

NSS – 1 (14/06/2010) ORIENTATION FOR FIRST YEARS & INTRODUCTION OF NSS

A general orientation programme was organized by the U.C.College Management for 1st year graduates and their parents on June 14th 2010 from 9.30 am to 1.00 pm at P.J Auditorium. The meeting aimed at introducing the aims & aspirations of U.C.College, its facilities & various courses offered by different Depts & other working bodies & organizations. The Principal, Dr.T.Thomas Philip, Manager. Dr. A.M.Chacko, Student Dean & NCC Officer Lt. Narayanan and NSS P.O.Dr. Shirley Thomas, PTA representatives, Dr. K.P Unnikrishnan introduced the various aspects of the college.

ROLE OF NSS VOLUNTEERS

The NSS volunteer secretaries, volunteers and executive members volunteered towards the smooth functioning of the programme. They handled the reception of parents & new comers to the venue and their orderly seating arrangements. The volunteers were in charge of the discipline of the gathering, and provision of refreshments, guiding students to their respective departments etc. Dr. Shirley Thomas NSS P.O introduced NSS activities of the college, its aims & objectives and also welcomed their participation in NSS during their tenure in this college. The programme ended by 1.00 pm and students dispersed to their respective Departments.

NSS – 2 (22/06/2010) NSS ENROLLMENT CAMPAIGN

An enrollment campaign was organized by the Voluntary organizations NSS & NCC of the college on 22nd June, 2010 at 11.30 am in VM Hall to introduce Voluntary organizations and its activities & prospects to the 1st year graduates. Dr.T.Thomas Philip applauded the NSS/NCC units & their self less service rendered. The significant of which is their voluntary help during various Navathi Projects in the college, apart their regular activities and heavy academic schedules.

The programme started with the NSS anthem sung by the NSS volunteers. Mrs. Seena Mathai, the new NSS Programme Officer welcomed the gathering. She invited the new graduates to such voluntary organizations as it contributed to wholesome education and personality development. NSS Ex. volunteer secretary, Mr. Eldhose.N.J gave a detailed power point presentation of the various NSS activities conducted during the previous year 2009-10 and conveyed that NSS has become a passion for its volunteers & new comers should take it up to keep the torch aflame. Lt. Narayanan & Ms. Geethika presented the NCC & its activities. The campaign came to a close after the vote of thanks delivered by the NSS Voluntary Secretary Ms. Swathymol P.S.

NSS – 3 (19/07/2010) INAUGURATION OF NSS UNIT

The Formal inauguration of the U.C College NSS unit & its activities for the academic year (2010-11) took place at Varkey Memorial Hall at 1.00 pm on 19th July 2010. The NSS volunteers, Ex.P.Os, ex.voluntary secretaries & executives and other teaching & non teaching staff & students gathered for the inaugural function.

The programme started with the glorious NSS anthem sung by the NSS volunteers. Dr. Shirley Thomas greeted & invited the gathering. Programme Officer, Mrs. Seena Mathai welcomed the gathering.

The Principal, Dr. T.Thomas Philip inaugurated the NSS activities by lighting the lamp. In his inaugural address, he applauded the NSS unit for their meritorious service during the previous year and inspired the new comers to rise to active volunteership as their seniors, Prof. Dr. K.P Unnikrishnan, former P.O & award winner during the period 87-89 highlighted the importance of NSS and its aims & activities. Ms Chanchana former voluntary secretary shared her good experiences in the NSS & hoped the same for the new comers. She also conveyed her wishes for the unit in the forth coming activities. The inaugural function came to a close by 1.30 pm after Ms. Namitha S.(voluntary secretary) delivered the vote of thanks.

NSS – 4 (09/06/2010) ELECTION OF VOLUNTARY SECRETARIES AND EXECUTIVE COMMITTEE MEMBERS FOR THE ACADEMIC YEAR 2010-11.

A special executive and NSS volunteer's meeting was held on 9th June 2010 at 12.45pm in MB Block, to elect the office bearers of NSS for the year 2010-11. The meeting was chaired by Ex.P.O Jebin Jose. NSS P.O Dr. Shirley Thomas appreciated the excellent leadership and meritorious service of Ex.volunteers secretaries Eldhose, Aparna, Chanchana and thanked them for the same. She thanked each and every volunteer who was part of the 2009- NSS unit especially the student leaders, executives and all active members. The new volunteer Secretaries for the academic year 2010 -11 were elected. Similarly the new executive members for the committee and Dept. representatives were also elected. All the office bearers were congratulated and requested to rise to active leadership to keep the NSS spirit high. She wished every member the best for their forth coming activities.

NSS – 5 (15/06/2010) HELP AGE INDIA & NSS SIGNATURE CAMPAIGN AGAINST “ELDER ABUSE.”

