



NATIONAL SERVICE SCHEME

MORNING STAR HOME SCIENCE COLLEGE

Angamaly South PO, 683573 (Affiliated to MG University, Kottayam)

Reaccredited by NAAC with A++

Annual Report 2023-24

NSS Unit 58 organized various programs in association with Environment Day.

Saplings Planting: As part of Environment Day, Principal Dr. Sr. Shemi George planted an abiu tree sapling in the college campus. The principal delivered an Environment Day message to the NSS volunteers.

Zero Waste Campus Programme and Environment Day Pledge Taking: NSS volunteers actively participated in the Zero Waste campus program held on 5th June 2023. They collected and disposed of plastic and other waste, making the campus plastic-free. All the NSS Volunteers actively participated in this program. After that, all the NSS volunteers took the Environment Day pledge.



Distribution and Planting of Fruit Saplings: NSS volunteers distributed fruit saplings to the students of St. Francis Assisi English Medium School, Athani, on 6th June 2023. They also planted fruit saplings at St. Francis Assisi School. All the staff and students participated in this program.



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Seminar on Lifestyle for Environment: NSS Unit 58 of Morning Star Home Science College, Angamaly, organized a seminar on “Lifestyle for the environment” on 7th June 2023 at 2 pm in the college auditorium. ACF. Veena Devi, Social Forestry, Ernakulam, was the resource person. All the students participated in the seminar. She focused on the relationship between lifestyle and the environment. Catherine Paul, NSS Volunteer secretary, delivered the welcome speech, and Anju Babu, NSS Volunteer secretary, delivered the vote of thanks at the seminar.



Seminar on Beat Plastic Pollution: NSS Unit 58 of Morning Star Home Science College, Angamaly, organized a seminar on “Beat Plastic Pollution” on 8th June 2023 at 9.30 am in the college auditorium. Sri. Chinnan T. Pynadath, President, Association for Environmental Protection, Aluva, was the resource person. All the students participated in the seminar. The resource person explained how and in what way plastic is polluting our environment. Mubeena



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Marakkar, NSS Volunteer secretary, delivered the welcome speech, and Sneha Krishna T.B., NSS Volunteer secretary, delivered the vote of thanks at the seminar.



Source Reduction Campaign: NSS volunteers conducted a door-to-door survey and source reduction campaign for the prevention and control of Dengue among the community on 17th June 2023. All the NSS volunteers actively participated in the campaign. The program was conducted in association with Angamaly municipality, Kudumbasree, and the Health Department.





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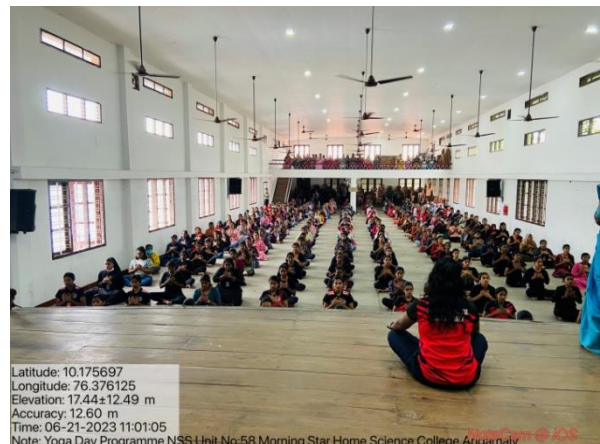
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Yoga Day: Mass Surya Namaskar Demonstration: International Yoga Day was observed on 21st June 2023. Mass Surya Namaskar Demonstration was done. The program was organized by NSS in association with the Department of Physical Education. Principal Dr. Sr. Shemi George delivered a yoga day message to the gathering. Dr. Mettilda Thomas, HOD, Department of Physical Education, led the session. All students and staff attended the session.

Workshop on Yoga for Vasudhaiva Kutumbakam: As part of International Yoga Day celebration, NSS organized a workshop on "Yoga for Vasudhaiva Kutumbakam" at MAHSS, Nedubassery, on 21st June 2023. Ms. Aleena Mathew, II M.Sc. FCS was the resource person. The beneficiaries were the students of MAHSS, Nedumbassery. NSS voluntary secretaries, NSS program officers, and teachers of MAHSS, Nedumbassery, attended the workshop.



