



**MAR BASELIOS COLLEGE OF
ENGINEERING AND
TECHNOLOGY
THIRUVANANTHAPURAM**

**NSS UNIT 230
ANNUAL REPORT 2020-21**



Date : 16.02.2021

Hours : 3

Category: Orientation

Venue: Online Platform-Gmeet

Beneficiaries: NSS Volunteers of unit 230 of MBCET

Outcome: Create awareness of Road Safety among students

Highlights: NSS MBCET in collaboration with the Ministry of Road Safety organized a couple of events to create awareness among the students about road safety. Our NSS team created a pamphlet containing the important points we need to follow to have a peaceful ride on the road. A simple diagram about how to give CPR to a person in need and also the speed limit of certain vehicles was also included in it. A special 30 min webinar was conducted which The session ended with a pledge from the Kerala Govt official Road Safety Portal. Everyone was given their certificates from this official site itself. In this way, we believe we could reach out to more people and make them understand how much its importance is.

SLOGAN WRITING COMPETITION



Date : 13 February 2021

Venue: Google form

Hours: 1

Category: Campus

Beneficiaries: The NSS Volunteers of unit 230 of MBCET and participants of the conducted slogan competition.

Outcome: Students could use their awareness of traffic rules and regulations to come up with creative slogans.

Highlights: This competition was organized as a part of National road safety awareness month (18 January to 17 February). We believe today's children are tomorrow's leaders. So it is of so much importance that they have their idea on how to take measures regarding these accidents. We encourage children to come up with innovative slogans which have the essence of road safety awareness. The best one was awarded anE- certificate. Nikitha Ann Jose of S5 EC1 received the 1st prize.



Slogan Writing Competition




Nikitha Ann Jose


S5, EC - 01
Mar Baselios College of Engineering
and Technology

CONGRATULATIONS

BLOOD DONATION DRIVE




NATIONAL SERVICE SCHEME
UNIT : 225 & 527



NSS SCTCE
IN ASSOCIATION WITH
APJ ABDUL KALAM TECHNOLOGICAL UNIVERSITY NSS CELL

BLOOD DONATION DRIVE FOR FEMALE VOLUNTEERS




ON BEHALF OF INTERNATIONAL WOMEN'S DAY
Give a bit of yourself to help.


MARCH 9, 2021
9.30 AM - 1.30 PM

VENUE : SCT COLLEGE OF ENGINEERING, PAPPANAMCODE

DONORS REGISTER USING THE LINK PROVIDED BEFORE MARCH 7, 2021.
For Any Queries, Contact : 95676 79486 (Megha Narayanan)



SREE CHITRA THIRUNAL
COLLEGE OF ENGINEERING
PAPPANAMCODE, TRIVANDRUM



| nss_sctce

Date: 9 March 2021

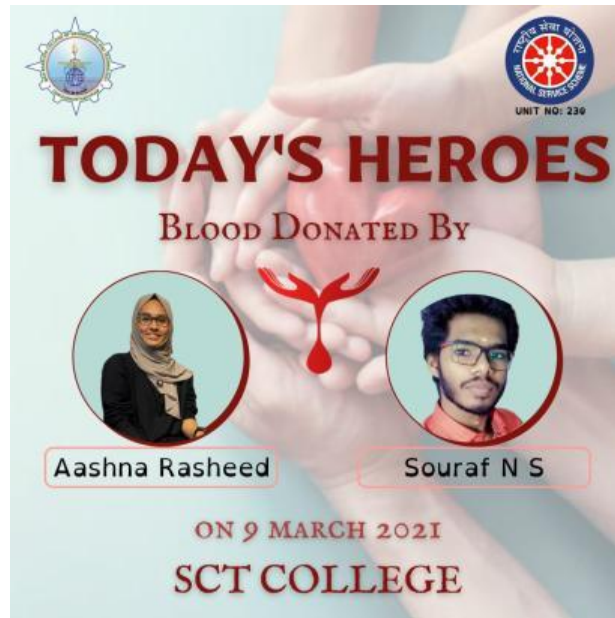
Venue: SCT College of Engineering, Pappanamcode

