



## **ANSAR WOMEN'S COLLEGE**

**NSS UNIT: 137**

Motto of NSS: *“Not Me But You”*

The objective of the NSS is  
“development of the personality of students through  
community service.”

## **ACIVITIES -2018-2019**

- The unit for the academic year 2018-19 was inaugurated o 19<sup>th</sup> September 2018. The unit was inaugurated along with the college union inauguration. Mr. K v Muhammad sir took privilege in inaugurating the unit.



- The volunteers showed their true spirit during the flood. They tried their level best to help the inmates of Kadavallur village near Iringalakuda town. They helped in cleaning and sorting out dress and other materials arrived for their help.





- On 1<sup>st</sup> of October, as a part of international day of older person, 52 volunteers visited the Deenabandhu old age home.



- On account of international blind day on October 15<sup>th</sup>, the volunteers visited the inmates of Jyothirgamaya, the hostel for blind. The volunteers collected stationeries and distributed among the inmates. The walls of Ansar Women's College witnessed a session of pain and palliative care. Mrs. Jyothi a volunteer from pain and palliative care Thrissur led the session. It was an interactive session.



- The NSS volunteers distributed stamps from “Indian association for blinds” among the students and faculties at the campus. Each stamp was sold for rs5. Collected amount was donated to the blind association.



**Indian** <sup>TM</sup>  
**Association**  
**for the Blind**



- The NSS volunteers of the Campus conducted an effective campaign against the consumption and usage of drugs under the tag line “just say no”.



- In association with Indian medical association and PTA a blood donation camp was arranged. More than 300 students and faculties donated their blood for a good cause.





- Women's day was celebrated with Great Spirit within the campus. Miss Senorita 2019- a programme to find the best lad of the campus was arranged. Through several rounds the students were tested their caliber. Along with this, several programmes like sapling plantation, cleaning of public roads, green protocol, campus cleaning, scribe for university exam, Independence Day, Hiroshima day, ozone day, constitutional day, NSS day was celebrated with flying colors.





# **ANNUAL REPORT-2017-2018**

In the academic year 2017-18, the NSS conducted a series of activities with aim of developing the capabilities of students and to instill in them clinic sense and social responsibility. The NSS unit of Ansar Women's college Unit 137 has strength of 100 volunteers.

## ● **Mass chlorination**

NSS unit of Ansar Women's College undertook mass chlorination with the help of health department Perumbilavu. The initiative was greatly appreciated by the college Principal who extended her support to all future endeavors. The volunteers were trained for the process beforehand

## ● **Basic computer literacy programme**

A basic computer literacy program was organized for the students of Kottol village by the NSS volunteers. They were trained in basic skills and the use of office applications.

## ● **Old Age Home Visit**

The volunteers visited an old age home and spent time the inmates. They conducted games and cultural programmes for the elderly. Many volunteers testify to the trip giving them immense satisfaction

## ● **Village adoption and community orientation**

The NSS unit of Ansar Women's College adopted kottol village for its community orientation programme. The volunteers conducted awareness campaigns on waste management, plastic eradication etc. were conducted.

### ● ***Lahari virudha* campaign**

*Lahari virudha* campaign was organized as part of anti-narcotic day for the students. The students were made aware about the harmful effects of smoking and drug abuse.

### ● **Cancer awareness class**

Cancer might just be one of the most feared and dreaded diseases. Globally, cancer is responsible for the death of nearly 9.5 million people in 2018. It is the second leading cause of death as per the world health organization. As per studies, in India, we see 1300 deaths due to cancer every day. A Health Awareness Seminar was held in the college under NSS unit. Volunteers got an intricate and enlightening class on early cancer recognition, cure and prevention methods. The volunteers were greatly encouraged to create awareness within the society and also among their friends. In the vote of thanks the secretary of volunteers guaranteed volunteers will play out the obligation well.

### ● **Swachh Bharat Abhiyan**

Swachh Bharat Abhiyan is one of the most significant and popular missions to have taken place in India. Swachh Bharat Abhiyan translates to Clean India Mission. The volunteers flawlessly completed the cleaning of the grounds premises and gave a special appeal to the school grounds. This reduced the amount of plastic wastes in the campus premises. For this they took extraordinary consideration and isolated plastic and other non-biodegradable waste from biodegradable waste. They likewise organized the "Clean Ansar starts from you" program to call attention to the significance of Swach Bharath Abhiyan and its need in the hour. They additionally introduced special waste bins in all the



classrooms to make all the students mindful of the importance of neatness, which was appreciated by the college authorities

### ● **Wild animal protection programme**

Wildlife, like trees, is also a domestic asset that not only helps to maintain the ecological balance but also benefits from financial, recreational and aesthetic points of perspective. The volunteers from Ansar Women's College conducted an awareness campaign to emphasize the importance of protecting wildlife the program was well received by students.

