

**LOYOLA COLLEGE OF SOCIAL SCIENCES
THIRUVANANTHAPURAM**



CRITERIA 7: Institutional Values and Best Practices

7.1.11- Institutional Celebration on National and International Commemorative days

**7.1.11-1 NSS Annual Reports on Day Celebration
2016-21**

Total Number of Reports: 53

SL No	Name of the Programme	Reports
1.	Republic Day-2021	Report Attached
2.	Republic Day -2020	Report Attached
3.	Republic Day-2019	Report Attached
4.	Republic Day -2018	Report Attached
5.	Republic Day -2017	Report Attached
6.	Environment Day-2021	Report Attached
7.	Environment Day Parithranam (7-Day Sapling Drive- 2020	Report Attached
8.	Environment Day -2019	Report Attached
9.	Environment Day-2018	Report Attached
10.	Environment Day-2017	Report Attached
11.	Environment Day-2016	Report Attached
12.	World Blood Donor Day 2021	Report Attached
13.	Awareness On Blood Donation And Photography Competition-2020	Report Attached
14.	World Blood Donation Day-2017	Report Attached
15.	Blood Donation Day -2016	Report Attached
16.	PRAANA 2K21- International Yoga Day Celebration	Report Attached
17.	International Yoga Day: Yoga At Home, Yoga With Family-2020	Report Attached
18.	International Yoga Day- 2019	Report Attached
19.	INTERNATIONAL YOGA DAY 2018	Report Attached
20.	International Yoga Day-2017	Report Attached
21.	Yoga And Meditation Programme-2016	Report Attached
22.	International Day Against Drug Abuse And Illicit Trafficking-2017	Report Attached
23.	International Day Against Drug Abuse And Illicit Trafficking-2016	Report Attached
24.	Independence Day-2021	Report Attached
25.	Independence Day -2019	Report Attached
26.	Independence Day-2018	Report Attached
27.	Independence Day -2017	Report Attached
28.	Independence Day -2016	Report Attached
29.	Gandhi Jayanthi-2021	
30.	Gandhi Jayanthi-2019-20	Report Attached
31.	Gandhi Jayanthi-2018-19	Report Attached
32.	Aids Day Awareness Programme-2020	Report Attached
33.	World Aids Day-2017	Report Attached
34.	Aids Day Programme-2016	Report Attached
35.	National Youth Day-2021	Report Attached

36.	Martyrs Day-2021	Report Attached
37.	World Water Day Quiz Competition	Report Attached
38.	National Handloom Day	Report Attached
39.	International Day Of World's Indigenous People	Report Attached
40.	Nagasaki Day	Report Attached
41.	World Photography Day-2021	Report Attached
42.	World Humanitarian Day	Report Attached
43.	52nd National Service Scheme Day Celebration Report	Report Attached
44.	National Unity Day And Kerala (Piravi) Day-2021	Report Attached
45.	Vigilance Awareness Week Pledge	Report Attached
46.	Pledge On Observance Of Constitution Day-2019	Report Attached
47.	Kerala Piravi Day Pledge-2018	Report Attached
48.	World Cancer Day	Report Attached
49.	Alzheimer Day Pledge	Report Attached
50.	Martyrs Day-2016	Report Attached
51.	'Thalukalilude'-Reading Day Celebrations	Report Attached
52.	Hepatitis Day- Free Hepatitis Detection Camp	Report Attached
53.	Quami Ekta Week (National Integration Week) Celebrations	Report Attached

REPUBLIC DAY

REPUBLIC DAY-2021

72nd Republic day was celebrated by the NSS unit of Loyola College of Social Sciences at the college portico. Ansu Jacob, NSS Student volunteer officially welcomed the gathering. Dr. Saji P Jacob, Principal of the college hoisted the flag in the presence of Program Officer Dr. Anitha S, Vice Principal Fr. Sabu P Thomas, Faculty members, Non-teaching staffs and NSS volunteers. After hoisting the flag, Dr. Saji spoke on the importance of the day connecting to the contemporary India. Prajitha C, as a student representative delivered the Republic Day message. This was followed by oath taking led by Anu Biju, the First Year NSS volunteer. The meeting was dispersed with the National Anthem by the college choir team. Sweets were distributed after the function.





Republic Day Celebrations-2020

Republic Day is celebrated on January 26 every year to remember the day when the Constitution of India came into effect. In order to commemorate this day NSS unit of Loyola College of Social Sciences as a usual customary practice celebrated this auspicious day. The day was inaugurated by college Principal Dr. Saji P Jacob, by hoisting the National flag. The function was filled with the presence of Rev. Fr Sabu P Thomas- vice Principal; Dr. Anitha S- NSS programme Officer, faculty members, students and people who came for the mass in the college chapel. Ms. Ansu Jacob Delivered the Republic day message.





REPUBLIC DAY-2019

The NSS Unit of Loyola College of Social Sciences celebrated 70th republic day in front of the College portico. The students assembled at the portico by 8:30 AM along with rector Fr. Sunny Kunnapallil , Principal Dr. Saji P Jacob, Vice principal Fr. Sabu P Thomas S J, NSS Programme Officer Dr. Anitha S and Staff members of the college. The college had also invited the Team Inspire which included orphan children and staff members. The program started by greeting everyone gathered after which Fr. Sunny Kunnapallil, Rector and manger of Loyola Institutions hoisted the flag and also saluted the flag showing the patriotism. After flag hoisting everyone took the oath and sang the National Song. Later the Principal Dr. Saji P.Jacob addressed the students; he spoke to them about the importance of the day. Later the students were asked to stand in attention and pay due respect to the country by singing the National Anthem. Sweets were finally distributed to the students of Inspire and everyone present for the occasion.





Republic Day Celebrations-2018

The Republic Day celebrations of the college were inaugurated by college Principal Dr. Saji. P. Jacob, by hoisting the National flag. Fr. Sabu P Thomas, vice-Principal, Dr. Anitha. S NSS Programme Officer was present for the function. Ms. Merin gave away the Republic day message.



Republic Day 2017

The Republic Day was celebrated in the college on 26th January, 2017. Ms. Parvathy of 1st year M.Sc. counselling psychology welcomed the gathering. Dr. Jose Boban K, Principal of the college hoisted the flag in the presence of Program Officer Ms. Francina P. X, Vice Principal Dr. Sabu P Thomas, staff, NSS volunteers and also 32 students and 3 faculty from Global College, Sweden. Mr. Aloscious T Antony, student of MA Sociology gave the republic day message which included the history of India and the independence struggle and the constitutional features of our country, challenges we face as Indians etc. This was very informative for students from Sweden. This was followed by oath taking led by Ms. Dyna Scaria, the NSS voluntary secretary of first year. Sweets were distributed after the function.



Environment Day Celebrations :2016-21

2021

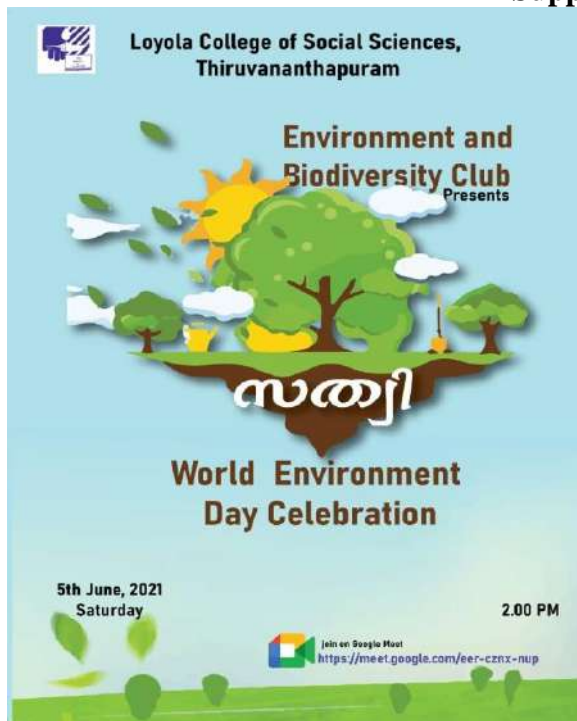


Programme Name	SATWI 2K21 (ENVIRONMENT DAY PROGRAMME)	Organizer	Environment and Biodiversity Club in collaboration with NSS Unit (KL 07-011)
Date	05/06/2021	Time	1.45pm to 4.40 p.m.
Venue	GOOGLEMEET	Faculty in-charge	Dr. Francina P X

Programme Objectives	To create awareness on environment among Loyolites; to rewarm the activities of bio-diversity club in the beginning of an academic year
Resource Person (s)	<p>Mr. Akhilesh Anilkumar (Director & Co-founder of Bring Back Green). His current research is upon climate education and policy changes to help solve the climate crisis.</p> <p>Mx. Anagh (Core - Team member – Bring Back Green). They work on diverse problems related to climate change such as waste reduction & management at large scale events, promoting climate education as a tool to help solve climate change and on topics associated with gender and social justice (which are associated with climate change) such as sustainable menstruation, how climate related incidents such as coastal erosion affect the lives of fishermen. Communities, etc.</p>
Participants	Students and faculty of Loyola College of Social Sciences, Thiruvananthapuram
Programme Activities	<p>The programme started with a prayer and Dr. Francina P. X, Asst. Professor, Dept. of Social Work and Staff Coordinator, Bio-diversity club welcomed the gathering. Dr. Saji P Jacob, Principal inaugurated the programme.</p> <p>Activities Carried out:</p> <ol style="list-style-type: none">1. Talk on Environment Day by Mr. Akhilesh Anilkumar2. Session on Waste Management by Mx. Anagh3. Tribute to Late Sri. Sundhar Lal Bhahuguna (Environmentalism), Late Sri. Suguthakumari Teacher (Poet and Activist), Late Sri. Sajith Babu (NSS Regional Officer – Kerala & Lekshwadeep & Loyolite & to Late Sri. Gopichettan, who was the guard of Environment in Loyola.

