



MES COLLEGE MARAMPALLY

NSS UNIT NO. 68

REPORT OF NSS ACTIVITIES DURING THE YEAR 2021-22



MES COLLEGE MARAMPALLY

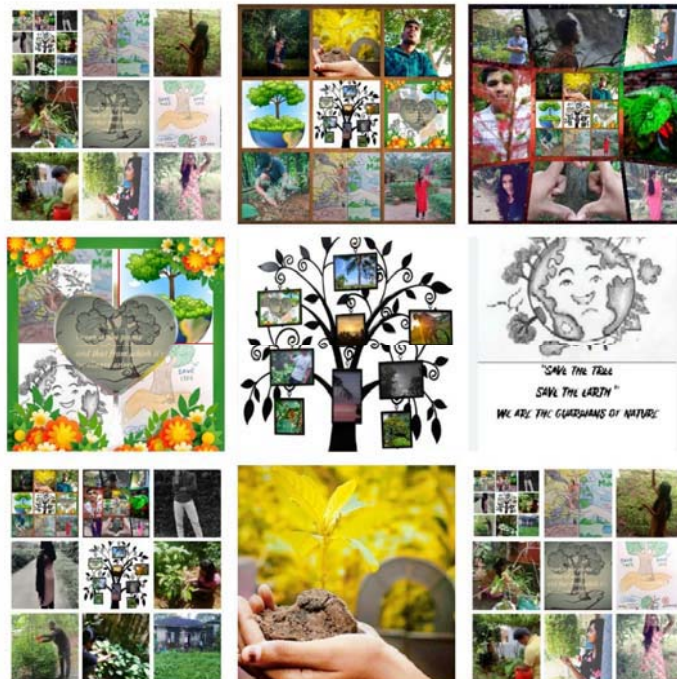
NSS REPORT ACTIVITIES-2021-22

ENVIRONMENT DAY

Environment Day was observed on June 5th 2021. A webinar was conducted on the topic Different Facets of Eco-Restoration by Dr. K. R. Baiju Director and Associate Professor, School of Environmental Sciences, Mahatma Gandhi University. Since COVID restrictions existed every volunteer planted minimum one sapling in their house premises in addition to planting in the college.



Environment Day Webinar by Dr. K.R. Baiju Director, School of Environmental Sciences, Mahatma Gandhi University



Volunteers planting trees in their house premises





PRATHYASHA- SUPPORT TO COVID POSITIVE PATIENTS AND FAMILIES

During COVID pandemic NSS unit in association with MGNRE offered several services such as Psychological support to patients and their families, informing availability of hospital facilities, supplying other door to door delivery of required materials for needy etc. The information of patients were collected from WAR room, Asha workers, Rapid response team etc.



OUR SERVICES

സാമ്പത്തിക
COVID-19 HELP DESK

നിങ്ങൾക്ക് സാമ്പത്തിക സഹായം ആവശ്യമാണോ? ഈ സാഹചര്യത്തിൽ ഏതെങ്കിലും ധനസഹായം നിങ്ങൾക്ക് ആവശ്യമാണോ?

സാമ്പത്തിക സഹായം അന്വേഷിക്കാൻ നിങ്ങൾക്ക് സാമ്പത്തിക സഹായം ആവശ്യമാണോ?

കാർഡ് സഹായം അന്വേഷിക്കാൻ നിങ്ങൾക്ക് സാമ്പത്തിക സഹായം ആവശ്യമാണോ?

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IN ASSOCIATION WITH MGNRE-SAP
MINISTRY OF EDUCATION
GOVERNMENT OF INDIA

Psycho Social Support

സ്പർശം
"നിർവ്വേദനങ്ങൾക്ക് തുല്യം"

ഈ സാഹചര്യത്തിൽ നിങ്ങൾക്ക് ആവശ്യമായ സഹായം അന്വേഷിക്കാൻ നിങ്ങൾക്ക് സാമ്പത്തിക സഹായം ആവശ്യമാണോ?

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IN ASSOCIATION WITH MGNRE-SAP
MINISTRY OF EDUCATION
GOVERNMENT OF INDIA

Hospital Management

അനിവർ
ഈ സാഹചര്യത്തിൽ നിങ്ങൾക്ക് ആവശ്യമായ സഹായം അന്വേഷിക്കാൻ നിങ്ങൾക്ക് സാമ്പത്തിക സഹായം ആവശ്യമാണോ?

കുറ്റകൃത്യങ്ങൾക്ക് തുല്യം

COVID 19 Help Desk

സഹായം അന്വേഷിക്കാൻ നിങ്ങൾക്ക് സാമ്പത്തിക സഹായം ആവശ്യമാണോ?

IN ASSOCIATION WITH MGNRE-SAP
MINISTRY OF EDUCATION
GOVERNMENT OF INDIA

Medical Supplies

അമ്മേ
സഹായം അന്വേഷിക്കാൻ നിങ്ങൾക്ക് സാമ്പത്തിക സഹായം ആവശ്യമാണോ?

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IN ASSOCIATION WITH MGNRE-SAP
MINISTRY OF EDUCATION
GOVERNMENT OF INDIA

Family Support

കുറ്റകൃത്യങ്ങൾ
സഹായം അന്വേഷിക്കാൻ നിങ്ങൾക്ക് സാമ്പത്തിക സഹായം ആവശ്യമാണോ?

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IN ASSOCIATION WITH MGNRE-SAP
MINISTRY OF EDUCATION
GOVERNMENT OF INDIA

Non - Hospital Support

Our Plan of Action

As the students are from different locations, the team tried to cover all over Kerala. They have collected data from WAR Room, RRT, Police Station and Asha Workers.

"Together We will"

SS





OVERVIEW

Vaccination Enquiry	General Enquiry	Mental Support	Doctor Consultation
21	12	1	2
Registration	Marriage Registration	Physically Handicapped	Vaccination After Effect
Allotments	Vaccine Availability	Pursuing PhD	E Sanjeevani
Follow ups	Rapid Test Kit	Self Motivation	Enquiry Regarding Patient
Enquiry After Vaccination	Medications	Stress	Folow ups
Dr Consultation if needed	Slot Availability	Unable to Travel	Medications Given
Family Support	Family Support	Psychosocial Support	Hospital Management

Feedbacks !!!



The result we got from PRATHYASA is very much helpful for the volunteers as well as the Coordinators.



MoE/Beat Covid Campaign/June/04/0011

Certificate of Recognition



Where there is Rural Wellbeing there is Universal Prosperity

This is to recognize MES College, Marampally as a member of Beat Covid Campaign initiative of Mahatma Gandhi National Council of Rural Education, Hyderabad. The institution has constituted five student volunteer teams in the areas of Hospital Management, Non Hospital Management, Support to Covid affected families, Medical Supplies, Psychosocial support to Covid patients and their family members, rendered valuable services during the pandemic.

Dr. W G Prasanna Kumar
Chairman

Mahatma Gandhi National Council of Rural Education
Department of Higher Education, Ministry of Education
Government of India



DE TALENTO-CULTURAL EVENTS

NSS unit conducted a one week Cultural Fest -DE TALENTO from June 1st 2021-June 7th 2021. Due to COVID restrictions students were restricted to remain at home and hence the event was organized to revitalize them and give them a positive and happy experience. There were several competitions such as singing, puzzles, online games etc. All the volunteers participated enthusiastically in the events conducted. It was a pleasant experience not only to the volunteers but also to their family members too.



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NSS UNIT NO: 68

A six day programme for NSS Volunteers

DE TALENTO
CULTURAL EVENTS

So let's keep the pandemic fear
'Offline' and polish our talent 'Online'.

FROM 1ST JUNE 2021 (TUESDAY)
TO 7TH JUNE 2021 (SUNDAY)

Time: @ 7pm

Organising Committee	Programme Officers	Principal
Lakshmi Biju	Mr. Ahmed Jimshad	Dr Manzur Ali P P
Muhammad Saifu	Dr. Ally C Antony	

#Stay Home
#Stay Safe

CLEANING AT GOVT L.P. SCHOOL, THRIKARIYOOR PRIOR TO RE-OPENING AFTER COVID

As part of Swatch Bharat activities MES College Marampally NSS unit took initiatives to clean the class rooms and premises of Government L.P school Thrikariyoor. They cleaned the class rooms, writing boards and arranged the desks and benches and also sanitized and decorated the school to welcome the primary school students. The volunteers also renovated the biodiversity park and cleaned the school play area. The school Principal Smt Suhara appreciated the sincere work of the volunteers. Several media representatives reported the activity and the service of the volunteers were well appreciated by the PTA and local Panchayat.



