



# ST. JOHNS COLLEGE, ANCHAL

NATIONAL SERVICE SCHEME UNIT NO 14A&B



## REPORT

June 2023-March 2024

**05/06/2023**

## **World Environment Day 2023**

The NSS Unit of St. John's College, Anchal, commemorated World Environment Day 2023 on June 05 with a series of engaging activities centered around the theme of #beatplasticpollution. The day commenced with a symbolic gesture of environmental stewardship as the Honorable Principal, Rev. Fr. Shoji Vechoorkarottu, planted a mango tree sapling at the College Ground, joined by NSS Programme Officers and volunteers. During this momentous occasion, Rev. Fr. Principal emphasized the critical need to protect the environment and conserve natural resources for both the current and future generations. Inspired by this message, the volunteers made a collective pledge to minimize their reliance on plastic products and actively advocate for the adoption of eco-friendly alternatives in their daily lives.

As the day progressed, the spirit of environmental consciousness continued to flourish as volunteers took part in planting additional tree saplings across various spaces within the College Ground. These green initiatives underscored the NSS Units' commitment to fostering a sustainable environment and promoting biodiversity on campus.

Looking ahead, the NSS Units remain dedicated to advancing the cause of World Environment Day 2023 by organizing further activities in the days to come, thereby ensuring continued awareness and action towards combating plastic pollution and nurturing a greener, healthier planet for all.

# June 05

•WORLD•  
**ENVIRONMENT  
DAY**



**BEAT  
PLASTIC  
POLLUTION**

WORLD  
ENVIRONMENT DAY  
JUNE 5



ST. JOHNS COLLEGE ANCHAL  
NATIONAL SERVICE SCHEME  
UNIT No. 14 A&B



**12/06/2023**

The NSS Unit and Sports Club of the College collaborated to organize an exhilarating Penalty Shootout event, showcasing the spirit of sportsmanship and camaraderie among students. The event, held on a bright and sunny day, brought together participants from various departments and teams, eager to test their skills and compete for glory.

The Penalty Shootout kicked off with an air of excitement and anticipation as teams took to the field, each determined to showcase their prowess and clinch the coveted first place. The competition was fierce, with players displaying remarkable agility, precision, and strategic thinking as they aimed to outmaneuver the opposing team's goalkeeper and score decisive goals.

After a series of intense and closely contested matches, it was the Malayalam team that emerged victorious, clinching the first-place title with their exceptional performance and unwavering determination. Their skillful play and cohesive teamwork set them apart, earning them the admiration and applause of spectators and fellow participants alike.

Not far behind was the Politics team, who put up a spirited fight and showcased commendable sportsmanship throughout the competition. Their impressive performance earned them the well-deserved second-place position, highlighting their dedication and passion for the game.

The Penalty Shootout was not just a test of skill and athleticism but also a celebration of unity and diversity, as students from different backgrounds and disciplines came together to participate and cheer for their respective teams. It was a true reflection of the inclusive and vibrant community at St. John's College, where sports serve as a common language that transcends barriers and brings people together.

As the event came to a close, participants and spectators alike reflected on the spirit of sportsmanship and camaraderie that had permeated the atmosphere. The Penalty Shootout had not only provided a platform for friendly competition but had also fostered a sense of belonging and unity among all those who had participated.

In conclusion, the St. John's College NSS Unit and Sports Club Penalty Shootout was a resounding success, showcasing the talent, passion, and sportsmanship of

the college's students. It served as a reminder of the power of sports to unite people and foster a sense of community, leaving a lasting impression on all those who had the privilege to be a part of it.



**15/06/2023**

## **Blood Donation Day**

On the auspicious occasion of Blood Donation Day, the NSS Unit came together to organize a noble initiative - a Blood Donation Camp in association with St. Joseph Mission Hospital. The event, held at a local community center, drew the participation of approximately twenty-five dedicated volunteers, all eager to contribute towards this life-saving cause.

In the morning, the organizers and volunteers were already bustling with energy and enthusiasm, setting up the venue and preparing to welcome donors. The camp was a testament to the spirit of altruism and compassion that defines the student community of the college.

The atmosphere at the camp was one of positivity and camaraderie, with volunteers working tirelessly to ensure that the donation process was smooth and efficient. Medical professionals from St. Joseph Mission Hospital were present to oversee the proceedings, ensuring that all donations were carried out safely and in accordance with medical guidelines.

The volunteers shared a common goal - to give back to society and help those in need. Their selfless act of donating blood not only demonstrated their commitment to the welfare of others but also served as a beacon of hope for those battling illnesses and injuries.

Throughout the day, a steady stream of donors made their way to the camp, each one eager to do their part in saving lives. The organizers provided refreshments and snacks to donors, ensuring that they were comfortable and well-nourished after their donation.

As the day drew to a close, the organizers expressed their gratitude to all the donors and volunteers who had made the camp a success. Their generosity and compassion had made a tangible difference in the community, providing much-needed blood to those in need and spreading a message of kindness and empathy.

In conclusion, the Blood Donation Camp at the College was not just a medical event, but a testament to the power of community and the human spirit. It served as a reminder that a small act of kindness can go a long way in making the world a better place.



ST. JOHNS COLLEGE ANCHAL  
NATIONAL SERVICE SCHEME  
UNIT No. 14 A&B



# BLOOD DONATION DRIVE

Collaboration With  
**St. Joseph's Mission  
Hospital, Anchal**



TIME : 11:00 AM to 1:30 PM

**2023, JUNE 15  
THURSDAY**

NSS SJC ANCHAL



**21/06/2023**

## **Yoga Day**

On the occasion of International Yoga Day, the NSS (National Service Scheme) and NCC (National Cadet Corps) units of the college came together to organize a special yoga training session. The event, aimed at promoting the physical, mental, and spiritual well-being of students, was inaugurated by the esteemed College Principal, Rev. Fr. Shoji Varghese.

The event commenced with a ceremonial lamp lighting by Rev. Fr. Shoji Varghese, symbolizing the dispelling of darkness and the ushering in of light and positivity. This was followed by an invocation to Lord Patanjali, the father of yoga, seeking his blessings for a successful and enriching session.

The yoga training session was led by experienced instructors who guided the students through various asanas (postures), pranayama (breathing exercises), and meditation techniques. The students, ranging from beginners to advanced practitioners, enthusiastically participated in the session, eager to experience the benefits of yoga firsthand.

The instructors emphasized the importance of regular practice and correct technique, highlighting the role of yoga in improving flexibility, strength, and overall health. They also spoke about the mental benefits of yoga, such as stress reduction and improved concentration, which are particularly relevant for students facing academic pressures.

As the session progressed, the atmosphere was filled with a sense of calm and serenity, as students focused on their breathing and embraced the present moment. The instructors encouraged the students to listen to their bodies and practice mindfulness, reminding them that yoga is not just a physical practice but a holistic approach to well-being.

After the yoga session, the students gathered for a discussion on the significance of yoga in modern life. They shared their experiences and insights, expressing gratitude for the opportunity to learn and practice yoga in a supportive environment.

Mr. Thomas Mohan, NSS Program Officer welcomed the gathering on the occasion. The vote of thanks was delivered by Dr. Arun PS, ANO, NCC.



