



# STELLA MATUTINA COLLEGE OF EDUCATION (AUTONOMOUS)

Re-Accredited (4<sup>th</sup>Cycle) by NAAC at 'A' Grade

Ashok Nagar, Chennai – 600 083

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## 6.5.3 List Of Quality Initiatives Undertaken by IQAC And Other Quality Mechanism - Link

### INTERNATIONAL MIND BODY WELLNESS DAY

<b>DATE</b>	<b>03.01.2023</b>
<b>TIME</b>	<b>09.15AM-09.30AM</b>
<b>VENUE</b>	<b>LOURDES HALL, SMCE</b>
<b>ORGANIZER</b>	<b>Mrs. J. Rubina, NSS Coordinator of SMCE</b>
<b>NO OF PARTICIPANTS INVOLVED</b>	<b>360</b>

The theme of this day is to celebrate

#### **How a healthy mind and emotions lead to a healthy body**

The Mind-body connection is the link between a person's thoughts, attitudes, behaviours, and physical health.

NSS volunteers of SMCE gathered in Lourdes Hall at 09.15 AM. The day started with a prayer. The introduction about the day was given by one of our NSS volunteer. Meditation was conducted for both 1<sup>st</sup> year and 2<sup>nd</sup> year Volunteers to impact their mental, emotional, and physical well-being. We all took health affirmation on that day regarding our mind-body wellness.

## BROCHURE



**STELLA MATUTINA COLLEGE OF EDUCATION**  
Autonomous  
Re-Accredited By NAAC at 'A' Grade  
Ashok Nagar - Chennai

**TIMINGS: 9.15AM**



*International Mind  
Wellness Day*



*January 03, 2020*

## HEALTH AFFIRMATIONS

# health affirmations

- I am healthy and full of energy
- Healthy, vibrant energy flows through my body naturally
- I easily attract good and positive energy to my mind, body, and soul
- The Universe helps me achieve my goals of health and wellness
- I enjoy existing in a natural state of health
- I welcome positive and healthy energy with open arms
- Every day is an opportunity to embrace my health of energy and well being

## Pledge and Seminar on Healthy Body and Mind



### FEEDBACK:

NSS volunteers of SMCE resolved to promote the importance of taking care of our physical and mental health.

## PONGAL CELEBRATION

<b>DATE</b>	<b>08.01.2023</b>
<b>TIME</b>	<b>07.00 AM-1.30 PM</b>
<b>VENUE</b>	<b>YMCA COLLEGE OF PHYSICAL EDUCATION</b>
<b>ORGANIZER</b>	<b>NSS UNIT OF SMCE</b>
<b>NO OF PARTICIPANTS INVOLVED</b>	<b>67</b>

NSS Volunteers of the SMCE went to the YMCA College of Physical Education to celebrate Thai Pongal, Thamizhar Sangamam. The first session began at 07.00 AM to raise awareness of the Thai Pongal Tamil Green Earth Walk, followed by a talk on Thai Pongal by Mr. Snehan at 08.00 AM. Then YMCA College provided breakfast to our NSS Volunteers. Then they distributed 1000 Pongal pots along with a Pongal kit. Everyone enjoyed keeping Pongal at the YMCA grounds. In between, NSS Volunteers of SMCE performed kummi dances, and Renuka from the Maths Department performed a Silambam.

We all enjoyed Indian folk dances such as Poikkaal Kuthirai Attam, Parai Attam, Karakattam, and Kolattam at 10.00 AM. Finally, at 1.00 pm, the YMCA College provided us with a lunch and saree as a gift to NSS Volunteers. Also, we received free plant samples. We went home at 01.30 PM.

### Pongal Celebration with Thamizhar Sangam





## **FEEDBACK:**

Attending the rally in the morning was very refreshing and the Pongal celebration was filled with the joy of dancing with friends the experience of cooking Pongal on the ground was an everlasting memory

## NATIONAL HUMAN TRAFFICKING AWARENESS DAY

<b>DATE</b>	<b>11.01.2023</b>
<b>TIME</b>	<b>9.15-9.30 AM</b>
<b>VENUE</b>	<b>Lourdes Hall,SMCE</b>
<b>ORGANIZER</b>	<b>Mrs J.Rubina,NSS coordinator of SMCE</b>
<b>NO OF PARTICIPANTS INVOLVED</b>	<b>360</b>

The theme of National Human Trafficking Awareness Day is to wear blue to raise awareness. Every year, the United Nations Office on Drugs and Crime estimates that the majority of people are trafficked from Asia to Europe.



NSS volunteers of SMCE gathered in Lourdes Hall at 09.15 AM. The day started with a lord's prayer. The introduction about the day was given by one of our NSS volunteers. A pledge was taken by all the volunteers and faculties to instill the notion of acting on the Human Trafficking Issue.

