

## Mannam Memorial NSS College, Kottiyam

### Annual Report 2022-23

Mannam Memorial NSS College is an aided Arts and Science institution affiliated with the University of Kerala, located in the village of Kottiyam, Kollam. The college is owned and managed by the Nair Service Society, an organization inspired by the vision of its founder, Bharatha Kesari Sri Mannathu Padmanabhan, who regarded education as the foremost tool for progress. His mission was to impart pure knowledge and skills to students, shaping them into well-rounded individuals.

Established in 1981 as a junior college, Mannam Memorial NSS College began offering degree programs in 1991. In 2004, the college gained recognition under sections 12B and 2f of the University Grants Commission. Currently, the institution offers undergraduate courses in Physics, Chemistry/Polymer Chemistry, Zoology, English, Commerce, and Economics, along with a postgraduate program in Physics. The college follows the choice-based credit and semester system for both undergraduate and postgraduate programs, in accordance with the curriculum prescribed by the University of Kerala. The introduction of open courses in the fifth semester adds an interdisciplinary dimension to the academic offerings. The college at present is looking forward to the adoption of four year undergraduate programme (FYUGP) in accordance with the guidelines of National Education Policy (NEP) from the academic year 2024-25 onwards.

The college places a strong emphasis on regular evaluative and feedback mechanisms to maintain academic standards. Extracurricular talents are nurtured through various club activities, with club coordinators selected through voluntary faculty representation. Faculty members are granted full autonomy to organize and manage their respective clubs. The Internal Quality Assurance Cell (IQAC) monitors all college activities, providing motivation and support to the departments to ensure continuous quality enhancement.

The college also extends financial support to students through fee concessions provided by the Government of Kerala, scholarships, endowments, and other forms of financial aid.

#### Vision

The founder of the college, the great visionary Sri Mannathu Padmanabhan, profoundly understood that education is the key to liberating communities from disunity and superstition. During a time when education was monopolized by the socially and economically privileged, he, with the support of a few dedicated individuals, established numerous educational institutions across Kerala, aiming to provide free and equitable education to all. In alignment with this ideology, the college recognizes the transformative power of education as a means for socio-cultural emancipation and economic empowerment of the underprivileged. The college holds as its vision the fundamental idea that education should transcend the mere transmission of a syllabus and must instead strive to enlighten individuals by imparting pure knowledge. This knowledge should not only strengthen the mind but also instil a lifelong passion for learning and foster a deep understanding of the world

"NA HI NJENE SADRISAM PAVITHREMAHI VIDYATHE"

In this world, there is no purifier like knowledge.

The nation needs young men and women with minds free from prejudice, capable of independent and impartial thought. The educational policies adopted by the college are designed to cultivate such free thinkers. The college encourages open-mindedness, embracing all ideas, beliefs, and systems with an unbiased perspective. The classes at the college begin with a prayer, which, without endorsing any particular form of worship, invokes the Almighty to help open minds of the teaching-learning community to the vast realms of true knowledge.

#### Mission

- Provide free and equitable education to all, without distinctions of caste, creed, or culture.
- Offer special support to the economically and socially disadvantaged sections of society.
- Foster free thinking by nurturing students to be mentally resilient and physically strong.
- Expand the horizons of knowledge, inspiring students to cultivate a lifelong desire for learning.
- Create an environment conducive to the holistic development of individuals, shaping them into responsible citizens who love their fellow beings, care for society, and are dedicated to their country.
- Equip students with the skills necessary for gainful employment.

## 2. STUDENT STRENGTH

Total number of students enrolled during the academic year 2022-23

COURSES	UG ADMISSION
Chemistry	25
Commerce	33
English	65
Economics	51
Physics	33
Zoology	25

PG Admission

COURSE	PG ADMISSION
Physics	14

## 3. STUDENT SUPPORT AND ADMISSION

### 3.1 Government scholarships and freeships.



Total number of students benefitted by government scholarships=570

Total number of government scholarships and freeships= 15

### 3.2 Capacity enhancement programmes

Nature of the programme	Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)	

1.Soft Skills	Invited talk : Disaster Management-First aid during common disasters	22/03/2023	40	Fire and Safety Officer, Kollam Region. Organised by Disaster Management Club and PG Department of Physics	
	Invited Talk: Drop the Gender Mask, Let the Equality Bloom - Social Awareness on Women Safety Rules and Gender Equality	16/03/2023	93	Ms Chitra Goutham, Psycho Social School Councillor, Department of Women and Child Development, Organised by Women Study Unit, Legal Awareness Cell and Gender Sensitisation Cell.	
	Motivational programme-Spark Yourself	13/03/2023	31	Mr.S .Suresh Kumar, Corporate trainer and psychologist- programme organised by EDclub and Department of Commerce	
	A session on How to Tackle Competitive Exams	18/12/2022	25	Nisamudeen.K,Resource person,Kerala State Youth Promotion Council	
	Soft Skill Training	25/11/2022	53	Athira S, ASAP Trainer, Organised by ASAP	
	Liquid embroidery class	16/11/2022	18	Smt. Rekha Anil Kumar, programme organised by EDclub and Department of Commerce	
	Career guidance Class	11-11-2022	20	Mr.Chacko, Anil and Ms Abhuja Vaishna programme organised by Career Development cell and Department of Commerce	
	Personality Development class	20/09/2022	33	Nidhin Navadath, Career specialist, Head office of Logic school of Management- Programme organised by Department of Commerce.	
2.LANGUAGE AND COMMUNICATION SKILLS	Spoken English Training Programme : English for Speaking	22/2/2023	65	Salim Peter, Presidency University, Bangalore organised by Department of English	
	Vayanaadinam	22/06/22	57	Mr Gopakumar, President, NSS Taluk Union, Organised by Department of General Library	
	Yoga Day Celebrations	21/-6/22	95	Mr Abhilash C, Yoga Trainer, Kollam and NSS, MMNSS College, Kottiyam	

