



NSS COLLEGE PANDALAM

Affiliated to the
University of Kerala



7.3.1: Institutional Distinctiveness



Institutional Distinctiveness

N.S.S. College, Pandalam, is situated in the Pathanamthitta district of Kerala, a region known for its diverse and striking geography. The district spans from the high mountain ranges of the Western Ghats to the floodplains of the **Pamba, Achankovil, and Pallickal** rivers. Pathanamthitta is also home to the renowned **Sabarimala temple**, a major pilgrimage site. The district's unique landscape, marked by its distinct bioclimatic conditions, features a forest ecosystem in the Western Ghats and three river systems. This combination creates a lush, pollution-free environment rich in biodiversity, providing an eco-friendly habitat that supports both human and natural life. N.S.S. College, Pandalam, the first college established in Pathanamthitta district, has been **committed to social service and ecological conservation since its inception**. Located in a region known for its unique ecosystems, the institution has been actively involved in preserving the district's natural habitats and cultural heritage. Its efforts have played a pivotal role in helping local authorities implement sustainable environmental practices, particularly in rural and agrarian communities.

Over the past decade, the college has conducted ecological studies that have significantly contributed to the district's environmental management. These studies include doctoral research on topics such as the **“Biodiversity and Distribution of Zooplankton in the Achankovil River”**, ‘The negative effects of agrochemicals on the fish populations of the Pamba River’, and “Microbial contamination of the Pamba and Achankovil rivers”, especially during the Sabarimala pilgrimage season. Other research projects have focused on the purity of the Pallickal River, the distribution of fish species, and biomonitoring efforts in the district's rivers.

One of the institution's landmark contributions was a comprehensive, three-year “**Study on the Achankovil River's Physico-Chemical and Biological Quality**”. This research, submitted to the **Kerala State Council for Science, Technology, and Environment (KSCSTE)**, helped inform the state government’s policies on eco-restoration, rejuvenation, and sand mining in the Achankovil River. The college has also been a key player in conserving the district’s biodiversity, with **faculty members serving as technical experts for the Kerala State Biodiversity Board (KSBB)**.

In the aftermath of Kerala’s devastating 2018 floods, the institution's scientific studies were instrumental in shaping post-flood biodiversity conservation policies and soil management systems. For instance, its research on “**Soil Microbial Changes and Aquatic Microflora** in flood-affected areas” led to the adoption of new soil and river water management policies by the state’s agricultural and water authorities. Students from the Zoology and Botany departments have also made significant contributions by studying the **Faunal and Floral Diversity of Heritage Trees** identified by the State Biodiversity Board. The college has further engaged in **eco-restoration projects**, such as ‘**Planting Bamboo**’ along the banks of the Achankovil and Pamba rivers to prevent soil erosion. These activities highlight the institution's ongoing commitment to preserving the district’s dynamic ecology and contributing to sustainable development.

N.S.S. College, Pandalam, is also closely connected to the spiritual and cultural fabric of the region. Situated near the sacred **Sabarimala Shrine**, the college plays an important role in supporting the pilgrimage season, with students actively participating in the maintenance of the temple premises and the distribution of “Kanjji Sadya,” a sacred meal for pilgrims. These activities reflect the **institution's dedication to upholding the values of selflessness and devotion** central to Lord Ayyappa's teachings.

The institution's distinctiveness lies not only in its academic achievements but also in its holistic approach to community engagement. Students are encouraged to apply their knowledge to address pressing local challenges, particularly those related to environmental sustainability and cultural preservation. Through hands-on involvement in projects that impact both the environment and the community, students gain a deeper sense of responsibility and purpose. N.S.S. College, Pandalam, also recognizes the importance of preserving the region's tangible cultural heritage. This involves not only safeguarding artifacts and traditions but also maintaining the strong connection between the local population and their environment.

The activities of the NCC and NSS Unit of this college stands as a testament to the community service it renders to the society. The distribution of **100 LED Bulbs** manufactured by students themselves to **Mannar Grama Panchayat** in Pandalam municipality, **Restoration of agricultural activities** in the barren paddy fields of ward no:12 Mezhuveli ,Implementation of '**Adukalathottam**' in Ward No:4 of Mezhuveli Grama Panchayat are excerpts from the services rendered by the units. The outreach programmes are focused in bringing significant changes in the lives of the underprivileged

In conclusion, **the distinctiveness of N.S.S. College, Pandalam**, is rooted in its unwavering commitment to serving the community, preserving the district's natural and cultural heritage, while honoring the legacy of Lord Ayyappa. Through its focus on **Service, Sustainability, and Spiritual Consciousness**, the institution continues to make a lasting impact on the region it calls home.



Supporting Documents

Biodiversity related projects

KSCSTE - SARD PROJECT

**ASSESSMENT OF PHYSICAL, CHEMICAL AND
BIOLOGICAL QUALITY OF ACHENCOIL RIVER**

(SANCTION ORDER NO. 075/RDAUD/2007//CSTE DATED 30/09/2008)

FINAL REPORT

Submitted to

KERALA STATE COUNCIL FOR SCIENCE, TECHNOLOGY & ENVIRONMENT
THIRUVANANTHAPURAM

SEPTEMBER
2011



N.S.S. COLLEGE

PANDALAM – 689 501
PATHANAMTHITTA, KERALA

N.S.S. COLLEGE
PANDALAM – KERALA



OFFICE OF THE PRINCIPAL

Ph: 04734 – 252221
Pathanamthitta Dist, Kerala
PIN – 689 501

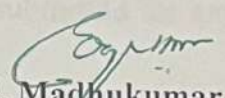
NAAC Accredited at **B⁺⁺** GRADE

Dr. G. Madhukumar
Principal

Date: 10/10/2011

This is to certify that this is the authentic record of work carried out by **Dr.M.G.Sanalkumar., Assistant Professor, Postgraduate and Research Department of Zoology** of this college under the **SARD Research Project Scheme** of the **Kerala State Council for Science, Technology and Environment** for the Project entitled **“Assessment of Physical, Chemical and Biological Quality or Achencoil River”** (Sanction order No. 075/RDAUG/2007/CSTE dated 30/09/2008). I have great pleasure in forwarding the report to Kerala State Council for Science, Technology and Environment, Thiruvananthapuram.

Pandalam
October 10, 2011


Dr. G. Madhukumar
PRINCIPAL



Principal
N.S.S. COLLEGE, PANDALAM

ഭരണഭാഷ മാതൃഭാഷ
കേരള സംസ്ഥാന ജൈവവൈവിധ്യ ബോർഡ്
KERALA STATE BIODIVERSITY BOARD

A statutory and autonomous body, Government of Kerala

Kailasam, T.C.4/1679 (1), No. 43, Belhaven Gardens, Kowdiar P.O.
Thiruvananthapuram - 695 003; Phone: 0471-2724740
E-mail: keralabiodiversity@gmail.com, Web: www.keralabiodiversity.org
Toll free No: 1800 425 5383



Proceedings of the Member Secretary, Kerala State Biodiversity Board

(Present: Dr.Santhoshkumar.A.V)

KSBB-Pathanamthitta District Level Technical Support Group 2022- Reconstituted - Orders issued

KERALA STATE BIODIVERSITY BOARD

No. Conser. A5/3909/2019/KSBB

14.12.2022

Ref: Minutes of the 56th Meeting of Kerala State Biodiversity Board

ORDER ORDER

Rule 20 (6) of the notification is that a Technical Support Group (TSG) comprising of experts in the field of biodiversity drawn from Government agencies, NGOs, academic field, community and individuals shall be established by the State Biodiversity Board. The expert group shall lend support to BMCs. District level Technical Support Group shall consist of experts from the field of Life Sciences, Environmental Sciences, Geology, Legal experts in the biodiversity areas and scholars of Ecology and Environment

Accordingly a district level Technical Support Group is reconstituted at all districts of the State to support the Biodiversity Management Committees in the Local Self Government bodies, for giving active support to the updation of People's Biodiversity Registers (PBR), preparation of e-PBR and biodiversity/environment related issues, identification of Biodiversity Heritage Sites (BHS), Local Biodiversity Heritage Sites (LBHS), strengthening of Biodiversity Management Committees (BMCs), implementing KSBB projects etc.. The list of Technical Support Group of Pathanamthitta consists of the following members:

PANEL OF MEMBERS FOR CONSTITUTING DISTRICT LEVEL TSG


No	Name, Designation, Phone No, Email	Area of expertise
1	Dr. Christin Pothan Robert Senior Scientist and Head, ICAR-Krishi Vigyan Kendra, CARD, Thelliyoor, Kolabhagam PO, Pathanamthitta-689545 Mobile: 9847298918, 9447139300 Email: robertcp12@rediffmail.com	Plant Pathology

2.	Dr. Thomas V P Assistant Professor & Research Guide, Research and Postgraduate Department of Botany, Catholicate College, Makkamkundu PO, Pathanamthitta-689645 <i>Mobile: 9496362917</i> <i>Email: amomum@gmail.com</i>	Applied Botany, Systematics, Ecology
3.	Dr. R. Jithesh Krishnan Assistant Professor & Research Guide Research and Postgraduate Department of Botany, NSS College, Pandalam, Pathanamthitta-689501 <i>Mobile: 90744261174</i> <i>Email: kjith77@gmail.com</i>	Fresh water Phytoplankton, Environmental Biology, Microbiology, Phytochemistry, Pharmacology, Taxonomy
4.	Dr. MG Sanal Kumar Associate Professor & Research Guide Department of Zoology, NSS College, Pandalam, Pathanamthitta- 689501 <i>Mobile: 9446190394, Email: mgsanalkumar@gmail.com</i>	Zoology, Biodiversity Conservation, Soil Biology, Biomonitoring, Environmental Science. Microbiology
5.	Dr. Robi A. J Assistant Professor & Research Guide Post Graduate Department of Botany, B.A.M. College Thuruthicaud P.O, Thiruvalla, Pathanamthitta (Dist.)- 689 597 <i>Mobile: 9446997761, Email: robi.aj@bamcollege.ac.in</i>	Plant Taxonomy
6.	Dr. Anju V Jalaj Assistant Professor, P.G. & Research Department of Botany, St. Thomas College Kozhencherry, Kozhencherry, Pathanamthitta- 689 641 <i>Mobile: 9947497030, Email: anjustein@gmail.com</i>	Plant diversity Studies (Morphological and molecular characterization), Phytochemistry, Cytology
7.	Dr. Abhilash R Assistant Professor and Research Guide, Post Graduate Department Zoology, Christian College, Chengannur, Alappuzha- 689122 <i>Mobile: 9447218603, Email: greenabilash@gmail.com</i>	Environmental Science, Biodiversity Conservation (Birds, Butterflies, Fishes)
8.	Dr. Raju Thomas K Assistant Professor & Research Guide Research and Postgraduate Department of Zoology, Marthoama College, Thiruvalla, Pathanamthitta <i>Mobile :9895049766, Email: krajuthomas@gmail.com</i>	Systematics, Fish and Fisheries, Biodiversity
9.	Mrs. Athira S Resource Person, Haritha Kerala Mission, Pathanamthitta Pathanamthitta-689662 <i>Mobile: 9744875864, Email: athirashaji825@gmail.com</i>	Geology
10.	Adv. Vishak K Johnson Practicing as Lawyer at High Court, Kerala Home: Kakkurumpil House, Velliyar PO, Ayroor, Ranni Pathanamthitta-689612 <i>Mobile: 8547788721, Email : vishak.23@gmail.com</i>	Environmental Law

The key mandate of the Technical Support Group at the district level will be to ensure conservation, utilization and equitable sharing of benefits from the biodiversity through the following activities .

