

# NATIONAL SERVICE SCHEME "NOT ME BUT YOU"

# ANNUAL 2022-23 REPORT

UNITS 17 & 18, KANNUR UNIVERSITY SES COLLEGE SREEKANDAPURAM

# Certificate

We, the NSS UNITS of 17<sup>th</sup> and 18<sup>th</sup> units in S.E.S College, Sreekandapuram submit the annual activity report 2022-23. And certify that the described activities are genuine and true to the best of our knowledge.

Deepu Jose

Programme Officer Unit 17

Dr. Shyni M C

Programme Officer Unit 18

# **NATIONAL SEVICE SCHEME**

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

# ΜΟΤΤΟ

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

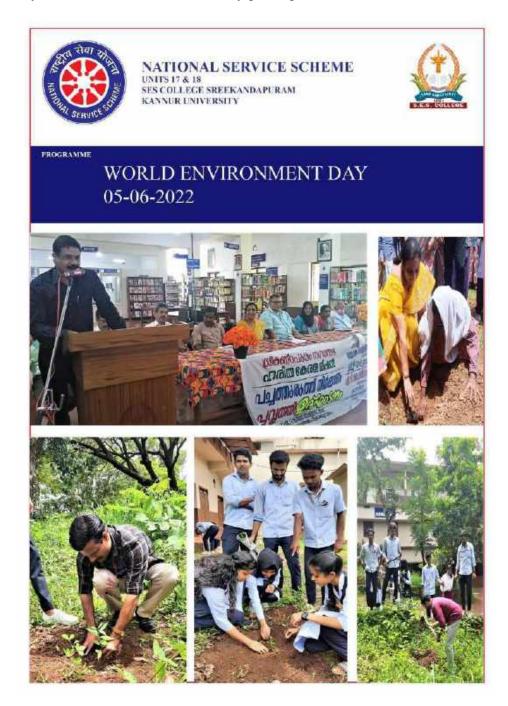
S.E.S.College Sreekandapuram has two Units, unit No. 17<sup>th</sup> and 18<sup>th</sup>, under the control and guidance of Kannur University.

## WORLD ENVIRONMENT DAY

# 05-06-2022

World Environmental Day was celebrated by NSS units in association with Haritha Kerala Mission on 5<sup>th</sup> June 2022 by planting saplings in the home environment. World Environment Day is not just a celebration but also a reminder to take better care of our surroundings. This campaign helped the volunteers to realize the need to conserve the environment for a healthier life in future.69 students participated in this programme.

On this day NSS unit also conducted Photography contest as apart of environment day celebration.22 students actively participated in this contest.



#### ANTI-DRUG DAY

#### 18-06-2022

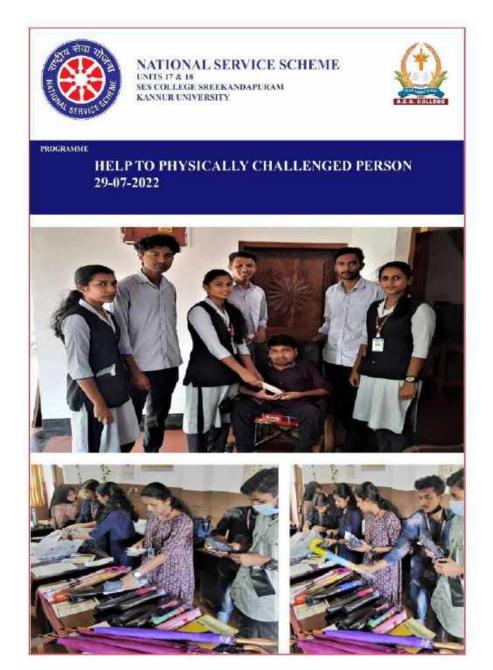
As part of the international day against drug abuse and illicit trafficking  $-26^{th}$  June NSS units 17 & 18 together announced a poster making competition on  $18^{th}$  June. The direct objective of this programme was to enable the volunteers to conduct campaigns against drugs and also to make them aware of the harmful impact of drugs on the personal and societal lives of youngsters. By conducting poster making competition on the topic "Youth falling in to the trap of intoxication" for Anti-Drug Day, volunteers have made serious research and developed concepts and messages for dissemination. The indirect objectives of this program were to prevent youth from drug abuse and to aware the harmful effect of drugs. Students actively participated in this event. 21 students participated in this competition.



#### HELP TO PHYSICALLY CHALLENGED PERSON

## 29-07-2022

NSS units 17 &18 took initiative for helping physically challenged person named Prajeesh who is residing in the nearest village of our college. The NSS volunteers collected umbrella made by Prajeesh and make arrangements for selling the same. 68 volunteers actively participated in the selling process and they handed over Rs 65000/ to Prajeesh and his family.



#### **CRAFT WORK**

# 30-07-2022

NSS volunteers conducted a craft session under the initiative of senior Volunteers. Pen and pen stand were made using paper as part of paper crafts. 65 NSS volunteers actively participated in that programme.



#### **SKILL BASED TRAINING**

# 06-08- 2022

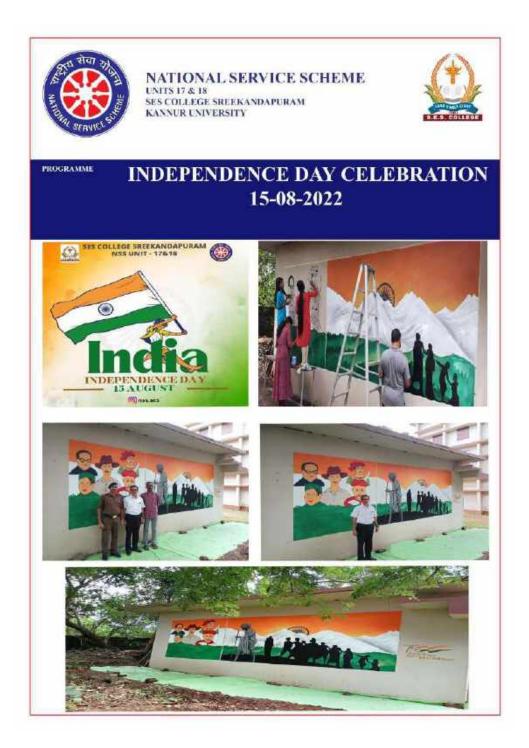
NSS units 17 & 18 organised a skill-based training under the initiative of senior volunteers. They gave instruction like how to develop the soft skills particularly communication, time management, adaptability, problem solving, team work, creativity and leadership.69 vulunteers participated in the training programme.



