



NSS COLLEGE, PANDALAM

Pathanamthitta, Kerala - 689501

(Affiliated to the University of Kerala)

Website: <https://nsscollegepandalam.ac.in/>



Extension Activities

2019-2024

Extension Activities

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2023-2024

1) BUD'S School Visit

i. Activity 1:

On March 4, 2023, the NCC Cadets of 1 COY NCC, NSS College Pandalam, actively participated in the inauguration of Bud's Rehabilitation Centre in Poozhikad. The chief guest of this event was the Hon. District collector Sri Dr. Divya S Iyer IAS. The cadets not only took part in the ceremony but also engaged with the specially-abled children at the centre, offering them support in numerous ways both mentally and physically. Throughout the day, the cadets organized and participated in various activities designed to uplift the children's spirits. These included singing, dancing, and miming performances, which brought joy and excitement to the children. Additionally, the cadets donated art supplies such as paints and colored pencils to encourage the children's creativity.



ii. Activity 2:

On November 14, 2023 1 COY NCC NSS College Pandalam decided to celebrate Children's Day with the children of Bud's school. During their visit to Buds School, the cadets brought joy to the children by giving them sweets, chocolates, crayons, and coloring books. They engaged with the children through singing and dancing, creating a lively and joyful atmosphere. The children, in turn, enthusiastically showcased their talents, sharing their happiness with the cadets.



2) Blood Donation Campaign

i. Activity 1:

The NCC cadets of the 1 COY NCC NSS College Pandalam organized a blood donation campaign on Saturday, 23th November 2023 at the C M Hospital Pandalam, More than 20 cadets were joined in the blood donation campaign. The campaign was conducted with the powerful message, "The gift of blood is a gift to someone's life."



ii. Activity 2:

NSS College Pandalam and NSS Unit Pathanamthitta organized a blood donation camp in collaboration with Red is Blood Kerala (RIBK) Charitable Society, Pathanamthitta on September 14, 2023, at the college seminar hall. Starting from 10 am to 1 pm, the program saw active participation from all departments and students. NSS Program Officer Jyothy C R also donated blood during the event. A team comprising one doctor and nine other staff members facilitated the blood collection process. Over 45 participants donated blood, and all donors were provided with healthy drinks and fruits to replenish their energy.



3) Cleaning Campaign

i. Activity 1:

On June 08, 2023, the cadets of 1 COY NCC, NSS College Pandalam, visited Kollam Beach and conducted a shore clean-up drive. The program, titled “The Beach Clean-Up,” aimed to raise awareness among tourists and locals about the importance of keeping the beach clean. During the clean-up, the cadets engaged with the public, emphasizing the harmful effects of plastic pollution on the marine ecosystem. They asked everyone to take responsibility for protecting our seas and informed them on the devastating effects that plastic trash has on marine life.

The celebration was a tremendous effort in observance of World Ocean Day since it not only made the beach cleaner but also encouraged more environmental awareness in the neighbourhood.



ii. Activity 2:

As part of the cleaning campaign conducted by NSS Unit No. 42A & 42B of NSS College Pandalam, NSS Volunteers took the initiative to clean the Pandalam KSRTC Bus Stand on September 08, 2023. The volunteers removed all the plastics from the surrounding areas of the bus stand to promote a green environment. The campaign was inaugurated by NSS Programme Officer Dr. Jyothy C R. The program was led by NSS Joint Secretary Jyothy Lakshmi V. The bus stand's appearance and cleanliness have significantly improved as a result of the clean-up campaign, making it a more welcome area for passengers. Additionally, the campaign was

successful in increasing public awareness of the significance of minimizing plastic waste and promoting more responsible disposal measures. The program promoted a sense of social responsibility and demonstrated the value of group efforts in preserving a sustainable environment.

iii. Activity 3:

The National Service Scheme Volunteers of Pandalam NSS College actively participated in the "Malinya Muktha Nava Keralam" district-level campaign in Pathanamthitta, as part of the Kerala Cleanliness Mission, on October 10, 2023. Nearly 50 volunteers from our college joined the campaign, which was coordinated by NSS Programme Officer Dr. Jyothy C R. Pledging to contribute to a garbage-free Navkerala, each volunteer engaged in cleaning the premises of the Pathanamthitta Municipality Open Stage and the new private bus stand.



iv. Activity 4:

With zeal and dedication, NSS volunteers from NSS College Pandalam diligently cleaned both the campus and the Primary Health Centre in Pandalam, embodying the spirit of Gandhian principles. The cleaning program, conducted on October 02, 2023 served as a tribute to Gandhi's enduring legacy and his message of selfless service to humanity.



v. Activity 5:

NSS volunteers from NSS College Pandalam took on the responsibility of cleaning the historic site of Sabarimala and the Pampa River from December 13th to 15th, 2023, in collaboration with the Pollution Control Board. Our volunteers demonstrated exceptional performance during the cleaning process, showcasing their dedication to environmental conservation. Their efforts contributed significantly to maintaining the cleanliness and sanctity of this revered pilgrimage site and its surroundings.



4) Anti-drugs awareness rally

The NCC Cadets of 1 COY NCC, NSS College Pandalam, organized an awareness rally from the college to Pandalam town, carrying posters highlighting the side effects of drugs. During the rally, the cadets performed a mime to educate the public about the harmful effects of substances like tobacco, cannabis, and alcohol. They also provided information on how to overcome addiction to these substances, aiming to raise awareness and promote a healthier, drug-free community.



5) Paadheyam - Food Donation Drive

i. Activity 1:

On October 16, 2023 NSS units 42A and 42B of NSS College Pandalam, under the guidance of Volunteer Secretary Sooraj S and Programme Officer Jyothy C R, organized the Paadheyam- food donation program. They collected and distributed 500 noon meals to those in need at KSRTC Bus Stand, Pandalam, and Adoor General Hospital, showcasing a remarkable act of social service by the volunteers. Their efforts reflected the spirit of compassion and solidarity, contributing to the vision of a hunger-free society.



ii. Activity 2:

To pave the way for a hunger-free tomorrow, NSS units 42A & 42B of NSS College Pandalam are organizing "PAADHEYAM," an inspirational program aimed at motivating volunteers to contribute towards a brighter future. In collaboration with the PAADHEYAM initiative, NSS volunteers, led by Volunteer Secretary Sooraj S, distributed *Pothichor* around Pandalam. This act of donating Pothichoru serves as a compassionate gesture, offering vital resources to the less fortunate and aiding in their well-being.



6) A Day of Compassion and Kindness

On November 13, 2023, NSS volunteers from NSS College, Pandalam, units 42A & 42B, initiated a program in observance of World Kindness Day. Collaborating with Pandalam Municipality, they identified over 10 individuals in need of financial assistance. The volunteers targeted needy individuals within the Pandalam locality, demonstrating their commitment to kindness and community support. Following the informative session, Volunteer Secretary Sooraj S organized an engaging quiz competition related to the presented topics. Participants actively participated in the quiz, showcasing their understanding and knowledge about AIDS. As a gesture to promote awareness and reward participation, prizes were distributed to the winners of the quiz competition. The event served as a meaningful initiative to observe World AIDS Day and educate individuals about the importance of HIV/AIDS prevention and support.



7) Aids Awareness Class

On December 01, 2023, NSS units 42A & 42B of NSS College, Pandalam conducted an AIDS awareness session at GHSS Thottakonam. The presentation, led by Volunteer Draupathi, provided detailed insights into AIDS, including its causes, transmission, prevention, and treatment options.

8) Voter Enrolment Programme

On the occasion of Onam, the Electoral Literacy Club, NSS College Pandalam, organised a Voter enrolment programme in association with IQAC, NSS College Pandalam on August 22, 2023. Around 70 young voters were enrolled on the electoral roll during the programme. Electoral Literacy Club members also propagated the importance of voting in democracy through "athapookkalam" as part of the Onam Celebrations.



ELECTORAL LITERACY CLUB



NSS COLLEGE PANDALAM

No Voter to be Left Behind

ONAM CELEBRATIONS 2023

*On the occasion of Onam, the Electoral Literacy Club of
NSS College Pandalam is organising programmes
aimed at electoral participation among youths.*

അന്തർപ്രകൃഷ്ടം

New Voter Registration

Date: 22-08-2023

Venue: College Main Entrance

Time: 11.am

Dr. Shibu M. P.
Nodal Officer, ELC

Dr. Jyolsna S.
IQAC Coordinator

Prof. (Dr.) K. G. Padmakumaran Nair
Principal

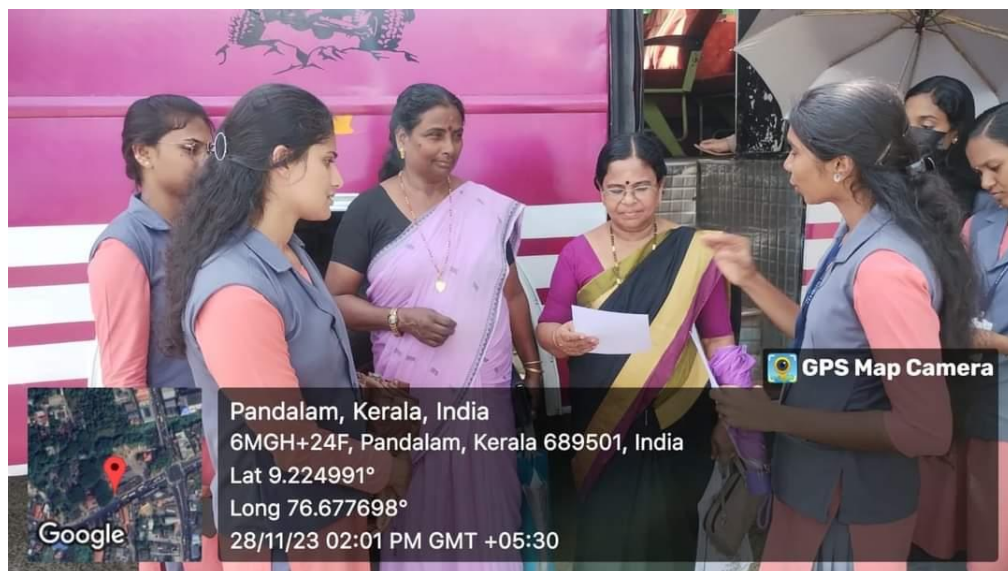






9) Constitution Awareness Programme

As part of the constitutional awareness programme, the electoral literacy club in association with the Department of Political Science organised a constitutional awareness programme. Students participated in the awareness programme to encourage people to understand the importance of constitutional values in their everyday lives.

