

# MERCY COLLEGE, PALAKKAD, KERALA

( GOVT. AIDED ARTS AND SCIENCE WOMEN'S COLLEGE)

(AFFILIATED TO THE UNIVERSITY OF CALICUT)



# **NATIONAL SERVICE SCHEME**

## **UNIT 06 & 34**

**(MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVT. OF INDIA)**

**(UNIVERSITY OF CALICUT)**



## **REGULAR ACTIVITY REPORT 2024-2025**



## **REGULAR ACTIVITY REPORT 2024-2025**

The activities for the academic year 2024-2025 began as soon as the college reopened on June 1<sup>st</sup> 2024.

On June 5<sup>th</sup> 2024 NSS units observed environment day by distributing saplings to the people of neighbouring locality. 60 varieties of saplings were distributed with the intention of spreading the idea of making our earth green. 5 second year volunteers participated in the programme. Fruit garden maintenance was also done by cleaning and planting fruit saplings by the volunteers.



Second year NSS volunteers were asked to assemble on 11.6.2024. Action Plan of NSS for the year 2024-2025 was discussed in detail. Volunteers came up with the



list of activities to be done during the year. 90 second year volunteers attended the meeting.



On June 18<sup>th</sup> 2024 NSS units observed International Yoga Day . A session on Yoga For Wellness was organised in association with OISCA International Women’s Chapter Palakkad and Sky Yoga, Sky Trust Palakkad. The need and importance of yoga for a better life and wellbeing was discussed in the session by K. P. Udayakumar ( President Sky Yoga). Smt. Priya Venkitesh, North Kerala Region Executive Vice President, Smt. Lalitha, Vice President, Sindhu Madhu, President and Ms Malathy, Secretary OISCA , Mr. Mohan das President and other Office bearers of Sky Yoga and 89 NSS volunteers participated in the programme. Mr. K. P. Udayakumar ( President Sky Yoga) was honoured in the programme for spreading yoga and for his contribution to the wellness of people.





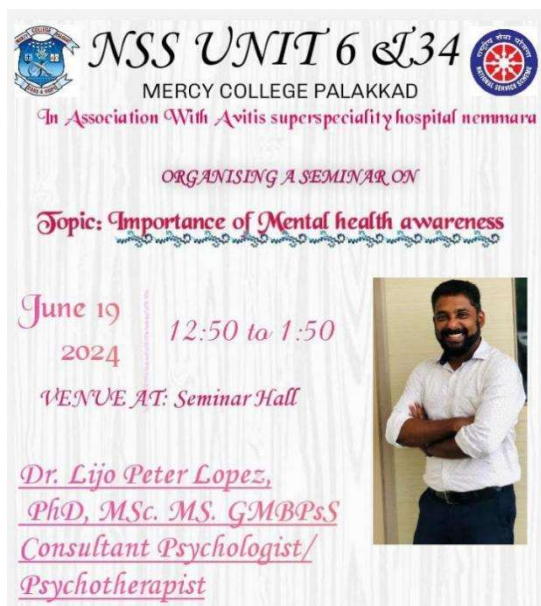


On June 21<sup>st</sup> 2024, NSS volunteers demonstrated Yoga and created awareness among the classmates about the importance of YOGA . Volunteers demonstrated various asanas and encouraged other students to practice.



On June 19<sup>th</sup> 2024 NSS units in association with Avitis Super Speciality Hospital, Nemmara, Palakkad organised a seminar on the Importance of Mental Health Awareness. The session was by Dr. Lijo Peter Lopez, Consultant Psychologist, Avitis Super Speciality Hospital. The session was excellent and it provided guidance regarding the need and importance of mental health, how to avoid anxiety, stress depression, etc. It was really a helpful session and the volunteers got

awareness on the need of support to be given to those affected in families and communities.

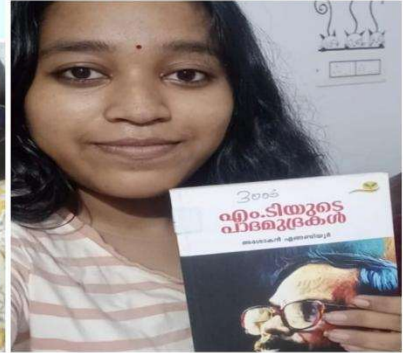
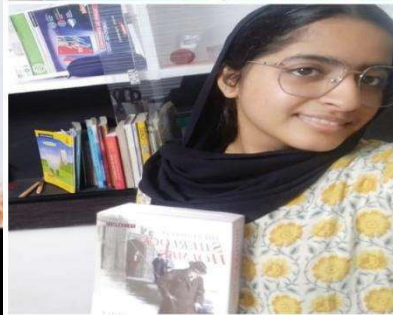
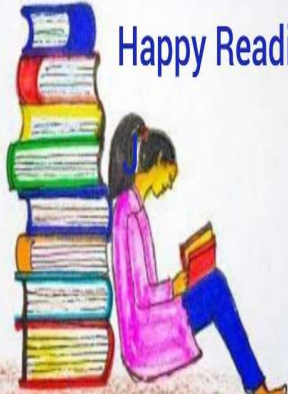



June 19 is observed as National Reading Day. The day is a tribute to the effort of PN Panicker who tried to transform society with his literacy movement in India. The Father of Reading passed away on June 19, 1995. PN Panicker founded Sanadana Dharma Library which was the centre of the library movement in Kerala. NSS volunteers were asked to write a book review on one of the favourite book. They were also asked to post a selfie pic with one of the favourite books that they have read.




ജൂൺ 19 വായനാ ദിനം



Happy Reading





NSS UNIT 6 & 34  
MERCY COLLEGE PALAKKAD  
OBSERVES  
**WORLD READING DAY**  
19 JUNE 2024  
*Our Favorite Reads*



**Buried Thoughts** by Joseph Annamkutty Jose  
The content seems to be very much interesting. Not all his memories touched my heart but still most of them were good enough. And moreover these are memories in once life, and definitely you cannot alter the way it happened. So it basically depends upon the perspective of the person reading the book, whether he likes. The author had used simple and plain English and hence it is quite easy to understand and visualise his memories. - Anjitha.C , D2 BCOM CA

The book "Gently Falls The Bakula" by Sudha Murty explores the dilemma between career and marriage through the characters Shrimati and Srikanth. Their love faces opposition but they marry. Shrimati sacrifices her aspirations for Srikanth, leading to a thought-provoking ending about finding a balance between personal fulfillment and relationships. - Aishwarya P, BCOM CA

**THE ALCHEMIST** by Paulo Coelho  
The book that is full of wisdom and valuable lesson that can inspire us to live more purposeful and meaningful lives. I like this book. - Rehanaaz P S, D2 Chemistry

**WINGS OF FIRE** by APJ Abdul Kalam  
A truly inspiring and uplifting book - Raniya N, D2 History

**With a Mind to Kill** is the forty-first official James Bond novel and the third continuation novel to be written by English novelist and screenwriter Anthony Horowitz. Commissioned by Ian Fleming Publications, it was published by Vintage Books in May 2022. The novel is set after Ian Fleming's final book The Man with the Golden Gun (1965). It is the first Horowitz Bond novel not to credit Ian Fleming with "additional material." - Jisna T, BA english

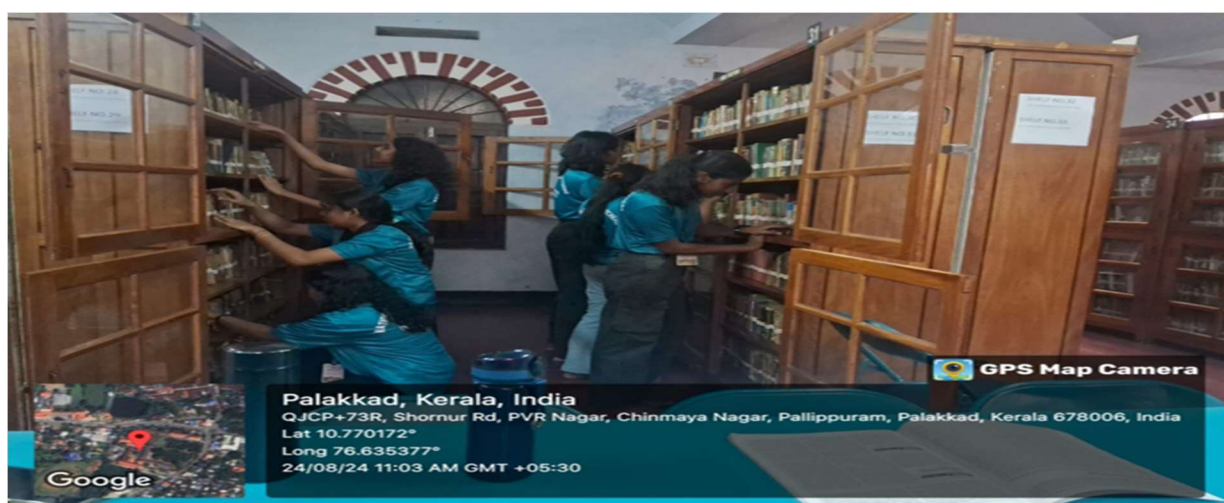
Sherlock Holmes, with his razor-sharp intellect, navigates the foggy streets of London, unraveling mysteries with unparalleled precision. Each tale is a dance of wit and logic, where the mundane transforms into the extraordinary. The enigmatic detective, alongside loyal Watson, weaves stories that grip the soul. Doyle's creation is an eternal beacon of literary brilliance - Afrah Nijem , D2 Zoology.

