



MES COLLEGE MARAMPALLY

NSS UNIT NO. 68

REPORT OF NSS ACTIVITIES DURING THE YEAR 2020-21

MES COLLEGE MARAMPALLY

NSS REPORT ACTIVITIES FOR THE ACADEMIC YEAR -2020-21

WORLD ENVIRONMENT DAY 2020



The World Environment Day was observed on June 5th 2020. The programme was inaugurated by our beloved principal Dr. Ajims P. Mohammed by planting a tree in the campus. A brief message on

the importance of planting trees was given by the College Management Committee Secretary Adv. Abul Hassan. NSS volunteers and Programme Officers were present during the occasion.



**‘World Environment Day 2020’
inauguration by Principal Dr.
Ajims P. Muhammed**



A webinar was organised by NSS in connection with World Environment Day. Principal Dr. Ajims P. Mohammed delivered the Presidential address. The resource person for the webinar was Dr. Mahesh Mohan, Assistant Professor, School of Environmental Sciences, Mahatma Gandhi University, Kottayam. Dr Mahesh had undertaken several environmental projects such as pollution and ecotoxicology research of Vembanad lake, had participated in Indian Arctic expedition several times and was also the team leader of the Indian Arctic Expedition during 2015-16. Dr. Mahesh delivered an excellent talk on current environmental issues such as environmental pollution, its impact on biodiversity, biodiversity loss, the necessity to preserve biodiversity etc. More than 50 participants attended the Webinar.

**WORLD ENVIRONMENT DAY
CELEBRATIONS 2020**

Focal Theme: Celebrate Biodiversity

5 June 2020



Webinar on World Environment Day
Dr. Mahesh Mohan
Assistant Professor,
School of Environmental Sciences,
Mahatma Gandhi University, Kottayam
Date: 5 June 2020, Time: 2.00 pm - 3.00 pm

Zoom Meeting ID : 829 917 6288
Zoom Meeting Password : 4inUzV

Organized by
**DEPARTMENT OF BIOSCIENCES & NSS
MES COLLEGE MARAMPALLY**



GOVERNMENT ONLINE TRAINING ON COVID-19

NSS Programme officers and Volunteers attended the Integrated online Government online training (IGOT) on DIKSHA platform on COVID 19 pandemic online for NSS by Department of Personnel and Training .



Acknowledgement of Completion

This is to acknowledge that

Aseel Abdulla

has successfully completed the training

Basics of COVID-19 (Malayalam Course)

on 22 April 2020.






Scan to Verify

VEGETABLE GARDEN MAKING

Students made vegetable garden at their home. Due to COVID -19 restrictions students grew vegetables to develop a culture of sustenance.



Vegetables grown by volunteers in their house premises

MASK MAKING

During the pandemic time students engaged in mask making for themselves and distributed also. A competition was conducted for creative mask making also.



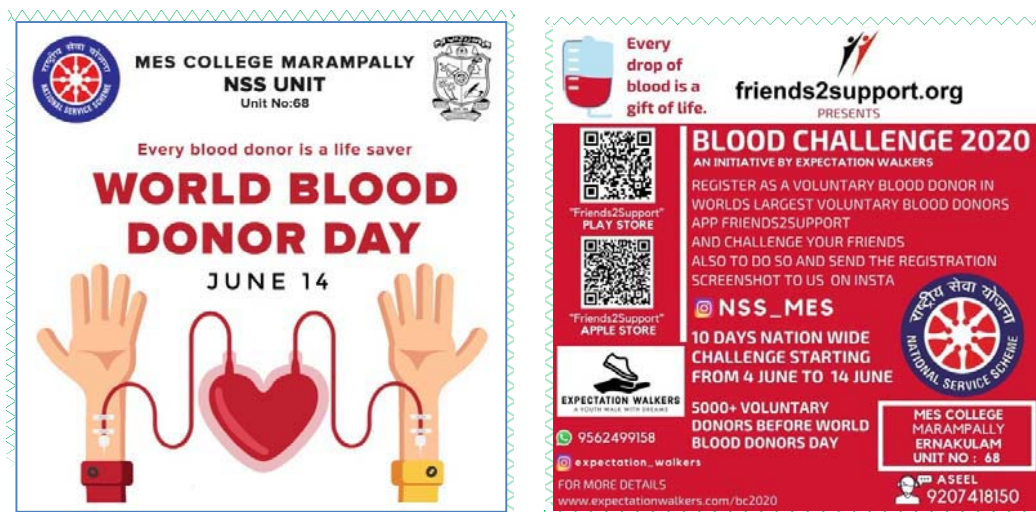
Creative masks made by volunteers

FINANCIAL AID TO A NEEDY VOLUNTEER

The volunteers collected a sum of ₹ 3500/- and handed over to a needy student as financial assistance during this COVID time.

WORLD BLOOD DONOR DAY

In connection with 'WORLD DONORS DAY' volunteers took up Blood challenge 2020 – by registering as voluntary blood donors in a voluntary blood donors app



**MES COLLEGE MARAMPALLY
NSS UNIT
Unit No:68**

Every blood donor is a life saver

WORLD BLOOD DONOR DAY
JUNE 14

Every drop of blood is a gift of life.

friends2support.org
PRESENTS

BLOOD CHALLENGE 2020
AN INITIATIVE BY EXPECTATION WALKERS

REGISTER AS A VOLUNTARY BLOOD DONOR IN
WORLD'S LARGEST VOLUNTARY BLOOD DONORS
APP FRIENDS2SUPPORT
AND CHALLENGE YOUR FRIENDS
ALSO TO DO SO AND SEND THE REGISTRATION
SCREENSHOT TO US ON INSTA

NSS_MES

10 DAYS NATION WIDE
CHALLENGE STARTING
FROM 4 JUNE TO 14 JUNE

5000+ VOLUNTARY
DONORS BEFORE WORLD
BLOOD DONORS DAY

9562499158
@expectation_walkers

FOR MORE DETAILS
www.expectationwalkers.com/bc2020

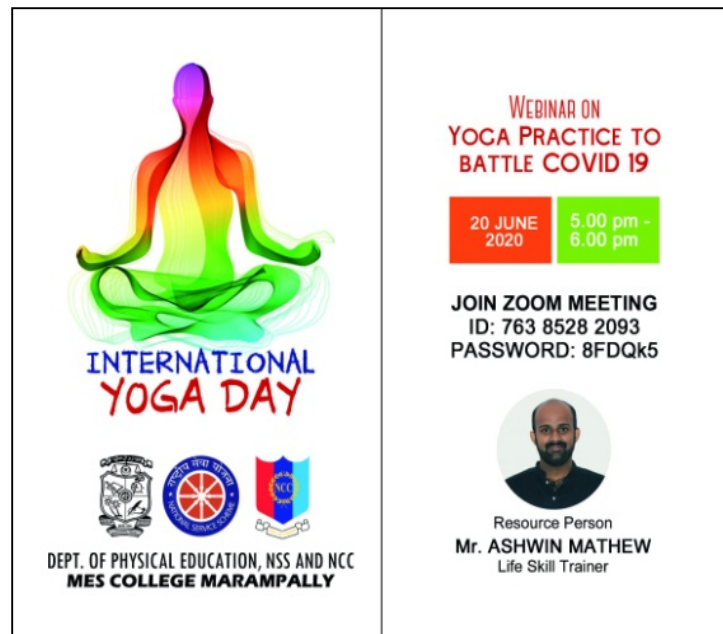
MES COLLEGE
MARAMPALLY
ERNAKULAM
UNIT NO : 68

A SEEL
9207418150

Volunteers taking 'Blood Challenge 2020'

INTERNATIONAL YOGA DAY

‘Yoga day’ was observed on 20.06.20. A webinar was conducted in association with the Physical Education department and NCC to make awareness among the students regarding the benefits of practising Yoga. The resource person for the webinar was Mr. Aswin Mathew, Life Skill Trainer. The resource person explained various ‘Asanas’ and the benefits that could be derived from them. It also included a practical session on virtual platform.



