



ST. DOMINIC'S COLLEGE, KANJIRAPALLY

AFFILIATED TO MAHATMA GANDHI UNIVERSITY KOTTAYAM

RE-ACCREDITED WITH A GRADE BY NAAC

ABSORB & RADIATE



Report of report for each extension and outreach program with photographs

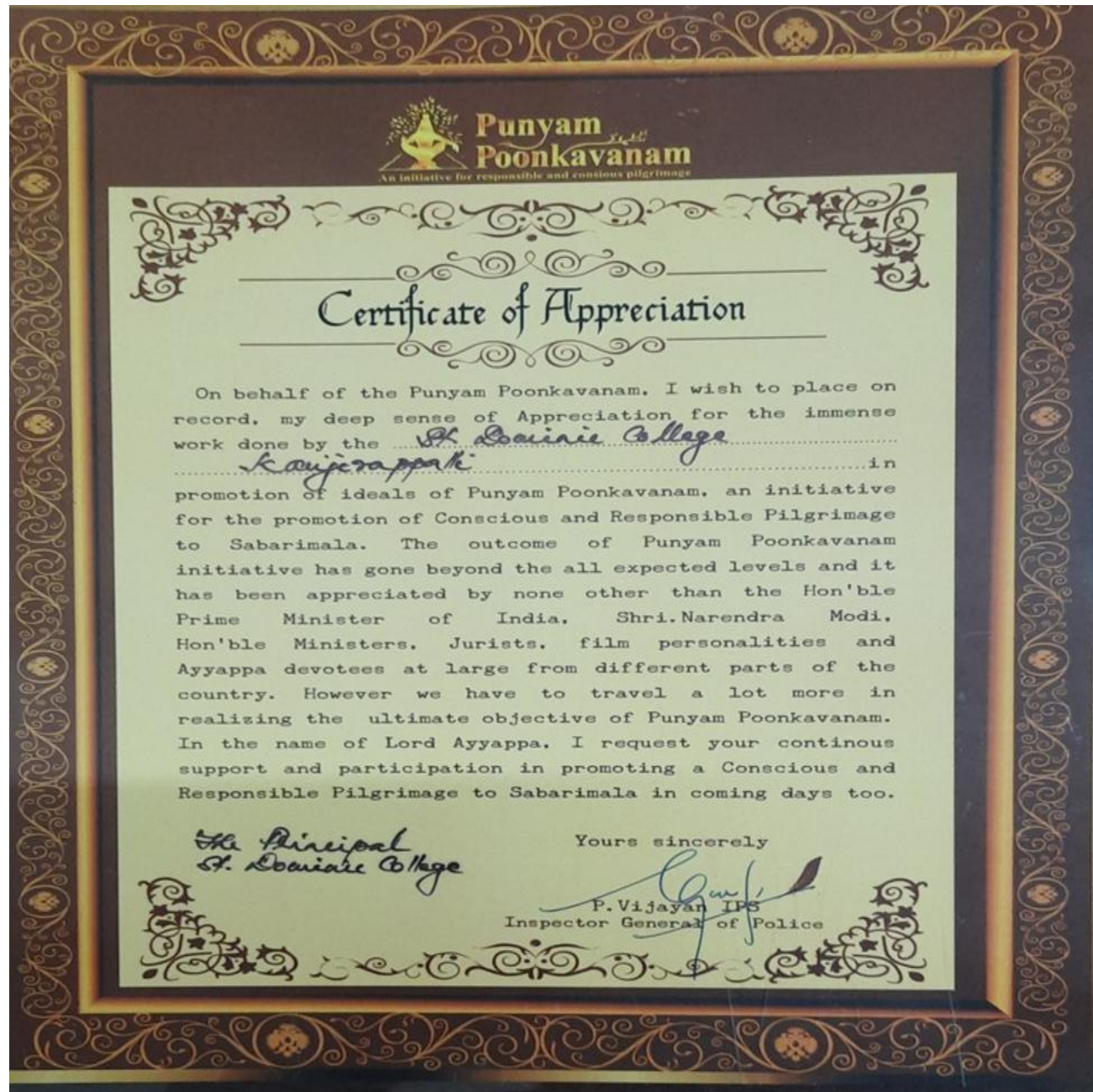
2020



PunyamPoonkavanam

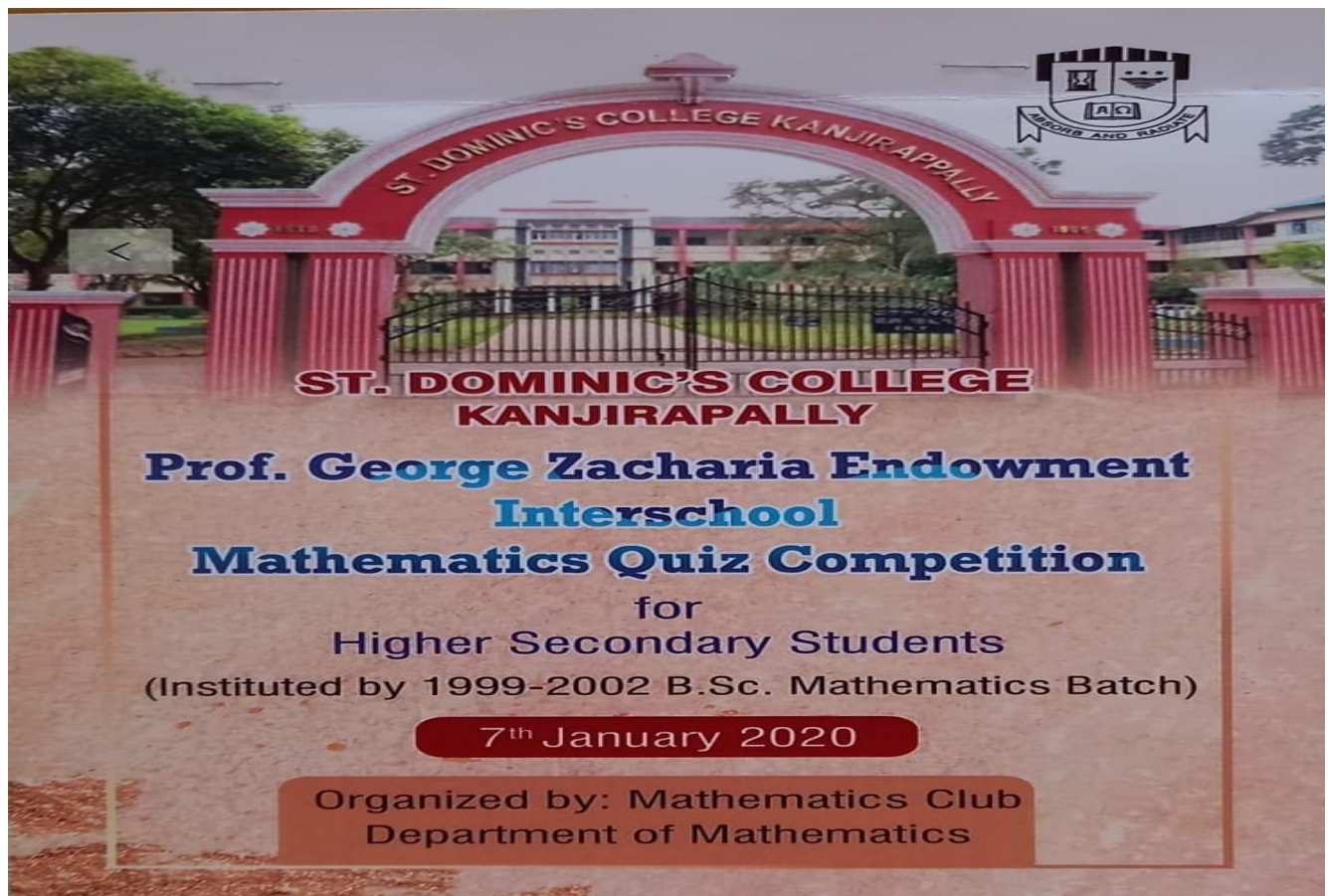
The St.Dominic's College received Certificate of Appreciation from **P.Vijayan IPS, Inspector General of Police** and founder of PunyamPoonkavanam Project at Sabarimala, on **16-01-2020** for the initiatives taken for the promotion of conscious and responsible pilgrimage to Sabarimala. The NSS volunteers received certificate of appreciation from the authorities.

No. of Participants: 100





**Prof. George Zacharia Endowment Inter school Mathematics Quiz Competition
For Higher Secondary Students**



Fit India Campaign - Walkathon

As part of Fit India Campaign, a Walkathon was conducted. 35 NSS volunteers participated. They carried placards with related quotes on them while walking total distance of 5kms from the college to Parathode town and back to college.

Total no. of Participants: 60

Beneficiaries: Residents of Parathode Panchayath

Fit India Walkathon



Constitution Day Rally- 24-01-2020 – awareness Campaign

Department of History in association with the NSS unit organized Constitution rally to celebrate the Platinum jubilee of the establishment of the Indian constitution. This included two wheeler rally to **seven nearby schools** and to introduce the preamble, content and features of our constitution to the society and students.

Total No. of Participants: 10000

Constitution Day Rally 24-01-2020



National Integration Camp