Anti-Drug Awareness Seminar: As part of Anti-Drugs Day, NSS Unit 58 of Morning Star Home Science College, Angamaly, organized an awareness seminar on 23rd June 2023 at 1.30 PM. The topic of the seminar was "Addiction is a Disease". Mr. Bibin George, Vimukthi Mission, Ernakulam District Coordinator, was the resource person. All students participated in the seminar. The session was on how to fight against drug abuse. Students had an enlightened session, and they discussed many doubts with the resource persons.



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Extension Activity – Anti-Drug Awareness Programme at Mar Athanasius Higher Secondary School, Nedumbassery: Students from Morning Star Home Science College, Angamaly, performed a themed dance and skit on drug abuse among youngsters and its impact. The program was organized by NSS Unit 58, Morning Star Home Science College, Angamaly, at Mar Athanasius Higher Secondary School, Nedumbassery, on 21-06-2023. All high school and higher secondary students and teachers attended the program.

Induction Programme on NSS for First Year UG Students: An induction program was organized for the first-year UG students on NSS. The program was conducted on 14th July 2023 at 11.30 am in the college auditorium. Dr. Resmi G., NSS Programme Officer, led the session. She explained what NSS is and how it functions. After the class, a question and answer session were also held. About 60 students from first-year UG classes attended the session.



Protest Rally and Flash Mob: NSS, in association with the women's cell, organized a protest rally and flash mob as an awareness program. The theme of the program was “Stop violence



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against women and children”. The program was organized at two locations: Telk bus stop and Angamaly KSRTC Bus station on 2nd August 2023.



Induction Programme: Navigating new horizons through NSS: An induction program was organized for the first-year UG students on NSS. The program was conducted on 9th August 2023 at 11.30 am in the college auditorium. Dr. Megha Thampy, Former NSS Programme Officer, led the session. She explained what NSS is and how it functions. After the class, a question and answer session was also held. About 120 students from first-year UG classes attended the session.



Independence Day Celebration: Seventy-seventh Independence Day celebration was organized by NSS unit no 58 on 15th August 2023 at 7.30 am. All the NSS Volunteers attended the program. Principal Dr. Sr. Shemi George hoisted the national flag. Staff secretary Ms. Sherin Abraham delivered the Independence Day message. Patriotic song and dance performances were also held on this occasion. Students and staff took the panch pran pledge. After that,



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Sramadhanam was conducted on the college campus. A total of 101 students from UG classes actively participated. Students gained insight into nationalism.



Orientation Programme for First year NSS Volunteers: An orientation program was organized for the first-year UG students on NSS. The program was conducted on 23rd September 2023 in the college auditorium. The orientation program was conducted in two sessions. The morning session was handled by Mr. Jobin George, NSS Coordinator, Ernakulam District, and the second session was led by Fr. Eldhose Joy, NSS Programme Officer, St. Kuriakose College, Kuruppampady. After the class, a question and answer session was also held. About 100 NSS Volunteers attended the session.

Blood Donation Camp in association with NSS Day: NSS Unit organized a Blood Donation Camp with the support of Blood Centre RBTC DH Aluva on 25th September 2023 in association with HDFC Bank Palarivattom. The camp was organized as part of NSS Day. The camp started at 9:30 AM. Staff and students actively participated in the camp, and 50 units of blood were donated on that day.



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Swachhta Hi Seva Swachhta Hi Seva, launched under the Swachh Bharat Mission to tackle plastic waste awareness and management, saw NSS Volunteers undertaking cleanliness activities at the surrounding areas of Vembanad Lake, Arukutti on 30th September 2023.

River Conservation Programme: A river conservation programme was organized by NSS volunteers of Morning Star Home Science College, Angamaly at Vembanad Lake, Arukutti on 30th September 2023. Cleanliness activities and awareness programs were held as part of this initiative.





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Swatchtha Mission: As part of Gandhi Jayanthi, Swatchtha Mission activities were conducted by NSS Volunteers, including a cleaning drive at the Railway and Nedumbassery Panchayat held on 2nd October 2023. Ward member A.V.Sunil Kumar inaugurated the program.



Cleaning Drive at Railway: As part of the Swatchtha mission, a cleaning drive was held at the Railway Station, Angamaly. The main objective of the program was to create awareness about hygiene and cleanliness among the public.

