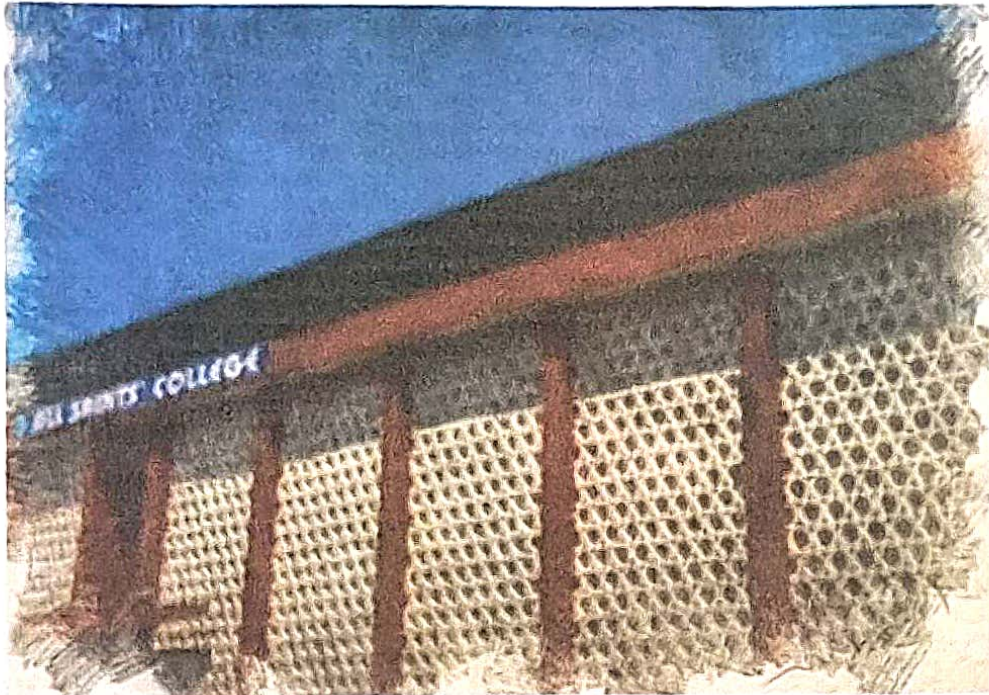




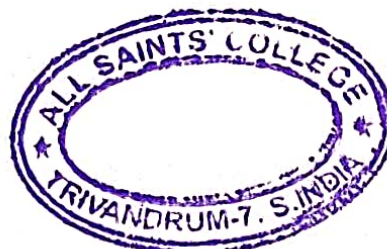
NSS REPORT



ALL SAINTS' COLLEGE
THIRUVANANTHAPURAM-695007

Re-accredited with 'A' Grade by NAAC
www.allsaintscollege.ac.in, allsaintscollegeasc@gmail.com

2024-2025



Reshmi
PRINCIPAL
All Saints' College
Thiruvananthapuram

NSS ACTIVITIES

Yearly report 2024-2025

No of units

2

No of students in each unit

100 students per unit

Activities :-

- **ANTI DRUGS CAMPAIGN;** conducted by nss volunteers

The NSS (National Service Scheme) volunteers undertook a comprehensive drug awareness campaign aimed at educating the public about the dangers of substance abuse and promoting a drug-free lifestyle. Through a combination of skits, screenplay, and speeches, the volunteers effectively conveyed the message to a wide audience. The aim of the drug awareness campaign was to educate the public about the dangers of substance abuse, promote a drug-free lifestyle, and encourage individuals to seek help for addiction.

The initiative involved targeted outreach at both local shops and residential areas to maximize community engagement. Volunteers visited local shops, interacting with merchants and customers to disseminate crucial information about the dangers of drug abuse. Posters and informational materials were strategically placed to ensure a pervasive message. NSS members also conducted door-to-door awareness campaigns, engaging directly with residents to discuss the perils of drug addiction. Personal interactions facilitated a more intimate dialogue, emphasizing the importance of collective responsibility in combating this societal issue. The NSS Anti-Drug Awareness Campaign, spanning local shops and residential areas, stands as a commendable effort in fostering community-wide consciousness about the detrimental effects of drug abuse. Through strategic outreach, the NSS strives to contribute to a safer and healthier community.