# **INDEPENDENCE DAY CELEBRATION**

#### 15-08-2022

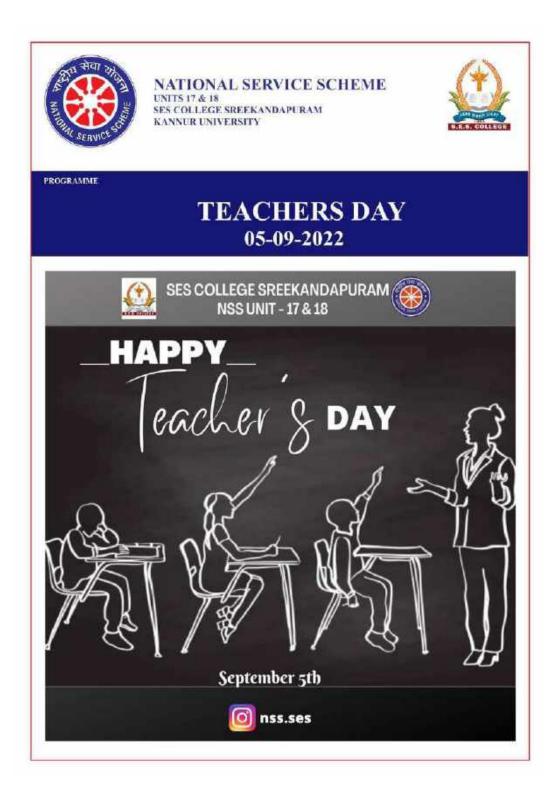
NSS unit 17&18 celebrated our 75 independence day by preparing a 'Freedom Wall' and 76 volunteers actively participated in the "Har Ki Tharanga" campaign.



# **TEACHERS DAY**

#### 05-09-2022

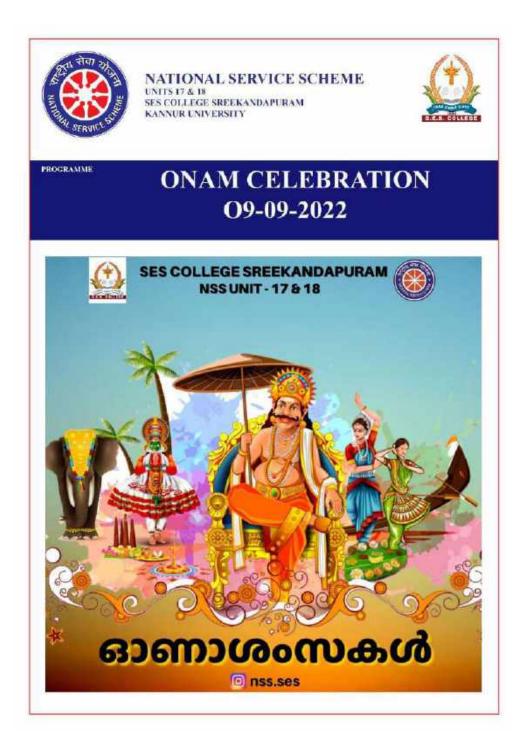
Volunteers of both the units together met all the teachers personally and conveyed the greetings of teachers' day and expressed the gratitude. The programme helped the volunteers to develop an attitude of respect and recognition to teachers.



# **ONAM CELEBRATION**

NSS units celebrated 'Onam' the festival of Kerala. The volunteers participated in the various games and activities as part of the celebration.

O9-09-2022



# WE CARE PROJECT INAUGURATION

20-09-2022

As a part of We care project NSS unit 17 & 18 conributed Rs 3000/-



#### **NSS DAY CELEBRATION**

#### 24-09-2022

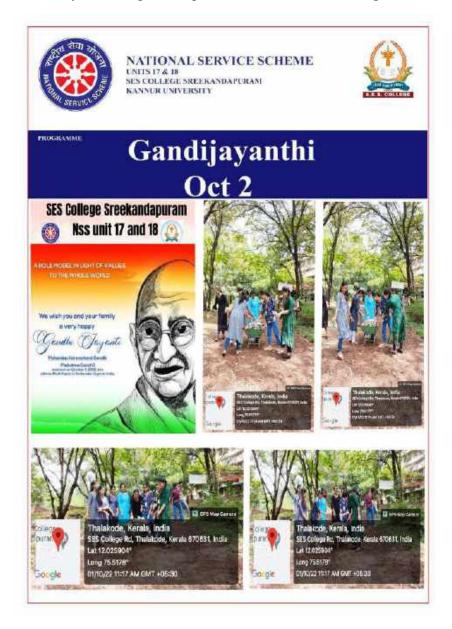
NSS unit 17 & 18 celebrated the NSS day by participating in the training programme conducted by Kerala state Youth Welfare Board and District Youth Center. Two vulunteers got selection for attending this programme.



# GANDHI JAYANTHI CELEBRATION

## 02-10-2022

The 66 NSS volunteers celebrated Gandhi Jayanthi by cleaning the college campus by removing all the plastics from the surroundings.



# MEGA EVENT ORGANIZED BY KANNUR UNIVERSITY

#### 06-10-2022

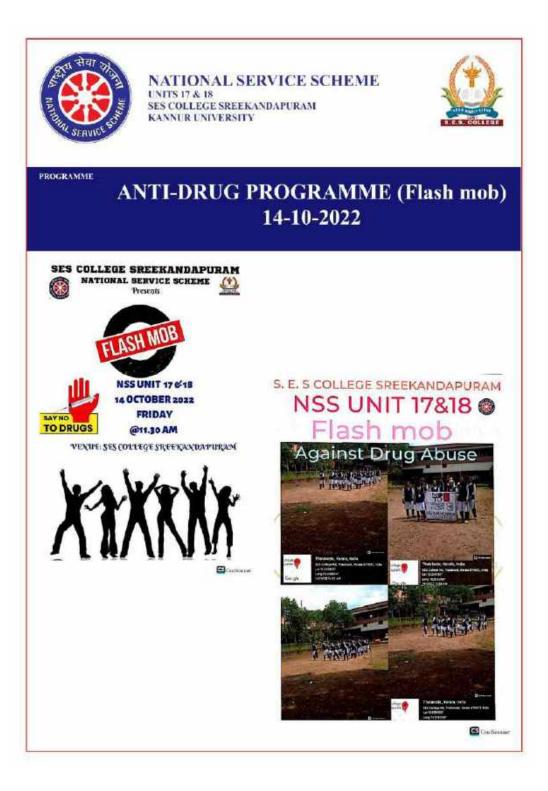
Kannur University NSS cell and Kannur City Police Department organised an anti drug campaign involving 5000 vulunteers on October 6. This programme was a mega event and it was a grand success.31 NSS vulunteers of Unit 17 and 18 actively participated in this programme



