



MES KEVEEYAM COLLEGE

VALANCHERY – MALAPPURAM – KERALA
NAAC RE-ACCREDITED WITH A+ GRADE (3.44)

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2024-25

NATIONAL SERVICE SCHEME NSS CAMP REPORT



UNIT 91 & 105



NATIONAL SERVICE SCHEME

UNITS 91 & 105 - UNIVERSITY OF CALICUT

MES KEVEEYAM COLLEGE VALANCHERY



“Swagathasangam”

The NSS Units 91 and 105 of MES Keveeyam College successfully organized a **seven-day residential camp** from **December 20 to December 26, 2024**, at **Govt. Higher Secondary School, Perashannoor**. To ensure the smooth execution of this camp, a **Swagathasangham meeting** was held earlier on **December 09, 2024**, in the principal's chamber of the same school.

The Swagathasangham meeting served as a vital forum for discussing the camp's agenda, encouraging collaboration among stakeholders, and building enthusiasm among participants. It was presided over by **Prof. Shajid P. P.**, Vice Principal of MES Keveeyam College. The event witnessed the participation of several dignitaries, including:

- **Mrs. Muhsinath**, Member of Kuttipuram Grama Panchayath
- **Mr. Velayudhan**, Vice President of Kuttipuram Grama Panchayath
- **Mr. Bidhu B.**, Principal of Govt. Higher Secondary School, Perashannoor
- **Mr. Baburaj P.**, Headmaster of Govt. Higher Secondary School, Perashannoor
- **Mr. Abdu Razak**, PTA President of the school
- **Mr. O. K. Sethumadhavan**, PTA Vice President of the school
- **Mr. Abhilash A. V.**, Senior Assistant of the school
- **Mr. Nisar**, President of the Old Students Association
- **Prof. T. Nisab**, IQAC Coordinator, MES Keveeyam College, Valanchery

The meeting also saw active participation from **NSS Programme Officers**, **Swapna N. R.** and **Ledid Bin Abdul Khader**, who played a key role in the discussion and preparations. The welcome address was delivered by **Mr. Ledid Bin Abdul Khader**, while NSS student leaders, including **Karthik V. P.** (NSS Secretary), **Rida Fathima** (NSS Secretary), **Shifaz M.** (Joint Secretary), and **Rasha Aminah** (Joint Secretary), inspired the gathering with their speeches.

The event concluded on an optimistic note, filled with anticipation for the success of the upcoming camp.



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INAUGURATION OF THE RESIDENTIAL CAMP

The inauguration ceremony of the seven-day residential camp on December 20, 2024, marked the beginning of a meaningful journey centered on community service and social engagement. Presided over by **Dr. K. P. Vinod Kumar**, Principal of MES Keveeyam College, the event emphasized the value of volunteerism as a cornerstone of societal progress. The camp was formally inaugurated by **Mrs. Naseera Parathodi**, President of Kuttipuram Grama Panchayath, symbolizing a collective commitment to social welfare.



The welcome address was delivered by **Mr. Ledid Bin Abdul Khader**, NSS Programme Officer, while **Prof. Shajid P. P.**, Vice Principal of MES Keveeyam College, outlined the objectives and itinerary of the camp. The keynote address by **Mr. Velayudhan**, Vice President of Kuttipuram Grama Panchayath, highlighted the broader impact of community-focused initiatives. Felicitations were extended by various dignitaries, including **Mrs. Muhsinath** (Member of Kuttipuram Grama Panchayath), **Mr. Bidhu B.** (Principal of Govt. Higher Secondary School, Perashanoor), **Mr. Baburaj** (Headmaster of Govt. Higher Secondary School, Perashanoor), **Mr. O. K. Sethumadhavan** (PTA President of the school), **Mr. Mohammed Musthafa** (PTA Vice President), **Mr. Abdurazzak** (SMC Chairman of the school), **Mrs. Ramla M. T.** (MPTA President), **Mr. Subramanniyan** (Staff Secretary of the school), **Mr. Mohammed Abdu Rahman** (NSS Programme Officer, Govt. HSS Perashanoor), **Mr. Nisar** (President of the Old



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Students Association), **Mr. Sreenath** (Secretary of the Old Students Association), and **Mr. Ashiq A. A.** (Student Union Chairman, MES Keveeyam College).

The ceremony concluded with a vote of thanks delivered by **Ms. Rasha Aminah**, NSS Joint Secretary, who expressed heartfelt gratitude to all dignitaries, participants, and organizers for their support and contributions to the camp's successful commencement. This event set a strong foundation for the week ahead, inspiring participants to actively engage in the planned community service activities.

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SESSIONS BY RESOURCE PERSONS

The sessions during the NSS residential camp covered a diverse range of topics, promoting holistic development among the participants. These sessions focused on areas such as **personal growth**, fostering self-awareness and leadership skills; **civic engagement**, encouraging active participation in community initiatives; **environmental consciousness**, raising awareness about sustainable practices and ecological responsibility; and **community empowerment**, addressing social issues and building a collective sense of responsibility. Each session was thoughtfully designed to enrich the overall experience of the camp, inspiring participants to contribute meaningfully to society.

Date: 20/Dec/2024

Resource Person: Mr. Anoof Paravanoor (Mind Tune Coach, Motivational Speaker)

The inaugural session, led by Mr. Anoof Paravanoor, was an engaging and interactive experience aimed at fostering teamwork and unity among participants. Designed to inspire collaboration and mutual understanding, the session included several key activities:

- **Icebreaker Games:** Participants quickly warmed up to one another through fun and engaging games, creating a welcoming and energetic atmosphere.
- **Problem-Solving Challenges:** Teams collaborated to tackle tasks, promoting critical thinking and cooperation.
- **Group Discussions:** Open forums encouraged the sharing of diverse perspectives, building empathy and mutual respect.
- **Reflection and Feedback:** Participants evaluated their experiences in constructive discussions, identifying lessons learned and areas for growth.

The session was a perfect blend of fun, learning, and collaboration, leaving participants motivated and bonded as a cohesive team.



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Date: 21/Dec/2024

Resource Person: Mr. Harikumar (NMBA Coordinator, Malappuram)

The session led by **Mr. Harikumar** delved into a thought-provoking and timely debate on the topic "**Lokham Vettipidikunna Yuvathayum, Yuvathathe Pazhicharunna Samooohavum**" (The Youth Captured by the World and the Society Criticizing the Youth). The discussion highlighted the conflicting dynamics between the aspirations of the younger generation and the societal expectations imposed on them.

Key elements of the session included:



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- **Diverse Perspectives:** Participants passionately expressed their views, exploring how societal pressures affect youth while also addressing the responsibilities of the younger generation.
- **Engaging Debate:** Lively exchanges of ideas encouraged critical thinking and mutual respect, as participants navigated through contrasting opinions.
- **Role of Society and Youth:** The session emphasized the need for balance between embracing modern values and retaining cultural traditions, fostering an understanding of shared accountability in building a progressive society.

The debate served as a platform for meaningful dialogue and inspired participants to think deeply about their role in shaping a more inclusive and understanding community.

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Date: 22/Dec/2024

Resource Person: Dr. Soumini C (Assistant Professor, Department of Chemistry, MES Keveeyam College)

On December 22, 2024, Dr. Soumini C, an esteemed faculty member from the Department of Chemistry, MES Keveeyam College, conducted an informative and practical hands-on session aimed at enhancing sustainability practices. The workshop included practical training on **soap making**, **paper bag making**, and **paper pen making**, focusing on the importance of eco-friendly alternatives in daily life.

Key Highlights of the Session:

- **Soap Making:** Participants learned the basics of creating their own soaps using natural ingredients, promoting both creativity and sustainability.
- **Paper Bag Making:** The session guided participants through the process of upcycling paper into functional and eco-friendly bags, highlighting the importance of reducing plastic consumption.
- **Paper Pen Making:** A creative activity in which participants made pens from recycled paper, underscoring the value of reusing materials to reduce waste.

Dr. Soumini's interactive approach empowered participants with useful skills while reinforcing the importance of sustainability in modern society. The session not only equipped the attendees with practical skills but also sparked awareness about eco-friendly solutions that they can integrate into their daily routines.

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Date: 23/Dec/2024

Resource Person: Dr. K. Muhammed Riyas (Assistant Professor, Department of Arabic, MES Keveeyam College)

Dr. K. Muhammed Riyas conducted a powerful session titled "**Yuvathathinte Swaravum Chuvaduveppum**", exploring the profound impact of youth in shaping society. The session engaged participants in a comprehensive discussion about the vital role the youth play in speaking up and taking action in a fast-changing world.

Key Takeaways from the Session:

- The session discussed how youth, with their unique perspectives, are powerful agents of change.
- Dr. Riyas encouraged participants to speak out on issues that matter to them, emphasizing how their voices can bring about necessary societal transformations.
- There was a focus on how the younger generation can balance cultural heritage with the demands of modernity, ensuring that they uphold their identity while adapting to new changes.
- **Interactive Conversations:** The session provided ample space for the youth to share their views and reflect on their role in modern society, fostering a deep sense of responsibility among them.

By the end of the session, participants were more conscious of their power as young individuals to influence society positively, with a renewed sense of confidence in voicing their opinions and acting with purpose.

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Date: 24/Dec/2024

Resource Person: Mr. Jahfar Alikkal (Assistant Professor, Department of Commerce, MES Ponnani College)

On December 24, 2024, Mr. Jahfar Alikkal, Assistant Professor from the Department of Commerce at MES Ponnani College, delivered an inspiring session titled **"Vikasith Bharath - Indian Yuvathayude Pank"** (Developed India – The Role of Indian Youth). This session underscored the crucial role of youth in the development and transformation of a nation, especially in the context of India's future.

Key Insights from the Session:

- **Youth as Catalysts of Change:** Mr. Alikkal discussed the vital role that youth play in nation-building, stressing their influence in economic, social, and political spheres.
- **Empowering the Young Generation:** He focused on how empowering the youth in various fields can accelerate national progress and lead to a prosperous India.
- **The Importance of Education and Skill Development:** Emphasis was placed on the need for education and skill-building to make the youth equipped and capable to lead societal growth.
- **Encouragement of Innovation and Entrepreneurship:** The session encouraged youth to think creatively and be entrepreneurial, highlighting how innovation and new ventures can contribute to a developing nation.
- **Inspiring Action:** A call to action was given, urging the participants to take an active part in shaping their future and contributing to a developing and more inclusive India.

By the end of the session, the participants felt invigorated, ready to play their part in realizing a developed India, empowered with knowledge and a sense of responsibility for the country's future.

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Date: 25/Dec/2024

Resource Person: Mr. Rafeek (School Teacher, News Reporter)

On December 25, 2024, Mr. Rafeek, a school teacher and news reporter, conducted an informative session on "Media Literacy". This session aimed to enhance participants' understanding of media, its various forms, and the critical role it plays in shaping public opinion. It also highlighted the importance of being media-aware and discerning in today's world of rapidly evolving information.

Key Takeaways from the Session:

- **Understanding Media:** Mr. Rafeek began by discussing the various types of media, from traditional outlets to digital platforms, and their influence on individuals and society.
- **Critical Analysis:** Emphasis was placed on the need for critical thinking when consuming media. Participants were encouraged to question the sources and credibility of information rather than passively accepting it.
- **Media's Role in Shaping Perceptions:** The session explored how media shapes our beliefs, values, and political opinions, urging participants to be more aware of biased or manipulated narratives.
- **Digital Literacy and Fake News:** Mr. Rafeek highlighted the rising concerns around fake news, urging the participants to hone digital literacy skills, including fact-checking and cross-referencing sources to avoid misinformation.
- **Empowering the Audience:** The session empowered participants by providing tools to navigate media effectively, making informed decisions about what information to trust.

By the end of the session, participants were more equipped to analyze the media critically and use media literacy to protect themselves from misinformation, enabling them to become more responsible consumers and sharers of information in the digital age.



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Free Eye Check-Up Camp

Date: 23/12/2024

Time: 9:30 AM to 1:00 PM

Location: Govt. HSS Perashannoor

Organized by: NSS Unit, MES Keveeyam College in collaboration with Ahalya Eye Hospital, Kottakkal

On 23rd December 2024, a Free Eye Check-Up Camp was organized at Govt. HSS Perashannoor, as part of the NSS Residential Camp, in collaboration with Ahalya Eye Hospital, Kottakkal. The camp was held from 9:30 AM to 1:00 PM, with over 120 people from the Perashannoor area participating. A team of 3 experienced ophthalmologists, along with 15 supporting staff from the hospital, conducted detailed eye



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examinations, which included tests for vision acuity, cataracts, and general eye health. Based on the assessments, patients were provided with recommendations for further treatment. Moreover, the hospital supplied free medicines for those diagnosed with eye-related issues. The camp successfully provided much-needed healthcare to the local community and raised awareness about the importance of eye health.

