

NATIONAL SERVICE SCHEME

UNIVERSITY OF KERALA

Report of Monthly Activities- January 15,2020 – February 15, 2021

Section-1

GENERAL INFORMATION

Name of the College : Baby John Memorial Government College,
Chavara

No. of Units : Two{ KL-07- 035 A & KL- 07-035B}

Name/Names of Programme Officers: Dr. Gopakumar G

Prof. Abhilash S

Date of appointment of Programme Officers: Dr. Gopakumar G – June 2018

Prof. Abhilash S – June 2021

Status of the Training of NSS PO: Dr. Gopakumar G - Trained

Details of NSS Volunteers during the reporting month- 200 Nos

Name of the Adopted Village & Address: Cherusseri Bhagom, Chavara

	O.C.			S.C.			S.T.		
	MALE	FEMALE	TOTAL	MALE	FEMALE	TOTAL	MALE	FEMALE	TOTAL
Allocation									
Enrolment									

1. Actual Enrolment: 200 Male: Female:
Total: 200

REGULAR ACTIVITIES WITHIN THE CAMPUS

SL NO	DATE OF THE ACTIVITY	NAME OF THE ACTIVITY	DESCRIPTION OF THE ACTIVITY
1	09/JUNE/2021	AKSHARA THALUKAL	<p>Writing is wonderful experience that one who can share their own happiness, sadness, thoughts, and imaginations etc.in a different way. But not everyone will not have such hobbies because it requires time and a fully dedicated mind. By searching for a good writer for inaugurating the programme of 'Vayana Dhinam', the NSS units of BJM Govt. College, Chavara find out a poet who is in their own campus. Her name is Dr. Mini Babu, the assistant professor of English department. She shared the experience of her writing skill and how she acquired it. 'Kaleidoscope and Meraki ' were her</p>

			<p>books and her new book is getting ready for publishing. She told that by continuous reading can lead a person to a writer with other's support, because it needs a lot of time to express the thoughts as a poem and for rewriting it needs about almost five to seven hours.</p> <p>The programme in association with the vayana dhinam was inaugurated by Dr. Mini Babu mam a poet, and the programme's name was 'Akshara talukal'. The volunteers provide her a surprise by sharing her video as a documentation in the screen. The programme was take off in the presence of the programme officers Dr. Gopakumar. G (Also District programme officer) and Dr. Sunil kumar. All of them get inspired because we will always have a hiding skill that we want to understand ourselves. It</p>
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			was a nice programme, sharing of experience.
2	19/JUNE/2021	THOOLIKAYOD	<p>Reading is a skill that always increases our imagination power and make our mind to capable of thinking both sides of a problem like a coin's double side. But sometimes, we can't read a book fully because of lack of time. Those who share the experience of reading books like sharing the reviews, experiences etc. will increase our anxiety and that may help us to read the book. Today one of the best media to share such experiences is instagram.</p> <p>By understanding the importance of reading the NSS units of BJM Govt. College, Chavara has decided to help the youth by sharing the review in the instagram page in accordance with 'vayana varam'. The first review is of the book</p>

			<p>'Arachar' a story of a girl by K. R. Meera who got kerala-kendra sahitya award for writing this story. Following this other stories were also included.</p> <p>Along with this a small task was also included like this the volunteers will decide a book and those who like to write review can read the book and can share their reading experience and review. The volunteers wing that make this task will decide the winner and those who won the task will get a small cash price. The price is provided by collecting two rupees challenge from the hundred volunteers itself. And the programme is now going on.</p>
3	21/JUNE/2021	YOGA	<p>Healthy body and wealthy minds are the basic for a happy life. In sometimes the balance may be destroy and leads</p>

			<p>to any others problems. But yoga is a basic solution for it. By its own tackling methods it can make a balance on us, that will increase the confidence with in us. For making the Volunteers and their by the society more powerful the NSS units of BJM Govt. College, Chavara decided to conduct a yoga class in accordance with International Yoga Day. And the class was lead by Suresh Sir, a famous tutor of yoga. Through the virtual media he told the simple tricks for making us comfortable. And the class leaded in the presence of programme officer Dr.Gopakumar.G. All the volunteers participated in it and made it a success through their own self achievement.</p>
4	23/JUNE/2021	AAROGHYA	Today we were living in a fast growing society

