

MES ASMABI COLLEGE P.VEMABLLUR, WORLD ENVIRONMENT DAY OBSERVATION-2024

NSS UNITS 53&95

On June 5th, World Environment Day, NSS units of MES Asmabi College, P. Vemaballur, planted saplings alongside the roads of the college as a part of the 'VAZHIYORA THANAL' scheme. Ward member Krishnendu, Secretary of the College Management Committee Advocate Navas Kattakath, Principal Dr. Reena Muhammed, Self-Finance Director K. P. Sumedhan, NSS Program Officers Dr. Safiya K. M., Dr. Basheer P. T. and NSS Volunteers were present at the ceremony.

ജൂൺ 5 ലോക പരിസ്ഥിതി ദിനത്തിന്റെ ഭാഗമായി നാഷണൽ സർവീസ് സ്കീമിന്റെ വഴിയോര തണൽ പദ്ധതിയോട് അനുബന്ധിച്ച് എം.ഇ.എസ് അസ്മാബി കോളേജ് എൻ.എസ്.എസ് വാളണ്ടിയേഴ്സ് കോളേജിന്റെ സമീപത്തുള്ള വഴിയോരങ്ങളിൽ വൃക്ഷത്തൈകൾ നട്ടു. ചടങ്ങിൽ മുഖ്യാതിഥികളായി വാർഡ് മെമ്പർ കൃഷ്ണേന്ദു, കോളേജ് മാനേജ്മെന്റിന്റെ കമ്മിറ്റി സെക്രട്ടറി അഡ്വക്കേറ്റ് നവാസ് കാട്ടകത്ത്, പ്രിൻസിപ്പൽ ഡോ. രീന മുഹമ്മദ്, സെൽഫിനാൻസ് ഡയറക്ടർ ഡോ. കെ.പി.സുമേധൻ, എൻ.എസ്.എസ് പ്രോഗ്രാം കോഡിനേറ്റർമാരായ ഡോ. ബഷീർ പി.ടി, ഡോ.സഫിയ കെ.എം തുടങ്ങിയവർ പങ്കെടുത്തു.



M E S ASMABI COLLEGE, P.VEMBALLUR

READING DAY PROGRAM, GLPS VEKKOD 19-6-2024

NSS UNIT 53&95

MES Asmabi College NSS Unit and GLP School Vekkod jointly organized a Reading Day program on 19-06-2024 to develop the habit of reading among the children. The school Head mistress, Sajeena T.S. presided over the event. NSS program officers Dr. Safia, Dr. Basheer P.T., NSS unit volunteers Amrath Fathima K.U., Faiha, Amegh, Rizwana, Amal, Faris, and Aswathy led the program. Various cultural programs and competitions were held to enhance the children's reading skills. Prizes were awarded to the winners during the program. NSS volunteer Muhammed Adil K.V. gave the vote of thanks.



MES ASMABI COLLEGE P.VEMBALLUR, INTERNATIONAL YOGA DAY 21-06-2024 NSS UNIT 53&95

NSS units 53 and 93 of Asmabi College, P. Vemballor, observed International Yoga Day on June 21. NCC Cadets were given yoga training on the occasion. NSS Program Officer Dr. Safiya welcomed and conveyed the significance and benefits of practicing yoga, during the ceremony. NCC cadets Sandhra Santhosh, Akhila P. S., Sahal Muhammed, and Adithya Krishna led the training session. After the session, NSS volunteer Ranthisy delivered the vote of thanks.



MES ASMABI COLLEGE,P.VEMBALLUR

INTERNATIONAL ANTI-DRUG DAY PROGRAMME,26-06-2024

NSS UNIT 53&95

26/06/2024 Wednesday International Anti-Drug Day On the occasion of International Anti-Drug Day, MES Asmabi College NSS Unit and Kodungallur Excise jointly organized an anti-drug program. College Principal Dr. Reena Muhammad presided over the function and NSS program officer Dr. Bashir P. T welcomed the ceremony. Kodungallur Excise Circle Inspector Mr. Balasubramanian V took an anti-drug awareness class and shared their experiences with the volunteers. Kodungallur Excise Exemption Coordinator Mr. Jithin Raj also participated in the function. Head of College History Department and Red Cross Coordinator Mr. Saithalavi V P and others participated in the ceremony. Dilshana, Liya, Amal, and other NSS volunteers also spoke about the anti-drug day. After that, they shared anti-drug posters and messages with the students, and NSS Program Officer Dr. Safiya gave a vote of thanks for the ceremony.



Report on Anti Drugs Awareness Campaign at MES Asmabi College

Date: 18th July 2024

Time: 10:30 AM

Venue: MES Asmabi College, P Vemballur

Organized by: Research Department of Commerce & NSS

Event Overview: The Anti Drugs Awareness Campaign was successfully conducted on the 18th of July, 2024, at MES Asmabi College. The event, aimed at spreading awareness about the dangers of drug abuse and promoting a drug-free lifestyle, saw the active participation of students, faculty members, and invited guests.

Keynote Speaker: The keynote address was delivered by Mr. Jadeer PM, Civil Excise Officer from the Excise Range Office in Irjalakkuda, Thrissur Excise Division, and a Vimukthi Resource Person. Mr. Jadeer shared his extensive knowledge and experience in dealing with drug-related issues and provided valuable insights into the current drug scenario in the region.

Highlights of the Session:

1. **Introduction to Drug Abuse:** Mr. Jadeer started the session by defining drug abuse and its impact on individuals and society. He highlighted the common substances being abused and their adverse effects on health and well-being.
2. **Legal Framework and Enforcement:** He elaborated on the legal measures in place to combat drug abuse, including the role of the Excise Department in enforcing these laws. The importance of adhering to these regulations was emphasized to deter drug-related activities.
3. **Awareness and Prevention:** The session focused on preventive measures, such as community awareness programs, the role of educational institutions in spreading the message, and the importance of early intervention in preventing drug addiction.
4. **Role of Students and Community:** Mr. Jadeer encouraged students to be vigilant and proactive in their communities. He stressed the significance of peer support and community involvement in creating a drug-free environment.
5. **Interactive Q&A Session:** The talk was followed by an interactive session where students and faculty members had the opportunity to ask questions and share their concerns. Mr. Jadeer addressed each query with detailed responses, providing further clarity on the subject.

Conclusion: The Anti Drugs Awareness Campaign was a resounding success, achieving its goal of educating the college community about the perils of drug abuse and the importance of staying drug-free. The insights shared by Mr. Jadeer PM were invaluable, and his call to action resonated with all attendees.

MES ASMABI COLLEGE P VEMBALLUR



SAY NO TO DRUG

**Anti Drugs Awareness
Campaign**

18-07-2024

10.30 AM



Mr. Jadeer PM
Civil Excise Officer, Excise Range Office, Irijalakkuda
Thrissur Excise Division Vimukthi Resource Person

RESEARCH DEPARTMENT OF COMMERCE & NSS



MES ASMABI COLLEGE P. VEMBALLUR, WATER BODY CLEANING PROGRAMME AT
PERUMTHODU, S. N. PURAM 20-07-2024

NSS UNIT 53 & 95

The NSS units 53 and 95 of MES ASMABI College, P. Vemballur, in collaboration with Kudumbashree representatives, local body representatives, Mahatma Gandhi Rural Employment Guarantee Programme (MGNREGP) employees, officers, and other volunteers, successfully conducted a water body cleaning programme at Perumthodu on 20th July 2024. The initiative aimed to enhance the ecological health and aesthetic appeal of the water body, ensuring a cleaner and healthier environment for the local community. The programme commenced at 8:00 AM with an introduction by NSS Program Officer Dr. Sefiya K M, who welcomed the participants and highlighted the importance of maintaining clean water bodies for ecological balance and public health. Dr. Basheer P T expressed gratitude towards all the collaborating organizations and volunteers for their support and active participation.



MES ASMABI COLLEGE P. VEMBALLUR, FREE MEAL DISTRIBUTION

22-07-2024

NSS UNIT 53 & 95

NSS units 53 and 95 of MES ASMABI College, P. Vemballur, in association with Karuthal Kootayma, conducted a free meal distribution programme on 22nd July 2024. The programme aimed to provide nutritious packed meals to the people in need, fostering a sense of community support and care. The meal distribution commenced at Kodungallur at 12:30 PM, followed by another distribution at Kottappuram at 12:45 PM. The event witnessed the active participation of NSS volunteers and volunteers from Karuthal Kootayma, who worked together to ensure the smooth execution of the programme.



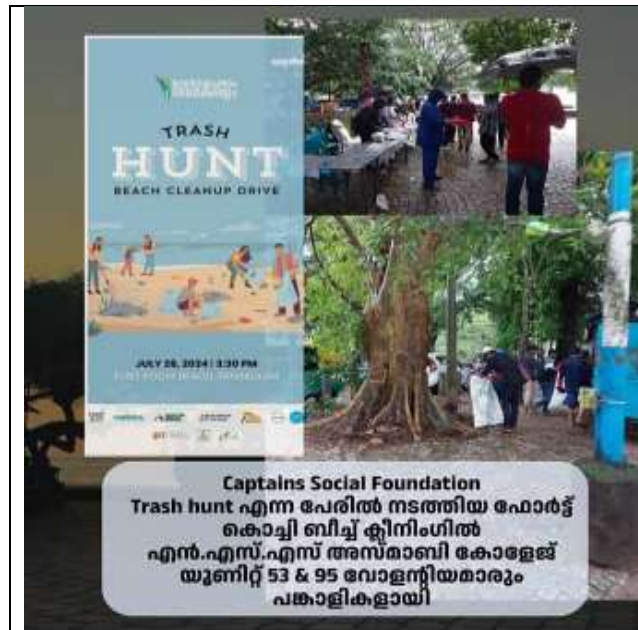
**MES ASMABI COLLEGE, P. VEMBALLUR, The Trash Hunt: Beach
Cleanup Drive at Fort Kochi 28-07-2024**

NSS UNIT 53 & 95

In observance of World Nature Conservation Day, an exhilarating and impactful event, The Trash Hunt: Beach Cleanup Drive, was organized at Fort Kochi Beach on July 28, 2024. This event was a collaborative effort by UNICEF (Yuwaah), Suchitwa Mission, and the Ministry of Environment, Forest and Climate Change of India, and was spearheaded by the Captains Social Foundation. The drive aimed to responsibly collect and dispose of tonnes of such waste, thereby contributing to the conservation of the natural environment and promoting awareness about the importance of maintaining clean and healthy beaches. NSS units 53 and 95 from MES Asmabi College, P. Vemballur, were proud participants in this noble endeavor. Volunteers from these units joined hands with other participants, demonstrating commendable enthusiasm and commitment to the cause.

The event kicked off at 3:30 PM, with volunteers equipped with necessary cleaning tools and protective gear. Teams were formed to ensure systematic and efficient cleaning of the beach area. The collaborative spirit among volunteers was evident as they worked diligently to remove waste, showcasing the power of community action in addressing environmental challenges. To recognize and reward the efforts of the volunteers, the organizers announced that the best-performing teams would receive exciting prizes, including cash awards, mementos, T-shirts, and more. Additionally, all participating volunteers were to be awarded certificates of volunteering, acknowledging their contribution to this significant environmental cause.

The participation of MES Asmabi College NSS units 53 and 95 in The Trash Hunt: Beach Cleanup Drive not only reflected their dedication to environmental conservation but also provided an enriching experience for the students. It underscored the importance of community involvement in environmental initiatives and the impact such collective actions can have on preserving our natural surroundings.



MES ASMABI COLLEGE
NATIONAL SERVICE SCHEME UNIT 53 & 95
UNIVERSITY OF CALICUT



MES ASMABI COLLEGE, P.VEMBALLUR

DRESS COLLECTION DRIVE FOR TSUNAMI COLONY PEOPLES

NSS UNIT 53 & 95

Date: 02-08-2024

Venue: ASMABI College, P.Vemballur

Organized by: NSS Units 53 & 95

Topic: Dress Collection drive and distribution for people suffering by flood

Number of Participants: 11

On August 6, 2024, the NSS Units 53 & 95 of ASMABI College, P.Vemballur, organized a dress collection drive for the benefit of people suffering from flood. The event saw the participation of 11 dedicated volunteers who contributed to the noble cause.

The objective of the drive was to collect dresses for the needy in nearby colonies suffering by flood, promoting social responsibility and community service among the college students.

The dress collection drive was a success, with a significant number of dresses collected. The event fostered a sense of social responsibility and teamwork among the participants.

The dress collection drive organized by NSS Units 53 & 95 was a commendable initiative, demonstrating the commitment of the students towards social causes. The event served as a platform for the students to contribute to the community and make a positive impact.





മഴക്കാലത്തിൽ
ദുരിതമനുഭവിക്കുന്നവർക്കായി NSS അസ്മാബി
കോളേജ് യൂണിറ്റ് (53&95) വള്ളിയൂർക്കാട്
വ്യത്യസ്ത ശൈലികളിലും അവ വിതരണം
നടത്തുകയും ചെയ്തു.



MES ASMABI COLLEGE
NATIONAL SERVICE SCHEME UNIT 53 & 95
UNIVERSITY OF CALICUT



MES ASMABI COLLEGE,P.VEMBALLUR

**"TOY DRIVE"-WAYANAD RELIEF CAMP IN COLLABORATION WITH CAPTAINS
SOCIAL FOUNDATION
NSS UNIT 53&95**

Date:06-08-2024

Venue:ASMABI College, P.Vemballur

Organized by:NSS Units 53 & 95

**Topic: Toy Drive for Wayanad Relief Camps in collaboration with
CAPTAINS SOCIAL FOUNDATION**

Number of Participants: 11

On August 6, 2024, the NSS Units 53 & 95 of ASMABI College, P.Vemballur, organized a toy drive for the benefit of Wayanad camps by collaborating with Captains Social Foundation. The event saw the participation of 11 dedicated volunteers who contributed to the noble cause.

The objective of the drive was to collect toys for the children in Wayanad camps, bringing joy and happiness to their lives.

The toy drive was a success, with a significant number of toys collected. The event fostered a sense of social responsibility and teamwork among the participants.

The toy drive organized by NSS Units 53 & 95 was a heartwarming initiative, demonstrating the commitment of the students towards spreading joy and happiness among the children in need.





MES ASMABI COLLEGE, P VEMBALLUR
NATIONAL SERVICE SCHEME UNITS 53 & 95



വയനാട്ടിലെ നമ്മുടെ കുഞ്ഞുസ്വപ്നങ്ങൾക്ക് വേണ്ടി
NSS UNITS 53 & 95, MES ASMABI COLLEGE, P VEMBALLUR ന്റെ
കുഞ്ഞുകൈയാണ്

"TOY DRIVE"



Donate a Toy
Make a Smile

- New/old Toys
- Sketch pen
- Puzzles
- Story Book
- Crayons
- Rubik's Cube
- Game Board
- Colouring Book
- Fabric colours
- Drawing brushes

Collection point,
Aug 06 MES ASMABI COLLEGE, P VEMBALLUR

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DONATE -A- TOY

- New/old Toys
- Sketch Pens
- Crayons
- Story Book
- Colouring Book
- Game Board
- Puzzles
- Rubik's Cube

If volunteers, organizations, or institutions are interested in mobilizing toys to donate to the children in Wayanad relief camps, kindly reach out to us:

- Amandam: +91 96269 83523
- Akshay: +91 96455 01326

www.thesocialcaptains.org

MES ASMABI COLLEGE,P.VEMBALLUR

INTERNATIONAL YOUTH DAY 2024 - ANTI-DRUG PLEDGE CEREMONY

NSS UNIT 53&95

Date:12-08-2024

Venue:Alumni Square, ASMABI College, P.Vemballur

Organized by: NSS Units 53 & 95

Topic: International Youth Day - Anti-Drug Pledge cermeony

Number of Participants: Over 50

On August 12, 2024, the NSS Units 53 & 95 of ASMABI College, P.Vemballur, organized an event to commemorate International Youth Day, focusing on the theme of anti-drug pledge. The event, held at the Alumni Square, witnessed the participation of over 50 enthusiastic students and faculty members.

The objective of the event was to raise awareness among the youth about the ill effects of drug abuse and to encourage them to take a pledge against drug usage.

Awareness session on drug abuse and Anti-drug pledge ceremony was conducted as the part of International Youth Day

The event was a resounding success, with over 50 participants taking the anti-drug pledge. The awareness sessions and interactive programs inspired the youth to make informed choices and commit to a drug-free lifestyle.

The International Youth Day - Anti-Drug Pledge event organized by NSS Units 53 & 95 was a commendable initiative, demonstrating the commitment of the students towards creating a drug-free society.





MES ASMABI COLLEGE,P.VEMBALLUR

INTERNATIONAL YOUTH DAY 2024 - ANTI-DRUG PLEDGE CEREMONY

NSS UNIT 53&95

Date:12-08-2024

Venue:Alumni Square, ASMABI College, P.Vemballur

Organized by: NSS Units 53 & 95

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On August 12- International Youth day, as part of the 'Clean Campus' initiative, the NSS students of M.E.S Asmabi College organized a waste bin construction workshop. The event was led by Dr. Reena Muhammad, College Principal, Dr. Amitabh Bachan, NAAC Coordinator, Dr. Bashir P.T, NSS Program Coordinator and Dr. Safiya K.M, NSS Program Coordinator.

The workshop is aimed to promote cleanliness and waste management on the college campus.



**MES ASMABI COLLEGE**
NATIONAL SERVICE SCHEME UNIT 53 & 95
UNIVERSITY OF CALICUT

AUGUST 12
International
YOUTH
Day



In association with international youth day
National Service Scheme Asmabi college
conducting

**Eco friendly
DUSTBIN MAKING
CAMPAIGN**

On
13 August 2024
Tuesday



MES ASMABI COLLEGE,P.VEMBALLUR

NATIONAL INDEPENDENCE DAY-AUGUST 15,2024

NSS UNITS 53 & 95

Date:15th August 2024

Venue:Alumni Square, ASMABI College, P. Vemballur

Organized by:NSS Units 53 & 95

Topic:National Independence Day - Flag Hosting by NCC Cadets, 22K Battalion

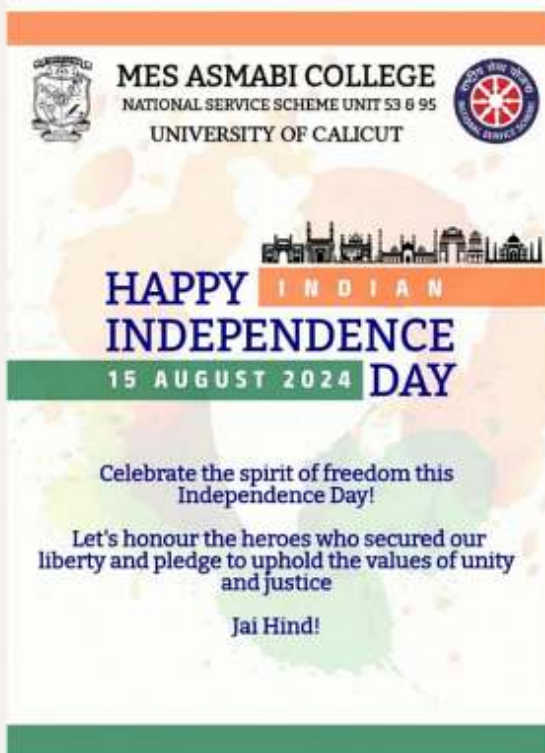
Number of participants: 25

On 15th August 2024, the NSS Units 53 & 95 of ASMABI College, P. Vemballur, organized a prestigious flag-hosting ceremony to commemorate India's 78th National Independence Day. The event took place at the Alumni Square, where almost 25 participants, including NCC Cadets from the 22K Battalion, gathered to pay tribute to the nation's freedom. The important dignitaries like Principal Reena Muhammed, ASMABI College, Senior NCC Cadets 22K Battalion and NSS program officers Dr. Safiya and Dr. Basheer were present throughout the event.

The ceremony began with the arrival of Principal Reena Muhammed, who was received by the NSS Units 53 & 95 volunteers.

