

NSS REPORT 2022-23

The National Service Scheme (NSS) is a nationwide program initiated by the Ministry of Youth Affairs and Sports in India. Its primary aim is to develop the personality of students through community service. In the academic year 2022-23, the NSS unit of the college conducted various programs, including environmental protection, self-defense training, soft skill development programmes, motivation training sessions, book donation, antidrug campaign and more.

World Environmental Day

On June 5th, 2022, the NSS unit of Noble Women's College conducted a program on World Environmental Day. The objective of the program was to create awareness among the students about the importance of environmental conservation. The program included a poster-making competition and sapling plantation drive. The outcome of the program was the creation of a green area on the college campus and sensitizing students towards the environment. The theme of the environmental day is "Only one Earth". Volunteers planted medicinal saplings in connection with the environmental day.



International Yoga Day:


On June 21st, 2022, the NSS unit of the college organized a program on International Yoga Day in association with of Physical education Department. The objective of the program was to promote physical and mental health among the students. The program included various yoga sessions, which were conducted by Ms Arsha, Physical education trainer. The outcome of the program was the development of yoga skills and the promotion of a healthy lifestyle among students.





Gender Sensitization

NSS unit of the College and Department of Psychology jointly organized a one day seminar titled “Gender Sensitization” on 5th July at College Auditorium. The resource person of the event was Sanjana Anwar Ali, a Psychologist from Bangalore based company. The program commenced with a prayer, followed by a welcome speech delivered by Dr. Anupama S R, who serves as the Head of the Psychology Department and NSS Program Officer. The Presidential and Inaugural addresses were given by Dr. U Saidalvi, the Principal of NWC. Mrs. Hajara, Assistant Professor in Psychology conveyed a brief description of the program, after which a token of appreciation was presented to the resource person by Hon College Principal. Dr. S Chithrakala, the Head of the Commerce Department, and Mrs. Jisna, the Head of the Department of Computer Science and IQAC Coordinator, delivered felicitation speeches. Ms. Ameena Anwar P.K, a first-year MSc. Psychology student, expressed immense gratitude towards the chief guest and other honourable individuals on the dais. The resource person presented the session in a fabulous manner, and the event was made interactive with the participation of NSS volunteers, psychology students, and the rest of the audience.


 **NOBLE WOMEN'S COLLEGE, MANJERI**

PG Department of Psychology
In association with IQAC & NSS

SESSION ON

**'GENDER SENSITISATION:
A LIFE RESOURCE THE WORLD NEEDS'**

Resource person



SANJANA ANWAR ALI
Counselling Psychologist

05 JULY 2022 | 10:30 AM
@ COLLEGE AUDITORIUM





World Nature Conservation Day and International Tiger Day:

In the month of July, the NSS unit of the college organized an awareness program on World Nature Conservation Day on 28th and Quiz competition on 29th International Tiger Day. The objective of the program was to create awareness among the students about the importance of wildlife conservation. The program included quiz competitions, which was conducted on the topics of nature conservation and the significance of tigers in the ecosystem. The outcome of the program was the enhancement of students' knowledge about nature conservation and wildlife. Every year the day is celebrated under different themes, and this year the theme for Global Tiger Day is "India launches Project Tiger to revive the tiger population". The winners of the quiz competition were JILSA of 1st B.COM and ABHITHYA of 1st BBA.



National youth day District level talent show OSOM 2K22

The aim of the Red Ribbon club is to educate the youth with correct, concise and adequate information and heighten their level of awareness about HIV/AIDS, Sexuality and other issues.

In connection with international youth day, Kerala State Aids control society, National health mission, and Red Ribbon club jointly organized District level “Open Mind Open stage” talent show 2022 at NSS College Manjeri. Seven volunteers participated in the programme. Nadha Nazer V secured Second prize and Nigitha I secured third prize in OSOM talent show dance competition. Geethika Krishna and Anju Treeza Soyi participated in “Naadanpattu” competition and Safna V participated in Monoact. Sisney and Aparna were the student coordinators. RRC and NSS coordinator Dr. Anupama SR accompanied the volunteers.

VOLUNTEERS AT NSS COLLEGE WITH ORGANIZING COMMITTEE



DANCE PERFORMANCE OF NIGITHA I

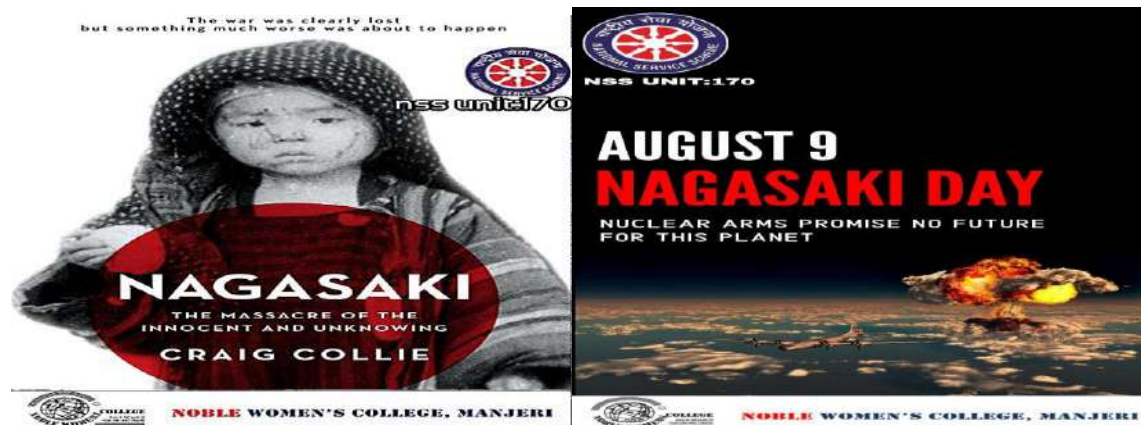


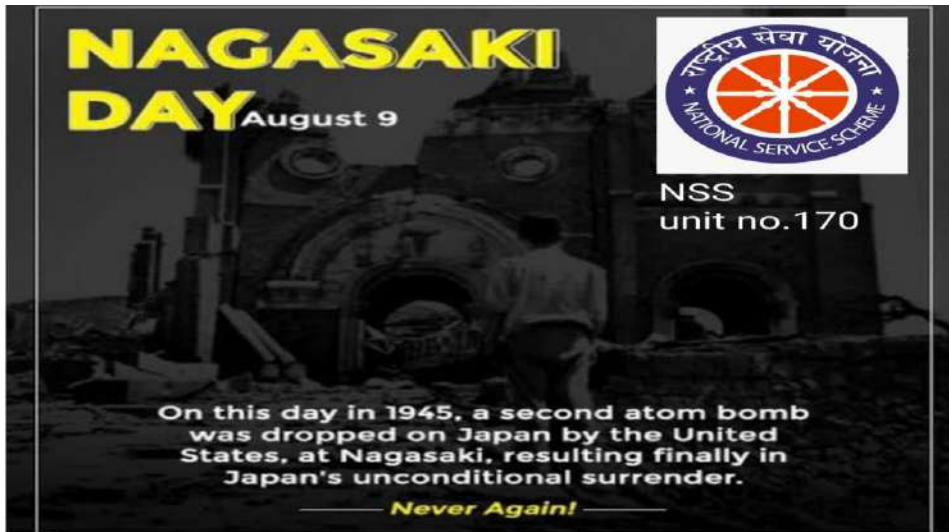
WINNERS AND PARTICIPANTS OF THE PROGRAM



Collage Competition, Video Presentation and Hiroshima Nagasaki Day:

On August 6th, 2022, the NSS unit of the college organized a program on Hiroshima Nagasaki Day. The objective of the program was to educate the students about the consequences of nuclear warfare. The program included a collage competition and a video presentation on the atomic bombings of Hiroshima and Nagasaki. The outcome of the program was the sensitization of students towards the catastrophic effects of nuclear war. The winners of the competition were Fahmida. N and BinhaBinth ashraf.





