



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 2021-2022

- 1. Covid Vaccination Drive:** NSS volunteers gave assistance to vaccination drive at various places like SNDP hall, Kanjoor, Munambam hospital, Pallipuram Graham panchayat, Cherthala, Taluk hospital, Angamaly from 13th April to 18th April 2021.
- 2. ABC of Online banking:** Teaching online banking to do the money transactions to avoid personal contact was conducted through a webinar on 8th May 2021 at 11.30 am. V. K Adarsh, Chief Manager Technical, Mangalore was the speaker. NSS volunteer Ms. Fathima Riya Parveen welcomed the guest and participants. Ms. Reshma Santhosh delivered vote of thanks.
- 3. Mother's day:** A dance video depicting the importance of Mother's day was presented through social media on 9th May 2021. NSS volunteers Vyshnavidas K H, Devika Devadas and Devika Dinesh were the performers. A poster making competition was also conducted through online. Ann Treesa Mariet & Joffi Thambi (I BSc FCS), Radhika Jamsy (I Bcom), Nicena Rose Augustine, Ammu Suresh (I BA Economics), Angel G Oswin (I BSc FCS) secured the first, second and third prizes respectively.
- 4. Rs. 1 between you and me Workshop:** To understand the epayment system One-rupee exchange trial was done between NSS volunteers and others through google pay, paytm and other epayment systems on 16th May 2021. This would help the NSS volunteers to gain experience on online banking and to teach others about how to do online transactions.
- 5. Need of Vaccination:** A Webinar on need of vaccination was conducted for students and public on 15th May 2021 at 3.00pm. Dr. PT Zachariah IMA State President was the speaker. Dr. Sr. Rosily AV presided over the webinar. Dr. Resmi G welcomed the guest and participants. <https://youtu.be/zCNmy3oyq9Y> .
- 6. World No Tobacco Day:** On 31st May 2021, a pledge was taken by the NSS Volunteers on the theme 'Commit to Quit'.



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7. Awareness on Rainy Days: A talk was conducted to create awareness on rainy days with the topic ‘Mazha Varunne...’ for the NSS volunteers and community on 4th June 2021. Ajithakumari V, Jr. Health Inspector, Taluk Hospital, Angamaly was the resource person. Reshma Santhosh welcomed the guest and other participants. Doubts regarding the cleaning activities to be done during the rainy days were discussed. Devika Devdas proposed vote of thanks. https://youtu.be/8EkbjK_aBU

8. World environment Day: On 5th June 2021 world environment day was observed. Ecosystem Restoration was the theme. Launching of Documentary, Planting saplings and taking photographs after two months, Slogan Writing Competition with the theme ‘Oxygen from Nature’ were the highlights. Shahanas Mol V.S. (Morning Star Home Science College, Angamaly), Cindrella K C (St. Teresa’s College, Ernakulam), Nicena Rose Augustine (Morning Star Home Science College, Angamaly) secured first, second, third prizes respectively.

9. Campaign 12, Awareness on Anaemia: Women and Child development in association with ICDS Agamaly additional conducted an online talk for various NSS units about anemia, its significance and the methods to prevent it on 12th June 2021 at 12.00pm. 25 NSS volunteers from the college participated in the programme.

10. Preparation for Onam: A creative task to prepare vegetables and flowers for Onam at the home itself was taken by the NSS volunteers. ‘Onathinai..oru muram pachakariyum oru kutta poovum’ task was planned, poster was created and it was communicated to whole college students, teaching and non teaching staff, retired faculties, alumni were also given the task on 15th June 2021.

11. International Yoga Day : On 21st June International Yoga Day was celebrated. A training session was conducted through online at 7.00 am. Ms. Jesty Poly, Yoga instructor and MISS YOGA MGU NSS,2015-16 was the resource person.CYP English booklet was also given through



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online to know about the importance of Yoga and its various posters. Volunteers also sent photos of various yoga poses.