The event concluded with a pledge by the students to continue practicing yoga and spreading awareness about its benefits. They expressed their gratitude to the college authorities, NSS, and NCC units for organizing such a meaningful and impactful event on International Yoga Day.

**ST. JOHN'S COLLEGE, ANCHAL** | **NSS UNIT 14 A&B & NCC UNIT 9K Bn NCC KOTTARAKKARA**

**INTERNATIONAL YOGA DAY 21 JUNE**  
**PROGRAMME INVITATION**

Welcome (9:30 AM)	- Prof. Thomas Mohan <i>N.S.S Programme Officer</i>
Inauguration	- Rev. Fr. Shoji Varghese <i>Principal, St. John's College</i>
Presidential Address	- Rev. Fr. Jinoj Mathew <i>Bursar, St. John's College</i>
Keynote Address	- Shri Vijayan C <i>Director, Bharathiya Yoga Academy, Anchal</i>
Vote of Thanks	- Lt. Dr Arun P.S. <i>A.N.O., St. John's NCC</i>
10:00 AM	- Yoga Class & Practice
11:00 AM	- National Anthem

**Venue - College Auditorium - Time - 9:30 AM**

**23/06/2023**

A group of dedicated volunteers, led by the NSS Program Officers, gathered to collect study materials for distribution at the SEIREI ASHA BHAVAN ORPHANAGE in Punalur. The initiative, aimed at supporting the educational needs of underprivileged persons, was a testament to the spirit of compassion and generosity that defines the NSS unit and its volunteers.

The volunteers, through a collection drive, enthusiastically collected a wide range of study materials, including textbooks, notebooks, stationery items, and educational toys. Their efforts were fueled by a deep sense of empathy and a desire to make a positive impact in the lives of the children at the orphanage.

As the collection drive came to a close, the volunteers gathered to sort and pack the study materials, ensuring that each item was carefully organized and ready for distribution. The atmosphere was filled with a sense of purpose and camaraderie, as volunteers worked together towards a common goal.

On the day of distribution, the volunteers arrived at the orphanage with smiles on their faces and hearts full of warmth. They were warmly welcomed by the staff and inmates, who eagerly awaited the arrival of the study materials. The NSS unit had also arranged for a brief interactive session with the inmates, where they engaged in games and activities designed to promote learning and creativity.

As the study materials were distributed, the joy and gratitude on the faces of the inmates were evident. For many of them, these materials would not only serve as tools for education but also as symbols of hope and opportunity. The volunteers took the time to interact with the inmates, offering words of encouragement and support, and forging bonds that would last long after the distribution event was over.

As the day drew to a close, the volunteers bid farewell to the inmates, knowing that they had made a meaningful difference in their lives. The NSS unit resolved to continue their efforts to support the educational needs of underprivileged persons, reaffirming their commitment to serving the community and making a positive impact in the world.



**ST. JOHN'S COLLEGE ANCHAL  
NATIONAL SERVICE SCHEME  
UNIT No. 14 A&B**



**26/06/2023**

On June 26, International Anti-Drug Day was observed under the leadership of the NSS unit, marking a significant effort to raise awareness about the dangers of drug abuse and promote a drug-free lifestyle. The NSS unit organized a series of events and activities to educate the academic community about the harmful effects of drugs and the importance of prevention and rehabilitation.

On the occasion, a session was organized where experts in the field of drug prevention and rehabilitation from the Excise Department addressed the audience. They spoke about the various types of drugs, their effects on the body and mind, and the strategies for prevention and treatment. The seminar was attended by students, teachers, and members of the community, who actively participated in the discussions and raised awareness about the issue.

In addition to the seminar, the NSS unit also organized a poster-making competition on the theme of anti-drug awareness for the students of the college.

The day concluded with a pledge-taking ceremony, where participants vowed to stay away from drugs and support efforts to create a drug-free society. The NSS unit also distributed informational pamphlets and booklets containing useful information about drug abuse and rehabilitation services available in the community.

Overall, International Anti-Drug Day was a resounding success, thanks to the efforts of the NSS unit and the support of the student community. It served as a reminder of the importance of staying vigilant against the dangers of drug abuse and working together to create a healthier and safer environment for all.



# SAY NO TO DRUGS

INTERNATIONAL  
ANTI DRUG  
DAY

26th JUNE



**ST. JOHNS COLLEGE ANCHAL**  
**NATIONAL SERVICE SCHEME**  
**UNIT No. 14 A&B**



**01/07/2023**

## **International Doctors Day**

On July 1st, the NSS (National Service Scheme) unit of the college celebrated International Doctors Day, honoring the contributions and sacrifices of healthcare professionals around the world. The day was marked by a series of events and activities organized by the NSS unit, aimed at recognizing the dedication and commitment of doctors and medical professionals towards saving lives and improving health outcomes.

The program began with a special tribute to doctors, highlighting their role in promoting health and well-being. NSS volunteers expressed their gratitude through speeches, poems, and songs, acknowledging the selfless service of doctors in times of need. Overall, International Doctors Day was a meaningful and memorable occasion, highlighting the importance of doctors in our lives and inspiring all to value and respect their invaluable contributions to society.



**14/07/2023**

### **Meri Mati Mera Desh Preparatory Event**

On July 14, the NSS Unit organized the program 'Meri Mati Mera Desh'. The program, which began at 10 am, aimed to raise awareness about environmental conservation and the importance of trees in maintaining ecological balance. Program Officer Thomas Mohan Sir warmly welcomed all participants and emphasized the significance of the event in promoting a sustainable and green future.

Honorable Ward Member Bindu Thilakan, a respected figure in the community known for her dedication to environmental causes, organized the program. In her address, she spoke passionately about the need for nature conservation and the role of trees in providing oxygen, combating climate change, and enhancing the beauty of our surroundings. She urged everyone to take responsibility for protecting the environment and planting more trees to preserve our planet for future generations.

The program also featured a speech by the Honorable College Principal, Dr. Nisha Thomas, who congratulated the organizers and participants for their efforts in promoting environmental awareness. He emphasized the college's commitment to sustainable practices and encouraged everyone to actively participate in initiatives aimed at protecting our natural resources.

As part of the program, a tree plantation drive was organized, with students, faculty members, and local residents coming together to plant saplings in and around the college campus. The event served as a reminder of the importance of individual and collective action in addressing environmental challenges and promoting a greener, healthier planet.

Overall, 'Meri Mati Mera Desh' was a successful initiative that brought together the college and the community in a shared commitment to environmental conservation. It served as a reminder of the importance of preserving our natural heritage and inspired everyone to take concrete steps towards a more sustainable future.





ST. JOHN'S COLLEGE ANCHAL  
NATIONAL SERVICE SCHEME  
UNIT No. 14 A&B



## Preparatory Event and Orientation Program

Date: 14-07-2023

Time: 10:00 am



MERI MATI MERA DESH

Together Strengths Amrit Kal with You Shakti

**08/08/2023**

## **Global Breast Feeding Week**

As part of the Global Breastfeeding Week, a program called 'Amma Madhuryam' was organized to raise awareness about the importance of breastfeeding for infant health and development. The program, led by the Kollam ICDS (Integrated Child Development Services) wing, aimed to educate and empower female students about the benefits of breastfeeding and encourage them to make informed choices for their future motherhood.

