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HENRY BAKER COLLEGE MELUKAVU

National Service Scheme

ACADEMIC
YEAR

2019-20

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.

MAHATMA GANDHI UNIVERSITY HENRY BAKER COLLEGE, MELUKAVU

National Service Scheme (Unit No. 54)

PO-1 - Dr. Nisha Joseph

PO-2 - Prof. Justin Jose

**Volunteers cum Secretaries: Mr. Anandhu Babu
Ms. Alfiya Eliayas**

1. MAZHAKKALA POORVA CLEANING PROGRAMME [Pre-Monsoon Cleaning Drive]

Melukavu Grama Panchayath and NSS unit of Henry Baker College jointly organized a pre-monsoon cleaning drive on 11th May 2019. NSS programme officers and volunteers participated in the program.



2. WORLD ENVIRONMENT DAY

“World Environment Day aims to inspire everyone to make their voices heard — citizens need to urge their governments to deliver on their commitments to safeguard nature, end pollution and ensure that environmental laws are upheld.”

NSS unit organized an Environmental Day Programme on 5th June 2019, this year also we planted fruit trees around the college and as an epilogue to this, college staff and students took Suchithwa Prathinja (Cleanliness Pledge). Every year on World Environmental Day we took an oath to assure ourselves for maintaining our surroundings clean. The programme has been entrusted to every NSS Unit under MG University by the Swachht Pakhwada Programmes of Prime Minister.



3. NSS ORIENTATION PROGRAMME

One day orientation for the first year NSS volunteers held on 21st June 2019. Evry 120 NSS volunteers participated in this programme.



4. VALICHERIYAL MUKTHA CAMPUS-NAGARAM PROGRAMME

[ZERO WASTE CAMPUS – CITY PROGRAMME]

Based on the direction from MG University, Kottayam, our NSS unit organized *Valicheriyal Muktha Campus-Nagaram* Programme on 22nd June 2019. Purpose of the programme was to make the pupil aware of the need for cleanliness; else it will damage our environment and future. Seventy-eight volunteers very actively participated in the programme. On this day students distributed awareness notices to the public and shopkeepers at Melukavumattom. This was a continuation of the Swachhat Pakhwada programme of Central government.






5. BREAST CANCER AWARENESS PROGRAMME

Breast cancer is by far the most common cancer in women worldwide irrespective of the status of the country viz. developed, developing, least-developed, or heavily indebted. In low income and middle-income countries, the incidence has been rising steadily in the last few years due to increase in life expectancy, increase in urbanization and westernization.

In Association with Govt. Medical College, Kottayam and NSS Unit of Henry Baker College organized a programme on Breast Cancer Awareness on 24nd June 2019, named SAKHI. This was a very useful programme for all the student volunteers and Kudumbashree members. 42 students and 15 Kudumbashree members participated in this programme.

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Breast Cancer Awareness Programme

EXCLUSIVELY FOR GIRL STUDENTS
AND KUDUMBASHREE MEMBER
MELUKAVU GRAMAPANCHAYATH

6. International Day of Yoga

We have been celebrating the **International Day of Yoga** on 21 June since 2015, following its inception by the United Nations General Assembly of 2014. Yoga is a physical, mental and spiritual practice which is originated in our country.

We practiced Yoga on 21 June 2019 as part of Yoga Day. All the NSS volunteers actively participated. Our faculty Krishnadas Chinnappan quoted the words of our honorable Prime Minister Narendra Modi: “Yoga enhances our quest for a healthier planet. It has emerged as a force for unity and deepens the bonds of humanity. It does not discriminate against people. It goes beyond race, colour, gender, faith and nations. Anybody can embrace yoga.”



7. INDEPENDENCE DAY

The Independence Day of India, which we celebrated on every 15th of August, holds tremendous ground in the list of national days, since it reminds every Indian about the dawn of a new beginning, the beginning of an era of deliverance from the clutches of British colonialism of more than 200 years. Dr. Gireesh Kumar G.S (Principal) gave the Independence Day message and commemorated the events and struggles. He quoted, “it was on 15th August 1947 that India was declared independent from British colonialism, and the reins of control were handed over to the leaders of our Country. India's gaining of independence was a tryst

with destiny, as the struggle for freedom was a long and tiresome one, witnessing the sacrifices of many freedom fighters, who laid down their lives on the line.” 70 students participated in the programme and were ignited with spirit and love towards our nation.