**WEBINAR ON
YOGA PRACTICE TO
BATTLE COVID 19**

20 JUNE 2020 5.00 pm - 6.00 pm

**JOIN ZOOM MEETING
ID: 763 8528 2093
PASSWORD: 8FDQk5**

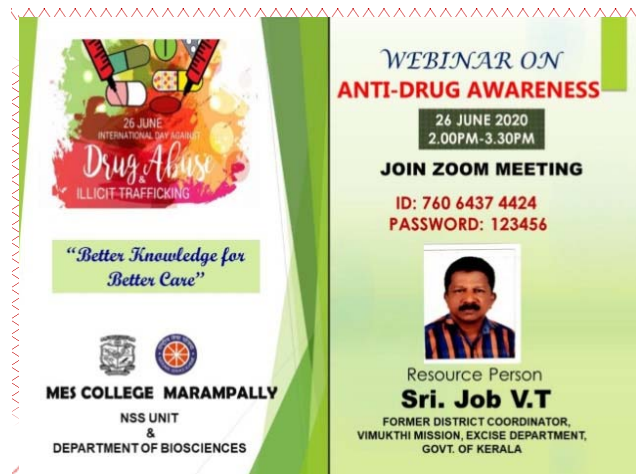
Resource Person
Mr. ASHWIN MATHEW
Life Skill Trainer

DEPT. OF PHYSICAL EDUCATION, NSS AND NCC
MES COLLEGE MARAMPALLY

ANTI- DRUG ABUSE DAY

Anti-Drug Abuse Day was observed on 26.06.20 to spread and awareness against Drug abuse among the students. An awareness webinar was organised and the resource person was Sri Job V.T Former District Coordinator, Vimukthi

Mission, Excise Department, Govt. Of Kerala. A quiz competition was conducted in connection with Anti-Drug Abuse Day and E-certificates were provided for the winners.



**WEBINAR ON
ANTI-DRUG AWARENESS**

26 JUNE 2020
2.00PM- 3.30PM

**JOIN ZOOM MEETING
ID: 760 6437 4424
PASSWORD: 123456**

Resource Person
Sri. Job V.T
FORMER DISTRICT COORDINATOR,
VIMUKTHI MISSION, EXCISE DEPARTMENT,
GOVT. OF KERALA

MES COLLEGE MARAMPALLY
NSS UNIT
DEPARTMENT OF BIOSCIENCES



MES COLLEGE MARAMPALLY
NSS AND DEPARTMENT OF BIO-SCIENCE

Anti-Drug Abuse Day

Quiz competition
STAND AGAINST DRUG ABUSE
Date: June 26-27

*Certificates will be given on successful completion

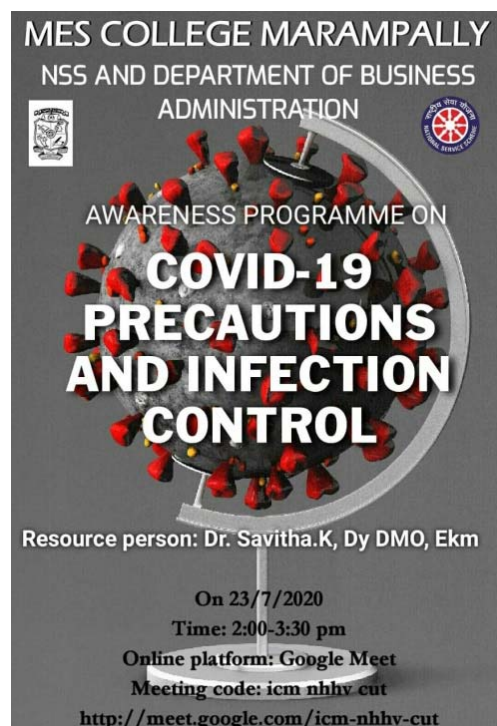
VANAMAHOTSAVA DAY

Vanamahotsava Day was observed on July 1st. Students planted trees and took care of plants at their home due to COVID restrictions.



COVID- 19 AWARENESS PROGRAMME

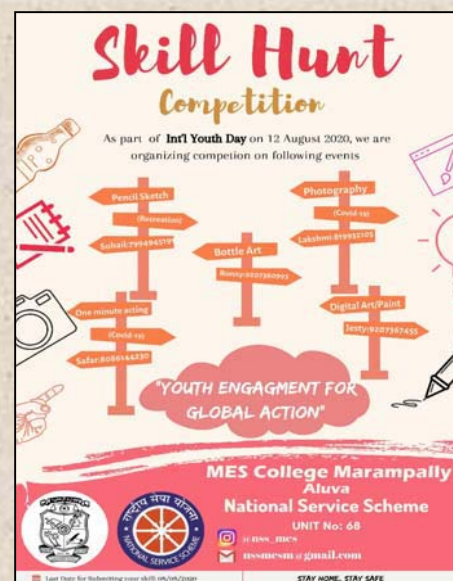
An Awareness Programme on COVID-19 ‘Precautions and Infection Control’, was conducted on 23rd July, 2020. The webinar was focussed on developing an awareness COVID-19 among the students. The session was inaugurated by the Principal Dr. Ajims P. Muhammed. Programme officers Sri. Ahmed Jimshad K. and Dr. Ally C. Antony coordinated the program. Dr. Savitha. K, Dy.DMO, Ernakulam, was the resource person. Through the session, students got valuable information about COVID-19, test to detect COVID-19, quarantine measures, selection of appropriate sanitizers, correct usage of hand sanitizers and correct method of wearing different types of masks etc. This was followed by an interactive session where students clarified their doubts regarding COVID-19.



INTERNATIONAL YOUTH DAY & SKILL HUNT COMPETITION

As part of INTERNATIONAL YOUTH DAY' the NSS unit of MES college Marampally organized a webinar for students on the topic "Youth Engagement for Global Action" on 12th August 2020 at 3:30 pm. Around 250 students participated and benefitted from the webinar including those from other colleges. The program commenced with welcome address by Dr. Ally C Antony and Sri Ahamed Jimshad K, the NSS Programme officers. The Resource person

of the session was Shri. Rishiraj Singh IPS, Director General of Prison and Correctional services. The speaker focused on the issues faced by the youth such as depression and drug abuse. He also addressed the negative impact of parental pressure on children and also shared his own experiences regarding the issues. It was an interactive session as the speaker cleared the doubts of the students on these issues. The program was concluded with a vote of thanks by Dr. Ally C Antony.






In connection with the Youth Day the NSS unit also arranged a skill hunt competition on online platform to promote the skills and ideas of students in this lockdown period. The events included

Pencil sketch, Photography , Bottle art , Digital art and One minute acting video competition. The winners of the respective programmes were announced on the social media platform.

WINNERS OF THE RESPECTIVE COMPETITIONS




Photography Contest

-  Rizvin V.U - Cochin University of Science and technology
-  Atheeth K Bavachan – Sree Kerala Varma College, Thrissur
-  Raisamol MA – MES college, Marampally




One Minute Acting Video:

-  Akshay Ashok -Al Ameen College, Edathala
-  Rigil Roji – Newman College, Thodupuzha




Digital Art /Painting Competition

-  1. Christeena Saji – MES College, Marampally
-  2. N.S Arjun – Toonz Animation , Thiruvananthapuram
-  3. Vyshnav AB – Snigst Manjally NParavur

Pencil Sketch Competition

-  Christeena Saji – MES College Marampally
-  Sana K Zubair – MES College Marampally
-  Hanana M A – MES College Marampally

Bottle Art Competition

-  Mahima Dinesh – MES College Marampally
-  Karthika Nair – MES College Marampally
-  3. Akhil Sajeev – SCMS College Of Polytechnic

INDEPENDENCE DAY

Inpendence day was celebrated on August 15th. National Flag was hoisted in the campus followed by a small

Independence day message. The NSS conducted a Freedom Quiz in association with Independence day.



WOMEN'S EQUALITY DAY

As part of “WOMEN’S EQUALITY DAY” the NSS unit of MES College Marampally organized a webinar session for providing awareness to the students about the importance of gender equality in society. The webinar was held on 28th August, 2020 at 3:00 pm in Google meet platform.