June 15th is observed as the World Elder Abuse Awareness day. It serves as a call to increase awareness about elder Abuse, their neglect and exploitation. NSS unit in association with Help Age India organized a signature campaign in the U.C Campus.

The campaign was inaugurated by Prof. Roshini Mathew Maliackal, Former HOD of Dept of Chemistry, U.C.C, Aluva by volunteering to sign first on the large flex sponsored by Help Age India. Dr. Shirley Thomas, NSS P.O related the significance of the day and the aim of the mission. She stated that compared to other states, the no. of old age homes are increasing considerably in Kerala. At this juncture, it was most essential to conduct such awareness programmes for the young, to stand up for the cause of empowering the older person, respecting and caring for them. Later NSS P.O Seena Mathai and other faculty, NSS Volunteers and other students pledged to join hands to create a better world for the elderly and signed on the flex as a mark of it.

The programme aimed to create awareness about Help Age India, their activities, to empower the youth to work for the cause, the care of the disadvantaged older persons and to improve their quality of life.

NSS – 6 (10/07/2010) SAVE KERALA MOVEMENT: SHADOW ASSEMBLY AT BTH, ERNAKULAM

Save Kerala Movement aims to raise people to be leaders, to work for the development and prosperous future of Kerala by being well above politics, religion, money or other selfish agenda. The body aims to strive continuously towards ways & means to clear the existing decay in power.

^ The shadow Assembly began by 10.30 am at BTH. Many political, religious leaders, lawyers and educationists gathered. The programme was inaugurated by Justice V.R. Krishnayyar, Ex. V.C. of Kalady Sanskrit University. Many judges, advocates, professors & religious leaders spoke on the ways & means to address the various problems faced by the people in Kerala. The programme came to a close after the vote of thanks by the general secretary, Save Kerala Memorial. NSS volunteers from UCC NSS Unit, actively participated in the programme.

NSS 7 (21/07/2010) NSS AWARENESS PROGRAMME ON MONSOON EPIDEMIC FEVER BY DR. SUDHAKARAN MBBS. M.D (ADDL. D.M.O)

The collector send special orders to educational institutions to conduct awareness programme against the rising epidemic fever. Dr. R. Sudhakaran Adl. D.M.O was invited for an awareness seminar for the whole college.

The whole college consisting of management, teachers & students gathered in V M Hall for the programme at 11.30 am on 21st July 2010. Dr. T. Thomas Philip, Principal of the college, welcomed the gathering and introduced the eminent resource person, Dr. Sudhakaran.

Dr. Sudhakaran gave a very effective seminar and awareness programme of the various monsoon epidemic fevers, its causes & preventive measures towards it. His power point presentation explained in simple language the easy and effective measures which could be taken up by students and family members at home. The students were warned of the threat and reminded their great role as ambassadors in spreading the message across to their family members, friends and neighbours. Dr. M.I. Punnose representing the Staff Association and PTA proposed the vote of thanks. The programme ended by 1.30 pm. The NSS volunteers exhibited the posters prepared as part of the awareness programme.

NSS – 8 (24/08/2010) HARITHAM – ONE DAY NSS CAMP

“Haritham” one day camp was a follow up of U.C.College-Navathi- Haritha vasham project which planted 90 saplings in the college on June 5th World Environment day. These saplings need to be tended and nourished. Therefore the camp work plan included clearing of the area around the sapling, application of organic fertilizers and erection of tree guard and replacement of defective sapling. . The first one day camp “Haritham” was conducted on 24th July 2010 in the U.C.College campus. Registration of campers began at 8.45 am and 50 Ist year graduates registered. The student assembly began with the NSS anthem. Volunteer secretary briefed the campers of the schedule, work plan, and the code of conduct. The students were divided into 7 groups with an executive member to lead. Each group were assigned specific sites of work , the leaders collected their share of fertilizers and work implements. The leaders gave specific directions for the work and emphasized the importance of such community work for the college campus. All NSS volunteers started work by 9.50 am and joyfully participated in the manual labour with much interest. The first phase was completed by 11.30 am and students gathered for tea at MB premises. They had boiled tapioca and chutney for break fast. The volunteers enjoyed their leisure time by singing folk songs. The second phase of work began by 12.00 o’clock and

completed the whole work programme by 1.00 pm. During the lunch break the NSS volunteers invited the ex. volunteers and secretaries for lunch. They entertained the campainers with their songs & dance sequence.