The program commenced with an inaugural ceremony, where officials from the Kollam ICDS wing highlighted the significance of breastfeeding in providing essential nutrients and antibodies to newborns, thereby reducing the risk of infections and promoting healthy growth. They emphasized the role of mothers in ensuring the well-being of their children through breastfeeding and encouraged young women to prioritize breastfeeding when they become mothers.

Following the inaugural ceremony, an awareness class was conducted for the female students, focusing on various aspects of breastfeeding, including its nutritional benefits, emotional bonding between mother and child, and the importance of exclusive breastfeeding for the first six months. The class also addressed common myths and misconceptions about breastfeeding and provided practical tips for successful breastfeeding practices.

The students actively participated in the class, asking questions and sharing their thoughts and experiences. They expressed their appreciation for the information provided and pledged to spread awareness about breastfeeding among their peers and future generations.

As a token of appreciation, the Kollam ICDS wing distributed educational materials and pamphlets on breastfeeding to the students, encouraging them to continue their learning and advocacy efforts. The 'Amma Madhuryam' program concluded with a closing ceremony, where participants reaffirmed their commitment to promoting breastfeeding and supporting maternal and child health in their communities.



## GLOBAL BREAST FEEDING WEEK 2023



**അമ്മ മുറുപ്പം**

Awareness Session on Breast-Feeding  
conducted by  
ICDS Cell, Kollam

Date: August 8 | Time :01:30 PM to 03:00 PM

Venue: College auditorium

**15/08/2023**

## **Independence Day**

India's 76th Independence Day was celebrated with great fervor and patriotism on the 15th of August. The celebrations at the college began early in the morning with a vibrant rally organized under the leadership of the NSS (National Service Scheme). Approximately fifty enthusiastic volunteers, adorned in tricolor attire, gathered to participate in the rally, showcasing their pride and love for their country.

The rally, which commenced at 8 am, traversed through the college campus and surrounding areas, spreading the message of unity, freedom, and progress. The volunteers waved flags and banners, chanting slogans of independence and national pride, evoking a sense of patriotism among onlookers.

As the rally concluded, the volunteers gathered at a designated area where the college principal, Dr. Nisha Thomas, delivered a poignant Independence Day message. Dr. Thomas highlighted the significance of Independence Day and the importance of upholding the values of freedom, equality, and justice. She urged the students to remember the sacrifices of the freedom fighters and to strive towards building a strong and prosperous India.

Following the principal's address, the volunteers participated in various cultural programs and activities organized to commemorate the occasion. Patriotic songs, dances, and skits were performed, reflecting the rich cultural heritage and diversity of India.

The celebrations concluded with the distribution of sweets and the singing of the national anthem, filling the air with a sense of pride and patriotism. The Independence Day celebrations served as a reminder of the hard-fought struggle for freedom and the responsibility of every citizen to uphold the ideals of democracy and secularism.

Overall, the Independence Day celebrations at the college were a resounding success, uniting students and faculty members in a spirit of patriotism and national pride. The event served as a reminder of India's journey towards independence and the collective responsibility to build a brighter future for generations to come.



**"Nation First, Always First"**

**INDEPENDENCE DAY  
CELEBRATION**

**TIME :- 8:30AM**



29/08/2023

## **Letter to Maveli**

As part of Onaghosham, the national festival of the Malayalees, a letter writing competition was organized to celebrate the rich cultural heritage and traditions of Kerala. The competition, which aimed to foster creativity and literary expression among students, saw enthusiastic participation from about 10 students. The theme of the competition was 'A Letter to Maveli,' a mythical king revered in Kerala folklore.

The students, ranging from academic backgrounds, eagerly took up the challenge of writing a letter to Maveli, expressing their thoughts, feelings, and wishes. The competition provided them with a platform to delve into Kerala's rich cultural history and explore the significance of Maveli in the Malayalee psyche.

The letters were a reflection of the students' deep-rooted love and respect for Maveli, portraying him as a symbol of justice, prosperity, and egalitarianism. They highlighted Maveli's role in promoting social harmony and inclusivity, values that resonate deeply with the ethos of Kerala society.

Through their letters, the students expressed their gratitude to Maveli for his benevolence and leadership, while also reflecting on the challenges and aspirations of contemporary Kerala. They articulated their hopes for a future that embodies the ideals of Maveli, where all citizens are treated with dignity and respect.

The letter writing competition not only provided a creative outlet for students but also served as a platform for cultural exchange and dialogue. It celebrated the unique cultural heritage of Kerala and the enduring legacy of Maveli, reminding everyone of the values that unite the Malayalee community.

Overall, the competition was a resounding success, showcasing the literary talents and cultural pride of the students. It served as a fitting tribute to Maveli and the spirit of Onaghosha, bringing together students from diverse backgrounds to celebrate the essence of Malayalee culture.

# മാവേലിക്ക് ഒരു കത്ത്

നിങ്ങൾക്കും അയക്കാം മാവേലിക്ക് ഒരു കത്ത്...

- \*രാണത്തെ ആസ്പദമാക്കി വിഷയത്തെ തിരഞ്ഞെടുക്കാം
- \*എഴുതുന്ന കത്തിൽ പേര്, സിദ്ധർട്കെന്റ് എന്നിവ ഉൾപ്പെടുത്തുക
- \*തിരഞ്ഞെടുക്കുന്ന മികച്ച കത്തിന് സമ്മാനം

"എഴുതുന്ന കത്ത് സെപ്റ്റംബർ 4ന് വോളന്റിയർ സെക്രട്ടറിയോടു കൈമാറ്റം ചെയ്യുക"

അസംപ്റ്റ് : 9447178759 | ലിനിയർ : 9778143755



അഞ്ചൽ സെന്റ് ജോൺസ് കോളേജിലെ എല്ലാ വിദ്യാർത്ഥികൾക്കും പങ്കെടുക്കാം

**05/09/2023**

### **Teacher's Day**

Every year on September 5th, Teacher's Day is celebrated in India to honor the birth anniversary of Dr. S. Radhakrishnan, a renowned philosopher, and the second President of India. This day is dedicated to recognizing the invaluable contributions of teachers in shaping the lives of students and society at large. At our college, Teacher's Day was celebrated with great enthusiasm and reverence, under the leadership of NSS.

The celebrations began with a special assembly organized by the NSS unit, where students and faculty members paid tribute to Dr. S. Radhakrishnan and expressed their gratitude to all teachers for their unwavering dedication and commitment. The program included speeches, songs, and skits highlighting the importance of teachers in guiding and inspiring students towards a brighter future.

As part of the celebrations, a felicitation ceremony was organized to honor the teachers who have demonstrated exceptional dedication and excellence in their profession. The NSS volunteers took the lead in organizing the ceremony, ensuring that each teacher felt appreciated and valued for their hard work and dedication.

The day also served as an opportunity for students to express their appreciation to their teachers through heartfelt messages and tokens of gratitude. Many students took the time to write personal notes and letters to their teachers, expressing their gratitude for the knowledge, wisdom, and guidance they have received.

In addition to the formal celebrations, the NSS unit organized various activities and initiatives to promote the spirit of learning and teaching. These included educational workshops, interactive sessions, and community outreach programs aimed at promoting education and literacy among underprivileged communities.

