



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Report NSS Extention Activities 2016-2017

1

Name of Activity	Mazhavillu Project- A Helping Hand to Mentally Challenged Students at Govt. H.S. School, Villadam, Thrissur
Date	One year program (Conducted during the academic year 2016-2017)
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Govt. H.S. School, Villadam, Thrissur
No.of Students Participated	195

A one year continuous programme was initiated by NSS unit which has been given the name “Mazhavillu”. The idea behind the programme was to adopt Villadam Govt HSS for one year where the NSS unit had to help the IED wing of that school. The programme was inaugurated by Mrs Santha Appu, Councillor, Thrissur on 16th July 2016. There are more than 70 mentally challenged students who need special care. The volunteers are helping the students in their academic and extra curricular activities on every Saturdays.

Assessment Period (2016 – 2021)



Voulunteers along with students of Govt. H.S. School, Villadam, Thrissur



Newspaper report



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Volunteers along with students of Govt. H.S. School, Villadam, Thrissur

03/09/2016

The NSS unit celebrated Onam on September 3rd at Villadam School in connection with the project “Mazhavillu”. The volunteers together with the IED students of Villadam School made the day a special one. A drawing competition was arranged for the students of the IED wing. Villadam School Head Mistress Smt Usha, PTA President, IED teacher Smt Renuka were present for the function.



Onam Celebration



Students participating in activities



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Onam Celebration at Villadam school

Christmas Celebration with differently abled students

NSS volunteers celebrated Christmas along with differently abled students under Mazhavillu Project. The students were invited to College and they were able to be a part Christmas Celebrations of Vimala College. IED resource person Smt Renuka, Villadam IED wing PTA president Sri Santhosh and parents of students were a part of the function. Principle Dr Sr Maries V L Presided the Programme



Christmas Celebration



Christmas Celebration



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School students celebrating Christmas

Disabled Day

As part of Mazhavillu project of Vimala College NSS unit, disabled day was observed at adopted School of Villadam Higher Secondary IED wing. The programme was organized in collaboration with Rotary Club, Thrissur in December.

Drawing Class at Villadam School

NSS volunteers of Vimala College arranged a drawing class for the students under IED wing of Villadam Govt School on 4/2/2017. The session was lead by Sri Gireesan. He was a former artist and he retired as a tutor from Sri Ramakrishna Gurukula Vidya Mandiram Puranattukara. He taught students how to draw beautiful and meaningful pictures through the combination of simple lines. Two guests also accompanied the volunteers. They came by knowing that art is being taught to mentally and physically disabled students. They joined with the students with great enthusiasm. Because of the shortage of time classes need to end up at 12.30 pm. One of the Volunteers Jelitta expressed the gratitude and thanks to everyone.



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Drawing Class at Villadam School



Drawing Class at Villadam School

Closing Ceremony of Mazhavillu project

The closing ceremony of Mazhavillu project of the year 2016-17 was arranged on 30/3/2017 at Vimala College, Thrissur. College Principal Dr Sr Maries V L presided over the function. The one year programme was focused on teaching the students of IED (inclusive education) wing of Villadam School. There are 79 disabled students studying at IED wing of Villadam Higher Secondary School. NSS volunteers visited the students on every Saturdays and tried to improve their skills. IED teacher Ms Renuka assisted them in interacting with the students and guided them



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Closing ceremony



Closing ceremony



Closing ceremony



Closing ceremony



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Name of Activity	Cleaning of the Ortho Section of Govt. Medical College, Mulamkunnathukavu, Thrissur
Date	17/11/2016
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Govt. Medical College, Mulamkunnathukavu, Thrissur/Joy Alukkas, Thrissur
No.of Students Participated	12

The ten NSS volunteers attended the cleaning program sponsored by Joy Alukkas, Thrissur at the Ortho section of Govt. Medical College, Mulamkunnathukavu. Through this programme the NSS volunteers could achieve great appreciation by the hospital authorities as well as the natives.



Volunteers at Govt.Medical College, Thrissur



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Volunteers distributing cleaning materials



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3

Name of Activity	Snehaveedu Project- 'A Home for Her'
Date	2016-17
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	100

The project is based on helping a volunteer in reconstructing her house. The house was in a dilapidated condition. The NSS units had undertaken to help this student and her ailing family (both parents are Heart patients and her brother is a student) to rebuild their tiny broken down shack in which they are currently living. Volunteers conducted several fund raising programmes throughout the year. Some of which were-Food Fest-in which the volunteers prepared food from their house and sold it in the campus, Collection and sale of old News Papers, Collecting pen, putting new refill and selling it etc.



View of old house



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View of old house



House under Construction



House under Construction



House under Construction



House under Construction



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Newly constructed house



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4

Name of Activity	Swachh Bharat Pakhwada Programme-Cleaning at 5th Ward of Thrissur Corporation
Date	11/08/2016
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Health department, Vilvattom, Thrissur
No.of Students Participated	99

The NSS unit, Vimala College, Thrissur in collaboration with the Health department, Vilvattom initiated the cleaning programmes at the 5th ward of Thrissur Corporation on 11/8/2016. Sri Samil Babu, Health Inspector, Cheroor inaugurated the programme. Principal Dr Sr Maries V L read out the oath to be repeated by the volunteers. After oath taking, there was a rally to the spot. Officers of the Health Department Sri Mani Prasad, Smt. Rasiya, Councillor Smt. Preseeja, Previous Councillor Gopakumar, Sri. Anil Impuls were present and gave motivation to students. Volunteers cleaned the road side and collected the plastic materials. NSS Programme officers Dr Mimi Mani and Laveena Varghese supported the volunteers. The cleaning event was a great success with the participation of all the volunteers. In the leadership of NSS volunteers, students were asked to clean the college campus and classrooms in connection with the Swachh Bharat Pakhwada programme.



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Students involved in cleaning drive



Students involved in cleaning



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Students taking oath of Swachh Bharat



Newspaper report of Swachh Bharat Pakhwada Programme at Vimala College



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Name of Activity	Digital Literacy Programme at Adiyara Colony Anganavadi, Thrissur
Date	21/01/ 2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	South Indian Bank, Cheroor Branch, Thrissur
No.of Students Participated	9

A class on cashless society was arranged at Adiyara Colony Anganavadi in association with South Indian Bank, Cheroor Branch. Volunteers invited women in the 7th ward of Thrissur corporation for the literacy programme. On the day of training volunteers interacted with participants and introduced primary banking process. This helped them to access digital banking easily.



Women attending awareness session at Adiyara Colony Anganavadi



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Name of Activity	Awareness Rally against the Use of Drugs
Date	01/06/2016
Organized by	Anti-Narcotic Cell and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	132

World Anti-Drug Day on 1st of July 2016, a poster making competition was conducted by NSS unit for all the interested students of the college. A rally was conducted on the same day with the support of Anti Narcotic cell, Vimala College. It was headed by Dr. Sr. Maries V L, Principal of Vimala College, Mrs. Feebarani, Asst. Prof. of Zoology, Coordinator of Anti Narcotic cell and Dr Mimi Mani. Volunteers were really stubborn and strong while raising their sound against the use of drug.



Students making posters against the use of dru



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Students making posters against the use of drugs



Rally against the use of drugs



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Rally against the use of drugs



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7

Name of Activity	Mother Theresa Commemoration with Students of St Josephs' Special School, Thrissur
Date	31/08/2016
Organized by	NSS Units & Center for Woman Studies, Vimala College, Thrissur
Collaborations (if any)	Sath- Sung, Thrissur
No.of Students Participated	210

The Center for woman studies and and NSS units of Vimala College in association with Sath- sung Thrissur, conducted State level Seminar on the topic “ Mother Theresayude Karunya Mugham” on 31/8/2016. Students of St Josephs’ Special School participated in the programme.



Photos of Mother Theresa commemoration programme



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Floral offering by dignitaries



Students interacting with children from St Josephs' Special School, Thrissur



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Name of Activity	Awareness Programme on Palliative Care
Date	05/09/2016
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Pain and Palliative Care Society, Thrissur
No.of Students Participated	87

A talk on Palliative care was arranged on September 5 by Smt Vijayalakshmi and Smt Jyothi, (Pain and Palliative care society, Thrissur). The NSS unit planned to take a survey on division 5 of Thrissur corporation to understand more about the palliative care needed in that division. The resource persons distributed Paliyam Soaps and other material for the students to sell and the profit will be using for the activities of the society.



Students attending a session on palliative care



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9

Name of Activity	Eye Donation Campaign for Public
Date	06/09/2016
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	99

The NSS unit of Vimala College organized a rally on September 6th in connection with eye donation campaign week. About 100 students participated in the rally. They were very interested in making the public aware of the importance of eye donation. They distributed leaflets to the public. Students were interested in being parts of the scribe bank. The campaign came to an end by the awareness class related to the eye donation by Retired Professor and head Bombay University Dr Rose Mary on September 8th in association with Women Development cell of Vimala College in connection with the Girl Child Day. We planned an eye camp on September 30th.



Publicawareness rally on eye donation



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Awareness class on eye donation



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10

Name of Activity	Hotel Awareness Programme and Distribution of Cap and Gloves for the Hotel Workers in Thrissur Corporation
Date	07/01/2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Rotary Club, Thrissur
No.of Students Participated	15

In association with Rotary Club, NSS volunteers conducted Hotel awareness programme. They distributed cap and gloves for the hotel workers. They gave awareness to the workers about importance of cleanliness.



Volunteers interacting with employees in a nearby hotel



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11

Name of Activity	Distribution of Food Packets in the Premises of Swaraj Round, Thrissur
Date	One Year Programme Conducted during 2016-17
Organized by	Department of Chemistry, Department of Malayalam and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	85

Volunteers from Chemistry and Malayalam Departments distributed food packets prepared from their own houses to the needy people on different days. They selected areas under Swaraj round.



Students distributing food packets to a needy



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students distributing food packets to a needy



Students distributing food packets to a needy



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12

Name of Activity	Human Rights Awareness Programme and Rally
Date	10/12/2016
Organized by	NCC and NSS Units, Vimala College, Thrissur
Collaborations (if any)	International Organization for Human Right and Protection
No.of Students Participated	277

As part of Human Rights Day (December 10th) International Organization for Human Rights Protection conducted a programme at Vimala College, Thrissur in association with NSS and NCC of Vimala college on December 9th. Dr T V Sajeew, Senior Scientist, KFRI Peechi inaugurated the function. Mr Ebey John Thottumalil, IOHRP Zonal Organizing Secretary and Mr Sojan C Thomas, IOHRP (Dt. Sec) lead the functions. An awareness Rally was organized on the same day.

NSS and NCC units of Vimala College organized a rally to spread awareness on human rights protection on 10th December 2016. An awareness talk was given to the students by Mr. T V Sajeewan (KFRI Senior scientist) on Human Rights: Stand up for someone's Rights Today.



Newspaper report



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Rally on Human Right Protection from Vimala College to Pallimoola, Thrissur



Starting of rally from Vimala College, Thrissur



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Welcome speech



Inaugural function

Assessment Period (2016 – 2021)



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13

Name of Activity	Honouring of Ex-Service Men from the 7th Division of Thrissur Corporation on Independence Day
Date	15/08/2016
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	45

In connection with Independence Day celebrations, the NSS unit of Vimala College, Thrissur arranged a function at the college to give an honour to the Ex-Service men from the 7th Division of Thrissur Corporation. Councillor Sri K Krishnankutty and Vimala College Principal Dr Sr Maries V L honoured them. Fifteen Ex Service men were participated in the programme and shared their experience to the students.



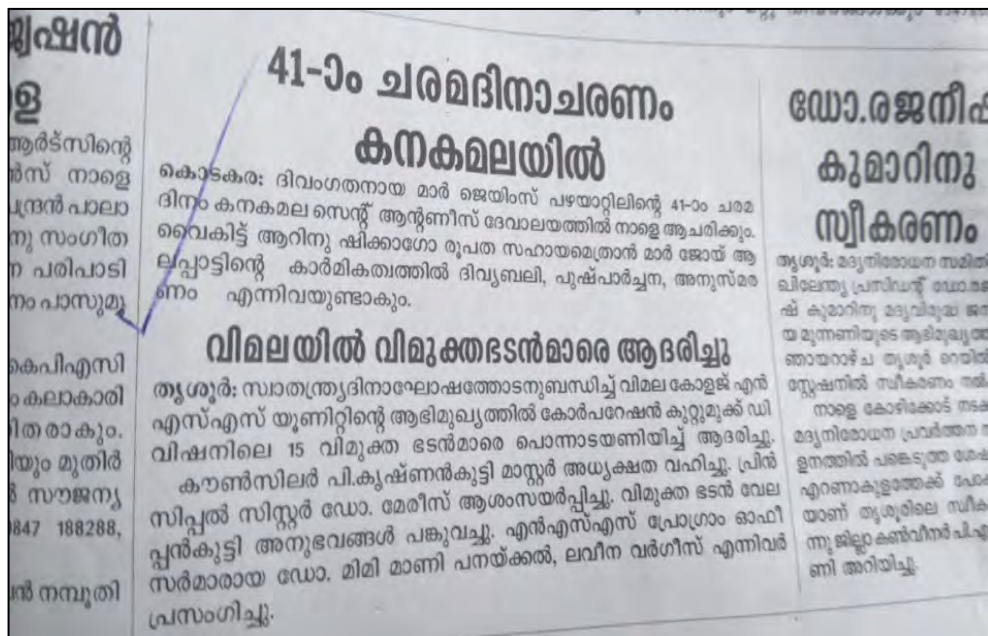
Group photo of ex-service men from the 7th division of Thrissur Corporation along with students



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Honouring of Ex-Service Men from the 7th Division of Thrissur Corporation



Newspaper report



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Name of Activity	Nelkrishi Padana Yathra-Visit to the Paddy Field at Pandikkavu
Date	25/08/2016
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	95

The NSS volunteers visited the paddy field at Pandikkavu on 25/8/2016 to understand the technological advancements in the field of agriculture. They got chance to see the use of machines in the fields. M P Sri Anil Akkara inaugurated the function. Principal Dr Sr Maries V L, previous councilor Sri Gopakumar, Sri Varghese Erinjeri and Programme officer Mimi Mani Panakkal accompanied the students.



Students visiting paddy field at Pandikkavu



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Newspaper report



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

15

Name of Activity	Hair Donation Campaign
Date	20/10/2016
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Amala Medical College, Thrissur
No.of Students Participated	167

NSS units of Vimala College, Thrissur arranged a hair donation campaign in association with Amala Cancer Hospital on 20/10/2016. Thirty three members including both staff and students donated their hair to Amala Medical College. The hair donated by them will be used to prepare wigs for poor ladies who are suffering from Cancer. Fr Jaison Mundanmani, Asst. Director of Amala Medical College attended the function giving awareness to the students. Mrs Ramani Mookan, Social worker and promoter of hair donation and Mr Teny who had donated his blood 100 times were also present giving motivation to the students. The programme was a token of love for the people who are suffering from Cancer. Principal Dr Sr Maries V L congratulated the students.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Inaugural function



Participants willing to donate hair as a part of campaign



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

16

Name of Activity	Awareness Programme for Villagers on 'Save Water' at Anganawadi, Cheroor
Date	07/02/2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Anganawadi, Cheroor
No.of Students Participated	13

Students from Statistics department arranged an awareness programme on the topic 'Save Water'. They mainly concentrated on the mothers. They arranged the class at Cheroor anganawadi.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Participants of the awareness session at anganawadi, Cheroor



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17

Name of Activity	Free Eye Camp
Date	30/09/2016
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Doctor Rani Menon's Eye Clinic and Lasik Centre, Thrissur
No.of Students Participated	156

An eye camp was organized by NSS on Sept 30,2016in association with Doctor Rani Menon's eye clinic and Lasik centre from 10am to 3pm in college auditorium.A group of 12 members came and provided free service to the students and teachers of college.There was active participation and co-operation of NSS volunteers.Program was helpful and successful.



Eye camp



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Eye camp



Eye camp



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

18

Name of Activity	Awareness Campaign on Environmental Conservation and Setting up of Fruit Garden at Vimala College, Thrissur
Date	09/11/2016
Organized by	NSS Units,Vimala College, Thrissur
Collaborations (if any)	Prakrithi Samrakshana Samgam, Thrissur
No.of Students Participated	56

NSS unit organized an awareness campaign on the topic environmental conservation on 9/11/2016 in association with 'Prakrithi Samrakshana Samgam'. The programme was inaugurated by Deputy Excise Commissioner Mr N S Salimkumar. Sri Pathmakumar, Thrissur range excise officer talked to the students. Sri Shaji Thomas, Prakrithi Samrakshana Samgam Thrissur Secratery, Sri Pavithran, NSS P O Thrissur Govt Engineering College, Yoga Masters Smt Sheela Babu and Sri Babu Jacob interacted with the students and made the programme a great successes. Sri M Balaji was honored for his efforts in the field of agriculture. They provided almost 15 fruit tree saplings to the college for the protection of environment and to make the students aware of the use and need of plants in the society. Principal Dr Sr Maries V L, Programme officers Dr Mimi Mani Panakkal and Smt Laveena Varghese were also present there.



