

SES COLLEGE SREEKANDARAM

NSS UNIT 17 & 18

ACTIVITY REPORT

2024- 2025

World Environment Day

05/06/2024

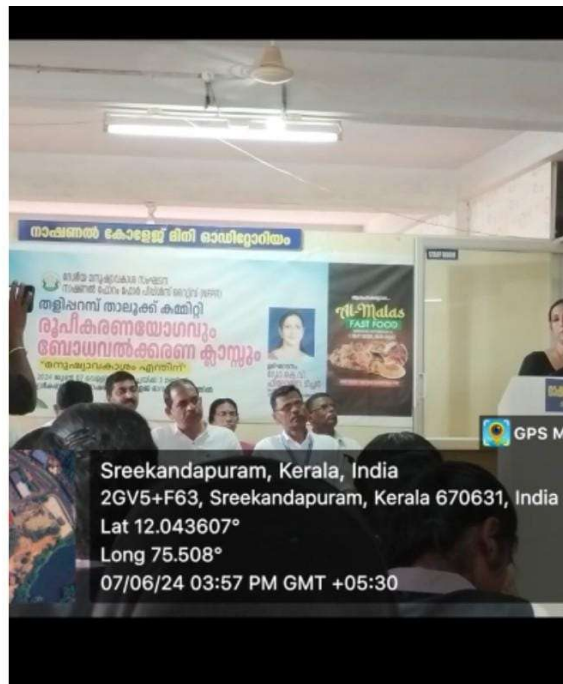
NSS volunteers of SES College celebrated environment day by planting saplings in the campus .The programme was inaugurated by the principal and 40 volunteers participated in this programme.



Awareness class on Human Rights

07/06/2024

The NSS volunteers of SES College participated in the awareness class on human rights conducted by National Human Rights Organisation, Talparamba Taluk Committee. 8 volunteers participated in the programme.



Formation of Emergency Team

09/06/2024

NSS volunteers decided to co operate with the Samaritan Emergency Team with the intention of helping those who are suffering from monsoon disaster.. 6 NSS volunteers became a part of this team.



Financial aid to a family belonging to extreme poverty

14/06/2024

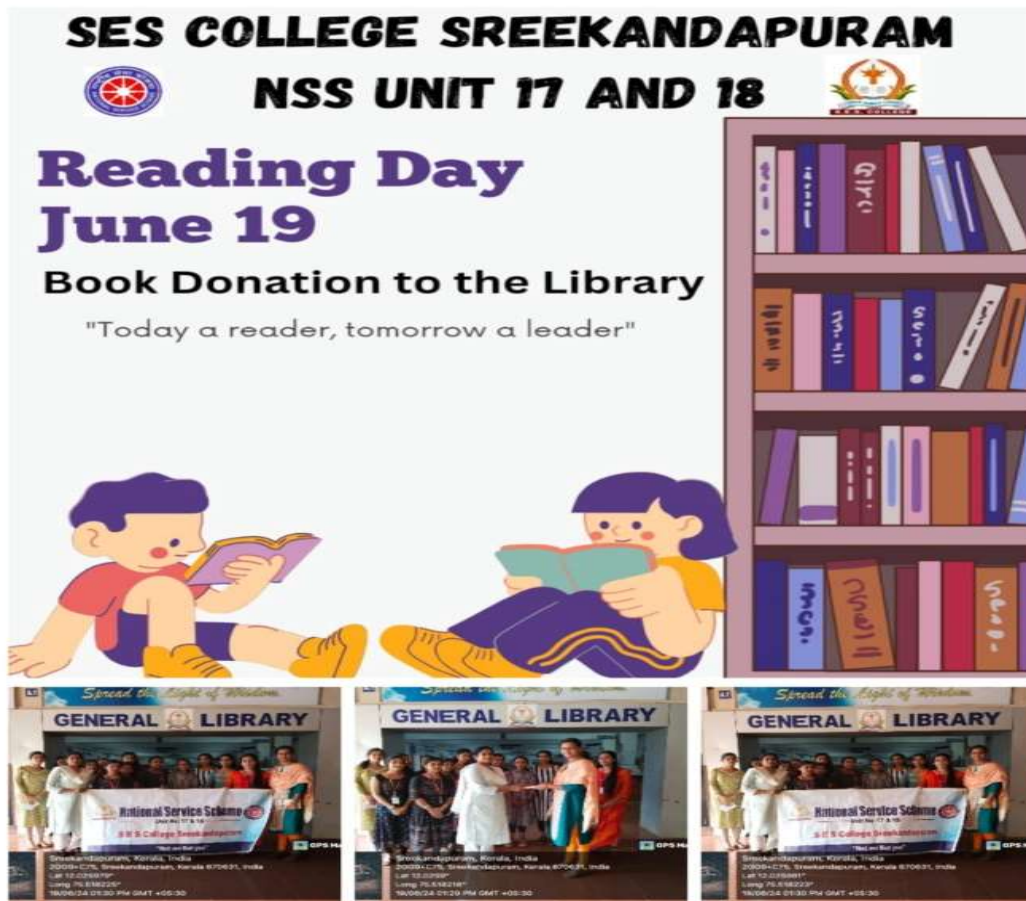
The NSS units of SES College became a part of “Ujjeevanam” project of Extreme Poverty Alleviation Project under the State Kudumbashree Mission. As part of this project NSS unit assisted a family belonging to extreme poverty to purchase a sewing machine. 48 volunteers became a part of this programme.



Reading Day

19/06/2024

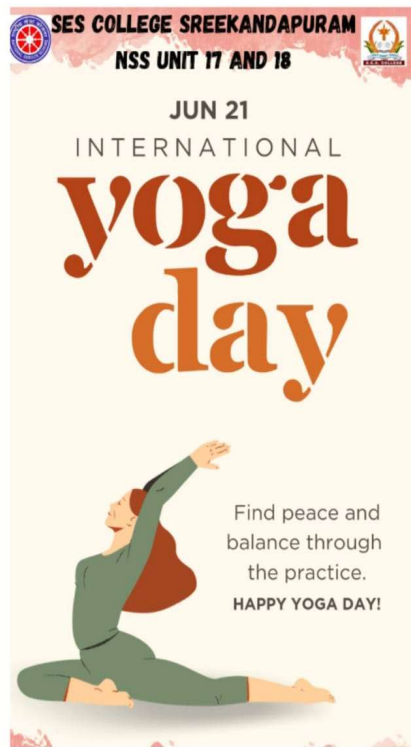
NSS volunteers of SES College, Sreekandapuram celebrated reading day by donating books to the college library. It was wonderful experience to the students. 42 volunteers were participated in this programme



Yoga Day

21/06/2024

NSS volunteers celebrated yoga day by practicing and meditation. 46 volunteers practiced yoga and meditation.



Antidrug Day

26/06/2024

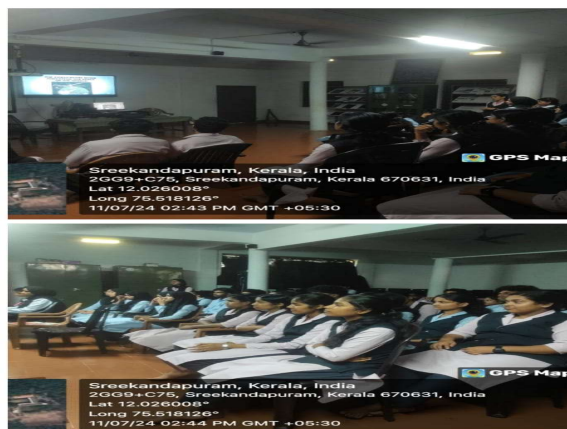
The NSS volunteers of SES College celebrated Antidrug day by making posters and displaying them on notice boards. 25 volunteers actively participated in this programme.



Population day

11/07/2024

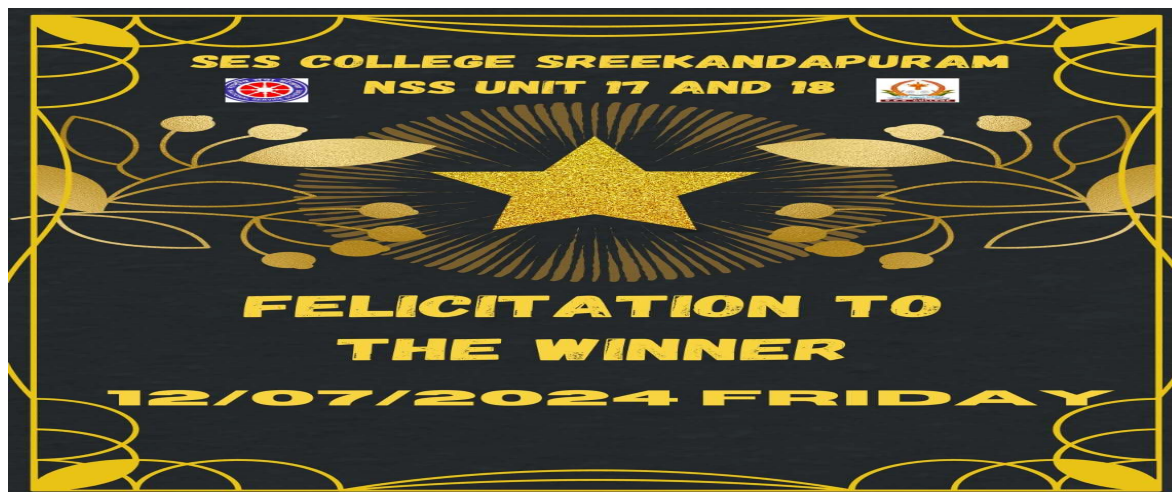
On 11 July 2024 the NSS unit of SES College celebrated population day by organizing a documentary screening, the programme name was “ population bomb” 28 volunteers participated in this programme.



Felicitation ceremony to the volunteers

12/07/2024

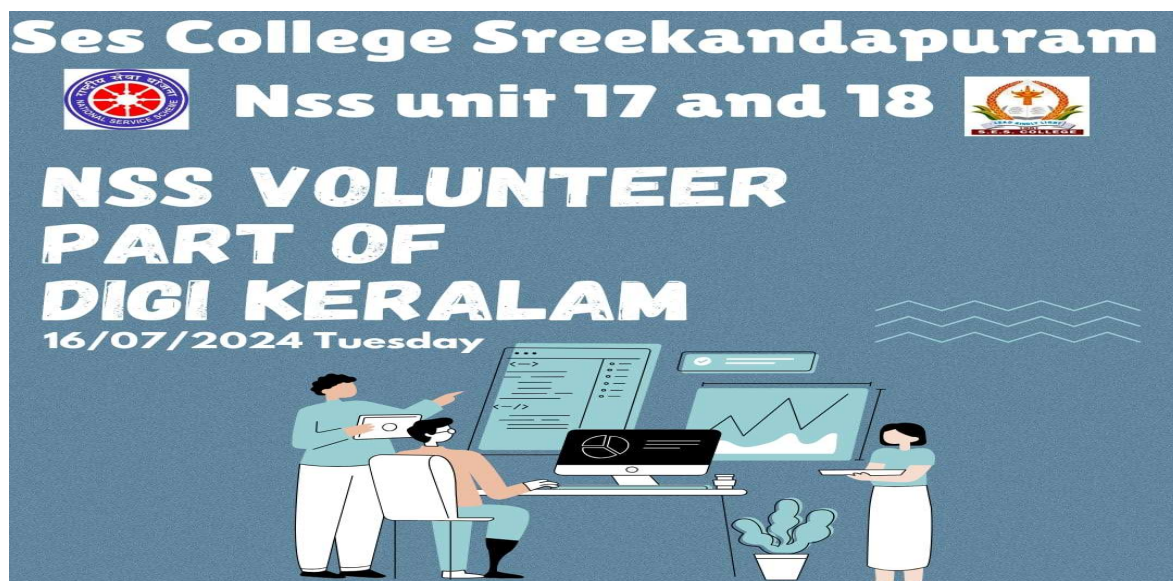
The senior volunteers of NSS unit 17 & 18 took initiative for congratulating the junior volunteers for achieving good marks in the first semester university examination, 52 volunteers participated in this function.