NOBLE WOMEN'S COLLEGE, MANJERI

International Youth Day 12.08.2022

The aim of the Red Ribbon club is to educate the youth with correct, concise and adequate information and heighten their level of awareness about HIV/AIDS, Sexuality and other issues. The theme of international youth day is intergenerational solidarity: Creating a world for all ages. The objective of international youth day 2022 is to amplify the message that action is needed across all generations to achieve the sustainable development goals and leave no one behind.

On international youth day RRC and NSS jointly organized programmes and recognized the district level winners of OSOM talent show with mementos. Volunteers presented a theme related to the youth day which highlighted the importance of intergenerational solidarity.

The international youth day programme was started by the welcome speech of Dr Anupama SR, RRC and NSS Programme Coordinator and was inaugurated by Hon. Principal Dr.U Saidalvi. HoD's of various departments felicitated the function and Volunteer Fareena Farveen delivered vote of thanks. College Principal delivered international youth day message and handed over the mementos to the winners.

INAUGURAL SPEECH BY COLLEGE PRINCIPAL



THEME PRESENTATION BY VOLUNTEERS ON INTERNATIONAL YOUTH DAY



PERFORMANCE BY NIGITHA. I



August 15th Independence day

On August 15th, 2022, the NSS unit of the college celebrated Independence Day. The objective of the program was to instill a sense of patriotism among the students. The program included wall painting, patriotic song, and a speech by the principal. The theme of the year is “Nation first, Always First”. The College Principal Dr. U. Saidalvi hoisted the flag at 8 AM and delivered Independence Day speech. Patriotic song was sung by Ms. Geethika and pledge was led by Kadheeja Binsha (NSS Volunteer). The independence day programme was started after the formal inaugural address by the Principal. Patriotic song was presented by Second year NSS volunteers. Volunteers also actively participated in theme presentation related to NSS. Debate competition and Quiz competition was conducted for all students in which Sangeetha from MSC Computer Science bagged first prize. Welcome speech was done by Programme Coordinator Dr. Anupama SR and vote of thanks was given by NSS Secretary Fareena Farveen.



THEME PRESENTATION BY NSS VOLUNTEERS



FREEDOM WALL PAINTING

In connection with 75th Independence day (Azadi Ka Amrit Mahotsav) NSS Volunteers painted wall on different themes “POOKOTTUR LAHALA, DANDI MARCH and WAGON TRAGEDY. 22 NSS Volunteers involved in the wall painting and had taken 16 hours to finish the task.





DEBATE COMPETITION ON INDEPENDENCE DAY LEAD BY MR .SHAHEER on 15.08.2022 at College Auditorium



DEBATE COMPETITION FIRST PRIZE DISTRIBUTION- COMPUTER SCIENCE DEPARTMENT

Prize distributed by Hon. College Principal Dr. U. Saidalvi



COMPETITION WINNERS



INAUGURAL SPEECH BY COLLEGE PRINCIPAL

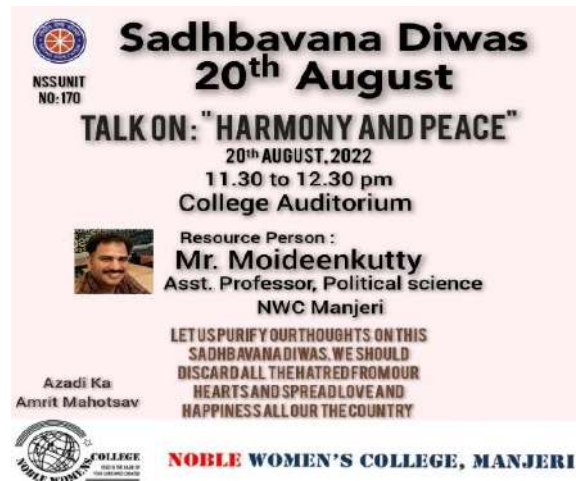


FELICITATION SPEECH BY DR. ABDULSALAM (HOD, SOCIOLOGY)



Sadhbhavana Day 20.08.2022

On August 20th, 2022, the NSS unit of the college celebrated Sadhbhavana Day. The objective of the program was to inculcate the values of peace, harmony, and tolerance among the students. The outcome of the program was the promotion of the spirit of unity and harmony among students. Mr. Moideenkutty Assistant professor in Political Science handled a session on Sadhbhavana day related to “Harmony and Peace”.



Sadhbavana Diwas
20th August

TALK ON: "HARMONY AND PEACE"
20th AUGUST, 2022
11.30 to 12.30 pm
College Auditorium

Resource Person :
Mr. Moideenkutty
Asst. Professor, Political science
NWC Manjeri

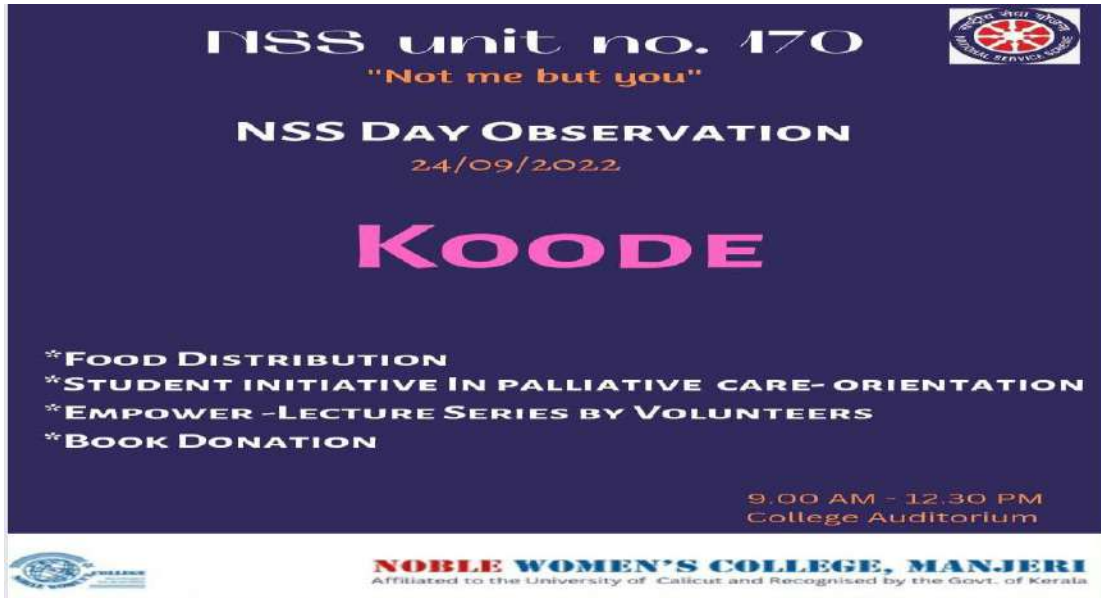
LET US PURIFY OUR THOUGHTS ON THIS
SADHBAVANADIWAS. WE SHOULD
DISCARD ALL THE HATRED FROM OUR
HEARTS AND SPREAD LOVE AND
HAPPINESS ALL OUR THE COUNTRY