The NCC Cadets, led by Senior Cadets, marched into the Alumni Square with precision and discipline. The national flag was then hoisted by the NCC Cadets, accompanied by the rendition of the national anthem. Principal Reena Muhammed addressed the gathering, emphasizing the significance of Independence Day and the importance of preserving India's sovereignty. The event concluded with a vote of thanks, followed by a group photograph of the participants with the dignitaries.

The event showcased the collaboration between NSS Units 53 & 95 and the NCC Cadets, 22K Battalion, in promoting patriotism and nationalism. The participation of Principal Reena Muhammed and Senior NCC Cadets added gravity and importance to the event. The ceremony served as a reminder of the sacrifices made by freedom fighters and the importance of upholding India's independence.



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Report on the Coastal Protection Cleaning Drive

NSS Unit: 53 & 95

MES Asmabi College, P. Vemballur

Programme Name: Cleaning Drive for Coastal Protection

Date: August 17, 2024

Venue: Munakkal Beach, Azheekode

The cleaning drive for coastal protection, a significant initiative towards preserving our environment, was inaugurated by E. T. Taison Master, Honorable MLA of Kaipamangalam. The programme was graced by the presence of Arjun Pandyan IAS, the esteemed Collector of Thrissur. The cleaning drive, part of a broader initiative involving the Block members of the coastal areas, aimed at cleaning the beaches across seven Panchayaths in the region. Volunteers from the National Service Scheme (NSS) Units 95 & 53 of MES Asmabi College, P. Vemballur, played a crucial role in the success of this initiative. With great enthusiasm and dedication, the volunteers cleaned the Munakkal Beach, making a visible impact on the environment.



തീരസുരക്ഷ

തീരദേശ ബ്ലോക്ക് മെമ്പർമാരുടെ തനത് പദ്ധതി
ജനീകരണ ബ്ലോക്ക് പദ്ധതി

നീണ്ടലോര ശുചീകരണം

പുഴ പഞ്ചായത്തുകളുടെ
ബീച്ചുകൾ ശുചീകരിക്കുന്നു

**ശുചീകരണ
ഉദ്യമം** 2024 ആഗസ്റ്റ് 17 ശനിയാഴ്ച രാവിലെ 9 മണിക്ക്
അഴീക്കോട് മുനമ്പ്ക്കൽ ബീച്ചിൽ



ഗവേഷണം

ജി.കെ. സങ്കരൻ
ബീച്ചുകൾ ശുചീകരണ ഓഫീസർ



ബുദ്ധന്തിലി

ജി.കെ. സങ്കരൻ
ബീച്ചുകൾ ശുചീകരണ ഓഫീസർ





















MES ASMABI COLLEGE, P.VEMBALLUR
CAMPUS CLEANING DRIVE 2024
NSS UNITS 53 & 95

Date: 19th August 2024

Venue: ASMABI College, P. Vemballur

Organized by: NSS Unit 53 & 95

Number of participants: 30

Led by: NSS Program Officers Dr. Safiya and Dr. Basheer

Topic: Campus Cleaning

On 19th August 2024, the NSS Unit 53 & 95 of ASMABI College, P. Vemballur, organized a campus cleaning drive, which saw the participation of 30 dedicated individuals. The event was led by NSS Program Officers Dr. Safiya and Dr. Basheer.

The campus cleaning drive began with an inaugural address by Dr. Safiya, emphasizing the importance of maintaining a clean and green environment. Participants cleaned various areas of the campus, including classrooms, corridors, and outdoor spaces. The event aimed to promote environmental awareness and responsibility among the college community. Dr. Basheer appreciated the participants' efforts and encouraged them to continue their commitment to cleanliness.

The event demonstrated the NSS Unit's dedication to fostering environmental awareness and community service. Participants developed a sense of ownership and responsibility towards maintaining a clean campus. The event contributed to a cleaner and healthier environment for the college community.



MES ASMABI COLLEGE,P.VEMBALLUR

Mathilakam block panchayat training program for providing UDID card for disabled people.

NSS UNIT 53 & 95

Date:03-09-2024

Venue:Mathilakam Block Panchayati

Organized by: KSSM & NSS Units 53 & 95

Topic:Thanmudra Campaign - Training Program for Providing UDID Cards to Disabled People

Number of Participants:50

The training program aimed to empower participants to provide Unique Disability Identification (UDID) cards to disabled individuals in Kerala, aligning with the 'Thanmudra' campaign.

The program commenced with a welcome speech by Sajeev, District Coordinator of KSSM, who emphasized the importance of the Thanmudra campaign. The training session equipped participants with the knowledge and skills required to facilitate UDID card issuance. Interactive sessions and discussions enabled participants to clarify doubts and share experiences.

Enhanced understanding of the UDID card scheme and its benefits for disabled individuals. Equipped participants with the necessary skills to provide UDID cards effectively. Strengthened collaboration between KSSM, NSS Units 53 & 95, and local authorities.

The training program successfully achieved its objectives, empowering 50 participants to contribute to the Thanmudra campaign. Sharath, KSSM Coordinator, delivered the vote of thanks, acknowledging the participants' enthusiasm and commitment.



MES ASMABI COLLEGE, P. VEMBALLUR
NSS UNIT 53 & 95
&
DISTRICT LEGAL SERVICE AUTHORITY
THRISSUR TALUK LEGAL SERVICE KDLR

Event: Legal Awareness Class on Anti-Ragging Act

Date: September 9, 2024

Venue: New Seminar Hall, MES Asmabi College

The National Service Scheme (NSS) Units 53 and 95 of MES Asmabi College, in collaboration with the District Legal Service Authority, Thrissur, and the Taluk Legal Service Committee, Kodungallur, organized a legal awareness class on the Anti-Ragging Act. This event aimed to educate newly selected NSS volunteers on the legal framework surrounding anti-ragging measures and the importance of maintaining a safe and respectful environment in educational institutions.

The class was led by Adv. Jaferkhan U k, a panel lawyer from the Taluk Legal Service Committee, Kodungallur. His presentation focused on the critical aspects of the Anti-Ragging Act, outlining the legal consequences of ragging, the rights of students, and the preventive measures that institutions must adopt to comply with the law.

The event commenced at 2:00 PM with an introduction by Dr. Reena Mohammed P M, the principal of MES Asmabi College. The session was coordinated by Dr. Basheer P T and Dr. Safiya K M, who ensured smooth conduct of the event.

This legal awareness initiative empowered the NSS volunteers with knowledge of their legal rights and emphasized their role in upholding a ragging-free environment within the institution. The interactive session allowed participants to clarify doubts, and the feedback from the volunteers indicated a deepened understanding of the Anti-Ragging Act. In conclusion, the event was a significant step towards fostering a safer and more inclusive educational atmosphere, aligning with the core values of the National Service Scheme.



Thrissur, KL, India

Azhikode Chamakkala Road, Kodungallur,
Thrissur, 680671, KL, India

Lat 10.266639, Long 76.142866

09/09/2024 02:22 PM GMT+05:30

Note : Captured by GPS Map Camera





**MES ASMABI COLLEGE
NATIONAL SERVICE SCHEME
UNIT 53 & 95
&**



**DISTRICT LEGAL SERVICE AUTHORITY, THRISSUR
TALUK LEGAL SERVICE COMMITTEE, KODUNGALLUR**

**LEGAL
AWARENESS
CLASS**

Anti Ragging Act

For Newly Selected NSS Volunteers



Class Lead by

**Adv.
Jaferkhan U K**

Panel Lawyer
TLCS, Kodungallur

2024 September 9 Monday

2:00PM New Seminar Hall

Principal

Dr. Reena Mohammed P M

Coordinators

Dr. Basheer P T

Dr. Safiya K M

Onapudava Distribution Programme

Date: 9th September 2024

Organised by: NSS Units 53 & 95, MES Asmabi College, P. Vemballur

Venue: P. Vemballur Health Care Centre

On 9th September 2024, NSS Units 53 and 95 of MES Asmabi College, P. Vemballur, organised a heartfelt event as part of their community outreach programme. Unit volunteers distributed *onapudava* to patients under palliative care at the P. Vemballur Health Care Centre. This initiative aimed to spread joy and support among those receiving long-term medical care during the Onam festival. The programme was coordinated by NSS Programme Officers Dr. Sefiya K M and Dr. Basheer P T, who played a vital role in the smooth execution of the event.



Report on Family Health Centre Cleaning Programme

Date: 22nd September 2024

Organised by: NSS Units 53 & 95, MES Asmabi College, P. Vemballur

In Collaboration with: Sreenarayanapuram Grama Panchayath

Venue: Family Health Centre, P. Vemballur

On 22nd September 2024, NSS Units 53 and 95 of MES Asmabi College, P. Vemballur, conducted a successful cleaning drive at the Family Health Centre in P. Vemballur. This initiative was organised in collaboration with Sreenarayanapuram Grama Panchayath, and aimed at improving the hygiene and sanitation of the health centre, which serves the local community.

A team of dedicated NSS volunteers thoroughly cleaned various sections of the health centre, including waiting areas, consultation rooms, and outdoor premises. The volunteers ensured the proper segregation and disposal of waste, following eco-friendly waste management practices. The collaboration with the local Panchayath facilitated the provision of necessary cleaning supplies and logistics support. Additionally, a symbolic gesture of goodwill was made by the NSS units, who presented a plant to the Family Health Centre as a gift, signifying their commitment to promoting a greener, healthier environment.





എം.ഇ.എസ് അസ്മാബി കോളേജ്
NSS UNIT 53 & 95
&
ശ്രീനാരായണപുരം ഗ്രാമപഞ്ചായത്ത്

പി.വെമ്പലൂർ കുടുംബാരോഗ്യ കേന്ദ്രം

ശുചീകരണം

2024 സെപ്റ്റംബർ 22 ഞായർ

കുടുംബാരോഗ്യ കേന്ദ്രം, പി.വെമ്പലൂർ



MES ASMABI COLLEGE, P VEMBALLUR
NATIONAL SERVICE SCHEME DAY 2024
NSS UNITS 53 & 95

Date : 24th September 2024
Organized by : NSS units 53 & 95
Topic : Cleaning drive
Number of participants : over 50

In observance of NSS day, the NSS units 53 & 95 of MES Asmabi College organized a special community cleaning drive on 24th September 2024. The program was inaugurated by esteemed guests from the college and local authorities. The objective of the initiative was to contribute towards cleanliness in the community and raise awareness on the importance of maintaining public spaces.

Volunteers from both NSS units actively participated in the clean-up activities held across key areas within the vicinity of the college. The clean-up initiative focused on the LP School Vellangod premises and the surrounding bus stops, where the volunteers worked diligently to clear waste, sweep pathways, and dispose of garbage responsibly. The event was a remarkable example of youth involvement in social responsibility.

Through this event, the volunteers demonstrated their dedication towards creating a cleaner environment. Their efforts not only helped to beautify the public spaces but also encouraged the local community to join hands in maintaining cleanliness.





The program concluded with an appreciation speech by the NSS Program Officer, who emphasized the significance of community service and thanked all volunteers for their hard work and commitment.





എം.ഇ.എസ് അസ്മാബി കോളേജ്
എൻ.എസ്.എസ് യൂണിറ്റ് 53 & 95

എൻ.എസ്.എസ് ദിനത്തോട് അനുബന്ധിച്ച്
ശുചീകരണം

എൻ.എസ്.എസ് അസ്മാബി യൂണിറ്റ് 53 & 95 കോളേജ് പരിസരവും
അടുത്തുള്ള ഗവ: എൽ പി സ്കൂൾ വേക്കോട് സ്കൂളും പരിസരവും ബസ്സ്
സ്റ്റോപ്പുകളും വൃത്തിയാക്കുന്നു

24 -09 -2024 ചൊവ്വ

N S S A S M A B I

MES ASMABI COLLEGE, P.VEMBALLUR
SEPTEMBER 24 NSS DAY - ESSAY WRITING COMPETITION
NSS UNIT 53 & 95

Date: 24-09-2024

Venue: MES Asmabi College, P.Vemballur - Exam Hall

Organized by: NSS Units 53 & 95

Topic: "Youth and Community Service" (in accordance with NSS Day)

Number of Participants: 40

The competition was conducted in order to encourage young minds to think critically about their role in community service and celebrate NSS Day through a thought-provoking essay writing competition.

The competition commenced at 02:00 PM, with participants arriving from various departments. Participants were given 2 hours to write their essays on the topic "Youth and Community Service". A panel of judges evaluated the essays based on content, creativity, and writing style.

The competition witnessed enthusiastic participation from students, reflecting their interest in community service. Essays showcased innovative ideas, highlighting the potential of youth in driving social change. Participants demonstrated excellent writing skills, critical thinking, and awareness of social issues.

The essay writing competition successfully achieved its objective, inspiring 40 young minds to think critically about their role in community service. NSS Units 53 & 95 express gratitude to participants, judges, and MES Asmabi College for their support.



എം.ഇ.എസ് അസ്മാബി കോളജ്

എൻ.എസ്.എസ് യൂണിറ്റ് 53 & 95

എൻ.എസ്.എസ് ദിനത്തോട് അനുബന്ധിച്ച്
ഉപന്യാസ രചന

**യുവത്വവും
സമൂഹ്യ സേവനവും**

24 -09 -2024 ചൊവ്വ , 2:30 PM
എക്സാം ഹാൾ

ഔദ്യോഗിക പ്രാഗത്ഥം

N S S A S M A B I



Report on Self Defence Programme

Date: 25th September 2024

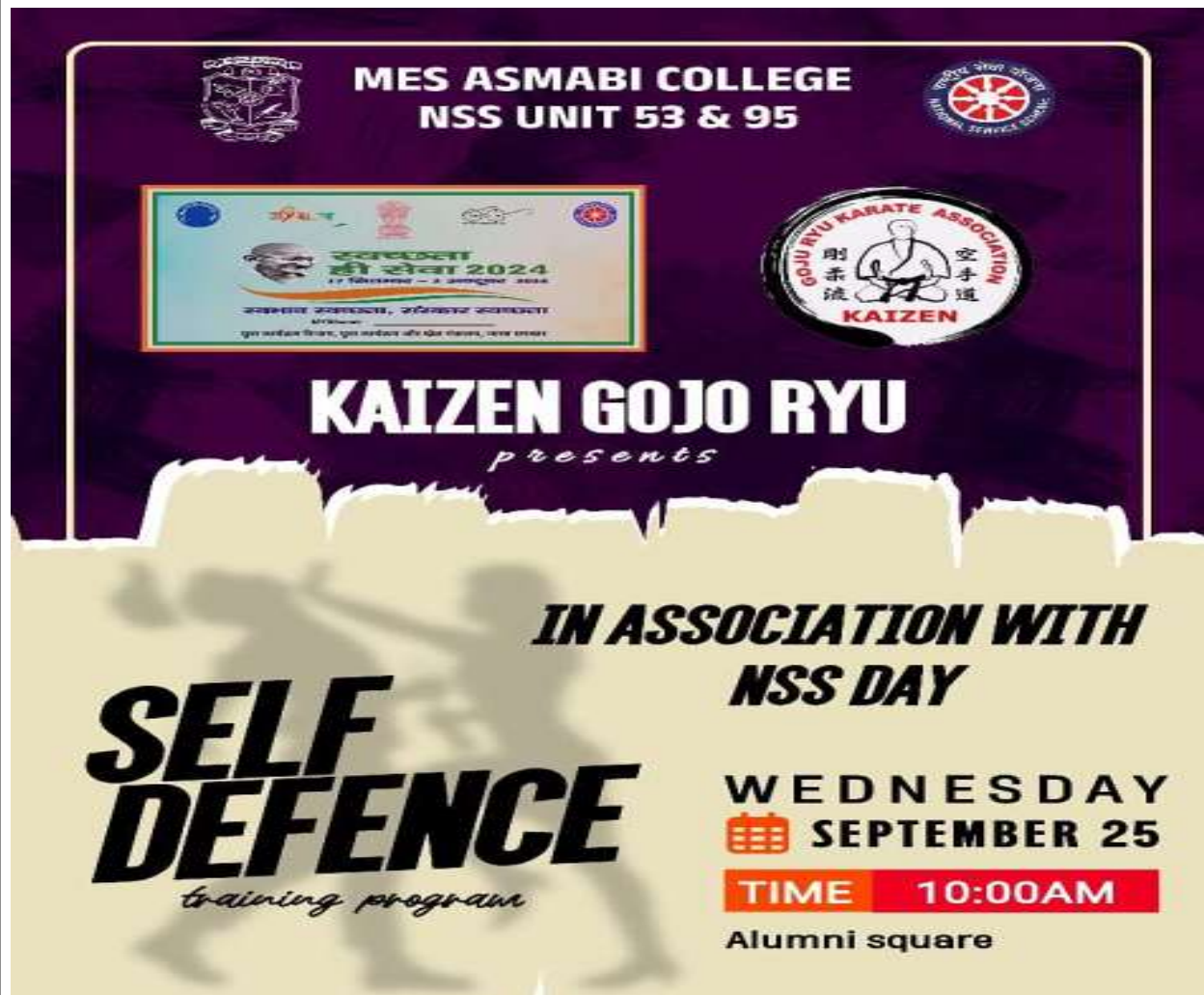
Organized by: NSS Units 53 & 95, MES Asmabi College, P. Vemballur in association with Kaizen Gojo Ryu

Venue: MES Asmabi College

Time: 10:00 AM

On 25th September 2024, a *Self Defence Programme* was successfully conducted by NSS Units 53 & 95 of MES Asmabi College, P. Vemballur in association with Kaizen Gojo Ryu, as part of the NSS Day celebrations. The programme aimed at empowering students, particularly young women, with essential self-defence skills to enhance their personal safety and boost their confidence.

Expert trainers from Kaizen Gojo Ryu demonstrated basic yet highly effective self-defence techniques. The interactive session allowed participants to learn hands-on defence strategies, enabling them to respond to physical threats effectively. The initiative aligned with the broader objectives of NSS, promoting social awareness, self-empowerment, and safety.



MES ASMABI COLLEGE
NSS UNIT 53 & 95

स्वच्छता ही सेवा 2024
17 सितम्बर - 2 अक्टूबर 2024

GOJO RYU KARATE ASSOCIATION
KAIZEN

KAIZEN GOJO RYU
presents

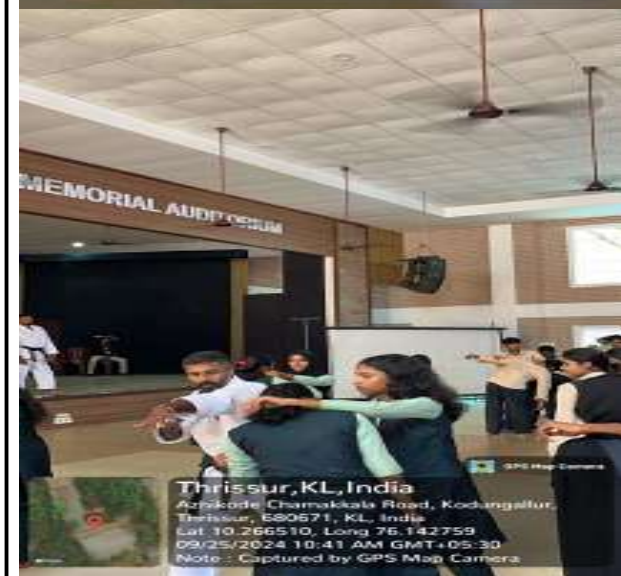
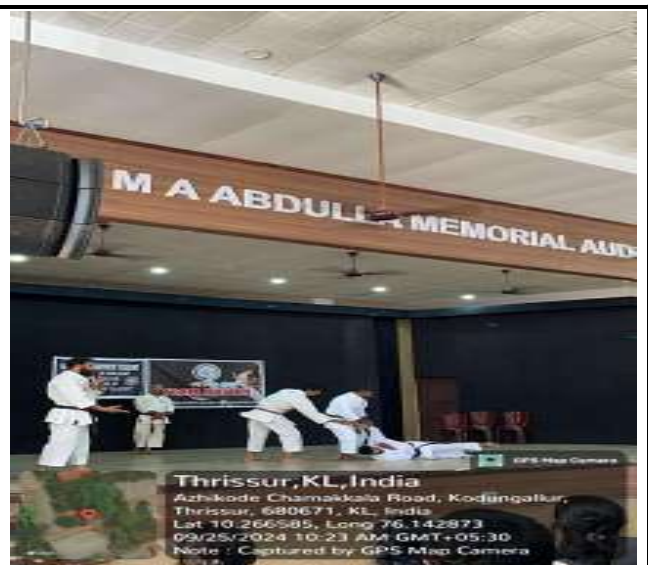
IN ASSOCIATION WITH
NSS DAY

SELF DEFENCE
training program

WEDNESDAY
SEPTEMBER 25

TIME 10:00AM

Alumni square



MES ASMABI COLLEGE,P.VEMBALLUR
PALIATIVE HEALTH CENTRE CLEANING PROGRAMME-
"SWACHHTA HI SEVA" MOVEMENT
NSS UNIT 53 & 95

Date: 01-10-2024

Venue: Anjangadi PHC and Amandorr PHC

Organized by: NSS Units 53 & 95

Topic: Palliative Health Centre Cleaning Program (in accordance with Swachhta Hi Seva movement of India)

Number of Participants: 100

The program was initiated to contribute to the Swachhta Hi Seva movement by cleaning and maintaining the cleanliness of Palliative Health Centres, ensuring a hygienic environment for patients.

