



MES KEVEEYAM COLLEGE VALANCHERY

NATIONAL SERVICE SCHEME

UNITS 91 and 105

2023-2024

“NOT ME, BUT YOU”

Programmes conducted during the academic year 2023-2024

Sl No	Date	Name of the Programme
1	1/6/2023	Cleaning –Primary Health Centre, Kottaram
2	5/6/2023	Nature Touch- Anganavadi, Kottaram
3	5/6/2023	World Cycle Day Observation
4	6/6/2023	Nature Touch- Mime at College
5	7/6/2023	Nature Touch- Quiz Competition for School Students
6	16/6/2023	Awareness programme- Blood Donation
7	21/6/2023	One Day Workshop on Wellness through Yogic Practice
8	4/7/2023	Blood Donation Camp
9	15/8/2023	Azadi Ka Amrit Mahotsav – “Veeron Ka Vandan”
10	15/8/2023	Azadi Ka Amrit Mahotsav- Rally
11	15/8/2023	Azadi Ka Amrit Mahotsav- Sapling Distribution
12	15/8/2023	Azadi Ka Amrit Mahotsav- Pledge
13	17/8/2023	Anti-Ragging Awareness Programme
14	19/8/2023	‘Nalek Oru Kathir’
15	12/9/2023	Awareness Class on Muscular Dystrophy
16	15/9/2023	Pen Box Challenge
17	24/9/2023	NSS Day Celebration
18	29/9/2023	Anti-Drug Awareness Programme
19	29/9/2023	‘Swachhta Hi Seva’-Cleaning- Primary Health Centre, Kottaram
20	29/9/2023	‘Swachhta Hi Seva’- Cleaning-
21	1/10/2023	‘Swachhta Hi Seva’ – Cleaning- Anganavadi, Kottaram
22	10/10/2023	World Mental Health Day Observation
23	12/10/2023	‘Let Us Live- Drug Free Zone”
24	13/10/2023	‘Mere Mati Meri Desh’
25	17/10/2023	Anti-Drug Awareness Programme for School Students
26	19/10/2023	‘Njarunadeel Utsavam’
27		Sneharamam
28	9/1/2024	SIP orientation
29	13/2/2024	Nalek Oru Kathir- Njarunadeel Utsavam
30		Tribal Welfare-on progress
31		Interactive Session with First Years- On Progress
32		Survey-On Progress
		Student Achievements

Cleaning –Primary Health Centre, Kottaram

Date: 01/06/2023

Location: Primary Health Center (PHC), Kottaram

Objective: The National Service Scheme (NSS) volunteers of MES Keveeyam College, Valanchery, undertook a cleanliness drive at the Primary Health Center (PHC) located in Kottaram. The primary aim was to contribute to the betterment of community health facilities and to promote cleanliness and hygiene in the area.

Cleaning the PHC

Prior to the cleaning drive, a planning meeting was conducted by the NSS unit. Tasks were allocated, and necessary arrangements were made for the successful execution of the event. Materials such as brooms, mops, gloves, and garbage bags were procured. On the designated date, NSS volunteers assembled at the PHC in Kottaram. They were divided into teams, each assigned specific areas of the health center to clean. The collective effort of 84 volunteers enabled the completion of tasks in a timely manner, maximizing the efficiency and effectiveness of the cleaning drive.

Impact

- The cleanliness of the health center was significantly enhanced, providing a more hygienic environment for patients, staff, and visitors.
- Participating in the initiative empowered NSS volunteers by instilling a sense of accomplishment and social responsibility.

Photo Gallery



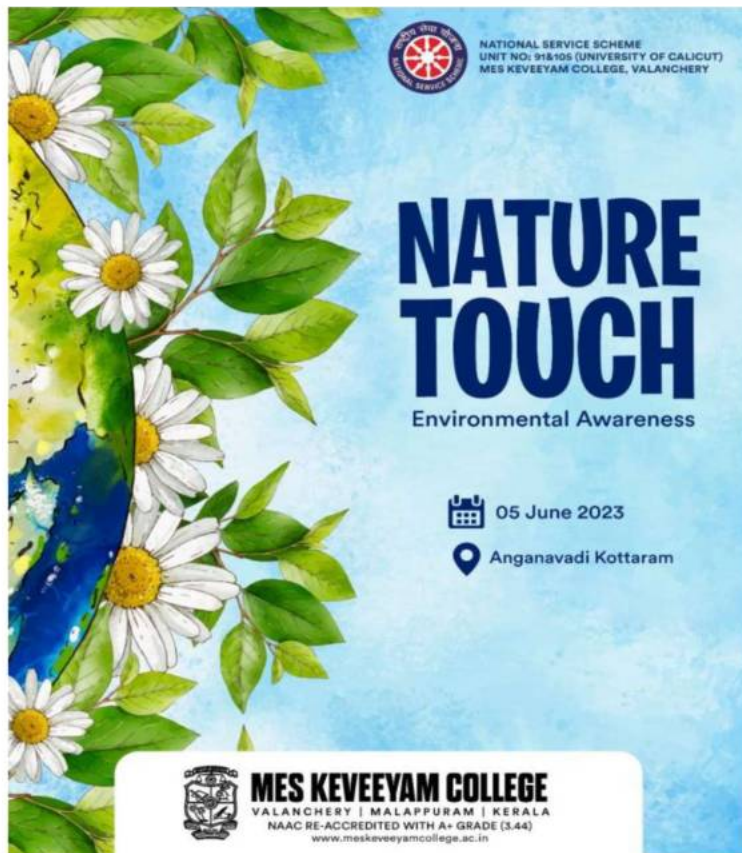
Nature Touch- Anganavadi, Kottaram

Date: 5/6/2023

Location: Anganavadi, Kottaram

Objective: In commemoration of World Environment Day, the National Service Scheme (NSS) volunteers organized an engaging orientation program titled "Nature Touch" for Anganwadi students on the 5th of June 2023. The program aimed to instill environmental consciousness among young minds and promote the significance of tree plantation for a sustainable future.

Brochure:



Description of the Programme:

The program commenced with an informative orientation session conducted by NSS volunteers. They sensitized the Anganwadi students about the importance of preserving nature and the role of trees in maintaining ecological balance. Through a combination of songs and storytelling sessions centered around trees and plants, the volunteers captivated the attention of the participants and effectively conveyed key messages about environmental conservation. Songs celebrating the beauty of nature and its inhabitants resonated with the students, while stories depicting the interconnectedness of all living beings instilled a deeper appreciation for the natural world.

Tree Plantation: Following the orientation session, the participants actively engaged in a tree

plantation activity. Under the guidance of NSS volunteers, the Anganwadi students planted saplings in designated areas, fostering a hands-on experience of environmental stewardship. Each participant had the opportunity to contribute towards greening the surroundings, thereby forging a personal connection with nature.

Outcomes:

- **Environmental Awareness:** The orientation session enhanced the participants' understanding of environmental issues and their role in mitigating them, fostering a sense of environmental responsibility.
- **Engaging in the tree plantation activity** provided the Anganwadi students with a tangible experience of environmental conservation, instilling a sense of pride and accomplishment.

The "Nature Touch" program organized by NSS volunteers, with the enthusiastic participation of 50 students, served as a platform for nurturing environmental consciousness and fostering a culture of sustainability among Anganwadi students. By combining education with action, the program empowered participants to become catalysts for positive environmental change in their communities.

Photo Gallery:



World Cycle Day Observation

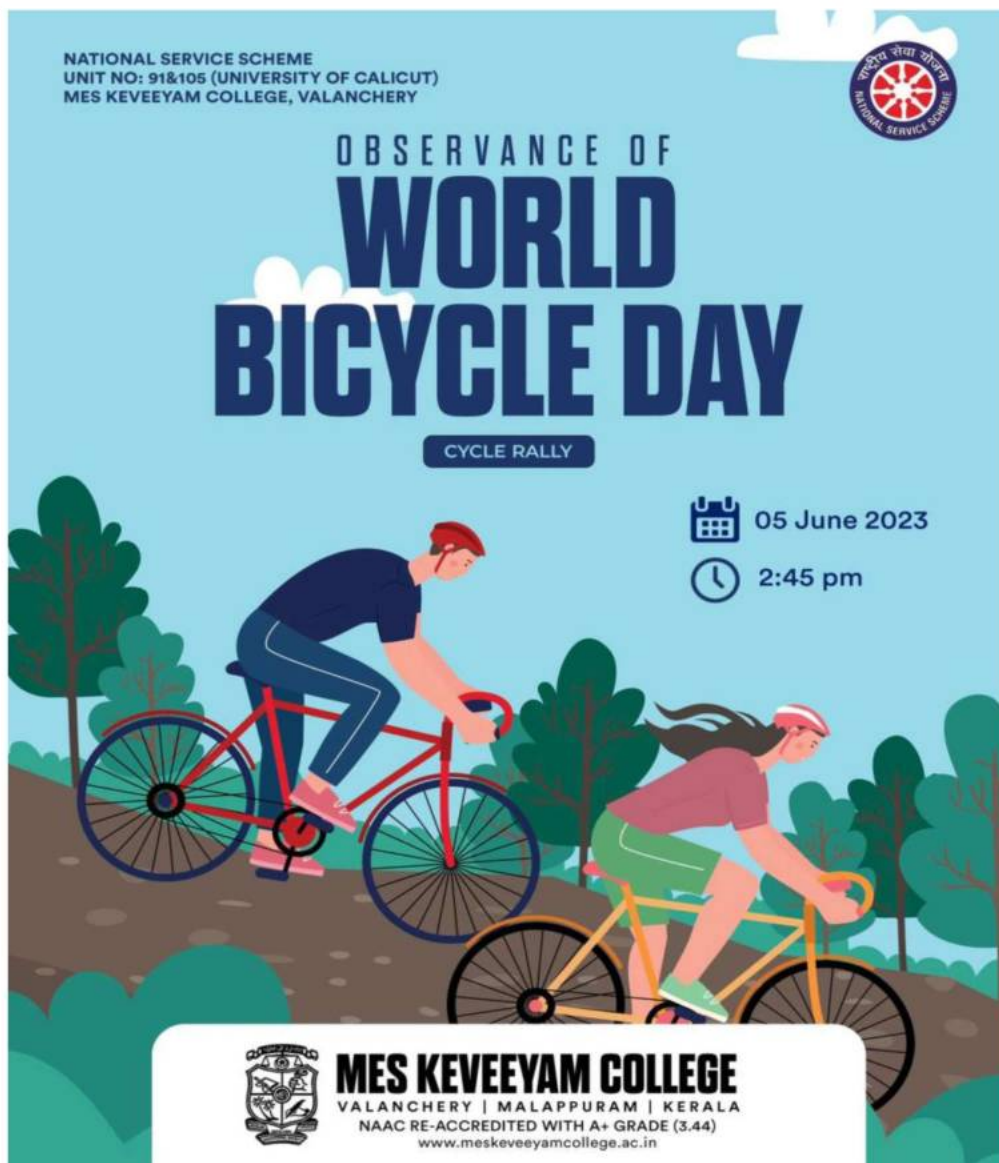
Date: 5/6/2023

Location: MES Keveeyam College, Valanchery to Valanchery Town

Objective of the Programme:

In celebration of World Cycle Day, the National Service Scheme (NSS) volunteers organized a vibrant cycle rally on the 5th of June 2023, aimed at promoting awareness about the benefits of cycling as a sustainable mode of transportation. The rally commenced from the college premises and culminated at Valanchery Town, serving as a platform to advocate for the widespread adoption of cycling for commuting and recreational purposes.

Brochure:



Description of the Programme:

The event was inaugurated by Dr. K P Vinod Kumar, the esteemed Principal of the college. His presence underscored the institution's commitment to promoting sustainable practices and community engagement. Vice Principal Prof. P.P Shajid presided over the event,

emphasizing the significance of initiatives such as the cycle rally in fostering environmental consciousness and healthy living. NSS volunteers led the spirited cycle rally, adorned in colorful attire and waving banners advocating for cycling as an eco-friendly mode of transportation. The enthusiastic participation of students, faculty, and members of the community added to the festive atmosphere, as cyclists pedaled through the streets, drawing attention to the importance of sustainable mobility. Along the route, NSS volunteers engaged with bystanders and passersby, distributing pamphlets and raising awareness about the myriad benefits of cycling. They highlighted its role in reducing carbon emissions, alleviating traffic congestion, promoting physical fitness, and improving overall well-being. By actively involving the community in conversations about sustainable transportation, the campaign aimed to inspire positive behavioral change. Prof. Dinil, Head of the Department of Physical Education, delivered insightful speech on the importance of bicycle riding. He underscored the environmental, health, and social benefits of cycling, urging participants to incorporate cycling into their daily routines as a means of contributing to a greener and healthier future. Swapna N R, NSS Programme Officer also spoke about the health social benefits of cycling. All the NSS volunteers participated the event either through cycling or through distributing pamphlets.

Outcomes:

- The cycle rally and accompanying awareness campaign effectively disseminated information about the benefits of cycling, inspiring individuals to consider cycling as a viable alternative to conventional modes of transportation.
- The active participation of students, faculty, and members of the public fostered a sense of community solidarity and collective responsibility towards environmental conservation and sustainable living.
- The event served as a catalyst for positive behavioral change, motivating individuals to adopt cycling as a means of reducing their carbon footprint and promoting personal health and well-being.

The World Cycle Day Observation organized by NSS volunteers served as a testament to the power of collective action in promoting sustainable practices and fostering community engagement. By advocating for the widespread adoption of cycling, the event contributed to the ongoing efforts towards building a more environmentally conscious and healthier society.

Photo Gallery:



In News:

എൻ.എസ്.എസ് സൈക്കിൾ റാലി

വളാഞ്ചേരി: ലോക സൈക്കിൾ ദിനാചരണഗമായി എം.ഇ.എസ് കെ.വി.എം കോളജ് എൻ.എസ്.എസ് യൂണിറ്റുകൾ സൈക്കിൾ റാലി സംഘടിപ്പിച്ചു. പ്രിൻസിപ്പൽ ഡോ. കെ. പി. വിനോദ് കുമാർ, വൈസ് പ്രിൻസിപ്പൽ പ്രഫ. പി.പി. ഷാജിദ്, എൻ.എസ്.എസ്

പ്രോഗ്രാം ഓഫീസർ പ്രഫ. എൻ. ആർ. സ്വപ്ന, കായിക വിഭാഗം മേധാവി പ്രഫ.എസ്. ദിനിൽ, വിദ്യാർത്ഥി പ്രതിനിധികളായ പി. മുഹമ്മദ് മിർഷാദ്, കെ. മുഹമ്മദ് അർഷാദ്, ടി.വി. കല്പക്, എൻ.ആർ. അഭിനവ്, കെ.എം. ബാസിൽ എന്നിവർ സംസാരിച്ചു.

