



NIRMALAGIRI COLLEGE KUTHUPARAMBA



NATIONAL SERVICE SCHEME

ANNUAL REPORT OF NSS FOR THE YEAR 2022-23



REPORT OF NSS ACTIVITIES 2022-23

Programme 01

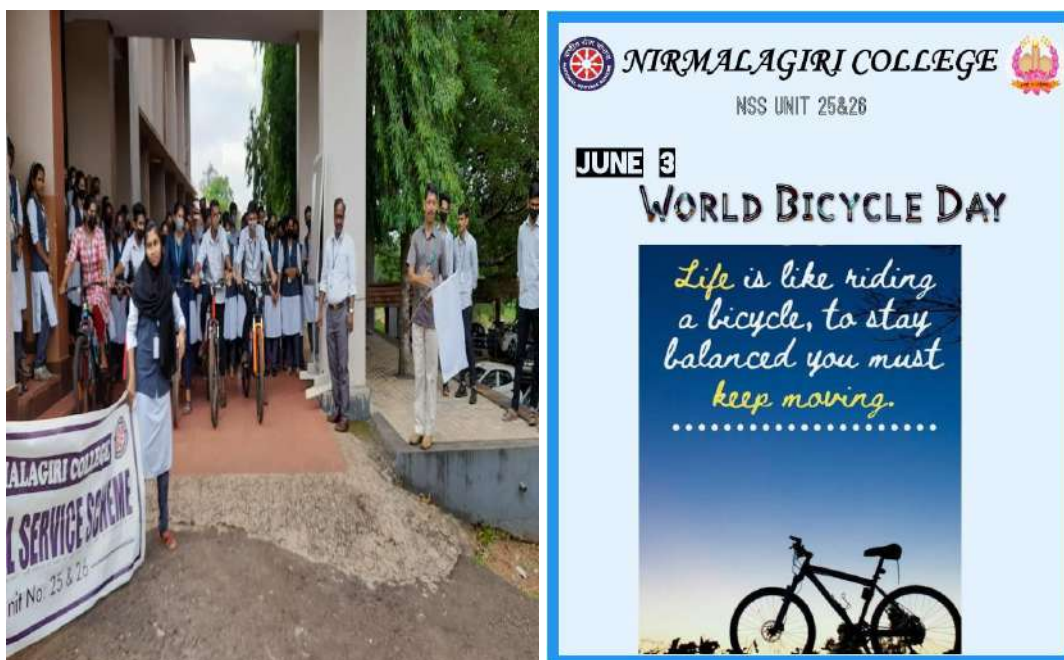
Date:03/06/2022

Title: World Bicycle Day

Organized by: NSS

No.of students participated: 90

Brief Report: World Bicycle Day is celebrated on June 3rd every year to promote the benefits of cycling and encourage its use as a means of transportation, promoting health, well-being, and sustainable development. Dr Ousephachan KV, Principal, Nirmalagiri College flagged off the celebrations for World Bicycle Day. By flagging off the World Bicycle Day celebrations, he demonstrates his commitment to raising awareness about the numerous benefits of cycling and encouraging more people to embrace it. NSS volunteers organised a bicycle rally where cyclists gather and ride together to showcase the importance of cycling and its positive impact on individuals and the environment. NSS programme officers coordinated the programme.



Programme 02

Date:06/06/2022

Title: World Environmental Day Celebrations

Organized by: NSS

No.of students who participated: 100

Brief Report: Nirmalagiri College NSS Unit 25&26 celebrated Environment Day by planting tree saplings. Planting tree saplings is a meaningful and impactful activity to promote nature conservation. Principal Dr Ousephachan K V and Bursar Rev. Fr. Mathew Thekkemury has given messages to the NSS volunteers regarding the importance of nature conservation. These messages highlight the significance of nature conservation and inspire NSS volunteers to continue their efforts in protecting the environment. They reinforce the idea that small actions, such as planting trees, can contribute to a greener and more sustainable world. NSS volunteers planted different tree saplings.



Programme 03

Date:09/06/2022

Title: Awareness campaign against communicable diseases.

Organized by: NSS

No.of students participated: 90

Brief Report: Nirmalagiri College NSS Units 25 and 26 conducted an awareness campaign about communicable diseases during the monsoon season. This is an important initiative as these diseases tend to be more prevalent during this time, making it crucial to educate the

college community about prevention and necessary precautions. Creating leaflets about different diseases like malaria, dengue fever, typhoid, diarrhea, and leptospirosis is an effective way to disseminate information. These leaflets can provide valuable insights into the symptoms, preventive measures, and treatment options for each disease. By distributing them to all the departments and displaying them on the notice board, the NSS units ensure that the information reaches a wide audience within the college community. The NSS program officers offered guidance and assistance to the students in designing the leaflets, organizing the distribution process, and effectively displaying the information.



Programme 04

Date:09/06/2022

Title: Oppam

Organized by NSS

No.of students participated: 90

Brief Report: Nirmalagiri College NSS Unit 25&26 raised funds for study kits for children of Blinds. Providing study kits for blind children is an important initiative that can help facilitate their education and improve their learning experience. NSS volunteers actively participated in the fundraising activities. Their involvement is crucial for the success of the initiative. Principal Dr Ousephachan K V handed over the raised fund to representatives of the Kerala Federation of the Blind on 09/06/2022. NSS programme officers and volunteers were present at the programme.

NIRMALAGIRI COLLEGE
NSS UNIT 25&26

ഒപ്പം
ഭിന്നശേഷിയുള്ളവരെയും അവരുടെ മക്കളെയും ഒപ്പം കൂട്ടാനുള്ള നിർമ്മലഗിരി എൻ എസ് എസ് യൂണിറ്റുകളുടെ എളിയ ശ്രമം

സ്വാഗതം- ജുമാന (വോളണ്ടിയർ)
അധ്യക്ഷൻ - ഡോ. ഔസേപ്പച്ചൻ കെ.വി.(പ്രിൻസിപ്പൽ)

സഹായനിധി ഏറ്റെടുക്കാൻ- ശ്രീ. സജിദ് ഹൈദറേഷൻ ഓഫ് റബ്ബറേജൻസ്, പ്രസിഡന്റ്, കണ്ണൂർ ജില്ല

ആശംസ- ഡോ ജയ്സൺ ജോസഫ് (പ്രോഗ്രാം ഓഫീസർ)
ആശംസ- ശ്രീമതി ദീപ്തി (പ്രോഗ്രാം ഓഫീസർ)
നന്ദി - ഡേവിഡ് (വോളണ്ടിയർ)

പൊതുവിശേഷം

02 **ദീപിക** KNR*
2022 ജൂൺ 11 ശനി



വിനയശേഷിക്കാരുടെ കേൾക്ക് പഠനത്തിനായി സ്ഥാപിച്ച ആക ഹെഡ് ഷൻ ഓഫ് റബ്ബറേജൻസ് ജില്ലാ പ്രസിഡന്റ് സാജിദ് നീരജ്ഞി കോളജ് പ്രിൻസിപ്പൽ ഡോ. കെ.വി. ഔസേപ്പച്ചൻ കൈകൊടുത്തു.

സഹായനം കൈമാറി

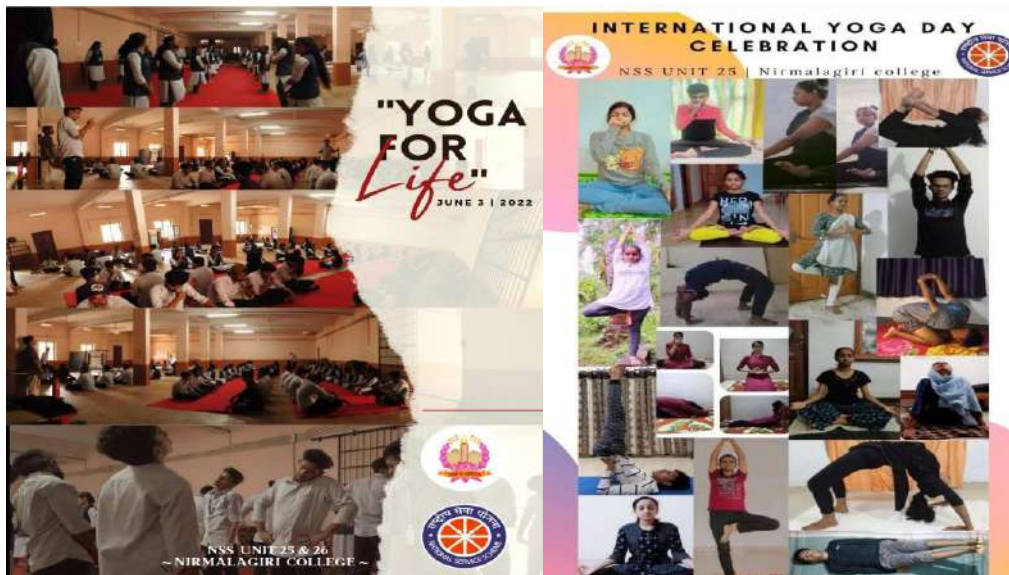
കുത്തുപന്ത് നിർമ്മാണി കോളജ് എൻ-എസ്-എസ് യൂണിറ്റുകളുടെ ആഭിമുഖ്യത്തിൽ ഭിന്നശേഷിക്കാരുടെ മക്കളുടെ പഠനാവശ്യങ്ങൾക്കായി സ്ഥാപിച്ച ആക ഹെഡ് പ്രിൻസിപ്പൽ ഡോ. കെ.വി. ഔസേപ്പച്ചൻ ഹെഡ് ഷൻ ഓഫ് റബ്ബറേജൻസ് ജില്ലാ പ്രസിഡന്റ് സാജിദ് നീരജ്ഞി, പ്രോഗ്രാം ഓഫീസർ മാരായ ഡോ. ജയ്സൺ ജോസഫ്, നീരജി ജിനുബ്ബൽ, വോളണ്ടിയർമാരായ ഡേവിഡ്, ജുമാന, ദീപ്തി എന്നിവർ പ്രസംഗിച്ചു.



Programme 05

Date: 03/06/2022 --21/06/2022
Title: Yoga Training
Organized by NSS
No.of students participated 90

Brief Report: Yoga is a holistic practice that promotes physical, mental, and spiritual well-being. Nirmalagiri College NSS Unit 25&26 celebrated Yoga Week by giving Yoga training to volunteers. Yoga is not just a physical exercise but a way of life. It teaches us mindfulness, self-discipline, and the ability to connect with our inner selves. As NSS volunteers, these qualities will be valuable in serving others and positively impacting society.



Programme 06

Date: 18/07/2022

Title: Debate Competition

Organized by: NSS

No.of students participated: 87

Brief Report: In connection with world youth skill day Nirmalagiri College NSS Unit 25&26 conducted a debate competition on the topic of Gender Equality on 18/07/2022. Mr. Deepak Joseph, Assistant Professor of Politics was the moderator. This event provides us with an opportunity to engage in meaningful conversations and shed light on an issue that holds immense significance in today's world. Gender equality is not just a concept; it is a fundamental human right. Volunteers took a step towards promoting inclusivity, fairness, and empowerment for all genders by participating in this event. All the students actively participated and shared their opinions.



Programme 07

Date:26/07/2022

Title: Kargil Vijay Divas

Organized by: NSS

No.of students participated: 93

Brief Report: Nirmalagiri College NSS Unit 25 & 26 observed Kargil Vijay Diwas. It is an important day to honor and remember the sacrifices made by the Indian Armed Forces during the Kargil War. Principal Dr. Ousephachan K. V inaugurated the event by lighting a candle showing the respect and significance attached to the occasion. The photo exhibition conducted as a part of the event must have provided a visual representation of the valor and heroism displayed by our soldiers during the Kargil conflict. The program officers Dr Jaison Joseph and Smt. Deepthi Lisbeth K played a crucial role by providing the necessary guidance. NSS units

at Nirmalagiri College actively commemorate significant national events like Kargil Vijay Diwas, fostering a sense of patriotism and respect among students.



