

M E S ASMABI COLLEGE, P VEMBALLUR – NSS ACTIVITIES 2019-20

1. Environment day observance 2019:- In association with World Environment day, nearly 50 NSS volunteers, Programme officers Dr. Sheeba.N.H., Mohammed Areej. E.M. and Former Programme officer Dr. Asma V M visited the Organic farm on 17- 6- 2019 owned by Organic farmer Sri. Gopu Kodungallur at Podiyan Bazar nearly 4 km distant from the College. Volunteers and POs collected nearly 15 rare varieties of plants from the farm and Principal Dr. Ajims P Mohammed planted the first one in them in the college campus



2. Reader's day celebration:- NSS units of the college distributed 150 notebooks and dresses to the students of M E S U P School, Vekode on 19-6-2019 as part of Reader's day. PO Dr. Sheeba N H and 10 volunteers participated the function organized by the School, interacted with K G students and distributed sweets to them.



3. Cyclone relief work at most affected area of Eriyad beach by NSS Volunteers and PO Mohammed Areej on 19-6-2019. They joined the work in making sea wall with sacks of sands at the spot. 40 volunteers participated in the work that received widespread appreciation and media attention.



4. International day of Yoga :- In association with Excise department, Kodungallur circle and NSS units of the college jointly celebrated International Yoga Day on 21-6-2019. The Programme was inaugurated y Principal Dr. Ajims P Mohammed, Presided over by

Excise Circle Inspector Sri. Padmakumar and Yogacharyan Sri Sudhakarji made an inspiring and motivating talk on Yoga. After the talk, the volunteers requested for a training programme on Yoga and it was decided to organize a ten day Yoga session for NSS volunteers in July 2019.



5. International anti-drug day observed on 26-6-2019 in association with Excise department, Kodungallur circle and Department of Psychology of the college. At 10.00 am Anti-drug Pledge was taken by the whole students of the college in presence of officials from Excise department and NSS volunteers distributed badges with anti-drug messages among the members of Management, staff and students. In the evening, at 3.30pm, Street play on anti-drug was played at Kodungallur Municipal bus stand which was inaugurated by Municipal chairman Sri. K R Chaithran in presence of Excise Inspector.





6. Three day nature education camp at Pepara wildlife sanctuary (Trivandrum) for NSS volunteers of the college organized by Kerala Forest department during 16th to 18th July 2019. The volunteers could enjoy the experience of trekking in the thick forest area and the natural Vazahuvanthole waterfalls. The team was accompanied by POs Dr.Sheeba.N.H. and Mohammed Areej. E. M. Food and accommodation were provided by the forest department on these days in their guest house at Pepara.



7. NSS volunteers made 54 bottles of dish wash and hand wash and sold among students, staff and parents at a reasonable rate making a profit out of it (25-7-2019).



8. 50 NSS volunteers of the college were deputed to the work of post flood water purification of water resources in S N Puram Panchayath on 16-8-2019. They chlorinated 420 water resources of the panchayath



9. A team of 30 NSS volunteers and 10 college union members under the leadership of PO Mohammed Areej E M and faculty members Balasubramanyan, Robin, Suresh and Shereef participated in the post flood cleaning work at severely affected area of Pothukallu, Nilambur on 17-8-2019. They could clean up 4 badly affected houses in the area and visited 'Pathar' the place where the massive landslide occurred destroying more than 10 houses completely.



10. NSS volunteers of the college collected a good amount of 42,000/- and donated to the CHIEF MINISTER'S DISTRESS RELIEF FUND KERALA



11. Orientation programme conducted for 1st year NSS volunteers on 21-9-2019. Dr. Arun Balakrishnan, Former NSS Programme Officer and Assistant professor in Commerce, Christ College, Irinjalakuda handled first session by delivering a talk on ‘NSS and its values’. Dr. Ajims P Mohammed (Principal, M E S Asmabi College) presided over the function, Dr. K.P.Sumedhan (Director, Self Financing courses) and Dr. Mohammed Nasser (HoD, Botany) made felicitational address. NSS Program officers Dr. Sheeba.N.H. and Sri.Mohammed Areej made welcome speech and vote of thanks respectively. All 1st year NSS volunteers and NSS secretaries attended the program.



