

M E S Asmabi college, P Vemballur

Monthly report of NSS activities 2020-21

June 2020

1. Observance of 'World Environment Day' on 5-6-2020 by planting nearly 250 saplings of Jackfruit, Mango tree, guava, Citrus, Badam, Cashew, mangostine etc in and around every volunteers' compound and in the college campus. Principal Dr. Biju A inaugurated the environment activities in the campus by planting the sapling of mangostine.



2. Due to the covid-19 lockdown, volunteers could not do any activity related to the 'Reading day'. But many of them joined the webinar organized by Departments of English and Malayalam on the day on 19-6-2020 and received e-certificate of participation. The speakers were Prof. Achyuth Sanker (Head, Dept. of Computational Biology and Bioinformatics, University of Kerala) and Noted writer Sri. Benyamin (Aadujeevitham fame)
3. As per directions from NSS directorate, on International Yoga Day 21-6-20, NSS volunteers practiced Yoga at home and posted the photos and videos in the group. Photos of different yoga postures with description done NSS volunteer Arjun K A (III sem BCA) provided useful health tips.

INTERNATIONAL YOGA DAY 2020

INTER NATIONAL YOGA DAY 2020

TREE POSE



Stretches shoulder, thighs etc.
Strengths calves and ankles.

BRIDGE POSE



Stimulates abdominal organs
and thyroid glands.
Improves digestion and
metabolism.

VAJRASANA



Facilitates digestion
Relieve constipation.
Strengthens lower back

PADMASANA



Calms brain.
Eases menstrual discomfort.
Increases awareness and
attentiveness.

NSS ASMABI COLLEGE

NSS ASMABI COLLEGE

4. In connection with International Day against Drug abuse and Illicit drug trafficking on 26-6-2020, NSS units organized a webinar on ‘Drug Abuse among Youth’ by Sri. Jadeer P M (Excise Officer, Kodungallur Range) on the same day. In the webinar which prolonged for 1 hour, nearly 80 participants registered including faculty members of the college. PO Dr. Sheeba welcomed the audience and PO Sri. Mohammed Areej extended vote of thanks. The program was very effective with active interaction from the side of volunteers.

WORLD ANTI-DRUG DAY

Webinar on
Drug Abuse among youth

Talk by :

Jadeer P M
Civil Excise Officer
Kodungallur Range

26 JUNE 2020 | 10 AM

Online Platform:

Google Meet

NATIONAL SERVICE SCHEME
M.E.S ASMABI COLLEGE
P. VEMBALLUR
UNIT 53 & 95

Hill 10:20 AM

(73)

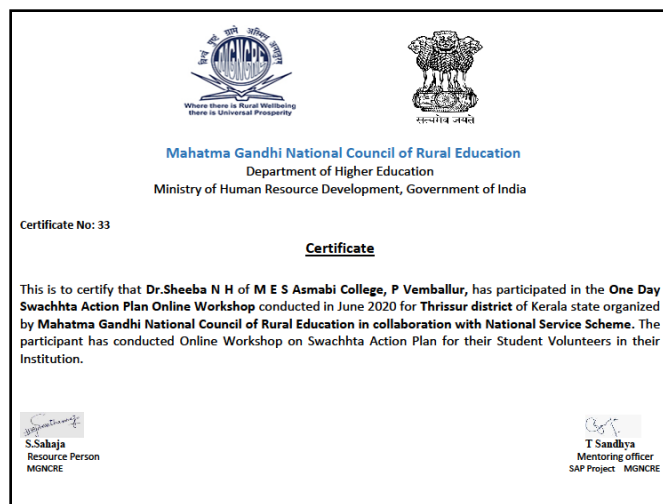
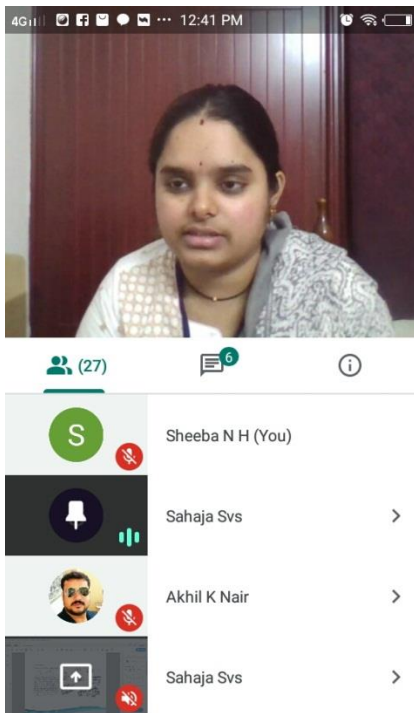
Sheeba N H (You)

Jadeer P.M Puthenveetil ...

