



NATIONAL SERVICE SCHEME

MORNING STAR HOME SCIENCE COLLEGE

Angamaly South P.O., 683573 (Affiliated to Mahatma Gandhi University, Kottayam and
Reaccredited by NAAC with A grade)

Annual Report 2020-2021

National Service Scheme unit of the college had a dynamic and successful story in this pandemic year too. NSS volunteers took part in various activities under the leadership of programme officers, Dr. Teji K. T and Dr. Megha Thampy.

1. Organic Farming

NSS unit started activities during the Lockdown by participating in organic farming. NSS volunteers and NSS Programme Officers were participated in organic farming of vegetables in their house hold. It aims at fostering interest in agriculture and providing awareness to the society on the need of organic farming and attaining ultimate aim of food security.

Mother's Day Observation

NSS unit observed Mother's day on 10th May 2020. NSS volunteers prepared 3 minutes videos on the topic 'My mother'. Volunteers expressed their feelings about mothers and it created a chance to enhance the bond with mother and especially in this pandemic time.

2. International Biodiversity day

In connection with International Biodiversity Day (22 May), NSS volunteers actively participated in various activities like slide show presentation, Essay writing and poster making on the topic environmental conservation. Through this activity volunteers became more aware of richness of our biodiversity as well as on importance of its conservation.

3. Mask usage awareness campaign- online sensitization of students

Mask usage awareness campaign- NSS volunteers participated in mask usage awareness campaign to give an awareness on importance of usage of wearing mask on this pandemic time to the students of our college as well as the community.

4. Mask making challenge

NSS unit of our college and Department of Home Science jointly organized mask making challenge. Prior to mask making an online mask making tutorial session was handled by Ms. Rajani Devi T, R., Assistant Professor, Department of Home Science. The video showing the steps involved in mask making, has been uploaded to You Tube. 34 volunteers were participated in mask making challenge. E-certificate was also issued to the participants. You Tube Link-<http://youtu.be/PvljtfdsDkw>



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5. Mask Donation

Mask made by the volunteers were distributed at Fire Force Station, Angamaly on 3rd June 2020. AS the fire force officers are actively participating in Covid related activities, they need more number of mask. Hence it was really beneficial for them

STUDENT COUNCIL HOSTING AWARENESS ON COVID

NSS of our college and student council jointly organized a Covid awareness talk. The talk was prepared in the form of short videos and on different topics related to Covid. Amritha Vijayakumar of III. B.A. Economics and General Secretary of Student Union prepared a video on 'Pandemics and myth'. NSS volunteer secretary, Krithika K. Krishnakumar of III. B. Com. delivered a talk on 'Pandemics and morality. Greeshma A. U., College Union chairperson of III B. Sc. Zoology discussed on 'Pandemics and environment'. Deena Baiju of III B. Sc. Chemistry gave her views on Corona –Precaution is better than cure. Anu Davis of III B. Sc. Zoology prepared a video on 'What is Virus?'. Shahala P. of II B. Sc. Zoology delivered a note on 'Science of Corona'. The videos were shared among the student groups of our college to gain an overall concept of corona.

6. Environment Day Observation

On 5th June 2020, NSS unit of our college observed World Environment Day. A webinar was conducted on 'Importance of biodiversity in Pandemic time'. The webinar started at 3 pm on Google Meet. More than 50 volunteer participated in the webinar. NSS Programme officer, Dr. Teji K. T. welcomed the gathering and the programme was presided by college Principal Dr. Sr. Rosily A. V. The resource person Dr. K. H. Amitha Bachan, Assistant Professor, MES, Asmabi College, Kodugallur, Thrissur explained importance of biodiversity conservation and its role in this pandemic time. NSS Programme Officer, Dr. Megha Thampy proposed vote of thanks.

7. International Yoga Day

In connection with International Yoga Day on 21st June, NSS and Department of Physical Education jointly organized inter departmental Yoga Competition, Webinar and one day free online training on 'Suryanamaskar' through Google classroom.

Videos of interdepartmental Yoga competitions were uploaded into the face book and the likes obtained from viewers were taken as criteria for the selection of the winners. Department of Chemistry bagged first position in the competition.



