



**ANNUAL REPORT ON ACTIVITIES OF  
NATIONAL SERVICE SCHEME**

**KUFOS CELL**

**2024-2025**



**KERALA UNIVERSITY OF FISHERIES AND OCEAN STUDIES**

**Panangad, Kochi**

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## **OFFICE BEARERS**

Three active units are running in the KUFOS campus. Two of these NSS units are funded by the Government of India, and the third one is a Self-Financing Unit. NSS Units are led by Program Officers. Continuous activities like Planting Tree Saplings on birthdays, UTS app Training in association with Southern Railway, Anti-drug awareness programs, Divyangjan-friendly and elderly friendly programs are conducted throughout the year.

Currently, the KUFOS NSS cell is headed by Dr. Unnikrishnan S. (Program Coordinator).

### **Details of Unit 01 (Funded Unit)**

Program Officer : Dr. Jenny Ann John  
Student Coordinator (Boy) : Altaf Ali, B. Tech 2023 Batch  
Student Coordinator (Girl) : Gayathri P.A B. Tech 2021 Batch  
Student Reporter : Anagha B. Krishna, B. Tech 2021 Batch  
Number of Volunteers : 100

### **Details of Unit 02 (Funded Unit)**

Program Officer : Dr. Pramila S  
Student Coordinator (Boy) : Deppacharan, B. F. Sc. 2023 Batch  
Student Coordinator (Girl) : Shanu, B. F. Sc. 2023 Batch  
Student Reporter : Varada PM, B. Tech 2021 Batch  
Number of Volunteers : 100

### **Details of Unit 03 (Self-Funded Unit)**

Program Officer : Dr. Athul Krishna KR  
Student Coordinator (Boy) : Siddharthan P B. F. Sc. 2021 Batch  
Student Coordinator (Girl) : Aysha Nazrin, B. Tech 2022 Batch  
Student Reporter : Amala Benny, B. Tech 2022 Batch  
Number of Volunteers : 100

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### **Refresh Rally (4<sup>th</sup> April 2024)**

NSS unit 02 hosted the event, titled as Refresh Rally, as an initiative to counter the heat and thus to guard the health of passersby in peak summer. In this event, watermelon juice was prepared by the NSS volunteers and distributed in disposable glasses to the passengers and public in and around Madavana junction. People waiting at the bus stops, commuters, workers and drivers at the traffic signal were able to quench their thirst during the peak summer noon.



### **World Earth Day (22<sup>nd</sup> April 2024)**

The idea of celebrating World Earth Day 2024 by recycling plastic bottles was another initiative of Unit 02. Discarded plastic bottles were collected from the university premises and were recycled by the NSS volunteers to create beautiful planters to hang plants. These planters were then installed at the Sneharamam (a garden maintained by NSS volunteers). This activity was helpful in creating awareness about recycling plastics, besides helping to beautify the garden.

### **Beach Cleaning**

In connection with World Earth Day 2024, NSS KUFOS Unit 3, under the leadership of Programme Officer Dr. Athul Krishna, organised a cleaning drive and an awareness rally at Fort Kochi Beach. The theme of this year's World Earth Day was "Planet vs. Plastics." The increasing plastic pollution is disrupting the balance of the global ecosystem. Therefore, the cleaning drive helped raise public awareness about the harmful effects of plastic pollution.



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### **World Book and Copyright Day (22<sup>nd</sup>-25<sup>th</sup> April 2024)**

As part of World Book and Copyright Day 2024, a 'Book Donation Campaign' was organised by NSS Unit 02. The NSS volunteers received books of various genres donated by the teaching faculty, staff and students of KUFOS. A stock register was maintained to enter the book titles and names of donors. This activity was planned with the aim of setting up an NSS library for KUFOS.



