

2022-2023

Regular Activities

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4	TheLINEER OZHUKHUM KERALAM	14/06/2022
5	World Elder abuse prevention day	15/06/2022
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9	Har ghar Thiranga	09/08/2022
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40	Awareness Class & Distribution of Mensural Cup	10/02/2023
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1	Njangalum Krishiyilottu	16/05/2022
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The NSS Unit of College of Applied Science, Muttom organized a program titled "Njangalum Krishiyilottu" in collaboration with the Agriculture Department. The primary objective of the program was to create awareness among students about vegetable cultivation. The event took place on 16th May 2022 at 10:00 AM in the college campus. The program was inaugurated by Shyja Jomon, the Panchayat President, and witnessed the participation of several officials from the Agriculture Department.

Program Details:

Title: Njangalum Krishiyilottu

Date: 16th May 2022

Time: 10:00 AM

Venue: College of Applied Science, Muttom

Event Highlights:

Inauguration: The program commenced with an inaugural ceremony led by Shyja Jomon, the esteemed Panchayat President. Her presence added significance to the event and motivated the attendees.

Participation of Agriculture Department Officials: Several officials from the Agriculture Department graced the occasion. Their presence helped in providing valuable insights and guidance on various aspects of vegetable cultivation.

Interactive Sessions: The program comprised interactive sessions where students had the opportunity to interact with experts from the Agriculture Department. The experts shared their knowledge and experiences in the field, addressing queries and clarifying doubts raised by the students.

Practical Demonstrations: To enhance the learning experience, practical demonstrations were conducted, showcasing various techniques and best practices in vegetable cultivation.

Students actively participated and gained hands-on experience during these sessions.

Awareness Campaigns: As part of the program, awareness campaigns were organized to emphasize the importance of sustainable agriculture and the benefits of vegetable cultivation. Posters, pamphlets, and presentations were used to disseminate information effectively.

Skill Development: The program also focused on skill development, encouraging students to explore agricultural entrepreneurship. Workshops and training sessions were conducted to equip students with practical skills related to farming, pest control, soil management, and harvesting.

Student Participation: Students from various disciplines actively participated in the program, showing enthusiasm and eagerness to learn. Their engagement and willingness to adopt sustainable farming practices were commendable.

Conclusion:

"Njangalum Krishiyilootu" was a successful program organized by the NSS Unit of College of Applied Science, Muttom in collaboration with the Agriculture Department. The event helped create awareness among students about vegetable cultivation and provided them with valuable insights and practical knowledge. The participation of Shyja Jomon, Panchayat President, and officials from the Agriculture Department added credibility to the program. The program's objectives were achieved, and the students were inspired to pursue sustainable agriculture practices for a greener and healthier future.



2	Organic Farming seminar
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17/05/2022

The NSS Unit of College of Applied Science conducted an organic seminar on 17th May 2022 at 10:00 AM. The objective of the seminar was to provide volunteers with knowledge about the latest trends in organic farming. The session was led by an agriculture officer who shared valuable insights on organic farming practices. The seminar included an interactive session where volunteers had the opportunity to ask questions and seek clarifications from the agriculture officer. The officer provided detailed explanations, addressing the queries and doubts raised by the participants. The active participation of volunteers and the guidance provided by the agriculture officer contributed to the success of the program. The seminar achieved its objective of familiarizing the participants with the latest trends in organic farming and promoting awareness of the benefits of organic cultivation. The knowledge gained from the seminar will empower the volunteers to make informed choices and contribute to a sustainable and healthier future through organic farming practices.





3	World environment Day Celebration
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13/06/2022

The NSS Unit, College of Applied science, Thodupuzha celebrated World Environment Day by organising a plantation drive. The drive was graced by the esteemed presence of Respected Mr Biju Block Panchayth Vice President, Smt Gloria District panchayath member, Suji P Principal Cas Thodupuzha

The drive also saw the gracious arrival of teachers from various departments. Everyone planted saplings as a gesture of giving back to mother earth and giving out a message that Cas Thodupuzha, is a green warrior.

NSS volunteers of various departments wholeheartedly participated and took a pledge to save the environment. This world Environment Day let's stop harming nature. Let's join hands to bring a positive change to make Planet Earth a much healthier, greener and happier place to live.

An expert talk was delivered by Mr Anas Environmentalist to sustainable-aware students about different emerging technologies required for the protection of the environment. About 50 students have participated in various activities conducted to celebrate the day such as poem recitation, poster making, slogan raising, etc. to encourage and educate society about environmental protection.



4	Theliner ozhukhum Keralam (Cleanliness Drive and Cleaning of Water Bodies)	14/06/2022
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The NSS Unit of CAS Thodupuzha organized a cleanliness drive in the vicinity of the college, specifically targeting water bodies. The primary objective of the program was to promote cleanliness and environmental consciousness among the NSS volunteers. The volunteers actively participated in cleaning specific areas and collecting plastic waste to contribute to a cleaner and healthier environment.

