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## Activity Report of NSS Unit No.07

College of Applied Science, Muttom, Thodupuzha.

Academic Year : 2024-2025

Our NSS Team conducted many activities and initiatives that aimed to promote social responsibility, environmental awareness and community engagement.

### PROGRAM HIGHLIGHTS:

#### 1. Environment Day Programmes(05-06-2024)

To commemorate World Environment Day, the NSS unit conducted a tree plantation drive aimed at enhancing green cover and raising environmental awareness. Volunteers actively participated in planting a variety of trees. This initiative is expected to contribute to the ecological balance and improve the local environment. An informative session was held to educate participants on the importance of trees, environmental conservation, and sustainable living practices. The session emphasized individual responsibility towards environmental protection.



#### 2. AayushmanBhava "(22-07-2024)

In connection with YOGA day our NSS team organised a YOGA session and awareness class. The sessions are handled by Dr Tony Jose(NHM, medical officer, Elappara ), Dr Anchal Krishna( Naturopathy medical officer, DHH, Muttom)& Smt. Kumari V (yoga trainer, DHH, Muttom)



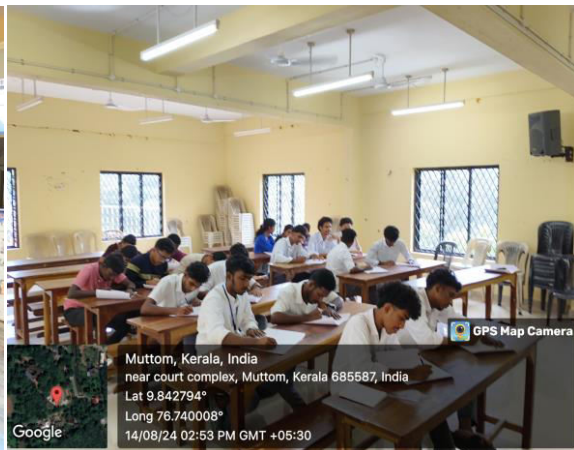
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In connection with "HIROSHIMA DAY" on August 6th, our NSS team organized a DEBATE & three round QUIZ competitions. The aim of the program is to aware the importance of the day. The program really fulfill the aim.



#### 4. Independence day celebrations(15-08-2024)

NSS Unit Celebrated independence day with different programs, poster designing, patriotic song competitions and cleaning the premises.



#### 5." Protecting Sneharamam"(19-08-2024)

Sneharamam, a community space created by the NSS unit, maintain the place clean with the effort of our NSS unit.



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An orientation class given to 1st year NSS volunteers on 02/09/2024. The class was taken by Smt. Anjali Krishnan, Lecturer in English, THSS Muttom.



### 7.Swachhata Hi Seva (24-09-2024)

As a part of "SWACHHATA HI SEVA-2024" cleaning drive, the National service scheme of college of applied science, Muttom conducted a cleaning activity on 24/09/24, aimed at promoting cleanliness and environmental awareness in our community. The event involved teachers and volunteers of our college.

This was basically done:-

- To enhance the community cleanliness.
- To raise awareness about the importance of maintaining a clean environment.
- To foster teamwork and social responsibility among students.

The site selected for cleaning included malankara Dam premises, Muttom gramapanchayat waiting shed, public road.

Volunteers gathered cleaning supplies such as brooms, trash bags, gloves etc.. They engaged in litter picking, sweeping and organizing waste disposal.

A huge amount of waste was collected and disposed of properly. This activity increased awareness about cleanliness among community members.

The NSS cleaning activity successfully contributed to a cleaner environment and strengthened community bonds.



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### 8." Biryani challenge"(01-10-2024)

On 01/10/24 Our NSS team organised a "Biryani challenge" aimed to raise funds for the rehabilitation of individuals affected by the recent crises in Wayanad. The initiative focused on community engagement while promoting a spirit of teamwork, leadership & Culinary skills among volunteers. The event came out to success.



### 9.Clean Campus Beautiful Campus"(02-10-2024)

In connection with "Gandhi Jayanthi" Our NSS Volunteers actively participated in the "clean campus beautiful campus" activity. Volunteers cleaned the campus and planted the Plants



### 10.Anti-Drug Awareness Program"(08-10-2024)

Our NSS volunteers organised an "anti drug awareness program in connection with PN Panicker Foundation. The classes were taken by smt Kala Kamal Mahal, a corporate trainer & Fr. Manoj K.G, a spiritual scientist cum corporate trainer. The classes were very informative & helpful for the students to make aware of dangerous situatin of Drugs in young generation.

