

**MANNANIYA COLLEGE OF ARTS AND
SCIENCE, PANGODE
NATIONAL SERVICE SCHEME
(Unit No 51A & 51B)**

REGULAR ACTIVITY REPORT 2018-19

PROGRAMME OFFICERS

PRINCIPAL

Asseem.J

Dr. Shijina.A.S

REGULAR ACTIVITY REPORT

1. World Environment Day (05-06-2018)

In connection with world environment day, an awareness class was conducted. It was attended by Sri. Arun Lal, Beat Forest Officer, Palode. The Programme Officer Sri Aseem J presided and Programme Officer Shijina A.S welcomed the gathering. Many saplings are planted on the college campus. After all 500 saplings are distributed to all students and college staffs.



2. PFMS Training (19-06-2018)

In order to allow NSS fund from the Ministry of Youth Affairs and Sports, the accounts are entered through Public Fund Management System (PFMS). NSS Programme Officer Shijina.A.S attended the PFMS training programme arranged by NSS University of Kerala at Senate Chamber, University of Kerala.

3. Suchitwa Mission Training (20-06-2018)

Training is organized by Suchitwa Mission authorities in each district for programme officers. The programme officer Sri Asseem.J attended the training at Gandhi Study Centre, Karakulam, Trivandrum on 20-06-2018.

4. International Yoga Day (21-06-2018)

The United Nations General Assembly had declared 21st June as the International Day of yoga. As per the initiative of the Ministry of Youth Affairs and Sports, Government of India, National Service Scheme also organized a programme on the International Yoga Day in the college. As part of its observance, our college nss unit conducted a workshop on Yoga. NSS Programme Officer Asseem.J presided over the meeting. College principal Mr.A.H.Badrudeen inaugurated the function. Dr. Dilshad Bin Ashraf, Assistant Professor, Department of Psychology has demonstrated the Yogasanas. Dr.Baiju A, Associate Professor of Physical Education was also present in the programme. Azif Muhammaed has expressed vote of thanks.



5. Training on Disaster Management (21-06-2018 and 22-06-2018)

National Service Scheme, University of Kerala in association with Kerala State Disaster Management Authority organized a two day residential training programme on **Disaster management, First Aid and Basic Life Skills** for the Volunteer Secretaries/ Volunteer leaders of NSS units on 21 & 22 June 2018. The venue of the first day (21 June 2018) is Senate Chamber, University of Kerala, Palayam, Thiruvananthapuram. For the second day (22 June 2018) there are 2 venues ie., **Senate Chamber and Student's Centre PMG Junction.**

The NSS volunteer Jagfar Khan from II BA attended the two day residential programme of Training on Disaster Management.

6. Two Day Workshop on Paper Bag Making 23-06-2018 to 24-06-2018

A two day training programme for manufacturing paper bags and cloth bags is organized by the Entrepreneurship Development Club in association with National Skill Development Board. A total of 30 students participated in the programme. Ten NSS volunteers are deputed to attend the programme.



7. Planting of Jack Fruit in College Campus (14-07-2018)

As per the instruction from NSS University of Kerala for planting jack fruits in all College Campuses having NSS units, our nss unit also planted jack fruit plants in the college campus. The planting activity was inaugurated by the college principal, Sri. A.H Badrudeen. Certain other saplings are also planted in the college campus and organic farming activities are also started.





8. NSS Orientation (26-07-2018)

NSS orientation programme was conducted on 26-07-2018. NSS Programme Officer Sri Asseem.J presided over the meeting and Smt. Shijina A.S welcomed the gathering. Dr.M.S. Noufal, HOD, Department of Malayalam inaugurated the function and gave a motivational speech to the students. Mr. Dilshad Bin Ashraf delivered a speech on the activities of NSS and also explained the need and significance of social activities in students' life. Sri. Abdul Hashim, Head of the Department and Associate Professor, Department of Islamic History gave some activities to students for their personality development. After that Muhammed Asif expressed vote of thanks.



9. Three Days Residential Workshop on Women Capacity Building (07-08-2018 to 09-08-2018)

The proposed workshop aims to educate the female volunteer Secretaries / Volunteer Leaders of the National Service Scheme, University of Kerala for capacity building by offering training on event management, decision making capacity, psychological training,

training for developing soft skills and basic life skills. Resource persons with proven ability are invited from far and wide to impart training and awareness classes. One female volunteer from each NSS unit is given chances to participate and undergo training. Sri. S. Suresh Kumar, International Trainer, Life Coach and Hypnotherapist imparted awareness on capacity building techniques and goal setting techniques in life. Sri. K.S. Sreekesh, Zone Trainer created awareness on group activities and its possibilities. Sri. Ajith S., national Trainer created awareness on personality development. Sri. M.S. Mohanachandran, Zone Trainer provided training on communication skills and effective public speaking. Sri. S. Suresh Kumar, International Trainer, Life Coach and Hypnotherapist imparted awareness on capacity building techniques and goal setting techniques in life. Sri. K.S. Sreekesh, Zone Trainer provided awareness on group activities and its possibilities. Sri. Ajith S., National Trainer created awareness on personality development. Sri. M.S. Mohanachandran, Zone Trainer gave training on communication skills and effective public speaking. Brainstorming sessions are also provided to equip volunteers to become globally competitive and socially responsible. The services of trainers like Brahmanayakam Mahadevan, G.V Hari and resource persons provided by the Kerala State Women's Commission are also given for for imparting training and awareness to the female volunteers participating in the workshop.