It was a successful and helpful campaign to build a drug free society.



- Beach clean-up Drives

The aim of the Beach Clean-up Drive is to clean and preserve the natural beauty of our beaches, promote environmental conservation, and raise awareness about the importance of keeping our oceans and coastlines free from pollution.

The beach cleanup helps maintain the natural beauty of our beaches and preserves marine ecosystems. The activity raises awareness about environmental issues and promotes responsible waste management practices.

We try to do at least one beach clean up per month.



- കൈത്താങ്ങു : Palliative Care Endeavor for Needy Families

NSS volunteers undertook a palliative care activity focused on providing support to a family in need. The initiative began with meticulous planning, ensuring that the aid would be tailored to alleviate specific challenges faced by the chosen family. With a compassionate spirit, the NSS team distributed essential items to the identified family. These included food supplies, and other necessities, addressing immediate needs and contributing to their overall well-being. The NSS Palliative Care activity, through the distribution of essential items, not only addressed immediate needs but also reflected the organization's dedication to making a positive impact on the lives of those facing adversity.



- may 31

panel discussion; Tobacco related cancers and its impact in the society.

As a part of the world no tobacco day is observed on may 31st. In this regard a panel discussion on "Tobacco related cancers and its impact in the society" conducted at the main conference hall of RCC situated on the 8th floor. Programme Started at 10am and ended at 1pm

The Tobacco-Related Cancer and Its Impact on Society program was a successful event that raised awareness about the devastating impact of tobacco-related cancer on individuals and society. The program provided a platform for discussion and advocacy, highlighting the importance of continued research, policy changes, and support for those affected by tobacco-related cancer. participants got e-certificate after the programme.



- june 5

Environmental day celebration seminar

Kerala State Literacy Commission Authority, All Saints College, Research Centre, Post Graduate Department of Environmental Sciences and National Service Scheme organized World Environment Day Celebration and Seminar on 5th June 2024 . At 9.30 in the morning at All Saints College Hall, the programme started with the introduction by DR. AYONA JAYADEV (Assistant Professor, Environmental Sciences) Head of Department of Aquatic Biology and Fisheries, Kerala Sarvaka Lashala Prof. A Bijukumar inaugurated the event. Saharsha welcomes everyone to live up to the Environment Day slogan 'Our Earth, Our Future, We Must Restore'. They all spoke about the importance of protecting the environment. The class focuses on how to raise awareness about the importance of environmental conservation and sustainability. To encourage individuals, organizations, and governments to take action to protect the environment. To promote sustainable development and sustainable living practices. Take small steps towards sustainability in your daily life, such as reducing plastic use, conserving water, and recycling. Support organizations working towards environmental conservation and sustainability. Advocate for environmental policies and regulations in your community and country. Encourage others to join you in taking action for the environment. Remember, every small step counts, and together we can make a difference in protecting our planet! And the programme ended at 1:30 pm. It was a successful programme.



- june 15

World elder abuse awareness day programme

World Elder Abuse Awareness Day was celebrated under the government of Kerala and leadership of NSS Program Officers and NSS volunteer. The programme was inaugurated by Smt. R Bindu, Minister for Higher Education and Social Justice. They spread the message to make the people aware of the need of paying attention towards the well-being, proper physical and mental health of older people. This ceremony was arranged in women's College Vazhuthacaud Auditorium at 10 a.m. Everyone took the pledge that they will take utmost care of elderly people and will extend all possible help to them. Later skits, dance and other performance by elderly people were conducted there. At 2:00 pm the programme ended.



- june 21

YOGA DAY

As part of yoga day nss volunteers participated in YOGA ASANAS on the asciate square of the college at 11 pm . Dr Divya SR (po) led the session. All the nss volunteers participated in the session .Yoga is an ancient physical, mental, and spiritual practice that originated in India. It promotes harmony between mind and body and is known for its numerous health benefits, including increased flexibility, improved strength, stress reduction, and relaxation. Yoga Day aims to highlight the importance of yoga in maintaining a balanced and healthy lifestyle globally. Many countries around the world participate in events such as yoga sessions, workshops, and seminars to commemorate this yoga day and promote yoga's positive impact on overall well-being



- June 30

E- waste collection campaign

E-Waste Collection Campaign organized by Young Indians (Yi) as part of a national drive across India. This campaign is scheduled to take place in Trivandrum from 5th June to 30th June in celebration of World Environment Day on 5th June.