### ● **Campus cleaning**

Campus cleaning is a regular activity of the college NSS unit. It is done at regular intervals to maintain clean surroundings. Along with the campus the adjoining areas and roadsides are also swept clean by the volunteers.

### ● **One two three... plant a new tree.**

The world is constantly evolving and so are the pollution levels. The carbon emission in cities is reaching new heights every day. As more and more industries are being set up, larger areas of forests are being cleared up. The setup of these facilities, thus, gives rise to deforestation. Therefore, planting trees is essential for our survival the NSS unit took it upon themselves to plant saplings to take care of mother nature.

### ● **Palliative care training**

A palliative care training was held in the campus for NSS volunteers. The palliative preparing camp was a huge step in instilling helping mentality in the students. Toward the end volunteers were very much familiar with Home care, End of Life Care and other conventional practice and equipment used by palliative class.

## ● **World Aids day**

World AIDS Day takes place on 1 December each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. All together to bestow this objective into the students, different projects were done on World aids Day, first December, 2017, friday by NSS volunteers. A bicycle ride was conducted to raise awareness about aids. The focus was placed on the humane treatment of affected people. People were made aware that the disease does not spread through normal interaction with those affected.

## ● **Pulse polio day volunteering**

As a component of the annual pulse polio immunization volunteers partake in volunteering. It is important that pulse polio mission be completed effectively else it will affect our youth negatively. So, the understudy volunteers have taken an interest in these exercises remembering this. Their duties include brochure and pamphlet distribution, assisting in registrations, and cleaning of the hospital premise.

## ● **Cloth distribution**

Under this program clothes were distributed in the adopted village. The volunteers collect dresses from students, teachers and people around the college. The distribution mainly focused on festival days like Bakrid, Onam, and Christmas. The programme aimed at creating empathy among students .the same was done during the Kerala floods .



## ● **Yoga Day**

The International Yoga Day is celebrated on 21<sup>st</sup> June every year and the first Yoga Day was celebrated in 2015. In 2014 the Indian prime minister put the proposal of Yoga day at the UN general assembly. From then the Yoga Day is celebrated every year. A Class was organized by the NSS unit on yoga day teaching students simple asanas that could be incorporated into their daily routine

## ● **Blood donation program**

A blood donation and blood group checking camp at the college on 7th December 2017. A cycle rally was conducted to raise awareness about blood donation. The rally proceeded up to 6 km and returned to the college.

# **ANNUAL REPORT-2016-17**

In the academic year 2016-17, the NSS conducted a series of activities with aim of developing the capabilities of students and to instill in them clinic sense and social responsibility. The NSS unit of Ansar Women's college Unit 137 has strength of 100 volunteers.

## ● **ANTI-DRUG CAMPAIGN**

Anti-drug campaign was conducted to raise awareness about the major challenge that illicit drugs represent to society as a whole, and especially to the young. The goal of the campaign was to mobilize support and inspire the people to act against drug use. An awareness class was conducted by NSS team about the harmful effects of drugs.

## ● **WORLD AIDS DAY**

World aids day observed annually on December 1st, is dedicated to raising awareness to the aids pandemic caused by the spread of HIV infection. A speech competition was conducted in our college auditorium on the topic "stop AIDS keep the promise". students were made aware about the causes and prevention of HIV.

## ● **MASS CHLORINATION**

NSS unit of Ansar women's college took on mass chlorination with the help of health department, Perumbilavu. About 100 students and 5 students participated in this program. Bleaching powder were provided by the health department. Student were trained previously.



## ● **CAMPUS CLEANING**

Campus cleaning is a regular activity of the college NSS unit. The programme included cleaning the campus, neighbouring areas and roadsides are also swept clean by the volunteers and the students. The objective of the programme is to reduce waste, protect the health of students, staffs and a clean environment.

## ● **OLD AGE HOME VISIT**

NSS unit of Ansar women's college, perumbilavu visited old-age home once every academic year. The intention is to provide institutional service to elderly people and to provide the care and love to people with old age sickness. The students also conducted cultural programmes and participated them.

