

MTM COLLEGE OF ARTS SCIENCE AND COMMERCE, VELIANCODE
NATIONAL SERVICE SCHEME, MONTHLY REPORT.

(Additional Paper)

Unit No: SF16(Malappuram)

Month:

1. Registration Help Desk(1-06-2021)

Government is taking all the necessary steps to ensure that we are prepared well to face the challenge and threat posed by the growing pandemic of Covid – 19 the corona virus. The most important factor is preventing the spread of virus locally is to empower the citizens with the right information and taking precautions as per the advisories being issued by Ministry of health and welfare. Accordingly, NSS Unit students of MTM College, Velliyancode introduced a help desk for all the enquires related to the Covid -19 issues. Like Corona related clarifications, hospital bed enquires, Vaccination details likewise will be clarified by our NSS students. Also their prompt response made more successful.

 NSS MTM UNIT
SF-16

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ഞങ്ങളെ വിളിക്കാം !.

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2. World environment Day(05-06-2021)

Planting a tree is a great way to celebrate World Environment Day. When people plant trees they are doing more than just beautifying an area. Trees are beneficial to the environment in numerous ways. They help produce oxygen and filter out pollutants to clean the air. In addition, trees also help preserve water levels in the soil. Planting a tree in one's own yard is the obvious solution when it comes to where to plant. Fruit and shade trees are a good choice when deciding the type of trees to plant. Fruit trees have the bonus of eventually bearing fruit, and as a result providing food for the family, neighbors, and friends. When planted in the right location, shade trees can help keep a home cool and reduce energy costs. For people who do not have a yard that can support a tree, there are other ways to plant a tree in celebration of World Environment Day. Many local areas have initiatives in place that call for volunteers to participate in tree planting. Thus our NSS unit worked as part of it and in this day they planted a tree.



MTM COLLEGE OF ARTS, SCIENCE AND COMMERCE
VELIYANGCODE, PONNANI

MTM COLLEGE NSS UNIT IN ASSOCIATION WITH IQAC

PLANT A TREE WITH US

World Environment Day
June 5

FOR A BETTER TOMORROW,
PLANT MORE TREES AND MAKE
THIS PLANET A BETTER
PLACE TO LIVE IN



Unit No: SF16





3. Friendship Photo Contest(10-06-2021)

Friends are vital to our lives and for our mental health. It is often through friends that we learn the most about ourselves. We go on incredible journey with friends and survive adversity standing by them. Through time we develop important emotional connections, which give us the courage to show who we really are on the inside. A good friend, therefore, is a patient gardener, willing to nurture in times of need as much as celebrate in times of joy. According to the World Health Organisation, every year 800,000 people take their own lives, and many more attempt to. Isolation is a main reason for suicide, feeling misunderstood and alone. Friendship, togetherness, and connection, then, are as vital as ever. Therefore NSS unit of MTM College Veliyancode, decided to conduct a photo contest on friendship. Instagram was the medium used to share their lovely pictures and post. First position was bagged by Munees. Secondly Arshad and in the third position was given to Niba Shirin.



FRIENDSHIP PHOTO CONTEST

1. Follow [@mtm_nss_unit](#)
2. Send us the best photo with your friends
3. Share the post

**AN ATTRACTIVE PRIZE WILL BE DISTRIBUTED
TO THE MOST LIKED POST**

**ENTRY LAST DATE : 27/05/2021
WINNER WILL BE ANNOUNCED : 10/06/2021**

SEND YOUR ENTRIES TO [📞 : 9526004293](tel:9526004293)
(Haleel)

MTM COLLEGE
Of Arts, Science and Commerce
NATIONAL SERVICE SCHEME

**FRIENDSHIP PHOTO
CONTEST**

WINNERS

2ND PRIZE

ARSHAD

1ST PRIZE

MUNEEZ

3RD PRIZE

NIBA SHIRIN

Congrats to all participants

4. Back to school drive(15-06-2021)

School stationery is an essential tool for students of all age groups and is an integral part of the education system. School supplies include papers, pens, pencils, erasers, sharpeners, sketch pens, pencil cases, notebooks, etc. Due to the pathetic conditions of deprived families, their guardians are not able to afford their school spending because of which intelligent and ambitious students get miles away from the school education. Distributing educational stuffs to underprivileged school students will help them to get equal opportunities for education. As part of it NSS unit of MTM college, Veliyancode, an overall amount of 7200 Rupees was collected from the college staff and students which comprised of 20 kit including note books, pen, and pencil. Kids near by the college were concentrated and was distributed among them.

