#### ENVIRONMENT DAY - 5 JUNE

N A M College Kallikkandy celebrated Environment Day by planting bamboo saplings in the college campus under the name "BAMBOOSIYA 2023". Dr. Ashraf E, NSS Programme Officer, welcomed the programme, Dr. Majeesh T, Principal, inaugurated and Dr. Dileep P, Plant Taxonomist and environmentalist gave the keynote address. NSS volunteers participated by plantings at home and campus.



#### READING DAY - 19 JUNE

NAM College Kallikkandy organised a talk on "Reading And Social Consciousness" on Reading Day. The programme was welcomed by Dr. Hussain C, Assistant Professor, Dept. of Malayalam, inaugurated by Dr Majeesh T, Principal, and Dr. Ashraf E gave felicitation. The famous Malayalam poet Prof. Veerankutty delivered the keynote address. All NSS volunteers participated in the programme.





#### INTERNATIONAL YOGA DAY – JUNE 21

NAM College Kallikkandy conducted a workshop on "Wellness Through Yoga Practice" on the occasion of International Yoga Day. Dr. Sunitha P. V., NSS Programme Officer, welcomed the programme. Dr. Majeesh T, Principal, inaugurated and Mr. A. K. Haridasan, Trainer., Parivrajakacharya Yogavedanta Mission Kannur, gave the keynote address. All NSS volunteers and NCC cadets participated in the training programme.







#### INTERNATIONAL DAY AGAINST DRUG ABUSE - 26 JUNE

All students of the NAM College took a pledge against drug abuse on the occasion of International Day Against Drug Abuse. Dr. Ashraf E, NSS PO, recited the pledge and the entire staff of the college took the pledge along with the students. Dr. Majeesh T, Principal, delivered a talk against drug abuse.



# PALLIATIVE AWARENESS & VOLUNTEER TRAINING PROGRAMME- 3 AUGUST

NAM College Kallikkandy conducted a volunteer Training Programme for NSS volunteers in association with NAM Palliative Unit and Blood Donors

Kerala on 3rd August 2023 at college campus. The programme was welcomed by Dr Sunitha P V, NSS PO, Chaired by Dr Majeesh T, Principal, and inaugurated by Jb P P A Hameed, Gen. Secretary MEF and Dr. Lt. Shameer A P gave felicitation. Dr. Shaniba P K, Blood Donors Kerala, conducted an awareness class and Smt Anitha Santhosh, Palliative Trainer gave palliative volunteer training. 33 NSS volunteers actively participated in this training programme.









## INDEPENDENCE DAY CELEBRATION - 15 AUGUST

The College celebrated 76th Independence Day with great enthusiasm on 15th August 2023. The college campus was beautifully decorated with flags and balloons to commemorate the day. Dr. Majeesh T, Principal, hoisted the National Flag at 9:00 o''clock in the morning and we sang the National Anthem. The programme was welcomed by Dr. Ashraf E, NSS PO, and inaugurated by Dr. Majeesh T, Principal, Dr.Lt Shameer A P gave felicitation, and Dr.Anas, Assistant Professor, Dept. Of History, delivered the keynote speech. At the end of the programme, sweets were distributed by NSS volunteers.





#### BLOOD DONATION - 15 AUGUST

Five NSS volunteers donated blood in a Blood Donation Camp held at Maitri Special School Kadavathur on 15/08/2023 in connection with Independence Day.



## 'THAKRUTHEY' - ONAM CELEBRATION - 24&25 AUGUST

NAM College Kallikkandy conducted two two-day Onam celebration programmes "THAKRUTHEY" in a grand and traditional manner. The programme was inaugurated by Principal Dr. Majeesh T., Dr. SunithaPV, NSS Programme officer delivered the welcome speech, Dr.Ashraf. E. NSS Programme officer, Dr. Rajesh Kumar ER, Head, Dept. of Commerce, Dr. A.P. Shameer, NCC Officer delivered the felicitation speech. On the first day, there was a variety of arts and sports activities such as Sack Race, Lemon & Spoon,

Biscuit eating, Flash mob, Mega Anthakshari, Water Filling, Sundarik PottuThodal and Kamba Vali for the students and teachers. On the second day, there was a grand pookalam, Onam Goshayathra and wonderful onamsadhya. The programme was Chaired by Principal Dr. Majeesh T andinaugurated by Mrs. Thankamani, President of ThrippangotoorGramapanchayath. Sri. PPA Hameed (General Secretary, MEF), Sri.N Kunhammed (Ex-Principal), and Sameer Parambath (Secretary, MEF) presented the function.