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Inauguration



Inaugural function

Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Planting sapling at the campus



Planting sapling as a part of campaign



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19

Name of Activity	Cleaning Activities at Public Library, Cheroor
Date	January-March, 2017 (Weekly Basis)
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Public Library, Cheroor
No.of Students Participated	25

Volunteers cleaned the public library at Cheroor. The library was in a pathetic condition. Our volunteers helped the library authorities in arranging the books for the benefit of public. They are regularly maintaining the library cleanliness.



Volunteers cleaning premises of library



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Library before cleaning

Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Library after cleaning



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

20

Name of Activity	World Old Age Day Celebration with Senior Citizens
Date	01/10/2016
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Karunya Charitable Society, Parappur/ Joy Alukkas, Thrissur
No.of Students Participated	61

Department of sociology and NSS units organized old age day celebration in association with Karunya Charitable Society, Parappur on first October 2016. It was grand program with almost 650 members involved. Lot of games and entertainment programs were conducted. Lunch was sponsored by Joy Alukkas and team. There was an interactive session related to importance and of Ayurveda medicines by Dr Agnus Cletus. There was active participation of NSS volunteers.



Inauguration



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Students interacting with senior citizens



Students interacting with senior citizens



Senior citizens attending programme



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Handing over memento as a token of appreciation for conducting programme for senior citizens



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21

Name of Activity	Setting up of Vegetable Garden and Sale of Organic Crops
Date	18/08/2016 (Starting date)
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	100

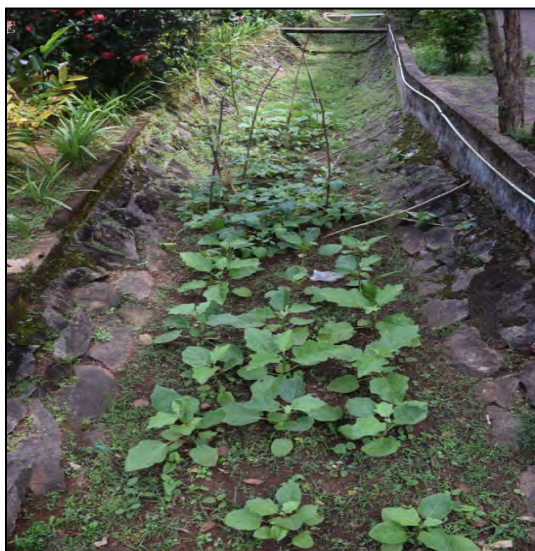
The vegetable garden preparation was initiated on 18th August in the college campus. NSS unit initiated in the organic crop distribution of bananas. The money that was collected from this project was taken up for the Snehaveedu project, which would help a student of the college to provide her with a house. Along with that organic brinjal and tomatoes were also given out.



Students involved in organic farming



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Organic crops at vegetable garden



Students selling banana



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students doing farming



Students harvesting tomato



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22

Name of Activity	Aids Awareness Programme
Date	01/12/2016
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	IMA Blood Bank, Thrissur
No.of Students Participated	Whole Campus

In association with IMA Blood Bank, NSS unit observed World Aids Day on December 1st at 8.30am. Dr Bindu Thomas, Deputy DMO, Thrissur inaugurated the programme. Principal Dr Sr Maries V L delivered the presidential address. Dr V Govindankutty, Director, IMA Blood Bank and programme officers Dr Mimi Mani Panakkal and Smt Laveena Varghese lead the programmes. Students presented group song and flash mob on the same topic.



Inauguration of AIDS awareness programme



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AIDS Awareness session at Vimala College, Thrissur



Students performing flash mob



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Name of Activity	Energy Conservation Awareness Campaign
Date	14/12/2016
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	NSS Units, Sree Kerala Varma College, Thrissur
No.of Students Participated	78

NSS volunteers participated in energy conservation awareness campaign in connection with energy conservation day December 14th. 78 students and programme officers participated in the rally. The programme was organized by NSS unit of Sree Kerala Varma College. District collector flagged off the rally.



Energy conservation rally



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students participating in energy conservation rally



Newspaper report



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

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Name of Activity	Visit to Christ Villa Old Age Home, Thrissur
Date	28/02/2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Christ Villa Old Age Home, Thrissur
No.of Students Participated	30

Volunteers made a visit to Christ Villa old age home, Ramavarmapuram on 28/2/2017. The purpose of the visit was to sensitize the students about the increasing number of old age homes and to stress on the importance on family life. They arranged variety of entertainment programmes for the grandparents. They shared their experiences with the students that family is the important conception our culture.



Students interacting with inmates of Christ Villa old age home, Ramavarmapuram



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Inmates of Christ Villa old age home, Ramavarmapuram



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

25

Name of Activity	Blood Donation Camp and Awareness Session
Date	06/10/2016, 08/03/2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	IMA Blood Bank, Thrissur
No.of Students Participated	59

An awareness programme on Blood donation was organized by NSS on Oct 6 2016. Dr. Govindankutty gave an informative class on blood donation about different blood groups and the importance of promoting blood donation among the people. Program was scheduled from 10am to 12pm in college auditorium. There was active participation and involvement by the NSS volunteers.



Inaugural session



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Awareness session on blood donation

In connection with International Women's Day celebrations, NSS units conducted a blood donation camp in association with IMA blood bank on 8/3/2017. 59 blood donors including students, staff and public made the programme a success. S N Balagopalan, medical officer, IMA blood bank helped the unit in arranging the camp. 200 NSS volunteers showed their willingness by signing the blood donation to donate blood to IMA. This willingness certificate was handed over to Film artist Smt Manju Varier who handed over it to Dr Balagopalan.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students donating blood



Students donating blood



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Receiving appreciation for conducting blood donation camp



Receiving appreciation for conducting blood donation camp



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Newspaper reports of blood donation camp



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Name of Activity	Leadership Skill Training for Mothers
Date	12/01/2017
Organized by	UGC Centre for Women Studies and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	12 Volunteers

UGC –Centre for Women’s Studies in Collaboration with National Service Scheme of Vimala College organized a “Leadership Skill Training Programme for Mothers” on 12th January 2017 at New Seminar Hall, Vimala College. The core aim of this training was the development of “Leadership Qualities” among mothers. **Mrs.Neelima Ranjith** (Assistant Professor, Department of Psychology, Union Christian College, Aluva, Ernakulam) was the Chief trainer of the programme.

The Programme was started with Prayer. Ms.Mony Geege (Assistant Professor, Dept. of Home Science & the Director, UGC-CWS) delivered welcome address.

The main objective of the endeavor was the advance, escalation of traits of mothers. The programme had two sessions and first session started at 9.30 Am. In the first session, Mrs.Neelima Ranjith pointed out that every person, especially mothers facing challenges in maintaining qualities and skills and mothers should possess the qualities like Flexibility, Persuasiveness, Delegation, Efficiency **and Compassion**. During the process of parenting the mothers should be alert in their children’s each and every action.

During the second session (11.15 am to 12.30 Pm) she described how mothers become role models to their children especially girl child. Don’t misbehave in front of the children.

She told that everyone, not just women, need to own the ability of unlearning and relearning. She also told to remember that “Beautifully imperfect persons make perfect couple and in a family, a qualified mother is the symbol of responsible mother in all aspect”.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

The mothers were motivated through the activities and interactive sessions. They said that the training was very helpful to develop and strengthen their confidence and their abilities. They also opined that the session was very effective for them to understand how to transform behaviors to be a qualified mother. The session was officially dispersed after the vote of thanks by Ms.Mimi Paul, Assistant Professor, Department of Hindi.



Inaugural session



Participants attending class



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

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Name of Activity	Discussion on Anti-Corruption
Date	20/07/2016
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Vigilance Office, Thrissur
No.of Students Participated	53

A discussion on anti corruption was conducted on 20th July 2016 with the help of Mr. Ramachandran (DYSP, Vigilance Office, Thrissur). He interacted with the students about the corruption and the anti corruption.



Students attending class



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

NSS Extention Activities 2017-2018

1

Name of Activity	Wheel Chair Distribution to Differently Abled Children of Govt. Higher Secondary School, Villadam and Christ Villa, Cheroor
Date	04/12/2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Govt. Higher Secondary School, Villadam /Christ Villa, Cheroor
No.of Students Participated	150

A wheel chair distribution was arranged at Vimala College organized by NSS units. Three were selected for receiving wheel chairs. The programme was inaugurated by Smt Sathyabhama Teacher, famous Social Activist, Retd Professor and Director of AMHA (a unit for mentally retarded). Dr Sr Marieete A Therrattil, Principal Vimala College gave the presidential address. Fr Sebi Kavalakkatt, Director of Christ Villa Poor Home, Sri Santhosh, Villadam School IED wing PTA president and Sri Libu, Representing Villadam School H M attended the function.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Wheel chair distribution to differently abled children



Students attending the programme



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

2

Name of Activity	Visit and Helping Hand to Okhi Affected Eriad Coastal Area
Date	14/12/2017
Organized by	NSS Units , Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	120

Volunteers visited the coastal area Eriad, affected by Oaki. They collected items for distributing there. They could contribute food items and dresses to 100 houses. They interacted with the people. Principal Dr Sr Mariette A Therattil and Programme Officers helped the students in conducting the visit in a better way.



Vimala college team at Eriad coastal area



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students distributing kit to Okhi affected people



Students distributing kit to Okhi affected people



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

3

Name of Activity	Rally and Awareness Programme on Environment Protection and Planting of Saplings
Date	05/06/2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Public Library, Cheroor
No.of Students Participated	Whole Campus

Vimala college N S S unit and Cheroor library jointly celebrated world Environment day. As part of this we conducted awareness rally, planting of saplings and quiz competition. The awareness rally started from our college and ended at CheroorPanchayat library. In addition to paper placards students wrote the slogans of environmental day in leaves of various plants. The N S S program coordinators Smt. Mimi Mani Panakkal, Smt. Laveena Varghese and N S S unit leader Adheena made this event a great success by their eminent leadership. The program was inaugurated by the division counsellor Sri PremKumar.Taluk library leadership committee convener Shri M S Shankaranarayanan, library secretary Sri Sooraj Raj, Vice president Shri P Mohan and Shanmukhadas delivered the notes on environment day.

As a part of this Environment day celebrations we planted a lot of saplings in our Vimala College premises in association with environment protection group. Environment Protection group-district unit secretary Mr.Shaji Thomas, Mr.Saji Simon and Vimala College Principal Dr.Sr.Marriette A Therattil was a part of this. After this there was a talk by Mr.Shaji Thomas on the relevance of Environment day.The main theme of our programme was to connect our NSS volunteers to the nature and by this our volunteers found extreme pleasure in such activities they rendered their maximum service in processions,awareness classes and quiz competitions.

As part of Environment day we NSS volunteers received a class on Green Audit on 7/6/17. We got classes from eminent personalities like K J Johnson(Energy technologist,Energy management Dippot-Kerala) and Mr.SureshBabu V S,M D Autotractions,Kerala.They taught



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

us to conduct a green audit in our College and they gave important lessons on the energy saving. Rather there were classes on energy balance, specific energy consumption etc. This year the theme is “connecting people to nature”. This theme implores us to go outdoors and appreciate nature’s beauty and importance and take forward the call to protect the planet earth. World environmental day is an occasion to think how we are part of nature and how intimately and unequivocally we depend on it for survival. These programmes are conducted by us has encouraged people to admire nature and challenges us to find fun and exciting ways to experience and cherish this vital relationships.



Newspaper report



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Environment protection rally



Students at Public Library, Cheroor



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Planting of saplings



Staff and students taking pledge on Environment Protection



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students attending awareness class on Environment Protection



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

4

Name of Activity	Blood Donation Camp
Date	05/07/2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	BODHI India/IMA Blood Bank, Thrissur
No.of Students Participated	40

NSS units of Vimala College in association with BODHI India and IMA blood bank organized a girl's blood donation camp on 5/7/2017. The camp started at 9.30am. The official inauguration of the camp was arranged at 10.30 am. The chief guest of the day was Inspector General of Police, Sri Ajithkumar IPS. He motivated the students by his words. His presence was really a great motivation for the students. Executives of BODHI india explained the students about the importance of the camp. Blood donation is a service and at the same it is a responsibility of everyone. Vice Principal Dr Sr Mable attended the function and talked to the students. More than fifty students donated their blood. About hundred students were ready to donate, but others were not able due to physical problems. Dr S M Balagopalan assisted the students in the camp.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Inaugural Function



NSS team receiving blood donation certificate

Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Doctor examining students willing to donate blood



A student donating blood



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

5

Name of Activity	Visit to Anganvadi, Cheroor and Distribution of Books
Date	26/03/2018
Organized by	NSS units, Vimala College, Thrissur
Collaborations (if any)	Anganvadi, Cheroor
No.of Students Participated	07

Volunteers visited anganvadi(21) div:9, Cheroor, of Thrissur cooperation, Vilvattam zonal on 26/03/2018. Volunteers conducted different activities to engage the children. Anganvadi worker Smt.Prasannakumari.V.P and helper Smt.Mary.C.R was also present.

Volunteers made the children play different games. Both the winners of the games and the participants were given chocolates as prizes. The main objective of the project was to arrange a small library having different children's books and magazines. Books were collected from the class of the respective volunteers. We presented the books for the library in the presence of the anganvadi worker and helper. We also promised them to contribute more books to the little library we have set. We are planning some follow-up activities regarding this.



Volunteers at Cheroor Anganawadi



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Volunteers reading story books for children



Volunteers engaging children in activities



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Volunteers along with Chidren at Cheroor Anganawadi



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

6

Name of Activity	Free Eye Camp
Date	10/07/2017, 24/08/2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Fathima Eye Clinic, Thrissur/Drisyam Eye Care Center, Thrissur
No.of Students Participated	70

An eye camp was organized by the NSS units of Vimala College in association with Fathima Eye Clinic on 10/7/2017. The camp was mainly for the teaching and non teaching staff. Twenty one staff members benefitted from the camp. They also tested some students who are having some problems related to eye.

Second eye camp was organized by the NSS unit of Vimala College in association with Drisyam Eye care center on 24/8/2017. Dr Sr Mariette A Therrattil inaugurated the camp. More than 70 volunteers attended the camp.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



College staff taking eye test during the camp on 10/07/2017



Students and teachers taking eye check up during the camp on 10/07/2017



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Inauguration of eye camp on 24/08/2017



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

7

Name of Activity	Padheyam-Distribution of Food Packets near Swaraj Round, Thrissur City
Date	One Year Programme conducted during the Academic Year 2017-18
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	Whole Campus

Volunteers are distributing food packets near Swaraj Round, Thrissur once in a week. The food items were contributed by the students. NSS volunteers also distributed food packets to the poor in the vicinity of college. All the students of the department were asked to contribute food packets and we collected them. Few of the hostellers who could not contribute by bringing food packets assisted us through a financial support. We distributed food packets to the poor and needy people found in Thrissur Swaraj Round.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students donating food packets for distribution



Volunteers donating food packets to the needy at Thrissur



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Food packet distribution by volunteers at various localities of Thrissur



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

8

Name of Activity	Public Awareness Rally on 'Stop Violence against Girl Child'
Date	08/12/2017
Organized by	Women Development Cell and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	172

Volunteers conducted a rally on the topic 'Stop violence against Girl Child'. About 200 volunteers participated in the rally. It was organized in association with Women Development cell of Vimala College.



Rally on 'Stop Violence against Girl Child'



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Rally on 'Stop Violence against Girl Child'



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

9

Name of Activity	Workshop on Paper Bag Making
Date	29/07/2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	35

A workshop was arranged for the volunteers on paper bag making on 29/7/2017. Students from various departments attended the programme. Ms Rekha from IMOWS assisted the students in paper bag making. It was an initiative to promote the use of organic or earth friendly materials in the society.



Inaugural session



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Participants making paper bags



Paper bags made by students



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

10

Name of Activity	Awareness Programme on Waste Management and Health
Date	01/08/2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Kerala Institute of Local Administration (KILA), Thrissur
No.of Students Participated	183

NSS units of Vimala College organized a seminar on waste management and health on August 1, 2017. State level resource person Sri Unnikrishnan, from KILA handled the session. 183 NSS volunteers from various departments attended the seminar. Programme Officer Dr Mimi Mani Panakkal delivered the welcome address. Principal Dr SrMarrietteATheerattil delivered the presidential address. Programme Officer SmtLaveena Varghese felicitated the function. Volunteer Secretary Sreekutty from Sociology department expressed vote of thanks.