Mahatma Gandhi University of Kerala conducted the National Integration Camp for 2020. Melbin Jacob from St. Dominic's College had participated as MG University Volunteer Leader in the Camp. NSS representatives from Kerala, Karnataka, Himachal Pradesh, Gujarat, Tamilnadu, etc. had participated in the Camp. Kerala Team had won Best contingent award. Various cultural programmes were also conducted.

Republic Day Celebration

On the Republic day, the national flag was hoisted by Dr.Fr.James Philip, Principal of the college and delivered the message. Ann Maria Sebastian, NSS volunteer of the NSS unit

introduced the content of our constitution to various students, who were the participants of the programme “**Sastrapatham**”, of the Government of Kerala, which was held in the college during those days.

Republic Day Celebration - 26-01-2020



SASTRAPADHAM 2020

The Science departments of St Dominic's College Kanjirapally jointly conducted SASTRAPADHAM 2020, a three day science camp for higher secondary students of Kottayam district, on January 25-27, 2020, in association with Samgra Shiksha Keralam and Department of Higher Secondary Education. Students from 23 different schools participated in the camp. Prof.Sabu Thomas, Vice Chancellor, MG University, Kottayam inaugurated the Camp. Lectures from different branches of science by

eminent resource persons, practical lab sessions in various science departments and institutional visits were conducted as a part of this camp.



Free Eye Checkup Camp & Free Cataract surgery

A Free Eye checkup Camp was organized in association with Lions Club of Kanjirapally on 16th February 2020. Doctors from **Little Flower Hospital and Research Centre Angamaly** examined the patients. About 175 patients were attended the camp. 40 of them were suggested for cataract surgery.

24 of them were sent for **free Cataract surgery** on 11-03-2020 at Little Flower Hospital and Research Centre, Angamaly.

