



**MES COLLEGE
MARAMPALLY,
ALUVA**



NATIONAL SERVICE SCHEME

UNIT NO: 68

**ANNUAL YEAR BOOK
2022-2023**



MES COLLEGE MARAMPALLY, NSS UNIT NO:68
ANNUAL YEAR BOOK 2022-2023



National Service Scheme (NSS)

is a Central Sector Scheme of the Government of India, Ministry of Youth Affairs & Sports.

It provides opportunities to the student youth of India to take part in various governmentled community service activities & Programs.

The sole aim of the NSS is to provide handson experience to young students in delivering community service.



PROGRAMS 2022-2023

WORLD ENVIRONMENT DAY

5th JUNE, 2022



NSS team celebrated World Environment Day with a variety of programs. College management secretary Adv. Abul Hassan handed over sapling to programme officer Dr. Raphika P M and an environment friendly fashion show was performed by NSS volunteers.



PROGRAMS 2022-2023

WORLD OCEAN DAY

8th JUNE, 2022



Talk on Climate change and Oceans in connection with World Ocean day celebration in association with Nature club, IQAC, IIC, EECC BY Vishnupriyan Kartha K, Founder Secretary, Cochin National History Society.



PROGRAMS 2022-2023

WORLD BLOOD DONATION DAY

14th JUNE, 2022



NSS unit :68, MES College Marampally received Appreciation Award from Regional Blood Transfusion Center for voluntary blood donation camp during 2021-2022 year. Sri Anwer Sadath handed over the trophy to the NSS team on 14 June 2022.



PROGRAMS 2022-2023

NSS ORIENTATION PROGRAMME

18th JUNE, 2022

MES COLLEGE MARAMPALLY
NAAC REACCREDITED WITH A+ GRADE (CGPA 3.38)
AFFILIATED TO MAHATMA GANDHI UNIVERSITY, KOTTAYAM
NSS UNIT NO: 68

ORIENTATION PROGRAMME
(2021) Batch
(Guest)



ASSISTANT PROF. SANIL KUMAR PS
(HEAD SCHOOL OF ENGLISH)
DE PAUL INSTITUTE OF SCIENCE AND TECHNOLOGY ANGAMALY

TIME : 9:30 AM
DATE: 18 / 06 / 2022

VENUE : BCA SEMINAR HALL

ORGANISING COMMITTEE	PROGRAMME OFFICERS	PRINCIPAL
SEETHALAKSHMY ARJUN C JAYAN	Dr. RAPHIKA P M AMAL SABOJ	Dr. A.HAMS P MOHAMMED

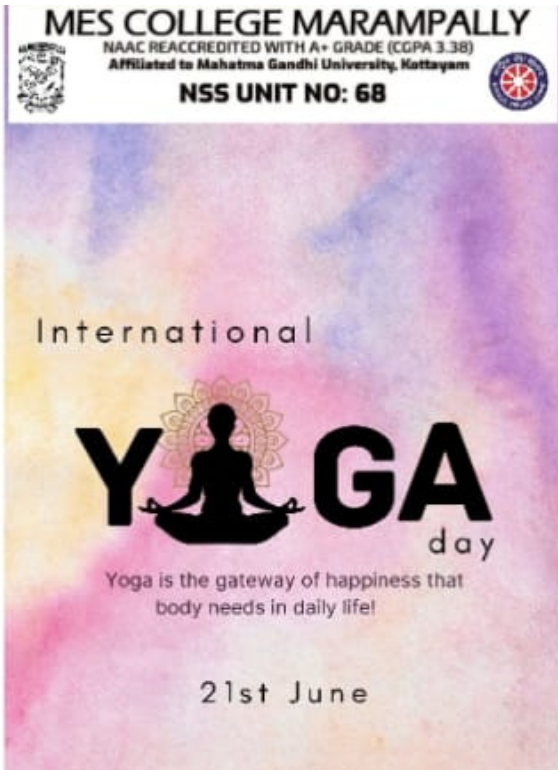


The NSS group of MES Marampally had its orientation programme for second year volunteers on 18th June. Resource person Mr. Sanil Kumar PS, Assistant Professor of the De Paul Institute of Science and Technology Angamaly.