**RAM C/O ANANDHI** by Akhil P Dharmajan  
Ram C/O Anandhi is the best for all beginners.. In this story, the author beautifully portrays love, friendship etc. This is a must read for all.. - Arathi M S, D2 Zoology

**Its end with us** is based on the relationship between her mother and father, Hoover described it as "the hardest book I've ever written."-Nandana C, Physics

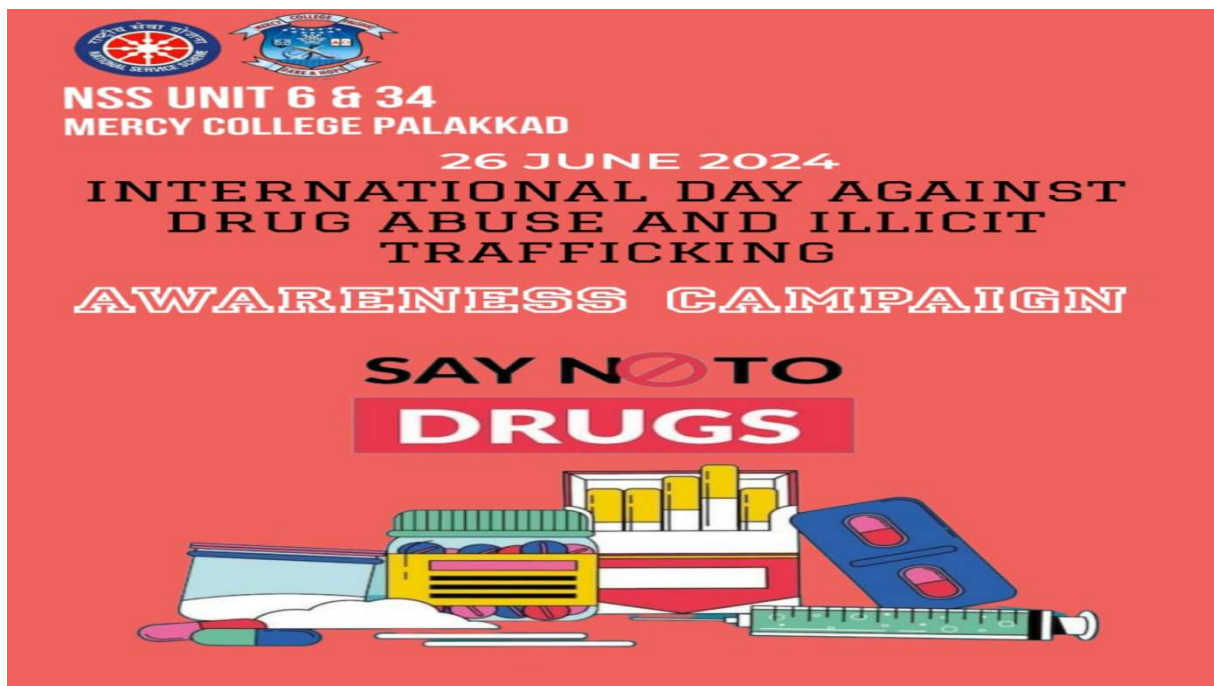


Every Saturday, five NSS volunteers participate in the College library arrangement and cleaning activity. NSS volunteers assist library staff in continuous monitoring of the stack room, displaying of new material on the display racks and arrangement of the books and periodicals on the shelves after use. Besides these, they help in dusting and cleaning the materials at periodic intervals. The periodicals, damaged and torn books must be bound and the old and obsolete documents which are no longer in use must be withdrawn from the stacks for which the volunteers help the attenders in the College library.





On 26.6.2024 Second year NSS Volunteers observed International Day Against Drug Abuse. Awareness programme on Drug use and its dangerous effects was beautifully explained by the volunteers. Understanding the risks associated with drug use can help individuals make informed choices and avoid experimenting with substances. Awareness can help individuals recognize situations or peer pressures that may lead to drug use. Charts and posters were presented by the volunteers. Students took oath saying no to drugs.





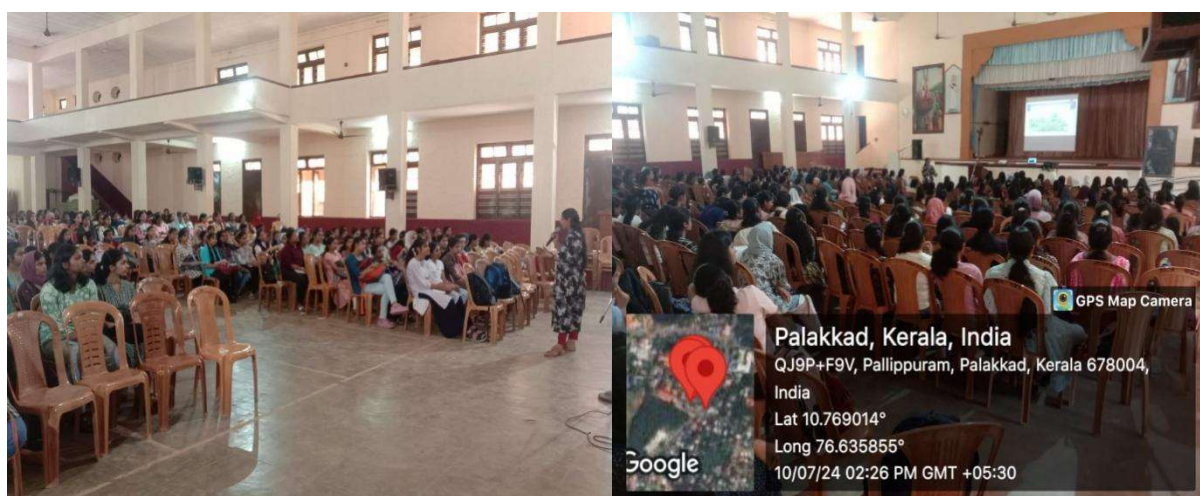
As part of Ek Ped MAA Ke Naam Campaign, on 6.7.2024, NSS volunteers planted saplings along with their mother. The initiative aimed at promoting environmental protection and strengthening the sacred spirit of honouring mothers. The effort played a crucial role in making the environment cleaner and more beautiful. Students contributed to the campaign by planting saplings in large numbers.



As part of the observance of National Safety Week 2024, which is scheduled from June 26 to July 2, the Electrical Inspectorate conducted a safety awareness class on 10.7.2024 which aimed at educating the public on the crucial aspects of electrical safety. The session aimed to help students to mitigate the risk of electrical accidents across various premises by promoting best practices and safety measures. The session was led by Smt. Sheena P, Deputy Electrical Inspector, Mr. Dinesh Das B,



Assistant Electrical Inspector and Smt. Sangeetha C, Assistant Electrical Inspector, Electrical Inspectorate Palakkad. The session educated the participants on the fundamental principles of electrical safety, demonstrated the proper use of electrical appliances and installation, and highlighted common electrical hazards and the necessary preventive measures. It helped to spread comprehensive electrical safety awareness, thus ensuring the safety and well-being of individuals and properties.