The first year volunteers Asiya Beevi S from BA and Abhirami Ramesh from TTM are deputed from the college to participate in the three day residential workshop on women capacity building. They successfully completed the programme.

10. Alumni Award NSS- (11-08-2018)

Mannaniya Mates meet; alumni meet of our college honoured the Best Volunteer Awardee of the University of Kerala, Sri Muzammil.S.V. In this meet our former principal Sri Muhammed Kunj presented the momento to the awardee. The NSS Programme Officers Sri Asseem J and Shijina A.S also present in the function.



11. NSS Programme Officers' Meeting (13-08-2018)

The Programme Officers' meeting of National Service Scheme, University of Kerala is held at 10am on Monday the 13th of August 2018 at Senate Chamber, University of Kerala, Palayam, Thiruvananthapuram (10am to 4pm). Smt. Shijina A.S, NSS Programme Officer has attended the meeting.

12. Honouring the Award by KEBS (13-08-2018)

All Kerala Blood Donor Society honored the University level awardees- Muzammil S.V (Best Programme Officer) and Asseem.J (Best NSS Programme Officer) on 13-08-2018.





13. Flood Relief Report

In late July, severe flooding affected Kerala State due to unusually high rainfall during monsoon season. It was the worst flooding in Kerala in nearly a century. Over 445 people died, 15 are missing within a fortnight, while at least 280,679 people were evacuated, mainly from Chengannur, Pandanad, Aranmula, Aluva, Chalakudy, Kuttanad and Pandalam. All 14 districts of the State were placed on high alert. According to the Kerala Government, one sixth of the total population had been directly affected by the floods and related incidents. The Union Government had declared it a Level 3 ‘Calamity of a severe nature’.

In order to help the people in relief camps, all staffs, students, various clubs, alumni and the natives made a great effort. The relief measures are made in three phases. On the first phase, National Service Scheme, Mannaniya Mates, WWS, Nature Club and ED Club organized a collection centre in the Mannaniya College on 17th and 18th August 2018. We collected the needy materials such as food materials, medicines, lotions, dress and drinking water. On 19th all the collected materials were distributed the relief camps of Chengannur.

The second phase collection was made on 19th and 20th August 2018 and the relief materials were distributed in the camps of Kuttanad. NSS programme officer Asseem.J, and other volunteers such as Muzammil, JagfarKhan, Ashik, Muhammed Sha, Unais Rawther and Ijas distributed the relief materials to the various flood affected relief camps.

Our students Muzammil, Adil, Ajas, Jagfarkhan, Ijas and Shereena participated as volunteers in the Camp SMV School, Trivandrum on 18th August 2018. From 24th August Muzammil is participating in the camp functioning at Nishagandhi Auditorium.





14. Donation of Fund to Chief Minister Flood Relief Fund (September 2018)

On the third phase, a fund collection was arranged in the college, from students, teachers, non-teaching staffs, alumni and from PTA. The fund collection was arranged from 18th

August 2018. The team collected an amount of Rs One Lakh and is hand over it to the Chief Minister Flood Relief Fund in September 2018.



15. Naavyam 2018

In order to clean and rehabilitate the flood affected villages, the programme of Naavyam 2018 was conducted by NSS, University of Kerala. Five volunteers from the college attended the cleaning programme at Chengannur. Afnan, Rinash, Shereena, Ashik and Muzammil are the nss volunteers who are participated in the programme.

16. Teachers Day Observation (05-09-2018)

Teachers' Day is a special day for the appreciation of teachers. As part of the teachers day observation, our nss volunteers arranged a function in the Seminar Hall of the Mannaniya College. All the programmes was managed by student volunteers. They honoured the senior faculties of the college. All teachers have given an opportunity to talk on the experience of their life. The Co-ordinators of the function are Afeena S. Saiju, Ahina, Muzammil.S.V, Jagfar Khan, Aneesa Beevi and Shereena.





17. One Day Camp (08-09-2018)

Volunteers reached the college by 9.30 am for the one day camp. The meeting was presided over by Shijina.A.S and Muzammil.S.V welcomed the gathering. Dr.M.S Noufal presented some introduction of NSS to the students. He divided the students into four groups. Sri. Asseem.J allotted different works to the students. Cleaning activities were held at the college campus. All types of plastic wastes are removed from the campus and necessary arrangements are made for “Organic Farming” at the campus. After the lunch, volunteers came out with cultural programmes. The one day camp concluded at 3.30 pm.

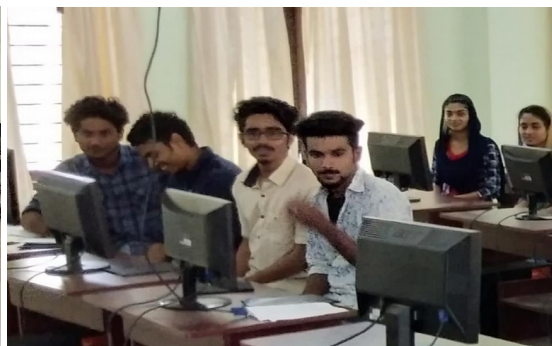




18. MANDIO

Interview – 13-09-2018

MANDIO (Mannaniya Radio) RJ interview was conducted at the computer lab of the Mannaniya College on 13-09-2018. The interview was conducted by the nss programme officers Sri Asseem J and Smt Shijina A.S. The judges of the interview are Dr.M.S.Noufal, Associate Professor and HOD, Department of Malayalam and Dr.Anversha S, Assistant Professor and HOD, Department of Arabic. From the interview, Shabna of I B.Com, Razin Nizar of I B.Com, Aman Muhammed of I B.Com, Amins of I TTM and Afsal of I TTM were selected for the MANDIO. Ahina from III B.Com and Shereena from III TTM were selected as student co-ordinators of the programme. The radio programme was telecasted at 1.15 pm of everyday. The programme schedule includes the importance of the day, thought for the day, Day Programmes, Educational News of the College and University, College News, Daily News and a song.