Overall, Teacher's Day was a memorable and meaningful occasion, highlighting the important role that teachers play in shaping the future of our society. The celebrations served as a reminder of the profound impact that teachers have on the lives of their students and the importance of honoring and appreciating their efforts.





**ST JOHNS COLLEGE ANCHAL**  
NATIONAL SERVICE SCHEME UNIT NO 14A&B



**"Knowledge gives us  
power, love gives us the  
fullness"**

September 5

**HAPPY**  
*Teacher's Day*

**08/09/2023**

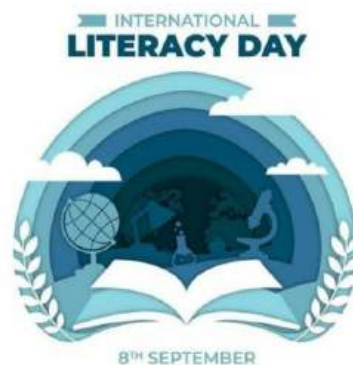
### **International Literacy day**

On September 8th, the world celebrated International Literacy Day, a day dedicated to promoting literacy as a tool for empowering individuals and building sustainable and peaceful societies. This year's theme, "Promoting Literacy for a World in Transition: Building the Foundation for Sustainable and Peaceful Societies," underscored the crucial role of literacy in navigating the challenges of a rapidly changing world.

The day was marked by various events and activities organized by educational institutions, NGOs, and community groups around the globe. These activities aimed to raise awareness about the importance of literacy and to highlight the need for concerted efforts to improve literacy rates, particularly in marginalized and disadvantaged communities.

At our college, the NSS (National Service Scheme) unit took the lead in organizing a session to commemorate International Literacy Day. The session included presentations and readings by students that emphasized the transformative power of literacy in empowering individuals and fostering inclusive and sustainable development.

Overall, International Literacy Day was a poignant reminder of the transformative power of literacy and the urgent need to work together to ensure that everyone has access to quality education. It served as a call to action for individuals, communities, and governments to prioritize literacy as a key driver of sustainable development and peace



**15/09/2023**

### **International Democracy Day**

On September 15th, the world celebrated International Democracy Day with the theme of "Empowering the Next Generation." This annual observance serves as a reminder of the importance of democracy as a fundamental value and principle that promotes peace, equality, and inclusivity.

The day was marked by various events and activities organized by governments, NGOs, and civil society organizations around the world. These activities aimed to raise awareness about the importance of democracy and to encourage young people to actively participate in democratic processes.

At our college, the NSS (National Service Scheme) unit organized a series of events to commemorate International Democracy Day. The day began with a special assembly, where students and faculty members gathered to discuss the significance of democracy in today's world. The assembly included speeches, debates, and interactive sessions that highlighted the role of young people in shaping the future of democracy.

In addition to the assembly, the NSS unit organized a democracy awareness campaign, where volunteers distributed informational materials and engaged with students and community members to discuss the importance of democracy. The campaign focused on educating young people about their rights and responsibilities as citizens and encouraging them to actively participate in democratic processes such as voting and civic engagement.

The day also featured a panel discussion on the theme of "Empowering the Next Generation," where experts and youth leaders shared their insights and experiences on how to engage young people in democracy. The discussion emphasized the need for inclusive and participatory democracy that gives a voice to all members of society, especially young people.

Overall, International Democracy Day was a reaffirmation of our commitment to democracy and a call to action to empower the next generation to become active and responsible citizens. It served as a reminder that democracy is not just a system of government but a way of life that requires constant nurturing and participation from all members of society.



INTERNATIONAL DAY OF  
**DEMOCRACY**

SEPTEMBER 15

21/09/2023

## **World Peace Day**

World Peace Day, observed annually on September 21st, is a day dedicated to promoting peace and non-violence around the world. This day serves as a reminder of the importance of peace in achieving sustainable development and fostering harmony among nations and communities. This year, the National Service Scheme (NSS) took the lead in organizing a series of events to commemorate World Peace Day and promote the message of peace.

The day began with a special assembly, where students and Program Officers gathered to reflect on the significance of peace in today's world. The assembly included speeches, poems, and songs that highlighted the impact of violence and conflict on societies and the need for collective efforts to build a more peaceful world.

In addition, the NSS unit also organized a peace pledge, where participants pledged to promote peace in their daily lives and work towards resolving conflicts peacefully. The pledge emphasized the role of individuals in building a culture of peace and non-violence in their communities.

Overall, World Peace Day was a poignant reminder of the importance of peace in today's world and the need for collective action to promote peace and non-violence. It served as a call to action for individuals and communities to work together towards a more peaceful and harmonious future.



4/09/2023

## **NSS DAY**

NSS Day, celebrated annually on 24th September, is a day dedicated to honoring the contributions and achievements of the National Service Scheme (NSS) in promoting social welfare and community development. This day serves as a reminder of the NSS's commitment to the ideals of volunteerism, community service, and national development.

The celebration of NSS Day at our college was a vibrant and joyous affair, marked by a series of events and activities organized by the NSS unit. The day began with a ceremonial flag hoisting, followed by a special assembly where students and faculty members gathered to reflect on the significance of the NSS in their lives and the lives of others.

The assembly featured speeches, presentations, and testimonials from past NSS volunteers, highlighting the impact of the NSS on their personal and professional development. Students shared their experiences of participating in NSS activities and how it has helped them become more socially responsible and empathetic individuals.

The celebration of NSS Day was not just a one-day event but a reaffirmation of the NSS's commitment to serving the community and building a better, more inclusive society. It served as a reminder to all students and volunteers of the importance of selfless service and the power of collective action in bringing about positive change.



**02/10/2023**

## **Gandhi Jayanti**

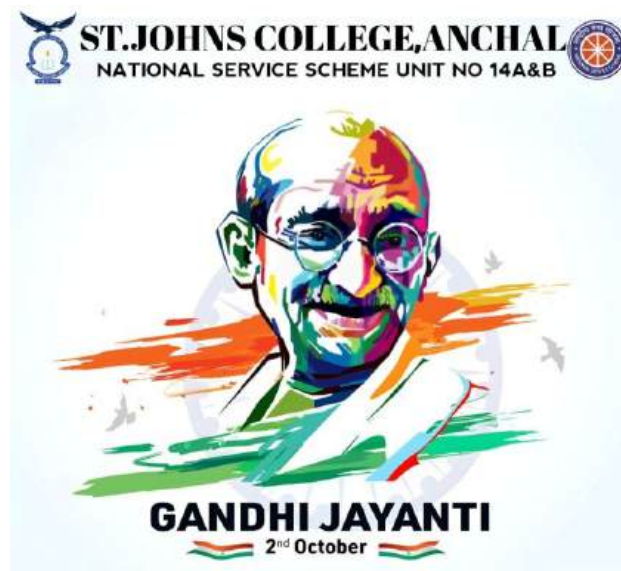
On the occasion of Gandhi Jayanti, which is celebrated on October 2nd to commemorate the birth anniversary of Mahatma Gandhi, the National Service Scheme (NSS) took the initiative to organize a road cleaning drive. This day holds great significance as it not only marks the birthday of the Father of the Nation but also serves as a reminder of his teachings and principles of cleanliness, non-violence, and service to humanity.