National Service Scheme Units-06 & 34 in association with Lions Club of Palakkad Heritage City and Aster Medcity, Kochi organised a free Heart Surgery Camp and free Post surgery treatment for children on 28th July 2024 in the College Auditorium. The Camp was organised to identify and address heart related issues in children of the age group 1month to 18 years and to provide access to medical care and treatment to people who cannot afford it. It was really a wonderful day with full of happiness that we could support 33 children by doing heart testing and screening by taking ECG, Echo test, X-ray and with 20 children selected for free heart surgery. The Camp was inaugurated by Dr. Sr. Jorry T.F., Principal, Mercy



College, Presidential address was by Mr. Regil, President, Lions Club of Palakkad Heritage City. Lion RC Mohanakrishnan, Lions Club of Palakkad Heritage City and Mr. Latheef GM, Aster DM Foundation, Kochi offered felicitation to the programme. The Camp was led by a team of doctors, nurses and technicians from Aster Medcity, Kochi. The camp was coordinated by Dr. Anu Kuruvila and Dr. Deepa N., NSS Programme Officers with the support of Lions Club of Palakkad Heritage City Members and NSS Volunteers. The free treatment and surgery were successfully done in the following months for 20 children.





In the early hours of 30 July 2024, multiple landslides occurred at Mundakkai, Chooralmala, Meppadi villages of Wayanad district, Kerala, India. Heavy rains triggered the collapse of hillsides. The landslides killed 385 and injured over 273, making them the deadliest landslides in Kerala's history. Most victims were workers on tea and cardamom estates located in the region. NSS Units decided to collect the necessary items like clothes(for men and women), diapers, sanitary pad, mineral water, mat, eatables etc and support the people of Wayanad. The first round of the collected things of Rs.30000 was handed over at the district collection point (Govt.Victoria College Palakkad) on 31.7.2024.



On 5.8.2024, the NSS volunteers sorted the collected items and packed the items to Wayanad. The items included Cleaning/ toilet items, kitchen items, medicines, first aid kits, diapers worth 10000 Rs were given to Wayanad. NSS Unit of GHSS



Kuthanur provided with cleaning items, Sanitary pad, diapers, kitchen items, students study materials, mat gloves worth 10000 Rs. Avitis Institute of Medical Sciences Palakkad provided bed, mat, bedsheets, blankets, sanitary pad, diapers, under garments, cleaning items, medicines, kitchen items, eatables worth 50000 Rs. The second round of the collected things was handed over to the Palakkad District Coordinator of National Service Scheme.



On 09/08/2024, a session on the Schemes and Programmes for the Youth laid down in the Union Budget 2024-25 was done. The session was by Ms. Greeshma G. Faculty in the Department of Economics, Mercy College, Palakkad. Many young



individuals are not aware of the various government schemes and programmes available to them. The session was very informative and educated them about opportunities for education, employment, entrepreneurship, and skill development. Session motivated the youth to actively participate in governmental programmes, ensuring that they take advantage of development initiatives.



First year NSS Volunteers were given a short briefing about the activities done in the previous year, the importance and benefits of being a NSS volunteer by the Programme Officers on 09/08/2024



Aster Medcity Kochi and Puthur Residents' Association Palakkad jointly organised a Free Medical Camp at Govt. LP School Puthur on 11.8.2024 from 10 am to 3 pm. Cardiology, oncology and general medicine departments of Aster



Medcity were involved in the camp. 10 NSS volunteers supported the agencies with their service.

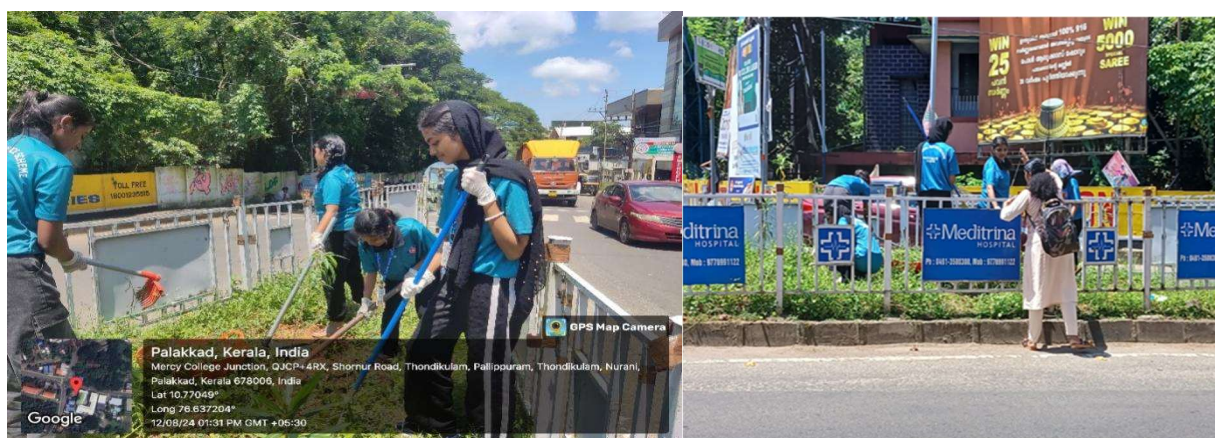


Drugs can harm brain and body and it can hurt the people around us, including friends, families, kids, and even unborn babies. Drug use can also lead to addiction which affects our lives very badly. National Service Scheme Units organised an Anti-drug Campaign on August 12<sup>th</sup>, 2024 . Students took oath saying no to drugs. 70 second year volunteers participated in the programme.





Palakkad Nagarasabha and Health Department under the auspices of Malinya Muktha Nava Keralam Campaign initiate the beautification of garbage vulnerable points in Palakkad Municipality- (Sneharamam Project). 2 areas- Mercy College Round, Jayamatha Hostel Premises was allotted for beautification and maintenance to Mercy College NSS volunteers. NSS volunteers maintains the allotted Sneharamam. On 12.8.2024, 15 volunteers cleaned the area and planted flowering plants





On 15<sup>th</sup> August 2024, NSS volunteers participated in the Independence Day programme organised in the college. The idea behind the initiative is to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag. Volunteers attended the programme at 8.30 AM in the college, Principal hoisted the flag, gave Independence Day message, students sung the national anthem and sweets were distributed to the students.



‘Har Ghar Tiranga’ is a campaign under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the 76th year of India’s independence. Bringing the flag home collectively as a nation in the 76th year of independence becomes symbolic of not only an act of personal connection to the Tiranga but also an embodiment of our commitment to nation-building. On 14<sup>th</sup> August 2024, students conducted a rally highlighting the importance of national flag. On 15<sup>th</sup> August 2024, NSS volunteers actively participated in Har Ghar Thiranga Campaign- *bring home and fly Tiranga with pride*. Volunteers hoisted flag at their home, recited national anthem and posted photos. 100 second year volunteers participated in the programme.







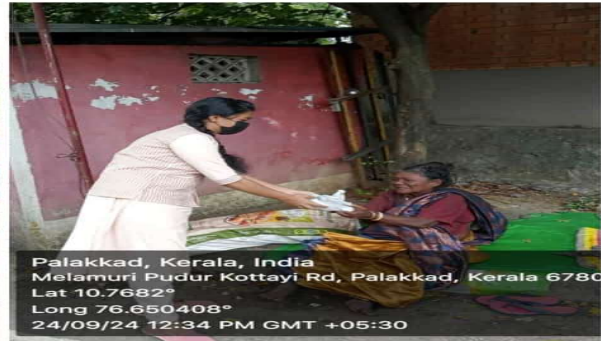
On 19.8.2024 NSS volunteers collected money from various people in the nearby locality for the treatment for cancer of an alumni from the Department of History. The collected amount Rs. 5000/- was handed over to the Head , Department of History.



September 24 is observed as NSS Day. Mercy College NSS units 06,34 decided to celebrate NSS day by arranging a food packet distribution programme on 24<sup>th</sup> September 2024. Second year NSS volunteers were asked to bring food packets from home. Students brought food packets. 100 food packets were distributed by the students to the needy people in the street near Town bus stand, Fort maidan and Palakkad railway station. Feeding the homeless is important as they may not have food without this. The initiative took a bite out of hunger of the people in the Palakkad municipality area.