Azadi Ka
Amrit Mahotsav

NOBLE WOMEN'S COLLEGE, MANJERI



NSS DAY RELATED PROGRAMMES



NSS unit no. 170
"Not me but you"

NSS DAY OBSERVATION
24/09/2022

KOODE

- *FOOD DISTRIBUTION
- *STUDENT INITIATIVE IN PALLIATIVE CARE- ORIENTATION
- *EMPOWER -LECTURE SERIES BY VOLUNTEERS
- *BOOK DONATION

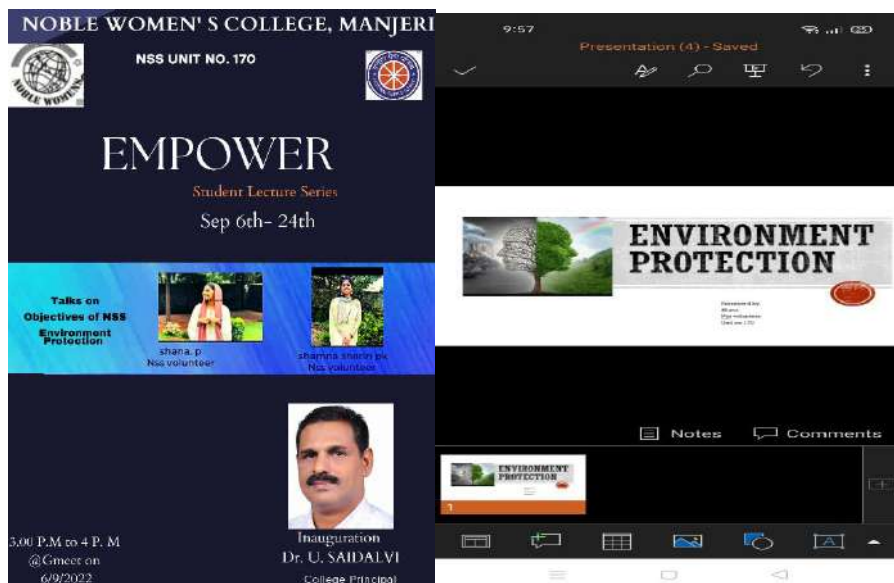
9.00 AM - 12.30 PM
College Auditorium

NOBLE WOMEN'S COLLEGE, MANJERI
Affiliated to the University of Calicut and Recognised by the Govt. of Kerala

International Literacy Day, NSS Day Lecture Series, Food Distribution, and Book Donation for Anganwadi Children titled as "KOODE"

Lecture Series

In connection with NSS Day team NSS organized lecture series "EMPOWER" related to various topics from September 6th to 24th. Volunteers handled various session through offline and online.



NOBLE WOMEN'S COLLEGE, MANJERI
NSS UNIT NO. 170

EMPOWER
Student Lecture Series
Sep 6th - 24th

Talks on Objectives of NSS
Environment Protection

shana.p
Nss volunteer

shamina shaharyak
Nss volunteer

5.00 P.M to 4 P. M
@Gmeet on
6/9/2022

Inauguration
Dr. U. SAIDALVI
College Principal

9:57
Presentation (4) - Saved

ENVIRONMENT PROTECTION

Notes Comments

NOBLE WOMEN'S COLLEGE, MANJERI
NSS UNIT NO : 170
 In connection with NSS Day presents

EMPOWER

GROW THROUGH WHAT YOU GO THROUGH

TOPICS

1. Disaster management
[Dilsha, Shadhiya]
2. Social responsibility of a NSS volunteer
[Dilna, Ashifa]
3. What is the duty of a volunteer
[Basila parvin, Anjana]
4. How to develop our village (adopted)
[Shahma, Shifana]
5. Renewable energy source & recycling
[Kadeeja binsha, Abhina]
6. Positive youth development
[Najah, Shamna]
7. Crises management
[Liya thasni, Abithya]
8. Social service
[Lishana, Sayana]
9. Pain and palliative
[Shifna, Shifa]

September 12, 2022

NOBLE WOMEN'S COLLEGE, MANJERI
NSS UNIT NO. 170


EMPOWER

GROW THROUGH WHAT YOU GO THROUGH

LECTURE SERIES
 Day II



Sangeetha P. I
 Topic: Life style diseases: **07/09/2022**
 11 A.M@GMEET



Sana Jasmin
 Topic: Management of Life style diseases:

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NSS UNIT 170

september 24 nss day
Lecturing series
 06/09/2022 - 24/09/2022



Report on Food Distribution in Connection with NSS Day Observation

The event took place on 24.9.22 at Manjeri and aimed to provide food to the public and promoting community welfare. The primary objective of the food distribution event was to observe NSS Day and contribute to the well-being of the community by providing nourishment to those in need. By organizing this event, the NSS volunteers aimed to spread awareness about the importance of service and encourage others to engage in social welfare activities. The planning for the food distribution event began four days in advance. The NSS volunteers formed a committee responsible for coordinating logistics, procuring food supplies, and ensuring smooth execution. The following steps were undertaken regarding the Identification of Target Areas and Food Procurement. The volunteers organized themselves into teams and proceeded to distribute the meals to the identified areas. Volunteers engaged in conversations with the recipients, creating an opportunity to interact, listen to their stories, and understand their needs better. They also raised awareness about NSS activities and encouraged people to participate in community welfare programs. The food distribution event received positive feedback from both the recipients and the community. Recipients expressed their gratitude for the noble initiative and acknowledged the impact it had on their lives. The event garnered significant attention from the local community, leading to increased awareness about the NSS and its activities. Several individuals expressed interest in joining future initiatives. The event was a successful one with the support of Hon.Principal Dr. U Saidalvi and the Programme was coordinated by NSS Programme Officer Dr. Anupama SR.





STUDENT INITIATIVE PALLIATIVE ORIENTATION

Palliative care is an essential aspect of healthcare, focusing on improving the quality of life for patients with serious illnesses. As the global population ages and the burden of chronic diseases increases, there is a growing need for palliative care services. By creating awareness about palliative care among students, we can help address this need by encouraging them to get involved and develop initiatives to support patients and families and we can instill values of empathy, understanding, and compassion towards patients dealing with life-limiting illnesses. In connection with NSS day, the NSS unit of Noble Women's College organized an interactive session on 24th September based on student initiativeness in palliative care. The volunteers Ms Fareena Farveen and Dilna Shahli handled an orientation session and shared their experiences about palliative care. The session helps to shape the future healthcare workforce and ensures a sustainable supply of healthcare professionals in the field of palliative care.



