

**NOBLE WOMEN'S COLLEGE MANJERI**

**NSS REPORTS 2020 -2021**

**5.06.2020 Environmental day observation**

In connection with environmental day volunteers planted saplings at their home due to the pandemic situation. 50 Volunteers participated in the programme.

**PHOTOGRAPHS OF TREE /SAPLING PRESERVATION AND PLANTATIONS AT HOME**



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## JUNE 21<sup>ST</sup> INTERNATIONAL YOGA DAY

On international yoga day volunteers practiced yoga at home with their family according to the instructions of the program officer. The yoga postures were instructed through virtual mode.

### VOLUNTEERS INVOLVED IN YOGA SESSION WITH FAMILY



  
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## 1.07.2020 Swatch Bharat Activities

### In connection with Swatch Bharat Volunteers involved in selected activities

- 1) Sanitation and hygiene
- 2) Waste management
- 3) Greenery

In connection with swatch bharat activities due to the pandemic situation it was instructed to the volunteers to share the importance of sanitizing the hands and provide proper awareness regarding the hygiene.

Volunteers created a video presentation which highlights the management of waste , cleanliness and importance of sapling plantations and protection of trees. A total number of 45 volunteers participated in swatchatha activities.

### POSTERS BY VOLUNTEERS RELAYE TO MISSION OF SWATCH BHARAT



## 6.08.2020 and 9.08.2020 HIROSHIMA NAGASAKI DAY OBSERVATION

Hiroshima and Nagasaki day was observed in which Poster making competition was conducted among volunteers and those who cannot participate in the same had sent messages audio related to the day through audios(ONLINE MODE)

### Poster making by volunteers on 9/8/2020

Hiba chennath

Daisy Varghese

Fathima hanoona

Sharika k

Sana sameer



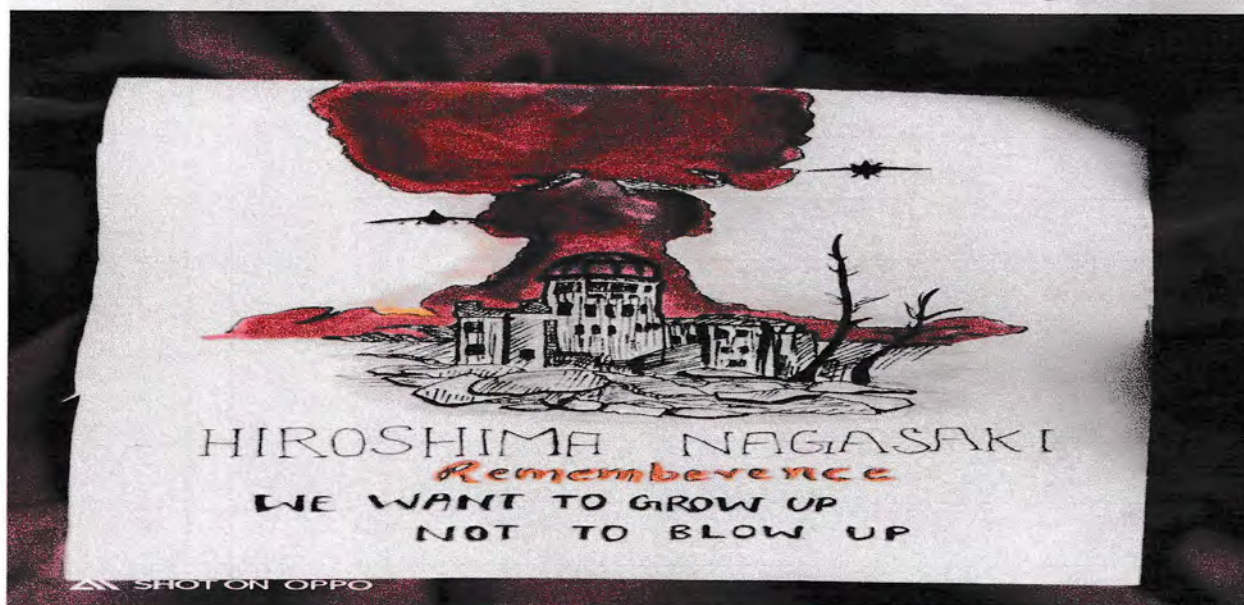
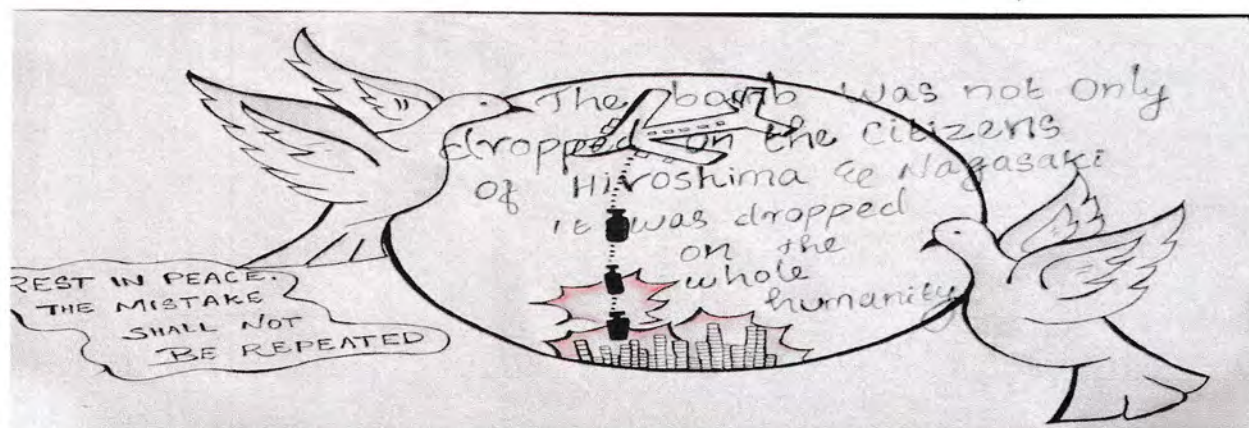
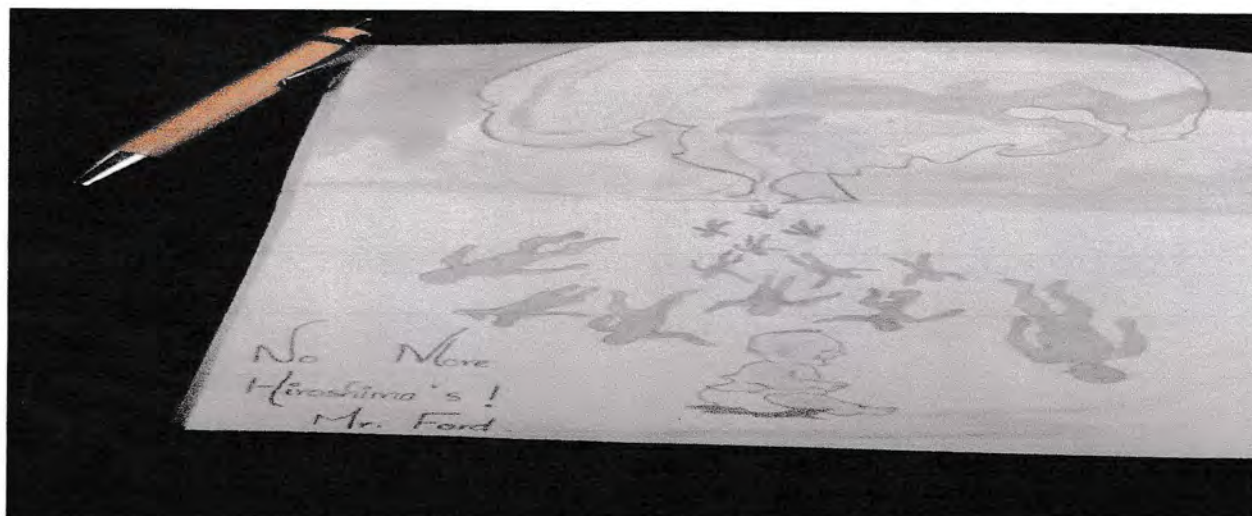
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POSTERS BY VOLUNTEERS IN CONNECTION WITH HIROSHIMA NAGASAKI DAY



  
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### **15.08.2020 INDEPENDENCE DAY OBSERVATION**

On 15 th August Independence day was observed through g meet. Chain song was prepared by the volunteers and NSS Secretary Hiba Sherin delivered message on Independence day .A presentation related to the Freedom fighters was carried out NSS Volunteer Daisy Varghese.

### **20.08.2020 SADHBHAVANA DIWAS OBSERVATION**

In connection with the Sadhbhavana day NSS Secretary Hiba Sherin P delivered message and pledge in which 50 volunteers are participated through online.

### **5.09.2020 TEACHERS DAY OBSERVATION**

In connection with teachers day NSS Unit conducted Letter writing competition in which 25 volunteers are participated. NSS Volunteer Hanoona P secured first prize in the competition.

### **10.09.2020 WORLD SUICIDE PREVENTION DAY**

Nss unit observed suicide prevention day through gmeet. An introduction related to the increase in suicides and the importance of volunteering was discussed.NSS Secretary Hiba prepared a message and NSS Volunteer Hanna P organised the programmes.Volunteers from all departments participated in the same.Introductory speech was done by Nss programme officer .



### **VIDEO LINK OF THE PROGRAMME**

<https://drive.google.com/file/d/18edCeSzntRqbio9rIm2fJSNCiObhF9sv/view?usp=sharing>


<https://drive.google.com/file/d/18cY1C4r3pKdpyC6jTOv3gK1Kf14denNK/view?usp=sharing>

### **24.08.2020 NSS DAY**

Volunteers observed NSS day on Sep 24<sup>th</sup> and the unit conducted different programmes and lecturing series as a part of NSS day. The programme series aims to create awareness on different topics related to NSS, Environment ,Personality etc. The details of the programme are listed below.

Observed Gandhi Jayanthi and Ozone day and gave awareness sessions



  
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| Date     | Topic                          | Volunteer name  |
|----------|--------------------------------|-----------------|
| 10.9.20  | Suicide Prevention             | Hiba Sheri PE   |
| 11.09.20 | Importance of NSS              | Lubna A         |
| 16.09.20 | Ozone                          | Thamma O        |
| 23.09.20 | Environment and its protection | Shibila K       |
| 02.10.20 | Gandhian thoughts and history  | Hiba and Najiya |
| 05.10.20 | Personality development        | Daisy Varghese  |
| 07.10.20 | Goal of NSS                    | Nadiya          |
| 9.10.20  | Health and Hygiene             | Sharika         |

#### ATTACHED THE LINK OF THE VIDEOS

<https://drive.google.com/file/d/1Eg8QoZKxKOWLAKe2y3TLQqwm0zf6aogJ/view?usp=sharing>

<https://drive.google.com/file/d/13DH2Uc7Uo8zJgn-SZ15WG0clAN4Y6hPD/view?usp=sharing>  
<https://drive.google.com/file/d/18edCeSzentRqbio9rIm2fJSNCiObhF9sv/view?usp=sharing>

#### 02.10.20 Gandhi Jayanthi

Observed Gandhi Jayanthi and assigned cleanliness drive at home for volunteers .Lecturing session was given as a part of lecturing series.

Video link of the cleanliness drive on 2.10.20


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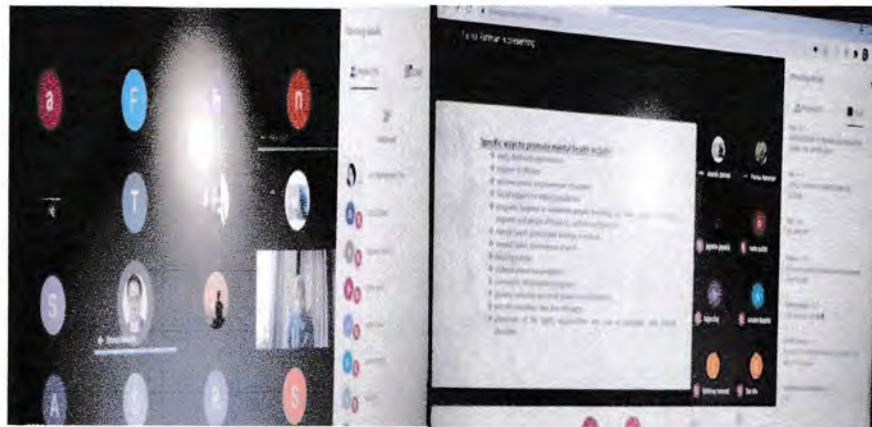
  
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### 10.10.20 World Mental Health day

In connection with the World Mental Health day a discussion and session related to the theme “Mental health for all” was conducted through g meet. Dr Yunus Nalakath lead the session.PPT presentation was done by NSS Volunteer Daisy Varghese.

#### AWARENESS FROM VOLUNTEER HOME




### 17.11.20 Epilepsy day

Volunteers presented a video related to the view points, thoughts and attitudes about epilepsy.NSS Secretary Hiba Sherin lead the session.

### 26.11.20 National Constitution day

Quiz competition and PPT Presentation was done in connection with National Constitution day. Amani P secured first prize in the competition.



  
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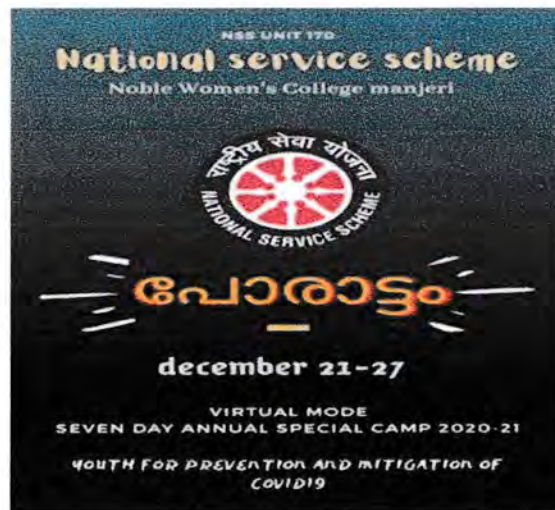


## 01.12.20 World Aid's day

Conducted world aid's day awareness session through virtual mode. Orientation classes related to HIV AND ITS MANAGEMENT, Volunteer Secretary shared information related to the Importance of blood donation and detection.

## SPECIAL CAMP ACTIVITIES

### 21.12.20 to 27.12.20 VIRTUAL CAMP "PORATTAM"



National service scheme (NSS) is a unit that is designed on the higher secondary schools and colleges for the purpose of personality development, leadership building and social service mentality in students with the cooperation of the central government. Values such as the morality, humanity, social service, cooperation and co-existence are being able to be gained through the activities of

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One of the most important activities of NSS is the 7 day co-existence camp. All the NSS volunteers working together in different activities bring significant changes in their personality and in their method of doing things. The seven day special camp of unit no 170 was held at virtual platform, from 21.12.2020 to 27.12.2020. The activities of virtual camp are associated with the nearby places. The mask making and distributing of masks, giving plants to nearby houses ,giving food to people's, organic farming ,medicinal plantations these where the works conducted during the camp. A journey through the virtual medium was done and collected information regarding the safety and guidance under covid-19 protocol. A survey was conducted through online . The volunteers interacted with the people's and collected information related to the Disposal of plastic waste, pet animals ,fruit ,water resources etc. Motivation classes, awareness sessions, skill development training programs were conducted in which our NSS volunteers participated. The welcome committee which included our representatives, college principal, programme officer, volunteer secretary had planned and drafted many programmes in advance , before the commencement of the camp. The volunteers were bestowed with different duties and responsibilities dividing them in to different groups. In order to make the activities of camp more easier with in the students many committee were also made.

The camp started on 21.12.2020 Monday evening 4pm with registration and ended on 27.12.2020 Sunday with the closing ceremony.