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### 11. CareerJwala(04-11-2024)

ourNss team organised a Career Guidance class "career Jwala". The classes are taken by Sri Krishnakumar, Deputy chief (RTD), University Employment Information and guidance bureau CUSAT, Sri BijuN, Deputy Chief University Employment Information and guidance bureau, MG University Kottayam and RonyKrishnan, Young Professional, Model career centre, MCC Kottayam



### 12. Motivation class(08-11-2024)

A motivation and personality development class was arranged for the nss volunteers. Mr Noby Sudharshan, corporate trainer lead the session. All volunteers actively participated in it.



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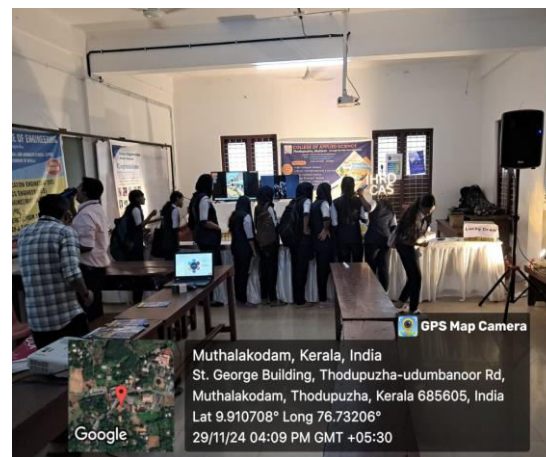
### 13. Health Awareness Program(22-11-2024)

Our NSS unit organised a Health Awareness Program ,it includes the checking of suger Level, Pressure Level, BMI etc. under the control of SmtShani T Jose & Smt. Lijamol (CHC Muttom) Around 100 members participated in this program and it was a grand success.



### 14. Exhibition on “AI”(29-11-2024)

In connection with IHRD AI conclave, CAS Muttom, Thodupuzha NSS team organized an exhibition on ”AI”at St George Higher secondary school, Muthalakodam on 29th and 30th of November. Around 25 schools & college students visited the stall, and it made interesting with Selfie Point & Lucky draw. This exhibition was able to give good publicity to the conclave to be held by IHRD on Dec 8 - 10 2024



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### 15. Career Development program(04-12-2024)

ourNss team organised a Career Guidance class . The class lead by smtMiliSheela Paul, Young Professional,from Model Career CenterMuvattupuzha,Kerala under National Career Service project,Ministry of Labour and Employment.The program was conducted by our NSS unit in order to provide insights to students about their career and future opportunities.



### 16. Aids Awareness program(06-12-2024)

Our NSS unit conducted a Aids Awareness Rally and flashmob at Muttom town. NSS Volunteers actively participated in it.



### 17. Self-Defence training(09-01-2025)

Our NSS unit organised a karate training program as a part of women safety. Principal Smt. Sreekala V T inaugurated the function. ShittoRyu International karate school training instructors Sri. Baby Abraham, Sri. Dixon Baby, Sri. HishamAnas, Smt.KhadeejaKabir and Sri.YaduRaju conducted the classes.

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### 18. Republic Day Celebrations and Sneharamam Maintenance (26/01/2025)

The NSS unit organized Republic Day celebrations, coupled with a dedicated effort to maintain Sneharamam, a community space created by the NSS unit. The event aimed to commemorate the spirit of the nation Republic Day while also fostering a sense of community responsibility and environmental stewardship among NSS volunteers. 26-01-2025



### 19. Pathway to Success (29-01-2025)

Our NSS team organized a career guidance program. It gave an idea for choosing the best program for their future.





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## 20. Community Awareness (31-01-2025)

Our NSS team visited the nearby shops and houses and distributed leaflets and spread awareness detailing the things to be observed while using electricity and waste management.



## 21. Reflector Replacement Drive. (03-02-2025)

Our NSS team actively participated in the road safety drive. As part of the drive, the damaged traffic signal reflectors on the Thodupuzha Muttom route were restored. This ensures improving road safety and assisting in better traffic management.



## 22. Tharang exposure (05-02-2025)

In connection with Tharang 2K25, our NSS team conducted a Flash mob @ Muttom, town. The Program was officially inaugurated by our principal smt. Sreekala V.T



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### 23. Cancer awareness (11-02-2025)

Our NSS Volunteers participated a program at primary Health Centre, Muttom, Thodupuzha. The program aimed, the detection of Cancer at early stages.



### 24. Forest Awareness (19-02-2025)

An awareness program was conducted to our NSS volunteers, about the wild fire prevention, human animal conflict, and climate change. It was very effective, and the class was taken by Sri Jaison Joseh, Rtrd Forest Officer



We look forward to continuing our mission of community service and social impact in the coming years.