8. FLOOD RELIEF ACTIVITIES

NSS volunteers of our college collected and distributed provisional items and food materials for flood affected areas of Kottayam district on 15 August 2019. It was a great relief to the people staying in the flood rehabilitation camps.



9. *Gandhi Jayanthi Celebration*

Gandhi Jayanthi Day was celebrated on 2 October 2019 along with the ongoing cleaning and crap collection camps. 62 NSS volunteers started organic farming on campus and cleaned Melukavumattom town and CHC Edamaruku.



10. National Service Scheme at 50 [NSS@50]

NSS Golden Jubilee was celebrated on 24th September 2019, as part of it we organized a public meeting at Melukavumattom town and organised a rally from Melukavumattom to college. 210 students participated in the programme with great enthusiasm and coordination.



11. NSS BLOOD DONATION CAM



The NSS unit of Henry Baker College Melukavu organized a Blood Donation Camp in collaboration with Lions Club of Pala Spice Valley on 2nd November 2019. The camp began at 10.00 a.m. with an inaugural function wherein Dr. Gireesh Kumar G S, College Principal, delivered the welcome speech. The Camp was inaugurated by Sri. Mani C .Kappen MLA and presidential address was given by Rt. Rev. V.S Francis, Manager of the college and Bishop of East Kerala Diocese. MJF Ln. Mr Babu Vadakkemuri expressed his gratitude to NSS unit of the college, for its continuous endeavor in this regard. MJF Lion KJ Thomas IPS (Rtd.), Lion. Prof. Renjith Sebastian and Lion Remy Babu proposed the vote of thanks. 40 NSS volunteers came forward to donate blood including students, teaching & non-teaching staff and kind hearted people from nearby locality.



The blood donors were provided with a blood donation certificate and a card by SH Blood Bank Kottayam. We are indebted to staff and students for donating 40 units of blood.. The camp concluded at 1.45 p.m.



12. SUVARNAM 2019



The National Service Scheme Special Camp for the Academic Year 2019-2020 *SUVERNAM 2019 (COLOURS 2019)* was held at MDCMS High School Erumapramattom. Dr. Nisha Joseph, Programme Officer, welcomed the gathering. The meeting was presided over by Dr. Gireesh Kumar G.S, principal and inaugurated by Ms. Nisha Joseph (President, Melukavu Grama Panchayath). This was organized in association with Haritha Keralam Mission for cleaning the Meenachil Riverbed, Bio-diversity Park, and survey of ANERT. The felicitations

were given by Sri. Anurag Pandikattu (Ward Member), and Sri. Anshad Ismail (Haritha Keralam Mission). The camp was concluded by a vote of thanks by Mr. Justin Jose (Programme officer).



General Instructions about the camp were given by Dr. Nisha Joseph (PO). Ice Breaking Session was also conducted during the session by Mr. Anish Thannikan (Head of the Department, B.Voc Tourism and Hospitality). This was highly motivating and energizing for students.



I. CLEANING OF MEENACHIL RIVERBED

Cleaning of Meenachil Riverbed was the main activity for the camp, in association with Melukavu Grama Panchayath and Haritha Kerala Mission. This was inaugurated by Ms. Nisha Joseph (President, Melukavu Grama Panchayath). About 3 km of riverbed was cleaned by the volunteers, Panchayath Members, Panchayath staff, and the Kudumbasree.