	Yoga Day Celebrations	21/06/2022	30	NCC, MMNSS College, Kottiyam	
	Expert Talk and Demonstration: Yoga and Stress Relief	21/6/2022	64	Ms Archana , Yoga Trainer Organised by Department of Physics and Department of Physical Education, MMNSS College, Kottiyam	
<b>ICT/ COMPUTING SKILLS</b>	Induction Programme: E-learning resources	22/08/2022	120	Ms Sindhu S, Librarian, MMNSS College, Kottiyam	
	Training programme on MS WORD and MS Excel	08-10-2022	35	Dr Divya V, Assistant Professor of Mathematics, NSS College,Pandalam, Organised by PG Department of Physics	
	Powerpoint Presentation : Renewable Energy	20/10/22	11	Energy Management Club, MMNSS College, Kottiyam	
	Powerpoint Presentation : Space Week Celebrations	05-10-2022	23	PG Department of Physics, MMNSS College, Kottiyam	

### Report of Capacity Development Programmes

#### 1. Invited talk on Disaster Management-First aid during common disasters

The prime concern of Disaster Management Club is to provide knowledge of different types of disasters and how their effect can be minimised. Disaster management does not eliminate the threat, instead it focuses on creating plans to decrease the impact of disasters. With this purpose a Disaster Management Club is formed in our college and students from various departments are selected as the members.

In order to provide an awareness of different disasters and the importance of first aid the disaster management club in association with Department of Physics and IQAC organised and conducted an invited talk on Disaster Management on 22/03/2023 at 10.30 am in the seminar hall. The talk was handled by the FIRE AND SAFETY DEPARTMENT, KOLLAM. Dr. Satheesh E N, Principal, MMNSS College delivered the presidential address. Resmi V.S, Convenor ,Disaster Management Club delivered the welcome speech .Dr.Syam Krishnan, Asst.Professor ,Department of Chemistry ,Anusha M G ,Department of Physics delivered felicitation. There were 52 participants including 40 students,10 teachers and 2 resource persons.

#### About the talk

The invited talk on disaster management was actually practice session to provide first aid for saving valuable lives in different emergency situations. The team clearly explained the different types of fires and the correct method to extinguish fire in different circumstances. They also demonstrated the basic method to provide CPR in emergency situations.

Akhila B, II MSc student proposed vote of thanks.



## WOMEN'S DAY CELEBRATIONS

### 2. Invited talk: Drop the gender mask, Let the equality bloom Report

Name of the Club/ Department	Legal Awareness and Gender Sensitization Cell in Association with WSU and IQAC
Title of the event	Women's Day Celebrations
Date	16/03/2023
Name of resource person	Chithra Goutham (Psychosocial School Counsellor, Department of Women and Child Development)
Venue	Seminar Hall
Number of Participants	93
Brief report less than 100 words	<p>Legal Awareness and Gender Sensitization Cell in Association with WSU and IQAC celebrated Women's Day on 16/03/2023. 93 students participated in the programme. Karthika M G, Convenor, Legal Awareness and Gender Sensitization Cell welcomed the gathering. Dr. Satheesh E.N., Principal, MMNSS College Kottiyam delivered the presidential address. Felicitations done by Dr. Vrinda Kumari T (HOD, Dept. Of Physical Education), Dr.Syam Krishnan(IQAC member), Smt.Sindhu L (Librarian), Thanima CS and Anjana V P(Students representatives ). Talk on the topic "Drop the Gender Mask. Let the Equality Blooms" was done by Chithra Goutham (Psyco Social School Counsellor, Department of Women and Child Development). She clearly explained the words intersex, lesbian, gay, homosexuality and transgender and talks about the problems encountered by them. She Also said that women must be given equal opportunities in every field, irrespective of gender. A nation needs to value every gender equally to progress at the right place. A society attains better development in all aspects when both genders are entitled to similar opportunities. Equal rights in decision making, health, politics, infrastructure, profession, etc will surely advance our society to a new level. A Poster Making Competition (Theme: Her Sky) was conducted in the afternoon session. At the end, prize distribution for the winners of competition was organized.</p> <p>Winners in Poster making Competition</p> <ol style="list-style-type: none"> <li>1. Krishnapriya (Second Year Physics)</li> <li>2. Pranav (Second Year Chemistry)</li> <li>3. Sufi S (Third Year BCom.)</li> </ol> <p>Resmi V S (Convenor W S U) proposed the vote of thanks.</p>