Digikeralam

16/07/2024

The NSS volunteers of SES College became a part of the digikeralam by registering in the site provided by the Government. 68 volunteers registered and became a part of this programme.



Cleaning Programmes in Sreekandapuram Town

16/07/2024

A cleaning programmes was arranged in Sreekandapuram town under the joint auspices of the Samaritan emergency team and SES College NSS unit in order to convey the importance of environmental sanitation to the people in the context of the spread of monsoon diseases. 10 volunteers took initiative for organizing such a programme



01/08/2024

A Helping hand to Wayanad

The NSS units of SES College were worked in a timely manner to deliver essential goods to Chooralmala in Wayanad which was destroyed by a landslide, the goods are being distributed under the leadership of Kannur University and brought to the relief camp. 103 volunteers worked as a part of this programme.



അറിയിപ്പ്

SES COLLEGE SREEKANDAPURAM NSS
യൂണിറ്റുകളുടെ ആഭിമുഖ്യത്തിൽ വയനാട്ടിലേക്ക്
അടിയന്തിരമായി ആവശ്യസാധനങ്ങൾ
എത്തിക്കുന്നതിനായി
31-07-2024 ബുധൻ 5:00 PM
വരെ Gpay വഴി ധനസമാഹരണം നടത്തുന്നതാണ്
പരമാവധി ഉച്ചയ്ക്ക് മുൻപായി അയക്കുവാൻ ശ്രമിക്കുക



97478 86979
SANDRA
80752 13799
ANAL RAJ MATTANKOT

SES COLLEGE
SREEKANDAPURAM

National Service Scheme
UNIT 17&18



07/08/2024

Inauguration of Samaritan Emergency Team

NSS volunteers decided to co operate with the Samaritan Emergency Team with the intention of helping those who are suffering from monsoon disaster. As part of this the inauguration of SET emergency team was held in the college under the initiative of NSS units on 07/08/2024. 40 NSS volunteers attended the inaugural session.

National Service Scheme
Unit 17&18
SES COLLEGE
SREEKANDAPURAM

7 August 2024
01:30 PM

Seminar Hall
SES College

Inauguration : **SET**
(Samaritan Emergency Team)

Fr. Anoop Narimattam
(Director, Samaritan Palliative Care)

Presidential
Address : **Dr. Reena Sebastian**
(Principal, SES College)

About SET : **Mr. Sasidharan K V**
(Social Worker, Member, SET)

In Association With
samaritan
OLD AGE HOME & PALLIATIVE CARE CENTRE
Kannur, Kerala, India.



13/08/2024

Help to a physically challenged person

With the aim of helping Seenath, a wheelchair-bound woman, NSS volunteers of SES College bought and sold Freedom Paper pens made by her on this Independence Day. Volunteers sold 400 freedom paper pens and 78 volunteers actively participated in the selling and marketing of the pen



12/08/2024

Participation in the Training programme

As part of implementation of “Thanmudra” Disability Survey Kannur Social Justice Department provided training to the NSS volunteers of Kannur University. 10 volunteers from SES College participated in the training programme.



15/08/2024

Independence day celebration

The independence day celebration of NSS units started with the flag hoisting after that a patriotic song competition was also held. 82 NSS volunteers actively participated in this programme.

**NATIONAL SERVICE SCHEME**
UNITS 17 & 18
SES COLLEGE SREEKANDAPURAM





CELEBRATING
78TH
Years

Happy
Independence
Day

15th August  Programme starts at
9:00AM

flag hosting
starts at
9:00Am



**Patriotic song
competition**





78 th Independence Day Celebration

NSS Units 17 & 18

SES College Sreekandapuram



Blood Stem Cell Donor Registration Camp

NSS Unit 17&18 of SES College is organizing a Blood Stem Cell Donor Registration Campaign in connection with DATRI Blood Stem Cell Donors Registry for help finding a donor match for patients who is in urgent need of Blood Stem Cells to fight with Blood Cancer. The possibility of getting a match is from 1 in 10,000 to one in 2 million. Anyone between the ages of 18-50 years can register as a donor. Minimum weight should be 40kg. It will only take a few minutes to register as a donor. Fill up forms and give a cheek swab sample. If you are a match to someone, you can donate stem cells through blood in a procedure similar to platelet donation. Your 5 minutes may help someone to fight fatal blood disorders like Blood Cancer. 120 students actively participated in the registration campaign.

ശ്രീകണ്ഠപുരം SES കോളേജിൽ NSS Unit No : 17&18 സംഘടിപ്പിക്കുന്ന

 **DATRI**
Blood Stem Cell
Donors Registry

**ബ്ലഡ് സ്റ്റം സെൽ ഡോണർ
രജിസ്ട്രേഷൻ ക്യാമ്പ്**

"To the world you may be one person; but to one person you will be the
WORLD!"

ഒരു എച്ച് എൽ എ സാമൂഹ്യമുള്ള ദാതാവിനെ
കണ്ടെത്താനുള്ള സാധ്യത 1:10000 -1: മില്യൺ

എങ്ങനെ രക്തമൂലകദാതാ ദാതാവായാകാം

പ്രായ പരിധി: 18-50 വയസ്സ്

1. നന്ന പ്രകൃതം എങ്ങനെ എന്തു മനസ്സിലാക്കുക
2. വിവരങ്ങൾ ചുമ്പിയിട്ടു നൽകുക
3. എച്ച് എൽ എ സാമൂഹ്യം നോക്കുന്നതിനായി അനുവദിക്കുന്നതായ പത്തു മൾകിറ്റിൽ ഉറപ്പി സാമ്പിൾ നൽകുക



XXXXXXXXXX

നിങ്ങൾ ഒരു രോഗിക്കായി സാമൂഹ്യ വന്നാൽ രക്തത്തിലൂടെ മൂലകദാതാങ്ങൾ മാത്രം വേർതിരിച്ചു നന്നം ചെയ്യാം.



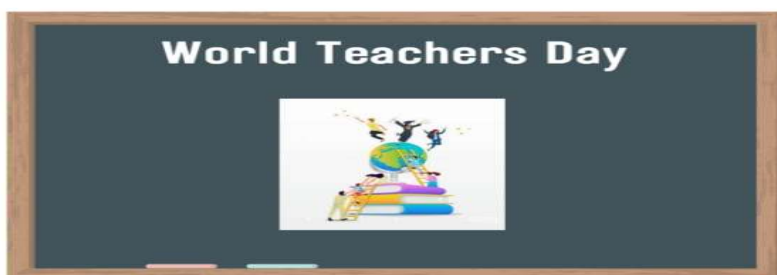
05/09/2024

Teachers Day

NSS volunteers of SES College ,Sreekandapuram celebrated Teachers day by wishing the teachers and distributed a greeting card to them.78 volunteers actively participated in this programme



**National service scheme
SES COLLEGE SREEKANDAPURAM
Unit 17&18**



September 5

**Thank you for being inspiring,
guiding, and understanding.**

Programs-

**Photography contest
Greeting card making**



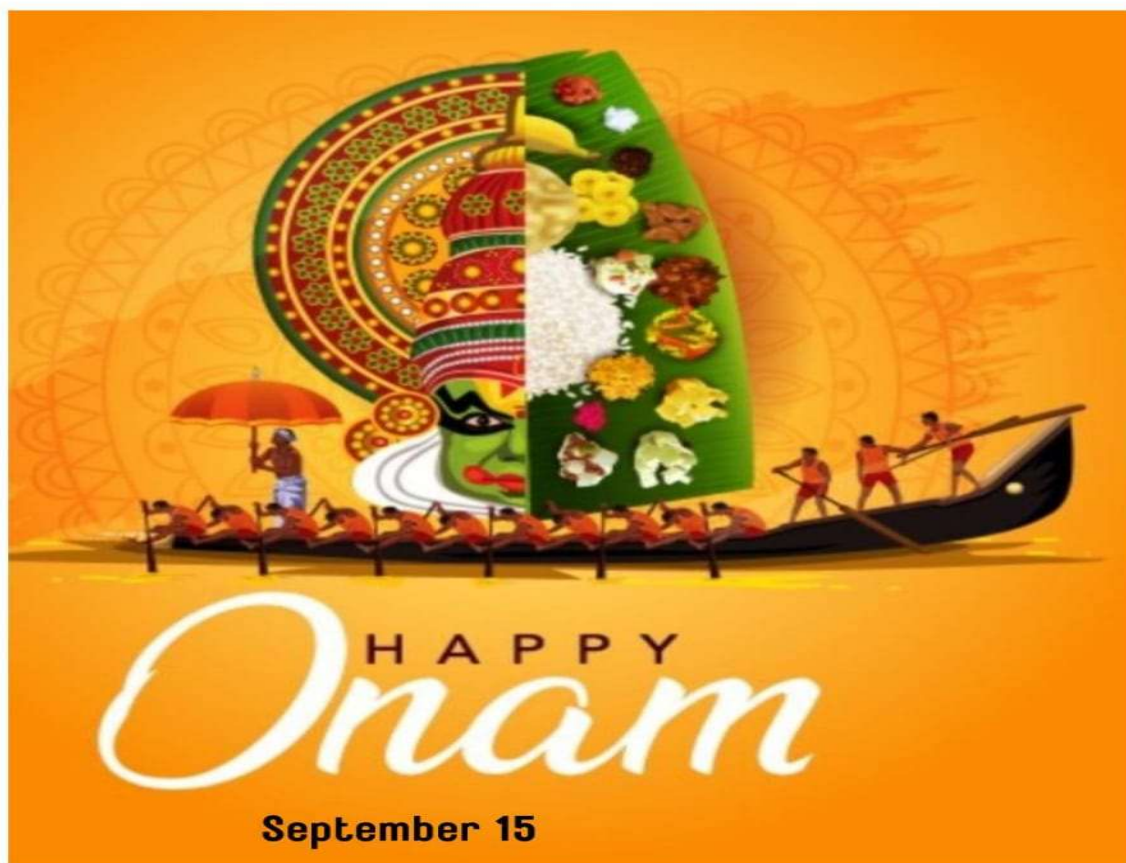
12/09/2024

Onam Celebration

NSS volunteers celebrated onam celebration by putting pookalam in the campus.78 volunteers participated in this programme.



National service scheme
SES COLLEGE SREEKANDAPURAM
Unit 17&18





24/09/2024

NSS Day

NSS volunteers celebrated the NSS day by cleaning the campus and convey the message of Swachatha Hi Seva. 72 volunteers became a part of this programme.



24/09/2024

Charitable Distribution of essentials at oldage home

On the occasion of NSS day volunteers of SES College conducted a community outreach programme, distributing essential items at “Samaritan Palliative care” an oldage home near the college. 72 volunteers became a part of this programme



National Service Scheme
SES COLLEGE SREEKANDAPURAM
UNIT 17&18





Programs-

SWACHHATA
HI SEVA 2024
SAMARITAN VISIT

Cleaning Area-

COLLEGE CAMPUS



GPS Map Camera

Chengalayi, Kerala, India
Ch CH2, Chengalayi, Kerala 670631, India
Lat 12.051326°
Long 75.490164°
24/09/24 03:08 PM GMT +05:30

Google

26/09/2024

Social outreach and community Engagement Programme: oldage home Interface

The NSS volunteers of SES College organised a social outreach and community engagement programmes by visiting “ Samaritan Palliative Care” an oldage home near the college .48 volu



28/09/2024

Cleaning Programmes at Sreekandapuram Municipality

As part of Swachhata Hi Seva programme NSS volunteers of SES College undertook a cleaning drive in Sreekandapuram Municipality, where the college is located. 20 volunteers participated in the cleaning campaign.



October 1

Celebration of Senior Citizens Day

NSS volunteers of SES college celebrated senior citizens day by taking a pledge on older persons day. 48 volunteers participated and took a pledge.