The programme commenced with welcome speech by Lakshmi Biju, NSS Volunteer Secretary. The resource persons were Smt. M.C Josephine, Chairperson, Kerala Women Commission and Adv. Shiji Sivaji, Member, Kerala Women Commission. The resource persons mainly focused on the issues such as importance of Gender



MES COLLEGE MARAMPALLY
NATIONAL SERVICE SCHEME

WEBINAR IN CONNECTION WITH

WOMEN'S EQUALITY DAY

On 28 Aug 2020 at 3:00 pm

Resource Persons

Smt. M. C. Josephine, Chairperson, Kerala Women's Commission

Adv. Shiji Shivaji, Member, Kerala Women's Commission

meet.google.com/gxp-gizz-qps

ORGANIZING COMMITTEE
LAKSHMI BIJU
MOHAMMED SAIFU RAHMAN K.P
CHITHRA VINOD

COORDINATORS
Mr. AHMED JIMSHAD K
Dr. ALLY.T.C. ANTONY

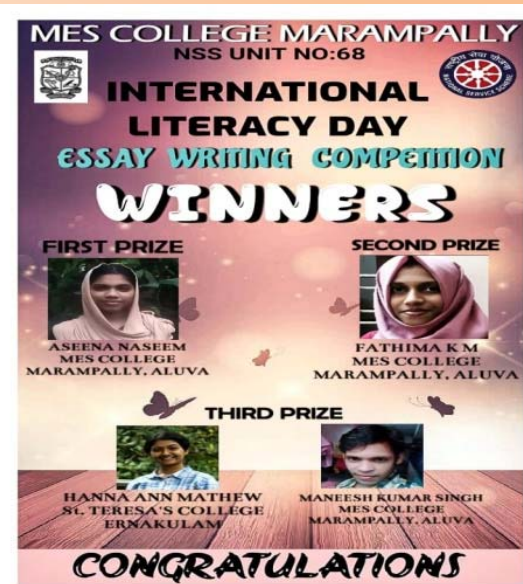
Dr. AJIMS P MOHAMED
PRINCIPAL

MES COLLEGE MARAMPALLY
Marampally P.O Aluva 683 105, Ernakulam, Kerala
Reaccredited with A+ Grade (CGPA 3.38) by NAAC
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Equality, Struggles and harassments faced by the women, Women Empowerment etc. Around 80 students participated and benefitted. The talk was followed by an interactive session with the resource persons giving insights to queries raised by the students. The programme ended with vote of thanks by Dr. Ally C. Antony. Students participated in the session were awarded with E-certificates.

INTERNATIONAL LITERACY DAY SEP 8TH

NSS unit of MES College Marampally observed 'International Literacy Day' on 08.09.20. An essay writing competition was conducted on the topic 'Literacy Teaching and Learning in the COVID-19 Crisis and Beyond'. E-certificates were awarded to the winners.



NATIONAL WEBINAR ON NATIONAL EDUCATIONAL POLICY

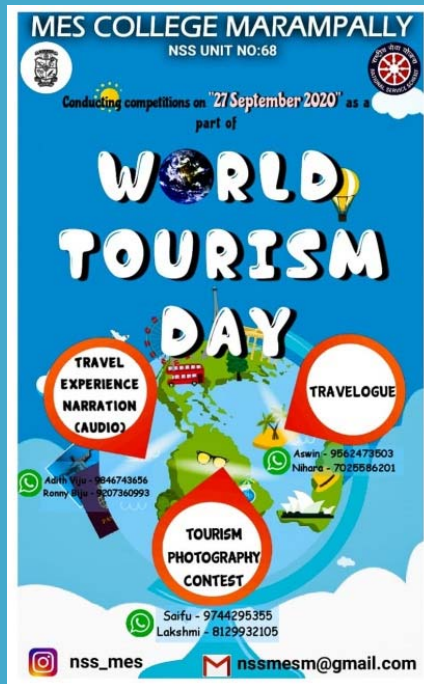
The NSS volunteers and Programme Officers attended a webinar on 'National Education Policy'.



TOURISM DAY CELEBRATIONS

'Tourism Day' was celebrated with various creative competitions on 27.09.20. The competitions included Tourism photography competition,

Travelogue and Travel experience narration. Winners were awarded with E-certificates.




MES COLLEGE MARAMPALLY
NSS UNIT NO:68

Conducting competitions on "27 September 2020" as a part of

WORLD TOURISM DAY

TRAVEL EXPERIENCE NARRATION (AUDIO)

TRAVELOGUE

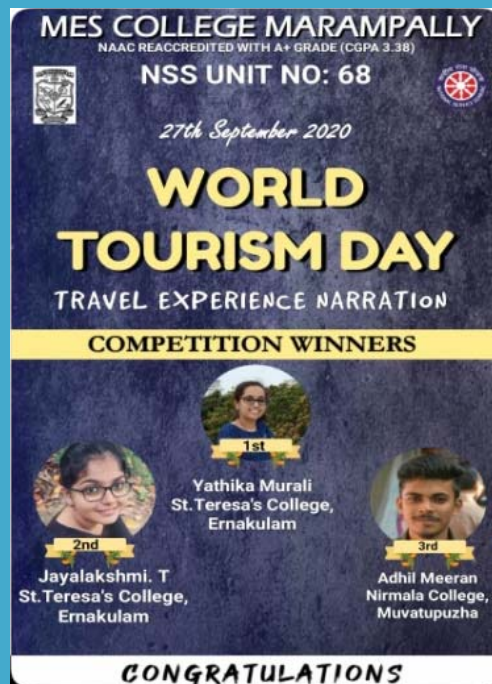


Aswin - 9562473503
Nihara - 702586201

Adithi - 9546743656
Ronny - 9207360993

Sarfu - 9744295355
Lakshmi - 8129932105

Instagram: nss_mes Email: nssmesm@gmail.com



MES COLLEGE MARAMPALLY
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NSS UNIT NO: 68

27th September 2020

WORLD TOURISM DAY


TRAVEL EXPERIENCE NARRATION

COMPETITION WINNERS




1st

Yathika Murali
St. Teresa's College, Ernakulam



2nd

Jayalakshmi. T
St. Teresa's College, Ernakulam



3rd

Adhil Meeran
Nirmala College, Muvattupuzha

CONGRATULATIONS



MES COLLEGE MARAMPALLY
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NSS UNIT NO: 68

"27th September 2020"

WORLD TOURISM DAY

TRAVELOGUE

COMPETITION WINNERS



2nd

Gayathri T U
Sree Sankara College, Kalady



1st

Sainandha. M
MES College Marampally



3rd

Anagha K S
MES College Marampally

CONGRATULATIONS



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NSS UNIT NO: 68

"27th September 2020"

WORLD TOURISM DAY

Tourism Photography

COMPETITION WINNERS



2nd

Jayalakshmi. T (71 likes)
St. Teresa's College, Ernakulam



1st

AkashRoy (844 likes)
Nirmala Arts and Science College, Mulamthuruthy



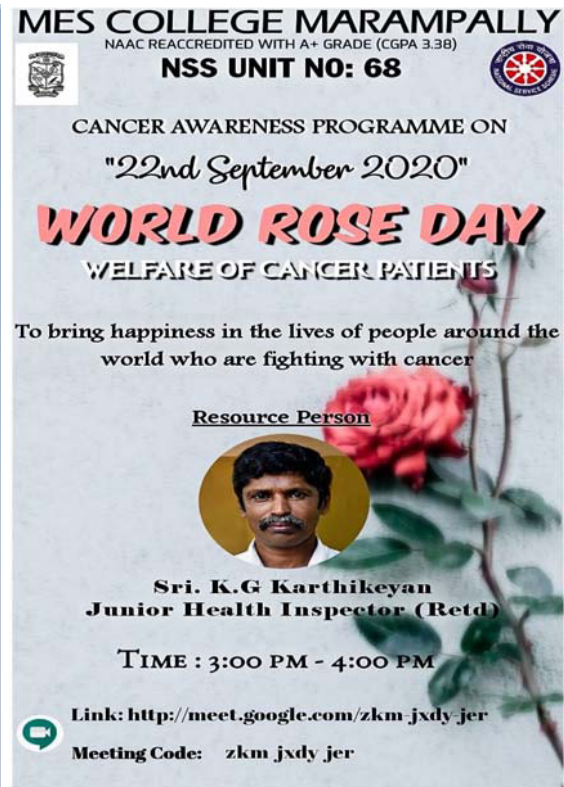
3rd

Anoobi Binu (328 likes)
St. Teresa's College, Ernakulam

CONGRATULATIONS

WORLD ROSE DAY SEP 22

'World Rose Day' was observed on 22.09.20 to support the cancer victims. A webinar was organised to create an awareness around Former junior health Inspector Sri K.G. Karthikeyan. The resource person explained the causes of different types of cancers, detection in the early stages, symptoms, life styles that provoke cancer development etc.