### ANTI-DRUG PROGRAMME (Flash mob)

## 14-10-2022

NSS volunteers with the objective of preventing youth from drug abuse arranged a Flah mob inside the campus premises.30 vlunteers participated in this programme

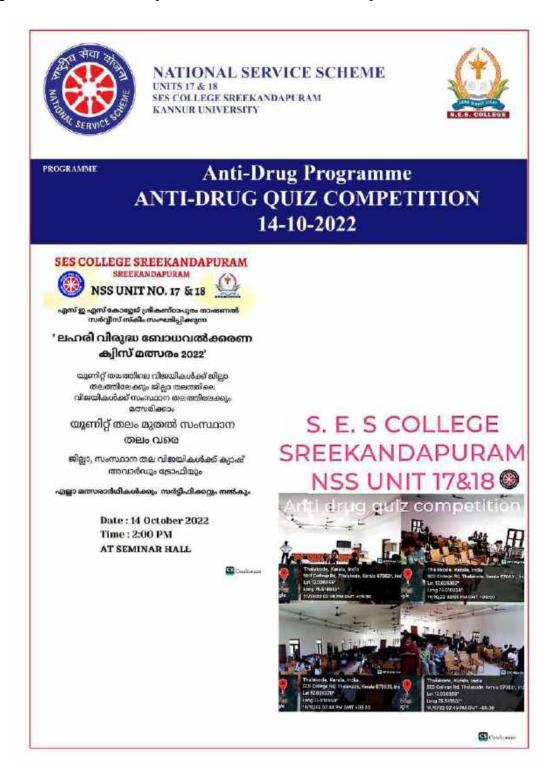


#### Anti-Drug Programme

## ANTI-DRUG QUIZ COMPETITION

14-10-2022

NSS volunteers with the objective of preventing youth from drug abuse also conducted an antidrug quiz competition. 24 students actively participated in the quiz programme and two teams qualified for the district level competition.

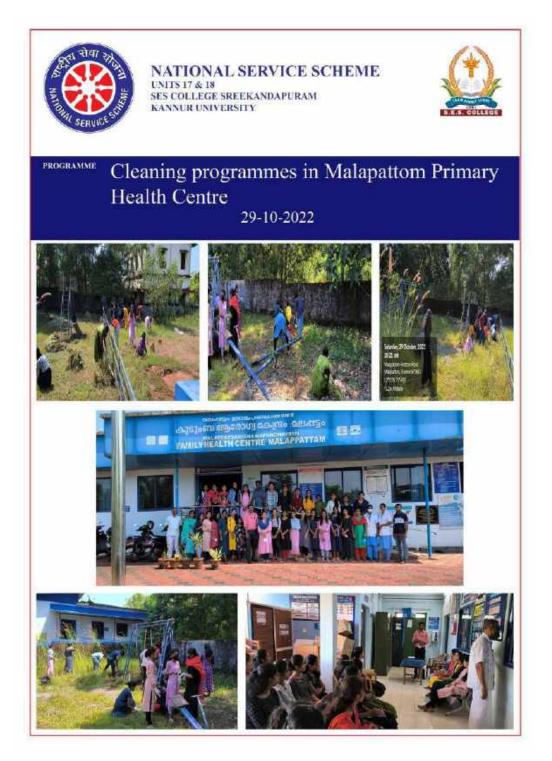


#### Cleaning programmes at

# PRIMARY HEALTH CENTRE, MALAPATTOM

29-10-2022

NSS volunteers in association with Malapattom PHC took initiative for cleaning the health centre. 67 volunteers actively participated in the programme.

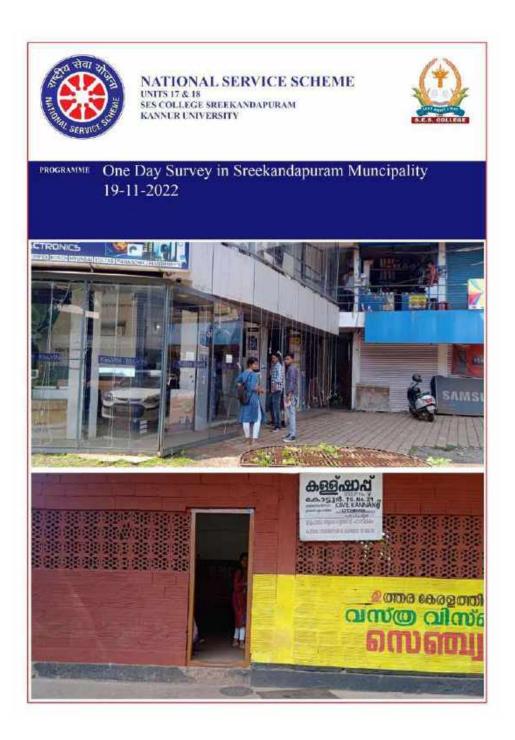


#### ONE DAY SURVEY IN SREEKANDAPURAM MUNCIPALITY

19-11-2022

Changes and possibilities brought about by Urbanisation

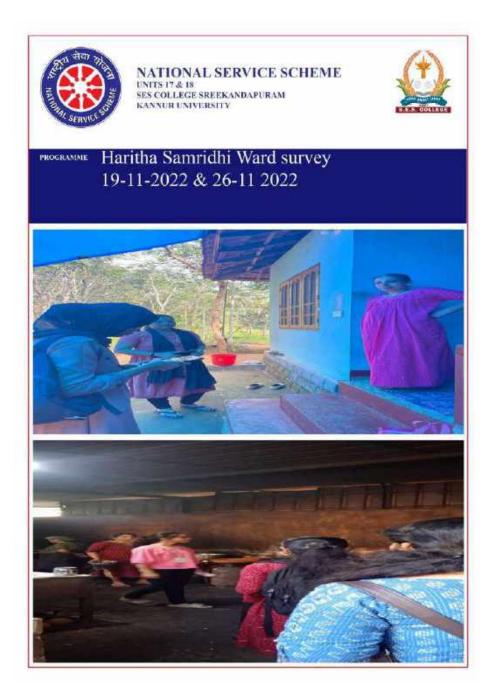
NSS units 17 & 18 conducted a one day survey in association with Kerala Sasthra Sahithya Parishath in Sreekandapuram Muncipality for examining the change and possibilities brought about by Urbanisation in Sreekandauram town. 67 vulunteers participated in the survey.



#### HARITHA SAMRIDHI WARD SURVEY

# 19-11-2022 & 26-11 2022

NSS vulunteers in association with Haritha Kerala Mission conducted a one day survey for identifying haritha samrudhi ward in various wards in Malapattom panchayath. 67 vulunteers took initiative for completing the survey.