October 2

Gandhijayanthi Celebration and Swachatha Hi Seva Campaign

NSS volunteers of SES College celebrated Gandhi Jayanthi by organizing variety of programmes. To commemorate Gandhi Jayanti, NSS volunteers initially lit the lamp at the Gandhi statue in the college and cleaned the college campus and NSS room as part of the Swachhata Hi Seva program. Following this, the volunteers marched to the Anganwadi near the adopted village, Pathinaru Parambu of NSS unit. Where they took a pledge as part of the Swachatha Hi Seva Campaign. They then interacted with the children and organized various programmes to entertain the children. 74 volunteers participated in this programme.

Ses College Sreekandapuram



Nss unit 17 and 28



Oct 2 Gandhi Jayanti

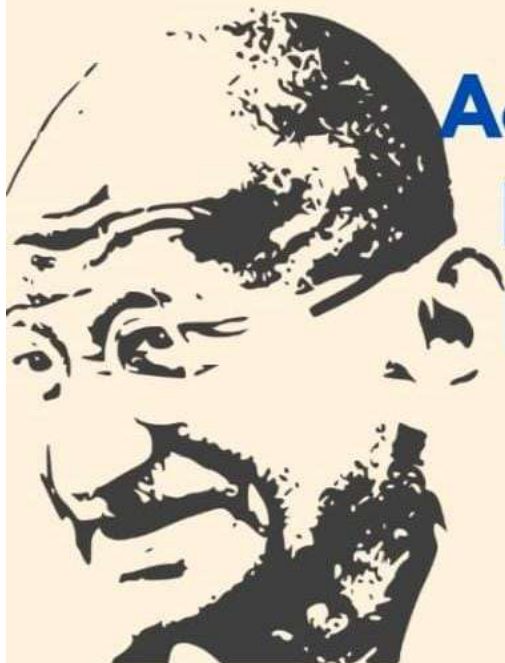


**Swachatha Hi Seva
Campaign**



**Programmes- Lamp lightning
Cleaning**

**Activity
Rally
Pledge taking**





November 15

Road safety programme

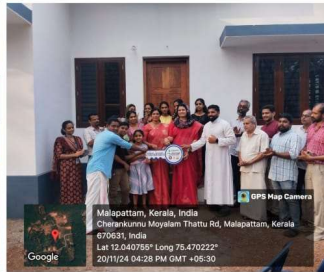
NSS volunteers of SES college conducted road safety programme in association with Samaritan palliative care. As part of this programme ,a bike rally and a class on road safety awareness were organized to promote and ensure road safety. 64 NSS volunteers became a part of this programme.



November 20

“Snehaveed” Key Donation Ceremony

The Snehaveed project, a joint initiative of Kannur University NSS Cell and Kochouseph Chittilappally Foundation, was taken forward by the NSS units of SES College Sreekandapuram with the support of kind-hearted individuals. The key donation ceremony of Snehaveedu was formally inaugurated by the honorable NSS Program Coordinator of Kannur University Dr Nafeesa Baby. 64 volunteers participated in this programme



November 26

Celebration of Constitution Day

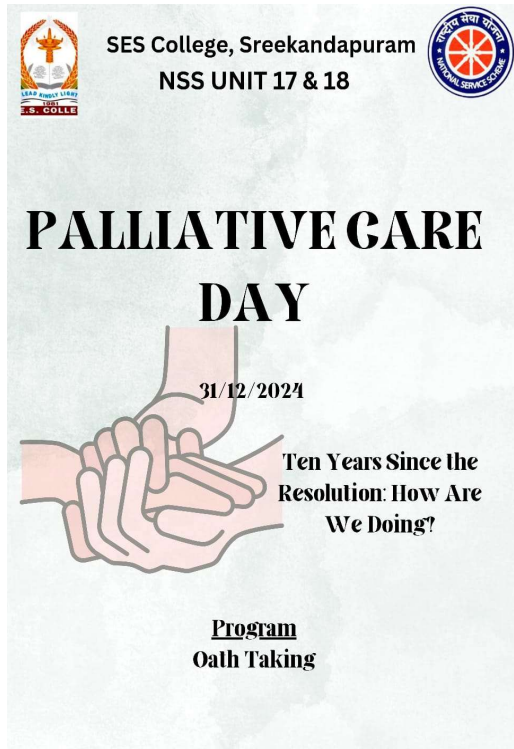
The NSS volunteers celebrated constitution day by offering flowers in front of Ambedkar's photo and took a pledge on the importance of the constitution. 60 volunteers participated in this programme.



December 3

Palliative care Day Programme

The NSS volunteers of SES College celebrated Palliative care day by taking a pledge .60 volunteers took pledge and they shared the importance of palliative care with others.



NSS RESIDENTIAL CAMP-December 20 to 26, 2024

Unit No. 17 & 18

Special Camp Programme is an integral part of NSS activities. NSS Residential Camps are crucial for youth development, fostering group living, experience sharing, and community interaction. This report outlines the successful conduct of a 7-day special camp, "Insight Ignited Minds" organized by the NSS units 17 & 18 of Sreekandapuram SES College.

National Service Scheme 17th and 18th Unit of Sreekandapuram SES College Seven Day Camp " Insight Ignited Minds" from 20th to 26th December 2024 is being held at Secret Heart Higher Secondary School, Erud, Payyavoor. The main objective of the camp is to develop the personal development of about 100 students participating in the camp through social service, to develop service readiness among students and youth, to make the students involved in nation reconstruction, to make them responsible towards the society, and to train volunteers in activities such as charity, environment cleaning, kitchen garden, environmental protection and survey. The " Insight Ignited Minds " camp proved to be a valuable experience for all participants. Through a diverse range of activities, students developed essential life skills, fostered a sense of community responsibility, and contributed positively to society. Along with this, the camp also included the activities of the project ``Susthira Vikasanathinayi Yuvatha' designed by the State NSS and the National Service Scheme Kannur University. 100 volunteers participated in the seven-day camp. The seven days programme details were listed below.



National Service Scheme Unit 17& 18
SES College Sreekandapuram



INSIGHT

Ignited Minds

7 day residential camp

Dec 20 - 26

at Sacred Heart Higher Secondary school, Irood

ഉദ്ഘാടന സമ്മേളനം

എൻ.എസ്.എസ് ഗീതം

സ്വാഗതം:

ഡോ. നസീന കെ. പി. (പ്രോഗ്രാം ഓഫീസർ)

അവ്യക്തൻ:

ശ്രീ അഷ്റഫ് ടി. പി (വാർഡ് മെമ്പർ)

(ഇരുട്ട്, പയ്യാവൂർ ഗ്രാമപഞ്ചായത്ത്)

ഉദ്ഘാടനം :

ശ്രീമതി. ലിസ്സി ഒ. എസ് (വൈസ് പ്രസിഡന്റ്)

(ഇരിക്കൂർ ബ്ലോക്ക് പഞ്ചായത്ത്)

അനുഗ്രഹ ദാക്ഷണം :

റവ. ഫാ. ബേബി കട്ടയാകൽ (മാനേജർ)

(സേക്രട്ടറി ഹാർട്ട് ഹയർസെക്കന്ററി സ്കൂൾ)

മുഖ്യ പ്രഭാഷണം :

ഡോ. റീന സെബാസ്റ്റ്യൻ

(പ്രിൻസിപ്പാൾ, എസ്. ഇ.എസ്. കോളേജ്)

ക്യാമ്പ് വിശദീകരണം :

ശ്രീ. ദീപു ജോസ് കെ. (പ്രോഗ്രാം ഓഫീസർ)

ആശംസകൾ:

ശ്രീ. ബിജു സൈമൺ (ഹെഡ്മാസ്റ്റർ)

ശ്രീ. സൈജോ ജോസഫ്

(സെക്രട്ടറി, എസ്. ഇ.എസ്. കോളേജ്)

ശ്രീ. ശ്രീമതി. അനില സിറിൽ (മദർ പി.ടി.എ.)

ശ്രീ. ജോസ് മാത്യു (പി.ടി.എ. പ്രസിഡന്റ്)

ഡോ. സജേഷ് ടി. ജെ. (ഐ.ക്യു.എ.സി. കോഡിനേറ്റർ)

ശ്രീ.കൃഷ്ണൻ കെ.കെ

(പി.ടി.എ. വൈസ് പ്രസിഡന്റ്, എസ്.ഇ.എസ്. കോളേജ്)

ശ്രീ.വൈഷ്ണവ് കെ. കെ. (സീനിയർ വളങ്ങിയർ)

കുമാരി ശ്രേയ കെ.വി (സീനിയർ വളങ്ങിയർ)

നന്ദി: ശ്രീ. ആദിത്ത് ജെ. പി

(വളങ്ങിയർ & ചെമ്പർമാൻ സ്റ്റുഡന്റ്സ് യൂണിയൻ)

സംഘാടകസമിതി

ക്യാമ്പ് രക്ഷാധികാരികൾ

ഡോ. റീന സെബാസ്റ്റ്യൻ

(പ്രിൻസിപ്പാൾ, എസ്.ഇ.എസ്. കോളേജ്)

അഡ്വ. സാജു സേവ്യർ

(പ്രസിഡന്റ്, പയ്യാവൂർ ഗ്രാമ പഞ്ചായത്ത്)

ശ്രീ അഷ്റഫ് ടി. പി

(മെമ്പർ, പയ്യാവൂർ ഗ്രാമ പഞ്ചായത്ത്)

ശ്രീ. വിനീത് വർഗ്ഗീസ്

(മാനേജർ, എസ്.ഇ.എസ്. കോളേജ്)

ശ്രീ. ബിജു സൈമൺ

(ഹെഡ്മാസ്റ്റർ സേക്രട്ടറി ഹാർട്ട് ഹൈസ്കൂൾ)

ശ്രീ. ബിനോയ് കെ.

(പ്രിൻസിപ്പാൾ, സേക്രട്ടറി ഹാർട്ട് ഹയർസെക്കന്ററി സ്കൂൾ)

റവ. ഫാ. ബേബി കട്ടയാകൽ

(മാനേജർ, സേക്രട്ടറി ഹാർട്ട് ഹയർസെക്കന്ററി സ്കൂൾ)

ശ്രീ.കൃഷ്ണൻ കെ.കെ

(പി.ടി.എ. വൈസ് പ്രസിഡന്റ്, എസ്.ഇ.എസ്. കോളേജ്)

ശ്രീ ജോസ് മാത്യു (പി.ടി.എ. പ്രസിഡന്റ്)

ജനറൽ കൺവീനർ

ശ്രീ. ദീപു ജോസ് കെ. (പ്രോഗ്രാം ഓഫീസർ)

ഡോ. നസീന കെ. പി. (പ്രോഗ്രാം ഓഫീസർ)

ക്യാമ്പ് മാനേജർസ്

ഡോ. സുനിത ജോസഫ്,

ഡോ. രജിത് പി.പി.

ഡോ. കൈനി എം. സി,

ശ്രീ. ഫാതിമ കെ. പി.