### TEACHERS DAY CELEBRATION - 5 SEPTEMBER

The NSS Unit Celebrated Teachers Day on 5<sup>th</sup> September 2023 in order to honour the teachers of the college. Dr. Sunitha PV, NSS Programme officer, presided and Dr. Majeesh T, Principal, inaugurated the programme. A special talk on Teachers Day was delivered by Dr. Ashraf. E, NSS Programme officer. Dr. Haseeb VV and Sri. Muhammad Anzeer KK delivered the felicitation speech. All the NSS volunteers made cards for their favourite teachers, Shout-out their teachers on Social media, gave presents to their teachers and some of them wrote about their best teachers. It was really a tribute to all faculty members. At the end, sweets were distributed to the faculty and students.









## BLOOD DONATION CAMP - 15 SEPTEMBER

NAM College Kallikkandy conducted Blood Donation Camp at campus in association with Malabar Cancer Centre Blood Bank and Blood Donors Kerala on 15<sup>th</sup> September 2023. The programme was welcomed by Dr. Sunitha P V, NSS P O, and inaugurated by Dr. Majeesh T, Principal, Dr. Anju R, Medical Officer, Malabar Cancer Centre, led the Blood Donation Camp.38 students including NSS volunteers donated blood. Dr. Anju distributed certificates to students who donated blood.







#### OZONE DAY CELEBRATION - 16 SEPTEMBER

NAM College Dept. of Polymer Chemistry conducted an awareness programme on World Ozone Day on 16/09/2023 at the College seminar hall.





#### SWACHHTA HI SEWA CAMPAIGN - 17 SEPTEMBER

NSS Units 31 & 32 of NAM College Kallikkandy cleaned the college campus on 17/09/2023 as part of the SWACHHTA HI SEWA Campaign. Dr. Sunitha P V, NSS PO, and Dr. Ashraf E, NSS PO, led the campus cleaning. Mr. Mohammad Anzeer, Assistant Professor BBA, conducted an awareness class on sanitation. NSS volunteers actively participated in the programme.







#### CHILD CANCER AWARENESS PROGRAMME - 19 SEPTEMBER

NAM College Kallikkandy conducted a child cancer awareness programme on 19/09/2023 in association with HOPE Child Cancer Cre Foundation. Ms Rizwana, Social Worker from HOPE, took an awareness class...





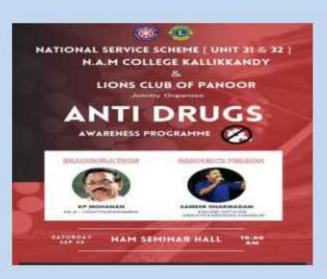




## ANTI DRUG AWARENESS PROGRAMME – 23 SEPTEMBER

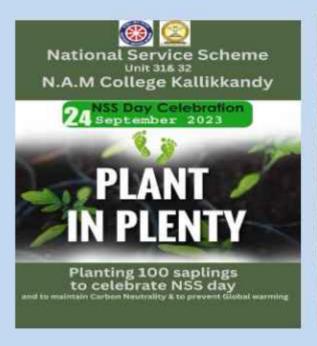
NAM College Kallikkandy conducted an Anti-Drug Awareness Programme in association with Lions Club Panoor on 23 September at 10:00 AM. The programme was inaugurated by K P Mohanan, MLA Kuthuparamba. Dr. Ashraf E , NSS PO , gave a welcome speech , Dr. Majeesh T, principal, chaired the program. The resource person, Mr Sameer Dharmadam, Excise Officer, Vimukthi Mission Kannur, took an interactive session with NSS volunteers. The programme was concluded at 12:00 PM.