### **Planting a sapling every month throughout the year (5<sup>th</sup> JUNE, 2024)**

NSS unit 01 started a new venture at the University campus on 5th June 2024, as part of the World Environment Day: 'Planting a sapling every month throughout the year from June 2024 to May 2025'. NSS Programme officers, volunteers, students and faculty members participated in this special occasion at Sneharamam, KUFOS. The programme was inaugurated by Hon. Vice Chancellor Dr. Pradeepkumar T. Both the Vice-chancellor and Registrar shared the message regarding the importance of planting and conserving trees and discussed the theme of Environment Day 2024: "LAND RESTORATION, DESERTIFICATION AND DROUGHT RESILIENCE.' The welcome speech was given by NSS Co-ordinator, Dr. Unnikrishnan Sivan. The programme consists of planting different varieties of saplings around the premises of the University by the students, teaching and non-teaching staff, who were celebrating their birthdays in the month of June. Dr. Chiranjiv Pradhan, Dr. Limna Mol V. P., Mr. Benil Jude, Ms Dhanya Raj and Mr Likhith P. Josy planted jackfruit, custard apple and neem saplings in the presence of Programme Officer Dr. Jenny John and Co-ordinator Dr. Unnikrishnan Sivan. Name boards indicating the scientific name of the plant and the planters were

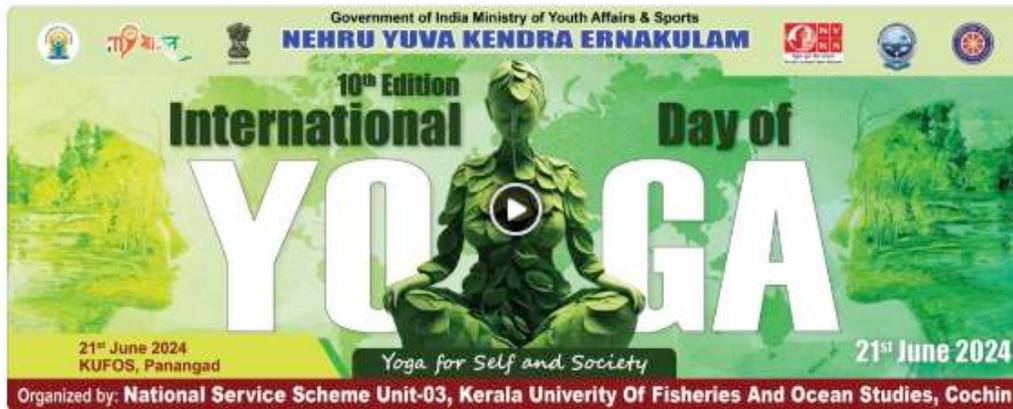
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also set up. The program was carried out from 3 to 6 pm. This venture will be carried out throughout this year by the volunteers and students according to their birthday month.



### **International Yoga Day (21<sup>st</sup> June, 2024)**

June 21 is celebrated as International Yoga Day. This year's Yoga Day was organised jointly by NSS KUFOS Unit 3, NYKS, and the Department of Physical Education at KUFOS. The theme for this year was: "YOGA FOR VASUDHAIVA KUTUMBAKAM" (Yoga for the World as One Family). On that day, at 3:30 p.m., under the guidance of a yoga master, NSS volunteers gathered together and participated in a yoga practice session. As part of the Yoga Day celebrations, students and teachers also participated in a Best Yoga Pose Photography Competition, and winners received prizes.



<https://youtu.be/dx1Wq4HCdCk>

### Short Story Reading Competition (19 - 25 June 2024)

KUFOS NSS Unit 01 conducted a short story reading competition aimed to encourage students to develop a habit of reading, improve their literacy skills and foster a love for literature. KUFOS students, staff, faculty and family members participated in the competition. Participants were requested to send an audio clip of themselves reading out a short story in English or Malayalam, not exceeding 10 minutes. Exciting prizes and certificates were offered for the best reader in two categories: Adult and Young readers. Winners in the Adult Category were: Ms. Dhanya T.M., Office staff (1<sup>st</sup> prize), Dr. Phiros Shah (Faculty,) and Dr. Tijith George (Faculty) shared the 2<sup>nd</sup> prize. Winners in the Young reader category were: Devaaanjana D. (daughter of Dr. Manjusha K.), John M. Issac (son of Dr. Jenny Ann John) and Joanna Jithin (daughter of Dr. Tijith George) Prizes and certificates were presented to the winners on 4th of July, 2024 at 4:00 pm by the Hon. Vice Chancellor of KUFOS, Dr. Pradeep Kumar T. and the Registrar, Dr. Dinesh Kaipally. The audio recordings will be uploaded to the official YouTube channel of NSS.