Nature Touch- Mime at College

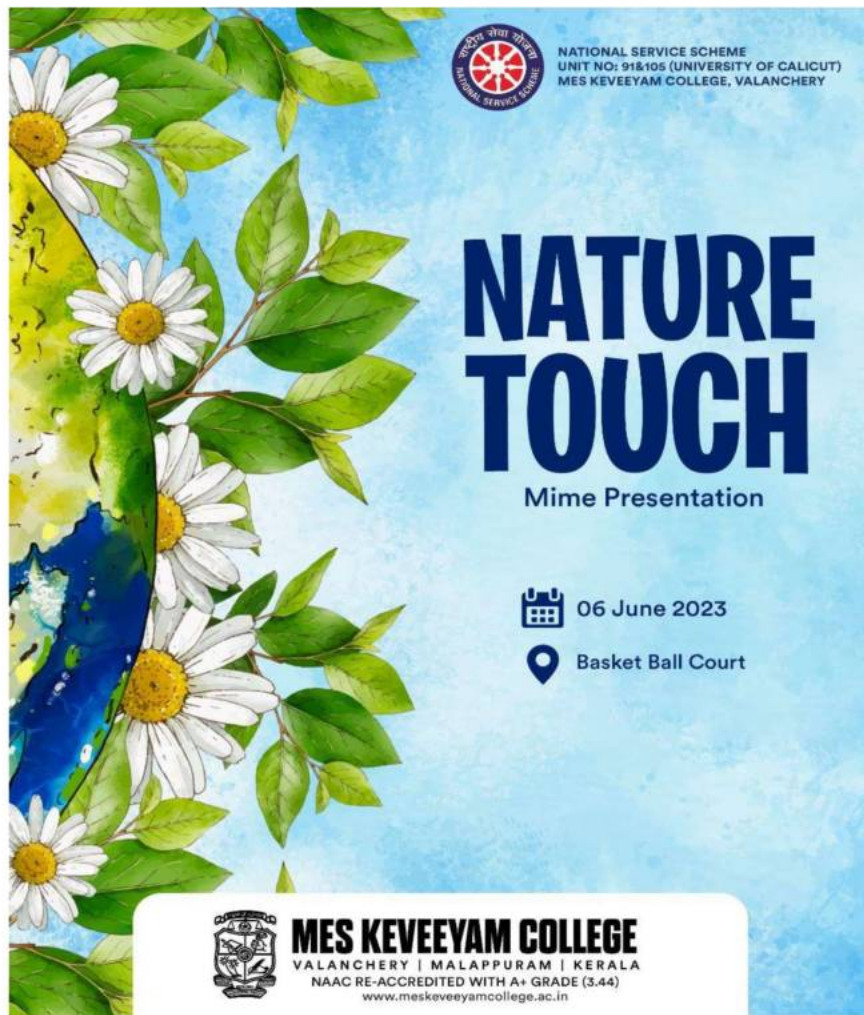
Date: 6/6/2023

Location: MES Keveeyam College, Valanchery

Topic: Mime for Environmental Awareness

Objective of the Programme: In commemoration of World Environment Day, the National Service Scheme (NSS) volunteers presented a mime on the 6th of June 2023. The programme aimed to create environmental awareness among students of the college and to advocate preservation of trees.

Brochure:



Description of the Programme:

NSS Units 91 and 105 of MES Keveeyam College, Valanchery, organized an impactful mime performance on the 6th of June 2023, with the aim of raising awareness among students about the critical importance of protecting our environment. Through the medium of mime, the organizers sought to convey powerful messages about environmental conservation and the urgent need for sustainable practices. The mime gave prime focus to the realities of deforestation and its consequences. Talented performers depicted scenes of tree cutting,

habitat destruction, and environmental degradation with emotive expressions and gestures, effectively conveying the profound loss associated with the indiscriminate felling of trees.

Outcomes:

- The emotive portrayal of tree cutting and protection served as a wake-up call, prompting individuals to recognize the value of trees and the urgency of conservation efforts.
- The event sparked conversations and dialogue about environmental issues, fostering a sense of solidarity and shared responsibility among participants to safeguard our natural resources.

The mime performance organized, served as a powerful catalyst for environmental advocacy and awareness. Through the universal language of mime, the event conveyed a compelling message of the importance of tree protection and inspired individuals to become agents of change in their communities.

Photo Gallery:



Nature Touch- Quiz Competition for School Students

Date: 7/6/2023

Location: MES Higher Secondary School, Irimbiliyam

Objective of the Programme:

In commemoration of World Environment Day, NSS Units 91 and 105 of MES Keveeyam College, Valanchery, organized an engaging quiz competition on the 7th of June 2023 at MESHSS Irimbiliyam. The quiz aimed to test participants' knowledge about environmental issues and promote awareness about the importance of nature conservation.

Description of the Programme:

The quiz began with an introductory remark about the objective of the programme by Swapna N R, NSS Programme Officer. The event was inaugurated by Mr. Ashrafali Kaliyath, Headmaster of MES Higher Secondary School, setting a tone of significance and importance to the quiz competition. His presence underscored the commitment of educational institutions towards promoting environmental awareness and education. The quiz competition featured multiple rounds covering various topics related to environmental conservation, including biodiversity, climate change, renewable energy, and sustainable practices. Participants, students of MESHSS Irimbiliyam, competed enthusiastically, showcasing their understanding of environmental concepts and current affairs. The quiz was structured to be interactive and engaging, with a blend of multiple-choice questions, true/false statements, and visual identification rounds. Prizes were distributed by Mr. K K Najmudheen, Principal of MES Higher Secondary School, Irimbiliyam, to the top-performing individuals. This gesture of recognition highlighted the significance of the event and motivated participants to continue their efforts towards environmental stewardship.

Outcomes:

- Participants gained valuable insights into environmental issues and solutions, broadening their understanding of the importance of nature conservation.
- The event raised awareness about World Environment Day and encouraged individuals to take proactive measures to protect and preserve the environment.

The Nature Touch - Quiz Competition organized by NSS Units 91 and 105 of MES Keveeyam College, Valanchery, served as an effective platform for promoting environmental awareness and education. By engaging students in an interactive and informative quiz, the

event contributed to the ongoing efforts to inspire positive action for a greener and more sustainable future.

Photo Gallery:



Awareness programme- Blood Donation

Date: 16/6/2023

Location: MES Keveeyam College, Valanchery

Objective of the Programme:

The primary objective of the Blood Donation Awareness Class, conducted in collaboration with the BDK Tirur Taluk Committee and led by Mr. Bibin Chandran, was to educate and inspire participants about the importance of blood donation. The program aimed to dispel myths, address concerns, and encourage individuals to become regular blood donors, thus contributing to the welfare of the community and saving lives.

Brochure:

MES KEVEEYAM COLLEGE
VALANCHERY | MALAPPURAM | KERALA | INDIA
NAAC RE-ACCREDITED WITH "A+" GRADE (3.44)
www.meskeveeyamcollege.ac.in

Red Ribbon Club

RESOURCE PERSON

BIPIN CHANDRAN
BDK COORDINATOR

AWARENESS PROGRAMME
ON 16TH JUNE 2023
FRIDAY 2 PM @
COLLEGE AUDITORIUM

Organized by
Red Ribbon Club, NSS and NCC
in collaboration with
BDK Tirur Taluk Committee

BLOOD DONORS KERALA
REG. NO. KTM/TC/840/2014

Description of the Programme:

The programme that was conducted by NSS, Red Ribbon Club and NCC of the college in collaboration with BDK Tirur Taluk committee, began with a welcome speech by NSS programme Officer Swapna N R and an introductory speech by Lt.Najiya.K.V.

The awareness class commenced with an introduction by Mr. Bibin Chandran, who emphasized the critical need for blood donation and highlighted the significance of

community support in addressing this need. He provided an overview of the agenda for the session and set the tone for an informative and engaging discussion. Participants were enlightened about the life-saving impact of blood donation, emphasizing its role in emergency situations, medical treatments, and surgeries. The discussion underscored the constant demand for blood and the vital role donors play in meeting this demand. Mr. Bibin Chandran elaborated on the health benefits associated with blood donation, including the stimulation of new blood cell production and the reduction of certain health risks. Participants were encouraged to view blood donation not only as a selfless act but also as a means of maintaining their own health and wellbeing.

The Blood Donation Awareness Class, organized in collaboration with the BDK Tirur Taluk Committee and led by Mr. Bibin Chandran, was a resounding success in achieving its objectives. Participants departed with a deeper understanding of the importance of blood donation, dispelled of myths, and a heightened motivation to contribute to this noble cause.

Photo Gallery:



One day Workshop on Wellness through Yogic Practice

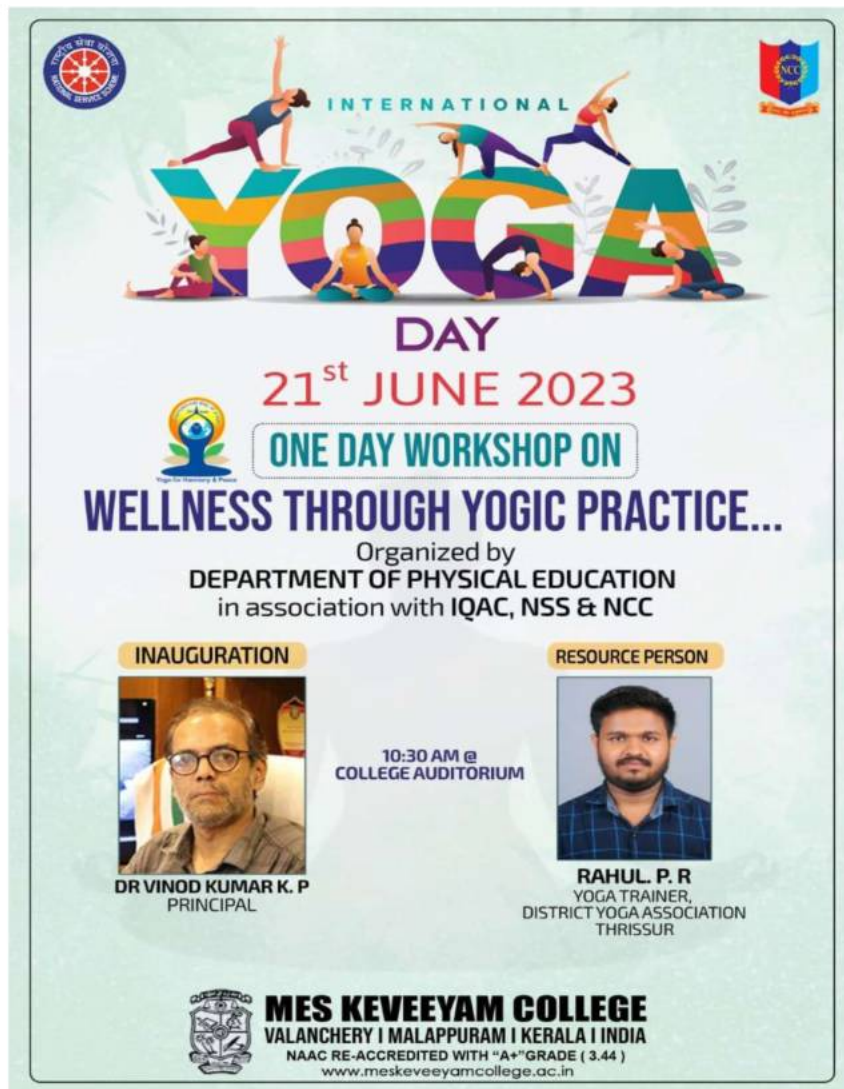
Date: 21/6/2023

Location: MES Keveeyam College, Valanchery

Objective of the Programme:

On June 21, 2023, the Department of Physical Education, in collaboration with IQAC, NSS, and NCC, organized a one-day workshop on "Wellness through Yogic Practice" to observe Yoga Day. The event aimed to promote physical and mental well-being through yoga and its various practices.

Brochure:



INTERNATIONAL

YOGA

DAY
21st JUNE 2023

ONE DAY WORKSHOP ON
WELLNESS THROUGH YOGIC PRACTICE...

Organized by
DEPARTMENT OF PHYSICAL EDUCATION
in association with **IQAC, NSS & NCC**

INAUGURATION

10:30 AM @
COLLEGE AUDITORIUM

DR VINOD KUMAR K. P.
PRINCIPAL

RESOURCE PERSON

RAHUL P. R.
YOGA TRAINER,
DISTRICT YOGA ASSOCIATION
THRISSUR

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Description of the Programme:

Rahul P R, a yoga trainer affiliated with the District Yoga Association Trissur, led the workshop, which commenced with an inaugural ceremony presided over by DCr K P Vinod Kumar, the Principal. The workshop focused on the holistic benefits of yogic practices, emphasizing physical fitness, mental relaxation, and spiritual well-being. Participants were introduced to various yoga asanas, pranayama techniques, and meditation practices aimed at

achieving overall wellness. The workshop witnessed active participation from students, faculty members, and staff members alike, reflecting the widespread interest and enthusiasm for yoga and its benefits. The event not only promoted physical fitness but also fostered mental relaxation and spiritual well-being among the participants. Such initiatives play a crucial role in promoting a culture of wellness and mindfulness within the academic community.

Photo Gallery:



Blood Donation Camp

Date: 4/7/2023

Location: MES Keveeyam College, Valanchery

Objective of the Programme:

The camp was conducted with the primary objective of encouraging voluntary blood donation and fostering a culture of community support.

Brochure:



Description of the Programme:

The Blood Donation Camp, organized in collaboration with the BDK Tirur Taluk Committee and the Blood Bank at Perinthalmanna Government Hospital, was a testament to the spirit of solidarity and compassion within the community. The camp served as a platform for individuals to contribute to the noble cause of saving lives through voluntary blood donation. The participation of 54 students in the blood donation drive reflected a strong sense of social

responsibility within the student community.

Photo Gallery:



In News:

<https://fb.watch/IBb7T01WPd/?mibextid=Nif5oz>

<https://youtube.com/watch?v=MKLwLkuYjWc&feature=share8>

"Azadi ka Amrit mahotsav"

Date: 15/08/2023

Location: MES Keveeyam College, Valanchery

Objective of the Programme:

On August 15, 2023, NSS Units 91 and 105 organized a special event titled 'Veeron Ka Vandan' to honor Mr. UPS Menon, a retired Captain of the Indian Army, for his exemplary service to the nation. The event was held to express gratitude towards Mr. Menon and recognize his contributions to the country.