20 NSS volunteers participated in the cleaning program. Cleaning activities included sweeping, mopping, dusting, disinfecting and cleaning around the compound of the Health centre. Participants also interacted with patients and staff, promoting awareness on hygiene and sanitation.

The program improved cleanliness and sanitation at Anjangadi PHC and Amandorr PHC. It also enhanced community engagement and social responsibility among NSS volunteers alignment with the Swachhta Hi Seva movement's objectives. The volunteers also took the pledge in accordance with the movement with the other staffs present in the PHC.

Participants demonstrated dedication and enthusiasm for social service. The local community appreciated the initiative, expressing gratitude.

The Palliative Health Centre Cleaning Program successfully contributed to the Swachhta Hi Seva movement, promoting cleanliness and community service. NSS Units 53 & 95 express gratitude to participants, PHC authorities, and local community.





MES ASMABI COLLEGE
NSS UNIT 53 & 95



CLEANING

PHC ANCHANGAADI

AAMANDOR

01-10-2024 Tuesday 09:00 AM



MES ASMABI COLLEGE,P.VEMBALLUR
PALIATIVE HEALTH CENTRE CLEANING PROGRAMME-
"SWACHHTA HI SEVA" MOVEMENT
NSS UNIT 53 & 95

Date: 02-10-2024

Venue: HWC Pozhankav, FHC P.Vemballur and WHC P.Vemballur

Organized by: NSS Units 53 & 95

Topic: Palliative Health Centre Cleaning Program (in accordance with Swachhta Hi Seva movement of India)

Number of Participants: 30

The program was initiated to contribute to the Swachhta Hi Seva movement by cleaning and maintaining the cleanliness of Palliative Health Centres, ensuring a hygienic environment for patients.

30 NSS volunteers participated in the cleaning program. Cleaning activities included sweeping, mopping, dusting, disinfecting and cleaning around the compound of the Health centre. Participants also interacted with patients and staff, promoting awareness on hygiene and sanitation.

The program improved cleanliness and sanitation at HWC Pozhankav, FHC P.Vemballur and WHC P.Vemballur. It also enhanced community engagement and social responsibility among NSS volunteers alignment with the Swachhta Hi Seva movement's objectives. The volunteers also took the pledge in accordance with the movement with the other staffs present in the PHC.

Participants demonstrated dedication and enthusiasm for social service. The local community appreciated the initiative, expressing gratitude.

The Palliative Health Centre Cleaning Program successfully contributed to the Swachhta Hi Seva movement, promoting cleanliness and community service. NSS Units 53 & 95 express gratitude to participants, PHC authorities, and local community.

HWC



WHC



FHC





MES ASMABI COLLEGE, P.VEMBALLUR
NATIONAL SERVICE SCHEME 95&53



University of Calicut



The banner features a blue background with a green border. At the top left is the College/University Logo. In the center, there is a portrait of Mahatma Gandhi. To the right of the portrait, the text 'स्वच्छता ही सेवा 2024' is written in large, bold, green letters. Below this, the dates '17 सितम्बर - 2 अक्टूबर 2024' are written in smaller green letters. At the bottom, the text 'स्वभाव स्वच्छता, संस्कार स्वच्छता' is written in blue, followed by 'MYBharat-' and a line. Below that, the text 'युवा कार्यक्रम विभाग, युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार' is written in blue. Logos for the Ministry of Youth Affairs and Sports, the Government of India, and the National Service Scheme are also present.

CLEANING PROGRAM

OCTOBER 2

Venue :

Kattanbasar FHC

Ram Nagar Health Center

Aalmaav FHC

स्वभाव स्वच्छता, संस्कार स्वच्छता

BE THE CHANGE YOU WANT TO SEE IN THE WORLD

Report on "വയോജന പ്രതിജ്ഞ" (The Elderly Pledge) Programme

Date: 1st October 2024

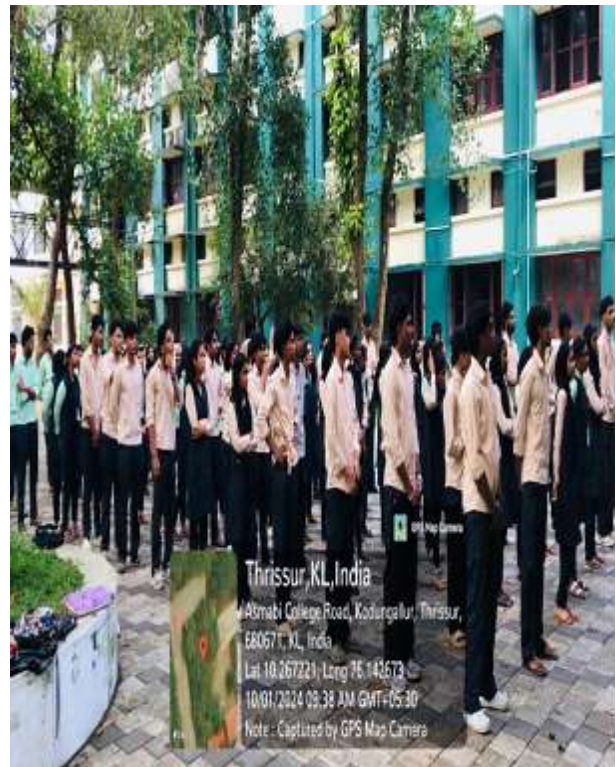
Organized by: NSS Units 53 & 95, MES Asmabi College, P. Vemballur

Venue: Alumni Square, MES Asmabi College

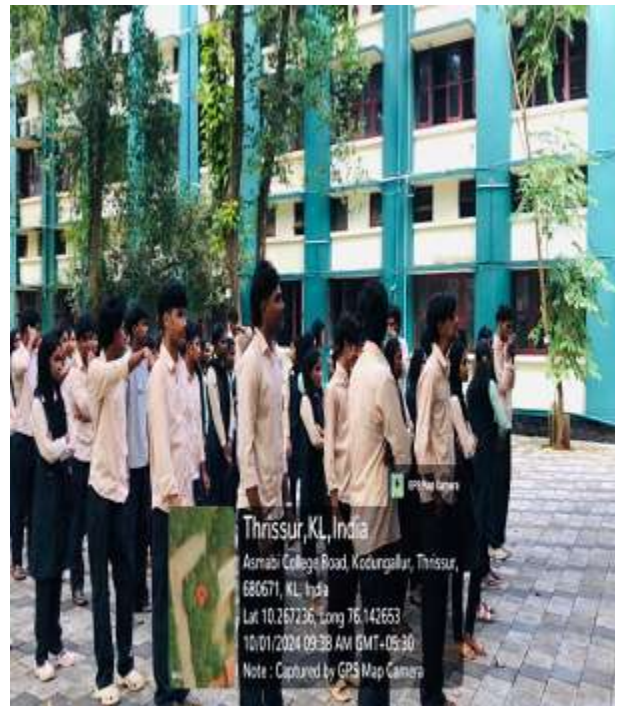
On 1st October 2024, NSS Units 53 and 95 of MES Asmabi College, P. Vemballur, organized the "വയോജന പ്രതിജ്ഞ" (The Elderly Pledge) programme as part of their ongoing social responsibility initiatives. The programme aimed at raising awareness about the respect, care, and protection of the elderly in society, emphasizing the role of young people in supporting and valuing senior citizens.

Programme Overview:

- Pledge Ceremony:** The event commenced with a pledge-taking ceremony at the Alumni Square, where NSS volunteers gathered to take the വയോജന പ്രതിജ്ഞ. The pledge reinforced their commitment to ensuring the dignity, care, and well-being of elderly members in their families and communities.
- Classroom Outreach Initiative:** After the pledge ceremony, the volunteers took the initiative to spread awareness among the college's student body. Divided into teams, they visited different classrooms across the campus, delivering the pledge and explaining its importance to their peers. This outreach activity helped ensure that the message of the pledge reached a wider audience, fostering a sense of shared responsibility for the care of the elderly.







Thirissur, KL, India
Ammabi College Road, Kodungallur, Thirissur,
680671, KL, India
Lat: 10.267236, Long: 76.142653
10/01/2024 09:38 AM GMT+05:30
Note: Captured by GPS Map Camera

MES ASMABI COLLEGE,P.VEMBALLUR
WALKATHON,THRISSUR- WORLD PALIATIVE CARE
DAY OCTOBER 9 2024
NSS UNIT 53 & 95

Date: 09-10-2024

Venue: Thrissur, Thekkinkad Maidan

Organized by: Alpha Palliative Care in collaboration with NSS Volunteers around Thrissur

Topic: Walkathon from Thiruvananthapuram to Wayanad (symbolic representation)

Number of Participants: 60

The objective of this event was to raise awareness about palliative care, promote empathy, and support patients with life-limiting illnesses, aligning with World Palliative Care Day.

Inaugural address by, Alpha Palliative Care Representative. The Thrissur CI was also present in the inaugural ceremony of the event the volunteers walked around the Thekkinkad maidan and was then conducted a seminar giving awareness about the Paliative care among the volunteers.The Symbolic walkathon flag-off from Thekkinkad Maidan was at 10.30.The Participants carried banners, placards, and distributed pamphlets.The interactive sessions with local communities, highlighting palliative care importance.

The event raised awareness among 500+ people about palliative care.

This event strengthened collaboration between Alpha Palliative Care and NSS Volunteers.

The feedback to this event were "Inspiring event, opened my eyes to palliative care's significance and "Empowering experience, eager to volunteer for future events."

The walkathon successfully promoted palliative care awareness, demonstrating the power of community engagement. Alpha Palliative Care and NSS Volunteers express gratitude to participants, sponsors, and supporters.



MES ASMABI COLLEGE, P VEMBALLUR

NATIONAL SERVICE SCHEME UNITS 53 & 95

Date: 22nd October 2024

Venue: MES Asmabi College, Kodungallur

Topic: “Sthanarbudham: Ariyam, Prathirodhikkam”

Organised by: NSS Units 53 & 95 in collaboration with CIGI Thrissur Chapter and Wellness Foundation

In alignment with the National Service Scheme’s objective to promote health and wellness among the student community and the public, MES Asmabi College conducted an awareness program titled “Sthanarbudham: Ariyam, Prathirodhikkam” (Breast Cancer: Awareness and Prevention) on October 22, 2024. The event was jointly organized by NSS Units 53 and 95 in collaboration with CIGI Thrissur Chapter and Wellness Foundation.

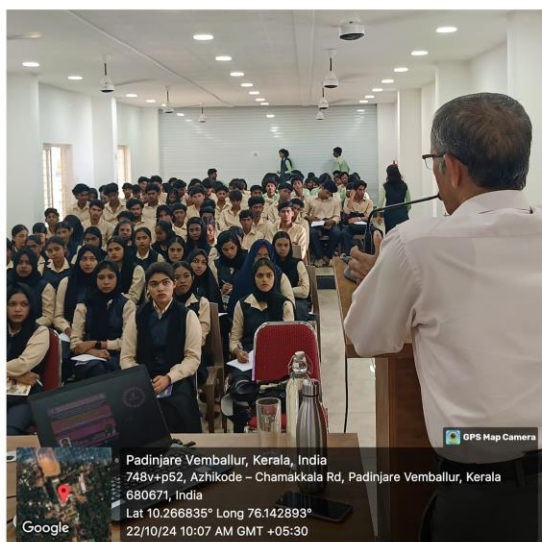
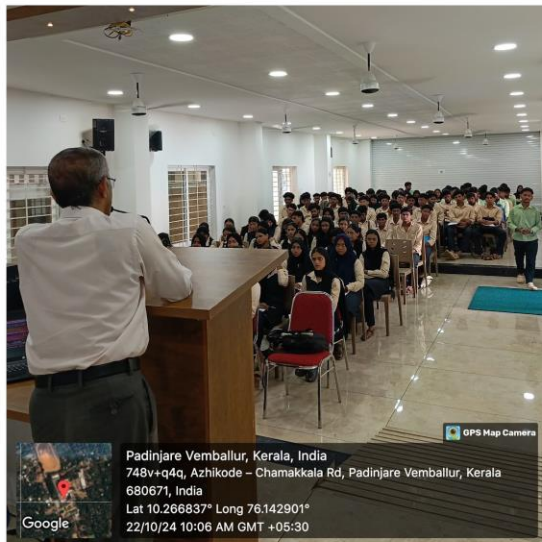
The program aimed to spread awareness about breast cancer, its symptoms, prevention methods, and the importance of early detection. It also focused on educating the audience about the different stages of breast cancer, self-examination techniques, and the latest available treatments.

The event began at 9:30 AM with an inaugural session presided over by Dr. Reena Muhammed P.M., Principal of MES Asmabi College. She addressed the gathering, highlighting the significance of creating awareness about breast cancer, especially among women, and the role of educational institutions in organizing such programs.

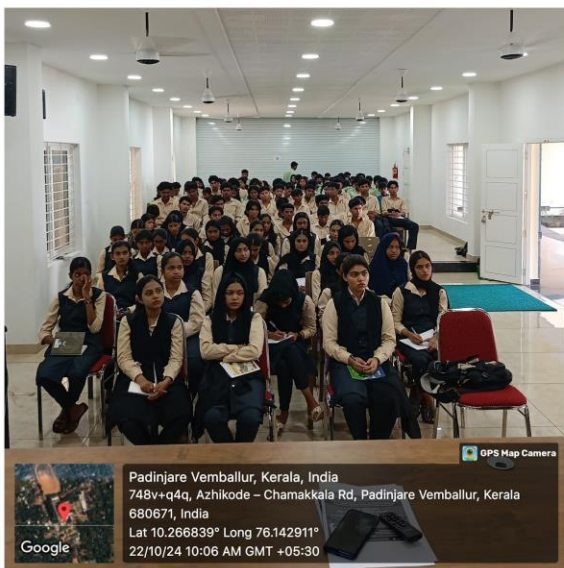
Hussain Cheruthuruthy, a well-known wellness expert from Thrissur, delivered the keynote address. His detailed session covered critical topics such as cancer risk factors, preventive measures, and the importance of lifestyle changes in reducing the risk of breast cancer. The session also emphasized the need for regular health check-ups and self-examinations to ensure early detection, which significantly increases the chances of recovery.

The program witnessed enthusiastic participation from students, faculty members, and the general public. Attendees actively engaged in discussions and raised several pertinent questions regarding breast cancer diagnosis, treatment options, and preventive healthcare measures. Informational pamphlets and brochures were distributed to further reinforce the knowledge shared during the session.

The event concluded with a vote of thanks, acknowledging the efforts of the NSS volunteers, CIGI Thrissur Chapter, and Wellness Foundation in organising and supporting the event.



This awareness program successfully met its objective of educating the participants on the critical subject of breast cancer and empowering them with preventive knowledge and practical tools for early detection.



ഒക്ടോബർ: സ്മതനാർബുദ ബോധവൽക്കരണ മാസം വെൽനെസ്സ് ഫൗണ്ടേഷൻ പിക് ക്യാമ്പയിൻ 2024

ലോക സ്മതനാർബുദ ബോധവൽക്കരണ മാസത്തിൽ കൊടുങ്ങല്ലൂർ MES അസ്മാബി കോളേജ് NSS (53 & 55) യൂണിറ്റും സിബി തൃശ്ശൂർ ചാപ്റ്ററും തൃശ്ശൂർ വെൽനെസ്സ് ഫൗണ്ടേഷനും സംയുക്തമായി സംഘടിപ്പിക്കുന്ന സ്മതനാർബുദ പ്രതിരോധ പരിശീലന ക്യാമ്പ്

സ്മതനാർബുദം: അറിയാം, പ്രതിരോധിക്കാം

സ്മതനാർബുദം, സ്മതനാർബുദ സാമൂഹികൾ, കാരണങ്ങൾ, ലക്ഷണങ്ങൾ, പുരുഷ സ്മതനാർബുദം, ഘട്ടങ്ങൾ, പരിശോധനകൾ, ചികിത്സകൾ, പ്രതിരോധ നടപടികൾ

2024 ഒക്ടോബർ 22 ചൊവ്വഴ്ച രാവിലെ 9.30, ന്യൂ സെമിനാർ ഹാൾ, അസ്മാബി കോളേജ്



ഉദ്ഘാടനം:
ഡോ: നിന മുഹമ്മദ് പി.എം
പ്രിൻസിപ്പൽ, അസ്മാബി കോളേജ്



പരിശീലന നേതൃത്വം:
പുരുഷൻ ചെറുതുരുത്തി
വെൽനെസ്സ് ഫൗണ്ടേഷൻ, തൃശ്ശൂർ

MES ASMABI COLLEGE CIGI THRISSUR CHAPTER Wellness Foundation

Report on *Mass Clean-Up Drive*

Date: 1st November 2024

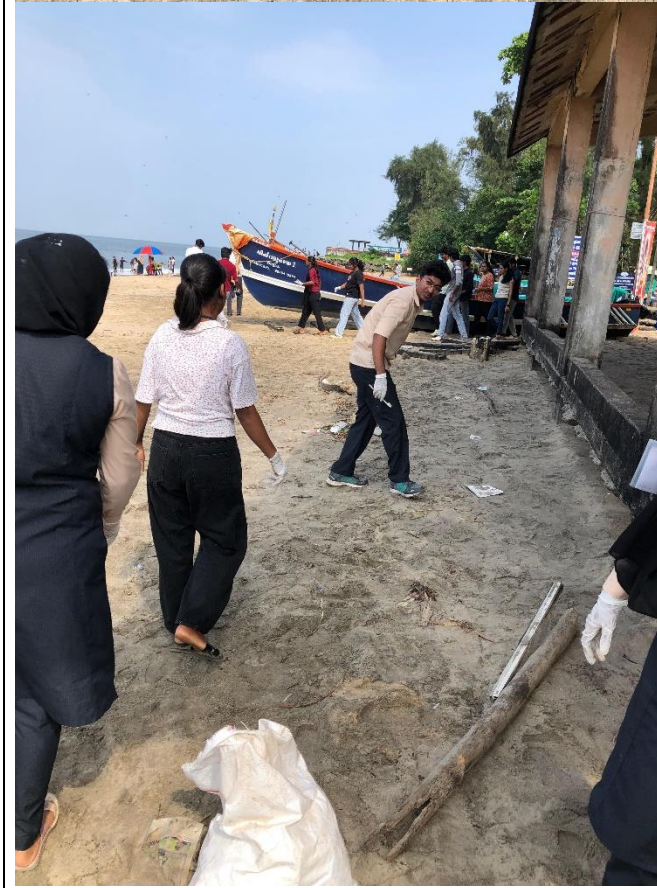
Organised by: Thrissur Tourism Club in association with the District Tourism Promotion Council (DTPC)

Venue: Snehatheeram Beach, Thriprayar

Participants: NSS Units 53 & 95, MES Asmabi College, along with students from various campuses in Thrissur District

In celebration of Keralapiravi, a *Mass Clean-Up Drive* was conducted on 1st November 2024, spearheaded by the Thrissur Tourism Club in association with the District Tourism Promotion Council (DTPC). The event took place at Snehatheeram Beach in Thriprayar, to enhance the cleanliness and beauty of this popular tourist spot. NSS volunteers from Units 53 and 95 of MES Asmabi College actively participated in this initiative, alongside student volunteers from various institutions across the district. The *Mass Clean-Up Drive* was organized not only to celebrate Keralapiravi but also to promote environmental consciousness and responsible tourism. The drive served as a reminder of Kerala's heritage and the importance of protecting its unique landscapes for future generations.