PROGRAMS 2022-2023

INTERNATIONAL YOGA DAY 23rd JUNE, 2022



On the behalf of international yoga day (June 21st) in association with NCC & Red cross and multi sports and fitness (msft) of MES College Marampally conducted a program to encourage students to practice yoga for overall physical and mental well-being at the fitness area.



PROGRAMS 2022-2023

PAIN AND PALLIATIVE MEDICINE

23rd JUNE, 2022

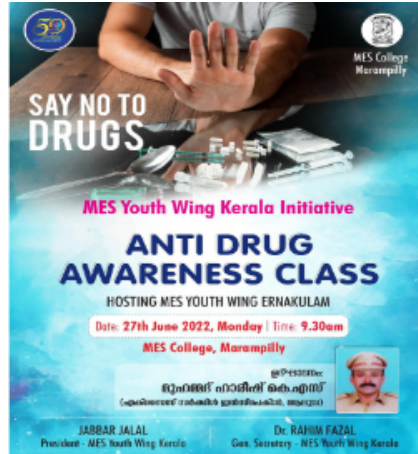


The NSS group of MES College, Marampally in association with the Pain and Palliative Care Center of Rajagiri Hospital conducted a session on Pain and Palliative Medicine on 23rd June. The speaker of the day was Dr. Biju Raghavan, Senior consultant & HoD of Pain and Palliative center in Rajagiri Hospital, was accompanied by his equally dedicated and enthusiastic team.



PROGRAMS 2022-2023

ANTI-DRUG AWARENESS PROGRAMME 27 JUNE, 2022



The NSS group and the NCC wing of MES College, Marampally in association with MES Youth Wing Ernakulam, Kerala conducted a session on Anti-Drug Awareness on 27th June 2022 which commenced by 9:30 AM. The programme was inaugurated by the excise circle inspector of Aluva , Mr. Muhammed Haarish K.S. The talk on Anti-Drug Awareness was mainly carried on by Sir Muhammed Haarish. By noon ,the session ended successfully and it was followed by an Anti-Drug cell rally to the Marampally Junction together with the NCC wing of the college with the aim to create awareness not only in the campus but also in the campus locality. The student volunteers performed a flash mob before the Panchayat which gained the attention of people. The programme ended on a positive note.



PROGRAMS 2022-2023

SPECIAL CAMP FOR SOCIO-ECONOMIC SURVEY 15-18 JULY,2022



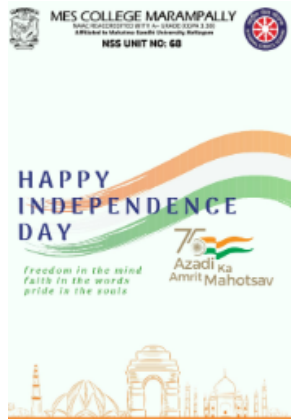
NSS unit of MES College Marampally, in association with Jala Jeevan Mission and Socio Economic Unit Foundation organized a four day residential camp at MES College Marampally from 15 July 2022 to 18 July 2022. The camp was inaugurated by Vazhakulam gram panchayath president Sri.Gopal Dio. On 16-07-2022 aimed at covering 7 wards (5,6,7,8,9,10,11) in vazhakulam grama panchayath included Pallipuram, Vanchinad Manjapetty, Cheruvelikunnu, Mudickal, Pallikaval and Moulloodpura. Total - 1405. On 17-07-2022 the volunteers aimed to cover the wards 14,15,16,17,18,19 and 20. the survey started around 9:30 am. Around 2089 houses were covered.



PROGRAMS 2022-2023

AZADI KA AMRIT MAHOTSAV- PLATINUM JUBILEE CELEBRATION OF INDIAN INDEPENDENCE 15 AUGUST,2022

- PATRIOTIC SONG BY 75 NSS VOLUNTEERS**



The 75th Independence Day on 15th August 2022 was well organized and celebrated in MES College Marampally. On Behalf of this programme NSS group of MES Marampally College has conducted a patriotic song of 75 members and that went so well. On the day, it begins with the flag hosting and by the Independence Day message by Principal Dr Ajims P Muhammed and later the patriotic song begins with assemblage and coordination of 75 NSS volunteers.



