

NSS REPORT - JUNE 2025

1. Praveshanolsavam:

Programme	Praveshanolsavam
Organiser	NSS unit no.:57
Associating partner	NSS Adopted school
Beneficiary	Students
Date and time	01.06.2025 ,9.30 am
Duration	2 Hours
Objective	Encourage the students
Outcome	Inculcate Values among students
No:of participants	60

Summary:

The NSS Unit of Mar Thoma College For Women, Perumbavoor organized a School Reopening Day event at Asram LP School on July 1, 2025. The program aimed to create a welcoming atmosphere, encourage student participation, and foster community spirit. Activities included welcoming students with handmade accessories and school supplies, and an inauguration ceremony with dignitaries. The event helped volunteers gain experience in planning and executing school-level events.

MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR



NSS UNIT NO: 57



പ്രവേശനോത്സവം

@ADOPTED SCHOOL

ASRAM LP SCHOOL, PERUMBAVOOR

02.06.2025



2. Environmental Day:

Programme	Environment Day
Organiser	NSS unit no.:57
Associating partner	
Beneficiary	Students
Date and time	05.06.2025 ,9.30 am
Duration	Full day
Objective	Environment protection and conservation
Outcome	Saplings were planted
No:of participants	70

Summary:

The NSS of Mar Thoma College for Women, Perumbavoor organized Environment Day on 5th June 2025. This year's theme is "Beat Plastic Pollution". Principal Dr.Latha P. Cheriyan inaugurated the event by planting a sapling at 9:15 AM. The event was Attended by Principal, NSS Program Officers, NSS Volunteers, Students, Faculty Members and non-teaching staff. The event created strong awareness among students, staff and non-teaching staff and encouraged active participation in preserving nature. Under the 'Saphalam 2025' initiative, every volunteer planted a sapling at their home.



3. International Yoga Day:

Programme	Yoga Day
Organisers	NSS unit no.:57 NCC unit
Associating Partner	IQAC
Beneficiary	Students
Date and time	21 June 9.30 am
Duration	2 hrs
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 20th June 2024 at 9:45AM. This year's theme, "Yoga for One Earth, One Health," 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

MTCW MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR
Affiliated to M G University, Kerala and Reaccredited with "A+" Grade by NAAC

DEPARTMENT OF PHYSICAL EDUCATION
NCC & NSS UNIT
in association with
IQAC
Present
INTERNATIONAL YOGA DAY
CELEBRATION- 2025

20th June 2025
@ 9.45 a.m.
Venue: College Auditorium

Resource Person:
AJITHANATH G.

Theme of 2025 : 'One Earth, One Health'

MAR THOMA COLLEGE FOR WOMEN PERUMBAVOOR
NATIONAL SERVICE SCHEME UNIT 57

yoga day celebrations
20/06/2025

Perumbavoor, Kerala, India
4F9Q+MMW, Perumbavoor, Kerala 683543, IN
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20/06/25 10:29:39 AM



4. Anti-Drug Awareness Class:

Programme	Anti-Drug Awareness class
Organisers	NSS unit no.:57,Bodhapoornima
Associating Partner	Govt. of Kerala
Beneficiary	Students
Date and time	23 June 2025, 2:30 PM
Duration	1.5 hrs
Objective	To Promote Healthy Choices and a drug-free lifestyle among students.
Outcome	Increased Awareness among students about the dangers of drug abuse and its impact on physical and mental health.
No:of participants	300

Summary:

The NSS unit of Mar Thoma College For Women, Perumbavoor has organised an Anti-Drug Awareness class as part of the Anti-Drug campaign. The program was organized on 23rd June 2025 at 2:30 PM in the college auditorium.

Mr. Shihab V. S., Assistant Sub Inspector, Social Policing Wing, Ernakulam Rural, Aluva, served as our esteemed resource person and delivered an excellent and impactful session on anti-drug awareness as part of the Anti-Drug Campaign. The session focused on educating students about the harmful effects of drug abuse, legal consequences, and the importance of choosing a healthy, drug-free lifestyle.


MAR THOMA COLLEGE FOR WOMEN PERUMBAVOOR
AFFILIATED TO MGS UNIVERSITY AND ACCREDITED A-1 BY NAAC

NATIONAL SERVICE SCHEME UNIT NO: 57

ANTI - DRUG CAMPAIGN



Mr.shihab v.s
 Assistant Sub Inspector
 Social Policing Wing,
 Ernakulam Rural, Aluva.


ബോധപൂർണിമ

23/06/2025
 COLLEGE AUDITORIUM
 TIME: 2:30 PM

DR. ANUPAMA P
DR. AVANI T
 PROGRAMME OFFICERS

DR. LETHA P CHERIYAN
 PRINCIPAL

AARYAMBIKA B NAIR
ARCHANA P.K
 VOLUNTEER SECRETARY

ANTI - DRUG CAMPAIGN

(23/06/25)



NSS REPORT - JULY 2025

1. Deeksharambham:

Programme	Deeksharambham
Organisers	
Associating partners	
Beneficiary	1st year students
Date and Time	1 July 2025 , 9:30 AM
Duration	4.5 hr
Objective	Welcoming 1st years to college
Outcome	The welcoming program successfully fostered a sense of belonging among first year students
No. of Participants	150

Summary:

The NSS unit organized a Freshers' Day event to welcome new students. The program included welcoming the new students , cultural performances, and interactions with them. The freshers were welcomed with a high-energy dance performance by senior students, setting the tone for a fun-filled day. The vibrant choreography and infectious beats got everyone moving and grooving, creating an electric atmosphere that made the newcomers feel excited and included. The event aimed to help freshers feel comfortable and integrated into college life, fostering a sense of community and camaraderie.



