

MAJOR ACTIVITIES 2019-20

Yoga day

Yoga day celebration was inaugurated by NSS Neyyattinara Taluk Union President Sri.Kottukal Krishnakumar. Mr. Sajeevkumar, Yoga instructor, gave demonstration on Yoga to the participants.



Enhanced skills in Yoga practices and understood the importance of practicing yoga.

Swachh Bharath Programmes

As part of Swachh Bharath Pakhwada, a slogan writing competition related to "cleanliness" was held among the volunteers. It helped to develop *critical and competitive mind among the participants*.

Awareness rally

An awareness rally was conducted to aware the public about the importance of cleanliness. Our volunteers cleaned college and its surroundings such as Nearby railway station road, college road etc.







Volunteers are motivated to do social work and can communicate the importance of cleanliness to the society.





Declamation competition



In association with NYK, a declamation competition was held among student

Got self confidence by expressing their own views and developed competitive mind communication skills.

Independence Day

Independence day celebration was inaugurated by our Principal Dr.VM Anandakumar by hoisting the national flag.



This Nurtured the interest on National Integration and motivated the participants

ACTIVITIES DURING EMERGENCIES

For supporting The Disaster Relief works by Neyyattinkara Municipality,our units collected materials worth Rs.25000/- was handed over to Neyyattinkara Municipal Chairperson Smt.W.R.Heeba by our principal Dr.V.M.Anandakumar.





this collective action helped to develop charity and social helping mentality and leadership qualities among the volunteers.

Visit to Life foundation

As part of Onam celebration, volunteers collected nutritious food items and donated it to the inmates at Life foundation (an NGO) at Neyyattinkara.

photo

Identification of the problem of inmates at Life Foundation and developed charity mind among volunteers.

Swachh Bharath

Swachh Bharath activities by NSS units of VTM NSS College for the academic year 2019-20 was inaugurated by our Principal Dr. V M Anandakumar at Dhanuvachapuram Railway Station. NSS Programme officers, Railway officers, NSS volunteers etc participated in the inaugural session.

NSS day celebration

Various competitions related to cleanliness. NSS, National integration etc were conducted. 23 volunteers participated in the various competitions held within the campus. Due to the bad climate (rain), railway station cleaning was postponed to another day.

Enhanced competitive mind among the participants.

SwachhBharath Pledge and cleaning

On this day swachhatha Pledge was taken to keep their surroundings clean and tidy. NCC Cadets, NSS volunteers, teachers, NCC Officer, NSS Programme Officers etc. participated and took the pledge on cleanliness with our Principal Dr.V.M Anandkumar.



Mass cleaning drive was conducted for collecting Plastic waste within the campus and its surroundings. NCC Cadets and NSS volunteers actively participated in this cleaning drive.



Volunteers recognized the importance of cleaning our surroundings and home.

Gandhi Jayanthi day

On the 150th Birthday of Mahatma Gandhi, NSS units of VTMNSS College decided to adopt Dhanuvachapuram railway station and to keep it clean.

Volunteers cleaned Railway station and its surroundings on this day. Also our units put dust bins in the railway station and made a beautiful garden there. Railway officers, NSS programmer officers, volunteers etc. were participated.

On this day various competitions were also held among volunteers relating to Gandhian ideas.



photo

On this day various competitions were also held among volunteers, relating to Gandhian ideas.

Volunteers awared about the importance of Gandhian ideas in the present era and promoted national integration

Leadership camp

Two volunteers from our institution participated in the Leadership camp held at Students Centre.TVM by the NSS cell of University of Kerala.

photo

Volunteers got training in leadership.

Donation of Books to Pusthakappetty

Our units decided to donate old text books (with stories and songs, which was already collected from volunteers) to the "Pusthakappetty" of LMS, LP School at Udiyankulam on the reading day. The school is one of the schools in which Gandhiji took rest during his way to Tamilnadu.



Recognised the importance of reading and can motivate the school children in reading.

Participation in the anti narcotic cell camp

One of the NSS volunteers participated in the residential Anti narcotic cell camp(2days) conducted by the NSS Cell, University of Kerala.



Exposed to understand different ways to

Implement Vimukthi (an antidrug campaigning programme) in the society.

Ektha divas

RUN FOR UNITY was conducted on this day. Our Principal Dr.V.M.Anandakumar flagged off the run.



Recognised the importance of Unity and popularised it to the society.