II. VRIKSHAYURVEDA SEMINAR

The afternoon session was handled by Sri. K. Binu, a 51-year-old conservationist who has been doubling up as a tree doctor for many years. He is a schoolteacher by profession, studied about what is going on underground and beneath the bark of a tree. Also a practitioner of Vriksha (Tree) Ayurveda, a rare branch of knowledge that finds mention in ancient books, he has been on a mission to save trees ravaged by different diseases. “Just as you cannot kill a man because he suffers from an illness, you are not supposed to cut down a tree for the same reason. Trees too have a character, scream with pain, feel loneliness and crave for affection,” said Mr. Binu, who is also a member of the State Forest and Wildlife Board. Inspired by the environmentalist S Seetharaman, Sri Binu has been conserving, preserving and treating trees (like a doctor treating his/her patient) for several years. The session was an interesting

experience for the volunteers who participated. He also inaugurated the Climate Action Group of Henry Baker College.



Sri. Aby Emmanuel, an environmentalist and an activist took the next session; he taught about time and age when new and emerging concerns about the environment are throwing up serious challenges, it is indispensable that all the global citizens must come together to tackle this very serious menace of environmental degradation that is threatening our very existence. Yet throughout history and even now we continuously come across names that sincerely work towards creating a better tomorrow by fostering a better present through their whole hearted efforts. He explained the importance of protection of environment in the modern era. The cultural programs of volunteers were also organised after the session.

III. BIODIVERSITY PARK

Works for the preparations of Biodiversity Park at school premises were commenced under the NSS unit of our college. The volunteers jointly participated in making the land suitable for this park. Biodiversity Park is nothing but the effort to make balance between nature and mankind. Conserving biodiversity is concerned with restoring the equilibrium between humans and atmosphere.



Rev. Adv. P.D Joseph (District Court Idukki), a retired professor, took a session on “The Protection of Children from Sexual Offences (POCSO) Act” which was enacted to provide a robust legal framework for the protection of children from offences of sexual assault, sexual harassment and pornography, while safeguarding the interest of the child at every stage of the judicial process. The session was very informative for the volunteers.

IV. QUIZ COMPETITION

Sri. K J Joseph Kallikattu (Retired Headmaster) conducted a quiz competition based on General ideas and points related to India, World, Sports, Awards, Science, Geography, History, Places, Countries, Rivers, etc. The volunteers actively participated in the program. Afterwards, in the evening, cultural programs were also conducted.

V. ANTI-NARCOTICS

Fourth Day of the camp started with a morning exercise at 6 am. After that the preparations for the Biodiversity Park continued till noon. Sri. Alphons Jacob (Excise Department, Erattupetta) took a session on Anti-Narcotics. The Department is administering laws related to Liquor, Narcotic Drugs, Psychotropic Substances and Medicinal Preparations

containing alcohol, narcotic drugs, etc. He educated the NSS community about risks associated with using alcohol and other drugs and also to prevent alcohol and drug usage and thereby to build up a liquor-free society and eradication of drug abuse to ensure a happy, peaceful and prosperous society.



VI. LIFESTYLE DISEASES AWARENESS PROGRAMME

Dr. Josemon P. George (Government Hospital, Thodupuzha) took a session on Lifestyle Diseases. He interacted with the students on their doubts and solved the health related problems of students.

VII. PERSONALITY DEVELOPMENT

Dr.Santo Jose (HOD, Commerce & Former PO NSS) handled a session regarding the importance of National Service Scheme in Personality Development of NSS volunteers. He inspired and motivated the students on how to become a better volunteer. He commented that NSS is aimed at social welfare of students, and to provide service to society without bias. He also taught on how to work for social welfare and how to serve the needy people for enhancing their standard of living. He also made a relevant point that NSS is an integral part for providing

relief materials and service in natural and man-made disasters, by providing food, clothing and first aid. Afterwards, Mrs. Ajitha V.R (Ex PO NSS and a senior faculty of the college) visited the camp and provided snacks and tea to the volunteers. Prof. Justin Jose delivered a speech on the good old days of NSS under the leadership of the teacher. A cultural programme was arranged after the session.

