDUCTED

NSS Units 02 & 03 of Government College Kasaragod conducted self defence class. District team members Saida, Praseetha and Sajitha, who run a self-defence class in Kasaragod district, gave a defensive class for the students. Chithra T, NSS Volunteer Secretary, welcomed the gathering. Volunteer Secretary Athira K thanked them for the event. Fifty volunteers attended the event.



18/05/2022 PARTICIPATED IN DISABILITY ASSESSMENT CAMP

The volunteers from NSS Units 02 & 03 of Government College Kasaragod participated in a disability assessment camp conducted by Kerala Social Security Mission (KSSM). The volunteers were divided into groups for registration, forum filling, food, token etc. The programme was held at Municipal town hall, Kasaragod. The programme started at 9 AM. Through this programme the volunteers got a chance to help the differently abled persons.





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19/05/2022 PARTICIPATED IN DISABILITY ASSESSMENT CAMP

The volunteers from NSS Units 02 & 03 of Government College Kasaragod participated in a disability assessment camp held at Government Higher Secondary School Mangalpady.

20/05/2022 PARTICIPATED IN DISABILITY ASSESSMENT CAMP

The volunteers from NSS Units 02 & 03 of Government College Kasaragod participated in a disability assessment camp which was held at Government Higher Secondary School Hosdurg.

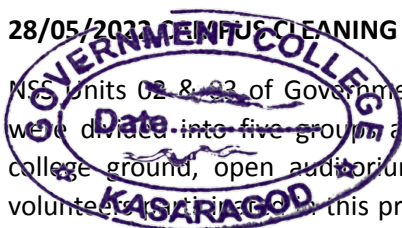
21/05/2022 PARTICIPATED IN DISABILITY ASSESSMENT CAMP

The volunteers from NSS Units 02 & 03 of Government College Kasaragod participated in a disability assessment camp held at G L P S Perol, Neeleshwaram.



28/05/2022 CAMPUS CLEANING CONDUCTED

NSS Units 02 & 03 of Government College Kasaragod conducted campus cleaning. The volunteers were divided into five groups and cleaned the fruit and vegetable garden, the college, college ground, open auditorium, and the surroundings of the canteen and library. Almost 75 volunteers participated in this programme. After that the volunteers expressed their cultural talents.



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D. Ananthapadmanabha A.



This session helped the volunteers to relax. The volunteers were divided into ten groups and they were instructed to make paper pens. The group which made the paper pen beautifully with perfection won the first prize in the paper pen making competition. The volunteers got an idea about how to make paper pens and the importance of using paper pens other than plastic pens.



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REPORT OF LIFE SKILLS PROGRAMMES CONDUCTED DURING 2022-23

26/06/2022 ANTI DRUG ACTIVITY

NSS Units 02 & 03 of Government College Kasaragod along with Excise Department & Vimukthi Mission conducted many awareness classes, seminars, flashmob, rallies, campaign, formed human chain, surveys, Oath taking programme and posted awareness stickers. As a part of the anti drug programmes. Participated in Janabhodhan 2022 Anti Drug rally & Closing ceremony. Declaration of Drug Free Campus and established Drug free zone boards at campus. Received third prize in district level Anti-Drug programme – ‘Sparsham 2021’- an initiative taken by the Government of Kerala, Excise Department and Vimukthi Mission. Conducted and participated in Bodhyam Quiz Competition.

