



**SES COLLEGE  
SREEKANDAPURAM**

**ANNUALREPORT**

**2020 - 2021**

## **WORLD ENVIRONMENT DAY- JUNE 5**

World Environment Day is celebrated on 5th June every year and it is the United Nation's principle vehicle for encouraging awareness and action for the protection of the environment. First held in 1974, it has been a flagship campaign for raising awareness on environmental issues emerging from marine pollution, human overpopulation, and global warming, to sustainable consumption and wildlife crime. So NCC cadets of SES college sreekandapuram celebrated the World environment day by planting trees to make people aware of the importance of our environment and the need to protect it. Dr. Dominic Thomas sir (principal of SES college sreekandapuram ) and Lt. Preju K Paul (ANO of SES college) planted the tree together. SUO Praveen A S, UO Amal V, CQMS Akshay K K also joined in the programme.



## WEBINAR –STAY SAFE STAY HEALTHY

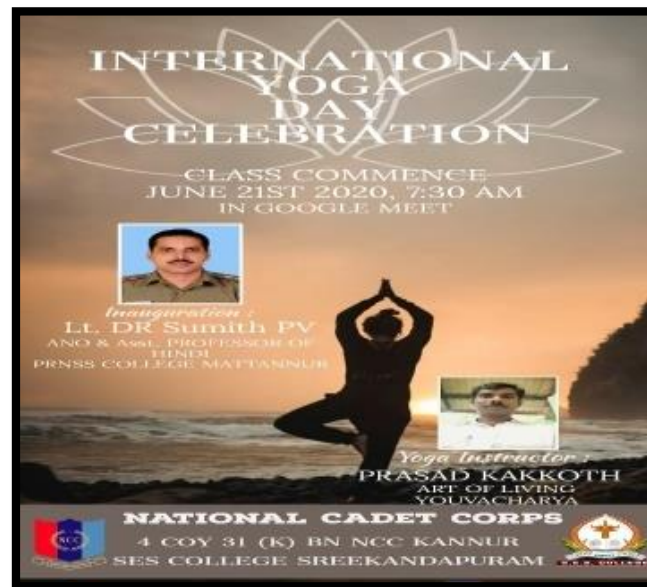
A webinar on ‘ stay safe stay healthy ‘ was organised by NCC cadets of SES College sreekandapuram on 26th June 2020 , Dr Ann Maria handled the session . ANO Lt. Preju k paul ,Principal Dr Dominic Thomas , commanding officer col. Chris D Silva along with SUO Praveen A S coordinated the program.

The poster is for a webinar titled "Stay safe, stay healthy..". It features a portrait of Dr. Ann Maria, a woman in a pink shirt and yellow sari. The text on the poster includes:

- NATIONAL CADET CORPS**
- 4Coy. 31(k) BN NCC Kannur
- SES COLLEGE SREEKANDAPURAM UNIT
- Dr Ann Maria**
- MBBS,DNB,
- Consultant family physician,
- Member- Afpi North zone
- Webinar**
- Topic :-**
- Date:- 26-06-2020**
- Time:- 12:00 PM**
- Platform:- Zoom**
- Stay safe, stay healthy..*

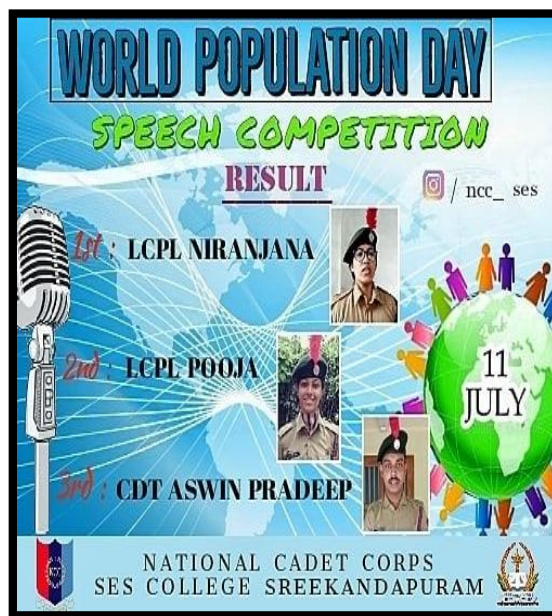
## YOGADAY

NCC cadets of SES College Sreekandapuram celebrated international yoga day on 21<sup>st</sup> June 2020, with great enthusiasm and joy. ANO of PRNSS College, Lt. Dr. Sumith P.V inaugurated the programme. The yoga instructor was Prasad Kakkoth. The yoga instructor was Prasad Kakkoth.