The road cleaning drive was conducted late in the morning, with NSS volunteers and Panchayat staff gathering to clean up a designated area in the vicinity. Armed with brooms, gloves, and garbage bags, the volunteers enthusiastically set out to remove litter and debris from the streets, sidewalks, and public spaces.

The cleaning drive was not just about physical cleanliness but also about instilling a sense of civic responsibility and environmental consciousness among the participants. Through their actions, the volunteers sought to honor the legacy of Mahatma Gandhi and his vision of a clean and green India.

The collective effort of the volunteers resulted in a significant improvement in the cleanliness of the area, demonstrating the power of community-driven action.

Overall, the road cleaning drive organized by the NSS was not just a symbolic gesture but a practical demonstration of the principles of cleanliness and service espoused by Mahatma Gandhi. It served as a reminder to all participants of their role in building a cleaner, greener, and more sustainable future for generations to come.







**13/10/2023**

## **POTHICHOR DISTRIBUTION**

Under the leadership of the NSS unit, a pothichor distribution drive was conducted with the aim of providing food to street vendors and destitute persons in need. The drive was organized in response to the growing issue of food insecurity among vulnerable populations, especially during challenging times.

The distribution drive took place in a central location where street vendors and destitute persons are known to gather. NSS volunteers worked tirelessly to prepare and distribute pothichor, a nutritious meal consisting of rice, vegetables, and spices, cooked together to create a wholesome and filling dish.

The volunteers took care to ensure that the food was prepared and distributed in a hygienic manner, adhering to all safety guidelines and protocols. They also made an effort to engage with the beneficiaries, offering words of kindness and encouragement along with the food, to provide a sense of warmth and companionship.

The distribution drive was met with gratitude and appreciation from the recipients, many of whom rely on such acts of kindness for their daily sustenance. The NSS unit also used the opportunity to raise awareness about food wastage and the importance of sharing resources with those in need.

Overall, the pothichor distribution drive organized by the NSS unit was a testament to the spirit of service and compassion that drives their work. It served as a reminder of the importance of reaching out to the less fortunate members of society and extending a helping hand in times of need.



27/10/2023

## **KANAL FEST**

The National Service Scheme (NSS) Unit organized 'Kanal Fest 2023-24,' a flagship event aimed at empowering young women and promoting gender equality. The event, held under the auspices of the District Women and Child Development Office, Kollam, brought together students, faculty, and community members to raise awareness about issues related to women's safety and empowerment.

The program kicked off at exactly ten o'clock with a prayer song, setting a tone of reverence and respect for the day's activities. ICDS Supervisor Smt. Ambika Antharjanam, a respected figure in the field of women's development, presided over the program, underscoring the importance of women's empowerment in today's society. Gender specialist Smt. Arya. S. Kumar warmly welcomed the participants, highlighting the significance of the event in promoting gender equality and women's rights.

College Principal Dr. Nisha Thomas inaugurated the program, emphasizing the college's commitment to empowering young women and creating a safe and inclusive environment for all. The keynote address was delivered by motivational trainer Mr. Binu George, who conducted an engaging and informative awareness class on women's empowerment and self-defense.

The second session of the program focused on self-defense training, conducted by female trainers from the Kollam Rural Kerala Police. The trainers, who are experts in self-defense techniques, led an interactive and practical session aimed at equipping the participants with the skills and confidence to protect themselves in challenging situations.

NSS Program Officer Dr. Sunitha Grace Zacharia expressed gratitude for the opportunity to host such an impactful program and thanked all participants for their enthusiastic participation. Approximately 100 girls participated in the program, which concluded at 1 pm with a renewed sense of empowerment and confidence among the participants. The 'Kanal Fest 2023-24' was not just an event but a step towards building a more inclusive and empowered society where every woman feels safe and empowered.

**കേരള സർക്കാർ  
 ജില്ലാ വനിതാ ശിശു വികസന ഓഫീസ്, കൊല്ലം**

**കനൽ ചെമ്പ്  
 2023-24**

**ബന്ധി : St.ജോൺസ് കോളേജ്, അഞ്ചൽ  
 (27/10/2023, 10:00 AM)**

**കാര്യവരിപ്പാടികൾ**

- ഊതല പുരസ്കാരം : KSS ഡയറക്ടറേറ്റ്
- നടപടികൾ : ഉദ്യോഗി അഭ്യർത്ഥന ഓൺലൈൻ (അപേക്ഷാ സമയമുടനീളം 09:00 മണവും അന്ത്യം : ഉദ്യോഗി അപേക്ഷാ സമയം 10:00 മണവും വരെ) (അപേക്ഷാ സമയം 10:00 മണവും അന്ത്യം : ഉദ്യോഗി അപേക്ഷാ സമയം 10:00 മണവും വരെ)
- ഉദ്യോഗി : **Dr. നീല തോമസ്**  
 (പ്രിൻസിപ്പൽ, St. ജോൺസ് കോളേജ്, അഞ്ചൽ)
- അപേക്ഷാ : **Dr. കമലാ നീല-റാജ്**  
 (പ്രിൻസിപ്പൽ, കേരള സർക്കാർ, കൊല്ലം)
- അപേക്ഷാ സമയം : **കമലാ - 'മിസ് നീൽ തോമസ് അഞ്ചൽ പ്രിൻസിപ്പൽ'**
- അപേക്ഷാ : **നവീനാ നായർ** (പ്രിൻസിപ്പൽ, കേരള സർക്കാർ, കൊല്ലം)  
 ഉദ്യോഗി കമലാ (KSS ഡയറക്ടറേറ്റ്, കൊല്ലം)  
 ഉദ്യോഗി നവീനാ (കേരള സർക്കാർ, കൊല്ലം)  
 ഉദ്യോഗി ഉദ്യോഗി (കേരള സർക്കാർ, കൊല്ലം)  
 ഉദ്യോഗി കേരള സർക്കാർ (കേരള സർക്കാർ, കൊല്ലം)
- സമിതി : **Dr. സുരേഷ് കുമാർ**  
 (KSS ഡയറക്ടറേറ്റ്, കൊല്ലം)



**31/10/2023**

## **National Unity Day**

On the occasion of the birth anniversary of India's iron man, Sardar Vallabhbhai Patel, National Unity Day was celebrated with great fervor and enthusiasm under the leadership of the National Service Scheme (NSS). The day, observed on October 31st, is dedicated to honoring the contributions of Sardar Patel in uniting the princely states of India into a single nation.

The celebrations began with a special assembly, where students and faculty members gathered to commemorate the life and legacy of Sardar Patel. N. S. S. Program Officer, Thomas Mohan Sir, conducted a class on the importance of Unity Day and the role of Sardar Patel in shaping the unity and integrity of India. The class highlighted Sardar Patel's vision of a united India and his efforts in integrating over 500 princely states into the Indian Union.

Following the class, a Unity Day Tribute was organized, where students and volunteers paid homage to Sardar Patel through speeches, songs, and poems. The tribute underscored the values of unity, diversity, and inclusivity that Sardar Patel stood for and emphasized the importance of preserving national unity in the face of challenges.

The celebrations also included a pledge-taking ceremony, where participants reaffirmed their commitment to upholding the unity and integrity of India. The pledge emphasized the importance of respecting the diversity of India's cultures, languages, and traditions while remaining united as one nation.