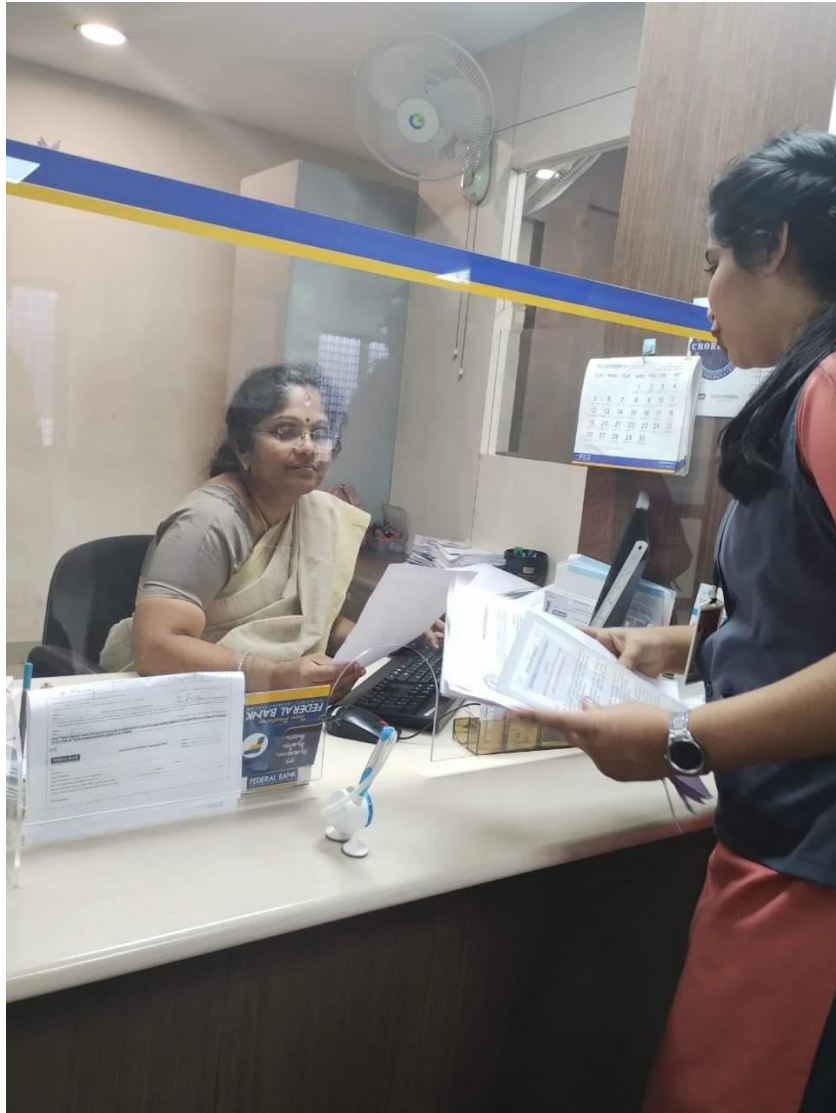


Members of the club distributed pamphlets to educate the common people in the community about constitutional principles that are guiding their lives in society.

**Department of
Political Science**
NSS College Pandalam
In association with
**IQAC, Electoral Literacy Club,
FDSJ and National Service Scheme**
Organises
**CONSTITUTION AWARENESS FOR THE PUBLIC
AS PART OF
CONSTITUTION DAY CELEBRATION**

NOVEMBER 28 , 2023

Organizing committee:
Reghunath V (HOD) , Dr.Shibu M. P,
Denny Thomas, Dr. Nirmalya





10) Election Awareness Programme

Electoral participation need to be more inclusive by involving all marginalised groups into the electoral process. For the realisation of this objective the Electoral Literacy Club, National Service Scheme, NCC and IQAC of NSS College Pandalam hosted an electoral awareness programme for the scheduled tribe community at Kaithakkara ST Colony of V Kottayam village of konni Taluk on April 11, 2024,. The initiative was part of the Systematic Voter Education and Electoral Participation (SVEEP) activity under the 114 Konni LAC. Electoral participation needs to be more inclusive by involving all marginalised groups into the electoral process. For the realisation of this objective the Electoral Literacy Club, National Service Scheme, NCC and IQAC of NSS College Pandalam hosted an electoral awareness programme for the scheduled tribe community at Kaithakkara ST Colony of V Kottayam village, konni Taluk. The initiative was part of the Systematic Voter Education and Electoral Participation (SVEEP) activity under the 114 Konni LAC. The programme was inaugurated by Sri. Prem Krishnan IAS, District Collector of Pathanamthitta. An awareness class about the importance of voter participation in elections and voting methods was conducted after the inauguration.



പാർലമെന്റ് തെരഞ്ഞെടുപ്പ് 2024
SVEEP Activity 114 Konni LAC
Electoral Literacy Club, NSS, NCC & IQAC
NSS COLLEGE PANDALAM

തെരഞ്ഞെടുപ്പ് ബോധവൽക്കരണ പരിപാടി

The Electoral Literacy Club in association with NSS, NCC, and IQAC of NSS College Pandalam, is hosting an election awareness programme for the Scheduled Tribe community at the Kaithakkara ST Colony in V-Kottayam village of Konni Taluk. This initiative is part of the Systematic Voters' Education and Electoral Participation (SVEEP) activity under the 114 Konni LAC, and is scheduled to be held on the 11th of April, 2024, at 10:30 AM.

Inauguration: Sri. Prem Krishnan S. IAS
District Election Officer and District Collector,
Pathanamthitta



**സ്ഥലം : കൈതക്കര ആദിവാസി കോളനി,
വി കോട്ടയം വില്ലേജ്**
തീയതി : 11/04/2024 സമയം : രാവിലെ 10:30

Organizing committee
Patron: Prof. (Dr) M.G. Sanalkumar Principal, NSS College Pandalam
Dr. Shibu M P, Coordinator, Electoral Literacy Club.
Dr. Jyolsna S, IQAC coordinator.
Dr. Jyothy, C. R. & Dr Krishnakumar K., Programme Officers NSS .
Major. Dr. Santhosh S & Haritha R Unnithan . NCC Officers





11) Visit to Palliative patients at Ward 11

On February 12, 2024, a dedicated team of teachers and students from the Departments of Botany and Commerce made a visit to Palliative patients at Ward 11, Pandalam Municipality and provided

essential assistance to them. The initiative aimed to offer support and care to individuals in need of palliative care, ensuring their comfort and well-being. The program helped the patients' comfort and quality of life while simultaneously encouraging compassion and community involvement. Palliative care requires continuous support, as seen by the enthusiastic response from patients and caregivers, which also demonstrated the aid program's success.



12) Visit to Ashraya Charitable Society, Kalayapuram

As a part of the Social Service Activities, the teachers and students of Biochemistry, Physics and Malayalam Departments visited Ashraya Charitable Society, Kalayapuram on November 29, 2023, an organization dedicated to support old age. Interacting with the inmates of the Ashraya Charitable Society, listening to their needs, and offering support in the form of financial aid, basic requirements, and companionship were the main goals of the visit. The visit also intended to create a feeling of community and empathy among the students. The group interacted with the senior citizens for a considerable amount of time, hearing their stories and offering emotional support. The students were encouraged to engage in conversations that brought smiles and comfort to the residents. The visit concluded with a heartwarming lunch shared with the members of the Ashraya Charitable Society with an atmosphere of respect and love.

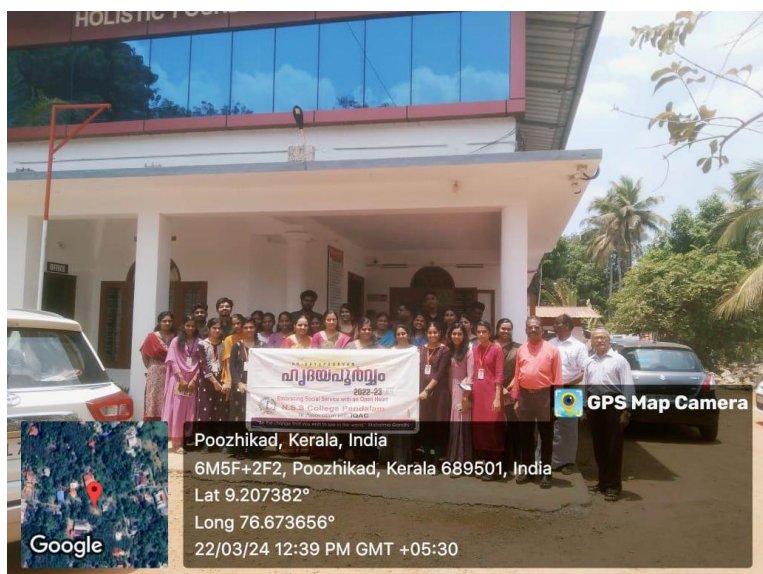




13) Visit to Holistic Foundation

On March 22, 2024, a team of teachers and students of N.S.S. College, Pandalam, visited the Holistic Foundation, Centre of Charity and Holistic Health, Pandalam, a home for deprived individuals in Pandalam. Holistic Foundation, located in Poozhikkad, is dedicated to providing care and support for elderly individuals and poor children. The foundation offers essential services including accommodation, food, and education, striving to improve the quality of life for its residents.

The visit aimed to extend care and support to the residents, who come from various challenging backgrounds. The students interacted with the residents, listening to their stories and offering companionship. Essential items, including food, clothing, and hygiene supplies, were donated to the foundation. The team also conducted a brief awareness session on health and hygiene practices. The visit highlighted the significance of compassion and community engagement, making a positive impact on both the students and the residents.



14) Visit to Santhwanam, Omalloor

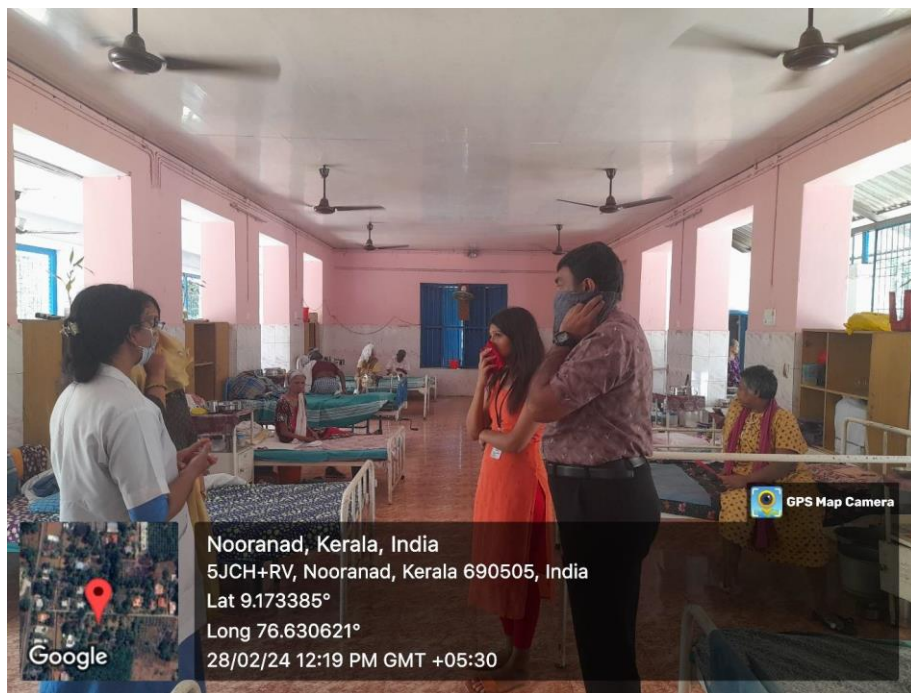
On September 21, 2023, the Department of Hindi, in partnership with the social service cell of N.S.S College, Pandalam, visited Omalloor Santhwanam, a charitable trust based in Mathoor, Pathanamthitta district. This trust, which is dedicated to charity and education, has an old age home operating under its aegis. The delegation included Dr. Sheela T. Nair, Head of the Department of Hindi, along with Dr. Ambili V. S., Smt. Ambili P., Smt. Sivaprabha S., and several students from the department. The visit aimed to offer both financial aid and emotional support to the elderly residents of the home. During their time there, the teachers and students engaged with the residents, providing companionship and care. The interactions were warmly received, with the inmates expressing their feelings openly. The students organised various cultural activities for the entertainment of the inmates, thereby adding a joyful element to the visit. The college and department contributed financial support to assist with the needs of the old age home. This experience not only cultivated a sense of compassion and empathy among the students but also imparted important lessons about life and service. The visit encouraged the students to participate in more charitable and social activities in the future.





15) Visit to Leprosy Sanatorium in Nooranad

On February 28, 2024, a team of teachers and students of NSS College, Pandalam in association with Social Service Cell of the college organized a visit to the Leprosy Sanatorium in Nooranad. The visit aimed to provide support and care to the residents affected by leprosy. The students interacted with the patients, offering empathy and companionship, which uplifted their spirits. Donations of essential supplies, including medicines, clothing, and hygiene products, were made to the sanatorium. The team also conducted a health awareness session, focusing on the importance of regular care and positive mental health. The visit highlighted the commitment of the social service cell to helping marginalized communities and emphasized the need for continued support and awareness.