**Programme by ED Club in collaboration with Department of Commerce  
and IQAC -Spark Yourself- A Motivational Talk**

Date- 13/3/23

Venue- Seminar Hall

The Program spark yourself- An inspirational talk was organized by Entrepreneurship Club in collaboration with Department of Commerce in our college on 13/3/23 at 10.30am. Program was held in Seminar Hall and it was decorated with banners. All the teachers and students were present at the seminar hall at 10.30am. The program started with the arrival of chief guest Mr. S Suresh Kumar. Hisana, first year B.Com student anchored the program. The program began with a prayer song. Dr Kavitha L, ED Club coordinator and Head Department of Commerce, welcomed the chief guest and other faculties and students to the program. She introduced the objective of Entrepreneurship development club and the various initiatives undertaken in the college since its inception. Honourable and dignified principal Dr.Satheesh E N presided over the function. Dr Prakash Chandran, Head of the Department, Chemistry and PTA secretary gave the felicitation speech. Mr. Suresh Kumar sir, the resource person and speaker of the program is a corporate trainer and Psychologist. He holds post graduate diploma in journalism and counselling Psychology. He introduced several entrepreneurial and inspirational stories and various real life examples. Inspirational talks gives a sense of purpose that enhances well-being and may lead to personal growth. At times, inspiration can significantly influence the entrepreneur, the entrepreneurial process, and others. Hence conducting such programs enhances and sparks the entrepreneurial and creative thinking ability of the students.





The session was activity oriented and was enriching for the students. There was great enthusiasm among the students and they were looking highly energetic. It was a unique and wonderful experience for the students since they were involved in various activities throughout the session. The program came to an end by 12.30pm. Sufi S. Final year B.com presented the feedback of the session and proposed the vote of thanks.



### Report on Soft skill program 2022-2023

**Date:** 18/12/2022

**Venue:** Seminar Hall, MMNSS College, Kottiyam

#### **Event Overview:**

On 18<sup>th</sup> December 2022, the Department of English at MMNSS College hosted a one-day soft skill program **"A session on how to tackle competitive exams"** focused on developing soft skills and giving Career English Guidance. The event aimed to provide students with valuable insights and practical advice regarding career opportunities and the importance of English proficiency in the professional world.

The program featured Nisamudeen.K, Resource person, Kerala State Youth Promotion Council as the key note speaker. He brought a wealth of knowledge and experience to the session, making it an engaging and informative event for all participants.

A total of 25 students from various disciplines attended the program. Their active participation and engagement throughout the session highlighted their interest in exploring career opportunities and enhancing their English language skills.

#### **Program Highlights:**

1. **Introduction to Personality Training:** He began the session by discussing various interview skills and career paths where English proficiency plays a crucial role. He highlighted fields such as business, journalism, education, and international relations, emphasizing the growing demand for strong communication skills in the global job market.
2. **Memory and motivation Tips:** The speaker provided insights into how memory can significantly impact career advancement. He shared practical tips on improving memory in academic and professional lives.
3. **Interactive Q&A Session:** Following the presentation, he engaged with students through a dynamic question-and-answer session. Students posed various queries regarding career planning, language enhancement techniques, and professional development. The interactive discussion allowed for personalized advice and clarification of doubts.
4. **Practical Tips and Resources:** The session shared a range of resources and tools that students can utilize to improve their English proficiency and explore career opportunities. These included recommended books, online courses, and professional networks.

**Feedback and Outcomes:** The feedback from students was overwhelmingly positive. Many participants expressed their appreciation for the practical advice and guidance provided by him. The program successfully highlighted the importance of English proficiency in career development and equipped students with actionable strategies for improvement.





**Conclusion:**

The soft skill development Program was a valuable initiative that offered students a comprehensive understanding of how English proficiency can influence their career trajectories. The expertise and insights shared by Mr. Nisamudeen have equipped students with the knowledge and tools necessary for their professional growth.

The Department of English at MMNSS College extends its gratitude to Mr. Nisamudeen for his contribution and to all participating students for their enthusiasm and engagement. The program underscored the department's commitment to providing students with relevant and impactful career guidance.

Report Prepared by

Dr. Kishore Ram

HOD  
Department of English  
MMNSS College

Principal  
M.M.N.S.S. COLLEGE  
KOTTIYAM



### Report on Liquid embroidery programme

The Entrepreneurship Development Club of MMNSS College, Kottiyam has organised a liquid embroidery programme on 16/11/2022 for its members. The programme was jointly organised by ED Club and Department of Commerce which was funded by DIC, Kollam for developing entrepreneurial qualities among students. The programme aimed at developing creativity talents of students. Students from the Department of Chemistry, Department of Zoology, Department of Commerce and Economics participated.

Liquid embroidery helps in developing the strengthening of coordination, academic, emotional and artistic skills. Students gain a sense of pride from jobs well done and the attention they gain from their achievements. Children learn respect for the time and labor that went into projects by learning these skills that embroidery teaches. A child learns discipline, endurance, patience, and time management from accomplishing these kind of work. Eye-hand coordination, color theory, design and planning skills are all developed by embroidery.



These skills easily build academic skills as well by improving fine motor skills, manual dexterity and manipulative skills as well as a working understanding of



art and life management skills. Embroidery can even teach a child money management. Projects can not only be given as gifts which allows for saving money that would have been needed to purchase a gift but also allows the individual to spend it on other things while still giving a thoughtful unique gift handmade instead of purchased in the store. The art form of embroidery can even launch a child into their own small business by selling their made items to friends. Learn embroidery skill will benefit society and the child's development into well rounded conscientious and productive adult. The material kit was provided to the students and no fund collection has been made from the part of students. The classes were taken by Smt. Rekha AnilKumar, an expert in conducting liquid embroidery classes. Altogether 18 students participated and the programme began by 1p.m and came to an end by 4pm. The programme was a fruitful one and benefitted the students a lot.