ശ്രീ. ജി. സുരേഷ്

ക്യാമ്പ് സമയക്രമം

5 മണി : ഉണരൽ

6 മണി : യോഗാപരിശീലനം

7:30 : പ്രഭാതഭക്ഷണം

8:15 : എൻ. എസ്. എസ്. ഗീതം, റിപ്പോർട്ട്, ക്യാമ്പ് പേപ്പർ പ്രകാശനം

9:15 : ശ്രമദാനം

10:30 : പഠനക്ലാസ്

1 മണി : ഉച്ചഭക്ഷണം

2 മണി : പഠനക്ലാസ്

4:30 : മായ

5 മണി : കലാപരിപാടികളായുള്ള തയ്യാറെടുപ്പ്

6 മണി : കലാപരിപാടി

8 മണി : അത്താഴം

9 മണി : വളങ്ങിയർ പാർലമെന്റ്

10:30 : ലൈറ്റ് ഓഫ്

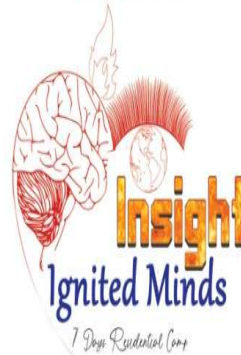


NATIONAL SERVICE SCHEME
SES COLLEGE SREEKANDAPURAM



നാഷണൽ
സർവ്വീസ് സ്കീം

യൂണിറ്റ് നമ്പർ 17 & 18



സപ്തമിന സഹവാസ ക്യാമ്പ്

ഇൻസൈറ്റ്

'സുസ്ഥിര വികസനത്തിനായ് യുവത'

2024 ഡിസംബർ | സേക്രട്ടറി ഹാർട്ട് ഹയർ
20 മുതൽ 26 വരെ | സെക്കന്ററി സ്കൂൾ

ഇരുട്ട്, പയ്യാവൂർ



മാനുരേ,

ശ്രീകണ്ഠപുരം എസ്. ഇ. എസ്. കോളേജിലെ നാഷണൽ സർവീസ് സ്കീം 17, 18 യൂണിറ്റുകളുടെ സപ്തദിന ക്യാമ്പ് 'ഇൻസൈറ്റ് 2024' ഡിസംബർ 20 മുതൽ 26 വരെ സേക്രട്ട് ഹാർട്ട് ഹയർ സെക്കന്ററി സ്കൂൾ ഇരുട്ട്, പയ്യാവൂർ വച്ച് നടക്കുകയാണ്. ക്യാമ്പിൽ പങ്കെടുക്കുന്ന നൂറോളം വിദ്യാർത്ഥികളുടെ വ്യക്തിത്വ വികസനം സാമൂഹ്യ സേവനത്തിലൂടെ വളർത്തിയെടുക്കുന്നതോടൊപ്പം വിദ്യാർത്ഥികളുടേയും യുവജനങ്ങളുടേയും സേവന സന്നദ്ധത വളർത്തിയെടുക്കുകയും, വിദ്യാർത്ഥികളെ രാഷ്ട്രപുനർനിർമ്മാണത്തിൽ പങ്കാളികളാക്കുകയും, സമൂഹത്തോട് കടമ ഉള്ളവരാക്കി തീർക്കുകയും ശ്രമമാണ്, പരിസരശുചീകരണം, അടയ്ക്കലുത്തോട്ടം, പരിസ്ഥിതി സംരക്ഷണം , സർവ്വേ , തുടങ്ങിയ പ്രവർത്തനങ്ങൾ വളണ്ടിയർമാരെ പരിശീലിപ്പിക്കുകയുമാണ് ക്യാമ്പിന്റെ പ്രധാന ലക്ഷ്യങ്ങൾ.

അതോടൊപ്പം നാഷണൽ സർവീസ് സ്കീം കണ്ണൂർ സർവ്വകലാശാല സെൽ രൂപകൽപ്പന ചെയ്ത സമ്പൂർണ്ണ പരിസ്ഥിതി പരിപാലനം, മാലിന്യ നിർമ്മാജനം, പ്ലാസ്റ്റിക് ഉപയോഗനിയന്ത്രണം ലക്ഷ്യമാക്കി 'സുസ്ഥിര വികസനത്തിനായ് യുവത്വം' ലഹരി നിർമ്മാർജ്ജന യജ്ഞം 'ലഹരിമുക്ത നാളെക്കായി യുവ കേരളം', എന്നീ പദ്ധതി പ്രവർത്തനങ്ങളും ക്യാമ്പിൽ ഉൾപ്പെടുത്തിയിരിക്കുന്നു. ക്യാമ്പിന്റെ വിജയത്തിനായി എല്ലാവിധ സഹായ സഹകരണങ്ങളും അഭ്യർത്ഥിക്കുന്നു.

എന്ന്

പ്രോഗ്രാം ഓഫീസർ,

ദീപു ജോസ് കെ.
യൂണിറ്റ് 17

ഡോ. നസ്രീന പി. കെ.
യൂണിറ്റ് 18

ഡിസംബർ 20 - വെള്ളി

4.30 ന് രജിസ്ട്രേഷൻ

5 മണി: ഉദ്ഘാടന സമ്മേളനം

6.30 മണി:

**ഐസ് ബ്രേക്കിംഗ്
ആന്റ് ഗ്രൂപ്പ് ഡയനാമിക്സ്**

(ശ്രീ. ബിജു നിടുവാലൂർ (അധ്യാപകൻ)

ഡിസംബർ 21 (ശനി)

രാവിലെ 9:15 : ശ്രമദാനം

എന്റെ എൻ. എസ്. എസ്.

സീനിയർ വളണ്ടിയർമാരുടെ

എൻ. എസ്. എസ്. അനുഭവങ്ങൾ പങ്കുവയ്ക്കൽ

11:00

ജീവിതം തന്നെ ലഹരി

(ശ്രീ.രഞ്ജിത്ത് കുമാർ പി. എ

(എക്സൈസ് പ്രിവന്റിവ് ഓഫീസർ)

ഉച്ചയ്ക്ക് 2.00

അരങ്ങൊരുക്കത്തിന് ഒരുമുഖം

(ശ്രീ.ആദിത്യൻ പി. (നാടകകൃത്ത് സംവിധായകൻ)

ഡിസംബർ 22 (ഞായർ)

രാവിലെ 9:00 ശ്രമദാനം

പ്രഥമ ശുശ്രൂഷയും അഗ്നി സുരക്ഷയും

(ഫയർ & സെക്യൂ സ്റ്റേഷൻ, ഇരിട്ടി)

ഉച്ചയ്ക്ക് 1:30

ശുദ്ധീകരണങ്ങളുടെ ശക്തി

(ഡോ. സുനിത ജോസഫ്)

(അസിസ്റ്റന്റ് പ്രൊഫസർ, എസ്. ഇ. എസ്. കോളേജ്)

ഡിസംബർ 23 (തിങ്കൾ)

രാവിലെ 9:00 ശ്രമദാനം

10:30 സർവ്വേ

ഉച്ചയ്ക്ക് 2 മണി

ജീവിത ശൈലിയും ആരോഗ്യവും

ഡോ. സുന്ദര അൽഫോൻസ് ജോർജ്ജ്

ഡിസംബർ 24 (ചൊവ്വ)

9:30 ശ്രമദാനം

സേവന മേഖലയും വ്യക്തിത്വവികസനവും

(ശ്രീ. സായിൽ കണ്ടോത്ത് സോഫ്റ്റ് സ്കിൽ ട്രെയിനർ)

ഡിസംബർ 25 (ബുധൻ)

9 മണി: ശ്രമദാനം

9 .30 മണി:

പാട്ട് വിചാരം

(ശ്രീ.രാഘവൻ ബ്ലാത്തൂർ

ഡിസംബർ 26 (ബുധം)

9 മണി: ശ്രമദാനം

10 മണി: സമാപനസമ്മേളനം

സ്വാഗതം : ഡോ. നസ്രീന പി. കെ.(പ്രോഗ്രാം ഓഫീസർ)

അദ്ധ്യക്ഷത : ശ്രീ അഷ്റഫ് ടി. പി (വാർഡ് മെമ്പർ)

(ഇരുട്ട്, പയ്യാവൂർ ഗ്രാമപഞ്ചായത്ത്)

ഉദ്ഘാടനം : **അഡ്വ. സാജു സേവ്യർ**

(പ്രസിഡന്റ്, പയ്യാവൂർ ഗ്രാമ പഞ്ചായത്ത്)

ക്യാമ്പ് അവലോകനം : വളണ്ടിയേഴ്സ്

സമ്മാനദാനം :

ആശംസ :

കുമാരി അശ്വിനി മോഹൻ (സീനിയർ വളണ്ടിയർ)

(ശ്രീ. സുധീഷ് പി.എം (സീനിയർ വളണ്ടിയർ)

നന്ദി : ദീപുജോസ് കെ.(പ്രോഗ്രാം ഓഫീസർ)

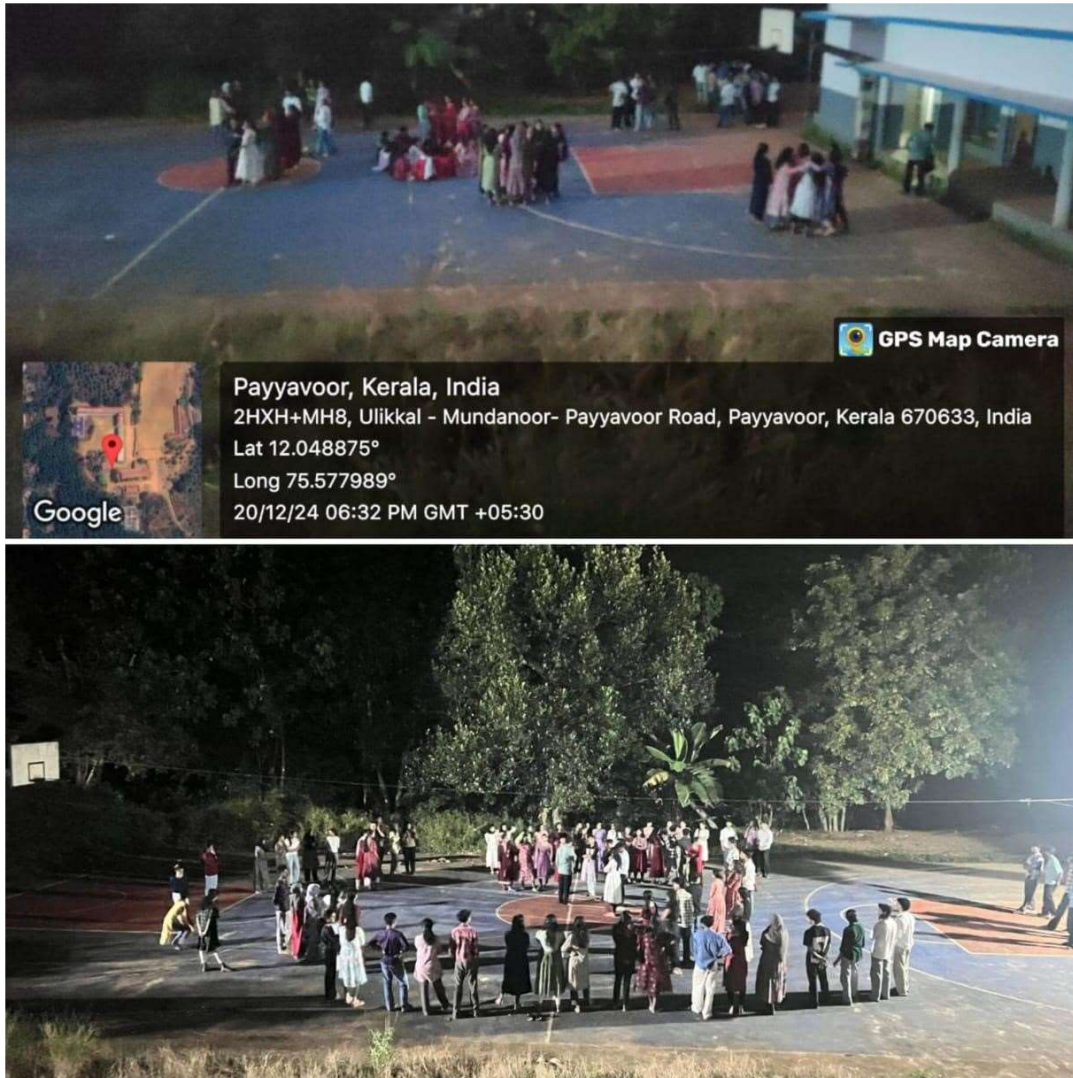
DAY 1 - 20/12/2024 INAUGURATION

The seven days' camp at Sacred Heart Higher Secondary School, Irood, Payyavoor was inaugurated at 5 P M. The inaugural function started with NSS song. Then, Programme Officer Mrs. Nasreena P. K. delivered the welcome speech. Ward member, Mr. Asharaf T.P. presided over the function. The camp was inaugurated by Irikkur Block Panchayat Vice President, Mrs. Lissi O. S. S.E.S. College Principal, Dr. Reena Sebastian delivered the Keynote speech. Programme Officer Mr. Deepu Jose explained about the camp. Felicitation speeches were extended by Headmaster Mr. Biju Simon, S.E.S. College Secretary Mr. Saijo Joseph, PTA President Mr. Jose Mathew, Senior Volunteers Mr. Vaishnav K.K. and Ms. Sreya K.V. The session was concluded with the Vote of Thanks by Students' Union Chairman Mr. Adith J.P.