E-waste contains hazardous substances that can harm the environment and human health if not managed properly. By participating in this campaign, our institution plays a crucial role in reducing environmental impact and promoting a cleaner, greener Trivandrum.

Through this campaign we encourage students and staff to bring their e-waste for collection from their departments and residences.

2 Providing a collection point within your premises for easy e-waste drop-off.

Raised awareness about the importance of proper e-waste disposal.

Ensured the collected e-waste is recycled responsibly by certified recyclers, with proceeds directed towards further environmental activities in Trivandrum. Yi Trivandrum has tied up with E-Scrappy, a Bangalore-based certified recycler, who will be responsible for recycling and processing the collected e-waste. We successfully handover the e-waste to young Indians (yi) members on 30th June and became part for the success of this campaign





Photo from e-waste collection



- July 3

No plastic day

As the part of no plastic day campaign nss volunteers made placards and conducted a rally and session conducted by SES REC (SOCIAL ENTREPRENEURSHIP, SWACHHTA & RURAL ENGAGEMENT CELL) under Ministry of Higher Education, Govt of India in association with NSS (National Service Scheme) and NCC units of All Saints' College Thiruvananthapuram For the No Plastic in Campus and Cleaning programmes to ensure Plastic free campus. This programme started at 10 am and ended at 11:30 pm . In this programme our nss volunteer jinisina khan delivered welcome speech and Anjana said vote of thanks, sister pascola inaugurated the session Through this programme It raises consciousness about individual responsibility in reducing plastic waste and fosters a sense of environmental stewardship.No Plastic Day is important as it raises awareness, promotes sustainable practices, educates the public, influences policies, engages communities, and contributes to global efforts to combat plastic pollution and protect the planet's ecosystems.



- Save Wayanad (refugee camp things collection)

August 3

Wayanad is faced with a devastating landslide triggered by heavy rains, causing significant loss of life and displacing many residents. The community is in urgent need of assistance as rescue and relief efforts .

In that situation All saints college nss unit collected essential items and handover to Kerala kaumudy .

Things collected:-

•PACKED DRY FOODS

•MINERAL WATER

•SANITARY NAPKINS

•MEDICINES

•BEDSHEETS

•NEW DRESS

•TOILETRIES

•GROCERIES

•DIAPERS



Handover to kerala kaumudy



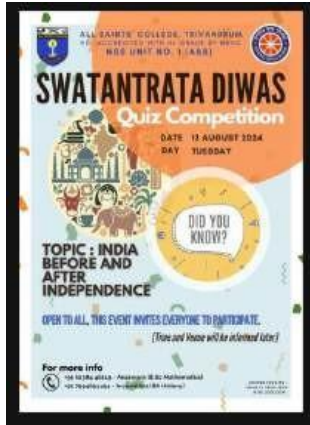
*On newspaper



- Independence day celebration

Quiz competition (August 13)

As the part of independence day celebration week we conducted a quiz competition based on the topic “ INDIA BEFORE AND AFTER INDEPENDENCE ” it wa held on 13 August at college library
From 2:40 to 3:30.



Quiz competition result.

+winners+

1st 🏆 GOURISANKARAN M.P (DC2 History)

2nd 🏆 AMRITHA F.S (DC2 Economics)

3rd 🏆

KARTHIKA S (DC1 Economics)

TRIPTHI RAJ (DC1 Economics)

AKSHARA A P (DC1 Economics)

14 people participated on this quiz competition



*Independence day celebration (August 15)

On independence day, flag hoisting ceremony occurred at 8:45 am by our principal prof.(Dr) Reshmi R Prasad



After flag hoisting various cultural activities take place by nss volunteers





•September 10
Onam kit to needy home

As part of onam celebration we nss volunteers collected onam essential things and distributed it to our near Village karikkam . Through this we can able to see smile on the needy families
It makes a big difference for our life tooo



September 21

Beach clean up at kovalam

As part of international coastal cleanup day there was a beach cleanup drive conducted at kovalam beach.