Programme 07

Date:29/07/2022

Title: Reading Centre

Organized by: NSS

No.of students participated: 93

Brief Report: Nirmalagiri College NSS Unit 25&26 set up a reading corner in Magattidam PHC on 29/07/2022. knowledge is a powerful tool that can transform lives. By establishing this reading corner, we are taking a step forward in promoting literacy, education, and well-being in our community. Creating a reading corner is an excellent initiative that promotes literacy and provides an enriching environment for patients and visitors. Everyone can use this reading corner to nurture the habit of reading, as it opens doors to new perspectives, broadens horizons, and empowers individuals. Students collected a variety of books and established the reading corner in the PHC. Nirmalagiri College Principal inaugurated the function by handing over the books to Dr Aswathy P Medical Officer, PHC. Dr Jaison Joseph, Smt. Deepthi Lisbeth K, Kumari Aarushi Ann Shaji and Kumari Deekshitha were felicitated on the programme.

NIRMALAGIRI COLLEGE
NSS UNIT 25 & 26
 "No entertainment is so cheap as reading, nor any pleasure so lasting." - Mary Wroley Montagu

വായന കേന്ദ്രം
ഉദ്ഘാടനം
 ഉദ്ഘാടനം : **ഡോ.ഔസേപ്പച്ചൻ കെ.വി**
 (പ്രിൻസിപ്പൽ,NGC)
 പുസ്തക സൂചകരണം : **ഡോ.അശ്വതി**
 (മെഡിക്കൽ ഓഫീസർ, PHC)
 at
 12:00pm , 29 July 2022
 പ്രാഥമിക ആരോഗ്യ കേന്ദ്രം,മാങ്ങാട്ടിടം.

കാണാത്ത ലോകം കാണിക്കുകയും കേൾക്കാത്ത ശബ്ദം കേൾപ്പിക്കുകയും ചെയ്യുന്ന മാന്ത്രികരാണ് പല പുസ്തകങ്ങളും

NSS volunteers, Program officers



വായനാകേന്ദ്രം ഒരുക്കി

കൂത്തുപറമ്പ്: നിർമ്മലഗിരി കോളേജിലെ എൻഎസ്എസ് യൂണിറ്റുകളുടെ നേതൃത്വത്തിൽ മാങ്ങാട്ടിടം പിറുപ്പിയിലെ വിവിധ കേന്ദ്രങ്ങളിൽ വായനാകേന്ദ്രം ഒരുക്കി. വോളണ്ടിയർമാർ സമാഹരിച്ച പുസ്തകങ്ങൾ പ്രിൻസിപ്പൽ ഡോ. കെ.വി. ഔസേപ്പച്ചൻ മെഡിക്കൽ ഓഫീസർ ഡോ.അശ്വതിക്ക് നൽകി ഉദ്ഘാടനം ചെയ്തു. പുസ്തക സൂചകരണം എൻഎസ്എസ് നൽകി. ഡോ. ജയിംസ് ജോസഫ്, കെ. റിപ്പിനി മിസ്ബത്ത്, വോളണ്ടിയർമാരായ ആര്യഷി, ദീക്ഷിത എന്നിവർ പ്രസംഗിച്ചു.

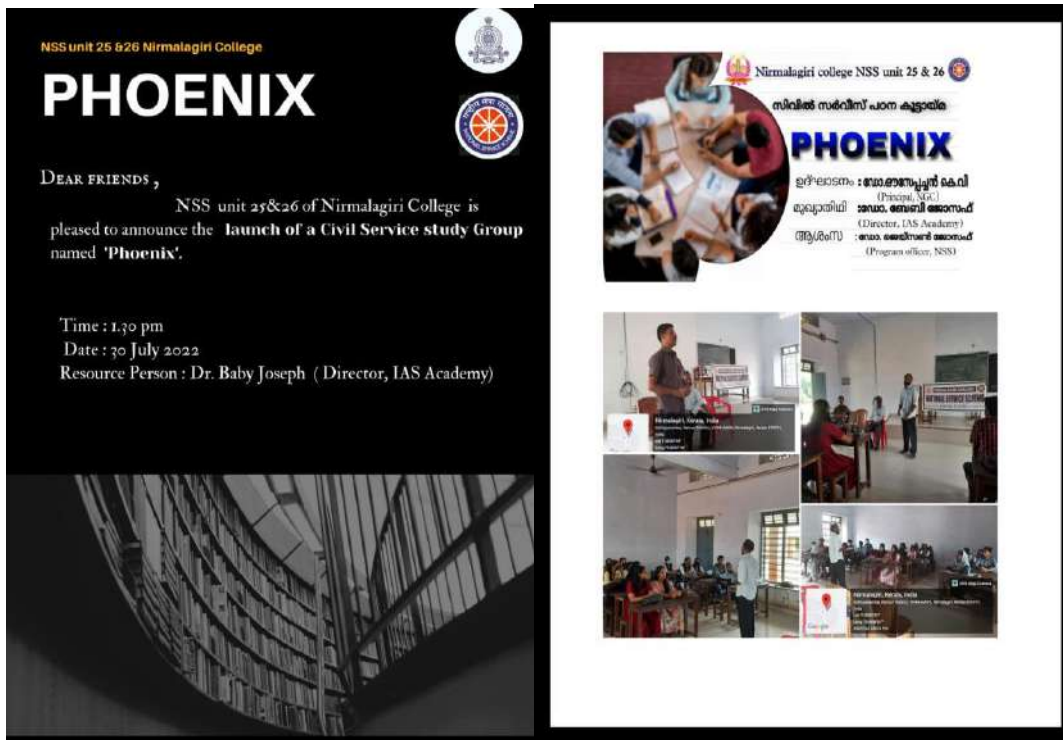
മാങ്ങാട്ടിടം പഞ്ചായത്തിലെ വിശ്രമകേന്ദ്രത്തിൽ ആരംഭിച്ച വായനാകേന്ദ്രത്തിലേക്കുള്ള പുസ്തക വിതരണത്തിന്റെ ഉദ്ഘാടനം നിർമ്മലഗിരി കോളേജ് പ്രിൻസിപ്പൽ കെ.വി. ഔസേപ്പച്ചൻ നിർവഹിക്കുന്നു.

Sat, 30 July 2022
<https://epaper.deepika.com/>

Programme 08

Date:30/07/2022
Title: Phoenix
Organized by NSS
No.of students participated 30

Brief Report: Nirmalagiri College NSS Unit 25&26 formulated a student group to prepare the aspirants for competitive examinations. The student group will provide a structured framework for organizing study sessions, mock tests, and discussions on exam-related topics. It will also offer guidance on time management, effective study techniques, and strategies to enhance your problem-solving abilities. By leveraging the collective knowledge and experience of peers and mentors, students will have the opportunity to learn from each other and grow together. It is intended for all the students in the college. Nirmalagiri College Principal inaugurated the phoenix on 30/07/2022. Dr. Baby Joseph, Director, IAS Academy delivered the Key Note Address. Dr. Jaison Joseph, NSS programme officer Unit,25 felicitated the meeting.



Programme 09

Date:01/08/2022

Title: Vegetable Garden

Organized by NSS

No.of students participated: 100

Brief Report: Setting up a vegetable garden promotes environmental sustainability and also provides an opportunity for students to learn about agriculture and cultivate their own food. Cultivating vegetables like peas, ladies finger (okra), and chekkurmanis (a local variety, also known as amaranth) demonstrates the diversity of crops grown in the garden. Each of these vegetables has its own nutritional benefits and adds variety to the available produce. Selling the harvested vegetables to staff and students is an excellent way to make the fruits of the garden's labor accessible to the college community. It encourages healthy eating habits and provides a convenient source of fresh, pesticide-free vegetables for those on campus. The vegetable garden on the college campus not only promotes self-sufficiency and sustainability but also contributes to the well-being of the college community by providing access to fresh, pesticide-free vegetables. It is a commendable effort towards a greener and healthier environment.



Programme 10

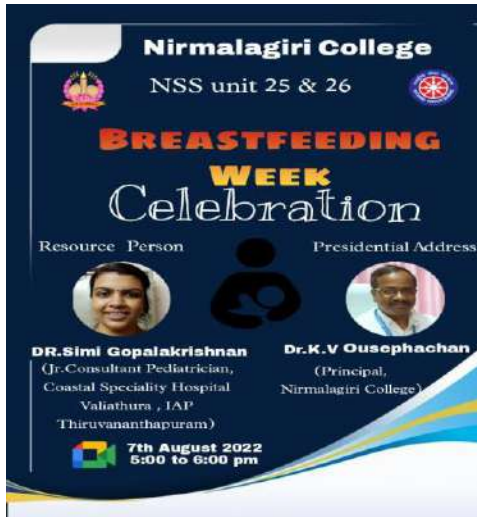
Date:07/08/2022

Title: Breastfeeding Day Celebrations

Organized by: NSS

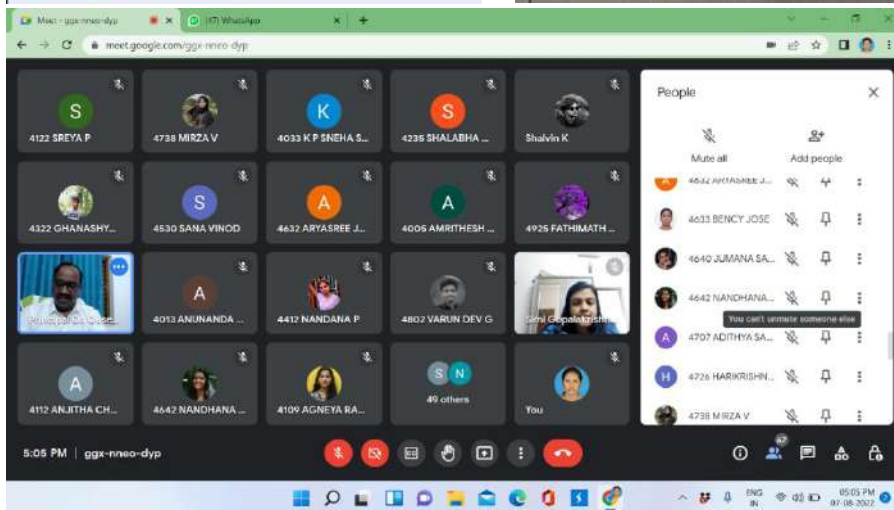
No.of students participated: 80

Brief Report: Nirmalagiri College NSS Unit 25&26 conducted an awareness class on breastfeeding on August 7, 2022. Nirmalagiri College Principal Dr. Ousephachan K V presided over the session and Dr Jaison Joseph and Smt. Deepthi Lisbeth K felicitated the function. Creating awareness about the importance of breastfeeding is crucial for the well-being of both infants and mothers. This session aimed to shed light on the significance of breastfeeding for the health and well-being of infants and mothers alike. The class was headed by Dr Simi Gopalakrishnan, Jr Consultant paediatrician, at Coastal Speciality Hospital Valiathura. Dr Simi Gopalakrishnan elaborated on the various aspects of breastfeeding, including its physiological, psychological, and emotional advantages. She highlighted the importance of exclusive breastfeeding for the first six months of a baby's life and emphasized the need for continued breastfeeding alongside complementary feeding for up to two years or beyond. Her expertise and knowledge have undoubtedly equipped us with valuable information to support and promote breastfeeding in our community.



