



T.K.M COLLEGE OF ARTS & SCIENCE

KARIKODE, KOLLAM - 691005

RE-ACCREDITED BY NAAC WITH A++ GRADE



NATIONAL SERVICE SCHEME

UNIT NO: KL 07-12 A&B

ANNUAL

REPORT

2023-2024

“Not Me But You”

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INTRODUCTION

The NSS has consistently excelled in fostering the personality development of students through its services and social assistance initiatives. Volunteering instills many values, including humanity, kindness, authenticity, love, and sincerity. Beyond imparting these values, it helps shape individuals into better human beings with strong personalities and moral character. The ultimate goal of the NSS is to nurture a generation imbued with these intrinsic values, serving as the true strength and foundation of our nation.

Our NSS units are wholeheartedly dedicated to this mission, organizing various programmes and events that benefit our volunteers and the broader society. Our primary areas of focus encompass key sectors such as palliative care, agriculture, education, and collaborations with other NGOs. These activities are designed to address the needs of diverse sections of society while fostering the holistic development of our volunteers.

Throughout the execution of our various programmes, the principal of our college, Dr. Chitra Gopinath, has been a constant pillar of support, along with the unwavering backing of the college management. Our Programme Officers, Dr. Sulfiya Samad and Dr. Abdul Rafeeqe T.C., have consistently guided us with their mentorship and active involvement, steering us toward a better path. The teaching and non-teaching staff of our college have also played a significant role in the success of each program by generously providing and extending their support.

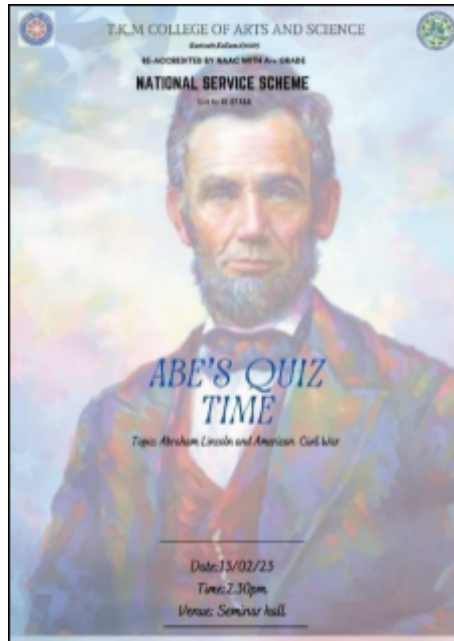
This report encompasses all the activities undertaken by the NSS units of TKM College of Arts and Science during the academic year 2023–24. It captures the entire journey we

embarked on throughout the year, highlighting the diverse programmes and initiatives we were part of. Each programme has provided us with valuable experiences, helping us grow stronger and empowering us with new lessons. These activities enhanced our organizational and execution skills, boosted our confidence to face an audience without fear, and enriched our minds with fresh ideas. Together, these experiences contribute to shaping a vibrant and capable youth, who are the true assets of the future.

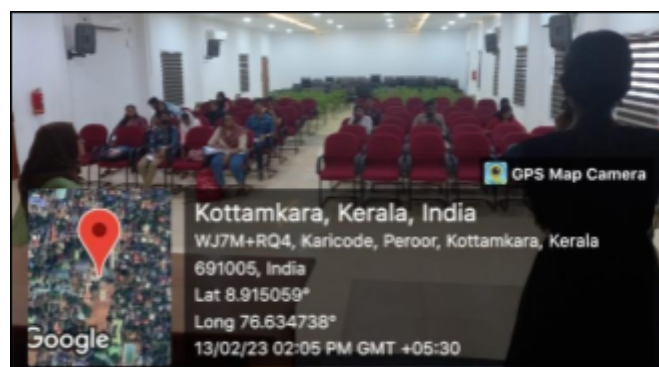
DAY OBSERVATIONS

Quiz Competition (Abraham Lincoln)

Date: 13 February 2023



Abraham Lincoln, the 16th President of the United States, was born on February 12, 1809, a date celebrated as Lincoln's Day. He is remembered as a martyr and national hero of America for his leadership during the Civil War and his efforts to preserve the Union and abolish slavery. As part of the Lincoln's Day celebrations, the NSS unit of our college organized a quiz competition titled "*ABE'S QUIZ*." The primary goal of this event was to educate students on the significance of Abraham Lincoln's historic role and enduring legacy.

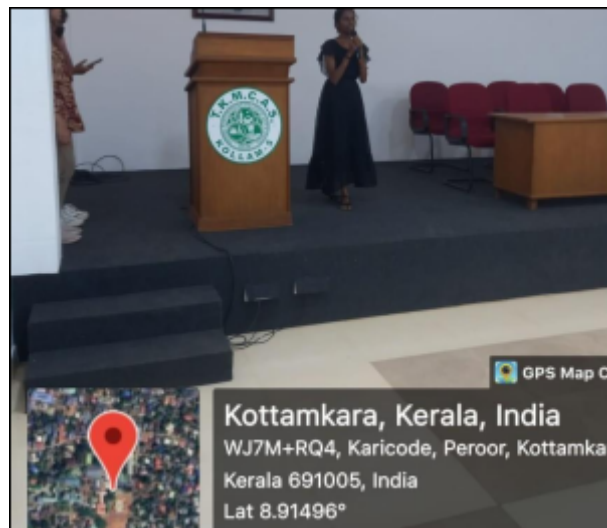


The quiz broadened its scope to include the American Civil War, allowing participants to gain deeper insights into this historic event and the pivotal role played by Abraham Lincoln during the War of Rebellion.



The quiz competition winners are

- **1st prize - Hiba Raj**
- **2nd prize was shared by Aminu Nizam and Ayra Mohan**



The quiz enables volunteers to expand their knowledge while fostering a greater interest in the historical events that have shaped our present.

Mother Tongue Day

Date: 21 February 2023

National Mother Language Day is a significant occasion that celebrates linguistic diversity and the rich cultural heritage of communities worldwide. Observed annually on February 21st, it commemorates the struggle for language rights and honours the vast array of languages spoken globally. By celebrating this diversity, the day fosters global solidarity and strengthens connections across borders. It also serves as an opportunity for cultural exchange and mutual understanding, as people share stories, poems, and traditions in their native languages, promoting respect for cultural identities.



On February 21st, in alignment with the spirit of linguistic diversity and cultural heritage, the NSS unit of our college organized a series of meaningful initiatives to commemorate this significant day. The program began at 11:30 a.m. in the college seminar hall, followed by activities aimed at raising awareness about the importance of our National Mother Language. Abhishek, a second-year volunteer, delivered an insightful PowerPoint presentation,

providing a brief overview of the mother languages of each Indian state. This was followed by an eloquent speech by Noora, another second-year volunteer, on the topic "*Ezhuthachan and the Malayalam Language.*"



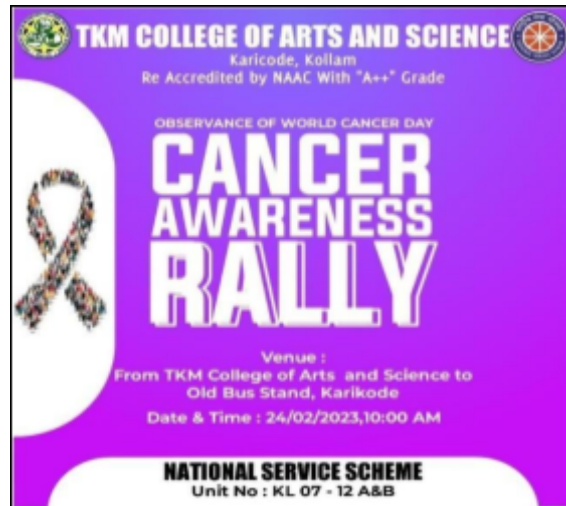
To foster linguistic awareness among the youth of our college, a quiz competition was organized in connection with National Mother Language Day. Volunteers Hiba Raj and Fathima secured the first prize in the competition. Our Programme Officer, Dr. Sulfiya, presented them with a cash prize as a token of recognition for their achievement.



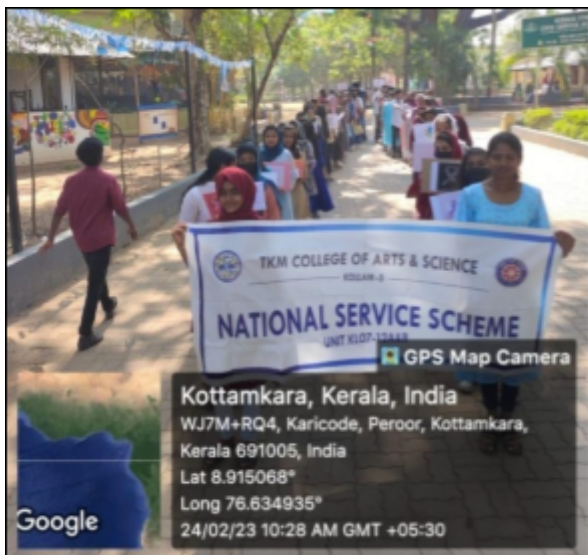
In conclusion, the National Mother Language Day celebrations organized by the NSS volunteers were a resounding success. Through a variety of activities, including cultural programs, language awareness campaigns, and educational seminars, we were able to honor linguistic diversity and emphasize the importance of preserving mother languages. These efforts not only celebrated our linguistic heritage but also fostered a sense of unity and inclusivity among all participants.

Cancer Awareness Rally

Date: 24 February 2023



The NSS Unit of our college organized a cancer awareness rally as part of the observance of World Cancer Day on February 24th, 2023. The NSS volunteers researched the primary causes of cancer and created placards to highlight these key factors.

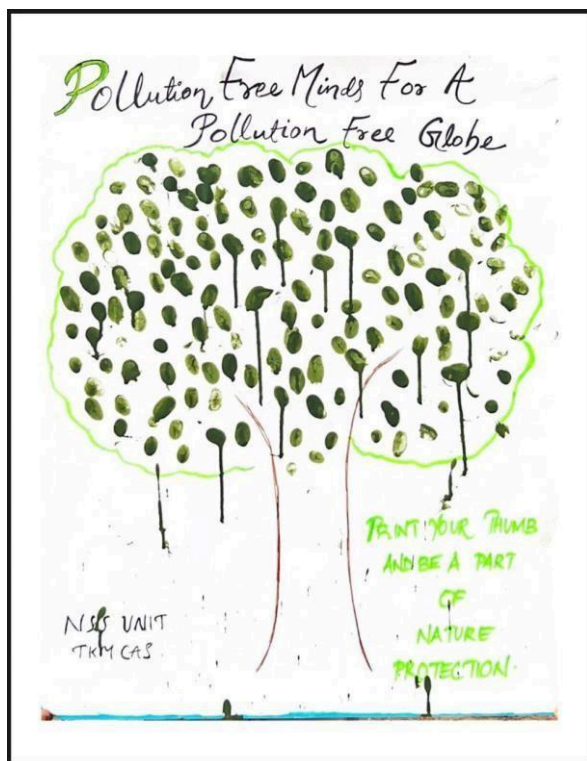


The rally began at our college and proceeded to the Old Bus Stand in Karikode, spreading awareness about cancer prevention and early detection.

World Environment Day - Observation

Date: 05 June 2023

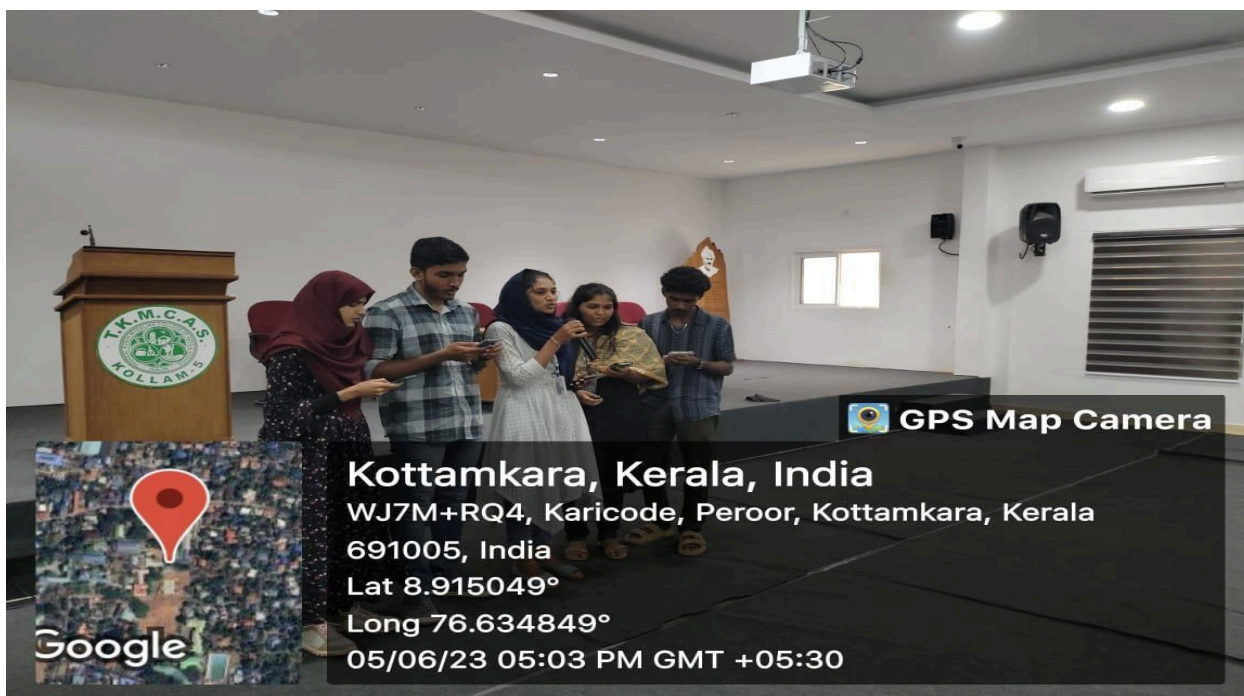
World Environment Day serves as a reminder that individual efforts in combating pollution are crucial. Spending time in nature benefits our mental health, and if we fail to take care of the planet, its climate and ecosystems will be adversely affected. This day encourages us to recognize our responsibility in preserving the environment for the well-being of both the planet and future generations.



Our NSS unit decided to spread awareness about World Environment Day by organizing cultural events and a poster-making competition at 10 a.m. in the college seminar hall. This

initiative not only showcased the hidden talents of the students but also helped highlight the importance of protecting the environment.

The events and activities were designed to engage students actively, as they were organized and coordinated by the students themselves, fostering a sense of responsibility and involvement in environmental preservation.



International Yoga Day

Date: 23 June 2023

Yoga is a practice that promotes physical, mental, and spiritual well-being. International Yoga Day is celebrated annually on June 21st, following a proposal by Prime Minister Narendra Modi to observe this day as a global celebration of yoga. The day encourages people worldwide to practice yoga for both physical and mental health, fostering unity and harmony among individuals. Practicing yoga is one of the ways to develop into a better human being, with a sharp mind, a compassionate heart, and a relaxed soul. Known for its numerous health benefits, yoga contributes to overall well-being and inner peace.