Sri Unnikrishnan put forward the provoking thought 'Freedom from waste'. Waste management includes all activities required to manage waste from its inception to its final disposal. He discussed about few disposal methods like landfill, incineration, recycling, reuse, biological reprocessing, compost methods, earth pot compost, biowaste combustion can, toilet linked biogas plant etc. He discussed about the abundance of lifestyle diseases like pressure, sugar, cancer, mental diseases etc. He discussed about the food styles. He recommended the volunteers to avoid harmful cleaning agents and gave them advice to implement the use of eco friendly materials.

As a part of the seminar, the students took a pledge in which we showed our interest for a waste free society. The NSS volunteers realized that 'Nothing is beyond our reach and nothing is impossible to a willing heart'.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Resource person Sri Unnikrishnan addressing the students



Students taking pledge for waste free society



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Presidential addresss by Principal



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

11

Name of Activity	Swach Bharath Pakhwada-Cleaning Programme at Campus and Nearby Places
Date	02/08/2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	125

A movement was arranged in the camps and nearby places to make the surroundings clean. The programme was inaugurated by Health inspector Sri Sundaran (Vilvattam). An inter-departmental competition of best eco-friendly class room was announced by NSS.



Students participating in Swach Bharath Pakhwada programme



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

12

Name of Activity	Marathon at Swaraj Round, Thrissur on the Theme 'Sustainable Development'
Date	05/08/2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Salim Ali Foundation/Thrissur Management Association
No.of Students Participated	75

Volunteers participated in the programme organized by Salim Ali foundation and Thrissur Management Association on the topic 'Sustainable Development'. Volunteers participated in the seminar and thereafter marathon at Swaraj Round, Thrissur.



Inaugural session



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students participating in marathon on 'Sustainable Development'



Students participating in marathon on 'Sustainable Development'



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students at inaugural session



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

13

Name of Activity	Training Session on Preparation of Cleaning Agents
Date	15/08/2017, 23/03/2018
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Kerala Institute of Local Administration (KILA), Thrissur
No.of Students Participated	25

➤ 15/08/2017

A workshop was arranged on the preparation of handwash, dishwash, Lysol, Phenoil and soap powder. Sri Unnikrishnan from KILA handled the session. He gave students a detailed class on how to produce these materials without much harm. 25 selected volunteers attended the class and they will conduct regular sessions to make other volunteers also aware about these things. The class was only a beginning. Volunteers are trying to distribute materials to maximum people in the college and in the adopted village.



Students watching the preparation of cleansing solution



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students preparing cleansing solution



Students actively participating in training session

Assessment Period (2016 – 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Training session on cleansing agents

➤ 23/03/2018

NSS volunteers organised a training programme at 7th division anganawadi, Kuttipuram on March 23rd 2018. Mr. Unnikrishnan, a staff of KILA organisation was the trainer. It was attended by housewives of the locality. It started at 10 am.

First there was an interactive session, where he talked about the importance of hygiene, organic farming and many other topics. At 11 am, he started preparing soap detergents, hand wash etc. He taught us the method of making washing powder by following certain simple steps. This was very effective and safe way to wash clothes. He also highlighted the precautions necessary to be followed while preparing. After that he taught us to make hand wash and dishwasher too. He also gave away the steps to make phenoyl. We were to assist him throughout the class. After that a sample of the products were made. We helped to distribute it to the people who attended the class. The training came to an end by 1 pm. Lakshmi K, delivered the vote of thanks. The main aim of this session was to provide empowerment opportunities to the housewives. They can also produce them commercially, to be sold within their locality or outside. It was an enlightening program for all the attendees.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Training session at 7th division anganawadi, Kuttipuram



Participants of training session at 7th division anganawadi, Kuttipuram



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Distribution of prepared cleansing agents



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

14

Name of Activity	Honouring of Ex-Service Men and Freedom from Waste Campaign
Date	15/08/2017
Organized by	NCC Unit and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	75

The conclusion of all the activities arranged on this month was concluded during the independence day celebrations. There was an oath taking on the topic 'freedom from waste'. NSS volunteers honoured 14 Ex-Servicemen and paper bags and saplings were distributed to them which were prepared by the volunteers.



Principal addressing the gathering



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students taking pledge



Honouring of Ex-Service Man



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Ex-Service Men Honoured on Independence Day



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

15

Name of Activity	Hair Donation Campaign
Date	30/08/2017
Organized by	College Union, NSS Units and Vimala College, Thrissur
Collaborations (if any)	Amala Cancer Hospital, Thrissur
No.of Students Participated	20

A hair donation camp was arranged in association with NSS unit and College union members on 30/8/2017. The donated hair was handed over to Amala Cancer Hospital, Thrissur. The hair was used for free wig preparation and distribution to the needy cancer patients through the campaign 'Keshadhanam Snehadhanam'.



A student donating hair during the campaign



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

16

Name of Activity	Mazhavillu Project - A Helping Hand to Differently Abled Children at Govt. Higher Secondary School, Villadam
Date	One Year Programme Conducted during the Academic Year 2017-18
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Govt. Higher Secondary School, Villadam
No.of Students Participated	100

Mazhavillu project for the year 2017-18

The Mazhavillu project for the students under the IED wing of Villadam Higher Secondary School was inaugurated for the academic year 2017-18 on September 28. The programme was arranged at Snehaveedu, agadimandhiram under Thrissur corporation by Thrissur Mayor SmtAjithaJayarajan. Vimala College Vice principal Dr Sr Mable gave the presidential address. Corporation 8th division councilorSmtSanthaAppu, Villadam IED wing resource person SmtAncy, PTA president Sri SanthoshandSnehaveedu Director Sri Rajagopal gave the felicitation. A variety of programmes were arranged by the students of IED wing of Villadam School, the members of Snehaveedu and the NSS volunteers of Vimala College. After the programme the volunteers cleaned the premises of Snehaveedu. Volunteers are taking classes for the IED students on every Saturdays.

Volunteers are actively participating for the success of Mazhavillu project at Villadam Higher Secondary School. They are giving classes for the students under IED wing of Villadam Higher Secondary School.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Inauguration of Mazhavillu project for the year 2017-18



Participants of Mazhavillu project with school children



Volunteers cleaning the premises of Snehaveedu



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Volunteers cleaning the premises of Snehaveedu



Volunteers taking class for children



Volunteers interacting with children

➤ 16/12/16

Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Volunteers participated in a programme organized at AMHA, a center for differently abled children. The programme was organized in association with the IED wing of Villadom School as a part of Mazhavillu project. Volunteers celebrated the birthday of one student under Mazhavillu project together with the inmates of AMHA.

➤ 22/12/16

Volunteers conducted a Christmas celebration at the IED wing of Villadom Higher Secondary School. They tried to make the students happy by dressing as Christmas Papa and cutting cakes for them. They distributed sweets and spent time with the students.

Closing ceremony of Mazhavillu

The closing ceremony of the mazhavillu project for the year 2017-18 was arranged on 27/2/2018. The project is mainly focused for the students under the IED wing of Villadom higher secondary School. NSS volunteers from Vimala College is helping the students in their studies on every Saturdays. Students could interact with famous artist Swapna Augustine. There was several programmes presented by the differently abled students.



School children with famous artist Swapna Augustine



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



School children performing at stage



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

17

Name of Activity	Musical Yoga Demonstration 'Yoga for Health'
Date	21/06/2017
Organized by	Department of Physical Education, NCC Unit &NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	Whole Campus

As part of International Yoga Day, NSS units of Vimala College, in association with Department of Physical Education and NCC organized a demonstration of Musical Yoga on 21/6/2017 inside the campus. Dr SrMarriette A Therattil inaugurated the programme. By showing different styles of yoga, students tried to make others aware of the benefits of yoga.



Musical Yoga Demonstration



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Musical Yoga Demonstration



Demonstration of Yogasanas



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Teachers and student participating in Yoga Demonstration, 2017



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

18

Name of Activity	Awareness Session on Waste Management Techniques and Paper Bag Making for Children and Mothers at Kuttanellur Anganawadi
Date	02/10/2017
Organized by	NSS Units Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	2

Two NSS Volunteers arranged classes on paper bag making. They conducted a session on the waste management techniques.



Children involved in cleaning the premises of anganawadi



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Session on paper bag making



Waste management awareness session



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



NSS programme officer interacting with children



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

19

Name of Activity	Communal Harmony Awareness Programme
Date	22/11/2017-24/11/2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	190

➤ 22/11/2017

An awareness Rally was conducted outside the campus for awakening the public. We started the rally from the college at 11:30am and covered the two junctions, Pallimoola & Kinnar Jn., at southern and northern side of college. Some volunteers were in traditional dresses of various religions, and they walked together in harmony. Volunteers were holding placards with quotes related to communal harmony. Slogans related to communal harmony also made deep impressions of love and unity in the public.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students participating in rally with placards with quotes at college

➤ 23/11/17

An inter department Speech Competition was conducted with Communal Harmony as topic. First and second price were received by Functional English Department and Statistics Department.

➤ 24/11/17

A meeting related to this celebration was conducted at our college auditorium. Meeting started at 10:30am with NSS song by volunteers, followed by welcome speech by program officer Dr. Mimi Mani Panakkal. Personalities from various religions represented the meeting. Meeting was presided over by Dr. Fr. Francis Alappat. He is the Director of PSM Hospital, Engandiyur, and an eminent social worker. Swamy Sadbhavananda, Sree Ramakrishna Ashram, Puranattukara, inaugurated the meeting. His speech inspired the students. Sri. A.A. Shafeek, a motivational speaker from muslim society, spoke about the requirement of unity between the various communities. Asst. Professor, Smt. J. Anuja, Department of Political Science, Vimala college,



VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

20

Name of Activity	Awareness on Brest Cancer
Date	30/11/2017
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Jubilee Mission Medical College, Thrissur
No.of Students Participated	56

A talk on Breast Cancer awareness was organized by the NSS units of Vimala College. Dr Nidhin Chacko. Oncologist, Jubilee Mission Medical College delivered the talk. He explained to the volunteers about the importance of preventive methods that we should follow in order to eliminate the chance of being a cancer patient. He gave stress for the importance of self examination and consultation to a doctor immediately after the suspected symptom is noticed.



Students attending breast cancer awareness session



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

21

Name of Activity	Volunteered in the State Youth Festival at Thrissur
Date	06/01/2018 - 10/01/2018
Organized by	NCC Unit and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Govt. of Kerala/ Thrissur City Police
No.of Students Participated	70

NSS Volunteers actively participated in the duties given to them during the State Youth festival conducted at Thrissur. They helped in serving food and engaged in cleaning activities. It was a new experience for most of the volunteers.

NCC Cadets volunteered as 'Special Police Officers' for the 58th Kerala School Kalolsavam held at Thrissur from 6 January 2018 to 10 January 2018 and received records of appreciation from Thrissur City Police.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Volunteering for 58th State Youth Festival held at Thrissur



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Volunteering for 58th State Youth Festival held at Thrissur



Volunteering for 58th State Youth Festival held at Thrissur



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

22

Name of Activity	Medical Camp
Date	07/01/2018, 14/01/2018
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Impulse Academy, Cheroor/Aswini Hospital, Thrissur/Thrissur Corporation
No.of Students Participated	50

NSS unit of Vimala College organized medical camp in association with Impulse Academy, Cheroor. It was arranged on 7th Sunday from 9 am onwards. The camp was arranged in collaboration with Aswini Hospital, Thrissur. The second part of the camp was arranged on next Sunday.

മെഗാ മെഡിക്കൽ ക്യാമ്പ് 2018

ഇംപൾസ് കെയർ ചേർന്ന്
വിമലാ കോളേജ് NSS യൂണിറ്റ്
ആശുപത്രി കോർപ്പറേഷൻ
ജനുവരി 7
ഞായർ

1-ാം ഘട്ടം ജനുവരി 7
2-ാം ഘട്ടം ജനുവരി 14

Impulse Building, Vimala College Opposite Road,
Cheroor (PO), Thrissur-8. Ph: 9995367895, 9287222999

Notice of mega medical camp 2018



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Inauguration of medical camp



Medical camp venue



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

23

Name of Activity	Workshop for Kudumbasree Members of 9 th Division at Kuttumukku Anganawadi
Date	15/02/2018
Organized by	NSS units, Vimala College, Thrissur
Collaborations (if any)	Mathrubhoomi Grihalakshmi Vedi
No.of Students Participated	8

A one day training programme was arranged for the kudumbasree members of 9th division at Kuttumukku anganawadi in association with Mathrubhoomi Grihalakshmi vedi. State trainer Sri Unnikrishnan from KILA handled the practical and theoretical session on the preparation of various cleaning agents like soap powder, hand wash, floor cleaner, dish wash, phenoil. The session also included the agarbathi making. 25 mothers attended the programme. Smt Sathyabhama, district president of Mathrubhoomi Grihalakshmi vedi presided over the training programme.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Participants at Kuttumukku Anganawadi



Sri Unnikrishnan explains the preparation of cleansing agents



Sri Unnikrishnan explains the preparation of cleansing agents

Assessment Period (2016 – 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

24

Name of Activity	Awareness Campaign on Life Style Diseases
Date	21/03/2018
Organized by	NSS units, Vimala College
Collaborations (if any)	Vilvatom Primary Health Center, Thrissur
No.of Students Participated	85

In association with Vilvatom Primary Health Center, NSS units of Vimala College organized an awareness rally on life style diseases. Health inspector Sri Suresh, Vimala College Principal Dr Sr Marriette A Therattil and NSS programme officers lead the rally.



Students participating in awareness rally on life style diseases



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

25

Name of Activity	Youth Parliament 'District Level Skill Empowerment Programme'
Date	27/02/2018
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nehru Yuva Kendra, Thrissur
No.of Students Participated	100

In association with Nehru Yuva Kendra, a youth parliament on 'District Level Skill Empowerment Programme' was arranged at Vimala College, Thrissur on 28/2/2018. Artist Ms. Swapna Augustine was the resource person. 500 students participated in the programme. NSS volunteers from various colleges participated in the interactive session. Dr Sr Marriette A Therattil presided over the function. Ms Swapna Augustine inaugurated the function and she demonstrated her drawing skills using legs and delivered an inspiring talk. She also interacted with the students. Students were really motivated by her words. NSS district coordinator Dr K N Ramesh felicitated the function. Volunteers of Nehru Yuva Kendra and Programme officers Dr Mimi Mani Panakkal and Laveena Varghese were present during the programme. Students from Villadom HSS IED wing (students under Mazhavillu project) presented several programmes. The programme ended with a vote of thanks expressed by NSS volunteer Anjana.



Ms Swapna Augustine demonstrating her drawing skill with legs



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Participants of the programme



Ms Swapna Augustine addressing the students



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Ms Swapna Augustine interacting with students



Ms Swapna Augustine demonstrating her drawing skill with legs



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

26

Name of Activity	Sambhaaram Distribution
Date	23/03/2018
Organized by	NSS units, Vimala College
Collaborations (if any)	Nil
No.of Students Participated	8

NSS volunteers took the project of giving “SAMBHAARAM” to the passengers, pedestrians, two wheelers, auto drivers etc. This project was done on 23/03/2018 Friday from 12:30pm to 4:00pm with the equal participation of NSS volunteers.



Volunteers preparing sambhaaram for distribution



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Volunteers distributing sambhaaram



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Extension Activities 2018-19

1

Name of Activity	Formation of Blue Army for Water Preservation and Purification - Conducted Post Flood Chlorination of Water Bodies and Water Quality Testing in 4 th and 5 th division of Thrissur Corporation
Date	08/09/2018 (Inauguration), 26/09/2018, 05/10/2018
Organized by	NCC Unit and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Soil Department of Thrissur District /4 th and 5 th division of Thrissur Corporation
No.of Students Participated	173

The N.S.S .and N.C.C members of Vimala College formed blue army for water preservation and purification which were inaugurated on 8/9/2018 by Mrs.Karthika, Junior Health Inspector, Thrissur Corporation. The blue army members chlorinated 250 wells in 4th and 5th division of Thrissur Corporation. Chlorination inaugurated in 4th and 5th division by respective division Councilors.The programme was to ensure purity of drinking water after flood. The programme included chlorination of water as well as the purity check of the water.

The N.S.S volunteers as members of blue army organized a water quality testing program on 4th and 5th October 2018 in association with soil department of thrissur district. Ms.Jasna from soil department trained volunteers and volunteers tested water samples under her supervision and remedial measures were also suggested.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Inauguration of blue army for water preservation and purification



Volunteers chlorinating wells



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Cadet taking the survey in connection with the programme



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Newspaper report



Blue army volunteers with placards

Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Receiving memento for blue army activities from minister Sunil Kumar^{4th} and 5th October 2018



Volunteers participating in water quality testing programme



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

2

Name of Activity	Blood Donation Camp and Awareness Programme
Date	14/06/2018, 08/03/2019
Organized by	Red Ribbon Club and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Bodhi India/Jubilee Mission Medical College, Thrissur
No.of Students Participated	72

- 14/06/2018

A blood donation camp was organized in association with 'Bodhi India' and jubilee mission medical college on 14/06/2018 in college auditorium where 35 students donated blood. Father, Davis Chirammel, kidney federation chairman gave a talk on the day and N.S.S unit of Vimala college was awarded for their contributions.

