

# NSS ACTIVITIES 2024-25

- ❖ NSS unit No.57 receiving Best NSS unit award in recognition of the services rendered by our NSS unit sponsored by esteemed organizations including IMA Kerala, Red Cross Society, Aluva, Janaseva Shishubhavan, FACT Employees Social Forum, Anwar Palliative Care, and Kerala Action Force. NSS Our NSS volunteer secretaries, Ardra S. Nair and Khadeeja P.A. receiving the award.



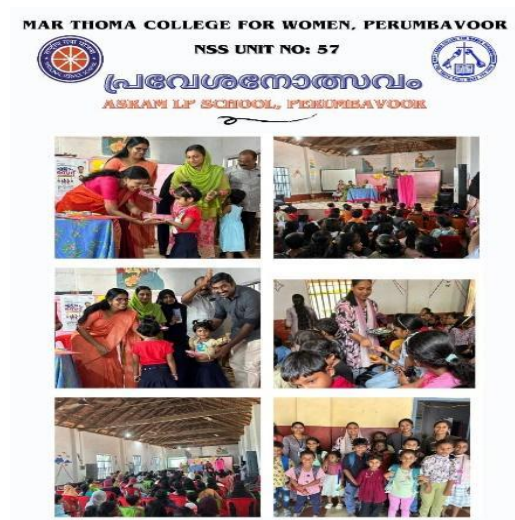
## 1. PRAVESHANOLSAVAM

Programme	Praveshanolsavam
Organiser	NSS Unit No:57
Associating Partner	NSS Adopted School
Beneficiary	Students Of Adopted School
Date And Time	03 June 2024, 09:30 Am
Duration	3 Hrs
Objective	Help The Students
Outcome	Inculcate Human Values
No: Of Participants	60

## SUMMARY

The NSS Unit No. 57 of Mar Thoma College for Women, Perumbavoor, in association with the NSS Adopted School, Asram L.P. School, organized *Praveshanolsavam*

on 3rd June 2024. The event was attended by NSS Programme Officers Dr. Anupama P. and Dr. Avani T., along with 10 NSS volunteers. As part of the celebration, the NSS Programme Officers distributed prizes to the students, while NSS volunteers shared sweets, adding joy to the occasion. The event marked a warm and welcoming start to the new academic year for the young students.



## 2. WORLD ENVIRONMENTAL DAY CELEBRATION

Programme	Environmental Day Programme
Organizer	NSS Unit No:57
Beneficiary	Students And Staff
Date And Time	05 June 2024,09:30 Am
Duration	Full Day
Objective	Promote Environmental Protection And Conservation
Outcome	Saplings Were Planted
No: Of Participants	80

### SUMMARY

The NSS Unit No. 57 of Mar Thoma College for Women, Perumbavoor, celebrated *World Environment Day* on 5th June 2024, highlighting this year's theme: "**Our Land, Our**

**Future."**Principal Smt. Sherin T. Abraham inaugurated the event by planting a sapling, symbolizing the commitment to a greener future. The event was attended by NSS Programme Officers, volunteers, faculty members, and non-teaching staff, making it a collective effort towards environmental sustainability.

As part of the initiative, saplings were distributed to students and faculty members, encouraging everyone to contribute to a healthier planet.



### 3. HONOURING HARITHA KARMA SENA

Programme	Honouring Haritha Karma Sena
Organizer	NSS Unit No: 57
Associating Partner	Haritha Karma Sena
Beneficiary	Volunteers, Harithakarmasena Members
Date And Time	05 June 2024, 03:30 Pm
Duration	1hr
Objective	To Recognise And Honour The Selfless Contributions Of Haritha Karmasena
Outcome	Motivating Them To Continue Their Environmental Efforts
No: Of Participants	60



## SUMMARY

The NSS Unit No. 57 of Mar Thoma College for Women, Perumbavoor, honored **Haritha Karmasena** members on **5th June 2024** as part of its commitment to environmental sustainability. Principal Smt. Sherin T. Abraham inaugurated the occasion, marking the significance of their contributions.

During the event, Haritha Karmasena members shared their experiences, inspiring students and faculty with their dedication to waste management and environmental conservation. Their interaction, along with the active participation of NSS volunteers, made the program a meaningful and impactful one.



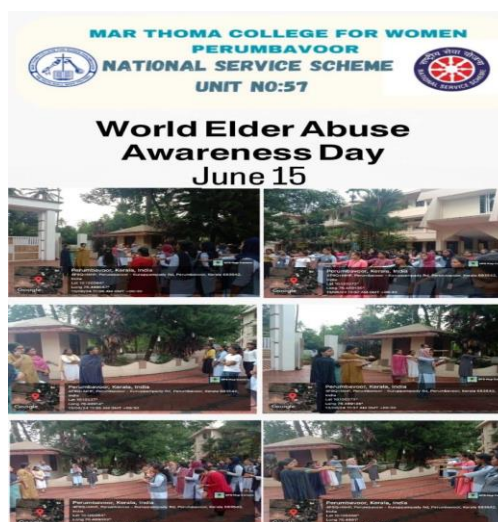
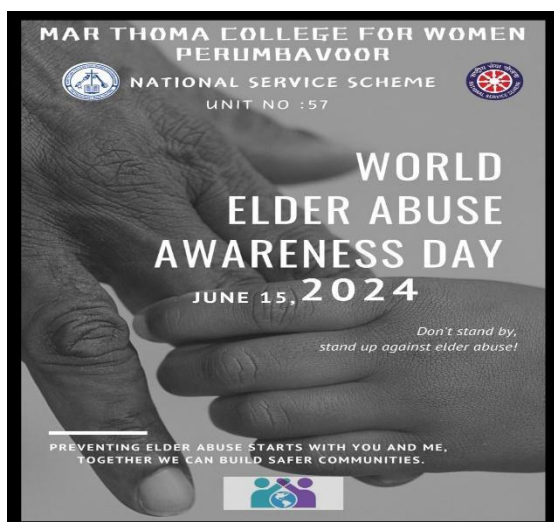
#### **4. WORLD ELDER ABUSE AWARENESS DAY**

Programme	World Elder Abuse Awareness Day
Organizer	NSS
Associating Partner	Vayomithra
Beneficiary	Elders
Date And Time	15 <sup>th</sup> July,10:00am
Duration	30 Min
Objective	To Raise Awareness And Mobilize Action Against Elder Abuse
Outcome	Increased Awareness And Reporting Of Elder Abuse Cases, Strengthened Community Support Networks, And Enhanced Advocacy For Policies Protecting Older Adults' Rights And Dignity.
No: Of Participants	55

#### **SUMMARY**

The NSS Unit No. 57 of Mar Thoma College for Women, Perumbavoor, observed **World Elder Abuse Awareness Day** with a commitment to raising awareness and promoting respect for the elderly. **Vayomithram coordinators** attended the event, emphasizing the importance of elder care and protection.