MES COLLEGE MARAMPALLY
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NSS UNIT NO: 68

CANCER AWARENESS PROGRAMME ON
"22nd September 2020"
WORLD ROSE DAY
WELFARE OF CANCER PATIENTS

To bring happiness in the lives of people around the world who are fighting with cancer

Resource Person



Sri. K.G Karthikeyan
Junior Health Inspector (Retd)

TIME : 3:00 PM - 4:00 PM

Link: <http://meet.google.com/zkm-jxdy-jer>
Meeting Code: zkm jxdy jer

NSS DAY

NSS Day was celebrated on 24.09.20. NSS Day inauguration was done by Principal Dr. Ajims P. Muhammed. An experience sharing and motivational session by senior NSS volunteers Sri. Parthan, Aseel Abdulla and Lamiya was organised.



MES COLLEGE MARAMPALLY
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NSS UNIT NO: 68

24TH SEPTEMBER 2020
NSS DAY
"NOT ME BUT YOU"

INAUGURATION BY : Dr. AJIMS. P. MUHAMMED, Principal, MES College Marampally
Time: 2:30 pm
"മനസ്സ് നന്നാവട്ടെ"

SAMOOHIKA SANNADHA SENA TRAINING

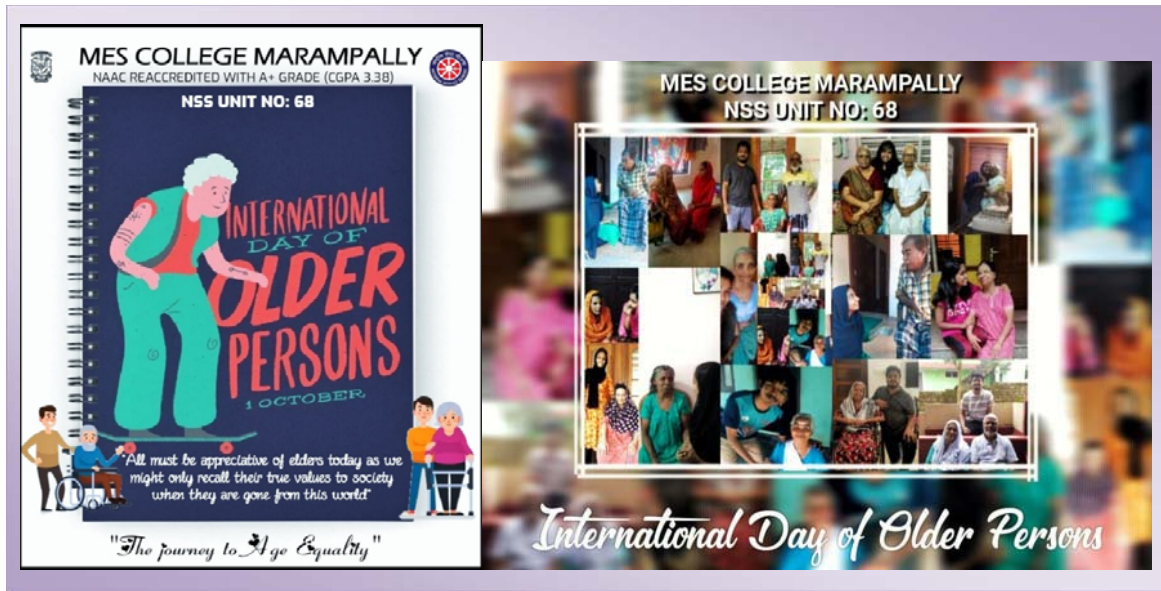
Our volunteers attended Samoohika Sannadha Sena Training which is meant to train the volunteers to take part in required emergency situations.

NATIONAL VOLUNTARY BLOOD DONOR DAY OCT 1

‘National Voluntary Blood Donor Day’ was observed on 01.10.20. A webinar was organised to create awareness about the necessity and importance of blood donation. The resource persons were Dr. Umesh BT, HOD, Department of Biosciences and Mr. Amjad Rahman, Blood Donors Kerala and Palliative Activist. Dr. Umesh explained the details regarding blood donation such as who can be a donor, donors weight, how frequently one can donate blood, things to be taken care of before donating blood etc. Mr Amjad shared his experiences being an activist in this field and convinced the volunteers the importance and necessity of blood donation in saving lives.



INTERNATIONAL DAY OF OLDER PERSONS OCT 1



Memorable events with Elderly.....

‘International Day Of Older Persons’ was observed on 01.10.20 to convey the message that our elders should be loved, respected, protected and cared for. Volunteers decided to spend time with elderly at their home, sharing moments of love and happiness together.

GANDHI JAYANTHI COMPETITIONS OCT 2

Gandhiji's 151st birthday was celebrated with various competitions under the name 'Ahimsa' meant to spread the message and values upheld by our nation's father.

Several competitions such as Gandhiji's thought in current scenario, poster making, Gandhiji's Pencil sketch, mask making etc. were conducted.



Competitions conducted in connection with Gandhi Jayanthi

SWACHH BHARAT

In association with Gandhi Jayanthi volunteers took up cleaning activities in their house premises as part of 'Swachh Bharat' initiatives.




Swachh Bharath activities...

BLOOD DONATION CAMP

Blood Donation camp was conducted in association with IMA, Aluva on 16th March 2021. Fifty students donated their blood. Both boys and girls donated their blood. The donation programme was inaugurated by Dr. Ajims P. Muhammed, Principal MES College, Marampally

MES COLLEGE MARAMPALLY
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NSS UNIT NO: 68






YOUR BLOOD COULD SAVE A LIFE. MAKE A DIFFERENCE.

DONATE BLOOD TODAY!

Blood Donation Campaign

16th March 2021

"A life may depend on a gesture from you, a bottle of Blood."



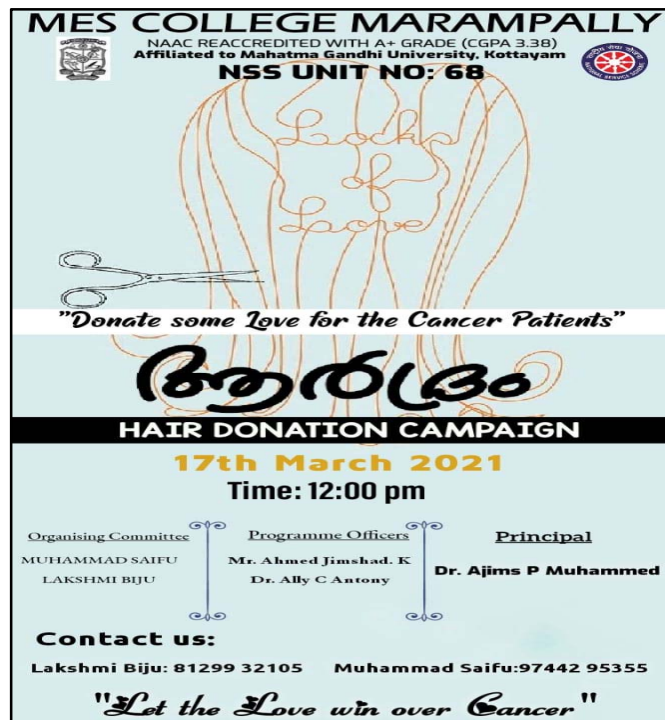
**Blood Donation Camp Arrangements
Registration**