No. of Participants: 240

Eye Camp - 16-02-2020



24 needy persons sent to Little Flower Hospital and Research Centre, Angamaly for- Cataract Surgery-11/03/2020



National Deworming Day

The NSS Programme Officer Ms.Mary Pitunia C Mathew participated in the class organised by the Public Health Centre, Parathode. held at Parathode Panchayat Complex on 18th March 2020. Dr.Swetha took a class on the importance of National Deworming Day. It was suggested to give Albendazol to all the first year degree students in the college.

As part of National deworming day,under the leadership of NSS volunteers, Albendazol pills were distributed to 385 students of the 1st UG course in the college.

Total no. of participants: 400

National Deworming Day - 18-02-2020





Installation of Bottle Booths& Distribution of Cloth Bags - Unnat Bharat Abhiyaan, Govt. of India.

Bottle Booths were installed in 6th and 8th wards of Kanjirapally Grama Panchayat and 15th ward of Parathode Grama Panchayat under the Unnath Bharath Abhiyan with the support of the NSS unit, St.Dominic's College Kanjirapally and Cloth Carry Bags were handed over to the ward members of 12th Ward of Koottikal Grama Panchayath, 6th Ward of Kanjirapally Grama Panchayath and 9th Ward of Parathode Grama Panchayath on 23-03-2020, in association with Haritha Kerala Mission as part of Unnat Bharat Abhiyaan Project, Govt. of India.

Bottle Booth at 6th ward



Bottle Booth at 8th ward



Bottle Booth at 15th ward, Parathode Panchayth



Handing over the Cloth Bags to the District Panchayath Authorities to distribute in 6th, 9th and 12th ward, Parathode Panchayth





Certificate of Appreciation from Haritha Keralam Mission

NSS Programme Officers receiving the Certificate of Appreciation from Haritha Keralam Mission for the contribution and support rendered made by the NSS unit in preparing and maintaining Green Groves at various parts of Kottayam district

Sri Sebastian Kulathungal, President, Kottayam Dist. Panchayath handed over the appreciation certificate.





Covid Care Services - Food Kit Preparation during Covid Lockdown- from April 2020 to December 2020

Civil Supplies Officer of Kanjirapally has asked **the help of NSS volunteers to prepare grocery kits for supply to the families during lockdown**. The same has been undertaken by NSS. 100 volunteers from the NSS unit worked for this activity from 15th April onwards. The packing of grocery kits is being done up to November 2020 whenever requested. More than 45000 Kits were prepared by the NSS volunteers of St. Dominic's College and the Supplyco authorities appreciated the efforts taken by the volunteers even in the midst of the threat of Covid-19.



SUPPLYCO

ESSENTIAL REQUIREMENTS TO THE REACH OF EVERY ONE

Proudly Presented to

Mr.NSS UNIT No. 36,.....ST. DOMONICS.....COLLEGE, KANJIRAPPALLY

It is in recognition of the generous and voluntary support to SUPPLYCO for packing and distributing Subsistence Kit to all Ration Card Holders on behalf of Govt. of Kerala.

The activity was initiated by Govt. of Kerala through SUPPLYCO during the lockdown period of Covid -19, the epidemic spread all over the world.

We appreciate your positive attitude and sincere hard work during the critical time.

Your help and support has done immense good to the community.

Manager

Supplyco Supermarket Kanjirappally





SUPPLYCO PACKING WORK



Koodeyund SDC, Koodeyund NSS – Support to Government and Public

NSS Unit and Charity club of St. Dominics College initiated various programmes and provided support to keep the students, faculty, staff and the public healthy, safe, and educated during the COVID-19 pandemic. The major initiatives are:

- Supply of essential food kits, medicines and other commodities to the remote areas with the special permission from local authorities, Police and Health Department.
- Providing counselling and emotional support to the needy students with the help of professional counsellors.
- Endeavouring support for the sanitization of the households
- Financial and Material support to the students from economically weak families
- Support for Covid – 19 vaccine registration in CoWIN app., etc.



St. Dominic's
College,
Kanjirapally

**“കൂടെയുണ്ട് SDC
കൂടെയുണ്ട് NSS”**
(Supporting the fight against Covid-19)



പ്രവർത്തന മേഖലകൾ...

- ❖ നിയന്ത്രണ മേഖലകളിൽ കഴിയുന്ന വിദ്യാർത്ഥികളുടെ ആവശ്യപ്രകാരം ഭവനങ്ങളിൽ ഭക്ഷണ കിറ്റ്, മറ്റ് ആവശ്യ വസ്തുക്കൾ എന്നിവ എത്തിക്കുന്നു.
- ❖ മരുന്ന്, മറ്റ് അടിയന്തിര സേവനങ്ങൾ നൽകുന്നു.
- ❖ മാനസിക, വൈകാരിക പിന്തുണ ആവശ്യമുള്ള വിദ്യാർത്ഥികൾക്ക് പ്രൊഫഷണൽ കൗൺസിലർമാരുടെ സേവനം ലഭ്യമാക്കുന്നു.
- ❖ അത്യാവശ്യ സന്ദർഭങ്ങളിൽ വീടും പരിസരവും സാനിടൈസ് ചെയ്യാൻ സഹായമൊരുക്കുന്നു.
- ❖ പഞ്ചായത്ത്, ആരോഗ്യവകുപ്പ്, മറ്റ് സർക്കാർ സംവിധാനങ്ങളുമായി ബന്ധപ്പെടാൻ സഹായം നൽകുന്നു.
- ❖ സാങ്കേതിക പരിചയക്കുറവുള്ളവരെ കോവിഡ്-19 വാക്സിനേഷൻ രജിസ്ട്രേഷൻ സഹായിക്കുന്നു.