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DEPARTMENT OF PHYSICAL EDUCATION
In association with
Sports Club, NCC and NSS
Celebrating
INTERNATIONAL YOGA DAY 2023
Workshop on
YOGA FOR HARMONY OF MIND
23rd June -2023 at College Auditorium

PROGRAMME
10.00 am

Welcome Speech	:	Dr. Abdul Rafeeq T.C Assistant Professor & Head Dpt. of Physical Education
Presidential Address	:	Dr. Chithra Gopinath Principal, TKMCAS
Inauguration	:	Dr. Padmanban T.V Visiting Professor, Centre of Yoga & Naturopathy MG University, Kottayam
Felicitation	:	Dr. Sulfiya Samad NSS Programme Officer
	:	Capt. Liby KS NCC officer
Vote of Thanks	:	Dr. Sangeetha P Assistant Professor Dpt. of Physical Education

The body benefits from movement, and the mind benefits from stillness.

As part of International Yoga Day, our NSS Unit celebrated the occasion on June 23, 2023, in the college auditorium. The event was jointly organized by the Department of Physical

Education, NSS, NCC, and the Sports Club. The celebration featured a session on the benefits of practicing yoga and its importance in daily life. The session was led by Dr. Padmanaban T. V., visiting professor at the Centre for Yoga and Naturopathy, MG University, who also served as the Chief Guest and inaugurated the program.

The event began with a welcome address by Dr. Abdul Rafeeqe, Head of the Physical Education Department, followed by a Presidential Address by Dr. Chithra Gopinath, Principal of TKMCAS. Felicitation speeches were delivered by Dr. Sulfiya Samad, NSS Programme Officer, and Capt. Liby K.S., NCC Programme Officer.

Dr. Padmanaban conducted an engaging session on enhancing mental and physical health through the regular practice of yoga. He also discussed the significance of celebrating Yoga Day and the numerous benefits of incorporating yoga into one's routine. During the session, he demonstrated various yoga poses and guided the participants in replicating them. Following his instructions, the volunteers actively participated in performing the poses. The session was highly interactive and enjoyed by all the volunteers, leaving a lasting impact on their understanding of yoga.

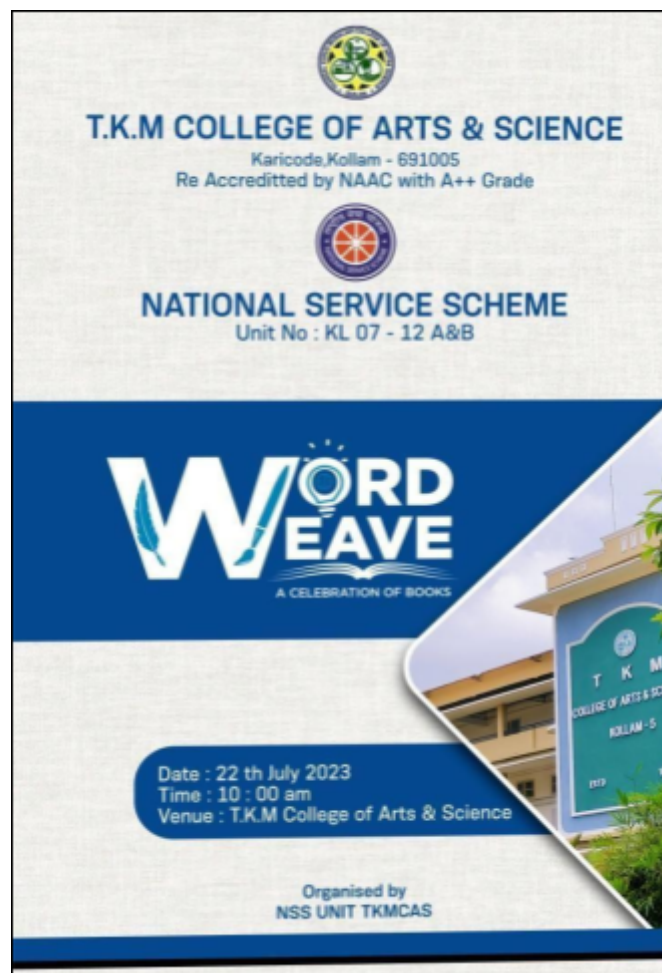
Through this session, the volunteers gained a deeper understanding of the importance of yoga in daily life and its numerous benefits. The session provided valuable insights into yoga practices while offering an engaging and interactive experience. It was an excellent opportunity for the volunteers to learn and perform various yoga poses under the guidance of such an esteemed expert.

Word Weave

Date: 22 July 2023

WORD WEAVE 2023 – Intra-School Literary Competition

As part of the Reading Week celebrations, the NSS unit of our college successfully organized an intra-school literary competition titled *WORD WEAVE 2023*. The event welcomed students from various schools across the Kollam district to participate in a range of literary contests designed to foster creativity, critical thinking, and a love for literature.



Competitions were conducted across several categories, with approximately 70 students enthusiastically participating. The events included:

Drawing Competitions
Book Reading Competitions
Essay Writing Competitions
Book Review Competitions

These contests were further divided into three categories: Lower Primary (LP), Upper Primary (UP), and High School (HS).

The highlight of *WORD WEAVE 2023* was the grand quiz competition titled "**LITERARY BRAINiACS**", which consisted of three challenging and engaging rounds. This event drew significant attention and served as the centrepiece of the programme.

The programme commenced at 10:00 AM. Separate registration counters were set up for each competition, catering to both pre-registered participants and spot registrations. Volunteers were divided into committees, each assigned specific responsibilities to ensure the smooth execution of the event. Their dedication and teamwork contributed to the event's grand success. Once the competitions concluded, the winners were announced immediately, allowing for a seamless transition to the valedictory function.

The valedictory ceremony began at 12:30 PM and was presided over by our college principal, **Dr. Chitra Gopinath**. The welcome address was delivered by NSS volunteer Fazilamol S., setting the tone for the ceremony.

The chief guest, **C.S. Rajesh**, a renowned Malayalam poet, distributed prizes to the winners and delivered an inspiring speech. He lauded the NSS unit for its hard work and dedication in organizing such a remarkable event. The event concluded with a vote of thanks rendered by Dr. Sulfiya Samad, acknowledging the efforts of everyone involved.

Organizing *WORD WEAVE 2023* was a significant learning experience for the NSS volunteers. Each volunteer played an active role, taking on tasks that enhanced their leadership, organizational, and interpersonal skills. The initiative of personally visiting schools to invite participants added a unique dimension to the volunteers' experience, fostering confidence and effective communication.

WORD WEAVE 2023 was more than just a competition; it was a celebration of literary talent and creativity. The event not only enriched the participating students but also empowered the volunteers, making it a truly memorable and impactful endeavour.



Hiroshima Nagasaki Day

Date: 09 August 2023

Commemoration of Hiroshima and Nagasaki Days

Wars have always posed a grave threat to humanity, leaving behind a legacy of destruction, despair, and death. The world has witnessed two devastating World Wars, with the Second World War (1939–1945) marking one of the darkest chapters in history. The war culminated in the tragic atomic bombings of Hiroshima and Nagasaki on August 6 and 9, 1945, respectively. These catastrophic events resulted in mass destruction, the annihilation of countless lives, and long-lasting effects from radiation exposure.

To honour the victims of these tragedies and to raise awareness about the horrors of war, Hiroshima Day (August 6) and Nagasaki Day (August 9) are observed annually as reminders of the need for global peace.



As part of this year's observance, our NSS unit organized a series of events to emphasize the consequences of war and promote the values of peace and humanity.

The programme commenced with a peace rally at 10:00 AM, starting from the college and culminating at the Karicode bus stand. The rally aimed to spread awareness about the devastating impacts of war and advocate for a harmonious world.

Following the rally, our principal, **Dr. Chitra Gopinath**, delivered an inspiring speech, emphasizing the importance of peace and the role of humanity in overcoming conflict. She inaugurated a candle-lighting ceremony, symbolizing the light of hope and humanity. All volunteers joined in, collectively spreading the message of unity and compassion. Volunteer Fatima Nizam delivered an insightful speech on the history of World War II and the atomic bombings of Hiroshima and Nagasaki. She recounted the heart-wrenching story of Sadako Sasaki, a symbol of the innocent lives lost and the enduring pain caused by the war.

As a tribute to Sadako, volunteers folded paper cranes, embodying the hope for a peaceful world. This was followed by an oath-taking ceremony where volunteers pledged to stand firmly against war and work tirelessly to promote peace and harmony.

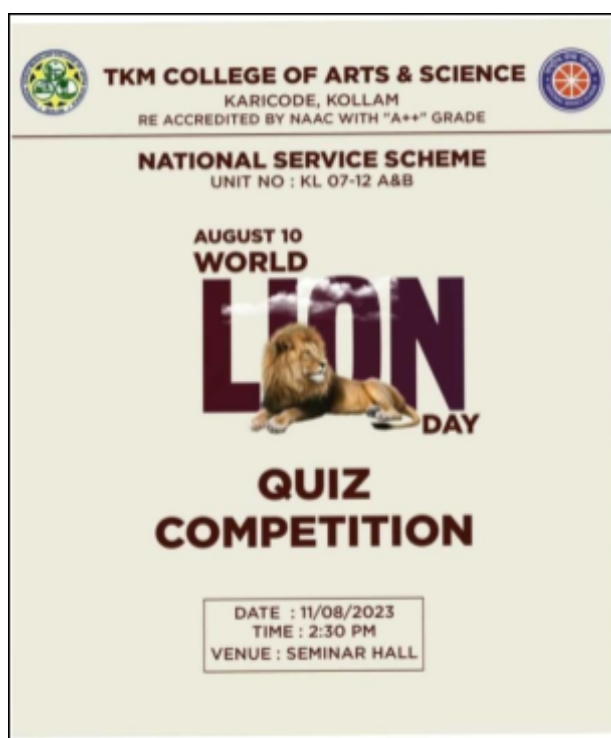
The programme concluded with a resounding message: *Humanity shines brightest when it embraces love and harmony*. War, on the other hand, casts a shadow of loss—be it human lives, natural resources, or economic stability. The event underscored the urgent need to eradicate conflict and uphold the values of peace.



The commemoration of Hiroshima and Nagasaki Days served as a poignant reminder of the destructive consequences of war and the importance of fostering a world rooted in compassion, understanding, and peace. Through such initiatives, we aim to inspire a global commitment to a future free from the scourge of war.

Quiz Competition – Lions Day

Date: 11 August 2023



Quiz Competition on Wildlife Conservation – World Lion Day

The NSS Unit of our college organized a quiz competition on August 11, 2023, to mark the observance of *World Lion Day*. The event aimed to raise awareness about the importance of wildlife conservation and the need to protect endangered species like lions.

The quiz, conducted on the theme "*Wildlife Conservation*", took place at 2:30 PM in Classroom A26. It witnessed enthusiastic participation from NSS volunteers and first-year students, who showcased their knowledge and interest in the subject.

The competition not only provided an engaging platform for students to learn about wildlife and conservation efforts but also underscored the critical role of preserving biodiversity for future generations.

The event concluded with an appreciation of the participants' efforts and a reaffirmation of the NSS Unit's commitment to promoting environmental awareness and sustainable practices.



Winners:

- 1st Prize: Aswathy (BSc chemistry, 2nd year)
- 2nd Prize: Anandhu (B.com CA, 1st year)
- 3rd prize: Noora Fathima (BSc Chemistry, 2nd year)

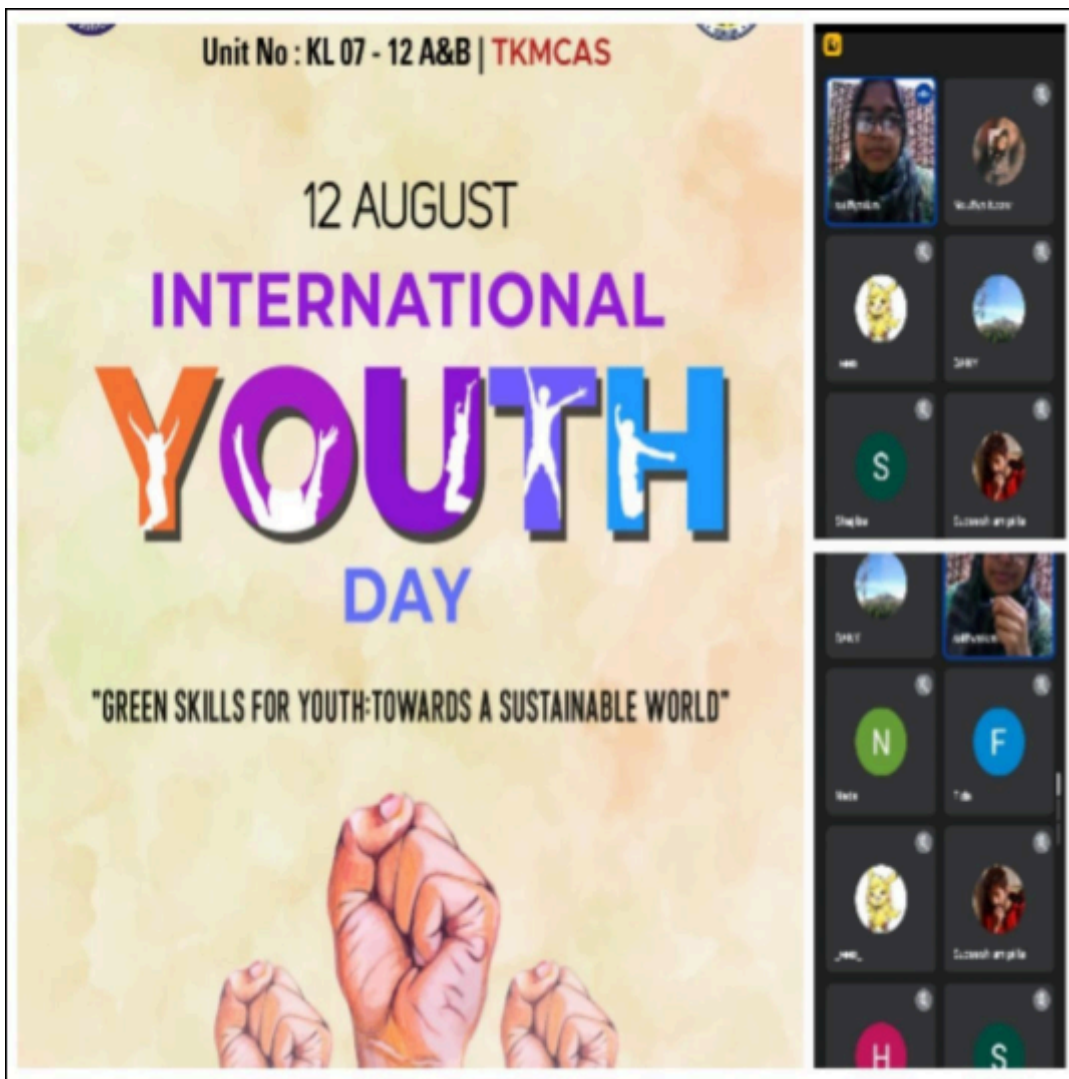


Youth Day

Date: 12 August 2023

International Youth Day, celebrated annually on August 12, highlights the vital role of young people in shaping the future. As part of the 2023 celebrations, the NSS Unit of our college organized an inspiring online session on August 12 at 10:00 AM. The event provided a platform for volunteers to speak about great personalities who have significantly influenced and inspired them.

The session began with the official proceedings, including the rendition of the NSS Geetham. This was followed by a warm welcome address delivered by volunteer Hiba Raj and a felicitation speech by the Programme Officer, Dr. Sulfiya Samad.



During the session, volunteers spoke passionately about renowned personalities who have made remarkable contributions in various fields:

Neeraj Chopra, India's sports star and Olympic gold medalist.