മുലയൂട്ടൽ ബോധവൽക്കരണ ക്ലാസ്

കുഞ്ഞുപഠനം: നിർമ്മലഗിരി കോളേജ് എൻഐസ്എസ് യൂണിറ്റുകളുടെ ആഭിമുഖ്യത്തിൽ മുലയൂട്ടൽ വാതാചരണത്തിന്റെ ഭാഗമായി ബോധവൽക്കരണ ക്ലാസ് സംഘടിപ്പിച്ചു. അമ്മയ്ക്കും കുഞ്ഞിനും മുലയൂട്ടൽ കൊണ്ടുണ്ടാകുന്ന ഗുണങ്ങളെ കുറിച്ചും ശസ്ത്രീയമായ തീതികളെക്കുറിച്ചും തിരുവനന്തപുരം വലിയതുറം കോസ്റ്റൽ സ്പെഷ്യാലിറ്റി ഹോസ്പിറ്റൽ ഹിഡിയാട്രീഷൻ ഡോ. സിമി ഗോപാലകൃഷ്ണൻ ക്ലാസെടുത്തു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ.കെ.വി. ഔസേപ്പച്ചൻ അധ്യക്ഷത വഹിച്ചു. എൻഐസ്എസ് പ്രോഗ്രാം ഓഫീസർ കെ. ദീപതി ലിസ്ബത്ത്, എൻഐസ്എസ് വൊളണ്ടിയർമാരായ ജ്യോതന, നന്ദന, റോസ് മേരി എന്നിവർ പ്രസംഗിച്ചു.



Programme 11

Date: 08/08/2022

Title: Disaster Management

Organized by NSS

No. of students participated: 90

Brief Report: Nirmalagiri College NSS Unit 25&26's efforts in raising funds and contributing Rs. 14,000 to the Pulakutti Disaster Relief Fund demonstrate their commitment to providing assistance to those affected by the disaster. This financial contribution can make a significant difference in supporting the relief and rehabilitation efforts for the affected individuals and the community. Their service not only provides practical support but also offers emotional support and solidarity to the affected individuals and the community. Such acts of kindness and selflessness can bring hope, comfort, and a sense of togetherness during challenging times.



Programme 12

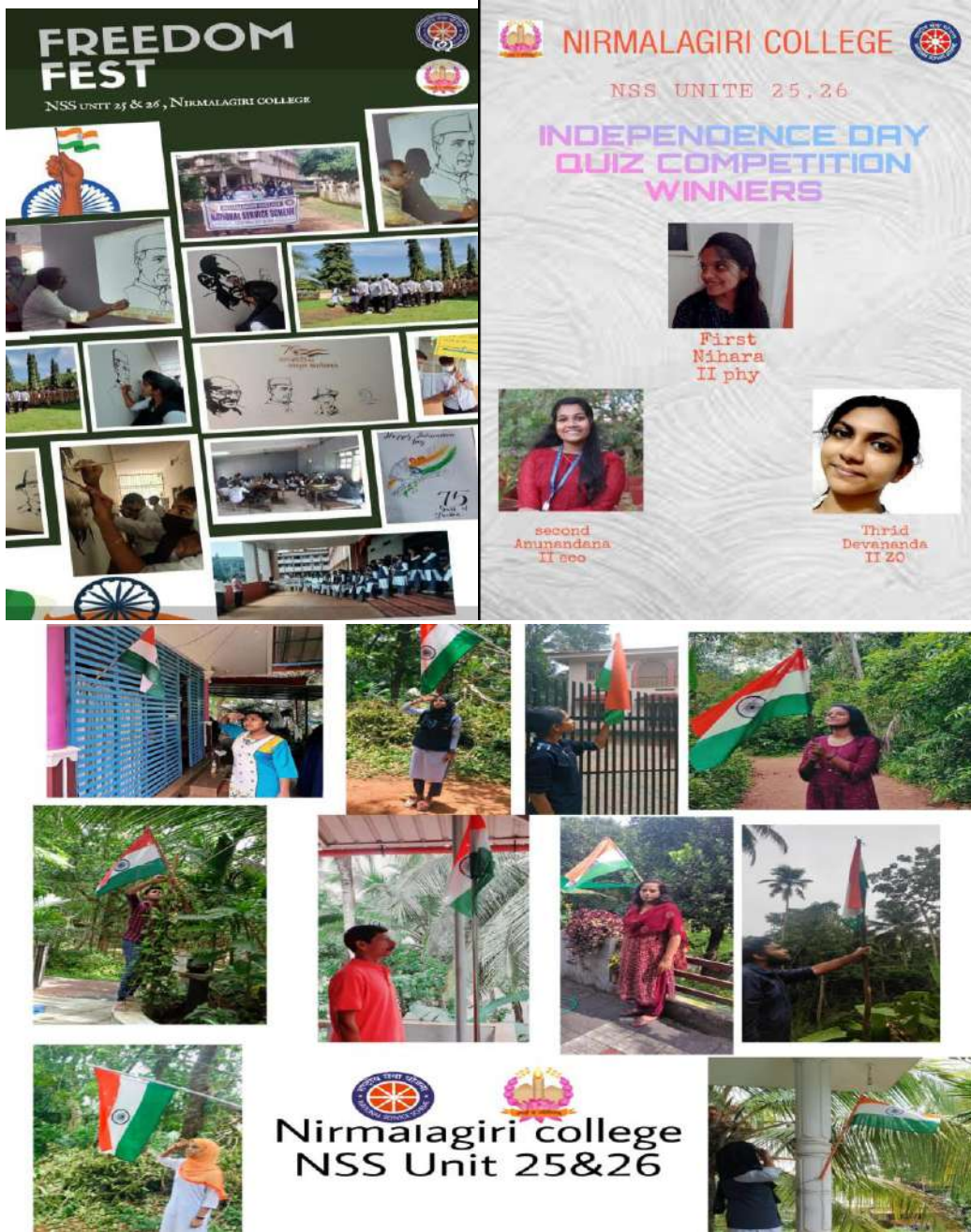
Date:13/08/2022--15/08/2022

Title: Independence Day Celebration

Organized by: NSS

No.of students participated: 95

Brief Report: The Nirmalagiri College NSS Unit 25&26 organized a series of events to commemorate the 75th Independence Day. Freedom Wall, Freedom Quiz, Poster Making competition and Patriotic song competition were organized. The variety of activities they arranged shows their commitment to celebrating the occasion in a meaningful way. The Freedom Wall activity is a great way for students to express their thoughts, ideas, and feelings about independence and patriotism. It allows them to showcase their creativity and leave a lasting impression. The Poster Making competition provides an artistic platform for students to visually depict their interpretations of freedom and independence. These events organized by NSS Units 25&26 of Nirmalagiri College not only create an atmosphere of patriotism and pride but also provide opportunities for students to showcase their talents and actively participate in the celebration of India's 75th Independence Day.



Programme 13

Date:05/09/2022

Title: Teacher's Day Celebration

Organized by NSS

No.of students participated: 45

Brief Report: On the occasion of Teacher's Day, Nirmalagiri College NSS volunteers visited adopted village and dedicated their time to the children there. They took the initiative to teach and spend quality time with the children. NSS volunteers organized games for children that are a great way to promote physical activity, teamwork, and social interaction. It not only brings joy and excitement to the children but also contributes to their overall development. Their selfless act of sharing knowledge and organizing activities reflects the true spirit of Teacher's Day and highlights the importance of education and mentorship.



Programme 14

Date:09/09/2022
Title: Onam Celebration
Organized by: NSS
No.of students participated: 45

Brief Report: Nirmalagiri College NSS Units 25 & 26 celebrated Onam on 09/09/2022. Onam is a vibrant and festive occasion celebrated in Kerala. The inauguration of the program by Principal Dr. Ousephachan and the presence of Program Officer Dr. Jaison Joseph as the presiding officer adds significance to the event. Their involvement showcases the support and importance given to cultural celebrations within the college. Program Officer Deepthi Lisbeth K felicitated and led the program. Their role in recognizing and guiding the event highlights their commitment to the cultural development and engagement of the NSS units. Different cultural programs and games organized during the event would have added vibrancy and excitement to the celebrations. Cultural performances such as dance, music, and drama can showcase the rich heritage and traditions of Kerala, making the event more enjoyable for the participants and attendees. The Onam celebration organized by Nirmalagiri College NSS Units 25 & 26 reflects the spirit of joy and cultural celebration. It showcases the college's commitment to preserving and promoting traditional festivals and offers students a platform to showcase their talents and engage in a festive atmosphere.



Programme 15

Date:15/09/2022

Title: Blood Donation Camp

Organized by NSS

No.of students participated:75

Brief Report: NSS Unit 25&26 and NCC of Nirmalagiri College jointly organized a Blood Donation Camp in collaboration with the General Hospital Thalasserry. The event, which took place on 15/09/2022 at Nirmalagiri College, aimed to promote the noble cause of blood donation and contribute to saving lives. Nirmalagiri College Principal, Dr Ousephachan K V, inaugurated the camp. The participation of students and staff who donated blood shows their willingness to make a difference and help those in need. Blood donation plays a vital role in providing life-saving support to patients who require transfusions due to medical conditions, accidents, or surgeries. Such initiatives not only contribute to the immediate availability of blood for those in need but also create awareness among the younger generation about the importance of donating blood and saving lives. The joint efforts of Nirmalagiri College NSS Unit 25&26, NCC, and General Hospital Thalasserry are a testament to the power of collaboration and community service.



Programme 16

Date:16/09/2022

Title: Flash Mob in connection with the antidrug campaign

Organized by NSS

No.of students participated 93

Brief Report: The joint organization of a flashmob by Nirmalagiri College NSS, NCC, and the Janamythri Police Kuthuparamba for an antidrug awareness program demonstrates a collaborative effort to address a pressing issue in society. The presence of Police Inspector Sri. Sreejith Koderi as the inaugural guest adds significance to the event, highlighting the importance of the cause. It indicates the support and involvement of the police department in creating awareness and combating drug abuse. The program officers, namely Smt. Deepthi Lisbeth K, Dr. Jaison Joseph, Dr. Deepamol Mathew, Sub Inspector Smt. V V Deepthi, Smt. Saifula, and Sri. K Ragesh likely played a crucial role in organizing and coordinating the event. Their expertise and guidance contribute to the success and effectiveness of the anti-drug awareness program. Avani Suresh, Sesy Thomas, Milan Sha, and Harsha P took the lead in the flash mob. Their participation and dedication as leaders demonstrate their commitment to spreading awareness through creative means. A flash mob can be an attention-grabbing and engaging way to convey a message to the public. Organizing the event at the Kuthuparamba bus stand, a public gathering place, ensured maximum visibility and reach. This allows the message of anti-drug awareness to reach a wider audience and increase its impact on the community. This joint initiative by Nirmalagiri College NSS, NCC, and the Janamythri Police Kuthuparamba showcases a collaborative effort in addressing the issue of drug abuse. Such events not only raise awareness but also encourage a sense of community involvement and responsibility in combating social problems.



Programme 17

Date:20/09/2022

Title: Felicitation Meeting

Organized by: NSS

No.of students participated: 93

Brief Report: Nirmalagiri College NSS Units 25& 26 organized a meeting to felicitate Swathi Balakrishnan, who received the Best NSS Volunteer Award at Kannur University. Recognizing and honoring Swathi's achievement is a great way to appreciate her dedication and contributions as an NSS volunteer. The inauguration of the function by the Principal signifies the importance given to acknowledging the achievements of students. Program Officer Jaison

Joseph's role in welcoming the gathering sets a positive and welcoming tone for the event. Their warm introduction likely created an atmosphere of appreciation and celebration. Program Officer Deepthi Lisbeth K and NSS volunteers Jumana Sameer, Rifa, and Araushi felicitated the program. This programme fosters a culture of appreciation and motivation, inspiring other students to actively engage in social service activities.