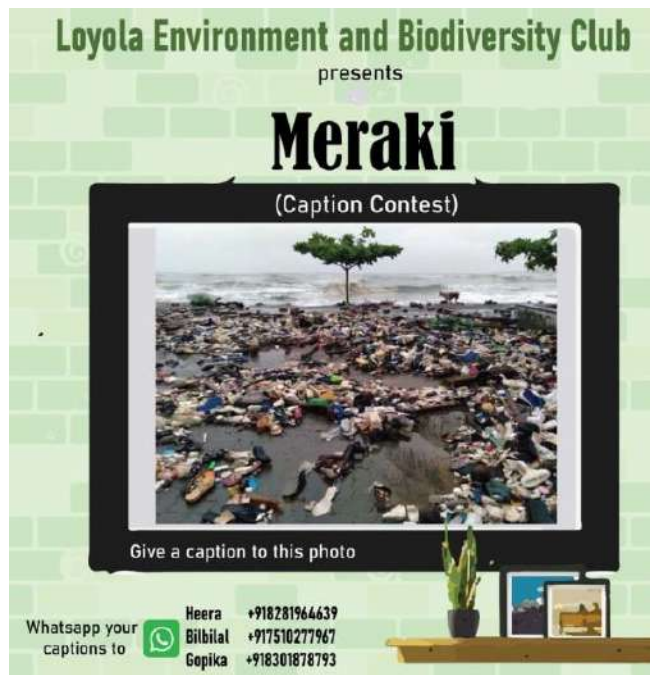
	<ol style="list-style-type: none"> 4. A Talk on Loyola Vision on Environment: Ms. Aysha Areeba 5. Announcement of prizes for Programmes conducted as part of Environment Day 6. Release of the Magazine Cover of Environment Biodiversity Club <p>PRIZES</p> <p>ATHEETHAM VIDEO CONTEST</p> <ol style="list-style-type: none"> 1. Entry no: 11, Mr. Alen Savio Lopuz, Fatima Matha National College, Kollam 2. Entry no:4, Ms. Jumy George, II Sem. MSW, LCSS, Trivandrum 3. Entry no:2, Ms. Daniya Babu, KNM College, Kanjiramkulam <p>MERAKI'- CAPTION CONTEST</p> <ol style="list-style-type: none"> 1. Entry no:12; Caption -“അവഗണനയുടെ അവശേഷിപ്പുകൾ” (The oddments of delinquency); Mr. Daniel William, II sem MAHRM, LCSS, Trivandrum 2. Entry no:4: "Mother Earth: "I couldn't digest" Mr. Pradeep B, RRII, Kottayam 3. Entry no:13: “പ്രകൃതിയുടെ വികൃതി” Ms. Reenu Alias, Marthoma College, Tiruvalla, Msc Chemistry <p>PUNARJANI'-ART AND CRAFT CONTEST</p> <ol style="list-style-type: none"> 1. Entry no:11- Ms. Lakshmi KB, Puthupaly, MA MCC, Chennai 2. Entry no:6: Ms. Feba Ninan, St. Johns college Anchal & Entry no:12; Mr. Josh Varghese, Marian college, Kuttikanam 3. Entry no:1: Mr. Ajay Krishna. V and Valiyaveetumkandi, I B.Sc (Hons), Forestry student under Kerala Agricultural University & Entry no:2, Ms. Jisna Lazar, JKKM college of occupational therapy, Eroode, Komarapalayam.
Programme Outcomes	<ul style="list-style-type: none"> • Students were able to listen to the efforts to sustain our environment • To have more practical understanding about waste management • Acknowledgement of contributions of environmentalists at national, state, regional and local level • Participation of students in various competitions, ensured their involvement in the activities related to awareness creation.

Supporting Documents



Loyola College of Social Sciences, Thiruvananthapuram Environment and Biodiversity Club	
	5th June, 2021, Saturday 1.45 pm
Program Chart	
Prayer song	: Ms. Aparna Raj A (II Sem, MSW)
Welcome	: Dr. Francina P X (Staff Co-ordinator, Environment & Biodiversity Club)
Inauguration	: Dr. Saji P Jacob (Principal, Loyola College of Social Sciences)
Session on Waste Management & Environment	: Mr. Akhilesh Anilkumar (Co-founder, Bring Back Green)
Tribute to Late.Sugathakumari Teacher	: Ms. Heera Krishnan R (II Sem, MSW)
Institutional Vision	: Ms. Aysha Areeba (II Sem, Counselling Psychology)
Felicitation	: Dr. Joice K Joseph (Staff Co-ordinator, Biodiversity Club)
Recitation	: Ms. K Anakha Soman (II Sem, MSW)
Tribute	: Late.Shri. Sunderlal Bahuguna (Indian environmentalist & Founder of Chipko Movement)
	: Late.Shri.Gopi Chettan (Non-Teaching Staff, Loyola College of Social Sciences)
Price Announcement of Environment day Programmes and Release of Magazine Cover	: Fr. Ranjit George SJ (Staff Co-ordinator, Environment and Biodiversity Club)
Vote of Thanks	: Ms.Gopika Rajendran (Student Coordinator, Environment & Biodiversity Club)

Poster & Programme Sheet



Caption Contest



Announcement on Arts & Craft Competition



Announcement on Videography Contest

URL Address of videos:

1. <https://youtu.be/17jETzuCQwE>
2. https://youtu.be/S_PCXc9wTkA
3. <https://youtu.be/xstVEY6ec-g>





Certificates issued to winners

Loyola College of Social Sciences, Thiruvananthapuram

Environment and Biodiversity Club

Contest Winners Congratulations

World Environment Day Celebration 2021

PUNARJANI art&craft competition

Atheetham videography contest

Meraki Caption Contest

Punarjani Art & Craft Competition	Atheetham Videography Contest	Meraki Caption Contest
1st Prize Lakshmi KB, MCC, chennai	1st Prize Alen Savio Lopez Fatima mata national college, kollam	1st Prize Daniel William Loyola College of Social Sciences, Thiruvananthapuram
2nd Prize Josh varghese Marian college, kuttikanam	2nd Prize Jomy George Loyola College of Social Sciences, Thiruvananthapuram	2nd Prize Pradeep B, RRII, Kottayam
3rd Prize Ajay Krishna. V Kerala Agricultural University	3rd Prize Daniya Babu KNM college, Kanjiramkulam	3rd Prize Reenu Alias Marthoma College, Tiruvalla
 Feba Ninan St. Johns college Anchal		
 Jisna Lazar JKKM college of occupational therapy, Erode		

Winners of Competitions



Cover Page of Magazine – Loyola Biodiversity & Environment Club

2020

REPORT OF PARITHRANAM (7-DAY Sapling Drive) OF NATIONAL SERVICE SCHEME, LOYOLA COLLEGE OF SOCIAL SCIENCES

REPORT

As the part of the Observance of Environment Day in association with the National Youth Council of India.NSS volunteers of Loyola College of Social Science had plant saplings in their home to flourish the environment and it had also reflected the need and importance of the Environment day. The photographs of the volunteers along with date and time are mentioned below;



1. Anu Anna Kurian (29/05/2020) at 5pm



2. Greeshma Johnson (29/05/2020) at 10:30



3. Reshmi J (29/05/2020) at 5pm



4. Fathima Ansar (30/05/2020) at 4 pm



5. Aadhil KU (30/05/2020) at 10pm



6. Anaz Narayanan (30/05/2020) at 4 pm



7.HARIKRISHNAN.G (31/05/2020) at 4 pm



8. Asumtha Mary Anthony (31/05/2020) at 4pm



9. Anjima MS (31/05/2020) at 10:20 pm



10. Rohit Raj (1/06/2020) at 4:30 pm



11. Shilpa V (1/06/2020) at 5:21 pm



12. Anugraha Aneesh (1/06/2020) at 5:38 pm



13. Feba KR (2/06/2020) at 5:47 pm



14. Varsha Madhu (2/06/2020) at 4:34 pm



15. Ann Mary Saji Jacob (2/06/2020) at 5:10 pm



16. Kavitha K (3/06/2020) at 10:45 am



17. Archana AB (4/06/2020) at 5:41 pm



18. Neha Joseph (5/06/2020) at 5:21 pm



19. Rays Mol (5/06/2020) at 10:04 pm

Environment Day-2019

NSS unit of Loyola College of Social Sciences celebrated environment day by planting samplings in the college campus. NSS coordinator had plant a sampling in the campus as a symbolic representation to start NSS activities towards flourishing the environment. The NSS coordinator along with the faculty who is in charge of environment management had plant the sampling in the college with the presence of college Vice Principal Dr Sabu P Thomas and all NSS volunteers.



ENVIRONMENT DAY-2018

Date: 5th June 2018

The NSS Unit celebrated Environment day by gathering together and organizing an organic farming which included sweet potatoes, Chinese potatoes. All staff and students were gifted with a plant to make the surroundings more greener and safe for everyone to live. The students pledged to keep the earth greener and conserve the endangering fauna and flora.



Environment Day -2017

As part of World Environment day NSS Loyola unit has organized an awareness campaign for the students. The guest for the day was Dr James George, the Director In-charge of ICAR-(Central Tuber Crops Research Institute) CTCRI, Trivandrum.. The theme of the day is how to protect our environment and bring in a sustainable living. He also planted a sapling in the college campus.



On that day tree saplings were also distributed among the students for planting at their homes. The saplings were sponsored by Kerala wild life department and it was collected from their office with the initiative of the students.

Environment Day Celebration-2016

As part of World Environment day NSS Loyola Unit organized various activities in the college as part of its Sustainable Living Initiative to generate awareness and a concern among students about the environment we live in.