			<p>where nobody caring about their own health. And at that time many diseases were comes towards us without permission. Anemia is such a disease. It mostly affect the girls life..</p> <p>Anemia is a disease that will increase the iron content in blood and their by decreasing hemoglobin in blood and their by decreasing the stability of body.</p> <p>By identifying the problem the NSS units of BJM. Govt. College, Chavara along with the Chavara ICDS conducted a programme named 'Ruji koottu'. The main programme was conducting food fest.About almost 40 volunteers were conducted in the programme by preparing food items which is rich in iron content including tomato juice, rava items, etc... The programme was inaugurated by Tiju Rachel Thomas,</p>
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			<p>Programme officer department of WCD, in the presence of DR. Gopakumar. G, the programme officer District level and Dr. Sunil kumar, programme officer, Abhilash, professor of Botany department. All the volunteers participated in the programme and made it a success.</p>
5	26/JUNE/2021	VIMUKTHI	<p>We all know that our society is dying day by day not because of our actions towards nature, its by destroying the youth. At that time we thought that what the hell is talking about! Yes our society is dying because of our youth. About 75% of our youth directly or indirectly dependent on drugs for their happines. Some of them using it to escaping from their own sorrows or fear of life.Its the youth who want to shine the world is destroying themselves.</p> <p>In such times we want to think postively, the volunteers in various wings with good thoughts and</p>

			<p>deeds can help us by thinking positive tracks and injecting that to the youth by various steps. Based on that way of thought the NSS units of BJM Govt. College, Chavara conducted a programme that can bring a drastic change in the volunteers. The class was inaugurated by Sri. Santhosh Thuppasseri, (President, Block Panchayath, Chavara) in the presence of Dr. Ajitha kumari K (Principal BJM Govt. College), Venukuttan pillai (District Manager, Vimukthi Mission, Kollam), T. Jayakumar (presentive officer, Excise Circle Officer, Kollam). And the main essence of the webinar, the key note was by Sri. P. K. Sanu (Deputy Excise Commissioner). Everyone became more conscious about the harmful effects of drugs and more bothered about it.</p>
6	26/JUNE/2021	MANCHIRAG	<p>Drugs are the primary source that brings the youth to a life full of darkness. And by thinking positively the NSS units of BJM Govt. College, Chavara for expressing positive vibe and spreading the positive</p>

			ness a programme was done named ' Manchiraag'. The programme is that lighting the chirag with whole family members and expressing the postiveness is the theme of the programme.
7	02/JULY/2021	KINDLE LIFE	Doctors are the living god who helps to rope our life from death. Without their self less activities at this pandemic situation, we should not even have life. But they were strong enough to fight to Covid. Not only Doctor's but also all thr health officers. Along with this their is also an another important problem that we facing in medical field is the donation of blood from female is decreasing day by day. The major reason for it is the low weight and decrease in the rate od haemoglobin in blood. To increasing the rate of female blood donation the NSS Units of


			<p>BJM Govt. College, Chavara along with the famous NGO foundation NILA conducted a programme in Doctor's day to increase the donors rate. The programme was inaugurated by Arya. Rajendran, the Mayor of Thiruvananthapuram cooperation. And the orator was the Dr. Sajith Vilambil, Assistant professor, Department of Transfusion medicine., Governmet of Medical College Tvpm. He clearly depict the importance that females have to take care for becoming voluntary donors. Its a very nice programme that bring us a light in everyone.</p>
8	09/JUNE/2021	KARMAYODHA	<p>If our house and surroundings were clean that bring us a postive vibe in thoughts. Always not only our house, the place were we stand. And one of the major thing is</p>