16) Visit to palliative care in Ward 9 of Pandalam Municipality

On December 18, 2023, a group of teachers and students from N.S.S. College, Pandalam, helped patients experiencing palliative care in Ward 9 of Pandalam Municipality.. The initiative aimed to offer support and comfort to patients suffering from chronic illnesses. The volunteers visited the homes of these patients, engaging with them and their families to understand their needs and challenges. Essential items such as medicines, nutritional supplements, and hygiene products were distributed to help ease the daily struggles of these patients. The team also offered emotional support, spending time with the patients and providing companionship, which was greatly appreciated by both the patients and their families. Additionally, a brief awareness session on

palliative care was conducted for the families, emphasizing the importance of holistic care and emotional well-being. The visit reinforced the Social Service Cell's commitment to community service and highlighted the critical role of compassionate care in improving the quality of life for those in need.



17) Visit to Palliative care in Ward 11 of Pandalam Municipality

Patients receiving palliative care in Pandalam Municipality's Ward 11 were intended recipients of an outreach initiative conducted on January 12, 2024, by a group of students and teachers from N.S.S. College, Pandalam. Those fighting chronic and life-limiting illnesses were to receive much-needed support from this visit. In addition to providing emotional support, volunteers also paid

visits to these patients. To relieve these patients and their families of some of the everyday challenges, necessary supplies such as nutritional supplements, hygiene products, and medication have been provided out. In addition, the patients appreciated the students' conversation and emotional support during their time with them. Family members attended a palliative care awareness session during the visit, which focused on pain management and preserving life dignity.



18) Visit to Swami Vivekananda Balasramam

A group of faculty members and students from N.S.S. College, Pandalam, visited Swami Vivekananda Balasramam, a children's home, on August 22, 2023. The goal of the visit was to encourage up and motivate the young inhabitants, many of whom are from underprivileged homes. The students engaged the children in various interactive activities, including games, storytelling, and creative arts, fostering a lively and positive environment. Essential items such as school supplies, clothing, and hygiene products were donated to support the children's daily needs and education. The visit also included a motivational session where the students shared the teachings of Swami Vivekananda, encouraging the children to pursue their dreams with determination and resilience.



19) Visit to the Anganwadi

A group of teachers and students from N.S.S. College, Pandalam, paid a visit to the Anganwadi located in Sector 45, Pandalam, on July 31, 2023. The purpose of the visit was to strengthen and promote the center's early childhood development services. The team interacted with the children and staff, participating in educational activities and games designed to promote learning and development. Essential supplies such as educational materials, toys, and nutritional supplements were donated to support the daily needs of the children. The volunteers also conducted a brief training session for the Anganwadi staff on effective teaching methods and child care practices. The visit highlighted the importance of early childhood education and supporting the growth of young children in the community.





20) *Empowering Communities: Faculty Engagement as Resource Persons*

On January 9, 2024, as part of a social extension activity, Dr. Vinod P led a seminar on "Global Warming & Climate Change" at the College Seminar Hall, TKMM College, Nangiarkulangara. The seminar was designed for undergraduate students and focused on the long-term impacts of

human activities on the environment. The seminar aimed to educate students about the serious consequences of global warming and climate change, stressing the importance of social responsibility and environmental sustainability. The activity effectively increased awareness among students about climate-related issues, encouraging them to consider the broader implications of their actions and promoting a commitment to sustainable practices.

D'23 Programme

Tuesday 9th January 2024
Technical session (10.00 am)

Invocation : **Zoology Choir**

Welcome : **Dr. Sheela S.**
(Coordinator,
Associate Professor & HoD
Department of Zoology)

Presidential address : **Dr. Sharmila P. P.**
(Principal)

Keynote Address : **Dr. Vinod P.**
(Member, Academic Council
University of Kerala
&
Assistant Professor
Department of Zoology
NSS College, Pandalam)
*Topic: Global Warming &
Climate Change)*

Vote of Thanks : **Dr. Jasmine Anand**
(Member, IQAC &
Assistant Professor
Department of Zoology)

T. K. MADHAVA MEMORIAL COLLEGE, NANGIARKULANGARA
Affiliated to University of Kerala

DARSHAN '23
Multidisciplinary Seminar

Dr. Sharmila P. P.
(Principal)

Dr. Vinod P.
(Member, Academic Council
University of Kerala &
Assistant Professor
Department of Zoology
NSS College, Pandalam)

D'23

Organised by **IQAC**
&
Department of Zoology
(Supported by PTA)

College
Seminar Hall

09th January, 2024
10.00 AM

2023-24 WWW.TKMMC.AC.IN



21) Chemistry Association for Rehabilitation Enhancement

Department of Chemistry, NSS College Pandalam has been actively involved in community services including soil and water quality analysis of the locality for the past several years. CARE (Chemistry Association for Rehabilitation Enhancement), is a venture of the Department of Chemistry that primarily focuses on the use of scientific knowledge for the benefit of the society.

A group of 32 students from the first and the second year MSc Chemistry class along with three faculty members visited various areas of Pandalam Municipality of Pathanamthitta District, which were the local areas severely affected during the flood of 2018.

In collaboration with Residents' Association, Pandalam Municipality, 27th March 2024 was chosen for conducting the sample collection. Student members of CARE have collected groundwater and surface water samples from various locations in Pandalam Municipality and analysed for selected physico-chemical and bacteriological parameters by adopting standard methods. The results of the analysis indicated the chemical and bacteriological contamination due to the disposal of solid, organic and inorganic wastes in the surface water samples of Pandalam, Thonnalloor, Kadakkad and Poozhikkad which are the various locations in Pandalam Municipality. Also, the groundwater samples of Pandalam were contaminated. Chlorination and super chlorination of wells which were in need were also carried out.



The contamination poses serious health risks to residents, including potential waterborne diseases and long-term health effects from exposure to harmful chemicals. The findings have heightened awareness about the need for proper waste management and the importance of safeguarding water sources. In response, chlorination and super chlorination of affected wells were carried out to mitigate immediate health risks and improve water quality.

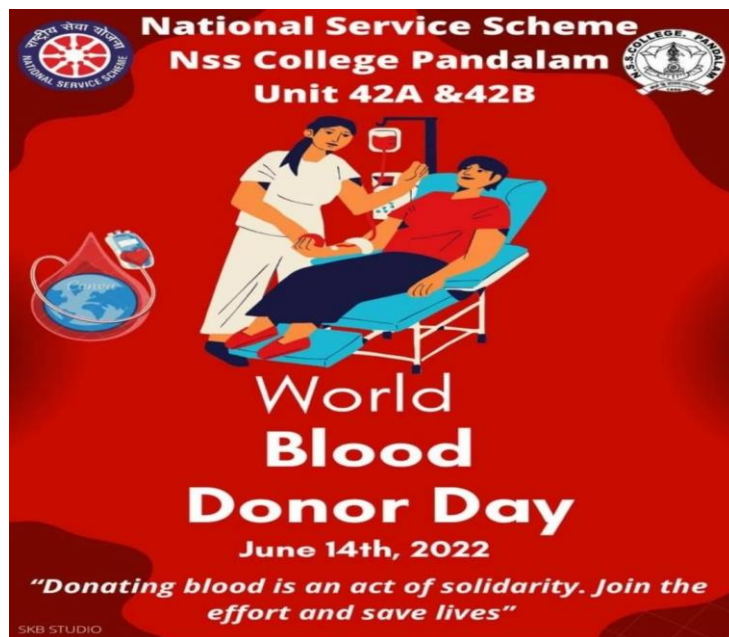




2022-2023

1) Blood Donation Camp

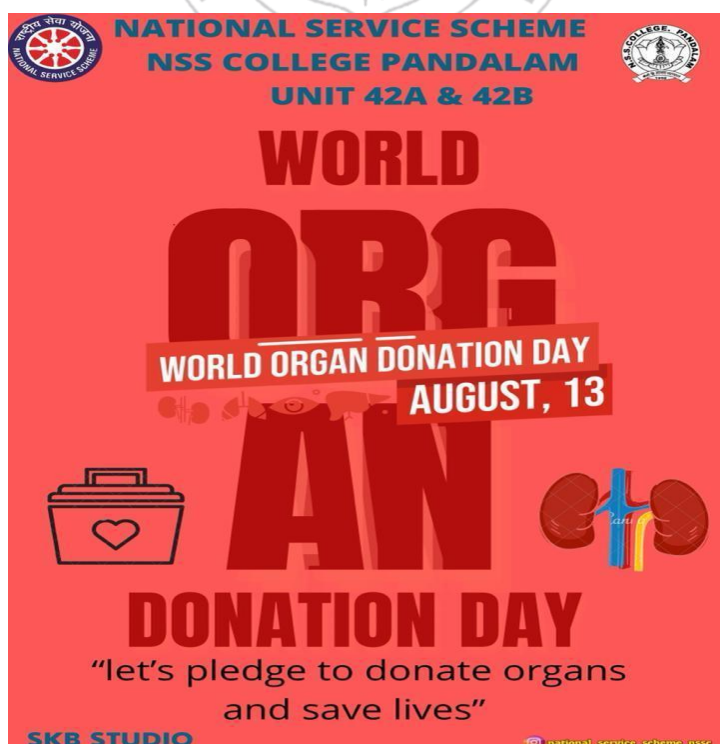
A blood donation camp was conducted on 14th June 2022 under the leadership of the Red Ribbon Club of 42A&42B, National Service Scheme (NSS) Unit of NSS College, Pandalam in association with Red is Blood Kerala (RIBK) Charitable Society, Pathanamthitta. NSS Programme Officer Dr. Muthuman T. R. started the Blood Donation camp by donating blood. On this Day, the blood donor list was collected, and 54 people donated blood that day. Donors were given snacks and certificates by RIBK.

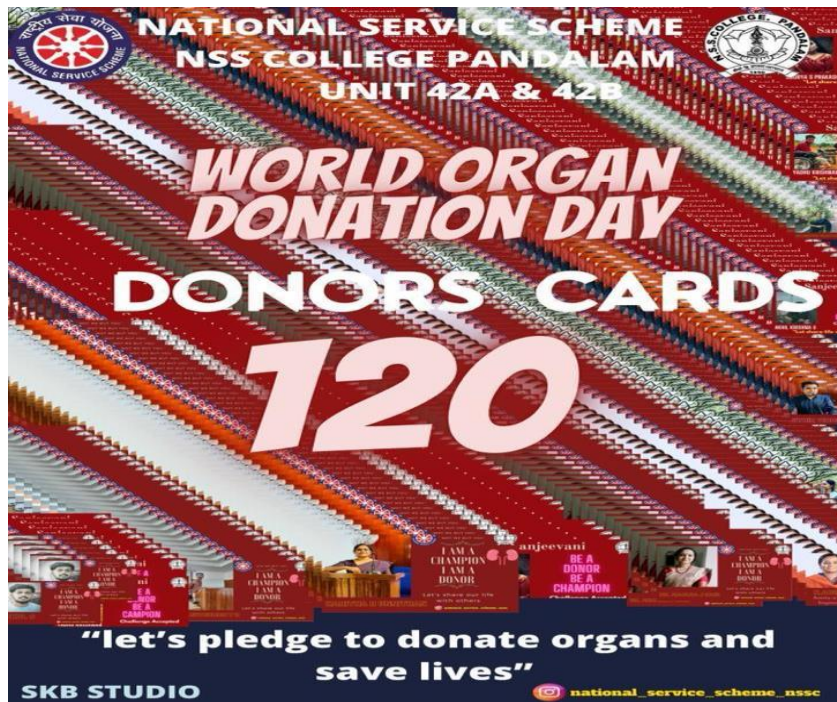




2) Sanjeevani-Organ Donation Campaign

On August 13, 2022, the NSS Volunteers of NSS College Pandalam 42A & 42B, decided to commence an organ donation campaign, "SANJEEVANI," to commemorate *World Organ Donation Day*, with the programme officers Haritha R. Unnithan, Dr. Muthumon T. R. as coordinators and Shone K. Biju of II BCom Finance as the student programme coordinator. Our NSS unit completed 120 donor cards in 11 days and conducted a campaign on the College campus. It was done by registering the volunteers' names on the KNOS (Mrithasanjeevani) website.