2. Orientation class:

Programme	Orientation Class For 1st Years
Organisers	NSS Unit no. 57
Associate Partner	
Beneficiary	Students
Date and Time	14 July 2025, 2:30PM
Duration	1.5 hr
Objective	To introduce students to the NSS's mission, values, and activities.
Outcome	The orientation effectively introduced 1st year students to the objectives, structure, and activities of NSS
No. of Participants	100

Summary:

The NSS orientation class organized by Fr. Eldhose K Joy introduced students to the mission, values, and activities of the National Service Scheme. The session aimed to foster social responsibility, community engagement, and leadership development among students. Overall, the program successfully energized volunteers and gave them a deeper understanding of their roles and responsibilities in NSS.





3. Certificate Distribution:

Programme	Certificate Distribution
Organiser	NSS Unit no.: 57
Associate Partner	
Beneficiary	Senior NSS Volunteers
Date and Time	18 July 2025, 2 PM
Duration	2 hr
Objective	To distribute Certificate for senior volunteers
Outcome	The certificate distribution ceremony recognized and appreciated the dedication and service of NSS volunteers.
No. of Participation	150

Summary:

The certificate distribution ceremony led by Ajeesh Sir, NSS Kottayam Coordinator, honored the dedication and hard work of senior NSS volunteers. The event recognized their contributions to community service, motivated them to continue their social engagement, and gave them a sense of appreciation and accomplishment. His presence and words of encouragement made the occasion meaningful and inspiring for all participants.



4. **Orientation Camp:**

Programme	Orientation Camp and Farewell for Senior NSS volunteers
Organizer	NSS Unit No.: 57
Associate Partner	
Beneficiary	NSS Volunteers
Date and Time	18 July 2025, 4 PM
Duration	2 day
Objective	To organize an orientation program for NSS volunteers along with a farewell ceremony for senior volunteers.
Outcome	Enhanced leadership in second year volunteers and meaningful farewell to seniors.
No. of Participation	75

Summary:

The 2-day NSS camp concluded with a certificate distribution ceremony led by Ajeesh Sir, NSS Kottayam Coordinator. After the ceremony, he shared his inspiring life story, highlighting the values of self-love, determination, hard work, and service. The camp was a meaningful

experience that motivated volunteers to strive for personal growth and contribute positively to society.

Ajeesh Sir's inspiring personal experiences motivated the volunteers to embrace values such as dedication and service, leaving them encouraged to make a positive impact in their communities. The camp also included a heartfelt farewell for senior volunteers, promoted teamwork between juniors and seniors, enhanced leadership and coordination skills through group activities, and offered sessions on community development and social issues for overall capacity building.



5. Annam project:

The Annam project provides food for the needy, embodying the spirit of compassion and social responsibility. Through this project, NSS volunteers aim to:

- Serve nutritious meals to those struggling with hunger and food insecurity
- Foster a sense of community and empathy among volunteers and beneficiaries
- Raise awareness about food waste and sustainable practices

By working together on the Annam project, NSS volunteers make a tangible difference in the lives of others, promoting a culture of kindness, generosity, and social service.



NSS REPORT- AUGUST 2025

1. Awareness on blood donation:

Programme	Awareness class on blood donation
Organizer	NSS Unit No.:57
Associate Partner	
Beneficiary	Students
Date and Time	13 August 2025, 1PM
Duration	1 hr
Objective	To educate participants about the importance, benefits and process of blood donation.
Outcome	Increased awareness and motivation for voluntary blood donation.
No. of Participants	69

Summary:

NSS Unit No.:57 held a blood donation awareness class on 13 August 2025 at 1PM. Our esteemed resource person was Mr. M. Ranjith Kumar.

This session was conducted to inform about the importance of blood donation, its role in saving lives, eligibility requirements, safety precautions, and to encourage voluntary participation in blood donation drives.

Participants gained knowledge about the need and benefits of blood donation, became aware of eligibility criteria and safety measures, and showed increased willingness and motivation to donate blood voluntarily.



MAR THOMA COLLEGE FOR WOMEN PERUMBAVOOR
NSS UNIT NO:57



2. Saree Sale:

Programme	Saree Sale
Organiser	NSS Unit No.:57
Associate Partner	
Beneficiary	Staffs and Students
Date and Time	14th August 2025
Duration	Full day
Objective	To support handloom weavers during Onam.
Outcome	Increased support for local handloom weavers.
No.of Participants	90

Summary:

The NSS Unit of Mar Thoma College for Women organized a Traditional Saree Sale from August 12–15, 2025, in connection with the Onam celebrations, to support handloom weavers by providing them a platform to sell their products. Various merchants participated, offering items such as set sarees, Patt Pavada, Set Mundu, Dhotis, and Handloom Sarees at concessional rates for students and staff. The event promoted traditional handloom products while helping local weavers connect with customers and improve their livelihood during the festive season.



3. Flag making:

A group of NSS volunteers from the NSS unit visited Asram School to conduct a flag-making workshop as part of the Har Ghar Tiranga campaign. The college students taught the school students how to make flags, promoting teamwork, creativity, and patriotism. The

workshop aimed to instill a sense of national pride and responsibility among the school students, encouraging them to participate in the Har Ghar Tiranga campaign. The event fostered community engagement and social responsibility, highlighting the importance of collaboration between college students and school students. This initiative not only taught flag-making skills but also promoted values like teamwork, creativity, and national pride.