### PLANT IN PLENTY – NSS DAY CELEBRATION – 24 SEPTEMBER

NSS Units of Kannur University decided to plant 5000 saplings on the occasion of NSS Day. Dr. Sunitha P V and Dr. Ashraf E, NSS programme officers of NAM College Kallikkandy along with 100 NSS volunteers planted saplings in their homes.





## SWACHHATA HI SEVA- CLEANING PROGRAMME - 26 SEPTEMBER

As part of the SWACHHATA HI SEVA Campaign NSS volunteers of units 31&32 of NAM College Kallikkandy cleaned the campus. 28 volunteers participated in the cleaning programme which started at 3:30 PM and concluded at 5:00 PM. Dr. Sunitha P V, NSS PO, led the cleaning programme.



# SWACHHATA HI SEVA- RAILWAY STATION CLEANING PROGRAMME-1 OCTOBER

As part of SWACHHATA HI SEVA Campaign-2023 NSS volunteers of NAM College participated in cleaning Vadakara Railway Station and Thalassery Railway Station. The Railway Health Inspector of Vadakara Railway Station Mr. Sajeesh P distributed the certificates to the volunteers which was held from 10:00AM to 11:00AM. Fifteen volunteers participated in the programme.





#### VIGILANCE AWARENESS CAMPAIGN – 10 OCTOBER

NAM College organised a Vigilance Awareness Class in association with NCC and 131 Battalion of BSF, Calicut. Dr. Ashraf E delivered the welcome speech, Mr. Sabu John, Inspector BSF, inaugurated the programme and Dr. Majeesh T, Principal presided and Dr. Sunitha P V delivered the vote of thanks. Forty NSS volunteers participated in this programme. The programme started at 10:00 AM and ended at 12:00 PM





# FUND COLLECTION - 11 OCTOBER

NAM College conducted a fund collection for the children of HOPE, Child Cancer Care Foundation. Mohammed Nasar, Muhammed Muneeb, Minhaj and Muhammad Nisal, NSS volunteers, collected money from the students of the college Rs 27000/- was collected





#### MERI MATTI MERA DESH - KALASH YATRA - 12 OCTOBER

NAM College was organized KALASHYATRA as part of MERI MATI MERA DESH. Dr.Majeesh T, Principal, inaugurated the programme, Dr.Sunitha P V, NSS PO, delivered the welcome speech and Dr.Ashraf E, NSS PO, delivered the vote of thanks. 36 NSS volunteers participated in this programme and they collected soil from their homes and deposited it in the pot.





## <u>HOPE HOME VISIT – 17 OCTOBER</u>

NSS volunteers of NAM College visited HOPE, Child Cancer Care Foundation Thalassery. The money collected from the college was handed over by Dr.Sunitha P V NSS PO, to the HOPE Officials for children with cancer. Sweets were also distributed to the children. 7 NSS volunteers spent 11:00 AM to 12:30 PM at HOPE.





#### CANCER AWARENESS PROGRAMME - NOVEMBER 8

N.A.M. College organized a cancer awareness programme in association with Women Cell. The programme was welcomed by Mrs. Shasni.N, Co- ordinator Women Cell, inaugurated by Dr.Majeesh T. Principal, and the resource person was Dr. Deepthi T.R. Specialist in Early Cancer Detection and Prevention, Oncure Biosolutions Kannur. The resource person took a detailed class on cancer detection. The programme started at 1:30 PM and ended at 3:30 PM. 58 volunteers participated in the programme.