☐ സഹായം ആവശ്യമുള്ള വിദ്യാർത്ഥികൾക്ക് വിളിക്കാം...

9447705455, 9496577407, 9895524832

☐ കൗൺസിലിംഗ് സേവനത്തിന്...

9400316071

Three Day's Workshop on Python with Numerical Analysis

The workshop organised by St. Dominic' s College, Kanjirapally in association with PG Board of studies Mathematics, MG university, Mathematics departments of SVR NSS College Vazhoor, St. Thomas College, and College Development Council, MG University.

World Environment Day: 5th June – Plant it with SDC # Campaign – Planting of 200Saplings

On the occasion of the World Environment Day on June 5, NSS volunteers planted 200 more trees. Plant it with SDC campaign was inaugurated by Principal Dr. Ancy Joseph. Students planted the saplings on their house premises and posted the photographs on instagram.

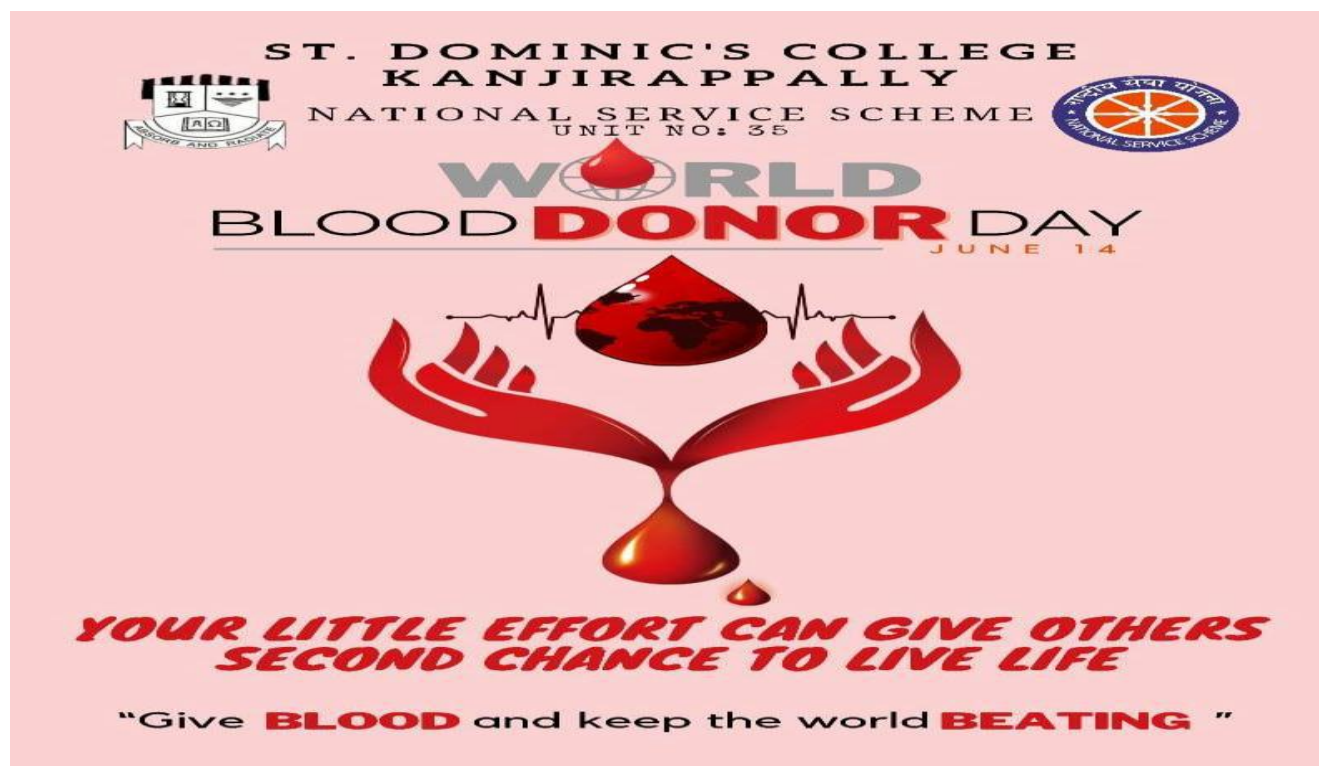
No. of Participants: 200





World Blood Donor Day – 14th June, 2020

To raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood, an awareness poster was prepared and circulated by the NSS unit.



Ramanujan Lecture Series I - Lecture on Human Rights

by Prof. Rony K Baby, Assistant Professor, St. Dominic's College Kanjirappaly. The lecture highlighted the objective of human rights is to protect human beings from any kind of discrimination and injustice all over the world.



International Yoga Day: 21st June – Online Yoga Class

On the Yoga Day, Yogacharya Mr. Manoj led an online class on Yoga and Health. A set of specific exercises, called poses, combined with specific breathing techniques and meditation principles are explained in the online demonstration session. NSS volunteers sent selfies of their practice of Yoga at houses.

No. of Participants: 200



International Yoga Day 2020

YOGA FOR HEALTH
YOGA AT HOME



ON 21ST JUNE 2020
INTERNATIONAL YOGA DAY

NATIONAL SERVICE SCHEME
St. DOMINIC'S COLLEGE KANJIRAPALLY

Presents a talk on YOGA & HEALTH by
Mr. Manoj S.
Yoga Acharya



International Day against Drug abuse and Illicit Trafficking – 26th June

Awareness Poster was circulated and conducted a digital poster designing competition online to strengthen action and cooperation to achieve the goal of a society free of drug abuse. The focus is to create awareness about the hazardous impacts of drug abuse on the society and to create a world without it.