19. Volunteer Residential Leadership Training Camp (14-09-2018 to 16-09-2018)

The Volunteer Residential Leadership Training Camp 2018 is scheduled to conduct during 14-16 September 2018 at Kerala University Students' Centre, PMG, Thiruvananthapuram. Two NSS volunteers- Aneesa Beevi E of II B.Com and Muhammed Sha of I B.Com attended the training programme successfully.

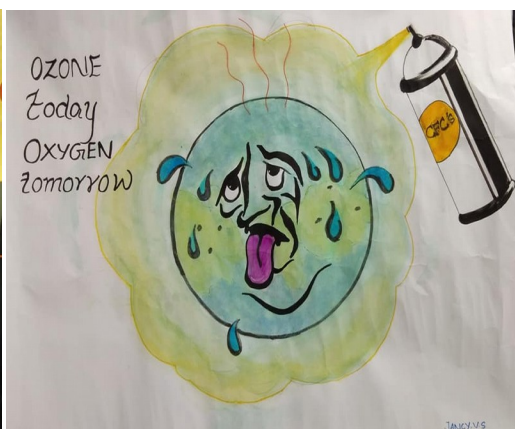
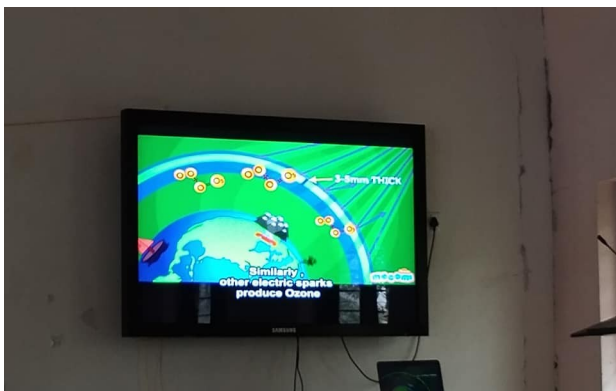
20. NSS Award (18-09-2018)

The University Level NSS award for the year 2017-18 was presented in a meeting arranged at the Senate Chamber, University of Kerala, Palayam at 10am on Tuesday the 18th of September 2018. Our Programme Officer Sri Asseem.J received the appreciation award for best programme officer. Sri Muzammil S.V was awarded with best volunteer of the University. Our college principal Sri. A.H Badrudeen was presented with the appreciation award of best nss unit.



21. Ozone Day Celebration (18-09-20 18)

September 16 was designated by the United Nations General Assembly as the International Day for the preservation of the Ozone layer. As part of the Ozone day observation, documentary and posture exhibition was conducted in the college in association with the Science Club. Our first year nss volunteers participated in the programme.



22. One Day Camp (22-09-2018)

One day camp was conducted on 22-09-2018. Volunteers reached the college by 9.30 am for one day camp. The Programme officer, Shijina A.S welcomed the gathering and Asseem J presided over the function. All the volunteers were grouped into five groups and they are allotted different activities. In this day, all the volunteers actively participated in the campus cleaning and waste management activities. After the lunch the volunteers have come out with different cultural programmes. The one day camp concluded at 3.30 pm.





23. Gandhi Jayanthi Observation (02-10-2018)

On 2nd October 2018, a rally was started from the college campus to the Pangode Police Station Old building at 11.00 am. The Police Gandhi Jayanthi Observance

As part of the 150th Gandhi /Jayanthi observations, different programmes were conducted in the college by National Service Unit in association with Centre for Gandhian Studies Unit.

Station Outpost building is a martyr's memorial and it has the historical significance in the Kallara Pangode Struggle. The police officers made arrangements to visit the station and they explained the importance of struggle in the history to the volunteers.

The two NSS Programme Officers- Asseem.J and Shijna.A.S, Volunteer Secretaries- Muzammil.S.V and Afeena.S.Saiju, and hundred volunteers participated in the rally. The volunteers reached back the college at 12.30 pm.



24. Shramdhan at Trivandrum Central Railway Station (02-10-2018)

Four volunteers- Shereena, Jagfar Khan, Aman Shereef and Asif Jan Abdul Rahim participated in the cleaning activity conducted by the NSS University of Kerala.



25. Cleaning and Planting Activities (06-10-2018)

On 6th October 2018, volunteers engaged in the cleaning activities at the college campus. They also planted saplings and engaged in the gardening activities



26. PFMS Entry Completion Workshop (04-10-2018)

As per the requirements of the Ministry of Youth Affairs and Sports, PFMS entry completion workshop was held at the Computer Centre, University of Kerala on 19-06-2018. NSS programme officer Smt. Shijina A.S attended and successfully completed the entries in the PFMS.