NSS units in association with Avitis Super Speciality Hospital, Nemmara, Palakkad observed World Heart Day. Flash mob and awareness campaign on various heart diseases and its symptoms, measures to be taken, CPR etc was also done at 4 places in Palakkad- Olavakode, Melamuri, Kota Maidan and Stadium Bus stand 28.9.2024





Ms. Gopika GM and Ms. Shahala M participated in 3 day "Youth And Disaster Management" Camp at Calicut University Thenhipalam on 27-29<sup>th</sup> September 2024. The camp covered very informative sessions like Disaster and Fire Safety , Hope Amidst Hardship, Can Earth Bear This Burden, Psychological First Aid etc.



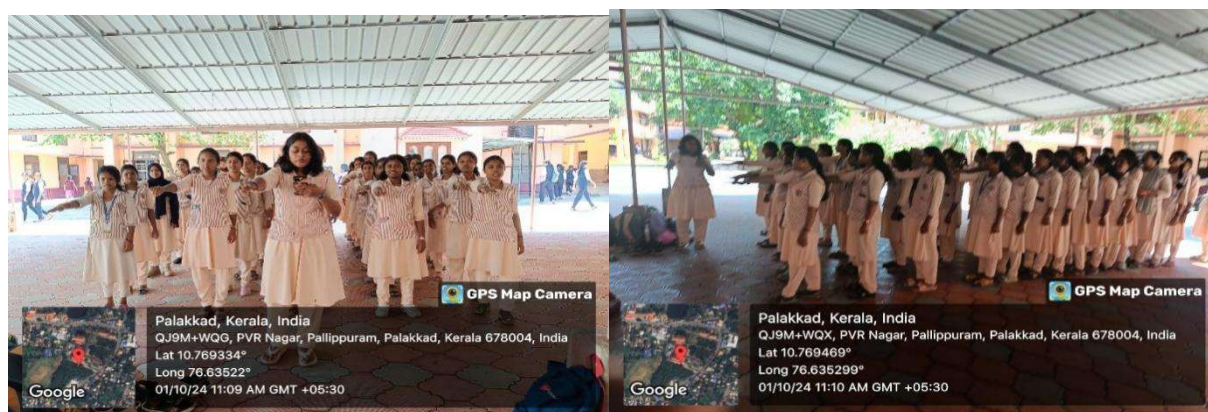
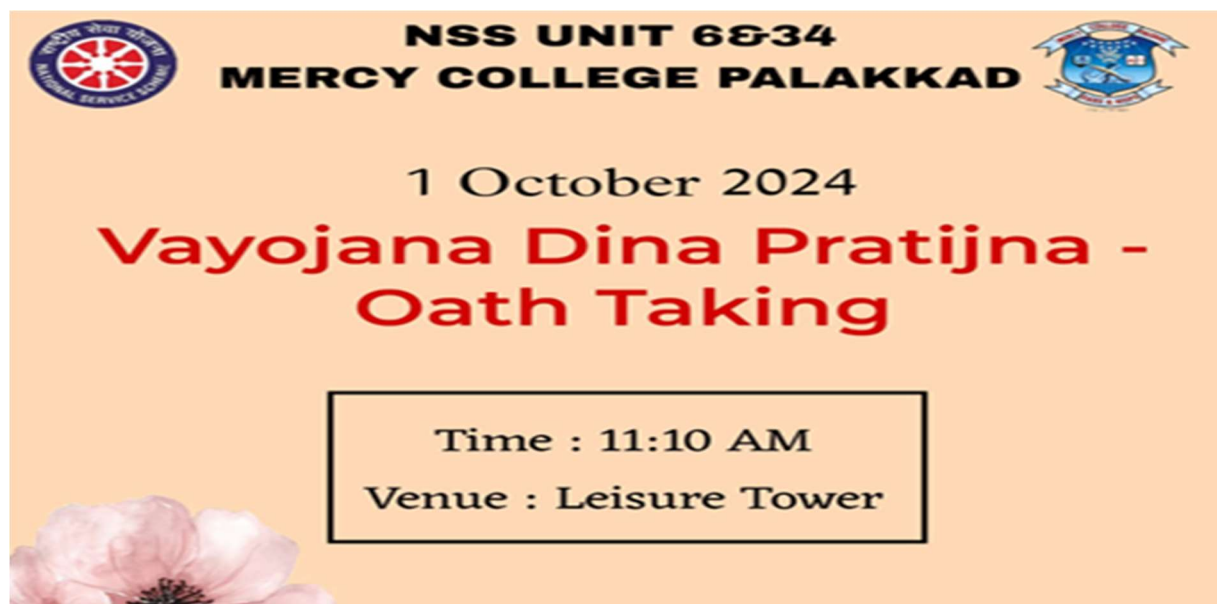
On September 30<sup>th</sup> 2024, NSS Volunteers actively organised a flash mob and awareness programme on “ SAY NO TO SUICIDE”. Slogans on the theme -Every person has intrinsic worth and potential, supporting individuals in their struggles can help them find purpose and meaning in life were written on Placards. Volunteers tried to pass on the message to all the students in the campus.



NSS units organised a Vyojan Dina Pratijna on 1.10.2024 at the Leisure tower. NSS Volunteers took oath and made a promise to always respect not just their



grandparents, but all elders. They affirmed to love, care and respect elders. The oath taking was led by the Volunteer Secretary Ms. Gopika GM.



Mercy College Palakkad NSS unit 06 and 34 organised the Swatchata hi Sewa campaign on 01.10.2024, 02.10.2024. On 01.10.2024, volunteers actively engaged in campus cleaning activity.



On 02.10.2024, the Campaign started with a rally at fort maidan Palakkad followed by cleaning the Tipu's Fort and the premises of the fort by the second year NSS



volunteers. On the same day as part of Swachatha Hi Seva programme 101 first year volunteers of NSS Unit Mercy College have done collection of plastic waste, plucking of grass, garden maintenance and cleaning in the college campus.



Ms. Raniya and Ms. Gayatri attended the training programme for the volunteer secretaries from 1-3 October 2024 held at WMO Arts and Science College

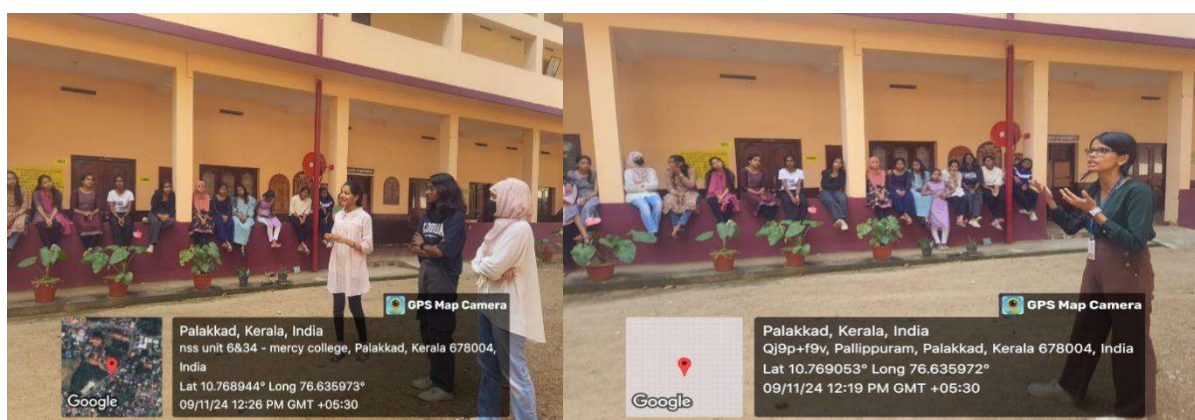
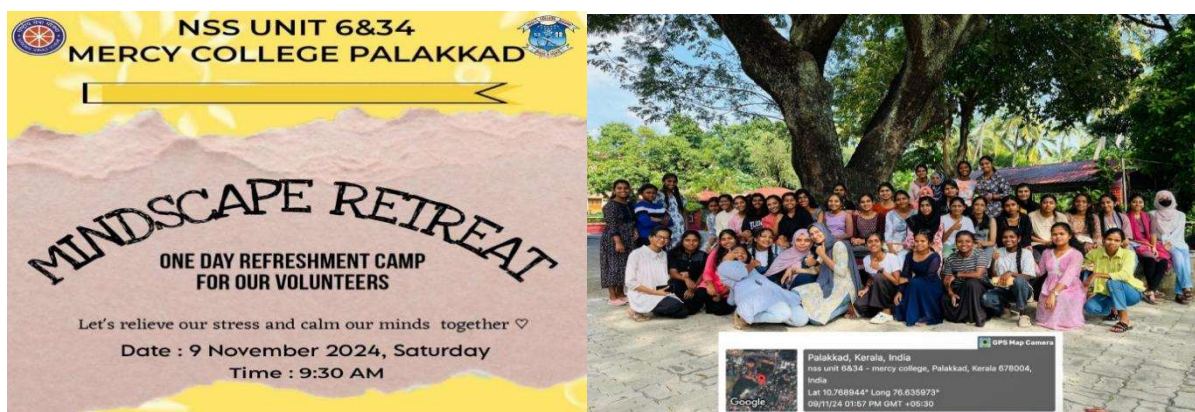


