

MANNANIYA COLLEGE OF ARTS AND SCIENCE, PANGODE



NATIONAL SERVICE SCHEME

UNIT NO 51A & 51B



REGULAR ATIVITY REPORT 2019-20

PROGRAMME OFFICERS

MR ASSEEM J

DR SHIJINA A.S

PRINCIPAL

1. World Environment Day (06-06-2019)

World Environment Day (WED) is celebrated on 5 June every year, and is the United Nation's principal vehicle for encouraging awareness and action for the protection of our environment. First held in 1974, it has been a flagship campaign for raising awareness on emerging from environmental issues to marine pollution, human overpopulation, and global warming, to sustainable consumption and wildlife crime. World Environment Day has grown to become a global platform for public outreach, with participation from over 143 countries annually. Each year, WED has a new theme that major corporations, NGOs, communities, governments and all celebrities worldwide adopt to advocate environmental causes.

The theme for 2019 is "Beat Air pollution". The host nation is China. This theme was chosen as it has been killing about 7 million people annually.

The College Principal, Dr.P.Nazeer inaugurated the world environment day observations by planting a sapling in the college campus on 06-06-2019. The NSS programme officers Mr Asseem J and Dr Shijina A.S and other teachers, NSS volunteers and other students participated in the programme. About 300 saplings were distributed to all the staff and students of the College.





പരിസ്ഥിതി ദിനാചരണം

പാലക്കാട്: പാലക്കാട് മണ്ണാനിയ കോളേജ് എൽ.എസ്.എസ് യൂനിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ പരിസ്ഥിതി ദിനാചരണ പരിപാടികൾ സംഘടിപ്പിച്ചു. കോളേജ് വളപ്പിൽ വൃക്ഷക്കൈത നട്ട് പ്രീൻസിപ്പൽ ഡോ. പി. നസീർ ഉദ്ഘാടനം ചെയ്തു. പ്രോഗ്രാം ഓഫീസർമാരായ അനീം, ഡോ. ജിജിന, ബദറുദ്ദീൻ, അബ്ദുൽ ഹാഷിം എന്നിവർ നേതൃത്വം നൽകി.

പാലക്കാട് മണ്ണാനിയ കോളേജിലെ പരിസ്ഥിതി ദിനാചരണ പരിപാടികൾ പ്രീൻസിപ്പൽ ഡോ. പി. നസീർ ഉദ്ഘാടനം ചെയ്യുന്നു



2. International Yoga Day (21-06-2019)

The **International Day of Yoga** has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India. The Indian Prime Minister, Narendra Modi, in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

The International Day of Yoga is celebrated annually on June 21 to raise global awareness about the benefits of the ancient Indian practice. It comes with a different theme every year. This year, it is on climate change. Yoga is an ancient art that keeps your mind, body and soul in peace. While performing yoga during 5th International Yoga day, Prime Minister Narendra Modi, said “yoga is above everything, as he performed various asanas with around 40,000 enthusiasts at the Prabhat Tara ground here to mark the fifth International Day of Yoga.

International Yoga Day Observance was held at Mannaniya College of Arts & Science on 21st June 2019 (10 am to 1 pm). The function was organised by National Service Scheme and Health Club. Principal Dr P Nazeer inaugurated the function. Dr A Baiju (HOD, Dept of Physical Education and Health Club Coordinator welcomed the gathering. Yogacharya Sri. Gopinathan (VyakthiVikas Trainer and Life Coach) has given the key note address. He explained the yoga philosophy and the spiritual and mental health aspects of yoga. He also shared the relevance of yoga in the modern era. Eighty students and ten teaching staff participated in the function. After the key note address yogacharya demonstrated basic asanas to the audience, and explained the benefits of each one. AsseemJ , NSS programme officer expressed vote of thanks to the gathering.



3. Nadiyodoppam (04-07-2019)

Nadiyodoppam is a project proposed by National Service Scheme, University of Kerala, the proposal is approved by the Department of Revenue, govt. of Kerala. The aim of the project is to protect and preserve the river. In the first phase of this project, Vamanapuram River, which is Trivandrum district and Kallada River from the Kollam district are selected for preservation. At first, training is conducted to create awareness on the Programme and schedule for its implementation.

Nadiyodoppam Second Phase

The second phase programme was conducted on 4th July 2019. College Principal Dr. Nazeer.P inaugurated the programme by planting saplings on the Shore of the Vamanapuram River at Mylamoodu. The Programme Officers and NSS volunteers planted many saplings there.



4. Celebration of 20th Kargil Vijay Diwas (30-07-2019)

Nation is celebrating 20th Kargil Vijay Diwas from 22 July to 30 July 2019. In this regard Headquarter Southern Air Command of Indian Air Force is celebrating this occasion at the University of Kerala, Senate Hall, Palayam on 30th July from 3-4 pm. The programme was very much useful for NSS Volunteers especially those who aspire for military profession and who possess national pride and patriotism. Peculiarity of the programme includes showing two movies of short duration on Kargil War, participation of Hon'ble Governor, Higher Education Minister Air Defence Commander, Vice Chancellor and Actor Mohanlal.

NSS Volunteers – Ashik- II B.Com, Aromal – II TTM, Faisal S – II TTM, Shinoj – II B.Com, Safuvan – II BA, Suhail – II BA, Rishad – II BA and Nithin – II B.Com participated in the Celebration Program.



5. Independence Day (15-08-2019)

Independence Day is celebrated on 15 August every year in India. On 15 August, 1947 India became independent from British rule and is a gazetted holiday in India. Independence Day was proudly celebrated in the campus under the aegis of the NSS unit. The principal hoisted flag in the presence of programme officers and volunteers. The principal conveyed the Independence Day message on this occasion.



6. Flood Relief Measures

On 8 August 2019, due to heavy rainfall in the Monsoon season, severe flood affected the southern Indian State of Kerala. As a security measure in the prevailing situation of heavy rains, the Government of Kerala had issued Red alert in the 9 districts in Northern and Central Kerala, orange alert in 3 districts of Central Kerala, and yellow alert in the 2 districts of southern Kerala. Thousands of people have been evacuated to safer places and relief camps. A total of 101 people have died due to rain-related incidents since 14 August 2019,

NSS Unit campaigned for collecting flood relief materials and a collection centre was set up in the college. The collection centre started functioning from 11-08-2019 and was able to gather considerable quantity of essential items to help the people affected by the floods. The fetched items were distributed at the camps of Nilambur by a group of volunteers on 15-08-2019 headed by the Programme Officer Mr Asseem J.