Government L.P school Thrikariyoor



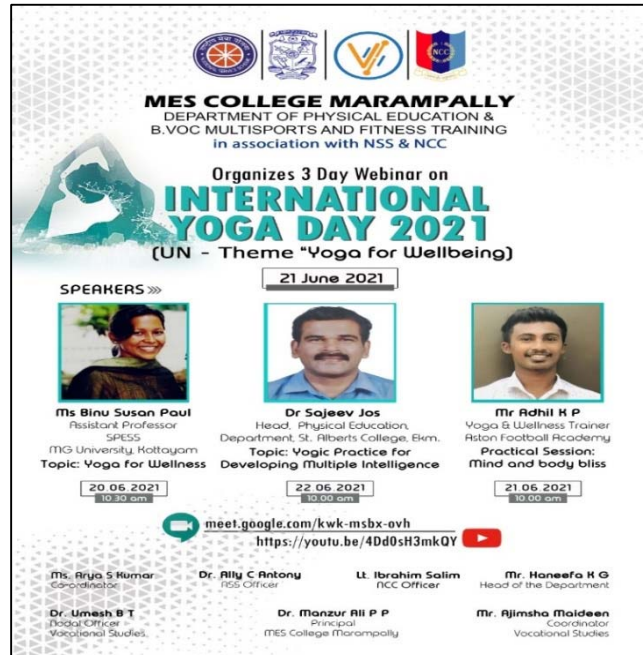
Students cleaning class rooms and premises of Government L.P school Thrikariyoor



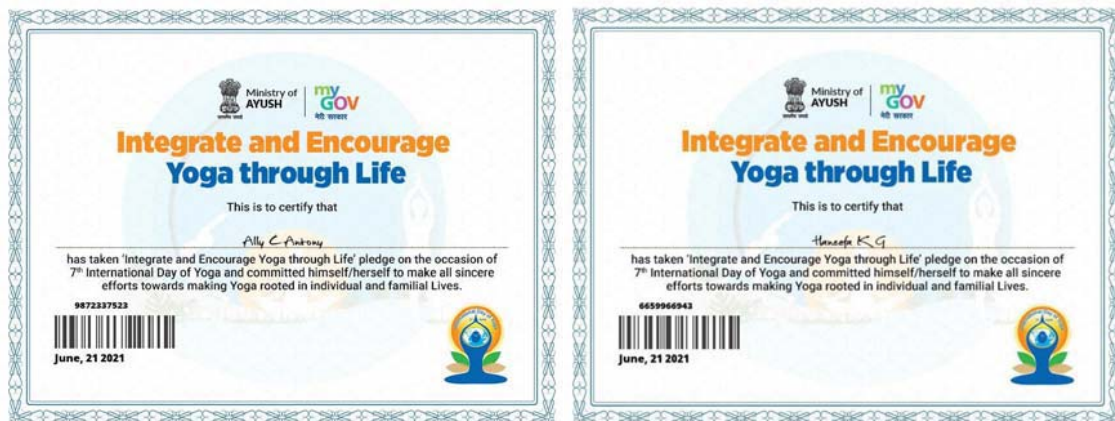
Students cleaning Biodiversity park and playing area at Govt. L.P school Thrikariyoor

INTERNATIONAL YOGA DAY

NSS unit in association with NCC and Physical Education Department conducted a 3 day webinar on the theme 'Yoga For Wellbeing' on June 21st 2021, International Yoga Day. First session was handled by Ms Binu Susan Paul, Assistant Professor, SPESS, MG University, Kottayam on the topic Yoga for Wellness. The session was handled by Dr. Sanjeev Jos, Head Department of Physical Education, St Albert's College, Autonomous Ernakulam



Yogic Practice for Developing Multiple Intelligence. The third session was a practical session handled by Mr. Adhil K.P., Yoga and Wellness Trainer, Aston Football Academy on the topic Mind and Body Bliss. The volunteers also took Integrate and Encourage Yoga through Life pledge and secured certificates.



CLEANING, VEGETABLE GARDEN MAKING AT GOVT. GIRLS HIGH SCHOOL, PERUMBAVOOR

Prior to school opening after Covid outbreak MES college NSS unit cleaned Perumbavoor Govt. Girls Higher secondary school and made a vegetable garden in the

school premises. The Programme was inaugurated by Perumbavoor Municipality chairman Sri Zakir Hussain. The NCC cadets and teachers of school also



participated in the programme. As part of Swatch Bharat programme volunteers started the cleaning programme around 9 a.m. Approximately 40 volunteers in 5 groups participated in the programme.

Around 8 varieties of vegetables such as spinach, ladies finger, tomato, green chillies, pea, brinjal etc were planted in the garden.



Perumbavoor Municipality chairman Sri Zakir Hussain inaugurated Perumbavoor Govt. Girls Higher secondary School, Perumbavoor cleaning.



NSS Volunteers cleaning and making a vegetable garden in the premises of Perumbavoor Govt. Girls Higher secondary school





ROAD SAFETY AWARENESS PROGRAMME

A webinar on road safety awareness Sai T, Road Safety Trainer, Honda Safety was conducted on July 16 by Mr. Anoop Driving Education Centre, Calicut.

The poster features logos for MES College Marampally, Safety-India, Honda, Vocational Studies, and NSS. The text reads: 'MES COLLEGE MARAMPALLY NAAC REACCREDITED WITH A+ GRADE (CGPA 3.38) Affiliated to Mahatma Gandhi University, Kottayam NSS UNIT NO: 68'. It announces a 'Webinar on ROAD SAFETY AWARENESS' in association with the Social Extension Cell (B.Voc) on July 16, 2021, at 03:00 PM. The speaker is Mr. Anoop Sai T, Road Safety Trainer at Honda Safety Driving Education Centre, Calicut. The meeting link is 'itg-bsor-oix'. The organizing committee includes Lakshmi Biju, Muhammed Saifu, and Arjun C. Jayan. Program officers are Dr. Ally C. Antony and Mr. Muhammed Sajad K. E. The principal is Dr. Manzur Ali P. P. BVOC Nodal Officer is Dr. Umesh B. T. and BVOC Coordinator is Mr. Ajimsha Maideen. The footer contains the code 'MES/BVOC P36/COM P10/16-07-21'.

ANAEMIA ELIMINATION CAMPAIGN

An Anaemia elimination campaign and awareness class was organized by NSS unit in association with Department of Women and Child Development and ICDS Vazhakulam. Ms. Nishamol M.A Kizhakambalam ICDS supervisor gave an awareness regarding Anaemia and the measures to be taken to overcome this condition. Approximately 100 NSS volunteers attended the programme

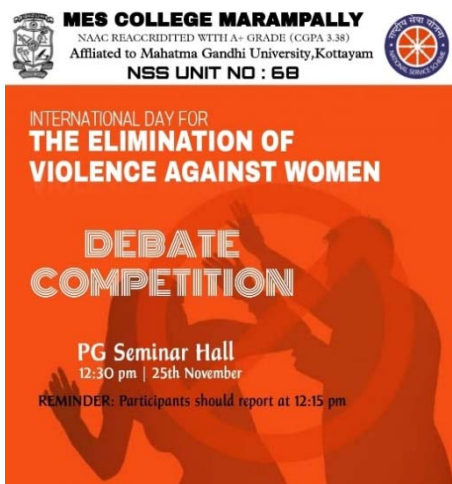
The poster is for an 'ANEMIA CAMPAIGN' organized by ICDS Vazhakulam, Department of Women and Child Development. It is held in association with the NSS Unit of MES College, Marambilly. The speaker is Nisha Mole M.A., ICDS Supervisor. The event is on 12/06/2021 at 12 PM on the Google Meet platform. The poster includes logos for ICDS, NSS, MES College, and various health-related organizations like National Health Mission and National Eye Centre.



INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

NSS unit organized a debate competition in connection with International Day For The Elimination Of Violence Against

Women. A poster exhibition was also conducted in connection with this.



Students participating in the Debate Competition in connection with Elimination of Violence against Women

KANAL -GENDER SENSITISATION PROGRAMME

The NSS unit in association with Mahila Sakti Kentra Ernakulam organised a two day online Gender Sensitisation Programme 'KANAL'. Two webinars were organized in this regard. The first webinar was conducted on 22.09.2021 on the topic 'Gender Relations' and was handled by Dr. Shamshad Hussain K.T, Professor, Department of Malayalam, Sree Sankaracharya University of Sanskrit, Kalady. The discriminations



that a women face in various situations were pointed out and the solutions and attitudes that women should exhibit while handling such situations were discussed. The second session was on 28.09.2022 on the topic ‘Gender Legislation’ and was handled by Advocate Ferha Azeez, High Court of Kerala. The resource person gave a detailed lecture on the legislation that exist for protection of Women in our country. Topics such as various legislations, various difficult situations faced by women and the legislations. It was a very informative session and the students as well as the faculty were well benefitted.