MTM College NSS Unit in Association
with IQAC

Back to School Drive




Date:
June 6
to
June 15

2 WAYS
TO HELP

- Purchase a school kit that includes a notebook, pencils and other essentials
- or
- Donate Rs.30/-

Contact :
Ashik :9562224116(Programme Officer)
Haleel Rahman: 9526004293(NSS secretary) Unit No: SF 16

MTM COLLEGE OF ARTS, SCIENCE AND COMMERCE
VELIYANCODE, MALAPPURAM
(AFFILIATED TO UNIVERSITY OF CALICUT)



5. Pain and Palliative(18-06-2021)

Corona virus disease 2019 (COVID-19) has challenged the health-care systems of India and across the world. The high infectivity along with the rapid and progressive nature of the illness and associated morbidity and mortality poses unique difficulties. Palliative care focuses on effective symptom control, promotion of quality of life, holistic care of physical, psychological, social, and spiritual health, and complex decision-making, all of which play a major role in the alleviation of this widespread suffering. Palliative care is specialized medical care for people living with a serious illness. This type of care is focused on providing relief from the symptoms and stress of the illness. Palliative care is provided by a specially-trained team of doctors, nurses and other specialists who work together with a patient's other doctors to provide an extra layer of support. There will probably be a high burden of COVID-19 in settings where there are weak health-care systems, lack of access to clean water and disinfectants, poor outbreak preparedness, severe shortages in personal protective equipment and medical technology, challenges in enforcing physical distancing regulations, and reliance on informal employment. As we watch the spread of COVID-19 and its toll in Pain and Palliative centers, NSS Unit of MTM College considered the infection prevention measures to protect them from COVID-19 transmission by distributing essential things. As part of it surgical mask and Inhaler were distributed among the needy people in the Karuna Pain and Palliative Center near Marancheri.



6. Food Commodity Distribution(20-06-2021)

India, the second-most populous country in the world is under tremendous pressure. The first confirmed case of corona virus was detected on January 30, 2020, in the state of Kerala. As the pandemic was leaving deep scars around the globe, India was able to foresee the depth of the socioeconomic hit that could be caused shortly by the pandemic. Despite the fact that India had considerable economic progress over the years, hunger and poverty prevailed in the country. Along with this existing backdrop of India, the sudden cease of economic activities nationwide has questioned the rising food insecurity and misery for the destitute. To have a closer look on the socioeconomic shock on the country, we have identified the immediate effects of the pandemic on the local food systems and the resilient measures adopted by the government to cope with it. As part of it our NSS team came up with a plan of distribution of commodities to those who all are tested Covid positive near the college area. As they deserve more help in this pandemic.



