



**MES COLLEGE MARAMPALLY**

**NSS UNIT NO. 68**

**REPORT OF NSS ACTIVITIES DURING THE YEAR 2019-20**

## SMES COLLEGE MARAMPALLY

NSS UNIT NO. 68

ANNUAL REPORT FOR THE ACADEMIC YEAR 2019-20

### WORLD ENVIRONMENT DAY-2019



World Environment Day-2019 was observed in the campus. A brief message was given by the Principal Dr. A. Biju, regarding the importance of planting trees to save our Earth. Plant saplings provided by the Kerala Forest Department were

distributed to teachers and students. The programme was inaugurated by College, Management Committee Secretary Adv. Abul Hassan by giving away saplings to the NSS volunteers and staff. NSS volunteers planted trees in the campus.



### BLOOD DONORS DAY

NSS volunteers donated blood at Rajagiri Hospital, Chunangumveli, Aluva on World Blood Donor Day June 14<sup>th</sup> 2019.



## INTERNATIONAL YOGA DAY

International Yoga Day was observed on 21/06/19. NSS volunteers organised a Yoga awareness rally to create an awareness among the staff and students about the benefits of practicing Yoga. The rally was flagged off by the College Management Committee Chairman Mr. M.A. Mohamed. IQAC Coordinator Dr.

Manzur Ali P.P, College Management Committee Vice Chairman Mr. T. M Zakir Hussain and NSS Programme Officers were present in the awareness programme. A Yoga training workshop was organised for students by the Physical Education Director Mr. Haneefa K.G.



College Management committee chairman Mr. M.A Mohamed flagging off the rally





Yoga Rally



Volunteers practicing Yoga



‘Yoga Workshop’ by Physical Education Director Mr. Haneefa K.G

## INTERNATIONAL ANTI-DRUGS DAY-2019

International Anti-Drugs Day was observed on June 26. ‘Anti Drug Use Oath’ was taken by all the students of our College under the stewardship of NSS. An essay competition was conducted on the topic “The role of a student in building an addiction free society”



Essay competition conducted in connection with ‘Anti-drugs awareness Day’

## VANAMAHOTSAVAM -2019

Trees were planted in the campus as part of Vanamahotsavam 2019–on July 1<sup>st</sup>. The Programme was inaugurated by

the College Principal Dr. A. Biju. NSS Volunteers planted trees in the campus as part of ‘Vanamahotsavam’.



Vanamahotsavam inaugurated by Principal Dr. A.Biju



NSS Volunteers planted trees in the campus as part of ‘Vanamahotsavam’

## SWATCH BHARATH SUMMER INTERNSHIP

Several students of our NSS unit have enrolled for **Swatch Bharath Summer Internship** and initiatives were

taken to make the campus Litter Free Zone.

## WORLD POPULATION DAY-2019

NSS volunteers observed World Population Day-2019 on July 11<sup>th</sup> 2019. Volunteers gathered and distributed pamphlets to give awareness on Population

explotion. Pamphlets were displayed on various Department notice boards. The program was coordinated by volunteer secretaries.



Poster exhibition in connection with 'World Population Day'

## KERALA FLOOD RELIEF ACTIVITIES

NSS unit actively participated in Kerala flood relief activities. Fund raising and materials collection was done from all sources such as staff, students, management, police department, local people etc. During the First phase we donated material worth 5000/- directly to the Ernakulam Collectorate. Our volunteers served at the distribution centre at Collectorate as a part of the relief activity. In the second phase we have collected approximately 2,00,000/- which will be used to donate essential materials to the flood victims at Wayanad.



Volunteers handing over money and material for flood relief activities



Our volunteers serving at the distribution centre at Collectorate as a part of the relief activity



Flood relief activities

## INDEPENDENCE DAY CELEBRATIONS

NSS volunteers actively participated in nation's 73<sup>rd</sup> Independence day celebrations.



Independence Day celebrations

## SWATCH BHARATH ACTIVITIES

Volunteers took up cleaning activities in connection with Swatch Bharath activities. The volunteers cleaned college premises such as canteen, store, Biodiversity

protected area- Shanthisthal, campus, college ground etc. Biodegradable and non-biodegradable wastes were collected, segregated and disposed.