3. Independence Day:

Programme	Independence day celebration
Organizer	NSS Unit No.:57 and NCC
Associate Partner	
Beneficiary	Volunteers
Date and Time	15 August 2025, 9 AM
Duration	1 hr

Objective	To commemorate India's independence, instill patriotism, and promote unity and national responsibility among students and citizens.
Outcome	The celebration strengthened patriotic spirit, promoted unity, and inspired students to contribute responsibly to nation-building.
No. of Participants	70

Summary:

NSS Unit No. 57 of Mar Thoma College for Women celebrated the 79th Independence Day on 15th August 2025 at 9:00 AM with a flag hoisting ceremony followed by cultural programs performed by volunteers. The Principal delivered an inspiring speech on the significance of Independence Day, and the event featured patriotic songs, dances, skits, and speeches highlighting the importance of freedom, national unity, and the role of youth in nation-building.



Independence Day celebrations



4. Awareness on Aids:

Programme	Kadhaprasangam(Awareness On Drugs)
Organizer	NSS Unit No.:57
Associate Partner	
Beneficiary	Students
Date and Time	26 August 2025

Duration	1.5hr
Objective	To create awareness about HIV/AIDS.
Outcome	Increased awareness about HIV/AIDS and encouraged volunteers to promote a stigma-free society.
No. of Participation	50

Summary:

A Kadhprasangam, a traditional storytelling art form, was presented as part of the program against HIV/AIDS, where the artist delivered a powerful and engaging narrative combining humor, songs, and dialogue to raise awareness about the causes, prevention, and social impact of HIV/AIDS. The performance highlighted the importance of safe practices, early testing, and eliminating stigma toward people living with HIV/AIDS, while emphasizing that proper knowledge fosters compassion and prevention. It inspired volunteers to become responsible citizens who spread awareness and promote a healthy, stigma-free society.



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കേരള സർക്കാർ
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നാഷണൽ സർവീസ് സ്കീം

കേരള സംസ്ഥാന എയ്ഡ്സ്
കൺട്രോൾ സൊസൈറ്റി

എറണാകുളം ജില്ല

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26/08/2025
Tuesday
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3:00 pm



5. Collection Drive:

Programme	Collection Drive
Organizer	NSS Unit No.:57
Associate partner	
Beneficiary	Abhayabhavan
Date and time	07 September 2025
Duration	Full day
Objective	To support the elderly and promote

	empathy.
Outcome	Supported the elderly and encouraged social responsibility.
No. Of Participants	60

Summary:

The NSS Unit of Mar Thoma College for Women organized a collection drive for Abhayabhavan, a home for the homeless near Koovapady, to support the residents of the old age home. Volunteers gathered essential items such as clothes, food materials, medicines, toiletries, and other daily necessities from students, staff, and local people, and later distributed them directly to the elderly residents during their visit. The drive aimed to promote respect and care for senior citizens while encouraging social responsibility and empathy among students, making it a meaningful initiative that contributed to the well-being of the elderly.



6. Annam Project:

The Annam project provides food for the needy, embodying the spirit of compassion and social responsibility. Through this project, NSS volunteers aim to:

- Serve nutritious meals to those struggling with hunger and food insecurity
- Foster a sense of community and empathy among volunteers and beneficiaries
- Raise awareness about food waste and sustainable practices

By working together on the Annam project, NSS volunteers make a tangible difference in the lives of others, promoting a culture of kindness, generosity, and social service.



NSS REPORT- SEPTEMBER 2025

1. Mottu Anganwadi Kalolsavam:

Programme	Mottu Kalolsavam
Organizer	Municipality
Associate partner	NSS Unit No.:57 MTCW
Beneficiary	Anganwadi
Date and time	16 September 2025 ; 11am
Duration	3 hr
Objective	To showcase children's talents and promote their development while encouraging community involvement.
Outcome	Children showcased talents and built confidence.
No. Of Participants	200

Summary:

An event held under Perumbavoor Municipality saw the participation of 215 children from 17 Anganwadis competing in 25 categories and showcasing their talents through various cultural programs. The program was inaugurated by Paul Pathickan. Such initiatives reflect the government's commitment to strengthening child welfare services and encouraging

community involvement, often conducted in collaboration with local municipalities and grama panchayats.



2. Blood donation Camp:

Programme	Blood Donation Drive
Organizer	NSS Unit.:57, MTCW
Associate partner	Sree Bhavani Foundation
Beneficiary	Patients
Date and time	17 September 2025, 10am
Duration	4hr
Objective	To save lives through voluntary blood donation while promoting social responsibility and community awareness.
Outcome	The camp successfully secured life-saving blood units while strengthening community awareness and a spirit of voluntary service.
No. Of Participants	150

Summary:

The NSS unit, in collaboration with Indian Medical Association (IMA) and Youth Red Cross (YRC), organized a blood donation camp on September 17th to support patients in need and promote awareness about blood donation. The camp saw active voluntary participation and successfully collected a significant number of blood units. The initiative highlighted the importance of community collaboration, social responsibility, and life-saving contributions.

