

**EMPANELLED TRAINING INSTITUTION (ETI) FOR NSS**  
(Empanelled by the Ministry of Youth Affairs & Sports, Govt. of India)  
**RAJAGIRI COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS)**  
RAJAGIRI P.O., KALAMASSERY – 683104

**Report of Activities for the year 2016-2017**

The Empanelled Training Institution for NSS, (formerly NSS TOC) has been functioning in the Rajagiri College of Social Sciences, Kalamassery Since 1970. The ETI at Rajagiri College is one of the 24 Training Centres empanelled by the Ministry of Youth Affairs and Sports, Govt. of India. The prime focus of the ETI is to give proper orientation to the NSS Programme Officers who are drawn from various disciplines and motivate them to organize various activities in tune with the philosophy and overall objective of the Scheme. We give training to the NSS Programme Officers in all the Universities (14) and the Directorates (5) in the State of Kerala and the Union Territory of Lakshadweep where NSS is implemented. Around 10,000 Programme Officers have been trained by this ETI so far. We are happy to state that this year also (2016-17) our State could bag the prestigious Indira Gandhi National NSS Award for the best Directorate, best Programme Officer and best Volunteer. Hearty congratulations to the award winners and the State level NSS Officials whose co-ordinate efforts and guidance helped the State to reach this laurel. The training achievements of the ETI for the year 2016-17 are summarized below;

**Advisory Committee Meeting of the ETI**

We organize the ETI Advisory Committee meeting once in every year for the purpose of assessing the training requirements of each University / Directorate and plan the Orientation Courses. The ETI Advisory Committee consisting of Regional Director of NSS, Govt. of India, State NSS Officer, Govt. of Kerala all the NSS Programme Co-ordinators in the State, ETI Director and the Training Co-ordinator met on 18<sup>th</sup> May, 2016 and approved the Training Calendar of 18 Orientation Courses proposed by the ETI for the year 2016-17.

### Training Achievements

The Empanelled Training Institution for NSS successfully organized 18 Orientation Courses planned for the year 2016-17 and trained a total number of 594 Programme Officers deputed from various Universities and Directorates in the State. The dates of Orientation Courses and participation strength of Programme Officers are given in the table below;

Sl. No	Period of Training		No. of Universities/ Directorates covered	Number of Participants		
	From	To		Male	Female	Total
1	16 <sup>th</sup> June 2016	22 <sup>nd</sup> June 2016	7	25	11	36
2	23 <sup>rd</sup> June 2016	29 <sup>th</sup> June 2016	8	23	9	32
3	14 <sup>th</sup> July 2016	20 <sup>th</sup> July 2016	7	30	6	36
4	21 <sup>st</sup> July 2016	27 <sup>th</sup> July 2016	9	27	9	36
5	04 <sup>th</sup> August 2016	10 <sup>th</sup> August 2016	8	21	13	34
6	17 <sup>th</sup> August 2016	23 <sup>rd</sup> August 2016	8	21	14	35
7	01 <sup>st</sup> September 2016	7 <sup>th</sup> September 2016	7	20	14	34
8	22 <sup>nd</sup> September 2016	28 <sup>th</sup> September 2016	7	22	9	31
9	13 <sup>th</sup> October 2016	19 <sup>th</sup> October 2016	7	19	14	33
10	20 <sup>th</sup> October 2016	26 <sup>th</sup> October 2016	10	20	14	34
11	03 <sup>rd</sup> November 2016	09 <sup>th</sup> November 2016	9	26	10	36
12	10 <sup>th</sup> November 2016	16 <sup>th</sup> November 2016	7	23	8	31
13	24 <sup>th</sup> November 2016	30 <sup>th</sup> November 2016	8	19	13	32
14	01 <sup>st</sup> December 2016	07 <sup>th</sup> December 2016	8	19	11	30
15	12 <sup>th</sup> January 2017	18 <sup>th</sup> January 2017	9	22	7	29
16	19 <sup>th</sup> January 2017	25 <sup>th</sup> January 2017	11	16	13	29
17	02 <sup>nd</sup> February 2017	08 <sup>th</sup> February 2017	12	22	12	34
18	09 <sup>th</sup> February 2017	15 <sup>th</sup> February 2017	9	20	12	32
<b>TOTAL</b>				<b>395</b>	<b>199</b>	<b>594</b>

The maximum number of Programme Officers expected in each course was 35 and we could ensure the participation of 33 Programme Officers on an average in each course. Out of the 594 Programme Officers trained 231 were from Self Finance NSS

Units. The participation of female Programme Officers in the Orientation Courses was 33.50%. Though we have requested the Programme Co-ordinators of Malayalam University, Kerala Kalamandalam University, NUALS and NIT to depute their Programme Officers for training, they could not ensure the participation of Programme Officers.