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Detailed Camp Activities Overview:

1. Morning Warm-Up Sessions:

The morning sessions were structured to energize the participants and promote physical and mental well-being. Each day began with one of the following:

- **Zumba Sessions:** A high-energy workout routine designed to kick-start the day. The participants engaged in rhythmic movements to music, which not only helped in boosting their fitness but also increased enthusiasm among the volunteers. Zumba helped foster an environment of fun while promoting coordination and cardiovascular fitness.
- **Yoga Sessions:** In these sessions, volunteers practiced traditional yoga techniques, which focused on improving flexibility, mental clarity, and stress relief. The sessions helped promote mindfulness, deep breathing, and self-reflection, preparing the participants for the day ahead with a calm and clear mind.
- **Warm-Up Games:** The warm-up games were designed to promote teamwork and physical coordination. Activities like relay races, tug-of-war, and obstacle courses were organized to build unity, teamwork, and competitive spirit. These sessions not only helped break the initial awkwardness between participants but also allowed them to collaborate in a playful manner.
- **Morning Walk Sessions:** This activity promoted the importance of physical activity and getting close to nature. The volunteers engaged in morning walks across the village, which helped build bonding and also gave them a chance to reflect upon their surroundings while practicing a healthy lifestyle.





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2. Renovation of the Old Auditorium:

The renovation of the old, unused auditorium at Govt. HSS Perashannoor stands as one of the major achievements of the camp. The school did not have a functional auditorium, and this space had been left neglected for many years. During the camp, the NSS volunteers took it upon themselves to breathe new life into the auditorium.

- **Initial Condition (Before):** The auditorium was dirty, filled with broken furniture, and had a faded, worn-out appearance. It was not usable for any school or public events.



- **Transformation (After):** The participants cleaned the auditorium thoroughly, removed broken furniture, fixed the electrical wiring, and gave the entire space a fresh coat of paint. New seating arrangements and proper lighting systems were installed to create an appropriate environment for hosting events. The revamped auditorium now stands as a vital resource for hosting school functions, activities, and community gatherings, adding immense value to the school infrastructure.





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3. Painting of the School Building:

The school building, consisting of three LP classrooms, had a significant impact on the learning environment. The building had accumulated dust and grime over time, affecting the aesthetic appearance of the space.

- **Initial Condition (Before):** The classrooms were dusty, old, and appeared dark and uninviting. The building had not been maintained for a long period, and its dilapidated look reflected poorly on the learning environment.



- **Result (After):** The NSS volunteers undertook the task of thoroughly cleaning the classrooms. They removed dust, cobwebs, and trash that had accumulated over the years. The volunteers then painted the classrooms, transforming them into bright and welcoming spaces for students. The newly painted



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classrooms not only look refreshed but have given the students and teachers an enhanced space for studying, teaching, and learning. The bright, clean classrooms motivate students to come to school each day with renewed energy.



4. Renovation of the Children's Play Park:

The Children's Play Park was a space that held significant potential but had become dull and unattractive. It was a key area in need of improvement for the school and local community.

- **Initial Condition (Before):** The park, although used by children, had faded, peeling paint and an uninspiring color scheme. The equipment was still functional, but it did not provide an appealing or stimulating environment.
- **Revamping the Park (During Camp):** The NSS volunteers took it upon themselves to transform the entire park. They repainted the existing playground equipment with vibrant colors that appealed to young children. The park was spruced up by adding new decorative elements, including colorful patterns and positive messages, giving it a more cheerful and fun atmosphere.



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- **Outcome (After):** The children's play park now serves as an energizing space for recreation. The bright new colors and revitalized atmosphere contribute to a playful, happy environment where children can enjoy their free time in a positive setting.



5. Renovation of the Smrithi Vanam (Garden):

The Smrithi Vanam, a commemorative garden within the school grounds, had become overgrown and needed thorough renovation. It was intended to be a peaceful place for reflection, but it had been left untended for a long time.

- **Initial Condition (Before):** The garden was overgrown with weeds, and many of the plants were no longer thriving. It had a neglected appearance, and some areas were filled with debris. It was not being used for reflection or leisure, as it had lost its intended purpose.



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- **Work Done (During Camp):** The NSS volunteers cleared the area, pulled out weeds, and gathered the trash and old materials cluttering the space. They replanted new fruit trees such as mango, guava, and banana, focusing on sustainability and the benefit it would provide to future generations.
- **Outcome (After):** The Smrithi Vanam is now an aesthetically pleasing and sustainable space. The garden will now thrive with the new trees and provide a beautiful, tranquil place for reflection, with future generations benefiting from the natural products of the garden.



6. Digital Literacy Survey and Mobile Phone Usage Class:

In addition to the physical improvements, the NSS volunteers conducted a **Digital Literacy Survey** in the village of Perashannoor. The survey was aimed at assessing the level of digital awareness and mobile phone usage among the local community.



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- **Survey Findings:** Through the survey, NSS volunteers gathered valuable data on the challenges faced by residents in using mobile phones, including difficulties with navigation, lack of knowledge about digital tools, and security concerns.
- **Training Program:** Using the data collected, the volunteers organized a **Mobile Phone Usage Class** for the villagers. This training session provided hands-on guidance on basic mobile phone operations, as well as information on using phones for essential tasks such as banking, government services, and staying connected with family and friends.
- **Impact:** The class significantly improved the digital literacy of the local population, helping them unlock the potential of their mobile devices. It bridged the digital divide and ensured that people are now more equipped to use technology for personal, professional, and social growth.





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Our Guests

During the course of our NSS Residential Camp, several distinguished guests visited the camp, enhancing its significance and reinforcing the value of community collaboration. Among the visitors were members of the **PTA Executives, Management Committee Members, and Non-Teaching Staff** of the college. Their presence demonstrated their active support for the camp's objectives and the positive impact of the various activities conducted for the benefit of the local community. These visits provided an opportunity for guests to engage with students and volunteers, further strengthening the bond between the school, faculty, and the surrounding community. Photographs of these visits will be included in the report to highlight their contributions and encouragement.



Principal, MES Keveeyam College



Treasurer, MES Kerala



PTA Executive Members & College Union Members



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The Valedictory Ceremony

The valedictory ceremony of the NSS Seven-Day Camp, organized by Units 91 and 105 of MES Keveeyam College, Valanchery, was held with grandeur and enthusiasm on 26th December 2024 at GHSS Perashannoor. The program was a fitting conclusion to the camp that aimed at enriching the lives of both the participants and the local community.

The event commenced with a warm welcome address delivered by Ms. Swapna N R, NSS Programme Officer of MES Keveeyam College. The presidential address was delivered by Dr. P Mohammedali, Secretary of the MES Keveeyam College Management Committee, who applauded the NSS volunteers for their dedication and service.

The inauguration was graced by Sri. P C Noor, Vice President of Kuttipuram Block Panchayath. He praised the efforts of the NSS team in organizing meaningful activities and emphasized the need for continued community engagement. Following this, the keynote speech was delivered by Sri. O C Salahudeen, Treasurer of MES Kerala, who spoke about the role of youth in driving societal change and the importance of sustaining such initiatives.

The ceremony also witnessed felicitations from several esteemed dignitaries, including Prof. Parayil Moidheen Kutty (Treasurer, MES Keveeyam College Management Committee), Dr. Babu Ibrahim (Joint Secretary, MES Keveeyam College Management Committee), Sri. Nisab T (IQAC Coordinator, MES Keveeyam College), and Smt. Anupama Murali (Staff Secretary, MES Keveeyam College). Their words of encouragement and appreciation motivated the participants to continue their journey of service with renewed vigor.

The program concluded with a vote of thanks delivered by Mr. Shifaz M, Joint Secretary of NSS, who expressed heartfelt gratitude to all the dignitaries, participants, and supporters of the camp. The closing ceremony reflected the spirit of unity and service, marking a successful end to a transformative week.



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Photo Gallery:



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Interaction with NSS Volunteers

Program Name: Interaction with NSS Volunteers

Date: 03/06/2024

Venue: College Auditorium, MES Keveeyam College

Objective of the Program

The program aimed to enhance the knowledge of students about the National Service Scheme (NSS), its objectives, and activities. It also sought to inspire students to participate actively in social service initiatives and to foster a strong sense of camaraderie and teamwork among NSS volunteers.

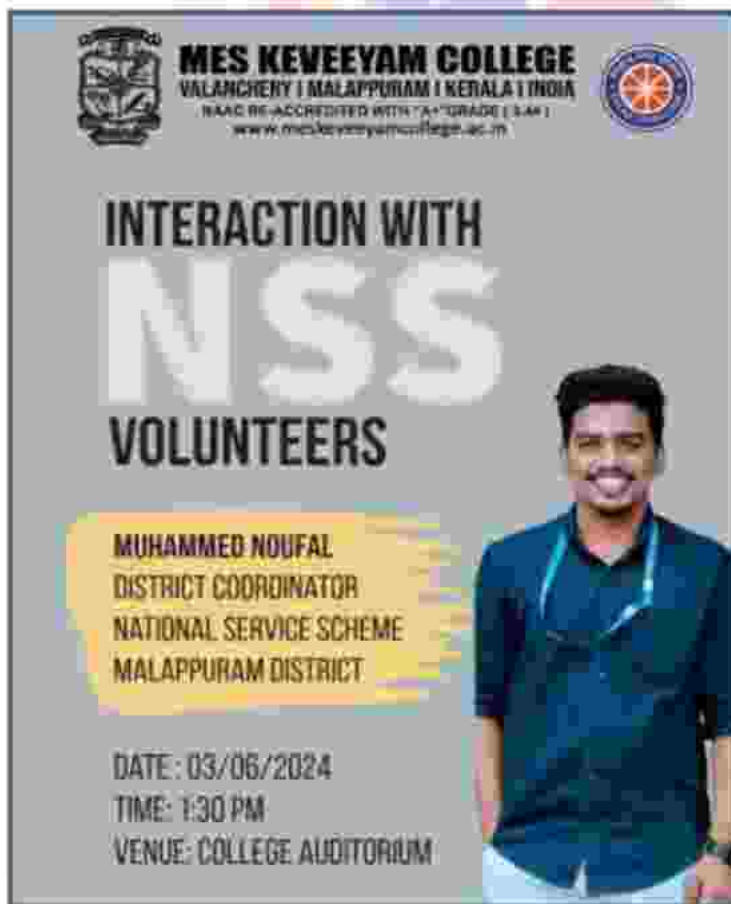
Program Details

The event was attended by approximately 90 NSS volunteers, creating a vibrant and enthusiastic atmosphere in the college auditorium.

Session Highlights

1. Inauguration

The event began with an inspiring inaugural address by **Ms. Swapna N. R**, NSS Program Officer. She spoke about the vital role of NSS in shaping socially responsible and empathetic individuals. She encouraged students to actively participate in NSS activities to contribute positively to society.





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2. Welcome Speech

Ms. Rasha Amina, NSS Joint Secretary, welcomed the gathering with warm words, setting the tone for an engaging session.

3. Keynote Address by Resource Person

The keynote session was led by **Mr. Muhammed Noufal**, District Coordinator, NSS Malappuram District.

o Topics Covered:

- The history, mission, and vision of NSS.
- Opportunities and responsibilities of NSS volunteers.
- Inspiring examples of impactful social service projects.
- The importance of collaboration and leadership in NSS activities.

- o **Impact:** The resource person captivated the audience with his insightful perspectives, motivating students to take initiative in social service endeavors.

4. Memento Presentation

As a gesture of gratitude, a memento was presented to the resource person by **Mr. Asif P**, NSS Volunteer.

5. Vote of Thanks

The program concluded with a heartfelt vote of thanks delivered by **Ms. Fathima Wafa**, NSS Volunteer. She expressed gratitude to the resource person, participants, and organizers for making the event a success.

Outcomes

1. Enhanced Awareness:

The program provided volunteers with a comprehensive understanding of NSS's objectives and activities.



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2. Increased Motivation:

Students were inspired to engage in NSS initiatives, recognizing their potential to make meaningful contributions to society.

3. Strengthened Camaraderie:

The event fostered a sense of unity and teamwork among NSS volunteers, encouraging collaborative efforts in future projects.

4. Skill Development:

The interactive session allowed students to develop leadership, communication, and teamwork skills, essential for their roles as NSS volunteers.





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Conclusion

The **Interaction with NSS Volunteers** program successfully achieved its objective of motivating students towards social service and strengthening the bond among volunteers. The engaging keynote address, combined with the active participation of attendees, created an inspiring and enriching experience.

The event not only equipped students with knowledge about NSS but also kindled a passion for social responsibility, paving the way for impactful community engagement in the future.



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World Environment Day Observation

Date : 5 June 2024

Location : Mukkali, Attappadi

Objectives and Expected Outcomes:

The primary objectives of the World Environment Day program conducted by NSS Units 91 and 105 in collaboration with the Kerala Forest Department and GRAF (Green Rescue Action Force) in Attappadi were:



1. **Environmental Awareness:** To educate and raise awareness among participants, particularly students and local residents, about the importance of environmental conservation and sustainable practices.