Hours : 3

Category: Blood Donation

Outcome: Volunteers of NSS MBCET can participate in the blood donation drive

Highlights: SCT College of Engineering, Pappanamcode in connection to the International Women's Day, on March 9 organized a blood donation drive. The drive called out for volunteers from all the NSS groups in Kerala. Blood donation is the act of giving blood to someone who needs it. It is not just about giving blood, but it is an act of kindness that saves the lives of hundreds of people. Aashna Rasheed and Souraf N.S came forward to participate in the event.



WORLD CONSUMER RIGHTS DAY



Date : 15 March 2021

Venue : Google form

Hours : 1

Category: Campus

Beneficiaries: Students of MBCET

Outcome: Students could use their knowledge in consumer rights to win the quiz

Highlights: NSS MBCET in connection to the World Consumer Rights Day, on March 15 organized a quiz. Consumer Rights Day was celebrated to spread awareness about the rights of consumers. It is an occasion observed on a global level to protect consumer's rights.

The quiz was open from 9 am to 5 pm and Aman Saju of S5 CE1 scored the highest marks. The quiz contained questions regarding various rights and symbols in common. The quiz was aimed to test your knowledge about consumer rights.



WORLD NO SMOKING DAY



Date : 10 March 2021

Venue : Whatsapp

Hours : 1

Category: Campus

Beneficiaries :Volunteers of NSS MBCET

Outcome : Students can understand the harmful effects of Smoking and get motivated to avoid this bane from human lives.

Highlights: In connection to No Smoking Day on 10th March NSS MBCET has given awareness to all the NSS volunteers about the harmful effects of Smoking. They reminded the volunteers that Smoking or cigarette is a poisonous bane in our lives, and also as a responsible NSS volunteer, everyone should avoid this evil from their own lives and also help and motivate other lives who are addicted to this.

WORLD THEATRE DAY



The poster features a dark background with the title 'NAME the FAME' in white. Below the title is a central graphic of a white question mark inside a white-bordered square, flanked by two golden theatrical masks. At the bottom, the text 'World Theatre Day' is written in a cursive font, followed by 'MARCH 27' and '3 - 5 PM' in a white-bordered box. The bottom section contains contact information for Karthika Sankar and Souraf N S, along with a 'CONTACT' button. Logos for Mar Baselios College of Engineering and Technology and NSS are also present.

MAR BASELIOS
COLLEGE OF ENGINEERING AND TECHNOLOGY
AUTONOMOUS

UNIT NO:230

NAME the FAME

World Theatre Day

MARCH 27
3 - 5 PM

KARTHIKA SANKAR
7994752451

CONTACT

SOURAF N S
8075643194

Date : 27 March 2021

Venue: Google Form

Hours: 1

Category: Campus

Beneficiaries: Students of MBCET

Outcome: Students can use their knowledge about theatre art to win the quiz

Highlights: NSS MBCET in connection to World Theatre Day, on March 27 organized a quiz. World Theater Day celebrates the importance of theater arts as it continues to move, entertain, teach and change us. This day is a reminder for all of us to remember all the legends and great artists who wandered us with their mesmerizing talents. The quiz was open from 3 PM to 5 PM

NAME the FAME



Maria Rebecca Thomas
ALUMNI - MBCET

Congratulations!!!