International Day against Drug Abuse and Illicit Trafficking

NSS of St.Dominic's College presents,

DIGITAL POSTER DESIGNING CONTEST

Contest is open for all students of
SDC Kanjirappally (upto 2017-2020 batch)
Contest is on

'World Drug Day'

Sent your entries via Whatsapp
to : +91 7034361976

Melbin III DC, B.Sc Chemistry
+91 7025573707

Sonu II DC, B.A English

Entries will be closed by 29th June 2020, 4.PM

Best two will be awarded prizes

World Senior Citizens Day, 02nd august – Selfie with your Grandparent(s) Contest

Aim of this contest was to recognise the contribution of elders towards the country, society, family and its people.

No. of Participants: 80



ST. DOMINIC'S COLLEGE
Kanjirapally
National service scheme

Celebrates
WORLD SENIOR CITIZEN'S DAY

21 AUGUST 2020

with
A selfie with your grandparent(s) Contest

Send the selfies before August 22, 3pm.

Send your selfies with attractive captions to
7025573707,
9496577407

Cash prize of Rs.500



Hiroshima & Nagasaki Day 6 & 9 August – Awareness Poster

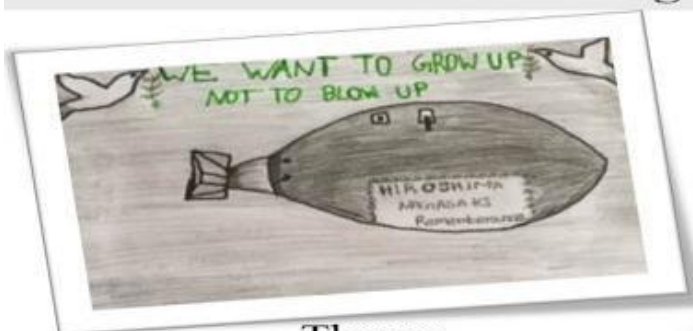
Aim is to an eerie reminder for the world of the devastating effects of nuclear warfare.



NATIONAL SERVICE SCHEME
ST. DOMINIC'S COLLEGE, KANJIRAPALLY
UNIT NO: 35



REMEMBERING HIROSHIMA DAY AND NAGASAKI DAY - August 6 & 9



INTERCOLLEGIATE POSTER MAKING COMPETITION

Theme:

“NO MORE BOMBS - FROM ABOVE”

- Send your Posters to
Email ID: nss@sdck.in
- Last Date: 09-08-2020, 05 PM
- Contact No: 9496577407



Independence Day – 15th August

Dr Ancy Joseph, The Principal hoisted the National Flag on 15th August 2020. Then the volunteers cleaned the College Premises.

Gandhi Jayanthi – One week Campaign “#Cleanup with Gandhiji”

On the verge of Covid restrictions, NSS Unit organized a mass one week long cleanliness drive by the NSS volunteers in their own house premises, nearby institutions, nearby roads and water resources. An awareness against plastic was also given to the people of the locality.



ST DOMINIC'S COLLEGE, KANJIRAPALLY
National Service Scheme (Unit No: 35)
nss@sdc.k.in