The primary goal of the beach cleanup was to remove trash and debris to protect marine life, improve the aesthetic appeal of the beach, and promote environmental conservation. Additionally, it aimed to educate participants on the impact of pollution and encourage sustainable practices.

Volunteers were divided into teams and assigned specific areas.

Safety briefings and waste segregation guidelines were provided.

Necessary materials such as gloves, trash bags, rakes, and bins were distributed.

Time: 8:00 am to 10:00 am



October 19 to 29

Lucky draw for wayanad (fund raising)

Lucky Draw Fundraising Report by NSS Volunteers for Wayanad Flood Relief

Organized by: POs & NSS Volunteers,

Objective: To raise funds for the Wayanad flood relief efforts and provide financial aid to affected families.

Event Summary

The NSS unit of All saints' college Unit 1 A&B organized a lucky draw fundraising event to support flood relief efforts in Wayanad. The event received overwhelming support from students, faculty, and the local community, successfully raising [Total Amount] through ticket sales and donations.

Ticket Price: 10 per ticket

Total amount handover: [90,000/-]



ALL SAINTS' COLLEGE, TRIVANDRUM
Re- accredited with A+ grade by NAAC
NSS UNIT NO. 01 (A&B)



LUCKY DRAW CONTEST

REBUILD WAYAND: A HOME FOR HOPE

Want a chance to win amazing prizes
while supporting a great cause?

DRAW DATE

29 OCTOBER 2024

This initiative supports the rebuilding efforts for
families affected by the Wayanad landslide.
Don't miss out—get your tickets now! The last day to enter
is **26th October**, and the winners will be announced soon
after. Every ticket helps make a difference!

For more info, contact:

Anaswara (VC): +91 62384 46219 | Aryamithra (VVC): +91 79946 94494

Program Officers: Dr. Divya S. R | Dr. Prathyusha R. Nair
Anaswara SJ (VC) | Aryamithra AS (VVC)

* Lucky Draw Process

Tickets were sold through NSS volunteers in colleges, community centers, and online platforms and neighborhoods.

Promotional campaigns included posters, social media awareness, and local announcements.

Prize Categories

Grand Prize: [Juice mixer (blender)]

Second Prize: [Iron box]

Third Prize: [Hair straightener]

Fourth prize:[Electric kettle]

Consolation Prizes for 20 more lucky winners

C. Draw & Winner Announcement

The draw was drawn on October 29 by programme officer DR. Divya SR

Venue: college auditorium

Time: 3:00 pm

Winners were announced at venues & online platform

Prizes were distributed .

🎉 Lucky draw winners 🎉

First prize 🏆

Coupon no - 7434

Second prize 🎁

Coupon no - 7097

Third prize 🏆

Coupon no - 10830

Fourth prize

Coupon no - 5307

Special Gifts for 20 winners

Funds will be used for rebuilding homes, for Wayanad flood victims.

ALL SAINTS' COLLEGE, TRIVANDRUM
NSS UNIT NO. 01 (A&B)

LUCKY DRAW

WINNERS

Congratulations to all the winners

First prize Coupon no. **7434**

Second prize Coupon no. **7097**

Third prize Coupon no. **10830**

Fourth prize Coupon no. **5307**

20 participants have been awarded special gifts as a token of our gratitude for their support.

**7822, 6802, 4897, 12628, 10419,
7270, 5832, 7334, 10851, 11889,
6140, 2208, 9123, 1105, 10242,
11868, 9552, 10623,
6348, 3665**

Please bring your coupon to collect your amazing prizes. Thank you for joining us in making a difference!

NSS Program Officers
Dr Prathyusha S. Nair (PO)
Dr Divya S. R (PO)

Anaswara S. J (VS)
Aryamithra A. S (VVS)





Conclusion

The NSS-led lucky draw fundraising event was a huge success, raising significant funds for the Wayanad flood relief efforts. The overwhelming support from volunteers, and participants highlighted the power of collective action in times of crisis.

- November 8

പാരിശുദ്ധ വിതരണം

NSS Volunteers Distributing Food Packets to medical college Hospital Patients

Date: November 8

Venue: [Government Medical College Thiruvananthapuram]

Number of Volunteers: [6]



The National Service Scheme (NSS) unit of All saints' college organized a food distribution drive at Government Medical College Thiruvananthapuram on November 8 2024. The initiative aimed to provide nutritious meals to patients and their attendants, ensuring that those in need received proper nourishment.