9	15/JULY/2021	AVALKKOPPAM	<p>that our College is also a house to all collage mates . And for bringing that Kind of happiness amd positiveness and happiness the volunteers of BJM Govt. College, Chavara came to the college during this adverse situation and cleaned their garden very well and almost a few students and the programme officers had came and cleaned it. The units will also continue the programme based on the Covid protocols of honourable Government.</p> <p>Today we were living in a society were girls can't live as they wish. The main reason for this is the Orthodox family who didn't gave the girl enough space to rise their voice against in justice. And we say it as the society is not perfect and society will think like so.. Like that. Etc. Etc. Its not the right thing. Its the</p>
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			<p>girls who wants to chahe the attitude first and based on this thing the NSS Units of BJM Govt. College, Chavara conducted a programme named "AVALKKOPPAM ". The programme was conducted in association with Chavara ICDS. And the programme was inaugurated by Dr. Gopakumar. G, the programme officer and the classes were done by the WPO officer Sreelatha. R. S and the Advocate. Lekshmi priya. It was a nice programme especially for girls volunteers.</p>
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PHOTOS ATTACHED OF ACTIVITIES WITHIN THE CAMPUS

1.AKSHARA THALUKAL

B.J.M Gout College Chauvara
 **NATIONAL SERVICE SCHEME** 
 UNIT NO. 35 A&B


-AKSHARA THALUKAL-



PRESIDENTIAL ADDRESS
DR.GOPAKUMAR. G
 (NSS Programme Officer &
 NSS Kollam District
 Coordinator)



INAUGURATION
DR.MINI BABU
 (Famous English poet &
 Asso.professor of
 English)



SPECIAL SPEECH
DR.SUNILKUMAR.R
 (NSS Programme
 Officer)

WELCOME SPEECH : PRASITHA. K

FELICITATIONS : APARNA V. R
 : REVATHY. S

VOTE OF THANKS : APARNNA. C

19 th
JUNE
10 am



2.THOOLIKAYOD

ബി.ജെ.എം ഗവ.കോളേജ് ചവറ, കൊല്ലം
 **നാഷണൽ സർവീസ് സ്കീം** 
 ഔണിറ്റ് നമ്പർ 35 A&B

തുല്പീകരണ...
 പൂസ്തകങ്ങളിലൂടെ ഒരു യാത്ര

വിദ്യാർത്ഥികൾക്കൊരു മത്സരം....

കൃതികളുടെ പരിചയപ്പെടുത്തൽ.... ഞങ്ങൾ നൽകുന്ന കൃതികളുടെ എഴുത്തുകാരൻ, ആശയം, ഘനം, ഭാവനാലൈലി എന്നിവ ഉൾപ്പെടുത്തി കൃതികളുടെ വിശദീകരണകുറിപ്പ് തയ്യാറാക്കി ഞങ്ങൾക്ക് നൽകുക...



നല്ല വായന
 ചിന്ത
 പ്രവർത്തി
 സമൂഹം...



എഴുത്തുകൾ അയച്ചുതരേണ്ട
 അവസാന തീയതി
 :26/06/2021

More info :
 8129232070,
 97781 84336  

3.YOGA

B.J.M GOVT COLLEGE CHAVARA

National Service Scheme
Unit No. 35 A&B

International Yoga Day
-21st June-



A Meditation Class in Association with
**Baby John Memorial Govt College
Chavara and Sahaja Yoga.**

@10AM
IN GOOGLE MEET
<https://meet.google.com/iez-qqkz-dfu>

Being Your Journey To a Better Life With Peace, Love and Happiness

4.AAROGHYA



5. VIMUKTHI

ANTI - DRUG AWARENESS WEBINAR

NSS Song : NSS Volunteers
Hosted by : Shadiya Shafeek (Volunteer Secretary)
Welcome Speech : Pooja S (Volunteer Leader)
Presidential Address : Dr. Ajithakumari K (Principal, BJMGCC)
Inauguration : Sri. Santhosh Thuppasseri (President, Block Panchayath, Chavara)
Key note Address : Sri. P K Sanu (Deputy Excise Commissioner, Kollam)
Felicitations : Sri. Venukuttan Pillai (District Manager, Vimukthi Mission, Kollam)
: T. Jayakumar (Preventive Officer (Gr), Excise Circle Office, Kollam)
: Dr. Sunil Kumar R (NSS PO, BJMGCC)
: Dr. Abhilash S (NSS PO, BJMGCC)
: Thansi N (NSS Volunteer)
Classes by : Dr. Amrithabh S (Medical officer, De-Addiction Centre Nedangolam, Kollam)
: Sri. P L Vijilal (Excise Preventive Officer, Karunagappally)
Vote Of Thanks : Amal J Dev (Volunteer Leader)

