

AGENDA ITEM NO. 3

SUGGESTIVE LIST OF NSS ACTIVITIES PROPOSED FOR 2013-14 (DRAFT)

A. Daily Activities

Orientation Programme - 20 hours are dedicated to orientation programme through lectures, discussions, Audio Visuals etc. NSS Volunteers should be acquainted with the Philosophy of Mahatma Gandhi with regards to the present Problems

B. Special Camping Programmes

Theme for Special Camps 2013-14 – The NSS units are free to Choose any one of the following five programs.

1. Health
2. Environment
3. Rural Development
4. Skill Acquisition
5. Value Education

C. Flag Ship Programmes

Now we have eight flagship programmes. Some of them are interrelated. Hence steps may be taken to limit it as 5.

- I Household Self Sufficiency and Waste Management.
- II Water conservation and Management
- III. Energy Conservation and Management
- IV Anti Drug, Anti Liquor, Anti Tobacco Campaign
- V Skill Acquisition Programme.

I Household Self Sufficiency and Waste Management Programme.

Self sufficiency in Food, Fruits and Vegetables. Waste land Management, Organic Farming, Creating farming culture, Terrace farming etc, organic manures, organic Pesticides, Palekhar farming. (Zero Budget farming). Preservation of indigenous varieties of seeds and animal breeds. Planting medicinal herbs and fruit bearing trees.

Household waste disposal. Propagating the slogan 'Waste is Wealth' Different waste management techniques, Awareness on Bio-gas plants, Awareness on Pipe, Ferrocement tank- Non-co-operation to plastic through different training programmes for paper bag and cloth bag making.

E Waste management programme - Awareness on the toxins deposited by wastages from mobile phones, personal computers and other electronic devices. State level & district level programmes.

II Water Conservation and Management

Environment Enrichment Programmes - Bio diversity programme - **Sahajeevanam Athijeevanam** - Bio - diversity parks in campus-Awareness Programmes for conservation of Pure water - Digging water percolation Pits, rain harvesting Programmes water analysis in adopted villages and households. State Level and district level water literacy camps.

III. Energy Conservation and Management

Household energy management- Solar energy- Energy auditing Programme

IV. Anti Drug, Anti Liquor, Anti Tobacco and Total Health Campaign

Kalajatha-massive state wide awareness campaign focusing al educational institutions

Awareness on lifestyle diseases, fast food, junk food, colas etc. - mosquitoes source elimination programmes-Natural remedies. Awareness programmes on the volume of pesticides in imported fruits and vegetables.

V. Skill Acquisition Programme.

Personality development Programmes, Communication skill, Personal skills, Soft skills - Programmes to equip youth for a Global village.

Special Programmes.

A. Campus to Community

Durable asset creation, like NSS bhavans - Pusthakathottil - collecting books from households and establishing NSS Libraries in adopted villages with the help of LSG, Sahapatikkoru veedu, Toilet in public spaces, - **Gramadersan** - conducting village

society like disrespect to women, superstitions, debt trap, financial mismanagement etc - NSS programmes should be conducted in orphanages, old age homes and hospital premises - Regular visit to nearby hospitals and Cancer institutes - Performing Cultural Programmes in hospitals, interaction with patients - Palliative care programmes. Interaction with Organs donated personalities - Awareness on behavioural discipline for students in public spaces.

B. Road Safety

Awareness measures and First AID training - Disaster management training.

C. Blood donation -

Snehathullikal - Dersanam eye donation - Organ donation - Awareness programmes

D. Knowing the Neighbours -

Programmes to study to include 10 immediate neighbours in NSS activities.

E. Sevanavaram - during Gandhi jayanthi week

F. Santisena -

Formation of Santisena clubs as a task force for campus peace and propagation of Ahimsa and for prevention of Ragging and Cyber crimes.

G. Sevagram programme

Special programme for Technical Cell, ITI, V.H.S.E, and IHRD - Imparting training to villagers to attain technical skill and other life skills.

H. Women empowerment -

Skill development programmes for village women Pre-marital classes for degree volunteers, Awareness programmes on adolescent health issues - Swimming and self defence techniques

I. Malayalam manuscript magazine in all units

J. Special programmes focusing the 'Differently abled' persons

K. 15 State level programmes including Youth Convention

L. Formation of NSS Alumni in all units - State co-ordination committee for N.S.S. Alumini.

M. N.S.S. District level co-ordination committies by including all 14 cells.