

**INDEX- NATIONAL SERVICE SCHEME NSS UNIT NO : 263 MARCH 1<sup>ST</sup>2022 TO MARCH 31<sup>ST</sup> 2022**

SI No	Name Of Programmes	Month & Year	Resource Person/ Collaboration	Type Of Programme	Page No
1	World Hearing Day Observation	3 <sup>rd</sup> March, 2022	NSS Calicut University Department & NSS Devagiri	Health/University Level	1
2	Digi Locker Campaign	5 <sup>th</sup> March, 2022	NSS Calicut University Cell & NSS M.E.S Ponnani	ICT/University Level	4
3	Break The Bias – Women’s Day Celebrations	8 <sup>th</sup> March 2022	Dr, Greeshma Paleeri	Women and Child Care	7
4	Kalichiri Kanivu- Women’s Day Celebrations @ Kaniv Special School	8 <sup>th</sup> March, 2022	Kaniv Special School	Special School Activity/ Disability	10
5	Penkaruth- Women’s Day Celebration	8 <sup>th</sup> March 2022	Nasmina Nasir, Women Development Cell FTC	Women and Child Care	14
6	Say Yes To Life, No To Drugs – Anti Drug Awareness Class	11 <sup>th</sup> March, 2022	Muhammed Shefeeque (Msp Malappuram)	Tobacco/ Anti-Drug Awareness	18
7	Pusthakathanal	18 <sup>th</sup> March, 2022	Kerala Higher Education Dept & NSS State Cell	State/University Level	23
8	Jeevanam – Water Pot For Birds	22 <sup>nd</sup> March, 2022	Dr. T Muhammed Saleem Principal, Farook Training College	Environment/Nature	26
9	Vidhyatheeram – Padana Class	22 <sup>nd</sup> March, 2022	G L P S Karinkallayi	School Adoption Project	29
10	NSS Unit Inaguration	31 <sup>st</sup> March, 2022	Dr. Godwin Samraj & Dr. Soni T L	University Level	31



**INDEX- NATIONAL SERVICE SCHEME UNIT NO : 263 APRIL 1<sup>st</sup> 2022 TO JULY 31<sup>st</sup> 2022**

Sl No	Name Of Programmes	Month & Year	Resource Person/ Collaboration	Type Of Programme	Page No
1	Cross roads debate club Inauguration.	6 <sup>th</sup> April,2022	Dr.T.Muhammed Saleem Principal, Farook Training College	Informative /Student leadership activity.	1
2	Arogya Nikethan – World Health Day Celebration @ Snehatheeram	7 <sup>th</sup> April, 2022	Dr. P. Sulafa	Health And Fitness/ Old-age home	7
3	World Health Day Quiz	8 <sup>th</sup> April, 2022	NSS Volunteer	Health And Fitness	18
4	Cross Roads Debate Shuold language of instruction be the mother tounge.	13 <sup>th</sup> April,2022	NSS Volunteers	Informative /ICT/Day Celebration	21
5	Cross Road Debate Club One hundred Malayalam for six malayalee	18 <sup>th</sup> April,2022	NSS Volunteer	Informative /Student leadership activity.	28
6	“Guernica”uyirpinte kahalam – Day 1- NSS University Level Arts Fest	15 <sup>th</sup> May, 2022	Soni T L (University NSS coordinator) Dr.T. Muhammed saleem (Principal Farook Training College)	Arts And Cultural Activity /university level/student leadership activity	31
7	“Guernica”uyirpinte kahalam – Day 2 - NSS University Level Arts Fest	16 <sup>th</sup> May , 2022	Mr.Fasalul Abid (Assistant Professor Farook Training College)	Arts And Cultural Activity /university level/student leadership activity	42
8	“Guernica”uyirpinte kahalam – Day 3 - NSS University Level Arts Fest	17 <sup>th</sup> May, 2022	Dr. Noufal.C (Assistant Professor Farook Training College)	Arts And Cultural Activity /university level/student leadership activity	48
9	“Guernica”uyirpinte kahalam – Day 4 - NSS University Level Arts Fest	18 <sup>th</sup> May ,2022	NSS Volunteer	Arts And Cultural Activity /university level/stude	54



				nt leadership activity	
10	“Guernica”uyirpinte kahalam – Day 5- NSS University Level Arts Fest	19 <sup>th</sup> May,2022	Dr.Ummer Farooque (Assistant Professor Farook Training College)	Arts And Cultural Activity /university level/student leadership activity	59
11	“Guernica”uyirpinte kahalam – Day 6 - NSS University Level Arts Fest	20 <sup>th</sup> May,2022	Mr.Midhun(Student Council Chairman)	Arts And Cultural Activity /university level/student leadership activity	66
12	“Guernica”uyirpinte kahalam – NSS University Level Arts Fest & Valedictory Session	21 <sup>th</sup> May,2022	Dr.M.Nasser (Pro-vice chancellor , University of Calicut) Dr.T. Muhammed saleem (Principal Farook Training College)	Arts And Cultural Activity /university level/student leadership activity	72
13	World biodiversity day quiz	22 <sup>th</sup> May,2022	NSS volunteers	Informative /Student leadership activity	78
14	Kadum Kattarum – One Day Nature Camp @ Thusharagiri	25 <sup>th</sup> May, 2022	Das, Suresh	Nature Camp	80
15	Kannithod Cleaning	26 <sup>th</sup> May, 2022	Vazhayur Panjayath	Participatory Village /Cleaning/ Water management	88
16	Menstrual Hygiene Day Celebration –Power to the period : Make sense of menses	28 <sup>th</sup> May, 2022	NSS volunteers	Health And Hygiene / Women development / Student Leadership Activity/IC T	97



17	Make sense of menses /Menstrual Hygiene Day Awareness Class	28 <sup>th</sup> May, 2022& 29 <sup>th</sup> May, 2022	Subisha. E, Naja Mehjabin K B @ Farook College, Sullamussalam College of Teacher Education- Areacode,Zamorin's Guruvayurappan College- Kozikode	Health And Hygiene/Extension Activity/ Women Development	103
18	No Tobacco Day Celebration – Poster Competition	30 <sup>th</sup> May, 2022	NSS volunteers	Tobacco/Anti Drug Awareness	109
19	No Tobacco Day Awareness Class	31 <sup>st</sup> May 2022	Sanoop A K	Tobacco/Anti Drug Awareness	114
20	Pravesanolsav - Distribution Of Study Materials.	1 <sup>st</sup> June 2022	NSS volunteers @GLP School Karinkallayi	School Adoption Project	120
21	Vidhyatheeram Project	2 <sup>nd</sup> June 2022	NSS volunteers @GLP School Karinkallayi	School Adoption Project/Education Extension	129
22	Vidhyatheeram Project	3 <sup>rd</sup> June 2022	NSS volunteers @GLP School Karinkallayi	School Adoption Project/Education Extension	130
23	Fit Ride : Bicycle Training- Inauguration	3 <sup>rd</sup> June 2022	NSS Volunteers	Health And Fitness/Carbon Neutral Campus	132
24	Environment Day Celebration. Plastic Waste Free Campus. Documentary Show. Memory Tree	5 <sup>th</sup> June 2022	Bhoomitrasena	Environment/Nature	134
25	Njungalum Krishiyilek Campaign	6 <sup>th</sup> June 2022	Krishi Bhavan,Participatory village- Vazhayoor Panchayat	Agricultural Initiative/Participatory	142



				village	
26	Vidhyatheeram Project	6 <sup>th</sup> June 2022	@GLP School Karinkallayi	School Adoption Project	145
27	Njungalum Krishiyilek Momento	7 <sup>th</sup> June 2022	T.V Ibrahim MLAVazhayoor Panchayat	Agricultural Initiative/P articiatory village	150
28	“Ocha” Talk Contest - Cross Roads Debate Club	7 <sup>th</sup> June 2022	NSS Volunteers	Dabate Club/Stude nt Leadership Activity	155
29	Awareness Class On World Food Safety Day.	7 <sup>th</sup> June 2022	@ Farook LP School, Ganapath AUP School, G.L.P.S Karinkallai, Azhinjilam A.U.P School	Food And Nutrition	157
30	Food Safty Day - Online Awareness class  “Food Safty Management System”	7 <sup>th</sup> June 2022	Pradeep Kumar V.K  (Assistent Commissioner Food Safty Department Palakkad)	Food And Nutrition/ Hygiene	166
31	Vidhyatheeram Project	8 <sup>th</sup> June2022	NSS Volunteers@ GLPS,Karinkallayi	School Adoption	169
32	Salgira:Letters Of Love	8 <sup>th</sup> June 2022	NSS Volunteers	Book Donation	172
33	Digital Poster Making Competition On  World Ocean Day	8 <sup>th</sup> June 2022	NSS Volunteers	ICT/Day Celebratio n	176
34	Vidhyatheeram Project	9 <sup>th</sup> June 2022	NSS Volunteers@ GLPS,Karinkallayi	School Adoption	182
35	Workshop On Poster Making	9 <sup>th</sup> June 2022	Mr.Nivedh K.R(Student Scholar)	ICT/Stude nt Leadership Activity	184



