

# 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 2023-2024**

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The second year NSS volunteers gave a send-off to the existing Programme Officers Ms. Rakhi N.P. and Dr. Priya Varma. Volunteers gave a warm welcome to the new Programme Officers Dr. Anu Kuruvilla and Dr. Deepa N. who took charge of NSS from July 1<sup>st</sup> 2023. Volunteers shared their experience and also gave a brief note on the activities done during their first year.

Second year NSS volunteers were asked to assemble in the seminar hall on 10.7.2023. Action Plan of NSS for the year 2023-24 was discussed in detail. Volunteers came up with the list of activities to be done during the year. 100 second year volunteers participated in the programme.



National Service Scheme Units organised an Anti-drug Campaign on July 13<sup>th</sup>, 2023 in association with Gandhi Darshan Samithi State Committee. The state level campaign was inaugurated by Sri. Ramesh Chennithala MLA, (Former Leader of Opposition, Kerala Legislative Assembly). Second year NSS Volunteers and other college students attended the session “SAY NO TO DRUGS”. Drug use and its dangerous effects was beautifully explained by Sri. Ramesh Chennithala. He said that drugs can harm brain and body, sometimes permanently. 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. Students took oath saying no to drugs. 70 second year volunteers participated in the programme.



**ഗവൺമെൻ്റ് സമിതി സ്റ്റേറ്റ് കമ്മിറ്റി**  
**ജൂലൈ 13 സ്വാഗതം**  
**മുച്ചക് 12.30 ബെൻക്**  
**മേഴ്സി കോളേജ് NSS യൂണിറ്റ്**  
**6, 34 ന് സഹകരണത്തോടെ**  
**സംഘടിപ്പിക്കുന്ന**  
**ഉദ്ഘാടനം**  
**പ്രൊഫ. രമേശ് ചെന്നിത്തല**  
**എൻ. പ്രതിപക്ഷ നേതാവ്**  
**പ്രൊഫ. വി.സി. കബീർ മാസ്റ്റർ**  
**എൻ. എസ്. സമര പ്രതിനിധി**

**Mathrubhumi മാതൃഭൂമി**  
**വിദ്യാർത്ഥികൾ വെല്ലുവിളികളെ**  
**അവസരമാക്കണം - രമേശ് ചെന്നിത്തല**



ഗവൺമെൻ്റ് സമിതി സംസ്ഥാന കമ്മിറ്റി പാലക്കാട് മേഴ്സി കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റുകളുമായി ചേർന്ന് സംഘടിപ്പിച്ച ഓപ്പറേഷൻ മൂൻ പ്രതിപക്ഷനേതാവ് രമേശ് ചെന്നിത്തല എം.എൽ.എ. ഉദ്ഘാടനം ചെയ്യുന്നു.

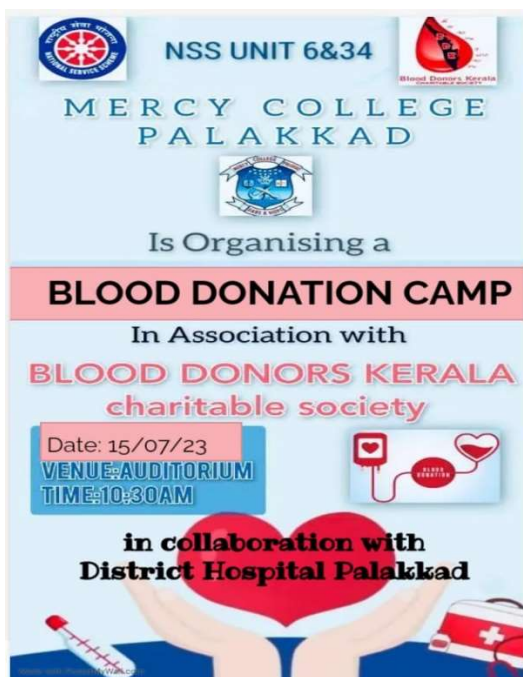
പാലക്കാട് വിദ്യാർത്ഥികൾ വെല്ലുവിളികളെ അവസരമാക്കി മാറ്റണമെന്ന് മുൻ പ്രതിപക്ഷനേതാവ് രമേശ് ചെന്നിത്തല എം.എൽ.എ. പറഞ്ഞു. ഗവൺമെൻ്റ് സമിതി സംസ്ഥാന കമ്മിറ്റി യുടെ ലക്ഷ്യവിദ്യയായ പ്രചാരണത്തിന്റെ സംസ്ഥാനതല ഉദ്ഘാടനം പാലക്കാട് മേഴ്സി കോളേജിൽ നിർവ്വഹിക്കുകയായിരുന്നു അദ്ദേഹം. ജീവിതത്തിൽ ലഹരി ഉപയോഗിക്കില്ലെന്ന് നാം പ്രതിജ്ഞ ചെയ്യണമെന്നും ചെന്നിത്തല പറഞ്ഞു. മേഴ്സി കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റുകളുടെ (6, 34) സഹകരണത്തോടെ സംഘടിപ്പിച്ച പരിപാടിയിൽ ഗവൺമെൻ്റ് സമിതി സംസ്ഥാന പ്രസിഡന്റ് വി.സി. കബീർ അധ്യക്ഷനായി. ജില്ലാ ട്രാസിഡൻ്റ് എം. ഷാജു, കോളേജ് ഓഫീസ് പ്രിൻസിപ്പൽ ഡോ. സിന്ധ്യ എൻ.എം. ബാലി, ഗവൺമെൻ്റ് സമിതി സംസ്ഥാന ഓഫീസ് പ്രസിഡന്റ് പി. ഹരിഗോവിന്ദൻ, സംസ്ഥാന സെക്രട്ടറി വൈജു വടക്കുപുറം, ജില്ലാ ഷനറൽ സെക്രട്ടറി എൻ. രാജൻ, എൻ.എസ്.എസ്. മേഴ്സി കോളേജ് പ്രോഗ്രാം ഓഫീസർ മാറായ ഡോ. എൻ. ദീപ, ഡോ. അനൂ കൃഷ്ണപിള്ള, എൻ.എസ്.എസ്. യൂണിറ്റ് സെക്രട്ടറിമാരായ എസ്. ഐശ്വര്യ, ഐ. കേശിന തുടങ്ങിയവർ സംസാരിച്ചു.

14/07/2023 PALAKKAD Pg 02



National Service Scheme Units 6 & 34 organised a Blood Donation Camp on 15.07.2023 from 10.30 AM onwards in the college auditorium in association with Blood Donors Kerala Charitable Society and in collaboration with District Hospital Palakkad. Blood donation is literally life-saving which helps people. It is also a sign of humanity that unites people irrespective of caste, creed, religion and more. NSS Volunteers, students of the college and also people from outside donated blood and actively participated in the camp. 25 second year volunteers participated in the programme.





A session on health and hygiene was handled by Health Inspector on 26.07.2023. Students were given idea about need of healthy environment, keeping environment clean and tidy especially the Palakkad municipality area. Ms. Sreemathi A., Health Inspector, III Division, Melamuri, Palakkad discussed the need to keep college campus as well as the nearby locality clean. Problems faced by people of the municipality due to poor drainage, unhygienic public toilets, waste management etc was also discussed in the session. 61 second year volunteers participated in the programme.





On 5<sup>th</sup> August, 2023 NSS volunteers participated in a campus cleaning programme. Maintaining a clean college environment sets a good example to students. A clean environment ensures the health and safety and also helps to take pride in the beauty of the college. The second-year volunteers participated actively in the cleaning programme by cleaning the allotted area in the campus. 54 second year volunteers participated in the programme.



NSS units of the college has set a fruit garden Volunteers also did the maintenance work and cleaning of the fruit garden already set in the previous year by NSS units. Its main aim is to protect our nature by planting trees and maintaining it. The fruit trees like mango, pomegranate, lemon, banana, rambutan, guava etc are grown in it and are well maintained by the volunteers. Additional fruit saplings were also planted by the volunteers. 32 second year volunteers participated in the programme.