Programme 18

Date:24/09/2022

Title: NSS Day Celebration

Organized by NSS

No.of students participated 93

Brief Report: Nirmalagiri College NSS Unit 25&26 celebrated NSS Day by organizing various programs to engage and recognize their NSS volunteers. Conducting the NSS Geetham Competition is a creative way to celebrate NSS Day. It provides a platform for NSS volunteers to showcase their talent and passion for music. This competition encourages participation, teamwork, and the expression of values and messages through songs. In addition to the competition, setting up a vegetable garden in connection with NSS Day is an excellent initiative. The vegetable garden not only provides a learning opportunity for NSS volunteers

but also contributes to the overall well-being of the college community. It can serve as a practical example of how small steps can make a big difference in promoting a greener and healthier environment. These programs organized by NSS Unit 25&26 of Nirmalagiri College demonstrate their commitment to NSS Day and the values of community service, personal development, and social responsibility. Such celebrations and activities on NSS Day not only create a sense of pride and unity among the volunteers but also inspire others to join and contribute to the noble cause of community service.



Programme 19



Date:02/10/2022

Title: Gandhi Jayanti Celebration

Organized by: NSS

No.of students participated: 93

Brief Report: Nirmalagiri College NSS Unit 25&26 observed Gandhi Jayanti by engaging in activities that promote cleanliness, sustainability, and community service. As part of the clean India programme volunteers clean the Nirmalagiri Post Office premises and road side of Nirmalagiri College. Cleaning the college campus, post office premises, and roadside is a commendable initiative. By taking part in these activities, the NSS volunteers contribute to maintaining a clean and hygienic environment. Such efforts not only enhance the aesthetics of the college campus and its surroundings but also create a positive impact on the overall well-being of the community. Working on the vegetable garden on Gandhi Jayanti aligns with Mahatma Gandhi's principles of self-sufficiency and sustainable living. The garden serves as a practical example of promoting organic farming, healthy eating habits, and environmental consciousness. It also provides an opportunity for NSS volunteers to engage in hands-on learning and understand the importance of sustainable agriculture. These activities promote a sense of responsibility, cleanliness, and environmental consciousness among the NSS volunteers. They serve as an inspiration to others and contribute to building a cleaner and greener society.

 **NIRMALAGIRI COLLEGE**
NSS UNIT 25 & 26 
Gandhi Jayanti
special cleaning



Programme 20

Date:02/10/2022 – 1/11 /2022

Title: Anti-Drug Campaign

Organized by: NSS

No of students participated: 100

Brief Report: Nirmalagiri College NSS units actively organized one-month programs as part of an anti-drug campaign, aiming to raise awareness and prevent drug abuse. flash mob, quiz competitions, signature tree campaigns, human chains, drama competitions, anti-drug pledges were conducted in connection with this.

The participation of NSS volunteers in the Mega Flash mob organized by Kannur University is a fantastic way to attract attention and spread the message against drugs. Flash mobs have a

powerful impact in engaging the audience and delivering a social message effectively. The joint organization of an orientation class on Drug Abuse and its adverse effects on 6th October 2022 by NSS Unit 25&26 and NCC demonstrates their commitment to educating the college community about the dangers associated with drug abuse. Sukesh Kumar, a Preventive Officer from the Excise Department, as the resource person, ensures that participants receive valuable insights and information from an expert in the field.



Antidrug Pledge and drama competitions were conducted on 01/10/2022. Conducting an anti-drug pledge is an impactful way to engage individuals and encourage them to make a commitment to stay away from drugs. By taking this pledge, participants demonstrate their dedication to a drug-free lifestyle and contribute to the overall awareness and prevention of drug abuse. Organizing a drama competition as part of the anti-drug campaign provides a creative platform for students to showcase their talent and express the message against drug abuse. These programs organized by Nirmalagiri College NSS units, including the flash mob, orientation class, anti drug pledge, drama competition and mass run, effectively contribute to raising awareness about the adverse effects of drug abuse. Their active participation and organization demonstrate their dedication to combating drug abuse and promoting a healthier and drug-free lifestyle within the college community and beyond.



Programme 21

Date: 07/10/2022

Title: Little Mango Groves

Organized by: NSS

No.of students participated:5

Brief Report: Selected volunteers from Nirmalagiri College NSS Unit 25&26 actively participated in Kannur University's Little Mango Groves project. The project was inaugurated by Dr.V.Sivadasan, Member of Parliament and the chief guest was Dr.Latha, principal scientist, NBPGR. This project showcases a wonderful initiative to preserve native Mango species through budding, grafting, and layering techniques, as well as the establishment of a Mango Park. By participating in this project, the NSS volunteers from Nirmalagiri College contribute to the preservation of native Mango species, which is essential for biodiversity conservation and the promotion of sustainable agriculture. Preserving indigenous plant species helps maintain the ecological balance and supports local ecosystems. The establishment of a Mango park serves as an educational and recreational space for the community, promoting awareness about the significance of native plant species and fostering a connection with nature.



Programme 22

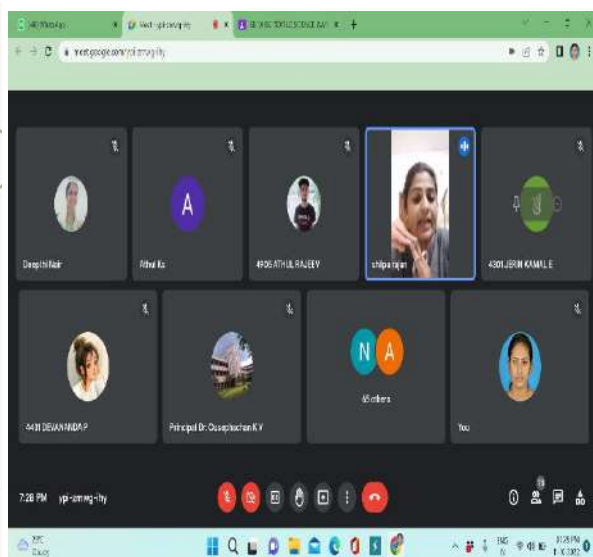
Date: 11/10/2022

Title: World Mental Health Day

Organized by: NSS

No.of students Participated: 80

Brief Report: On the occasion of World Mental Health Day, Nirmalagiri college NSS Unit 25&26 conducted an awareness class on the topic “Mental Health of Teenagers” on 11th October 2022. Class was taken by Dr. Shilpa Rajan, Specialist Medical Officer, National Aayush Mission, Kannur District. This event shows a commitment to addressing and promoting mental health awareness among teenagers, which is a crucial topic to address in today's world.



Programme 23

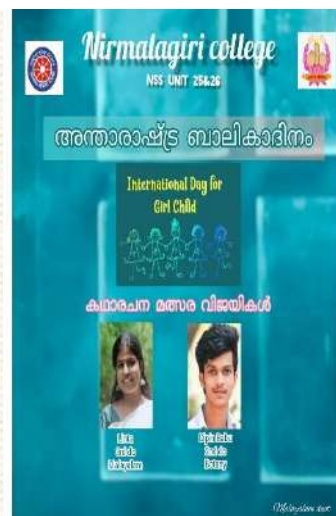
Date: 11/10/2022

Title: International Day for girl child

Organized by: NSS

No.of students Participated: 32

Brief Report: In celebration of the International Day for the Girl Child, NSS Units 25 and 26 organized a story-writing competition for the students of Nirmalagiri College. It is a meaningful initiative that provides a platform for students to showcase their creativity and express their thoughts on the theme "Avalude Swapngal" (Her Dreams). Congratulations to Linta from II DC Malayalam and Dipin Babu from II DC Botany for securing the first and second prizes, respectively. Their talent and storytelling skills must have impressed the judges and fellow participants. The theme "Avalude Swapngal" encourages students to explore and portray the dreams, aspirations, and challenges faced by girls in society. It is a relevant and thought-provoking theme that highlights the importance of empowering and supporting girls to fulfill their dreams and aspirations.



Programme 24

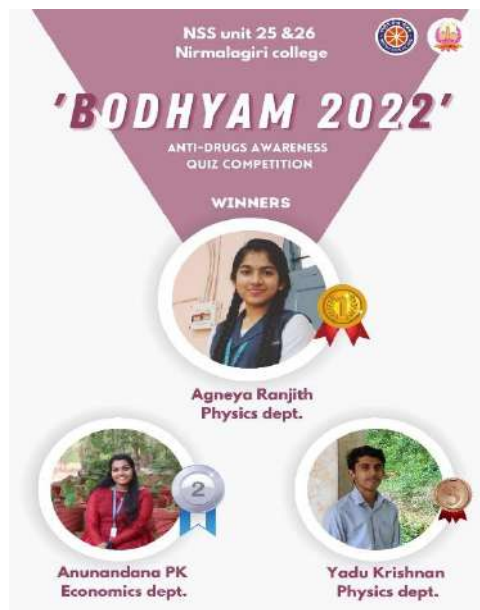
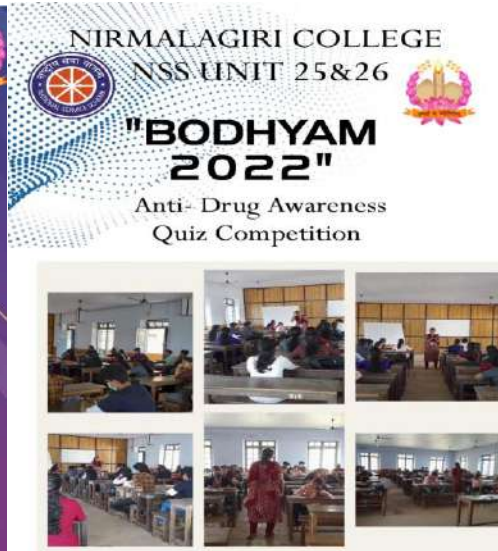
Date: 12/10/2022

Title: Quiz Competition

Organized by: NSS

No.of students Participated: 50

Brief Report: As a part of the Anti-Drug Campaign, Nirmalagiri College NSS Unit 25&26 conducted a quiz competition on Drug abuse. Those who won Ist and IInd prizes were selected for district-level competition. This provides them with an opportunity to showcase their knowledge and compete at a higher level, further spreading awareness about drug abuse prevention.



Programme 25

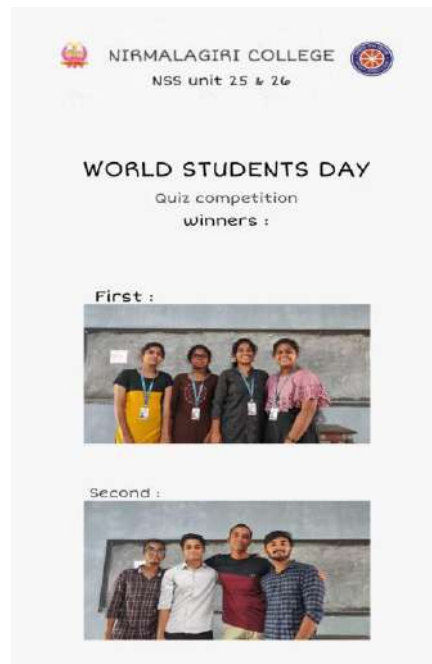
Date : 15/10/2022

Title: Student's Day

Organized by: NSS

No.of students Participated: 80

On the occasion of Student's Day, Nirmalagiri college NSS Unit 25&26 organized a quiz Competition about APJ Abdul Kalam. It is a wonderful way to commemorate the occasion and honour the late former President of India, who was a renowned scientist and a source of inspiration for many. Events like these not only promote learning and awareness but also inspire students to follow in the footsteps of Dr. APJ Abdul Kalam, encouraging them to pursue their dreams and contribute positively to society.



