

DON BOSCO ARTS AND SCIENCE COLLEGE ANGADIKADAVU



NSS UNIT 47 & 72 ANNUAL REPORT 2019-2020



LIST OF NSS ACTIVITY

Name of the activity	Organizing unit/ agency/ collaborating agency
Snehaveedu (Home For Homeless)	NSS Don Bosco Arts and Science college Angadikadavu
Antidrug Campaign On Anti Drug Day	NSS Don Bosco Arts and Science college Angadikadavu
Observation Of Anti tobacco Day	NSS Don Bosco Arts and Science college Angadikadavu
Environment Day Sapling Plantation	NSS Don Bosco Arts and Science college Angadikadavu
Soak Pits Construction	NSS Don Bosco Arts and Science college Angadikadavu
Observation Of International Yoga Day	Art of living Kannur, NSS Don Bosco Arts and Science college Angadikadavu
Cleaning Riverside And Bus Stop Area	NSS Don Bosco Arts and Science college Angadikadavu
Rain Walking To Chettayipara	NSS Don Bosco Arts and Science college Angadikadavu
Mid Day Meal Program (Balika Bhavan Palathinkadavu)	NSS Don Bosco Arts and Science college Angadikadavu
Blood Donation Camp	NSS Don Bosco Arts and Science college Angadikadavu,LDK,
Flood Effected Area Cleaning	NSS Don Bosco Arts and Science college Angadikadavu
Cleaning Work At Snehabhavan Old Age Home At Charal	NSS Don Bosco Arts and Science college Angadikadavu
Cleaning College Campus	NSS Don Bosco Arts and Science college Angadikadavu
Blood Donors Awareness Program	Mni club Mattannur, blood donors associations
World Mental Health Day Program	Amma palliative care Kannur , NSS Don Bosco Arts and Science College Angadikadavu.
Gandhi Jayanthi Celebration	CDGCMS Kannur.NSS Don Bosco Arts and Science College Angadikadavu.
Karikottakari Town Cleaning	Kerala Police, NSS Don Bosco Arts and Science College Angadikadavu.



Inter Collegiate Chess Tournament.	DPE Kannur University, Department of physical Education, NSS Don Bosco Arts and Science College Angadikadavu.
Sapling Distribution At Angadikadavu Area	NSS Don Bosco Arts and Science college Angadikadavu
Urvvaram Project 2 Days Workshop	NSS Kannur University,NSS Don Bosco Arts and Science College Angadikadav
EBSB Orientation 2	NSS Don Bosco Arts and Science College Angadikadavu.
One Day Workshop For Volunteers Secretaries	NSS Don Bosco Arts and Science college Angadikadavu
World Differently Abled Day Observation	district social welfare department,NSS Don Bosco Arts and Science College Angadikadav
7 Days Special Camp At Elapeedika	NSS Don Bosco Arts and Science college Angadikadavu
Snehaveedu (Home For Homeless) Key Presentation	NSS Don Bosco Arts and Science college Angadikadavu
Green Malayoram (River Side Cleaning)	Manathanakoottam, Excise Department, Forest Division, Haritha Kerala Mission, NSS Don Bosco Arts And Science College Angadikadav
National Palliative Observation Day	AMMA palliative care Kannur , NSS Don Bosco Arts and Science College Angadikadavu,
Street Play About Anti Drugs	ICPF, ANGELOS,NSS Don Bosco Arts and Science College Angadikadav
Street Play About Gandhi Darshan	NSS Don Bosco Arts and Science college Angadikadavu
Orientation Class About Yoga	NSS Don Bosco Arts and Science college Angadikadavu
Observation Of National Girl Child Day	NSS Don Bosco Arts and Science college Angadikadavu
Samanwaya Three Day Residential Camp	NSS Don Bosco Arts and Science college Angadikadavu
Antidrug Campaign	excise department, NSS Don Bosco Arts and Science college Angadikadavu
Blood Donation Camp	BDK Kannur, Kannur district hospital, NSS Don Bosco Arts and Science college
Paper Bag Making Workshop	NSS Don Bosco Arts and Science college
Planting Of Paddy	NSS Don Bosco Arts and Science college
Agricultural And Herbal Garden	NSS Don Bosco Arts and Science college
Fit India - Physical Fitness Test	NSS Don Bosco Arts and Science college



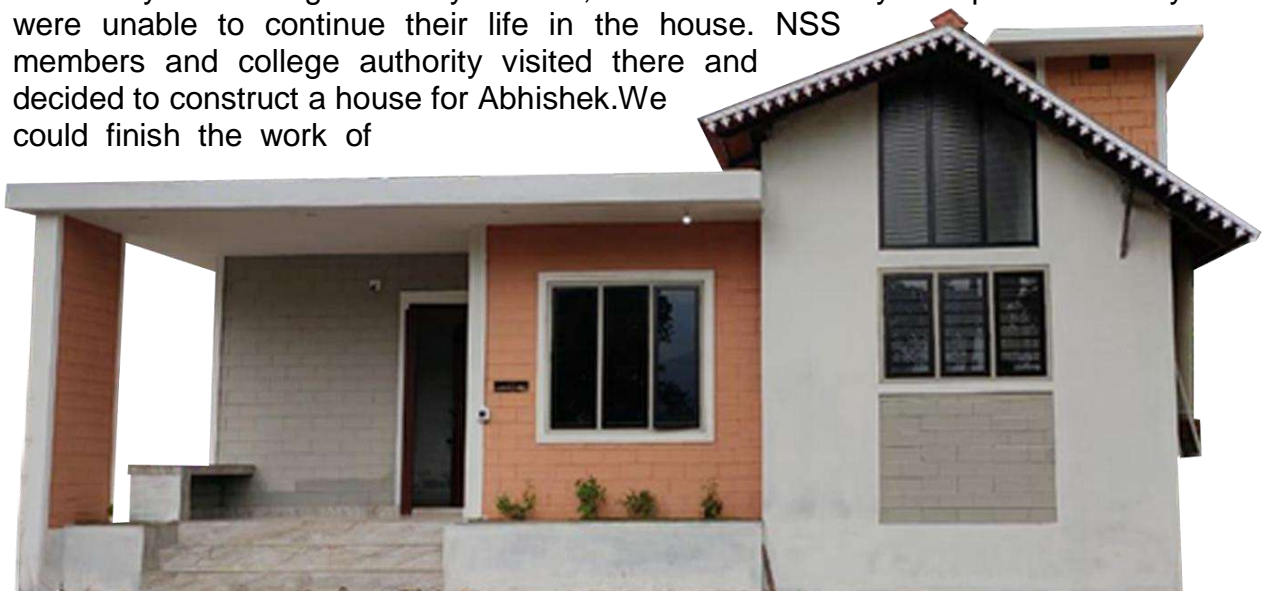
Christmas Celebration Balikasadhan Inmates	NSS Don Bosco Arts and Science college, balika sadhan Palathin kadavu
Republic Day Celebration	NSS Don Bosco Arts and Science college
EBSB – Seminar ,Quiz	NSS Don Bosco Arts and Science college Angadikadavu
Paper Bag Making, And Cloth Bag Production	NSS Don Bosco Arts and Science college Angadikadavu
Independence Day Celebration	NSS Don Bosco Arts and Science college Angadikadavu
Medical Aids To Alan Thonikuzhiyil	NSS Don Bosco Arts and Science college Angadikadavu
NIC Camp attended (1 Volunteer)	
International Womance Day	NSS Don Bosco Arts and Science college Angadikadavu