As a mark of their dedication, **NSS volunteers took a pledge** to safeguard and support the elderly, ensuring a society free from abuse and neglect. With the active participation of NSS Programme Officers, volunteers, and Vayomithram coordinators, the event was a meaningful and successful initiative.



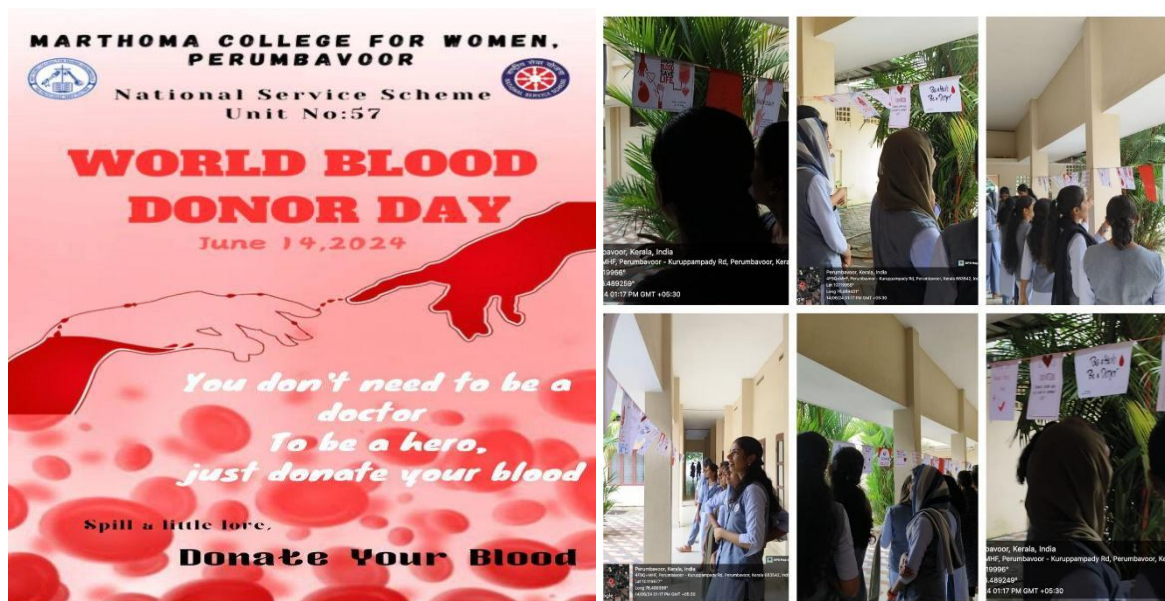
## 5. BLOOD DONOURS DAY

Programme	Blood Donors Day
Organizer	NSS Unit
Associating Partner	
Beneficiary	Students
Date And Time	14 June 2024,2:30pm
Duration	1 Hrs
Objective	To Raise Awareness About The Importance Of Blood Donation, Appreciate The Selfless Contributions Of Voluntary Blood Donors, And Encourage More People To Donate Blood.
Outcome	Increased Awareness And Appreciation For Blood Donors, Surge In Voluntary Blood Donations, And Strengthened Community Support For Blood Donation Programs.
No: Of Participants	65

## SUMMARY

On June 14th, 2024, the NSS Volunteers of Mar Thoma College for Women, Perumbavoor, celebrated World Blood Donor Day by spreading awareness about the importance of blood donation. As part of the initiative, volunteers hung informative posters across the college campus, encouraging students and faculty to contribute to this life-saving cause.

The event aimed to highlight the significance of voluntary blood donation and inspire more individuals to become regular donors.



## 6. INTERNATIONAL YOGA DAY

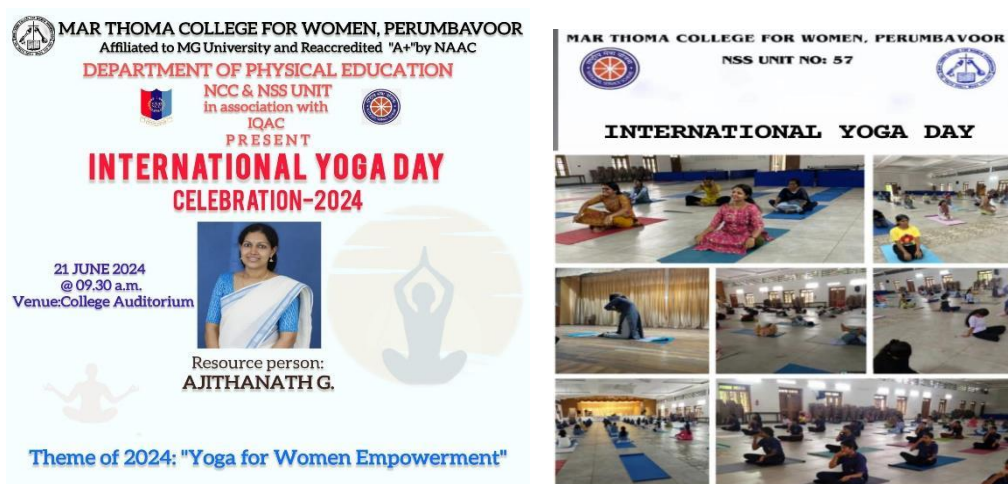
Programme	International Yoga Day
Organizer	NSS,NCC,Dept Of Physical Education
Associating Partner	IQAC
Beneficiary	Students
Date And Time	21 June,09:30am
Duration	2hrs
Objective	To Promote Yoga As A Holistic Approach To Physical, Mental, And Spiritual Well-Being, And To Inspire Global Adoption Of Yoga For A Healthier And Happier Life.
Outcome	To Promote Yoga As A Holistic Approach To Physical, Mental, And Spiritual Well-Being, And To Inspire Global Adoption Of Yoga For A Healthier And Happier Life.
No: Of Participants	100



## **SUMMARY**

The NSS and NCC units, in association with the Department of Physical Education and IQAC, celebrated International Yoga Day on 21st June 2024 at 9:30 AM. This year's theme, "Yoga for Women Empowerment," highlighted the role of yoga in promoting physical and mental well-being among women.

Mrs. Ajithanath G., our esteemed resource person, conducted an insightful and highly effective session on yoga. The event saw enthusiastic participation from NSS volunteers, NCC cadets, students, and staff, making it a resounding success.