12. In connection with NSS golden Jubilee, on the NSS day 24-9-2019, NSS volunteers conveyed the NSS message in the campus with NSS song in the morning during the break session. After the class by 3.30 in the afternoon, volunteers passed the message of the importance in obeying traffic rules to the public on road with sweets. The response was truly encouraging.



13. In connection with 'Nutrition Month' NSS units arranged a talk "Eating disorder and Balanced diet" which was delivered by Dr. Saidalavi. K. A. (Rtd. Deputy Director, Health Services) on 26-9-2019 in the seminar hall at 2.00 pm. Many volunteers actively interacted with the resource person with queries on good eating habits.



14. Nutritive food fest conducted in connection with 'Nutrition Month' on 30-9-19 which was inaugurated by 10.30 am in the auditorium by Principal-in-charge Dr. Mohammed Nasser. K.M. The volunteers exhibited nearly 30 varieties of food items rich in vitamins and minerals. They displayed the food with decoration and the respective nutritives contained in it. There was a counter for sale of food items which was rushed with students of the college. Program Officer Mohammed Areej held the key role in organizing the fest while almost all volunteers contributed to the grand success of the food fest along with PO Dr. Sheeba.N.H.



15. In connection with 150th Birth anniversary of Mahathma Gandhi, NSS units of the college conducted a spot quiz for the students of the college on the life of Mahathma Gandhi on 1- 10-19 during the lunch break. The participation of the students was amazing. NSS volunteers Farhana and Salman handled the program in a good manner.



16. Essay writing competition was conducted in connection with 150th Birth anniversary of Mahathma Gandhi by NSS units of the college for the students on the topic “ഗാന്ധിയൻ ആദർശങ്ങളുടെ സമകാലിക പ്രസക്തി” on 1-10-2019. Thirty eight students participated in the competition when Vipin (II M Com) won 1st prize, Thasreena Parveen (II B A English) and Fahmidha Shirin (II B Sc Aquaculture) won 2nd and 3rd prize respectively.
17. Gandhi Jayanthi was observed on 2-10-2019 in association with Government Thaluk Hospital, Kodungallur. 60 volunteers actively participated in the cleaning program at the hospital. The program started with a brief function in which the hospital Superintendent Dr. Rosh welcomed the audience and a pledge dictated by social activist Sri. Kareem was taken by the volunteers on the day.



18. NSS volunteers participated in essay writing competition conducted by on the subject 'Palliative care – my care my subject' as part of world Hospice and Palliative care day on 5-10-2019. Thasreena Parveen, MES Asmabi college won first Prize, second prize by Sakthan Thampuran college and third prize by Government Engineering college, Thrissur.
19. As part of golden jubilee celebration of the college on 11-10-2019, NSS volunteers opened a counter for the sale of self-made hand wash and dish wash. Film director Kamal visited the counter and bought a bottle of hand wash and dish wash each and later many of the participants of the meeting bought the bottles.



20. As part of 'World Palliative Day' NSS units donated a Cot and a bed to a palliative patient at Edavilang PO Mohammed Areej accompanied the volunteers. And some volunteers joined the Palliative day celebration conducted by Alpha Pain and Palliative care at Kodungallur along with PO Dr. Sheeba.N.H.



21. NSS volunteers and NCC cadets together participated in a mass rally at Thrissur in connection with 'INTERNATIONAL DAY FOR DISASTER REDUCTION' on 13-10-2019. 50 volunteers participated in the rally from the college.



22. Interactive session with palliative patients was arranged by NSS units of the college on 16-10-19. Along with the patients, ‘asa workers’ also spoke on the occasion.



23. NSS volunteers of the college participated in various competitions conducted by palliative unit of Government Engineering College, Thrissur ‘SPARSAM’ from 23-10-2019 to 25-10-2019. Among them Falaq (I B Voc.) won I prize in Mappilapattu and Nabeel (2nd B Sc Aquaculture) won 3rd prize for Mimicry

24. NSS units of the college and Amritha Hospital, Edappilli jointly conducted blood donation camp on 24-10-2019. We could donate 55 units of blood to the blood bank.