Recycling Wizard Competition

As part of the environment day celebration unit announced a **recycling wizard** competition in the college. The students were asked to make things out of the waste materials that they gather from the college. The best entries were promised to be awarded. This competition was announced with the intension to communicate the idea of recycling. The students of all the departments actively participated in the completion .Out of all the entries received Mr. Shine Augustine of 2nd MSW was awarded for his creative ideas of using old shoe and bottles for planting plants. He was given the title of the recycling wizard.

Environment Day Exhibition

As part of the environment day celebration an exhibition was organized in association with the department of Social Work on June 5th 2016. The exhibits were arranged at the main entrance of the college. The aim of the exhibition was to communicate messages about nature to the students in the campus. The exhibits were made out of materials collected from the college campus like decayed truck, stones, used plates etc.

These materials were demonstrated and messages were written on them. The messages were like Mother Nature itself making appeals to living beings. This was done with a vision of creating a mind of concern and care for nature in the minds of students. There was sticky note board placed beside the exhibits for the students to write down their comments and feelings about the same.



The environment day celebration continued with, Quiz competition and Capsule movie competitions. These capsule movies were screened during the environment day celebration. Ms. Francina P. X by NSS programme officer distributed trophy and certificates to the winners of different competitions of different competitions. The meeting ended with Environment day oath led by Mr. Adil Hakkim. The theme of this year was “Zero Tolerance

for the Illegal Wildlife trade". The environment day celebrations of NSS Loyola Unit came to an end with the planting of a tree in the college campus as small step towards saving nature.

In the evening of 5th June 2016 all students and teachers gathered together in the college portico. From there students moved to the specified spot in front of the open stage where a sapling of a tree was planted by Dr. Jose Boban, the Principal of Loyola College. Tree saplings were also distributed among the students for planting them at their homes. The saplings were sponsored by Kerala Agricultural University and it was collected with the initiative of the students of Loyola.

Observance of Blood Donation Day

World Blood Donor Day 2021



World Blood Donor Day, observed on June 14 every year, aims to create awareness across the world about the need for safe blood and life-saving components of blood required for transfusion. Safe blood and blood products are critical to the public healthcare system of countries globally, according to the WHO. **World Blood Donor Day** is a great opportunity to express our gratitude to voluntary blood donors. NSS observed this day by publishing a poster on June 14 2021.

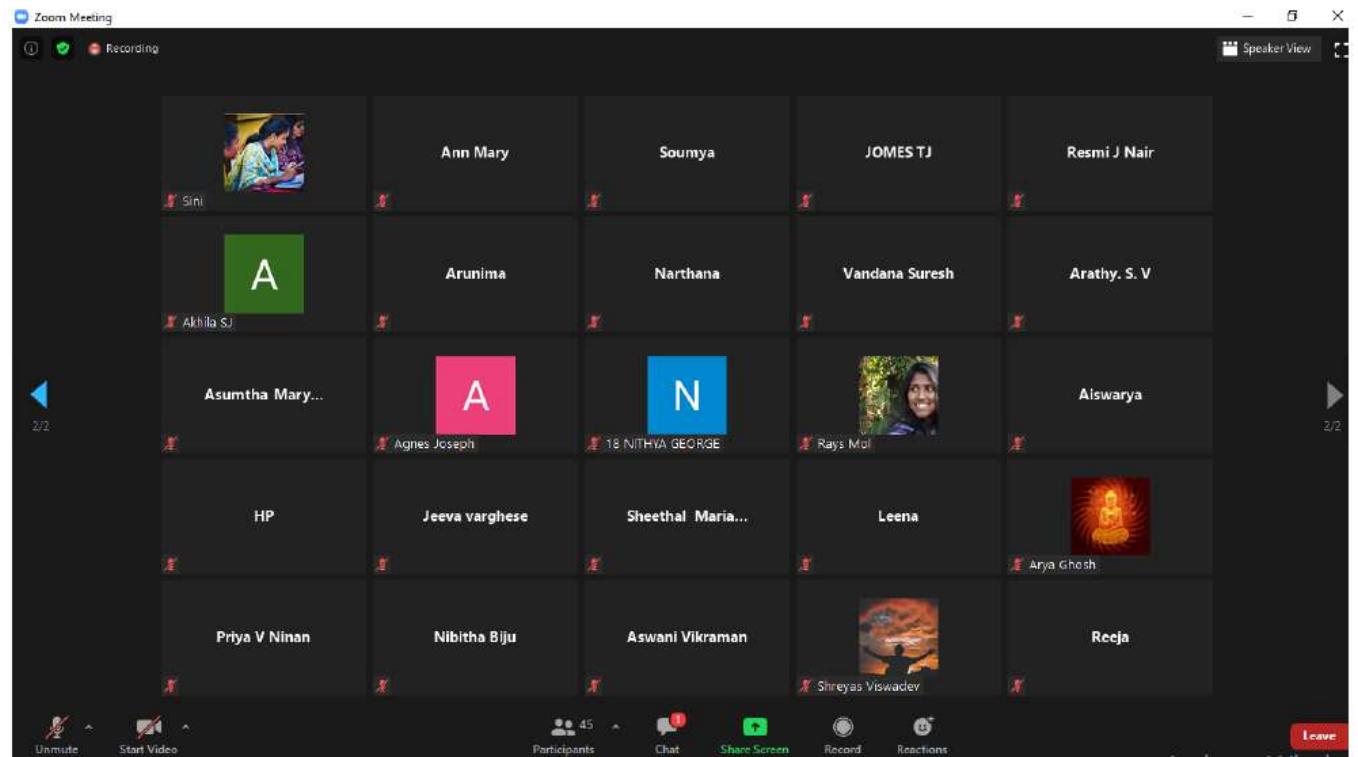
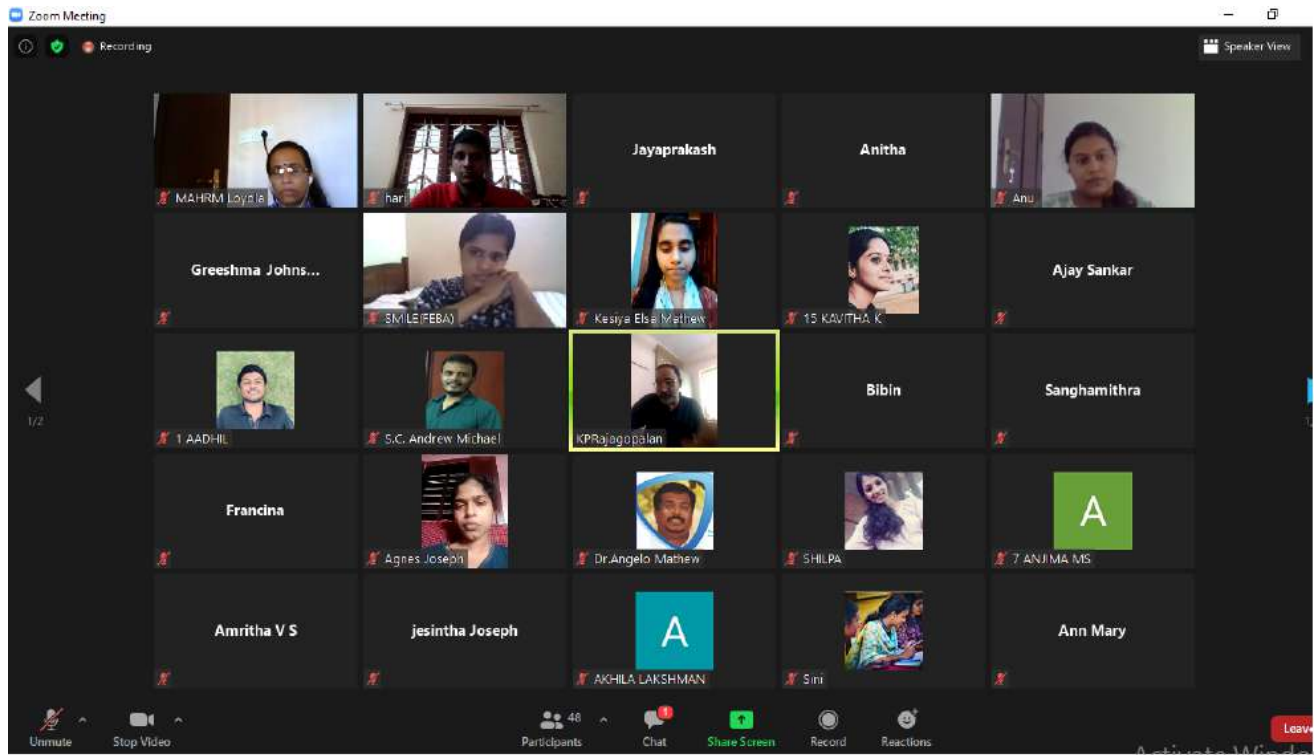
Blood Donation Day- 2020

Awareness on Blood Donation and Photography Competition

As part of world blood donation day celebrated on June 14, NSS unit of Loyola College of social sciences had conducted an awareness program on “The Importance of Volunteerism Blood Donation”. The session was taken over by Mr. K P Rajagopalan General Secretary, All Kerala Blood Donors Society. The program started with the NSS song, by the NSS Volunteers. After the song NSS Volunteer Anu Anna Kurian delivered the welcome speech, after the welcome speech the NSS program officer Dr. Anitha S delivered the introductory remarks. The resource person had provided lots of insight into the areas of blood donation and the important health advantages of blood donation. He also pointed out some factors that would lead to good and healthy life. The resource person had also shared his experience in blood donations and the problems faced during blood donation. The attitude of various people relating to blood donation was also well explained by the resource person. Along with the awareness program a photography competition was conducted as the part of the day. The topic for the competition was “Home the Basic Social Unit”, the participants had sent their photos pertaining to the subject. The winner was declared at the end of the awareness session. After that the result of the photography competition was announced by the NSS program officer in the presence of the Resource person. Finally the vote of thanks was delivered by Feba KR.