27. Pre RD Selection Camp (08-10-2018)

The Ministry of Youth Affairs & Sports, Government of India has planned 5 Zonal level NSS Pre-RD Camps to select the participants to the prestigious Republic Day parade camp 2019 at New Delhi.

In order to select six volunteers (3 male & 3 female) for deputing them to the South Zone NSS Pre-RD Parade Camp a selection camp will be conducted at University College, Thiruvananthapuram on Tuesday the 16th of October 2018. For this selection camp each NSS unit can depute one NSS volunteer who have completed one year in NSS. From our college

two volunteers are deputed for the pre RD selection camp. They are Althaf S from II B.Com and Muhammed Muflih from II B.Com.

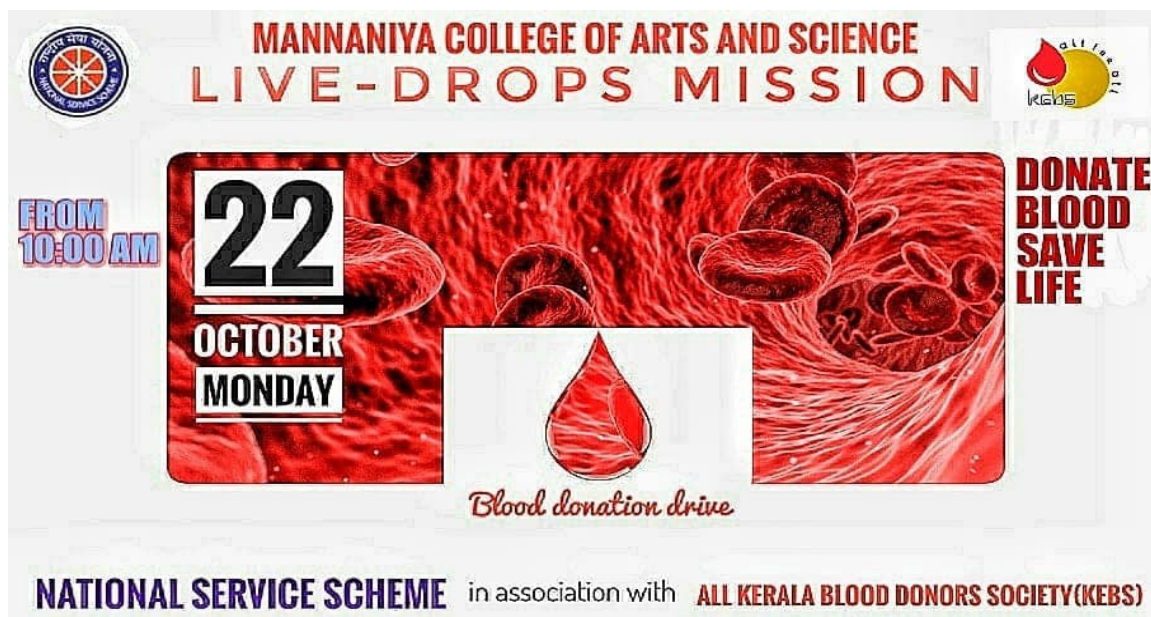
28. Three Day Residential Training Programme on Nadiyodoppam (11-10-2018 to 13-10-2018)

National Service Scheme, University of Kerala organized a three day residential programme to the volunteers and programme officers of Trivandrum and Kollam Districts on the renovation of Kallada and Vamanapuram rivers. The training is started at the Senate Chamber, University of Kerala on 11-10-2018. The programme was inaugurated by honourable revenue minister Sri. E. Chandrasekharan. Syndicate members, revenue secretary and regional director of NSS also participated and delivered speech in the session. On October 12 and 13, 2018 the training was imparted at Institute of Land and Disaster Management, PTP Nagar, Trivandrum. NSS volunteers Muzammil S.V, Abhirami Ramesh and the programme officer Sri. Asseem.J are participated in the three day residential training programme.

29. Blood Donation Camp (22-10-2018)

First blood donation camp was conducted at the college by National Service Scheme in association with All Kerala Blood Donor Society. The blood donation programme was inaugurated by the College principal Sr. A.H. Badrudeen. Total of 27 persons donated blood in the programme.

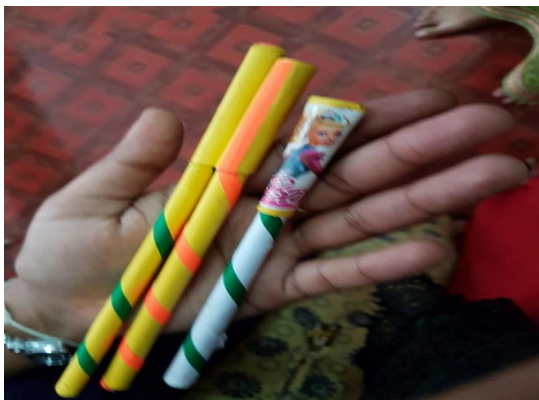




30. Training Class on Crafts Making (23-10-2018)

A training class on craft making was arranged in the college on 23-10-2018. The nss volunteers belonging to ED group and other students of the college are participated in the training class. The students having knowledge in craft making took classes to other students. In this class, students made many types of craft items.





31. Cancer Awareness Class (24-10-2018)

A class on Cancer Awareness was conducted at the Seminar Hall of the Mannaniya College of Arts and Science, Pangode on 24th October 2018. First year nss volunteers participated in the programme. The NSS Programme Officer Shijina A.S invited the gathering. Dr. Soosanna John from Gokulam Medical College, Venjaramoodu provide awareness on the breast cancer disease, detection of diseases and its treatment. Dr. Annie and Dr. Arathy assisted the programme. Dr. Jaseedha K, Associate Professor and HOD, Department of English and Women Study Unit Co-ordinator expressed vote of thanks to the audience.