SNEHAVEEDU

“ Home for Homeless “

As part of Snehaveedu project (Home for Homeless) during the academic year 2019-20, the NSS 47 & 72 units of Don Bosco Arts and Science College, Angadikadavu constructed a house for our own college student, Mr. Abhishek K S, BBA 3rd year. During the rainy season, his house was fully collapsed and they were unable to continue their life in the house. NSS members and college authority visited there and decided to construct a house for Abhishek. We could finish the work of



the house with in one hundred and three days .It was a miraculous achievement in the history of Don Bosco NSS . On the fine day of 1st January 2020 , the NSS Team could handed over the key to Abhishek’s family in the presence of PERAVOOR MLA Mr. Adv.Sunny Joseph , Kannur university DSS Smt. Priya Varghese , and the Ayyankunnu panchayat president Smt. Sheeja Sebastian etc..



About the house		
1	Total square feet	750 HSq.ft.
2	Bed room	3 rooms
3	Dining Hall	1
4	Sit out	1
5	Living room	1
6	Toilet	1
7	Kitchen	1

He was also a former volunteer of NSS, and he showed his optimistic presence while making other houses in last 2 consecutive years. Volunteers were fully involved in constructing works and .It was a miraculous achievement of NSS during this academic year

DEMOLISHING OF ABISHEK HOUSE & **CONSTRUCTING A SHED**

On 14th and 15th August volunteers involved in demolishing the house of Abhishek, The same day we constructed a plastic thatched shed for Abhishek's family. The monsoon year of 2019,



showed its cruel face everywhere in Kerala. It caused drastic effects even in Angadikadavu area too. Our former volunteer Abhishek's house was collapsed because of the heavy rain, and the family was unable to continue their life there. So the NSS volunteers decided to help the family.

SNEHAVEEDU

KUTTIYADIKKAL



On 27th August 2019 our Snehaveedu–Kuttiyadikal was done by a carpenter of Angadikadavu area, and laid on before 9'0 clock. Carpenter did pooja and laid kutti. Fr.Dr. Thomas K O (Rector and Manager, Don Bosco Arts & Science College Angadikadavu) Fr. Dr.BastinNellissary, Vice-Principal (Don Bosco Arts & Science College Angadikadavu), Smt.Rajisaha Miss (former NSS PO), Smt. Jisha E (NSS PO) were presented on that auspicious function.

SNEHAVEEDU

FOUNDATION

The foundation stone of our Snehaveedu was laid by Rev.Fr.Dr.Thomas K O, Rector and Manager of our college on 14-09-2019. The foundationceremony was auspicious because of his presence and he blessed all who attended the work.We started our work on the same day with the assistance of mason



SNEHAVEEDU CONCRETE

Snehaveedu concrete work was done on 4th January 2019. Almost 60 students helped the concrete works to mix the cement and distributed to workers. A sumptuous food was arranged by house owners and volunteers enjoyed the work with everybody.



SNEHAVEEDU TILE WORK

On 28 & 29 December our Snehaveedu tile work was done. Around twenty volunteers and workers together did the work. Washed tiles were collected and lifted to roof side by the volunteers. They helped to fix the tile



“THAKKOL DHANAM”



SNEHAVEEDU-3



SNEHAVEEDU'- A dream project NSS Unit is finished 709 sq feet house with 3 bedrooms, kitchen and work area constructed by volunteers. Around 6 lakh rupees were spend for the house.Thakkoldhanam was done by Peravoor assembly MLA, Mr.Adv.Sunny Joseph. He was wondered by hearing the days took to complete this mission.The benefactor of the house was Mr. Abhishek, 2nd year BBA student of Angadikadavu Don Bosco

Arts & Science College . They were very happy and emotionally charged while giving reply words. It was a great experience to National Service Scheme team because of their hard work they could complete the mission within 103 days and the key was given on 1st Jan 2020.

Video Documentary

YOUTUBE
CHECK NOW



NEWSPAPER PAGE



സ്നേഹവീട് പണിതുന്നൽകി കോളേജ് വിദ്യാർത്ഥികൾ



ഇവിടെ കരിമ്പുതട്ടു, തെങ്ങാച്ചുവടുകൾ മാത്രം കെട്ടുകയേക്കാം. അങ്ങനെയൊരു സാഹചര്യത്തിൽ ആരും സൗകര്യം കോളേജ് വിദ്യാർത്ഥികൾക്ക് 2019-20 ന്നുള്ള അതിർപ്പെടുത്തി വിദ്യാർത്ഥികൾക്ക് അങ്ങനെയൊരു സൗകര്യം നൽകിയിട്ടുണ്ട്.



കോളേജ് മാനേജർമാർക്ക് അതിർപ്പെടുത്തി 16-ന് ആകട്ടെ വിദ്യാർത്ഥികൾ 21-ന് പണിതുന്നുന്നതാണ്. വിദ്യാർത്ഥികൾക്ക് അങ്ങനെയൊരു സൗകര്യം നൽകിയിട്ടുണ്ട്.

ഓഗസ്റ്റ് മാസത്തിൽ അത്ഭുതം നേടിയ കോളേജ് വിദ്യാർത്ഥികൾക്ക് അങ്ങനെയൊരു സൗകര്യം നൽകിയിട്ടുണ്ട്.