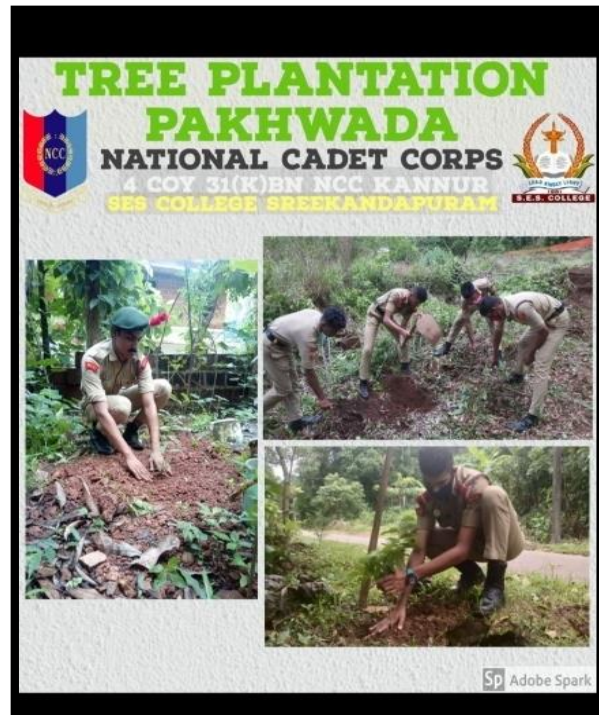
## SPEECH COMPETITION- WORLD POPULATION DAY

A speech competition was conducted as part of the world population day on 1<sup>st</sup> July, 2020. Each and every cadet participated in the program with immense pleasure. Cpl. Niranjana Prakash, Cpl. Pooja .o, and Cdt Aswin pradeep won the prizes respectively.



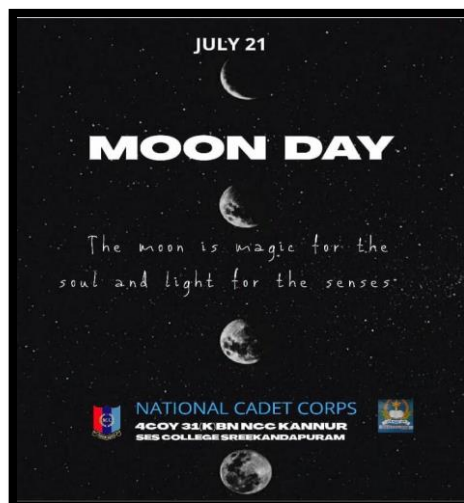
## **TREE PLANTATION PAKHWADA**

On 14<sup>th</sup> July 2020 NCC cadets of SES College Sreekandapuram conducted a 'tree plantation pakhwada programme'. The cadets captured their photograph of planting trees. Cadets enjoyed the moment in planting trees and it was an initiative from cadets in contributing to the existence of mankind.



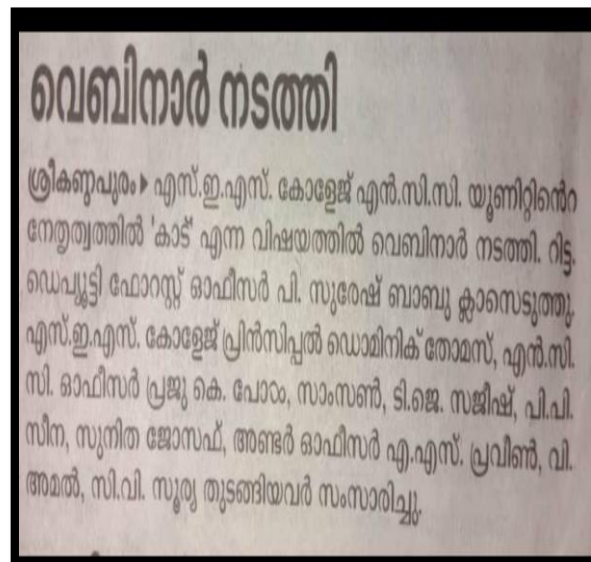
## DIGITAL POSTER MAKING- MOONDAY

NCC unit of SES College sreekandapuram has conducted a digital poster making competition regarding world moon day. Competition was held for the NCC cadets of SES College. ANO Lt. Preju k paul declared the winners. First prize were shared by cadets Jyothis E.T and Archana A, and 2<sup>nd</sup> prize were shared by Arjun and Ashima