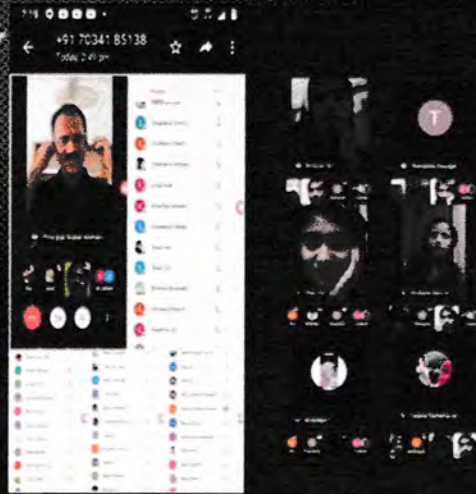
  
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# INAUGURATION CEREMONY


## DAY 1

- STARTED AT 4:30 PM
- INAUGURATED BY PRINCIPAL NISTAR SIR
- WELCOME SPEECH BY ANUPAMA MISS
- VOTE OF THANKS BY HIBA SHERIN
- ICE BREAKING AND GROUP FORMATION THROUGH G MEET AT 5:45 TO 6:00
- ICE BREAKING SESSION THROUGH WHATSAPP AT 8:000 TO 8:15



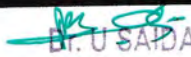
**VOLUNTEERS PREPARED FOOD AND HANDED OVER TO NEIGHBORS AND SAPLINGS TO THE CHILDREN**



  
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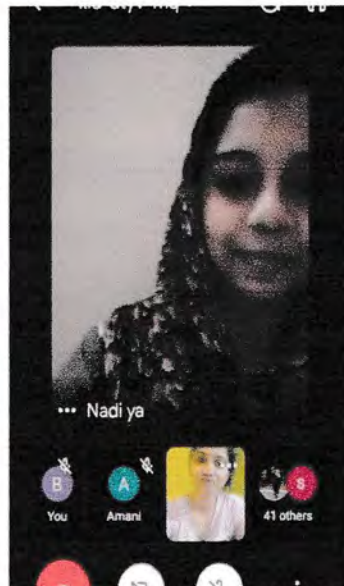
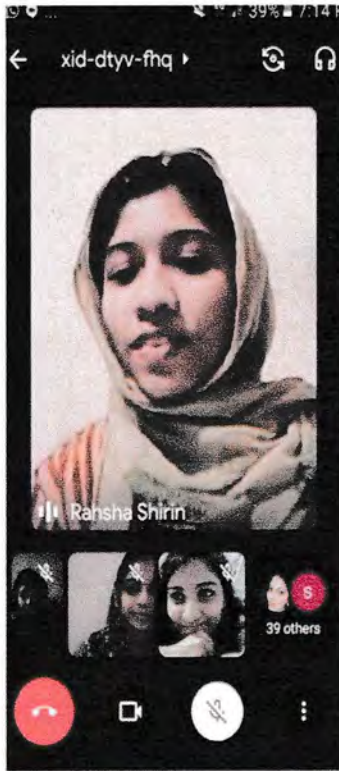




  
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# CULTURAL PROGRAMME DAY I



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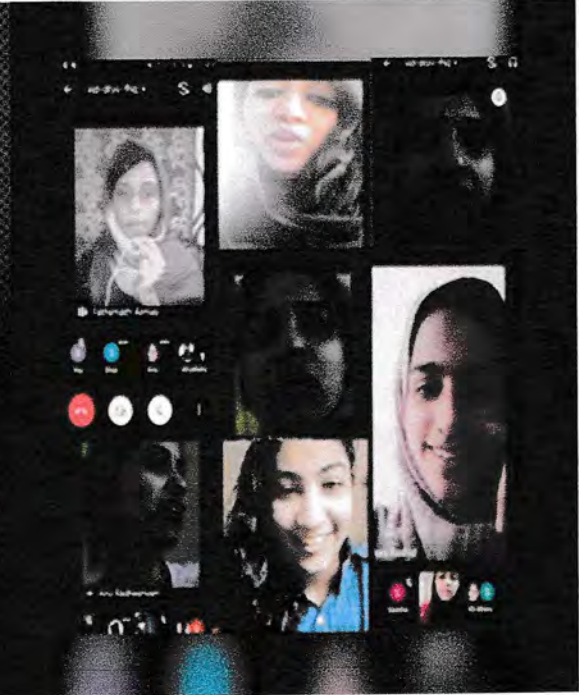




## • DAY 2

### • SECTION 1

- STARTED AT 7:30
- NSS SONG BY SWETHA
- THOUGHT OF THE DAY BY HIBA CHENNATH
- DIGITAL PAPER PRESENTATION BY HANOONA
- EVALUATION BY NIHALA
- ANUPAMA MISS INTRODUCED YOGA AND MEDITATION



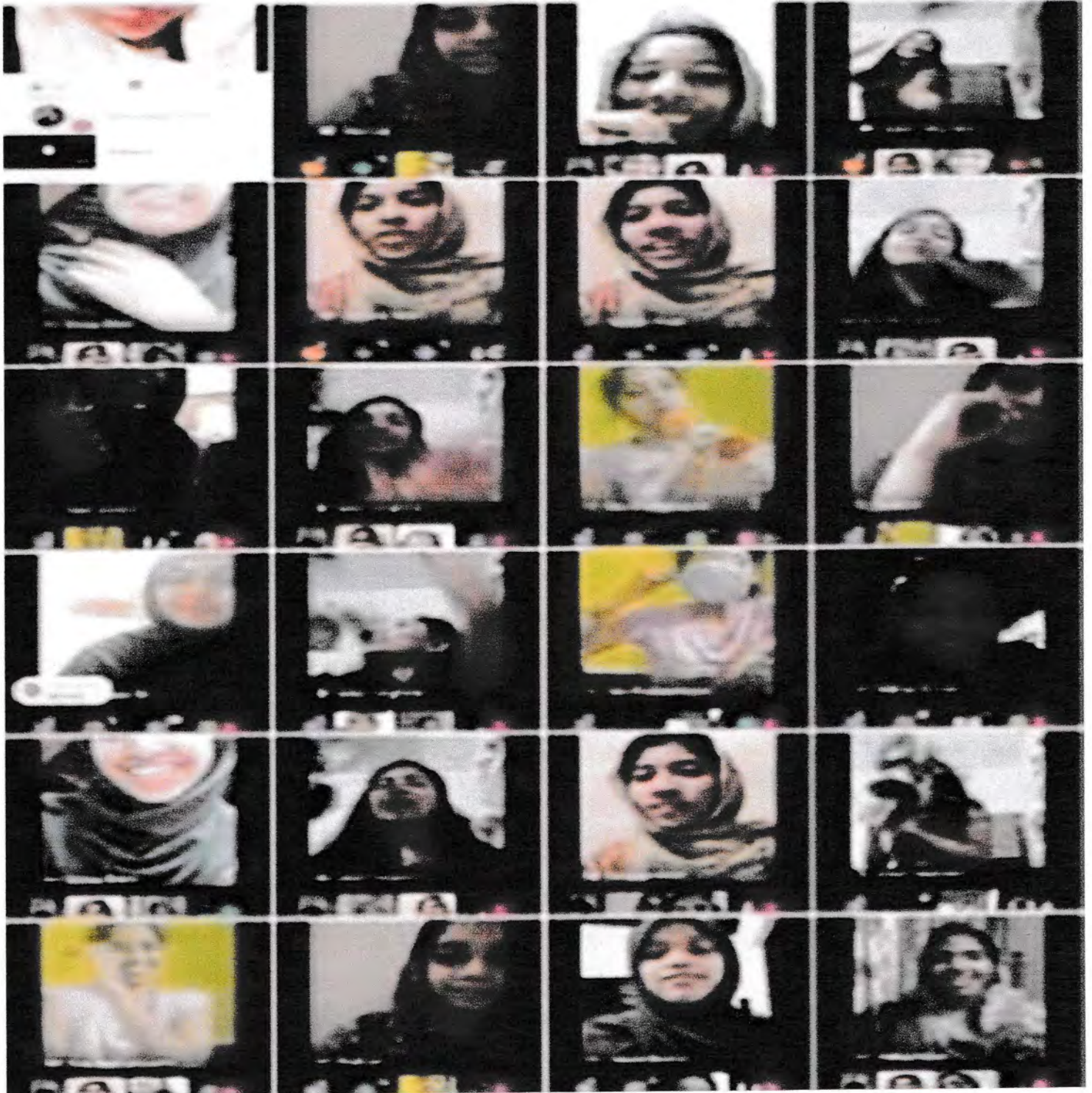
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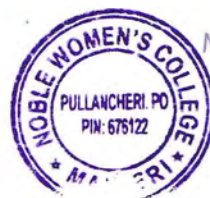
Today Meet

# cultural activities



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## DAY 4

### SESSION 1

- SECTION STARTED AT 7:30, AS USUAL YOGA AND IT ENDS AT 8:30
- NSS ASSEMBLY STARTED AT 8:45 ORGANIZED BY NARMADA GROUP
- NSS SONG BY SASNA
- THOUGHT OF THE DAY BY DEENA
- DIGITAL PAPER PRESENTATION BY RAHSHA
- EVALUATION BY FAMEEDA
- ASSEMBLY ENDS AT 8:40

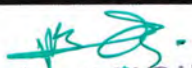
### SESSION 2

- SOCIAL COMMITMENT WORK STARTED AT 9:30
- CLEAN OUR HOUSE AND COMPOUND
- THE SESSION ENDS AT 10:30

### SESSION 3

- IN BETWEEN THE NEXT SESSION COOK SOMETHING AND SENT PICTURE AND VIDEOS
- THIS SESSION ONLY FOR NILA GROUP



  
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# SOCIAL COMMITMENT WORK



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#### SECTION 4

- STARTED AT 11:20
- SKILL DEVELOPMENT WAS THE SESSION, OUR PREVIOUS NSS VOLUNTEER SHYHA HANDLE THE SESSION AND INTRODUCED MAKE BAG USING T SHIRT AND SCISSOR
- SECTION ENDS AT 12:30



#### SECTION 5

- STARTED AT 3:00
- GROUP DYNAMIC WAS THE PROGRAMME
- MR FAISAL (NSS PO) HANDLE THE PROGRAMME
- NSS SONG BY DAISY VARGHEES
- VOTE OF THANKS BY HIBA SHERIN



#### SECTION 6

- CULTURAL PROGRAMME STARTED AT 7:00
- SECTION ORGANIZED BY GODAVARI TEAM
- ENDED AT 8:00

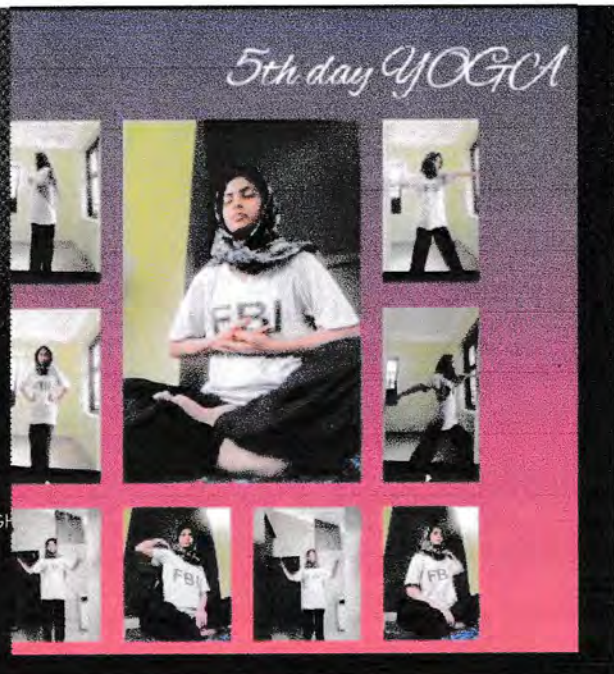
#### DAY 5

##### SESSION 1

- SECTION STARTED AT 7:30 BY YOGA AND PHYSICAL ACTIVITIES TILL 8:30
- NSS ASSEMBLY STARTED AT 8:30 ( GROUP NILA)
- THOUGHT OF THE DAY BY MUFEEDA
- DIGITAL PAPER PRESENTATION BY NISHMA
- EVALUATION BY BINSIYYA
- SECTION ENDS AT 8:40

##### SESSION 2

- NSS SURVEY STARTED AT 9:30
- COLLECT SURVEY REPORT FROM 10 HOUSES THROUGH WHATSAPP AND CALLS
- ENDS AT 10:00





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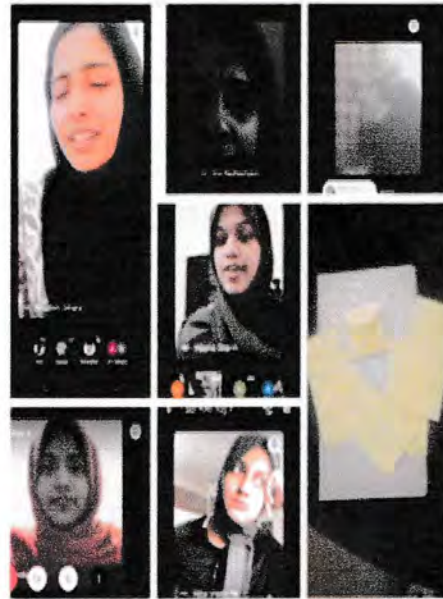


### SECTION 3

- INTERACTIVE SESSION STARTED AT 11:00
- TAKEN BY PREVIOUS NSS VOLUNTEER AHASHMI
- WELCOME SPEECH BY NASNI
- ENDS AT 12

### SECTION 4

- CRAFT MAKING SECTION
- TAKEN BY SHAHANA (PREVIOUS NSS VOLUNTEER)
- SCRAP BOOK MAKING IDEAS
- ENDS AT 12:45



## DAY 6

### SESSION 1

- STARTED AT 7:30 TO 8:30 YOGA AND MEDITATION
- NSS ASSEMBLY AT 8:30
- THOUGHT OF THE DAY BY NOUSHABA
- PAPER PRESENTATION BY IRFANA
- EVALUATION BY SAFREENA

### SESSION 2

- 9:30 TO 10:30 SURVEY REPORT PRESENTATION

### SESSION 3

- 1:30 TO 2:30
- INTERACTIVE SESSION WITH ANUPAMA MISS, ABOUT HOW TO IDENTIFY OURSELF



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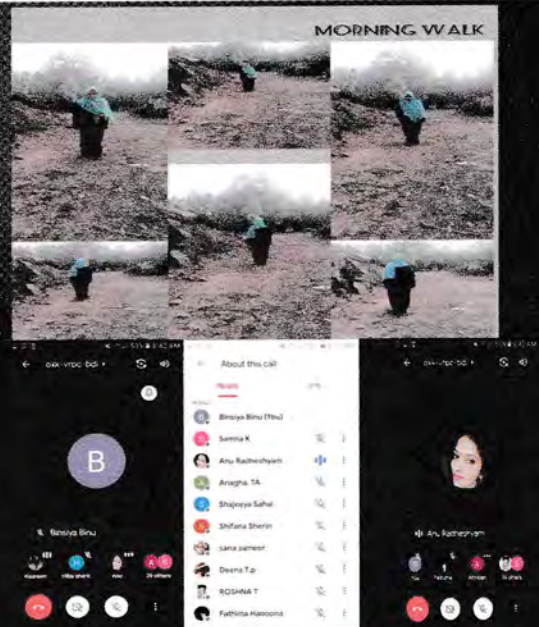


# RECORDED VIDEOS OF NSS WORKS

- <https://drive.google.com/file/d/1-rHMOG9X2EYrM9FCX8G4DUJGr0KT4GxWA/view?usp=drivesdk>
- <https://drive.google.com/file/d/1-AhGFHiiEAXdD6tXH4GMDU0xP6MYA-Wx/view?usp=drivesdk>
- <https://drive.google.com/file/d/102THrUEd1-OK9EBDI80LcZOskJR4ZnHQ/view?usp=drivesdk>
- <https://drive.google.com/file/d/11TyZFCeXGUi9BDHDX7wHfJFVQrIaVD/view?usp=drivesdk>
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- [https://drive.google.com/file/d/1FlV41ia\\_4ZX\\_4APYdFC8XBFA2YEf7-/view?usp=drivesdk](https://drive.google.com/file/d/1FlV41ia_4ZX_4APYdFC8XBFA2YEf7-/view?usp=drivesdk)

## DAY 7

- 7:30 TO 8:30 YOGA AND PHYSICAL ACTIVITIES
- 8:30 TO 8:45 NSS ASSEMBLY
- NSS SONG BY THAMANNA
- THOUGHT OF THE DAY BY HIBA SHERIN
- 2:00 TO 3:00 VALEDICTORY CEREMONY
- E-MAGAZINE PUBLISHED



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**23.01.2021 NETAJI DAY OBSERVATION**

PPT Presentation was done by the volunteers through online regarding the Indian freedom fighter Netaji Subhash Chandra Bose.

**23.02.2021 NSS FIRST YEAR VOLUNTEERS ORIENTATION TRAINING SESSION**

After the enrollment of First year NSS Volunteers an orientation training session was given by NSS Programme Officer Ms Anupama SR. 50 Volunteers participated in the programme. The programme was inaugurated by the College Principal Dr Abdul Rabbi Nistar. Followed by that an orientation session regarding the importance and goals of NSS and training sessions related to leadership, motivation was handled by NSS Programme Officer.



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## 25.02.2021 THEME PRESENTATION

In the pandemic situation volunteers presented a theme related to Covid 19 .The volunteers also presented theme related to the women empowerment.The programme was inaugurated by College Principal Dr AbdulRabbi Nistar.NSS PO delivered welcome speech and NSS Secretary delivered vote of thanks.



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**26.01.2021 REPUBLIC DAY OBSERVATION**

On Republic day Volunteer Secretary Hiba Sherin delivered message and volunteers organized patriotic competition in which five groups are participated

**8.03.2021 INTERNATIONAL WOMEN’S DAY OBSERVATION**

In connection with International Women’s day NSS Unit conducted programmes related to the theme “Gender equality today for a sustainable tomorrow”.A Theme was presented by the first year volunteers.



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### 10.03.2021 BLOOD DONATION AT MANJERI MEDICAL COLLEGE

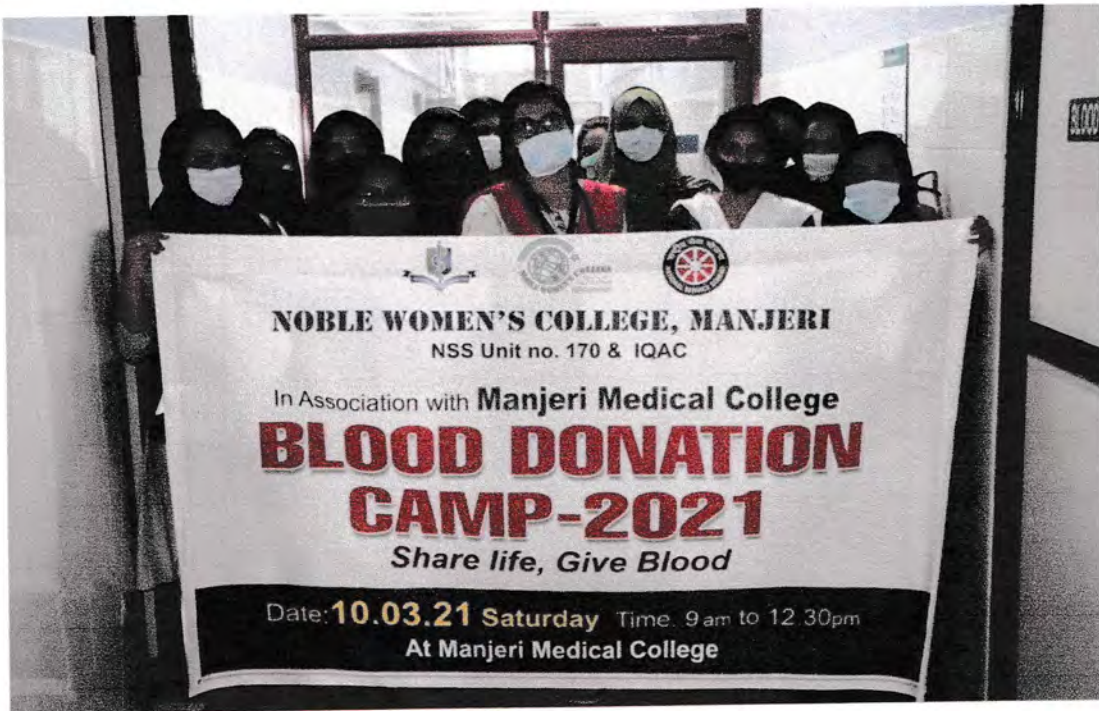
28 NSS Volunteers registered for blood donation at Manjeri medical college and 10 volunteers donate blood after the HB Test. The volunteers are honored with certificates. The aim of blood donation is to help them with their health problems.



