



NATIONAL SERVICE SCHEME
(S.E.S COLLEGE SREEKANDAPURAM)



ACTIVITY REPORT
(2015-16)

National Service Scheme, under the Ministry of Youth Affairs & Sports Govt. of India, popularly known as NSS was launched in Gandhiji's Birth Centenary Year 1969, in 37 Universities involving 40,000 students with primary focus on the development of personality of students through community service. SES College Sreekandapuram has two NSS units.

OBJECTIVES OF NATIONAL SERVICE SCHEME

- Understand the community in which they work
- Understand themselves in relation to their community
- Identify the needs and problems of the community and involve them in problem-solving
- Develop among themselves a sense of social and civic responsibility
- Utilise their knowledge in finding practical solutions to individual and community problems
- Develop competence required for group-living and sharing of responsibilities Gain skills in mobilising community participation
- Acquire leadership qualities and democratic attitudes
- Develop capacity to meet emergencies and natural disasters and
- Practise national integration and social harmony

Motto

The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students develop appreciation to other person's point of view and also show consideration to other living beings. The welfare of an individual is ultimately dependent on the welfare of the society on the whole and therefore, the NSS volunteers shall strive for the well-being of the society.

NSS Units of S.E.S College

S.E.S. College Sreekandapuram has two Units, unit No. 17th and 18th, under the control and guidance of Kannur University.

Programme officers

- Dr. Sreekumar N M, Assistant Professor, Department Of Economics
- Smt. Sunitha Joseph, Assistant Professor, Department Of Economics.

INSTITUTIONAL ADVISORY COMMITTEE

- | | |
|-----------------------------------|----------------------------|
| • Dr. M M Muralidaran (Principal) | : Chairman |
| • Dr. Sreekumar N M | : Programme officer |
| • Smt. Sunitha Joseph | : Programme officer |
| • Sri Sadeesan K P | : Staff Member |
| • Smt. Nasreens K P | : Staff Member |
| • Anilkumar | : PTA President |
| • Jeril Alex | : Leader Student Volunteer |
| • Revathi | : Leader Student Volunteer |

WORLD ENVIRONMENTAL DAY (05.06.2014)



Environmental Celebrations were organized in our college by the NSS unit. Dr. Muralidaran M, Principal in charge inaugurated the programme. Quotations of awareness on conservation of environment were placed in different areas of the college. New Saplings were planted by the students and staff in the campus area. The Day was celebrated to make the students to be aware of environmental issues. Make them to be the active agent in developing environmental safety measures. Environmental day celebration encouraged the volunteers to make their nearby surroundings safe and clean to enjoy safer, cleaner and more prosperous future.

Anti Drugs Programme (11.07.2015)

The awareness class against the dangers of drugs was organized in the campus under the auspicious of NSS unit. Sri Shaji P, Civil Excise officer from Excise department gave the awareness class to the students.

- The objectives of this Programme is to prevent youth from using illicit drugs by enhancing their awareness and understanding of the harmful social and health effects of illicit drug use;
- To make the students to be aware of the effective treatment and rehabilitation systems and services by developing and implementing innovative and collaborative approaches.





International Yoga Day Celebration (21.07.2015)

On the occasion of International day of yoga the NSS units conducted a yoga awareness programme in the college premises. Smt. Roshini K talked about the importance and value of yoga in our life. She also demonstrated the various techniques of Yoga to keep our mind and body calm and fresh. The volunteers practiced some of the basic steps of yoga and promised to practice every day in their life.





Independence Day (15.08.2015)

The Independence Day was celebrated by hoisting the Flag in front of the College Office by the Principal. The pledge was taken. The student volunteers distributed sweets to all those were present. The volunteers involved in cleaning the college road. All the volunteers actively participated in maintaining the campus road.





Nature Camp at Kottiyoor Forest (21.08.2015)



The conservation, preservation and protection of Nature are of at most importance today. In order to be close with nature and to learn more experience with nature the NSS volunteers of SES College made a trip to kottiyoor forest. Nature camps allow one to gain firsthand knowledge about environment and enable one to live in close communion with Nature. **Sixty** volunteers participated in this programme. The students learned more about the ecological diversity of the kottiyoor forest. It was a wonderful experience to the volunteers.



Sreekandapuram Town Cleaning- Association with JCI Sreekandapuram (28.08.2015)



In association with JCI Sreekandapuram the NSS volunteers participated in town cleaning. The programme was arranged for the awareness of keeping the surroundings clean and tidy to prevent the diseases. We selected this programme when there is the spread of fever everywhere and therefore it was a good help for the public. All the members of the NSS Units participated in this programme. The volunteers became aware of the best Practices for environmental cleaning for prevention and control of infections.



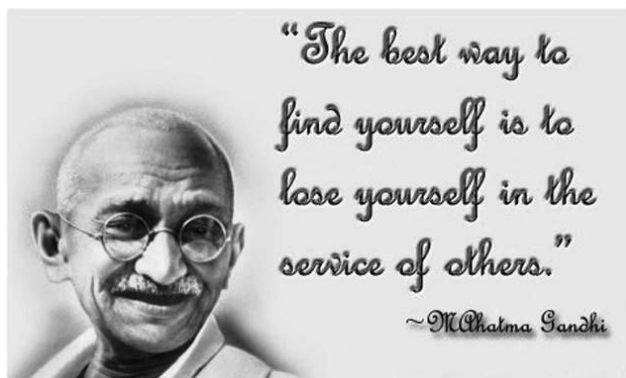
Teacher's Day Celebrations (05.09.2015)

The role of teachers in everyone's life is great as they are the only visual source of knowledge for their students. The unit observed the Teacher's day. The student volunteers distributed the teacher's Day greeting cards to all the teachers in the college, thus extending our love & respect towards them.