Mohammed Areej

manu shamas

- PO Dr. Sheeba N H attended one day Swachata Action Plan online workshop for faculty of Higher Educational Institutions (NSS Program Officers – Thrissur Dt) conducted by Mahatma Gandhi National Council of Rural Education (MGNCRE) on 29-6-2020. The workshop handled topics on Sanitation and hygiene, Waste management, Water management, Energy conservation and greenery of the Campus. We submitted Swachata action Plan for the coming year.



July 2020

6. World population day



There are an estimated 7.8 billion people living on Earth as of March 2020, and at this time of ongoing COVID-19 pandemic, the health systems struggle to cope with the needs of the large population worldwide. Population size fluctuates at differing rates in differing regions, and Asia is the most populous continent, with China and India together constituting about 36 per cent of the world's population. With such a huge population, problems are bound to arise

Significance of World Population Day

The day is significant because it highlights the problems of overpopulation, raises awareness about the effects of overpopulation on the environment and development. It also talks about the health problems faced by child bearing women and the importance of family planning, gender equality, poverty, maternal health and human rights.

Theme of World Population Day 2020

The theme this year is based on safeguarding the health and rights of women and girls around the world especially during the time of COVID-19 pandemic

NSS UNITS 53&95 M E S ASHABI COLLEGE, P. VEMBALLUR



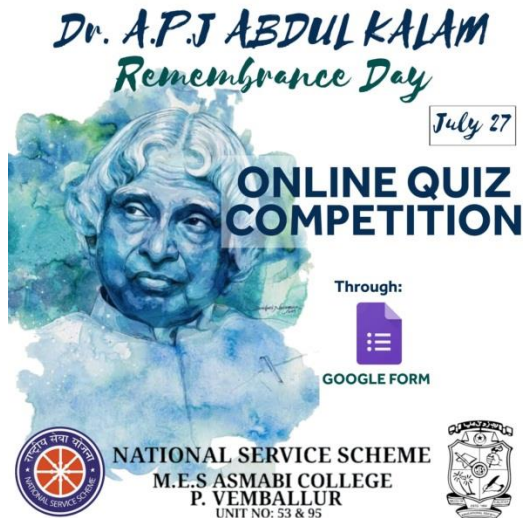
NATIONAL SERVICE SCHEME
MES ASHABI COLLEGE
P.VEMBALLUR
UNIT 53 & 95



In the context of COVID -19, in connection with 'World Population Day', NSS units organized poster making competition for the NSS volunteers in order to give the awareness on the impact of overpopulation on 11th July 2020. NSS volunteers Seethi Salah (B Voc logistics), Elizabeth P J (B Sc Maths), Farhana Shiril(B Voc logistics), Raheesa P A (B Com Co-operation), Revathy Suresh (B A English), Farrah Nizar (B A Economics), Adheenavarsha (B Sc Physics), Risana Parvin (B Sc Psychology) and Hasna T M (B Sc Physics) presented their work on the theme 'Increasing population and its adverse effects'. All the posters were so good and conveyed its message with relevance.



7. In connection with 5th death anniversary of former President of India Dr. A P J Abdul Kalam, on 27-7-2020, NSS volunteers organized online quiz competition on google platform. Swaliha K A won 1st place and Seethi Sala T H, Dana T M 2nd and 3rd position respectively. The program was well organized by NSS secretaries Hafeez and Anjali with the support of Vishnu and Farhana.

