

SES COLLEGE SREEKANDARAM

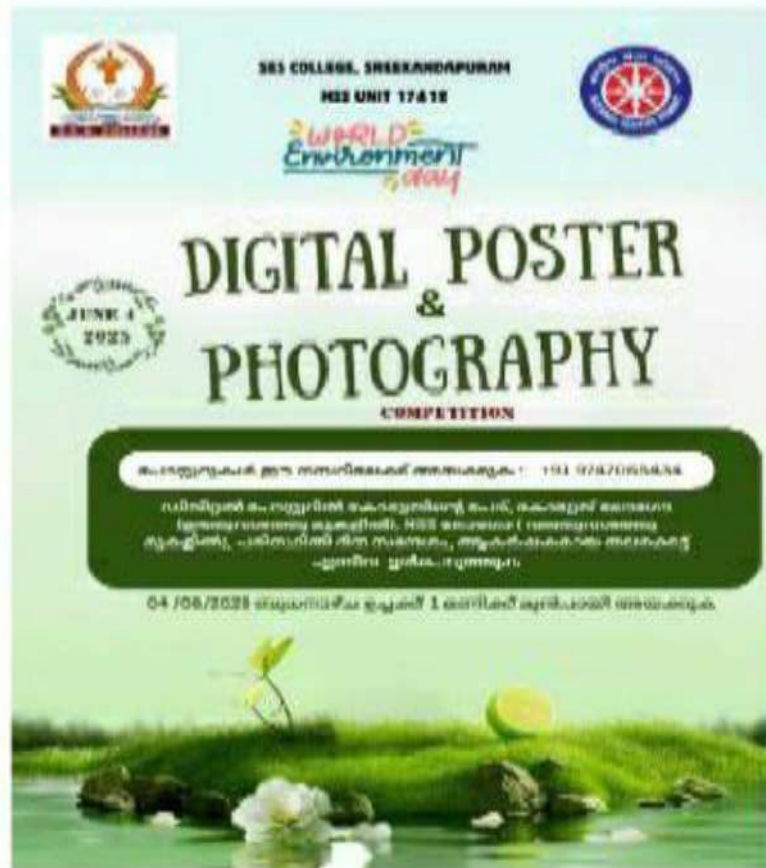
NSS UNIT 17 & 18

**ACTIVITY REPORT
2025- 2026**

4/6/2025: Digital photography and poster making competition

As part of Environment Day celebrations, NSS volunteers of SES College collectively organized digital photography and poster-making competitions. In the poster-making competition, Fahima from the Department of Mathematics secured the first prize, while Sajid from BBA won the second prize. In the photography contest, Sajid from the BBA Department claimed the first prize, followed by Navaneeth from the Department of Economics, who won the second prize. The active participation and creative efforts of the students made the event a grand success. Competitions like these not only highlight the talents

of the participants but also foster a spirit of enthusiasm among



students.



5/6/2025- World Environment Day

World Environment Day was celebrated on June 5, we were organized to increase awareness among students and teachers about the importance of environmental protection. The event began with a welcome speech by NSS senior volunteer Adarsh, followed by a presidential address by NSS Unit Programme officer, Deepu Sir. An awareness class on the significance of Environment Day was

conducted by NSS volunteer Safeedha, and NSS Programme officer Dr. Nasreena P.K addressed the gathering. NSS volunteers and faculty members actively participated in the event. As part of the celebrations, tree saplings were planted on the college premises under the leadership of the NSS unit—symbolizing a respectful and committed gesture toward nature and its conservation.



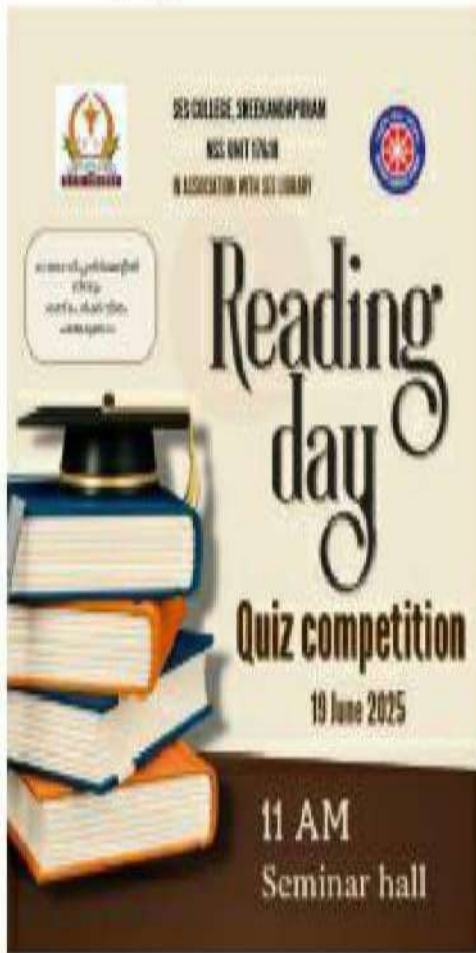
13/7/2025; Campus Cleaning

As part of their regular activities, NSS volunteers cleaned the NSS room and its surrounding premises. They also collected and sold all the old newspapers.



19/6/2025: Reading day quiz competition

A Reading Day Quiz Competition was organized by the NSS volunteers of SES College. The Principal awarded prizes to the winners. Niveditha and Majid from 2nd year Economics secured the first prize. The second prize was won by Amarnath and Thushar of 2nd year B.Sc. Physics, while the third prize went to Amraz and Afsal from 3rd year B.Com.





As part of Reading Day celebrations, NSS volunteers created a video conveying the importance and message of Reading Day. The video featured valuable messages from Bhavya (Librarian), Nirmal Sir (Malayalam Department), and Dr. Reena Sebastian (Principal). The initiative was carried out under the National Service Scheme (NSS) by active NSS members.



Nirmal



Bhavya



Reena Sebastian

21/6/2025: International Yoga Day

International Yoga Day was celebrated by the NSS volunteers of S.E.S. College. The event was inaugurated by Dr. Reena Sebastian, Principal of S.E.S. College. Gopika, a third-year BBA student, conducted the yoga session and spoke about the importance of yoga in our daily lives. Under her guidance, students performed various asanas. The session helped all participants gain a better understanding of the significance of yoga for a healthy lifestyle.



SES COLLEGE, SREEKANTHAPURAM



INTERNATIONAL **YOGA DAY** CELEBRATION



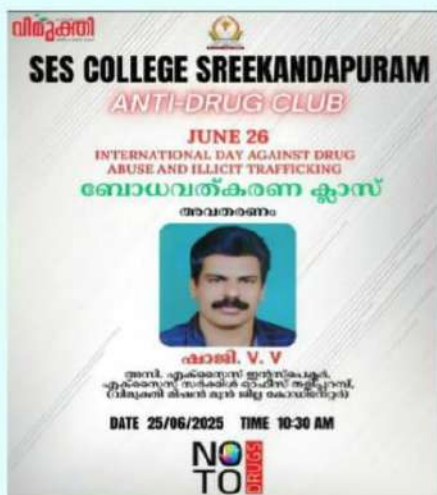
21 JUNE 2025

NSS UNIT 17 & 18



25/06/2025 Anti-Drug Awareness Class

Day Against Drug Abuse was observed at S.E.S. College, Sreekandapuram, under the joint leadership of the Anti-Drug Club and the NSS. As part of the program, an awareness class was conducted for the students by Mr. Shaji, Assistant Excise Inspector and Excise Circle Officer of Taliparamba, who also served as the former District Coordinator of the Vimukthi Mission. The event began with a welcome address by Dr. Sunitha, Coordinator of the College Anti-Drug Club. The college principal, Dr. Reena Sebastian, presided over the function. The program was formally inaugurated and addressed by Mr. Arjun, an officer from the Taliparamba Excise Department. College faculty member Mr. Sajesh and College Union Chairman Mr. Adith extended their greetings and shared a few words with the audience. The vote of thanks was delivered by Mrs. Safeeda, a member of the College Anti-Drug Club and an NSS volunteer. Faculty members and students actively participated in the event, making it a meaningful and impactful occasion.



26/06/2025: International Anti-drug day

International Anti-Drug Day was observed by the NSS volunteers of S.E.S. College with great enthusiasm and purpose. The event began with a pledge against drug abuse led by Dr. Reena Sebastian, Principal of S.E.S. College, which was earnestly taken by all students. To raise awareness among the youth about the dangers of drug addiction and

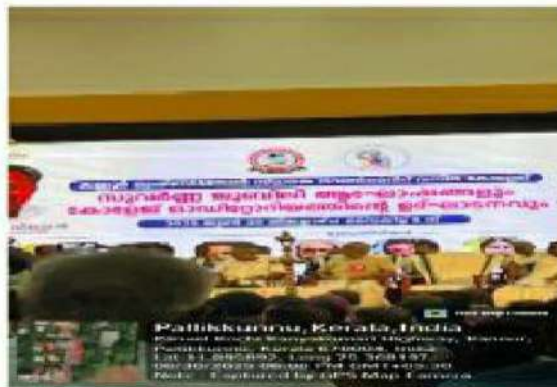
to promote a drug-free lifestyle, NSS volunteers organized a flash mob that conveyed a strong message.





30/6/2025: NSS Volunteers Participated Golden Jubilee Celebration

The Golden Jubilee Celebration of Krishnamenon Memorial Government Women's College was held on 30th June 2025. The event was officially inaugurated by the Honorable Chief Minister of Kerala, Shri Pinarayi Vijayan. NSS volunteers from S.E.S. College also actively participated in the celebration.



1/07/2025: Welcome Program

As part of the Four-Year Undergraduate Programme (FYUGP 2025–26), a welcome program was organized at S.E.S. College, Sreekandapuram for the newly admitted students. The event was

conducted under the leadership of the National Service Scheme of the college.

The Honourable Chief Minister of Kerala, Shri Pinarayi Vijayan, inaugurated the program virtually and extended his heartfelt congratulations and best wishes to the new students. Following the inauguration, Ms. Anu, the FYUGP Coordinator, delivered an orientation session, where she detailed the structure of the new course, its objectives, and the diverse opportunities it offers for academic, physical, and social development. NSS volunteers warmly welcomed the freshers by distributing sweets as a gesture of goodwill and camaraderie. The program saw active participation from the college principal, faculty members, non-teaching staff, and senior students, creating a vibrant and inclusive atmosphere for the newcomers.





5/07/2025: Basheer Day

As part of Basheer Day celebrations, the NSS Unit of S.E.S. College, Sreekandapuram organized a quiz competition. The event witnessed enthusiastic participation from students across all classes, reflecting a high level of interest and engagement. The team of Nipun and Amras from 3rd Year B.Com secured the first position. The second position was claimed by Amarnath and Neeraja of 3rd Year B.Sc. Physics, while Risana and Jafna from 2nd Year B.A. Economics won the third position. The winners were felicitated with medals in recognition of their achievement and participation.





12/6/2025: Mazha Nadatham

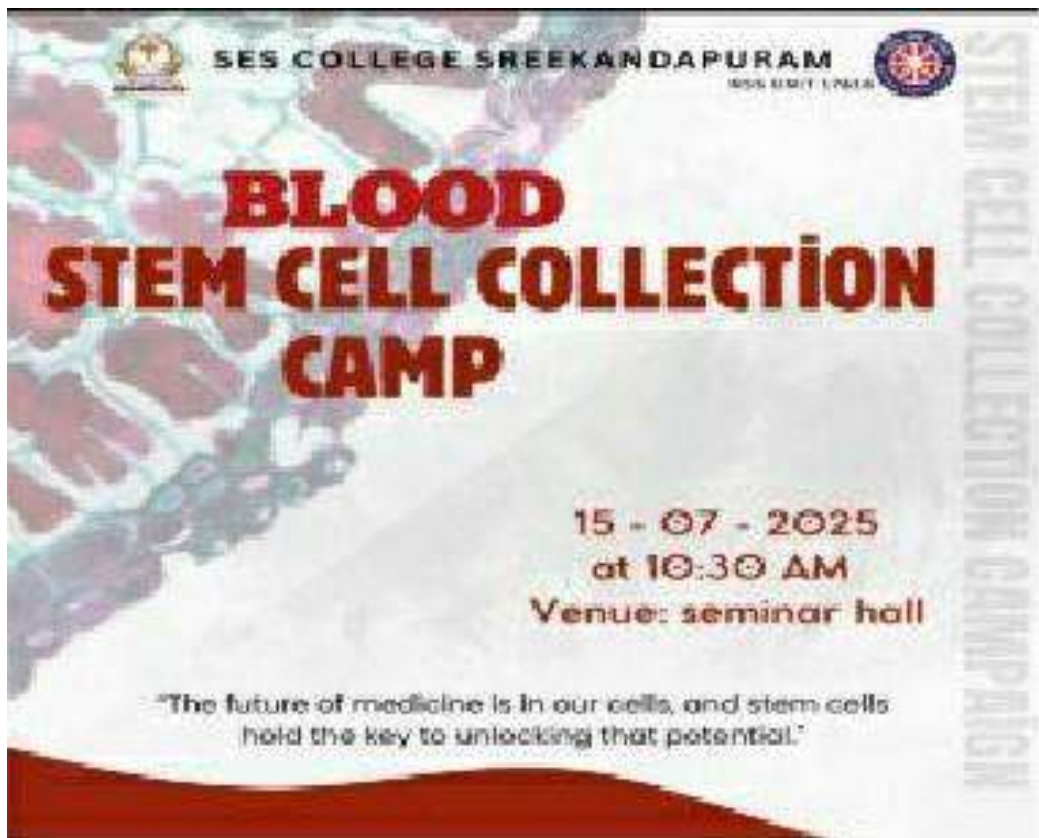
The NSS Unit of S.E.S. College, Sreekandapuram, a rain trip to Paithalmala was organized on 12th July. The event featured a range of cultural programs that added vibrancy and enthusiasm to the day. The flag-off ceremony was conducted by Sri Bijoy M. N., Sub-Inspector of Police, Kudiyanmala. The program was graced by several distinguished guests, including Sri Sheen Velikkakathu, President of YMCA Chemberi; Rev. Fr. Jis Kalapurakkal, Vicar of Pottanplavu Church; Sri Joshi Kandathil, Member of Irikkur Block Panchayath; Sri Alex Chunayanmaakkal, Ward Member of Naduvil Grama Panchayath; and Smt. Shyla Joy, Ward Member of Eruvessy Grama Panchayath. The event offered students a valuable opportunity to connect with nature while participating in cultural and community-building activities.





15/07/2025: Blood stem cell collection campaign

An awareness for blood stem cell donation was conducted at S.E.S. College, Sreekandapuram, in collaboration with DKMS-BMST. Blood stem cell donation is often the last hope for patients suffering from life-threatening diseases like leukemia. As part of the initiative, an informative session was led by DKMS-BMST representatives, Mr. Rohit and Mrs. Krithika, who educated students on the importance and process of blood stem cell donation. NSS volunteers actively supported the event by assisting students who expressed interest in registering as potential donors.





21/07/2025: Literacy orientation class

To transform Kannur into a fully literate district, NSS volunteers from colleges under Kannur University have joined hands in support of the New India Literacy Programme—a nationwide initiative led by the Central and State Governments. With the current literacy rate at 97.8%, the district is now striving to achieve 100% literacy. As part of this mission, students have been conducting online surveys to identify literacy needs in their communities.

In this initiative, NSS Units 17 and 18 of S.E.S. College, Sreekandapuram, organized an orientation session titled "*Akshara Velicham*" for second-year students. The session was led by Mr. Sasidharan, former Assistant Educational Officer and Assistant Coordinator of the Literacy Mission, Kannur District. The program commenced with a welcome address by Sreenanda, followed by the presidential address from Dr. Reena Sebastian, Principal of S.E.S. College, who emphasized the significance of literacy and the wider impact of initiatives like *Akshara Velicham*. Mr. Deepu, Coordinator of NSS Unit 17, also addressed the gathering and extended his best wishes to the participants. The event concluded with a vote of thanks delivered by NSS volunteer Safeedha.



SRI LANKA OPEN UNIVERSITY

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"Literature is a bridge from misery to hope,"
according to Karl August. "Literature is a bridge to hope
and it is a bridge to hope," says Karl August. "Literature is a bridge
and it is a bridge to hope," says Karl August. "Literature is a bridge
and it is a bridge to hope," says Karl August.



21/6/2025: Moon day celebration

Moon Day was celebrated by the NSS volunteers of S.E.S. College, Sreekandapuram on 21st June 2025. As part of the celebration, a drawing competition was organized in the college seminar hall at 12:00 PM, with two students participating from each department. The event was inaugurated by Dr. Reena Sebastian, Principal of S.E.S. College. The competition aimed to foster creativity among students while promoting awareness about the moon and the importance of space exploration.





26/06/2025: ***Changathikk oru thai Awareness campaign***

The NSS volunteers of S.E.S. College, Sreekandapuram conducted the "*Changathikk Oru Thai*" awareness campaign under the Haritha Mission initiative. As part of the program, Mr. Sukumaran, Haritha Mission Coordinator, led a brief awareness session emphasizing the importance of environmental protection and sustainable living. The event aimed to inspire students to become active contributors in preserving nature.

students to build a beautiful future





1/08/2025: Dolphin awareness class

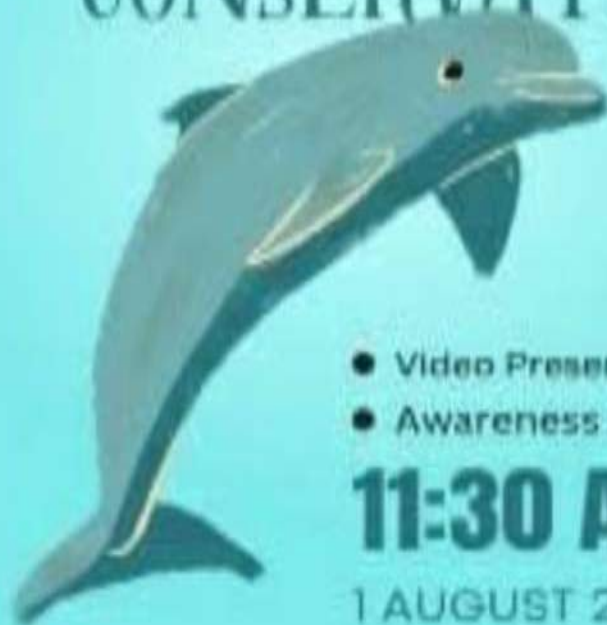
Under the leadership of NSS Unit 17&18 of SES College, Sreekandapuram organise **Dolphin** awareness class. The class was led by Safeeda NSS Volunteer of SES College.



NSS UNIT 17&18
SSS COLLEGE, KREEKANDAPURAM



DOLPHIN CONSERVATION



- Video Presentation
- Awareness class

11:30 AM

1 AUGUST 2025



4/08/2025: Pen Distribution

As part of an environmental awareness initiative and to reduce plastic use on campus, the NSS organized the distribution of paper pens. The programme was conducted with a support of differently-abled individuals.



5/08/2025: Public Service announcement programme

The NSS Unit of SN College, Kannur, organized a district-level Public Service Announcement competition on the topic of drug abuse and its impact on society. NSS volunteers Thejas P (Third Year BA English), Gopika (Third Year BBA), and Keerthana (Third Year BCom) participated in the competition and secured 5th position at the Kannur University level.



6/08/2025: Hiroshima Day Quiz

The NSS Unit of SES College organized a quiz competition in observance of Hiroshima Day. Vishnu and Athithya, Third Year B.Sc. Chemistry students, secured the first prize, while

Amrass and Afsal, Third Year B. Com students, won the second position.



11/08/2025: Inauguration of Mission Hundred Programme

As part of the centenary celebrations (*Mission 100*) of SES College, the NSS Units 17 & 18 organized a variety of service activities and awareness programmes. A special project titled *Hundred Mission* was inaugurated by Dr. Sujith K.V., DSS, Kannur University.

On the same day, the *Bus Stop Mini Library*—an initiative under the *Hundred Mission*—was inaugurated by Dr. Nidheesh K.P., NSS District Coordinator, Kannur. The function was presided over by Dr. Reena Sebastian, with NSS Programme Officer Dr. Nasreena P.K. and Deepu Sir delivering addresses during the event.





15/8/2025 to 17/08/2025 : Independence Day Camp- Yuvashakthi

Calicut University, in collaboration with Majlis Arts and Science College, organized a three-day Independence Day camp at Majlis College. Mr. Sinan, a Second Year BBA student and NSS volunteer from SES College, participated in the event.