- Facilitate the preparation/updation of People's Biodiversity Registers/digitalization of PBRs and biodiversity/environment related issues at Grama panchayat/Municipality/Corporation levels by using the process and the format set by the Board. The Register shall contain comprehensive information on availability and knowledge of local biological resources, their medicinal or any other use or any other traditional knowledge associated with them. The TSG shall extend their expertise for updating the PBRs, provide help to BMCs in preparing Biodiversity Action Plan in their jurisdiction and support to Biodiversity Clubs constituted in schools and colleges.
- TSG may provide technical support to BMCs in documentation, conservation and sustainable utilization of traditional knowledge in their jurisdiction.
- TSG may provide technical support to BMCs in identification and conservation of biodiversity rich areas in their jurisdiction such as BHS, LBHS etc
- TSG may provide technical support to BMCs for implementation of Access and Benefit Sharing (ABS) in their jurisdiction through preparation of register of tradable bioresources in their jurisdiction, Levy collection fees for the bioresources, providing Access to bioresources as per requests etc.
- TSG may provide technical support to BMCs to function as environmental watch group (as per Order G.O (P) No: 04/13/ Env. Dated 13.05.2013) through conducting site visit, preparation of technical report/investigation reports along with BMC members, Range Forest Officers (RFOs) and KSBB field staffs.

The Board is expecting the service of TSG in preparing reports on issues related to biodiversity/environment as and when required. The term of office of the Technical Support Group shall be three years.


Dr. Santhosh Kumar. A. V
Member Secretary

To,

All the members of TSG
District Coordinator
Concurrent Auditor
C.A to Chairman
A1, O/c, Stock file

**“ABUNDANCE AND DIVERSITY, OF ANTS
(HYMENOPTERA: FORMICIDIAE) IN EIGHT HERITAGE TREES
LOCATED IN THE CENTRE OF PANDALAM MUNICIPALITY
OF PATHANAMTHITTA DISTRICT”**

*Dissertation submitted to the University of Kerala in Partial Fulfillment
of the requirements for the degree of Master of Science in Zoology*



**By
Jayalekshmi Chandran**

Candidate Code : 65018123003
Exam Code : 65013406
Subject Code : Z0201



**Postgraduate and Research Department of Zoology
N.S.S. College , Pandalam, Pathanamthitta - 689501**

July 2020



**Postgraduate and Research Department of Zoology
N.S.S. College, Pandalam, Pathanamthitta – 689 501**

www.nsscollegepandalam.ac.in

Dr. Bini B.
Lecturer
Postgraduate and Research Department of Zoology
NSS College, Pandalam -689 501
Pathanamthitta, Kerala, India
E.mail: binirohini@gmail.com

CERTIFICATE

This is to certify that this entitled “**ABUNDANCE AND DIVERSITY, OF ANTS (HYMENOPTERA: FORMICIDAE) IN EIGHT HERITAGE TREES LOCATED IN THE CENTRE OF PANDALAM MUNICIPALITY OF PATHANAMTHITTA DISTRICT**” in an authentic record of the work carried out by **JAYALEKSHMI CHANDRAN**, final year M.Sc. Zoology student under my guidance and supervision no parts therefore has been presented for any other degree/ diploma or other title.

Pandalam
July, 2020

Dr. BINI B.

Countersigned

HEAD OF THE DEPARTMENT

Dr. M. G. Sanal Kumar, Ph.D; FRES
Head
PG and Research Department of Zoology
N.S.S. College, Pandalam-689 501

ABSTRACT

Ants are eusocial insect of the family Formicidae and belong to the order Hymenoptera, they are common insect and occur worldwide. There is a mutual relation between trees and ants. Study was carried out in Pandalam Municipality, Pathanamthitta District 9.2250° N, 76.6785° E of southern Kerala. In the centre of the town near KSRTC and Private Bus stands, 8 trees, aged over 200 years were selected as heritage trees by Kerala State Biodiversity Board. Eight heritage trees *Mangifera indica*, *Alstonia scholaris*, *Ceiba pentandra*, *Paraserianthes falcataria*, *Ficus religiosa*, *Ficus benghalensis*, *Prunus dulcis* and *Artocarpus hirsutus* were selected for the study of ant diversity and its abundance. The study extended to a period of 5 months from October 2019 to February 2020, ant samples were collected by pitfall traps, baits, mini-Winkler and Berlese extractors and manual collections. Maximum species were obtained from the subfamily Formicinae. Biodiversity indices like Shannon-Weiner Diversity index, Simpson dominant index, Hill's abundance, Margalef richness index, McIntosh indices and Berger-Parker Dominance (d) results showed that all the trees showed moderate ant species diversity. The trees are located in the highly exposed area of the city. For the development activities there is a chance for the felling of trees, these trees are home to various kinds of birds, mammals, insects and many other species. And we can protect a tree because it needs only minimum effort and jurisdiction. So these trees should be protected, and many more studies should be conducted for divulge the species diversity and richness.

Keywords: Ant diversity, abundance, biodiversity, heritage trees, *Mangifera indica*, *Alstonia scholaris*, *Ceiba pentandra*, *Paraserianthes falcataria*, *Ficus religiosa*, *Ficus benghalensis*, *Prunus dulcis* and *Artocarpus hirsutus*

**A PRELIMINARY STUDY ON THE BIODIVERSITY OF
INSECTS COLLECTED FROM SIXTEEN HERITAGE
TREES IN PANDALAM TALUK, PATHANAMTHITTA
DISTRICT, SOUTHERN KERALA**

Report of the project work submitted as part of the partial fulfilment of the
degree of Master of Science in Zoology of the University of Kerala.

Undertaken by

ARYA.R

Candidate Code – 65020123003

Subject Code – 65020401

Exam Code – ZO201

MSc ZOOLOGY 2020-2022



**POSTGRADUATE & RESEARCH
DEPARTMENT OF ZOOLOGY**

N S S COLLEGE PANDALAM

N S S COLLEGE PANDALAM
PATHANAMTHITTA
POSTGRADUATE & RESEARCH DEPARTMENT OF
ZOOLOGY



CERTIFICATE


This is to certify that this dissertation entitled “**A preliminary study on The Biodiversity of Insects Collected From Sixteen Heritage Trees in Pandalam Taluk, pathanamthitta District, southern kerala**” done by the candidate Arya.R with candidate code 65020123003 for the partial fulfilment of the degree of Master of Science in Zoology of the University of Kerala, is an authentic record of the work carried out under the supervision of Dr.Reshmi.R(Assistant Professor of Zoology) of N S S College, Pandalam.

PANDALAM

August 2022

Examiners

- 1.
- 2.


Prof. (Dr.) M. G. Sanal Kumar, Ph.D., FRES
Professor and Head
PG and Research Dept. of Zoology
N. S. S. College
Pandalam, Kerala-689 501

HEAD OF THE DEPARTMENT

Dr M. G. Sanal Kumar

~~Associate~~ Professor

PG & Research Department of
Zoology

N.S.S. College Pandalam,
Pathanamthitta

**A PRELIMINARY ASSESSMENT ON THE AVIAN
DIVERSITY FROM SIXTEEN HERITAGE TREES IN
PANDALAM TALUK, PATHANAMTHITTA DISTRICT,
SOUTHERN KERALA**

Report of the project work submitted as part of the partial fulfilment of the
degree of Master of Science in Zoology of the University of Kerala.

Undertaken By

SREELAKSHMI S NAIR

Candidate Code : 65020123014

Subject Code : 65020401

Exam Code : ZO201

MSC ZOOLOGY 2020-2022



POSTGRADUATE & RESEARCH DEPARTMENT OF

ZOOLOGY

N S S COLLEGE PANDALAM

NSS COLLEGE PANDALAM
PATHANAMTHITTA
POSTGRADUATE & RESEARCH DEPARTMENT OF
ZOOLOGY



CERTIFICATE

This is to certify that this dissertation entitled “**A preliminary assessment on The Avian Diversity From Sixteen Heritage Trees in Pandalam Taluk, Pathanamthitta district , Southern Kerala**” done by the candidate Sreelakshmi S Nair with candidate code 65020123014 for the partial fulfilment of the degree of Master of Science in Zoology of the University of Kerala, is an authentic record of the work carried out under the supervision of Dr. Reshmi.R (Assisstant Professor of Zoology) of N S S College, Pandalam.

PANDALAM

August 2022

Examiners

- 1.
- 2.


Prof. (Dr.) M. G. Sanal Kumar, Ph.D.,
Professor and Head
PG and Research Dept. of Zoology
N. S. S. College
Pandalam, Kerala-689 501

HEAD OF THE DEPARTMENT

Dr. M.G Sanal Kumar

Associate Professor

PG & Research Department of
Zoology

NSS College Pandalam,
Pathanamthitta

**“A preliminary assessment on The Avian Diversity From Sixteen
Heritage Trees in Pandalam Taluk, Pathanamthitta district ,
Southern Kerala”**



**Dissertation submitted to the University of Kerala in the partial fulfillment
of the requirements for the Degree of Master of Science in Zoology.**

MSC ZOOLOGY

August 2022

Department of Botany

**Study of Age and Biodiversity of ten
large tree ecosystem in Pandalam town**

*STUDY OF AGE AND BIODIVERSITY OF TEN
LARGE TREE ECOSYSTEM IN PANDALAM
TOWN, KERALA*

*Dissertation submitted to Kerala University in partial fulfillment
of the requirements for the award of degree of
Bachelor of Science in Botany(CBCSS)*



Submitted by

BINCY BABU

KEERTHANA KRISHNA K B

RAJALEKSHMI S

ATHULYA S

PRIYANKA P

POST GRADUATE & RESEARCH DEPARTMENT OF BOTANY

N.S.S COLLEGE,

PANDALAM.

2017-2020

1. INTRODUCTION

Since the beginning, trees have furnished us with two of life's essentials, food and oxygen. As we evolved, they provided additional necessities such as shelter, medicine, and tools. Today, their value continues to increase and more benefits of trees are being discovered as their role expands to satisfy the needs created by our modern lifestyles. Therefore the prime intention of our investigation is to make the authorities in our municipality, aware about the importance of trees and prevent them from cutting down.

Trees are an important part of every community. Our streets, parks, playgrounds and backyards are lined with trees that create a peaceful, aesthetically pleasing environment. Trees increase our quality of life by bringing natural elements and wildlife habitats into urban settings. We gather under the cool shade they provide during outdoor activities with family and friends. Many neighborhoods are also the home of very old trees that serve as historic landmarks and a great source of town pride.

Using trees in cities to deflect the sunlight reduces the heat island effect caused by pavement and commercial buildings. Trees contribute to their environment by providing oxygen, improving air quality, climate amelioration, conserving water, preserving soil, and supporting wildlife. During the process of photosynthesis, trees take in carbon dioxide and produce the oxygen we breathe. According to the U.S. Department of Agriculture, "One acre of forest absorbs six tons of carbon dioxide and puts out four tons of oxygen. This is enough to meet the annual needs of 18 people." Trees, shrubs and turf also filter air by removing dust and absorbing other pollutants like carbon monoxide, sulfur dioxide and nitrogen dioxide. After trees intercept unhealthy particles, rain washes them to the ground.

Trees control climate by moderating the effects of the sun, rain and wind. Leaves absorb and filter the sun's radiant energy, keeping things cool in summer. Trees also preserve warmth by providing a screen from harsh wind. In addition to influencing wind speed and direction, they shield us from the downfall of rain, sleet and hail. Trees also lower the air temperature and reduce the heat intensity of the greenhouse effect by maintaining low levels of carbon dioxide. Both above and below ground, trees are essential to the eco-systems in which they reside. Far reaching roots hold soil in place and fight erosion. Trees absorb and store rainwater which reduce runoff and sediment deposit after storms. This helps the ground water supply recharge, prevents the transport of chemicals into streams and prevents flooding. Fallen leaves make excellent compost that enriches soil.

Many animals, including elephants, koalas and giraffes eat leaves for nourishment. Flowers are eaten by monkeys, and nectar is a favorite of birds, bats and many insects. Animals also eat much of the same fruit that we enjoy. This process helps disperse seeds over great distances. Of course, hundreds of living creatures call trees their home. Leaf-covered branches keep many animals, such as birds and squirrels, out of the reach of predators.