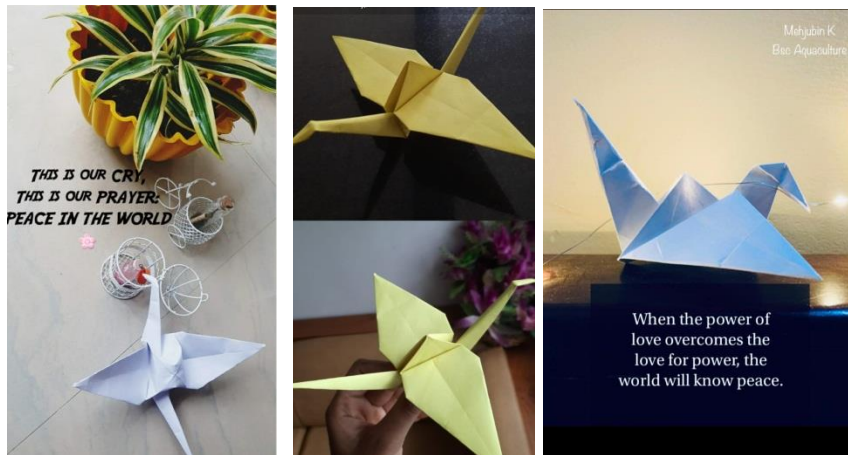


8. NSS volunteers were actively involved in the covid pandemic awareness program by making masks at home and distributing masks to the public along with covid protocol messages



August 2020

9. In connection with Hiroshima- Nagasaki day, NSS volunteers made ‘Sadako Paper cranes’ which symbolizes peace after Hiroshima and Nagasaki bombings during II world war.



10. Also NSS units conducted inter-collegiate ‘Haiku Competition’ on the topic of anti-war and peace. For the 15 entries of haiku received, e-certificate were distributed.



11. On 'Independence Day' on 15th August 2020, NSS units conducted inter-collegiate Quiz program on the theme 'Freedom Fighters' on google platform. Among 140 participants, 4 came to the first position and 2 came on second position.

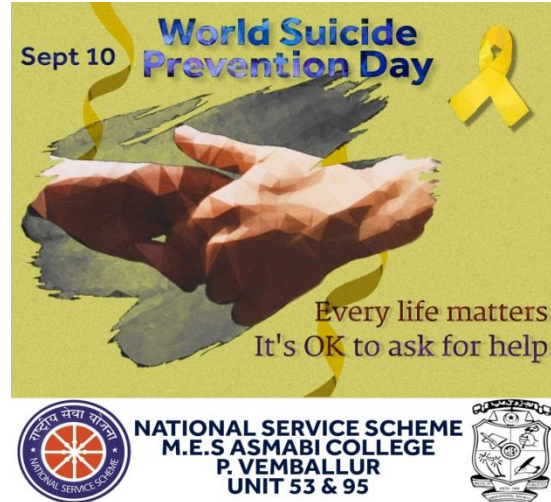


A friendly online patriotic song contest was conducted on the day and there were more than 15 participants joined the contest and made it a memorable event with their lovely presentations.

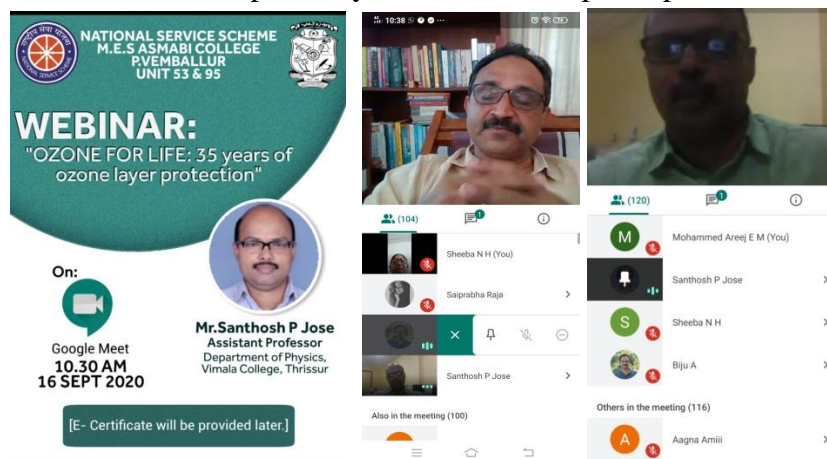


September 2020

12. NSS units of the college released a poster on 10- 9- 2020 as part of ‘Suicide Prevention Day’ to make awareness on the increasing trend of suicide among students especially during the time of Covid 19 pandemic