Sub Collection Centre Inauguration





അതിജീവനത്തിന് കരുത്തുപകർന്ന് വിദ്യാർത്ഥികൾ



ജനാനിയ കോളേജ് എൻഎസ്എസ് വളർത്തിയെടുക്കുന്ന നേതൃത്വത്തിൽ പ്രയത്നശീലത്തോടെ സഹായ വിതരണം നാഷണൽ സർവീസ് സെൻ്റർ

ബെഞ്ചനാലൂർ

വിദ്യാർത്ഥികൾക്കും കോളേജ് നേതൃത്വത്തിൽ പ്രയത്നശീലത്തോടെ സഹായ വിതരണം നാഷണൽ സർവീസ് സെൻ്റർ വളർത്തിയെടുക്കുന്ന നേതൃത്വത്തിൽ പ്രയത്നശീലത്തോടെ സഹായ വിതരണം നാഷണൽ സർവീസ് സെൻ്റർ

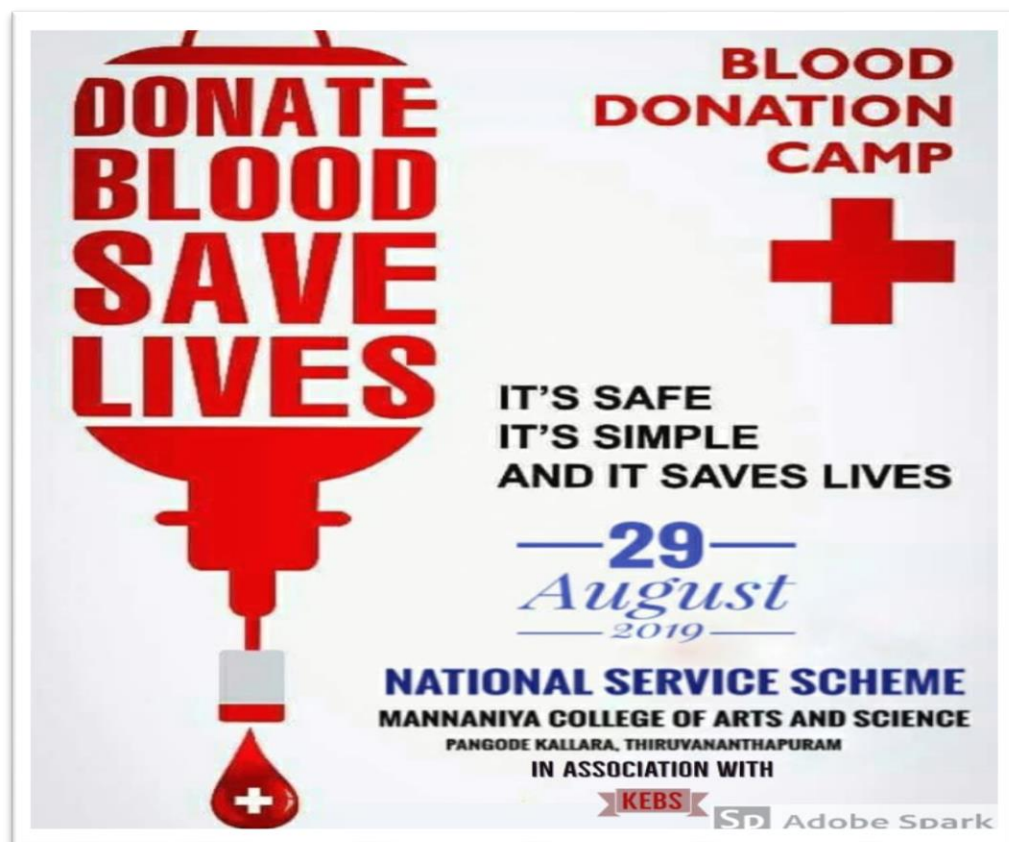
ചുറ്റും സംഘം നേതൃത്വത്തിൽ പ്രയത്നശീലത്തോടെ സഹായ വിതരണം നാഷണൽ സർവീസ് സെൻ്റർ വളർത്തിയെടുക്കുന്ന നേതൃത്വത്തിൽ പ്രയത്നശീലത്തോടെ സഹായ വിതരണം നാഷണൽ സർവീസ് സെൻ്റർ

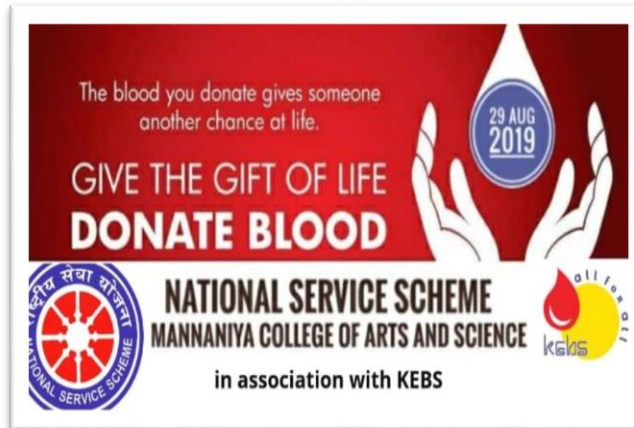
വേറിട്ട സഹവർത്തിത്വത്തിന്റെയും പരസ്പര സഹായത്തിന്റെയും മാതൃകയാണ് സംഘത്തിന് കാണാനായത്. എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസർ അസി., കോളേജ് ജീവനക്കാരൻ അഹമ്മദ് ഫസീൽ, വളർത്തിയെടുക്കുന്ന ജഗ്ഗർ ഫാൻ, അഷിക് എന്നിവരാണ് സംഘത്തെ നയിച്ചത്. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. പി. നസീർ വാഹനം ഫ്ലാഗ് ഓഫ് ചെയ്തു. പാരിപ്പള്ളി സ്വർഗ്ഗ ശിഷ്യാജനറൽ സംഘത്തിന് പോകാനായി സൗജന്യ വാഹനസൗകര്യം ലഭ്യമാക്കി.



7. Blood Donation Camp (29-08-2019)

A blood donation camp was organized on 29-08-2019 with the college campus as venue. The inauguration of the programme which was organized in association with the KEBS was executed by the honourable principal of the institution Dr.P.Nazeer. The camp was successfully accomplished as total of 32 persons donated blood of which 5 were teachers and 8 females.






പാങ്ങോട് മന്നാനിയു കോളജിൽ നടന്ന രക്തദാന ക്യാമ്പിൽ മെഡിക്കൽ കോളജ് രക്തബാങ്ക് ഉദ്യോഗസ്ഥ വിദ്യാർത്ഥിയിൽനിന്ന് രക്തം ശേഖരിക്കുന്നു

മന്നാനിയു കോളജിൽ രക്തദാന ക്യാമ്പ്

പാങ്ങോട് മന്നാനിയു കോളജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് എൻ.എസ്.എസ് യൂനിറ്റിന്റെയും ഓൾ കേരള ബ്ലഡ് ഡോണേഴ്സ് സൊസൈറ്റിയുടെയും ആഭിമുഖ്യത്തിൽ രക്തദാന ക്യാമ്പ് സംഘടിപ്പിച്ചു. കോളജ് പ്രിൻസിപ്പൽ ഡോ. ജി. വി. നമ്പ്യാർ ഉദ്ഘാടനം ചെയ്തു.

