

REPORT OF THE EXTENSION ACTIVITIES

Unit 1 (A &B)

2018-19

PROGRAMME OFFICERS:

Dr. Kavitha N

Dr. Ayona Jayadev

**REPORT OF THE ACTIVITIES OF NSS UNITS OF ALL SAINTS' COLLEGE, DURING THE
YEAR 2018-19**

1. 31/05/2018: ANTI-TOBACCO DAY AND HUMAN RIGHTS DAY

Anti-Tobacco day was observed by conducting a seminar and exhibition at Achuta Menon auditorium RCC, Medical College, Thiruvananthapuram. Honourable Minister of Health and Social Justice Smt. Shylaja Teacher inaugurated the function. Doctors and experts took class. Renowned cricket player, Sri. Sanju V Samson had an interactive session with the audience.

Exhibits were produced in the hall on the theme tobacco its effects in human body.

Nine students from our college participated in the seminar along with our NSS Volunteer Secretary.

External Beneficiaries

100 volunteers participated in the Human Rights March at All Saints' College junction and distributed 100 food packets to the needy in the premises of Madre De Deus Church, Vettukad – in collaboration with the Human Rights Forum.



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2. 05/06/2018: WORLD ENVIRONMENT DAY AND VOLUNTEERING LITERARY FEST

World Environment Day was observed by planting saplings inside the campus. 50 Volunteers took part in a cleaning drive outside the campus near Kochuveli railway station. Volunteers actively participated in the drive and planted more than 100 trees outside the campus. Refreshment was provided at noon.

Eleven volunteers also participated in the Literary fest - Mathrubhoomi International Festival of Letters in collaboration with Mathrubhoomi Vernacular Daily.

External Beneficiaries

Volunteers distributed pamphlets on keeping our Railways clean and the duties of passengers to the passengers and 12 auto rikshaw drivers.





3. 05/06/2018: SAHAPADIKKORU VEEDU

External beneficiary

NSS unit of All Saints' College identified a family from adopted village who has plot but no proper housing. NSS unit, with the aid of college management has completed building a house and the key was handed over by Dr. Shaji A, NSS Program coordinator, University of Kerala.





**4. 21/06/2018 & 22/06/2018: DISASTER MANAGEMENT CAMP AND YUKTHI
BHADRAMAAYA CAMPUS - LECTURE SERIES (IN COLLABORATION WITH
DEPARTMENT OF STUDENT SERVICES, UNIVERSITY OF KERALA)**

Two-day training on disaster management camp was organised by University of Kerala and Kerala State Disaster Management Authority on 21st and 22nd of June 2018 at



Senate Chamber, Palayam. Several mentors, officers and instructors assigned class during this camp and was given mock drill sessions too. It was a residential camp. 50 volunteers and NSS Volunteer Secretary of our college participated in this camp. First day class was taken by disaster management authority and the second day class by health department.



External beneficiaries

Following the camp, our volunteers took a session on disaster management and conducted a mock drill for 50 students of Government School, Karikakom.



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5. 10/07/2018: BLOOD DONATION CAMP

All Saints' College gave their utmost support in conducting a blood donation camp in our college in accordance with Sree Chithra Thirunal Institute for Medical Sciences and Technology. A team of doctors helped us in making this camp successful. 40 students were able to donate blood.

External Beneficiaries

40 units of blood collected during the camp was taken to SCTIMST for supply to the needy.





6. 13/07/2018: ADVISORY COMMITTEE MEETING

NSS Volunteer Secretary of our college participated in an advisory committee meeting held at Syndicate Chamber, University of Kerala. Adding to this only two students were able to take part in this meeting. University Vice Chancellor, NSS Regional Director, NSS Program Coordinator, Syndicate members, several principals and program officers of different colleges took part in this meeting.



External Beneficiaries

Our NSS unit took a session on drug abuse in the backdrop of drug abuse among students and its ill effects for 50 students of St Roch's Convent School. The students took an oath to say no to drugs.

7. 14/07/2018: LITERACY SURVEY (AKSHARASRI) AND SEMINAR ON

PRESENTATION SKILLS -AWARENESS SESSIONS - IN COLLABORATION WITH PLANNING FORUM

External Beneficiaries

61 students participated in the Aksharasri survey conducted by Trivandrum Co-operation. A team of 2 students took survey of 50 houses each. Each team had leaders of the given area and provided refreshment and lunch. Morning breakfast was also arranged in NSS Karayogam, Karikkakom. Survey started at 8:30 am and the group was dispersed at 2:30 pm.

