



# **ANNUAL REPORT**

**(2019-20)**

## **NATIONAL SERVICE SCHEME**

**KERALA UNIVERSITY OF FISHERIES AND OCEAN  
STUDIES**

**PANANGAD P.O., KOCHI – 682 506**

## World Environment Day

Activities of the National Service Scheme (NSS) got initiated with the observance of World Environment Day Celebrations on 5<sup>th</sup> June 2019. Hon'ble Vice-Chancellor, Prof. (Dr.) A. Ramachandran inaugurated the function by planting trees. He also delivered a speech on the importance of the environment and emphasized the need to find equilibrium with development. Apart from this trees were planted by the NSS volunteers on three campuses.



Most of the tree saplings were of fruit-bearing trees. All the volunteers participated in the activity. The saplings of Mango, Guava, Jamun, Custard apple, jackfruit, Papaya, etc were planted. Statutory Officers, Teaching and non-teaching staff of the University participated in the planting.



As part of the campaign, the volunteers of NSS not only planted trees on the campus but also took the message to the public. In association with the National Highway Authority



of India, the students planted flowering plants on the median of the National Highway in front of the University.

### **Advisory Committee meeting**

The advisory committee meeting of the NSS units of KUFOS was held on 14-6-2019. Shri. GP Sajith Babu, Regional Director, NSS and Shri. K. Sabukuttan, State NSS Officer participated in the meeting chaired by Prof. (Dr.) A. Ramachandran, Vice-Chancellor KUFOS. The committee revised and approved the action plan for 2019-20. Dr. Binu Varghese NSS Programme coordinator welcomed the members and presented the activities of KUFOS NSS units. NSS-KUFOS took up a flagship programme against pollution in the Vembanad Lake. The programme was termed as the 'Vibrant Vembanad' campaign. Dr. Rejish Kumar, NSS Programme officer offered the vote of thanks.

### **International Yoga Day Celebrations**

Kerala University of Fisheries and Ocean Studies (KUFOS) observed International Day of Yoga on 21st June 2019. National Service Scheme of KUFOS facilitated the programme with the assistance of ISHA Foundation, Kochi. The Upa-Yoga was the theme selected for this year's yoga day. Seventy-five students and five staff members participated in

the 90-minute programme which began at 8 am. The venue of the yoga practice was the seminar hall on the main campus.



Upa-yoga consists of simple yogic practices that are fundamental and very powerful in nature. The practices include directional movement of arms, neck, Yoga Namaskar, Nadi Shuddhi, Nada Yoga, Yoga mudra, and Namaskar. Yogaveer Dipu from Isha Foundation led the session with the audio-visual support system. A simple 10-15 minutes daily practice session was demonstrated for the benefit of participants. The programme concluded at 9.30 am.



### **International Youth Exchange Programme**

The Ministry of Youth Affairs & Sports, Government of India accepted the nomination of NSS-KUFOS to include Ms. Mishal Antony, NSS volunteer (B.F.Sc 2016) for the International Youth Exchange Programme. She was selected as a delegate in the Indian Youth Delegation visit to China from 2<sup>nd</sup> to 9<sup>th</sup> July 2019. She completed the programme as per schedule.

### **Ek Bharat Shreshta Bharat**

A hundred volunteers were registered and participated in the programme with the partnering state of Himachal Pradesh. Various activities were done online and in the WhatsApp group.

### **Independence Day**

NSS Volunteers actively participated in the Independence Day celebration by participating in the flag hoisting done by the Hon'ble Vice-Chancellor, Dr. A. Ramachandran. National Integration and patriotic songs. After the event volunteers were engaged in cleaning the campus.