FOOD TO THE NEEDY



Date: 28 March 2021

Venue: Thampanoor & Med. College

Hours: 4

Category: Community

Beneficiaries: Volunteers of NSS MBCET

Outcome: Helping out by giving food to needy

Highlights: The NSS MBCET Unit No: 230 conducted a food donation drive on 28th March 2021. They collected more than 100 food packets with water and donated them to the needy people at the roadside under the guidance of faculties F.R.Rejish Babu, Remil George Thomas, and Teena Rajan. Around 25 student volunteers actively participated in the collection and distribution, covering some of the main locations in Trivandrum: East Fort, Thampanoor, Overbridge, Kazhakootam-Bypass, Palayam, Chalai, and Kanakakunnu. The event was a huge success with food packets being immediately distributed to the needy organized

GREEN ELECTION

Date: 2 April 2021

Platform: Instagram

Video Link: <https://www.instagram.com/tv/CNKWRarDT6O/?igshid=1teweunnup61u>

Hours: 1

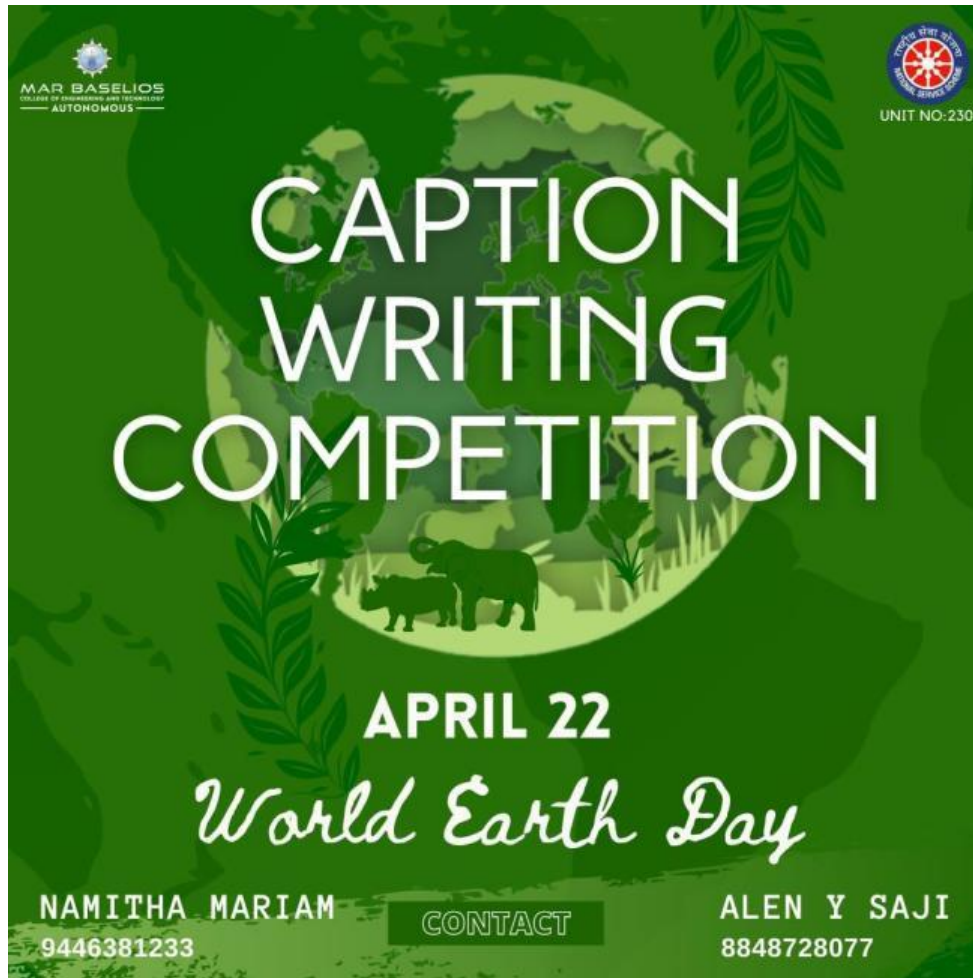
Category: Campus

BeneficiariesVolunteers of NSS MBCET

Outcome: Volunteers found environment-friendly alternatives the government could use in their elections

Highlights: NSS MBCET in connection to the upcoming elections made a video with the help of NSS volunteers for the Suchithwa Mission, District administration. It was made to create awareness about the importance of green elections. The video contained alternatives the government could use in the election to avoid pollution, damage, and destruction to the environment thus maintaining a greener and brighter earth.