## ● **YOGA DAY**

The international yoga day is celebrated on 21st June every year. A class was organised by the NSS unit, teaching the students simple asanas that could be useful to their daily life. The students and teachers participated yoga in the college auditorium.

## ● **VEGETABLE GARDENING**

Nss volunteers of Ansar Women's College Started plantation of vegetables in campus. The aim of the gardening was to provide chemical free nutrient rich vegetables nutrients rich vegetables to the students and provide an opportunity to learn by doing. The yield was distributed among teachers and students.

## ● PULSE POLIO DAY VOLUNTEERING

The pulse polio drive is done every year. Its aim to immunize children through improved social mobilization, plan mop up operations in areas where polio virus has almost disappeared and maintain high level of moral among the public the NSS volunteers participated in activities like distribution of brochures, pamphlets, assisting in registrations and cleaning of the hospital premises.

## ● NATIONAL UNITY DAY

NSS unit organizer run for unity and plates taking ceremony at college on 31st October 2016 to celebrate the 'National Unity Day' the program was inaugurated by the principal and the wall college to the national unity place read by Dennis secretary.

## ● YOUTH WEEK CELEBRATION

NSS unit observed and celebrated the youth week from 12 to 16 January in our college, All the routine programmes were conducted under the theme "youth for digitalization and cashless society".

## ● VILLAGE ADOPTION AND COMMUNITY ORIENTATION

NSS unit of Ansar Women's College adopted Kottol village fox community orientation programmes in the year 2016-17. The unit have conducted various programmes to reinforce the community orientation at different levels. Periodic survey, epidemic awareness campaign, plastic eradication programmes, blood donation camp etc. are some of them.

## ● WORLD OZONE DAY

People all around celebrate world ozone day on every 16th September. The day is mainly intended to spread awareness of the depletion of the ozone layer and

search for solutions to preserve it. NSS unit of a college conducted a seminar on the topic "Ozone and climate destroyed by a world United".

### ● **BLOOD DONATION CAMP**

A blood donation camp was organized by the NSS unit of Ansar women's college on 22nd November 2016. This mov serves as a motivating factor for the donors, increasing them to actively participate in blood donation camps in the future. Teachers and students participated in the camp.

### ● **NATIONAL CONSTITUTION DAY**

Constitution day, also known as Samvidhan Divas, is celebrated in India on 26 November every year to commemorate the adoption of the constitution of India. NSS unit of Ansar women's college celebrated and awareness class about our Indian constitution, its preamble about the failed amendments and a pledge taking ceremony.

### ● **WORLD ENVIRONMENT DAY**

World environment day is celebrated on 5 June every year. NSS unit of a college organized a poster making competition on the topic" Go wild, for life". Which was the theme of 2016 and the unit distributed plant saplings among the students. The main purpose was to increase students to become an activation in developing environmental safety measures.

### ● **HIROSHIMA AND NAGASAKI DAY**

On August 6 and 9, we celebrate Hiroshima and Nagasaki day to raise awareness about the threat of nuclear weapon and the dangers of nuclear energy. The NSS unit of a college conducted a painting competition in the college auditorium.

## ● **WORLD CANCER AWARENESS DAY**

Every February 4, advocates around the world unite to raise public awareness of cancer, with long term goals including improving treatment and survival rates. A cycle rally was conducted by the NSS unit of a college in a neighboring area. A street play was played in the Perumbilavu junction based on the causes of cancer.



# **ANNUAL REPORT -2015-2016**

In the academic year 2015-16, the NSS conducted a series of activities with aim of developing the capabilities of students and to instill in them clinical sense and social responsibility. The NSS unit of Ansar Women's college Unit 137 has a strength of 100 volunteers.

## **● ENVIRONMENTAL DAY CELEBRATION**

NSS unit organized a 'plantation programme' in the college in connection with 'Environmental day'. The programme was inaugurated by the Principal. It was attended by HODs, faculty members and more than 100 student volunteers. NSS volunteers planted saplings of different varieties of trees. NSS unit with ECO club members have undertaken the work of planting and maintaining a vegetable garden.

## **● YOGA DAY CELEBRATION**

In connection with International yoga day, a yoga session was conducted at the college auditorium organized by the NSS unit for all the teachers and students.