NSS units decided to conduct a Go Green Campaign in the campus. In association with Lions Club of Palakkad Heritage City, NSS units distributed fruit saplings in the college on 05.08.2023. Fruit saplings were distributed to students, teachers and non-teaching staff of the college. 25 varieties of fruit saplings were distributed with the intention of spreading the idea of making our earth green. 52 second year volunteers participated in the programme.





Orientation to all the first year UG students regarding National Service Scheme , the primary objective of the programme, activities of NSS units in the college, grace marks awarded , need for developing the personality and character of the student youth through voluntary community service was given by the NSS Programme Officers as well as NSS Volunteer Secretary from the third year Degree Programme on 07.08.2023. Benefits of being a NSS Volunteer was elaborated to the students. Students were asked to think and inform the Programme Officers if they are interested in joining NSS.



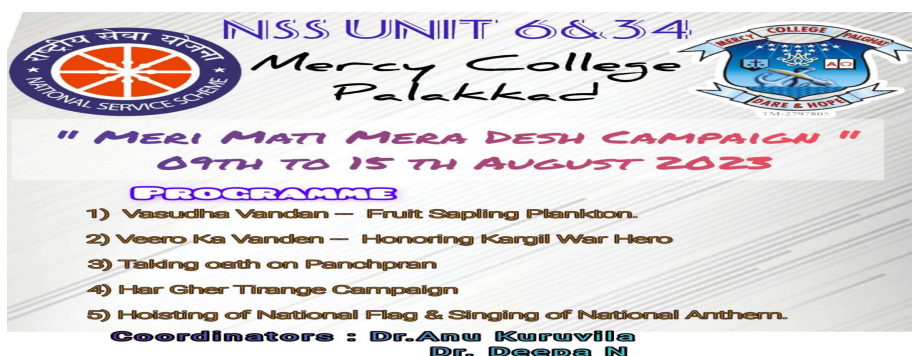
### Meri Mati Mera Desh Campaign- 9<sup>th</sup> to 15<sup>th</sup> August 2023

The nationwide "Meri Mati Mera Desh" Campaign was launched as a tribute to the valiant individuals who sacrificed their lives for the nation. The campaign marks the culmination of the 'Azadi Ka Amrit Mahotsav', which began in 2021. The 'Meri Mati Mera Desh' campaign is an idea to celebrate India's soil and valour. And the different events or activities to enhance interaction & promote mutual understanding between people of different states/UTs are

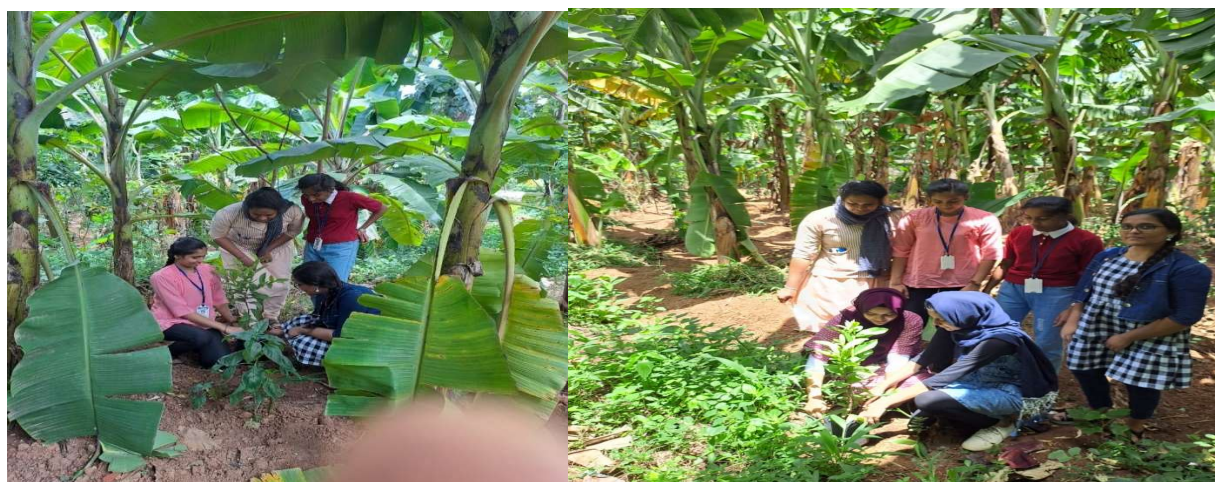
1. Dedication of Shilaphalakam-installation of the nameplate of Veers
2. Taking the Panch Pran Pledge

3. Vasudha Vandan creation of Amrit Vatika with 75 saplings of indigenous trees
4. Veeron Ka Vandan honouring freedom fighters/braves who protect the nation and families of braves
5. Hoisting of the National Flag and singing of National Anthem.

The NSS units decided to conduct different activities under the auspices of 'Meri Mati Mera Desh' campaign in the campus.



NSS units organised Vasudha Vandan by the maintenance of Fruit Garden with 26 saplings plantation. Fruit saplings were planted in the garden by the volunteers on 09.08.2023. The "Vasudha Vandan" programme aimed to promote unity and inclusivity, emphasizing the importance of a harmonious society. 21 second year volunteers participated in the programme.



Veeron Ka Vandan- "the nationwide campaign will celebrate the achievements of the nation and Bravehearts." The initiative aims to honour the nation's heroes. NSS units decided to honour a Kargil war hero from Palakkad Ex Hav. Radhakrishnan C.V MEG Indian Army. Sri. Radhakrishnan C.V. is the only person in Palakkad who survives now after injury in Kargil War. On 14.08.2023, Sri. Radhakrishnan C.V. shared his duty and life in Indian Army, elaborated the Kargil war experience with the students and also discussed about the job opportunities in India Army. College Vice Principal Dr. Sr. N.M. Louly honoured Ex Hav. Radhakrishnan C.V.



with a shawl and memento. 62 second year volunteers participated in the programme.



The NSS units initiated the pledge on 14.08.2023 to uphold the ideals of Panch Pran, which include fostering national development, eradicating the mindset of subservience, embracing our rich heritage, promoting unity and solidarity, fulfilling civic duties, and showing respect to the defenders of the nation. NSS volunteers and other students of the college, teachers and non-teaching staff members participated in the programme and took Panch Pran oath. 97 second year volunteers participated in the programme.





On 15<sup>th</sup> August 2023 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.