50 students participated in the seminar on presentation skills which was an awareness session conducted in collaboration with the planning forum.





8. 19/07/2018: SEMINAR ON GENDER EQUALITY

Two-day national seminar on Gender Equality problems, strategies and solutions was held at Senate chamber, University of Kerala. Ten student volunteers of All Saints' College participated in successfully volunteering the 2-day seminar. The NSS program coordinator appreciated the students for their support and behaviour.

External Beneficiaries

Volunteers distributed pamphlets and posters on gender equality to 70 households of Karikakom Village.





9. 15/08/2018: INDEPENDENCE DAY CELEBRATION

Independence Day was observed at All Saints' College, Trivandrum. Students showed their respect towards the country through their active participation and by hoisting the Indian flag. They also conducted speech in Hindi, Malayalam and English and also performed patriotic music and dance to show their patriotism.



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External Beneficiaries

Our unit organised an essay writing competition for 20 students of Government Higher Secondary School, Karikakom, making them aware of the privilege of independence.

10. 16/08/2018-22/08/2018: (FLOOD Disaster Volunteering)

External Beneficiaries

10 A. 16/08/2018: Visited the flood relief camps and provided necessary items for flood victims at Varkala.

Venue: Varkala LVUPS

Venkulam LVUPS



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Sivagiri Conventional Centre

10 B. 17/08/2018:

Volunteers collected materials from neighbouring houses and shops and helped in transporting them to SMV High School, Trivandrum.

10 C. 19/08/2018:

NSS volunteers of All Saints' College volunteered in relief camp at All Saints' College, Trivandrum.

10 D. 20/08/2018-22/08/2018:

The NSS volunteer secretary performed as organiser and as a volunteer at Jawahar Public Senior Secondary School, Edava. During the event, they collected money and materials from school surrounding neighbourhood and from alumina. On 22nd August, packed and transported the collected items to Chenganoor flood relief camp.

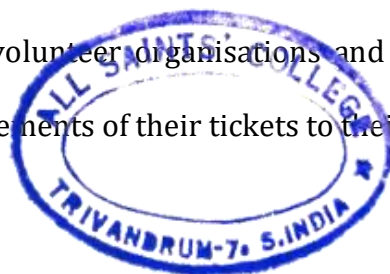




11. 17/08/2018-23/08/2018: ALL SAINTS' FLOOD RELIEF CAMP

External Beneficiaries

All Saints' college acted as a 7-day flood relief camp. People from North India came to Chenganoor for a craft fair, got affected by flood and all their materials got damaged. These people were sifted to our college via roadways and airways. Food, accommodation and medical aid were provided by volunteer organisations and the management. They stayed here till they could find arrangements of their tickets to their home states. Ministers



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from various political parties also visited the camp. Union Minister, Sri. Suresh Gopi too visited the camp and done necessary arrangements for their transportation to their respective places.



12. 11/09/2018: FLOOD RELIEF FUND CAMPAIGN

External Beneficiaries

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All Saints' College conducted a NSS program with NSS Program Coordinator Dr. Shaji A being the chief guest. Campaign was for providing more and more text books and note books for students affected during flood.



13. September 14,15,16: NSS LEADERSHIP CAMP

NSS Leadership three-day residential camp was conducted by University of Kerala on 14th, 15th and 16th of September. PUNYA A.P. of DC2 Communicative English and



A handwritten signature in green ink, appearing to read 'Punya A.P.'.

ARCHANA A K of DC2 B. Com. Finance from All Saints' College participated in the camp. The camp was held at Students' Centre, PMG.

Day 1: The inaugural function was inaugurated by Mr. Harikrishnan M, Syndicate member, University of Kerala followed Dr. Shaji A, Program Coordinator, NSS, University of Kerala and Sri. Shijukhan J S, Syndicate member, University of Kerala. It is privileged to say that Punya A P proposed the vote of thanks during the inaugural ceremony.