25. As part of GREEN PROTOCOL, NSS units, College Union and Bhoomithrasena jointly organized 'no carbon day' on 8th November 2019. Ninety percent of college staff and students displayed their spirit by using public transportation on the day.



26. 5 NSS volunteers Mohammed Bilal, Hasna, Anjana, Anjali and Amina participated in three day National Pain and Palliative care conference SAPC organized by Alpha pain and palliative care at Thrissur from 8th November 2019 to 10th November. The residential conference provided our volunteers with better chance for interaction with other state volunteers and wide exposure in the field of home care.



27. In association with Integrated Child Development Scheme, Quiz competition on “Transgenders and Society” was conducted for the students of the college on 13-11-19 2.30 pm. Twenty students participated in the competition and Joyal (I M Com Finance) won I Prize, Saifudheen (I M Com Marketing) won 2nd prize. On 14-11-19 at 2.30 pm, in poster making competition, Migha (1st B Sc Botany) won 1st prize, Mohammed Shehazad won 2nd prize.



28. In connection with Children’s day on 14-11-19, NSS volunteers visited Pediatric ward of Kodungallur Govt. Thaluk Hospital to cheer up the kids admitted in the ward. The kid patients were distributed sweets, balloons and celebrated the day by singing songs.



29. NSS Program officer Sri. Mohammed Areej E.M. attended Training programme for NSS Program Officers at ETI, University of Calicut from 5-11-2019 to 11-11-2019

30. In association with Integrated Child Development Scheme (ICDS) NSS units organized an interactive session with PINKY VISHAL – transgender activist, cinema make-up artist and alumna of the college on 19-11-2019 at 2.00 pm in the Seminar Hall. Recalling her Asmabi days, Pinky opened up on the agony that she went through as a transgender. Also she talked in detail on the discrimination and atrocities that transgenders have to face in the society. At the end of the program Pinky was presented with a surprise gift - a portrait of her - done by NSS volunteer Nubla. NSS Program officer Dr. Sheeba. N. H. welcomed the audience and student secretary Kum Mehjebin proposed vote of thanks. Principal Dr. Ajims P Mohammed, Vice-principal Dr. V M Asma, Dr. Sumedhan, Dr. Shafeer, Program officer Mohammed Areej E M, ICDS representative Smt. Sumam K R talked on the occasion.





Paper news in 'Madhyamam ' and 'Malayala Manorama' dailies

31. A street play on the theme 'Child Labour' was demonstrated by MSW students of Vimala College, Thrissur on 19-11-2019 in front of a full crowd of students during the lunch break.



32. As part of 90 day anti-drug campaign 'VIMUKTHI' by Excise department, 60 NSS volunteers from our college participated in Bikathon and Walkathon on 24-11-2019 Sunday at Town hall, Thrissur. In the meeting at Town Hall, State Minister Sri A C Moideen, Agriculture Minister Sri. V S Sunilkumar, MLAs of the district Sri. Taison Master and Sri. Adv. Rajan spoke on the importance of such campaign



33. On 26-11-2019, Palliative wing of NSS units of the college arranged an orientation class for 1st year NSS volunteers at 2.00 pm in the seminar hall. The session was handled by Bindu Sister (Nurse PHC) and Sri. Akhil Valsraj (SIP Volunteer, Thrissur) and the senior NSS volunteers shared their experiences during homecare duties on the occasion. Since MES Asmabi college runs its own homecare unit 'THALIR', the session provided very useful tips for the freshers.