2. **Community Engagement:** To involve the local community, including tribal residents, in environmental activities and foster a sense of responsibility towards nature.

3. **Afforestation and Biodiversity:** To contribute to afforestation efforts and enhance biodiversity by planting fruit trees, thereby promoting ecological balance and providing future benefits to the community.

4. **Support for Tribal Students:** To provide educational support to tribal students by distributing school



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supplies, thereby encouraging their education and overall development.

5. Practical Learning: To offer hands-on learning experiences for volunteers about the diverse plant life and ecological significance of the Silent Valley through field visits and guided sessions.

Description of the Programme:

In collaboration with the Kerala Forest Department and GRAF (Green Rescue Action Force), NSS Units 91 and 105 conducted activities in Mukkali, Silent Valley as part of World Environment Day observation on June 5, 2024. The event saw the participation of around 700 people, including officials from the Forest Department, GRAF members, and NSS volunteers.

The state campaign was inaugurated by the Wildlife Warden of Silent Valley, Mr. Vinod IFS. Following this, volunteers participated in an environmental awareness program held at MRS HSS, Mukkali. The program was inaugurated by Mr. Sibin, Assistant Conservator of Forests, Social Forestry, and featured a class by Mr. Bhadrakumar, Grade Deputy Range Officer. As part of the programme, volunteers took a pledge that they are responsible for protecting their environment.

Volunteers created a fruit garden, planting around 40 fruit plants near the tribal residential school, MRS HSS, Mukkali. Additionally, they handed over 30 school bags and 100 notebooks to Mr. Vinod IFS for the tribal students.

In the afternoon, the volunteers attended a session called 'Kadariyan'. Guided by members of GRAF, the NSS volunteers traveled to Abbanur to learn more about the diverse plant life in Silent Valley. Total of 29 students and 2 teachers participated in these activities.



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Photo Gallery





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International Yoga Day - Yoga Pose Battle: Upload & Win

Event Name: Yoga Pose Battle: Upload & Win

Date: 21-06-2024

Location: MES Keveeyam College, Valanchery

Objective

The primary aim of the Yoga Pose Battle was to promote the practice of yoga among students and the community. The event also sought to assess participants' strength, flexibility, and proficiency in performing various yoga poses through a fun and competitive format.

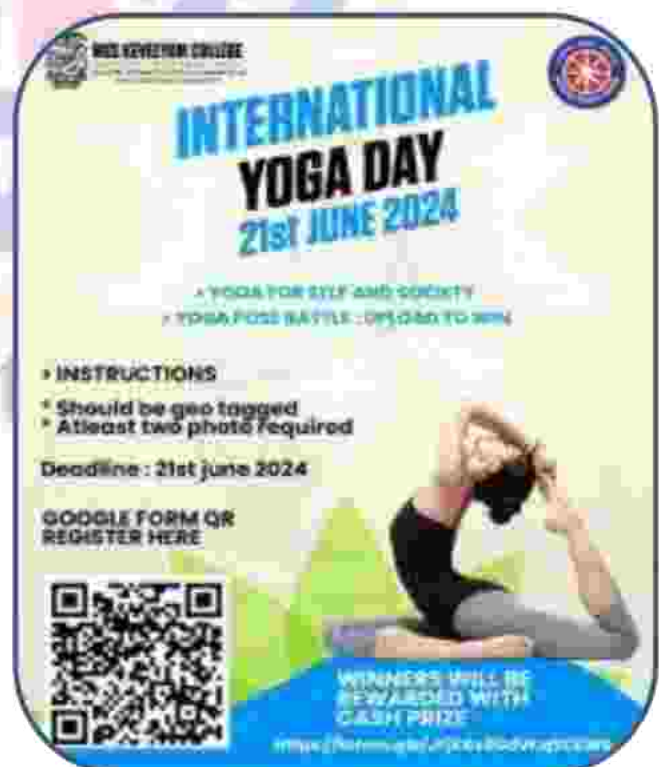
Description of the Programme

The Yoga Pose Battle was organized as an **online individual competition** to ensure accessibility and convenience for all participants. The event took place on **21st June 2024**, coinciding with International Yoga Day, and commenced at **4:00 PM**, running through to **9:00 AM** the next day.

Format and Participation

Participants were required to:

- Upload videos or photos demonstrating specific yoga poses within the given timeframe.
- Perform each pose with precision, focusing on accuracy, strength, and form.





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- Submit their entries via the designated online platform.

The submissions were evaluated by a panel of yoga experts, who carefully assessed each entry based on the aforementioned criteria.

Winners and Prizes

The winners were announced following the competition, and cash prizes were distributed as follows:

- **1st Prize:** Fathima Wafa (B.Com Self)
- **2nd Prize:** Fahad Rahiman K (M.Sc Integrated Botany)
- **3rd Prize:** Sana Sameer T (B.Sc Zoology)

Outcomes

1. Increased Awareness:

The competition heightened awareness about the significance of yoga as a practice for physical and mental well-being.

2. Enhanced Skills:

Participants demonstrated improved proficiency in yoga poses, reflecting a growing interest in mastering the art of yoga.

3. Community Engagement:

The online format fostered strong participation and engagement, enabling a wide audience to partake and celebrate International Yoga Day.

4. Encouragement through Rewards:

The distribution of cash prizes motivated participants and recognized their efforts, adding an element of excitement to the event.



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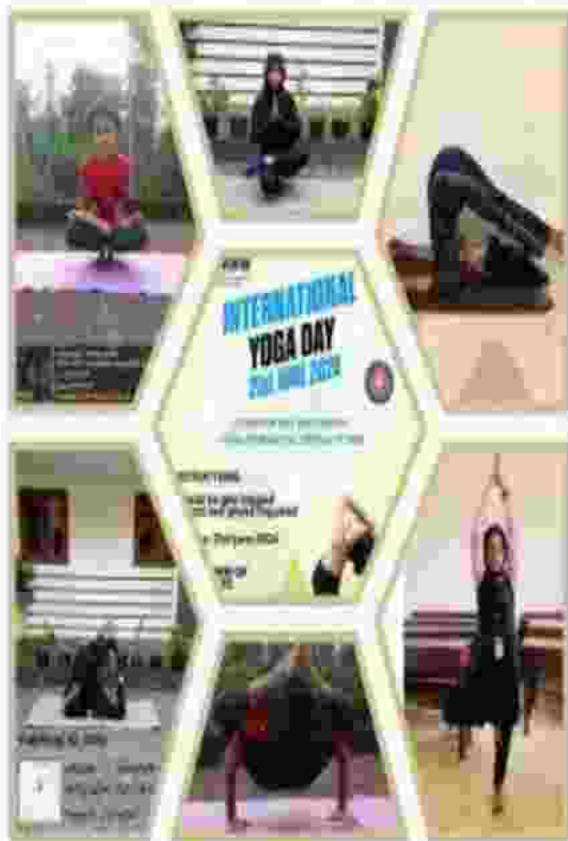
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5. Positive Feedback:

Participants expressed appreciation for the unique and innovative format of the competition, emphasizing its inclusivity and accessibility.







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Congratulations



THIRD
SANA SAMEER T
(BSc Zoology)



FIRST
FATHIMA WAFAP
(BCom Self)



SECOND
FAHAD RAHIMAN K
(MSc Integrated Botany)

YOGA POSE BATTLE



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Conclusion

The **Yoga Pose Battle** was a resounding success, effectively promoting the practice of yoga and engaging the student community in a meaningful way. The event not only celebrated International Yoga Day but also inspired participants to embrace yoga as a lifestyle for improved physical and mental health.

The positive feedback and enthusiastic participation underscored the potential of such initiatives to foster wellness and community spirit, paving the way for similar programs in the future.

UNIT 91 & 105



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Public Service Day – A Day with Haritha Karma Sena

Date: 23/06/2024

Location: Ward 23, Bypass Road, Kattiparuthi

Objective:

The National Service Scheme (NSS) volunteers of MES Keveeyam College, Valanchery, organized *Public Service Day* to honor and support the Haritha Karma Sena for their invaluable contributions to environmental conservation and waste management. This initiative aimed to promote public service, provide recognition to the Haritha Karma Sena, and offer NSS volunteers a firsthand experience of their impactful work.



Brochure



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Description of the Program:

Arrival and Orientation:

The NSS volunteers assembled at Moochikal Bypass Road by 8:00 a.m. and met with the Haritha Karma Sena members. The session began with a brief introduction to the work conducted by the Haritha Karma Sena in Ward 23 of Kattiparuthi. Volunteers were briefed about their tasks and the importance of proper waste management.

Division of Groups and Commencement of Work:

At 8:30 a.m., the volunteers were divided into three groups and assigned to different areas within Ward 23. Each group, guided by the Haritha Karma Sena members, worked on waste collection, segregation, and community interaction.

- Volunteers participated in **plastic segregation** by separating recyclable materials from general waste.
- They visited approximately 9–10 houses per group, assisting in waste collection and raising awareness about proper waste disposal practices.
- Volunteers gained insights into the processes and challenges of waste management, including the segregation of plastic waste for recycling purposes.

Interaction with the Community:

The program also facilitated meaningful interactions between the volunteers and local residents. Volunteers explained the importance of segregation at the source, the harmful effects of improper waste disposal, and the benefits of sustainable practices in daily life.

Program Conclusion:

The activity concluded at 10:15 a.m., with a short gathering to express gratitude to the Haritha Karma Sena members. As a token of appreciation, NSS volunteers presented flowers to the Sena members, acknowledging their tireless efforts to keep the community clean and green.



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Outcomes of the Program:

1. Enhanced Social Connection:

The volunteers built a stronger connection with the local community, gaining respect and appreciation for the Haritha Karma Sena's work.

2. Practical Learning:

Volunteers acquired hands-on knowledge about **plastic segregation** and sustainable waste management practices.

3. Awareness and Empathy:

The program instilled a deeper understanding of the significance of public service and the challenges faced by individuals working on the frontlines of environmental conservation.

4. Community Impact:

Through their involvement, volunteers promoted awareness about waste management among residents and inspired them to adopt environmentally responsible habits.

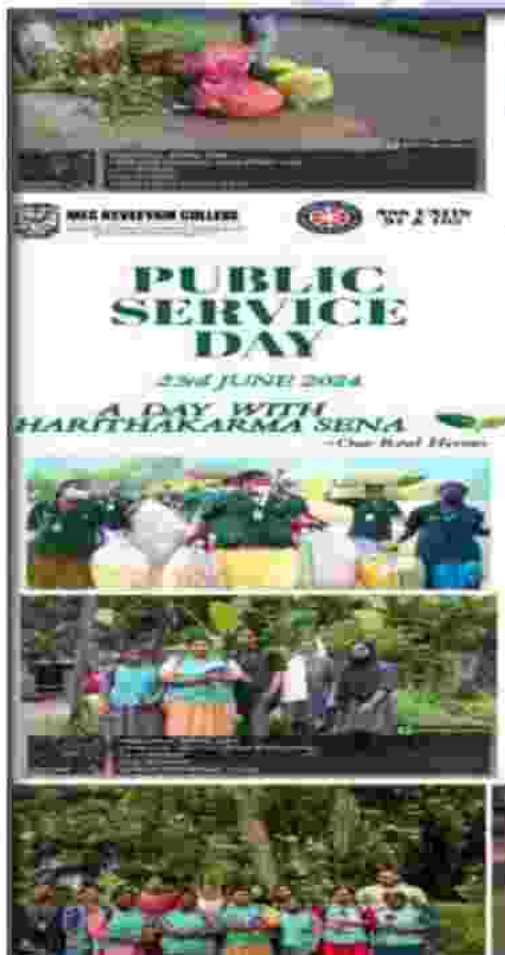




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Conclusion:

The *Public Service Day – A Day with Haritha Karma Sena* was a resounding success. It not only honored the invaluable contributions of the Haritha Karma Sena but also served as an eye-opening experience for NSS volunteers. The program fostered a spirit of community service, encouraged environmental responsibility, and left a lasting impact on both the volunteers and the local residents.

Such initiatives reinforce the importance of collective action in addressing environmental challenges and building a cleaner, more sustainable future.

UNIT 91 & 105



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INTERNATIONAL DAY AGAINST DRUG ABUSE & ILLICIT TRAFFICKING - POSTER COMPETITION & RADIO DRAMA

Date : 26-06-2024

Location : MES KEVEEYAM COLLEGE, VALANCHERY

OBJECTIVE : The National Service Scheme(NSS) volunteers of MES Keveeyam college, Valanchery, organized a radio drama and poster making competition. The major aim of these programmes was to create awareness among teenagers and educate people about the ill effects of substance abuse on the individual, the family and society.