One of the main focuses of the program was to clean the nearby water bodies. The volunteers worked diligently to remove garbage, plastic waste, and other pollutants from these bodies, thereby restoring their cleanliness and preserving the natural habitat.



5	World Elder abuse prevention day
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15/06/2022

The NSS Unit organized a World Elder Abuse Prevention Awareness Pledge event to raise awareness about elder abuse and promote respect and dignity for senior citizens. The program aimed to engage NSS volunteers and the wider community in taking a pledge to prevent elder abuse and ensure the well-being of older adults. The event commenced with a pledge ceremony where NSS volunteers and participants took a solemn oath to prevent elder abuse and uphold the rights and dignity of senior citizens. The pledge emphasized the importance of respecting and protecting older adults. An awareness session was conducted to educate participants about the various forms of elder abuse, including physical, emotional, financial, and neglect. The session aimed to sensitize attendees about the signs, consequences, and prevention strategies of elder abuse.



6 International Yoga day**21/06/2022**

The NSS volunteers CAS Thodupuzha, has adopted the initiatives by promoting Yoga as a part of the activities in the run up to the International Yoga Day Celebration on June 21. NSS volunteers celebrated this occasion by performing Yoga asnas. All volunteers actively participated in it.

**7 E Ariv Awareness Class****30/06/2022**

The National Service Scheme (NSS) of CAS Thodupuzha organized a Digital Literacy program to raise awareness among participants about new technologies and their impact on society. The program aimed to equip NSS volunteers and participants with essential digital skills, enhance their understanding of digital technologies, and promote digital inclusivity.

Interactive discussions were organized to encourage active participation and enable participants to share their experiences, challenges, and insights related to digital technologies. The discussions facilitated the exchange of ideas and knowledge among participants, fostering a collaborative learning environment. The program equipped participants to adapt to the digital era, empowering them to make informed decisions, safeguard themselves online, and contribute positively to the digital society.

**8 Nizhal Kootum Project****14/07/2022**

NSS and Anti -Drugs cell conducted an Awareness programme on 14/07/2022. The resource person was Vimukti coordinator Mr Riyas. Nizhal Kootam is an anti-narcotics campaign launched by the Government of Kerala to highlight the seriousness of the situation and to create awareness among the people, especially the youth. A core committee for the implementation of the project was created.



9 Har ghar Thiranga**09/08/2022**

The NSS Unit organized the "Har Ghar Thiranga" program with the objective of instilling a sense of patriotism and raising awareness among underprivileged communities, particularly children. The program involved flag-making activities and visits to about 100 homes in the adopted village by NSS volunteers. NSS volunteers organized flag-making activities as part of the program. Materials such as colored papers, markers, and other craft supplies were provided to participants, who were encouraged to create their own flags. This activity aimed to foster creativity and a sense of ownership among participants. The volunteers interacted with the residents, engaging in conversations and discussions about national symbols, history, and the importance of unity. This interaction aimed to create a sense of belonging and cultivate a spirit of national pride among the community members.



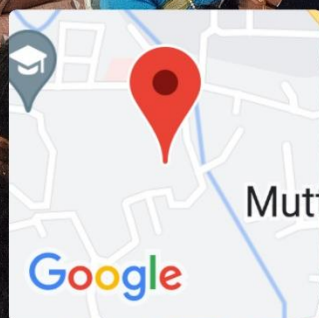
10 Kalalaya Jyothi**11/08/2022**

the NSS (National Service Scheme) unit conducted a program named "Kalalaya Jyothi" with the aim of creating awareness about the problems faced by women in society. The program received support from the Women's Commission Kerala. The session was led by Mr. Fahad Salim, an approved trainer who specializes in women's issues and empowerment. The program commenced with an opening address by the NSS unit coordinator, highlighting the importance of addressing women's issues in society.

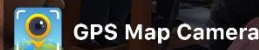
Mr. Fahad Salim, an approved trainer, delivered an informative and engaging session on the problems faced by women in various aspects of their lives. Topics covered during the session included domestic violence, gender discrimination, workplace harassment, legal rights, and social stereotypes.

Mr. Fahad Salim utilized various interactive techniques, such as case studies, group discussions, and audiovisual presentations, to engage the participants and enhance their understanding of the subject matter.

The session also focused on the role of the Women's Commission Kerala in advocating for women's rights and providing support to women in distress. The participants actively participated in the discussions and shared their perspectives and experiences related to women's issues.



Muttom, Kerala, India
near court complex, Muttom, Kerala 685587, India
Lat 9.842757°
Long 76.740036°
11/08/22 10:50 AM



**11 Freedom wall making****11/08/2022**

The NSS unit's wall painting project successfully celebrated the milestones of the Indian freedom struggle and showcased the rich cultural heritage of India. The artwork served as a visual reminder of the sacrifices made by freedom fighters and the diversity that defines our



nation. By creating a vibrant and engaging campus environment, the project instilled a sense of patriotism and cultural appreciation among the campus community.