TOTAL NUMBER OF ACTIVITIES 26



05/06/2022 SWACHATHA

NSS Units 02 & 03 of Government College Kasaragod in coordination with Suchitwa Mission & Haritha Keral Mission conducted various cleaning programmes in college, health, public places as well. Conducted an plastic awareness campaign Conducted orientation class about Smart Garbage Monitoring System. As a part of World Heritage Week Celebration, in association with Archeological

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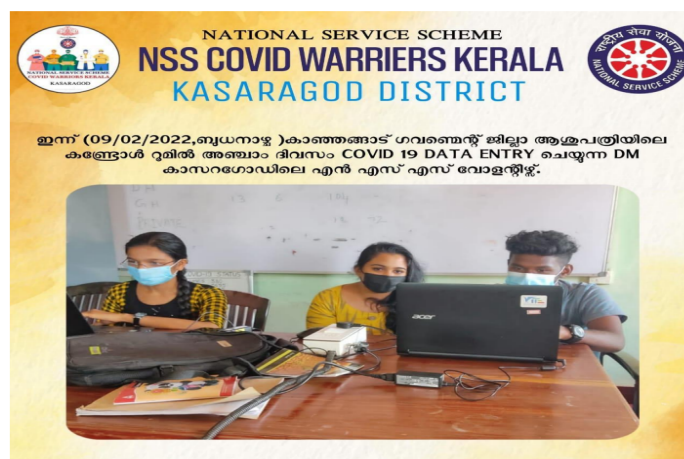
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Survey Of India and DTCP Kasaragod conducted a cleanliness activity at Bekal Fort. Conducted Dry Day & Mass Cleaning at College campus. Pre monsoon cleaning at Kasaragod Railway Station. TOTAL NUMBER OF ACTIVITIES 13



26/01/2022 COVID- 19

NSS Units 02 & 03 of Government College Kasaragod made significant contributions in the field of covid awareness and prevention. As an honour for these services units received Covid warriors award in the programme which was held at JDT Islam Convention Centre, Calicut. Covid warriors was an NSS and Government Of Kerala programme where volunteers were assigned the duty in Covid Control Cell in every district. TOTAL NUMBER OF ACTIVITIES 01



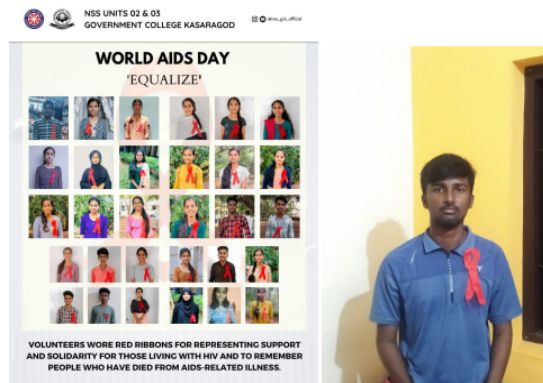
16/01/2022 AIDS AWARENESS



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NSS Units 02 & 03 of Government College Kasaragod organised Aids awareness activities too. Participated in the talent show 'OSOM 22' organised by Kerala State Aids Control Society (KSACS), NACO, Ministry of Health and NSS Units 04 & 05 of Nehru Arts & Science College. 'OSOM 22'. Government College Kasaragod secured first and second prize in the talent show along with the cash prize and also participated in the OSOM' 22 state grand finale. Vaishnavi V, the volunteer secretary won the first position in the district level talent competition Observed World Aids Day. TOTAL NUMBER OF ACTIVITIES 03



13/10/2022 BODHYAM

NSS Units 02 & 03 of Government College Kasaragod in association with Excise Department and Vimukthi Mission conducted unit level 'Bodhyam 2022' Anti Drug awareness quiz competition at college. Units also participated in the district level 'Bhodhyam 2022' quiz competition held at Nehru Arts & Science College Padannakkad. Two students from the college participated in this competition. Vijith Vinod B from first year BA Economics won the first prize and was selected for the state level. At state level he received the second prize. TOTAL NUMBER OF ACTIVITIES 03

11. BODHYAM



28/09/2022 SWACHATHA PAKWADA

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As a part of 'Swachatha Pakhwada' NSS Units 02 & 03 of Government College Kasaragod participated in cleanliness activity at Kasaragod Railway Station. Volunteers cleaned the surroundings of the railway station by picking up the plastics and clearing the unwanted creepers growing there. TOTAL NUMBER OF ACTIVITIES 03

