



NSS

NATIONAL SERVICE SCHEME

MES Mampad College
(Autonomous)



ANNUAL REPORT 2021-22

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1. Menstrual Hygiene Day

Date	May 28, 2021
Number of Students Participated	104
Number of Hours	6 hrs
Location	Online
Activity Hour	6 hrs

National Service Scheme observed menstrual hygiene day with different programmes.

Programme Poster:



MY PERIOD-MY PROUD; online certificate programme

A comprehensive online programme on the name “MY PERIOD MY PROUD” about Menstruation, Menstrual hygiene, and Sustainable Menstruation presented by Venture village in collaboration with NSS was circulated among the students, volunteers and community. As part of that, they were asked to attend the online course at home with the help of video clips and descriptions provided by venture village by login the allowed site

(<https://learning.venturevillage.world/login/?lang=en>) The volunteers got an admission to this course after paying a registration fee of rupees 30.

Structure of the programme:

The structure of the course was simple and it provided 6 chapters with video lessons, online games, interactive quizzes etc. Therefore the volunteers can either learn by themselves or along with parents. The MPMP imparting skills to stay safe and healthy during periods. The course focuses

- Busting myths and taboos around Menstruation
- Introducing Eco friendly menstrual hygiene products
- Effect of Menstrual waste on the environment

The image shows two promotional posters for the 'My Period My Pride' program. The left poster is a registration form with a QR code and contact information. The right poster lists highlights and focus areas.

Left Poster: NSS UNIT MES MAMPAD COLLEGE in collaboration with VENTUREVILLAGE presents *My Period My Pride* A Comprehensive Online Program on Menstruation, Menstrual Hygiene & Sustainable Menstruation. UNIT NO 30, 68. ONLY ₹30 / HEAD. FOR REGISTRATION [HTTPS://FORMS.GLE/NYMBLHVNJIHPKSS9](https://forms.gle/NYMBLHVNJIHPKSS9). QR CODE. OR SCAN HERE. Payment via : G-PAY / PHONEPE : +91 9048 116 824 *E-Certificate will be provided. For enquiries : +91 70124 44891 | +91 79947 02397

Right Poster: NSS UNIT MES MAMPAD COLLEGE in collaboration with VENTUREVILLAGE presents *My Period My Pride* A Comprehensive Online Program on Menstruation, Menstrual Hygiene & Sustainable Menstruation. UNIT NO 30, 68. HIGHLIGHTS: Structured Learning (6 Chapters with video lessons, online games, interactive quizzes etc.), Learn at Your Own Pace (Learn by themselves or along with parents), Practical knowledge (Imparting skills to stay safe and healthy during their periods). FOCUS AREAS: Busting Myths and Taboos around Menstruation, Introducing Eco Friendly Menstrual Hygiene Products, Effect of Menstrual Waste on the Environment. MENSTRUAL CALENDAR. swipe>>>

Volunteers had a fun and informative learning experience through MPMP. They showed their interest in learning more about their body and this course would inspired them to promote conversations on menstruatın, menstrual hygiene, and sustainable menstruation on their community and family.

- ✓ 104 students joined the programme and successfully completed. The list of students (click to see the details): [..\..MY PERIOD, MY PRIDE \(Responses\)-1.xlsx](#)
- ✓ Certificates were distributed for all learners who successfully completed the programme.

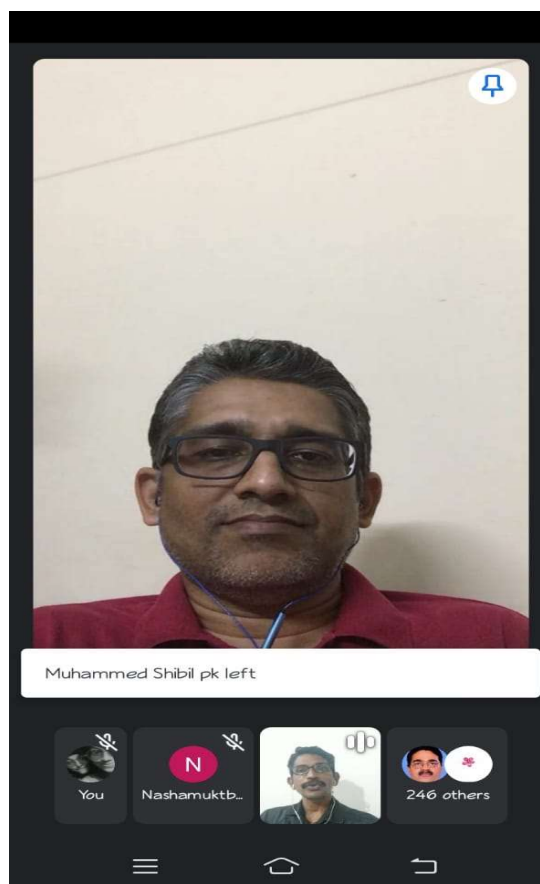
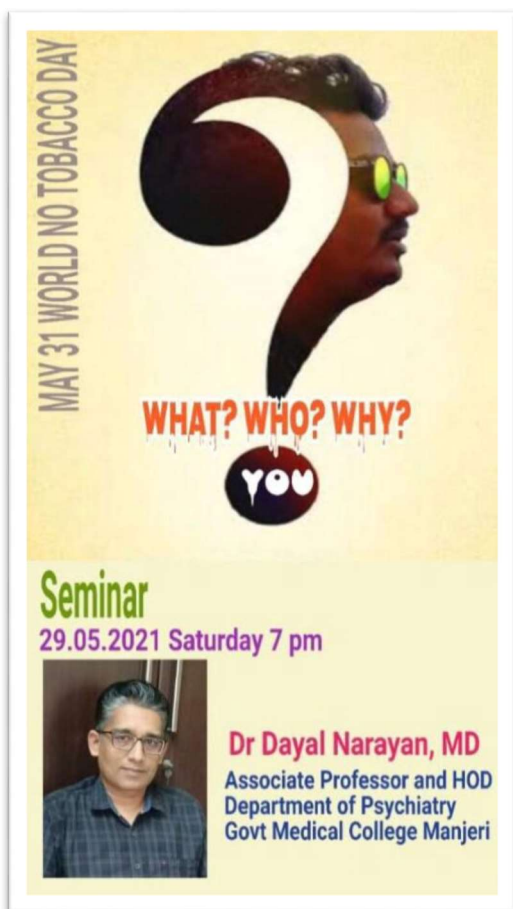


2. World No Tobacco Day Webinar: “What, Who, Why YOU?”

(Seminar to spread awareness about the use of tobacco)

Date	May 29, 2021
Number of Students Participated	100
Number of Hours	1 hrs
Location	Online
Activity Hour	1 hrs

NSS and *Vimukthi Mission* collaborated with NMBA (Nasa Mukth Bharat Abhiyan) of central government, organized a seminar for volunteers to aware against the tobacco abuse on 29th, may 2021. Dr. Dayal Narayan, Associate Professor and Head of the Department, The Department of Psychiatry in Government Medical College, Manjeri led the seminar. He began with scientific and social effects of tobacco with the proofs he got from his life as a psychiatrist. After giving a general awareness, he entered to an interactive session in which students are allowed to share their doubts about this devil drug. Around 100 students participated in this event. Relevant questions were asked by the participants. Some of them shared their own experiences with the persons who are addicted to tobacco. Anyway, this was a fruitful and beneficial in life for all students, participated in this programme. Biju parol, preventive officer, excise department, Malappuram welcomed the gathering. Mr. Krishnamoorthi, district officer, department of social welfare, Malappuram and the secretary of nmba, Malappuram presided over the function. Ms. Sameera, coordinator of NSS, malappuram and mr. V. A Pradeep, assistant excise commissioner and manager of *Vimukthi Mission, Malappuram* enhanced the programme with their valuable presence. Mr. B. Harikumar, coordinator of nmba, Malappuram delivered vote of thanks.



3.

3. Koode - Covid help desk.

Date	June 16- July 16, 2021
Number of Students Participated	100
Number of Hours	5 hrs
Preparatory	12 hrs
Location	Online

NSS Unit collaborated with Mahatma Gandhi National Council for Rural Education (MGNCRE), Government of India, set up a helpline desk 'KOOODE' for all type of queries and support related to Covid 19. The programme was inaugurated by M.P. Anil Kumar MLA. Principal of MES Mampad College, Anas. E welcomed the gathering. The NSS volunteers were trained to work for the helpline desk. All volunteers actively entailed their job giving guidelines regarding vaccination centers, oxygen availability in hospitals, food availability for the quarantined patients, counselling for the patients. The helpline desk had 15 volunteers at a time and there were two shifts. The

volunteers were engaged into different teams- hospital management, non-hospital management, family and emotional support, medical supplies and psycho social support team. Details about each caller were entered into the Google spreadsheet that can be accessed by the whole team simultaneously and Officials of the health department in the district. As the number of fresh Covid 19 cases and calls had increased, the NSS programme officers of MES Mampad College, Anasbabu, had decided to add 15 more trained volunteers on a temporary basis to the team. The whole programme was coordinated by Ashif and Ameera, students of MES Mampad College.

DGM MES MAMPAD COLLEGE
NSS UNIT :30,68

കൂടെ
COVID-19 HELP DESK

ഉദ്ഘാടനം :

അനസ്. ഇ
(PRINCIPAL MES MAMPAD COLLEGE)

ബഹു. എ.പി.
അനിൽകുമാർ M.L.A

on 20-06-2021 (SUNDAY)
@ 04:00pm

In Association with MGNREGS-SAP MINISTRY OF EDUCATION GOVT. OF INDIA

സീറ ഉപഹാരം നൽകി കെ.പി യൂസഫ്, ടി.പി അബ്ദുൽ അസീസ് കെ. സലാം, എം. മുഹമ്മദ് ഷാഫി, സി.പി ഷൗക്കത്ത് അലി പ്രസംഗിച്ചു.

കൊവിഡ് ഹെൽപ്പ് ഡെസ്ക്

മമ്പാട്: എം.ഇ.എസ് മമ്പാട് കോളജ് നാഷണൽ സർവീസ് സെക്ഷൻ്റെയും മഹാത്മാ ഗാന്ധി നാഷണൽ കൗൺസിൽ ഫോർ റൂറൽ എജ്യൂക്കേഷൻ യൂം (എം.ജി.എൻ.ആർ.സി.ഇ) സംയുക്തഭവ്യത്തിൽ കൊവിഡ് രോഗികൾക്കുള്ള ഹെൽപ്പ് ഡെസ്ക് ആരംഭിച്ചു.

എ.പി അനിൽകുമാർ എം.എൽ.എ ഉദ്ഘാടനം ചെയ്തു. വാക്സിൻ കേന്ദ്രങ്ങളെ കുറിച്ചുള്ള വിവരങ്ങൾ, ഹോസ്പിറ്റൽ ഓക്സിജൻ ലഭ്യത, രോഗികൾക്കുള്ള കൗൺസിലിങ്ങ് സമ്പർക്ക വിലക്കിലുള്ളവർക്ക് ഭക്ഷണം എത്തിക്കൽ എന്നീ സേവനങ്ങൾ ലഭ്യമാകും. ഫോൺ നമ്പറുകൾ: 9048116 824, 7012 444 891, 9633 853390.

പഠനോപകരണങ്ങൾ നൽകി

എടക്കര: രാഹുൽ ഗാന്ധിയു



MLA Mr A P Anilkumar (Wandoor constituency) inaugurating 'Kooda' covid helpdesk through video conferencing



DGM MES MAMPAD COLLEGE
NSS UNIT :30,68

കൂടെ
COVID-19 HELP DESK

ഞങ്ങളുടെ സേവനങ്ങൾ:

1. ആശുപത്രി സൗകര്യം കിടക്കകൾ, വെന്റിലേറ്ററുകൾ ICU എന്നിവയുടെ വിവരവും ലഭ്യതയും
2. ആശുപത്രിയിലെ രോഗികൾക്കായുള്ള അവശ്യ സാധനങ്ങളുടെ ലഭ്യത.
3. അംബുലൻസ് സൗകര്യം ലഭ്യമാക്കുക.
4. അത്യാഹിത രോഗികൾക്ക് ഹോസ്പിറ്റൽ സേവനം കൃത്യസമയത്ത് എത്തിക്കുക.
5. കോവിഡ് വാക്സിൻ ബോധവൽക്കരണം.
6. വാക്സിൻ കേന്ദ്രങ്ങളിലെ നിയന്ത്രണം.

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+91 85472 43990

In Association with MGNCRE-SAP MINISTRY OF EDUCATION GOVT. OF INDIA



DGM MES MAMPAD COLLEGE
NSS UNIT :30,68

COVID-19 HELP DESK
Psycho Social Support Team

കോവിഡ് എന്ന മഹാമാരിക്കെതിരെ നിരന്തരം നാം ഓരോരുത്തരും പൊരുതുകയാണല്ലോ? നിങ്ങൾ ഏതെങ്കിലും തരത്തിലുള്ള മാനസിക സമ്മർദ്ദം അനുഭവിക്കുന്നുണ്ടോ? വേണ്ടത് ഭയമല്ല ജാഗ്രതയാണ് .

നിങ്ങൾക്കൊപ്പം ഞങ്ങളുണ്ട്.

+91 9633 853 390 | +91 8113 829 749
+91 9747 510 813 | +91 8590 589 906

In Association with MGNCRE-SAP MINISTRY OF EDUCATION GOVT. OF INDIA

Under the initiative of "കൂടെ" covid care program

Students who worked for 'Kooda':

Sl No	Name	Mobile	E-mail
1	Sruthi	8113829749	Sruthisurya56@gmail.com
2	Nafila	9633853390	nnafile34@gmail.com
3	Ajith	9747510813	appu38030@gmail.com
4	Mushraf	9400911090	mushrafkurikkal150@gmail.com
5	Ashif t	9048116824	aashimonthalappil@gmail.com
6	SHAMEEM	9846383878	shameemmohammed364@gmail.com
7	Abul Shahalam	8547243990	abulsahalam111@gmail.com
8	Arshad	7994702397	arshadpp003@gmail.com
9	Adithya	9188264716	adithyanvnb@gmail.com

10	Afnan	9048626788	afnankt56@gmail.com
11	anjana	8590737001	anjanakt15@gmail.com
12	Narsiya	7306494569	Narsiyakp@gmail.Com
13	Ashif t	9048116824	aashimonthalappil@gmail.com
14	Shahistha	7306133242	shahishahistha7@gmail.com
15	divya	9605627115	divyathiruvannarath123@gmail.com
16	rithika	9496906588	ithikarithu1221@email .com
17	febin	8113839085	febifebin90@gmail.com
18	Shaniya Parveen	9744069447	shaniyaparveen3@gmail.com
19	farsa	8137865130	farsatm978@gmail.com
20	Christo K Manoj	7034206036	christokmanoj1@gmail.com
21	Twaha	9544234425	muhammedtwaha7090@gmail.com
22	Badhra Vinod	7012444891	Bhadraaaavinod@gmail.com
23	Hafiz Muhammed	7306821080	Hafismh7@gmail.com
24	Nashid	8157950290	Nashidnaza33@gmail.com
25	Joshima	9048956203	joshimachandranmp@gmail.com
26	Kavya. P	9778126730	kavyaputhukkodan@gmail.com
27	Meghna M	9207592483	meghnamanojm@gmail.com
28	Ameena Nouba	7510176645	ameenanouba4@gmail.com
29	Riya Elizabeth Roy	9526511827	riyaelizabethroy2002@gmail.com
30	Shameema Punnappala	9995640892	shameemanazrin709@gmail.com



MoE/Beat Covid Campaign/June/04/0004

Certificate of Recognition



This is to recognize **MES Mampad College, Malappuram** 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

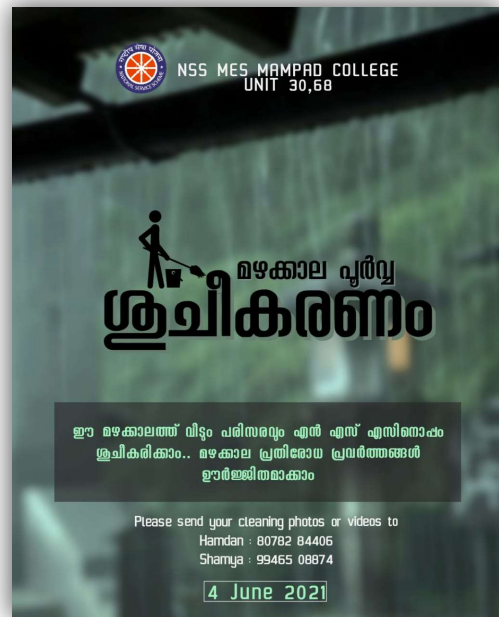
4. Pre-monsoon Cleaning

Date	June 4, 2021
Number of Students Participated	104
Number of Hours	2 hrs
Location	Community
Activity Hour	2 hrs

A cleaning challenge in order to stop further spread of contagious diseases is carried out by volunteers. As Covid 19 restrictions were in force, volunteers cleaned their home and premises on the day. They were also asked to send pictures to secretaries.

Importance of pre- monsoon cleaning:

It is essential in every society to prepare for the prevention of the spread of any epidemic in the wake of the monsoon season which is expected in the first week of June. To prevent any epidemic spread the focus should be on preventing the increase in density of mosquitoes. For this proper waste



disposal must be carried out. In addition to this, maintaining surroundings clean is essential to avoid the pandemics in the monsoon.

Photographs:



5. International Environment Day- June 5, 2021

Date	June 5, 2021
Number of Students Participated	104
Number of Hours	1 hr
Location	Community
Activity Hour	1 hr

National Service Scheme (Unit no. 30, 68) observed World Environment Day with great programmes.

The main objective of the celebration was to spread awareness about the need to protect environment and the ways to do it.

➤ One Hand- One tree challenge :

A campaign namely 'One Hand- One Tree Challenge' was planned to be done on the day. The goal of the programme was to plant a total of 3000 saplings. The day was flagged off by the college principal and during his speech he appealed the students and teachers to adopt the green ways of life. The students and volunteers were asked to plant a sapling of their interest. In order to ensure the complete nurture of the planted sapling, the students were also instructed to post the pictures of the plant on a google link provided on the same day. They were also informed to upload the pictures in every month as a step to conserve the well-being of the planted sapling. Students were so proud to be the part of the program and they sent their positive feedbacks at the end.