Description of the programme : Our NSS volunteers showcase their creativity and commitment through a special program featuring a radio drama and online poster making event centered around Anti-Narcotic Day. Our volunteers have scripted, produced in a thought-provoking radio drama that sheds light on the dangers of narcotics and promotes a drug-free society. Additionally, they conducted poster making competition for students to show artistic talents into crafting powerful posters that convey messages of awareness and prevention through an online platform. Through this initiative, nss volunteers aim to inspire positive change and educate the community on the importance of staying drug-free.





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Outcomes :

- The programs on Anti-Narcotic Day are designed to inspire positive change, empower participants through creative expression, and educate the community about the importance of staying drug-free, thereby contributing to a safer and healthier society.
- Designing posters that convey powerful messages, volunteers express their thoughts and ideas on a critical social issue
- The volunteers raise awareness about the dangers of narcotics among students and the wider community. They educate participants about the consequences of drug abuse and promote a drug-free lifestyle.

PHOTO GALLERY





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Winners of poster making competition:



1st - Hiba P P
BAFE 2nd Year



2nd – Hasna
BAFE 2nd year



3rd - Anshifa P
BAFE 2nd year

Conclusion:

The International Day Against Drug Abuse and Illicit Trafficking program at MES Keveeyam College, Valanchery, was a resounding success in fostering awareness and educating the community about the pressing issue of substance abuse. Through the creative efforts of our dedicated NSS volunteers, the radio drama and poster-making competition effectively highlighted the adverse impacts of drug abuse on individuals, families, and society. These activities not only inspired participants to embrace a drug-free lifestyle but also empowered them to become active advocates for positive change. The program stands as a testament to the power of creativity and collaboration in addressing critical social challenges, reaffirming our commitment to building a healthier, safer, and drug-free community.



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WORLD DAY OF INTERNATIONAL JUSTICE -SPEECH COMPETITION

Date:17-07-2024

Location: MES KEVEEYAM COLLEGE, VALANCHERY

OBJECTIVE: The National Service Scheme (NSS) volunteers of MES Keveeyam college, Valancherry, organized Speech competition. The major aim of the programme was to create awareness among teenagers and educate people about the Justice of a citizen.



Brochure



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Description of the programme: Our NSS volunteers showcase their creativity and commitment through a organised programme featuring a online speech competition centred around World day of International Justice. Our volunteers spread knowledge and inspiring thoughts and action towards the college students through the attractive and relevant brochure and speech competition on the day. All the volunteers had shown their own contributions and ideas to make the programme a successful one.

Outcomes:

- *By organising the programme on the day for improving knowledge social justice for the enhancement of international policies among the teenagers.
- *Conducting speech competition that educate and point out the significance of social justice among citizens.

Winners of the competition:



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NSS UNITS
91 & 105

Congratulations

First price



Fathima wafa p
(B com self 2nd year)

Second price



Ashaeeka fahima
(Bsc Zoology 2nd year)

SPEECH COMPETITION INTERNATIONAL JUSTICE DAY
July 17



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Parent's Day Writing Competition

To mark the occasion of **Parents' Day**, the NSS Units 91 and 105 of MES Keveeyam College, Valanchery, organized a unique and heartfelt writing competition on 24th July 2024. The event aimed to provide students with an opportunity to express their love and gratitude towards their parents while celebrating the importance of family bonds. The competition, conducted entirely online, invited participants to reflect on the theme **"The Best Moment With Your Parent"**, encouraging them to relive and cherish significant moments they had shared.

Objectives

The writing competition was organized with the following key objectives:

1. To provide a platform for students to express their love and gratitude toward their parents.
2. To celebrate Parents' Day by reliving and cherishing meaningful moments spent with their parents.
3. To enhance students' creative thinking and writing skills by engaging them in a reflective and structured activity.
4. To promote emotional awareness and strengthen familial bonds.

Program Description

The program was meticulously planned to ensure maximum participation and impact. The competition was open to all students of the college and designed to be accessible via an online platform, allowing entries to be submitted digitally. It began at **12:00 PM on Wednesday**,





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24th July, and concluded at 9:00 PM on Thursday, 25th July, giving participants ample time to craft and submit their heartfelt pieces.

The response to the competition was overwhelmingly positive, with over **75 students** from various departments enthusiastically participating. The submissions showcased a wide range of emotions, creativity, and personal stories, reflecting the depth of affection and respect students hold for their parents. Each entry was unique, offering a glimpse into the special moments that shaped the relationships between students and their parents.

To ensure fairness and transparency, a panel of three experienced faculty members evaluated the submissions. The judging criteria focused on creativity, originality, emotional depth, and writing quality. After thorough deliberation, the winners were selected. **Fathima Sana K.K.**, a **second-year B.Sc Zoology student**, was awarded first place for her exceptional narrative that beautifully captured the essence of the theme. **Jahaana T.P.**, a **third-year B.Sc Physics student**, secured the second position for her poignant and relatable story. Both students were commended for their ability to evoke powerful emotions and convey their thoughts eloquently.

Winners of The Programme





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Outcomes

The writing competition successfully achieved its intended outcomes:

1. Students relived cherished moments with their parents, fostering a deeper emotional connection and appreciation for their familial bonds.
2. Participants improved their creative thinking and writing abilities through this structured activity.
3. The event encouraged students to reflect on the importance of family, promoting values of love, respect, and gratitude.
4. The program highlighted the creative talents of students and inspired them to share their thoughts and feelings freely.

Conclusion

This competition proved to be a transformative experience for many participants. By revisiting their cherished moments with parents, students gained a deeper appreciation for their familial bonds. The program also served as a platform for students to enhance their creative and literary skills, inspiring many to express themselves more freely through writing.

The success of this event highlights the significance of such initiatives in nurturing emotional intelligence and creative expression among students. The heartfelt stories shared during the competition not only strengthened the bond between students and their parents but also fostered a sense of unity and shared experience among participants.



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Report on Relief Activities by NSS Units of MES Keveeyam College in Response to Wayanad Landslide and Valanchery Floods

On July 30, 2024, Wayanad, Kerala, witnessed one of the worst landslides in India's history, devastating several villages, including Punchirimattam, Chooralmala, and Mündakkai. The scale of the destruction was unfathomable, with over 231 confirmed deaths and hundreds of others still missing. As a result, several families were displaced, and the region was left in ruins. In the aftermath of this tragedy, many parts of Wayanad remain abandoned, with debris scattered across what was once a thriving landscape.

Alongside the Wayanad tragedy, the monsoon also affected nearby areas in Valanchery, including Kodumudi, Deep, and other parts, causing widespread flooding. As part of their ongoing commitment to social responsibility, the NSS (National Service Scheme) Units of MES Keveeyam College initiated a series of relief activities aimed at assisting the victims of the Wayanad landslide as well as providing immediate relief to the flood-affected areas of Valanchery.

NSS Relief Activities for Wayanad Landslide and Valanchery Floods

1. Initial Response to the Wayanad Landslide and Valanchery Floods

- **Date:** July 31, 2024
- **Activity:** Help Desk and Fund Collection Drive

In the immediate aftermath of the Wayanad landslide and the flooding in Valanchery, the NSS Units of MES Keveeyam College took swift action to assist the affected communities. On July 31, 2024, a **Help Desk** was set up within the college to provide support to people from the Valanchery area, particularly those in areas like Kodumudi and Deep, which had been severely impacted by floods.



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മലയാളത്തിൽ ഏറ്റവും അപരീക്ഷണീയമായ

കൈ തുടങ്ങി

MES KEVEEYAM COLLEGE VALANCHERY
NATIONAL SERVICE SCHEME
UNIT 91&105

വയനാട് ഓഗസ്റ്റ്
മലയാളത്തിൽ ഏറ്റവും അപരീക്ഷണീയമായ
മലയാളത്തിൽ ഏറ്റവും അപരീക്ഷണീയമായ

NSS VOLUNTEERS
CONTACT NUMBER

ADINAN - 75105 02182
KARTHIK - 9037906252
RASHAH - 77366 91380
RUDRA - 70348 33600 , 8086904112

ജില്ലാ മുഖേന നിവാരണ അതോറിറ്റി
ഇന്റർ ഓഫീസ് 8463 273030
സെക്കന്ററി ഓഫീസ് 8848922758
ഇമെയിൽ nlpnssmnd@gmail.com



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UNITS 91 & 105

"നമുക്ക് കൈകോർക്കാം"

ആവശ്യമായ വസ്തുക്കൾ

Clothes
Sanitary napkins
Mats
Bucket and Cup
Bedsheet

FOR MORE INFO
CONTACT:-

- > Nafila t.p : 8089232198
- > Gopika Krishnan : 9526693420
- > Riya Jaheen : 9645626317

Additionally, the NSS volunteers initiated a **fund collection campaign** to raise money for the Wayanad relief efforts. The campaign received overwhelming support from both students and faculty members, and within two days, a total of **₹50,000** was raised. This fund was crucial for the immediate relief efforts in Wayanad.



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2. Cleaning Drives in Valanchery (Kodumudi and Deep Areas)

- **Date:** July 31, 2024 & August 1, 2024
- **Activity:** House Cleaning and Relief Support in Flood-Affected Areas

Under the guidance of Programme Officers **Swapna N R** and **Ledid Bin Abdul Khader**, the NSS volunteers visited **Kodumudi** (on July 31) and **Deep** (on August 1) areas in Valanchery to conduct **cleaning drives** and assist residents in flood-hit regions. The cleaning teams focused on clearing debris, mud, and water-logged materials from houses, which had been inundated by the heavy rains. The team was involved in cleaning five flood-affected houses in Kodumudi on July 31 and continued the cleaning efforts in Deep area on August 1. These activities provided immediate relief to the affected families and helped restore a sense of normalcy in these communities.





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3. Procurement and Distribution of Relief Materials

- **Date:** August 2, 2024
- **Activity:** Purchase and Distribution of Goods for Wayanad Landslide Victims

On August 2, 2024, the NSS volunteers, with the funds raised through the campaign, purchased essential goods worth ₹20,000 for the victims of the Wayanad landslide. These items included **stationery, cleaning materials,** and other relief essentials. The collected goods were then transported to the **NSS Malappuram District Collection Centre at Govt. College, Malappuram**, where they were distributed to those affected by the disaster in Wayanad.



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4. Additional Relief Collection and Support

- **Dates:** August 6-7, 2024
- **Activity:** Collection of Toys, Stationery, and Other Relief Materials

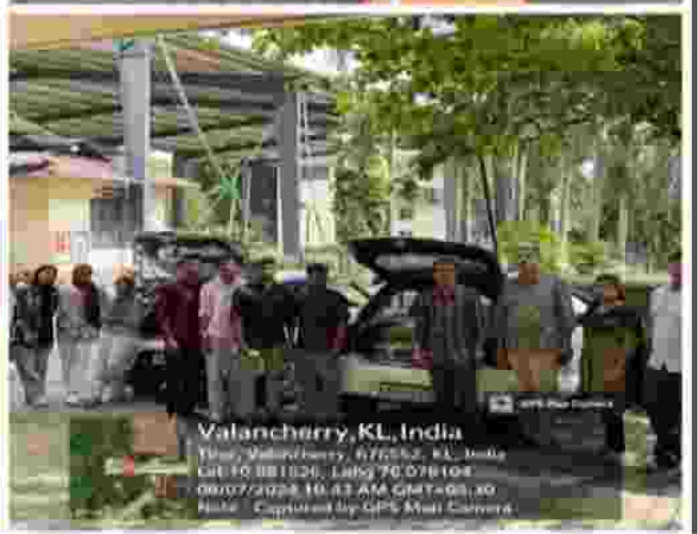
Between August 6 and August 7, 2024, the NSS Units continued their relief efforts by collecting additional materials, particularly **toys**, **notebooks**, and **pens**, from the students and faculty of MES Keveeyam College. The collected items, along with other essential supplies, were purchased and taken to the **District Collection Centre** in Malappuram. The total value of the materials collected during this drive was approximately **₹30,000**. This contributed further to the relief work for the Wayanad landslide victims.



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The NSS Units of MES Keveeyam College, under the leadership of Programme Officers Swapna N R and Ledid Bin Abdul Khader, have played a vital role in the relief efforts following the **Wayanad landslide** and the **Valancherry floods**. Through fundraising campaigns, cleaning drives, and material collection initiatives, the volunteers have demonstrated remarkable commitment and compassion towards those affected by the disasters.



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The support from the college community, including students, faculty, and staff, has been instrumental in providing immediate relief to the victims of these catastrophic events. The relief efforts will continue, and MES Keveeyam College remains dedicated to assisting the affected communities in their recovery and rebuilding efforts.