## **FLOOD RELIEF ACTIVITIES**

National Service Scheme started collection center after registering with keralarescue.in (Regn no. 151). We have opened counters at four campuses and at Amenity center for collecting from the public from 13th to 15th August. The materials collected were handed over to the District administration at the civil station, Kakkanad on Independence Day. These items were despatched to Nilambur-Malappuram on the same day. About 40 volunteers were involved in the programme as most were out of station due to holidays. Apart from KUFOS students and staff; Chinmaya public school and the public donated various items to the collection center. Major items collected were 510 bottles of the drinking water bottle (510 liters), 430 bathing soap, 5 cartons of medicine (cough syrup, antibiotics, paracetamol, etc), 142 bottles of lotion, 70 packs of bleaching powder, 100 packs of washing powder and soap. 33 Dettol, 100-bed sheet, 130 bath towel, 50 buckets, and 70 mugs, 35 toothpaste, 50 toothbrush, 200 Kg of rice, 10 pkt mask and gloves, 50 lungi and nighty, 30 toilet brush, scrub, 2 napkins, 50kg atta and dal, 20 big pack biscuits etc. The total worth of the items was estimated at 2.25 lakhs.





Flood relief materials packed and despatched to collection centre at District Collectorate

### **NSS Orientation Programme**

An orientation programme was organised on 19.9.2020 for the new NSS volunteers on the activities, history, moto etc. In the programme all volunteers were trained on NSS song.

### **Golden Jubilee Celebrations of NSS**

NSS Day and the Golden jubilee year of NSS was celebrated at Kerala University of Fisheries And Ocean Studies (KUFOS) on 24th September 2019. An executive eye check-up program and an awareness program on Eyecare was also held. The program was conducted in association with LOTUS Eye Hospital and Institute. The Formal function started at 10 AM with a welcome address by Dr. Binu Varghese, Programme Coordinator, NSS-KUFOS. The function was inaugurated by Prof.A.Ramachandran Hon'ble Vice-chancellor. In his speech, he appreciated NSS activities and highlighted the importance of the NSS flagship programme on Vembanad Clean-up. The function was presided over by Dr. B. Manoj Kumar Registrar, KUFOS. Dr. Vishnu Lotus Eye care hospital, introduced to the topic of "Eye care and mobile/computer use". The talk created an awareness of precautions to be taken during the usage of modern gadgets to protect the eye. After this certificate were distribution for

student's won prizes in the Gandhi Smrithi Competition conducted by National Service Scheme, MG University by Hon'ble Vice-Chancellor. The Vote of thanks was delivered by Dr.Rejish Kumar V.G, Program Officer.



### **Eye Check-up Camp**

The executive eye check-up program started at 11 AM and continued till 5:00 PM. The technicians associated with the program showed enthusiasm to serve maximum people. A total of 116 people attended the comprehensive (6 test) eye check-up program. The eye checkup was led by Dr. Vishnu of Lotus Eye Care, Kadavanthra.



### **Gandhi Jayanthi @ 150 Celebrations**



## **Plogging Run**

NSS KUFOS UNIT commemorated Mahatma Gandhi on his 150th Birth anniversary by conducting a 'Plogging Run' to embrace his thoughts on the importance of cleanliness in nation development. The program was flagged off by Deepak A, Sub Inspector of Police, Panangad police station. The volunteers cleaned the National Highway premises from Panangad police station to Lakeshore road. The run was also conducted inside the North Eastern block of KUFOS. Sweets were distributed to celebrate the occasion. The programs were coordinated by Dr. Binu Varghese, Program Coordinator NSS KUFOS and Dr. Rejish Kumar, Program Officer NSS KUFOS.



## **Thoppumpady Fisheries Harbour Programme**

National Service Scheme of Kerala University of Fisheries and Ocean Studies (KUFOS) observed the 150th Birth Anniversary of Mahatma on 2nd October 2019. As part of this NSS unit associated with the NETFISH-MPEDA under Ministry of Commerce, Govt of India. Volunteers with the active participation of workers at Thoppumpady Fisheries Harbour cleared the entire area plastic free. An awareness programme was also held at the Thoppumpady Harbour against Plastic Pollution in our water bodies. The programme was inaugurated by Dr. Joice V Thomas, CEO, NETFISH and he emphasized the impact of plastic pollution on the environment and human health. State coordinator NETFISH welcomed the gathering and described the activities executed as part of Swachhta Hi Seva. Mr. Noushad from the harbour management committee extended all support for keeping the landing center plastic free.