CAPTION WRITING COMPETITION



Date: 22 April 2021

Venue: Google form

Hours: 1

Category: Campus

Beneficiaries: The NSS Volunteers of unit 230 of MBCET and participants of the conducted caption writing competition.

Outcome: Students could use their awareness of the current situation of our Earth and come up with creative captions.

Highlights: This competition was organized as a part of World Earth Day (22 April 2021) is to demonstrate support for environmental protection. The Earth Day 2021 theme is Restore Our Earth and features five primary programs: The Canopy Project, Food and Environment, Climate Literacy, the Global Earth Challenge, and The Great Global CleanUp. We encourage participants to come up with innovative captions based on a picture related to Earth Day. The link was open from 9 AM to 9 PM.

BOOK DAY



Date: 23 to 30 April (9 pm) 2021

Venue: Google form

Hours: 2

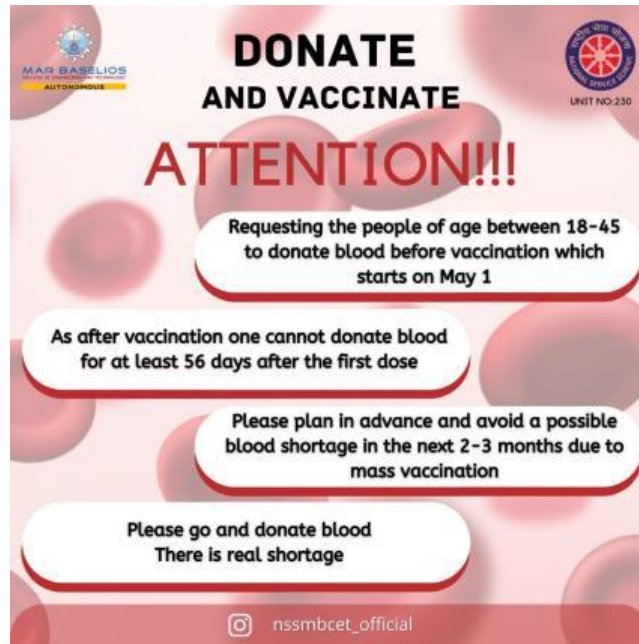
Category: Campus

Beneficiaries: The NSS Volunteers of unit 230 of MBCET and participants of the conducted book review competition.

Outcome: Students could share with our reviews on books that influenced them or the ones that made them inspired

Highlights: In connection to the Book Day, NSS MBCET organized a Book Review competition. Book Day is an annual event organized by United Nations Educational, Scientific and Cultural Organization (UNESCO) to promote reading, publishing, and copyright. We the NSS team created a platform for the students to share their reviews on various books. It was conducted on 23rd April 2021 and the deadline to submit was on 30th April 2021. The winner is entitled to get an E-certificate.

BLOOD DONATION AWARENESS



Date: Before vaccination

Venue: Nearby Hospitals.

Hours: 1

Category: Community

Beneficiaries: Citizens of India

Outcome: Donate Blood, Save Life. Every life is important.

Highlights: In context to the global pandemic every individual is now suffering from, the NSS MBCET team decided to encourage the student volunteers to donate blood. Our health department already notified us about the shortage of blood that would arise when the vaccination for youth between 18 and 45 will start. Once a person is vaccinated he /she can donate blood only after 28 days from taking the 2nd dose. That leads to nearly 2 months of no blood donation from any person in that age group. Considering all these, we tried to spread awareness about the situation among our volunteers.

PAPER BAG INITIATIVE

Date: 22 April 2021 (11.59 pm)

Venue: Make paper bags at home and send them to the volunteer secretary

Hours : 1

Category: Orientation

Beneficiaries: Citizens of India

Outcome: Save Life. Every life is important.