12	Independence Day celebration
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15/08/2022

Independence Day was celebrated with great enthusiasm on 15th August 2022 at the College of Applied Science Muttom. Despite the challenges posed by the Covid-19 pandemic, the celebration adhered to all necessary safety protocols. The event aimed to commemorate India's freedom struggle and instill a sense of patriotism among the college community. The ceremony commenced with the flag hoisting by Simi K Sulaiman, the Secretary of the Parent-Teacher Association (PTA). With the national flag soaring high, Ms. Sulaiman delivered an inspiring Independence Day message, emphasizing the significance of freedom, unity, and progress. In line with the theme of environmental conservation, students actively participated in a tree plantation drive on the college premises. Saplings were planted to promote the message of "Save the Planet" and raise awareness about the importance of preserving nature. This initiative aimed to encourage students to become responsible citizens and contribute to a sustainable future. To engage students in creative expression and foster a deeper understanding of Independence Day, various competitions were organized. These included drawing, essay writing, and poem composition, all centered around the theme of Independence



Day. The competitions provided a platform for students to showcase their talent, knowledge, and patriotism.



13	Krishi Darshan Vilambara Jatha
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17/08/2022

On the occasion of Farmers Day, the NSS unit organized the Krishi Darshan Vilambara Jatha. This event aimed to highlight the importance of farmers and their contributions to society. The jatha provided an opportunity to promote awareness about farming practices, agricultural challenges, and the significance of sustainable agriculture.

Farmers Day is observed to honor and appreciate the invaluable role of farmers in the agricultural sector. It serves as a reminder of their hard work, dedication, and vital contribution to food security and the economy. The main objective of the Krishi Darshan Vilambara Jatha was to create awareness and appreciation for farmers by showcasing their challenges, innovations, and successes. The event aimed to bridge the gap between urban and rural communities, fostering mutual understanding and support.



14	karshaka dinam celebration
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17/08/2022

Chingam 1, the New Year's day in the Malayalam Calendar, is celebrated with great enthusiasm in Kerala. The NSS unit observed Chingam 1 in the campus premises. The celebration included the plantation of vegetable saplings and various traditional performances by NSS volunteers. As a part of the Chingam 1 celebration, the NSS unit organized a vegetable sapling plantation activity in the campus. NSS volunteers actively participated in planting saplings, symbolizing growth, sustainability, and the importance of agriculture. To showcase the rich cultural heritage of Kerala, NSS volunteers performed various traditional art forms during the Chingam 1 celebration. These performances aimed to preserve and promote the traditional arts and provide a platform for volunteers to showcase their talents. The vegetable sapling plantation activity and traditional performances not only fostered a sense of cultural pride but also emphasized the importance of sustainability and community involvement. The event successfully brought together NSS volunteers and the campus community to celebrate the new year and promote Kerala's unique traditions.



15	Motivation Class
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13/09/2022

A motivation and personality development class was organized for NSS volunteers. The session aimed to inspire and empower the volunteers by enhancing their motivation, personal growth, and overall personality. The program was led by Mr. Shaji, a corporate trainer with expertise in motivation and personal development. All NSS volunteers actively participated in the motivation and personality development class. They enthusiastically engaged in the activities, shared their thoughts, and applied the concepts presented by Mr. Shaji. The interactive nature of the session allowed volunteers to reflect on their own personal growth areas and seek guidance from the trainer. The motivation and personality development class organized for NSS volunteers proved to be highly beneficial, empowering them to enhance their personal growth, motivation, and overall personality. The active participation of all volunteers contributed to a meaningful and enriching learning experience.

**16 Jalakam Project****15/09/2022**

The NSS Unit has reintroduced the Jalakam Project in the current academic year. The project aims to encourage students to develop the habit of daily newspaper reading. To ensure the successful implementation of the program, a dedicated committee has been formed to oversee its operations. Through various activities and initiatives, students have been encouraged to stay informed, critically analyze news, and engage in discussions. The project has made a significant impact in fostering intellectual growth, enhancing knowledge, and nurturing a culture of informed citizens within the campus community.

Objectives:

The main objectives of the Jalakam Project are as follows:

- To promote the habit of daily newspaper reading among students.
- To enhance students' knowledge, critical thinking, and awareness of current affairs.
- To foster a sense of responsibility towards staying informed and engaged in the world around them.
- To facilitate a platform for discussions, analysis, and sharing of diverse perspectives.