തിരുവനന്തപുരം മെഡിക്കൽ കോളജിലേക്ക് അമ്പതോളം വിദ്യാർത്ഥികൾ രക്തദാനം നടത്തി. പ്രോഗ്രാം ഓഫീസർമാരായ ജെ. അനീം, ഡോ. എസ്. ഷിജിത എന്നിവർ ക്യാമ്പിന് നേതൃത്വം നൽകി.

8. Teachers Day (05-09-2019)

Teachers' Day is a special day for the appreciation of teachers, and may include celebrations to honor them for their special contributions in a particular field area, or the community in general. The National Teachers Day is observed every year on 5th September in India to commemorate birthday of country's first Vice President and second President Dr Sarvepalli Radhakrishnan. To celebrate this day, various programmes were organised in schools and colleges throughout the country to honour of teachers who shaped the lives of students and showed them path of success.

NSS Unit of the Mannaniya College organized an inimitable to celebrate the teacher's day. The volunteers honoured the teachers by presenting small gifts to all teachers.



9. NSS Day (24-09-2019)

National Service Scheme (NSS) was formally launched on 24 September 1969, the birth centenary of the father of our nation. Therefore, 24th September is celebrated every year as NSS Day with appropriate programs and activities.

Flag hoisting

The NSS Day was observed by the ceremonial flag hoisting by the Principal in the campus, in the presence of NSS volunteers. Talks by the Principal and Programme Officers ensued after the ceremony.

Snehatheeram Visit

Snehatheeram, a psycho social rehabilitation centre for mentally challenged destitute women started its functioning. It is a common sight on the lane and by lanes of our cities to see mentally challenged people who have lost their memory of their home, place of birth, relatives & wander about aimlessly. Snehatheeram is a family where the members who are ignored by their own family, friends, and relatives live together. These people are who live who quench their hunger from the dirty stinking dustbins, sleeping on roadsides without bath or washing an object of contempt not our sisters. We have opened this institution with the intention of looking after such mentally deranged orphans giving them food, shelter, clothing, medicines, in loving care.

As part of NSS day observation, 120 food packets which were collected from our students were distributed to the inmates of the Snehatheeram. The programme officers Mr Asseem J, Dr Shijina A S, Head of the Department

of Malayalam Dr M.S Noufal and seven volunteers associated with the program.



എൻ.എസ്.എസ് ദിനാഘോഷം

പാങ്ങോട്: മനാനിയ ആർട്സ് ആൻഡ് സയൻസ് കോളജിൽ നടന്ന എൻ.എസ്.എസ് അമ്പതാം വാർഷിക ദിനാചരണ ചടങ്ങുകൾ പ്രിൻസിപ്പൽ ഡോക്ടർ പി. നസീർ ഉദ്ഘാടനം ചെയ്തു.

പ്രോഗ്രാം ഓഫീസർമാരായ അസിം. ജെ, ഷിജിന. എ.എസ് എനിവർ സംസാരിച്ചു.



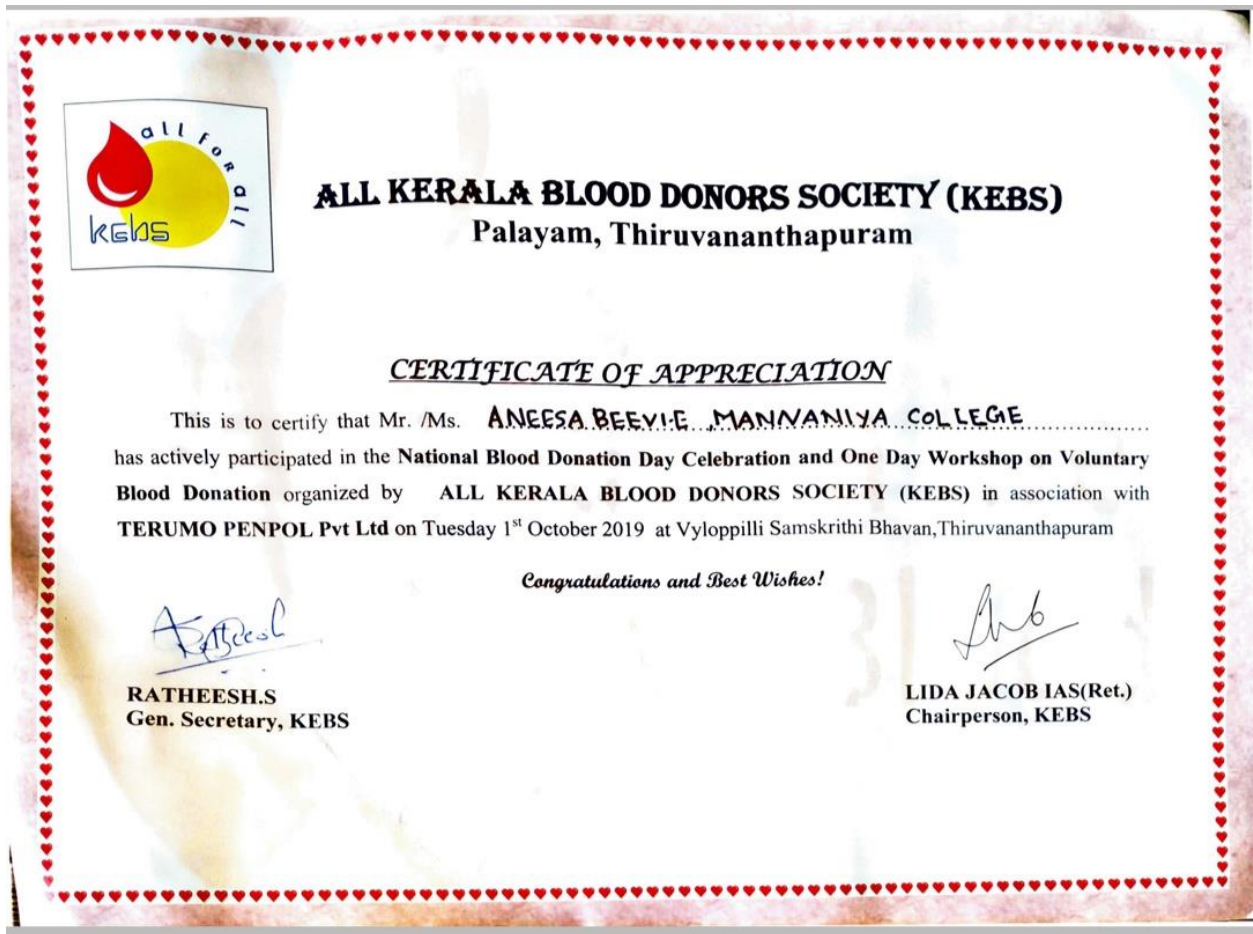
10. Organic Farming (25-09-2019)

The NSS Unit commenced another agricultural initiative by starting organic farming activities to encourage healthy living and occupation, vegetable garden was planted by the volunteers by using organic farming techniques.