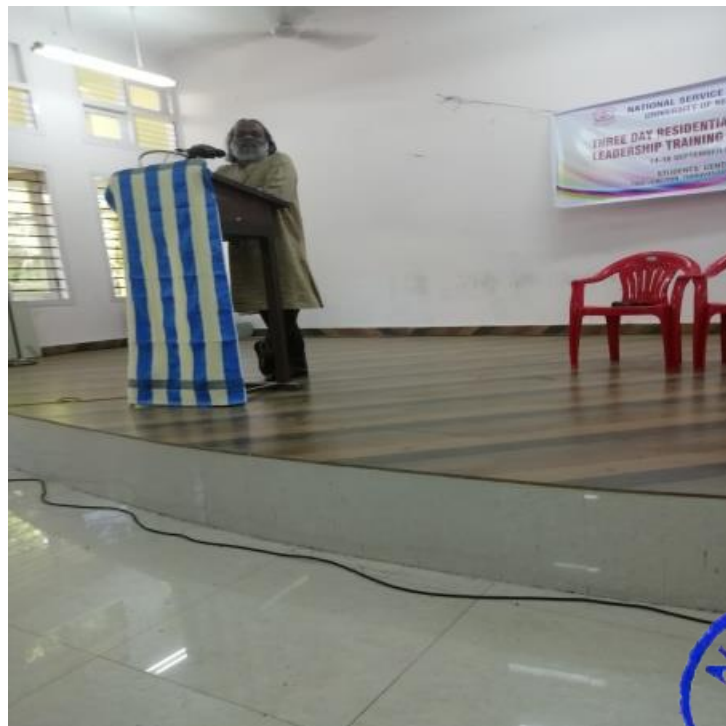
The first session was handled by Dr. K. Sabukuttan, State NSS Officer on National Service Scheme: Challenges and Possibilities.

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The next session of the camp was highly effective and was a motivative class conducted by Brahmanayakan Mahadevan sir, who made our class effective through his activity session. He gave the volunteers advices on developing personality of an NSS volunteer and wished everyone good luck.

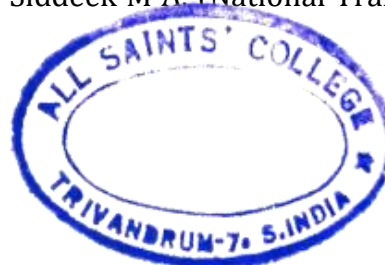


The night was colourful as it was the time for volunteers to show their talent, the cultural session.

Day 2: After having breakfast the second day started with the class of Mr. Suresh, International Trainer who gave us a class on developing soft skill and tips to be a successful leader and a human. He too made his class effective through the activities.



After lunch there was the class of Sri. Siddeek M A. (National Trainer) on the topic building a leadership quality.



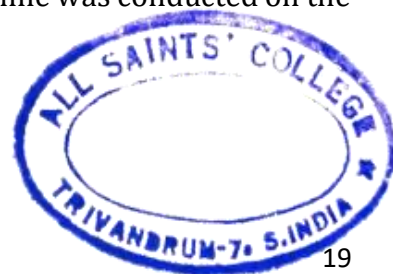
Next session was handled by Smt. Baby Shakkela, Faculty member, University of Kerala on moral values and social commitment needed for NSS volunteer.



The day ended with cultural events.

Day 3: The last day of the camp started and ended with the class of Sri. G. P Sajith Babu, Regional Director, NSS (Kerala and Lakshadweep) on the avenue of NSS. The program ended by discussing action plans and innovative programmes and by giving the students certificate.

Fifty volunteers also participated in the One day training programme was conducted on the topic “Gateway to Financial Freedom - Hedge Equities





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External Beneficiaries

Following the leadership camp, our unit organised a meeting and decided to initiate clean drives and food distribution regularly.

14. 24/09/2018: NSS DAY - POSTER PRESENTATIONS, SEMINARS AND DISPLAY OF DIFFERENT SCIENCE RELATED FACTORS – IN COLLABORATION WITH SCIENCE CLUB

As a part of NSS Day, we conducted an essay writing competition on the topic **SOCIAL COMMITMENT OF YOUTH**. Around 20 students participated in the competition which was held from 1:30 pm in the conference hall.