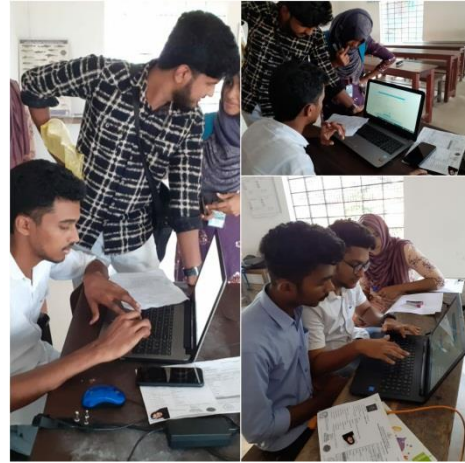
34. On 27-11-2019, in connection with constitution day, NSS units conducted an interactive session on '70 years of Indian constitution' with Sri. Sanand Sadanandan (HoD, Political science, MES Asmabi College) at 11.30 am in the seminar hall. NSS PO Dr. Sheeba.N.H. welcomed the audience, Principal Dr. Ajims P Mohammed inaugurated the function when NSS PO Sri. Mohammed Areej made an introductory speech and Ms. Agna proposed vote of thanks.



35. In connection with 'Quami Ektha Week' NSS units and SC/ST cell of the college jointly organized a motivation class 'Mindfulness in students' for SC/ST students of the college on 28-11-2019 at 2.30 pm in the seminar hall. The motivational speaker was Sri. Lathif Penath, HoD, Psychology, MES Asmabi College. After the two hour long interactive session, we could see an overwhelming response from the part of students and a better confidence level. SC/ST cell coordinator Smt. Reshmi welcomed the audience and Vice Principal Dr. Asma V M, NSS POs Sri Mohammed Areej and Dr. Sheeba. N H. spoke on the occasion. SC/ST cell student convenor Arjun (III B Sc Physics) proposed vote of thanks.



36. NSS volunteers opened a help desk on 3-12-19 for the students of the college for the purpose of PSC one-time registration with a minimal fees of Rs.20/-. Nearly 25 students registered through this way.



37. On 7-12-2019, 50 NSS volunteers of the college visited old age home 'VELICHAM' at Pullut, 15 km away from the college. They donated provisional items required for a day to the home, the amount was collected by selling the dish wash and hand wash they made at college. There are 25 people staying at the home.



news on Manorama daily

38. On 15-1-2020, nearly 80 NSS volunteers and PO Mohammed Areej participated in Pain and Palliative meeting at Thrissur

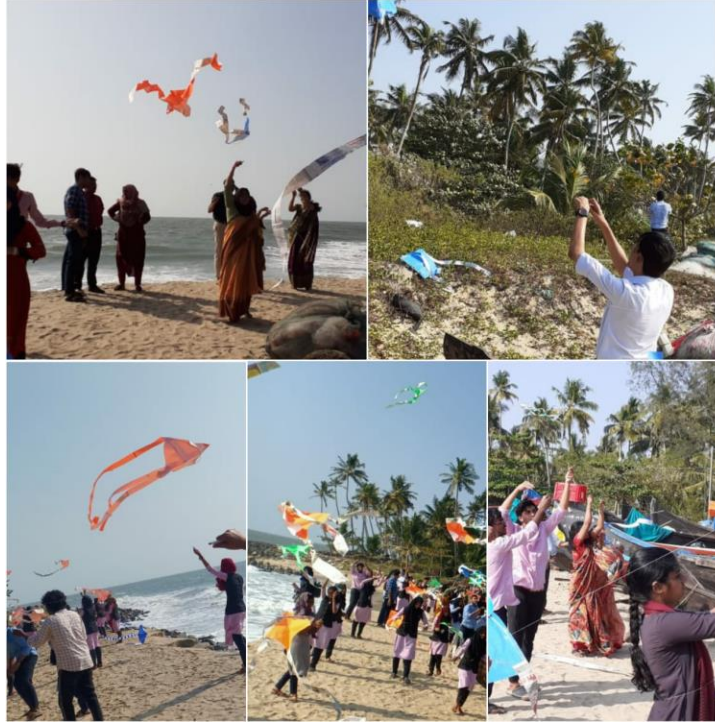


39. The special camp magazine was released by Sri. Gopalakrishnan, HoD & Associate Professor, Department of Mathematics on 20-1-2020 in a function organized in the Seminar hall at 2.30 pm.