12. Reading Week Celebration: As part of reading day celebrations, vayanapakshacharanam was conducted from 19th June to 7th July 2021. On 19th June students were motivated through videos showing the importance of reading habit. <https://youtu.be/rW2r5uStgG0> , <https://youtu.be/5n9V2NR>

On 21st June 2021 at 2.30 pm , the programme was inaugurated by Prof. Sunandakutty P R, former HOD, Dept. of Malayalam, Morning Star Home Science College, Angamaly followed by a talk on importance of reading. Principal Dr. Sr. Rosily AV felicitated the function. Various competitions were also conducted :

1. Click my Costume Competition (25/6/2021): 1st prize: Maria Saju, 111 BA English,

2nd Prize: Sanika Joy, 111 BA English

2. Book Talk Competition (28/6/2021): 1st prize: Fathima O B, I BA English

3. Voice of Colours Competition (Quiz- 30/6/2021):

Full Score:- Shino Martin (Dept. of English), Shahla P & Aleena Babu (Dept. of Zoology), Anitha Vavachan (BCom), Riya Renji (Dept. of Economics).

4. Elocution (5/7/2021):

1st prize : Shino Martin (III BA English)

2nd prize: Laya Elizabeth George (III BA English)

5. Nature's Colour Palette (Photography contest, Theme; Exploing the nature's colour palette- 3/7/2021)

1st prize : Niya K Thomas (I BA English)

2nd prize: Krishnendu PS (III BA English)

3rd Prize: Devika Devdas (I BA Economics)

13. International Day against Drug Abuse and Illicit Trafficking:



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To fight against the drug abuse and illicit trafficking, NSS volunteers organised various programmes for the college and community in association with Social Justice Department, Ernakulam. A one month Campaigning 'Nasa Mukth Bharath Abhiyan – kaikorkaam laharikkethire...lahari vimuktha Ernakulam' was organised. On 26th June onwards brochures and posters were created and posted in various social media to give awareness. Volunteers also participated in various competitions like 'Nava madyama pracharana malsaram', 'troll malsaram', 'theme dance malsaram', 'chithra rachana malsaram', 'prasangha malsaram', conducted by Social Justice Department, Ernakulam. The objectives of the campaigning were:

- Creating awareness among youth about the hazards of drug abuse-physically, psychologically and socially.
- Conveying the message of healthy lifestyle without drugs.
- Redirecting and helping the drug abusers to their normal life.
- Experiential sharing about the capture of illegal drugs and their common sources to the public at the government level to protect the youth.

Activities conducted:-

- ✚ Webinars with resource persons at the government level.
- ✚ Online games with awareness quiz
- ✚ Creating and Sharing of Eposters
- ✚ Songs
- ✚ Online Short story
- ✚ Outreach Programme
- ✚ Videos
- ✚ Theme dances
- ✚ Promo videos with celebrities
- ✚ Telefilm
- ✚ Development of E-Stickers and using in Waatsapp chats.
- ✚ Competitions like slogan writing and awareness quiz

Whatsapp, Google meet, Youtube, Facebook, Instagram, Twitter, Google forms, iStickers were the platforms used.

Public programmes:-

1. E brochure showing awareness on drug abuse and sharing the competitions organized by Social Justice Department, Ernakulam.



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2. Webinar on ലഹരിക്കെതിരേ കൈകോർക്കാം....
3. Drug Abuse Among Youngsters
4. Online game: Fun with Friends and not with drugs
5. Outreach Programme with St. Jude Family Counselling Centre
6. Short film: Mukthi
7. Slogan Writing Competition for students (Theme : Drug Abuse and Illicit Trafficking)
8. Promo videos with Celebrities
9. Theme dances
10. Online Awareness quiz
11. Closing Ceremony

Webinar: Laharikkethire kaikorkaam

On 5th July 2021 a webinar was conducted at 6.30 pm. It was inaugurated by Sri Suresh PM (DLSA Secretary and Sub Judge). Dr Resmi G, NSS Programme officer, welcomed the guests and other participants. Principal, Dr. Sr. Rosily A V presided over the function. Smt. Mahitha Vipina Chandran, School counsellor, Women and Child Development Department served as the resource person. Aryananda V B , NSS volunteer proposed the vote of thanks. Google Meet was the platform used. 100 participants attended through google meet. Many other people watched it through Youtube Live Stream Video. <https://www.youtube.com/watch?v=NRJKL1YSIZg>.