Principal Anas. E inaugurating one “tree- one hand” challenge by planting butter sapling



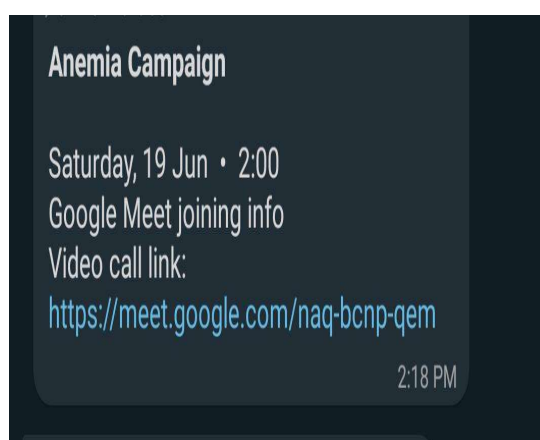
6. Anemia campaign:

In association with Integrated Child Development Services (ICDS), Government of Kerala, Wandoor

Date	June 19, 2021
Number of Students Participated	78
Number of Hours	1.5 hrs
Location	Online
Activity Hour	1.5 hrs

Programme Poster:

Registration and Webinar Link:



Background and relevance of the webinar:

The main intension behind the webinar organized in cooperation with 'Integrated Child Development Service' and NSS units of MES Mampad college, Sahya Arts & Science college Wandoor, Ambedkar Arts & Science College, Wandoor was to lay out the key points on the Anemia .The necessity of organizing such a programme was to rise the knowledge on anemia ,to be aware about anemic condition, to take precautions and more care to avoid such a condition . Webinar mainly discussed following points:

- Anemia in children
- Types of anemia
- Risk factors of anemia
- Symptoms of anemia
- Diagnosis of anemia in a child

The webinar:

The webinar was entitled "Anemia campaign" which started on 19 June 2021 at 2.00 pm via Google meet. The programme was organized in Collaboration with ' Integrated Child Development Service ' and NSS units of MES college &pad, Sahya Arts & Science College Wandoor, Ambedkar arts & science college Wandoor. An Nss volunteer named Ashif T introduced the speaker of program and welcomed all to the webinar .Then the program was inaugurated by Child Development Project Officer Jayageetha. She gave brief idea about anemia. The program was coordinated by Ashif Zain in presence of Nss program officers Anas babu and Sameer Khan.

Rubeena K K , Nutritionist at ICDS Wandoor give detailed lecture on anemia. Webinar began with a question what is anemia in children?

Anemia is a common problem in children. About 20% of children in the U.S. is diagnosed with anemia at some point. A child who has anemia does not have enough red blood cells or hemoglobin. Hemoglobin is a type of protein that allows red blood cells to carry oxygen to other cells in the body. There are many types of anemia.

- Iron deficiency anemia.This is not enough iron in the blood. Iron is needed to form hemoglobin. This is the most common cause of anemia.
- Megaloblastic anemia.This is when red blood cells are too large from a lack of folic acid or vitamin B-12. One type of megaloblastic anemia is pernicious anemia. In this type, there is a problem absorbing vitamin B-12, important to make red blood cells.

The symptoms of anemia may look like other blood problems or health conditions. Anemia is:

- Often a symptom of another disease. Be sure to report any symptoms to your child’s doctor.
- Always see your child's doctor for a diagnosis.

Then some of volunteers asked their doubts and it cleared through simple words and example .The virtual program was highly informative. About 100 students participated .It was came to an end by the vote of thanks by Salih Rahman, Nss volunteer of MES Mampad college.

7. Othiri Thanal (Fund collection drive for house construction)

Date	June 17, 2021
Number of Students Participated	100
Number of Hours	6 hrs
Location	Community
Activity Hour	6 hrs

Poster of the Programme:



Purpose of the program:

The aim of the programme was to collect fund for the house construction of a poor physically challenged woman namely Ayisha, who stays at Kottampaara, Wandoor. She was provided with a small amount for house by the Panchayath scheme, but the construction process has been stopped for 2 years due to financial constraints. NSS unit of Mampad college made a study on the case and found it is hundred percent genuine. Hence volunteers and conveners together decided to conduct a fund collection drive for the remaining construction works of Ayisha's house.

Steps of fund collection:

A campaign 'Othiri Thanal' was initiated on 17th June 2021 after several discussions. NSS Programme Officer, Anas babu talked to students through G Meet on current situation of the house construction and he told the students to adapt online ways at most for the fund collection considering the pandemic situation. The whole 100 volunteers were divided into 10 groups with a leader for each groups. The volunteers were asked to collect money and to update in respective groups and at the end, final sum collected by each group was updated in the main group of NSS. In fact, the minute to minute update in the groups turned the fund collection to a competition among students.

Team 2, team 4, and team 10 collected 1st, 2nd and 3rd top amount respectively and while considering individual contribution, it was 'Thwaha' from team 4 at the top who collected 2420/- rupees.

Even in this Covid situation, volunteers collected 32112.5 ₹ rupees totally and the amount was later transferred to Ayisha's bank account.

FUND COLLECTION LIST

Groups	Amount collected
Team 1	2660
Team 2	5496.5
Team 3	2886
Team 4	4595
Team 5	3001
Team 6	2512
Team 7	1620
Team 8	2651
Team 9	1200
Team 10	4081
Chemistry Dept.	1410
Total	32500

MDC BANK THE MALAPPURAM DISTRICT CO-OPERATIVE BANK LTD.
 HEAD OFFICE: P.B. NO.8, MALAPPURAM - 676505, KERALA
 Nilambur Branch, P.O. Nilambur., Malappuram-679329
 RTGS/NEFT IFS CODE : IBKL0209M01
 Cus.ID : 146884

SB ACCOUNT Valid for 3 months from the date of issue
 04082021
 D D M M Y Y Y Y

Pay Sameera.MP या धारक को or Bearer

Rupees रुपये Thirty two thousand Five Hundred only
 अथ करे ₹ 32500/-

A/c.No. 090061201000055

Multiplicity / Payable At Par In Clearing / Transfer Up To Rs. 10,00,000/-

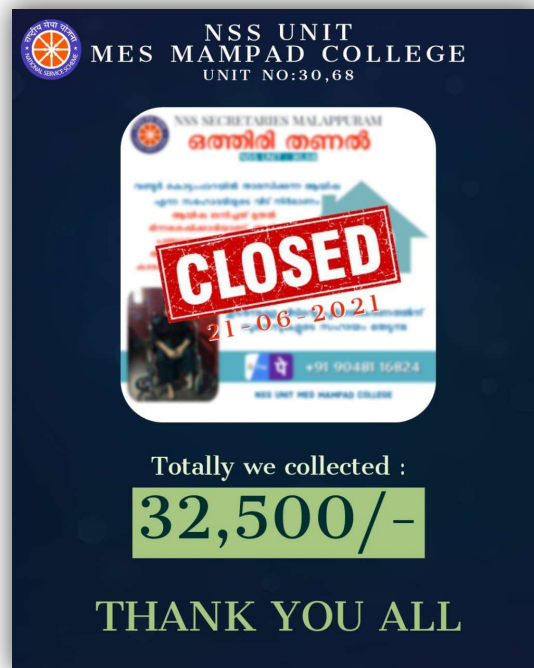
For GAFOOR MEMMORIAL MES MANAGING COMMITTEE

PRESIDENT
 M.E.S. MAMPAD COLLEGE
 MANAGING COMMITTEE
 P.O. MAMPAD COLLEGE

SECRETARY
 Authorised Signatory
 Please sign above
 M.E.S. MAMPAD COLLEGE
 MANAGING COMMITTEE
 P.O. MAMPAD COLLEGE

⑈ 4 7 2 6 9 1 ⑈ 6 7 9 8 2 2 1 0 2 ⑈ 1 4 6 8 8 4 ⑈ 1 0

Cash Cheque for the payment of 32500 in the name of Sameera MP, District Coordinator, NSS Malappuram District (Cheque was handed over on 04 August 2021 due to Corona restriction on the Panchayath)

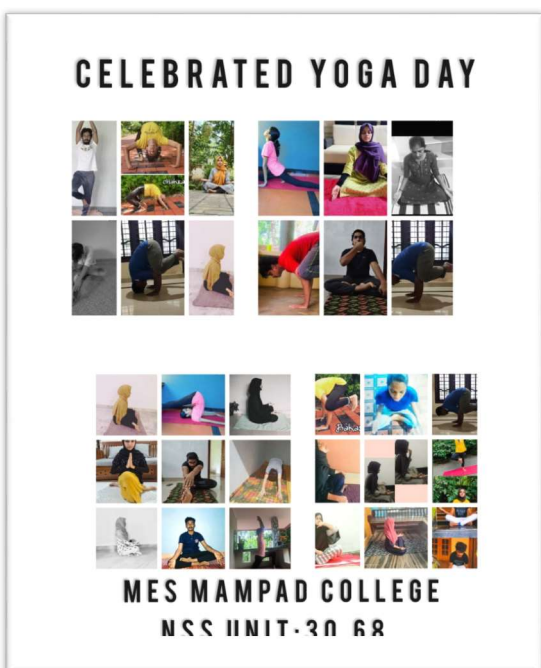
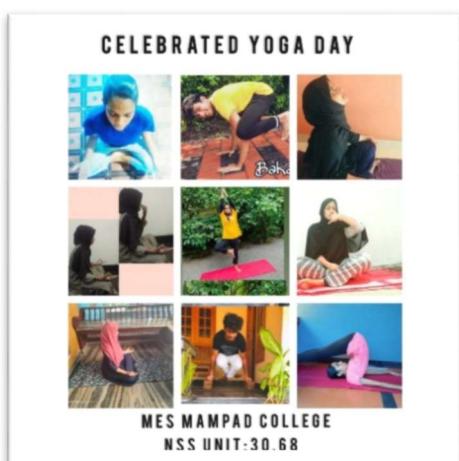


8. International Day of Yoga

Date	June 21, 2021
Number of Students Participated	88
Number of Hours	2 hrs
Location	Online
Activity Hour	2 hrs

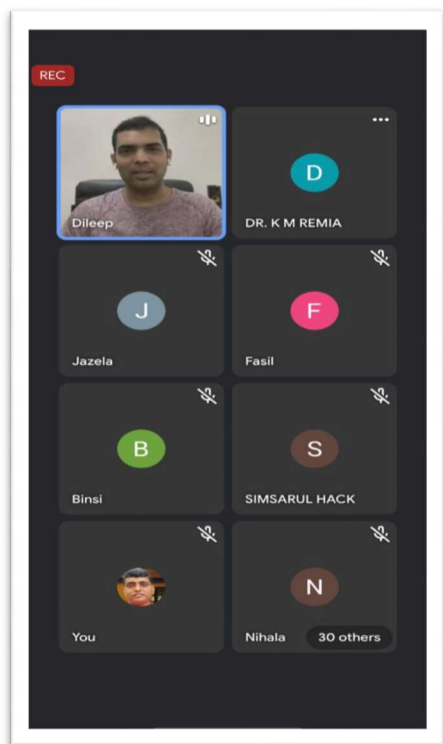
MES Mampad College National Service Scheme (Unit no 30, 68) observed IDY with different programmes.

- **YOGA- Key to ENERGY:** A campaign on the name “Yoga- The key to energy” was spreaded among the students and volunteers. As part of that, they were asked to perform yoga at home with the help of video and audio clips shared in Whatsapp previously. In the early morning itself they performed various *aasanas* in home and sent their pics to coordinators. Students expressed satisfaction and freshness after doing Yoga in the starting of the day.



➤ **YOGA-The Need of the Hour (A Talk on the Importance of Yoga)**

NSS and Physical Education Department jointly organized a talk on Yoga. Pulioli Dileep, (Msc Yogic Science) Yoga trainer from Hong Kong delivered the talk on the topic YOGA-The Hour of Need. He stressed on various aspects and benefits of doing Yoga on a regular basis. It will rejuvenate the body as well as soul, opined him. Moreover, the importance is high in a period where pandemics are being spread. It will boost our immunity as well as mental capacity to withstand diseases. Around 100 students participated in the event. Physical education instructor Rafeek E welcomed the gathering. College management committee secretary O P Abdurahiman inaugurated the event and Principal Anas E presided over the function. NSS Programme Officer Sameer Khan delivered vote of thanks.



About the Resource Person:

Puliolly Dileep

Born into a family of Yogis in India, Dileep was initiated to Yoga and Tantra from an early age. Later he received training at Shivananda Ashram and Vivekananda Yoga University. He completed Msc. in Yogic sciences from Tamilnadu Physical Education University. As he grew older, he traveled extensively to find the answers to his spiritual quest, which took him to the great masters of Himalayas from the yogic lineages of Aghori, Naga and Kapalika. Dileep started teaching in 1998 and presently share the joy of yoga in Hong Kong. In 2008 and 2018 he represented India at the international yoga/fitness conferences. Dileep designed the classes to find the harmony with BODY, MIND & SOUL

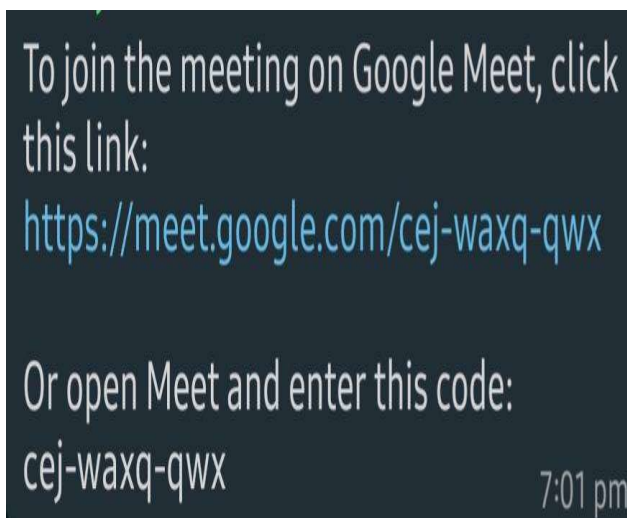
9. “Ask to the Psychologist”: Webinar

Date	July 16, 2021
Number of Students Participated	78
Number of Hours	6 hrs
Preparatory	-
Activity Hour	6 hrs

Programme Poster:



Webinar and registration link:



Background and relevance of the webinar:

The prime motive behind the webinar conducted by NSS was to provide high-quality college psychological service and knowledge during this pandemic. The essentiality of conducting such programs pertaining to the current scenario of pandemic which has taken the vigor and spirit out from many owing to the loneliness and distress. Webinars help cater to instilling the information and it also helps soak with motivation. The staff and students need such timely intervention to cope up with the situations. webinar mainly focused on

1. Child and adolescent mental health during the covid-19 pandemic
2. Coping with the COVID-19 crisis: distance caregiver training
3. Behavior Threat Assessment and management in the virtual environment
4. How to support youth for getting out from the depression during lock down situation.
5. Reason behind the increasing of mental health disorders among youths and women
6. Tips to make the studies well for college students during this pandemic.
7. It also aimed at bringing the individual development and concentration.

The Webinar:

The webinar was entitled “ask to the psychologist” which started on 16/07/21 at 7.30pm via Google Meet. NSS volunteer named Bhadra Vinod, introduced the speaker of the programme and happily welcomed all to the webinar. Then the programme was inaugurated by the principle of MES mampad college, Dr. Anas E. He emphasized on the importance of such a webinar in the Covid -19 pandemic scenario.

Aslam Siddiq, clinical psychologist at Almas hospital, Kottakkal, spoke about the mental health disorders come across students in this pandemic and gave tips to overcome from that disorders. The webinar provided understanding if, and how, the pandemic has contributed to mental health difficulties for students is a priority as the pandemic continues to impact many facets of everyday life. There are good reasons to believe that a global pandemic will influence suicide risk. Specifically, the need for physical distancing may increase a sense of social isolation. The webinar provided solutions to prevent suicide tendencies among youth, intervention and posttension strategies.

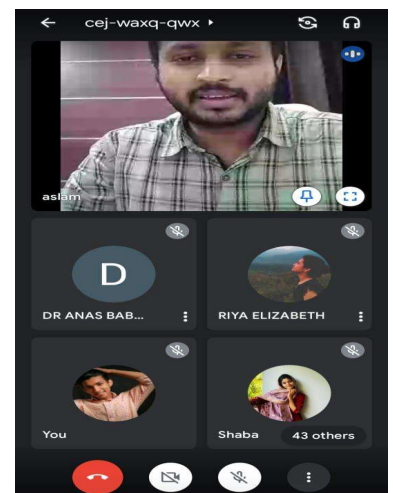
The COVID-19 pandemic is creating significant stress and uncertainty-not only for children and students, but also for those charged with caring for those students at home and in educational mental health contexts. Having an understanding of what can put individuals at higher risk for traumatic stress, as well as those strategies that are helpful in mediating this stress can empower leaders to support themselves and others.

The virtual programme got enthusiastic response and appreciation from students. More than 70 students attended the event.it was concluded by the vote of thanks by Ashif Zain, Unit Secretary.

Questions asked in the interactive section:

- S** 20:00 20:04 10 min
Yes sir
- Shameema Nazrin** 13 min
What does OCD do to a person?
- Ashif ZAIN** 13 min
Hypnotism the pati ഹിപ്നോസിസ്
- Ismail Ashil** 10 min
Brain fog ine patti onn paraghu tharo also athinte symptoms
- Shebin Shoukath** 8 min
Crowd ishtallathath enthelm disorder aano sir?
- Hamdan C** 6 min
Over aakki chalavakkal
- Shebin Shoukath** 4 min
Oru Intovertnu extrovert aavan patoo by any practice?
- DR ANAS BABU TT MES MAMPAD COLLEGE** 1 min
Great interaction...
But our time was 8.30..have to wind up unless the speaker permits...
- Hamdan C** Now
Phone IL charge kayyanjittavum
- Ismail Ashil** Now
Lucid dream experience cheyan patto also experience cheyan yntha cheya 😊😊

- Depression nte avasana stage suicide attempt enn paranj kettittund. Depression ooro stages aayittano koodi varunnath eathokke aan stages?**
- S H I B U** 26 min
Drive cheyyimbo 😊
- Muhsin TK** 23 min
'Blood' nn Kettaal thala karangee!?? 😊
- Ashif ZAIN** 22 min
കൊടും
- S H I B U** 22 min
Height pedi aanelo
- Isha Junais** 20 min
How to convince parents that you need therapy?
Question ethratholam correct aan enn enikk areelya, thought of asking it anyway
- Sruthi Surya** 20 min
Sir... Over thinking oru mental issue aano or ethenkilum mental disease nte symptom aano?
- S H I B U** 19 min
Ok sir 😊
- Shebin Shoukath** 18 min
Fake psychologist ne identify cheyyam?