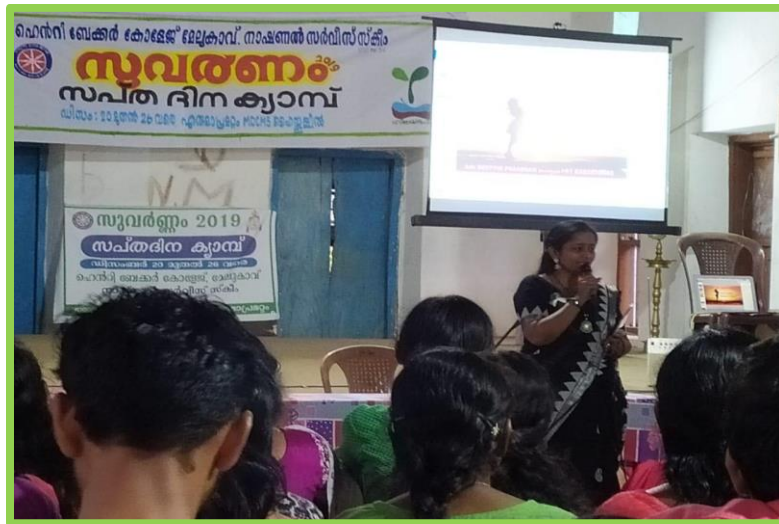
VIII. ANERT SURVEY

NSS volunteers conducted an ANERT Survey on the use of energy efficiencies. The volunteers were arranged into 6 groups and were asked to collect data's with questionnaires about the usage of solar panels. We opted wards of 5,9 and 13 for data collection. Students successfully completed the survey and returned back by 12.30 pm.

Sri. Thomson Joshua (Asst. Field Officer, Department of Agriculture, Thodupuzha) took a session about vegetable cultivation. He told the NSS community the need for cultivating vegetables in their terrace and this work can sound intimidating if the volunteers are new to this vegetable gardening. He said "Most of these vegetable varieties are not only easy to grow but also space-friendly. If you are living in an apartment or sharing one with some housemates, your rooftop or balcony will be sufficient to grow many of these varieties together".

IX. MIND POWER TRAINING

Adv. Deepthi Prasenana (High Court of Kerala) took a session on Mind Power Training which was a wonderful experience for the students. She quoted, "Mind is a source of energy for us. It is the prime source behind all the finest discoveries across the globe. Our mind shapes our future. It is a well-known fact that our thoughts can make us as well as destroy us". She mentioned the topic to students with proper illustrations for the listeners. After that Christmas celebration was conducted in the camp.



Volunteers engaged in the works of the Biodiversity Park and Sri. Ramesh R (District Coordinator, Haritha Keralam Mission) motivated the students for their contributions and their wholehearted support for completing the work successfully.



X. FIRE AND RESCUE

Fire and Rescue team from Erattupetta handled a session on the topic “The Kerala Fire and Rescue Services”. They mentioned about the Service Department of the Government of Kerala whose duty is to fight with fire when people and property are at the risk of fire and provide relief measures in times of calamities and disasters in Kerala. It is responsible for the provision of fire protection as well as responding to building collapses, drowning, gas leakage,

oil spillage, road and rail accidents, bird and animal rescues, fallen trees and taking appropriate action during disasters. They explained these things with various role plays.



Rev. Loveson George (Corporate Manager, CSI Schools) gave a Christmas Message, followed by a Christmas cake cutting ceremony. In the evening, faculty of History Sri Krishnadas Chinnapan delivered lessons of Yoga for students. And cultural activities were arranged after this session.



A Valedictory Ceremony was conducted at the school. Dr. Nisha Joseph (Programme Officer) presided the meeting and Sri. Jetto Jose (Vice President, Melukavu Grama Panchayath) was the chief guest of this programme. Sri. Anu Krishnan (Volunteer Secretary) concluded the camp with a vote of thanks.

12. PALLIATIVE CARE KUDUMBA SANGAMAM



A social service programme called "Palliative Care Kudumba Sangamam" was organized for patients and caretakers in the Community Health Centre, Edamaruk and Melukavu Grama Panchayath. They invited NSS volunteers to the centre, for engaging them with love and care. The programme was a memorable moment for volunteers to receive such hearty responses from them as they really enjoyed our company. Nineteen NSS volunteers actively participated in the programme.