7. Vaporizer steam inhaler distribution(20-06-2021)

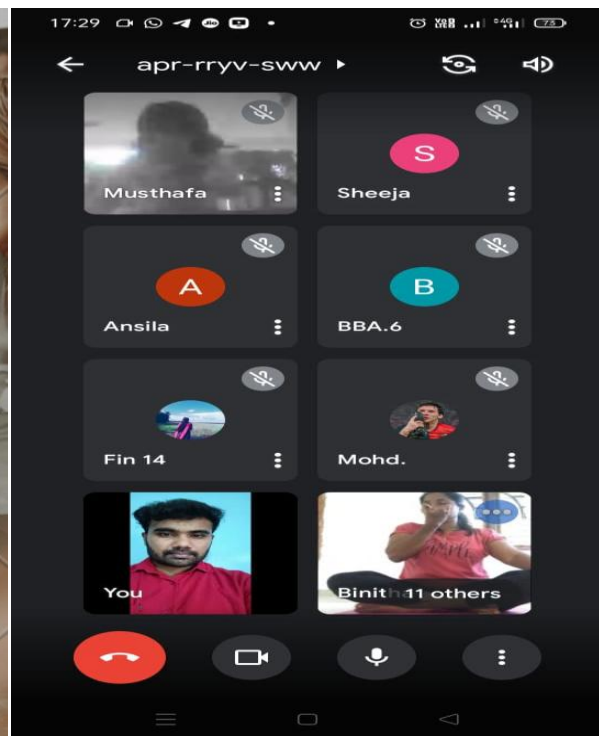
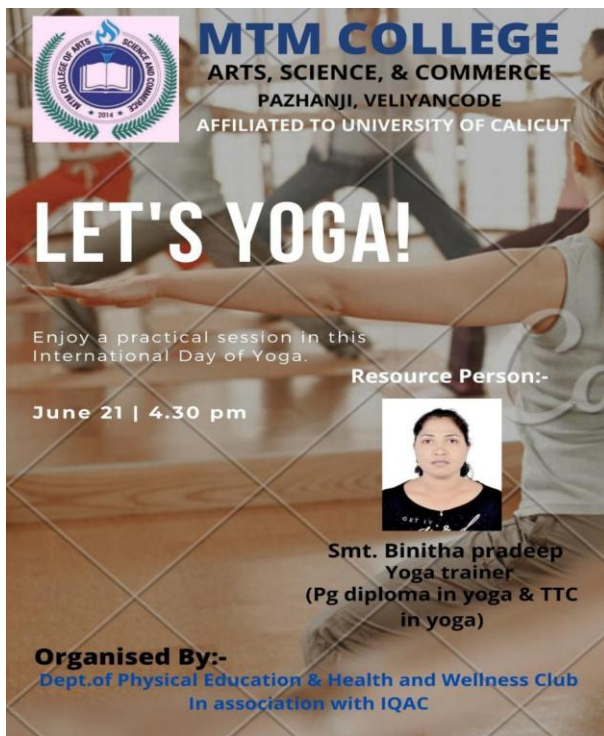
Multiple early reports of patients admitted to hospital with COVID-19 showed that patients with chronic respiratory disease were significantly more in number. In this pandemic situation each person should take care of their self's and to make it sure our NSS Unit of MTM College, Veliyancode made a thoughtful approach and finally proposed to distribute the vaporizer steam inhaler. As part of it NSS unit students, NSS programme coordinator MR. Ashik, Vice principal Mr. Rajendra Kumar distributed the vaporizer steam inhaler to member of ward 4 Ms. Raslath of Veliyancode Panchayath.



8. Yoga day(21-06-2021)

The Day will be marked at a time when COVID-19 pandemic continues to upend lives and livelihoods of people globally. Beyond its immediate impact on physical health, the COVID-19 pandemic has also exacerbated psychological suffering and mental health problems, including depression and anxiety, as pandemic-related restrictions continue in various forms in many countries. This has highlighted the urgent need to address the mental health dimension of the pandemic, in addition to the physical health aspects. The message of Yoga in promoting both the physical and mental well-being of humanity has never been more relevant. A growing trend

of people around the world embracing Yoga to stay healthy and rejuvenated and to fight social isolation and depression has been witnessed during the pandemic. Yoga is also playing a significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. It is particularly helpful in allaying their fears and anxiety. Recognizing this important role of Yoga, this year's commemoration of the International Day of Yoga focuses on "Yoga for well-being" how the practice of Yoga can promote the holistic health of every individual. NSS unit combined with Physical Education Department conducted a practical session with Smt. Binitha Pradeep Yoga Trainer, on June 21st at 4.30 pm. The session was very useful and effective.



9. SURGICAL MASK and N95 MASK(22-06-2021)

N95 respirators and surgical masks are examples of personal protective equipment that are used to protect the wearer from airborne particles and from liquid contaminating the face. The Centers for Disease Control and Prevention (CDC) National Institute for Occupational Safety and Health (NIOSH) and the Occupational Safety and Health Administration (OSHA) also regulate N95 respirators. An N95 respirator is a respiratory protective device designed to achieve a very close facial fit and very efficient filtration of airborne particles. Note that the edges of the respirator are designed to form a seal around the nose and mouth. Surgical N95 Respirators are commonly used in healthcare settings and are a subset of N95 Filtering Facepiece Respirators (FFRs), often referred to as N95s. The use of medical masks and respirators as personal protective equipment is pivotal to reducing the level of biological hazard to which healthcare workers are exposed during the outbreak of highly diffusible pathogens, such as the recent novel coronavirus SARS-CoV-2. Unfortunately, during this pandemic, supplies are rapidly running out worldwide, with potential consequences for the rate of occupational infections. NSS Unit of MTM College of Arts, Science and Commerce took initiative to distribute N95 Masks to healthcare workers of Community Health Center in Velliyancode Panchayath.