Programme 26

Date: 31/10/2022

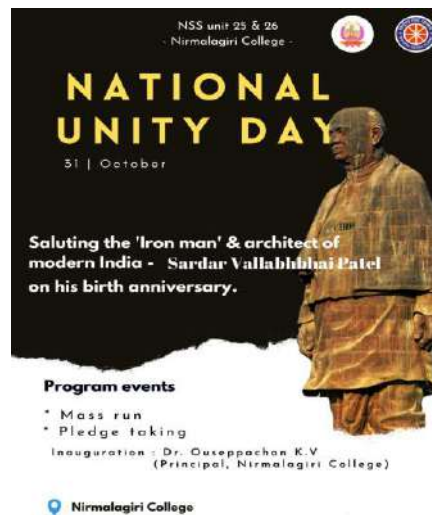
Title: National Unity Day

Organized by: NSS

No.of students Participated: 50

Brief Report: Nirmalagiri College NSS Unit 25&26 and NCC jointly organized a unity run in connection with National Unity Day Celebrations and also took a pledge. National Unity Day, also known as Rashtriya Ekta Diwas, is observed in India on October 31st to commemorate the birth anniversary of Sardar Vallabhbhai Patel, who played a significant role in the country's unity and integration. The presence of Dr. Ousephachan K. V, the Principal of Nirmalagiri College, as the inaugural guest, adds significance to the event. Inaugurating the function, the principal sets the tone for the unity run and inspires the participants to uphold the values of unity and harmony. In addition to the unity run, the pledge taken during the event

further reinforces the commitment to national unity and solidarity. Such initiatives contribute to fostering a sense of patriotism, social cohesion, and communal harmony among the participants



Programme 27

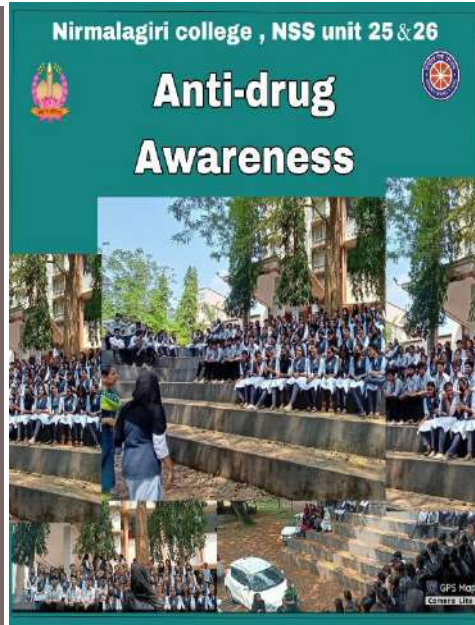
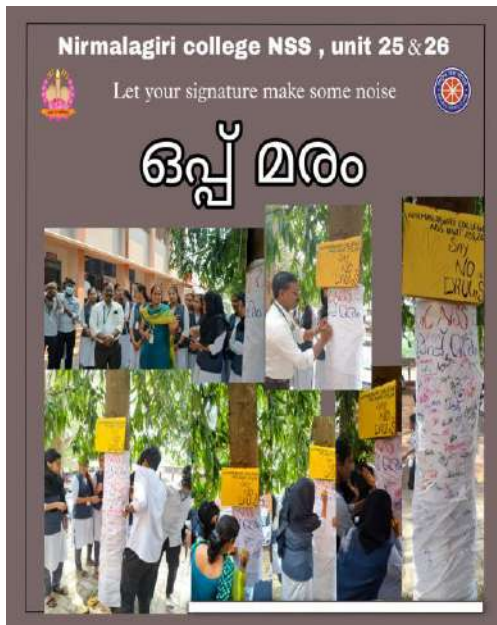
Date: 31/10/2022

Title: Oppu Maram and awareness programme

Organized by: NSS

No. of students Participated: 90

As a part of the Anti-Drug Campaign, Nirmalagiri College NSS Unit 25&26 conducted a Signature Tree Campaign and an awareness programme on the campus on 31/10/2022 for promoting awareness against drug abuse and other antisocial elements. College Principal Dr Ousephachan K V inaugurated the campaign. All the NSS volunteers and other students show their support by putting their signatures on the same. The Signature Tree Campaign serves as a visual representation of the collective commitment to maintaining a drug-free and positive atmosphere on the campus. It not only raises awareness but also encourages ongoing dialogue and efforts to address the issue of drug abuse among students.



Programme 28

Date: 1/11/2022

Title : Manushya Changala

Organized by: NSS

No.of students Participated: 95

Brief Report: Nirmalagiri College NSS Unit 25&26 in collaboration with Kuthuparamaba Municipality organised an Anti-Drug Campaign by conducting Manushya Changala to show unity among students against Drugs. The concept of Manushya Changala, which translates to "Human Chain," showcases the unity and solidarity among students in their stand against drugs. The involvement of Kuthuparamaba Municipality further strengthens the campaign, as it indicates a collaborative effort between educational institutions and local authorities to tackle the issue of drug abuse effectively.



Programme 29

Date:01/11/2022

Title: Malayalam Language Day

Organized by: NSS

No.of students Participated: 100

Brief Report: The Nirmalagiri College NSS Unit 25&26 and the Malayalam Department came together to observe Malayalam Language Day. The function was presided over by Vice Principal Rev. Fr. Dr. Joby Jacob. As part of the program, a talk was organized featuring Dr. Kumaran Vayaleri, a retired professor and folklorist. Dr. Kumaran Vayaleri is well-known in the field of folklore and has a wealth of knowledge about the Malayalam language and culture. His talk would have provided valuable insights into the significance and richness of the Malayalam language, its history, literature, and folk traditions. The event was likely aimed at promoting awareness and appreciation for the Malayalam language among the students and faculty of Nirmalagiri College. It would have been an opportunity for participants to learn more about their native language and its contributions to literature and folklore. The observance of Malayalam Language Day with the presence of Dr. Kumaran Vayaleri would have been an enriching experience for the attendees, providing them with valuable insights into the language and culture they cherish.



NIRMALAGIRI COLLEGE

NSS UNIT 25 & 26ഉം മലയാള
വീദഗവ്യം സംയുക്തമായി നടത്തുന്ന

**മലയാള ഭാഷാ
ദിനാഘോഷം**

സ്വാഗതം: ഡോ. ജോസഫ് ജോസഫ്
(NSS Program Officer)

അദ്ധ്യക്ഷൻ: **മലയാള ദിന പ്രഭാഷണം:**



റവ. ഫാ. ഡോ. ജോബി
ജോസഫ്
(വൈസ് പ്രിൻസിപ്പൽ)



**ഡോ.കുമാരൻ
വയലേരി**
(റിട്ട. പ്രൊഫസർ &
ഫോക്ലോറിസ്റ്റ്)

കവിതാലാപനം

നന്ദി: ഡോ. ദീപമോൾ മാത്യു
[Time-10:30am]
[1 November, 2022]
Venue: Mar Valloppilly Hall



**Nirmalagiri College
NSS Unit 25&26**

**മലയാളം ഭാഷാ
ദിനാഘോഷം**



Programme 30

Date : 5/11/2022 , 04/02/2023

Title : Zero Violence Mindset

Organized by: NSS

No.of students Participated: 30

Brief Report: Nirmalagiri College NSS Unit 25&26 and World Without War (WWW) is organizing a 30-hour duration certificate on 'zero violence mindset' for 30 selected volunteers. This collaboration highlights the shared commitment to promoting peace and fostering social

responsibility among the volunteers. The program's inauguration by Dr T K Sebastián, Principal in charge adds prestige and expertise to the event. Dr Sebastián's presence indicates the college's support and recognition of the importance of peace-building initiatives and their connection to various disciplines. The certificate course likely aimed to provide the selected volunteers with knowledge and skills related to peacebuilding, conflict resolution, and social justice. The course may have included workshops, lectures, interactive sessions, and practical exercises to enhance the participant's understanding of these crucial topics.



Programme 31

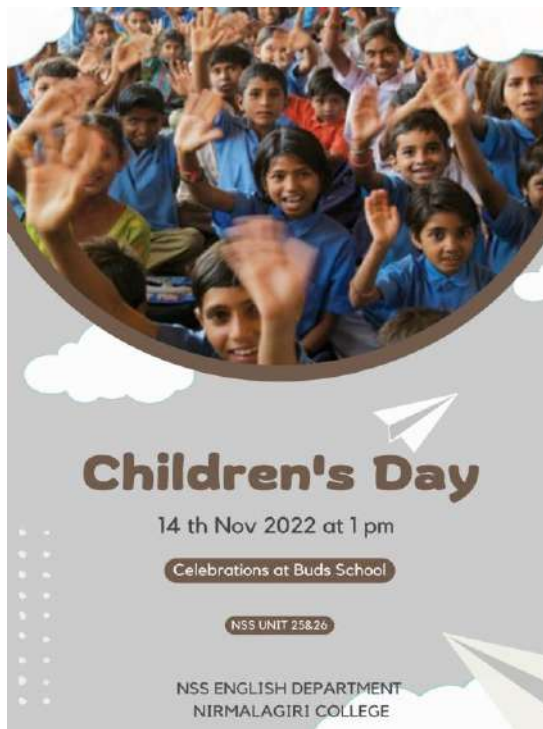
Date: 14/11/2022

Title: Children's Day

Organized by: NSS

No.of students Participated: 45

Brief Report: Nirmalagiri College NSS Unit 25&26 visited Pazhassi Buds School during the Children's Day Celebration. The interaction between the NSS volunteers and the special students at the school must have been a delightful and memorable experience for everyone involved. The NSS volunteers likely aimed to create a joyous and inclusive environment for the students. Through various programs such as songs, dances, and different games, they provided entertainment and engagement for the students, fostering a sense of celebration and fun. Interactions like these can have a positive impact on the student's well-being and sense of belonging. The NSS volunteers' efforts in organizing such activities demonstrate their commitment to promoting inclusivity, empathy, and happiness among children with special needs. The Children's Day Celebration at Pazhassi Buds School would have been an opportunity for the NSS volunteers to connect with the students, learn from their experiences, and create lasting memories. These interactions not only benefit the special students but also allow the volunteers to develop a deeper understanding of the challenges faced by children with special needs



NIRMALAGIRI COLLEGE, NSS UNIT 25&26

Children's Day Celebration @ Pazhassi Raja Memorial Buds School



Programme 32

Date: 22/11/2022

Title: World Toilet Day

Organized by: NSS

No.of students Participated: 70

Brief Report: Nirmalagiri College NSS Units 25&26 took part in activities to observe World Toilet Day. Their efforts to clean the college campus and canteen, as well as conducting a Swachatha run, demonstrate their commitment to promoting cleanliness and hygiene. World Toilet Day is an annual global event that aims to raise awareness about the importance of sanitation and access to clean toilets. By actively participating in the event, the NSS units showed their dedication to creating a clean and healthy environment. Observing World Toilet Day and actively participating in related activities highlights the college's dedication to social causes and sustainable practices. It promotes a sense of collective responsibility and encourages individuals to be mindful of their impact on the environment and the community. The participation of Nirmalagiri College NSS Units 25&26 in cleaning the college campus and canteen, as well as organizing a Swachatha run, showcases their commitment to promoting cleanliness, hygiene, and a healthier environment, in alignment with the objectives of World Toilet Day.