## **7. WELCOME FRESHER'S**

Programme	Welcome Fresher's
Organizer	College Union
Associating Partner	NSS
Beneficiary	Freshers
Date And Time	01 July 2024,09:30am
Duration	3.5hrs
Objective	To Warmly Welcome And Integrate New Students Into The College Community, Providing A Supportive And Inclusive Environment To Facilitate Their Academic And Personal Growth.
Outcome	To Extend A Warm Welcome To The Faculty Members, Fostering A Positive



	And Respectful Academic Environment, And Expressing Appreciation For Their Dedication To Education.
No: Of Participants	100

## **SUMMARY**

On July 1st, 2024, the new batch of freshers stepped into Mar Thoma College for Women, Perumbavoor, marking the beginning of an exciting academic journey. NSS volunteers extended a heartfelt welcome, creating a warm and inclusive atmosphere for the newcomers.

A significant milestone was also achieved as the college inaugurated its first-ever four-year degree programme. Distinguished guests graced the occasion with their presence and blessings. To celebrate this special day, NSS volunteers distributed sweets, adding joy to the event.



## **8. NSS ORIENTATION PROGRAM FOR FRESHERS**

Programme	NSS Orientation Program
Organizer	NSS
Associating Partner	
Beneficiary	1 <sup>st</sup> Years
Date And Time	05 July 2024,11:15am
Duration	2 Hrs
Objective	To Familiarize New Students With The College's Academic, Extracurricular, And

	Support Systems, Ensuring A Smooth Transition And Successful Integration Into College Life.
Outcome	Freshers Developed A Sense Of Social Responsibility, Gained Awareness About NSS Activities, And Got Motivated To Participate In Community Service And Volunteer Work.
No: Of Participants	150

## **SUMMARY**

On July 5th, 2024, the NSS Unit No. 57 of Mar Thoma College for Women, Perumbavoor, conducted an orientation programme for the freshers. The session was led by our esteemed resource person, Mr. Jobin George, who provided a comprehensive introduction to NSS, its objectives, and its impact on society.

The session was highly interactive, with engaging discussions and a variety of fun and insightful games that helped students understand the essence of community service. The enthusiastic participation of the freshers made the programme a resounding success.


**MAR THOMA COLLEGE FOR WOMEN**  
**PERUMBAVOOR**  
**NSS UNIT NO: 57**




### NSS Orientation for Freshers



Resource Person

**Mr. Jobin George**  
**Corporate Advisor & Life Coach**  
**Founder of Eoxon Group**

Date - 05.07.2024

Time - 11 : 15 am

Venue- PG Seminar Hall

**Program Officers**  
Dr. Anupama P  
Dr. Avani T

**Principal**  
Sherin T Abraham

**NSS Volunteer Secretary**  
Khadeeja P. A  
Ardra S Nair



## **9. WORLD DAY FOR INTERNATIONAL JUSTICE**

Programme	World Day For International Justice Program
Organizer	NSS Unit
Associating Partner	Taluk Legal Committee
Beneficiary	NSS Volunteers
Date And Time	17 July 2024,2:30pm
Duration	1.5hrs
Objective	Promote Access To Justice For All Vulnerable Populations.
Outcome	Increased Awareness And Access To Justice For Marginalized Communities.
No: Of Participants	90

## **SUMMARY**

The NSS Unit No. 57 of Mar Thoma College for Women, Perumbavoor, in association with the Taluk Legal Service Committee (TLSC), Kunnathunadu, organized a programme on World Day for International Justice on 17th July 2024 at the PG Seminar Hall.

The event was inaugurated by our Chief Guest, Smt. Smitha George, who highlighted the importance of justice in society. A resource person conducted an insightful session on the significance of justice and legal awareness.

With the active participation of NSS volunteers, Programme Officers, and TLSC members, the programme was a meaningful and successful initiative.

## **10. OUSHADHA UDHYANAM**

Programme	Oushadha Udhyanam
Organiser	NSS Unit
Associating Partner	Nagarjuna Ayurveda
Beneficiary	Students Of Mtcw
Date And Time	23 July 2024,10am
Duration	1.5hrs

Objective	Establish A Medicinal Garden For Education And Research Purposes.
Outcome	Enhanced Biodiversity, Aesthetic Appeal, And Hands-On Learning Opportunities Created.
No: Of Participants	70

## **SUMMARY**

The NSS Unit No. 57 of Mar Thoma College for Women, Perumbavoor, in association with Nagarjuna Ayurveda, organized a special program, inauguration of medicinal garden, featuring Adv. Eldhose Kunnappilly (MLA, Perumbavoor) as the Chief Guest.

To mark the occasion, our Chief Guest planted a medicinal plant on the college campus, emphasizing the importance of traditional medicine and sustainability. Following this, a session was conducted in the PG Seminar Hall, providing valuable insights on Ayurveda and wellness. As part of the event, Nagarjuna Group hosted an engaging quiz competition, in which several NSS volunteers emerged as winners and received prizes. Later, NSS volunteers actively participated in planting medicinal plants in the college garden, contributing to environmental conservation. With enthusiastic participation from students and faculty, the program was a resounding success

**MAR THOMA COLLEGE FOR WOMEN  
PERUMBAVOOR**

NSS Unit No:57  
ഓ  
നാഗാർജുന ആയുർവേദ സംഘടിപ്പിക്കുന്ന

**ഔഷധ ഉദ്യാനം  
ഉദ്ഘാടനം**



അഡ്വ. എൽദോസ് കുന്ന്പിള്ളി  
(MLA, പെരുമ്പാവൂർ)

15 July 2024 10.AM  
PG Seminar Hall, MTCW

Program Officers  
Dr. Anupama P  
Dr. Avani T

Principal  
Sherin T Abraham

NSS Volunteer Secretary  
Ardra S Nair  
Khadeeja P.A





## **11. DIGI- KERALA SURVEY**

Programme	DIGI-KERALA SURVEY
Organiser	NSS UNIT
Associating Partner	Govt. Of Kerala
Beneficiary	STUDENTS
Date And Time	1 <sup>st</sup> Aug-30 <sup>th</sup> Aug
Duration	30 DAYS
Objective	To Achieve 100% Digital
Outcome	54 Volunteers Completed 30 House Each
No: Of Participants	54

### **SUMMARY**

In August 2024, the Government of Kerala, through its "DigiKerala" initiative, aimed to enhance digital literacy among its citizens. NSS (National Service Scheme) volunteers associated with Perumbavoor Municipality actively participated in this campaign. They conducted surveys to identify residents lacking digital literacy and provided training to bridge this gap.

Similarly, the NSS Unit of Mar Thoma College for Women, Perumbavoor, organized an orientation program for first-year volunteers on August 30 and September 4, 2024. The program aimed to equip volunteers with the necessary skills to assist in various community services, including digital literacy initiatives. Volunteers were divided into groups, each assigned to survey and assist 30 households, completing the task within a week.