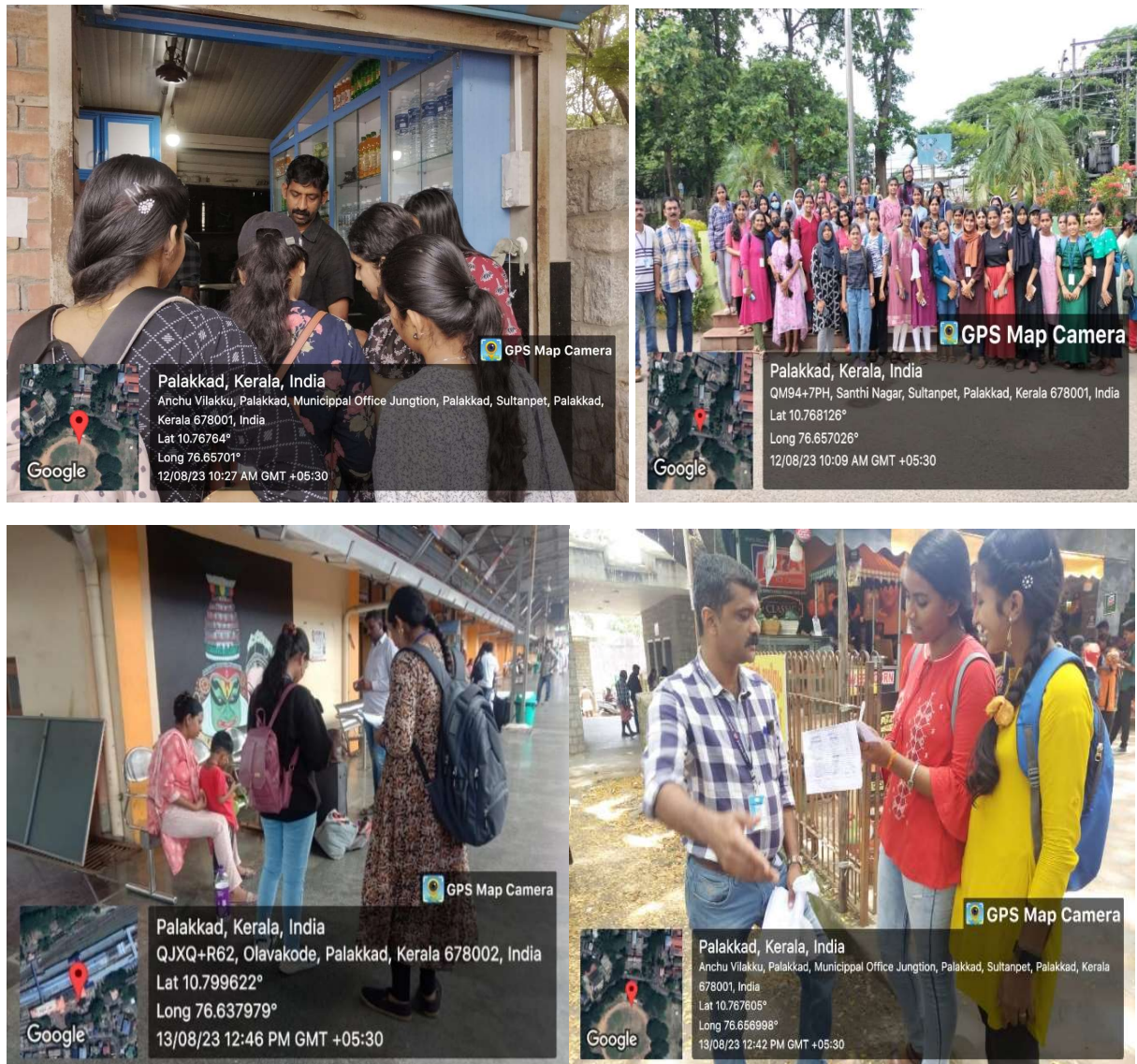


‘Har Ghar Tiranga’ is a campaign under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the 75<sup>th</sup> year of India’s independence. Bringing the flag home collectively as a nation in the 75<sup>th</sup> year of independence becomes symbolic of not only an act of personal connection to the Tiranga but also an embodiment of our commitment to nation-building. On 15<sup>th</sup> August 2023, NSS volunteers celebrated Independence Day by actively participating 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 12.08.2023, 13.08.2023 and 25.08.2023 NSS Volunteers participated in the Swachh Sarvekshan 2023 One Citizen One Feedback survey organised by Palakkad Municipality. The survey has been instrumental in fostering a spirit of healthy competition among towns and cities to improve their service delivery to citizens and towards creating cleaner cities.



Students accompanied the Health inspectors of the municipality and collected the details regarding urban sanitation and cleanliness from the people of the municipal area. Through the participation in the survey, Volunteers could encourage large scale citizen participation and could create awareness amongst all sections of society about the importance of working together towards making towns and cities better places to reside in. 92 second year volunteers participated in the programme.





First year students interested in joining NSS were asked to assemble in the auditorium on 08.09.2023. A discussion on the activities under NSS was discussed again with the students. Screening of students was done and a final list of students as volunteers for NSS was prepared by the Programme Officers.

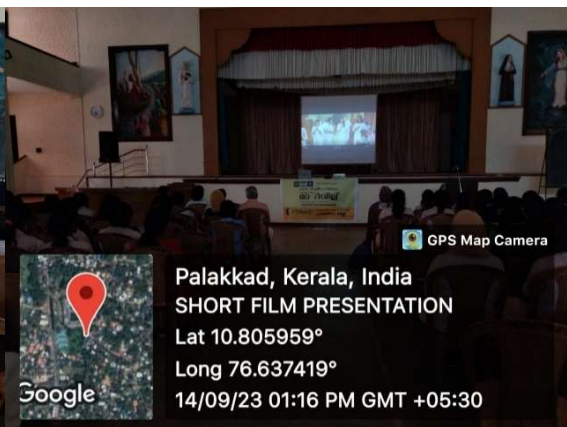


A personality development session was organised on 12.09.2023 for the first year NSS volunteers. The session was organised in association with Holy family college of Education for Women, Koduvayur. Ms. Reo July Jipsa, Assistant Professor Holy Family College of Education for Women, Koduvayur handled a wonderful session titled “What Defines you as a Person” for the volunteers. The session was very informative and helped to identify strengths, weaknesses, opportunities, and threats of the students. It provided them with insights and suggestions on how to improve their performance and achieve your goals. 91 first year volunteers participated in the programme.





National Eye Donation Fortnight has been observed annually between August 25th to September 8th throughout the country to raise awareness about the importance of eye donation and debunk the myths surrounding it. Mercy College NSS Units organised an Eye Donation awareness programme on 14.09.2023 in association with Sakshama (Samadrishti Kshamathavikas Mandal) Kerala an organization working for physically challenged. Mr Prakash, Secretary, Sakshama, Palakkad and Mr Sasi Kumar, Member, Sakshama State Committee gave a briefing on the importance of organ donation to the students. A short film “Mayaatha Marivillu” which highlights on the importance and need of eye donation was screened for the students. 100 second year volunteers and 112 other students of the college participated in the programme.



The theme for Swachhata Hi Seva 2023 is “Garbage Free India”. On 23.09.2023 and 24.09.2023, 70 first year NSS volunteers participated in the campus cleaning activity as part of the Swachhata Hi Seva 2023 programme. They participated actively in the cleaning programme by cleaning the allotted area in the campus. Students also took swachhta pledge deciding to clean surroundings and make India great.





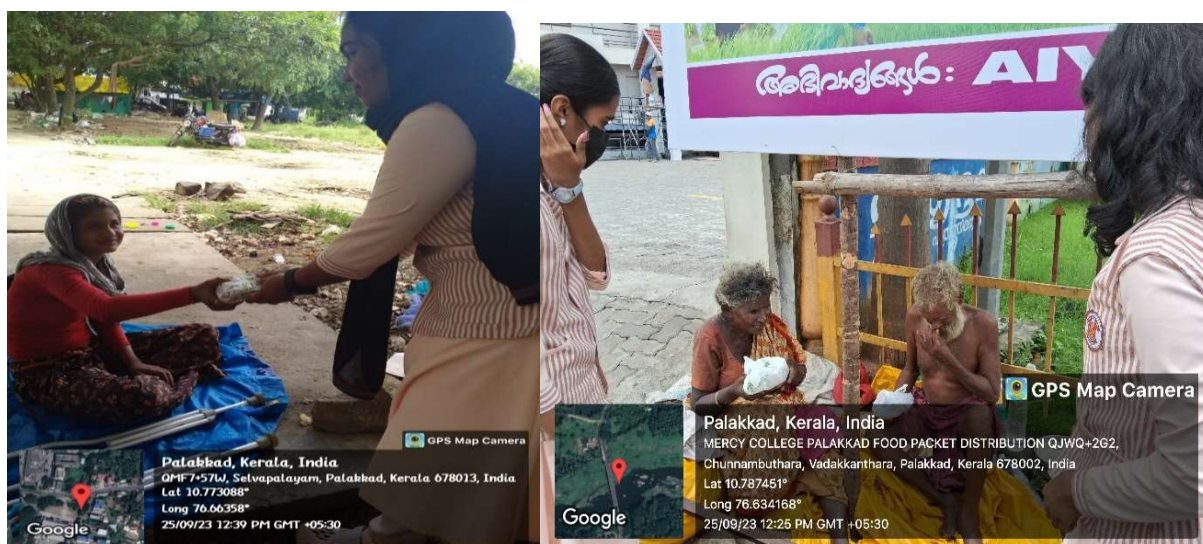


September 24 is observed as NSS Day. Mercy College NSS units 06,34 decided to celebrate NSS day by arranging a food packet distribution programme on 25<sup>th</sup> September and a visit to nearby old age home on 29<sup>th</sup> September, 2023.