TABLE 1.LOCATION OF THE TREES IN PANDALAM TOWN

Plant no:	Plant name	Trunk length	Trunk width	Location
1	<i>Ficusbenghalensis 1</i>	140 cm	540 cm	KSRTC bus stand
2	<i>Ficusreligiosa</i>	140 cm	410cm	KSRTC bus stand
3	<i>Terminaliacatappa</i>	140 cm	182 cm	KSRTC bus stand
4	<i>Atrocatpushirsutus</i>	140 cm	215 cm	KSRTC bus stand ,side
5	<i>Alstoniascholaris</i>	140 cm	252cm	Between market and KSRTC bus stand
6	<i>Mangiferaindica 1</i>	140 cm	286 cm	Pandalam-Mavelikkara main roadside ,,market junction
7	<i>Mangiferaindica 2</i>	140 cm	373cm	Pandalam -Mavelikkara main road side, market junction
8	<i>Ficusbenghalensis 2</i>	140 cm	552cm	Private bus stand
9	<i>Calliandrasurinamensis</i>	140 cm	494 cm	Private bus stand
10	<i>Ceibapentandra</i>	140 cm	173 cm	Market

3.AGE CALCULATION OF TREES

In our study we calculated the approximate ages of the trees hence the accurate age calculation was not possible. There are mainly two methods for age calculation of trees.

- 1.By counting the number of rings.
- 2.By measuring the trunk width.

ESTIMATING AGE BY MEASURING THE TRUNK

We used the formula,(from www.wikihow.com)

Age=circumference ÷ average growth rate.

We calculated the average growth rate of the trees by measuring the trunk width of 10 trees in each species, from the smallest to the largest size.

For example,

Average growth rate ==

$$= 1.82+1.34+0.94+0.63+0.56+0.19+0.03 \div 7 = 0.78\text{m/yr}$$

TABLE 2. AVERAGE GROWTH RATE OF TREES

Plant no.	Plant name	Average growth rate
1	<i>Ficus benghalensis</i>	1.6m/yr
2	<i>Ficus religiosa</i>	1.36m/yr
3	<i>Terminalia catappa</i>	0.78m/yr
4	<i>Atrocarpus hirsutus</i>	0.92m/yr
5	<i>Alstonia scholaris</i>	1.31 m/yr
6	<i>Mangifera indica</i>	1.89 m/yr
7	<i>Calliandra surinamensis</i>	2.2 m/yr
8	<i>Ceiba pentandra</i>	0.86m/ yr

AGE CALCULATIONS

We have,

Diameter (d) = $C \div \pi$ where, C = circumference and $\pi = 3.14$

Radius (r) = $d / 2$

1. *Ficus benghalensis* 1

$$\text{Age} = C \div \text{AGR}$$

$$= 540 \div 1.6 = 338 \text{ yrs.}$$

where, C = circumference and AGR = average growth rate

2. *Ficus religiosa*

$$\text{Age} = 410 \div 1.36 = 301 \text{ yrs}$$

3. *Terminalia catappa*

$$\text{Age} = 182 \div 0.78 = 233 \text{ yrs}$$

4. *Atrocarpus hirsutus*

$$\text{Age} = 215 \div 0.92 = 234 \text{ yrs}$$

5. *Alstonia scholaris*

$$\text{Age} = 252 \div 1.31 = 192 \text{ yrs}$$

6. *Mangifera indica* 1

$$\text{Age} = 286 \div 1.89 = 151 \text{ yrs}$$

7. *Mangifera indica* 2

$$\text{Age} = 373 \div 1.89 = 197 \text{ yrs}$$

8. *Ficus benghalensis* 2

$$\text{Age} = 552 \div 1.6 = 345 \text{ yrs}$$

9. *Calliandra surinamensis*

$$\text{Age} = 494 \div 2.2 = 225 \text{ yrs}$$

10. *Ceiba pentandra*

$$\text{Age} = 173 \div 0.86 = 201 \text{ yrs.}$$

PLATE1. PHOTOGRAPHS OF FIELD WORK



PLATE 3. BIODIVERSITY OF ORGANISMS





4.RESULTS

From this investigation it was understood that most of the trees are aged and having rich biodiversity on it. The results are as follows:

TABLE 3. BIODIVERSITY OF ORGANISMS ON THE TREES

No.	Trees	sp id er s	Sna ils	Bees an d wasp	epi p hytes	Fungi	Squir rels	Bird s	Centi pede
1	<i>Ficus benghalensis 1</i>	7	5	50	5	3	2	30	10
2	<i>Ficus religiosa</i>	10	3	40	4	3	5	50	9
3	<i>Terminalia catappa</i>	7	2	30	10	1	2	10	5
4	<i>Atrocarpus hirsutus</i>	8	3	15	3	3	1	20	4
5	<i>Alstonia scholaris</i>	9	2	30	5	2	2	30	5
6	<i>Mangifera indica 1</i>	5	3	20	2	2	4	20	2
7	<i>Mangifera indica 2</i>	6	2	20	5	4	4	20	3
8	<i>Ficus benghalensis</i>	8	2	18	3	2	3	20	4
9	<i>Calliandra surinamensis</i>	9	2	18	3	2	2	15	3
10	<i>Ceiba pentandra</i>	8	1	20	4	2	4	20	3

Our Observation

The *Ficus religiosa* is having the highest number of spiders (10) and *Mangifera indica 1* is having the lowest number (5). The *Ficus benghalensis 1* is having the highest number of snails (5) and the *Ceiba pentandra* is having the lowest number (1). The *Ficus benghalensis 1* is having the highest number of bees and wasp (50) and *Atrocarpus hirsutus* having the lowest number (15). The highest number of epiphytes are in *Terminalia catappa* (10) and *Mangifera*

indica1 is having the lowest number(2). The *Mangifera indica 2* is having the highest number of fungi(4) and the lowest number is in *Terminalia catappa*(1). The *Ficus religiosa* is having the

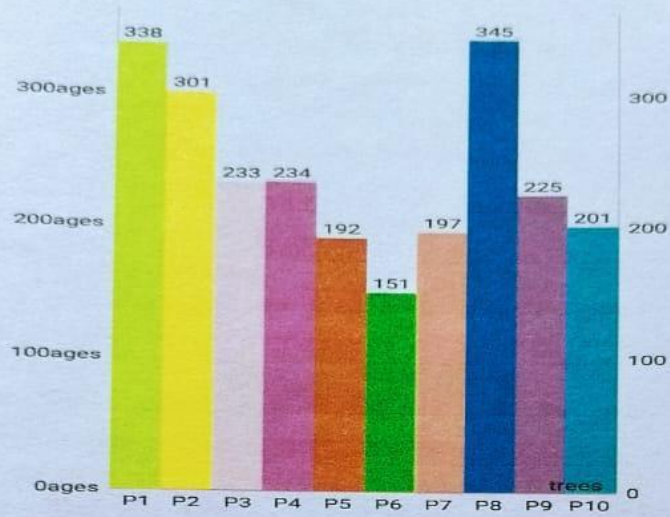
highest number of squirrels(4) and *Atrocarpus hirsutus* is having the lowest number(1). The *ficus religiosa* is having the highest number of birds(50) and the *Terminalia catappa* is having the lowest number(10). The *Ficus benghalensis1* is having the highest number of centipede(10) and the *mangifera indica1* has the lowest number(2).

The 10 trees in Pandalam Municipality holds a large variety of organisms in its womb. These organisms are depending on each other for their well being. They lives in a perfect harmony by their co-existence. There are so many food chains and food webs are operating in these trees. If we cut the trees, these systems will be destroyed. A lot of organisms, both flora and fauna present in these trees. It includes several species of Epiphytes, Parasites, Lichens, Fungi,.. etc. Mainly different species of Vanda, Loranthus, Pyrosa.. etc. were present. Numerous Lichens were also present. They are good pollution indicators. We have found a minimum of five species of lichens in these trees. And the migratory birds like *Menura alberti* and *Menura novaehollandiae* are also the inhabitants of these trees. The presence of several endemic species of plants, animals, and small living creatures is a characteristic feature of these trees,. These trees have a large canopy. So it shades a large area and provide a cooling effect for the people living in the Municipality. It is a great relief from the hot sun. So these trees are very much important for the organisms which are inhabited in them as well the people who are living in the nearby areas of these trees.

TABLE 4. APPROXIMATE AGE OF THE TREES

Plant no	Name of the trees	Age in yrs
1	<i>Ficus benghalensis L 1</i>	338
2	<i>Ficus religiosa</i>	301
3	<i>Terminalia catappa</i>	233
4	<i>Atrocarpus hirsutus</i>	234
5	<i>Alstonia scholaris</i>	192
6	<i>Mangifera indica 1</i>	151
7	<i>Mangifera indica 2</i>	197
8	<i>Ficus benghalensis L 2</i>	345
9	<i>Calliandra surinamensis</i>	225
10	<i>Ceiba pentandra</i>	201

CHART1.APPROXIMATE AGE OF THE TREES



Where

P1. *Ficus benghalensis*1

P2. *Ficus religiosa*

P3. *Terminalia catappa*

P4. *Atrocarpus hirsutus*

P5. *Alstonia scholaris*

P6. *Mangifera indica* 1

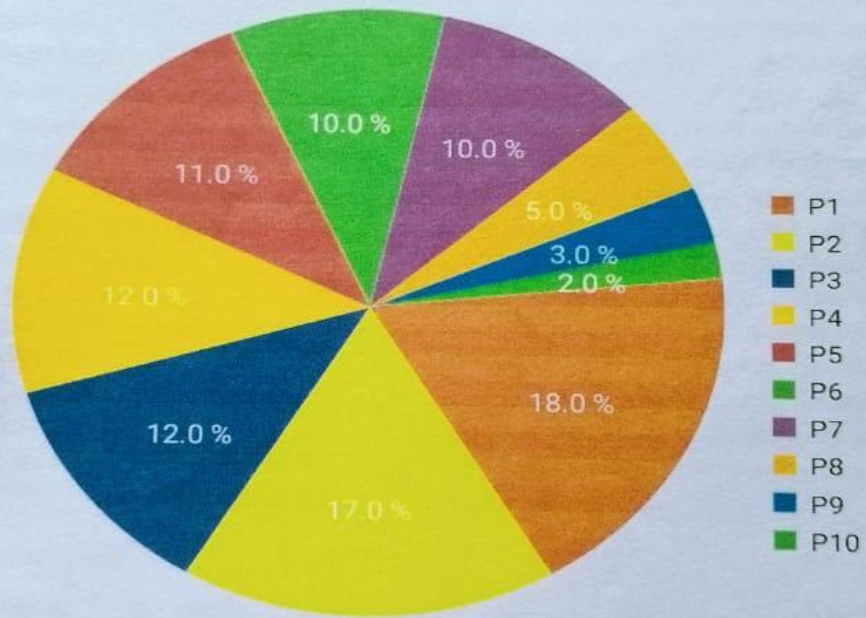
P7. *Mangifera indica* 2

P8. *Ficus benghalensis*2

P9. *Calliandra surinamensis*

P10. *Ceiba pentandra*

CHART 2. ENUMERATED BIODIVERSITY OF THE TREES



5. DISCUSSION AND CONCLUSION

Trees have been a part of the natural landscape since humans evolved on the earth. We have a deep innate desire to be around them, even if you aren't aware of it. Our urban trees are pretty amazing, not only do they provide a source of beauty and interest but also provide a place to relax away from stresses of everyday life. Trees are important to the ecosystem for several reasons. Without trees, human life could not exist on Earth. Trees are essential to life on Earth. They play important ecological, cultural and economic roles. Trees support; species diversity, food webs, habitats and numerous ecological processes such as water and air purification. The importance of trees to regulating climate and soil fertility is essential for the planet. Humans are also dependent on trees for food, fuel, timber, medicine and much more giving trees huge economic and livelihood value. Trees provide shade that is necessary for keeping animals from the heat outdoors. Trees also provide a home for many types of animals.