Highlights: In connection to World Earth Day, NSS MBCET conducted a Paper Bag event where all the volunteers were asked to make paper bags, a small step to protect our Mother Earth. Create paper bags with the help of a youtube video <https://youtu.be/M0yZwfiNuUI> as a reference and send them to the volunteer secretary To keep our planet safe and sound, we believe every humorously matter.

MEME WAR



Date: 07 May - 14 May 2021

Venue: Instagram

https://instagram.com/nssmbcet_official?igshid=2lhtm7k

Hours : 2

Category: Community

Beneficiaries: MBCET Volunteers

Outcome: Creative memes which humorously impart awareness about Covid-19.

Highlights: NSS MBCET organized MEME WAR, a meme-making competition with the theme of awareness on Covid 19. This was organized to create awareness about how bad the situation is in a humorous way. These memes will be posted on our Instagram page. The meme can be either in Malayalam or English and shouldn't have any political stance, or offensive words or images. The best meme, the one with the most likes on the Instagram page will be awarded the 1st prize and will be awarded E-certificate.

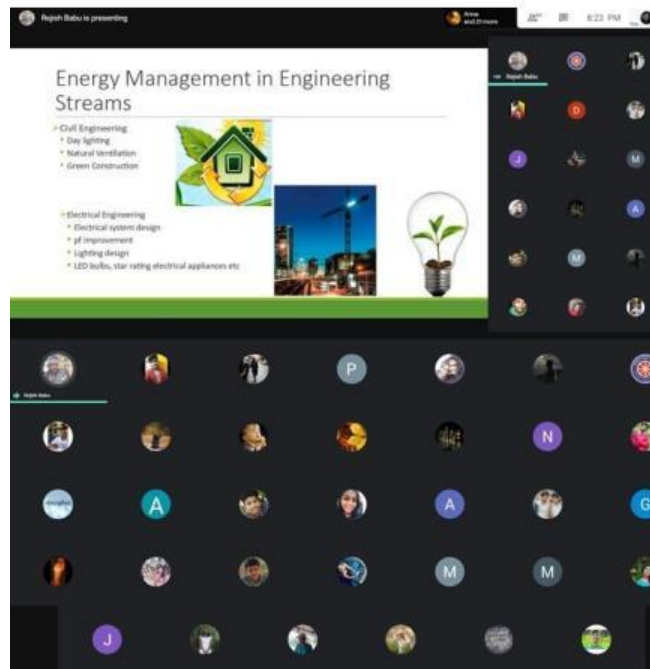
Participants are:

- Liya Anna Jose
Pushpagiri Med.College

- 2020 batch
- Ashique A
Government Engineering College Barton Hill
S6 CE
-

ENERGY AUDIT MEETING

Energy Audit Meeting



Date: 01 May 2021 8 pm - 9.30 pm

Venue: Online (Google Meet)

<https://meet.google.com/wqr-yfxn-tyb>

Hours :2

Category: Registration

Beneficiaries: MBCET Volunteers

Outcome: To create an awareness about Energy Management daily.

Highlights: NSS MBCET organized an Energy Audit Meeting on google meet. Our Rejish Babu sir headed the meeting. He helped us know more about the importance of Energy Management and how much we need to take care of it. We also discussed the energy consumption of various appliances etc. It was a very informative session which will help us further in becoming responsible citizens. Our meeting was successful with the participation of 66 participants.

WEBINAR

The graphic is a purple-themed poster for a two-day webinar. At the top left is the logo for Unit No 230. At the top center, it says 'Join Online FROM 07 PM - 08 PM'. At the top right is the logo for Mar Baselios College of Engineering and Technology, Autonomous. The main title 'MENTAL HEALTH DURING COVID TIMES' is centered in a white box. Below it, a 'JUNE 11TH SPEAKER' box introduces Dr. Unnikrishnan R Nair, a Psychiatrist at the District Mental Health Programme, Trivandrum, who is currently in charge of the psychosocial support team for COVID. A portrait of Dr. Nair is shown to the right. The second day's topic, 'BLACK FUNGUS, ITS SYMPTOMS, PREVENTION AND WHAT TO DO NEXT?', is centered in another white box. Below it, a 'JUNE 12TH SPEAKER' box introduces Dr. Indu P S, Professor and Head of the Department of Community Medicine at Govt Medical College, Thrissur. A portrait of Dr. S is shown to the left.