17	World Tourism day district level program
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27/09/2022

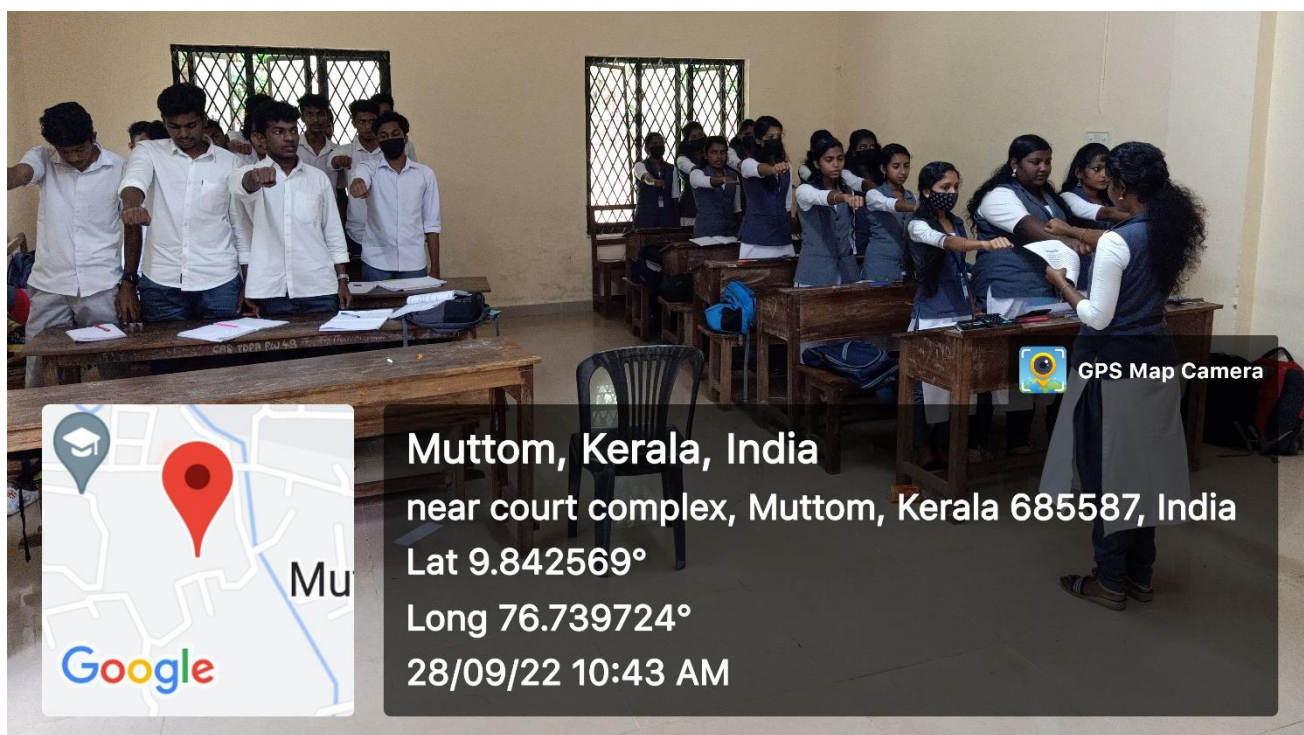
NSS volunteers participated in the district-level inauguration of World Tourism Day. The event was inaugurated by the Idukki District Collector, Sheeba George. As a part of the program, NSS volunteers visited the Idukki Dam and actively engaged in a plastic waste collection and disposal drive. World Tourism Day is celebrated annually on September 27th to raise awareness about the importance of tourism and its social, cultural, political, and economic value. The day



serves as a platform to promote sustainable tourism practices and encourage responsible travel. As part of the program, NSS volunteers visited the iconic Idukki Dam, one of the prime tourist attractions in the district. The visit aimed to create awareness among the volunteers about the importance of preserving and protecting such natural and cultural landmarks.

18	Awareness programme held to mark World Rabies Day	28/09/2022
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An awareness campaign for college students was conducted on world rabies day. Through posters, students were made aware of the importance of timely vaccination of pets. Pamphlets were also distributed to them as part of the programme.