മനസ്സുകൾ ഒന്നിച്ചു; അഭിഷേകിന് വീടായി



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Kannur college builds house for flood-hit student

Management, staff, students and alumni join hands to collect funds; complete construction of 'Snehaveedu' in 104 days

Last August, when National Service Scheme (NSS) volunteer K.S. Abhishek from the BIA department at Don Bosco Arts and Science College, Angadikadavu, was busy taking care of flood-affected people at a rehabilitation centre at Kolladuru, near Irinjalakudi, little did he know that he was also going to be a victim of the deluge - his small house collapsed in the incessant rain.



Key to a new chapter: Percever M.A. Sunny, Joseph handing over the key of the newly constructed house to the family of K.S. Abhishek, a student of Don Bosco Arts and Science College, Angadikadavu, in Kollatur district; and a view of the house.

However, Abhishek has now got a new house, thanks to the college management, NSS volunteers and college friends, who came together to construct one for him.

With support from the college management, teaching and non-teaching staff, alumni, students and parents, a 'Snehaveedu' was constructed within 104 days. The work began on September 16 and the house was ready on December 31.

Abhishek's Snehaveedu is a 709 sq. ft. house with three bedrooms, a dining hall, and a kitchen with workshop.

സഹപാഠിക്ക് വീട് നിർമ്മിച്ചുന്നൽകി അങ്ങാടിക്കടവ് ഡോൺബോസ്കോ കോളേജ് വിദ്യാർത്ഥികൾ



കോളേജ് മാനേജർമാർക്ക് അതിർപ്പെടുത്തി 16-ന് ആകട്ടെ വിദ്യാർത്ഥികൾ 21-ന് പണിതുന്നുന്നതാണ്. വിദ്യാർത്ഥികൾക്ക് അങ്ങനെയൊരു സൗകര്യം നൽകിയിട്ടുണ്ട്.



SNEHAVEEDU

2017-2018



SNEHAVEEDU

2018-2019



It is a programme by NSS unites to uplift the tribes. Eenthumkary is a colony situated near Angadikadavu. Majority of the villagers are tribal's., they don't know the value of having education in their life so that their living and career is poor so we constitute a project for the villagers to literate them through Velicham, the orientation programme. So we adopted the colony to increase their standard of life. Around 25 children were there to be educated, so they were called daily in evening time .The teaching was done under the leadership of our NSS volunteer, Atly K Joseph .The classes were so lively and interesting because of the extracurricular activities arranged by the volunteers. The programme was really helpful for them and they were active participants in the class.



PODHI-CHLOOR

MID DAY MEAL



NSS volunteers visited BalikaBhavan, Palathinkadavu and provided them food materials. It's a continuation project of our NSS team .Each Friday we visited there and spent a little time with them. We have planned to continue this programme on every Friday of the month. Collected money in group wise and group will provide food for each week.Around 12 children are there with two take carers.Rice plus grocery items were supplied to them for 9 months in each first Friday of the month in the later days of the year.The sisters(nuns) and children enthusiastically received us on each Fridays and we spent some time with them.

MONTH-	TIME	COS
JUNE	4-FRIDAY	5400
JULY	4-FRIDAY	5400
AGUST	5-FRIDAY	6750
SEPTEMBER	4-FRIDAY	5400
OCTOBER	4-FRIDAY	5400
NOVEMBER	5-FRIDAY	6750
DECEMBER	4-FRIDAY	5400
JANUARY	5-FRIDAY	6750
FEBRUARY	4-FRIDAY	5400
TOTAL	39-FRIDAY	52350



CHRISTMAS DAY

CELEBRATION



On 20 December 2019, college celebrated Christmas. On that day, we NSS volunteers of 47&72 arranged a different programme along with college celebration. We invited children from PALATHINKADAVU BALIKA BHAVAN orphanage to our college. There were 12 children and 2 sisters visited and made our function a colourful one. Children from BALIKA BHAVAN sang songs and enjoyed with us. NSS units together presented a gift to each and every child. Our celebration was really a momentous one because of them. Kumari. Kavya gave thanks to all for the gifts and welcoming. Sr. Jose Mariya and Sr. Nirmala were presented Christmas cake as gift.



NATIONAL PALLIATIVE OBSERVATION DAY

January 15th is celebrated as national palliative observation day. As part of the celebration 'Amma pain and palliative care unit and Mini arts and sports club' conducted a programme named 'Randal' for NSS volunteers of various colleges on 14th January 2020 at Mahadeva hall Mattanur . The programme was inaugurated by IAPC state president Mr. P Narayanan. On behalf of this programme half day awareness section was held related to palliative care the class was taken by Mr.SathyapalanPalazhi treasurer of IPM Kozhikode. 43 NSS volunteers and 2 programme officers.



of Don Bosco Arts and Science College participated in the programme. At 3 o' clock there was an awareness rally named 'Bodhi 2020'. The flag off was



done by MattanurCIMr.K. Rajeev Kumar. This awareness class and rally helped our volunteers to grasp an idea about palliative care and the activities done by pain and palliative unit for the people and their family who suffered from many diseases. The section of this programme was very useful for all NSS volunteers who took part in it. And it encouraged the students to take part in more such activities that would develop a 'social service' mentality in them.

PALLIATIVE CARE PRODUCT SALE

NSS volunteers of Don Bosco Arts & Science College, Angadikadavu experienced the value of helping through selling palliative care products. On 15th February 2020, the volunteers visited



neighbouring houses of the college and sold the products till noon. They got a warm welcome from every house and 5500/- they got after selling the products.

SNEHABHAVAN CLEANING



NSS volunteers of Don Bosco Arts & Science College went to Snehabhavan on 23-8-2019. They reached early and worked until the work was completed. Grass were cut and cleaned, the weeds were removed. The area was fully made beautiful. Sand was filtered. Suddenly rain sprayed and everybody rushed inside the Snehabhavan. Then the inmates talked with the volunteers. They shared their stories to us and we shared our experience. Then the volunteers went for cleaning the mess hall.



ALAN THONNIKUZHIYIL MEDICAL HELP



Our volunteers collected 16,000 rupees for Mr. Alan Thonnikuzhiyil medical expenses. He is only 22 years old boy and met with an accident. He is bedridden for more than one and half

years and needs 18 lakhs for operation. On 20/02/2020 we handed over the money to its friends and our principal Dr. Fr. Francis Karackat presented the same from his office.