Brochure:



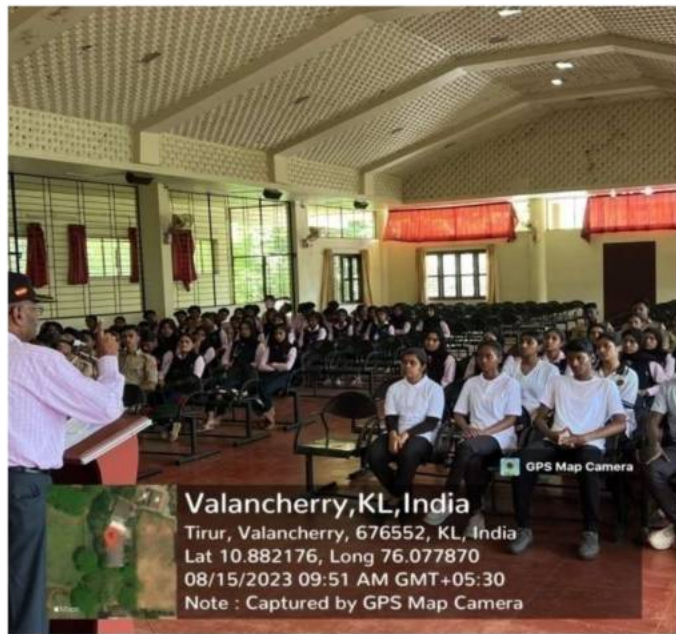
Description of the Programme:

The programme was inaugurated by Dr Vinod Kumar, Principal of MES Keveeyam College, Valanchery. The programme that was presided over by Prof Shajid P P, Vice Principal of the college, began with the welcome speech by Swapna N R, NSS Programme Officer. Mr. OC Salahudheen, the Treasurer of MES Kerala, had the honor of presenting a token of appreciation to Captain Menon on behalf of NSS Units 91 and 105. Dr P Muhammed Ali, Secretary of the college has done an inspiring speech on the significance of military service

in safeguarding the nation's sovereignty and integrity. Mr Habeeb Rahman, the Alumni of the college was also present in the event. The ceremony was conducted with dignity and respect, underscoring the significance of Mr. Menon's service to the nation. Following the honoring ceremony, an interactive session was arranged with NSS volunteers. This session provided an opportunity for the volunteers to engage with Captain Menon, learn from his experiences, and gain insights into the life of a military veteran. Captain Menon shared anecdotes from his time in the Indian Army, offering valuable lessons on leadership, discipline, and patriotism. Captain Menon spoke about his journey in the Indian Army, highlighting the challenges and rewards of serving the nation in uniform.

The 'Veeron Ka Vandan' event and interactive session with Captain UPS Menon served as a fitting tribute to his dedication and sacrifice as a member of the Indian Army.

Photo Gallery:





കരസേനയിൽനിന്ന് വിരമിച്ച ക്യാപ്റ്റൻ യു.പി.എസ്. മേനോനെ
വളാഞ്ചേരി എം.ഇ.എസ് കെ.വി.എം കോളജിൽ എം.ഇ.എസ്
സംസ്ഥാന ട്രഷറർ ഒ.സി. സലാഹുദ്ദീൻ ആദരിക്കുന്നു **മാധ്യമം**

Azadi Ka Amrit Mahotsav- Rally

Date: 15/8/2023

Location: MES Keveeyam College, Valanchery- Alinchode

Objective of the Programme:

The Independence Day rally organized by the NSS volunteers of MES Keveeyam College, Valanchery, aimed to propagate the idea of a secular India, emphasizing the principles of unity in diversity and religious harmony. The rally sought to celebrate India's rich cultural heritage while promoting inclusivity and tolerance among its citizens.

Description of the Programme:

The rally commenced from MES Keveeyam College campus in Valanchery and proceeded towards Alinchode, covering various key points and thoroughfares along the way. The route was strategically chosen to maximize visibility and engagement with the local community. The rally began with a flag hoisting ceremony at MES Keveeyam College, symbolizing the spirit of patriotism and national unity among the participants by the Principal of the college Dr Vinod Kumar K P. Mr. Shajid PP, Vice Principal of the college delivered an impactful message emphasizing the importance of secularism and unity in a diverse nation like India. The Independence Day rally witnessed active participation from NSS volunteers, students, faculty members, and members of the local community. The enthusiastic involvement of participants contributed to the success of the event in spreading the message of secularism and national unity.

Photo Gallery:



Azadi Ka Amrit Mahotsav- Sapling Distribution

Date: 15/8/2023

Location: Kottaram

Objective of the Programme:

As part of Independence Day celebrations, NSS volunteers undertook the initiative to distribute saplings to the people of Kottaram. The objective was to promote environmental conservation and encourage the community to actively participate in greening efforts.

Description of the Programme:

NSS volunteers procured a variety of saplings from local nurseries, ensuring diversity in species to cater to different preferences and environmental conditions. Volunteers engaged in meaningful interactions with recipients, discussing the importance of tree planting and encouraging them to nurture the saplings for a greener and healthier environment.

Outcomes:

- The sapling distribution initiative witnessed active participation from the community, with many residents eagerly accepting the saplings and expressing their commitment to planting and caring for them.
- The awareness campaign conducted by NSS volunteers succeeded in raising awareness about the importance of tree planting and environmental conservation among the residents of Kottaram.

The sapling distribution initiative organized by NSS volunteers as part of Independence Day celebrations in Kottaram exemplifies the spirit of community service and environmental stewardship. By encouraging individuals to plant trees, the initiative contributes to building a greener and more sustainable future for generations to come.

Photo Gallery:



Azadi Ka Amrit Mahotsav- Pledge

Date: 15/8/2023

Location: MES Keveeyam College, Valanchery

Objective of the Programme:

The Independence Day Pledge Ceremony was organized with the aim of fostering a sense of patriotism, unity, and commitment among participants towards the ideals and values of the nation. The pledge served as a symbolic reaffirmation of the principles enshrined in the constitution and the sacrifices made by freedom fighters for the nation's independence.

Description of the Programme:

The Independence Day Pledge Ceremony served as a poignant reminder of the principles and values that form the bedrock of our nation's identity. Through the solemn recitation of the pledge and moments of reflection, participants renewed their dedication to upholding the ideals of freedom, equality, and justice. The ceremony exemplified the spirit of patriotism and unity that binds us as a nation, inspiring all present to strive for the betterment of our beloved country.

Photo Gallery:



Anti-Ragging Awareness Programme

Date: 17/8/2023

Location: MES Keveeyam College, Valanchery

Objective of the Programme:

The Anti-Ragging Awareness Programme, organized by NSS Units 91 and 105 of MES Keveeyam College, Valanchery, aimed to educate students about the severe consequences of ragging and promote a culture of respect, kindness, and inclusivity on campus.

Brochure:



The brochure is a dark blue poster with white and red text and graphics. At the top left is a white plus sign. The top center features the NALSA logo and text: "UNDER THE AEGIS OF NALSA District Legal Services Authority, Manjeri and Taluk Legal Services Committee, Tirur". Below this, it says "in association with NSS Units 91 & 105 and Anti Ragging Cell". The main title "ANTI-RAGGING AWARENESS PROGRAMME" is in large, bold, white capital letters. Below the title, there are three columns for the event details: "INAUGURATION" with a photo of Hon. Shabir Ibrahim (Sub Judge, DLSA Secretary); "PRESIDENTIAL ADDRESS" with a photo of Dr. K.P Vinod Kumar (Principal, MES Keveeyam College); and "RESOURCE PERSON" with a photo of Adv. K.P Ashok Kumar (Tirur Court). At the bottom, there is a calendar icon for "17 August 2023", a clock icon for "2:00 pm", and a location pin icon for "College Auditorium". The bottom of the brochure features the logos of MES Keveeyam College (Valanchery, Malappuram, Kerala, NAAC Re-Accredited with A+ Grade (3,44), www.meskeveeyamcollege.ac.in) and NSS Units 91 & 105.

UNDER THE AEGIS OF NALSA
District Legal Services Authority,
Manjeri and Taluk Legal Services
Committee, Tirur

in association with
**NSS Units 91 & 105 and
Anti Ragging Cell**

ANTI-RAGGING AWARENESS PROGRAMME

INAUGURATION



Hon. Shabir Ibrahim
(Sub Judge, DLSA Secretary)

PRESIDENTIAL ADDRESS



Dr. K.P Vinod Kumar
(Principal, MES Keveeyam College)

RESOURCE PERSON



Adv. K.P Ashok Kumar
(Tirur Court)

17 August 2023

2:00 pm

College Auditorium

MES KEEVEYAM COLLEGE
VALANCHERY | MALAPPURAM | KERALA
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www.meskeveeyamcollege.ac.in

**NSS UNITS
91 & 105**

Description of the Programme:

The programme commenced with the welcome address by the Vice Principal of the college Prof. Shajid P P, presided over by the Principal of the college Dr Vinod Kumar K P. The inaugural ceremony was graced by the presence of Sub Judge and DLSA Secretary, Hon. Shabir Ibrahim. His esteemed presence lent credibility and importance to the event, emphasizing the seriousness with which ragging is viewed by the judiciary. Hon. Shabir

Ibrahim delivered a keynote address, highlighting the legal aspects and penalties associated with ragging. He emphasized the need for stringent measures to eradicate this menace and encouraged students to uphold the dignity and rights of their peers. Following the inauguration, Advocate K.P Ashok Kumar from Tirur Court took the stage to conduct an interactive session on the various dimensions of ragging. He sensitized the audience about the psychological, emotional, and physical trauma inflicted by ragging and urged students to reject and report any instances of bullying or harassment. IQAC coordinator Dr Krishnaprabha felicitated the function. Vote of thanks was delivered by Swapna N R, NSS programme officer.

Outcomes:

- The Anti-Ragging Awareness Programme succeeded in sensitizing students about the gravity of ragging and the legal consequences associated with it.
- The sessions conducted by Hon. Shabir Ibrahim and Advocate K.P Ashok Kumar provided valuable insights and empowered students with knowledge to recognize and prevent ragging incidents.

The Anti-Ragging Awareness Programme organized by NSS Units 91 and 105 of MES Keveeyam College, Valanchery, served as a proactive step towards creating a ragging-free campus. By raising awareness, promoting dialogue, and fostering a culture of empathy and respect, the programme contributed to the collective efforts to eradicate ragging and ensure the well-being of all students.

Photo Gallery:





വളാഞ്ചേരി എം.ഇ.എസ്.കെ.വി.എം കോളജിൽ സംഘടിപ്പിച്ച റാഗിങ് വിരുദ്ധ ബോധവൽക്കരണം ജില്ല സബ് ജഡ്ജി ഷാബിർ ഇബ്രാഹിം ഉദ്ഘാടനം ചെയ്യുന്നു മാധ്യമം

റാഗിങ് വിരുദ്ധ ബോധവൽക്കരണം

വളാഞ്ചേരി: ജില്ല ലീഗൽ സർവീസ്സ് അതോറിറ്റി, തിരുർ താലൂക്ക് ലീഗൽ സർവീസ്സ് കമ്മിറ്റി, നാഷണൽ സർവീസ് സ്കീം, ആന്റി റാഗിങ് സെൽ എന്നിവരുടെ സംയുക്ത ആഭിമുഖ്യത്തിൽ വളാഞ്ചേരി എം.ഇ.എസ് കെ.വി.എം കോളജിൽ റാഗിങ് വിരുദ്ധ ബോധവൽക്കരണം സംഘടിപ്പിച്ചു. ജില്ല സബ് ജഡ്ജിയും ജില്ല നിയമ സഹായ സമിതി സെക്രട്ടറിയുമായ ഷാബിർ ഇബ്രാഹിം ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ ഡോ. കെ.പി. വിനോദ്

കുമാർ അധ്യക്ഷത വഹിച്ചു. തിരുർ കോടതിയിലെ അഭിഭാഷകൻ കെ.പി. അശോക് കുമാർ വിഷയാവതരണം നടത്തി. താലൂക്ക് ലീഗൽ സർവീസ് സെക്രട്ടറി വി.ടി. രാധാകൃഷ്ണൻ, വൈസ് പ്രിൻസിപ്പൽ പി.പി. ഷാജിദ് എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർ എൻ.ആർ. സ്വപ്ന, ഐ.ക്യു.എ.സി കോഡിനേറ്റർ ഡോ. കെ.എസ്. കൃഷ്ണപ്രഭ, ലീഗൽ വളണ്ടിയർ പറമ്പാട്ട് ഷാഹുൽ ഹമീദ് തുടങ്ങിയവർ സംസാരിച്ചു.

‘Nalek Oru Kathir’

Date: 19/8/2023

Location: Oniyilpalam

Objective of the Programme:

The objective of the paddy seed sowing program was to instill a sense of responsibility, environmental consciousness, and community service ethos among the NSS volunteers, while also contributing to agricultural sustainability and rural development efforts in the region.

Brochure:



MES KEVEEYAM COLLEGE
VALANCHERY I MALAPPURAM I KERALA
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വിത്ത് സുരക്ഷയിലൂടെ... ഭക്ഷ്യ സുരക്ഷയിലേക്ക്...

നാളേക്കൊരു കതിർ

പദ്ധതിയുടെ കൃത്യത ഉദ്ദേശം



ഡോ. വിനോദ്കുമാർ കെ വി
പ്രിൻസിപ്പൽ, എം ഇ എസ് കേവിയം കോളേജ്

18 ആഗസ്റ്റ് 2023

NSS UNITS 91 & 105



Description of the Programme:

"Nalek Oru Kathir" stands as a groundbreaking initiative spearheaded by the University of Calicut, aimed at safeguarding the heritage and diversity of paddy seeds in the region. Under this, NSS volunteers from MES Keveeyam College Valanchery embarked on a meaningful endeavor to sow paddy seeds at a field located in Oniyil Palam, Muchikkal. The event aimed to promote agricultural sustainability, community engagement, and environmental awareness

among the volunteers. The program commenced with a brief introduction by the Vice Principal Mr. Shajid P P, highlighting the significance of paddy cultivation and the role it plays in ensuring food security and preserving traditional agricultural practices. Following the introduction, Dr. KP Vinod Kumar, Principal of MES Keveeyam College Valanchery, graced the occasion and inaugurated the program with a ceremonial gesture. Under the guidance of experienced farmer and agricultural expert Anwar Palliyalil, NSS volunteers enthusiastically participated in the process of sowing paddy seeds.

As a whole the paddy seed sowing program organized by NSS volunteers of MES Keveeyam College served as a testament to the power of collective action and community engagement in promoting sustainable agriculture and environmental stewardship. It not only provided valuable hands-on experience to the volunteers but also reinforced the college's commitment to fostering responsible citizenship and holistic development among its students.

Photo Gallery:





എം.ഇ.എസ് കെ.വി.എം കോളജിലെ എൻ.എസ്.എസ് യൂനിറ്റുകൾ ഓണിയിൽ പാലത്തിന് സമീപം പാടത്ത് വിത്ത് വിതക്കുന്നതിന്റെ ഉദ്ഘാടനം പ്രിൻസിപ്പൽ ഡോ. കെ.പി വിനോദ് കുമാർ നിർവഹിക്കുന്നു

വിദ്യാർത്ഥികൾ നെൽകൃഷി ആരംഭിച്ചു

വളാഞ്ചേരി • വളാഞ്ചേരി എം .ഇ.എസ് കെ.വി.എം കോളജിലെ എൻ.എസ്.എസ്. യൂനിറ്റുകളുടെ നേതൃത്വത്തിൽ 'നാളെ ഞ്ഞാരു കതിർ' പദ്ധതിയുടെ ഭാഗമായി നെൽകൃഷി ആരംഭിച്ചു. മുച്ചിക്കൽ ഓണിയിൽ പാലത്തിന് സമീപത്തെ പാടശേഖരത്തിലെ കൃഷിക്കായുള്ള വിത്ത് വിത പ്രിൻസിപ്പൽ ഡോ. കെ.പി വി

നോദ് കുമാർ ഉദ്ഘാടനം ചെയ്തു. കോളജ് വൈസ് പ്രിൻസിപ്പൽ പി.പി ഷാജിദ്, എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർ എൻ.ആർ സ്വപ്ന, കർഷകനായ അൻവർ പള്ളിയാലിൽ, വിദ്യാർത്ഥി പ്രതിനിധികളായ എൻ.മുഹമ്മദ് റജുവാൻ, പി.മുഹമ്മദ് ഫവാസ്, സി. എസ്. നന്ദന, സി.എം.മീരാ കൃഷ്ണൻ സംസാരിച്ചു.