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A webinar was conducted on Zoom platform. Dr. Mettilda Thomas, Assistant Professor & Head, Department of Physical Education served as Resource person of the Webinar. NSS volunteer, Ms Shahala P welcomed the gathering and Dr. Mettilda Thomas detailed the importance of Yoga in day today life and its special role in this pandemic time. NSS volunteer, Ms. Rizmin proposed vote of thanks.

One day online Google Classroom training on Suryanamaskar was also conducted and 39 participants were benefitted

8. Reading week observation

In connection with Reading week observation, a book review competition was held. The book selected for the review was 'Gurusagaram' written by O. V. Vijayan. The reviews were submitted as audio clips.

9. International Anti-drug day

In connection with Anti-drug day, a webinar was conducted on the topic 'Better knowledge for better care' on 26th June 2020. NSS volunteer, MS. Shahala P. welcomed the gathering. Dr. Asha P. Rao, Associate Professor and Head, Department of Social Work, Vimala College, Thrissur served as resource person. She provided better knowledge on drug abuses and how to protect society and Nation from this dreadful condition. She also advised the volunteers to have dream for better future and actively and sincerely work for the same. Ms. Anmariya Joy proposed vote of thanks. An intercollegiate poster making competition on the topic 'Better knowledge for better care' was also conducted. 20 volunteers from various colleges were participated.

10. Herbal gardening

In collaboration with 'OISKA International' NSS unit our college planted sapling for making a herbal garden in the college campus on 1 July 2020. OISKA officials, College Principal, Dr. Sr. Rosily A. V, Vice Principal, Dr. Sr Philo T. J. and NSS volunteers participated in the function. Principal welcomed the gathering and OISKA State Executive Vice President, Mr. Sasidharan delivered the message. Dr. Teji K. T., NSS Programme Officer proposed vote of thanks.



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11. International Population Day

NSS unit of the college observed International Population day on 11th July 2020. On this day, an online debate was conducted. Moderator of the programme was Dr. Liji K. T., Assistant Professor and Head, Department of Economics, Mercy College. 14 volunteers from different departments were actively participated in the debate. Volunteers shared their fore and against views regarding population day. Dr. Liji K. T. discussed about the importance of observing the population day, its origin etc. Ms. Shahala P., NSS volunteer proposed the vote of thanks.

12. Hiroshima Day

NSS unit observed Hiroshima day on 6th August 2020 to mark the tragedy of the fatal bombing in 1945. Ms. Rinu K. Louis, Assistant Professor and Head, Department of History, Morning Star Home Science College, Angamaly took a session on ‘ Hiroshima: Lessons from the nuclear episodes’. She shared the history of Hiroshima day and promotion of peace among nations.

13. International Youth Day

In connection with International Youth day, NSS unit of our college and Economics department of Mercy college, Palakkad jointly organized an online quiz from 11th to 14th August 2020. Quiz was prepared in google forms and its link was shared among the students of various colleges of Kerala and 735 participants were benefitted.

14. Independence Day

On 15th August 2020 Independence Day was celebrated at the campus by hoisting National flag. On same day, a webinar on opportunity in Indian Defence and Scope for women by Vn. Major Joseph was also conducted. He explained the stages to become a defence officer, scope of women in Indian defence, competitive exams for defence sector and he also conducted mock interview during session. The webinar was presided by the college principal Dr. Sr. Rosily A. V and Dr. Teji K. T. welcomed the gathering. Dr. Megha Thampy proposed vote of thanks.

15. Road safety awareness class

Webinar on ‘Introduction of modernization in Motor Vehicle department to public’ was conducted on 19 September 2020. Mr. Vinod Kumar N., Motor Vehicle Inspector, Regional Transport Office, Thrissur was the resource person and he explained the various innovative facilities available from motor vehicle department to the society. Dr. Teji K. T., NSS



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Programme Officer welcomed the gathering and Dr. Megha Thampy, NSS programme officer proposed vote of thanks. 50 volunteers were benefited from the talk.