**STELLA MATUTINA COLLEGE OF EDUCATION**  
**Autonomous**  
Re-Accredited By NAAC at 'A' grade with  
CGPA : 3.48  
Ashok Nagar, Chennai - 600 083

**DATE :**  
**11.01.2023**

**TIME :**  
**09:15 AM**

**Celebrates...**

**National**  
**HUMAN**  
**TRAFFICKING**  
Awareness Day  
January 11

**PATRON :**  
**REV.SR.PAULINE MARY,**  
**SECRETARY**

**CONVENER :**  
**DR.JOSEPH CATHERINE,**  
**PRINCIPAL**



## **FEEDBACK:**

It raises awareness about the condition of human trafficking victims, as well as to promote and safeguard their rights.

## INTERNATIONAL DAY OF ACCEPTANCE

<b>DATE</b>	<b>20.01.2023</b>
<b>TIME</b>	<b>09.15AM-09.30AM</b>
<b>VENUE</b>	<b>LOURDES HALL, SMCE</b>
<b>NO OF PARTICIPANTS INVOLVED</b>	<b>360</b>

Acceptance is created from an Empowered movement that Educates others to Embrace diversity and Love Life by seeing beyond abilities.



NSS volunteers of SMCE assembled in Lourdes Hall at 09.15 AM. The day started with a lord's prayer. A skit was enacted by a group to display the difficulties faced by physically challenged and visually impaired people and to show how a developed society should treat them equally.

A poster for an event at Stella Matutina College of Education. At the top left is the college's logo, a yellow shield with a red cross and a white figure. To the right of the logo, the text reads: "STELLA MATUTINA COLLEGE OF EDUCATION Autonomous Re-Accredited By NAAC at 'A' grade with CGPA : 3.48 Ashok Nagar, Chennai - 600 083". Below this, the date "DATE : 20.01.2023" and time "TIME : 09:15 AM" are listed. The central text says "Celebrates..." followed by a large graphic that reads "EMBRACE DIVERSITY JAN 20<sup>TH</sup> INTERNATIONAL DAY OF ACCEPTANCE". The graphic includes a blue and white wheelchair icon. At the bottom, the patron is listed as "PATRON : REV. SR. PAULINE MARY, SECRETARY" and the convener as "CONVENER : DR. JOSEPH CATHERINE, PRINCIPAL".



## Embracing Diversity

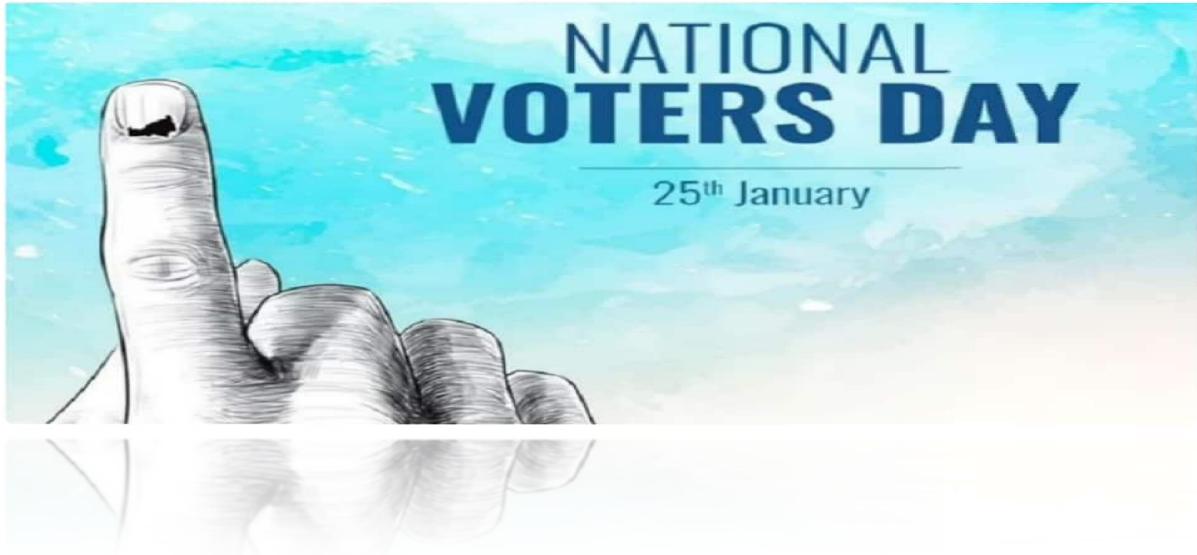


### FEEDBACK:

This skit encourages and motivates a more inclusive world for people with disabilities

## NATIONAL VOTERS DAY

DATE	25.01.2023
TIME	9.30 AM
ORGANIZER	Mrs.J.Rubina,NSS Coordinator of SMCE
NUMBER OF PARTICIPANTS	368
VENUE	Lourdes Hall



NSS unit of SMCE Celebrated National Voters Day on 25th January. This day has been celebrated to encourage more young voters to take part in the political process. The day started with a Lord's prayer. A speech was given on this special day and later every student was made to take up an oath to be a responsible person.