Personality Development class- Organised by Department of Commerce

Date- 20/9/2022

Offline Mode

Development of personality is the method of bringing about positive change or development of right attitude. Personality development classes are certainly useful in building a strong personality that focuses on solutions rather than the problem. It takes the path of positive attitude and also helps in developing the communication skills which form an integral and vital part of your personality. Personality development classes, most importantly helps students learn stress, conflict, anger management, improves their positive thinking, interpersonal skills, improves concentration and social etiquettes and pleasing mannerisms. In today's world possessing an attractive personality has become a necessity not only for our personal lives but in our career and every other aspect too. In this competitive world, having a great personality is necessary for a person's life. All get inspired by an attractive personality. Whether it's a job interview or conversation with a group of friends, there are certain characteristics that you must own to create your mark in society.

On 20<sup>th</sup> sept 2022, a personality development class was organized by the department of commerce in collaboration with Logic school of Management for the B.Com final year students of our college. It was organized in the smart class room of Department of Commerce. The session began with a prayer song by Sneha S R of final year B.Com. The welcome speech was delivered by the head of the department of commerce Ms. Kavitha L. Career guidance session was handled by the faculties of Logic Institution Mr. Nidhin. The class was carried out on activity oriented mode. Students were given many tasks to perform. Logo identification, tagline representation etc were shown to the





students in which the whole class performed very well with much energy and enthusiasm. The session started by 10 am and went upto 3pm. The whole students were so excited to cooperate with each tasks given and also maintained team spirit and discipline throughout the session. Mr Nithin concluded this session on talking about various job opportunities and about the professional courses available after degree program. Finally the session came to an with a vote of thanks by sufi S of final year B.Com. The total participants for the programme was 33 students.

Resource person- Mr. Nidhin Navadath

Nithin Navadath completed his schooling from Trivandrum. Further on he went to complete his Engineering from Chennai and completed his MBA from Bangalore University. With a decade of experience in the field of education, construction and real estate. Following his passion in the Edtech industry he played a pivotal role in a managerial role in Byjus and Upgrad. He has also been a trainer with White Hat Jr and Xylem. At present, he works in Head office of Logic School of Management as a Career Specialist. He was also a Kerala State Player for Softball in 2011-2012. He is an energetic and enthusiastic personality and his class was very much appreciated by the students.

*[Signature]*

PRINCIPAL  
MM NSS COLLEGE  
KOTTIYAM

*[Signature]*  
**Dr. KAVITHA L**  
Assistant Professor & Head  
Department of Commerce  
M.M.N.S.S. College, Kottiyam  
Kollam-691571



**Report on One-Day Programme on Spoken English Training Program "Everyday English"  
2022-2023**

On February 22, 2023, the Department of English at MMNSS College successfully conducted a one-day programme "Everyday English" aimed at enhancing public speaking skills among students. The session, held at the seminar hall, witnessed active participation from 65 enthusiastic students.

The programme was inaugurated by the Head of the Department, who emphasized the importance of effective communication skills in today's competitive world. The session was led by Dr. Salim Peter, Assistant Professor from Presidency University, Bangalore, who is renowned for his expertise in public speaking and communication.

Throughout the day, Dr. Peter engaged the students with interactive sessions, focusing on various aspects of public speaking, including voice modulation, body language, and audience engagement. He provided practical tips and techniques to help students overcome stage fright and communicate more confidently.

The highlight of the programme was the Q&A session, where students were encouraged to ask questions and share their own experiences. Mr. Chaudary addressed each query with insightful answers, making the session highly informative and beneficial for all participants.

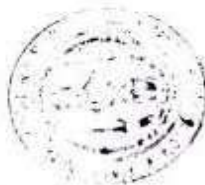
The programme concluded with a vote of thanks, where the students expressed their appreciation for the valuable insights gained during the session. Overall, the one-day programme was a resounding success, leaving the students motivated and better equipped to tackle public speaking challenges in the future.

Prepared by

Dr. Meera K.G.

Head of the Department

Head  
Department of English  
MMNSS College, Kottiyam



*Spina*  
M.M.N. KOTTIYAM  
KOTTIYAM

**MMNSS COLLEGE, KOTTIYAM**  
**DEPARTMENT OF GENERAL LIBRARY**

**Report of Extension Activity – Vayana Dinam Seminar conducted by  
Department of General Library & IQAC**

As a part of Reading Day Department of General library & IQAC conducted a talk on Reading and its importance on 22-06-2022 at 10.30 am in the seminar hall. This programme was inaugurated by Dr.G Gopakumar(President N S S Kollam Taluk Union) . Welcome Speech was delivered by Sindhu S, College Librarian . Our principal Dr. Satheesh E N given a good Presidential address and Dr Usha kumari ( J C Daniel Award winner and former H O D Department Malayalam ,N S S College Nilamel )was the Subject expert . Felicitation of the programme was done by Dr. Kishore Ram (IQAC Co-ordinator) and Dr Prakash Chandran (P T A Secretary) .Vote of thanks for the programme were done by Dr .Lalu S Kurup (H O D Department Of Malayalam) . Most of the students, Teachers and Non Teaching staff were participated in the seminar . Dr Ushakumari



an informative lecture on the importance of reading and also the

various aspects of reading. During the session , the inauguration of Readers club were done by Dr.G Gopakumar and also distributed price for best reader .Anjana IInd B A English student were selected as the best reader. This seminar was highly motivated students to encourage their reading Habits .