#### ORIENTATION PROGRAMME - NOVEMBER 13

Orientation programme for first year NSS volunteers was conducted at college seminar hall on 13-11-2023 from 10:00 AM to 2:00 PM. The programme was inaugurated by Dr. Rajesh K.R. Principal in-charge, welcomed by Dr. Sunitha P.V. NSS P.O., chaired by Dr. Ashraf E., NSS PO, and Mr. Nirmal Kumar, HRD Trainer, was the resource person. The orientation class was the wonderful experience for the volunteers. 86 volunteers participated in this





#### CHILDREN'S DAY CELEBRATION - NOVEMBER 14

Volunteers of NSS Units 31&32 celebrated Children's Day on 14 November by visiting four Anganwadi's. Volunteers spent time with the children by distributing sweets, pencils and crayons 50 volunteers divided into four groups and visited Anganwadis of Kallikkandy, Kadavathur, Vilakotur and Thekkumuri. The programme wsa 10:30 AM to 1:30 PM.



### AIDS AWARENESS PROGRAMME - NOVEMBER 21

Aids Awareness Magic Show was held at the college November 21<sup>st</sup> under the patronage of Thrippangottur Panchayath and NSS Units 31 & 32 of NAM College Kallikkandy. Mrs Thankamani, President Thrippangottur Panchayath, inaugurated the programme Renowned magician Mr. Rajeevan Memunda created awareness about HIV through magic. All the students and teachers of the college participated in the programme. The programme started at 11:15 AM and ended at 12:30 PM.

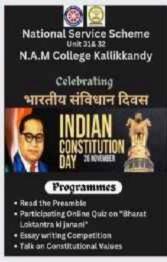




### CONSTITUTION DAY CELEBRATION - NOVEMBER 27 & 28

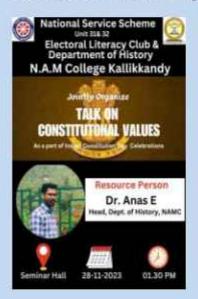
NAM College celebrated the Constitution Day in a grand manner. On 27<sup>th</sup> November the entire students of the college recited the Preamble of the Constitution. Majority of NSS volunteers participated in online quiz Bharat Loktantra Ki Janani. An essay writing competition was organised on the theme of "Vaividhyangalude India".







On 28<sup>th</sup> November NSS Unit 31&32 of NAM College organised a talk on "Constitutional Values". In this programme Dr. Ashraf E "NSS PO, delivered the welcome speech, chaired by Dr. Sunitha P V, NSS PO, inaugurated by Dr. Majeesh T, Principal, and the resource person was Dr. Anas E, HOD Department of History. 67 NSS volunteers participated in the programme held at the seminar hall. The programme started at 1:30 PM and ended at 3:00 PM.







## AIDS DAY AWARENESS PROGRAMME - DECEMBER 1

NAM College organised an HIV awareness class on Aids Day. The programme was welcomed by Dr. Sunitha P V, NSS PO, inaugurated by Dr. Majeesh T, Principal and the classes were conducted by Mr. Mahesh Kolora and Mr. Raghavan KTK, Junior Health Inspectors Thrippangottur Panchayath. The programme started at 10:30AM and ended at 12:30PM. 76 NSS volunteers participated in the programme.



## VOTERS ID REGISTRATION CAMPAIGN - DECEMBER 6,7,8

Voters ID registration was conducted by NSS Units 31&32 of NAM College on 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> December 2023 at the Language Lab of the College. Around 80 students registered. Mohammed Nasar, Mohammed Muneeb, Minhaj, Ziya Zubair, Second year NSS volunteers were led the registration.



#### SEVEN DAYS RESIDENTIAL CAMP - 22-12-2023 to 28-12-2023

Seven Days Residential Camp of NSS Units 31&32 of NAM College Kallikkandy conducted at Tharuvana Higher Secondary School, Wayanad, on 22-12-2023 to 28-12-2023. The main objective of the camp was to evolve the volunteers as humans and as agents of social change. Its thrust was on activities and lectures that help volunteers to work for the community, in the community and with the community



#### SNEHARAMAM IN CAMPUS -JANUARY 5

NSS Units 31&32 of NAM College Kallikkandy built SNEHARAMAM in college campus.



## NATIONAL YOUTH DAY - January 12

NSS Units 31&32 of NAM College Kallikkandy celebrated National Youth Day by painting the boundary wall. Dr. Sunitha P V and Dr. Ashraf E, NSS PO''s led the programme. Eight volunteers participated in painting.