  
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**VOLUNTEERS DONATING BLOOD AT MANJERI MEDICAL COLLEGE**



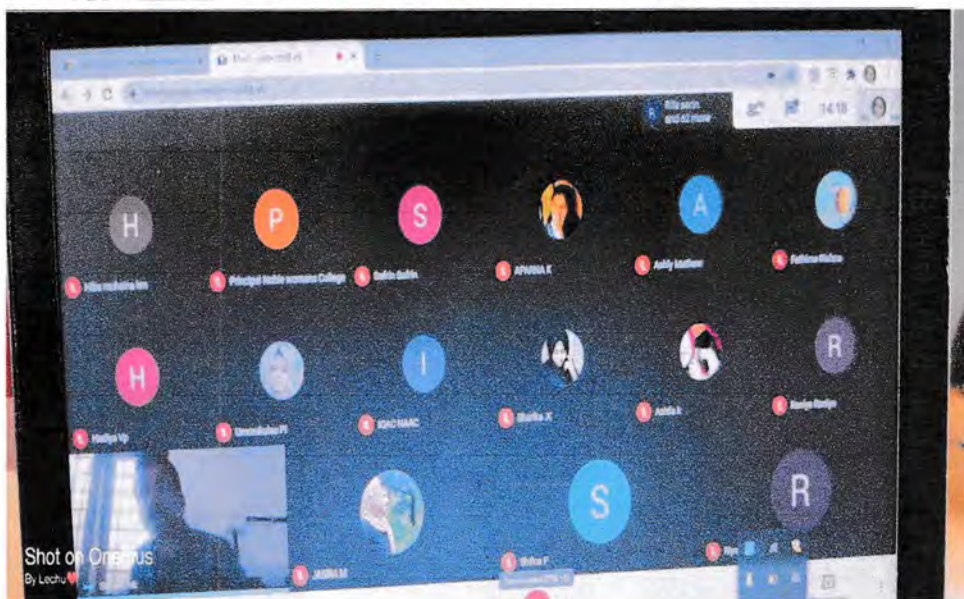
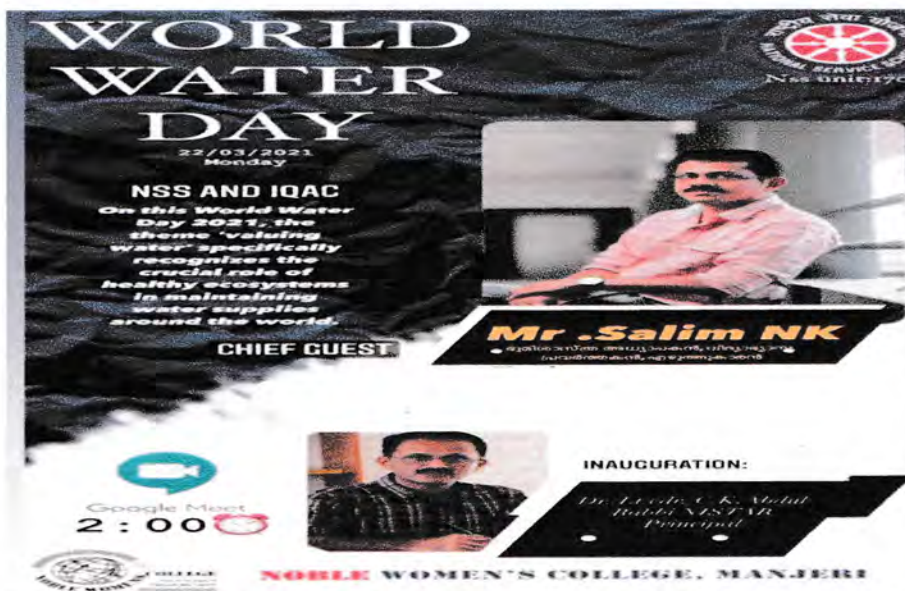
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## 22.03.2021 WORLD WATER DAY

On world water day NSS conducted a webinar related to the theme “Valuing Water” specifically recognizes the crucial role of healthy ecosystems in maintaining water supplies around the world. Mr Salim N.K was the Chief guest (Geography teacher, educationalist, writer). College Principal Dr AbdulRabbi Nistar inaugurated the function. The programme was conducted through gmeet at 2PM. 75 Volunteers participated in the programme.



  
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2020

# NSS SEVEN DAY VIRTUAL CAMP 2020 FIELD SURVEY

## YOUTH OF PREVENTION AND MITIGATION OF COVID-19



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Youth for prevention  
& Mitigation of covid-19 .

വോളണ്ടിയറിന്റെ പേര് :DAISY  
VARGHESE C

ക്ലാസ് :2ND YEAR BSC

ബ്രാഞ്ച് :PSYCHOLOGY

1-ഗൃഹനാഥന്റെ പേര് :അജിത  
മുരളീധരൻ

2-വീട് നമ്പർ :111

3-കുടുംബാംഗങ്ങളുടെ പേര് /ജോലി  
അജിത -അക്കൗണ്ടന്റ്  
രേഷ്മ  
ശ്രീഷ്മ

4-മാസ്ക് സാനിറ്റൈസർ സാമൂഹിക  
അകലം തുടങ്ങിയ കോവിഡ്  
നിബന്ധനകൾ പാലിക്കാൻ ഉണ്ടോ ?  
-ഉണ്ട്

5-ഇന്ത്യക്ക് പുറത്ത് ജോലി ചെയ്യുന്ന  
ആൾക്കാർ ?  
ഇല്ല

6-സംസ്ഥാനത്ത് പുറത്ത് ജോലി  
ചെയ്യുന്ന ആൾക്കാർ ?-ഇല്ല

7-വീട്ടിൽ ആർക്കെങ്കിലും കോവിഡ്  
വന്നിട്ടുണ്ടോ?  
-ഇല്ല

8 - ജീവഹാനി വന്നിട്ടുണ്ടോ?  
-ഇല്ല

9 -കോവിഡ് കാലത്ത് ജോലി  
നഷ്ടപ്പെട്ടിട്ടുണ്ടോ?  
-ഇല്ല

10- കോവിഡ് കാലത്ത് പുതിയ ജോലി  
ലഭിച്ചിട്ടുണ്ടോ ?  
-ഇല്ല

11-കുടിവെള്ള സ്രോതസ്സ്? കിണർ -  
പൈപ്പ് -പൈപ്പ്


12-ഫലവൃക്ഷങ്ങൾ -തെങ്ങ്

13 -വളർത്തുമൃഗങ്ങൾ-ഇല്ല

14-പ്ലാസ്റ്റിക് മാലിന്യങ്ങൾ നീക്കം  
ചെയ്യുന്ന രീതി  
-ശേഖരണം

15-ഗവൺമെന്റ് സന്നദ്ധ സേനയിൽ  
അങ്കമാണോ ?



  
Dr. U SAIDALVI  
PRINCIPAL  
WOMEN'S COLLEGE, MANJERI  
MANJERI PO, PIN: 676 122



1-ഗൃഹനാഥന്റെ പേര് :നളിനി -നേഴ്സ്

2-വീട് നമ്പർ :110

3-കുടുംബാംഗങ്ങളുടെ പേര് /ജോലി  
വിവിധി -കുലി  
വിഷ്ണു -സർവീസ് സ്റ്റേഷൻ  
ഗീതു -വീട്ടമ്മ

4-മാസ്ക് സാനിറ്റൈസർ സാമൂഹിക  
അകലം തുടങ്ങിയ കോവിഡ്  
നിബന്ധനകൾ പാലിക്കാൻ ഉണ്ടോ ?  
-ഉണ്ട്

5-ഇന്ത്യക്ക് പുറത്ത് ജോലി ചെയ്യുന്ന  
ആൾക്കാർ ?  
ഇല്ല

6-സംസ്ഥാനത്ത് പുറത്ത് ജോലി  
ചെയ്യുന്ന ആൾക്കാർ ?-ഇല്ല

7-വീട്ടിൽ ആർക്കെങ്കിലും കോവിഡ്  
വന്നിട്ടുണ്ടോ?  
-ഉണ്ട്

8 - ജീവഹാനി വന്നിട്ടുണ്ടോ?  
-ഇല്ല

9 -കോവിഡ് കാലത്ത് ജോലി  
നഷ്ടപ്പെട്ടിട്ടുണ്ടോ?  
-ഇല്ല

10- കോവിഡ് കാലത്ത് പുതിയ ജോലി  
ലഭിച്ചിട്ടുണ്ടോ ?  
-ഇല്ല

11-കുടിവെള്ള സ്രോതസ്സ്? കിണർ -  
പൈപ്പ് -കിണർ, പൈപ്പ്

12-ഫലവൃക്ഷങ്ങൾ -തെങ്ങ്, പ്ലാവ്,  
മാവ്, വാഴ

13 -വളർത്തുമൃഗങ്ങൾ-ഇല്ല

14-പ്ലാസ്റ്റിക് മാലിന്യങ്ങൾ നീക്കം  
ചെയ്യുന്ന രീതി  
-ശേഖരണം

15-ഗവൺമെന്റ് സന്നദ്ധ സേനയിൽ  
അങ്കമാണോ ?



Dr. U SAIDALVI  
PRINCIPAL  
MEN'S COLLEGE, MANJERI  
CHERI PO, PIN. 676 122



വോളണ്ടിയറിന്റെ പേര് :DAISY  
VARGHESE C

ക്ലാസ് :2ND YEAR BSC

ബ്രാഞ്ച് :PSYCHOLOGY

1-ഗൃഹനാമന്റെ പേര് :കല്യാണിക്കുട്ടി -  
വിട്ടമ്മ

2-വീട് നമ്പർ :100

3-കുടുംബാംഗങ്ങളുടെ പേര് /ജോലി  
ഉദയൻ - സൂപ്പർവൈസർ  
സ്മിജ -പഞ്ചകർമ്മ  
സച്ചു അച്ചു -മക്കൾ

4-മാസ്ക് സാനിറ്റൈസർ സാമൂഹിക  
അകലം തുടങ്ങിയ കോവിഡ്  
നിബന്ധനകൾ പാലിക്കാൻ ഉണ്ടോ ?  
-ഉണ്ട്

5-ഇന്ത്യക്ക് പുറത്ത് ജോലി ചെയ്യുന്ന  
ആൾക്കാർ ?  
ഇല്ല

6-സംസ്ഥാനത്ത് പുറത്ത് ജോലി  
ചെയ്യുന്ന ആൾക്കാർ ?-ഇല്ല

7-വീട്ടിൽ ആർക്കെങ്കിലും കോവിഡ്  
വന്നിട്ടുണ്ടോ?  
-ഇല്ല

8 - ജീവഹാനി വന്നിട്ടുണ്ടോ?  
-ഇല്ല

9 -കോവിഡ് കാലത്ത് ജോലി  
നഷ്ടപ്പെട്ടിട്ടുണ്ടോ?  
-ഇല്ല

10- കോവിഡ് കാലത്ത് പുതിയ ജോലി  
ലഭിച്ചിട്ടുണ്ടോ ?  
-ഇല്ല

11-കുടിവെള്ള സ്രോതസ്സ്? കിണർ -  
പൈപ്പ് -കിണർ, പൈപ്പ്

12-ഫലവൃക്ഷങ്ങൾ -തെങ്ങ്

13 -വളർത്തുമൃഗങ്ങൾ-ഇല്ല

14-പ്ലാസ്റ്റിക് മാലിന്യങ്ങൾ നീക്കം  
ചെയ്യുന്ന രീതി  
-ശേഖരണം

15-ഗവൺമെന്റ് സന്നദ്ധ സേനയിൽ  
അങ്കമാണോ ?



*Handwritten signature in blue ink.*

Dr. U SAIDALVI  
PRINCIPAL

NOBLE WOMEN'S COLLEGE, MANJERI  
PILLANCHERI P.O., P.N. 676122



വോളണ്ടിയറിന്റെ പേര് :DAISY  
VARGHESE C

ക്ലാസ് :2ND YEAR BSC

ബ്രാഞ്ച് :PSYCHOLOGY

1-ഗൃഹനാഥന്റെ പേര് :ഗോപി -  
ബ്രോക്കർ

2-വീട് നമ്പർ :102

3-കുടുംബാംഗങ്ങളുടെ പേര് /ജോലി  
രായ -വിട്ടമ്മ  
അഭിനവ് -(മകൻ )

4-മാസ്ക് സാനിറ്റൈസർ സാമൂഹിക  
അകലം തുടങ്ങിയ കോവിഡ്  
നിബന്ധനകൾ പാലിക്കാൻ ഉണ്ടോ ?  
-ഉണ്ട്

5-ഇന്ത്യക്ക് പുറത്ത് ജോലി ചെയ്യുന്ന  
ആൾക്കാർ ?  
ഇല്ല

6-സംസ്ഥാനത്ത് പുറത്ത് ജോലി  
ചെയ്യുന്ന ആൾക്കാർ ?-ഇല്ല

7-വീട്ടിൽ ആർക്കെങ്കിലും കോവിഡ്  
വന്നിട്ടുണ്ടോ?  
-ഇല്ല

8 - ജീവഹാനി വന്നിട്ടുണ്ടോ?  
-ഇല്ല

9 -കോവിഡ് കാലത്ത് ജോലി  
നഷ്ടപ്പെട്ടിട്ടുണ്ടോ?  
-ഇല്ല

10- കോവിഡ് കാലത്ത് പുതിയ ജോലി  
ലഭിച്ചിട്ടുണ്ടോ ?  
-ഇല്ല

11-കുടിവെള്ള സ്രോതസ്സ്? കിണർ -  
പൈപ്പ് - പൈപ്പ്


12-ഫലവൃക്ഷങ്ങൾ -തെങ്ങ്

13 -വളർത്തുമൃഗങ്ങൾ-ഇല്ല

14-പ്ലാസ്റ്റിക് മാലിന്യങ്ങൾ നീക്കം  
ചെയ്യുന്ന രീതി  
-കത്തിക്കാൻ

15-ഗവൺമെന്റ് സന്നദ്ധ സേനയിൽ  
അങ്കമാണോ ?



  
Dr. U SAIDALVI  
PRINCIPAL  
WOMEN'S COLLEGE, MANJERI  
ANCHERI PO, PIN. 676 122



2020

NSS Seven Day Virtual Camp 2020 field work

Youth for prevention & mitigation of covid 19

1. വോളണ്ടിയറിന്റെ പേര് :

Mufeeda banu.k

2. ക്ലാസ് :

2 year

3. ബ്രാഞ്ച് :

BA sociology

4. 1-ഗൃഹനാഥന്റെ പേര്

സുൽഫീക്കർ അലി

5. 2-വീട് നമ്പർ

205 A

6. 3-കുടുംബാംഗങ്ങളുടെ പേര് /ജോലി

Sulfeeker ali pp : Gulf

Hafsath : House wife

Rahana : Radiologist

Rishal : Student

Rana : Student

7. 4-മാസ്ക് സാനിറ്റൈസർ സാമൂഹിക അകലം തുടങ്ങിയ കോവിഡ് നിബന്ധനകൾ പാലിക്കാൻ ഉണ്ടോ ?

അതെ



Dr. U SAIDALVI  
PRINCIPAL

NOBLE WOMEN'S COLLEGE, MANJERI  
PULLANCHERI PO, PIN: 676 122



8. 5-ഇന്ത്യക്ക് പുറത്ത് ജോലി ചെയ്യുന്ന ആൾക്കാർ  
അതെ

9. 6-സംസ്ഥാനത്ത് പുറത്ത് ജോലി ചെയ്യുന്ന ആൾക്കാർ ?  
അതെ

10. 7-വീട്ടിൽ ആർക്കെങ്കിലും കോവിഡ് വന്നിട്ടുണ്ടോ?  
ഇല്ല

11. 8 - ജീവഹാനി വന്നിട്ടുണ്ടോ?  
ഇല്ല

12. 9 - കോവിഡ് കാലത്ത് ജോലി നഷ്ടപ്പെട്ടിട്ടുണ്ടോ?  
ഇല്ല

13. 10- കോവിഡ് കാലത്ത് പുതിയ ജോലി ലഭിച്ചിട്ടുണ്ടോ ?  
ഇല്ല

14. 11-കുടിവെള്ള സ്രോതസ്സ്? കിണർ - പൈപ്പ്  
കിണർ

15. 12-ഫലവൃക്ഷങ്ങൾ  
ഉണ്ട്

16. 13 -വളർത്തുമൃഗങ്ങൾ  
ഇല്ല



Dr. U SAIDALVI  
PRINCIPAL  
NOBLE WOMEN'S COLLEGE, MANJERI  
PULLANCHERI PO, PIN. 676 122



17. 14-പ്ലാസ്റ്റിക് മാലിന്യങ്ങൾ നീക്കം ചെയ്യുന്ന രീതി ശുചിത്വ മിഷൻ

18. 15-ഗവൺമെന്റ് സന്നദ്ധ സേനയിൽ അങ്കമാണോ ?

അതെ



Dr. U SAIDALVI  
PRINCIPAL  
NOBLE WOMEN'S COLLEGE  
PULLANCHERI PO, PIN





1. വോളണ്ടിയറിന്റെ പേര് :

Mufeeda banu.k

2. ക്ലാസ് :

2 year

3. ബ്രാഞ്ച് :

BA Sociology

4. 1-ഗൃഹനാഥന്റെ പേര്

Abdul jaleel

5. 2-വീട് നമ്പർ

206

6. 3-കുടുംബാംഗങ്ങളുടെ പേര് /ജോലി

Abdul jaleel :. Madrasa teacher

Sarafunneesa: House wife

Mufeeda : student

Sahla : student

Raihan : student

Linsha :

7. 4-മാസ്ക് സാനിറ്റൈസർ സാമൂഹിക അകലം തുടങ്ങിയ കോവിഡ് നിബന്ധനകൾ പാലിക്കാൻ ഉണ്ടോ ?