Cleaning Drive at Campus: Campus cleaning activities were also held in association with the Swatchtha mission on 3rd October 2023. As part of this, students cleaned their classrooms, gaining insight into the importance of the Swatchtha Mission.

Swatchtha Pledge NSS volunteers took the Swatchtha Pledge on 2nd October 2023. A total of 100 NSS Volunteers participated in the program.





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World Elderly Day Celebration: On 3rd October 2023, NSS Unit 58, in association with Kerala Social Security Mission - Vayomithram, organized World Elderly Day celebrations at NAAS Auditorium Angamaly. NSS volunteers actively participated in all cultural programs, making the day memorable.



Road Safety Awareness Programme: NSS Unit No. 58 organized a road safety awareness program on 18th October 2023. The program aimed to raise awareness about road safety and the importance of adhering to traffic rules to prevent accidents and save lives. Adv. A.M. Sidheek, Retired Motor Vehicle Inspector, Ernakulam, was the resource person.



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Guest Workers Registration Drive: NSS volunteers actively participated in the guest workers registration camp held at the police station, Angamaly, on 16th October 2023. They registered various details about migrant laborers, with a total of 20 NSS Volunteers participating in the program.



Rashtriya Ekta Diwas Pledge: NSS volunteers took the Rashtriya Ekta Diwas pledge on 31st October 2023, celebrated to mark the birth anniversary of Sardar Vallabhbhai Patel.

NSS Fest NSS Unit of Morning Star Home Science College, Angamaly, organized a two-day NSS fest on 26th and 27th October 2023. The event included an exhibition of Khadi products, First Aid demonstrations conducted in association with Aster Medicity, Kochi, and a demonstration of a biogas-based waste management system.



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Latitude: 10.175888
Longitude: 76.376509
Elevation: 17.47+6.35 m
Accuracy: 14.54 m
Time: 10-31-2023 12:30:18
Note: Rashtriya Ekta Diwas Pledge,
Morning Star Home Science College, Angamaly

NoteCam @ iOS



Participation in the South Zone NSS Pre-RD Parade Camp: Catherine Paul, an NSS Volunteer, participated in the South Zone NSS Pre-Republic Day Parade Camp 2023 held at Cauvery College for Women, Tiruchirappalli, Tamilnadu, from 30th October 2023 to 8th November 2023.





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Haritha Sabha: NSS Volunteers actively participated in the Haritha Sabha held on 14th November 2023 at Panchayat Hall, Nedumbassery. This program gave students an opportunity to suggest innovative ideas for strengthening local-level waste management systems, aligning with the Waste-free New Kerala campaign.



Best Performance Award : The NSS unit of Morning Star Home Science College was honored with the Best Performance Award 2023 during the Annual Celebrations of Anwar Memorial Pain and Palliative Care Society, Aluva, in recognition of their unwavering support and dedication to the activities of pain and palliative care programs. Film actor Siddique presented the award to NSS volunteers.



Organic Farming: The NSS unit started organic farming in the college campus, aiming to foster interest in agriculture and provide awareness to society on the need for organic farming and attaining the ultimate aim of food security. NSS volunteers actively participated in maintaining the vegetable garden.



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Advisory Committee Meeting : An advisory committee meeting of NSS unit No:58 was held on 29th November 2023, attended by various stakeholders. Action plans were discussed and suggestions were provided for future activities.



World AIDS Day: NSS Unit No 58 observed World AIDS Day on 1st December 2023, with all NSS volunteers taking the AIDS Day Pledge. A poster competition was also organized in association with World AIDS Day.



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Sneharamam: NSS volunteers cleaned and made a flower garden at Nedumbassery Grama Panchayat on 2nd December 2023 as part of the sneharamam project, inaugurated by P.V. Kunju, Panchayat President.



Cleaning Drive and KSRTC Bus Wiping: NSS unit no 58 of Morning star Home Science College, Angamaly organized a cleaning drive at the KSRTC Bus Station, Angamaly, and students cleaned KSRTC buses on 2nd December 2023.



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Extension Activity at Anganwadi: NSS volunteers visited Anganwadi at Thuruthissery, organizing an awareness class and interactive session with kids, teaching them rhymes and stories.





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Visit to Palliative Care Unit: NSS volunteers visited Guardian Angel Peace Mission Centre, Nedumbassery, on 2nd December 2023.