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**Flash mob against drug abuse and illicit trafficking. (26 June, 2024)**

On 26 June 2024, public awareness programs were conducted at Old Bus Stand, Payyanur, on behalf of the NSS unit 01, Payyanur College of Fisheries. The program was conducted by students and NSS volunteers. The programs included a flash mob and a musical drama. Posters were designed by the students to spread awareness about the importance of the day. The local news channel featured the volunteer's efforts on its channel. The activity took place from 3 pm to 5 pm.



**NEWSPAPER QUIZ (4<sup>th</sup> JULY 2024)**

KUFOS NSS Unit 01 organised a newspaper quiz among KUFOS students, faculty and staff. The informative session brought together the brightest among KUFOSians, raising the spirit of the quiz. The programme commenced with the NSS Anthem. The program was conducted between 3 pm and 5 pm at the KUFOS Seminar Hall. KUFOS faculty, staff and students actively participated in the quiz. The winners were: Dr. Sruthi R.S., Faculty (1st prize) and Praveen Joseph, Office staff (2nd prize). The winners were presented with prizes, along with certificates by the Hon. Vice Chancellor, Dr. Pradeep Kumar T. and Registrar Dr. Dinesh Kaipally.



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### **Green Campus Initiative (12<sup>th</sup> July, 2024)**

On July 12, 2024, NSS volunteers promoted the idea of “Making Our Campus Green and Switching to Paper Bags.” As part of this initiative, the volunteers prepared paper bags and distributed them at the KUFOS canteen and nearby shops under the leadership of NSS KUFOS Coordinator Dr. Unnikrishnan S and NSS Unit 3 Programme Officer Dr. Athul Krishna. The program aimed to encourage sustainable practices and reduce plastic usage within the campus and surrounding areas.



### **UTS App Training (18<sup>th</sup> JULY, 2024)**

The training for the UTS app (Unreserved Ticketing System) was continued by NSS Unit volunteers of KUFOS for the passengers. The volunteers conducted an awareness session regarding the UTS mobile ticketing app at Ernakulam South Railway Station on 18th July, 2024. The NSS volunteers explained about the uses and efficiency of the App to those who were present at the station.



### **Planting a sapling every month throughout the year (25<sup>th</sup> July 2024)**

As a part of 'Planting a sapling every month throughout the year from June 2024- May 2025, volunteers, students and faculty members celebrating their birthday in the month of July: Dr. Maya

Raman, Dr. Rajeev Raghavan, Mr. Arjun Joshy, Ms. Rajalekshmi T and Ms. Anila K. planted a mango sapling near Sneharamam, KUFOS. The event took place from 12:00 to 1:00 pm, fostering a sense of community and environmental stewardship. The Program Coordinator, Dr. Unnikrishnan S and Program Officers Dr. Jenny Ann John and Dr. Athul Krishna were present at the event to support and oversee the activity. This initiative aimed to enhance the campus's greenery.



### 9<sup>th</sup> Death anniversary of Dr. A P J Abdul Kalam (25<sup>th</sup> July 2024)

As part of Abdul Kalam Remembrance Day, a Quiz was organised at the Seminar hall. Fifteen teams participated in the quiz competition. There was a video presentation celebrating the remarkable journey of “The Missile Man of India”, whose name is synonymous with courage, innovation, and the relentless pursuit of excellence.



### World Population Day (22<sup>nd</sup> August 2024)

As part of World Population Day 2024, a talk was organised for the students. The speaker for the session was Ms. M C Sudha, Medical and Psychiatric counsellor of KUFOS. The session dealt with the effects of high population and measures to overcome them.



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### **World Nature Conservation Day (22<sup>nd</sup> August 2024)**

A talk was organised for the students in connection with World Nature Conservation Day 2024, on the topic: “WHY CONSERVE NATURE AND WHAT YOU CAN DO”. The speaker of the session was Dr. Rajeev Raghavan, KUFOS faculty, who is also a distinguished aquatic conservation biologist and winner of the Fisheries Society of British Isles (FSBI) medal 2023. The discussion offered important insights into the significance of nature conservation.