PROGRAMS 2022-2023

AZADI KA AMRIT MAHOTSAV- PLATINUM JUBILEE CELEBRATION OF INDIAN INDEPENDENCE 15 AUGUST,2022

• AMRIT MAHOSTAV VAYO NAMAN SE



The NSS group of MES in accordance with Azadi Ki Amrit Mahostav (Platinum Jubilee celebrations) of Indian independence conducted Amrit Mahostav Vayo Naman Se on 15th of August at 10 am honoring the senior citizens from near the campus locality. The honored guests were presented with mementos and adorned with golden silks by the respected principal Mr. Ajims P Muhammed and the managing committee members.



PROGRAMS 2022-2023

AZADI KA AMRIT MAHOTSAV- PLATINUM JUBILEE CELEBRATION OF INDIAN INDEPENDENCE 15 AUGUST,2022

- INSIGHTFUL ELDERS IN INDIAN INDEPENDENCE



A flex painting “Insightful elder in Indian Independence” was arranged by NSS. The program was inaugurated by Janab M A Mohammed, Chairman, College management committee, followed by the teachers, students and staff. Our principal, Ajims P. Mohammed Sir, had also painted in this flex by painting a flag.



PROGRAMS 2022-2023

AZADI KA AMRIT MAHOTSAV- PLATINUM JUBILEE CELEBRATION OF INDIAN INDEPENDENCE 15 AUGUST, 2022

• SWATANTRATA PAIGAM CULTURAL PROGRAM



The program included Mohiniyattam of Kerala , Bharatanatyam of Tamil Nadu, Dandiya of Gujarat, Ghoomar dance, Kashmiri dance of Jammu and Kashmir, Tribal dance , Punjabi Dance , kathak of Odisha , Manipuri dance and Rajasthani dance. The volunteers were able to show the unity among we, Indians through different dance forms of India. The 10 dance forms ended with the song where all dancers performed for a single song which shows the unity in diversity in india.



PROGRAMS 2022-2023

AZADI KA AMRIT MAHOTSAV- PLATINUM JUBILEE CELEBRATION OF INDIAN INDEPENDENCE 15 AUGUST,2022

- **DRISHYA AVISHKAARAM**



The NSS unit of MES College Marampally performed visual presentations after cultural programme. The programme displayed the freedom struggles during the time of British colonization in India.



PROGRAMS 2022-2023

BLOOD DONATION CAMP

30 AUGUST, 2022

 **MES COLLEGE MARAMPALLY**
MAAC REACCREDITED (B'E' A+ GRADE (CGPA 3.30)
Affiliated to Mahatma Gandhi University, Kottayam
NSS UNIT NO: 68 

BLOOD DONATION CAMP

Be the reason for someone's heartbeat.

IN ASSOCIATION WITH
Vazhakulam Grama Panjayath & Kudumbarogya Kendram Vazhakulam

Inauguration
Shri Anwar Ali
(Vazhakulam Block Panchayat President)

CHAIRMAN
Shri Gopal Deo
(Vazhakulam Grama Panchayat Chairman)

30th August 2022
Time: 10 AM
PG Seminar Hall



SECRETARIES
Junaid K- 9447988750
Salama Ali- 99461 97951

PROGRAM OFFICERS
Dr. Raghika FM
Mr. Amal Saroj

PRINCIPAL
Dr. Ajims P Mohammed



Blood donation camp in association with Vazhakkulam grama panchayath and Kudumbarogya kendram. The camp was conducted in association with Vazhakulam Grama Panjayath and Kudumba Arogya Kendhram Vazhakulam.



PROGRAMS 2022-2023

'CUP OF LIFE' 1 SEPTEMBER, 2022



NSS Unit 68 of MES College Marampally together with IQAC and MES Youth Wing organized the campaign on 29 and 30 August 2022 and distribution of menstrual cups on September 1, 2022. The programme mainly emphasized on “Empowering women and girls through good and healthy menstruation hygiene.”