10. Webinar on Dowry Prohibition & Domestic Violence Acts

Date	July 29, 2021
Number of Students Participated	100
Number of Hours	1.5 hrs
Location	Online
Activity Hour	1.5 hrs

National Service Scheme conducted a webinar on 'Dowry Prohibition Act and Domestic Violence Act' on 29th July, 2021 at 3.30 pm

DISTRICT LEGAL SERVICES AUTHORITY, MANJERI
TALUK LEGAL SERVICES COMMITTEE, NILAMBUR
In association with
NSS UNIT, DGM MES MAMPAD COLLEGE
WEBINAR ON
DOWRY PROHIBITION ACT & DOMESTIC VIOLENCE ACT
29 JULY 2021, THURSDAY 3:30 P.M
Inauguration

Keynote Address

Sri. Noushadali K
Secretary/Sub Judge,
DLSA, Manjeri

Class Presentation

Smt. Sushama
Principal Magistrate
Juvenile Justice Board,
Malappuram

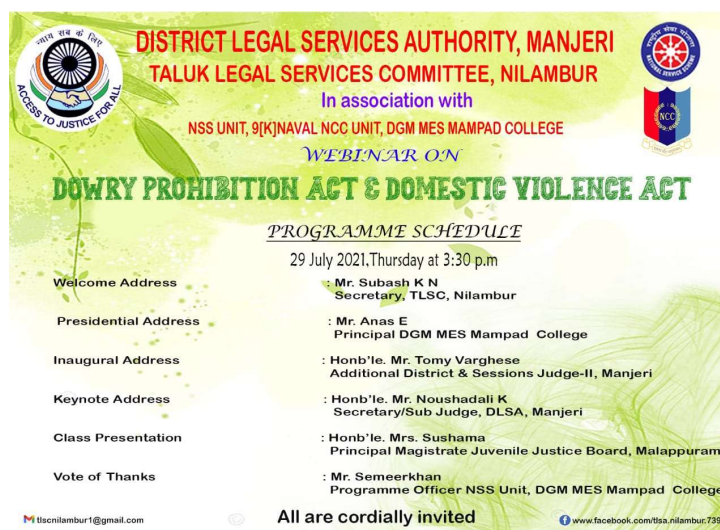
PARTICIPANTS
NSS Volunteers & Staff, DGM MES Mampad College

tlscnilambur@gmail.com www.facebook.com/tlsa.nilambur.739

Scope and background of the Webinar:

Recent developments in Kerala political scenario opened a discussion on dowry and domestic violence. Kerala reports average 11 dowry deaths per year and 15143 cases of harassments over dowry. Dowry has been prohibited in the country since the Dowry Prohibition Act of 1961 was enacted. The dowry is still prevalent because society values men more. And that worth is determined at the time of marriage when dowry is given

Programme Schedule:



DISTRICT LEGAL SERVICES AUTHORITY, MANJERI
TALUK LEGAL SERVICES COMMITTEE, NILAMBUR
In association with
NSS UNIT, 9[K]NAVAL NCC UNIT, DGM MES MAMPAD COLLEGE

WEBINAR ON
DOWRY PROHIBITION ACT & DOMESTIC VIOLENCE ACT

PROGRAMME SCHEDULE
29 July 2021, Thursday at 3:30 p.m

Welcome Address	: Mr. Subash K N Secretary, TLSC, Nilambur
Presidential Address	: Mr. Anas E Principal DGM MES Mampad College
Inaugural Address	: Honb'le. Mr. Tomy Varghese Additional District & Sessions Judge-II, Manjeri
Keynote Address	: Honb'le. Mr. Noushadali K Secretary/Sub Judge, DLSA, Manjeri
Class Presentation	: Honb'le. Mrs. Sushama Principal Magistrate Juvenile Justice Board, Malappuram
Vote of Thanks	: Mr. Semeerkhan Programme Officer NSS Unit, DGM MES Mampad College

All are cordially invited



DISTRICT LEGAL SERVICES AUTHORITY, MANJERI
TALUK LEGAL SERVICES COMMITTEE, NILAMBUR
In association with
NSS UNIT, 9[K]NAVAL NCC UNIT, DGM MES MAMPAD COLLEGE

WEBINAR ON
DOWRY PROHIBITION ACT & DOMESTIC VIOLENCE ACT

29th July 2021, Thursday 3:30 p.m

Inauguration

Keynote Address

Class Presentation

Sri. Noushadali K
Secretary/Sub Judge,
DLSA, Manjeri

Sri. Tomy Varghese
Additional District & Sessions Judge-II,
Manjeri

Smt. Sushama
Principal Magistrate
Juvenile Justice Board,
Malappuram

PARTICIPANTS
NSS volunteers, NCC volunteers, Staff & DGM MES Mampad College

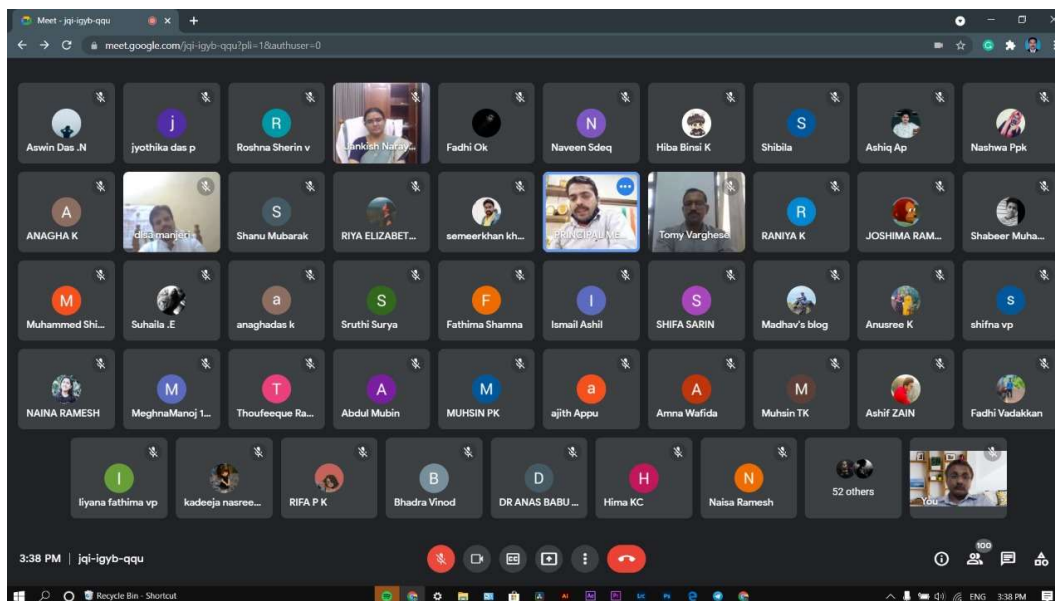
Google Meet

About the Webinar:

The programme was jointly organized by NSS, DLSA (district legal services authority, Manjeri) and TLSC (Taluk legal services authority, Nilambur). The webinar was led by Mrs. Sushama, Principal Magistrate Juvenile Justice Board, Malappuram. She gave detailed explanation about the acts including its history, amendments, evolution and the social significance. After giving a general awareness, she entered to an interactive session in which lot of students shared their questions and concerns regarded these acts. Around 100 students from both NSS and NCC participated in the programme.

The webinar was officially inaugurated by Mr. Tomy Varghese, Additional District & Sessions Judge -II, Manjeri with his inspiring words to the volunteers. Mr. Subhash K N, Secretary, TLSC, Nilambur welcomed the gathering. Mr. Anas E, Principal, lege presided over the function. The keynote address of the programme was done by Mr. Noushadali K, Secretary / sub judge, DLSA, Manjeri. Mr. Sameer Khan, Programme officer, NSS, MES Mampad college delivered vote of thanks. Bhadra Vinod, NSS volunteer coordinated the programme from student side.

Photographs:



11. Hiroshima Day observation – August 06, 2021

Date	Aug 6, 2021
Number of Students Participated	40
Number of Hours	1 hr
Location	Online
Activity Hour	1 hr

Hiroshima Day is observed on 6th August every year to raise awareness on the disastrous effects of the nuclear weapons, furthermore, the day serves as a focus for anti-war and anti-nuclear demonstrations. The day is a reminder of the bombing attack on Hiroshima and Nagasaki by the United States during World War II in 1945, which destroyed almost 90% of the city and killed thousands of people.

Organization of the programme:

Conducted programs are the following:-

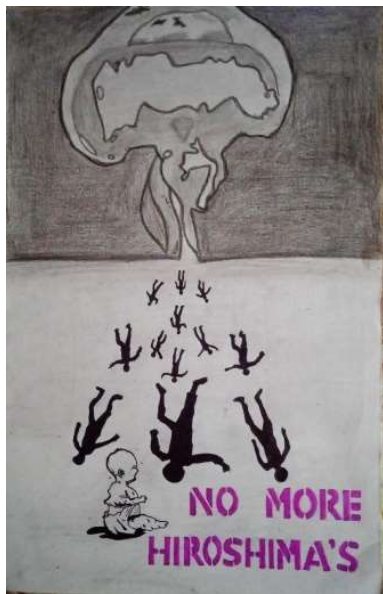
- 1- Poster Making Competition



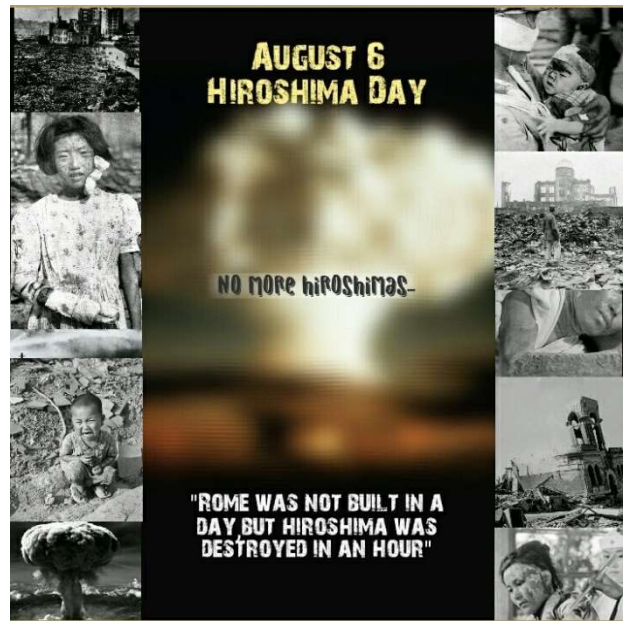
2- Placard Making

NSS volunteers were asked to make placards with anti-war slogans on it and to send their photos holding placards to official NSS group of Mampad College. As planned, the placard collage was released on Hiroshima day. The intention of doing so was to inspire anti-violence and peace political themes among volunteers. Students showed their exact denial against wars and use of nuclear weapons, and their placards were the exact arguments on cataclysmic effects of wars and eminence of peace diplomacy.

Winning Poster:



Non-Digital



Digital:

From Placard Making:



12.Covid-19 Duty at Mampad Family Health Centre (FHC):

29, 30 July- 03 August 2021

Date	July 29&30, Aug 03 2021
Number of Students Participated	25
Number of Hours	6 hrs
Location	Mampad FHC & Campus Lab
Activity Hour	6 hrs

Introduction:

The devastating rise of covid- 19 patients and other vaccination drive programmes have made it hectic for our health workers. During these times, it's our duty as responsible citizens to make it easier for our everyday warriors. In the light of these tough times, The ever-energetic and compassionate NSS Volunteers of MES Mampad College engaged with the Mampad Family Health Center in the Covid-19 online database codification program. The ongoing program is led by Mampad Health Inspector Mr Suresh Babu, Junior Health Inspector Mr Prabhakaran and Mrs Jaseela, MES Mampad NSS programming officers, Mr Anas Babu and Mr Sameer Khan.

Mission

The mission was to create a detailed online database of covid-19 infected patients in the Panchayat. Volunteers uploaded relevant information regarding the patients who opted for home isolation, complications and symptoms of the infected patients, details regarding their house, number of members in the house including senior members and minors and their health conditions.

Date-wise Report

29/07/2021

NSS Volunteers, Salih Rahman, Midlaj M, Ashfack MC, Rahman Shareef reached the FHC at 10 am. Mampad Health Inspector Mr Suresh Babu and Junior Health Inspector Mrs Jaseela assisted and directed the volunteers on the working of the data entry process. The spirited volunteers quickly got the hang of it making the task effortless

30/07/2021

The data entry process continued. NSS Volunteers, Salih Rahman, Midlaj M, Ashfack MC, Rahman Shareef and Ashiq Ap contributed on the second day.

3/08/2021

On the third day, data entry for the month of June was completed. NSS Volunteers, Salih Rahman, Midlaj M, Ashfack MC, Rahman Shareef and Hamdan C participated on this day.

Conclusion

The NSS Volunteers' assistance settled the work that has been pending for months which is a huge stress relief for the health workers at the FHC.

"The program taught me a lot of new things. It's an honour to help out the hardworking health workers. This program created a new level of respect for them in me", said Rahman Shareef, an NSS Volunteer who took part in the program. Salih Rahman, Joint Secretary of 2021-22 MES Mampad NSS Unit said that the Mampad Health Inspector and Junior Health Inspector were very helpful and friendly and were always available to clear all the doubts making the data entry process hassle-free.

NSS programming officer, Mr Anas Babu appreciated the participants. He also encouraged other volunteers to join the good cause. The program was indeed a success.

Photographs:



Volunteers at work (29/07/2021)



Volunteers at work on Family Health Centre, Mampad (30/07/2021)

13. 'Book challenge'- Book Collection for Govt. shelter homes

Poster of the programme:

Date	July 7, 2021
Number of Students Participated	100
Number of Hours	6 hrs
Preparatory	-
Activity Hour	6 hrs



NSS unit(30,68) initiated a book challenge program on 7th July 2021. The program was to donate books to the children and women living in the ‘Sakhi- one stop center’ working under the Ministry of Women and Child Development, Government of India, at Perinthalmanna. MES Mampad college principal, Anas. E inaugurated the programme on 7th July 2021 by handing over a book to Ashif Zain, NSS secretary, MES Mampad college.

The poster of the program were also released on the same day and it was posted in all students group of all departments. These students who were interested to donate books were told either to hand over their books to the NSS volunteer from their respective departments or to the sent their books in the following address:-

NSS program officer

MES Mampad college

Mes Mampad (PO),676542



Anas E, Principal, MES Mampad College, inaugurating the programme by handing over a book to student representatives

All students were provided a time interval from 7th July 2021 to 31th July 2021 for the same. Apart from collecting books from the college students, the NSS volunteers actively

engaged themselves to collect maximum number of books from other people too. Finally the whole team managed to collect around 150 books.



Amidst the pandemic situation, the NSS team faced some difficulty to collect the books from the people outside-who were interested to donate some of their books. In order to solve this problem the team spreaded 4 different collection centers over the city, so that people can choose any center close to their place and donate their books in a more easier manner. Two volunteers were given the charge of the each of the 4 different collection centres. Contributors who are donating books can do so by registering with the

person in charge, when they drop off the books. All the books collected were over to Advocate, Rahanans. P.P Administrator One Stop Center on 4th August 2021 by the NSS secretaries of MES Mampad college in the presence of Anas babu, NSS program officer MES Mampad college.

What is *One Stop Centre*?:

One stop center is a centrally sponsored scheme of Ministry of Women and Child Development (MWCD), Government of India, for addressing the problem of violence against women .The objective of the scheme is to provide integrated support and assistance under one roof to women including girls below 18 years of age, affected by domestic and sexual violence including rape, harmful practices such as dowry, honour killing, acid attack, witch-hunting, sexual harassment, child sexual abuse, child marriage etc- both in private and public spaces.

The services that they provides includes:-

- ★ Emergency response and rescue service



Adv. Rahanans. P.P, Administrator ,One Stop Centre, receiving the books on 4th August 2021

സേവനങ്ങൾ

- പ്രശ്നത്തിൽ അടിയന്തിര ഇടപെടൽ / സഹായം.
- വൈദ്യ സഹായം.
- FIR / NCR / DIR ഫയൽ ചെയ്യാൻ പോലീസ് സേവനം.
- നിയമ സഹായം.
- കൗൺസിലിംഗ്.
- താൽക്കാലിക സുരക്ഷിത അഭയം
- വീഡിയോ കോൺഫറൻസ്.

എങ്ങനെയാണിത് സേവനം ലഭിക്കുന്നത്.

- നേരിട്ട്
- പൊതുപ്രവർത്തകർ
- ബന്ധുക്കൾ
- സ്വന്തം സേവന കേന്ദ്രങ്ങൾ / സഹായകർമ്മ മൂലമെ
- പോലീസ്, വനിത കോർപ്പ് ലൈനുകൾ മുഖേന

STOP VIOLENCE AGAINST WOMEN

osc യുവാവിനെ സംരക്ഷിക്കാനുള്ള മാർഗ്ഗങ്ങൾ
ഫോൺ നമ്പർ : 04933-297400
Email : id :
oscmalappuram@gmail.com
Helpline Number : 181 (24 Hours)

അവസ്ഥ
സഖി - വനിത സഹായ സേനകൾ
തൃശ്ശൂർ ജില്ലയിലെ
പി.ഡബ്ല്യൂ.ഡി ഓഫീസിന് സമീപം
പെരിന്തൽമണ്ണ
മലപ്പുറം
ഫോൺ 6793322
ഫോൺ 04933 297400

Ministry of Women and Child Development
Government of India
SAKHI ONE STOP CENTRE
PERINTHALMANNA MALAPPURAM
Dial Toll Free Help Line Number : 181

14. Vanamaholsavam-2021 on 17 august 2021

Date	Aug 17, 2021
Number of Students Participated	90
Number of Hours	6 hrs
Location	Edakkod Forest Ranges
Activity Hour	6 hrs

1. Programme details

Kerala Forest and Wildlife Department, Nilambur North Division, Edakkod Station and NSS Unit of Mampad College organized One Day Camp on 17th August 2021 namely *Vanamahotsavam*. As part of it, about 600 bamboo shoots were planted in the ranges of the Division, to prevent soil erosion. Deputy Forest Ranger Mr. Narayanan welcomed the gathering. Edavanna Range Forest Officer Mr Imros Elias Navas. E inaugurated the event. Mampad Grama Panchayat 19th Ward Member Mrs. Mercy Benny, 18th Ward Member Mrs. Jayanthi Sasi and Odayikkal Forest Conservation Committee President Mr. Biju offered their felicitation. The event was attended by various club members and the Forest Officers. NSS Programme Officers Semeer Khan and Anas Babu led the programme.