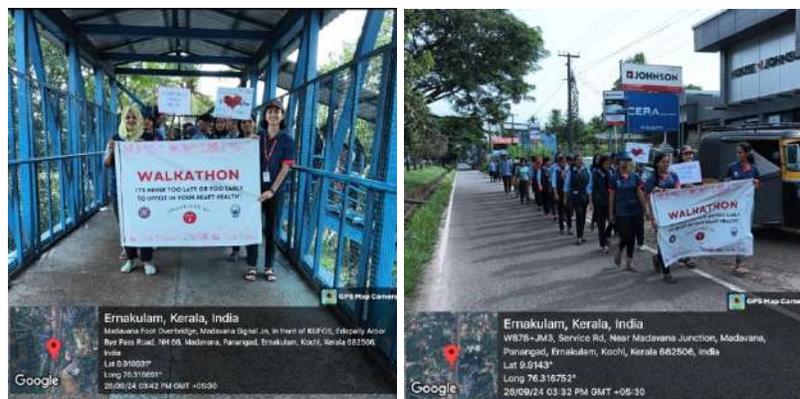
### **Planting a sapling every month throughout the year (23 August 2024)**

As a part of ‘Planting a sapling every month throughout the year from June 2024- May 2025’. Volunteers, students and faculty members celebrating their birthdays in the month of August, Rameez Roshan (Asst. Prof.), Sudheer N. B (Deputy Registrar), Fathima Najwah (B. Tech student), planted a *Lakshmi taru* sapling near Sneharamam. The event took place from 12:00 to 1:00 pm, fostering a sense of community and environmental stewardship. The program coordinator, Dr. Unnikrishnan S and program officer Dr. Jenny Ann John were present at the event to support and oversee the activity. This initiative aimed to enhance the campus's greenery.



**World Heart Day (26<sup>th</sup> September 2024)**

In connection with World Heart Day, a Walkathon was organised to raise awareness on taking care of our Heart health. The rally was flagged off by Dr. Unnikrishnan S, Programme Coordinator, NSS KUFOS.



**World Mental Health Day – October 10 (06.10.2024 – 10.10.2024)**

World Mental Health Day was observed on October 10, 2024, with the theme: “MENTAL HEALTH AT WORK” As part of the celebration, NSS volunteers organised a five-day program from October 6 to 10, featuring activities such as Gratitude Journal, Meditation, Chill and Chat, Quiz, and Digital Detox. The initiative aimed to promote mental well-being and awareness among students. Volunteers actively participated in all the activities, and prizes were awarded to encourage involvement. The program successfully fostered awareness and positive mental health practices within the campus community.



**“ARDRAM” Visit to Cottolengo home (26<sup>th</sup> October, 2024 )**

30 volunteers visited the Cottolengo home (for differently abled men and women) as part of the programme “Ardram”. Funds collected from students, Faculty, and staff of KUFOS were used to distribute Lunch, snacks and daily essentials for the inmates of Cottolengo home at Edakochi. The volunteers spent the entire day there and interacted with the inmates. The inmates thoroughly enjoyed the games and variety of entertainment programs hosted by the NSS students.



**World AIDS Day – December 1, 2024**

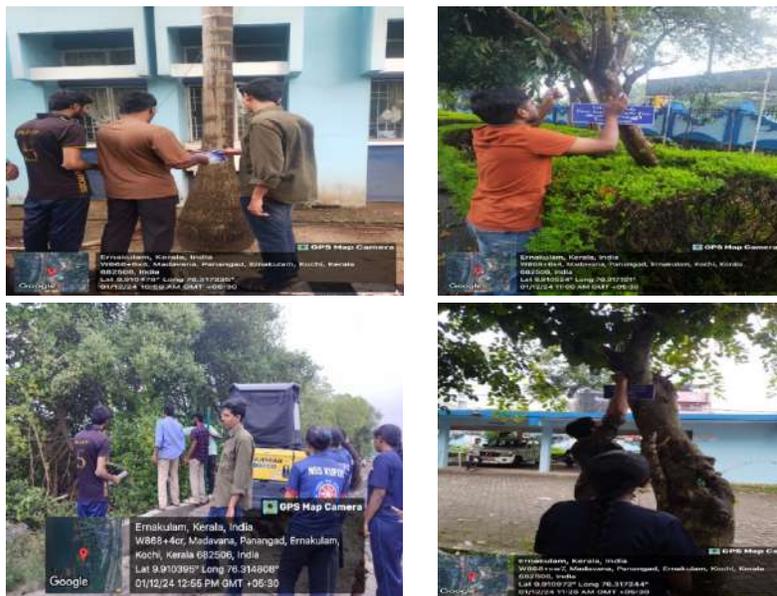
World AIDS Day was observed on December 1, 2024. The theme for this year was: “LET COMMUNITIES LEAD” (“Take the Path of Rights”), highlighting the importance of upholding human rights in effectively combating the spread of HIV/AIDS. Under the leadership of NSS KUFOS Unit 3, posters were created and displayed to raise awareness. In addition, informative leaflets containing details about HIV/AIDS were distributed to the public, helping to educate the community about the disease, its prevention, and related issues. This initiative successfully created awareness among the public about HIV/AIDS and its associated challenges.