The afternoon session began by 2.50 pm. It was led by Mr. Veerendra Kumar, Dist. Co-ordinator VHSC & Dist Resource person for NSS. Dr. Shirley Thomas, NSS P.O welcomed the resource person. Help Age India certificates for the volunteered students were also distributed by Prof. Veerendra Kumar. He introduced the theme of NSS to the new volunteers. He also emphasized that NSS volunteers should possess the 10 life skills. 1) Creative thinking 2) Empathy 3) Coping with stress 4) Fortitude 5) Coping with emotions etc.

The seminar was quite informative and interesting. The campers had tea. This was followed by student interaction and games session. The students were divided into 5 groups and were asked to present skits or mimes on various social menaces and problems faced by the society today. The students participated enthusiastically and the best performers were awarded prizes. This was followed by the evaluation session, where students expressed their opinions of the camp. NSS P.O congratulated all the leaders and also thanked the NSS volunteer secretaries and executive members for co-ordinating the camp especially all volunteers who actively participated in the one day camp. She reminded the campers the motto of NSS 'Not me but You' which was fulfilled in the camp and personality development through community service. The selfless service of volunteers contributed much as a follow up of the Navathi- Harithavarsham student project. The camp came to joyous end by 4.45pm.

NSS –9- 27/07/2010 NSS PROGRAMME OFFICERS TRAINING AND ORIENTATION AT TOC, RAJAGIRI, KALAMASSERY FROM 27TH/JULY TO 5TH AUG 2010.

Programme Officers Dr. Shirley Thomas and Mrs. Seena Mathai was selected for a 10 day Orientation and Training Programme for NSS P.O at Training and Orientation centre, Rajagiri, Centre for Social Sciences, Kalamassery from July 27th to August 5th .

55 NSS P.Os from various colleges, VHSCs and Vocational Higher Secondary Schools under went NSS P.O training at TOC Rajagiri led by Co-ordinator I. V. Soman Sir. The sessions included history, philosophy and objectives of NSS. It trained the programme officers to conduct orientation for new students also to conduct its regular activities and special camps. The sessions helped the teachers to identify social issues in the community and plan their work accordingly and work towards it in their respective units. NSS Programme Officer Dr. Shirley Thomas made a presentation as to "how to execute a special camp", in the symposium conducted at TOC. The PO's conducted surveys and tabulated it. The camp was organized in the same lines of a special camp which concluded on August 5th with the valedictory function and distribution of certificates.

NSS – 10 (06/08/2010) HIROSHIMA – WORLD PEACE DAY: COLLEGE LEVEL ESSAY AND PENCIL DRAWING COMPETITION

Hiroshima day was observed as World Peace Day on 06.08.10. The college NSS Unit conducted a college level competition in Pencil Drawing on the theme "World Peace". An essay competition was also held on the same topic.

17 students participated in the essay competition and 15 students in the poster competition held at P J Auditorium from 1.30 pm to 2.30 pm. Dr. Sibubabu Assistant Prof. of Malayalam dept

evaluated the essays Mrs. Seena Mathai., Ass. Prof. and NSS Programme Officer evaluated the posters in the competitions. The prize winners for the competition were as follows:

Winners for college level competition were as follows:

Pencil Drawing Posters

1st Prize - Kiran V.G. 1st BSc. Physics

2nd Prize - Arun Thilakan 1st BSc Chemistry

3rd Prize - Abel Domanic 1st BA English

The winners of the essay writing competitions is as follows.

1st Prize - Shinto Babu. II BSc Physics

2nd Prize - Reshma M.D II BA Economics.

3rd Prize - Eljo Joseph II BA Economics.

NSS – 11 (12/08/2010)

NATIONAL LEVEL ONLINE ESSAY COMPETITION FOR YOUTH BY RAJEEV GANDHI NATIONAL INSTITUTE FOR YOUTH DEVELOPMENT (RGNIYD)

In Connection with International Youth day, Rajeev Gandhi National Institute for Youth Development invited online entries and hardcopies of Essays on proposals for “Youth Empowerment and Development in this Millennium”. NSS volunteers and other talented students were encouraged to participate and Essays were submitted online for contest.

NSS – 12 (15/08/2010)

INDEPENDENCE DAY CELEBRATION

U.C.C NSS Volunteers in association with College NCC unit celebrated the Independence day. Principal Dr. T. Thomas Philip hoisted the National flag and delivered the Independence Day Message.

NSS – 13 (10/09/2010)

“SOUHRUTHAM” THREE DAY CAMP

‘Souhrudam-2010’, a 3-day special camp of NSS unit was conducted on September 10,11,12th of 2010 in the Union Christian College. The Principal Dr. T.Thomas Philip presided over the inaugural function and delivered the presidential address and Rtd.Col.Makkar, our distinguished alumni officially inaugurated the camp. The camp set up a medicinal plant garden and a vegetable garden in the campus as part of the environment enriching and natural resource conservation programme. The camp included a personality development workshop by Dr. Aparna Lakshmanan, Programme Officer, St. Xaviers College Aluva.