The activities of National Service Scheme and its 150th Gandhiji commemorative year celebration to clean up Vembanad Lake the 'Vibrant Vembanad' campaign was described by Dr. Binu Varghese, Programme Coordinator. Program ended with a vote of thanks by Dr. Rejish Kumar VJ, Programme Officer NSS. After this programme a rally was organised with active participation of volunteers, fishers, workers and trade unions of the harbour. Volunteers handed over the awareness creating notices to the workers and shops in the area.



### **Plastic Awareness Programme at Manassery Fishing Village**

NSS volunteers then visited Manassery along with Programme Officers, State coordinator NETFISH and data collector. An interaction was organised at Manassery with traditional fishermen. After the interaction volunteers went for a door to door campaign and

handed over notices to residents against plastic pollution and described how to properly manage plastics. About a hundred households near the beach area were reached with the awareness program.



### **Vibrant Vembanad**

This flagship programme was initiated on September 24th, 2019 as part of NSS Golden Jubilee Year and 150th year of Mahatma. University under its research programme is doing fishery and environment-related studies on the Vembanad ecosystem. Several surveys were done from the Alappuzha to the Ernakulam area. To sensitize the public on the issues of plastic pollution to our backwaters a public programme was organized on 16.10.2019 at Marine Drive, Kochi. The results of the University studies were also made available to the public during the meeting.

The programme was initiated at 9 AM with a volunteer briefing by Dr. Binu Varghese, Programme coordinator. The volunteers were divided into two groups and they started collecting plastic from Ernakulam Boat Jetty and CMFRI side. Along with collection, they spread awareness by interacting with the public, shopkeepers and boat operators. The programme was well covered in the visual, radio and print media. The collection teams converged at the sorting point by 11 AM and the sorting team did a separation of items collected.

The public meeting started at noon which was inaugurated by KUFOS Vice Chancellor Dr. A. Ramachandran. The meeting was attended by Dr. Manoj Kurmar, Registrar (i/c); Dr. T. V.

Sankar, Director of Research; Dr. Daisy Kappen, Director of Extension; Dr. V.N. Sanjeevan, CARMC; Dr. Subhash Chandran, Director, SFE; Dr. Binu Varghese, PC, NSS-KUFOS; Dr. Rejish Kumar V J, Programme Officer, NSS apart from faculties, staff and students of KUFOS. The guest graced the occasion were Dr. M Sudhakar, Director, CMLRE; Manager BPCL Moosakutty; Charles George, Fish Workers representative etc. About 150 student volunteers participated in the plastic awareness programme. The meeting was attended by about 200 persons including students, public, media persons etc.

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TODAYS SPECIAL...