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### **Biodiversity cataloguing (01<sup>st</sup> December,2024)**

As part of the campus beautification initiatives of the university, NSS Unit 02 took up the biodiversity cataloguing of trees, including mangroves, in the main campus and western campus. Name boards indicating taxonomic status, local name and common names were designed and printed and were attached to the trees.



### **Cloth donation cum essentials collection drive (10-13 December, 2024)**

In collaboration with Amar Saath foundation, KUFOS NSS Unit 01 organizing clothes cum essential items collection drive from 10 to 13 Dec 2024. The initiative aimed to gather donations of clothing, toiletries, and other necessary items to support underprivileged communities. The drive received an overwhelming response from students, faculty members, who actively contributed by donating gently used clothes and other essential items. Donation boxes were placed within the university campus for easy access. NSS volunteers played a crucial role in organising, sorting, and packaging the collected materials efficiently.



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## **International Human Solidarity Day (20<sup>th</sup> December, 2024)**

International Human Solidarity Day was observed on December 20, 2024. This year's theme was: "CELEBRATING UNITY IN DIVERSITY." Under the leadership of NSS KUFOS Unit 3, volunteerorganised a special event titled "Walk with Us." As part of this program, the volunteers walked from the KUFOS Academic Block to the Lakeshore Bus Stopsymbolisingng unity and solidarity among people. The initiative aimed to promote the message of togetherness and harmony within the community.



## **Planting a sapling every month throughout the year (27<sup>th</sup> December 2024)**

As a part of 'Planting a sapling every month throughout the year from June 2024- May 2025'. Volunteers, students and faculty members celebrating their birthday in the month of February, Mr. Mohammed Iqbal KM, Dr. Nevin KG, Dr. Athul Krishna, Mr. Britto Clemmy J, Ms. Deepti CS, Ms. Vrinda PR, Ms. Varada (B.Tech), Mr. Deep Charan (BFSC), planted a red guava sapling near Sneharamam. The event took place at 4 pm, fostering a sense of community and environmental stewardship. The program officer, Dr. Jenny Ann John, was present at the event to support and oversee the activity. This initiative aimed to enhance the campus's greenery.



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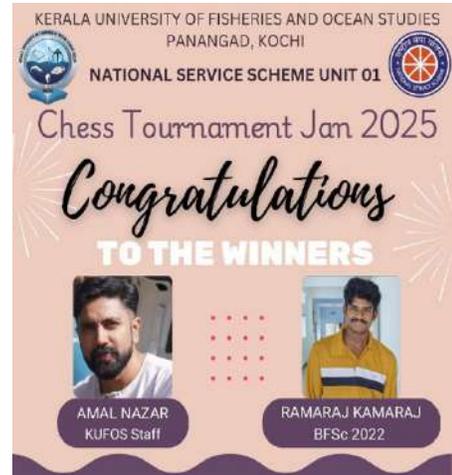
### **Green crusader initiative (1<sup>st</sup> January 2025)**

As part of the Green Crusader initiative by the NSS unit 01, a team of two volunteers actively participated in watering and nurturing the saplings planted from June 2024. At present, there are more than 15 teams for this initiative. The initiative aimed to promote environmental sustainability and ensure the healthy growth of newly planted trees within the campus. The list of plants includes a variety of fruit-bearing and shade-providing trees such as Jackfruit (2), Custard Apple (2), Mangosteen (4), Neem (2), Mango (2), *Lekshmi taru* (2), Guava (2), Jamun (2), Rambutan (2), Christmas Tree/Spruce (2), and Sapota (2) planted in different locations across the campus, especially near the academic block. The activity not only contributed to the conservation of nature but also helped in fostering teamwork, responsibility, and a sense of commitment towards environmental protection.