# CLEANING OPERATION MALAPATTOM GRAMAPANCHAYATH

#### 26-11-2022

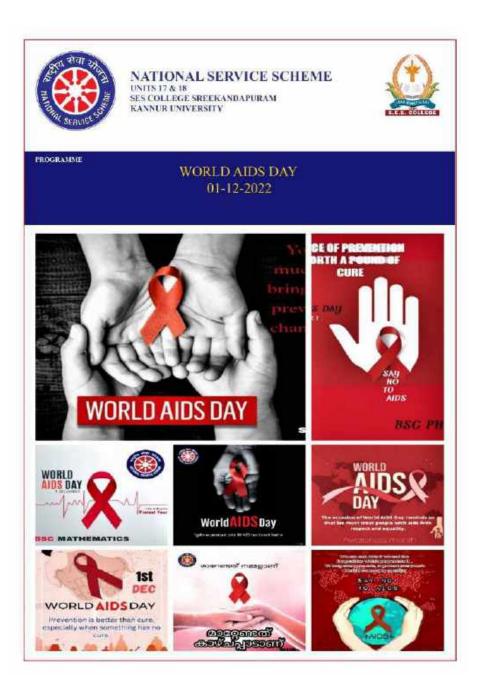
NSS vulunteers took initiative for cleaning the various wards in Malapattom Gramapanchayath. 68 volunteers actively participated in the programmme with Haritha Karma sena.



# WORLD AIDS DAY

# 01-12-2022

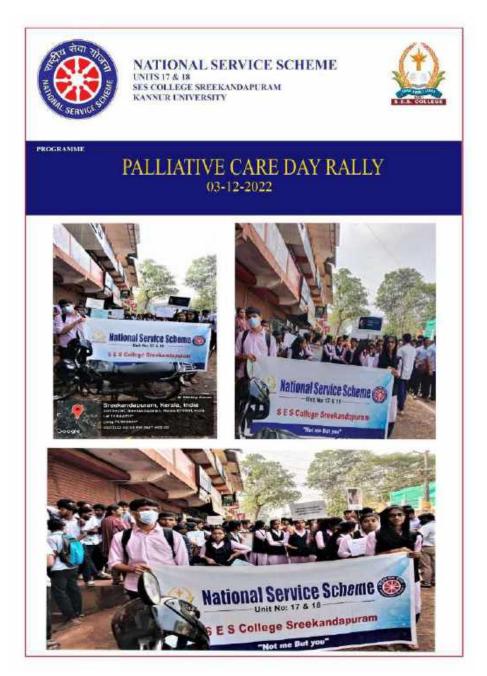
The NSS volunteers conducted 10 days campaign by posting a notice relating with Aids awareness. 70 students actively participated in this programme.



# PALLIATIVE CARE DAY RALLY

#### 03-12-2022

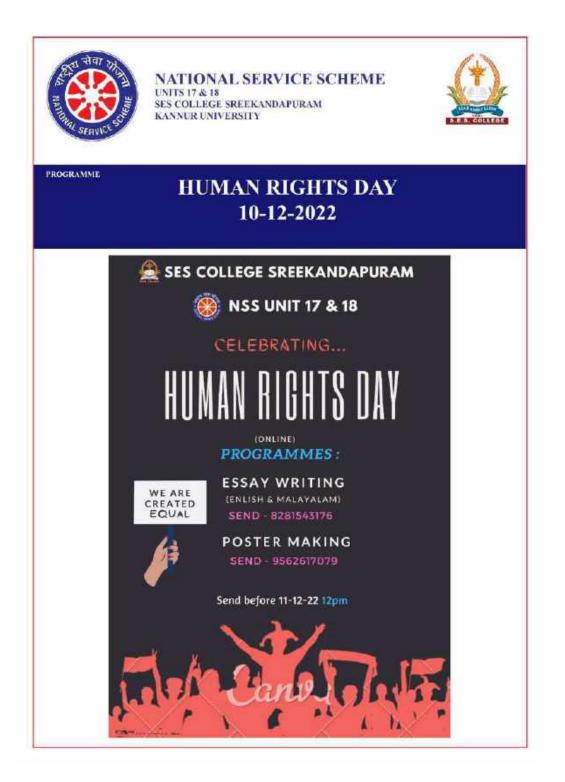
NSS unit 17 &18 actively participated in the palliative care day rally organized by the Samaritan palliative care. A Rally to address the importance and necessity of palliative care was conducted by SES college Nss units on .The rally was held from sreekandapuram town to the bus stand. 70 NSS volunteers prepared posters and cards about palliative care and participated in the rally.



# HUMAN RIGHTS DAY

#### 10-12-2022

For celebrating the human rights day NSS vulunteers conducted an essay writing competition on the topic "Human Rights".one student selected as the winner. 20students actively participated for this programme



# FINANCIAL ASSISTANCE

# TO ALL KERALA WHEEL CHAIR ASSOCIATION

#### 14-12-2022

The NSS volunteers of Unit 17 and 18 took initiative for helping the differently abled persons. As a part of this the 69 vulunteers collected Rs 80,500/- and donated to the wheel chair association.



#### NSS RESIDENTIAL CAMP

#### From 23-12-2022 to 29-12-2022

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 with 67 students were organised by the NSS unit of SES college sreekandapuram.

National Service Scheme 17th and 18th Unit of Sreekantapuram SES College Seven Day Camp "Vibgyor" from 23rd to 29th December 202 is being held at K. A Krishnan Nambiar Memorial AUP School at Kuttiatur. 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 camp also included activities such as "Laharimukta Nalekai Yuva Keralam", a drug de-addiction campaign designed by the Kannur University Cell of National Service Scheme, and "Viral Tottariyam Vivarangal" aimed at complete new media literacy. The seven days programmes were

First Day: Inaugration and ice breaking session

Second Day: A session by Sunitha Teacher and seniors volunteers experience

Third Day: A session by A P K Abdul Rasheed

Fourth Day: Mobile Literacy class

Fifth Day: A session by Shaji V V, Excise Preventive Officer

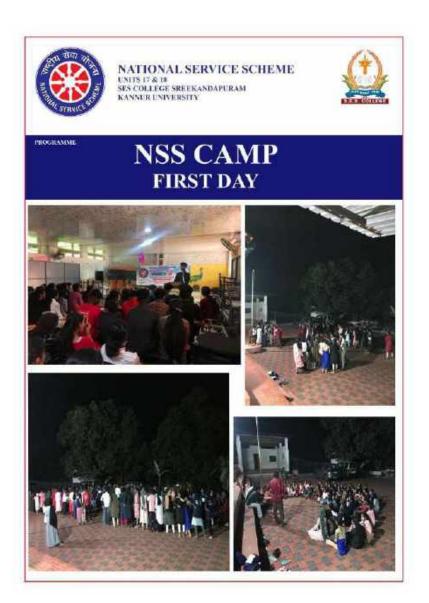
Sixth Day: A session handled by Fire and rescue station