Fifty volunteers also participated in Poster presentations, seminars and display of different science related factors – in collaboration with SCIENCE CLUB



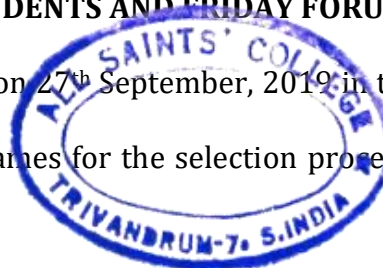
External Beneficiaries

Our unit organised a speech competition for the students of Karikakom village on the same topic and 6 students participated.



15. 27/09/2018: ENROLLMENT SELECTION OF DC1 STUDENTS AND FRIDAY FORUM

The enrolment selection for DC1 students was held on 27th September, 2019 in the recreation hall at 1 pm. Around 175 students gave their names for the selection process.



The students were asked to write their interest or MOTO behind them for joining in NSS. We were happy that students actively participated in the selection process.

External Beneficiaries

Forty six volunteers also participated in Friday Forum which is a lecture series which is repetitively organized on Fridays. Our volunteers decided to organise a cleanliness drive at Karikakom Village.



16. 01/10/2018 - 05/10/2018: GANDHI JAYANTI WEEK CELEBRATION

16A. 01/10/2018: POSTER AND COLLAGE MAKING COMPETITION

Poster and collage making competition was held in the exam hall from 9:45 am to 12:30 pm. The topic was about **PATRIOTISM**. DC1 and DC2 students made the competition successful by their participation. Around 10 groups participated in the competition from several departments. The posters were exhibited in the recreation hall around 1 pm, and was open to public, we had positive reviews from the people who visited the exhibition hall



20 volunteers participated in the Slogan writing competition - Observance of the World Ozone Day 2018 along with Bhoomithra Sena Club and another 20 volunteers participated in a A poster designing competition on the theme of the year - Observance of the World Ozone Day 2018 in association with Bhoomithra Sena Club. These were also clubbed with the Gandhi Jayanthi celebrations.



16B. 02-10-2018: GANDHI JAYANTHI

A. Shramadhan at College

The Shramadhan in All Saints' College started at 9:30am. DC1 and DC2 students participated in the program and showed their quality of punctuality by reaching the college before 9:30 am. The students cleaned the college premises. Students also planted saplings in the campus. DC2 core leaders lead the DC1 students along with the program officers and volunteer secretary. Fifty volunteers also participated in the maintenance of medicinal garden and Eden garden along with Eco Club



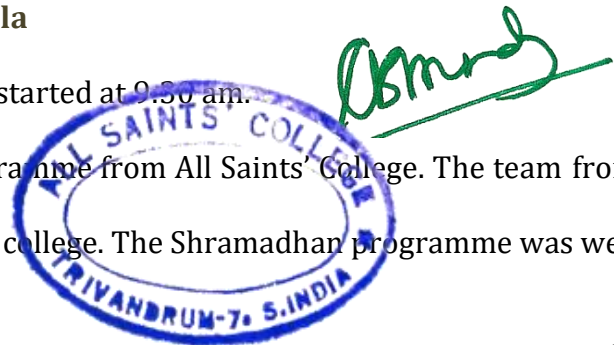
A green handwritten signature, likely of the program officer or volunteer secretary mentioned in the text.



B. Shramadham at University of Kerala

Shramadham at University of Kerala started at 9.30 am.

12 students participated in the programme from All Saints' College. The team from our college was lead by DC2 students of our college. The Shramadham programme was well



coordinated by Dr. Shaji. A, Programme Coordinator, University of Kerala. Students cleaned the University premises. In between University provided the volunteers refreshment and then called off the program by providing lunch.

C cleanliness drive at Karikakom Village

25 volunteers took part in the cleanliness drive organised at Karikakom village and they also made 30 neighbouring households aware of the importance of keeping the surroundings clean.





16C. 03/10/2018- Pothichoru to Akashaparavakal

External Beneficiaries



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Students of All Saints' College gave 53 food packets to the nearby orphanage, **AKASHAPARAVAKAL**. The Students gave the food packets to the Sister of Akashaparavakal Sr. Saphalya. People were happy to see us and blessed us.