Socio economic survey

Our units decided to conduct a socioeconomic survey in the Eithukondankany colony, the adopted colony, to identify their problems. We planning to solve their problems if any at the time of special camping programme.

Developed the skill in formulating questionnaire and research skill such as entering of data and analysis of data. Also developed skills in writing a report with research mind.

Cultivation activities



Cultivation of vegetables by volunteers within the campus.

Developed the culture of cultivation of vegetables of their own.

Participation in Pulse Polio Immunisation Programme

Our volunteers rendered their services in the Pulse Polio immunisation Programme at various nearby Health centres.



Involvement of community service programmes .

National Girl Child day

On this day our units honoured Miss.Aparna S Raj(III DC English)who had represented Kerala University and participated in the Inter University Softball Championship 2019-20.She had also won third place in the Kerala State Softball Championship 2019-20.

During the function our Principal Dr.V M Anandakumar honoured her by giving memento and talked about the women empowerment in Kerala and its importance.



Enhanced the power to appreciate women achievements .

Republic day

Our Principal Dr.V.M.Anandakumar hoisted the national flag and gave Republic day message to the participants.

After the flag hoisting function, our volunteers cleaned the surroundings of near by Palavakkulam pond in cooperation with MGNREGP workers of Puthusserimadomward.





Development of national spirit and Involvement in community service activitie

Participation in awareness class

Volunteers from our institution participated in the awareness class about disaster management conducted at Kollayil Panchayath.



Awared about the problem of disaster management in the society.

Poster creating competition

Poster creating competition related to Vimukthi was conducted among NSS volunteers.

Personal skills such as imagination and drawing skills improved

Awareness programme

Awareness programme about the disadvantages of use of drugs was conducted at unit level. The awareness class was taken by Sri.Lalkrishna .U. K, Excise Civil Officer, Excise Department, Amaravila. The class was very informative and very interesting.

Awared about the disadvantages of use of drugs.

Inauguration of VIMUKTHI and releasing of short films

Inauguration of VIMUKTHI, within the campus was conducted at the college auditorium.

The programme was inaugurated by Sri. Ajeesh. L.R, Excise Inspector, Amaravila. The programme was presided over by our Principal Dr.V.M.Anandakumar. At this function, Kollayil Panchayath President Smt.Y. Lekha, handed over the shortfilm CD prepared by our volunteers to Sri.Ajeesh.L.R. Drug abusement pledge was also taken by the volunteers.



Shortfilm show

Selected short films were released on this day.

After the VIMUKTHI inaugural function, the short films were displayed at the college seminar hall.



Enhanced the power in acting, editing, scriptwriting, recording, critical thinking, intellectual stimulating activities etc.

Poster Exhibition

Exhibition of the selected 60 posters designed by the volunteers are also done at college level. The function was inaugurated by Excise Inspector Sri.Ajeesh.L.R.



Participation in Vimukthijwala

Volunteers from our campus participated in the VIMUKTHI JWALA organized by Excise department at Kanakakkunnu, Tvm on 7/2/2020.





Extension of the service to the society.

Ink pen campaign

Ink pen campaign was conducted among volunteers by distributing ink pen to them by programme Officer Smt.Akhilasree.100 volunteers participated.

Communicated the message of antiplastic campaign.



ink pen

Utilisation of Lockdown

During lockdown due to Corona virus, our volunteers (59 volunteers)already registered their names in the Sannadhasena of Kerala government.

Also they spending their times for art works, gardening etc.

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Personal skills, positive thinking, social service, facing the pandemic situation positively etc. improved among the volunteers.

YUVAM

SPECIAL CAMPING PROGRAMME(18/12/2019 – 24/12/2019)

Special Camping Programme YUVAM commenced on 18/12/19 evening. The programme inaugurated by Our Principal Dr. V M Anandakumar. 100 volunteers camped in this programme and conducted a socio economic survey on Eithukondankany colony , the adopted colony in Kollayil Panchayath to identify their problems. For the campers awareness programmes on health, yoga, self defence, disaster management, environmental issues, gender inequality, postal savings etc. were conducted. Blood donation camp also conducted. Campers also visited a nearby old age home and spent a day with them. The campers prepared a magazine **Unarvu** and released it in the closing ceremony. The campers also cleaned the campsite and its surroundings during the camping time.



























FIT INDIA WALKATHON

As per the project **FIT INDIA MOVEMENT** our units conducted Fit India rally on 18 January 2020 to aware the public to build fitness among all sections of population, particularly among youth.