- 08/03/2019

As part of world women's day celebrations, a blood donation camp was organized in association with 'IMA' on 08/03/2019 in our college where 35 students donated blood. Dr.Govindankutty, IMA Director gave a talk on the day.PrincipalDr.Beena Jose addressed the gathering . The program was felicitated by Dr.JoyManjila





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VIMALA COLLEGE (AUTONOMOUS), THRISSUR



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

3

Name of Activity	Awareness session on Pain and Palliative
Date	17/07/2018
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Pain and Palliative Care Society, Thrissur
No.of Students Participated	73

A talk on pain palliative was organized for the N.S.S volunteers on 17/07/2018 in Vimala college auditorium at 2 pm. The session was handled by Ms.Jyothi, pain and palliative volunteer who talked about the need and importance of pain and palliative nowadays.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

4

Name of Activity	Reading Day Celebration at Aganvadi, Cheroor
Date	22/06/2018
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Aganvadi, Cheroor
No.of Students Participated	55

Reading day celebrated at aganvadi, cheroor 22/6/18





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

5

Name of Activity	Social Day Celebration with Members of ViyaniBhavan Old Age Home, Kuttumuk
Date	26/06/18
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Viyani Bhavan Old Age Home, Kuttumuk
No.of Students Participated	28

Social day celebrated with members of old age home- viyanibhavan. Kuttumuk on 26/06/18





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

6

Name of Activity	Service at Various Flood Relief Centres-Packing and Sorting of Relief Materials
Date	23/08/2018 - 28/08/2018
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	20

NSS volunteers of Vimala College had actively participated in flood relief activities – Cleaning, packing and sorting of relief materials at various places from 23/8/2018 to 28/8/2018.



Sorting and packing at Don-Bosco College Mannuthy



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Sorting and packing at Govt. Eng. College Thrissur





VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

7

Name of Activity	Hair Donation Camp
Date	04/09/2018
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Amala Medical College, Thrissur
No.of Students Participated	35

The N.S.S units of vimala college has organized a motivation talk on health care and thirty five members donated hair to amala medical college,thrissur.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

8

Name of Activity	Awareness Rally and Flash Mob against Narcotic Use
Date	02/10/2018
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Excise Department, Thrissur
No.of Students Participated	72

On 2/10/2018 the nss students took active participation in anti narcotic rally organized by excise department thrissur. Volunteers also took pledge against narcotic use. They also organized a flash mob in connection with anti narcotic day





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

9

Name of Activity	'Mruthyanjaya'- Basic Life Support Training
Date	31/10/2018
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Health University, Kerala
No.of Students Participated	45

The Vimala college N.S.S unit in association with Health University, Kerala organized a state level inauguration of “mruthyanjaya”, a program offering training on ‘Basic Life support’ to all college students in Kerala on 31/10/2018 at new seminar hall, Vimala College. The program was inaugurated by Dr. M.K.C Nair, vice chancellor, Health university kerala. Dr.sajan from Thrissur Medical college gave training to participants. Around hundred students and twenty students from various colleges participated.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR





മൃത്യുഞ്ജയം

**നാഷണൽ സർവ്വീസ് സ്കീം
കേരള ആരോഗ്യ ശാസ്ത്ര സർവ്വകലാശാല
തൃശ്ശൂർ**

ബഹുമാനപ്പെട്ട,
ആരോഗ്യ ശാസ്ത്ര സർവ്വകലാശാല എൻ.എസ്.എസ്. സെൽ സംസ്ഥാനത്തെ വിദ്യാർത്ഥികൾക്ക് പ്രാഥമിക ജീവൻ രക്ഷാ മാർഗ്ഗങ്ങളിൽ (ബി.എൽ.എസ്. & ഫസ്റ്റ് എയ്ഡ്) പരിശീലനം നൽകുന്നു. സംസ്ഥാനത്തെ വിവിധ കോളേജുകളിലെ എൻ.എസ്.എസ്. വാളണ്ടിയേഴ്സും ഈ സർവ്വകലാശാലയിലെ വിദ്യാർത്ഥികളും അടങ്ങുന്ന എകദേശം രണ്ടുലക്ഷം പേരുടെ സന്നദ്ധ സേന രൂപീകരിക്കുകയാണ് **മൃത്യുഞ്ജയം** എന്ന ഈ പരിപാടിയുടെ ലക്ഷ്യം. ബൃഹത്തായ ഈ പരിശീലന പരിപാടിയുടെ സംസ്ഥാനതല ഉദ്ഘാടനം ഒക്ടോബർ 31 ന് രാവിലെ 11 മണിക്ക് തൃശ്ശൂർ വിമല കോളേജിൽ വെച്ച് ബഹുമാനപ്പെട്ട ആരോഗ്യ ശാസ്ത്ര സർവ്വകലാശാല വൈസ് ചാൻസിലർ **പ്രൊഫ. (ബോ). എം.കെ. സി. നായർ** അവർകൾ നിർവ്വഹിക്കുന്നതാണ്. സംസ്ഥാന എൻ.എസ്.എസ്. ഓഫീസർ **ഡോ. സാബു കുട്ടൻ**, എൻ.എസ്.എസ്. റീജിയണൽ ഡയറക്ടർ **ശ്രീ സമിത്ത് ബാബു** എന്നിവർ പങ്കെടുക്കുന്നു. തദനുസരണത്തിൽ താങ്കളുടെ ദഹനീയ സാന്നിധ്യം സാദരം ക്ഷണിക്കുകൊള്ളുന്നു.

**ഡീൻ സ്റ്റുഡന്റ് അഫയേഴ്സ് &
എൻ.എസ്.എസ്. പ്രോഗ്രാം കോഡിനേറ്റർ**

രജിസ്ട്രാർ



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

10

Name of Activity	Free Tailoring Classes to Ladies in Nearby Locality
Date	2018-19
Organized by	NSS Units and UGC Centre for Women Studies, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	0

Awareness class on free tailoring to ladies handled by Ms.Princy , Tailoring tutor on 30/10/2018 in room no.207

The N.S.S unit in jointly with centre for women studies has started free tailoring class to ladies in nearby locality, which is conducting at diva hostel, cheroor. It was inaugurated by Principal Dr.Sr. Mable on 1/11/2018 at 10.am and felicitated by Dr.Sinto, coordinator of center for women studies.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

11

Name of Activity	Eye Care Camp
Date	15/11/2018 – 16/11/2018
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Drisyam Eye Care, Thrissur
No.of Students Participated	200

The Vimala College N.S.S units in association with Drisyam eye care, Thrissur organized an eye camp on 15th and 16th of November 2018. Around 500 students and teachers tested their eyes in the camp. Vice Principal Dr.Sr. Namitha inaugurated the eye camp and talked about the importance of eye care in the modern technology driven world.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 – 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

12

Name of Activity	Seminar and Panel Discussion on 'Challenge Cancer'
Date	22/11/2018
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Asianet News Division
No.of Students Participated	100

The N.S.S units of Vimala College in association with Asianet news division organized a seminar and panel discussion on “challenge cancer” on 22/11/2018 in the college auditorium at 1 pm .Mrs.PriyaEdavallimadom, chief reporter of Asianet news proposed welcome speech and was inaugurated by principal Dr.sr Beena Jose. Seminar introduction was given by Dr.V.K Abdul assis, oncologist daya surgical center, Thrissur. Dr.RemaBinnesh, Dr.Deepthi M, Dr.Sumith S malik ,Dr. Shoufeej from Aster MIMS Kottakkal participated in the panel discussion and cleared students doubts.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

13

Name of Activity	Public Awareness Programme on AIDS
Date	01/12/2018
Organized by	Red Ribbon Club and NSS Units of Vimala College, Thrissur
Collaborations (if any)	District Medical Office, Thrissur/Kerala Police Officers Association, Thrissur
No.of Students Participated	98

In connection with world AIDS day, the Vimala College N.S.S units have participated in Aids awareness rally organized by D.M.O, Thrissur. A scooter rally was also organized in association with kerala police officers association. An awareness class was also conducted which was inaugurated by Dr.K.PVijayakumar IPS and class was handled by Mr.Ramesh, police Officer, Police Academy, Thrissur.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 – 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

14

Name of Activity	Participation in Rally on Energy Conservation at Thrissur
Date	17/12/2018
Organized by	NSS Office, Thrissur
Collaborations (if any)	NSS Units, Vimala College, Thrissur
No.of Students Participated	23

NSS volunteers of Vimala College participated in Energy conservation rally at Thrissur on 17-12-2018





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

15

Name of Activity	Green Day Celebrations
Date	14/02/2019
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Socio Economic Unit, Thrissur
No.of Students Participated	Whole Campus

The NSS units of Vimala College has celebrated Green day on 14/02/2019. An exhibition of bio-decomposing models was arranged in the leisure tower in association with socio economic unit thrissur. Essay competition, poem competition and street play competition was also conducted.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Newspaper Report



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

16

Name of Activity	Medical Camp for Thyroid Testing
Date	14/03/2019
Organized by	UGC Centre for Women Studies, Red Ribbon Club and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Lion's club, Thrissur/IMA Blood Bank, Thrissur
No.of Students Participated	50

Red Ribbon club, NSS Units of Vimala College ,UGC Centre for Women Studies ,Lion's club and IMA blood Bank organised a Thyroid detection medical camp and seminar among PG students on 14th March 2019. The seminar led by Dr.Nishi Roshni K (Additional Professor, OBG Govt.Medical College). Dr.KanakaPrathap presided over the seminar. key note address delivered by Dr.Sr.Beena Jose , Principal (Vimala college,Autonomous).James Valappila was the program co-ordinator. The program felicitated by Dr.JoyManjila.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

NSS Extension 2019-2020

1

Name of Activity	'Ujjeevan' Forest Fire Prevention Awareness Programme
Date	30/01/2020
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Forest Department, Govt. of Kerala
No.of Students Participated	98



Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

2

Name of Activity	Beach Cleaning Drive at Chavakkad Coastal Area
Date	27/09/2019
Organized by	NCC and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Municipality and Health Department of Chavakkad, Thrissur
No.of Students Participated	45 (14 NCC Cadets+31 NSS Volunteers)

The NSS volunteers and NCC Cadets conducted a Beach Cleaning Drive. The campaign was a part of Blue Army activities. The area selected was Blangad Beach, Chavakkad. Necessary facilities and help were provided by the Municipality and Health Department of Chavakkad. They separated bio waste from plastic waste. The collected waste was segregated and handed over to the local administration for further treatment and disposal. The volunteers also gave awareness on the need of environmental hygiene to the local populace.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Cadets cleaning the coastal areas



Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

3

Name of Activity	Flood Relief Work- Packing of Distribution Kits
Date	04/09/2019 -05/09/2019
Organized by	NCC and NSS Units, Vimala College, Thrissur
Collaborations (if any)	ThrissurCollectorate
No.of Students Participated	20 (NCC) + 20 (NSS) = 40

Cadets did their part with due devotion to duty during the flood times. They helped in making of kits and chlorination process in different areas.

The NSS volunteers of Vimala College has actively participated in sorting and packing of flood relief materials on 4th and 5th of September 2019, organized at thrissurcollectorate.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Volunteers working in flood relief collection center



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

4

Name of Activity	Road Safety Campaign - 'Neetham' Think Safety on the Roads
Date	21/01/2020
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Thrissur City Traffic Police
No.of Students Participated	24

A road safety campaign was conducted by the NSS units of our college, in association with Thrissur City Traffic Police on 21st January. Volunteers performed Flash mob and Street Play at Pallimoola Junction and spread awareness among the public. Under the guidance of the police, law defaulters on the road were warned and given a paper pen highlighting the need of observation of traffic rules.



Broucher



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



21.01.2020 10:53



21.01.2020 11:15

Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Road Safety Campaign Inaguration



Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Conducted Rally for Spreading Awareness Among Public



Flash Mob Conducted by Students



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

5

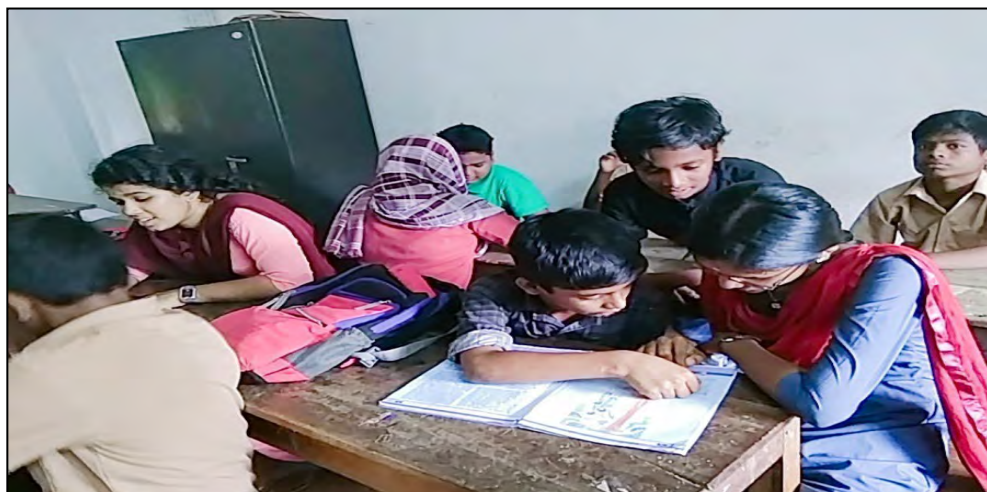
Name of Activity	Tuition at Govt. Vocational HSS, Ramavarmapuram for Weaker Students
Date	2019-20
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Govt. Vocational HSS, Ramavarmapuram
No.of Students Participated	45

A team of NSS volunteers took initiative to help students at Govt. school Ramavarmapuram. They offered tuition for the needy students from 3.30 to 4.30 on Mondays, Wednesdays and Fridays in every week.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Tuition at Govt. Vocational HSS, Ramavarnapuram for Weaker Students

Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

6

Name of Activity	'Vimukthijwala' -A Campaign against Drug and Alcohol Abuse
Date	23/01/2020
Organized by	Anti-Narcotics Club and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Excise Department, Kolazhy, Thrissur
No.of Students Participated	17

The Anti-Narcotics club of Vimala College, in association with the NSS Units, Thrissur, conducted 'VimuktiJwala', a campaign against drug and alcohol abuse on 23rd of January 2020. The program began with a torch rally, with Sri.P.KReghu, Excise Inspector, Excise Range, Kolazhy, handing over the eternal flame to the college principal, Dr.Sr.Beena Jose. The Flame was then received by the Anti-Narcotics Club Secretaries. The rally, which began from the college ended at Anganwadi, Paadukkad. The flame was received by Adv. VK Sureshkumar, Ward Councillor. The event also marked the official inauguration of the activities of the Anti-Narcotics club. With a view to spread the message on the menace of Drug Abuse, the students performed a street play and a flash mob in the locality. This was followed by an awareness class for the public on the topic 'Issues of the modern Youth' with a special emphasis on the detrimental effects of Drugs. The program was conducted under the guidance of the Anti-Narcotic Club Coordinator, Dr. Mimi Mani Panakkal and Joint Convener, Lt. Lovji K.N and NSS Programme Officers, Smt.Jincy T.P. and Sri. Jins C.G.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Inagurating Vimukthijwala, by the Principal





VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

വിമലകുന്തി ജ്യാല

കെട്ടുനന്താം ലഹരി ജ്യാല

കൊളുനന്താം ജീവിത ജ്യാല

വിമല കോളേജ് എൻ എസ് എസ്
യൂണിറ്റുകളും ആന്റി-നർക്കോട്ടിക്സ്
ക്ലബ്ബും സംയുക്തമായി സംഘടിപ്പിക്കുന്നു...