## BROCHURE

A brochure for National Voters Day 2023. It features the Stella Matutina College logo on the left. The text reads: "STELLA MATUTINA COLLEGE OF EDUCATION AUTONOMOUS RE-ACCREDITED BY NAAC AT 'A' GRADE WITH CGPA 3.48 ASHOK NAGAR CHENNAI-600 083." Below this, it states "DATE : 25.01.2023" and "TIME : 9.30AM". The central image shows a hand pointing to a ballot box with the text "National Voters Day 2023". Below the image is the slogan "' Nothing like Voting, I Vote for Sure'". At the bottom, it lists the Patron as "REV.SR.PAULINE MARY, SECRETARY." and the Convener as "DR.JOSEPH CATHERINE, PRINCIPAL."/>

**STELLA MATUTINA COLLEGE**  
COLLEGE OF EDUCATION  
AUTONOMOUS  
RE-ACCREDITED BY NAAC  
AT 'A' GRADE WITH CGPA 3.48  
ASHOK NAGAR  
CHENNAI-600 083.

DATE : 25.01.2023      TIME : 9.30AM

**National Voters Day 2023**

**' Nothing like Voting,  
I Vote for Sure'**

PATRON  
REV.SR.PAULINE MARY,  
SECRETARY.

CONVENER  
DR.JOSEPH CATHERINE,  
PRINCIPAL.

## Pledge and Lecture on National Voters Day



### FEEDBACK:

It made the students to know the importance of voting in society.

## REPUBLIC DAY

<b>DATE</b>	<b>26.01.2023</b>
<b>TIME</b>	<b>7.30 AM- 11.30 AM</b>
<b>VENUE</b>	<b>TAMILNADU TEACHERS EDUCATION UNIVERSITY, KARAPAKKAM and STELLA MATUTINA COLLEGE</b>
<b>RESOURCE PERSON</b>	<b>B.Karthikeyan, The Secretary to Government Law Department</b>
<b>NO OF PARTICIPANTS INVOLVED</b>	<b>05/ 180</b>

NSS volunteers of SMCE gathered on the college grounds at 7.30 AM. Our college secretary Rev.Sr.Pauline Mary hoisting the flag at 7.40 AM. Then the staff members and NSS volunteers of SMCE went to the TNTEU at 8.20 AM. The program starts at 9.00 AM and it was addressed by Mr.B.Karthikeyan, The Secretary to the Government Law Department, and felicitated by Dr.P.Natesan, Chairman and Correspondent of Arasu COE for Women, and Prof.P.Ganesan, COE of TNTEU. NSS Volunteers of SMCE all participated in the cultural programme on account of the 74<sup>th</sup> Republic Day conducted by the NSS unit of TNTEU. Following that TNTEU has awarded SMCE as the Best NSS Unit, Chennai Region in recognition of involvement in organizing NSS activities during the academic year 2021-2022 and also awarded to Dr.J.Jain Shanthini, Dean of Student Affairs(SMCE) and Mrs.J.Rubina, Assistant professor of Psychology(SMCE) as the Best NSS Programme Officers. Then the program ends with a National Anthem.

Republic was also celebrated in the College Campus. 150 students participated in the programme.

The image shows an invitation card for the 74th Republic Day celebration. The card is yellow with a decorative border. At the top, it features the logos of the Tamil Nadu Teachers Education University (TNTEU) and the National Service Scheme (NSS). The text reads: "TAMIL NADU TEACHERS EDUCATION UNIVERSITY NATIONAL SERVICE SCHEME". Below this, it says "Cordially invites you to Celebrate 74<sup>th</sup> Republic Day". The venue is "TNTEU campus" and the date is "26-01-2023, 8.00AM". In the center, there is a graphic with the text "26 JANUARY AN INDESA REPUBLIC DAY". Below the graphic, the "PROGRAMME SCHEDULE" is listed: "THAMIZH THAI VAZHITHU", "WELCOME ADDRESS : Prof.M.SOUNDARARAJAN, Registrar i/c, TNTEU", "FLAG HOISTING", "FLAG SONG", "PARADE", "PRESIDENTIAL ADDRESS : Thiru.B.KARTHIKEYAN, (The Secretary to Government(Legal Affairs) Law Department, Secretariat, Chennai)", "FELICITATION : Dr.P.NATESAN, (Sub-Committee member & Member Syndicate, TNTEU) Chairman & Correspondent, Arasu COE for Women.", "CULTURAL PROGRAMME", "PRIZE DISTRIBUTION", "VOTE OF THANKS : Prof.P.GANESAN, Controller of Examinations i/c, TNTEU", "Prof.P.C.NAGA SUBRAMANI, NSS Co-ordinator, TNTEU", and "NATIONAL ANTHEM".