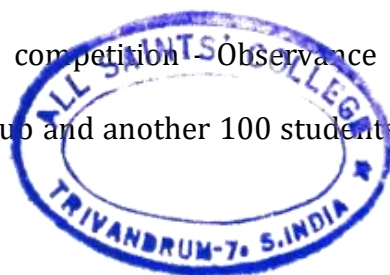


16 D. 04/10/2018- Water Analysis Survey

External Beneficiaries

The students of All Saints' College conducted water analysis survey on 4th of October. The water was collected from our adopted village Karikkakom. Around 25 students, eight teams each of three, attended the survey. The aim of the survey was to give an awareness on GREEN PROTOCOL and was given each house a sapling as a part of green protocol. Each team covered ten houses. The water will be analysed by the members of Environmental science club.

Hundred students participated in the Workshop on 'Keep Cool and Carry on: The Montreal Protocol' followed by PowerPoint presentation competition. Observance of the World Ozone Day 2018 along with Bhoomithra Sena Club and another 100 students participated



in the Invited lecture on the theme 'Beat Plastic Pollution: If you cannot reuse it refuse it -
World Environment Day Observance along with Bhoomithra Sena Club.



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Awareness on Green Protocol

Sl No	Question	House No.									
		1 (SRA)	2 (SRA)	3 (SRA)	4 (SRA)	5 (SRA)	6 (SRA)	7 (SRA)	8 (SRA)	9 (SRA)	10 (SRA)
1	Were there any problem during flood	✓	✓	X	✓	X	X	✓	X	✓	✓
2	Are there any water-related illness after that	✓	✓	X	✓	X	X	✓	X	✓	X
3	Do you know about green protocol	X	✓	✓	X	X	X	✓	✓	X	X
4	Do you burn plastics	X	Agree	No	✓	✓	Agree	Agree	✓	✓	Agree
5	Is there decrease in water level in wells after flood	✓	PIPE	PIPE	N/A	PIPE	PIPE	PIPE	PIPE	PIPE	PIPE
6	Do you segregate wastes	X	✓	N/A	✓	✓	✓	✓	✓	✓	✓

Awareness:

- Burning of plastic waste is harmful (cancer causing dioxins are emitted)
- Segregation of waste (Put plastics in a different bucket and give it to collection centers)
- Composting bio-waste can produce fertilizer which can be used for farming
- Cultivate your own vegetables as far as possible
- Chemical pollution through vegetables is the leading cause of cancer
- Avoid plastic containers for storing and serving food
- Do not give snacks to children in plastic containers
- Take cloth carry bags for purchase

Name of students with signatures: *Sandhya Arora, Snigdha*
 All Saints' College, Beach P. O, Thiruvananthapuram

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Awareness on Green Protocol

Sl No	Question	House No.									
		1	2	3	4	5	6	7	8	9	10
1	Were there any problem during flood										
2	Are there any water-related illness after that										
3	Do you know about green protocol										
4	Do you burn plastics										
5	Is there decrease in water level in wells after flood										
6	Do you segregate wastes										

Awareness:

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6. Avoid plastic containers for storing and serving food
7. Do not give snacks to children in plastic containers
8. Take cloth carry bags for purchase

Name of students with signatures:

All Saints' College, Beach P. O, Thiruvananthapuram

17.03/11/2018: CLEANING DRIVE AT PALAYAM CAMPUS

External Beneficiaries

Cleaning drive as a part of GREEN PROTOCOL at Palayam University Campus started at 9:30am. Students of All Saints' College cleaned the backside of the University. Seven students participated in the cleaning drive conducted together by University and Trivandrum Cooperation. The aim of the program was to drive out all the plastic waste from campus. Students were provided refreshment and the program get over by 1pm providing the volunteers lunch.





18.07/11/2018: NATIONAL CANCER AWARENESS DAY

External Beneficiaries

The Regional Cancer Centre Trivandrum, in association with Kerala State Health Service Department conducted a cancer awareness program on 7th November 2018. The program was held at RCC main conference hall from 9:30am to 1 pm. Without any fail NSS volunteers actively participated in the program. Our volunteers distributed pamphlets on cancer awareness to pedestrians and 15 households at All Saints' Junction.



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19.10/11/2018: WALKATHON

External Beneficiaries

Sree Chithra Thirunal Institute for Medical Sciences and Technology and Kerala Health Service Department conducted a walkathon **UNITE FOR HEALTH** and also an awareness class in relation with **Lifestyle Diseases prevention campaign** on Nov 10th

2018. The 2km was from Kowdiar to Museum Junction in Trivandrum. 10 NSS volunteers from All Saints' College actively participated in the program. The program began at 9am and ended at 11:30am. Our volunteers were able to make the public aware of the issue.