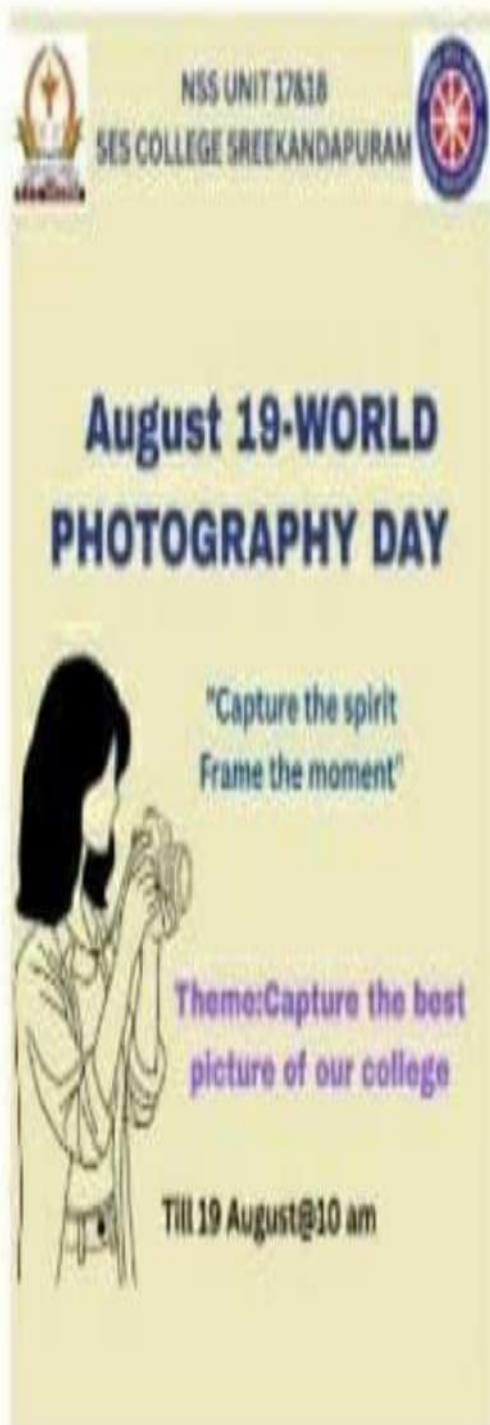
15/8/2025: Independence Day Celebrations

S.E.S. College, Sreekandapuram celebrated Independence Day with great enthusiasm. The national flag was hoisted by the Principal, Dr. Reena Sebastian, also delivered the Independence Day message.



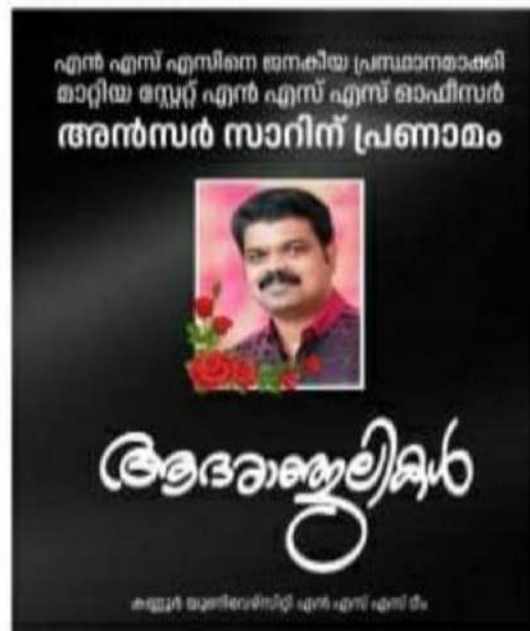
19/8/2025: Photography contest

A photography contest was organized by the NSS volunteers of SES College, Sreekandapuram. Students captured photographs from within the college premises. Mr. Ajith, a Third Year BBA student, won the first prize, while Fathimathul Shana secured the second prize.



20/8/2025: Condolence meeting

Condolence meeting of Dr. Anser sir (State NSS Officer) was conducted by NSS Volunteers of SES College. All volunteers of NSS were participated this event.



20/8/2025: Paper pen distribution

NSS Volunteers of SES College distributed Independence Day paper pen to police officers.





22/8/2025: QR Code for Nature

The NSS volunteers of SES College organized a "QR Code for Nature" programme, aimed at promoting environmental awareness. As part of the initiative, QR codes were placed on trees, allowing anyone who scans them to access detailed information about each specific tree. The programme was inaugurated by the Principal of SES College, Dr. Reena Sebastian.





22/8/2025: Poster Making competition

A poster-making competition was conducted by the NSS volunteers of SES College. Ziya Zamrin Noushad, a Second Year BBA student, won the first prize, while Naseeha Abdul Salam, a Third Year BA English student, secured the second prize..



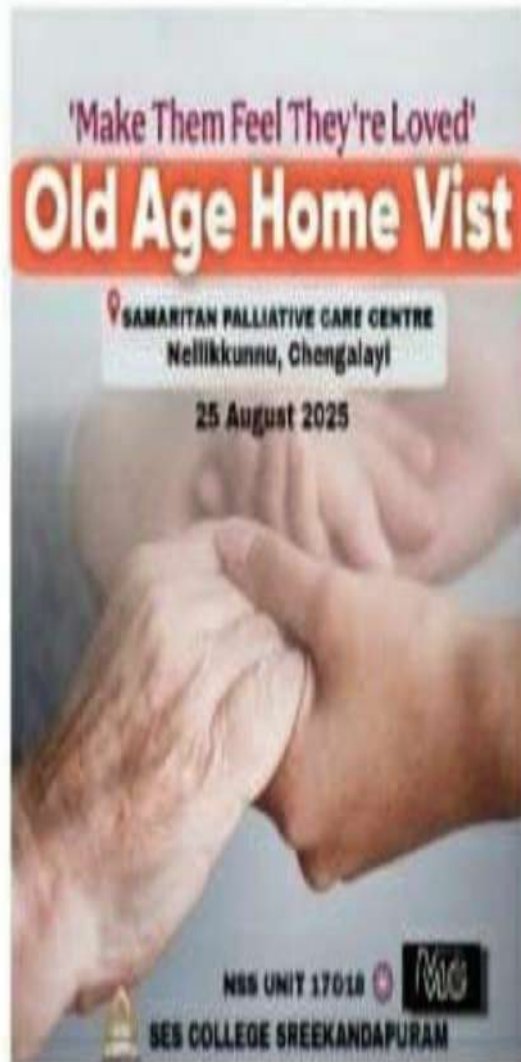
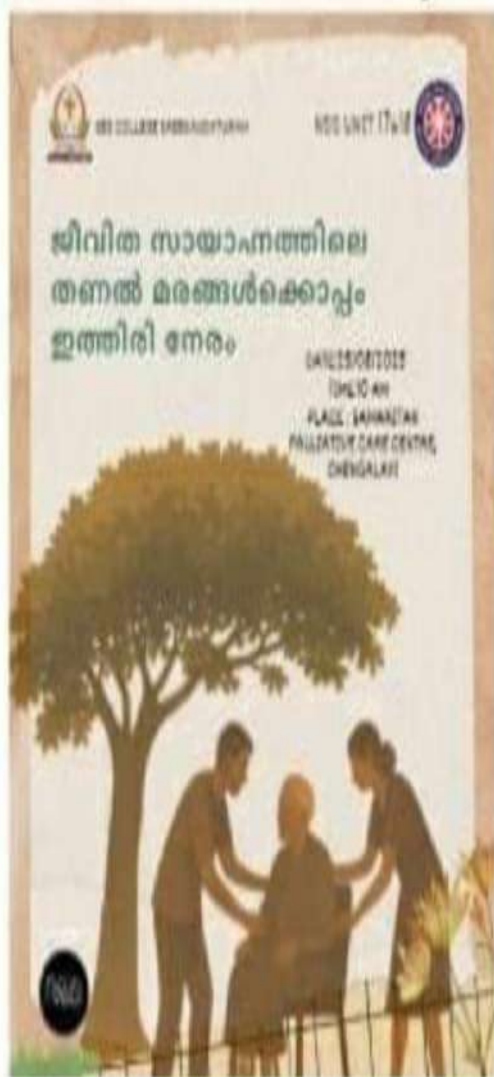
25/8/2025: Little Champs

The NSS volunteers of SES College conducted a *Little Champ* health and nutritional awareness class. All NSS volunteers actively participated in the programme, which also featured several cultural events.



25/8/2025: Old Age home visit

NSS volunteers of SES College visited Samaritan Palliative Care at Chengalayi. During the visit, the volunteers interacted with the residents and conducted various cultural activities.





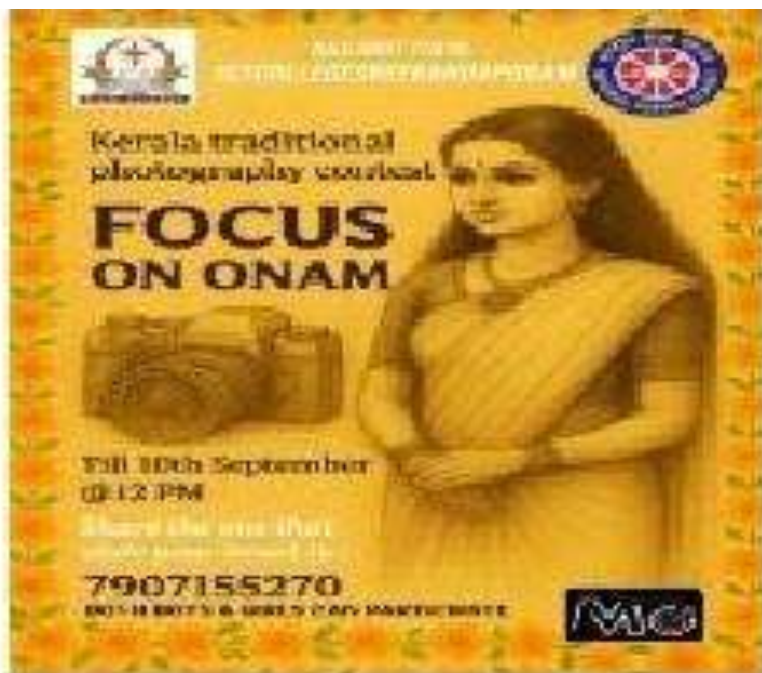
10/9/2025: Reel Making Competition

A reel-making competition was organized by the NSS volunteers of SES College, where Fathima Riza won first prize.



10/9/2025: Kerala Traditional photography contest

A Kerala Traditional Photography Contest was organized by the NSS volunteers of SES College. Fathimath Sahila secured the first prize, while Diya K and Krishna P.V. shared the second prize. Ritika S was awarded the third prize.



11/09/2025: Rabies awareness class

Under the leadership of the NSS unit, a Rabies Awareness Class was conducted on 11/09/2025. The session was led by Mr. Biju Antony, who delivered an insightful talk on dog bites and rabies prevention. He explained the causes, symptoms, and necessary precautions to take in case of animal bites. The programme was presided over by the respected Principal, Dr. Reena Sebastian. The class proved to be highly informative and effective in raising awareness among students about the importance of rabies prevention and timely medical care.



12/09/2025: Sudoku competition

The NSS volunteers of SES College organized a Sudoku competition, which saw participation from students across all departments.



12-09-2025 Participation in *Aranyakam* - Residential Environmental Study Camp

Fathimath Risana C.P

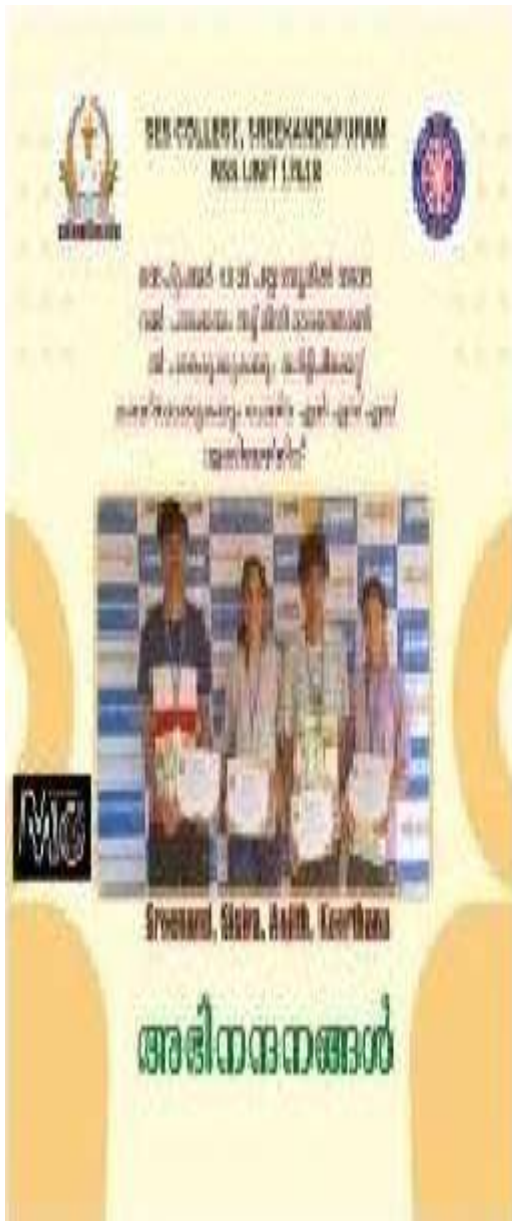
Safeeda K

Two volunteers from the NSS Units of SES College, Sreekandapuram, participated in Aranyakam, a Residential Environmental Study Camp organized by the Kannur University NSS Cell. The camp was conducted at GPM Government College Manjeswaram from 12 September 2026 to 14 September 2026. The programme aimed to promote environmental awareness, ecological conservation, and sustainable living practices among NSS volunteers through interactive sessions, field studies, and experiential learning activities.



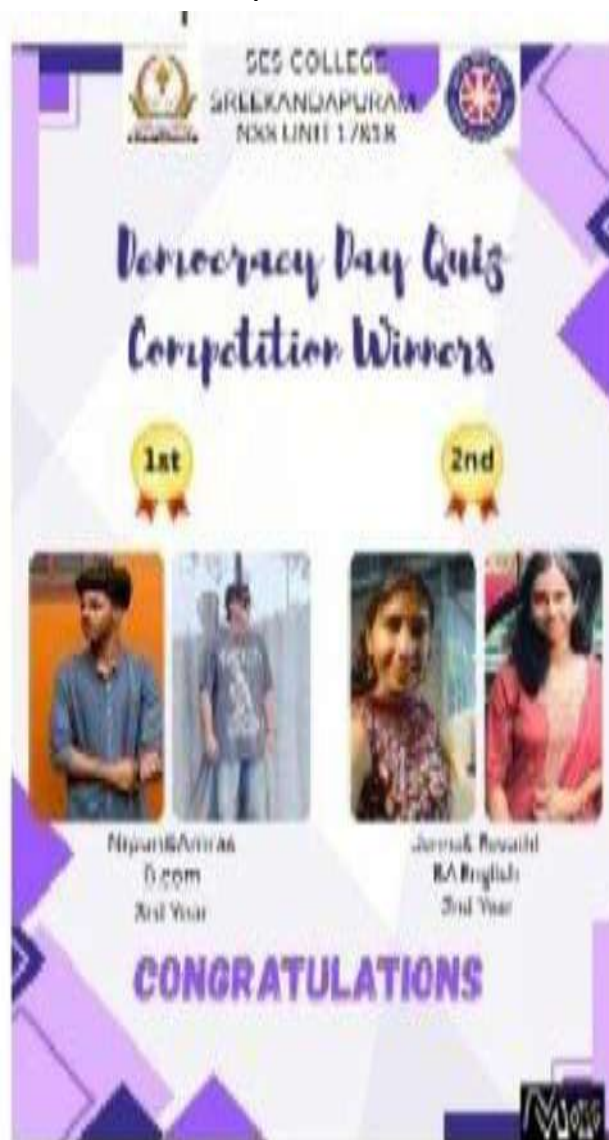
13/9/2025: Mini marathon

A mini marathon was organized at Payyavoor, in which NSS volunteers from SES College—including Sreenand (3rd year B. Com), Keerthana (3rd year B.Com), Anjith (3rd year Math's), and Sisira (3rd year Math's)—participated and received certificates for their involvement.



16/09/2025: Democracy Day Quiz

The NSS volunteers of SES College organized a Democracy Day Quiz Competition, with two students representing each department. Nipun and Amraas from 3rd Year B.Com secured the first prize, while Jenna and Revathi from 2nd Year English won the second prize.





16/09/2025: Ozone Day Quiz Competition

The NSS volunteers of SES College organized an Ozone Day Quiz Competition. Sreenand and Keerthana from 3rd Year B.Com secured the first prize, while Nipun and Amraas, also from 3rd Year B.Com, won the second prize.

11/25





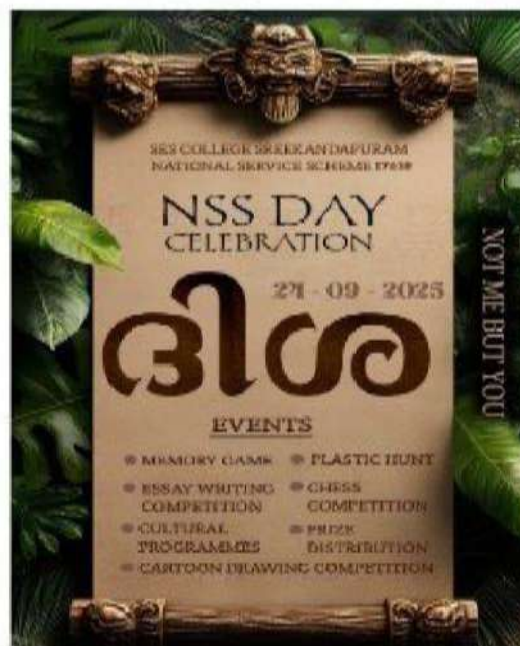
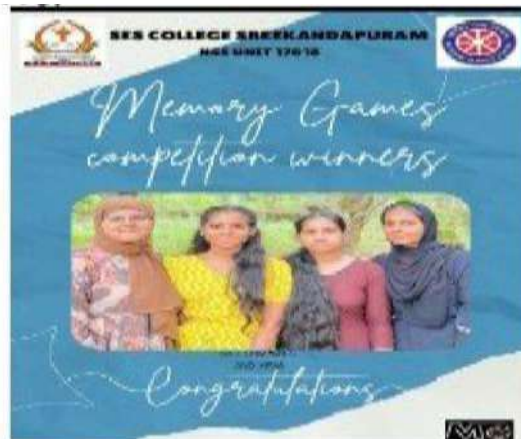
23/09/2025:Anti racism poster making competition

The NSS volunteers of SES College organized an Anti-Racism Poster Making Competition. Afsal from 3rd Year English won the first prize, while Adharsh from 3rd Year Mathematics secured the second prize.



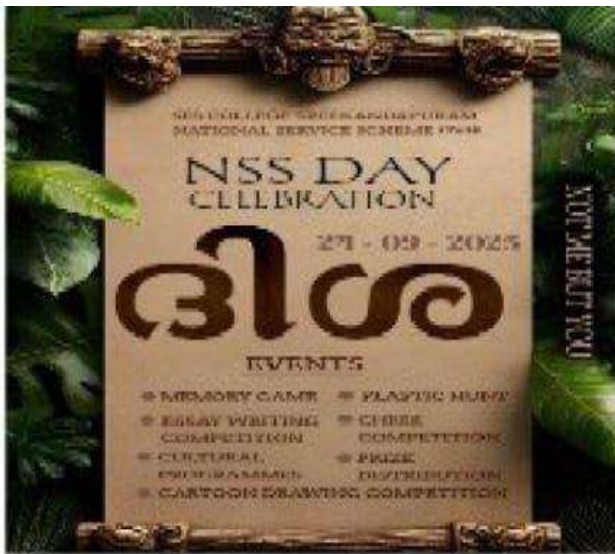
24/09/2025: Memory Games

As part of NSS Day celebrations, the NSS volunteers of SES College conducted a Memory Game competition. A team of four students from each department was eligible to participate.