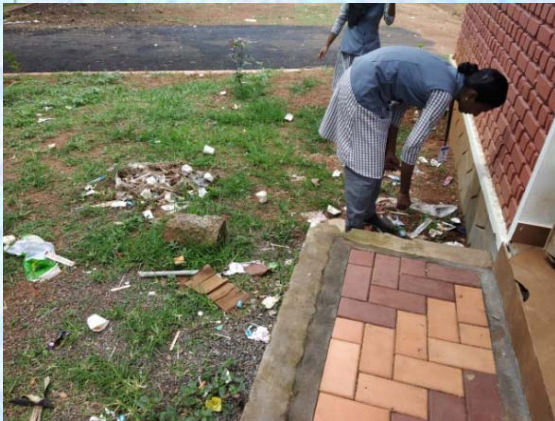




*Swatch Bharat activities in progress.....*



**Cleaning Biodiversity park-Santhisthal**



**Swatch Bharat-Volunteers cleaning college premises**

## HIROSHIMA DAY

Hiroshima Day was observed on August 6th. A silent prayer was done by all the students remembering the war victims and for peace in the world. An

exhibition was conducted which was inaugurated by Dr. A. Biju, Principal MES College, Marampally.



Exhibition in connection with 'Hiroshima Day' inaugurated by Principal Dr. A. Biju

## ASSAM FLOOD RELIEF- 2019

The essential commodities and cash collected by NSS volunteers towards Assam Flood Relief were handed over to M G University Representatives on 2<sup>nd</sup> August 2019.



## ORIENTATION PROGRAMME

Selection of the first year students was conducted and an orientation session was given to students by Mr. Amal Saroj,

assistant professor, Department of Vocational Studies on 1st september 2019.



Orientation Programme



Ice Breaking session



Awareness Class

## TEACHERS' DAY

NSS in association with the Department of Psychology conducted the competition 'Teacher in Me' for the

students of the college on Teachers' Day, September 5, 2019.

## NSS GOLDEN JUBILEE CELEBRATIONS

The NSS unit, MES College, Marampally celebrated Golden Jubilee of NSS on September 24 with a wide variety of varieties. A rally was conducted to spread noble values such as love, peace, suchitwa saksharatha, communal harmony and national integration. An orientation

class was organized for the volunteers. Pledge was taken by the volunteers by lighting the candles. A new hunger relief initiative 'Sahodarangalkoru Pothichoru' was launched in association with Golden Jubilee celebrations.





**National Integration Rally**



**Pledge taking by the volunteers by lighting the candles**



**Pledge taking by the volunteers by lighting the candles**

## **HUNGER RELIEF INITIATIVE – 'SAHODARANGALKORU POTHICHORU'**

A new hunger relief initiative 'Sahodarangalkoru Pothichoru' was launched in association with Little Flower Training Institute, Aluva as part of NSS

Golden Jubilee celebrations. Students and staff brought food packets once or twice a month, which were collected and handed over to the needy in various colonies.



**Volunteers with the food packets collected during the Hunger relief activity**

## GANDHI JAYANTHI

On October 2<sup>nd</sup> 150<sup>th</sup> birthday of our Nations father Mahatma Gandhi was celebrated in a befitting way. A rally was organised to spread Gandhian values. Suchitwa Saksharatha mission was

inaugurated by Smt. Shereena, President Vazhakulam Grama Panchayath. The volunteers cleaned the Panchayat Community Hall and premises a part of ‘Suchitwa Saksharatha’ mission



Rally to spread Gandhian values.....



‘Suchitwa kerala mission’ at Vazhakulam Grama Panchayath





## WORLD WHITE CANE DAY CELEBRATIONS – SUPPORTING THE BLIND

On October 15 NSS team visited the Blind School Keezhmad to volunteer in ‘World White Cane Day’ celebrations. Our volunteers interacted with the differently abled students and provided them snacks as a token of our love. The

volunteers prepared a video of their activities which was displayed throughout the day. Our volunteers provided all the help for the smooth conduct of the exhibition and did all other arrangements over there.



**Volunteers at School for the Blind organizing Exhibition**



**Volunteers at School for the Blind during 'White Cane Day' Celebrations**

### **PAIN AND PALLIATIVE CARE**

Students actively take part in Pain and Palliative care service in association with Olive Palliative Care, Kaipurikkara,

daily on a regular basis. Daily our students attend 4 or five cases along with the assisting palliative care staff.



## NATIONAL LAW DAY

National Law Day was observed by NSS on November 26 to honour the leaders who worked behind framing our constitution and also to create an awareness regarding our constitution. An

awareness class on Indian constitution was given by Adv. Mohanraj T.P. The preamble of the constitution was read by and an oath was taken by all the volunteers in this regard.