Awareness class on “muscular dystrophy”

Date: 12/9/2023

Location: MES Keveeyam College, Valanchery

Objective of the Programme:

An awareness class on Muscular Dystrophy was conducted in collaboration with MIND Trust as part of their national awareness and advocacy campaign. The session aimed to educate participants about Muscular Dystrophy, its symptoms, diagnosis, treatment options, and support available for individuals and families affected by the condition. The class was expertly handled by Dr. Arun.S (M.Phil., PhD), who provided valuable insights and information to the attendees.

Description of the Programme:

The awareness class commenced with an introduction to Muscular Dystrophy by Dr. Arun.S, who provided an overview of the condition, its types, and prevalence. He explained the genetic basis of Muscular Dystrophy and highlighted the progressive nature of the disease, emphasizing the importance of early diagnosis and intervention. Dr. Arun.S then elaborated on the common signs and symptoms of Muscular Dystrophy, including muscle weakness, delayed motor milestones, and difficulty in walking and mobility. He underscored the significance of timely medical evaluation and genetic testing for accurate diagnosis and appropriate management. Throughout the session, Dr. Arun.S addressed questions from the participants, clarifying misconceptions and providing evidence-based information on various aspects of Muscular Dystrophy. He shared insights into the psychosocial impact of the condition on individuals and families, emphasizing the importance of holistic care and support. Furthermore, Dr. Arun.S highlighted the role of advocacy and community support in improving the quality of life for individuals with Muscular Dystrophy. He encouraged participants to become advocates for disability rights and to promote inclusive policies and initiatives in their respective spheres of influence.

Principal in charge Prof. Rukkiya K presided over the seminar. Research scholar of the college Shameema shared her experiences. Dr P C Santhosh Babu, Head of the Department of Commerce, K Suhail and K Aiswarya from MIND trust, K P Shifali, former NSS Volunteer spoke to the audience about the necessity of change in societal attitudes towards patients. Swapna N R delivered the welcome address, whereas Hiba Sherem extended gratitude in the form of a vote of thanks.

Photo Gallery:



In News:



ദേശാഭിമാനി

17/17



സ്വീകരണം നൽകി

വളാഞ്ചേരി

'സമത്വത്തിലേക്കൊരു ചുവട്' എന്ന മുദ്രാവാക്യവുമായി ഭിന്നശേഷി വിഭാഗത്തിൽപ്പെട്ടവർക്കും തുല്യത ഉറപ്പുവരുത്തണമെന്ന ലക്ഷ്യവുമായി മൈൻഡ് ട്രസ്റ്റിന്റെ നേതൃത്വത്തിൽ ഡോ. അരുൺ സംഘവും കാസർകോട്ടുമുതൽ തിരുവനന്തപുരംവരെ നയിക്കുന്ന ക്യാമ്പയിന് വളാഞ്ചേരി എം.എസ്.കെ.വി.എം കോളേജ് നാഷണൽ സർവീസ്

സ്കീമിന്റെ നേതൃത്വത്തിൽ സ്വീകരണം നൽകി. പ്രിൻസിപ്പൽ ഇൻ ചാർജ് കെ.റുഖിയ അധ്യക്ഷയായി. ഗവേഷക വിദ്യാർഥി പി.ഷൈമി അനുഭവങ്ങൾ പങ്കിട്ടു.

ഡോ. പി.സി.സന്തോഷ് ബാബു, കെ.സുഹൈൽ, കെ.ഐശ്വര്യ, കെ.പി.ഷിഫാലി എന്നിവർ സംസാരിച്ചു. എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർ കെ.സ്വപ്ന സ്വാഗതവും പി.ഹിബ്ബ ഷെറോ നന്ദിയും പറഞ്ഞു.

Pen Box Challenge

Date:15/9/2023

Location:MES Keveeyam College, Valanchery

Objective of the Programme:

The NSS units 91 and 105 of MES Keveeyam College, Valanchery, demonstrated their commitment to environmental sustainability and waste management by actively participating in the 'Pen Box Challenge' conducted under the auspices of Suchitwa Mission, Malappuram. This initiative aimed to promote eco-friendly practices and raise awareness about waste reduction and recycling.

Description of the Programme:

The NSS units 91 and 105 enthusiastically engaged in the 'Pen Box Challenge' organized by Suchitwa Mission, Malappuram. Students from these units actively contributed to the initiative by collecting used pen boxes and other plastic materials from various sources. The participation of NSS units 91 and 105 from MES Keveeyam College, Valanchery, in the 'Pen Box Challenge' had a significant positive impact on the environment and the community. By actively engaging in waste collection and recycling efforts, the volunteers contributed to reducing plastic waste and promoting sustainable practices.

Photo Gallery:





എഴുതി
തീർന്ന
സമ്പാദ്യം
പെൻ ബോക്സ്
ചലഞ്ച്

മാലിന്യരൂക്ഷതം
നവകേരളം

പ്രശംസാപത്രം

എഴുതി തീർന്ന സമ്പാദ്യം എന്ന പെൻ ബോക്സ് ചലഞ്ച് ക്യാമ്പയിൻ കേവലം മഷി തീർന്ന പേനകൾ ശേഖരിച്ച് സൂക്ഷിക്കാനുള്ള ഒരു നാമമാത്ര ക്യാമ്പയിൻ മാത്രമല്ല, മറിച്ച് പാഴായിപ്പോകുന്ന ഒരു പ്രകൃതി വിഭവവും വലിച്ചെറിയരുത് എന്നൊരു സന്ദേശ പ്രചാരണം കൂടിയാണ്. ശുചിത്വ മിഷൻ സംഘടിപ്പിച്ച ഈ ചലഞ്ച് ക്യാമ്പയിനിൽ

MES Keveeyam College, Valanchery NSS Units പങ്കെടുത്തു. അഭിനന്ദനങ്ങൾ.
91&105



ഇളം കുമാർ
ഇംഗ്ലീഷ് മിഷൻ മേധാവ്



പ്രതിവത്സം, ഇളം കുമാർ മേധാവ് &
അദ്ധ്യക്ഷ, ഇംഗ്ലീഷ് മിഷൻ നാമിനി.

NSS Day Celebration

Date: 24/9/2023

Location: Online

Objective of the Programme:

NSS Day Celebration Programme aims to inspire and empower students to become proactive agents of positive change and contribute towards building a better future for themselves and their communities.

Brochure:

**MES KEVEEYAM COLLEGE**
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**NSS UNITS**
91 & 105

NSS DAY CELEBRATION

"NOT ME, BUT YOU"


24 SEPTEMBER 2023  **8:30 PM**

Presidential Address



Dr. KP Vinod Kumar
Principal
MES Keveeyam College

Inauguration



Dr. NA Shihab
NSS Coordinator
University of Calicut

Resource Person



Mr. Mohammed Noufal
District Coordinator
National service scheme

Guest of Honour



Prof. Shajid P P
Principal
MES Ponnani College

Description of the Programme:

The NSS Day Celebration held on 24th September 2023 marked a significant occasion for the NSS units affiliated with the University of Calicut. The event was graced by the presence of esteemed dignitaries, including Dr. N A SHIHAB, NSS Coordinator at the University of Calicut, Mr. Muhammed Noufal, District Coordinator of NSS, Dr. K. P. Vinod Kumar, Principal of MES Keveeyam College Valanchery, and Prof. P. P Shajid, Principal in Charge of MES Ponnani College.

In his inaugural address, Dr. SHIHAB emphasized the pivotal role of NSS in fostering social responsibility and community engagement among students. He highlighted the significance

of NSS Day as an occasion to reflect on the achievements and contributions of NSS towards nation-building and social upliftment.

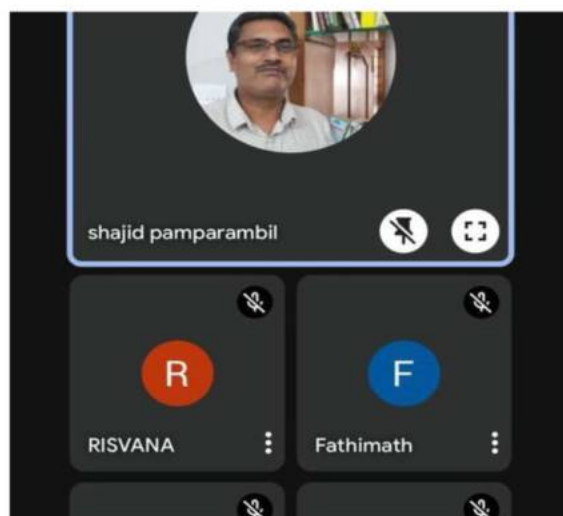
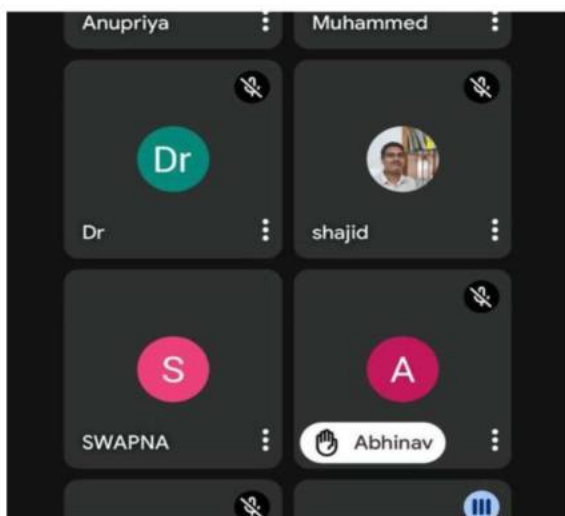
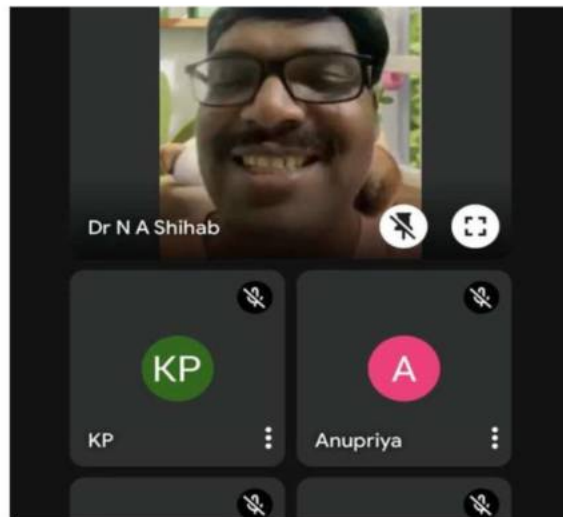
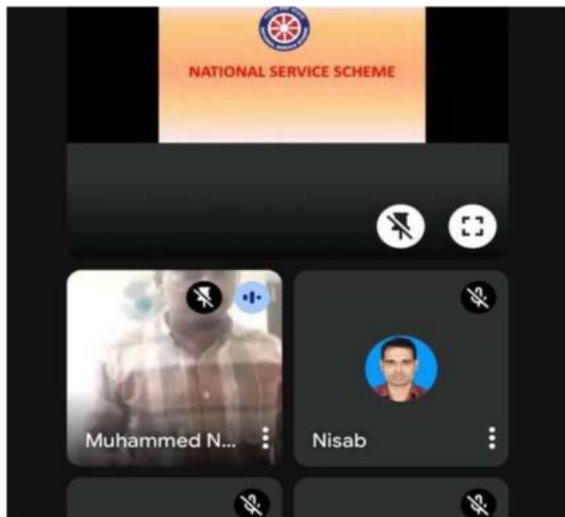
Mr. Muhammed Noufal, District Coordinator of NSS, delivered an insightful keynote address, focusing on the theme of youth empowerment and volunteerism. He underscored the importance of NSS in nurturing leadership qualities, empathy, and civic engagement among students. Mr. Noufal shared inspiring anecdotes and success stories of NSS initiatives in the district, motivating the audience to actively participate in community service activities.

Dr. K. P. Vinod Kumar, Principal of MES Keveeyam College Valanchery, delivered the presidential address, commending the dedication and commitment of NSS volunteers towards social causes. He expressed his pride in the exemplary work undertaken by NSS units in the college and reiterated the institution's unwavering support for promoting student-led initiatives for social change.

Prof. P. P Shajid, Principal in Charge of MES Ponnani College, graced the occasion as the Chief Guest and delivered an insightful address. He emphasized the importance of collaboration and synergy among educational institutions and NSS units in fostering holistic development and societal transformation.

Prof Nisab T, IQAC coordinator of the college appreciated the activities that are carried out by NSS volunteers and encouraged them to expand their concentration to other areas as well. The program that started with the welcome address of NSS Programme officer Swapna N R, ended the vote of thanks speech by Meerakrishna C M.

Photo Gallery:



Anti-Drug Awareness Programme

Date: 29/9/2023

Location: MES Keveeyam College, Valanchery

Objective of the Programme:

The Anti-Drug Awareness class titled "Laharikalil Adiyendathalla e Karalukal" was conducted on September 29, 2023, at MES Keveeyam College, Valanchery. The program aimed to educate students about the dangers of drug addiction and its detrimental effects on individuals and society as a whole.

Brochure:



MES KEVEEYAM COLLEGE
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NSS UNITS
91 & 105

"ലഹരികളിലടിയേണ്ടതല്ലയിരിക്കരുതുകൾ"

മുഖ്യ അതിഥി :



ശ്രീ. കെ. ഗണേശൻ

(വിമുക്തി റിസോഴ്സ് പേഴ്സൺ, എക്സൈസ് വകുപ്പ്)



23/09/2023



1:30 PM



College Auditorium

Description of the Programme:

The event commenced with an inaugural address by Professor K P Vinod Kumar, the Principal of the college. In his speech, he emphasized the importance of staying away from drugs and the role of educational institutions in promoting a drug-free environment. Sri. Ganesan, a Vimukthi Resource Person from the Excise department, served as the key speaker for the event. He shared insightful stories about individuals who had battled with drug addiction and highlighted the devastating consequences it had on their lives. Sri. Ganesan's presentation shed light on the harsh realities of addiction, encouraging students to make informed choices and steer clear of drugs. Swapna N R, the NSS Programme Officer, extended a warm welcome to the audience, emphasizing the significance of addressing the issue of drug abuse within the college community. Her introduction set the tone for the

informative session that followed. The session included interactive discussions, wherein students actively participated, sharing their thoughts and concerns about drug abuse. This engagement facilitated a deeper understanding of the topic and encouraged students to reflect on the impact of their choices. Aiswarya K, an NSS Volunteer, delivered the vote of thanks, expressing gratitude to all the participants, speakers, and organizers for their contributions to the success of the event. She reiterated the importance of spreading awareness about drug abuse and emphasized the collective responsibility in combating this societal menace. Overall, the Anti-Drug Awareness class proved to be a valuable initiative in sensitizing students about the dangers of drug addiction and empowering them to make positive choices for their well-being and the welfare of society. The event concluded with a renewed commitment from the college community to promote a drug-free environment and support those affected by addiction.