PROGRAMS 2022-2023

'ANTI-DRUG CAMPAIGN'

19 SEPTEMBER, 2022



NSS unit MES College Marampally in association with MES Campus School organized an Anti-Drug Campaign on 19 September 2022. A detailed survey was conducted regarding the reason for usage of drugs.



PROGRAMS 2022-2023

WHITE CANE RALLY 15 OCTOBER, 2022



15th October: White cane rally, was conducted in the College at 12:30pm, to highlight the importance of white cane for the visually impaired. The volunteers blindfolded themselves and used white canes to find their way throughout the rally.



PROGRAMS 2022-2023

SWATCH BHARAT MISSION 15 OCTOBER, 2022

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

NSS SWATCH BHARAT
In Association With
Vazhakulam Grama Panchayat &
Kudumbarogya Kendram Vazhakulam

DATE : OCTOBER 15
TIME : 10:00 AM
VENUE : KUDUMBAROGYA KENDRAM, VAZHAKULAM



COORDINATOR Aftab Ansari Salman	PRINCIPAL Dr.Ajims P Mohammad	PROGRAMME OFFICER Dr.Raphika P M Amal Saroj
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Swachh Bharat mission in association with Vazhakulam Grama Panchayat and Kundabarogya Kendram was taken upon by NSS Volunteers who gathered at Kundabarogya Kendram, Vazhakulam to clean up the space. The 25 membered team began their activities at 10am and efficiently completed their duties by noon.



PROGRAMS 2022-2023

RASHTRIYA EKTA DIWAS-UNITY RUN

31 OCTOBER,2022



Rashtriya Ekta Diwas- Unity Run- celebration of birth day of Sardar Vallabhai Patel. NSS Volunteers participated in the run clad in white upholding the spirit of unity and harmony.



PROGRAMS 2022-2023

ANTI-DRUG WALKATHON 1 NOVEMBER, 2022



The NSS volunteers actively participated in the walkathon that began from the College campus and lasted until the main junction of marampally. It was led by our most respected principal Ajims P Muhammed.



PROGRAMS 2022-2023

BLOOD DONATION AWARENESS CAMPAIGN 14 NOVEMBER, 2022



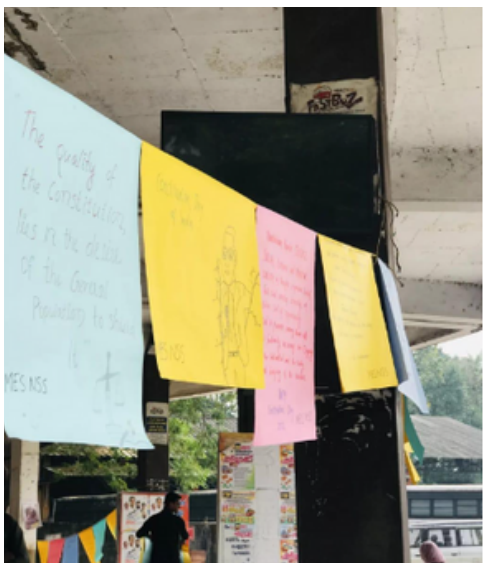
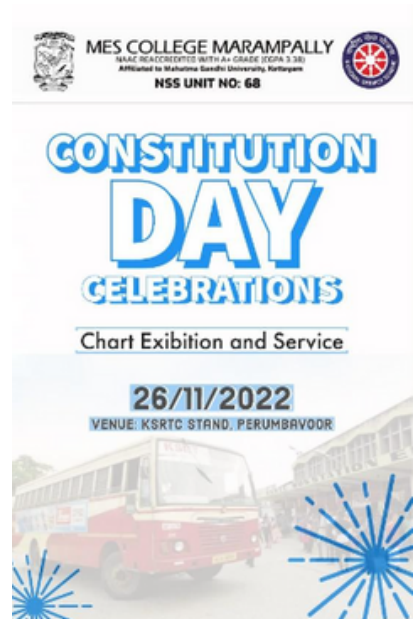
The flag off ceremony of the nation wide campaign yatra of the All India Blood Donors Association was conducted at the grounds of MES College Marampally. Honoured persons like Sri Anwar Sadath, Aluva MLA and Chairman of the AIBDA, Sri. PM Jaffar along with the most respected principal, Dr Ajims P Muhammed and college faculty were present at the event.