**WOMEN AND CHILD DEVELOPMENT DEPARTMENT
ERNAKULAM**

GENDER SENSITISATION CAMPAIGN

KANAL

NSS & ICC, MES COLLEGE MARAMPALLY

SEPTEMBER 22,23 2:30 PM

 Dr. Shamshad Hussain K.T Professor Department of Malayalam, Sree Shankaracharya University of Sanskrit Kalady.	 Adv. Ferha Azeez High court of Kerala
Gender relations	Gender legislation

MAHILA SHAKTI KENDRA ERNAKULAM

‘INTERNATIONAL DAY FOR THE OLDER PERSONS’

‘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.

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INTERNATIONAL DAY OF OLDER PERSONS
October 1

‘Older person’s are those who bring out the best in you and not the stress in you’

“DIGITAL EQUITY FOR ALL AGES”





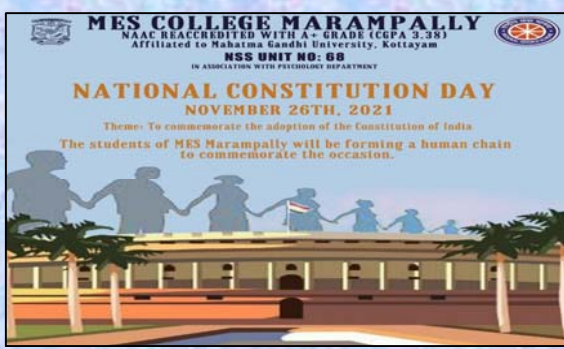
Memorable moments.....Volunteers with their elderly.....

NATIONAL CONSTITUTION DAY

MES College Marampally NSS unit organized the National Constitution Day awareness programme on 26th of November. The students of the NSS unit formed a human chain following the covid protocol to commemorate the occasion.

Dr. Manzur Ali P.P, the honorable Principal of the college presided the programme. Advocate Abdul Hassan, College Management Secretary of the college Abdul Hassan sir inaugurated the programme. Principal delivered the presidential address in which he

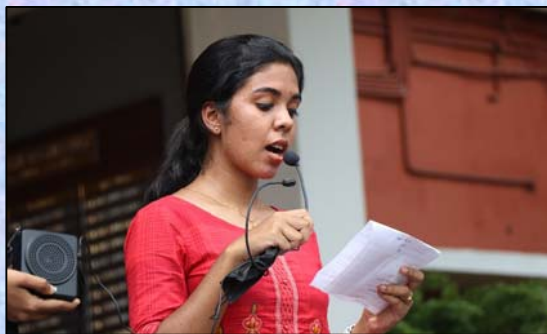
mentioned about the constitution of India and its relevance. Advocate Abdul Hassan, College Management Secretary made a wonderful speech about the preamble and poured his wisdom about the constitution to the students. The students pledged on the occasion by reading out the preamble of the Indian constitution. The programme which marked the beginning of Constitution day celebrations in the college ended with the student volunteer secretary Seetha delivering the vote of thanks.



NSS volunteers formed a human chain National Constitution Day



Adv. Abul Hassan, College Management Secretary delivering speech on 'Indian Consitution and its salient features'.



Oath taking ceremony



Reading the preamble of our Constitution

ഭരണഘടന ദിനാചരണം

കൊച്ചി: മാറമ്പള്ളി എം.ഇ.എസ് കോളജിൽ എൻ.എസ്.എസും സൈക്കോളജി വിഭാഗവും ചേർന്ന് ഭരണഘടന ദിനാചരണം സംഘടിപ്പിച്ചു. വിദ്യാർത്ഥികൾ പോസ്റ്ററുകൾ പതിക്കുകയും ലഘുലേഖകൾ വിതരണവും ചെയ്തു. ഭരണഘടന ആമുഖം വായിച്ച് മനുഷ്യത്വങ്ങളെയും തീർത്തു. കോളജ് മാനേജിങ് കമ്മിറ്റി സെക്രട്ടറി, കോളജ് പ്രിൻസിപ്പൽ, കോളജ് മാനേജിങ് കമ്മിറ്റി പ്രഷറർ എന്നിവർ സംസാരിച്ചു. രാജ്യത്തെ പൗരൻ എന്ന നിലയിൽ അവകാശങ്ങളെയും അതുവഴി വരുന്ന ഉത്തരവാദിത്തത്തെയും കുറിച്ചുള്ള ബോധവൽക്കരണമാണ് പരിപാടി കൊണ്ട് ലക്ഷ്യമാക്കിയത്.



മാറമ്പള്ളി എം.ഇ.എസ് കോളജിൽ എൻ.എസ്.എസും സൈക്കോളജി വിഭാഗവും ചേർന്ന് നടത്തിയ ഭരണഘടന ദിനാചരണം

കെ.എസ്.ആർ.ടി.സി



AIDS DAY

AIDS DAY was observed on December 1st 2022 by NSS. The programme was inaugurated by Principal Dr. Manzurali P.P by lighting the candle ribbon. Principal delivered an AIDS Day message to the gathering. Students made a ribbon with lighted candles and wore red ribbon to express their solidarity with the AIDS victims. Ms Ansila of B.Sc Biotechnology welcomed the gathering. Dr. Umesh BT, Head, Department of Biosciences delivered the Presidential address. Ms Anu Ruby Benny, Assistant Professor Department of Biosciences gave a short speech on the importance of observing AIDS Day.

NSS Programme Officer Dr. Ally C. Antony felicitated the gathering. NSS volunteer Sandra of BSc Biotechnology delivered a short AIDS Day message.



Principal Dr. Manzurali inaugurates AIDS Day observance by lighting the red ribbon candle



AIDS Day awareness Rally by NSS Volunteers



AIDS Day message by Dr. Ally C. Antony, NSS Programme officer

‘SAMATWA-2021’ –WORLD DISABILITY DAY

NSS unit conducted a week long competitions ‘Samatwa- 2021’ for the differently abled students of the School for the Blind, Aluva from December 3rd 2021 onwards. Competitions were held separately for primary and upper primary students. The competitions were conducted in poetry, story

telling, computer typing, singing, speech competition, cane walking etc. Approximately 60 students participated in the programme. Prizes were distributed at the valedictory function by Dr. Jasmine P.M, the Principal of MES College, Marampally.

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NSS UNIT NO: 68
3rd December 2021
ലോക ദിനശേഷി ദിനം

സ്കൂൾ ഓഫ് ബ്ലൈൻഡ് ആലുവയിലെ വിദ്യാർത്ഥികൾക്ക് വേണ്ടി MES College മാറമ്പള്ളി NSS യൂണിറ്റ് ഒരുക്കുന്ന കളിവിരുന്ന്

“സമത്വ്”

ഓൺലൈൻ മത്സരങ്ങൾ :

1. സിനിമാ ഗാനം
2. കവിതാലാപനം
3. കടം കഥ
4. കഥാകഥനം

അയക്കേണ്ട നമ്പർ :
Gigi Varghese: +91 94009 84551
Lakshmi: +91 81299 32105

തത്സമയ മത്സരം: 3rd December 2021

വിവിധായ അയക്കേണ്ട അവസാന ദിവസം: 9th December 2021

‘ഒരുമയോടെ ശക്തിയിലേക്ക്’

Phone (D): 0484 2628240
Mob: 9400984551
aluvablindsschool@gmail.com

SCHOOL FOR THE BLIND ALUVA
THOTTUMUGHAM P.O., ALUVA – 683 105
KERALA, S. INDIA.

Smt. Jiji Varghese
Headmistress

No: _____ Date: 20/07/2021

To
The Principal
MES College,
Marampally P.O
PIN-683105

Dear Sir
Greetings!!

I express our deep gratitude and appreciation on behalf of the School for the Blind, Aluva for the services rendered by the NSS Unit of your college during the academic year 2021-22.

The NSS unit has actively participated in organizing ‘World Disability Day week’ celebrations ‘Samatwa- 2021’ from December 3rd, 2021 onwards. Several competitions were conducted for the students and prizes were distributed. The NSS unit also donated record books for the students of the School for the Blind during March 2022.

Jiji Varghese
Headmistress
MES College
School for the Blind
Thottumugham P. O.
Aluva - 683 105





School for the Blind Principal Smt. Gigi Varghese delivering the Presidential address



Students performing during "Samatwa 2021"



MES College Principal Dr. Jasmine P.M distributing the prizes to the winners.



Valedictory function of 'Samatwa 2021'

HOMAGE TO OUR DEFENCE HEROES

The NSS unit paid homage to our Defence heroes who lost their lives while protecting our country. Special homage was given to General Bipin Rawat and other military officers who lost their lives during the

helicopter crash on December 8th. Volunteers showed flowers, offered prayers and remembered their service rendered to our country.