11. National Blood Donation Day Celebration and One Day Workshop on Voluntary Blood Donation

One volunteer Ms Aneesa Beevi participated in the National Blood Donation Day Celebration and One Day Workshop on Voluntary Blood Donation organized by All Kerala Blood Donors Society (KEBS) in association with TERUMO PENPOL Pvt Ltd on 1st October 2019 at Vyloppilli Samskriti Bhavan, Tvp. m.



12. Gandhi Jayanthi Observance (02-10-2019)

Gandhi Jayanti is a national holiday in India celebrated on 2nd October. This day is celebrated in the honor of the birthday of the Father of the nation, Mohandas Karamchand Gandhi, popularly known as Mahatma Gandhi or Bapuji. Internationally this day is celebrated as the International Day of Non-Violence as Gandhiji was the preacher of non-violence. He is a symbol of peace and truth. The day was observed by planting activities and few staff and volunteers planted saplings. Mr Asseem J, Dr Shijina A.S and Mrs Mumthas S coordinated and planted saplings. Cleaning drive was also organized as part of one day camp.



13. State Leadership Camp (05-10-2019)

The District Programme Coordinator, NSS, Kollam Dr. Gopakumar G. (Programme Officer, NSS, BJM Govt. College, Chavara) informed that one day Volunteer Leadership Training Camp was organised in connection with the 150th birth anniversary of Mahathma Gandhi at BJM Government College, Chavara on Saturday the 5th October 2019. The main objective of the camp is to promote the active volunteers other than the volunteer secretaries for the successful conduct of programmes in the units. The classes are handled by Sri. Bharhmanayakan Mahadevan, National Trainer. NSS volunteer- Safuvan. S, II BA successfully attended the leadership camp.



14. Orientation Course for the Programme Officer (09-10-2019 to 15-10-2019)

The NSS Programme Officer **Dr. Shijina A.S.** of was deputed to attend the orientation course **from 09.10.2019 to 15. 10.2019** at Empanelled Training and Orientation Centre, Rajagiri College of Social Sciences, Kalamassery. She successfully completed the course and obtained the certificate.

15. Two Day Training on Palliative Care (10-10-2019 – 11-10-2019)

University of Kerala initiates interventions in community by starting Student Palliative Clubs in affiliated college as part of its institutional social responsibility and outreach programme. By caring terminal patients and those suffering from acute illness and mental agony in the community, this welcome initiative aims at creating the spirit of service in the minds of entire student community of the University. Engaging students in palliative care has dual advantages. One is that, their energy can be utilized for the benefit of patients with chronic disease. Another is that, inculcating the spirit of care can have a positive effect on the attitude of students.

National Service Scheme, University of Kerala has decided to implement Student Palliative units in association with the Department of Student's Services. It will be a major action plan of the National Service Scheme for the year 2019-20. Two day intensive training was provided for the volunteers for the implementation of the scheme.

Training programme for Palliative Volunteers is provided by the Centre for Agro Ecology and Public Health Centre, functioning in the Department of Economics, University of Kerala. Two day residential training will be conducted on 10 -11 October 2019 at the Senate Chamber, University of Kerala, Palayam and the resource persons for the training will be provided by the Pallium India, a national registered charitable trust formed in 2003 aimed at providing quality palliative care and effective pain relief for patients in India.

Two day programme was organized by the NSS, University of Kerala to give training and guidance in providing palliative care service to improve the quality of the life of both the bed-ridden patients and their family. It was held at Students Centre, PMG, Tvm. One of our volunteers Mr Tholhath participated in the two day camp successfully.



16. Medical Camp (22-10-2019)

A medical camp was organized on 22-10-2019 in association with Pro Care Hospital, Karette. The venue of the programme was the Anganawadi at Chanthakunnu in Mancode, Ward 2 of Pangode village. The presidential address was delivered by Dr Shijina A.S, NSS Programme Officer. The formal inauguration was by Mr Ansari, the Principal of KVUPS, Pangode. Mr Anas (Administrative Officer, Pro Care Hospital) conveyed keynote address. Felicitation speeches were given by Dr Jitheesh Raj (General Medicine, Pro Care Hospital), Dr Dilshad Bin Ashraf (Assistant Professor, Department of Psychology), Mrs Valsala (Kudumbasree CDS) and Shajhan Pangode. The programme came to a conclusion with vote of thanks by Mr Afsal, NSS Volunteer Secretary. Total of 85 persons registered and participated in the camp.



17. Campus work (30-10-2019)

The NSS Unit of the college organized various cleaning activities during the day. The volunteers actively participated and removed all plastic waste from the campus. NSS Programme Officers- Mr Asseem J and Dr Shijina A.S coordinated the cleaning initiative in the college. First year volunteers of the college participated in the programme.



18. Kerala Piravi or Kerala Day (01-11-2019)

Kerala Day also referred to as **Kerala Piravi**, marks the birth of the state of Kerala in southern India. The state of Kerala was created on 1 November 1956, long after the Independence of India. Before this, it was three major provinces and several outlying regions under various rulers.

As part of the Kerala Piravi observation, a quiz competition was held at the Smart Classroom of the Mannaniya College of Arts and Science, Pangode. The programme was organized by National Service Scheme in association with Malayalam Vedi. NSS Programme Officers –Mr Asseem J and Dr Shijina A.S coordinated the programme. Dr M.S Noufal, Coordinator of Malayalam Vedi acted as quiz master and judge of the competition. Total of twenty students participated in the program. Ms Asiya Beevi from I B.Sc got the first prize. Honourable principal of the college Dr P. Nazeer distributed the memento and cash prize to the winner.



19. Pusthakathottil (08-11-2019)

Pusthakathottil is an initiative for collecting reading books from students and staffs for the purpose of starting a Public Library at the adopted village – Ward 2 of the Pangode Panchayath. The initiative was inaugurated by our respected principal Dr P.Nazeer by receiving the books from the volunteers and deposited into the collection box which was placed in front of the college. Around 150 books were collected and kept in the NSS room of the college. Due to the covid 19 pandemic, the programme of Public library is adjourned to the December 2020.