HAIR DONATION CAMPAIGN-‘ARDRAM 2021’

VOLUNTEERS AND STUDENTS WITH CERTIFICATES

The NSS unit conducted a hair donation campaign ‘Ardram-2021’ in association with Miracle charitable hair bank and Guys n Dolls Salon, Ernakulam on 17th march 2021. The campaign was a continuation of ‘Hair to heart - 2020’ hair donation program and was intended to collect hair to make free wigs for poor cancer patients who have lost their hair during cancer treatment and cannot afford the huge cost of a wig. In addition to students from our college, students from other colleges, school students, house



MES COLLEGE MARAMPALLY
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NSS UNIT NO: 68

Let the Love win over Cancer

HAIR DONATION CAMPAIGN
17th March 2021
Time: 12:00 pm

Organising Committee MUHAMMAD SAIFU LAKSHMI BIJU	Programme Officers Mr. Ahmed Jimshad. K Dr. Ally C Antony	Principal Dr. Ajims P Muhammed
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Contact us:
Lakshmi Biju: 81299 32105 Muhammad Saifu:97442 95355

"Let the Love win over Cancer"



wives as well as people from various walks of life participated in the campaign amidst the COVID-19 restrictions. The programme was started with second class student Sreenanda and her sister third class student Krishnaveni cutting and donating their hair. Some of the boys also came forward and donated their hair proving that they are also socially committed. Approximately 37 individuals donated their hair during the programme. The programme was inaugurated by College Principal, Dr. Ajims P. Mohammed. College Management Committee Secretary Adv. A. A Abul Hassan, Vice-Principal Dr. Manzurali P.P, Business Administration Department HOD Dr. Sopna V. Mohammed, Electronics Department HOD Dr. Jasmine P.M and Women's Cell Coordinator Dr. Shemi P.M felicitated the gathering.

HAIR DONATION CAMPAIGN 'ARDRAM'



VOLUNTEERS AND STUDENTS WITH CERTIFICATES





AIDS DAY

An AIDS awareness webinar was conducted on December 1st 2021. The webinar was inaugurated by Principal Dr. Ajims P. Mohammed. The resource person was Dr. Aisha Nazrin A, Medical Officer Family Health centre, Vazhakulam. She gave an elaborate lecture on the causative and treatment for AIDS. She also convinced the audience that eventhough it is a deadly diseases a quality life can be lead by the patient by following the medical instructions strictly.

A detailed awareness was provided to the volunteers regarding what all precautions should be taken while taking up cleaning activities during which they might handle with sharp objects such as abandoned needles and get hurt. She said that under medical supervision antiviral therapy can be initiated which will safeguard us from contracting the disease. The programme came to an end with vote of thanks by Volunteer secretary Lakshmi Biju.

MES COLLEGE MARAMPALLY
NAAC REACCREDITED WITH A+ GRADE CGPA (3.38)


NSS UNIT NO: 68

Webinar on December 1


World AIDS Day

Jointly organised by

വാഴക്കുളം കുടുംബാരോഗ്യ കേന്ദ്രം
&
Department of Biosciences



Resource Person: Dr. Aisha Nazrin A
Medical Officer
Family Health Centre, Vazhakulam

 <https://meet.google.com/hyw-mcyb-xcr>

Time : 2:30 pm Code: hyw mcyb xcr

Organising Committee Muhammad Saifu Lakshmi Biju Chithra Vinod	Programme Officers Mr. Ahamed Jimshad K Dr. Ally C Antony	Principal Dr. Ajims P Muhammed
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'Ending the HIV/AIDS epidemic: Resilience and Impact.'



MES COLLEGE MARAMPALLY

NSS UNIT NO: 68



ATTENDING NATIONAL YOUTH PARLIAMENT FESTIVAL

"Channelising Youth Power for Nation Building"

The volunteers attended national Youth Parliament Festival in online mode.

KERALA PIRAVI CELEBRATIONS

Kerala Piravi was celebrated on November 1st 2021 with several competitions such as crafts with coconut

leaves and Videography competitions. The winners were awarded with certificates.

<div style="text-align: center;"> <p>MES COLLEGE MARAMPALLY NAAC REACCREDITED WITH A+ GRADE (CGPA 3.38) Affiliated to Mahatma Gandhi University, Kottayam</p> <p>NSS UNIT NO: 68</p> <p>November 1</p>  <p>“തരംഗം” CRAFTS</p> <p><i>Guidelines</i></p> <ul style="list-style-type: none"> ✦ Send your craft photos to our WhatsApp number. ✦ Any sort of crafts made with coconut tree leaves are accepted. ✦ Materials allowed Coconut tree leaves only. ✦ Winners are selected on the basis of judgement and are awarded with E-certificates. ✦ Last date: 12th November 2020. <p> Badusha- 7987293485 nssmesm@gmail.com nss_mes </p> </div>	<div style="text-align: center;"> <p>MES COLLEGE MARAMPALLY NAAC REACCREDITED WITH A+ GRADE (CGPA 3.38) Affiliated to Mahatma Gandhi University, Kottayam</p> <p>NSS UNIT NO: 68</p> <p>NOVEMBER 1</p>  <p>“ലയാളനാട്” (Videography Competition) ‘Capture the beauty of Kerala’</p> <p><i>Guidelines</i></p> <ul style="list-style-type: none"> • Send your entries to our WhatsApp number. • Duration: 2min • Last date: 12th November 2020 • Winners are selected on the basis of likes received on Instagram. • Winners will be awarded with E-certificates. <p> Tahir- 8157089855 nssmesm@gmail.com nss_mes </p> </div>
<div style="text-align: center;"> <p>MES COLLEGE MARAMPALLY NAAC REACCREDITED WITH A+ GRADE (CGPA 3.38) Affiliated to Mahatma Gandhi University, Kottayam</p> <p>NSS UNIT NO: 68</p> <p>“ലയാളനാട്” Videography Competition</p> <p>WINNER</p>  <p>JOEL. P. GEORGE S1 Microbiology MES COLLEGE MARAMPALLY</p> <p>“Congratulations”</p> </div>	<div style="text-align: center;"> <p>MES COLLEGE MARAMPALLY NAAC REACCREDITED WITH A+ GRADE (CGPA 3.38) Affiliated to Mahatma Gandhi University, Kottayam</p> <p>NSS UNIT NO: 68</p> <p>“തരംഗം” CRAFTS</p> <p>Competition Winner</p>  <p>Samaha. K. A S1 B.com CA MES COLLEGE MARAMPALLY</p> <p>“Congratulations”</p> </div>