Programme 33

Date: 1/12/2022

Title: World AIDS Day

Organized by: NSS


No.of students Participated: 90

Brief Report: Nirmalagiri College NSS Unit 25&26 organized an Awareness Campaign as part of World AIDS Day. This initiative highlights their commitment to raising awareness about HIV/AIDS and promoting education and prevention. The presence of Dr. Deepthi V Nair as the resource person indicates the involvement of an expert in the field. Dr. Deepthi would have shared valuable insights, knowledge, and information about HIV/AIDS, including its prevention, transmission, treatment, and the importance of destigmatizing the disease. The Awareness Campaign likely included various activities such as presentations, discussions, and interactive sessions to engage the college community and disseminate accurate information about HIV/AIDS. In addition to the Awareness Campaign, the Poster Making competition adds a creative and interactive element to the event. The competition would have encouraged students to express their understanding of HIV/AIDS through art and visual communication. This activity not only raises awareness among participants but also allows them to contribute to spreading the message to a wider audience through their creative creations.


Nirmalagiri College, Unit 25 & 26

Observing **WORLD AIDS DAY**
By Conducting an Awareness Campaign


Resource Person



Dr. Deepthi V Nair
Specialist MO, National
AYUSH Mission, Kannur




Presidential Address




Dr. K. V. Ousephachan
Principal, Nirmalagiri College

Date : 01/12/2022
Venue : Old Auditorium
Time : 3:30PM


 "Rock the Ribbon"

NIRMALAGIRI COLLEGE
NSS UNIT 25 - 26

WORLD AIDS DAY
awareness campaign



LET'S END THE STIGMA



Programme 34

Date : 23/01/2023, 25/01/2023

Title : National Voters Day

Organized by: NSS

No. of students Participated: 100

Brief Report: the Election Literacy Club and NSS Units 25&26 jointly organized an Election Literacy class on the occasion of National Voters Day. This initiative reflects the commitment to promoting civic engagement and voter awareness among the college community. The Election Literacy class, headed by Sajith M, K Babu, and Roshin Kumar, representatives from the District Election Commission, indicates the involvement of experts in the field of election administration. These representatives would have provided valuable information about the electoral process, voter rights and responsibilities, and the significance of active participation in democratic processes. In addition to the class, the Quiz Competition adds an engaging and competitive element to the event. The competition would have tested participants' knowledge about elections, electoral systems, and related topics. It provides a fun and interactive way for students to further enhance their understanding of the subject matter.

Election Literacy Club
 In association with NSS Unit 25&26
 Nirmalagiri College

ELECTION LITERACY CLASS

WELCOME:
Fr. Martin Joseph

PRESIDENTIAL ADDRESS:
Dr. Ousepachan K V
 (Principal, Nirmalagiri College)

RESOURCE PERSONNEL:

- ★ SAJITH M
 (SENIOR CLERK, TALUK OFFICE, THALASSERY)
- ★ K BABU
 (REVENUE INSPECTOR, LAND TRIBUNAL KUTHUPARAMBA)
- ★ ROSHIN KUMAR
 (SVO, KOLAYAD)

FELICITATION:
DR. JAISON JOSEPH

📅 : 23/01/2023
 🕒 : 1:30 pm - 2:30 pm
 📍 : Mini auditorium, Nirmalagiri

NIRMALAGIRI COLLEGE
 NATIONAL SERVICE SCHEME

നാഷണൽ സോഷ്യൽ സേയുടെ ഭാഗമായി നടന്ന ഇലക്ഷൻ ബോധവൽക്കരണ ക്യാമ്പയിൻ



Nirmalagiri College
 NSS Unit 25 & 26

National Voter's Day Quiz Competition

Winners

1st prize
Ghanashyam A K
 (II DC Botany)

2nd prize
Bency Jose
 (II DC Economics)

3rd prize
Janakripa G K
 (II DC Economics)

CONGRATULATIONS TO THE WINNERS

Programme 35

Date : 06/02/2023

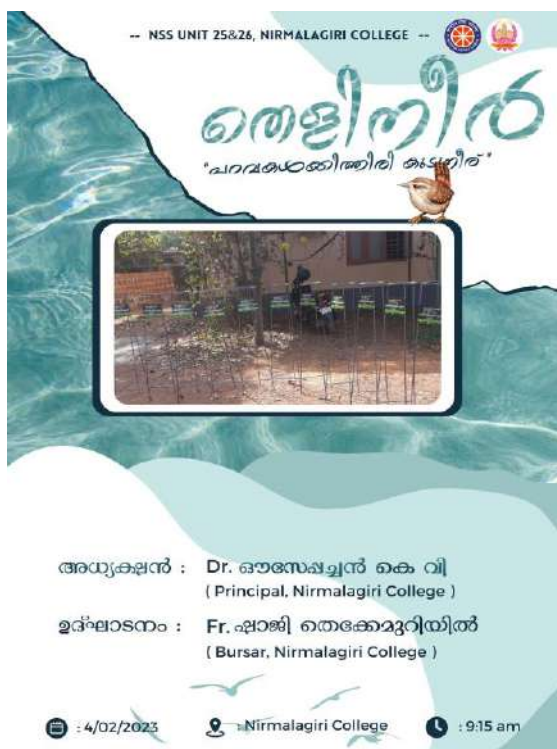
Title: പറവകൾക്കിത്തിരി കുടിനീർ (Water for Birds)

Organized by NSS

No.of students participated: 90

Brief Report: Nirmalagiri College NSS Unit 25&26 organized a social scheme named “പറവകൾക്കിത്തിരി കുടിനീർ” (Water for Birds) to provide drinking water to birds. This initiative demonstrates the college's commitment to environmental conservation and promoting the well-being of birds. The scheme involved volunteers fixing stands containing

water pots throughout the campus. By doing so, the NSS unit ensured that birds visiting the campus have access to clean drinking water. This effort contributes to the birds' hydration needs, particularly in areas where natural water sources may be limited or inaccessible. The presence of Principal Dr Ousephachan K V, who presided over the program, and college bursar Rev. Fr. Shaji Thekkemury, who inaugurated it, signifies the college's support and recognition of the initiative. Their involvement adds importance and emphasizes the college's commitment to environmental responsibility and community engagement. The “പറവകൾക്കിത്തിരി കുടിനീർ” scheme highlights the college's efforts to create a bird-friendly environment within the campus. By providing water pots and stands, the college not only supports the birds' well-being but also raises awareness among students, staff, and visitors about the importance of conserving nature and promoting biodiversity.



Programme 36

Date: 21/02/2023

Title: World Mother Tongue Day

Organized by: NSS

No.of students participated: 90

Brief Report: World Mother Tongue Day was observed on February 21, 2023. The celebration of this day highlights the importance of linguistic diversity and the preservation of mother tongues. During the observance, Sanjay Shaji, an alumnus of NSS and a third-year B.A. Malayalam student led the session. His involvement demonstrates his passion for promoting and preserving the Malayalam language, which is the mother tongue of the region. Under Sanjay Shaji's leadership, the session likely involved activities and discussions focused on raising awareness about the significance of mother tongues and their role in cultural identity.

Participants may have shared their experiences, recited poems or stories, and engaged in conversations highlighting the beauty and importance of the Malayalam language.



Programme 37

Date: 22/02/2023

Title: Harithaveedi

Organized by: NSS

No.of students participated: 90

Brief Report: Nirmalagiri College NSS units and Kuthuparamba Municipality jointly organized a cleaning program named "Harithaveedi" in connection with "Valicheryal Muktha Keralam". This collaboration reflects their dedication to creating a cleaner and more sustainable environment. The NSS volunteers took the initiative to clean the roadside of Thalassery-Koorg road. Their efforts in collecting all types of waste and segregating them into separate bags showcase their commitment to proper waste management practices. By disposing of the collected waste through the municipality, the NSS volunteers ensured that the waste is handled and managed in an appropriate manner. This responsible action contributes to maintaining the cleanliness of the area and preventing further environmental pollution. The cleaning program organized by Nirmalagiri College NSS units and Kuthuparamba Municipality in connection with "Valicheryal Muktha Keralam" highlights the importance of collective action in addressing environmental challenges. By collaborating with the municipality, the NSS units create a platform for community engagement and demonstrate the impact that can be achieved through joint efforts.



Programme 38

Date: 04/03/2023

Title: National Science Day Celebrations

Organized by: NSS

No.of students participated: 90

Brief Report: Nirmalagiri College NSS Units 25 & 26 observed National Science Day on 04/03/2023. National Science Day (28th February) is celebrated in India to mark the discovery of the Raman effect by Sir C.V. Raman, the renowned Indian physicist, on the same day in 1928.

The Botany department's presentation on Robert Brown highlights his significant contributions to the field of botany. Robert Brown, a Scottish botanist, is known for discovering the phenomenon of Brownian motion and for his work in plant anatomy and taxonomy. The Home Science department's presentation on Dr. M.S. Swaminathan showcases his immense contributions to agricultural research and development. Dr. M.S. Swaminathan, often referred to as the "Father of the Green Revolution in India," played a crucial role in improving

agricultural productivity and food security in the country. The Mathematics department's presentation on Srinivasa Ramanujan brings attention to his extraordinary mathematical achievements. Ramanujan was an Indian mathematician who made significant contributions to number theory, continued fractions, and mathematical analysis. The Physics department's presentation on Dr. A.P.J. Abdul Kalam pays tribute to his exceptional contributions as a scientist and as the former President of India. Dr. Kalam, known as the "Missile Man of India," made significant advancements in missile technology and played a pivotal role in India's space program. The Zoology department's presentation on C.V. Raman highlights his groundbreaking discovery of the Raman effect, which earned him the Nobel Prize in Physics. C.V. Raman's work revolutionized the field of spectroscopy and had far-reaching implications in various scientific disciplines.

The initiative taken by each department to conduct presentations on different scientists related to their respective fields is an excellent way to commemorate the occasion. It allows students and faculty members to delve deeper into the contributions and achievements of scientists in various disciplines. By highlighting different scientists, each department can showcase the diversity and breadth of scientific achievements across various fields of study. This promotes interdisciplinary learning and encourages students to explore the vast world of science beyond their own disciplines.



Programme 39

Date: 11/03/2023

Title: Camp for Federation of the Blind

Organized by NSS

No. of students participated: 50

Brief Report: Nirmalagiri College NSS Units 25 & 26 in collaboration with the Federation of the Blind conducted a camp for visually challenged persons aimed to assist them in obtaining the UDID Card (Unique Disability Identity Card) and railway e-card..The inauguration of the camp by College Bursar Rev. Fr. Shaji Thekkemuriyil indicates the support and importance given to such initiatives by the college administration. The keynote address by Sri. Ali Pullara, Vice President of the KFB (Kerala Federation of the Blind) Youth Forum, would have provided valuable insights and guidance on the significance of the camp and the services available for visually challenged individuals. The presence of Sri. Sajid M M, President of KFB Kannur, as the presiding officer, further emphasizes the collaboration between Nirmalagiri College NSS Units and the Federation of the Blind in working towards the welfare of visually challenged persons. Program Officer Smt. Deepthi Lisbeth K welcomed the meeting, and Dr. Jaison Joseph, another program officer, felicitated the meeting.By facilitating the application process for the UDID Card and railway e-card, the camp helps visually challenged individuals access benefits and services that are essential for their day-to-day activities, including travel. Such support enhances their independence and inclusivity in society. The camp conducted by Nirmalagiri College NSS Units 25 & 26, in collaboration with the Federation of the Blind, demonstrates a commitment to empowering visually challenged individuals and enabling them to avail of necessary identity cards and services. This initiative fosters inclusivity and social welfare, showcasing the dedication and compassion of the college community in making a positive impact on the lives of visually challenged individuals.