36	Friday Dry day:Anti Mosquito Day	10 <sup>th</sup> June 2022	NSS Volunteers	Cleaning/ Health and Hygeine/Day Celebratio n	187
37	Vidhyatheeram Project	10 <sup>th</sup> June 2022	NSS Volunteers@ GLPS,Karinkallayi	School Adoption	190
38	Vidhyatheeram Project	13 <sup>th</sup> June 2022	NSS Volunteers@ GLPS,Karinkallayi	School Adoption	193
39	Awareness Class On Blood Donors Day	14 <sup>th</sup> June 2022	Swathy& Shafna (NSS Volunteers) @ G.H.S.S, Balussery	Blood Donation/S tudent Leadership Activity	196
40	Awareness Class On Blood Donors Day	14 <sup>th</sup> June 2022	Disha (NSS Volunteer) @ G.V.H.S.S, Cheruvannoor	Blood Donation/S tudent Leadership Activity	199
41	Awareness Class On First Aid	14 <sup>th</sup> June 2022	Shamna & Nidha (NSS Volunteers) @ G.G.V.H.S.S.,Feroke	First Aid Awareness /Student Leadership Activity	200
42	Awareness Class On Blood Donors Day	14 <sup>th</sup> June 2022	Naja Mehajebin& mariya Sunny (NSS Volunteers) @ Sevamandir P.B.H.S.S	Blood Donation/S tudent Leadership Activity	205
43	Awareness Class On Blood Donors Day	14 <sup>th</sup> June 2022	Jasna ,Jishna &Ashitha (NSS Volunteers) @S.H.M.G.V.H.S.S, Edavanna	Blood Donation/S tudent Leadership Activity	209
44	Awareness Class On Blood	14 <sup>th</sup> June 2022	Harsha &Srijila	Blood Donation/S	212



	Donors Day		(NSS Volunteers) @ G.H.S.S, Pookottumpadam	tudent Leadership Activity	
45	Mansoon Diseases& Environmental Sanitation- Awareness Class	14 <sup>th</sup> June 2022	NSS Volunteers @G.L.P.S, Karinkallayi	Health And Hygiene/St udent Leadership Activity	216
46	Special Selfimaram Project	15 <sup>th</sup> June 2022	NSS Volunteers @G.V.H.S.S , Cheruvannur	Environme nt/Nature	219
47	Special Selfimaram Project	15 <sup>th</sup> June 2022	NSS Volunteers @S.H.M.G.V.H.S.S, Edavanna	Environme nt/Nature	226
48	Special Selfimaram Project	16 <sup>th</sup> June 2022	NSS Volunteers @H.S.S ,Kunnaman gulam	Environme nt/Nature	230
49	Special Selfimaram Project	17 <sup>th</sup> June 2022	NSS Volunteers @F.H.S.S ,Feroke	Environme nt/Nature	235
50	Special Selfimaram Project	17 <sup>th</sup> June 2022	NSS Volunteers @G.G.V.H.S.S , Feroke	Environme nt/Nature	240
51	Special Selfimaram Project	17 <sup>th</sup> June 2022	NSS Volunteers @ G.H.S.S, Balussery	Environme nt/Nature	244
52	Special Selfimaram Project	17 <sup>th</sup> June 2022	NSS Volunteers @G.H.S.S , Pookottumpadam	Environme nt/Nature	250
53	Special Selfimaram Project	17 <sup>th</sup> June 2022	NSS Volunteers @G.V.H.S.S, Meenchantha	Environme nt/Nature	254
54	Special Selfimaram Project	17 <sup>th</sup> June 2022	NSS Volunteers @G.V.H.S.S,	Environme nt/Nature	258



			Nadakkavu		
55	Special Selfi Maram Project	17 <sup>th</sup> June 2022	NSS Volunteers @S.P.B.H.S.S, Ramanattukara	Environment/Nature	262
56	Awareness Class On First Aid	17 <sup>th</sup> June 2022	Sreelekha & Shanti (NSS Volenteers) @G.V.H.S.S, Nadakkavu	First Aid Awareness /Student Leadership Activity	272
57	Fit Ride : Cycle Training Project	17 <sup>th</sup> June 2022	Uvais & Semeena (NSS Volenteers) @F.H.S.S, Feroke	Health And Fitness/Carbon Neutral Campus	276
58	Anchu Dhinam Anchu Kadha - Vayanavaraacharanam	20 <sup>th</sup> June 2022	Subisha . E (NSS Volenteer)	Reading Day Celebration/Student Leadership Activity	281
59	Special Selfi Maram Project	20 <sup>th</sup> June 2022	NSS Volunteers @ S H M G V H S S Ramanattukara	Environment/Nature	285
60	Special Selfi Maram Project	20 <sup>th</sup> June 2022	NSS Volunteers @ P.P.M.H.S.S, kottukara	Environment/Nature	268
61	International Yoga Day “Yoga For Humanity”	21 <sup>st</sup> June 2022	Smt.S Bindhu(Yoga Trainer Sivananda International School of Yoga) Ms.Roshna Pradeep (Morarji dasi National Institute of Yoga)	Health And Fitness	288
62	Anchu Dhinam Anchu Kadha - Vayanavaraacharanam	21 <sup>st</sup> June 2022	Naja Majabin (NSS Volenteer)	Reading Day Celebration/Student	294





				Leadership Activity	
63	Mixtape : Music Day Celebration	21 <sup>st</sup> June 2022	Ms. Aswathy.K.K (Assistant Professor of performing arts Farook Training College)	Day Celebration/Cultural Activity	298
64	Aaradhyam Paadum Musical Game Show	21 <sup>st</sup> June 2022	Ms. Aswathy.K.K (Assistant Professor of performing arts Farook Training College)	Day Celebration/Cultural Activity	303
65	Chodhyapetti Competition-Vayanavaaraaghosham	21 <sup>st</sup> June 2022	NSS Volenteers	Day Celebration/Cultural Activity	307
66	Dina Yoga :Yoga For Harmony. Yogasana Competition	21 <sup>st</sup> June 2022 To 25 <sup>th</sup> June 2022	Ministry of youth and sports affairs, Fit India Movement , Ministry of AYUSH & NSS India	University Level Program/Yoga Health And Fitness	311
67	Anchu Dhinam Anchu Kadha - Vayanavaraacharanam	22 <sup>nd</sup> June 2022	Dhanya (NSS Volenteer)	Reading Day Celebration/Student Leadership Activity	318
68	Hyku Kavitha Competition	22 <sup>nd</sup> June 2022	NSS Volunteers	Day Celebration	322
69	Lecture series-Birds & Songs	22 <sup>nd</sup> June 2022	Dr. Kishore Kumar (HOD Botony department Farook College)	Biodiversity/Environment/Nature	326
70	Anchu Dhinam Anchu Kadha - Vayanavaraacharanam	23 <sup>rd</sup> June 2022	Sinobiya (NSS Volenteer)	Reading Day Celebration/Student Leadership Activity	330



71	“Hello Mike Testing”	23 <sup>rd</sup> June 2022	Ms.Anoop (Student Scholar)	Student Leadership Activity	334
72	Kids & Olympics International Olympic Day Celebration	23 <sup>rd</sup> June 2022	NSS Volunteer @G.L.P.S ,Karinkallayi	Health And Fitness/School Adoption Project	339
73	“Ninja” Fun Game Contest - Cross Road Debate Club	23 <sup>rd</sup> June 2022	NSS Volunteers	Debate Club/Student Leadership Activity	347
74	Puthulararik Oru Vote - Campaign	24 <sup>th</sup> June 2022	Kozhikode District Administration & Nasha Mukta Barath	Tobacco/Anti Drug Awareness /State level	352
75	Anchu Dhinam Anchu Kadha - Vayanavaraacharanam	24 <sup>th</sup> June 2022	Ayswarya Alex (NSS Volunteer)	Reading Day Celebration/Student Leadership Activity	359
76	“Puthakathil Oru Nidhi”- Treasure Hunt	24 <sup>th</sup> June 2022	NSS Volunteers	Day Celebration	363
77	Volunteers Orientation Class	25 <sup>th</sup> June 2022	DR. Moideenkutty (HOD Arabic Department University of Calicut)	Unit Level	367
78	Salgira Letters Of Love	26 <sup>th</sup> June 2022	NSS Volunteers	Book Donation	373
79	Training Programme On “Child Friendly Initiatives”.  Class On Pocsu Act & Juvenile Justice Act.Class On Introduction To Child Line.	28 <sup>th</sup> June 2022	District Legal Services Authority and child line nodal Organization by District Sub Judge Mr.Shyjal K	Child care And Legal Awareness	376
80	Salgira:Letters of Love	28 <sup>th</sup> June 2022	NSS Volunteers	Book Donation	383



81	Salgira:Letters of Love	29 <sup>th</sup> June 2022	NSS Volunteers	Book Donation	387
82	Revive:Music Therapy & Counselling - Inauguration	30 <sup>th</sup> June 2022	Ms. Aswathy.K.K (Assistent Professor of performing arts Farook Training College) Ms. Athira .P (Clinical Psychologist) @ Kaniv Special School	Special School Activities/ Therapy And Counselling	390
83	Flowers And Songs- Lecture series	30 <sup>th</sup> June 2022	Dr. K. Kishore Kumar(HOD Department of Botony Farook College) Bhoomitrasena And Natura	Biodiversit y/Environ ment/Natur e	398
84	Vana Maholsav - District Level Inauguration	1 <sup>st</sup> July2022	Mr.Suresh.K(Municipal vice chairman, Ramanattukara) Mr.Sunil Kumar.K (Assistant Conservator of Forests Extension Division & Forest Department	District Level/fores t,Environm ent,Nature	402
85	Training Programme On “Child Friendly Initiatives”. Topic: Child Rights	2 <sup>nd</sup> July 2022	Adv. Babitha Balraj Balavakasa Commission, Childline nodal Organisation	Legal Awareness /Women And Child Care	407
86	Baarish Two Day Residential Camp. Day 1: *Child Friendly Initiative	2 <sup>nd</sup> July 2022	Mr.Fasalul Abid (Assistent Professor Farook Training College) Mrs.Fathima Jaseena (Assistent Professor Farook Training	Residential Camp/Agri culture/Me dicinal Garden	412