19	Nature visit and clean India program	01/10/2022
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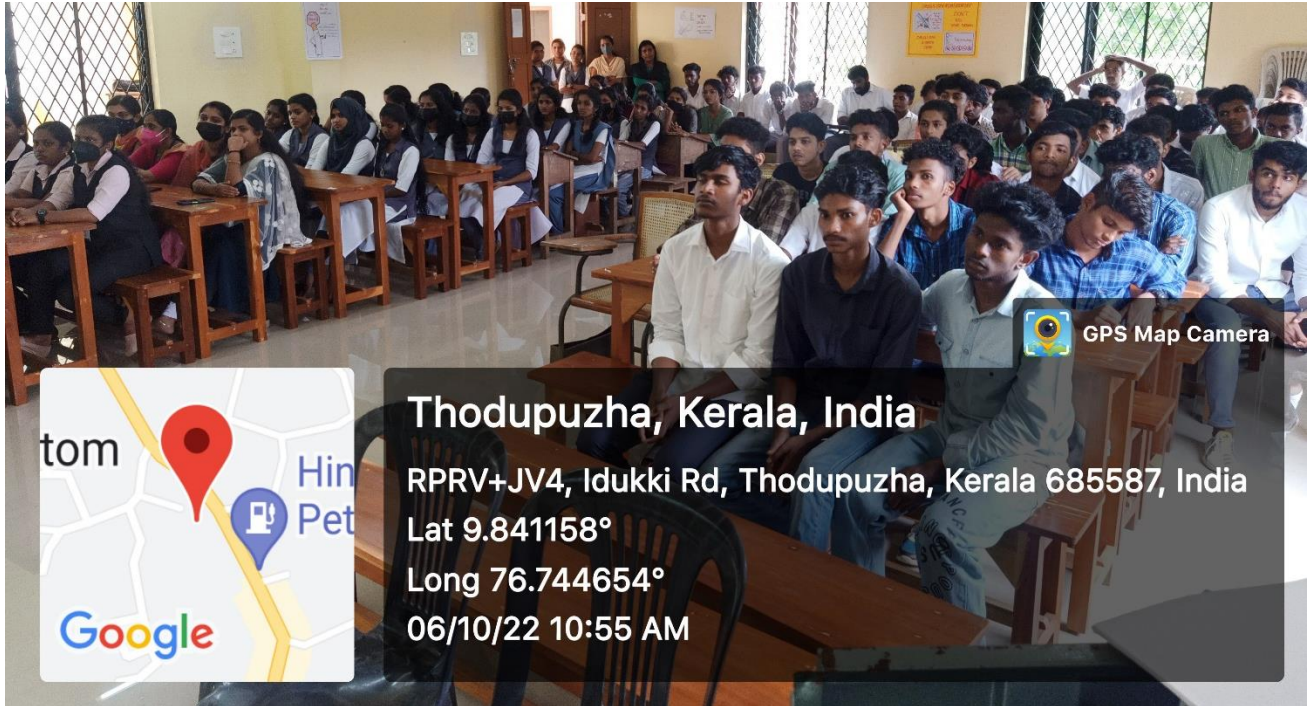
NSS volunteers embarked on a visit to Athirapally Waterfalls, a renowned natural attraction. During the visit, the volunteers also conducted a cleaning program at Athirapally Forest, aiming to promote environmental conservation and preserve the natural beauty of the area. NSS volunteers visited Athirapally Waterfalls to witness its natural splendor and understand

the significance of environmental preservation. They observed the impact of human activity on the surroundings and realized the need for proactive conservation efforts. To address the environmental challenges, NSS volunteers organized a cleaning program at Athirapally Forest. They actively participated in collecting litter and cleaning up the area surrounding the waterfalls. The program aimed to raise awareness about responsible tourism and instill a sense of environmental responsibility among visitors.



20	No to drugs campaign inauguration and awareness class	06/10/2022
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Nss unit conducted a no to drugs campaign unit Level inauguration. Live streaming of chief ministers address was also telecasted in this program. Volunteers also taken anti drug pledge. All volunteers actively participated in it



21	Bodhyam Unit Level Quiz Competition
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10/10/2022

A quiz program titled "Bodhyam" was organized with the objective of creating awareness about the harmful effects of drugs and promoting an anti-drug culture among the participants.



The event aimed to educate and engage the audience through an interactive quiz format. Nss unit conducted unit Level bodhyam quiz competition. Anasooya Sajeevan secured first prize and selected for district level competition

22 World food Day Awareness Program

21/10/2022

The World Food Day Awareness Program was conducted by the NSS Unit of College of Applied Science, Muttom, with the aim of raising awareness about the importance of food security and sustainable agriculture practices. The program commenced with a formal inauguration ceremony. Biju N K, the Vice President of Biju N K Block Panchayath, graced the occasion as the chief guest and inaugurated the event. His presence added significance to the program and motivated the participants.

Various sessions were organized to educate the participants about food security, sustainable agriculture, and related topics. Expert speakers from relevant fields were invited to deliver talks and presentations. They shared valuable insights and practical tips on enhancing food production, reducing food waste, and promoting healthy eating habits. Interactive sessions were conducted to encourage active participation and dialogue among the participants. These sessions allowed for the exchange of ideas, experiences, and best practices related to food security and sustainable agriculture. The participants actively shared their thoughts, concerns, and suggestions, fostering a sense of collaboration and community engagement.





23	Bodhyam District Level Quiz Competition	21/10/2022
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Idukki district level Quiz competition Bodhyam 2022 was conducted at College of Applied Science, Muttom on 21st October 2022 from 11:00am. Fifty-nine students from different institutions inside the district has participated in the quiz.

The program BODHYAM 2022 Idukki district level quiz competition was inaugurated by Mr. Salim V A, Deputy Excise Commissioner Idukki. The inaugural speech addresses the evil effects of new age drugs.

The welcome was given by Mr.Jees George, one of the coordinators of Bodhyam quiz program. The programme was presided over by the college Principal Smt. Suji P Thelakattu. She goes through the cause and effect of drug addiction.

The main speech of the program has done by MGU State NSS Program Coordinator Dr. E N Sivadasan. Through sharing many experiences and stories, he addresses the issue very seriously and discussed the way by which NSS tries its maximum effort to aware the society.

Sri. Shajahan, Sub Inspector of Police has delivered Anti-Drug message. He has assured the department full support in this mission. In the session, the felicitation was given by Ms.Tessy

Joseph Principal THSS Muttom, Mr. Chandra Lal Assistant District coordinator NSS HSE, Mr. Jamal ASI of Police. Ms. Ambika delivered the vote of thanks.