Convener  
M.M.S.S. COLLEGE  
KOTTIYAM



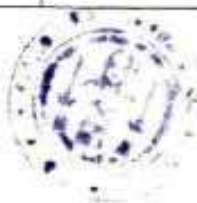
Principal  
M.M.S.S. COLLEGE  
KOTTIYAM



## MANNAM MEMORIAL NSS COLLEGE, KOTTIYAM

### 5.1.2 CAPACITY BUILDING AND SKILL ENHANCEMENT INITIATIVES

1	Programme	International Yoga Day
2	Date(s)	21/06/2022
3	Nature of programme	Life skills
4	Organised by	NSS
5	Collaboration if any	Nil
6	Resource Person if any	Mr.Abhilash.C, Art of Living Yoga Trainer, Kollam
7	Number of students benefitted	95
8	Number of teachers involved	5
9	Description of the Programme	We conducted an International Yoga Day as a part of Central government initiative. This programme was led by Mr.Abhilash.C, Art of Living Yoga Trainer, 95 students are participated in the programme without fail.



*Best*  
Principal  
M.M.N.S.S. COLLEGE  
KOTTIYAM



## Report on International Yoga day

21<sup>st</sup> JUNE

2022-2023

Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body thought and action restraint and fulfillment harmony between man and nature and a holistic approach to health and well – being.

Yoga is a mental, physical and spiritual practice that needs to be carried every day. The word Yoga has originated from the Sanskrit word Yuja which means 'to join or to unite.'

The theme for this year's yoga day was "Yoga& Stress Relief". Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure. With this in mind Department of physical education in association with P.G Department of Physics and IQAC conducted yoga day on 21<sup>st</sup> June 2022

The welcome speech was given by Dr. Suthertha HOD, Dept of Physics who emphasized the importance of Yoga in the covid period.

The resource person was Ms. Archana .She consented and agreed to conduct the session for the students of our college. Instructor started the session with a prayer and explained how yoga embodies unity of mind and body. She performed Suryanamaskar and explained the benefits of it.

The participants benefited from the session. The IQAC Coordinator Dr. Kishore Ram spoke about the importance of yoga in the present scenario and our Principal Dr. Sathesh E N presides over the function. Dr. Vrinda Kumari T HoD, Department of Physical education expressed her sincere thanks to Ms. Archana for conducting the session on the occasion of International Yoga Day.



*Signature*  
Principal  
M.M.S.S. COLLEGE  
KOTTIVAN



**LEGAL AWARENESS AND GENDER  
SENSITIZATION CELL  
MMNSS COLLEGE KOTTIYAM**

**HUMAN RIGHTS DAY CELEBRATIONS**

**Report**

Name of the Club/ Department	Legal Awareness and Gender Sensitization Cell in Association with IQAC
Title of the event	Human Rights Day Celebrations
Date	09/12/2022
Name of resource person	Adv. Vinod Mathew Wilson
Venue	Seminar Hall
Number of Participants	82
Brief report less than 100 words	<p>Legal Awareness and Gender Sensitization Cell in Association with IQAC ,Human Rights Foundations and District Legal Services Authority celebrated Human Rights Day on 09/12/2022. 82 students participated in the programme. Karthika M G , Convenor, Legal Awareness and Gender Sensitization Cell welcomed the gathering. Adv. Vijayakumar (President HRF Kollam ) delivered the presidential address. Dr. Kishore Ram, Principal in Charge , MMNSS College Kottiyam delivered the principal address. Legal Services Authority Secretary Anju Meera Birla made the Inaugural address. In her address she said that men and women play an equal roles in society. A women is not the property of her husband and she has the right to exercise her own freedom under the gambit of the Indian Constitution . Felicitations done by Dr Prakash Chandran (PTA Secretary ) and Adv. P R Raveendran Pillai (Law Lecturer, MMNSS College Kottiyam). Talk on “Human Rights Violation” was done by Adv. Vinod Mathew Wilson. He said that “It is the collective responsibility of the youth to question every practice that endangers human rights. It is critical that the youth become aware of their rights to fight for their freedom and fundamental rights. Unfortunately ,young people are unaware of their rights”. Dr. Lalu S Kurp (Assistant Professor in Malayalam) took the Human Rights Day oath and the gathering received and recited the oath. Dr. Maneesh B (Assistant Professor in Economics ) proposed the vote of thanks .</p>

**LEGAL AWARENESS AND GENDER  
SENSITIZATION CELL  
MMNSS COLLEGE KOTTIYAM**

**LEGAL ORIENTATION CLASS**

**Report**

Name of the Club/ Department	Legal Awareness and Gender Sensitization Cell in Association with IQAC and NSS
Title of the event	Legal Orientation Class
Date	13/10/2022
Name of resource person	Adv. Sabida Beegom, Member Food Commisision Kerala State
Venue	Seminar Hall
Number of Participants	79
Brief report less than 100 words	Legal Awareness and Gender Sensitization Cell in Association with IQAC and NSS conducted a Legal Orientation Programme on 13/10/2022. 79 students participated in the programme. Karthika M G , Convenor, Legal Awareness and Gender Sensitization Cell welcomed the gathering. Dr. Satheesh E.N., Principal, MMNSS College Kottiyam delivered the presidential address. Felicitations done by Dr. Kishor Ram ( IQAC coordinator ), Dr. Syam Krishnan (NCC Programme Officer) and Dr. Jayalekshmi R(NSS Programme Officer). Gender sensitization is one basic requirement for the normal development of an individual. Without being sensitive to the needs of a particular gender, an individual may refrain from understanding the opposite gender and in some acute cases him or herself. Adv. Sabida Beegom during her lecture thrive light upon issues and challenges and sensitized the students about the development of sensitivity towards women in the context of historical development and the importance of the role of women in the development of the society. The orientation programme concluded by the Vote of Thanks proposed by Haadhiya S (NSS Volunteer).