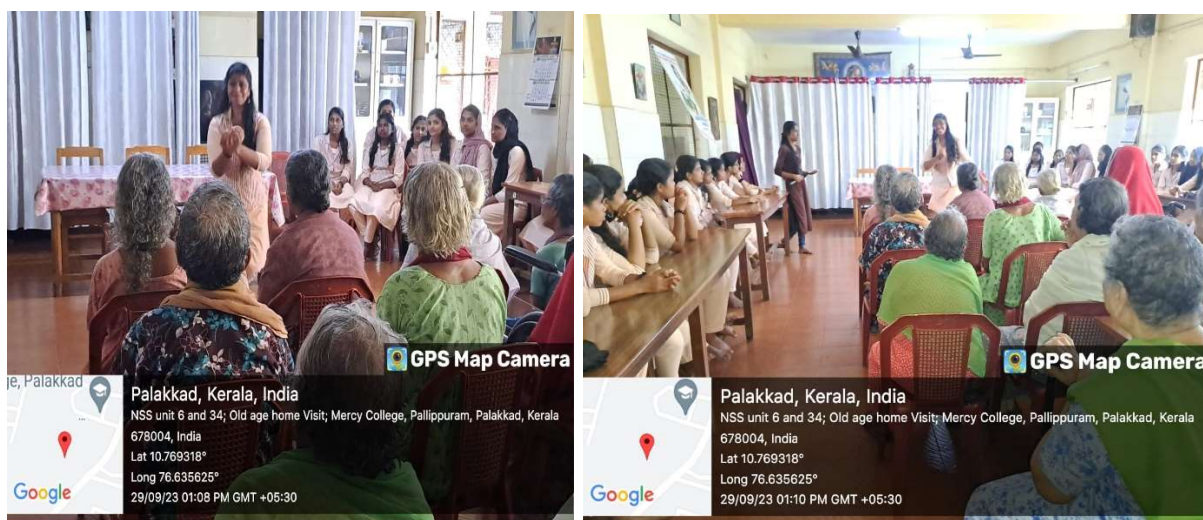
On 25.09.2023, First year NSS volunteers were asked to bring food packets from home. Students brought food packets. 102 food packets were distributed by the students to the needy people in the street near Town bus stand and Palakkad railway station. Feeding the homeless is important because people are left with relatively limited or poor-quality food choices and moreover the homeless may not have food without this. The initiative took a bite out of hunger of the people in the Palakkad municipality area.







On 29.09.2023, First year NSS volunteers visited Mercy Home – Home for the Old Aged and Destitute women at 12.20 PM. CMC sisters are rendering their services whole-heartedly to the Destitute and Aged women. They have succeeded in making them lead a life of love and peace. Volunteers entertained the inmates by singing and dancing which made them really happy. Volunteers also handed over the amount collected from the college for the purchase of essentials to the inmates.



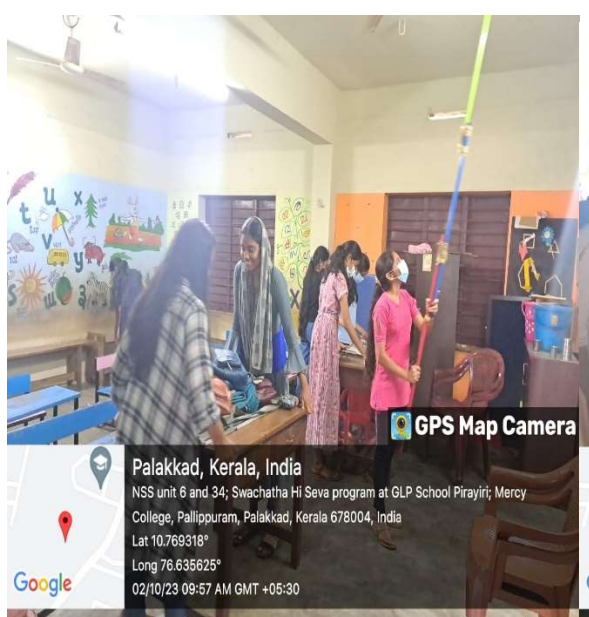
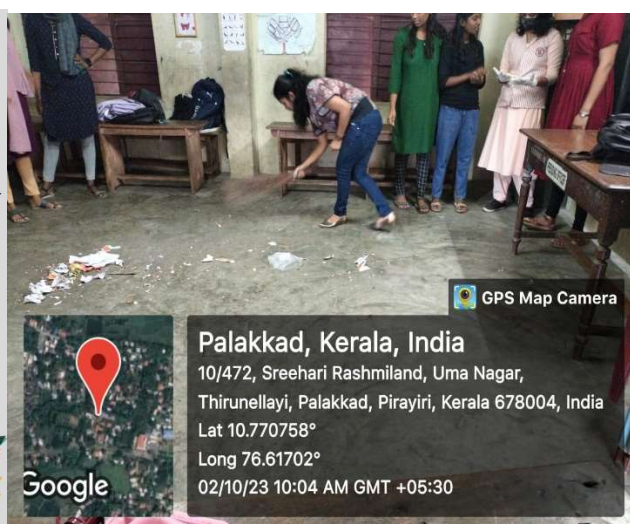


On 01.10.2023 first year and second year NSS volunteers participated in the cleaning drive campaign- Shramadan from 10 AM to 11 AM at Palakkad Railway Junction (Olavakkode). The programme intended to spread the message by Mahatma Gandhiji- Be your own Scavenger. The volunteers actively participated in the drive by cleaning the area allotted to them. They were given certificates by Indian Railway for their participation.



On 02.10.2023 as part of Gandhi Jayanthi celebrations, Mercy College NSS units in association with Lions club of Palakkad heritage city organised Swachhata Hi Seva 2023 programme at Pirayiri School Palakkad. First year NSS volunteers participated actively in the cleaning programme by cleaning the class rooms and surroundings of the school.





In the global fight against breast cancer, October is a month of unity, strength, and the unmistakable hue of pink. Breast Cancer Awareness Month is an annual international health campaign observed in October. The primary objective of this month-long campaign is to raise awareness about breast cancer, promote early detection, support those affected by the disease. Recognized as World Breast Cancer Awareness Month, this campaign is a rallying cry for education, support, and action. Mercy College NSS Units in association with Janamaithri Police and Thankam Hospital Palakkad organised a Breast Cancer awareness programme . On 5.10.2023, the session was handled by Dr.M.Ponraj, MBBS, MD, DM(JIPMER),ECMO, Consultant Medical oncologist who is attached to Thangam Cancer Centre, Palakkad for the past 6 years and who is interested in treating all type of cancer patients in and around Palakkad. The session was very informative and Dr.M.Ponraj cleared all the doubts of the students regarding breast cancer.