Program Schedule

-) NSS Song – Kavitha, Anjima, Akhila Laxman (NSS Volunteers)**
-) Welcome Speech – Anu Anna Kurian (NSS Volunteer)**
-) Introductory Remarks – Dr. Anitha. S Nair (NSS Program Officer)**
-) Resource Person – KP Rajagopalan (General Secretary, All Kerala Blood Donors Society)**
-) Photography competition Result Announcement – Dr. Anitha. S (NSS Program Officer)**
-) Vote of Thanks – Feba KR (NSS Volunteer)**



World Blood Donation Day-2017

The NSS volunteers of Loyola College of Social Sciences observed the World Blood Donation Day. The NSS unit has organized a Talk by Sri. K.P. Rajagopalan (National President, Federation of Indian Blood Donors Society) on 14th June 2017. The volunteers were oriented on the importance of Blood donation. The programme gave a true insight into the different aspects involved in blood donation. Sri.Rajagopalan Sir was honoured with a Ponnada by the college Vice-Principal for the blood donations he had made and also contributions in the particular field.



Blood Donation Day -2016

NSS unit of Loyola College of Social Sciences Observed Blood donation day in collaboration with Prathidwani, a Social Service association of Employees in Techno Park at Tejaswini building on 1st November 2016. This was done with technical support from Sree Chitra Thirunal Institute of Science and Technology, Thiruvananthapuram. More than 25 people donated blood voluntarily.





YOGA DAY CELEBRATION-2016-21

PRAANA 2K21- International Yoga day celebration

As part of the Yoga Day celebration, an online Yoga – Introduction and practice session in collaboration with Sukhasoukhya class was conducted by the NSS unit.

Resource person: Mr. Sathish Varma, Yoga Instructor - Sukhasoukhya

Date: 21 June 2021

Time: 3pm

Platform: Google meet

Participants: 112

The program started with the NSS Anthem by Ms. Aparna Padmakumar of Personnel management department. Ms. Varsha B from MSc counseling Psychology welcomed all the participants and guests. Presidential address was given by Dr. Saji P Jacob, Principal, Loyola College of Social Sciences. In his address, he mentioned the relevance of having a healthy mind and body, the impact of yoga regarding the same. He then inaugurated the session and also released the teaser of the yoga video by our students.

Mr. Sathish Varma was finance professional who because of his immense passion for yoga, changed his career path itself to follow his passion. He is practicing Yoga and teaching yoga for a long time now and has got students and clients from all over the globe. He started with the theory part and explained about the use of yoga and how it will help you to improve your lifestyle and habits. He also taught the prayer and breathing techniques that should be done before doing actual yoga. Then he went on to show some warm up – stretches, few simple but very effective yoga poses and ended with breathing exercises and finally meditation.

After the session, Dr Francina P X, NSS Program Officer announced the winners of the Poster making competition and program ended with the vote of thanks by Ms. Chippy Raj, Volunteer Secretary.

Google Chrome browser window showing a Google Meet session titled "Yoga Day 2021- Praana". The address bar displays the URL: `meet.google.com/xki-ukqb-ujq`.

The meeting interface includes a top bar with a red "REC" (Recording) button. The main area shows a grid of participant video feeds. The participants visible are:

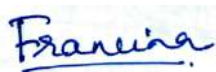
- Ryan K
- Omjayasree Eruppakkattu
- Sreelekshmi JS
- Divya Unni
- Jinu Chandraj
- Varsha B M
- social work
- Aparna Padmakumar
- Sathnesh Varma
- Anjali Anjali G.P
- Anamika UP
- Chippy Sulatha Rajeevan
- Vishnu Shaji
- Saji Jacob
- 77 others
- You

The bottom status bar shows the time as 3:13 PM and the meeting title "Yoga Day 2021- Praana". It also includes icons for mute, video, chat, and other meeting controls. The Windows taskbar at the bottom shows the search bar and various application icons.

Report			
Programme Name	Release of PRAANA 2K21_Yoga Video.	Organizer	NSS Unit
Date	14-07-2021	Time	2.30 pm
Venue	Zoom	Faculty in-charge	Dr. Francina P. X

Programme Objectives	<ul style="list-style-type: none"> • To inculcate the habit of practise yoga in their daily life • To maintain a healthy life style • To help students to release their stress and strain during the pandemic period
Resource Person (s)	<p>Initiatives taken by a team that include:</p> <ul style="list-style-type: none"> • Ms. Athira Varma S (MSW) • Ms. Parvathy P. J (MAHRM) • Ms. Anjitha (Sociology) • Ms. Ammu Christopher (M.Sc Counselling Psychology) • Ms. Naina Scaria (DM) • Narration: Brijith Maria (DM) • Editing: Mr. Alan Berchmans (MSW)
Participants	<ul style="list-style-type: none"> • Students of 2020-22 batch
Programme Activities	<ul style="list-style-type: none"> • This is in continuation of the International Yoga day celebration. • The students have recorded certain yoga Asanas that could be practiced on a daily basis. They demonstrate how this could be done and the precautions to be taken before doing each asana. It starts with warm up exercise. The other order is given below. <ul style="list-style-type: none"> ○ Basic stretches of the body ○ Padahastasana

	<ul style="list-style-type: none"> ○ Trikonaasana ○ Malsyasana ○ Kapotanasana/Pigeon pose ○ Bhujangasana (Cobra pose) ○ Ssethubandhasana (Bridge pose) ○ Dhanurasana (Arrow pose) ○ Parsava Sukhasana ○ Pranayama (Anulom and Vilom) ○ Kapalpati Pranayama ○ Bhramari Pranayama <ul style="list-style-type: none"> • Dr. Saji P Jacob, Principal of Loyola College released the PRAANA 2K21_Yoga Video, created by the volunteers of the the NSS unit (KL07-011) of Loyola College of Social Sciences.
Programme Outcomes	<ul style="list-style-type: none"> • The students have a video for their reference and ready practice • It is done in mother tongue.
Supporting Documents	<ul style="list-style-type: none"> • Photos, link of the yoga video • https://drive.google.com/file/d/1jdwLYdD_Wtn66tWOS0JhI_4WWGg54j1o/view?usp=drivesdk



Dr. Francina P. X
Programme Officer - NSS
Dept. of Social Work, LCSS

Report

Programme Name	Release of PRAANA 2K21_Yoga Video.	Organizer	NSS Unit
Date	14-07-2021	Time	2.30 pm
Venue	Zoom platform	Faculty in-charge	Dr. Francina P. X



"Yoga is the practice of quieting your mind"







The team



Francina

Dr. Francina P. X
Programme Officer - NSS
Dept. of Social Work, LCSS

International Yoga day: Yoga at Home, Yoga with Family-2020

As part of International Yoga Day celebrations on June 21st the NSS volunteers and faculty observed yoga at home. On the onset of Covid 19 pandemic entire activities of college got transformed to online platforms and in this scenario; NSS unit celebrated this year's yoga day through online mode. This year the theme was Yoga at Home and Yoga with Family.







INTERNATIONAL YOGA DAY- 2019

June 21 is marked as the annual International Day for Yoga to celebrate the ancient Indian art of healthy living. In order to commemorate the day, NSS Unit of Loyola College of Social Sciences celebrated International Yoga day on 21st June 2019. The session was moderated by two students from the college; Rahul A (Second Year MAHRM) and Nibin Mathews (Second Year MSW). Rahul spoke on the importance of Yoga with regard to the healing method for stress in our day today life. After the short lecture, Rahul along with Nibin demonstrated certain yogasnas for the participants.





INTERNATIONAL YOGA DAY Date: 21st June 2018

NSS Unit of Loyola College of Social Sciences celebrated International Yoga day on 21st June 2018. The session was moderated by the guidance of Rev. Fr. Sunny Kunnapallil S J, Rector and Manager of Loyola Institutions. The resource person focused on doing some Yogasanas and students practiced the same. He taught the students some of the yogasanas that can be done on the daily basis by everyone in order to have a healthy life style.



International Yoga Day-2017

NSS unit collaborated with Isha foundation, Young Indians & CII, Trivandrum Chapter organized a half day long practice session of Yoga and meditation on 21st June 2017. The session was moderated by Bharathan, Yoga instructor, ISHA foundation. The session focused on uses of yoga & meditation and its uses in our day today life. The session was fully based on practice rather than a formal lecture.



Yoga and Meditation Programme-2016

NSS unit collaborated with Isha foundation; Young Indians & CII organized a half day long lecture cum practice of Yoga and meditation on 21st June 2016. The session focused on uses of yoga, meditation and how it is useful to reduce our stress of day to day life. There were practical sessions of yoga which is led Mr. Anoop of Isha foundation. Apart from NSS volunteers, students from CONSPI also participated which added to the total strength of 117.



International Day Against Drug Abuse and Illicit Trafficking

International Day Against Drug Abuse and Illicit Trafficking-2017

The NSS unit observed International day against illicit trafficking on 27th June 2017. An awareness programme was organized in the college in collaboration with the Excise department. The resource person was CI of Excise department Sri. Shibui. S. The class was really an eye-opener and it was a truly interactive session. Under the leadership of CI the students have taken the pledge. Several competitions were conducted as part of the observance.



International Day against Drug Abuse and Illicit Trafficking

The NSS unit of Loyola College of Social sciences observed International day against drug abuse and illicit trafficking on 27 June 2016. The programme started by 9.15 a.m. at college portico. The importance of the day was introduced by Miss. Jasna K from First year MA Sociology. The message of the day was given by Miss. Asha K from First Year M.Sc Counselling Psychology. In her message she pointed out the use of drugs by youth and school children and our duty to take some action against this evil. It was an inspiring message. Later miss. Archana U from First Year MSW lead the oath taking ceremony and the oath was repeated by the students, teachers and others non-teaching staff. The participants took decisions on not to use drugs and not be part of any illegal activities. As part of the oath, participants decided to pull back those who are using such drugs, and they take it as a social responsibility. The programme was ended by the vote of thanks by Miss. Sujimol from First Year MA HRM. Principal thanked and appreciated the Programme Officer Ms. Francina P. X and volunteers for organizing this programme.