But our urban trees have under increased threat in recent decades and we are now at a risk of losing the lungs of our towns and cities. Cutting down of trees can cause serious ecological imbalance. Trees provide a home for various kinds of organisms. Various life habitats exist and unique ecosystems are maintained in trees. If these ecosystems are damaged, the natural environment that is indispensable for maintaining the life of human beings will be harmed. The removal of trees without sufficient reforestation has resulted in habitat damage, biodiversity loss, and aridity. Deforestation causes extinction, changes to climatic conditions, desertification, and displacement of populations, as observed by current conditions and in the past through the fossil record. Deforestation also has adverse impacts on biosequestration of atmospheric carbon dioxide, increasing negative feedback cycles contributing to global warming. Global warming also puts increased pressure on communities who seek food security by clearing forests for agricultural use and reducing arable land more generally. Deforested regions typically incur significant other environmental effects such as adverse soil erosion and degradation into wasteland. It is very important to conserve trees. We must thank our evolutionary ancestors who planted the trees in our cities as long as hundreds of years ago for us to enjoy today. So we must protect these valuable resources for our future generations also.

Our Conclusion

Trees are very important, especially the trees in Pandalam Municipality is highly precious because they are highly aged, and they are holding large biodiversity in it. Lot of migratory birds are living in these trees. So these trees should be strictly protected. The local shop keepers and the other people in the municipality are arguing for cutting down of all these 10 trees from the municipality. Because, the birds on it are causing disturbances to them. But, if we remove these trees from the Municipality it may largely affect the ecosystem of that area. Especially, the tree ecosystem which holds a large amount of biodiversity on it. So, these trees should be prevented from cutting and they should be protected for the sustainable living with nature.

NATIONAL SERVICE SCHEME UNITS 42A&42B, NSS COLLEGE PANDALAM

LIST OF OUTREACH ACTIVITIES 2023-24

1. Visit to Pratheeksha, Buds Rehabilitation Centre, Kulanada by the NSS Units 42A & 42B , NSS College Pandalam DATE:11/04/2023

Differently abled has been a term we use to signify children with special needs. Though we discuss their rehabilitation and the necessity to incorporate them into mainstream society, how many of us always look forward to at least shaking hands with them? The NSS unit of NSS College Pandalam (42A &42B) organized a visit there. At 11 am, we reached Buds School. The NSS Programme Officer, Dr Jyothy C R, was accompanied by 82 volunteers. The NSS volunteers created a fantastic day for the students.

The programme's inauguration started at 11 a.m. with a welcome speech by the institution's instructor, Neethu S. The Ward Member of the Panchayath, Mrs Mini Sam, gave the presidential address. 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. Paul Raju, Panchayat Standing Committee Chairman, and PTA President Jainy Reji spoke about the initiation of Buds School Kulanada and the institution's functioning.

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. The programme ended with a vote of thanks by Dhanya.





2. 2023 August 16 – Swachh Survey

DATE	16/08/2023
VENUE	Pandalam Municipality
NUMBER OF VOLUNTEERS PARTICIPATED	18

On August 16th, at 11:30 AM, 18 volunteers from NSS units 42A and 42B, led by Volunteer Secretary Sooraj S, Joint Secretary Jyothy Lakshmi, and Programme Officer Dr. Jyothy C R, went to the municipality. Following the guidelines of the municipality, a swachh survey was conducted in our college locality. Senior volunteers divided all members into groups, each assigned to different areas for the survey. Volunteers distributed questionnaires to people in the locality and recorded their opinions in a Google form. The community cooperated with us for the survey. The municipality members arranged food for all volunteers who took part in the survey. The volunteers returned to the college after the survey at 1:00 PM.



3. 2023 September 08 – KSRTC Bus Stand Cleaning

DATE	08/09/2023
VENUE	Pandalam Ksrtc Stand
NUMBER OF VOLUNTEERS PARTICIPATED	48

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. 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 program lasted over 2 and a half hours.

4. 2023 September 14 – Blood Donation Camp

DATE	14/09/2023
VENUE	Seminar Hall
NUMBER OF VOLUNTEERS PARTICIPATED	73

NSS College Pandalam and NSS Unit Pathanamthitta organized a blood donation camp in collaboration with RIBK on September 14, 2023, at the seminar hall. The camp was formally inaugurated by Dr. Dr.K.G.Padmakumaran Nairan, the college principal. 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. Volunteer Secretary Sooraj S delivered the vote of thanks following the camp. Additionally, a meeting of second-year NSS volunteers was held at 2 pm in the seminar hall.



5. 2023 October 10 – Malinya Muktham NavaKeralam

DATE	10/10/2023
VENUE	Pathanamthitta
NUMBER OF VOLUNTEERS PARTICIPATED	50

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. The program commenced at 10:00 a.m. and concluded at 12:30 p.m.



6. 2023 October 02 – Gandhi Jayanthi Celebration

DATE	02/10/2023
VENUE	College Campus & PHC Pandalam
NUMBER OF VOLUNTEERS PARTICIPATED	75

The program honoring Gandhi Jayanti commenced at 10:00 a.m., featuring a poignant speech by Program Officer Jyothy C R, reflecting on the life and teachings of Mahatma Gandhi. Volunteer Secretary Sooraj S then outlined the tasks for the cleaning program, emphasizing the significance of cleanliness and service in Gandhi's philosophy. 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, culminating at 2:30 p.m., served as a tribute to Gandhi's enduring legacy and his message of selfless service to humanity.



7. 2023 October 16 – World Food Day Celebration, Food Donation

DATE	16/10/2023
VENUE	Pandalam & Adoor
NUMBER OF VOLUNTEERS PARTICIPATED	23

On World Food Day, 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 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.



8. 2023 November 1 – Keraleeyam 2023

DATE	01/11/23 - 07/11/23
VENUE	Thiruvananthapuram
NUMBER OF VOLUNTEERS PARTICIPATED	3

As representatives of NSS College Pandalam, National Service Scheme units 42A and 42B, we participated in the Keraleeyam program 2023. Throughout the event, our team comprised three members. Over the course of the seven-day program, we were assigned duties for five

days. On the first day, our duty involved overseeing the flower show, followed by duty at the exhibition on the second day. For the remaining three days, we had full-day duties at various venues, including the office, flower show, and auditorium. Our participation allowed us to contribute actively to the success of the Keralaleyam program and showcase the commitment of NSS College Pandalam to community engagement and service.



9. 2023 November 5 – Paadheyam

DATE	05/11/2023
VENUE	Pandalam
NUMBER OF VOLUNTEERS PARTICIPATED	26

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.



10. 2023 November 13 – World Kindness Day

DATE	13/11/2023
VENUE	Pandalam Municipality
NUMBER OF VOLUNTEERS PARTICIPATED	49

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 program, inaugurated by Dr. Padmakumaran Nair, commenced at 10 am and concluded at 12 pm. NSS Coordinator Dr. Jyothy C R delivered the welcome speech, while NSS Secretary Sooraj S expressed gratitude. The volunteers targeted needy individuals within the Pandalam locality, demonstrating their commitment to kindness and community support.

11. 2023 December 01 – Aids Awareness Class

DATE	01/12/2023
VENUE	GHSS THOTTAKONAM
NUMBER OF VOLUNTEERS PARTICIPATED	12

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



12. 2023 December 4 –Commemoration of International Day of Persons With Disability

DATE	04/12/2023
VENUE	GHSS THOTTAKONAM
NUMBER OF VOLUNTEERS PARTICIPATED	15

In continuation of the International Day of Persons with Disabilities, NSS volunteers from NSS College Pandalam organized an impactful awareness session at GHSS Thottakonam. The session, held on the subsequent day, aimed to educate participants about the challenges faced by individuals with disabilities and advocate for inclusivity. Volunteer Anjali Prasad led an informative presentation, providing insights into different types of disabilities and the importance of creating a supportive environment. Additionally, Volunteer Prithvi Raj facilitated an interactive activity to encourage empathy and understanding among participants regarding the struggles faced by disabled individuals. The session concluded with a call to action, urging everyone to contribute towards building a more inclusive society.



13. 2023 December 05 – International Volunteers Day

DATE	05/12/2023
VENUE	Pandalam
NUMBER OF VOLUNTEERS PARTICIPATED	54

NSS units 42A and 42B of NSS College Pandalam celebrated International Volunteers Day with the inauguration of the "Padheyam" program by our program officer, Dr. Jyothy C R. In connection with the Padheyam initiative, all NSS volunteers contributed by bringing one potichor each, resulting in a collection of about 50 potichors under the leadership of Volunteer Secretary Sooraj S. The collected potichors were then taken to the Pandalam food bank. Inspired by the NSS unit's activities, many organizations are now contributing as much potichor as they can collect to the food bank.



14. 2023 December 13 to 15 – Sabarimala duty

DATE	13/12/23-15/12/23
VENUE	Sabarimala
NUMBER OF VOLUNTEERS PARTICIPATED	8

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. The list of volunteers who participated in the Sabarimala duty includes Prithviraj, Brahmadethan M, Rahul B R, Mohith Manoj, Yethu Krishna, Anand J, Govind Mohan, and Adithyan G. Their efforts contributed significantly to maintaining the cleanliness and sanctity of this revered pilgrimage site and its surroundings.



OUTREACH PROGRAMMES OF NCC 2023-24

1. BUD'S SCHOOL INAUGURATION

The NCC Cadets of **1 COY NCC NSS College Pandalam** on the date **March 04, 2023** were organized and participate in the inauguration of the **bud's rehabilitation centre Poozhikad**.

The chief guest of this event was the **Hon. District collector Sri Dr. Divya S Iyer IAS**.

We welcomed her with lot's of respect and pride. She thanked us all for inviting her to such wonderful programme. A great bond was generated between us, the student's and the teachers of that centre. They are all great hearted personalities. All the cadets helped them in lot a way both mentally and physically. The programme was ended up with their entertainment activities such as singing, dancing, miming etc. Cadets were also participated with them.



2. BLOOD DONATION

The NCC cadets of the **1 COY NCC NSS College Pandalam** were organized a blood donation campaign at the **C M Hospital Pandalam**, **20+** cadets were joined in the blood donation campaign.



3. WORLD OCEAN DAY – JUNE 08 (BEACH CLEANING)

The cadets of the **1 COY NCC NSS College Pandalam** visited the Kollam Beach and cleaned the shore. The Motto of the programme was **”The Beach cleaned up”** and to aware the tourist in the beach to clean the shore. The cadets make an awareness to the public about the tragic disaster came by plastic in the marine ecosystem.





4. ANTI – DRUGS DAY

The NCC Cadets of 1 COY NCC NSS College Pandalam conduct an awareness rally from the college to the pandalam town by holding the poster's regarding the side effects of Drugs. The Cadets done a mime to aware the public about the harmful effect of drugs like Tobacco, cannabis, Alcohol..... And also, aware the public about the how to overcome from the addiction to their item.



5. CHILDREN'S DAY – NOVEMBER 14

On **November 14, 2023** **1 COY NCC NSS College Pandalam** decided to celebrate **Children's Day** with the children of Bud's school. The Programme was Started with a welcome speech by one of the cadet of **1 COY NCC NSS College Pandalam**. Then the cadets interacted with the children. The cadets gave **sweets, chocolates, crayons, colour book** etc to the children and then they interacted with the children by singing and dancing with them. Then the children showed their talents to us. The children were very happy with us. And the teachers expressed their gratitude to us for celebrating children's day with them.



6. BLOOD DONATION

The **Blood Donation campaign** was conducted by **1 COY NCC NSS College Pandalam** on Saturday, **23th November 2023** at **C M Hospital Pandalam**. We started the campaign with the statement “**The gift of blood is a gift to someone's life**”. Most of the cadets donated their blood. The programme was coordinated by **dileep sab** in the presence of **first years, Second years** and **third year students** of **NSS College Pandalam, NSS Poly** and **Christian college**. Then the managing director of **C M Hospital Pandalam** came to see us and appreciated the cadets and **sab** for conducting such campaigns. He was also an **NCC Cadet** at his educational period. He shared his valuable experience as a **Cadets** with us. He encouraged us a lot. The Campaign was ended up with his motivational speech.