#### PALLIATIVE DAY - JANUARY 15

NAM College celebrated Palliative Day in association with Thrippangottur Panchayath. Smt. Thankamani V K, Panchayath President, inaugurated the programme. Dr. Gireesh Babu, Consulting Psychologist was the Chief Guest...



### SNEHARAMAM - January 24

NAM College Kallikkandy participated in the "Sneharamam" project which is a part of Kerala Govt"s Malinya Mukta Nava Keralam Campaign. We built Sneharamam" in Kallikkandy Town Which belongs to Thripangottur Panchayath. As a part of it, a boundary wall painting was beautifully done by NSS volunteers. "Sneharamam" was completed by 25 NSS volunteers. The construction of "Sneharamam" lasted for three days, included cleaning filling and leveling of soil and planting plants. Volunteers planted saplings,

fruit trees and flowering plants. Mrs. V K Thankamani , President of Thrippangottur Panchayath, inaugurated "Sneharamam" on 24 January 2024. Dr. Majeesh T, Principal, Dr Sunitha P V and Dr Ashraf E , NSS PO"s, Mr. Prasad "Panchayath Secretary, and 35 NSS volunteers were also present on the occasion.





### REPUBLIC DAY - JANUARY 26

N A M College Kallikkandy celebrated 75th Republic Day with great enthusiasm . The event included Flag hoisting by the principal, Dr. Majeesh T, followed by a parade by the N C C cadets. The event concluded with the National Antem and a vote of thanks by Dr.Ashraf E, NSS P.O . 20 N S S volunteers participated in this programme.





#### BLOOD GROUP TESTING CAMP - FEBRUARY 2

NAM College Kallikkandy organized a Blood Group Testing Camp on 02-02-2024 in association with Nucleus Hospital, Panoor. The programme was inaugurated Dr. Rajesh Kumar K.R., Principal In Charge. Dr Sunitha P.V., Programme Officer, N.S.S., delivered the welcome speech and Dr. Ashraf E., Programme Officer, N.S.S., chaired the programme. Mrs. Afsath, Superintendent, Nucleus Hospital, Panoor. Around 100 NSS volunteers tested their blood groups. The programme was started at 10:30 AM and ended on 1:00 PM.



#### FORMATION OF GREENBRIGADE - FEBRUARY 13

"GREENBRIGADE" was formed by N S S Units 31 & 32 of NAM College on February 13. The aim of forming "GREENBRIGADE" is to lead the necessary activities to reduce waste production according to green protocol without suffering and searching for a way to dispose

of the waste. 25 N S S volunteers have become members of this "GREENBRIGADE". The necessary instructions to the members gave by Mr. Balan Vayaleri, Resource Person, Harithakerala Mission and Mr. Suresh, Resource Person, Shuchitwa Mission.



## THANMUDRA - TRAINING PROGRAMME - FEBRUARY 15

A training programme for NSS volunteers to provide UDID card, a unified identification document for differently abled persons, was held on February 15<sup>th</sup> at the Kannur Collectorate Conference Hall. The programme was inaugurated by Arun K Vijayan, District Collector, Kannur. The event, which was held from 10:00 AM to 12:00 PM, was attended by 5 volunteers from the N S S Units 31 & 32 of NAM College Kallikkandy.



# MERA PEHLA VOTE- DESH KE LIYE CAMPAIGN - MARCH 13,14,15

NAM College conducted Voter ID registration as part of organizing "Mera Pehla Vote-Desh Ke Liye" in higher educational institutions across the country by Ministry of Education to ensure universal enlightened participation of youth in elections. Voter ID registration of around 670 students was done in three days. Also, students, who cast first vote in the year 2024, take pledge from the website <a href="www.mygov.in">www.mygov.in</a> and download the certificate.



# Thirsty Water Campaign for Co-existence - 18th March

NAM College jointly conducted a campaign called "Thirsty Water For Co-existence".

100 NSS volunteers have set up facilities in their homes to provide water to living beings this summer.