Programme Mission:

The aim of the programme *Vanamahotsavam* is afforestation and to prevent soil erosion by planting maximum number of trees. Most importantly, Bamboo shoots are planted on the shores of water streams in order to protect its natural soil stability. Due to climate change and other human encroachment, forest has lost its innate equilibrium. The shores of river and other water streams are on the verge of break. Therefore, bamboo plants are planted to prevent it



Range Officer Imros Elias Navas inaugurates the programme ‘Vanamahotsavam’



M Mathrubhumi മാതൃഭൂമി
എറക്കോട് മേഖലയിൽ വനമഹോത്സവം

ജനകീർത്തി നമ്പ്യാരുടെ നേതൃത്വത്തിൽ നടന്നുപോയിരുന്ന 'വനമഹോത്സവം' പരിപാടിയിൽ പങ്കെടുത്തു. പരിപാടിയിൽ പങ്കെടുത്തവർക്ക് സഹായകമായിരുന്നു. പരിപാടിയിൽ പങ്കെടുത്തവർക്ക് സഹായകമായിരുന്നു. പരിപാടിയിൽ പങ്കെടുത്തവർക്ക് സഹായകമായിരുന്നു. പരിപാടിയിൽ പങ്കെടുത്തവർക്ക് സഹായകമായിരുന്നു.

21/08/2021 NILAMBUR Pg.12

15. Onam Programmes

19 August 2021

Vegetable Kit distribution

Date	Aug 19, 2021
Number of Students Participated	98
Number of Hours	3 hrs
Preparatory	15 hrs
Location	Rajeev Colony, Mampad



Mampad Panchayath President K. Sreenivasan receiving Kit on behalf of Rajeev Colony residents. Ward member Seena also participated on the event.



Vegetable Kit prepared by volunteers. A Vegetable kit contained at least 3 kgs of essential items including Cabbage, Egg Plant, Onion, Tomoto, *Beet root, Garlic, Ginger etc*

NSS unit of MES Mampad College distributed more than 100 Vegetable kits on the Rajiv Colony on 21st august 2021. Volunteers collected cash and vegetables from their relatives and surroundings. Vegetables which are essential for the celebration of Onam bought mainly from volunteers own houses and nearby vegetable shops. Collection of cash and vegetables were coordinated through online. 49 volunteers gathered at the college on 21st august, 2021 at 8.30 am and made kits for distribution. More than 100 kits made by the volunteers under r the supervision of programme officers Anas babu and Sameer khan. Things for making the kits like cover, knife, etc. Were arranged by the Volunteers themselves.

By 12'o clock, kits were arranged and distributed on the colony. Sri. Sreenivasan, president of Mampad Panchayath officially inaugurated the programme. Members of 1&2 wards blessed the programme with their valuable presence. Anas babu and Sameer khan, programme officers of NSS unit stood as a backbone for the success of the programme. Anas babu delivered vote of thanks for the programme. By 12.30 pm, volunteers completed the distribution and went back to the college. There we arranged a small onam celebration with Pookkalam and other activities.

Our nss team celebrated their

Onam with service

16. "AZADI KA AMRIT MAHOTSAV"-

Date	August 14- September 31
Number of Students Participated	100
Number of Hours	
Preparatory	-
Location	Mampad Town & Online

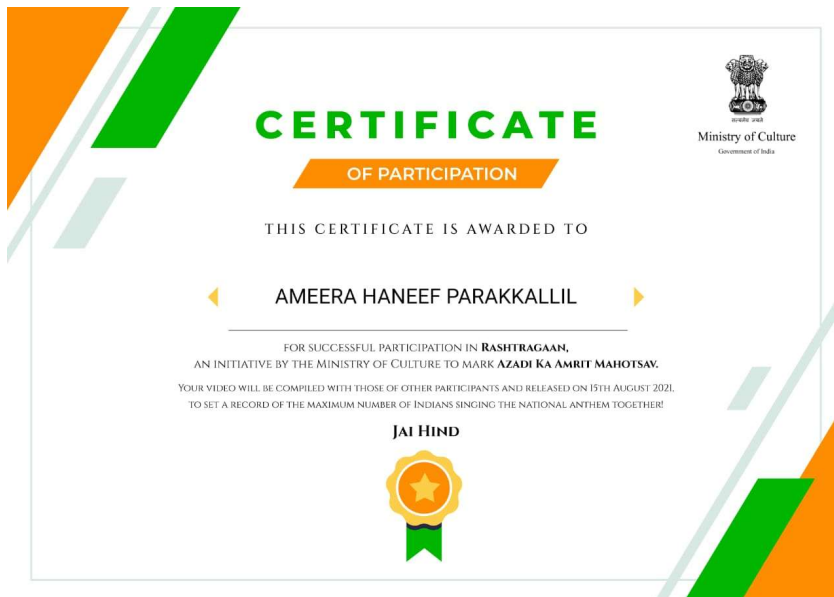
Programme Poster:



Raashtrgaan:

All NSS volunteers and students of the campus participated in the campaign "Raashtragaan", singing of National anthem in connection with India's 7th independence day, organized by the Government of India

Certificate received:



Freedom Run:

Poster of the Event:

Registered volunteers for the freedom run: Due to Covid 19 restrictions, admission to Freedom Run was limited to 25 per day:

Programme Poster:



Background and relevance of freedom run:

FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:

- To promote fitness as easy, fun and free
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns
- To encourage indigenous sports
- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories

17. “RUNNING: The human body’s rawest form of FREEDOM”

FIT India Mission has conceptualized **FIT INDIA FREEDOM RUN 2.0** to commemorate the 75th Independence Day - "Azadi Ka Amrit Mahotsav". Nationwide campaign will be on the concept of “Physical/Virtual Run” in continuum from 13th August to 2nd October 2021 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that “It can be run anywhere, anytime!”

National service scheme successfully participated in the freedom run conducted by central government. Around 25 students and 2 programme officers participated in the run. Participants were mentally and physically super satisfied with the freedom run.

FIT INDIA FREEDOM RUN

The Fit India freedom run 2.0 programme was launched with the aim of encouraging people to take up fitness activities like running and sports in their daily lives in order to get freedom from laziness, obesity, stress, anxiety and diseases.

Fit India Freedom Run was flagged off by the programme officer Sameer Khan at 8.30am. During the event, Around 25 volunteers and 2 programme officers participated and pledge of Fit India Run was also taken. The participants also sang the National Anthem together. Freedom run started from the college gate and volunteers covered around 5 kilometers from the college. Programme officers and unit secretary Ashif Zain lead the run. Ashif kept the national flag in front of the run to raise awareness among youth peoples to participate & organize such Freedom Runs in their villages.

People could register and upload their run on Fit India portal--fitindia.gov.in.

Fit India Freedom Runs will be organised in 744 Districts, 75 villages in each of the 744 Districts and 30,000 Educational Institutions across the country.



PHOTOS OF THE PROGRAMME
Volunteers taking Pledge as part of the Event



Freedom Run

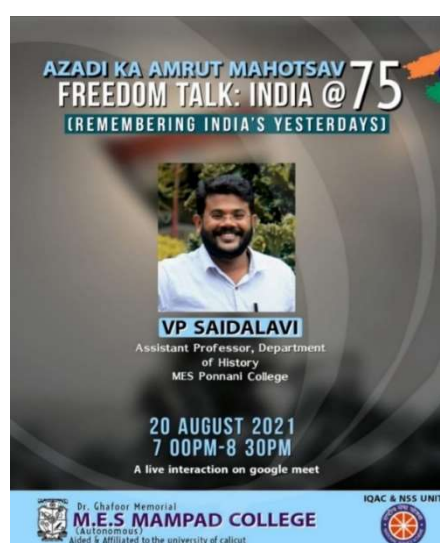


Certificate received from the Ministry, Govt. of India

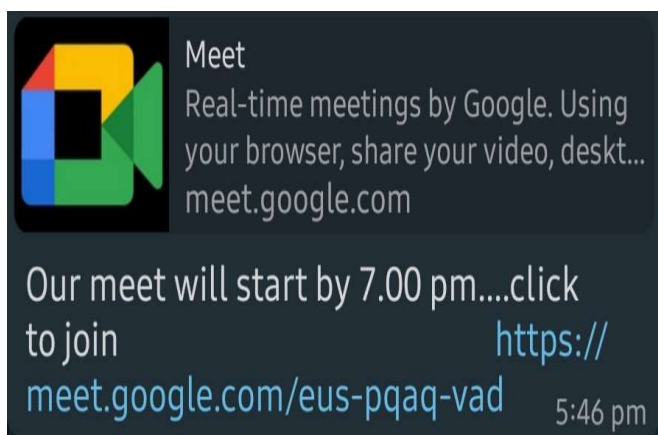
18. Freedom Talk:

Date	Aug 20, 2021
Number of Students Participated	56
Number of Hours	1.5 hrs
Location	Online
Activity Hour	1.5 hrs

Poster of the programme



Webinar link of the programme:



The webinar

Freedom talk: India @ 75

20th August, 2021 7.00 pm

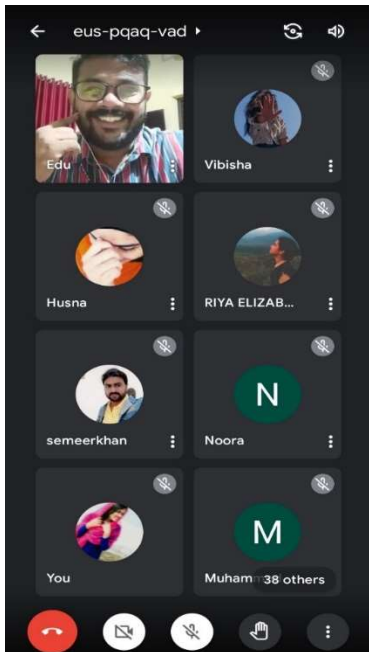
Organized a webinar, collaborated with IQAC, as a part of celebrating India's 75th independence day. Mr. V. P. Saidalavi, assistant proffer, department of history, MES Ponnani College led the talk. His words could grow a political and historical awareness among students. He emphasized that freedom is marked by the ability of an individual to take decisions in his or her own affairs without any interference of others. He discussed relevant issues such as the events occur in Afghanistan, etc.

At the end of the section, students got much time to ask their doubts regarding our nation. NSS volunteers such as Sruthi, Farsa, Ashiq, Zain have shared their thoughts and questions which created the session more lively.

Mr. Sameerkhan, NSS programme officer, welcomed the session. Vote of thanks delivered by shaniya, Nss volunteer,. Mr. Anasbabu, Programme officer coordinated the session.

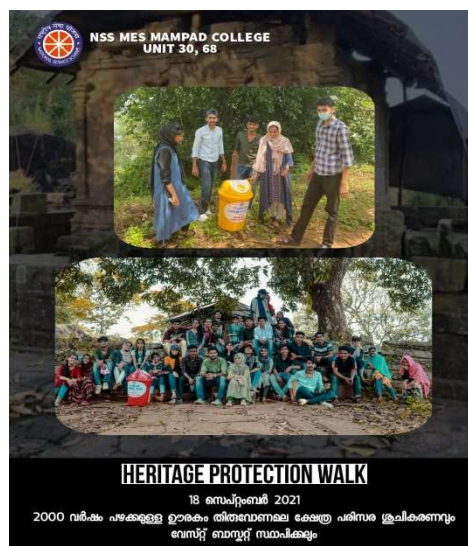
Video Recording:

https://drive.google.com/file/d/1Obz1K_cwuQG_0TRwcG_Kd_1Pow27uezp/view?usp=sharing



19. Heritage Protection Walk- 18 Sep 2021

Date	Sep 18, 2021
Number of Students Participated	90
Number of Hours	5 hrs
Location	Oorakam, Vengara
Activity Hour	5 hrs



Mission:

The main intension behind the voyage organised with the cooperation of Oorakam ward member was to protect environment and to clean the old heritage temple Shankara Narayana Temple located on Thirvonamala. As a part we established dustbins in different corners of temple which helps to maintain the location clean and keeps its historical heritage.

The walk

The journey named "HERITAGE PROTECTION WALK" which conducted on 18 Sep 2021. The program was conducted with great support of Urakam ward member and NSS volunteers of mes mampad college .The program officer Sameer Khan sir introduced the ward member of Urakam ward and welcome all to the program .Then the program was inaugurated by Beena Josy ma'am ,the ward member of Urakam member. And Joshy sir cooperated and helped Nss volunteers are also present there. The program was coordinated by Nss program officers Anas babu and Sameer Khan. And also in the presence of Shahida and Shamiyath, assistant professors of Zoology.

All volunteers and teachers reached Shankara Narayana Temple which is historically important located at Thirvonamala. We started journey from college at 7.30 am and reached urakam ward at 11 .00 am .Sameer Khan sir give a small lecture on the historical importance of Shankara Narayana Temple .Then we divided into groups and cleaned different parts of temple and Thirvonamala.And then we placed dustbins in different places surrounded by Thirvonamala. Then we all enjoyed the view and climate of the Thirvonamala. The place can make us calm with its beauty .Then we return back.

About 40 students were participated in the journey and then it comes upto end with vote of thanks by Badhra Vinod,the secretary of Unit



One of the dust bins Installed by students

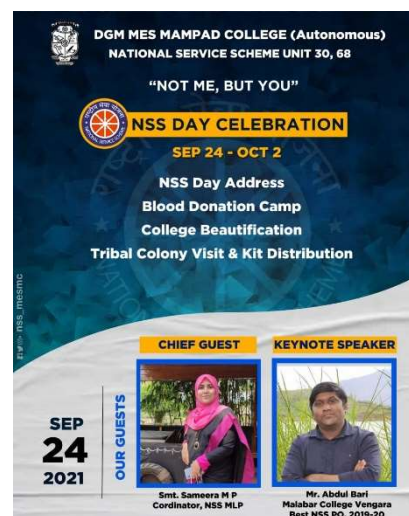


Panchayath member Seema Joshi inaugurates the event

20. NSS Day Celebration

Date	Sep 24, 2021
Number of Students Participated	90
Number of Hours	3 hrs
Location	Online
Activity Hour	3 hrs

Programme Photos:

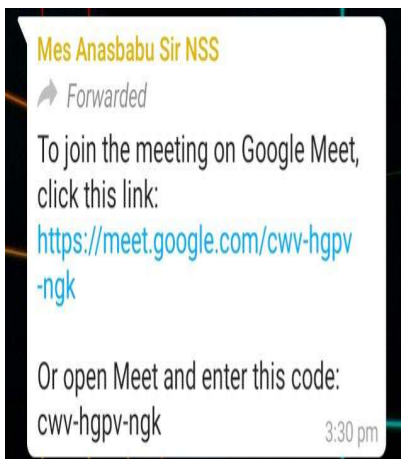
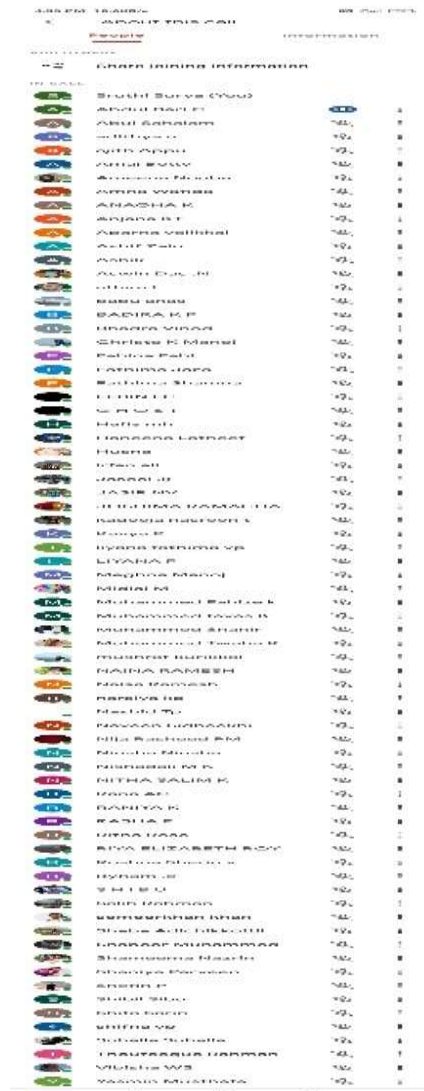
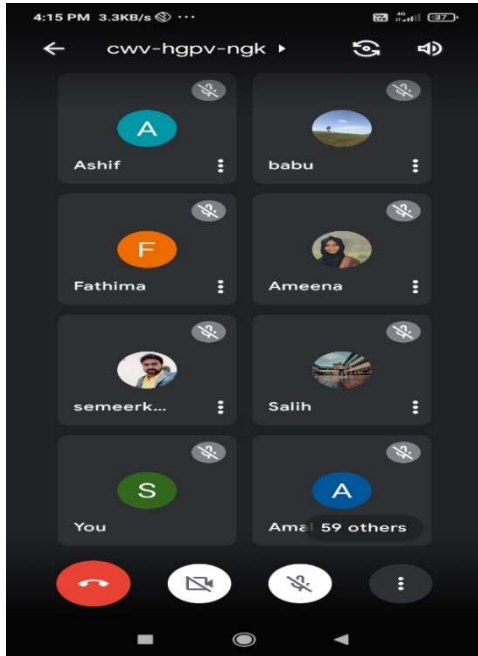


NSS Day Special Address:

Unit celebrated the golden jubilee of NSS with various programmes which promote the slogan of NSS – NOT ME BUT YOU. We conducted a Google meet on the NSS day as the beginning of our celebration of 50th anniversary of NSS. The meet was started at 4.00 pm which was inaugurated by Ms. Sameera, NSS Programme officer, Malappuram district. She was the apt person for the talk who conveyed the core objectives of NSS with little words and limited time. It is inspiring that a lady could be the District coordinator of NSS for five years. The main talk was done by Mr. Abdul Bari, the programme officer of Malabar College Vengara who won the best Programme officer award of 2019-20 of Calicut university. His words were highly inspiring for everyone who had joined in the meet. He shared his experiences he derived from those programmes of which he became a part as an NSS programme officer. He shared his camp memories and the humanitarian values he achieved as an NSS volunteer.

Dr. Anas babu and Semeer Khan, programme officers made the meet more special with their presence. The meet was coordinated by Ms. Bhadra Vinod, NSS secretary. The meet started with NSS prayer which sung by Ms. Fabina, NSS volunteer of our college. Welcome speech was done by Mr.

Ashif T, Malappuram district secretary of NSS and the secretary of NSS of our unit. Vote of thanks delivered by Mr. Ajith, Unit secretary of college. The meet ended with 5'0 clock. All of them actively participated in the talk and carefully listened the words delivered by the guests. It was such a great experience for us.