Yes

8. 5-ഇന്ത്യക്ക് പുറത്ത് ജോലി ചെയ്യുന്ന ആൾക്കാർ



Dr. U SAIDALVI  
PRINCIPAL

NOBLE WOMEN'S COLLEGE  
PULLANCHER



No

9. 6-സംസ്ഥാനത്ത് പുറത്ത് ജോലി ചെയ്യുന്ന ആൾക്കാർ ?

No

10. 7-വീട്ടിൽ ആർക്കെങ്കിലും കോവിഡ് വന്നിട്ടുണ്ടോ?

Yes

11. 8 - ജീവഹാനി വന്നിട്ടുണ്ടോ?

Yes

12. 9 -കോവിഡ് കാലത്ത് ജോലി നഷ്ടപ്പെട്ടിട്ടുണ്ടോ?

No

13. 10- കോവിഡ് കാലത്ത് പുതിയ ജോലി ലഭിച്ചിട്ടുണ്ടോ ?

No

14. 11-കുടിവെള്ള സ്രോതസ്സ്? കിണർ - പൈപ്പ്

Kinar

15. 12-ഫലവൃക്ഷങ്ങൾ

Yes

16. 13 -വളർത്തുമൃഗങ്ങൾ

Yes

17. 14-പ്ലാസ്റ്റിക് മാലിന്യങ്ങൾ നീക്കം ചെയ്യുന്ന രീതി

  
Dr. U SAIDALVI

PRINCIPAL

NOBLE WOMEN'S COLLEGE, MANJERI  
PULLANCHERI PO, P





Waste bin

18. 15-ഗവൺമെന്റ് സന്നദ്ധ സേനയിൽ അങ്കമാണോ ?

No




Dr. U SAIDALVI  
PRINCIPAL  
NOBLE WOMEN'S COLLEGE, MANJERI  
PULLANCHERI PO, PIN: 676 122





# MORNING WALK



  
DR. U SAID ALVI

PRINCIPAL

NOBLE WOMEN'S COLLEGE, MANJERI  
PULLANCHERI, P







2020

# NSS SEVEN DAY VIRTUAL CAMP 2020

\* Required

## Untitled Section

1) ഗ്രഹനാഥൻറെ പേര് \*

Your answer

2) വീട് നമ്പർ \*



Your answer



*Dr. U SAIDALVI*

DR. U SAIDALVI  
PRINCIPAL  
NOBLE WOMEN'S COLLEGE, MANJERI  
PULLANCHERI, PO, PIN: 676122



🔍 Search contacts and places 🎤 ⋮

TODAY

**T** Tulasi Ammumma  
↙ Mobile • 10:01 am 📞

**K** Kanakam Chittappan  
↙ Mobile • 9:46 am 📞

**S** Shareena Aunty  
↗ Mobile • 9:39 am 📞

**A** Amalu  
↗ Mobile • 9:36 am 📞

**R** Rahmath Tution  
↗ Home • 9:24 am 📞

**K** Kala Kunjamma  
↗ Mobile • 9:11 am 📞



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Recent

👤  
Contacts



*Handwritten signature*  
DALVI  
CIPAL  
COLLEGE, MA  
RI PO, PIN: 676





CHATS 2

STATUS •

CALLS



**Rahmath Tution**

9:07 am

✓✓ Idh onn fill cheyyo please



**Kanakam Chittappan**

9:06 am

✓✓ Idh fill cheyyo please?



**Shareena Aunty**

9:05 am

✓ Assalamu alaikkum Aunty idhonn fill...



**Salwa Fasial**

8:59 am

✓✓ Assalamu alaikkum Idh fill cheyyo?



**Tulasi Ammumma**

8:49 am

✓✓ Idhonn fill cheyyo ammumme



🔥 **VOLUNTEERS ONLY** 🔥

8:48 am

+91 98467 87107: Ok



**Daisy Nwc**

Yeah



*Handwritten signature*

E, MANJERI  
i. 676 122





NSS Seven Day Virtual Camp 2020  
Field Survey

Youth for prevention  
& Mitigation of covid-19.

വോളണ്ടിയറിന്റെ പേര് : Sana Sameer

ക്ലാസ്സ് : second year  
[ബ്രാഞ്ച്] : psychology

PERSON ONE

1. ഗൃഹനാഥന്റേ പേര് : Abdul salih p

2. വീട് നമ്പർ : 5/198

3. കുടുംബാംഗങ്ങളുടെ പേര് / ജോലി

Salih - businessman

Khadeeja - housewife

Salwa - housewife

Sahwa - student

4. മേന്മ സാമ്പിളിനെ സാമൂഹിക അകലം തുടങ്ങിയ കോവിഡ് നിബന്ധനകൾ പാലിക്കാൻ ഉണ്ടോ ?

Yes

5. ഇന്ത്യക്ക് പുറത്ത് ജോലി ചെയ്യുന്ന ആൾക്കാർ ?

No

6. സംസ്ഥാനത്ത് പുറത്ത് ജോലി ചെയ്യുന്ന ആൾക്കാർ ?

No

7. വീട്ടിൽ ആർക്കെങ്കിലും കോവിഡ് വന്നിട്ടുണ്ടോ?

No

8. ജീവശാസി വന്നിട്ടുണ്ടോ?

No

9. കോവിഡ് കാലത്ത് ജോലി നഷ്ടപ്പെട്ടിട്ടുണ്ടോ?

No

10. കോവിഡ് കാലത്ത് പുതിയ ജോലി ലഭിച്ചിട്ടുണ്ടോ ?

No

11. കുടുംബത്തെ സംരത്ത് കിണർ പെപ്പട്ടു

Well

12. ഹലവ്യക്തങ്ങൾ

No

13. വളർത്തുകുറുപ്പങ്ങൾ

Hen

14. ഗൂഢാലിക് മാലിന്യങ്ങൾ നീക്കം ചെയ്യുന്ന രീതി

Ghiring to Fanchayat

15. ഗവൺമെന്റ് സന്നദ്ധ സേനയിൽ അങ്കമാണോ ?

Yes

PERSON TWO

1. ഗൃഹനാഥന്റേ പേര് :

Manoj kumar

2. വീട് നമ്പർ :

585

3. കുടുംബാംഗങ്ങളുടെ പേര് / ജോലി

Manoj kumar - shop

Kala s pillai - housewife

Arjun - student

Manikya - student

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Edit



26



Untitled form



|    | A        | B              | C         | D               | E         | F          | G            |           |
|----|----------|----------------|-----------|-----------------|-----------|------------|--------------|-----------|
| 1  | mestamp  | 1)             | ഗ്രഹനാഥ2) | വീട് നമ്പർ3)    | കുടുംബം4) | മാസ്ക് റ5) | ഇന്ത്യക്ക്6) | സംസ്ഥാന7) |
| 2  | 20/12/25 | Abdul salih.p  | 5/198     | Salih-          | Yes       | No         | No           | No        |
| 3  | 20/12/25 | Manoj kumar    |           | 586 Manoj kumar | Yes       | Yes        | No           | No        |
| 4  | 20/12/25 | Sameer S       | 23/xxx    | Sulekha' Sanz   | Yes       | Nil        | Nil          | No        |
| 5  | 20/12/25 | Sajeev R       | IV/509    | Sajeev- gove    | Yes       | No         | No           | No        |
| 6  | 20/12/25 | Musthafa       |           | 216 Rahmath hos | Yes       | No         | Yes          | Yes       |
| 7  | 20/12/25 | Faisal Pullani |           | 112 Faisal -    | Yes       | No         | No           | No        |
| 8  | 20/12/25 | SHAHITHA K     | 307/A     | SHAHITHA K      | YES       | Yes /1     | No           | No        |
| 9  | 20/12/25 | Gopinathan N   |           | 42 Thulasi      | Yes       | One        | No           | No        |
| 10 | 20/12/25 | Kadheeja KM    | 307/A     | Kadheeja-       | Yes       | No         | No           | No        |
| 11 | 20/12/25 | Abdul latheef  |           | 410 Abdul       | Yes       |            | 1            | 1 No      |
| 12 | 20/12/25 | Vijaykumar N   |           | 219 PONNAMMA    | Yes       | No         | No           | No        |

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Tools



Mobile View



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Assistant



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Exit Full Screen

|   | A          | B             | C             | D           | E         | F             | G           | H          | I         | J        | K           | L          | M          | N             | O                |                  |    |
|---|------------|---------------|---------------|-------------|-----------|---------------|-------------|------------|-----------|----------|-------------|------------|------------|---------------|------------------|------------------|----|
| 1 | Timestamp  | 1) (ഗവേഷകൻ)   | 2) വീട് നമ്പർ | 3) കുടുംബം  | 4) മാസ്ക് | 5) ഇന്ത്യക്ക് | 6) സംസ്ഥാനം | 7) വിട്ടിൻ | 8) ജീവനാൻ | 9) കോവിൻ | 10) covid ക | 11) കുടിവെ | 12) പലവ്യ  | 13) വളർ       | 14) പ്ലാസ്റ്റിക് | 15) പ്ലാസ്റ്റിക് |    |
| 2 | 2020/12/25 | Abdul salih   | 5/198         | Salih       | Yes       | No            | No          | No         | No        | No       | No          | Well       | No         | Hen           | Giving to par    | Yes              |    |
| 3 | 2020/12/25 | Manoj kuma    | 586           | Manoj kuma  | Yes       | Yes           | No          | No         | No        | No       | No          | Yes        | Yes        | No            | Yes              | No               |    |
| 4 | 2020/12/25 | Sameer S      | 23/xxx        | Sulekha Sar | Yes       | Nil           | Nil         | No         | No        | Yes      | Yes         | കിണർ       | മാവ്, ഞെ   | Aquarium fish | കുടുംബം          | ശ്ശ              | No |
| 5 | 2020/12/25 | Sajeev R      | IV/509        | Sajeev-gov  | Yes       | No            | No          | No         | No        | No       | No          | Well       | Yes        | No            | Burn             | No               |    |
| 6 | 2020/12/25 | Musthafa      | 216           | Rahmath ho  | Yes       | No            | Yes         | Yes        | No        | Yes      | No          | Kinar      | Mango      | Yes           | Kalayum          | No               |    |
| 7 | 2020/12/25 | Faisal Pullar | 112           | Faisal      | Yes       | No            | No          | No         | No        | No       | No          | Well       | Mango, coc | No            | Separate dis     | No               |    |
| 8 | 2020/12/25 | SHAHITHA      | K307/A        | SHAHITHA    | YES       | Yes           | /1          | No         | No        | No       | No          | Kinar      | Yes        | No            | Dumping to       | No               |    |
| 9 | 2020/12/25 | Gopinathan    | 42            | Thulasi     | Yes       | One           | No          | No         | No        | No       | No          | Kinar      | No         | No            | Collecting by    | No               |    |
| 0 | 2020/12/25 | Kadheeja      | KM307/A       | Kadheeja    | Yes       | No            | No          | No         | Yes       | Yes      | No          | Pipe       | No         | No            | Recycling        | No               |    |
| 1 | 2020/12/25 | Abdul lathee  | 410           | Abdul       | Yes       |               | 1           | 1          | No        | No       | Yes         | Yes        | Yes        | No            | Burning          | No               |    |
| 2 | 2020/12/25 | Vijaykumar    | 1             | PONNAMM     | Yes       | No            | No          | No         | No        | Yes      | No          | Yes        | Yes        | No            | Burying          | No               |    |

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# Untitled form

Questions

Responses

13

## 13 responses



Accepting responses



Summary

Question

Individual

### Untitled Section

1) ഗ്രഹനാമൻറെ പേര്

13 responses

Abdul salih.p

Manoj kumar

*Dr. U SANDALVI*  
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Abdul Salim P

S/145

Salim - business

Kadreja - house wife

Saliqa - "

Safura - student

(1) Yes

(2) NO

(3) NO

(4) NO

(5) NO

(6) NO

(7) NO

(8) well

(9) NO

(10) Men

(11) going to  
Panchayat

(12) Yes

Manoj kumar

S/86

Manoj kumar - shop

Kala S pillai - house  
wife

Ajien - student

Manjima - student

(1) Yes

(2) Yes

(3) NO

(4) NO

(5) NO

(6) NO

(7) NO

(8) NO

(9) Yes

(10) Yes

(11) NO

(12) Yes

(13) No

(14) Yes

(15) No

Sajeev P

14/509

Sajeev - government  
employee

Rahanna - housewife

Anayha - student

(1) Yes

(2) NO

(3) NO

(4) NO

(5) NO

(6) NO

(7) NO

(8) well

(9) Yes

(10) NO

(11) NO

(12) NO

(13) NO

Muskhata

112

Rahman - house  
wife

Muskhata - student

Zaidi - student

Hameed - student

(1) Yes

(2) NO

(3) NO

(4) YES

(5) NO

(6) YES

(7) NO

(8) NO

(9) NO

(10) YES

(11) YES

(12) NO

Saima Khatun

112

Saima Khatun

Amreena - house wife

Syad - student

Fuad - student

Fuad - student

(1) Yes

(2) NO

(3) NO

(4) NO

(5) NO

(6) NO

(7) NO

(8) well

(9) Manja - student

(10) NO

(11) Sepelate - student

(12) NO

Dr. U. Saidalvi

Principal

Noble Women's College, Manjeri

Pullancheri, P.O., Pin: 676 122

(1) Yes

(2) Yes

(3) NO

(4) NO

(5) NO

(6) NO

(7) NO

(8) NO

(9) YES

(10) NO

(11) NO

(12) NO

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**DEPARTMENT OF PSYCHOLOGY & NSS**

**ACADEMIC YEAR 2020-21**

**PSYCHOSOCIAL IMPACT OF LOCKDOWN DUE TO COVID 19**



**Dr. U SAIDALVI**  
PRINCIPAL

NOBLE WOMEN'S COLLEGE, MANJERI  
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## PSYCHOSOCIAL IMPACT OF LOCK DOWN DUE TO COVID 19

Corona viruses are a large family of viruses which may cause illness in animals or humans. In humans, several corona viruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causing disease is COVID-19. By labeling the spread a pandemic, WHO was indicating that, the virus was now a worldwide phenomenon. The decisions also reflects the WHO's concern at what it calls the “alarming levels of the coronavirus spread, severity and inaction”, and the expectation that the number of cases, deaths and affected countries will continue to climb. Pandemics are states of disease that sharply increase in populations around the world with infections taking place more or less simultaneously. The corona virus possess a challenge to psychological resilience. .It may affect different population socially, economically and psychologically in a different way. Due to the threat of the pandemic disease lockdown is a requirement for people to stay where they are, usually due to specific risk to themselves or to others if they can move freely. The term “stay at home” is often used for lock downs that affect an area, rather than specific locations.

The present study is conducted among student population in which 105 students from psychology stream were participated. The aim of the study is to examine the psychosocial impact of lock down due to covid 19 .The study scale was an adapted one and later modified by the research team. A total of 25 variables , both psychological and social were included in the study .Descriptive analysis was done using the data obtained.

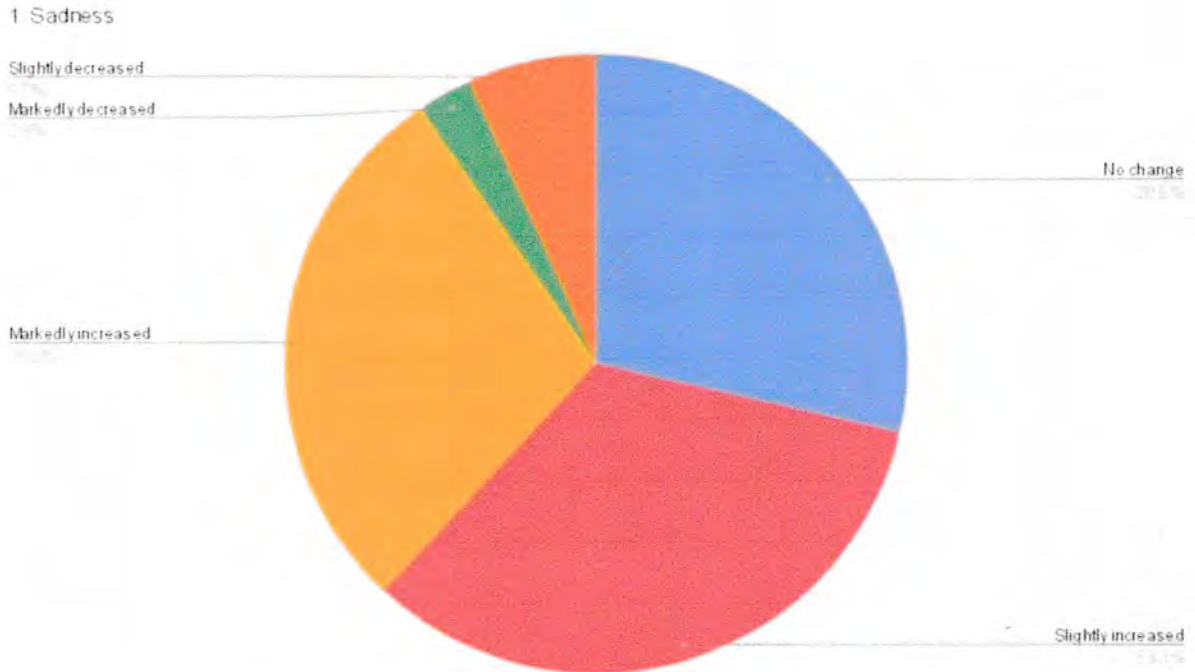


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## Detailed report of the study

### 1. Sadness



Sadness is a negatively balanced emotion characterized by low arousal and considered one of the basic emotions. Through the result the pie diagram shows the level of sadness of the participants. As we can see 33% of the participant's levels of sadness are slightly increased. Also a diagram showing 28.6% of them showed a markedly decreased level and no changes in the level of sadness. 6.7% of them showed a markedly decreased level of sadness and 2.9% are slightly decreased level in sadness.