**Khadi For Nation, Khadi For Fashion**

## Khadi Mahotsav

2nd October to 31st October, 2023

**Buy Khadi & Local Products  
Be Vocal For Local**

**Attractive Awards, Many Competitions**

- Selfie with Khadi
- Elocution contest
- Essay writing competition
- Video Game making contest
- Creative Film contest
- Street Play contest
- Jingle making contest
- Slogan writing contest

E-pledge    Quiz contest

**Special Attraction for Students and Youth**

To participate and win, go to **myGov** and Scan

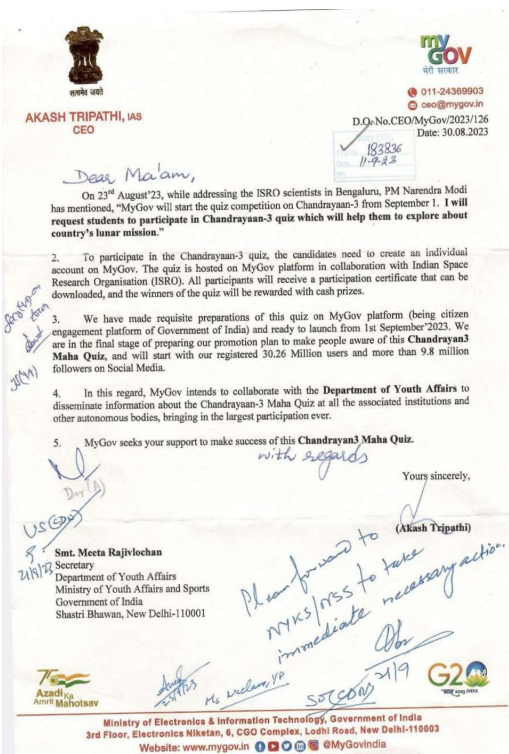
Visit: [www.kvic.org.in](http://www.kvic.org.in) or [www.myGov.in](http://www.myGov.in)



**SALE** On the occasion of Khadi Mahotsav upto 20% discount on Khadi Products and 10% discount on Village Industries Products at Selected Sales Outlets

<p><b>Certificate OF PARTICIPATION</b> Proudly presented to <i>Junigorge</i></p> <p>Successfully completing the Khadi Mahotsav acknowledge your efforts. Keep participating</p> <p>Khadi and Village Industries</p>	<p><b>Certificate OF PARTICIPATION</b> Proudly presented to <i>Sri Lakshmi</i></p> <p>Successfully completing the Khadi Mahotsav acknowledge your efforts. Keep participating</p> <p>Khadi and Village Industries</p>	<p><b>Certificate OF PARTICIPATION</b> Proudly presented to <i>Anamika</i></p> <p>Successfully completing the Khadi Mahotsav acknowledge your efforts. Keep participating</p> <p>Khadi and Village Industries</p>
<p><b>Certificate OF PARTICIPATION</b> Proudly presented to <i>Anuradha</i></p> <p>Successfully completing the Khadi Mahotsav acknowledge your efforts. Keep participating</p> <p>Khadi and Village Industries</p>	<p><b>Certificate OF PARTICIPATION</b> Proudly presented to <i>Kartika</i></p> <p>Successfully completing the Khadi Mahotsav acknowledge your efforts. Keep participating</p> <p>Khadi and Village Industries</p>	<p><b>Certificate OF PARTICIPATION</b> Proudly presented to <i>Anaswaraj</i></p> <p>Successfully completing the Khadi Mahotsav acknowledge your efforts. Keep participating</p> <p>Khadi and Village Industries</p>
<p><b>Certificate OF PARTICIPATION</b> Proudly presented to <i>Parvita</i></p> <p>Successfully completing the Khadi Mahotsav acknowledge your efforts. Keep participating</p> <p>Khadi and Village Industries</p>	<p><b>Certificate OF PARTICIPATION</b> Proudly presented to <i>Ranjithap</i></p> <p>Successfully completing the Khadi Mahotsav acknowledge your efforts. Keep participating</p> <p>Khadi and Village Industries</p>	<p><b>Certificate OF PARTICIPATION</b> Proudly presented to <i>Vrindha R</i></p> <p>Successfully completing the Khadi Mahotsav acknowledge your efforts. Keep participating</p> <p>Khadi and Village Industries</p>

Department of Youth Affairs and My Gov. jointly organised a quiz competition on Chandrayaan -3 from September 1<sup>st</sup> 2023. NSS volunteers participated in the Chandrayaan -3 quiz to explore about country's lunar mission



**AKASH TRIPATHI, IAS**  
CEO  
myGov

D.O.No.CEO/MyGov/2023/126  
Date: 30.08.2023

182336  
11-9-23

Dear Ma'am,

On 23<sup>rd</sup> August '23, while addressing the ISRO scientists in Bengaluru, PM Narendra Modi has mentioned, "MyGov will start the quiz competition on Chandrayaan-3 from September 1. I will request students to participate in Chandrayaan-3 quiz which will help them to explore about country's lunar mission."

2. To participate in the Chandrayaan-3 quiz, the candidates need to create an individual account on MyGov. The quiz is hosted on MyGov platform in collaboration with Indian Space Research Organisation (ISRO). All participants will receive a participation certificate that can be downloaded, and the winners of the quiz will be rewarded with cash prizes.

3. We have made requisite preparations of this quiz on MyGov platform (being citizen engagement platform of Government of India) and ready to launch from 1st September 2023. We are in the final stage of preparing our promotion plan to make people aware of this Chandrayaan-3 Maha Quiz, and will start with our registered 30.26 Million users and more than 9.8 million followers on Social Media.

4. In this regard, MyGov intends to collaborate with the Department of Youth Affairs to disseminate information about the Chandrayaan-3 Maha Quiz at all the associated institutions and other autonomous bodies, bringing in the largest participation ever.

5. MyGov seeks your support to make success of this Chandrayaan-3 Maha Quiz.

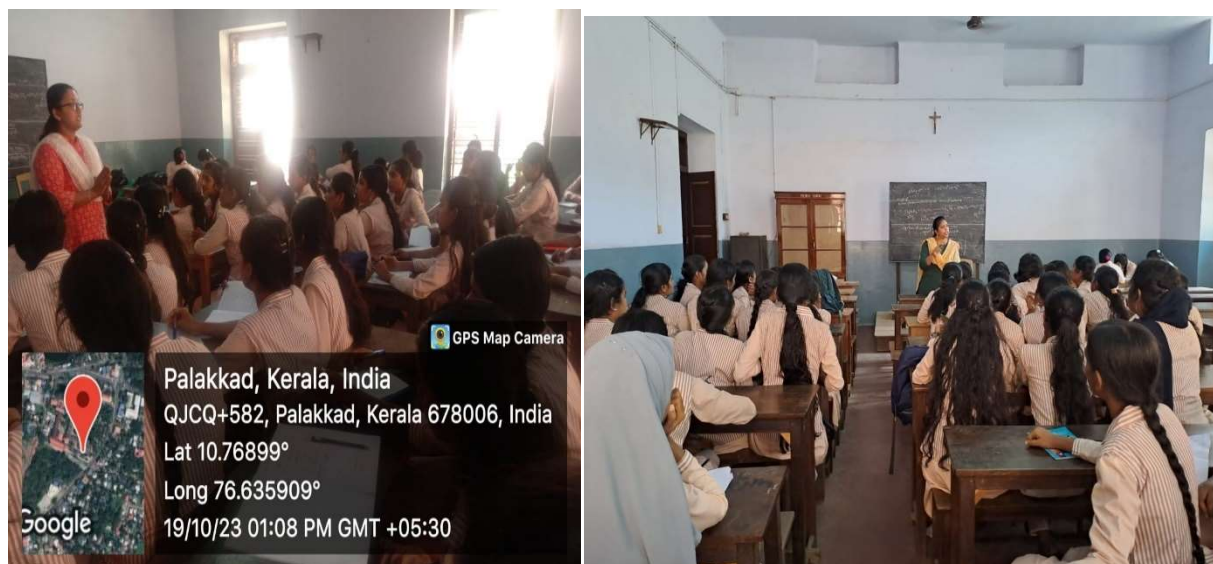
Yours sincerely,  
(Akash Tripathi)

Smt. Meeta Rajivlochan  
Secretary  
Department of Youth Affairs  
Ministry of Youth Affairs and Sports  
Government of India  
Shastri Bhawan, New Delhi-110001

Ministry of Electronics & Information Technology, Government of India  
3rd Floor, Electronics Niketan, 6, CGO Complex, Lodhi Road, New Delhi-110003  
Website: [www.mygov.in](http://www.mygov.in) @MyGovIndia