ദീപശിഖ പ്രഖ്യാനം

ഉദ്ഘാടനം: പി കെ രഘു

എക്സൈസ് ഇൻസ്പെക്ടർ

എക്സൈസ് ഓഫീസ്, കോഴി

തെരുവുനാടകം

ഫ്ലാഷ് മോബ്

ബോധവൽക്കരണ ക്ലാസ്സ്

വിഭാഗം : ഖുവജനശ്രീകൃഷ്ണ ഹരിദാസ പ്രശ്നശ്രീകൃഷ്ണ

സ്ഥലം : സന്ധ്യാഭാഗം

തീയതി : 2020 ജനുവരി 23

സമയം : ഉച്ചക്ക് 1:30ന്



VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

7

Name of Activity	Blood Donation Camp and Awareness Programme
Date	14/06/2019, 25/02/2020
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Bodhi India/IMA Blood Bank, Thrissur
No.of Students Participated	71

➤ 14/06/2019

As a part of world blood donation day on June 14th, the Vimala college NSS units and Bodhi India has organized a seminar on blood donation. The program was inaugurated by Smt. Uma Preman, a renowned social activist. Principal, Dr. Sr. Beena Jose delivered presidential address. Mr. Tiny Joseph, who has donated blood more than 100 times, felicitated the gathering. Bodhi India patron and president Mr. Shijilpalkadi addressed the gathering and handover the memento to our Principal for best NSS units in blood donation activities. Around 150 students participated and 42 donated blood.



Inauguration of Blood Donation Camp by Smt. Uma Preman



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



➤ 25/02/2020

NSS units of Vimala College in association with IMA organized a blood donation camp on 25/02/2020. Around 150 students registered for donating their blood and 49 donated.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 - 2021)




VIMALA COLLEGE (AUTONOMOUS), THRISSUR







VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Thank you for saving lives.



IMA BLOOD BANK COMPLEX & RESEARCH CENTRE
A PROJECT WITH DISTRICT PANCHAYATH
Janakeeya Samithy (Arogyam)
IMA BLOOD BANK COMPLEX & RESEARCH CENTRE
(A Project with District Panchayath & IMA Thrissur under Peoples Plan Programme)
P.O. Ramavaramapuram, Thrissur - 680 631
Phone: 0487-2323964, 2320999, 2320784. Help Line No. 9947646464
www.imabloodbankthrissur.com. E-mail: imabloodbanksr@gmail.com
Blood Bank Licence No: 0143/28C/KER/DC_CLAA/2004
Regional Blood Transfusion Centre Code No. 3207 BB P19

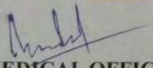


Thank you for saving lives.

TO WHOM - SO - EVER IT MAY CONCERN

This is to certify that... NSS Units 43 & 120 Vimala College Thrissur & TCC Thrissur

has successfully organized a Blood Grouping / Blood Donation Camp with the professional participation of IMA Blood Bank Complex & Research Centre, R.V. Puram, Thrissur on 25.2.2020 at Vimala College Thrissur. During the Camp 56 number of blood groups were identified and 49 members donated blood. We express our appreciation to the organization for their excellent performance in Voluntary Blood Donation. We wish all success in their future activities.


BLOOD BANK MEDICAL OFFICER

DONATE BLOOD & SAVE LIVES



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

8

Name of Activity	Public Awareness Rally on the Importance of the Swacch Bharat Mission
Date	31/08/2019
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	70

In connection with the Swacch Bharat Pakhwada celebrations and 150th Birth day celebrations of Gandhiji, a rally was organised by the NSS units of Vimala College. The rally was conducted on 31st August 2019 from 2:00 -3:00pm from Pallimoola to Cheroor. Principal, Dr.Sr Beena Jose flag off the rally, which imparted awareness to the residents of the area on the importance of the Swacch Bharat mission. It was also instrumental in giving emphasis on the need of keeping the surroundings clean.



Principal, Dr.Sr. Beena Jose flag off the rally



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Starting of awareness rally



Students with placards during awareness rally



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

9

Name of Activity	Elder Abuse Awareness Rally from Old Age Home, Ramavarmapuram
Date	15/06/2019
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Social welfare office, Thrissur
No.of Students Participated	25

As a part of world abuse awareness day the NSS volunteers participated in awareness rally organized by social welfare office, Thrissur.



Elder Abuse Awareness Program at Old Age Home



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Awareness Rally



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

10

Name of Activity	Pledge Against Narcotics and Flash Mob at Devamatha Public School, Thrissur
Date	26/06/2019
Organized by	Anti Narcotic Cell, NCC Unit, and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Excise Department, Govt. of Kerala/ Devamatha Public School, Thrissur
No.of Students Participated	68 (52+16)

In Connection with the Day Against Narcotics, NCC Cadets took a Pledge to abandon use of such illegal products. NSS volunteers took oath in connection with anti narcotic day and also performed flash mob at Devamatha public school organized by excise department and Vimala College Anti narcotic cell.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students taking pledge against narcotics



Students taking pledge against narcotics



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Flash Mob against the use of drugs



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

11

Name of Activity	One Day Workshop on Pararaksha 'Save the Life of a Person on His Emergency Situation'
Date	18/07/2019
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	80

On 18/07/2019 the programme Pararaksha, meaning save the life of a person on his emergency situation, was inaugurated by Sree K P Joy, Secretary (sub judge) District legal services authority, Thrissur. Dr.C K Brahmaputhran, Medical superintendent, Daya hospital Thrissur, has given a talk on the importance of practicing first AIDs. A one dayworkshop based on emergency life saving measures was conducted at Vimala College by the faculty of Daya Hospital, Thrissur. It was a very informative session which opened our eyes to minute techniques, which if given at the right time can work wonders. In this session, we were introduced to CPR or Cardio Pulmonary Resuscitation. CPR is an emergency procedure that combines chest compressions often with artificial ventilation in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. It is recommended in those who are unresponsive with no breathing or abnormal breathing, for example, agonal respirations. The rescuer may also provide artificial ventilation by either exhaling air into the subject's mouth or nose (mouth to mouth resuscitation) or using a device that pushes air into the subject's lungs (mechanical ventilation). We were also informed about a technique known as Heimlich maneuver which helps in solving problems concerned with choking on food particles. If an adult is choking and cannot breathe, the Heimlich maneuver can dislodge the foreign body responsible for the victim choking. According to this technique: from behind, wrap your arms around the back of the victim and form a fist below the victim's ribcage but above his belly button. Grasp your fist with the other hand and press into the victim's upper



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

abdomen with a quick upper thrust and continue until the foreign object is expelled. These simple measures are very much informative and we the NSS volunteers are truly grateful to have received such an educational seminar which equipped us with first aid techniques for crisis management in the medical field.



Inauguration of the programme



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students taking training on life saving skills



Resource person taking class



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

12

Name of Activity	Setting and Maintenance of Vegetable Garden
Date	Activity Conducted during the Academic Year 2019-20
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	38

Vice Principal Dr.Beena T L Inaugurated Graw bag vegetable garden on 26 July 2019.Sapplings of Tomoto, ladies finger, capsicum and pea plant are planted in 75 graw bags. We formed a team named 'Haritham 'on the same day for the garden care.



Graw Bag Inaguration



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

13

Name of Activity	Swachh Bharath Summer Internship Activities
Date	25/07/2019 (Inauguration)
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nehru YuvaKendra
No.of Students Participated	67

As part of Swachh Bharath Summer Internship program organised by Nehru YuvaKendr, Mr.Shameer, coordinator of Suchitwa mission Thrissur District, addressed the students and made a group discussion on the project. He also told about the importance of Green Protocol. NSS volunteers of Vimala College actively participated in the swachBharath summer internship. There were seven teams of 9-10 volunteers did so many social activities during the month July.Main Activities are

- Plastic pen collection
- Zero waste campagin
- Cleaning initiative
- Cleaning plastic waste
- Vegetable garden planting
- Survey
- Plastic waste collection
- Awareness classes



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Mr.Shameer,coordinator of Suchitwa mission Thrissur District , Addressing the students





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VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

14

Name of Activity	Hair Donation Campaign
Date	27/09/2019
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Lions Club, Thrissur
No.of Students Participated	57

In association with Lions Club, Thrissur, a Hair Donation Campaign was organised by the NSS Units of our college. The function was inaugurated by Ms.AparnaLavakumar, C.P.O, Irinjalakkuda Women Police Station, who became a role model to the society by donating her complete hair for cancer patients. The event was presided over by Dr.Sr. Beena Jose, Principal. 30 students volunteered to donate their hair for cancer patients. The collected hair was carefully packed and handed over to Amala Cancer Centre, Thrissur, for making wigs for patients.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Ms.Aparna Lavakumar Addressing the Students



VIMALA COLLEGE (AUTONOMOUS), THRISSUR




Hair with Heart





തൃശ്ശൂർ വിമലാ കോളേജ് എൻഫോഴ്സ് യൂണിറ്റും ലയൺസ് ക്ലബ്ബ് ഓഫ് നീർമാതളവും ചേർന്നൊരുക്കുന്ന

കേശദാനം സ്നേഹദാനം

"Hair Donation to Help Cancer Patients"

സ്വാഗതം : ജിൻസി ടിപി, എൻഫോഴ്സ് പ്രോഗ്രാം ഓഫീസർ, വിമല കോളേജ്

അദ്ധ്യക്ഷ പ്രസംഗം : ഡോ. സിബ്ദർ ബിന ജോസ്, പ്രിൻസിപ്പൽ, വിമല കോളേജ്

വിഷയാവതരണം : ലയൺ ഗ്രീട്ട തോമസ്, പ്രസിഡണ്ട്, ലയൺസ് ക്ലബ്ബ് ഓഫ് നീർമാതളം

ഉദ്ഘാടനം : ലയൺ അപർണ ലവകുമാർ സിറിയൽ സിവിൽ പോലീസ് ഓഫീസർ റബീനാ പോലീസ് സ്റ്റേഷൻ, ഇരിങ്ങാലക്കുട

മുഖ്യപ്രഭാഷണം : ലയൺ മെയിംസ് വളപ്പിള്ള ലയൺസ് ബിഹെസിടി കോർഡിനേറ്റർ

നന്ദി പ്രകാശനം : ജിൻസി സി.ജെ എൻഫോഴ്സ് പ്രോഗ്രാം കോർഡിനേറ്റർ, വിമല കോളേജ്

സാന്നിധ്യം : ജിൻസി ടിപി, എൻഫോഴ്സ് പ്രോഗ്രാം ഓഫീസർ, വിമല കോളേജ്

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Inauguration
Ln. Aparna Lavakumar
(Senior Civil Police Officer, Vanitha Police Station, Irinjalkuda)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students Donating Their Hair for Cancer Patients



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

15

Name of Activity	'Mega Arogyamela' Nutrition Awareness Programme at AnthikadPanchayath, Thrissur
Date	03/12/2019
Organized by	Department of Home Science, Vimala College, Thrissur
Collaborations (if any)	Obstetric &Gynecological Society, Thrissur/AnthikadPanchayath, Thrissur
No.of Students Participated	24

As part of World Diabetic Day and National Cancer Day, Thrissur Obstetric & Gynaecological Society (TOGS) conducted a Mega Arogyamela at Anthikadu on December 3, 2019. It was conducted to create awareness about various lifestyle diseases, breast cancer, breastfeeding, menstrual hygiene, healthy diet etc. This Arogyamela was aimed for the benefits of health and care for people of Anthikadu especially for adolescents and adult women. The Mela was inaugurated by famous Film Director Mr. SathyanAnthikad and Panchayat President A.V Sreevalsan was also among other guests on the dias along with Dr Ramesh kumar (president), Dr Venugopal (general coordinator) and Dr Deepthy (secretary) of Togs.

Medical Colleges of Thrissur like Ashwini, Jubilee Mission, Amala, Mother and Vimala College (Arts & Science) had put up their respective stalls in Mela. Our College was given the theme of 'Healthy Diet', so teachers of Department of Home Science guided the students of 2nd year MSc, 1st year MSc. and PG Diploma in Nutrition and Dietetics for setting up displays, games etc. Still models like food guide pyramid, healthy snacks and cooking recipes; displays like food for organs, food art model, kitchen garden and games like identifying the white flours were there in the stall. Students were awarded with participation certificates from TOGS. Everyone liked and congratulated the teachers and students for their innovative ideas and creativity.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Inauguration function



Stall 'Healthy Diet'



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Film Director Sathyan Anthikand Sir visiting our stall



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

16

Name of Activity	Session on Waste Management
Date	06/11/2019
Organized by	Green protocol committee and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	200

The NSS units of Vimala College in association with Green protocol committee organised a session on waste management in Mariyan hall on 6/11/2019 at 9.30 am. The session was handled by Mr.Santhosh who oriented NSS volunteers towards waste management.



Session on Waste Management



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

11

Name of Activity	Health Walkathon to Spread Awareness on Diabetes among the Public
Date	14/11/2019
Organized by	Red Ribbon Club and NSS Units, Vimala College, Thrissur
Collaborations (if any)	National Health Mission
No.of Students Participated	25

The NSS volunteers of our college participated in the Walkathon conducted by the National Health Mission, in connection with World Diabetes Day on 14th November 2019. The program was organized in order to spread awareness on diabetes among the public. The Walkathon was formally inaugurated and flagged off by the District Collector S. Shanavas IAS. Various clubs and forums of the district participated in the event. The event which began by 6.30am came to an end by 8.00 am.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Flagging off Walkathon



VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

12

Name of Activity	Human Rights Awareness Rally on the Theme 'Youth Standing Up for Human Rights'
Date	10/12/2019
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	55

In connection with the International Human Rights Day, the NSS units of our college conducted a rally on 10th December. The rally was flagged off by the college principal, Dr.Sr.Beena Jose. The activity focused on this year's theme, "Youth standing up for Human Rights". Volunteers prepared and displayed posters and placards on the theme to spread awareness on the day.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Flagg Offing the Rally by The College Principal



Human Rights Awareness Rally on the Theme 'Youth standing up for Human Rights'



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

13

Name of Activity	Awareness Session on Corruption
Date	06/11/2019
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Vigilance Department, Thrissur
No.of Students Participated	109

As a part of observing Vigilance week, the NSS units has organised a session on 6/11/2019 at 10.30 am in Mariyan hall. The class was handled by Mr. Mathew kallikladan, DYSP of Thrissur Vigilance department. The class was very much interesting and thought provoking, which gave insights to the Volunteers for fighting against corruption and for maintaining integrity and honesty. Volunteers took Integrity pledge as part of vigilance week.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Awareness Session on Corruption



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Taking Pledge as part of Vigilance Week



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

14

Name of Activity	Eye Camp
Date	03/12/2019
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Drishyam Eye Care Hospital, Thrissur
No.of Students Participated	60

The NSS Units of our College hosted an Eye Camp in Collaboration with Drishyam Eye Care Hospital, Thrissur on 3rd December. The event was presided over by the College Principal, Dr.Sr.Beena Jose and was inaugurated by Dr.Vanajakumari, Drishyam Eye Care Hospital. Staff and students participated in the camp and consulted the Doctors for remedies.

Eye Camp Inaguration



VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

15

Name of Activity	Talk on Pain and Palliative Care
Date	14/11/2019
Organized by	Red Ribbon Club and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Pain and Palliative Care Society, Thrissur
No.of Students Participated	15

A talk on Pain and Palliative care was organized for the NSS volunteers on 14th November 2019. Smt. Jyothi Jayanvarrier and Smt. Soumya, from the Pain and Palliative Care Society, Thrissur, lead the classes. The talk focused on this year's theme "My Care, My Right" and helped in sensitizing the need of palliative care in our society. The program, which began by 3.00pm, came to an end by 4.00pm.



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Talk on Pain and Palliative Care



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

16

Name of Activity	Vimukti Rally to create an impetus among the public on the State Mission on De-addiction
Date	24/11/2019
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Govt. of Kerala
No.of Students Participated	45

The NSS volunteers of our college participated in the rally conducted in connection with the 'Vimukti' program, an initiative by the Government of Kerala on 24th November 2019. The initiative aims in creating an addiction -free Kerala. The rally was flagged off from St. Mary's College, Thrissur and ended at the Town Hall, Thrissur. The event helped to create an impetus among the public on the State Mission on De-addiction.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Vimukti Rally to create an impetus among the public on the State Mission on De-addiction



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 – 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

17

Name of Activity	AIDS Awareness Programme for Public
Date	01/12/2019
Organized by	Red Ribbon Club and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	50

As a part of the Aids Day activities, the NSS Units of our college organized a flash mob in front of Vimala College and mime at the Sakthan Bus Stand premises, Thrissur to spread awareness on Aids among the public.



Flash Mob @ Vimala College



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Mime @ Sakthan Bus Stand



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

18

Name of Activity	AIDS Awareness Talk
Date	13/12/2019
Organized by	Department of Mathematics and NSS Units, Vimala College, Thrissur
Collaborations (if any)	Police Academy ,Ramavarmapuram, Thrissur
No.of Students Participated	48

A session on AIDS awareness was conducted by PTA member Mr. Ramesh, Sub-Inspector of Police Academy, Ramavarmapuram, Thrissur, for UG students on 13th December 2019.