21. Food Kit distribution at Tribal Colony

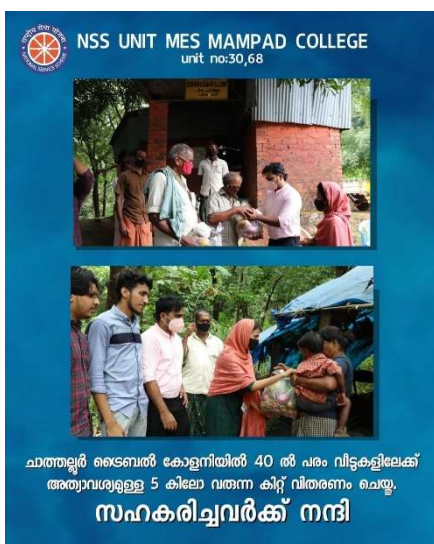
Date	Oct 1, 2021
Number of Students Participated	24
Number of Hours	4 hrs
Preparatory	10
Location	East Chathalloor Tribal Colony

National Service Scheme organized a tribal colony visit and food kit distribution. Programme officers found the deserved people for food kit at Kizhakke Chathallur colony and he led the programme. Volunteers collected the cash and vegetables from their relatives and surroundings. Collection of cash and vegetables were coordinated through online. Only 24 volunteers could participate on the programme due to covid restrictions. Programme officer and volunteers gathered at the college on 01st October 2021 at 9.30 am and made the kits for distribution. More than 50 food kits containing vegetables and some groceries made by volunteers under the supervision of programme officers.

The travel to the colony was adventurous. There were near 5 km need to reach the colony. Volunteers just enjoyed the off-road trucking through the beautiful forest and stunning waterfalls. The ward member of Chathallur colony surprised the volunteers, because she was so young having only 21 year old and also a final year degree student of the college.

The food kits distributed by the government was the only relief for tribal people on this covid scenario. The families have been surviving on the rice collected from ration shops and the essentials supplied by Adivasi Aikya Vedi leaders. Therefore the food kits distributed by NSS volunteers made a happy moment on their lives.

By 12'O clock, kits were arranged and distributed on the colony. Ward member of Mampad Gramapanchayath Smt. Hamna Akbar officially inaugurated the programme. Programme officer Sameer Khan, Tribal leader of Chathallur colony Mr.Chandhran blessed he programme with their valuable words .NSS volunteer Ashif Zain delivered vote of thanks. By 1'O clock Volunteers completed the distribution and went back to the college.

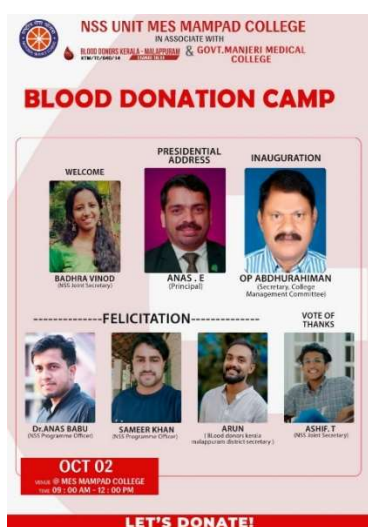


Mampad Gramapanchayath Member Hamna Akbar inaugurating the Essential Home Kit distribution programme. NSS Unit Programme Officer Sameer Khan, Secretary Ashif T are nearby

22. Blood Donation Camp- (Gandhi Jayanthi Day Observation)

Date	Oct 2, 2021
Number of Students Participated	100
Number of Hours	4 hrs
Preparatory	5
Location	Campus

Programme Poster:



By upholding the spirit of Mahatma Gandhi's Birthday, NSS unit conducted mega blood Donation camp on October 2nd 2021. Above 100 donors had registered in the camp, among them 90 of them donated their blood. 51 donors given their blood for the first time. Several volunteers had also donated their blood. Around 70 NSS volunteers, blood donation Kerala members, members of Sangeetha Arts & Sports club were gathered at the college. Volunteers arrived at 8.00 am in the college for the arrangements. By 9.30 am blood donation Kerala Members arrived in the college. The programme inaugurated at 10.00a m by O P Abdurahman (Management secretary, MES College Mampad). Unit secretary Bhadra Vinodh delivered the welcome speech. Principal Dr. Anas. E delivered the presidential address. . Mary Thresya (Medical officer, blood bank manjeri), Arun (coordinator, Blood Donors Kerala, Malappuram unit), shadil (convener, Sangeetha arts & Sports club), programme officers Anas babu, Shemeer khan conveyed their greetings. Secretary Ashif conveyed vote of thanks. The medical officer informed that this camp was one of the best among the blood donation camps After covid-19 pandemic situation. After donation refreshment team treated the donors with grape Juice and cookies. The programme was a huge success. our programme officers Anas Babu and shemeer Khan stood as the backbone for the success of the programme. Programme ended by 12.30 pm. All our nss volunteers actively participated throughout the programme.

Management Secretary O P Abdurahiman inaugurating Blood Donation Camp. Medical Officer Mary Thresia, Principal Anas E, also on the stage



Total Donors: 90

Name and Details:

SL.NO	NAME OF DONOR	BLOOD GROUP
1	KRISHNA PRASAD	B+VE
2	NASHID	O+VE
3	SHEFIN	A+VE
4	ARSHAD	-
5	AYISHA HALEENA	-
6	BADIRA	B+VE
7	FATHIMA SHAMNA	A+VE
8	HABEEB	B+VE
9	FAVAS K	O+VE
10	ADITHYA	O-VE
11	NAISA RAMESH	A+VE
12	NAINA RAMESH	A+VE
13	MUHAMMED RISIL	B+VE
14	SAYOOJ	AB+VE
15	THANVEER	B+VE
16	SUHAIL A K	O+VE
17	SHAJAHAN	B+VE
18	UMAR SHADIL	O+VE
19	MUHAMMED SHAKI	O+VE
20	MUHAMED FARHAN	A+VE
21	ATHUL DEV	O+VE
22	RAEEZ MUHAMMED	A+VE
23	SHABEER	B+VE
24	SHAMVEEL	A+VE

25	ASWINDAS	-
26	AJITH	-
27	FARIS	O+VE
28	JOSEPH	B+VE
29	ASNA	-
30	ISMAIL ASHIL	O+VE
31	NIMAL	B+VE
32	DITHUN	B+VE
33	AJMALFAYIS	O+VE
34	SWATHI KP	O-VE
35	THEJAS	O+VE
36	SUJITH	AB+VE
37	FARIS	B+VE
38	ASIF	O+VE
39	ATHUL	B+VE
40	AYMEN VP	O+VE
41	NOORA	B+VE
42	SITHARA SAKKEER HUSSA	A+VE
43	SHIHAS ASHRAF	O+VE
44	JASEEL	O+VE
45	NITHIN	O+VE
46	MUHAMMED SAFWAN	AB+VE
47	NAIMA SHERIN	O+VE
48	FARSHIDHA KP	O-VE
49	NINSHA P	O+VE
50	ISHAQ	O+VE
51	MUHAMMED SHAHID	-
61	SHIJIN	-
62	RIFIN	O-VE
63	FADHIL AZLAM	O+VE
64	NOUFEEED	A+VE
65	ANU NASEEF	O+VE
66	AHAMMED NAJAD	O+VE
67	ADHIL MUHAMMED	AB+VE
68	FATHIMA HIBA	A+VE
69	ALIYA SHERIN	O+VE
70	SHIBIN RAHMAN	A-VE
71	REBIN	AB+VE
72	SHIBIL	B+VE
73	SAHAD	B+VE
74	MUNAVVIR	B+VE
75	FAYIZ	AB+VE
76	LIMSHAD	A-VE
77	NAMEER	O+VE
78	SABITH	B+VE
79	HAFIZ	O+VE
80	RADEEF RAHMAN	B+VE
81	ASHFAQ	B+VE
82	ANANTHU	B+VE
83	SHADIL ALI	B+VE
84	SURYA	A+VE
85	RIBIN	A+VE
86	SHIYAS ALI	O+VE
87	PREJIN	AB+VE
88	RAQSUL HAQUE	B+VE
89	JEFIN	O+VE
90	NIHAL	-

Overview and News report:



രക്തദാന ക്യാമ്പ്



☛ മമ്പാട് എം.ഇ.എസ്. കോളേജിൽ രക്തദാന ക്യാമ്പിന്റെ ഉദ്ഘാടനം ഐ.ആർ.എം.എസ്. നിയന്ത്രിക്കുന്നു

മമ്പാട് - ഗാന്ധിജയന്തി ദിനത്തിൽ മമ്പാട് കോളേജിൽ എൻ.എസ്.എസ്. യൂണിറ്റ്, ബ്ലഡ് ഡൊണേഷൻ കേരള, മഞ്ചേരി മെഡിക്കൽ കോളേജ്, സംഗീത ആർക്ക്സ് ആൻഡ് സ്പോർട്സ് ക്ലബ്ബ് എന്നിവ ചേർന്ന് രക്തദാന ക്യാമ്പ് നടത്തി. 90 പേർ രക്തം നൽകി.

കോളേജ് മാനേജ്മെന്റ് സെക്രട്ടറി ഐ.പി.അബ്ദുറഹ്മാൻ ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ ഡോ. ഇ.അനസ് അധ്യക്ഷത വഹിച്ചു. ബി.ഡി.കെ. ജില്ലാ കോ-ഓർഡിനേറ്റർ കെ.അരുൺ, മഞ്ചേരി ബ്ലഡ് ബാങ്ക് മെഡിക്കൽ ഓഫീസർ മേരി ത്രേസ്യ, സംഗീത ക്ലബ്ബ് കൺവീനർ ശാദിൽ, എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർ മാരായ അനസ് ബാബു, ശമീർ ഖാൻ, എൻ.എസ്.എസ്. ജില്ലാ സെക്രട്ടറി കെ.ആസിഫ് എന്നിവർ പ്രസംഗിച്ചു. വെള്ളൻറിയർ മാരായ ഭദ്ര വിനോദ്, സാലിഫ് റഹ്മാൻ, അജിത് എന്നിവർ നേതൃത്വം നൽകി.

മടിക്കാതെ രക്തം നൽകാം. കോവിഡ് പ്രതിരോധകൃത്തിവെച്ച് സ്വീകരിച്ചവർക്ക് 14 ദിവസത്തിനുശേഷം രക്തം നൽകാം. കോവിഡ് പോസിറ്റീവായവർക്ക് നെഗറ്റീവായശേഷം 28 ദിവസം കഴിഞ്ഞത്(ആരോഗ്യസ്ഥിതികൂടി കണക്കിലെടുക്കണം) രക്തം നൽകാം.

04/10/2021 NILAMBUR Pg 08



Certificate given by Kerala Blood Transfusion Council.

23. Webinar on Cyber Laws

Date	OCT 14, 2021
Number of Students Participated	90
Number of Hours	1.5 hrs
Location	Online
Activity Hour	1.5 hrs

Programme poster:



NSS unit conducted a webinar on cyber laws on 14th October 2021 Thursday at 10.00 am. The webinar was led by Adv. Jaison Abraham, Hon. Magistrate of Nilambur court. He did an awesome talk regarding cyber laws. He asserted that everyone in the society should be aware about the laws for the peaceful and flexible functioning of the society. According to him, corruption is the practice of skipping duties the things to do property. He further added that studying law should start from our own family. He gave an outline about the cyber laws in India.

Indian IT act was came into force on 7th October 2000. In this act, A -F of section 66 is more relevant and powerful. Everyone is familiar with smartphones and we couldn't even imagine a world without phone and internet. In such a world, cybercrimes will be automatically increased and so the importance of cyber laws are non-questionable. He delivered an outstanding talk regarding this topic. This was interesting and informative at the same time.

Some volunteers like Bhadra vinod, Ismail Ashil shared their views and doubts regarding cyber laws and it's limitations. The official inauguration of the webinar was done by smt. Rasmi. S, honorable Chief Judicial Magistrate (CJM), Manjeri courts. She emphasized the importance of making the younger generation aware on the cybercrimes and laws as they are main users and victims of cybercrimes.

Mr. Sameerkhan, programme officer did the Presidential address of webinar. The inauguration speech was delivered by Mr. Subhash K.N, secretary of Nilambur Taluk Legal Service Committee. Vote of thanks for the programme was delivered by Salih Rahman, NSS unit secretary.

Programme Photos:



Hon. Chief Judicial Magistrate S Rasmi speaking at the webinar about the topic ‘‘Cyber Laws’’

24. National Unity Day Celebration:

In memory of SARDAR VALLABHBHAI PATEL

Date	Oct 31, 2021
Number of Students Participated	40
Number of Hours	1 hr
Preparatory	-
Activity Hour	1 hr

India is a secular country with diversified cultures and significances in its own kind. As an endeavor to solidify the bond of oneness and unification, National Service Scheme unit celebrated the birth anniversary of Sardar Vallabhbhai Patel on 31 October 2020 as National Unity Day.

In line with the celebrations countrywide, our NSS unit organized a National Unity Day pledge for NSS volunteers to extend heartfelt appreciation about the life of the great leader, Sardar Patel. The idea was to infuse in the young future generation, the values integrated with the knowledge and adoration about the country’s rich heritage. A throng of activities was organized to support the cause of promoting unity and celebrating ‘‘National Unity Day’’.

Around 30 NSS volunteers gathered at the front of administrative block at 10.00am on 31st August. Programme officer Mr. Anas Babu welcomed the programme and he addressed the significance and relevance of the programme. NSS volunteer Shabanitha officially inaugurated the

programme. Ameera delivered the National Unity Pledge. After the pledge programme officer Mr. Sameerkhan delivered the vote of thanks. The programme ended by 11'o clock.

Captures of the programme:



25. Children’s Day Celebration

Date	Nov 14, 2021
Number of Students Participated	40
Number of Hours	4 hrs
Location	G M L P School, Naduvath
Activity Hour	4 hrs

Programme Poster:



NSS decided to strengthen Governemnt L P School, Naduvakkad on special occasion i.e., Children’s Day.. Naduvakkad LP School witnessed a beautiful celebration of the Day. The school field was

chosen as the venue. The programme started with pledge by grade 4 student, Master Nawaf , followed by a beautiful prayer song by class 4

School Headmistress Sabitha gave a speech on the importance of celebrating children’s day. The students wore white clothes with a rose flower commemorating the birth day of India’s first Prime Minister, Jawahar Lal Nehru.

The assembly was followed by event full activities coordinated by MES Mampad college NSS volunteers.. Volunteer Divya recited a story . Farsa sketched cartoon characters along with the children. Numerous exiting activities were conducted for the students.

The day ended with the price distribution for the winners, awarded by Programme Officer, Dr. Anas Babu and Shameer Khan. Sweets and gifts were given to the children. Study materials and stationery items worth rupees 4000/- were donated to the school by the Unit. The school staff and students were delighted having celebrated such a memorable day. As part of the strengthening, NSS family sponsored a sign board for school . The sign board was released by college Principal Anas E.





Sponsored a sign board for school:



Principal Anas. E Unveiling School name board sponsored by the NSS unit

26. World Aids Day

Date	Dec 1, 2021
Number of Students Participated	56
Number of Hours	1.5 hrs
Location	Campus
Activity Hour	1.5 hrs

NSS units observed World Aids Day on 1st December at college. Volunteers wore red ribbon and made placards with Aids Day messages. Volunteers gathered in front of the administrative block

of the college. Then made a rally for the awareness of aids as a disease till college junction. All other students of the colleges witnessed the rally with enthusiasm. About 50 volunteers participated in this rally. Everyone had worn red ribbon and carried placards on their hand. The rally was led by Mr. Sameer Khan, NSS Programme Officer. programme helped to create an awareness about the disease aids on both volunteers and public. Finally, Programme Officer made an awareness session about various stigmas related with Aids disease. We could make a message that we should consider the victims of aids as patients like any other diseases



27. Eye-Checking Campaign

Date	Dec 4, 2021
Number of Students Participated	88
Number of Hours	5 hrs
Preparatory	10 hrs
Location	Campus

NSS Unit, The Eye Foundation Super Specialty Eye Hospital, Malappuram and EPSON (Education for Persons with other needs) MES Mampad College jointly organized one day eye checking camp for its adopted village Rajeev Colony Residents and other needy people of the surroundings.

Poster of the Programme:



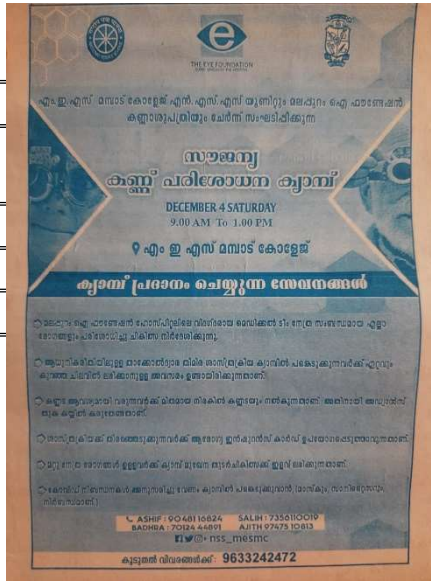
Inauguration:

The programme was started on 9.30 am with NSS prayer. Programme Officer Semeer Khan welcomed the gathering. Principal Anas E presided over the function. College Management Committee Secretary O. P. Abdurahiman inaugurated the event. EPSON (Education for Persons with other needs) coordinator Dr. Haseena Beegum Thattarassery and Manu Sudevan, PRO of Eye Foundation Hospital, Malappuram felicitated. NSS Secretary Hafiz Muhammed delivered vote of thanks.

Programme:

Volunteers circulated posters among public prior to the programme. Moreover, they informed about various services offered by the camp. More than 50 natives with minor or severe eye problems came to the campaign. They were all checked free of cost. Some cases, which required hospital facility, were taken to the eye hospital for further treatment. Many students from the locality also came to campaign with many difficulties due to con

stant mobile usage. The ophthalmologist observed that 90% of eye problems of the youth are due to excessive usage of mobile phones.



28. Inauguration of *Vimukthi Club* & Awareness Class

In association with Kerala Excise Department

NSS units (30,68) conducted the inauguration ceremony of *Vimukthi Club* for preventing drug use and abuse at college seminar hall on 9th December 2021. The programme started at 9'o clock with NSS prayer. The inauguration was done by our special guest Mr. Pradeep kumar, exercise circle inspector, Nilambur. He asserted the need of get back from all type of drugs. He revealed the fact that youth is the main victims of drug addiction. Dr. Sabique, Principal-in-charge decorated the presidential address. Keynote address was done by Mr. Sameer khan NSS programme officer. The awareness class was led by Mr. Reji Thomas, Excise preventive officer. His class was very

informative and motivating the volunteers from the use of drugs. He demonstrated many cases of drug carriers who lost their life due to addiction and related problems. Mr. Rajesh Monji, Assistant professor, Malayalam and Mrs. Sreeja P.V (staff secretary) gave facilitation speech which enhanced the greatness of the programme. Volunteers asked many relevant questions to the resource person. Vote of thanks was done by Miss. Shameema, NSS volunteer. About 90 volunteers participated in the session who actively involved in the session. The programme ended by 12.30 pm.

