

ORIENTATION PROGRAM FOR 2ND YEARS

The NSS Unit of SJ CET (Unit No – 201), Palai, conducted a Orientation program of NSS, for 2nd year students, on 23rd November 2010, from 3:30pm to 5:30pm. The program was organized by NSS volunteer secretary Mr. ABHILASH K.S, under the guidance of program officer Mr. BABUSANKAR.

The program aimed at giving awareness about the NSS objectives and functioning, to the fresher's, who are interested to join the same. The former General Convener, Mr. ROBINCE N.C and former volunteer, Mr. JOSON K. JOSE was present for the meeting. The meeting started off with NSS Anthem, followed by a welcome speech by Mr. ABHILASH K.S and facilitation by Mr. BABUSANKAR.

The introductory talk and group dynamics was handled by Mr. ROBINCE N.C. The fresher's remarked the session as a mind-blowing one, most of them had a new experience by presenting themselves before a group. We had lots of fun during group dynamics. With these funs we are slowly moving to the important part of the program, the orientation class, which is conducted by Mr. JOSON K JOSE. During this session Mr. JOSON presented the history, objective, activity and other functions of NSS. The meeting was over by 5.30 pm, with National Anthem.

The program was a new experience to the fresher's, especially the session handled by Mr. ROBINCE. He shared his past experience in our college as a NSS volunteer, the camps he attended during the period of study. Even though most of the fresher's were not aware about NSS, he handled them very effectively. The group dynamics started with NSS anthem, and they all enjoyed the program very well. There was a competition between the groups for this. The next session handled by Mr. JOSON makes everyone aware about NSS, it's activities and history. It was very helpful to the fresher's to improve their knowledge about NSS and its activities. Many of the fresher's are attracted to this because of the discipline and activity of our volunteers we already have.

CREATING HORIZONS

LIFE SKILL TRAINING FOR RED RIBBON CLUB VOLUNTEERS

22 to 25 July 2010 at Maria Rani Centre, Trivandrum

'CREATING HORIZONS' was a joint venture of Kerala State Aids Control Society, National Service Scheme and HLPPT which was intended to impart idea of 'learn to love and live without HIV' to the participants so that they can make the youth of Kerala aware of this. 50 participants from over 8 engineering colleges from southern Kerala reached the venue, Maria Rani Centre by 5 pm on 22nd of July. Registration was completed by 8 pm and program was unofficially inaugurated. It started in a strange way that each college had to voluntarily come forward and introduce themselves with some art form that can be related to their college. Everyone was so active that sense of unfamiliarity slowly started to disappear. NSS unit of our college was represented by Jomon Joseph, Jeswin Antony, Sankar G. The other 7 colleges were Mount Zion College Of Engineering, Pathanamthitta, Mary Matha College Of Engineering, Paliyode, Saint Gitts College Of Engineering, Pathamuttam, Rajiv Gandhi Institute Of Technology Kottayam, College of Engineering Adoor, Government Engineering College Bartonhill and College of Engineering Chengannoor. Trainers also introduced themselves. Oath was taken and program for the day was dispersed at 11pm for dinner.

DAY 1(23-07-10)

Program for the day started at 8:30 am. first thing was to divide the batch into 2 groups of 25. batch was divided and separate class started. Batch 1 was guided by

Mrs Sonia Ratheesh and batch 2 guided by Mr. Baby Prabhakaran. Some of the volunteers shared their experience about previous day. By 10 am official inauguration ceremony started. The meeting was presided over by Mrs Anitha Sankar and chaired by Dr T V Velayudhan. After a few inspiring words about NSS, Red Ribbon Club, KSACS and voluntary blood donation, training program was officially inaugurated by Mrs Anitha Sankar. By 10:30 everyone had their breakfast and training resumed.

