



St. Mary's College, Thrissur



NSS ACTIVITY 2020-21

**Dr. Bincy Joseph & Dr. May Flower K.A.
NSS Program Officers,
St. Mary's College, Thrissur, Kerala.**

05 June 2020 - World Environment Day

Celebrated World Environment day during Lockdown. Total 85 saplings were planted.



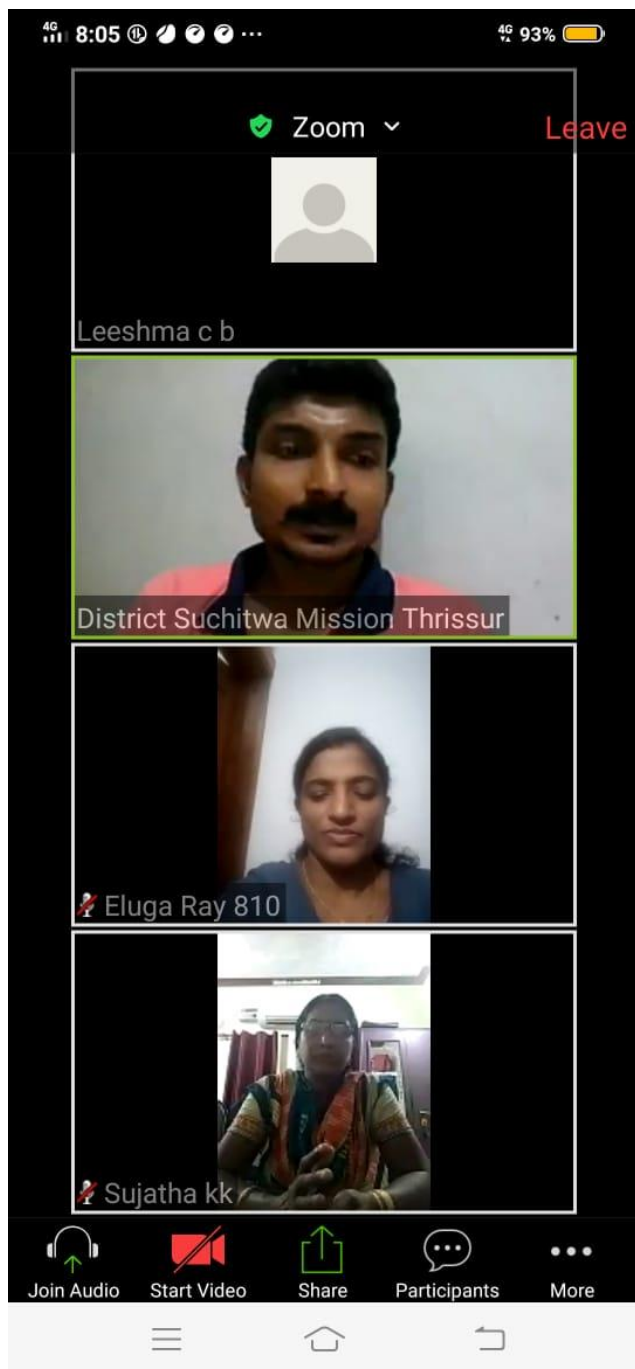
21 June 2020 - International Yoga Day

70 NSS volunteers were done Yoga Demonstration on Google Meet.



08 July 2020

35 of our Volunteers attended a webinar on Personal and social Hygiene During COVID-19 organised by District suchithwa Mission, Government of Kerala.



15 August 2020 - Independence day

Independence day was observed in the campus and the National flag was hoisted by our Principal Sr. Dr. Magie Jose 2020 after observing COVID Protocol. Also conducted a speech competition and poster making competition for our volunteers through Google Meet. 24 students were actively participated in the competitions.



09 September 2020

Conducted a Webinar on -Introduction of Modernization in Motor Vehicle Department. Resource person for the programme was Vinod Kumar, Motor Vehicle Inspector, Thrissur.

