



ANNUAL REPORT

(2022-23)

NATIONAL SERVICE SCHEME

**KERALA UNIVERSITY OF FISHERIES AND OCEAN
STUDIES**

PANANGAD P.O., KOCHI – 682 506

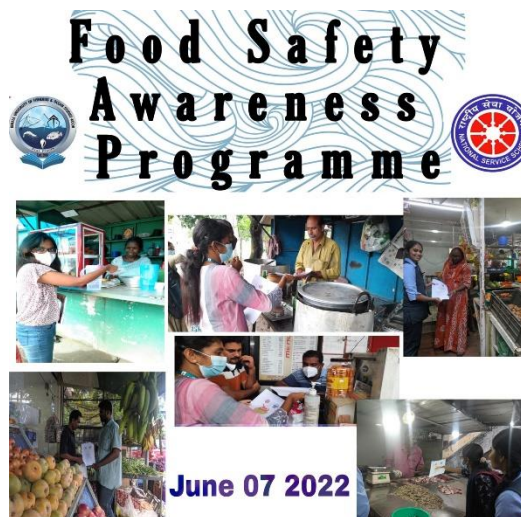
World Environment Day

Activities of the National Service Scheme (NSS) got initiated with the observance of World Environment Day Celebrations on 5th June 2022. World Environment Day was celebrated by the NSS volunteers by making a fruit bearing tree orchard in the main Campus, KUFOS. Nss volunteers planted trees such as Guva, Anona, Mango, Chicku etc. This was inaugurated by Hon. Vice Chancellor Prof. Riji John Sir. NSS KUFOS also conducted a Poster making competition based on the theme “only one earth”.



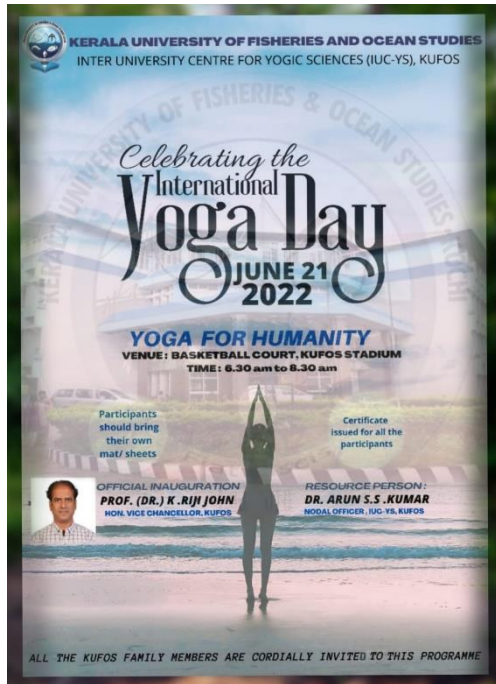
World Food Safety Day

As a part of world food safety day on June 7th 2022, NSS volunteers conducted an awareness programme among publics, shop owners and workers near the Main Campus KUFOS about cleanliness, adulteration and foodborne diseases. Volunteers distributed leaflets regarding the hygiene and food safety.



International Yoga Day

NSS KUFOS celebrated International Day for Yoga on June 21, 2022, at KUFOS Main Campus. DR. Arun S kumar, Assistant Professor Physical Education Demonstrated different yoga positions and explained its benefits.



Beach Cleaning Programme

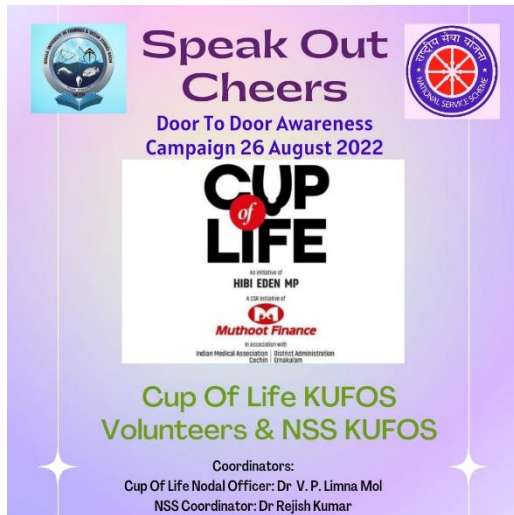
NSS KUFOS along with Marine Product Export Development Authority (MPEDA)-NETFISH conducted coastal clean up at Arthungal Beach on August 7th 2022. Fourty NSS vouteers participated in the programme. Programme includes Procession, talk and plastic cleaning.