National Service Scheme, University of Calicut organised a one-day workshop and district level Programme Officers Meet on 4.10.2024. Dr. Anu Kuruvilla attended the District Level Programme Officers Meet at Govt. Victoria College Palakkad. NSS regular activities, PFMS details, auditing of NSS accounts, 7 Day Residential Camp Programme etc was discussed in the programme. The programme was inaugurated by Dr. Shihab N.A. Programme Coordinator, University of Calicut. Sessions were handled by Dr. Shihab N.A, Mr. Muhammed Rafeeq Palakkad district Coordinator and Mr. Noufal Muhammed , Malappuram district Coordinator





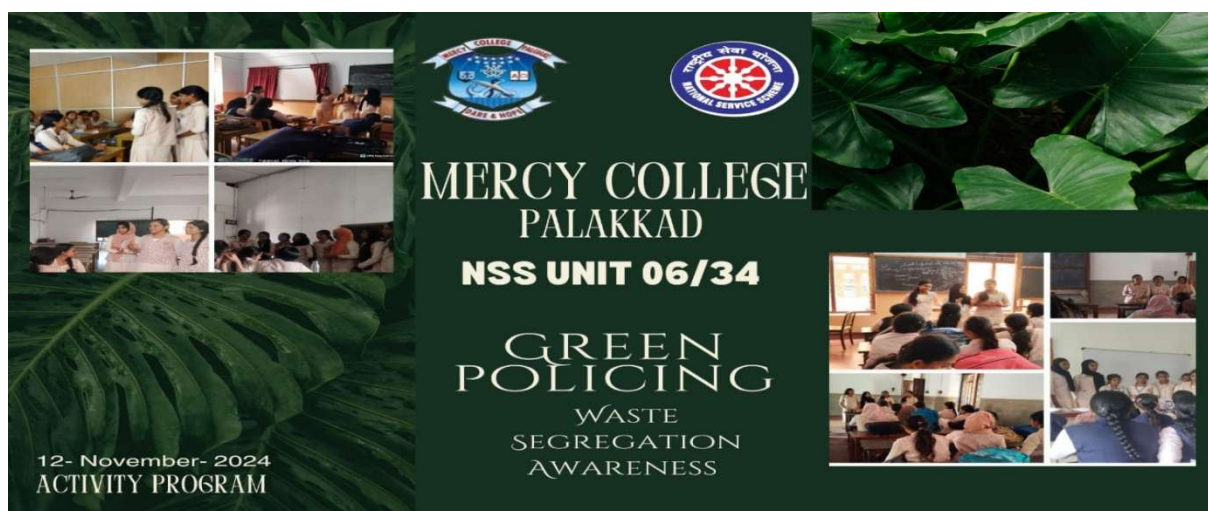
Mindscape retreat was a one-day camp/workshop on 9.11.2024 to remind the volunteers about the importance of taking care of one's mental health and to talk about their feelings and thoughts. The camp began with a fun game session to relieve stress among volunteers. It also posed as an icebreaker and team developing session. Main event was a group discussion organized team-wise. The volunteers talked about various topics and opened up about their mental health issues. Lastly, Volunteers engaged in a cultural program, performing various dances and songs.



NSS volunteers for addressing the waste segregation issue initiated GREEN POLICING . Volunteers of each department informed the First year, second year,



Third year students of their department about the waste segregation issue in the campus. During the lunch break and other break hours volunteers they monitored the waste segregation in the campus.



Every day *One Hour- Campus Cleaning and Beautification* was done by the volunteers. They pluck the grass, cleaned the surroundings, collected plastic wastes, and maintained the garden.





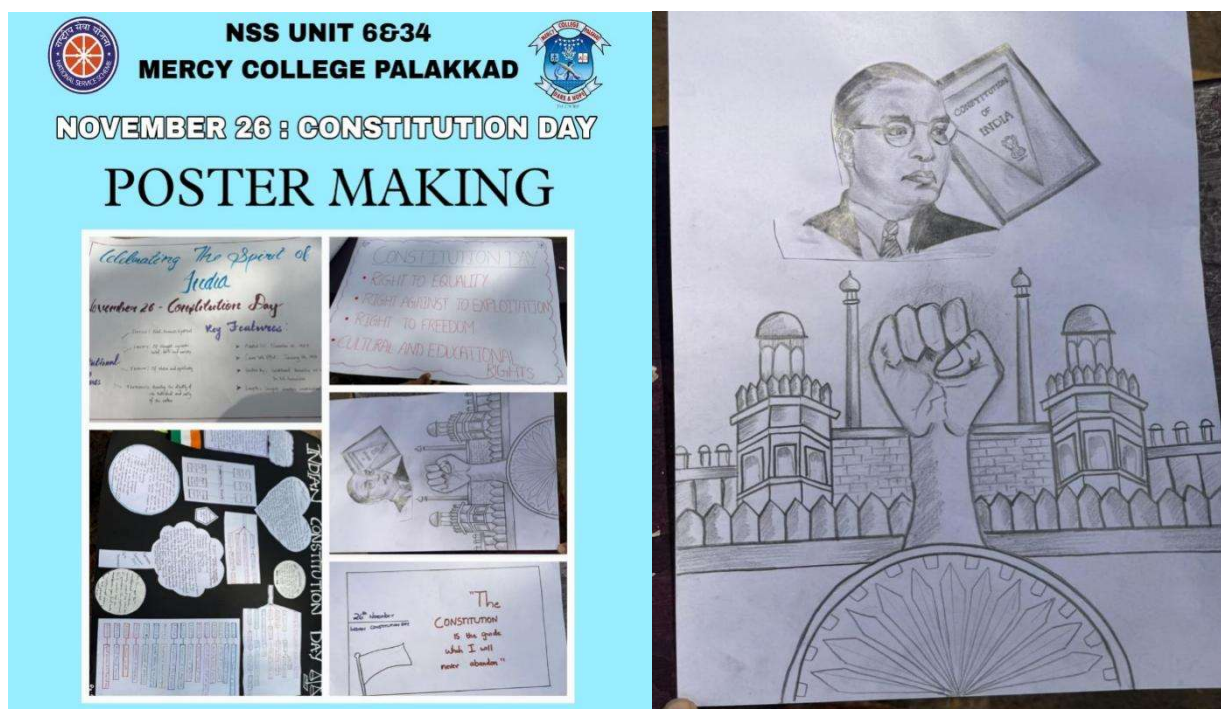


November 26 is celebrated as Samvidhan Diwas (Constitution Day) in order to commemorate the day of the adoption of the Constitution of India. As part of Constitution Day Observance, on 25.11.2024, NSS volunteers conducted “Read the Preamble” programme for the students of the college. The volunteers read the preamble of the constitution in their respective classes and also conducted a discussion on ideals that the Constitution seeks to achieve and the grand objectives and socio-economic goals which are to be achieved through constitutional processes. An Awareness Rally with placards on the need and importance of constitution for a democratic country was also conducted by the NSS volunteers in the campus. NSS volunteers, other students of the college and staff members participated in the programme.





On 26 November 2024, NSS volunteers organised a poster making programme to spread the awareness on the need and importance of constitution.



The State NSS Cell of the Government of Kerala and Kerala State AIDS Control Society jointly organized a one-day training program for NSS Programme Officers at Mercy College in Palakkad on 27/11/2024 . The programme was inaugurated by Dr. R. N.Anzer State NSS Officer, State NSS Cell Govt. of Kerala. In the inaugural address he detailed on the activities and programme NSS units should plan in their institution. Dr. Sr. Jorry T.F. Principal , Mercy College presided over the meeting. In the Keynote Address Dr. Shihab N.A. Calicut University NSS Coordinator suggested on the importance of National Service Scheme in institutions. The welcome address was by Muhammed Rafeek , Palakkad District NSS Coordinator. Sri Brahmanayakam Mahadevan Social Activist and National Level Trainer handled Ice breaking session. Reshmi Madhavan Joint Director Kerala State Aids Control Society elaborated on “Beyond Stigma: Understanding the Social Impacts of HIV/AIDS”, “Combating Misinformation: Educating Communities about HIV/AIDS” and “Activities of Kerala State Aids Control Society”.