Dr. Fatima Asla, an inspiring individual who overcame physical barriers to achieve great victories.

Malala Yousafzai, the youngest Nobel Peace Prize laureate and an advocate for girls' education.

Anand Kumar, a distinguished mathematician and educator.

Muniba Mazari, a celebrated social activist and artist.

The speeches shed light on the struggles and triumphs of these iconic figures, inspiring attendees with their determination, resilience, and contributions to society.

The session was both motivating and thought-provoking. It emphasized the significance of the youth as the driving force behind societal progress. The stories of these personalities instilled optimism and encouraged the volunteers to channel their energy and potential toward meaningful endeavours.

The event concluded with a vote of thanks delivered by volunteer Adityan P. The inspiring session resonated deeply with the participants, prompting a collective decision to organize an elaborate offline version of the event at the college shortly.

The celebration of International Youth Day was a testament to the spirit of young individuals and their role as catalysts for positive change in the world.

Independence Day

Date: 15 August 2023

India celebrated its **77th Independence Day** in 2023, marking 77 years since the nation achieved freedom and established itself as the largest democracy in the world. This occasion remains profoundly significant for every Indian, symbolizing the sacrifices, struggles, and triumphs of the country's freedom fighters.

The NSS unit of our college commemorated this historic day with great enthusiasm, as has been the tradition every year.

The celebration began at 8:30 AM with the flag hoisting ceremony, led by our college principal, Dr. Chitra Gopinath. As the tricolor ascended the flagpole, it symbolized the pride and unity of the nation, inspiring a sense of patriotism in all present.

Following the flag hoisting, the principal and program officers delivered impactful speeches that reflected on the significance of Independence Day and the sacrifices made by the freedom fighters to secure our nation's liberty.

The event continued with a soulful rendition of a patriotic song by NSS volunteers, evoking a deep sense of national pride among the attendees. The celebration concluded with the distribution of sweets and the singing of the National Anthem, leaving everyone with a renewed sense of unity and commitment to the nation.



Independence Day serves as a poignant reminder of the struggles, sacrifices, and unwavering determination of our national leaders and freedom fighters. The freedom we enjoy today is the fruit of their tireless efforts, symbolizing their blood, sweat, and undying spirit.

This day is not merely a celebration but a moment to honor their legacy and pledge to uphold the values of our nation. It reminds us of our duty to preserve the pride, unity, and respect that our country embodies.

The 77th Independence Day celebration by the NSS unit of our college was a heartfelt tribute to the nation's history and its heroes. It served to instill a sense of patriotism and responsibility among all participants, inspiring them to contribute meaningfully to the nation's growth and prosperity.

Teachers Day Observation

Date: 05 September 2023

Teachers are the true architects of society, shaping individuals into better human beings and guiding them toward realizing their potential. In India, Teachers' Day is celebrated annually on September 5th, in honor of Dr. S. Radhakrishnan, the esteemed former Vice President of India, to recognize and pay tribute to the invaluable contributions of teachers.

This year, the NSS Unit of our college celebrated Teachers' Day with a heartfelt program to honor educators and express gratitude for their dedication.



The celebration commenced with a special tribute to Prof. Subhadra, a retired faculty member of our college. She was honoured with a Ponnada as a gesture of respect and appreciation. Prof. Subhadra was visibly moved by the recognition, and her heartfelt words of gratitude added warmth to the occasion. The volunteers and participants took a group photograph with her, capturing the essence of this special moment.

As part of the celebration, the NSS volunteers presented a token of love—a pen—to all the teachers, symbolizing the knowledge and wisdom they impart. The simple yet thoughtful gesture brought smiles to the faces of the teachers, filling the room with joy and gratitude.



The celebration was a memorable and enriching experience for every volunteer. It provided an opportunity to express love, respect, and gratitude toward the teachers who tirelessly guide and support their students. The smiles and happiness of the teachers were immensely satisfying, making the effort truly worthwhile.

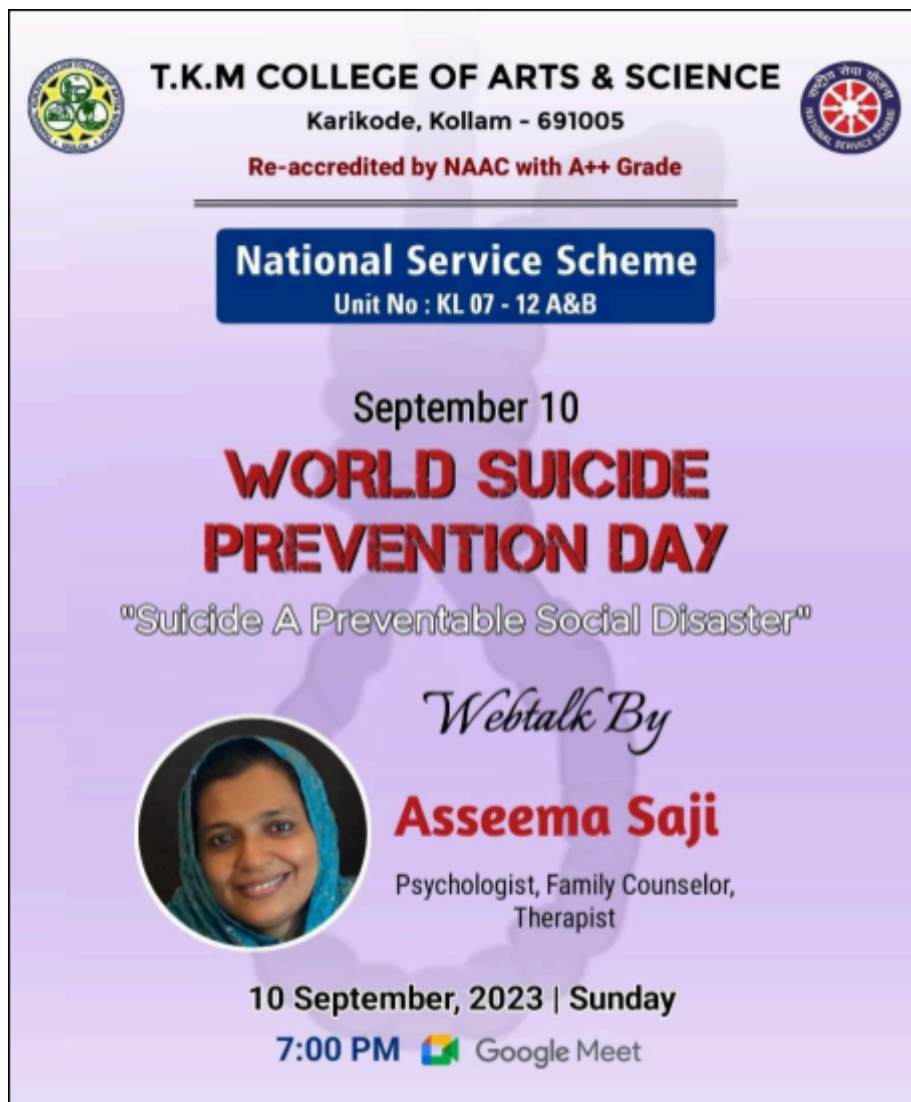
The Teachers' Day celebration organized by the NSS Unit was a beautiful occasion to honor the invaluable contributions of teachers. It reinforced the significance of acknowledging their role in shaping lives and inspired the volunteers to uphold the values instilled by their educators.

Suicide Prevention Day

Date: 10 September 2023

The rising number of suicides, particularly among the youth, has become a significant social issue in Kerala. If not addressed effectively, this alarming trend could escalate into a serious crisis. Acknowledging the urgency of the matter, the NSS Unit of our college organized an **online session on suicide prevention**, led by **Ms. Aseema Saji**, starting at **7:00 PM**.

The session began with the rendition of the **NSS Geetham**, setting a solemn and reflective tone. The welcome speech was delivered by volunteer **Fazzila Mol**, who emphasized the importance of addressing mental health concerns in today's society.



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National Service Scheme
Unit No : KL 07 - 12 A&B

September 10
**WORLD SUICIDE
PREVENTION DAY**
"Suicide A Preventable Social Disaster"

Webtalk By
Asseema Saji
Psychologist, Family Counselor,
Therapist

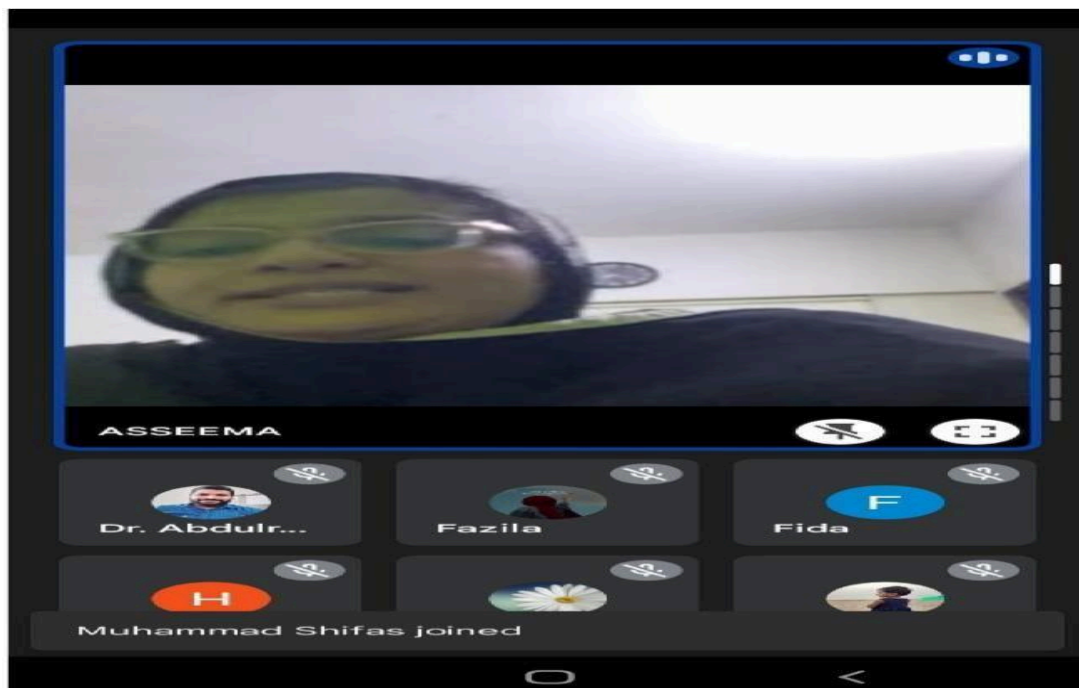
10 September, 2023 | Sunday
7:00 PM  Google Meet

Ms. Aseema Saji, the resource person, conducted an engaging and insightful session. She discussed the various reasons contributing to the increasing number of suicides, particularly among youngsters. She highlighted that a lack of emotional intelligence and the inability to cope with emotional challenges are key factors behind this disturbing trend.

Ms. Saji stressed the importance of offering support and empathy to individuals in emotional distress. She explained how active listening and refraining from judgment can significantly contribute to the mental well-being of those struggling with depression or other mental health issues.

The session also included a Q&A segment, where volunteers had the opportunity to clarify their doubts regarding mental health and the steps they can take to help individuals in need. The session concluded with a vote of thanks, delivered by volunteer Anu Rajeev, expressing gratitude to the resource person and all participants for their active involvement.

The session was profoundly insightful and helped change the participants' perspectives on mental health. It reinforced the understanding that empathy, support, and active listening are essential tools in preventing suicides and addressing mental health issues.



The NSS volunteers left the session with a renewed sense of responsibility to stand by individuals experiencing mental distress and to extend a helping hand whenever possible. The online session on suicide prevention was a meaningful initiative by the NSS Unit, aiming to create awareness about mental health and equip volunteers with the knowledge to address this pressing social issue effectively. It was a step toward fostering a more compassionate and supportive society.

First Aid Day

Date: 11 September 2023

World First Aid Day is observed every second Saturday of September. The day aims to raise awareness about the importance of first aid and to equip individuals with the knowledge and skills to provide initial treatment for injuries. First aid is the immediate care given to a patient after an injury, such as a cut, burn, or other medical emergencies.

In commemoration of World First Aid Day, our NSS unit organized an awareness program on September 15th. The session was conducted by Dr. Abdul Rafeeqe T.C., Assistant Professor in the Department of Physical Education and Program Officer of the NSS unit. The event aimed to educate students about essential first-aid techniques and their significance in saving lives.



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NATIONAL SERVICE SCHEME
Unit No:KL 07-12 A & B

Awareness TALK BY
DR.ABDUL Rafeeqe T.C
Assistant Professor
Department Of Physical Education

Venue:Seminar Hall
Time:3.00pm

**WORLD
FIRST AID DAY**

The awareness session began with an insightful discussion on Cardiopulmonary Resuscitation (CPR). Dr. Rafeeqe highlighted the alarming increase in deaths caused by sudden cardiac arrest and heart attacks worldwide. He demonstrated the proper techniques for performing CPR, emphasizing its critical role in emergency situations.

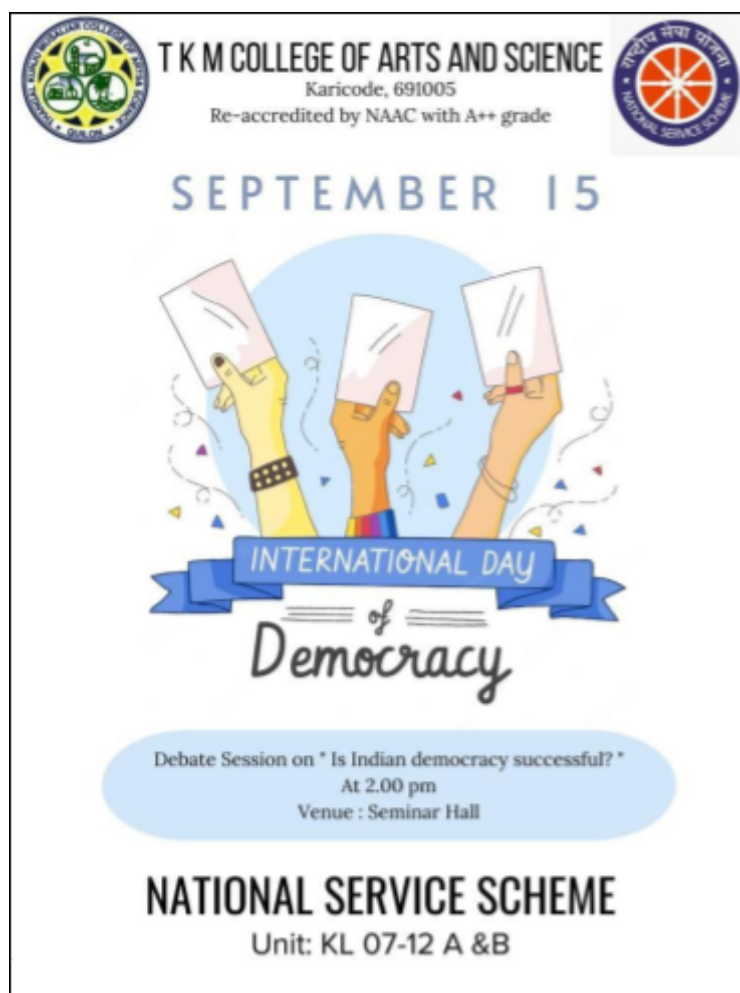
Additionally, Dr. Rafeeqe explained the first-aid procedures for burns and the steps to address such emergencies effectively. He also discussed the common causes of strokes, how to recognize the symptoms, and the immediate medical assistance required in such cases.