UNIT 91 & 105



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WOMEN'S EQUALITY DAY: W = M

Date: 27/08/2024

Venue: College Campus, M E S Keveeyam College, Valanchery

Objective:

The National Service Scheme (NSS) Unit of M E S Keveeyam College, Valanchery, organized a series of impactful programs in celebration of Women's Equality Day. The core objective was to advocate for gender equality and highlight that men and women are equal in all aspects of life. In a time when issues such as violence against women, their safety, and equality continue to be topics of national importance, the NSS aimed to reinforce the message that gender equality is a basic human right.





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Program Highlights:

1. Mime Performance:

At 12:30 PM, the NSS volunteers presented a mime performance focused on the theme of Women Empowerment. The silent act effectively conveyed the need to prevent violence against women and highlighted the role society plays in ending such violence. The performance was a striking visual representation of the societal responsibility to protect women and ensure their safety.

2. Pledge Campaign - "HE FOR SHE":

The NSS volunteers organized a Pledge Campaign titled "HE FOR SHE" at 1:00 PM. Male staff and male students of the college were invited to take a stand for women's equality by pledging to support women's rights and gender equality in all aspects of life. Each participant was given a rose ribbon as a token of appreciation for their commitment to the cause.





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Outcomes:

- The event helped foster a greater sense of respect for women and girls among the students, reinforcing the importance of treating women equally in all spheres of life.
- It highlighted that both men and women are equal before the law and in society, and that gender equality benefits everyone.
- The campaign emphasized that achieving women's equality is a collective responsibility, one that requires active participation from both men and women.





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Conclusion:

The Women's Equality Day program organized by the NSS Unit of M.E.S Keveeyam College, Valanchery, successfully conveyed the importance of gender equality and the collective responsibility of society in achieving it. The mime performance and the "HE FOR SHE" pledge campaign were impactful initiatives that resonated deeply with the participants, fostering awareness and empathy towards the issues faced by women. The program not only strengthened the commitment to promoting equality but also instilled a sense of accountability among male and female students alike. This celebration of Women's Equality Day served as a meaningful step toward building a more inclusive and equitable society, reflecting the NSS's dedication to addressing significant social issues.

UNIT 91 & 105



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A VISIT TO PRATHEEKSHA BHAVAN

DATE : 06 / 09 / 2024

LOCATION : Pratheeksha Bhavan, Special Education School , Thavanur

OBJECTIVES : As part of NSS Program volunteers of National Service Scheme units 91 and 105 of MES Keveeyam College Valanchery visited Pratheeksha Bhavan Tavanur to interact with the inmates there. The primary aim of the program was to spend some quality time with the inmates there.



DESCRIPTION OF THE PROGRAM :

The Volunteers reached the college campus by 9.30 and marked their attendance. Volunteers boarded the College bus and reached Pratheeksha Bhavan by 10.30. The Volunteers were accompanied by Ledid Sir NSS Program officer. The Program was started by 10.45 after the arrangements were made. The Program started with NSS Geetham . Later Sheela Ma'am (Superintendent Pratheeksha Bhavan) gave a welcome speech. A speech was given by NSS Program officer Ledid Sir. The Program was compared by NSS Unit 91 Secretary Rashah Aminah. The Volunteers performed several activities like group dance and group songs . The inmates of Pratheeksha Bhavan also participated in the programs. Later a game session was conducted for the inmates. The program ended



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with a dance performed by both the volunteers and inmates together. Some clothes were also contributed to for the inmates by the volunteers. The team reached the college back by 12.45.

OUTCOMES :

- The Program was an eye opening session for the volunteers.
- Got a chance to interact and spend time with the Pratheeksha Bhavan inmates.
- Got to learn many new values and things out of the box, also the programs conducted made the inmates happy





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MindMend: Healing and Recovery

Date: 10 September 2024

Time: 2:30 PM

Venue: A.V. Hall, M.E.S Keveeyam College, Valanchery

The NSS units of M.E.S Keveeyam College, Valanchery, organized a transformative program titled *MindMend: Healing and Recovery* on 10th September 2024. This initiative aimed at addressing the pressing need for mental health awareness among students, with a specific focus on empowering NSS volunteers to manage stress, enhance emotional resilience, and maintain overall well-being.

Detailed Description: The program commenced promptly at 2:30 PM in the college's A.V. Hall, which was filled with an enthusiastic audience of approximately 90 NSS volunteers. The event created a vibrant and optimistic atmosphere, fostering an environment conducive to learning and self-reflection.

The program was inaugurated by **Dr. Vinod Kumar**, a distinguished figure known for his commitment to student welfare. In his address, Dr. K P Vinod Kumar highlighted the increasing prevalence of mental health challenges among youth and emphasized the importance of seeking timely help and adopting healthy coping strategies. He applauded the NSS team for





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organizing an event of such relevance and urged the participants to take the lessons from the program seriously.

The inauguration was followed by a warm welcome address delivered by **Mr. Ajmal**, an NSS volunteer. With heartfelt words, he set the tone for the day, expressing gratitude to the college management and NSS program officers for their unwavering support. He outlined the objectives of *MindMend*, emphasizing the significance of mental well-being in the life of a student volunteer.

The highlight of the event was the interactive session led by **Mr. Anoof Paravannur**, a certified Mind Tune coach and an acclaimed motivational speaker. His expertise in mental health and motivational strategies was evident as he captivated the audience with his engaging storytelling, practical exercises, and relatable examples.

Through the session, Mr. Anoof addressed critical aspects of mental health, including the importance of mindfulness, techniques to manage anxiety, and the power of positive thinking. He encouraged the participants to view challenges as opportunities for growth and shared actionable strategies for building emotional resilience.





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The session also featured interactive activities where volunteers actively participated, reflecting their keen interest and eagerness to apply the insights shared. The resource person's ability to connect with the audience ensured that the messages delivered were both impactful and enduring.

A memorable moment during the event was the launch of the NSS jersey for the academic year. **Mr. Shajid P.P., Vice Principal of the college**, unveiled the jersey in the presence of NSS volunteers and faculty members. The new jersey, symbolizing unity, strength, and the spirit of service, was met with excitement and applause from the attendees.

The program concluded with a sincere vote of thanks by **Ms. Riya Jebin**, an NSS volunteer. She expressed her heartfelt gratitude to Dr. Vinod Kumar for his support, Mr. Anoof Paravannur for his enlightening session, the college administration for facilitating the event, and the volunteers for their active participation. Her words of appreciation underscored the collaborative effort that went into making the event a success.

Impact and Outcomes

- **Increased Awareness:** Volunteers gained a deeper understanding of mental health challenges and strategies to address them effectively.
- **Skill Development:** Practical exercises and actionable tips equipped participants with tools to handle stress and maintain emotional balance.
- **Community Building:** The program fostered a sense of camaraderie and mutual support among volunteers.
- **Identity and Pride:** The launch of the NSS jersey instilled a sense of belonging and pride in the volunteers, strengthening their commitment to the organization's mission.



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Conclusion

MindMend: Healing and Recovery was a resounding success, fulfilling its objective of promoting mental health and emotional well-being among NSS volunteers. The program not only provided valuable insights into managing mental health but also strengthened the bond among volunteers. This initiative demonstrated the NSS units' dedication to addressing the holistic development of its members, preparing them to lead balanced and fulfilling lives while contributing positively to society.



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NSS Volunteering Program for Onam Celebration of Disabled Students

Program Details:

- **Date:** 13/09/2024
- **Venue:** Cholakkal Auditorium, Thiruvegapura
- **Organized By:** Punarjani Charitable Trust

Objective of the Program:

To support the Punarjani Charitable Trust in organizing an Onam celebration for disabled students, fostering inclusivity, joy, and cultural engagement among the participants.

Program Description: The Onam celebration, conducted by Punarjani Charitable Trust, was a vibrant and inclusive event held at Cholakkal Auditorium, Thiruvegapura. It was attended by approximately 150 disabled students who actively participated in various festive activities.

Our NSS team comprising 20 dedicated volunteers provided significant support in managing the event. The volunteers undertook responsibilities such as organizing the events, coordinating food arrangements, overseeing games, and ensuring the smooth functioning of the entire program.

The event began with a formal inauguration by **MLA. Abid Hussain Thangal**, who emphasized the importance of celebrating diversity and fostering an inclusive society. Several distinguished cultural leaders, including **Sri. Vayalar Sharath Chandra Varma** and **Dr. P. Raveendran**, graced the occasion with their presence, enhancing the cultural significance of the event.

The day was filled with joyous moments as students participated in traditional games, enjoyed festive meals, and experienced the true essence of Onam. The volunteers worked tirelessly to create a supportive and inclusive environment, ensuring that all participants felt valued and celebrated.



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കേരളം - ജനതാ പട്ടണം ഭരണി...
പ്രകൃതികൃതമായതും മാനവിക...
ഭരണ പദ്ധതി വരുത്തലാണിത്...



എന്ദ്രാ
പാട്ടുകളും
നാട്യകലകളും

പുനർജനി
ചെയ്തത്



പുനർജനി ചാരിറ്റബിൾ ട്രസ്റ്റ്

**വാർഷികാഘോഷവും
ഔണാഘോഷവും**

2024 **13** വെള്ളി
ജനുവരി 13 9.30 am

തിരുവനന്തപുരം
കോലാതലം ഓഡിറ്റോറിയം



**PUNARJANI
CHARITABLE TRUST**

Charitable Trust Regd. under Section 12A
Incorporated in India - 2014
Pan No : 27AA 0000 0000 0000 0000 0000 0000 0000 0000
A/c No : 0621073000000029
IFSC : 5IBL0000621





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Outcomes of the Program:

1. Fostered inclusivity and happiness among the 150 disabled students who attended the celebration.
2. Strengthened the collaborative efforts between the NSS unit and Punarjani Charitable Trust.
3. Provided NSS volunteers with valuable experiences in event management and community service.
4. Created a platform for cultural leaders and participants to engage in meaningful dialogue on inclusivity.



This program was a testament to the NSS unit's commitment to societal welfare, highlighting the power of collective efforts in bringing smiles and making festivals like Onam truly inclusive.



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Teachers' Day Celebration

Program Details:

- **Date:** 16/09/2024
- **Venue:** MES Keveeyam College

Objective of the Program:

To honour teachers for their invaluable contribution to education and to celebrate Teachers' Day with respect, gratitude, and enthusiasm.

Program Description: On Teachers' Day, our NSS volunteers organized a heartfelt celebration at MES Keveeyam College. The volunteers warmly welcomed all teachers to the college and presented them with handcrafted gifts, symbolizing gratitude and admiration. These gifts were meticulously prepared by the volunteers, showcasing their creativity and respect for the teaching community.



The poster features a green chalkboard with white text. At the top, it says 'Teacher's Day Programme'. Below that, it lists 'Events' as 'Musical Chair', 'Arm Wrestling', and 'Shoot out'. The time is given as 'Time 12:30-1:30' and the venue as 'Venue Basketball Ground'. In the bottom left corner, it says 'NSS Units 91 & 105' next to the NSS logo. In the bottom right corner, it says 'MES KEVEEYAM COLLEGE' with the college's address 'VALANCHERY I, MALAPPURAM I, KERALA', accreditation 'NAAC RE-ACCREDITED WITH A+ GRADE (3-44)', and website 'www.meskeveeyamcollege.ac.in'.

NSS Units
91 & 105

MES KEVEEYAM COLLEGE
VALANCHERY I, MALAPPURAM I, KERALA
NAAC RE-ACCREDITED WITH A+ GRADE (3-44)
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In addition to the warm gestures, the volunteers organized a series of fun games and activities for the teachers. Events such as a **shootout competition**, **musical chair**, and **arm wrestling** brought cheer and created a lively, interactive atmosphere. Teachers actively participated in the games, which strengthened the bond between faculty and students and provided a joyful break from routine academic life.



The celebration was an excellent example of teamwork, with volunteers coordinating every aspect of the event with dedication and enthusiasm.

Outcomes of the Program:

1. Expressed gratitude and appreciation for the teaching community.
2. Strengthened the rapport between teachers and students.
3. Enhanced the team spirit and organizational skills of NSS volunteers.
4. Created a joyous and memorable experience for the teachers.



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Inauguration of Flagship Programme "WE - ABLE"

Program Details:

- **Date:** 24/09/2024
- **Venue:** Punarjani Charitable Trust Building, Valiyakunnu, Valanchery

Objective of the Program:

To empower disabled students by imparting various skills through the flagship programme "WE - ABLE."



Program Description: The flagship programme "WE - ABLE" was inaugurated on 24th September 2024 at the Punarjani Charitable Trust Building in Valiyakunnu, Valanchery. This program aims to empower disabled students by providing continuous skill development activities conducted by NSS volunteers.

The inaugural event was graced by **Ummu Kulsu Teacher**, Ward Member of Valanchery, who formally inaugurated the program. In her inaugural address, she appreciated the efforts of the NSS unit and Punarjani

Charitable Trust in creating opportunities for disabled students to learn and grow.

As part of the celebration, NSS volunteers showcased their cultural talents through performances that captivated the audience. Additionally, interactive games were organized for the disabled students, ensuring a joyful and engaging experience for all participants.