NSS – 14 (21/09/2010)
OBSERVANCE OF WORLD ALZHEIMERS DAY

NSS had the great opportunity to associate with the Alzheimer's and Related Society of India (ARDSI) on World Alzheimer's day in its observance programme held on September 21st at Ernakulam. NSS executives and volunteers had participated in the WAD Memory walk organized by the same at 2.30pm from Rajendra Maidan to Ernakulum. This was intended for the wide awareness among the people about the dementia carers and medical professionals.

NSS – 15 (24/09/2010)
NSS DAY CELEBRATION

The NSS day was celebrated heartily on September 24th in the college campus. NSS pledge was vowed by NSS volunteers. The volunteers rededicated themselves to selfless NSS service to the society and promised to work with dedication to strengthen the integrity of the nation. A debate and an exhibition of the NSS activities were organized as part of the celebrations.

NSS – 16 (27/09/2010)
M.G. UNIVERSITY PROGRAMME OFFICERS CONFERENCES AT BASALIOUS COLLEGE KOTTAYAM

Mahatma Gandhi University National Service Scheme organized Programme Officers Conference on 27th September 2010 at 10.00am in Baseliious College, Kottayam. Programme Officers Dr. Shirley Thomas and Mrs. Seena Mathai participated. They presented the reports and action photos of NSS activities conducted in the college for the current academic year and gave proposals for the special camping programmes.

The Programme Officers Conference was inaugurated by the Vice Chancellor Dr. Rajan Gurukkal. Pro-Vice Chancellor Dr. Rajan Varghese commended on the exemplary role of MG University NSS units. Many offered felicitations in the conference, Syndicate Member and former Programme Officer Prof. K. Mathews, Baseliious College Principal Prof. Jacob Kurian Onnattu.

State Liason Officer Smt.Anitha Shankar, felicitating the P.O.s emphasized the significance of NSS as an Education Programme and advantages of being a NSS Programme Officer. She charted out 6 flagship compulsory programmes for all NSS units. They are

- a) Green Campus – Environment Programmes,
- b) Green Kerala Programmes,
- c) Anti-drug campaign,
- d) Energy Conservation Programmes,
- e) Anti – Ragging Campaigns,
- f) First-Aid Training
- g) Special programmes like Blood Donation and blood donors directory forum and
- h) Eye Donation units in the Colleges.

i) Enhance awareness campaigns against social evils and in raising voluntary blood donors. j) Each unit was asked to have a “Know its Campus”- Programmes , documented and published. k) A clear recitation of the grace grades for CBCCSS semester students were made. The retiring MG University NSS Co-ordinator Prof. Sabukuttan was applauded for his 5 years of glorious service which won M.G.University national laurels and awards .The new Co-ordinator Dr. D. Prakash who took the chair, proposed definite goals for NSS activities in the current academic year. The Programme Officer’s Conference concluded with good wishes for all future endeavours of the Programme Officers. A vote of thanks was proposed by Mr. Philip, Programme Officer of Baselious College, the host college at Kottayam.

NSS-17 (02/10/2010)

GANDHI JAYATHI WEEK CELEBRATION – (1) SOCIO ECONOMIC HEALTH SURVEY AS A PRELUDE TO 7 DAY SPECIAL CAMP

A Socio Economic Health Survey was conducted by the NSS Volunteers, to identify community problems of ward 10, Karumalloor Panchayath (NSS Adopted Village) and ward 13 (Laksham Veedu Colony) on 2nd October 2010. This was a prelude to the 7 day special camp and community development programme and planning. 50 enthusiastic NSS Volunteers under the leadership of NSS Programme Officers, Volunteer Secretaries and Ward Member coconducted the survey. The survey was assisted by the Kudumbasree President and members. Almost 80 houses and families could participate in the survey programme. This helped the NSS team to identify the community’s problem which need to be addressed. The area had many widows, and illiterate women. Kudumbasree members requested entrepreneurship/self employment training and women empowerment programmes. The was in dire need of waste management methods too. The students hence felt the pulse of the community and the survey was a great inspiration for the community development programme and planning of social work to be executed by them in their adopted colony during NSS special camp.

NSS-18 (04/10/2010)

GANDHI JAYATHI WEEK CELEBRATION – (2) TALK ON AHIMSA AND DEBATE ON PEACEFUL CONFLICT RESOLUTION

As part of Gandhi Jayanthi Week Celebration a talk on Ahimsa was held by NSS Executive Member Mr. Nimish Paul for NSS Volunteers on 05/10/10 at 3.30 pm in AB Hall. A debate was also conducted on “Peaceful Conflict Resolution Technique”, on how to face problems : ‘to react or to respond’ ?. As a leader is not known by his actions but by his reactions, let all reactions be patient responses. After a hot debate the volunteers concluded that it depends on the specific situation as to react or respond, but it is always better and useful to have peaceful responses.