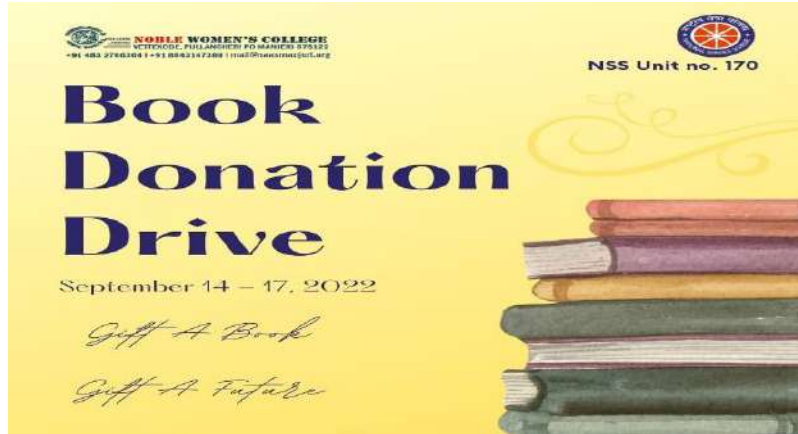
REPORT OF FOOD FEST CONDUCTED BY NSS UNIT

The event was organized to raise fund for the kidney patients. The primary source of fundraising was through food sales. Various food stalls were set up, offering a wide variety of cuisines, including traditional, regional dishes. The pricing of food items was set competitively to encourage maximum participation and donations. The NSS team recruited dedicated volunteers who were responsible for stall management, food preparation, serving, and cash collection. They were provided with proper training and guidelines to ensure smooth operations throughout the event. The Food Fest successfully raised a substantial amount of funds for the We Care Fund. Volunteers gained valuable experience in event management, teamwork, communication, and leadership skills. The Food Fest provided them with an opportunity to enhance their personal and professional growth. The event was inaugurated by Hon. College Principal Dr.U Saidalvi on 29.09.2022 and the programme was coordinated by NSS Programme Officer Dr.Anupama SR. An amount of Rs 9250/- was collected through the food fest.



BOOK DONATION DRIVE SEPTEMBER 14TH-17TH

A Book Donation Drive from September 14th to 17th is organized by the NSS (National Service Scheme) unit of Noble Women's College in connection with NSS Day. The event focused on collecting books from students, faculty, and staff members of the college and distributing them to the Noble College Library and the children at the local Anganwadi center. The primary objective of the Book Donation Drive was to promote a culture of reading, enhance the availability of books for students, and contribute to the educational development of children in the community. The event aimed to encourage students and staff to donate their books to benefit others who may not have access to a wide range of reading materials. The NSS team set up collection boxes at designated locations within the college premises. Students, faculty, and staff members were encouraged to donate books from various genres, including textbooks, storybooks, reference books, and educational materials. After the collection period, the NSS volunteers carefully sorted through the donated books, ensuring they were in good condition and appropriate for the target recipients. Books that were outdated or damaged beyond repair were excluded from the distribution. The book donation drive was a great success with the support of the Hon. College Principal Dr.U Saidalvi and the collected books were handed over on 29.09.2022 to Librarian. The books for the Anganwadi students were handed over by NSS Programme Officer Dr.Anupama SR and NSS Volunteers at Vettekode Anganwadi. on 30.09.2022. A total of 90 books were donated to the College Library and 40 books were donated to the Anganwadi children.



NEWSPAPER REPORT OF NSS DAY OBSERVATION

എൻ.എസ്.എസ് ദിനാചരണം

മഞ്ചേരി: നോബിൾ വനിത കോളജിൽ എൻ.എസ്.എസ് ദിനാചരണ ഭാഗമായി ഒരാളു നിങ്ങളുനിന്ന വിവിധ പരിപാടികൾ സംഘടിപ്പിച്ചു. പ്രിൻസിപ്പൽ ഡോ. യു. സൈതലവി ഉദ്ഘാടനം ചെയ്തു. എൻ.എസ്.എസ് സെക്രട്ടറി ഫരീന ഫർഖാന, വളന്തിയർമാരായ വി. വി. ദിൽന, പി. ദിൽഷ ഫർഖത്, പി.പി. ആഷിഫ, ടി. ബാസില പർ

വിൻ എന്നിവരുടെ നേതൃത്വത്തിൽ വിവിധ വിഷയങ്ങളിൽ ബോധവൽക്കരണ ക്ലാസുകൾ സംഘടിപ്പിച്ചു. വിദ്യാർത്ഥികൾ ശേഖരിച്ച പുസ്തകങ്ങൾ വേട്ടേക്കോട് അംഗൻവാടിയിലേക്ക് കൈമാറി. ഫാത്തിമ ശഹാ സ്വഗതവും എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർ ഡോ. എസ്.ആർ. അനൂപമ നന്ദിയും പങ്കെടുത്തു.

ANTIDRUG AWARENESS ACTIVITIES OCT NOV 2022

CAMPAIGN AT ADOPTED VILLAGE 15.10.22

The antidrug awareness campaign aimed to raise awareness about the dangers of drug abuse, promote a drug-free community, and provide support and guidance to individuals affected by drug addiction. The primary objective of the Anti-Drug Campaign was to create awareness and educate the community in Vettekode about the harmful effects of drug abuse. The campaign aimed to discourage drug usage among youth, provide counseling and support to individuals struggling with addiction, and establish a network of resources to address the issue effectively. The programme also helps the students, parents, and community members to understand about the physical, mental, and social consequences of drug abuse.



QUIZ COMPETITION 12.10.22

As a part of Antidrug campaign, quiz competition was conducted to create an awareness and knowledge regarding the drug related matters. The Programme was conducted on 12th October 2022 at College Auditorium. NSS Programme Officer Dr. Anupama SR and Volunteer Secretary Ms Fareena Farveen coordinated the programme.



LAHARIVIRUDDHA JWALA 24.10.2022

Drug abuse is a growing concern worldwide, affecting individuals, families, and communities. Recognizing the need to address this issue, the NSS team of Noble College launched the Lahariviruddhajwala campaign aims to create awareness, educate, and prevent drug abuse among students and the wider community. The primary objectives of the Lahariviruddhajwala campaign is to raise awareness and educate students and the community about the dangers and consequences of drug abuse. All NSS volunteers participated in the Lahariviruddha Jwala and made it a huge success.



ലഹരിവിരുദ്ധ ജ്വാല

CLEAN CAMPUS GREEN CAMPUS 31.10.22

The focus of the event was on conducting a campus cleaning drive which was organized in the month of October to pay tribute to Mahatma Gandhi's principles of cleanliness and environmental consciousness. Volunteers are assigned to clean different areas within the campus and were provided with detailed instructions regarding their responsibilities and the importance of maintaining cleanliness. Volunteers were divided into groups and assigned specific areas to clean, including classrooms, corridors, common areas, gardens, and parking lots. Alongside the cleaning drive, an awareness campaign on the importance of cleanliness and environmental sustainability was conducted. Volunteers interacted with students and faculty members, emphasizing the significance of cleanliness in maintaining a healthy and hygienic campus environment. Volunteers educated participants about the segregation of biodegradable and non-biodegradable waste and encouraged the use of designated dustbins. This initiative aimed to promote a culture of responsible waste disposal among students and staff. The event showcased the active involvement of the NSS unit in promoting social responsibility and creating a positive impact within the college community. The initiative highlighted the NSS's commitment to community service and its alignment with the principles and values propagated by Mahatma Gandhi. The programme was well planned under the guidance of College Principal Dr.U Saidalvi and according to his instructions Dr. Anupama SR, NSS PO, Coordinated the programme with the support of the volunteer secretary and leaders.



