

### Major Activities of the Year 2020-21

Sl. No.	Name of the Activity	Date
1	PLANTING TREES AT HOME	18/04/2020
2	YOUTUBE CHANNEL FOR NSS UNIT	21/04/2020
3	IGOT TRAINING	21/04/2020
4	INTERNATIONAL EARTH DAY	22/04/2020
5	QUARANTINE QUIZ COMPETITION	30/04/2020
6	PLANT A LIFE CHALLENGE	10/05/2020 to 05/06//2020
7	INTERNATIONAL NURSES DAY	12/05/2020
8	HARITHALAYAM	05/06/2020
9	INTERNATIONAL OCEAN DAY	08/06/2020
10	ANTI DRUG DAY	26/06/2020
11	GLOBAL FORGIVENESS DAY	07/07/2020
12	NELSON MANDELA DAY	18/07/2020
13	KARGIL VIJAY DIWAS	26/07/2020
14	ESSAY WRITING COMPETITION	27/07/2020
15	QUIZ ON NATURE CONSERVATION DAY	27/07/2020
16	BREAST FEEDING WEEK	07/08/2020
17	SHORT STORY WRITING COMPETITION	09/08/2020
18	INDEPENDENCE DAY	15/08/2020
19	TEACHERS' DAY LIVE INTERACTIVE SESSION	05/09/2020
20	OZONE DAY	16/09/2020
21	INTERNATIONAL PEACE DAY	21/09/2020
22	NSS DAY	24/09/2020
23	NATIONAL BLOOD DONATION DAY WEBINAR	01/10/2020
24	GANDHI JAYANTI	02/10/2020
25	AIRFORCE DAY	08/10/2020

26	POSTAL DAY	09/10/2020
27	ONLINE TRAINING ON INTERNATIONAL GIRL CHILD DAY	11/10/2020
28	DISASTER MANAGEMENT TRAINING	13/10/2020
29	WORLD STUDENT'S DAY	15/10/2020
30	WORLD FOOD DAY	16/10/2020
31	ESSAY WRITING COMPETITION & UNITY PLEDGE	31/10/2020
32	KERALA PIRAVI CELEBRATIONS	01/11/2020
33	TALKING HAND CAMPAIGN	07/11/2020
34	QUIZ COMPETITION	14/11/2020
35	CHILDREN'S DAY SPECIAL DEBATE	14/11/2020
36	NATIONAL DIABETES DAY	14/11/2020
37	DISTRICT LEVEL WEBINAR	21/11/2020
38	CONSTITUTION DAY	26/11/2020
39	ONLINE ANUSMARANAYOGAM	29/11/2020
40	STATE LEVEL WEBIAL ON SKILL DEVELOPMENT	30/11/2020
41	AIDS DAY	01/12/2020
42	YOUTH FOR DEVELOPMENT	02/12/2020 to 09/12/2020
43	INTERNATIONAL VOLUNTEER'S DAY	05/12/2020
44	ANTI-CORRUPTION DAY	09/12/2020
45	WORLD HUMAN RIGHTS DAY WEBINAR	10/12/2020
46	NSS ENROLLMENT MEETING	17/12/2020 to 23/12/2020
47	ORIENTATION PROGRAMME FOR NSS VOLUNTEERS	23/12/2020
48	KARMANI : ANNUAL SEVEN DAY CAMP	24/12/2020 to 30/12/2020
49	NATIONAL YOUTH DAY : KARUTHAL BLOOD DONOR'S DIRECTORY	12/01/2021
50	NATIONAL YOUTH DAY : MOTIVATIONAL SESSION	12/01/2021