<p><b>Certificate OF PARTICIPATION</b> MyGov congratulates <i>Vidhi</i></p> <p>Successfully completing the Chandrayaan - 3 Maha Quiz We acknowledge your efforts. Keep participating</p> <p>CHANDRAYAAN-3 MAHAQUIZ</p>	<p><b>Certificate OF PARTICIPATION</b> MyGov congratulates <i>Rafaeel P S</i></p> <p>Successfully completing the Chandrayaan - 3 Maha Quiz We acknowledge your efforts. Keep participating</p> <p>CHANDRAYAAN-3 MAHAQUIZ</p>	<p><b>Certificate OF PARTICIPATION</b> MyGov congratulates <i>SREYAS</i></p> <p>Successfully completing the Chandrayaan - 3 Maha Quiz We acknowledge your efforts. Keep participating</p> <p>CHANDRAYAAN-3 MAHAQUIZ</p>
<p><b>Certificate OF PARTICIPATION</b> MyGov congratulates <i>Nisha R</i></p> <p>Successfully completing the Chandrayaan - 3 Maha Quiz We acknowledge your efforts. Keep participating</p> <p>CHANDRAYAAN-3 MAHAQUIZ</p>	<p><b>Certificate OF PARTICIPATION</b> MyGov congratulates <i>Ana Maria Rijn</i></p> <p>Successfully completing the Chandrayaan - 3 Maha Quiz We acknowledge your efforts. Keep participating</p> <p>CHANDRAYAAN-3 MAHAQUIZ</p>	<p><b>Certificate OF PARTICIPATION</b> MyGov congratulates <i>Ajitha K S</i></p> <p>Successfully completing the Chandrayaan - 3 Maha Quiz We acknowledge your efforts. Keep participating</p> <p>CHANDRAYAAN-3 MAHAQUIZ</p>
<p><b>Certificate OF PARTICIPATION</b> MyGov congratulates <i>Anvita Mittal Kumar</i></p> <p>Successfully completing the Chandrayaan - 3 Maha Quiz We acknowledge your efforts. Keep participating</p> <p>CHANDRAYAAN-3 MAHAQUIZ</p>	<p><b>Certificate OF PARTICIPATION</b> MyGov congratulates <i>Gayatri</i></p> <p>Successfully completing the Chandrayaan - 3 Maha Quiz We acknowledge your efforts. Keep participating</p> <p>CHANDRAYAAN-3 MAHAQUIZ</p>	<p><b>Certificate OF PARTICIPATION</b> MyGov congratulates <i>Prasanna I</i></p> <p>Successfully completing the Chandrayaan - 3 Maha Quiz We acknowledge your efforts. Keep participating</p> <p>CHANDRAYAAN-3 MAHAQUIZ</p>

On 19.10.2023 a meeting of the second year NSS volunteers were conducted in the seminar hall at 12.50 pm to discuss on the activities to be done in the next months, working hours to be completed , submission of NSS diary to programme officers and special camp to be organised in December 2023. The volunteers discussed with programme officers Dr. Anu Kuruvilla and Ms. Vini and decided all the activities for the coming months.



On 21.10.2023 Dr. Anu Kuruvilla (Programme Officer) participated in the meeting organised jointly by Palakkad Nagarasabha and Health Department under the auspices of Malinya Muktha Nava Keralam Campaign regarding the beautification of garbage vulnerable points in Palakkad Municipality- (Sneharamam Project). In the meeting 3 areas- Mercy College Round, Jayamatha Hostel Premises and Big Baazar Bus Stand was allotted for beautification and maintenance to Mercy College NSS volunteers.

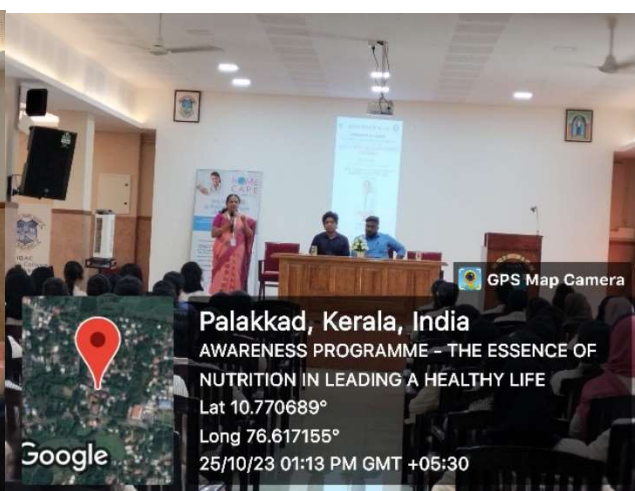
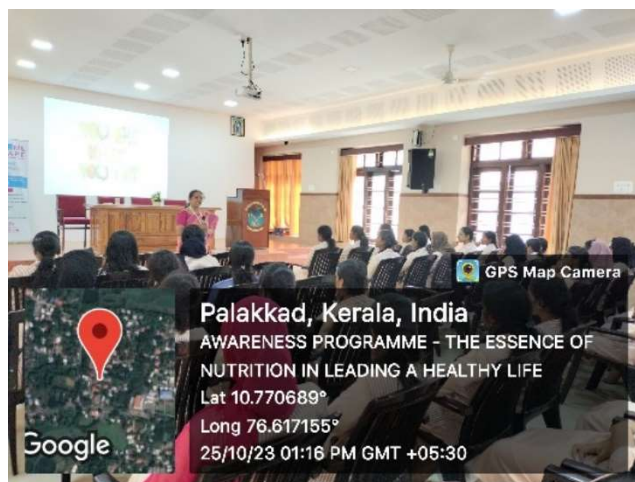
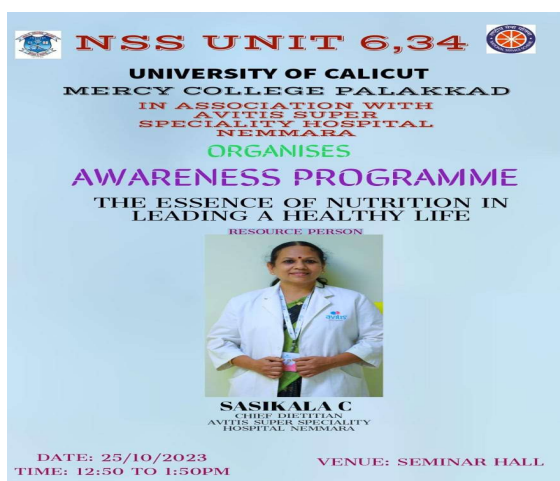




Every Saturday 5 NSS volunteers participate in the College library arrangement and cleaning activity. NSS volunteers assist library staff in continuous monitoring of the stack room, displaying of new material on the display racks and arrangement of the books and periodicals on the shelves after use. 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.



Considering the health related issues in adolescent girls, NSS Units decided to organise a health awareness programme in association with Avitis Super Speciality Hosplital Nemmara Palakkad. On 25.10.2023, a session on “ The essence of nutrition in leading a healthy life” was handlesd by Smt. Sasikala A.C. Chief Dietician to the students. The session was very informative and coverd all aspects related to healthy and unhealthy food choices, balanced diet,obesity, anemia, PCOD/PCOS, dietary modification, immunity boosters and physical activity required. Smt. Sasikala also gave answers to all the doubts and querries raised by students.



Mercy College, Palakkad National Service Scheme Units-06 & 34 in association with Lions Club of Palakkad Heritage City and Aravind Eye Hospital, Coimbatore organised a free Eye test and Cataract Surgery Camp on 04th November 2023 in the College Auditorium. The Camp was organised to identify and address eye related issues in the community 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 more than 190 persons by doing eye testing and screening and with 20 persons selected for free cataract surgery. The Camp was inaugurated by Dr. Sr. Jorry T.F., Principal, Mercy College, Presidential address was by CA Vinoj Menon, President, Lions Club of Palakkad Heritage City. Smt. Mini Babu, Ward Councillor, CA Harish, Former President, Lions Club of Palakkad Heritage City and Mr. Selvam PRO, Aravind Eye Hospital, Coimbatore felicitated the programme. The Camp was led by a team of doctors, nurses and technicians from Aravind Eye Hospital, Coimbatore. 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 cataract surgery was done successfully on 5<sup>th</sup> November 2023 for 20 people.