NSS SEVEN DAY SPECIAL CAMP

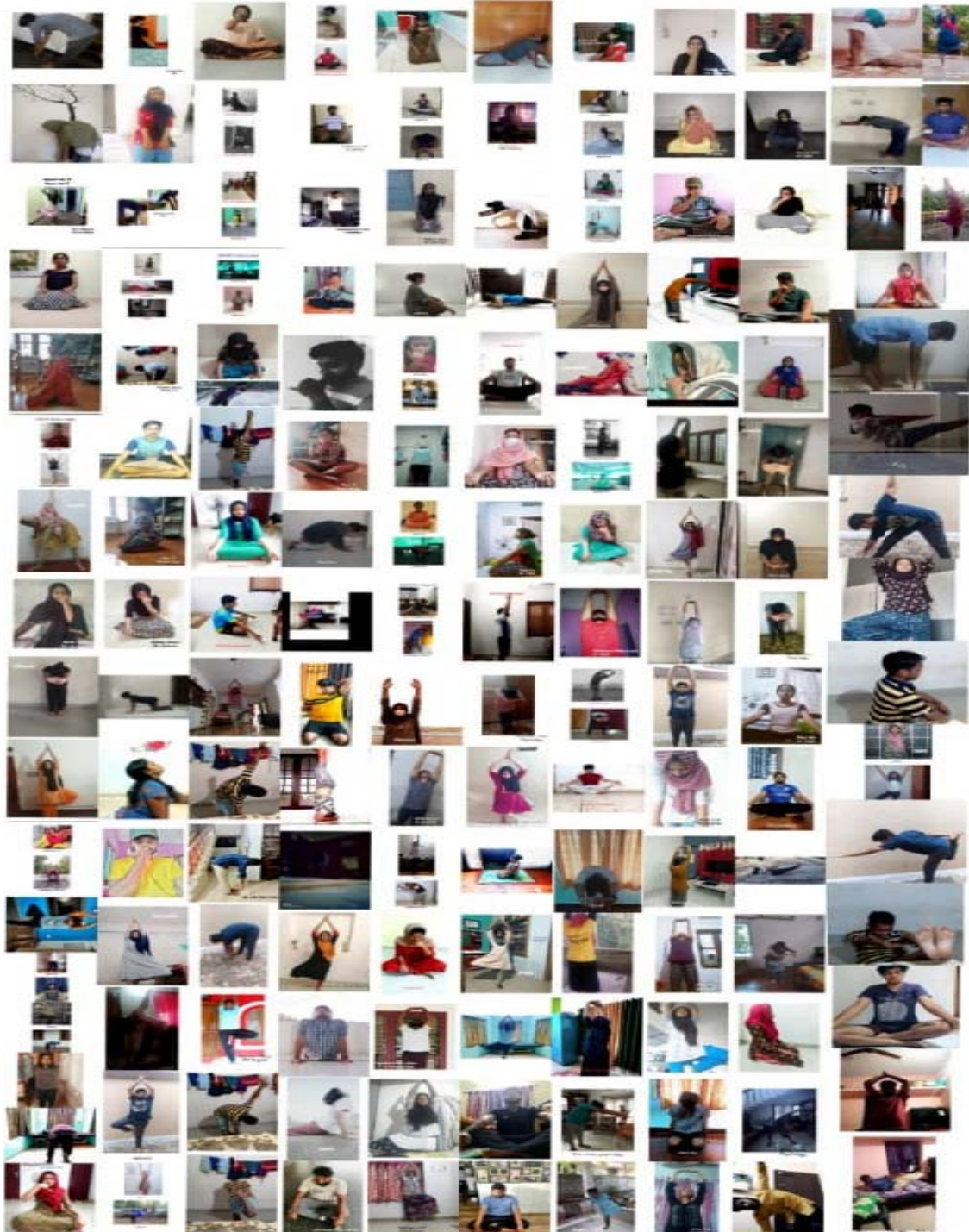
The seven day NSS special camp 'Thejas-2021' was conducted from January 21-January 28. Due to COVID-19 restrictions the camp was conducted in online mode. Students were divided into 6 groups. During the camp a COVID-19 related survey was conducted by the students in their nearby areas. Each student visited ten houses and completed the survey. The students also took up Swachh Bharat activities by cleaning their house and premises and also other public places such as Panchayats, anganwadis, primary health centres etc. Lakshmi Biju of BBA and Mohammed Sinan of BBA were selected as best Female and Male campers. Group 3 was selected as the best performing group.



MES COLLEGE MARAMPALLY

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NSS UNIT NO:68



"Thejas- 2021"
Yoga session

YOGA FOR WELLNESS

A class on benefits of Yoga was given by MES College, Physical Education Director, Sri Haneefa K.G. A practical session on Yoga and fitness was given by

Physical education instructor Ms Arya. Students performed yoga at their homes as per the instructions given by student leaders from every group.

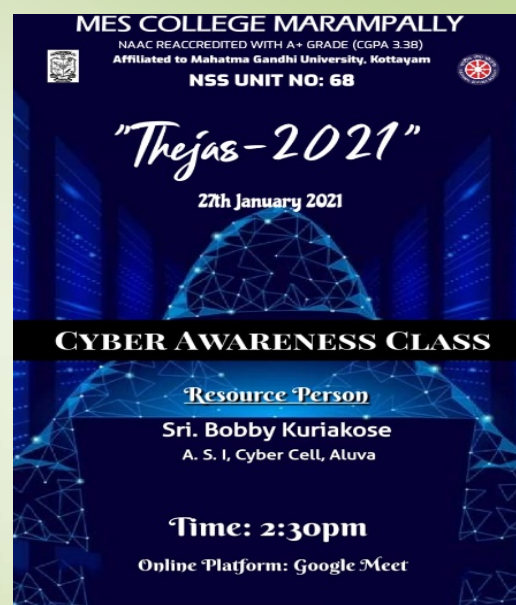
ORGANIC FARMING

There was a session on organic farming by Smt. Anitha K. Agricultural Officer Vazhakulam. Several practical knowledge for growing vegetables such as brinjal, ladies finger, bean, cowpea spinach, tomato etc were discussed. Mam explained the importance of testing soil pH and adding lime to adjust the soil pH. Several organic manure and cowdung can also increase soil fertility and increase crop yield.



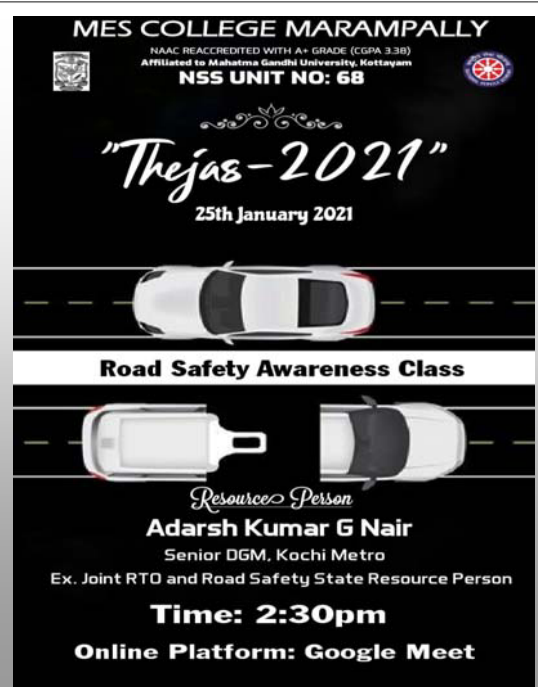
CYBER AWARENESS CLASS

A cyber awareness class was organised on 27th January 2021. The resource person was Sri Bobby Kuriakose, Assistant Sub Inspector Cyber Cell, Aluva. A detailed lecture on Cyber crimes was given and sir detailed various ways by which we can handle these issues with the help of Cyber Cell. Sir cautioned and made the volunteers aware of the risks while using the social media.



ROAD SAFETY AWARENESS CLASS

A road safety awareness class was given by Sri Adarsh Kumar G Nair, former Joint RTO and Road safety State Resource person. It was a very good session as the volunteers got a real understanding of the road safety rules and the importance of abiding by the rules and the penalties on violating the aforesaid rules.



RAINWATER HARVESTING

A webinar on rainwater harvesting was conducted on 25.01.21 with Smt Resiya Karim, Assistant Professor, Department of Biosciences, MES College, Marampally as the resource person. A

detailed awareness on water scarcity, the importance of rainwater harvesting and different methods of harvesting such as roof harvesting, rain water pits etc was given.

NSS ORIENTATION PROGRAMME

As a part of “orientation programme” the NSS unit of MES College Marampally organized a webinar session for providing an awareness to the students about the Importance of motto and aim of NSS. The webinar was held on 2 March ,2021 at 2:00 pm in Google meet platform. Around 95 volunteers participated and were benefitted. The resource persons were Dr. Soni T L (Recipient of prestigious Indira Gandhi National award for best NSS programme officer in India 2014). The session was inaugurated by the principal Dr. Ajims P. Mohammed. The programme commenced with a welcome speech by Lakshmi Biju,(NSS Volunteer). The resource person gave an elaborate lecture on the importance of becoming an NSS Volunteer, the benefits of

becoming an NSS volunteer and the attitude of a real NSS volunteer. She gave a good lecture on the variety of activities that can be taken up by NSS units such as organic farming, social work, helping the weaker sections of society etc. The organising committee members were Lakshmi Biju, Mohammed Saifu Rahman KP Chithra Vinod. The session came to an end with vote of thanks by Lakshmi Biju.