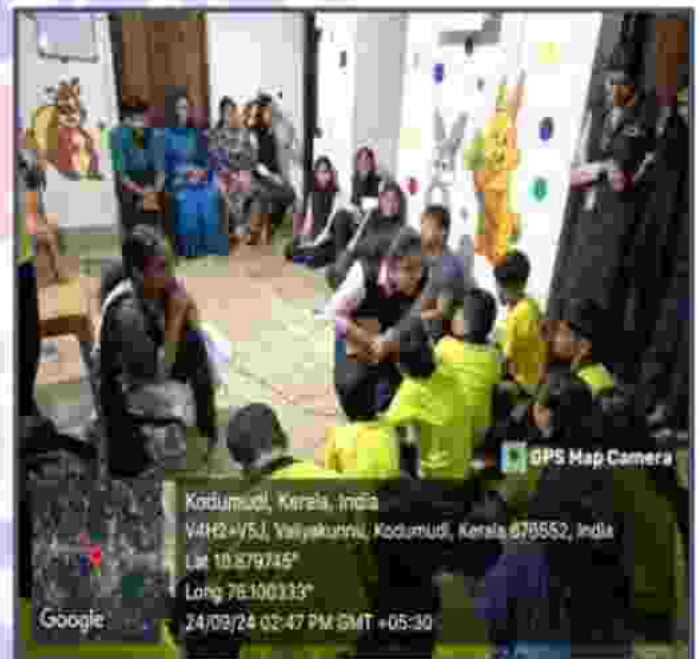
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The event was an opportunity for NSS volunteers to demonstrate their commitment to social responsibility and inclusivity. The program laid the foundation for a sustained effort to empower disabled students with necessary skills for their personal and professional development.



Outcomes of the Program:

1. Successfully launched the "WE - ABLE" flagship programme, focusing on empowering disabled students.
2. Strengthened collaboration between NSS volunteers and Punarjani Charitable Trust.
3. Provided a platform for disabled students to engage in cultural and skill-building activities.
4. Enhanced the organizational and community engagement skills of NSS volunteers.

The "WE - ABLE" programme stands as a significant step towards inclusivity and empowerment, reflecting the vision and dedication of the NSS unit.



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Cleaning Drive as part of Swachatha Hi Seva Campaign

On 30th September 2024, the NSS unit of MES Keveeyam College organized a comprehensive cleaning drive as part of the Swachatha Hi Seva Campaign. The initiative, which engaged around 100 enthusiastic NSS volunteers, focused on promoting cleanliness and hygiene in three significant locations: Ayushman Arogyamandir - Public Health Centre, Valanchery, Homeopathy Health Centre, Valanchery, and the MES Keveeyam College campus.

The volunteers diligently cleaned the premises, ensuring the removal of litter and maintaining a tidy and hygienic environment. Their efforts significantly improved the cleanliness of these locations, creating a healthier atmosphere for the community. The activity aimed to not only clean public spaces but also raise awareness among participants and the larger community about the importance of cleanliness and its role in public health and well-being.





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This impactful program demonstrated the NSS unit's dedication to fostering environmental sustainability and inspiring community members to contribute to a cleaner and healthier society. It reinforced the volunteers' sense of responsibility and commitment to societal improvement, embodying the true spirit of the Swachhata Hi Seva campaign.



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Participation in "Digi-Keralam Samboorna Digital Saksharatha" Scheme

On 5th October 2024, the NSS Volunteers of MES Keveeyam College actively participated in the "Digi-Keralam Samboorna Digital Saksharatha" scheme of Valanchery Municipality. The program aimed to promote digital literacy among the residents of Valanchery Municipality.

The inaugural ceremony was held at Kavumpuram Library, with **Ashraf Ambalathingal**, Chairman of Valanchery Municipality, inaugurating the initiative. Our NSS team played a vital role in supporting this campaign by educating around 150 people across various wards of the municipality. Volunteers worked in collaboration with the municipality staff, traveling to different areas to deliver impactful digital literacy sessions, empowering residents to utilize digital platforms effectively.





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Volunteer **Adnaan** coordinated the activities of the NSS team, ensuring smooth execution of their responsibilities. The program highlighted the importance of digital literacy in today's society and strengthened the partnership between educational institutions and local governance in fostering societal development.

Outcomes of the Program:

1. Enhanced digital literacy among 150 residents of Valanchery Municipality.
2. Strengthened the role of NSS volunteers in promoting community development.
3. Fostered collaboration between MES Keveeyam College and Valanchery Municipality for societal improvement.





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Report on Visit to Punarjani Charitable Trust

On **21st October 2024**, as part of the NSS flagship programme "**WE - ABLE**", **10 NSS volunteers** from MES Keveeyam College visited **Punarjani Charitable Trust** to impart drawing skills to the students of the trust. This initiative aimed to encourage creativity and artistic expression among differently-abled students.

Under the leadership of **volunteer Gopika**, the NSS volunteers conducted a structured training session, engaging **around 25 students** in various drawing techniques. The session provided an opportunity for the students to explore their artistic potential and express themselves through colors and creativity.

The visit reinforced the commitment of the NSS unit to supporting the holistic development of differently-abled individuals. The interactive session fostered a sense of confidence and accomplishment among the students of the trust while also enhancing the teaching and leadership skills of NSS volunteers.

Outcomes of the Program:

1. Provided drawing skill training to 25 students of Punarjani Charitable Trust.
2. Encouraged artistic expression and creativity among differently-abled students.
3. Strengthened the NSS unit's ongoing engagement with the trust under the "WE - ABLE" programme.
4. Enhanced leadership and teaching abilities among NSS volunteers.





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Report on Basic Fire Extinguishing Methods and First Aid Training



On 22nd October 2024, the NSS units of MES Keveeyam College organized a training programme on Basic Fire Extinguishing Methods and First Aid Training to equip students with essential safety skills. The session was conducted at A V Hall at 10 A.M. and was inaugurated by Dr. Vinod Kumar, Principal, MES Keveeyam College.

The training was led by Mr. Biju V.K. (Station Officer, Fire Station Tirur) and Mr. Sathish (Fire & Rescue Officer, Fire Station Tirur), who provided in-depth knowledge on handling fire emergencies and administering first aid. They demonstrated various firefighting techniques, the proper use of fire extinguishers, and essential first aid measures for different types of injuries.

A total of **82 students** actively participated in the session, gaining hands-on experience in fire safety and emergency response. The training helped in raising awareness about fire hazards and equipped students with the necessary skills to respond effectively during emergencies.

Outcomes of the Program:

1. Educated 82 students on fire safety and first aid procedures.



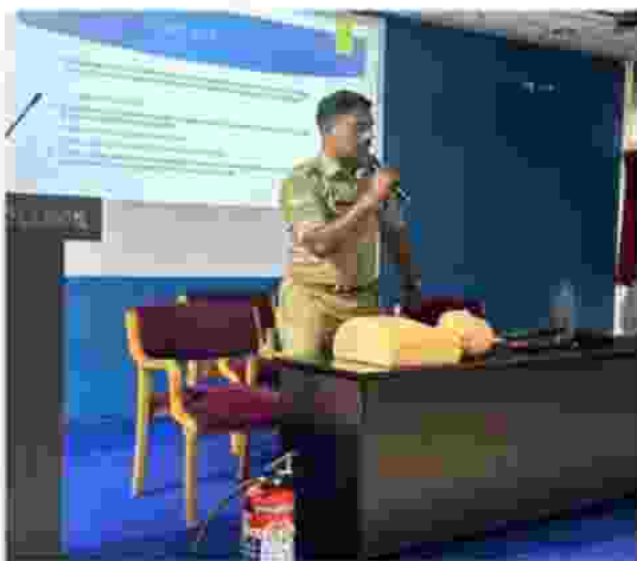
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2. Provided practical training on handling fire extinguishers and emergency situations.
3. Enhanced student awareness about fire hazards and preventive measures.
4. Strengthened collaboration between NSS and local fire and rescue services.





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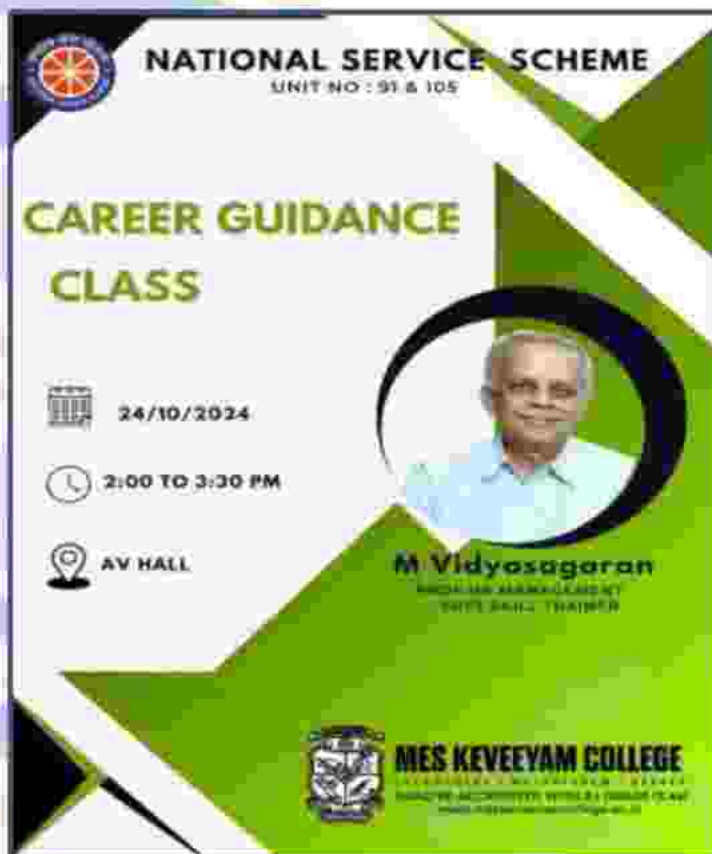
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Career Guidance Training Session for Students

On 24th October 2024, from 2:00 PM to 3:30 PM, the National Service Scheme (NSS) volunteers of MES Keveeyam College, Valanchery, organized a Career Guidance Training for students of all departments at the College AV Hall. The primary objective of the program was to provide career orientation and guidance to students. The session began with all students assembling at the venue by 1:50 PM, followed by the recitation of NSS Geetham. NSS Volunteer Salha delivered the welcome address, setting the tone for the event. The program was officially inaugurated by College Principal Dr. K.P.

Vinodkumar, who also presented a memento to the chief guest, Mr. M. Vidyasagar (Soft Skill Trainer & Retired Professor of HR Management). Mr. Vidyasagar then conducted an engaging and interactive training session, providing valuable insights into career development and personality growth. The session concluded at 3:30 PM, leaving students with enhanced knowledge of career-oriented programs and guidance on selecting suitable job opportunities based on their personalities. It was a highly fruitful session, equipping students with practical knowledge and motivation for their future career paths.





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Photo Gallery:





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Fund Collection Campaign for Wayanad Relief Activities

On 28th October 2024, the NSS volunteers of MES Keveeyam College conducted a Fund Collection Campaign to support relief activities in Wayanad. The campaign aimed to provide financial assistance to those affected by the crisis. Our dedicated students actively participated in the fundraising efforts, reaching out to the college community and the public for contributions. Through their collective efforts, a total sum of ₹60,574 was raised. The collected amount was officially transferred on **2nd November 2024** and handed over to the NSS Coordinator of the University of Calicut, **Mr. Shihab N A**, ensuring that the funds reached the rightful beneficiaries. This initiative reflected the commitment of our volunteers towards social responsibility and humanitarian aid.

Visit to Kerala Legislative Assembly

On **30th October 2024**, the NSS Programme Officers, along with the NSS Secretaries and Joint Secretaries of MES Keveeyam College, visited the **Kerala Legislative Assembly**. The visit aimed to provide a deeper understanding of the legislative process in the state. During the session, the delegates had an interactive discussion with **Sri. Arjun S Kumar, Additional Private Secretary to the Speaker**, who explained the entire procedure of law-making in Kerala.





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Outcomes of the Visit:

1. Gained firsthand knowledge of the legislative procedures and functioning of the state assembly.
2. Enhanced awareness of the law-making process and its significance in governance.
3. Provided an opportunity for NSS representatives to interact with government officials and understand policymaking.
4. Encouraged civic engagement and interest in public administration among the students.

The visit proved to be an enriching experience, offering valuable insights into governance and legislative affairs.





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Recognition for Excellence: NSS Units of MES Keveeyam College Receive State-Level Award

The NSS Units of MES Keveeyam College, Valanchery, were honored with an award for implementing one of the Best Sneharamam Projects in Kerala. The recognition was conferred during a grand function held on 30th October 2024 at Nishagandhi Auditorium, Kanakakunnu, Trivandrum. The award was presented by Dr. R. Bindu, Honorable Minister for Higher Education, Kerala.