Programme Poster:



Photos of the Event:

1. Reji K Thomas engaging the Session
2. Dr Sabique M K inaugurating the event



29. Poster making competition on Drug Use:

A poster making (non-digital) competition was organized as part of Vimukthi Club inauguration. The poster was circulated and students were given 1 week for drawing. There were around 14 entries. Shirin Siraj from English, Fidha Kabeer from Chemistry and Raseena from BSc Zoology won the prizes.



30. SEVEN DAYS CAMP 2021-22

Date	2021 Dec 26-2022 Jan 01
Number of Students Participated	100
Number of Hours	7 days
Location	Chokkad, Kallamoola

അക്കാഡമിക് സെഷൻസ്

26 തോയർ
 തും കോർ ഹെ? നീ ആരാണ്? (orientation session)
 നിയാസ് കാലിൽ (അധ്യാപകൻ, വിദ്യാർത്ഥി എസ്സ്)

27 തിങ്കൾ
 1. "സ്വയംരക്ഷ" (Self-defense physical training)
 ഡോ. അബ്ദുൽ നസീബ്, ഡയറക്ടർ, സ്റ്റാൻഡർ കളർ ഓർഗനൈസേഷൻ ആർട്സ്, അക്കാദമി, പള്ളിക്കൽ മമ്പാട്

2. ചർച്ച: "ലിംഗ സമത്വം: വ്യക്തിത്വവും പരിഹാരങ്ങളും"
 മോഡറേറ്റർ: ഇദ്ദേഹിനിമോസ് പങ്കെടുക്കുന്നവർ: ശ്രീജ പി വി, ഷമീനസീർ, ഫസീന എം. ഷമിയത്, ഷാഹിദ എ ടി (പ്രൊക്ടർ) മെമ്പർസ്, എം. ഇ. എസ് മമ്പാട് കോളേജ്

3. അസലം അമീൻ
 "നല്ലൊരു വാർത്ത" -

28 ചൊവ്വ
 ബഷീർ (സബ് ഇൻസ്പെക്ടർ, പുക്കോട്ടുപാടം സ്റ്റേഷൻ) നിയമങ്ങളും നിയമ പാലകരും നിയമ സഭയും (അമേരിക്കൻ സ്കോളർഷിപ്പ് വിഭാഗം, BA ഇക്കോമിക്സ് മൂന്നാം വർഷം, എം. ഇ. എസ് മമ്പാട് കോളേജ്)
 "നിർമ്മാണം സന്തോഷത്തിന്റെ പേർ (കാർട്ട്) (Workshop on Paper Crafts)

29 ബുധൻ
 "അനുഭവങ്ങളുടെ എൻ എസ് എസ്" - മൻസൂർ അമീൻ (അസിസ്റ്റന്റ് പ്രൊഫസർ, അറബിക് വിഭാഗം, എം. ഇ. എസ് മമ്പാട് കോളേജ്)
 "എന്നിലെ ഞാൻ" - അയ്മനലി (അസിസ്റ്റന്റ് പ്രൊഫസർ, ഇന്ത്യയിലെ ചരിത്ര വിഭാഗം, എം. ഇ. എസ് മമ്പാട് കോളേജ്)

30 വ്യാഴം
 പാനൽ ചർച്ച: "മലബാർ കലാപം: കേൾക്കാത്ത കിന്റുകൾ"
 നയിക്കുന്നത്: പ്രൊഫ. സലാഹുദ്ദീൻ (അസിസ്റ്റന്റ് പ്രൊഫസർ, ചരിത്ര വിഭാഗം, എം. ഇ. എസ് മമ്പാട് കോളേജ്)
Communication Skills
 ഡോ. അഹ്മദ് പി സി (അസിസ്റ്റന്റ് പ്രൊഫസർ, ഇ. എം. ഇ. എസ് കോളേജ്, കൊണ്ടോട്ടി)

നാഷണൽ സർവീസ് സ്കീം
എം. ഇ. എസ് മമ്പാട് കോളേജ്

മലബാർ കലാപം പരിപാടി
ഒരു മലബാർ കിസ്സ
 2021

സപ്തദിന സഹവാസ ക്യാമ്പ്
 2021 ഡിസംബർ 26 - ജനുവരി 1

കല്ലാമുല ഗവ: എം. എൽ. പി സ്കൂൾ

ദിനചര്യ

6.30:	യോഗ/പ്രാണിങ്/സുംബ ഡാൻസ്
7.30 - 8.30:	പ്രാതൽ
8.30 - 9.00:	അസംബ്ലി
9 - 1:	പ്രൊക്ടർ വർക്ക്
1.30 - 2.30:	ഉച്ച ഭക്ഷണം
2.30 - 4.30:	അക്കാഡമിക് സെഷൻസ്
5 - 6:	നാട്ടിൻ / ശിൽപശാല
6.30 - 8.30:	കലാ പരിപാടികൾ
9.30 - 10.30:	ക്യാമ്പ് അവലോകനം
10.30:	ശുഭരാത്രി

"യുവത്വം സ്ത്രീ സുരക്ഷയും തൂല്യ നീതിക്കുമൊപ്പം"

- സ്കൂൾ സാമ്പ്രവൽക്കരണം
- തടയണ നിർമ്മാണം
- ആദിവാസി കോളനി സർവ്വേ
- ശുചീകരണ പ്രവർത്തനങ്ങൾ
- വ്യക്തിത്വ വികസന ക്ലാസുകൾ
- ശിൽപശാല

ORU MALABAR KISSA
Annual Camp of NSS 2020-22
MES Mampad College

Camp Name: Oru Malabar Kissa
 Camp Location: G M L P School, Kallamoola, Mampattmoola Po, Malappuram
 Number of Campers: 100
 Programme Officers: Semeer Khan, Dr. Anas Babu
 Camp Conveners: T Raman (Panchayath Member), Manoj (PTA President)

Unit Secretaries: Ashif T, Badhra Vinod, Salih Rahman, Ajit

Project Work: Nutrition & Anaemia Survey of Chinkakallu Tribal Colony, School
Beautification, FHC Renovation, ICDS Anganwadi Renovation

REPORT

Day 1

26 December 2021, Sunday

Volunteers assembled in the college before 9 am. After flagging off by College Office staff, the institution bus took all campers to the location i.e., G M L P School Kallamoola, Chokkad. School headmaster in charge Noorsheena and Former Panchayath member Mujeeb Rahman welcomed the team. Camp Registration started by 11 am. All the campers submitted their mobile phone to the camp office and started setting up the sleeping room, wash room, kitchen and other essential facilities. School teachers explained all the facilities to the campers.

By evening 4, an announcing rally through the town was arranged, in which local leaders like club members, various political party representatives participated. It was grand rally which attracted wide notice from the public. Orientation session of Seven Days' camp started by 6 pm. Riyas Kappil and Abdul Jaleel, two personality development trainers from 'Pathfinder Training Solution' engaged the session titled "tum kon hei, neeyaranu" (Who are you). The session sparked energy as well as a confident in volunteers. They were found so energetic after the session. After having dinner prepared by students, volunteers went to sleeping halls.



Day 2

27 December 2021, Monday

Events on the second day of the camp for the began at 6:30 am. Volunteers assembled on school Ground at 6:30 in the morning and practiced the exercises under the student leader Fawaz, a volunteer and sports person. At 7:00 pm, then a volunteer team presented the day's news and report. After an interesting news report, volunteers had breakfast at 8:30.

Inaugural Session:

The inaugural function began at 4 pm. Mr. Shameer Khan, Programme Officer, welcomed the audience. Chokkad Panchayath Ward Member Raman T presided over the function. The event was officially inaugurated by Chokkad Grama Panchayath president C H. Shaukath. He stressed the importance of social services in the education. People with true attitude towards social service are the true citizens of the country. College Principal Anas. E delivered the keynote address. He shared the memories of his camp days and reminded us about the duties towards the locality for being permitted to camp in the location. Former ward member Mujeeb Rahman, Panchayath Educational standing Committee chairperson Arakkal Zakir Hussain, School P. T. A. President Manoj also felicitated over the function. Unit Secretary Ashif Zain proposed vote of thanks to the guests.

The first special session titled 'Swarksha : self-defence training ' started by 9:00 am. Dr. Abdul Rasack, Ashwin Master, Mansoor Master and Mustafa Masters, trainers from Dragon Kung-fu martial arts academy, Pallikkal Bazar, Kozhikkode taught basic self-defence tactics. They taught the importance of self-defence at this era of attacks against women. Most importantly, they also explained how to remain physically fit by simple exercises an also made an awareness among volunteers the importance of physical wellness.

Second special discussion session 'Gender Equality: Problems and Solutions'' started by 1.30 pm. Discussion led by the assistant professors of MES Mampad college, Dr. Shahida, Shameera, Dr. Faseena and Shamlyath. Volunteer Badhra Vinod (BA Mass Communication) was the moderator for the discussion. Discussion invited new insights from volunteers and many of them came up with new ideas. After a lively discussion, sumptuous lunch was served.

At 7 pm, by Aslam Amin, a teacher and motivational speaker at Crescent High School Adakkakkundu took a class on 'Leadership'. He reminded on the importance of being a leader in every aspects of life. Lights were turned off at 11pm after the meal.

Programme Photos:



Day 3

28 December 2021

Camp started with exercise training at exactly 6.30 under the leadership of Fawas. At 7.30 am, programme officers Anas Babu and Sameer Khan led a 400 meter long plogging. The assembly started at 7.30 am and after the presentation of the second days report, the instruction for the day were given and the assembly ended at 7.50. Breakfast was served at 8.30. The project work School beautification started at exact 9 'O' clock and the instructions given to each group were followed exactly and completed by 1pm. Volunteers painted school walls and started drawing maps, various informational graphics. Walls were faded and they gave new look to it. Afternoon session "Law and Order and Police" started at 3 pm. Pookkottumpaadam Police Station Sub Inspector Basheer led the session. He analysed various drug cases of camp locality and thereby demonstrated how drug affects young lives. It opened new senses among volunteers. The camp ended on the third day with a musical feast led by Najmudheen Sir and a camp review after the dinner





Day 4

29th December 2021

On 29th December 2021, Morning exercise was done under the supervision of favas at 6:30 am. At 6:55, A morning walk carried out to the river with the intention plogging. Camp Assembly was started at sharp 7:50 am. Soon after the breakfast by 9 am, all the volunteers moved to their worksite. Project work of renovating various government setups started by different groups. Kallamoola FHC was in bad condition without proper sitting area. Volunteers cleaned the water tank of PHC and the volunteers did maintenance work of I. C. D. S Nursery and the rest of the volunteers engaged in the beautification process of school.

At 1'o clock the 100 volunteers participated in the survey of central footwear institute, an agency under Government of India. These Survey are done with the aim of revolutionary change in footwear marketing and as a part along with US and UK footwear sizes Indian measurements are added as well.

After the Lunch previous NSS programme officer Dr. Mansoor Ameen took a section on the topic 'Anubavagalude NSS' (Experiences gained from NSS). Then Assistant Professor of the Islamic History Department professor Dr. Jayfar Ali carried out an effective discussion on the topic 'Ennile

njan' (I in Myslef). It opened new perspectives on students about the views on own capacities. At sharp 6:30 pm cultural programme started. Around 11 programmes of wide range were presented. The fourth day of the camp ended with a camp review...





Day 5

30 December 2021

The warm up session started at 6.30am under the leadership of kannur district Football player favas Afterwards, Zumba dance led by Shada Mariam and Ridha Rose changed the beginning of fifth day. The assembly started at 7.30 am . The report was presented by Divya and the news by Muhsin. Programme officer Dr. Anasbabu also presented the project schedule and programme. After breakfast we went to different parts of the village for work. White wash and school premises were painted and cleaned at aganwadi, PHC. As part of the nutrition survey, a group of 13 people conducted a survey at Chinkakolli tribal colony which was led by NSS volunteer Ashif T . There were some technical difficulties in it. The seat on the washbasin has been redesigned with ajith's leadership for children to sit on. Dr. OP Salahudeen, Head and Assistant Professor of Department of History, MES Mampad College conducted a session on "Malabar Rebellion: Unheard Stories". We were able to get a glimpse of the local history associated with the Malabar rebellion in the local areas. It was a very good section for the students to understand local history.

Afterwards, a session on ‘English Communication Skills’ was delivered by Jubna, MA students of Amal College of Advanced Studies, Nilambur. The cultural programmes added more sweetness to the camp. After having dinner together we again gathered at the assembly hall and made the review of the day. After taking corrective measures for the next day, we went to asleep.



Day 6

31 Dec 2021

Malabar Kissa, the seven days camp enthusiastically entered into the sixth day. Everyone woke up at early morning 5'o clock. After completing morning activities and having a strong bed tea, volunteers gathered on ground for daily exercise. We did yoga under the leadership of Favas, an NSS volunteer. It lasted to an hour. After that, all of the volunteers assembled on the ground by groups. Programme committee coordinated the assembly and discipline committee ensured the timely participation of every members. Members of the reporting committee of previous day presented the report and newspaper respectively. The report gave a clear picture of the events conducted on the 5th day. We had our delicious breakfast by 9'o clock. After that, every volunteers except the members in food committee engaged in cleaning activities. As this was our full day in the school, we had to clean every corner of the place we used. After completing the sanitation works, we had our lunch and gathered at the hall where all the programmes conducted. By 2 pm, a cleaning drive on famous Chinkakallu River. The river was polluted by plastic waste and volunteers took everything and handed over to the Harithakrma Sena of the local body. Then we spent some time in the Chinkakallu River. This river was beautiful with its huge rocks shallow parts. This water was used by the people in Chinkakallu colony as drinking water. By 7'o clock, everyone gathered at the hall and cultural programmes were conducted under the leadership of the team concerned. They brought varieties of programmes which gave a wonderful treat for the rest. Again we assembled at the hall along with our two programme officers and reviewed the day. Both of the programme officers shared their point of view about the day. Then the volunteers revealed their camp experience and evaluated whole the activities done in the camp as their own perspectives.. With melting candles, the 6th day of our seven days camp ended by leaving the light of a bright future.



Day 7

1 Jan 2022

After morning exercises students started working towards cleaning the camp premises. Valedictory session was scheduled to 10 am. The scheduled Chief Guest for valedictory session was Saju K Abraham, DySP, Nilambur Circle. But he could not come as he was engaged in some other programmes. Therefore, Management Secretary O P Abdurahiman inaugurated the session. Ward member Raman T, Former member Mujeeb Rahiman, P T A President Manoj, Headmaster Kunhimammed also attended the function. Headmaster thanked us for the whole work we did for the school. As a compliment, PTA and Various clubs of the locality offered a salacious lunch.



News Report:



സ്കൂൾ ചുമരുകൾ കളറാക്കി

കാളിക്കാവിൽ ക്ലോസ്റ്റർ നാടുകൊണ്ട് കളറാക്കിയ ഗവ. എൻ.പി.സ്കൂളിന്റെ ചുമരുകൾ മാറ്റിമറയ്ക്കുന്നതിന് മുമ്പായി എം.എ.എസ്. കോളേജിലെ വിദ്യാർത്ഥികൾ, കോളേജിലെ എൻ.എസ്.എസ്. ചുമരുകളിൽ മാറ്റം വരുത്തുന്നതിനായി പ്രവർത്തിച്ചു. കോളേജിലെ കലാമത്സര പരസ്യങ്ങൾ കോളേജിലെ ചുമരുകളിൽ വരച്ചു. കോളേജിലെ എൻ.എസ്.എസ്. ചുമരുകളിൽ മാറ്റം വരുത്തുന്നതിന് മുമ്പായി എം.എ.എസ്. കോളേജിലെ വിദ്യാർത്ഥികൾ, കോളേജിലെ എൻ.എസ്.എസ്. ചുമരുകളിൽ മാറ്റം വരുത്തുന്നതിനായി പ്രവർത്തിച്ചു. കോളേജിലെ കലാമത്സര പരസ്യങ്ങൾ കോളേജിലെ ചുമരുകളിൽ വരച്ചു. കോളേജിലെ എൻ.എസ്.എസ്. ചുമരുകളിൽ മാറ്റം വരുത്തുന്നതിന് മുമ്പായി എം.എ.എസ്. കോളേജിലെ വിദ്യാർത്ഥികൾ, കോളേജിലെ എൻ.എസ്.എസ്. ചുമരുകളിൽ മാറ്റം വരുത്തുന്നതിനായി പ്രവർത്തിച്ചു.



കളറാക്കിയ ഗവ. എൻ.പി.സ്കൂൾ ചുമരുകൾ മാറ്റം വരുത്തുന്നതിന് മുമ്പായി എം.എ.എസ്. കോളേജിലെ എൻ.എസ്.എസ്. ചുമരുകളിൽ മാറ്റം വരുത്തുന്നതിനായി പ്രവർത്തിച്ചു. കോളേജിലെ കലാമത്സര പരസ്യങ്ങൾ കോളേജിലെ ചുമരുകളിൽ വരച്ചു. കോളേജിലെ എൻ.എസ്.എസ്. ചുമരുകളിൽ മാറ്റം വരുത്തുന്നതിന് മുമ്പായി എം.എ.എസ്. കോളേജിലെ വിദ്യാർത്ഥികൾ, കോളേജിലെ എൻ.എസ്.എസ്. ചുമരുകളിൽ മാറ്റം വരുത്തുന്നതിനായി പ്രവർത്തിച്ചു.

31. Forest Fencing and Fire Awareness

Date	Dec 30, 2021
Number of Students Participated	36
Number of Hours	6 hrs
Location	Veetikkunu Tribal Colony
Activity Hour	6 hrs

Programme Poster:



➤ **Mission:**

Forests and wildlife are essential part of eco system. The rights of tribal people who live inside the forests are also important. Therefore, a sustainable relation between both is fundamental. The programme aimed at dealing the issues of man animal conflict, one of the vulnerable issues tribals face.

➤ **Programme:**

NSS in association with Kerala Forest and Wildlife Department, Edakkod Forest Division conducted a one day forest fence maintenance. The wall to protect tribal from wild animals was damaged. Volunteers repaired it and protected by cutting weeds. An awareness session about dealing Man-animal conflict was also organized. Volunteers helped to restore iron fencing to protect colony residents from animal threat. The programme started on 10 am with Deputy Range Officer Narayanan’s welcome address. Mampad Panchayath President Sreenivasan inaugurated the event. Beat Forest Officers Dijil, Abdurahiman, Shajid and R Babu also spoke on the importance of banning the Fire. As the range is full of dry land, the chances are high to get fire on summer. Volunteer representative Muhammed Fayis delivered vote of thanks.