ICE BREAKING SESSION

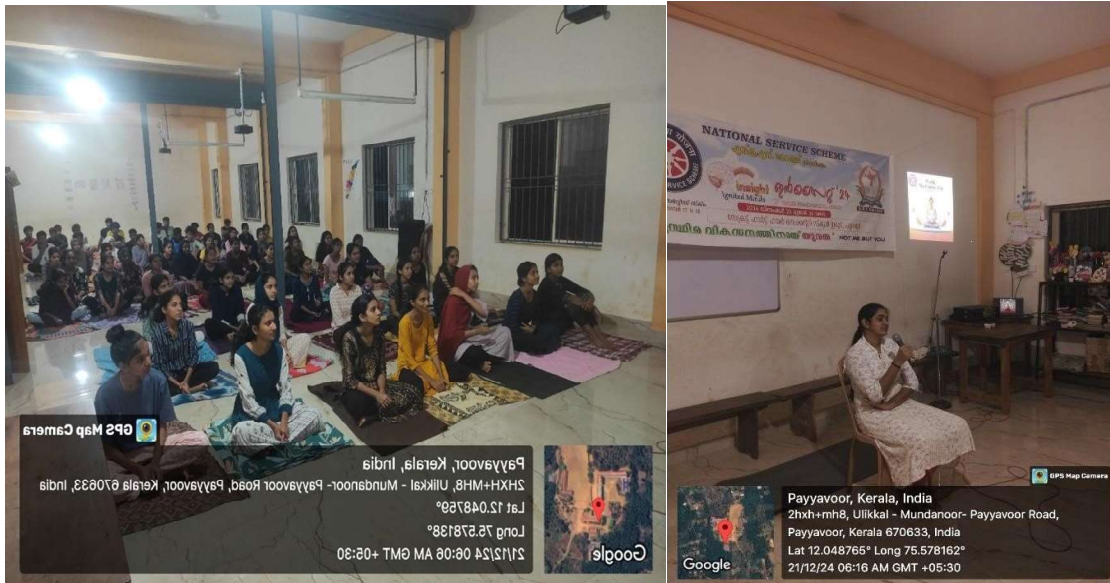
Ice breaking and Group dynamics session was conducted by Biju sir, the Teacher of Niduvaloor UP School.



DAY 2 - 21/12/2024

YOGA

The day started with Yoga practice at 6 am. It was conducted by Saritha Teacher.



CLEANING

Volunteers cleaned the classrooms, hall, bathroom, and the premises of the school.



‘ENTE NSS’ The session was conducted by Senior volunteers, Mr.Abhijith, Mr.Sooraj, Mr.Athul, Ms.Shamili, Ms.Hridhya and Ms.Ashna. They shared their NSS experiences, conducted games for volunteers and they demonstrated a Model Parliament.



JEEVITHAM THANNE LAHARI

The class was conducted by Excise Preventive Officer Mr.Ranjith Kumar P.A.



ARANGORUKKATHINU ORU AAMUGHAM

Playwright and Director, Mr. Adithyan Thirumana handled this session with games and meditation activities.



CULTURAL ACTIVITY

Volunteers showcased their artistic skills in front of others.



PARLIAMENT

Camp Parliament was held at 9 PM. Volunteers presented the daily reports.



DAY 3 - 22/12/2024

YOGA

The day started with Yoga practice at 6 am. It was conducted by Saritha Teacher.



CLEANING

Volunteers cleaned the classrooms, hall, bathroom, and the premises of the school.



MAGAZINE WORK

Volunteers started their magazine work. The topic provided for the Magazine was 'Pratheeksha' 'Yuvathvam', 'Swapnam', 'Lahariiyum Yuvathvavum', 'Lahariyude Velluvilikal'.



SESSION ON RABBIES

Session was conducted by Dr. Anil Varghese on 'Medical Hazard of Rabbies' accompanied by Mr. K.V. Janardhanan, Member of Director Board of S.E.S.



SHUBHA VICHARANGALUDE SHAKTHI

A motivational talk on 'Good Thoughts' was handled by Dr.Sunitha Joseph, Teaching Staff of S.E.S. College.



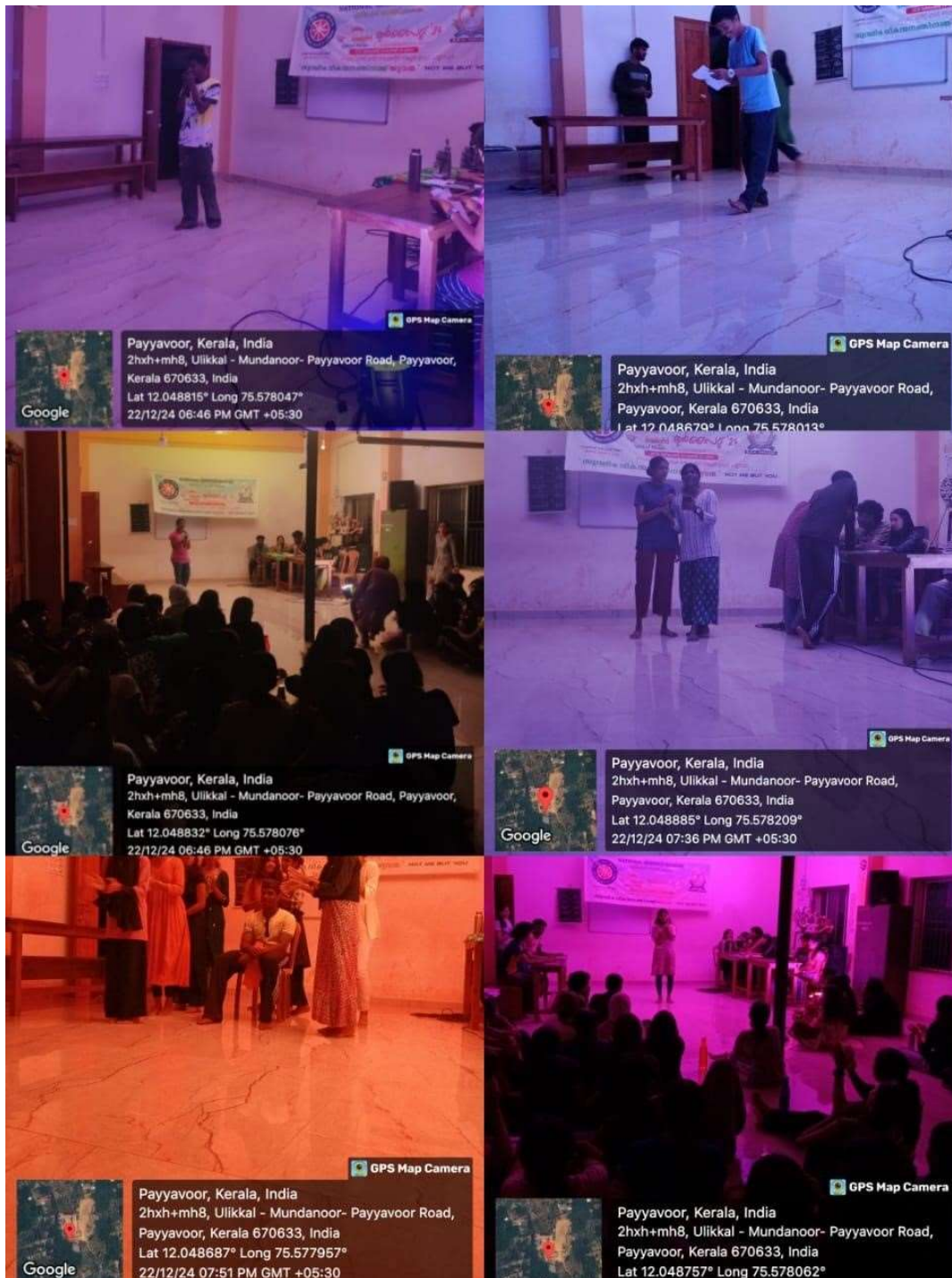
VEGETABLE GARDEN

Vegetable garden was inaugurated by Dr. Sunitha Joseph. Volunteers planted seeds of several vegetables.



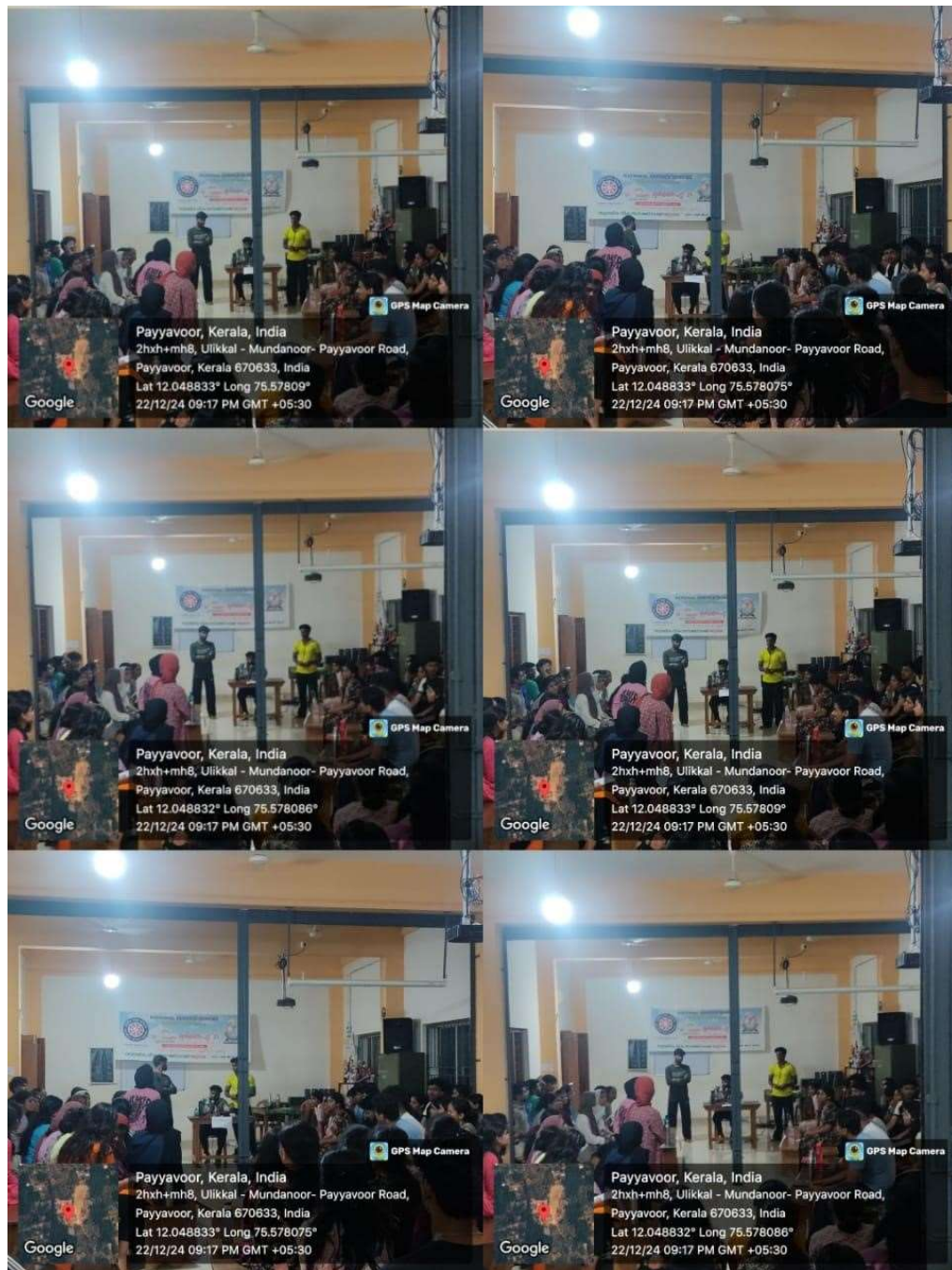
CULTURAL ACTIVITY

Volunteers showcased their artistic skills in front of others.