The session was highly informative and actively engaged the students. The knowledge imparted during the program is expected to be highly beneficial for the students in the near future, equipping them to handle emergencies with confidence and competence.



Debate; Democracy Day

Date: 15 September 2023



Democracy is a system of government in which state power is vested in the people or the population of a state. As citizens of the largest democratic country in the world, democracy has played a vital role in shaping our nation's progress and development.

To emphasize the importance of democracy and to create a well-informed society, the NSS unit of our college organized a debate competition on International Democracy Day. The topic for the debate was: "Is Indian Democracy Successful?"



The session commenced with enthusiastic participation from the first- and second-year NSS volunteers, who confidently presented their opinions. Each participant put forth their viewpoints passionately, which made the session engaging and thought-provoking for the audience. The diverse perspectives shared by the participants encouraged the audience to critically analyze aspects of democracy they may not have considered before.



The discussion concluded with a consensus that the success of Indian democracy is largely dependent on the autonomy and active involvement of its citizens. The extent to which

democracy thrives in India relies heavily on the effectiveness and implementation of citizenship rights.

The debate was a resounding success, fostering critical thinking and a deeper understanding of the nuances of democracy among the participants and the audience.

World Ozone Day

Date: 16 September 2023

The ozone layer is a protective shield surrounding the Earth, safeguarding us from harmful rays originating from outer space. However, this essential layer, which has protected life on Earth for centuries, is depleting year by year. This depletion is primarily caused by human activities, unscientific approaches to nature, and the excessive use of harmful products. Ozone Day, celebrated on September 21st each year, serves as a reminder of the need to protect the ozone layer.

T.K.M COLLEGE OF ARTS AND SCIENCE
KARIKODE, KOLLAM - 691005

National Service Scheme
Unit No : KL 07 - 12 A&B

Presents
World Ozone Day
September 16

PROGRAMS
Awareness Session by
Aayisha A Kabir
(NSS volunteer TKMCAS)
AND
QUIZ COMPETITION

ON:
SEPTEMBER 15
FROM:
02:30 PM ONWARDS
VENUE:
COLLEGE SEMINAR HALL

15/09/23 03:59 PM GMT +05:30

In connection with Ozone Day celebrations, our volunteer Aayisha A. Kabir delivered an insightful presentation. The program was held in the college seminar hall and commenced at 11 a.m. During her presentation, Aayisha covered several important aspects:

- The role of the ozone layer in protecting life on Earth.
- The causes of ozone layer depletion, including specific products contributing to the issue.
- Steps that can be taken to prevent further depletion of the ozone layer.
- International treaties and agreements aimed at ozone layer protection.
- The efforts of UNEP (United Nations Environment Programme) in safeguarding the ozone layer.

The presentation highlighted a key takeaway: humans are directly responsible for the environmental challenges we face today. Aayisha delivered the content effectively, making the session both informative and thought-provoking. It served as a crucial reminder of the urgent need for collective action to address the issue.

The program left a lasting impact on the audience, emphasizing that if we continue our current unsustainable practices, we may soon face irreversible consequences. It was a wake-up call for all attendees to reconsider their actions and contribute to protecting the environment.

Human Rights Day Observation

Date: 15 December 2023

Human rights are the fundamental rights inherent to every individual by virtue of being human. These basic rights are universal and ensure dignity, freedom, and equality for all. Throughout history, numerous struggles have been fought to secure these rights, particularly during times when they were unjustly denied. Human Rights Day, celebrated annually on December 15th, commemorates the establishment of the Universal Declaration of Human Rights (UDHR), a monumental document advocating for the rights and freedoms of humanity.

This year, the NSS unit of our college organized a thought-provoking talk by the renowned Padma Shri awardee G. Shankar on the topic "*Freedom, Equality, and Justice for All.*" The program was held in the college seminar hall and began at 11 a.m.



The event commenced with the NSS Geetham, followed by a warm welcome speech delivered by volunteer Ayyapadas. The presidential address was given by our Principal, Dr. Chitra Gopinath, and the felicitation was delivered by the Programme Officer, Dr. Abdul Rafeeqe T.C. Following these addresses, the chief guest, G. Shankar, took over the session.

G. Shankar's address focused on the pivotal role of human rights in shaping a just and equitable world. He eloquently highlighted how the beauty of the world lies in upholding and promoting human rights. Renowned for his contributions to green architecture—a practice that ensures the protection of nature's rights—he shared inspiring insights on creating sustainable solutions using natural and recyclable materials. His talk emphasized the interconnectedness of human rights and environmental preservation, urging the audience to consider the broader implications of their actions.

The session instilled in the audience a profound understanding of the significance of human rights in our daily lives. He also stressed the importance of balancing the implementation of human rights with efforts to protect and sustain the environment. The program concluded with a vote of thanks delivered by volunteer Vidya.

The history of humanity is rife with violations of human rights, including slavery, discrimination, and devastating world wars. These injustices underscored the necessity of a universal charter to promote peace and safeguard human rights, leading to the proclamation of the UDHR and the establishment of the United Nations (UNO). However, the present-day world continues to witness human rights violations, such as the ongoing conflict between Ukraine and Russia. Such events disrupt global peace, jeopardize the stability of nations, and inflict suffering on countless citizens and migrants.

These challenges remind us that the goal of ensuring universal human rights remains unfulfilled. Let us strive for a future characterized by peace, harmony, and respect for the inherent dignity of every individual.

AGRICULTURE

Agriculture Census

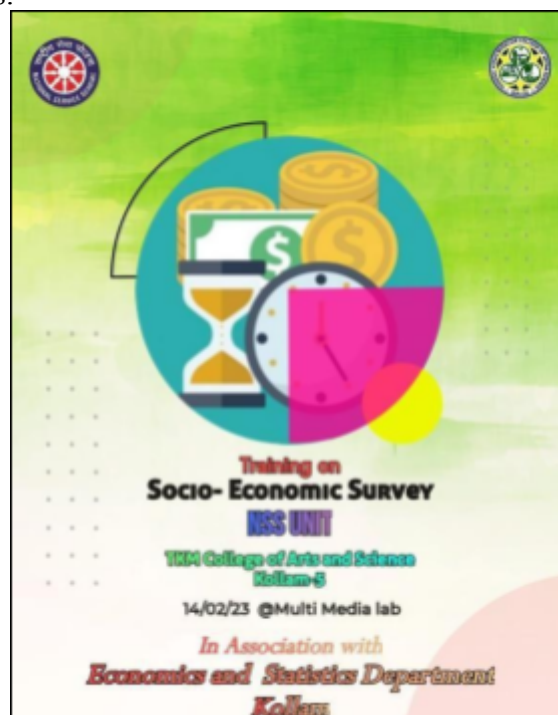
Date: 14 February 2023

To better understand the socio-economic and agricultural conditions of the adopted village, a comprehensive census was planned and conducted. As part of the preparation for this initiative, a training session was organized by the Department of Economics and Statistics, Kollam.

The training session commenced at 10 a.m. in the college seminar hall, where volunteers gathered to receive guidance on conducting the census. Experts from the department provided detailed instructions on the methodologies for approaching the census and effectively gathering accurate data. Volunteers were also briefed on the types of questions to be asked during the survey, ensuring the collection of relevant and comprehensive information. Additionally, the session offered an overview of assessing the socio-economic state of a community.

This training equipped volunteers with the knowledge and skills needed to carry out the census effectively. By conducting the census, we aim to gain a clear understanding of the living conditions and challenges faced by the residents of our adopted village. The insights gathered will enable us to devise well-informed plans and implement progressive changes to improve the quality of life for the villagers.

The initiative highlights our commitment to fostering development and uplifting the adopted village through targeted and impactful actions.



Njattuvela

Date: 04 November 2023

India is an agricultural nation, with a significant portion of its economy reliant on agriculture. Each step of the farming process is intertwined with joy and festivity. From ancient times, our celebrations have been closely linked to various stages of farming. Activities such as planting and harvesting are moments of immense happiness and pride.

This year, the time for cultivation had arrived, and the NSS unit of our college enthusiastically began the cultivation process on our designated land. The event was inaugurated with great fervor by the Kottamkara Panchayat President and our college Principal, Dr. Chithra Gopinath. Following the inauguration, all the volunteers united in the fields, joyfully sowing seeds. Members from the Haritha Karma Sena and the Agriculture Department were also present to assist and guide us during the activity. The collective effort and camaraderie made the experience highly enjoyable.



Sneharamam

Date: 01 January 2024

Sneharamam is a government project launched with the aim of making Kerala greener. As part of this initiative, carried out by the State Government's Higher Education Department and the National Service Scheme, approximately 3,000 dump sites across the state were transformed into Sneharamam Parks for public use.

As a contribution to this project, our volunteers chose Thangal Kunju Musaliar Park in Kollam. During the Annual Special Camp, our volunteers worked diligently to convert the site into a park. On January 1, 2024, marking the beginning of the new year, around 50 volunteers revisited the park to continue their efforts.



The primary objective during this visit was to beautify the benches in the park. Volunteers painted all the benches, enhancing their appearance. Additionally, they removed plastic and

other waste, thoroughly cleaning the park. One significant challenge was the lack of water facilities. With the assistance of the corporation, volunteers successfully brought water facilities to the park. Through their hard work, the park was transformed into a beautiful space, now available for public enjoyment.

Participating in such a large-scale project was a remarkable opportunity for all volunteers. The activity was highly engaging and thoroughly enjoyed by everyone involved. The sense of accomplishment and mental satisfaction gained from making the park beautiful was immense, leaving a lasting impact on the volunteers.

Campus Cleaning

Date: 10 June 2023

The agriculture sector is one of the most important areas that must be encouraged and enhanced, not only for its economic significance but also for its impact on health and safety. NSS always prioritizes agriculture as a major area of focus.

As part of our campus cultivation program, we planted hybrid pepper saplings in the designated farming area. The cultivation initiative was inaugurated by our college principal, Dr. Chitra Gopinath, followed by our program officer, Dr. Sulfiya Samad, and actively participated in by all the volunteers. As young cultivators, we had certain doubts, which were clarified by some of the non-teaching staff members of our college.



We gained valuable knowledge about planting saplings, providing support for the creepers, and proper watering techniques. To ensure the healthy growth of the plants, volunteers Dany and Nisha were selected as leaders for the agricultural activities.

For many volunteers, this was a new experience—not just planting but planting on a larger scale. It gave us an opportunity to connect more deeply with nature and develop a sense of responsibility toward it. This initiative allowed us to strengthen our connection to the earth, grounding us with a sense of purpose and rootedness.

PREVENTION OF DRUG ABUSE

Anti-Drug & Suicide Prevention Program

Date: 14 July 2023

The railway has always been the largest mode of transportation in our country. Most people in India choose railways as their primary means of travel due to its affordability and accessibility. However, railway-related accidents, suicides, and crimes are rising at an alarming rate. This underscores the urgent need to spread awareness about the precautions and disciplines to be maintained during train journeys.

To address these concerns, the NSS unit of our college, in association with the Kerala Railway Division, Punalur, organized an anti-drug and suicide prevention awareness program at Kilikkollur railway station. The program aimed to educate volunteers about the increasing drug-related crimes on trains and the accidents that occur due to drug use or other factors.

TKM COLLEGE OF ARTS AND SCIENCE
Karicode, Kollam - 691005
Re Accredited by NAAC with A++ Grade

NATIONAL SERVICE SCHEME
Unit No : KL 07 - 12 A&B

**Anti Drug
&
Suicide Prevention
Awareness program**
In Association with Kerala Railway Division, Punalur

Date : 14/07/23
Venue: Railway station, Killikollur
Time: 10.45 am

Each officer who delivered a speech shared real-life incidents, providing us with a deeper understanding of the severity of these issues. They emphasized the need to stay vigilant while traveling, highlighting the risks posed by deceivers, which can lead to serious narcotic-related legal troubles. The officers also detailed the legal actions that are taken for various crimes committed on trains.

The program was highly informative and enlightening for the volunteers, offering insights that were previously unknown to many of us. Additionally, our volunteers from the Asaad Sena performed a play on the topic of drug abuse, which was met with immense appreciation from the audience.

This initiative not only helped raise awareness but also empowered us to act responsibly and stay cautious during train journeys. It was a valuable experience that left a lasting impact on all participants.



Drama Asaad Sena

Date: 13 July 2023

A play titled *Vimukti* was performed under the leadership of NSS volunteers from TKM College of Arts and Science at various venues, with the aim of raising awareness among students and youth about the increasing use and sale of drugs in the new generation.



The first venue for the performance was MEA School, where students and teachers appreciated and praised the skit. The Programme Officer, Dr. Sulfiya Samad, addressed the audience, and the school principal, teachers, and student representatives shared their concerns about this pressing social issue while also providing feedback on the program.

The play was later performed at the Collectorate and Kilikollur Railway Station. It highlighted the side effects of drug addiction and measures for its prevention. The performance also included a theme-based dance segment, which added to its impact.

The initiative left a lasting impression on both the audience and the volunteers who participated. It not only spread awareness among the public but also educated and inspired the volunteers involved in the program.



PROGRAMMES WITH ORGANISATIONS

Programme With Mind Organisation

Date: 16 February 2023

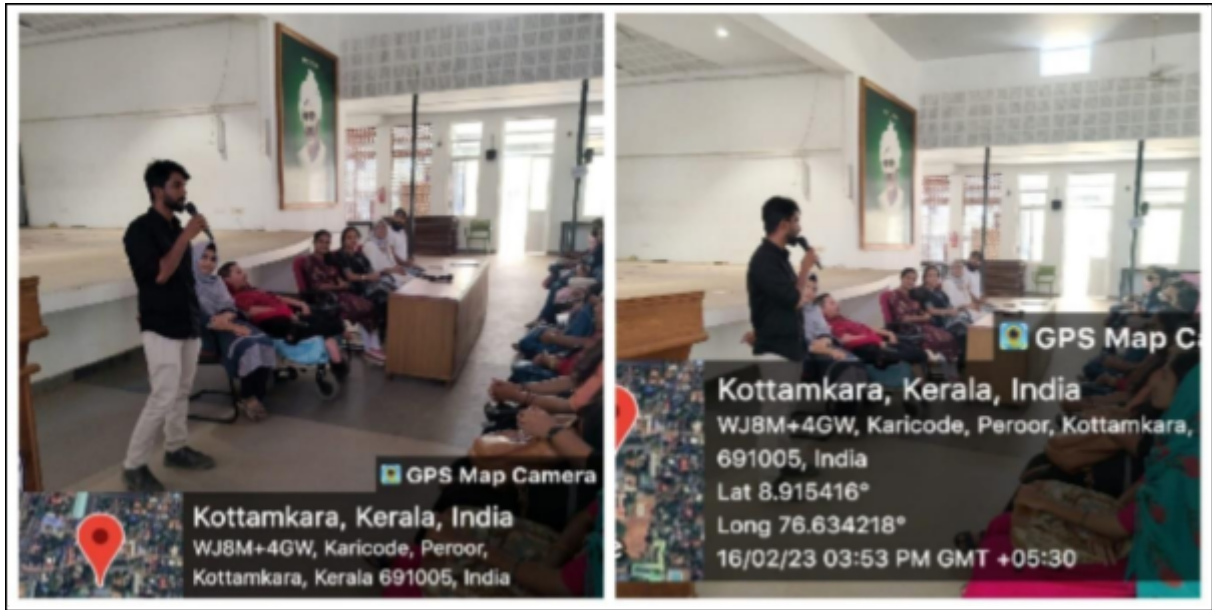
MIND is an organization dedicated to the welfare of individuals affected by conditions such as muscular dystrophy and atrophy. In collaboration with MIND, our NSS unit organized a Cake Challenge event in which we sold cakes to students, teachers, and non-teaching staff. The funds raised from this initiative were intended for donation to MIND.