Seventh Day: Closing Ceremony

First Day: Inaugration and ice breaking session

# Day 1

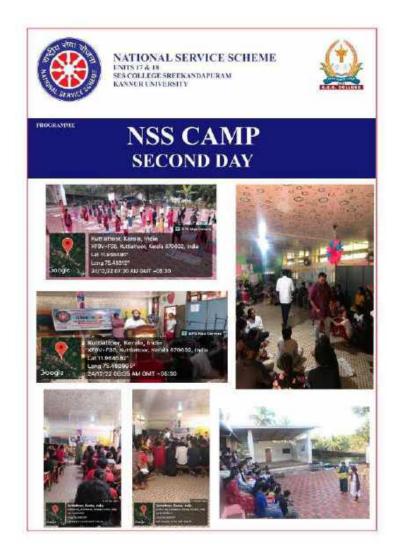
The seven day camp of NSS volunteers started on 23 rd. December with registration. The Principal, PTA president, the principal of the school addressed the camp. After the inaugural session there was ice breaking session by Biju Niduvalur and it was very effective to the **volunteers**.



Second Day: A session by Sunitha Teacher and seniors volunteers experience

#### Day 2

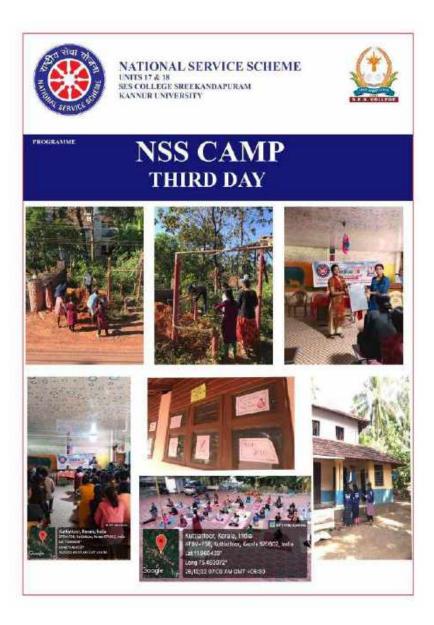
The second day of the camp started with yoga training and after that in the morning the volunteers participated in the cleaning activities. Then after the breakfast they releae the camp paper and also present the last day's activity report and on the second day there was a session by Dr Sunitha Joseph on the topic "The power of positive thoughts". In the afternoon a programme is arranged for old NSS volunteers where they shared their experiences and they interacted with the volunteers by giving lot of games and activities. The day ended with the cultural programmes of the volunteers.



Third Day: A session by A P K Abdul Rasheed

#### Day 3

The third day of the camp started with yoga training and after that in the morning the volunteers engaged in the cleaning activities. Then after the breakfast they releae the camp paper and also present the last day's activity report In the third day a survey was conducted as per the instructions of the University. The volunteers visited the houses nearby to the schools and collected information about the awareness level of computer literacy along with the some **personal information. In the afternoon a session was conducted on personality development by A P K Abdul Raheed.The day ended with the cultural programmes of the vulunteers.** 

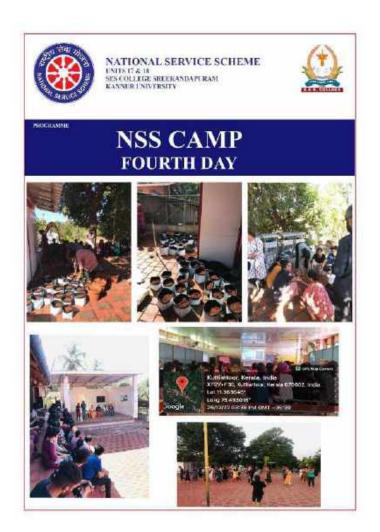


Fourth Day: Mobile Literacy class

#### Day 4

The fourth day of the camp started with the zoomba dance practice .Then after the breakfast they releae the camp paper and also present the last day's activity report .The main attraction of the fourth day was that the volunteers built a kitchen garden for the school . The construction of the vegetable garden was inaugurated by the farmer of the area Sri Madhu.He was also honoured by the vulunteers and he took a class on agriculture for the vulunteers.In the afternoon asper the instruction of University the vulunteers arranged programme known

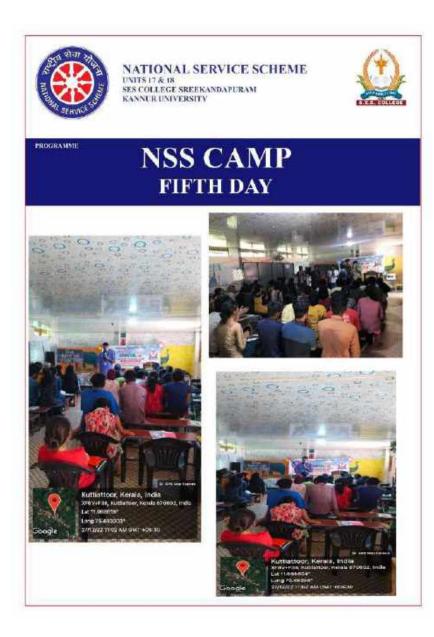
as "Information at your fingertips : A mobile literacy programme" for the kudumbasree members of that area. The day ended with the cultural programmes of the volunteers.



Fifth Day: A session by Shaji V V, Excise Preventive Officer

# Day 5

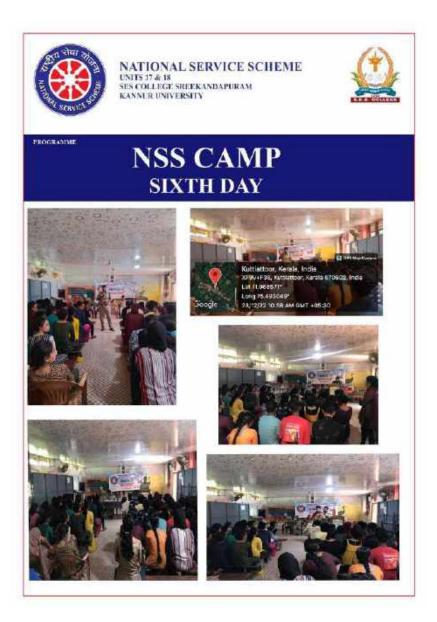
The fifth day of the camp was also started with the zoomba dance practice .Then after the breakfast they releae the camp paper and also present the last day's activity report .On that day a session was taken by Shaji V V relating with anti drug campaign.In the afternoon a dabate was **arranged on various topics and the volunteers actively articipated in the programme. The day ended with the cultural programmes of the vulunteers** 



Sixth Day: A session handled by Fire and rescue station

# Day 6

The sixth day of the camp was started with the exercise .Then after the breakfast they releae the camp paper and also present the last day's activity report. On the sixth day a session was arranged by Fir e and rescue station Mattannur,Kannur.They took a class on the topic "Firt aid and Fire safety".That was very interesting and informative session to the vulunteers.In the afternoon a class was arranged for election awareness among the vulunteers. The day ended with the cultural programmes of the vulunteers.



