

National Service Scheme (NSS) Annual Report 2021-22

Al Jamia Arts and Science College

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The National Service Scheme (NSS) unit of Al Jamia Arts and Science College had an eventful and impactful year in 2021-22. The activities were aimed at community service, sustainable development, and student empowerment. Below is a detailed account of the various initiatives undertaken:

1. Medical Equipment Donation

The NSS unit handed over vital medical equipment to the Primary Health Centre, aiding in improving healthcare facilities. This contribution was a response to the healthcare challenges faced by the community, especially during the pandemic. The equipment included basic diagnostic tools, first aid supplies, and patient care essentials.

2. Cleanliness Drive at PTMAUP School

To promote hygiene and cleanliness, NSS volunteers carried out a day-long cleanliness drive at PTMAUP School. The initiative involved cleaning classrooms, playgrounds, and common areas. It served to raise awareness among school students about the importance of maintaining a clean environment for a healthy life.

3. Awareness Program on Solid Waste Management

An awareness session on solid waste management was conducted for the local community. The program emphasized waste segregation, recycling practices, and composting. Demonstrations were organized to showcase simple techniques for reducing household waste. This initiative contributed to fostering environmental responsibility among participants.

4. Renovation of Rural Roads at Valambur

Recognizing the need for improved infrastructure, the NSS unit undertook the renovation of rural roads in Valambur. Volunteers worked on clearing debris, filling potholes, and ensuring better accessibility. This effort significantly improved the daily commute for residents and facilitated smoother transportation of goods and services.

5. Survey on Women Empowerment

A comprehensive survey was conducted to assess the status of women empowerment in the local community. Volunteers gathered data on education, employment, health, and social participation among women. The findings were compiled into a report that was shared with local authorities to guide future empowerment initiatives.

6. Sanitary Pad Donation for Inmates of Sai Snehatheeram

The NSS unit extended support to the residents of Sai Snehatheeram, a care home in Perinthalmanna, by donating sanitary pads. This initiative aimed to ensure menstrual hygiene and address the challenges faced by women in care facilities.

7. Menstrual Hygiene Awareness Class

In addition to the donation, a menstrual hygiene awareness class was conducted for the inmates of Snehatheeram. The session covered topics such as proper menstrual care, hygiene practices, and breaking societal taboos surrounding menstruation.

8. Water Pots for Birds in Students' Homes

To promote care for wildlife, students were encouraged to set up water pots for birds in their homes. This initiative highlighted the importance of nurturing biodiversity and helping birds, especially during summer. NSS volunteers actively participated in distributing water pots and spreading awareness about wildlife conservation.

9. Motivational Class for GLP School, Pattikkad

A motivational session was organized for the students of GLP School, Pattikkad. The session focused on building confidence, setting goals, and overcoming challenges. Experienced speakers shared real-life examples and success stories to inspire the students to excel in academics and life.

10. Friendly Interaction with Inmates of Salwa Care Home

NSS volunteers spent a day with the elderly residents of Salwa Care Home, engaging in friendly conversations and activities. The interaction included games, storytelling, and cultural performances, bringing joy and companionship to the inmates.

11. Motivational Class at OAUP School, Pooppalam

Another motivational session was conducted at OAUP School, Pooppalam. The focus was on personality development and career guidance, encouraging students to dream big and work hard to achieve their aspirations.

12. 7-Day Special Camp

The 7-day special camp was a cornerstone of the year's activities, with a focus on holistic community development. Key highlights of the camp included:

- **Health and Hygiene Awareness:** Workshops and interactive sessions were conducted to promote personal and community hygiene.
 - **Environmental Activities:** Tree plantation drives and demonstrations on composting were organized to promote sustainability.
 - **Skill Development Workshops:** Sessions on leadership, communication, and problem-solving skills equipped participants with valuable life skills.
 - **Community Service:** Cleaning drives, road repairs, and awareness campaigns were carried out in the local community.
- The camp provided volunteers with an opportunity to learn, serve, and grow through hands-on experiences.

13. Day Celebrations

The NSS unit actively organized and participated in the celebration of significant days, fostering awareness and patriotism among students:

- **Independence Day and Republic Day:** Flag hoisting, cultural programs, and talks on national integration were held.
- **World Environment Day:** Volunteers planted trees and conducted a rally to promote environmental awareness.
- **International Yoga Day:** A yoga session was conducted for students and staff, emphasizing the importance of physical and mental well-being.

- **NSS Day:** The day was marked with community service activities and discussions on the NSS motto, "*Not Me, But You.*"

Conclusion

The academic year 2021-22 was a testament to the dedication and hard work of the NSS volunteers and coordinators. Through a variety of impactful activities, the NSS unit addressed societal challenges, promoted sustainable practices, and empowered individuals and communities. The unwavering commitment to the NSS motto, "*Not Me, But You,*" was evident in every initiative undertaken during the year.