 ഭോണർ കാർഡ് DONOR CARD	
MIRITHASANJEEVENI Name / പേര് SREEHAR S	
Age / വയസ്സ് 21	
Blood Group / രക്തഗ്രൂപ്പ് O+	
Emergency Contact No / അത്യാഹിതത്തിൽ ബന്ധപ്പെടുക +91-9656410270	
Keep this card with you at all times. Let your relatives know your wishes.	
www.knos.org.in	
After my death / എന്റെ മരണാനന്തരം Any part of my Body / എന്റെ എന്ത് ശരീരഭാഗവും അല്ലെങ്കിൽ	
എന്റെ കണ്ണുകൾ <input checked="" type="checkbox"/> My Cornea	എന്റെ വൃക്കകൾ <input checked="" type="checkbox"/> Kidneys
എന്റെ ഹൃദയം <input checked="" type="checkbox"/> Heart	എന്റെ ശ്വാസകോശം <input checked="" type="checkbox"/> Lungs
എന്റെ പankreas <input checked="" type="checkbox"/> Pancreas	എന്റെ ലിവർ <input checked="" type="checkbox"/> Liver
എന്റെ ശ്വാസനാളം <input checked="" type="checkbox"/> Larynx	എന്റെ ചെറുകുടൽ <input checked="" type="checkbox"/> Small intestine
Be used for the treatment of others / ചികിത്സയ്ക്കായി വേറെ ആർക്ക് വേണമെങ്കിലും ഉപയോഗിക്കാം	
Signature / ഒപ്പ് Date / തീയതി 23/03/2022	
Contact Person / കോൺടാക്ട് പേഴ്സൺ 9656410270	
Address / വിലാസം SREESAILAM PERUNGALA P.O KAYAMKULAM, AL	
Mob / മൊബൈൽ +91-9656410270	
Kerala Network for Organ Sharing 1st Floor, Old House Surgeons Quarters, Near SSB Block, Government Medical College, Thiruvananthapuram-11 / Ph: 0471-2528658	

Image: Donor card of a volunteer

The University of Kerala appreciated this project and encouraged us to convert the campaign into an inter-college organ donation campaign. The unit continues this campaign with the motto "Let's share life with others " and inspires the public to donate organs.

3) Cleaning Campaign

On October 02, 2022, NSS volunteers of NSS College, Pandalam conducted a cleaning campaign as a part of Gandhi Jayanti Celebrations. A team of volunteers cleaned the KSRTC Bus Stand,

Pandalam and another team went to clean the surroundings of the College. The campaign resulted in a noticeable reduction in litter and waste in public spaces, leading to a cleaner and more hygienic environment. The clean-up effort at the bus stand resulted in a more welcoming and hygienic environment for the travellers, enhancing the overall experience for the public. The cleaning campaign at the college surroundings enhanced the campus's aesthetic appearance and emphasized the importance of ensuring a hygienic and safe learning environment.



4) Paadheyam: Food Donation Drive

Among the flagship initiatives of the National Service Units at NSS College Pandalam since their establishment is the Paadheyam/Food Donation Programme. It aims to develop the volunteers' physical, psychological, emotional, and spiritual well-being and generate a sense of sharing within their immediate surroundings. It also gives the volunteers a platform to learn about the issues surrounding the people in need. Donating to people in need gives new information and reveals a different point of view about other social problems such as homelessness, hunger, or poverty. Contributing to people in need is a great way to improve one's neighbourhood or community conditions. Donating food to worthy people or organisations helps counter poverty and hunger,

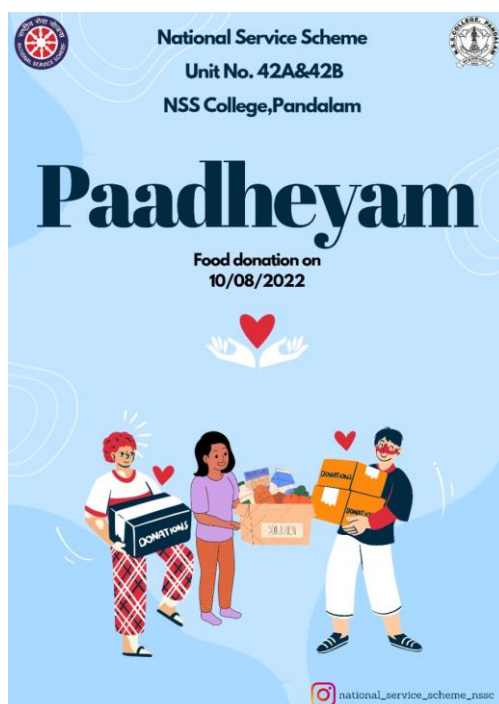
and at the same time, it can enhance harmony, friendliness, and trust among residents. We donate food through the Three Star Charitable Unit charitable institution near Cherikkal Pandalam, near our campus, and to units in Kulanada and Adoor.

i. Activity 1:

National Service volunteers of NSS College Pandalam organized a food donation drive on 25 June 2022. They collected around 100 food packets, coordinated by the first-year volunteers. They donated the food items to the donor bank at Kulanada.

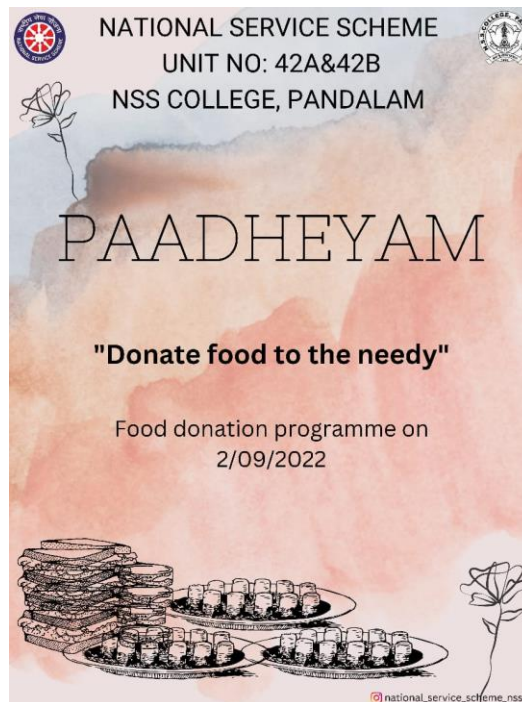
ii. Activity 2:

The NSS volunteers of NSS College, Pandalam coordinated in collecting the food collection and distribution drive on 10 August 2022. The collected food packets were distributed through the food bank operated by Three Star Volunteer Service Pathanamthitta at Pandalam.



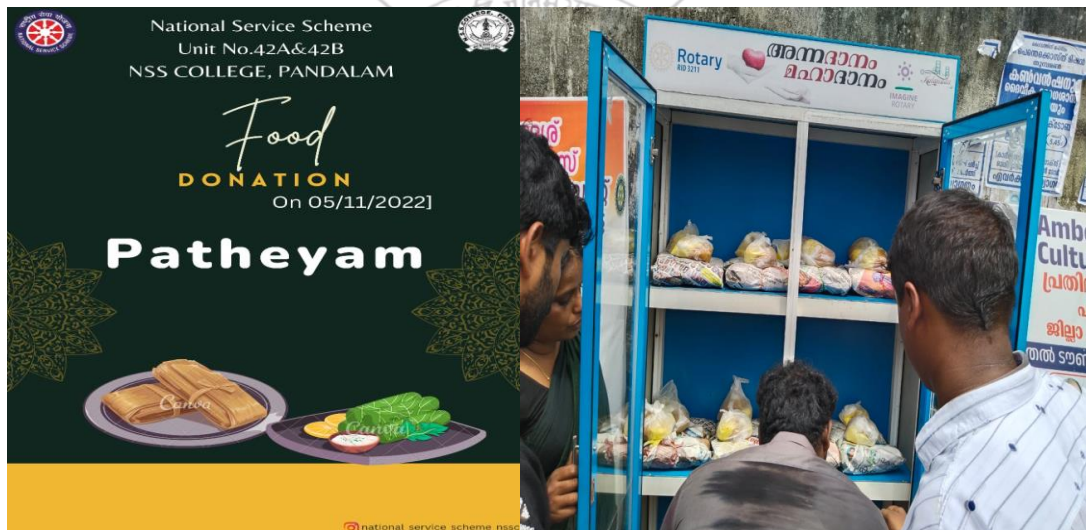
iii. Activity 3:

In connection with the Paadheyam (Food Donation) activity, the students of the economics department collected food packets from their department under the leadership of volunteer joint secretary Jyothi Lakshmi V. The collected food packets were distributed through the food bank at Pandalam.



iv. Activity 4:

As a part of commemorating World Tsunami Awareness Day, NSS volunteers of the Political Science department collected food packets from their department concerning the Paadheyam (Food donation) activity on November 05, 2022. The collected food packets were taken to the food bank.



5) Palliative Care

Palliative care involves relieving the suffering of terminal patients. This is achieved through the early recognition of pain associated with fatal illness and providing physical, emotional, and

spiritual comfort. The NSS Units 42A& 42B of NSS College Pandalam have taken part in the palliative care activities by distributing items like wheelchairs, waterbeds, crutches, etc.

NSS Unit (42 A &42B) coordinated the distribution of essential items such as Wheel Chairs, Waterbeds, Crutches and other essential items on January 23, 2023 in the College Seminar Hall. A wheelchair was donated to Dr. Pradeep Kumar to be handed over to a needy person from his unit. Another wheelchair was distributed to the Chirag Foundation, an alumni group of the National Service Scheme, NSS College Pandalam. Four Airbeds and four walkers were distributed to the Government Palliative Care Centre, Pandalam. There was a short skit presentation by the second-year volunteers to spread awareness of the need to incorporate Palliative Care into our health system.



6) Plantation Drive

In the occasion of the international day for biological diversity, the NCC cadets of our college plant bamboos in the river side of 'ACHANKOVIL RIVER' for the healthy flow of water and protection of the river side we plant around more than 80 plants on the river side.



7) Yoga Awareness Rally for the Public

NCC cadets under the 10 K BN NCC Chengannur and the cadets from 1 COY NCC NSS College, Pandalam together conducted an awareness rally among the public

to spread the importance of practicing yoga in life by holding the poster indicating the importance of yoga.



