

## WORLD ENVIRONMENT DAY

The NSS unit 137 of Ansar Women's College celebrated world Environment Day. It was observed this year on 05/ June/2024, Wednesday. All NSS Volunteers, NSS Programme officer, HOD of Life Skill department and the principal participated in the great event. This event was collaborated with green club. All gathered at the auditorium to plant a sapling.



## YOGA DEMONSTRATION

The Wellness Club of Ansar women's College, Perumpilavu conducted a program called 'YOGA DEMONSTRATION' (21st June 2024), as part of the observance of international Yoga Day. Then the main attraction of the program, the yoga day talk and demonstration, which is made by Ms Aswathy Suresh, Assistant professor at Department of physical education. Topics include the history and origin of yoga, the different style and type of yoga, the benefits of a regular yoga practice, and the philosophy behind yoga and its connection to spirituality. She stressed role of yoga in daily life with a prompt yoga poses. Making yoga a habit in daily life will help the students to improve their focus.



## SILENT MARCH "AGAINST WOMENS' VIOLENCE"

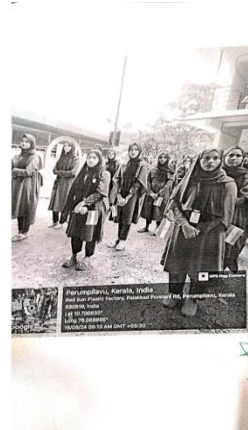
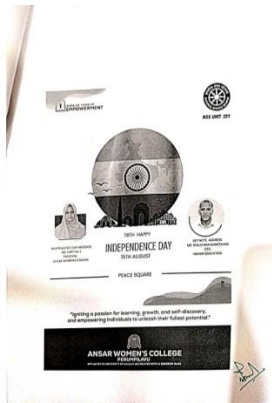
On 30/8/2024 Ansar Women's College the NSS volunteers of unit 137 conducted a Silent march "AGAINST WOMENS' VIOLENCE". The NS coordinator Mrs. Haseena and Assistant coordinator Ms. Aswathy. The NSS volunteers have been assembled to make placards of "AGAINST WOMEN'S VIOLENCE". We tried to include maximum symbols as to the speaking language of women through the placards. All the students wore black dress to represent the mournful conditions or the situation had been gone through the life of a woman.





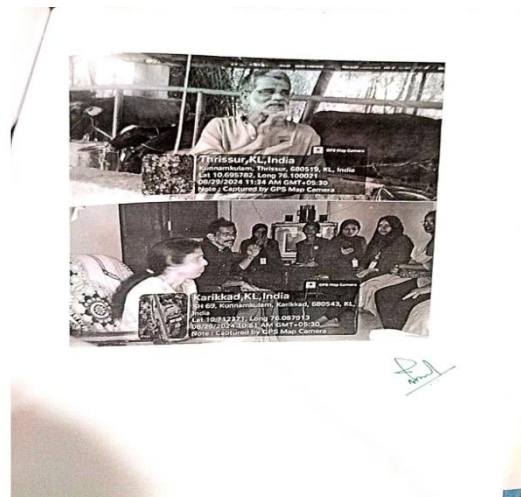
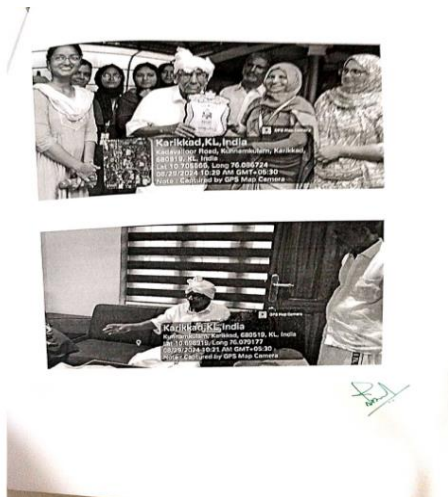
## INDEPENDENCE DAY

On 15/8/2024 Ansar womens' college, perumpilavu conducted the Independence day celebration. The programme was held in collaboration with NS team, NC team and Department of Physical Education. The function began at 9:00am and were attended NS volunteers, NC team and teachers of different departments. Principal Ms. Fareetha J had been began the programme by flag hoisting and everyone saluted our respected national flag. Then we took pledge in together



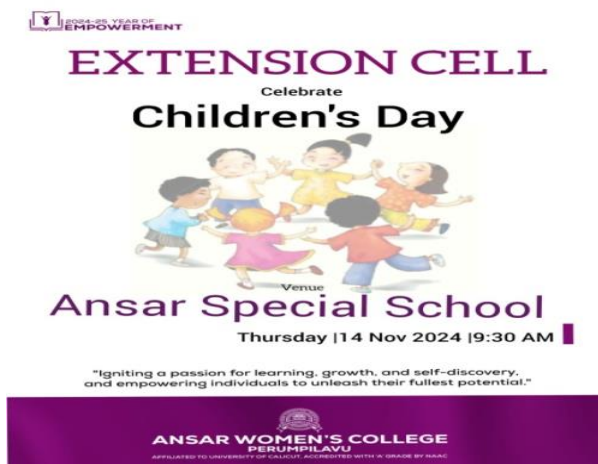
## NURTURING THE EARTH, FEEDING THE WORLD

On 29/08/2024 Ansar womens' college the NSS volunteers of unit 137 went out with NS coordinator Mrs. Haseena and assistant coordinator M.s Aswathy and with Mrs. Hyrunnisa to visit farmers and honor them. Our farmers are an important part of our society by providing us with essential edibles that is a necessity in bringing up a healthy future. The vegetables and grains that we have piled up on our plates come with a story of their own. From milk to granules the mode of farming and production of essential nutrients have been trust upon this field of workers called, farmers.