NSS-19 (05/10/2010)**GANDHI JAYATHI WEEK CELEBRATION – (3) BLOOD GROUP DONOR FORUM AND BLOOD GROUP DETECTION**

NSS Unit of U C College in association with Department of Zoology conducted a Blood Group Detection Programme for the Campus community on 05th October, 2010. This was intended to promote blood donation among campus community and to add blood donors to the existing donor list. It abated the fear of blood donation among students and promoted safe blood donation and transfusion. The new blood donor list was send to M G University Blood Donor Forum. NSS Volunteers donated blood to needy requesting clients in and around Hospitals in Aluva and Ernakulam District.

NSS-20 (05/10/2010)**GANDHI JAYATHI WEEK CELEBRATION – (4) HEALTHY LIFE STYLES – TALK AND GROUP DISCUSSION**

A discourse and group discussion was made on Healthy Ways to Healthy Life Styles under the guidance of NSS P.O Dr. Shirley Thomas. Pamphlets were also distributed enumerating simple ways to Healthy Life Styles. The group discussion brought out many important aspects which are as follows:

- Need for timely balanced healthy meals in moderate amounts.
- Returning to traditional meals and food processing methods than media highlighted novel meals.Organic farming of fruits and vegetable and green leaves and augmenting its greater consumption.
- Consumption of wholesome grains, pulses and cereals and less usage of processed food and food products.
- Adopting Naturopathy – Nature’ s way of food and medicine.
- Avoiding meal skipping and also to avoid fast food & bakery items to replace meals.

The main suggestions brought out by NSS Volunteers during the group discussions were a mode of peer – learning. The volunteers were amazed at their own under standing of the subject and all they needed to do was to abide by it, and it was their duty towards a healthy life style and healthy youth. The concrete conclusion of the group discussions were quite enlightening and thought provoking.

NSS-21 (08 to 10/10/2010)**STATE LEVEL NSS VOLUNTEER SECRETARIES TRAINING AT ST. THOMAS, PALA**

M.G.University NSS wing conducted Volunteer Secretaries Leadership Training Camp at St. Thomas College, Pala from 8th to 10th October, 2010. The Sate level camp equipped the

volunteer secretaries from the college, Shyam Krishnan, Swatimol, S and Namitha. S. to take the reins of leadership to lead NSS Unit of U.C.College, Aluva.

NSS-22 (21/10/2010)

LEGAL LITERACY CLASS

The U.C.College, NSS unit in association with the Alwaye Legal Service Authority held a legal literacy class on 24-10-10 for all the IInd year B.A, B Sc students. A team of lawyers headed by Adv. Thankachan Vithayathil and Adv. Bosco paul were the resource persons. The college Bursar Dr. A Benny Cheriyan welcomed the resource persons to the college community. He emphasized the role of legal awareness in protecting themselves from social evils. The legal literacy session was from 10.30am to 12.30pm in the VMA hall of the college. The students were made aware of diverse topics like Marriage Laws, Right to Information Act, Consumer Protection Acts etc.,. The classes were informative and beneficial for the graduate students. Volunteer Secretary Swathymol P.S proposed the vote of thanks and the programme came to an end by 12.30 pm.

NSS-23 (22/10/2010)

INTER COLLEGIATE TRAINING FOR NSS VOLUNTEERS ON ROAD USERS SAFETY SURVEY

An Inter-Collegiate Training on Road Users Safety Survey was held on 22nd October, 2010 in the T. B Ninan Hall. Sri Sankara College, Kalady and MES College, Marampally took part in the training programme. Dr. Shirley Thomas, NSS Programme Officer of U C. College unit welcomed the participants to the training programme. She added that the increasing road accidents are due to the pathetic conditions of roads and hence immediate attention need to be directed to improve the conditions of roads in Kerala. Principal Dr. T Thomas Philip gave the Presidential address and Mr. Mohammed Haneesh, Director, Training, PWD trained the participants. The training was very effective and a practical session was done by the students to have a first hand experience in conducting surveys. Swathymol P.S, the student volunteer secretary of UCC NSS unit proposed the vote of thanks and the programme came to an end by 1 pm.