Thrissur Tourism Club
In Association With
District Tourism Promotion Council
Thrissur



കേരളപ്പുറവിയോടനുബന്ധിച്ച് തൃശ്ശൂർ ടൂറിസം ക്ലബ്ബും തൃശ്ശൂർ ജില്ല ടൂറിസം പ്രൊമോഷൻ കൗൺസിലും സംയോജിച്ച് സ്നേഹതീരം ബീച്ചിൽ മാസ്റ്റ് ക്ലീൻ അപ്പ് ഡ്രൈവ് ക്യാമ്പയിൻ സംഘടിപ്പിച്ചു. നാട്ടിക MLA C മുകുന്ദൻ ഉദ്ഘാടനം നിർവഹിച്ച ക്യാമ്പയിനിൽ DTPC സെക്രട്ടറി വിജയ് രാജ്, തൃശ്ശൂർ ടൂറിസം ക്ലബ്ബ് കോർഡിനേറ്റർ ഹരിനന്ദൻ പി. എ എന്നിവർ സംസാരിച്ചു. തൃശ്ശൂർ ജില്ലയിലെ ക്രൈസ്റ്റ് കോളേജ്, എം.ഇ.എസ് അസ്സാബി, കെ കെ ടി എം, പ്രാജോതി നീകേതൻ, നൈപുണ്യ ഇൻസ്റ്റിറ്റ്യൂട്ട്, മദർ ആർച്ച്സ് & സയൻസ്, ശ്രീകൃഷ്ണ തുടങ്ങിയ ക്യാമ്പസുകളിലെ വിദ്യാർത്ഥികൾ ശുചീകരണ പ്രവർത്തനത്തിൽ പങ്കെടുക്കുകയും അവർക്കുള്ള സർട്ടിഫിക്കറ്റുകൾ MLA യും ഡിടിപിസി സെക്രട്ടറിയും ചേർന്ന് കൈമാറുകയും ചെയ്തു.



സ്നേഹതീരത്ത് ശുചീകരണ ദൗത്യവുമായി വിദ്യാർത്ഥികൾ



തളിക്കുളം സ്നേഹതീരത്ത് നടന്ന ശുചീകരണദൗത്യം സി.സി. മുകുന്ദൻ എം.എൽ.എ. ഉദ്ഘാടനം ചെയ്യുന്നു

തളിക്കുളം ജില്ലാ ടൂറിസം പ്രൊമോഷൻ കൗൺസിലിന്റെയും ടൂറിസം ക്ലബ്ബിന്റെയും നേതൃത്വത്തിൽ വിവിധ കാമ്പസുകളിലെ വിദ്യാർത്ഥികൾ സ്നേഹതീരം ശുചീകരിച്ചു. സ്നേഹതീരം ബീച്ച് പാർക്കിൽ നടന്ന പരിപാടി സി.സി. മുകുന്ദൻ എം.എൽ.എ. ഉദ്ഘാടനം ചെയ്തു.

ജില്ലാ ടൂറിസം പ്രൊമോഷൻ കൗൺസിൽ സെക്രട്ടറി വിജയ് രാജ്, തൃശ്ശൂർ ടൂറിസം ക്ലബ്ബ് കോ

-ഓർഡിനേറ്റർ ടി.എ. ഹരിനന്ദൻ എന്നിവർ പ്രസംഗിച്ചു. ക്രൈസ്റ്റ്, എം.ഇ.എസ്. അസ്സാബി, കെ.കെ.ടി.എം., പ്രാജോതിനീകേതൻ, നൈപുണ്യ ഇൻസ്റ്റിറ്റ്യൂട്ട്, മദർ ആർച്ച്സ് ആൻഡ് സയൻസ്, ശ്രീകൃഷ്ണ തുടങ്ങിയ കാമ്പസുകളിലെ വിദ്യാർത്ഥികൾ പങ്കെടുത്തു. വിദ്യാർത്ഥികൾക്കുള്ള സർട്ടിഫിക്കറ്റുകൾ എം.എൽ.എ.യും ഡി.ടി.പി.സി. സെക്രട്ടറിയും ചേർന്ന് കൈമാറി.

Report on Deepavali Palliative Care Visit

Date: 2nd November 2024

Organised by: NSS Units 53 & 95, MES Asmabi College, P. Vemballur

Venue: Family Health Centre, P. Vemballur (Home Visits)

In celebration of Deepavali, NSS volunteers from Units 53 and 95 of MES Asmabi College, P. Vemballur, organised a compassionate outreach programme on 2nd November 2024. As part of this initiative, volunteers visited six homes of palliative care patients associated with the Family Health Centre, P. Vemballur, spreading festive cheer and support to those in need.



Inauguration of the Palliative Club

Date: 12th November 2024

Time: 9:30 AM

Venue: New Seminar Hall, MES Asmabi College, P. Vemballur

Organized by: NSS Units 53 & 95, MES Asmabi College

On 12th November 2024, the inauguration ceremony of the *Palliative Club* was held in the New Seminar Hall of MES Asmabi College, P. Vemballur. The event, organized by the NSS Units 53 & 95, aimed at establishing a support network within the college to promote palliative care awareness and community involvement among students.

Inauguration Ceremony:

The programme commenced at 9:30 AM with an inspiring inaugural address by **Dr. Reena Mohammed**, Principal of MES Asmabi College, who officially launched the Palliative Club. In her speech, Dr. Reena highlighted the significance of palliative care in society and encouraged students to take active roles in compassionate community service.

The chief guest for the event was **Sri K M Akbar Ali**, a dedicated palliative volunteer trainer. His presence added immense value to the programme, as he shared insights from his experiences in the field, inspiring students to engage in meaningful service.

Training Sessions for NSS Volunteers:

Following the inauguration, a special session was conducted for the NSS Volunteers of Unit 53, where they received practical knowledge and guidance on how they could contribute effectively to palliative care initiatives. Sri K M Akbar Ali then conducted a separate session for the volunteers of Unit 95, where he emphasized the importance of empathy, communication, and support for palliative care patients and their families. His sessions were interactive, providing volunteers with both motivation and practical skills to apply in future palliative care activities.

Outcome:

The inauguration and training sessions were well-received by the volunteers, who expressed enthusiasm for the club's objectives. The event marked a meaningful step towards fostering a compassionate, service-oriented mindset among the students, in alignment with the principles of the National Service Scheme (NSS).



MES ASMABI COLLEGE NATIONAL SERVICE SCHEME

Unit 53 & 95

PALLIATIVE CLUB

Inauguration

NOVEMBER 12 2024
TUESDAY
09:30 AM
NEW SEMINAR HALL

Inauguration



Dr. Reena Mohammed
PRINCIPAL
MES ASMABI COLLEGE

Chief Guest



Sri. KM Akbar Ali
PALLIATIVE
VOLUNTEER TRAINER



Report on Children's Day Celebration

Date: 14th November 2024

Venue: Govt. LP School, P. Vemballur

Organised by: NSS Units 53 & 95, MES Asmabi College

On 14th November 2024, in celebration of Children's Day, NSS Units 53 & 95 of MES Asmabi College organised a joyful programme at Govt. LP School, P. Vemballur. The event was held to honour and engage with the young students, making the day memorable for them.

The event emphasised the importance of nurturing young minds and fostering a spirit of joy and community among the students. The programme was a meaningful opportunity for the NSS volunteers to connect with the younger generation and positively contribute to the community. The enthusiasm of the students and volunteers alike made the event a great success.





Mizhivu 2024: Nature Study Camp

Dates: 14th & 15th November 2024

Venue: Vazhachal

Organized by: NSS Units 53 & 95, MES Asmabi College

Occasion: Janajatiya Gaurav Diwas 2024

As part of the celebrations for *Janajatiya Gaurav Diwas 2024*, NSS Units 53 & 95 of MES Asmabi College conducted a two-day nature study camp titled *Mizhivu 2024* at Vazhachal on November 14th and 15th, 2024. The camp aimed to provide participants with an immersive experience in exploring the natural environment and understanding the lives of the tribal communities in the region, particularly the **Kadar Community**.

The programme successfully instilled a deeper appreciation for nature and the tribal heritage among the participants. It was a step forward in sensitising young minds to the interconnectedness of humanity and the environment, promoting a harmonious coexistence.





MES ASMABI COLLEGE, P. VEMBALLUR
NSS UNITS 53 & 95

DATE : 20 November 2024

TIME : 1:30PM to 3:30PM

TOPIC : Emergency Life Support Training

VENUE : College auditorium

The National Service Scheme (NSS) unit of MES Asmabi College, in collaboration with the Indian Medical Association (IMA) Kodungallur, successfully organized an Emergency Life Support (ELS) Training Program on 20th November 2024. The primary objective of the program was to equip participants with essential first-aid skills that could save lives during emergencies.

The event was inaugurated by Dr. Reena Mohamed P M, Principal of MES Asmabi College, who emphasized the importance of first-aid knowledge and its practical application in real-life scenarios.



Dr. Ajay P G, an Anesthesiologist at AR Hospital, Kodungallur, conducted the training session. He provided a comprehensive overview of emergency life support, including the importance of timely first aid in saving lives, practical demonstrations of critical techniques, and guidance on managing medical emergencies effectively. The session was interactive, with participants gaining hands-on experience and learning to act confidently in life-threatening situations.






This program was initiated with the aim of providing participants with the knowledge and skills necessary to perform life-saving techniques during emergencies. A significant focus was placed on the practical application of first-aid measures to enhance confidence and readiness in handling critical situations.

The program was a resounding success, with positive feedback from all attendees. It not only equipped the participants with essential life-saving skills but also promoted awareness about the critical role individuals can play in emergencies.

The NSS unit plans to conduct follow-up sessions and extend similar training to other sections of the college and the local community to create a larger impact.




MES ASMABI COLLEGE
NATIONAL SERVICE SCHEME
In association with
IMA KODUNGALLUR




EMERGENCY LIFE SUPPORT TRAINING(ELS)


- In some cases the first aid we do can save someone's life.
- Practical learning about this is obtained through ELS training



20 NOVEMBER 2024




1:30 PM to 3:30 PM



COLLEGE AUDITORIUM

Inauguration:
Dr. Reena Mohamed P M
Principal
Mes Asmabi college

Training lead by:
Dr. Ajay P G
Anesthesiologist
AR Hospital,Kodungallur



Constitution Day Programme

Date: 26th November 2024

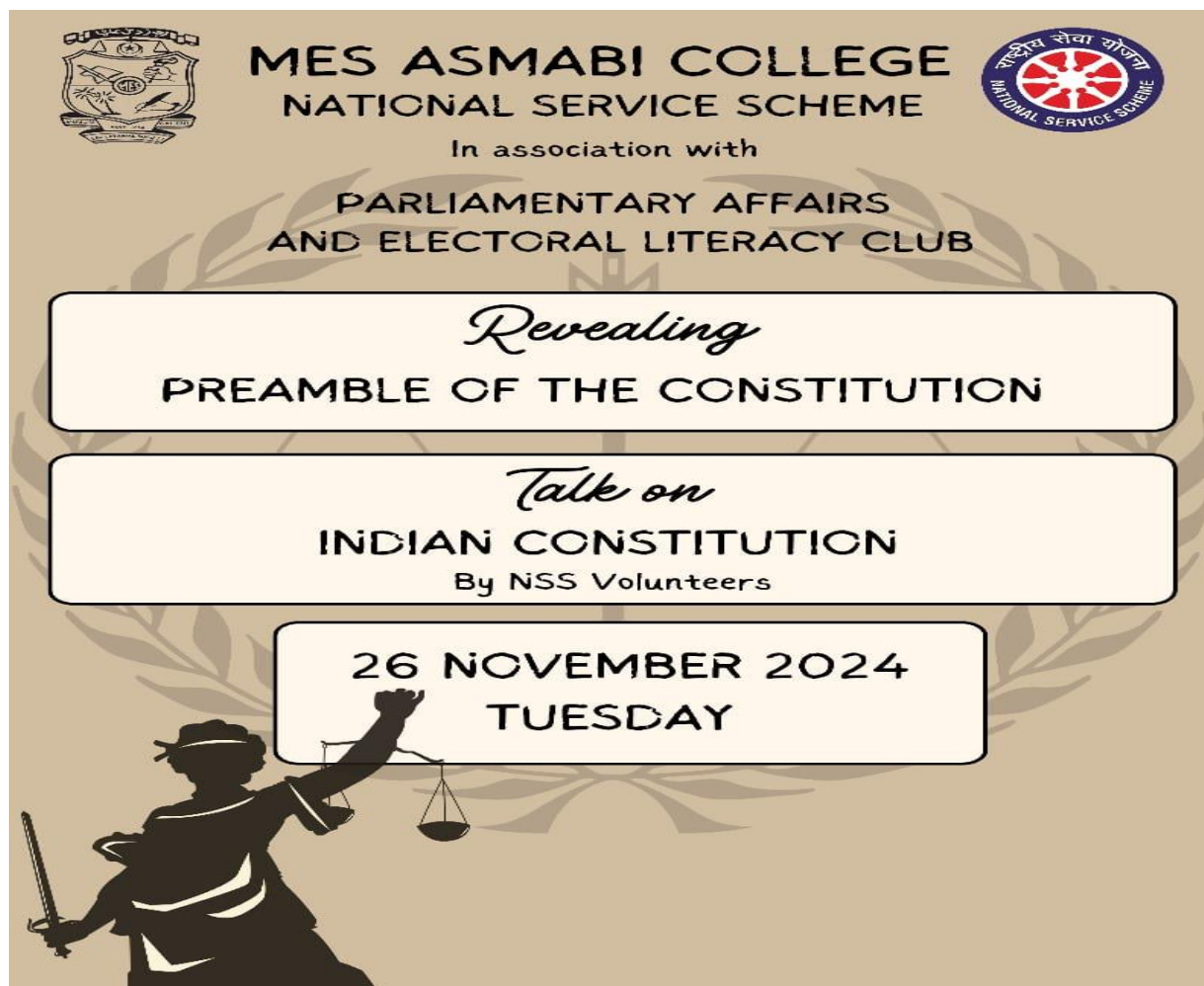
Venue: MES Asmabi College

Organised by: NSS Units 53 & 95, in association with the Parliamentary Affairs and Electoral Literacy Club

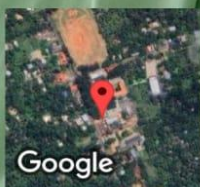
On 26th November 2024, MES Asmabi College commemorated **Constitution Day** with a series of meaningful events organised by the NSS Units 53 & 95, in collaboration with the **Parliamentary Affairs and Electoral Literacy Club**.

The programme commenced with the **Revealing of the Preamble of the Constitution**, emphasizing the core values enshrined in the Indian Constitution. This was followed by an insightful **Talk on the Indian Constitution** delivered by NSS volunteers, who highlighted its significance, fundamental rights, and duties.

The event aimed to instil constitutional awareness and reinforce the importance of democratic values among students. The active participation of the students and NSS volunteers ensured that the programme was both engaging and educational.



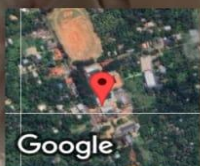
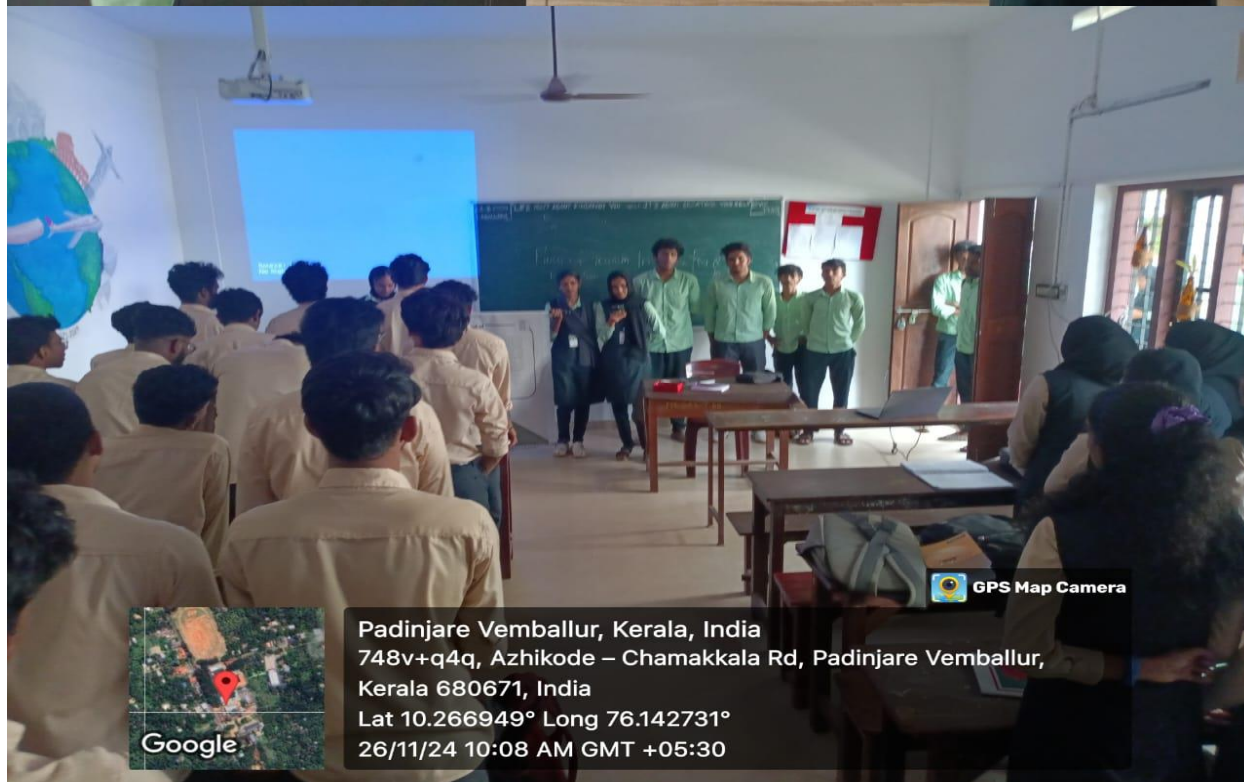




Google

Padinjare Vemballur, Kerala, India
748v+p2p, Padinjare Vemballur, Kerala 680671, India
Lat 10.266894° Long 76.142606°
26/11/24 10:25 AM GMT +05:30

GPS Map Camera



Google

Padinjare Vemballur, Kerala, India
748v+q4q, Azhikode – Chamakkala Rd, Padinjare Vemballur,
Kerala 680671, India
Lat 10.266949° Long 76.142731°
26/11/24 10:08 AM GMT +05:30

GPS Map Camera



Christmas celebration Report

1. Name of Institution : MES ASMABI COLLEGE, P. VEMBALLUR
2. Name of NSS Unit : 53 & 95
3. Program Officer's Name: Dr Sefiya K. M , Dr.Basheer P. T
4. Duration of Program : 11:00 TO 1:30

Activity Details

5. Date of Activity : 18/12/2024
6. Type of Activity : Christmas Celebration
7. Location of Activity : Special Buds Schools, Eriyad
8. Number of Participants : 12
9. Brief Description of Activity :

We, the NSS volunteers, organized a Christmas celebration at Special Buds Schools, Eriyad. The event was attended by students from 7 to 17 years old, affected by ADHD, Autism, and other special needs. We spent time with the students, engaging in fun activities, distributing gifts, and spreading joy. By the end of the program, some of the volunteers shared their experience and a vote of thanks was extended. Additionally, the school faculty, including Sir Sreejith and others, shared their experience and expressed their gratitude towards the NSS volunteers for providing a memorable experience for the children.

Achievements and Impact

10. Objectives Achieved :

- Organized a successful Christmas celebration for special needs students.
- Provided emotional support and companionship to the students
- Distributed gifts and essentials to the students.

11. Impact on Community :

The event brought joy and happiness to the students and staff of Special Buds Schools. It also raised awareness about the importance of inclusivity and social responsibility among the NSS volunteers and the community.