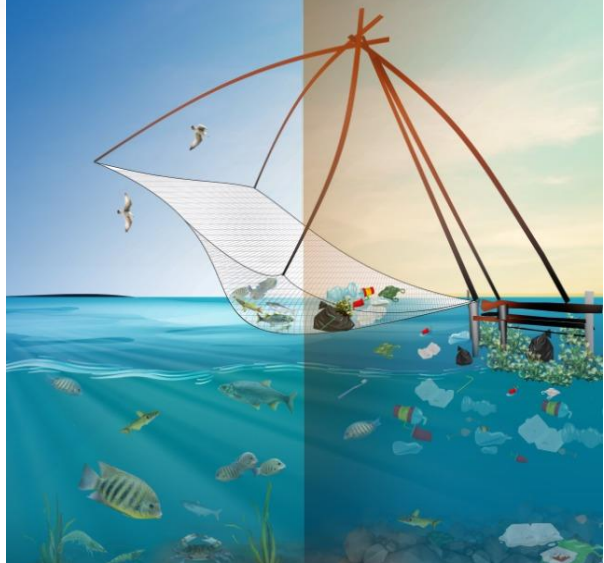


**MICROPLASTICS  
CAN BE IN YOUR MENU.**

**SAVE OUR WATERS  
FROM PLASTICS.**

1969

2019



**SAVE VEMBANAD  
FROM POLLUTION**







## **WALK FOR FREEDOM**

NSS Unit of Kerala University of Fisheries and Ocean Studies conducted the registration for WALK FOR FREEDOM 2019 at the Western campus, MBA block and premises of Academic and Administrative blocks on 3<sup>rd</sup> October. The program is considered to be an initiative for prohibiting human trafficking. The movement is held in association with the organization Love in Action charity, it is the world's largest Anti-Slavery Walk. The walk is planned to be conducted on October 19 at Rajendra Maidan, Kochi. The formal function began at 2:30 PM at the Administrative block. The volunteers of the Love in Action Charity addressed the gathered faculties and staff of the institution and registered them for being a part of the movement. The awareness classes and registration process continued at the MBA block, Academic block, and Western Campus simultaneously. Active participation of students from all the departments of the university was observed. The volunteers shared the contact number and social media pages for hearing about the upcoming events related to the movement. NSS KUFOS Program officer, Dr. Rejishkumar V J, gave a brief speech regarding the social relevance of human trafficking. The vote of thanks was delivered by volunteer secretary Sri. Vishnu.





### **All India Radio Programme**

NSS volunteers were invited by All India Radio, Kochi to share experience on the Vibrant Vembanad Programme. Six volunteers participated in the Yuvavani programme which was recorded at Akashavani, Kakkanad on 26<sup>th</sup> October 2019. The programme was on air in two episodes and repeated.



### **Rashtriya Ekta Divas**

Rashtriya Ekta Divas was observed on 31<sup>st</sup> October and NSS volunteers and officers participated in the pledge at the University main campus. Hon'ble Vice-Chancellor led the pledge.

### **Drawing completion on Save Your MOM**

A drawing competition was conducted in association with the Cochin Cancer Society on 31.10.2020. The programme was to create awareness of Breast Cancer.

### **AIDS awareness programme**

An AIDS awareness programme 'Kalajatha' was organized at the campus on 18.12.2019 in coordination with District Medical Officer and the Primary health center. Kadhaprasangam on AIDS and Drug abuse was done.



## **Cochin Carnival**

Volunteers were involved in the Cochin Carnival green protocol and cleanup programme on 2<sup>nd</sup> January 2020.

## **Eye Check-up camp**

NSS volunteers assisted the Eye Camp organized by National Highway Authority for the truck drivers and the general public. It was organized at the KUFOS amenity center on 13.1.2020.

## **Blood Donation Camp**

A blood donation camp was held in collaboration with Blood Bank of District General Hospital Ernakulam on 16.1.2020. The General hospital team comprised of a Physician and technical team and counsellor.



### **Mass Cleaning Drive- Kumbalam Panchayat**

NSS volunteers actively participated in the Mass Cleaning Drive of Kumbalam Panchayat on 25.1.2020. They got involved in cleaning and sanitizing Roads, Bus stand, walkways, canals etc.



## **Republic Day Celebration**

NSS KUFOS unit actively participated in the 70<sup>th</sup> Republic day celebrations at the Main campus. Hon'ble Vice-Chancellor, Dr. A. Ramachandran and Volunteers took the oath to safeguard national integration on the day.



## **Convocation programme & Award for Best NSS Volunteer**

Hon'ble Governor Sri. Arif Mohammed Khan was the chief guest of the 6<sup>th</sup> Convocation Ceremony of KUFOS held on 6<sup>th</sup> February 2020. NSS volunteers assisted in the smooth conduct of the convocation programme. KUFOS has established an award for Best NSS Volunteer. The award includes a cash prize of Rs. 5000/-, a trophy and a citation. The selection of the best NSS volunteer is based on the criteria given by the NSS State Cell. The first NSS Best Volunteer Award was given to Sri. Nibin O of the 2015 BFSc batch during the 6<sup>th</sup> Convocation Ceremony of KUFOS.

## **Programme Officer ETI Orientation Programme**

Dr. Rejish Kumar V J completed the orientation programme for the NSS Programme Officers at ETI, Rajagiri College, Kalamassery from 4-10<sup>th</sup> March 2020.