The image shows an event poster on the left and a photograph of the camp on the right. The poster is for an event titled 'കാഴ്ച പരിമിതരുടെ UDID കാർഡും റെയിൽവേ ഇ-കാർഡും ലഭ്യമാക്കാനുള്ള ക്യാമ്പ്' (Camp for visually challenged persons to obtain UDID cards and railway e-cards). The event is scheduled for 11-03-23 (Saturday) at 10:00 AM. The location is NSS Units Nirmalagiri College & KFB Forum, Kuthparamba. The poster also includes contact information for Nirmalagiri College Kuthparamba and a social media handle @NIRMALAGIRI COLLEGE KUTHPARAMBA. The photograph on the right shows a group of people, including visually challenged individuals, sitting at tables in a room, participating in the camp. A GPS overlay is visible on the photo, showing the location as VH38+GXR, Nirmalagiri, Kerala 670701, India, with coordinates 11.8544203° Latitude and 75.5682434° Longitude. The time shown is Local 11:29:20 AM and GMT 05:59:20 AM on Saturday, 03.11.2023.



Programme 40

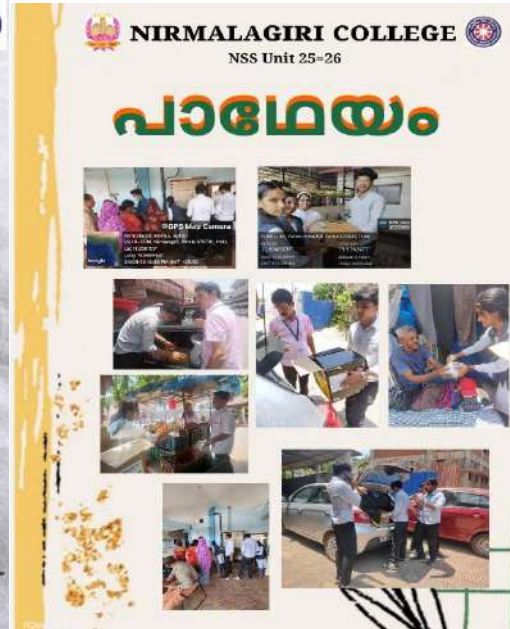
Date: 24/03/2023

Title: Padeyam 2023

Organized by NSS

No.of students participated: 100

Brief Report: Nirmalagiri College NSS units organized a lunch distribution program for the needy in various locations on 24/03/2023. The initiative to provide meals to those in need reflects the spirit of community service and compassion. The distribution program took place at Kuthuparamba Taluk Hospital, for the poor on the roadside, and at Snehabhavan, an old age home in Palaparamba. By reaching out to these different locations, the NSS units extended their support to diverse groups of people who require assistance. The collection of funds from NSS volunteers to sponsor the 100 lunches demonstrates the collective effort and generosity of the volunteers. Such contributions from within the NSS community enable meaningful and impactful initiatives. The programme officers were also present for the distribution. These initiatives promote social responsibility and contribute to the overall well-being of the community.



Programme 41

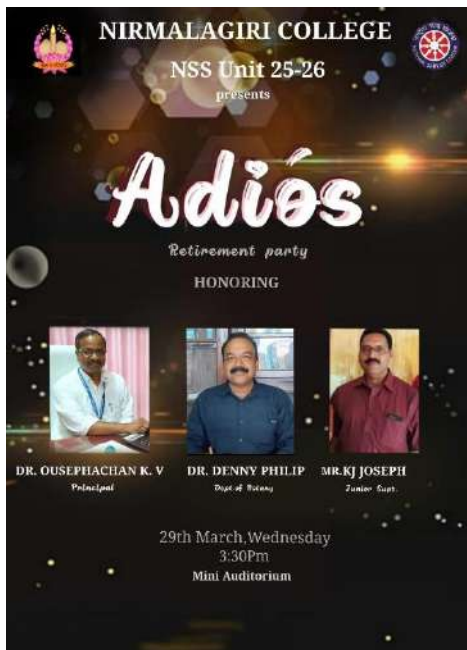
Date: 29/03/2023

Title: Farewell Meeting

Organized by: NSS

No.of students participated: 100

Brief Report: Nirmalagiri college NSS units given farewell to the three retiring staff members, including Principal Dr. Ousephachan KV, former HOD of the Botany Department Dr. Denny Philip, and Junior Superintendent Sri Joseph K.J. at Nirmalagiri College. Farewell events are a special way to honor the dedicated service and contributions of esteemed individuals. The event was presided over by NSS Programme Officer Dr. Jaison Joseph, and College Bursar Rev. Fr. Shaji Thekkemury delivered the keynote address, adding significance and recognition to the farewell function. NSS Programme Officer Smt. Deepthi Lisbeth K welcomed the gathering, creating a warm and inclusive atmosphere for the event. NSS volunteers Jumana Sameer, Ghanashyam VK, and Athul K Sunny offered their felicitations, expressing gratitude and best wishes to the retiring staff members. The retiring staff members were given the opportunity to deliver a reply address, providing them with a platform to express their thoughts, memories, and appreciation for the years of service and dedication they have rendered to the institution. To commemorate the occasion, mementos were given to the retiring staff members.



Programme 42

Date: 01/05/2023

Title: Mazhakkala Poorva Shuchekaranam

Organized by: NSS

No. of students participated: 68

Brief Report: Nirmalagiri College NSS Units 25 & 26 conducted a cleaning program on 01/05/2023 as part of May Day. The meeting for the cleaning program was presided over by Vice Principal Rev. Fr. Dr. Joby Jacob, Mangattidom Panchayat member M. Krishnan inaugurated the program, emphasizing the significance of community involvement in maintaining cleanliness and preventing diseases. Following the meeting, NSS volunteers actively participated in cleaning the roadside of Thalasserry Koorg Road, from Nirmalagiri College to Moonnam Peedika. This initiative demonstrates the commitment of the NSS units to maintaining cleanliness in the community and creating a hygienic environment. Cleaning the roadside helps in preventing the accumulation of waste and minimizing the breeding grounds for disease-carrying vectors.


 നിർമലഗിരി കോളേജ്
 Nss unit 25&26 
 മെയ് 1 2023
മഴക്കാല പൂർവ്വ ശുചീകരണ യജ്ഞം
 അദ്ധ്യക്ഷത: ഫാദർ ജോബി ജേക്കബ് (വൈസ് പ്രിൻസിപ്പാൾ)
 ഉദ്ഘാടനം: ശ്രീ എം.കൃഷ്ണൻ (പഞ്ചായത്ത് മെമ്പർ)
 തുടർന്ന് മൂന്നാപിടിക മുതൽ നിർമലഗിരി കോളേജ് വരെയുള്ള റോഡരികെ ശുചീകരണം

 Beginning at 9:15 AM
 #Not me but you



Programme 43

Date: 03/05/2023
Title: World press freedom day
Organized by: NSS
No.of students participated: 82

Brief Report: Nirmalagiri College NSS Units conducted a presentation in connection with World Press Freedom Day. Such initiatives help raise awareness about the importance of press freedom and its significance in society. The presentation on press freedom was led by NSS Unit Secretary Sri Alan Louis, indicating his expertise and interest in the subject matter. Presentations like these allow participants to learn about the challenges, significance, and impact of press freedom on society. NSS Volunteer Arpitha K played a vital role by welcoming the meeting, creating a welcoming and inclusive environment for the participants. The Programme Officers of the NSS Units provided the necessary guidance and support, underscoring their commitment to the success of the event. Their expertise and assistance would have ensured the smooth conduct of the presentation and facilitated the understanding of the topic by the audience. The initiative encourages critical thinking, awareness of media ethics, and the promotion of responsible journalism among the participants.



Programme 44

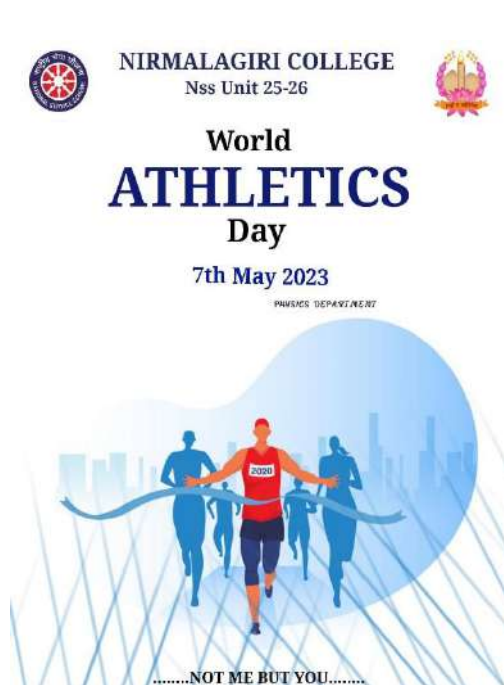
Date: 08/05/2023

Title: Interactive Session

Organized by: NSS

No.of students participated: 68

Brief Report: Nirmalagiri College NSS units conducted an interactive session as part of Red Cross Day and World Athletics Day with Anandhu V K, a martial artist and India Book of Record holder, on 08/05/2023 through Google Meet. Such sessions provide valuable insights and inspiration to the participants. The program began with NSS volunteer Anagha Satheeshan extending a warm welcome, setting a positive tone for the session. Dr. Jaison Joseph, the NSS program officer, presided over the function, emphasizing the significance of the event and its alignment with the objectives of the NSS. Programme Officer Deepthi Lisbeth K and NSS volunteer Nandhana Prasad had the privilege of felicitating the meeting, expressing their gratitude and appreciation for Anandhu V K and his accomplishments. The interactive session with Anandhu V K would have offered an opportunity for participants to learn from his experiences as a martial artist and India Book of Record holder. Such sessions not only provide knowledge and insights but also serve as a source of motivation and inspiration for individuals interested in athletics and martial arts.



Programme 45

Date: 11/05/2023

Title: National Technology Day

Organized by: NSS

No.of students participated: 68

Brief Report: Nirmalagiri College NSS Units conducted a presentation in connection with National Technology Day. The presentation covered a wide range of topics, including 5G, artificial intelligence, cyber security, cloud computing, and biometrics. These are all relevant and significant areas within the field of technology that have a profound impact on various aspects of society. NSS Programme Officer Deepthi Lisbeth K presided over the function, and

NSS Volunteer Swanthana played a crucial role by welcoming the program. NSS Programme Officer Dr. Jaison Joseph felicitated the meeting, offering encouragement and appreciation for the efforts of the NSS volunteers and their presentations. By focusing on topics such as 5G, artificial intelligence, cyber security, cloud computing, and biometrics, the NSS units contribute to the technological literacy and awareness of the participants. These areas of technology have far-reaching implications and are crucial for the digital transformation and advancement of various industries. The involvement of NSS volunteers in delivering the presentations demonstrates their enthusiasm and interest in technology-related subjects. This opportunity allows them to deepen their knowledge and enhance their communication and presentation skills.



Programme 46

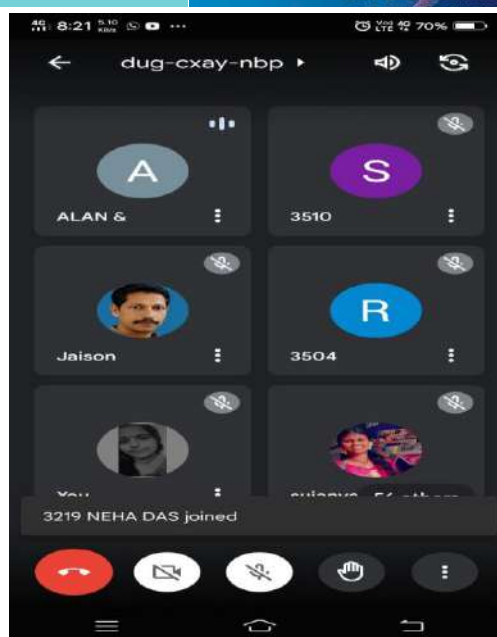
Date: 12/05/2023

Title: International Nurses Day

Organized by: NSS

No.of students participated: 68

Brief Report: Nirmalagiri College NSS Units celebrated International Nurses Day on 12th May 2023. This is an important occasion to acknowledge and appreciate the significant contributions of nurses in the healthcare industry. The event was graced by Smt. Midhuna K C, a mid-level service provider, served as the chief guest. Her presence would have added value and insights to the celebration, considering her experience and expertise in the nursing profession. Principal Ousephachan KV, who presided over the function, and NSS Volunteer Sayana took on the responsibility of welcoming the gathering, setting a warm and inviting tone for the event. Programme Officer Jaison Joseph had the privilege of felicitating the gathering, expressing gratitude and appreciation for the dedication and hard work of nurses. The event serves as a platform for acknowledging the challenges faced by nurses, highlighting their achievements, and encouraging students to consider nursing as a noble and fulfilling profession.