Independence Day Celebrations-2016-2021

Independence Day-2021

Report			
Programme Name	Independence Day celebration	Organizer	NSS
Date	15-08-2021	Time	8.30 to 9.15 a.m.
Venue	College portico	Faculty in-charge	Dr. Francina P. X

Programme Objectives	<ul style="list-style-type: none">• To celebrate 75th Independence Day• To inculcate the values of freedom and patriotism
Resource Person (s)	Dr. Saji P Jacob & Rev. Fr. Sunny Kunnapallil S. J
Participants	Staff and Students (Those who came to practice sports for university level competitions)
Programme Activities	<ul style="list-style-type: none">• Welcome – Ms. Ammu Mariam Jacon• Hoisting the national flag by Dr. Saji P Jacob• Flag Salute, National Anthem & Pledge• Independence day message – Fr. Fr. Sunny Kunnapallil S. J and Mr. Arun S. B (II sem. Sociology). In his message Fr. Sunny spoke about how the ENVIRONMENT is important, as a small virus could restrict our freedom. The need to be responsible to self, society and our county. He also reminded the freedom fighters of the independence struggle; contributions of famous personalities and also the ones who never came in picture though they have done major contributions. Arun highlighted about the need for present generation to use our freedom sensibly.• Patriotic song• Vote of thanks (Krishnendhu) & distribution of sweets
Programme Outcomes	Even in the midst of pandemic, we were able to celebrate 75 th independence day with the participation of students who came for university level sports competitions
Supporting Documents	Photos, 10 seconds video

75th Independence Day celebration (15-08-2021)

Loyola College of Social Sciences
National Service Scheme-KL07-011

75th Independence day
CELEBRATION
15th August 2021

Time : 8:30 AM
Welcome: Ms. Ammu Mariam Jacob
(Department of Sociology)

Flag hoisting: Dr. Saji P Jacob
(Principal, Loyola College of Social Sciences)

National Anthem
Independence Day message:
Rev. Fr. Sunny Kunnapillil S. J.
(Rector & Manager, Loyola College of Social Sciences)

Mr. Arun S B
(Department of Sociology)

Patrotic Song:
Krishnendu, Mariam Jacob, Sreethu Sreenivasan
(Department of Sociology)

Vote of Thanks:
Ms. Krishnendu
(Department of Sociology)

Emcee: Sreethu Sreenivasan
(Department of Sociology)

Dr. Francina P.X
(NSS Program Officer)

Arun Anil
(Volunteer secretary)





Francina

Dr. Francina P. X
Programme Officer - NSS
Dept. of Social Work, LCSS

Independence Day 2020

On the onset of Covid 19 Pandemic all the activities of the college was transformed to online platforms. So Independence Day was not celebrated physically in this year.

Independence Day Celebrations-2019

The Independence Day has been celebrated in a meaningful manner this year. The NSS volunteers who are staying in the Men's Hostel and Ladies hostel took initiative to organise the programme. Anju Cerin, NSS Student coordinator officially welcomes the gathering. Dr. Saji P Jacob, Principal of Loyola College of Social Sciences Hoisted the flag and he officially addressed the gathering. He spoke on the importance of 73rd Independence Day. Aadhil K U from First year M.A. Sociology spoke on the role of freedom fighters during the Indian Freedom struggle. Followed by Prajitha from First Year M.A. Sociology delivered a speech about Br. Ambedkar and she highlighted the problems faced by Scheduled tribes even in the contemporary society. The meeting was dispersed with National Anthem.





INDEPENDENCE DAY-2018

The NSS Unit celebrated the Independence Day in the college portico by hoisting the national flag. The Principal Dr. Saji P. Jacob delivered a speech on the importance of celebrating 72nd Independence Day of India. After which the Rector and Manager of Loyola College of Social Sciences Fr. Sunny Kunnappallil S.J. hoisted the flag. All the students and staff members paid of their respect by saluting the flag. Sweets were distributed to all staff members and students present.



Independence Day Celebrations-2017

The Independence Day has been celebrated in a meaningful manner this year. After the mass in the college chapel all those who Came for the same joined for the programme along with the NSS volunteers. The NSS volunteers who are staying in the Men's Hostel and Ladies hostel took initiative to organize the programme under the leadership of Mr. Aravind lal and Dyna Scaria. Fr. Joye James SJ, Rector and Manager of Loyola institutions hoisted the flag. Ms. Soumya gave an inspiring message for the Independence Day. After the message sweets were distributed.

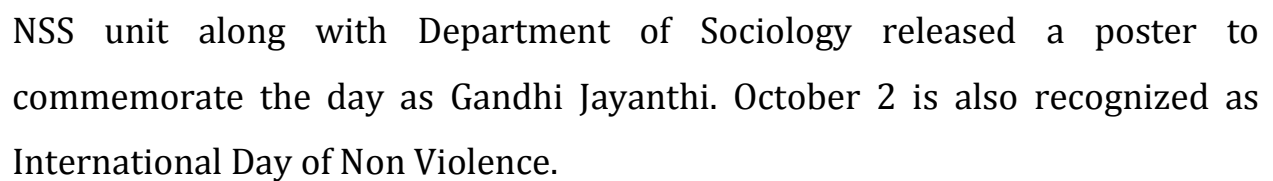


Independence Day Celebration-2016

The Independence Day has been celebrated every year. The hostellers who are NSS volunteers actively participate for the function. They were also joined by the believers who were returning after the mass. The men's hostellers under the leadership of Mr. Sain Mathew took the initiative to organize the programme. The flag was hoisted by Dr. Jose Boban K, Principal of the college and Ms. Snehalatha of M.A. Sociology delivered the Independence Day message. Ms. Preetha K led the pledge. Ms. Francina P. X, Programme Officer, coordinated the programme. The crowd dispersed after having sweets.



Gandhi Jayanthi-2021



2019-20

As part of Gandhi Jayanthi celebrations Shramadhan was organized at Jana Maithri Police Station Sreekariyam followed by shramadhan at college campus. The program was inaugurated at the police station in the presence of the station officer, Loyola collage Principal Dr Saji P Jacob, Vice Principal Dr. Sabu P. Thomas, and ward Counsellor Mr Anil. For this program NSS volunteers were categorized into 5 groups and certain volunteers in the group were selected as the group leaders in order to control and as well as to coordinate the group activities. The group consist of 40 volunteers and cleaned up the police station together with the police officers of Sreekaryam police station, the volunteers had managed make the place plastic free and made certain arrangements in backyard of the station with foreseeing the evil impact of plastic. After the cleaning the police station, they had tea at the police station. NSS volunteers had reached back to the college campus certain groups were already started cleaning the campus and rest of the students joined with them for cleaning. The volunteers also cleaned the bus stop which is near to collage. After cleaning the college campus NSS volunteers were given refreshment.





2018-19

The NSS unit celebrated Gandhi Jayanthi by organizing a Shramadhan in and around the college campus. Principal and vice- principal and NSS programme officer addressed the students. Cleaning of the campus was done in a meticulous way.



2020-21

Due to Covid 19 Pandemic entire college activities got transformed to virtual platforms and in this scenario, Gandhi jayanthi and shramadahana was not conducted.

AIDS DAY

AIDS DAY AWARENESS PROGRAMME-2020



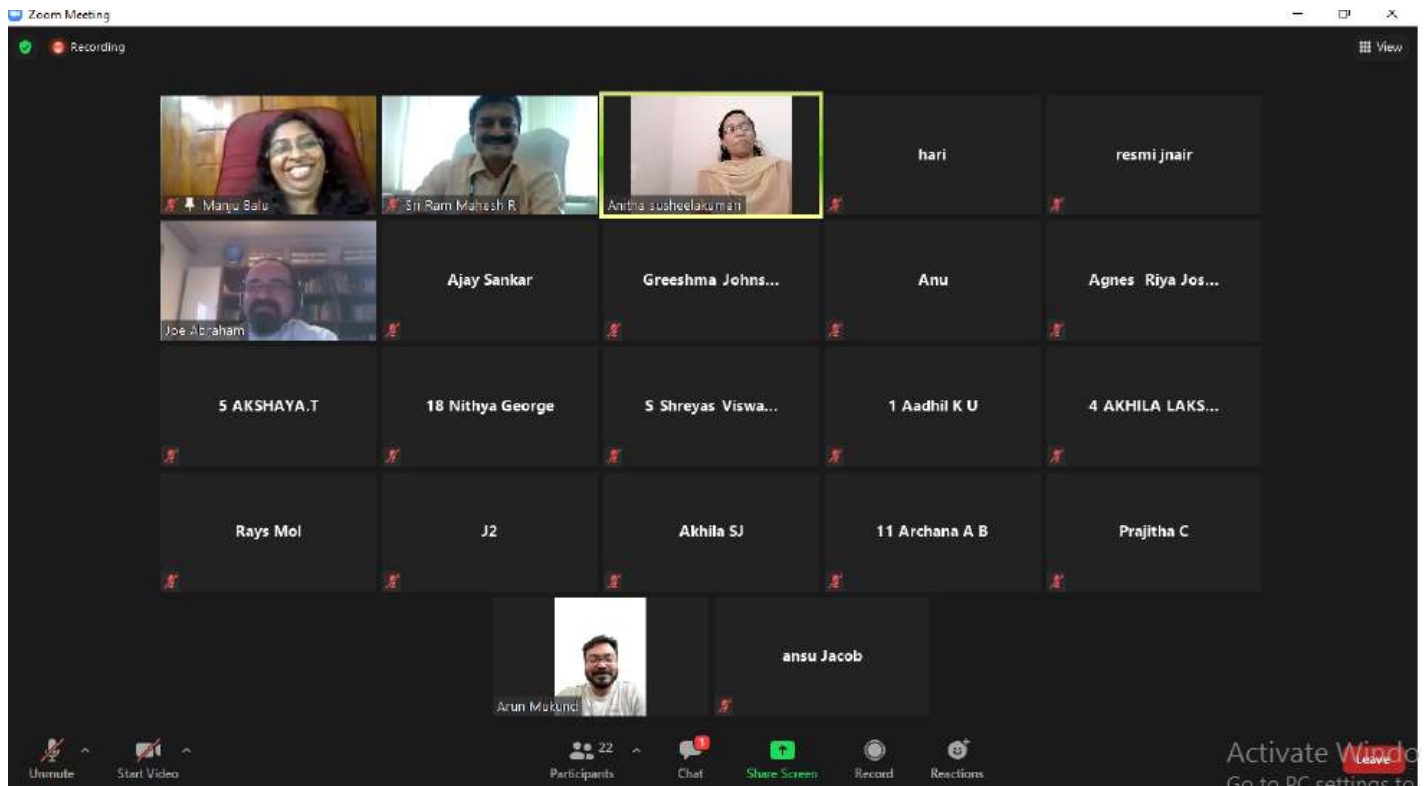
World AIDS Day, observed each year on December 1, is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV, and remember those who have died from an HIV-related illness. **WHO** has chosen “**Global solidarity, resilient HIV services**” as the theme for World AIDS Day this year.