MES COLLEGE MARAMPALLY
NAAC REACCREDITED WITH A+ GRADE (CGPA 3.38)
Affiliated to Mahatma Gandhi University, Kottayam
NSS UNIT NO: 68
"2nd March 2021"

FIRST YEAR'S ORIENTATION PROGRAMME

Resource Person



Dr. SONI T. L.
(Recipient of Prestigious Indira Gandhi Award for Best NSS Programme Officer in India)
Assistant Professor with AGP 8000

Time: 2:00pm - 3:00 pm
Online Platform: Google Meet

Organising Committee	Programme Officers	Principal
MUHAMMAD SAIFU LAKSHMI BIJU	MR. AHMED JIMSHAD .K DR. ALLY. C. ANTONY	Dr. Ajims P Muhammed



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NSS UNIT NO: 68

26th January 2021



**HAPPY
REPUBLIC DAY**

"Constitution is not a mere lawyer's document, it is a vehicle of Life, and its spirit is always the spirit of age."
- DR. B. R. AMBEDKAR

The Republic Day was celebrated on 26th January 2021. Republic day message was given by NSS programme officer Dr. Ally C. Antony. A National integration rally was organised by the NSS in association with NCC unit to Vazhakulam Grama Panchayath Office to spread the values such as unity, secularism and communal harmony. Vazhakulam Grama Panchayat president Sri Gopal Dio addressed the volunteers and delivered Republic Day message.

MES COLLEGE MARAMPALLY

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NSS UNIT NO: 68



"Thejas-2021"
'Republic Day'



COVID-19 INITIATIVES

Covid Vaccination Awareness Campaign and Registration Drive Vazhakulam Grama Panchayat

With a view to make Vazhakulam Panchayat Complete Covid Vaccinated Panchayat, The National Service Scheme, National Cadet Corps and Unnat Bharat Abhiyan units of MES College Marampally jointly organised a Covid Vaccination Awareness Campaign and Registration Drive for the people of Vazhakulam Panchayat on 23rd March 2021. The vaccination registration drive was the need of the time as many were unaware of registration procedure. The vaccination was open for the public who were 60 years old. The vaccination drive was coordinated by NSS Programme Officers Mr. Ahamed Jimshad K, Dr. Ally C. Antony, NCC Associate Officer Lt. Ibrahim Salim and UBA Coordinator Mr. Amal Saroj.



Inauguration of the Campaign was done by College Managing Committee Secretary and Correspondent Adv. A.A.Abul Hassan at the programme held at Vazhakulam Panchayat Office. College Managing Committee Vice Chairman, Sri T.M.Zakir Hussasin, Vazhakulam Panchayat President Sri. Gopal Dio were the chief guests for the function. College Principal, Dr. Ajims P. Mohammed presided over the



Inauguration session. Vazhakulam Health Inspector Mr. Hareesh, Vice President of Vazhakulam Grama Panchayat and other panchayat members, college teaching and non teaching staff were present at the function.

From the total 20 wards of the Panchayat, a total of 1482 registrations were done by the students which shows the success of the programme.

REGISTRATION DRIVE FLAG OFF



Vaccine Registration in progress.....



Vaccine registration at Vazhakulam Grama Panchayath

PERUMBAVOOR MUNICIPALITY

The Vaccination Drive (10 Days) was organised by Perumbavoor Municipality in Association with Taluk Hospital, Perumbavoor. It was inaugurated by Dr. Shani M.M, Superintendent, Taluk Hospital at Govt Boys LP School, Perumbavoor. Municipal Chairman Mr. Sakeer Hussain, Camp Officer Dr Aneesh

were presided the drive. The Technical Support was provided by NSS & Department of Software Development and System Administration MES College Marampally. Five of our volunteers Adil Nisar Anwar Sadique, Farooq Assis, Ajmal T Ismail, Neamath Shaji participated in the drive.



Registration drive at Perumbavoor Municipality



Vaccine Registration drive Perumbavoor Municipality

ORGANIC FARMING- 'JAIVAM 2021'



ORGANIC FARMING- 'JAIVAM 2021' inaugurated by Principal Dr. Ajims P. Muhammed.

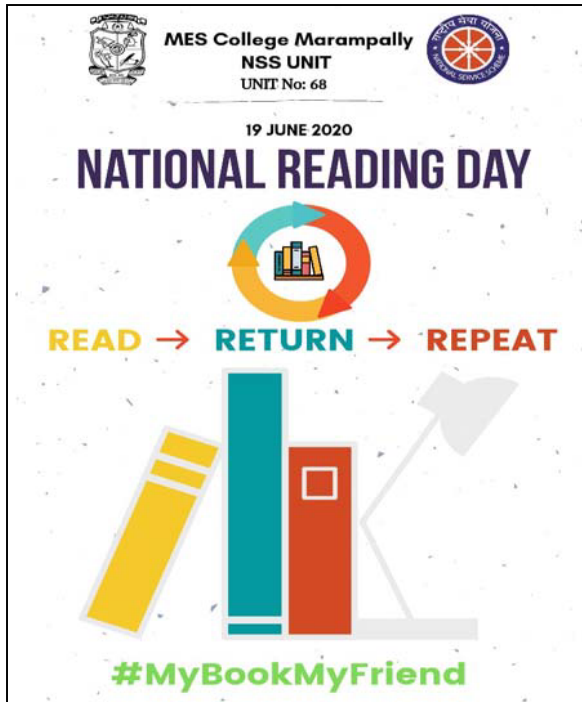


Organic Farming activities continued.....

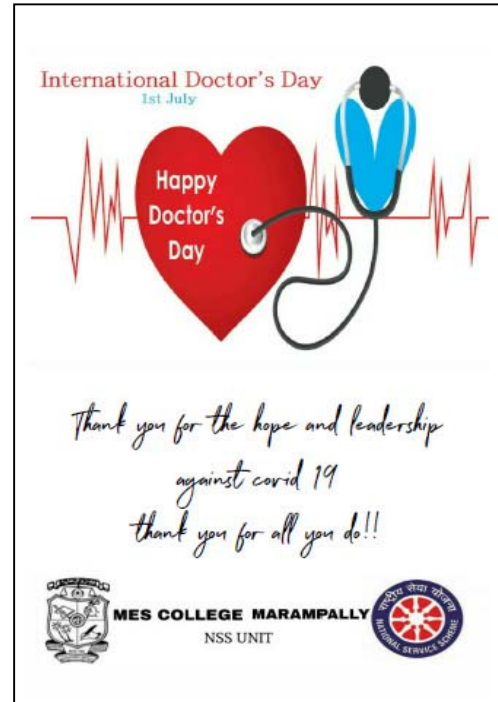


First harvest of organic farming Jaivam-2021 handed over to Principal Dr. Ajims P. Mohammed

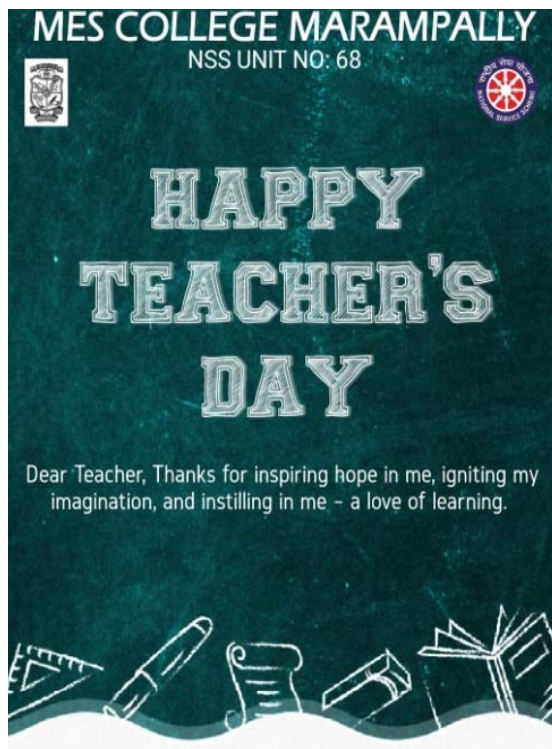
OTHER DAYS OBSERVED



National Reading Day (19th June)