51	DEEKSHA “LIBRARY DONATION”	12/01/2021
52	SVEEP : ALAPPUZHA DISTRICT VOTER’S ENROLLMENT PROGRAMME	14/01/2021
53	WEBINAR ON MENTAL HEALTH AND PRE-MARITAL COUNSELLING	15/01/2021
54	TRAFFIC AWARENESS WEEK	16/01/2021
55	MAKING OF COLLEGE GARDEN	22/01/2021
56	REPUBLIC DAY CELEBRATIONS	26/01/2021
57	LIVE INTERACTIVE SESSION WITH COLONEL S DINNY	26/01/2021
58	JAL SHAKTHI ABHIYAN : CATCH THE RAIN	30/01/2021
59	WE CAN(CER) BEAT THIS	04/02/2021
60	VOTERS FOR NATION, MASK FOR LIFE : VOTING AND VOTERS AWARENESS CAMPAIGN	11/02/2021
61	DENTAL MEDICAL CAMP	12/02/2021
62	BETTER FOR BALANCE : DEBATE COMPETITION	13/02/2021
63	WORLD MOTHER TONGUE DAY CELEBRATIONS	21/02/2021
64	BIG SCIENCE : ONLINE QUIZ COMPETITION	01/03/2021
65	CARE AND CURE : PALLIATIVE CARE AWARENESS CLASS	03/03/2021
66	WHEELCHAIR DONATION	03/03/2021
67	MEDICAL KITS DONATION	03/03/2021
68	INSTALLATION OF HANDMADE FOOT OPERATED SANITIZERS	06/03/2021
69	PASSIONATE : WOMEN’S DAY CELEBRATIONS	08/03/2021
70	PLEDGE FOR 2021 ELECTION	08/03/2021
71	WORLD FOREST DAY CELEBRATIONS	21/03/2021
72	VOTING MACHINE LIVE DEMO	22/03/2021
73	BLOOD DONATION CAMP	23/03/2021

# ACTIVITY REPORT OF THE ACADEMIC YEAR 2020-2021

## Activities under Student Palliative Care Initiative

### 01. Care and Cure : Palliative Care Awareness Class (03 March 2021)

NSS unit of S. D. College, Alappuzha conducted a Palliative care awareness class named "Care and Cure" on 3rd March 2021. As part of the programme, awareness classes were taken by Sr. Shafeek (Palliative care activist) on Palliative care, Sri. Abdul Azeez (Chief member and Trainer of Pallium India, Alappuzha) on Communication and Sri. Lalichan Joseph (Palliative care activist) on home care. NSS Volunteers interacted with the resource persons.



### 02. Wheelchair Donation (03 March 2021)

NSS Unit of S. D. College, Alappuzha donated a wheelchair to a needy person in our adopted village on 3rd March 2021.

- Assets Created : 8500 Rs



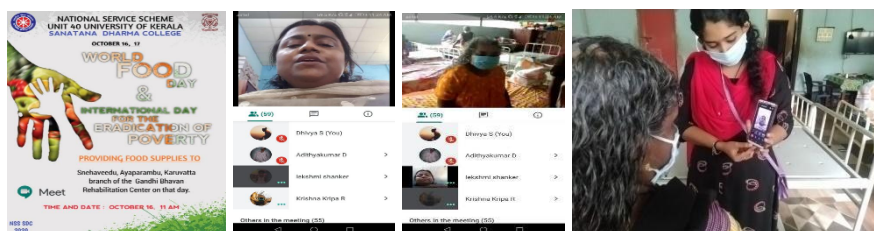
### 03. Medical Kits Donation (03 March 2021)

NSS Unit of S. D. College, Alappuzha donated four Medical kits and a dialyzer to Pallium India for distribution among the deserved community on 3rd March 2021.

- Assets Created : 5000 Rs



### 04. World Food Day (16 October 2020)



As a part of the observance of World Food Day, NSS unit of S. D. College donated food supplies to the Old age home "Snehavedu" and spent some beautiful moments with the residents. Nearly 20 NSS Volunteers visited the place obeying the covid 19 protocols and all others including the programme officers joined online through Google meet.

## MEDICAL CAMPS

### 05. National Blood Donation Day Webinar (01 October 2020)

5 Volunteers from NSS unit, S.D. College participated in a university level webinar on the national Blood donation Day via Zoom application.

### 06. Dental Medical Camp (12 February 2021)

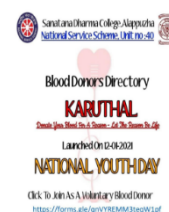


NSS unit of S. D. College, Alappuzha organised a Dental medical camp in association with the Health club of S. D. College, Alappuzha on 12th February 2021. The Dental medical camp was inaugurated by Dr. P. R. Unnikrishna Pillai (Principal, S. D. College, Alappuzha). A team of four doctors from Government Medical College, Kottayam led the camp.

## BLOOD DONATION

### 07. National Youth Day : Karuthal Blood Donor's Directory (12 January 2021)

NSS unit of S. D. College, Alappuzha took an initiative to help people by providing blood donors at times of emergency. On the occasion of National Youth day, a blood directory named 'KARUTHAL' was inaugurated via Microsoft teams by Sri. Justin P Jose and NSS Programme Officer Dr S. Lekshmi.