Webinar : Drug Abuse Among Youngsters

A webinar was conducted on 10th July 2021 at 3.00 pm on the topic Drug abuse among youngsters. Dr. Megha Thampy(NSS Programme Officer) welcomed the guest and participants. Mr. Legy Thomas (Superintendent of Police, Central Bureau of Narcotics, Govt. of India) was the speaker for the webinar. Student and the public had a great discussion with the resource person after the class. Ms. Reshma Santhosh NSS volunteer proposed the vote of thanks.



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Online Game: Fun with Friends not with Drugs.

Students of the College created themselves an online game programme through Google Meet on 11th July 2021 showing that life could be enjoyed with various meaningful ways and not with drugs. It was a fun programme including many informative question answer rounds and short games. Singers used the opportunity to make this event a cheerful one.

An **Outreach programme** was arranged in association with St. Jude Family Counselling Centre. Persons who were in need of counselling, legal aid services, referral facilities or any need of doctors and psychotherapists could approach the centre.

Slogan Writing Competition for students on 21st July 2021 was conducted with the theme ‘ Drug Abuse and Illicit Trafficking’. Competition was conducted for public. Posters were circulated among social media. Entries were posted through email id given in the poster.

- Leave drugs, Live Life !!!! (First Prize- Soofiya Moideen)
- Put it out...before it puts you out....(Second Prize- Gibi George)
- പുകച്ചു തീർത്തൊരു ചുരുട്ടുകുറ്റിയിൽ , ഒരുക്കി കാലൻ നിൻ കറുത്ത കല്ലറ
(Third Prize- Annmary James)

An **online awareness quiz** on drug abuse was conducted for the public on 23rd July 2021. 185 participants were there. School and College students participated. Winners with full score were given E certificates.

https://docs.google.com/spreadsheets/d/11bk3bFXE0oe4o_70qmA6GvDmDKFIQdsDFisnkfT7EOQ/edit?usp=sharing

Short Film: തിരികെ

A short film was done by the students of the College. The casting, script writing and technology were all done by the students themselves. It was a story based on teenage girl who happened to be a drug abuser from a broken family. The story depicted how a



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drug abuser could be retrieved back to the normal life and became a successful woman in the society. It was shared on social media on 25th July 2021. <https://youtu.be/yIs9ARZZOPw>

Closing Ceremony

Students of Morning Star Home Science College participated in the closing ceremony on 26th July 2021 conducted by Social Justice Department, Ernakulam through the platform Zoom. About 61 participants including staff joined the meeting.

A one month campaigning against drug abuse was carried out by Staff and Students of Morning Star Home Science College Angamaly with utmost happiness that it could be beneficial for the youth and Society.

1. <https://youtu.be/2pPsrKkkK8M>
2. <https://youtu.be/yIs9ARZZOPw>
3. <https://youtu.be/k00iiulrme0>
4. <https://youtu.be/ErLF0b216Ek>
5. <https://youtu.be/sMlzNaGAwMc>
6. <https://youtu.be/Rujlt-enjRc>
7. <https://youtu.be/VmQlaAxotf0>
8. <https://youtu.be/oyD1lhEHzxA>
9. <https://youtu.be/znPdaskDzlo>
10. https://youtu.be/WBP5Cmuq_xM
11. <https://youtu.be/NRJKL1YSIZg>
12. https://youtu.be/OKUW2sE_TQc

14. World Population Day

World population day was observed in the college on 11th July 2021. A brochure was created to spread the message ‘ focus on population to fight poverty and illiteracy’. An



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online flipping book was created with the content showing the importance of observing world population day. [Flipbook \(flipbookpdf.net\)](http://flipbookpdf.net)

15. Covid Medical Kit Distribution

Covid medical kit distribution was conducted. Vapourizer, Oxymeter, sanitizer, thermometer and masks were included in the kit. First distribution was conducted on 5th July 2021. It was handed over to A V Sunil, Ward Member by Dr.Sr. Rosily A V, Principal. Second Covid medical kit distribution was done to Fire and Resue Station, Angamaly on 19th July 2021. K M Abdul Nazar, Assistant Station Officer received the kit from NSS Programme officers. P A Shajan, Senior Fire and Rescue officer also attended the function.