NSS DAY Celebration

It was a cheerful day for the volunteers of the NSS units of. The occasion was the NSS Day Celebrations conducted by the National Service Scheme. The volunteers assembled in auditorium. During the ceremony, NSS song was sung and sweets were distributed among all. Captions and quotes related to NSS were placed on various parts of the college.

Gndhi jayanthi



The NSS units celebrated Gandhi jayanthi by following the principle of Mahatma Gandhi. The volunteers involved in sramadan. They cleaned the college premises



Free Eye Testing Camp (27.01.2016)



The NSS Units of SES College Sreekandapuram organized a one day free eye testing camp to the public, staff and students in association with Al Salama Eye Hospital Kannur in the college Auditorium. More than 100 students and many other villagers came to attend the camp for their eye-check up. Dr. Ashok and other prominent eye specialists treated the patients. It was a worth benefiting camp.



Samiritan Old age Home visit

The volunteers along with the staff visited samarittan bhavan on account of Onam Celebrations. samarittan bhavan includes 28 hostess who are mentally retarded and were rehabilitated from the streets. The volunteers spent a half day and interacted with them. We donated clothes and a month's provisions. The clothes and other parcels were handed over to the samarittan bhavan. The students spent some time with the inmates and helped them in some of their activities. There were many mentally ill & physically handicapped patients as well those who were abandoned by their relatives,. It was a great opportunity for all the students who took part to realise how lucky they all were being born & brought up in a good family and with everyone to look after them





Training class for NSS volunteers

Various motivational classes was organised by the NSS unit by an eminent motivational speakers

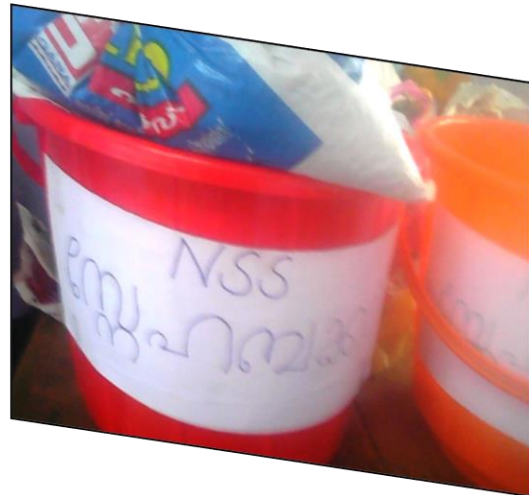




General activities conducted by NSS units of SES College

- **Sneha bucket programme**

It is a helping hand for the poor. The volunteers collect various products like vegetables, pulses which are useful for our daily life. These are distributed among poor people and charity homes



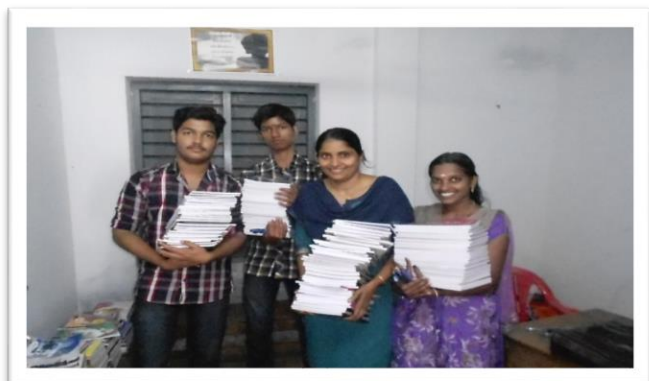
Kaithangu Programme



It was an innovative programme organized by the NSS units. The boxes were kept in all classes of the college to collect the money to support the poor section of the society. The NSS members propagated the idea of **One Day One Rupee** to help the poor was welcomed by the students. We could collect RS: 3000 by this Programme and distributed it to Samaritan homes and orphanages.

Yearly Book Collection Programme

It was a different initiative started by NSS Units ,through this we collected around 450 note books and pens in a year and supplied it to poor students.



Old Newspaper collection programme

One day one newspaper was brought by the volunteers from the home and at the end of the year it was sold to the market. By this programme the unit could collect one thousand rupees. It was given to the poor people and to the old age home. It was a good programme to make awareness in the volunteers to help the poor. They could involve in such activity by bringing News papers every day from the home.



Soap Manufacturing training to the volunteers

Work Experience is part of educational program where students experience the world of work, often for the first time. The NSS units of our college also made such opportunity to the students. Under the aspicies of NSS units we arranged the soap manufacturing training to the students. The experienced persons taught the volunteers to make bathing soap; washing powder which is that is

the essential things for a common man. It really provided an entrepreneurial spirit to the volunteers.



Blood Donation Camp

A Blood Donation Camp was organised in our campus with the co-operation of district hospital kannur. Many came forward to donate blood and all the NSS volunteers volunteered very well. The volunteers got a chance to know the importance of blood donation. The donated blood will aid to save the lives. More than 75 volunteers from among the students, faculty and staff members participated voluntarily in the camp. The students and staff of the college came together to participate in it with great enthusiasm and it deepened social awareness among them. Refreshments were provided to everyone who donated their blood.

SPECIAL CAMP AT A GLANCE

Special Camp Programme is an integral part of NSS activities. It provides opportunities to our youth for group living, sharing of experience with each other and constant interaction with community. Holding this thought firmly a 7 day special camp was organised by the NSS unit of SES college sreekandapuram .