On this occasion, NSS unit of Loyola College of Social Sciences organized an awareness session on *HIV/AIDS*. The session was taken by Ms. Bala Manju B S, Project Officer from Kerala AIDS Society. The session was held on December 3 from 2:30-3:30 pm through online platform zoom. Hareekrishnan G (NSS Student Coordinator) officially welcomed the gathering.

The resource person spoke on the different avenues of the subject and the misinterpretations, prejudices that exist in our society related to AIDS. She also gave official

statistical data on the AIDS affected patients and its trend in last 10 years. The statistical data was explained in terms of gender and demographic aspects. After the official presentation the session was open for discussion. Students actively participated in the interactive session.

The programme came to an end by 3:30 pm with an official vote of thanks by Ansu Jacob (2nd Year MAHRM).



World AIDS Day-2017

AIDS is considered as a serious disease which is not curative. Every year December 1st is observed as WORLD AIDS DAY. On this occasion of AIDS day, the NSS Volunteers of Loyola gathered together at Sutter hall on, December 1 2017. AIDS awareness posters were displayed all around the campus by the volunteers. The programme began with a silent prayer and all were welcomed by Ms. Dyna. In view of this event the AIDS ribbon was handed over to Dr Saji.P.Jacob the Principal by Dr.Anitha.S Programme Officer of NSS of the college. Then the ribbon was distributed to each volunteer gathered there.

On 4th December 2017 an Awareness class has been organized. The resource person was Mr.Suresh from Kerala Aids Control Society.





AIDS Day Programme-2016

AIDS is considered as a serious disease which is not curative. Nowadays, above sixty million people in the world are suffering with this. Every year December first is considered as WORLD AIDS DAY. The NSS Volunteers of Loyola observed HIV/AIDS day on 1st December 2016. Volunteers and staff gathered together in front of the portico at 9.00 a.m. AIDS awareness posters were displayed all around the campus by the volunteers. The programme began with NSS anthem and all were warmly welcomed by Mr. Sain Mathew, Volunteer Secretary. The message was delivered by Dr. Sabu P Thomas S.J., Vice-Principal of the college. He tried to call up on everyone to lead the way to create a world without AIDS. Ms. Francina P. X, Programme Officer, handed over Red Ribbon to Dr. Jose Boban K, Principal and later the volunteers helped each other to wear the red ribbon.



**LOYOLA COLLEGE OF SOCIAL SCIENCES
THIRUVANANTHAPURAM**



**7.1.11-1 NSS Annual Reports on Day Celebration
(Other than Above Mentioned Programs-2016-21)**

National Youth Day

As part of National Youth Day celebrations on 12th January, 2021 NSS Unit of Loyola College of Social Science had organized the valedictory function of national youth parliament festival. The program has been graced by Hon'ble Prime Minister through the virtual mode from 10:30 am onwards on 12th January, 2021. All NSS volunteers of Loyola College of Social Science were actively engaged in the program.

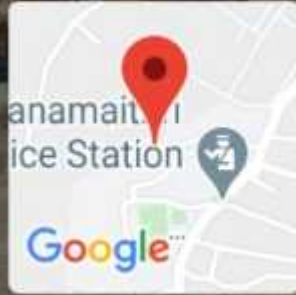


Martyrs Day-2021

India celebrates Martyrs' Day every year on January 30. The day is observed by the country to commemorate the death anniversary of Mahatma Gandhi. On this day at 11 am, a two-minute silence in memory of Indian martyrs is observed throughout the country. NSS unit of Loyola College of Social Sciences observed the day with two minute silence at 11 Am.

Report- World water day quiz competition			
Programme Name	QUIZ	Organizer	Environment and Biodiversity club(Loyola Invests In Energy group)- LIME
Date	22-03-21	Time	3.30 PM – 5.45 PM
Venue	Sutter Hall	Faculty in-charge	Dr. Franscina PX Dr.Joice K Joseph

Programme Objectives	<ol style="list-style-type: none"> 1. To make an awareness about the world wildlife day and water conservation day 2. To impart some knowledge about the environment to the students.
Resource Person (s)	Mr. Jithu Jhoncy (Quiz Master)- 2 nd Year sociology Student
Participants	Both 1 st year and 2 nd year students
Programme Activities	<ol style="list-style-type: none"> 1. Welcome address by Fr. Renjith George 2. A small talk by Prof. Joice k joseph on environment and the importance of protecting them. 3. Quiz
Programme Outcomes	<ol style="list-style-type: none"> 1. Students were aware about the importance of environment and its need for future generation. 2. The students were able to gather many new information from the Quiz session.



Thiruvananthapuram, Kerala, India

TC-5/1639(1, Sreekariyam - Aakkulam Rd, Bapuji Nagar, Sreekariyam,

Thiruvananthapuram, Kerala 695017, India

Lat N 8° 32' 35.9844"

Long E 76° 54' 44.1756"

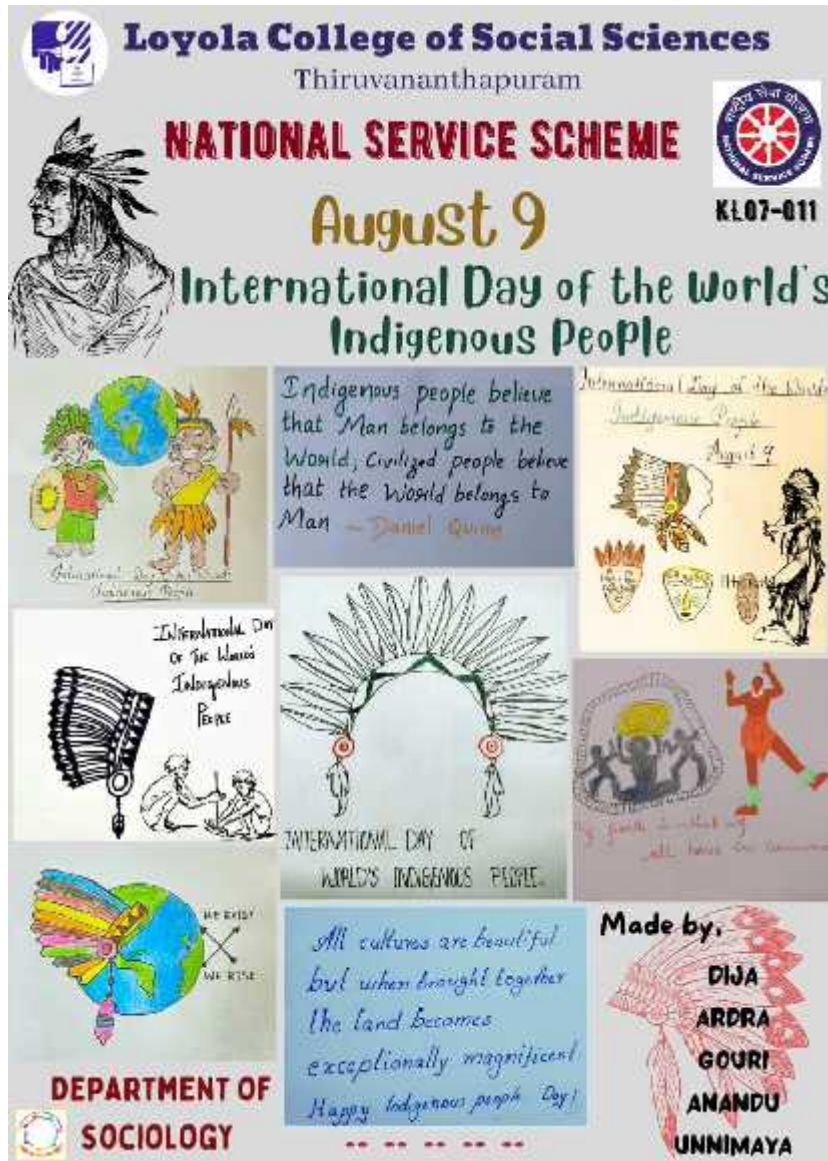
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National Handloom Day



National Handloom Day has been celebrated on August 7 every year since 2015 to commemorate the Swadeshi Andolan that began in 1905 on this very day. It also aims to create awareness about the Handloom Industry amongst the public at large and its contribution to socio-economic development. In order to commemorate this day, NSS published a poster on August 7 2021.

International Day of World's Indigenous People



August 9 is celebrated as International Day of World's Indigenous People. The theme for the day in 2021 is "Leaving **no one behind: Indigenous peoples and the call for a new social contract**". As part of this day NSS in collaboration with NSS published a poster to observe the day.