## University Results

Sl.No.	Name of the Programme	Number of students appeared	Number of students passed	Pass Percentage
1	B.Sc. Chemistry	36	28	77.78
2	B.Sc. Physics	41	30	73.17
3	B.Sc. Zoology	30	22	73.33
4	B.A. English Language & Literature	63	55	87.30
5	B.A Economics	47	28	59.57
6.	B. Com	33	27	81.82

## Add on/Certificate courses offered

Sl.No	Name of the Course	No. of students enrolled
1	Course on Food processing & Preservation	24
2	Course on Leadership & Personality Development	33
3	Course on Financial services	34
4	Course on Stress management	33
5	Making of Household Cleaning Chemicals	37
6	Water analysis	27
7	Basic Computer Skills	25
8	Budget and Finance	45
9	Theory and Practise of Democracy	51
10	Social Movements in India	45
11	Creative Writing	65
12	Business English	50
13	Podcasting and Digital Storytelling	63
14	Renewable Energy Resources - Solar as energy source of future	43
15	Electronic Instrumentation	36
16	Artificial Intelligence	33
17	Internet Services	15
18	Digital Typography using LaTeX	14
19	APICULTURE	25
20	MUSHROOM CULTIVATION	20

21	VERMICULTURE AND VERMICOMPOSTING	30
----	-------------------------------------	----

#### Research

There is a Research Committee to facilitate research in the college. It conducts a number of training programs, FDPs, workshops, to enrich and lead the young researchers in the correct research process. Research committee is keen to organise activities which sow seeds to cultivate research ethics among all the faculty members

Sl.No	Name of the workshop/ seminar/ conference	Number of Participants	Date From – To
1	Research Methodology workshop	60	24/01/2023
2	Intellectual property - An introduction	75	10-10-2022
3	Webinar on research methodology	35	20/10/2022
4	research methodology talk	40	22/03/2023
5	Industrial visit to Indian Aquatic Products, Shakthikulangara	47	29/11/2022
6	Webinar on research methodology	35	20/10/2022
7	Workshop on research writing	30	25/09/2022
8	Seminar on Research Methodology	33	25/03/2023

#### Report

Number of research papers in the Journals notified on UGC CARE list=19

<i>Title of paper</i>	<i>Name of the author/s</i>	<i>Department of the teacher</i>	<i>Name of journal</i>	<i>Calendar Year of publication</i>	<i>ISSN number</i>
A Study on women work life balance in textile industry	Devi Priya R	Commerce	Star International Journal	2022	2321-676X
COVID 19 and its Impact on Work Life balance - A Study among the south Indian Bank Employee in Kottayam District of Kerala	Vidhu v L	Commerce	The International Journal of Analytical & Experimental	2022	0886-9367

			Model Analysis		
Amelioration of skills among weavers in handloom industry- An evaluative study	Mahima C V	Commerce	Management Innovator	2022	0974-6749
Bioconjugation of Meldrum's acid Activated Furan: A Detergent Compatible Assay for Protein Quantitation	Kalyani Ajayan, Sainath S, Ajmal Sadik, Manu Mohanan Nair, Anju M. Nair, Karthika K. S, Anagha Vijayakumar, Sudarslal Sadasivan Nair, Bipin Nair, <b><u>Prakash Chandran R</u></b> , Sobha Vijayan Nair	Chemistry	Analytical Biochemistry	2023	Mar-97
Nalikera Samskrithi Nattumozhi Vazhakangalil	Dr Lalu S. Kurup	Malayalam	Indian Nalikera Journal	2023, April	ISSN 0970-059
Hydrogen bonding interaction & topological insights of the electron localisation/Delocalization of L- arginine acetate	Dr Suthertha S nair	Physics	IJCS	2022	0019-4522
ROLE OF GRASSROOTS INSTITUTIONS IN COMMERCIAL CROPS : RUBBER PRODUCERS SOCIETIES IN PLANTATION SECTOR IN KERALA	Dr Vijayalekashmy P j	economics	IJSSER (International Journal of Social Science and Economic Research) Volume: 7, Issue: 7 ,July 2022 Article No.- 142, Page No.. 2052-2059	2022	ISSN - 2455-8834
food security and public distribution system in Kerala	Dr Maneesh B	Economics	AJANTA	2022	ISSN - 2277-5730
Sustainable Development - A call for a change	Dr Maneesh B	Economics	IJAAR	2022	ISSN _2347-7075
Addressing socio economic vulnerabilities in Keral with special reference to scheduled castes and scheduled tribes	Dr Maneesh B	Economics	B. Aadhar	2022	ISSN - 2278-9308
Agricultural labour challenges India	Dr Maneesh B	Economics	संशोधक.	2022	ISSN - 2394-5990