Saluting our Heroes.....



NSS Programme Officer Dr. Ally C. Antony and Volunteers paying homage to our heroes



NSS SEVEN DAY SPECIAL CAMP- 'PHOENIX-2021'

The seven day Special Camp – 'PHOENIX 2021' was conducted from December 28-January 3rd. The inaugural ceremony was conducted in online mode. The camp was inaugurated by Vazhakulam Grama Panchayath President, Sri Gopal Dio. Principal Dr. Manzurali P.P presided the function. Staff secretary Sri Haneefa K.G felicitated the programme. During the camp the volunteers had several awareness and motivational sessions. Volunteers took up Swatch Bharath activities by cleaning the campus and College ground. Volunteers also made a vegetable garden in the campus. The camp came to an end by an online valedictory function on January 3rd.

എം.ഇ.എസ് കോളേജ്, മാറമ്പള്ളി



**മഹാത്മാഗാന്ധി സർവ്വകലാശാല, കോട്ടയം
നാഷണൽ സർവ്വീസ് സ്കീം
യൂണിറ്റ് നമ്പർ:68**

**സപ്തദിനക്യാമ്പ് ഡിസംബർ 28 മുതൽ
ഫീനിക്സ്-2021 2022 ജനുവരി 3 വരെ**

കോവിഡ് ഭേദിച്ചിടുന്നതിൽ കുടുംബശ്രീയുടെ പങ്ക്



Introductory session handled by Mr. Aneesh Thanikkal, Assistant Professor, MES College, Marampally



Motivational session by Sri Amal Saroj, Programme Officer, MES College, Marampally



Ice-Breaking session



Volunteers in action.....





Swachh Bharath activities in progress



Vegetable Garden making



Vegetable Garden making



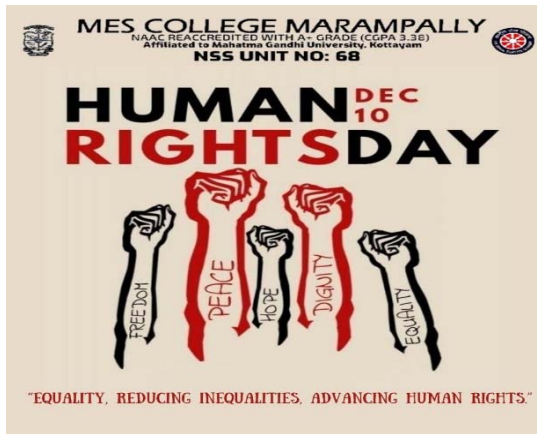
Valedictory function.....



HUMAN RIGHTS DAY

NSS observed Human Rights Day on January 1st 2021 by performing a Flash mob at Aluva Bus stand and College premises. The programme was inaugurated

by the college management secretary Adv. Abul Hassan. The principal delivered the 'Human Rights Day' message.



Students performing flash mob at Municipal Bus stand, Aluva to spread the message of 'Human Rights Day'



Students performing flash mob at College premises to spread the message of 'Human Rights Day'sssss





Human Right's Day observance Rally
THE RAKSHIN PROJECT

NSS volunteers participated in the Rakshin Project by Sakshi which is meant to train them to make them aware and interfere in cases where denial, silence, shame and stigma (barriers to the prevention of Child Sexual Abuse within the families and communities) through a

systemic, interventionist approach At each level, NSS volunteers are educated about the multiple facets of prevention of child sexual abuse as they are equipped to become responsible Rakshins — the preventers of Child Sexual Abuse



NATIONAL BIRD DAY

National Bird Day was observed on January 5th 2022. NSS Volunteers hanged birds feeder in the college campus as a noble compassionate act to remind the youth their responsibility to protect other fellow living things also.



Installing Bird's feeder on 'National Bird Day'

BASIC LIFE SUPPORT TRAINING

NSS unit in association with MES Medical College Perinthelmanna organized a Basic life support training on 14th January 2022, which included first training to handle various life emergencies that may warrant immediate actions. The training was attended by NSS volunteers from nearby colleges as

well as youth from various organizations. Anwar Sadath MLA was the chief guest for the inaugural ceremony. Dr. P.A Fazhal Gafoor, MES state President and several other dignitaries were present during the programme. Certificates were issued to the participants during the valedictory function.



Dr. Hassan Aboobakker welcomes the gathering



Medical Team giving life support lessons to volunteers



Medical Team giving practical life support lessons to volunteers



Valedictory ceremony of 'Basic Life Support Training'





WEBINAR ON DEMENTIA & LAW FOR PROTECTION AND WELFARE OF PARENTS AND ELDERLY

NS unit in association with District Social Justice Department Ernakulam, Maintenance tribunal Fort Kochi organised two webinars for better treatment of the elderly people. The first webinar was on 'DEMENTIA' by Smt.

Ashly Jacob, Dementia Trainer, Dementia Training Center, Trivandrum. The second session was on Law for Protection and welfare of Parents and Elderly, 2007 and was handled by Advocate Hanees Manakal, Cochin Legal Service Authority.





കേരള സർക്കാർ

ജില്ലാ സാമൂഹ്യ നീതി വകുപ്പ്, എറണാകുളം
മെയ്ന്റനൻസ് ട്രൈബ്യൂണൽ ഫോർട്ട്കൊച്ചി

സ്വാഗതം	: ശ്രീ. അമൽ സരോജ് (എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർ, എം.ഇ.എസ് കോളേജ്, മാറമ്പള്ളി)
അദ്ധ്യക്ഷൻ	: ഡോ. ജാസ്മിൻ.പി.എം (പീൻസിലാർ എം.ഇ.എസ് കോളേജ്, മാറമ്പള്ളി)
മുഖ്യപ്രഭാഷണം	: ശ്രീ. ഷംനാദ്.വി.എ (ജില്ലാ സാമൂഹ്യനീതി ഓഫീസർ, എറണാകുളം)
ബോധവൽക്കരണ ക്ലാസ്	
സെക്ഷൻ 1	: ഡിമെൻഷ്യ (മറവീരോഗം)
അവതരണം	: ശ്രീമതി. ആഷ്ലി ജേക്കബ് (ഡിമെൻഷ്യ ട്രെയ്നർ, എ.ആർ.ഡി.എസ്.ഐ, നാഷണൽ ഡിമെൻഷ്യ ട്രെയ്നിങ് സെന്റർ, തിരുവനന്തപുരം)
സെക്ഷൻ 2	: മാതാപിതാക്കളുടെയും മുതിർന്ന പൗരന്മാരുടെയും സംരക്ഷണവും ക്ഷേമവും നിയമം 2007
അവതരണം	: അഡ്വ. ഹനീസ് മനക്കൽ (കൊച്ചിൻ ലീഗൽ സർവീസ് അതോറിറ്റി)
കൃതജ്ഞത:	: ശ്രീമതി. വിജയശ്രീ .എം.എം (ടെക്നിക്കൽ അസിസ്റ്റന്റ് മെയ്ന്റനൻസ് ട്രൈബ്യൂണൽ, ഫോർട്ട്കൊച്ചി)
പങ്കെടുക്കുന്നവർ	: എം.ഇ.എസ് കോളേജ്, മാറമ്പള്ളി എൻ.എൻ.എസ് വിദ്യാർത്ഥികൾ



Date : 31.01.2022 | Time : 2.00pm



NATIONAL YOUTH DAY- 2022- MEGA BLOOD DONATION CAMP

To commemorate National Youth Day on January 12th 2022, MES College, Marampally NSS unit conducted a Mega Blood Donation camp in association with IMA and District Hospital Aluva. The programme was inaugurated by the Principal Dr. Manzur Ali P.P. College management Secretary Adv. Abul Hassan presided the function. Dr. Mohammed,

General Hospital Ernakulam, gave a small talk on the importance of Blood Donation. Mr. Victor, Aluva District Hospital felicitated the gathering. Sixty volunteers donated their blood which gave a clear message on this National Youth Day that Our youth is always ready for Nation building through social service.



Programme Officer Sri Amal Saroj welcomes the gathering



Principal Dr. Manzur Ali P.P inaugurating the Blood Donation camp



Blood Donation Camp arrangements


MES COLLEGE MARAMPALLY
NACC REACCREDITED WITH A- GRADE (CGPA 3.30)
Affiliated to Mahatma Gandhi University, Kottayam
NSS UNIT NO : 68






Blood Donation Camp arrangements



NSS volunteers donating blood



**Kerala State AIDS Control Society /
Kerala State Blood Transfusion Council**

Red Cross Road, Thiruvananthapuram 695035 Phone : 0471-2304882, Fax: 0471-2305183,
E-mail: keralasacs@gmail.com, www.ksacs.kerala.gov.in

CERTIFICATE

This is to certify that MES COLLEGE MARAMPILLY, NSS UNIT
has successfully organized a Voluntary Blood Donation Camp with the support of Blood Centre
RBTC, DH, ALUYA on 13-01-2022 at MES COLLEGE MARAMPILLY
During the camp 60 donors have donated blood. We express our sincere
appreciation and gratitude to the organization.