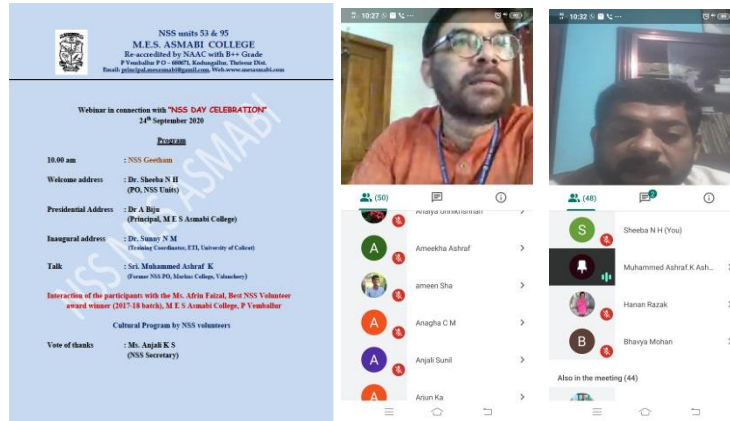


13. In connection with ‘Ozone day’, NSS of the college organized a webinar on the Ozone day 2020 theme “Ozone for life: 35 years of Ozone layer protection” on 16-9-2020. The resource person for the webinar was Sri. Santhosh P Jose (Assistant Professor, Dept. of Physics, Vimala College, Thrissur). Sri. Santhosh presented the topic with simple and minute details so that volunteers even from the non-science stream also could follow without any difficulty and found very informative. Principal Dr. Biju A. presided over the function online and POs Dr. Sheeba N H and Sri. Mohammed Areej proposed welcome address and volte of thanks respectively. 130 volunteers participated in the Webinar.



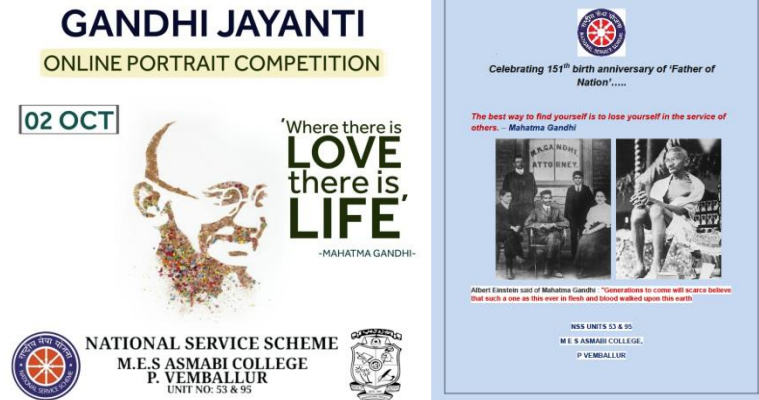
14. NSS day was celebrated on 24-9-20 with Dr Sunny (Coordinator, ETI, University of Calicut) inaugurating the function. Principal Dr Biju A presided over. Sri. Muhammed Ashraf K (Former NSS PO, Markus College, Valanchery) delivered key note address.

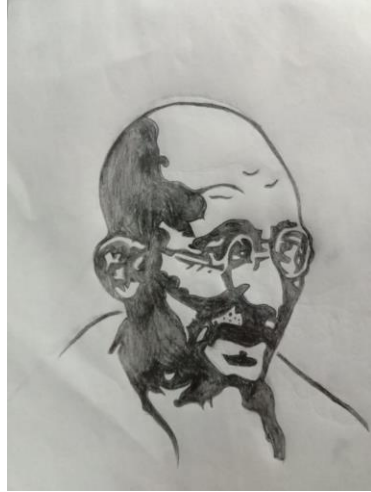
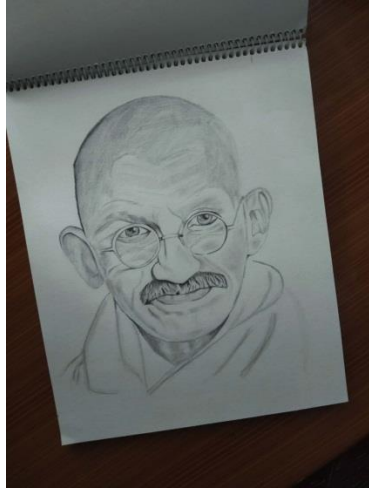
Interaction of the participants with the Ms. Afrin Faizal, Best NSS Volunteer award winner (2017-18 batch), M E S Asmabi College, P Vemballur followed.