12. Challenges Faced :

- Limited resources and time constraints.
- Coordinating with the school administration and ensuring the safety and well-being of the students
- Managing the emotional and psychological needs of the students.



മുന്നാം ദിവസം : 22.12.2024 ഞായർ

- 5.00 am : ഉണർക്കുപാട്ട്
- 6.00 am : യോഗ
- 7.00 am : അസംബ്ലി
- 10.00 am : യുവജാഗരഭൻ പ്രോഗ്രാം
- “മാന്യരുടെ മനസ്സിലാക്കുവാനായിട്ടുള്ള ഒരു വീഡിയോ”
- ശ്രീ. ലത്തീഫ് പേരേണി
(അതിപ്രാഥമിക, എം.ഇ.എസ്. അസംബ്ലി കോളേജ്)
- “പ്ലാറ്റ്ഫോം”
ലാൽവിദ്യയ ബോധവൽക്കരണ പ്രോഗ്രാം
- അഴീക്കോട് ബീച്ച്
- കലാപരിപാടികൾ
- അത്യാഹി
- കുറവ് അലോകനം

നാലാം ദിവസം : 23.12.2024 തിങ്കൾ

- 5.00 am : ഉണർക്കുപാട്ട്
- 6.00 am : യോഗ
- 7.00 am : അസംബ്ലി
- 10.00 am : സെമിനാർ
- “ഭാരതനിവാസം-
ലക്ഷ്യകരണവും കർമ്മപരിപാടിയും”
(വനമിത്ര അവാർഡ് ജേതാവ്,
നീതാഴ്വര പബ്ലിഷിംഗ്, കിര)
- “സൂര്യതം”
വയോജന സാമ്പത്തിക സാധനം
- കലാപരിപാടികൾ
- അത്യാഹി
- കുറവ് അലോകനം

അഞ്ചാം ദിവസം : 24.12.2024 ചൊവ്വ

- 5.00 am : ഉണർക്കുപാട്ട്
- 6.00 am : യോഗ
- 7.00 am : അസംബ്ലി

10.00 am

- സെമിനാർ
- “സ്ത്രീ-പുരുഷ സമത്വം
എന്തിന്, എങ്ങനെ”
- ഡോ. ഷീബ. എൻ.എച്ച്.
(അന്യോ, പ്രൊഫ. റിട്ടയേർഡ്
എം.ഇ.എസ്. അസംബ്ലി കോളേജ്,
മുൻ എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർ)
- “ഡിജിറ്റൽ ലിറ്ററസി ട്രെയിനിംഗ്”
തെരഞ്ഞെടുക്കപ്പെട്ട എൻ.എസ്.എസ്.
വളർച്ചയ്ക്കായി, എം.ഇ.എസ്. അസംബ്ലി
കോളേജ്, മെഡിക്കൽ ക്യാമ്പ്
- അവബോധ നോട്ടീസ് വിതരണം
- കലാപരിപാടികൾ
- അത്യാഹി
- കുറവ് അലോകനം

ആറാം ദിവസം : 25.12.2024 ബുധൻ

- 5.00 am : ഉണർക്കുപാട്ട്
- 6.00 am : യോഗ
- 7.00 am : അസംബ്ലി
- 10.00 am : “ജീവിതശൈലി രോഗനിർണ്ണയ ക്യാമ്പ്”
(By : IMA Kodungallur)
- ഡോ. നബി ബാനു സലീം
(Diabetologist & Foot Specialist)
- ഡോ. സുരേഷ് MBBS
എന്നിവർ പങ്കെടുക്കും

- ക്യാമ്പിൽ ഭക്ഷണമാർഗ്ഗം (BP) രക്തത്തിലുള്ള കൂമ്പർ
ലിപിഡ് പ്രൊഫൈൽ (Lipid Profile) എന്നിവ പരിശോധിക്കുന്നു.
- 3.00 pm : മാർത്തോമ്മാ മിഷൻ ക്ലബ്ബ് സന്ദർശനം
(ക്രിസ്തുമസ് ആഘോഷ പരിപാടികൾ)
- 8.00 pm : അത്യാഹി
- 9.00 pm : കുറവ് അലോകനം

ഏഴാം ദിവസം : 26.12.2024 വ്യാഴം

- 5.00 am : ഉണർക്കുപാട്ട്
- 6.00 am : യോഗ
- 7.00 am : അസംബ്ലി
- 9.00 am : സമാപന സമ്മേളനം
- 12.30 pm : കുറവ് വിടവാങ്ങൽ
ഭരണീയനാമം



എം.ഇ.എസ്. അസംബ്ലി കോളേജ്
പി. വെമ്പല്ലൂർ, കൊടുങ്ങല്ലൂർ



നാഷണൽ സർവീസ് സർക്കിൾ

സമാവേശം

സ്വതന്ത്ര സമാവേശ ക്യാമ്പ്

“സുസ്ഥിര വികസനത്തിനായി
എൻ.എസ്.എസ്. യുവത്വം”

2024 ഡിസംബർ
20 മുതൽ 26 വരെ

സിതിസാഹിബ് മെമ്മോറിയൽ ഹൈസ്കൂൾ
അഴീക്കോട്

പ്രിയസ്നേഹിതരേ,

എം.ഇ.എസ്. അസംബി കോളേജ് നാഷണൽ സർവ്വീസ് സ്കീം യൂണിറ്റുകളുടെ ആഭിമുഖ്യത്തിൽ ഈ വർഷത്തെ സപ്തദിന സഹവാസ ക്യാമ്പ് “സമന്വയം” 2024 ഡിസംബർ 20 മുതൽ 26 വരെ അഴീക്കോട്, സീതിസാഹിബ് മെമ്മോറിയൽ ഹൈസ്കൂളിൽ വെച്ച് നടക്കുന്ന വിവരം സന്തോഷപൂർവ്വം അറിയിക്കട്ടെ.

‘സുസ്ഥിര വികസനത്തിനായി എൻ.എസ്.എസ്. യുവത്വം’ എന്നതാണ് ഈ വർഷത്തെ നമ്മുടെ ആശയം. സുസ്ഥിര വികസനം എന്നത് ഇന്നത്തെ കാലഘട്ടത്തിൽ ഏറ്റവും പ്രാധാന്യമർന്ന വിഷയങ്ങളിലൊന്നാണ്. ഭൂമിയുടെ പരിസ്ഥിതി ബാലൻസ് നിലനിർത്തി ഭാവിയുടെ പരിസ്ഥിതി ബാലൻസ് തലമുറയ്ക്കും സമഗ്രമായ വളർച്ച ഉറപ്പാക്കുകയെന്നതാണ് സുസ്ഥിര വികസനത്തിന്റെ ലക്ഷ്യം. ഈ ലക്ഷ്യം സാധ്യമാക്കുന്നതിൽ യുവാക്കളുടെ പങ്ക് വലുതാണ്. ഈ പ്രവർത്തനങ്ങൾ ഭാവിയെ മുന്നോട്ട് കൊണ്ടുവരാനും സമത്വപരമായ ലോകം സൃഷ്ടിക്കുവാനുള്ള കരുത്തായി മാറും. സുസ്ഥിര വികസന ലക്ഷ്യങ്ങൾ സാക്ഷാത്കരിക്കുന്നതിൽ എൻ.എസ്.എസ്. യുവത്വം ഈ കാൽവെയ്പ്പുകൾ വളരെയധികം പ്രചോദനകരമാണ്. അതിനുവേണ്ടി നമുക്കൊരു കൂട്ടായ പ്രയത്നം നടത്താം.

എന്ന്, സ്നേഹപൂർവ്വം

ഡോ. റീന മുഹമ്മദ്
(പ്രിൻസിപ്പൽ,
എം.ഇ.എസ്. അസംബി കോളേജ്) (പ്രോഗ്രാം ഓഫീസർമാർ)

മുഹമ്മദ് ആദിൽ & റോഷിനി

(സെക്രട്ടറിമാർ, MES അസംബി കോളേജ്)

അമീൻ & അമീന

(ജോ. സെക്രട്ടറിമാർ, MES അസംബി കോളേജ്)

ഒന്നാം ദിവസം : 20.12.2024 വെള്ളി

- 4.30 pm : വിളംബരഛായ
- 5.30 pm : ക്യാമ്പ് രൂപം
- 6.30 pm : സെമിനാർ
- “നല്ല ശീലങ്ങളും, ലഹരിവ്യം-നിലങ്ങളും”
- : **ശ്രീ. ജി.പി. പി.എം.**
(സിൽ എക്സൈസ് ഓഫീസർ, തൃശ്ശൂർ ഡിവിഷൻ, വിമുക്തി റിസോഴ്സ് പേഴ്സൺ)
- 7.30 pm : ഗ്രൂപ്പ് രൂപീകരണം
- 9.00 pm : അന്താഴ്വര

രണ്ടാം ദിവസം : 21.12.2024 ശനി

- 5.00 am : ഉണർച്ചപ്പാട്ട്
- 6.00 am : യോഗം
- 7.00 am : അനുബ്ധം
- 10.00 am : ക്യാമ്പ് ഉദ്ഘാടനം
- സ്ഥലം : സീതി സാഹിബ് ഹൈസ്കൂൾ
- സ്വാഗതം : **ഡോ. റീന മുഹമ്മദ്**
(പ്രിൻസിപ്പൽ, എം.ഇ.എസ്. അസംബി കോളേജ്)
- അദ്ധ്യക്ഷൻ : **ശ്രീ. കെ.പി. രാജൻ**
(പ്രസിഡൻ്റ്, എറിയാട് ഗ്രാമപഞ്ചായത്ത്)
- ഉദ്ഘാടകൻ : **ശ്രീ. ഇ.ടി. സൈമൺ മാസ്റ്റർ**
(ബഹു. എം.എൽ.എ., കൈപ്പമംഗലം)
- ക്യാമ്പ് വിശദീകരണം : **ഡോ. ബഷീർ. പി.ടി.**
(എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർ)
- ആശംസകൾ : **ശ്രീ. ആസ്തിൻ അഷറഫ്**
(ചെയർമാൻ, എം.ഇ.എസ്. അസംബി കോളേജ്)
- അദ്ധ്യ. നവ്വസ് കാട്ടകുന്ന് : **അദ്ധ്യ. നവ്വസ് കാട്ടകുന്ന്**
(സെക്രട്ടറി & കൺപോണ്ടൻ്റ്, എം.ഇ.എസ്. അസംബി കോളേജ്)
- : **ശ്രീ. മുഷ്ത്താക്ക് മൊയ്തീൻ**
(ട്രഷറർ, എം.ഇ.എസ്. അസംബി കോളേജ്)
- : **ശ്രീ. പി.കെ. അസീം**
(വികസനകാര്യ സ്റ്റാൻ്റിംഗ് കമ്മിറ്റി ചെയർമാൻ)

- : **ശ്രീ. നജ്മൽ സക്കീർ**
(വിദ്യാഭ്യാസ സ്റ്റാൻ്റിംഗ് കമ്മിറ്റി ചെയർമാൻ)
- : **ശ്രീമതി പ്രസന്ന റാഫി** (വാർഡ് മെമ്പർ)
- : **ശ്രീമതി ലൈല സേവ്യർ** (വാർഡ് മെമ്പർ)
- : **ശ്രീമതി. കെ.എ. സബീന**
(ഹെഡ് മിസ്ട്രസ്സ്, സീതിസാഹിബ് ഹൈസ്കൂൾ അഴീക്കോട്)
- : **ശ്രീ. കെ.എം. സാദത്ത്**
(പി.ടി.എ. പ്രസിഡൻ്റ്)
- : **ശ്രീ. സദുദ്ദീൻ**
(സുപ്രണ്ട്, എം.ഇ.എസ്. അസംബി കോളേജ്)
- : **ഡോ. കെ.പി. സുധേഷ്**
(ഡയറക്ടർ, സെൻ്റ് ഫിനാൻസ് എം.ഇ.എസ്. അസംബി കോളേജ്)
- : **ശ്രീ. പ്രദീപ് കുമാർ. എം.എസ്.**
(പി.ടി.എ. വൈസ് പ്രസിഡൻ്റ്, എം.ഇ.എസ്. അസംബി കോളേജ്)
- : **ശ്രീ. മുഹമ്മദ് ആദിൽ. കെ.വി.**
(സെക്രട്ടറി, എൻ.എസ്.എസ്.)
- : **ശ്രീമതി റോഷിനി**
(സെക്രട്ടറി, എൻ.എസ്.എസ്.)
- : **ഡോ. സൈഫിയ കെ.എം.**
(പ്രോഗ്രാം ഓഫീസർ)
- : **സെമിനാർ**
- : **“സുസ്ഥിര വികസനത്തിന് എൻ.എസ്.എസ്. ക്യാമ്പ്”**
- : **ഡോ. മിഥുൻ കെ.എസ്.**
(അസി. പ്രൊഫ. ശ്രീകൃഷ്ണ കോളേജ് ഗുരുവായൂർ)
- : **‘മാലിന്യമുക്തകേരളം’**
പദ്ധതിയുടെ ഭാഗമായി **അഴീക്കോട് ബീച്ച് ക്ലീനിംഗ്**
(‘സുസ്ഥിരകേരളം’ പദ്ധതിയോട് സമാന്വയിച്ച് തദ്ദേശീയതലത്തിൽ പ്രവർത്തിക്കുന്ന ഹരിതകർമ്മ സേനാഗണമുഖി ചേർന്ന് നടത്തുന്നു.)
- : **അന്താഴ്വര**
- : **ക്യാമ്പ് അവലോകനം**

നന്ദി
11.30 am
2.00 pm
8.00 pm
9.00 pm

Report: NSS Flag Hoisting and Proclamation March

Organized By: NSS Units 53 & 95, MES Asmabi College, P. Vemballur

Date: 20th December 2024

Time: 4:30 PM

Venue: Seethi Sahib Memorial High School, Azhikode

Duration of Camp: 20th to 26th December 2024

Objective of the Programme

The programme was organized to **hoist the NSS flag** and conduct a **proclamation march** to formally announce the beginning of the **Special NSS Camp**. The event aimed to engage the local community and mark the start of a week-long camp focusing on community development and volunteer service.

Programme Details

- **Flag Hoisting Ceremony:**

At **4:30 PM**, the NSS flag was ceremonially raised by **NSS Programme Officers, Dr. Sefiya K.M. and Dr. Basheer P.T.**

- The flag hoisting symbolized the ideals of the National Service Scheme and set a positive and spirited tone for the activities to follow during the camp.

- **Proclamation March:**

Following the flag hoisting, a **proclamation march** was conducted to announce the commencement of the NSS Camp.

- **Participants:**

The march was led by NSS volunteers from **Units 53 and 95**, MES Asmabi College.

- **Route:**

The procession passed through the school premises and nearby areas, with volunteers carrying banners and raising slogans highlighting the camp's objectives.

- **Purpose:**

The march aimed to inform the local community about the camp's beginning, encouraging their involvement and support for the planned activities.

- **Community Engagement:**

The proclamation march attracted the attention of local residents, fostering curiosity and enthusiasm for the camp.



Report on Yoga and Morning Assembly Programme

Organized by: NSS Units 53 & 95, MES Asmabi College

Dates: 21st December 2024 to 26th December 2024

Venue: NSS Special Camping Program Camp Site, Seethi Sahib Memorial High School, Azhikode

Introduction

As part of the NSS Special Camping Program (December 20–26) organized by NSS Units 53 & 95 of MES Asmabi College, a daily **Yoga and Morning Assembly Programme** was conducted from 21st to 26th December 2024. The initiative aimed to promote physical and mental well-being among the volunteers and to instill a sense of discipline and unity at the start of each day.

Programme Overview

1. **Yoga Sessions:** Each day began with a yoga session at 6:00 a.m., led by volunteers proficient in yoga. These volunteers took turns to serve as yoga instructors, fostering a spirit of mutual learning and leadership. The sessions included a variety of asanas (postures), pranayama (breathing techniques), and short meditation practices to energize the body and calm the mind.

The inclusion of yoga as a daily activity underscored its importance in enhancing physical health, flexibility, and mindfulness. The volunteers actively participated, appreciating the positive start it gave to their day.

2. **Morning Assembly:** Following the yoga session, a morning assembly was held at 7:00 a.m. The assembly served as a platform for volunteers to gather, recite the NSS pledge, and share motivational thoughts. It also included important announcements for the day and short reflections on the ongoing camp activities.

The assembly was conducted in a structured manner, emphasizing punctuality, teamwork, and effective communication. Each day, different groups of volunteers were assigned responsibilities for organizing and leading the assembly, which helped them develop coordination skills and accountability.

The Yoga and Morning Assembly Programme proved to be a meaningful addition to the NSS Special Camping Program. By prioritizing physical and mental well-being, the initiative empowered the volunteers to embrace a healthier lifestyle and approach their responsibilities with renewed energy and focus.

The success of the programme highlights the importance of integrating wellness practices into community service activities. The NSS Units 53 & 95 remain committed to promoting holistic development among volunteers through such initiatives.



Azhikode, Kerala, India



Google

Azhikode, Kerala, India
55vc+pp6, Azhicode Puthanpalli Beach Rd, Kappal Bazar,
Azhikode, Kerala 680666, India
Lat 10.19412° Long 76.171978°
25/12/24 07:21 AM GMT +05:30





Report on Awareness Class: "No More Drugs"

Programme Title: NSS Special Camping Programme - Awareness Session on Drug Abuse

Venue: Seethi Sahib Memorial High School, Azhikode

Organized By: NSS Units 95 & 53, MES Asmabi College

Date: 20th December 2024

Time: 6:30 PM

As part of the NSS Special Camping Programme from December 20th to 26th, an awareness session titled "**No More Drugs**" was conducted to address the critical issue of substance abuse. The program aimed to educate participants on the dangers of drug addiction and the importance of leading a drug-free life.

Details of the Session

- **Resource Person:**

- **Mr. Jadheer P.M.**

- **Designation:** Civil Excise Officer, Thrissur Division

- **Role:** Vimukthi Resource Person

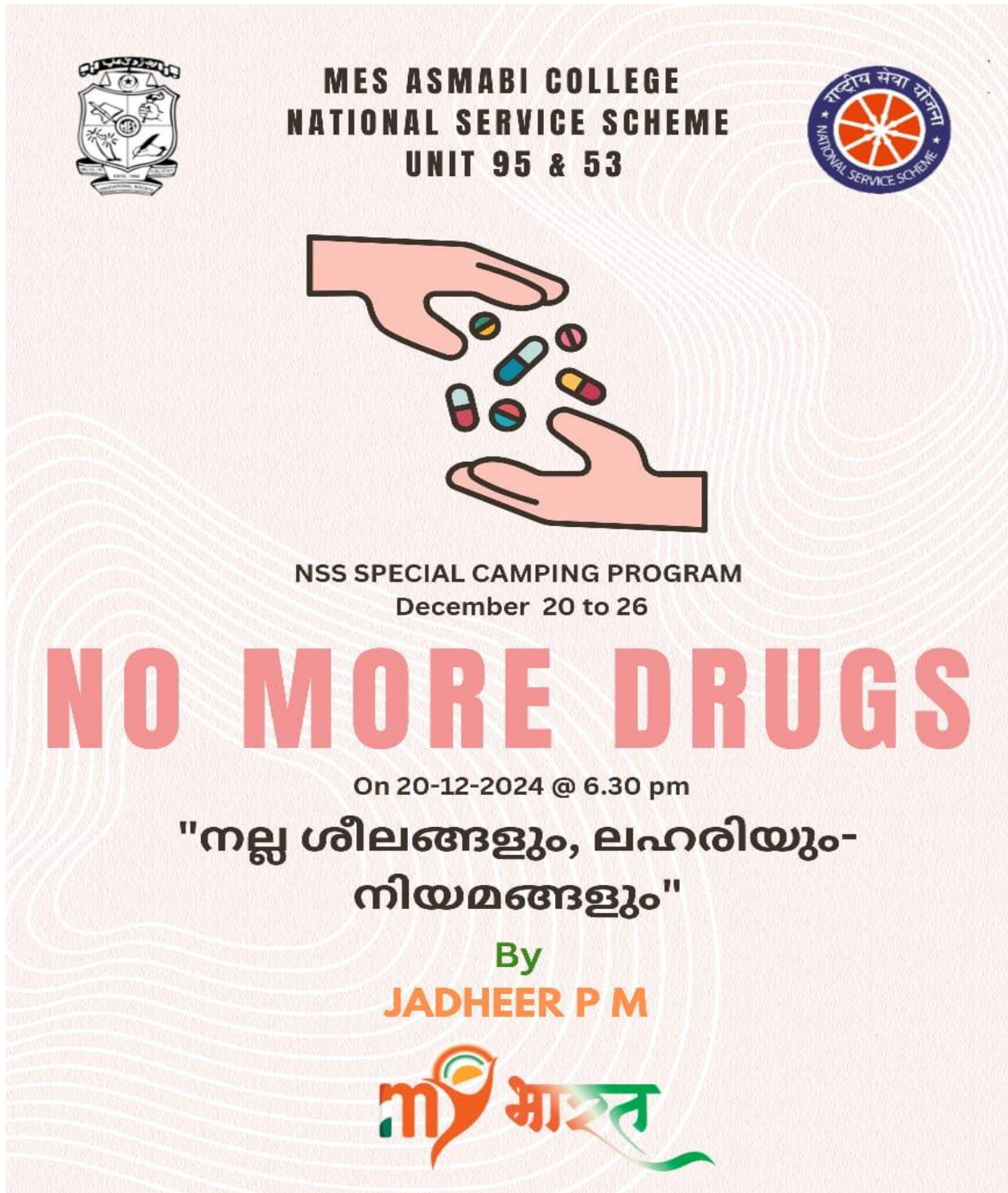
Mr. Jadheer, with his extensive experience in combating drug abuse, delivered an impactful session that highlighted the psychological, social, and legal implications of drug addiction.