PROGRAMS 2022-2023

CONSTITUTION DAY

26 NOVEMBER, 2022



Constitution Day was celebrated at the KSRTC Bus Stand Perumbavoor on the 26th November, the programme was inaugurated by our principal Dr Ajims P Muhammed and the ATO, Mr Jayakumar. The charts were displayed all over the bus stand and witnessed by all the travellers who curiously read through all the information.



PROGRAMS 2022-2023

BUS CLEANING SERVICE 26 NOVEMBER,2022



Constitution Day was celebrated at the KSRTC Bus Stand Perumbavoor on the 26th November, the programme was inaugurated by our principal Dr Ajims P Muhammed and the ATO, Mr Jayakumar. The NSS Volunteers gathered to perform an act of service. 3 Big buses were cleaned to a dot by the very energetic volunteers.



PROGRAMS 2022-2023

AIDS DAY

1 DECEMBER, 2022

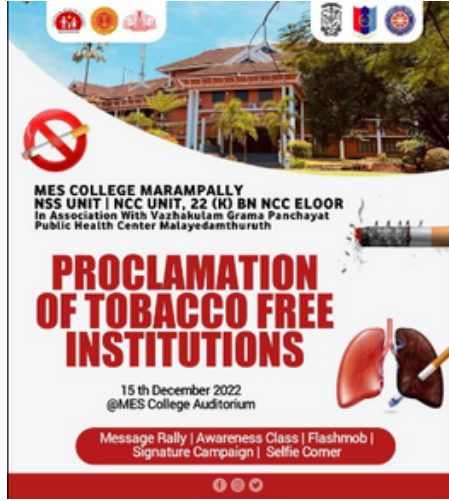


This year's AIDS day was commemorated by the volunteers by distributing red badges all over the college and nearby schools. The 6000 badges prepared by the volunteers were handed over to all the students. Everyone 'rocked the ribbon' which was the theme of this year.



PROGRAMS 2022-2023

DECLARATION OF ANTI-TOBACCO FREE CAMPUS 14 DECEMBER, 2022



As a part of NTCP Programme, 10 colleges in the district were proposed to be set up as Tobacco Free Educational Institute. As a part of the event signature campaign and a selfie corner was placed at the campus ground. Our college was chosen to be one such institution. At this event the harmful effects of tobacco and the life-threatening dangers of smoking was highlighted.



PROGRAMS 2022-2023

7-DAY SPECIAL CAMP

23-29 DECEMBER, 2022



The morning of this Friday was filled with glee as the volunteers were headed for their 7 day residential camp at GHS Mamalakandam. NSS Volunteers Participated in leveling the roadsides in tribal area to help prevent accidents, painted the school walls and cleaned the premises to enable a fun and clean surrounding for learning. They also Transformed the community hall and elevated it's overall appearance.



PROGRAMS 2022-2023

SAHASRAJEEVAN

6 JANUARY, 2023



സാഹസ്രജീവൻ ഏകദേശം 1000 യൂണിറ്റ് രക്തം സംഭരിക്കാനും 1000 യൂണിറ്റ് രക്തം സംഭരിക്കാനും 1000 യൂണിറ്റ് രക്തം സംഭരിക്കാനും 1000 യൂണിറ്റ് രക്തം സംഭരിക്കാനും

സഹസ്രജീവൻ
രക്ത ദാനം ആയിരം രക്തദാനം
2023 ജനുവരി 1 മുതൽ ഡിസംബർ 31 വരെ

പദ്ധതി ഉദ്ദേശ്യം
2023 ജനുവരി 6 രാവിലെ 10 ന്
എം. ഇ. എസ്. കോളേജ് മാനേജ്മെന്റ് ഓഫീസിൽ

ഡോ. പി. വി. ശ്രീനിജൻ MLA
മുഖ്യാതിഥി

സംഘടിതരായ
MES COLLEGE MARAMPALLY
ALL INDIA BLOOD DONORS ASSOCIATION
NCC UNIT | NSS UNIT | RED CROSS



With the motive of donating '1000 units of blood in an year' the Sahasrajeevan campaign was inaugurated by Adv. P V Sreenijen MLA in the presence of Cine Star, Thesnikhan and other reputed officials from All India Blood Donors Association.