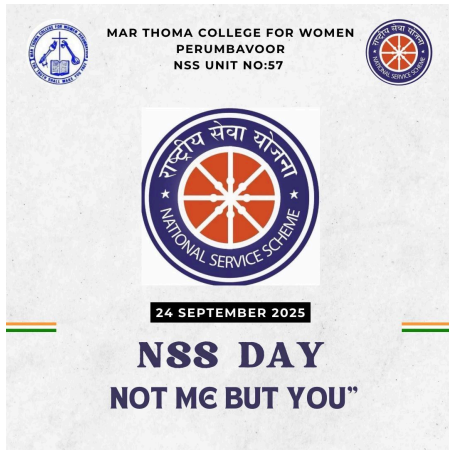


3. Pakalveedu Visit on NSS Day:

Programme	Pakalveedu Visit
Organizer	NSS Unit No.:57, MTCW
Associate partner	
Beneficiary	Pakalveedu
Date and time	24 September 2025
Duration	2hr
Objective	To uphold the “Not Me But You” motto by engaging with residents to foster empathy, social responsibility, and a deeper understanding of community challenges.
Outcome	The initiative strengthened community bonds and instilled values of compassion and selfless service through meaningful resident interaction.
No. Of Participants	14

Summary:

To commemorate NSS Day, volunteers visited Pakalveedu and engaged in meaningful service activities that reflected the motto of the National Service Scheme, “Not Me But You.” The visit promoted community interaction, strengthened bonds, and helped volunteers gain a deeper understanding of the challenges faced by the residents. Overall, the initiative reinforced the values of service, compassion, and social responsibility.



4. My Bharat quiz:

Programme	My Bharat Quiz
Organizer	Government
Associate partner	NSS Unit No.:57
Beneficiary	Volunteers
Date and time	29 September 2025, 1pm
Duration	1hr
Objective	To engage youth in nation-building by increasing awareness of India's development goals and the "Viksit Bharat 2047" vision.
Outcome	The initiative successfully educated millions of students on national policies while identifying young leaders to contribute to India's future growth.

No. Of Participants	60
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NSS REPORT- October 2025

1. Cleaning Drive on Gandhi Jayanti:

Programme	Campus Cleaning Drive
Organizer	NSS Unit No.:57
Associate partner	
Beneficiary	Volunteers
Date and time	3 October 2025, 1pm
Duration	1hr
Objective	To promote public hygiene and environmental sustainability through active community participation.
Outcome	The drive successfully improved local sanitation while fostering a culture of

	cleanliness and environmental responsibility.
No. Of Participants	70

Summary:

The NSS unit organized a cleaning drive on Gandhi Jayanti, inspired by Mahatma Gandhi and his vision of a clean and healthy India. Volunteers and community members actively participated in cleaning public spaces, promoting responsibility and community spirit. The initiative served as a tribute to Gandhian values, contributing to a cleaner environment and strengthening unity and social responsibility among participants.



2. Anganwadi Cleaning:

Programme	Anganwadi Cleaning
Organizer	Perumbavoor Municipality Ward 10
Associate partner	NSS Unit No.:57, MTCW
Beneficiary	Anganwadi, Karattupallikkara
Date and time	08 October 2025,9am
Duration	3hr
Objective	To celebrate Gandhi Jayanthi by enhancing Anganwadi sanitation through community-led cleaning efforts.
Outcome	The drive successfully improved the local environment while fostering community spirit and a culture of hygiene.
No. Of Participants	14

Summary:

As part of Gandhi Jayanthi, NSS Unit No.:57 of Mar Thoma College For Women, Perumbavoor, in collaboration with ward 10 of Perumbavoor Municipality has initiated an

Anganwadi cleaning drive at Anganwadi, Karattupallikkara. This initiative brought together volunteers and community members to work towards creating a cleaner environment.



3. Elderly day celebration:

Programme	Elderly Day celebration
Organizer	Jilla Samuhya Nidhi Office, Ernakulam
Associate partner	NSS Unit No.:57, MTCW
Beneficiary	
Date and time	14 October 2025, 9:30am
Duration	5hr
Objective	To provide companionship and joy to the elderly through interactive activities while fostering empathy among volunteers.
Outcome	The celebration successfully enhanced the well-being of the elderly and deepened the volunteers' understanding of senior care.
No. Of Participants	20

Summary:

Elderly Day was celebrated on 14th October 2025 at Okkal Farm Yard, where volunteers organized a dance performance and conducted interactive activities with the elderly, including social interactions. The visit aimed to provide companionship and support, bring joy to the elderly, and help volunteers develop empathy and a better understanding of their needs.

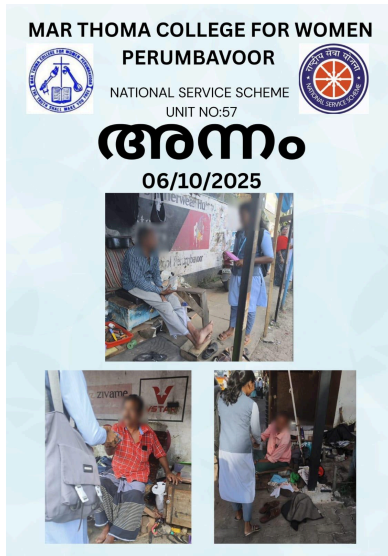


4. Annam:

The Annam project provides food for the needy, embodying the spirit of compassion and social responsibility. Through this project, NSS volunteers aim to:

- Serve nutritious meals to those struggling with hunger and food insecurity
- Foster a sense of community and empathy among volunteers and beneficiaries
- Raise awareness about food waste and sustainable practices

By working together on the Annam project, NSS volunteers make a tangible difference in the lives of others, promoting a culture of kindness, generosity, and social service.