NSS-24 (26/10/2010)

KSTP RUSS ROAD SAFETY SURVEY

The RUSS, 2010 selected volunteers from U.C. COLLEGE, ALUVA, SRI SANKARA COLLEGE, KALADY AND MES, MARAMPILLY conducted a Road User Safety Survey for RUSS, PWD, KERALA on 26th September 2010. The trained volunteers surveyed a cross section of road users from heavy vehicle drivers, auto, tempo and private vehicle drivers and

pedestrians from all walks of life. The filled in survey forms were submitted to RUSS, PWD, KERALA to submit a consolidated report to WORLD BANK for aid.

NSS-25 (05/10/2010)

MOCK NAAC –NSS ACTIVITY PRESENTATION

A presentation highlighting the NSS activities of U.C.College Unit for the past two years was made before the MOCK NAAC Panel. The reports for the past 5 years was also presented. The Regular Activities, Special Camps and Flag ship Programmes were highlighted in the power point presentation.

NSS-27 (19/11/2010)

BPCL-KOCHI REFINERY- ENCON CLUB ORIENTATION FOR ENVIRONMENT CONSERVATION FORUMS

BPCL-KR Environment Conservation Club conducted a one day orientation and training programme for faculty and students of environment conservation clubs, nature clubs and NSS. 4 selected volunteers of NSS and CES programmes and NSS P.O. Dr. Shirley Thomas represented the College. The students presented the environment enriching and conservation programmes undertaken in the college. Mr Minu Mathew, DGM BPCL-KR inaugurated the programme. Prof. M.I.Varghese, IFC, in his key note address emphasized on the importance of forests and trees. Mr. Jayaram of BPCL-KR gave an informative presentation on energy conservation. It was followed by an active debate on International Programs on Environment Conservation. A debate also was also conducted by the student volunteers about the Copenhagen Summit, whether it was a failure or success. BPCL-KR ENCON CLUB distributed certificates for the faculty coordinators and student volunteers who participated.

NSS 28 (01/12/2010) RED RIBBON CLUB REGISTRATION WITH KASACS AND RRC INAUGURATION ON WORLD AIDS DAY.

Red Ribbon Club was registered with KASACS, TVM on 31st Nov 2010 and RED RIBBON CLUB inaugurated on World Aids Day 1st December 2010 as part of U.C.C NSS UNIT. NSS P.O Dr. Shirley Thomas welcoming the gathering quoted a cine artist's comment that "there were no retakes in real life" so we need to live responsibly and fruitfully. Prof. Annie George, retired faculty of the Dept of Zoology, U.C, College, Aluva inaugurated the Red Ribbon Club. She addressed the young NSS volunteers to act as agents of change in the campus. Dr. T. Thomas Philip presided over the function and also gave a key note address in which he explained the science of AIDS. Memento was presented to Prof. Annie George by the Principal. Volunteer secretary proposed the vote of thanks marking the end of the inaugural session of World Aid Day. An Inter- Collegiate Competition on Essay writing. Extempor Speech and Poster designing was

conducted at T.B. Ninan Hall and Mitrapuram Hall at 11.00 am in connection with World Aids Day on 1st Dec, 2010.

PEACE RALLY

: A peace rally displaying AIDS awareness and abatement programme was conducted in the college, in association with all Voluntary Associations and the College Union. This made the young to ponder over this social disaster and to rise to this cause.

PRIZE WINNERS OF THE INTERCOLLEGIATE COMPETITION

I. EXTEMPOR SPEECH

1st Prize - VIMAL Y JOHNSON - 1ST B.A. Psychology

2nd Prize - ARUN KUMAR - I BA Psychology

3 Prize - JOSHUA ANTONY - II BA Psychology

Special prizes – Uma Shankari - III Bcom (St Xaviers College, Aluva)

Sulakshana P.J. – III Bcom (St.Xaviers College, Aluva)

II.

ESSAY COMPETITION

1 Prize – RESHMA M.D. II BA Economics

2nd – SULAKSHANA P.J. III Bcom (St Xaviers College, Aluva)

3rd – ELJO JOSEPH II BA Economics.

III.

POSTER DESIGNING

1ST Prize – ARUN TILAKAN I BSc Chemistry

2nd Prize – KIRON V.J. I BSc Physics

3rd Prize - SANAL KUMAR III BSc Zoology

NSS-29 (06/12/2010) DARSANAM

A whole college awareness programme on eye donation in association with Little Flower Hospital and Research Centre, Angamaly. The eye donation program Darshanam was inaugurated by Rev. Dr. Sebastian Vadakkepadan, Director Little Flower Hospital and chairman of eye bank association, Kerala by accepting the eye donation consent letters of students and staff. Dr. T. Thomas Philip presided over the function and vouched solidarity with the LF hospital mission of promoting eye donation. The whole college community staff, students and non teaching staff joined in taking an oath to pledge solidarity of promoting eye donation.