NATIONAL SERVICE SCHEME UNITS 42A&42B

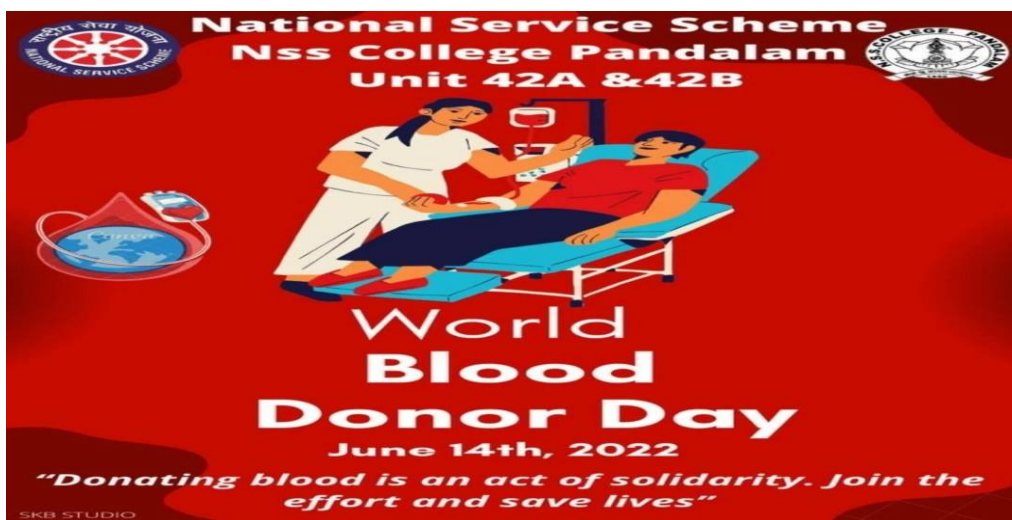
NSS COLLEGE PANDALAM

Out-Reach activities 2022-23

1. Blood Donation Camp Organized by Units 42A &42B, NSS College Pandalam

Date:14 June 2022

A blood donation camp was conducted on 14th June 2022 under the leadership of the Red Ribbon Club of 42A&42B, National Service Scheme Unit of Pandalam NSS College, in association with Red is Blood Kerala, Pathanamthitta to commemorate World Blood Donor Day(14 June) 2022. The camp started at 9.30 am. It began with prayer. The college principal, Dr Venugopal, inaugurated it. Haritha R. Unnithan, NSS Program Officer and NSS State Coordinator, delivered the welcome address. Program Officer Dr Muthumon TR also gave a welcome speech and started the programme by donating blood. On Blood Donor's Day, the blood donor list was collected, and 54 people donated blood that day. Donors were given snacks and certificates by RIBK. The RIBK representatives expressed their gratitude for organising such a blood donation camp. The programme ended at 1.30pm.

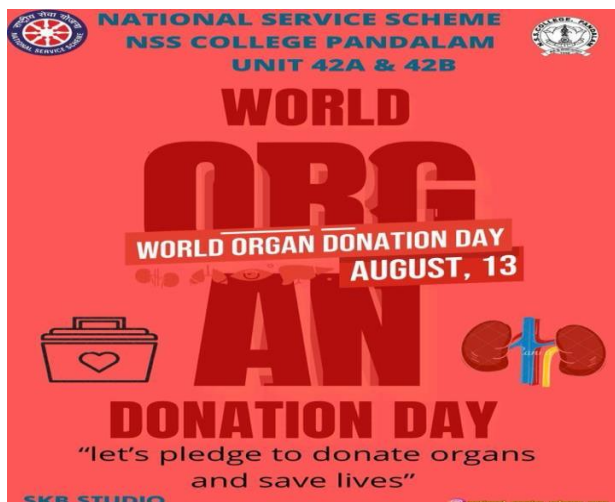




2. Sanjeevani-Organ Donation Campaign By The NSS Units 42A&42B of NSS College Pandalam, DATE:13/08/2022

On World Organ Donation Day, the NSS Volunteers of NSS College Pandalam 42A& 42B, decided to commence an organ donation campaign, "SANJEEVANI," 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. The University of Kerala appreciated our project and gave permission to visit other colleges as part of the campaign and convert the campaign into an inter-college organ donation campaign. Our unit continues this campaign with the motto "Let's share life with others " and inspires the public to donate organs.



(Donor Card of a volunteer)



3 Observation of Gandhi Jayanthi by the NSS Units 42A &42B of NSS College Pandalam, DATE:02/10/2022

The Programmes related to Gandhi Jayanti started at 10 am by hosting the flag. The flag was hosted by the college Principal-In-Charge, Dr. J. Anjana. The volunteers conducted a cleaning campaign by turning into groups. Some of them cleaned the Pandalam KSRTC Bus Stand, and another group went to clean the surroundings of the College. The program ended at 12:30 pm. Later in the afternoon, the NSS volunteers conducted an online poster-making competition.





Reports of Paadheyam/Food Donation Drive Conducted by the Nss Units 42&42b of NSS College, Pandalam

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. During the academic session 2022–23, our unit conducted four food donation drives under Paadheyam.

4. PAADHEYAM

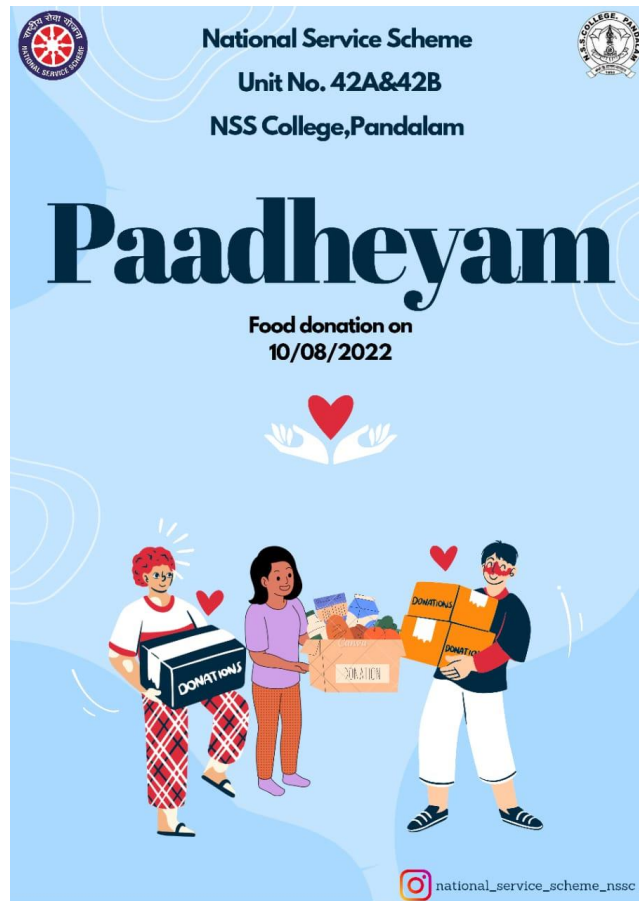
DATE:25/6/2022

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 Sidhique, Abhijith, and Adithya of the Hindi and Sanskrit Departments. They donated the food items to the donor bank at Kulanada.

5. PAADHEYAM

DATE: 10/08/2022

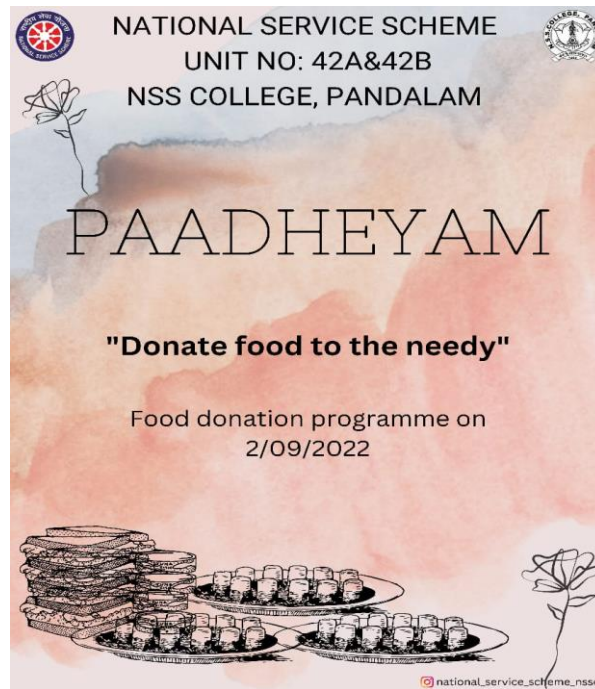
The volunteers of Physics and Malayalam coordinated in collecting the food collection and distribution drive on 10 August 2022. The collected food packets were distributed through the food bank operated by Three Star Volunteer Service Pathanamthitta at Pandalam.



6. PAADHEYAM

DATE:02/09/2022

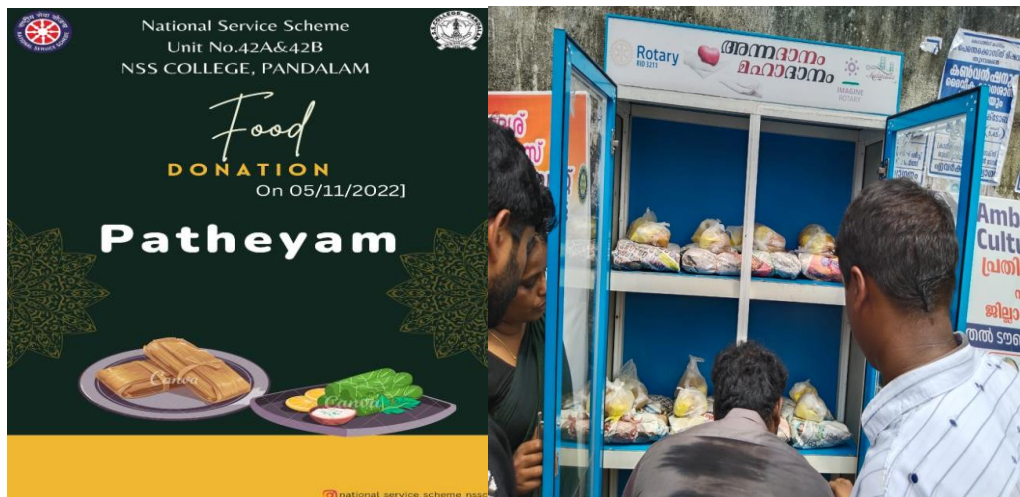
In connection with the Paadheyam (Food Donation) activity, the students of the economics department collected food packets from their department under the leadership of volunteer joint secretary Jyothi Lakshmi V. The collected food packets were distributed through the food bank at Pandalam.



7. PAADHEYAM

DATE:05/11/2022

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. The collected food packets were taken to the food bank.

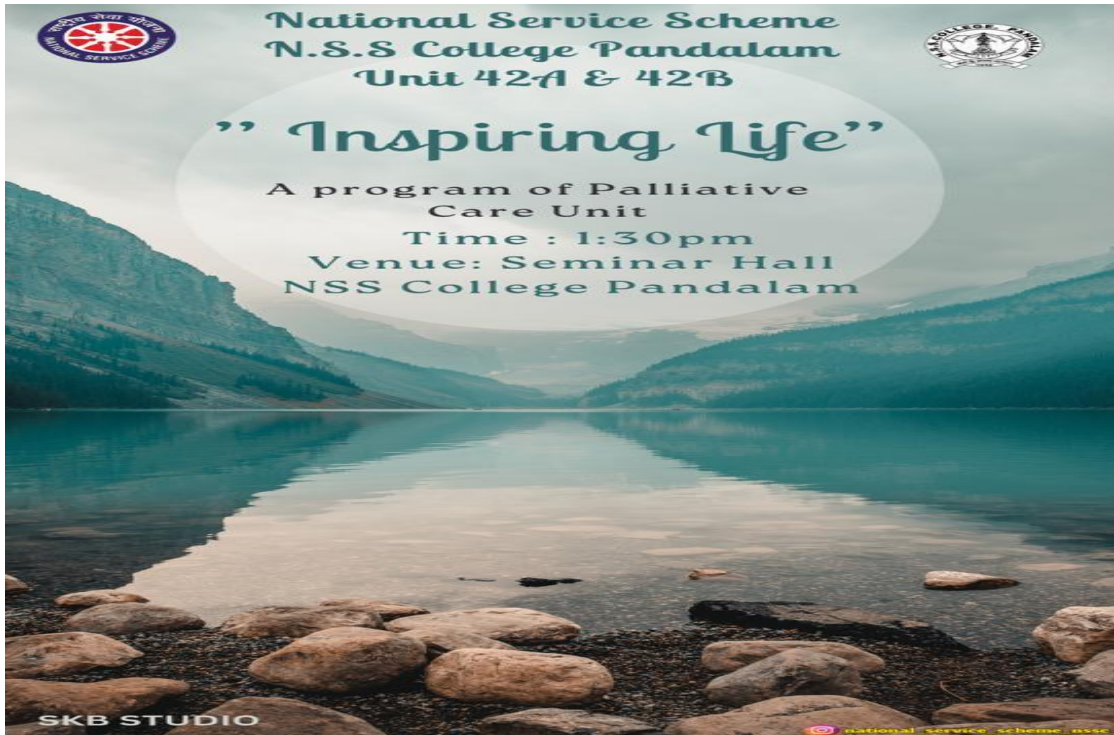


**8. Palliative Care: Donation of Essential Items by NSS Units 42A & 42B on
January 23, 2023**

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) co-ordinated the distribution of essential items such as Wheel Chairs, Waterbeds, Crutches and other essential items at 1:30 pm in the College Seminar Hall. The program started with an invocation to the muses by the NSS Volunteers. This was followed by the welcome address by Arya Suresh, II BA Malayalam. The presidential address was given by Dr. J Anjana, Principal-In-Charge, NSS College Pandalam. The chief guest of the day was Dr. Pradeep Kumar, the President of the Palliative Care Unit, Pandalam Municipality, and a Physician at Medical Mission Hospital Pandalam. Felicitations were done by Joby, a member of the Chirag Foundation, Alumni of the National Service Scheme, and NSS College Pandalam. Program Officers Dr. Muthumon T R and Dr. Jyothy C R spoke on the occasion.