The NSS Programme Officers, along with the Secretaries and Joint Secretaries of the 2023-24 and 2024-25 batches, proudly received the award on behalf of the college. This achievement reflects the dedication and commitment of NSS volunteers towards community service and social welfare. The recognition serves as an encouragement for future initiatives and reinforces the college's commitment to impactful social projects.

മാധ്യമം



വളാർഞ്ചേരി എം.ഇ.എസ്. കെ.വി.എം കോളജ് എൻ.എസ്.എസ് ടീം മന്ത്രി ആർ. ബിന്ദുവിൽനിന്ന് പുരസ്കാരം ഏറ്റെടുത്തു

പുരസ്കാരം ഏറ്റെടുത്തി എം.ഇ.എസ്.കെ.വി.എം കോളജ് എൻ.എസ്.എസ് ടീം

വളാർഞ്ചേരി : മാലിന്യമുക്ത നഗരംകളും പദ്ധതിയുടെ അഗമമായി യൂണിവേഴ്സിറ്റിയിൽ കിടന്നുള്ള കോളജുകളിലെ നാഷണൽ സർവീസ് സ്കീം ഏറ്റെടുത്ത് നടപ്പിലാക്കിയ സ്മാരകമാർഗ്ഗം പദ്ധതിയിൽ മികച്ച പ്രവർത്തനം കാഴ്ചവച്ചവർക്കുള്ള പുരസ്കാരം ഏറ്റെടുത്തി വളാർഞ്ചേരി എം.ഇ.എസ് കെ.വി.എം

കോളജ്, തിരഞ്ഞെടുക്കപ്പെട്ട 47 കോളജുകളിൽനിന്നും മികച്ച എച്ച് കോളജുകളിലൊന്നായാണ് വളാർഞ്ചേരി എം.ഇ.എസ് കോളജിനെ എൻ.എസ്.എസ് യൂണിറ്റുകൾ തിരഞ്ഞെടുക്കപ്പെട്ടത്. ഇന്നത വിദ്യാഭ്യാസ മന്ത്രി ആർ. ബിന്ദുവിൽ നിന്നും പ്രോഗ്രാം ഓഫീസർമാരായ എൻ.ആർ. സ്വപ്ന, ലാ

ർ ബിൻ അബ്ദുൽ ഖാദർ, അനവിൽ വിഭാഗം മേധാവി ഡോ. മുഹമ്മദ് റിയാസ്, എൻ.എസ്.എസ് വളാർഞ്ചേരിയോടൊത്ത് സി.എം. മിരാക്രൂഷ്, കെ. മുഹമ്മദ് അർഷാദ്, ഐശ്വര്യ നിസാദ്, നാസിർ, വി.പി. കാർത്തിക്, എം. ഷിഫാസ്, റഷി, ആതിന എന്നിവർ കോളജിനായി പുരസ്കാരം ഏറ്റെടുത്തി.



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Anti-Narcotics Awareness Session Organized by NSS and Red Ribbon Club



On 1st November 2024, the NSS Units of MES Keveeyam College, Valanchery, in collaboration with the Red Ribbon Club, conducted an Anti-Narcotics Awareness Class at the AV Hall. The session, which began at 9:30 AM, was inaugurated by Vice Principal Shajid P. P. and led by Mr. K. Ganesan, a Vimukthi Resource Person from the Kerala Excise Department. A total of 90 students actively participated in the session.

The program aimed to educate students on the dangers of drug abuse and the importance of a drug-free society. The resource person provided insightful information on substance abuse, its

psychological and social consequences, and the legal

framework related to drug control. The interactive session helped students gain a deeper understanding of the impact of narcotics and the role of youth in preventing drug addiction.

Outcomes of the Program

- Increased awareness among students about the harmful effects of drug abuse.
- Educated students on legal aspects and government initiatives against narcotics.
- Encouraged active participation in anti-drug campaigns and peer awareness programs.



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- Strengthened the commitment of students towards maintaining a drug-free campus.

The initiative successfully created awareness and inspired students to take a stand against drug abuse, reinforcing the college's commitment to fostering a responsible and informed student community.





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Kerala Piravi Day Celebration with Differently-Abled Students

On November 1, 2024, the NSS volunteers of MES Keveeyam College, Valanchery, celebrated Kerala Piravi Day with the differently-abled students of Punarjani Charitable Trust at our adopted village. The event aimed to spread joy and inclusivity by engaging the students in various fun activities.

Our volunteers organized **interactive games and cultural programs**, ensuring an enjoyable and memorable experience for the students. The celebration fostered a sense of togetherness, highlighting the spirit of Kerala's rich culture and traditions.



Outcomes of the Program

- Provided an opportunity for volunteers to engage in meaningful social interaction.
- Brought smiles and happiness to the differently-abled students through fun-filled activities.
- Strengthened the bond between NSS volunteers and the community.
- Promoted inclusivity and awareness about the challenges faced by differently-abled individuals.

The celebration was a heartwarming experience for both the students and volunteers, reinforcing the values of compassion, service, and cultural pride.



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Blood Donation Camp – A Step Towards Saving Lives

On November 6, 2024, the Red Ribbon Club and NSS Units 91 & 105 of MES Keveeyam College, Valanchery, in collaboration with BDK Tirur and Perinthalmanna Government Taluk Hospital, organized a Blood Donation Camp at the college. The event began at 9:30 AM, with enthusiastic participation from students.

A total of 110 students registered, and blood was successfully collected from 60 donors. The camp aimed to promote the importance of voluntary blood donation and contribute to saving lives.



Outcomes of the Program

- Created awareness about the significance of blood donation and its life-saving impact.
- Encouraged students to actively participate in humanitarian efforts.
- Strengthened the collaboration between the college and healthcare institutions.



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- Contributed to the blood bank, ensuring availability for those in need.

The camp was a successful initiative, reflecting the commitment of NSS volunteers towards social responsibility and community service.

Photo Gallery:



രക്തദാന ക്യാമ്പ് സംഘടിപ്പിച്ചു

MES KVM കോളേജ് വളാഞ്ചേരി എൻഎസ്എസ്, എൻസിസി & റെഡ് റിബൺ ക്ലബ്ബ് ബിഡിഒക് മലപ്പുറം തിരുർ എയ്ഞ്ചൻസ് വിംഗുമായും പെരിന്തൽമണ്ണ ഗവ: ബ്ലഡ് സെന്ററുമായും സഹകരിച്ച് രക്തദാന ക്യാമ്പ് സംഘടിപ്പിച്ചു.

90 പേർ പങ്കെടുത്ത ക്യാമ്പിൽ 57 പുരുഷരക്തദാതാക്കളും 24 വനിതകളും ഉൾപ്പെടെ 67 പേർ രക്തദാനം നിർവ്വഹിച്ചു.

ക്യാമ്പിന് നേതൃത്വം നൽകിയവർക്കും രക്തദാനം ചെയ്തവർക്കും ബി ഡി ഒക് കുടുംബത്തിന്റെ

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post date 6/11/24



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Debate on "Role of Cinema in Promoting Drug Use"

On 7th November 2024, the NSS Units of MES Keveeyam College organized a debate on the topic "Role of Cinema in Promoting Drug Use" at the AV Hall. The event was graced by three distinguished guests: Sri. Hari Kumar (NMBA Coordinator - Malappuram), Sri. Anil Pennukara (News Editor), and Sri. Joseph Nambi Madam (Writer). The debate was inaugurated by Principal Dr. Vinod Kumar.



A total of 90 NSS volunteers actively participated in the debate, engaging in a thought-provoking discussion on how cinema influences society in terms of drug use. Some participants argued that cinema plays a significant role in glorifying substance abuse, making it appear appealing to youth, while others emphasized that responsible filmmaking can spread awareness and educate the public about the dangers of drug consumption.



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Outcomes of the Program:

- The debate encouraged critical thinking and analytical discussion among students.
- Volunteers gained a deeper understanding of the impact of cinema on societal behaviors.
- The event helped raise awareness about the importance of responsible filmmaking in shaping public perception of drug use.
- Students became more conscious of the media's influence and how to interpret cinematic content critically.

The session concluded with valuable insights from the guest speakers, who highlighted the need for strong narratives in cinema that discourage substance abuse and promote healthy lifestyles. The event was a great success in fostering awareness and encouraging meaningful discussions on an important social issue.

Photo Gallery:





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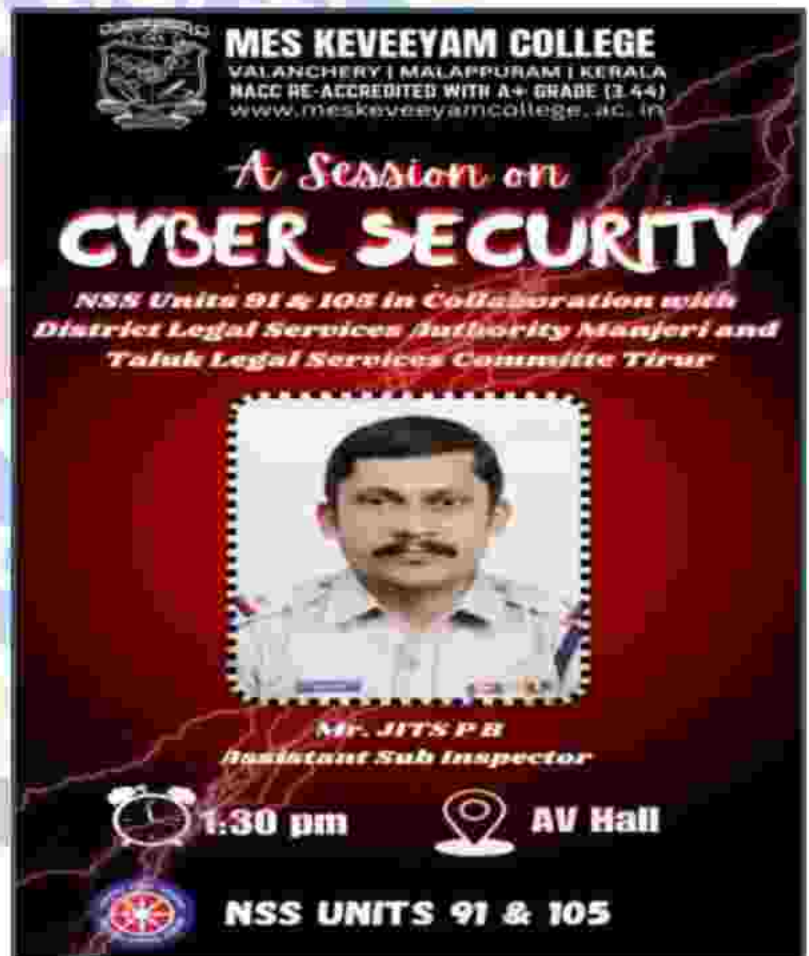
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Cyber Security Awareness Session

On November 8, 2024, the NSS Units 91 & 105 of MES Keveeyam College, Valanchery, in collaboration with the District Legal Services Authority, Manjeri, and the Taluk Legal Services Committee, Tirur, organized a Cyber Security Awareness Session for NSS volunteers. The session, held at 2:00 PM, was inaugurated by Principal Dr. K. P. Vinod Kumar. Sri. JITS P. B, Assistant Sub-Inspector of Police, served as the resource person and delivered an insightful session on cyber threats, online safety measures, and the legal aspects of cybercrimes. He explained the risks associated with digital transactions, social media usage, and phishing attacks while

providing practical solutions for safeguarding personal information. The session highlighted the significance of staying vigilant in the digital world and encouraged students to adopt safe online practices. The program had a significant impact as students gained awareness about various cyber threats and legal provisions related to cybercrimes. They also learned essential strategies for securing digital identities and safe internet usage. The session motivated students to act as cyber safety ambassadors in their communities, spreading awareness on responsible digital behaviour.





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Photo Gallery:





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NSS Units Shine at "Gwarnika" – NSS Kalothsavam 2024



NSS Units 91 and 105 of MES Keveeyam College actively participated in the NSS Kalothsavam named *Gwarnika*, conducted by the University of Calicut from 22nd to 24th November 2024 at Farook Training College. Students from both units took part in various events, showcasing their talents and enthusiasm. Their remarkable performances earned them several prizes, including Suhana Sinu securing second place in Storytelling, Nidhin M winning second place in Mimicry, and Unit 91 achieving third place in the Mappilapattu Group competition. The participation and achievements of the volunteers highlighted their dedication to cultural and artistic excellence, bringing pride to the college and NSS units.



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Photo Gallery:





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Active Participation in Anti-Drug Campaign Rally

The NSS Units of MES Keveeyam College actively took part in the Anti-Drug Campaign Rally organized by *Lahari Nirmarjana Samithi*, Kottakkal, on 27th November 2024 at 9 AM. A total of 98 NSS volunteers from the college enthusiastically participated in the rally, spreading awareness about the dangers of drug abuse. In addition to marching in the rally, the students were also involved in organizing the event, managing arrangements, and distributing refreshments.