#### **University / Directorate wise details of participation**

University/ Directorate	Number of Participants								
	Funded Units			Self Finance Units			Grand Total		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
<b>MG</b>	23	19	42	4	1	5	<b>27</b>	<b>20</b>	<b>47</b>
<b>KANNUR</b>	12	5	17	1	0	1	<b>13</b>	<b>5</b>	<b>18</b>
<b>CALICUT</b>	42	31	73	0	0	0	<b>42</b>	<b>31</b>	<b>73</b>
<b>T. CELL</b>	22	5	27	31	3	34	<b>53</b>	<b>8</b>	<b>61</b>
<b>VHSE</b>	41	28	69	8	5	13	<b>49</b>	<b>33</b>	<b>82</b>
<b>HSE</b>	41	32	73	134	40	174	<b>175</b>	<b>72</b>	<b>247</b>
<b>IHRD</b>	10	10	20	2	1	3	<b>12</b>	<b>11</b>	<b>23</b>
<b>KERALA</b>	6	6	12	0	0	0	<b>6</b>	<b>6</b>	<b>12</b>
<b>SSUS</b>	0	1	1	0	0	0	<b>0</b>	<b>1</b>	<b>1</b>
<b>CBSE</b>	0	0	0	0	1	1	<b>0</b>	<b>1</b>	<b>1</b>
<b>KUHS</b>	7	4	11	0	0	0	<b>7</b>	<b>4</b>	<b>11</b>
<b>KAU</b>	2	3	5	0	0	0	<b>2</b>	<b>3</b>	<b>5</b>
<b>KVASU</b>	1	1	2	0	0	0	<b>1</b>	<b>1</b>	<b>2</b>
<b>CUSAT</b>	1	1	2	00	0	0	<b>1</b>	<b>1</b>	<b>2</b>
<b>ITD</b>	5	0	5	0	0	0	<b>5</b>	<b>0</b>	<b>5</b>
<b>CENTRAL</b>	1	2	3	0	0	0	<b>1</b>	<b>2</b>	<b>3</b>
<b>KUFOS</b>	1	0	1	0	0	0	<b>1</b>	<b>0</b>	<b>1</b>
<b>Total</b>	215	148	<b>363</b>	180	51	<b>231</b>	395	199	<b>594</b>

#### **The content of Orientation Course and details of Resource Persons**

The module of the ETI Orientation Course is a well balanced one with theoretical as well as practical inputs required for the NSS Programme Officers to discharge their duties effectively. The core areas like philosophic bases of NSS, various thrust areas and flagship programmes, importance of the community work and basic steps to be

followed in campus community partnership (Village Adoption), effective management of NSS Units, Special Camping Programme, etc. were given primary focus in the Training. Debates, discussions, individual and group assignments, field programmes, group dynamics, etc could help the trainees to enhance their motivation level and develop specific skills. The sessions on Yoga with simple ‘Asanas’ breathing and stretching exercises, ‘Soorya Namaskaram’, were also included in the module with a view to equip the trainees to handle Yoga Sessions in NSS Special Camps.

<b>Sl No</b>	<b>Topic</b>	<b>Resource Person</b>
1	The History & Philosophy of NSS	Sri. I.V Soman, Coordinator ETI
2	Management of NSS Unit at Unit Level	Dr. Ajithsen C.R, Programme Coordinator, IHRD Sri. I.V Soman, Coordinator ETI
3	Effective Implementation of NSS Regular Activities	Dr. Soni. T. L, IG NSS Award Winner, Govt. College, Thrissur.
4	The Youth Profile and New Avenues of NSS	Sri. G. P.Sajith Babu, Regional Director, NSS
5	The Health Issues and the Role of NSS	Dr. K. G. Radhakrishnan, Govt. Medical College, Thrissur
6	Leadership Skills	Sri. Kiran Thampi, Asst. Professor ,Dept. of Social Work, RCSS Dr. P.V. Joseph, HRD Trainer, Cochin Sri. S. Satheesh Potti, Asst. Professor, DB College, Keezhur.
7	Time Management	Dr. P.V Joseph, HRD Trainer, Cochin
8	Special Camping Programme under NSS	Sri. T. Jayachandran, Sree Rama Govt. Polytechnic College, Valappad. Sri. Rajan Malayil, Associate Professor, ZG College. Guruvayoor.
9	Life Skills	Dr.Mary Metilda, Former Principal, Maharajas College, Ernakulam & HRD Trainer
10	Life Style & Health	Dr. Radhakrishnan. P. A, Gandhian Naturopathy Centre, Tirur.
11	Campus Community Partnership in NSS	Sri. Biju Kumar, District Convener HSE, Pathanamthitta.
12	Methodology of Social Survey	Sri. I.V Soman, Coordinator ETI
13	Project Preparation	Fr. K. A. Wilson, Asst. Professor, Sahya Jyothy College, Kumily.
14	Group Dynamics	Dr. Paul Chacko, Prajyothi Niketan College, Pudukkad.
15	Maintenance of Financial Records	Sri. I.V Soman, Coordinator ETI