This was followed by the distribution of items to the needy. 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. The program concluded with a vote of thanks by Sidharth of Second Finance. This was followed by the National Anthem.



OUTREACH PROGRAMMES OF NCC – 2022-2023

1. INTERNATIONAL DAY FOR BIOLOGICAL DIVERSITY

In the occasion of the **international day for biological diversity**, the 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 **80+** plants on the river side.



2. INTERNATIONAL YOGA DAY & PUBLIC AWARENESS RALLY

As a part of the international yoga day the selected cadets under the **10 K BN NCC Chengannur** and the cadets from **1 COY NCC NSS College Pandalam** together conducted an awareness programme at the **NSS College Pandalam**. We together conduct some public awareness About the importance of yoga day an awareness rally holding the poster indicates the importance of yoga among the public.



3. BUD'S SCHOOL VISIT

The Cadets of the **1 COY NCC NSS College pandalam** were organised a programme to spent time to the specially abled children to hold the rehab. They spent more time by **Singing song, Dancing and other activities**, That helped them a lot mendally, the cadets give **some paints for drawing and colour pencil** and other to encourage them



OUTREACH PROGRAMME OF NSS 2021-2022

1. FLOOD RELIEF PROGRAM

Report

08/11/2021

Number of participants:97

National Service Scheme volunteers of NSS College Pandalam have taken up the relief and rescue operations of flood in their surrounding localities. Mudiyrkonam is a place near Thotakonam, Pandalam. The place is highly affected by the flood. The continuous rainfall makes the lives of people horrible. Lot of families living in that locality were the victims of the flood. The volunteers of National Service Scheme NSS college Pandalam Unit 42 A & 42 B arranged a flood relief programme in that locality. The volunteers planned to collect the essential needs, food and other items, including dry ration, soaps, sanitary napkins, medicine of regular use, milk powder, bleaching powder, handwash, sanitizer etc., and supplied it to the flood victims.

The volunteers began to collect the items for kit supply as the first stage. They made posters and all students, teachers and various people were also involved in the collection process. The collection process takes two days of work. As per the effort, the unit is supposed to collect the bulk of essential things by the time period of two days. On November 8, 2021, the collected essentials for the flood relief programme were made into individual kits. The volunteers made the kit and took them for the supply in flood affected areas. In the presence of programme officers and the panchayat president, the volunteers got the kit and supplied it to each and every family of flood victims. Also, the volunteers sanitized the flood affected area.

National Service Scheme



Nss College Pandalam
Unit 42A & 42B

2. BLOOD DONATION CAMP

REPORT

26/11/2021

Number of participants:92

A drop of blood can save a life! Don't waste it and donate blood. Our NSS unit 42A and 42B conducted blood donation camp on 26th November 2021. Our unit organized the camp together with RIBK (Red is Blood Kerala). The blood donation camp was sponsored by HDFC Bank. The program started at 10am. The inauguration was done by our college principal Dr. Venugopal.S. The welcome was delivered by Haritha R Unnithan, Our Program Officer. Ninety-two volunteers participated in the event. Doctors and health care actively take part in the blood donation program.





OUTREACH PROGRAMMES NCC 2021-2022

1. BLOOD DONATION CAMPAIGN- MARCH 23

[INTERNATIONAL BLOOD & PLASMA DONATION DRIVE]

It was a blood donation campaign organised by **Dr. A P J Abdul Kalam Memorial Sandwanam charitable trust** co-organized by 01 COY NCC NSS COLLEGE PANDALAM. It was an international Blood & Plasma Donation Drive conducted on **Holy Cross multi-Speciality Hospital , Adoor** , Where about **19 NCC Cadet** of **NSS College Pandalam** participated in it as a part of Guinness record of blood donation conducted all over the nation. The programme was a great success and got appreciated from higher authorities **Capt. Dr .Santhosh Sreedharan , ANO** gave high presence in the campaign by donating blood along with cadet.



2. OXI- CHALLENGE – MAY 20

The Programme was initiated on the basis of current situation of oxygen providing on the society. The cadets during the covid pandemic collected money from the public students and other people as a challenge through online and the fund collected was used as a source to 1 buying **pulse-oximeters** and other essential like **masks** and **sanitizers**. These resources collected for the need of poor was handed over to the honourable District Collector, Pathanamthitta, **Narasimuhari T L Reddy IAS**. The Cadets got high recognition from several medias , newspapers , magazines to taking such an initiative.



3. SURVEY PROJECT ON CONTAMINATION & AWARENESS – JUNE 01 to JUNE 04

NCC Cadets of **NSS College pandalam** along with pandalam municipality visited each and awareness against contamination of water during rainy season. The programme was to make people aware of the needs to takes precaution from getting affected to waterborne diseases like malaria, dengue etc. during rainy season and finished the survey project.



4. MY TREE CHALLENGE – JUNE 05

As a part of national festival of tree planting as a part of environmental Day, The NCC Cadets of **NSS College Pandalam** planted trees at their home surroundings and jointed together all the images of planting trees to from a poster in my tree challenge.



5. WE TOGETHER PROGRAMME - JUNE 18

01 COY NCC Unit of NSS College Pandalam initiated a “**We together programme**” focusing on providing essential food items necessary to the backward society living on **Konni tribal areas** in the pandemic with the coordination of cadets and students of institution an amount of 14000 was collected and food items like rice, sugar, Sereal’s , Spices etc were packed as **34** kits and distributed to the poor’s in tribal colony in Konni. The situation of the colony was

very bad with limited resources. These were no transportation facilities from colony areas to cihe's. These food kits were a good result for the tribal at thus pandemic situation.



6. WE TOGETHER PROGRAMME – PART 2 (JUNE -27)

As a part of we together programme initiated by visiting the tribal areas of Konni we understood that these are many small children who are financially backward and are not in a situation to by educational intensils like books, pens, pencils etc. So with the coordination of cadets financially and back support, we collected note books and other intencial from cadets and other students of institution. The bulk amount of resources collected was distributed to small children in tribal colony who are financially unstable.



7. DOCTOR'S DAY – (JULY 01)

As a part of **Doctor's Day**, The Cadets of **NSS College Pandalam** participated in the celebration by gives roses to the doctors of nearest hospital as the symbol of love and respect for doctors.



8. FIT INDIA FREEDOM RUN 2.0 (AUGUST – 20)

On the part of Fit India freedom Run 2.0, The Cadets of **NSS College Pandalam** ran about more than **2.5 km** on road in their home surroundings thus. The programme conducted at national level was completely successful by our sides by participation of each and every cadet in the programme.



9. LET'S CLEAN IT UP

The NCC Cadets of **1 COY NCC NSS College pandalam** helped the flood affected house's by cleaning the houses with the slogan "**let's clean it up.**" The service was so helping for the those were affected by flood.



10. CYCLING EXPEDITION (NOVEMBER 05 – 08)

The NCC Cadets of 1 COY NCC NSS College Pandalam conduct a “Green India clean India campaign cycling expedition”. During campaign cadets plant trees and collect plastic wastes.



OUTREACH PROGRAMMES OF NSS 2020-2021

1. World Environment Day –Green Community Program, June 5, 2020

On June 5, 2020, a revitalization program for a nearby paddy field was conducted in Ward 12, in collaboration with the District Agricultural Department. The event aimed to enhance the productivity and sustainability of the local paddy fields. Students from NSS College Pandalam actively participated, contributing their efforts to the revitalization activities. The program included tasks such as soil preparation, planting, and irrigation management. The students were engaged in hands-on activities, learning about agricultural practices and the importance of sustainable farming. Their involvement was instrumental in the successful execution of the program, reflecting their commitment to environmental conservation and community service. Overall, the revitalization effort not only improved the paddy field but also fostered a greater appreciation for agricultural practices among the students.



2. 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. Overall, the "Feed the Needy" program was a successful effort to address immediate needs.

3. Blood Donation Campaign

On November 26, the NSS Units Conducted a blood Donation Campaign in association with Red Ribbon club.



4. COVID AND BLACK FUNGUS Awareness program

Report

30 may 2021.

Number of participants:100

On the occasion of raising myth and false information about COVID19 and BLACK FUNGUS the NSS unit of Pandalam NSS college decided to conduct an Awareness program using the volunteers. 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. Unit secretary put forward 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 following the precautions needed for the COVID19 situation shared the information thus preventing un useful panic in people from hearing those myths. The program was a success and the volunteers managed to capture their activity in pictures. All hundred volunteers documented their hard work in the NSS WhatsApp group by the end of the day. Even though facing many challenges due to lockdown the volunteers managed to do the work and this dedication was praised by the coordinators Muthmon T.R.



OUTREACH PROGRAMMES OF NCC 2020 – 2021

Cleaning Programmes (BN)

When the covid 19 pandemic arrived at its peak the cadets volunteered themselves to the service of society . Cadets cleaned around 3 Schools , 1 Hospital and a Quarantine Centre .

1. Adoor municipality lodge:

On 22nd May 2020, cadets arrived on at Fathima lodge at Adoor. Under the Adoor Municipality which is to be cleaned and served as quarantine home for covid positive patients. A group of 18 cadets cleaned and disinfected the lodge under the supervision of health workers.



2. Boys higher secondary School, Karunagappally

On 26nd May 2020, as a part of covid 19 relief activites, cadets arrived on Boys higher secondary school, Karunagapally and cleaned, then sanitized the school. The group consisted 19 cadets.



3. Government Hospital, Charumood

On 05th June 2020, as a part of covid 19 relief activity cadets arrived on Government Hospital Charumood. 15 cadets together cleaned and disinfected the hospital



4. Government Hospital, Thottakonam

On 16th June 2020, as a part of covid 19 relief activities, cadets arrived on Government hospital, Thottakonam and then cleaned and disinfected the hospital. The group consisted 13 cadets.



5. NSS Higher Secondary School, Pandalam Cleaning (BN):

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



6. VVHS School, Charumood Cleaning:

As a part of covid relief activities and to eradicate water related diseases cadets of NSS College have done cleaning in Charummood VVHSS School cleaning on 25th June 2020 . The group consisted 20 cadets.



7. Mask Stitching (BN)

The cadets of NSS College, Pandalam delivered self-stitched mask to Pandalam Police Station as a part of covid 19 relief activities. The cadet stitched around 2000 washable cloth masks and handed over on 28th June 2020.



8. Nurse Day (May 12, 2020)

NCC cadets celebrated Nurse Day by mentioning our healthful gratitude and by giving flowers to white angels during thus covid – pandemic.