Street Play at Manjeri New Bus stand and Noble College 2.11.22

To engage and captivate the audience, NSS volunteers organized street play highlighting the adverse effects of drug abuse. These interactive performances helped convey the message effectively and encouraged open discussions about the topic. NSS volunteers organized rallies and interactive sessions where community members shared their experiences and insights related to drug abuse. This inclusive approach fostered a sense of ownership and collective responsibility in

combating the issue. By providing knowledge and resources, the campaign empowered community members, particularly youth, to make informed decisions and resist the temptations of drug abuse.

The same play was performed at Noble Women's College campus and all students had taken pledge against the drug usage.



CHILDREN'S DAY 14.11.22

Children's Day, observed on November 14th in India, commemorates the birth anniversary of Jawaharlal Nehru, the first Prime Minister of India, who was fondly called "Chacha Nehru" (Uncle Nehru) due to his affection for children. The event aimed to celebrate Children's Day and provide a platform for the participation of children from Noble Public School in various cultural programmes. Recognizing the importance of this day, the NSS team of Noble Women's College organized a series of activities and cultural programmes to make the day memorable for the children. The Children's Day programmes organized by NSS Noble Women's College included a diverse range of activities. Children from Noble Public School presented vibrant cultural performances, including dance, music and poetry recitations. The performances showcased the rich cultural heritage of the region and the talents of the young participants. The programmes

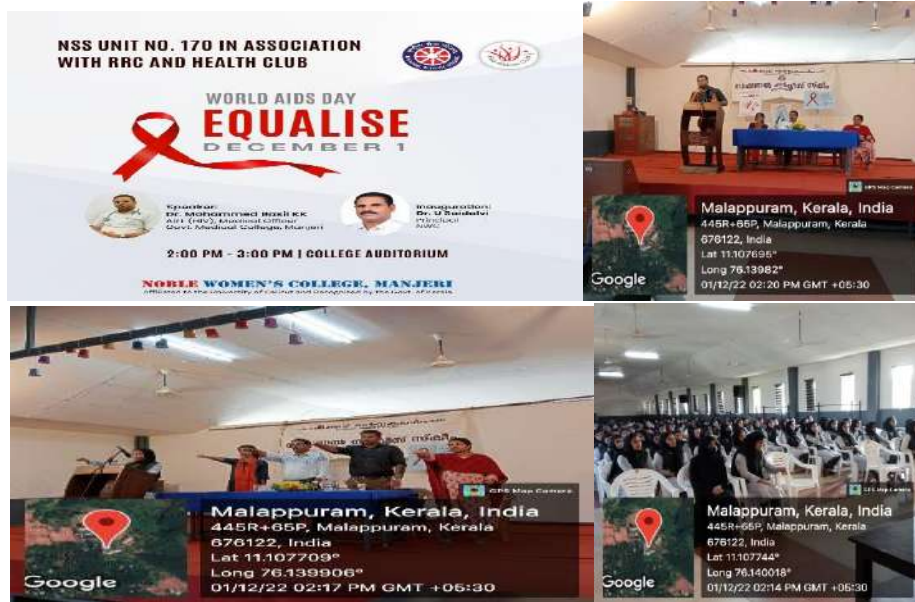
provided an opportunity for the children to develop their talents, boost their confidence, and enhance their communication and performance skills. To add an element of joy and excitement, fun games and rides were set up, providing the children with an enjoyable and memorable experience. The programme was conducted at Noble campus on 14th November with more than 150 participants. 80 volunteers were participated in the programme and Volunteer Secretary Fareena Farveen coordinated the programme with the support of NSS volunteers.



WORLD AIDS DAY 1.12.2022

The World AIDS Day Seminar was held at the Noble College Auditorium on December 1st, organized by the National Service Scheme (NSS) Unit. The seminar aimed to raise awareness about HIV/AIDS and educate the college community about prevention, treatment, and support services available for those affected by the disease. The program was inaugurated by Dr. U Saidalvi, College Principal, and the session was handled by Dr. Mohammed Basil KK, HIV Medical Officer at Manjeri Medical College. He emphasized the importance of World AIDS Day in creating awareness about HIV/AIDS and combating the stigma associated with the disease. He provided insights into the global and national statistics of HIV/AIDS, highlighting the current

challenges and advancements in prevention and treatment. Dr. Basil emphasized the need for early detection, regular testing, and safe practices to prevent the spread of HIV. He also discussed the importance of support services and resources available for individuals living with HIV/AIDS. College Principal Dr. U. Saidalvi encouraged everyone present to actively participate in the sessions to gain valuable knowledge and contribute to the fight against HIV/AIDS. NSS Program Officer Dr. Anupama SR delivered a warm welcome speech to the participants. She expressed gratitude to all attendees, especially Dr. U Saidalvi and Dr. Mohammed Basil KK, for their presence and valuable contributions. She highlighted the significance of World AIDS Day and emphasized the NSS Unit's commitment to creating awareness, combating stigma, and supporting individuals affected by HIV/AIDS. Fareena Farveen, NSS Secretary, delivered the vote of thanks, expressing appreciation to all individuals who made the seminar a success. She thanked the college administration, faculty members, and participants for their active involvement. Fareena also expressed gratitude for the insightful speeches and efforts in organizing the seminar. She encouraged everyone to continue spreading awareness about HIV/AIDS beyond the event and contribute to creating a more inclusive and supportive society. Felicitation was given by Physical education faculty Ms. Arsha.



VACCINATION SURVEY 5.12.2022-7.12.2022

Measles vaccination survey was conducted by the National Service Scheme (NSS) volunteers of Noble College in the Manjeri Municipality in association with Manjeri medical college from December 5th to 7th. The purpose of the survey was to assess the immunization status of children and raise awareness about measles vaccination in the community. Measles is a highly contagious viral infection that primarily affects children. Vaccination is crucial to prevent the spread of this disease and ensure community immunity. Recognizing the importance of measles vaccination, the NSS volunteers of Noble College participated in the survey to gather data on immunization coverage and create awareness about the benefits of vaccination. Selected volunteers from second and first years are participated in the survey with the support of Asha workers.