These efforts align with the state's goal of fostering digital inclusion and ensuring that all citizens are equipped with essential digital skills.

## **12. INDEPENDENCE DAY CELEBRATIONS**

Programme	Independence Day
Organiser	College
Associating Partner	NSS&NCC
Beneficiary	Students
Date And Time	15 <sup>th</sup> August 2024,08:30am
Duration	2hrs

Objective	To Commemorate India's Freedom From British Rule And Celebrate Its Sovereignty And Independence.
Outcome	Patriotic Fervor And National Pride Ignited, Fostering Unity And Gratitude Among Citizens For India's Hard-Won Independence.
No: Of Participants	46

### **SUMMARY**

Mar Thoma College for Women, Perumbavoor, proudly celebrated the 78th Independence Day with great enthusiasm in front of the college. Principal Miss Sherin T. Abraham hoisted the national flag, marking the significance of the day.

As part of the celebrations, NSS volunteers sang the NSS song, distributed chocolates, and performed a vibrant dance, adding to the patriotic spirit of the event.

With active participation from students and faculty, the program was a grand success, fostering a sense of unity and national pride.



### **13. ANTI- RAGGING DAY**

Programme	Anti-Ragging Awareness Mahotsav
Organiser	NSS Unit No:57
Associating Partner	Iic
Beneficiary	Students
Date And Time	12 <sup>th</sup> August 2024,11 Am
Duration	2hrs
Objective	Create Awareness On Antiragging
Outcome	Raising Awareness About The Negative Impacts Of Ragging, Promoting A Culture Of Respect, Empathy, And Inclusivity Among Students.
No: Of Participants	51

### **SUMMARY**

The NSS Unit No. 57 of Mar Thoma College for Women, Perumbavoor, organized the Anti-Ragging Awareness Mahotsav on 12th August 2024 at 11 AM.

The event aimed to raise awareness about the importance of creating a safe and inclusive campus environment. Through informative sessions and interactive activities, students were educated on the consequences of ragging and the significance of fostering mutual respect and harmony.

With the active participation of NSS volunteers, faculty, and students, the program successfully reinforced the college's commitment to maintaining a ragging-free campus.



#### **14. THANMUDRA REGISTRATION**

Programme	Thanmudhra Registration
Organiser	NSS Unit No:57
Associating Partner	Vayomithram
Beneficiary	Public Especially Disabled
Date And Time	30th August 2024,12:30pm
Duration	1hrs
Objective	
Outcome	
No: Of Participants	15

#### **SUMMARY**

The NSS Unit No. 57 of Mar Thoma College for Women, Perumbavoor, conducted a training programme for Thanmudra Registration on 30th August 2024. The session was led by Mrs. Sincy Issac, Vayomithram Project Coordinator, who provided detailed guidance on the Thanmudra Registration process. The training equipped NSS volunteers with the necessary knowledge to assist in the registration process efficiently. Later, the required documents for registration were distributed to the volunteers, ensuring a smooth and organized workflow. With active participation, the programme was a valuable and informative experience for all attendees.





## **15. ORIENTATION PROGRAMME FOR FRESHERS**

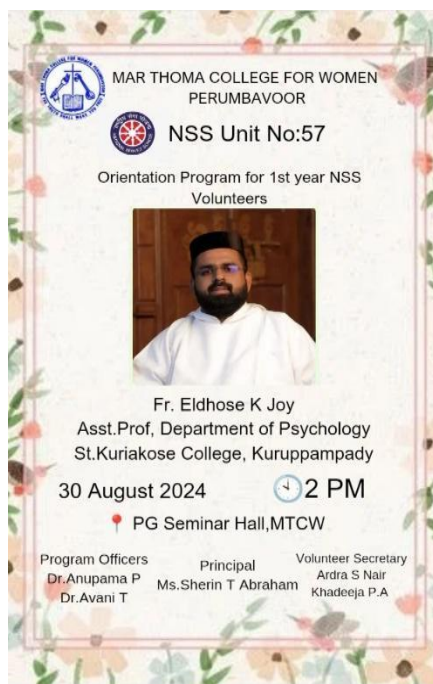
Programme	Orientation Programme
Organiser	NSS Unit No:57
Associating Partner	
Beneficiary	Freshers
Date And Time	30 <sup>th</sup> August 2024,2pm
Duration	2.5hrs
Objective	To Familiarize New Students With The College's Academic, Extracurricular, And Support Systems, Ensuring A Smooth Transition And Successful Integration Into College Life.
Outcome	Freshers Developed A Sense Of Social Responsibility, Gained Awareness About NSS Activities, And Got Motivated To Participate In Community Service And Volunteer Work.
No: Of Students	46

### **SUMMARY**

The NSS Unit No. 57 of Mar Thoma College for Women, Perumbavoor, conducted an orientation programme for freshers on 30th August 2024.

The session was led by Fr. Eldhose K. Joy, Assistant Professor, Department of Psychology, St. Kuriakose College, Kuruppampady, who provided valuable insights to the new NSS volunteers. The interactive and informative session helped the freshers understand the vision, mission, and responsibilities of NSS.

With active participation and engaging discussions, the programme was a great success.



## 16. FUND RAISING PROGRAM

Programme	Fund Raising Programme(Landslide)
Organiser	NSS
Associating Partner	
Beneficiary	Needy People
Date And Time	
Duration	2 Weeks
Objective	For Helping The People Of Wayanad
Outcome	Helped The Needy People
No: Of Students	40

## SUMMARY

The NSS Unit No. 57 of Mar Thoma College for Women, Perumbavoor, organized a Saree Sale and Chips Sale in the college as a fundraising initiative to support those affected by the recent landslide.

The sale, which lasted for about two weeks, was open not only to students and faculty but also to the general public, ensuring greater participation. Through this initiative, the unit successfully collected sufficient funds to extend support to the affected individuals, reflecting the spirit of community service and compassion.



## 17. TEACHER'S DAY

Programme	Teachers Day
Organiser	NSS
Associating Partner	
Beneficiary	
Date And Time	05 <sup>th</sup> Sep 2024, 12:30pm
Duration	3hrs
Objective	To Honor And Appreciate Teachers' Dedication, Hard Work, And Contributions To Shaping Young Minds.
Outcome	Boosted Teacher Morale, Strengthened Student-Teacher Bonds, And Acknowledged Educators' Vital Role In Society.
No: Of Students	45

## SUMMARY

On 5th September, the NSS Unit organized a special Teachers' Day celebration to honour and appreciate the hard work and dedication of the faculty members. Teachers' Day, celebrated annually in India on the birthday of Dr. Sarvepalli Radhakrishnan, is a day to recognize the contributions of educators in shaping the future of students and society.