20. Medical Camp (14-11-2019)

A medical camp was organized by the Janamaithri Police Station, Pangode and Pro Care Hospital, Karette in association with National Service Scheme, Mannaniya College, Pangode. The medical camp was inaugurated by the Pangode panchayath president Mrs Geetha. The felicitation speeches were made by Mrs Rajeena, Ward Member, NSS Programme Officer Dr Shijina A.S, Procure hospital Administrative Officer Mr Anas. The awareness class was conducted by Dr Jineesh Raj on the topic Diabetic and life style diseases. Dr Priya Sangeeth created awareness on the diabetic during gestation period and control measures of diabetic. After the class, medical checkup was made on the Police Station compound for general public. A total of 105 persons registered in the camp. Free medical assistance, testing facility and medicines were provided at free of cost.



The poster is for World Diabetes Day 2019. It features a large blue globe with a white grid pattern, and a large orange cross symbol. The text '14 NOVEMBER' is in large orange and black letters. The ProCare Hospital logo is in orange and black. The text 'WORLD DIABETES DAY' is in large black and blue letters. Below the globe, there is a blue banner with white text in Malayalam. The banner contains information about the medical camp, including the date, time, location, and the names of the doctors. The banner also mentions that the camp is free of cost and provides medical assistance, testing facility, and medicines.

14 NOVEMBER

ProCare Hospital
Karette | Vamanapuram (P.O.) | Thiruvananthapuram-695 606
Ph: 0470-2838888, 9331 500 500

WORLD DIABETES DAY

രാവിലെ 9.30 ന്
ഉദ്ഘാടനം
ഉദ്ഘാടകൻ: **ശ്രീ. കെ. എ. വിദ്യാധരൻ**
(D.Y.S.P., ആറ്റിങ്ങൽ)

പാടേണാട് ജനമൈത്രി പോലീസും കാരറ്റ് പ്രൊകെയർ ഹോസ്പിറ്റലും സംയുക്തമായി പാടേണാട് മന്നാനി കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റിന്റെ സഹകരണത്തോടെ നവംബർ 14 വ്യാഴാഴ്ച രാവിലെ 9 മണിമുതൽ 1 മണിവരെ പാടേണാട് പോലീസ് സ്റ്റേഷൻ അങ്കണത്തിൽ വെച്ച് സെമിനാറും സൗജന്യ മെഡിക്കൽ ക്യാമ്പും സംഘടിപ്പിക്കുന്നു. എല്ലാ നല്ലവരായ നാട്ടുകാരുടെയും സാന്നിദ്ധ്യവും സഹകരണവും അഭ്യർത്ഥിച്ചുകൊള്ളുന്നു.

വിഷയം:
പ്രമേഹവും ആരോഗ്യപരമായ ഭക്ഷണശീലവും
നയിക്കുന്നത്: **Dr. Jineesh Raj, MBBS, MD**
(24 hrs Consultant Physician)

വിഷയം:
ഗർഭകാലയളവിലെ പ്രമേഹവും നിയന്ത്രണ മാർഗ്ഗങ്ങളും
നയിക്കുന്നത്: **Dr. Priya Sangeeth, MBBS, DGO, MS, DNB**
(Infertility Specialist, Consultant Obstetrician & Gynaecologist)



21. Volunteer Residential Leadership Training Camp 2019 (14 to 16 November 2019)

The Volunteer Residential Leadership Training Camp 2019 is conducted during 14-16 November 2019 at Kerala University Students' Centre, PMG, Thiruvananthapuram. It was a residential camp and the volunteers were accommodated at the International Youth Hostel, PMG, Thiruvananthapuram.

Mr Afsal from II BA, Ms Akshara G from II B.Com and one Programme Officer Dr Shijina A.S attended the leadership camp.



NATIONAL SERVICE SCHEME
UNIVERSITY OF KERALA



THREE DAY RESIDENTIAL VOLUNTEER LEADERSHIP TRAINING PROGRAMME

CERTIFICATE

This is to certify that Sri./Ms. ANESAL S

Mannaniya College of Arts & Science

has participated in the three day Residential Volunteer Leadership Training Programme organized by National Service Scheme, University of Kerala from 14 to 16 November 2019 at Kerala University Students' Centre, PMG Junction, Thiruvananthapuram.

Thiruvananthapuram
16 November 2019

Dr. A. Shaji
Programme Coordinator

22. NSS Award Ceremony 20-11-2019

The Award presentation ceremony was held at 11am on Wednesday the 20th of November 2019 at Government Women's College, Vazhuthakkadu, Thiruvananthapuram.

The Hon'ble MLA Adv.V.K Prasanth distributed the University N.S.S awards for Best Programme Officer, Best Volunteer and Best Unit. Dr. V.P. Mahadevan Pillai, Hon'ble Vice Chancellor, University of Kerala presided over the function. The award presentation ceremony was arranged at the Assembly Hall of the college. The College Principal Dr P.Nazeer, The N.S.S Programme Officers and 20 NSS volunteers attended the award receiving ceremony. In addition to these, they visited the photo exhibition arranged in the college auditorium highlighting the achievements of the National Service Scheme of the University of Kerala during 2017-19.



23. Two Day Residential Training programme on Anti-Drugs (21-22, November 2019)

The two day residential training programme on anti-drug initiative was conducted by the National Service Scheme, University of Kerala in association with Kerala Excise Department & Department of Students Services. The Two day residential training in which accommodation, training kit, participation certificate and food were provided to participant volunteers. The training programme was inaugurated by Sri. T.P. Ramakrishnan, the Hon'ble Minister for Excise, Government of Kerala. The inaugural session was presided over by Prof. (Dr.) P.P. Ajayakumar, Hon'ble Pro-Vice Chancellor, University of Kerala. Keynote address was made by Sr. S. Ananthakrishnan IPS, Excise Commissioner, Kerala State. The training sessions were handled by two eminent resource persons in the field – Dr. L.R. Madhujan and Dr. Prasanth. Full time presence of Brahmanayakam Mahadevan for handling practical sessions was the greatest specialty of the training. NSS volunteer - Afsal A, II BA Islamic History participated in the training camp.



**NATIONAL SERVICE SCHEME
UNIVERSITY OF KERALA**



**TWO DAY RESIDENTIAL TRAINING PROGRAMME
ON ANTI-DRUG INITIATIVE**

CERTIFICATE

This is to certify that Sri./Ms. AFSAL A.....

..... MANNANIYA COLLEGE OF ARTS AND SCIENCE.....