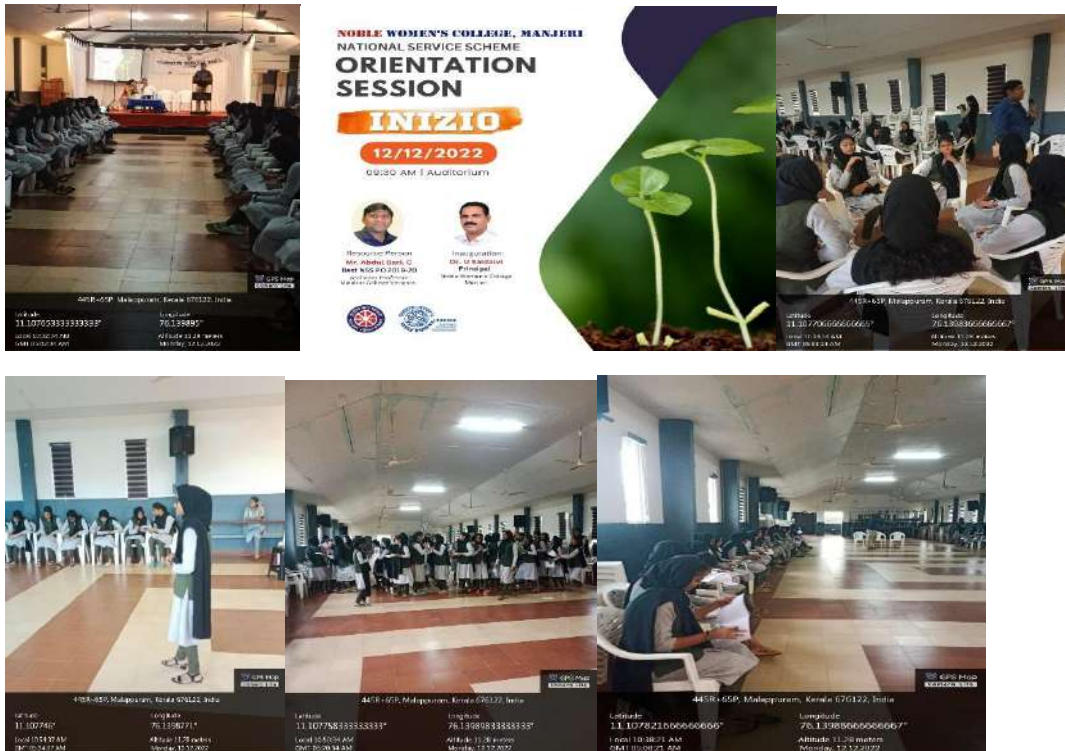
NEWS PAPER REPORT ON 6.12.22 OF MEASELS SURVEY



ORIENTATION TRAINING PROGRAMME 12.12.2022 -INIZIO

The NSS Orientation Training Programme, "INIZIO" conducted at Noble Women's College auditorium on 12.12.2022 played a crucial role in equipping the first-year enrolled NSS volunteers with the necessary skills, motivation, and orientation towards NSS work. The training, handled by Mr. Abdul Bari (Former NSS PO, Malabar college Vengara), focused on leadership development, motivation, group training sessions, and NSS work orientation. The training program aimed to equip the volunteers with essential skills, knowledge, and orientation towards NSS work. The programme was inaugurated by Dr. U. Saidalvi, the college principal where he emphasized the significance of NSS volunteering in promoting social welfare and personal growth. Welcome Speech was given by NSS Programme Officer Dr. Anupama SR and vote of thanks was given by Nishba K ,first year NSS Volunteer.

Mr. Abdul Bari, an experienced trainer, conducted interactive sessions on leadership development, motivation, and teamwork. These sessions included group discussions, case studies, role plays, and practical exercises to enhance the volunteers' skills and abilities. The training program also included sessions dedicated to providing an in-depth understanding of NSS work, its objectives, and the various projects and initiatives undertaken by the organization. Volunteers were familiarized with the NSS guidelines, reporting procedures, and community engagement strategies. Various group activities, such as team-building exercises, problem-solving tasks, and group presentations, were conducted to foster teamwork, enhance communication skills, and promote a sense of belonging among the volunteers. The training program successfully developed leadership qualities among the volunteers, empowering them to take initiatives and lead community service projects effectively. The volunteers' motivation levels were significantly boosted through the training sessions, inspiring them to actively participate in NSS activities and make a positive difference in society. The group training sessions and activities promoted a collaborative environment, fostering teamwork, effective communication, and mutual support among the volunteers. The orientation sessions provided the volunteers with a clear understanding of the NSS framework, goals, and the significance of their role in community development. The volunteers expressed high satisfaction with the training program, highlighting its effectiveness in equipping them with essential skills and knowledge to contribute effectively as NSS volunteers. 55 Volunteers participated in the training programme.



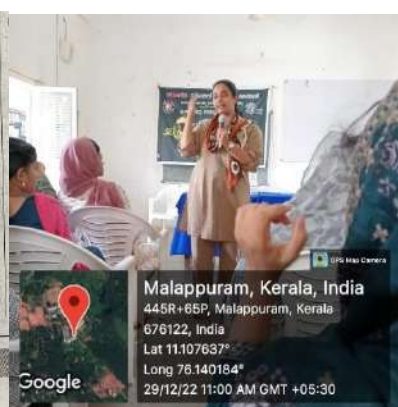
SPECIAL CAMP “CHOOTTU” REPORT 2K22

One of the most important activities of NSS is the 7 day co-existence camp. All the NSS volunteers working together in different activities bring significant changes in their personality and in their method of doing things. The seven day special camp of unit no 170 was held at Alungal vettekode colony Pullancheri, from 23.12.22 to 29.12.22. The activities of special camp were centered in the colony areas based on antidrug campaign.

The welcome committee which included the ward representatives, college principal, programme officer, volunteer secretary had planned and drafted many programmes in advance, before the commencement of the camp. The volunteers were bestowed with different duties and responsibilities dividing them in to different groups. In order to make the activities of camp easier within the students many committees were also made. On 23.12.22 the camp induction was started after the 4 PM. The seven day camp ‘CHOOTTU’ was inaugurated by Hon. Advt. U.A Latheef and Presided by Dr. U Saidalvi (Principal, NWC). The key note address was delivered by Er. P Ismail (Secretary, NWC), Welcome speech was done by Dr. Anupama SR (Programme Officer, NSS) felicitation was done by Mohammed Anees (Secretary, staff club), Ms Arya A S (Secretary, PTA), Sameeda NK (Chairperson), Fareena Farveen (Secretary, NSS), Sameena (Councillor, Alungal), Kumari (Councillor, vettekode). Camp instruction was given by NSS Programme Officer

after the ice breaking session of the faculties of the college Mr. Mohammed Anees and Abdul Bari.