	*Medicinal Garden *Group Dynamics & Cultural Programs		College) NSS Volunteers		
87	Baarish Two Day Residential Camp. Day 2: *Morning Walk To Chaaliyar *Agricultural Activities *Campus Work	3rd July 2022	NSS Volunteers	Residential Camp/Agri culture/Medicinal Garden	418
88	Basheer Day Celebration	6 <sup>th</sup> July 2022	NSS Volunteers @GLPS , Karinkallayi	Day Celebration	422
89	Awareness Class On Zoonotic Diseases	6 <sup>th</sup> July 2022	Ms.Shabana.V (Student Scholar)	Health And Hygiene	426
90	Troll Making Competition : On World Population Day	11 <sup>th</sup> July 2022	NSS Volunteers	Day Celebration	433
91	Salgira Letters Of Love	13 <sup>th</sup> July,2022	NSS Volunteers	Book Donation	438
92	Three Week of Revive:Music Therapy & Counselling	14 <sup>th</sup> July,2022	Ms. Aswathy.K.K (Assistent Professor of performing arts Farook Training College)	Special School Activities/ Therapy And Counselling	441
93	Emote - Make an Emoji	17 <sup>th</sup> July 2022	NSS Volunteers	Unit Level	443
94	Mazhavillu - Kanivu School Decoration Of Classrooms And Walls With Painting	18 <sup>th</sup> July 2022	Mr. Subhash Chalil (Assistant Professor Visual Arts Farook Training College)	Student Leadership Program/Special School Activity/Disability	447
95	Disa Career Counselling And	18th	Dr. Muhammed K.V(Assitent	Participatory	452

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	Motivation Class	July ,2022	Professor School of Pedagogical Sciences MG University @ Vazhayoor Service Cooperative bank auditorium)	Village/Ed ucation Extension	
96	Library Renovation And Cleaning	19 <sup>th</sup> July 2022	NSS Volunteers @ Govt. Mental Health centre Kuthiravattom	Student Leadership Activity/Field Visit/Painting and Beautification Project	459
97	Thelicham - Rakshaakarthuru Shakthikaranam Padhathi	20 <sup>th</sup> July 2022	Dr.Jouhar Munavvir.T  (Assistent Professor Farook Training College)	Participatory Village/Ed ucation Extension/ Parenting	468
98	Thelicham - Parent Empowerment project Inauguration	20 <sup>th</sup> July 2022	Mr.T.P Vasudevan Master(Vazhayoor Grama Panchayat President)  Dr.Muhammed Shareef .K(Assistent Professor Farook Training College)	Participatory Village/Ed ucation Extension/ Parenting	474
99	“What If”- Sentence writing competition  You Are The First One Who Landed On The Moon, What Will You Say	21 <sup>st</sup> July 2022	NSS Volunteers	Day Celebration	478
100	Chart Making Competition On Moon Day	21 <sup>st</sup> July 2022	NSS Volunteers	Day Celebration	483
101	Salgira : Letters of Love	21 <sup>st</sup> July 2022	NSS Volunteers	Book Donation	488



102	Salgira : Letters of Love	21 <sup>st</sup> July 2022	NSS Volunteers	Book Donation	491
103	Nature Conservation Day Conservation Of Trees	28 <sup>th</sup> July 2022	NSS Volunteers	Day Celebration/Forest Environment and Nature	494
104	“Appuppan Thadi”- Field visit to Children’s Home	30 <sup>th</sup> July 2022	@Children's Home Kozhikode, Gender Park Mahilamandiram, Saghi- One stop center & HCMC	Special School Activities/Institution Painting and Beautification Project	496



*Prof. (Dr.) T. Mohamed Saleem*

Prof. (Dr.) T. Mohamed Saleem  
Principal  
Farook Training College  
P.O. Farook College, Kozhikode

**INDEX- NATIONAL SERVICE SCHEME NSS UNIT NO : 263 AUGUST 1<sup>ST</sup> 2022 TO NOVEMBER 31<sup>ST</sup> 2022**

Sl No	Name Of Programmes	Month & Year	Resource Person/ Collaboration	Type Of Programme	Page No
105	“Cliq”- Online Treasure hunt on World Wide Web Day	1 <sup>st</sup> August,2022	NSS Volunteers	Day Celebration	1
106	Thelicham Project Implemented For The Empowerment Of Parents Of The School Students	2 <sup>nd</sup> August 2022	Dr.Mohamed Shareef.K  (Assistent Professor Farook Training Collage) @ A.M.L.P.S , Kakkov	Participatory Village/Education Extension/ Parenting	5
107	Revive “Rhythm Of Relief” Music Therapy & Counselling	2 <sup>nd</sup> August 2022	Ms. Aswathy.K.K  (Assistent Professor of performing arts Farook Training College)	Special School Activities/Therapy And Counselling	9
108	“Hirosakhi” Hiroshima- Naghasakhi Day Observation	5 <sup>th</sup> August 2022	Mr. T.P Vasudevan Master(President Vazhayoor Grama Pnachayat)	Day Celebration /Education Extension	11
109	Quiz Competition- Quit India Movement Day	9 <sup>th</sup> August 2022	Ministry of Information & Broadcasting Central Bureau of Communication  NSS Volunteers	Day Celebration / Azadi Ka Amrut Mahotsav	17
110	Thelicham Project Implemented For The Empowerment Of Parents Of The School Students	11 <sup>th</sup> August 2022	Dr.Jouhar Munavvir.T  (Assistent Professor Farook Training College) @ A.M.U.P.School Puthur Pallikkal	Participatory Village/Education Extension/ Parenting	21
111	Freedom Wall:Azadhi Ka Amrit Maholsav 75 <sup>th</sup> Independence Day Celebration	11 <sup>th</sup> August 2022	Ministry Of Information And Broadcasting Central Bureau of Communication, Gov	National Level/Wall Painting Beautification	25



			.of India	Project/Day Celebration / Azadi Ka Amrut Mahotsav	
112	Versification - 75 <sup>th</sup> Independence Day Celebration	11 <sup>th</sup> August 2022	Ministry of Information & Broadcasting Central Bureau of Communication NSS Volunteers	National Level/Day Celebration / Azadi Ka Amrut Mahotsav	30
113	Essay Writing Competition - 75 <sup>th</sup> Independence Day Celebration	11 <sup>th</sup> August 2022	Ministry of Information & Broadcasting Central Bureau of Communication NSS Volunteers	National Level/Day Celebration / Azadi Ka Amrut Mahotsav	34
114	Inaugural Session Of Azadhi Ka Amrith Maholsav & Har Ghar Thirang with Puppet Drama	12 <sup>th</sup> August 2022	Mr.Prajith Kumar(Field Officer, Ministry of Information & Broadcasting, F.O,Wayand) Mr.Sunil Pattimattom& Team(Vision of Life,Thiruvananthapuram)	National Level/Day Celebration / Azadi Ka Amrut Mahotsav	38
115	Elocution Competition- 75 <sup>th</sup> Independence Day Celebration	12 <sup>th</sup> August 2022	Ministry of Information & Broadcasting Central Bureau of Communication NSS Volunteers	National Level/Day Celebration / Azadi Ka Amrut Mahotsav	45
116	Patriotic Song Competition	12 <sup>th</sup> August 2022	Ministry of Information & Broadcasting Central Bureau of Communication NSS Volunteers	National Level/Day Celebration / Azadi Ka Amrut Mahotsav	48
117	“Quizzpendence”-	12 <sup>th</sup> August	Ministry of Information &	National Level/Day	52





	Quiz Competition	2022	Broadcasting Central Bureau of Communication  NSS Volunteers	Celebration / Azadi Ka Amrut Mahotsav	
118	Digital Album Making Competition - The Topic "From 57 To 47"	14 <sup>th</sup> August 2022	Ministry of Information & Broadcasting Central Bureau of Communication  NSS Volunteers	National Level/Day Celebration / Azadi Ka Amrut Mahotsav	55
119	75 <sup>th</sup> Independence Day Celebration	15 <sup>th</sup> August 2022	Ministry of Information & Broadcasting Central Bureau of Communication  NSS Volunteers  @ GLPS Karinkallayi	National Level/Day Celebration / Azadi Ka Amrut Mahotsav	60
120	Photography Competition On World Photography Day	19 <sup>th</sup> August 2022	NSS Volunteers	Day Celebration /Institution Level Competitio n/Cultural Activity	64
121	Digital Poster Making Competition "National Integrity & Communal Harmony." On Sadbhavanadiwas.	20 <sup>th</sup> August 2022	NSS Volunteers	Day Celebration /Institution Level Competitio n/Cultural Activity/Na tional Integration	69
122	Art & Drama Workshop  *An Introduction To  The World Of Sounds  *Creative Teacher	22 <sup>nd</sup> August 2022 To 26 <sup>th</sup> August 2022	Aswathy K (Assistant Professor, FTC)  Subash Chalil(Assistant Professor, FTC)  Krishna Kumar	Art And Drama/Mus ic	74