- **Session Highlights:**

- **Nature and Impact of Substance Abuse:** Mr. Jadheer explained how substance abuse affects individuals, families, and society. He emphasized the physiological and psychological damages caused by narcotics.
 - **Preventive Strategies:** The session provided valuable insights into early identification of substance abuse and strategies to prevent it. Mr. Jadheer discussed the importance of self-discipline, peer influence, and community support in resisting drug use.
 - **Legal Framework:** The audience was educated about the legal consequences of drug trafficking and possession under the Narcotic Drugs and Psychotropic Substances Act.
 - **Role of Youth in Combating Drug Abuse:** The speaker encouraged NSS volunteers to take an active role in spreading awareness and promoting a drug-free community.
 - **Interactive Session:** A Q&A session allowed participants to clarify their doubts and share their perspectives, making the session highly engaging.

Impact of the Session:

The awareness class received an enthusiastic response from NSS volunteers, who appreciated the detailed and practical approach of the resource person. The session fostered a sense of responsibility among attendees to combat drug abuse and promote healthier lifestyles in their communities.







Report: Inauguration of Seven-Day Special NSS Camping Programme

Organized By: NSS Units 53 & 95, MES Asmabi College, P. Vemballur

Date of Inauguration: 21st December 2024

Venue: Seethi Sahib Memorial High School, Azhikode

Objective of the Programme

The inauguration ceremony formally marked the beginning of the **Seven-Day Special NSS Camp**, aimed at fostering community engagement, volunteerism, and the holistic development of NSS volunteers. The event brought together volunteers, community representatives, and college management to inspire and set the vision for the camp.

Programme Details

- **Welcome Address:** The programme began with a **welcome address** by **Dr. Reena Mohamed P.M.**, Principal in charge of MES Asmabi College, who greeted the gathering and highlighted the significance of the NSS initiative in contributing to community welfare.
- **Presidential Address:** **K.P. Rajan**, President of Eriyad Grama Panchayath, presided over the function. He praised the enthusiasm of the volunteers and emphasized the vital role of NSS in driving positive social change.
- **Inauguration:** The function was officially inaugurated by **E.T. Tyson Master**, MLA of Kaipamangalam.
 - In his inaugural address, he underscored the importance of youth participation in solving local and national challenges, commending the NSS for their commitment to community service.
- **Agenda Presentation:** **Dr. Basheer P.T.**, NSS Programme Officer, described the **agenda for the camp**, outlining the week-long activities planned, which included awareness campaigns, community development projects, health initiatives, and cultural events. His detailed presentation motivated volunteers and set clear expectations for their roles in the camp.
- **Vote of Thanks:** The ceremony concluded with a heartfelt **vote of thanks** delivered by **Dr. Sefiya K.M.**, another NSS Programme Officer. She expressed gratitude to the dignitaries, guests, volunteers, and organizing team for their contributions to making the inauguration a grand success.

Guests and Participants:

The event saw the participation of several notable guests representing the **local community** and **college management**, who acknowledged the importance of such initiatives. Their presence highlighted the collaborative spirit essential for the camp's success.





Seminar on "Youth for Sustainable Development"

Date: 21 December 2024

Time: 11:30 AM

Venue: Seethi Sahib Memorial High School, Azhikode

As part of the **NSS Special Camping Program (December 20–26)** organized by **NSS Units 95 & 53** of MES Asmabi College, a “Youth for Sustainable Development” seminar was conducted on 21 December 2024 at 11:30 AM.

The session resource person was Dr. Midhun K S, Assistant Professor at Sree Krishna College, Guruvayoor. With his profound academic background and expertise in sustainability studies, Dr. Midhun provided valuable insights into the pivotal role of youth in achieving sustainable development goals (SDGs).

Key highlights of the session included:

- Understanding sustainable development and its relevance in today's world.
- The active role of youth in tackling climate change, conserving resources, and promoting social equity.
- Practical initiatives for individuals and communities to foster environmental stewardship and sustainable practices.

Dr. Midhun K S emphasized that young people are the agents of change who can shape the future through innovative ideas and community-level interventions. He inspired the NSS volunteers to take a proactive stance on sustainability challenges and to work collectively for a greener, more equitable world.

The interactive segment of the session allowed participants to discuss practical ways to integrate sustainability into their daily lives. Dr. Midhun encouraged them to lead by example and raise awareness among peers and family members about the significance of sustainable living.



**MES ASMABI COLLEGE
NATIONAL SERVICE SCHEME
UNIT 95 & 53**

*NSS SPECIAL CAMPING PROGRAM
December 20 to 26*



YOUTH FOR SUSTAINABLE DEVELOPMENT

**BY
DR. MIDHUN K S**

*On 21-12-2024
@ 11:30 am*





Report: Azhikkode Muzris Beach Clean-Up Drive

Organized By: NSS Units 53 & 95, MES Asmabi College, P. Vemballur

Date: 21st December 2024

Time: 2:00 PM onwards

Venue: Azhikkode Muzris Beach

Part of: Special NSS Camp (20th to 26th December 2024)

Objective of the Programme

The Azhikkode Beach Clean-Up Drive was conducted as part of the **Special NSS Camp**, under the **Harithakarmasena** initiative of the **Sukrutha Kerala Scheme** and in alignment with the goals of **Malinyamuktha Keralam**. The programme aimed to:

- Promote environmental awareness among NSS volunteers and the local community.
- Advocate for a cleaner and pollution-free coastal ecosystem.
- Foster community participation in maintaining public spaces.

Programme Details

- **Clean-Up Drive Activities:**

The NSS volunteers participated in a hands-on effort to remove waste and litter from Azhikkode Beach.

- Focus was given to collecting **plastic waste, non-biodegradable materials, and other debris** polluting the beach.
- Volunteers used eco-friendly tools and biodegradable waste bags to ensure environmentally safe practices.

- **Participants:**

- NSS volunteers from Units 53 & 95 of MES Asmabi College actively took part in the drive.

- **Partnerships:**

- The event was conducted in collaboration with **Harithakarmasena**, a key organization driving environmental sustainability under the **Sukrutha Kerala Scheme**.

Azhikkode Beach Clean Up

21.12.2024 | START FROM 02:00 PM



IN ASSOCIATION WITH HARITHAKARMASENA UNDER
SUKURTHA KERALA SCHEME AND PART OF
MALINYAMUKTHA KERALAM



NSS UNIT 53 & 95, MES ASMABI
COLLEGE, P. VEMBALLUR







Session on "Mind Knows Mind - A Path to Youth"

Date: 22 December 2024

Time: 10:00 AM

Venue: Seethi Sahib Memorial High School, Azhikode

As part of the **NSS Special Camping Program (December 20–26)** organized by **NSS Units 95 & 53** of MES Asmabi College, a session titled “**Mind Knows Mind - A Path to Youth**” was conducted on 22 December 2024 at 10:00 AM.

The session was led by **Latheef Panneth**, Assistant Professor in the Department of Psychology at MES Asmabi College, P. Vemballur. His expertise in psychology and experience working with youth brought significant depth and value to the program.

Key Highlights:

1. Understanding Mental Health:

The session emphasized the importance of mental health, particularly for young individuals navigating critical phases of life.

2. Emotional Awareness:

The resource person highlighted strategies for recognizing and managing emotions effectively, promoting emotional resilience among the participants.

3. Role of Positive Psychology:

Tools and techniques to develop a positive mindset, enhance self-awareness, and build a fulfilling life were shared with the attendees.

4. Interactive Activities:

The session included engaging discussions and practical exercises to help participants explore their thought processes and behavior patterns.

Outcomes:

The seminar left participants with an enhanced understanding of mental well-being and its critical role in shaping their future. The interactive nature of the session allowed attendees to voice their concerns and seek guidance on mental health-related challenges.

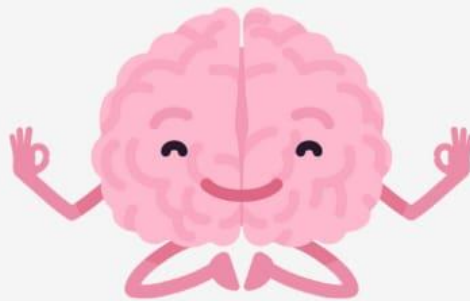
The event concluded with a vote of thanks to the resource person for his valuable insights and to NSS Units 95 & 53 for organizing the session in such a meaningful and impactful manner.

MES ASMABI COLLEGE
NATIONAL SERVICE SCHEME
UNIT 95 & 53

MIND KNOWS MIND - A PATH TO YOUTH

By
Latheef Panneth

On
22-12-2024 / 10.00 am



NSS SPECIAL CAMPING PROGRAM
DEC 20 TO 26





Report: Seminar on Disaster Prevention, Mitigation and Action Plan

Organized By: NSS Asmabi College (Units 53 & 95)

Programme Title: Seminar on "Disaster Prevention, Mitigation and Action Plan"

Date: 23rd December 2024

Time: Morning

Venue: Seethi Sahib School

Part of: NSS Special Camping Programme (December 20 to December 26, 2024)

Objective of the Programme

This seminar was conducted as part of the week-long **NSS Special Camping Programme** to create awareness among NSS volunteers from Units 53 and 95. The session aimed to educate participants on disaster prevention strategies, relief measures, and the significance of karma-based community involvement to effectively manage disasters.

Programme Details

- **Resource Person:** Shri **Sreedharan V.K.**, a Vanamitra Award Winner, shared his expertise in disaster management, emphasizing the importance of preparedness, collective action, and community involvement during disasters.
- **Guests:**
 - **K.D. Jayashasheedharan**, Vice President, MES Asmabi College Alumni Association
 - **K.K. Uma**, Joint Secretary, MES Asmabi College Alumni Association
 - **Naseer Madavana**, Member, MES Asmabi College Alumni Association
- **Session Outline:**
 - **Prayer:** The seminar began with a prayer led by **Devanandha M.S.**, an NSS volunteer.
 - **Welcome Speech:** **Amal Krishna P.P.**, an NSS volunteer, delivered the welcome speech, setting the stage for an engaging and informative session.
 - **Seminar Presentation:** Shri Sreedharan V.K. provided a detailed overview of disaster prevention and relief efforts, highlighting the role of karma and community participation in disaster management.
 - **Vote of Thanks:** **Adil Navas**, an NSS volunteer, concluded the program by thanking the resource person, participants, and organizers for their valuable contributions.

Outcomes

The seminar was highly successful in achieving its objectives:

1. Enhanced understanding of disaster management among NSS volunteers.
2. Highlighted the importance of community preparedness and collaboration.
3. Strengthened the NSS Units' commitment to fostering social responsibility and awareness.

Conclusion

Conducted as part of the **NSS Special Camping Programme**, this seminar was a vital step in raising awareness about disaster management for NSS Units 53 and 95. It successfully educated participants on disaster prevention, relief measures, and the critical role of community and karma-based involvement.

The program exemplifies NSS Asmabi College's dedication to fostering socially responsible citizens and building resilient communities capable of effectively managing disasters.



The poster is for a seminar titled "DISASTER PREVENTION, MITIGATION AND ACTION PLAN". It is organized by MES ASMABI COLLEGE NATIONAL SERVICE SCHEME UNIT 95 & 53 as part of the NSS SPECIAL CAMPING PROGRAM from December 20 to 26. The seminar is led by Sreedharan V K, a Vanamithra Award Winner from Kila. It is scheduled for 23.12.2024 at 10:00 AM at Seethi Sahib Memorial High School, Azhikode. The poster features the college crest, the NSS logo, a globe, and a stylized wave at the bottom with the text "मि भारत" (Mi Bharat).

MES ASMABI COLLEGE NATIONAL SERVICE SCHEME UNIT 95 & 53

NSS SPECIAL CAMPING PROGRAM
DECEMBER 20 TO 26

SEMINAR

**DISASTER PREVENTION,
MITIGATION AND
ACTION PLAN**

By
Sreedharan V K
Vanamithra Award Winner, Kila

23.12.2024 @ 10:00 AM
**Seethi Sahib Memorial High School,
Azhikode**

मि भारत



Azhikode, Kerala, India
55vc+rhr, Azhikode – Chamakkala Rd, Azhikode, Kerala
680673, India
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23/12/24 10:46 AM GMT +05:30

Sukritham Vayojana Swandhana Saayanam

Organized By: MES Asmabi College, P. Vemballur (NSS Units 53 & 95)

Programme Title: Sukritham Vayojana Swandhana Saayanam

Date and Time: December 23, 2024, at 3:00 PM

Venue: Seethi Sahib Memorial High School, Azhikode

Participants:

- **Senior Citizens:** 25
- **NSS Volunteers:** 72

Objective of the Programme

The primary goal of *Sukritham Vayojana Swandhana Saayanam* was to provide a holistic and supportive environment for elderly care. The program focused on promoting healthy aging through a combination of **physical activities**, **social interactions**, and **health check-ups**. It aimed to:

- Combat loneliness and social isolation.
- Improve physical fitness.
- Foster mental stimulation and well-being among senior citizens.

Outcome and Feedback

- The program, held on **23rd December 2024 at 3:00 PM**, was highly appreciated by the participants for its thoughtful design and impactful execution. It provided a meaningful platform for the elderly to rejuvenate physically, socially, and mentally.
- The intergenerational interactions between senior citizens and NSS volunteers fostered a sense of solidarity and mutual understanding. Both groups expressed gratitude and noted the significant value of such collaborative initiatives.



MES ASMABI COLLEGE
NSS UNIT 53 & 95



സൂക്രതം

വയോജന സാമ്പ്രദായിക സായോജനം

23-12-2024

03:00 pm

powered by

സമന്വയം സപ്തദിന സഹവാസ ക്യാമ്പ്





Seminar on "Gender Equality..... For What and How"

NSS Unit 53 & 95, MES Asmabi College, P. Vemballur

Date: 24 December 2024

Time: 10:00 AM

Venue: Seethi Sahib Memorial High School, Azhikode

As part of the **NSS Special Camping Program (December 20–26)**, NSS Units 53 & 95 of MES Asmabi College organized a seminar titled **“Gender Equality..... For What and How”** on 24 December 2024 at 10:00 AM.

The session was led by **Dr. Sheeba N H**, a retired Associate Professor with extensive experience as an NSS Programme Officer. Drawing from her vast knowledge and practical expertise, Dr. Sheeba delivered a thought-provoking presentation on gender equality.

The seminar explored the following key themes:

- The importance of fostering equality between genders in education, workplace, and social settings.
- Challenges faced in achieving gender parity and ways to overcome them.
- Practical steps for individuals and communities to promote inclusivity and mutual respect.

Dr. Sheeba emphasised the role of youth, particularly NSS volunteers, in breaking stereotypes and creating a society where men and women stand up for each other. She highlighted the need for collective action and grassroots-level awareness to address issues of gender discrimination.

The interactive session encouraged active participation from students, who shared their perspectives and raised pertinent questions about achieving equality in their contexts. This seminar not only educated participants on gender equality but also inspired them to contribute toward building a fair and just society.



MES ASMABI COLLEGE
NSS UNIT 53 & 95



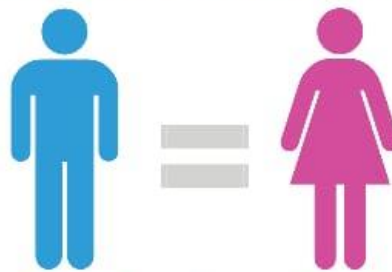
NSS SPECIAL CAMPING PROGRAM
DECEMBER 20-26

GENDER EQUALITY..... FOR WHAT AND HOW

By

Dr. Sheeba N H

24 DECEMBER 2024 TUESDAY 10:00 AM



Stand up for each other





My Bharat Outreach Program and Digital Literacy Training

Organized by: NSS Units 53 & 95, MES Asmabi College

Date: 24th December 2024

Venue: Seethi Sahib High School, Azhikode

Time: 12:00 PM

Introduction

The National Service Scheme (NSS) Units 53 and 95 of MES Asmabi College organized a special initiative titled "My Bharat Outreach Program and Digital Literacy Training" as part of the NSS Special Camping Program held from 20th to 26th December 2024. The program took place at Seethi Sahib High School, Azhikode, on the 24th of December 2024 at 12:00 PM. This outreach program was also designed as a digital literacy training session to equip NSS volunteers with the necessary digital skills and familiarity with online platforms like the MyBharat portal.

Objectives of the Program

The primary objective of the My Bharat Outreach Program was twofold:

1. To familiarize NSS volunteers with the MyBharat portal, a national platform promoting youth engagement in community service, nation-building, and personal development.
2. To provide hands-on digital literacy training, enabling volunteers to effectively use the portal and similar online tools for personal and community development.

Key Activities

1. **Introduction to the MyBharat Portal:** Volunteers proficient in using the MyBharat portal led interactive sessions to introduce its features, functionalities, and benefits to other NSS participants.
2. **Hands-on Demonstration:** Live demonstrations were provided on how to navigate the portal, register for activities, and utilize the resources available for digital and social empowerment.
3. **Digital Literacy Training:** Basic skills such as creating strong passwords, navigating online forms, and understanding privacy settings were imparted to volunteers to enhance their overall digital literacy.
4. **Peer Learning Sessions:** Small group discussions were conducted where experienced volunteers shared their personal experiences and success stories using the MyBharat portal to inspire and motivate others.
5. **Feedback and Interaction:** An open forum was held to address queries and provide guidance on resolving technical or operational challenges in using digital tools.

Outcomes

- Enhanced awareness about the MyBharat portal among NSS volunteers.

- Improved confidence among participants in utilizing online platforms for community service and personal development.
- Strengthened peer-learning culture within NSS units, promoting collaboration and knowledge sharing.
- Increased digital literacy skills among volunteers, ensuring better preparedness for using technology in community service initiatives.

Conclusion

The My Bharat Outreach Program successfully achieved its objectives, fostering a sense of unity and purpose among the NSS volunteers. By bridging the knowledge gap regarding the MyBharat portal and imparting essential digital literacy skills, the initiative empowered participants to take active roles in community service and national development.

This program underscored the importance of digital tools in driving social change and highlighted the proactive efforts of NSS Units 53 and 95 in contributing to the broader mission of nation-building.