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## 2. Anxiety

2 Anxiety

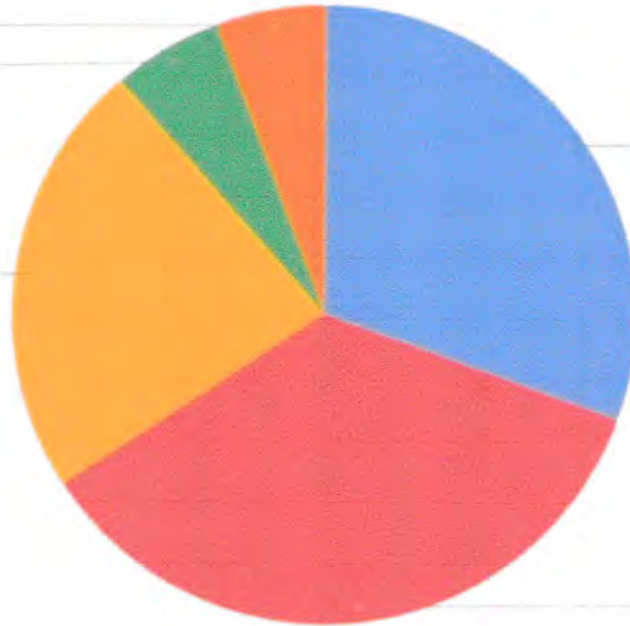
Slightly decreased

Markedly decreased

Markedly increased

No change

Slightly increased



The survey clearly showed that lock down leads to an increase in the anxiety level of the major population.

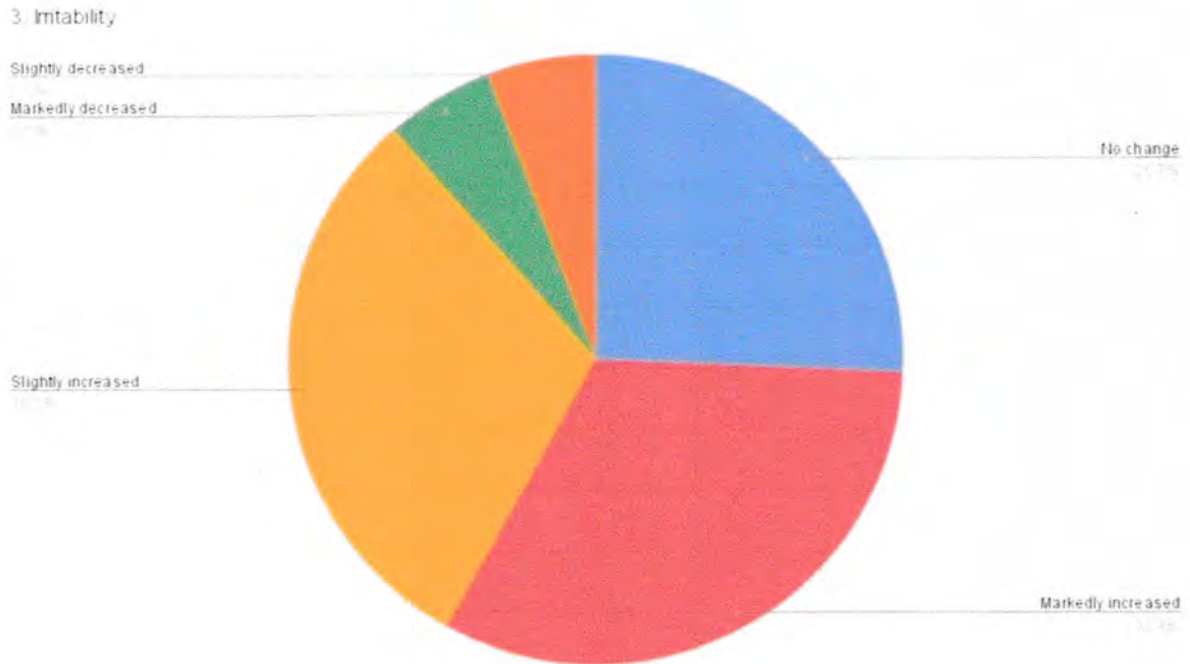
The anxiety level is markedly increased in 22.9% of the total population and slightly increased in 35.2% of the total population. In 30.5% of the population, lock down produced no changes in their anxiety level. 5.7% of the population reported that their anxiety level is markedly decreased during lock down. And another 5.7% of the population reported that their anxiety is slightly decreased during lock down.

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### 3. Irritability



Irritability is a feeling of agitation. The survey clearly shows that lock down leads to a marked increase in the irritability level of the total population.

The irritability level markedly increased to 32.4% of the total population and slightly increased to up to 30.5%. 25.7% of the population lockdown produce no changes in their irritability level. In 5.7% of the population irritability level is slightly decreased during lock down and in another 5.7% of the population, irritability level is slightly decreased during the lockdown period.

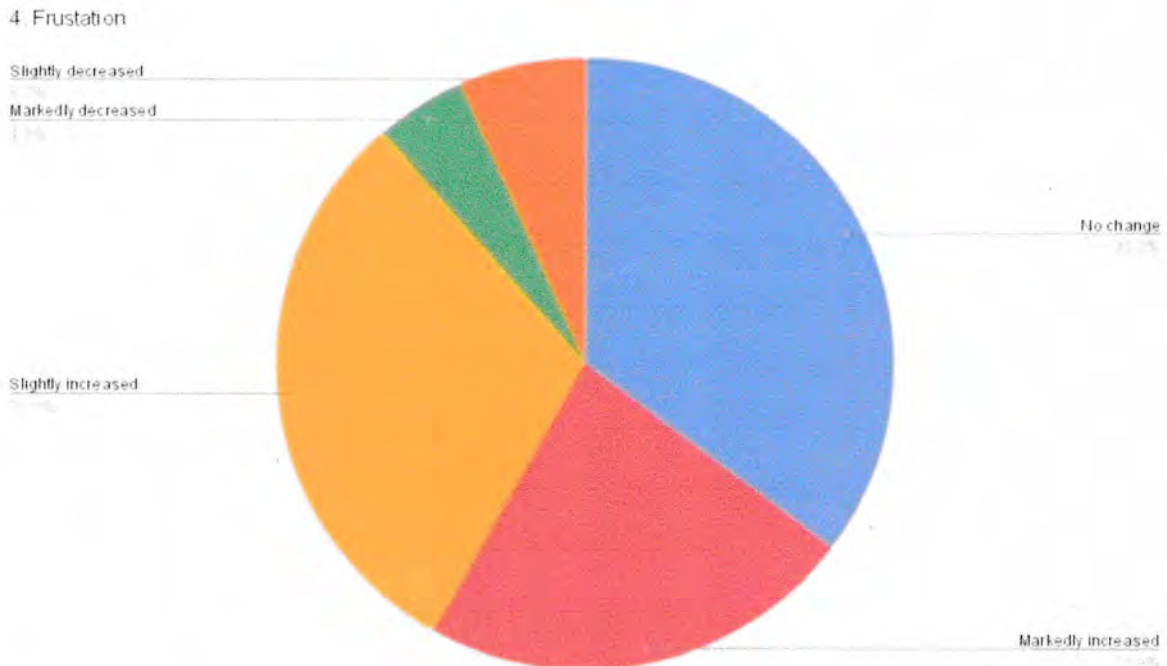
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#### 4. Frustration



Frustration is the emotional state that a person experiences when needs, wants and desires are not readily or are not attainable. Through the result the pie diagram shows the level of frustration of the participants.

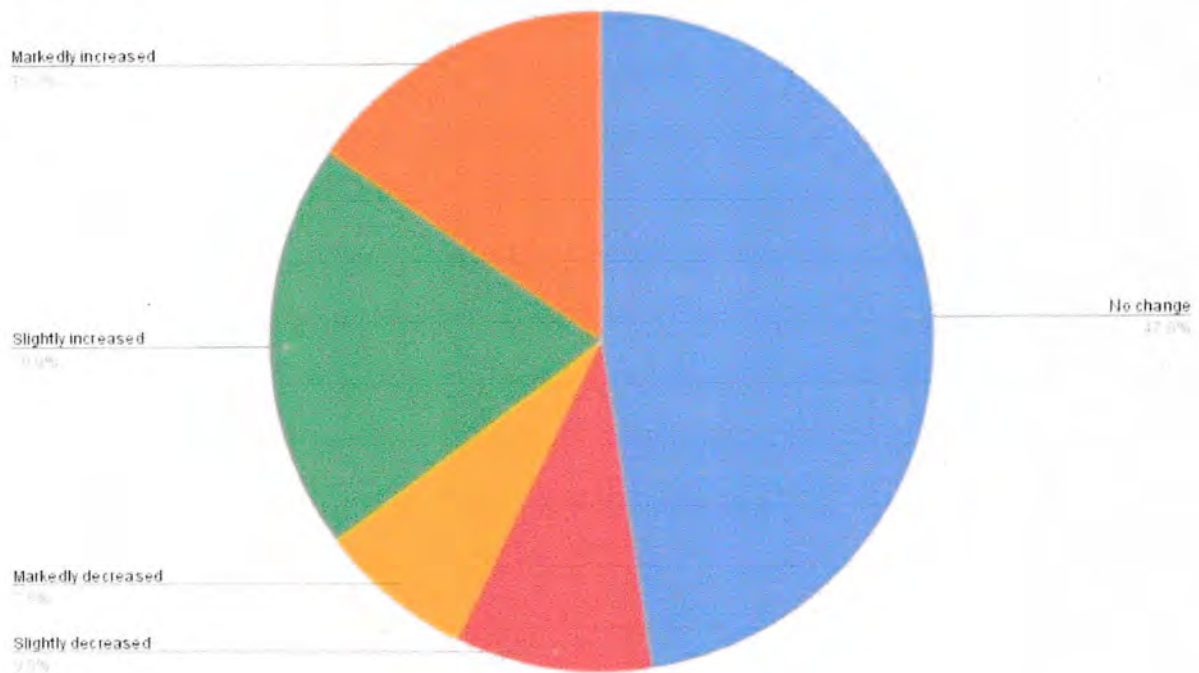
The frustration level is markedly increased as 22.9% for the total population and slightly increased to up to 30.5%. In 35.2 of the population, lockdown produces no changes in their frustration level. In 6.7% of the population the frustration level is slightly decreased during lock down and in another 4.8% of the population, the frustration level is markedly decreased during the lockdown period.



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## 5. Loneliness

5. Loneliness



Loneliness is defined as the distressing experience that occurs when one's social relationships are perceived to be less in quantity and especially in quality, than desired.

Through the result the pie diagram shows the level of loneliness of the participants. From the diagram 47.6% of participants have no changes in their level of loneliness. 20% of the participants have a slight increase in loneliness and 15% of them have shown markedly changes in loneliness. Slightly decreased level of loneliness shows 9.5% of them and 7.6% are shown markedly decreased level of loneliness.

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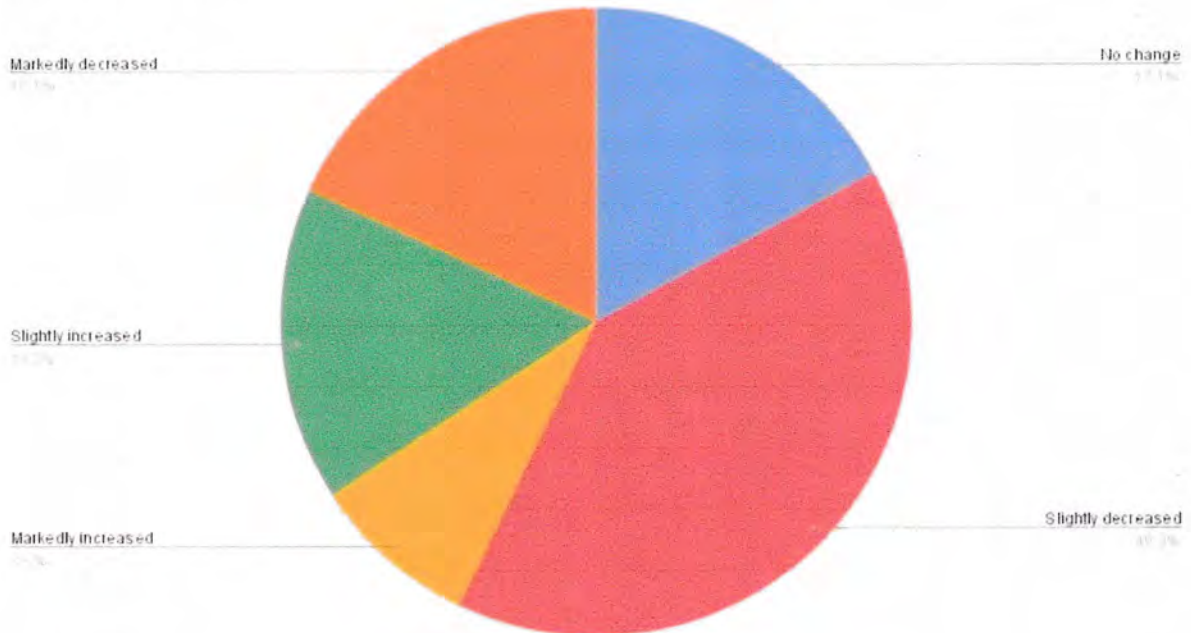
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## 6. Social connectedness

6. Social connectedness

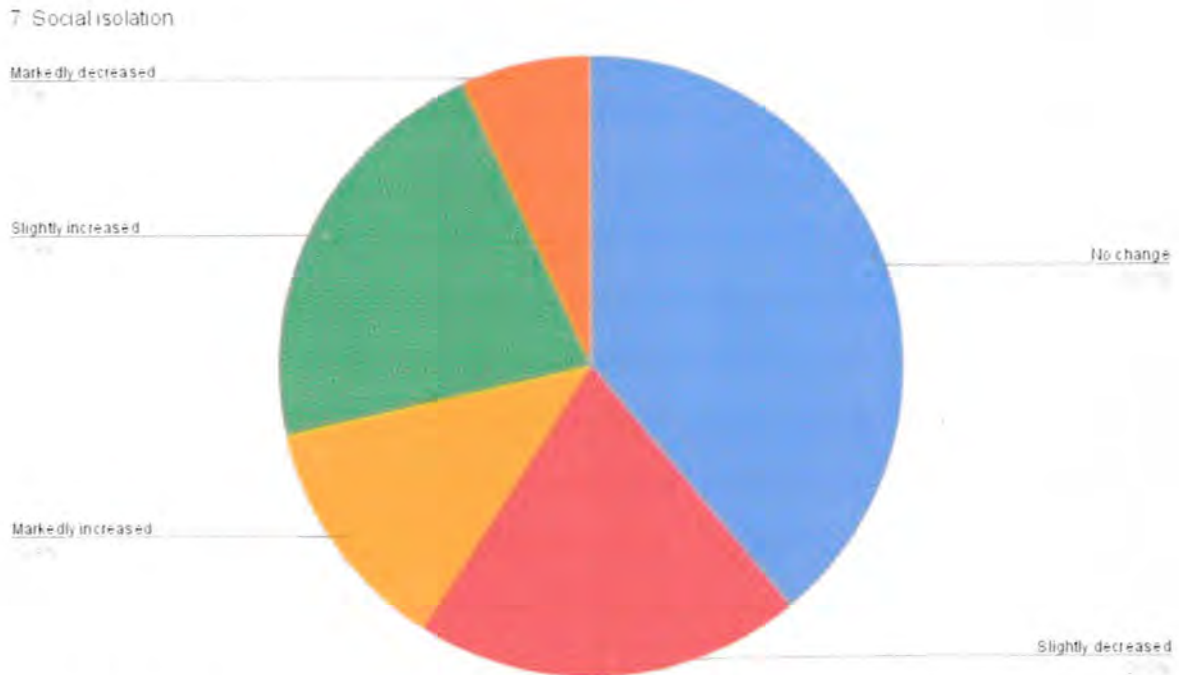


Social connection is the experience of feeling close and connected to others. The pie diagram shows the level of social connection of the participants. During lock down, the result showing that there are 40% of the total population shows a slight decrease in the level of social connection. Markedly decreased level of connection shows in 18.1% of the total population, 16.2% of participants showed a slight increase and 16.2% of them showed a slight increase in the level of social connection.

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## 7. Social isolation



Social isolation is the voluntary or involuntary absence of contact with others. Social isolation often produces abnormal behavior and physiological changes in both human and nonhuman animals. It is defined as having little or no contact with other people. It usually lasts for extended periods of time.

From the pie diagram we can see that 39% of the population has shown no change in social isolation. We can also see that 29% slightly increased and at the same time 20% slightly decreased. From this result it is clear that the effect of social isolation would affect differently among the population. 12.4% of the population markedly increased and 6.7% markedly decreased. In this pandemic situation we have a lot of restrictions on contact with others. It will affect people differently among peoples.