NSS REPORT- NOVEMBER 2025

1. Children's day:

Programme	Children's Day
Organizer	NSS Unit No.:57
Associate partner	
Beneficiary	Anganwadi, Onnammile
Date and time	14 November 2025, 10am
Duration	2.5hr
Objective	To celebrate children's rights and well-being through activities that promote their happiness and growth.
Outcome	The event successfully empowered children and increased community awareness regarding their welfare and education.
No. Of Participants	10

Summary:

The NSS unit organised the celebration at Onnamile Anganwadi and distributed notebooks. The Children's Day celebration was a resounding success, featuring a range of engaging activities, entertaining performances, and interactive games. NSS volunteers actively

participated in the event, contributing to its overall enthusiasm and warmth. The occasion served as a commendable opportunity to acknowledge and appreciate the nation's young minds.



2. SIR Outreach Form:

Programme	SIR Outreach Form
Organizer	Perumbavoor Municipality Ward 10
Associate partner	NSS Unit No.:57, MTCW
Beneficiary	
Date and time	20 November 2025, 10am
Duration	5hr
Objective	To help people access government schemes and benefits by guiding them in filling out forms and creating awareness.
Outcome	More people were able to avail their rights and benefits, strengthening community participation and support.
No. Of Participants	13

Summary:

Helping people fill out forms like SIR enables them to access government schemes, scholarships, or services they might've otherwise missed out on. Volunteers spread awareness about available schemes and how to avail them. By assisting with paperwork, volunteers empower individuals to take control of their benefits and rights.

These efforts strengthen community ties and encourage more people to participate in similar initiatives.

MARTHOMA COLLEGE FOR WOMEN
PERUMBAVOOR
NATIONAL SERVICE SCHEME
UNIT NO: 57

OUTREACH-SIR FORM FILLING
20/11/2025





3. **Annam:**

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Mar Thoma College for women
Perumbavoor
National Service Scheme
Unit No.,57



അന്നം
21/11/2025



NSS REPORT- DECEMBER 2025

1. Anti-drugs Campaign:

Programme	Anti-Drugs Campaign
Organizer	NSS Unit No.:57, MTCW
Associate partner	G-TECH
Beneficiary	
Date and time	12 December 2025, 3pm
Duration	2hr
Objective	To raise awareness against drug abuse and inspire healthy lifestyle choices through creative community engagement.
Outcome	The campaign successfully educated the youth and strengthened community solidarity against substance abuse.
No. Of Participants	20

Summary:

The anti-drug campaign flashmob by volunteers in Perumbavoor aims to create awareness about the dangers of drug abuse and promote a healthy lifestyle. The event includes street play, dance performances, slogan shouting, pamphlet distribution, and interactive engagement. The campaign uses social media to promote the event and encourage community participation. The goal is to inspire youth to make informed choices and stay away from drugs, building a sense of community and solidarity against drug abuse.



3. **Annam:**

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NSS REPORT- January 2026

1. Plastic collection drive:

Programme	Plastic Collection Drive
Organizer	NSS Unit No.:57, MTCW
Associate partner	Harithakarmasena
Beneficiary	
Date and time	19 January 2026, 2pm
Duration	1.5hr
Objective	To promote environmental sustainability and effective waste management through systematic plastic collection in public and educational spaces.
Outcome	The initiative successfully cleared significant plastic litter, improving local sanitation and fostering long-term environmental responsibility among participants.
No. Of Participants	20

Summary:

On January 19, 2026, NSS volunteers conducted a **Plastic Waste Collection Challenge** across Perumbavoor Municipality and the college campus as part of the **Swachh Action Plan**. The drive focused on removing non-biodegradable waste to mitigate environmental pollution.



2. Awareness class:

Programme	Government Job Through PSC
Organizer	YWCA, Perumbavoor
Associate partner	NSS Unit No.:57, MTCW
Beneficiary	Volunteers
Date and time	21 January 2026,2:30pm
Duration	1.5hr
Objective	To educate students on PSC eligibility and application processes for public sector career advancement.
Outcome	The session successfully increased student awareness and preparedness for securing government employment.
No. Of Participants	70

Summary:

A specialized awareness session was convened for NSS students conducted by PS Panicker Sir, focusing on forthcoming government job opportunities facilitated through the Public Service Commission (PSC). The session endeavoured to apprise students of the requisite eligibility criteria, application protocols, and prospective career trajectories in public sector undertakings, thereby augmenting their prospects for securing government Employment.

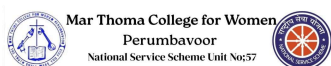


4. Republic Day:

Programme	Republic Day
Organizer	NSS Unit No.:57, MTCW
Associate partner	
Beneficiary	
Date and time	26 January 2026, 9am
Duration	1hr
Objective	To honor the adoption of the Constitution and reinforce democratic values and national pride.
Outcome	The event successfully reinforced national unity and constitutional awareness among participants.
No. Of Participants	60

Summary:

The National Service Scheme (NSS) unit organized a solemn and celebratory program to commemorate Republic Day, marked by dignified flag hoisting ceremonies, stirring patriotic performances, and culturally enriching presentations that underscored India's rich heritage and the ethos of its Constitution. The event served to reinforce the significance of national pride, civic responsibility, and communal harmony, thereby fostering a heightened sense of unity and patriotism amongst the participating volunteers.



