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# HENRY BAKER COLLEGE MELUKAVU

National Service Scheme

ACADEMIC  
YEAR

2016-17

## FROM DARKNESS INTO MARVELLOUS LIGHT

Henry Baker College, Melukavu Is a Christian, Minority, Co-Educational, Government-aided Arts and Science College Established In 1981, affiliated to Mahatma Gandhi University, Kottayam, Kerala.

## **NSS Programme Officers:**

- 1. Dr. Santo Jose, Assistant Professor, R&PG Department of Commerce**
- 2. Dr. Nisha Joseph, Assistant Professor, PG Department of History**

- Volunteer Secretaries:**
- 1. Prasad Johnson (I BA English)**
  - 2. Sunila Sunny (I B.Com.)**

### **1. WORLD ENVIRONMENTAL DAY- “Go wild for Life”**

World Environment Day is the most renowned day for environmental action. Since 1974, it has been celebrated every year on 5 June; engaging governments, businesses, celebrities, students and even all citizens to focus their efforts on a pressing environmental issue. NSS Unit Henry Baker College also commemorated this day on 5<sup>th</sup> June 2016. Purpose of this programme was to make them participate in the protection of Mother Nature. And make each one of the warriors of nature protection. 36 Students planted trees at the college premises.



## 2. INDEPENDENCE DAY

On 15<sup>th</sup> August 2016 Dr. Santo Jose, NSS Programme Officer, hoisted the flag and delivered Independence Day message and organized a quiz competition related to the freedom movement.



## 3. JAIVANANMA

Organic farming programme –*Jaivananma* was inaugurated by Dr. Tharsis (Former Principal, Devamatha College, Kuravilangadu) on 23 August 2016. It was a programme to create more awareness among the general public and the students for organic farming and healthy food habits.



#### 4. ORIENTATION CAMP

The unit conducted its three-day Orientation camp from 30<sup>th</sup> September to 2<sup>nd</sup> October 2016 as part of it organized a campus cleaning programme. Seventy NSS volunteers of the college attended the camp.



## 5. ORGANIC FARMING

Organic Farming was organized in college premises, Banana and Tapioca were the major items cultivated without using any kind of Chemical Fertilizers. The yield was taken by the unit. Volunteers were actively participated in the activities of cultivation.



## 6. FOOTBALL TOURNAMENT AGAINST LIFESTYLE DISEASES

A Football tournament was organised to create awareness against lifestyle diseases. Citizen's Arts & Sports Club Chalamattom and NSS Volunteers from Henry Baker College were the contestants. This program was organised in association with CHC Edamaruku. Melukavu Gramapanchayath President Kumari Sheebamol Joseph inaugurated the tournament. Lifestyle diseases are ailments that are primarily based on the day to day habits of people. Habits that detract people from the activity and push them towards a sedentary routine can cause a number of health issues that can lead to chronic non-communicable diseases that can have near life-threatening consequences. This match was to make people aware of how to follow a healthy lifestyle in our routine. Mr. Shakeer KB felicitated the winners of the match.



## 7. HARVESTING TAPIOCA

Harvesting of Tapioca was held with the support of NSS Volunteers. More than 500 kg of Tapioca was harvested and marketed in the nearby shops. A small portion of tapioca was cooked at the college and distributed among the students.



## 8. SPECIAL CAMP

Seven-day special camp of National Service Scheme was held from 26<sup>th</sup> December 2016 to 1<sup>st</sup> January 2017, Mr. Jismon Thomas, Lecturer from Marthoma College for Women, introduced NSS to the new NSS volunteers and Dr. Antony Joseph, HOD, Department of Commerce taken classes on “Personality Development”. This academic year’s activities concluded with Republic Day Celebrations held on 26 January 2017.

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