St Mary's college Thrissur
NSS UNIT : 44 & 220

WEBINAR

**INTRODUCTION OF MODERNIZATION
IN MOTOR VEHICLES DEPARTMENT**

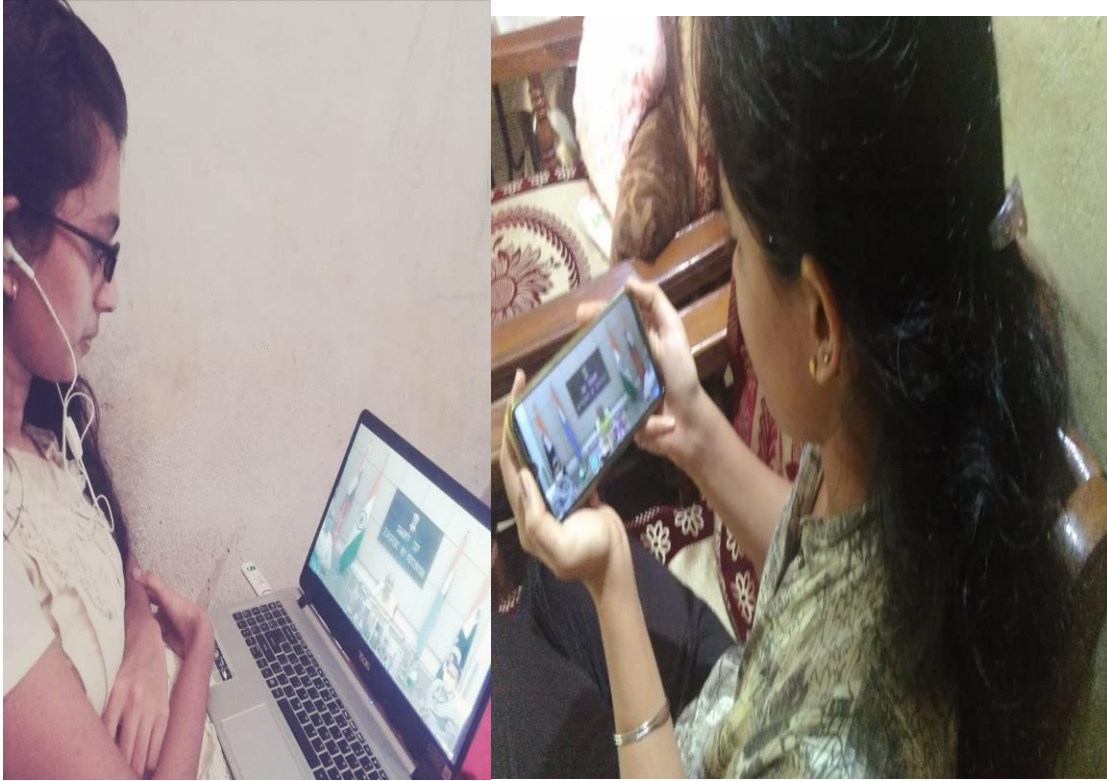
Date : 09-09-2020
Time: 6pm to 7pm

VINOD KUMAR . N
Motor Vehicle Inspector
Thrissur
(Resource Person)

Dr . Magie jose
Principal
St Mary's college
Thrissur
(Inauguration)

16 September 2020

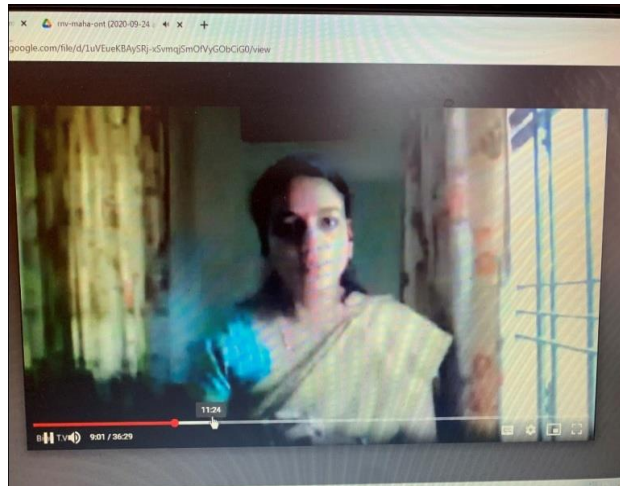
Our volunteers actively participated in webinar organised by Ministry of Education, Government of India, for youth Volunteers on NEP (National Education Policy).