Menstrual Cup distribution (Cup of Life)

Kerala University of Fisheries and Ocean Studies (KUFOS) joined hands with IMA Cochin and the District Administration, Ernakulam to realize the Cup of Life movement by Sri. Hibi Eden, MP to revolutionize the society by spreading awareness about menstrual hygiene. As a runup to the main event, door-to-door awareness campaign was held inside KUFOS campus by Cup of Life and NSS volunteers on August 25 and 26, 2022. The Cup of life programme at KUFOS was inaugurated by the Honourable Vice Chancellor, Dr. K. Riji John in the Academic Block lobby at 10 am on August 31, 2022. Nodal officer Dr. V. P. Limna Mol, Assistant Professor delivered the welcome address and Registrar Dr. B. Manoj Kumar presided over the function. Director of Research, Dr. Devika Pillai, Director of Extension, Dr. Daisy C. Kaapen and Dean, Faculty of Fisheries, Dr. Rosalind George felicitated the function. The Honorable VC and dignitaries distributed menstrual cups to the students to mark the inauguration of the programme. Dr. Rejish Kumar, Assistant Professor and NSS Coordinator proposed the vote of thanks. As part of the programme, the volunteers from KUFOS, Akhila Raj P., B.F.Sc. 2019, Dhaya K., B.F.Sc. 2019, Athulya Babu, B.Tech. 2019, Farhan H, B.Tech. 2019, Anju M. Sajeew, MFSc. Fish Processing Technology, Mariyam Johna J, M.Sc. Marine Biology, Aathithya Ajikumar, M.Sc. Biotechnology and Ayana P.P., FOST Research Scholar imparted training to the 855 registered participants and distributed menstrual cups. The participants included students, faculty members, administrative staff, cleaning staff and farm labourers of KUFOS. Detailed discussions were held with the participants on the use and advantages of menstrual cups. The programme was successfully

organized and the training and distribution of menstrual cups was completed by 4 p.m. on August 31, 2022.



Anti-drugs Campaign

In an effort to eradicate drug abuse among youth, NSS KUFOS unit along with NCC unit and students union launched an anti-drugs campaign. The campaign commenced with poster making competition on October 25th. The Poster making competition was attended by numerous students, the theme was “SAY NO TO DRUGS”.



On the following day a flashmob was conducted by the students in front of the administrative block preceding the inauguration.



Further messages were given by Hon. Registrar Dr. B. Manoj Kumar, Dean Fisheries Dr. Roslind George.



A rally succeeded the inaugural ceremony which was flagged off by the Vice Chancellor. Rally started from KUFOS campus, proceeded on to Nettoor. A street-play was played in between.



The Rally reached back the campus around 5pm.



The campaign was fruitful as we were able reach people inside and outside the campus.

Childrens Day



As part of the Childrens day 2022 on November 14th Our NSS Volunteers and Programme officers Visited Kumbalam Grama panchayath Anganvadi and distributed books, colour pencils and sweets. Volunteers also conducted different competitions for the kids.



International Women's Day

NSS KUFOS celebrated Women's Day 2023 on 8th March 2023. Celebration was inaugurated by Prof. Rosalind George, Hon. Vice chancellor (ic) KUFOS. NSS KUFOS presented KUFOS Women Achiever Award to Smt. Maniyamma, Computer Assistant, Faculty of Fisheries KUFOS.



 **International Women's Day** 
2023
8th March 2023, 3PM

NSS Song

Welcome: Anulekshmi


Inauguration and Inaugural Address: Prof. Dr. Rosalind George, Hon. Vice chancellor (i/c) KUFOS

Felicitations: Prof. Dr. Devika Pillai, Director of Research
Prof. Daisy C. Kappen, Director of Extension
Dr. Anu Gopinath, Assistant professor, Department of AEM

Honouring KUFOS Women achiever and Address: Smt. Maniyamma, Computer Assistant, Faculty of Fisheries, KUFOS

Cultural program

Vote of thanks: Angel Mary



2023-24

World Environmental Day

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International Yoga Day 2023

The Kerala University of Fisheries and Ocean Studies (KUFOS) celebrated the International Yoga Day 2023 on 21st June 2023 at the University Headquarters. Undergraduate and graduate students of the University and members of the University National Service Scheme (NSS) and National Cadet Corps (NCC) participated in the program. Dr. Rejish Kumar VJ, NSS Program Coordinator and Physical Education In-Charge delivered the welcome address and explained the importance of the day, and the significance of Yoga in daily life. This was followed by demonstration of Surya Namaskara and different asanas and explained the health benefits of each, by Yoga Practitioner Atmana M. The program concluded by a vote of thanks by Dr. Rajeev Raghavan, NSS Program Officer. Around 50 students participated in the event.



World Drug Day

NSS volunteers of KUFOS observed World Drug day on June 26th 2023 by taking ant-drug pledge and campaign.



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NSS KUFOS in associated with National Highway Authority India Planted trees on the sides of the National Highway in front of the University on July 12th 2023