8) BUD'S School Visit

i. Activity 1:

The Cadets of the 1 COY NCC, NSS College Pandalam, organized a program to spend time with specially-abled children at a rehabilitation center. They engaged the children in singing, dancing, and various other activities, which provided significant mental support. To encourage creativity, the cadets also donated paints, colored pencils, and other art supplies.



ii. Activity 2:

The NSS unit of NSS College Pandalam (42A & 42B) organized a visit to Pratheeksha, Buds Rehabilitation Centre, Kulanada on April 11, 2023. The Chief Guest of the Day, Dr. Jyothy C. R., Programme Officer of NSS Units 42A and 42B, spoke on the need to incorporate a healthy and cognitive environment for differently abled students. The NSS volunteers presented various cultural programmes for the students there. The students of Buds School also displayed their talents in cultural activities. After that, a class on health and nutrition was conducted by the NSS volunteers, who gave some activities to the students. The NSS volunteers had a hearty time

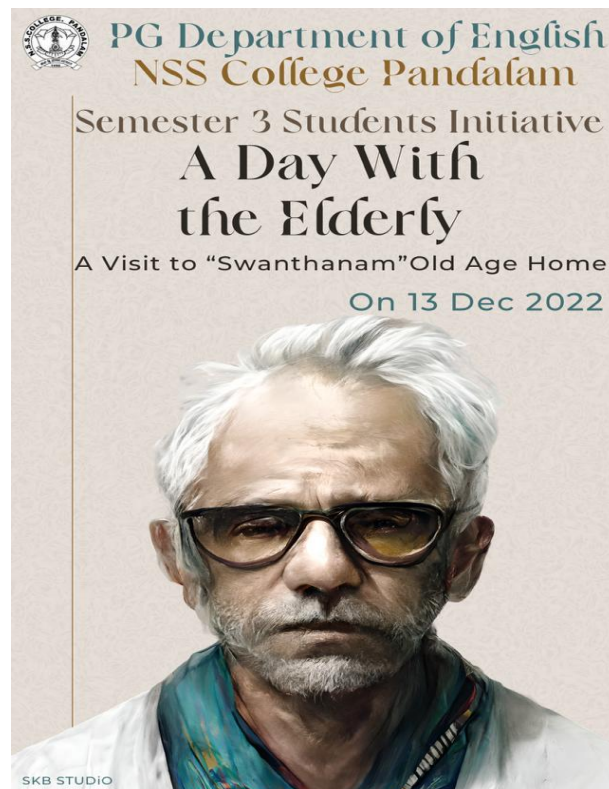
interacting with the students of Buds School. They presented them with flowers made of paper and distributed refreshments.



9) *A Day with the Elderly* -Visit to Swanthanam Old Age Home

On 13th December 2022, the 3rd-year students of the Department of English organized a visit to Swanthanam Old Age Home, which proved to be a heartwarming and enlightening experience.

The visit aimed to spend quality time with the elderly residents and bring joy to their day. The students engaged in various activities, including singing, storytelling, and playing games, which created a lively and cheerful atmosphere. The residents shared their life experiences, offering valuable lessons on resilience and gratitude.



10) *Bringing Smiles-* Visit to the Government Welfare School, Ulavukkad

The faculty and students of the Department of English along with the Department of Economics visited the Government Welfare School, Ulavukkad. Laila A, the school's headmistress welcomed

the team with immense joy. Two students of the school were given financial aid; crayons, pencils, and erasers were also distributed to the kids. The students' performances made the visit even more memorable. Throughout the stay, many valuable lessons were shared and learned.



11) *Empowering Communities: Faculty Engagement as Resource Persons*

Faculty members from our institution participate in extension initiatives at several nearby institutions as resource persons. This initiative aimed to share specialized knowledge and promote professional development within the local community.

To make awareness among youths about the importance of ecosystem conservation, Dr. Vinod P, Assistant Professor of Zoology, NSS College, Pandalam delivered a talk in the seminar titled "Important Ecosystems of Kerala" which was conducted by KSMD College, Sasthamcotta. This seminar aimed to raise awareness among first, second, and third-year Zoology students about the critical importance of ecosystem conservation. Through engaging presentations and discussions, the seminar highlighted the diverse ecosystems of Kerala, their unique characteristics, and the urgent need to protect them. The event successfully equipped students with essential knowledge and a deeper understanding of environmental conservation.



12) Visit to Leprosy Sanatorium, Nooranad

On the 20th of December, 2022, as part of the social extension activities, Teachers and Post Graduate Students, Department of Chemistry, NSS College, Pandalam visited Leprosy Sanatorium, Nooranad. The main goal of the visit was to understand the difficulties experienced by patients and staff as well as gaining insight into the workings of the leprosy sanatorium, Nooranad. Donations of essential supplies, including medicines, clothing, and hygiene products, were made to the sanatorium. The team also conducted a health awareness session, focusing on the importance of regular care and positive mental health. The patients' experiences and the effects of leprosy on their life were better understood by teachers and students through their interactions with the patients. The interaction highlighted the patients' energy and resilience in spite of their current circumstances.





13) THANAL – Social Service and Extension Programme

As part of its social service and extension programme ‘Thanal’, PG Department of Economics in association with IQAC, NSS College, Pandalam, visited Ashraya Sisu Bhavan, Paranthal, Pandalam on 28th March, 2023. This initiative aimed to support and engage with the children at the Sisu Bhavan. The students and faculty of the Department donated food and clothing to the students of the Sisu Bhavan and spent a day with them. Throughout the day, the team engaged with the residents, creating a happy and encouraging environment. The experience was extremely meaningful because of the children's sincere responses, which were shown in their joy and excitement on receiving the gifts.





2021-2022

1) Covid Outreach Initiative

Dr. Rakhi R., Assistant Professor of Physics, and Dr. Sandhya B. Nair, Assistant Professor of Sanskrit, from NSS College Pandalam were assigned to support COVID-19 preventive activities in Karukachal Grama Panchayat starting June 2, 2021. Their roles involved assisting with public awareness campaigns, distributing safety materials, and helping coordinate local health initiatives. Their efforts contributed significantly to enhancing community awareness and safety measures during the pandemic. Their involvement exemplifies the commitment of educational institutions to public health and community service.

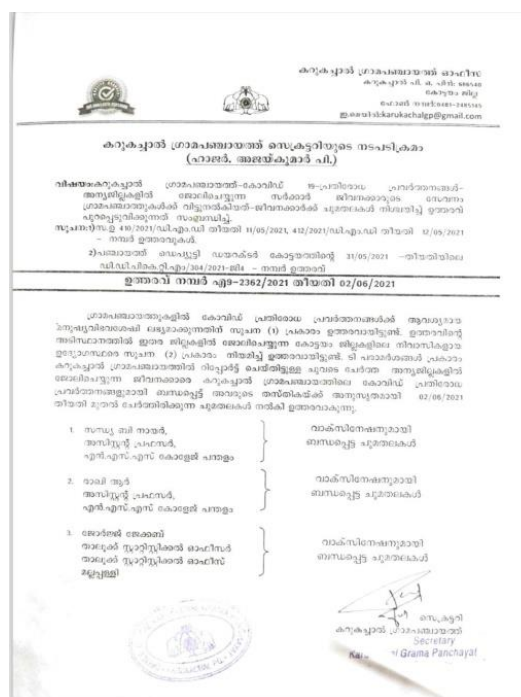


Image: Procedure of Karukachal Gram Panchayat Secretary – Covid 19 Preventive activities

2) Survey Project On Contamination and Awareness

NCC Cadets from NSS College Pandalam, in collaboration with Pandalam Municipality, conducted a community outreach program from 1st to 4th June 2021 to raise awareness about water contamination during the rainy season. They visited local neighbourhood to educate residents on preventive measures against waterborne diseases such as malaria and dengue. The initiative emphasized the importance of maintaining clean water sources and taking necessary precautions to avoid health risks associated with stagnant water.



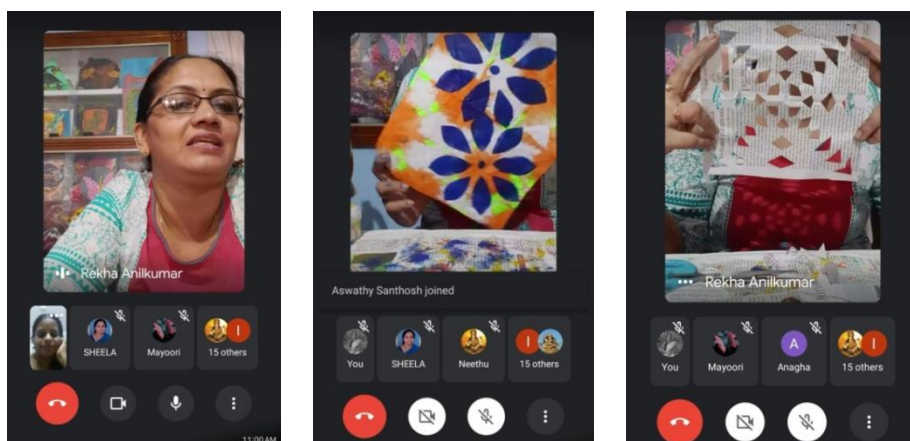
3) My Tree Challenge

On June 5, 2021, in celebration of Environmental Day, the NCC Cadets of NSS College Pandalam participated in a tree planting initiative. They planted trees around their homes and created a collaborative poster showcasing images of their efforts, highlighting their commitment to environmental conservation.



4) Reviving Creativity: Online Fabric Painting Workshops

The Women's Study Unit at NSS College Pandalam resumed its activities with skill-based training sessions in fabric painting starting from June 5, 2021, conducted online. Led by Fevicryl Specialist Teacher Ms. Rekha Anilkumar, the program covered topics including Frida Kahlo's art on canvas, Surpur painting, Kalamkari, and glass painting. The initiative successfully engaged both students and their parents, ensuring active participation throughout the sessions.



5) We together program

Activity 1:

The 01 COY NCC Unit of NSS College Pandalam organized the "We Together Programme" on June 18 2021 to support the underprivileged communities in Konni tribal areas during the pandemic. Through the collective efforts of cadets and students, they raised ₹14,000 and assembled 34 food kits containing essentials like rice, sugar, cereals, and spices. These kits were distributed to the impoverished residents of the tribal colony, who were struggling with limited resources and inadequate transportation. The initiative provided much-needed relief to the community during a challenging time.



Activity 2:

As part of the We Together program, NCC unit visited the tribal areas of Konni and identified many financially disadvantaged children lacking essential educational supplies. In coordination with other students of NSS College, cadets gathered notebooks and other school materials, which were distributed to the children on June 27, 2021. This initiative aimed to support their educational needs and alleviate some of the financial burdens they face.



6) Doctor's Day Celebrations

On Doctor's Day, July 1st 2021 the NCC Cadets of NSS College Pandalam participated in a heartfelt celebration by distributing roses to doctors at the nearest hospital. This gesture symbolized their deep appreciation and respect for the medical professionals' dedication and hard work. The event highlighted the strong bond between the community and healthcare providers, fostering a spirit of gratitude and support.



7) Fit India Freedom Run 2.0

On August 20, 2021, as part of the Fit India Freedom Run 2.0, the cadets of NSS College Pandalam participated in a road run covering over 2.5 km within their local surroundings. The event, conducted at a national level, saw enthusiastic involvement from all cadets, reflecting the program's success on their part. The collective effort and participation underscored the commitment of NSS College Pandalam to promoting fitness and national pride.



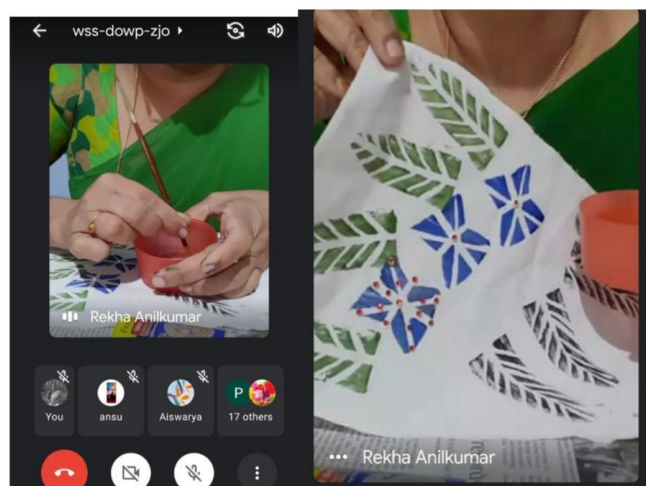
8) Let's Clean It Up- Cleaning Campaign

The NCC Cadets of 1 COY NCC NSS College Pandalam made a significant impact by assisting flood-affected households with cleanup efforts under the slogan “Let’s Clean It Up.” on 16th August 2021. Their dedicated service was crucial in restoring homes and providing relief to those hit hardest by the floods. The cadets' efforts exemplify the spirit of community support and resilience in the face of disaster.