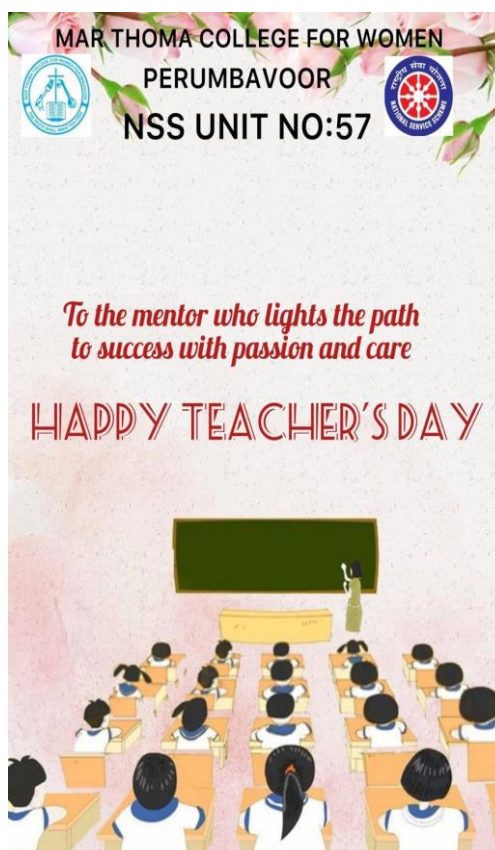


**MAR THOMA COLLEGE FOR WOMEN**  
**PERUMBAVOOR**  
**NSS UNIT NO:57**



Thank you for being a source of inspiration  
 and knowledge.

**Happy teachers day**



## 18. ANNAM

Programme	Annam
Organiser	NSS
Associating Partner	
Beneficiary	Needy People
Date And Time	Once In Every Month
Duration	
Objective	To Provide Sustenance And Support To Underprivileged Individuals, Alleviating Hunger And Promoting Well-Being.
Outcome	Relief And Satisfaction Among The Needy, Alleviating Hunger And Promoting Dignity.
No: Of Students	50

## SUMMARY

The NSS Unit of Mar Thoma College has launched a noble initiative titled '**Annam**', aimed at providing food to those in need. This initiative was officially started on **24th September** and is a part of the college's ongoing commitment to social welfare and community service. The



'Annam' project focuses on helping the underprivileged by distributing free meals on the streets of **Perumbavoor**.

### **19. SWACHHATA HI SEVA**

Programme	Swachhata Hi Seva
Organiser	NSS
Associating Partner	
Beneficiary	
Date And Time	17 <sup>th</sup> Sept 2024
Duration	17 <sup>th</sup> Sept-2 <sup>nd</sup> Oct 2024
Objective	For Making The Environment Clean And Increasing Awareness
Outcome	Cleaner Environments, Improved Public Health, And Increased Community Awareness About Sanitation And Hygiene.
No: Of Students	80

### **SUMMARY**

Under the banner of **Swachhata Hi Seva 2024**, the NSS Unit of Mar Thoma College organized a mega cleaning drive to promote cleanliness and environmental awareness. This initiative aimed to honor the principles of Mahatma Gandhi, who advocated for a clean and healthy environment. The event took place from **17th September to 2nd October**, culminating on **Gandhi Jayanti**. The cleaning drive covered three key areas: the college campus, **Asram LP School**, and the **local municipality**. Additionally, a rally was organized to spread the message of cleanliness and sanitation.





## 20. PALLIATIVE CARE

Programme	Pakalveedu Visit
Organiser	NSS Unit
Associating Partner	
Beneficiary	People Of Pakalveedu
Date And Time	1 <sup>st</sup> Oct 2024, 11:30am
Duration	2hrs
Objective	To Honor, Respect, And Recognize The Contributions, Wisdom, And Experiences Of Elderly Individuals.
Outcome	Increased Recognition, Appreciation, And Support For Elderly Individuals, Promoting Their Dignity, Well-Being, And Social Inclusion.
No: Of Students	30

## SUMMARY

To celebrate **International Day of Older Persons** on **1st October**, the NSS Unit of Mar Thoma College organized a special visit to **Pakalveedu**, a home for the elderly, located in **Perumbavoor**. This initiative aimed to honor and appreciate the elderly members of society,

fostering a sense of respect and care for senior citizens. The volunteers planned and participated in a series of engaging activities to bring joy and positivity to the elderly residents.



## 21. TECHNICAL SESSION

Programme	Brochure Making Class
Organiser	NSS
Associating Partner	
Beneficiary	
Date And Time	10 <sup>th</sup> Oct 2025, 3:30pm
Duration	1hr
Objective	To Educate And Empower Volunteers To Create Effective Brochures That Promote Awareness, Advocacy, And Community Engagement.
Outcome	Creative And Informative Brochures Designed By Volunteers .
No: Of Students	70

## SUMMARY

The NSS Unit of Mar Thoma College organized an insightful technical session for its volunteers on the topic, "**How to Make a Professional Brochure.**" The session was aimed at enhancing the volunteers' skills in designing brochures, which are an essential tool for communicating information in a visually appealing and professional manner. The resource person for the session was **Ms. Anuradha K**, a professional in graphic design and communication



**MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR**

**NSS UNIT NO: 57**

**Technical Session On Brochure  
Making**

**16.10.2024**



## **22. DENTAL CAMP AND BLOOD SCREENING**

Programme	Dental Camp And Blood Screening
Organiser	NSS Unit
Associating Partner	Sri Bhavani Foundation
Beneficiary	Students And Outsiders
Date And Time	21 <sup>st</sup> October 2024,10am
Duration	6hrs
Objective	To Provide Free Dental And Blood Screening Services, Promote Oral Health And Disease Prevention, And Facilitate Early Detection And Treatment Of Health Issues.
Outcome	Improved Oral Health And Overall Well-Being Of The Community, Increased Awareness About Health And Hygiene, And Early Detection And Treatment Of Dental And Blood-Related Disorders.
No: Of Students	120



## SUMMARY

On 21st October 2024, the NSS Unit of Mar Thoma College, in association with Sri Bhavani Foundation, organized a Free Dental and Blood Screening Camp at the college auditorium. The camp was aimed at providing free health checkups for both students and the general public. This initiative was part of the NSS Unit's continuous efforts to promote health awareness and provide accessible healthcare services to the community.