JAIVA KRISHI

A programme which intends to increase our culture through agriculture. It aims to know the earth and to enrich it with our soft touch. Our motto is to "GO GREEN AND SAVE NATURE"

VITHEEDIAL

PLANTING OF PADDY

Volunteers involved in paddy fields for planting the paddy on 2-12-2019 in the fields. A



group of volunteers visited Kolikkadavu field for experiencing the work in paddy. The group planted seeds and watered. They enjoyed the ploughing work and a full day with the farmers of Kolikkadavu.

HARVESTING

THE PADDY FIELD

On 19/2/2020 the volunteers of NNS unite gone to the paddy field in Kolikadavu for harvesting the paddy field. Volunteers felt very happy within. It helped the volunteers to know more about the cultivation of paddy.



SAPLING PLANTATION



This time it was go green and we planted nearly 250 saplings. This was held on 5-6-2019 and inaugurated by Miss.Raji



Mathew. Nearly 68 volunteers and worked behind this. We first founded the place to plant the plants. The Saplings was planted inside the college campus and nearby areas of the college campus, and along with the sapling plantation the volunteers also took an oath to protect the Mother Earth.

SAPLING DISTRIBUTION IN ANGADIKADAVU AREA

NSS units of Don Bosco Arts & Science College, Angadikadavu decided to plant and distribute saplings 6th June 2019. Nearly 200 saplings were distributed in the nearby houses. We cleaned the college campus and then saplings were planted inside the campus. Everybody had great energy and excellent contribution. This was one of the steps to smile nature. The members in the house were really happy to receive sapling, they warmly welcomed us.



MAZHAKUZI SOAK PIT



As part of environment day on 7th June 2019 NSS units of Don Bosco Arts & Science College, Angadikadavu planned to harvest rain water as much as we can. Groups 4, 5 & 6 were allowed to make soak pits at the areas of Miss. Nishamol N V residence in Angadikadavu 72 volunteers participated. Around 250 soak pit were made.

AGRICULTURE & HERBAL GARDEN



An agricultural and herbal garden was made by our volunteers in Don Bosco Arts & Science College campus on

9th November 2019. Saplings were planted by volunteers and watered the plants.

URVARAM

'Urvaram' a programme visioned by Kannur University NSS cell to remove plastic waste from the earth. It has different objectives they are

1. To reduce the use of plastic by avoiding single use of plastic.
2. To fertilise earth by removing plastics.

Through this programme we do not expect a land free from plastic, but to avoid unwanted production in plastic.



URVARAM 2019-PLASTIC MUKTHA HARITHA BHOOMI

RESIDENTIAL CAMP



'URVARAM'-2019 plastic MukthaHarithaBhoomi-two day residential camp was arranged on 12/11/2019 by Kannur university N.S.S cell in our college.Mr. BijuGopinathRavindran, VC of Kannur University inaugurated the function Mr. BijuKandakei, member of syndicate, gave presidential address and Sri. John Joseph, syndicate member, SISIRA. T.K, chair-person, Kannur University union and Rev. Fr. Dr. Francis Karackat attended the programme and felicitated the function. Mr. Dileep K N, section officer DSS and Mr.Prateesh also attended the function.

URVARAM -2019 ORIENTATION CLASS

On 13th November 2019 Dr.fr. Francis Karackat, principal of Don Bosco College Angadikadavu, lectured on the topic 'പരിസ്ഥിതിയുടെപ്രത്യയശാസ്ത്രം' he started with the Miss.Graate's speech about nature. He brought the idea of tragedy of commons attitude prevails in the community. He insisted love towards nature can only bring the real awareness and real protected nature. The class was really topic based, inspiring and motivating because different examples brought by the orator.



On 12th November 2019 Dr.Jagadish T.N. former Professor and Director of Agricultural University Kerala and NSS programmer

Co-ordinator gave an orientation class based on the topic 'ഹരിതബോധവുമാകൃഷിതാല്പര്യങ്ങളുംപുതുതലമുറയിൽ'. He insisted the need of making agricultural garden in schools and collages through NSS. He talked the role of NSS career development too.

On 12th November 2019 Mr.Zafera M CEO of Sanchi Bags (An organization made by himself of reducing the plastic usage) gave a class on the



topic “പ്ലാസ്റ്റിക് ഉപയോഗം ഉയർത്തുന്ന വെല്ലുവിളികൾ”. He talked about the challenges and the need of using eco-friendly items. He showed some of the items in the camps. His class was really an inspiring person.

On 12th November 2019 Dr.PadmanabhanKaumbhai former DSS of Kannur University and asst.pro Malayalam in Payannur College presented a class on the topic ‘സപ്തദിനക്യാമ്പ് - ആസൂത്രണം’. As many programme officers were quite new in this field, they were really unaware of how to conduct a camp and all. His minute observations and experience also he shared with the participants.



On 12th November 2019 Dr.Abdul Azeez PT principal of Sirayes collage Thaliparamba lectured on the topic. He gave a vibrant class from his own experiences. As he was the programme officer of many years in NSS, his class was really guided the programme officers in a proper way.



VALEDICTORY FUNCTION

URVARAM 2019 RESIDENTIAL CAMP

URVARAM-2019 Two day residential camp for programme officers ended with a colourful valedictory function. The programme was welcomed by Mrs Raji K NSS Programme officer, Chinmaya Arts & Science College. The function was presided by Miss.Ashitha V.A, PRO of Kannur University. The programme was inaugurated by Mrs. V.S. Anil



Kumar, former DSS, and Kannur University. Dr. Fr. Thomas K.O rector and manager of Don Bosco institutes of higher education gifted saplings to the programme officers. The programme was ended with a vote of thanks by Miss. Jisha E N.S.S program officer, Don Bosco Arts & Science College, Angadikadavu.

URVARAM PLASTIC VIMUKTHA HARITHA BHOOMI

WORKSHOP

N.S.S Volunteers of Don Bosco Arts & science College Angadikadavu went to Chavassery auditorium at Thavakarra Campus, Kannur for one day workshop in connection with URVARAM programme presided by Miss.

PriyaVargesse and inaugurated by Prof. GopinathRavindran, VC Kannur University. Many classes were conducted in the topic restriction of plastic in our society, and took decision to conduct programme against plastics in different colleges in Kannur University.



PAPER BAG MAKING WORKSHOP



A paper bag making workshop was conducted on 10 February 2020 at Don Bosco Arts & Science College Angadikadavu. Our new group 'Sanjeevani', conducted this programme is based on the follow up of the 'URVARAM' programme visioned by our university Mr. Amaranth, teacher PPRM up school Muzhakunn conducted this



class. Through this session our vision is to make paper bags and supply in the nearby shops and person.