## WEBINAR - FOREST

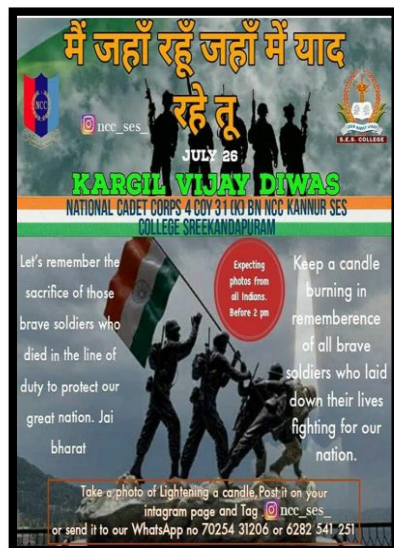
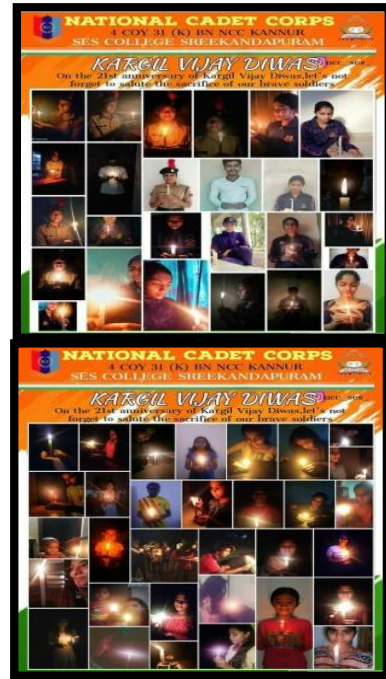
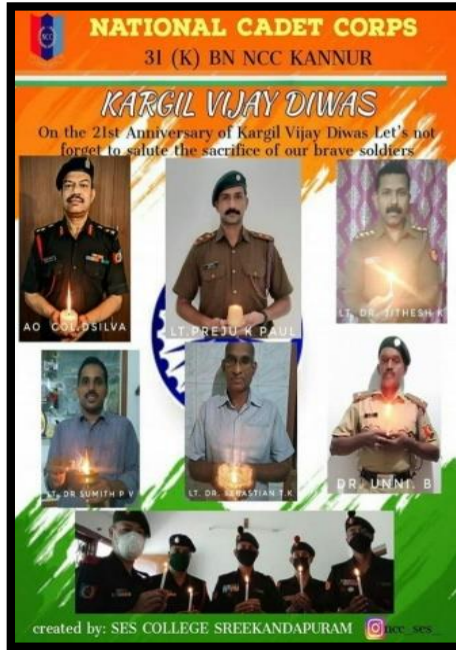
In connection with tree plantation pakhwada a webinar on 'forest' was conducted on 25<sup>th</sup> July 2020 by ncc cadets of SES College sreekandapuram .Retd. Deputy forest officer P.Suresh Babu handled the session. ANO Lt. Preju k paul, Principal .Dr .Dominic Thomas along with SUO Praveen A.S coordinated the programme.



## KARGIL VIJAY DIWAS

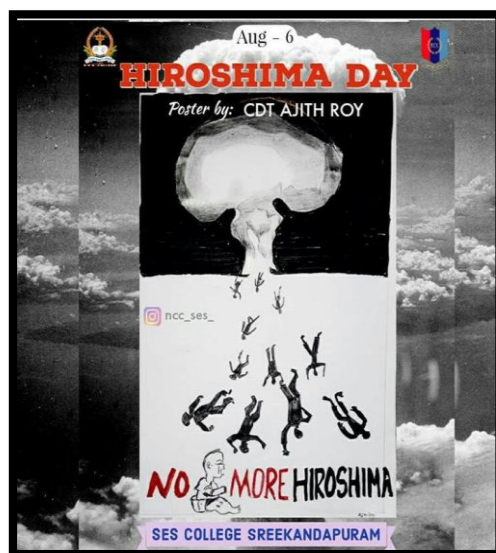
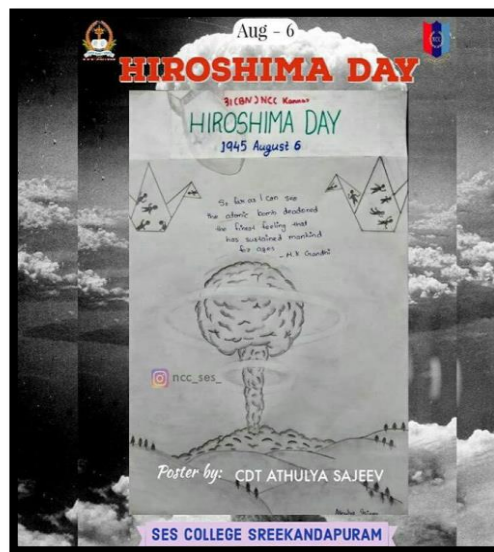
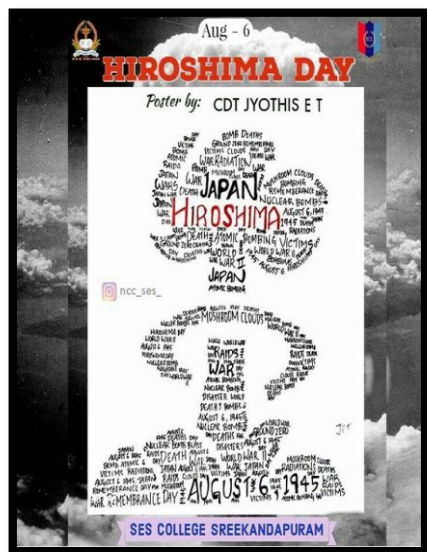
On behalf of Kargil Vijay Diwas NCC cadets of SES College sreekandapuram conducted a program to commemorate the Brave soldiers of Kargil on 26th July 2020.