9. Covid 19 Hospital kit

On 03rd July 2020, NCC Cadets conducted a programme helping health workers by providing kits to hospitals collected from cadets. Include handmade masks, Sanitizers etc.



10. Onam kit

During Onam occasion, the NCC cadets collected food items and delivered it to orphanages. The cadets collected dress from houses and were delivered to old age homes.



11. Gandhi Jayanthi cleaning (October 02, 2020)

The cadets of NCC as a part of Gandhi Jayanti cleaning initiative and cleaned the municipality areas of Pandalam. The programme was good initiative and as a result many people including public helped us as a support.



12. Article for Digital forum (BN):(October 10, 2020)

As instructed by the battalion cadets of NSS college, prepared and forwarded one article in each of the following subjects, for the digital forum.

- a) One article on NCC related /general topics
- b) One poem
- c) One article on covid 19 support by unit
- d) One article on covid 19 assistance

Constitution Day (BN)

As instructed by battalion cadets of NSS college Pandalam , prepared essays and slogans and conducted activities by 04 December 2020.

OUTREACH PROGRAMME OF NSS 2019 -2020

1. Clean and Healthy

On June 21, 2019, NSS volunteers engaged in a significant cleaning and sanitation initiative at the houses in Pandalam ward, in association with the Community Health Center (CHC). The volunteers arrived early to coordinate with CHC staff and plan the day's activities. Their efforts focused on thoroughly cleaning residential areas, including both indoor and outdoor spaces, to improve hygiene and living conditions. 78 Volunteers scrubbed floors, cleaned walls, and removed waste to enhance the overall cleanliness of the homes. They also provided residents with information on maintaining sanitation and preventing common health issues. The collaboration with CHC ensured that the cleaning tasks were carried out effectively and that health and safety standards were upheld. Residents appreciated the support and were receptive to the advice given by the volunteers. The initiative aimed to not only clean the environment but also educate the community on the importance of sanitation. By the end of the day, the ward houses were significantly cleaner, and residents were more informed about proper hygiene practices. Overall, the cleaning and sanitation work demonstrated a successful partnership between NSS volunteers and the CHC, making a positive impact on community health.



2. Sapling Distribution

June 24, 2019, as part of the new volunteer enrollment process, a distribution of seedlings was organized in collaboration with Pandalam Municipality for the public. The initiative

aimed to promote environmental sustainability and encourage community participation in tree planting. During the event, 100 new volunteers were welcomed and engaged in the distribution process, receiving seedlings to be planted in their local areas. The seedlings included a variety of trees suited to the local environment, intended to enhance green cover and support ecological balance. Volunteers and community members were provided with instructions on how to plant and care for the seedlings 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. The initiative was well-received, with many participants expressing enthusiasm for the tree planting effort. The event served as both a practical introduction for new volunteers and a meaningful contribution to local environmental conservation. By the end of the day, a significant number of seedlings were distributed, marking a successful integration of new volunteers into the community's environmental initiatives. Overall, the seedling distribution event was a positive step toward fostering environmental stewardship and engaging new volunteers in meaningful activities.



3. School Supplies Distribution

On June 7, 2019, a “Padanopakarana Vithranam” (School Supplies Distribution) program was conducted at the neighboring Government School in Thottakonam. The initiative aimed to support students by providing essential school supplies for the upcoming academic year. 35 Volunteers gathered early to organize and prepare the supplies, which included notebooks, pens, pencils, and other educational materials. The distribution was carried out in an organized manner, ensuring that each student received their allocated items. The program was warmly received by the students and school staff, who appreciated the support and thoughtfulness of the initiative. The event also included a brief interaction where volunteers encouraged students to make the most of their educational opportunities. The school administration expressed gratitude for the timely support, which alleviated some of the financial burdens on students' families. The program successfully contributed to creating a positive learning environment and demonstrated the community's commitment to education. Overall, the school supplies distribution was a meaningful effort to support local students and enhance their educational experience.



4. Eye Camp : Kadakkadu LP School

On June 23, 2019, NSS, in association with Sabitha Eye Care Hospital Pathanamthitta, conducted a free eye checkup camp at Kadakkadu LP School. The event aimed to provide essential eye care services to the local community, particularly focusing on elderly People . Early in the day, medical professionals from Sabitha Eye Care Hospital arrived to set up the necessary equipment and prepare for the checkups. 15 NSS volunteers assisted with the registration process and guided attendees to the eye examination stations. The camp offered comprehensive eye exams, including vision tests and screenings for common eye conditions. Each participant received a thorough examination from experienced

ophthalmologists. Those identified with eye issues were provided with referrals for further treatment if needed. The camp was well-attended, with many residents and students benefiting from the free eye care services. The event highlighted the importance of regular eye checkups and improved access to eye care within the community. Overall, the eye checkup camp was a successful collaboration that made a significant impact on local health and well-being.



5. Collection of Relief Material for Wayanad

In August 2019, a comprehensive flood relief mission was organized 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. The mission began with a call for donations, mobilizing volunteers and local organizations to contribute items such as food, clothing, and medical supplies. Collection points were established in various locations, enabling community members to drop off their contributions. 145 Volunteers worked diligently to sort and pack the donated materials, ensuring they were ready for distribution. The collected supplies were then transported to Wayanad on August 16, with coordination from local authorities and relief agencies. The team focused on delivering the aid to the most affected areas, including those that were remote and hard-to-reach. The relief mission aimed to provide immediate support and alleviate the hardships faced by families who had lost their homes and possessions due to the landslides. Throughout the operation, there was close communication with local leaders to ensure effective management of the relief efforts. The community's response was overwhelmingly positive, reflecting their gratitude for the support provided. The mission demonstrated the power of collective action and community solidarity during times of crisis. Overall, the flood relief mission was a testament to the dedication and compassion of all involved in supporting the flood-stricken region.



6. Relief Mission Wayanad

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. On the first day, the team organized and transported essential supplies, such as food, clothing, and medical items, to the flood- and landslide-affected regions. Volunteers worked tirelessly to distribute these materials to families in need, with a focus on areas severely impacted by both the floods and landslides. Over the next two days, the team of 40 volunteers concentrated on cleaning the affected regions, including removing debris and muck caused by the landslides and floods. They worked to sanitize public spaces and residential areas to improve hygiene and prevent further health issues. Cleanup efforts addressed both visible damage from landslides and accumulated waste from the flooding. Local residents expressed their gratitude for the combined relief and cleanup efforts, which significantly enhanced their living conditions. The operation demonstrated effective coordination and commitment from all involved, addressing both immediate needs and longer-term recovery. By the end of the three-day mission, notable improvements were observed in the affected areas, underscoring the success of the relief and recovery activities. Overall, the mission provided essential aid and contributed to restoring normalcy in the flood- and landslide-stricken community.

ഈ ദൗത്യത്തിൽ പങ്കെടുത്ത NSS COLLEGE ന്നിന്നും ദുരിതാശ്വാസ പ്രവർത്തനങ്ങൾക്കായി NSS VOLUNTEERS വയനാട്ടിലേക്ക് യാത്ര പുറപ്പെട്ടു.



COLLEGE - ...





7. Festival Food KIT Distribution

On September 8, 2019, we distributed Onam food kits in our adopted village of Kadakkadu as part of the Onam Illathavarkkoppam Onam initiative in collaboration with Pandalam Municipality. The food kits were designed to bring festive cheer and support to families who might be struggling during the Onam celebrations. 29 Volunteers organized the distribution process efficiently, ensuring that each household received their kit in a timely manner. The kits included essential food items and traditional Onam delicacies to help families celebrate the festival. The distribution was met with appreciation from the villagers, who expressed their gratitude for the support. The initiative successfully highlighted the spirit of community and solidarity during the festive season.



**നാഷണൽ സർവീസ് സ്കീം
എൻ എസ് എസ് കോളേജ് പന്തളം
ഓണക്കിറ്റ് വിതരണം**



8. Fight against Hungry Program

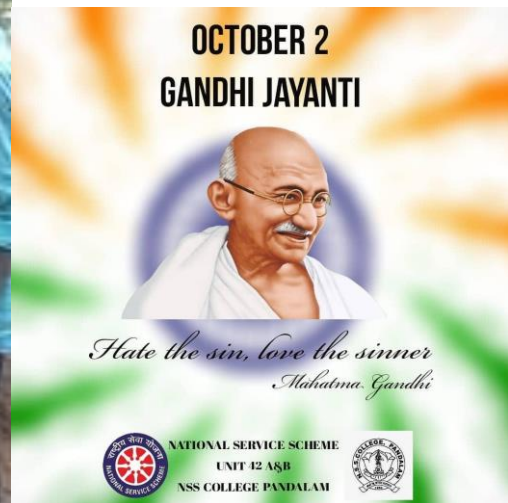
On September 19, 2019, NSS volunteers organized a food distribution initiative in Pandalam town to assist the homeless. The event aimed to provide essential nourishment and support to individuals and families in need in collaboration with Pandalam Municipality. 56 Volunteers gathered early to prepare food packages, which included staple items such as rice, lentils, bread, and canned goods. The packaged food was then distributed to various locations in Pandalam where homeless individuals were known to gather. The volunteers worked diligently to ensure that each person received a food package and were treated with dignity and respect. The

initiative was well-received, with recipients expressing gratitude for the support. The volunteers' efforts highlighted their commitment to community service and addressing the needs of the less fortunate. Overall, the food distribution was a successful demonstration of the NSS volunteers' dedication to making a positive impact in their community.



9. Gandhi Jayanti Celebrations

On October 2, 2019, the unit celebrated the 150th birthday of Mahatma Gandhi with a series of impactful programs held outside the campus in collaboration with Pandalam Municipality. The celebrations began with a tree planting initiative, where saplings were planted to honor Gandhi's commitment to environmental sustainability. 67 Volunteers and participants planted trees in various public areas, contributing to the beautification and greening of the community. Following the planting activity, a comprehensive cleaning program was conducted, targeting local streets and public spaces to promote cleanliness and hygiene. In addition to these environmental efforts, several competitions were organized to engage the community and encourage participation in Gandhi's principles. These competitions included art, essay writing, and quiz contests focused on Gandhi's life and teachings. The day's activities were well-attended and received positive feedback from the community. Overall, the celebration successfully combined environmental action and educational activities, reflecting Gandhi's values of simplicity, cleanliness, and community service.



10. Children's Day

On November 14, 2019, Children's Day was celebrated in collaboration with the children of Government LP School in Pandalam. 24 NSS volunteers organized a special event to mark the occasion, aiming to make it memorable for the students. The celebration included the distribution of notebooks and textbooks to support the children's educational needs. Volunteers arrived early to set up the event and ensure that all materials were prepared. During the celebration, the children were given their new school supplies, which were met with enthusiasm and joy. The volunteers engaged with the students through various activities and shared messages about the importance of education. The event also included fun games and interactive sessions to make the day enjoyable. Teachers and school staff expressed their appreciation for the support and thoughtfulness of the volunteers. Overall, the Children's Day celebration successfully provided both educational resources and a memorable experience for the students. The initiative highlighted the NSS volunteers' commitment to supporting education and fostering a positive learning environment.



11. Blood Donation Camp

On December 9, 2019, a blood donation camp was conducted at NSS College Pandalam in collaboration with Hands Blood Donors Kerala, with the collected blood directed to the District Hospital Pathanamthitta. The event aimed to encourage voluntary blood donation and support local blood banks. Early in the morning, the camp was set up with medical equipment and staff from Hands Blood Donors Kerala. 56 NSS volunteers facilitated the registration process, provided information about the importance of blood donation, and ensured that donors were comfortable. Throughout the day, donors contributed to the cause, with their blood being collected and prepared for use. The collected blood was specifically earmarked for the District Hospital Pathanamthitta to aid in patient care and medical emergencies. The camp was efficiently managed, and the response from donors was highly positive. Overall, the event was a successful demonstration of NSS College Pandalam's commitment to community health and support for the local hospital's needs.