PROGRAMS 2022-2023

SHILPASHALA: CLASS BASED ON EARLY MARRIAGE 2 FEBRUARY, 2023



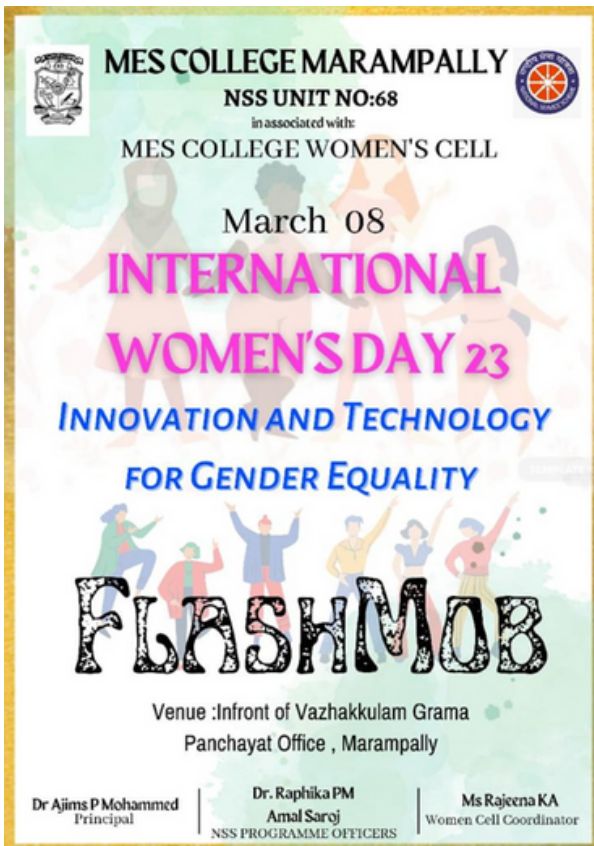
The women cell of our district, ernakulam conducted a class based on child marriage and it's causes in Mes college,marampally on Feb 2nd. There were speeches conducted by, Mr. Shaju (Chairman of CWC), Mrs. Jayanthi P Nair (District CDPO) and Mr. Latheef Penath (HOD, Psychology Department MES College,Asmabi Vemballoor).



WOMEN'S DAY

8 JANUARY, 2023

FLASHMOB



The NSS group and Women’s Cell of MES College, Marampally as part of the celebration of International Women’s day conducted a Flash Mob on March 8,2023. The Flash Mob was conducted infront of Vazhakkulam Grama Panchayat Office, Marampally in the presence of the Grama Panchayat members.



PROGRAMS 2022-2023

WOMEN'S DAY

9 JANUARY, 2023

- **AWARNNESS CLASS**



A Session was held at Vazhakulam Grama Panchayath hall Marampally at 12:00 pm on March 9th by Fr.Eldhose .k .Joy For the vazhakulam kudumbasree unit in the topic : Mental Challenges faced by women .The resource person spoke about the common issues faced in families as well in society and the importance is our mental health in life also how to overcome depressions and attain peace .



PROGRAMS 2022-2023

SAHAJARI AWARD

1 APRIL ,2023



malayala aksharam news

ഭിന്നശേഷി മേഖലയിൽ നടത്തിയ പ്രവർത്തനങ്ങൾക്ക് എറണാകുളം ജില്ല സാമൂഹ്യ നീതി വകുപ്പ് നൽകുന്ന സഹചരി പുരസ്കാരം 2022, മാറമ്പള്ളി എം.ഇ .എസ് കോളേജിന് ലഭിച്ചു

വാർത്തകൾ വാട്ട്സാപ്പ് ചെമ്പു 9349278250

Awarded for exemplary service towards the Blind and for providing support for their needs.





NATIONAL SERVICE SCHEME

MOTTO

'NOT ME BUT YOU'

