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Beyond Campus Initiatives - NSS

2019-2023 march

1

Flood Relief Camp: 9th -14th, August 2019



One week collection campaign was organised by our NSS unit. Through this we were able to collect the necessary materials for those who affected by the flood and the same was delivered at Jilla Panchayath Office Pattom.

2

Climate strike (21st September)





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More than 10 volunteers of our NSS unit were participated in the mega event of GLOBAL climate strike (a peaceful protest) held at Kanakakunnu, TVM. The main motive of this even was to create more awareness on going sustainable for the sake of our children and their future.

3

Community awareness Programme



Two volunteers from our unit gave awareness class about the importance of nutrition to the students of Govt. H.S. Parottukonam on behalf of nutrition day celebration.

4.

Kanji at Medical College (food for the needy)



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On 7th december 2019, the NSS volunteers engaged themselves in making and distributing lunch for the bystanders and patients at the medical college. This is a monthly activity. We planned to give Kanji at Government Hospitals especially Medical college on first or second Saturday of every month.

The aim of the programme: To give food to the necessary people especially the sick in the society.

Out Put: Students could assist the poor and learned about the importance of food.

5.

Food distribution at General Hospital





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As part of volunteer day celebrated on 5th decemeber,the NSS volunteers of Mar Ivanios College initiated a food distribution, which will be carried out as a monthly activity. The student of our college are requested to bring one extra food packet and the volunteers help in collecting and distributing these packets. On 6th, the volunteers distributed food packets at the general hospital.

The aim of the programme: Assist the public especially poor in the society in their main need of food.

Out Put: Volunteers develop kind mentality towards the society and also they become more responsive to the needs of the poor.

6

Tuition for Orphanage Kids



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Nothing liberates our greatness like the desire to help...the desire to serve'

The NSS Unit of Mar Ivanios College (Nalanchira) has proudly taken a significant step as part of its very founding idea of social service. The volunteers have assured a genuine commitment in taking tuitions for children residing in an orphanage named CHILLA (karakulam) run by Sri. Anil (social worker).

The volunteers have kick started this initiative on 14th December 2019 and have assured that a team of 6 volunteers capable of taking classes on all subjects both in Malayalam and English medium reach the orphanage every weekend without fail.

The volunteers ensure that individual attention is provided to all 9 students in the orphanage. Doubt clearing sessions, revision of topics are all done efficiently. Students of higher secondary classes are given due importance and special attention while teaching. The students reciprocate in a very positive way

and are highly enthusiastic learners.

Volunteers ensure a friendly and polite interaction with students and ensure proper discipline. The students are highly creative artists and active participants in various activities and competitions. We take special interests in motivating them and keeping their spirits up.



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Located in a spot verdened in greenery the atmosphere is refreshing and safe as well. Eco friendly construction of houses is a very noteworthy initiative.

The NSS Unit has taken up this as an initiative to be successfully fostered in the future as well. We believe that it is a beautiful thing when commitment and passion comes together.

Aim of the programme: To create talented teachers among the volunteers and to give study support for the poor kids.

Out Put: Students are trained as good teacher.

7

Food Distribution at General Hospital



On 10th January 2019, the volunteers of nss distributed food packets at the general hospital. All students are encouraged to bring one extra food packet from home, and these are then collected and distributed to those in need. This is done on the first or second of every month by the volunteers.



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Aim of the programme: Assist the public especially poor in the society in their main need of food.

Out Put: Volunteers develop kind mentality towards the society and also they become more responsive to the needs of the poor.

8

Distribution of Kanji at Medical college.



On 11th January 2020 the NSS volunteers distributed



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kanji for the patients and bystanders at the medical college, in the afternoon. This is a monthly activity, where students come together on a Saturday and engage in cooking as well as distributing lunch at medical college.

Aim of the programme: To give foods to the necessary people especially the sick in the society.

Out Put: Students could assist the poor and learned about the importance of food.

9.

FIT India Cyclathon/Walkathon



On 18th January 2020, the volunteers of NSS of our college conducted a rally, highlighting the importance of fitness in our day to day life.

Aim of the programme: To give health awareness among the college students.