The Bodhyam 2022 Idukki District Level Quiz Competition at the College of Applied Science, Muttom, proved to be an impactful and informative event. With the active participation of students from various institutions and the presence of esteemed guests, the program

effectively raised awareness about drug addiction and its detrimental effects on individuals and society. The speeches, messages, and discussions during the event emphasized the need for collective efforts to combat substance abuse and highlighted the role of organizations like NSS in creating awareness and driving change.

24	Anti drug Awareness and human chain
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21/10/2022

As part of the Bodhyam 2022 Idukki District Level Quiz event, an Anti-Drug Awareness and Human Chain event was organized. The objective of this event was to raise awareness about drug addiction and its detrimental effects on individuals and society. The event witnessed the participation of school students, college students, Janamythri Police, residents' associations, and the general public.

Mr. Shajahan P K, Sub Inspector of Police in Muttom, served as the Chief Guest for the event. In his address, he provided a brief overview of drug addiction and highlighted its causes. He emphasized the potential of the youth and encouraged them to actively participate in the fight against drugs.

A significant moment of the event was the pledge-taking ceremony. All the students present, in the presence of the Chief Guest, took a pledge to stay away from drugs and contribute to creating a drug-free society. This pledge served as a symbolic commitment to combat drug addiction.

Following the pledge-taking ceremony, a human chain was formed by the school and college students, teachers, Kudumbashree workers, and members of the public. This human chain was a visual representation of the collective resolve to fight against drugs. The participants stood hand in hand, forming a chain, symbolizing the unity and determination required to combat drug abuse.

As part of the event, a symbolic burning of drugs was conducted. This act represented the rejection and condemnation of drug abuse. By symbolically burning drugs, the message was conveyed that drugs have no place in our society and that they should be eliminated.

The Anti-Drug Awareness and Human Chain event held as part of Bodhyam 2022 Idukki District Level Quiz successfully raised awareness about the hazards of drug addiction.



26	Motivation Class
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27/10/2022

A motivation class for NSS volunteers was conducted at the College of Applied Science, Muttom. The purpose of this class was to inspire and motivate the NSS volunteers, providing them with guidance and encouragement to carry out their voluntary activities effectively.

The motivation class aimed to instill a sense of purpose and enthusiasm among the NSS volunteers. It sought to inspire them to actively contribute to the betterment of society and make a positive impact in their communities.

A renowned motivational speaker or a subject matter expert was invited to deliver the session. The speaker's expertise and experience helped in providing valuable insights and inspiring the volunteers.

The motivation class covered various topics relevant to the role and responsibilities of NSS volunteers. These may include leadership skills, teamwork, community engagement, social issues, personal development, and the importance of volunteerism.

To keep the volunteers engaged and encourage participation, interactive sessions were incorporated into the program. These sessions allowed for discussions, sharing of experiences, and addressing any queries or concerns the volunteers may have had.

The guest speaker shared inspiring stories and real-life examples to illustrate the power of volunteerism and its impact on individuals and communities. These stories helped in creating a connection with the volunteers and motivating them to actively contribute to society.

During the class, the volunteers were encouraged to set personal and collective goals for their NSS activities. The speaker provided guidance on setting achievable goals and creating action plans to accomplish them.

Apart from motivation, the class may have included sessions on skill development. These sessions aimed to enhance the volunteers' abilities in areas such as communication, problem-solving, organizing events, and project management, empowering them to carry out their duties effectively.



27	ASAAD State level Inauguration
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27/10/2022

The NSS volunteers participated in the online inauguration ceremony of the state-level ASAAD Sena, a movement formed to raise awareness against drug abuse. The event aimed to mobilize the youth and empower them to actively combat the menace of drug addiction.

The ASAAD Sena, an anti-drug awareness movement, was officially formed during the online inauguration ceremony. The Sena aimed to engage young individuals in spreading awareness about the harmful effects of drugs and working towards a drug-free society.

The inauguration ceremony was conducted through an online platform, allowing NSS volunteers from different locations to participate remotely. This approach ensured inclusivity and maximized the reach of the event.

Eminent personalities, experts, and motivational speakers were invited to address the NSS volunteers during the inauguration. They shared their knowledge and experiences related to drug abuse, highlighting the importance of youth involvement in creating awareness and preventing drug addiction.

The ASAAD Sena inauguration emphasized the need for extensive awareness campaigns to educate individuals about the dangers of drug abuse. Various strategies and techniques were discussed, encouraging the NSS volunteers to actively engage in spreading awareness in their communities.

During the event, the role of NSS volunteers in ASAAD Sena was emphasized. They were encouraged to actively participate in organizing and implementing anti-drug awareness activities, such as workshops, seminars, rallies, and social media campaigns. The volunteers were inspired to become ambassadors of change and take the lead in educating their peers and community members.



The online inauguration of the state-level ASAAD Sena witnessed the active participation of NSS volunteers who joined together virtually to combat drug abuse.