October 2020

15. In connection with Gandhi Jayanthi, online Portrait competition was conducted on 2-9-2020 for the students of the college. I Prize – Salman (BCA)





16. As per the direction from University NSS cell, volunteers took covid pledge in order to make awareness on the covid protocol among the students on 8-10-2020

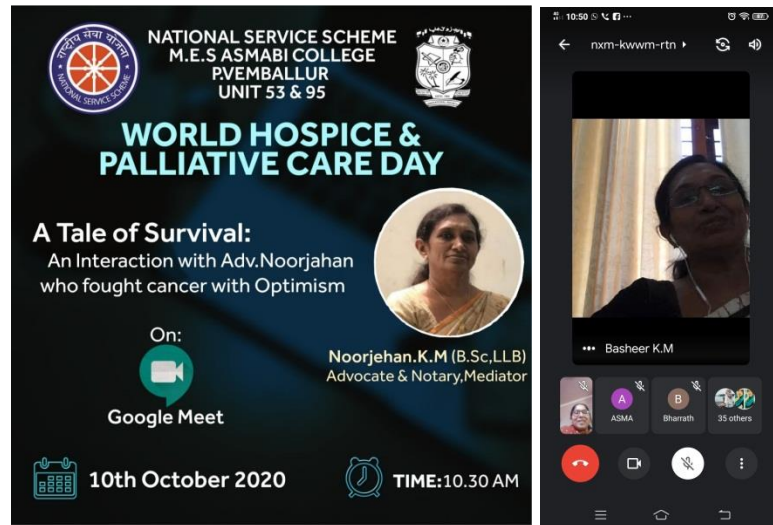
NSS UNITS 53 & 95 - Covid Pledge – 8-10-2020




M E S ASMABI COLLEGE P VEMBALLUR



17. 'WORLD HOSPICE & PALLIATIVE CARE DAY' observed on 10-10-2020 under the title 'A Tale of Survival' Interaction with Adv. Noorjahan who fought cancer with Optimism.



18. World White cane day observed in association with HEPSN (Higher Education for Person with Special Needs) on 15-10-20. Sri. Habeeb C (Assistant Professor, Department of English, Farook College, Feroke) delivered key note address. Smt Sakeena M K (Convenor, HEPSN) welcomed the audience and NSS Program officer Sri Mohammed Areej E M proposed vote of thanks

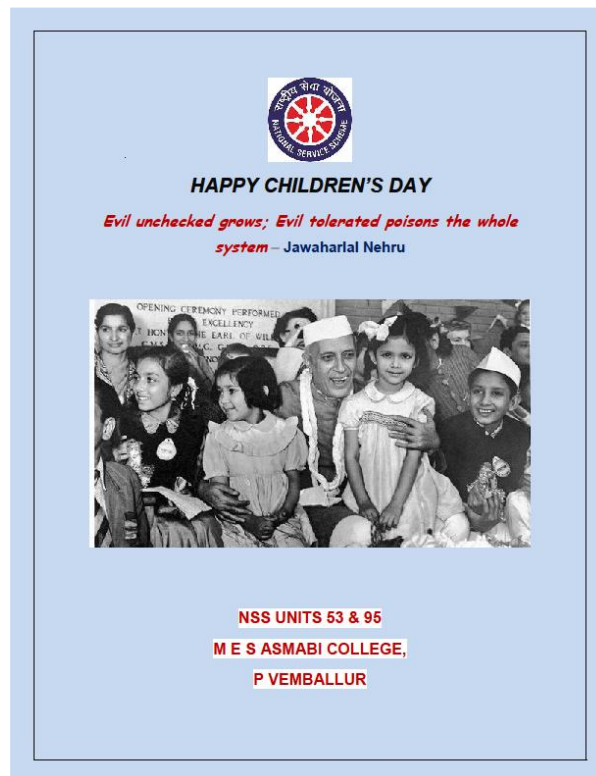
 NSS units 53 & 95 M.E.S. ASMABI COLLEGE Re-accredited by NAAC with B++ Grade P Vemballur P O - 680671, Kodungallur, Thrissur Dist. Email: principal.mesasabi@gmail.com, Web: www.mesasabi.com	
15th October 2020 "WORLD WHITE CANE DAY" in association with HEPSN (Higher Education for Person with Special Needs)	
Program	
12.00pm	: NSS song
Welcome address	: Smt. Sakkeena M K (Convenor, HEPSN)
Presidential Address	: Dr A Biju (Principal, M E S Asmabi College)
Felicitation	: Dr Asma V M (Vice Principal, M E S Asmabi College) : Dr. Suredhan K P (Director, Self Financing courses)
Keynote address	: Sri. Habeeb. C (Assistant Professor, Dept. of English, Farook College, Feroke)
Topic	: "Visually impaired and Society"
1.00 pm	: Vote of thanks Sri. Mohammed Areej E M (Program Officer, NSS Units)