### 08. Blood Donation Camp (23 March 2021)

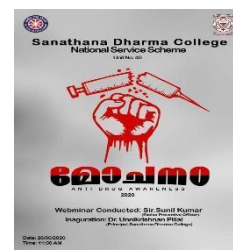
NSS Volunteers of S. D. College, Alappuzha participated in the Blood donation camp at Vandanam MCH Alappuzha. More than 10 Volunteers donated blood.



## Activities under Vimukti Initiative

### 09. Anti Drug Day (26 June 2020)

NSS unit of S. D. College, Alappuzha conducted a webinar in connection with the Anti-Drug Day. The session was led by Excise Preventive Officer Sri. Sunil Kumar.



### 10. Harithalayam (05 June 2020)

Harithalayam College Level Inauguration was held on 5th June 2020 under the auspices of S. D. College NSS Unit. S. D. College Principal Dr. P.R. Unnikrishna Pillai inaugurated the tree planting project. College Vice Principal Dr. T.R. Anilkumar and NSS Programme Officers Dr. J. Veena and Dr. S. Lekshmi were present on the occasion. Fifty NSS volunteers participated in the event.



### 11. Making of College Garden (22 January 2021)

NSS unit of S. D. College, Alappuzha along with the PG & Research Botany Department of college cleaned the campus and created a garden.



### 12. KARMANI : ANNUAL SEVEN DAY CAMP

**University of Kerala**

**National Service Scheme**

**SANATANA DHARMA COLLEGE, ALAPPUZHA**

S D College, National Service Scheme unit organized the Annual Seven day camp 'KARMANI' through the online platform Microsoft Teams. Every day the camp began with morning assembly at 7 am.

Classes and interactive sessions of various resource persons from different streams made the camp vibrant. Mental awareness for students during lockdown and COVID awareness were mainly focused on the theme 'Youth for prevention and Mitigation of COVID'.

Day 1: The Annual Camp was inaugurated by Sri Aliyaar Makkeyil (President, Library council Alappuzha District, Savvak State President). Following this Sri Harikumar Valeth (Writer, Broadcaster of Akashvani and Doordarshan) took a wonderful session on the topic "Krishi punarjaniyudemukulangal". Cultural programmes were conducted and camp rules were discussed by around 8 pm.

Day 2: The day began with "Health and Yoga" by Arun Chandran (Heartfulness trainer). Thereafter Fr. Bejoy Arakkal gave the Christmas greetings. Then a class was conducted by Sri B Bijukumar (National awardee for best program officer NSS) on the topic "Kalalayavum SamuhikabBandhagalum". Cultural programmes and camp review concluded the day.

Day 3: The day began with the Health and Yoga class by Arun Chandran sir. Following this a session by Sri Toms Antony (Motivational speaker, Mentor & Human resource trainer) about "Excel in everything you do". Later a skill development program on making paper covers, cloth bags and masks was organised. The day ended with cultural programmes and camp review.

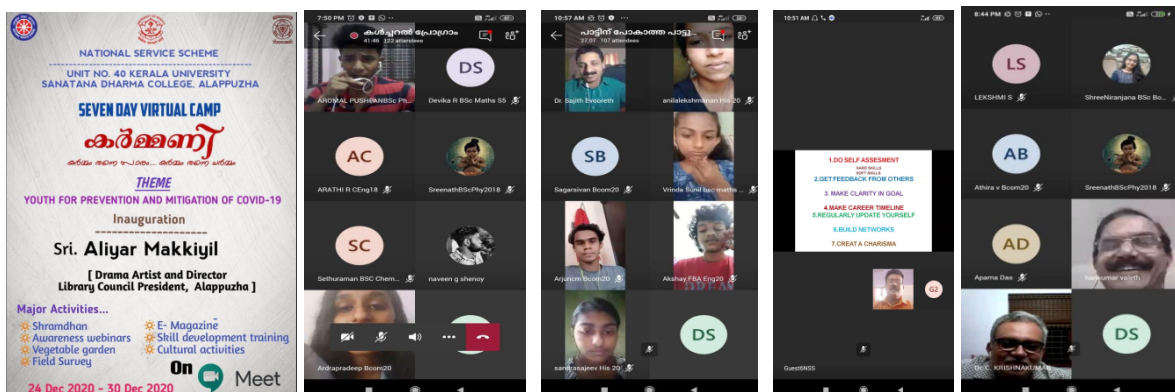
Day 4: As usual, Sri Arun Chandran took "Health and Yoga" class. Then a mental awareness session by Dr. Jithoy PK (Mental awareness councillor) on "Online Vidyabhyabhyasavum, Samuhya Bodhavum, Yuvamanasum". Later a covid awareness class by Dr. Parvathi S (General physician, Ayurveda) "Covid AvabodhamAyurvedathiloode" was also conducted. The day concluded with cultural programmes and camp review.