Event Photos:



32. Orientation for Freshers:

22 January 2022

Date	Jan 22, 2022
Number of Students Participated	109
Number of Hours	4 hrs
Location	Campus
Activity Hour	4 hrs

Programme Poster:



Newly joined volunteers witnessed an eye opening session of Orientation Programme of the NSS which enabled the volunteers to acquire a clear picture of the idea and objective of NSS. The session

conducted by Mr. Abdul Jaleel, the skill development trainer was an asset to the volunteers since it helped in uprooting a deep sense of togetherness and brotherhood in them which is the real motive behind the establishment of the NSS. In addition to this, the cheerful activities by Mr. Riyas Kapil provided them with the practical knowledge regarding the inevitability of team spirit and coordination for a successful life. It was evident from the feedback provided by the volunteers that they could treasure the whole programme for the rest of their life.

Programme Officer Semeer Khan welcomed the gathering and Principal Dr. Manzur Ali inaugurated the event. Principal encouraged students to undertake new challenging activities instead of following clichéd ones. Secretary Badhra Vinod proposed vote of thanks.



33. National Girl Child Day

Date	Jan 24, 2022
Number of Students Participated	74
Number of Hours	30 minutes
Location	Online
Activity Hour	30 minutes

Programme Poster:



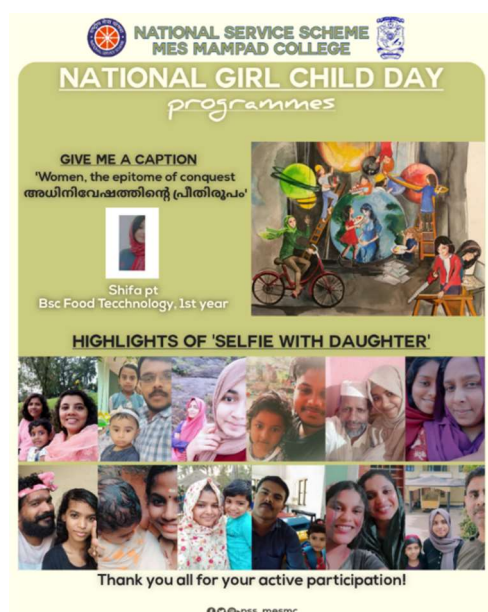
➤ **Selfie with a Daughter:**

A Programme titled 'selfie with a daughter' was arranged to promote the status of girl child. Students and teachers were asked to send a recent photo with girl child. Select photos were published in social media pages. Around 45 students and 6 teachers participated

➤ **Photo Caption:**

A relevant photo was circulated and students were asked to write suitable caption. The photo was of girl dreaming about various job rolls. Around 40 students sent captions. The best one was rewarded with 1st prize. Shifa P T, 1 Bsc Food Technology won the first prize.

Programme Photo:



34. Republic Day Celebrations

Date	Jan 26, 2022
Number of Students Participated	25
Number of Hours	1.5 hrs
Location	Campus
Activity Hour	1.5 hrs

Programme Poster:



While India celebrated 73rd Republic Day with colourful programmes, NSS Unit also decided to celebrate it elaborately. Following Programmes were planned as part of the day:

➤ Flag Hoisting

NSS volunteers joined NCC and other troupes of college to hoist tricolour flag. Abdul Vaahid, Assistant professor of Arabic, raised the flag for principal on 9 am. A small sweet was also distributed to the participants



➤ Reading preamble of the constitution

NSS secretary Nazin read the preamble, the backbone of our constitution, to all cadets and volunteers. They read it aloud. This helped all to realize the importance of constitution

35. Online Republic Day Quiz

An online quiz was arranged in order to understand the importance of the day. 30 questions were asked about the country and its sovereignty. 123 Students from the various departments joined the programme. Fida Kabeer, 1 BSc Chemistry, Muhammed Mubashir 1 BA History, Fathima Thasni from 1 BA History bagged 1,2 and 3 prizes respectively.



- Candle Homage to martyrs

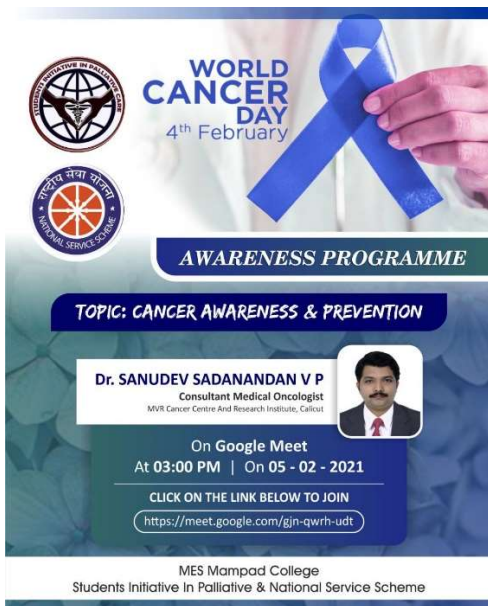
Volunteers made candle homage to martyrs of war after the flag hoist.

36. World Cancer Day

CLOSE THE CARE GAP

Date	Feb 5, 2022
Number of Students Participated	56
Number of Hours	1 hr
Location	Online
Activity Hour	1 hr

Programme Poster:



NSS organized an online interactive session on 5 February 2022 on the topic "Cancer awareness and prevention". The event was hosted jointly by NSS unit and SIP unit of Mampad College. Mr. Semeer Khan, the program officer of NSS, welcomed the event which started exactly by 3'o clock. SIP coordinator Dr.Faseena made a short introductory speech about the chief guest Dr.Sanudev Sadanandan, the consultant medical oncologist at MVR Cancer Centre and Research Institute, Calicut.

Dr. Sanudev Sadanandan began his speech by talking about the importance of World Cancer Day. He also gave a brief description about cancer, its root causes,

its rate in different years , ways to protect ourselves from this disease and the importance of exercise in life. He also mentioned about his dream 'a well-equipped technology in the treatment of cancer. There was a doubt clearance session at the end of the session. Suhaila , 2nd year NSS volunteer expressed the vote of thanks .



37. LED Light Distribution at Veettikkunnu Tribal Colony

Date	Feb 5, 2022
Number of Students Participated	20
Number of Hours	4 hrs
Location	Veettikkunnu Tribal Colony
Activity Hour	4 hrs

05 Feb 2021



Physics students of the college assembled 50 low energy consuming LED Lights for the green initiative of the campus titled TREE. NSS volunteers distributed it on Veettikkunnu with the help of Forest Department Staff. Veettikkunnu is one of the prominent tribal colonies of the locality where many houses still use old energy consuming Incandescent lamps. Volunteers distributed one bulb to every houses and promised to offer the required number of bulbs. Few Houses were using completely old bulbs. Volunteers decided to offer them full set of LED Lights in next stage.

Mampad Panchayath President Srinivasan inaugurated the event by giving LED lights to tribe head Chandran (Ooru Mooppan). He offered local administration's complete support towards any progressive activities conducted by NSS. College Principal Dr. Manzur Ali presided over the function. Programme Officer Semeer Khan welcomed the gathering. IQAC Coordinator Dr. Sabique M K, TREE coordinator Dr. Faseena N M, Scheduled Tribe Promoter R. Suresh and Deputy Range Forest Officer A Naraynan felicitated. NSS volunteer Yaseen proposed vote of thanks.

Media Report:

കോളേജ് വിദ്യാർത്ഥികൾ ബൾബ് നിർമ്മിച്ചു; വീട്ടിക്കുന്നിന് വെളിച്ചമായി

ബോർഡ് ഏ.ഇ.എൻ. ബോർഡ് കോളേജിന്റെ ബൾബ് നിർമ്മാണ പ്രവർത്തനം തിരിച്ചറിയാൻ പാലക്കാട് കോളേജിന്റെ അദ്ധ്യക്ഷനും എൻ.എ.എസ്. യൂണിറ്റിന്റെ അദ്ധ്യക്ഷനും ചേർന്നു. കോളേജിന്റെ ബൾബ് നിർമ്മാണ പ്രവർത്തനം തിരിച്ചറിയാൻ പാലക്കാട് കോളേജിന്റെ അദ്ധ്യക്ഷനും എൻ.എ.എസ്. യൂണിറ്റിന്റെ അദ്ധ്യക്ഷനും ചേർന്നു. കോളേജിന്റെ ബൾബ് നിർമ്മാണ പ്രവർത്തനം തിരിച്ചറിയാൻ പാലക്കാട് കോളേജിന്റെ അദ്ധ്യക്ഷനും എൻ.എ.എസ്. യൂണിറ്റിന്റെ അദ്ധ്യക്ഷനും ചേർന്നു.



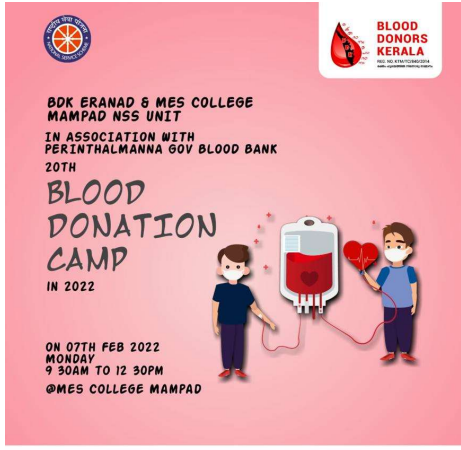
ബോർഡ് ഏ.ഇ.എൻ. കോളേജിന്റെ ബൾബ് നിർമ്മാണ പ്രവർത്തനം തിരിച്ചറിയാൻ പാലക്കാട് കോളേജിന്റെ അദ്ധ്യക്ഷനും എൻ.എ.എസ്. യൂണിറ്റിന്റെ അദ്ധ്യക്ഷനും ചേർന്നു.

05/02/2022 NILAMBUR Pg 08

38. Blood Donation Camp

Programme Poster:

Date	Feb 7, 2022
Number of Students Participated	90
Number of Hours	4 hrs
Preparatory	3 hrs
Location	Campus



MORE INFO : 87143 86658 | 97459 00688

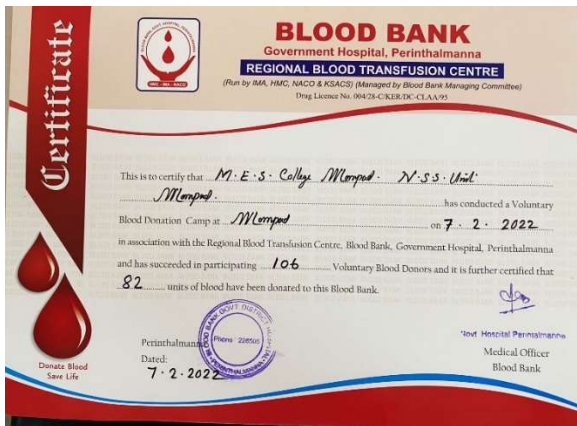
BLOOD DONORS KERALA - ERANAD

NSS Unit organized its second Blood Donation Camp in association with Government Taluk Blood Centre, Perinthalmanna on 7 Januray 2022. Out of 106 registrations, 86 bled and 56 were new donors. The programme was inaugurated on 9.30 am by Principal Dr. Mazur Ali P P. Vice Principal Anas E presided over the function. Principal stressed on the importance blood donation at critical times. Pandemics and other ill seasons demand high volume of blood. College students and NSS volunteers in particular, should donatre blood at least three times a year. Donors were given Lemon juice and boiled eggs after bleeding.

Programme Photos:



Certificate:

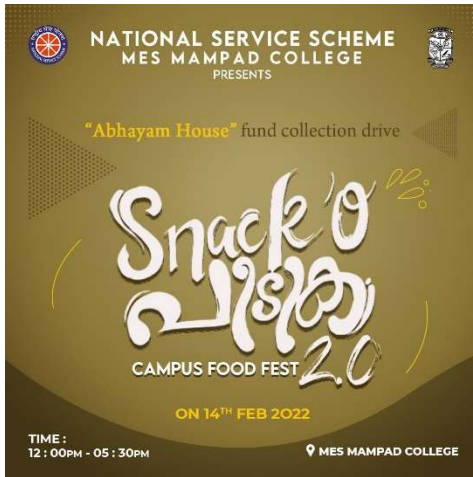


39. Campus Food Fest

‘Snack O Peedika’: Abhayam Fund Collection Food Fest

Date	Feb 14, 2022
Number of Students Participated	100
Number of Hours	4 hrs
Preparatory	20 hrs
Location	Campus

Programme Poster:



Volunteers organized a Campus Food Fest for fund raising towards Abhayam project completion. They brought cakes, bakes, juices and other food items from home and sold to college students. The fest started by 12.30 pm with the inaugural address of Principal Dr. Manzur Ali. Teaching staff, Non-teaching Staff, UG & PG students became part of the programme.. primarily students were grouped into five and each of them prepared a Stall. Each groups sold different items and they could collect a huge amount by evening. The event came to an end by 5 pm



An amount of 25292 was collected



40. “Addicted to Life”: Anti-drug Awareness:

Date	Feb 15, 2022
Number of Students Participated	110
Number of Hours	4 hrs
Location	Campus
Activity Hour	4 hrs

Programme Poster:



About the Programme:

An Interactive Session with Former DGP of Kerala (Excise Commissioner):

Rishiraj Singh IPS, retired excise Commissioner of Kerala, tuned in to campus in order to interact with students. His area of expertise is in drug menace of Kerala State. Kerala even though a small state is very high in drug use. Its financial stability and socio-cultural dominance is the main reason.

Addicted to Life: Anti-drug Awareness:

Former Excise Commissioner of Kerala Rishiraj Singh IPS interacted with students on various aspects of drugs. He extensively talked on subjects like the statistics of drug consumptions, the menace of drug use etc. In his opinion, college students can do a lot of things to prevent drug use in society. If they find someone with drug use or drug carrying, they can call the toll-free number of the Anti-drug cell of the Government of Kerala. In order to strengthen this, college authorities should formulate strategies along with PTA. The committee is also to be made stronger.

The programme started with the welcome address of Dr Anas Babu, the programme Officer. Principal Dr. P P Manzur Ali presided over the function. MES State Committee Vice President E P Moyinkutti gave a special address. College Management Committee Secretary O P Abdurahiman, Nasha Mukth Bharath Abhiyan Coordinator Ravikumar, IQAC coordinator M K Sabique, Vice Principal Anas E felicitated over the function. NCC ANO Lieutenant Rafeek proposed a vote of thanks



41. Swatchatha: Mass Cleaning Drive@ Nedumkayam Rain Forest Tourism Centre & Govt. Tribal School

Date	Feb 20, 2022
Number of Students Participated	80
Number of Hours	5 hrs
Location	Nedumkayam Forest
Activity Hour	6 hrs

Volunteers conducted a mass cleaning drive at Nedumkayam Rain Forest Tourism Centre and Nedumkayam Government Tribal School. They reached the destination by 9.30 am and Forest Officials welcomed warmly. Forest department staff under the direction of Beat Forest Officer Dipu A S led the team to various pots. One team cleaned the banks of river while another on amenity Centre. Afterwards, two teams marched to Tribal School and cleaning the ground, premises and child play area. Wastes collected were taken to the centre depot by the vehicle of Kerala Forest and Wildlife Department. Programme came to an end by 1 pm.



42. “Abhayam” Home Key Handover

23rd February 2022

Date	Feb 23, 2022
Number of Students Participated	140
Number of Hours	2 hrs
Location	Pullod, Pulikkalodi
Activity Hour	

Honorable Vice-chancellor of University of Calicut handed over the of Abhayam home built by National Service Scheme of MES Mampad College.

The ceremony was held on seminar hall in the presence of renowned guests, volunteers, and students. The programme started with NSS prayer and Principal Dr. Manzur Ali welcomed the gathering. MES State Committee Vice President E P Moyinkutti presided over the function. He praised the efforts of NSS volunteers who involved in the mission. Management Secretary O P Abdurahiman made special address. Calicut University NSS Programme Coordinator Dr. Soni T L and NSS Malappuram District Programme Coordinator Sameera MP also took part of the event.

Vice-Chancellor stressed the importance of social works in moulding a true citizen in nation making process. The molding processes reach its zenith by NSS from colleges. Social services should be made compulsory in curriculum. Moreover, he appreciated the works of MES Mampad College for National Service Scheme.

University Programme Coordinator emphasized the importance of House projects. By doing Abhayam Project, NSS also contributing to UN Sustainable goals, in which housing for poor is an important component.

Sameer Khan, NSS programme officer of MES Mampad college presented the report of the project. Dr. Sreeja (staff secretary of MES Mampad college), Dr. Mansoor Ameen (former NSS programme officer of Mampad College), Dr. Sabique (IQAC coordinator), Mr. Salih (House Coordination Committee), Ashif T (NSS Unit Secretary, felicitated for the programme. Dr. Anas babu, programme officer, delivered vote of thanks for the function. Every NSS volunteers attended the programme with immense pride as it is the result of their hard work of around one year. After the inauguration ceremony, a refreshment was arranged for the volunteers followed by the visit of the newly built house. This was such a day which shows the importance of being NSS volunteer as we are working for the others which gives us the actual happiness

Beneficiary's Address: Seenath P, Pathooran House, Vadapuram PO, Pullod Vayanasala, 676 542

Beneficiary's Adhar Number:

Method of fund raising: Contribution Coupon from Public, Food Fest at various places, Contribution from Students & Teachers

Details of agency helped, if any: Nil

Date of Key Hand over: 23 Feb 2022

Photo of the House:



Programme Photos:

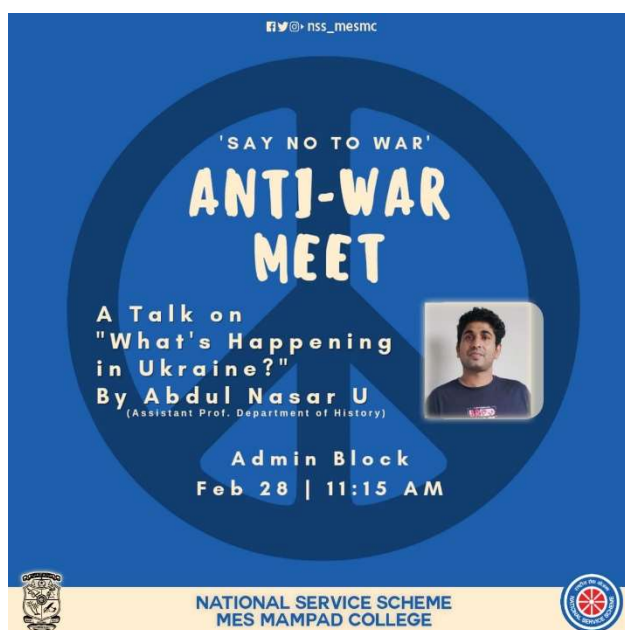


Media:

44. A demonstration of peace in solidarity with Ukraine war

Date	Feb 28, 2022
Number of Students Participated	91
Number of Hours	1.5 hrs
Location	Campus
Activity Hour	6 hrs

Programme Poster:



NSS students of MES Mampad unit demonstrated an act of peace by forming “*NO WAR*” formation near the administration block on 28th February. The programme began by the formation. NSS programme officer Mr. Sameer Khan addressed the students. Abdul Nazer, Assistant professor History, delivered a very informative speech on the issues happening between Russia and Ukraine. He explained in detail the dangers of war when the world continues to be ignorant. The students got a crystal clear picture of the destruction and after effects of the existing war.