November 2020

19. Kerala piravi observed on 1-11-20



20. Children's day poster by NSS units of the college



December 2020

21. Poster making competition conducted by NSS units on 1-12-2021 in connection with WORLD AIDS DAY. But volunteers took it as a platform to express their ideas and thoughts on the topic, not as a competition. We received totally 25 entries

World AIDS Day

POSTER MAKING Competition

01 DEC

THEME: Global Solidarity, Shared Responsibility

NATIONAL SERVICE SCHEME
M.E.S ASMABI COLLEGE
P. VEMBALLUR
 UNIT NO: 53 & 95

"I am not happy that I am sick. I am not happy that I have AIDS. But if that is helping others, I can at least know that my own misfortune has had some positive worth"

These are the words of Rock Hudson, the celebrity star of Hollywood who succumbed to AIDS in 1985 at the age of 59

The earliest known case of infection with HIV-1/AIDS in a human was detected in a blood sample collected in 1959 from a man in Kinshasa, Democratic Republic of the Congo. (How he became infected is not known.)

Since the beginning of the epidemic, more than 70 million people have acquired the infection, and about 35 million people have died. Today, around 37 million worldwide live with HIV, of whom 22 million are on treatment.

HIV infection in India was first detected in 1986 among female sex workers in Chennai. Today, with an estimated 5.134 million infections, India is home to the second largest population of people living with HIV and AIDS (PLHA).

The first HIV +ve case in Kerala was identified in 1987. HIV epidemic in Kerala is distinctly related to migration.

The National AIDS Control Programme under the Department of AIDS Control launched in 1992 has a strong focus on district level planning, implementation and monitoring of interventions for prevention and control of HIV/AIDS.

NSS UNITS 53 & 95
M E S ASMABI COLLEGE, P VEMBALLUR



22. In connection with Human Rights day on 15-12-2021, NSS units conducted a Webinar with renowned Dalit activist Ms Dhanya Raman as the resource person



NATIONAL SERVICE SCHEME
M.E.S ASMABI COLLEGE
P.VEMBALLUR
UNIT 53 & 95



IN CONNECTION WITH
WORLD HUMAN RIGHTS DAY
INTERACTION WITH:
DHANYA RAMAN
THEME:
RECOVER BETTER- Stand up for Human Rights



Dhanya Raman
Dhanya Raman is a Dalit Activist working for Dalit & Tribal people especially women & children. Dhanya Raman has witnessed the harsh realities of thousands of women & children who battle adversity everyday of their lives. Working along with Dalit she was able to understand their difficult situations & was able to understand their real needs.

Dr.A. Biju (PRINCIPAL)
M.E.S ASMABI COLLEGE

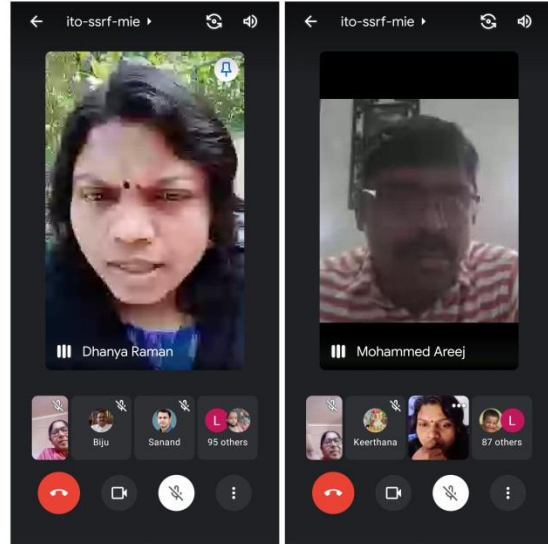
15 DEC 2020
@10.30 AM

Programme Officers
N.S.S UNITS 53 & 95

Volunteer Secretaries
N.S.S UNITS 53 & 95

On:

Google Meet



January 2021

23. On 7-1-2021, orientation program for newly enrolled NSS volunteers were conducted with district NSS co-ordinator Dr Binu as the chief guest. POs Dr Sheeba N H and Sri Mohammed Areej E M made welcome speech and vote of thanks respectively. there was a very active interaction from the side of new volunteers with the support of NSS secretaries

NATIONAL SERVICE SCHEME
M.E.S ASMABI COLLEGE
P. VEMBALLUR
UNITS 53 & 95

ORIENTATION PROGRAM FOR NEWLY ENROLLED VOLUNTEERS

TALK BY:


Dr. A BIJU
Principal
M.E.S Asmabi College

Dr. Sheeba N.H
NSS Programme Officer
M.E.S Asmabi College

Mohammed Areej E.M
NSS Programme Officer
M.E.S Asmabi College

DR. BINU TV
Assistant Professor &
NSS Thrissur District
Coordinator,
St. Joseph College,
Irinjalakuda

DATE: 07 JAN 2021
TIME:10.30 AM

On:

Google Meet

24. NSS units hosted 3rd day programs 'KANIVU' of Kerala Palliative Care day 'RANG 21'on 13-1-2021 on online mode. PPCS director Dr. Sathish Kumar, Dr Ramla Puthuvachola, MHAT senior volunteer Ms. Susheela Madhavan, Ms. Prabha, with Ms Hasna as the moderator detailed the activities of MHAT. NSS volunteer Elizabeth welcomed the audience and PO Dr Sheeba N H proposed vote of thanks.



25. In connection with NATIONAL ARMY DAY, NSS units conducted a webinar with Sri Sangeeth S (Corps of Engineers, Indian Army) as the resource person followed by Quiz competition for the volunteers on 15-1-2021.



March 2021

26. International Women’s day was observed on 8-3-2021. Dr Sumedhan K P (Director, Self Financing courses, MES Asmabi College) interacted with the volunteers on the relevance of Women’s day in the meeting conducted in the College auditorium. Vice Principial presided over the function when PO Dr Sheeba N H welcomed the audience and Volunteer secretary Farhana expressed vote of thanks. On the same day, newly enrolled volunteers were welcomed to the college in a program organized under the guidance of PO Sri Mohammed Areej EM and volunteer secretaries. Sri Prasoon T P (HoD, B Voc courses) spoke on the occasion.



27. As part of nutrition fortnight (Poshan Pakhwada), NSS units organized two programs. Due to restrictions due to covid protocol, we conducted the 2 programs on 27-3-2021 itself. In association with AR Medical center, Kodungallur, a medical camp was conducted for the staff and NSS volunteers of the college. There was nearly 120 registrations and four doctors from different departments of ‘General Medicine’, ENT, ‘Gynaecology’ and ‘Orthopeadics’ attended the people. Principal Dr Biju A inaugurated the camp.




സൗജന്യ മെഡിക്കൽ ക്യാമ്പ്

2021 മാർച്ച് 27 ശനിയാഴ്ച
രാവിലെ 10 മൂത്ത ഉച്ചയ്ക്ക് 3 വരെ

എം. ഇ. എസ്. അസീമിൻ കോളേജ് എൻ.എസ്. യൂണിറ്റ് യൂണിറ്റും എ. ആർ. മെഡിക്കൽ സെന്റർ, ക്രോസ്റ്റ് കാനൂർ കോളേജുമായും സഹകരിച്ചായി എം. ഇ. എസ്. അസീമിൻ കോളേജ് വിദ്യാർത്ഥികൾക്കും സ്റ്റാഫുകൾക്കും സൗജന്യമായി മെഡിക്കൽ ക്യാമ്പ് 2021 മാർച്ച് 27 ശനിയാഴ്ച, രാവിലെ 10 മൂത്ത ഉച്ചയ്ക്ക് 3 വരെ കോളേജ് ക്യാമ്പസിൽ ഖേമം നടന്നു.