9) Skill-Based Training Session in Fabric Painting for the public

On September 3, 2021, the Women's Study Unit at NSS College Pandalam hosted a successful online skill-based training session in fabric painting, led by Fevicryl Specialist Teacher Ms. Rekha Anilkumar. The program covered diverse topics such as Frida Kahlo's art on canvas, Surpur painting, Kalamkari, and glass painting. This initiative effectively engaged both students and their parents, promoting active participation and creativity throughout the sessions.



10) Empowering Communities: Faculty Engagement as Resource Persons

Dr. Vijayakumar S., Assistant Professor in the Department of Physics at NSS College Pandalam, conducted a career guidance class on September 19, 2021, at Bishop Abraham Memorial College Thurithicad. The session was aimed at providing insights and advice on career opportunities following a science education. Dr. Vijayakumar shared valuable information on various career paths and professional growth for science students.



11) Visit to Mahatma Jana Seva Kendram, Adoor

On October 15, 2021, a team of teachers and students of N.S.S. College, Pandalam, organized a meaningful visit to Mahatma Jana Seva Kendram in Adoor. The team provided essential items such as groceries, clothing, and personal care products, and engaged residents in interactive sessions and recreational activities to uplift their spirits. Volunteers also assisted in organizing the

facility and supporting the staff. The visit highlighted the positive effects of community involvement on improving the residents' quality of life.



12) Green India Clean India Campaign

From November 5 to 8, 2021, the NCC Cadets of 1 COY at NSS College Pandalam undertook a "Green India Clean India Campaign" cycling expedition. During this initiative, cadets actively engaged in planting trees and collecting plastic waste to promote environmental sustainability. Their efforts not only helped in enhancing local green spaces but also raised awareness about reducing plastic pollution.



13) Flood Relief Effort

National Service Scheme (NSS) volunteers from NSS College Pandalam spearheaded a flood relief program for Mudiyrkonam, severely affected by recent flooding. Over two days, they collected essential items including dry rations, medicine, and hygiene products, which were assembled into individual kits. On November 8, 2021, the kits were distributed to flood-affected families in the presence of program officers and the panchayat president. The volunteers also undertook sanitation efforts in the affected areas to help prevent the spread of diseases.



14) Visit to Swanthanam Old Age Home, Omalloor

On November 24, 2021, a group of teachers and students of N.S.S. College, Pandalam visited Swanthanam Old Age Home in Omalloor to support and engage with elderly residents. The volunteers organized interactive games, storytelling, and musical performances, and distributed essential supplies while also conducting health check-ups with local medical professionals. The visit provided valuable emotional support and companionship, leaving both residents and volunteers with a meaningful and positive experience.



15) Blood Donation Camp

NSS units 42A and 42B, in collaboration with Red is Blood Kerala (RIBK) and sponsored by HDFC Bank, successfully organized a blood donation camp on November 26, 2021. The event commenced at 10 a.m., with 92 volunteers participating. The camp saw active involvement from doctors and healthcare professionals, contributing to its overall success.



16) Visit to Government Boys Home, Karimulackal

On December 9, 2021, the Social Service Cell of N.S.S. College, Pandalam, conducted a meaningful outreach at the Government Boys Home in Karimulackal, focusing on engaging with the boys and assessing their needs. The team provided essential supplies, including books, stationery, and hygiene products, while also holding interactive sessions to enhance life skills and counselling sessions to address emotional needs. This initiative was well-received, demonstrating the significant impact of outreach programs in supporting and fostering a sense of community among vulnerable groups.

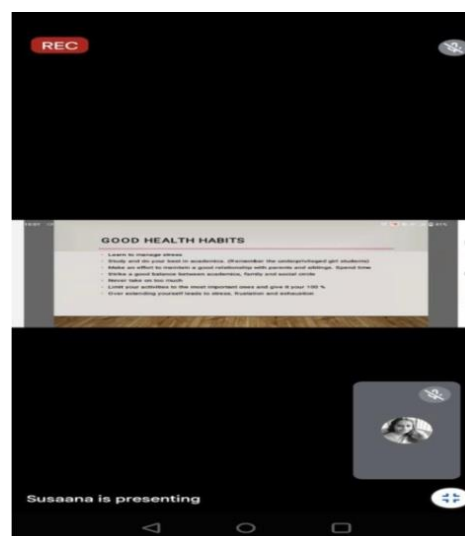
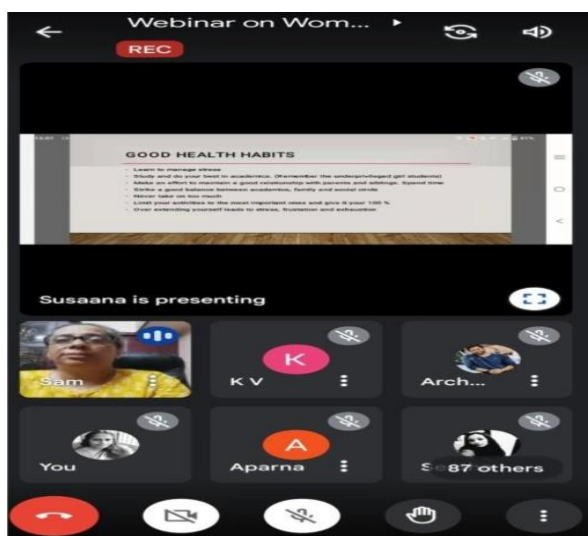
17) Sparsham 2021

On December 27, 2021, NSS College, Pandalam held "SPARSHAM 2021" to combat drug abuse, in collaboration with Kerala's "Vimukthi" initiative. The event commenced with a prayer song and featured an enlightening session by Mrs. Minimal from the Excise Department on the dangers of drug use. The program included a rally with anti-drug slogans and a vibrant flash mob at Pandalam Bus Stand. The volunteer secretary expressed gratitude to the public, traffic police, and municipal authorities for their support.



18) Women's health and hygiene awareness program

The Women's Study Unit of NSS College hosted a highly informative webinar on "Women's Health and Hygiene," featuring Dr. Beena Sam Mathews, a renowned Consultant Gynaecologist from Sanjeevani Hospital. Parents were also invited for the session. The session, held on January 8, 2022, proved to be valuable for both students and their parents, providing crucial insights into women's health issues.



19) Visit to Elanthoor Balika Bhavan

On January 18, 2022, as a part of social extension activities, a group of teachers and students of N.S.S. College, Pandalam, visited Elanthoor Balika Bhavan, a girls' home in Pathanamthitta, to offer emotional support and essential supplies. The team, comprising students and faculty, brought donations such as educational materials, clothing, and hygiene products. They engaged the girls with interactive games, a cultural program, and storytelling sessions, fostering a joyful atmosphere. The visit allowed meaningful interactions, leaving a lasting impression on both the girls and the visitors.



20) Food Donation Drive

The NSS unit of the college conducted the 'Pothichor Program' on February 14, 2022, starting at 11 pm at the NSS hall. Volunteers contributed 'Pothichor' and by midnight, the collection was complete. Volunteer Secretary Jithin Vinod and fellow volunteer Sreenath then delivered approximately 100 pots of food to Bhakshanakoodu near Pandalam, aiding those in need. The initiative successfully provided nourishment to individuals who might otherwise have gone hungry.



21) Visit to Ashraya Charitable Society in Kalayapuram

On March 22, 2022, a team of teachers and students of N.S.S. College, Pandalam, visited the Ashraya Charitable Society in Kalayapuram, bringing donations of food, clothing, and medical supplies. The enthusiastic students and faculty engaged with the residents through conversations, games, and a cultural program, bringing joy and companionship to those at the care facility. The visit left the students deeply fulfilled and reinforced their commitment to community service and compassion for marginalized communities.



2020-2021

1) Safe & Clean: COVID-19 Relief Clean-Up Drive

Activity 1:

As a part of covid relief activities and to eradicate water related diseases, NCC cadets of NSS College, Pandalam have done cleaning in NSS Boys High School and NSS Girls High School on 23rd June 2020 . Associate NCC Officer (ANO) Dr. Santhosh S., 16 Senior Divisions (SDs) and 5 Senior Wings (SWs) cadet participated in the event.



Activity 2:

On June 25, 2020, NCC cadets from NSS College cleaned the Charummood VVHSS School as part of COVID relief efforts and to remove water related diseases. The group consisted 20 cadets.



Activity 3:

In support of COVID-19 relief efforts, the NCC cadets of NSS College, Pandalam, delivered a self-stitched mask to the Pandalam Police Station. Approximately two thousand washable fabric face masks were handmade by the cadet and given on June 28, 2020.



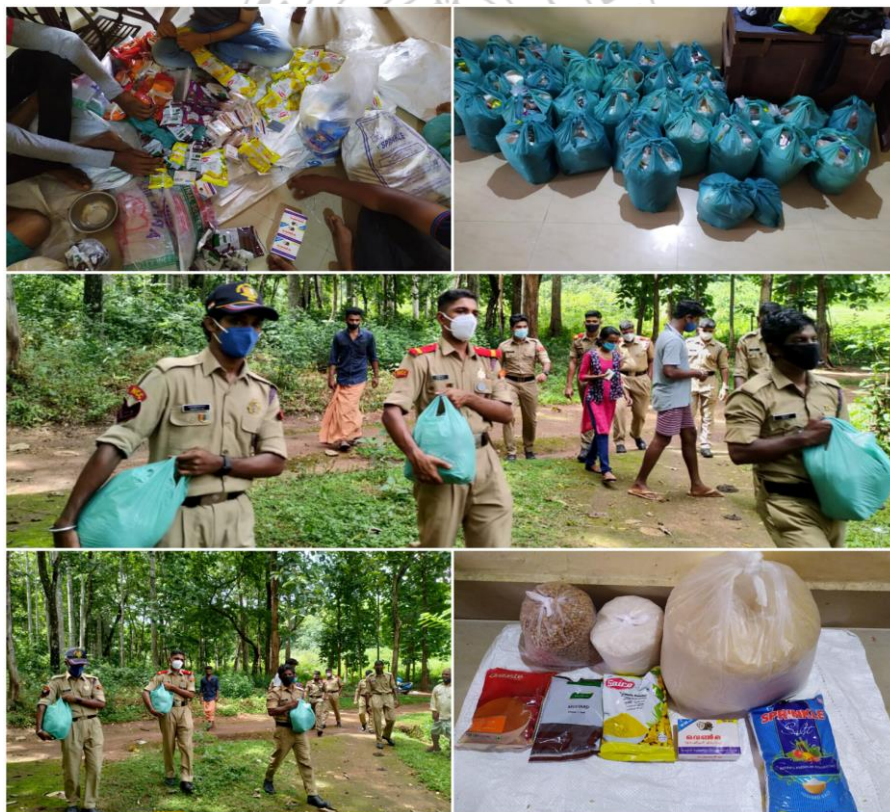
Activity 4:

NCC Cadets of NSS College, Pandalam conducted a campaign on July 3, 2020, to support medical professionals by donating kits, which include handmade masks, sanitizers etc., to hospitals that they had collected from other cadets.



2) Onam kit distribution

In 2020, the NCC Cadets of NSS College, Pandalam gathered food supplies and distributed them to the orphanages on Onam Day. After gathering clothes from houses, the cadets brought them to old age homes.