28 Human Chain

01/11/2022

The NSS Unit took out a rally on 1st November 2022, expressing solidarity with the State government program against drugs. More than 100 students and teachers of the college took part in the rally. The participants also took a pledge against drugs. NSS Volunteers also formed a human chain against drugs as part of a Statewide program.



29 Anti Drug Awareness Program

07/11/2022

NSS volunteers participated the anti drug awareness aprogram conducted by muttom janamyhri police. Nss Volunteers participated in Flash mob, skit and tug of war competition



30	Orientation Class
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14/11/2022

Nss Volunteer leaders who attended south zone leadership camp lead a session to communicate the activities of leadership camp



31	Antidrug awareness session
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26/11/2022

Nss unit conducted a anti drug awareness programme and goal challenge. NSS volunteers actively participated in it.

32	World disability day rally
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02/12/2022

On the occasion of World Disability Day, a rally was organized by the NSS unit of College of Applied Science, Thodupuzha, under the leadership of NSS Program Officer, BRC Arakulam. The rally aimed to raise awareness about the challenges faced by individuals with disabilities and promote inclusivity and support for their rights.

The NSS volunteers actively participated in the rally, demonstrating their commitment to creating awareness about the problems faced by disabled persons. Their presence and involvement added strength and impact to the event.

The rally proceeded through prominent streets and public areas of the town, attracting the attention of local residents and passersby. The theme of the rally revolved around advocating

for the rights and well-being of disabled individuals, encouraging equal opportunities and inclusion.

The rally was inaugurated by Shri. Shyja Jomon, the President of Muttam Grama Panchayat. His presence and support added significance to the event and helped garner attention from the local community.

During the rally, the NSS volunteers distributed pamphlets and displayed banners highlighting the challenges faced by disabled individuals and promoting the need for inclusivity, empathy, and support. They engaged in conversations with onlookers, raising awareness and fostering a sense of understanding and compassion.

The importance of World Disability Day was emphasized throughout the event. The volunteers shared information about the purpose of the day and the significance of promoting inclusivity and equal opportunities for individuals with disabilities.

The rally received positive responses from the community, with many people expressing support and solidarity with the cause. The event successfully sensitized the public to the challenges faced by disabled persons and generated conversations about the need for a more inclusive society.



33	Blood Donation Camp
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05/12/2022

The NSS unit of College of Applied Science Muttom, organized a blood donation camp in collaboration with IMA blood bank and HDFC bank Thodupuzha, on 05th December 2022. The camp began at 10.00 a.m. with a short inaugural function where in Mr Jayachandran Coordinator IMA Blood Bank and his five member team was given a floral welcome. Mr Jayachandran

expressed his gratitude to the NSS unit of the college for its continuous endeavor in this regard. He also stressed on the growing need of blood in the state and commended the young volunteers for their noble act. The Camp was inaugurated by Smt Suju P Thelakatt (Principal College of applied Science Muttom). 65 volunteers came forward to donate blood during the camp which included students & non-student donors. At the end 35 units of Blood was collected. The blood donors were given samosa and frooti after donating the blood in order to reenergize themselves. The blood donors were provided with a blood donation certificate card by IMA. The Blood donation team was provided with lunch and the camp concluded at around 1.30 p.m.

This was the 3rd camp conducted by the NSS unit for this calendar year. The first being conducted on 12th January 2022 and second on 08th March 2022 where in 50 volunteers donated blood. Apart from this more than 30 volunteers donated blood to the nearby hospitals and govt medical college this academic year. The blood donation camp was co-ordinated by Faizal P Khan, N.S.S programme officer of the college.

Sl.No.	Institution name	Unit No.	Orientation	No. of camp	No. of Donation	Dates	Agency associated
1	College of Applied Science Muttom	07	2	01	65	05/12/2022	HDFC Bank IMA BLOOD BANK THODUPUZHA





34	Sabarimala ecofriendly service
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06/12/2022

Ten volunteers from the College of Applied Science actively participated in an eco-friendly service initiative in Sabarimala over a span of three days. The volunteers dedicated their efforts to promoting cleanliness and assisting pilgrims during their visit to the sacred site. Their activities included cleaning waste clothes from the Pamba River and maintaining cleanliness on the steps leading to the shrine.

The NSS volunteers focused on eco-friendly service initiatives in Sabarimala. Their primary objective was to ensure a clean and hygienic environment for pilgrims and to contribute to the overall cleanliness of the area.

One of the key activities undertaken by the volunteers was the cleaning of waste clothes from the Pamba River. They actively participated in removing discarded garments and ensuring the cleanliness of the riverbed.

In addition to waste cloth cleaning, the volunteers took responsibility for cleaning the steps leading to the shrine. They diligently cleared any litter or debris, ensuring that the steps remained clean and safe for the pilgrims.

Apart from cleaning activities, the volunteers actively engaged in waste disposal efforts. They organized and managed waste collection points, ensuring that waste materials were properly segregated and disposed of in an environmentally friendly manner.

As part of their service, the volunteers also assisted in traffic management. They helped in regulating the flow of vehicles and pedestrians, ensuring a smooth and organized movement of pilgrims within the premises.