**REGIONAL BLOOD TRANSFUSION CENTRE
R66/R2BC/KER/DC-CLASSRY
DISTRICT HOSPITAL, ALUYA**

Medical Officer
Blood Centre
Dr. N. V. KUMAR
Medical Officer in charge
Regional Blood Transfusion Centre

DAY FOR PEACE –MESSAGE AGAINST WAR

MES College Marampally NSS unit celebrated a Day for Peace for showing the solidarity against war on 2nd march 2022. The programme was inaugurated by MES College, Principal Dr. Jasmine P.M. NSS volunteers lighted candles as a symbol of peace and prayed for the war victim Indian student who died in

Ukraine. There was a peace rally holding placards and posters which reflected the views of the students against war. The College Management secretary flew a dove as a symbol of peace. College management secretary delivered a peace day message. NSS volunteer secretary Seethalakshmi proposed vote of thanks.



‘Day for Peace’- Solidarity against war



Peace Day Rally



Remembering war victim Naveen Kumar.....




Peace Day Rally



Delivering the message of peace and harmony


WOMEN'S DAY- WOMEN'S ONLY BLOOD DONATION PROGRAMME

Women's Day was celebrated on March 8th with the slogan that "There is more than one way for a woman to gift life" On women's day, march 8th MES college, Marampally NSS unit in association with Aluva district hospital and IMA Madhyakerala, conducted a blood donation campaign for girls and female teachers at BCA seminar hall. The program was inaugurated by our principal Dr Jasmine P. M. Around 42 students including a teacher donated blood on that day.




MES COLLEGE MARAMPALLY
NAAC REACCREDITED WITH A+ GRADE (CGPA 3.38)
 Affiliated to Mahatma Gandhi University, Kottayam

NSS UNIT NO: 68



INTERNATIONAL WOMEN'S DAY



BLOOD DONATION CAMP
in association with
 WOMEN'S CELL

"THERE'S MORE THAN ONE WAY FOR A WOMAN TO GIFT LIFE"

Details

<p>Date: 8th march 2022 Time: 9:45 am Venue: BCA Seminar Hall</p>	<ul style="list-style-type: none"> • Donors should be minimum 50kg • Minimum 2 week after covid recovery or vaccination • Minimum 3 months after previous donation
--	---

<small>Secretaries</small>	<small>Program Officers</small>	<small>Principal</small>
<small>Arjun 7306127499 Senthakshmy 9168322796</small>	<small>Dr. Ally C Antony Mr. Amal Sargol</small>	<small>Dr. Jasmine P M</small>



Dr. Ally C. Antony, NSS Programme officer welcomes the gathering



Jasmine P.M, Principal inaugurating the Blood Donation Camp

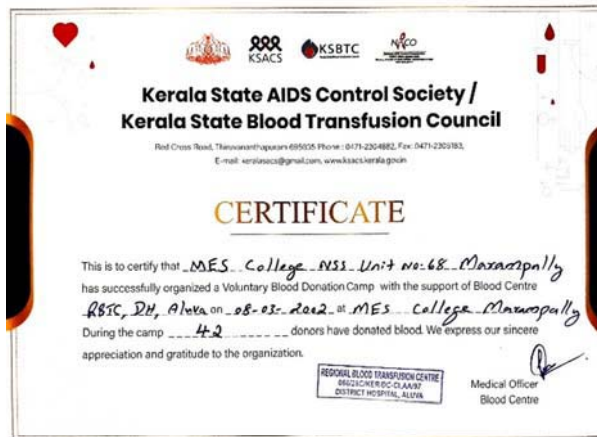




Preliminary check ups

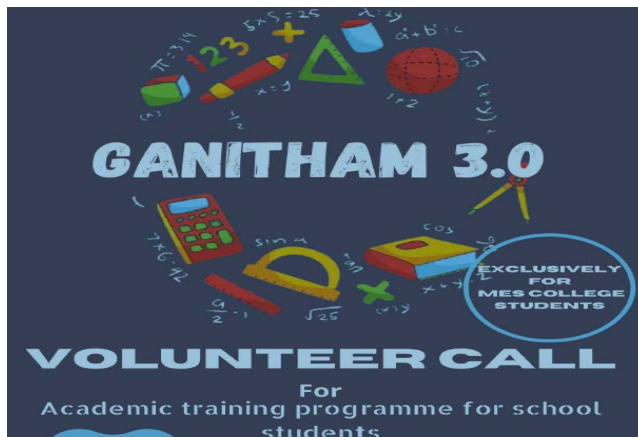


Women's only blood donation camp on 'International Women's Day'



PROJECT GANITHAM

Project Ganitham was one of the Flagship programme of our volunteers in association with 'Insight for Innovation'. It was a 6 months programme from June onwards to offer free online mathematics classes and life skill sessions high school students across the state of Kerala. More than 72 high school students across our



state from various syllabi such as Kerala Board, CBSE, ICSE etc. were



benefitted. We received an excellent feed back from students, parents as well as Insight for Innovation. Our volunteer Lakshmi Biju was selected as a mentor to train volunteers at Infosys for this project.

‘VRIKSHA RAKSHA BHANDHAN’- CARE FOR TREES

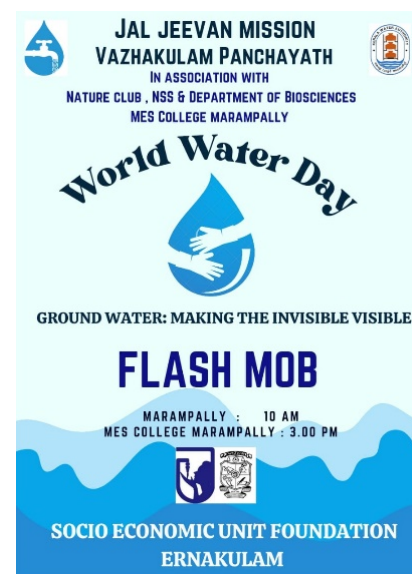
NSS volunteers took a decision to protect the trees by treating them as friends. Vriksha Raksha Bhandhan was observed by tying Raksha Bhandhan on trees which spreads this noble message



Volunteers tying Rakshabandhan on trees as an act of willingness to protect trees

WORLD WATER DAY

On World Water Day March 22, NSS unit and Nature club of MES College Marampally in association with JAL JEEVAN MISSION, Vazhakulam Grama Panchayath and Socio-Economic Unit Foundation organized a Flash mob to generate awareness regarding the necessity to preserve our water sources. The programme was inaugurated by Vazhakulam Grama Panchayath President Sri Gopal Dio. The programme was aimed at making safe drinking water available to all households of vazhakulam panchayath, protect our underground water resources, rain water harvesting, sewage water treatment etc. The Socio-Economic Unit Foundation Assistant Director Jessy Jacob and MES college Principal Dr. Jasmine P.M gave ‘Water





Day' message.

ജലസംരക്ഷണ റാലി

ജലയാറ്റു: ലോക ജലദിനത്തോടനുബന്ധിച്ച് നിലേശ്വരം എസ്. എൻ. ഡി.പി ഹയർ സെക്കന്ററി സ്കൂളിൽ ജലസംരക്ഷണ റാലി നടത്തിയ ശുചീകരണം, ഫേസ്ബുക്ക് പ്രദർശനം എന്നിവ നടത്തി. പ്രിൻസിപ്പൽ ആർ. ഗോപി, എൻ.എസ്.എസ് കോഓഡിനേറ്റർ യന്യരമണൻ, ടൈം ക്യാപ്റ്റൻ എം. ആർ. ലേനീജ, സ്റ്റുഡന്റ് മാസ്റ്റർ എൻ.സി.സി.സി. സിബിൻ, ഗംഗാമിജു തുടങ്ങിയവർ പങ്കെടുത്തു.

കുത്തൊട്ടുകുളം ജനകീയ പ്രതിരോധ സമിതി കുത്തൊട്ടുകുളം മേഖലയുടെ ആഭിമുഖ്യത്തിൽ ടൗൺ ഹാളിൽ മൂന്നു ദിവസം ലോക ജലദിനം ആചരിച്ചു. മുനിസിപ്പൽ കൗൺസിലർ പി.ജി. സുനിൽകുമാർ ഉദ്ഘാടനം ചെയ്തു.