RIVER SIDE & PATH WAY CLEANING

Group 2 and 3 cleaned the pathway near the bus stop area as part of environmental day celebration. The path way was full of junks and unwanted things. Groups cleaned it and made it ready for walking.



Cleaning of the river area was the second task. Rivers are our great assets. For aiming to protect this asset NSS, volunteers cleaned the nearby areas of Angadikadavu River. All the groups together cleaned the areas and took oath to protect it. 69 Volunteers participated.

PAPER AND CLOTHBAG PRODUCTION

NSS volunteers of Don Bosco arts and Science College Angadikadavu taken initiative to make paper and cloth bags based on Urvaram programme. As part of that our volunteers made many bags on 17th February 2020 Monday. Students who got training in the making of these bags took



leadership and made others to learn to make these bags. URVARAM is a programme focuses on decreasing the usage of plastic in our day to day life. It is a big challenge for us to implement this programme. But the ideas of programme officers and all the volunteers made the process easy. When we implement paper in the society, we can decrease or reduce the use of plastic covers. So the goal of URVARAM programme will move towards success.

FIT-INDIA

Fit India movement is a modern pan Indian version of the movement of Ramdas. It is essential to make the population physically active and thus more productive. So in order to remove this laziness and diseases PM Modi has launched fit India movement on the occasion of national sports day i.e. 29th August 2019 it visions a sound mind in a sound body.

ZUMBA

FIT INDIA



Zumba fit India was arranged by NSS units 47 and 72 on 31th January 2020 morning at 6.30 am at Don Bosco Arts & Science College auditorium. The class was conducted by Sri Sreejith Sreedhar Asst.prof School of physical education and sports sciences, member of ZIN. All the volunteers are trained in Zumba dance as part of Fit India programme. The Zumba class gives awareness to students about make us physically fit.

PHYSICAL FITNESS TEST



FIT INDIA



On 11th August 2019 Don Bosco Arts & Science College, Angadikadavu conducted a Physical Fitness Test for NSS volunteers. 100 volunteer's physical test had been done on that day. The instructors talked about the need of physical fitness and how it could be increased. Head of Kannur University Physical Education Department, Dr.Suresh Kutty headed the programme with M.PHIL students of Kannur University and they gave the physical fitness awareness to the volunteers. NSS Units missioned this programme for producing healthy youth in the college.

ORIENTATION CLASS ABOUT YOGA

FIT INDIA



Don Bosco Arts & Science College Angadikadavu conducted a yoga class for the students of UG and PG with the help of NSS units of the college. Fr.Dr. Francis Karackat presided the function. Sri.Danesh P conducted the class for 200 students .He explained the

importance of yoga and its career opportunities. He explained his experiences about how he overcame his life challenges by practising yoga.

ANTI DRUG CAMPAIGN



An anti-drug campaign and procession was arranged by N.S.S units 47&72 on 30th January 2020 evening 6:30 pm at Angadikadavu town. Iritty excise department initiated the programme with the help of AyyankunnuGramaPanchayat. Adv.Sheeja Sebastian PresidentAyyankunnuGrama-Panchayat addressed the gathering and inaugurated the function by lightening a candle. The gathering was welcomed by Miss.Jisha E the programme officer. Mr.Babu Felicitated and cautioned the youth, to be cautious in the present society. Mr. George the secretary of VyaparavavasayeSamithy felicitated the function. An oath was taken in the presence of candle light. The NSS Volunteers, programme officers, Gramma panchayat member and other people were present during the programme .Leaflets which gave a warning to not use the drugs where distributed in the shops.



“ARINJO, AREYATHEYO” STREET PLAY ANTI-DRUG CAMPAIGN

ICPF conducted a street play against anti-drug campaign at Don Bosco Arts and Science College, Angadikadavu on 17th January 2020. The programme named as ‘Arinjo, Areyatheyo’. More than 200 students attended the programme. Miss.Jisha (Asst.prof. EnglishDepartment, Don Bosco Arts & Science College) gave officially vote of thanks.



WORLD DIFFERENTLY ABLED DAY CELEBRATION

NSS volunteers of Don Bosco Arts and Science College Angadikadavu went to Kannur Police Sabha Hall, District Sports Council, Police parade Ground and Collectorate auditorium; around 15 volunteers attended the function. The function was inaugurated by Kerala Coastal Minister Ramachandran Kadavapalli. The chief guest was Kannur District Collector T.V Subhash IAS. On 3rd December the arts programme was staged. Differently abled people participated. The NSS volunteers from our college helped the organisers to carry out programme. On 2nd day of the programme which was on 4th December several sports items were conducted for them. This was conducted in Police Parade Ground. They did their service on the second day too.

WORLD MENTAL HEALTH DAY

PROGRAMME

The programme was conducted by AMMA palliative care unit in the north Malabar chamber of commerce at KANNUR on 10-10-2019. It was conducted on the occasion of world health day. Many volunteers and students attended the programme where Dr. RANJITH RAVINDRAN, a psychiatrist gave a seminar on the 2019 theme for the world mental day, that is suicide prevention. The seminar included the various methods how a person can commit suicide and their respective probabilities of success. The ways to approach a person suspected to attempt the act and how to understand the situation was explained. After coaxing the person the question should be asked directly. It was explained that such a person might only need a leading ear to drop the plan .instead of giving them advices, only hearing them out could solve this issue. It was explained that depression and stress are the main causes of suicide. The people from most educated and developed countries, men who were single at the age of forty were more prone to commit suicides. Religious beliefs also stop suicide attempts. He informed that all people get thoughts to end their lives but it only lasts for a few minutes and people with depression cannot suicide instead , people who are recovering from it are more inclined to do the act.

ASIAN REGIONAL FORUM



AGAINST DRUGS

A 3 day's workshop was conducted on 27th September 2019, as part of international campaign against the widespread use of drugs in illicit ways was conducted by team project 'VENDA' in the name of Asian regional forum against drug. Several worth attending seminar presentations and awareness sessions were held as part of this international campaign, at info park their strong concept and themes regarding the complete presentation of the over usage of harmful drugs. Focusing mainly on the betterment of youth, classes were designed conveying the message of not to consume injurious drugs.

STREET PLAY

PEACE HARMONY FOUNDATION

On 17-1-2020 Peace Harmony Foundation, People's Movement for Peace and NSS Units 47 and 72 together conducted a street play about Gandhi. This drama was directed by Sri.Rajesh Manathana and it was a journey through all campus and schools for remembering Gandhi and his contributions to the society. Around 200 students participated and viewed the drama.