NCC officers , NCC cadets ,natives , ex-NCC cadets , ANOs and many others lighted candles to pay homage to the soldiers.



## HIROSHIMA DAY – POSTER MAKING

As part of Hiroshima day NCC cadets of SES College sreekandapuram conducted a poster making competition on 6<sup>th</sup> August 2020. Cdt Jyothis E.T won 1<sup>st</sup> prize. Cdt. Ajith Roy secured second prize. Cdt. Athulya sajeev and Cdt.Anuja k.b shared 3<sup>rd</sup> prize. ANO Lt. Preju K Paul , SUO Praveen A S along with other NCC seniors coordinated the programme.



## **INDEPENDENCE DAY**

NCC cadets of SES College sreekandapuram celebrated independence day on 15<sup>th</sup> august 2020 , in a virtual platform . Honourable principal Dr. Dominic Thomas inagurated the program .Independence day message was passed by sajeesh T.J ,IQAC coordinator ,and the programme was followed by the various cultural programmes such as patriotic song and speech. ANO Lt. Preju k paul along with SUO Praveen A S ,and other ncc seniors coordinated the programme .It was great and congratulative.



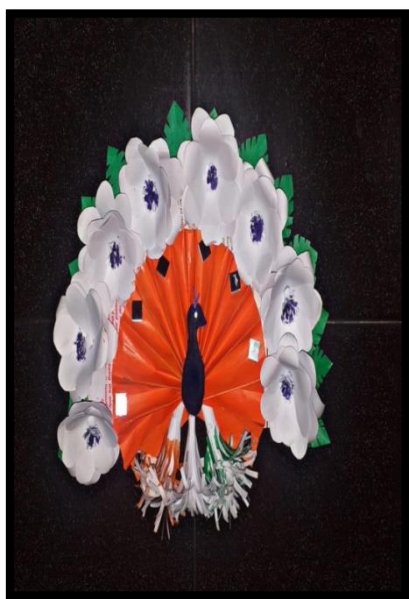
## INDEPENDENCEDAY- PATRIOTICSONG

NCC unit of SES College Sreekandapuram conducted a patriotic song competition on 15<sup>th</sup> august 2020 along with the Independence Day celebration.



## INDEPRNDENCEDAY-CRAFTMAKING

NCC unit of SES College Sreekandapuram conducted a craft making competition on 15<sup>th</sup> august 2020 along with Independence Day celebration. Aryasree K M and Anjitha P V won 1<sup>st</sup> prize. Aiswarya M P, and Athulya Sajeev secured 2<sup>nd</sup> prize.



## **FIT INDIA MOVEMENT - BASICS OF EXERCISE ( Webinar)**

Fit India movement is a nationwide movement in India to encourage people to include physical activities and sports in their everyday lives. It was launched by the prime minister of India Sri. Narendra Modi. As part of that NCC unit of SES college sreekandapuram conducted a webinar 'Basic of Exercise' through Google meet on 27 th August 2020, 10.30 am. In that programme, the welcome speech was delivered by Lt. Preju K paul sir (ANO of SES college sreekandapuram) the program was inaugurated by Dr. Domenic Thomas sir (Principal SES college sreekandapuram). The class was handled by Jijo K Joseph sir. Due to the inactive lifestyle and stressful lives, many people getting lifestyle disease. 60 NCC cadets of S.E.S College Sreekandapuram had participated. Their participation made the programme a great success and effective for all the cadets.

Government of India  
Ministry of Youth Affairs and Sports

**FIT INDIA**

**NATIONAL CADET CORPS**  
4COY 31(K)BN NCC KANNUR

**SES COLLEGE SREKANDAPURAM**

**WEBINAR**

Welcome Speech : Lt. Preju K Paul (ANO, NCC SES College)

Inauguration : Dr. Domenic Thomas (Principal SES College)

TOPIC Felicitation : Sajeesh T J (IQAC Co-ordinator SES College)

**BASICS OF EXERCISE**

Resource person

**JIO K JOSEPH**

Assistant Professor  
Dept. of Physical Education  
CATHOLICATE COLLEGE,  
PATHANAMTHITTA.