Fund collected by the volunteers of Ideal College Cherpulassery, Govt. Victoria College and MES College Mannarkkad for the Snehabhavanam Project – construction of houses for the people of Mundakkai, Chooralmala, Meppadi villages of Wayanad district was handed over to State NSS Officer and Calicut University NSS Coordinator

70 Programme Officers from various educational institutions under University of Calicut, ITI, Technical Cell, KTU, KUHAS, VHSE, DHSE of Palakkad district



participated in the programme. The entire programme was coordinated by Dr. Anu Kuruvilla and Dr. Deepa N., NSS Programme Officers, Mercy College Palakkad



Through the dailies....







On 7/12/2024 first year NSS volunteers actively participated the MIND Trust District Meet Arighe 2.0 - Association of people with Muscular Dystrophy spinal Muscular Atrophy at Vatika Fort Maidan Palakkad. Volunteers provided the best support ie, simply being there to listen to them, validate their feelings and experiences. They helped them access and use mobility aids, such as wheelchairs or walkers, to promote independence. Volunteers also supported the Association in conducting various competitions to the people.

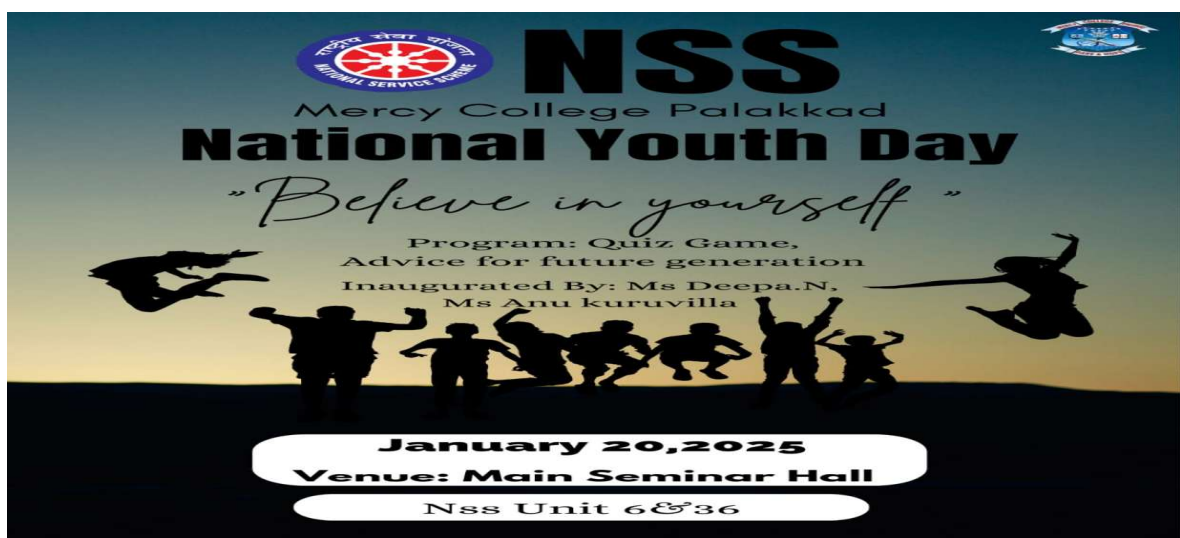






National Youth Day was observed by NSS first year volunteers on 20.01.2025 by arranging quiz and a discussion on various aspects and issues related with the youth.

Quiz that focused on various themes relevant to youth empowerment, rights, and responsibilities. The quiz included questions on historical figures and organisations that influenced youth movements, important youth policies, and contemporary challenges faced by young people today. Following the quiz, the volunteers facilitated a discussion session where participants shared their views on critical issues affecting the youth. The discussion encouraged the youth to express their opinions, brainstorm solutions to challenges they face, and inspire each other to take initiatives for personal and communal growth.





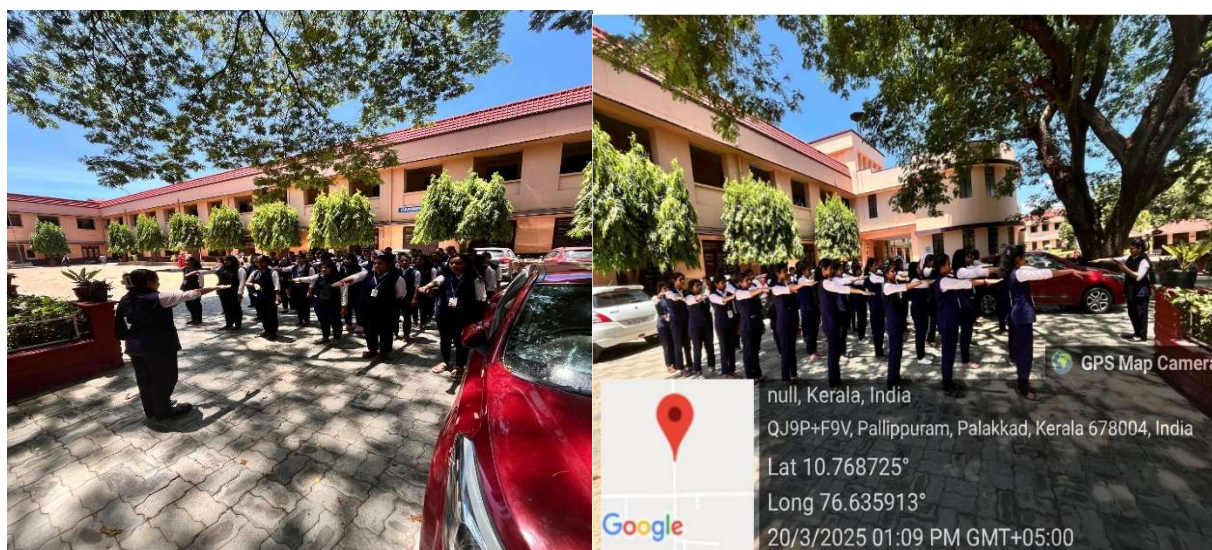


On 26.01.2024, as part of Republic Day Celebration, NSS volunteers participated in the programme organised in the college. Volunteers attended the programme at 8.30 AM in the college, Principal hoisted the flag, gave Republic Day message, students sung the national anthem and sweets were distributed to the students.





On 20.3.2025 National Service Scheme Units organised “Life is Beautiful” an Anti-drug Campaign. Students took oath saying no to drugs. 50 first year volunteers participated in the programme.



On 22.3.2025 volunteers attended World Water Day Programme jointly organised by State Water Department and MIRROR- Centre for Social Change, Wayanad at Govt Victoria College Palakkad. The programme suggested the need for water conservation, and inspired action to tackle the global water crisis. The core focus of World Water Day Programme was to support the achievement of Sustainable Development Goal (SDG) 6: Water and Sanitation for All by 2030.



On 22.3.2025 volunteers observed Earth Hour. Participants were also urged to unplug unused electrical appliances and minimise air conditioning use for one hour, from 8.30 p.m. to 9.30 p.m.