DAY 1

MENTAL HEALTH DURING COVID TIMES

Date: June 11 2021, Friday (7pm – 8pm)

Venue: Google Meet

Hours : 2

Category: Community

Beneficiaries: The NSS Volunteers of unit 230 of MBCET and participants of the conducted webinar

Outcome: Awareness about the topic “MENTAL HEALTH DURING COVID TIMES”

Highlights: In context to the global pandemic every individual is now suffering from, the NSS MBCET team decided to conduct a webinar on the topic “MENTAL HEALTH DURING

COVID TIMES” taken by Dr. Unnikrishnan R Nair to create awareness about the same.
https://youtu.be/6Jlum_p2m7o link for the recorded session. After the webinar speaker was honored with a memento.



DAY 2

BLACK FUNGUS, ITS SYMPTOMS, PREVENTION, AND WHAT TO DO NEXT?

Date: June 12 2021, Friday (7pm – 8pm)

Venue: Google Meet

Hours : 2

Category: Community


Beneficiaries: The NSS Volunteers of unit 230 of MBCET and participants of the conducted webinar

Outcome: Awareness about the topic “BLACK FUNGUS, ITS SYMPTOMS, PREVENTION AND WHAT TO DO NEXT?”


Highlights: In context to the global pandemic every individual is now suffering from, the NSS MBCET team decided to conduct a webinar on the topic “BLACK FUNGUS, ITS SYMPTOMS, PREVENTION AND WHAT TO DO NEXT?” taken by Dr. Indu P S to create awareness about the same. https://youtu.be/5IleBM_jjWQ link for the recorded session. After the webinar speaker was honored with a memento.



130+ participants...

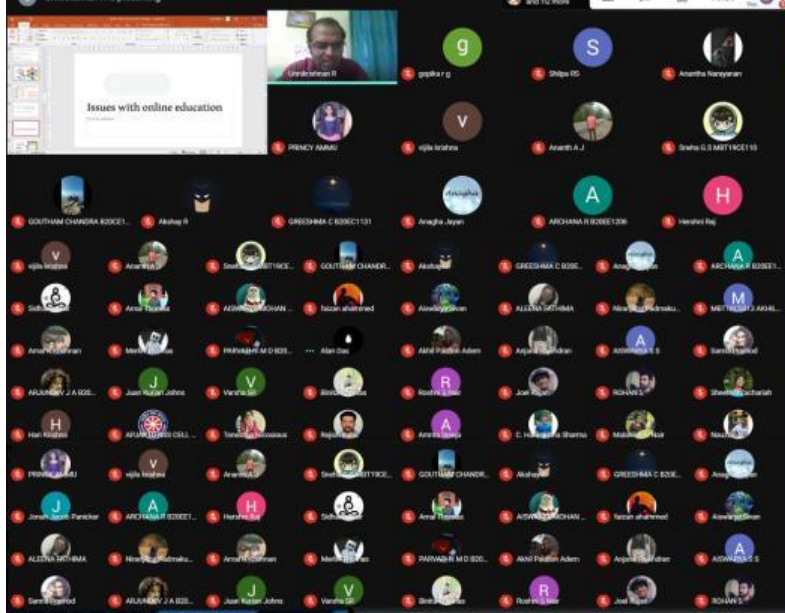


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AUTONOMOUS




UNIT 230

Utkalisharan R is presenting




DAY 1

"MENTAL HEALTH DURING COVID TIMES"



DAY 2

"BLACK FUNGUS, ITS SYMPTOMS, PREVENTION AND WHAT TO DO NEXT?"