**MAR THOMA COLLEGE FOR WOMEN  
PERUMBAVOOR**

**NSS UNIT NO: 57**

in association with Sri Bhavani Foundation  
Organizes

# DENTAL CAMP

Free dental camp



21-10-2024

College Auditorium  
MTCW

10:00 AM

Program Officers  
Dr. Anupama P  
Dr. Avani T


Principal  
MS. Sherin T Abraham

Volunteer Secretary  
Ardra S Nair  
Kadheeja

**MAR THOMA COLLEGE FOR WOMEN  
PERUMBAVOOR**

**NSS UNIT No: 57**

**FREE HEALTH SCREENING AND BLOOD TEST**



21-10-2024

College Auditorium MTCW

10 AM

Program officer  
Dr. Anupama P  
Dr. Avani T

Principal  
MS. Sherin T Abraham

Volunteer secretary  
Ardra S Nair  
Kadheeja

**MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR**

**NSS UNIT NO: 57**

In Association with Sri Bhavani  
Foundation Organizes

## DENTAL CAMP

21/10/2024



### 23. DIWALI WITH MY BHARAT

Programme	My Bharath
Organiser	NSS Unit
Associating Partner	Govt Of Kerala,Nyks
Beneficiary	Students And Outsiders
Date And Time	27 <sup>th</sup> Oct-30 <sup>th</sup> Oct
Duration	-
Objective	To Maintain Cleanliness, Ensure Smooth Traffic Flow, Reduce Congestion, And Promote A Safe And Orderly Environment.
Outcome	A Cleaner, Safer, And More Organized Community With Reduced Traffic Congestion, Improved Air Quality, And Enhanced Overall Quality Of Life.
No: Of Students	60

### SUMMARY

As part of the **Diwali with My Bharat Initiative**, the NSS Unit of Mar Thoma College organized a series of community service activities aimed at promoting social responsibility and civic engagement. The event focused on two main activities: **traffic management** and a **cleaning drive** at **Pakalveedu**. These activities were designed to enhance the safety of the public and contribute to maintaining cleanliness in the community.





## 24. WELCOMING OUR NEW PRINCIPAL

Programme	Welcoming Our New Principal
Organiser	NSS
Associating Partner	
Beneficiary	
Date And Time	06 <sup>th</sup> Nov 2024, 3:30pm
Duration	1hr
Objective	A Positive And Inclusive School Culture, A Strong And Motivated Leadership, And A Sense Of Community And Collaboration Among Students, Teachers, And Staff.
Outcome	A Smooth Transition Of Leadership, Boosted Staff Morale, And A Positive Impression On The New Principal, Setting The Tone For A Productive And Successful Tenure.
No: Of Students	50

## SUMMARY

On **6th November 2024**, the **NSS Unit** of **Mar Thoma College** organized a **welcoming ceremony** to honor and introduce the new principal, **Dr. Letha P Cherian**. The event provided

an excellent opportunity for both NSS volunteers and faculty members to interact with the new principal, offering a warm welcome as she began her journey at the college.



## 25. CANCER AWARENESS CLASS FOR WOMEN

Programme	Cancer Awareness Class
Organiser	NSS
Associating Partner	
Beneficiary	
Date And Time	13 <sup>th</sup> Nov 2025, 3:15pm
Duration	1hr 15 Min
Objective	To Educate And Empower Women With Knowledge About Cancer Prevention, Early Detection, And Treatment Options, Promoting Healthy Lifestyles And Informed Decision-Making.
Outcome	Increased Knowledge, Reduced Stigma, And Enhanced Awareness Among Women, Leading To Improved Health-



	Seeking Behaviors, Early Detection, And Better Cancer Outcomes.
No: Of Students	55

### **SUMMARY**

On **13th November 2024**, the **NSS Unit of Mar Thoma College** organized an informative **Cancer Awareness Class** aimed at educating students and faculty members about the critical aspects of cancer. The session was led by **Dr. Revathy K**, an esteemed Assistant Professor from **Nangelil Ayurveda Medical College & Hospital, Kothamangalam**. The session focused on providing comprehensive knowledge regarding the causes, symptoms, diagnosis, treatment, and prevention of cancer.



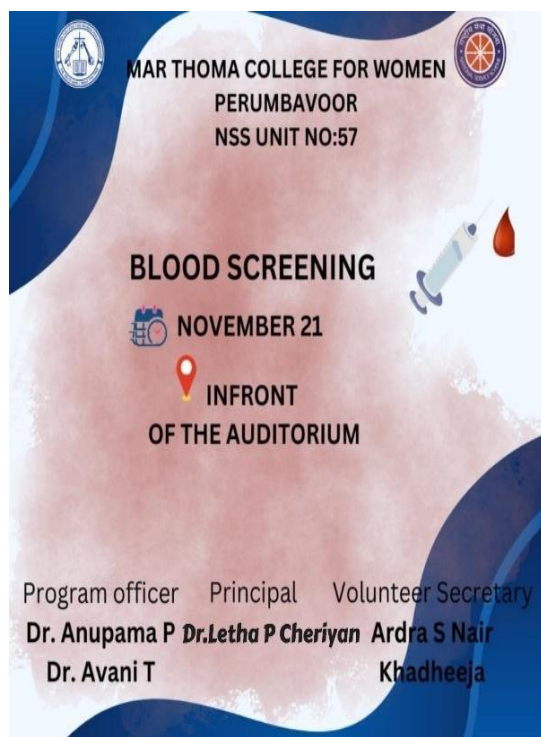
### **26. BLOOD SCREENING**

Programme	Blood Screening
Organiser	NSS
Associating Partner	Sri Bhavani Foundation
Beneficiary	Students And Staff
Date And Time	21 <sup>st</sup> Nov 2025, 11 am
Duration	3hrs

Objective	To Detect And Identify Potential Health Risks, Promote Early Intervention And Treatment, And Foster A Healthy And Aware Student Community Through Voluntary Blood Screening.
Outcome	Early Detection Of Health Issues, Improved Student Health, And Enhanced Awareness About Preventive Measures, Leading To A Healthier Campus Community.
No: Of Students	60

### **SUMMARY**

On **21st November 2024**, the **NSS Unit of Mar Thoma College** organized a **blood screening camp** in collaboration with the **Kerala Social Security Mission** and **Malabar Gold and Diamonds**. The primary goal of this initiative was to provide free blood screening tests to students, staff, and faculty members, promoting health awareness and encouraging the early detection of blood-related disorders.