On 24th December a free medical camp was organized at AMLPS School Pullancheri in association with Manjeri medical college ART Centre. Around 150 natives from Alungal colony participated in the medical camp. Inauguration was done by Ms Sameena (Manjeri municipal ward councillor) and key note address was delivered by Hon Principal Dr. U Saidalvi. Welcome speech was done by Programme Officer Dr. Anupama SR and vote of thanks was given by NSS Secretary Fareena Farveen. After the medical camp a session on topic "Blur your mask" Who is a leader, a leadership training programme was handled by Mr.Firoz KT (Former NSS PO,EMEA College ,Kondotty).Volunteers engaged in activities like sports and games and also organized cultural programmes. The topic discussion of the day was about the eradication of drugs. The day end with the camp reviews and suggestions. On December 25th antidrug awareness programme was conducted at vettekode village in which the volunteers recorded the public opinion about the drug use. After the awareness campaign a personal grooming session by Mr. Santhosh Kumar was scheduled for the volunteers. Volunteers engaged in games and sport competitions after the session. The day ends with the review of the camp after the cultural programmes. On 26th December volunteers engaged in anganwadi project work and interacted with the children. NSS team donated toys and books for anganwadi children and conducted cultural programmes for children. Trauma care training session was given to the volunteers by trauma care unit Manjeri team volunteers. Volunteers engaged in sports and activities by evening. The day ends with the camp review by volunteers. On 27th December volunteers conducted an awareness programme related to drug usage in connection with singers nest. Volunteers gave awareness to the natives of Alungal colony and had taken public opinion about the usage of drugs. A session on Women and law was handled by special prosecutor Ms. Ayisha (Manjeri court). Followed to that volunteers engaged in sports and cultural activities. On 28th December volunteers engaged in painting and completion of assigned tasks. Soft skill development programme Coffee Painting training was given to the volunteers by Ms. Sajida, Skill development trainer. The day ended with the camp review of volunteers. On 29th December a session for volunteer's parents was given by Psychologist Ms. Shameera and valedictory function was started which was inaugurated by Noble public school principal Ms Amana Jahan, College Principal Dr. U. Saidalvi delivered key note address and released camp magazine CHOOTTU. Welcome speech was done by Ms. Fareena Farveen, NSS Secretary. The programme was anchored by Binha Bintah Ashraf (NSS Volunteer). The programme was felicitated by Ms. Sameena (Asst. Professor, Dept. of English) and vote of thanks was given by Ms. Amana (NSS Volunteer). NSS Programme Officer Dr. Anupama SR reviewed the camp activities and works and announced best camper and volunteers. The function ended with the camp review of volunteers.



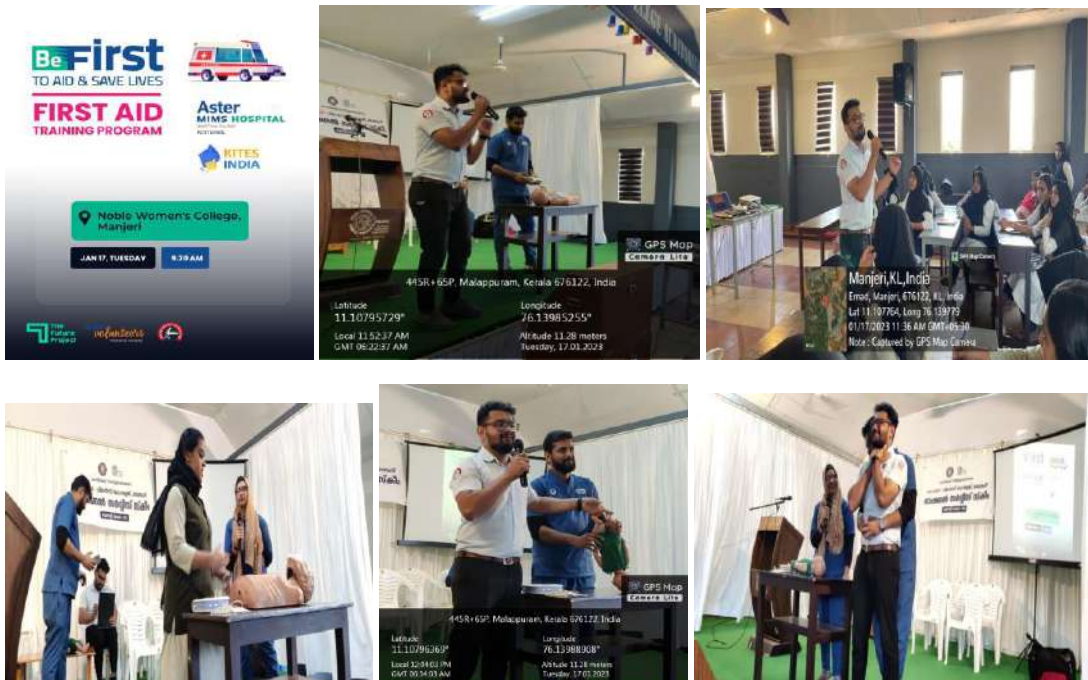
FIRST AID TRAINING PROGRAMME *BE FIRST-TO AID AND SAVE LIVES* 17/01/2023

First aid training equips the students with the knowledge and skills necessary to respond effectively in emergency situations, such as accidents or medical emergencies. This can include basic life

support, such as performing CPR, as well as treating injuries and illnesses. Having a trained first aider on hand can mean the difference between life and death in some cases, and can also help reduce the severity of injuries or illnesses. Additionally, first aid training can also provide college students with the confidence and ability to assist others in an emergency situation, both on and off campus. The goal is to save lives, reduce the severity of injuries, and prevent further complications. The session educate the students on how to recognize and respond to different types of emergency situations, including but not limited to cardiac arrest, stroke, choking and bleeding, and how to use first aid equipment such as defibrillator, oxygen mask etc.

The NSS unit in association with Aster MIMS and Kites India organized the first aid training programme on 17/01/2023 at Noble College Auditorium. The College Principal Dr. U.Saidalvi presided and inaugurated the programme. Welcome speech was done by NSS PO Dr. Anupama SR and the session was handled by Emergency medical service doctors Dr. Shahif, Dr. Adeeba and emergency medical service coordinator Mr. Mohammed Nizar. The practical oriented session helps to promote a culture of safety and responsibility towards the community. Vote of thanks was given by Union Vice chair person Fathima Shahana KP. A total number of 122 students (UG final years, PG first years) were participated in the training programme. The programme successfully ended with the positive feedback from the students.

PHOTOS OF THE FIRST AID TRAINING PROGRAMME CONDUCTED ON 17/01/2023



INTERNATIONAL WOMEN'S DAY 8.03.22

SELF DEFENSE TRAINING PROGRAMME 10 -12TH MARCH

The Jwala Self-Defense Training Program was conducted at Noble Campus from March 10th to 12th, in connection with International Women's Day. The program was organized by the National Service Scheme (NSS) Unit and Women's Development Cell (WDC). The event was inaugurated by Sri R.P Sujith, Sub Inspector of Police, and presided over by Dr. U. Saidalvi, Principal of Noble Women's College, Manjeri. The keynote address by Sri Shaiju K, Sub Inspector, Narcotic Cell & ADNO Janamaitri Suraksha Project, emphasized the importance of self-defense and the need for such programs. The welcome speech by Dr. Anupama SR, NSS Programme Officer, NWC, set the tone for the event and underscored its significance. The program was felicitated by Er. Ismail P, Secretary NWC, and Ms. Hasanath Sadiya KP, Women Cell Coordinator NWC. They commended the efforts of the organizers in conducting such an important event and recognized the significance of equipping women with self-defense skills.

The training programme was led by Smt. Valsala, Assistant Inspector, and Master Trainer, who provided comprehensive training to the participant focusing on various self-defense techniques, strategies, and awareness about personal safety. Her expertise and experience in the field ensured that the participants received valuable knowledge and guidance. The sessions were also handled by Smt. V.J Soniya Mebil and Smt. KC Sini Mol, who provided expert guidance and practical training to the students. Both trainers offered expert guidance and practical training, enabling the students to learn and practice self-defense techniques effectively. Their sessions were interactive and engaging, ensuring active participation from all attendees.