MES ASMABI COLLEGE
NSS UNIT 53 & 95



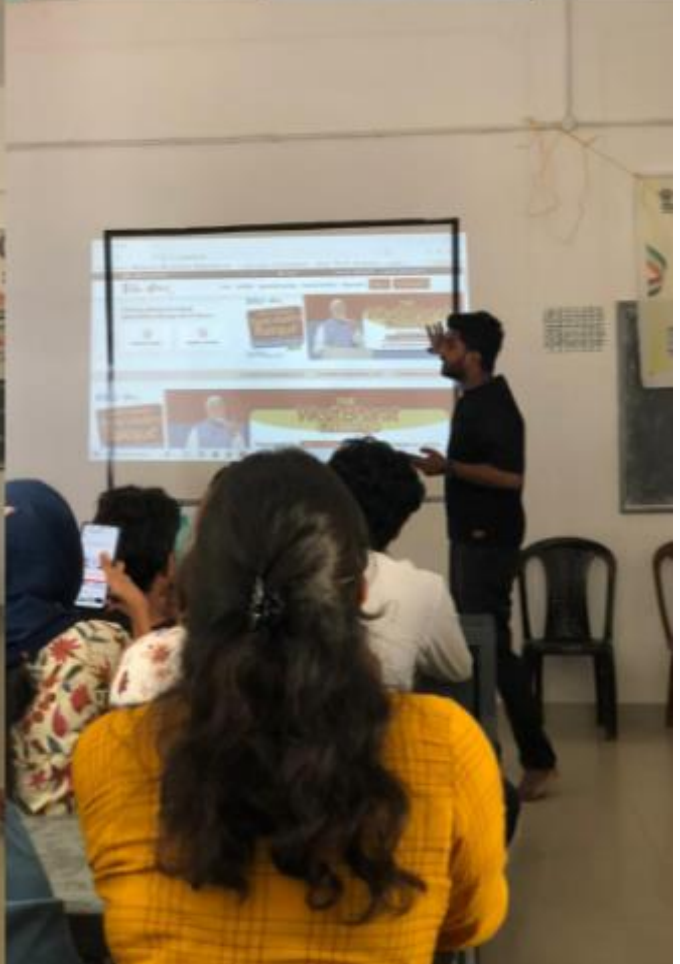
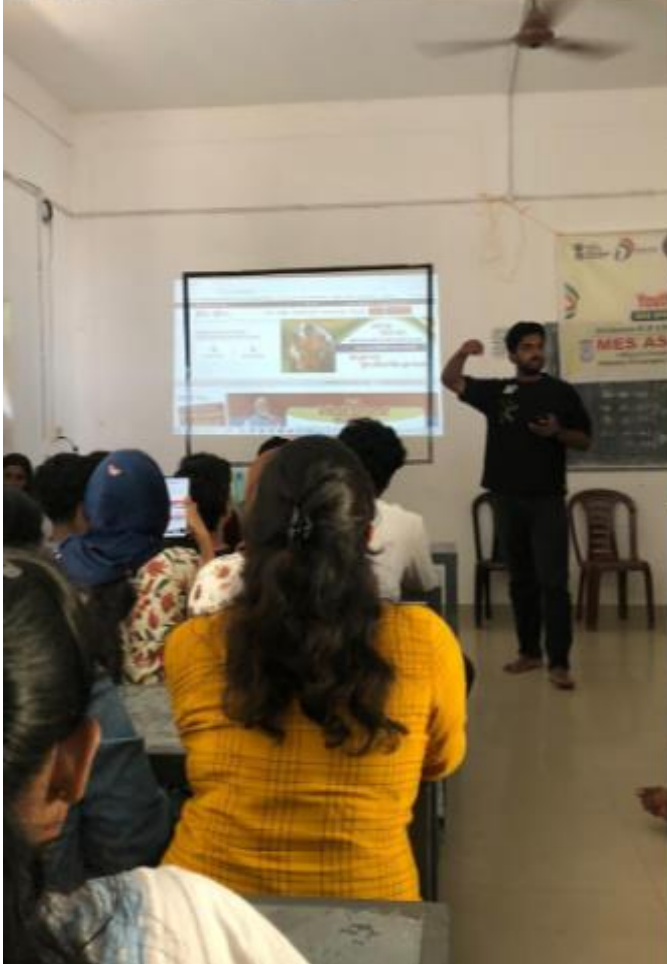
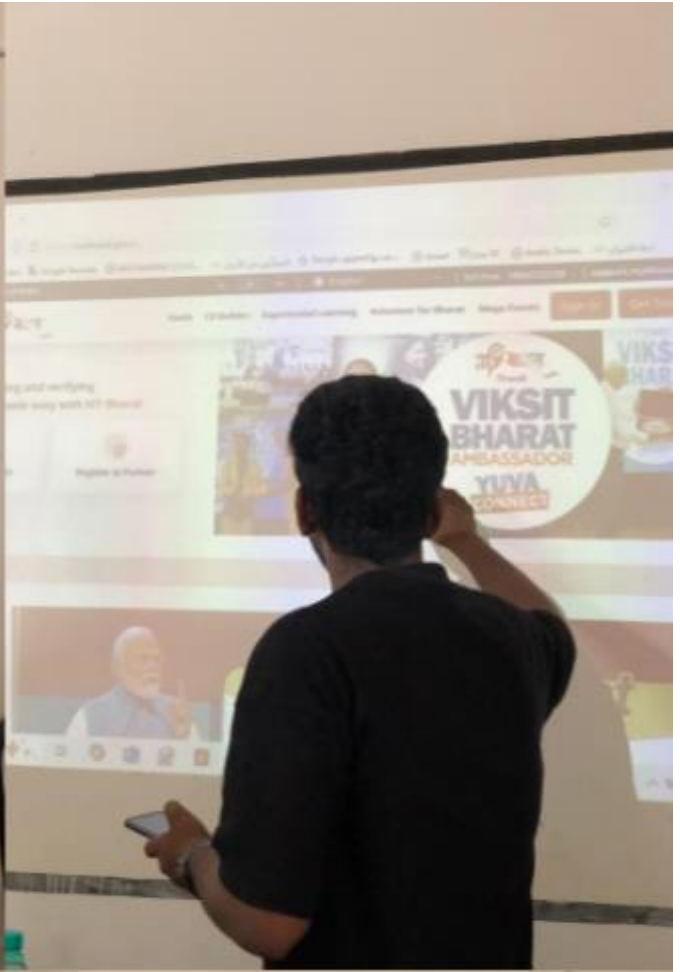
NSS SPECIAL CAMPING PROGRAM
DECEMBER 20-26

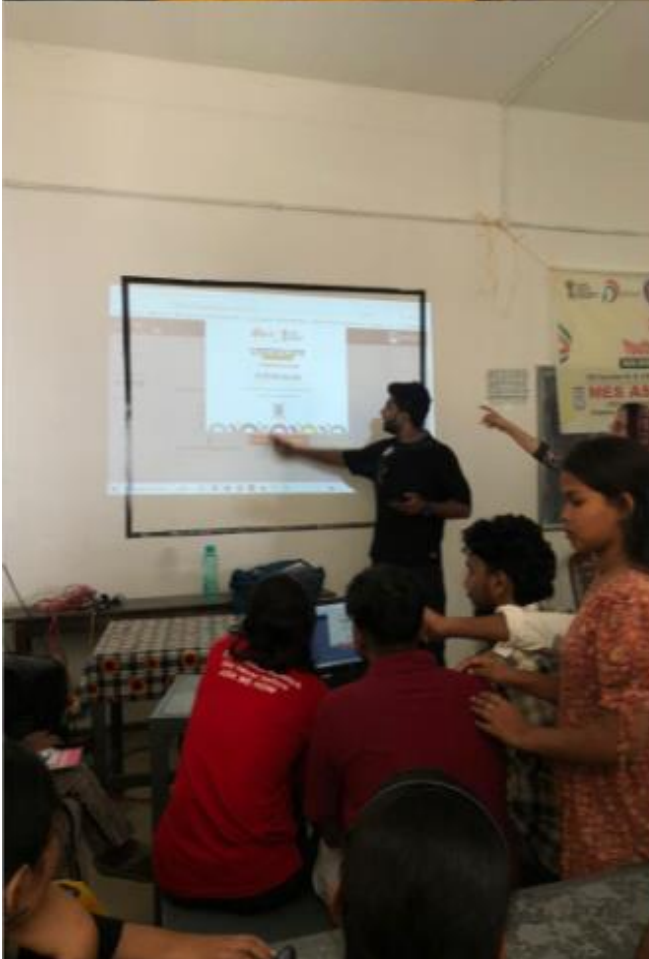
SEETHI SAHIB HIGH SCHOOL AZHIKODE

**MY BHARAT OUT REACH
PROGRAM**

24 DECEMBER 2024 TUESDAY 12:00 PM







Report: Anti-Drug Awareness Flashmob

Organized By: NSS Units 53 & 95, MES Asmabi College, P. Vemballur

Date: 24th December 2024

Time: 5:00 PM

Venue: Azhikode Muziris Beach

Objective of the Programme

The **Anti-Drug Awareness Flashmob** was conducted to raise awareness about the harmful effects of drug abuse and to encourage a drug-free lifestyle. This creative initiative aimed to engage the public through a dynamic and interactive performance, fostering awareness and promoting positive behavioral change.

Programme Details

- **Participants:**
The flashmob featured enthusiastic participation from NSS volunteers of Units 53 & 95 of MES Asmabi College. The performance was well-rehearsed and conveyed strong anti-drug messages effectively.
- **Theme and Message:**
The flashmob's theme revolved around the slogan "**Say No to Drugs, Yes to Life**", focusing on the destructive impact of drug abuse on individuals, families, and society. The volunteers used dance, music, and placards to deliver this message.
- **Public Engagement:**
The performance attracted a large audience at Azhikode Muziris Beach, including tourists, locals, and families enjoying the evening.
 - The interactive nature of the flashmob captivated the audience and encouraged them to join the volunteers in pledging for a drug-free society.
- **Collaboration:**
The event was supported by the local community and authorities, who appreciated the innovative approach to addressing such a critical social issue.





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24/12/24 06:20 PM GMT +05:30



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Awareness Class on Lifestyle Diseases

Programme Title: NSS Special Camping Programme - Medical Checkup Camp

Venue: Seethi Sahib Memorial High School, Azhikode

Organized By: NSS Units 53 & 95, MES Asmabi College, in collaboration with IMA Kodungallur

Date: 25th December 2024

Time: 10:00 AM to 11:00 AM

As part of the NSS Special Camping Programme, an awareness class on **lifestyle diseases** was conducted during the Medical Checkup Camp at Seethi Sahib Memorial High School, Azhikode. The session targeted NSS volunteers and elderly residents from the surrounding community, aiming to provide essential knowledge on preventing and managing lifestyle-related ailments.

Details of the Session

- **Resource Persons:**

- **Dr. Nadeera Banu Salim** (Diabetologist & Food Specialist): Delivered a detailed lecture on diabetes prevention and management through dietary practices and physical activity.
- **Dr. Suresh** (MBBS): Discussed the common causes and risks associated with lifestyle diseases, including hypertension and heart conditions, and shared actionable steps for healthier living.

- **Session Highlights:**

- Overview of lifestyle diseases and their growing impact on public health.
- Importance of nutrition, regular exercise, and stress reduction in combating these diseases.
- Practical tips tailored to the elderly audience for incorporating small but impactful changes in their daily lives.
- An interactive Q&A session where attendees clarified doubts and received guidance on specific health concerns.

Participants

The session witnessed active participation from NSS volunteers and elderly individuals residing near the camping area. The blend of youthful enthusiasm and the wisdom of the older generation enriched the discussions and ensured a lively exchange of ideas.

Impact of the Session

The session raised significant awareness about lifestyle diseases among the attendees, equipping them with the knowledge to adopt healthier habits. The elderly participants, in particular,

appreciated the personalized advice provided by the doctors. The volunteers expressed their commitment to promoting these health practices within their families and the local community.

This initiative was a valuable addition to the Medical Checkup Camp, reflecting the NSS's mission of fostering community health and wellbeing.



MES ASMABI COLLEGE

NSS UNIT 53 & 95



NSS SPECIAL CAMPING PROGRAMME

IMA KODUNGALLUR

**MEDICAL
CHECKUP CAMP**

Inauguration

Sri. Pradeep Kumar M S

(PTA vice president)

Doctors

Dr. Nadeera Banu Salim

(Diabetologist & Food specialist)

Dr. Suresh MBBS

**25 DECEMBER
2024**

10 AM





Medical Check-up Camp Report

Programme Title: NSS Special Camping Programme - Medical Check-up Camp

Venue: Seethi Sahib Memorial High School, Azhikode

Organized By: NSS Units 53 & 95, MES Asmabi College, in collaboration with IMA Kodungallur

Date: 25th December 2024

Time: 11:15 AM to 1:30 PM

As part of the NSS Special Camping Programme, a **Medical Check-up Camp** was conducted at Seethi Sahib Memorial High School, Azhikode. The camp provided free health check-ups for the local community, with a focus on screening for critical health parameters to promote early detection and prevention of lifestyle diseases.

Details of the Camp

- **Tests Conducted:**

- Blood Pressure (BP) monitoring.
- Blood Sugar level testing.
- Lipid Profile testing for cholesterol levels.

- **Target Participants:**

The camp catered to residents of the nearby community, particularly elderly individuals

Doctors Involved:

- **Dr. Nadeera Banu Salim** (Diabetologist & Food Specialist) supervised the tests and provided dietary advice based on results.
- **Dr. Suresh** (MBBS) offered consultations and discussed follow-up care for those with abnormal readings.

The Medical Check-up Camp was a great success, addressing key health issues prevalent among the community. Many attendees expressed their gratitude for the opportunity to receive free and professional health services at their doorstep. The session also motivated participants to prioritize regular health monitoring and adopt healthier lifestyles. This initiative reflected the core values of NSS by providing meaningful service to the community and raising awareness about health and wellness.



MES ASMABI COLLEGE

NSS UNIT 53 & 95



NSS SPECIAL CAMPING PROGRAMME

IMA KODUNGALLUR

**MEDICAL
CHECKUP CAMP**

Inauguration

Sri. Pradeep Kumar M S

(PTA vice president)

Doctors

Dr. Nadeera Banu Salim

(Diabatologist & Food specialist)

Dr. Suresh MBBS

**25 DECEMBER
2024**

10 AM







Report: Visit to Marthoma Pilgrimage Center, Azhikode

Date: 25 December 2024

Time: 3:00 PM

Venue: Marthoma Pilgrimage Center, Azhikode

As part of the **NSS Special Camping Program (December 20–26)** organized by **NSS Units 53 & 95** of MES Asmabi College, P. Vemballur, the NSS volunteers visited the **Marthoma Pilgrimage Center, Azhikode** on 25 December 2024 at 3:00 PM.

Objectives of the Visit:

- To explore the historical and spiritual significance of the pilgrimage center.
- To foster cultural and social bonding by celebrating Christmas in a meaningful manner.
- To encourage volunteers to appreciate the importance of heritage and community engagement.

Activities Conducted:

1. **Tour of the Center:** The volunteers were guided through the pilgrimage center, where they learned about its rich history, religious importance, and architectural features.
2. **Christmas Celebrations:** The volunteers participated in a joyful Christmas celebration at the center. The event included singing carols, exchanging greetings, and sharing the festive spirit with the local community.
3. **Interaction with Local Members:** Volunteers engaged with the staff and visitors at the center, fostering a sense of togetherness and mutual respect.

Impact of the Visit:

- **Cultural Enrichment:** Volunteers gained a deeper understanding of the historical and spiritual significance of the Marthoma Pilgrimage Center.
- **Social Bonding:** The Christmas celebrations created a lively and inclusive environment, strengthening bonds among the NSS volunteers and the local community.
- **Personal Development:** The visit provided an opportunity for volunteers to reflect on values such as empathy, community service, and the importance of preserving heritage.

The event concluded with heartfelt gratitude expressed by the NSS volunteers for the opportunity to visit such an inspiring place and for the warm hospitality extended by the Marthoma Pilgrimage Center. The visit was a memorable experience, leaving a lasting impact on the volunteers.



Report on the Valedictory Programme of NSS Special Camping Program

Organized by: NSS Units 53 & 95, MES Asmabi College

Date: 26th December 2024

Venue: Seethi Sahib Memorial High School, Azhikode

Introduction

The NSS Units 53 & 95 of MES Asmabi College successfully concluded their NSS Special Camping Program (December 20–26) with a valedictory event held on 26th December 2024 at Seethi Sahib Memorial High School, Azhikode. The programme aimed to reflect on the week-long initiatives undertaken by the NSS volunteers and to celebrate their contributions.

Programme Highlights

1. **Clean-Up Drive at the Camp Site:** To emphasize the core values of cleanliness and responsibility, the volunteers undertook a final clean-up activity at the camping premises. This initiative not only demonstrated the volunteers' commitment to community service but also left the venue in an immaculate state.
2. **Selection of Best Campers:** To honor the dedication and performance of the participants, the best campers were selected based on their engagement, teamwork, and leadership during the camp. The winners were as follows:
 - **First Prize:** Mohammed Adhil K V
 - **Second Prize:** Liya
 - **Third Prize:** Mohammed Fajer

These awards recognized the exceptional contributions of the volunteers and served as an inspiration for their peers.

3. **Flag Lowering Ceremony:** The NSS flag was ceremoniously lowered to mark the formal conclusion of the special camping program. This poignant moment symbolized the successful culmination of the camp and reinforced the volunteers' commitment to the values of the National Service Scheme.

Conclusion

The valedictory programme brought the NSS Special Camping Program 2024 to a meaningful end, leaving a lasting impact on the participants and the community. The week-long camp provided the volunteers with valuable experiences in teamwork, leadership, and service.

As the NSS flag was lowered, it marked not only the end of this enriching journey but also the beginning of a lifelong dedication to societal well-being and community development.







MES ASMABI COLLEGE, P. VEMBALLUR
NSS UNIT 53 & 95

-DATE : January 10th 2025

-TIME : 10:00 am

- VENUE :Thevar Plaza Auditorium, Srinarayanapuram

-ORGANIZED BY : Mathilakam Block Panchayat Social Health Center, Perijannam

-AIM :Palliative Care Confluence and Distribution of Dialysis Kits and Colostomy Bags.The event aimed to promote palliative care and provide essential medical supplies to patients in need.

NSS volunteers of MES ASMABI COLLEGE UNIT 53& 95 has been a part of the project SANDHVANAM 2025 BOUGHT UP BY PALIATIVE HEALTH CENTERS. The main idea of this project is Distribution of dialysis kits and colostomy bags to palliative patients.

The inaugural address was given by Mr. E.T. Tyson Master,
Welcome speech by Dr. Zanu MP, Superintendent, CHC Perinjanam and project description by Mrs. Shiji A.P., Secondary Palliative Nurse.

The main duty of NSS Volunteers were Entertaining the audience with dance and music performances

The NSS volunteers added a vibrant touch to the event with their energetic performances. The audience was treated to a variety of dances and music, which brought joy and smiles to the faces of the palliative patients and their families. The NSS volunteers' enthusiasm and dedication to entertaining the audience were commendable.



Dignitaries present there :

- Members of Mathilakam Block Panchayat
- Local government officials
- Healthcare professionals
- Palliative patients and their families
- NSS volunteers



The event successfully promoted palliative care and provided essential medical supplies to patients in need. The Matilakam Block Panchayat Social Health Center, Perijannam,

demonstrated its commitment to improving the quality of life of individuals with serious health-related suffering. The NSS volunteers' programs added a delightful dimension to the event, bringing joy and entertainment to the audience.

MES ASMABI COLLEGE P. VEMBALLUR, NSS UNIT 53& 65

സാന്ത്വനം 2025

മതിലകം ബ്ലോക്ക് പഞ്ചായത്ത് സാമൂഹികാരോഗ്യ കേന്ദ്രം പെരിഞ്ഞനം

പാലിയേറ്റീവ് സംഗമവും പാലിയേറ്റീവ് രോഗികൾക്ക് ഡയാലിസിസ് കിറ്റുകളുടെയും കൊളോസ്റ്റമി ബാഗുകളുടെയും വിതരണവും

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 ഉദ്ഘാടനം
ശ്രീ. ഇ.ടി. സൈസൺ മാസ്റ്റർ
(ബഹു. എം.എൽ.എ. ക്ഷേമംഗലം)

 അധ്യക്ഷ
ശ്രീമതി സി.കെ. ഗീതിജ
(ബഹു. പ്രസിഡന്റ് മതിലകം ബ്ലോക്ക് പഞ്ചായത്ത്)

 മുഖ്യാതിഥി
ശ്രീ. പി.കെ. ഡേവിഡ് മാസ്റ്റർ
(ബഹു. ജില്ലാ പഞ്ചായത്ത് മുൻ പ്രസിഡന്റ്)

MES ASMABI COLLEGE, P VEMBALLUR
NATIONAL SERVICE SCHEME
UNIT 53&95

Date: January 10, 2025

Venue: Old Seminar Hall, MES Asmabi College, P. Vemballur

The NSS Units 53 and 95 successfully conducted an inspiring and interactive orientation program for volunteers. Dr. Basheer PT, Assistant Professor of the Arabic Department, served as the resource person and led the session with a range of engaging activities aimed at fostering teamwork, creativity, and communication skills.