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Out Put of the programme: students are enhanced with the knowledge of “health is wealth”

10,

Blood donation program

The blood you donate gives another person a chance to live and there is no substitute for blood, it only comes from generous donors. As we celebrate June 14th as World Blood Donors Day, Expectation Walkers, an NGO had organized a 10 day Nation wide Blood challenge from 04-06-2020 to 14- 06-2020, in which all the NSS Volunteers of Mar Ivanios College, Trivandrum had actively participated. World’s largest voluntary blood donors App Friends2support took an effort to curb the blood unavailability at the hospitals worldwide. Under this challenge, people just had to register as a voluntary blood donor in the friends2support app and extend a challenge to their friends. Thereafter take a screenshot of the registered page and sent it to Expectation Walkers. And we’re proud to inform that, Mar Ivanios College is one of the top most colleges in Kerala with 280 Donors, which was only possible due to the active participation of all the NSS volunteers.

11. PALLIATIVE CARE

(1) HOME VISITS

8th January 2022 & 15th January 2022

Socio - economic and health status survey

Our volunteers conducted a socio - economic and health status survey in different wards such as Kinavoor, and Nalanchira.



(2) DISTRIBUTION OF EQUIPMENTS

20th January 2022

Distribution of equipment



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Our volunteers distributed 3 wheelchairS to 3 needy patients of palliative care in Kinavoor ward.



11. Blood donation camp

The RRC of Mar Ivanios College had conducted a blood donation camp as a part of **World Blood Donor day** (14 June) on **23 June, 2022** in association with PRS hospital at Silver Jubilee Hall.

The camp started at 10.30 am with a formal session compered by Jona Joy (1st DC BSc Chemistry) . The welcome speech was given by Aksa Biju in 1st DC Physics. All the first year volunteer secretaries were presented and given instructions for the camp. Dr. Jijimon Thomas (Principal of Mar Ivanios College) , Dr. Shirley Stewart (Vice principal of Mar Ivanios College) , Fr. Soji Mathew (HOD of French dept) conveyed best wishes for the camp. Dr. Krishnan Menon along with other seven experts from PRS Hospital were in charge.



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12. VOLUNTEER PARTICIPATION IN WASTE
MANAGEMENT PROGRAM ON “FEAST OF CHRIST THE KING” FESTIVAL AT
VETTUKADU CHURCH
12/11/2021-22/11/2021



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13.

Blood Donars' Day Magic Show 14th June 2022

The NSS Unit (2A&2B) of Mar Ivanios College had organized a magic show under Kerala State AIDS Control Society &RRC which was conducted by R C Boss on 14 June , 2022. The show mainly focused on blood donation.

The session commenced with the welcome speech given by Ashish K Shintu from the Economics department.



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R C Boss, a great magician, conveyed the importance of blood donation through his tricks. Donating blood is actually donating life. He also shared valuable information about HIV infection. He chose some volunteers from the audience to take part in his magic tricks, which made the session more interesting. Many of the staffs from the KSACS also participated.

The session dispersed at 1.30 followed by the vote of thanks by Ros Elisabeth.

14.

WORLD ENVIRONMENT DAY 5TH JUNE **ST JOHNS HSS SCHOOL CLEANING**

“Cleanliness and order are not matters of instinct; they are matters of Education and like most great things, you must cultivate a task for them”

-Benjamin Disraeli



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The NSS Unit 2A and 2B of Mar Ivanios College conducted a cleaning programme in St Johns Higher Secondary School, Nalanchira on **14 June,2022** to better understand the importance of cleanliness and planted saplings to join hands with Mother Earth.

The Volunteers handed the plant saplings to Fr.Jose Charuvil,the Principal of St Johns HSS.The cleaning which started at 3:30 pm lasted for one hour.The Programme aided in filling the volunteers with great enthusiasm and team cooperation.



14.

Eye Care Camp 17 June 2022

The NSS unit (2A and 2B) of Mar Ivanios College had organised an eye care under SreeNethra Hospital on 17 June 2022. Shilpa from Ist DC Jmc delivered a welcome speech and then Dr Swapna Nair,Sc Consultant Cornea,Cataract and Refractive Surgery,took a seminar on eyecaring and also shared the informative aspects about Laser Treatment.

Under the anchoring of Fathima Nisa of JMC department,the session was very effective and some of the volunteers enquired their doubts about eye caring.The talk continued till 11:10pm.Following that Divyatha,1st DC English gave the vote of thanks and then the camp was started.