Nagasaki Day



LOYOLA COLLEGE OF SOCIAL SCIENCES

NATIONAL SERVICE SCHEME-KL07-011

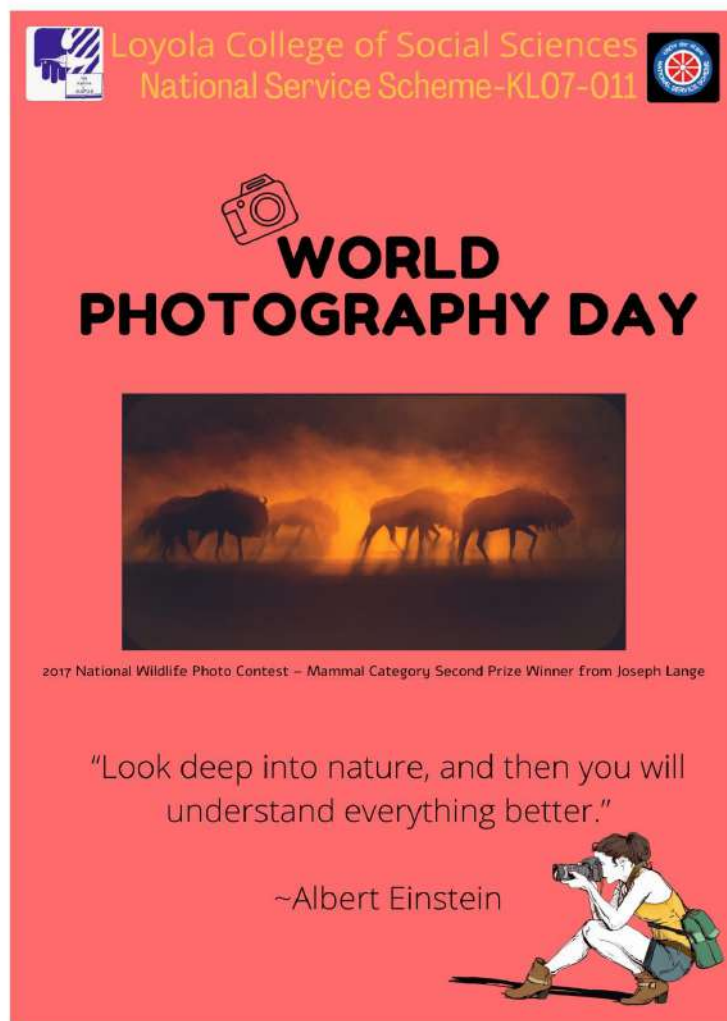


"Nuclear weapons free world is not a dream but a necessity for human survival. We need to stop waiting for things to happen. We need to go ahead and make things happen".-Amit Ray

Say No to Nuclear weapons

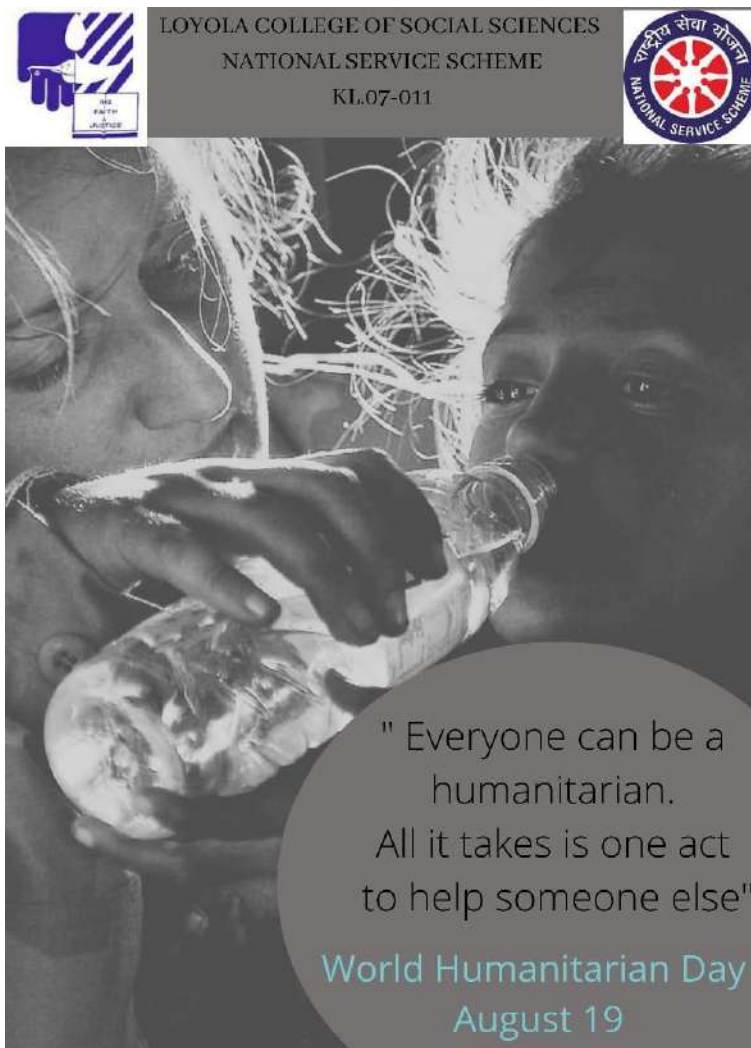
The historical nuclear attack took place in the year 1945 with an atomic bomb on August 6 in the city of Hiroshima and later on August 9 in Nagasaki. Nagasaki Day is observed every year on August 9 to promote peace politics and raise awareness of the effects of the bomb attack on Nagasaki. 2021 marks the 76th anniversary of the US atomic bombing. NSS unit of Loyola College of Social Sciences published a poster to commemorate Nagasaki day on 9th August 2021.

World Photography Day-2021



Every year, **World Photography Day** is marked on 19 August. The day commemorates the importance of cameras and photography in our lives. Photography enthusiasts around the world celebrate the art of capturing pictures on this occasion. Photography is an inseparable part of our lives. People use the medium in a variety of ways, from taking selfies to documenting wars and human rights abuses. Photography is an art form that can be intensely personal and also project ideas publicly in a simple manner. The saying “*a picture is worth a thousand words*” remains true even now. On August 19, NSS published a poster to observe the ‘World Photography Day’.

World Humanitarian Day



Every year World Humanitarian Day is observed on August 19 across the globe to promote human welfare. The day is dedicated to the people who have sacrificed their lives for the welfare of others. The day came into effect in the United Nations General Assembly (UNGA) as a part of a resolution on the Coordination of Emergency Assistance of the United Nations. NSS published a poster on 19th August 2021 to commemorate this special day.

52nd National Service Scheme Day Celebration Report

Program Name – 52nd NSS DAY CELEBRATION

Date – 24/9/2021

Faculty In charge – Dr Francina P.X, NSS Program Officer

Student Coordinator – Ms. Chippy Raj, NSS Volunteer Secretary

Program objective:

-) To celebrate 52nd National Service Scheme day at the college.
-) To make students aware of the origin, history, and current features of the National Service Scheme.
-) To strengthen the feeling of oneness and service among the students through the National Service Scheme
-) To help the underprivileged children of Pozhikkara beach ward with materials required for restarting their school days after a long, 2years gap due to the COVID pandemic

The 52nd National Service Scheme day was celebrated at the college with a variety of programs that had the involvement of all the NSS volunteers. As the classes were conducted through online mode due to the spread of the COVID pandemic second wave, the programs were done in both online and offline modes.

Programs conducted:

1. **NSS DAY POSTER** – a digital poster was created by the office bearers on the occasion of 52nd National Service Scheme day and shared across all the official college groups.
2. **PowerPoint presentation about National Service Scheme** – a detailed PowerPoint presentation was created by the volunteers to introduce and give deeper insight into the origin, history, evolution, and current status of the National Service Scheme in our country. The PowerPoint was shared with all the volunteers individually and also on the common platform that is accessible for all the students.

3. **National Service Scheme day quiz completion** – A college-level quiz competition was conducted for all the volunteers. Google form was used to create the quiz questionnaire and it was circulated among the volunteers. The questions were all related to National Service Scheme and MS. Parvathy P J and Ms. Amibily E H of the Department of Personnel Management bagged first place by scoring the highest marks.

4. **Back to School campaign:** As part of celebrating the NSS day, the NSS unit of Loyola College of Social Sciences, Unit No KL07-11 organized a '**Back To School**' campaign. The campaign was to collect materials required for the kids belonging to the underprivileged section in Pozhikkara beach ward, to restart their classes after the COVID pandemic-related school shut down. The NSS volunteers collected various study materials for the children. The collected study materials were handed over to Sri. Ansalan, MLA for Pozhikkara beach ward by the NSS Volunteer Secretary in the presence of the program coordinator Ms. Francina P X and Vice-Principal Fr. Dr. Sabu P Thomas, the ward member Mr. Ajith Pozhiyoor and community members.

Supporting Documents:



Poster created on 52nd National Service Scheme day and Back to School campaign.



Pictures of few contributions from the volunteers.



Back to school campaign: Handing over of study materials to Sri. Ansalan, MLA for Pozhikkara beach ward by the NSS Volunteer Secretary on 20/10/2021.