The program was concluded by flying white balloons which signify peace and harmony. Dr. Anas babu delivered vote of thanks

Programme Photos:

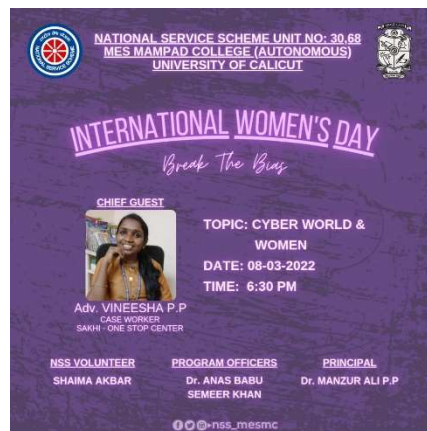


45. INTERNATIONAL WOMEN'S DAY

Break the Bias

Date	Mar 8, 2022
Number of Students Participated	140
Number of Hours	3 hrs
Preparatory	25 hours
Location	Campus

Programme Poster:



The international women's day programme titled "ORE AKASHAM" aimed at delivering the relevance of providing equal rights and opportunities to women. It asserted the idea that every living being under the sky is equal in every aspects irrespective of their gender.

The programme organized on 8 of March commenced with an awareness session titled “cyber world and women” at 10:30 AM in the PG seminar hall. The session was announced by the NSS programme officer Mr. Sameer Khan followed by the inaugural ceremony by the principal of the College Dr. Manzur Ali. The awareness session was held by the case worker of ‘Sakhi – One Stop Center’ Adv. Vineesha P. P. The programme was well coordinated by the NSS volunteer Shaima Akbar. Adv. Vineesha P P talked about the current cyber attacks against women and she also taught us how to handle such a crisis. The session was followed by a debate where each volunteer who wished to speak were handed over the mike so that they could share their views and also asked their doubts related to the inequalities women had to face. The debate was concluded by the coordinator and NSS volunteer Shaima Akbar and the vote of thanks was given by the NSS programme officer Dr. Anas Babu.

After the debate and awareness sessions more entertaining and awareness programmes were held in front of the administrative block at 3:30 PM which included mime themed “women and public space” and a flash mob by the NSS volunteers. At the very end of the programmes every other volunteer was given a chance to celebrate and enjoy the women’s day with music and dance.

The programmes was very successful in creating awareness about the significance of women in our lives and on society and inspiring them for greater future achievements as they contribute equally to the home, society and nation.

Programme Photos:

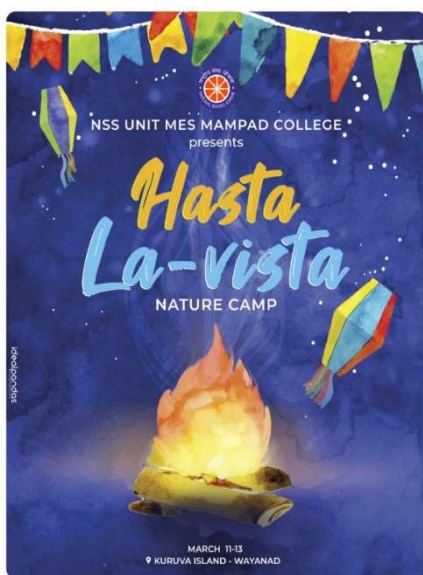




46. Nature Education Camp at Kuruva Pakkam Islands, Wayanad

Date	March 11-13, 2022
Number of Students Participated	40
Number of Hours	3 days
Location	Kuruva Islands, Wayanad
Activity Hour	48 HRS

Programme poster:



Background and relevance of natural camp:

Mission:

To make volunteers understand the importance of Nature protection and thereby make themselves the protectors of Nature

Programme:

Nature Educational Camp was started at 7:30 am with 40 NSS volunteers . Reached at the college gate by 7:30 am. By 1:30 pm volunteers had their lunch from Wayanad. By 5:00 pm volunteers reached their destination Kuruva island. Volunteers kept their bags in the room. Got a neat and clean room for rest. After the refreshment volunteers got a chance for an evening walk by the Riverside. By 6:45 pm volunteers returned to room. by 7:55 pm got an orientation class about the Kuruva island. It was really a knowledgeable session for all the volunteers. The class were taken by Divisional Forest Officer Rajmohan . It was an informative class about the Kuruva island. Lots of doubts were cleared for volunteers. Semeer Khan, NSS PO, delivered vote of thanks. And the session ended up by 9:40 pm. At 9:45 pm dinner served by forest department for the 40 NSS volunteers and teachers. By 10:15 pm everybody finished the dinner by 11 o'clock all the volunteers went to bed.

Next day 12th march 2022 got a morning walk and enjoyed the nature. By 9:00 am breakfast were served. At 10:00 am volunteers got a trucking through the Kuruva forest. By 10:20 am went to island by a changadam (a special kind of boat made by bamboos). By 12:30 pm volunteers were returned from the island. At 1:30 pm had lunch. By 3:35 packed up the bags and back to bus. The natural educational camp was completed with 2 days and returned to the college.

Programme Photos:

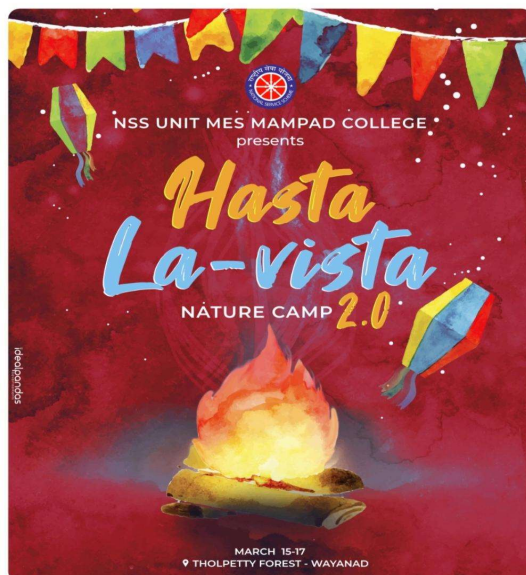




47. Nature Education Camp at Tholpetty Wildlife Sanctuary

Date	March 15-17, 2022
Number of Students Participated	40
Number of Hours	3 days
Location	Kuruva Islands, Wayanad
Activity Hour	72 HRS

Programme Poster:



Mission:

To make volunteers understand the importance of Nature protection and thereby make themselves the protectors of Nature

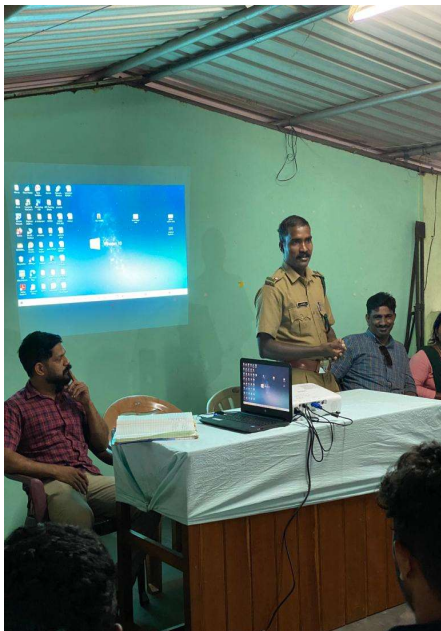
Programme:

Nature Educational Camp started at 7:30 am with 40 NSS volunteers. By 1:30pm volunteers have their lunch from Wayanad. By 5:30 pm volunteers reached their destination **Tholpetty Wildlife Sanctuary, Wayanad**. Volunteers kept their bags in the room. Got a neat and clean room for rest. After the refreshment volunteers got a chance for an evening walk by the Riverside. by 6.30 pm got an inauguration ceremony and an orientation class about the Tholpetty wild life sanctuary. Section forest officer Mr. Babu done the welcome speech and introduced himself. Tholpetty Assistant wild life officer Mr. Sunil officially inaugurated the camp. Forest officer Mr. Madhavan spoke on global warming, wild life protection acts, laws and cases, National parks, Wildlife sanctuaries and eco-tourism. It was really a knowledgeable session for all the volunteers. . It was an informative class about the Tholpetty Wildlife Sanctuary. Lots of doubts were cleared for volunteers.. Dr. Mansoor Ameen proposed the vote of thanks. And the session ended up by 9:00pm. At 9:15pm dinner served by forest department for the 30 NSS volunteers and teachers.

Next day 15th march 2022 made a morning walk and enjoyed the nature. At 8:00 am volunteers got a trucking through the Tholpetty forest. DFO Shivarajan, Range Officer Radha, Arun, Bhaskaran gave the instructions for trekking and took the volunteers into the deep forest safely. The 14 km long journey gave the volunteers an amazing experience that they never ever felt before. During the journey, the carcasses of deer and wild buffalos killed by tiger on the very previous day made the volunteers anxious. And during the journey an elephant with its little one blocked the trekking way of volunteers. By 2.00 pm volunteers returned from the forest. A camp evaluation and a talk about “importance of nature” by Mr. Muneer was conducted. Volunteers Salih rahman, Hamdan, Faiz and Midlaj gave feedbacks on the class. Mr. Jayafarali officially gave the vote of thanks.

The third and final day of the camp, 15 March started with a long morning walk with removing all the plastics through the 2 sides of high-way road. volunteers did their best in cleaning the roads and enjoyed the cool climate of Wayanad. After the cleaning, forest officers provided the volunteers a river bath. The 3 days natural camp officially ended at 1.30 pm. Assistant wildlife officer Mr. Najmudheen distributed the certificate to volunteers. By 2.00 m, volunteers packed up the bags and back to bus

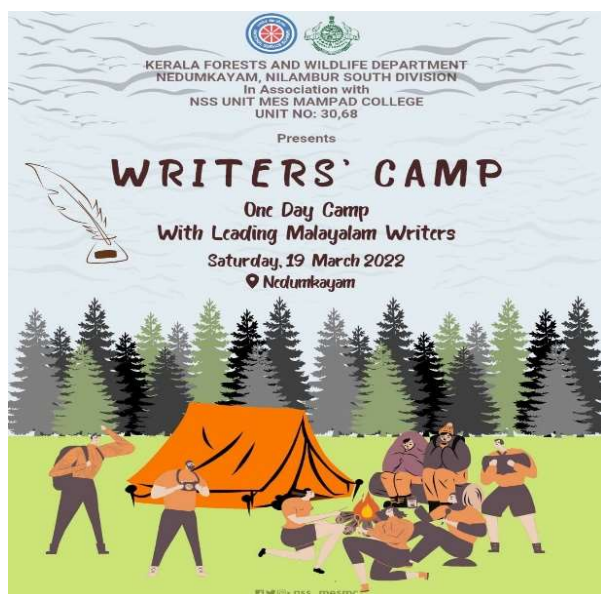
Programme Photo:



48. Writers' Camp

Date	March 19, 2022
Number of Students Participated	80
Number of Hours	8 hrs
Location	Nedumkayam Reserve Forest
Activity Hour	8 Hrs

Programme Poster:



Mission:

Nature is the fundamental source of human imagination. Writer's camp is a designed to impart the core values of Nature to young generations for improving their writing and imagination skills.

Programme:

By 9.45am the volunteers reached at Nedumkayam Reserve forest. After taking tea and refreshments, volunteers went to visit the inner sides of the forest along with officers of the department to Forest. The volunteers were grouped into five each of fifteen volunteers. Officers explained the flora and fauna of Nedumakayam Forest. Most importantly, the history of the forest was amazing. Philip Dowson, a British native, is the founder of this forest. By 1.30 pm came back and had food .After a break they were addressed by Eminent Malayalam writers. The well-known lyricist Rafeeq Ahamed, writer Saheera Thanghal addressed and interacted with the volunteers. They got an opportunity to interact and understand the depreciation of forest from writer's perspective. "Writers Meet"

APPENDIX

Enrolment list of NSS Volunteers during the year 2020-22

Sl. No.	Enrolment No.	Name of the Volunteer(as in the qualifying certificate)	Email Id	Phone Number
1	30- 001	ASHIF.AK	ashifakmpd@gmail.com	7560995578
2	30- 002	RYHAM.C	ryhamaindoor1@gmail.com	9633514168
3	30- 003	SHIFNA.VP	shifnahassainar02@gmail.com	9778366591
4	30- 004	ASHFACK.MC	mc.ashfack@gmail.com	9895801645
5	30- 005	REBIN.PP	rebinpp51@gmail.com	8086925042
6	30- 006	LIYANA FATHIMA.VP	liyanafathimavp@gmail.com	8086749346
7	30- 007	ASHIF T	aashimonthalappal@gmail.com	9048116824
8	30- 008	APARNA VELIKKAL	aparnavelikkal33@gmail.com	8139004128
9	30- 009	RASHA P	rasharasha9605@gmail.com	9495515775
10	30- 010	SALIH RAHMAN.I	rahmansalih806@gmail.com	7356110019
11	30- 011	MIDLAJ. M	lalumidlaj47@gmail.com	9747565127
12	30- 012	SHEBIN .VT	shebinbr.007@gmail.com	8547820762
13	30- 013	MOHAMMED SHIMIL.P.K	milukalari@gmail.com	9207530392
14	30- 014	MUHAMMED FAVAZ OM	favazmon2001@mail.com	9633033983
15	30- 015	THOUFEEQ RAHMAN	thoufeequetq@gmail.com	9745057429
16	30- 016	JYOTHIKA DAS.P	jyothikadas20@gmail.com	9846302653
17	30- 017	FEBIN EC	febifebin90@gmail.com	8113839085
18	30- 018	MUHAMMED SHAHIR	muhammedshahir801@gmail.com	7909253124
19	30- 020	MP MUHAMMED MUSHRAF KURIKKAL	muushrafkurikkal150@gmail.com	9400911090
20	30- 021	ARSHAD PP	arshadpp003@gmail.com	7994702397
21	30- 022	MOHAMMED ASHIQUE AP	ashiqapofficial@gmail.com	9061267950
22	30- 023	NAISA RAMESH	naisaramesh@gmail.com	6238220087
23	30- 024	NAINA RAMESH	nainuramesh@gmail.com	9074716463
24	30- 025	FATHIMA HANEENA B	haneenalatheef2001@gmail.com	7510480053
25	30- 026	ASWIN DAS N	aswindasntly@gmail.com	7356096304
26	30- 027	SHAMYA RAJ AP	shamyaraja@gmail.com	9946508874
27	30- 028	RAHMAN SHAREEF K	sshiburaahman21@gmail.com	7025837167
28	30- 030	SANNJID JAMAN C	sanjidjaman007@gmail.com	8606493470
29	30- 031	SHADA MARIYAM P	shadamariyamparamban@gmail.com	7736777400
30	30- 032	LIYANA	liyanaliyap@gmail.com	7736720495
31	30- 033	SHABANITHA AK	shabanithaa@gmail.com	9072244922
32	30- 034	HAMDAN C	hamdanabdulazeeznbr@gmail.com	8078284406
33	30- 035	FAIDA SHILMA V	faidashilma@gmail.com	9383441369
34	30- 036	ADITHYA N	adithyanvb@gmail.com	8590940931

35	30- 037	SHABEER MUHAMMED VC	shabeer,amvc@gmail.com	9400280734
36	30- 038	NEHA SADIQUE	nehavazhayil@gmail.com	6235115385
37	30- 039	KT NAVEEN SIDHEEKHI	kingsleynaveen1427@gmail.com	9633796471
38	30- 040	NIMAL IT	nnimalitonline@gmail.com	7012111055
39	30- 041	JASEEL K	jaseeljaz83531@gmail.com	829992742
40	30- 042	ABUL SAHALAM	abulsahalam111@gmail.com	8547243990
41	30- 043	RITHA ROSE	roserritha299@gmail.com	8590888569
42	30- 044	JISHNU P	jishnu382002@gmail.com	8590610253
43	30- 045	CHRISTO K MANOJ	christokmanoj1@gmail.com	7034206036
44	30- 046	HAFIZ MOHAMMED P	hafizmh7@gmail.com	7306821080
45	30- 047	SHAMEEMA	shemeemanazrin709@gmail.com	9995640892
46	30- 048	MOHAMMED SHAMEEM	shameemmohammed364@gmail.com	9846383878
47	30- 049	SHAHISTHA	sahishahistha7@gmail.com	7306133242
48	30- 050	NINSHAMOL PP	ninshamolpp02@gmail.com	9778028641
49	68 - 001	KADEEJA NASREEN .T	kadeejanasreent@gmail.ccom	7592995429
50	68 - 002	YASMIN	yasminmusthafa96111@gmail.com	9778051747
51	68 - 003	JOSHIMA CHANDRAN MP	joshminchandranmp@gmail.com	9048956203
52	68 - 004	RANA .AC	ranaac@gmail.com	9048271960
53	68 - 005	MUHAMMED FAVAS K	favaskeerirakath@gmail.com	8848930331
54	68 - 006	MEGHNA M	meghnamanoj@gmail.com	9207592483
55	68 - 007	KAVYA.P	kavyaputhukodan@gmail.com	9778126730
56	68 - 008	NASRIYA K.P	narsiyakp@gmail.com	7306494569
57	68 - 009	MUHSIN TK	mhsntk87@gmail.com	9072741159
58	68 - 010	ANJANA KT	anjanakt15@gmail.com	8590737001
59	68 - 011	RIYA ELIZABETH ROY	riyaelizabethroy2002@gmail.com	9526511827
60	68 - 012	IRFAN ALI P	irfan286021@gmail.com	9061265664
61	68 - 013	VIBISHA WS	vibishawilsonchinju@gmail.com	7034050193
62	68 - 014	MUHAMMED SHAHIL P	muhammedshahil9878@gmail.com	9061776723
63	68 - 015	SUHAILA .E	suhailaedv@gmail.com	9846389254
64	68 - 016	BADIRA KP	badirakp121@gmail.com	8086783863
65	68 - 017	SHIFA SHERIN PK	shifasherin007@gmail.com	8547564233
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