Photo Gallery:



'Swachhta Hi Seva'-Cleaning- Primary Health Centre, Kottaram

Date: 29/9/2023

Location: PHC, Kottaram

Objective of the Programme:

On September 29, 2023, volunteers from NSS Unit 91 and 105 at MES Keveeyam College participated in a clean-up drive at the PHC Sub Centre in Kottaram. The activity was organized as part of the "Swachhta Hi Sewa" campaign, aiming to promote cleanliness and hygiene in the community.

Description of the Programme:

The clean-up drive commenced in the morning, with the inaugural speech by Mrs. Noorjahan (Municipal Councillor, Division 17). Throughout the day, the volunteers worked tirelessly, clearing litter, sweeping the premises, and ensuring that the area was free from debris and waste. Their efforts extended to cleaning the surrounding pathways and green spaces, contributing to the overall cleanliness of the environment. The clean-up drive was not only about physical cleaning but also about raising awareness about the importance of maintaining cleanliness and hygiene. Volunteers engaged with members of the community, educating them about proper waste disposal practices and encouraging them to take ownership of their surroundings. The event served as a reminder of the collective responsibility in maintaining cleanliness and the significance of initiatives like "Swachhta Hi Sewa" in fostering positive change.

Photo Gallery:



‘Swachhta Hi Seva’-Cleaning- Homeopathy Clinic

Date: 29/9/2023

Location: Homeopathy Clinic

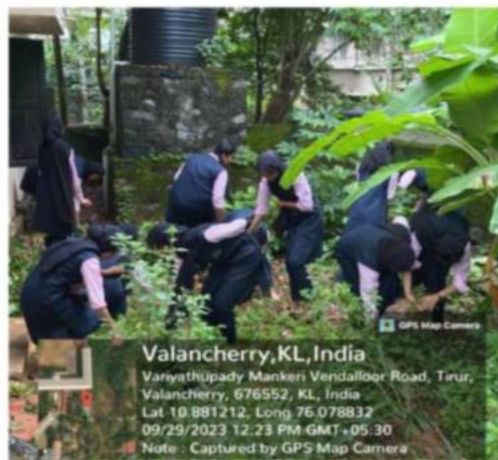
Objective of the Programme:

On September 29, 2023, volunteers from NSS Unit 91 and 105 at MES Keveeyam College participated in a clean-up drive at Homeopathy Clinic, Valanchery. The activity was organized as part of the "Swachhta Hi Sewa" campaign, aiming to promote cleanliness and hygiene in the community.

Description of the Programme:

The clean-up drive commenced in the morning, with volunteers assembling at the designated location. Equipped with necessary cleaning tools such as brooms, dustpans, and garbage bags, the volunteers divided themselves into teams and began the task of tidying up the surroundings of the Homeopathy Clinic. In addition to physical cleaning, volunteers also engaged with staff and visitors of the Homeopathy Clinic, spreading awareness about the importance of maintaining cleanliness and adopting hygienic practices. They emphasized the role of individuals in preserving the cleanliness of public spaces and encouraged everyone to contribute towards the cause. The clean-up drive at the Homeopathy Clinic in Valanchery was successfully completed with the combined efforts of NSS Unit 91 and 105. The event not only served its primary objective of promoting cleanliness but also fostered a sense of community involvement and responsibility among the volunteers.

Photo Gallery:



‘Swachhta Hi Seva’ – Cleaning- Anganavadi, Kottaram

Date: 1/10/2023

Location: Anganavadi, Kottaram

Objective of the Programme:

The cleaning program organized under NSS Units 91 and 105 of MES Keveeyam College at Kottaram Anganavadi on October 1, 2023, was part of the "Swachhta Hi Sewa" campaign. The objective was to promote cleanliness and hygiene in the community and contribute towards the government's "one day one hour cleaning" initiative.

Description of the Programme:

On October 1, 2023, volunteers from NSS Units 91 and 105 of MES Keveeyam College actively participated in a cleaning program at Kottaram Anganavadi as part of the "Swachhta Hi Sewa" campaign. The initiative aimed to uphold the principles of cleanliness and hygiene while also supporting the Valanchery Municipality's "one day one hour cleaning" campaign. The event commenced with an inauguration ceremony at Madathiyarkunnu Anganavadi, where Esa Master, a respected figure in the community, officiated the proceedings. His presence added significance to the event, highlighting the importance of community participation in such initiatives. Following the inauguration, volunteers proceeded to Kottaram Anganavadi, where they were greeted by the staff and children of the center. Equipped with cleaning supplies, including brooms, mops, and trash bags, the volunteers divided themselves into teams and began the task of cleaning the premises. The participation of NSS Units 91 and 105 in the "Swachhta Hi Sewa" campaign demonstrated their commitment to community service and civic responsibility. By actively contributing to the cleaning program at Kottaram Anganavadi, the volunteers not only improved the physical environment but also fostered a sense of collective responsibility towards cleanliness.

Photo Gallery:



Certificates of Participation:



World Mental Health Day Observation

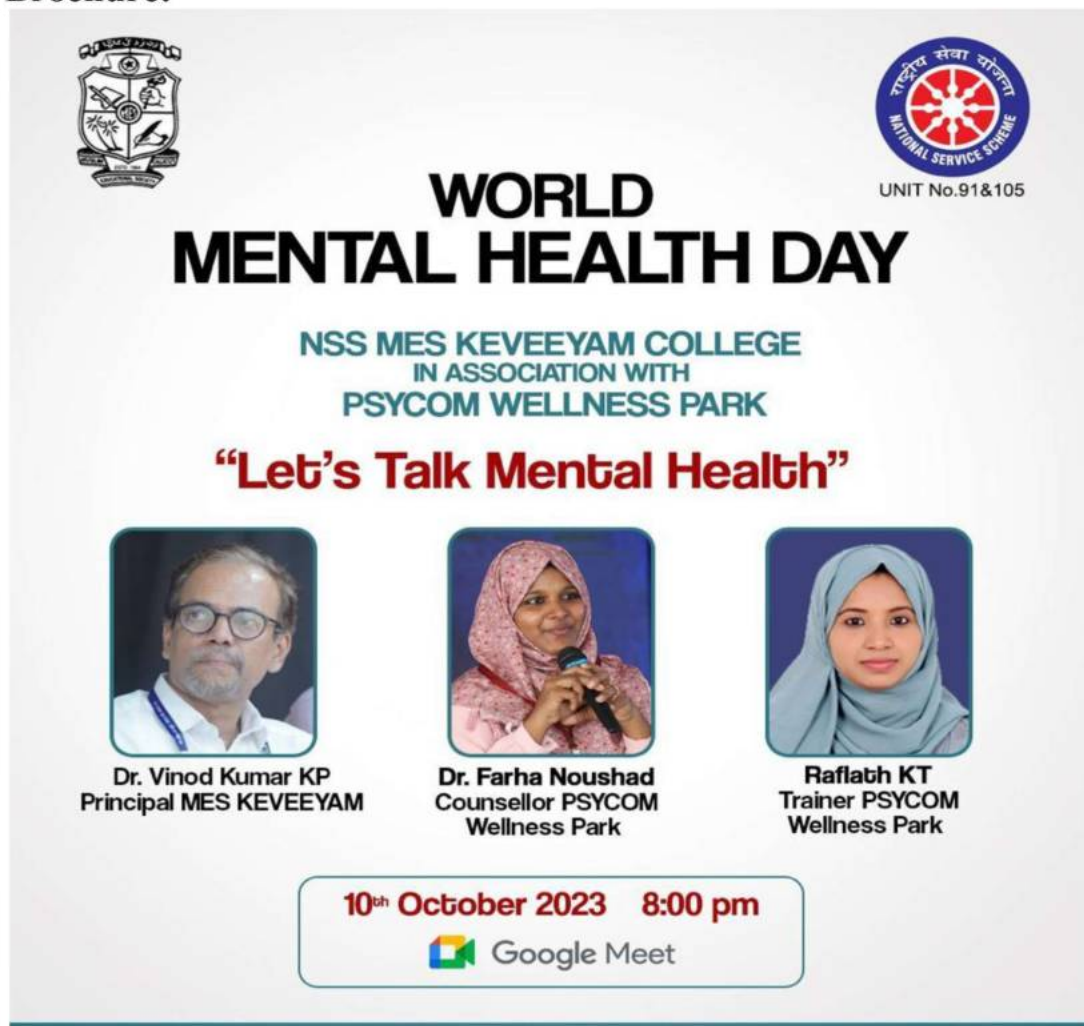
Date: 10/10/2023

Location: G Meet

Objective of the Programme:

On October 10, 2023, in observance of World Mental Health Day, NSS Units 91 and 105 of MES Keveeyam College organized a webinar titled "Let's Talk Mental Health" via Google Meet. The webinar aimed to raise awareness about mental health issues and promote discussions on strategies to foster emotional well-being.

Brochure:



The brochure is a light grey rectangular poster. At the top left is the MES Keveeyam College crest. At the top right is the NSS logo with the text 'UNIT No.91&105'. In the center, the text 'WORLD MENTAL HEALTH DAY' is written in large, bold, black capital letters. Below this, in smaller blue capital letters, is 'NSS MES KEVEEYAM COLLEGE IN ASSOCIATION WITH PSYCOM WELLNESS PARK'. Underneath that, the title '“Let's Talk Mental Health”' is written in red. Below the title are three portrait photos of the speakers: Dr. Vinod Kumar KP, Dr. Farha Noushad, and Raflath KT. Each photo is in a rounded square frame. Below each photo is the speaker's name and title in black text. At the bottom, a white rounded rectangle contains the date and time '10th October 2023 8:00 pm' in red, and the Google Meet logo and text 'Google Meet' in blue.

WORLD MENTAL HEALTH DAY

NSS MES KEVEEYAM COLLEGE
IN ASSOCIATION WITH
PSYCOM WELLNESS PARK

“Let's Talk Mental Health”

Dr. Vinod Kumar KP
Principal MES KEVEEYAM

Dr. Farha Noushad
Counsellor PSYCOM
Wellness Park

Raflath KT
Trainer PSYCOM
Wellness Park

10th October 2023 8:00 pm
Google Meet



**PSYCOM
WELLNESS PARK**
COUNSELLING & HOLISTIC CENTRE

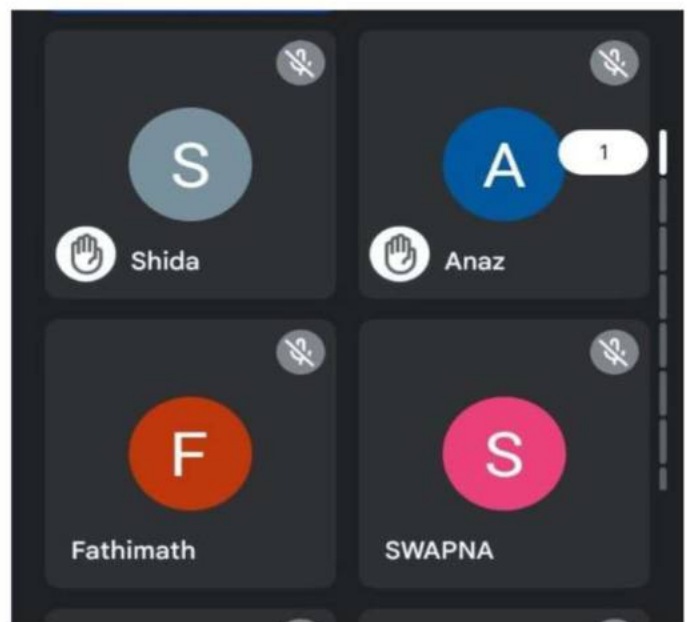
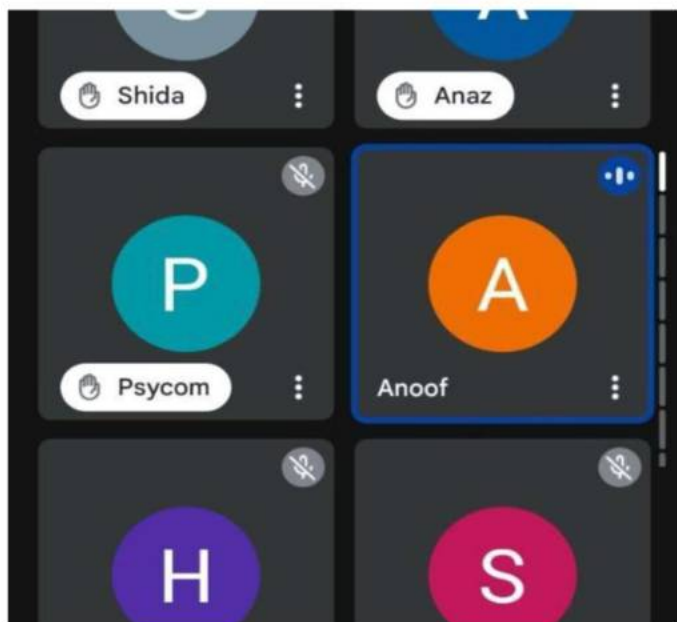
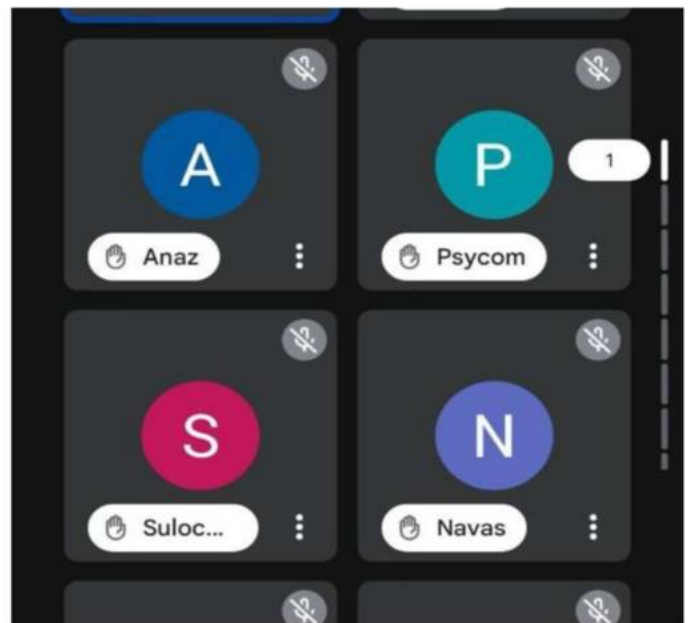
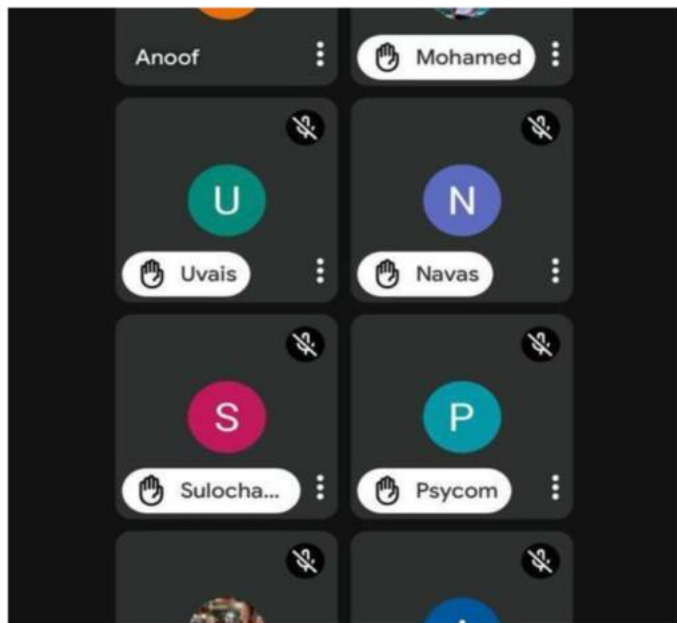
Mini Road - KOTTAKKAL
+91 8891789234, +91 8714979234
psycomwellnesspark@gmail.com