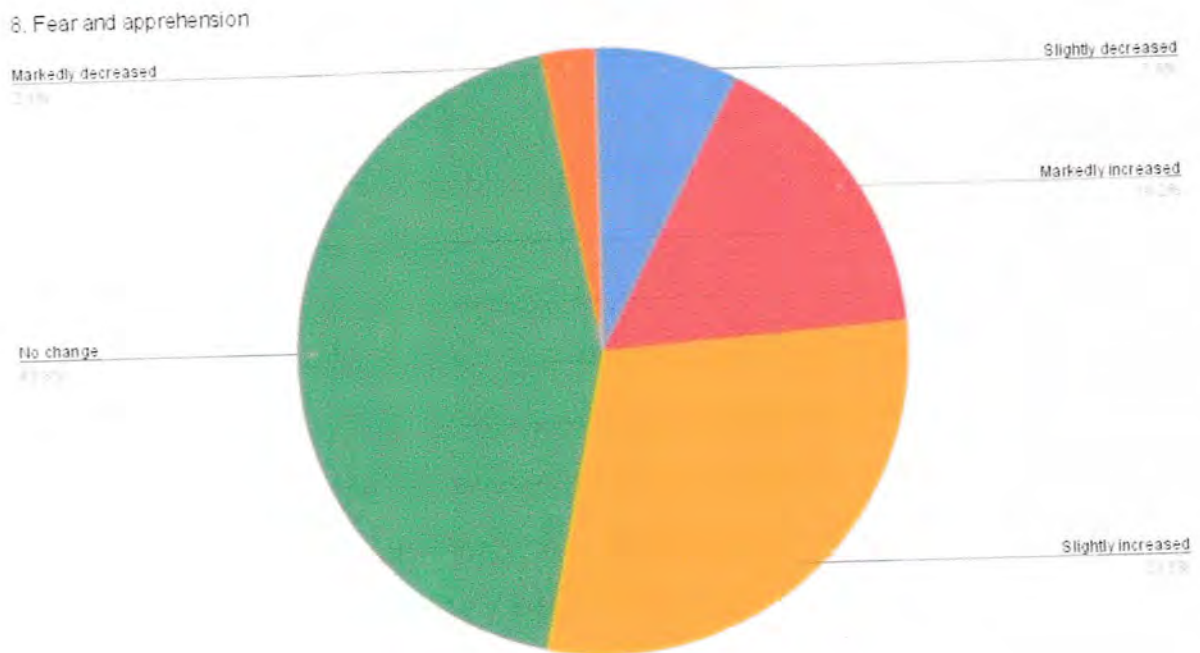
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## 8. Fear and apprehension



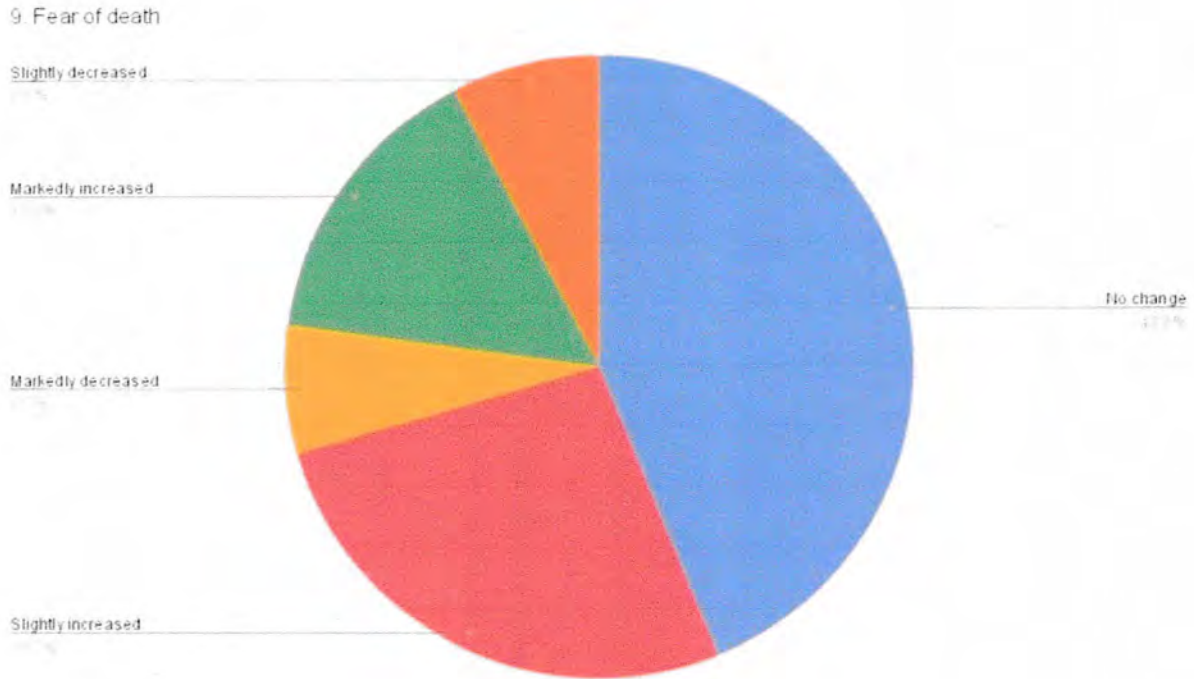
Fear and apprehension is an unpleasant feeling triggered by the perception of danger, real, imagined or something bad will happen. From the pie diagram it is clear that 43.8% of participants show no change in their emotions. 29.5% of participants showed slightly increased and 15.2% of participants markedly increased in their fear and apprehension. Which implies that Covid 19 lockdown affected their emotions. Some participants showed 7.6% of slightly decreased level and 2.9% markedly decreased level of fear and apprehension.

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## 9. Fear of death



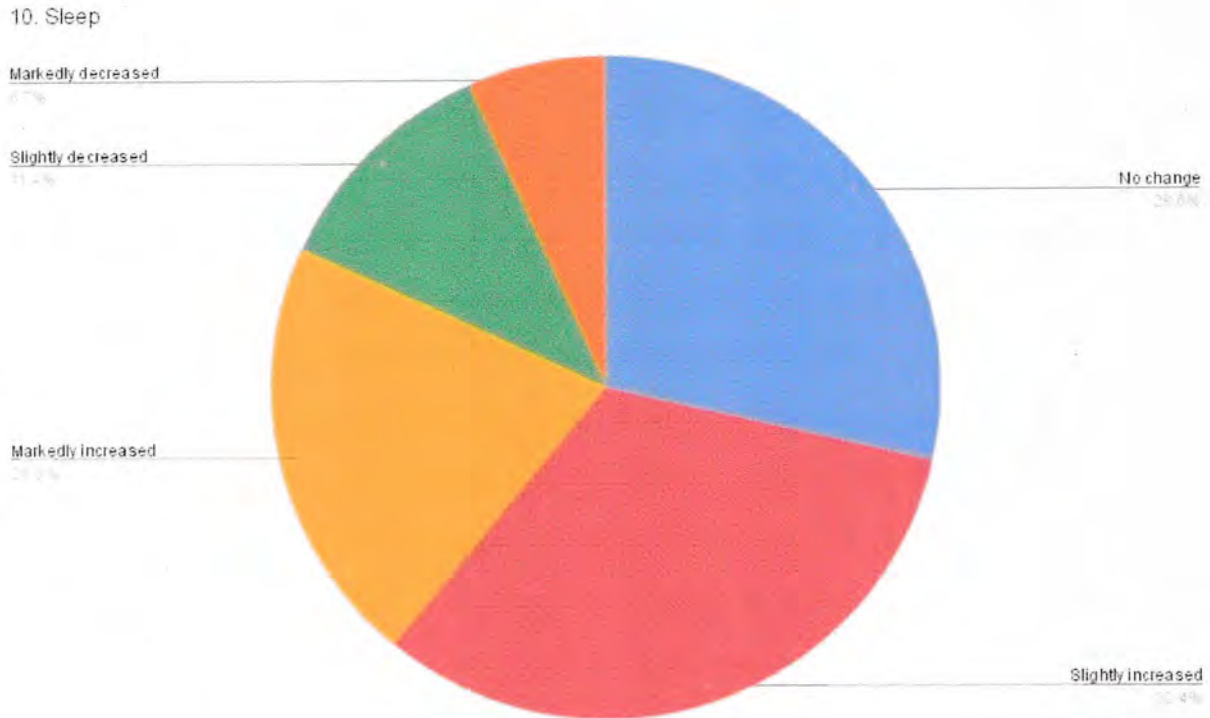
By analyzing the pie diagram, we can see that 43.8% of the population has no changes. We can also see that 26.7% is slightly increased and at the same time 15.2% is markedly increased. Then the pi diagram shows that 7.6% is slightly decreased and at the same time 6.7% is markedly decreased. It can understand that the fear of death would be affected differently among the population. Some of them have a feelings related to death due to covid 19.

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## 10. Sleep

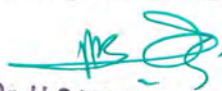


By analyzing the pie diagram, we can see that 32.4% of the population has shown a slight increase in their sleep. And also 21% shows marked increase. This increase is not of a surprise in this pandemic situation as if there are no morning chores and hurries to colleges. All days could be similar to Sundays and can end up with late night sleep.

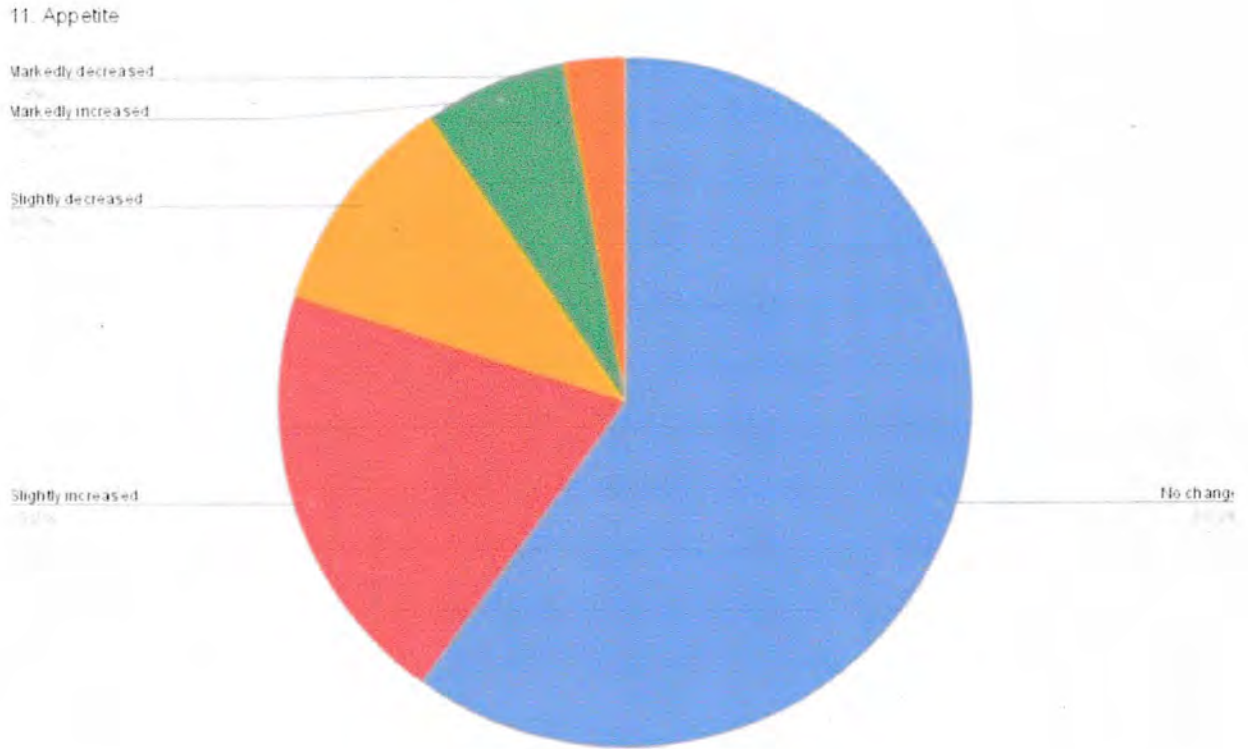
28.6% of the population had no change in sleep time. On the other hand 11.4% showed slight decrease and 6.7% a marked decrease in sleep. As people are not getting tired off due to hectic work, stress or record completions, the body may remain fit and the tendency to sleep could decrease.

We tend to think of sleep as a time when the body and mind shut down. But this is not the case, sleep is an active period in which a lot of important processing, restoration and strengthening occurs.



  
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## 11. Appetite



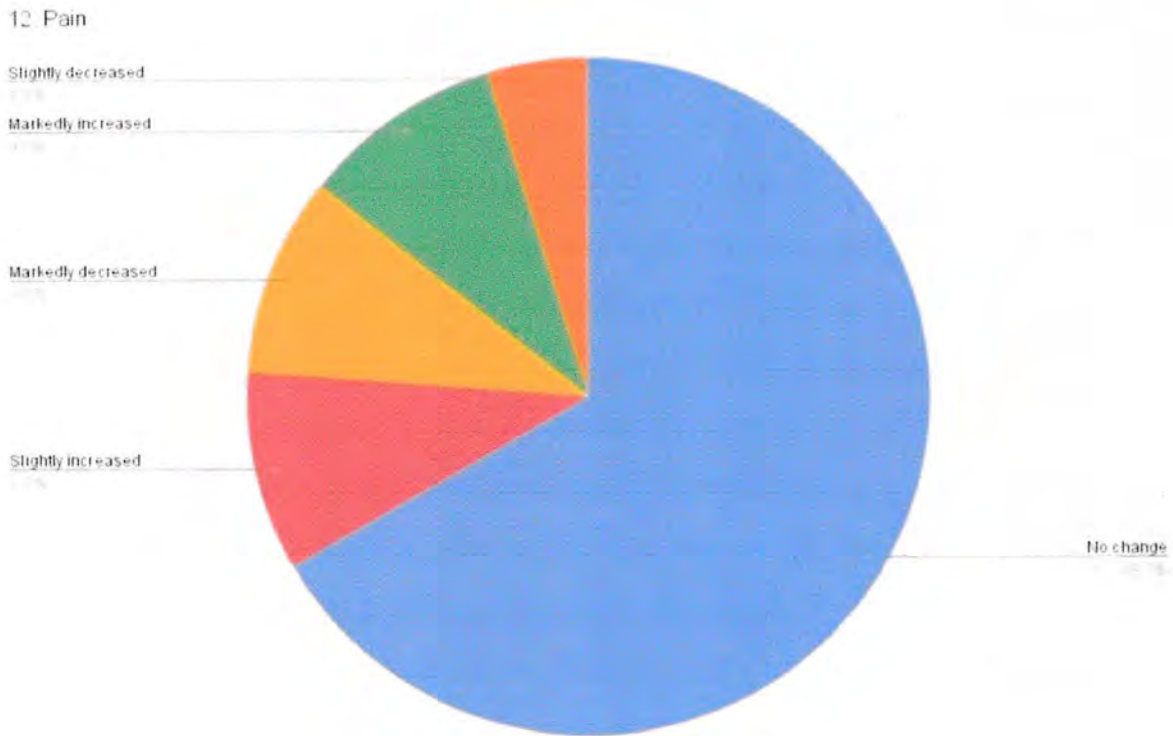
Appetite is the desire to eat food, sometimes due to hunger. By analyzing the pie diagram we can see that 60% of the population has no change. This says that being at home or being busy with work outside do nothing on one's appetite. 20% shown slight increase and 6.7% shown marked increase. On the other hand, 10.5% showed slight decrease and 2.9% marked decrease. From this we can see in comparison, there is more increase than decrease in appetite. Sitting freely has more chances to produce binge eaters can be a reason for the thought that they have 'an increase in appetite'. There are more chances to consume snakes and sweet drinks.



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## 12. Pain

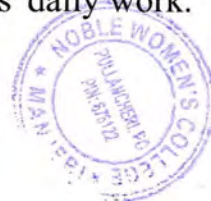


Pain is a highly unpleasant physical sensation caused by illness or injury. The figure categorizes the level of pain of college students during Covid 19.

By analyzing the pie diagram, we can see that 9.5% of the population has shown a slight increase in pain and at the same time 9.5% of the population shows markedly increased pain.

Another level it is clear that When 9.5 % of the population has shown markedly decreased, 4.8% of them has shown slight decrease. 66.7% of the major population has no change in pain.

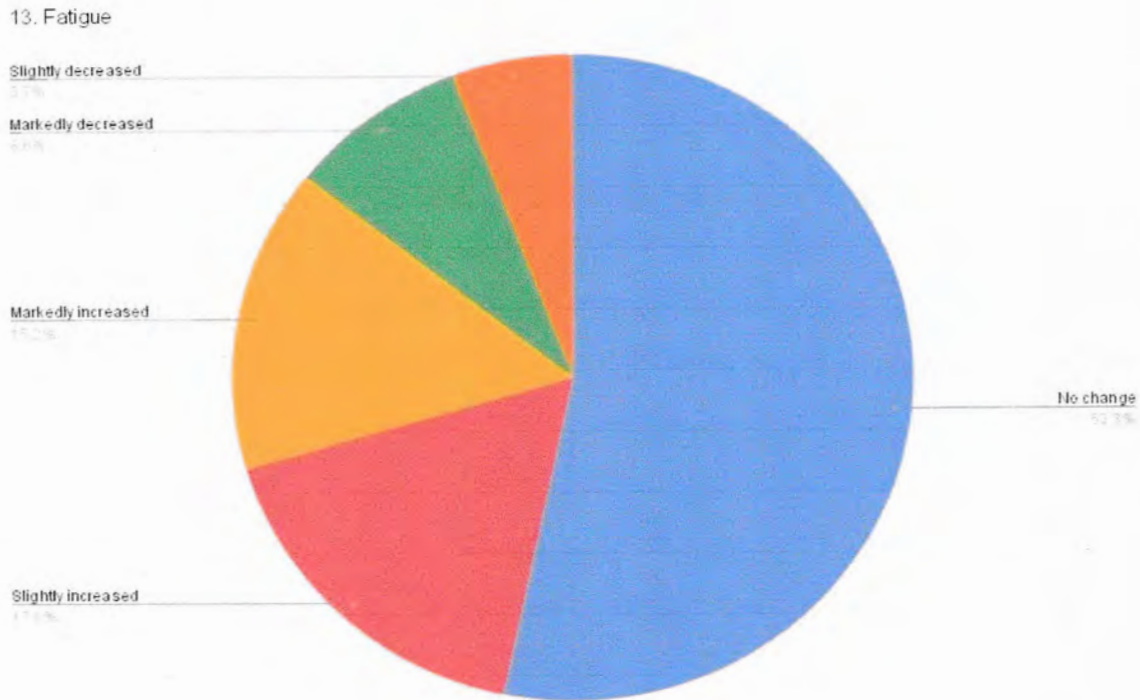
This indicates most of them have no change in pain sensation and while slight variation in increase and decrease, there is variation in decrease and increase markedly. These all depend on the students' daily work.



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### 13. Fatigue



Fatigue is the feeling overtired, with low energy and a strong desire to sleep that interferes with normal daily activities. The pie diagram shows that 53.3% of participants have no change in their feeling of fatigue. And 17.1% participants slightly increased, 15.2% markedly increased, 5.7% shows markedly decreased and 5.7% shows slightly decreased.