The seminar spread awareness on eye donation and its benefits to society. It helped the students erase wrong notions on eye donation. It conceived a large number of volunteers to sign the eye donation consent letter and join in the pledge to promote eye donation in the society.

NSS-30 (18/12/2010) NSS ADVISORY COMMITTEE MEETING FOR SPECIAL CAMP NSS ADVISORY COMMITTEE

Principal – Dr. T Thomas Philip

Manager - Dr. A. M.Chacko

Bursar – Dr. A Benny Cheriyan (Ex NSS PO)

Works – Dr. M.I. Punnoose (Ex NSS PO)

IQAC – Dr. K. P. Unnikrishnan (Ex NSS PO)

Student Dean – Lt K. S. Narayanan (Ex NSS PO)

NSS Pgm. Officers – Dr. Shirley Thomas and Ms. Seena M. Mathai

NSS Volunteer Secretaries – Mr. Shyam Krishnan, Ms. Swathymol S. and Namitha s.

Camp executives – Nimish Paul, Jihin K.A., Simon George, Praveen J Antony

Union Members – Mr. Akhil Shenoy, Mr. Basil Baby

Ex Nss Volunteer secretary – Mr. Eldhose N. J

Ward members – Mr. V.B. Abdul Majeed, Mr. Sunil Kumar

Kudumba shree president – Ms. Rasheeda, Ms. Mini Chellappan

An advisory committee meeting was held on 18/12/2010 with regard to the conduction of NSS special camp in ward 10 of Karumalloor panjayath.

NSS-31 (13/01/11) KASAC’S ORIENTATION FOR RED RIBBON CLUB PROGRAMME OFFICERS.

KASACS- an autonomous society of the state who play a pivotal role in effective AIDS control and awareness programme management, conducted an orientation programme for NSS Programme Officers. NSS P.O. Mrs Seena Mathai participated.

RED RIBBON CLUB MISSION

- * Create awareness about HIV/AIDS.
- *Assurance of safe blood transfusion by mordernizing blood banks.
- *Thrust to development of targeted intervention at high risk behaviour group in the campus.
- * Expansion of counseling and HIV testing facilities in state.
- *Development of care and support facilities including anti-retro viral treatment.

NSS 32 (26-12-2010- 1/1/2011) SEVEN DAY CAMP “PRATHEEKSHA”

Pratheeksha 2010 the seven day special camp lead by NSS unit 52 UC College aluva was held during December 2010 to 1st January 2011. The major highlights of the camp were rural development programmes, Paddy cultivation in “Padashekhara” and women entrepreneurship training in the ward ten of Karumalloor panjayath, aluva. Instalation of vermin compost unit for waist management, Kichen garden in selected houses and a mental health seminar as a part of women empowerment programme were also conducted. \The program were a great source of inspiration for the ward members. The personality development programmes documentary films group discussions and games instilled joy and confidence in the NSS volunteers.

The seven day camp 'PRATEEKSHA' conducted by the NSS unit of Aluva Union Christian College was inaugurated by NSS co-ordinator Prof. I.V.Soman, TOC , School of social sciences,

Rajagiri, Kalamassery on 26/12/2010 at 5.30 pm. Agricultural fourm secretary, V.V. Abdul Majeed, R.Sunilkumar- ward member and smt. Rasheeda Mohammad (President, kudumbashree unit, Veliyathunadu Panjayathu, ward 10) were honored by 'Ponnada' in the function. Dr. K.P. Unnikrishnan, the Ex- Programme officer, Basil. P. Baby, the College Union Chairman, and the Ex-volunteer secretary Eldhose N.J. gave the felicitations. The inaugural ceremony came to an end by the vote of thanks delivered by the volunteer secretary Namitha.S. Ice breaking session began at 7 .pm and e day thcame to an end at 10.pm

Day 2 (27/12/2010) started with the interacting session held at 7.am, everyone reached the worksite at Veliyathunadu by 10.am.The volunteers ploughed the field for paddy cultivation. In the afternoon session, a seminar on the topic 'Disaster Management and First Aid Training 'was conducted under the leadership of Mr. Amal Krishna. After the cultural events that followed, the programmes for the day ended at 10.pm.

After the flag hoisting at 6.30 am day 3 (28/12/2010) began and after interaction, we reached Veliyathunadu and conducted a 'Balasabha' orientation for children. Along with that a seminar was conducted on the topic 'Mental Health' for widows by Ms.Seena M. Mathai ,the NSS programme officer and Psychology lecturer. After that the day's seminar was led by Mr.Renjith, trainer, TOC ,Rajagiri. Group Dynamics' class has brought the campers spirit to great heights. Sports competitions were conducted for the campers and later in the evening, the documentary film was enjoyed by the campers. After the documentary screening, the day's programme came to an end at 10.pm.