Programme 47

Date: 14/05/2023

Title: Mother's Day Selfie Contest

Organized by: NSS

No. of students participated: 74

Brief Report: Nirmalagiri College NSS Units organized a selfie contest in connection with Mother's Day. Such activities provide an opportunity for students to celebrate and express their love and appreciation for their mothers. The winners of the selfie contest were Roam Raju from Commerce, Harmitha C K from Physics, and Sreelakshmi K from Home Science. Their creativity and participation have made them deserving recipients of this recognition. Mother's Day is a special occasion to honor and acknowledge the significant role mothers play in our lives. By participating in the contest, students had the opportunity to showcase their love for their mothers and celebrate the unique bond they share. It not only brings joy and happiness to the participants but also spreads positive vibes within the college community. It is a beautiful initiative that encourages students to appreciate and cherish the love and support they receive

from their mothers. It creates a platform for celebration and strengthens the bond between students and their mothers, making the occasion even more memorable.



Programme 48

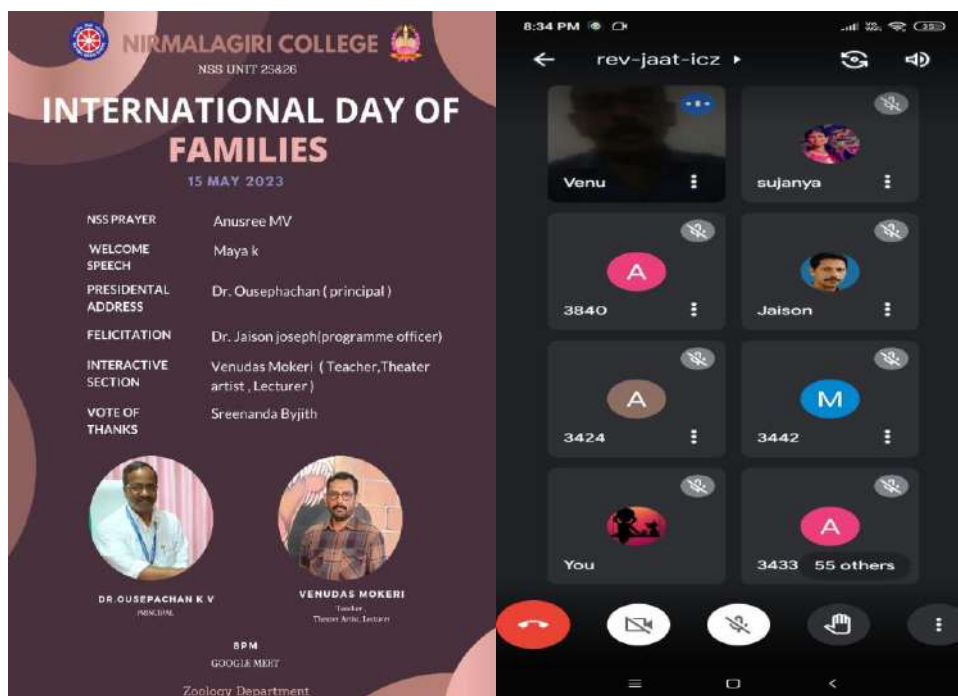
Date: 15/05/2023

Title: International Day of Families

Organized by: NSS

No.of students participated: 68

Brief Report: Nirmalagiri College NSS Units organized a session on Google Meet on 15/05/2023 in connection with the International Day of Families. This event provides an opportunity to reflect on the importance of families and their impact on individuals and society. Principal Dr. Ousephachan K V presided over the function, and NSS Volunteer Maya K played a crucial role by welcoming the gathering and setting a warm and inviting tone for the session. The presence of Chief Guest Venudas Mokeri, a teacher and theatre artist, would have added valuable insights and perspectives on family life. Their expertise and experiences can contribute to a meaningful and engaging session for the participants. Programme Officer Jaison Joseph had the honor of felicitating the meeting, expressing gratitude and appreciation for the contributions and efforts made towards organizing the session. The International Day of Families aims to promote the importance of families as the fundamental units of society. It provides an opportunity to discuss and reflect upon various aspects of family life, including its role in personal development, social cohesion, and overall well-being. This event creates a platform for dialogue and discussion on the significance of families in today's world. It enables participants to gain insights, share experiences, and understand the challenges and joys associated with family life.



Programme 49

Date: 18/05/2023

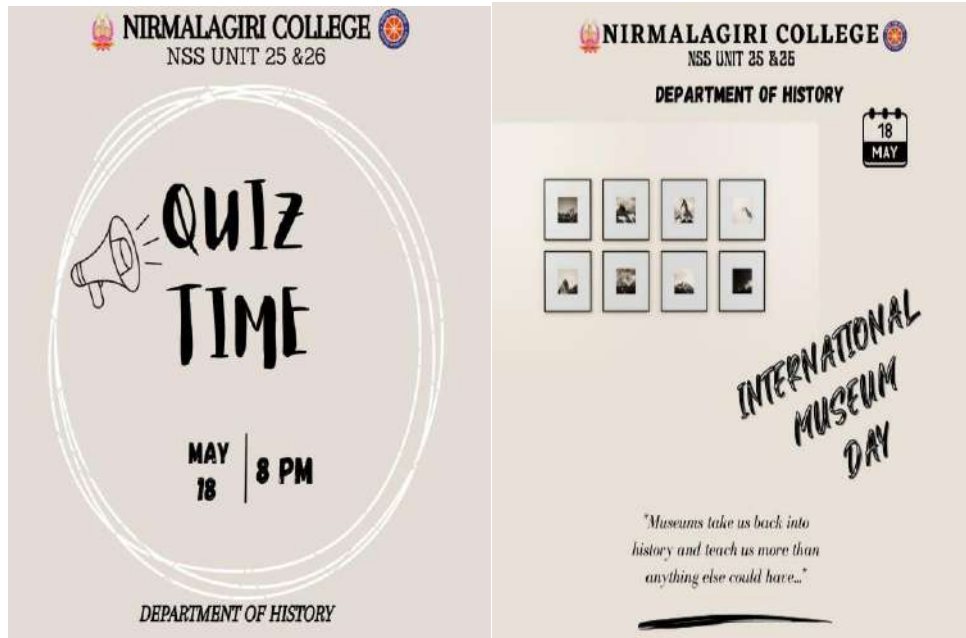
Title: International Museum Day

Organized by: NSS

No.of students participated: 100

Brief Report: Nirmalagiri College NSS Units organized a quiz competition in connection with International Museum Day. Such activities provide an excellent opportunity for students to explore and learn about the significance of museums. Manjusha P from the Home Science department won the first prize in the quiz competition. Their achievement reflects their knowledge and enthusiasm for museums and their contents. International Museum Day is

celebrated to promote the importance of museums as cultural and educational institutions. By conducting a quiz competition, Nirmalagiri College NSS Units actively engage students in learning about museums, their collections, and their role in preserving and showcasing our heritage. It provides an excellent platform for students to showcase their knowledge and enthusiasm for museums. It contributes to a deeper understanding and appreciation of the rich cultural heritage preserved in museums.



Programme 50

Date: 18/05/2023

Title: World Telecommunication and Information Society Day

Organized by: NSS

No.of students participated: 100

Brief Report: Nirmalagiri College NSS observed World Telecommunication and Information Society Day. This event provides an opportunity to recognize the importance of telecommunication and information technology in today's society Programme Officer Dr. Jaison Joseph presided over the function, NSS Volunteer Riya P played a crucial role by welcoming the meeting, setting a positive and inclusive atmosphere for the event. The felicitation by Programme Officer Deepthi Lisbeth K signifies the appreciation and support extended by the NSS unit towards the observance of World Telecommunication and Information Society Day. The session on the topic of telecommunication in the present scenario, conducted by NSS Volunteer Adharva, must have provided valuable insights into the advancements, challenges, and impacts of telecommunications in today's world.



Programme 51

Date: 22/05/2023

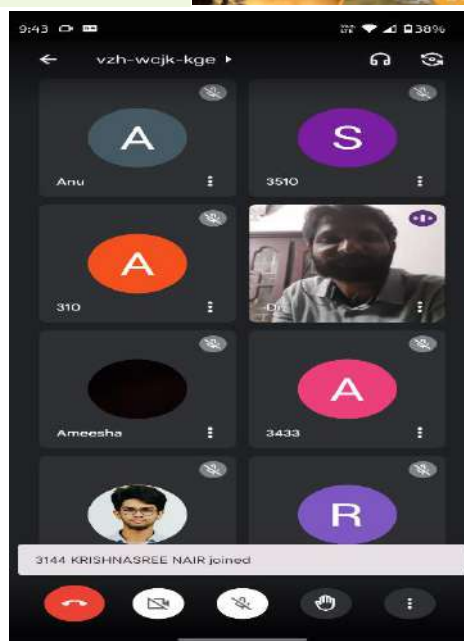
Title: International Day for Biological Diversity

Organized by: NSS

No.of students participated: 100

Brief Report: Nirmalagiri College NSS units observed the International Day for Biological Diversity. This day is significant in promoting the importance of biodiversity conservation and raising awareness about the need to protect and preserve our natural resources. Dr. Dileep, a Botany Teacher from Rajiv Gandhi Higher Secondary School, Mokeri, participated in the interactive program. Their expertise and knowledge in the field of biology would have contributed to the engagement and learning of the participants. Programme Officer Dr. Jaison Joseph's presence as the presiding officer reflects the commitment of Nirmalagiri College NSS units in organizing meaningful activities in line with important global observances. NSS Volunteer Lakshmi S welcoming the gathering sets a positive tone for the event, ensuring that participants feel valued and engaged from the start. The felicitation by NSS Programme Officer Deepthi Lisbeth K highlights the support and appreciation extended by the NSS units towards

the observance of International Day for Biological Diversity. This interactive program would have provided participants with valuable insights into the significance of biodiversity, its role in sustaining ecosystems, and the importance of conservation efforts. It may have also highlighted the challenges faced in preserving biodiversity and the need for collective action.



Programme 52

Date: 31/05/2023

Title: World No Tobacco Day

Organized by: NSS

No.of students participated: 86

Brief Report: Nirmalagiri College NSS units observed World No Tobacco Day, which aims to raise awareness about the harmful effects of tobacco use and promote a tobacco-free

lifestyle. Sri Sukesh K C, a Senior Civil Service Officer and an alumnus of Nirmalagiri College delivered a talk on this occasion. As an alumnus, the presence of Sri Sukesh K C would have added value and relevance to the event, sharing personal insights and experiences to highlight the importance of staying away from tobacco. The presence of College Principal Dr. T K Sebastian as the presiding officer and NSS Programme Officers' felicitation signifies the support and appreciation extended by the NSS units towards the observance of World No Tobacco Day. The welcome speech by Shada Fathima would have set a positive tone for the event, emphasizing the significance of the occasion and encouraging participants to actively engage in the discussions. The talk by Sri Sukesh K C would have shed light on the dangers of tobacco use, the health risks associated with it, and the importance of adopting a tobacco-free lifestyle. It may have also included information on available resources and support systems for individuals who wish to quit tobacco.