  
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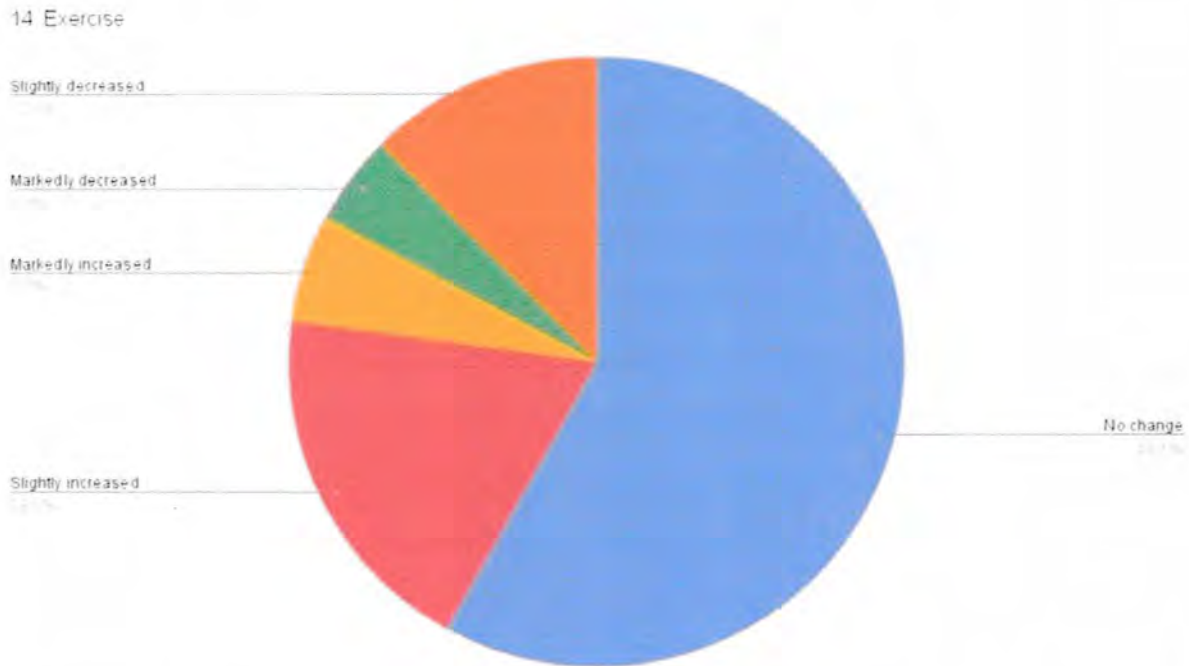
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## 14. Exercise



By analyzing the above pie diagram, 58.1% of the population showed no change in their exercise pattern. Population of 19.0% of exercise are slightly increased and 5.7% of population markedly increased the rate of exercise. As everyone is in their home and has a lot of time to spend, the above population increased their time in doing exercises. Exercises can lower the risk of developing many long-term (chronic) conditions, such as heart disease, type 2 diabetes, stroke, and some cancers.

The above diagram also shows the population of slightly decreased and markedly decreased population of exercise as 12.4% and 4.8%. As everyone is free out with their school work and college work they have more time to engage in other activities by doing many more activities the above population may reduce their time of doing their exercises.

Exercises are something that boost up our health. From the above pie diagram it is clear that this pandemic situation doesn't change anything in the exercise pattern.



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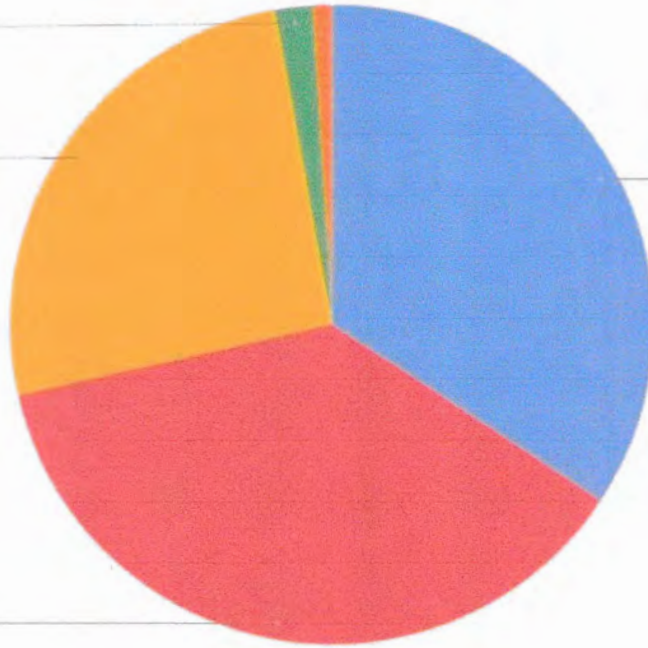
15. Faith in god

Markedly decreased  
1.9%

Markedly increased  
25.7%

No change  
34.3%

Slightly increased  
37.1%



In the case of faith in god 34.3 percent people have reported as having no change in faith in god, 37.1 percent people noticed that their faith in god has slightly increased and 25.7 percent people have markedly increased. But 1.9 percent of people said that their faith has markedly decreased.

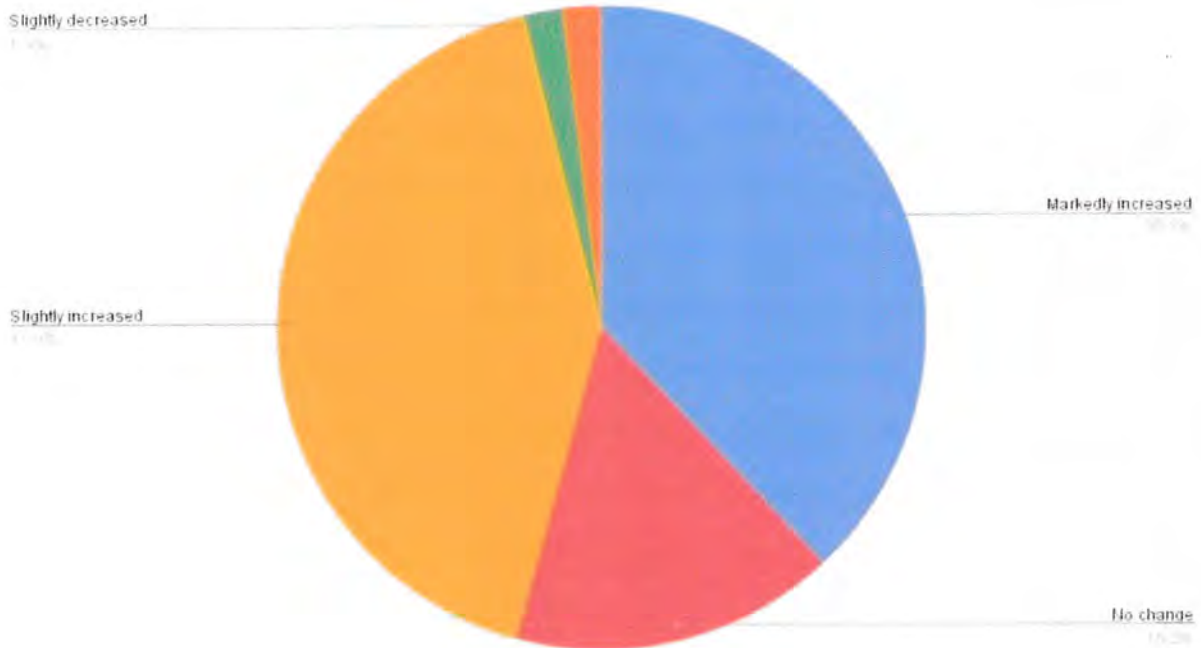
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16 Use of social media



By analyzing the pie diagram, we can see that 41.9% of population has shown a slight increase in use of social media and also 38.1% shown marked increase. This increase is not a surprise in this pandemic situation, because many people now have no job duties at school and office. Since they have plenty of free time. So they will use that time on social media. And reduce the boring situation.

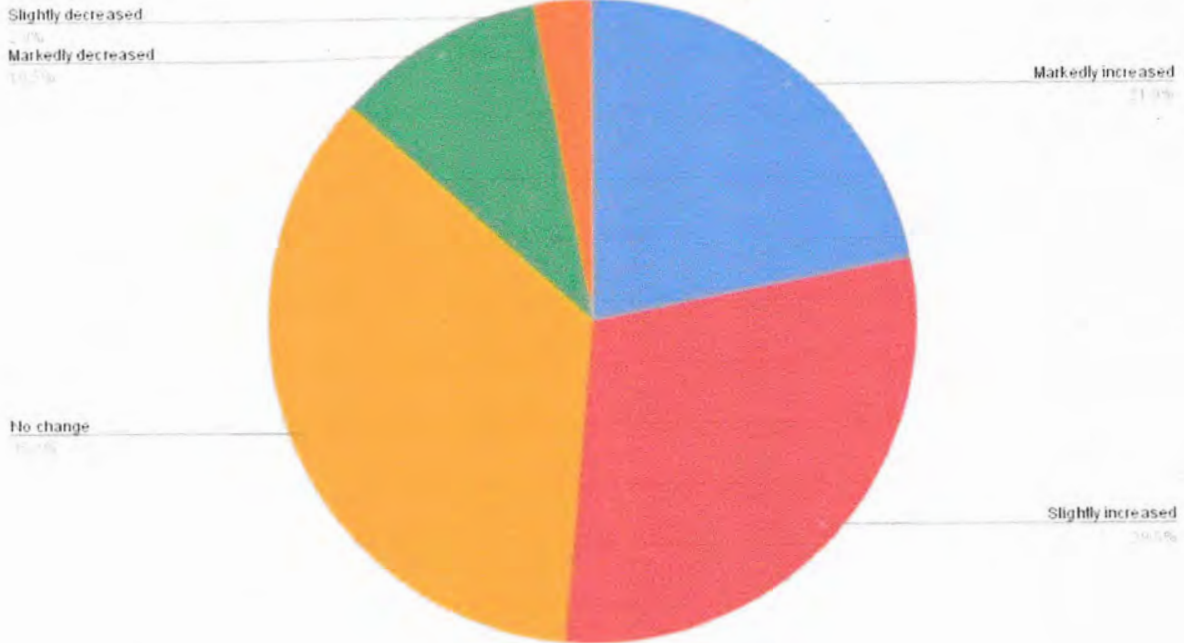
16.2% of the population had no change in use of social media. And 1.9% showed a slight decrease. As people may use their free time to read books, craft works etc. than use social media. But in today's context, use of social media has brought many benefits. It has helped to reduce stress, depression, loneliness etc. during this pandemic time.



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## 18. Internet gaming

17. Watching movies



By analyzing the pie diagram , we can see that 29.5% of the population showed slightly increased watching movie and also. 21.9% markedly increased . It shows that during this pandemic, many people may have no jobs , schools, offices etc. Since they have plenty of free time. So they will spend their free time watching movies.

35.2 % of the population had no change in watching movies. And 2.9 % shown markedly decreased and also 10.5 % shown slightly decreased . As people use their free time to use social media , read books , craft works etc.

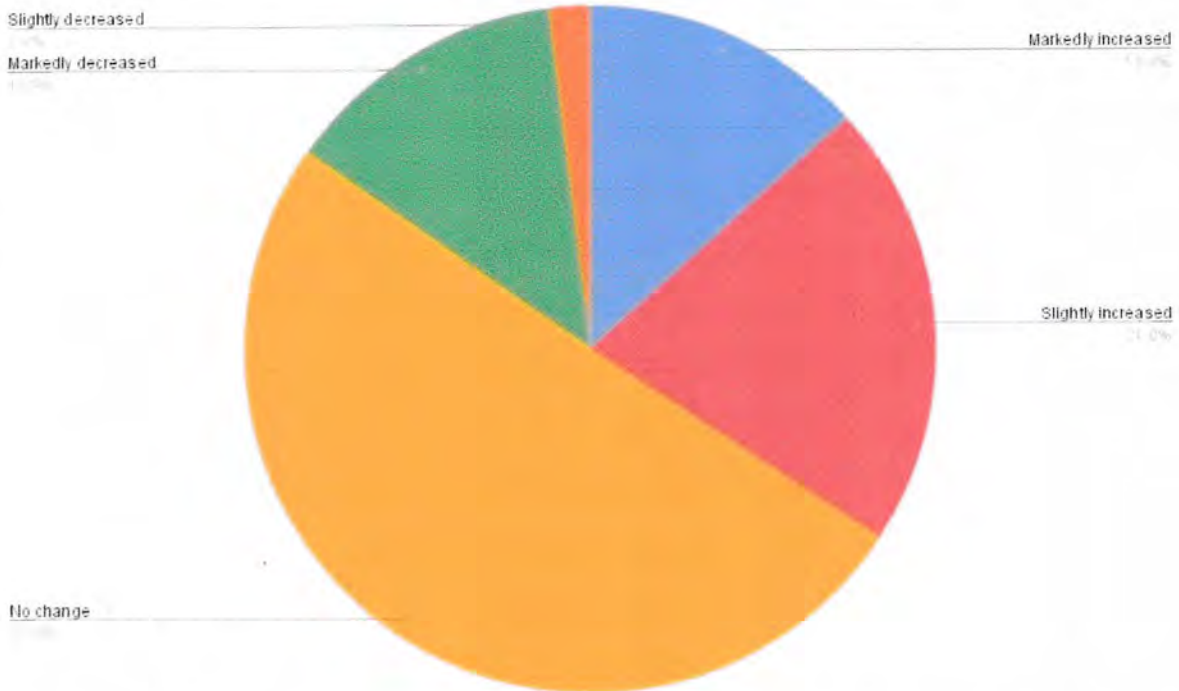


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## 18. Internet gaming

18. Internet gaming



By analyzing the pie diagram, we can see that, 50.5% of population has shown no change in the use of internet gaming and also 21.0% shown slightly increased. This increase is not a surprise in this pandemic situation, because many people now have no job duties at school and office. Since they have plenty of free time. So they will use that time on internet gaming. And reduce the boring situation.

13.3% of the population had both markedly increased and also decreased in use of internet gaming. And 1.9% showed a slight decrease. As people may use their free time to read books, craft works etc. than use of internet gaming.

But in today's context, use of internet gaming that promotes gaming for socializing and stress reduction may achieve positive outcomes. Although gaming can be a healthy coping strategy for the majority, it can also pose risks to some vulnerable individuals.

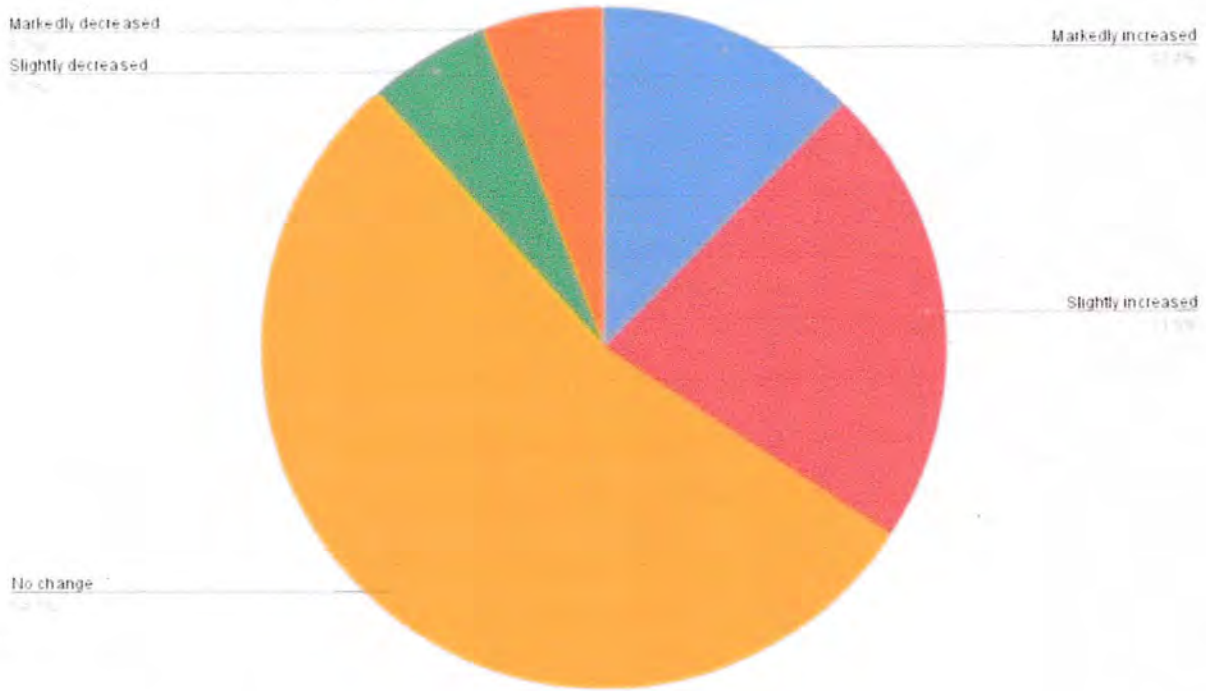


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## 19. Playing indoor games

19. Playing indoor games without using gadgets



Playing is not simply for fun, it is a stress-buster. It is an activity that keeps our mind and body healthy.