AIDS Awareness Talk



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Report

Extension Activities 2020-21



1

Name of Activity	Covid Vaccination Mega Camp at Vimala College, Thrissur
Date	21/03/2021, 28/03/2021, 11/04/2021, 18/04/2021, 25/04/2021,
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	District Medical Office, Thrissur
No.of Students Participated	14

District medical office, Thrissur district conducted Mega covid vaccination camp at Vimala College Thrissur. NSS units of Vimala college gave all support for the programme. Our volunteers arranged the venue for the camp. NSS volunteers initiated for spot registration and that help smooth conduct of the camp. It was aimed for 60+ citizens so our volunteers were ready to help for all the needy persons. It was a great experience for our volunteers.




VIMALA COLLEGE (AUTONOMOUS), THRISSUR

**VIMALA COLLEGE (AUTONOMOUS), THRISSUR**
NSS UNITS 43 & 120

Vaccination mega camp

*organized by
District Medical office, Thrissur*



Venue: Vimala College (Autonomous), Thrissur
Dates: 21, 28 March & 11, 18, 25 April



VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

2

Name of Activity	Vaccination Awareness Programme as part of Tika Mahotsav Vacci-Drive
Date	11/04/2021 – 14/04/2021
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Ministry of Youth Affairs, Govt of India
No.of Students Participated	100

In connection with the TikaMahotsav Vaccination Campaign conducted by the Ministry of Youth Affairs, Govt of India, we did programs both online and offline. The drive lasted for four days, from 11th to 14th of April, and the following campaigning programs were done:



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



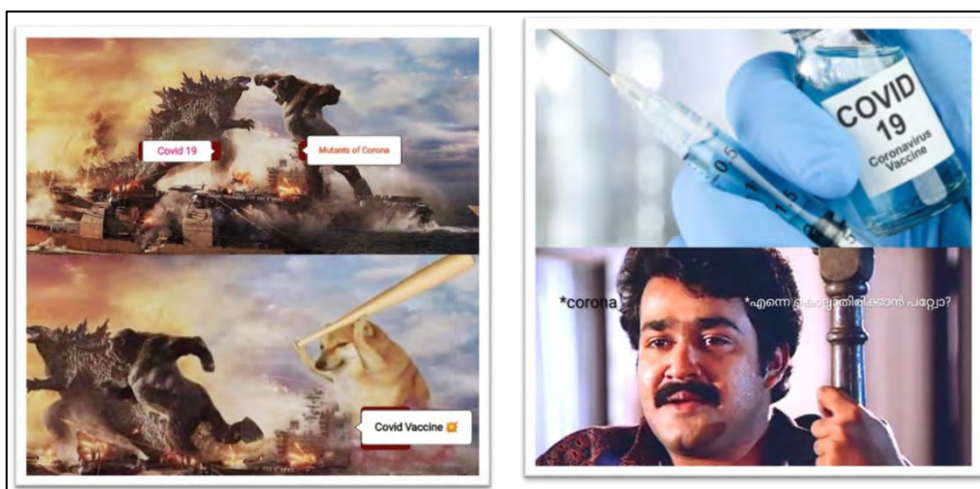
Detailed Report

1. 11th April 2021 – Meme Creation

On the first day of the campaign, we thought of interesting ways of creating awareness among people and came up with the idea of memes/trolls. Apart from being vibrant and funny, it carries tremendous meanings in them. Memes spread rapidly through social Medias and are generation's way of expressing thoughts.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



2. 12th April 2021 – Poster Making

- We created posters to spread the awareness and importance of vaccinating.



3. 13th April 2021 – Slogan Writing

- Catchy slogans were created with great enthusiasm among the volunteers. They helped to convey the awareness briefly but powerfully.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



4. 14th April 2021 – Vaccine Registrations and outdoor campaigning

- Outdoor Campaigning including registration of people above 45 years to vaccinate was done. Each volunteer successfully registered at least five people through the co_win website and Aroghyasethu app.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

3

Name of Activity	AIDS Awareness Rally
Date	01/12/2021
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	72

An awareness rally was conducted by NSS units of Vimala College on the occasion of World AIDS Day. The objective of this rally was to create awareness among public about AIDS.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



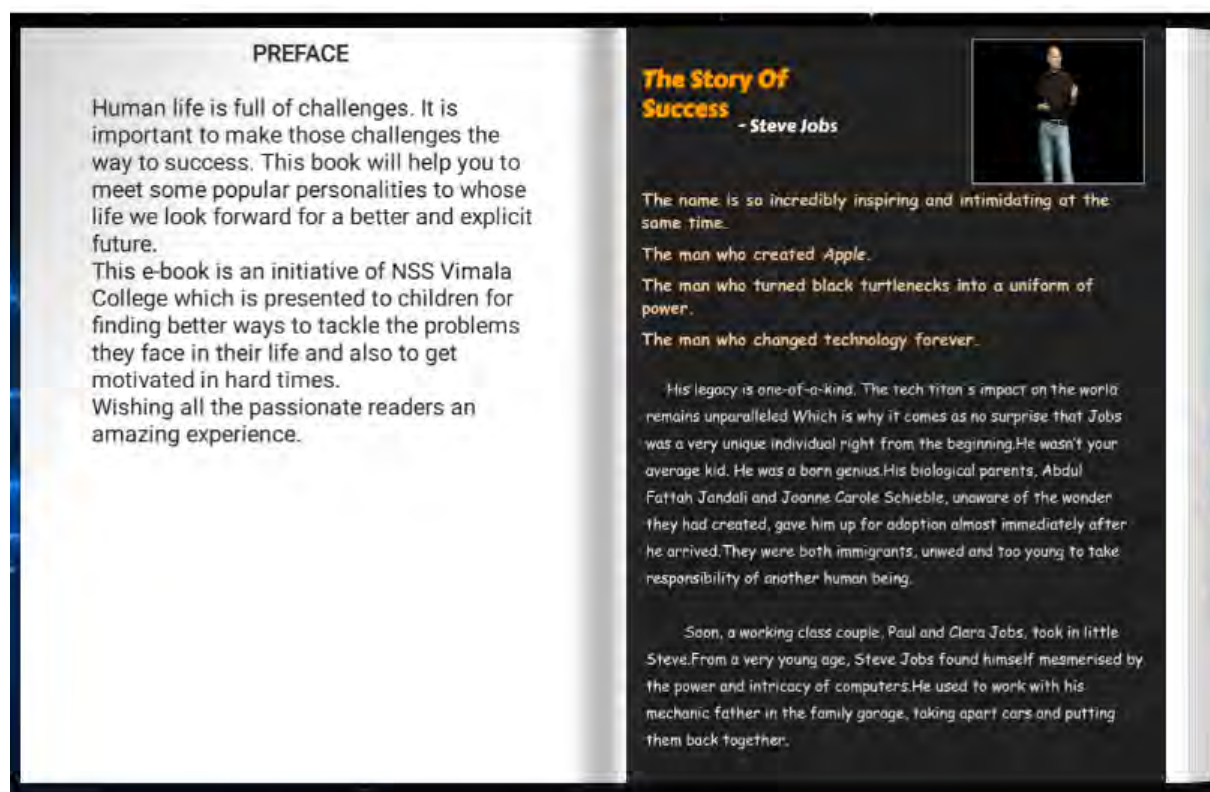


VIMALA COLLEGE (AUTONOMOUS), THRISSUR

4

Name of Activity	'Legends'- Motivational Story Book for Childrens by NSS Units of Vimala College, Thrissur
Date	14/11/2020
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	100

Vimala College NSS Units created a motivational story book for children in connection with the children's day. The e- book was named Legends and it includes the motivational events occurred in the lives of famous personalities. All our students contributed their works to these. We released the e- book in 14th November 2020.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

19 cricket squad and went on a tour to England. In the 3 days ODI, he scored an average of 105 runs and came back as a winner. With the same zeal, he played against Pakistan in under 19 cricket team and became a permanent fixture by showing his quality batsmanship over and over again. In April 2007, he made his debut in interstate T20 Championship and became the highest score for his team. In coming year, March 2008 he was made the captain of India's under 19 cricket team. With this team, he went to play world cup under 19 in Malaysia and returned home victorious. When MS Dhoni gave up on T20 captainship and one-day captainship, Virat Kohli was chosen as the Captain of Indian Cricket Team. The right-handed batsman is ranked as one of the world's most famous athletes by ESPN, and by Forbes, he is titled the most valuable athlete brand. He has been achieving great success since long and played for Royal Challengers Bangalore in the Indian Premier League and soon was selected as the teams captain in 2013.

Virat Kohli is the second most remarkable athlete in the world. He became the Co-owner of Indian super league FC Goa and International Premier Tennis League Franchise UAE Royal. He is also the brand ambassador of London-based, social networking ventures sports Convo. Virat Kohli is married to Bollywood actress Anushka Sharma.

ALBERT EINSTEIN

The great scientific and physicist "Albert Einstein" was born in the city of Ulm (in Württemberg, Germany) on March 14, 1879. The parents of Einstein lived in a world full of new scientific light. He was born when Thomas Edison invented the electric bulb.

Einstein began speaking late when he was only 2 years old. The parents of Albert Einstein went to the river and became a scientist. But they were so worried about the developmental stage of their child. As a student, he didn't show any remarkable results. The grades were only passing. He was interested and top student in Mathematics and Science only.

At the age of 16, he was determined to take admission in electrical engineering. But instead of electrical engineering, he entered in ETH Zurich Polytechnic of a 4-year program of teaching in mathematics and physics. He always began classes late because he didn't like to attend classes. He always preferred beer halls and coffee houses.

Thomas Edison, he copied all his books from "Mered Greenman" (that got him remarkable grades in group meetings). Greenman too. He passed exams and obtained his degree along with teaching (BSc in physics and mathematics). He then started working as a patent clerk's assistant, but no one would do it in electrical physics.

The most important lessons in this degree of research and research from science and the industrial system, he always continued to fight against all things. He had focused on theories, experiments, and studies. This was clear and one of the brightest stars. It's not that we were unable to speak until he was 4 years old. He was a brilliant, modest teenager that always did things. He was one of the thousand students of Berlin and Zurich. He was the man who was talked for about 3 years. Einstein understood the fact that if you are somehow different from other people, people start to oppose you. So he had all of difficulties and love to do his own work by his own will without follow other people. He was hardworking, determined and never gave up. He was not a scientist, but a great person. He was understood and praised. His name was used as the synonym for word genius. (From you have enjoyed the impressive biography of Albert Einstein and it will give you the best strength to achieve your own goal, without the opposition of other people).

Link : <https://online.fliphtml5.com/jmkob/njxr/>



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

5

Name of Activity	'Mahamariyum Penkaruthum'- Flash Mob on the Theme 'Women in Leadership: Achieving an Equal Future in COVID 19 World' at Cheroor, Thrissur
Date	08/03/2021
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Vimala Family Counselling Centre and Service Providing Centre, Vimala College, Thrissur
No.of Students Participated	5

Women's day was celebrated by National Service Scheme of Vimala College in collaboration with Vimala Family Counselling Centre and Service providing Centre. 'Mahamariyum Penkaruthum' a flashmob at Cheroor centre at 3.30 pm on the theme of Women's day, March 8th 2021. Women in Leadership: Achieving an equal future in Covid 19 World.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

6

Name of Activity	'Sughino'-Hosted Palliative Care Day Awareness Programme
Date	16/01/2021
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Pain and Palliative Care Society
No.of Students Participated	100

Our College got the great opportunity to participate in the 1 week program of Rang 2021. We were privileged to take part in hosting the program on 16th January under the title 'Sukhino'. Live debate and talk on 'Euthanasia and appropriate medical care' was conducted. We had Dr.Divakaran (Director of IPC and Palliative care Thrissur , And Prof. Gokul Das (Senior Volunteer) as our resource persons. E-certificates were awarded for participation.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

7

Name of Activity	Mask Making by NSS Volunteers of Vimala College and Distribution in their Neighbourhood
Date	July 2020
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	20

Mask making is really a need of our present situation. Our NSS unit had decided to organize a mask making event for our members and make them able to help others. Our students involved in this programme with great interest. The students made masks by themselves and distributed it to the needed ones of their surroundings. The motto of this event was be a hand of help'.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

8

Name of Activity	Covid 19 Vaccination Drive at Vimala College, Thrissur
Date	07/08/2021
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Elixir Clinic Thrissur/ Rotary Club- Thrissur West/Avitis Hospital/IMA
No.of Students Participated	21

A Vaccination drive was conducted on 7/8/2021 at the College Auditorium. It was conducted in association with Elixir Clinic Thrissur, Rotary Club- Thrissur West, Avitis Hospital and IMA. Vaccination was made available for Students, Teachers, Non-Teaching Staff and other workers related to Vimala College and also the public near to the college.

518 persons are vaccinated during the drive.

Brochure



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Volunteers with NSS Coordinators



Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

9

Name of Activity	Blood Donation Camp at IMA Thrissur
Date	08/03/2021
Organized by	Red Ribbon Club and NSS Units, Vimala College, Thrissur
Collaborations (if any)	IMA Blood Bank, Ramavarmapuram
No.of Students Participated	18

NSS Units of Vimala College in association with Red ribbon club conducted a blood donation camp on 8th March 2021 at IMA Thrissur. 18 Students participated in the drive and 8 donated their blood.

Vimala College (Autonomous), Thrissur
NSS Units (43 & 120)

8th March 2021

BLOOD DONATION CAMP

Time:- 1 pm
Venue:-IMA Blood Bank, Ramavarmapuram

Red Ribbon Club

For more details:-
8590659568



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR






VIMALA COLLEGE (AUTONOMOUS), THRISSUR

10


Name of Activity	Awareness Session on Contraception in Women - Common Queries & Myths
Date	18/02/2021
Organized by	Red Ribbon Club and NSS Units, Vimala College, Thrissur
Collaborations (if any)	IMA/WDW Thrissur/ Thrissur Obstetric Gynecological Society (TOGS) / Mission Pink Health Thrissur
No.of Students Participated	100

Objective: To clarify the queries & myths in contraception


Resource person was Dr Resmi C R, Additional professor, Dept. Obstetrics & Gynaecology, GMC Thrissur. Many myths and misconceptions were totally broken apart. The class was very informative.



National Service Scheme unit 43 & 120
VIMALA COLLEGE (AUTONOMOUS) THRISSUR
NACC Re-accredited (3rd cycle) A grade CGPA 3.50 on a 4 point scale
COLLEGE WITH POTENTIAL FOR EXCELLENCE



TALK ON: **CONTRACEPTION IN WOMEN - COMMON QUERIES & MYTHS**
Organised by
Red Ribbon Club, Vimala College
In association with
IMA, WDW Thrissur, TOGS & Mission Pink Health Thrissur



Resource Person
Dr Resmi C R
Additional professor
Dept. Obstetrics & Gynaecology
GMC Thrissur

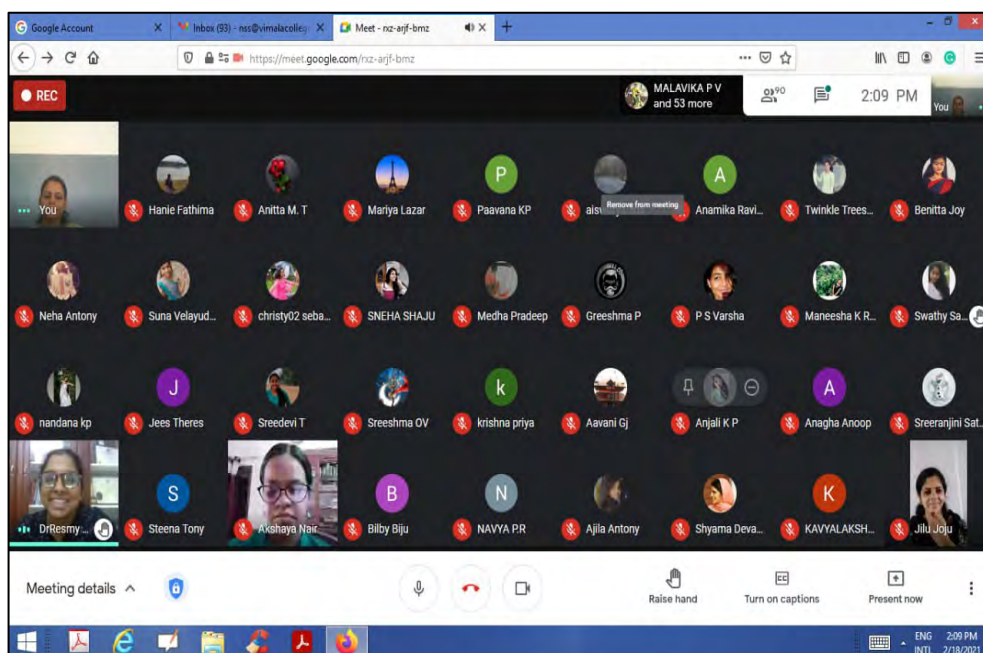
Date :18.02.2021
Time: 2pm-3pm
Join in google meet
<https://meet.google.com/rxz-arjf-bmz>