The NSS volunteers extended their support to pilgrims by offering assistance and guidance. They provided information about the pilgrimage, guided pilgrims to the appropriate locations, and addressed any queries or concerns they had.



Their commitment and service exemplified the spirit of NSS and showcased the importance of volunteerism in preserving the sanctity of sacred places and promoting environmental sustainability.

35 Jalajeevan mission Street play and awareness**07/12/2022**

The NSS (National Service Scheme) unit of College of Applied Science, Muttom, organized a program aimed at spreading awareness about water conservation and the importance of saving water resources. The program was conducted in collaboration with the Muttom Gramapanchayath. The objective was to educate and engage the local community in water-saving practices.

The program commenced with an inaugural ceremony graced by the esteemed presence of Smt. Shyja Jomon, the President of Muttom Gramapanchayath. She inaugurated the program and emphasized the significance of water conservation for sustainable development.

Activities:

Street Play: An engaging street play was performed by the NSS volunteers, showcasing various scenarios and challenges related to water scarcity. The play aimed to create awareness and educate the audience on the need for water-saving practices.

Folk Song: A soulful folk song highlighting the importance of water conservation and the role of individuals in preserving this precious resource was presented by talented performers. The lyrics and melody captivated the audience, leaving a lasting impact on their minds.

Chendamelam: A captivating chendamelam, a traditional percussion ensemble, was performed, adding vibrancy and energy to the program. The rhythmic beats of drums and cymbals created an atmosphere of celebration while conveying the message of water conservation.

The program covered four major streets in the Muttom Gramapanchayath area, ensuring a wide reach within the local community. The NSS volunteers actively engaged with residents, shopkeepers, and pedestrians, spreading awareness about water-saving techniques, such as rainwater harvesting, efficient irrigation methods, and responsible water usage.

The program received a positive response from the community, with people appreciating the efforts of the NSS unit and the Gramapanchayath in promoting water-saving practices. The interactive nature of the program allowed for fruitful discussions and exchange of ideas, inspiring individuals to take steps towards conserving water in their daily lives.

The NSS unit of College of Applied Science, Muttom, is committed to continue organizing such awareness programs and initiatives to contribute towards a sustainable and water-conscious society.



36	Traffic awareness and road side cleaning
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07/01/2023

NSS volunteers continue their unfinished activity of the special camp. During this activity volunteers have cleaned the road from malankara to Muttom and chopped the unwanted bushes along road side. They also removed the grass and weeds besides the divider and picked up the all plastic garbage from both sides of road. Nss volunteers actively participated in it



37	Deworming Day Awareness Campaign	17/01/2023
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Nss unit distributed deworming tablets to Students. The day is an initiative of the Ministry of Health and Family Welfare, Government of India to make every child in the country worm-free. Deworming is done through platforms of schools and Anganwadi centers "to improve their overall health, nutritional status, access to education and quality of life". The awareness campaign spreads awareness about importance and benefits of deworming.

Through this initiative, the NSS unit contributed to the Ministry of Health and Family Welfare's efforts to make every child in the country worm-free. The campaign not only provided deworming tablets but also spread awareness about the importance of deworming in improving children's health and overall well-being.

The NSS unit remains committed to organizing such initiatives to promote the health and well-being of the community and create a positive impact on the lives of children.



38	Republic Day Celebrations	26/01/2023
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The NSS Units of the College celebrated the Republic Day of India on with great enthusiasm. The celebrations began with flag hoisting. NSS volunteers distributed sweets to all participants. As part of the celebrations, the volunteers organized flash mob.



39 Women Empowerment Seminar**08/02/2023**

NSS unit in association with seethalayam unit of district homeo hospital muttom conducted a session on women empowerment. NSS volunteers actively Participated in it

40 Awareness Class & Distribution of Mensural Cup**10/02/2023**

NSS Unit of CAS Muttom in association with Women Cell and marian college kuttikanam conducted an awareness class and distribution of menstrual cups. All the NSS students actively participated in this successful programme. The programme was conducted on 10th february 2023. There were two health inspectors taking the awareness class. The programme commenced at 2:00 pm and was concluded at 4.00 pm.

A great response from the part of both students and teachers was noted.

**Muttom, Kerala, India**

near court complex, Muttom, Kerala 685587, India

Lat 9.842732°

Long 76.739975°

10/02/23 03:18 PM GMT +05:30

GPS Map Camera

41 E Waste Collection Campaign**10/02/2023**

The NSS unit of College of Applied Science, Muttom, successfully organized a session on E-Waste Management and Sustainability for its volunteers. The session served as an educational platform to raise awareness about the environmental impact of e-waste and the importance of adopting sustainable practices. Through this initiative, the NSS unit aimed to equip volunteers with knowledge and inspire them to become agents of change in promoting responsible e-waste management and sustainability in their communities.

The NSS unit expresses its gratitude to the expert speaker and all the volunteers who actively participated in the session. It is through such educational initiatives that the NSS unit strives to create a more environmentally conscious and sustainable society.