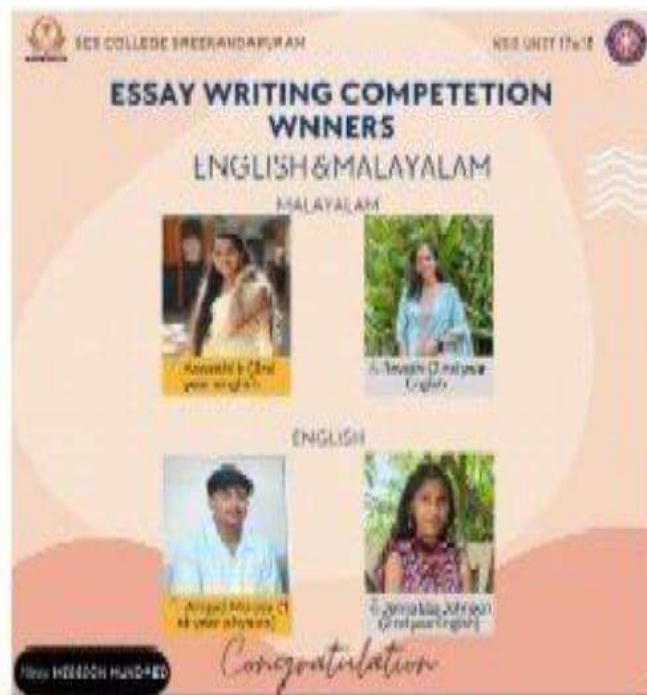
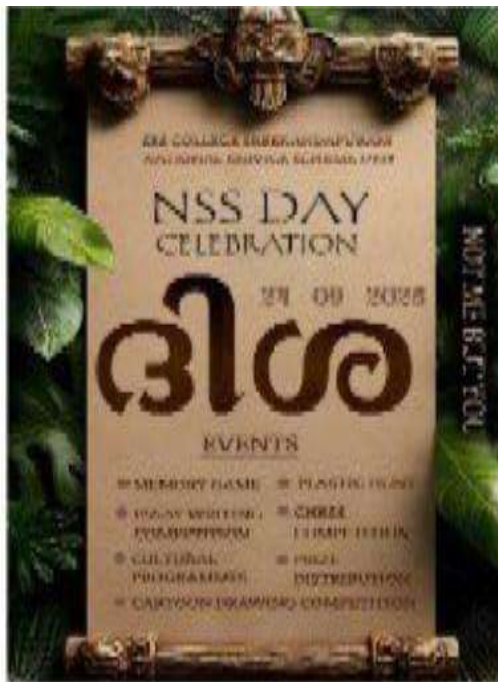
24/09/2025: Cartoon Drawing Competition

As part of NSS Day celebrations, the NSS volunteers of SES College organized a Cartoon Drawing Competition. Two students from each department participated in the event. Shamith from 3rd Year B.Com won the first prize, while Pooja from 2nd Year English secured the second prize.



24/09/2025: Essay writing competition

As part of the NSS Day celebrations held on 24/09/2025, the NSS volunteers organized an essay writing competition. Two students from each department participated in the event. Aswathi secured the first prize in the Malayalam essay writing competition, while Revathi won the second prize. In the English essay writing competition, Amjad won the first prize, followed by Jenna, who secured the second prize.



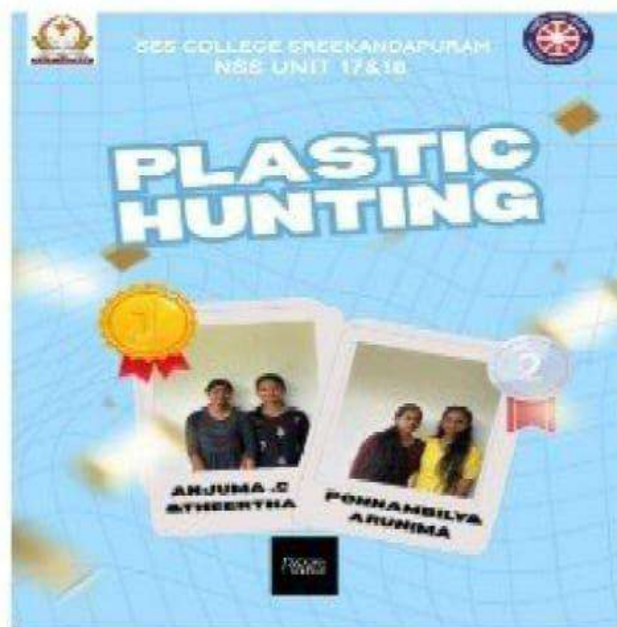
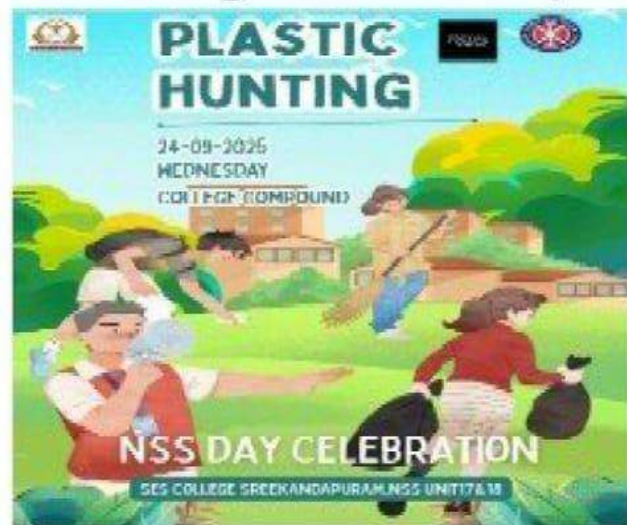
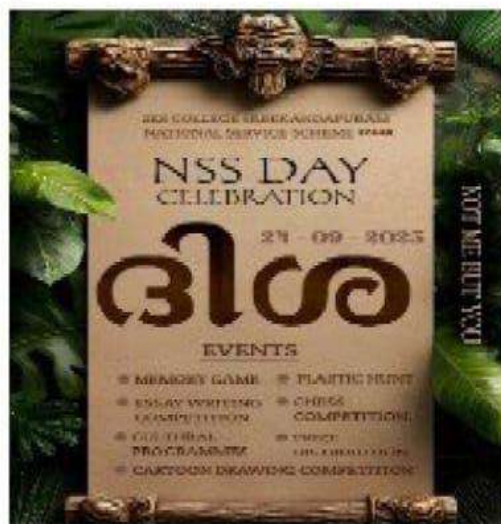
24/09/2025: Chess competition

As part of the NSS Day celebrations, the NSS volunteers of SES College organized a chess competition. Two students from each department participated in the event. Muhammed Habeeb (2nd year BA English) secured the first prize, while Jithin (3rd year B.Com) won the second prize.



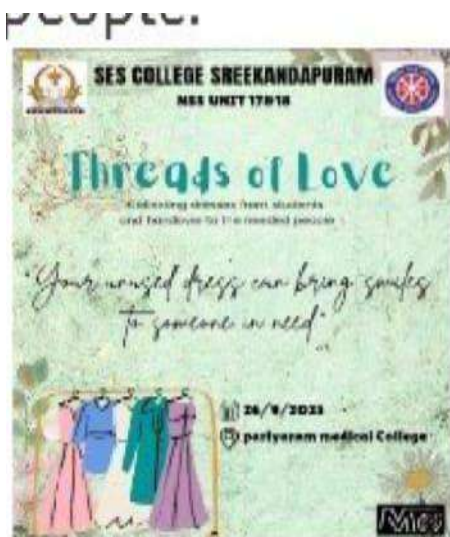
24/09/2025: Plastic Hunting competition

As part of the NSS Day celebrations the NSS volunteers of SES College organized a Plastic Hunting competition. Students participated by collecting plastic waste from the college campus. Theertha and Anjuma (3rd year BBA) won the first prize, while Ponnambili and Arunima secured the second prize.



26/09/2025: Threads of love

The NSS volunteers of SES College organized the *Threads of Love* initiative, a compassionate effort aimed at supporting people in need. As part of the programme, the volunteers collected clothes and food items and distributed them to beneficiaries. The event was conducted in the premises of Pariyaram Medical College, where many aged individuals were identified and assisted with the help of the volunteers. Their dedicated service ensured that the collected essentials reached the right hands. This initiative stands as a commendable example of the NSS unit of SES College demonstrating empathy, social responsibility, and active community engagement.



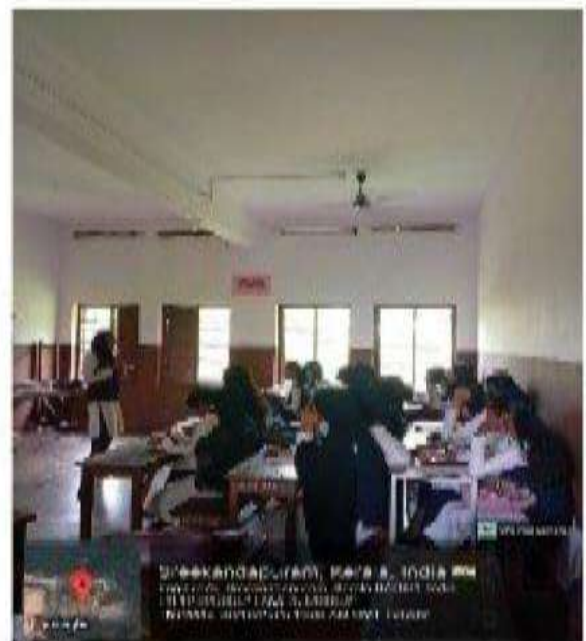
03/10/2025: Gandhi Jayanthi Celebration

Gandhi Jayanthi was celebrated jointly by the Sreekandapuram Municipality and the NSS unit of SES College. The event was inaugurated by Mrs. Philomina Teacher, Chairperson of the Sreekandapuram Municipality, while Mrs. Reena Sebastian, Principal of SES College, administered the Gandhi Jayanthi oath.



30/10/2025: Sardar Vallabhbhai Patel Class

On 30 October 2025, Sardar Vallabhbhai Patel Day was celebrated by the NSS volunteers of SES College. As part of the celebration, a class on the life and contributions of Sardar Vallabhbhai Patel was conducted. The session was handled by Risana, a second-year Economics student. All NSS volunteers actively participated in the program.



31/10/2025: Sardar Vallabhbhai Patel Day

On 31 October 2025, Sardar Vallabhbhai Patel Day was celebrated by the NSS volunteers of SES College. As part of the observance, an oath was taken by the students. The oath was administered by Amjad, a first-year BSc Physics student. All NSS volunteers participated in the program with dedication.



31/10/2025: Campus Cleaning

As part of the observance of Sardar Vallabhbhai Patel Day on 31 October 2025, the NSS volunteers of SES College organized a campus cleaning program. The activity aimed to promote cleanliness, discipline, and a sense of social responsibility among students, reflecting the values upheld by Sardar Vallabhbhai Patel. All NSS volunteers actively participated in cleaning the college premises and contributed to maintaining a clean and healthy campus environment



03/11/2025: Bhavana Punarnirmanam

On 3 November 2025, NSS Units 17 and 18 contributed financial support to the *Bhavana Punarnirmanam* project initiated by the Kannur University NSS Cell. This initiative aimed at the reconstruction and development of essential infrastructure, reflecting the spirit of solidarity and social commitment promoted by the NSS. The contribution by the volunteers demonstrated their sense of responsibility and willingness to support community development programs.



24/11/2025 - Constitution day

Constitution Day was observed in the college to commemorate the adoption of the Constitution of India and to promote constitutional values among students. As part of the programme, the College Principal, Dr. Reena Sebastian, led the students in the reading of the Preamble of the Indian Constitution and administered the Constitutional Pledge. The event aimed to reinforce the ideals of justice, liberty, equality, and fraternity, and to encourage students to uphold their duties as responsible citizens.



29/11/2025 - Clean and Green Campus

Clean and Green Campus Programme was conducted at SES College with the active participation of NSS volunteers. As part of the initiative, the volunteers carried out a campus cleaning activities in the college premises. The programme aimed to promote environmental awareness, cleanliness, and a sense of social responsibility among students. Through this activity, the NSS volunteers contributed to maintaining a healthy and eco-friendly campus environment.



01/12/2025: World AIDS Day

World AIDS Day was observed at SES College by the NSS volunteers. As part of the programme, a pledge-taking was organized to spread awareness and show solidarity in the fight against HIV/AIDS. An awareness session was conducted by

Ms. Gopika, a third-year BBA student, who delivered an informative talk on HIV/AIDS, its prevention. The programme aimed to educate students and encourage responsible behavior while promoting compassion and social awareness.



01/12/2025: World AIDS Day

As part of the World AIDS Day observance, the NSS volunteers organized a human formation programme to symbolize awareness and solidarity in the fight against HIV/AIDS. Students collectively formed the iconic red ribbon, the universal symbol

of support for people living with HIV/AIDS. The activity aimed to raise awareness about prevention methods, promote compassion and inclusivity, and encourage a stigma-free society. The programme highlighted the role of youth in spreading accurate information and fostering social responsibility within the community.



05-12-2025 to 07-12-2026- Three-Day Residential Training Camp Participation

The following volunteers from the NSS Units of SES College, Sreekandapuram, participated in the **Three-Day Residential Training Camp** held at **WIRAS College**:

1. **Safeeda K**
2. **Muhammad Sinan P**
3. **Fathima Rinsha C.P**

The camp provided participants with valuable training in leadership, personality development, teamwork, and community service, thereby enhancing their skills and commitment as NSS volunteers.





KANNUR UNIVERSITY NSS CELL
THREE DAY RESIDENTIAL LEADERSHIP TRAINING CAMP
FOR KANNUR UNIVERSITY NATIONAL SERVICE SCHEME VOLUNTEERS

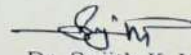
Certificate

This is to certify that Mr./Ms. FATHIMATH RISANA K P
SSES COLLEGE SREEKANDAPURAM

has attended in the three day residential training workshop FOCUS+ for Kannur University NSS Volunteers
at WIRAS College, Vilayancode during 2025 December 05 to 07.

07-12-2025




Dr. Sujith K. V.
DSS Kannur University



KANNUR UNIVERSITY NSS CELL
THREE DAY RESIDENTIAL LEADERSHIP TRAINING CAMP
FOR KANNUR UNIVERSITY NATIONAL SERVICE SCHEME VOLUNTEERS

Certificate

This is to certify that Mr./Ms. MUHAMMED SINAN P
SSES COLLEGE SREEKANDAPURAM

has attended in the three day residential training workshop FOCUS+ for Kannur University NSS Volunteers
at WIRAS College, Vilayancode during 2025 December 05 to 07.

07-12-2025




Dr. Sujith K. V.
DSS Kannur University

NSS Special Camp 23-12-2025 to 29-12-2025

NSS Special Camp Programme is an integral part of NSS activities. Every year, NSS residential camps are conducted in the neighbouring areas of our institution. These camps play a crucial role in the overall development of NSS volunteers by promoting group living, experience sharing, leadership skills, and meaningful community interaction. In December this year, the NSS Units 17 and 18 of SES College, Sreekandapuram, successfully organised a seven-day special camp titled 'Ilamai'.

The National Service Scheme (NSS) 17th and 18th Units of SES College, Sreekandapuram, are organizing a seven-day camp titled "*Ilamai*" from 23rd to 29th December 2025 at Mery Land High School, Madampam. The National Service Scheme primarily aims to foster the overall personality development of students through social service. It seeks to cultivate a sense of service and volunteerism among students and youth, encourage their active participation in nation-building, and help them into socially responsible citizens.

In addition to these objectives, the camp also focused on various community-oriented activities such as voluntary labour (Shramdaan), environmental cleanliness drives, kitchen garden maintenance, and digital literacy surveys, keeping the local area as its focal point. Along with these, the camp included activities under the project "Yuvatha Gramathinte Samagrathakkayi", designed by the National Service Scheme, Kannur University. The project also aims at comprehensive environmental conservation, waste management, regulation of plastic usage, and promoting a drug-free, sustainable village with active youth participation.

More than 90 students were actively participated in the camp worked together towards achieving the declared objectives, which became the major success of the *Ilamai Camp*. Furthermore, the wholehearted support and cooperation of the school headmaster of Mery Land High School, local residents, and the Panchayat ward members significantly contributed to the successful conduct of the camp. The seven days programme details were listed below.

പതാക ഉയർത്തൽ

ഉദ്ഘാടന സമ്മേളനം

എൻ എസ് എസ് ഗീതം

സ്വാഗതം : ശ്രീ. ഗോപാലകൃഷ്ണൻ പി.ആർ.
(പ്രൊഗ്രാം ഓഫീസർ)

അവ്യക്തത : ശ്രീ. അഗസ്റ്റിൻ വെള്ളച്ചാലിൽ
(നാൻവ് കാണിലർ, ശ്രീകണ്ഠപുരം മുൻസിപ്പാലിറ്റി)

ഉദ്ഘാടനം : **റവ. ഫാദർ സജി മെത്താനന്ത്**
(മാനന്ത, മേരിലാൻ്റ് ഹൈസ്കൂൾ മടമ്പം)

മുഖ്യപ്രഭാഷണം : **ഡോ. നീന സെബാസ്റ്റ്യൻ**
(പ്രിൻസിപ്പൽ, എസ് ഇ എസ് കോളേജ്)

കുറമ്പ് വിശദീകരണം : **ഡോ. നസീന പി.കെ.**
(പ്രൊഗ്രാം ഓഫീസർ)

ആശംസ : **ഡോ. കെ.വി. വിജയലിന ടീച്ചർ**
(ലാൻഡ്സ്കേപ്പിംഗ്, ശ്രീകണ്ഠപുരം മുൻസിപ്പാലിറ്റി)

ശ്രീ. ഷാജു ജോസഫ്
(പ്രൈമറിസ്റ്റർ, മേരിലാൻ്റ് ഹൈസ്കൂൾ മടമ്പം)

ശ്രീ. സൈജോ ജോസഫ്
(ബുക്കുട്ടർ, എസ് ഇ എസ് കോളേജ്)

ശ്രീമതി ആശ മായ
(ജെ പി ടി എ പ്രിൻസിപ്പൽ)

ശ്രീ. സുരേഷ് കെ.
(പി ടി എ ഹൈസ് പ്രിൻസിപ്പൽ, എസ് ഇ എസ് കോളേജ്)

ഡോ. സരേഷ് ടി.ജെ.
(ഐ ക്യു എസ് കോർഡിനേറ്റർ)

ശ്രീ. ഫായിസ് കെ.പി.
(ജൂനിയർ സൂപ്പർ, എസ് ഇ എസ് കോളേജ്)

കുമാരി ഗോപിക എം.
(നീനിയർ റജിസ്ട്രാർ)

ശ്രീ. ആദർശ് ജെ.യു.
(നീനിയർ റജിസ്ട്രാർ)

നന്ദി : **ശ്രീ. ദേവനന്ദ് എം.എസ്.**
(റജിസ്ട്രാർ, ബുക്കുട്ടി സ്റ്റുഡന്റ്സ് യൂണിയൻ)

സംഘാടകസമിതി

കുറമ്പ് കക്ഷധികാരികൾ

ഡോ. നീന സെബാസ്റ്റ്യൻ
(പ്രിൻസിപ്പൽ, എസ് ഇ എസ് കോളേജ് ശ്രീകണ്ഠപുരം)

അഡ്വ. ഇ.വി. രാമകൃഷ്ണൻ
(മുൻസിപ്പൽ ഫെയർയർ, ശ്രീകണ്ഠപുരം)

ശ്രീ. അഗസ്റ്റിൻ വെള്ളച്ചാലിൽ
(നാൻവ് കാണിലർ, ശ്രീകണ്ഠപുരം മുൻസിപ്പാലിറ്റി)

ശ്രീ. വിനീൽ വർഗീസ്

(മാനന്ത, എസ് ഇ എസ് കോളേജ്)

ശ്രീ. ഷാജു ജോസഫ്

(പ്രൈമറിസ്റ്റർ, മേരിലാൻ്റ് ഹൈസ്കൂൾ മടമ്പം)

റവ. ഫാദർ സജി മെത്താനന്ത്
(മാനന്ത, മേരിലാൻ്റ് ഹൈസ്കൂൾ മടമ്പം)

ശ്രീ. സുരേഷ് കെ.

(പി ടി എ ഹൈസ് പ്രിൻസിപ്പൽ, എസ് ഇ എസ് കോളേജ്)

ശ്രീ. സജി കുര്യൻ

(പി ടി എ പ്രിൻസിപ്പൽ, മേരിലാൻ്റ് ഹൈസ്കൂൾ മടമ്പം)

ജനറൽ കൺവിൻ

ശ്രീ. ഗോപാലകൃഷ്ണൻ പി.ആർ.
(പ്രൊഗ്രാം ഓഫീസർ)

ഡോ. നസീന പി.കെ.
(പ്രൊഗ്രാം ഓഫീസർ)

കുറമ്പ് മാനേജർസ്

ശ്രീ. ദീപു ജോസ് കെ.

ഡോ. സുനിത ജോസഫ്

ഡോ. രജിത് പി.പി.

ഡോ. ഷൈനി എം.സി.

ശ്രീ. ഫായിസ് കെ.പി.