**Plogging
Week
02-08
October
2020**



Celebrates
GANDHI JAYANTHI @ 151

#CleanupwithGandhiji
Campaign

**(Cleaning up House Premises and
Nearby Roads by NSS Volunteers)**

"In a gentle way,
You can shake the world"
Mahatma Gandhi



ST. DOMINIC'S COLLEGE, KANJIRAPALLY
National Service Scheme, Unit No:35

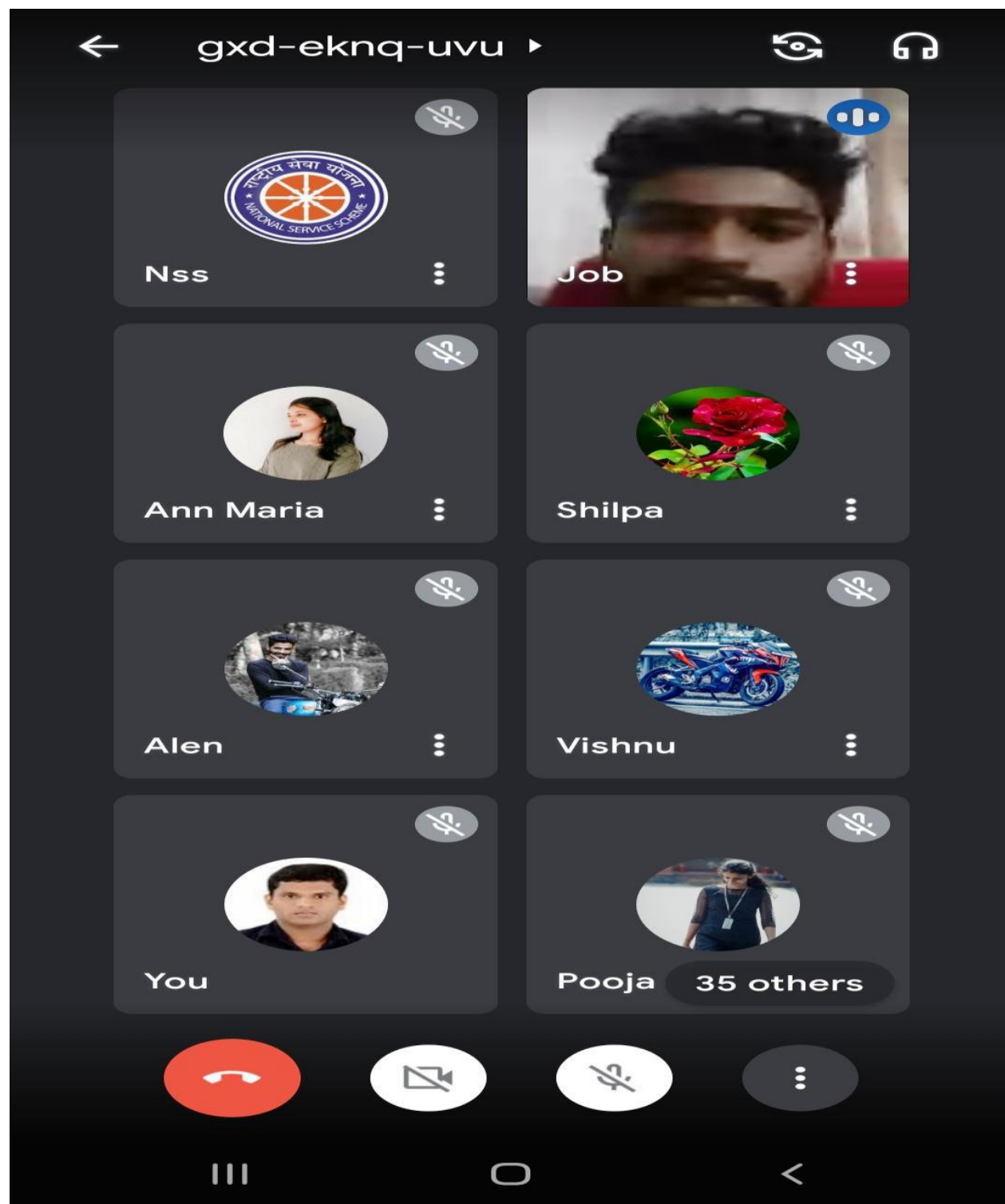


Gandhi Jayanthi @ 151 – "#CleanupwithGandhiji" Campaign, 2- 8 October 2020



NSS Day – 24th September – Online Meeting and Covid Duty

Experience sharing by the NSS Volunteers



Ramanujan Lecture Series II - Environment & its Resources - 16 September 2020.

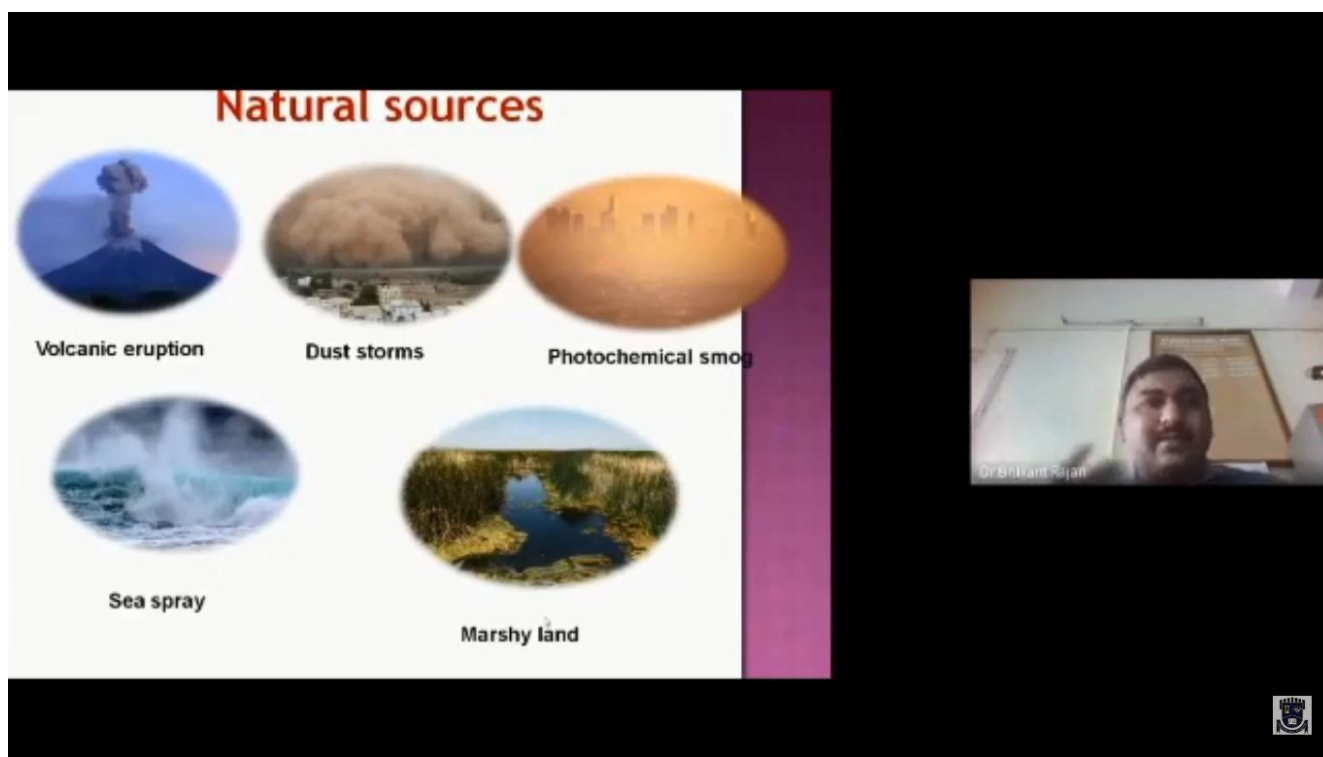
Ramanujan Lecture Series II: Environment & its Resources, Dr. Abin K Varghese, School of Environmental Studies, MGU. The lecture helped the students to understand the importance of our environment and teaches us to use natural resources more efficiently and embrace a sustainable way of living.