Republic Day celebration



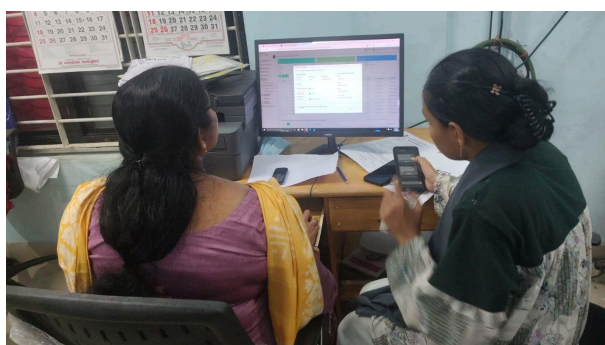
4. Digital Crop Survey:

Programme	Digital Crop Survey
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Organizer	Municipality Perumbavoor
Associate partner	NSS Unit No.:57, MTCW
Beneficiary	
Date and time	30 January 2026, 10am
Duration	3 day
Objective	To gather data on local agricultural practices and challenges to support sustainable rural development.
Outcome	The survey successfully informed future decision-making while strengthening the bond between volunteers and the farming community.
No. Of Participants	25

Summary:

A comprehensive crop survey was successfully conducted by NSS volunteers, gathering crucial data on agricultural practices, crop yields, and farmer challenges. The initiative aimed to support informed decision-making and sustainable agricultural development in the region. Volunteers engaged with local farmers, demonstrating their commitment to community welfare and rural development.



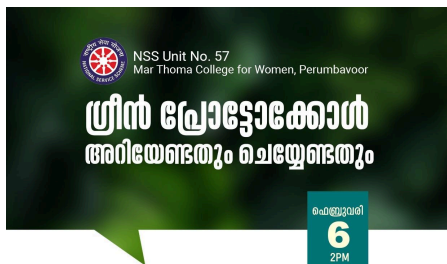
NSS REPORT- February 2026

1. Green protocol:

Programme	Green Protocol
Organizer	NSS Unit No.:57, MTCW
Associate partner	ECO NOVA
Beneficiary	Volunteers
Date and time	6 February 2026, 2pm
Duration	1.5 hr
Objective	To minimize environmental impact by reducing surplus food and promoting responsible waste disposal.
Outcome	The initiative successfully reduced waste generation and improved sustainability through efficient food recovery and composting.
No. Of Participants	75

Summary:

The Green Protocol class, led by Suresh Sir, focused on promoting environmental sustainability by emphasizing the principles of Reduce, Reuse, and Recycle, proper waste segregation, the use of eco-friendly materials, avoiding single-use plastics, and responsible waste disposal. The session aimed to encourage sustainable living, reduce waste generation, and create awareness about protecting the environment.





2. Shastra sahithya parishath:

Programme	Shastra Sahithya Parishath Jilla Sammelanam
Organizer	Shastra Sahithya Parishath
Associate partner	NSS Unit No.:57, MTCW
Beneficiary	
Date and time	7 February 2026, 9am
Duration	2 day
Objective	To promote scientific awareness and efficient waste management practices through active NSS volunteer engagement.
Outcome	The initiative successfully educated the community and ensured the effective implementation of sustainable waste disposal methods.

No. Of Participants	600
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The *Shashtra Sahitya Parikshath Meeting and Waste Management Initiative* was conducted with the support of National Service Scheme (NSS) volunteers. The program promoted scientific awareness and encouraged proper waste management practices in the community. The active participation of NSS volunteers ensured the smooth and successful conduct of the event.



3. My Bharath Budget Quest:

Programme	My Bharath Budget Quest
Organizer	Government
Associate partner	NSS Unit No.:57
Beneficiary	Students
Date and time	11 February 2026, 3:30pm
Duration	1hr
Objective	To enhance financial literacy and

	awareness of the Union Budget among youth through interactive competition.
Outcome	The quest successfully boosted financial literacy and youth engagement with national economic policies.
No. Of Participants	75

MY Bharat Budget Quest 2026 is a national-level online quiz focusing on the Union Budget 2026, open to youth registered on the MY Bharat portal. The quiz aims to enhance understanding of the budget and its impact on everyday life, with a focus on youth engagement. Volunteers Actively participated in the quiz and gained knowledge about the budget.



4. Cancer Prevention And Importance of HPV Vaccination:

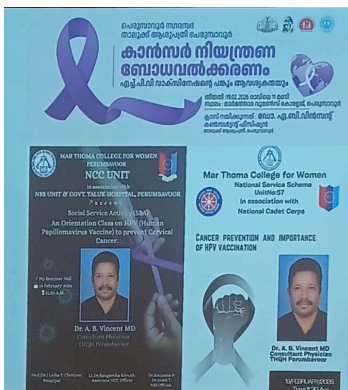
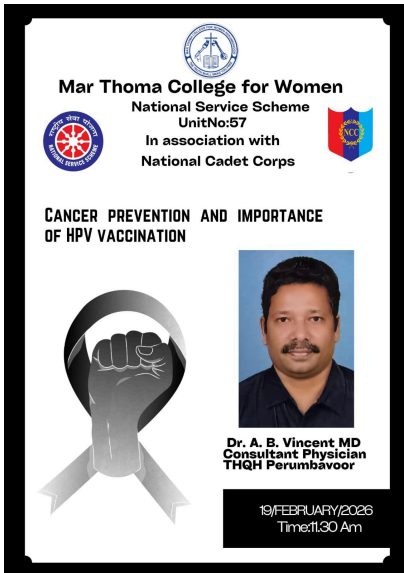
Programme	Cancer Prevention and Importance of HPV Vaccine
Organizer	NSS Unit No.:57, MTCW
Associate partner	NCC; THQH Perumbavoor
Beneficiary	Students
Date and time	19 February 2026, 11:30am
Duration	1hr
Objective	To educate students on cancer prevention and the vital role of the HPV vaccine in long-term health.
Outcome	The session successfully enhanced awareness and provided students with actionable knowledge on preventive healthcare.