Voters ID Registration Campaign: In association with the Electoral Literacy Club, NSS organized a voter ID registration campaign on 8th December 2023, raising awareness about voting duty and the importance of voter IDs.



Inauguration of NSS Projects and Orientation: New NSS projects like dress bank, digital literacy program, and snehasparsham were inaugurated on 19th December 2023.



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Sneha sparsham : House Visit House visits were conducted on 21st December 2023 to develop a clear understanding of students' families and provide support to needy families.





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Visit to Old Age Home : Christmas Bash NSS unit no 58 organized visits to Daivadhan Center, Malayattoor on 21st December 2023, donating essential items and presenting cultural programs to entertain the inmates.



Talk on Basics of Money Management at Adopted School: A talk was conducted at the adopted school MAHSS, Nedumbassery on 5th January 2024, conducted for school students.

National Youth Day NSS, in association with the Institution Innovation Council (IIC), observed National Youth Day on 12th January 2024. NSS volunteers conducted a mime highlighting youth issues and organized a paper bag making workshop. Additionally, live telecasting of the National Youth Festival was conducted.





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Republic Day Celebration: NSS Unit No:58 observed Republic Day on 26th January 2024, featuring flag hoisting, march past, rallies, theme dances representing various states' cultures, and tableaux. Principal Dr. Sr. Shemi George and NSS Programme officers Dr. Resmi G. and Dr. Navya Antony attended the event.

Participation in the Republic Day Parade:

Catherine Paul, an NSS Volunteer, participated in the Republic Day Parade held on 26th January 2024 in New Delhi, representing NSS Unit No. 58, Morning Star Home Science College, Angamaly. She was one among twelve students selected from Kerala.



Felicitation Ceremony: A felicitation ceremony for Ms. Catherine Paul was held on 5th February 2024, recognizing her participation in the 75th Republic Day Parade 2024 at New Delhi. Principal Dr. Sr. Shemi George and other dignitaries delivered felicitations.





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Dress Bank : NSS Unit No. 58 organized a dress bank initiative, collecting usable dresses from various donors and donating them to the Fr. Davis Chiramel Charitable Trust Cloth Bank.

Awareness Class on Legal Framework Related to Women and Postal Products On 17th February 2024, NSS volunteers attended awareness sessions on legal frameworks related to women and the importance of postal products. Sessions were conducted by Adv. Jino K.P. and Sri. Renjith Asok, respectively.

Disabled Person's Survey and Unique Disability Identity Card (UDID) Registration Campaign: NSS volunteers conducted a survey on disabled persons and organized a UDID Card registration campaign on 14th February 2024 in association with the Social Security Mission, Angamaly Municipality.





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Nature Camp: NSS Unit No. 58 organized a nature camp to Suvarnodyanam Biological Park, Nedumbassery, on 2nd March 2024. The camp included an environmental awareness program led by Sri. Chinnan T Pynadath.



Sustainable Regional Tourism Development Programme: Nature Travel As part of sustainable regional tourism development, NSS volunteers conducted a nature travel program to Suvarnodyanam Biological Park on 2nd March 2024, aiming to promote sustainable and responsible tourism.





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Digital Literacy Programme for Women: NSS organized a Digital Literacy Programme for Women on 7th March 2024, in connection with International Women's Day. Over 15 women participated in the program aimed at community development.

Invited Talk on Cyber Safety: An invited talk on Cyber Safety was organized by NSS Unit No: 58 on 14th March 2024, featuring Mr. Shibin Shaji Varghese as the resource person.

Socio-Economic Survey NSS volunteers conducted a socio-economic survey at Nedumbassery Grama Panchayat Ward No: 8 on 26th January 2024, covering 240 houses and presenting a detailed analysis to the panchayat on 20th March 2024.





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Valedictory Function: The valedictory function of NSS activities for the academic year 2023-24 was held on 15th March 2024, where Principal Dr. Sr. Shemi George and other officials felicitated the gathering and distributed awards and certificates to the best NSS volunteers.



Seminar on Fire and Safety and Life Security: NSS Unit No. 58 organized a seminar on Fire & Safety and Life Security on 26th March 2024, featuring K Harikumar, District Fire Officer, and Dr. Binoy Xavier K P, HOD, Department of Emergency, Apollo Adlux Hospital, Angamaly, as resource persons.