On : 27th Aug 2020  
@  
10:30 am

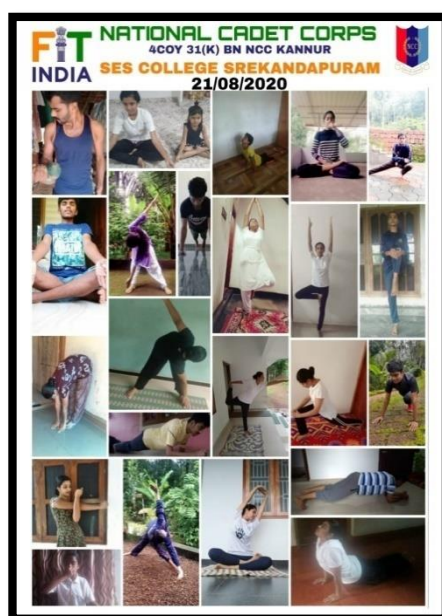
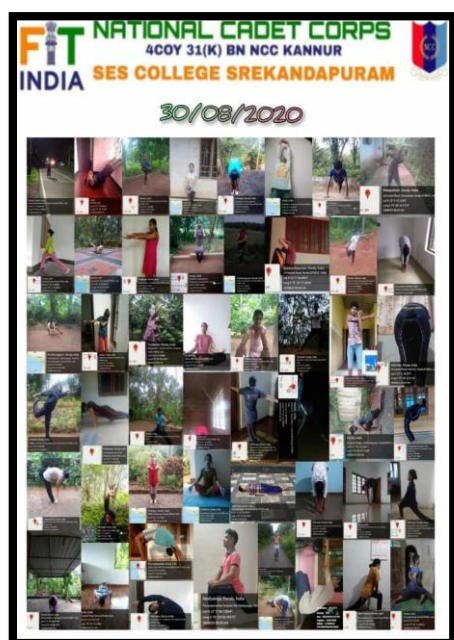
Google meet

DISCOVER THE NEW YOU **FIT INDIA**

follow us on : [f](#) [i](#) [s](#) /ncc\_ses\_

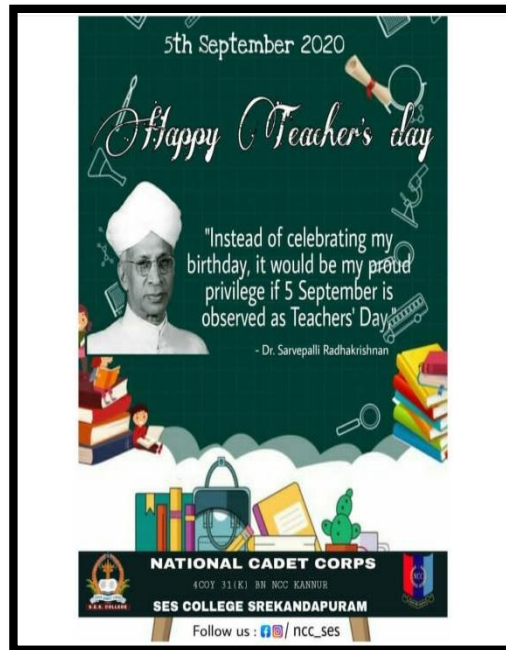
### **FIT INDIA MOVEMENT -2020**

SES college sreekandapuram 4 COY 31(k) BN NCC KANNUR unit conducted “FIT INDIA” programme from 22/08/2020 to 14/09/2020. The Fit India movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. We conducted this programme every morning. It included cycling, skipping, running, walking, yoga, exercise, swimming, etc. 61 NCC Cadets of SES college sreekandapuram had participated in the event and as a part of the movement, individuals and organizations can undertake various efforts for their own health and well-being, as well as health and well-being of fellow Indians.



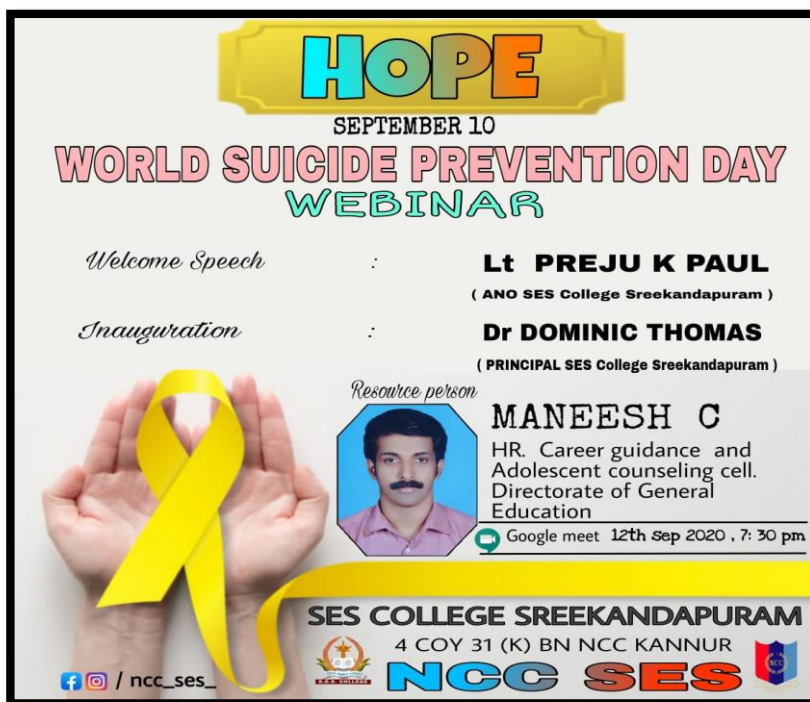
## TEACHER'S DAY

World Teachers Day, also known as International Teachers Day, is held annually on 5 September. Established in 1994, it commemorates the signing of the 1966 UNESCO/ILO Recommendation concerning the Status of Teachers, which is a standard-setting instrument that addresses the status and situations of teachers around the world. This recommendation outlines standards relating to education personnel policy, recruitment, and initial training as well as the continuing education of teachers, their employment, and working conditions. World Teacher's Day aims to focus on "appreciating, assessing and improving the educators of the world" and to provide an opportunity to consider issues related to teachers and teaching.