ജനകീയ പ്രതിരോധസമിതി കുത്തൊട്ടുകുളം മേഖല പ്രസിഡന്റ് പി.സി. ജോസഫ് അധ്യക്ഷത വഹിച്ചു. കർഷക പ്രതിരോധസ

മിതി സംസ്ഥാന വൈസ് പ്രസിഡന്റ് പി.സി. ജോളി, ഷാജി കണ്ണൻ കോട്ടു ബാബുരാജ്, സി.എ. തങ്കച്ചൻ, പി.പി. എബ്രഹാം, സി.കെ. തമ്പി, സി.എൻ. മുക്യുന്ദൻ എന്നിവർ സംസാരിച്ചു.

പെരുമ്പാറ്റു: അന്താരാഷ്ട്ര ജലദിനത്തിൽ മാറമ്പള്ളി എം.ഇ.എസ് കോളേജ് കമ്പസിലും പഞ്ചായത്ത് ഓഫീസിൽ സമീപവും ജന്മിൻ മിഷൻ പദ്ധതിയുടെ ഭാഗമായി ഫ്ലാഷ്മോബ് സംഘടിപ്പിച്ചു.

സോഷ്യലൈസം ആന്റി ഫാഷ്യോ ഹിസ്റ്റോറിയം നാഷണൽ സർവീസ് സ്റ്റീജിയോ സഹകരണത്തോടെ യാണി പരിഹാസി സംഘടിപ്പിച്ചത്. വാടകക്കൂലി പഞ്ചായത്തിലെ മുഴുവൻ വീടുകളിലും ഗൃഹജലം എത്തിക്കുക, ജലസംരക്ഷണം, ജൈവജല സംരക്ഷണം, മലിനജല

സംസ്കരണം എന്നിവയിലൂടെ ജനങ്ങളുടെ ആരോഗ്യം സംരക്ഷിക്കുക എന്നതാണ് ജന്മിൻ മിഷൻ പദ്ധതി ലക്ഷ്യം.

പഞ്ചായത്ത് പ്രസിഡന്റ് ഗോപാൽ ഡിയോ ജലദിന സന്ദേശം നൽകി. സോഷ്യലൈസം ആന്റി ഫാഷ്യോ ഹിസ്റ്റോറിയം ഡയറക്ടർ ജെസി ജേക്കബ്, എം.ഇ.എസ് കോളേജ് പ്രിൻസിപ്പൽ പി.എ. ജാസ്റ്റിൻ എന്നിവർ സംസാരിച്ചു.

CHANGE OF NAME
I, JINESH SAVIOUR (AS PER SSLC BOOK), MANICKATHAN HOUSE, CHERANALLLOOR P.O., VALAVUMPADY, CHERANALLLOOR, ERNAKULAM DT: HEREBY CHANGE MY NAME AS JINESH XAVIER.



Poster exhibition in connection with 'Water Day' Flash mob in connection with 'Water Day'



MES College Principal Dr. Jasmine P.M addresses the gathering



Socio-Economic Unit Foundation Assistant Director Jessy Jacob addresses the gathering





'Water Day' observation at Vazhakulam Grama Panchayath

BOOKS DONATED TO STUDENTS OF SCHOOL FOR THE BLIND





Workshop On Sustainable Campus Plan By Sri Santhosh Thannikat, District Sustainability Mentor, Ernakulam Under Mahatma Gandhi National Council Of Rural Education

PROMISE PROJECT

Puthuvypu Beach cleaning -Swatch Bharath

As part of Swatch Bharath activities the NSS unit in collaboration with STENUM ASIA (European Union funded), TERI, KHRA-REZOY participated in cleaning of Puthuvype Beach under the ‘PROMISE PROJECT’ on 31st march 2022. Approximately 690 Kg waste was collected during the project and were segregated into 7 categories – biomedical waste, hazardous waste (electronic waste), broken glass waste, metal waste, paper and organic waste and miscellaneous waste (include footwear, clothing residual waste) etc. Recyclable waste was recycled using another agency. The cleaning activity gained great public support and appreciation from the GCDA Cochin Corporation and media.





GCDA president Sri Chandran Pillai inaugurating the Puthuvype cleaning drive



Volunteers collecting the waste from beach and segregating for proper disposal



Mission completed..





Appreciation received for the Beach cleaning activity...

MISSION 'CLEAN'



NSS volunteers from Marampally MES College, SCMS College of Management, SCMS College of Architecture and SCMS College of Engineering participate in the cleaning drive organized by the Kerala Restaurant Association, Food Delivery App Resoy and Stenum Asia at Puthuvype beach on Thursday

കെഎച്ച്ആർഐ പുതുവൈപ്പ് ബീച്ചിലെ മാലിന്യങ്ങൾ നീക്കി

കൊല്ലം കോളേജ് അൻഡ് റെസ്റ്റോറന്റ് അസോസിയേഷൻ, കെഎസ് വി അണു ആഹാര കോടപ്പാട്, റെസ്റ്റോ ഏ ഷ്യ എന്നിവരുടെ ആഭിമുഖ്യത്തിൽ പുതുവൈപ്പ് ബീച്ചിലെ മാലിന്യങ്ങൾ നീക്കി. ബിസിസിറ്റി പ്രവർത്തന കോപ്യ റ്റർഫിലുള്ള ചരിവാടി ഉദ്ഘാടനം ചെയ്തു. മാരാപള്ളി എളുപ്പമേഴ് കോളേജ്, എൻസിഎംഎസ് കോളേജ് ഓഫ് മാനേജ്മെന്റ്, എൻസിഎംഎസ് കോളേജ് ഓഫ് ആർക്കിടെക്ചർ, എൻസിഎംഎസ് കോളേജ് ഓഫ് എൻജിനീയറിംഗ് എന്നിവിടങ്ങളിൽ നിന്നുള്ള 250ഓളം എസ് എസ്എസ് വിദ്യാർത്ഥികൾ പങ്കെടുത്തു. നീക്കിയ മാലിന്യങ്ങൾ തരത്തിൽ വ്യാപകമായിരിക്കുന്നു.



കെഎച്ച്ആർഐയുടെ നേതൃത്വത്തിൽ പുതുവൈപ്പിലെ 'പുതുവൈപ്പ് ബീച്ചിന്റേ നീക്കം ചെയ്യുന്നു' പരസ്യം ക്ലബ്ബായ ഏറ്റുവാങ്ങൽ സംവിധാനം കൽ നീക്കി. റെസ്റ്റോറന്റ് പ്രവർത്തനങ്ങൾ ചെയ്ത കോളേജുകൾക്ക് ഓഫ് സെലക്ഷൻ റിപ്പോർട്ട് ഇൻ ദി ലൈം ഡിംഗ് സി, പ്രെസിൻറ്റ് എന്ന് 4 വർഷത്തെ പദ്ധതിയുടെ ഭാഗമാണ് ബിഷപ്പ് കൾ ഓഫ് സെലക്ഷൻ റിപ്പോർട്ട് 2009 ൽ ആരംഭിച്ച പദ്ധതി 2024 ൽ അവസാനിപ്പിച്ചു.

PROMISE
THE PREVENTION OF MARINE LITTER IN THE LAKSHADWEEP SEA

Project Funded by:
switchasia
SWASTHA PRO-COMMITTEE

Letter of Appreciation

To,
The Principal,
MES College Marampally
Aluva, Kerala 683107

Date: 19th April 2022

Subject: Letter of Appreciation

STENUM Asia in partnership with TERI (Project PROMISE consortium partners) with the local support of KHRA-Resoy would like to extend their utmost gratitude to MES College Marampally for their active participation in Project PROMISE for our first Beach Clean Up which took place on the 31st of March, 2022 at Puthuvype, Kerala to tackle the problem of marine litter.

The event would not have been a success without the volunteers who, altogether collected 690 kg of waste which was segregated into 7 different types - rigid plastics, bio-medical waste, hazardous waste (electronic waste), broken glass waste, metal waste, paper waste and miscellaneous waste (including footwear, clothing, and residual waste). Of these, the recyclables were sent for closed-loop recycling by our local project partner, Green Worms.

This collaboration was a step in the right direction towards achieving one of the many goals of Project PROMISE: Prevention of Marine Litter in the Lakshadweep Sea from land sources. Looking forward to more fruitful collaborations.