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20.10/11/2018: NON-COMMUNICABLE DISEASE AWARENESS CAMPAIGN

Our NSS Volunteer Secretary also participated in Non-Communicable Disease Awareness Campaign- Thiruvananthapuram DISTRICT, conducted by Kerala State Health Services Department and Achutha Menon Centre for Health Science Studies of Sree Chithra

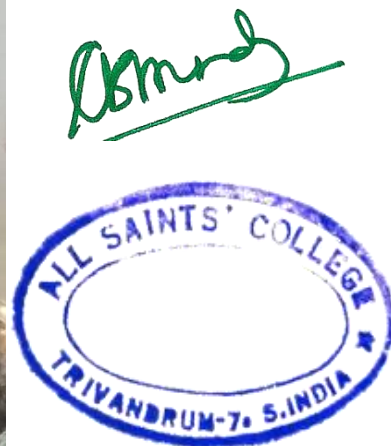
Thirunal Institute for Medical Sciences and Technology, Thiruvannthapuram on 10th November.

External Beneficiaries

Our NSS unit conducted a quiz on the same topic for 50 students at Holy Angels School, Vanchiyoor. The students later organised a caption writing competition.

21.10/11/2018: 82nd TEMPLE ENTRY PROCLAMATION

Department of Public Relations, Government of Kerala in association with NSS organised a panel discussion as a part of the four-day celebrations of 82nd of the Temple Entry Proclamation. The program was held at VJT Hall, Palayam from 10 am to 4pm. Many well-known public speakers of Kerala, made the program a great success. Around 11 students from All Saints' College participated in the program.





External Beneficiaries

Our volunteers performed a street play at All Saints' College Junction making the public aware of the significance of this historic event.

22.21/11/2018: TB AWARENESS

External Beneficiaries

NSS coordinated a TB awareness programme organised by Kerala State Health Department. Mr. Sathyakumar, Senior Treatment Supervisor, District TB Centre, Trivandrum along with his team performed a kathaprasangam regarding awareness on TB. The program was coordinated well and had a positive review from the audience. 20 students from St Mary's Higher Secondary School, Vettukad attended the program. The students shared their ideas on creating public awareness on TB.

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23.29/11/2018: NATIONAL INTEGRATION CAMP MEETING AND INTERNATIONAL PROGRAMME ORGANIZED AS A PART OF ERUDITE (SCHOLAR IN RESIDENCE PROGRAMME) AND TALK ON WATER CIRCULATION IN CONTINENTAL AND OCEANIC ISLANDS



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A meeting held at Sri Sathya Sai Arts and Science College, Thonnakkal for the formation of twelve different committees during the National Integration Camp. PUNYA A P of DC2 Communicative English of All Saints' College attended the meeting and she was assigned as the leader of reception committee and was also given the act of anchoring in opening and closing ceremony. The authorities gave them a review about the college and showed them the surroundings of the college. The meeting was headed by Mr. Pradeep, Vice Principal of the college and the program officers of the college.



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24.09/12/2018-16/12/2018: NATIONAL INTEGRATION CAMP

Ms. Punya A. P., the NSS volunteer secretary got selected to the national camp hosted by Kerala University in December at Sri Sathya Sai Arts and Science College, Thonnakkal from 10th December 2018 to 16th December 2018. I was one among the organising leaders of the whole camp and of a committee. I was the one who hosted each and every official and non-official function. My team got the reception duty on the first day and heartily welcomed all the contingent leaders and their representatives from various states. On the second day the duty was shifted to program committee and arranged the inaugural session as the chief guest and every dignitaries appreciated us for our excellent coordination. Honourable ministers and IAS officials visited our 7 day NI camp. Then on next day we had sramadhan at Valiyakunnu Govt. Taluk Hospital. I also got the chance in organising variety of programs including sramadhan, interaction classes, and excursion to Kanyakumari and also successfully completed cultural festivals of 12 states. I am delighted to say that I was also selected as the best camper in the NI camp.

External Beneficiaries

Following the camp, our unit decided to organise women empowerment programs.