## HOPE– WEBINAR ON WORLD SUICIDE PREVENTION DAY

World Suicide Prevention Day(WSPD) is an awareness day observed on 10 September every year, in order to provide worldwide commitment and action to prevent suicide, with various activities around the world. As a part of that NCC Cadets of SES College Sreekandapuram conducted a webinar (HOPE) through Google meet on 12<sup>th</sup> September 2020, 7:30 pm. In that program welcome speech was delivered by Lt.Preju K Paul Sir (ANO SES College Sreekandapuram)the programme was inaugurated by Dr.Domnic Thomas Sir (Principal SES College Sreekandapuram).The class was handled by Sir.Maneesh C. There have been a staggering number of suicide caused by fear of corona virus, loneliness, lack of freedom of movement during lockdown. On that situation the webinar greatly helped the cadets by providing tips to get relief in mental stress during this pandemic . 55 cadets had participated in the programme.

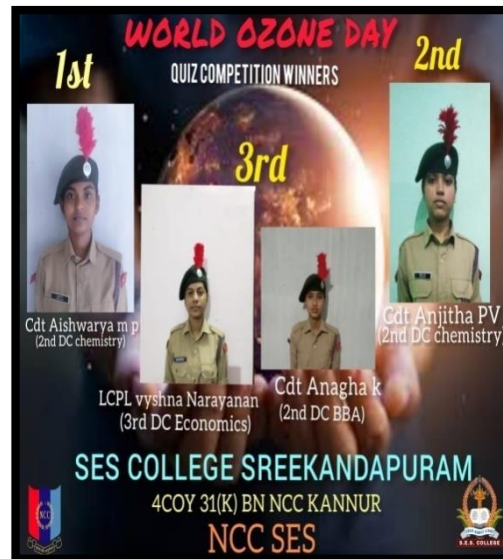
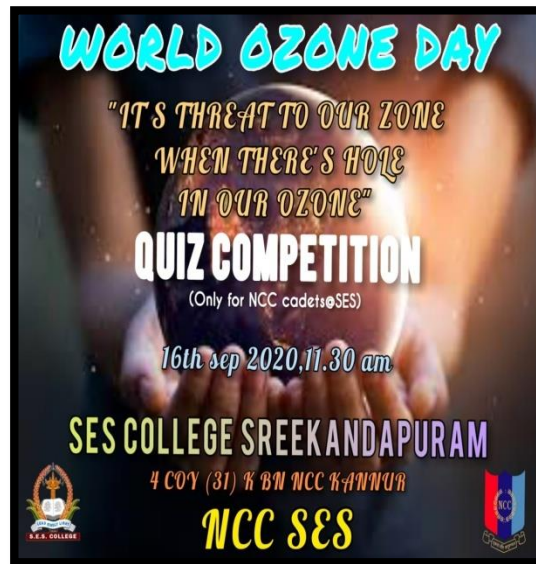


The poster is for a webinar titled "HOPE" held on September 10, World Suicide Prevention Day. It features a yellow ribbon graphic on the left. The text lists the following details:

- HOPE**  
SEPTEMBER 10  
**WORLD SUICIDE PREVENTION DAY**  
**WEBINAR**
- Welcome Speech* : **Lt PREJU K PAUL**  
( ANO SES College Sreekandapuram )
- Inauguration* : **Dr DOMINIC THOMAS**  
( PRINCIPAL SES College Sreekandapuram )
- Resource person*  
 **MANEESH C**  
HR. Career guidance and Adolescent counseling cell.  
Directorate of General Education
- Google meet 12th Sep 2020 , 7: 30 pm
- SES COLLEGE SREEKANDAPURAM**  
4 COY 31 (K) BN NCC KANNUR
- NCC SES**
- Facebook and Instagram icons with handle **/ ncc\_ses\_**

## WORLD OZONE DAY – QUIZ COMPETITION

Ozone is the blanket of earth, try to keep it safe. Ncc cadets of SES College Sreekandapuram conducted a quiz competition on ozone day, September 16<sup>th</sup> 2020. Ozone Day is not only a programme to celebrate. It is a part of our life, and it's existence is the base of life on earth.



## **GANDHI JAYANTHI CELEBRATION**

Gandhi Jayanthi is celebrated on 2<sup>nd</sup> October every year to mark the birth anniversary of Mahatma Gandhi. To celebrate his contribution to the nation, 2<sup>nd</sup> October is celebrated every year as a national holiday. As a part of that NCC unit of SES college Sreekandapuram conducted a webinar on Gandhi Jayanthi day in Google meet on 2 Oct 2020 at 9.30 am. The programme was inaugurated by Dr. Dominic Thomas(Principal SES College)welcome speech was delivered by Lt.Preju k Paul(ANO SES College). Sajeesh TJ (IQAC Co-ordinater SES College) felicitated in the session . And NCC cadets of SES College conducted a documentary presentation ,and cleaning surroundings. Cadets cleaned their surroundings along with their families.