On 26.06.2021, at 10.30 am

വിമുക്തി




6. KINDLE LIFE

B.J.M GOVT COLLEGE CHAVARA
National Service Scheme
Unit No. 35 A&B

KINDLE LIFE
SPECIAL HONOURING AND WEBINAR ON "FEMALE VOLUNTARY BLOOD DONATION AWARENESS, NEW DONOR CREATION & DONOR RETENTION"

Webinar Conducted By
DR. SAJITH VILAMBIL
ASSOCIATE PROFESSOR,
DEPARTMENT OF
TRANSFUSION MEDICINE,
GOVT MEDICAL COLLEGE
TRIVANDRUM

Date -02-07-2021
Time -7pm
@ Via -Zoom



7.KARMAYODHA



REGULAR ACTIVITIES WITHIN COMMUNITY


SL NO	DATE OF THE ACTIVITY	NAME OF THE ACTIVITY	DESCRIPTION OF THE ACTIVITY
1	19/JUNE/2021	VAKKUKALOD	<p>Our parents always make sure that we were in a safe track, that we have enough food to eat enough books to read but in our same society their were lots of people who didn't any basic things to eat or to study. Education is a basic source that they that change their own life style.</p> <p>By thinking so, the NSS units of BJM Govt. College, Chavara in accordance with vayana dhinam a new collection has to be started. The name of the programme ' Vakkukalod '. The programme is to collect books like reading books and note books and sharing it to the</p>

			<p>poor students in our community near the college and in anadhalayam that will brings their reading and writing ability. When the covid orders changes all the volunteers will bring two note books and reading books to that children. And they themselves will bring to the community and anadhalayam. The collection is yet going on.</p>
2	29/JUNE/2021	SAHAJEEVANAM	<p>The name 'Sahajeevanam ' brings a positiveness in our mind. We all know that we were very well lucky because we have good physical and mental structures but their were lots of people who were struggling. "Swolas" a famous foundation is working for such children. With the tie up that foundation the NSS Units all over kollam is</p>


			<p>conducting a programme named "Sahajeevanam" by providing the details of such children to that foundation. The NSS Units of BJM Govt. College, Chavara also actively participating in this programme to helping and bringing such children up and standing them in front of the closed curtains.</p>
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PHOTOS ATTACHED WITHIN COMMUNITY

1.SHAJEEVANAM



ബി.ജെ.എം യുവ കോളേജ് ചവറ
NSS UNIT NO. 35A&B



സഹജീവനം

|| വയസ്സിന് താഴെയുള്ള ദീർഘകാല ചികിത്സ ആവശ്യമായി വരുന്ന കുട്ടികൾക്ക് മരുന്ന്, ആഹാരം, വീട്ടിൽ പരിചരണം ഉറപ്പ് വരുത്തൽ, മാനസികോല്ലാസം എന്നിവ പ്രദാനം ചെയ്യുന്നതിനായി ചവറ ബി. ജെ. എം കോളേജിലെ എൻ.എസ്.എസ് യൂണിറ്റും സോലസ് എന്ന സംഘടനയും കൈകോർക്കുന്നു. ഇതരരായിലുള്ള സേവനം ആവശ്യമായി വരുന്ന സാമ്പത്തിക ക്ലേശമനുഭവിക്കുന്ന കുട്ടികൾ താഴെ തന്നിരിക്കുന്ന നമ്പറിൽ ബന്ധപ്പെടുക.

Dr.G.Gopakumar : 9447069564
Prof.S.Abhilash : 9645703745
Shadiya Shefeek : 9495652549

Amal J dev : 7592807235
Thansi.N : 7034568397
Anandhu.V : 6282433981