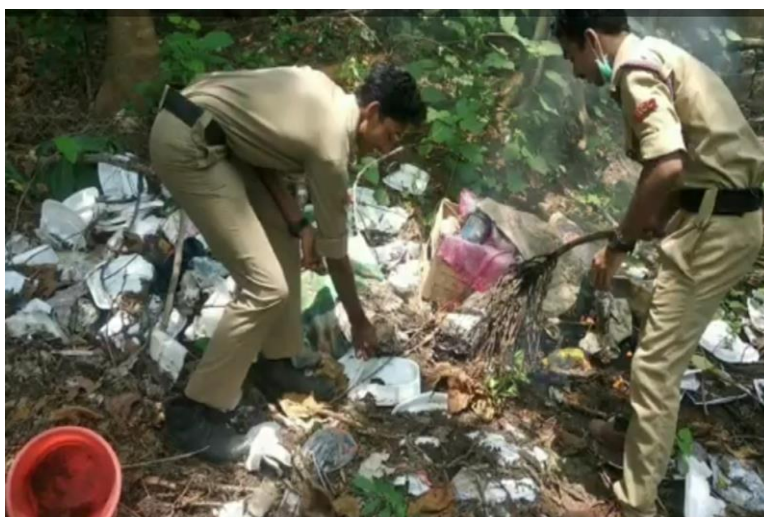
3) Feed The Needy

On August 15, 2020, a "Feed the Needy" program was held at the Mahatma Charitable Centre in Adoor. The initiative aimed to provide nourishment and support to those in need within the community. Volunteers from NSS College, Pandalam were actively involved in preparing and distributing food packages to the recipients. The program focused on delivering meals to individuals and families who were struggling and required assistance. The distribution was carried out with compassion and efficiency, ensuring that everyone received a nutritious meal. The initiative was met with gratitude from the beneficiaries, highlighting the positive impact of the support provided.

4) Gandhi Jayanti cleaning initiative

As part of the Gandhi Jayanti cleanliness campaign, the NCC cadets cleaned the Pandalam municipality. The program was a great initiative and lots of people, including people from the public, extended the support.





5) Awareness program on Covid and Black Fungus

On the occasion of raising myth and false information about COVID-19 and BLACK FUNGUS the NSS unit of Pandalam NSS college decided to conduct an Awareness program using the volunteers on May 30, 2021. The volunteers made a small notice containing some facts about COVID19 and BLACK FUNGUS, then shared it through the WhatsApp group of our NSS unit with an idea that every volunteer should make use of this notice and should try to share this information with their neighbours. Even in the limitations of the pandemic, volunteers did their best to achieve the goal. Every volunteer shared the information while taking the necessary safety measures in light of the COVID-19 crisis in an effort to alleviate any fears that would cause panic in others.



6) Crayons and Colours - Visit to Anganwadi, Ward 11

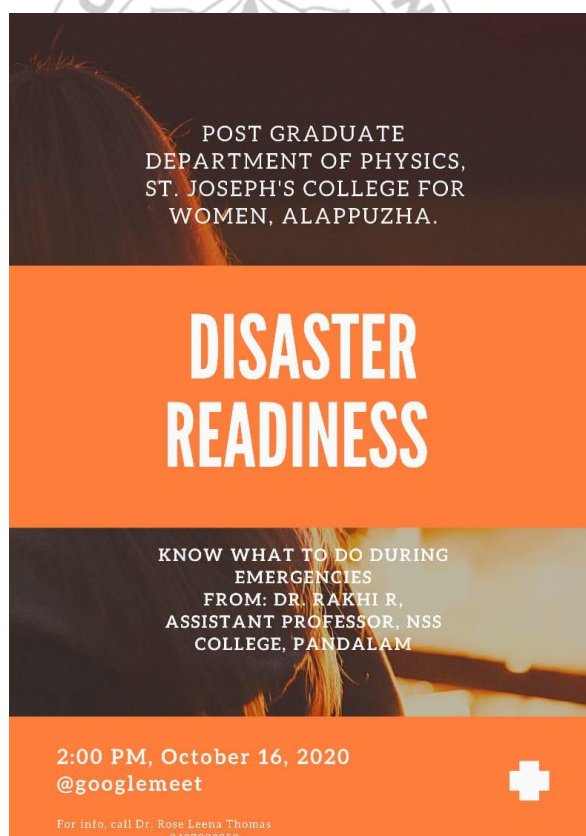
On October 15, 2020, at 11:00 am, the PG Department of English at NSS College, Pandalam, organized a heartwarming initiative titled *Crayons and Colours* to donate school supplies to preschool children at the Anganwadi in Ward 11, Kadakkad, Pandalam. The event was graced by the Head of the Department, Dr. J. Anjana, Principal Dr. S. Venugopal, and other faculty members. This thoughtful gesture aimed to support early childhood education by providing essential school supplies to young learners, fostering a strong connection between the college and the local community.

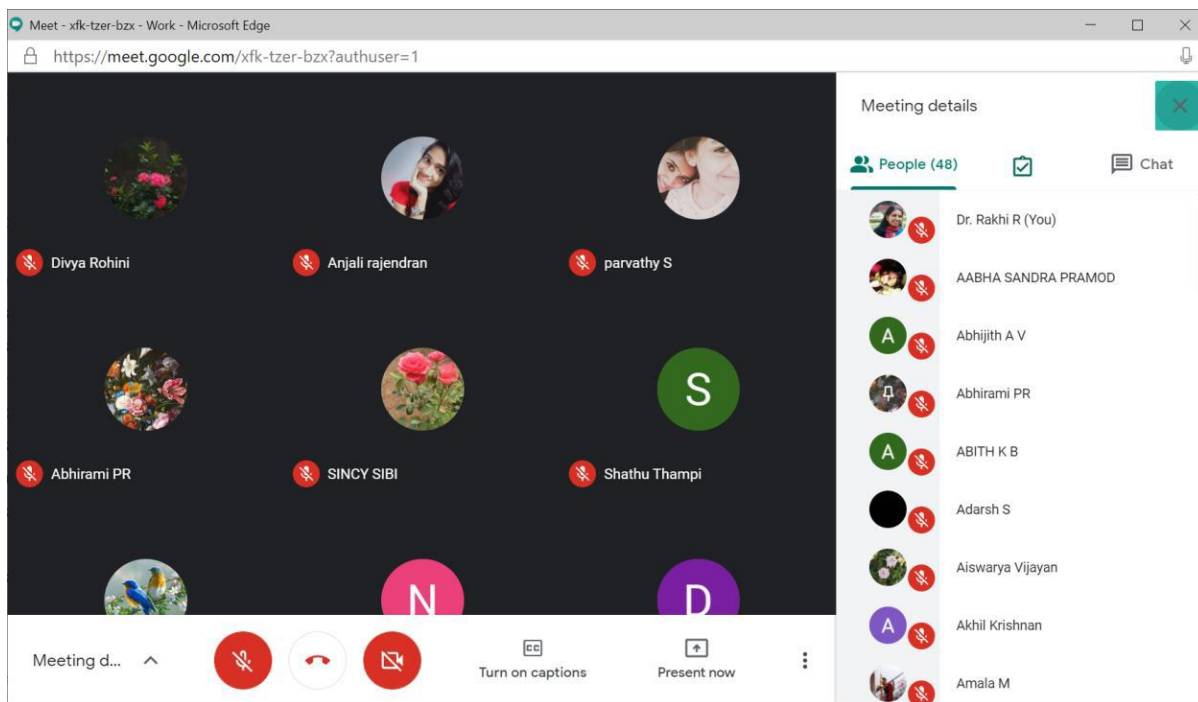


7) Empowering Communities: Faculty Engagement as Resource Persons

Activity 1:

On October 16, 2020, during the ongoing COVID-19 pandemic, St. Joseph's College, Alappuzha hosted a webinar titled "Disaster Readiness: Know What to Do in Emergencies," in which Dr. Rakhi R., Assistant Professor at the Department of Physics, NSS College, Pandalam, served as the resource person. The session was open to the general public and students, aiming to equip participants with essential knowledge and strategies to handle various emergencies effectively. The resource person delivered a compelling message about the value of disaster preparedness in light of the COVID-19 pandemic during the webinar. Throughout the conversation, participants were urged to be vigilant and informed as it became clear that emergency preparations needed to be continuously adjusted to meet the changing problems brought on by the epidemic. With a focus on overcoming the extra dangers and obstacles posed by the pandemic, Dr. Rakhi has been instrumental in educating the public about disaster preparedness through the webinar.





Activity 2:

As a part of social extension activities, on February 28, 2021, Dr. Vijayakumar S, Assistant Professor of Physics, NSS College Pandalam served as a resource person in the webinar titled "Impact of Science Education in Future Development", organised by NSS College, Manjeri in conjunction with National Science Day. In this webinar, Dr. Vijayakumar provided valuable insights into the crucial role of science education in shaping the future, especially during and after the COVID-19 pandemic. In addition to imparting knowledge, he emphasized that scientific education cultivates creativity, critical thinking, and problem-solving abilities that are crucial for advancement in the future in fields like sustainability, technology, and health. The talk effectively engaged participants in discussions about how science education can drive societal progress, encouraging continued support for educational initiatives that benefit the broader community.



Webinar on

Impact of Science Education in Future Development

28th February, 2021 @ 11:00 am

Speaker: Dr. Vijayakumar S.

Assistant Professor,
P.G & Research Department of Physics
N.S.S. College Pandalam, Kerala
(Formerly UGC Raman Fellow, USA)



in connection with

National Science Day Celebration



<https://meet.google.com/mtz-qkid-jvp>



**DEPARTMENT OF PHYSICS
N.S.S. COLLEGE MANJERI**

www.nsscollegemanjeri.ac.in

Dr. Sudheesh P.
Co-ordinator

Dr. J. C. Jeejaramani
Head of the Department

Dr. M. V. Suresh
Principal

8) Covid-19 Outreach Initiative

During the COVID-19 pandemic, teachers from NSS College, Pandalam played vital roles in supporting the community beyond their traditional teaching responsibilities. They were involved in monitoring quarantined individuals, ensuring that health guidelines were being followed. Despite facing challenges including health hazards and greater workloads, their commitment enhanced public health initiatives, assisted those who were struggling, and ensured continued education. Their participation showed their dedication to help the general public during the pandemic as well as their academic communities.



Image: Teacher involved in Covid-19 outreach activities in December 2020

9) Free Distribution of In-House Sanitizer in the light of Covid-19

In response to the COVID-19 pandemic, in early 2021, the Department of Chemistry, NSS College Pandalam launched an initiative to distribute hand sanitizer made in its laboratory using raw

materials to the public free of charge. The primary objective was to reduce the spread of COVID-19 by making a necessary hygiene product available to the general people, particularly in underprivileged areas. The campaign, which provided free hand sanitizers, aims to support public health initiatives and encourage improved hand cleanliness.



The distribution of hand sanitizers provided a relief to individuals who have faced difficulties accessing hygiene products due to the pandemic's financial difficulties.



2019-2020

1) 'Not Me But You' School Supplies Distribution at the neighbouring School

The NSS unit of NSS College, Pandalam conducted a "Padanopakarana Vitharanam" (school supplies distribution) at a neighboring government school in Thottakonam on June 7, 2019. This initiative reflects the college's commitment to community service and supporting the educational needs of students in the area.



2) Blood Donation Camp

Activity 1:

On June 14, 2019, the NCC cadets from NSS College Pandalam organized a blood donation camp in association with Adoor Government Hospital. This initiative was part of their efforts to contribute to the community and raise awareness about the importance of blood donation. The event, held on World Blood Donor Day, saw active participation from cadets and volunteers, who came forward to donate blood, potentially saving many lives. The collaboration with the hospital ensured that the donated blood would be used to meet urgent medical needs in the local community.



Activity 2:

NSS College Pandalam hosted a successful blood donation camp in collaboration with Hands Blood Donors Kerala on December 9, 2019, directing the collected blood to the District Hospital Pathanamthitta. The event featured medical staff and equipment provided by Hands Blood Donors Kerala, while NSS volunteers managed registration and donor comfort. The day saw a strong turnout, with donors contributing blood that was prepared for urgent medical use.



3) Eye Camp for the elderly

In association with Sabitha Eye Care Hospital Pathanamthitta, NSS Unit conducted a free eye checkup camp at Kadakkadu LP School On June 23, 2019. Though the event aimed to provide essential eye care services to elderly people, the camp was well-attended, with many residents and students. The event highlighted the importance of regular eye checkups and improved access to eye care within the community.