16. NSS Day Observation

51st NSS Day was observed on 24 September 2020. On this occasion, NSS Family Meet was conducted. Principal Dr. Sr. Rosily A. V., presided the function. Dr. Manesh, Principal, Govt. College, Munnar was the chief guest of the function and he delivered NSS Day message. SR. Shemi George, Former NSS Programme Officer, MS. Jesty Poly, MG University Best NSS Volunteer Awardee (2015-16), MS. Anna C. Sebi, Appreciation award for Best NSS volunteer (2018-19) were felicitated the function. Various entertainment programmes were performed by the NSS volunteers. Dr. Teji K. T., NSS Programme Officer welcomed the gathering and Dr. Megha Thampy proposed vote of thanks.

17. Gandhi Jayanthi Celebrations

In connection with Gandhi Jayanthi celebrations, Plog run was performed by the volunteers around their house premises and photographed. On the same day, a webinar was jointly organised by NSS and UBA Cell of our college on the topic 'Khadi: Past, Present and Future'. Mr. K. G. Baburaj, General Secretary, Kerala Sarvodaya Sangh was the resource person. Dr. Teji K. T. welcomed the gathering and Ms. Shiny K. Ittiachan, Co-ordinator, UBA Cell proposed vote of thanks.

18. Covid awareness pledge

As per State NSS Cell guidance, Covid Awareness Pledge was taken by the NSS volunteers and NSS Programme Officers at 1 PM on 8th October 2020. The pledge was reminding us what protocol that we should follow during this pandemic situation.

19. Youth Awakening Day Observation

A webinar was conducted in connection with Youth Awakening Day on the topic 'Youth: Driving Change Around the world' on 15th October 2020. Mr. Asok Nemmara, Director, Centre for Life Skills Learning, Chennai was the resource person. Ms. Amritha Davis, NSS Volunteer welcomed the gathering and Ms. Shahala P., NSS volunteer proposed vote of thanks. Dr. Megha Thampy, NSS Programme Officer introduced the resource person to the gathering. He pointed the role of youth in nation building.



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20. Poverty eradication day-Food kit distribution

In connection with poverty eradication day, food kit was distributed in our adopted village, ward 27 of Angamaly Municipality on 20th October 2020. NSS volunteers and NSS Programme officers contributed towards it. Food kit consisted of 10 items, worth Rs. 659/-and it was distributed under the leadership of Mr. Saji Varghese, Ward Member, NSS Programme officers and NSS Volunteers. 14 families were benefitted.

21. Vigilance week observation

In connection with vigilance week observation, pledge was taken by the NSS volunteers and NSS Programme officers on 27th October 2020. The purpose of vigilance awareness week is to sensitize our organization towards good governance by eradicating corruption. Each citizen also to be educated.

Induction programme for first years

Before enrolling into NSS, an orientation programme was conducted to the whole Degree students admitted during this academic year on 30, 30th October 2020. The programme was led by the NSS programme officers and they interacted with the students effectively. They explained the criteria to enrol in NSS and at what level they have to participate in the various activities; what type of work they have to perform etc...

22. Kerala Piravi Day

In connection with Kerala Piravi 2020, NSS volunteers prepared an awareness video quiz on Kerala. It was very interesting and informative. The video quiz was circulated among students of the college.

23. Interaction with successful Entrepreneur

A webinar was conducted in collaboration with Institution Innovation Council (IIC) on 'A success story with the odour of jasmine-interaction with a successful entrepreneur Mrs. Girija Sankaran, best Karshakasree award winner of Nedumbassery Panchayath for twice on 21st November 2020. The programme was presided by the college Principal Dr. Sr. Rosily A. V. and Dr. Teji K. T., NSS Programme Officer welcomed the gathering. Mrs. Girija explained different ways to achieve a profitable jasmine cultivation. She also answered various queries of volunteers and Mrs. Shiny K. Ittiachan, co-ordinator of IIC proposed vote of thanks.



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24. Plantation of sapling

NSS volunteers of our unit participated in Greenathone-Campaign on any plant anywhere on Globe-An initiative by Alleyne Einic Lal in collaboration with heartforearth organization and NSS Unit GVHSS, East Marady from 23rd November to 30th November 2020. 200 saplings were planted by the NSS volunteers and they received certificates. College received Green College 2020 award and NSS Programme officers received Green Warrior award as well.

25. Constitution Day Observation

In connection with Constitution Day on 26 November 2020, NSS volunteers took pledge on preamble reading.

AIDS awareness Day

NSS unit of the college observed AIDS awareness day. An AIDS awareness video was created and shared among student community.