ശ്രീ. ഷീനോ ലൂക്ക

ശ്രീ. റോബിൻ ബെന്നി

കുറമ്പ് സമയക്രമം

രാവിലെ 5 മണി : ഉണക്കൽ

6 മണി : യോഗ

7.30 : പ്രഭാത ഭക്ഷണം

8.15 : എൻ. എസ്. എസ്. ഗീതം, റിപ്പോർട്ട്,
കുറമ്പ് പേപ്പർ പ്രകാശനം

9.15 : ശ്രേഷ്ഠം

10.30 : പഠനകുറമ്പ്

1 മണി : ഉച്ചഭക്ഷണം

2 മണി : പഠനകുറമ്പ്

4.30 : മായ

5 മണി : കലാപരിപാടിയായുള്ള തയ്യാറെടുപ്പ്

6 മണി : കലാപരിപാടി

8 മണി : അത്താഴം

9 മണി : വളങ്ങിയർ പാർലമെൻ്റ്

10.30 : ലൈവ് ഓഫ്



NATIONAL SERVICE SCHEME
SES COLLEGE SREEKANDAPURAM



നാഷണൽ
സർവ്വീസ് സ്കീം

യൂണിറ്റ് നമ്പർ 17 & 18



ഇളവൈ

7 Days Residential Camp

സപ്തദിന സഹവാസ കുറമ്പ്

ഇളവൈ

"യുവത ഗ്രാമതയുടെ
സമഗ്രതയ്ക്കായ്"

2025 ഡിസംബർ 23 മുതൽ 29 വരെ

മേരിലാൻ്റ് ഹൈസ്കൂൾ മടമ്പം





മാനുദേ,

ശ്രീകണ്ഠാപുരം എസ് ഇ എസ് കോളേജിലെ നാഷണൽ സർവീസ് സ്കീം 17,18 യൂണിറ്റുകളുടെ സപ്തദിന ക്യാമ്പ് 'ഇളമൈ 2025' ഡിസംബർ 23 മുതൽ 29 വരെ മേരിലാൻ്റ് പൈസ്കൂർ മടസം വച്ച് നടക്കുകയാണ്. ക്യാമ്പിൽ പങ്കെടുക്കുന്ന നൂറോളം വിദ്യാർത്ഥികളുടെ വ്യക്തിത്വ വികസനം സാമൂഹ്യ സേവനത്തിലൂടെ വളർത്തിയെടുക്കുന്നതോടൊപ്പം വിദ്യാർത്ഥികളുടെയും യുവജനങ്ങളുടെയും സേവന സന്നദ്ധത വളർത്തിയെടുക്കുകയും, വിദ്യാർത്ഥികളെ രാഷ്ട്ര പുനർനിർമ്മാണത്തിൽ പങ്കാളികളാക്കുകയും, സമൂഹത്തോട് കൂടെ ഇളവു ഭാവി തീർക്കുകയും ശ്രമമാനും, പരിസര ശുചി കരണം, അടുക്കളത്തോടും, പരിസ്ഥിതി സംരക്ഷണം, സർവ്വേ തുടങ്ങിയ പ്രവർത്തനങ്ങൾ വളങ്ങിയർമ്മരെ പരിശീലിപ്പിക്കുകയുമാണ് ക്യാമ്പിൻ്റെ പ്രധാന ലക്ഷ്യങ്ങൾ.

അതോടൊപ്പം നാഷണൽ സർവീസ് സ്കീം കളണ്ടർ സർവകലാശാല സെൽ ഭൂപകൽപ്പന ചെയ്ത സമ്പൂർണ്ണ പരിസ്ഥിതി പരിപാലനം, മാലിന്യ നിർമ്മാണം, പ്ലാസ്റ്റിക് ഉപയോഗിച്ച് തുണിത്തുണി, ലഹരി മുക്ത സമ്പൂർണ്ണ സുസ്ഥിര ഗ്രാമം രൂപീകരിക്കുന്നതിൽ യുവതയുടെ പങ്ക് എന്നിവ ലക്ഷ്യമായി 'യുവത ഗ്രാമതയുടെ സമഗ്രതയായ' എന്ന പദ്ധതി പ്രവർത്തനങ്ങളും ക്യാമ്പിൽ ഉൾപ്പെടുത്തിയിരിക്കുന്നു. ക്യാമ്പിൻ്റെ വിജയത്തിനായി എല്ലാവരും സഹായ സഹകരണങ്ങളും അഭ്യർത്ഥിക്കുന്നു.

എസ്
പ്രോഗ്രാം ഓഫീസർ,
ശ്രീ. ഗോപാലകൃഷ്ണൻ പി.ആർ. ഡോ. നന്ദിനി പി.കെ.
യൂണിറ്റ് 17 യൂണിറ്റ് 18

ഡിസംബർ 23 ഫെസ്റ്റ്

വൈകു: 4.30ന് : രമിസ്ട്രേഷൻ
വൈകു: 5 മണിക്ക് : **ഉദ്ഘാടന സമ്മേളനം**
എൻ.എസ്.എസ്. ഗീതം
വൈകു: 6.30ന് : ഐസ് ക്രൈംസ്
ആൻ്റ് ഗ്രൂപ്പ് ഡയനാമിക്സ്
(ശ്രീ. ബിജു നിടുന്നമേൽ അധ്യപകൻ)

ഡിസംബർ 24 ബുധൻ

റാവിലെ 9.15ന് : ശ്രമദാനം
10 മണി : 'പാലിയേറ്റീവ് പ്രവർത്തനം എന്തിന്? എങ്ങനെ? ആർക്കൊക്കെ? എങ്ങനെ?'
(ശ്രീ. ശ്രീധരൻ കെ.വി.
(ശ്രീമതീ സാധനാ അധ്യപക അദ്ധ്യക്ഷതയിൽ))
ഉച്ചയ്ക്ക് 2 മണി : എൻ്റെ എൻ. എസ്. എസ് നീനിയർ വളങ്ങിയർമ്മരുടെ എൻ. എസ്. എസ് അനുഭവങ്ങൾ പങ്കുവെയ്ക്കൽ
4 മണിക്ക് : വീൽഡ് ആക്ടിവിറ്റി (ഉത്സവ്)

ഡിസംബർ 25 റവറം

റാവിലെ 9.30ന് : ശ്രമദാനം
സേവന മേഖലയും വ്യക്തിത്വ വികസനവും
(ശ്രീ. സായലാൽ കണ്ടോത്ത്
(ഗോപി) നിൽക്കിട്ടുവരിക)

ഡിസംബർ 26 റെഡ്

റാവിലെ 9.30ന് : ശ്രമദാനം
യുവജനങ്ങൾ : റെയ് അലേക്സ് അറിവാൻ പ്രതിഭാധനം
(ശ്രീ. നിർമ്മൽ സി.
(അധ്യപകൻ എസ് ഇ എസ് കോളേജ്))
ഉച്ചയ്ക്ക് 2.00 : ജീവിത സാധനത്തിലെ തന്നെ മരങ്ങൾക്കൊപ്പം ഇത്തിരി നേരം
(കുമാരൻ പ്രോഗ്രാം ഡിവിഷൻ ലിറ്ററേച്ചർ)

ഡിസംബർ 27 ശനി

റാവിലെ 9.30ന് : ശ്രമദാനം
9.30ന് : ശുഭവിചാരങ്ങളുടെ ശക്തി അറിവാൻ പ്രതിഭാധനം
ഡോ. സുനിത ജോസഫ്
(അനിറ്റാൻ്റ് പ്രോഗ്രാം എസ് ഇ എസ് കോളേജ്)
11.00 : ജീവിതം തന്നെ ലഹരി ലഹരി വിരുദ്ധ ക്യാമ്പ്
(ശ്രീ. രഞ്ജിത്ത് കുമാർ
(എക്കണമിക്സ് പ്രോഗ്രാം ഓഫീസർ ശ്രീകണ്ഠാപുരം))
ഉച്ചയ്ക്ക് 2 മണി : ജീവിത ശൈലിയും ആരോഗ്യവും
(ശ്രീ. സനൽ കുമാർ കെ.
(പ്രൊഫസ്സർ ഓഫ് ഫിസിയോളജി കോളേജ്))

ഡിസംബർ 28 ഞായർ

റാവിലെ 9.00 ന് : ശ്രമദാനം
10.00 ന് : നാടിയും തോടിയും സുകൃതാണിപിപി (ആനന്ദൻ
(കോർഡിനേറ്റർ ഇക്സിക്യൂട്ടീവ് ഓഫീസ്))
6.00 ന് : പീലിങ് ക്യാമ്പ്
(ശ്രീ. സുരേഷ് കുമാർ അലി
(ബോർഡ് അംഗം നീക്കം))

ഡിസംബർ 29 ഞായർ

റാവിലെ 10.30ന് : സമാപന സമ്മേളനം
സ്ഥാനം : ശ്രീ. ഗോപാലകൃഷ്ണൻ പി.ആർ.
(പ്രോഗ്രാം ഓഫീസർ)
അദ്ധ്യക്ഷത : ശ്രീ. അശ്വതിൻ വെള്ളച്ചാലിൽ
(നാഡ് കൗൺസിലർ, ശ്രീകണ്ഠാപുരം യൂണിറ്റിലെ)
ഉദ്ഘാടനം : **അഡ്വ. ഇ.വി. രാമകൃഷ്ണൻ**
(മുന്തിരുമല തോടൻ, ശ്രീകണ്ഠാപുരം)
മുഖ്യാധ്യക്ഷനും : ശ്രീ. വിനീത് വർഗീസ്
(മണൽ എസ് ഇ എസ് കോളേജ്)
ആശംസ : ശ്രീ. ഷാജു ജോസഫ്
(പ്രോഗ്രാം ഓഫീസർ, മേരിലാൻ്റ് പൈസ്കൂർ)
ക്യാമ്പ് അവലോകനം
വളങ്ങിയേഴ്സ് സമ്മാനദാനം
നന്ദി : ഡോ. നന്ദിനി പി.കെ.
(പ്രോഗ്രാം ഓഫീസർ)

DAY 1 - 23/12/202

INAUGURATION

The NSS camp commenced on 23rd December with the registration process of volunteers. More than 90 NSS volunteers from SES College, NSS Units 17 and 18 participated in the camp. The inauguration session began with the NSS song. The camp was formally inaugurated by Dr. Reena Sebastian , the Principal of SES College. Sreekandapuram Municipal Councillor Mr. Augustin Vellachalil presided over the function. Ms. Nasreena P.K., Programme Officer, presented a brief overview of the camp activities and objectives. Mr. Devanandh, Student Secretary, delivered the vote of thanks. Teachers of SES College and local residents of Madampam actively participated in and contributed to the inauguration function, making the event meaningful and successful.







ICE BREAKING SESSION

Following the grand inaugural function, an ice-breaking session was conducted by Mr. Biju, a teacher at Niduvaloor U.P. School. He led an engaging and interactive session designed to help the volunteers get to know one another and feel comfortable in the camp environment. Through various activities and discussions, the session encouraged teamwork, communication, and mutual understanding among the students. The ice-breaking session proved to be highly beneficial for the NSS volunteers, as it helped build confidence, enthusiasm, and a sense of unity among them. The students actively participated and found the session both enjoyable and effective. The day's activities concluded and the **lights were turned off at 11:30 p.m.**





DAY 2 - 24/12/2025

YOGA

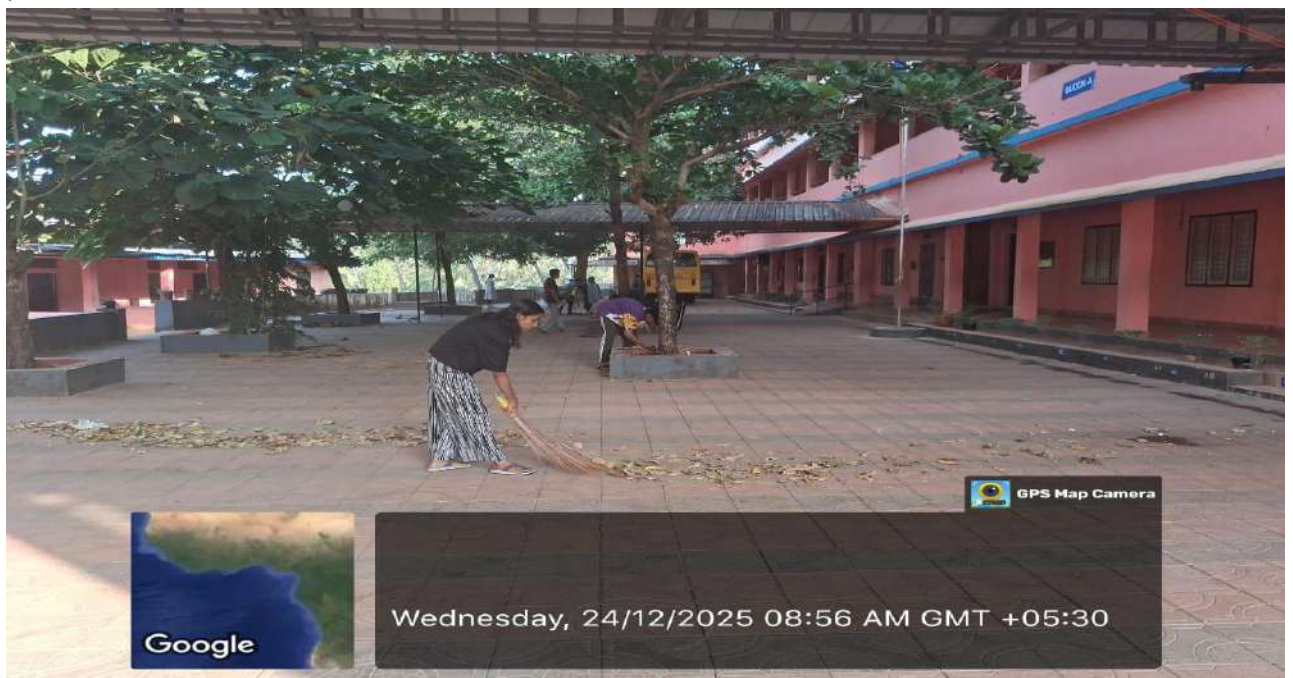
The day commenced with a refreshing yoga session at 6:00 a.m., led by senior NSS volunteer Gopika





CLEANING

NSS Volunteers engaged in cleaning activities in the classrooms, hall, bathrooms, and school premises.

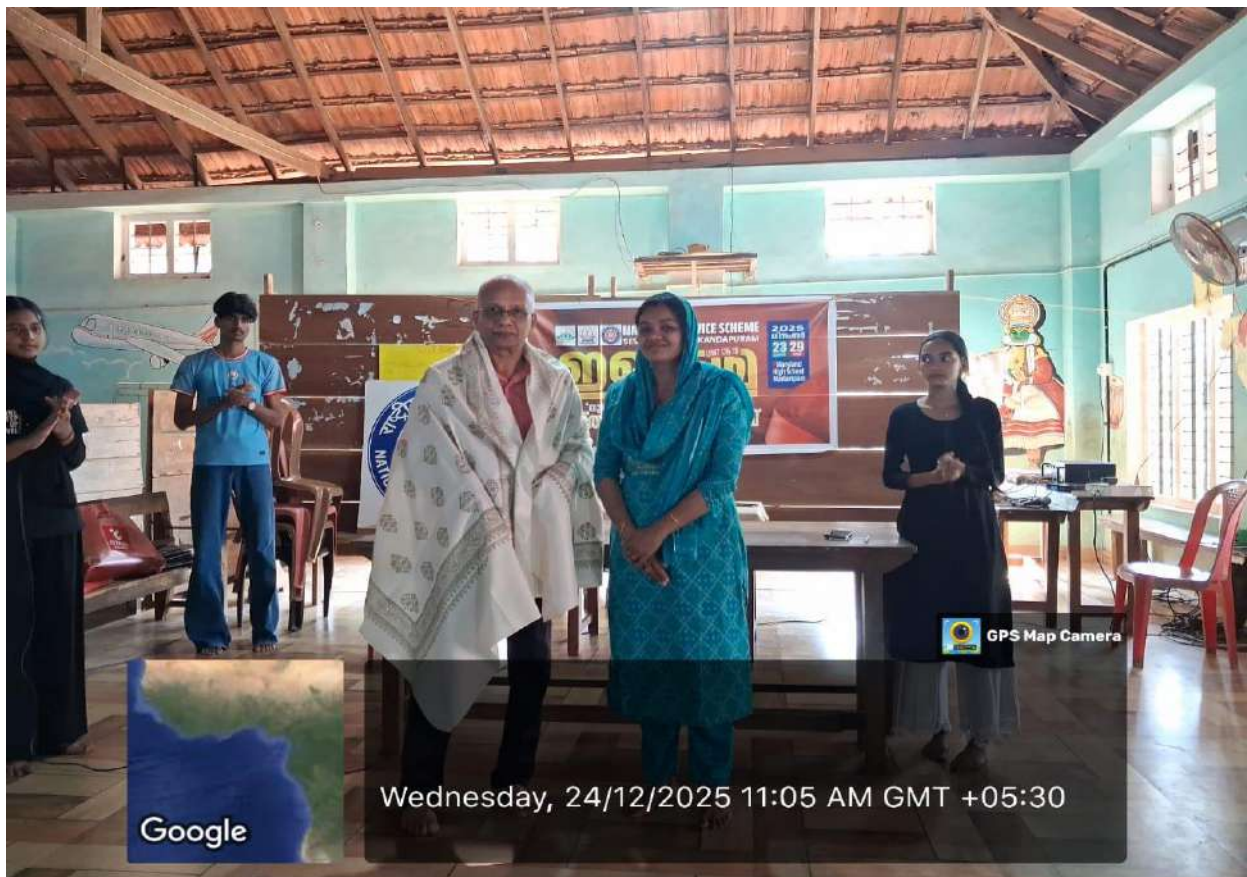




PALLIATIVE CARE CLASS

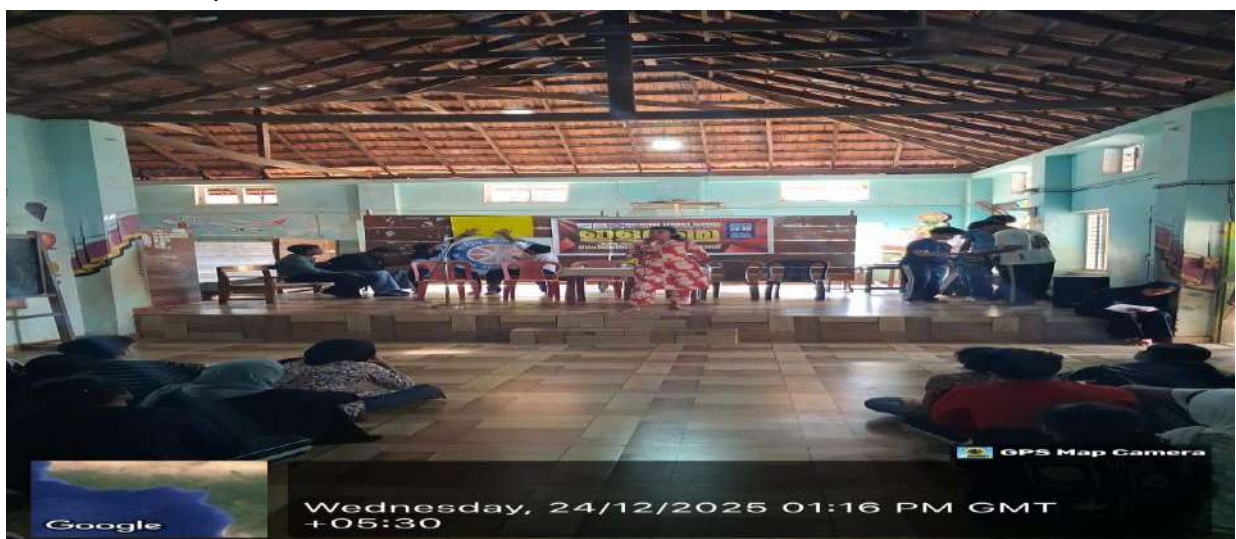
After the cleaning session, a palliative care class was conducted for the NSS volunteers. The session was led by Shri Sashidharan K. V., a recipient of the State Teacher Award. During the class, the topics of why palliative care is needed, when it should be provided, and for whom it is intended were discussed in detail. In addition, practical palliative care training was also given to the students





INTERACTIVE SESSION

In the afternoon, a special programme was arranged for the senior NSS volunteers. During the session, the senior volunteers shared their valuable experiences in NSS activities and discussed the importance of social service and leadership.