Description of the Programme:

The webinar commenced with Dr. Anooof extending a warm welcome to all participants, emphasizing the significance of the occasion and the importance of addressing mental health concerns. His opening remarks set the stage for an informative and engaging session. Dr. Vinod Kumar K P, the Principal of the college, inaugurated the webinar, underscoring the college's commitment to supporting mental health initiatives and creating a supportive environment for students. His inauguration marked the official commencement of the program. Dr. Farha Noushad, a Counsellor from PSYCHOM Wellness Park, delivered a thought-provoking talk on the importance of mental health and the challenges individuals

face in today's world. She emphasized the need for destigmatizing mental health issues and promoting open dialogue to seek help and support. Following Dr. Farha's session, Ms. Raflath K T, a Trainer from PSYCOM Wellness Park, addressed the attendees on the significance of cultivating a strong mind for overall well-being. Her insights into building mental resilience resonated with the audience, providing practical tips for maintaining mental wellness. The webinar also featured speeches by Prof Shajid P P, Principal in charge of MESX Ponnani College, IQAC Coordinator Prof Nisab T, and NSS Programme Coordinator Swapna N R, who shared their perspectives on mental health and the role of educational institutions in promoting mental well-being among students. Shida, an NSS volunteer, concluded the webinar with a heartfelt vote of thanks, expressing gratitude to the resource persons, organizers, and participants for their active involvement in the event. Her closing remarks encapsulated the spirit of collaboration and collective effort towards promoting mental health awareness. In conclusion, the "Let's Talk Mental Health" webinar organized by NSS Units 91 and 105 of MES Keveeyam College provided a platform for meaningful discussions and insights into mental health issues. The event served as a catalyst for continued efforts in fostering a supportive and inclusive environment where mental well-being is prioritized and celebrated.

Photo Gallery:



‘Let Us Live- Drug Free Zone’

Date: 12/10/2023

Location: MES Keveeyam College, Valanchery

Objective of the Programme:

On October 12, 2023, an important awareness program addressing the repercussions of narcotics was organized under the auspices of the NSS Unit at MES Keveeyam College, Valanchery in collaboration with Anti Narcotic Cell and NCC of the college. The event aimed to educate participants about the dangers of narcotics and highlight the importance of staying away from substance abuse.

Brochure:

NO TO DRUGS    **വിമുക്തി** 

ANTI NARCOTIC CELL, NSS(Units 91&105) & NCC
in association with
VIMUKTHI & LAHARI MUKTHA KERALAM

LET US LIVE - DRUG FREE ZONE
ANTI NARCOTIC CAMPAIGN

INAUGURATION


Sri. RISHIRAJ SINGH
FORMER DGP, KERALA

INVITED TALK


Mr. B HARIKUMAR
DISTRICT COORDINATOR
LAHARI MUKTHA BHARATHAM
& LAHARI MUKTHA KERALAM

Topic: FLAMING INNER EYE

THURSDAY 12th OCTOBER 2023, 1:30PM @ AV HALL

 **MES KEVEEYAM COLLEGE**
VALANCHERY | MALAPPURAM | KERALA | INDIA
NAAC RE-ACCREDITED WITH "A+" GRADE (3.44)
www.meskeveeyamcollege.ac.in

Description of the Programme:

The program commenced with an inaugural ceremony presided over by Dr Vinod Kumar, Principal of the college. Mr. Rishiraj Sing, the former Excise Inspector, graced the occasion as the guest speaker. His vast experience in dealing with narcotics-related issues lent credibility and authority to the event. Mr. Rishiraj Sing delivered an insightful and impactful speech, shedding light on the devastating consequences of narcotics abuse on individuals,

families, and society at large. He shared real-life examples and statistics to illustrate the severity of the problem and urged attendees to take a firm stand against drug use. Following Mr. Rishiraj Sing's address, Mr. B Harikumar, District coordinator, Lahari Muktha Bharatham and Lahari Muktha Keralam, shared his perspectives on the issue. He emphasized the importance of preventive measures, rehabilitation, and community involvement in addressing the challenges posed by narcotics. The program also included interactive sessions and discussions, allowing participants to engage with the speakers and ask questions. This exchange of ideas and information further enhanced awareness and understanding of the issue among attendees.

Dr. Muhammed Ali, secretary of the college graced the occasion with his presence. K.H. Fousiya, Dr. Abdul Faisal, Cordinators of Anti Narcotic Cell, Swapna N R, NSS Programme Officer, NSS and NCC volunteers was also present for the programme.

Photo Gallery:



യുവത്വം സർഗവാസനകളിലേക്ക് തിരിഞ്ഞാൽ ലഹരിക്ക് വിടപറയാം -ഔഷിരാജ് സിങ്

വളാഞ്ചേരി: യുവത്വം സർഗവാസനകളിലേക്ക് തിരിഞ്ഞാൽ ലഹരിക്ക് വിടപറയാൻ സാധിക്കുമെന്ന് മുൻ ഡി.ജി.പി ഔഷിരാജ് സിങ്. 'ലഹരി മുക്ത ഭാരതം, ലഹരി മുക്ത കേരളം'യുടെയും വളാഞ്ചേരി എം. ഇ.എസ്.കെ.വി.എം കോളേജ് ആന്റിനാർകോട്ടിക് സെൽ, എൻ.എസ്.എസ്. എൻ.സി.സി.യുടെയും നേതൃത്വത്തിലുള്ള ലഹരിവിരുദ്ധ ക്യാമ്പയിൻ ഉദ്ഘാടനം ചെയ്യുകയായിരുന്നു അദ്ദേഹം.

പ്രിൻസിപ്പൽ ഡോ. കെ.പി. വിനോദ് കുമാർ അധ്യക്ഷത വഹിച്ചു. 'സിനിമകളും ടി.വി സീരിയലുകളും ലഹരി ഉപയോഗത്തെ സ്വാധീനിക്കുന്നുണ്ടോ?'

വിഷയത്തിൽ നടത്തിയ ചർച്ചയിലധിപതിച്ചവർക്ക് അദ്ദേഹം സമ്മാനങ്ങൾ നൽകി. 'ലഹരിമുക്ത ഭാരതം, ലഹരിമുക്ത കേരളം' ജില്ലാ കോഓർഡിനേറ്റർ ബി. ഹരികുമാർ ക്ലാസെടുത്തു.



വളാഞ്ചേരി എം.ഇ.എസ്.കെ.വി.എം കോളേജിൽ സംഘടിപ്പിച്ച ലഹരിവിരുദ്ധ ക്യാമ്പയിൻ മുൻ ഡി.ജി.പി ഔഷിരാജ് സിങ് ഉദ്ഘാടനം ചെയ്യുന്നു

കോളേജ് മാനേജ്മെന്റ് സെക്രട്ടറി ഡോ. മുഹമ്മദ് അലി വിശിഷ്ടാതിഥിയായി. ആന്റി നാർകോട്ടിക് സെൽ കോഓർഡിനേറ്റർമാരായ പ്രൊഫ. കെ.എച്ച്. ഫൗസിയ, ഡോ. പി. അബ്ദുൽ ഫൈസൽ, എൻ.എസ്.എസ് കോഓർഡിനേറ്റർ പ്രൊഫ. സ്വപ്ന എന്നിവർ സംബന്ധിച്ചു.

കോളേജ് മാനേജ്മെന്റ് സെക്രട്ടറി ഡോ. മുഹമ്മദ് അലി വിശിഷ്ടാതിഥിയായി. ആന്റി നാർകോട്ടിക് സെൽ കോഓർഡിനേറ്റർമാരായ പ്രൊഫ. കെ.എച്ച്. ഫൗസിയ, ഡോ. പി. അബ്ദുൽ ഫൈസൽ, എൻ.എസ്.എസ് കോഓർഡിനേറ്റർ പ്രൊഫ. സ്വപ്ന എന്നിവർ സംബന്ധിച്ചു.

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യുവത്വത്തെ സർഗവാസനകളിലേക്ക് തിരിച്ചുവിടണം -ഔഷിരാജ് സിങ്

വളാഞ്ചേരി ചുരുചുരുക്കിന്റെ കാലമായ യുവത്വത്തിൽ സർഗവാസനകളിലേക്കു തിരിഞ്ഞാൽ ലഹരിയോട് വിടപറയാൻ സാധിക്കുമെന്ന് ഔഷിരാജ് സിങ്. വളാഞ്ചേരി എം.ഇ.എസ്.കെ.വി.എം. കോളേജിൽ ലഹരിവിരുദ്ധ ക്യാമ്പയിൻ ഉദ്ഘാടനം ചെയ്യുകയായിരുന്നു അദ്ദേഹം.

സിനിമകളും ടി.വി. സീരിയലുകളും ലഹരി ഉപയോഗത്തെ സ്വാധീനിക്കുന്നുണ്ടോ എന്ന വിഷയത്തിൽ കോളേജിൽ സംഘടിപ്പിച്ച മഠട്ടിമീഡിയാ അവതരണമത്സരത്തിൽ വിജയിച്ചവർക്ക് അദ്ദേഹം സമ്മാനങ്ങൾ വിതരണം ചെയ്തു.

പ്രിൻസിപ്പൽ ഡോ. കെ.പി. വിനോദ് കുമാർ അധ്യക്ഷത വഹിച്ചു. ലഹരിമുക്ത കേരളം ജില്ലാ കോ-ഓർഡിനേറ്റർ ഹരികുമാർ ക്ലാസെടുത്തു. കോളേജ് മാനേജ്മെന്റ് സെക്രട്ടറി ഡോ. മുഹമ്മദ് അലി വിശിഷ്ടാതിഥിയായി. പ്രൊഫ. കെ.എച്ച്. ഫൗസിയ, ഡോ. പി. അബ്ദുൽ ഫൈസൽ, പ്രൊഫ. സ്വപ്ന എന്നിവർ നേതൃത്വം നൽകി.

പ്രിൻസിപ്പൽ ഡോ. കെ.പി. വിനോദ് കുമാർ അധ്യക്ഷത വഹിച്ചു. ലഹരിമുക്ത കേരളം ജില്ലാ കോ-ഓർഡിനേറ്റർ ഹരികുമാർ ക്ലാസെടുത്തു. കോളേജ് മാനേജ്മെന്റ് സെക്രട്ടറി ഡോ. മുഹമ്മദ് അലി വിശിഷ്ടാതിഥിയായി. പ്രൊഫ. കെ.എച്ച്. ഫൗസിയ, ഡോ. പി. അബ്ദുൽ ഫൈസൽ, പ്രൊഫ. സ്വപ്ന എന്നിവർ നേതൃത്വം നൽകി.

‘Mere Mati Meri Desh’

Date: 13/10/2023

Location: MES Keveeyam College, Valanchery

Objective of the Programme:

The "Meri Maati Mera Desh" program, organized by NSS Units of MES Keveeyam College, aimed to celebrate India's soil and valor while commemorating the nation's journey of freedom and progress. Through the Amrit Kalash Yatra, the program sought to unite people from all corners of the country in a unified celebration of India's cherished heritage.

Description of the Programme:

The Amrit Kalash Yatra was a symbolic journey that involved collecting soil from various Panchayats/Villages and urban areas across the nation. NSS volunteers actively participated in this initiative to gather Mitti (soil) from different regions.

Photo Gallery:



Anti-Drug Awareness Programme for School Students

Date: 17/10/2023

Location: MES Keveeyam College, Valanchery

Objective of the Programme:

On October 17, 2023, the NSS units 91 and 105 of MES Keveeyam College organized an impactful Anti-Drug Awareness Program for the students of MES HSS Irimbilyam. The program aimed to educate and create awareness among students about the dangers of drug abuse and its detrimental effects on individuals and society.

Description of the Programme:

The event began with the presence of esteemed chief guests, Mr. Kammukutty VI, Vimukthi Coordinator from Excise-Kuttippuram, and Mr. Ganesan, a renowned Vimukthi Resource Person. Their expertise and experience in dealing with drug-related issues added credibility to the program. Mr. Kammukutty VI delivered an enlightening speech, emphasizing the grave consequences of drug abuse and the importance of prevention and rehabilitation efforts. He highlighted the role of students in combating the menace of drugs and encouraged them to stay away from substance abuse. Following Mr. Kammukutty VI's address, Mr. Ganesan, the Vimukthi Resource Person, took the stage to further educate students about the various types of drugs, their effects on health and well-being, and the pathways to recovery for those struggling with addiction. His informative session provided valuable insights into the complexities of drug abuse and underscored the need for awareness and intervention. The program also included interactive sessions, wherein students actively engaged with the speakers, asking questions and sharing their thoughts and concerns about drug abuse in their communities. This participatory approach facilitated a deeper understanding of the issue and encouraged students to take a stand against drugs. The Anti-Drug Awareness Program concluded with a pledge-taking ceremony, wherein students vowed to abstain from drug abuse and spread awareness among their peers and communities. The event instilled a sense of responsibility and empowerment among students, inspiring them to become agents of change in the fight against drug addiction. The program served as a catalyst for raising awareness and fostering a drug-free environment in the community, reaffirming the college's commitment to promoting the well-being and welfare of its students.

Photo Gallery:

'Njarunadeel Utsavam'

Date: 19/10/2023

Location: Oniyilpalam

Objective of the Programme:

Under the esteemed initiative "Nalek Oru Kathir" of the University of Calicut, NSS Units 91 and 105 of MES Keveeyam College, Valanchery, organized a vibrant "Njarunadal Utsavam" on October 19, 2023. The event aimed to promote agricultural sustainability, community engagement, and environmental awareness among students and the local community.

Brochure:



MES KEVEEYAM COLLEGE
VALANCHERY I MALAPPURAM I KERALA
NAAC RE-ACCREDITED WITH "A+" GRADE (3.44)
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വിത്ത് സുരക്ഷയിലൂടെ... ഭക്ഷ്യ സുരക്ഷയിലേക്ക്...