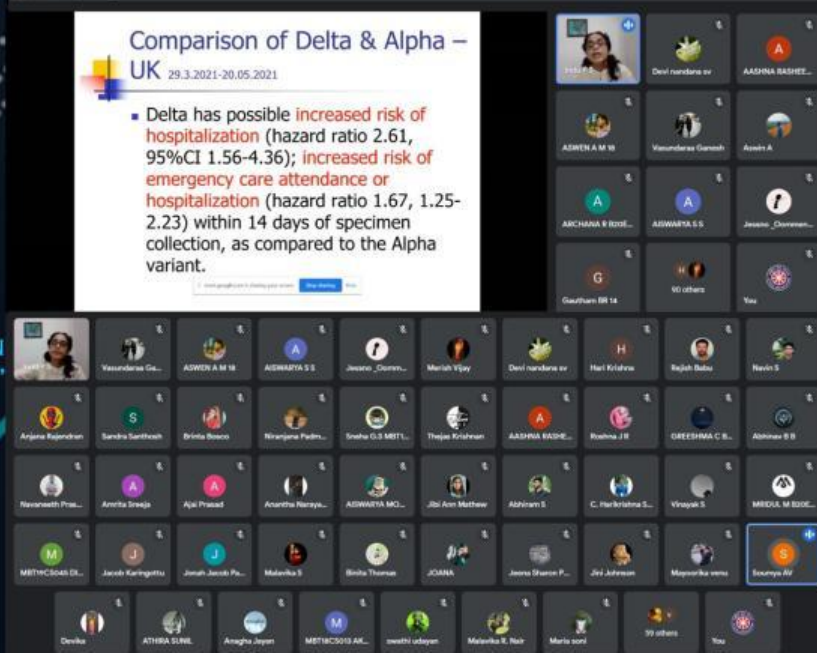


Indu P S is presenting

Comparison of Delta & Alpha – UK

29.3.2021-20.05.2021

- Delta has possible **increased risk of hospitalization** (hazard ratio 2.61, 95%CI 1.56-4.36); **increased risk of emergency care attendance or hospitalization** (hazard ratio 1.67, 1.25-2.23) within 14 days of specimen collection, as compared to the Alpha variant.



CAN ANIMAL AGRICULTURE SPARK THE NEXT PANDEMIC?

The poster features a circular portrait of Sally Varma, a woman with long, dark, curly hair and glasses, smiling. The background is a mix of light and dark brown tones with geometric shapes. At the top left, there are logos for 'MAR BASELIOS COLLEGE OF MANAGEMENT AND TECHNOLOGY AUTONOMOUS', 'HUMANE SOCIETY INTERNATIONAL INDIA', and 'UNIT NO : 230'. The main title 'CAN ANIMAL AGRICULTURE SPARK THE NEXT PANDEMIC?' is written in large, bold letters, with 'AGRICULTURE' and 'NEXT PANDEMIC?' in orange. Below the title, a text box states: 'Conducted by NSS MBCET (Unit No.: 230) in collaboration with Humane Society International/India'. To the right of the portrait, a brown box contains the name 'SALLY VARMA' and her title 'Senior Campaigner East Kind India HSI/India'. At the bottom right, a large brown banner displays the date and time: 'JUNE 5 6PM - 7PM'. On the bottom left, there is a graphic of a white pill and a grid of yellow dots.

Date: June 5 2021, Saturday (6pm – 7pm)

Venue: Google Meet

Hours : 2

Category: Campus

Beneficiaries: The NSS Volunteers of unit 230 of MBCET and participants of the conducted webinar

Outcome: Awareness about the topic “CAN ANIMAL AGRICULTURE SPARK THE NEXT PANDEMIC?”

Highlights: NSS unit 230 in association with Humane Society International organized a webinar on the topic Animal Agriculture could spark the next pandemic. The awareness class was led by Senior Campaigner (Eat Kind India), Humane Society International/India, Ms.Sally Varma.



