

Report of activities conducted by NSS Unit  
FMN College

# NSS

Report of activities  
2014



**"NOT ME, BUT YOU".**

NSS UNIT No. 26 A&B

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# **ACTIVITY BANK**

## TREE PLANTATION

“Protect mother nature for future generation”

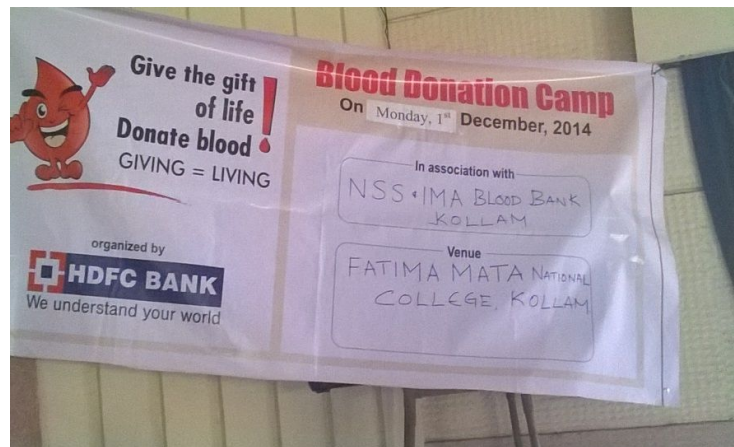
As part of the World Environment Day celebration on 5 June 2014, trees and plants were planted. A seminar was conducted on the preservation of nature and its gifts that we enjoy.



## WORLD BLOOD DONOR DAY

“Spare only 15 minutes and save one life”

World Blood Donor day was observed. A blood donation camp was organized in co-operation with HDFC bank and IMA. More than 200 volunteers donated blood.



## COLLEGE FARM LAND CLEANING

“Cleanliness is Next To Godliness”

The college farm land was cleaned and weeds were removed. As part of our big project a one day camp was organized for this purpose. Volunteers were divided into six groups for this work.



## CAMPAIGN FOR ENROLMENT

“For a New Beginning”

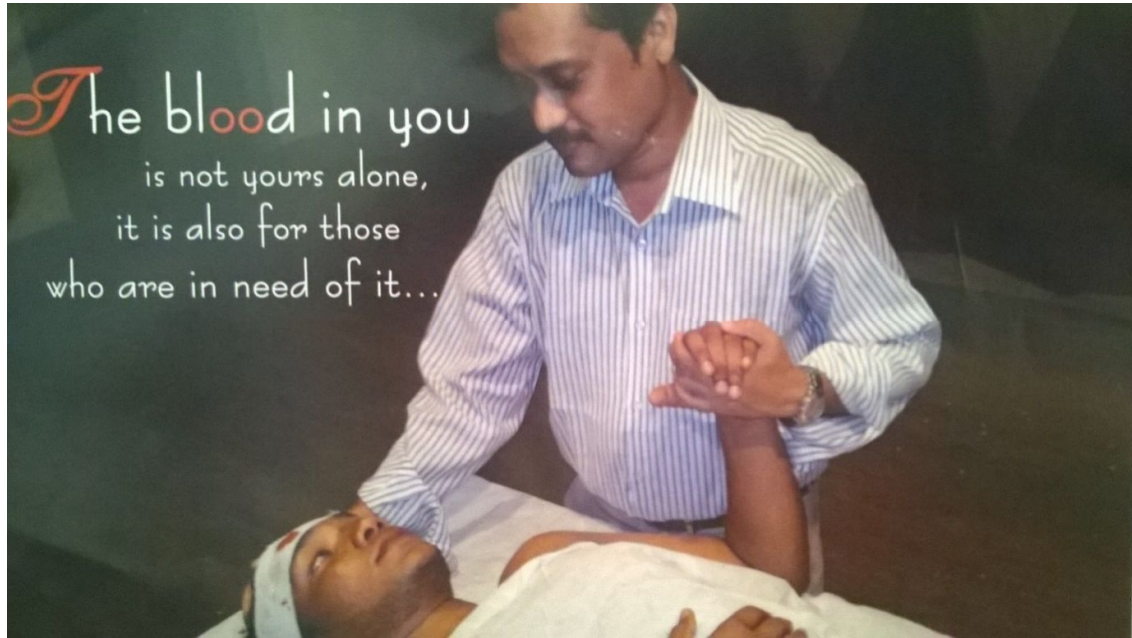
A campaign for the enrolment of first year degree students in NSS was conducted in August. A presentation on the aims of the NSS was made.