നാളേക്കാരു കതിർ

ഞാൻ നടൽ ഉത്സവം



ഡോ. വിനോദ്കുമാർ കെ പി
പ്രിൻസിപ്പൽ, എം ഇ എസ് കേവിയം കോളേജ്

19 October 2023

NSS UNITS 91 & 105



Description of the Programme:

The program commenced with an inaugural ceremony, where Dr. KP Vinod Kumar delivered an inspiring speech emphasizing the significance of sustainable agriculture and the importance of preserving traditional farming practices. His words resonated with the audience, instilling a sense of pride in India's agricultural heritage. Following the inauguration, NSS volunteers and participants gathered in designated paddy fields to partake in the paddy planting ceremony. Guided by experienced farmer M AZnwar Shareedf, students enthusiastically planted paddy seedlings, symbolizing their commitment to fostering

agricultural sustainability and preserving the environment. IQAC coordinator Prof T Nisab and NSS Program Officer Swapna N R also took part in the event. The event served as a testament to the transformative power of collective action in promoting sustainable development and nurturing a harmonious relationship between humanity and nature.

Photo Gallery:



ചന്ദ്രിക



വളാഞ്ചേരി എം.ഇ.എസ്.കെ.വി.എം കോളജിൽ ഞാറുനടിയിൽ പ്രിൻസിപ്പൽ ഡോ. കെ.പി. വിനോദ് കുമാർ ഉദ്ഘാടനം ചെയ്യുന്നു

ഞാറു നടിയിൽ ഉത്സവം

വളാഞ്ചേരി: നെൽവിത്തുകളുടെ സംരക്ഷണം ഉറപ്പുവരുത്താൻ കാലിക്കറ്റ് സർവകലാശാല നാഷണൽ സർവീസ് സ്കീം വിഭാവനം ചെയ്ത 'നാളേക്ക് ഒരു കതിർ' പദ്ധതിയുടെ ഭാഗമായി എം.ഇ.എസ്.കെ.വി.എം കോളജിലെ എൻ.എസ്.എസ് യൂണിറ്റുകൾ ഞാറു നടിയിൽ ഉത്സവം നടത്തി. കർഷകനായ എം. അൻവർ ഷെരീഫിന്റെ നേതൃത്വത്തിൽ പൊൻമണി ഇനത്തിൽപ്പെട്ട നെല്ലാണ് നട്ടത്. പ്രിൻസിപ്പൽ ഡോ. കെ.പി. വിനോദ് കുമാർ ഉദ്ഘാടനം ചെയ്തു. എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർ സ്വപ്ന എൻ.ആർ, ഐ.ക്യു.എ.സി കോഓർഡിനേറ്റർ പ്രഫ. നിസാബ് കെ, എൻ.എസ്.എസ് വളണ്ടിയർമാരായ മുഹമ്മദ് റജുവാൻ എൻ, മുഹമ്മദ് ഫവാസ് പി, സാബിഖ് അലി, ഫസ്ന ഷെറിൻ, ആയിഷ അദിൽ നേതൃത്വം നൽകി.



വളാഞ്ചേരി എം.ഇ.എസ്.കെ.വി.എം കോളജ് എൻ.എസ്.എസ് യൂണിറ്റിന്റെ ഞാറുനടിയിൽ ഉത്സവം പ്രിൻസിപ്പൽ ഡോ. കെ.പി. വിനോദ് കുമാർ ഉദ്ഘാടനം **മാധ്യമം**

'നാളേക്ക് ഒരു കതിർ' ഞാറുനടിയിൽ ഉത്സവം

വളാഞ്ചേരി: നെൽവിത്തുകളുടെ സംരക്ഷണം ഉറപ്പുവരുത്താൻ കാലിക്കറ്റ് സർവകലാശാല നാഷണൽ സർവീസ് സ്കീം വിഭാവനം ചെയ്ത 'നാളേക്ക് ഒരു കതിർ' പദ്ധതിയുടെ ഭാഗമായി വളാഞ്ചേരി എം.ഇ.എസ്.കെ.വി.എം കോളജിലെ എൻ.എസ്.എസ് യൂനി

റ്റുകൾ ഞാറുനടിയിൽ ഉത്സവം നടത്തി. കർഷകൻ എം. അൻവർ ഷെരീഫിന്റെ നേതൃത്വത്തിൽ പൊൻമണി ഇനം നെല്ലാണ് നട്ടത്. പ്രിൻസിപ്പൽ ഡോ. കെ.പി. വിനോദ് കുമാർ ഉദ്ഘാടനം ചെയ്തു.

എൻ.എസ്.എസ് പ്രോഗ്രാം ഓ

ഫീസർ എൻ.ആർ. സ്വപ്ന, ഐ.ക്യു.എ.സി കോ ഓഡിനേറ്റർ പ്രഫ. കെ. നിസാബ്, എൻ.എസ്.എസ് വളണ്ടിയർമാരായ എൻ. മുഹമ്മദ് റജുവാൻ, പി. മുഹമ്മദ് ഫവാസ്, സാബിഖ് അലി, ഫസ്ന ഷെറിൻ, ആയിഷ അദിൽ എന്നിവർ നേതൃത്വം നൽകി.

Sneharamam

Location: Pazhaya Palam, Opposite MES Keveeyam College

Objective of the Program:

Under the "Malinya Muktha Navakeralam" (Waste-Free New Kerala) campaign, the Government of Kerala conceived 'Sneharamam', an initiative aimed at converting around 3,000 garbage dumpsites across the state into clean and green Sneharamam parks. NSS Units 91 and 105 of MES Keveeyam College Valanchery had the opportunity to participate in this initiative, collaborating with Valanchery Municipality and Suchitwa Mission, Malappuram. Valanchery Municipality and Suchitwa Mission, Malappuram identified and allocated three garbage dumpsites to the college, including sites in (1) Kottaram-Pazhayapalam, opposite MES Keveeyam College, (2) Alinchode, and (3) Oniyil Palam.

Description of the Programme:

After conducting several meetings attended by Ashraf Ambalathingal, the Municipal Chairman of Valanchery, Aiswarya, an official from Suchitwa Mission Malappuram, Dr. K.P Vinod Kumar, the Principal of MES Keveeyam College Valanchery, Swapna N R and Ledid Bin Abdul Khader, the NSS Programme Officers, Dr Midhunraj K K, and NSS secretaries Meerakrishna C M, Arshad, and NSS volunteers, a decision was made to clean these three sites and establish gardens there.

(1) Kottaram-Pazhayapalam, opposite MES Keveeyam College:

This location had become a dumping ground for garbage, which was being thrown into the stream flowing under the bridge. To protect the area, the volunteers initiated the construction of a protection wall along the bridge to prevent garbage from entering the stream. To enhance the wall's attractiveness, the volunteers decorated it with painted waste glasses, transforming it into a selfie spot. The wall was further adorned with threads. To convert the space into a garden, volunteers planted bamboos and mango saplings. Two chairs were also placed to make the area more inviting for visitors. The bamboo walls and glass paintings added to the beauty of the spot. In this initiative, the NSS of the college received support and sponsorship from the college alumni association, students, and various external agencies such as Leadex, as well as from local residents. Currently, many people visit this location and spend their evenings there.

Protective Measures: Volunteers commenced the project by constructing a protective wall along the bridge to prevent garbage from entering the stream. This proactive step not only mitigated the immediate environmental hazard but also laid the foundation for further beautification efforts.

Aesthetic Enchantments: To enhance the visual appeal of the protective wall, volunteers creatively adorned it with painted waste glasses and threads, effectively transforming it into a captivating selfie spot. This innovative approach not only repurposed waste materials but also encouraged environmental consciousness among visitors.

Greenery and Green Space: In addition to the aesthetic enhancements, volunteers undertook the task of converting the area into a green space. Bamboo and mango saplings were planted, breathing new life into the surroundings and promoting biodiversity. Two chairs were strategically placed to make the area more welcoming and conducive to relaxation and social interaction.

Outcome and Impact: As a result of these concerted efforts, the once neglected location has been transformed into a popular destination for visitors. The bamboo walls, glass paintings, and lush greenery have significantly enhanced the beauty of the spot, attracting numerous people who now choose to spend their evenings enjoying the serene surroundings.

The initiative spearheaded by the NSS volunteers serves as a shining example of grassroots efforts to address environmental challenges and foster community engagement. By combining protective measures with aesthetic enhancements and community involvement, the project has not only revitalized the area but also instilled a sense of pride and ownership among residents. It stands as a testament to the transformative power of collective action and creativity in creating sustainable and vibrant community spaces.

Photo Gallery:



In News:

<https://youtu.be/wKKvdshrZfM?si=JJC1UEdTbKapRwBC>

You Tube Link:

https://youtube.com/shorts/g5UnwX_jNEg?si=CdLUjFKUqILqEBfF

Date: 9/1/2024

Location: MES Keveeyam College, Valanchery

Objective of the Programme:

The orientation session aimed to raise awareness about palliative care and inspire students to become volunteers in this essential field. By providing insights into the significance of palliative volunteering, the session aimed to equip participants with knowledge and motivation to contribute to compassionate care for individuals facing life-limiting illnesses.

Description of the Programme:

Dr. Vinod Kumar K P, Principal of the college, inaugurated the program, emphasizing the college's commitment to community service and compassionate care. Prof. Anoof Paravannur, Assistant Professor of Arabic, delivered a comprehensive session on the importance of being a palliative care volunteer. He highlighted the significance of empathy, support, and holistic care for individuals and families in challenging circumstances. Prof. Shabna extended a warm welcome to all attendees, fostering a sense of inclusivity and enthusiasm among participants. NSS Programme Officers, Swapna N R and Ledid Bin Abdul Khader, were actively present, underscoring the NSS units' dedication to promoting social welfare and community engagement. Dr. Mithunraj K K, Assistant Professor of Malayalam, provided academic insights into the multidimensional aspects of palliative care, enriching the discussion and broadening perspectives. A total of 184 NSS volunteers participated enthusiastically in the session, demonstrating their commitment to learning and making a positive impact in their communities. The event exemplified the spirit of service and community engagement fostered by NSS and highlighted the college's commitment to nurturing socially responsible citizens.

Photo Gallery:



Koythu Ulsavam

Date: 13/2/2024

Location: Oniyilpalam

Objective of the Programme:

The inauguration of 'njaru nadeel' highlighted the integral role of NSS Units 91 and 105 in promoting sustainable agriculture and community development.

Brochure:



“നാളെക്ക് ഒരു കതിർ”

കൊയ്ത്തുത്സവം



Dr. KP Vinod Kumar
Principal
MES Keveeyam College



Thahira Ismail
Valanchery
Municipal councillor
Division 19



Prof. Shajid P P
Principal
MES Ponnani College

13th February 2024
@9:30 AM

Description of the Programme:

The inauguration of the paddy harvest on February 13, 2024, marked a significant moment for NSS Units 91 and 105, underscoring their commitment to agricultural development and community engagement. The event brought together esteemed personalities, including Tahira Ismail, Valanchery Municipal Councillor (Division 19), Dr. K P Vinod Kumar, Principal of the college, and Prof. Shajid P P, Principal in charge of MES Ponnani College. Additionally, Prof. T Nisab, IQAC Coordinator, and NSS Programme Officers Swapna N R and Ledid Bin Abdul Khader graced the occasion with their presence.

Photo Gallery:



In News:

സുപ്രഭാതം



വളാഞ്ചേരി എം.ഇ.എസ് കെ.വി.എം കോളജിലെ എൻ.എസ്.എസ് യൂണിറ്റുകൾ നടത്തിയ കൊയ്ത്തുത്സവം

'നാളേക്ക് ഒരു കതിർ' പദ്ധതി: കൊയ്ത്തുത്സവം നടത്തി

വളാഞ്ചേരി ▶ നെൽവിത്തുകളുടെ സംരക്ഷണം ഉറപ്പുവരുത്താൻ കാലിക്കറ്റ് സർവകലാശാല നാഷണൽ സർവീസ് സ്കീം വിഭാവനം ചെയ്ത 'നാളേക്ക് ഒരു കതിർ' പദ്ധതിയുടെ ഭാഗമായി വളാഞ്ചേരി എം.ഇ.എസ് കെ.വി.എം കോളജിലെ എൻ.എസ്.എസ് യൂണിറ്റുകൾ കൊയ്ത്തുത്സവം നടത്തി. വളാഞ്ചേരി മുച്ചിക്കൽ ഓണിയിൽ പാലത്തിനു സമീപം

കർഷകൻ എം. അൻവർ ഷെരീഫിന്റെ നേതൃത്വത്തിൽ പൊന്മണി ഇനം നെല്ലാണ് വിളവെടുപ്പ് നടത്തിയത്. പ്രിൻസിപ്പൽ ഡോ.വിനോദ്കുമാർ കെ. പി, എം.ഇ.എസ് പൊന്നാനി കോളേജ് പ്രിൻസിപ്പൽ പി.പി. ഷാജിദ്, മുനിസിപ്പൽ കൗൺസിലർ താഹിറ ഇസ്മയിൽ എന്നിവർ ചേർന്ന് കൊയ്ത്തുത്സവത്തിന് തുടക്കം കുറിച്ചു. ഐ.ക്യു.എ.സി കോർ

ഡിനേറ്റർ നിസാബ്. ടി, എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർ മാരായ സ്വപ്ന എൻ.ആർ, ലഭിദ് ബിൻ അബ്ദുൽ ഖാദർ, ഫിസിക്സ് വിഭാഗം മേധാവി പ്രൊഫ. മജീഷ് എം, കൊമേഴ്സ് വിഭാഗം അധ്യാപകൻ പി.രഞ്ജിത്ത്, എൻ.എസ്.എസ് വളണ്ടിയർമാരായ കെ.മുഹമ്മദ് അർഷദ്, സി.എം.മിരക്രഷ്ണ, പി.മുഹമ്മദ് മിർഷാദ് നേതൃത്വം നൽകി.



വളാഞ്ചേരി എം.ഇ.എസ്.കെ.വി.എം കോളേജിലെ എൻ.എസ്.എസ്.യൂണിറ്റുകൾ നടത്തിയ കൊയ്ത്തുത്സവം

കൊയ്ത്തുത്സവം നടത്തി

വളാഞ്ചേരി: നെൽവിത്തുകളുടെ സംരക്ഷണം ഉറപ്പുവരുത്താൻ കാലിക്കറ്റ് സർവകലാശാലനാഷണൽ സർവീസ് സ്കീം വിഭാവനം ചെയ്ത 'നാളേക്ക് ഒരു കതിർ പദ്ധതിയുടെ ഭാഗമായി വളാഞ്ചേരി എം.ഇ.എസ്.കെ.വി.എം കോളേജിലെ എൻ.എസ്.എസ്.യൂണിറ്റുകൾ കൊയ്ത്തുത്സവം നടത്തി. വളാഞ്ചേരി മുച്ചിക്കൽ ഓണിയിൽ പാലത്തിനു സമീപം കർഷകൻ എം.അൻവർ ഷെരീഫിന്റെ നേതൃത്വത്തിൽ പൊന്മണി ഇനം നെല്ലാണ് വിളവെടുപ്പ് നടത്തിയത്. പ്രിൻസിപ്പൽ ഡോ.കെ.പി.വിനോദ്കുമാർ, എം.ഇ.എസ്.പൊന്നാനി കോളേജ് പ്രിൻസിപ്പൽ പി.പി.ഷാജിദ്, മുനിസിപ്പൽ കൗൺസിലർ (ഡിവിഷൻ 19) താഹിറ ഇസ്മയിൽ എന്നിവർ ചേർന്ന് കൊയ്ത്തുത്സവത്തിന് തുടക്കം കുറിച്ചു. ഐ.ക്യു.എ. സികോർഡിനേറ്റർ ടി.നിസാബ്, എൻ.എസ്.എസ്.പ്രോഗ്രാം ഓഫീസർമാരായ സ്വപ്ന എൻ.ആർ, ലഭിദ് ബിൻ അബ്ദുൽ ഖാദർ, ഫിസിക്സ് വിഭാഗം മേധാവി പ്രഫ. എം.മജീഷ്, കൊമേഴ്സ് വിഭാഗം അദ്ധ്യാപകൻ പി.രഞ്ജിത്ത്, എൻ.എസ്.എസ്.വോളണ്ടിയർമാരായ മുഹമ്മദ് അർഷദ്, മീരകൃഷ്ണ, മുഹമ്മദ് മിർഷാദ് എന്നിവർ നേതൃത്വം നൽകി.