Day 5: Shramadan,Field Survey, Vegetable garden at homes, cultural activities and camp review.

Day 6: The day began with Meditation and yoga session by Arun Chandran sir and then a class was taken by Dr. Sajith Evooreth (Assistant Professor, Malayalam department, SD College) on "Pattinu Pokatha Pattukal". There after a class on culture and language by Dr.Sanjayan. P (Professor, Hindi department, S D College) "Bhasha Arivu Samuham" was conducted. Later Covid-19 experience reports were presented by volunteers. Cultural events and camp review concluded the day.

Day 7: Valedictory function

Chief guest Sri. P .Krishnakumar (Manager, S D College). E-magazine was released by Dr. S Lekshmi (Program officer, NSS SDC). Sri.Vayalar Sarath Chandra Varma (famous writer) conveyed his greetings to the NSS unit through a video. More than 140 Volunteers participated in the camp.





## Major Regular Activities

### 13. Quarantine Quiz Competition (30 April 2020)

During the period of Lockdown, NSS unit of S. D. College, Alappuzha conducted a college level Quiz Competition through online mode.

### 14. Planting Trees at Home (18 April 2020)

NSS Volunteers of S. D. College, Alappuzha planted vegetables at their homes to make 'Adukkalathottam' on 18th April 2020.



### 15. YouTube Channel for NSS Unit (21 April 2020)

NSS unit of S. D. College, Alappuzha created a new YouTube channel for the promotion of NSS activities of the unit on 21st April 2020.

YouTube Channel : <https://www.youtube.com/channel/UC2IbinrLaLEXaMRLLSu4p-g>

### 16. IGOT Training (21 April 2020)

NSS Volunteers of S. D. College, Alappuzha attended Covid 19 courses training using iGot website. More than 100 volunteers attended the training programme.

### 17. International Earth Day (22 April 2020)

NSS Volunteers of S. D. College, Alappuzha collected plastic wastes and handed them over to the Alappuzha Municipality on 22nd April 2020. Due to the pandemic situation, NSS Volunteers collected wastes from their own homes and nearby areas.





## 18. Plant a Life Challenge (10 May 2020 - 05 June 2020)

An NGO named 'Expectation Walkers' took an initiative to plant 1000 plants throughout Kerala so they made a collaboration with NSS units in Kerala. As a part of that S .D. College NSS unit also accepted the challenge and on June 5, 2020 our NSS unit planted 200+ plants.



## 19. International Nurses Day (12 May 2020)

As an observance of International Nurses day, the NSS unit of SD College thanked nurses for helping us in the Covid pandemic situation. We made a tribute video and uploaded it in our Youtube Channel

## 20. International Ocean Day (08 June 2020)

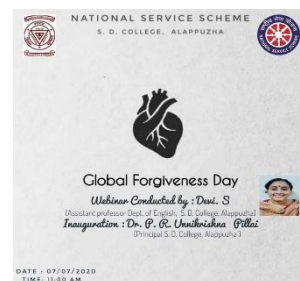
Alappuzha S. D. College NSS unit celebrated World Ocean Day. Volunteers made handicrafts at their homes promoting recycling of plastic and uploaded the videos on the S. D. College NSS unit's YouTube channel. The video also raises issues regarding marine pollution and the importance of oceans.

- YouTube Video : <https://youtu.be/b6YMrNiHOYg>



## 21. Global Forgiveness Day (07 July 2020)

A webinar was organised by Alappuzha S. D. College NSS Unit on 7th July 2020 at 11 am in connection with the Forgiveness Day. S. D. College Principal Dr. PR Unnikrishna Pillai inaugurated the function. NSS Program Officer Dr. J. Veena welcomed the gathering. Devi Ma'am (Assistant Professor, S. D. College English Department) was the resource person. More than Fifty Volunteers attended the webinar.