16	National Integration & Social Harmony	Dr. K. Sabukuttan, Co-ordinator, M. G. University
17	Campaign Against Alcoholism and Drug Abuse	Sri. Job. V. T, Civil Officer, Dept. of Excise, Govt. of Kerala.
18	Team Building Exercises	Sri. Naveen Bhasker, SN Trust HSS, Shornur
19	Sharing of experience in NSS	Dr. Jai. M. Paul, IG NSS Award Winner, M. A. College of Engg., Kothamangalam. Sri. Binoy Joseph, District Convener HSE, Ernakulam Sri. Sudheer. M, District Convener HSE, Thrissur. Sri. Sugathan Former NSS Programme Officer, Mar Basil HSS, Kothamangalam Ms. Shakeela, Former NSS Programme Officer, Govt. HSS Nadavaramba, Thrissur
20	Yoga : Theory & Practice	Dr. Ravi Vijay, Rajayoga Research Clinic, Palarivattom Sri. Shaji, Physical Education Teacher, Rajagiri Public School.
21	Meditation & Relaxation Exercises	Sri. Gopika Krishnan, Assistant Manager, National Insurance Company, Aluva
22	Relevance of NSS and Role of Teachers	Dr. Joseph I Injodey, Executive Director, RCSS Prof. P. K. Mohammed, Former Co-ordinator, NSS TOC Dr. Binoy Joseph, Principal Rajagiri College Dr. Mary Joseph, Dean & Administrator Rajagiri College Fr. Saju. M. D, Dept. of Social Work, RCSS

### **Health Survey & Awareness Campaign**

In order to give hands on training to the Programme Officers on the Methodology of Social Survey and organizing people for various activities at community level, one day field work Programme was included in the training module. The Trainees in each batch were divided into 4 - 5 groups with the task of conducting survey in all the households in the neighbourhood assigned to each group. The members in each group conducted Social Survey in the morning and they organized health awareness campaign on life style diseases, waste management, etc. in the afternoon. The local volunteers and the Panchayath authorities extended necessary help and support to the trainees for conducting awareness campaign in each neighbourhood. The facilities for examination of Blood Pressure and Body Mass Index were also arranged at the meeting venue which attracted more local people to the awareness classes. During the period under report the health survey and awareness campaign were conducted in all the Wards of Vazhakkulam Grama Panchayath, Ernakulam District. The Survey Reports prepared by the Programme Officer Trainees were handed over to the Panchayath for follow up action.

## Meetings and Conferences

The training Co-ordinator attended the Programme Officers' Conferences, Advisory Committee Meetings and Training Sessions conducted by various Universities and Directorates in the State. The details are furnished below;

<b>Sl. No</b>	<b>Programme</b>	<b>Date</b>
1	Programme Co-ordinators Meeting conducted at Hotel Chaithram, Trivandrum.	04-06-2016
2	Training Programme for volunteer Secretaries conducted by MG University at BK College, Amalagiri, Kottayam.	11-06-2016
3	Advisory Committee Meeting of IHRD NSS Cell held at IHRD Directorate, Trivandrum.	14-06-2016
4	Advisory Committee Meeting of SSUS Kalady	15-06-2016
5	Advisory Committee Meeting of MG University, Kottayam.	30-06-2016
6	Advisory Committee Meeting of CUSAT	01-07-2016
7	NSS Annual Meet and Award ceremony conducted by NSS Technical Cell at Mohandas College of Engg., Trivandrum.	09-07-2016
8	Advisory Committee Meeting and Programme Officers conference organized by Kannur University at University Head Quarters.	11-07-2016 & 12-07-2016
9	State NSS Award Committee Meeting held at Principal Secretaries Chamber, Trivandrum.	18-07-2016
10	Advisory Committee Meeting of HSE held at Govt. Guest House, Thycaud.	23-07-2016
11	Advisory Committee Meeting of KUHS, Thrissur.	28-07-2016
12	Training Programme for the Principals of HSE organized at Jeevaram Bethany Ashram, Muvattupuzha.	28-07-2016 to 30-07-2016
13	Advisory Committee Meeting of University of Calicut.	03-08-2016
14	Orientation Programme for the NSS Volunteers of Al-Ameen College, Edathala.	15-08-2016
15	Advisory Committee Meeting of University of Kerala.	16-08-2016
16	Orientation Programme for the NSS Volunteers of Govt. College, Chavara.	07-09-2016
17	"Paithrukam - Cultural Fest" District Level Programme organized by the HSE at SN HSS, North Paravur.	21-11-2016
18	Programme Co-ordinators Meeting held at CUSAT	24-11-2016
19	District level NSS Programme Officers Meeting and Volunteer Leaders Training Programme organized at Marthoma HSS, Pathanamthitta.	09-12-2016
20	NSS Programme Officers meeting and Volunteer Secretaries training programme organized by University of Calicut at CIGI Campus, Chevayur.	14-12-2016
21	National Integration Camp Organized by the NSS Regional Directorate at St. Michael's College, Cherthala	30-12-2016