**SES COLLEGE SREEKANDAPURAM**  
**4 COY 31(K) BN NCC KANNUR**  
**NCC SES**  
**Gandhi Jayanthi celebration**

**welcome speech : Lt. Preju k Paul**  
**(ANO SES College)**  
**Inauguration : Dr.Domnic Thomas**  
**( Principal SES College)**  
**Felicitation : Sajeesh TJ (IQAC Co-ordinator SES College)**

**on 2nd October 2020 @9:30 am**  
**programmes**

- 1. Documentary presentation**
- 2. Cleaning surroundings**

**f /ncc\_ses\_**

## **KERALA PIRAVI**

The state of Kerala was created on November 1<sup>st</sup>, 1956. Malayalis all over the world celebrate November 1<sup>st</sup> as Kerala Piravi, which in english means the 'Birth of Kerala'. Parasurama flung his "mazhu" ( a weapon ) from Kanyakumari ( cape comer in ) to the sea and the sea receded to create the land Kerala.

On november 1<sup>st</sup>,2020 NCC cadets of SES college sreekandapuram celebrated Kerala Piravi. NCC unit of SES college conducted a Kerala song competition. 5 NCC cadets participated in the event. All Cadets were a part of the Celebration.And we successfully completed this programme. Cdt Anuja KB won the 1<sup>st</sup> prize and Cdt Amitha Thomas won the 2<sup>nd</sup> prize in the competition



## **NCC DAY**

National Cadets corps (NCC)day is celebrated every year on the fourth sunday in the month of November. The NCC in India was formed by the National cadet corps Act of 1948 on 15th July 1948.The first Prime Minister of India, Pandit Jawahar Lal Nehru Presided over the function of raising the first NCC Unit at Delhi on the last Sunday of November 1948.The Motto of the NCC is "UNITY AND DISCIPLINE "

As parts of NCC Day 2020, the NCC Unit of SES College Sreekandapuram Organized the National level quiz competition and the Fourth Monkey programme. The Fourth Monkey was held on 21/11/2020and the national level quiz competition was held on 22/11/2020.Those who had won the competitions were awarded in the name of NCC SES.

**NCC DAY CELEBRATION-2020**  
**( NATIONAL LEVEL QUIZ COMPETITION )**

As part of the NCC DAY CELEBRATION, NCC cadets of S.E.S College Sreekandapuram had conducted a NATIONAL LEVEL QUIZ COMPETITION NAMED “*QURIOUS*”.

Cadets from all over INDIA had participated in the program. After the participation of all the cadets the prizes were announced.

First prize awarded to Sgt. Rinsha k Second prize awarded to Cdt. Premraj Prabhakar Garud. The third Prize was awarded to Cdt.Adithyan B.S



**NCC DAY CELEBRATION- 2020**  
**(THE FOURTH MONKEY EVENT)**

As part of the NCC DAY CELEBRATION, NCC Unit of SES college sreekandapuram had conducted an idea contest Named "*THE FOURTH MONKEY*". It was conducted for all the NCC Cadets under KERALA- LAKSHADWEEP Directorate. On 22<sup>nd</sup> November 2020.

After participation the results were announced . First prize was awarded to Cdt. Athuldev C. Second prize was awarded to Cdt. Neethu Thadevus. And The Third Prize was awarded to Cdt. Abhirami R K.



### **PANCHAYAT ELECTION- 2020**

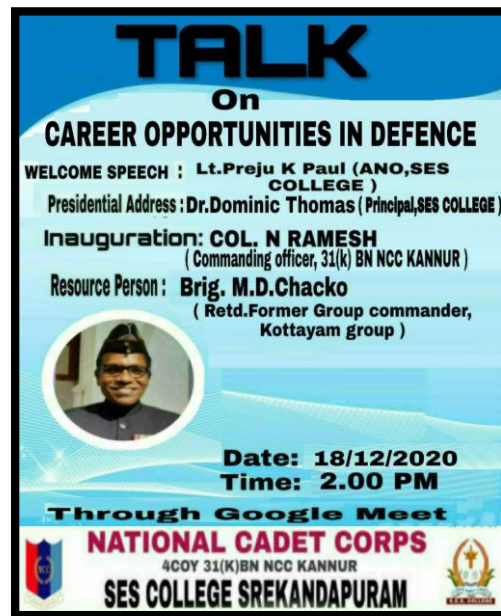
Twenty two Ncc Cadets of SES College Served as Special police officers in various polling booths within the limits of Mayyil and Sreekandapuram Police Stations from 13/12/2020 to 14/12/2020 as part of the general election to the local self government institution 2020.