<https://www.thecampuslifeonline.com/2023/11/eye-test-and-cataract-surgery-camp-on.html> [www.TheCampusLifeOnline.com](http://www.TheCampusLifeOnline.com)

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 24.11.2023, 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. NSS volunteers, other students of the college and staff members participated in the programme.



On 25.11.2023, Women and Child Development , Govt. of Kerala organised “ Orange the World- Joining Hands to Fight Against Violence Towards Women”. NSS volunteers participated in the rally from Headpost Office Palakkad to Govt. Victoria College Palakkad organised by District Women and Child Development Office Palakkad. Rally flag off was by Ms. K. Binumol, President, District Panchayat Palakkad. NSS volunteers also participated in the Awareness programme held at Govt. Victoria College Palakkad. The programme was inaugurated by Dr. S. Chitra IAS Hon. District Collector, Palakkad. NSS volunteers performed a mime on the theme “Stop Violence towards Women”



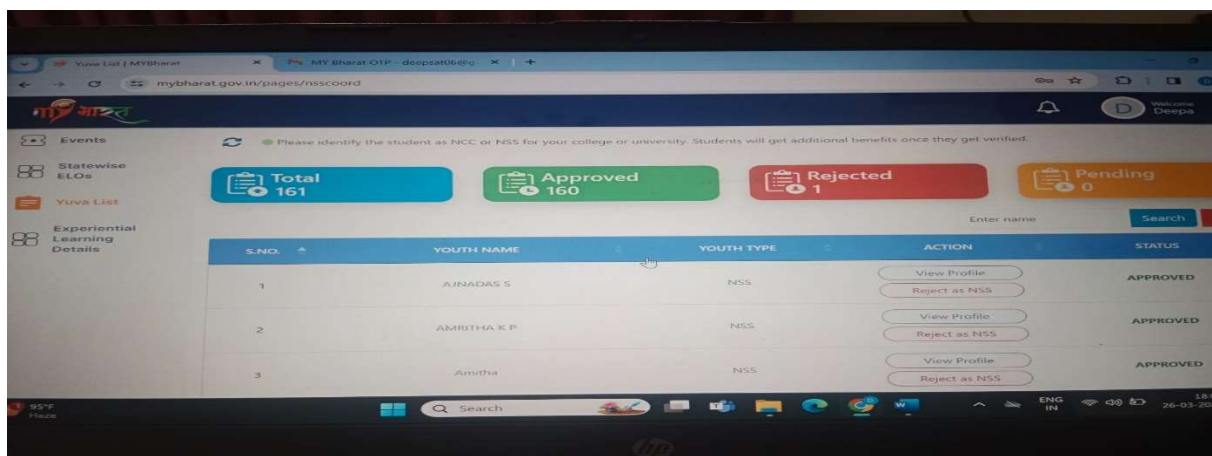


World AIDS Day, designated on 1 December every year is an international day dedicated to raising awareness on the AIDS. On 1.12.2023, NSS volunteers organised awareness programme on AIDS among the students, faculty, and staff members of the college. Volunteers took effort to educate people about AIDS prevention, non-discrimination, and care. They prepared charts and detailed the aspects to students, faculty, and staff members. Red ribbon was also distributed to students, faculty, and staff members.





Ministry of youth affairs has taken up the campaign to onboard NSS volunteers on mybharat portal. Volunteers were asked to register in mybharat portal and 160 volunteers registered in the portal. NSS programme officers also registered in the portal as verifiers.

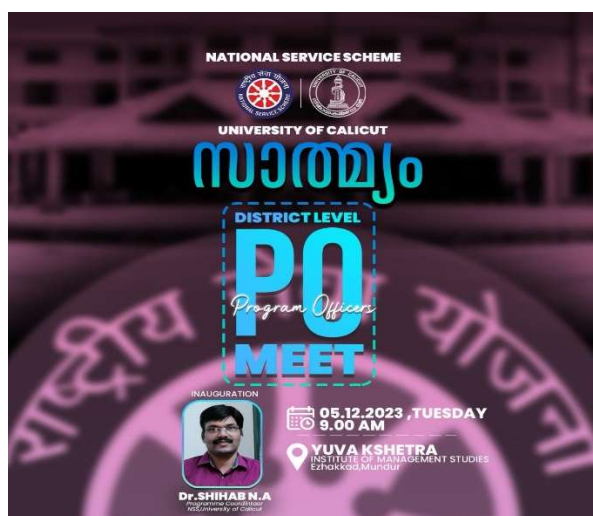




On 5.12.2023 NSS units organised a sapling distribution programme in association with Lions Club of Palakkad Heritage City. The saplings were distributed by Dr. Anu Kuruvilla Programme Officer, NSS unit Mercy College and it was distributed to the people of the Ward 47 , Kallikkad (adopted village).



National Service Scheme, University of Calicut organised a one-day workshop and district level Programme Officers Meet “Saathmyam” on 5.12.2023. Dr. Anu Kuruvilla and Dr. Deepa N. attended the District Level Programme Officers Meet “ Saathmyam” at Yuvakshetra Institute of Management studies. 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 Malappuram district Coordinator



National Service Scheme University of Calicut organised a two day residential camp for Thrissur and Palakkad districts on 9-10 December, 2023 . Four NSS volunteers – Aiswarya II BCom Finance, Shamseena. I and Safa Parveen II BA Economics , and Anjali II BCom Finance participated in the NSS volunteers leadership camp “Dakshata” at Christ college Irinjalakuda



The seven-day residential camp for the second year NSS volunteers - “PRAVAHA” was organised from 22.12.2023 to 27.12.2023 at GLP School Kallikkad.

29 NSS volunteers actively supported the colouring competition Colour & Click organised by SIP ABACUS Chandranagar Palakkad on 7.1.2024. The colouring competition was for the students of class 1 to 6– categorising them in 3 categories. Students of Palakkad district under different category participated in the competition.





Two volunteers Ms. Sahala M and Ms. Devika Shibu participated in the “Camp N Fest” at Government Law College Kozhikode on 5,6,7 January 2024



Volunteer secretaries enjoyed the camp and they shared the experience with NSS volunteers.



Mercy College conducted an open day for the higher secondary students of different schools of neighbouring locality on 8.1.2024. Students from eight schools in Palakkad visited the campus. The students were informed through a power point presentation the organisation, National Service Scheme, its importance, activities conducted, grace marks and also the credits that can be obtained in Four-year UG programme



NSS volunteer secretaries participated in the two-day residential camp at Yuvakshetra College Mundoor on 13<sup>th</sup> and 14<sup>th</sup> January 2024. Camp was well organised and enabled the students to improve their leadership skills.



On 26.01.2024, as part of Republic Day Celebration, NSS Units in association with Social Justice Department, Palakkad conducted a session on “Respect and Support Differently Aabled”. The session aimed to promote the rights and well-being of persons with disabilities in all spheres of society and tried to increase awareness on the situation of persons with disabilities in every aspect of political, social, economic and cultural life. A discussion on the life story of a transgender person was also conducted. Chakyarkoothu was also demonstrated in the session.





On 20.01.2024, NSS volunteers actively coordinated and volunteered the Mega job fair 2024 organised by the Career guidance and placement cell. The volunteers very efficiently coordinated the registration of job seekers and recruitment process of 40+ companies which participated in the job fair.



As part of the diamond jubilee celebrations, a mega Alumnae meet Smrithilayam was organised by the college. NSS volunteers actively volunteered and coordinated the event. The volunteers supported the alumnae association by coordination the registration, tea, snacks, lunch distribution, auditorium arrangements etc.





NSS Programme officer Dr. Deepa N. gave a briefing on the preparation of NSS diary and the submission of the same by the end of the academic year to the programme officers. Volunteers were given guidance regarding their participation in the NSS fest, Nature camp and leadership camp and other activities in the coming days.



NSS volunteers participated in the palliative care programme. 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 spiritual care and also supported the family during the patient's illness.