To support underprivileged hospital patients with food.

To promote social responsibility among NSS volunteers.

To extend care and kindness to the needy.

85 numbers of food packets were distributed.

The food distribution drive was a successful initiative, reflecting the NSS motto, "Not Me, But You." The volunteers actively contributed to this by bringing food packets from their home



November 14

children's day

To celebrate Children's Day, the NSS unit organized a gift card-making activity. The initiative aimed to spread joy among children by presenting them with handmade cards filled with love and warm wishes.

The Children's Day gift card-making event was a heartwarming initiative that spread happiness among children. The NSS volunteers showcased their creativity and commitment to social service, making the day special for many. Such activities will continue to promote empathy and community engagement in the future. Volunteers made them with their hands and gave them to little ones.



January 5
old age home visit

Date: January 5 2025

Venue:akashaparavakal

Time: 10:00 AM – 1:00 PM

The visit aimed to bring joy, companionship, and support to the elderly residents of the old age home. NSS volunteers engaged in various activities to provide emotional support, entertainment, and assistance while spreading kindness and respect for senior citizens.

Volunteers spent time talking to the residents, listening to their life stories, experiences, and challenges.

NSS volunteers performed songs, dance, and skits to entertain the elderly.

Volunteers also gave essential things and food for them.





Thiruvananthapuram, Kerala, India
Fwr3+7fj, Veli Sanghumugham Rd, Balanagar, Vettukadu,
Thiruvananthapuram, Kerala 695008, India
Lat 8.490833° Long 76.903682°
05/01/25 11:41 AM GMT +05:30

GPS Map Camera

Photo from old-age home



Thiruvananthapuram, Kerala, India
Fwr3+7fj, Veli Sanghumugham Rd, Balanagar, Vettukadu,
Thiruvananthapuram, Kerala 695008, India
Lat 8.490832° Long 76.903681°
05/01/25 11:40 AM GMT +05:30

GPS Map Camera

January 8

Blood donation campaign

Date: [January 8 2025]

Venue: [recreation hall] All saints' college Trivandrum

Time: 10:00 AM – 3:00 PM

The blood donation campaign was organized to raise awareness about the importance of blood donation and encourage voluntary donors to contribute to saving lives. The event aimed to ensure a steady supply of blood for patients in need and promote a sense of social responsibility among students and the community.

A team of doctors and nurses conducted pre-donation health screenings, including checking blood pressure, hemoglobin levels, and overall fitness.

Eligible donors donated blood under safe and hygienic conditions, with proper medical supervision.

Refreshments were provided to donors after the donation

Over 20+ units of blood were collected, benefiting hospitals and blood banks.





Blood donation campaign photo
January 25

Free Cancer Screening Camp

On January 25, GG Hospital and All Saints' College are organized a free cancer screening camp and our nss volunteers volunteered this programme

Venue: All Saints' College, Thiruvananthapuram

Time: 10 AM – 2 PM

The primary aim of the free cancer screening camp was to provide early detection and awareness regarding various types of cancer, especially among women. The camp also focused on promoting general health and wellness through expert consultations and diagnostic tests.

Our NSS volunteers played a crucial role in ensuring the smooth functioning of the free cancer screening camp. Their dedication and teamwork significantly contributed to the event's success.



