

SUGGESTIVE LIST OF PLAN OF ACTION FOR 2012 – 2013

A. Orientation Programme

To get the NSS Volunteers acquainted with the philosophy, history, aims and objectives of NSS, 20 hours are dedicated to orientation programme through lectures, discussions, audio-visuals etc.

B. Special Camping Programme (Seven days Residential Special Camp)

C. Flagship Programmes:

1. Environment Awareness Programme
2. Greening Kerala Project
3. Anti-Drug Campaign
4. Energy Conservation Programme
5. Anti-Ragging Programme
6. First-aid Training Programme
7. Skill Development Campaign
8. Traffic Awareness Programme

D. Special Projects

- (i) Snehathullikal (Drops of Love – Blood donation campaign)
- (ii) Darsanam (Eye donation campaign)
- (iii) Home for the homeless (A home for the classmate)

E. Regular Activities

(a) Environment Enrichment Programmes

- a) Plantation of trees, their preservation and upkeep (each NSS Unit should plant and protect at least 100 saplings in and around the campus and in the adopted places)
- b) Creation of NSS parks/gardens, Vegetable gardens and Medicinal gardens.

- c) Anti-plastic campaigns – eco friendly Bag making unit.
- d) Vegetable/Medicinal/ Ornamental Garden
- e) Chlorination of village ponds and wells.
- f) Vermi-compost project in each unit. Popularization and construction of Gobar Gas Plants-use of non-conventional energy.
- g) Waste Management Programme – Land, Air & Water Pollution
- h) Rainwater harvesting.

(b) Greening Kerala

- a) Kanikonna and Neem project in each campus.
- b) Kera Keralam project – 10 coconut trees in each campus.
- c) Documentation of Saplings planted in and outside the campus.

(c) Health Awareness Programmes:

- a) Anti – Drug Campaign.
- b) First – Aid Training Programme
- c) Palliative care Units
- d) Blood – Donation campaign
- e) AIDS Awareness Programme.
- f) Healthy Food Habits.
- g) Healthy Life Style.
- h) Medical camps

d) Educational Programmes

- a) Legal Literacy programme
- b) Computer Literacy programme in association with Akshaya Project.
- c) Consumer Awareness Programme
- d) Human Rights Awareness Programme

- e) Career Guidance Programme
- f) Traffic Awareness Programme.
- g) Value Education Programme
- h) Communicative Skill – Malayalam & English
- i) Personality Development & Leadership Classes.
- j) Stress Management Programme.
- k) Effective Parenting.
- l) Energy Conservation Programme.

e) Women Empowerment Programmes

- a) Programmes of educating people and making them aware of women's rights, both constitutional and legal.
- b) Creating consciousness among women that they too contribute to economic and social well being of the community.
- c) Creating awareness among women that there is no occupation or vocation which is not open to them.
- d) Imparting training to women in sewing, embroidery, knitting and other skills where ever possible.

f) Social Service Programmes

- a) Two days in a Paliative Care Centre.
- b) Work in institutions meant for physically and mentally handicapped.
- c) Organising blood donation camps and eye-pledge programmes.
- d) Work in Cheshire Homes, Orphanages, homes for the aged etc.
- e) Work in welfare organisations of women.
- f) Prevention of slums through social education and community action.
- g) Programmes for making villages self sufficient.
- h) Soap making units, Paper carrybag making unit, tailoring unit

g) Production Oriented Programmes

- a) Working with people and explaining and teaching of improved agricultural practices.
- b) Rodent control and pest control practices.
- c) Weed control.
- d) Soil testing, soil health care and soil conservation.
- e) Assistance in repair of agricultural machinery.
- f) Work for the promotion and strengthening of co-operative societies in villages.
- g) Assistance and guidance in poultry farming, animal husbandry, care of animal health, etc.
- h) Popularization of small savings
- i) Assistance in procuring bank loans.
- j) Rehabilitation of Bamboo workers – By Sree Sankaracharya University, Kalady.
- k) Volunteer exchange programme in Special Camps.
- l) Regular activities in the adopted villages according to action plan.
- m) Collaborative research on social issues.
- n) Pooling of selected units activities in the University level adopted region.
- o) Other State Level programmes
- p) ***Healthy Youth for healthy India*** will be theme of this year too.
- q) Besides this a separate theme will be adopted for the NSS activities in the Campuses : ‘Cleanliness through Homes’ – An Environmental Awareness Programme.
- r) Water shed Management.
- s) Tribal village development

h) Relief & Rehabilitation work during Natural calamities

- a) Care and Share Project.
- b) Miss a Meal Project.
- c) Palliative Care Programme.

d) Disaster Management Programme - Assisting the authorities at the time of natural disasters and calamity.

i) Creation of Durable Assets

Home for the Homeless

Libraries in adopted places, hospitals, jails etc.

Construction of sanitary latrines.