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15.

Closing Ceremony of Ganitham 3.0

02 July 2022

An initiative of NSS Unit of Mar Ivanios College TVM Unit (2A and 2B) in association with Insight for Innovation.

The Closing Ceremony of project Ganitham, an initiative of Mar Ivanios College TVM in association with Insight for Innovation which mainly aimed at teaching basic mathematics to the students of Government schools of Kerala was held grandly at Mar Ivanios College auditorium at 9:30 am. The programme was really blissful as it marked the ending of a fruitful journey. Fathima Nisa, NSS volunteer of Mar Ivanios College anchored the meeting. The NSS volunteers of Mar Ivanios College, Ganitham Team of Mar Ivanios College as well as other Ganitham Team Members of different colleges took part in the closing ceremony.



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Firstly Welcome Speech was delivered by Bhadra Sreejith, project coordinator from insight from innovation. Then introductory Speech was delivered by Hema Gopalakrishnan, (Founder and CEO of Insight for Innovation). Her words marked her heartfelt proud about all the Ganitham team members who worked hard for the success of Ganitham Programme. Then the crowd received presidential address from Dr Jijimon.K.Thomas (Principal of Mar Ivanios College). Then G Gomathy IRS (Asst Commissioner of Central Taxes, GST HeadQuarters, Thiruvananthapuram Inaugurated the closing ceremony by lighting the lamp. Following she received a speech on Ganitham Project and expressed her gratefulness as to be part of this ceremony. Then Felicitation was done by representatives of different colleges who were part of Ganitham Project.



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Following that awards for the colleges which took part in Project ganitham were given to the Ganitham Coordinators of the respective colleges and also Ganitham programme Coordinators from each college were awarded with Momentums. Greetings from VK Prasanth (Member of the legislative assembly) were given through the respected authorities even in his absence. A momentum was given to G.Gomathy IRS by Dr Jijimon.K.Thomas (Principal of Mar Ivanios College) and Dr Ratheesh R (Mar Ivanios College NSS Programme Coordinator). Vote of thanks was delivered by Dr Ratheesh R (NSS Programme Officer).



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The occasion was continued by the cultural events by the NSS Volunteers of Mar Ivanios College and the project Ganitham team members which added beauty to the whole ceremony. Thus the Closing Ceremony which marked the ending of a fruitful journey of project Ganitham but still the beginning of another journey to be powered up ended at 1:00 pm.

16.

Survey

Socio - economic and health status survey

Our volunteers conducted a socio - economic and health status survey in different wards such as Karikkakom, and Nalanchira



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Socio- economic and health status survey

January 15



Supply of medicines

Our volunteers distributed medicines and diapers to the patients of palliative care.



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Supply of medicines

January 19



Distribution of food kits

Our volunteers distributed food kit and vegetable kits to the patients of palliative care



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1. DISTRIBUTION OF EQUIPMENTS

19th January 2022

Distribution of equipment

Our volunteers distributed walker to the patients of palliative care in Kinavoorward.



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Distribution of equipment

January 19





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1. DISTRIBUTION OF CLOTHS AND OTHER NECESSITIES

Our volunteers distributed clothes to the patients of palliative care in Kinavoorward



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Distribution of clothes

January 19



1. COUNSELING FACILITIES PROVIDED



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DETAILS OF STUDENT PALLIATIVE CARE INTERVENTIONS 2022-2023

Sl.No.	Name of activity	No. of volunteers participated	Total hours worked	Beneficiaries	Monetary value
1.	University Level Training	4	18	200 volunteers	-
2.	District Level training	6	18	200 volunteers	-
3.	Unit Level Training	97	2	100 volunteers	-
1.	Old age Home visit&	68	5	120 people	14375



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	Food supply				
2.	Supply of equipments (bed sheets)	72	6	30 families	3505
3.	Supply of wheelchairs	26	3	2 families	12000

1. DISTRIBUTION OF EQUIPMENTS:

Wheel Chair



1. OLD AGE HOME VISIT AND FOOD DISTRIBUTION -31/08/2022

The volunteers served the 'onasadhya' to the inhabitants of the snehasadanam and to eat with them. Also they interacted with them by sharing their onam experiences. Thus for the volunteers this onam became more meaningful and beautiful by sharing time with the people of snehasadanam