എ. ആർ. മെഡിക്കൽ സെന്ററിൽ നോൽ മെഡിസിൻ വിഭാഗം, ഡെന്റൽ ഉൾപ്പെടെ, ഓർത്തോ വിഭാഗം, ഇ. എൻ. ടി. വിഭാഗം, ഗൈനക്കോളജി പരിശോധനകളും സൗജന്യ മെഡിക്കൽ സൗജന്യ മെഡിക്കൽ ക്യാമ്പിൽ നടന്നു.

എല്ലാവരും പങ്കെടുക്കണമെന്നുപ്രതിപദിക്കുന്നു.

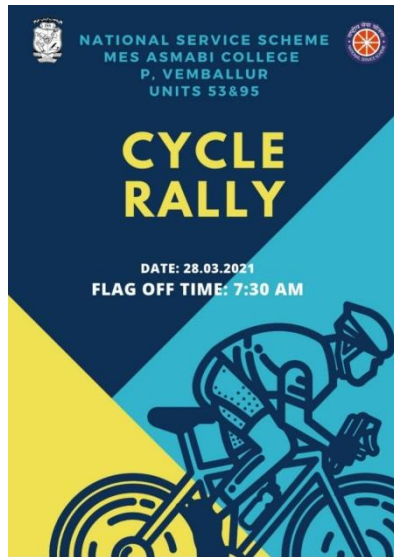
Dr. A Biju Principal	Dr. Sheeba N. N. NSS Programme Officer	Mr. Mohammed Aneel E M NSS Programme Officer
Hafeez NSS Secretary	Anjali K.S. NSS Secretary	Fathana K.N. NSS Secretary
		Vishnu NSS Secretary



28. In connection with observance of 'Poshan Pakhwada' (Nutrition fortnight), NSS units organized awareness program with 'Flash Mob' by the volunteers on 27-3-2021 followed by a brief message from PO Sri Mohammed Areej E M



29. As part of adventure tour, NSS units of MES Asmabi College, P Vemballur conducted cycle rally led by PO Sri. Mohammed Areej on 28-3-2021 which was flagged off by the senior most associate of the college 'Kochutha'. 50 volunteers including 20 girls with their cycles participated in the rally which started from the college at 7.30 am ending up at Muziriz water spot at Kodungallur. Throughout their journey, the volunteers carried placards with messages of COVID protocol, green protocol and anti-drug slogans. At the end of 30km journey, the volunteers with POs Dr Sheeba N H and Mohammd Areej E M gathered at famous Muziris water spot which is an historically well -known place at the border of Thrissur-Ernakulam districts. The team spent there nearly for one and half hours with some entertainment under strict covid protocol.



April 2021

30. MGNCRE conducted special one day workshop for NSS Program officers of Thrissur Dt on 'SWACHATA ACTION PLAN' (SAP) on 29-6-2020. Dr Sheeba N H participated in the workshop which elaborately in detail the functioning of SAP committee. On evaluation of the Swachhta and Jal sakthi standards of the campus, 'One District One Green Champion' award instituted by MGNCRE has been won by MES Asmabi College,

P Vemballur Campus on 22-4-2021. The brief report submitted as part of evaluation sheet for the award is given below

MES ASMABI COLLEGE, P VEMBALLUR, THRISSUR DT, KERALA – 680 671

REPORT OF SWACHA ACTIVITIES

MES ASMABI COLLEGE, located at coastal region of central Kerala keep a constant touch with the people of the locality. Hence the SWACHA ACTIVITIES of the college have been carried out in close association with the local administration. Following are the activities done as part of SAP activities

- As part of Green campus activity, e-waste collected by students of the college from nearly 760 houses belonged to the nearby wards of the college. We collected 3,330 kg of e-waste which was handed over to e-waste recycling company EARTH SENSE RECYCLE PVT LTD. The certificate issued is attached
- Awareness classes have been conducted on 'Green Protocol, in nearby schools
- College has Rain harvest system and water purifying system
- College follows Green protocol due to which the Panchayath has declared MES Asmabi College as Green Institution with A grade. Certificate attached
- SAP volunteers regularly help staff in charge to keep the campus clean
- The campus is full of trees and plants that fill 80% of its area
- The Institution uses LED bulbs as part of reduction in energy consumption
- Each class is facilitated with ecofriendly waste baskets
- Regularly observe environment day by planting trees or doing agriculture work