No. Of Participants

120

Summary:

The Program “Cancer Prevention and Importance of HPV Vaccine” is jointly organized by NSS Unit No.:57 and NCC of Mar Thoma College For Women, Perumbavoor and THQH Perumbavoor. The session was highly informative and helped students gain better knowledge about cancer and its preventive measures. The audience consisted of NSS Volunteers, NCC Cadets and 1st year students. An interactive session was conducted after the main session.

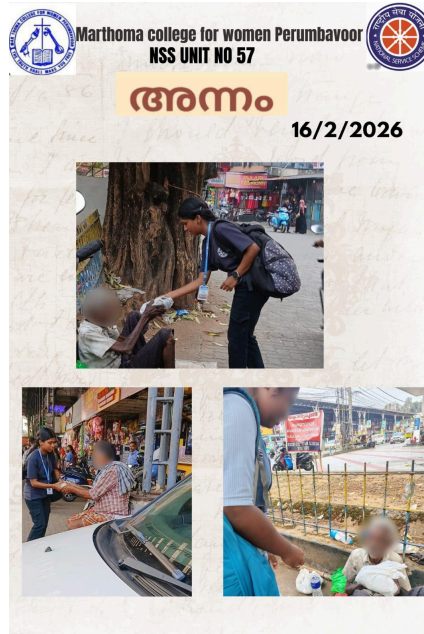
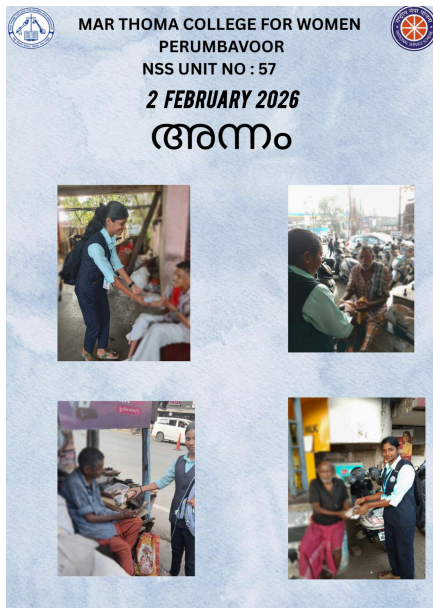


5. **Annam:**

The Annam project provides food for the needy, embodying the spirit of compassion and social responsibility. Through this project, NSS volunteers aim to:

- Serve nutritious meals to those struggling with hunger and food insecurity
- Foster a sense of community and empathy among volunteers and beneficiaries
- Raise awareness about food waste and sustainable practices

By working together on the Annam project, NSS volunteers make a tangible difference in the lives of others, promoting a culture of kindness, generosity, and social service.

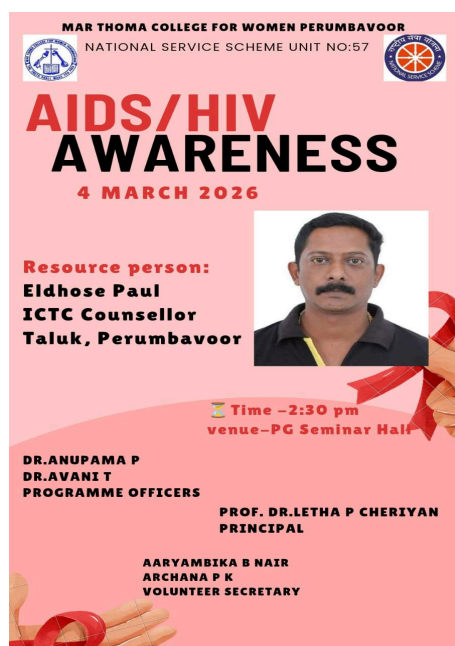


NSS REPORT- MARCH 2026

1. Aids or HIV Awareness Class:

Programme	Aids/HIV Awareness Class
Organizer	NSS Unit No.:57, MTCW
Associate partner	
Beneficiary	Students
Date and time	4 March 2026, 2:30 PM
Duration	1.5 hr
Objective	To create awareness about HIV/AIDS.
Outcome	Increased awareness about HIV/AIDS and encouraged volunteers to promote a stigma-free society.
No. Of Participants	60

The NSS Unit of Mar Thoma College for Women, Perumbavoor, organized an awareness class on AIDS/HIV at our college. The program was conducted by Eldhose Paul, who provided valuable information about the causes, symptoms, modes of transmission, and preventive measures of HIV/AIDS. The session aimed to create awareness among students and promote healthy practices. The program was informative and beneficial, helping students become more aware and responsible individuals in society.