Best Regards,

Vikas Singh
Vikas Singh
Senior Consultant
STENUM Asia

Pshihad
Pshihad Kumar Tewari
Fellow
The Energy and Resources Institute

Project Implemented by:
adelphi a PARLEY STENUM Asia teni

Appreciation letter from STENUM ASIA



NATIONAL INTEGRATION CAMP

NSS volunteer Mr. Muhammed Junaid K. was selected for the National Integration Camp sponsored by the Ministry of Youth and Sports, Government of India and

organized by NSS regional Directorate Pune and University of Mumbai between May 22-28, 2022 representing Mahatma Gandhi University



Volunteers performing during National Integration Camp



Volunteers at National Integration Camp, Mumbai





SERVICE AT COVID FIELD HOSPITAL, THRIPPUNITHARA

The students rendered service at Covid Field Hospital at Thrippunithara and handled data management operations using CARE software which was conducted by MES Medical College, Perinthalmanna in association with Government of Kerala.

	MES MEDICAL COLLEGE	007311
Run by The Muslim Educational Society (Regd.)		Registered under Societies Registration Act XXI 1860 exempted under section 10(23 C) (iv) and section 80G of the Income Tax Act 1961
Palachode PO, Malappuram Dt. 679 338, Kerala, S. India. Tel: 04933-298300, Fax 04933-258306, E-mail: mesmc@mesams.com www.mesams.com Head Quarters: MES, Kannur Road, Nadakkavu: P.O, Calicut - 673 011. Tel: 0495-2369321, 2761189, 2766577 E-mail: meskerala@gmail.com Website: www.meskerala.com		
MESMCH/EC/2022		17-02-2022
CERTIFICATE OF APPRECIATION		
<p>This is to certify that the students of MES College Marampally, Aluva, have actively participated in all the procedures for taking care of COVID patients and successfully handled the data management operations using 'CARE' software at the Covid Field Hospital, Thrippunithura, conducted by MES Medical College, Perinthalmanna, in association with Government of Kerala, during the period of May 2021 to October 2021.</p>		
<p>Dr. Abdul Rahim Fazal, MBBS MD MES Covid Field Hospital In-charge</p>		
		
<p>Society runs: Medical College • Dental College • Engineering Colleges • College of Nursing • Institute of Paramedical Sciences • School of Nursing Post Graduate Colleges • B.Ed Colleges • Women's Colleges • CBSE Schools • State Syllabus Schools • Montessori Training Institutes • Hostels • Hospitals Industrial Training Centres • Vocational Training Centres • Higher Secondary Schools • Cultural Complexes • Orphanages • Home for Mentally Retarded</p>		



APPRECIATION FOR SIGNIFICANT BLOOD DONATING INSTITUTION

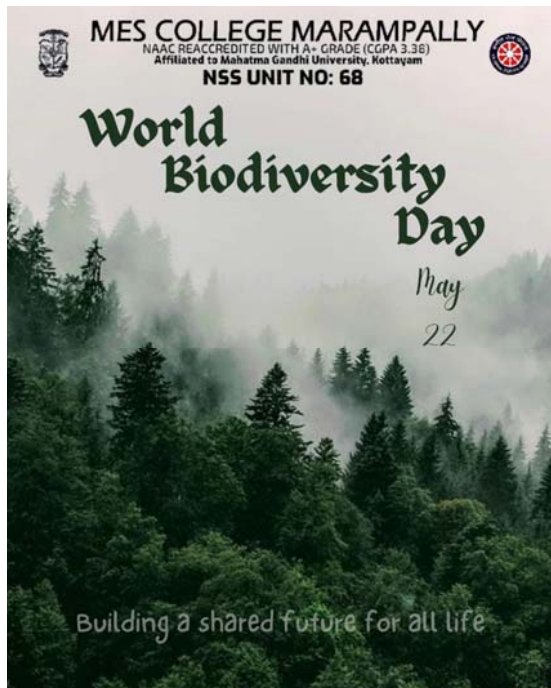
NSS unit, MES college Marampally received Appreciation award for significant blood donation camps organized in a ceremony jointly organized by Regional Blood Transfusion Center Aluva District Hospital IMA, Madhya Kerala and Kerala Action Force.



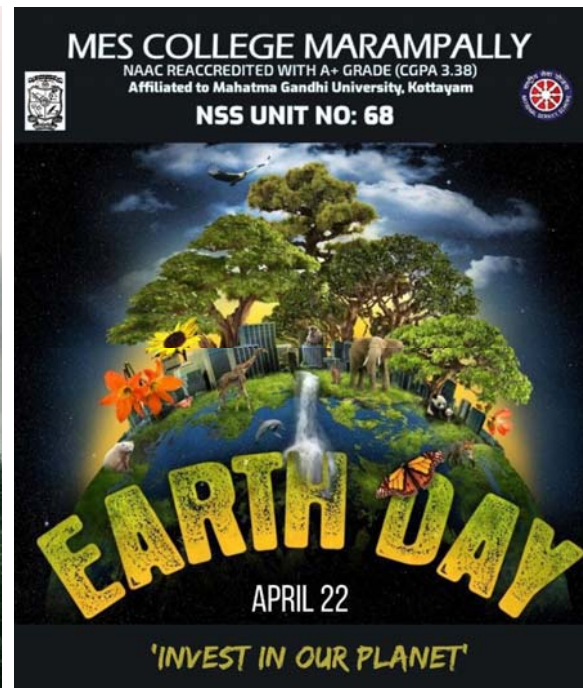
NSS unit No. 68 MES College Marampally receiving appreciation award for one of the best Blood Donating units from Sri Anwar Sadath MLA