OBSERVATION OF

NATIONAL GIRL CHILD DAY



On 24th January 2020 National Girl Child day was celebrated by NSS Units 47 & 72 of Don Bosco Arts & Science College Angadikadavu. The programme was inaugurated by Fr.Dr. Francis Karackat, principal of Don Bosco Arts & Science College. He insisted and reminded the importance girl child protection in the present time. 'Each girl is a pearl for their parents and asset for the society so she should be respected ', opined him. Felicitation was given by Miss.Jisha E, programme officer of NSS Unit 72. Volunteers presented a skit on the theme of 'Girl child protection'. A dance was also performed by volunteers based on a patriotic song.



KANNUR UNIVERSITY INTER-COLLEGIATE CHESS TOURNAMENT

Kannur university inter-collegiate chess tournament was held in Don Bosco Arts & Science college, Angadikadavu on 2nd & 3rd November 2019. Candidates came from 22 colleges for participating in this competition. 20 teachers were also escorted the participants. NSS volunteers extended their helping hand and fully involved for making the programme a successful one. 21 volunteers worked in 2 days for making the arrangement in different areas.



TOWN CLEANING

AT KARIKOTTAKARI

The N.S.S unit of Don Bosco Arts & Science College, Angadikadavu and Karikottakari Police cleaned the Karikottakaritown and its surrounding at 17th October 2019. 25 N.S.S volunteers of our college participated in this programme. Karikottakari ASI Benny M.J and his team supported and also joined with us in cleaning the town. N.S.S programme officers Mr.NithinKuttan P.K, Miss. Jisha.E and N.S.S volunteer secretary AkhilDevasia led the programme very well. The whole N.S.S volunteers actively participated in this cleaning venture, from 12:30pm to 5:30pm.



GREEN MALAYORAM CLEAN BAVALI

'Green Malayoram Clean BAVALI' project was undertaken on 11th January 2020 by Haritha Kerala Mission, DYFI Manathana Kootam, Forest Division departments at Kottiyoor and different Kudumbasree groups to clean the famous river BAVALI. Volunteers of NSS from different colleges, Scouts and Guides, SPC cadets also joined this eco-friendly venture. The program was inaugurated by Sri E.P Jayarajan, Minister of Industries and the meeting was presided by Adv.Sunny Joseph MLA. From our college around 48 volunteers participated in the great mission. Volunteers collected plastic wastes and gathered near by the road. The work was done with so much enthusiasm and happy. The natives of Kottiyoor



provided tasty and sumptuous food for the volunteers.

OBSERVATION OF **ANTI-TOBACCO DAY**

NSS volunteers were active in 31-05-2019, world Anti-tobacco day for conducting different activities. Mini arts & sports club, Matter Kannur District control consocium (KCCC), Mattanur Municipality, Kudumbadree CDS, Iritty Excise circle Mattannuretc, where joined with NSS volunteers and conducted a procession at Mattanur town. Iritty excise circle officer inaugurated the programme. After the rally together made a chain and gave a awareness talk. After that NSS volunteers supplied pamphlets in town, shops and offices etc.

ANTI-DRUG DAY

NSS volunteers conducted a flash mob to make people aware of Anti-Drug Day in Iritty. Speech was given on the topic pamphlet was distributed to all and also in the shops Maximum effort was made for the awareness of the people. After that a flash mob also conducted about the demerits of using drugs in our life. The message gave a total awareness to the people and students. The programme ended in success.



REPUBLIC DAY

CELEBRATION

Republic day celebration was done on 26th January 2020. The flag was hoisted by the principal, Fr.Dr.Francis Karackat. After the flag hoisting, volunteers group did a flash mob at Angadikadavu town based on the theme patriotism.

INDEPENDENCE DAY

CELEBRATION

We NSS units of Don Bosco Arts & Science College, Angadikadavu celebrated Independence Day. Fr.Dr. Thomas K O hoisted the flag and volunteers saluted the flag. Sweets were distributed by the college management. After the function, NSS volunteers went for flood relief at Kolikkadavu, Iritty.

EK BHARAT SHRESHTA BHARATH

The 'Ek Bharath Shreshta Bharath' programme aims to actively enhance interaction between people of diverse cultures living in different states and UTs in India, with the objective of promoting greater mutual understanding amongst them. The different objectives of this programme are,

1. To celebrate the unity in diversity of our nation.
2. To promote the spirit of national integration through a deep and structured engagement all Indian states and Union Territories.
3. To show case the rich heritage and culture customs and traditions of either state.
4. To establish long-term engagement.

ORIENTATION CLASS

EK BHARATH SHRESHTA BHARATH



On 2020 Mr.NithinKuttan P.K, Asst.Prof of Physical Education, Don Bosco Arts and Science College Angadikadavu conducted a class about Himachal Pradesh. He introduced the state in front of students with the help of a power slide. He explained about the state and its territories. He explained the importance of keeping a good awareness on the state. Miss.Jisha E, Asst. professor of English department, Don Bosco Arts &Science College Angadikadavu



made a lecture on the topic 'Himachal Pradesh: cultural, food style and political condition' .180 volunteers participated in the programme.

Mr.siljan, first year student of BSc Maths conducted a power point presentation based on Himachal Pradesh and its features on 7th January 2020. He explained the details and class was so informative and thought provoking. Later a documentary and a film were introduced to the students. 150 students were there for the programme.



On 8th January, 2020 Miss. Devika M presided a seminar about Himachal Pradesh. During her presentation she highlighted the cultural aspects of Himachal. It was really informative and enjoyable for students. Miss.Shalu Augustine, a student of B com co-operation presented a seminar about Himachal Pradesh. She included and covered all the areas

selected to Himachal during her presentation she pointed their language and their dress style too.



QUIZ COMPETITION

EK BHARATH SRESHTA BHARATH

The quiz competition was conducted on 31st January, 2020. This competition helped the students to widen their knowledge. The topic of the competition was about the culture and custom of Himachal Pradesh. Quiz master of the programme was Silijan, 1st year Bsc. Maths Student. Group two members won the competition. The competition was so informative, educative and widened the horizon of our knowledge.