**National Law Day inauguration by Principal Dr. A. Biju**



**Awareness talk by Adv. Mohanraj T.P.**



**Oath taking by the Volunteers**

## SEVEN DAY SPECIAL CAMP

NSS Special Camp was conducted at Kallil Government Higher Secondary School, Methala from 20<sup>th</sup> December to 26<sup>th</sup> December. 100 volunteers participated in the camp. Activities taken up during the camp included cleaning of the ways to Villarpathy Temple, Methala which is also considered as a heritage centre, making vegetable garden and flower garden at the Kallil Government Higher Secondary School, Energy survey for ANERT, a socioeconomic survey at an unorganised colony, house construction for the poor, book sorting at Vayanasala, Kallil, donation of books brought by the volunteers to the School library, interaction with the local community, trekking to Kallil temple etc. The students spread the message of communal harmony by conducting a Christmas Carol which brought great public acceptance and appreciation to our NSS team. The Primary Health centre, Methala provided us a first aid kit and gave useful instructions ensure volunteer safety.



During the special camp volunteers attended sessions on various useful topics such as ‘Yoga and fitness’ by Sri Haneefa K.G, Physical Education Director, MES College, Marampally, ‘Anti-Drug awareness class’ by Sri Job, Inspector Vigilance, ‘Life style diseases and body weight management’ by Sri Suresh Babu, Health Inspector, Vazhakulam Kudumbarogya kendram, ‘First Aid’ by Emergency response team of MES College, Marampally, ‘Motivational session’ by C Positive, a professional motivational team, various sessions on NSS by Sri Amal Saroj, HOD, B.Voc Instrumentation, and by Sri Muhammed Sajad, Asst. Prof., Software Development of MES College Marampally. The volunteers had experience and success story sharing

with former volunteer secretaries from Jaibarath College, Sree Dharsana, English and Foreign Language Univeristy, Shillong and Parthan, Lamiya and Ajas former NSS volunteer secretaries, MES College, Marampally. Volunteers donated the books collected to the school library as a token of our gratitude.



**NSS team, MES College Marampally at Kallil Govt. School, Methala**



**Volunteers practicing Yoga**



Food Committee in action.....



Unity in a plate.....



Cleaning Committee in action.....





Cleaning Committee in action.....



Cultural activities



Trekking



ANERT Survey



Socio-economic survey





Health inspector handing over first aid kit



Colony survey



Villarpathy temple way cleaning



Garden making at Kallil School



Vegetable garden making at Kallil School



House construction



**Anti –drug awareness class by Sri Job, Inspector, Excise Department**



**Weight management awareness class**

**Class on Life style diseases by Sri Suresh Babu, health inspector, Vazhakulam**



**Self Defence class by Sri Haneefa K.G, Physical Education  
Director, MES College, Marampally**



Christmas Celebrations.....

## PAIN AND PALLIATIVE CARE CLASS

Pain and Palliative care class was organised in association with Olive Palliative Care, Kaipunikara and Vazhakulam Kudumbarogyakendram. Olive Palliative care President, Sri Kaderkunju delivered a talk on the importance of Palliative care and the

benefits students derive from such value based education. Health Inspector Sri Suresh Babu delivered a detailed Cancer awareness class. Junior health inspector Sri Vipin delivered a lecture on Life style diseases.



**Cancer awareness class by Sri Suresh Babu, Health inspector, Vazhakulam**



**Olive Palliative care president Khaderkunju address the gathering**



**Kerala State Disaster Management Authority Sannadha sena registrationcamp was conducted**

## WOMEN'S DAY

International Women's Day was observed on 8<sup>th</sup> March. Awareness programmes on women empowerment and gender sensitization were organized. Quiz competition, Debate, Speech etc were organized. Ms Ashitha of S2 BBA

won the competition and awarded 'Women star -2019-20'. Women's Day message was delivered by Programme Officer Dr. Ally C. Antony. The volunteers also performed several cultural activities



Quiz competition



Debate competition

## WORLD AIDS DAY

World AIDS Day was observed on December 1<sup>st</sup> in association with the Department of Biosciences and Vazhakulam Kudumbarogyakendram. An awareness rally was organized which was flagged off by MES College Principal Dr. A. Biju. The volunteers distributed awareness pamphlets to the public. Health inspector Sri. Suresh Babu Junior Health

Inspector Sri. Vipin delivered awareness talks on AIDS and the role of Youth in controlling the disease. The volunteers wore red ribbon and distributed 'Red ribbon' symbolising their support to the victims. Vazhakulam Grama Panchayath President Smt. Shereena inaugurated the awareness programme and other officials felicitated the gathering.