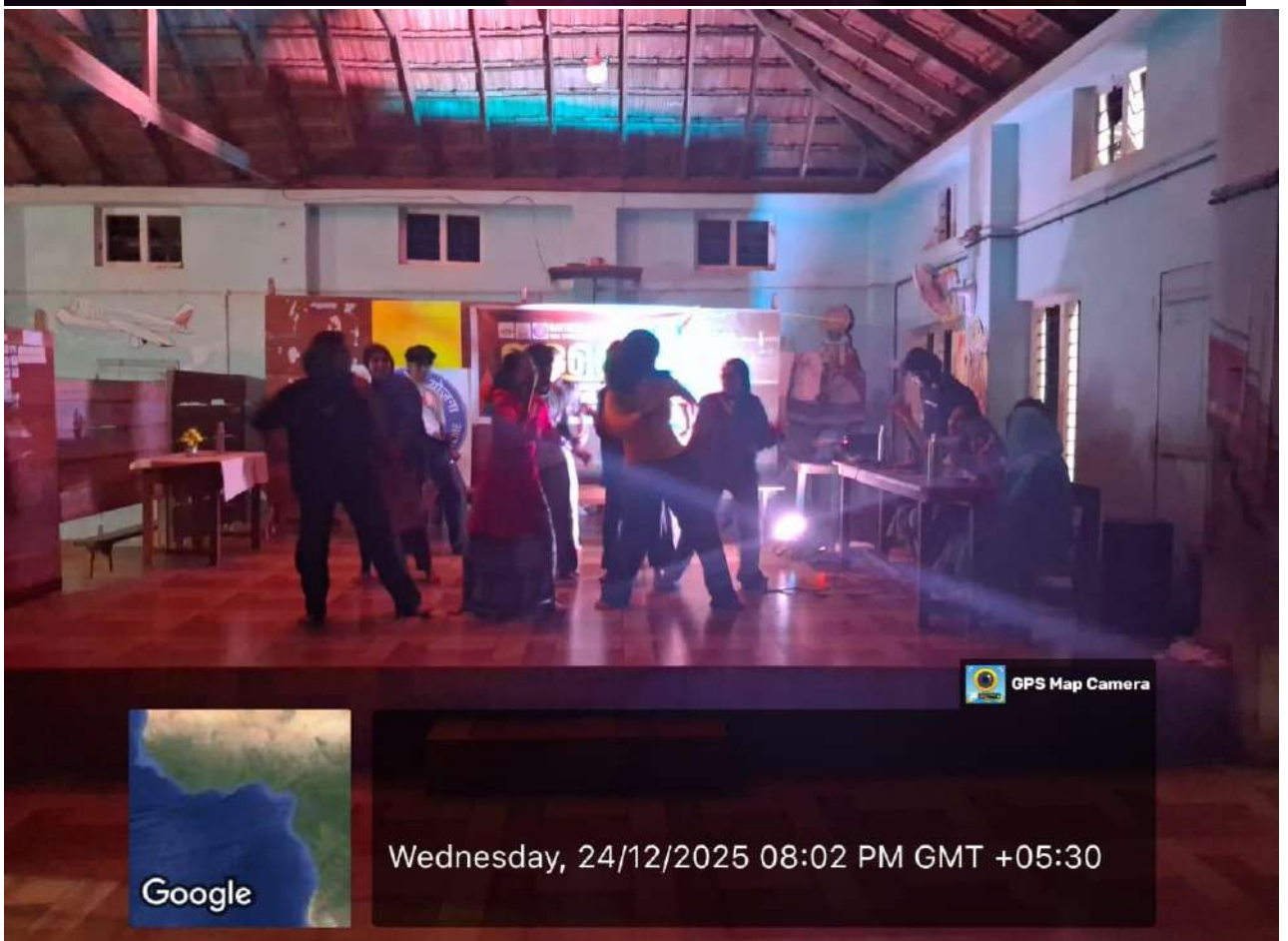
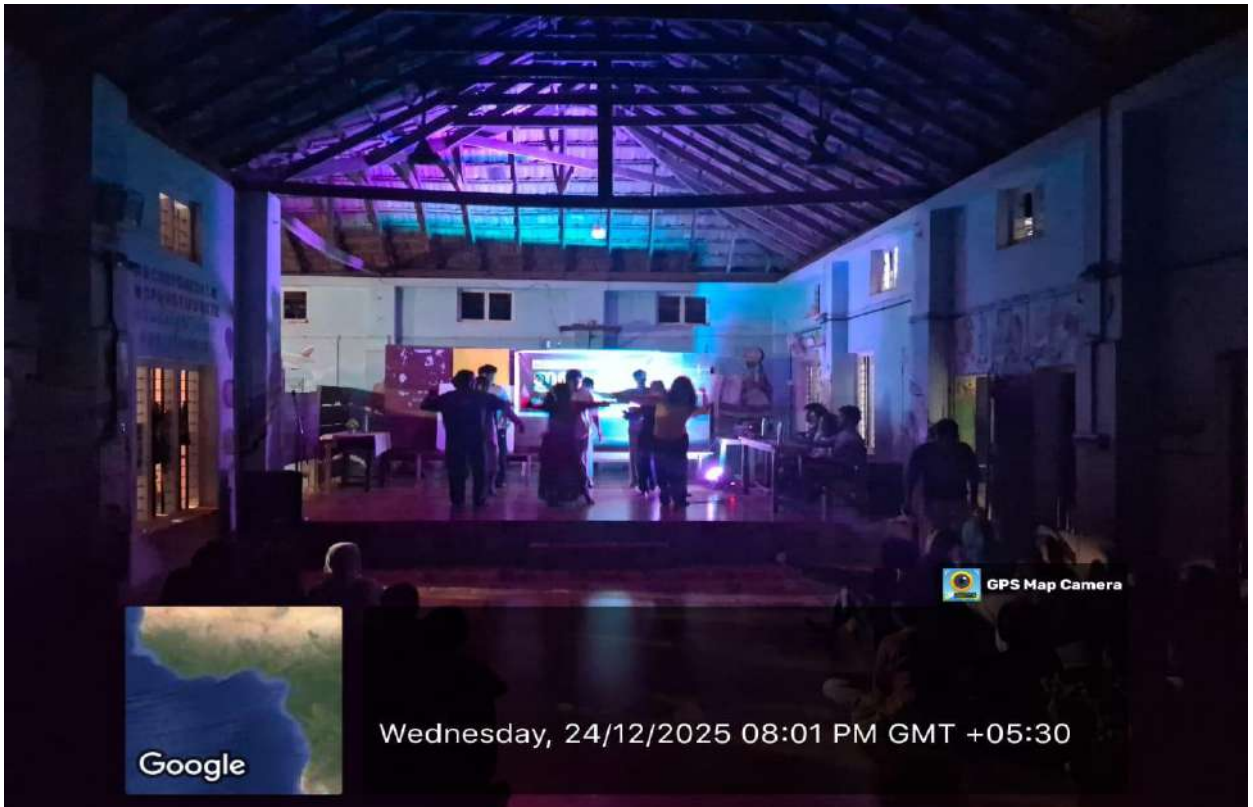


FLSHSHIP PROGRAMME

As part of the flagship programme, NSS students conducted field visits in the surrounding areas to explore and document the cultural heritage and historical significance of the locality. Through these visits, the students interacted with local residents, gathered valuable information, and gained a deeper understanding of the region's traditions, customs, and historical background. The activity enhanced their awareness of local culture and encouraged appreciation for the community's rich heritage.

CULTURAL ACTIVITY

Volunteers showcased their artistic and creative skills in front of others through various performances such as music, dance, drawing, and other cultural activities.



MODEL PARLIAMENT SESSION

A Parliament Session was conducted at night. During this session, the volunteers actively participated by presenting their objections and viewpoints in a democratic, disciplined, and constructive manner. The session encouraged healthy discussion, critical thinking, and respect for differing opinions, thereby enhancing the volunteers' understanding of democratic values and parliamentary procedures.

Lights were switched off at 10:30 p.m.



DAY 3 - 25/12/2025

ZUMBA TRAINING

The third day of the camp began with a Zumba training session led by senior NSS volunteer Adharsh J.



CAMP PAPER RELEASED

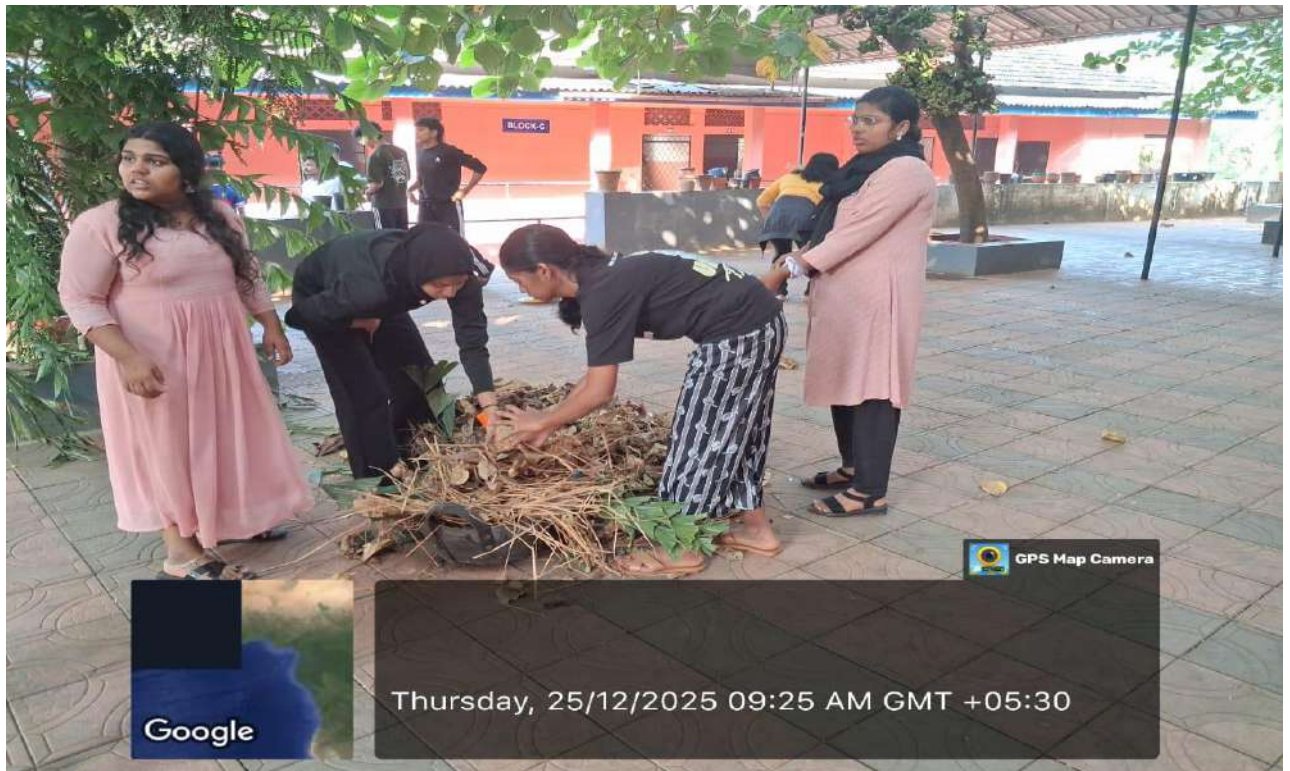
After breakfast, the camp paper was released, highlighting and discussing the various activities conducted as part of the camp. The paper provided an overview of the objectives, daily schedules, social initiatives, and volunteer participation, serving as a record of the camp's programmes and achievements.



SRAMADANAM

As a part of daily activities NSS Volunteers engaged in cleaning activities.



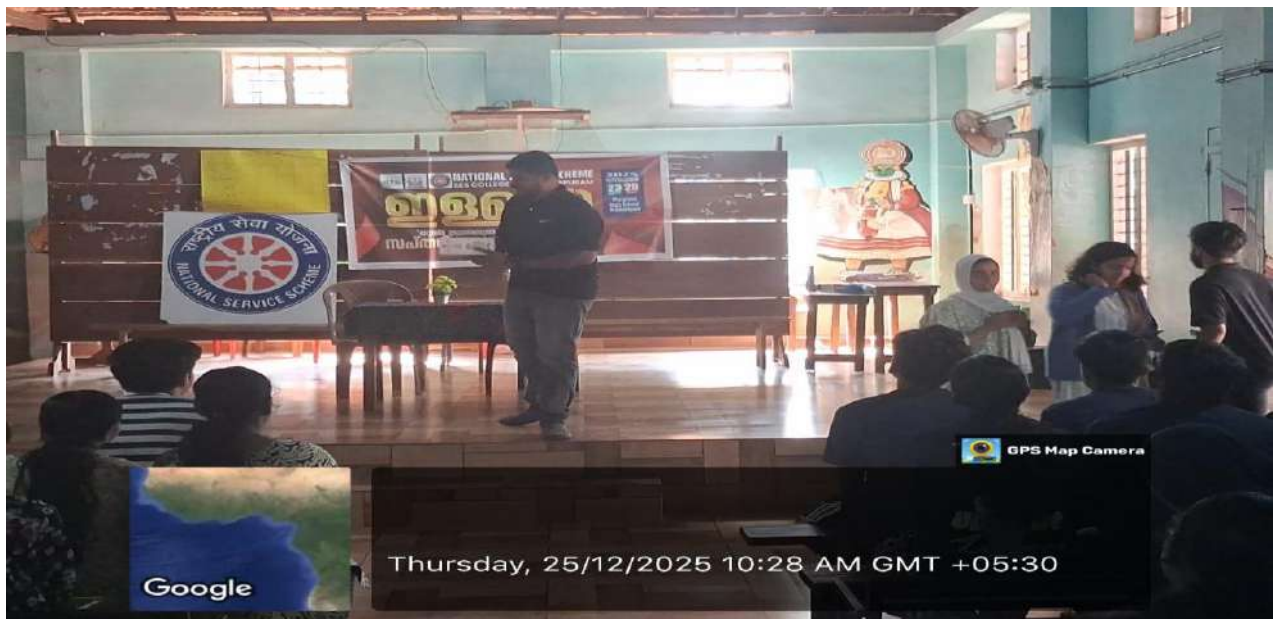


PERSONALITY DEVELOPMENT CLASS

In the forenoon, a session was conducted by Mr. Sai Lal, soft skills trainer, focusing on service sectors and personality development. The session was highly interactive, with the trainer engaging students through various games, activities, and real-life examples. These activities helped improve communication skills, teamwork, self-confidence, and professional attitude among the students, making the session both informative and engaging.



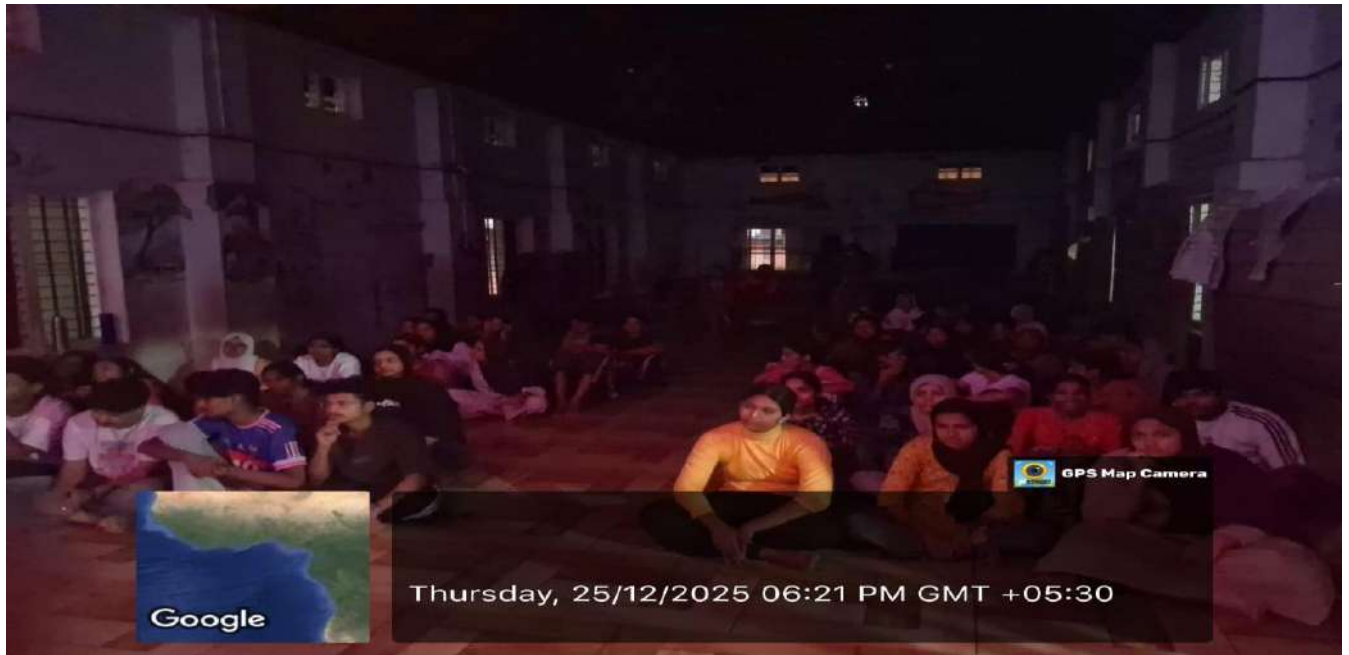




CULTURAL PROGRAMS

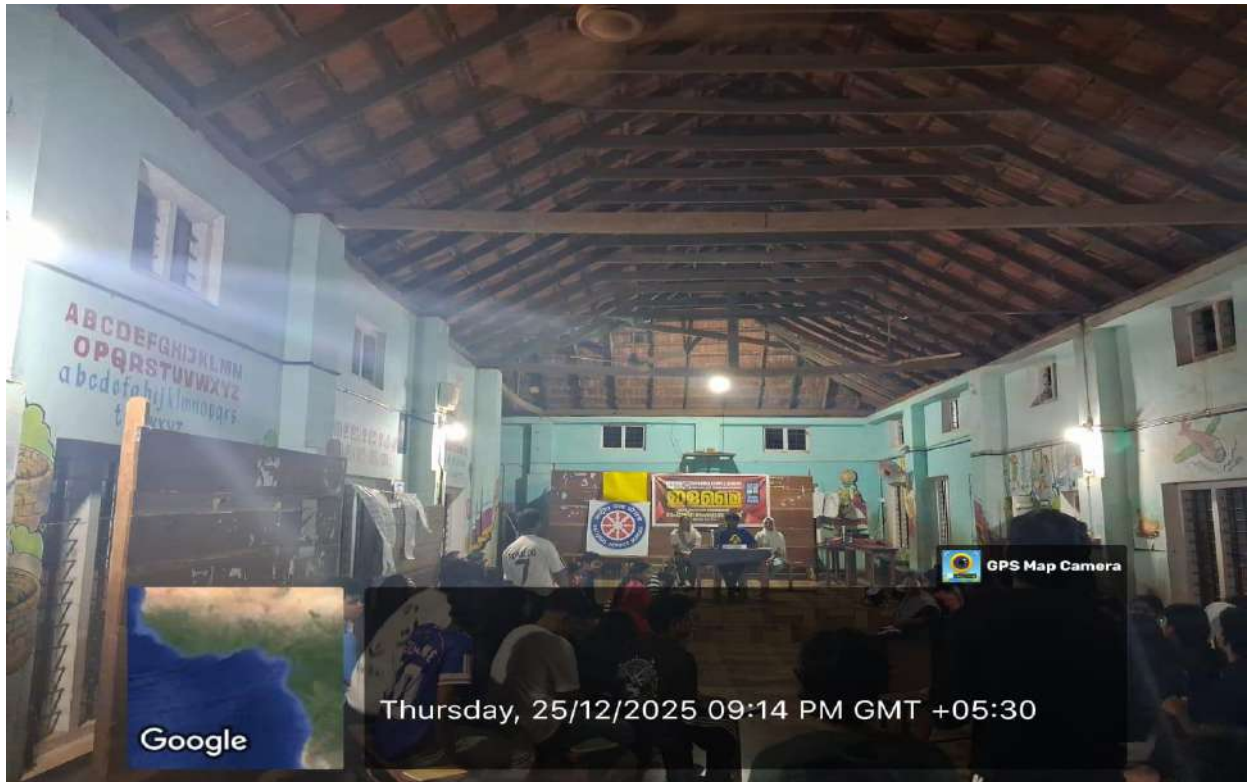
The volunteers actively participated in cultural programs, showcasing their talents through music, dance, drama, and other creative performances.





A Parliament session was conducted at night to enhance the students' understanding of democratic values.