24 September 2020 – NSS Day

As part of NSS Day celebrations, we conducted a webinar. Dr. Binu T V, NSS District Coordinator, inaugurated the function and delivered the talk An intercollegiate online quiz were also conducted in accordance with NSS day.

<https://docs.google.com/forms/d/190Gr2Own6YEosXhIjcSKrBg9gZJFUVrY3H1J6XX9jjU/edi?usp=sharing>



28 September 2020 – World Tourism Day

On World Tourism Day, we released a video based on traveling. And conducted an Intercollegiate E- poster competition on the topic Beauty of Nature.



VIDEO-2021-03-04-14-13-51.mp4

The poster is divided into two main vertical sections. The left section has a background of autumn leaves and features a circular logo with the text 'WORLD TOURISM DAY'. The right section has a blue background with white and yellow text. At the top left is the St. Mary's College Thrissur crest, and at the top right is the NSS logo. The text on the poster includes the college name, NSS unit number, competition details, submission deadline, and the names of the principal and NSS programme officers.

ST.MARY'S COLLEGE THRISSUR
NSS UNIT NO 44 & 220

WORLD TOURISM DAY

An intercollegiate E-poster competition on "Beauty of the nature"

- ★ last date of submission 28 September 2020
- ★ Entries beyond this date will not be considered
- ★ share your entries to christyroseshajan2001@gmail.com

Video Launching at 10 AM on 27 September 2020

Principal
Dr.Sr.Magie Jose

NSS programme officers
Dr. Binny Joseph & Dr.Mayflower K.A

02 October 2020 - Ganthi Jayanthi Celebrations

In connection with the Celebrations of 150th birth year of Mahatma Gandhi, NSS Units 44&220 of St. Mary's College, Thrissur, conducted a webinar on the topic 'Unique features of Gandhian way of Life' by Dr. Sajid Puthan, Academic Director & Co-founder, New Delhi. We had a discussion on the topic "Importance of self-Reliance in contemporary society: A Gandhian View by Miss. Anjali, Research Scholar in social work from Delhi University via Google Meet. And also, we conducted a drawing competition on the topic "Father of Our Nation" & Digital Poster Making competition & Speech Competitions on the topic: Gandhian thoughts. On this special day our volunteers actively participated in 'Shramadaan' in their surroundings by following Covid-19 protocol.

ST.MARY'S COLLEGE
THRISSUR
NSS UNIT NO 44 & 220

Conducted by
NSS volunteers of
BSW Department

2 OCT 2020
GANDHI
JAYANTHI

Drawing Competition
*Topic:- "FATHER OF OUR NATION"
*Last date of submission - 3 Oct 2020
Share your entries to theerthadase2002@gmail.com

Speech Competition
*Topic:- "GANDHIAN THOUGHT"
*Last date of submission - 3 Oct 2020
Share your entries to paulanthia2002@gmail.com

Digital Poster Making Competition
*Topic:- "WHO BROUGHT US FREEDOM"
*Last date of submission - 3 Oct 2020
Share your entries to theerthadase2002@gmail.com

Principal
Dr.Sr.Magie Jose

NSS programme officers
Dr.Bincy Joseph & Dr.May Flower.KA

ST. MARY'S COLLEGE
THRISSUR
NSS UNIT NO 44 & 220

2 OCT 2020
GANDHI JAYANTI CELEBRATION

SAJID PUTHAN
Academic Director and Co Founder
Academy of Civil Services
PhD in Gulf Studies from Jamia Millia Islamia, New Delhi
TOPIC: UNIQUE FEATURES OF GANDHIAN WAY OF LIFE

MS. ANJALI ASHOKAN
Faculty of BSW Department
Ph.D. Research Scholar, Department of Social Work, University of Delhi
TOPIC: IMPORTANCE OF SELF - RELIANCE IN CONTEMPORARY SOCIETY: A GANDHIAN VIEW

PRINCIPAL
Dr.Sr.Magie Jose

NSS PROGRAM OFFICER'S
Dr. Bincy Joseph & Dr. May Flower

10:00 TO 11:00AM



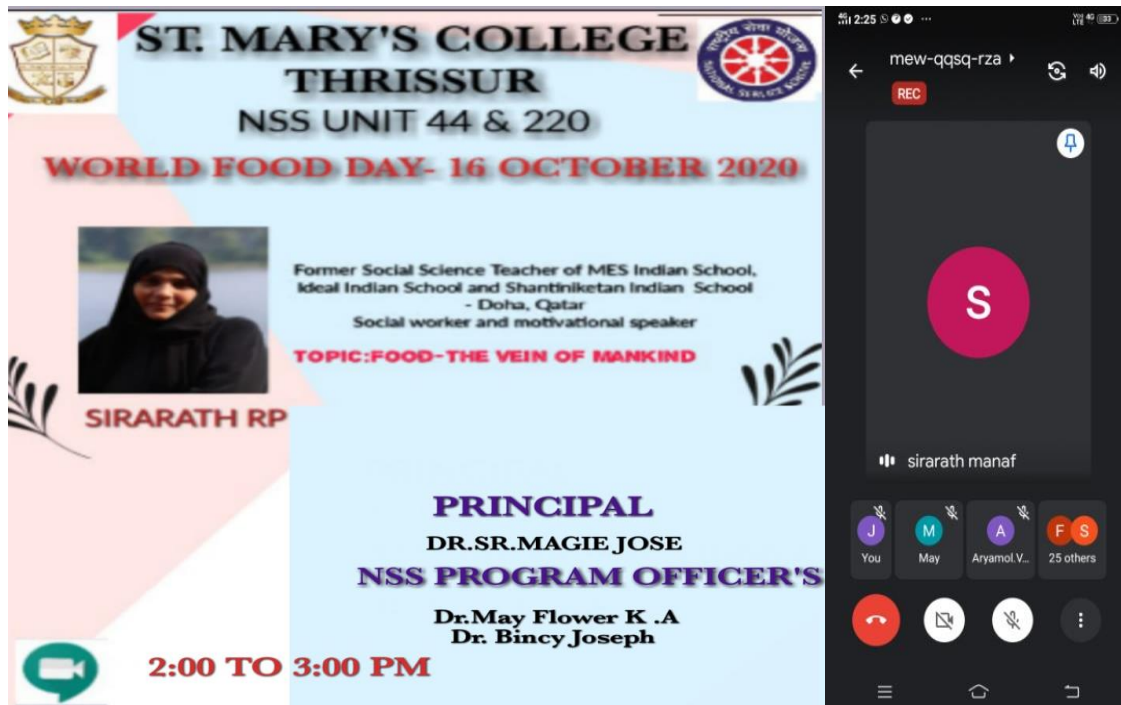
08 October 2020

On 08/10/2020 our volunteers taken Covid pledge in Association with Ministry of Youth Affairs, Government of India and taken Jan Andolan pledge. Certificates were distributed among volunteers for their participation.



16 October 2020 – World Food Day

In connection with world Food Day, NSS organised a webinar on the topic “Food -The vein of Mankind” by Ms. Sirarath R P, Social worker.



The image is a composite of two parts. The left part is a flyer for a webinar organized by St. Mary's College Thrissur, NSS Unit 44 & 220. The flyer is titled "WORLD FOOD DAY- 16 OCTOBER 2020" and features a portrait of Ms. Sirarath R P, a social worker and motivational speaker. The topic of the webinar is "FOOD-THE VEIN OF MANKIND". The flyer also lists the Principal, Dr. Sr. Magie Jose, and the NSS Program Officer's, Dr. May Flower K. A. and Dr. Bincy Joseph. The time of the webinar is 2:00 TO 3:00 PM. The right part is a screenshot of a WhatsApp group chat. The chat is titled "mew-qqsq-rza" and shows a recording icon. The chat interface includes a list of participants: You, May, Aryamol V..., and 25 others. The chat also shows a message from "sirarath manaf" and a red call button at the bottom.

ST. MARY'S COLLEGE
THRISSUR
NSS UNIT 44 & 220
WORLD FOOD DAY- 16 OCTOBER 2020

SIRARATH RP
Former Social Science Teacher of MES Indian School,
Ideal Indian School and Shantiniketan Indian School
- Doha, Qatar
Social worker and motivational speaker
TOPIC:FOOD-THE VEIN OF MANKIND

PRINCIPAL
DR.SR.MAGIE JOSE
NSS PROGRAM OFFICER'S
Dr.May Flower K .A
Dr. Bincy Joseph
2:00 TO 3:00 PM

WhatsApp chat interface showing a group named "mew-qqsq-rza" with participants: You, May, Aryamol V..., and 25 others. The chat shows a recording icon and a message from "sirarath manaf".

23 October 2020

Made & Distributed Mask & Sanitizer among Public.

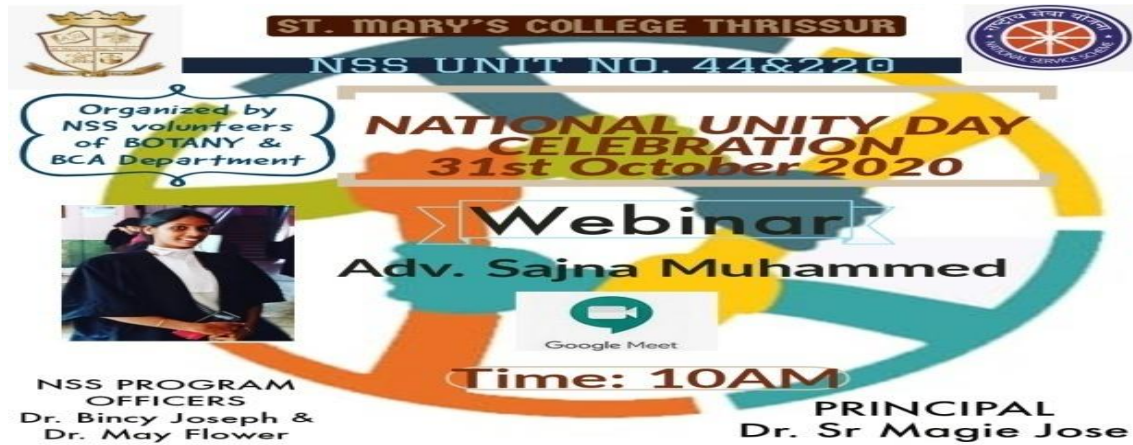
19 November 2020

Our volunteers attended EBSB (Ek Bharath Shreshth Bharath) Programme conducted by Ministry of youth & Sports Affairs and NSS. The keynote was presented by Sunny N.M & Dr.Seema Kashyap (Himachal Pradesh) ,UILS Shimla on the topic Language learning with Himachal Pradesh & Kerala through Cisco Platform .



31 October 2020 – Rashtriya Ektha Diwas

NSS conducted a webinar in connection with Rashtriya Ektha Diwas. Taken Oath by Our Volunteers through Google Meet.



The poster is for a webinar titled "NATIONAL UNITY DAY CELEBRATION 31st October 2020". It is organized by NSS volunteers of the BOTANY & BCA Department at St. Mary's College Thrissur, NSS Unit No. 44&220. The webinar is led by Adv. Sajna Muhammed and will take place at 10 AM on Google Meet. The event is supported by NSS Program Officers Dr. Bincy Joseph & Dr. May Flower, and the Principal, Dr. Sr Magie Jose. The poster features the college crest, the NSS logo, and a central graphic of hands holding a torch.

ST. MARY'S COLLEGE THRISSUR
NSS UNIT NO. 44&220

Organized by
NSS volunteers
of BOTANY &
BCA Department

**NATIONAL UNITY DAY
CELEBRATION
31st October 2020**

Webinar
Adv. Sajna Muhammed

Google Meet

Time: 10AM

NSS PROGRAM OFFICERS
Dr. Bincy Joseph &
Dr. May Flower

PRINCIPAL
Dr. Sr Magie Jose

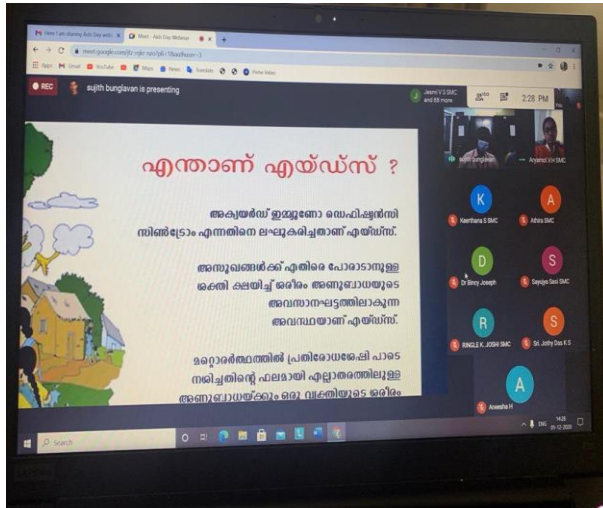


Rabisha, P.R.
Department of English
St. Mary's College, Thrissur.



01 December 2020 - Aids Day

In Connection with World Aids Day, we conducted an Extension talk in association with IMA Thrissur. Programme was Inaugurated by Dr. Pavan Madusudhan, Secretary IMA Thrissur. Aids Awareness Class lead by Dr. Sujith Joseph Bunglavan, Assistant Surgeon, Medical officer In Charge, Palliative Care Unit, General Hospital Thrissur. 85 NSS volunteers participated the same.

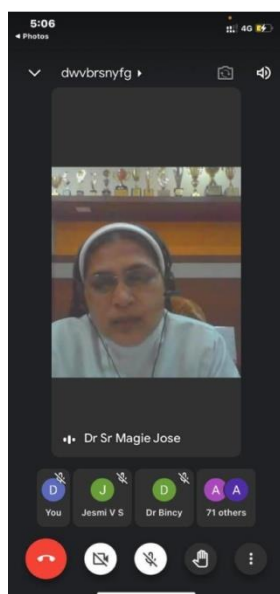


NSS special Camp 18 – 24 December 2020

National Service Scheme always has a special appeal to the youth and it provides unique opportunities for the students. The NSS Units no: 44 & 220 (KL-01-118) of St. Mary's College Thrissur organized a seven day camp 'Invincible' with the objective: 'Youth For Prevention & Mitigation Of Covid-19' from 18-24th December 2020. The main projects undertaken were 'Personality development through Social Services', 'Basics of Organic Farming', 'Health and Nutrition' and Field Survey on Covid-19 and its effects on people etc. along with socio-cultural activities. The camp was conducted in a virtual mode. On 18/12/2020 special camp 2020-21 initiated by the National Service Scheme (NSS) Unit 44 and 220 of St. Mary's College, Thrissur was inaugurated by Dr. Sr. Magie Jose, principal St Mary's College, Thrissur. The welcome address and the vote of thanks were given by the NSS Programme Officers, Dr. Bincy Joseph and Dr. May Flower K A respectively.

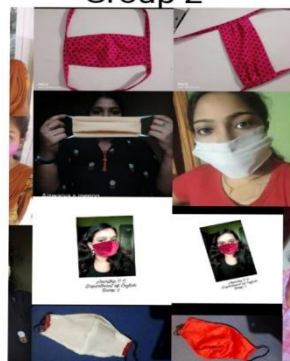
Major Activities:

- Shramadan Activities
- Awareness Programmes
- Planting of Saplings
- Personality Development Programs
- Skill Training
- Group Activities
- Survey on Covid 19 Experience
- Cultural Programmes



group 2 day 2

**Mask making
Department of English
Group 2**



DAY 3 GROUP 2



DAY 4, GROUP 3



DAY 6, GROUP 3

GROUP 5



DAY 5

23 December 2020 - Survey on Covid 19 Experience

NSS Volunteers conducted a field Survey on Covid-19 and its effects on people on 23/12/2020. 86 NSS volunteers participated for the same.



12 January 2021

NSS Vounteers in association with pain and palliative care society, Thrissur conducted a Programme “CHALANA”. Dr.Sr. Betsy, Mr. Pramod & Dr. Vijesh Vijayan lead the class on the topic ‘Physiotherapy’.



TIME :4-5 PM
DATE : JAN 12

TOPIC:
PHYSIOTHERAPY

RESOURCE PERSON
DR SR BETSY MR PRAMOD MR VIJESH VIJAYAN
PATIENT NARRATIVE,
PAIN AND PALLIATIVE CARE SOCIETY, THRISSUR
ST.MARY'S COLLEGE, THRISSUR





26 January 2021 - Republic day

Republic day was observed in the campus and the National flag was hoisted by our Principal, Sr.Dr.Magie Jose on 26th after observing COVID Protocol.



29 January 2021 - National Girl Child Day

In Connection with National Girl Child Day NSS Units 44&220 conducted an Extension talk in association with IMA Thrissur. Felicitation was given by Dr. Pavan Madhusudhan, IMA secretary, Thrissur. Talk was led by Dr. Shobhana Mohandas, Chairperson IMA Women's Doctors wing, Consultant Gynaecologist, Sun Medical Centre, Thrissur. 80 NSS participated the programme.



The poster is for an event titled "NATIONAL GIRL CHILD DAY" with the tagline "To Educate, to Empower". It is organized by NSS Unit 44 & 220 in association with the Indian Medical Association (IMA) Thrissur. The poster features three speakers: Dr. Shobhana Mohandas, Dr. Abhaya VS, and Dr. Pavan Madhusudan. It also lists the Principal, Dr. Sr. Magie Jose, and the NSS Program Officers, Dr. May Flower and Dr. Bincy Joseph. The event is scheduled for 29-01-2021 at 1:30 PM.

**ST MARY'S COLLEGE
THRISSUR**

NSS UNIT 44 & 220
IN ASSOCIATION WITH
**INDIAN MEDICAL ASSOCIATION
THRISSUR**

NATIONAL GIRL CHILD DAY
To Educate, to Empower

DR. SHOBHANA MOHANDAS
Chairperson IMA Women Doctor's Wing
Consultant Gynaecologist
Sun Medical Centre, tcr

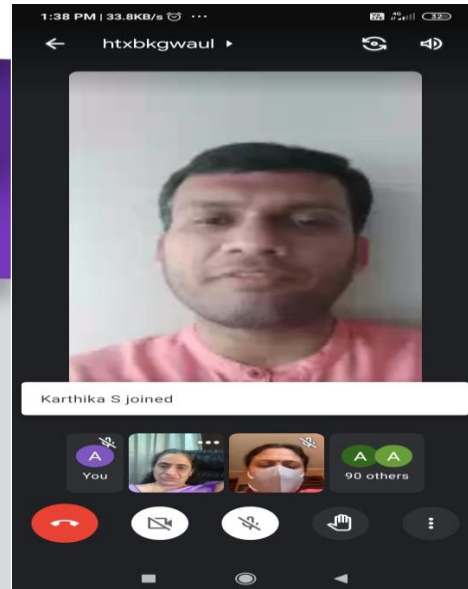
DR. ABHAYA VS
Convenor IMA Women Doctors Wing
Medical Officer
Palliative care, GH, Tcr

DR. PAVAN MADHUSUDAN
Secretary IMA Thrissur

**PRINCIPAL
DR. SR. MAGIE JOSE**

**NSS PROGRAM OFFICERS
DR. MAY FLOWER
DR. BINCY JOSEPH**

29-01-2021 1:30 PM



10 February 2021

NSS Volunteers actively participated in mask & Sanitizer making and distributed among the public.



18 February 2021

Our NSS volunteers collected and distributed Groceries among people in our adopted village.



22 March 2021 - World Forest Day

In connection with World Forest Day Our NSS Volunteers planted saplings in their surroundings and distributed plants in neighbouring areas.



25 March 2021

In connection with Plastic eradication Campaign our NSS volunteers made paper bags and distributed among public and shops nearby our college.