The event to present the collected funds to MIND was held at our college auditorium at 3 p.m. The program began with the NSS Geetham, followed by the welcome speech delivered by Volunteer Secretary, Hiba A. M. This was followed by the presidential address from our principal, Dr. Chitra Gopinath. The program officer, Dr. Sulfiya Samad, then gave a felicitation speech.

The Vice Chairman of the MIND organization and the chief guest of the event, Krishna Kumar, gave an inspiring speech that encouraged everyone to overcome challenges with simplicity. His words reminded us that the problems we face are often small and insignificant when compared to the struggles faced by others.

Finally, our principal, Dr. Chitra Gopinath, handed over the money collected from the Cake Challenge to Krishna Kumar, affectionately known as "Kuttettan." The event concluded with a vote of thanks by Program Officer, Dr. Abdul Rafeeqe T. C.



The sense of fulfillment we experienced from this event was truly special. The happiness and satisfaction we felt are beyond words, leaving us with memories that will last a lifetime.

Food Distribution

Date: 09 August 2023

Food is a basic necessity for human life; without it, survival is impossible. However, there are many individuals who struggle to afford even a single meal a day. In recognition of this, our NSS unit decided to launch a new initiative called 'SNEHAPANKU,' aimed at providing food to those in need. The program commenced on 9th August 2023 and continued throughout the year.

This year-long initiative involved collecting food packets from the homes of volunteers and distributing them to people in need. The smiles that appeared on the faces of those we helped brought immense satisfaction to all of us. It also served as a powerful reminder of the value of food and how fortunate we are to have access to it.



Khadi Fest

Date: 17 August 2023

The Khadi Board of India is a prestigious organization dedicated to promoting and preserving the traditional value of our clothing. It also plays a key role in popularizing indigenous fabrics and garments.

As part of the Onam sale celebrations, a traveling Khadi Fest organized by the Kollam Khadi Board visited our college. This event, held in collaboration with our NSS unit, took place when the sales van arrived at our college at 11 a.m. A variety of Khadi products were made available to teachers and college staff at discounted prices. After the sale, the van departed from the college compound at 3:30 p.m.

This initiative served as an excellent way to popularize Khadi products among our college community and raise awareness about the importance of supporting indigenous goods.



National Awareness & Advocacy Campaign

Date: 25 September 2023

MIND is an organization dedicated to the welfare and betterment of individuals affected by muscular dystrophy. Their campaign, "Stepping Towards Equity," is part of the broader Unarv campaign.

When this campaign reached Kollam district, it was hosted at our college. The campaign was led by psychologist Dr. Arun Sadasivam. The event began at 11 a.m. in our college auditorium. It opened with a welcome speech by volunteer Hiba A. M., followed by the presidential address delivered by Dr. Chitra Gopinath. Dr. Arun then commenced his session, during which he emphasized that the mental isolation faced by individuals with muscular dystrophy is often more severe than the physical challenges they endure. He stressed the importance of supporting and motivating these individuals to move forward in life. This campaign will continue its journey across Kerala.

The vice-chairman of the MIND organization, Krishnakumar, also delivered an inspiring speech. The program concluded with a vote of thanks by volunteer Haripriyan.



Nava Kerala Mission

Date: 10 November 2023

With the vision of creating a new Kerala through innovation, the Kerala government initiated the NAVAKERALA Yathra, which traveled across the state. As part of this initiative, the NAVAKERALA Yathra reached Kollam, and to facilitate the arrangements in our panchayat, an official meeting of the Kottamkara Panchayat was held at our college auditorium.

The meeting commenced at 10 a.m. in the college auditorium and was attended by several dignitaries, including our principal, Dr. Chitra Gopinath, the Panchayat President of Kottamkara, and other Panchayat members.

Our volunteers were responsible for organizing the entire event, ensuring that the meeting ran smoothly. From arranging the seating to managing the stage, the volunteers took charge of all the logistics, completing the task successfully.



KTDC Club Boat Race Competition

Date: 09 December 2023

Every year, the backwaters of Kerala come alive with thrilling boat races, which are among the most significant celebrations in the state. The energy and excitement that ripple through the waters during these races are unmatched by any other sport or event. It is truly one of the most captivating sights in Kerala's expansive backwaters.

In 2023, the President's Trophy and CBL final were held at Kollam Ashtamudi Kayal. Volunteers from our college participated as full-time volunteers at the event. The gathering was graced by several celebrities and dignitaries, including the District Collector of Kollam, Shri Devidas IAS, and MLA M. Mukesh. Our volunteers also had the opportunity to perform a flash mob in front of the entire crowd, which was an unforgettable experience for them.

The event began at 10 a.m. with performances by students, followed by the boat race. The competition was intense, and the event provided a fantastic opportunity to witness the thrill of the race. The energy that filled the atmosphere throughout the day was incredible, creating an aura of zest and enthusiasm.

The event concluded at 5 p.m., and the snake boat race proved to be a fierce competition. The excitement and energy at the event were truly unmatched, making it a magnificent and unforgettable experience.



Green Volunteer Training Programme

Date: 03 January 2024

The Kerala School Kalolsavam is an annual event organized by the Government of Kerala, featuring various art competitions for high school and higher secondary school students across the state. The 62nd edition of the Kerala School Kalolsavam was held in Kollam district. A key feature of this edition was the implementation of the Green Protocol, and a dedicated committee was appointed to ensure strict adherence to this protocol.

The Green Protocol committee approached our volunteers to assist in this initiative. To prepare for their roles, volunteers and teachers underwent proper training to lead the activities of the Green Protocol committee during the Arts Festival. The training program, titled "Haritha Kalolsavam 2024," was held on 3rd January 2024 at 2 p.m. in the Bishop Jerome Auditorium, Fatima Mata National College, Kollam. The event was organized under the leadership of the Green Protocol Committee and the District Sanitation Mission.

Teachers and volunteers from various schools and colleges across Kollam district attended the training session, including our own volunteers and Program Officers. The training was led by Thodiyoor Radhakrishnan, who provided guidance on how to minimize plastic usage during the Arts Festival and how to transform the event into a Green Arts Festival. The session also covered the various types of waste and how to properly dispose of them in designated areas. Furthermore, the committee instructed how to guide attendees during the festival to ensure compliance with the Green Protocol.

At the conclusion of the meeting, all volunteers were added to the Green Volunteer WhatsApp group, and ID cards for Green Volunteers were distributed to the Program Officers.

By participating in this training program, the volunteers gained a deeper understanding of how to effectively perform their duties as Green Volunteers. The training not only equipped them with the necessary skills but also highlighted the importance of their role in promoting environmental sustainability at the Arts Festival.



Kerala School Kalatsavam

Date: 04 – 08 January 2024

The Kerala School Kalolsavam is an annual event organized by the Government of Kerala, featuring various art competitions for high school and higher secondary school students across the state. The 62nd edition of the Kerala School Kalolsavam began with a vibrant opening ceremony in Kollam district on January 4, inaugurated by Chief Minister Pinarayi Vijayan. The competitions were held across 24 venues, with the main venue located at Asramam Maidan. A significant aspect of the 62nd Kalolsavam was the strict adherence to the Green Protocol.

The Green Protocol Committee, responsible for ensuring sustainability during the festival, approached our volunteers to assist in this initiative. The committee provided us with thorough training on how to follow the Green Protocol. Our volunteers were stationed at various venues to supervise and ensure compliance with the protocol. Each Green Volunteer was issued an ID card, and two volunteers were assigned to each venue where the arts festival took place, from January 4 to January 8, 2024.





The volunteers worked diligently to ensure the event was a Green Kalolsavam, encouraging the reduction of plastic use and promoting proper waste disposal.

By participating as Green Volunteers, our team gained valuable knowledge on how to dispose of various types of waste correctly, reduce plastic usage, and educate others about the Green Protocol. It was a great opportunity for the volunteers to be part of an event that brought people from all over Kerala together. The volunteers played a crucial role in the success of Haritha Kalolsavam and performed their duties with excellence.

Chungath Program

Date: 22- 26 January 2024

India became a democratic, sovereign, secular, and republic country on January 26, 1950, when it officially adopted the **Constitution of India** and declared itself a republic. The Constitution is the supreme law of the land, ensuring equality, justice, freedom, and fundamental rights for every citizen of India. It is based on the principles of human rights and guarantees the protection of these rights, making India the world's largest democracy.

To raise awareness about this significant document and its provisions, our NSS unit collaborated with Chungath Jewellery to organize a public program for school and college students, as well as the general public. The event spanned four days and featured a variety of competitions, including painting, patriotic song, and quiz contests for students from LP, UP, high school, higher secondary, and college levels, as well as for the general public.

A primary focus of the program was to ensure effective advertising and communication about the event in a reliable and responsible manner. To achieve this, we made extensive use of social media and also created an advertising wing. Volunteers from this wing visited schools and colleges around Kollam, helping to increase participation and awareness.



The program began on January 23 at 8 a.m. at Ashramam Maidan, Kollam. On the first day, the events included a painting competition for LP and UP students and a quiz competition for high school and higher secondary students. Our volunteers managed the event from start to finish, overseeing everything from registration to the collection of artworks and checking quiz answers, with the assistance of officials from the Prathibha Club.

On the second day, the painting competition continued for high school and higher secondary students, followed by an official meeting with various dignitaries. On the third day, the college students participated in the painting competition, while the LP and UP students took part in the patriotic song competition and college students engaged in the quiz contest. On the final day, the patriotic song competition for high school, higher secondary, and college students took place, followed by a mega quiz show for the public at 6 p.m., which attracted a large number of participants. In the evening, cultural programs were performed by college students and professional groups.

The valedictory function, held on the final day, featured many dignitaries, including MLA Mukesh. After the mega quiz, cash prizes were awarded to the winners, and volunteers were honored with tokens of appreciation for their seamless contributions. A major attraction of the event was the creation of a 60-foot tall model of the Red Fort.

The program was a resounding success, and we are grateful to have been part of such a significant event, showcasing our dedicated volunteer efforts. It was a wonderful public event that saw the active participation of many individuals. Most importantly, the event effectively spread the essence and power of the Constitution to citizens, reinforcing its significance for the nation.

Kerala Blind Federation

Date: 10 February 2024

The Kerala Federation of the Blind is the largest self-help nonprofit charitable organization for the visually impaired in Kerala. Founded on September 11, 1967, it was the first organization of its kind in India. The Federation has played a crucial role in creating an accessible society for the visually impaired and other disabled individuals, promoting their socio-economic, cultural, and educational empowerment. Over the years, the Federation has received recognition from various national and international agencies for its significant contributions.

T.K.M. COLLEGE OF ARTS & SCIENCE
KOLLAM, KERALA - 691 005
Re-accredited by NAAC with "A+++" Grade
(Aided by Government of Kerala & Affiliated to University of Kerala)

NATIONAL SERVICE SCHEME
UNIT KLO7-12A&B

KERALA FEDERATION OF THE BLIND

Support Service to Kollam District Unit Election Meeting by NSS volunteers

10 FEB

Saturday
Start At 9.00 AM

POLAVATHODU, KOLLAM

Kollam, Kerala, India
Room For Rent, TIKKAL, Polayathodu-Chakkalakkalathu RD, Tharuvu
Medarambala, Kollam, Kerala 691076, India
Lat: 8.973835°
Long: 76.668666°
*W02:24 02:53 PM GMT +05:30

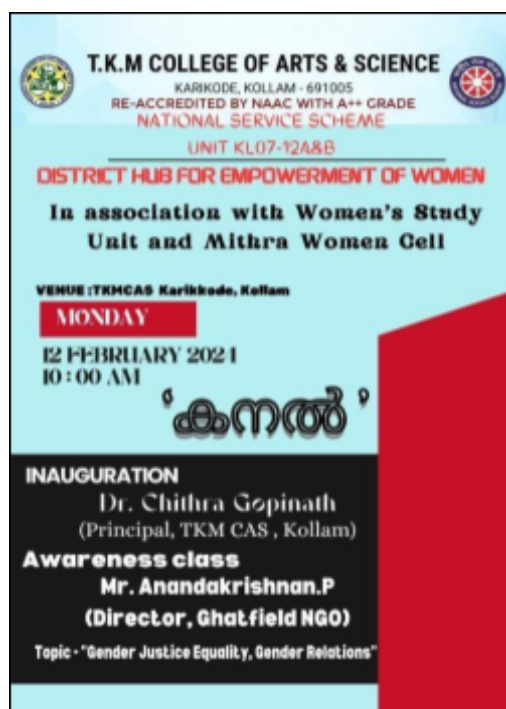
In support of the Kollam district election for the blind organization, our volunteers—Abidkhan, Easa Musthafa, Krishndas, Apsara Roy, and Krishna Babu—provided valuable assistance. The election was held at their Polayathodu office and commenced at 9 a.m. Our volunteers helped with various tasks, including paperwork, verifying the candidates' and voters' names, and organizing the documents in the correct order. The results were announced on the same day, and the winners were congratulated.

It was a rewarding experience to support such a worthy cause. The blind community, with our assistance, grows stronger and more empowered. It was a privilege to contribute to their success.



Date: 12 February 2024

‘KANAL’ an awareness class on the topic “Gender Justice Equality, Gender Relations” was organised by the District Hub For Empowerment Of Women in association with the Women’s Study Unit and Mithra Women Cell of TKM College of Arts and Science on 12th of February in the college auditorium. The session was organized to address prevalent gender biases and stereotypes, fostering an environment of mutual respect and understanding.



Smt. Aneesha.M (Gender specialist, DHEW Kollam) commenced the session with a warm welcome, acknowledging the significance of gender equality in today’s world. The session was presided over by Smt. Lekha (ICDS Supervisor, Mukhathala additional). Our respected principal Dr. Chithra Gopinath inaugurated the session, underscoring the institution’s commitment to

promoting gender equality. Dr Abdul Rafeeqe T.C (NSS programme officer, TKMCAS), then took the stage to felicitate the guest and the organisers and participants of the event. The class was led by Mr Anandakrishnan. P (Director, Ghatfield NGO). Issues regarding gender equality and the necessity of equal justice for all genders were addressed succinctly. Above all, the core of the class, which was the difference between sex and gender was briefly conveyed to the audience. An activity which required the students to pen down their definition of gender was able to instil the concept among them. The audience also engaged in discussions about prevalent gender stereotypes and their impact on individuals and society. The intersection of gender with other social identities such as race, class and sexuality was explored to highlight the unique challenges faced by individuals who experience multiple forms of discrimination.



The awareness class served as a valuable platform for educating and empowering the students to advocate for change in society. The students actively participated in the discussions throughout the session. Furthermore, they also developed a deeper understanding of the intersectional nature of gender and its interconnection with other social identities.