Dr. Basheer introduced the volunteers to the core values and objectives of NSS, emphasizing the motto “Not Me, But You.” The ice-breaking session was the highlight of the day, with 100 volunteers divided into 9 groups to participate in various fun and thought-provoking activities. These included: Spot speeches to enhance public speaking skills. Ad-making sessions to encourage creative thinking and collaboration. Reel-making activities to explore digital storytelling and communication.



The program provided a platform for participants to express their ideas, build confidence, and strengthen their interpersonal relationships. Volunteers shared positive feedback, appreciating the innovative approach and the opportunity to interact with peers from diverse backgrounds.

The event concluded with a motivational address by Dr. Basheer, encouraging the volunteers to actively contribute to community service and uphold the NSS spirit in their future endeavors. The session laid a strong foundation for the volunteers, equipping them to work effectively as a team while pursuing the objectives of NSS.



**MES ASMABI COLLEGE ,
P. VEMBALLUR**



NSS UNIT 53 & 95

Resource person

Dr. Basheer PT

Assistant professor, Arabic Department



**WELCOME
NSS VOLUNTEERS**



**2024
JAN 10
09:30-3:30**



**OLD SEMINAR
HALL**

ORIENTATION



NOT ME BUT YOU

National Youth Day Program

Organized by: NSS Units 53 & 95, MES Asmabi College

Date: 13th January 2025

Time: 9:30 AM

Venue: Seminar Hall, MES Asmabi College

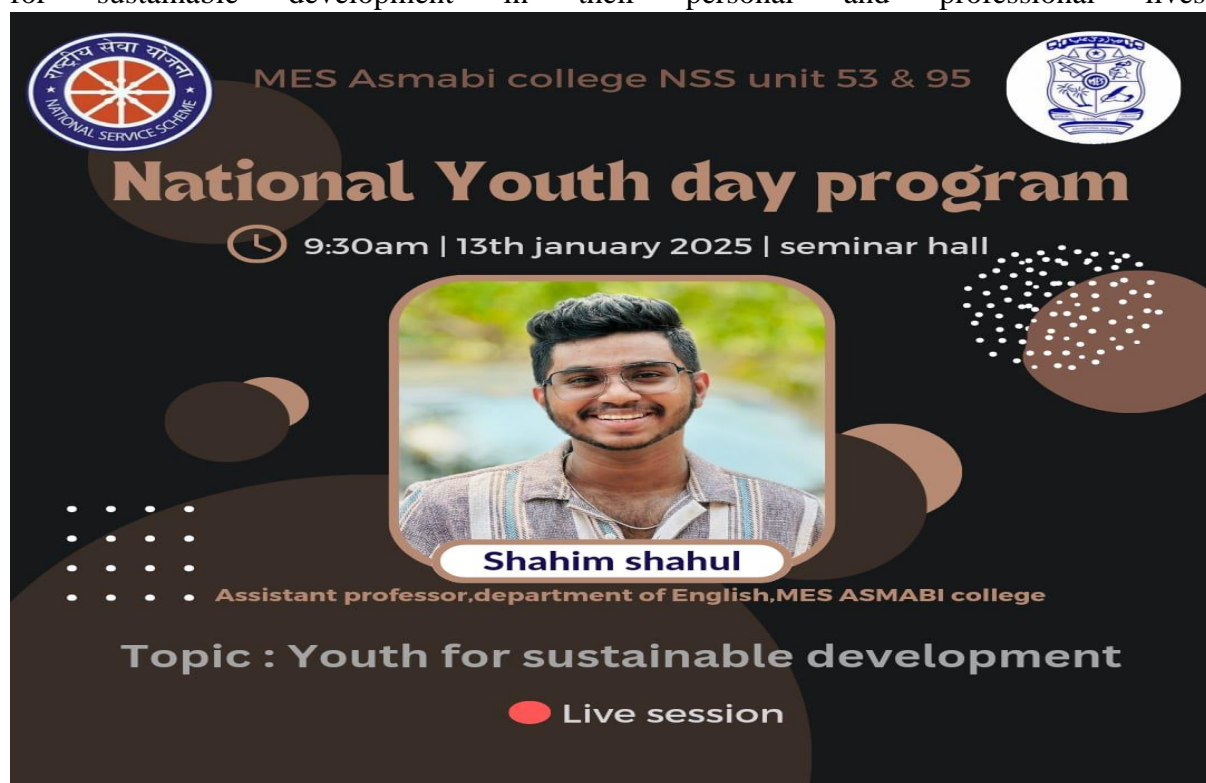
The NSS Units 53 & 95 of MES Asmabi College successfully organized a program in celebration of **National Youth Day** on 13th January 2025. The event was held in the Seminar Hall of the college and commenced at 9:30 AM.

The theme of the program, "**Youth for Sustainable Development**," was thoughtfully chosen to emphasize the indispensable role of youth in achieving a sustainable future. The session was led by **Mr. Shahim Shahul**, Assistant Professor in the Department of English, MES Asmabi College, who captivated the audience with his insightful presentation and engaging delivery.

In his address, Mr. Shahul explored the critical contributions of youth to sustainable development and highlighted the significance of their active involvement in creating a better world. He inspired the attendees to adopt innovative approaches and act responsibly towards environmental conservation, economic growth, and social equity.

The live session witnessed enthusiastic participation from students and faculty members, fostering a spirit of responsibility and innovation among the youth. The program concluded with a vote of thanks, acknowledging the efforts of the organizers and the speaker for making the event a resounding success.

This impactful session not only celebrated the ideals of Swami Vivekananda, the inspiration behind National Youth Day but also empowered the participants to take meaningful actions for sustainable development in their personal and professional lives.

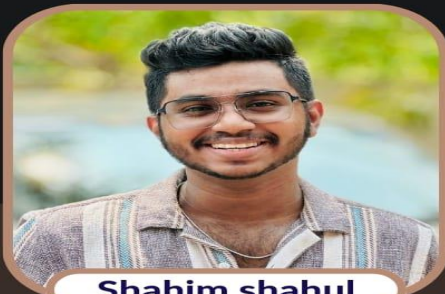


The poster is for the National Youth Day Program organized by NSS Units 53 & 95 of MES Asmabi College. It features a dark background with decorative elements like circles and dots. At the top left is the National Service Scheme (NSS) logo, and at the top right is the MES Asmabi College logo. The text on the poster includes the title 'National Youth day program', the date and time '9:30am | 13th january 2025 | seminar hall', a portrait of the speaker 'Shahim shahul' with his title 'Assistant professor, department of English, MES ASMABI college', the topic 'Topic : Youth for sustainable development', and a red dot indicating a 'Live session'.

MES Asmabi college NSS unit 53 & 95

National Youth day program

🕒 9:30am | 13th january 2025 | seminar hall



Shahim shahul
Assistant professor, department of English, MES ASMABI college

Topic : Youth for sustainable development

● Live session



Report on the Observance of Palliative Care Day

Title: Satisfied Care is Everyone's Right (സംതൃപ്ത പരിചരണം എല്ലാവരുടെയും അവികാരം)

Date: 15th January 2025

Organized by: NSS Units 53 & 95, MES Asmabi College, in collaboration with Primary Health Centre, P. Vemballur

On 15th January 2025, NSS Units 53 & 95 of MES Asmabi College, in association with the Primary Health Centre, P. Vemballur, successfully organized a program titled "**Satisfied Care is Everyone's Right**" to mark Palliative Care Day. The event aimed to raise awareness about the importance of palliative care and highlight the universal right to compassionate care for all individuals.

The program commenced with a **rally**, where NSS volunteers and other participants marched through the local community, carrying banners and placards bearing messages about the significance of palliative care. The rally effectively conveyed the message of dignity, comfort, and support for individuals requiring palliative care.

Following the rally, a **pledge-taking ceremony** was conducted, where all participants reaffirmed their commitment to promoting and ensuring access to palliative care for everyone. The pledge emphasized the collective responsibility of society to care for individuals with chronic or terminal illnesses, providing them with comfort and emotional support.

The event highlighted the need for greater awareness and community participation in extending palliative care services. The collaborative effort between MES Asmabi College and the Primary Health Centre, P. Vemballur, showcased the power of teamwork in advancing meaningful causes.

The program concluded with a message from the NSS Program Officer, who commended the volunteers for their active participation and urged them to continue being ambassadors of compassion and care in their communities.

This observance achieved its goal of raising awareness and inspired participants to work towards a society where satisfied care becomes a fundamental right for all.





Report on the Awareness Programme on Eradicating Dowry

Title: *Eradicating Dowry: The Role of Education and Student Movements*

Date & Time: 12th February 2025 (Wednesday), 2:00 PM

Organized by: NSS Unit 53 & 95, MES Asmabi College, P. Vemballur, in collaboration with the Internal Compliance Committee

In Association With: District Legal Service Authority, Thrissur & Taluk Legal Service Committee, Kodungallur

Guest Speaker: Adv. Simi P.P., Panel Lawyer, TLSC Kodungallur

In collaboration with the Internal Compliance Committee, the National Service Scheme (NSS) units of MES Asmabi College, P. Vemballur, organized an awareness programme on the topic "*Eradicating Dowry: The Role of Education and Student Movements*." The event, conducted in association with the District Legal Service Authority, Thrissur, and the Taluk Legal Service Committee, Kodungallur, aimed at sensitising students about the pressing issue of dowry and the critical role of education and student activism in eradicating this social evil.

The keynote address was delivered by **Adv. Simi P.P., Panel Lawyer, TLSC Kodungallur**, elaborated on the legal framework surrounding dowry prohibition, the rights of women, and the importance of legal awareness in tackling dowry-related issues. She emphasized the role of youth in challenging societal norms and fostering a culture of gender equality and empowerment.

The session was interactive, with students actively engaging in discussions and sharing their perspectives on the role of education in preventing dowry practices. The event also highlighted the importance of student-led initiatives in promoting social change and ensuring that educational institutions remain strongholds against gender-based discrimination.

The programme concluded with a call to action, urging students to take a stand against dowry practices and become advocates for change within their communities. The NSS Program Officer extended gratitude to the guest speaker and all participants for their enthusiastic involvement in making the event a success.

This initiative reinforced the commitment of MES Asmabi College to promoting gender justice and empowering students with the knowledge and awareness necessary to build a more equitable society.



**NATIONAL SERVICE SCHEME
MES ASMABI COLLEGE, P. VEMBALLUR
AFFILIATED TO UNIVERSITY OF CALICUT**



ERADICATING DOWRY: THE ROLE OF EDUCATION AND STUDENT MOVEMENTS

**District Legal Service Authority, Thrissur &
Taluk Legal Service Committee, Kodungallur**



**NSS in collaboration with
Internal Compliance
Committee**

12TH WEDNESDAY 2 PM



Adv. Simi P.P
Panel Lawyer, TLSC
Kodungallur



Report on the Pain and Palliative Three-Day Volunteer Training

Title: *Pain and Palliative: Three-Day Volunteer Training*

Date of Participation: 17th February 2025

Organized by: Sreenarayanapuram Panchayath in association with Family Health Centre, P. Vemballur

Participants: 25 NSS Volunteers from Units 53 & 95, MES Asmabi College, P. Vemballur

The *Pain and Palliative: Three-Day Volunteer Training* program was organized by **Sreenarayanapuram Panchayath** in collaboration with **Family Health Centre, P. Vemballur** to provide essential training on palliative care and volunteer services. The initiative aimed to equip volunteers with the knowledge and skills required to support individuals in need of palliative care, emphasizing the importance of empathy, caregiving techniques, and community service.

A total of **25 NSS volunteers from Units 53 & 95 of MES Asmabi College, P. Vemballur** actively participated in the training session on **17th February 2025**. During the session, experts in the field of palliative care provided insights into the principles of pain management, psychological support, and the role of volunteers in assisting patients and their families. The training also included practical demonstrations on handling patients with dignity and respect.

The session fostered a sense of responsibility among the volunteers and strengthened their commitment to community service. Participants expressed their gratitude for the opportunity to be part of such a meaningful initiative. They acknowledged the significance of palliative care in improving the quality of life for those in need.

The event concluded with an interactive session where volunteers shared their reflections and pledged to actively contribute to palliative care services in their communities. The initiative was a step forward in enhancing social responsibility and fostering a culture of compassionate care among the youth.





Report on Monthly Food Kit Distribution Program

Date: 17th February 2025

Organized by: NSS Units 53 & 95, MES Asmabi College, P. Vemballur

Beneficiary: Sandeep C. N., Channara House, Ward 14, P. O Pathazhakkad

As part of its ongoing commitment to social welfare and community service, NSS Units 53 & 95 of MES Asmabi College, P. Vemballur, organised a **Monthly Food Kit Distribution Program** on **17th February 2025**. The initiative aimed to support individuals in need, particularly those facing health challenges, by providing essential food supplies.

The beneficiary of this initiative was **Sandeep C. N.**, a resident of **Channara House, Ward 14, P. O Pathazhakkad**, who is currently undergoing treatment for **tuberculosis (TB)**. Understanding the importance of proper nutrition in the recovery process, the NSS volunteers provided a well-balanced food kit containing essential groceries to ensure his nutritional needs were met.

The program was a demonstration of the NSS volunteers' dedication to serving the community, reinforcing the values of empathy and collective responsibility. The initiative also highlighted the need for continued support for patients battling chronic illnesses, emphasizing the role of community participation in improving health outcomes.



Report on the NSS Induction Programme

Date: 21st February 2025

Time: 9:30 AM to 12:30 PM

Venue: New Seminar Hall

Organised by: NSS Units 53 & 95, MES Asmabi College, P. Vemballur

NSS Units 53 & 95 of MES Asmabi College, P. Vemballur, organised an NSS Induction Programme on 21st February 2025 at the New Seminar Hall to welcome and orient new volunteers into the spirit of service. The session aimed to familiarize the volunteers with the objectives, activities, and responsibilities of being an NSS member.

The induction program was graced by **Sameera M. P., Assistant Professor, Government College, Nilambur**, who served as the resource person. As an **award-winning Program Officer**, having received the **Best Program Officer Award (University of Calicut) for 2016-17 and 2018-19** and the **State Award (2018-19)**, her insights and experiences were invaluable in inspiring the students.

During the session, she elaborated on the core values of NSS, the significance of community service, and the impact of volunteerism on personal and societal development. The interactive session helped new volunteers understand their role in contributing to social change and developing leadership and teamwork skills. The event concluded with an interactive Q&A session, where volunteers actively participated and clarified their doubts about NSS activities and initiatives.





NATIONAL SERVICE SCHEME
MES ASMABI COLLEGE, P. VEMBALLUR
(UNIT 53 & 95)



NSS INDUCTION PROGRAMME FOR NSS VOLUNTEERS



SAMEERA MP
ASSISTANT PROFESSOR
GOVERNMENT COLLEGE
NILAMBUR

BEST PROGRAM OFFICER AWARD WINNER
2016/17, 2018/19 (UNIVERSITY OF CALICUT)
STATE AWARD WINNER
(2018/19)

ON 21/02/2025
@ 9.30 AM TO 12.30 PM
@ NEW SEMINAR HALL



Report on Awareness Programme: “Your Menstrual Cycle: Your Super Power!!”

Date: 10th March 2025

Time: 10:00 AM to 12:00 PM

Venue: Auditorium, MES Asmabi College, P. Vemballur

Organised by: Women Development Cell & NSS Units 53 & 95, MES Asmabi College

As part of the **International Women’s Day Celebrations (March 8)**, the **Women Development Cell**, in collaboration with the **NSS Units 53 & 95** of MES Asmabi College, P. Vemballur, organized an insightful awareness programme titled **“Your Menstrual Cycle: Your Super Power!!”** on **10th March 2025** at the college auditorium.

The session aimed to break societal taboos surrounding menstruation and empower young women with a scientifically grounded and holistic understanding of their menstrual cycle. The session was led by **Ms. Jiya O Antony, Co-founder and CEO of Houtoliv**, who inspired the audience with her powerful talk titled **“The perspective that changes everything.”**

Ms. Jiya brought fresh insights into the biological, psychological, and emotional aspects of the menstrual cycle. She emphasized how understanding and aligning with one’s cycle can boost productivity, enhance emotional well-being, and foster greater self-awareness and confidence. The programme encouraged participants to embrace menstruation not as a limitation, but as a source of inner strength and empowerment.

The event witnessed enthusiastic participation from students and faculty members. The interactive nature of the session helped create a comfortable space for open dialogue, ending with an engaging Q&A segment where students shared their thoughts and clarified doubts.

Overall, the programme served as a meaningful initiative in celebrating womanhood and raising awareness about menstrual health, aligning with the spirit and message of **International Women’s Day**.



The wisdom no one taught you.

“

The perspective that
changes
everything..



HOUTOLIV

×



M.E.S ASMABI COLLEGE
P. Vemballur

Our Speaker

Jiya O Antony

Co-founder & CEO, Houtoliv

Principal

Dr. Reena Mohamed

Women cell
Coordinator

Shiji Ibrahim U

MONDAY

MARCH 10, 2025

TIME: 10 AM - 12 PM

VENUE: AUDITORIUM

Organised By

Women Development Cell & NSS

spective . Perspective . Perspective . Perspective . Perspective . Perspective . Perspective . Pers

**YOUR MENSTRUAL CYCLE :
YOUR
SUPER POWER !!**



Anti-Drug Awareness Programme for Parents and Students

Date: March 12, 2025

Time: 10:30 AM

Venue: Seminar Hall, MES Asmabi College, P. Vemballur

Organised by: College Protection Group & NSS Units 53 & 95, MES Asmabi College

An impactful awareness session titled “**Anti-Drug Awareness for Parents and Students**” was conducted on **March 12, 2025**, at **10:30 AM** in the **Seminar Hall** of **MES Asmabi College, P. Vemballur**. The programme was jointly organized by the **College Protection Group** and **NSS Units 53 & 95** to sensitize students and parents about the grave issue of drug abuse and society's collective role in preventing it.

The session featured two esteemed **resource persons**:

- **Mr. Shaji M K, Circle Inspector of Police**, Mathilakam Station, who addressed the legal implications and enforcement strategies associated with drug abuse and trafficking. He highlighted real-life incidents and offered practical guidance to identify early warning signs and report drug-related activities.
- **Dr. Monsy Edward, Clinical Psychologist**, Jubilee Mission Hospital, who provided insights into the psychological impact of drug abuse, addiction cycles, and the importance of emotional and mental well-being. His session focused on preventive mental health strategies and the role of families and institutions in rehabilitation and support.

The programme witnessed active participation from both students and parents, sparking an interactive environment where attendees openly discussed concerns, posed questions, and received practical suggestions from the resource persons. The event served as a timely intervention to strengthen the college’s commitment to building a drug-free campus and community.

The session concluded with a vote of thanks and a collective pledge to uphold awareness and vigilance against the menace of drug abuse.



MES ASMIABI COLLEGE, P VEMBALLUR



COLLEGE PROTECTION GROUP & NSS UNITS 53 & 95

SESSIONS ON ANTI DRUG AWARENESS FOR PARENTS & STUDENTS

RESOURCE PERSONS



Mr Shaji M K
ISHO(Circle Inspector of Police)
Mathilakom Station



Dr. Monsy Edward
Clinical Psychologist
Jubilee Mission Hospital

March 12
10.30 Am

**SEMINAR
HALL**

Dr Reena Mohamed
Principal

Dr Amitha P Mani
College Protection Group
Coordinator

Mr Lathif Penath
Mental Health Club
Coordinator

Dr Basheer P T
Dr Sefiya K M
NSS Programme Officers