SELECTION WORKSHOP

As informed all the desired applicants of NSS had assembled in the auditorium by 9' o clock students were divided into several groups containing 20 students. Each group was given different areas to clean Student followed each and every instructions and done their maximum with almost interest. By 11'o clock the allotted areas were cleaned and they had assembled in the auditorium each groups was given different topic for discussion and was asked to perform anything of their idea. The task aimed to check the way students engaged in groups and each individual's attitude towards the task given to them. All had done very well with a limited time. One girl and one boy represented the students and shared their experience and were happy about the activities .By giving the instruction to do on assignment on their expectation and the reason for joining NSS the selection workshop came to end.

SAPTHA DHINA SAHAVASA

21-12-2019 to 27-12-2019 annual special camp at St. Sebastian LP School Elapideka the Annual Special Camp of NSS unit 47 & 72 of Don Bosco Arts & Science College Angadikadvu was conducted at St. Sebastian UP School Elapideka. The camp was organized with the slogan of "KNOW THE SELF AND



KNOW THE NATURE”. The units undertook the following programmes were conducted during the camp.

1. ROADWORKS AT ELAPIDEKA.
2. AS PART OF ‘URVARM’ WE VISITED HOUSES DISTRIBUTED VEGETABLE SEEDS AND GAVE AWARENESS ABOUT THE HARMFUL USAGE OF PLASTICS.
3. CONSTRUCTION OF TEMPORARY BUNDS AND MUD BUNDS.
4. EDUCATIONAL CLASSES, AWARENESS PROGRAMMES, RALLIES, CULTURAL EXCHANGE PROGRAMMES, COMMUNITY CONTACT PROGRAMMES.
5. SWACHA BHARATH ABHIYAN AT VARIOUS PARTS OF ELAPIDIKA.
6. THE PROGRAMME OF “VANAM AREYAN VAZHI THELIYAN” A JOURNEY THROUGH FOREST.

21-12-2019

The Residential Camp was planned to be conducted at Elapeedika for seven days starting from 21st to 27th December 2019. On the first day the NSS volunteers



gathered at Don Bosco Arts and Science College, Angadikadavu for the registration and by 12 at noon the journey started. The volunteers arrived at the destination Saint Sebastian’s LP School, Elapeedika at 2.20 pm. The programme was inaugurated by Adv. Sunny Joseph, MLA at 2.30 pm. The welcome speech was delivered by Mrs. Jisha E., the programme officer of Unit 72. The Presidential Address was given by the Vice Principal of Don Bosco Arts and Science College, Rev. Fr. Bastin Nellissery. The Manager of Saint Sebastian’s LP School Fr. Joshy, the Assistant Professor of the Department of Social Work and the Hostel Warden at Don Bosco Arts and Science college Fr. Joby Varghese and the College Union



Chairman cum NSS Volunteer Ajay David Jose gave the felicitation address. The Vote of Thanks was entrusted to the volunteer Secretary Jubilant K.J. and wound up the programme by 3.40pm. Then all the girl volunteers went to the place of abode and returned at 4.30 pm. Our first gathering began with an ice breaking session, which was managed by Mr. Nishant (Motivational trainer). Several games were incorporated in the

session. This made the student volunteers to mingle and know each other more. Tea break was at 7 after which further planning for the camp was done. The programme officers split the student volunteers into six groups and assigned responsibilities to each. The volunteers were engaged in this session for one hour. The group to which the responsibility of food arrangements was vested served the food. After this the Volunteer parliament was held in which a volunteer from each



group expressed their opinions and gave their suggestions. The programme scheduled for the day came to an end at 10.30 pm.

22-12-2019

On the second day (22-12-2019) the student volunteers gathered in front of the school for hoisting the flag after bed tea. At 6.00 am they started a journey to a hill top named Kurishumala. After this they returned to school by 6.45 am and the food committee members arranged the breakfast. Then the details about the survey were provided and the previous day's report was presented.



The student volunteers were given time for reading the newspaper. All the volunteers except reception committee members and food committee members went to the allotted areas at 9.00 am with the questionnaire provided by Kannur University. The volunteers completed the survey as per the instructions and returned at 12.50 pm and had their lunch. The afternoon session was handled by Mr. Teddy (Soft skill development trainer). The class was an interactive one with discussions on success and successful people. The session was completed by 4.30 pm. Then tea was distributed and students engaged in some games. At 6.30 pm everyone gathered in the auditorium. Our Principal Rev. Fr. Dr. Francis Karakkat and some of the faculty members at Don Bosco Arts and Science College – Mr. Vineesh T.K., Mr. Sarath Krishnan, Fr. Jimmy, Ms. Ayana Swaminathan, Ms. Nishamol, Ms. Ajeena Joseph and Mr. Sebin Abraham visited the camp. Mr. Zavierkutty, Assistant Professor of the Department of Social Work at Don Bosco Arts and Science College, engaged the students with a talk on the topic Disaster Management. The cultural night was scheduled at 9.00 pm before which dinner was supplied. During the Cultural Night some of the volunteers enchanted everyone with their beautiful songs and cheered the students with other performances. In the end all the volunteers came together to give their performances. A meeting was held at 10.30 pm with which the programmes of the day were wound up.

23-12-2019



23rd December, the third day of the camp, began with a morning walk to 29th Mile. The beauty of the valley they walked through spread a serene source of energy for the volunteers. Then they spread into working for the repairing roads, cleaning the playground and also making crib as part of the Christmas celebration. The leaders called for a meeting to discuss the

possibility of making the camp more enjoyable and interesting. As a result, games and other programmes that followed showed the synergy of the volunteers. At 11.15 pm everyone gathered for the Parliament and came to end of the day.

24-12-2019



The volunteers started the fourth day (24-12-2019) with a walk to the farm nearby. After this the works assigned in the previous day was resumed. Some volunteers under the



leadership of Jomon went to make the crib and some others did their practice for the cultural night. In the afternoon, a session was handled by Mr. Jimmy Abraham, the President of EVSS Elappeedika, about environment. After the session, all the volunteers went to the church for Carol.

25-12-2019



The Christmas Day was opened at 8.00 am by presenting the camp report and the volunteers read the newspaper. Then each group went for their concerned work. The work was to clean the pathway and the tourist spot. The tiredness after the work

turned into enjoyment during the gaming session. The evening session was handled by our Principal Rev. Fr. Dr. Francis Karakkat. The programmes for the day came to an end with the Volunteer Parliament.

26-12-2019



The sixth day (26-12-2019) was started with the cleaning of the school premises. A class on snakes and the precautionary measures in dealing with snakes was conducted. In the afternoon the volunteers went for trekking to Mottamala, a hilltop nearby. After having the dinner, the students were left for playing games, and they also engaged themselves with other performances which made the camp more lively and memorable.