No. Of participants: 200



Ramanujan Lecture III: Environmental Pollution - 17 September 2020

Dr. Brilliant Rajan. Head, Dept. of Environmental Sciences, Anchal College, Kollam discussed on Pollution caused by contaminates in the natural environment that causes changes. He explained on these contaminates which disturb the ecosystem, cause human illness and is said to be the cause of global warming.



National Blood Donation Day – 1st October, 2020

Awareness Class by Dr. P M Chacko on the need for safe blood and blood products for transfusion and highlight the critical contribution made by unpaid, voluntary blood donor.

National Integration Day: 19th November – National Integration Day Quiz for N S S Volunteers

A Quiz competition has arranged for NSS volunteers with the aim of promoting the message of National integration and also understand the diversity of our nation.

World AIDS Day 1st December - Awareness Poster prepared and circulated through social media platform.

Orientation for Second Year Volunteers - 17th December 2020.

ST. DOMINIC'S COLLEGE KANJIRAPPALLY



NATIONAL SERVICE SCHEME
UNIT NO : 35



ORIENTATION PROGRAMME 2020-21

INAUGURATION



DR. ANCY JOSEPH
PRINCIPAL,
ST. DOMINIC'S COLLEGE

RESOURCE PERSON



GOKUL C. DILEEP
NSS NATIONAL STATE
AND UNIVERSITY
AWARD WINNER

TIME : 3.30 PM

@ GOOGLE MEET

17 DECEMBER 2020

NSS Seven Day Special Camp: Punarjani 2020 – December 21-27

St. Dominic's College National Service Scheme Unit No.35 has conducted the online seven day special camp from 21st to 27th December 2020. (100 second year NSS volunteers participated) in the online camp "Punarjani 2020" under the motto "Youth for Prevention and Mitigation of Covid 19". The Camp turned out to be a successful memoir of possibilities, service experience and new friendships.

Day I - December 21

On 21st December , Monday at 3.00 pm Punarjani 2020 online special camp was inaugurated by Dr. Ancy Joseph , Principal of St . Dominic's College Kanjirapally on the Google Meet platform. NSS programme officer Prof. Jinu Elizabeth Sebastian formally welcomed everyone to the inaugural ceremony as well as the seven day camp. The function was honored by the presence of Prof. Mary Ptunia C Mathew, former NSS programme officer and recipient of the university award for the best programme officer and certificate of merit. The function was officially concluded by the vote of thanks by nss volunteers captain, Sherin Chinnu Mathew.

At 6.30 pm volunteers returned to the meeting; NSS programme officer Dr.Jojoy Thomas (and senior NSS leaders Melbin Jacob and Arshad Muhammad Habib) divided volunteers into seven teams and assigned their duties. Online Camp rules were also discussed in the meeting which was concluded by 7.30 pm.

Day 2- December 22

Camp day started punctually at 7.00 AM with yoga. Volunteers practiced the specified asanas and uploaded the pictures in google classroom. The assembly commenced at 7.30 AM conducted by the programme committee of the day.

Camp paper and camp report were presented and read during the assembly. Assembly was concluded by 8.00 AM

Shramdaan is the lifeline of NSS camps. Although locked up by the pandemic situation, volunteers unleashed their true potential as they engaged in farming, cleaning and helping mother in cooking at their homes. Shramdaan activities were concluded by 12.30 PM. Orientation classes commenced at 3.00 pm everyday.

Rev. Sr. Silvy Jacob S.H led the first orientation class on the topic 'The True Success Formula'. The class was an encouraging experience for the young volunteers. At 6.30 pm, volunteers joined in the google meet platform where cultural programmes began, conducted by the cultural programme committee. Cultural programmes were a cluster of

innovative ideas considering the online dilemma. After laughing out loud and refreshing oneself, the camp day came to an end by 8.30pm.

Day 3- December 23

Day 3 started at 7.00 am promptly by practicing yoga. At 7.30 am assembly was conducted by the program committee. After the assembly at 10.00 am volunteers took part in shramdan activities. Volunteers from same localities joined together in groups adhering to the covid protocol and cleaned nearby rivers and local roads. Shramdaan was concluded by 12.30 pm.

Orientation classes of the day began at 3.00 pm. First session of the classes was led by Rev. Fr. Robin Vattathara ,HOD Counseling Amal Jyothi college of engineering. The class was on the topic 'Manassu Nannavatte'. Second session of the class began at 4.00 p.m, led by Prof. Bino P Jose, HOD, History, St Dominic's College. The class was on the topic 'Solidarity is humanity

'Solidarity is survival'. Both classes dealt with socially relevant issues. The cultural programmes began at 6.30p.m. At 8.30 pm camp day officially ended.

Day 4- December 24

Camp day started at 7.00 AM with volunteers practicing yoga. Assembly began at 7.30 AM where camp report and camp paper was read. Directions for the day was given by NSS programme officers Dr. Jojy Thomas and Prof. Jinu Elisabeth Sebastian. Assembly concluded by 8.00AM. Volunteers engaged in their Shramadan activities from 10.00 AM till 12.30 PM. Students engaged themselves in activities like organic farming during this time.

At 3.00 PM an online class on 'Skill training: Craft Making' was conducted. Smt. Gracykutty Paul Vavalumakkal demonstrated on how to turn waste materials into beautiful handicrafts. At 6.30PM Rev.Dr.James Philip, Dean of Amal Jyothi College of engineering and former principal of St Dominic's College, Kanjirappally joined the

camp and delivered a beautiful Christmas message for the campers. Cultural programmes began by 7.15 PM. At 8.30PM camp was dispersed.