## **27. 7-DAY SPECIAL CAMP**

Programme	7 Day Special Camp
Organiser	NSS
Associating Partner	
Beneficiary	
Date And Time	20 <sup>th</sup> Dec-26 <sup>th</sup> Dec 2025
Duration	7 Days
Objective	To Foster Community Engagement, Promote Social Responsibility, And Develop Leadership Skills Among Students Through A Week-Long Immersion In Community Service And Outreach Activities.
Outcome	Empowered Students, Strengthened Community Bonds, And Positive Social Impact Through Service, Education, And Outreach Activities, Promoting A Culture Of Volunteerism And Social Responsibility.
No: Of Students	100

### **SUMMARY**

The NSS Unit of Mar Thoma College For Women, Perumbavoor organized a **7-day NSS camp**, titled "**Sparsham**", at the **Diet Lab School, Kurupampady**, from **20th December 2024 to 26th December 2024**. The camp aimed to enhance the community service initiatives of the volunteers while also fostering **social awareness, leadership skills**, and promoting **cultural exchange** among the participants. The volunteers actively engaged in a variety of activities throughout the week, contributing to the community and gaining valuable experience.



## 28. GOONJ IT- COLLECTION DRIVE

Programme	Goonj it
Organiser	NSS
Associating Partner	Goonj
Beneficiary	Needy People
Date And Time	20 <sup>th</sup> Jan-24 <sup>th</sup> Jan
Duration	4 Days
Objective	For Collecting Necessary Items For Distribution To The Needy



Outcome	Successfully Collected And Handed Over To Goonj
No: Of Students	50

## SUMMARY

The **NSS Unit of Mar Thoma College For Women, Perumbavoor** organized a **GOONJ Collection Drive** from **20th January 2025 to 24th January 2025**. This initiative aimed to collect **clothing, household items, and educational materials** for the benefit of marginalized and rural communities. The drive sought to promote social responsibility and community engagement, encouraging both students and faculty to contribute to a noble cause.



DO YOU KNOW YOUR **SAREE** CAN BE A CURRENCY FOR DEVELOPMENT?

**GOONJ.. IS TODAY FOR SOMEONE'S BASIC NEED, DIGNITY, DEVELOPMENT AND LIVELIHOOD**



**Contribute at the nearest Goonj Collection Camp**

**Collection Drive in Perumbavoor**

**Venue:** Mar Thoma College for Women, Perumbavoor

**Date:** Jan 20th to 24th, 2025

**Timings:** 9:00 AM to 5:00 PM

**Volunteers:** Ardra S. Nair (8891482234), Khadeeja P.A (7025024055)

**Team Goonj:** Office (8287971364), Salu (8595628608)

**What also you can contribute:**  
General clothing, dry ration, utensils, school material, old uniforms, footwear, sanitary pads, new undergarments, torches, used flex, tarpaulin, curtains, bedsheets, mattress etc.



For Monetary Contribution scan the QR code

To know more visit [www.goonj.org](http://www.goonj.org) Or write to [mail@goonj.org](mailto:mail@goonj.org)



**MAR THOMA COLLEGE FOR WOMEN  
PERUMBAVOOR**

**NATIONAL SERVICE SCHEME, UNIT NO:57**

*Contribute At the Nearest Goonj Collection Centre*

**Collection Drive in Perumbavoor**

**Venue:** Mar Thoma College for Women, Perumbavoor

**Jan 20 to Jan 24, 2025**

**Timings: 9:00 AM to 5:00 PM**

**Volunteers:** Ardra S.Nair(8891482234)  
Khadeeja P.A(7025024055)

**GOONJIT..**



*What you can contribute : /n used still unusable household/ office material/unsold inventories, woollens,sarees,clothes, utensils, general clothings, Stationary, one side used paper,Toys and Electronics items etc.....*

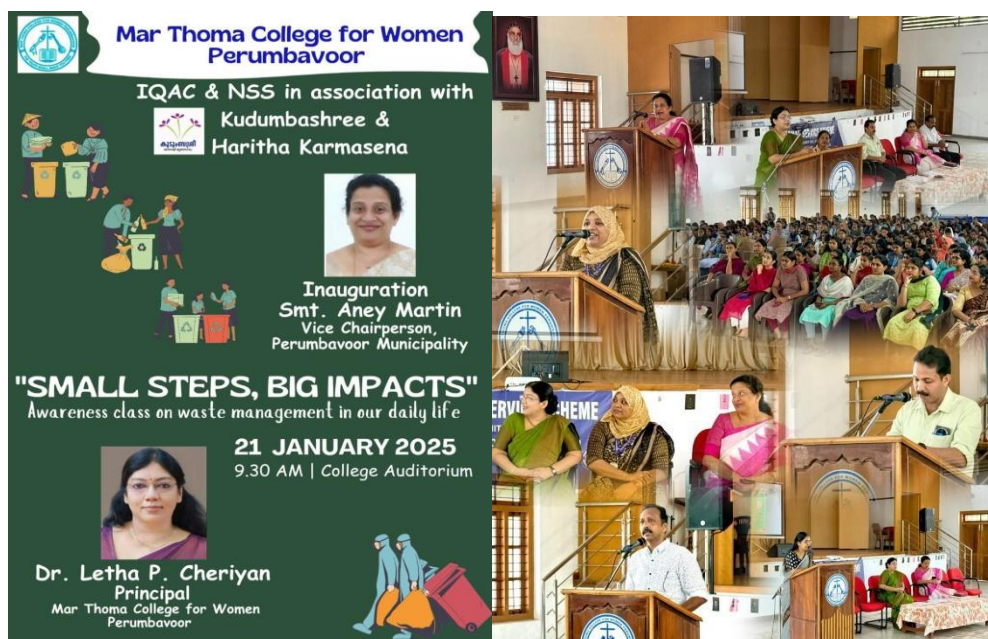
## 29. "SMALL STEPS, BIG IMPACTS"

Programme	Awareness Class
Organiser	College
Associating Partner	NSS&IQAC
Beneficiary	Students
Date And Time	21 <sup>st</sup> Jan 2025,9:30am
Duration	3hrs
Objective	To Educate And Sensitize Individuals On The Importance Of Proper Waste Management Practices, Promoting

	Environmentally Responsible Behaviors And Sustainable Lifestyles.
Outcome	Increased Awareness, Changed Attitudes, And Adoption Of Eco-Friendly Habits, Leading To Reduced Waste, Improved Recycling, And A Cleaner, Healthier Environment.
No: Of Students	700

### **SUMMARY**

On **21st January 2025**, the **NSS Unit of Mar Thoma College For Women, Perumbavoor**, in association with **Kudumbashree** and **Haritha Karmasena**, organized an **awareness class on Waste Management in Daily Life**. The session aimed to educate students, faculty, and staff about the importance of effective waste management and the simple practices that can be adopted to reduce, reuse, and recycle waste in their daily lives.