Class started with a questionnaire being distributed among us. It asked us to write about various identities that we have in different walks of life. It helped us to look into internal self which make us aware of introspection. Nothing was taught, everyone what they are internally. Then there was an introduction section in which all members in a group were made to say others name. It was amazing that after just one round everyone knew each others names. Session was broke for lunch by 1:15pm. Afternoon session started with a talk on critical thinking. It made us think about unusual permutations and combinations of a situation which can make path to success very easy. It was done with the help of a group discussion. Everyone presented their own interpretations which made the session all the more interesting. Small games were also done which give sufficient relaxation. various presentations were also done to impart idea of critical thinking. Session was breaked at 6 pm and all the groups had to reassemble at 8 pm with some sort of skit. After dinner cultural programs started. All the 10 groups got their chance and some of the skits rose to professional level. Everyone participated and everyone enjoyed. All the 10 groups finished their performance by 11 pm and activities for the day was dispersed.

DAY 2(24-07-10)

Day started with a yoga session at 6 am. Training started at 9:15 am with a recap of day1 with volunteers sharing their experience of the previous day. Many criticising opinions came out and first topic for the day was goal setting. We were divided into groups of 5 and asked us to share our goal with groupmates. We were asked to check whether goal was SMART. We were given a questionnaire which make us aware of steps to reach the goal, difficulties and roadblocks and solution to the difficulties. Baby sir was so effective in bringing about a change in some of our attitudes towards our goal. Session was breaked for tea at 10:45 and next session started at 11 am. It was about decision making. We have to take decisions at almost all turns of life. Its not about taking decision but taking it wisely. So we were presented with some real life situations and asked what will u do in this situation? Whatever was our answer miss presented a much more simple way. So we understood value of correct decision in life. Session was breaked for lunch at 1:15pm and next session started at 2 pm.It was about stress management and relaxation techniques being handled by Dr. Anilkumar. He put forward many metods for countering stress. One striking information was to count from 99 to 1 when on the verge of shouting,pressurising palm,yoga etc. Next session was handled by Mr. Firozkhan K P about A to Z of AIDS,Red Ribbon Club,voluntary blood donation etc. Through a small exercise he demonstrated how vulnerable the youth are to AIDS. With a fresh insight we broke for tea. In the next session we were introduced to a lady who started by cracking a lot of jokes. Casually continuing her talks she suddenly told us that she is an HIV +ve person. Many of our eyes were wetted . She continued with her life experience. At the end of session during feedback all 50 of us embraced her and kissed her

and conveyed our thanks to her for creating a seachange in our attitude towards HIV +ves. It was actually a brainstorming experience. After some more interaction she bid us goodbye and session was stopped. We had dinner and all 10 groups were to present a skit on topic being given to them. Cultural program started at 9 pm and lasted upto midnight. It was much more professional than previous day

DAY 3(25-07-10)

Day started with feedback on previous day's training. Much more volunteers came forward and shared their experience . First session was atalk on sex and sexuality by Mr. Baby Prabhakaran. He stressed on need of safe sex and vulnerability of youth to AIDS and other STDs , sex is a right but it has to be carefully executed within norms of society. After 2 relaxation games, session was broke for tea at 10:30am. Next session started at 10:45 am which was about relationships being handled by Sonia miss. Miss showed us that demands from each relationship is different. We have to be careful in responding to different situations within limits of many relations. For successful life a balance should be achieved between all relationships. Next session was handled by Baby sir about assertiveness. He mainly stressed on art of saying 'NO'. This session focussed on response for dealing with being pressurised, reasons for addiction, effect of alcohols and drugs, method for deaddiction. One other thing was that many of the youth are alcoholics just because they dont know art of saying 'NO'. Session was broke for lunch at 1 pm and resumed at 1:45 pm with atalk on voluntary blood donation. It clearly stated objective of Red Ribbon Club and necessity of peer educators among youth. Not only blood donation is a divine cause but it is beneficial for individual as it helps to know about his/her health status. Program

ended with valedictory function which started at 3 pm. Certificate were distributed and all of us bid farewell to each other proud of our status as peer educators, wanting to do something for the cause of KSACS, Red Ribbon Club,NSS,my fellow citizens especillay youth of the world.