PARLIAMENT

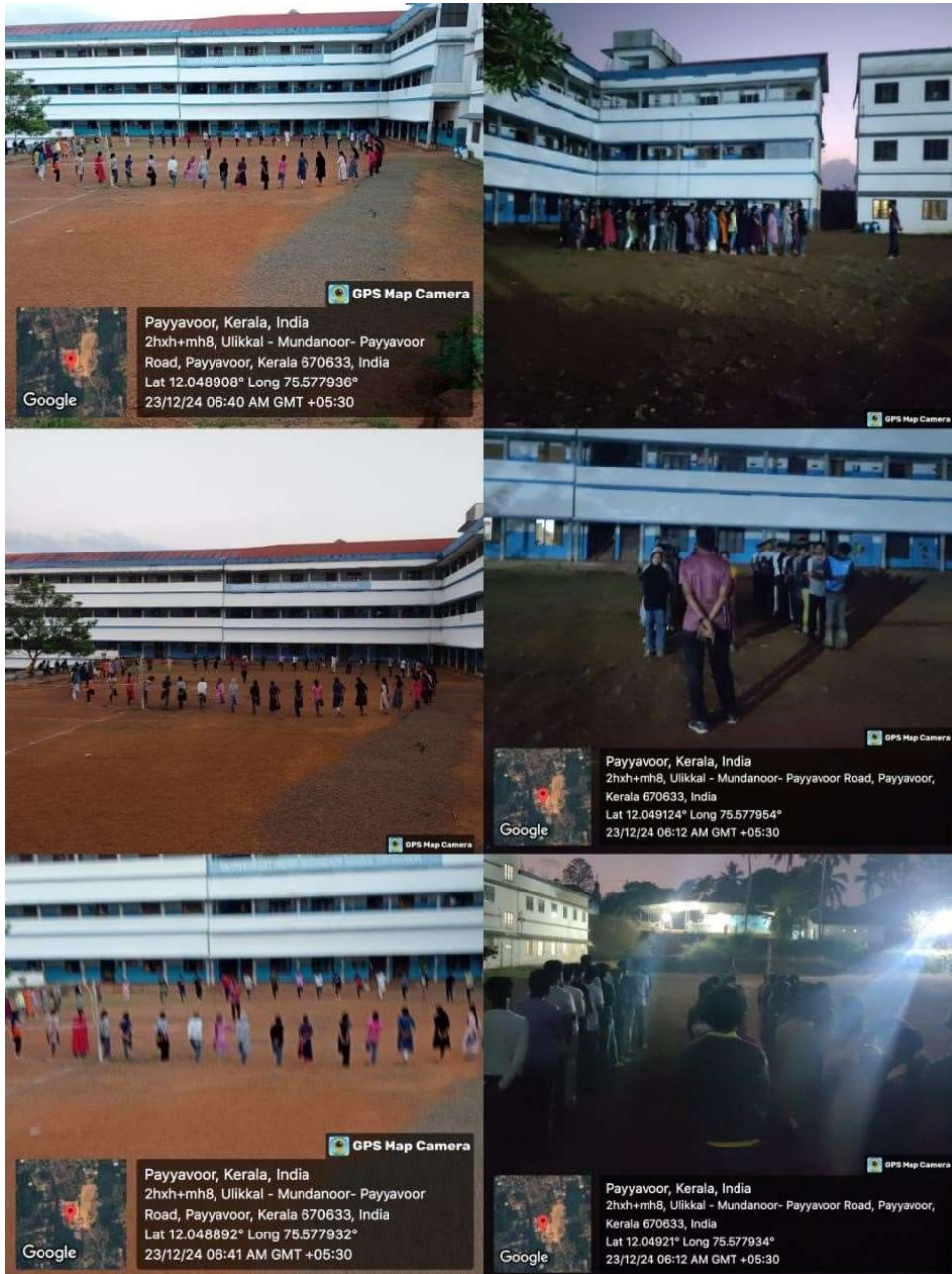
Camp parliament was held at 9 PM. Volunteers presented the daily reports.



DAY 4 - 23/12/2024

PHYSICAL TRAINING

The day started at 6 am with Physical training class of Aneesh Sir, Teacher of Physical Education Department, ITM Arts and Science College, Mayyil.



MAGAZINE WORK

Volunteers started the magazine work at 9.30 am and completed their work at 10 am and the editorial board started designing the cover page for the magazine with title “**NAALAM**”.



PAATTU VICHARAM

Mr. Ragavan Blathur interacted with volunteers about music from 10 AM. He also conducted a gaming session with the aid of music.



INTERACTIVE SESSION

S.E.S. College N.S.S. Alumni Volunteers, Ms.Shanima, Mr.Akshay, and Ms.Sruthisree shared their experience with Junior volunteers. They engaged the volunteers by doing many games and activities. Juniors shared their opinions about the camp.



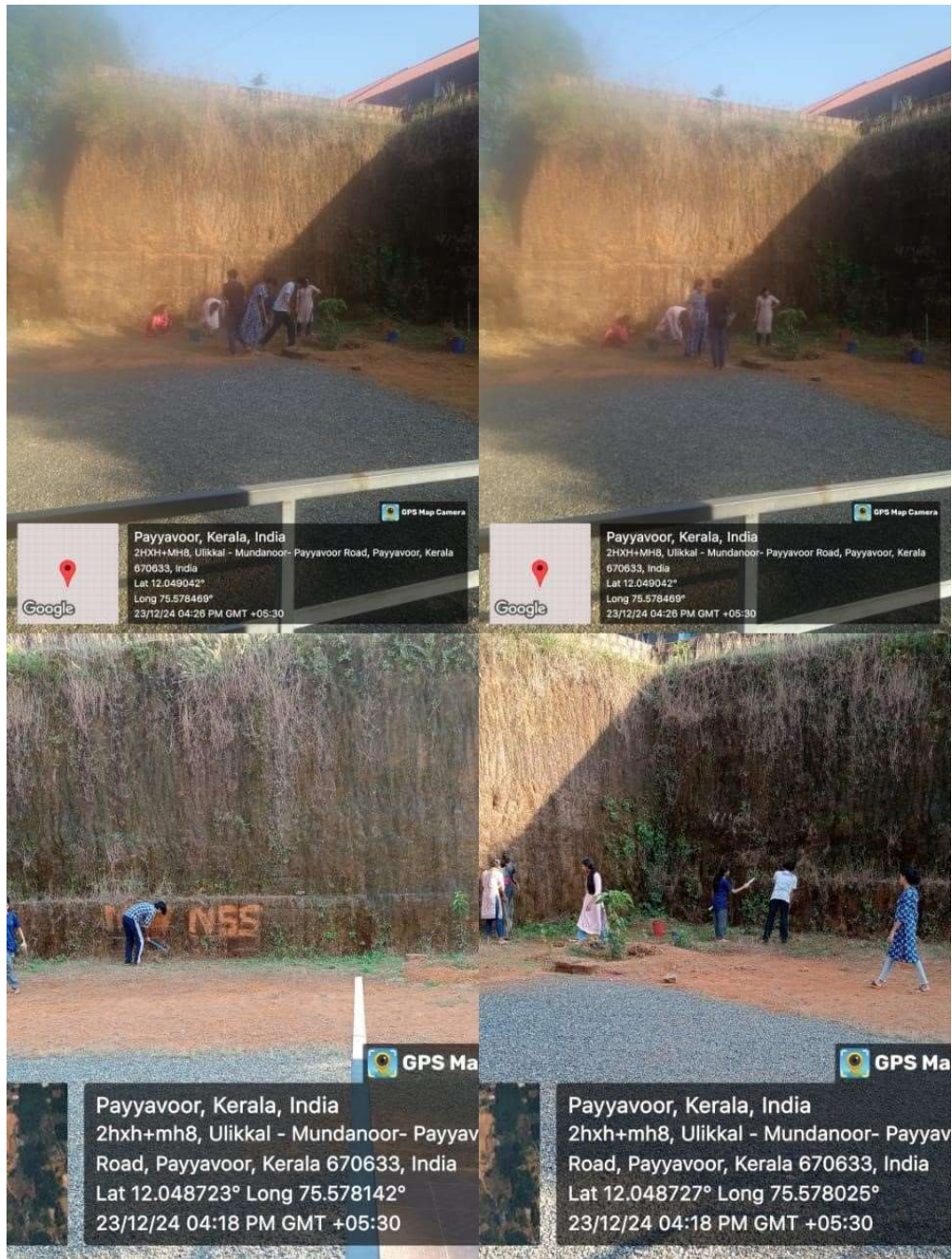
JEEVITHA SHAILIYUM AROGRYAVUM

Dr. Sandra Alphons George conducted a class about lifestyle and health from 2 PM. She asked volunteers about their lifestyle and cleared certain doubts of volunteers regarding lifestyle and health.



CLEANING

Volunteers cleaned school compound.



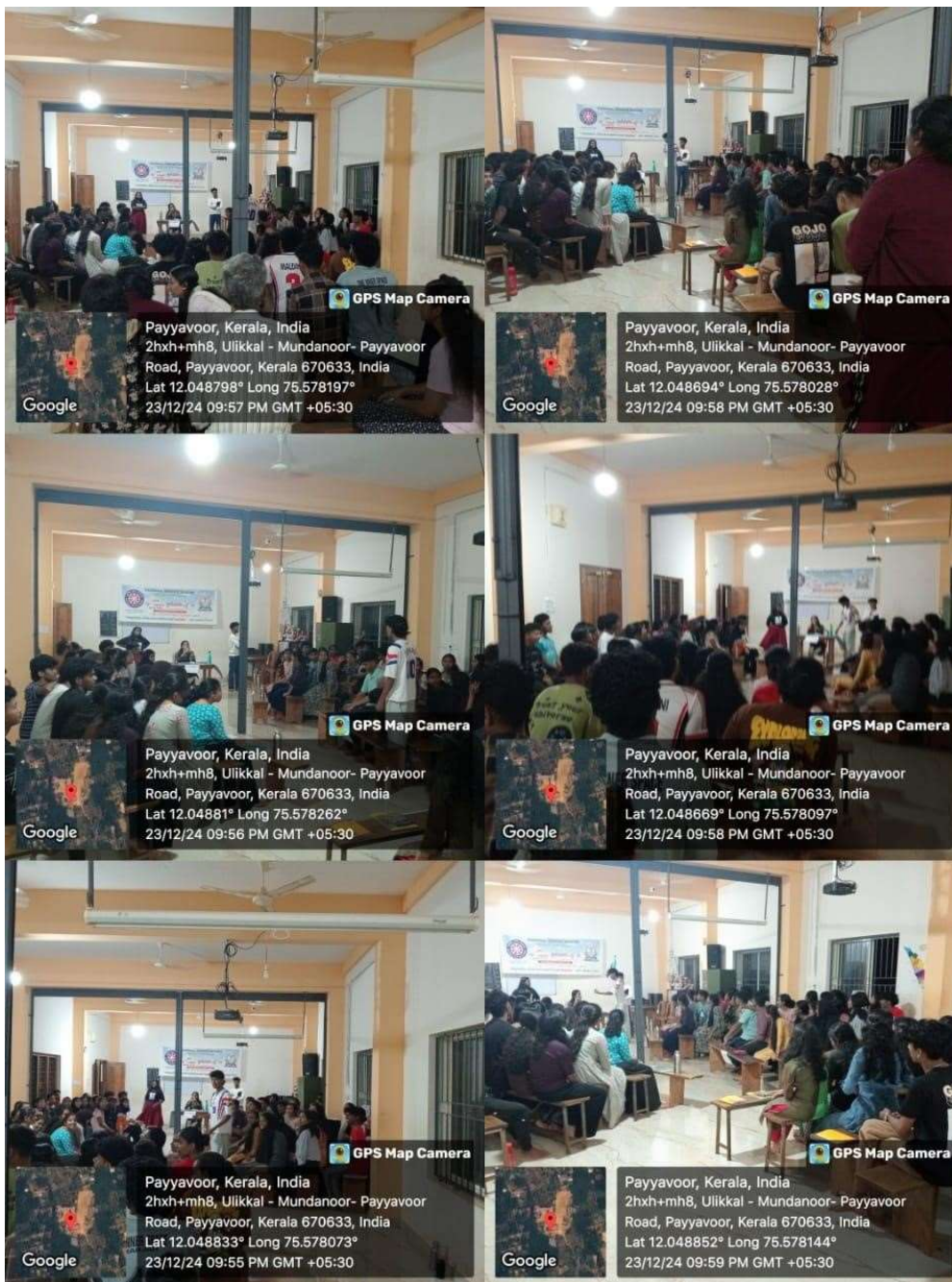
CULTURAL ACTIVITY

volunteers showcased their artistic skills in front of others.