Assessment of climate change vulnerability on Kerala's agriculture	Dr Maneesh B	Economics	JRD	2022	ISSN - 2230-9578
Work Interference with Personal Life among Employees in Newspaper Industry	Dr Maneesh B	Economics	JME	2022	ISSN - 2229-5348
Cinema as a subversive weapon: Catalyst for social change and Political transformation	Dr kishore Ram	English	chalachitra sameeksha	2023	peer reviewed
Growth of information technology in Kerala	Dr Maneesh B	Economics	Education and Society	2023	ISSN - 2278-6864
Climate change and sustainable development in Kerala agriculture	Dr Maneesh B	Economics	Education and Society	2023	ISSN - 2278-6864
sQueering the silver screen' lesbian love in todd haynes' Carol	Dr kishore Ram	English	JLA	2022	peer reviewed
Contesting for a Queer space	Dr kishore Ram	English	chalachitra sameeksha	2023	peer reviewed
Arthashasthrathle Vaastu Chinthakal	Dr Lalu S. Kurup	Malayalam	Misbah	2023, January	ISSN 0976-2523

**Total number of books and chapters in edited volumes/books published and papers in national/ international conference proceedings=14**

Sl. No	Name of the teacher	Title of the book/chapters published	Title of the paper	Title of the proceedings of the conference	Name of the conference	ISBN number of the proceeding
1	Dr. Athira C J	Multifunctional Polymeric forms	Polymer blend Forms			ISBN: 9781032111698
2	Dr. Athira C J			International Conference on Polymers for Advanced Technology	International Conference on Polymers for Advanced Technology	
3	Dr. Maneesh. B	Recent Advancements in Commerce and Management, Innovation and Entrepreneurship, Science and Technology, Pharmacy and Health, Humanities and Social Science, Education,	Skill Development Scenario in Kerala'			1. , ISBN: 978-93-94819-06-1



		Language and Literature, and Environment and Sustainability'				
4	Dr.Maneesh. B	Women Empowerment in Modern Age'	Health Status of Women in Kerala'			ISBN: 978-93-94819-09-2
5	Dr.Maneesh. B	Problems of Indian Economy',	Local Governments and Decentralised Planning in Kerala'			1. ISBN:978-93-95456-68-5
6	Dr.Maneesh. B	Multidisciplinary Approach in Research Vol-18	Climate Change and Agriculture in Kerala'			1. ISBN: 978-91-987981-6-6
7	Dr.Maneesh. B	Agriculture Development towards Sustainability'	Agricultural Marketing in India'			1. ISBN:978-93-94819-16-0
8	Dr.Maneesh. B	Multidisciplinary Approaches in Social Sciences, Education & Languages (Vol-2)'	Impact of Changing Demographic Profile in Kerala'			1. ISBN:978-95456-90-6
9	Jayakrishnan R	The Talisman of Disorders: The Collected Poems of Jayakrishnan R.				ISBN 979-8852504074
10	Dr Lalu S. Kurup	Bala Sahithyam	Ranghaprabadth Charithravum Prasakthiyum			ISBN 978- 93-80419-60-2
11	Dr Lalu S. Kurup	Rama Kathayanam	Malayalathile Bala Ramayanangal			ISBN 978- 93-91079-48-2
12	Dr Lalu S. Kurup	Lalithakala: Vicharavum Vishakalanavum	Narayamtheertha Nari Roopangal			ISBN 978-93-80419-61-9
13	Mahima C V		Amelioration of skills among weavers in handloom industry - an evaluative study	ICBMAD		ISBN: 09746749
14	Dr Lalu S. Kurup		Athijeevithathinte Sthreejeevitha Sakshiyangal Pirayil	National Conference on Etiquettes in Literature		ISBN 9789358909852

Activities of teaching and non-teaching staff

Department	Name of the participant	Designation	Title of the FDP /MDP/ professional development / administrative training program	From	To
Botany	Dr.Jayalekshmi.R	Assistant Professor	Two week refresher course	22/5/2023	06-05-2023
Chemistry	Dr. Syam Krishnan K	Assistant Professor	Refresher course for Associate NCC Officers	06-02-2023	25-02-2023
Economics	Dr.Maneesh.B	Assistant Professor	Two Week Refresher Course in Economics	06-Feb-23	20-Feb-23
Economics	Dr Vijayalekshmi.PJ	Assistant Professor	Ugc ssponsored two week refresher course in Social Science	18-11-2022	01-12-2022
English	Jayakrishnan R	Assistant Professor	Online Refresher Course	12-10-2022	25-10-2022
Mathematics	Karthika M G	Assistant Professor	Short Term Course in Leadership Development	11-11-2022	17-11-2022

Extension Activities

Activities of NCC

**World Environment Day 2022 (June 5/2022)**



**NATIONAL CADET CORPS**



7K BN NCC, KOLLAM  
MMNSS COLLEGE KOTTIYAM

JUNE 5

# WORLD ENVIRONMENT DAY







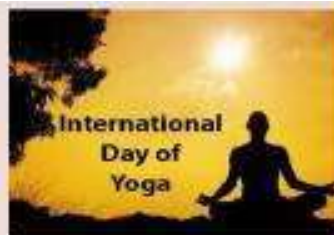
**International Yoga Day 2022 (June 21/2022)**





**International Yoga Day-21 June**

**7 K BN NCC KOLLAM  
Venue-Kollam Beach**



**Inauguration: Honorable District Collector, Kollam  
Smt. Afsana Perween IAS**

Presidential Address: Lt. Colonel Ganesh Singh  
Administrative Officer, 7 K BN NCC, Kollam

**Yoga Demonstration**

**Sri. K N Arumughom**

Senior Art of Living Faculty, Art of Living Foundation, International Ashram, Bangalore  
&