### **30. PERSONAL DEVELOPMENT AND WOMEN'S HYGIENE**

Programme	Awareness Class
Organiser	NSS Unit No:57
Associating Partner	Y Connect
Beneficiary	Volunteers

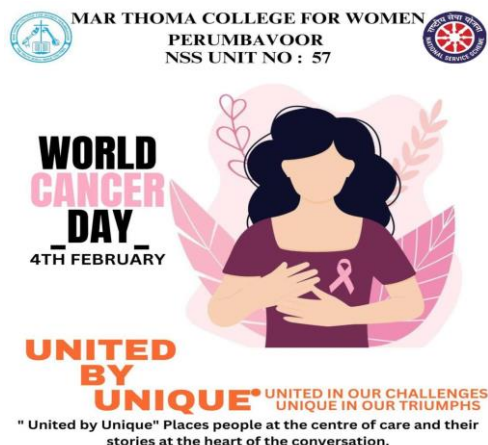


### **31. WORLD CANCER AWARENESS DAY**

Programme	Cancer Awareness Class
Organiser	NSS
Associating Partner	
Beneficiary	Students
Date And Time	4 <sup>th</sup> Feb 2025, 11am
Duration	1hr
Objective	To Educate And Empower Women With Knowledge About Cancer Prevention, Early Detection, And Treatment Options, Promoting Healthy Lifestyles And Informed Decision-Making.
Outcome	Increased Knowledge, Reduced Stigma, And Enhanced Awareness Among Women, Leading To Improved Health-Seeking Behaviors, Early Detection, And Better Cancer Outcomes.
No: Of Students	55

#### **SUMMARY**

As part of **World Cancer Day**, the **NSS Unit** of **Mar Thoma College For Women, Perumbavoor** organized a **Cancer Awareness Session** on **4th February 2025**. The session was conducted by the **NSS volunteer secretaries, Ardra S Nair and Khadeeja P.A.** The aim of the session was to educate students on **cancer prevention**, the importance of **early detection**, and available treatment options, in order to raise awareness about the disease and promote healthier, proactive lifestyle choices.







### 32. EYE CAMP

Programme	Eye Camp
Organiser	NSS Unit No:57
Associating Partner	Lf Hospital& Sri Bhavani Foundtion
Beneficiary	Needy People
Date And Time	15 <sup>th</sup> Feb 2025,9 Am To 1:30pm
Duration	4.5hrs
Objective	To Make Our State Cataract Free
Outcome	Helped The Needy People To Undergo A Free Cataract Surgery
No: Of Students	50

### SUMMARY

On **15th February 2025**, the **NSS Unit** of **Mar Thoma College For Women, Perumbavoor** successfully organized a **one-day eye treatment camp** in collaboration with **Sri Bhavani Foundation, Kalady** and **LF Hospital, Angamaly**. The camp aimed to provide free eye care services, focusing on **cataract surgeries**, eye check-ups, and spreading awareness about **eye hygiene** and the importance of **regular eye care**.







### 33. EMERGENCY FIRST AID TRAINING AND DEMONSTRATION

Programme	Emergency First Aid Training And Demonstration
Organiser	NSS Unit No:57
Associating Partner	
Beneficiary	Volunteers
Date And Time	12 <sup>th</sup> Bfeb 2025,3pm
Duration	2hrs
Objective	To Equip Participants With Essential Knowledge And Skills To Respond

	Confidently And Effectively In Emergency Situations, Providing Timely And Life-Saving First Aid Interventions.
Outcome	Enhanced Emergency Response Skills, Increased Confidence, And Ability To Provide Timely And Effective First Aid, Saving Lives And Reducing Injuries.
No: Of Students	50

### **SUMMARY**

On **12th February 2025**, the **NSS Unit** of **Mar Thoma College For Women, Perumbavoor** organized an **Emergency First Aid and Demonstration** session to equip students, faculty, and staff with the essential skills and knowledge to handle emergency situations effectively. The session was conducted by **Mr. Pradeep**, the **Junior Health Inspector** from **Thaluk Hospital, Perumbavoor**. The primary goal was to promote a culture of safety and ensure that participants could respond appropriately in case of emergencies.

**MAR THOMA COLLEGE FOR WOMEN**  
PERUMBAVOOR  
NSS UNIT NO . 57

**Emergency First Aid Training & Demonstration**  
- **Mr. Pradeep**  
Junior Health Inspector  
(Thaluk Hospital Perumbavoor)

🕒 **3 Pm**

📅 **12 - 02 - 2025**

📍 **PG Seminar Hall**

Program Officers  
Dr. Anupama P  
Dr. Avani T

Volunteer Secretary  
**Khadeeja P A**  
Ardra S Nair



### **34. AWARENESS PROGRAM ON PALLIATIVE CARE**

Programme	Awareness Class
Organiser	IQAC,Yrc,NSS
Associating Partner	Govt Taluk Hospital&Perumbavoor Municipality
Beneficiary	Students
Date And Time	21 <sup>st</sup> Feb 2025,2:45pm
Duration	1hr
Objective	To Sensitize And Educate The Community On The Importance Of Palliative Care, Promoting Compassionate And Holistic Support For Individuals With Life-Limiting Illnesses And Their Families.
Outcome	Increased Awareness, Reduced Stigma, And Improved Understanding Of Palliative Care, Leading To Enhanced Support And Care For Patients And Families, And Improved Quality Of Life.
No: Of Students	600

### **SUMMARY**

On 21st February 2025, the NSS Unit of Mar Thoma College For Women, Perumbavoor organized an awareness program on Palliative Care at the college campus. The session aimed to educate the college community on the importance of palliative care and how it plays a significant role in improving the quality of life for patients with life-limiting illnesses. The session was conducted by Mr. Jomon Kuriakose, a Palliative Nurse from Govt. Taluk Hospital, Perumbavoor, and Ms. Khadeeja K.E., the Nursing Officer and Palliative Care In-Charge at the same hospital.



**MAR THOMA COLLEGE FOR WOMEN**  
Perumbavoor, Ernakulam, Kerala-683542

(Affiliated to Mahatma Gandhi University, Kottayam & Re-accredited with "A+" Grade by NAAC)



**IQAC, YRC & NSS**

in association with

Govt. Taluk Hospital, Perumbavoor  
and Perumbavoor Municipality  
organises



**21**

**February,  
2025**



**AWARENESS  
PROGRAMME  
ON PALLIATIVE CARE**

**Time: 2.45 p.m.**

**Venue: College Auditorium**

**Resource Persons :** **Mr. Jomon Kuriakose**

Palliative Nurse, Govt. Taluk Hospital, Perumbavoor

**Ms. Khadeeja K E**

Nursing Officer, Palliative -in -charge, Govt. Taluk Hospital, Perumbavoor

Dr. Letha P Cherian  
Principal

Dr. Vineedkumar K  
IQAC Co-ordinator

Ms. Saritha N  
YRC Co-ordinator

Dr. Anupama P  
Dr. Avani T  
NSS Co-ordinators