## CAREER GUIDANCE CLASS

The dream of every NCC Cadet is to join any Armed Forces. But lack of knowledge is a hindrance. So NCC Unit of S.E.S College Sreekandapuram had arranged a talk with Rtd. Brig. M.D. Chacko Sir ( Former Group commander of Kottayam Group) About “ Career Opportunities in Defence.” through Google meet. The event was Inaugurated By Col. N Ramesh ( Commanding officer,31(k) BN NCC KANNUR). The Presidential Address was by Dr. Dominic Thomas sir ( Principal of S.E.S College Sreekandapuram) and The welcome speech was delivered by Lt. Preju K Paul ( ANO S.E.S COLLEGE ).

The class was very effective and informative. The Cadets cleared all of their doubts through the Q&A session.



### **REPUBLIC DAY CELEBRATION- 2021**

Republic day is a national holiday in India. It honours the date on which the constitution came into effect on 26<sup>th</sup> 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.

So we celebrate 26th January every year as Republic day. NCC unit of S.E.S college Sreekandapuram celebrated the Republic day at the college with the flag hosting ceremony. Lt. Preju K Paul( ANO of NCC S.E.S. college sreekandapuram) delivered the republic day message and 25 cadets were present at the ceremony by following covid protocols.



## **PLANT REJUVENATION AND CLEANING**

Sreekandapuram : 4COY 31 (K) battalion NCC Kannur SES college Sreekandapuram conducted a plant rejuvenation programme at Kottoor vayal on 19th march 2021. All cadets actively participated in this cleaning drive. It was a great initiative by NCC cadets of SES college in providing awareness about the need of cleaning river is mandatory for sustenance. Associate NCC Officer Lt. Preju K Paul, Under Officer Amal V, CQMS Akshay K K provide guidance for cleaning.



## PRE-MONSOON CLEANING

Sreekandapuram : 4COY 31(K) Battalion NCC Kannur SES college Sreekandapuram conducted a pre -monsoon cleaning programme in association with Sreekandapuram municipality on 29th April 2021. Cadets collected the waste from road sides and bus stand. They emptied the water stored things to avoid the spread of mosquitos. Former municipality chairman Mr. Ragavan, Former HOD of malayalam department in SES college and present municipality chairperson Dr. K V Philomina, Associate NCC officer Lt. Preju K Paul, Under Officer Amal V and all other cadets have participated in this cleaning drive.



## **COVID - 19 AWARENESS CAMPAIGN**

Sreekandapuram : 4COY 31(K) Battalion NCC Kannur SES college Sreekandapuram conducted a covid -19 awareness campaign and the importance of getting vaccinated by making posters and providing effective caption via social media. Cadets have also provided informations about the procedures included in vaccine registration.

Cadets were volunteers in helping those who were unable to register. As the second wave of corona virus is brutally affecting our country, cadets gave awareness to stay home through art. It was an opportunity for them to showcase their talents along with providing awareness to the people.



Awareness Video link –

<https://www.instagram.com/tv/CN1Vs3IFgzk/?igshid=1gjiwuujxleltg>

<https://www.instagram.com/tv/COSzJowFewc/?igshid=1sl4izdr7rlrz>

Awareness posters –



**കോവിഡ് -19 വാക്സിനായി രജിസ്റ്റർ ചെയ്യുക**

**NCC S.E.S HELP DESK**

നിങ്ങളുടെ കോവിഡ് -19 വാക്സിൻ രജിസ്റ്റർ ചെയ്യാൻ ഞങ്ങളെ വിളിക്കുക

**ആവിശ്യമായ വിവരങ്ങൾ**

\*പേര്  
\*മൊബൈൽ നമ്പർ  
\*ആധാർ കാർഡ് നമ്പർ  
\*ജനന വർഷം

അർജുൻ സി: 9947520131  
പ്രണവ് വി: 9188563647  
അജിത് റോയ്: 9496523234  
സാഗർ പി: 6238976779  
അഭിരാമ എ: 7736524998  
അഭിനവ് സി: 6238634661  
ജിഷ്ണുപ്രസാദ് ടി സി: 9048055735  
പ്രതാപ് രാജ് ഇ വി: 9895681072  
അരുൺ കെ വി: 7902765812  
അർച്ചന എ: 7306737270  
അലീന ബർണ്ണർ: 9778075175

**NATIONAL CADET CORPS**  
4 COY 31 (K) BN NCC KANNUR  
S.E.S COLLEGE SREEKANDAPURAM

**4 COY 31 (K) BN NCC KANNUR**  
**S.E.S COLLEGE SREEKANDAPURAM**  
**DOUBLE MASKING**

**1** Knotting the ear loops of the surgical mask and tucking in and flattening the material close to the face

**2** Double masking (a cloth mask on top of a medical-grade mask)

**THE DOS & DON'TS**

**1** Always pair a surgical and a cloth mask for double masking

**2** An N95 can seal the face and filter 95% of particles. So, no doubling up needed

NOTE: Wearing two masks could make it difficult to breathe, but won't reduce oxygen supply

ncc\_ses

**THE END**