REGULAR ACTIVITIES

Campus Cleaning

Date: 29 May 2023

‘Live life cleaner. Keep the earth greener. ‘

After the two months of happy and energetic summer vacation we will be heading back to college on the month of June. It is the freshness and beauty of the campus that fills our mind with positivity and with the urge to focus on ambitions. In order to welcome the students, teachers as well as all other staffs to college we had decided to clean the entire campus and its surroundings. All the volunteers reached the college at 9 am and started to do our duty. All is were engaged in our own work. Each volunteer worked with utmost sincerity as well as dedication to accomplish the tasks entrusted upon each of them with greatest perfection. As result of such responsible work, the outcome of this work was a clean campus standing with its greatest magnificence.



The college was all ready to welcome the ones for its new academic year

Plastic Collection & Cleaning Drive

Date: 21 October 2023

Cleanliness and hygiene is something which even describes our own individual state of mind and how our character is. Not only the individual hygiene but also the cleanliness of our surroundings is necessary for better health of the entire public residing. So keeping this in mind our NSS unit had decided to clean the entire surroundings of our campus as well as from the karicode junction till our college.



For that volunteers had reached the college at 9 am. Later they were divided into groups, 3 groups to do the cleaning activity inside the campus and 5 for outside. Inside the campus, the entire campus was cleaned and our farming area was made weed and grass free. The group of students who went outside cleaned the entire locality extending from the karicode junction till our college gate. Indeed it was tedious but the tiredness paid off when we saw the clean locality which was created by our unity. They reached back to college at 12 pm after the entire cleaning session. After disposing the waste the activity ended at 1 pm.

It was really sad to see how the state of our locality was, filled with plastics and other garbage that has completely made the place polluted and seen ugly. When we cleaned this we got a satisfaction that we had created a beautiful locality thus paying off our great fulness to our mother earth. It was decided to keep dustbins made of bamboo throughout the path to reduce the throwing of the wastes in ground. As the region is filled with educational complexes definitely our locality has lot of garbage but what we could do is dispose those wastes properly. It will make us faithful and thankful to the mother earth.

Regular Activity Day

Date: 19 August 2023

As part of the regular activity session the volunteers reached the college at 9 am. Everyone was involved in the cleaning activities in and around campus. Moreover there were activities related to farming. Pepper plants were watered and weeds were removed. Later volunteer secretaries for the year was also chosen.

Later the stamps of Blind donation were distributed among the volunteers. Every volunteers were given 40 stamps each. They were given a time span to complete the selling of stamps and collect money the collected money was decided to be give to the blind association.



3 Months Activity Planning

Date: 28 October 2023

Preprepared works and ideas are always helpful in making us able to implement all our ideas with efficiency. Thus it helps us to be perfect.

Keeping this in mind we had done an idea workshop to plan the activities for the next two months. The program was conducted at our college auditorium at 10 am. The volunteers were divided into groups. Later they were made to plan activities for about half an hour. Then members from each groups were asked to present their ideas that they had made. They were asked to present their ideas about the activities to be done in different areas such as health care, women empowerment, education sector, environment protection etc. It was really effective as each volunteers put forward their own ideas which were really innovative. This actually motivated us to be more into the full-fledged working. After the idea workshop we were engaged in a game which actually made us understand that it is not impossible attain a goal if we are completely determined and focused.



Throughout the day we had a time to assess ourselves and the content that we had within ourselves which can be utilized for the betterment of our society. It is only through such discussions we will be able to identify more social issues and find effective solutions. Especially the ignited minds of youth is always under processing to identify such issues and solve it, if possible.

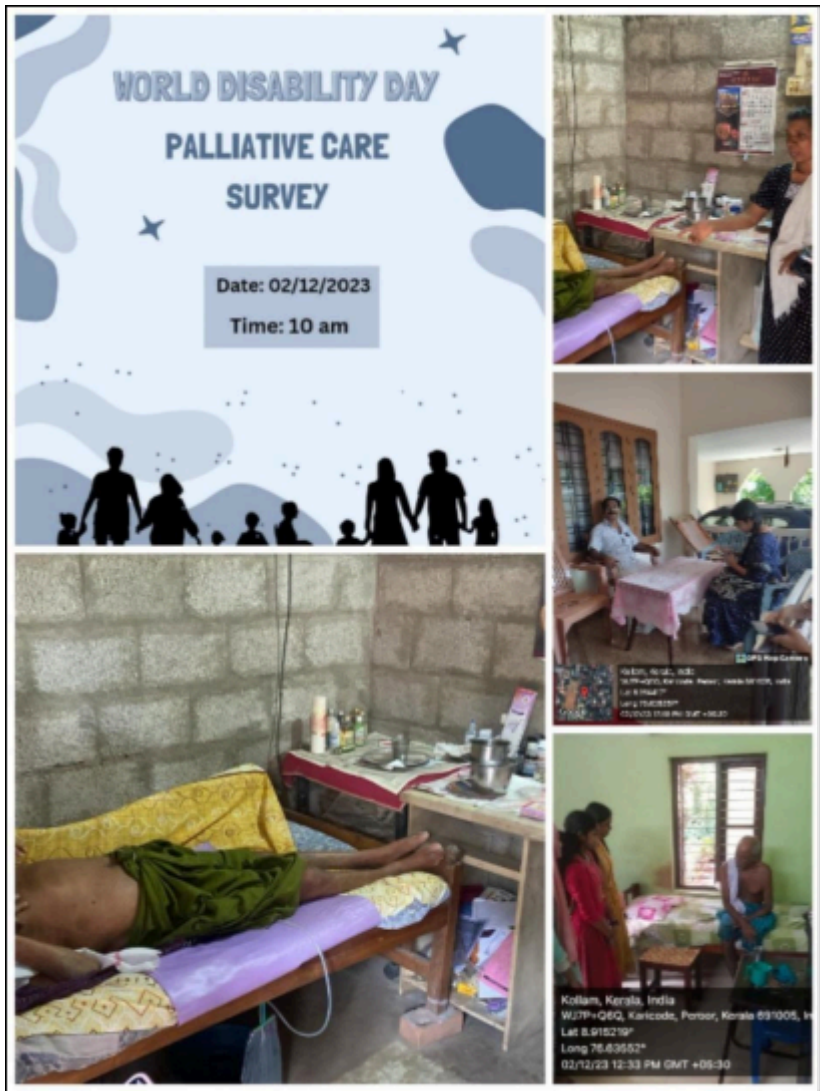


Regular Activity

Date: 02 December 2023

PALLIATIVE CARE SURVEY

Palliative care refers to the caring of people with severe medical conditions involving mental and physical issues, who cannot be admitted in hospital due to the prolong medication required or some other reasons. They always require the support of all kind, physical mental and social too. It is necessary to address their issues and help them the possible ways we could.



As the part of regular Palliative activities in our adopted village, our volunteers had done a survey among the people in our village to know about the conditions of our regular patients and to identify the new patients. The survey started at 10 am. Our volunteers were divided into teams and were sent into the field. They had a great tone interacting with people and identifying the needful. The volunteers completed their survey and came back to college at 12:30 pm.

This survey helped us to locate new patients and what are their needs. About 3 new needful people were identified. It was a very exciting experience as our volunteers get a chance to mingle with the common people and to know more about human life. It was decided to help the needful people as faster as possible.

DIGITAL LITERACY SURVEY

We are living in the world which is at industrial revolution 4.0. Technology and it's usage are at its peak. We are reliant on technology for each and every aspects of our life. It is really needed to know about how to use gadgets. Especially at this period where everything is being digitalized it is necessary to get acquainted with their uses.

Every 10th of December is celebrated as digital literacy day. To know and be aware of the digital literacy among people in our adopted village a survey was done among them. Our volunteers in teams visited the people and asked them the questions from Prepared questionnaire. Details from them are collected and are the results were analyzed.

From the results it was clear that not many people are unaware of the digital literacy but still there were some who does not even know about basic uses of gadgets. It will be really arduous for them to survive in this society without

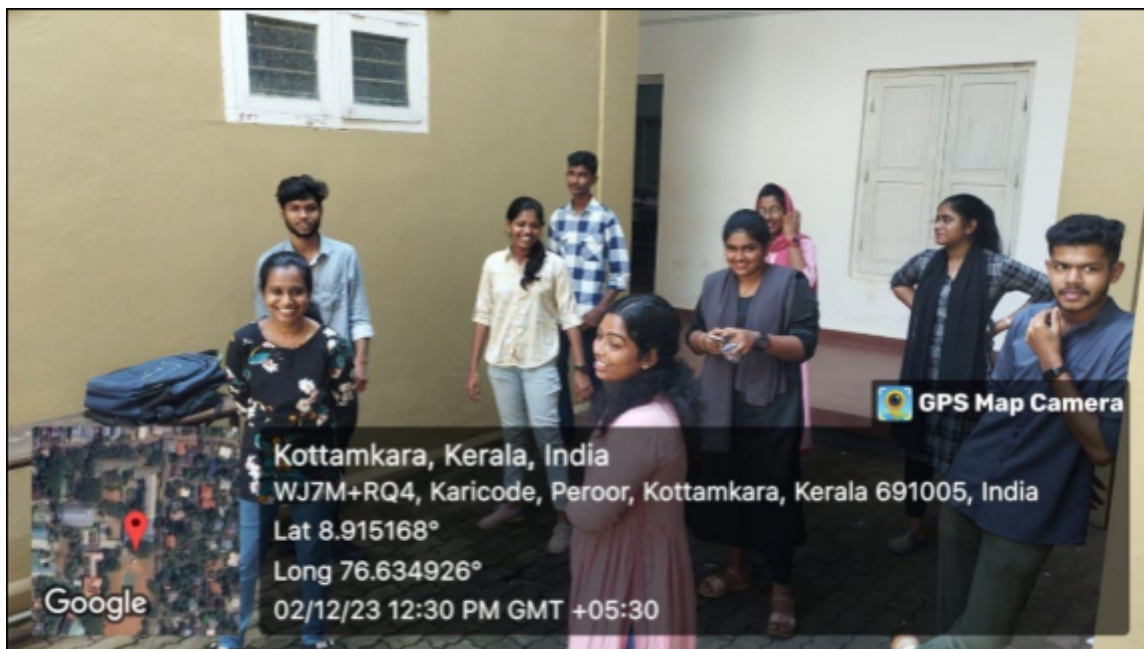
knowing all this. So we had decided to do the necessities to teach them the basics in the near future.



VIMUKTHI TEAM FORMATION

Drugs are being the greatest menace of our society whose effect is being increased day by day. Now the youngsters who are in the grip of drugs are countless. It is still increasing. It's being converted into asocial evil which is gnawing our society.

As a way to prevent and build a society without drugs, we are making an effort to prevent this ourselves through the vimukhi team formation. Among the volunteers team of 20 is selected and forms the vimuthi team. Their aim is to make all aware about the corns of using drugs through various art forms. As a part of this we had decided to do flash mobs and skits in public which will definitely help the people be aware of the consequence. It is a truth that rather than any other method it is through art and literature the ideas will be received so firmly in human minds. Following the team formation they had done the staging of flash mob too.



PALLIATIVE CARE

Visit To Abhaya Kendra

Date: 10 June 2023

Loving and caring for fellow beings is one of the major traits that make humans real humans. Whatever age it is if anyone require our attention and care they must really be provided with it. There is such a centre at Kalyapuram, where irrespective of age and gender, the wrecked defenless and support less ones are given shelter. It is the ABHAYAKENDRA at Kalyapuram, Kottarakkara.



We set out our journey at 10 am in a bus from our college. There were 15 volunteers along with the program officers. We had started our journey with the collected items from our students and teachers, which were to be presented to

the

inhabitants of the shelter home. We reached the centre to about 12 pm. The entire surroundings of the home were giving positive vibes and joy to our minds. We had spent some time with the inhabitants of the shelter home. There were children of age 3 to old people of age 80 in the shelter home. We had spent the time by talking with them, singing with them and giving the gifts we brought for them. We had given chocolates to the inhabitants. They were really happy to see and interact with us. For them we were their lost sons, daughters, brothers, sisters, friends and so more. Later after that we had performed cultural programs for them. We sang for them, danced for them as well as the inhabitants had showcased their talents in front of us. After that we had food with them. After that we bid bye to them and left the shelter home.

This visit set us an exact definition for what family is and what all are we are having. We should be grateful for what we have and must be ready to show the love and care we receive from our beloveds to the ones who need it. We had seen a group of people who are in thirst to receive such love and care. But remember even with a drop of Affection and fondness we can quench their thirst to some extent. A heartfelt glory to Kalyapuram Jose sir who is the established of the ABHAYAKENDRA, for giving shelter to this much people who require support and privileges from others.

Abuse Against Old-Age People

Date: 15 June 2023

One section in the society that faces lot of struggles and negligence are the old age people. They are being abused a lot and their health care is not given concern as it is required. What more our health sector does not even give much focus to the geriatric care. Today the number of old age care homes are increasing just because we do not have enough time to take care of them. Even if we let them stay with us the abuse whether it is mental or physical they have to pass through is very much.



Taking this into concern the district administration of Kollam had organised a program to make society aware of this program. The program was held at collectorate Kollam. The program began at 11 am. Many dignitaries

were

present there including Kollam district panchayath president P. K Gopan and sub- collector Mukund Thakur. The program was inaugurated by the district panchayath president. Later everyone presents there had taken an oath to protect the old age people. Mukund Thakur sir had made a speech about the abuse faced by the old age people in our country and the struggles they are made to be passed through. Our volunteers got a chance to do a flash mob and a drama in connection with the same topic. We received appreciation from the dignitaries and other people present there. We were so happy about the fact that our art form had occupied the space in the mind of audience there.

This is a problem which has to be given more focus as the effects of the problem is affecting our moral and traditional values very much. This is the high time and requires more and more actions which can even eradicate this social problem completely.

Adopted Village Survey: Exploring Palliative Care Practice

Date: 29 July 2023

Uniform distribution among volunteers: Uniforms in a scheme or society promotes equality and unity, reducing social divisions and fostering a sense of community and enhances a sense of identity and belonging to a cluster reflecting communal values. The simplicity of uniforms aligns with minimalism and professionalism emphasizing the sense of responsibility and discipline among volunteers. Illuminating these values, a uniform distribution was conducted among the volunteers of our unit which intensified the sense of unity among the volunteers.



Following the distribution of uniforms, volunteers were strategically allocated into various teams. Subsequently, a comprehensive survey was conducted in the village of our adopted village, Kottamkara, focusing on the provision and effectiveness of palliative care. In certain villagers, there is a high level of awareness regarding the importance of palliative care. The residents place significant emphasis on the care of their elderly, demonstrating a serious commitment to their well-being which provides a clearer picture of the villagers understanding and approach towards palliative care.

Conversely, certain families lack awareness about the significance of palliative care. This lack of understanding, particularly in relation to mental and physical health, can lead to further complications. These issues could potentially be mitigated through targeted educational initiatives



A number of families shared their experiences about how they derive value from their familial bonds. These narratives not only enriched the experience of the volunteers but also served as a source of inspiration, encouraging us to continue our efforts.



Numerous respondents advocated for enhancements in societal healthcare. They proposed a variety of ideas, including cultural and recreational programs specifically designed for the elderly. These programs aim to facilitate the sharing of experiences and promote happiness among individuals of similar age groups.

Participating in the palliative care survey in the village was an enlightening and

heartwarming experience for all volunteers. The villagers' approach towards us

was welcoming and respectful, which fostered a sense of mutual understanding. The happiness that radiated from the villagers, despite their circumstances, was truly inspiring. It served as a reminder of the true essence of the human spirit and the power of community support. The volunteers, drawn from diverse backgrounds, quickly formed a group, united by a common purpose. Friendships were forged in the face of shared experiences and challenges, adding a layer of personal enrichment to the professional endeavour. This journey was not just about conducting a survey; it was about human connection, shared learning, and the joy of making a difference.