## 22. Nelson Mandela Day (18 July 2020)

The NSS unit of our college conducted a college level speech competition on the birth anniversary of one of the world's greatest leaders Nelson Mandela.

### 23. Kargil Vijay Diwas (26 July 2020)

NSS unit of our college brought out a documentary film, and also took an interview of the family of Captain Jerry Premraj, who was martyred during the Kargil war. Volunteers lighted candles and paid homage to martyred soldiers.

### 24. Essay Writing Competition (27 July 2020)

The NSS unit of S. D. College conducted an Essay writing competition on the event of death anniversary of the Missile Man of India, Dr.A. P. J. Abdul Kalam



### 25. Quiz on Nature Conservation Day (27 July /2020)

The NSS Unit of S. D. College conducted a college level quiz competition on Nature Conservation Day. Many students participated in the competition.

### 26. Breast Feeding Week (07 August 2020)

The NSS Unit of S. D. College conducted a webinar on Breast Feeding Week. The class gave awareness on the importance of breastfeeding and the essential things to know regarding breastfeeding. The class was led by Dr. Carol , Asst. Professor, T. D. Medical College, Alappuzha.

### 27. Short Story Writing Competition on Nagasaki Day (09 August 2020)

The NSS unit of S. D. College, Alappuzha conducted a college level short story writing competition on the theme of 'Hiroshima and Nagasaki atom bomb attacks'.

### 28. Independence Day (15 August 2020)

The NSS unit of S. D. College, Alappuzha conducted a patriotic song competition on the Independence day. The competition was for college students and the winners were awarded with cash prizes.



### 29. Teachers' Day Live Interactive Session (05 September 2020)

A live interactive session with teachers was organised on 5th September 2020 on the occasion of Teachers' Day under the auspices of Alappuzha S. D. College NSS Unit. Seventy volunteers participated in the programme.



### 30. Ozone Day (16 September 2020)

More than 30 volunteers of NSS SDC took part in the ozone day observance by planting trees and making placards with slogans hailing conservation of the ozone layer.



### 31. International Peace Day (21 September 2020)

A video on the Nobel Peace Prize winners was uploaded in the Youtube channel as a part of the observance of the International Peace Day on 21 September 2020.

### 32. NSS Day (24 September 2020)

On the occasion of the 24th NSS Day on 24 September 2020, a live interactive session titled 'Sakarmam' was organised by the S. D. College, Alappuzha on the same day from 2 pm to 3 pm. The session was led by poet, folk song researcher and teacher Mr. Punnappa Jyothikumar. Program Officer Dr. S. Lakshmi welcomed the gathering. The program was presided over by Dr. J. Veena, NSS Program Officer. More than Seventy volunteers participated in the event.

### 33. Gandhi Jayanti (02 October 2020)

An Inter Collegiate Quiz Competition "Dhishana 2020" was organised on 2 October 2020 on the occasion of Gandhi Jayanti under the auspices of S. D. College NSS Unit. NSS Program Officer Dr. J. Veena and Dr. S. Lakshmi spoke during the occasion. Prizes were distributed to the winners of the competition. About 50 volunteers participated in the event.

### **34. Airforce Day (08 October 2020)**

An interactive session was organised on 8th October 2020 on the occasion of Indian Air Force Day under the auspices of S. D. College NSS Unit. Air Force Officer Vishnu J. Pillai delivered the keynote address. The NSS Program Officer Dr. J. Veena presided over the function. NSS Program Officer Dr. S. Lakshmi welcomed the gathering and Second Year Volunteer Altaf proposed a vote of thanks. Seventy volunteers attended the event.

### **35. Postal Day (09 October 2020)**

The NSS Volunteers and Program Officers of S. D. College, Alappuzha sent 68 letters to the Head Post Master of Alappuzha Post Office (the first post office in Kerala) on the occasion of the 68th Postal Day on 9 October 2020.



### **36. Online Training on International Girl Child Day (11 October 2020)**

An online training program was conducted by S. D. College NSS unit as part of the International Girl Child Day on 11th October 2020. More than 190 students attended the programme.

### **37. Disaster Management Training (13 October 2020)**

Volunteers from our NSS unit (Fathima, Layana Haridas and Simi Xavier) participated in the Disaster Management Training.