22	State NSS Advisory Committee Meeting at Science & Technology Museum, Trivandrum, chaired by Education Minister.	11-01-2017
23	Key handing over ceremony of NSS Bhavan constructed by St. Mary's HSS Vellaramkunnu, Idukki.	26-01-2017
24	"Sneha Sangamam" Alumni Meet organized by Sree Ram Govt. Polytechnic College, Thriprayar.	26-02-2017
25	Advisory Committee Meeting of NSS Technical Cell held at Directorate of Technical Education, Trivandrum.	07-03-2017
26	Co-ordinators' meeting held at Higher Education Council Hall, Trivandrum.	09-03-2017
27	Training Programme for the NSS Volunteer Secretaries of Kerala University organized at Govt. College, Kariavattom.	10-03-2017
28	NYLP Award Function and Volunteer Leaders' Training organized by IHRD at College of Engg., Chengannur.	24-03-2017
29	Inauguration of ""Vazhiyoram – Bio park"" prepared by St. Xavier's College for Women, Aluva.	28-03-2017
30	National Conference on "Restructuring of NSS" organized by the Ministry of Youth Affairs and Sports, at Vigyan Bhavan, New Delhi.	31-03-2017

### **NSS Special Camps**

The Training Co-ordinator visited following NSS Special Camps and interacted with the Volunteers;

<b>Date</b>	<b>Institution</b>
24-12-2016	Govt. Polytechnic College, Cherthala. NSS HSS Panavally, Cherthala.
25-12-2016	BTM HSSThurayur Payyoli, Calicut. SN College of Advanced Studies, Thottada. Model Polytechnical College, Vadakara. College of Applied Science, Kuthuparamba. College of Applied Science, Pinarayi. College of Applied Science, Payyannur.
26-12-2016	Model IHRD College, Madikkai, CAS Nileswar. College of Applied Science, Iritty. TKM College of Applied Science, Mananthavady. College of Applied Science, Meenangadi. Govt. Sarvajana VHSS, Sulthan Bathery. Govt. Fisheries VHSS, Cheruvathur.
27-12-2016	College of Applied Science, Thamarassery. Holy Family VHSS Kattippara. College of Applied Science, Nadapuram. Technical HSS Thuruthiyad, Calicut. College of Applied Science, Kozhikode. Kunnamangalam HSS Kozhikode. Govt Girls VHSS Nadakkavu. Crescent HSS Vanimal, Kozhikode. JDT HSS Kozhikode.
28-12-2016	Islamic VHSS Orumanayur. Little Flower College, Guruvayoor.

	Sree Krishna College, Guruvayoor. SN College, Nattika. Fisheries HSS Thriprayar. KNM VHSS Vatanappilly. Sree Rama Govt. Polytechnic College, Thriprayar. Govt. HSS Valappad. College of Applied Science, Nattika. St. Paul's College, Kalamassery.
29-12-2016	Kannassa Smaraka HSS, Kadapra. SCS HSS Thiruvalla. DBHSS Kavumbhagam, Thiruvalla. NSS HSS Kunnathanam St. Thomas HSS Eravallippuram. St. Teresa's HSS Chengarur. SCV HSS Kodakkad. MS HSS Ranni. GHSS Chittar. KPM HSS Seethathodu. St. Behanan's HSS Vennikkulam.
25-03-2017	Govt. ITI Chalakkudy.

Dr. C. R. AjithSen, Programme Co-ordinator, Directorate of IHRD made necessary arrangements for visiting Special Camps conducted by the NSS Units in College of Applied Sciences and Technical Higher Secondary Schools in north Kerala region. This helped the Training Co-ordinator to visit not only the NSS Special Camps conducted by IHRD Institutions but also the HSE and VHSE Institutions in the remote places of Kasargod, Kannur, Wayanad and Kozhikode Districts. Similarly, the training Co-ordinator visited 11 Special Camps conducted in Pathanamthitta District along with Sri. Biju Kumar, District Convener HSE, Pathanamthitta.

### **Conclusion**

The ETI is deeply indebted to the Ministry of Youth Affairs and Sports, Govt. of India for the timely release of Training Grant, the support and guidance extended by the NSS Regional Directorate, the State NSS Office and all the Programme Co-ordinators of various Universities and Directorates. We take this opportunity to convey our heartfelt thanks to the Rajagiri Management for their continuous support, Resource Persons who handled various sessions and all Programme Officers attended the training courses.

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