SJCEET

Photo Exhibition

The NSS unit of SJ CET conducted a photo exhibition on 20th July, 2010. The exhibition was in the main block drawing hall. It was really a memorable experience, which helped all the volunteers to recollect all the events related to NSS, that was organized in our college. On that day at 12.30 pm our program officer Mr. Babu Sankar S inaugurated the exhibition. It was not only an exhibition, but also a total evaluation of all NSS activities that we had done during the last 2 years.

Almost all students and staffs including our principal Dr. C.J. Joseph visited the exhibition hall. Volunteers assisted the viewers to observe & understand the photos by explaining each photo and the activity during which each photo was taken. There were photos of Independence day celebrations of the year 2008 & 2009, Onam celebration, Gandhi Jayanthi, Republic day celebration, 7 day camp, nature camp and other activities that were organized by our NSS unit. A video presentation was also arranged. We got a self satisfaction while explaining the activities that we had done as a NSS volunteer. Most of our teachers appreciated and encouraged us.

Our Ex-volunteers came to visit us on that day. They gave us some very valuable suggestions and guidelines for our future activities and shared their experiences with us.

There were also a help desk functioning in front of the exhibition hall, comprising of 2 volunteers. The exhibition viewers got an idea about the aim, functioning, and activities of National Service Scheme unit of SJ CET, from the help desk. Students from 2nd year who were interested in joining our NSS unit were given a chance to register their names at the help desk.

By around 1:30pm the exhibition came to an end. The group work of all our NSS volunteers made our exhibition a grand success.

Independence Day

On 15th of August 2010, Independence Day was celebrated in our college. At 8:30 in the morning our principal Dr. C.J. Joseph hoisted the flag and there after gave a talk on the importance of the day. Then Mr.Arun James gave a speech on the freedom and rights of people which enlightened us about our rights and duties. Followed by his speech Anu Joseph a volunteer of NSS talked on the importance the present generation gives to Independence Day. It helped us to realize the value of the day and it gave a feel of patriotism in our heart. Finally the session ended by a national anthem and sweets were distributed to the gathering. In the function we were under the guidance of **Mr. Babu Sankar S**, Programme officer of SJCET.

In the afternoon session at 12:30 seminar on first aid was conducted by the staff of the The session started with a prayer song by

the volunteers. The staff of the indian introduced themselves and Mr. started with the basics we should be aware on providing first aid. There after Mr. took classes on CPR which includes ABCD formula

where A-Airway

B-Breathing

C-Check for pulse

D-Defibrillation.

It was told that for any accidents that occur the primary first aid provided in CPR, which initially checks the airway by looking for chest rise and breath sound and next is to give mouth to mouth breathing. It was then to check for tracheal pulse after defibrillation should be provided.

After the class on CPR first aids for people suffering from choking, trauma condition, heart attack, etc. were explained by the other staff. A practical session on the above first aids were held which helped us to understand the way it was carried out. Also a video clipping of first aids shown which was enacted by Mr.Bean.The video was vary intresting and informative. The session came to an end by 4:30 pm with a vote of thanks by Mr. Abhilash K.S, NSS volunteer secretary.

SEVANAARAM

In connection with the birthday of Gandhiji the father our nation Gandhiji, the NSS unit of our college celebrated "SEVANAARAM". By morning 8.30 NSS members assembled in the college.

The members were divided into two. One for food committee and the remaining for service committee. At 9.00 the members were taken to the KS.R.T.C stand by the college bus. The food committee members were taken to the house of the NSS member 'NEETA' for the preparation of the food. After reaching the spot, there was an inaugural ceremony which was inaugurated by

Also there was a talk by the head of NSS unit Sir. Babu Shanker on the importance of "SEVANAARAM". Then under the control of everyone dispersed for cleaning the stand.

Before cleaning the stand, the members took the precaution by wearing the gloves. Cleaning of the stand includes the removal of plastics, plucking of weeds and two buses were washed by the members.

In between the cleaning in order to regain the energy many slogans and folk songs were sung. Also snacks were provided to the members. After cleaning the entire stand, we were provided with "KAPPA" and PICKLE and BLACK COFFEE. It was a joyful moment because everyone had it by sharing with other members. Finally the programme wound up by 12.00 and the members were taken back to the college by the college bus.