10. Vegetable kit

The corona virus pandemic and the subsequent lockdown has affected us in many ways, but it has affected the poor and the marginalized sections of the society the most. It has resulted in an economic crisis, resulting in loss of livelihoods of daily wage workers and migrant laborers. During this crisis, NGOs from across the country have come forward to help these vulnerable groups by providing food and other essential items.

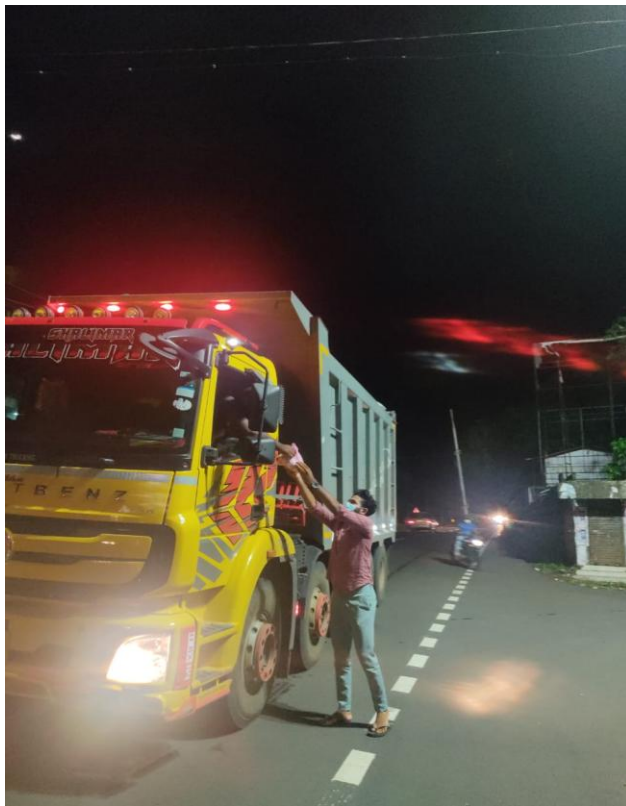
Kerala is setting an example in ensuring no one goes hungry during the pandemic and the several resultant lockdowns. Not just the government, but at grassroots level too many organisations, individuals and local groups irrespective of politics have started or are taking part in initiatives to ensure food for all. NSS Unit of MTM College has done their part by providing vegetable kit for 25 families.



11. Food Supply

Since the lockdown brought all activities to a halt, there have been several horror stories: of people struggling to find even a morsel of food and of migrant workers left stranded, among others. Then there is the daily rise of Covid-19 cases and deaths and the discrimination being faced by people suspected to have caught the virus. Yet, as we physically distance ourselves from one another amid this avalanche of bad news, people have come together in the most extraordinary ways to go the extra mile and lend a hand. Despite challenges in these desperate times, many NGOs, organisations and volunteers are actively engaged in helping those in need by providing food, shelter, running errands. These selfless bunch of people are keeping the spirit of humanity alive. MTM College NSS Unit also catered the needs of the destitute by distributing the food packets.

It helped the people who affected by the lockdown, especially long drivers, who have to report for work but would be hard-pressed to find a meal, with most establishments closed. The volunteers have been taking necessary hygiene precautions by wearing gloves and face masks and using hand sanitisers during food distribution.



Personal protective equipment for COVID-19 to Staff (28-06-2021)

N95 respirators are intended for use in a health care setting. Specifically, single-use, disposable respiratory protective devices used and worn by health care personnel during procedures to protect both the patient and working personnel from the transfer of microorganisms, body fluids, and particulate material. Such masks are really necessary for the people who are working outside. As part of it our NSS unit planned to distribute N95 mask to every staff of our MTM College Veliyanancode.