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Vimukthi - State level drug abuse awareness campaign 06/10/2022

The official inauguration of the state level drug abuse awareness campaign of 2022, "Vimukthi" was held on 6th October 2022 at 10 am by the Hon'ble Chief Minister of Kerala, Sri Pinarayi Vijayan through the Victor's Channel which was preceded by the official inauguration held at Mar Ivanios College. The function was presided by Principal, Prof. Dr. Jijimon K Thomas. The inaugural address was delivered by the Vice Principal Dr Shirley Stewart, Sri Johnson Joseph, Trivandrum corporation councilor and Prof. Gladston Raj PTA representative etc offered their felicitations. The program was held jointly by the NSS, NCC and Anti-Narcotic Cell and the



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Centre for Gandhian Studies. The NSS Program Officers Dr Ratheesh and Ms Soumya M Raj spoke on the occasion. Dr Selvin Joseph S , the coordinator of the anti-narcotics club and Dr.Sonia Mol Joseph, the coordinator of Gandhian Studies welcomed and offered vote of thanks respectively. The meeting ended with the national anthem.



Drug abuse awareness rally 2022 was conducted on 25 th October 2022. Flag hoisted by Most. Rev. Dr Mathew Polycarpus, Auxilary Bishop of Trivandrum. The program was inaugurated by our principal, Dr. Jiji Mon.K.Thomas. Mr. Vinod



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KumarS., Assistant Commissioner of Excise, TVM, delivered the keynote address.



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National Service Scheme
Unit 2A & B

**Drug Abuse
Awareness Rally
2022**

11:30 am
25th October, 2022

From
Mar Ivanios College
To
Kurishadi Junction,
Nalanchira.

വിമുക്തി

Most Rev. Dr. Mathews Mar Polycarpus
Auxiliary Bishop of Trivandrum

Vinod Kumar S
Assistant Commissioner of
Excise, TVM

Manushya Changala @ Palayam on 1st November 2022

As part of the anti drugs campaign, Kerala Government has organized manushya changala at Trivandrum. More than 70 volunteers have participated the same.



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Venue of One day training programme for Vimukthi Club Volunteers

One day training programme for Vimukthi Club Volunteers 2022 - 23 in the University level was held at Mar Ivanios College on 29 October, 2022 from 9.00am to 5.00pm. The inaugural session commenced with the NSS song. Dr. Sathyaraj A (NSS District Coordinator, Tvpm) offered the welcome address. Presidential address was given by Dr. Jijimon K Thomas (Principal, Mar Ivanios College). The session was inaugurated by Mr. D Rajeev (IOFS , Addl. Excise Commissioner (Admin) & Chief Executive Officer , Vimukthi Mission). He shared the significance of youngsters in drug abuse awareness campaigns. Dr. Shaji A (NSS Programme Coordinator , University of Kerala) was the keynote speaker. The felicitations were given by Dr. Shirley Stewart (Vice Principal, Mar Ivanios College) and Dr. Chitra V S (NSS Programme Officer , MG College, Tvpm). Ms. Soumya Raj (NSS Programme Officer, Mar Ivanios College) gave the vote of thanks. The training session included four sessions which were led by different dignitaries. Session I started at 10.00 am and continued till 11.30 am.



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Mr. D Rajeev (IOFS , Addl. Excise Commissioner (Admin & Chief Executive Officer , Vimukthi Mission) headed the session on the topic Through the chronicles of Vimukthi Mission. From 11.30am to 1pm,Dr. Mohan Roy G (Asst. Prof. & Consultant Psychiatrist, Govt. Medical College, Tvpm) led Session II based on the topic Drug Abuse - Psychological and Mental Effects.After the lunch break, Session III got started under the leadership of Vignesh S A (Vimukthi Mission, District Coordinator , Tvpm) at 2pm. He introduced the topic Drug Free Kerala -Role of Youngsters . Session IV was conducted by P K Jayaraj (Vimukthi Manager & Asst.Excise Commissioner) on the topic Importance of Designing of Life.





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A cultural programme by the NSS Volunteers of Mar Ivanios College was held after the session. Each participant shared their feedback in a piece of paper. A token of gratitude was arranged for the guests by the NSS unit of Mar Ivanios College. The session dispersed at 5.00 pm after the distribution of certificates for the participants which was followed by the National Anthem.