### **Chess tournament (11-23 January 2025)**

NSS unit 01 successfully organised a chess tournament at the Academic Block portico, starting at 5 PM, with separate competitions for students and faculty. The event aimed to promote strategic thinking and sportsmanship among participants. Enthusiastic players engaged in intense matches, showcasing their analytical skills and patience. Faculty members also participated actively, making the tournament a platform for interaction beyond the classroom. NSS program officer, Dr. Unnikrishnan S and volunteers ensured smooth coordination, maintaining a fair and competitive spirit throughout the event. Winners were provided with exciting prizes, and certificates were given to the finalists.





**Volunteering at Amar Saath Foundation (30<sup>th</sup> January, 2025)**

As an ongoing program, volunteers from KUFOS NSS Unit 01 volunteered at Amar Saath Foundation, an NGO for the welfare of the marginalised in India, on 31 January, 2025, from 3:00 pm to 6:00 pm. Volunteers helped in sorting and arranging clothes at the thrift store under the Amar Saath Foundation.



**Planting a sapling every month throughout the year (30<sup>th</sup> January, 2025)**

As a part of 'Planting a sapling every month throughout the year from June 2024- May 2025', Volunteers, students and faculty members celebrating their birthday in January, Dr. Dinesh K, Mr. Krishnadas C. M, Ms. Anitha Andrews, Ms. Jisha V. K and Mr. Manoj K. M, planted a star fruit sapling near Sneharamam. The event took place at 4 pm, fostering a sense of community and environmental stewardship. The program coordinator, Dr. Jenny Ann John, was present at the event to support and oversee the activity. This initiative aimed to enhance the campus's greenery.



**Orientation Class (6<sup>th</sup> February, 2025)**

An orientation class was organised on February 6, 2025, to welcome the newly joined students to the NSS KUFOS Cell. The program was conducted under the leadership of NSS Unit 3 volunteers and aimed to introduce the students to the vision, mission, and objectives of the National Service Scheme (NSS). During the session, the volunteers gave a brief overview of the origin of NSS, its core values, and the various activities and initiatives carried out by the NSS KUFOS Cell. The session helped the newcomers gain insight into the opportunities for personal growth, community service, and leadership development through their participation in NSS. Following the orientation, Programme Officers Dr. Jenny John, Dr. Athul Krishna, and Dr. Pramila S formally welcomed the volunteers. They also shared their valuable suggestions, motivated the students to take an active role in social service, and highlighted the importance of volunteerism in shaping responsible citizens.



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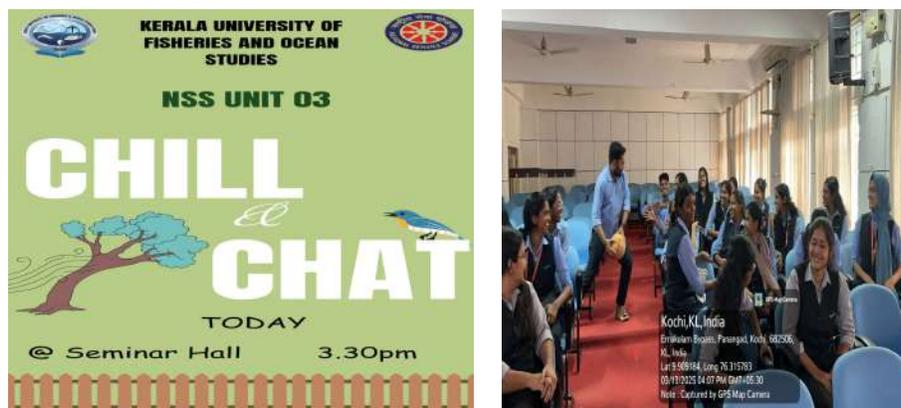
### **International Day of Women and Girls in Science (12<sup>th</sup> February, 2025)**

A talk titled “Women in Science – A success story” was organised for the KUFOS students in connection with the International Day of Women and Girls in Science. Dr. Anu Gopinath, Professor, KUFOS, recipient of the award of Commonwealth Academic Staff Fellowship, and a participant in Indian Arctic expeditions, shared her experience of her outstanding journey in Science. This session helped empower and motivate students to dream big.