### **38. World Student's Day (15 October 2020)**

As a part of the observance of the World student's day, our college NSS Unit conducted a special interactive session. The Resource Person of the Interactive session was Lieutenant colonel Hemanth Raj (Chief security officer of Sir A.P.J. Abdul Kalam). The session was inaugurated by the college principal Dr. P.R. Unnikrishna Pillai. Programme officers Dr. Veena.J and Dr. Lekshmi.S and other volunteers participated in the session.



### 39. Kerala Piravi Celebrations ( 1 November 2020)

As part of the Kerala Piravi celebrations, our unit conducted a program “Haritha Vandhanam”, a special interactive programme with the farmers. The special guest of the program was T. Sreekumar (Civil Police Officer). The volunteers also planted tree saplings to commemorate the day.



### 40. Essay Writing Competition & Unity Pledge (31 October 2020)

On the observance of National Unity day, an essay writing competition was organised on the topic ‘Perpetual Unity in Social Instability and Stability’. Also, Unity pledge taken by the Volunteers.



### 41. Talking Hand Campaign (7 November 2020)

On the observance of National Cancer Awareness Day, volunteers started a campaign called Talking Hand Campaign to convey awareness through positive words to support the fight against cancer.

### 42. Quiz Competition (14 November 2020)

On the observance of Children’s day our NSS Unit conducted a Quiz competition for school students to enhance their knowledge.

### 43. Children's Day Special Debate (14 November 2020)

A special debate competition was conducted for volunteers based on the theme “Children Facing Extreme Violence”.



### 44. National Diabetes Day (14 November 2020)

A class on the topic ‘Diabetes control and Health Care’ was conducted as part of the observance of National diabetes day. The class was led by Homoeopathic Dr. Athira. K. M.



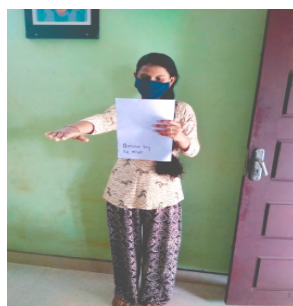
### 45. District Level Webinar on Pre Marital Counselling (21 November 2020)

Kerala University National Service Scheme and Kerala State Women's Commission jointly organised a district level seminar on Premarital Counselling. The program was inaugurated by the honourable Kerala State Women's Commission chairperson Mrs. M C Josephine. Dr. M Basheer, and Advocate M.S. Tara led the classes. Dr. J. Veena expressed vote of thanks. 10 volunteers participated in the programme.



### 46. Constitution Day (26 November 2020)

NSS volunteers of S. D. College Alappuzha conducted a preamble reading on the occasion of Constitution Day.



#### **47. Online Anusmaranayogam (29 November 2020)**

S. D. College NSS Volunteers participated in the meeting convened on behalf of the death anniversary of Suresh (PSC Member) as part of which a blood donation campaign was also organised. 5 volunteers from S. D. College participated in the same.

#### **48. State Level Webinar on Skill Development (30/11/2020)**

GVHSS Cheriazheekal Kollam invited us to participate on a Webinar on topic "AQUAPONICS". More than 10 volunteers from SD College participated in the programme.

#### **49. AIDS Day (01 December 2020)**

As a part of Aids Day our college NSS Unit conducted an online cartoon drawing competition for school students.

#### **50. Youth for Development (02 December 2020 to 09 December 2020)**

National service scheme, Kerala University and Nehru Yuva Kendra jointly conducted a webinar series "Youth for development". The program was held at S. D. college and NSS volunteer Lekshmi participated in the webinar series.

#### **51. International Volunteer's Day (05 December 2020)**

In connection with the International volunteer's day Alappuzha S. D. college NSS unit conducted an interactive session with ex-volunteers. 60 volunteers participated in the event.

#### **52. Anti-corruption Day (9 December 2020)**

Joint action Council KSPCB, Engineers Federation of KWA, S. D. College, SBCE, SCT College of engineering jointly organised an online training program on Anti-corruption day. The session was led by International Corporate trainer and consultant Benny Kurian on the topic "Professional ethics".

#### **53. World Human Rights Day Webinar (10 December 2020)**

In connection with the World Human Rights Day, S. D. College NSS unit conducted a webinar. Sri Vishnu (Faculty of History department) led the session. 71 volunteers participated in the programme.