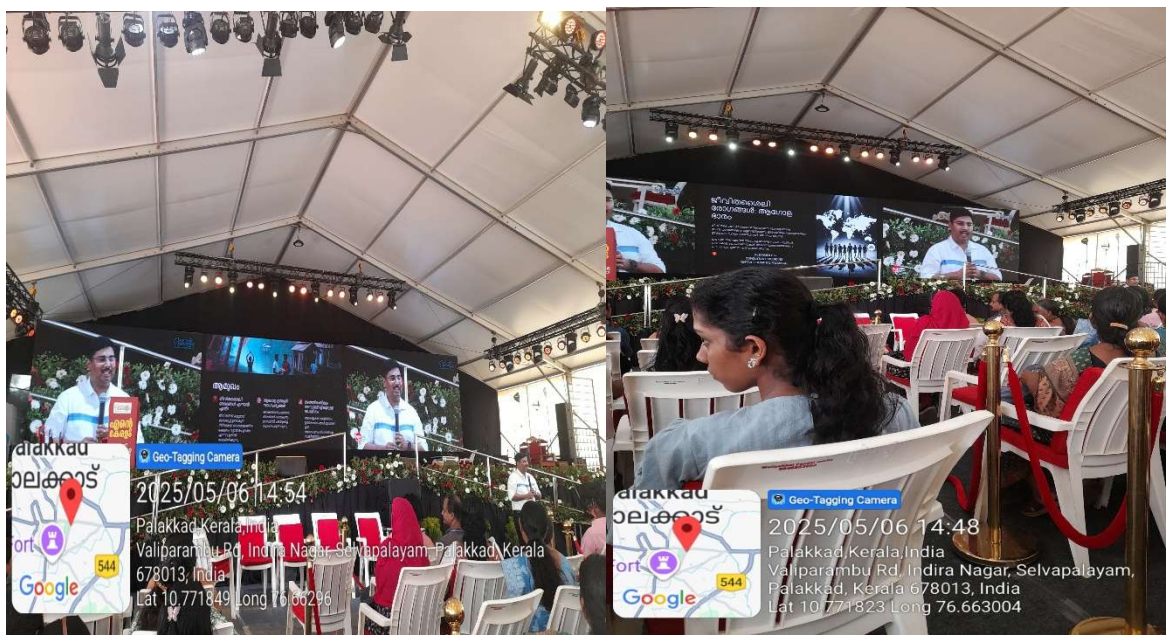


On 25.3.2025, as part of World Water Day, the drinking water pots provided by the organization MIRROR- Centre for Social Change, Wayanad were placed in different areas in the college. This initiative will be of great help to the birds. It will address the drinking water issues of birds during the extreme summer and hot climate of Palakkad.



On 6.5.2025 Twenty volunteers attended a session on lifestyle diseases organised by District Health Department in connection with Ente Keralam Programme at Stadium Ground, Palakkad. Lifestyle diseases are among the leading causes of death worldwide. By adopting healthy habits, individuals can significantly lower their risk of developing conditions like heart disease, diabetes, and stroke, thereby saving lives. The session was very informative suggesting the causes, problems and methods to solve the issues related to lifestyle diseases.





The Palliative Care Unit of District Hospital Palakkad had a stall in the Ente Kerala Exhibition for selling the products produced by Palliative Care patients. From 6.5.2025 to 10.5.2025, Volunteers supported the venture by taking up the task of the sale of the products. Volunteers full time on all the days, took up the initiative of sale of the products. The amount raised from the initiative is of great help to the poor Palliative Care patients.





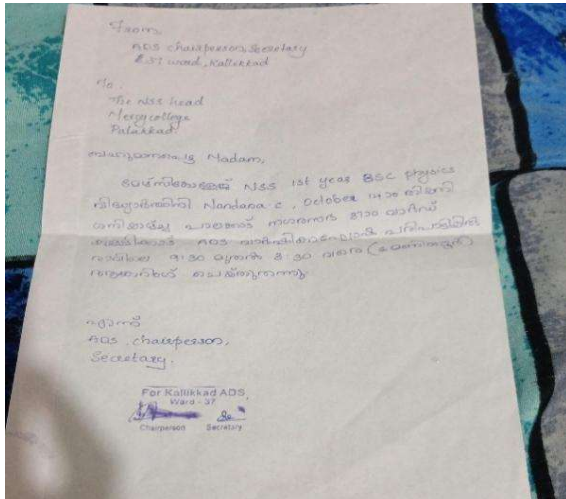
## Volunteering in the Community- *KOODE*

On 30.8.2024, NSS Volunteers handled communicative English classes to the students of LP School Pirayiri Palakkad. The classes were given to the students of class 1,2,3,4. Alphabet, spelling, word, phrases, Question words and sentence construction etc was done through puzzles, games,etc. This has helped the students to enhance vocabulary, improve speaking skills and boost confidence.

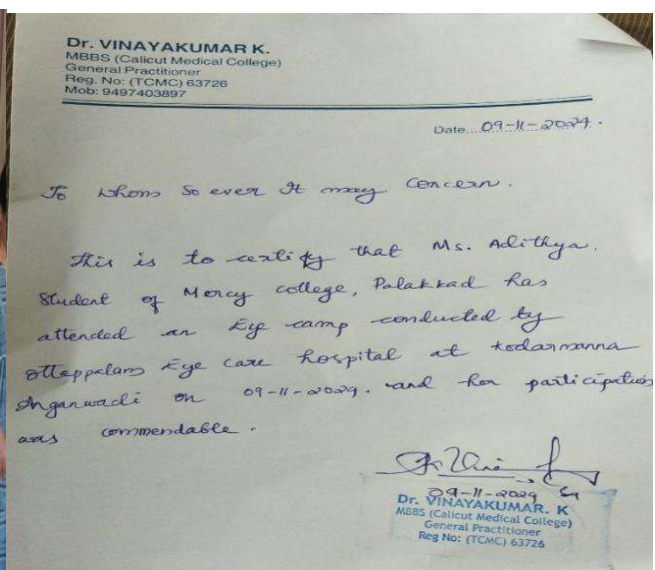


On 14.10.2024 and 19/11/2024 Nandana C of D2 Physics has spent a day at Kallikkad ward no 37 anganavadi. She has rendered her service in the Kallikkad ADS annual celebration of Palakkad municipality ward no 37 anganavadi and teaching the children of anganawadi





On 9/11/2024, Adhithya R II BSc Physics has rendered service in the eye camp organized by Ottappalam Eye Care hospital

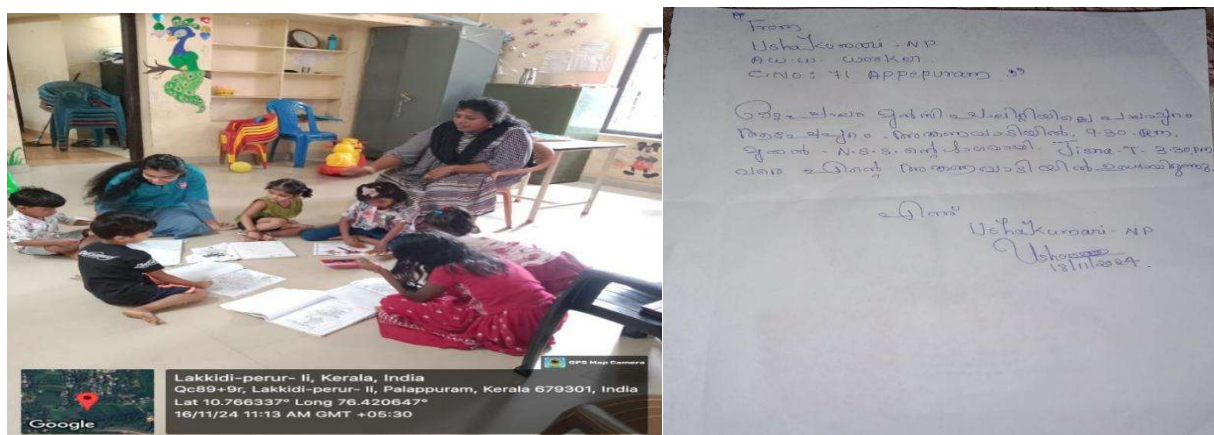




On 15.11.24 and 16.11.24 Akshaya J , Sukrishna M, Anamika M A, Gifty Maria T F of D2 BA English worked together with the officials of Mathur panchayat on offering assistance with their files . They also helped the Staff in adding the details in the computer and organizing the file.



On 16/11/24 (Saturday ), 18/11/24 ( Monday), 19/11/24 (Tuesday ), 20/11/24 (Wenesday) Jisna T of D2 English has volunteered at Palappuram Appeppuram Anganawadi in Ottappalam Municipality. She has worked in the Anganawadi , made children play games, draw pictures, recite English alphabets. On 23/11/24 she taught children Christmas card making, on 7/12/24 making ornament's with leaves, broomstick





On 25/1/25, Ms.Jisna served the Anganawadi by cleaning garden and engaged children with games and on 1/2/25 she taught children Alphabets and numbers. On 22/3/25 she taught children to draw pictures.