.....
*has participated in the two day Residential Training
Programme organized by National Service Scheme,
University of Kerala from 21 to 22nd November 2019
at Kerala University Students' Centre, PMG Junction,
Thiruvananthapuram.*

Thiruvananthapuram
22 November 2019

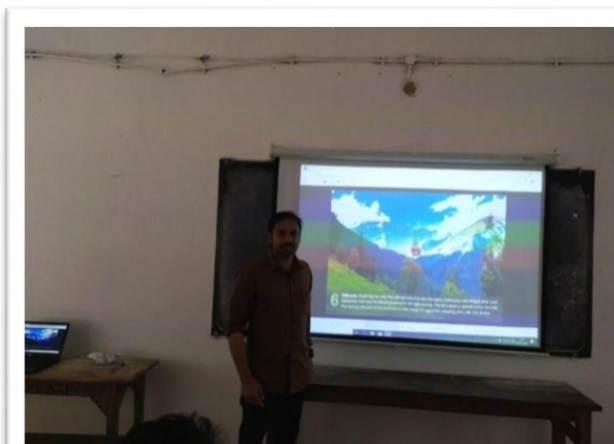
Dr. A. Shaji
Programme Coordinator



24. Ek Bharat Shreshta Bharat (EBSB) – 22-11-2019

The Ministry of Youth Affairs and Sports, Government of India has urged the NSS units in the country to organise 'Ek Bharat Shreshta Bharat' (EBSB) activities as part of regular activities for 10 hours during a 4 Month Period from November, 2019 to February' 2020. As part of it 10 kinds of activities are suggested to be implemented by the selected colleges under the University of Kerala. These activities are to be organised in favour of the pairing state under EBSB. For Kerala the pairing state is Himachal Pradesh.

On 22nd November 2019, the NSS Unit started the first programme on Ek Bharath Shreshta Bharat. The NSS Programme Officer Mr Asseem J presented the brief introduction of the programme to the NSS volunteers. He also gave a detailed lecture on the culture of Himalayan Pradesh together with some photo exhibitions.



25. Constitution Day 26-11-2019

The Ministry of social Justice and Empowerment has given directions to various Ministries to celebrate constitution Day on 26 November 2019 and Ambedkar Jayanti on 14 April 2020 as Rashtriya Samarasta Divas (125th Birth Anniversary of Dr. B.R. Ambedkar) in a befitting manner by organizing suitable Programmes by the NSS units. The programmes should start on 26 November 2019 and culminate on 14 April 2020. On 26 November 2019 the Preamble of the Indian Constitution and Fundamental Duties should be read out in all NSS units.



26. World Aids Day Observance- Poster Competition (02-12-2019)

The theme of this year's World AIDS Day is "Communities make the difference".

The commemoration of World AIDS Day, which will take place on 1 December 2019, is an important opportunity to recognize the essential role that communities have played and continue to play in the AIDS response at the international, national and local levels.

Communities contribute to the AIDS response in many different ways. Their leadership and advocacy ensure that the response remains relevant and grounded, keeping people at the centre and leaving no one behind. Communities include peer educators, networks of people living with or affected by HIV, such as gay men and other men who have sex with men, people who inject drugs and sex workers, women and young people, counsellors, community health workers, door-to-door service providers, civil society organizations and grass-roots activists.

World AIDS Day offers an important platform to highlight the role of communities at a time when reduced funding and a shrinking space for civil society are putting the sustainability of services and advocacy efforts in jeopardy. Greater mobilization of communities is urgently required to address the barriers that stop communities delivering services, including restrictions on registration and an absence of social contracting modalities. The strong advocacy role played by communities is needed more than ever to ensure that AIDS remains on the political agenda, that human rights are respected and that decision-makers and implementers are held accountable.

As part of World Aids Day observance, a poster competition was conducted in the college. NSS volunteers are actively participated in the programme.



27. One Day Camp (06-12-2019)

NSS Unit of the Mannaniya College organized a one day camp on 06-12-2019. The first year volunteers participated in the camp. 93 volunteers and six second year volunteers also participated in it. The camp was inaugurated by our honourable principal Dr P Nazeer. The Programme Officers – Mr Asseem J and Dr Shijina A.S divided the volunteers into six groups. Works were allotted to each groups and each group is led by one second year volunteer.

The work assigned to the volunteers was to clean the college campus and the road sides of the college gate. They cleaned the weeds which were the obstacles for men and vehicles travelling. They cleaned the plastics and other waste materials in front of the campus. Some groups cleaned the area selected for organic farming and arranged that area for farming purpose. After the lunch, volunteers shared their feedback and came out with cultural programmes. The one day camp was concluded at 3.30 pm.



28. Palliative Care Unit Inauguration (11-12-2019)

National Service Scheme, University of Kerala has decided to implement Student Palliative units in association with the Department of Student's Services. It will be a major action plan of the National Service Scheme for the year 2019-20.

For the effective implementation of the project it is necessary to get the external help from the organisations working in the field. Pallium India, a pioneer organisation in the palliative care in the country agreed to provide support to the volunteers willing to work in the field.

The Palliative Care Unit of the Mannaniya College was formally inaugurated by the principal Dr.P Nazeer. The meeting was presided by Mr Asseem.J, NSS Programme Officer. Dr Shijina A.S, NSS Programme Officer welcomed the gathering. The felicitation speech was delivered by Mr Shajahan Pangode, Ward Development Council Member, Ward II, Pangode Panchayath and Mr Sivadasan, President, Trivandrum Initiative in Palliom Care (TIPC). Mr Tholhath, NSS volunteer expressed vote of thanks to the session.

After the inauguration meet, an awareness on palliative care was created by Mr Aboobakar Siddiq, Community Organizer, Palliom India, Trivandrum. Total of 72 students participated in the programme.



29. Special Convocation for Conferring Doctor of Science to Bharat Ratna Awardee Professor C.N.R Rao (10-12-2019)

University of Kerala organized a Special Convocation for Conferring Doctor of Science to ***Bharat Ratna Awardee Professor C.N.R Rao*** at 3pm on Tuesday the 10th of December 2019. The award was conferred by His Excellency the Governor of Kerala. The function was held at Senate Hall, Palayam, Thiruvananthapuram. For making this function very successful the cooperation of the National Service Scheme was sought by the University authorities. NSS Volunteers – Faisal N from II TTM, Aromal S from II TTM, Shinoj from II B.Com, Nithin from II B.Com, Safuvan, Suhail, Afsal and Rishad from II BA participated in the programme and received certificate.





UNIVERSITY OF KERALA

Thiruvananthapuram, Kerala, India – 695 034

(Established as University of Travancore by the Travancore University Act in 1937 and reconstituted as University of Kerala by the Kerala University Act of 1957 and presently governed by the Kerala University Act of 1974 passed by the Kerala State Legislative Assembly)
(Re-accredited by NAAC with 'A' Grade)

This is to Certify that Kum/Sri *Afsal A* (College)
Mannanaya College of Arts and Science
attended the Special Convocation to confer the Degree of Doctor of Science Honoris Causa on
Dr. Chintamani Nages Ramachandra Rao (Bharat Ratna Awardee) conducted by University Of
Kerala on 10th December 2019 at the Senate Hall.