IMPORTANT DAYS OF OBSERVATIONS

ENVIRONMENT AWARENESS



WORLD BIODIVERSITY DAY



EARTH DAY



INTERNATIONAL MANGROVE DAY

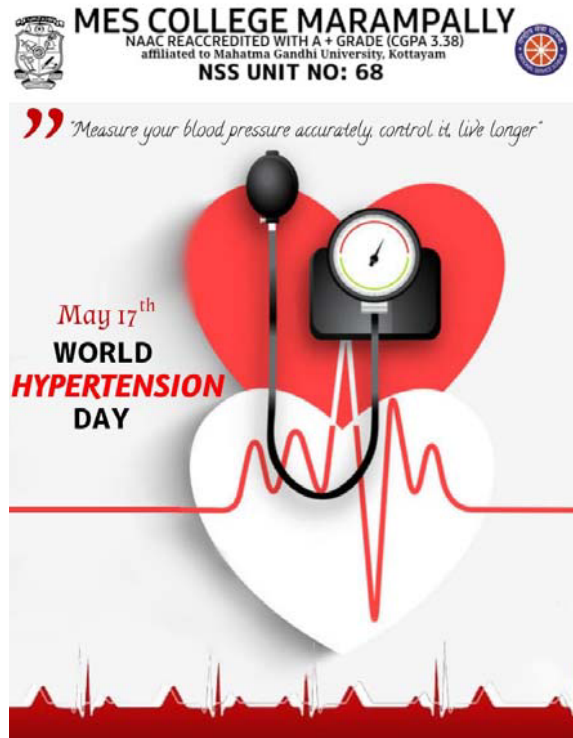


INTERNATIONAL FOREST DAY

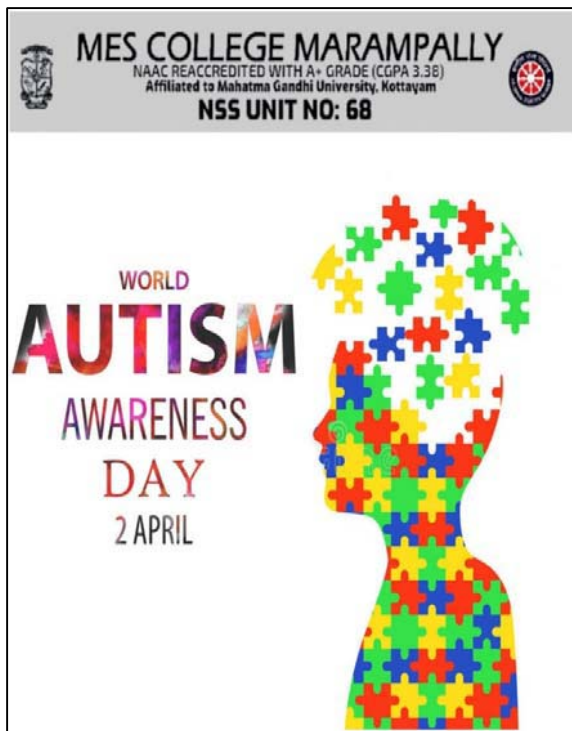
HEALTH AWARENESS



INTERNATIONAL NURSES DAY



WORLD HYPERTENSION DAY



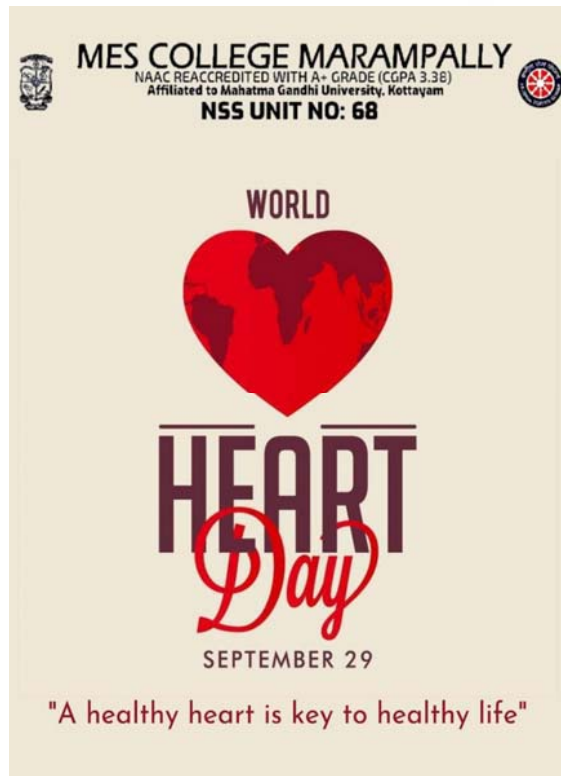
WORLD AUTISM DAY



WORLD HEALTH DAY



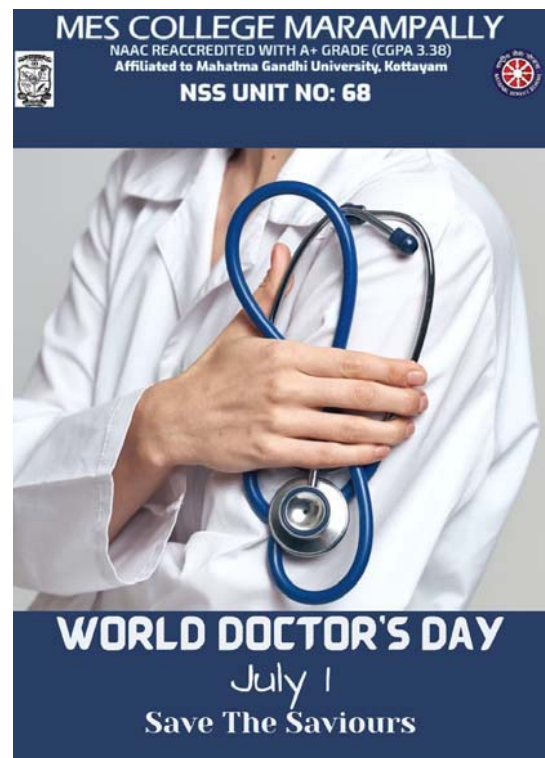
WORLD BREAST FEEDING DAY



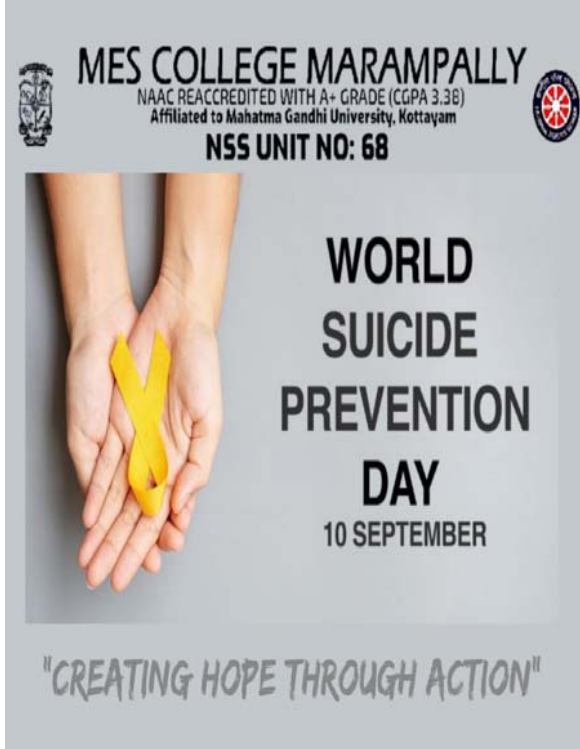
WORLD HEART DAY



WORLD CANCER DAY

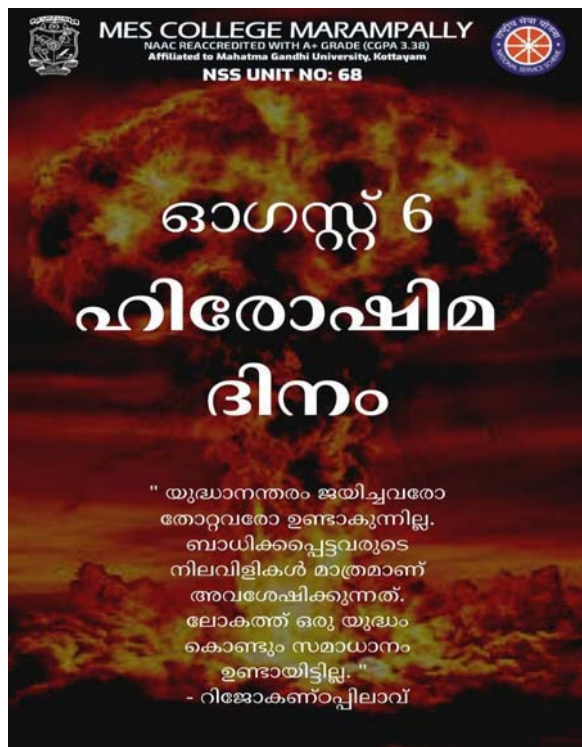


WORLD DOCTOR'S DAY



INTERNATIONAL HAPPINESS DAY WORLD SUICIDE PREVENTION

NATIONAL INTEGRATION/HUMAN VALUES/GENDER SENSITIZATION



HIROSHIMA DAY



WORLD MALALA DAY





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



NSS DAY

September 24



NATIONAL SERVICE SCHEME DAY

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

August 8



Quit India Movement Day

In remembrance of
— Legends —
that refused to give up

QUIT INDIA MOVEMENT DAY

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

International Youth Day

August 12

"YOUTH IS HAPPY BECAUSE IT HAS THE CAPACITY TO SEE BEAUTY. ANYONE WHO KEEPS THE ABILITY TO SEE BEAUTY NEVER GROWS OLD"



INTERNATIONAL YOUTH DAY

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

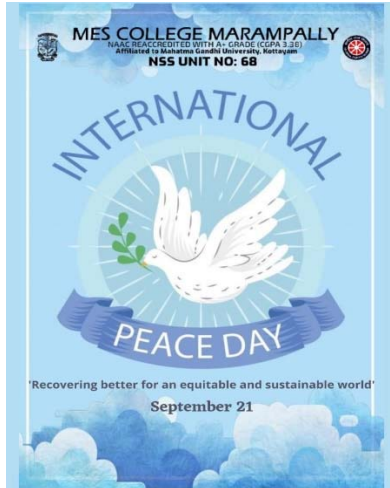


Kargil Vijay Diwas

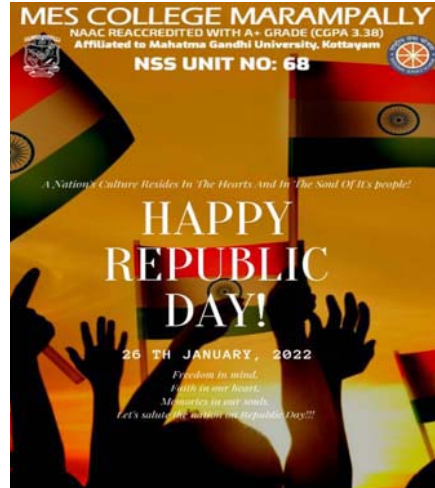
JULY 26

KARGIL VIJAY DIWAS





INTERNATIONAL PEACE DAY



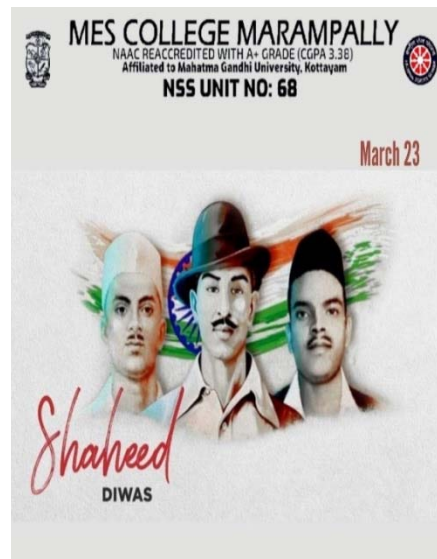
REPUBLIC DAY



INDEPENDENCE DAY



LABOUR DAY



SHAHEED DIWASs