30 NSS volunteers performed a flash mob as part of voter's day programme on 25<sup>th</sup> January 2024 at the Entrance Square, Palakkad collectorate premises . The flash mob intended to create an awareness on the electoral literacy among the public.

**MERCY COLLEGE PALAKKAD**  
AFFILIATED WITH CALICUT UNIVERSITY  
**NSS UNIT 6&34**

**Electoral Literacy : Flash Mob on Voters' Day**  
**25th January 2024**  
**Time : 10:30 AM**  
**Place : Collectorate , Palakkad**  
**Venue : Entrance Square**

**VOTE!**

A rally was also organised to spread the awareness on voting rights. Volunteers with placard highlighting the importance of voting in democracy participated in the rally. Volunteers also sung song at the meeting which was held after the rally in the District Collector's office.





The District Level Award for the Best Electoral Literacy Club was bagged by Mercy College. The memento for the same was given by Hon. District Collector of Palakkad and the same was received by the Dr. Anu Kuruvilla, NSS programme Officer



On 9<sup>th</sup> February 2024, Five NSS volunteers Gopika I BCom Finance, Raniya.N I BA History, Adithya Shibu I BCom Finance, Adithya R I BSc Physics, Karthika K I BCom Finance participated in the District level training programme for the data collection and survey related to the people with disability under the UDID Thanmudra scheme of Govt. of Kerala and DRDA Hall, Civil Station Palakkad



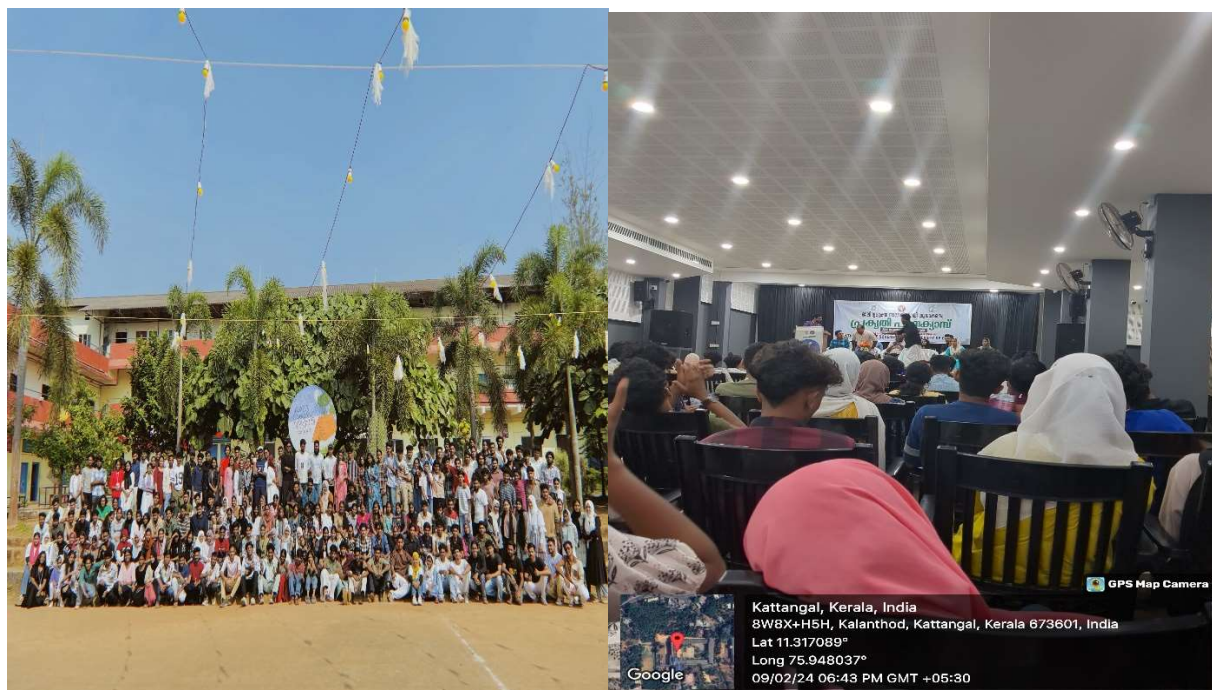


Ms. Umalakshmi II BSc Botany was selected as the Best NSS Volunteer for her outstanding contributions to the activities of National Service Scheme for the year 2022-2024.





On 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> February 2024, four of our NSS volunteers ( Devichandana D, Amruthajaya K.J., Shahla M., Adhithya V) participated in three day nature conservation awareness cleaning camp organised by University of Calicut at MES College of Arts and Science Chathamangalam



NSS Fest at Majlis Arts and Science College Valanchery on 17<sup>th</sup> and 18<sup>th</sup> February 2024. 15 NSS volunteers participated in various competition organised as part of the NSS Fest.

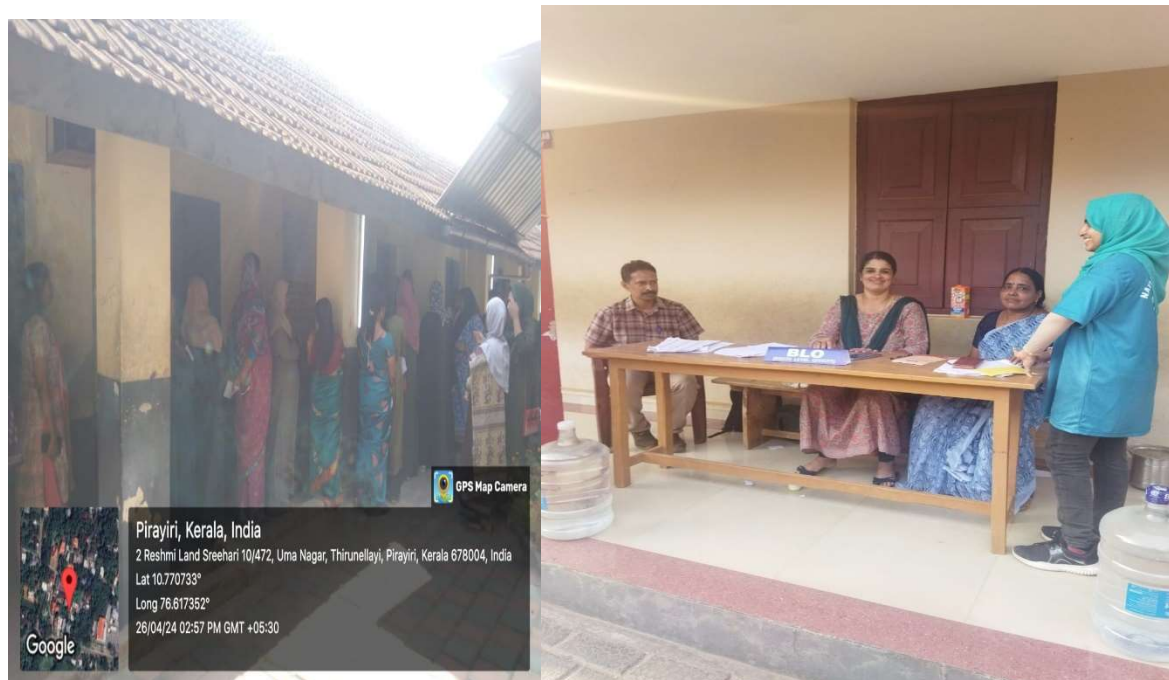




Second year NSS volunteers participated in the Azad Wakathon on 7.3.2024 held at Govt. Victoria College Palakkad. An awareness rally was organised for which the flag off was done by Dr. Bindhu R. Hon. Minister for Higher Education. The programme highlighted and created awareness on the need for building a drug free society. The message was conveyed to the society regarding the multiple issues related with drug addiction.



NSS volunteers were deputed to different LACs to coordinate the Lok Sabha election. On 26.4.2024, Volunteers actively did the allotted duty like helping the old aged and differently-abled people to cast vote, maintaining the queue, maintaining the green protocol etc from 5.30 AM to 6.30 PM



NSS activities 2023-2024 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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