	*Music Integrated		Kizhisseri (Artist)		
	Pedagogy		Arjun (Research Scholar, University of Calicut)		
	*Art Of Teaching				
	*Welcome To Doll's House				
	* Art Integrated				
	Pedagogy				
	*Drama Presentation				
	* Art Integrated				
123	"Gadika" - Folklore Day Celebration	23 <sup>rd</sup> August ,2022	NSS Volunteers	Day Celebration	81
124	Salgira: Letters Of Love	25 <sup>th</sup> August,2022	NSS Volunteers	Book Donation	86
125	National Sports Day Celebration	29th August,2022	JB.C A Ummer Koya( Treasurer,FT C Management Committee)	Day Celebtrtion/ Physical Education	90
126	Dina Yoga & Gournica Prize Distribution	30 <sup>th</sup> August 2022	Dr.Soni T.L (NSS Programme Coordinator University of Calicut) Dr.K.M.Naseer(Principal Farook College) Dr.T.Muhammed Saleem(Principal Farook Training College)	University Level/Yoga Fitness	98
127	Salgira: Letters Of Love	30 <sup>th</sup> August 2022	NSS Volunteers	Book Donation	107
128	Paamaranam Paattukaan	31th August 2022	Hrudayapoorvam, FTCOSA, Babu bhai(Street singer)	Day Celebration	110



129	Health & Fitness Awareness Programme	1 <sup>st</sup> September 2022	NSS Volunteers @ Farook D.El.Ed. College	Health And Fitness/School Extension/ Student Leadership Activity	116
130	“Kurunnonam”- Onam Celebration	2 <sup>nd</sup> September 2022	NSS Volunteers @GLPS Karinkallayi	Day Celebration / School Adoption	119
131	Comic Strip Making Competition - Nutritional Week Celebration	5 <sup>th</sup> September 2022	NSS Volunteers	Health And Nutrition/Unit Level Competition	125
132	Card Making Competition - National Teachers’ Day	5 <sup>th</sup> September 2022	NSS Volunteers	Teacher’s Day Celebration	129
133	“Nutrition In Daily Life” On National Nutrition week September 1-7	5 <sup>th</sup> September 2022	Ministry Of Information And Broadcasting Central Bureau of Communication Field Office Wayanad, Govt. of India,  Ms.Farsana Sherin(Dietitian)	National Level Program/Health And Nutrition	134
134	Video Message - National Teachers’ Day	5 <sup>th</sup> September 2022	NSS Volunteers	ICT/Day Celebration /Institution Level	138
135	Nutritional Food Recipe Competition On National Nutrition Week September 1-7	6 <sup>th</sup> September 2022	NSS Volunteers	Health And Nutrition/Institution Level Competition	145
136	Selfie With Pookkalam	8 <sup>th</sup> September 2022	NSS Volunteers	Day celebration/Institution	149



				Level	
137	Online Sudoku Competition	9 <sup>th</sup> September 2022	NSS Volunteers	Day Celebration /Institution level	154
138	Online Quiz Competition On Kerala Reniassance	10 <sup>th</sup> September 2022	NSS Volunteers	Kerala Reniassance	158
139	Salgira : Letter Of Love	12 <sup>th</sup> September, 2022	NSS Volunteers	Book Donation	162
140	Anti Drug campaign - Trainers Training workshop	12 <sup>th</sup> September 2022	Mr.Fasalul Abid (Assistant Professor Farook Training College)	Tobacco/A nti Drug Activities	166
141	Coastal Clean up Day	17 <sup>th</sup> September 2022	Swachh Sagar Surakshit Sagar @Bey pore Beach	National Level/Univ ersity Level/Swat ch Sagar Abhiyan	171
142	Introduction To Disability Studies - Talk Session	17 <sup>th</sup> September 2022	Dr.Abhiruchi Ojha(Central University of Kashmir) ,F -Talk	National Seminar/Di sability/Spe cial Needs	175
143	Felicitation Ceremony - Participatory Village Prize Distribution For Students Who Achieved Good Result In SSLC, Plus Two & Degree	18 <sup>th</sup> September 2022	Mr.Vasudeven Master(Vazhayoor Gramapanchayat President) Souhradha Residence Association	Participator y Village/Ed ucation Extension	180
144	International Peace Day - Poster Making Competition “A World Without War”	20 <sup>th</sup> September 2022	NSS Volunteers @ G.V.H.S.S, Nadakkavu	Internship/ Day Celebration	183
145	World Alzheimer’s Day - Awareness	20 <sup>th</sup> September	NSS Volunteers @ H.S.S ,	Internship/ Day	186



		2022	Kunnamangalam	Celebration	
146	World Alzheimer's Day - Awareness	20 <sup>th</sup> September 2022	NSS Volunteers @ G.G.V.H.S.S ,Feroke	Internship/Day Celebration	189
147	Sadako Peace Crane Making Competition	20 <sup>th</sup> September 2022	NSS Volunteers @ F.H.S.S, Feroke	Day Celebration /Extension Programme	192
148	Sadako Peace Crane Making Competition	20 <sup>th</sup> September 2022	NSS Volunteers @ G.G.V.H.S.S, Feroke	Day Celebration /Extension Programme	195
149	Sree Narayana Guru Samathi Day- Awareness & Quiz Competition	20 <sup>th</sup> September 2022	NSS Volundeers @ H.S.S, Kunnamangalam	Day Celebration	198
150	Sree Narayana Guru Samathi Day- Awareness & Quiz Competition	20 <sup>th</sup> September 2022	NSS Volundeers @ F.H.S.S, Feroke	Day Celebration	201
151	Sree Narayana Guru Samathi Day- Awareness & Quiz Competition	20 <sup>th</sup> September 2022	NSS Volundeers @G.G.V.H.S.S, Feroke	Day Celebration	204
152	International Sign Language Day- Dumb Charades Game & Awareness Class	23 <sup>rd</sup> September 2022	NSS Volunteers @GGVHSS , Feroke	Day Celebration /Internship/ Education Extension	207
153	International Sign Language Day- Dumb Charades Game & Awareness Class	23 <sup>rd</sup> September 2022	NSS Volunteers @FHSS , Feroke	Day Celebration /Internship/ Education Extension	210
154	Awareness Class About NSS	24 <sup>th</sup> September 2022	NSS Volunteers @FHSS Farook	Day Celebration /School Extension/ Internship	214
155	Awareness Class About NSS	24 <sup>th</sup> September	NSS Volunteers @HSS	Day Celebration /School	217



		2022	Kunnamangalam	Extension/Internship	
156	World River Day- Quiz Program & Awareness Class	24 <sup>th</sup> September 2022	NSS Volunteers @GGVHSS Feroke	Day Celebration /Internship/ School Extension	220
157	Catalyst - NSS Day Celebration	25 <sup>th</sup> September 2022	Mr.Irshad Kallampara ( Reporter Mathrboomi), Ms.Saritha PM(Member Vazhayoor Panchayat Ward 2), Ms.Jouhara (Member Vazhayoor Panchayat Ward 1)	Unit Level /Day Celebration /Participatory Village	223
158	Salgira: Letters Of Love	25 <sup>th</sup> September 2022	NSS Volunteers	Book Donation	230
159	World Environmental Health Day - Quiz Competition & Awareness Class	26 <sup>th</sup> September 2022	NSS Volunteers @ G.V.H.S.S, Nadakkavu	Day Celebration /Internship/ School Extension	233
160	World Rabies Day - Awareness Class	28 <sup>th</sup> September 2022	NSS Volunteers @ F.H.S.S,Feroke	Day Celebration /Internship/ School Extension	236
161	World Rabies Day - Awareness Class	28 <sup>th</sup> September 2022	NSS Volunteers @ G.G.V.H.S.S,Feroke	Day Celebration /Internship/ School Extension	239
162	World Tourism Day - Quiz Competition & Awareness Class	28 <sup>th</sup> September 2022	NSS Volunteers @ G.G.V.H.S.S, Feroke	Day Celebration /Internship/ School Extension	242
163	International Translation Day Awareness Programme	30 <sup>th</sup> September	NSS Volunteers @GGVHSS Feroke	Day Celebration /Internship/	245



		2022		School Extension	
164	Awareness Class -World Heart Day	30 <sup>th</sup> September 2022	NSS Volunteers @ G.G.V.H.S.S, Feroke	Day Celebration /Health And Fitness/Internship	249
165	Online Gandhi Quiz Competition	2 <sup>nd</sup> October 2022	NSS Volunteers	Day Celebration /Azadi Ka Amrut Mahotsav	252
166	Gandhi Jayanti - Album Making	2 <sup>nd</sup> October 2022	NSS Volunteers @ SPBHSS, Ramanattukara	Day Celebration/Azadi ka Amruth Mahotsav	256
167	Photography Competition : World Nature Day	3 <sup>rd</sup> October 2022	NSS Volunteers	Day Celebration /Environment and Nature	259
168	Speakola Cross Roads Debate Club	5 <sup>th</sup> October 2022	NSS Volunteers	Debate club/Student Leadership Activity	264
169	World Teachers' Day - Troll Making	5 <sup>th</sup> October 2022	NSS Volunteers	Unit Level Competition/Day Celebration	268
170	World Teacher's Day - Essay Competition	5 <sup>th</sup> October 2022	NSS Volunteers	Unit Level Competition/Day Celebration	274
171	Anti Drug Campaign - Awareness class	6 <sup>th</sup> October 2022	NSS Volunteers @ S.P.B.H.S.S, Ramanattukara	Tobacco/Anti Drug Awareness	278
172	Gandhi Sculpture Dedication & Anti Drug Awareness Class For Parents	6 <sup>th</sup> October 2022	Mr.Fasalul Abid(Assistant Professor Farook	State Level Campaign/ Tobacco/A	281

*Comp:*



Prof. (Dr.) T. Mohamed Saleem  
Principal  
Farook Training College  
P.O. Farook College, Kozhikode