32. NSS Day 24-10-2018

year as NSS Day with appropriate programmes and activities. The NSS day is National Service Scheme was formally launched on 24th September 196, the birth centenary year of the Father of the Nation. Therefore, 24 September is celebrated every inaugurated by Dr. Baiju. A, Associate Professor of Physical Education by hoisting the flag. Besides these, cleaning and planting of saplings were also conducted on the day.





33. Deworming Day (26-10-2018)

The Health Ministry undertook the deworming day campaign across the country to reduce the prevalence of parasitic intestinal worms among children. It is aimed at deworming all preschool and school- age children between the ages of 1- 19 years through the platforms of schools, colleges and Anganawadi centres to improve overall health, nutritional status, access to education and quality of life.

As part of this initiative Mannaniya College NSS Unit also became a part of it. The Kallara Primary Health Centre authorities provided the Albendazole tablets to the nss unit. The Programme was inaugurated by the college principal Sri A.H Badrudeen by distributing the capsule to the first year B.Com students. The Programme Officers distributed capsules to the rests of the students.



34. Snehatheeram Visit (30-10-2018)

Snehatheeram, which is an institution situated in Kallara and it is established to help the mentally challenged women and psychic patients. A visit is conducted at the Snehatheeram and donated 118 food packets to them. NSS Programme Officer Smt

Shijina A.S, Anshaj, Assistant Professor of commerce and three other volunteers handover the food packets to the Co-ordinator of the Snehatheeram.



35. Awareness Class on Stress Management and Internet Addiction (02-11-2018)

By Faculty of Medicine, Gokulam

Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include physical health decline as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Although life provides numerous demands that can prove difficult to handle, stress management provides a number of ways to manage anxiety and maintain overall well-being. Internet addiction leads to different social, psychological and physical disorders. All types of social, economic and psychological stresses play a role in creating and developing Internet addiction.

The Awareness class on Stress Management and Internet Addiction was inaugurated by the College Principal Sri. A.H. Badrudeen. The class was taken by the faculties of the Gokulam Medical college. The class provided the signs and symptoms of internet addiction and stress; and also the diagnostic criteria for solving such problem. This class provided some tips for reducing the levels of stress, provide positive feelings of control over one's life and promote general well-being. The doctor suggested for adding a daily exercise routine, finding a hobby, writing your thoughts, feelings, and moods down and also speaking with a trusted one about what is bothering you. It is very important to keep in mind that not all techniques are going to work the same for everyone, that is why trying different stress managing techniques is crucial in order to find what techniques work best for you.



36. One Day Camp (01-12-2018)

The One day camp was conducted on 01-12-2017. Volunteers reached the college by 9.30 am for one day camp. The Programme officer, Shijina A.S welcomed the gathering and Asseem J presided over the function. In this day, the awareness class on “Nadiyodoppam” was provided to the volunteers. Sri Saneeth, NSS volunteer of Iqbal

College Peringammala provided awareness on the rivers of Kerala and Vamanapuram river. He allotted many activities to the students. Anas, NSS volunteer of SSV Nagaroor and Haris, NSS volunteer of UIT Pirappancode were also present and lead the programme. All the volunteers actively participated in the activities. He divided the students into five groups and each group made five charts and placards based on the topic of river and river protection. The one day camp concluded at 3.30 pm.



37. Poster Making (05-12-2018)

On the basis of the awareness class provided on 01-12-2018, the second year volunteers made posters based on the topic - river and river protection. All the volunteers are grouped into five groups and each group made different types of posters which include slogans and

pictures. The Programme Officers Shijina A.S and Asseem.J guided the volunteers. Muzammil and Aneesa Beevi co-ordinated the activities.

38. Nadiyodoppam Orientation to First Year (06-12-2018)

On the second phase, the orientation was given to the first year volunteers on 06-12-2018. The NSS volunteer Saneeth S from Iqbal College of Arts and Science, Peringammala provided the awareness class on the rivers of Kerala, Nadiyodoppam project, need for protection of rivers, etc. He divided the whole students into six groups and assigned many tasks. They actively participated in such activities like poster making, skits, elocution, poetry recitation, etc based on Nadiyodoppam. Jagfar Khan and Aneesa Beevi (Volunteer Secretaries) co-ordinate the programme.

39. Cleaning Drive at Palode (08-12-2018)

A cleaning drive was organized by the NSS, University of Kerala at Pachayil, Palode. The programme was inaugurated by the MLA Sri. D.K.Murali. From the Mannaniya College, 50 volunteers and the programme officer Sri. Asseem.J participated in the cleaning programme.



40. Human rights Day (10-12-2018)

Human rights day is observed every year on December- the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights. This year Human Rights Day marks the 70th anniversary of the Universal Declaration of Human Rights, a

milestone document that proclaimed the inalienable rights which everyone is inherently entitled to as a human being- regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status.

As part of the human rights day observation, a poster exhibition was carried out in the seminar hall of the Mannaniya College of Arts and Science, Pangode. The exhibition was conducted by second year nss volunteers. The volunteer secretaries- Aneesa Beevi and Jagfar Khan co-ordinate the activities. The College Principal Sri. A.H. Badrudeen inaugurated the exhibition. The programme officers gave necessary instructions to the students.