MES KEVEEYAM COLLEGE VALANCHERY

NATIONAL SERVICE SCHEME

SEVEN DAY RESIDENTIAL CAMP

(20-28 December 2023)

UNITS: 91, 105

2023-2024

“NOT ME, BUT YOU”

SWAGATHASANGAHAM (20 Dec 2023)

The NSS Units 91 and 105 organized a seven-day residential camp from December 22 to December 28, 2023, at MES Higher Secondary School, Irimbiliyam. Preceding the camp, a Swagathasangham meeting was convened on December 20, 2023, at the same venue.

The Swagathasangham meeting served as a platform to discuss the agenda, engage stakeholders, and foster enthusiasm among participants. Presided over by Dr. K P Vinodkumar, Principal of MES Higher Secondary School, Irimbiliyam, it saw the presence of distinguished guests including Mrs. Sunitha K V (Ward Member 15, Valanchery Municipality), Mrs. Noorjahan (Valanchery Municipal Councillor, Division 17), Mr. K K Najmudheen (Principal, MES Higher Secondary School, Irimbiliyam) and Mr. Ashraf Ali (Headmaster, MES Higher Secondary School, Irimbiliyam). Prof T Nisab (IQAC Cordinator, MES Keveeyam College, Valanchery) and NSS Programme Officer Swapna N R also became a part of the discussion. Dr. Midhun Raj K K delivered the welcome address, while NSS secretaries Meerakrishna C M and Muhammed Arshad K, along with Joint Secretaries Muhammed Mirshad P and Shida Subna Meleveetil, addressed the gathering. The meeting concluded with a note of enthusiasm and anticipation for the ensuing residential camp.

INAUGURATION OF THE RESIDENTIAL CAMP (22 Dec 2023)

The inauguration ceremony of the residential camp on December 22, 2023, marked the commencement of a journey towards community service and social engagement. Dr. K P Vinod Kumar, Principal of the college presided over the ceremony, emphasizing the significance of volunteerism. Mr. Manuppa Master, Panchayath President, Irimbiliyam, inaugurated the camp, symbolizing collective commitment towards social welfare. NSS Programme Officer Mr. Ledid Bin Abdul Khader outlined the objectives and itinerary of the camp, while Dr. Midhun Raj K K delivered instructions and guidelines to the volunteers. Felicitations were extended by various dignitaries including local ward members, municipal councilors, school management committee representatives, and academic faculty like Mrs. Sunitha K V, Ward Member 15; Mrs. Noorjahan, Valanchery Municipal Councillor, Division 17; Mr. Isa Master Nambrath, Valanchery Municipal Councillor, Division 16; Mrs. Taslima Nadeer Pambarayil, Valanchery Municipal Councillor, Division 18; Mrs. Tahira Ismail, Valanchery Municipal Councillor, Division 19; Mr. Ubaidulla, MES Management Committee member; Dr. P Muhammed Ali, Secretary of MES Keveeyam College, Valanchery; Prof. Parayil Moideen Kutty, Treasurer of MES Keveeyam College, Valanchery; Mr. K Najmudheen, Principal of MES Higher Secondary School, Irimbiliyam; Mr. Ashraf Ali, Headmaster of MES Higher Secondary School, Irimbiliyam; Prof. Rukkiya K M, Head of the Department of Chemistry at MES Keveeyam College, Valanchery; Prof Nisab T, IQAC Coordinator at MES Keveeyam College, Valanchery; Prof Majeesh, Head of the Department of Physics at MES Keveeyam College, Valanchery; Dr Preetha S R, Former NSS Programme Officer at MES Keveeyam College, Valanchery; and Dr. K. Muhammed Riyas,

Former NSS Programme Officer at MES Keveeyam College, Valanchery. Ms. Meera Krishna C M, NSS Secretary, expressed gratitude in the vote of thanks, acknowledging the contributions of all participants and organizers.

SESSIONS BY RESOURCE PERSONS

The sessions covered a diverse range of topics aimed at holistic development, including personal growth, civic engagement, environmental consciousness, and community empowerment, enriching the overall experience of the NSS residential camp participants.

Date : 22 Dec 2023

Speaker : Mr. Jaffer A, Assistant Professor at MES Ponnani College

Title :Togetherness

The session aimed to foster unity and cohesion among participants through engaging activities emphasizing teamwork. The activities included:

1. Icebreaker Games: Participants played icebreaker games to break down barriers and establish a sense of camaraderie among the group.
2. Problem-solving Tasks: Participants worked together to solve puzzles, riddles, or challenges, promoting collaboration and mutual support.
3. Group Discussions: Facilitated discussions allowed participants to share their thoughts, ideas, and experiences, promoting understanding and empathy within the group.
4. Reflection and Feedback Sessions: Regular reflection and feedback sessions allowed participants to discuss their experiences, successes, and challenges, promoting a culture of continuous improvement and teamwork.

Overall, these activities provided opportunities for participants to bond, collaborate, and support each other, ultimately enhancing team spirit and cohesion within the group.

Photo Gallery:



Date : 23 Dec 2023

Speaker : Dr. K. Muhammed Riyas, Former NSS Programme Officer at MES Keveeyam College, Valanchery

Title : Election and Democracy

The session aimed to educate participants about the electoral process, democratic principles, and the importance of active participation in democracy. Dr. K. Muhammed Riyas began the session by introducing the topic of "Election and Democracy" and its significance in modern society. He emphasized the fundamental principles of democracy, including the right to vote, freedom of expression, and the rule of law.

To engage participants actively, Dr. Riyas conducted interactive activities and quizzes related to elections and democratic governance. These activities included:

1. Quiz questions on electoral systems, voting rights, and the functioning of democratic institutions.
2. Role-playing scenarios depicting various aspects of the electoral process, such as campaigning, voting, and election monitoring.
3. Group discussions on the importance of democratic values, citizen participation, and the role of elections in shaping government policies.

The session concluded with a question-and-answer session, where participants had the opportunity to seek clarifications, share their views, and discuss issues related to elections and democracy.

Photo Gallery:



Date : 24 Dec 2023

Speaker : Mr. T Prasad (Teacher, NNNMUPS, Karalmanna)

Title : Karaviruthinte Charutha

The session aimed to promote environmental consciousness and creativity by demonstrating how waste materials can be utilized to create crafts. Mr. T Prasad initiated the session by introducing the concept of "Crafts from Waste Materials" and emphasizing its significance in promoting environmental sustainability. He highlighted the importance of recycling and upcycling in reducing waste and conserving resources.

Hands-on workshop: Participants engaged in a hands-on workshop where they learned various techniques for creating crafts from recyclable materials. Mr. Prasad demonstrated how everyday waste items such as newspapers, cardboard, plastic bottles, and old fabrics could be transformed into beautiful and useful objects.

The session led by Mr. T Prasad provided participants with practical skills and inspiration to creatively repurpose waste materials. Through hands-on experience and interactive demonstrations, participants learned how to transform ordinary items into unique and environmentally-friendly crafts. The session not only promoted environmental consciousness but also fostered creativity, resourcefulness, and a sense of responsibility towards sustainable living. Participants left the workshop with newfound knowledge and motivation to continue exploring eco-friendly crafting techniques and incorporating them into their lifestyles.

Photo Gallery:



Date : 25 Dec 2023

Speaker : Mr. Anoof Paravannur, Assistant Professor at MES Keveeyam College, Valanchery

Title : Mind Mapping

The session aimed to educate participants on the concept of mind mapping and its practical applications in organizing thoughts, enhancing cognitive skills, and improving learning efficiency. Mr. Anoof Paravannur began the session by introducing the concept of mind mapping and its benefits in facilitating creative thinking, problem-solving, and information retention. He explained how mind maps visually represent ideas, concepts, and relationships in a hierarchical and interconnected manner. Through practical demonstrations, Mr. Paravannur illustrated various techniques for creating mind maps. Participants learned how to start with a central idea or topic and branch out to capture related concepts, keywords, and associations using symbols, colors, and visual elements.

The session on "Mind Mapping" conducted by Mr. Anoof Paravannur provided participants with valuable insights and practical skills for organizing thoughts and enhancing cognitive abilities. Through hands-on practice and interactive discussions, participants gained a deeper understanding of the benefits and applications of mind mapping in various contexts. The session equipped participants with a versatile tool for improving learning efficiency, problem-solving skills, and creativity, empowering them to apply mind mapping techniques in their academic and professional pursuits.

Photo Gallery:



Date : 26 Dec 2023

Speaker : Mr. A Sreedharan, Facilitator, KILA Janakeeyasuthranam

Title : Green Protocol (Haritha Protocol)

The session aimed to raise awareness about the importance of adopting eco-friendly practices in waste management, energy conservation, and sustainable living. Mr. A Sreedharan commenced the session by providing an overview of the concept of Green Protocol. He explained that Green Protocol involves adopting environmentally sustainable practices in various aspects of life to reduce ecological footprints and promote conservation. Discussions focused on effective waste management strategies, including reduce, reuse, and recycle (3Rs). Participants learned about the importance of minimizing waste generation, reusing materials whenever possible, and recycling waste materials to conserve resources and reduce pollution. The session included interactive discussions where participants shared their experiences, challenges, and ideas related to green living practices. Mr. Sreedharan facilitated discussions on practical solutions and encouraged participants to brainstorm ways to incorporate eco-friendly practices into their lifestyles.

The session on "Green Protocol" facilitated by Mr. A Sreedharan provided participants with valuable insights and practical tips for adopting eco-friendly practices in waste management, energy conservation, and sustainable living. Through interactive discussions and informative presentations, participants gained a deeper understanding of the importance of environmental stewardship and were inspired to take positive action towards building a more sustainable society. The session served as a catalyst for empowering individuals to make conscious choices that contribute to a healthier planet and a brighter future for generations to come.

Date : 27 Dec 2023

Speaker : Mr. P Aneesudheen, Youth Coordinator at Malinyamuktha Navakeralam

Title : Keravalum Yuvajanapankalithavum

The session aimed to inspire participants to become agents of positive change in their communities and to highlight the pivotal role of youth in community development. Mr. P Aneesudheen initiated the session by introducing the concept of youth empowerment and its significance in fostering social progress and sustainable development. He emphasized the potential of young individuals to drive positive change and make meaningful contributions to society. Mr. Aneesudheen shared inspiring stories and examples of youth-led initiatives and grassroots movements that have made a significant impact on community development. Participants learned about the power of youth activism, innovation, and leadership in addressing social, economic, and environmental challenges.

The session on "Youth Empowerment" led by Mr. P Aneesudheen empowered participants to recognize their potential as catalysts for change and to take proactive steps towards community development. Through inspirational stories, interactive discussions, and practical exercises, participants gained a deeper understanding of their role and responsibility as youth leaders. The session fostered a sense of agency, solidarity, and optimism among participants, motivating them to actively engage in initiatives that address pressing social issues and contribute to the well-being of their communities. Participants left the session inspired and equipped with the tools, resources, and mindset needed to be effective agents of positive change in their respective spheres of influence.

Photo Gallery:



SNEHARAMAM

Under the "Malinya Muktha Navakeralam" (Waste-Free New Kerala) campaign, the Government of Kerala conceived 'Sneharamam', an initiative aimed at converting around 3,000 garbage dumpsites across the state into clean and green Sneharamam parks. NSS Units 91 and 105 of MES Keveeyam College Valanchery had the opportunity to participate in this initiative, collaborating with Valanchery Municipality and Suchitwa Mission, Malappuram. Valanchery Municipality and Suchitwa Mission, Malappuram identified and allocated three garbage dumpsites to the college, including sites in (1) Kottaram-Pazhayapalam, opposite MES

Keveeyam College, (2) Alinchode, and (3) Oniyil Palam. Out of these three, two sites were beautified during the seven day residential camp by the volunteers (Alinchode and Oniyil Palam).

After conducting several meetings attended by Ashraf Ambalathingal, the Municipal Chairman of Valanchery, Aiswarya, an official from Suchitwa Mission Malappuram, Dr. K.P Vinod Kumar, the Principal of MES Keveeyam College Valanchery, Swapna N R and Ledid Bin Abdul Khader, the NSS Programme Officers, Dr Midhunraj K K, and NSS secretaries Meerakrishna C M, Arshad, and NSS volunteers, a decision was made to clean these three sites and establish gardens there.

(1) Alinchode:

NSS volunteers painted a banyan tree in Alinchode, making it more attractive. The walls in the area were also beautified with paintings.



(2) Oniyil Palam:

This site was located along the Valanchery-Ponnani highway and had been used as a garbage dumping spot. The NSS units first cleaned the area and transformed it into a garden by planting mango and sappotta saplings. A wall was also constructed using bamboos. The bamboo wall was decorated with bottles that were painted by the volunteers, using bottles provided by one of the villagers as a refreshing drink. This act showcased how plastic bottles could be repurposed as decorative pieces. With the support of IMA Valanchery, the NSS units were able to place two chairs, making the area more inviting for people to visit.



Appreciation from Valanchery Municipality for ‘Sneharamam’

Valanchery Municipality extended heartfelt appreciation to the NSS units for their dedicated efforts in the "Snharamam" initiative. The municipality acknowledged the significant contributions made by the NSS units towards the betterment of the community, highlighting their commitment to service and social welfare. This recognition serves as a testament to the impactful work done by the NSS units and reinforces their role as valuable partners in community development.

In News

<https://youtu.be/wKKvdshrZfM?si=JJC1UEdTbKapRwBC>

You Tube Links

(1) Sneharamam- Alinchode

<https://youtube.com/shorts/7dvirc2Flhc?si=uF5ULiNLy3nnfkn>

(2) Sneharamam- Oniyil Palam

<https://youtu.be/0cqIRaH1O6k?si=2FfeZvc7mKAymCS6>

Our Guests:

1. When Officials from University visited our camp



(2) When our management representatives visited us



(3) When our Principal and Non Teaching Staff visited us



(4) When our PTA representatives visited us



(5) When the principal-in- charge of MES Ponnani College visited us



Valedictory Session:

