



# 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)

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### Annual Report 2019-2020

The two NSS units of our college, consisting of 200 volunteers, took part in various activities under the leadership of the Programme Officers, Dr. Sr. Shemi George and Dr. Teji K. T. Ms. Greeshma A. U. and Ms. Kritika p. Krishnakumar were selected as Volunteer Secretaries.

The following activities were carried out during this year:

#### **1. 'World Tobacco No Day'**

'World Tobacco No Day' was observed by giving awareness on ill effects of tobacco usage among the construction workers of college building by the NSS volunteers on 31 May 2019.

#### **2. Environment Day Observation**

On observing Environment Day, Dr. Sr. Philo T. J., Vice Principal, delivered a message on the importance of conservation of nature and an Oath Taking was led by Ms. Greeshma A. U., NSS volunteer secretary on 6 June 2019.

#### **3. Inauguration of University Project**

'Valicheriyal muktha, Gramam, Nagaram, Campus programme', was inaugurated by Vice Principal Dr. Sr. Philo T. J. on 11 June 2019 and the programme was presided over by Ms. Shiny K. Ittichian, IQAC Co-ordinator.

#### **4. Reading Week Observation**

In connection with Reading Week observation, Hand Writing Competition was conducted on 19 June 2019. 56 students participated and Miwa Wilson (II B. Sc. Physics), V. S. Anila (IIIrd Physics) and Juvana George ( III B. Com.) secured first, second and third prizes respectively.

#### **5. Yoga Day Observation**

In connection with Yoga day, NSS volunteers performed Yoga and Dr.Mettilda Thomas, Assistant Professor, Department of Physical Education, Morning Star Home Science College handled a session on 'Importance of Yoga in Day Today Life' on 21 June 2019.



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### **6. Anti Drug Day Observation**

NSS volunteers participated in an awareness campaign through leaflet distribution in nearby areas of college on 26 June 2019. Volunteers created awareness regarding after effects of drug usage. They interacted with auto drivers and construction workers.

### **7. Food Packet Distribution**

NSS volunteers distributed food packets among the poor at KSTRC bus stand on 5 July 2019

### **8. Observation of World Population day**

In connection with World Population day, an Essay Competition was conducted on the topic 'Human population and food safety' on 11 July 2019.

### **9. Swachh Bharat Summer Internship (SBSI)**

As part of Swachh Bharat Summer Internship (SBSI), 15 NSS volunteers actively participated in various activities and successfully completed 50 hrs work from 17 July to 30 July. Activities like cleaning of campus, house visits, awareness class on ill effects of plastic usage and waste management, Suchitwa survey, segregation of collected plastics and its disposal, Awareness programme among school children at St. Mary's L. P. School, Angamaly etc. were carried out.

### **10. Orientation to First Year Volunteers**

First orientation to first year volunteers was given by Ms. K. Leena Joseph, Assistant Professor, Department of Zoology and Ex- NSS programme officer on 22 July 2019.

### **11. Mini Camp I**

First year NSS volunteers actively participated in the cleaning activities of the road sides in front of the college as well as campus. Cleaning activities were carried out in the morning session. Dr. Sony T. L., National Award Winner of Best NSS Programme officer and Assistant Professor, Govt. College, Kuttanellur, Thrissur inaugurated the NSS activities of this year and given orientation talk to volunteers on 27 July 2019.



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### **12. Suchitwa Pakwada Observation**

As part of Suchitwa Pakwada observation, NSS volunteers took an oath and it was led by the NSS volunteer secretary, Greeshma A. U. on 1 August 2019. Volunteers participated in campus cleaning from 2<sup>nd</sup> to 5<sup>th</sup> August, 2019.

### **13. Hiroshima Day Observation**

Ms. Rinu K. Loius, Head, Department of History led a class on 'History of Hiroshima day' on 6 August 2019.

### **14. Observation of Handloom Day**

5<sup>th</sup> National Handloom day observation was held on 7 August 2019. A class was led by Ms. Rajani Devi, T. R., Assistant Professor, Department of Home Science.

### **15. Flood Relief Activities**

Volunteers actively participated in flood relief activities like collection and packing of materials for donating at collection centre. Our NSS unit handed over flood relief kit worth one lakh rupees at S. H. College, Thevara, the collection centre of Mahatma Gandhi University, Kottayam on 14<sup>th</sup> to 16<sup>th</sup> August 2019.

### **16. Observation of World Senior Citizen Day**

NSS volunteers spent half day with elder people of Pakalveedu that belongs to the adopted village of NSS unit of our college. They shared memories and volunteers distributed sweets and performed entertainment programmes on 21 August 2019.

### **17. Observation of Traditional Knowledge Day**

In connection with 'Traditional Knowledge day observation', NSS volunteers held a discussion on 'Traditional medicinal practices' on 22 August 2019.

### **18. Pre-Camp Orientation**

Pre-Camp orientation was given to volunteers regarding special camp which held during Onam Vacation on 3 September 2019.



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### **19. Advisory Committee Meeting**

An advisory committee meeting was conducted in prior to Special camp. Municipal Counsellor, PTA vice President, Principal, Staff secretary, NSS programme officers, senior faculty members, Ex-NSS programme officer and NSS volunteer secretaries attended the meeting.

### **20. SEVEN DAY SPECIAL CAMP - SUVARNAM 2019**

NSS seven day special camp 'Suvarnam 2019' was organized during Onam holidays from 6<sup>th</sup> to 12<sup>th</sup> September 2019 at De Paul English Medium Higher Secondary School, Angamaly. Special camp activities were carried out at Ward 27 of Angamaly Municipality.

The camp was inaugurated on 6 September 2019 at 4 pm by Ex-Vice Municipal Chairman, Mr. Saji Varghese and presided by Rev. Sr. Rosily A. V., Principal, Morning Star Home Science College, Angamaly. Ms. Greeshma A. U., NSS volunteer secretary welcomed the gathering. Dr. Sr. Shemi George, NSS Programme officer, introduced the camp activities to the gathering. Dr. Sr. Alphonsa M. K., Educational Counsellor and Dr. Sr. Jisha M. Joseph, the Staff secretary felicitated the function. Ms. Kritika K. Krishnakumar, NSS Volunteer secretary proposed vote of thanks.

The Camp focused on various activities like open stage area cleaning, cleaning of 'Snehakoodu-Pakal Veedu for senior citizens', Kitchen gardening, boundary wall construction of blind couple's house, awareness programme on Poshaka Andolan, water analysis of each house of Ward 27, classes on personality development, paliative care, self-defence on capture and release and breast cancer detection were carried out..

### **21. NSS@50**

Golden Jubilee Celebration of NSS was organized on 24 September 2019. It included rally from College to Telk bus stop, distribution of 50 food packets to needy at Railway station, KSRTC bus stand and Govt hospital Angamaly.

### **22. Railway Swachhta**

As part of Railway Swachhta programme, NSS volunteers cleaned Angamaly Railway Station and its surroundings on 24 September 2019. The programme was inaugurated by the Station Master, Mr. Thomas.



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### **23. Plastic Collection Campaign**

50 NSS volunteers of our college actively participated in 'plastic collection programme' from Angamaly municipality on 30 September 2019. This programme was worked out in association with 'Thelineer' – An organization for protecting Manjaly Thodu.

### **24. Gandhi Jayanthi Celebrations**

In connection with Gandhi Jayanthi, campus cleaning, Plog run and plastic removal from road side, Gandhiji-A Reminiscence etc. were carried out. Elocution competition on 'Gandhian Thoughts and NSS' was also conducted and Greeshma A. U., II B. Sc. Zoology bagged the first position.

### **25. Constitution Day Observation**

Constitution day was observed on 26 November 2019. Pledge was taken by the students and a class was taken by Krishnapriya, faculty, department of History on 'Importance of Constitution'.

### **26. Food Fest**

To offer a helping hand to finish the house construction of one of our students, a food fest was arranged under the name 'Sahapadikoru Veedu' on 18 February 2019. The programme was inaugurated by Ms. K. Leena Joseph, Ex-NSS programme officer and whole students participated in this venture very enthusiastically and it was a great success.

### **27. Cloth Bag Making**

Making cloth bag for promoting usage of the same in order to avoid plastics was launched. The programme was inaugurated by giving the cloth bag as Christmas gift to the principal which was made by the NSS volunteers on 20 December 2019.

### **28. Swachta Pakhwada Celebrations**

In connection with Swachta Pakhwada( a programme for implementing Swachhata activities in higher educational institutions of India)a pledge was taken by the NSS volunteers and which was led by the NSS volunteer secretary Ms. Greeshma A. U. on 16 January 2020. In connection with this, following activities and competitions were also carried out:



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Plantation of saplings with high carbon dioxide absorption rate was planted (Neem trees) in our botanical garden on 17 January 2020.

Speech competition was conducted on the topic 'Swachhta' on 20 January 2020 and Shahala P., 1BSc. Zoology and Laya Elizabeth, 1B. A. English secured 1<sup>st</sup> and 2<sup>nd</sup> prizes respectively.

Slogan writing competition was conducted on the topic water conservation on 22 January 2020 and Kavya P. S. of 1 B. Com was the winner.

Poster making competition was conducted on the topic forest conservation on 24 January 2020 and Debiya Davis of 1 year chemistry bagged the first prize.

### **29. Fit India Movement**

In connection with Fit India movement, walkathon was conducted in our college ground on 18 January 2020.

### **30. Mini Camp II**

Second Mini Camp was organised on 25 January 2020. On this day the social activist Dayabai visited our campus and interacted with NSS volunteers. She pictured out the reality of Endosulphan victims of Kasargode and also planted a sapling in our campus.

After Dayabai's visit, volunteers participated in cleaning activities of campus, National Highway in front of our campus, NSS office etc. and made cloth bag and prepared pots for organic farming.

### **Republic Day**

On Republic day, Principal hoisted the Indian flag and delivered the message.

### **31. Street Play**

NSS volunteers organized a street play and flash mob in front of the railway station for giving awareness on Endosulphan usage and its after effects on 30 January 2020.

### **32. Martyrs'day**

On Marty's day, pledge was taken by the volunteers and it was led by Ms. Amrutha Davis 1 B. A. Economics.



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### **Awareness class on Corona disease**

Amrutha Davis, 1 B. A. Economics and Shahala P., 1 B. Sc. Zoology attended awareness class conducted on corona disease at Angamaly municipality on 4 February 2020 and they shared the knowledge among the NSS volunteers.

### **33. Lahari virudha Jwala**

In association with Vimukthi mission, Ernakulam, NSS unit of our college conducted Lahari Virudha Jwala. NSS Programme officer, Dr. Teji K. T. conveyed the message and NSS volunteer secretary Ms. Greeshma A. U. led the pledge on 7 February 2020.

### **34. Campus harvest**

NSS volunteers actively participated in harvesting of campus crops on 26 February 2020.

### **Valedictory function**

Valedictory function of NSS activities of this year was held on 5 March 2020. Dr. Lizmitha Godwin, Head of the Department of Home Science welcomed the gathering and Vice Principal Dr. Sr. Philo T. J. made presidential address and prize distribution. A power point presentation on NSS activities was presented.

### **35. Gramolsavam-Nilathanal**

Our NSS volunteers participated in Gramolsavam - 'Nila Thanal' at Chambannur on 7 March 2020. Volunteers presented a Nadan Nritham and received special appreciation for the same.

### **Achievements**

#### **National Integration Camp**

Ms. Anna Sebastian of 1 FCS participated in National integration camp, which was held at Mariyan College, Kuttikanam on 21<sup>st</sup> to 27<sup>th</sup> February, 2020.

#### **National Disaster Response Force (NDRF)**

Ann mariya Joy (1 B. Com), Anmariya Jose (1 B. A. Economics), Sruthy Subran (1 B. A. Economics) Sruthy M. S. (1B. Sc. Chemistry) and Sayana Saju (1<sup>st</sup> B. Sc. FCS) participated in NDRF Training conducted at Arakkonam, Tamil Nadu on 24<sup>th</sup> to 29<sup>th</sup> February 2020.



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### **Participation**

#### **30<sup>th</sup>-1<sup>st</sup> September**

NSS volunteer secretaries, Ms. Greeshma A. U. and Ms. Soni Joseph attended the Volunteer Secretaries Training Camp at St. Mary's College, Manarcaud.

#### **21to 27 August 2019**

Dr. Sr. Shemi George, NSS Programme officer attended the ETI training at Rajagiri, Kalamassery.

#### **24 to 30 November2019**

Dr. Teji K. T., NSS Programme officer attended the ETI training at Rajagiri, Kalamassery