16. Donation of clothes to tribal people

A charity on Clothes donation to Mithuvan Caste people at Alampetty tribal village, Marayoor Panchayat, Idukki was done on 20th July 2021 in association with Kerala voluntary Youth Action Force.

17. Promo video and posters for cheering team India at Olympics Tokyo 2020

Videos and posters were created for cheering team India for their performance in Olmpics, Tokyo 2020.

18. Webinar: National education Policy

On completion of one year of National Education Policy, 2020 Ministry of Education organized a theme based webinars with Ministry of Youth Affairs & Sports on the theme “Effect on NEP 2020 on Youth Empowerment and Sports Development” on 4th August, 2021 at 4PM. 49 students participated from college. URL for the webcast is : <https://webcast.gov.in/myas/>.

19. Assessment of growth of saplings planted on Environment Day



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Photos made in collage were posted to show the growth of saplings planted on world environment day two months back on 5th June 2021.

20. Anti Nuclear day

On 6th August 2021 at 3.00 pm Anti Nuclear Day – Remember Hiroshima, was observed. An online talk on Why do we observe Hiroshima Day by the speaker Dr Vijayakumari K, Asst. Professor, Dept. of History, All Saint's College, Thiruvananthapuram. Dr. Megha Thampy NSS programme officer introduced the resource person and welcomed the participants. It was an informative session.

21. Gender Sensitization Campaign

Women and Child Development Department, Ernakulam in association with NSS Unit, Morning Star Home Science College, Angamaly is organized a Gender Sensitization Campaign on 9th August 2021 at 9.00 am to 12.00pm. Principal Dr. Sr. Rosily A V welcomed the guests and participants. Introduction : Varsha K. (District coordinator, mahila sakthi kendra) introduced the topic and speakers. Dr.K. M Sheeba (Professor and Head, Department of History, Sree Sankaracharya University of Sanskrit, Kalady) handled the first session on Gender Relations followed by a discussion. Adv. Mayakrishnan (High Court of Kerala) had a talk on Gender & Legislation. Students had a great discussion with the speaker. Arya Dileep (Women welfare officer, mahila sakthi kendra) delivered the vote of thanks. The programme was given for whole college students. <https://youtu.be/o0kYQIEXEeU>.

22. International Youth Day

An E Quiz was conducted for the college students to create the awareness on the importance and duties of youth on 12th August 2021. About 20 participants attended the quiz.

23. Volunteer secretaries Training Camp for NSS Volunteers

Three days volunteer secretaries online leadership training camp was conducted on 13th August 2021 to 15th August 2021 under National Service Scheme, Mahatma Gandhi University,



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KottayamKerala in association with St Mary's College, Manarcaud, Kottayam. Ms. Devika devdas and Ms. Reshma Santhosh from the college attended the training camp.

24. Independence day Celebration

Independence Day celebration (15th August 2021) was carried out by creating videos depicting the beauty of different states of India and sharing it in social media. A Reel making competition was also conducted on the theme freedom fighters.

25. 'Onathinai oru muram pachakariyum oru kutta poovum....'

As part of Onam celebration staff, students and alumni of Morning Star Home Science college harvested vegetables and flowers grown at their homes for making sadya and pookalam respectively. NSS volunteers became a role model to create awareness to public that with minimum vegetables and flowers grown at their homes and without buying them from outside Onam the festival of Kerala could be celebrated in a colourful way. It was a joint venture and a great success by Morning Star family.

26. MINI Camp

Second Minicamp was conducted on 24th August 2021. It was conducted with two sessions. In the morning Session a survey and awareness on covid 19 vaccination was conducted. Each volunteer was asked to collect the data of 10 families visiting their houses regarding the vaccination details, difficulties faced for vaccination and to create awareness on vaccination for those people not get vaccinated. In the afternoon session at 3.00 pm an online talk was conducted on POCSO Act. Adv. Teena Cherian LLM was the resource person. Dr. Megha Thampy, NSS Programme officer welcomed the guest and participants. Students had a great interactive session. Devika Devdas, NSS volunteer proposed the vote of thanks.