12. Anti-Drug campaign

On December 13, 2019, as part of the Vimukti program, a rally was organized by NSS College Pandalam. The event commenced from the college campus and proceeded to Medical Mission Junction, passing through the KSRTC bus stand before returning to the college. The rally aimed to raise awareness about the Vimukti program and its objectives, promoting its message throughout the community. 178 Participants, including NSS volunteers and students, carried banners and placards to highlight key issues related to the program. The rally was marked by enthusiastic participation and engaged the public in meaningful discussions. The route was strategically chosen to cover significant areas, ensuring maximum visibility and impact. By the end of the event, the rally had successfully disseminated information about the program and fostered community involvement. The initiative was well-received and underscored the commitment of NSS College Pandalam to social causes and public awareness.



13. We stand Together Programme: Tribal Community Assistance

On February 25, 2020, a public store was organized at the Padmanabhadoyam Higher Secondary School ground in connection with the festival of Anandha Bhootheswaram Temple. The event was part of a fundraising initiative to support the Tribal Community in Need. The public store featured a diverse range of items, including food, clothing, and household goods, with proceeds aimed at providing essential resources to tribal communities. 24 NSS College Pandalam volunteers played a crucial role in organizing the event, setting up the store, and interacting with visitors. The festival atmosphere, combined with the purpose of the store, drew a large number of attendees and generated significant community interest. The funds raised were intended to address the needs of the tribal community, including the provision of necessary supplies and support. The event was met with enthusiastic participation and demonstrated the community's commitment to social responsibility. Overall, the public store was a successful endeavour that highlighted the spirit of giving and community support in conjunction with the temple festival.



14. Relief mission at Wayanad

On March 2, 2020 NSS College Pandalam conducted a relief mission to support the tribal community in Wayanad affected slides. Essential materials, including food, clothing, and medical supplies, were bought and volunteers transported these items to the tribal areas, ensuring timely assistance. The distribution was carried out with care, focusing on the immediate needs of the affected families. The tribal community expressed deep gratitude for

the support provided. The initiative demonstrated effective coordination and a strong commitment to helping those in need during a crisis.

15. We are One _ Food Distribution at Taluk Hospital Kozhenchery

On March 22, 2020 a food distribution initiative was organized at Kozhenchery Taluk Hospital to support bystanders of patients. The effort aimed to provide nourishment and comfort to those waiting for extended periods while their loved ones received medical care. 190 Volunteers from NSS College Pandalam prepared and delivered a variety of nutritious food items, including meals and snacks, to the hospital. The distribution took place in designated areas where bystanders gathered, ensuring that everyone received a meal. The initiative was well-received, with grateful feedback from those who benefited from the support. The event highlighted the importance of community care and the NSS volunteers' commitment to assisting in challenging times. Overall, the food distribution was a successful effort to offer comfort and support to individuals enduring stressful situations at the hospital.



OUTREACH PROGRAMMES NCC 2019-2020

1. Blood Donation Camp in collaboration with Adoor Government Hospital

On June 14, 2019, a blood donation camp was organized in coordination with the Adoor Government Hospital, featuring active participation from 40 NCC cadets. The camp aimed to address the urgent need for blood donations and support the hospital's blood bank. Early in the day, cadets arrived at the hospital to assist with the setup and facilitate the donation process. Medical professionals were on hand to conduct health checks and ensure a smooth and safe donation experience. The cadets, demonstrating their commitment to community service, donated blood and encouraged others to participate. The camp was well-organized, with efficient management of donors and timely processing of blood samples. The hospital staff expressed their gratitude for the significant contribution made by the cadets, which helped replenish the blood supply for patients in need. The event also served as an educational opportunity for the cadets, highlighting the importance of regular blood donation. By the end of the day, the camp had successfully collected a substantial amount of blood, making a valuable impact on local healthcare services. Overall, the blood donation camp was a testament to the cadets' dedication and the positive collaboration with the local government hospital. Total number of 68 cadets participated in the drive.



2. WATER POLLUTION DAY: PLACARD MAKING AND RALLY In collaboration with Pandalam Municipality

DATE:22/07/2019 PLACE: NSS COLLEGE PANDALAM TIME: 9:00-12:00

INAUGURATION: Capt. Dr. Santhosh. S

On July 22, 2019, NSS College Pandalam organized Water Pollution Day as an extension program in association with Pandalam Municipality from 9:00 AM to 12:00 PM, aimed at addressing the critical issue of water pollution. The event was inaugurated by Capt. Dr. Santhosh S, who highlighted the importance of preserving water resources for future generations. Following the inauguration, participants engaged in a placard-making activity, creating impactful messages to raise awareness about water pollution. The rally, which proceeded through nearby areas, sought to inform and involve the local community in the fight against water contamination. The placards displayed various slogans and facts about the detrimental effects of polluted water on health and the environment. The rally route was carefully chosen to maximize visibility and outreach, ensuring that the message reached a broad audience. Attendees were encouraged to adopt practices that reduce water pollution and to promote cleaner water sources. The event concluded with a call to action, urging everyone to take responsibility for protecting water bodies. By combining creative expression with community engagement, the program successfully elevated awareness about water pollution by including 98 Cadets. Overall, the day was a meaningful effort to foster environmental stewardship and community involvement in safeguarding water resources.



3. FLOOD MATERIAL COLLECTION IN COLLABORATION WITH PANDALAM MUNICIPALITY, DATE : 13/08/2019

PLACE: PANDALAM TIME:9:00-12:00 COLLECTED DRESS, FOOD ITEMS, OTHER NECESSARY ITEMS FOR FLOOD AFFECTED PEOPLE

On August 13, 2019, NSS College Pandalam organized a flood relief collection drive from 9:00 AM to 12:00 PM to support those affected by recent floods. The initiative focused on gathering essential items such as clothing, food, and other necessary supplies with the help of Pandalam Municipality. 112 Students actively participated in the drive, visiting various local areas to collect donations from the community. Their efforts helped amass a substantial amount of materials, which were intended to aid flood victims in their recovery. The drive demonstrated the college's commitment to community support and the students' dedication to helping those in need during a crisis.



4. Visit to Flood and Landslide area of Attappadi, Wayanad / Distribution of relief materials to the Tribal Colony

Time:23/08/2019 10am to 24/08/2019 4pm

Place:Attappady Tribal Village , wayanad

Inaguration:DR. Pramod (principal)

From August 23 to August 24, 2019, NSS College Pandalam organized an outreach program titled "Helping Hand in the Face of Flood" in the Attappady Tribal Village, Wayanad. The event, inaugurated by Dr. Pramod, the Principal, aimed to provide relief to the flood-affected communities in the area. The team of 32 cadets collected and delivered essential items, including food, clothing, and other necessities, to support those impacted by the floods. The initiative extended beyond material aid, as participants also spent quality time with the villagers, offering emotional support and solidarity. This direct interaction helped strengthen the bond between the volunteers and the community, fostering a sense of unity and empathy. The program not only provided immediate relief but also aimed to uplift the spirits of those affected by the disaster. By engaging in meaningful activities and sharing in the daily lives of the villagers, the volunteers demonstrated their commitment to making a positive impact. The success of the program highlighted the importance of community-driven efforts in times of crisis. Overall, the outreach was a testament to the collective spirit of service and compassion.



5. NATURE CONSERVATION CYCLE RALLY

Date:19/9/2019

Place : kulanada Pandalam

Inaguration: GC BrijAjithRana and col. Rajaneesh

On September 19, 2019, a Nature Conservation Cycle Rally was organized in collaboration with Kulanada Grama panchayat, 10 k Battalion and Pandalam Municipality, with the event inaugurated by GC BrijAjithRana and TO Col. Rajaneesh. 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 primary objective of the rally was to promote awareness about nature conservation and encourage environmental stewardship. As the cyclists made their way through the route, they conveyed important messages to the public about protecting natural resources and preserving biodiversity. The rally aimed to inspire individuals to adopt eco-friendly practices and take collective action against environmental degradation. 46 Participants distributed informational pamphlets and engaged with community members to discuss ways to safeguard the environment. The event not only highlighted the importance of nature conservation but also demonstrated the power of community involvement in driving positive change. The rally concluded with a sense of achievement and a renewed commitment to environmental protection. Overall, the event was a successful blend of advocacy and action, showcasing the dedication of the cadets and organizers to a greener future.



6. The Bamboo Mission

On October 1, 2019, NCC cadets undertook a significant environmental initiative by planting bamboo trees along the Achankovil River bank in collaboration with Pandalam Municipality and 10k Battalion. The project aimed to enhance the riverbank's ecological health and prevent soil erosion, while also contributing to local biodiversity. Early in the morning, 57 cadets arrived at the riverbank with bamboo saplings and necessary planting tools. They meticulously prepared the soil and planted the saplings in designated areas, ensuring proper spacing and depth for optimal growth. The cadets also worked to secure the plants and protect them from potential environmental threats. This planting effort was part of a broader initiative to improve riverbank stability and foster a healthier ecosystem. The cadets were guided by environmental experts who provided insights on the benefits of bamboo and its role in conservation. The event also included a brief educational session where cadets learned about sustainable practices and the importance of tree planting. By the end of the day, the planted bamboo trees were in place, and the cadets were commended for their dedication to environmental stewardship. 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.



7. ENVIRONMENTAL CONSERVATION RALLY

Place: Pandalam Date: 30/10/2019

On October 30, 2019, an Environmental Conservation Rally was held in Pandalam town in collaboration with Pandalam Municipality. The event featured a short but impactful rally where 80 students took to the streets, holding placards and chanting slogans to raise awareness about environmental issues. The rally aimed to engage the public in conversations about the importance of conserving natural resources and adopting sustainable practices. Students actively interacted with community members, sharing information on how individuals can contribute to environmental protection. The use of eye-

catching placards and compelling slogans helped draw attention to the cause and emphasize the urgency of environmental conservation. The event successfully fostered a greater sense of environmental responsibility among the local population. Through their energetic participation, students highlighted the significance of collective action in preserving the environment. The rally concluded with a strengthened community commitment to adopting eco-friendly habits and supporting conservation efforts. Overall, the event was a vibrant demonstration of advocacy and public engagement in environmental conservation.



8. AWARENESS RALLY ABOUT PROTECTION OF NATURE AND IMPORTANCE OF WEARING HELMET

Date: 14/11/2019 Place: Pandalam Inauguration: Dr. Pramod (Principal)

On November 14, 2019, an awareness program focused on nature protection and the importance of wearing helmets was held in Pandalam in collaboration with Kerala Police. The event, inaugurated by Dr. Pramod, the Principal, featured a dynamic rally through Pandalam town. 15 Senior cadets led the rally, which aimed to educate the public on the critical need for environmental conservation and road safety. They engaged with community members, distributing informational materials and emphasizing the benefits of helmet use for personal safety. The rally also included messages about protecting natural resources and reducing environmental impact. Through their interactions, cadets highlighted the dual importance of environmental stewardship and safe transportation practices. The program effectively combined public advocacy with practical safety tips, making a significant impact on local awareness. The event concluded with a call to action, encouraging residents to adopt both eco-friendly habits and proper helmet use. Overall, the awareness class was a successful effort to promote safety and environmental responsibility in the community.



9. PLASTIC DISPOSAL

Date: 01/12/2019 Place : Pandalam

NCC Cadets of NSS COLLEGE, Pandalam / JD Cadets of NSS.

On December 1, 2019, a collaborative plastic disposal initiative took place in Pandalam, involving NCC cadets from NSS College and JD cadets from NSS School. With the permission of the Municipality Chairperson, the combined teams set out to collect plastic waste from various areas within the town. The effort aimed to address the growing issue of plastic pollution and promote proper waste management practices. 79 Cadets systematically covered different sections of the town, gathering discarded plastic materials and ensuring they were properly sorted for disposal. The initiative highlighted the importance of community involvement in tackling environmental challenges. By actively participating in waste collection, the cadets demonstrated their commitment to creating a cleaner and healthier environment. The program also served as a practical lesson in environmental responsibility for the students. The collected waste was handed over to local authorities for appropriate processing and recycling. Overall, the successful execution of this program reinforced the message of responsible

plastic use and disposal. The day concluded with a sense of accomplishment and a strengthened resolve to continue such environmental efforts.