## **● VILLAGE ADOPTION AND COMMUNITY ORIENTATION**

NSS unit of Ansar women's college adopted Kottol village for its community orientation programmes in the year 2015-16. The unit has conducted various programmes to reinforce the community orientation at different levels. Periodic survey, epidemic awareness campaign, plastic eradication programmes, blood donation camp etc. are some of them.

## ● AWARENESS CLASSES ON FARMING

NSS unit offers awareness classes to the farmers from nearby areas about the advantages and disadvantages of the usage of fertilizers, fungicides, pesticides etc and about the soil testing and leaf testing.



## ● CAMPUS CLEANING

Campus cleaning is a regular programme under NSS unit. Usually a massive cleaning is done immediately after the beginning of the academic year. Second cleaning was in the month of October in order to remove the grass from the college premises and the third cleaning was done in the month of February. Besides the NSS volunteers, college students will also take part in the mass cleaning.



## ● MASS CHLORINATION

NSS unit in association with the health department of perumpilav conducted a 'Mass chlorination programme'. About 100 students and 5 teachers participated

in this programme. Bleaching powder were issued from the health department. Students were trained before chlorination.

### ● **ROAD SAFETY AWARENESS**

NSS unit conducted an awareness class for the whole college in accordance with the 'road safety week'. The class was taken by the motor vehicle inspector.

### ● **WORLD AIDS DAY**

As a part of world AIDS day, the NSS volunteers of Ansar women's college conducted a seminar on December 1 2015 to spread the awareness about aids and how to deal with the HIV patients in a more human manner. A short film on aids was also exhibited.

### ● **BASIC COMPUTER LITERACY PROGRAMME FOR TRIBALS**

NSS unit in association with the department of computer science organized a 'basic computer literacy programme for the tribals' in the Kottol village. About 20 students and 2 teachers participated in this programme. Students taught very basic skills like turn on the computer, using the important applications, turn off the computer and also taught to use Microsoft Word to the tribal students.

### ● **SEMINAR ON ANTI-NARCOTICS DRUGS**

The NSS volunteers of Ansar women's college conducted a class on the effects of narcotic drugs to spread awareness against narcotic drugs among students.



## ● **VEGETABLE SEEDLING DISTRIBUTION**

The seedlings of vegetables grown from the vegetable garden were distributed among students and teachers by NSS volunteers, which they cultivated from vegetable garden

## ● ***LAHARI VIRUDHA* CAMPAIGN (ANTI NARCOTICS)**

Lahari virudha campaign has been formed in the college under NSS unit in the year 2015-16. A convenor from each group lead the activities. The campaign makes an awareness among students about the evil effect of smoking, alcoholism and narcotic drugs on 'anti narcotic day'. The volunteers conducted a rally through the town to make awareness among public. Street play and film shows also arranged.



## ● RASHTRIYA EKTA DIWAS (NATIONAL UNITY DAY)

NSS unit organized a 'run for United programme and pledge taking ceremony at college on 31 October 2015 to celebrate the 'national unity day'. The programme was inaugurated by the principal and the whole college took the national unity pledge read by the NSS secretary.



## ● YOUTH WEEK CELEBRATION

NSS unit observed and celebrated the youth week from 12 to 16 January in our college with all the routine programmes and various programmes were conducted under the theme 'youth for digitization and cashless society'.





## ● CHILDREN'S DAY CELEBRATION

As a part of children's day celebration of the year 2015-16, the NSS volunteers of Ansar Women's college conducted a visit to the nearest special school and cleaned the school surroundings, conducted cultural programmes for the kid section. They also spent time by playing with them. The volunteers distributed chocolates among children in order to cherish the happiness of children's day.

## SEVEN DAYS SPECIAL CAMP

NSS unit of Ansar women's college, Perumpilav, organized a seven-day annual camp at Nayaadi colony from October 4 to October 10. This seven-days camp was an unforgettable experience for all the NSS volunteers.





## ● PULSE POLIO DAY VOLUNTEERING

Activities of pulse polio is a part of pulse polio immunization programme NSS volunteers participate in volunteering day. Their duties were distributing brochure and pamphlet distribution and assisting in registrations, which was held in nursery



## ● VEGETABLE GARDEN

NSS volunteers of Ansar women's college started cultivation of vegetables in campus. The aim vegetable garden was to grow organic vegetables. The yield was distributed among teachers and students.



## ● MENTAL HOSPITAL VISIT

NSS volunteers of Ansar women's college visited a mental hospital. This was conducted to show care and love towards them and making aware about social responsibility towards them for youth. The students also conducted cultural programmes for them and also participated them.