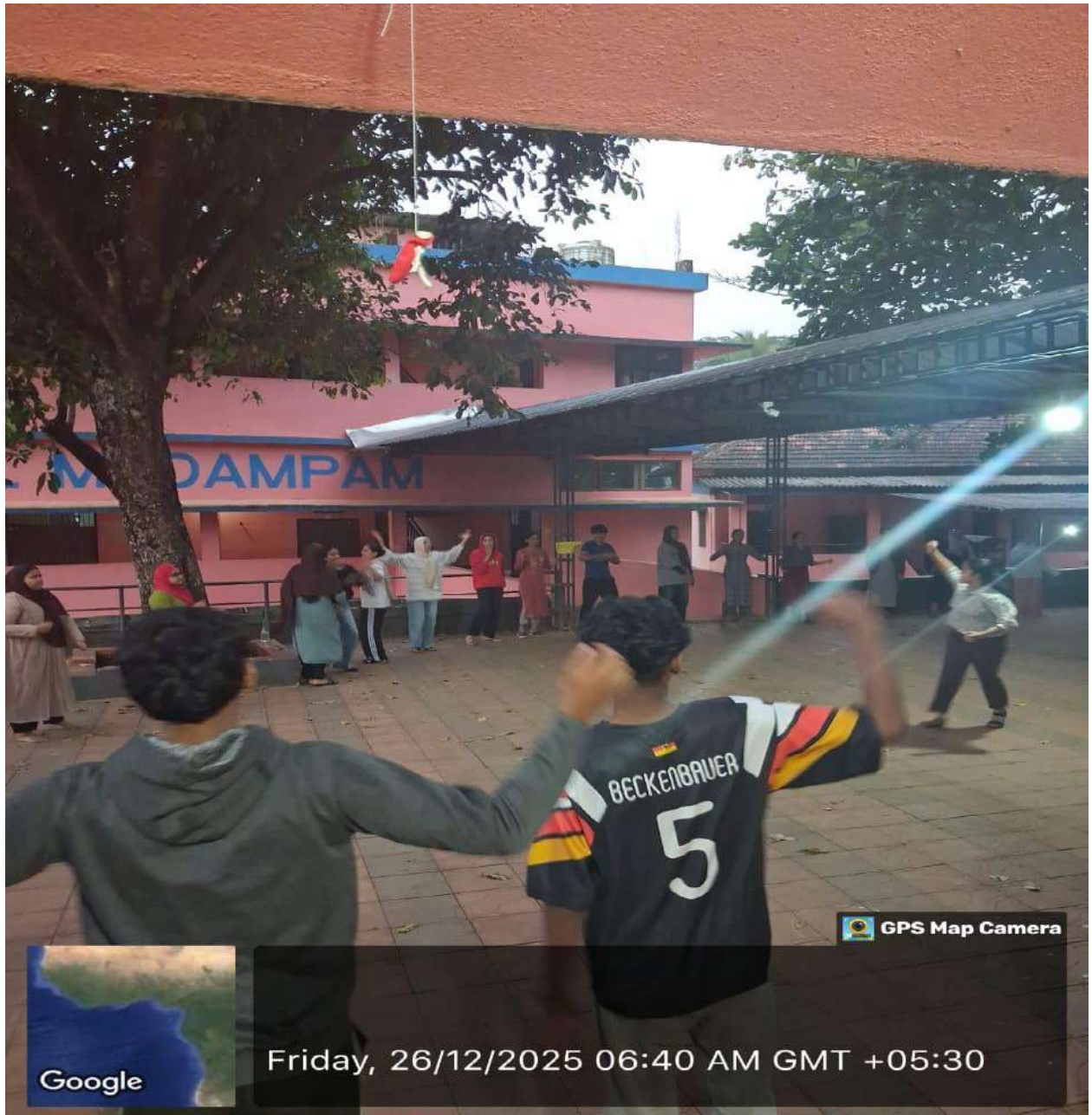


Lights were switched off at 10:30 p.m.

DAY 4 - 26/12/2025

ZUMBA TRAINING

The fourth day of the camp started with an energetic Zumba session led by Gopika, which helped the participants wake up and feel refreshed after the morning exercise.



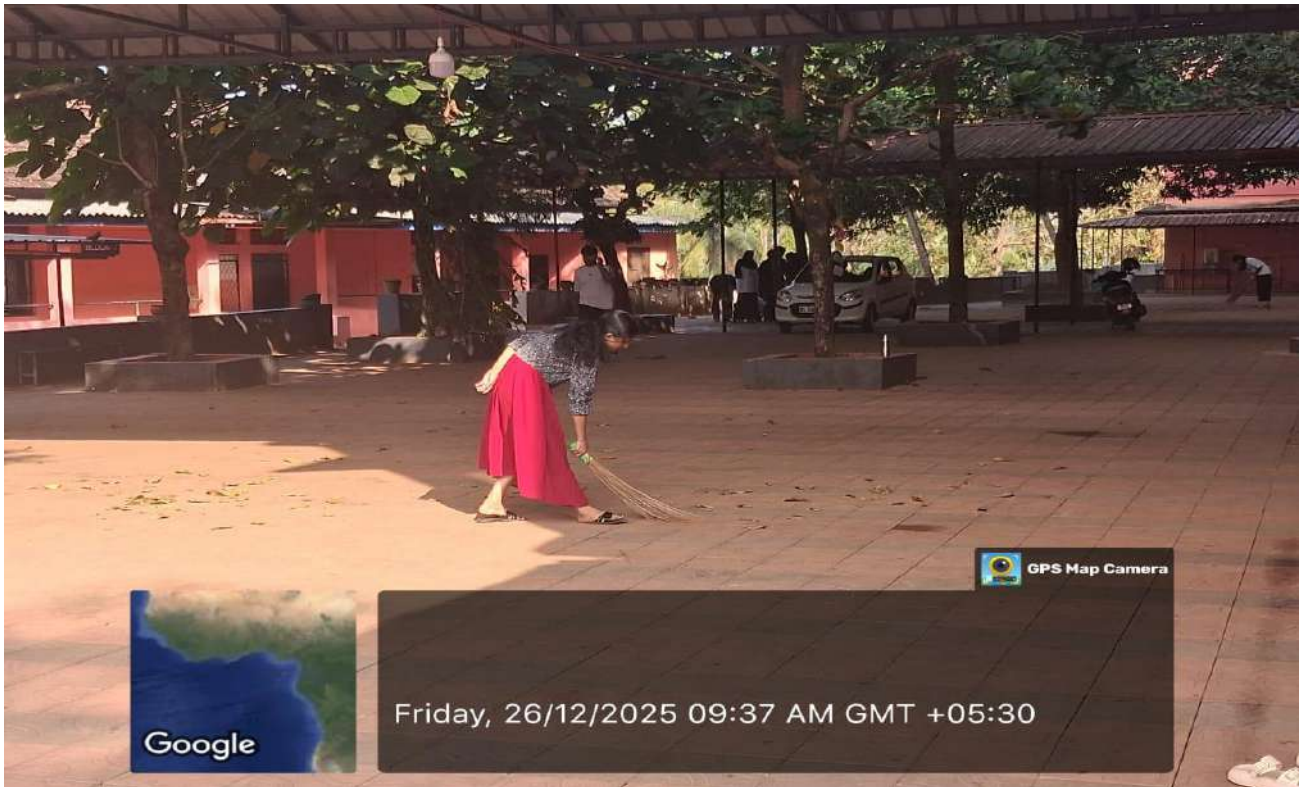
CAMP NEWS PAPER RELEASING

Following the workout, the much-awaited camp newspaper was released, showcasing creative contributions from the campers. The newspaper highlighted the activities of the previous days, shared inspiring stories, and included fun sections like puzzles and sketches, making it a favorite among all participants.



SRAMADANAM

As part of their regular activities, the NSS volunteers actively took part in cleaning and maintaining the school premises, promoting hygiene and community service.



YUVA JĀGARANA: RED ALERT

At 10:00 a.m., a class on "Yuva Jāgarana: Red Alert – Knowledge is Defence" was led by Mr. Nirmal, Department of Malayalam, SES College. During the session, he highlighted the importance of awareness and vigilance among youth in dealing with social, digital, and environmental challenges. The class included interactive

discussions, real-life examples, and practical tips on staying informed, responsible, and proactive in the face of potential risks. Students actively participated, asking questions and sharing their own experiences, making the session highly engaging and informative.



INTERACTIVE SESSION

In the afternoon, College union members of the SES College visited the camp, interacting with the participants and encouraging them to actively engage in the day's activities. Following this, the super senior NSS volunteers conducted a series of indoor games, including quiz competitions, board games, and team challenges. These activities not only provided fun and entertainment but also promoted teamwork, leadership skills, and friendly competition among the campers. The lively atmosphere and enthusiastic participation made the afternoon both enjoyable and memorable for everyone.



CULTURAL ACTIVITES AND MODEL PARLIAMENT

A cultural programme was organized at 6.00 p.m, where the volunteers showcased their talents by performing a lively skit that highlighted social themes and teamwork. This was followed by an engaging Parliament session, during which the volunteers shared their opinions, reflections, and feedback on the activities of the fourth day of the camp. The session encouraged open dialogue, critical thinking, and constructive suggestions for the remaining days. After a day full of learning, fun, and interaction, the lights were turned off at 11:30 p.m., marking the end of a productive and memorable day. **Lights were switched off at 11:00 p.m.**



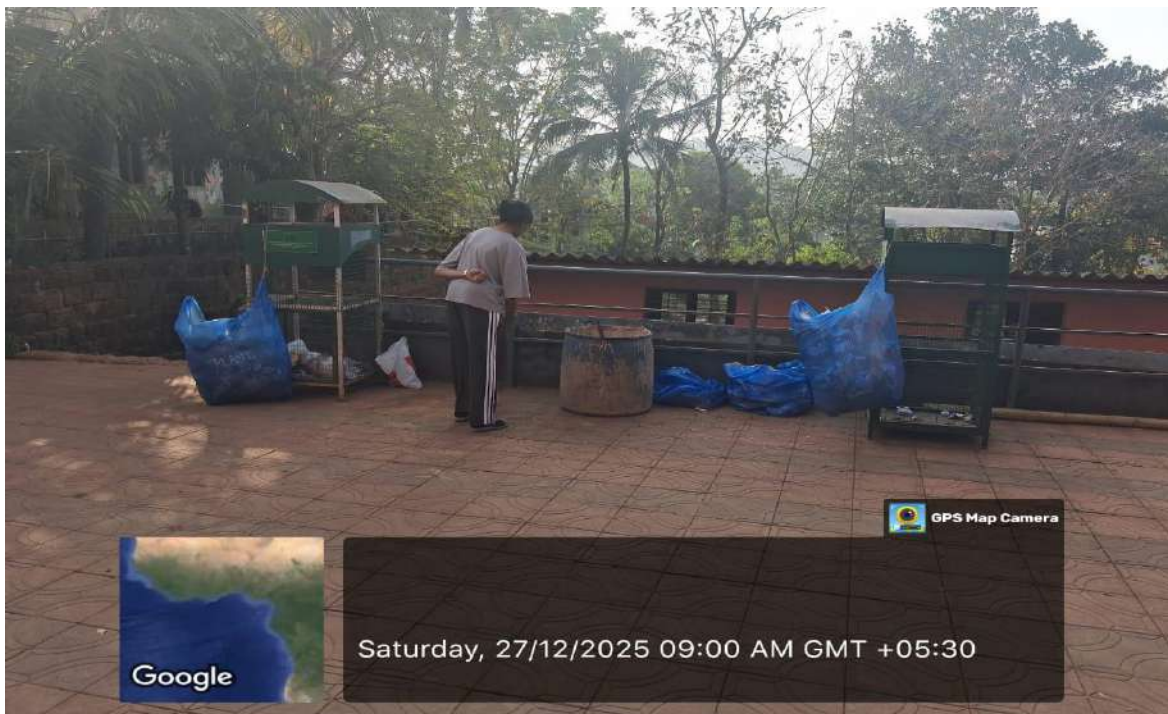


DAY 5 - 27/12/2025

MORNING EXERCISE AND SRAMADANAM

The fifth day began with a refreshing morning exercise session. After stretching and jogging, the group felt active and motivated, setting a positive tone for the rest of the day. After the exercise session, they engaged in their regular Sramadanam activities.





Saturday, 27/12/2025 09:00 AM GMT +05:30



Saturday, 27/12/2025 06:32 AM GMT +05:30

THE POWER OF POSITIVE THOUGHTS IS KNOWLEDGE

The first session of the day commenced at 10:00 AM. Dr. Sunitha Joseph, from the Department of Economics, SES College, delivered an inspiring and thought-provoking session on the topic '*The Power of Positive Thoughts Is Knowledge, and Knowledge Is the Defense.*' The session highlighted the importance of positive thinking in personal growth and decision-making, emphasizing how knowledge empowers individuals to face challenges with confidence. Participants found the session highly engaging and motivating, as it encouraged self-reflection and a positive approach toward learning and life.



ANTI-DRUG AWARENESS CLASS

Another important session on an anti-drug awareness class was conducted under the guidance Mr. Rajith Kumar, Excise Preventive officer, Sreekandapuram. The session focused on educating participants about the harmful effects of drug abuse on physical health, mental well-being, and social life.



LIFESTYLE AND HEALTH

In the afternoon session, Mr. Sanal Kumar, Health Inspector, PHC, Koottumugham, conducted an informative class on the topic '*Lifestyle and Health.*' The session highlighted the significance of maintaining a balanced lifestyle through proper diet, regular physical activity, and healthy habits. He also discussed the impact of stress management and discipline on overall well-being. The class was interactive and provided practical insights that encouraged participants to adopt healthier lifestyle choices.



DIGITAL LITERACY CLASSES

As part of the flagship programme, digital literacy classes were organized at the Madambam Club with the primary objective of providing hands-on training to the elder members of the locality and emphasizing the importance of digital literacy. The programme focused on familiarizing participants with basic smartphone operations, digital payments, online communication, and accessing essential online services. The detailed information regarding the programme is provided in the last part of the camp report.



CULTRAL ACTIVITIES AND MODEL PALIAMMENT

During the afternoon session, the NSS volunteers enthusiastically participated in various cultural activities that showcased their talents and creativity. In addition, the volunteers conducted a Model Parliament, where participants took on the roles of parliamentary members and engaged in discussions on current social and national issues. Overall, the session was lively, informative, and instrumental in promoting confidence, teamwork, and civic awareness among the volunteers.





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DAY 6 - 28/12/2025

SRAMADHANAM

As part of the regular activities the volunteers actively engaged in cleaning activities across the school premises. The activities included sweeping classrooms and corridors, cleaning gardens, and ensuring proper waste disposal. The initiative aimed to foster a sense of discipline, teamwork, and social responsibility among the students while maintaining a clean and healthy campus environment.





NADARIYAM THODARIYAM

The experiential programme *Nadariyam Thodariyam* provided a new and meaningful learning experience for the NSS volunteers. As part of the programme, the volunteers carried out fieldwork in different areas of the camp site, which helped them gain practical knowledge and firsthand exposure to the surrounding environment. They also visited nearby rivers to study the natural ecosystem, water resources, and the importance of environmental conservation. Through these activities, the volunteers developed a deeper understanding of nature, community interaction, and sustainable practices. The programme encouraged observation, teamwork, and environmental awareness, making it a valuable and enriching experience for all participants.







FIELD VISIT

As part of the flagship programme, the NSS volunteers conducted a field visit to various houses, churches, temples, and mosques in the local area to collect historical and cultural information. The volunteers interacted with local residents and community leaders to understand the history, traditions, and heritage of the region. A detailed report of the field visit is attached in the concluding section of the camp report.



HEALING CLASS

In the final stage of the NSS camp, a healing and motivational session was conducted under the guidance of Sri Sulfikkar Ali, a renowned motivational speaker. The session focused on mental well-being, self-awareness, and positive thinking. Through inspirational talks and interactive activities, the speaker encouraged the volunteers to overcome stress, build self-confidence, and maintain emotional balance. The session proved to be highly engaging and beneficial, leaving a lasting impact on the volunteers and concluding the NSS camp on a positive and meaningful note.





DAY 7- 29/12/2025

CLOSING CEREMONY OF NSS CAMP

The closing ceremony of the seven-day NSS camp was held at Mary Land High School, Madambam. The concluding programme commenced at 9:00 a.m. with the NSS song. The Programme Officer of NSS Unit 17, Sri Gopalakrishnan, delivered the welcome address. Sri Agustin Vellachal, Ward Councillor of Sreekandapuram Municipality, presided over the function.

The programme was formally inaugurated by Adv. E. V. Ramakrishnan, Municipal Chairman of Sreekandapuram. Sri Vinil Varghese, Manager of SES College, delivered the keynote address, highlighting the significance of NSS activities and community service. Sri Shaju Joseph, Headmaster of Mary Land High School, felicitated the function. An overview of the seven-day camp activities was presented by the NSS volunteers, reflecting their learning experiences and contributions. Awards were then distributed to the volunteers who performed exceptionally well during the camp. The ceremony concluded with a vote of thanks proposed by Programme Officer Dr. Nasreena P. K., marking the successful completion of the NSS camp.





12/01/2026: Cleaning and Rearranging books

The NSS Volunteers of SES College Units 17 and 18 conducted a cleaning activity at Thalakode Library. They cleaned the books and rearranged them in proper order.



17/02/2026: Campus Cleaning

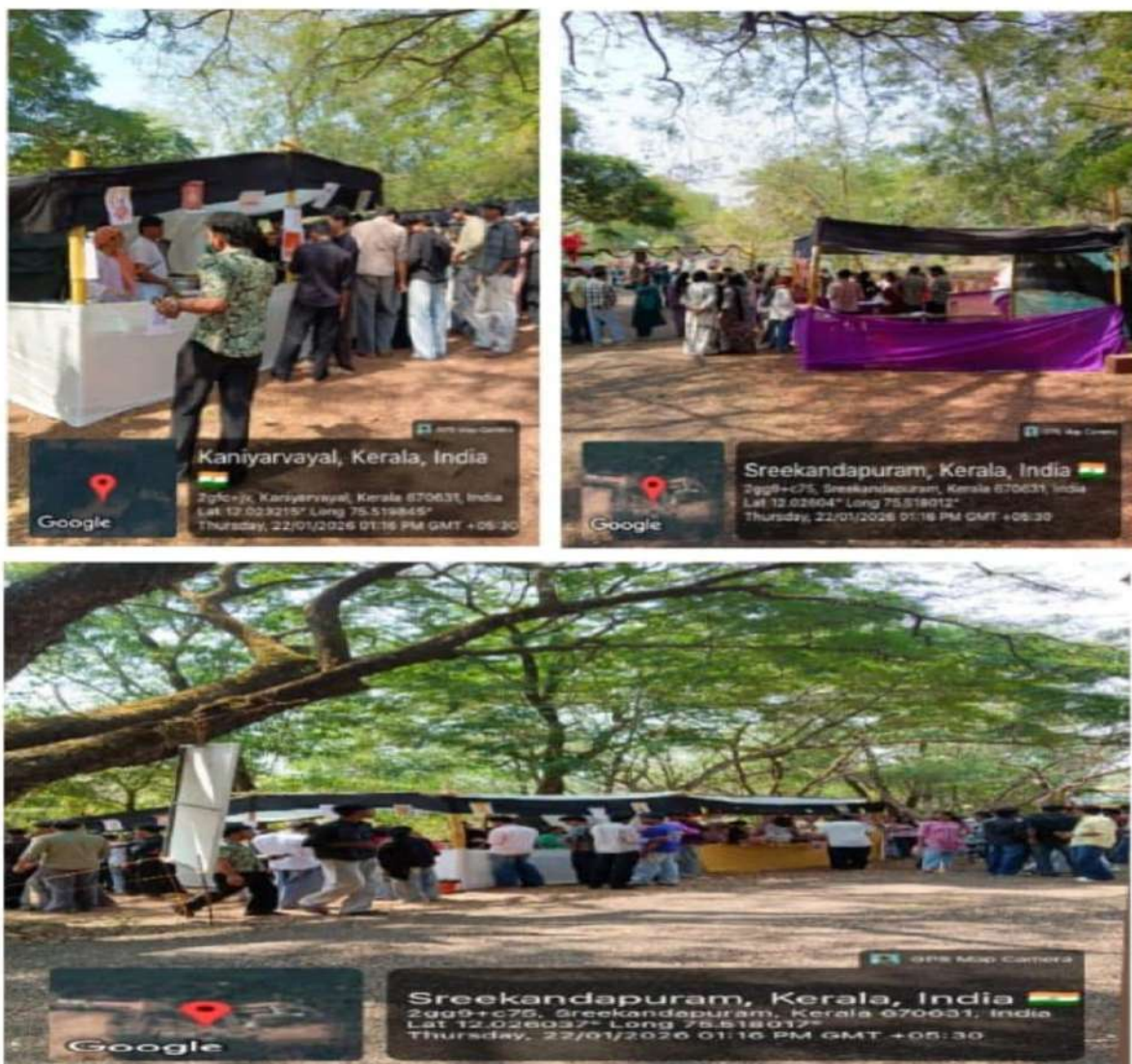
The campus cleaning programme was successfully conducted by the committed volunteers of Units 17 and 18 of the National Service Scheme (NSS). Following the completion of the activities, a meeting of the NSS volunteers was convened to review the activity and to discuss and prepare a tentative schedule for upcoming programmes and future initiatives.