Seventh Day: Closing Ceremony

# Day 7

Closing ceremony was inaugurated by the Smt K susheela, the manager of the school.camp review, prize distribution, and magazine release was held at the closing ceremony of the camp.After the official programme the volunteer said goodbye to the camp at the noon.



ROGRANIME

NATIONAL SERVICE SCHEME UNITS 17 & 18 SES COLLEGE SREEKANDAPURAM KANNUR UNIVERSITY



# NSS CAMP seventh day



# **DISTRIBUTION OF FOOD KIT**

to Samaritan Palliative Care Centre

11-01-2023

Food kits containing food items from the seven-day camp were handed over to Samaritan palliative care society. 67 took initiative for making necessary arrangements for distributing the food kit.



#### NATIONAL SERVICE SCHEME UNITS 17 & 18 SES COLLEGE SREEKANDAPURAM KANNUR UNIVERSITY



PROGRAMME

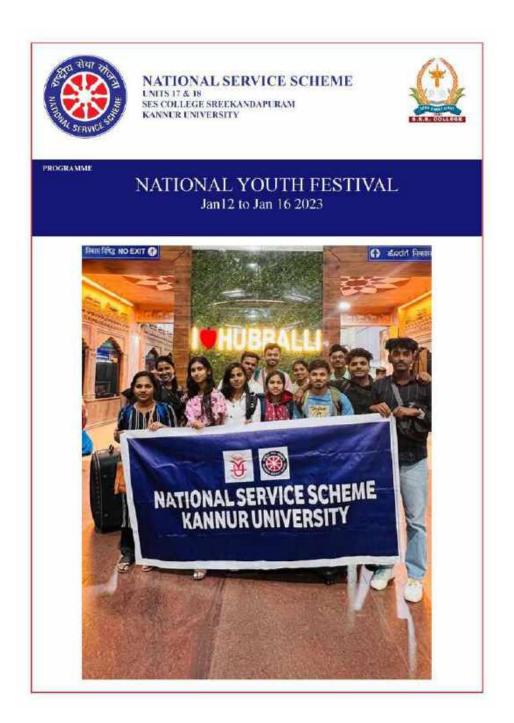
# DISTRIBUTION OF FOOD KIT to Samaritan Palliative Care Centre 11-01-2023



#### NATIONAL YOUTH FESTIVAL

# Jan12 to Jan 16 2023

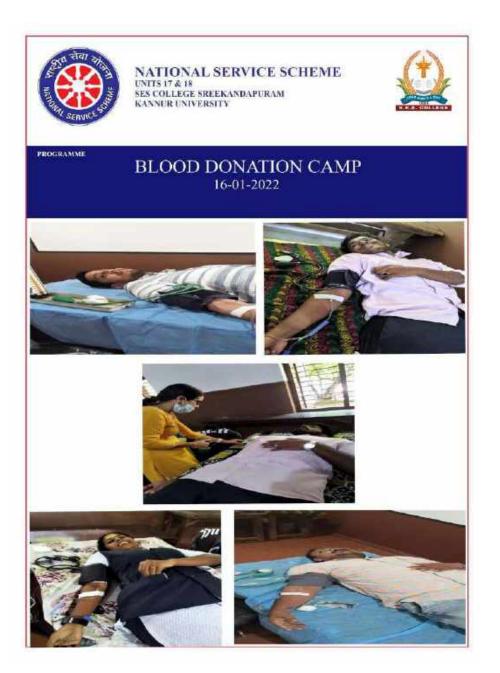
The 26th National Youth Festival was scheduled to be held at Hubli Dharward, Karnataka from 12<sup>th</sup> to 16<sup>th</sup> January 2023.During NYF 2023,Youth summit was organized in which 1000 NSS volunteers including contingent leaders were participated from all the States and Union Territories of our country. From SES college one volunteer from Unit 17 selected for this camp.



# **BLOOD DONATION CAMP**

# 16-01-2022

NSS Vulunteers of Unit 17 &18 organised a blood donation camp in association with Kannur District Hospital Head Quarters Blood Bank. 75 students and faculties actively participated and donated 46 units blood.



# PALLIATIVE CARE DAY

# 16-01-2023

SES college sreekandapuram NSS units in association with Samaritan palliative care centre celebrated palliative care day on January 16. Palliative care improves the quality of life of patience and their families who are facing problems associated with life threatening illness.67 vulunteers participated in the paliative care day celebration.



# **ORIENTATION PROGRAMME TO FIRST YEAR STUDENTS**

### 17-01-2022

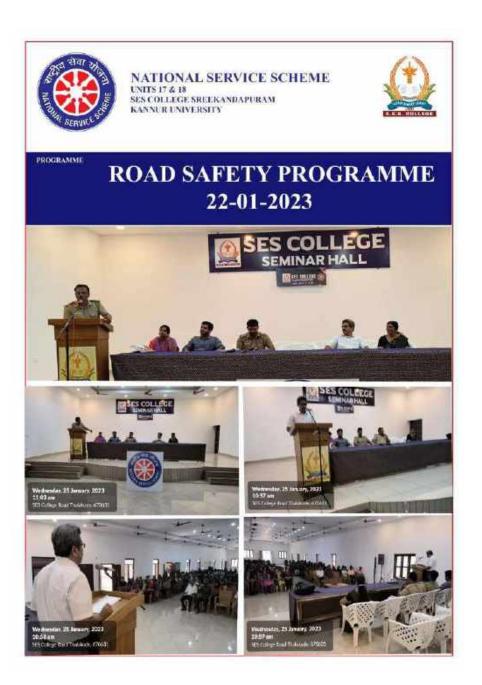
The NSS unit arranged an orientation programme to the newly selected vulunteers of first year students. The resource persons entertained the vulunteers by giving lot of activities and games. 70 students attended the programme very actively.