**54. NSS Enrollment Meeting (17 December 2020 and 23 December 2020)**

S. D. College NSS unit conducted an enrolment programme for the first year students of our college on 17 and 23 December 2020. Enrollment was done on the basis of certain criteria. Programme was organised under the supervision of NSS PO Dr. S Lekshmi and Dr J Veena. 100 students got enrolled.



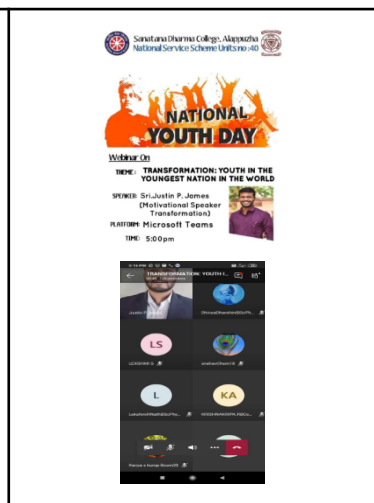
**55. Orientation Programme for NSS Volunteers (23 December 2020)**



NSS unit of S. D. College, Alappuzha conducted an orientation programme for the National Service Scheme volunteers on 23rd December 2022. The orientation programme was inaugurated by Dr. P. R. Unnikrishna Pillai (Principal, S.D. College, Alappuzha). The sessions were taken by Dr. J. Veena (Former NSS Programme Officer) and Sri. Punnappa Jyothikumar (Poet, Teacher and Folklore Artist).

**56. National Youth Day : Motivational Session (12 January 2022)**

NSS unit of S. D. College, Alappuzha organised a motivational session on the topic "Transformation : Youth in the Youngest Nation in the World" by Mr. Justin P. James in connection with the National youth day via Microsoft teams on 12th January 2021. He motivated the volunteers and led the session in a good way.



**57. Deeksha : Library Shelves & Books Donation (12 January 2021)**



S. D. College NSS Unit conducted a programme named 'Deeksha' on the occasion of the Youth day on 12 January 2021. NSS Volunteers donated a bookshelf and library books to the students of Govt LP School Kalarcode.

- Assets Created : 20000 Rs



## 58. SVEEP : Alappuzha District Voter's Enrollment Programme (14 January 2021)



NSS Volunteers of S. D. College, Alappuzha actively participated in the Voter's enrollment programme of Alappuzha district organised in connection with the Kerala Legislative Assembly Election 2021. It was conducted by Alappuzha district administration under the SVEEP plan of Election Commission of India on 14th January 2021. Sri. A. Alexander IAS (District collector of Alappuzha) inaugurated the ceremony. The programme aimed at spreading voter awareness and promoting voter literacy in India. NSS Volunteers encouraged students to vote and make an informed decision during elections.

## 59. Webinar on Mental Health and Pre-marital Counselling (15 January 2021)

NSS Volunteers actively participated in the webinar on the topic "Mental health and Pre-marital counselling" conducted by the Kerala Women's Commission in association with the NSS unit of S. D. College, Alappuzha via Microsoft teams on 15th January 2021. The programme was inaugurated by Adv. M. S. Thara (Member, Kerala Women's Commission) and class was taken by Dr. M. M. Basheer (Retired DMO). The session was helpful to improve communication and break the mental stigma that leaves so many people suffering in secret.



## 60. Traffic Awareness Week (16 January 2021)

As part of the Traffic Awareness Week, S. D. College NSS unit along with Cherthala Traffic Police spread awareness about traffic rules on 16 January 2021. It was done complying with all Covid standards.



### 61. Republic Day Celebrations (26 January 2021)

The NSS unit of S. D. College Alappuzha organised the 72th Republic Day celebrations in compliance with all the covid norms. S. D. College Principal Dr. P R. Unnikrishna Pillai hoisted the flag. The College Vice Principal Dr. T. R. Anil Kumar and NSS Program Officer Dr. S. Lakshmi interacted with the volunteers. NSS welcomed the English department's Asst. Professor Neetha Prasad to the NSS family as a new Program Officer. We then honoured Shri Michael (College Gardner) for his years of selfless service. About 70 volunteers participated in the flag hoisting ceremony through online mode. NSS Volunteer Swetha gave Republic Day message to everyone. After the ceremony, NSS Volunteers cleaned the College Garden. About 40 volunteers participated in the same.