On 23.01.2025 an orientation session on Project Ganitham: Empowering Children in Palakkad District was organised in association with Insight for Innovation (NGO). The project aims to provide Social Internship opportunity for the volunteers. As a Social Intern, volunteers will help students build a strong foundation in Mathematics and English and make a meaningful difference in your community and make a positive impact in the lives of students in classes 6-9 in Palakkad district. The orientation session was by Ms.Akshaya K S, Volunteer Development & Project Coordinator and Mr. Akhil J. Community Engagement & Project Coordinator, Insight for Innovation





On 30.1.2025, 31.1.2025, 2.2.2025, 5.2.2025, 7.2.2025, 10.2.2025, 12.2.2025, 14.2.2025, 16.2.2025, 17.2.2025, 19.2.2025, 21.2.2025 volunteers engaged the students of Govt. School Vennakkara, Karnaki Amman High School and Govt. School Pallippuram, Palakkad. The volunteers taught Basic English and Maths to the students of Class IV and IX of these schools. During vacation volunteers gave classes online to the students of these schools.







On 23.5.2025 and 24.5.2025 volunteers served at the Pattancherry Anganawadi Palakkad by helping the staff in preparing the charts, writing information in chart and displaying it on walls. Volunteers helped in making beautiful flowers , and craft items for the children of anganawadi



On 27.5.2025 and 28.5.2025 volunteers served in the Parli Anganawadi, Palakkad by engaging the children with riddles, games, nursery songs. Volunteers also taught alphabets in English and Malayalam.

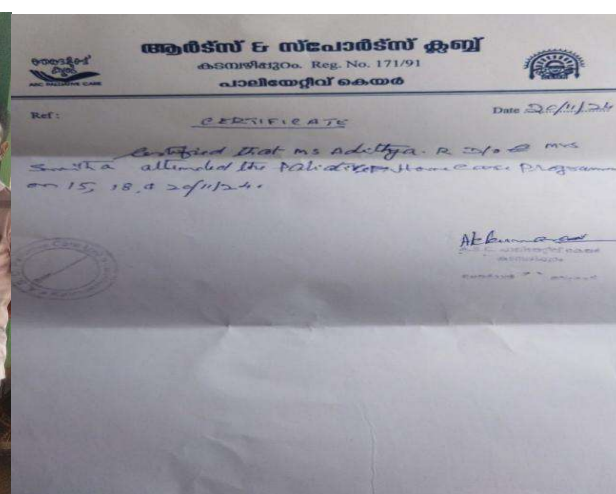
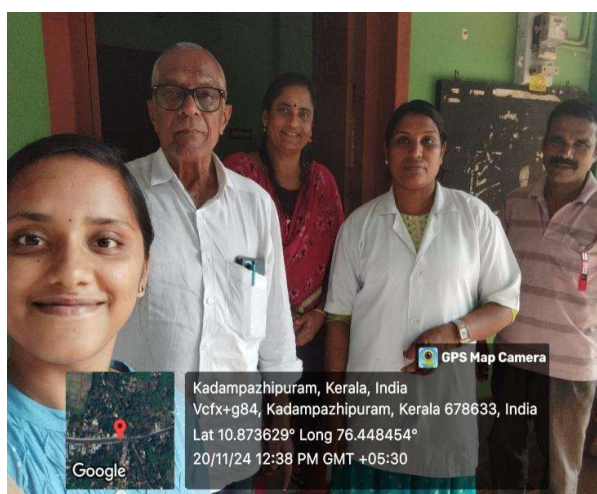
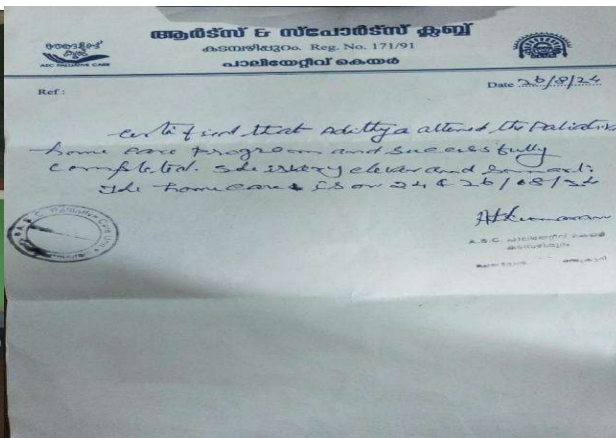


### **NSS Unit -Palliative Care Programme- *Santhwanam***

NSS volunteers participated in the Palliative Care Programme- *Santhwanam*. They gave home care to the needy people associating with their nearby panchayat palliative care units. The initiative has provided relief from pain and other physical symptoms, provided psychosocial and emotional care and also supported the family during the patient's illness.



Adhithya R II BSc Physics has rendered service to the needy patients of Katambazhippuram on 26.8.2024, 15, 18 & 20.11.2024



NSS units decided to organise a training programme on Palliative care in association with the Palliative Care Unit of District Hospital Palakkad . Revathy. V. K, Nursing Officer Palliative Care, District Hospital Palakkad Smitha Susan Jacob Nursing Officer District Hospital Palakkad Smt Dhanya Physiotherapist handled different sessions in the three days Palliative care volunteers training. First batch of 46 volunteers attended the training on 22.2.2025.





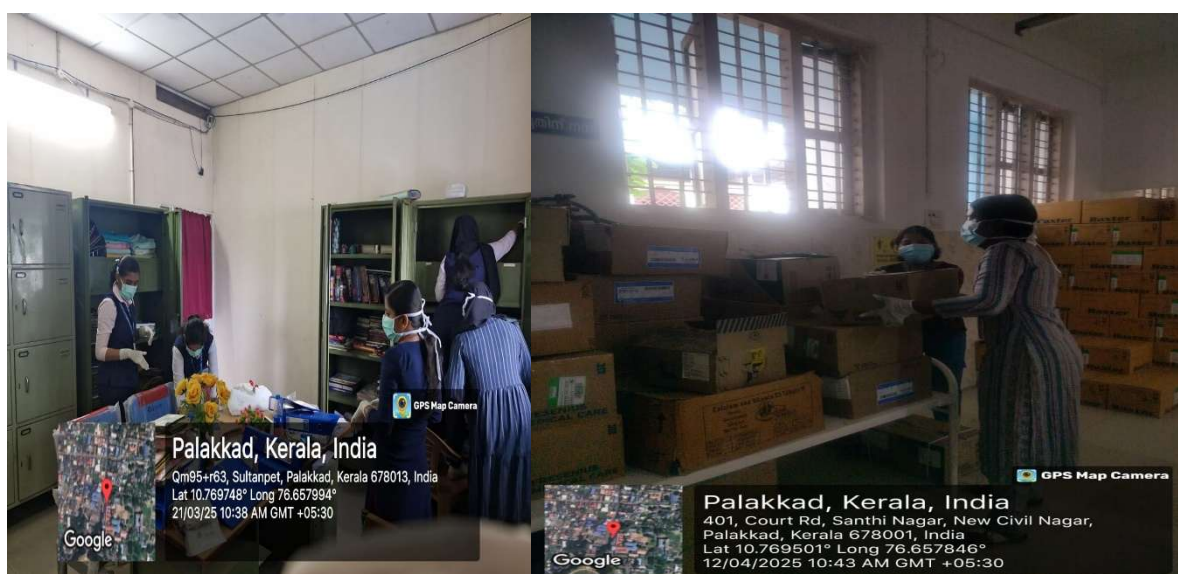
The second batch of 50 students attended the training on 1.3.2025. These volunteers started their home care to different panchayats in Palakkad from 24.2.2025 onwards. The volunteers supported the Officials of Palliative Care Unit of District Hospital Palakkad during April and May and gave necessary help in home care to the patients.







During the month of April and May, volunteers did OP work at District Hospital Palakkad. The volunteers assisted the Staff of District Hospital in recording the data base of the patients, arranging the files of the patients, arranging the medicines and other hospital equipments.





NSS activities 2024-2025 was indeed a success and we thank all who have supported us in the smooth conduct of various programmes. Our sincere thanks to Ministry of Youth Affairs and Sports, Govt. of India, NSS Regional Directorate and State NSS Officer, Govt. of Kerala, NSS Coordinator University of Calicut Dr. N.A.Shihab sir, Palakkad District Coordinator Mr. Rafeek sir, Principal Dr. Sr. Jorry T.F, for all the necessary guidance and support given to us. We also thank all the organisations who have joined with us and helped us in conducting various activities during the year.

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