

## **NSS annual Report 2018-19**

### **YOGA DAY AWARENESS PROGRAMME**

The NSS Unit of our college celebrated yoga day on 21st June, 2018. II year NSS volunteers were divided to take up various responsibilities. Dr. Najmudheen P, NSS Coordinator welcomed the gathering. Dr. Muhammed Fareed T P, Principal of WMO Arts & Science College, Muttill inaugurated the programme. This was followed by the training session. The training session was handled by Mr. Musthafa Haji, a yoga trainer.

He taught much exercise that strengthens shoulder joints, hand muscles, leg muscles and hip joint. He also handled meditation class to relax our minds. All the NSS volunteers took part with great enthusiasm. All of them did the exercise and promised to continue in their day to day life. All of them were asked to do the exercise daily at early morning. The resource person motivated the students by teaching them the importance of Yoga in their day to day life. The session came to an end with the feedback session. Few student representatives said that the session was very useful and they will continue these exercise every day. This session ended with the vote of thanks delivered by Muhsina V, NSS Coordinator.

### **ABHAYAM PROJECT**

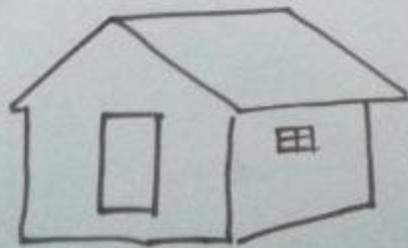
NSS units of previous year started thinking to build a home for a needy student of our college. In this academic year i.e. 2018-2019 members of NSS started collecting fund for the same. Understating the importance of this noble cause, the general public actively participated in this venture. It also gives our volunteers to know the importance of being helping hands in the society. And made them aware for strengthening the values of life by participating such a moral work. It was on 11.05.2018

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## **BLOOD DONATION CAMP**

On the Occasion of National Blood Donation Day, 1st October, 2018 a blood donation camp was organized by National Service Scheme, unit 173 & 138 in WMO Arts & Science College, Muttill from 10:00 AM to 1:00 PM collaborated with Taluk hospital, Bathery. The Camp was inaugurated by Siby sir, Assisatant Professor, WMO College. In this camp Overwhelming number of Volunteers of different department of the college has participated with Vivacity. Hundred students of rarest blood group have donated the blood in the camp.



## **CAMPUS CLEANING PROGRAMME**

The NSS unit of our college conducted a campus cleaning programme on 3<sup>rd</sup> October 2018 under the guidance of the NSS Programme officers. All the NSS Volunteers were engaged in this cleaning programme. The NSS Programme officers divided the NSS Volunteers into several groups. Each group members were allocated with a particular area for cleaning. Three groups

were asked to collect all the stones from the ground separately in different sacs. The renewable such as dry leaves, twigs, papers etc. and non-renewable wastes such as carry bags, and plastic items etc. were collected separately.





## **A REPORT ON CLEAN WAYANAD PROGRAM**

NSS Volunteers attended in the clean Wayanad program conducted by district NSS Committee. It conducted in the flood affected areas of the Wayanad. 2018 Kerala witnessed heavy flood and it was affected many natives in various ways. Public roads and my houses face much major causality. The dedication of our NSS workers given consolation for many. It conducted on First September 2018.



**A REPORT ON VISIT TO AN OLD AGE HOME**

The NSS Volunteers of WMO College were visited to a nearby old age home on 20 October 2018. The volunteers happily volunteered to go in groups of twenty. It was not made compulsory and the students could volunteer to go any Sunday when they wanted to with the groups. Second years from each department took the initiative being a regular visitor to this old age home. Actually new group of young enthusiasts were ready to spend some time at the old age home. – Home for the Aged (PEACE VILLAGE) run by government. Objectives were to create awareness among students about the neighborhood and sensitize students to social work.

## **A REPORT ON FLOOD**

In the academic year 2018-19, we the NSS volunteers were able to do justice in our work during the flood time. We believe that we did service for nearly a month. So we like to elucidate our work and services here.

In Wayanad, Panamaram Panchayath was greatly affected by flood and heavy rain. We quick started our duties by visiting the camp in Panamaram on august 17. The situation of the camp was heart breaking. Everyone had a version of their tragic story. Each of us made sure to bring blankets and dresses from our home and the distribution was ensured with care. After, we were divided in to several groups. There was load of dresses on Collect orate, so the first group did dress sorting in Collect orate starting from august 17 and this lasted for three days. In this very time span the other groups did their jobs of food packing at SKMJ and dress sorting at Panamaram. After this volunteers were assigned a bigger goal of cleaning the flood area of Mundery colony. The condition of the colony was very pathetic and grim. Cleaning process was a big task, but we work together with full of sincerity. There was water logging and floating debris. The primary focus was to clean the houses and surrounded areas. We made sure the place was clean and hygiene. There, the colony members were also helpful.

Then we were part of a survey to help govt. to understand the situation of Wayanad after flood. The survey was initiated to get the clear cut picture of the destructive situation and to know the needs of people. This survey had two units; one at Panamaram and other at Pozhuthana. Everyone was inaction to fulfil their assigned responsibility. Lastly we did mission clean Wayanad in co-operation with district administration.

## **OTHER WOKS**

1. Gave food items and dresses for several families and camps

2. Cleaned a old age home named **Peace Village**









## **WORLD DIABETIC DAY**

We were part of world diabetic day celebration on October conducted by district medical office along with Sri Chithira Institute of Medical Science and technology , Trivandrum on 14.11.2018.. Whole NSS units under Wayanad district altogether participated in the awareness rally from SKMJ School, kalpetta to kalpetta town and after we had a section related on world diabetic day.



**SWATCH BHARATH MISSION PROGRAMME**

The NSS unit of our college visited Aduvady Tribal Colony, 11 th ward in Muttill Panchayath for a cleaning programme on 6th October 2018 under the guidance of our beloved principal Dr. Muhammed Fareed. Almost 100 NSS volunteers took the initiative of cleaning and removing garbage in the area. The NSS Programme officers Dr, Najmuddeen

and Ms. Muhsina V divided the NSS Volunteers into several groups. Each group members were allocated with a particular area for cleaning. Few groups were asked to collect all the non-renewable wastes such as carry bags, plastic items etc. from the ground. Our sole intension was to make of Aduvady colony as a plastic free colony. We also conducted a health awareness camp to the colony people about the necessity of improve health conditions and personal hygiene.







### **ANTI-DRUG AWARENESS CLASS**

Conducted anti-drug awareness class in cooperating with college anti-drug forum. It was on 09.03.2019





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**WOMENS DAY PROGRAM**

On international women's Day , the NSS Units of our college conducted program. All our women's members got together to make a human chain to show solidarity to that special day.

It was conducted on 09.03.2018



## **SPECIAL CAMP**

& days Special camp held in December 23 to 29 th in Govt HSS Achoor , Wayanad, photos already sent





## **CANCER AWARENESS PROGRAM**

Conducted a lecture on Cancer awareness program, mentioning the cause of constant increasing the cancer disease, and given some instruction to keep in our daily life to prevent cancer. It was on 08.11.2018



## **LEADERSHIP AND ADVENTURE CAMP 2019 APRIL**

our volunteer Muhammed Ramees got selection for attending the leadership and adventure camp held at College of Engineering Munnar, kerala on 12-14 April 2019





## Coordinators

Dr. Najmuddeen

Muhsina