## ORIENTATION PROGRAMME

“Unity Is Strength”

Orientation Programme was conducted for the first year students. Dr. Shibu joseph, former Programme officer of FMNC NSS Unit, conducted the class on the “Objectives and Aims of NSS”. NSS volunteer secretary Master George Christy Fernandez shared his experience in NSS for the past few years and selection for the best 200 volunteers was made through different stages of interview.





Best photograph award was given to this photograph of our NSS Unit by District Health Department, during the blood donor day.

## INDEPENDENCE DAY

“BHARAT MATHA KI JAY”

Independence Day was celebrated on 15 August. Dr. Titus, vice principal of FMNC hoisted the flag and addressed the volunteers on the importance of nation building and achieving success in different fields.





## **NSS DAY**

**“NOT ME, BUT YOU”**

NSS day was observed on 24 September. A seminar on “NSS: Campus-Society Interaction” was conducted by Mr. Ignatius. J, the participants were divided into groups and the group leaders presented their topics.

## **GANDHI JAYANTI**

**“Be the change that you wish to see in the world.”**

Gandhi Jayanti was observed on 2 October. An essay completion was conducted for NSS volunteers. This was followed by a campus cleaning drive in which all the volunteers participated earnestly. The result was a clean campus.



### KERALA STATE FORMATION DAY

#### *“Syama Sundara Kera Kedara Bhoomi”*

Kerala State Formation Day was observed on 1 November. Mr. George Aloysius, Assistant Professor, Dept. of Malayalam, FMNC Kollam presented a seminar on “Madhuram Malayalam.”

### STRESS MANAGEMENT

“I have never known any distress that an hour’s reading did not relieve.”

A seminar on the topic “Stress Management and Mental Health for Youth” was conducted in collaboration with health center, university of Kerala. Mr. Najimudheen, Health Information Officer, University of Kerala held a session of counseling.

### WORLD AIDS DAY

“It’s not the years in your life that count, it’s the life in your years “



The volunteers of FMNC NSS units participated in the AIDS awareness rally organized by the Kollam district Health Department on 30 November 2013. The volunteers held placards with relevant AIDS awareness slogans. The FMNC team was selected as the best participating team in the rally.



### INTERNATIONAL VOLUNTEERS' DAY

“Do One Thing for a better world. Together we make a world of difference.”



International Volunteers' Day was observed on 5 December. Vice principal, FMNC, presented a seminar on "The Importance of Volunteerism".

### **CHARITY FUND ALLOCATION**

**"A helping hand".**

A fund of two thousand rupees was collected by NSS volunteers for helping a patient for his kidney transplant operation on 11 January 2013.

### **NSS MEGA CAMP 2013**

NSS volunteers from the college George Christy Fernandez and Bhagyalekshmi attended the twelve day NSS Mega Camp 2013 held at Tejpur University, Tejpur, Assam from 13 to 24 December 2013.



## SPECIAL CAMPING PROGRAMME

As part of NSS activities every year NSS conducts special camp Programme to develop the skills of its volunteers. In accordance with this FMNC NSS unit conducted a special camp in which around a hundred volunteers participated. Emergency management, fire engine demonstration, vegetable saplings distribution in the locality and personality development classes were conducted in the camp.





## VEGETABLE CULTIVATION PROJECT

“Drive nation to be self-sufficient and to have good and healthy food”

A project submitted by the college NSS unit to Krishi Bhavan, Kollam was sanctioned. Four sites were identified for vegetable cultivation. The volunteers started preparing the ground for cultivation. Seeds were sown in trays and seedlings prepared and replanted later. The ground preparation and plantation process lasted for two months. The volunteers were divided into ten groups and watering works were assigned to each group. Fertilization, application of pesticides and manure, fencing, net supporting etc. was also done.