Vazhakulam Grama Panchayath President Smt. Shereena inaugurated the AIDS awareness programme





**MES College Marampally Principal Dr. A. Biju flagging off AIDS Day rally**

## CANCER DAY

The World Cancer Day was observed on 4<sup>th</sup> February in association with Vocational Department. Dr. P.K. Prem Ravi Varma, Medical Oncologist, Cochin Cancer Research Centre, Kalamassery delivered an awareness lecture on the causes, treatment and preventive measures

for cancer. A hair donation programme ‘Hair to Heart’ was also organized in association with ‘Miracle charitable association Hair Bank’, Thrissur. Approximately 40 students donated hair towards this programme.



**Cancer awareness talk by Dr. P.K. Prem Ravi Varma, Medical Oncologist**



**Miracle charitable association Hair Bank' address the gathering**



**Volunteers donating hair at the donation campaign 'HAIR TO HEART'**



**'HAIR TO HEART' Hair donation campaign**

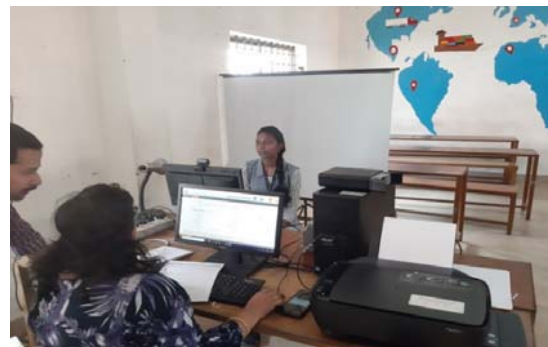


## AADHAR UPDATION CAMP

NSS organised an Aadhar updation camp in association with Post Office, Marampally. Several students and staff were benefitted from the programme.



Post Office officials with Team NSS at the Aadhar updation camp



Students updating Aadhar details at the camp

## TRIP MOVIE

NSS volunteers watched the Trip movie directed and produced by Mahatma Gandhi University. It was good movie which carried messages related to anti drug abuse, importance of a good family relationships in the development of the youth etc.



## VOLUNTEERED SPORTS DAY

NSS volunteers handled the refreshment duty in a very good manner which invited wide appreciation staff and students alike.

Volunteer Secretary Abina took the lead in this.

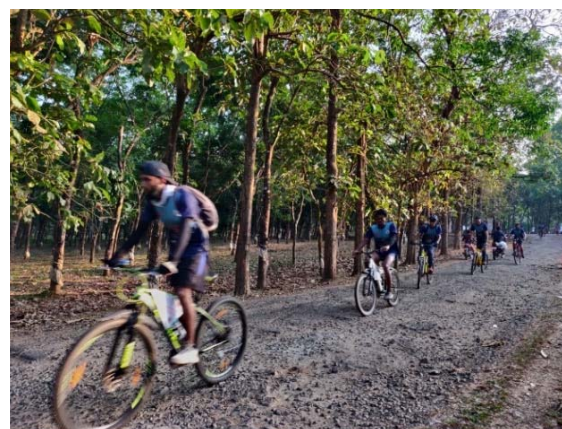


Volunteers at the Sports Day refreshment counter

## CYCLEATHON 2020- ANTI DRUG AWARENESS CAMPAIGN

NSS had the major role in making Cycleathon 2020 a grand success. The cycle club of the college, in association with the Excise Dept, organised a cycle marathon from Marampally to Athirapally

and back on 10<sup>th</sup> and 11<sup>th</sup> February 2020. NSS had provided the maximum number of participants for the event. The Cycleathon was conducted with an attractive theme of anti-drug campaign.



## COVID 19 OUTBREAK- BREAK THE CHAIN INTITIATIVE

Our NSS joined the Kerala State's initiative to fight the Corona virus epidemic outbreak Break the Chain in association with the Department of

Biosciences. Hand sanitizer was prepared and proper hand sanitization of the entire staff and students was ensured to prevent the virus spread.



## BLOOD DONATION CAMP

Blood donation camp was organized during the year in association with General

Hospital, Ernakulam. Approximately 40 volunteers donated blood in both the camps.



## REPUBLIC DAY



## OTHER CAMPS ATTENDED

Our volunteers Hamza K.A and Unnimaya V.R attended 3 day State level camp at St.Mary’s College, Manaurcad from 22/11/19-24/11/19. Several other

camps such as KVVYAF, NDRF, Palliative care orientation etc. were also attended by our volunteers.



**Kerala Voluntary Youth Action Force (KVVYAF) at SSV College, Perumbavoor**



**Volunteers attending National Disaster Rescue Force (NDRF) Camp at Arakonam, Tamilnadu**



**NSS volunteers at Cochin Carnival**

**NSS Programme Officer Sri Ahamed Jimshad K was selected as Contingent Leader for the team representing Kerala to attend the NSS National Integration Camp (Tribal Youth Exchange Programme) held at Guwahati, Assam.**



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