

MES COLLEGE MARAMPALLY

Red Cros: Annual Report 2022-23

I. International Yoga Day

In connection with International Yoga Day we have conducted a one-day programme “Fitness Arena” on 21st June for the students and faculty of our college in association with NSS, NCC and Department of Physical education. The programme was inaugurated by our beloved Principal Dr. Ajims P Mohammed. There were three sessions. The first session, “Yoga for Transformation” was handled by Mr. Manjunathan K, Yoga Teachers Trainer, Pathanjali College of Yoga. The session I started at 10.00am. Remaining practical yoga sessions were handled by Ms. Arya S Kumar, Assistant Professor, Department of MSFT. II session was for students and was from 11.00 am-12 noon. The III session for the faculty was held from 2.30-3.30 pm. Students and faculties actively participated in the respective sessions. The programme helped a lot to give the students an awareness about the significance of yoga and meditation in student life.

MES COLLEGE MARAMPALLY
INTERNATIONAL
YOGA DAY
in association with

**SESSION I
YOGA FOR
TRANSFORMATION
(10 AM - 11 AM)**

**SESSION II & III
PRACTICAL YOGA SESSION
FOR STUDENTS / FACULTY
(11 AM - 12 PM) / (2.30 PM - 3.30 PM)**

Manjunathan K.
Yoga Teachers Trainer
Pathanjali College of Yoga

Arya S. Kumar
Assistant Professor
Department of MSFT

21 JUNE | 2022
FITNESS ARENA, MSFT

Dr. Ajims P Mohammed
Principal
MES College Marampally

Coordinators
Mr. Haneefa K G
Head of the Department
Physical Education & MSFT
Mrs. Jasmín S
Head of the Department
MSFT



II. AZADI KA AMRIT MAHOTSAV: CYCLE RALLY

In connection with Azadi Ka Amrit Mahotsav Red Cross Unit of MES College Marampally has organized a cycle rally on 15-08-2022. The 20-member cycle rally was flagged off from our campus by M. M . Ashraf, Vice Chairman of MES Central Committee. Our beloved Principal Dr. Ajims P Mohammed delivered the Independence Day message. The coordinators are Ms. Sajeena T A, Asst. Professor, Department of Biosciences and Ms. Ansala N L, Asst. Professor Department of Commerce. The student coordinators are Sourav K. J. and Thajudheen A.B. The Co ordinators NCC, NSS and Physical education director were present at the flag off. The participants pedaled along the Marampally road and returned to the starting point.





III. WORLD AIDS DAY OBSERVANCE 2022

The global HIV response is in danger, even as HIV remains a major public health issue that affects millions of people worldwide. Over the last few years progress toward HIV goals has stalled, resources have shrunk, and millions of lives are at risk as a result. Division, disparity, and disregard for human rights are among the failures that allowed HIV to become and remain a global health crisis. World AIDS Day 2022, was observed in I December under the theme “Equalize”.



MES COLLEGE MARAMPALLY
DEPT. OF BIOSCIENCE
In Association with
RED CROSS UNIT

SERVIRE HUMANITY
RED CROSS

WORLD
AIDS DAY
DECEMBER 1

HIV AWARENESS DRAMA
12:30 PM | ♀ NH

JOIN US!





The Department of Biosciences also observed World AIDS Day in collaboration with the Red Cross Unit on 1 December 2022. Our students made the red ribbon, the universal symbol of awareness and support for people living with HIV using red-colored salt. The program was inaugurated by our beloved Principal Dr. Ajims P Muhammed by lighting candles. There was an oath-taking ceremony. Students played a skit based on the theme Equalize addressing the inequalities shown by society towards HIV patients. An exhibition displaying charts, models created based on the theme was also conducted by the students.

IV. REPORT OF OLD AGE HOME VISIT

Red Cross unit of MES College Marampally organized an old home visit to Welfare Association Trust, Aluva, Ernakulum, on 23rd January 2023. 29 students from various postgraduate departments involved in the visit. They attended the seminar conducted on the topic “Self Actualized Leadership Development” at 10.30 am organized by Welfare Association. The students were accompanied by Ansala N L, Assistant Professor (Joint Co-Ordinator, Red cross). After the Seminar Students had interactions with the inmates of the trust and they also had their lunch and refreshment there. The seminar was thought provoking and the visit was really a great experience for the students. Students also got Participation Certificate for the Seminar and the visit ended at 2.30 pm.



V. “Sahasrajeevan” one-year Blood Donation Programme

Red Cross Unit of MES College Marampally in association with All India Blood Donors’ Association has launched a Blood Donation programme named “Sahasrajeevan” (One year thousand blood donation) on 6th January 2023. The programme was inaugurated by P V Sreenijan (MLA of Kunnathunadu) at 10 am and Thasni Khan (Cine Artist) the chief guest launched the logo of the programme. Our Principal Dr. Ajims P Muhammed delivered the presidential address and the Chairman and Secretary of the College Management Committee rendered felicitations.



The Co-ordinators of the Red Cross unit Sajeena T A (Assistant Professor, Dept. Of Biosciences), Ansala NL (Assistant Professor, Dept. of Commerce) and Afzal Asharaf (Assistant Professor, Dept. of B. Voc Logistics) were the members of the organising committee. The programme was jointly organised by NCC and the NSS unit of our college. After the inaugural session, there was a blood donation camp, and the members of the Red Cross unit actively participated in both sessions. The programme got appreciation from all sides.

VI. BLOOD DONATION CAMP II

The Red Cross unit in association with NCC and All Kerala Blood Donors Association conducted a blood donation camp in connection with the Sahasrajeevan the blood donation campaign started in the month of January of 2023.

VII .BLOOD DONATION III

The 20 students of various departments of our college were sent to at Lakeshore Hospital for donating blood for the patients in critical conditions. This was organized on 21st February 2023 in association with All Kerala Blood Donors Association.


VIII. PAIN AND PALLIATIVE SERVICE

The students of our college are given training in palliative care in association with the pain and palliative care unit. Two students both boys and girls from different classes were sent with the palliative care unit team on every Monday, Wednesday and Friday. Students have given excellent feedback and they are so much interested so we would like to continue this so that more and more students will opportunity for serving the sick people

Ms. Sajeena T A, Coordinator




Mr. Afsal Ashraf, Joint Coordinator

Ms. Ansala N L, Joint Coordinator



**MES COLLEGE
MARAMPALLY**
AFFILIATED TO MAHATMA GANDHI UNIVERSITY
NAAC REACCREDITED WITH 'A' (3.38)

NCC Unit | 22(K) BN NCC ELOOR,
RED CROSS Unit




SahasraJeevan
a drop of life
Invest 1000 donors in this year

**BLOOD
DONATION
CAMP**

15th March 2023,
at PG Seminar Hall

Principal
Dr. Ajims P Muhammad
MES College Marampally

Staff Coordinators
**Lt. Ibrahim Salim M,
Ms. Sajeena T A**



The students of NCC and Red Cross actively coordinated the program. The program started at 10.00 am. Several students came forward to donate blood. The students were provided refreshment.