Outcomes of the Programme:

- The rally helped in raising awareness about the harmful effects of drug abuse among the public.



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- Students gained a deeper understanding of the importance of drug-free living and social responsibility.
- The event strengthened the teamwork and organizational skills of the NSS volunteers.
- The active involvement of students in event management enhanced their leadership and coordination abilities.

The participation of NSS volunteers in this meaningful initiative reflected their commitment to creating a healthier and drug-free society.

Photo Gallery:





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NSS Seven-Day Residential Camp Report

The NSS Units 91 and 105 of MES Keveeyam College successfully organized a seven-day residential camp from December 20 to December 26, 2024, at Govt. Higher Secondary School, Perashannoor. The camp aimed to promote social responsibility, leadership, and community engagement among NSS volunteers. The week-long program included community service, interactive sessions by experts, and activities to enhance participants' personal and civic development.

Inauguration & Orientation

The camp was officially inaugurated on December 20, 2024, by Mrs. Naseera Parathodi, President of Kuttipuram Grama Panchayath, in the presence of the college principal, Dr. K. P. Vinod Kumar, and other dignitaries. The inaugural speeches emphasized the importance of NSS activities in fostering social commitment among students. NSS Programme Officers and student leaders introduced the objectives and schedule of the camp, setting the stage for a week of impactful service and learning.



Educational & Awareness Sessions

Throughout the camp, several resource persons conducted informative and thought-provoking sessions:



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- **Leadership & Team Building:** Mr. Anoof Paravanoor, a motivational speaker, conducted an engaging session to instill leadership and teamwork skills in volunteers.
- **Youth & Society:** Mr. Harikumar led a debate on "The Youth Captured by the World and the Society Criticizing the Youth," encouraging critical thinking about social expectations.
- **Sustainability & Eco-Friendly Practices:** Dr. Soumini C from MES Keveeyam College guided participants in hands-on workshops on soap-making, paper bag production, and paper pen making, highlighting environmental responsibility.
- **The Role of Youth in Nation Building:** Mr. Jahfar Alikkal delivered a session on "Vikasith Bharath – Indian Youth's Role," inspiring students to actively contribute to national development.
- **Media Literacy & Digital Awareness:** Mr. Rafeek, a teacher and news reporter, educated participants on responsible media consumption, misinformation, and digital security.



Community Service & Infrastructure Development

A key aspect of the camp was hands-on service projects aimed at improving local infrastructure:

- **Renovation of the School Auditorium:** Volunteers cleaned, painted, and repaired the neglected auditorium, making it suitable for school and community events.
- **Classroom Beautification:** Old, dusty classrooms were repainted and organized, creating a more engaging learning space for students.
- **Children's Play Park Restoration:** The playground was repainted and decorated with colorful themes, making it a lively space for children.



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- **Smrithi Vanam Garden Revival:** Volunteers cleared weeds, planted new trees, and landscaped the area to promote a greener environment.

Health & Awareness Initiatives

- **Free Eye Check-up Camp:** Conducted in collaboration with Ahalya Eye Hospital, Kottakkal, the camp provided eye examinations and free medicines to over 120 residents.



- **Digital Literacy Survey & Training:** Volunteers assessed mobile phone usage among the local population and conducted training sessions to enhance digital skills, focusing on online banking, government services, and safe internet usage.

Valedictory Ceremony & Conclusion

On December 26, 2024, the camp concluded with a valedictory function attended by dignitaries, including Dr. P. Mohammedali, Secretary of MES Keveeyam College Management Committee, and Sri. P. C. Noor, Vice President of Kuttipuram Block Panchayath. The speakers praised the volunteers' dedication and encouraged them to continue their social service efforts.



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The NSS seven-day camp was a transformative experience for both volunteers and the local community. It instilled teamwork, leadership, and a strong sense of social responsibility among students while leaving a lasting impact on the community.

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Report on Anti-Drug Awareness Campaign

Organized by Lahari Nirmarjana Samithi (LNS), Kottakkal

Date: December 31, 2024 | Venue: Valanchery Bus Stand | Time: 4:00 PM

The NSS Units of MES Keveeyam College actively participated in the **Anti-Drug Awareness Campaign** organized by **Lahari Nirmarjana Samithi (LNS), Kottakkal** on **December 31, 2024**, at **Valanchery Bus Stand**. The campaign aimed to raise awareness about the dangers of drug abuse and encourage a collective commitment toward a drug-free society.

The program was **inaugurated** by **Ashraf Ambalathingal (Chairman, Valanchery Municipality)**, who emphasized the need for community action against drug addiction. Several activities were conducted as part of the campaign, including:

- **Artistic Contributions:** Second-year NSS volunteers played a crucial role in the campaign by creating **paintings and artwork** depicting the harmful effects of drug use. These visuals served as a powerful medium to communicate the anti-drug message.





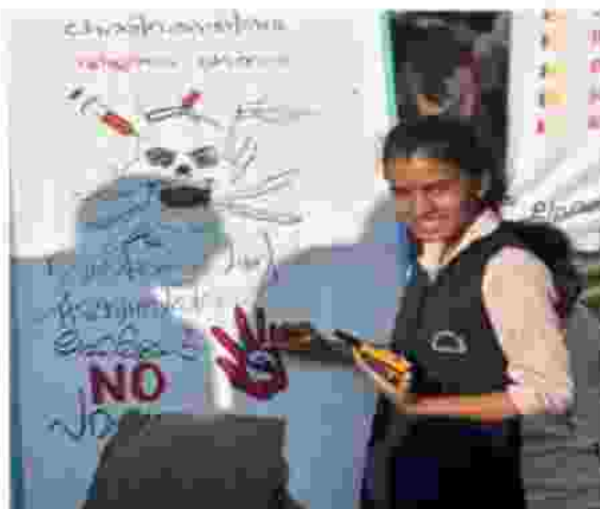
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- **Musical Awareness:** Volunteers also participated in **singing anti-drug awareness songs**, spreading the message through the power of music.
- **Awareness Drama – Ararth:** A thought-provoking drama performance highlighted the struggles of drug addiction and its impact on families.
- **Inspirational Messages:** Testimonies from recovered individuals and their families inspired the audience to stay away from drugs.
- **Interactive Session with Health Workers:** Professionals shared insights into drug prevention and rehabilitation.
- **Pledge Ceremony:** All participants took a **pledge against drug abuse**, reinforcing their commitment to a drug-free future.





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Legal Awareness Programme on POCSO Act

On 24th January 2025 at 3:00 PM, the NSS Units 91 & 105 of MES Keveeyam College, Valanchery, in collaboration with the District Legal Services Authority (DLSA), Manjeri, and the Taluk Legal Services Committee (TLSC), Tirur, organized a Legal Awareness Programme on the Protection of Children from Sexual Offences (POCSO) Act. The primary objective of the session was to educate students on the provisions of the POCSO Act, the importance of child safety, and legal measures to prevent child abuse.

The session was led by two eminent resource persons: Adv. Sujitha P.C. (Panel Lawyer, TLSC Tirur) and Sri. Biju P. (Prevention Officer, Excise Department, Malappuram). Adv. Sujitha P.C. provided an insightful overview of the POCSO Act, explaining its key provisions, legal procedures, and the role of law enforcement in protecting children. She also discussed case studies to help students understand the real-life application of the Act. Sri. Biju P. emphasized the role of society in preventing child abuse and elaborated on the responsibilities of citizens in reporting such cases. He also shared experiences from the field to highlight the importance of timely intervention.





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Outcomes of the Programme

- **Increased Awareness:** Students gained a clear understanding of the POCSO Act, its legal framework, and the importance of child safety.
- **Legal Knowledge:** Participants learned about legal procedures, reporting mechanisms, and the role of different agencies in handling child abuse cases.
- **Empowerment to Act:** The session encouraged students to be vigilant, report incidents, and play an active role in protecting children from exploitation.
- **Interactive Learning:** The session included an engaging Q&A segment where students clarified doubts and discussed real-life scenarios related to child protection.

The programme successfully created awareness among students about their legal rights and responsibilities, equipping them with the knowledge to contribute to a safer and more informed society. The **NSS Units of MES Keveeyam College** remain committed to conducting such awareness initiatives for the benefit of students and the community.





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NATIONAL LIFE SAVIOUR FORCE TRAINING PROGRAMME

Empowering Students for Emergency Response: NSS & Placement Cell Lead Life Saviour Training

The Career & Placement Cell in association with NSS Units 91 & 105 of MES Keveeyam College, Valanchery, organized the **National Life Saviour Force Training Programme** under the **SANKALP Scheme**, sponsored by the Ministry of Skill Development & Entrepreneurship. Held from **21st to 28th January 2025**, the program aimed to train students in disaster preparedness and emergency response skills.

The eight-day training covered key areas such as **lifeguarding, firefighting, water rescue techniques, and hazardous material response**. A total of **80 students** participated, and experienced faculty members, including Prof. Nisab T, Asst. Prof. Arunima S, and Asst. Prof. Dinil S, delivered both theoretical and practical sessions. The program was structured to develop hands-on skills aligned with the **Skill India Mission**.



Out of 80 participants, **76 students successfully completed the training** and received NCVET-recognized certificates. The program received positive feedback for its practical approach and effectiveness in boosting



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confidence and employability. The **Career & Placement Cell** and **NSS Units 91 & 105** were widely appreciated for their efforts in organizing such a socially relevant and skill-based initiative.

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Achievement in National Integration Camp Selection

Two students from MES Keveeyam College participated in the selection camp conducted by the NSS Unit of the University of Calicut and successfully secured positions in the rank list for the National Integration Camp (NIC). **Fathima Wafa P** from **Second Year B.Com** secured the **9th rank** in the NIC selection list for girls, while **Azim** from **Second Year B.A. Functional English** secured the **13th rank** in the NIC selection list for boys.

Fathima Wafa P was honored with the opportunity to represent our NSS Units at the **National Integration Camp** held at **LEAD College of Management, Dhoni, Palakkad**, from **15/02/2025 to 21/02/2025**. She also served as a **Group Leader** during the camp, demonstrating outstanding leadership and organizational skills. Her

participation and leadership made our NSS Units immensely proud. Meanwhile, Azim is eagerly waiting for his turn to attend the camp.



This remarkable achievement highlights the dedication, leadership, and excellence of our NSS volunteers in national integration initiatives. Their success reflects the strong commitment of MES Keveeyam College's NSS Units to fostering teamwork, leadership, and national unity.



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Congratulations



Fathima Wafa
(2nd B. Com Finance (Self))

Selected for National Integration Camp at Lead
College of Management, Dhoni





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Participation in National Integration Camp (NIC)

NSS Volunteer **AZIM**, a student of Second Year B.A. Functional English at **MES Keveeyam College, Valanchery**, actively participated in the **National Integration Camp (NIC)** held at Kuvempu University, Shankarghatta, Karnataka, from **3rd May to 9th May 2025**.



The camp brought together NSS volunteers from various states, promoting the core values of **national unity, cultural exchange, leadership development, and social responsibility**. AZIM represented the college and Kerala state with commendable enthusiasm and discipline.

Throughout the camp, AZIM participated in multiple activities such as:



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- Cultural exchange programmes
- Group discussions and leadership sessions
- Lectures on national integration and youth development
- Parades and physical training

We wholeheartedly appreciate and congratulate **AZIM** for his representation and contribution at the national level and for upholding the values of NSS and MES Keveeyam College.

UNIT 91 & 105



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Summary of NSS Activities 2024-25

During the academic year 2024-25, the NSS Units of MES Keveeyam College actively engaged in a variety of programs aimed at **community service, social awareness, and volunteer empowerment**. Key initiatives included:

- **7-Day Special Camp** focusing on **rural development and social outreach**.
- **Participation in National Integration Camp (NIC)**: Two volunteers, **Fathima Wafa P and Azim** participated at prestigious National Integration Cam
- **Legal Awareness Programme on POCSO Act**, conducted in collaboration with **DLSA Manjeri** and **TLSC Tirur**.
- **Anti-Drug Awareness Campaign** at Valanchery Bus Stand, where volunteers contributed through painting, music, and awareness performances.
- **Environmental Initiatives**, including **tree plantation drives, plastic-free campaigns, and cleaning programs**.
- **Health and Hygiene Awareness**, featuring **blood donation camps, first-aid training, and mental health sessions**.
- **Women Empowerment Programmes** addressing **gender equality and self-defense training**.
- **Road Safety and Disaster Management training** for students and the local community.
- **Social Welfare Activities**, including **palliative care support, charity drives, and assisting marginalized communities**.

The NSS Units successfully **fostered leadership, social responsibility, and community engagement** among volunteers, making a **meaningful impact** throughout the year.



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UNIT 91 & 105