PARLIAMENT

Camp parliament started at 9PM. Volunteers presented the daily reports.



Day 5 – 24/12/2024

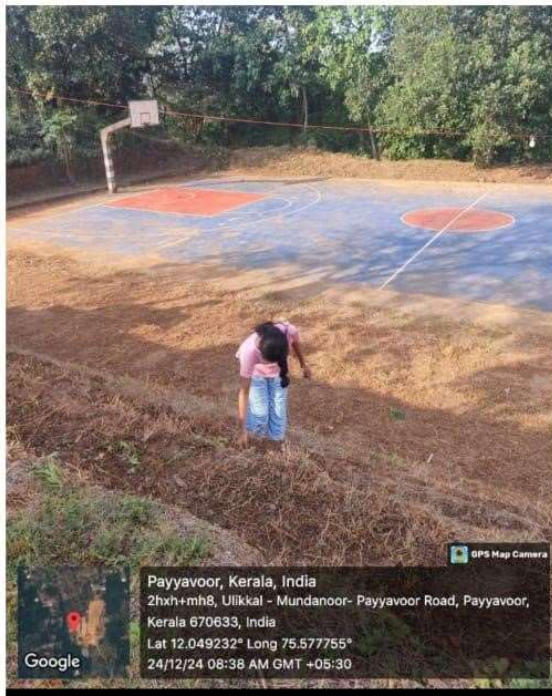
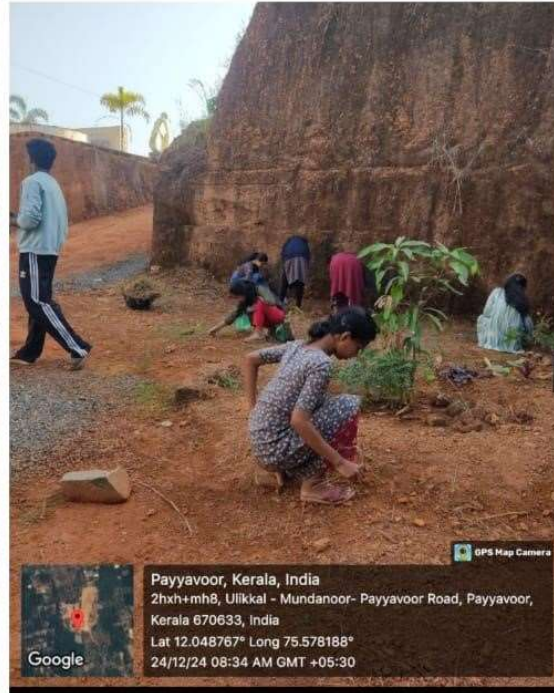
YOGA

The day started with Yoga practice at 6 am. It was conducted by volunteer Gopika M and senior volunteer Sudheesh P M.



CLEANING

At 8:45 Volunteers cleaned the classrooms, hall, bathroom, and the premises of the school and also watered plants and vegetable garden.



SEVENA MEGHALAYUM VEKTHITHA VIKASANAVUM

The session starts at 10 am. It was conducted by the soft skill trainer Sri Sailal Kandoth. It was a full day session. Sir managed the students by doing many indoor and outdoor games. Volunteers actively participated in this session



CHRISTMAS CELEBRATION

The program conducted with cake cutting at 7 pm by Sri Samson Rajan. Along with this the volunteers performed in the stage.



PARLIAMENT

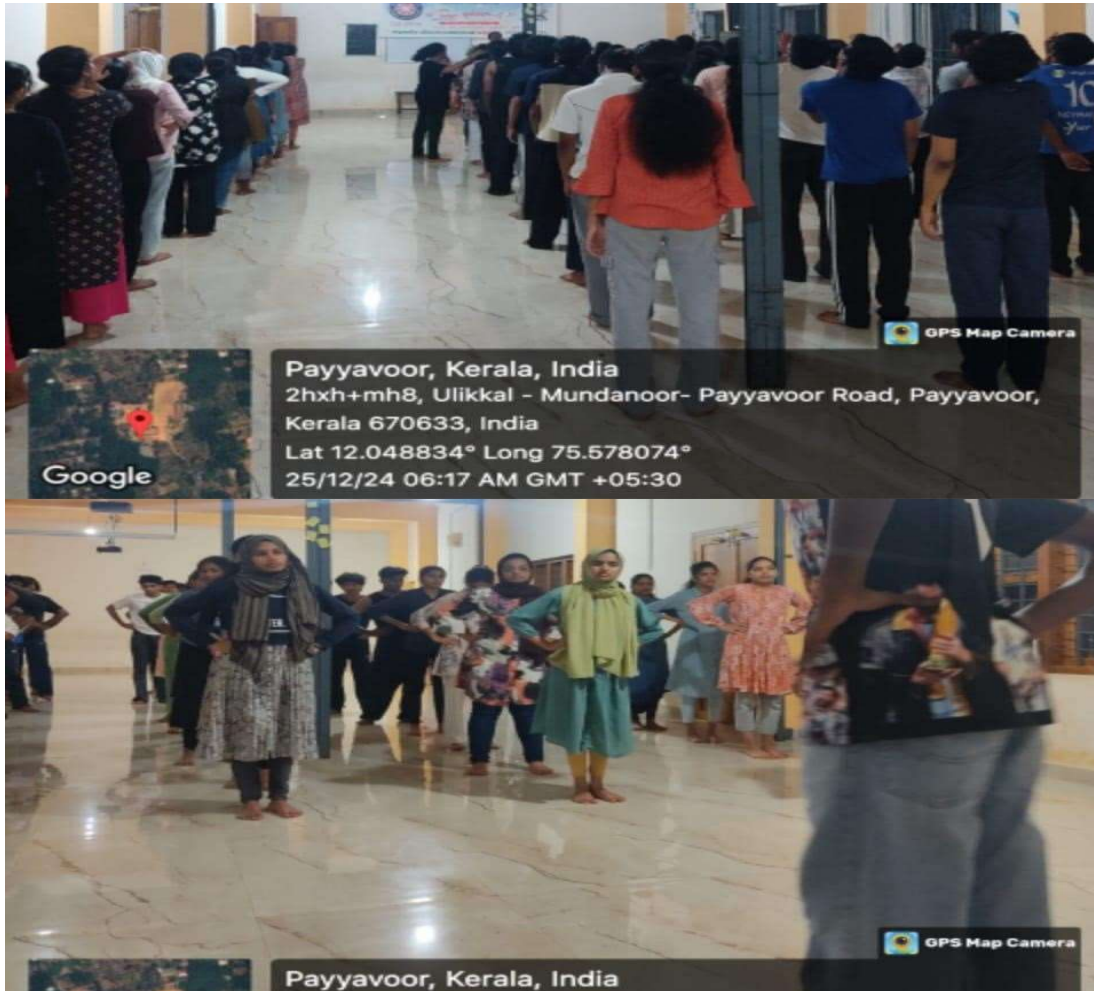
Camp parliament started at 9PM. Volunteers presented the daily reports.



Day 6 – 25/12/2024

WARM UP

The day started with warm up at 6 am. It was conducted by volunteer Gopika M.



CLEANING

At 9.30 am Volunteers cleaned the classrooms, hall, bathroom, and the premises of the school and also watered plants and vegetable garden.



INTERACTIVE SESSION

Punnya miss, Department of BBA and her husband Rishikesh sir visited the volunteers at 11 am and an interaction session was conducted by them.

Sir engaged the students by doing many games and cash prize was given for the game winners.



INTERACTIVE SESSION

A session was conducted by senior volunteers at 2.00pm to plan about the future activities to do in our college. Volunteers presented a report based on the activities. The remaining time was utilised to practicing for the cultural programme and decorating the school for Christmas celebration.



CHRISTMAS CELEBRATION AND CULTURAL PROGRAMME

At 6.00 pm Volunteers celebrated Christmas by cake cutting, singing songs in group and sharing Christmas experiences. Cultural programme was also conducted in between that. Volunteers performed dance and songs.



DAY 7 – 26/12/2024

Closing ceremony

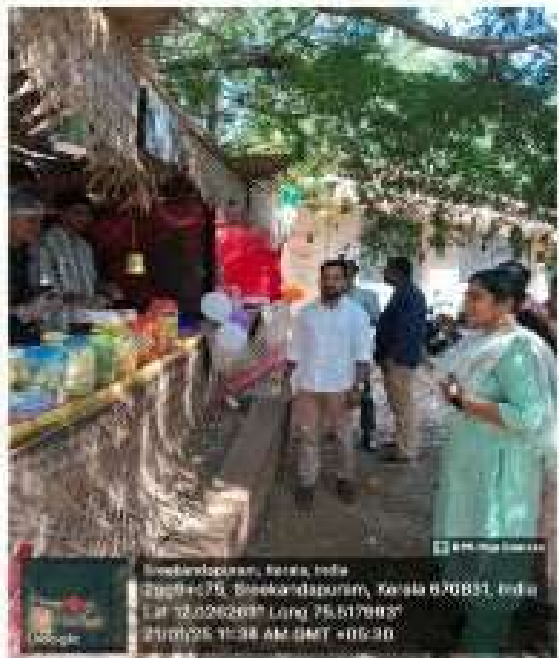
The closing ceremony of 7 days Nss camp at Sacred Heart Higher Secondary School was on 26/12/2024 at 10am. The program start with Nss song. The program officer, Dr.Nasreena P K delivered the welcome speech. Sir Binoy, Principal of Sacred Hearts HSS presided over the function. The function was inaugurated by Adv.Saju Saviour panchayat president of payyavoor. The camp was overviewed by Nipun and Keerthana, volunteers. Then the magazine prepared by the volunteers during the camp was published by Adv.Saju Saviour panchayat president of payyavoor . Later awards was distributed to the volunteers who performed well in the camp. Then felicitation speeches were extended by the senior volunteers Mr. Sudheesh PM Ms.Aswathi Mohan, and union chairman Mr.Adith JP. The session was concluded with the vote of thanks by Program officer Mr.Deepu Jose K.

21-01-2025

Food fest : Kismathinte Kalavara

Food fest Kismathinte kalavara was conducted by NSS volunteers of SES college Sreekandapuram. Food fest was inaugurated by Dr Reena Sebastian (Principal of SES college Sreekandapuram). This event exemplified the dedication and selfless of our volunteers, who devoted their time and efforts to ensure the success of the programme. All teachers and non teaching staffs really liked and appreciated the programme.





22-01-2025 – Campus Cleaning

NSS volunteers of SES college conducted campus cleaning, under the direction of the NSS programme Officers. Volunteers cleaned college campus and collected plastic wastes. Most of the volunteers participated on the event.