27-12-2019



The seventh day (27-12-2019), the day of closure, was completely left for the packing of bags and other arrangements for winding up the session. Some gifts were handed over to the cook who extended great help and shared new recipes as a token of love. Some chairs were contributed to the school for the students there. The student volunteer secretary gave the vote of thanks and the students gave bid farewell to everyone there in Elapeedika thanking them for the memorable experience which helped them become part of a wonderful camp.



SAMNUYA

3 DAYS RESIDENTIAL CAMP

A three day Residential camp was arranged for first year NSS volunteers from 30th January to 1st February, 2020. The inauguration function was on 30th January, 2020 evening at 3.30pm. Fr.Dr. Thomas K.O inaugurated the function by lighting the lamp. He insisted the volunteers to be a helping hand for the needy and to be a role model for the society. Fr.Dr. Francis Karackat felicitated the function with his inspiring words. He remembered the volunteers to check the past record of NSS activities and motivated to make new legacy in future. Kum.Jubilant K.J, the former volunteer secretary of NSS 2019-20 and Kum.Dona, Volunteer secretary of 2018-19, felicitated the gathering. Kum.Aleena Sebastian, the first year volunteer gave vote for thanks.



GANDHI JAYANTHI

CELEBRATION

Gandhi Jayanthi celebration of Kannur district Gandhi centenary memorial society was inaugurated by K Sudhakaran, parliamentary member of Kannur on 2nd October, 2019. Vice-Chancellor of Kannur



University professor Mr.Gopinath Raveendran was the chief guest of the programme. Gopinath sir took a wonderful class as a historian. After the inauguration program professor Dr. M P Mattayi had taken a class in the topic 'THE GUID GANDHI' the class was extremely knowledge full. We understood a lot about Gandhi. N.S.S volunteers from different colleges in our university, Gandhi followers, social workers, devotional leaders and other prominent people became the part of the class.

CLEANING

COLLEGE CAMPUS

On 22th June 2019 Group 2 and 3 cleaned the pathway near the bus stop area as part of environmental day celebration. The path way was full of junks and unwanted things. Groups cleaned it and made it ready



for walking. Cleaning of the river area was the second task. Rivers are our great assets. For aiming to protect this asset NSS, volunteers cleaned the nearby areas of Angadikadavu River. All the groups together cleaned the areas and took oath to protect it.69 Volunteers participated.

On 28th August, 2019 NSS volunteers of Don Bosco Arts &Science Collage went to clean the college area. They have cut the grasses and have also picked the plastics. Few people were grouped up and then they collected the plastics. Teachers also helped in cleaning along with the students.



RAIN WALKING

NSS conducted a rain walk on 7th July 2019. Our purpose was to know nature more deeply and also to know its variants. We also had another aim of resisting our body from illness and unwiring humanity. We also had a mind to observe the beauty of rain. We visited Chettayipara near Vaniyapara was rich in beauty, was filled with all flavours of nature. It was really a god gifted place. It was near Karnataka forest. A breath taking waterfall adjusted with colourful flora and fauna was really very attractive for every volunteer. Everybody enjoyed. The trip was really adventurous and breath-taking. Inspire of all these natural hurdles, the trip ended in pleasant mood. Around 73 volunteers joined the trip with the assistance of Mr. NithinKuttanP K and Mrs. Jisha E.



BLOOD DONATION

BLOOD DONATION CAMP LDK

NSS unit of Don Bosco Arts & Science College has conducted a blood donation campaign in the college itself associated with the district hospital Thalassery and LDK (life donors Kerala). There were 57 members. All the people who donated blood were given frooti and samoosa. First of all weight was checked and then blood count was taken. Only after this blood was allowed to be donated. All special care was taken. Everybody's comfort was considered without disturbing classes. Mr. Nithin Kuttan P K and Mrs. Jisha were the faculties who took effort to make this idea practical. Hence, this was a successful programme. Sister Lemma Jacob, HOD of Psychology Dept. Mr. Babu Gregorias Head of the Office, Mr. Jossy (Office Staff, DBASC) donated their blood



BLOOD DONATION CAMP

DISTRICT HOSPITAL KANNUR



A blood donation camp was arranged by NSS Unit of Don Bosco Arts and Science College Angadikadavu. It was a joined venture of our college with BDK Iritty taluk and district hospital Kannur. A formal inauguration was there before starting the camp. The gathering was welcomed by Mrs.Jisha the programme officer. The inauguration was done by Fr. Jimmy Jose (Asst. Prof. MCA). Don Bosco College Angadikadavu RRC (Red Ribbon Club) volunteers also joined with us and donated blood. There were 54 volunteers who donated their blood and expressed their obligation towards the society. The hospital authority provided frooti, cake, pen, and calendar along with certificate for those who donated the blood.

RE-ELECTION OF BLOOD DONARS KERALA

STATE EXECUTIVE MEMBERS



NSS volunteers went to Mattannur and witnessed a programme. The already existing Iritty taluk members were re-elected to the blood donors Kerala. This programme was inaugurated by Mattannur C.I Mr. Rajeevan. Blood donors state executive members participated in the programme. A meeting of the re-elected members was conducted in which state executive members also participated.



FLOOD RELIEF WORKS

The unprecedented flood, affected different parts of Kerala, especially the northern side of Kerala affected severely. NSS volunteers showed their timely response at the moment. The volunteers reached the spot after collecting different groceries- like rice, vegetables, etc... And they helped people



to reach flood relief camps safely. Just after the situation under control, our students involved in cleaning work. Flood affected very badly in different areas near by our college. Volunteers visited Kolikadavu, Iritty, Chavassery, flood affected areas and cleaned. Our faculties also involved in cleaning activities. Mr. Jince, Miss. Nisha, Mr. Nithin Kuttan P K and Mrs. Jishamol N. V fully involved in



camp and cleaning works. Our old NSS volunteers Justin, Denny, Shabin, Ebin Francis, Jitto, Fr. David etc... Also involved in the flood relief activities.



NATIONAL INTEGRATION CAMP

NSS Don Bosco volunteers were selected for National Intagration Camp of 2020 by state NSS cell , Mangalore. Our two volunteers named Mr.Akhil Devasia and Ms.Sneha Dayanadhanattended the 8 days camp conducted at Mangalore .It was held between 7th January 2020 to 13th January 2020. Their sincere participation was appreciated by state NSS cell and they were awarded certificate too.