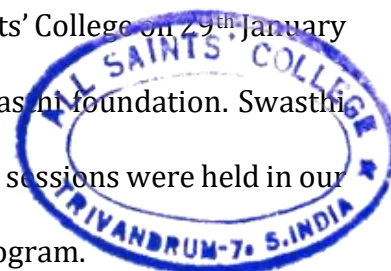


25.29/01/2019: WOMEN SELF DEFENCE TRAINING

External Beneficiaries

Women self-defence training program was inaugurated at All Saints' College on 29th January 2019. This program was in association with Snehajwala and Swasthi foundation. Swasthi foundation trains women in self-defence techniques. Two training sessions were held in our college. 10 women from Karikakom Village participated in the program.

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26.15/03/2019: SAHAPATIKKORU VEEDU

External Beneficiaries

NSS unit of All Saints' College along with college union and management constructed a house for a flood affected degree student of our college who lost her house in Karumam. The key was handed over to the family by Principal, All Saints' College.

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**27.22/04/2019: DAYS OF ENVIRONMENTAL IMPORTANCE - WORLD EARTH DAY,
WORLD FOREST DAY AND WORLD WATER DAY**

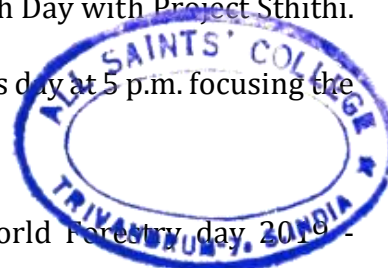
External Beneficiaries

NSS volunteers of All Saints' College observed World Earth Day with Project Sthithi. Volunteers performed a street play at Manaveeyam Veedhi on this day at 5 p.m. focusing the values of mother earth and about the drastic climate change.

Seventy-five students took part in the activities related to World Forestry day 2019 -

(1. Campus tour to show the natural systems functioning together for the existence of

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nature2. Film show to convey the importance of existence and sustainable use of forests
3. Distribution of small fruit bearing tree saplings to some of the houses of the locality).

Fifty students participated in the activities in association with World Water Day 2019

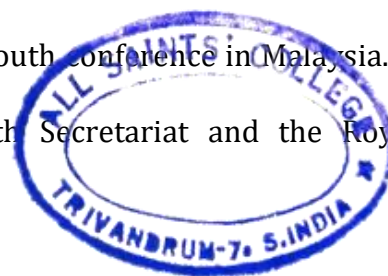
(1. Invited lecture on “Water Conservation – leaving no one behind 2. Poster designing competition



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28.Regional Youth Conference on Peace and Security

Ms. Punya A. P. applied as a volunteer to attend a youth conference in Malaysia. It was a four-day program hosted by The Commonwealth Secretariat and the Royal



Commonwealth Youth Dialogue Conference on Peace and Security. The aim of the conference was to build the capacity of emerging young leaders to bridge communities, led action and prevents violent extremism through dialogue.

29.CLIMOTSAV 2019- PROJECT STHITHI

External Beneficiaries

Project Sthithi is a project under Vaasuki ma'am IAS. This project embarks on a mission to spread awareness about climate action and the importance of adoption sustainable lifestyle practices among general public in Thiruvananthapuram district.

Punya A. P. was selected as a Climate Ambassador and as a Climate Educator in First Climate Ambassadors conclave – Climatia-2019. She was appreciated for my service and wished me best for my new role. Several camps were held from the beginning of summer camp in various colleges and institutions. The camp was mainly for school students. The camps were held on the following colleges.

- a) Govt. Engineering College, Barton Hill, Thiruvananthapuram
- b) Lal Bahadur Shastri Institute of Technology, Poojapura.
- c) State Central Library, Palayam
- d) Institute of Chartered Accountants of India, Thycadu
- e) Govt. Womens College, Vazhuthacadu



An event named Sparsha was also conducted for students, a lot of students participated in various competitions held at De-Addiction Centre, Trivandrum as the NSS volunteer secretary being a coordinator.





Project Sthithi has launched a challenge against the current MP's over India to plant the number of trees to their winning margin. #margintreechallenge. This challenge was accepted by four MP's of Kerala.

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I accept the challenge with pleasure.
My team will work out the details with you.

🌱 C power 5 | Change Can Change C... · 3h

We, the Project Sthithi team under @CPowerFive planted this tree on your behalf @ShashiTharoor and now we challenge you to be part of our initiative #MarginTreeChallenge #TogetherWeCan #PlantForThePlanet #VolunteerForThePlanet



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