26. Participation in Panchayath Election

Eleven NSS volunteers actively participated in Panchayath Election duties of Ernakulam district. NSS volunteers received special recognition for their participation and were also appreciated by the media.

27. Seven Day Special Camp

The seven day special camp of NSS for the year 2020-21 was conducted on online mode from 21st December to 27th December 2020. Even the pandemic situation all around the world cannot stop the enthusiasm of the Morning Star Home Science College NSS Unit. The Online Special Camp 2020 was unique in it's own way due to the virtual programming which include cleaning activities, organic farming, waste disposal, covid prevention methods, covid awareness survey and other awareness classes etc. The inaugural function commenced with the NSS song at 4 pm. NSS volunteer secretary, Ms. Arya Balakrishnan welcomed the gathering. The introductory speech was delivered by the NSS Programme officer, Dr. Teji K.T. The presidential address was delivered by the Principal of Morning Star Home Science College, Rev. Dr. Sr.Rosily A.V. The camp was inaugurated by the NSS Program coordinator of Mahatma Gandhi University, Dr. Rekha Raj. Education Councilor, Rev. Sr. Resmi CSN, PTA Vice-President, Mr. S.D. Jose, and



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College staff secretary, Mrs.Sajitha Suseelan felicitated the function. Ms.Karthika Gopakumar, NSS volunteer secretary proposed the vote of thanks. Orientation sessions were handled by experts and activities were carried out at 24 panchayaths of Kerala. Valedictory function was inaugurated by ward member Shri. Sunil A. V., ward member on 27th December 2020.

28. Republic Day

On Republic day NSS volunteers prepared posters to make students aware of republic day.

29. Polio immunization campaign

31st January 2021 was Polio immunization day in Kerala. As part of this, NSS volunteers participated in polio immunization programmes in Anganwadies.

30. Cot donation

NSS volunteers of Morning Star Home Science College, donated a wooden cot to a needy woman at Nazareth Nagar on 6th February 2021. This programme was organized in view of developing the feeling of responsibility and social commitment among volunteers.

31. Participation in CM Meet

NSS volunteer secretary Ms. Ann Mariya Joy participated in CM meet which was conducted at Mahatma Gandhi University, Kottayam on 8th February, 2021. She also got the chance to interact with the honourable Chief Minister of Kerala in the same occasion and shared her views on higher education sector.

32. Clean Kochi Drive

NSS volunteers participated in Clean Kochi Drive organized by Green Cochin Mission on 13th March 2021. This programme was conducted at Division No. 44, Karanakkodam from 7am to 10 am. Volunteers actively participated in the mission by collecting waste from door to door.

33. Mini Camp I

First Mini Camp for the year 2020-21 was conducted on 31st March 2021. Various activities were carried out in connection with the Mini Camp. Blood donation camp was organized in collaboration with Blood Transfusion Centre, Aluva. 58 volunteers were registered and 25 volunteers donated the blood. In connection with 'no to plastic' campaign many volunteers



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participated in distribution of cloth bag in the neighbourhood areas of college. Cloth bags were stitched by themselves in the college unit. On the same day, an orientation class on the topic 'Why NSS?' was taken by Ms. Neenu Mary Thomas, Assistant Professor, Department of Zoology, Morning Star Home Science College, Angamaly.

Achievements

Appreciation award for the best NSS programme officer-Dr. Sr. Shemi George secured appreciation award for best NSS programme officer of Mahatma Gandhi University for the year 2019-20

Appreciation award for the best NSS Volunteer secretary- Ms. Greeshma A. U., secured appreciation award for best NSS Volunteer secretary of Mahatma Gandhi University for the year 2019-20

I. Online training attended

1. Most of the NSS volunteers and NSS Programme officers Completed Integrated Government Online training on 'Basic of Covid 19' conducted by Government of India through DIKSHA platform.
2. Covid Awareness Training
Covid awareness training was given to NSS volunteers by Dr. Soumya Raj, Nodal Officer, District Mental Health and Member of Covid Trainer of Trainee (TOT), Ernakulam District on 10th July 2020. She shared that many people are under stress and it is urgent need to bring such cases in front of counsellors and that duty should be taken by NSS volunteers. 50 volunteers participated in the training.