University Building,

10.12.2019



R. Prasad
REGISTRAR



UNIVERSITY OF KERALA

Thiruvananthapuram, Kerala, India – 695 034

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(Re-accredited by NAAC with 'A' Grade)

This is to Certify that Kum/Sri RISHAD N (College)

MANNANIYA COLLEGE OF ARTS AND SCIENCE

attended the Special Convocation to confer the Degree of Doctor of Science Honoris Causa on

Dr. Chintamani Nages Ramachandra Rao (Bharat Ratna Awardee) conducted by University Of Kerala on 10th December 2019 at the Senate Hall.

University Building,

10.12.2019




REGISTRAR

30. NSS Orientation (18-12-2019)

An Orientation class on Seven Day Camp was organized on 18-12-2019. The class was taken by Dr Anzer R.N, NSS Programme Officer and National Award Winner, Govt College Nedumangadu. He created awareness on the National Service Scheme activities, seven day camp, camp activities, etc. He divided the students into seven groups and each has given different group activities. All activities are successfully completed within the prescribed time.



31. Seven Day Camp (20-12-2019 to 26-12-2019)

First Day (20-12-2019)

National Service Scheme special seven day camp 2019 of Mannaniya College of Arts and Science, Pangode, entitled as “Abhayam” was organized in KVUPS Pazhavila, Pangode. The main theme of the camp was palliative care. The camp was inaugurated by the Pangode Panchayath President Mrs Geetha. College Principal Dr P.Nazeer presided over the function. The NSS Programme Officer Mr Asseem J welcomed the gathering. Mr Shajahan Pangode, Member of Ward Development Council, Ward 2, Manacode; Dr M.S Noufal, HOD and Associate Professor, Department of Malayalam; Mr Abdul Hashim, HOD, Department of Islamic History; Mr Muhammed Junaid, Superintendent; and Mr Shafi Pangode, PTA Vice President made felicitation speech. Dr Shijina A.S expressed vote of thanks to the inaugural session.



Second Day (21-12-2019)

The second day was started with the NSS flag hoisting and NSS song. The first session “Abhiruchi Ariyan” was taken by Dr M.S Noufal. He created awareness on the importance of identifying aptitude among oneself and demonstrated several examples with different stories and videos. He also expressed the importance of team spirit. The volunteers are divided into seven groups and each group has given separate tasks. The committee includes programme committee, food committee, purchase committee, Discipline and Health committee, Reception Committee, NAAC 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. A lady captain and a gents captain were also selected from each group. After the lunch, all the groups cleaned the campus and arranged the place for camping.



Third Day (22-12-2019)

After the breakfast, the first session was taken by Mr Sidiq, Clinical Psychologist. The class exhibited the value of mother, father and teachers. Students understood the glory of mother with their weeping eyes. They shared their experiences and feedback to the session. The afternoon session was 'Nadanpattu' which was handled by famous folk singer Sri Radhakrishnan Kunnumpuram. He enriched the session with different types of folk songs for which students also joined in it. In the evening, the third session was taken by Mr Brahmanayakam Mahadevan, National Trainer of NSS, His class gave very much motivation to the students and they understood the values of National Service Scheme through some activities. At night, cultural sessions are presented by students as group wise.





Fourth Day (23-12-2019)

On 23-12-2019, the activities of volunteers are scheduled on the basis of mock visit of NAAC conducted in the college. Students have given different activities such as classroom and library arrangement, cleaning, food arrangement, etc. The afternoon session was “Prakrithiyoddu”. In this session, students got awareness on different types of reptiles, its peculiarities, preventions of snake bite, etc. Several types of snakes like cobra, python, viper, etc were also exhibited in the session.



Fifth Day (24-12-2019)

The first session was “Health Survey”. Students are grouped into several groups and each group has three members. They collected data from the people residing at the adopted village- Ward 2 of the Pangode Panchayath by administering questionnaire allotted to them. They collected information relating to health and palliative care patients. In the afternoon session, the volunteers discussed the survey evaluation. They arranged the data into tabular form and discussed the survey details.



Sixth Day (25-12-2019)

On 25th December 2019, the session “Eye Testing Camp” was conducted at the Chanthakunnu Anganwadi, Ward 2 of the Pangode Panchayath. After the inaugural ceremony the camp was started. A group of volunteers and programme officers lead the camp. Sixty seven people registered and participated in the camp. Only eighteen were selected for surgery. Another group of volunteers visited the techies park “Talrop Private Ltd” which is located in the Hercules School, Pazhavila, Pangode. An interactive session was made there by the volunteers.



Seventh Day (26-12-2019)

On last day the first session was cleaning of the campus .After that, at 02.00 pm 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 Dr P Nazeer, Principal, Mannaniya College of Arts and Science, Pangode. The facilitation speeches are made by Sri. Kadakkal Junaid (Office Superintendent), Dr R Suma and Mr Abdul Hashim, . The vote of thanks is presented by Afsal A, NSS Volunteer Secretary.



32. Dental Camp 06-01-2020

A Dental Diagnosis and Awareness camp was held by National Service Scheme Unit of the Mannaniya College in association with Government Dental College, Thiruvananthapuram on 06 January 2020, 10.00 am to 1.30 pm.

The camp was conducted for college students and staff members. Six doctors and four other staffs conducted the check up. A diagnostic check-up was done, following which the required treatment module was explained. Awareness of oral health of the children was increased by education in brushing techniques, health hazard due to tobacco use, and general overall health improvement methods were explained. The response by the group was positive and the camp was deemed successful. 110 students and 30 staffs participated in the camp.



33. Republic Day (26-01-2020)

Republic Day is a national holiday in India. It honours the date on which the Constitution of India came into effect on 26 January 1950 replacing the Government of India Act (1935) as the governing document of India and thus, turning the nation into a newly formed republic.