Overall, Unity Day was a solemn yet inspiring occasion that reminded everyone of the importance of unity in diversity. The celebrations served as a fitting tribute to Sardar Patel's vision and leadership, inspiring all to work towards building a stronger, more united India.



 **ST JOHNS COLLEGE ANCHAL**   
NATIONAL SERVICE SCHEME UNIT NO 14A&B

**14/ 11/2023**

## **CHILDRENS DAY**

On the occasion of Children's Day, the National Service Scheme (NSS) unit organized a heartwarming event to celebrate and honor the children of the nearby Anganwadi. The event aimed to spread joy and happiness among the children, recognizing them as the future of our nation.

The program was attended by five volunteers, including the NSS Program Officer, Sunitha Zacharia, who participated enthusiastically in organizing the event. As part of the celebration, the NSS unit distributed tokens of love to the children, including books, color pencils, and other study materials, to encourage and support their learning and creativity.

The distribution was followed by a showcase of the children's creative talents, where they participated in various activities such as dance performances, songs, and storytelling. The children's performances were both entertaining and inspiring, showcasing their innate talents and enthusiasm.

The highlight of the event was the active participation of the children, who joyfully engaged in the activities and radiated positivity and happiness. The event not only provided the children with an opportunity to showcase their talents but also served as a platform for them to express themselves freely and confidently.

Ms. Leena, the Anganwadi teacher, expressed her gratitude and appreciation for the program in a heartfelt vote of thanks. She highlighted the importance of such initiatives in nurturing and empowering children, and thanked the NSS unit for their efforts in organizing the event.

The program concluded on a high note, with smiles on the faces of both the children and the volunteers. It was a memorable and meaningful celebration, reminding everyone of the innocence, creativity, and potential of children, and the importance of nurturing and supporting them in every possible way.





**24/11/2023**

## **PRABODHA 2023**

Prabodha 2023, a three-day residential volunteer leadership training program, was organized by the Kerala University National Service Scheme (NSS) at TKM College, Kollam. The program aimed to enhance the leadership skills and capabilities of NSS volunteers, preparing them to take on greater responsibilities and make a positive impact in their communities.

The program was attended by NSS Volunteer Secretaries Anoop M Das and Latinamol C., who participated actively in the various training sessions and activities. The program kicked off with an inaugural ceremony, where distinguished guests and dignitaries emphasized the importance of volunteerism and community service in shaping a better society.

Throughout the three days, the volunteers participated in a series of workshops, seminars, and interactive sessions conducted by experts in the field of leadership development. These sessions covered a wide range of topics, including effective communication, team building, problem-solving, and project management.

One of the highlights of the program was the hands-on community service projects undertaken by the volunteers. They were divided into groups and assigned various tasks such as organizing health camps, conducting cleanliness drives, and promoting environmental awareness. These projects not only provided the volunteers with practical experience but also allowed them to make a tangible difference in the lives of others.

In addition to the training sessions and community service projects, the program also included cultural and recreational activities to foster camaraderie and team spirit among the volunteers. These activities helped create a supportive and inclusive environment where volunteers could learn from each other and grow together as leaders.

Overall, Prabodha 2023 was a resounding success, empowering NSS volunteers with the skills, knowledge, and confidence to lead effectively and make a positive impact in their communities. The program was a testament to the commitment of the Kerala University NSS in nurturing the next generation of socially responsible leaders.



**NATIONAL SERVICE SCHEME**

2020 ഒക്ടോബർ  
2021 ഫെബ്രുവരി  
2022 നവംബർ  
**2023 ഓഗസ്റ്റ്**

THREE DAY RESIDENTIAL  
VOLUNTEER LEADERSHIP TRAINING PROGRAMME

24 - 26 November 2023  
TMM College of Arts & Science,  
Kankkoda, Kollam.



Kottamkara, Kerala, India  
WJ8M+4GW, Karicode, Peroor, Kottamkara,  
Lat 8.915354°  
Long 76.634171°  
25/11/23 10:16 AM GMT +05:30



**06/12/2023**

### **Anti Tobacco Sensitisation Program**

A session on Anti-Tobacco Sensitization Program for college students was conducted by the NSS Unit in association with the Anti-Narcotic Cell and Community Health Centre, Anchal. The program, held at the College auditorium, aimed to raise awareness about the harmful effects of tobacco and drug abuse among college students.

The program commenced at 10 am with a prayer, setting a solemn tone for the proceedings. Thomas Mohan, the NSS Program Officer, delivered the welcome speech, highlighting the importance of the program in educating students about the dangers of tobacco and drug abuse.

The presidential address was delivered by Jerry Jacson, the IQAC coordinator, who emphasized the role of students in promoting a healthy and drug-free lifestyle. Dr. Sabu, the medical officer of the Community Health Centre, Anchal, delivered the keynote address, providing valuable insights into the health hazards associated with tobacco and drug consumption.

The program also included felicitations by Junior Health Inspector Gopakumar and Health Inspector Sarayudevi, who commended the efforts of the college and NSS in organizing such an important awareness program.

Dr. Sunitha Grace, the NSS Program Officer of St. John's College, delivered the vote of thanks, expressing gratitude to all the participants, speakers, and organizers for their contributions to the program's success. The program concluded at 12.15 pm, having achieved its objective of creating awareness about the dangers of tobacco and drug abuse among college students.

Overall, the NSS program on the Anti-Narcotic Cell was successful in educating and sensitizing college students about the importance of leading a healthy and drug-free lifestyle. Such initiatives play a crucial role in building a healthier and more responsible society.

**ST. JOHNS COLLEGE, ANCHAL**  
NATIONAL SERVICE SCHEME UNIT NO 14AAB  
&  
**Anti Narcotics Cell St. Johns College, Anchal**  
in association with  
**Community Health Centre, Anchal**  
Organises  
**ANTI-TOBACCO SENSITISATION PROGRAMME**  
FOR COLLEGE STUDENTS



Days : 06/12/2023  
Venue : College Auditorium  
Time : 9:30 AM

**RESOURCE PERSONS**

Dr Suchitra.S - Medical Officer CHC, Anchal  
Sri Harilal - Civil Excise Officer,Punalur  
Smt Asha - Health supervisor CHC, Anchal  
Smt Sarayudevi - Health inspector  
Sri.Gopakumar - Jr health inspector

**PROGRAM SCHEDULE**

Prayer : NSS Volunteers  
Welcome : Thomas Mohan  
(NSS PO,SJC Anchal)  
Presidential Address : Dr Nisha Thomas  
(Principal,SJC Anchal)  
Keynote Address : Dr Suchitra.S  
(Medical Officer CHC Anchal)  
Vote Of Thanks : Dr. Sunitha Grace Zacharia  
(NSS PO,SJC Anchal)

**Session on Anti-Tobacco Sensitisation  
For College Students**



16/12/2023

## **Orientation Program**

The Orientation Program for First Year NSS Volunteers was conducted on 16th December 2023 at the College Auditorium. The program was organized to introduce the new volunteers to the objectives and activities of the National Service Scheme (NSS) and to motivate them to actively participate in NSS initiatives. The program was conducted under the guidance of Sarvodayam Orientation Program Thiruvananthapuram Azad Sena Coordinator, Dr. Akhil CK.