41. National Integration Camp (10-12-2018 to 16-12-2018)

The Ministry of Youth Affairs & Sports, Government of India has sanctioned a National Integration camp to the Regional Directorate, Kerala & Lakshadweep which will be organized in association with National Service Scheme, University of Kerala at Sri Sathya Sai Arts& Science College, Thonnakkal, Thiruvananthapuram from 10th to 16th December 2018. The NSS volunteer Ms Aneesa Beevi E has participated in the National Integration Camp.

42. Awareness Class on Anti Drugs (12-02-2019) by Excise Department

In association with the Excise Department, awareness class is organized in the Seminar Hall of the Mannaniya College of Arts and Science, Pangode. The programme is inaugurated by the college principal Sri. A.H. Badrudeen. The class created awareness on the effects of usage of drugs.



43. SEVEN DAY CAMP (20-12-2018 to 26-12-2018)

First Day (20-12-2018)

National Service Scheme special seven day camp 2018 of Mannaniya College of Arts and Science, Pangode, entitled as “Puzhayodoppam” was organized in KVUPS Pazhavila, Pangode. The main theme of the camp was River Protection. The camp was inaugurated by the College Principal Sri. A.H. Badrudeen. He also talked the importance of social service with the help of certain examples. The inaugural meeting was presided over by the NSS programme officer Sri.Asseem J. He gave a brief introduction to the programmes of NSS as regular activity and in the special camp. The programme officer Smt Shijina A.S welcomed the gathering. The facilitation speech was made by Dr.M.S.Noufal, HOD, Department of Malayalam; Sri. Abdul

Hashim (HOD of Islamic History) and Smt. Suma.R, HOD and Associate Professor Department of Commerce. NSS volunteer secretary Muzammil.S expressed vote of thanks to volunteers.



Second Day (21-12-2018)

The second day of the camp starts at KVUPS Pangode with Registration of volunteers. In the morning, the Icebreaking Session was conducted. Through this session all the volunteers introduced themselves and showed their cultural talents on the stage. He provided the examples of life stories of famous persons and showed the motivational videos for team work. The afternoon session was handled by Dr.M.S.Noufal, Head of the Department of Malayalam, Mannaniya College of Arts and Science, Pangode. Through this session, he classified the whole students into six groups. The committee includes programme committee, food committee, purchase committee, Discipline and Health committee, Reception Committee and Accommodation and cleaning committee. He also gave different tasks and told motivating

stories to identify the aptitude of students. He provided an opportunity to all the volunteers to introduce themselves and about their friends.



Third Day (22-12-2018)

On 22-12-2018, the morning the session “Exercise and Health Habits” was lead by Dr, Baiju,A, HOD and Associate Professor, Department of Physical Education, Mannaniya College of Arts and Science, Pangode. He explained the importance of health and how to manage it. He explained the causes of life style diseases. Also provides tips for leading a healthy life. The afternoon session was ‘Nadanpattu’ which was handled by famous folk singer Sri Radhakrishnan Kunnumpuram.





Fouth Day (23-12-2018)

On 23-12-2018, two programmes are conducted in the morning session. One is cleaning drive at the Pangode Police Station. Thirty volunteers participated in the cleaning activity. The Old Police Station is a memorial building of Kallara Pangode Revolt. The second programme is a class on 'Green Protocol'. This session was taken by two faculties – Anand and Anandhu from District Administration- Sthithi Project. The class was provided as part of the climate education week observance. The afternoon session is a Skill Development Class by Smt.Preetha, a differently abled lady. She taught the students about flower making and ornaments making. Also discussed the challenges faced during her life time.









Fifth Day (24-12-2018)

On 24-12-2018, in the morning session two programmes are arranged. One is cleaning at the college campus and making arrangements for organic farming in the campus. The other one is a walkathone “Puzhanadatham”. The volunteers and programme officers successfully completed the programme. The afternoon session was “Nattarangu” which was taken by Sri Anil Venjaramoodu (Principal of Hercules Model ITC). He described the history and various types of ‘nadanpattu’. The class is enriched by various folk songs. At 6.30 pm all the groups presented

various cultural programmes and games. All the team leaders reviewed their experience on the day.







Sixth Day (25-12-2018)

The camp was started at 8.30 am with the attendance of volunteers. All the groups submitted their previous day camp report to the respective committees. After the breakfast, the session “Kudumbasadas” was started at 9.30 am. It was conducted by Dr. V.Sunil Raj, Clinical Psychologist. He delivered a wonderful presentation on importance of family relationships, which created such an emotional feeling among students. At the end of the session, many

students gave feedback to it. In the afternoon session, 'Self Defence Programme' was conducted by Sri. Shabin, Karate Master. He exhibited some tips for self defence to the students. All the volunteers are enthusiastically participated in the programme and they demonstrated the techniques that are taught in the class.

Seventh Day (26-12-2018)

On last day the first session was cleaning of the campus .After that, at 11.00 am the valedictory function was conducted. The meeting was presided over by Sri Asseem J, the NSS Programme officer. Smt Shijina A.S (NSS Programme Officer) welcomed the gathering. The function was inaugurated by Sri. A.H. Badarudeen, Principal, Mannaniya College of Arts and Science, Pangode. The facilitation speeches are made by Sri. Kadakkal Junaid (Office Superintendent), Aneesa Beevi (Lady volunteer secretary) and Muzammil. The vote of thanks is presented by Azif Muhammed, NSS Volunteer Secretary.