Day 5- December 25 (Survey)

The day began at 7.00AM with yoga. Assembly was conducted from 7 30 AM to 8.00 AM. From 10.00 AM onwards NSS volunteers conducted a Covid survey. Each NSS volunteer visited 10 households and collected details about the Covid situation. The results were submitted through google form. A covid vaccine awareness class was also provided to each family by the volunteers. Volunteers in containment area and quarantine have also participated in the survey by conducting it through telephone. All the volunteers had completed the survey and uploaded the result by the afternoon.

At 3.00 PM, an orientation class was conducted. Led by Dr. P. M. Chacko, Nirmala College of Psychology, the class dealt with the topic 'Youth and Current World during Pandemic Situations'.

At 6.30 PM cultural programmes began and after enjoying it throughout campers left the meeting at 8.30PM

Day 6- December 26

The day began at 7.00AM with volunteers practicing yoga. Assembly was conducted from 7.30 AM to 8.00 AM.

Volunteers engaged in their Shramadan activities from 10.00AM to 12.30 PM. Considering the increasing rate of deforestation around the globe each NSS volunteer planted 5 plant saplings at their homes.

At 3.00 PM an orientation class was conducted on the topic, 'The power of positive thinking'. The class was led by Renjith Isaac, Programme manager of Vimal Jyothi Social Service Society.

At 6.30 PM volunteers engaged in cultural activities. The camp ended at 8.30PM.

Day 7- December 27

The last day of the camp started promptly at 7.00 AM with volunteers practicing yoga. The valedictory meeting was called at 11.00 AM. NSS volunteers' captain, Sherin Chinnu Mathew formally welcomed everyone to the function. Rev. Dr. Manoj Palakkudy, Bursar of St Dominic's College Kanjirappally inaugurated the ceremony and announced the awards of the camp. Fathima Salim and Martin Thomas were selected the best campers while Sandra Elsa Thomas and Arun Joseph were selected the best performers. Group 4 was selected the best team. Camp evaluation was done by NSS programme officers NSS volunteer Secretary Maria Regi.

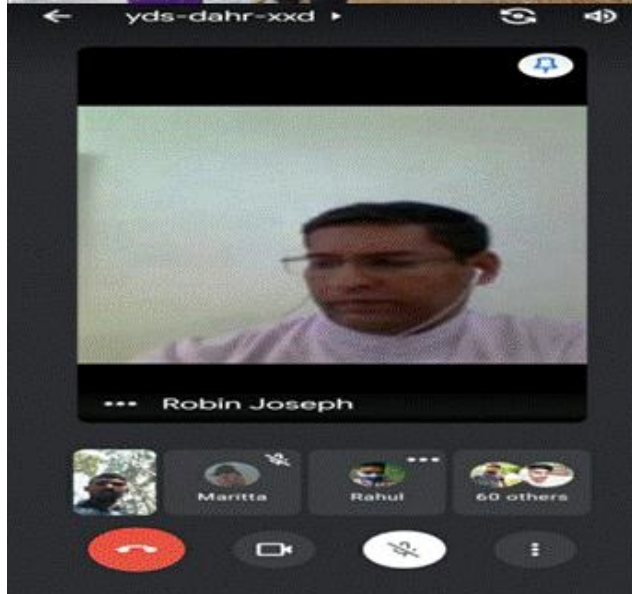
The valedictory function was concluded by a token of gratitude by NSS programme officer Dr. Jojoy Thomas.

The seven-day camp was formally concluded and campers were dispersed after the valedictory function. The camp was an exploration of possibilities and innovation for every NSS volunteer. It was also an occasion for self-development through services rendered.

NSS SEVEN DAY SPECIAL CAMP, DECEMBER 2020



MANIMALAYAR SURROUNDINGS CLEANING



അംഗനവാടി അദ്ധ്യാപകരും പങ്കുചേർന്നു...

OPPAM Talks Begins (OPPAM = "WITH YOU")20/08/2020

An innovative mini and crisp talk series of Population Education Club(PEC) to be connected with our students during the tiring and desperate times of Covid-19. Aimed at giving inspirational, motivational & informative talks to the entire student community of SDC .A humble effort covering 5 to 7 minutes of short talks on varied topics given along with matured guidance.All done to be supportive and guiding light for the students during Covid-19 Pandemic period .Platform Used : Whats App (Student's and Official groups)

Resource Person: Ms. Rekha Jose, Assistant Professor, Department of Economics ,SDC, Kanjirapally

Oppam Talk 1 – My India –Patriotism chapter

Covid Aid; 24/08/2020

Donation of Rs: 3000 each was given to two palliative patients after visting them in their homes during Corona period.

Oppam Talk 2 - 27/08/2020

Topic: Kerala's own Onam

Food Kit Supply 08/09/2020

Stationary Kits worth Rs: 500 provided to 10 needy families during Onam time in the Koipally colony ofPonkunnam to tide over the financial crunch during Covid pandemic.

Oppam Talk 3 - 10/09/2020

Topic: Importance of Life

Oppam Talk 4 - 17/09/2020

Topic: Multiple Intelligence

Interdepartmental Essay competition in association with Help Age India

01/11/2020

Oppam Talk 5 - 05/11/2020

Topic: No more excuses: Taking life judiciously and seriously

Oppam Talk 6- 03/12/2020

Topic: Detective Novels & Novelists

Oppam Talk 7- 25/12/2020

Topic: Merry Christmas