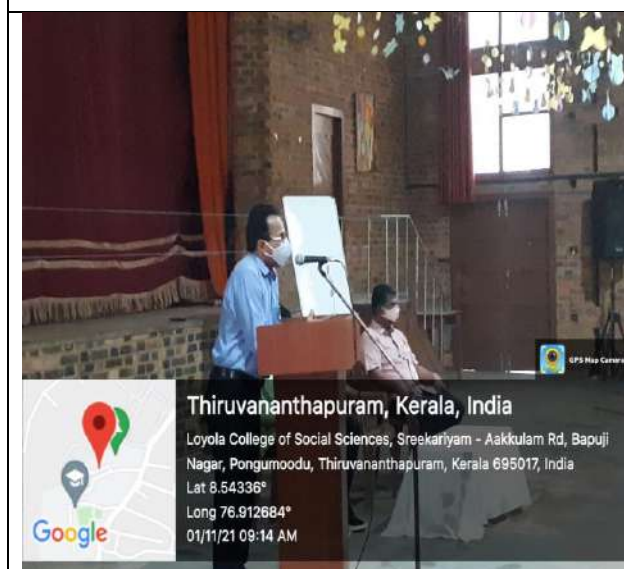
Report			
Programme Name	National Unity Day and Kerala (piravi) Day	Organizer	NSS Unit No. KL07-11
Date	1 st November 2021	Time	9 a.m. – 10 a.m.
Venue	Sutter Hall, Loyola College of Social Sciences	Faculty in-charge	Dr. Francina P. X

Programme Objectives	<ul style="list-style-type: none"> To observance of the Birth Anniversary of Sardar Vallabhai Patel as National Unity Day (Rashtriya Ekta Divas) To enhance awareness among students the need for National Unity. To celebrate Kerala Day and to enhance love for our state Kerala
Resource Person (s)	Dr. Saji P Jacob Dr. Sabu P Thomas S. J
Participants	II semester students of the college
Programme Activities	<p>Since 31st October was a holiday, we observed the day on 1st November 2021. The programme started with a prayer song and Ms. Nayana Scaria (MSW –DM) welcomed the gathering.</p> <p>Dr. Saji P Jacob, Principal of the college, inaugurated the programme and gave a message of unity. He mentioned that all persons in this universe has a position. Positionality is something we need to recognise and respect. The Unity in diversity makes our India a better place. As the citizens of India we should be really vigilant against the social evils that destruct the unity of our country.</p> <p>This was followed by Message by Mr. Ansun Jacob, the student representative. He emphasised about the importance of Kerala Day and national unity day. He briefly explained the history of birth of State of Kerala on 1 November 1956. He explained about that it was divided into three major provinces and several outlying regions under various rulers. He also explained some of the achievements of Kerala after independence like Kerala model of development, the achievements we have in social indicators like education, health and other aspects.</p> <p>This was followed by the administering pledge of the National Unity day. Fr. Sabu P Thomas S. J, Vice Principal of the college administered the oath.</p> <p>This was followed by a small competition among students – their ideas for development of Kerala. Many students participated and gave their creative ideas for the development of Kerala like making Environment Impact Assessment before doing any development programme.</p>

Programme Outcomes	<ul style="list-style-type: none"> • Cordial observance of the Birth Anniversary of Sardar Vallabhai Patel as National Unity Day (Rashtriya Ekta Divas) • Enhanced awareness among students the need for National Unity. • Sharing of dreams about the development of Kerala state on Kerala Day
Supporting Documents	Photos, 10 seconds video



Message by Mr. Ansun Jacob



Message by Dr. Saji P Jacob (Principal)



Administering National Unity oath by Vice Principal



Patriotic Song on Kerala Day (Ms. Aparna & Ms. Gowri)



Audience of the programme



Sharing dreams about development of Kerala state



Sharing dreams about development of Kerala state

Vigilance Awareness Week Pledge

On 29th October 2019 the NSS unit of Loyola College of Social Sciences had conducted a pledge as the part of vigilance awareness week. The Principal inaugurated the program. The principal, all faculties of respective department and all NSS volunteers had participated for the pledge. All NSS volunteers were actively participated in coordinating as well as arranging the program activities. An essay writing competition has been conducted in the collage as the part of vigilance awareness week. The student who won first place in essay writing completion was awarded. The collage principal had distributed the cash award to the student. All NSS volunteers have participated and arranged the necessary facilities and needs of the program.



Pledge on Observance of Constitution Day

On 26th November 2019 the NSS unit of Loyola College of Social Science had conducted a pledge as the part of “Observance of Constitution Day”. The Principal inaugurated the program. Through this pledge students were provided with the basic knowledge of constitution, fundamental rights and fundamental duties.



KERALA PIRAVI DAY PLEDGE

The Loyola College of Social Sciences celebrated Kerala Piravi along with the staff and students of the college at portico on 1st November 2018. The students and staff members' took an oath on promoting Malayalam speaking at a vast level as it is mother tongue to people of Kerala. The students pledged they would speak Malayalam. The students and teachers dressed up in traditional set sari and mundu on the day.



World Cancer Day

NSS Volunteers has commemorated the World Cancer Day with due importance. An awareness class was arranged with Dr. Iqbal who elaborated on the importance of the diseases and also shared the various ways in which we can become cautious about. The importance of change in our life style has also been discussed.



Alzheimer Day Pledge

To commemorate the importance of Alzheimer's day NSS Volunteers of the college has taken a pledge on the day. The objective was to be sensitive to the needs of that cross-section in the society.



Martyrs Day

January 30th, which marked the Martyr's day to commemorate Mahatma Gandhi, the father of our nation, we conducted a small meeting in his remembrance. In this meeting, Fr. Sabu P Thomas, Vice Principal of the college delivered the day's message. He stressed about the contributions of Mahatma Gandhi for our nation and how it has influenced the development of our country, especially with regard to panchayat raj and local self-governance. He also stressed on the cardinal values of Mahatma Gandhi – truth & non-violence.

'Thalukalilude'-Reading Day Celebrations

June 19th is observed as reading day in Kerala as remembrance for the contributions made by **P.N Panicker** to the Kerala society. Considering the importance of the day NSS Unit of Loyola organized 'thalukalilude' to make the students aware about the importance of the day and the process of reading in an individual's life. On **June 24th 2016** Formal session was organized in the Sutter hall. Dr. Saji Mohan, Faculty, College of Engineering Trivandrum, a person with keen interest in reading, was the guest of the day.

The session started with a welcome speech by Ms Krishendu. Thereafter, Principal Dr. Jose Boban addressed the students about the importance of the day and congratulated the NSS Loyola Unit for its initiatives. Then the key speaker Prof. Saji Mohan was invited to address the students. He started by saying that reading is an essential part of all individuals life. But today all are commenting as if reading is dying.

The guest raised the question is reading really dying? He shared his personal reading experiences. He deducted out how his reading evolved into greater heights as he moved up in the age ladder. He then tried to trace the evolution of the knowledge transmitting medium in our society. He said that our society was a society of listeners, which later got transformed into a society of readers and now it may be called as a society of viewers with visual media dominating all spheres of life. He concluded by saying that reading is not dying but is transforming into other forms with the improvement of technology. Even though there is a slight decrease in the number of readers, according to him there still exist a considerable number of people reading, keeping it alive. Even the younger generation is reading, may be through e-sources, but at least they are reading.

The session was concluded by 4.p.m with a vote of thanks by Ms. Snehaletta P. The session was an interactive one which was very informative and interesting. The experience sharing of the guest was very informal and inspiring. The whole deliverance ending in a positive note about the future of reading had a motivational impact on the crowd gathered. Besides this, the volunteers have organized different discussions on different days on topics like 'problems of school education', 'Environmental problems', 'Problems of Rural India', 'Stray Dogs', 'Munnar Strike', 'Syrian crisis', 'Communalism', and 'corruption'. Dr. Sunilkumar, librarian is a great help for this activity.



Hepatitis Day- Free Hepatitis Detection Camp

Hepatitis B is a silent killer which is often unknown. Only 5% out of 400 million of the total affected population knows that they are affected by this disease. In India, 20 million is affected by the virus, out of which 20 lakhs are in Kerala Hepatitis B infection may lead to liver failures and cancers.



Over 7000 die every year due to liver failure as a result of undetected Hepatitis B infection. If detected Hepatitis B is a fully curable disease. In view of this alarming fact NSS organized a free Hepatitis B detection camp and awareness generation on 28 July 2016 in the college. The day is observed as World Hepatitis day and the theme of the year 2016 was 'Know Hepatitis'. The camp started at 2.00 p.m. with an awareness class of Dr. K.R Vinaya Kumar, a well-known humanist gastroenterologist with a very special concern for liver diseases. He is the Dean of Travancore Medicity Medical College and the Director of the Digestive Diseases Division of Lords hospital Trivandrum. He gave a description of how hepatitis can be identified and treated. He pointed out that it is curable but if not detected it may leading to cancer. In the end of the awareness class the floor was opened up for raising questions. Dr. Vinaya Kumar clarified all doubts of the audience. It was a useful session to

students and teachers. It helped in gaining deeper understanding about the silent killer disease.

There after collected Dr. Vinaya Kumar along with his two technicians collected blood samples from students and teachers and non- teaching staff of the college for identifying hepatitis. The results of the same were announced after one hour. The Free Detection Camp came to an end at 4.30pm. Blood samples of all the students, teachers and non-teaching staff were collected and tested in the camp.

Quami Ekta Week (National Integration Week) Celebrations

As part of the nationwide celebration of Quami Ekta Week from 19th to 25th November 2016 NSS Loyola Unit also took initiative to celebrate the same in the campus to spread the message of national integration which is a need of the hour considering the special social and cultural circumstances existing in the country.



NSS Loyola Unit organized various interdepartmental competitions in the college based on the theme 'Unity in Diversity' to spread the message into the minds of the people. Different competitions like mime, tableau, extempore speech and essay writing were conducted on different days of the week. Students from all the departments in the college took part in the competition. Students from the department of Sociology won first prize in mime and tableau competitions and the second prize was won by the students department of Counselling Psychology. Mr. Aloysius Antony and Mr. Girish were awarded for the speech competitions. Fr. Georgin V George of 1st MA was awarded for the essay writing competition.

Action is powerful than thousand words. Through the competitions organized could achieve its aim of communicating the idea of Unity in Diversity in to the minds of the students more effectively. It was in turn an opportunity for the students to probe on an idea and express it creatively.