			Training Collage) @GLPS ,Karinkalla yi	Anti Drug Awareness	
173	Anti Drug Campaign Signature Collection  Anti Drug Poster Making	6 <sup>th</sup> October 2022	NSS Volunteers  @ SPBHSS, Ramanattukara	State Level Campaign/ Tobacco/A Anti Drug Awareness	288
174	Anti Drug Pledge	6 <sup>th</sup> October 2022	NSS Volunteers  Drug Free Kerala, Anti Drug Campaign Govt. Of Kerala	State Level Campaign/ Tobacco/A Anti Drug Awareness	291
175	Gandhi Jayandhi - Quiz Competition	6 <sup>th</sup> October 2022	NSS Volunteers  @GGVHSS,Feroke	Day Celebration /Azadi Ka Amrut Mahotsav	294
176	World Teachers' Day - Poster Making	6 <sup>th</sup> October 2022	NSS Volunteers  @GGVHSS ,Feroke	Day Celebration	299
177	Anti Drug Campaign - Signature Collection  "Zindagi Hi Nasha He"	6 <sup>th</sup> October 2022	NSS Volunteers  @GGVHSS, Feroke	Tobacco/A Anti Drug Awareness/ Anti Drug Club	302
178	Anti Drug Campaign - Signature Collection  "Zindagi Hi Nasha He"	6 <sup>th</sup> October 2022	NSS Volunteers  @ SPBHSS, Ramanattukara	Tobacco/A Anti Drug Awareness/ Anti Drug Club	305
179	World Cerebral Palsy Day Awareness Class	6 <sup>th</sup> October 2022	NSS Volunteers  @ FHSS, Feroke	Day Celebration /Health And Fitness/Inte rnrship	308
180	World Cerebral Palsy Day Awareness Class	6 <sup>th</sup> October 2022	NSS Volunteers  @ GMHSS CU Campus	Day Celebration /Health And Fitness/Inte rnrship	311





181	World Cerebral Palsi Day Awareness Class	7 <sup>th</sup> October 2022	NSS Volunteers @ GGVHSS, Feroke	Day Celebration /Health And Fitness/Internship	314
182	World Laughter Day- Make A Smiley	7 <sup>th</sup> October 2022	NSS Volunteers @ GMHSS CU Campus	Day Celebration /Internship/School Extension	317
183	World Laughter Day- Make A Smiley	7 <sup>th</sup> October 2022	NSS Volunteers @ SPBHSS, Ramanattukara	Day Celebration /Internship/School Extension	320
184	World Laughter Day- Make A Smiley	7 <sup>th</sup> October 2022	NSS Volunteers @ HSS Kunnamangalam	Day Celebration /Internship/School Extension	323
185	National Wild Life Week : Digital Album Making Topic : Endangered Species In India	9 <sup>th</sup> October 2022	NSS Volunteers	Day Celebration /Internship/School Extension	326
186	Salgira :Letters of Love	10 <sup>th</sup> October 2022	NSS Volunteers	Book Donation	329
187	World Mental Health Day Awareness	10 <sup>th</sup> October 2022	NSS Volunteers @ FHSS ,Feroke	Day Celebration /Mental Health And Fitness	334
188	Anti Drug -Awareness class	11 <sup>th</sup> October 2022	NSS Volunteers	Tobacco/Anti Drug Awareness/Anti Drug Club	337
189	Salgira : Letters of Love	11 <sup>th</sup> October 2022	NSS Volunteers	Book Donation	340
190	International Day Of Girl Child : Video Screening	11 <sup>th</sup> October 2022	NSS Volunteers @FHSS Farook	Day Celebration /Women	346



				And a Child Safety	
191	Anti Drug Campaigning *Anti Drug Pledge *Debate Competition *Quiz Competition *Panel Discussion	12 <sup>th</sup> October 2022	NSS Volunteers Drug Free Kerala, Anti Drug Campaign Govt. Of Kerala	State Level Campaign/ Tobacco/A nti Drug Awareness/ Anti Drug Club	349
192	World Sight Day :Quiz Competition	13 <sup>th</sup> October 2022	NSS Volunteers @GGVHSS, Feroke	Day Celebration /Internship	352
193	World Sight Day :Quiz Competition	13 <sup>th</sup> October 2022	NSS Volunteers @FHSS, Feroke	Day Celebration /Internship	360
194	National Postal Week : Letter Writing Training	13 <sup>th</sup> October 2022	NSS Volunteers @GGVHSS, Feroke	Day Celebration /Internship	363
195	World Sight Day - Awareness Class And Short Film Presentation	13 <sup>th</sup> October 2022	NSS Volunteers @ SPBHSS, Ramanattukara	Day Celebration /Internship	366
196	Salgira : Letters of Love	14 <sup>th</sup> October 2022	NSS Volunteers	Book Donation	369
197	Anti Drug Campaign :Awareness Class	14 <sup>th</sup> October 2022	NSS Volunteers @F.H.S.S,Feroke	Tobacco/A nti Drug Awareness/ Anti Drug Club/Intern ship	372
198	Milan	15 <sup>th</sup> October 2022	NSS Volunteers	Entertainment	375
199	Salgira : Letters of Love	15 <sup>th</sup> October 2022	NSS Volunteers	Book Donation	378
200	Two Days Training Workshop On Basic Life Support & Trauma Management(B.Ed)	18 <sup>th</sup> October 2022 To 19 <sup>th</sup> October	Mr.Muneer MP (Coordinator American Heart Association Aster MIMS),  Mr.Rajeesh KP(BLS	First Aid Awareness/ Health And Fitness	383



			trainer, Angels International Foundation) ,Mr.Biju,Mr.Ashraf & Mr.Rishad(Volunteer AIF)		
201	Basic Life Support (BLS) & Trauma Management Training(M.Ed)	19 <sup>th</sup> October 2022	Mr.Muneer MP (Coordinator American Heart Association Aster MIMS),  Mr.Rajeesh KP(BLS trainer, Angels International Foundation) ,Mr.Biju,Mr.Ashraf & Mr.Rishad(Volunteer AIF)	First Aid Awareness/ Health And Fitness	386
202	Open Mike Programme	20 <sup>th</sup> October	NSS Volunteers	Student leadership Activity/Debate Club	393
203	“Yum Yum” - Cooking Competition	20th October 2022	NSS Volunteers	Entertainment/ Student Leadership activity/Daily celebration	399
204	Felicitation Programme @ University of Calicut - Anti Drug Rally  As Part Of Naac A+ Accreditation Celebration	21 <sup>st</sup> October 2022	NSS Volunteers @ University of Calicut	University Level Campaign/ Tobacco/Anti Drug Awareness	405
205	Bodhapoornima - Anti Drug Campaign	22 <sup>nd</sup> October 2022	Higher Education Department Govt. Of Kerala	State Level Campaign/ Tobacco/Anti Drug Awareness/ Anti Drug Club	409
206	Anti Addiction Flame	24 <sup>th</sup> October 2022	NSS Volunteers	Tobacco/Anti Drug Awareness/	413



				Anti Drug Club/Unit level	
207	Salgira. Letters of Love	25 <sup>th</sup> October 2022	NSS Volunteers	Book Donation	416
208	Salgira :Letters of Love	28 <sup>th</sup> October 2022	NSS Volunteers	Book Donation	424
209	Koode	29 <sup>th</sup> October 2022	NSS Volunteers @ Snehatheeram Old Age Home	Arts And Cultural Activity/Entertainment /Field visit	427
210	International Internet Day.  Debate On The Topic "Pros&Cons On The Access Of Internet To Students"	29 <sup>th</sup> October 2022	NSS Volunteers @ FHSS Feroke	Day Celebration /Internship	430
211	International Internet Day Observation	29 <sup>th</sup> October 2022	NSS Volunteers @HSS , Kunnamangalam	Day Celebration /Internship	436
212	Samanwayam Anti Drug Rally	29 <sup>th</sup> October 2022	NSS volunteers @ Azhinjillam Adopted School, Azhijilam Arts Club Library, Model G.R.C Vazhayoor & Kudumbasree Vigilent Group	Tobacco/Anti Drug Awareness/ School Adoption/Participatory Village	439
213	Salgira. Letters of Love	29 <sup>th</sup> October 2022	NSS Volunteers	Book Donation	442



214	Anti Drug Campaign Poster Making	29 <sup>th</sup> October 2022	NSS Volunteers @GGVHSS, Feroke	Tobacco/Anti Drug Awareness/ Internship	448
215	Unity Day Pledge - Ekta Shrinkala Campaign	31 <sup>st</sup> October 2022	NSS Volunteers	Day Celebration	451
216	National Unity Day - Poster Making Topic "Unity In Diversity "	31 <sup>st</sup> October 2022	NSS Volunteers @ GGVHSS, Feroke	Day Celebration /Internship	456
217	National Unity Day - Awareness Class	31 <sup>st</sup> October 2022	NSS Volunteers @GMHSS CU Campus	Day Celebration /Internship	459
218	Debate Competition - International Internet Day	31 <sup>st</sup> October 2022	NSS Volunteers	Student Leader Activity/ Debate club	462
219	Human Chain	1 <sup>st</sup> November 2022	Laharivimukta Keralam Govt.of kerala,Ramanattukara Municipal Cooperation  NSS Volunteers of Farook College,Frook Training College, Farook Institute of Teacher Education and Farook HSS	Tobacco/Anti Drug Awareness/ Day Celebration	465
220	Iktara- Keralapiravi Dinaaghosham Bharanabhasha vaaraacharanam	1 <sup>st</sup> November 2022	Malayalam Association, NSS Volunteers	Day Celebration /Unit level/Entertainment	470
221	Kerala Day Celebration- Quiz	1 <sup>st</sup> November 2022	NSS Volunteers @ GGVHSS Feroke	Day celebration/ Informative /Internship	474
222	Keralappiravi Celebration : Qiz	1 <sup>st</sup> November	NSS Volunteers	Day celebration/	477