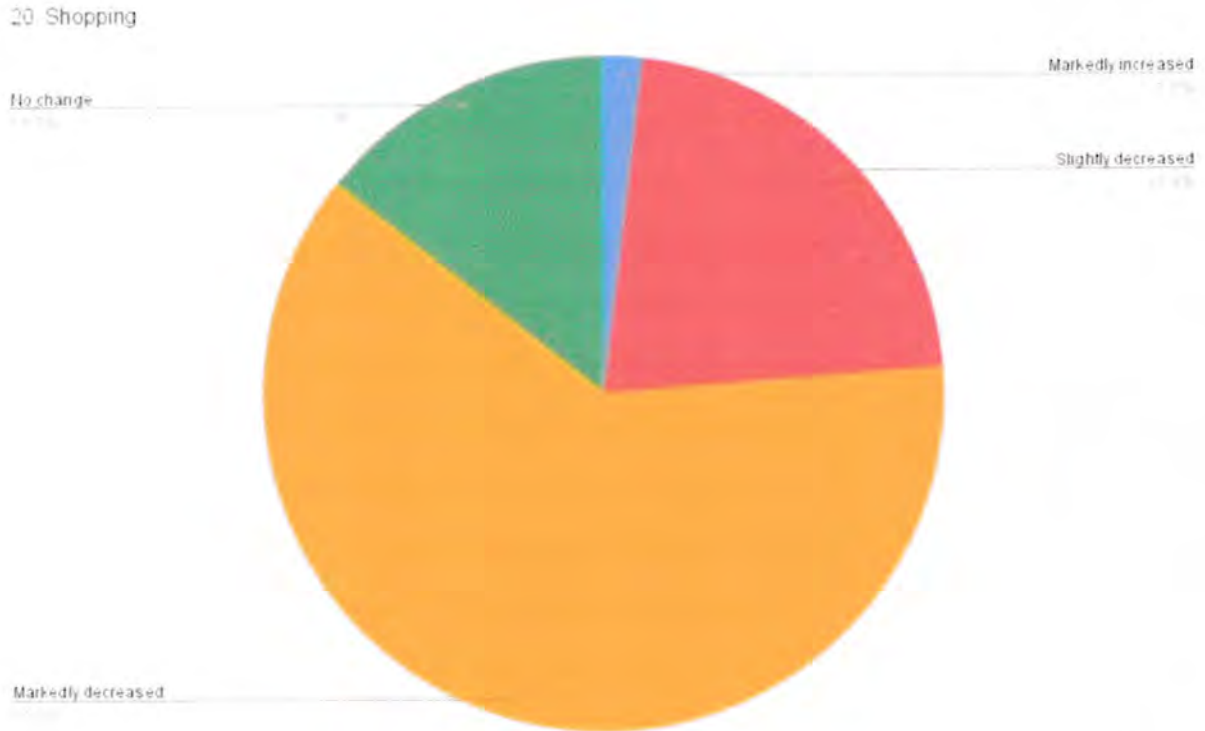
By analyzing the pie diagram, we can see that 21.9% of the population has shown a slight increase in playing indoor games. And 12.4% of population has markedly increased this behavior. This increase is not a surprise in this pandemic situation as if there is no urgent work or hurry to school or offices. Only 5.7% of the population showed markedly and slightly decreased indoor plays. Maybe these people are engaged in other hobbies. And 54.3% of them showed no change in this behavior. Games may not be their area of interest.



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## 20. Shopping



Everybody has their own way of relaxing and escaping from gloomy and mundane everyday life. Mostly nowadays, people feel disappointed with anything or just bored, they go shopping. It makes them feel good. Shopping allows people to have a sense of expression and fashion established individually.

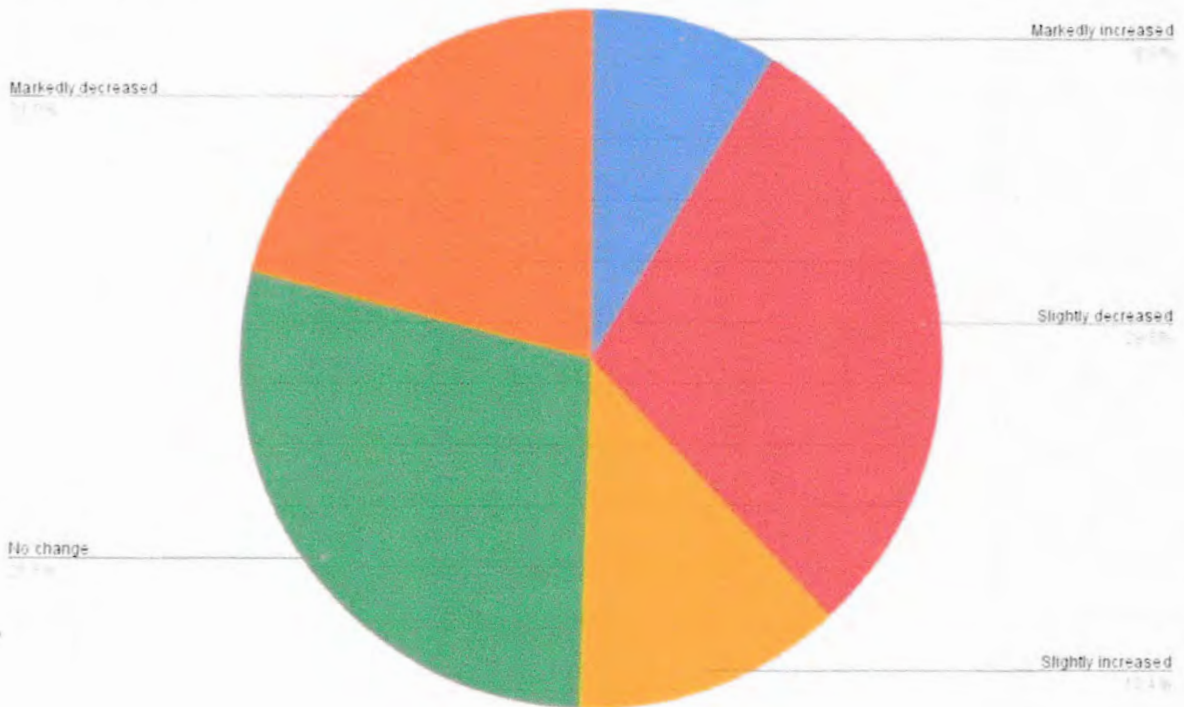
But the situation changed. We can't go shopping because of the spread of covid19. During the lockdown the shopping was markedly increased in 61.9%. It was very shocking, because people can't go outside and can't buy things that they want. Markedly increased with 1.9%, today only necessary shops were opening. Slightly decreased with 21.9%, because only few people are going outside and shop necessary things only. But there was no change for 14.3% of the population, maybe they were less interested in shopping.



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## 21. Spending

21 Spending



Spend is to dedicate time to an activity. These days, many people spend time surfing social networking sites or to accompany someone for leisure; to hang out. But due to Covid 19 lockdown participants are staying in their own shelters and so 29.5% showing slightly decreased and 21% markedly decreased in their dedication to an activity. 28.6% showing no change for their spending, 12.4% showing slightly increased and 9.6% showing markedly increased level of spending.

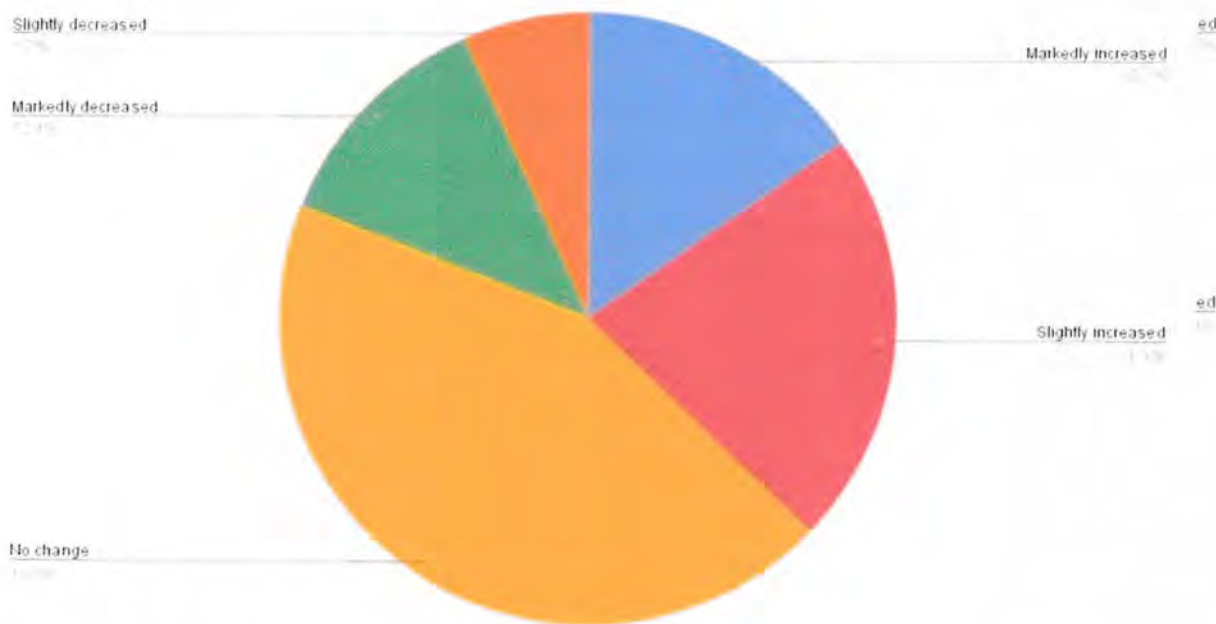
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## 22. Reading books


22. Reading books



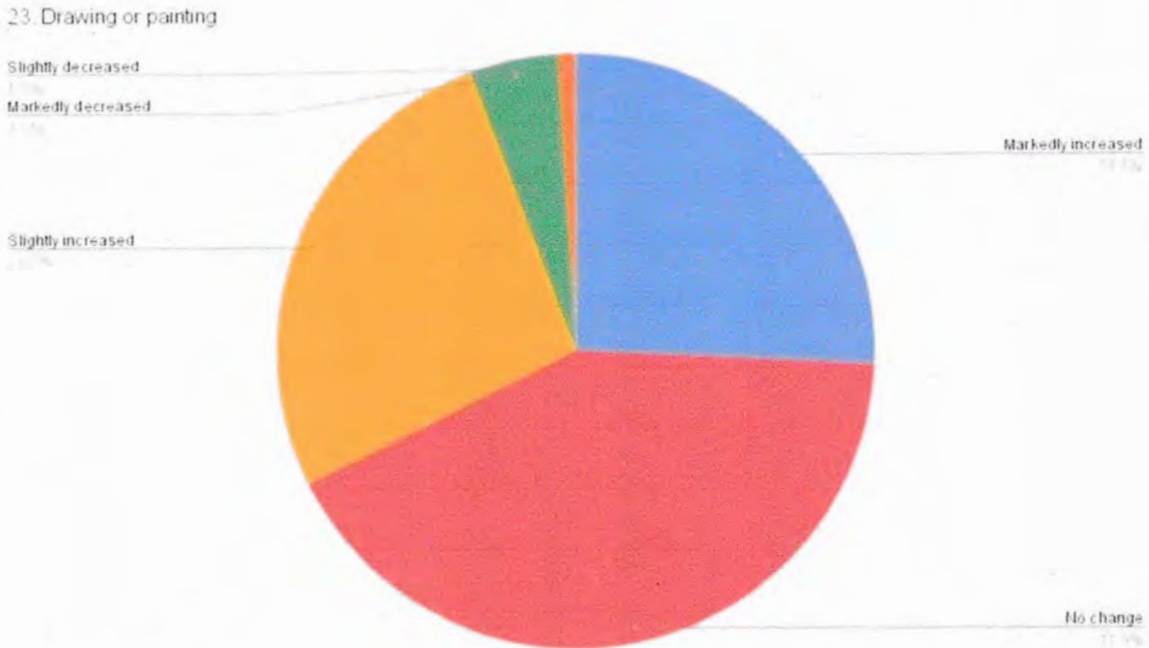
Reading books helps your brain to be more active and it gives your brain a different kind of workout. Reading helps you to find out the new real you, gives you a different perspective of life. There are various reasons why Reading is very important and beneficial. Reading exposes you to new things, new ways, new understanding, new information, new ways to handle situations and new ways to solve them.

The habit of reading books markedly increased about 15.2% of the total population. On the other hand it markedly decreased by about 12.4% of total population. In the same way it increased slightly by about 21.9% and slightly decreased by 6.7%. There was no change for 43.8% of the total population. This reveals that only a small percentage of the taken people spend their time reading books during the period of lockdown because of COVID 19. About half of the population have not changed, this means that they were not much interested in reading books. Maybe these people spend their leisure time on other works which may be interesting to them.



  
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### 23. Drawing or painting



Drawing is a form of visual art in which a person uses various drawing instruments to mark paper or another two-dimensional medium. The diagram shows the level of painting and drawing of participants during lock down. Majority of the participants showed no changes in painting and drawing which is 41.5% from the total population. 26.7% of the participants showed a slight increase and 25.7% of them showed markedly increase in painting and drawing. A few 4.8% of participants markedly decreased and 1% of them showed a slight increase in painting and drawing.

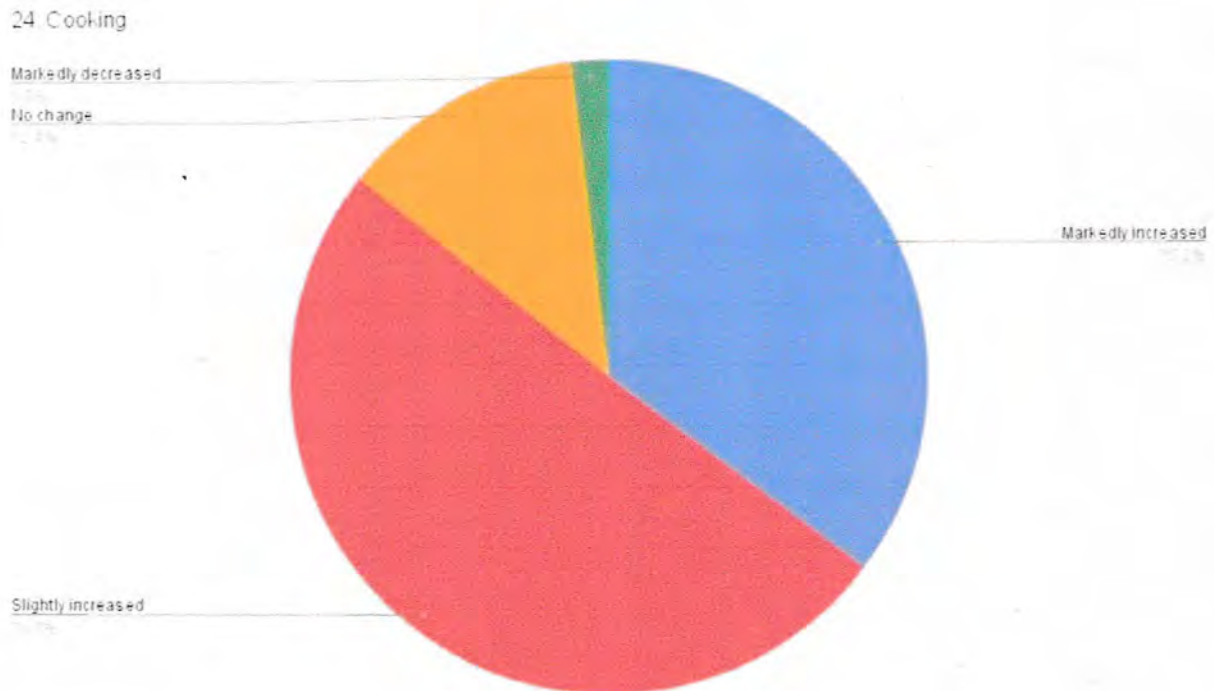
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## 24. Cooking




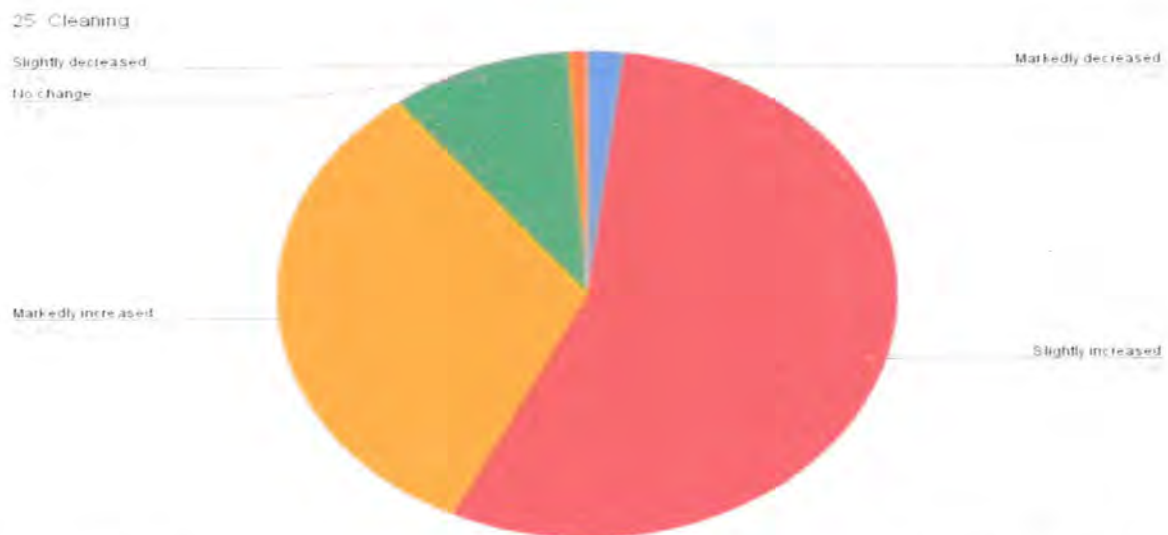
The world is trying to come to grips with the COVID-19 pandemic, and for most people this means sheltering at home, and cooking for themselves.

By analyzing the pie diagram, we can see that 50.5% of the population has shown a slight increase in cooking and also 35.2% shown marked increase. This increase is not a surprise in this pandemic situation as if there are no schools and offices. So lots of people took up various kinds of hobbies to do at home. Many people turned towards making various kinds of delicious food.

12.4% of the population had no change in cooking time. On the other hand 1.9% shows slight decrease in cooking. As people get more time to spend in their home, they also try cooking and helping their family. Lots of people spend their leisure time cooking which may be more interesting to them.



  
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Cleaning is the process of removing unwanted substances, such as dirt, infectious agents, and other impurities, from an object or environment. From the above diagram, it is clear that 55.2% of participants slightly increased and 32.4% showed markedly increased in their cleaning. 9.5% shows no change, 1.9% shows markedly decreased and about 1% of participants shows slightly decreased in their level of cleaning.

## Results

- Majority of student's sadness, anxiety, sleep, cooking, use of social media, and faith in god slightly increased.
- Majority of students show a marked increase in irritability and slightly decreased social connectedness and spending .Shopping seems to markedly decrease.
- Majority of students has no change in internet usage, involvement in indoor games, exercise, watching movies, fatigue, reading, drawing and painting, social isolation ,fear and fear of death



A TEAM WORK OF MSC III SEM STUDENTS, NSS VOLUNTEERS AND DEPARTMENT FACULTIES

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