INTERNATIONAL YOGA DAY



Date: 21 June 2021

Venue: Online (WhatsApp and Instagram)

Hours: poster-making post every humorously-making the 2

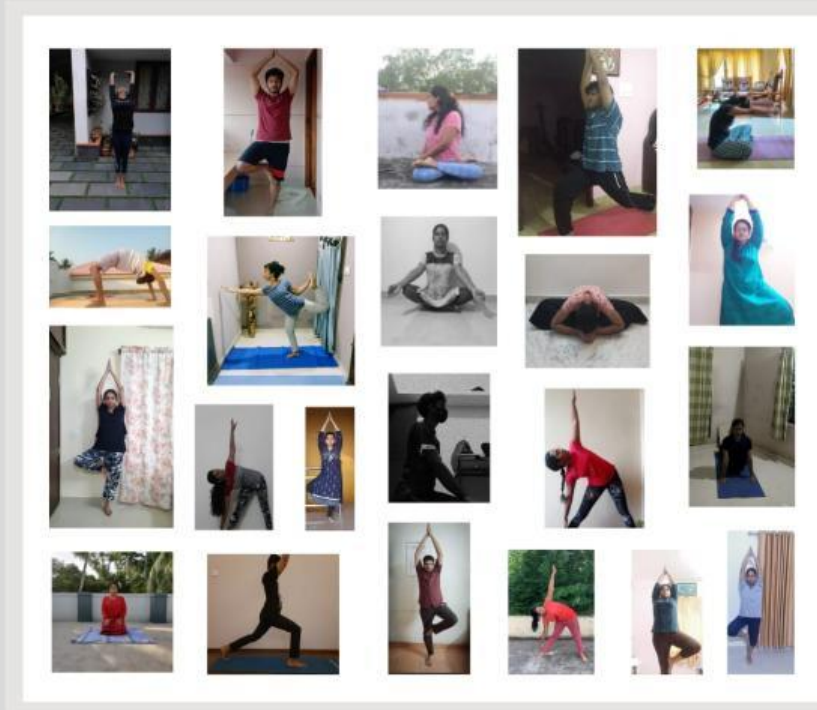
Category: Campus

Beneficiaries: MBCET Volunteers

Outcome: To create an awareness about the importance of yoga in our daily life

Highlights: NSS MBCET organized an event where we asked the NSS volunteers to send pictures and videos of them doing their yoga poses. The main idea behind this event was to create awareness about the importance and need for yoga. It pleases our minds and calms our souls. In this busy world, we found it very important to spread this. We got nearly 25+ pictures and videos of them enthusiastically doing them. We also made a loop video which was posted on our Instagram page also.

NSS MBCET Volunteers on International Yoga Day



HANDMADE POSTER COMPETITION



Date: 27 to 30 May (6 pm) 2021

Venue: Whatsapp

Hours : 1

Category: Community

Beneficiaries: The NSS Volunteers of unit 230 of MBCET and participants of the conducted poster making competition.

Outcome: Students presented their creative ideas to bring a strong message to public against smoking

Highlights: In connection to World Anti-Tobacco Day on 31st May NSS MBCET conducted a poster making competition where all the participants are asked to make posters. Participants are encouraged to combine their creativity and ideas to give a strong message through posters to the public against cigarette smoking. Participants are required to send the posters to volunteer secretary for judgment. The winner will be awarded an E-certificate. Through this activity awareness against smoking was created by all the NSS volunteers.

GREEN ELECTION



Date 2nd April 2021

Venue: MBCET College

Hours : 3

Category: Campus

Beneficiaries : Volunteers of NSS MBCET

Outcome: NSS volunteers to understand the importance of green election

Highlights: Some of our NSS volunteers done a video about the importance of the green election and how to do it in reality. Let us join hands and do our little parts by abiding by the rules of green protocol during the election and thereby not harming nature. The video is uploaded on Instagram.

Link: https://www.instagram.com/tv/CNKWRarDT6O/?utm_medium=copy_link