	& Games	2022	@FHSS Feroke	Informative /Internship	
223	Keralappiravi Celebration : Naadan Pattu, Vanchi Pattu & Mappila pattu resentation	1 <sup>st</sup> November 2022	NSS Volunteers @GMHSS CU Campus	Day celebration/ Internship/ Entertainment	480
224	Salgira :Letters of Love	1 <sup>st</sup> November 2022	NSS Volunteers	Book Donation	486
225	Salgira:Letters of Love	1 <sup>st</sup> November 2022	NSS Volunteers	Book Donation	489
226	Salgira :Letters of Love	1 <sup>st</sup> November 2022	NSS Volunteers	Book Donation	492
227	Karinkallai Adopted School Sports Festival	2 <sup>nd</sup> November 2022	NSS Volunteers, Karinkallayi GLP School Students	Sports& Physical activity/School Adoption Project	495
228	Keralappiravi Celebration : Versification	2 <sup>nd</sup> November 2022	NSS Volunteers @FHSS Feroke	Day celebration/ Informative /Internship	498
229	World Tsunami Day : 'Creativity Challenge'	3 <sup>rd</sup> November 2022	NSS Volunteers @ FHSS Feroke	Day celebration/ Informative /Internship	501
230	Keralappiravi Celebration : Story writing	3 <sup>rd</sup> November 2022	NSS Volunteers @FHSS Feroke	Day celebration/ Informative /Internship	504
231	NSS Orientation Class	4 <sup>th</sup> November 2022	Pro.Dr.C R Ajith Sen(Coordinator NSS IHRD College of Engineering Chengannur)	Unit Level/Orientation	507
232	Salgira :Letters of Love	4 <sup>th</sup> November 2022	NSS Volunteers	Book Donation	512
233	Salgira :Letters of Love	4 <sup>th</sup> November 2022	NSS Volunteers	Book Donation	515



234	Salgira :Letters of Love	4 <sup>th</sup> November 2022	NSS Volunteers	Book Donation	518
235	Bharanabhasha vaaragosham - Photography Competition	4 <sup>th</sup> November 2022	NSS Volunteers	Day Celebration /Unit level	521
236	Bharanabhasha vaaragosham - Haiku Poem Competition	5 <sup>th</sup> November 2022	NSS Volunteers	Day Celebration /Unit level	525
237	Bharanabhasha vaaragosham Administrative Language Translation Competition	6 <sup>th</sup> November 2022	NSS Volunteers	Day Celebration /Unit level	531
238	Bharanabhasha vaaragosham - Quiz Competition	7 <sup>th</sup> November 2022	NSS Volunteers	Day Celebration /Unit level	535
239	National Cancer Awareness Day : Poster Making Competition	7 <sup>th</sup> November 2022	NSS Volunteers @GMHSS CU Campus	Health & Fitness/Internship/Day Celebration	538
240	Infant Protection Day	7 <sup>th</sup> November 2022	NSS Volunteers @GGVHSS Feroke	Day Celebration /Women & child Protection	541
241	National Cancer Day- Awareness Class	7 <sup>th</sup> November 2022	NSS Volunteers @HSS Kunnamangalam	Health & Fitness/Internship/Day Celebration	544
242	National Legal Service Day	9 <sup>th</sup> November 2022	NSS Volunteers	Day Celebration	547



			@ GGVHSS Feroke	/Informativ e/Internship	
243	Blood Donation Camp	9 <sup>th</sup> November 2022	Mr.Bibin NSS Volunteers, Govt.Taluk Hospital Blood Bank , Perinthalmanna	Blood Donation	551
244	Trainers Training @ GUPS Ramanattukara	9 <sup>th</sup> November 2022	Mr.Santhosh Cheruvot (Private Officer Kerala Excise)  Ms.Safa Rafeek (Chairperson, Education Standing Committee,Ramanat tukara Municipality  Mr.K T Razak (President, Old Students Association GUPS Ramanattukara)  Mr.M P Mohandas(Counsel ling psychologist),  NSS Volunteers	Tobacco/A nti Drug Awareness/ Student Leadership activity	555
245	Cuddles	10 <sup>th</sup> November 2022	NSS Volunteers  @Kanivu Special School	School Extension Activity/En tertainment / Special School Activity/Di sability	559
246	World Public Transport Day	10 <sup>th</sup> November 2022	NSS Volunteers @ HSS Kunnamangalam	Day Celebration /Internship/ Informative	562
247	National Education Day Poster Making	11 <sup>th</sup> November 2022	NSS Volunteers  @ GGVHSS, Feroke	Day Celebration /Internship/ Informative	565





248	National Education Day	11 <sup>th</sup> November 2022	NSS Volunteers @ HSS, Kunnamangalam	Day Celebration /Internship/ Informative	568
249	IPM & Care Home Visit	12 <sup>th</sup> November 2022	NSS Volunteers @ IPM,Home care Medical College Kozhikode	Field visit/Informative	572
250	Chachajiyum Kuttyolum- Children's Day Celebrations	14 <sup>th</sup> November 2022	NSS Volunteers @ GLPS , Karinkallayi	Day Celebration / School Adoption Project/Entertainment	576
251	Children's Day Celebration @ Kanivu Special School	14 <sup>th</sup> November 2022	NSS Volunteers @ Kanivu Special School	Day Celebration / School Adoption Project/Entertainment/ Special School Activity/Di sability	580
252	Bharanabhasha vaaragosham Seminar Presentation	14 <sup>th</sup> November 2022	NSS Volunteers	Day Celebration /Informativ e	585
253	Children's Day : Letter to Nehru	14 <sup>th</sup> November 2022	NSS Volunteers @ GMHSS CU Campus	Day Celebration /Internship	588
254	Salgira:Letters of Love	14 <sup>th</sup> November 2022	NSS Volunteers	Book Donation	591
255	Salgira :Letters of Love	14 <sup>th</sup> November 2022	NSS Volunteers	Book Donation	594
256	Salgira :Letters of Love	14 <sup>th</sup> November 2022	NSS Volunteers	Book Donation	597
257	Anti - Drug Awareness class Vidhyarthi Rakshakartha Shaktheekarana Paripaadi-	15 <sup>th</sup> November 2022	NSS Volunteers @GUPS , Ramanattukara	Tobacco/A nti Drug Awareness/ Student Leadership	602



	Akalam - Akattam			activity	
258	Panel Discussion Kerala School Padyapadhathi Parishkaranam	16 <sup>th</sup> November 2022	NSS Volunteers	Day Celebration /Informativ e	607
259	Salgira :Letters of Love	17 <sup>th</sup> November 2022	NSS Volunteers	Book Donation	610
260	Salgira :Letters of Love	17 <sup>th</sup> November 2022	NSS Volunteers	Book Donation	613
261	Salgira :Letters of Love	17 <sup>th</sup> November 2022	NSS Volunteers	Book Donation	616
262	Salgira :Letters of Love	21 <sup>st</sup> November 2022	NSS Volunteers	Book Donation	618
263	Salgira :Letters of Love	21 <sup>st</sup> November 2022	NSS Volunteers	Book Donation	622
264	World Television Day : Tableu	22 <sup>nd</sup> November 2022	NSS Vounteers @ A.U.P.S Azhinjillam	Day Celebration /Internship/ Informative	625
265	Quiz Competition On Fifa World Cup	22 <sup>nd</sup> November 2022	NSS Volunteers	Sports & Physical activity/Da y Celebration	628
266	Shoot Out Programme “Katharilekk Oru Thattum Koode Oru Kuthum”	22 <sup>nd</sup> November 2022	NSS Volunteers	Sports & Physical Activity/Da y Celebration	631
267	Vidhyatheeram -Sports fitness Training Class	22 <sup>nd</sup> November 2022	NSS Volunteers  @ GLP School Karinkallai	Sports & Physical Activity/Sc hool Adoption Project/Sch ool Extension Activity	634
268	Sthree Samrakshana Niyamangal Bodhavalkkarana	25 <sup>th</sup> November 2022	Mr.Abdul Bari(District women	Women Empowerm	637



	Class		& child Development Officer), Ms.Archana(Administrator Sakhi one Stop centre)	ent/Protection of women & Children	
269	Dowry Prohibition Pledge	25 <sup>th</sup> November 2022	ORANGE THE WORLD CAMPAIGN ,ICDS NSS Volunteers	Women Empowerment/Protection of women & Children	640
270	Azadi Ka Amrit Maholsav Campaign Volunteering	27 <sup>th</sup> November 2022	Ministry of Information & Broadcasting Central Bureau of Communication NSS Volunteers	National Level/Inter Collage/ Azadi Ka Amrit Mahotsav	642
271	Flash Mob& Mime With Messages to end Violence Against Women	29 <sup>th</sup> November 2022	NSS Volunteers	Anti Drug/Day celebration/ Women Empowerment/Protection of women & Children	645
272	Thelicham:Rakshaakathru Shaktheekara Paripaadi	29 <sup>th</sup> November 2022	Dr.Noufal T(Assistant Professor,Farook Training College)@GLPS Vazhayur,Thiruthiyad	Education Extension/ Parenting	652



*Tomy*

Prof. (Dr.) T. Mohamed Saleem  
Principal  
Farook Training College  
P.O. Farook College, Kozhikode