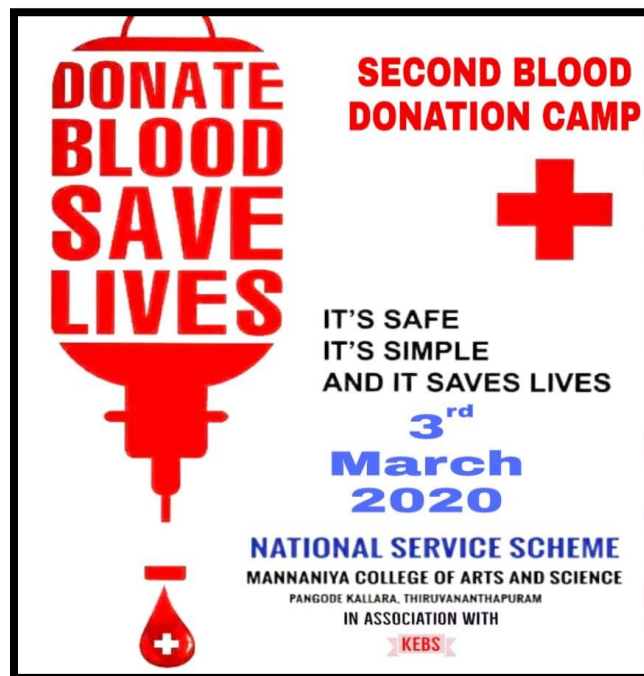
The Constitution was adopted by the Indian Constituent Assembly on 26 November 1949 and came into effect on 26 January 1950 with a democratic government system, completing the country's transition towards becoming an independent republic. 26 January was chosen as the date for Republic day because it was on this day in 1929 when the Declaration of Indian Independence (Purna Swaraj) was proclaimed by the Indian National Congress as opposed to the Dominion status offered by the British Regime.

The flag hoisting ceremony is conducted in the college in commemoration of the Republic Day. The programme was inaugurated by Dr Dilshad Bin Ashraf, Head of the Department, Department of Psychology and IQAC Co-ordinator of the college by hoisting the National flag. He shared the republic day message to the volunteers.



34. Blood Donation Camp (03-03-2020)

Second blood donation camp of the year 2019-20 was organized by National Service Scheme Unit of Mannaniya College and All Kerala Blood Donor Society. The medical team including one doctor, four nurses and 3 other staffs came for collection for blood. Dr P Nazeer, Principal inaugurated the program and other staffs were also present at the occasion. The activity of blood donation was started by volunteers. There was an overwhelming response from students. A total of 54 persons registered in the camp. Out of these, 30 persons donated blood. It included 23 males and seven females. A certificate of appreciation and refreshment was given to each donor as token of gratitude.





35. Break the Chain Campiagn- Sanitizer Making (20-03-2020)

The Kerala government introduced a mass hand washing campaign named *break the chain* on March 15 to educate people about the importance of public and personal hygiene due to the spread of the novel coronavirus across the state. Health Minister of Kerala, Smt. K. K. Shailaja inaugurated the mass campaign. The government has appealed the public to promote *break the chain* campaign as a safety measure. During this campaign, the government has installed water taps with hand wash bottles at public spots of the railway stations and other public places. Kerala has launched a 'break the chain' campaign to fend off the Covid-19 spread, in the wake of second wave of infections after a virus carrier family returning from Italy had created a cluster in Pathanamthitta district.

More expected arrivals from affected countries could possibly test the state's vulnerability, prompting the health department to be ready with a rearguard action, and hence the new mass campaign.

As part of the 'Break the chain' campaign our NSS unit produced sanitizer in association with the Department of Chemistry. The sanitizers were distributed to the Auto Drivers, Loading and unloading workers, Police Station, Akshaya and Bank. The campaign was inaugurated by Dr Baiju A, Associate professor and Head, Physical Education Department. Dr Siyad, Assistant Professor, Department of Chemistry, Dr Shiji Fazil, Assistant Professor, Department of Chemistry, NSS Programme Officers- Asseem. J and Dr Shijina A.S were also participated in the campaign.



36. Community School – Seminar 07-08-2019

A seminar is organized on 07-08-2019 at the Seminar hall of the Mannaniya College of Arts and Science, Pangode. The three hour programme commenced with a formal inauguration by the Principal of the College Dr P.Nazeer. The key note address was delivered by the Director of Heaven Tree Philanthropy Mr Sulthan Mushadique. The deliverance of the presidential address was by Mr Asseem J. It was followed by an address of felicitation by Mr Ansari, Principal, KVUPS, Pangode. The formal conclusion of the event was by a vote of thanks given by Dr Shijina A.S, NSS Programme Officer. After the inaugural programme Mr Praveen, trainer conducted a motivational class for a moderate audience of students including 50 students from KVUPS Pangode and 50 students from our college.



Community School- Discussion (03-09-2019)

The Interactive Presentation cum Discussion of Community School was organized as an induction programme to facilitate the stakeholders. The Heaven Tree Philanthropy Director Mr Sulthan Mushadique explained the concept how to implement the programme effectively and a discussion on its various aspects. Dr Shijina A.S, NSS Programme Officer also participated and coordinated the programme.



Community School- First Programme (03-10-2019)

The first programme of the community school was conducted on 03-10-2019. KVUPS Pangode was selected as the beneficiary. The staff coordinators Mrs Noufiya S.N, Dr Shijina A.S, Mr Asseem J and three selected volunteers- Aneesa Beevi, Shahana and Nouja facilitated the programme. The student volunteers handled the sessions and engaged in various activities including games. Prizes were distributed to the winners.



37. Pre RD Selection Camp and RD Selection

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 2020 at New Delhi. This year the South Zone NSS Pre-RD Parade Camp will be conducted by the NSS Regional Directorate, Chennai *from 16 to 25 October 2019* at National College, Trichy, Tamil Nadu. In order to select ten volunteers (5 male & 5 female) for deputing them to the South Zone NSS Pre-RD Parade Camp, a selection camp will be conducted at BJM Government College, Chavara, Kollam District on Saturday the 12th of October 2019. Two of the volunteers- Tholhath and Asiya Beevi) participated in a camp at BJM Govt



College, Chavara on 12-10-2019. One of our volunteers, Asiya Beevi got selection for the second round of selection process and participated in the Pre RD camp at 16-25 October, 2019 at Trichy, Tamil Nadu.

Ms Asiya Beevi got selection for RD camp from the PreRD selection camp, Trichy. She went for one month RD parade training at Delhi and participated in the Republic Day parade at Rashtrapathi Bhavan, Delhi on 26th January 2020.





PRESIDENT RESIDENCE (MUGHAL GARDEN), NEW DELHI.



REPUBLIC DAY PARADE 26th JANUARY 2020, NEW DELHI.

38. Snehanidhi

Snehanidhi Programme is an extension activity of social survey conducted by NSS volunteers during the special seven day camp 2016-17. On the basis of this survey, the NSS unit adopted the ward and identified the persons who are suffering health problems and poor. A collection of small amount was made on every Thursdays and this amount is utilized to help them.

Donation to blind man Mr Babu- Rs 1000

Donation to Cancer Patient (17-06-2019) - Rs 650

Donation to Cancer Patient (01-07-2019) – Rs 1500

Donation to Cancer Patient – Rs 700

Donation to a patient- Rs 1200

Donation for a palliative child (01-11-2019)- Rs 1000

Donation for a kidney patient Rs 1000

Donation for Mr Kannan (Surgery to an accident victim)-