Coordinators
Ms. Jincy T P
Ms. Jilu Varghese

Student coordinators
Ms. Akshaya Nair
Ms. Hanie Fathima



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 – 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

11

Name of Activity	'SANJEEVANI'-Video Making and Information Sharing on Various Medicinal Plants by NSS Volunteers
Date	14/07/2020
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	40

NSS units of Vimala college conducted a programme SANJEEVANI through Google classroom on 14th July 2020 .All the volunteers send a video explaining the values of a medicinal plant .Each volunteer selected one medicinal plant from their vicinity and explained its values by her own words. The programme was very informative one and we uploaded the videos through our you tube channel.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



SANJEEVANI

All About Medicinal Plants



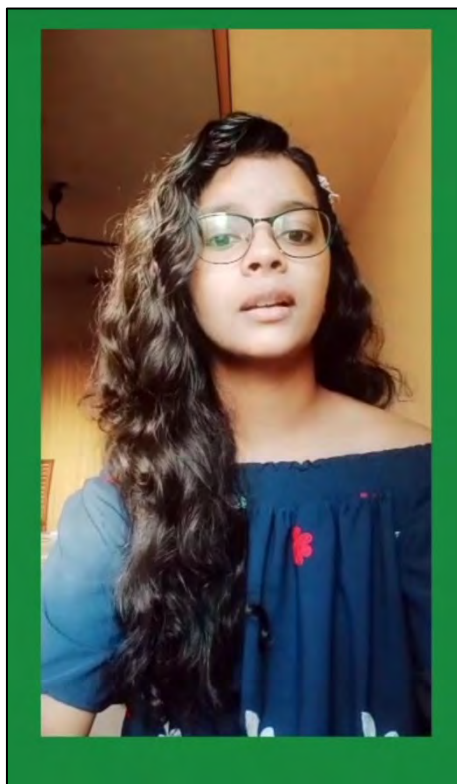
NSS Units 43&120

Brochure

Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Photos taken from awareness videos created by students

Assessment Period (2016 – 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

12

Name of Activity	Azadi Ka Amruth Mahotsav- Cleaning Program
Date	30/10/2021
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	IMA Blood Bank, Ramavarmapuram, Thrissur
No.of Students Participated	52

Before Cleaning





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Volunteers at Work





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



After Cleaning

Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 - 2021)

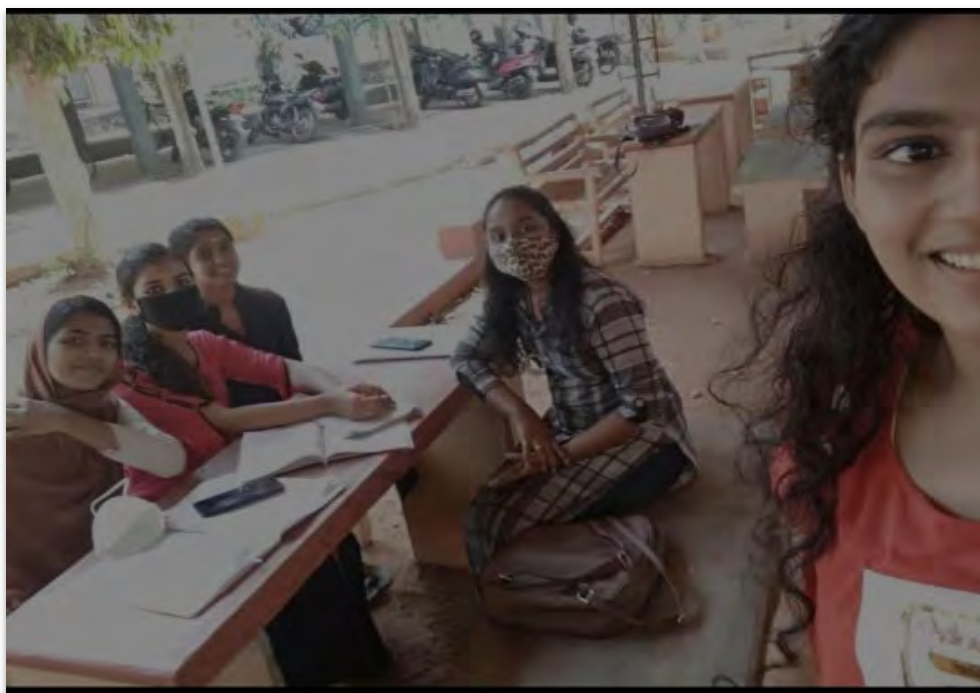


VIMALA COLLEGE (AUTONOMOUS), THRISSUR

13

Name of Activity	Campaign for Enrolment in the Voters List
Date	05/02/2021
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	3

An offline campaigning was conducted by NSS volunteers from our college for the enrolment of students into the voters list. The team did a great work by completing the duties assigned.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

14

Name of Activity	Birds Need You in this Summer Programme
Date	26/03/2021 – 30/03/2021
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	90

Summer is a season of dryness and all organisms need water to hydrate. This program was initiated for birds

**VIMALA COLLEGE AUTONOMOUS THRISSUR**
NSS UNITS 43 AND 120

Friends,
Its summer and the temperature has risen to the extreme. We may not be aware of its intensity since we are all under our roofs. But there are creatures that keep wandering for shelter and food. Let's save them.

***Birds need you
this summer!***

Keep a pot of water in our balconies or courtyards so that the birds could quench their thirst. This is the least we can do!

- Also do take a picture of your activity and upload it in the NSS workplace at Google Classroom





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Instructions

Student work

Turned in

Assigned

Turned in

Abhirami K r

No attachments

Turned in

aiswarya anil

3 attachments

Turned in

Ajila Antony

IMG_20210331_0759...

Turned in late

Akshaya Nair

IMG-20210328-WA00...

Turned in

Aleena Antony

New Document(15) 2...

Turned in

ALEENA E R
EDAKKALATHUR

IMG_20210330_0843...

Turned in

ALPHINE RAJESH

IMG_20210331_1153...

Turned in late

Amrutha Gopinath

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Turned in

Anagha Anoop

Anitta M. T

Anjali KP

ANJANA

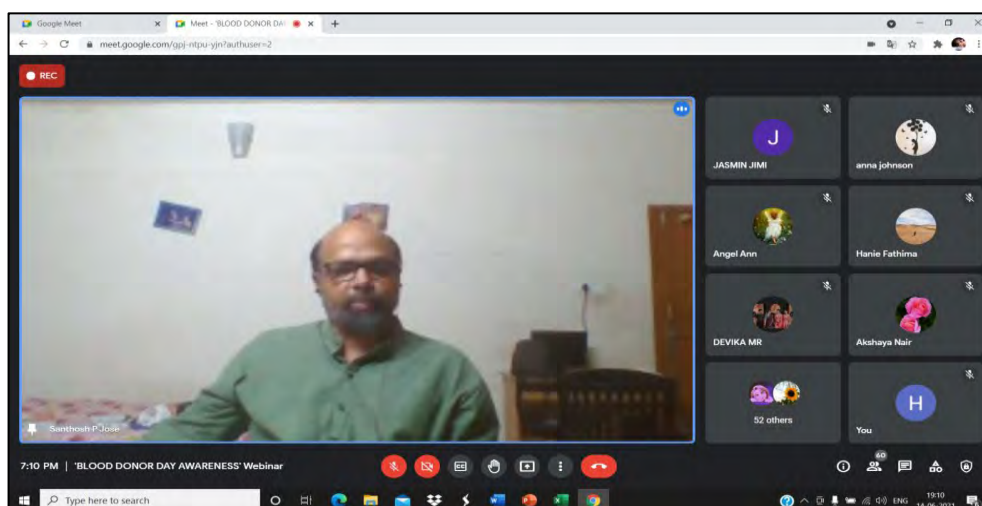


VIMALA COLLEGE (AUTONOMOUS), THRISSUR

15

Name of Activity	Awareness Session on Blood Donation
Date	14/06/2021
Organized by	NSS Units, Red Ribbon Club and Department of Home Science, Vimala College, Thrissur
Collaborations (if any)	Blood Donors Kerala charitable society
No.of Students Participated	71

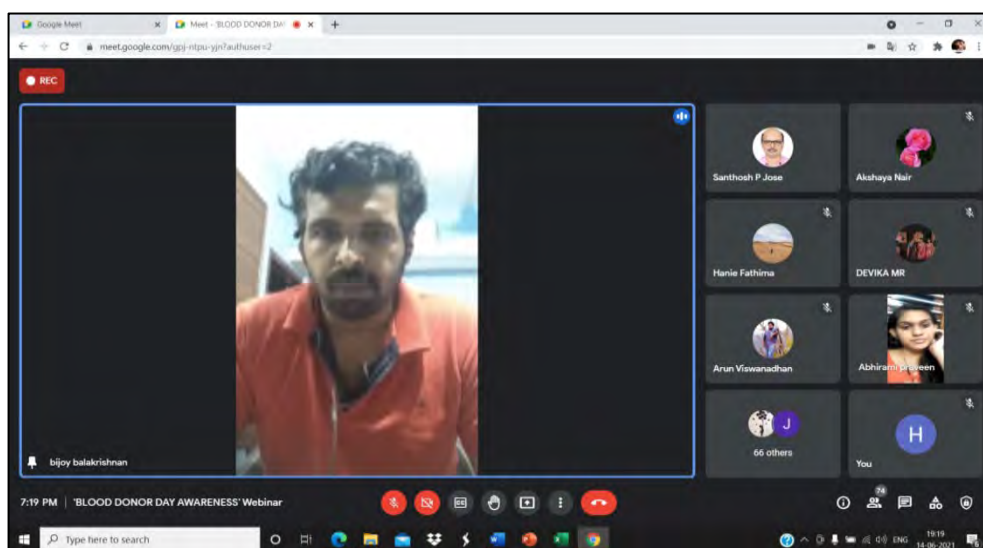
The post graduate department of Home science, NSS Unit & Red Ribbon Club Vimala college (Autonomous) In association with Blood Donors Kerala charitable society conducted a webinar on “Blood Donation Awareness” On 14 June 2021. Bijoy Balakrishnan, State Treasurer blood donors’ Kerala, Abhirami praveen, vice president, blood donors’ Kerala was the resource persons for the webinar. The webinar was for duration of one hour and commenced at 7.00pm. The session was about the blood donation awareness and followed by an interactive question and answer session. A total of participants attended the session.



Screen shots of the online awareness session on blood donation



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Screen shots of the online awareness session on blood donation



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



The brochure features a light grey background with several large, stylized red blood droplets of varying sizes on the left side. At the top center is the Vimala College logo. Below it, the college's name is written in a bold, black, serif font. Underneath the name, two lines of smaller text provide accreditation details and a motto. The central text identifies the organizing departments and the specific event being celebrated. It includes the date and time of the webinar, the platform used, and a registration link. At the bottom, the names and titles of the speakers and the organizing committee members are listed in a clean, sans-serif font.


Vimala College (Autonomous), Thrissur
NAAC Re-accredited(3rd cycle) A grade, CGPA 3.50 on a 4 point scale
COLLEGE WITH POTENTIAL FOR EXCELLENCE

**POST GRADUATE DEPARTMENT OF HOME SCIENCE
NSS UNIT & RED RIBBON CLUB VIMALA COLLEGE (Autonomous)** 

Celebrates June 14 Blood Donor Day

Webinar on "Blood Donation Awareness"

IN ASSOCIATION WITH BLOOD DONORS KERALA CHARITABLE SOCIETY

SPEAKERS

BIJOY BALAKRISHNAN State Treasurer Blood Donors Kerala	ABHIRAMI PRAVEEN Vice President Blood Donors Kerala, Calicut
---	---

Date: 14/06/2021
Time: 07:00-08:00 pm
Platform: Google meet

Registration Link: [click here](#)

Organizing Committee

Dr.Sr.Beena Jose Principal	Dr.Thomas Ruby Mariamma HOD Department Of Home Science	Ms.Urmila Vijayan Ms.Febie Thomas Faculty Coordinators Ms.Jilu Varghese Mr.Santhosh P Jose NSS coordinators	Ms.Aswathy Ms.Helen Maria Stanley Ms.Akshaya Nair Ms.Hanie Fathima Student Coordinators
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Brochure



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

16



Name of Activity	A Session on 'Introduction to Modernization in Motor Vehicles Department'
Date	04/08/2020
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	100

Road sense is the offspring of courtesy and the parent of safety. Prepare and prevent, don't repair and repent. Drive safety rules Drive safety rules are your best tools.


NSS unit of Vimala college (Autonomous), Thrissur conducted a Webinar on 'Introduction To Modernization In Motor Vehicles Department'. Resource person: Mr. Vinod Kumar.N, Motor vehicles inspector Thrissur on 4th August 2020. The session was very informative and more than 100 participants were attended the session.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR




VINOD KUMAR.N
MOTOR VEHICLES INSPECTOR
THRISSUR



**VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR**


NSS UNITS
(43&120)




.....

**INTRODUCTION OF MODERNIZATION IN
MOTOR VEHICLES
DEPARTMENT**

.....



**DATE : AUGUST 4 ,2020
TIME : 6.00PM TO 7.00PM**


Google Meet


Webinar on ' Introduction to Modernization in Motor Vehicles Department'

REC V VINOD KUMAR N is presenting

ANUR and 103 more 2118 7:09 PM You N

Death in Kerala

TREND OF DEATH IN ROAD ACCIDENTS
FROM 2001 TO 2015 upto APRIL 30th



Year	No. of Death
2001	2674
2002	2702
2003	2808
2004	3004
2005	3000
2006	3089
2007	3274
2008	3303
2009	3321
2010	3583
2011	4140
2012	4207
2013	4248
2014	4000
2015 up to April 30th	1459

Webinar

Turn on captions VINOD KUMAR N is presenting

ENG 7:09 PM
INTL 8/4/2020

Participants:

- Akhila B Nair
- Mariya Johnson
- ANJALI V A
- Aaranya Manoj
- blesmi rose joseph
- VINOD KUMAR N
- Vismaya Vinod
- SALOMY SHAJU
- Arya Lakhshmi
- Jinna Maria
- Aleena P S
- Anugraha K

Assessment Period (2016 – 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR


17

Name of Activity	AIDS Awareness Session with Social Worker Sr. Chaithanya CMC
Date	01/12/2020
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	100

World Aids Day celebrated on 1st December help us to think about the sufferings of the virus affected ones. Vimala College NSS Units 43 & 120 organized a great interactive session with Sr. Chaithanya CMC. She is working for the welfare of hiv affected persons. The session was really good and informative.




VIMALA COLLEGE (AUTONOMOUS), THRISSUR




**VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR**

**NSS UNITS
(43 & 120)**



**WORLD AIDS DAY
DEC 1**

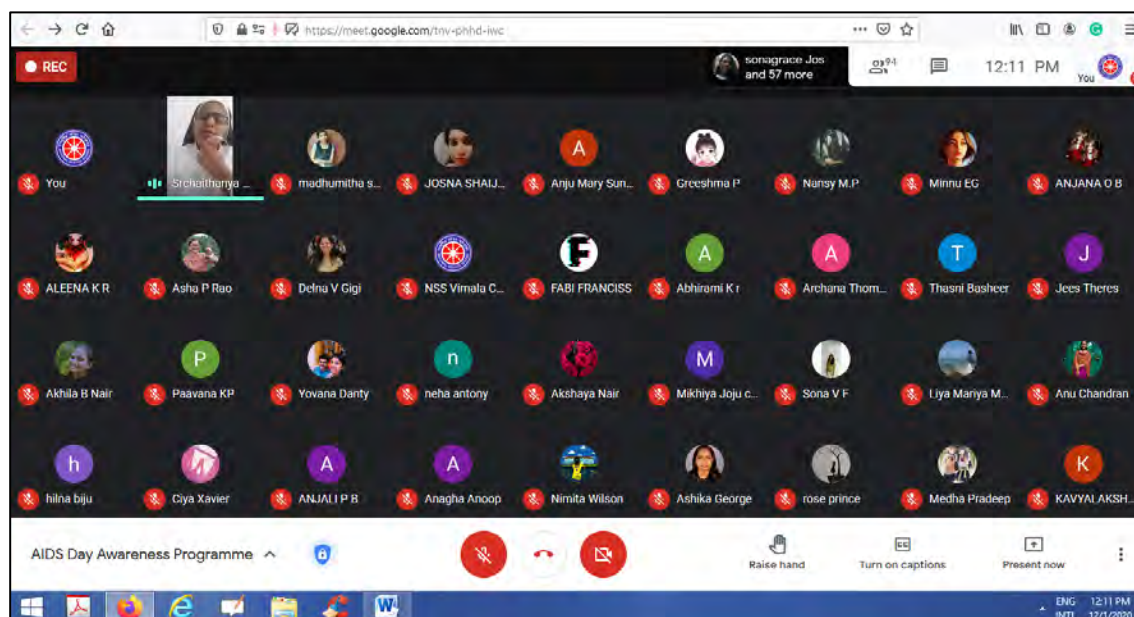
Aids Day Interactive Session



**Sr. Chaithanya Cmc Idukki
Secretary of Chavara Inspire
Charitable society.**

**TIME: 11:30-12:30
VIA GOOGLE MEET**

**"Taking, Touching with HIV infected
will only bring Affection not Infection."**





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

18

Name of Activity	‘Nutrichoice’ Nutrition Awareness Programme by NSS Units of Vimala College, Thrissur
Date	12/09/2020
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	44

Nutrichoice was the programme conducted through google classroom on 12 September 2020. All the volunteers selected on fruit or nut or vegetable and made a poster explaining its nutritional value.