## TEENS CLUB INAUGURATION



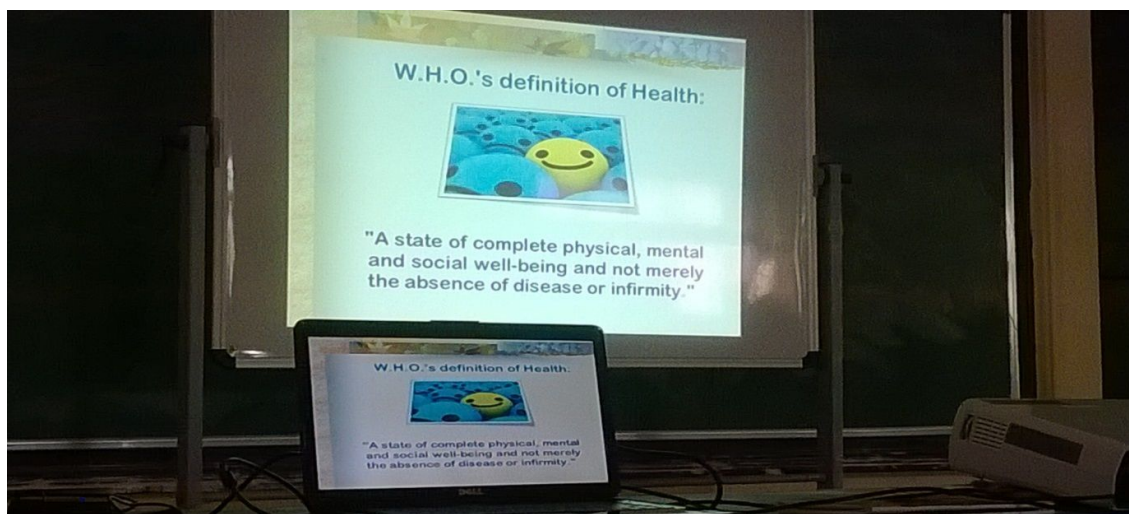
## TEENS CLUB SEMINAR

### “Health Awareness to Teens”

As part of the teens club activities a seminar was conducted on the topic “AROGYAKERALAM”. Topics related to teen’s problems and the solutions to overcome it were discussed.







## TEENS CLUB CHECKING BODY MASS INDEX

As part of teens club activities body mass index of NSS volunteers were taken in order to check if they are in a healthy condition. Teachers too took part in this activity which had a wide appreciation from the college.





## FIELD VISIT BY AGRICULTURAL OFFICERS

Agricultural officers from Kollam Krishi Bhavan visited the FMNC vegetable farm sites on 24 January 2014. They gave suggestions to improve cultivation.



## NATIONAL VOTERS DAY

“Vote is Our Right”

NSS volunteers participated in the awareness Programme on enrolling to voters list on 25 January at Bishop Stanley Roman Hall, FMNC. The Kollam district Collector addressed the gathering and the first list of voters Id was distributed in the college.

## REPUBLIC DAY

“Freedom is My Birth Right and I Shall Have It”

NSS volunteers actively participated in the Republic Day celebrations arranged by the college on 26 January. The vice principal of our college hoisted the flag; the NSS volunteers saluted the National Flag and recited the National Anthem. Sweets were distributed to the volunteers after the National Anthem. Prof. Gopakumar, Member, Former Students Association gave Republic Day message to the volunteers.

## CANCER AWARENESS EXHIBITION

“Unite together to spread the message of love and care”

An exhibition on cancer awareness was conducted on the college premises on 4 February 2014. Information on throat cancer, breast cancer, lung cancer, abdominal cancers etc. were displayed in charts. The students of the college enthusiastically responded to the exhibition.



## VISIT TO POOR -HOME

“Love the poor and the destitute”

NSS unit of FMNC visits the nearby poor-home every year in December to distribute the articles collected by the contribution of every NSS volunteer to the poor fathers, mothers, sisters, and brothers as a gift of Christmas and celebrates the occasion with them.





**WORLD HOSPICE & PALLIATIVE CARE**

**“WHO CARES? WE DO!”**

With the joint co-operation of University of Kerala, NSS, Student Police Cadet, and Students for Palliative Care, the NSS unit of our college attended the WALKATHON 2014 organized on 15 October 2014 to spread the message “WHO CARES? WE DO!” ‘Care Endosulfan Victims’ in honour of World Hospice and Palliative Care Day.







## LEADERSHIP CAMP

Volunteer secretary George Christy Fernandez and two of the volunteers from the college attended the three day NSS Leadership Training Camp held at Students Centre in PMG, Trivandrum.



## NSS MEGA CAMP AT ASSAM



Mr George Christy with Mr S.K.Sawhney and Mr Mihir K Chawdary



George Christy Fernandez presenting group discussion report on the topic Malnutrition in India.







## NSS VEGETABLE GARDEN PROJECT

As part of NSS special project, with the joint co-operation of Krishi Bhavan NSS vegetable gardens were set up in 6 houses in the locality by NSS volunteers . Grow-bags and Saplings were provided by the unit free of cost and maintenance tips were given to the house owners.







# HAND WRITTEN MAGAZINE

## “The work of art”

Every year the NSS uit of the college prepares *Hand Written Magazine* to create and innovate the imaginative and artistic skills of the volunteers. A magazine named “ORUMA” was prepared by the NSS volunteers.