### **Chill and Chat (13<sup>th</sup> March, 2025)**

Under the leadership of NSS KUFOS Unit 3, a program titled “Chill and Chat” was organised on March 13, 2025, at the KUFOS Seminar Hall. The event was conducted as part of an initiative to promote the mental and physical well-being of the volunteers by providing them with a space to relax, connect, and express themselves creatively. The program featured a variety of cultural performances, interactive activities, and informal discussions aimed at fostering camaraderie and reducing academic stress. All volunteers participated enthusiastically, showcasing their talents and enjoying the friendly, supportive environment. The event not only provided a break from their regular routines but also strengthened the bonds among volunteers, enhancing their team spirit and sense of belonging within the NSS community.





T. V, Mr. Shyjin C. P, Ms. Nisha P. S, Ms. Rajamma K. M, Jaseel Jaleel B.Tech, Hridya B.Tech, Nafeesethul B. Tech, Amala Benny B. Tech, planted a *chamba*/water apple sapling near Sneharamam. The event took place at 1 pm, fostering a sense of community and environmental stewardship. The program officer, Dr. Unnikrishnan S and program coordinator Dr. Jenny Ann John were present at the event to support and oversee the activity. This initiative aimed to enhance the campus's greenery.



### **Volunteering at Amar Saath Foundation (27<sup>th</sup> March, 2025)**

As an ongoing program, volunteers from KUFOS NSS Unit 01 volunteered at Amar Saath Foundation, an NGO for the welfare of the marginalised in India, on 27 March 2025, from 3:00 pm to 6:00 pm. Volunteers helped in sorting and arranging clothes at the thrift store under the Amar Saath Foundation.



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### **KUFOS NSS Award Distribution Ceremony (3<sup>rd</sup> April, 2025)**

KUFOS NSS Unit 02 hosted the KUFOS-NSS award distribution ceremony to honour the NSS volunteers who portrayed outstanding performances during the previous year. On this occasion, the hon'ble Vice Chancellor, Dr. Pradeep Kumar T., distributed certificates and gifts to the awardees (Best Outgoing NSS Volunteer: ANGEL MARY, Best NSS Camper 2023: ASHISH BENNY, Best NSS Camper 2024: NAFEEZATHUL MISRI). The winners of NSS Chess Tournament – (Winner Staff: AMAL NAZAR), (Winner Student: KAMARAJ RAMRAJ) also received their prizes during the event.



### **Volunteering at Amar Saath Foundation (10<sup>th</sup> April, 2025)**

As an ongoing program, volunteers from KUFOS NSS Unit 01 volunteered at Amar Saath Foundation, an NGO for the welfare of marginalised in India, on 10 April, 2025, from 3:00 p.m. to 6:30 p.m. Volunteers helped in sorting and arranging clothes at the thrift store under the Amar Saath Foundation.



### **Planting a sapling every month throughout the year (10 April, 2025)**

As a part of 'Planting a sapling every month throughout the year from June 2024- May 2025'. Volunteers, students and faculty members celebrating their birthday in the month of April, Dr. Subhash Chandran, Dr. Anvar Ali, Mr. Muhammed Shanar, Dr. Unnikrishnan S, Mr. Shaheer S, Ms. Amrutha R. Krishnan, Dr. Sreena Raj, Ms. Rashida Rajuva TA, Ms. Tincy Martin, Ms. Anusha PV,

Ms Shyma P.P, Ms. Maniamma R, Mr. Praveen Joseph, Ms. Ammu P.T, Mr. Basil K. Babu, Mr. Sanjay B, Ms. Jeena Mary, Ms. Soja A.B, Ms. Nithya MG, Aysha Nazrin, Hadiya Mansoor, Adithya Santhosh, Sethulakshmi K. S, planted a cashew sapling near Sneharamam. The event took place at 3:15 pm, fostering a sense of community and environmental stewardship. The program coordinator, Dr. Unnikrishnan S and program officer Dr. Jenny Ann John were present at the event to support and oversee the activity. This initiative aimed to enhance the campus's greenery.