“In the world of palliative care surveys, we’re like detectives with a heart. We’re not just uncovering facts, we’re uncovering feelings!”

Onam Kit Distribution

Date: 24 August 2023

Onam is the national festival of Kerala. It is the celebration of harvesting and harmony. These are the days of enjoyment and celebration in each houses of Kerala. But still there are houses where they won't be able to celebrate as others due to certain reasons. In reality they may also have the longing to celebrate Onam as others. It our responsibility as the fellow beings to understand and help them with the necessary requirements.



Taking this into consideration the NSS unit of our college had decided to help such needful people around us in our adopted village. We had people in 3

needful homes with Onam necessities which include groceries and vegetables. After giving them the necessities we spent some time with them. It was a very jolly time for us as well as the moment of recognition of a lot of truths of life. On visiting their homes we were so satisfied with the fact that we had not only considered us during this great time of festivity but others too.



The greatest moment of happiness is also an eye opener for each of us as it is a moment of self evaluation and understanding too. Among one such homes we visit was house of 2 aged mothers, both of them suffers from blood cancer. The time we spent there was a double gift as it filled their mind as well as ours with sense of satisfaction and happiness.

The experience each of us had was beyond words. We realized the real meaning of life and the accomplishment we feel through taking part in others happiness.

NSS unit of our college had decided to spend our onam with the residents of Gandhibhavan, Kottamkara, Kollam. We started the journey from our college at 10 am and reached the destination at about 11 am. We went to see them with gifts that we could provide them. We had spent a lot of time with the people there. The mothers and fathers present there shared their Onam memories and how they used to celebrate in olden days. They were overwhelmed with emotions which can be identified from their words and their eyes. It shared their emotion. How they missed their family it was clearly evident from their stuttering voice. We tried our best to make them happy by speaking to them and doing cultural activities for them. We sang with them, spoke with them and had an exchange of love. The way they were treating us and engulfing us with love is something really that touched our heart. We cut cake and shared the happiness of Onam by sharing the sweet of love. After about spent 2 hours there we came back.

Bidding goodbye to them was really a herculean task for us. But still we assured them that we will meet again we see back.

The moments we spent with them were the moments of happiness and joy. The care and love we received from them and we gave them was really enhancing the bond between us. We will definitely revisit the home.

Artificial Limb Camp – First Phase

Date: 02 November 2023

We are living in a self localized world where no one even cares about the existence of others. In such a world it is really hard to find kind hearts and real humanity. All about what almost the entire people around us care about is own well being. But at that time what we all forget is about those people who really require our help. Still it is a relief that there empathetic people who thinks about the fellow beings too.



Our NSS unit in association with Rotary club, Thangasherry and Kims Health Centre had organized a free artificial limb fitting camp at our college.

The

entire necessities required for the smooth running of camp was arranged by the volunteers of our college. It was a free limp fitment camp for about 60 patients, who are really needful.

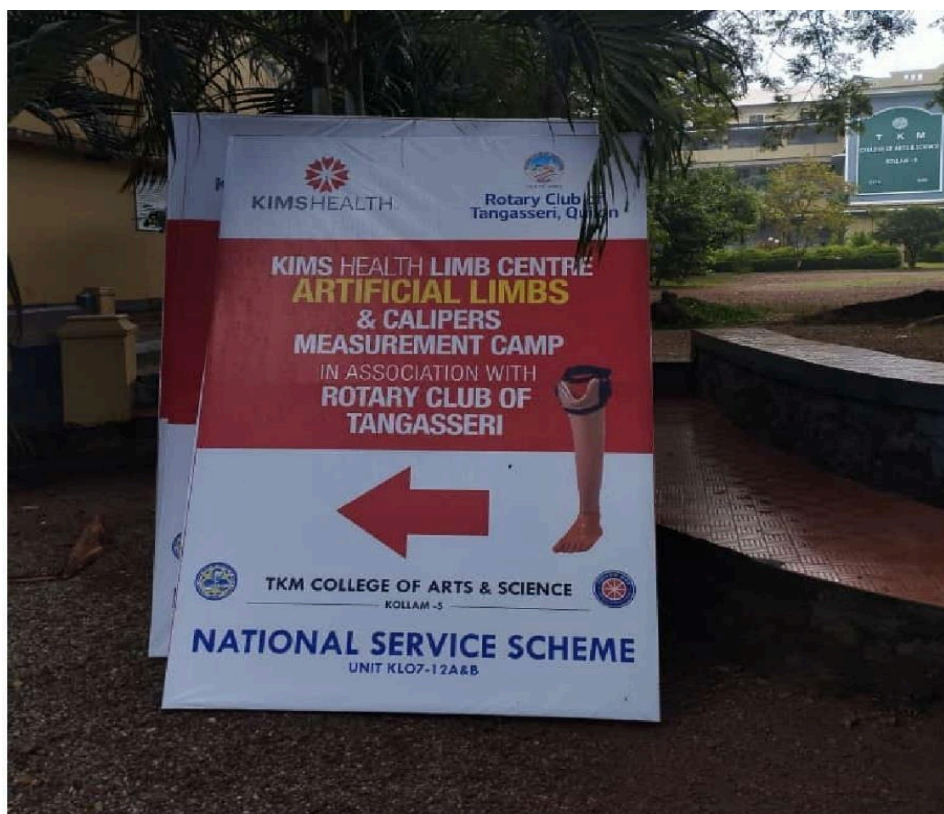
The first phase camp was to do a medical checkup for the beneficiaries by expert doctors from Kim's and to take the measurement of their limp that is to be casted. The camp started at 8:30 am in the college auditorium. The official inauguration of the camp was done by our principal Dr. Gopinath. Our program officer Dr. Sulfiya Samad, the official of rotary club and the doctors from Kim's hospital delivered the felicitation. The registration desk, providing assistance to the patients and doctors were handled by our volunteers. All our volunteers were drowned in their own duties with extreme sincerity. It was actually an opportunity that we got to help the needful in our own way. And it can be said with utmost confidence that we had done our duty with dedication. The food for the beneficiaries were also provided at the college. All our volunteers were energetic



and boosted throughout the entire camp. The camp wrapped up after taking the measurement of all the beneficiaries at about 5:30 pm.

The members of rotary club had appreciated each of our volunteers and said that they had actually seen the real volunteer ship. That was really something which filled our minds with joy and sense of accomplishment. They also said that they will call us for further volunteering activities too.

The satisfaction that all our volunteers gained through such an activity was really filling our hearts. Eagerly watching forward for more such actions.



Palliative Training Program

Date: 18 November 2023

Palliative care has always been the major area of activity of NSS. Proper training always make us enable to act wisely and accurately in perfect time. Being a solace to someone by extending our hands to the one who needs it the most is the greatest divinity. Taking guidance from experienced one will always help us to flourish more and be perfect.



Our senior volunteer Adarsh Alex, who got an intensive training by participating in state level Palliative training camp. It was an online training

program which

was led by volunteer Adarsh. The meeting started at 10 am. The welcome speech was delivered by volunteer Ayyappadas. Later felicitation was rendered by Program officer Dr. Sulfiya Samad. Then Adarsh started the session. He had shared his experiences as well as the things to be taken care of while being active in the field of Palliative care. He had made detailed explanation by giving examples through case studies. That was really helpful to be more acquainted with real day to day things. Moreover, it was an interactive session so that we were able to take part actively and ask our doubts.

After the session vote of thanks was rendered by volunteer secretary Vivek Prakash

The session made us understand about the sector of Palliative care and the things to be aware of being inclusively involved in this field. By sharing his experience we were able to understand the challenges that we will be made to be faced in this area. By overcoming those challenges we will be able to stand ourselves strongly in any condition without any hardness. The important lesson we learned through this class is that being empathetic is the real definition of humanity.

Palliative Visit & Donating Groceries

Date: 07 December 2023

There are a lot of people around us who are even being neglected by the authorities but are really needed to be given concern. Several such persons are around us and do need our help. Through the survey on Palliative day we came across certain people in our adopted village who really needs our help even to meet the daily necessities.

After the college time our volunteers had decided to visit the house of the beneficiaries. As per the decision taken, our volunteers bought the necessary groceries for 1 month from the shop. Then we went to the house of needful. We visited 2 homes. The first house we visited had a Palliative patient who was bedridden from the last 5 years as he had suffered from stroke and is paralyzed. They were so great full for the grocery they received and shared their other needs with us. The major need they put forward was the need for a wheelchair. We had decided to make the necessary arrangements to make it available to them. The next house we visited had a patient who had a neck injury. He also had suffered from stroke. They also had spoken about their need for help regarding medicine. We took it too into our concern.



The time we spent with them was worth for us as well as them. It was a moment for us that we could really know and understand the pains and realities of life. Moreover, it was moment for them to be away from the loneliness of life and spent some quality time with us so that they could find a relief in between the really tough life. Especially for the bystanders of these patients who face the extreme pain of loneliness about whom we didn't think so much.



Wheel Chair Donation

Date: 12 December 2023

Considering others needs and taking it as ours is something divine. It is the best way we could be empathetic. Empathy makes us more humane and to get into the souls of reality. It is necessary to understand and acknowledge the pain of the others. Rather than sympathizing it is better to understand and stay with them.

As per the needs put forward by the needful ones on our last home visit, we had arranged a wheelchair. At 4 pm we visited the house of the beneficiary along with our principal. Principal Dr. Chitra Gopinath had done the handing over of the wheelchair. Madam has appreciated us for the efforts we had taken and also put forward further suggestion to increase the quality of their life. Our volunteers had helped him to sit in the wheelchair and had taken him for the home tour. It should be called so as he was lying in the bed and is doing all the daily activities lying in the bed itself. He hadn't even went out from the bed in these all 5 years. It was like spreading new lights of hope in their life. To take out the wheelchair outside home there was also need of ramp. We decided to build that too as fast as possible.

It was a moment of realization that happiness of others bring out the really joy inside us. Moreover, that was so much fulfilling for our souls.



Fitment Camp (Rotary Club)

Date: 14 December 2023

Humanity at its peak is always a peace to all humans to believe and appreciate the existence of kindness. As the humans consider others too, the arising of selfless service occurs. Selfless services and impactful activities are two way gifts, which provides happiness to ones who does service as well as to the ones who receive it. Moreover it will also be a encouragement for others to get involved in such activities.



The second phase of Artificial Limp Camp organized by our NSS unit in association with Rotary club Thangasherry and Kim's health care was conducted on 14th December. The camp started at 10 am with an official meeting in our college auditorium. The meeting commenced with NSS geetham. Followed by the welcome speech delivered by the chairman of Rotary club Listing Fernandez. The presidential address was rendered by Georgy Philip, President rotary club

Thangasherry. The chief guest of the function was Dr. Mubarak Pasha, Vice - chancellor, SN open university. He inaugurated the event and rendered inaugural address. The keynote address were delivered by Alex Koshy, District secretary General rotary club, Dr. Chitra Gopinath, principal, TKM College of Arts and Science and Dr. Aneena Fatima, consultant Kim's limp Centre. Then the other dignitaries on the dias delivered felicitation speech. Then the meeting came to an end with the vote of thanks delivered by Nanas Sharaf, Secretary rotary club Thangasherry.



The camp began. The registration desk and the medical assistance desk were handled by our volunteers. In this phase the fitting of the artificial limb was done. The beneficiaries' fitting time were divided into different slots. Our volunteers were available for each and every help required for the beneficiaries and doctors there. The camp wrapped up at 4 pm and later a valedictory function was done. The event started with NSS gethams and a welcome speech was rendered by Georgy Philip, President of the rotary club Thangasherry. Then the presidential address was delivered by Dr. Chitra Gopinath, college principal. Then

felicitation

was delivered by program officer Dr. Sulfiya Samad. Then the major persons behind the organization of the camp was honored by giving them mementos. Then vote of thanks was delivered by volunteer Aisha Sharaf.

The entire camp taught us a lot of new things as well as made us recognize what all are the things needed to organize and needed for smooth running of a medical camp. And also it was neo experience for all of us. Moreover in the arena of palliative care it is one of our major step.

Thanal Class

Date: 15 January 2024

Palliative care is always one of the major caring sector, which NSS always give more importance. For those people who are really in need of the help from others. They may be bedridden or may not be able to come out of home. So it is the people around them and volunteers like us who help them and make them feel normal. For making them comfortable and to take care of them we need proper training.



As part of the Palliative day observation, a Palliative training session was arranged in Thanal Kollam conference hall, which was led by Dr. Shaiju Hameed, Assistant director health service department, Kerala. The training

started with an

official inauguration session at 10 am. After that the training session by the resource person started. He had mentioned about lot of anecdotes. Those were really touching. He had mentioned about the steps to be taken in taking care of the Palliative patients. Along with them the bystanders of them must be given same importance as they will be passing through a lot of mental struggles. What he concluded from the entire class is that we should be in reach for these people and instead of sympathizing them be ones with empty. After the session some of our volunteers shared their views.

It was decided to start the field training as fast as possible. It is needed to be able to get equipped completely to be in reach for helping such people.



AWARENESS CLASS

Web Talk Series – Champion Of Equality

Date: 01 September 2023

Among the great Indian reformers, Ayyankali has a specific position for his daring nature and irrational thoughts. During these days of Onam it is important to speak about such great reformers who had really went through great turmoil to bring about the changes that we see in our society today. Freedom that we are enjoying today are the consequences of their blood and sweat. SO our NSS unit had decided to start a marathon of sessions in which will be spoken about prominent leaders of our society.

The image shows a promotional poster for a webinar. The poster is yellow and features the following text and graphics:

- T.K.M COLLEGE OF ARTS & SCIENCE** (Karikode, Kollam - 691005)
- Re-accredited by NAAC with A++ Grade
- National Service Scheme**
- Unit No : KL 07 - 12 A&B
- CHAMPION OF EQUALITY**
- "Exploring Ayyankali's Impact as a Social Reformer"
- Webinar By**
- Dr Satheesh Kumar PK**
- Assistant Professor, Political Science
Panampally Government College, Chalakkudy
- 1 September, 2023 | Saturday**

The poster also includes two circular portraits of Dr. Satheesh Kumar PK. To the right of the poster, there are two screenshots of a Zoom meeting. The top screenshot shows Dr. Satheesh Kumar PK speaking, with a name tag that reads "Dr. Satheesh". The bottom screenshot shows the same speaker, with a name tag that reads "Dr. A.". Both screenshots show a grid of participants, with the speaker's video being the largest.

The commencement of the session was with the talk by Dr Satheesh Kumar P. K, about Ayyankali. This was held as an online session which commenced at 8 pm. The session started with NSS geetham followed by welcome speech delivered by volunteer Noora. Later the resource person handled the session. He had spoken about how Ayyankali strive hard for bringing about changes in our society by using the tool of Renaissance. Ayyankali had poured a lot of effort through various strikes and riots to change the then socially existing system and bring about a change. Satheesh sir had spoken clearly about each of the major events in Ayyankali life. After the session volunteers had an interacting session with the guest followed where they asked their doubts. The session ended with the vote of thanks rendered by volunteer secretary Vivek Prakash.

It was an informative session. This session helped us a lot to know about the great reformer Ayyankali who is glorified for his sincere works.