## CHILDREN'S DAY

On 14/November/2024, the Ansar Women's College Extension Cell held a Children's Day celebration at a nearby orphanage and ran a photography awareness campaign. The purpose of the event was to raise awareness about the ethics and art of photography while simultaneously making the kids happy. Through entertaining games, activities, and a mini Children's Day celebration, the college team interacted with the kids. In addition, a photography class was held to teach participants about ethical photography, which includes how to take meaningful pictures while honouring consent and privacy. The children's creativity and comprehension of photography were both enhanced by the well-received event. The program encouraged civic responsibility and artistic expression while fortifying the ties between the college and the neighbourhood.



## POTHICHORU

On 24/9/2024 Ansar Women's College, Perumpilavu Conducted NSS Day Programme at Kunnamkulam Government Taluk Hospital. The Programme was held at 11.45 AM by NSS volunteers.



All NSS Volunteers prepared packed meal from their own houses for the patients and bystanders. 30 NSS volunteers went to Kunnankulam Government Taluk Hospital with NSS Programme Officer and Asst NSS Programme Officer.

NSS volunteers also took necessary items like sanitary napkins, brush, soap, paste and etc. The packet foods were collected from All NSS volunteers and 80 packet food was received. The food packets were kept in a box and transferred to the bus in which we were travelling and we sang some songs together.

### PLASTIC FREE BAG

On 03/July /2024 Ansar Women's college perumpilavu conducted a workshop focusing on making paper bag. The programme was held in collaboration with NSS team and Green club. The function began at 10:30 Am and was attended many student's and teacher's of different departments.



### GANDHI JAYANTI

On 01/09/24 NSS volunteers of Ansar women's college conducted a skit in order to celebrate Gandhi Jayanti and Mahatma Gandhi's remarkable contributions to the society especially in preserving a clean environment. The program was a collaborative effort of both the NSS team and the Gram Panchayat officials. It was conducted as part of the Gandhi Jayanti celebrations. The inaugural speech was made by the Gram-panchayat member who talked of the importance of preserving a well kept surrounding and its need in protecting all from





natural calamities. The Gandhi Jayanti events were given special importance to sanitation due to the new government initiative “ Swachata hi seva” later many other members too added on to the speech insisting especially on the importance of a clean and healthy surrounding.

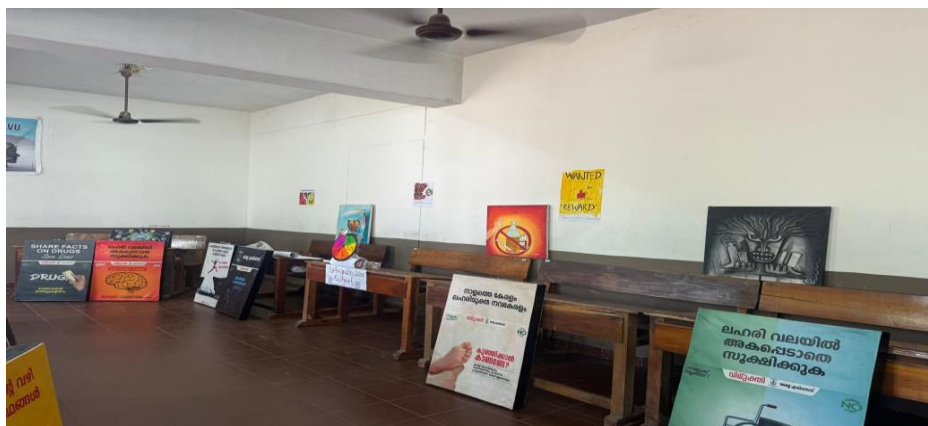
## ZERO ACCOUNT CAMPAIGN

Students learnt about the advantages of zero balance accounts at the "Zero Balance Account" awareness program, which was arranged by PG Department of Commerce in association with Perumpilavu Federal Bank. Bank employees described the documentation requirements, the benefits of digital banking, and the account opening procedure. Many students expressed interest in creating their own accounts, and the session was well received.



## STAY DRUG-FREE: AWARENESS AND PREVENTION EXHIBITION

On November 7 and 8, 2024, the Royal College of Engineering, Akkikkavu, Thrissur, hosted an Exhibition-cum-Awareness Class in cooperation with the Excise Department and the Antinarcotics Cell. The purpose of the event was to inform students and the community about the risks of substance addiction and the value of leading a drug-free life. Participants in the awareness classes learnt about the psychological and social effects of drug addiction, as well as the community's role in preventing substance misuse, through interactive workshops and expert speeches.



## AWARENESS CLASS ON NOMOPHOBIA

An awareness class on "NOMOPHOBIA" was held for students and faculty on 14/11/2024 by the Cyber Club and the PG Department of Computer Science at Ansar Women's College. The goal of the program was to inform participants about the psychological and social ramifications of nomophobia, the growing fear of living without a cell phone.