4) Awareness rally for Water Conservation

The NCC unit conducted a significant extension program to observe Water Pollution Day on July 22, 2019. The event featured a rally where participants displayed placards with various slogans and facts about the detrimental effects of polluted water on health and the environment. The aim was to educate the community about the urgent need to combat water pollution and its harmful impacts. The event was inaugurated by Dr. Santhosh S., who highlighted the importance of preserving water quality and encouraged collective action to address this critical issue.



5) Community Health Initiative

NSS volunteers from NSS College Pandalam engaged in a significant cleaning and sanitation initiative in the Pandalam ward. This effort was carried out in association with the Community Health Center (CHC) on June 21, 2019. The volunteers not only helped with cleaning and sanitation but also educated the residents on maintaining good hygiene practices and preventing common health issues. This initiative highlighted the effective partnership between NSS volunteers and the CHC, resulting in a positive impact on the health and well-being of the local community.



6) Environmental Stewardship

On June 24, 2019, as part of the new volunteer enrolment process, the NSS unit of the college organized a seedling distribution event for the public. Volunteers and community members received seedlings along with detailed instructions on how to plant and care for them effectively. The distribution event not only fostered a sense of environmental responsibility among the new volunteers but also contributed to the broader goal of increasing tree cover in the region.



7) Relief Mission Wayanad

Activity 1:

A comprehensive flood relief mission was organized by the NSS unit of the college on August 2019 to support those affected by the devastating landslides in Wayanad, Kerala. The operation took place from August 13 to 17 and focused on collecting essential materials for the flood-affected communities. From August 19 to 21, 2019, a dedicated team carried out a relief mission to support communities affected by the recent floods and landslides. The initiative involved distributing collected materials and conducting cleanup operations in the impacted areas.



Activity 2:

NSS College Pandalam launched a relief mission on march 2, 2020, to aid the tribal community in Wayanad affected by landslides, delivering essential items such as food, clothing, and medical supplies. Volunteers ensured timely and careful distribution, addressing the immediate needs of the impacted families. The community's profound gratitude highlighted the initiative's effective coordination and dedication during the crisis.



8) Flood Relief Campaign

NCC unit of the college organized a flood relief collection drive On August 13, 2019, to support those affected by recent floods. Students visited various local areas to collect donations from the community. Their efforts helped a mass a substantial amount of materials, which were intended to aid flood victims in their recovery.

9) Helping Hand in the Face of Flood

From August 23 to 24, 2019, the NCC unit of NSS College Pandalam conducted an outreach program titled "Helping Hand in the Face of Flood" in Attappady Tribal Village, Wayanad. The initiative focused on delivering essential relief and support to communities devastated by the recent floods, aiming to alleviate their immediate hardships and provide crucial aid. The team collected and delivered essential materials to support those impacted by the floods. The initiative extended beyond material aid, as volunteers also spent quality time with the villagers, offering emotional support and solidarity.

10) Chemistry Association for Rehabilitation Enhancement

In response to the 2019 Kerala floods, the Post Graduate Department of Chemistry played a crucial role as part of the Chemistry Association for Rehabilitation Enhancement (CARE). On September 2, 2019, the team conducted a comprehensive survey, including water sampling and analysis, and performed chlorination of wells and other water sources in Kottakkatuthara Laksham Veedu Colony, Peringara Grama Panchayath, Thiruvalla. Collaborating with CHC Chathenkerry and local authorities, they implemented preventive measures against waterborne diseases by distributing Doxycycline to affected residents.



11) Onam kit

On September 8, 2019, NSS volunteers from our college distributed Onam food kits to residents of the adopted village Kadakkadu, as part of the Onam Illathavarkkoppam-Onam initiative. This effort aimed to bring festive cheer and support to those in need, embodying the spirit of community and generosity during the Onam celebrations.



12) Cycle Rally for awareness on Nature Conservation

Nature Conservation Cycle Rally was organized in Kulanada, Pandalam, On September 19, 2019, by NCC unit of the college. The rally, which commenced from Kollam, saw enthusiastic participation from cadets of the 3K Girls Battalion, 8K Battalion, 9K Battalion, 10K Battalion, and 11K Battalion. The rally aimed at promoting awareness about nature conservation and encourage environmental stewardship. During this, the cadets distributed informational pamphlets and engaged with community members to discuss ways to safeguard the environment.

13) Fight against Hungry Program

On September 19, 2019, NSS volunteers in Pandalam organized a successful food distribution initiative to aid the homeless. Early in the day, volunteers prepared and packaged essential food items, including rice, lentils, bread, and canned goods. These packages were then distributed across key locations where homeless individuals gathered, with the volunteers ensuring that everyone received their share with dignity and respect. The event was met with gratitude from recipients and showcased the volunteers' dedication to community service and support for the less fortunate.



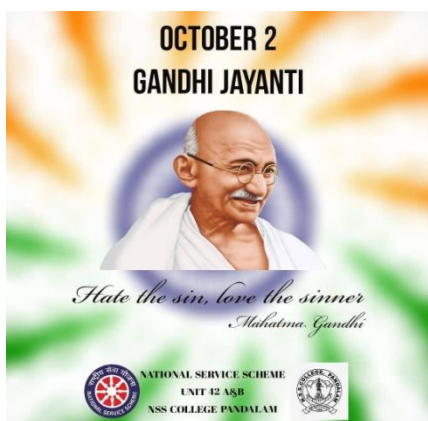
14) The Bamboo Mission

On October 1, 2019, NCC cadets launched a notable environmental initiative by planting bamboo trees along the Achankovil River bank. This project was designed to bolster the riverbank's ecological health, prevent soil erosion, and enhance local biodiversity. Overall, the bamboo planting project marked a successful contribution to the conservation of the Achankovil River bank and demonstrated the cadets' commitment to ecological sustainability.



15) Gandhi Jayanti Celebrations

The NSS unit of the college commemorated Mahatma Gandhi's 150th birthday on October 2 2019 with a series of impactful community-focused programs. The celebrations featured a tree planting initiative and a comprehensive cleaning program to enhance local environmental and public spaces. Additionally, competitions in art, essay writing, and quizzes were organized to engage the community with Gandhi's principles. The day's activities were well-received and effectively highlighted Gandhi's values of environmental stewardship, cleanliness, and service.



16) Awareness rally for Environmental Conservation

Pandalam town witnessed an impactful Environmental Conservation Rally on October 30, 2019, organized by the NCC cadets of NSS college Pandalam. The event utilized eye-catching placards and compelling slogans to capture public attention and underscore the critical need for environmental protection. The rally effectively conveyed the urgency of conservation efforts and mobilized community support for the cause.

17) Awareness rally for Protection of Nature And Importance of wearing Helmet

The NCC of NSS College organized an awareness program in Pandalam on November 14, 2019 to highlight nature protection and the importance of helmet use. Senior cadets led a rally to educate the public on environmental conservation and road safety. The event featured interactions with community members, distribution of informational materials, and strong advocacy for personal safety through helmet use. The initiative aimed to foster greater community awareness and responsibility.

18) Compassionate Outreach: Distribution of Notebooks and Textbooks

On November 14, 2019, NSS volunteers hosted a memorable Children's Day celebration at Government LP School in Pandalam, distributing notebooks and textbooks to students. The event featured interactive games and educational activities, fostering enthusiasm and joy among the children. The initiative underscored the volunteers' dedication to enhancing education and creating a positive learning environment.



19) Plastic Disposal Campaign

On December 1, 2019, a collaborative plastic disposal initiative took place in Pandalam, featuring NCC cadets from NSS College and JD cadets from NSS School. With the authorization of the Municipality Chairperson, these teams conducted a thorough collection of plastic waste from various locations within the town. Their efforts aimed to combat plastic pollution and advocate for better waste management practices. The collected waste was subsequently handed over to local authorities for proper processing and recycling.



20) Vimukthi Program

NSS College Pandalam organized a rally under the Vimukti program on december 13, 2019, which started at the college campus and traversed key areas including Medical Mission Junction and the KSRTC bus stand before returning to the college. The event, aimed at raising awareness about Vimukti's objectives, featured enthusiastic participation from NSS volunteers and students, who used banners and placards to engage the community and promote the program's message.



21) 'We stand Together' - Assistance to Tribal Community

On February 25, 2020, Padmanabhadroyam Higher Secondary School hosted a public store during the Anandha Bhootheswaram Temple festival to raise funds for the Tribal Community in Need. NSS College Pandalam volunteers organized the event, which offered a variety of items such as food, clothing, and household goods, attracting a large crowd and generating substantial community engagement.

22) 'We are One' Food Distribution at Taluk Hospital

Food distribution initiative was organized by NSS volunteers from NSS College Pandalam at Kozhenchery Taluk Hospital on March 22, 2020, to support bystanders of patients, offering nourishment and comfort during their extended wait. Volunteers prepared and delivered a range of nutritious meals and snacks to designated areas where bystanders congregated.



23) Meet the Angels : Nurses Day Celebrations

As a part of Nurses Day celebration, on May 12, 2020, a special program was organized to honour the nurses at NSS Medical Mission Hospital. NCC Cadets from the NSS College Pandalam visited the hospital to present flowers to the dedicated nursing staff, expressing gratitude for their tireless contributions to healthcare. The event provided an opportunity for nurses to engage with the cadets, sharing insights about general health routines and best practices for maintaining well-being.

24) Safe & Clean - Cleaning Campaign

Activity 1:

On May 15, 2020, the BN team initiated a comprehensive cleaning program at Adoor Municipality Lodge, with volunteers arriving early to meticulously clean all public areas, including waiting areas and administrative offices. Their dedicated efforts successfully improved the lodge's cleanliness and appearance, creating a more welcoming environment for both visitors and staff.

Activity 2:

On 20th May 2020, NCC Cadets visited Boys Higher Secondary School in Karunagapally, focusing on both indoor and outdoor areas to enhance the learning environment. Their activities included sweeping, mopping, and organizing classrooms, hallways, and playgrounds, aiming to create a cleaner and more conducive space for students' educational activities.

Activity 3:

NSS volunteers of the college conducted a comprehensive cleaning of Charummood Government Hospital, targeting high-traffic areas including waiting rooms, patient rooms, and corridors on May 20, 2020. This initiative was designed to enhance the hospital's hygiene standards, thereby improving the overall atmosphere and reducing the risk of infections for both patients and healthcare workers.

Activity 4:

The NCC Cadets of the college visited Thottakonam Government Hospital on 20 May 2020. Here, the team carried out similar cleaning tasks, focusing on high standards of hygiene in essential areas. Their work involved sanitizing waiting areas, patient rooms, and other key sections of the hospital. The comprehensive cleaning aimed to enhance the hospital's cleanliness and support its role in providing quality care to the community.

Activity 5:

When the covid 19 pandemic arrived at its peak, the NCC cadets of NSS College, Pandalam volunteered themselves to the service of society. On 22nd May 2020, Cadets cleaned around 3 Schools, 1 Hospital and a Quarantine Centre. A group of 18 cadets cleaned and disinfected the Fathima lodge - a quarantine home for covid positive patients under Adoor Municipality, under the supervision of health workers.



Activity 6:

A dedicated team of NSS volunteers undertook a comprehensive cleaning initiative at Pandalam Higher Secondary School on May 23, 2020,, focusing on classrooms, hallways, and outdoor areas to enhance cleanliness and hygiene. The program not only improved the school's overall appearance but also involved planting tree saplings, showcasing a strong commitment to both environmental and community well-being. The school administration and local community expressed their gratitude for the significant impact of the volunteers' efforts.

Activity 7:

On May 25, 2020, Charummood VVHS School hosted a combined cleaning and anti-drug awareness campaign, where volunteers meticulously cleaned the school facilities and engaged with students and staff about the dangers of drug abuse. The initiative not only improved the school's physical environment but also reinforced the importance of a drug-free lifestyle, earning praise from the school administration for its dual impact on health and cleanliness.