40. NSS PO Mohammed Areej attended PFMS training program at University of Calicut

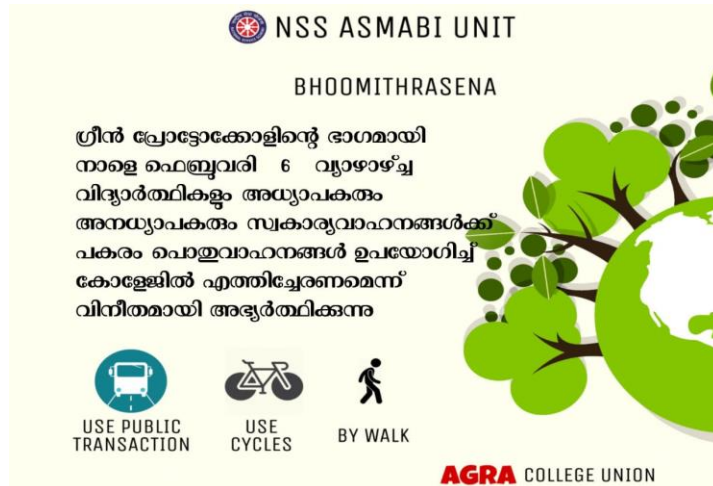
41. In connection with 'Martyr's day' NSS volunteers made kites in tricolor of Indian flag on 30-1-2020. Principal Dr. Ajims P Mohammed launched the kite and Vice-Principal Dr. V M Asma joined the NSS team in kite flying.



42. Oath taking by all students of the college organized by NSS as part of anti- drug campaign on 16th January 2020



43. As part of 'Green Protocol' NSS volunteers in association with the College Union and Bhoomithrasena observed 'No Carbon Day' on 6-2- 2020. First Thursday of every month is observed as 'No Carbon Day' in the campus when all staff and students use only public transport system avoiding private vehicles.



44. In association with Excise department, as part of ant-drug awareness program, NSS units of the college organized a friendly cricket match of Trichur Excise department Vs MES Asmabi College on 8-2—2020. The college team with Basil, Abhijith, Janish, Vishnudev, Manu, Raheez, Arun, Akshaykumar, Rahul, Jayakrishnan, Vishnu and Althaf Sir won the game.



45. Three NSS volunteers Fathima Barrath, Anjali and Sreenanda made home care visit on 16-2-2020. They visited ‘Saraswathi chechi’ at Oorakam, ‘Indira Amma’ at Palakkal and ‘Bindu Chechi’ at Nedupuzha who have been undergoing treatment for Cancer.

46. On 17-2-2020, many of our NSS volunteers participated in the hair donation program 'Oppam' organized in association with the college Union as part of campaign for cancer patients



47. Five NSS volunteers Hasna, Bilal, Amina, Anjali and Arjun attended Palliative class by Dr. Jose Babu (Alpha Palliative Care) as part of Student Initiative Palliative Care (SIP) on 25-2-2020 at the Alpha Palliative center, Eriyad.

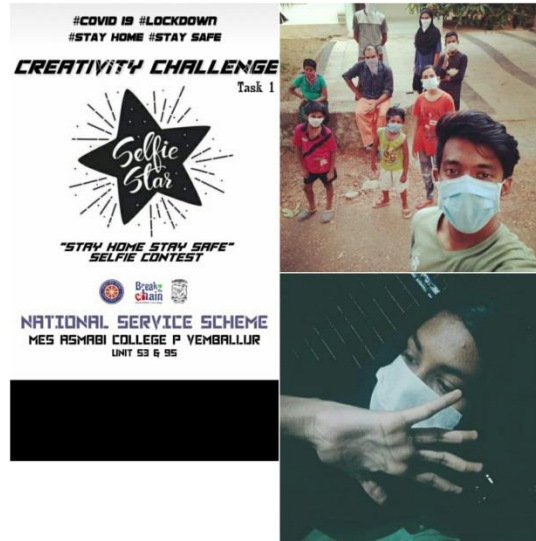


48. In 7 NSS volunteers attended one training program on 'Awareness and Education at Costford hall, Ayyanthole, Thrissur. on 10-3-2020

49. Send-off meeting conducted by first year NSS volunteers to see their seniors off on 9th March 2020 and elected new secretaries Anjali

50. NSS volunteers planned lockdown activities from 1st April 2020 to 7th April 2020. Each day volunteers were given a task in the group and announced prizes for the best task next day.