**Smt. Shalini Santhosh**

Yoga Trainer, Govt. of India

**Time: 8.00 AM on 21<sup>st</sup> June 2022**

**26 June 2022-International Day Against Drug Abuse & Illicit Trafficking**









Kargil Vijay Diwas July 26/2022





NATIONAL CADET CORPS



7K BN NCC, KOLLAM  
MMNSSC KOTTIYAM



26 th July

KARGIL VIJAY DIWAS





Freedom Wall August 2022



Visit to Anganwadi-August 2022





Gandhi Jayanthi-2022



**Anti-Drug Campaign 1/11/2022**









**Blood Donation (1/12/2022)**



**Puneeth Sagar Abhiyan (11/01/2023)**





**Road Safety Week (January 2023)**





**Puneeth Sagar Abhiyan (19/4/2023)**





**Science Exhibition on Nuclear Energy (May 2022)**









5. Freedom Wall



6. The Citizen Campaign at Kollam District Panchayath Hall



7. Anti-Drug Awareness Programme





## 8. Unarv (Anti Drug Campaign of GoK)



## 9. Legal Orientation and Gender Sensitization





10. Power Quiz Competition



11. Anti Drug Rally



12. Kanal ( Two Day Media Workshop)



13. Blood Donation Camp



14. Energy Conservation Poster Presentation



15. Urjjakiran Seminar



16. Unarv (Seven Day Special NSS Camp)



17. Palliative Care Bed Distribution

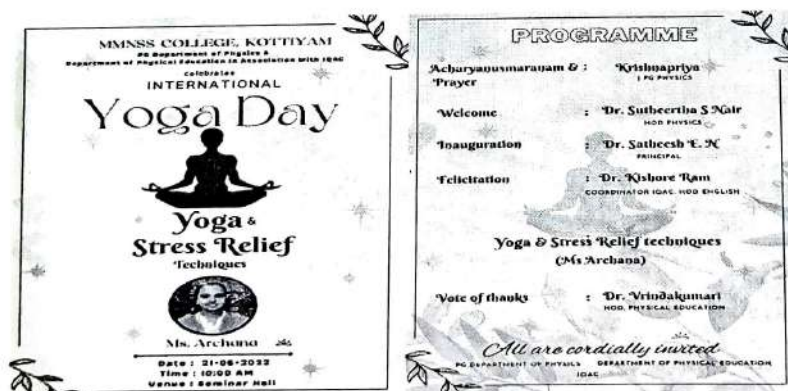




**MM NSS COLLEGE KOTTIYAM**  
**DEPARTMENT OF PHYSICAL EDUCATION**

**Annual Report 2022-2023**

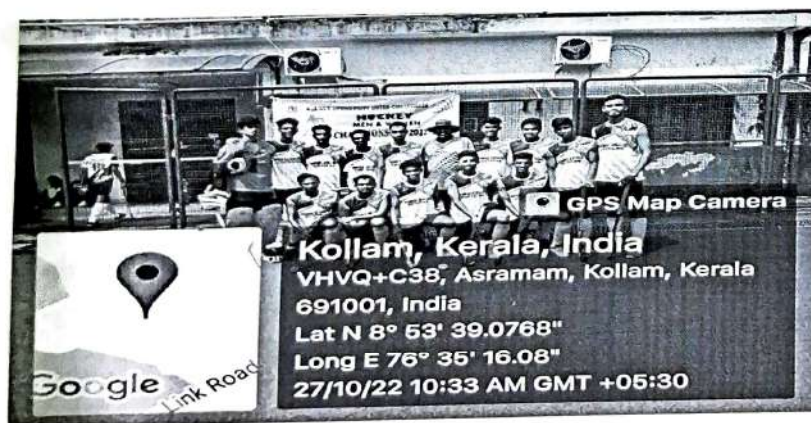
The college sports activities had yet another very successful year. In a season of hope, the college sports had its moments of joy, giving a fair indication of a bright future. Department of physical Education in association with PG Department of Physics and IQAC conducted International Yoga On 21<sup>st</sup> June 2022. The theme for this year's yoga day was "Yoga & Stress Relief". Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure. The resource person was Ms. Archana .She consented and agreed to conduct the session for the students of our college. Instructor started the session with a prayer and explained how yoga embodies unity of mind and body. She performed Suryanamaskar and explained the benefits of it.







Our College hockey team bagged silver medal in the Kerala University Intercollegiate Hockey Championship held at SN College Kollam on 27<sup>th</sup> and 28<sup>th</sup> November 2022. Six of our players got selected in the Kerala university team to participate in the South Zone Hockey Championship held at Bengaluru.





The following students are selected to the Hockey team of University of Kerala, they are Jomon Shaji of Economics, Saidali of B.com, Adith R of Economics, Nikhil Noushad of English, Shamil A P of Economics and Alan Sony of English respectively.

Akhil S of 1<sup>st</sup> year B.com Student Bagged Bronze Medal in butterfly Stroke in the Kerala University Inter collegiate Swimming championship held at LNCPE, Karivattom , Trivandrum on 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> November 2022.



Our College hockey team bagged silver medal in the Kerala University Intercollegiate Hockey Championship held at SN College Kollam on 27<sup>th</sup> and 28<sup>th</sup> November 2022. Six of our players got selected in the Kerala university team to participate in the South Zone Hockey Championship held at Bengaluru.







One of our Kabaddi player Sarath of 1<sup>st</sup> year economics got selected in the inter zone Kabbaddi Championship held at Sreepadam Stadium on 10<sup>th</sup> November 2022.



*[Signature]*  
 PRINCIPAL  
 MM NSS COLLEGE  
 KOTTIYAM