12.SWACHATHA PAKWADA



26/09/2022 VACCINATION

NSS Units 02 & 03 of Government College Kasaragod, Indian Veterinary Association Kasaragod and Animal Husbandry Department conducted an awareness programme about the increasing stray dog attacks and the necessity of rabies vaccination. TOTAL NUMBER OF ACTIVITIES 01

15.VACCINATION



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21/06/2022 YOGA

NSS Units 02 & 03 of Government College Kasaragod along with Nehru Yuva Kendra on 8th Yoga day Conducted a Yoga session. The event was inaugurated by the Honourable MLA of Kasaragod Shri. N A Nellikkunnu on 21/06/2023. In coordination with the Central Bureau Of Communication, a session on 'yoga on humanity'. TOTAL NUMBER OF ACTIVITIES 02



06/06/2022 ENVIRONMENT RELATED

NSS Units 02 & 03 of Government College Kasaragod made environmental preservation activities in order to protect the natural heritage. Created Pen Box for depositing the used pens. This is an eco-friendly attempt that avoid throwing of plastic pens and re-use by recycling it. "Paper For Change, Paper For Care", Units distributed paper bags, paper pens and books made as a part of World Paper Bag Day. The programme was held in Nelkala (partnership village). Conducted a session to know more about butterflies. The class was organised as a part of the butterfly garden- 'Ruchiram' planned to be initiated in the college. NSS Units protested against cutting the Gulmohar tree at Cherkala town as a part of highway development project. Kasaragod Social Forestry wing convinced the road contractors to put off the cutting of the tree by at least 25 days. In association with Kerala Forest and Wildlife Department conducted a Nature Study Camp at Ranipuram. Seed balls were made as a part of environment day. 'Sneha Thanneerkudam' programme as a part of World Water Day. TOTAL NUMBER OF ACTIVITIES 03

07/01/2023 Zero Waste Programme

NSS units 02 & 03 of Government College Kasaragod started the work on waste management programme named 'Zero Waste'. Aim of this programme is to reduce the amount of waste in the campus and keep the campus clean. Pits and bins were made for the collection of waste separately.

The college was officially declared as a Zero Waste Campus by Dr. A. Ananthapadmanabha A.L. (Principal, Government College Kasaragod) on World Environment Day. TOTAL NUMBER OF ACTIVITIES 06



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21/10/2022 'Treat The Plastic' Programme

As a part of Clean India programme NSS Units 02 & 03 of Government College Kasaragod conducted an awareness class. A campus walk and a cleaning competition. As a part of clean india programme the students collected 200 kg of plastic wastes from the surroundings and handovered it to the Haritha Karma Sena. Waste Management Awareness Campaign. TOTAL NUMBER OF ACTIVITIES 05

(ZERO WASTE PROGRAMME)



(TREAT THE PLASTIC CAMPAIGN)



15/01/2022 SNEHAPOORVAM

NSS Units 02 & 03 of Government College Kasaragod in association with 'Snehapoorvam' a monthly programme where food is distributed to the needies. The home-made food was wrapped in packages as best as they could by the NSS Volunteers and distributed to those people who are poor, hungry and homeless. The packages were distributed at Kasaragod Town and nearby places. TOTAL NUMBER OF ACTIVITIES 12



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26/09/2022 SPARSHAM

As a part of NSS day celebrations, NSS Units 02 & 03 of Government College Kasaragod announced our new project 'Sparsham'. The main aim of the programme was to ensure both mental and physical support to those people who are suffering from various diseases and their caretakers. It was inaugurated on 26/09/2022. A bedsheet challenge was also conducted as part of this and was handovered to Akkara Foundation. Volunteers along with the health workers visited their houses for home care services. "Be the care, Be the smile" was the theme of the programme. As part of this project there was an orientation class. Conducted Home Visit as a part of SIP (Students Initiative In Palliative Care). TOTAL NUMBER OF ACTIVITIES 10



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