Day 4 (29/12/2010) began after flag hoisting. An interaction session was conducted with a debate on the topic 'Ghost – A myth or Reality'? It was followed by a seminar on 'Waste Management and Vermi Compost making' conducted by Prof. Suja .K. Lukos, UC college Zoology department HOD for the kudumbasree unit in Veliyathunadu as a part of the village development programme. At 10.30 am NSS groups sowed seeds in the fields and prepared the field for vegetable gardens for kudumbasree and local inmates. Varieties of vegetable seeds were sowed. Meanwhile a Entrepreneurship training class on soap and soap powder making was held for kudumbasree members under the leadership of smt.Ambika. In the evening after the various games, voice of NSS competition was conducted at 7.pm.The day ended at 10.pm

Campus cleaning was the main service on day 5 (30/12/2010).It was followed by the plastic eradication session in campus. At 2.pm Ex. NSS executives visited the campers and conducted a interaction with them. The seminar for the day was handled by Professor Shaju on Life skills for NSS . After the cultural events and programmes the day ended at 10.pm.

On 31/12/2010, 6th day of the camp after the flag hoisting and interaction session, volunteers visited 'Vilangu' Providence home and served them. And shared lunch with them.

On 01/01/2011, After the feed back and evaluation of the seven day camp, "Shuchithwabodhana Yajna", an all Kerala clean city programme organised by Rajagiri TOC, Kalamassery. Campers actively participated in the inauguration session Shuchithwabodhana Yajna rally and conducted an awareness on the need for clean city by means of a mime and a skit. The day ended with the vote of thanks by the volunteers

NSS-33 (01/01/2011) KALAJADHA – SUCHITWABHODANA YAGNUM – CLEAN DISTRICT IN 15 YEARS

Suchitwabhodana yagnum inauguration: The UC College NSS unit participated in the padha yatra – Suchitwabhodana yagnum, a Rajgiri out reach program to clean the district in 15 years project. Many environmentalists (Paristhidhi Samraksha Samiti) and social activists gathered at Adhvaithasramam, Aluva. The students gathered around Mahatma Ghandhi's mandapam to pay tribute and inaugurate the padayatra towards a clean district on 1st Jan 2011. The Program was inaugurated by PSS President and Mayor falicitated the noble project. The enthusiastic NSS volunteers of UC College lead the Kalajatha. They performed mimes, street plays and skit to the public on the current scenario of public cleanliness and also concientise the general public's responsibility towards there own mother land and its conservaion.

NSS- 34 (29/1/2011) YOUTH RED CROSS SOCIETY

Youth Red Cross Society's U.C.College YRC club was registered and 50 students enrolled as members . NSS PO attended a meeting with the collector in chair towards augmenting Youth Red Cross Society club activities in the campus. Ms. Liji Laurence, of Economics department was assigned as the campus YRC in charge. Seminar on First Aid and Disaster Management conducted.

NSS-35 (7/02/2011) NSS PROPOSAL OF ROLE MODELS OF “EARN WHILE YOU LEARN”.

Two very efficient NSS Volunteers were selected as outstanding NSS Volunteers who earn while they learn and projected as role models in the campus among other students. Mr. Praveen and Mr. Simon George were proposed as U.C. College “Earn while they learn” representatives to M.G. University, Kottayam.

NSS-36 (22/2/2011) NATIONAL YOUH WEEK EXHIBITION ON ANTI- TERRORISM

An exhibition spreading awareness on terrorism and its impact on the society, was conducted. Student volunteers brought in postures, paper cuttings and photographs displaying the need to rise against terrorism. A caption contest was also conducted on the same theme. The winners of Anti- Terrorism Caption Contest are the following:

1. Ist Prize NAJA K.A. I BSc Botany
2. IInd Prize Praveen J. Antony II CME
3. IIIrd Prize Simcy Antony II BA psychology

NSS-37 (24/02/2011) NSS BHAVAN- HOME FOR THE NEEDY PROJECT.

Mrs Ajitha an employee without any encumbrance was chosen as the eligible needy candidate for this years project. District housing board has floated a grant of Rs. 25,000 for needy

candidates. Application submitted to DHB for availing the grant, who was partially helped by the NSS unit to start construction.

NSS-38 (25-26/2/2011) TWO DAY NATIONAL SEMINAR ON SAVE WESTERN GHATS

The Association for Env'tal Protection, Aluva organised a national seminar on the conservation of the ecology of Western ghats with the slogan "save western ghats", which was supported by DECC, KSCSTE, KSBB, Govt of Kerala. Programme officers Dr. Shirley Thomas and Ms. Seena M. Mathai participated in the seminar.