44. Green Army Initiatives (14-01-2019, 22-01-2019, 01-02-2019)

As part of implementing green army initiatives in the college campus, several measures were taken by the NSS Unit. The main aim of the Green Army is **Plastic Free Campus**. First meeting was held on 14-01-2019 at the Principal's chamber. The meeting decided to give awareness to the whole students of the college on the basis of class wise. The food packets using plastic covers are banned from the college. Disposable glasses and plates are also removed from every activities to be conducted in the college. Jagfar Khan, NSS volunteer of the college is selected as leader of the Green Army Programme. Other members selected for the programme are Akshara, Shafana, Nauja, Afsal, Tholhath, Muzammil, Aneesa Beevi, Abdul Fathah, Muhammed Asif and Muhammed Sha.

Green Army Meeting was held on 22-01-2019. In this meeting, the members are assigned for taking awareness classes and give some instructions to them by the programme officers.

In the third phase, the **Plastic Free Campaign** is started from 01-02-2019 onwards. Akshara, Tholhath, Shafana, Muzammil and Afsal provided awareness classes to each classes of the college.

In the next phase, NSS unit purchased 75 steel plates, 75 steel glasses, 2 trays and 2 steel jugs. For every programmes to be conducted in the college, these utensils can be made use.

As part of the green army initiative, the nss unit is planned to provide waste buckets for each floor of the college.

45. One Day Camp (19-01-2019)

One day camp was conducted on 19-01-2019. Volunteers reached the college by 10.00 am for one day camp. The Programme officer, Shijina A.S welcomed the gathering and Asseem J presided over the function. All the volunteers were grouped into five groups and they are allotted different activities. In this day, all the volunteers actively participated in the campus cleaning and waste management activities. Above all, volunteers started the activities of vegetable gardening. Plant saplings and seeds are planted on the allotted land and in grow bags. Jagfar Khan and Aneesa Beevi guided the volunteers. After the lunch the volunteers have come out with different cultural programmes. The one day camp concluded at 3.30 pm.

46. Saree Design Training (19-01-2019)

ED Club have conducted one day training programme for saree designing on 19.01. Smt. Divya Vinod (saree designing trainer) gave training to the 25 participants from ED Club members. The morning session was a theory session about saree designing and the afternoon session was a practical session. She gave complete guidance for designing variety material cloths. This training programme was very useful especially girl students. Ten NSS volunteers are deputed to participate in the programme organized by Entrepreneurship Development Club of the Mannaniya College of Arts and Science, Pangode.





47. Meet with Transperson (21-01-2019)

The programme “Syamarathyakaliloode” i.e., meet with transperson was arranged in the Seminar Hall of the Mannaniya College of Arts and Science, The chief guest of the programme is Syama.S.Preetha, State Co-ordinator, Kerala Transgenders Cell. The talk created awareness on the problems faced by the transgender in the current world. They are facing many difficulties for education and occupation. Most of them discontinued their education due to the social and family problems. After the talk, a discussion was made with the students. The Programme Officers Asseem.J presided the meeting and Shijina A.S welcomed the gathering. Dr. Jaseedha K, Associate Professor of English and Women Study Unit Co-ordinator expressed vote of thanks.





48. Blood Donation Camp (22-01-2019)

The second blood donation camp was conducted at the college by National Service Scheme in association with All Kerala Blood Donor Society. The blood donation programme was inaugurated by the College principal Sri. A.H. Badrudeen. Total of 34 persons donated blood in the programme. Among these 6 are females and 28 males. The camp was concluded at 1.00 pm and after these, certificates are distributed to the participants.







49. Martyr's Day (30-01-2019)

Martyrs day is marked every January 30 on the death anniversary of Mahatma Gandhi, the father of the nation. Mahatma Gandhi - who was assassinated on January 30, 1948 - led the country's freedom struggle with his non-violence movement. Mahatma Gandhi was assassinated by Nathuram Godse on January 30 and the day is today known as Martyrs day.

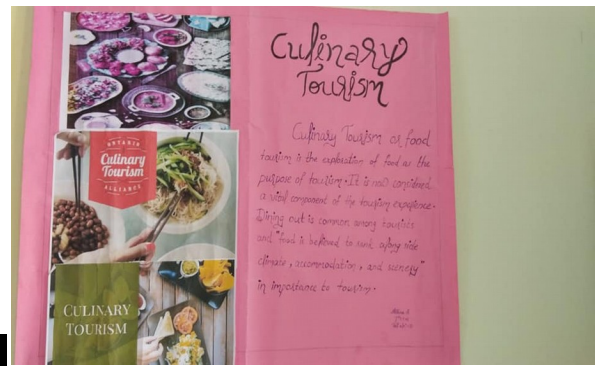
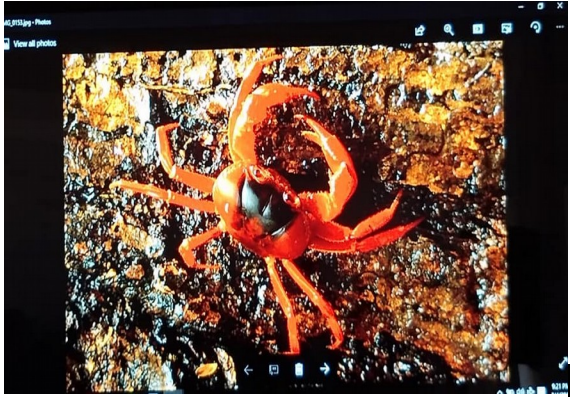
In the remembrance of Mahathma Gandhi, an elocution competition was conducted at the seminar hall of the Mannaniya College by the NSS Unit. The topic is "Role of Gandhian Ideologies in the Modern Education". The first prize was secured by two students- Vaishnavi III TTM and Al Ameen III BA. Jincy III B.Sc got the second prize and the third prize is given to Muhammed Mubarak from I BA. The cash awards for the winners are given by the college principal Sri.A.H.Badrudeen. Dr.M.S Noufal, Associate Professor and HOD, Department of Malayalam made the judgement of the competition.