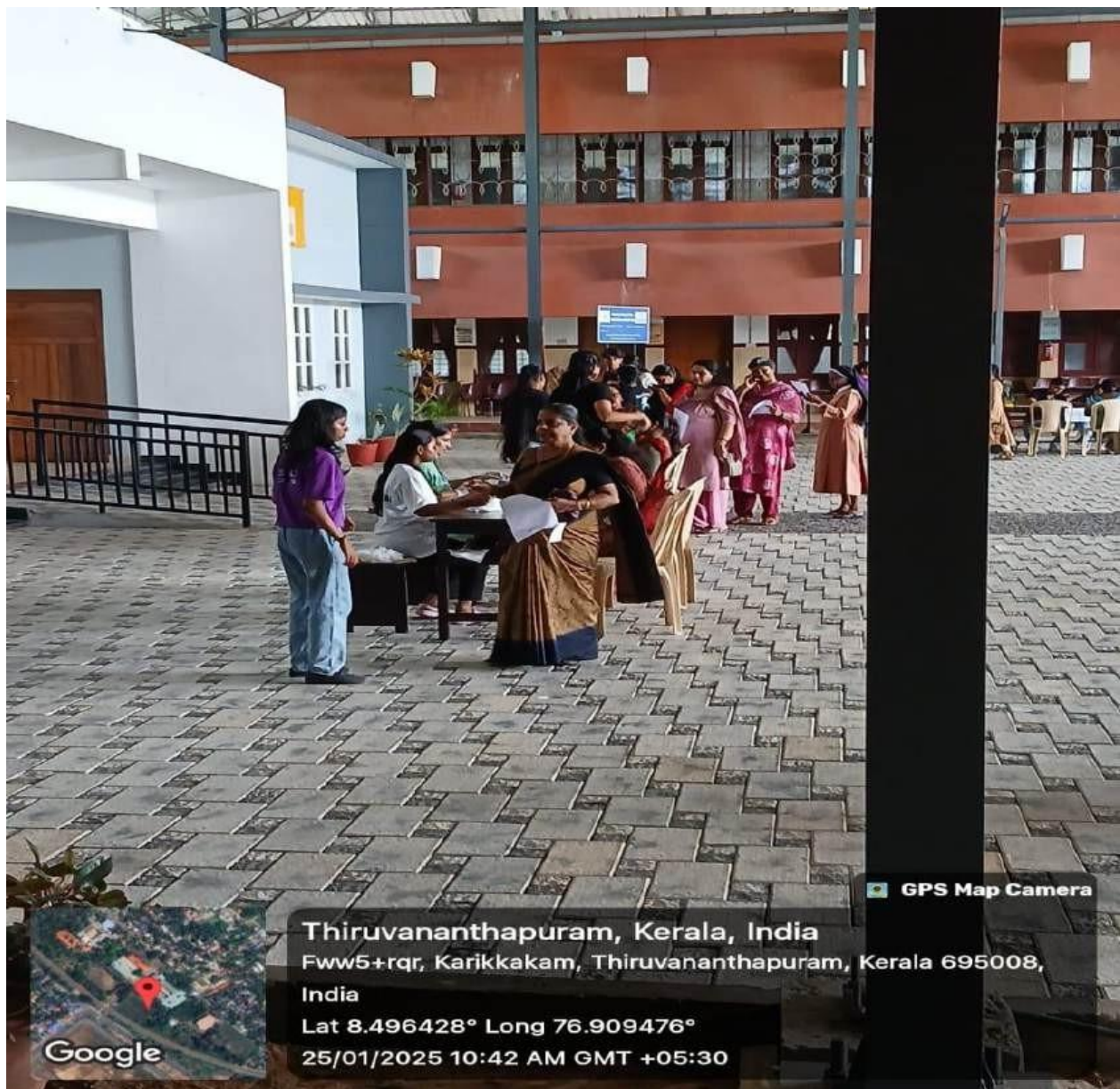


Photo from free cancer screening programme

- January 26

REPUBLIC DAY CELEBRATION

On republic day, flag hoisting ceremony occurred at 8:45 am by our vice principal

After flag hoisting various cultural activities takes place by nss volunteers



•March 15

As part of All Kerala Blood Donors Society (KEBS)

22nd Anniversary Celebration of KEBS

And Distribution of Sri. Ruchi Sharma Memorial Award

Honoured our institutions for that have excelled in the field of blood donation

The All Kerala Blood Donors Society (KEBS), which brought together individuals dedicated to voluntary blood donation and representatives from prominent institutions in Kerala, such as SBT, Kerala University, Kerala Police, VSSC, RRL, Russian Cultural Centre, FRAT, and TERUMO PENPOL LIMITED, is stepping into its 22nd year.

the award function was held on Saturday, March 15, 2025, at Sree Chitra Engineering College, Papanamcode, in association with the SCT Engineering College NSS unit.

As the NSS unit of our college is also honored at this event

We got Sri. Ruchi Sharma Memorial Award, recognition of outstanding organizations and institutions in the field of blood donation.



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Reshu

PRINCIPAL
All Saints' College
Thiruvananthapuram