**INDEX- NATIONAL SERVICE SCHEME NSS UNIT NO : 263 DECEMBER 1<sup>ST</sup> 2022 TO MARCH 31<sup>ST</sup> 2022**

Sl No	Name Of Programmes	Month & Year	Resource Person/ Collaboration	Type Of Programme	Page No
273	Vidyatheeram-Karinkallai school Kanakile Kootalum Kurackalum	1 <sup>st</sup> December 2022	NSS Volunteers @ GLPS Karinkallai	School Adoption Project/Education Extension	1
274	AIDS Day : Poster Making & Awareness	1 <sup>st</sup> December 2022	NSS Volunteers @ AUPS Azhinjilam	Day Celebration /Internship/ Informative	4
275	Oath on Aids Day	1st December 2022	NSS Volunteers	Day Celebration	5
276	SIDCAP-Aids Day	2 <sup>nd</sup> December 2022	NSS Volunteers- Gurudarshan(College Youtube Channel)	Day Celebration /Community Outreach Program)	9
277	NMMS Examination Training	2 <sup>nd</sup> December 2022	NSS Volunteers@ GVHSS Nadakkav	Internship/Informative	12
278	International Day Of People With Disability - Poster & Awareness	3 <sup>rd</sup> December 2022	NSS Volunteers@ GAUPS Karinkallayi	Day Celebration /Internship/ Informative	15
279	Elecution Competition CrossRoads Debate Club	5 <sup>th</sup> December 2022	NSS Volunteers	Debate Club/Student Leadership Activity/Unit Level	18
280	International Day Of Disable Persons - Awareness & Poster Displays	5 <sup>th</sup> December 22	Mr. Yusuf Changaroth(Social Activist)  Abdul Qader A P(Principial, D.El.Ed Farook)	Day Celebration /Disability/ Informative	24
281	Self Defence Training	6 <sup>th</sup> December 2022	Kerala Police Defence Team  Ms.Sheena	Health & Physical Activity/W	29



			P.P(Sr.Civil Service Officer) Ms.Faseela(Sr.Civil Service Officer) Ms.Raseena(Sr.Civil Service Officer) Abdul Qader A P(Principal,Farook Institute of Teacher Education)	Women & Child Protection	
282	Salgira :Letters of Love	6 <sup>th</sup> December 2022	NSS Volunteers	Book Donation	32
283	Salgira :Letters of Love	7 <sup>th</sup> December 2022	NSS Volunteers	Book Donation	37
284	Salgira :Letters of Love	7 <sup>th</sup> December 2022	NSS Volunteers	Book Donation	40
285	International Day Of People With Disability - Changathikkoottam	8 <sup>th</sup> December 2022	NSS Volunteers@ GAUPS Karinkallayi	Day Celebration /Internship/ Informative	46
286	Fit Ride : Bicycle Training- Inauguration	8 <sup>th</sup> December 2022	NSS Volunteers	Health And Fitness/Car bon Neutral Campus	49
287	Salgira :Letters of Love	8 <sup>th</sup> December 2022	NSS Volunteers	Book Donation	53
288	International Anti-Corruption Day	9 <sup>th</sup> December 2022	NSS Volunteera @ H.S.S Kunnamangalam	Day Celebration /Internship/ Informative	56
289	Children's Home Painting- 'Appuppanthaadi'	10 <sup>th</sup> December 2022	NSS Volunteers@ Kozhikode Government Childrens Home For Boys & Girls,After Care Home,HMDC,Mahila Mandiram,Skhi One Stop Centre,Punya Bhavanam	Student Leadership Activity/Field Visit/Painting and Beautification Project	59



290	Vidyatheeram - Drawing Training Class	12 <sup>th</sup> December 2022	NSS Volunteers @ GLPS Karinkallayi	School Adoption Project/Education Extension	62
291	Buds School Program-Mejora(M. Ed)	12 <sup>th</sup> December 2022	NSS Volunteers @ Buds Special School Ramanattukara	Special School Activity/Disability	64
292	Salgira :Letters of Love	13 <sup>th</sup> December 2022	NSS Volunteers	Book Donation	67
293	National Television Day-Discussion	21 <sup>st</sup> December 2022	NSS Volunteers @ GAUPS Karinkallayi	Day Celebration /Internship/ Informative	70
294	SIDCAP-Episode 4 National Mathematics Day	22 <sup>nd</sup> December 2022	NSS Volunteers-Gurudarshan(College YouTube Channel)	Day Celebration /Community Outreach Program)	73
295	National Mathematics Day	22 <sup>nd</sup> December 2022	NSS Volunteers @ GMUPS Feroke	Day Celebration /Internship/ Informative	75
296	National Mathematics Day-Quiz & Geometrical Chart Competition	22 <sup>nd</sup> December 2022	NSS Volunteers @ AUPS Azhinjilam	Day Celebration /Internship/ Informative	78
297	SIDCAP (Farmer's Day)	23 <sup>rd</sup> December 2022	NSS Volunteers-Gurudarshan(College Youtube Channel)	Day Celebration /Community Outreach Program)	81
298	Salgira :Letters of Love	23 <sup>rd</sup> December 2022	NSS Volunteers	Book Donation	83
299	"Thoyadhi" Seven Day Special Camp Day One	24 <sup>th</sup> December 2022	K. Ashwin Prathap(Beypore Port Officer)  @ Umbichy Hajee Higher Secondary School,Chaliyam	Special Camp	86



300	“Thoyadhi” Seven Day Special Camp Day Two	25 <sup>th</sup> December 2022	NSS Volunteers @ Umbichy Hajee Higher Secondary School,Chaliyam,  NSS Volunteers @ Meen Chappa,Chaliyam  V.K Surendran(OSD Nirdesh,Rtd DGM,Mumbai Shipyard)	Special Camp/Com munity Extension Program/Fi eld Visit	96
301	“Thoyadhi” Seven Day Special Camp Day Three	26 <sup>th</sup> December 2022	Ms.Anusha V(President, Kadalundi GramaPanchayat)	Special Camp/Com munity Extension Program	103
302	“Thoyadhi” Seven Day Special Camp Day Four	27 <sup>th</sup> December 2022	NSS Volunteers @ Gov.Fisheries School,  K.M Shareef(Assistant Professor,Farook Training College  NSS Volunteers @ Beypore Fest- Lavitu(Anti Drug Awareness Dance)  Riyasudheen Gurukkal(National Kalari Sangham, Cheruvannur Srambia),  Academy Of Japan Fighting Arts,  Mrs.Bindhu(Yoga Guru)	Special Camp/Com munity Extension Program/A ntidrug	110
303	“Thoyadhi” Seven Day Special Camp	28 <sup>th</sup> December 2022	Mr. Rajeesh K P (BLS Trainer,Angels	Special Camp/Com	124



	Day Five		International Foundation)	munity Extension Program/First Aid	
304	“Thoyadhi” Seven Day Special Camp Day Six	29 <sup>th</sup> December 2022	NSS Volunteers @ Hopeshore Special School	Special Camp/Field Visit/Painting and Beautification Project	134
305	“Thoyadhi” Seven Day Special Camp Day Seven	30 <sup>th</sup> December 2022	Zin Sreejith(International Instructor Zumba,Assistant Professor)	Health & Physical Fitness/Special Camp/.Entertainment	151
306	Special Care Room Inauguration	4 <sup>th</sup> January 2023	Dr. T Muhammed Saleem (Principal,Farook Training College) @ UHHSS Chaliyam  P. B.I Muhammad Ashraf(UHHSS Secretary )  Syed Hisamuddin(Principal,UHHSS)	Education Extension Activity/Adopted School/Innovation	157
307	Salgira :Letters of Love	9 <sup>th</sup> January 2023	NSS Volunteers	Book Donation	161
308	One Student One Mentor	10 <sup>th</sup> January 2023	NSS Volunteers @ GMUPS Feroke	One Student One Mentor	164
309	Vidhyatheeram-Drawing Clas	11 <sup>th</sup> January 2023	NSS Volunteers @ GLPS Karinkallayi	School Adoption Project/Education Extension	169
310	SIDCAP (National Road Safety Day)	11 <sup>th</sup> January 2023	NSS Volunteers-Gurudarshan(College Youtube Channel)	Day Celebration /Community Outreach Program)	171





311	SIDCAP (National Youth Day)	12 <sup>th</sup> January 2023	NSS Volunteers- Gurudarshan(College Youtube Channel)	Day Celebration /Community Outreach Program)	174
312	Jeevodhyam Endosulfan Affected Students In Buds School Maked Product Selling.	12 <sup>th</sup> January 2023	Endosulfan Buds Special School, Enmakaja, Sneha Buds School, Karaduka, Jeevodayam Buds Special School, Kanhangad	Special School Activity/Community Outreach Program/Student Leadership Activity	177
313	Neeharam - 2 Day Camp	12 <sup>th</sup> January 2023 & 13 <sup>th</sup> January 2023	NSS Volunteers	Residential Camp	183
314	Sayamprbha-Vayojana Samgamam	15 <sup>th</sup> January 2023	NSS Volunteers @ GLPS Azhinjilam	Participatory Village/Senior Citizens Protection	187
315	Palliative Care Activity	16 <sup>th</sup> January 2023	NSS Volunteers @Palliative Jubilee Health Center	Paliative Care/First Aid	192
316	Kood Shilasthapanam	16 <sup>th</sup> January 2023	Mrs Jouhara (Member ward one,Vazhayoor) Mrs.Saritha ( Member ward two,Vazhayoor)	Community Outreach Program/Participatory Village	194
317	One Student One Mentor	16 <sup>th</sup> January 2023	NSS Volunteers @ GUPS Ramanattukara	One Student One Mentor	199
318	One Student One Mentor	17 <sup>th</sup> January 2023	NSS Volunteers @ GMUPS Kodal Nadakkav	One Student One Mentor	203
319	One Student One Mentor	17 <sup>th</sup> January 2023	NSS Volunteers @ HSS	One Student One	207