22/01/2026: Food Fest

The vibrant food fest “**JOOM BARABAR JOOM**” was organized by the volunteers of NSS Units 17 and 18 at SES College. The event was formally inaugurated by Dr. Pradeep Sir, marking the beginning of a lively and well-coordinated programme. A wide range of food stalls were arranged, offering a diverse variety of delicious dishes to cater to different tastes. The fest witnessed enthusiastic participation

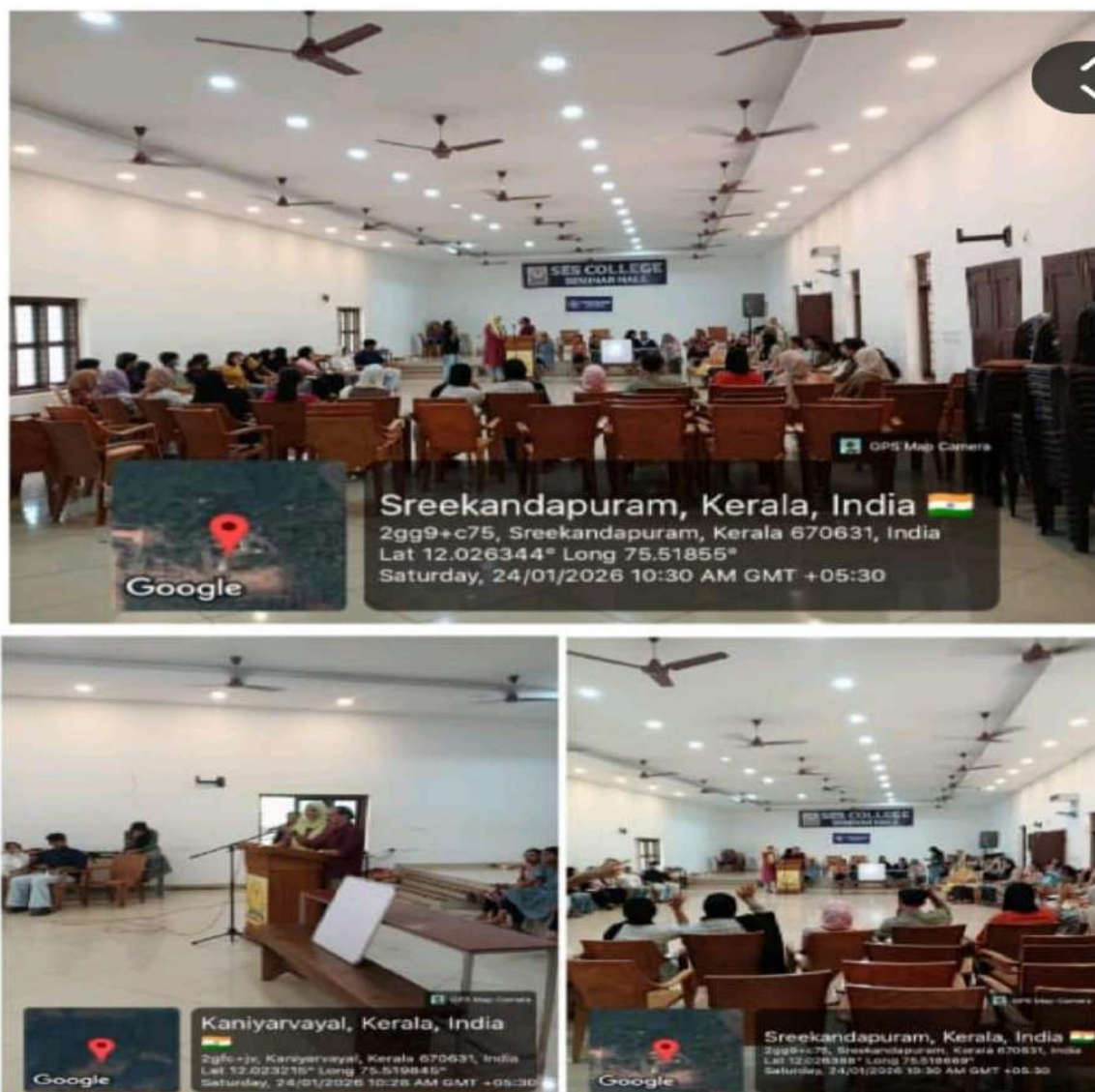
from a large number of students, teachers, and staff members, whose presence and support contributed greatly to its success. The NSS volunteers displayed remarkable teamwork by managing food preparation, stall arrangement, sales, and overall coordination efficiently. This one-day event not only delighted the taste buds of visitors but also proved to be a grand success, showcasing the organizational skills and unity of the volunteers.



24/01/2026: Orientation Class

NSS Orientation Programme for Units 17 and 18 of SES College, conducted on 24 January 2026 at 9:30 AM in the Seminar Hall. The session was led by Sri V. V. Mohanan, Rt. NSS District Co-ordinator (Technical Cell), who guided the programme. During the session, Mohanan Sir elaborated on the objectives, values, and responsibilities of the National Service Scheme (NSS), enabling the volunteers to gain a deeper understanding of the significance of social service, discipline, and

teamwork. The orientation was both informative and motivational, setting a strong foundation for the volunteers' future activities. The NSS volunteers of Units 17 and 18 actively participated in interactive games and group activities designed to foster unity, leadership qualities, and coordination.



26/01/2026: Republic day- competition

A photographic competition was organized on 26 January 2026 as part of the 100 Mission initiative, in connection with the Republic Day celebrations. The competition witnessed enthusiastic participation from NSS volunteers and students across various departments. The event, coordinated by Group Echo of NSS, was organized in alignment with the Republic Day theme of the unit. Participants were invited to capture photographs reflecting patriotism, cultural

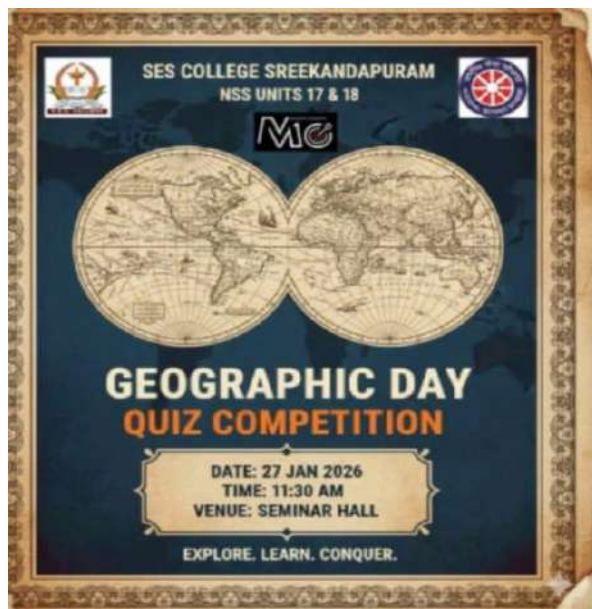
diversity, and the vibrant celebrations of India's 77th Republic Day. The competition concluded successfully, fulfilling its objective of encouraging creativity while fostering a deeper sense of national pride and unity among students.



27/01/2026 – Geographic Day Quiz Competition

The Geographic Day Quiz Competition was successfully organized by Units 17 and 18 of SES College on 27 January 2026 at 11:30 AM in the Seminar Hall. The programme was conducted as part of Geographic Day celebrations with the objective of enhancing students' knowledge and fostering greater interest in geography. The quiz was coordinated and conducted by First Year B.A. English student, Fathimathul Adiya. Students from various departments actively

participated in the competition. The quiz covered diverse topics including physical geography, world maps, environmental studies, and current geographical issues. Participants displayed remarkable enthusiasm and competitive spirit throughout the event.



28/01/2026 – Marketing Fair

A Marketing Fair was successfully organized on 28 January 2026 by Units 17 and 18 of the NSS in collaboration with SIP for the students and faculty members of SES College. The primary objective of the fair was to extend support to differently-abled individuals, including those who are wheelchair users and bedridden, by promoting and selling products prepared by them such as pickles, dishwash liquids,

curry powders, and other homemade items. The initiative aimed at encouraging social responsibility and inclusive growth among students. The funds raised through the programme are intended to contribute meaningfully toward improving the living conditions of these individuals.



29/01/2026 – Seed Distribution Programme

The Seed Distribution Programme organized by Group of Units 17 and 18 of the National Service Scheme at SES College, was successfully conducted on 29 January 2026. As part of the initiative, seeds of various vegetables were distributed to households in the nearby areas of the college. The programme aimed to promote sustainable living and encourage families to cultivate their own vegetables in their

backyards. Through this mission, the NSS volunteers sought to spread awareness about self-sufficiency, healthy food habits, and the importance of small-scale organic farming within the community.



The poster features a background image of a vast green field under a cloudy sky. At the top left is the logo of the Government of Kerala, and at the top right is the NSS logo. The main title 'Seeds of Hope' is prominently displayed in the center, with 'Seeds' in a large white font and 'of Hope' in a smaller white font, all set against a large green circular graphic that resembles a seed with a leaf. Below the title are three small inset images: the first shows a pair of hands holding a variety of small seeds; the second shows several hands holding different types of seeds; the third shows a person's hands pouring seeds into a container. Below these images is the slogan 'Plant a Seed Today Grow a greener tomorrow' in a stylized font. Further down, the event details are listed: '29th January 2026' with a calendar icon, '12:00 PM' with a clock icon, and 'Kottur' with a location pin icon. At the bottom left, the text 'Seed distribution programme' is written above a horizontal line. At the bottom right is the MIC logo.

SES College Sreekandapuram
NSS UNIT 17&18

Seeds of Hope

*"Plant a Seed Today
Grow a greener tomorrow"*

📅 29th January 2026
🕒 12:00 PM
📍 Kottur

Seed distribution programme

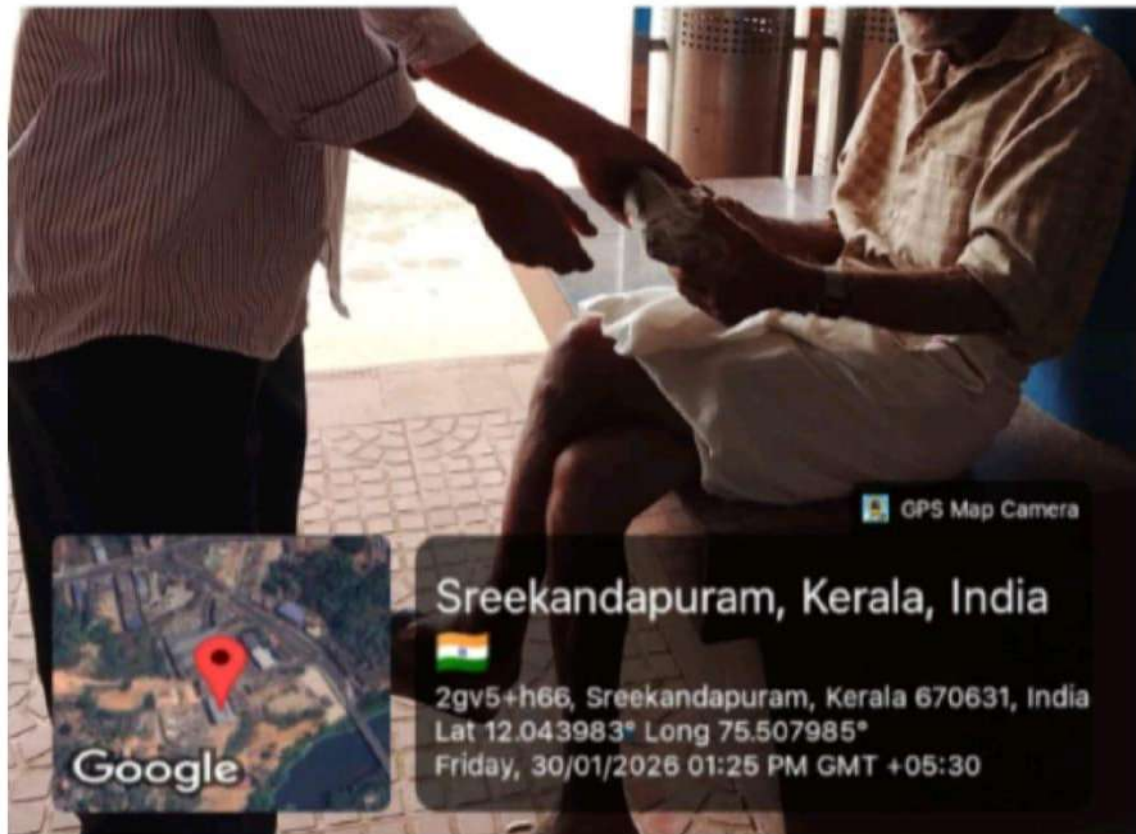
MIC



30/01/2026 – Food Distribution Programme at Sreekandapuram Town

Volunteers from Units 17 and 18 of the National Service Scheme at SES College successfully organized a Food Distribution Programme on 30 January 2026 in Sreekandapuram Town as part of the 100 Mission Programme. During the initiative, the volunteers distributed meals to people in need, spreading warmth and compassion while creating memorable moments of connection with the community. The programme emphasized the message “Food with Love”, highlighting the importance of sharing and caring for others through simple acts of kindness.





06/02/2026 – Cleaning Program at Kottoor Bus Stop

Volunteers from Units 17 and 18 of the National Service Scheme at SES College conducted a cleaning program at Kottoor Bus Stop on 6 February 2026 as part of the 100 Mission Programme. The initiative took place between 11:30 AM and 12:30 PM, during which the volunteers actively cleaned the bus stop area, promoting hygiene and environmental awareness within the community.



06/02/2026 – Mini Library Initiative at Thalakode Bus Stand

Volunteers from Units 17 and 18 of the National Service Scheme at SES College established a mini library named “Navodaya” at Thalakode Bus Stand on 6 February 2026. The primary objective of the initiative was to promote reading habits and enhance the literary engagement of the local community. With the full cooperation and support of the residents, the volunteers successfully set up the library, completing the project efficiently and effectively, creating a valuable resource for the community.



SES College Sreekanthapuram
NSS Unit 17 & 18



BOOK FAIR

Library Making

“Life is better with books”

A book
is a
dream
that you hold
in your hands



6th February 2026 Navodaya, Thalakode
11:30 AM





6/02/2026 – Distribution of Tree Saplings

The tree sapling distribution programme was successfully conducted by Group 10 of Unit 18 of the National Service Scheme at SES College, Sreekandapuram, on 6 February 2026 from 1:00 PM onwards. As part of the initiative, the volunteers delivered saplings of various fruit trees, including mango and guava, to households in the nearby areas of the college. The programme aimed to promote environmental awareness, encourage tree planting, and foster a sense of responsibility toward nature within the local community.



SES COLLEGE SREEKANDAPURAM
NSS UNIT 17&18

KEEP OUR
EARTH GREEN



PLANT A TREE GROW A BETTER FUTURE



6TH FEBRUARY 2026



1:00 PM



NEAR SES COLLEGE

PLANT DISTRIBUTION



09/02/2026 – Bus Timing Display

Volunteers from Units 17 and 18 of the National Service Scheme prepared and displayed a bus timetable containing important and frequently used schedules on 9 February 2026. The poster was designed in a clear and organized format, ensuring that students and commuters could easily read and understand the information, thereby improving accessibility and convenience for daily travel.



**SES COLLEGE
SREEKANDAPURAM**
NSS UNIT 17&18

BUS TIMING DISPLAY

To support college students, NSS volunteers are setting up a bus time poster at the bus stop to provide clear and updated bus timings for easy and convenient travel.



**9TH FEB 2026
12:30 PM
KOTOOR, SREEKANDAPURAM**





21–22 February 2025: NSS Kaloltsav, NISSARI- Thrissur

The NSS volunteers of S.E.S College, Sreekandapuram, actively participated in the NSS state Kaloltsav Nissari held at Thrissur on 21st and 22nd February 2025. Over the course of the two-day programme, the volunteers enthusiastically took part in various cultural events, showcasing their talents and team spirit.

Their dedicated efforts and vibrant participation played a significant role in Kannur University securing the First Prize at the state level. Notably, this event marked the first-ever NSS Kaloltsav, making it a memorable and proud achievement for all the participants and the NSS of SES College.





ചരിത്രം കുറിച്ച...



പ്രഥമ സംസ്ഥാന എൻ. എസ്. എസ്.
കലോത്സവത്തിൽ ഓവർ ഓൾ
ചാമ്പ്യൻഷിപ്പ് കരസ്ഥമാക്കി



കണ്ണൂർ സർവ്വകലാശാല
എൻ.എസ്.എസ് സെൽ





24/2/2026: College Cleaning

On 24 February 2026, the National Service Scheme (NSS) Units 17 and 18 of S.E.S. College organized a cleanliness drive titled *"Spotless Boards, Brighter Minds"* with the objective of promoting hygiene and fostering a sense of responsibility among students. During the initiative, NSS volunteers systematically cleaned classrooms, writing boards, and surrounding campus areas using appropriate cleaning materials. In addition to the physical activity, the volunteers also engaged in awareness-building efforts, emphasizing the importance of maintaining a clean and conducive learning environment. The programme not only reinforced values such as teamwork and discipline but also instilled a deeper sense of social responsibility among participants.





**SES COLLEGE
SREEKANDAPURAM
NSS UNIT 17&18**



PLASTIC HUNTING

Help make our surroundings cleaner and greener. Participate in community clean-ups, spread awareness, and take a step towards a sustainable future.



24 FEBRUARY 2026

Time: 1:00

Location: College canteen





Sreekandapuram, Kerala, India
2gg9+c75, Sreekandapuram, Kerala 670631, India
Lat 12.025486° Long 75.518076°
Tuesday, 24/02/2026 01:13 PM GMT +05:30



Sreekandapuram, Kerala, India
2gg9+c75, Sreekandapuram, Kerala 670631, India
Lat 12.025368° Long 75.518045°
Tuesday, 24/02/2026 01:10 PM GMT +05:30



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2gg9+c75, Sreekandapuram, Kerala 670631, India
Lat 12.025656° Long 75.517953°
Tuesday, 24/02/2026 01:06 PM GMT +05:30



Sreekandapuram, Kerala, India
2gg9+c75, Sreekandapuram, Kerala 670631, India
Lat 12.026159° Long 75.518284°
Tuesday, 24/02/2026 12:20 PM GMT +05:30



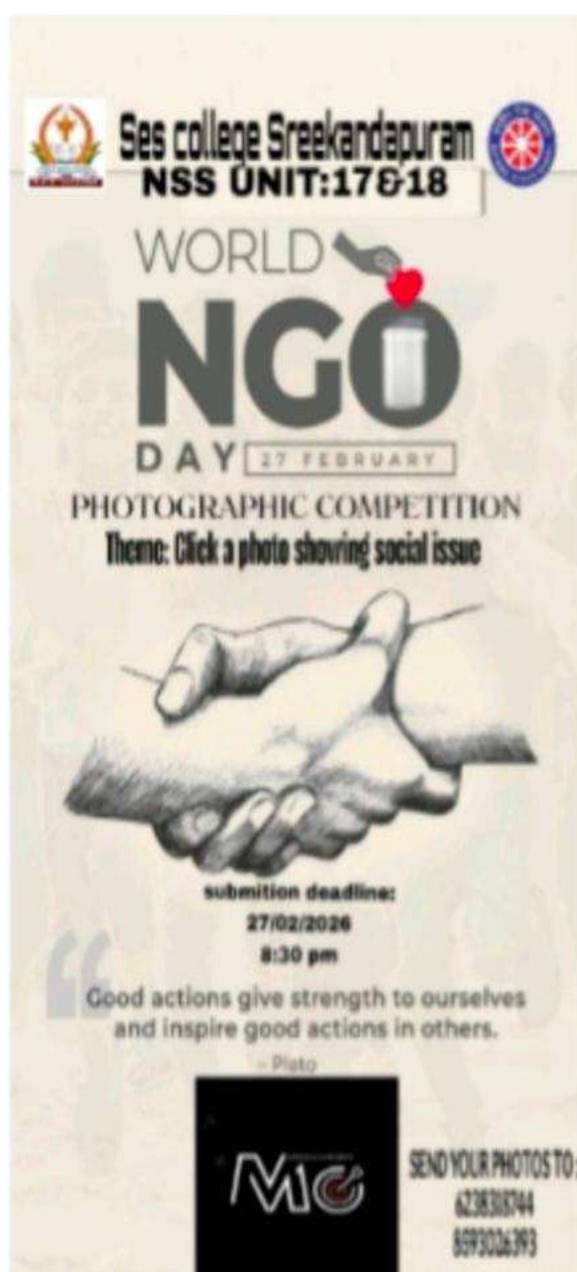
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Sreekandapuram, Kerala, India
2gg9+c75, Sreekandapuram, Kerala 670631, India
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27/2/2026: NGO Day Photography Competition

Photography competition was organized by the National Service Scheme (NSS) volunteers of S.E.S. College in observance of NGO Day. The event witnessed enthusiastic participation from a large number of students across different academic disciplines. The competition aimed to encourage creativity and raise awareness about social themes through visual expression. Among the participants, Amjad Moosa, a first-year B.Sc. Physics student, secured the first prize, while Shana, a second-year B.Com. student, was awarded the second prize. The event was successful in fostering artistic talent and promoting student engagement in co-curricular activities.