The task on 1-4-2020 covid related *Selfie contest*.



Haleem N S (B Voc DFP) won first prize, Fathima Iqbal (B Com Finance), Aysha Seniya (B Sc (Psychology) won consolation prizes

51. Task 2 – Family photography contest with covid message. Ahalya K U (B Sc Physics) won 1st prize, Adeenavarsha K S (B Sc Physics), Hanan K Razk (B Voc Tourism) won consolation prizes

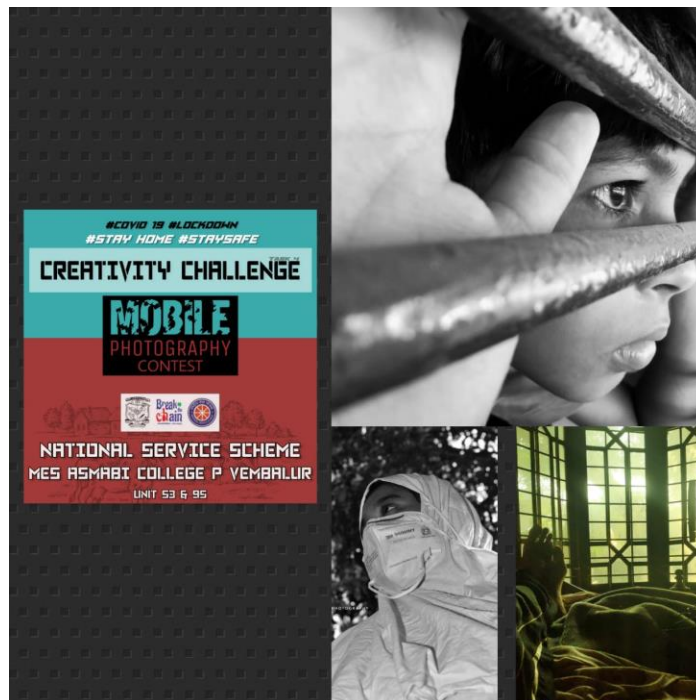


52. Task 3 – handwritten posters related to COVID-19



Mohamed Hadi won 1st prize, Thasleema Nasrin (B Sc Psychology) and Adheenavarsha (B Sc Physics) won consolation prizes

53. Task 4 – Mobile photography with covid message



Ameensha T M (B Voc. Logistics), Ansil P A (B A Mass Communication), Abdul Rahman (B Com Finance) won Prizes

54. Task 5 – Haiku writing contest



സ്നേഹമോ രോഗമോ

പകരുവാനാവുന്നതി-
വരണ്ടുമുണ്ടതിൽ
പകരേണ്ടതെന്ന-
തോർക്കുക മർത്യാ

*** 'അതി' ജീവനം ***

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ഭയങ്ങൾക്കും
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ലൊളിഞ്ഞിരിപ്പുണ്ടായിരുന്നു
-ആരും കാണാതൊരിടനാഴി.

Winners:- Mohammed Hadi (B Voc. Logistics), Muhammed Falak (B Voc. DFP),
Muhsina K S (B Sc Mathematics)

55. Task 6 – Drawing competition

Winners :- Risana Parvin (B Sc Psychology), Thasleema Nasrin (B Sc Psychology),
Seethi Salah (B Voc. Logistics)



56. Task 7 **'Each day each coin'** fund raising project

57. Microgreen project – volunteers planted seedlings of pulses under microgreen project at home to produce green leaves in 3 weeks

Shamas P M (BCA), Chithra K S, Swaliha, Anjali K S, Shereena Kabeer (B A English), Dana T M, Hafeez (Psychology), Mohammed Hadi (B Voc. Logistics)