			Kunnamangalam	Mentor	
320	Vidyaatheeram (Maths Skill )	17 <sup>th</sup> January 2023	NSS Volunteers @ GLPS Karinkallayi	School Adoption Project/Edu cation Extension	212
321	Dress Bank	17 <sup>th</sup> January 2023	NSS Volunteers @ HSS Kunnamangalam	Student Leadership Activity/Int ernship/Dre ss Bank	215
322	Quizzzy Pop	19 <sup>th</sup> January 2023	NSS Volunteers	Day Celebration /Student Leadership Activity	219
323	One Student One Mentor	19 <sup>th</sup> January 2023	NSS Volunteers @ AUPS Azhinjillam	One Student One Mentor	221
324	Koythum Methiyum	21 <sup>st</sup> January 2023	NSS Volunteers @Chinnetan's Field (malerithazham, Ramanattukara)	Field Visit/Agric ulture/Infor mative	226
325	SIDCAP (Farmer's Day)	24 <sup>th</sup> January 2023	NSS Volunteers- Gurudarshan(Colleg e Youtube Channel)	Day Celebration /Communit y Outreach Program)	231
326	SIDCAP (World Education Day )	24 <sup>th</sup> January 2023	NSS Volunteers- Gurudarshan(Colleg e Youtube Channel)	Day Celebration /Communit y Outreach Program)	234
327	Kood Bhavana Nirmanam	25 <sup>th</sup> January 2023	Mr. C P kunhi Muhammad(Manage of Farook College)  T.P Vasudevan Master(President, Vazhayoor Grama Panchayat)  Mrs.Saritha	Community Outreach Program/Par ticipatory Village	238

			( Member ward 2,Vazhayoor) S. Mohammed Yunus(Farook Training College Secretary)		
328	SIDCAP (National Voter's Day)	25 <sup>th</sup> January 2023	NSS Volunteers-Gurudarshan(College Youtube Channel)	Day Celebration /Community Outreach Program)	240
329	Gandhiji's Martyr's Day	30 <sup>th</sup> January 2023	NSS Volunteers	Day Celebration	243
330	SIDCAP (Raksthasakshi Dinam)	31 <sup>st</sup> January 2023	NSS Volunteers-Gurudarshan(College Youtube Channel)	Day Celebration /Community Outreach Program)	246
331	Abheri Kalasayandhanam	4 <sup>th</sup> February 2023	Shyjal M P(Sub.Judge & Secretary, District Legal ServiceS Authority Kozhikode)  Harris MM (Assistant Superintendent),Ravindran V.T.K (Deputy Prison Officer), Rajesh Kumar T (District Jail Welfare Officer)	Field Visit/Cultural Activity/Jail Welfare	249
332	Salgira :Letters of Love	7 <sup>th</sup> February 2023	NSS Volunteers	Book Donation	255
333	SIDCAP (Internet Safety Day )	7 <sup>th</sup> February 2023	NSS Volunteers-Gurudarshan(College Youtube Channel)	Day Celebration /Community Outreach Program)	258
334	Salgira :Letters of Love	9 <sup>th</sup> February 2023	NSS Volunteers	Book Donation	261

335	Salgira :Letters of Love	9 <sup>th</sup> February 2023	NSS Volunteers	Book Donation	264
336	Salgira :Letters of Love	9 <sup>th</sup> February 2023	NSS Volunteers	Book Donation	267
337	Salgira :Letters of Love	9 <sup>th</sup> February 2023	NSS Volunteers	Book Donation	270
338	SIDCAP (Women And Children Safety Day)	11 <sup>th</sup> February 2023	NSS Volunteers-Gurudarshan(College Youtube Channel)	Day Celebration /Community Outreach Program)	273
339	Nishtta Yoga Training Class	17 <sup>th</sup> February 2023	Ms.Bindhu (Mind Body Fitness Club) @ Azhinjilam AUPS	Participatory Village/Health & Fitness	276
340	Parenting Motivation Class Theliccham	19 <sup>th</sup> February 2023	Dr. T Muhammed Saleem @ Thali Residence Association	Participatory Village/Parenting	279
341	Salgira :Letters of Love	20 <sup>th</sup> February 2023	NSS Volunteers	Book Donation	283
342	Salgira :Letters of Love	20 <sup>th</sup> February 2023	NSS Volunteers	Book Donation	286
343	Salgira :Letters of Love	22 <sup>nd</sup> February 2023	NSS Volunteers	Book Donation	289
344	Salgira :Letters of Love	23 <sup>rd</sup> February 2023	NSS Volunteers	Book Donation	292
345	Destek	23 <sup>rd</sup> February 2023	Mr. K.K Muhammad (Principal UHHSS) Mr .K.Abdul Jalil(Managing Committee Secretary) Mr.Mohammad Ashraf (P.B.I) Tasleena (IEDC Coordinator)	Special School Activity/Disability/School Extension	295

			Jayashree(Special Educator)		
346	National Science Day : Photography Competition	24 <sup>th</sup> February 2023	NSS Volunteers	Day Celebration	299
347	Nishtta	24 <sup>th</sup> February 2023	Ms.Bindhu (Mind Body Fitness Club) @ Azhinjilam AUPS	Participatory Village/Health & Fitness	303
348	National Science Day : Poster Writing Competition	25 <sup>th</sup> February 2023	NSS Volunteers	Day Celebration	306
349	Science Day Celebration: Caption Writing Competition	26 <sup>th</sup> February 2023	NSS Volunteers	Day Celebration	310
350	SIDCAP (World Sustainable Energy Day )	27 <sup>th</sup> February 2023	NSS Volunteers-Gurudarshan(College Youtube Channel)	Day Celebration /Community Outreach Program)	314
351	Quiz Based On National Science Day	28 <sup>th</sup> February 2023	NSS Volunteers	Day Celebration	317
352	Nishtta	2 <sup>nd</sup> March 2023	Ms.Bindhu (Mind Body Fitness Club) @ Azhinjilam AUPS	Participatory Village/Health & Fitness	321
353	Women's Day Talk	8 <sup>th</sup> March 2023	Ms.Zoya Naser(District Coordinator, National Literacy Mission Wayanad)	Women Empowerment/Women & Child Safety/Day Celebration	324
354	Women's Day Celebration. Documentary Screening	8 <sup>th</sup> March 2023	Dr.Mansoorali (Script Writer,Coordinator, Film Club,Farook College) Anupama Savio (Student Scholar)	Women Empowerment/Women & Child Safety/Day Celebration /ICT	328
355	SIDCAP (International Women's Day )	27 <sup>th</sup> February 2023	NSS Volunteers-Gurudarshan(Colleg	Day Celebration /Communit	332

			e Youtube Channel)	y Outreach Program)	
356	Harsham	10 <sup>th</sup> March 2023	Dr. T. Muhammed Saleem(Principal, Farook Training College)  NSS Volunteers	Nature/Environment	335
357	Nishtta	10 <sup>th</sup> March 2023	Ms.Bindhu (Mind Body Fitness Club) @ Azhinjilam AUPS	Participatory Village/Health & Fitness	339
358	Salgira :Letters of Love	10 <sup>th</sup> March 2023	NSS Volunteers	Book Donation	342
359	SIDCAP (World Consumer Day )	15 <sup>th</sup> March 2023	NSS Volunteers-Gurudarshan(College Youtube Channel)	Day Celebration /Community Outreach Program)	345
360	Nishtta	16 <sup>th</sup> March 2023	Ms.Bindhu (Mind Body Fitness Club) @ Azhinjilam AUPS	Participatory Village/Health & Fitness	349
361	Salgira :Letters of Love	16 <sup>th</sup> March 2023	NSS Volunteers	Book Donation	352
362	Salgira :Letters of Love	16 <sup>th</sup> March 2023	NSS Volunteers	Book Donation	355
363	Nishtta	17 <sup>th</sup> March 2023	Ms.Bindhu (Mind Body Fitness Club) @ Azhinjilam AUPS	Participatory Village/Health & Fitness	358
364	Snehavirunn Theruvile Koottukarkk	20 <sup>th</sup> March 2023	Mr.Jamsheed P(Sub.Inspector,Kerala Railway Police,Calicut), Hridayapoorvam, FTCOSA	Community Outreach Program	361

365	World Down Syndrome Day Celebration- With Us Not For Us	21 <sup>st</sup> March 2023	Dr.Anjali Viswanath(MBBS, MD,DNB-Consultant psychiatrist)  Ms. Jeena James(Pediatric Physiotherapist, Hopeshore)  NSS Volunteers @ Hopeshore Multi Disciplinary School for special needs	Special School Activities/ Day Celebration / Field Trip/Disability	364
366	Sparsham. Poem Writing Competition	21 <sup>st</sup> March 2023	NSS Volunteers	Art/Student leadership activity/Day Celebration	368
367	Nishta	23 <sup>rd</sup> March 2023	Ms.Bindhu (Mind Body Fitness Club) @ Azhinjilam AUPS	Participatory Village/Health & Fitness	371
368	Salgira :Letters of Love	30 <sup>th</sup> March 2023	NSS Volunteers	Book Donation	374
369	Krishitheeram Project	19 <sup>th</sup> November 2022 onwards	Department of Agricultural Development and farmer's welfare, Govt of Kerala	Agriculture	377 to 455
370	Awards And Achievements				456