23-01-2025- Sales fair

A sales fair was conducted under the leadership of SIP and NSS. Product made by people with disabilities were sold.



riln.16mm



25-01-2025- Campus cleaning and Orientation class

Campus cleaning and orientation class was conducted by NSS volunteers of SES college on 25/1/2025. Senior volunteers organized the orientation class and they conducted some interesting games to junior NSS Volunteers.



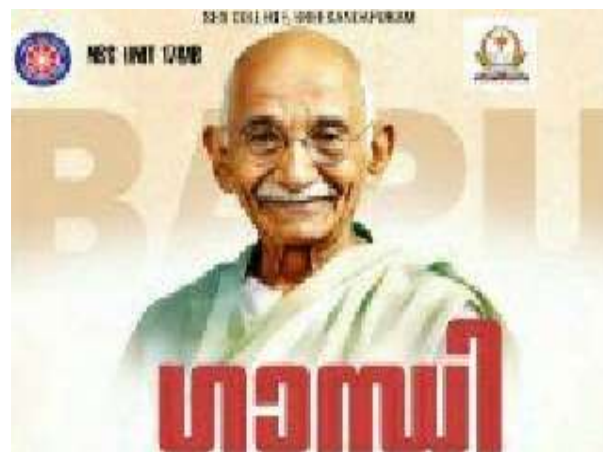
27-01-2025- Republic Day Quiz competition

Republic Day quiz competition was conducted under the leadership of NSS Volunteers of SES college Sreekanthapuram. First prize goes to Amarnath and thushar of 2nd Gear Bsc physics and second prize goes to Risana and Jafna of 1st year BA Economics.



30-01-2025- Mahatma Gandhi's commemoration ceremony

Mahatma Gandhi's commemoration ceremony was conducted by NSS Volunteers of SES College Sreekandapuram on 30/1/2025. Programme was initiated by senior NSS volunteers.



1/2/2025: Lifesaving training class

Lifesaving training class was conducted under the supervision of NSS and SIP. Mr. Saseedharan K. U. (National and state teacher award winner) conducted the class. The class was given to the CPR when a person face in a critical situation. He also discusses about the first aid to give if the food struck in the throat. Sasi sir take the awareness class about how to manage stroke and cardiac arrest.



SES COLLEGE
NATIONAL SERVICE SCHEME
UNIT 17&18 & SIP
STUDENTS INITIATIVE IN PALLIATIVE CARE

ജീവൻ രക്ഷാ പരിശീലന ക്ലാസ്സ്

01/02/2025
SATURDAY
10:00 AM

- ജീവിതരക്ഷാ ആവശ്യങ്ങൾ
- ജീവൻ രക്ഷാ പരിശീലന ക്ലാസ്സ്
- ജീവൻ രക്ഷാ പരിശീലന ക്ലാസ്സ്
- ജീവൻ രക്ഷാ പരിശീലന ക്ലാസ്സ്
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ഇന്റർവ്യൂ ചെയ്തവർ:

ഡോ. ശശിധരൻ. കെ.എ.
ജീവൻ രക്ഷാ പരിശീലന ക്ലാസ്സ്
ജീവൻ രക്ഷാ പരിശീലന ക്ലാസ്സ്
PH : 8881515334



1/02/2025: Vegetable garden

Vegetable garden was prepared by NSS volunteers of SES College on 1/02/2025.



1/2/2025: Orientation Class

On 1st February 2025, NSS unit 17&18 of SES college Sreekandapuram organized an insightful orientation class. This preparatory session aimed to familiarize new NSS volunteers. Orientation class was conducted by empaneled trainer of NSS K. V Manoj. He led interesting games to the volunteers and this class aimed to foster an understanding of harmonious coexistence and mutual respect to NSS volunteers.



4/2/2025: Swargam- Irippidam

Irippidam (Swargam) was created by NSS volunteers of SES college as part of Regular campus cleaning.



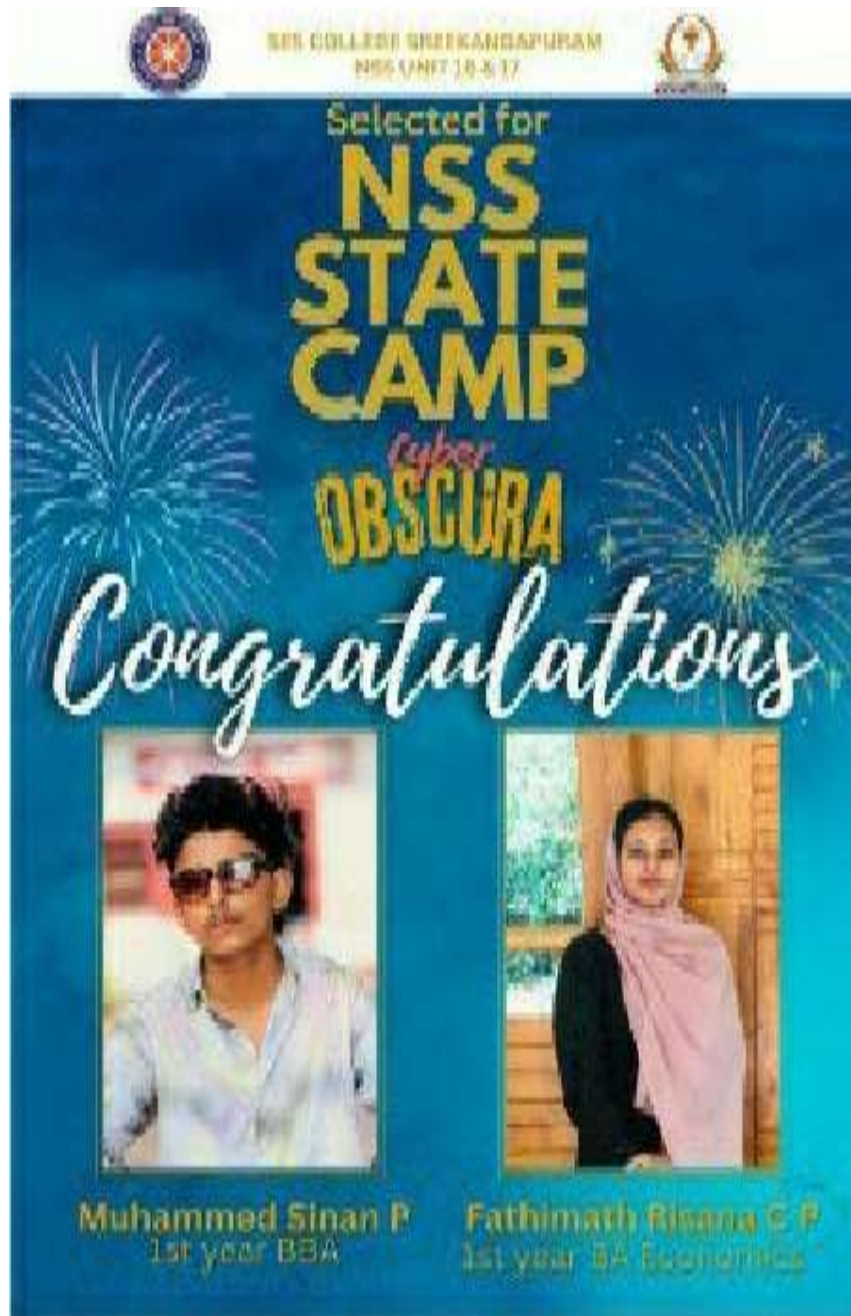
11/2/2025: Paper waste recycling campaign

Paper waste recycling campaign was organized by NSS on 11/2/2025. The NSS Volunteers Collected paper waste from all department of the college



14/2/2025 to 16/2/25 : Participated NSS state camp

Two NSS volunteers, Muhammed Risan (1st Year BBA) and Fathimath Risana P. (1st Year Economics), represented our college at the Three Day NSS State Residential Camp, "Cyber Obscura," organized by Government Law College, Calicut (14/02/25 to 16/02/25). The camp focused on cyber security and intellectual progress, with volunteers from various colleges participating in the programme.





GOVERNMENT LAW COLLEGE KOZHIKODE
UNIVERSITY OF CALICUT



NSS STATE CAMP CYBER OBSCURA

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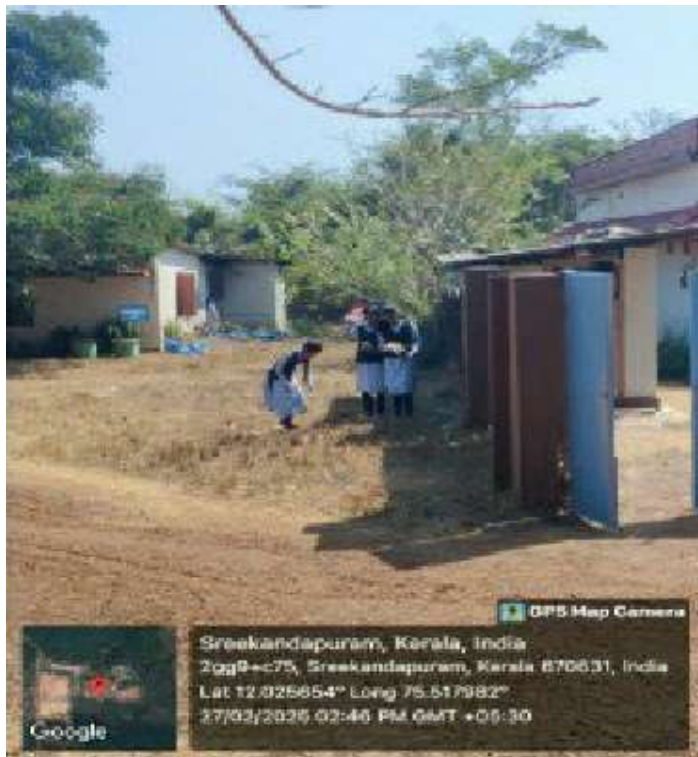


NATIONAL SERVICE SCHEME
UNIT NO.136



27/2/2025: Campus cleaning- Campus cleaning was conducted by NSS volunteers of SES College in association with **Haritha Kerala Shuchitha Mission**. NSS volunteers cleaned college





7-03-2025- *Malinya Muktha Nava Kerala Janakeeya Campaign*

As part of the *Malinya Muktha Nava Kerala Janakeeya Campaign*, NSS volunteers from S.E.S. College conducted a survey on cleanliness and waste management at the Sreekandapuram bus stands. The program was organized in collaboration with S.E.S. College and the Sreekandapuram Municipality.



12/3/2025: Anti-Drug Day

An anti-drug programme was conducted at SES College under the joint direction of the College Union and the NSS Unit. The event was inaugurated by Dr. Reena Sebastian, Principal of SES College, with College Union Chairman Adith J. P. representing the SES Union. As part of the initiative, an Anti-Drug Committee was formed under the supervision of Ms. Sunitha. A symbolic Anti-Drug Wall was also set up in the college, where all students participated by placing their handprints on the wall, demonstrating their commitment to a drug-free campus.



19/3/2025: Anti Drug Programme

An anti-drug program was organized by the NSS volunteers of SES College under the supervision of Dr. Nasreena P. K., Programme Officer of Unit 18. All first-year and second-year NSS volunteers actively participated in the event.



17/3/2025 : Kilikonjal

As part of their community outreach activities, NSS volunteers from S.E.S. College conducted an Anganwadi visit at the adopted village of Pathinaram Parambu. First-year and second-year volunteers actively participated in the event.

The participating volunteers included: Fathimath Rissana C. P., Mufeeda, Navaneeth K., Rifa Fathima, Fathimathul Rina P., Shahana Sherin U. P., Safeedha K., Shazeya M., Muhammed Sinan P., Nafsil T., Auani K., and Gokul Krishna P.



20/3/2025: Lamp burning

As part of the *Lamb burning* campaign, an anti-drug program was organized by the NSS volunteers. Students lit lamps as a symbol of awareness and shared photos of the activity in their WhatsApp group.



21/4/2025: Poshan pakwada

Poshan Pakwada Nutrition Awareness Programme was conducted by the NSS volunteers of SES College, Sreekandapuram at Pathinaram Parambu.