The program began with an inaugural ceremony, where Dr. Akhil CK delivered an inspiring speech, highlighting the importance of community service and the role of NSS in promoting social welfare. The volunteers were then divided into groups and engaged in various activities, including interactive sessions, group discussions, and team-building games. These activities were designed to help the volunteers understand the core values of NSS, such as selflessness, empathy, and social responsibility.

Throughout the program, the volunteers were educated about the various activities and projects undertaken by NSS, including blood donation camps, cleanliness drives, and awareness campaigns. They were also encouraged to come up with innovative ideas for future projects and initiatives.

The program concluded at 12:30 pm with a closing ceremony, where certificates of participation were distributed to the volunteers. The program was successful in achieving its objectives of introducing the new volunteers to NSS and motivating them to actively participate in its activities. It also served as a platform for the volunteers to interact with each other and develop a sense of camaraderie and teamwork. Overall, the Orientation Program was a valuable experience for the volunteers, providing them with the necessary skills and motivation to make a positive impact in their communities through NSS.

**ST. JOHN'S COLLEGE, ANCHAL**  
NATIONAL SERVICE SCHEME UNIT NO 14A&B

നവോത്ഥാനം  
**ORIENTATION**

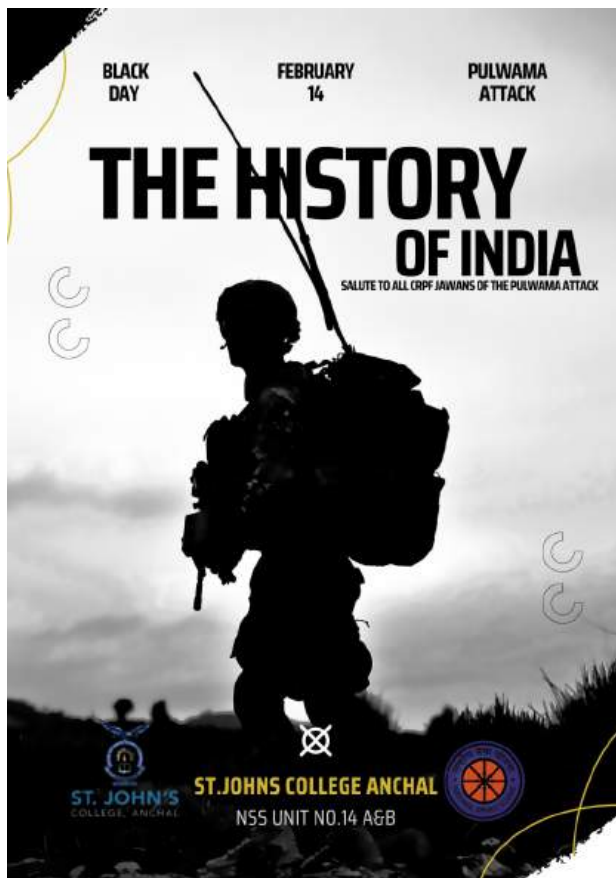
9:30 AM 12:30 PM  
December 16  
College Auditorium

**DR. AKHIL C.K**



**COORDINATOR ASAAD SENA**  
TRIVANDRUM DISTRICT





14/02/2024

## **BLACK DAY**

On February 14th, the National Service Scheme (NSS) of Anchal St. John's College observed Black Day in remembrance of the Pulwama terror attack. The day began with a solemn silent prayer in front of a memorial dedicated to the brave soldiers who sacrificed their lives for the country in the Pulwama attack. This prayer served as a poignant reminder of the sacrifices made by our soldiers in the line of duty.

The program continued with speeches by the Program Officers and Volunteer Secretaries, who spoke about the significance of the day and the need to remember and honor the martyrs. They highlighted the bravery and valor displayed by the soldiers in the face of adversity and emphasized the importance of standing united against terrorism.

As part of the program, volunteers displayed prescriptions, placards, and posters to convey the importance of Pulwama Day and to raise awareness about the sacrifices made by the soldiers. These displays served as a visual reminder of the impact of terrorism and the need for continued vigilance and unity in the fight against it.

The observance of Black Day was not only a tribute to the martyrs of the Pulwama attack but also a reaffirmation of the nation's resolve to combat terrorism in all its forms. It was a solemn occasion that brought the college community together to honor the memory of the brave soldiers and to express solidarity with their families. The program concluded with a pledge to continue the fight against terrorism and to ensure that the sacrifices of the martyrs are never forgotten.





19/02/2024

## **VOTERS AWARENESS CLASS**

As part of the national campaign on voter's awareness among the youth in colleges, a special online session for NSS Volunteers was held on Monday, February 19 at 10:00 am in the Audio-Visual Room. The session was live-streamed from Delhi to all colleges in South India. All NSS Volunteers from the First Year Class participated in the session, which aimed to educate and empower young voters about the importance of exercising their democratic right to vote.

The session began with an introduction to the national campaign and the significance of voter's awareness among youth. It was followed by a series of interactive presentations and discussions on various aspects of the electoral process, including voter registration, voting procedures, and the role of youth in strengthening democracy.

Special emphasis was placed on the importance of informed and responsible voting, as well as the need to combat electoral malpractices such as vote buying and voter intimidation. The session also highlighted the role of NSS Volunteers as ambassadors of voter's awareness in their respective colleges and communities.

The online session featured guest speakers and experts from the Election Commission of India and other organizations involved in voter's awareness campaigns. They shared valuable insights and best practices for engaging young voters and ensuring a free, fair, and transparent electoral process.

Overall, the online session was a resounding success, with NSS Volunteers expressing enthusiasm and commitment to spreading awareness about the importance of voting among their peers. It served as a reminder of the power of youth in shaping the future of the country through active participation in the democratic process.



20/02/2024

## WORLD SOCIAL JUSTICE DAY



# WORLD DAY OF SOCIAL JUSTICE



FEBRUARY 20

On World Social Justice Day, the NSS Unit organized a class and quiz competition to raise awareness about social justice issues and promote a sense of social responsibility among students. The program commenced with the NSS song at 1 pm, setting the tone for the day's activities. Thomas Mohan, NSS PO and Political Science Lecturer at the college, conducted an informative class on the significance of World Social Justice Day, highlighting the importance of promoting equality, inclusivity, and fairness in society.

The program was attended by NSS Program Officers, Volley Secretaries, and all NSS Volunteers, who actively participated in the various activities. Following the class, volunteers took the lead in displaying different types of posters, placards, and collages related to social justice, showcasing their creativity and passion for the cause.

One of the highlights of the event was the quiz competition, which tested participants' knowledge of social justice issues and their understanding of the

principles of equality and fairness. The quiz was engaging and thought-provoking, encouraging participants to think critically about the challenges faced by marginalized communities and the role of social justice in creating a more equitable society.

Prizes were awarded to the winners of the quiz competition, acknowledging their efforts and knowledge in the field of social justice. The program concluded with a sense of accomplishment and a renewed commitment to promoting social justice in the college and beyond.

Overall, the class and quiz competition organized by the NSS Unit on World Social Justice Day were successful in raising awareness about important social issues and fostering a sense of solidarity among students. It served as a reminder of the importance of standing up for justice and equality in all aspects of life.