28/2/2026: Science Day poster making competition

Poster-making competition was organized by the National Service Scheme (NSS) volunteers of S.E.S. College in commemoration of National Science Day. The event attracted active participation from students across various academic programmes, providing a platform to creatively express scientific ideas and awareness through visual representation. Misriya N.K., a first-year Economics student, secured the first prize, while Akshay Krishna, a first-year B.B.A. student, was awarded the second prize. The competition successfully promoted creativity, scientific awareness, and student involvement in co-curricular activities.



06/03/2026: Inauguration of new hand wash facilities for boys and girls
the inauguration of newly installed handwashing facilities in the boys' and girls' restrooms was conducted by the National Service Scheme (NSS) volunteers of Units 17 and 18 at S.E.S. College. The initiative aimed to promote hygiene and improve sanitation infrastructure within the campus.



The poster features a central illustration of six students (three boys and three girls) in school uniforms washing their hands at a long sink with multiple faucets. Above the illustration, the text reads: **SES COLLEGE SREEKANDAPURAM**, **NSS UNIT 17 AND 18**, and **NSS UNIT 17 AND 18**. To the left is the college logo, and to the right is the NSS logo. Below the title, it says **INAUGURATION OF NEW HAND WASH FACILITIES**, **At both Boys and Girls Washrooms.**, and **Ensuring Hygiene & Wellness for all students.** The event details are listed as **TIME: 12:30 PM** and **VENUE: SES Sreekandapuram, Boys & Girls Toilets**. A list of activities includes:

- Provision of new liquid soap dispensers.
- Hygiene awareness campaign.
- Sustained maintenance by NSS volunteers.

 The bottom of the poster features the text **A Commitment to Community Health. Join us to support this initiative!** and the **MISSION HUNDRED** logo, which consists of a large 'M' and a target symbol with an arrow.

SES COLLEGE SREEKANDAPURAM
NSS UNIT 17 AND 18
NSS UNIT 17 AND 18

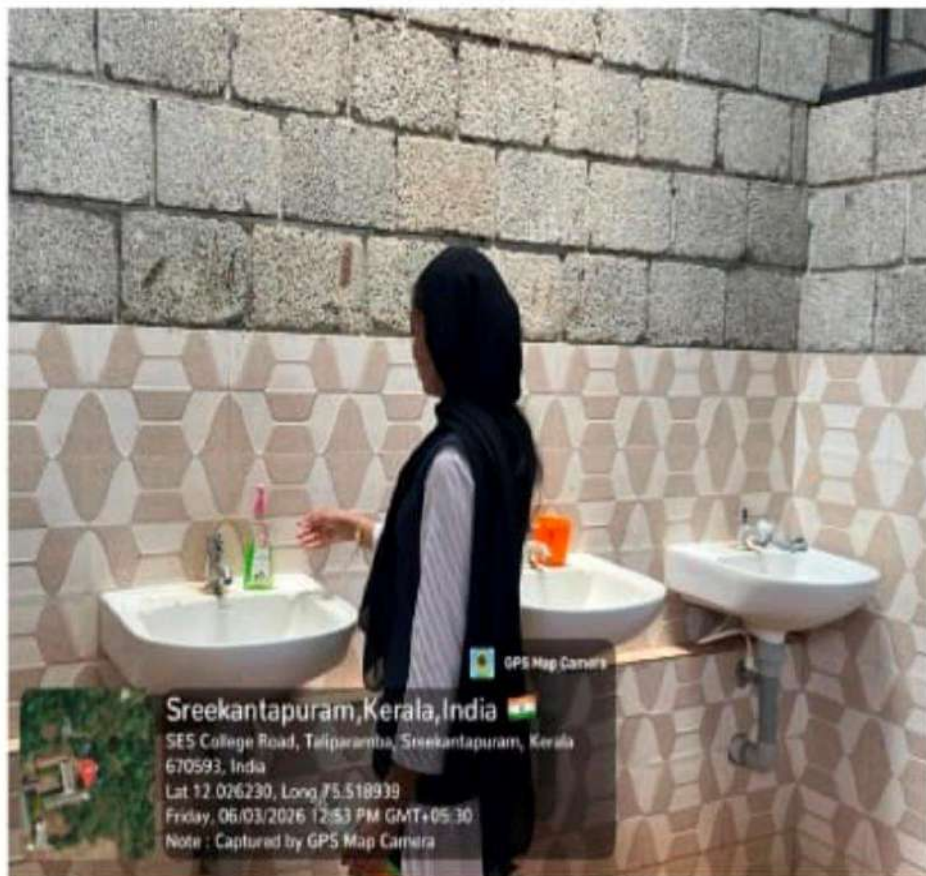
INAUGURATION OF NEW HAND WASH FACILITIES
At both Boys and Girls Washrooms.
Ensuring Hygiene & Wellness for all students.

TIME: 12:30 PM **VENUE: SES Sreekandapuram, Boys & Girls Toilets**

- Provision of new liquid soap dispensers.
- Hygiene awareness campaign.
- Sustained maintenance by NSS volunteers.

A Commitment to Community Health. Join us to support this initiative!

MISSION HUNDRED
MIC
MISSION HUNDRED INITIATIVE



05 March 2025: NSS Kaloltsav Victory Celebration

The NSS Unit of S.E.S College, Sreekandapuram, organized a victory celebration on 5th March 2025 to commemorate Kannur University's achievement in the NSS Kaloltsav. Dr. Sujith K. V., Director of Student Services (DSS), Kannur University, graced the occasion as the Chief Guest. He presented the championship trophy and congratulated the winners by distributing medals and mementos. The event was a proud and memorable occasion for S.E.S College and all NSS volunteers, celebrating their collective success and dedication.





ട്രോഫി പര്യടനവും അനുമോദനവും



എസ്.ഇ.എസ്. കോളേജിൽ നടത്തിയ സർവകലാശാലാ എൻ.എസ്.എസിന്റെ ട്രോഫി പര്യടനത്തിലും അനുമോദനത്തിലും പങ്കെടുത്തവർ

ശ്രീകണ്ഠപുരം ▶ എസ്.ഇ.എസ്. കോളേജിൽ സംസ്ഥാന എൻ.എസ്.എസ്. കലോത്സവ കിരീടം നേടിയ കണ്ണൂർ സർവകലാശാലാ എൻ.എസ്.എസിന്റെ ട്രോഫി പര്യടനവും അനുമോദനവും നടത്തി.

യൂത്ത് പാർലമെന്റ്, സംഘഗാനം എന്നീ മത്സരങ്ങളിൽ എസ്.ഇ.എസ്. കോളേജിലെ

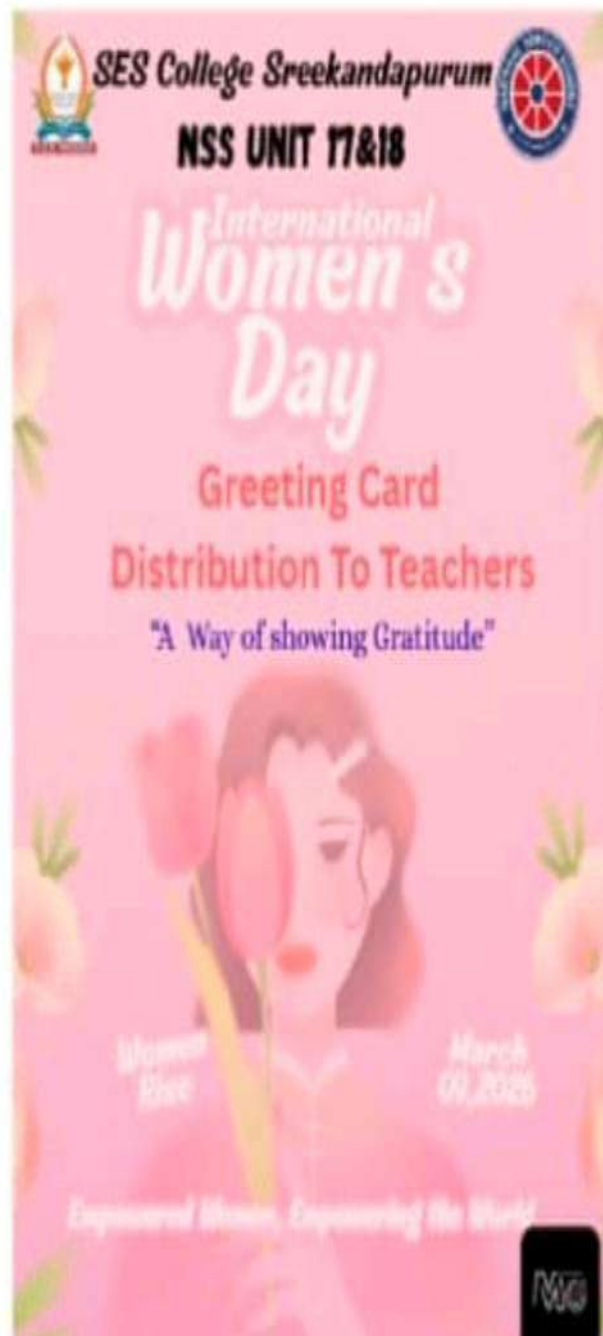
വിദ്യാർത്ഥികൾ രണ്ടാം സ്ഥാനം നേടിയിരുന്നു. കണ്ണൂർ സർവകലാശാലാ ഡി.എസ്.എസ്. ഡോ. കെ.വി. സുജിത്ത് ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ ഡോ. റീന സെബാസ്റ്റ്യൻ അധ്യക്ഷത വഹിച്ചു.

ശ്രീകണ്ഠപുരം എജുക്കേഷൻ സൊസൈറ്റിസെക്രട്ടറീസൈജോജോസഫ്, ഐ.കൃ.എ.സി. കോ

ഡിനേറ്റർ ഡോ. ടി.ജെ. സജേഷ്, ഇക്കണോമിക്സ് വിഭാഗം തലവൻ ഡോ. കെ.വി. പ്രദീപ്, എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർ മാരായ ഡോ. പി.കെ. നസ്രീന, ഗോപാലകൃഷ്ണൻ, യൂണിയൻ പ്രതിനിധി കെ. ശ്രേയ, എൻ.എസ്.എസ്. സ്റ്റുഡന്റ് കോഡിനേറ്റർ കെ. സഫീദ എന്നിവർ സംസാരിച്ചു.

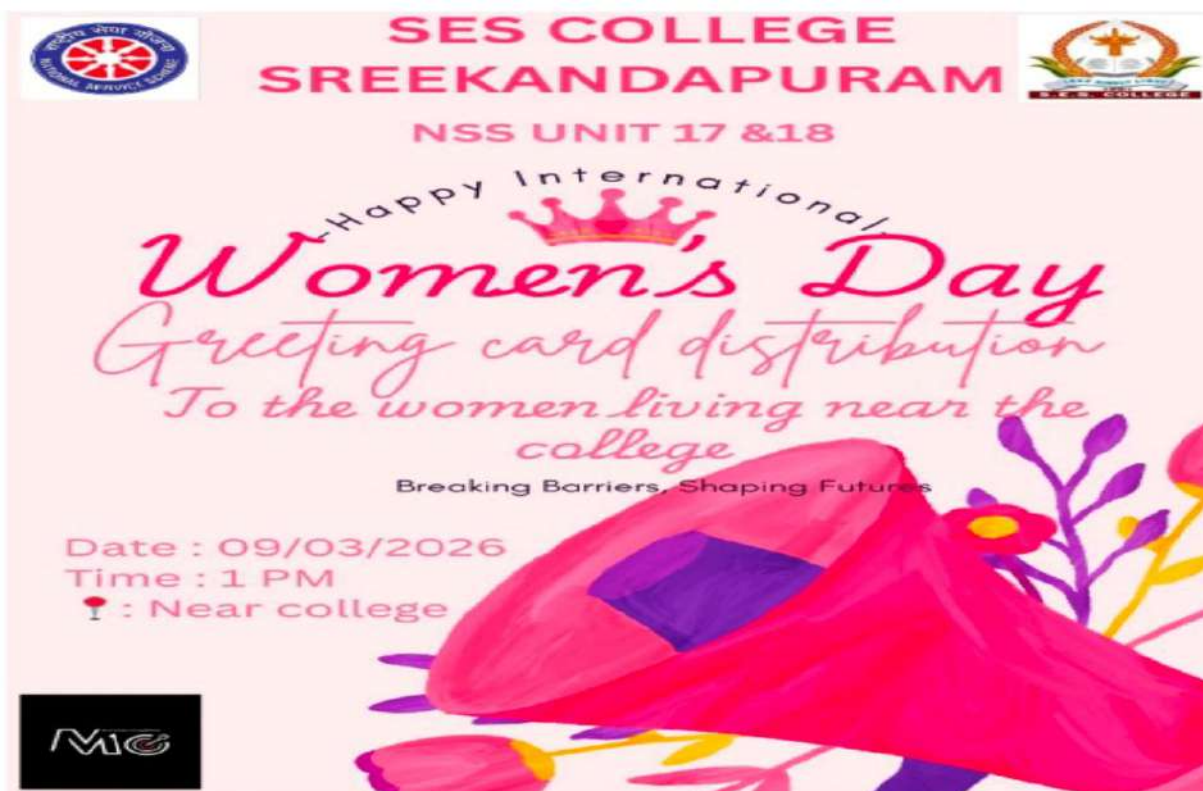
09/03/2026: Women's day Greeting Card Distribution- Teachers

National Service Scheme (NSS) volunteers of Units 17 and 18 at S.E.S. College organized a greeting card distribution programme in observance of International Women's Day. The initiative was undertaken to honor and express appreciation for the contributions of the women faculty members of the college. During the programme, volunteers presented greeting cards as a token of gratitude and respect. The gesture was warmly received by the teachers, who expressed their appreciation for the thoughtful effort



9/03/2026: Women's day program

in connection with International Women's Day, the National Service Scheme (NSS) Units 17 and 18 of S.E.S. College organized a greeting card distribution programme to honour and appreciate women in the local community. The initiative aimed to celebrate the social, economic, cultural, and political contributions of women while also promoting awareness about gender equality and the need for an inclusive society. As part of the programme, NSS volunteers prepared handmade greeting cards featuring inspiring messages and quotes dedicated to women. The volunteers visited nearby households and distributed these cards along with small tokens such as chocolates, extending their greetings and appreciation to women residents. The activity was warmly received by the community and created a positive and meaningful interaction between students and residents. The programme also provided volunteers with a memorable and enriching experience. A particularly touching moment occurred when a child presented a handmade card in return, conveying Women's Day wishes, which added a sense of joy and emotional value to the initiative.





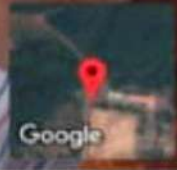
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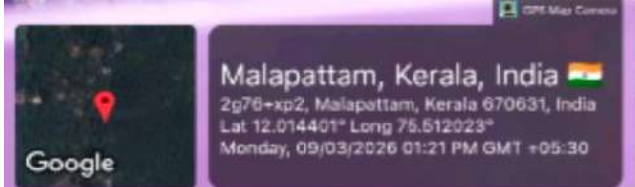
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Thalakode, Kerala, India
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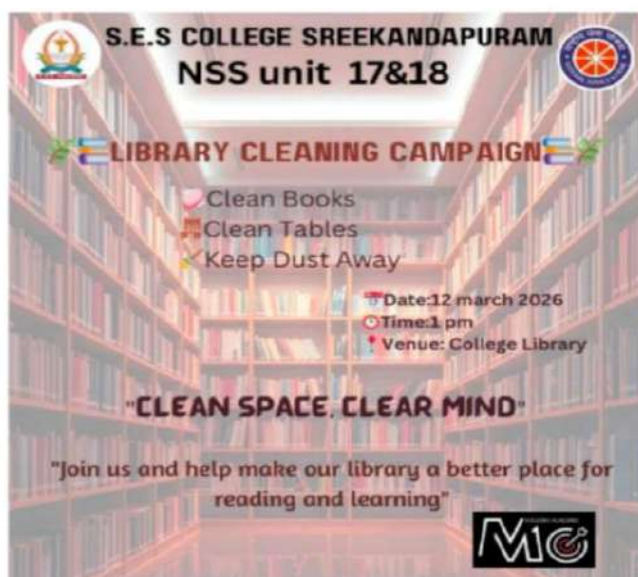


Thalakode, Kerala, India
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Kerala 670631, India
Lat 12.026738° Long 75.516236°
Monday, 09/03/2026 01:21 PM GMT +05:30



12-03-2026: Library Cleaning

National Service Scheme (NSS) Units 17 and 18 of S.E.S. College, Sreekandapuram, organized a library cleaning programme as part of the “100 Mission” initiative. The primary objective of the activity was to maintain cleanliness and create a more conducive and organized reading environment within the college library. The programme was carried out by NSS volunteers Chandana, Noor Muhammed, Vismaya, and Athul Prasad, who actively participated in cleaning and arranging the library premises. Their efforts included dusting bookshelves, organizing books systematically, cleaning tables and racks, and ensuring that the reading area was neat, hygienic, and comfortable for users. The initiative significantly improved the overall cleanliness and functionality of the library while also fostering a sense of discipline and responsibility among students toward shared academic spaces.



30-03-2026 ELECTION AWARENESS OPEN QUIZ COMPETITION, SIGNATURE CAMPAIGN, FLASH MOBE- INKIT KANNUR

The NSS Units of SES College, Sreekandapuram, organized an Open Quiz Competition as part of the SVEEP (Systematic Voters' Education and Electoral Participation) campaign to promote electoral awareness among students and the general public. The program was led by a dedicated team of NSS volunteers, with the active involvement of 82 NSS volunteers who contributed to the successful conduct of the event. The initiative aimed to educate citizens about their voting rights and encourage informed participation in the democratic process.

The quiz competition was designed as an interactive platform to enhance participants' knowledge of the Indian Constitution, the electoral system, and the importance of every vote. The core team of volunteers efficiently planned and executed the program, ensuring a smooth and engaging experience for all participants. As an open event, it witnessed enthusiastic participation from both students and the public, making the awareness drive more inclusive and impactful. The questions primarily focused on voter registration, the use of EVMs and VVPATs, and the significance of voter awareness initiatives.

In addition to the quiz competition, several outreach activities were conducted to maximize public engagement. A public rally was organized to spread awareness about the importance of voting, followed by an election pledge campaign where participants affirmed their commitment to responsible voting. A signature campaign was also carried out to encourage civic responsibility among citizens. Furthermore, a flash mob was performed to attract public attention and creatively convey the message of electoral participation.





08-04-2026 Model Booth Setting

The NSS Units of SES College, Sreekandapuram, organized a Model Polling Booth set-up at Maryland High School, Madampam, as part of the SVEEP (Systematic Voters' Education and Electoral Participation) campaign. The initiative aimed to provide a realistic demonstration of a polling station and to educate students and the public about the voting procedure. The entire project was efficiently executed with the technical support of 10 NSS volunteers, who ensured that the setup closely resembled an actual polling environment. The volunteers meticulously designed the booth layout to replicate a real polling station, including designated areas for polling officers, a voting compartment with a ballot unit, and a VVPAT machine. A live demonstration was conducted to explain the step-by-step voting process, beginning with identity verification and the application of indelible ink, and concluding with the casting of the vote. To enhance understanding, informative posters and signage displaying important "Do's and Don'ts" within a polling station were also exhibited. The model booth successfully achieved its objectives by reducing voter anxiety, especially among first-time voters and the elderly, through hands-on familiarization with the voting process. It also promoted inclusivity by showcasing accessibility features for differently-abled voters





16-04-2026- Appreciation Pogramme

The series of voter awareness programmes conducted by the NSS Units of SES College under the SVEEP campaign received wide appreciation for their effectiveness and public outreach. In recognition of these efforts, the NSS Units were honored and appreciated by the **District Collector of Kannur**. The appreciation ceremony was held on **16 April 2026**, acknowledging the valuable contribution of the NSS volunteers in promoting voter education and electoral participation.



27-04-2026 – NSS House Construction Project

The NSS Units 17 and 18 of SES College, Sreekandapuram, in collaboration with the K. Chittilappilly Foundation (KCF), initiated the construction of a house for a financially disadvantaged family in Malappattam Grama Panchayat under the K. Chittilappilly – KU-NSS Home for the Homeless Project. The project, which had already commenced earlier, continued with the active participation of NSS volunteers, aiming to provide safe and secure housing for the beneficiary family.