### **ROAD SAFETY PROGRAMME**

# 22-01-2023

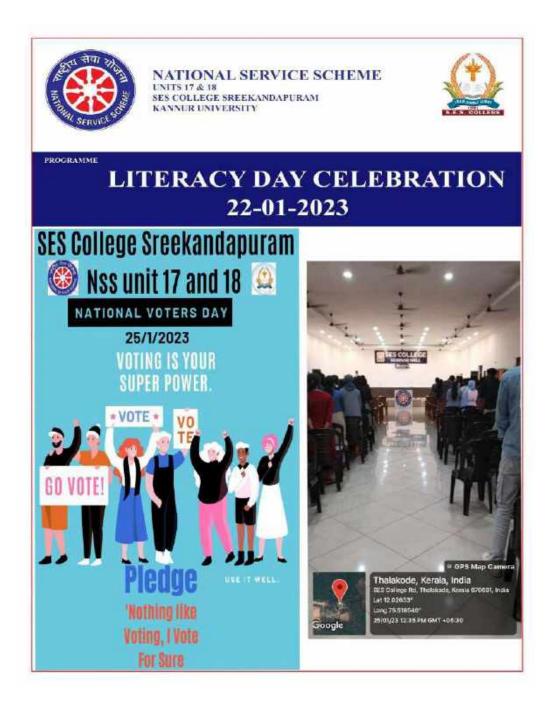
NSS unit of SES college arranged a road safety programmes to all the students and faculties of SES College. The programme was very informative and interactive, the resource person explained the various road safety measures and attention to be taken by the students while driving.67 students attended the class .



# LITERACY DAY CELEBRATION

# 22-01-2023

As a part of literacy day NSS unit celebrated literacy day by taking literacy oath by the principal.67 students took the oath.



### **REPUBLIC DAY CELEBRATION**

# 26-01-2023

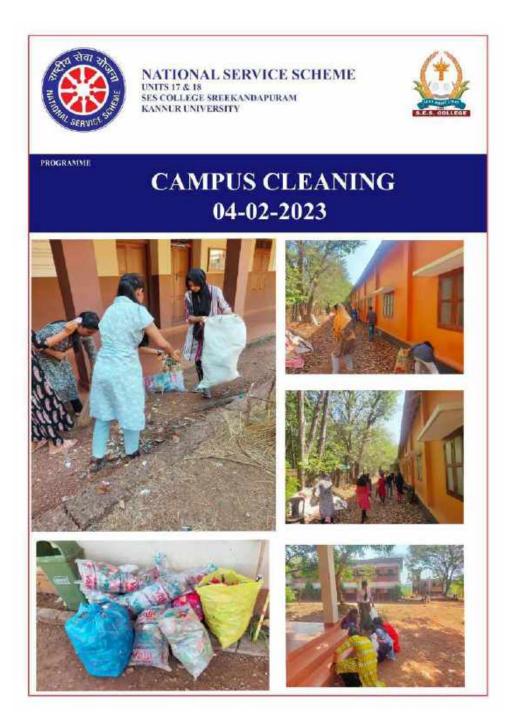
NSS vulunteers celebrated the Republic Day by cleaning the Muncipality hall of Sreekandapuram Muncipality by joining hands with Samaritan paliative care. 67 NSS vulunteers actively participated for this programme.



# **CAMPUS CLEANING**

# 04-02-2023

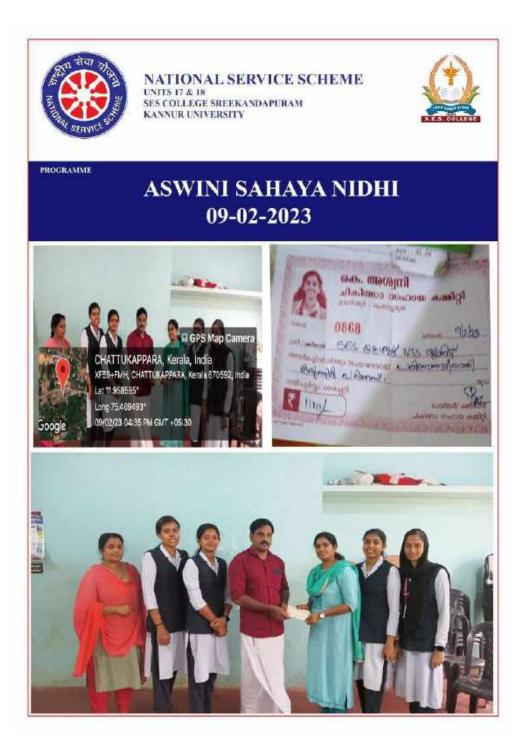
On Feb 4 67 NSS vulunteers cleaned the campus by removing all the plastics from the sorroundings.



### **ASWINI SAHAYA NIDHI**

#### 09-02-2023

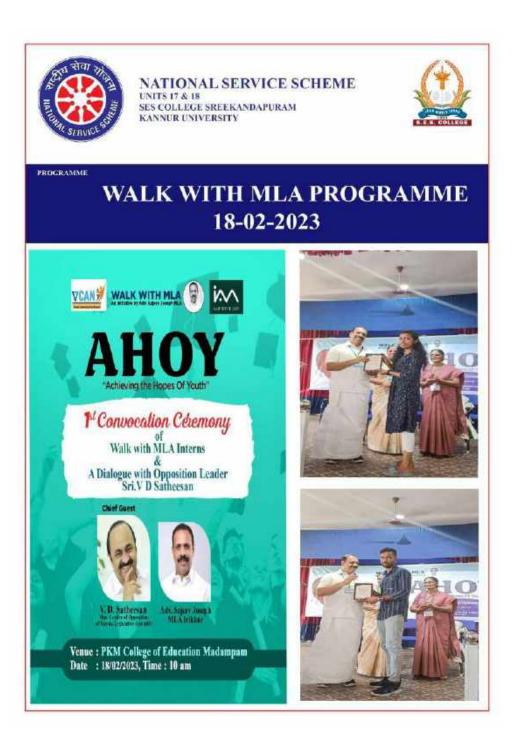
NSS volunteers took initiative for helping the 23 year old girl named Aswini who is suffering a severe disease. The 67 volunteers collected amount of Rs11,111 and donated to the concerned authority of Aswini Sahaya Nidhi.