Web Talk Series – Universal Dimensions Of Guru’s Teachings

Date: 02 September 2023

As part of the continued sessions on Kerala reformers, this was the second session. This was the session about the father of Kerala renaissance Sree Narayana Guru. Guru is considered as the father of Kerala renaissance due the efforts and the prior steps taken by him to teach the world about the truth of equality.



This session was held as an online talk, which was led by the distinguished guest Dr. Ajay Sekhar, Assistant professor English and coordinator of Centre for

Buddhist studies, SSUS Kalady. The session started with the NSS geetham. Then the welcome speech was delivered by volunteer Riya Baiji. Then the resource person handled the session. Ajay sir had spoken about the great reformer Sree Narayana Guru. He had told about the whole biography of Guru, starting from his life as Nanu till the greatest reformer. He had always stood in front and tried to preach the society about the necessity of equality and fraternity which will thus ensure liberty all class in society. His entire way of teaching which includes the famous Aruvippuram idolisation in 1888 were discussed by Ajay sir. The the volunteers were given a chance to interact with the guest and ended with the vote of thanks delivered by volunteer secretary Hiba Raj.

This session had helped us to know about the major milestones in the life of Sree Narayana Guru. He was not only a good reformer but also a good spiritual leader. He had a lot of famous personalities as his students. It is the great preachings of him that is still making him lively till today.

Web Talk Series – Exploring Legacy Of Poykayyil Appachan

Date: 05 September 2023

POYKAYYIL APPACHAN is one of the greatest reformers in Kerala. As part of the sessions to get know about the great reformers of Kerala, this was the third session where we get to know about the great reformer Poykayyil Appachan.

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**EXPLORING THE LEGACY OF
POYKAYIL APPACHAN**
"A Journey Through Literature and Culture"

Webinar By

Dr Rekha Raj
Activist, Writer and Recipient of
Kerala Chief Minister's Nava Kerala
Post Doctoral Fellowship

05 September. 2023 | Tuesday

The poster also features a photograph of Dr. Rekha Raj speaking into a microphone and a screenshot of a video conference showing three participants.

The session was an online meet which started at 8 pm led by Dr. Rekha Raj, Activist, writer and recipient of Kerala chief minister's Nava Kerala post doctoral fellowship. The session started with NSS geetham. Later welcome speech was delivered by Anu Rajeev. Then the resource person started the session. She had taken through the entire path of Appachan's life and how he was being portrayed in arts and literature. Poykayyil who is not being explained so in detail in books that we studied was clearly unraveled in front of us by mam. Starting from the renaissance movements till the establishment of prathyaksharaksha daiva sabha was clearly explained . Then the volunteers had an interactive session with the guest. The session ended with the vote of thanks rendered by volunteer Sneha.

Many informations shared by mam was really new for us and was really informative. Life of Poykayyil Appachan is really motivating to find our own path and to strive not only for us but also for others welfare too.

Web Talk – Crisis Unmasked; Zoonotic Diseases Awareness

Date: 26 September 2023

Diseases that are spread through vectors are called zoonotic disease. Our Kerala is quite familiar with zoonotic disease which are quite dreadful. So the awareness regarding this is very important since Nipa is being an yearly guest in our state.



The NSS unit of our college had organized an online meet to spread the awareness about zoonotic diseases. The session was led by Dr. Vincy Nelson professor, Department of Community medicine Travancore Medical College.

The meeting started at 8 pm with NSS Geetham . The welcome speech was delivered

by volunteer Ashna Shameem. Then the session started. She had started from the base and let us informed about each and every types of Zoonotic diseases. But importance was given to prevention method. She explained thoroughly about the prevention method and the precautions that must be taken. It is better to stay away from the excretion of the vectors as it is the most common way of transmission. Rabies is a major zoonotic disease in our society. When you get a dog bit the first thing to do is to wash that area thoroughly. Like wise she spoken about a lot of methods. Then the volunteers were given a chance to interact with the guest and clarify their doubts. The session ended with the vote of thanks delivered by Nikita Manoj.

This session was really useful to know about the methods to prevent and if unfortunately occurred how to treat. But the most important thing which was repeated was prevention is better than cure.

Art Of Volunteering (Dr Beena Mol GS)

Date: 16 October 2023

NSS is an association in which each and every volunteer works for their own personality development through various activities which also helps in social skill development . So as a welcome for the new volunteers and to make them aware about the concept of volunteering a session was organized. It was an ice breaking session for the newly enrolled volunteers.



organized at our college seminar hall and the program commenced at 10 am with NSS geetham followed by the welcome speech delivered by volunteer Ameena Mol. Then we gifted the guest a book as token of love. Then presidential address delivered by principal Dr. Chitra Gopinath. After that program officer Dr. Sulfiya Samad delivered the felicitation speech.

Then Beena mam started the session. She had first done an ice breaking session to make the volunteers comfortable each other without any hesitation. It will definitely help them to be able to work together with complete unity and strength as a team. Then she mentioned about all the qualities required for a volunteer. In which the most important one is humanity and empathy. Only an empathetic person can be a true volunteer. They should always come forward without being asked to and being compelled. A volunteer must work according to own will and not with compulsion. The she had done a session with fun games which led the volunteers to know each other more and thus be more comfortable. Then the session ended with feedbacks of volunteers and vote of thanks delivered by volunteer Sreeram.

The session was really engaging for the volunteers. This helped them a lot to know more about the art of volunteering and how to be a true volunteer. This also helped them to break the walls between each other and make them understand their strength as a unit.

Rail Maitri Awareness

Date: 20 February 2024

It's our duty to protect the culture and assets of our country. Public transportation is essential for the development of a country, so its protection is essential for a developing country like India. Trains are the veins of public transportation, so we organised an awareness class about railway safety for first-year volunteers in association with the Punalur railway police.

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Unit No : KL 07-12 A&B

**Rail-Maitri Awareness Class
"Punalur Railway Police"**

Date : 20 February 2024
Time : 10:30 AM
Venue : THMCAS SEMINAR HALL

The class is being conducted by

- **Sri Anil Kumar V**
(Station House Officer (SHO) Of Punalur Railway Police Station)
- **Sri Anas Muhammad**
(Rail Mithri Beat Officer)
- **Sri Rajagopal**
(Station SW Officer)
- **Sri Abhilash**
(Intelligence Officer at Punalur RPS)

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Long: 76.6347467

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The resource person for the programme was Mr Anil V station house officer of Punalur railway station. This session was organised in our seminar hall and the programme commenced at 10:30 AM with the NSS song by our volunteers, followed by the welcome speech delivered by volunteer Gopika. The

presidential

address was delivered by honourable Principal doctor Chitra Gopinath, after that program officers Dr Sufiya Samad and Abdul Rasaq delivered the felicitation speech. Then the resource person delivered awareness about railway safety and hazardous consequences of our simple actions. After that Anas Mohammad rail maitri officer, Sri Rajagopal station officer, Sri Achilles' C intelligence officer at Punalur railway police also delivered valuable informations and precautions for railway safety.



They mentioned the black zone declared by the railway police near TKM college where the anti social activities are takeplacing for a long period of time. Anti socials are throwing stones at train which causes heavy damage not only for the train but also for the passengers. Few months ago on this area there was a heavy attack towards the train and a passenger lost her one eye. One stone hit her eye and it damaged her retina. They explained a lot of scenarios and situations. They made volunteers unerstand about the manners to be kept inside

the train.They

bulit a team from the volunteers for monitoring the surroundings of our college and they shared contact number and a lot of incidents with volunteers. The session ended with feedback of volunteers and vote of thanks delivered by volunteer Saidali. S

The session was really engaging for the volunteers, this helped them a lo to know more about the railway safety and how to contribute their assistance to this field. Session also helped them to feel that they are also responsible about the social problems around them and made a gut in their mind for responding against crimes

STATE LEVEL CAMP

Organising Committee Formation (Leaders Camp)

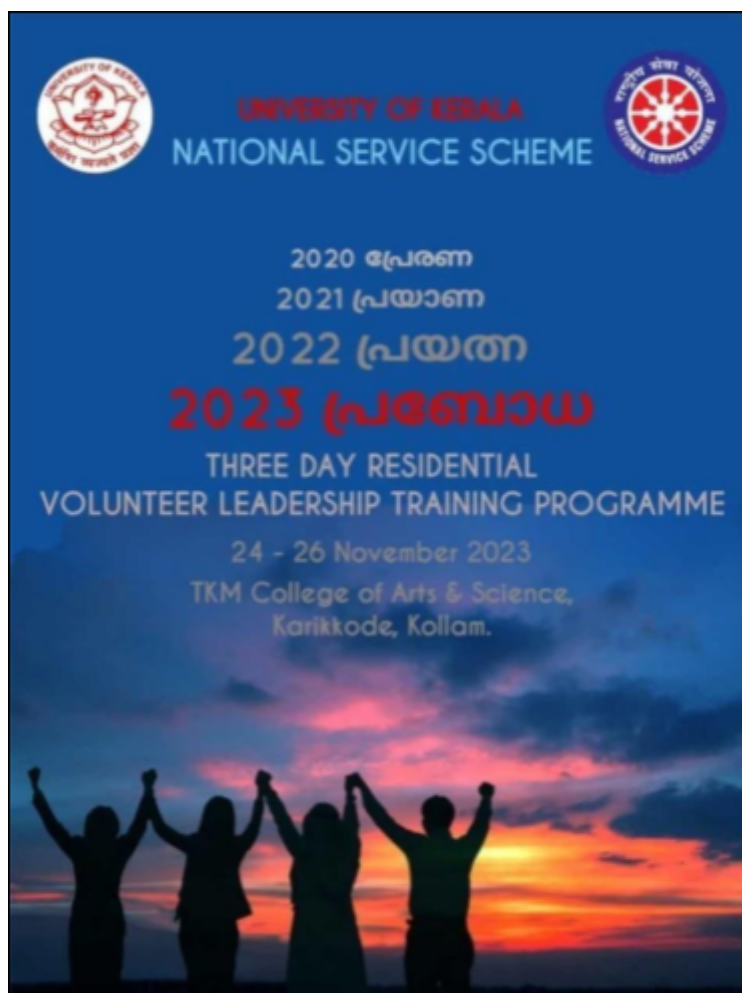
Date: 19 November 2023

The 3 day state wide leadership camp was held at our college. Being a state wide residential camp there were requirements of a lot arrangements to make sure the smooth moving of the camp without any disturbance. As we are the host college it was our responsibility to make each an everything available for the better movement of the camp.

The better method to implement was the division of labor among our volunteers in order to make the works easier. So beforehand we had organized a meeting and divided the students into various groups. Thus it ensure the better working of each aspect of the camp. For that leaders were assigned for each groups. We were sure that this groups will do their maximum to make their role done in the best way.

Prabodha

Date: 22 – 24 November 2023



A three-day residential volunteer training program organized by Kerala University was conducted at TKM College of Arts and Science from November 24th to 26th, 2023. The camp was conducted under the leadership of the NSS District Coordinator Dr. Gopakumar Sir. TKM NSS officers Dr Sulfiya Samad and Dr Rafeeqe Sir also led the camp along with Dr Gopakumar Sir. Senior NSS Volunteers from Trivandrum Vishnu S, Vishnu SS, and Dhanashyam, also helped to coordinate the camp activities. The camp, 'Prabodha' was a rare

experience for the volunteers. Volunteers from Pathanamthitta, Alappuzha, Kollam, and Trivandrum took part in the camp.

Day 1: 24/11/2023

The session started with an NSS Song and a welcome note from NSS District Coordinator DR Gopakumar Sir. The presidential address was given by TKM College Principal Dr Chithra Gopinath. Kerala University NSS programme coordinator Dr Shaji Sir gave a brief description of the camp. State NSS Officer Dr Anzer Sir inaugurated Prabodha 2023. The camp was officially inaugurated at the seminar hall. Mukthala block panchayat vicepresident H Hussain Sir, Kerala university

Member Firoskhan had given the felicitation speech. A vote of thanks was delivered by TKM College NSS Programme Officer Dr Sulfiya Samad.



After the inaugural session, all volunteers were assembled in the auditorium and they were given the first training session “NSS in Kerala”. In this session, Dr Anzer Sir explained Who and How should be an NSS Volunteer and the duties and responsibilities of an NSS volunteer.

The next session was handled by Sri Brahma Nayakan Mahadevan Sir.

It was an ice-breaking session. Sir explained the importance of leadership qualities.



Day 2: 25/11/2023

The second day the camp began with the class of Sree Brahma Nayakan Sir. Sir explained the necessity of leadership qualities, decision-making, problem-solving, and punctuality in an NSS volunteer. Later volunteers were divided into 7 groups named Sarvam, Sannadham, Kanavu, Kanal, Dhamani, Veekshanam and Saparya. Each group was assigned to create a logo and song in connection with their group name. This session helped to develop leadership qualities among volunteers.

Later Sri Brahma Nayakan sir mentioned the significance of the adopted village in each NSS unit and an activity was given to each group to prepare an annual action plan about the things to be done in the adopted village. At the end of the session, each group presented their ideas.



After lunch, the second session began. This session was handled by the clinical psychologist Dr. Siddique Sir. This session helped the volunteers to get an overview of their strengths, weaknesses and opportunities. Sir reminded the volunteers that “opportunities never come around, instead we should find them.”





Later after dinner cultural programmes were held. It was a mesmerising session. The third session ‘Leadership through life skills’ was led by Sri. Biju Simon (Director, Ether India). Throughout the session Sir made all the volunteers participate in various activities and showed us how personal skills can be developed. He also gave a brief description of the difference between empathy and sympathy.



Day 3: 26/11/2023

The last day of the camp began with a wonderful session by Sri. Ratheesh Sir, All Kerala Blood Donors Society. He took the class on the topic “Volunteering Blood Donation, theNeed of the Hour”. He elucidated the importance of blood donation.

After breakfast a small session was held by the NSS District Coordinator, Dr. Gopakumar Sir briefing about the duties of an NSS volunteer.



The camp came to an end with the valedictory function. The welcome speech was delivered by Gopakumar Sir. The presidential address was delivered by Devipriya Ma'am (NSS Programme officer, SN Women's Kollam). Later on, our NSS Volunteer Aisha Sharad read the report of the camp. Sri. Brahma Nayakan Sir, who was an entire presence in the camp was honoured by NSS

District Coordinator, Dr. Gopakumar Sir. Finally, the best volunteer of the camp was selected and certificates for the campers were distributed. A vote of thanks was rendered by our programme officer Dr. Abdul Rafeeqe T.C.



It was a wonderful experience for every volunteer who attended the camp. The new knowledge attained from the 3 day camp will definitely mould them into better leaders. On short, the camp can be defined as ‘A MEET OF TALENTED PEOPLE’.



Conclusion

The journey we embarked upon as part of NSS has been truly exciting and enriching, providing countless opportunities to enhance our skills and understanding. Being part of NSS fosters holistic development, bringing us closer to nature and humanity. It helps us connect with the feelings and emotions of our fellow humans and other living beings, nurturing our sense of compassion and defining the essence of humanity.

With a community of empathetic individuals, it becomes easier to create a harmonious and loving world where positivity spreads to every corner. NSS not only focuses on individual growth but also aims for the collective advancement of humanity. Its ultimate mission is to contribute to the overall development of society as a whole.

This vision is far from impossible, thanks to the countless volunteers across India who are always ready to extend a helping hand with sincerity and dedication. Together, we can turn this noble mission into reality and make the world a better place for all.