### 62. Live Interactive Session with Colonel S Dinny (26 January 2021)

NSS unit of S. D. College, Alappuzha conducted a live interactive session with Colonel S Dinny (Indian Army Infantry [Rajput Regiment] Officer) via Microsoft teams on 26th January 2021. He shared inspirational stories about service in the Indian Army and interacted with the volunteers.



### 63. Jal Shakthi Abhiyan : Catch the Rain (30 January 2021)



NSS Volunteers of S. D. College, Alappuzha actively participated in the webinar on "Jal Shakti Abhayan : Catch the Rain" organised by the Nehru Yuva Kendra, Alappuzha via Google meet in connection with the Martyr's day on 30th January 2021. The programme was inaugurated by Sri. C. R. Neelakandan (Environmental Activist) and the session was taken by Sri. Rajesh Ponnala (State Coordinator of Youth Red Cross).

#### 64. We CAN(CER) Beat This (04 February 2021)

Alappuzha S. D. College NSS unit conducted an awareness campaign called "We CAN(CER) Beat These". It was launched online on February 4, 2021 on World Cancer Day, in compliance with all Covid standards. As part of the awareness campaign, NSS volunteers prepared many art works. About 40 volunteers took part in the campaign.



#### 65. Voters for Nation, Mask for Life : Voting & Voters Awareness Campaign (11 February 2021)

NSS Volunteers of S. D. College, Alappuzha actively participated in the awareness campaign named "Voters for Nation, Mask for Life" organised in connection with the Kerala Legislative Assembly Election 2021 by the Alappuzha district administration, SVEEP and CSO on 11th February 2021. Sri. A. Alexander IAS (District Collector of Alappuzha) inaugurated the ceremony. Masks were distributed as part of this programme. After that, the NSS volunteers cleaned the college campus.



#### 66. BETTER FOR BALANCE : Debate Competition (13 February 2021)

NSS unit of S. D. College, Alappuzha conducted an online debate competition named "Better for Balance" via Microsoft teams in connection with the National Women's day on 13th February 2021. NSS Volunteers Devipriya and Aditya Kumar D mediated the debate competition.



### **67. World Mother Tongue Day Celebrations(21/02/2021)**

NSS unit of S. D. College, Alappuzha conducted an Essay writing competition named "Malayala Mozhi" on the topic 'Folklore and Culture' in connection with the World Mother Tongue day celebrations on 21st February 2021.

### **68. Big Science : Online Quiz Competition (01 March 2021)**

NSS unit of S. D. College, Alappuzha conducted an online quiz programme named "Big Science" via Google forms in connection with the World science day on 1st March 2021.

### **69. Installation of Handmade Foot Operated Sanitizers (06 March 2021)**

An improvised foot operated hand wash system made by Sannadha Sena STAR Cell of S. D. College in collaboration with SDC NCC and SDC NSS Units was inaugurated in the presence of Alappuzha Sub-Collector Smt S. Ilakya IAS and Sri. Malin.



### **70. Passionate : Women's Day Celebrations (08 March 2021)**

SD College NSS unit honoured Smt. Soumya Raj, Alappuzha Municipality Chairperson as part of the Women's Day celebration on 08 March 2021.



### 71. Pledge for 2021 Election (08 March 2021)

On 8th March 2021 S. D. College NSS Volunteers took a pledge in the event of the upcoming Election (2021 Kerala Legislative Assembly Election) on the theme “MY VOTE MY RIGHT” based on the instructions from SVEEP.



### 72. World Forest Day Celebrations (21 March 2021)

NSS volunteers actively participated in the Forest day celebrations conducted by the NSS unit of S. D. College, Alappuzha in association with the Forest Department of Kerala (Community afforestation section, Alappuzha district) on 21st March 2021. As part of the programme, a drawing competition, an awareness class about environmental conservation and distribution of saplings were conducted. We also cleaned Alappuzha Beach and its surroundings.



### 73. Voting Machine Live Demo (22 March 2021)

S. D. College NSS unit along with SVEEP Alappuzha organised a live demo of using the voting machine. The concept of the same was "EVERYONE HAS THE RIGHT TO VOTE. Through this the students were taught how to vote using the new technology. College Principal Dr P R Unnikrishna Pillai greeted the gathering. Vote of thanks was proposed by NSS PO Neetha Prasad.