2. Abnormal uterine bleeding and pcos:

Programme	Abnormal uterine bleeding and pcos
Organizer	NSS Unit No.:57, MTCW
Associate partner	
Beneficiary	Students
Date and time	12 March 2026, 3PM
Duration	1hr
Objective	To create awareness about abnormal uterine bleeding and PCOS among students.
Outcome	Students gained knowledge about the conditions and the importance of maintaining a healthy lifestyle.
No. Of Participants	65

The NSS Unit of Mar Thoma College for Women, Perumbavoor, organized a class on abnormal uterine bleeding and PCOS on 12 March 2026 at 3 PM. The session was handled by Dr. Kumari Varghese, Consultant Gynecologist, who provided valuable insights into the causes, symptoms, and management of these conditions. The program aimed to create awareness among students about common women's health issues and the importance of maintaining a healthy lifestyle.



MTCW
THE TRUTH SHALL MAKE YOU FREE

MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR
(AFFILIATED TO M.G. UNIVERSITY, KOTTAYAM)

NATIONAL SERVICE SCHEME
UNIT NO :57



TOPIC:
ABNORMAL UTERINE BLEEDING AND PCOS

12
MARCH
2026

Dr. KUMARI VARGHESE
M BBS, DGO , MD
CONSULTANT GYNAECOLOGIST

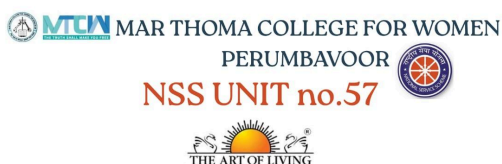
STARTING AT
03:00 PM
@ PG SEMINAR HALL

FORMER ASSOCIATE PROFESSOR OF
GOVT MEDICAL COLLEGE,
KALAMASSERY

3. Youth Special Health and Happiness Workshop:

Programme	Youth Special Health and Happiness Workshop
Organizer	NSS Unit No.:57, MTCW
Associate partner	
Beneficiary	Students
Date and time	25 March 2026, 2:30 PM
Duration	1.5hr
Objective	To teach students stress management and happiness.
Outcome	Students learned to stay calm and positive.
No. Of Participants	50

The NSS Unit of Mar Thoma College for Women, Perumbavoor, organized a Youth Special Health and Happiness Workshop on 25 March 2026 at 2:30 PM. The session was handled by Kripa O. R., an Art of Living volunteer and teacher. The workshop focused on mental well-being, stress management, and techniques for leading a happy and healthy life. The session was interactive and included practical activities that helped students relax and improve their focus.



YOUTH SPECIAL HEALTH & HAPPINESS WORKSHOP

Improves immunity
Reduces stress & anxiety
More enthusiasm & energy
Improved interpersonal skills

Resource Person:

Kripa. O.R

Art of living Volunteer & Teacher

Date: 25/03/2026
Venue: PG Seminar
Hall@2:30 pm

DR.ANUPAMA P
DR.AVANIT
PROGRAMME OFFICERS

PROF. DR.LETHA P CHERIYAN
PRINCIPAL

AARYAMBIKA B .NAIR
ARCHANA P.K
VOLUNTEER SECRETARIES

NSS REPORT- MAY 2026

1. Vimukthi Campaign:

Programme	Vimukthi Campaign
Organizer	Perumbavoor Nagarasabha ward 11
Associate partner	Kerala state excise department; NSS MTCW
Beneficiary	Volunteers
Date and time	31 May 2026, 9:30 AM
Duration	1 hr
Objective	To promote awareness about the dangers of tobacco use.
Outcome	Participants became more aware of the importance of a tobacco-free lifestyle.
No. Of Participants	100

As part of the 'World No Tobacco Day' observance on 31st May, NSS volunteers participated in the Vimukthi Campaign organized in association with the Kerala State Excise Department and Perumbavoor Nagarasabha 11th Ward at Prakruthi Academy at 9:30 a.m. The programme included an awareness class and a rally aimed at educating the public about the harmful effects of tobacco use and promoting a tobacco-free lifestyle. The event was inaugurated by Mr. Manoj Moothedan, MLA, who emphasized the importance of creating awareness among the public, especially the youth, about the dangers of tobacco consumption. The programme successfully spread the message of tobacco prevention and encouraged participants to adopt healthy and responsible lifestyles.



Mar Thoma College for Women
Perumbavoor
National Service Scheme Unit No:57



Vimukthi Campaign

World No Tobacco day
May 31, 2026



Camp's Attended:

1. Pre-RD Camp:
NSS Volunteer **Neha Josh K.** (2nd Year, Integrated Physics) has been selected for the State-level Pre-RD Selection Camp.
2. Special Camp:
NSS 7 day (or Special) Camp 'nirav 2025' was held at Govt. UP School, Kompanad from 23 December 2025 to 29 December 2025.
3. Leadership Camp:
The 2-day Volunteer Secretary Camp held at St Mary's College of Commerce and Management Studies, Thuruthipty was a dynamic experience, equipping participants with essential leadership skills and knowledge.
The camp empowered volunteers became effective leaders, equipped to make a positive impact in their communities.



4. Rotary Club Camp:

Students from the unit attended a 3-day Rotary camp that focused on leadership, teamwork, creativity, and community service. The camp helped participants develop skills, build confidence, and connect with others.

5. Adventure Camp:

The 3-day State Adventure Camp held at Balagram provided participants with an exciting and enriching experience through adventure activities like trekking and rock climbing, along with sessions on leadership and teamwork. It also offered opportunities for cultural interaction and nature exploration. The camp helped build confidence, resilience, and teamwork, creating memorable experiences for all participants