#### Walk with MLA programme

18-02-2023

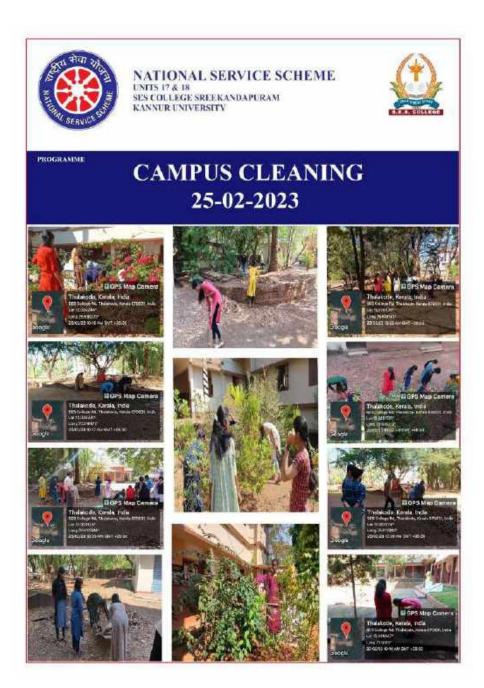
The NSS Vuluteers of Ashna Ramachandran and Vishnu got appreciation from the MLA of Irikkur Constituency. The MLA distributed the momento directly to the vulunteers during the programme named "Walk with MLA" 20 NSS vulunteers attended the programme.



# **CAMPUS CLEANING**

# 25-02-2023

The 67 NSS volunteers took initiative for cleaning our campus with an objective to keep our campus as plastic free.

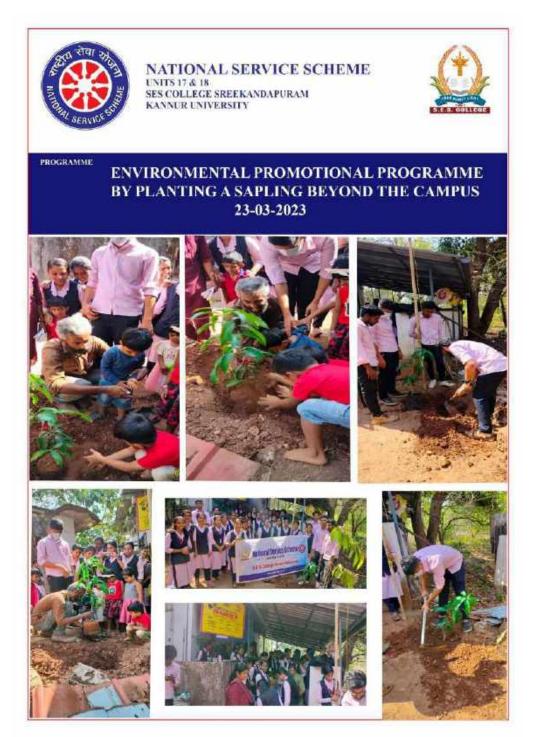


# ENVIRONMENTAL PROMOTIONAL PROGRAMME

# BY PLANTING A SAPLING BEYOND THE CAMPUS

23-03-2023

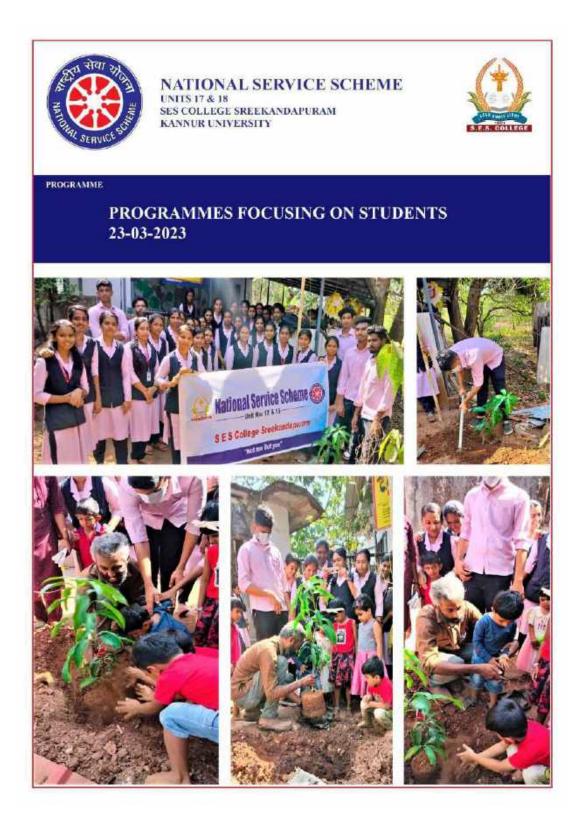
As part of an extension activity ,the 46 NSS vulunteers of Unit 17 & 18 undertook an environmental promotional programme by planting a sapling in the Anganawadi nearest to our college.



# **PROGRAMMES FOCUSING ON STUDENTS**

### 23-03-2023

46 NSS volunteers entertained the little ones of the angana wadi nearest to our college.



### A PROGRAMME FOCUSING ON TRIBALS

# 26-03-2023

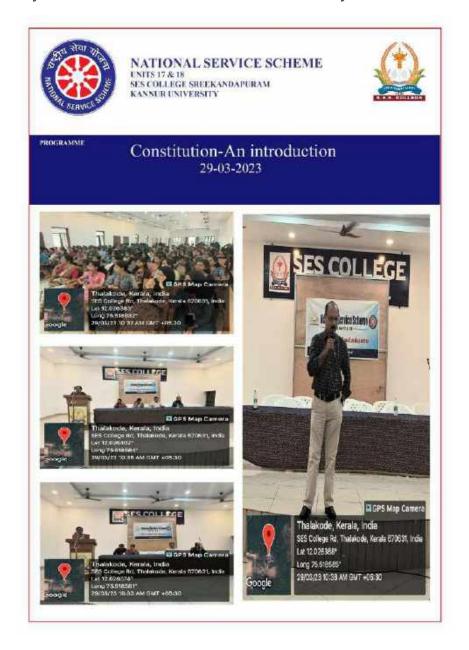
NSS unit 17 and 18 undertook a tribal development programme in Iritty Taluk. .The13 vulunteers conducted an anti drug awareness programme and they also entertained the tribal children by giving lot of games .The chidren enjoyed the programme very much and the vulunteers actively participated for this programme.



# INDIAN COSTITUTION-AN INTRODUCTION

### 29-03-2023

The NSS unit 17 &18 arranged a seminar on constitution – an introduction to the faculties and the students of SES College. The session was handled by . The session was very informative and interactive. 67 sudents actively attended the session.



# A TRAINING PROGRAMME

for the volunteers in MRS Pattuvam

30-03-2023

10 NSS vulunteers participated a training programme conducted by "Under Thrive project" in MRS pattuavam. The programme aims to motivate and encourage the Tribal Children.