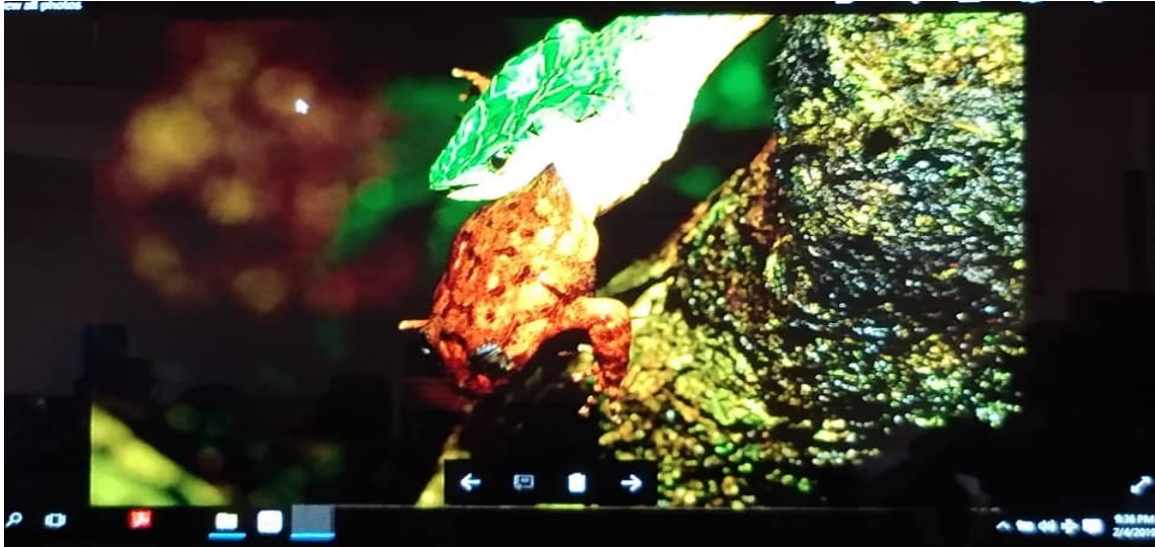


50. Wild Life Photography Exhibition (05-02-2019)

The NSS Unit of Mannaniya College organized a Wildlife photography exhibition and poster exhibition on 05-02-2019, in association with the Tourism club of the college. Sri. Sali, famous wild life photographer inaugurated the programme and exhibited his wildlife photos. The venue for the programme was the Seminar Hall of Mannaniya College of Arts and Science, Pangode. The NSS Programme Officers- Asseem.J and Shijina A.S, Commerce Department, HOD- Smt. Suma .R and the College Principal Sri. Badrudeen A.H are also present in the programme.

After the photography exhibition, a posture exhibition relating to tourism and tourism activities was arranged at the Computer Lab of the Mannaniya College. The exhibition was inaugurated by the Principal, Sri. A.H Badrudeen.





51. Wetlands Day Observation (05-02-2018 to 06-02-2018)



52. International Conference (06-03-2019 to 07-03-2019)

International Conference on the topic “Recent Trends in Teaching and Learning” was conducted on 6th and 7th March 2019. For the seminar, all cleaning works are done by nss volunteers. Besides these, they acted as volunteers in seminar arrangements, reception, registration, stage arrangements, light and sounds, food and accommodation. With the support of NSS, the green initiative is implemented in the college. The programme officers provide necessary arrangements for this by providing steel plates, glasses and jugs for the smooth conduct of the seminar.





53. Women's Day (19-03-2019)

International women's day is an occasion that is celebrated every year in the institutions with festive spirit and enthusiasm as a special day to honour womanhood and to commemorate the service rendered by women to the society by nurturing the humanity. The International Women's day is observed on 19-03-2019. The chief guest of the programme is Smt. Shahida Kamal, Member, Kerala Women's Commission. Principal Dr.P Nazeer welcomed the gathering and felicitation speech is delivered by Vice Principal Sri.A.H. Badrudeen, and heads of three main departments such as Smt. Suma.R

(Department of commerce), Dr. Mercy Raj (Department of Chemistry) and Sri. Abdul Hashim (Department of Islamic history). Afternoon session is enriched by



54. Snehanidhi Donation

07-06-2018- Rs 5000 is donated to the none month baby who was suffering from pneumonia





11-06-2018- Donation of Rs 1000 to a cancer patient

25-09-2018 Donation

22-10-2018 Higher Education Rs 1000

18-01-2019 Snehanidhi to Old man patient 1070

01-02-2019 Ratheesh Kidney Patient- Latha- Mother- Kidney transplantation Treatment 3200

18-03-2019 Bypass Surgery 1350