**BIRTHDAY SAPLING INITIATIVE**  
April  
All faculty and staff whose birthday falls in the month of April can come together and plant a sapling.  
10 April 2025 | 3:15 pm  
Sneharamam, KUFOS

**PLANTING OF CASHEW SAPLING BY APRIL-BORNS**

1. Dr. Subhash Chandran	11. Ms Shyma P.P.	
2. Dr. Anvar Ali	12. Ms Maniamma R.	
3. Mr. Muhammed Shanar	13. Mr. Praveen Joseph	<i>B.Tech NSS Students</i>
4. Dr. Unnikrishnan Sivan	14. Ms Ammu P.T.	20. Aysha Nazrin
5. Mr. Shaheer S.	15. Mr Basil K. Babu	21. Hadiya Mansoor
6. Ms Amrutha R. Krishnan	16. Mr. Sanjay B.	22. Adithya Santhosh
7. Dr. Sreena Raj	17. Ms Jeena Mary	23. Sethulakshmi K.S.
8. Ms Rashida Rajuva TA	18. Ms Soja A.B.	
9. Ms Tincy Martin	19. Ms Nithya MG	
10. Ms Anusha PV		

**Second-hand Collection Drive – April 14 to 24, 2025**

A Second-hand Collection Drive was organised from April 14 to 24, 2025, as a joint initiative by NSS KUFOS and Amar Saath Foundation. The drive aimed to collect clothes, books, newspapers, magazines, and other essential items to support those in need. Under the leadership of NSS KUFOS Unit 3, the collection was carried out with the enthusiastic cooperation of students, teaching staff, and non-teaching staff. Donation boxes were set up at designated locations on campus, encouraging the university community to contribute generously. The drive witnessed active participation, resulting in the collection of a substantial quantity of useful items, which were donated to those in need. Through this initiative, NSS volunteers promoted the values of sustainability, sharing, and social responsibility while fostering a sense of compassion and solidarity within the campus.



### **POSHAN Abhiyan Pakhwada – Fireless cooking competition (22<sup>nd</sup> April, 2025)**

As part of the POSHAN Abhiyan Pakhwada scheme of the Government of India, the National Service Scheme Unit 01 of KUFOS organised a Fireless Cooking Competition on 22nd April 2025 at 12:30 PM. The event took place at the KUFOS campus and witnessed enthusiastic participation from students, faculty, and staff members.

The objective of the competition was to promote healthy eating practices during the first 1000 days of a child's life and to raise awareness about malnutrition and obesity in children. This initiative aligns with the national vision of POSHAN Abhiyan (PM's Overarching Scheme for Holistic Nourishment).

Participants formed teams of three and were encouraged to prepare nutritious dishes using fireless cooking methods, with a special focus on sprouted, fermented, or raw preparations. Each team also presented their recipe with a poster or digital material explaining the process and nutritional benefits of the dish. Dishes such as Peanut oat Balls, Smoothie, Sandwich, Power Pops, Arrowroot balls, Probiotic rice meal, Mango mellow, Yoglow Delight, Prime Bites, Chia Fusion, Puree, Dry fruit nut ball, sprouted green gram Porridge, Mixed fruit and yoghurt were prepared by the competitors.

The event concluded with the announcement of winners:

**First Prize:** Alimento (Ayana Suredran, Midhuna K, and Anitha)

**Second Prize:** Team FFE (Rashida Rajuva T A, Bhavya Francis, and Akhila K A)

**Third Prize:** B.Tech 23 (Shreevidhya K R, Vishnupriya K, and Aditya Aravind)

This event not only celebrated culinary creativity but also served as a platform for spreading knowledge about child nutrition and sustainable food practices among the university community.



**Planting a sapling every month throughout the year (30<sup>th</sup> April, 2025)**

As a part of ‘Planting a sapling every month throughout the year from June 2024- May 2025’. Volunteers, students, and faculty members, celebrating their birthdays in the month of May, along with those who missed their planting in their months, and the KUFOS farm team planted red sandalwood saplings and peanut butter fruit saplings near Sneharamam. The event took place at 1 pm, fostering a spirit of togetherness and care for the environment. The program officer, Dr. Unnikrishnan S and program coordinators, Dr. Jenny Ann John, Dr. Pramila S and Dr. Athul Krishna were present at the event to support and oversee the activity. As a token of gratitude, NSS Coordinator Dr. Jenny Ann John presented a sapling to the Hon. Vice Chancellor of KUFOS, Dr. Pradeep Kumar T, in appreciation of his presence and support of the ‘Planting a sapling every month throughout the year September, 2024- May, 2025’ program. This initiative aimed to enhance the campus's greenery.



**PLANTING OF RED SANDALWOOD SAPLING  
AND PEANUT BUTTER FRUIT**  
**BY**  
**1. MAY-BORNS**  
**2. KUFOS FARM TEAM**  
**3. THOSE WHO MISSED PLANTING ON THEIR  
BIRTH MONTH**

*HAPPINESS*



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