21/02/2024

## INTERNATIONAL MOTHER TONGUE DAY



ഹൃദയം നിറഞ്ഞ  
**മാതൃഭാഷാ**  
ദിനാശംസകൾ.

ഫെബ്രുവരി 21

Under the leadership of the National Service Scheme (NSS) Unit, International Mother Language Day was celebrated on February 21st. The day holds great significance as it commemorates the importance of linguistic diversity and the preservation of mother languages. Shijo Varghese from the Malayalam department of the college, inaugurated the program with a thoughtful speech highlighting the importance of preserving and promoting mother languages.

The celebration continued with various art programs organized by the NSS volunteers. These programs included cultural performances, poetry recitations, and storytelling sessions, all aimed at showcasing the beauty and richness of different mother languages. The volunteers worked tirelessly to

ensure that the essence and spirit of Mother Language Day were captured in each performance.

The program provided a platform for students to express their love and appreciation for their mother language through creative expressions. It was a moment of pride for everyone to see the enthusiastic participation and dedication of the students in celebrating their mother languages.

Overall, the Mother Language Day celebration organized by the NSS was a grand success, showcasing the college's commitment to promoting linguistic diversity and cultural heritage. It was a day filled with joy, pride, and a deep sense of appreciation for the rich tapestry of languages that make up our cultural identity.



24/02/2024

## **VEGETABLE GARDEN**

The volunteers of the National Service Scheme (NSS) Unit embarked on a green initiative by creating a vegetable garden in a previously barren land within the college premises. This project aimed not only to beautify the surroundings but also to promote sustainable living and encourage self-sufficiency.

Under the guidance and coordination of the program officers and NSS volunteers, the project began with careful planning and selection of vegetable seeds. Various types of vegetables were chosen for their nutritional value and ease of cultivation.

The volunteers worked diligently to prepare the land, removing weeds and ensuring proper soil nutrition. They then planted the seeds with precision and care, following best practices for vegetable cultivation. Regular watering and maintenance were carried out to ensure the healthy growth of the plants.

As the vegetables began to grow, the garden became a source of pride and inspiration for the volunteers. They took ownership of the project, dedicating their time and effort to ensure its success. The garden not only provided fresh and organic produce for the college but also served as a learning opportunity for the volunteers, teaching them valuable skills in gardening and agriculture.

The vegetable garden also had a positive impact on the college community, promoting a sense of environmental responsibility and encouraging others to adopt sustainable practices. It served as a reminder of the importance of utilizing available resources efficiently and respecting the environment.

Overall, the vegetable garden project undertaken by the NSS volunteers was a testament to their commitment to community service and sustainable living. It demonstrated the positive impact that small initiatives can have on the environment and the community, inspiring others to follow suit.





26.02.2024

## BLOOD DONATION CAMP



A one-day blood donation camp was organized by the NSS Unit in association with Kimsat Hospital, Kadakkal. The camp aimed to contribute to the noble cause of saving lives through voluntary blood donation. College Principal Dr. Nisha Thomas inaugurated the camp, emphasizing the importance of such initiatives in meeting the critical need for blood supply in healthcare services.

Approximately twenty-five volunteers, comprising NSS members and other students, participated in the camp. They were eager to contribute to the cause and make a positive impact on the community. The volunteers were briefed about the donation process and the significance of their contribution in saving lives.

The camp was conducted following strict safety protocols and guidelines to ensure the well-being of donors and organizers. Medical professionals from Kimsat Hospital supervised the donation process, ensuring that it was conducted smoothly and safely.

The volunteers actively engaged in assisting donors, managing registration, and maintaining a conducive environment at the camp. The blood donation camp not only provided a platform for students to contribute to a noble cause but also raised awareness about the importance of voluntary blood donation. It highlighted the role that individuals can play in saving lives and promoting community health.

Overall, the blood donation camp organized by Anchal St. John's College NSS was a resounding success, demonstrating the spirit of altruism and community service among the students. It served as a reminder of the impact that small acts of kindness can have on the lives of others.



03.03.2024

## **DISTRICT LEVEL NEIGHBOURHOOD YOUTH PARLIAMENT**

Twenty NSS volunteers from the NSS Unit actively participated in District Level Neighbourhood Youth Parliament conducted at St. Gregorios College, Kottarakkara. The Youth Parliament aimed to provide a platform for young individuals to engage in meaningful discussions on various social, political, and economic issues affecting the community.

The NSS volunteers were enthusiastic about participating in the Youth Parliament, as it presented an opportunity to voice their opinions and contribute to discussions on important matters. They prepared diligently for the event, researching various topics and familiarizing themselves with parliamentary procedures.

The Youth Parliament kicked off with an inaugural ceremony, where distinguished guests and dignitaries emphasized the importance of youth participation in democratic processes. Our NSS Volunteers actively engaged in the debates and discussions that followed, showcasing their knowledge and articulation skills.

The topics discussed during the Youth Parliament ranged from education and healthcare to environment and social welfare. The event was not only a platform for discussing pressing issues but also an opportunity for the volunteers to learn from their peers and expand their horizons. They interacted with students from other colleges, exchanging ideas and building networks for future collaborations.

Overall, the District Level Neighbourhood Youth Parliament was a valuable experience for the NSS Volunteers, providing them with a platform to voice their opinions, engage in constructive discussions, and contribute to the democratic process. It was a reminder of the importance of youth participation in shaping a better future for society.

15.03.2024

## TEST TREAT TALK ANEMIA



**ST. JOHN'S COLLEGE, ANCHAL**  
NATIONAL SERVICE SCHEME UNIT NO 14A&B

&

**Department of Women  
and Child Welfare**

organizing a one-day camp

**T<sup>3</sup>  
Test  
Treat  
Talk  
ANEMIA**

**March 15 (Friday) from  
09:45 am to 12:30 pm**

**Place:- College Auditorium**

The National Service Scheme (NSS) Unit and the Department of Women and Child Welfare, Kollam jointly organized a one-day camp focused on Anemia disease on March 15, 2024, at the College Auditorium. The camp aimed to raise awareness about the causes, symptoms, and prevention of Anemia, especially among women and children. College Principal Dr. Nisha Thomas inaugurated the session, emphasizing the importance of addressing Anemia as a public health concern.

The class on Anemia was led by Ms. Amrutha, a Midlevel Service Provider at the Anchal Health Centre. She provided valuable insights into the prevalence of Anemia, its impact on health, and the importance of adopting healthy dietary practices to prevent and manage the condition. She also highlighted the role of iron-rich foods and supplements in combating Anemia.

The camp saw active participation from ICDS Supervisor Ambika Antharjanam and NNM Coordinator Dhanalekshmi, who shared their expertise and experiences in addressing Anemia in the community. They emphasized the need for regular health check-ups and early detection of Anemia to prevent complications.

The session included interactive activities and discussions to engage participants and enhance their understanding of Anemia. Posters and educational materials were displayed to provide visual aids and reinforce key messages about Anemia prevention and management.

Overall, the one-day camp on Anemia disease organized by NSS and the Department of Women and Child Welfare at St. John's College, Anchal, was a success. It served as a platform for raising awareness, sharing knowledge, and empowering individuals to take proactive steps towards preventing Anemia and promoting overall health and well-being.