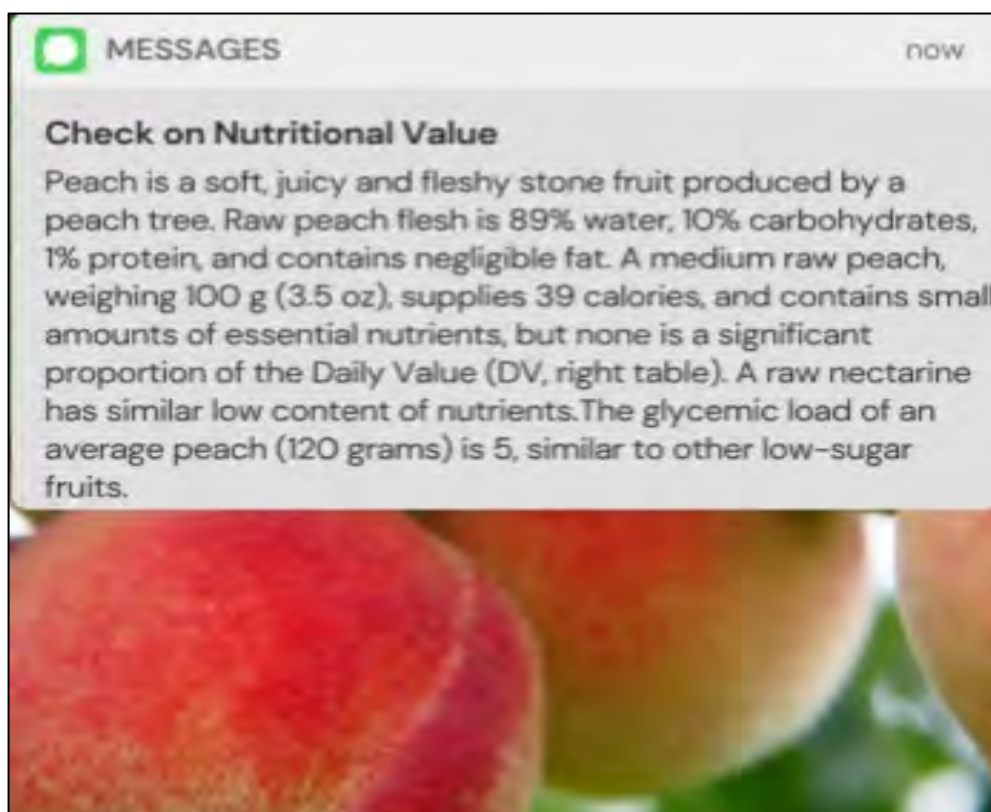
Health Benefits of KIWIFRUIT



- Maintaining healthy digestive system
- Reduces Risk of eye related problems
- Facilitates absorption of iron in body
- Helps maintain healthy cardiovascular system
- Beneficial for fetal development
- Promotes better sleep
- Boosts immune system



- Rich in antioxidant properties
- Reduces risk of Diabetes
- Reduces risk of Cancer
- Promotes Healthy Pregnancy
- Reduces Wrinkles



Canistel (Egg Fruit)

SCIENTIFIC NAME :
POUNTERIA CAMPECHIANA



- 1)Immunity Booster.
- 2)Healthy for heart.
- 3)Lowers the risks of diabetes and cataract.
- 4)Prevent cancer,anemia and cough and flu.
- 5)Treats oesteoarthritis.
- 6)Reduce the risk of Alzheimer's.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR




Awerroha bilimbi..

Origin :
southeast asia
but normally
found growing
throughout the
tropics..

"NUTRICHoice"



Vitamin C
Vitamin B2
Vitamin B3
Calcium
Flavonoids
Tannins
Terpenes
Phosphorous
Iron

 Poster Maker



VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

19

Name of Activity	Pledge on 'Rashtriya Ekta Diwas'
Date	31/10/2021
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	52





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

20

Name of Activity	Activities to Create Awareness on Water and Nature Conservation
Date	07/07/2020, 28/07/2020
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	18

➤ 07/07/2020

On July 7th Vimala College NSS unit conducted a poster making competition for the whole college on the topic 'Water a Big Necessity'. We got a very good participation from the side of our student's. All the NSS members participated in the program and many of other students also participated.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

➤ 28/07/2020

World Nature Conservation Day is celebrated on July 28 across the world in order to raise awareness about protecting nature and conserving our natural resources. With problems like deforestation and illegal wildlife trade on the rise, nature conservation has gone up on the list of priorities for a lot of countries. On this day, NSS Working days charting team conducted a poster making competition and poetry competition.



VIMALA COLLEGE (AUTONOMOUS)
ACCREDITED BY NAAC
AFFILIATED TO CALICUT UNIVERSITY



NSS UNIT PRESENTS



POSTER MAKING
COMPETITION

28 JULY
WORLD NATURE CONSERVATION DAY

THE POSTER SHOULD FOCUS ON NATURE
CONSERVATION AND SHOULD INCLUDE WRITINGS
AND DRAWINGS.
COLOURS, SKETCHS AND CRAYONS CAN BE USED.
ATTRACTIVE PRIZES ARE WAITING FOR THE
WINNERS

Submission deadline : 6.00pm July 28,2020
Preferred Language : English and Malayalam





Sneha Sunny
-6282418548
Anugraha
-8078120014



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Activities to Create Awareness on Water and Nature Conservation

NSS Units, Vimala College, Thrissur

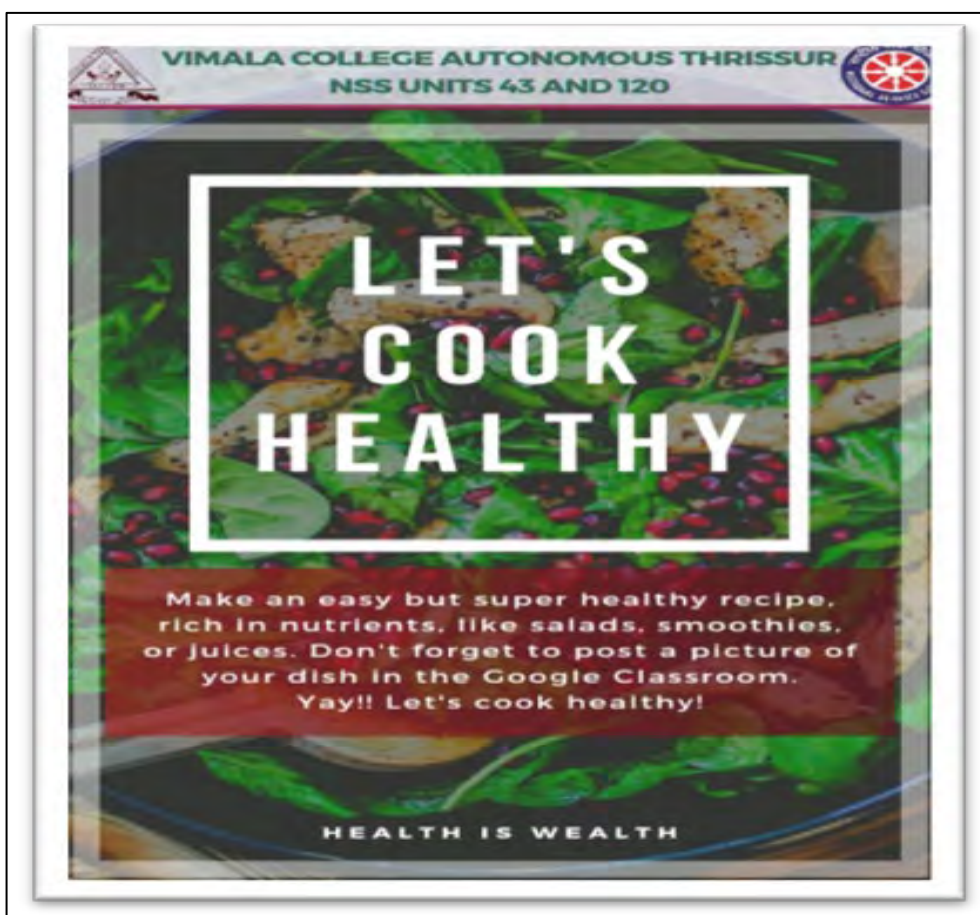


VIMALA COLLEGE (AUTONOMOUS), THRISSUR

21



Name of Activity	PoshanMah-Nutrition Awareness Programme
Date	15/04/2021
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	84




NSS volunteers of Vimala College actively participated in the program PoshanMah associated with the world nutrition day.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

**VIMALA COLLEGE AUTONOMOUS THRISSUR**
NSS UNITS 43 AND 120



TREASURY OF NUTRIENTS

Choose one of your favourite
fruit/nut/vegetable and list out its
nutritional benefits.
Let's figure out how healthy they are.
Upload your work in the Google Classroom.

Detailed report:

1. Preparation of a nutritious dish

Healthy and balanced diet is the key feature of any healthy lifestyle. We decided to prepare some dishes rich of nutrients. The program was an absolute success. We dined out the best of healthy recipes like salads, smoothies and juices.

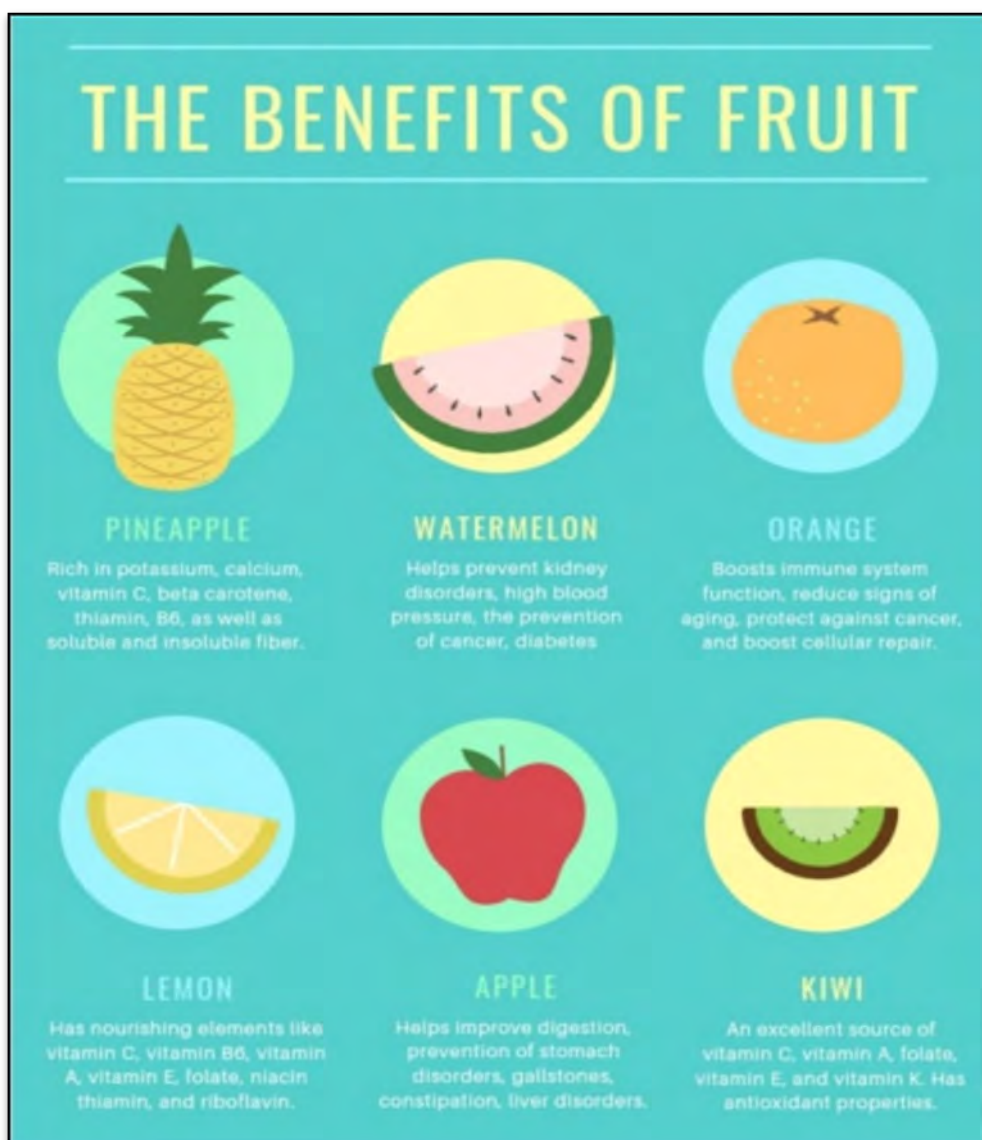




VIMALA COLLEGE (AUTONOMOUS), THRISSUR

2. Nutrients in fruits, nuts and vegetables.

Listing out the nutrients hidden in different types of food items was a new experience and a Listing out the nutrients hidden in different types of food items was a new experience and an eye opener to the healthy benefits of them. We figured out the nutrients list of more than 100 fruits, vegetables and nuts.



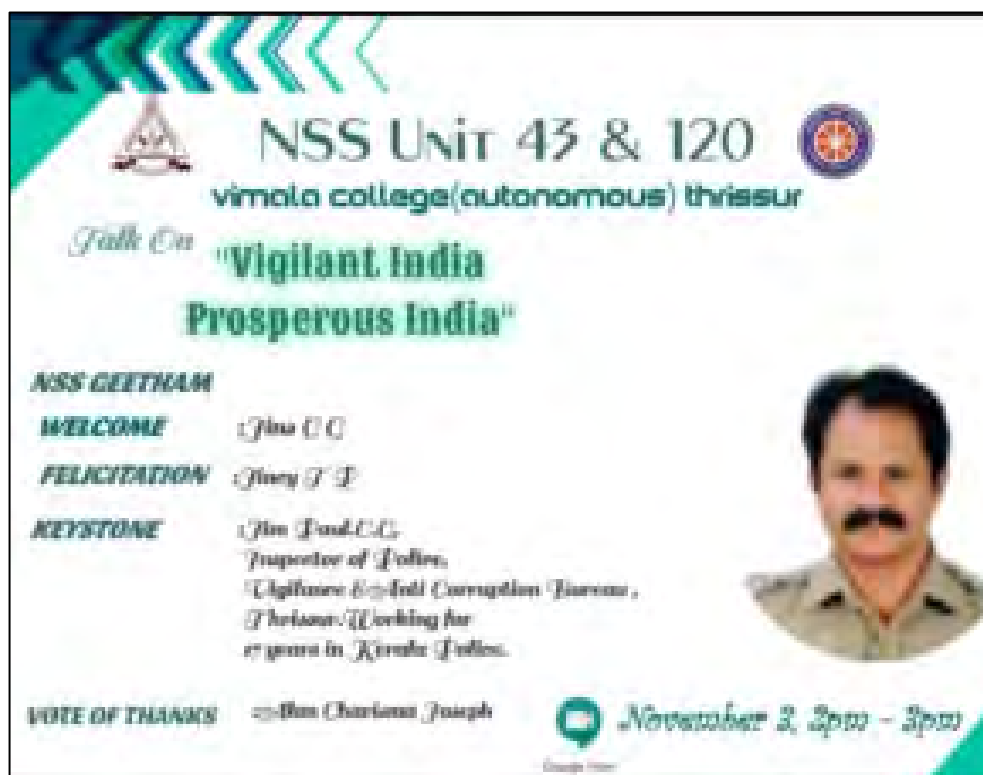


VIMALA COLLEGE (AUTONOMOUS), THRISSUR

22

Name of Activity	Talk on 'Vigilant India, Prosperous India'
Date	03/11/2020
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Vigilance and Anti-Corruption Bureau, Thrissur
No.of Students Participated	100

As part of vigilance week celebrations we were conducted a talk on Vigilant india, prosperous India' on November3rd 2020.The resource person was Mr.Jim Paul c,Inspector of police vigilance and anti corruption bureau thrissur, working for 17 years in kerala police.The talk was very informative all the NSS volunteers participated.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