International Doctors Day (1st July)



Teachers Day



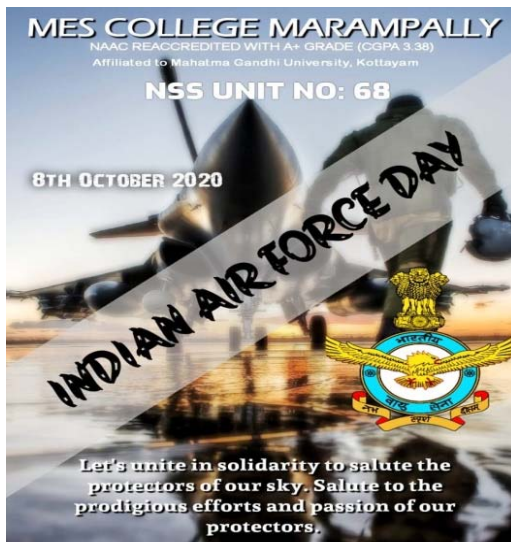
International day of Peace



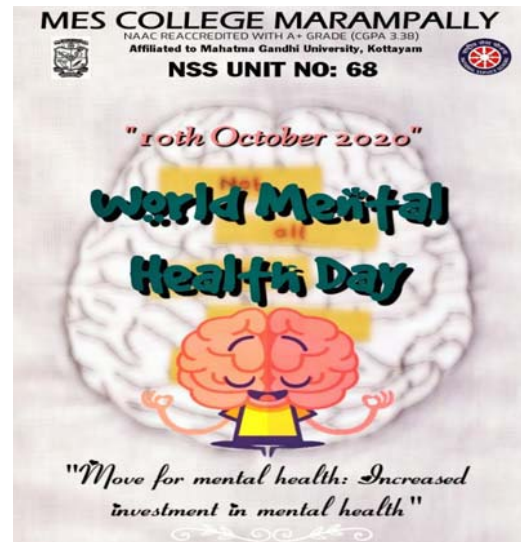
World heart day



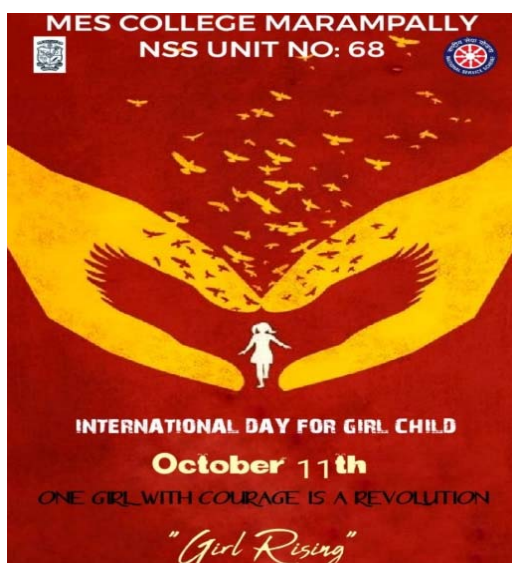
World teachers day



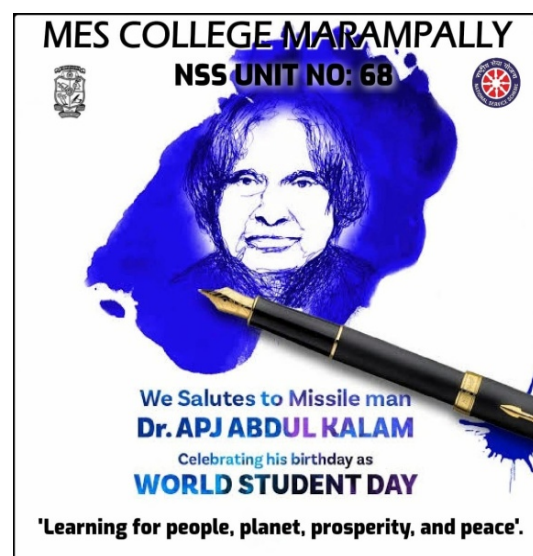
Indian Air Force day



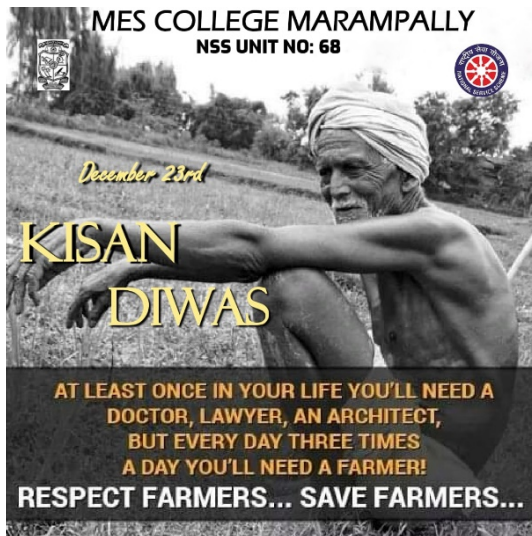
World Mental Health Day



International Day of Girl child



World Student Day



Kisan Diwas



'Empowering Girls for a Brighter Tomorrow'.

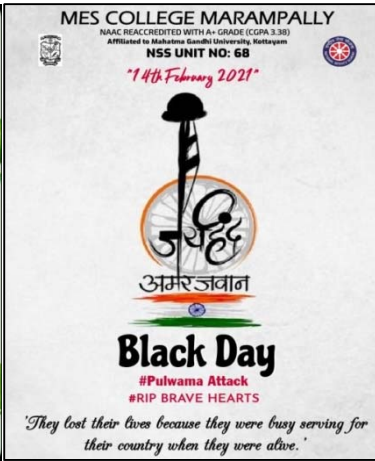
National Girl Day



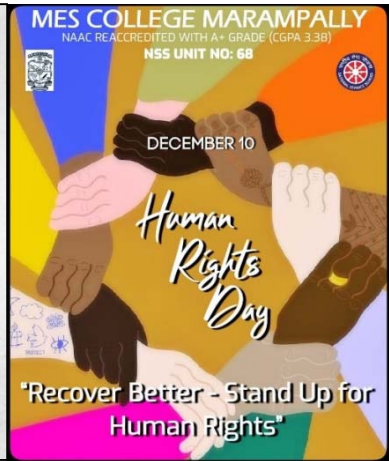
Christmas Day Celebrations, Competitions



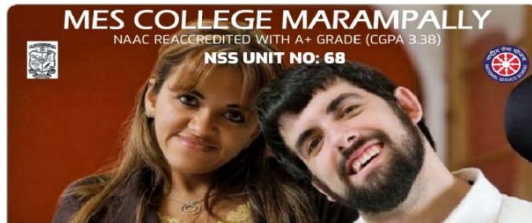
National Pollution Control Day



Black Day



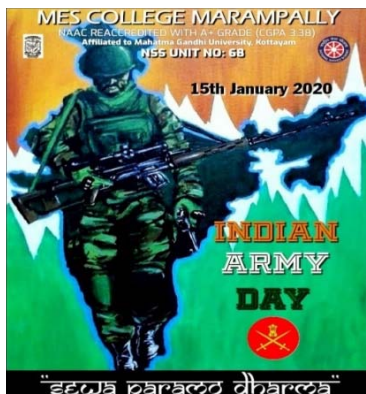
Human Rights Day



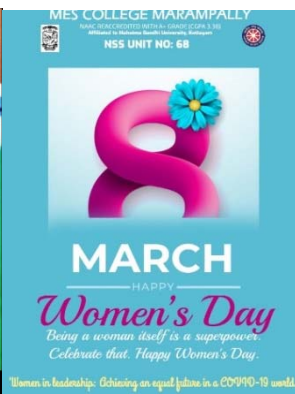
International Day for Disabled People



World Cancer Day



Indian Army Day



Women's Day