The program, organized by the NSS Unit and WDC, aimed to empower women by equipping them with self-defense skills and promoting personal safety awareness. More than 350 students participated in the program, as this reflects their keen interest in learning how to protect themselves in challenging situations. The vote of thanks was proposed by K. Nishba, Joint Secretary Of NSS , highlighted the success of the program and expressed gratitude to all the participants, trainers and organizers for their contribution.

Kerala Police Department
District Police Malappuram
Women Safety Forum
In association with
NSS Unit & WDC, NWC
Presents

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WOMEN'S SELF DEFENSE

3-DAY WORKSHOP | MARCH 10, 11 & 12

NOBLE WOMEN'S COLLEGE, MANJERI

Inauguration: Mr. Nagesh Chinnappan, Inspector of Police
 Presidential Address: Mr. U. Suresh, Professor, NWC
 Ms. K. Vinodha, PWS, NWC
 Ms. K. J. Suresh, PWS, NWC
 Ms. V. Ananya Madan, PWS, NWC

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SEMINAR ON WASTE MANAGEMENT BY SUCHITWA MISSION

The NSS Unit of Noble Women's College organized a one-day seminar on waste management on March 22nd at College Auditorium. The seminar aimed to raise awareness about effective waste management practices, with a specific focus on e-waste management. The event was inaugurated by Dr. U Saidalvi, College Principal, and the session was handled by Mr. Jyothish Manaserry and Mr. Jayarajan MP. He highlighted the importance of waste management in ensuring a sustainable future and emphasized the need for proper handling of e-waste. The College Principal Dr. Saidalvi encouraged the participants to actively engage in the session to gain valuable insights into waste management practices. Dr. Anupama SR, NSS Program Officer, delivered a warm welcome speech to the attendees, expressing gratitude for their active participation. She emphasized the significance of waste management, particularly e-waste management, in preserving the environment and conserving resources and highlighted the role of the NSS Unit in creating awareness and promoting responsible waste management practices among the college community and beyond. The resource persons handled an informative session specifically focusing on e-waste management. They discussed the growing concerns related to electronic waste and its impact on the environment and human health. The session provided practical strategies for minimizing e-waste generation, recycling electronic devices, and promoting responsible disposal methods. Participants gained a deeper understanding of the hazardous components present in e-waste and the importance of proper recycling and disposal procedures. NSS volunteer Dilsha Farhath delivered the vote of thanks, expressing gratitude to all individuals who contributed to the success of the seminar. She thanked Dr. U Saidalvi for inaugurating the event and Mr. Jyothish Manaserry and Mr. Jayarajan MP for sharing their knowledge and expertise. She acknowledged the efforts of the organizing team and the active participation of the attendees, emphasizing the collective responsibility to address the challenges of waste management.





RALLY ON 21.03.23 AT MALAPPURAM TOWN REGARDING TUBERCULOSIS

The rally competition on tuberculosis with the participation of 28 volunteers demonstrated the commitment of the community towards combating the disease on 21st March. The event successfully achieved its objective of raising awareness about tuberculosis and promoting preventive measures and appropriate treatment. The impact of this initiative will continue to benefit the community by reducing the prevalence of tuberculosis and supporting those affected by the disease. By actively engaging with the public, the volunteers fostered an environment of empathy and understanding. They effectively conveyed the message through pluck cards and slogans that tuberculosis is preventable, treatable, and curable with timely intervention and adherence to medical advice. Dr. Anupama SR (NSS PO) and Mr.Madhosoodhanan (faculty of Hindi) accompanied the volunteers.



NATIONAL INTEGRATION CAMP PARTICIPATION OF NSS SECRETARY

NSS Secretary Fareena Farveen from Noble Women's College participated in the National Integration Camp organized by NSS Department University of Calicut at Mananthavady Marymatha College from 4th March to 10th March. The camp aimed to promote national integration, cultural exchange, and understanding among participants from diverse backgrounds. Fareena Farveen's participation played a vital role in representing her institution and fostering a spirit of unity and cooperation. The National Integration Camp brought together NSS volunteers from various colleges and universities across the region. The camp provided a platform for students to interact, share experiences, and develop a deeper understanding of different cultures, traditions, and perspectives. The activities and sessions focused on promoting harmony, respect, and appreciation for the rich diversity of India.

Fareena Farveen's participation in the National Integration Camp at Mananthavady Marymatha College proved to be a valuable experience in fostering national unity, cultural exchange, and understanding. Her active engagement, leadership, and commitment to promoting harmony and cooperation contributed to the success of the camp. By participating in various activities and sessions, Fareena represented Noble Women's College and showcased the institution's dedication to the values of national integration. The camp provided a platform for participants to appreciate and respect the diverse cultural fabric of India, helping to break down barriers and promote a sense of oneness. Her participation in the National Integration Camp served as an inspiration to others and made a positive impact on fostering unity and understanding among participants. Her experiences and learnings from the camp will undoubtedly contribute to her future endeavors in promoting national integration and social harmony.



SANNADHASENA TRAINING PROGRAMME

Ten NSS volunteers from Noble Women's College actively participated in the Sannadhasena Training program organized by the NSS Department at the University of Calicut. The training aimed to equip volunteers with essential skills and knowledge related to disaster management and emergency response. The event took place on November 8th and provided a valuable opportunity for volunteers to enhance their abilities in serving the community during challenging situations. The Sannadhasena Training program was designed to enhance the capabilities of NSS volunteers in effectively responding to emergencies and providing assistance during times of crisis. The training emphasized disaster preparedness, rescue operations, first aid, and post-disaster management techniques. The program also aimed to develop leadership skills and foster a spirit of volunteerism among participants.



LEADERSHIP TRAINING PROGRAMME

Fareena Farveen and Aparna, NSS Volunteer representatives from Noble Women's College, participated in a three-day leadership training programme held in Kozhikode law college organized by NSS department University of Calicut. The programme aimed to enhance leadership skills, foster personal growth, and equip participants with the necessary tools to become effective leaders in their respective fields. Fareena Farveen and Aparna actively engaged in the training sessions from December 9th to 11th, gaining valuable insights and experiences.

The leadership training programme provided participants with a comprehensive understanding of various aspects of leadership, including communication, decision-making, problem-solving, teamwork, and strategic planning. The sessions were conducted by experienced trainers and experts in the field, ensuring a high-quality learning experience for all attendees. The training programme offered a platform for Fareena and Aparna to enhance their leadership skills and broaden their knowledge in different areas of leadership. They actively contributed to discussions and took part in practical exercises, showcasing their ability to lead and collaborate effectively with others. The programme also provided them with a broader perspective on leadership styles and approaches, enabling them to adapt and excel in diverse situations. Fareena and Aparna developed a greater understanding of their own strengths and areas for improvement, which will aid them in their future leadership roles. The experiences gained from the training programme will undoubtedly contribute to their growth as leaders, enabling them to make a positive impact in their academic and professional pursuits. Their participation reflects their commitment to personal growth and their desire to excel as leaders in their community and beyond.