## Republic Day Celebration



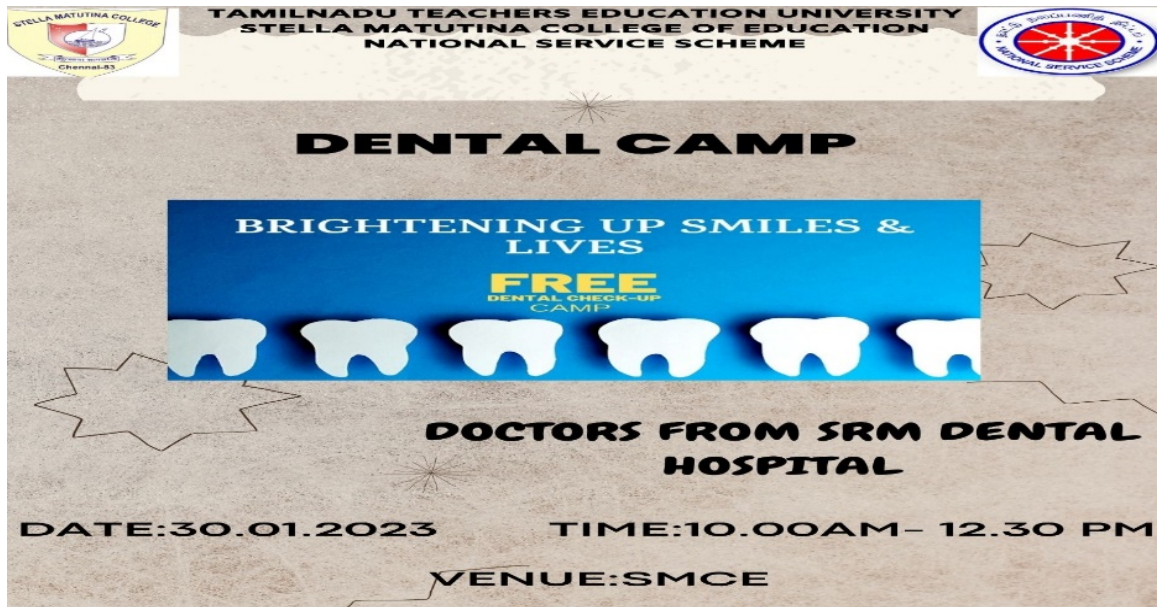
## FEEDBACK

- The program was well organized and our students had a very good experience participating and interacting with other college students.
- It was an immense pleasure that we have got an opportunity to perform at the university. On that occasional event, the dance was colorfully created by our patriotic song.

## DENTAL CAMP

<b>DATE</b>	<b>30.01.2023</b>
<b>TIME</b>	<b>10.00AM-12.30 PM</b>
<b>VENUE</b>	<b>SMCE</b>
<b>ORGANIZER</b>	<b>Mrs.J.Rubina, NSS Coordinator of SMCE</b>
<b>NO OF PARTICIPANTS INVOLVED</b>	<b>182</b>

The NSS unit of SMCE arranged the dental camp for the 1<sup>st</sup> year students and collaborated with SRM Dental College. The Doctors of SRM Dental College came to our college at 10.00 AM for their internship purpose. They checked our students and gave some tips about dental health to them. Also, they gave a lecture about the importance of keeping our mouths and teeth clean to our students. Then the dental camp ended at 12.30 PM. The next day, NSS volunteers of SMCE went to SRM Dental College, visited the places and cleaned our oral.



**FEEDBACK:**

Everybody in this machine world, are not able to make time to check their dental health and keep track of it. Thus this camp made that happen and gave an insight about our dental health.

## INTERNATIONAL DAY OF ZERO TOLERANCE FOR FEMALE GENITAL MUTILATION

<b>DATE</b>	<b>06.02.2023</b>
<b>TIME</b>	<b>9.15-9.30 AM</b>
<b>VENUE</b>	<b>Lourdes Hall, SMCE</b>
<b>ORGANIZER</b>	<b>Mrs J Rubina, NSS Coordinator of SMCE</b>
<b>NO OF PARTICIPANTS INVOLVED</b>	<b>360</b>

The theme of the 2023 commemorations is “Partnership with Men and Boys to Transform Social and Gender Norms to End Female Genital Mutilation”.



NSS volunteers of SMCE gathered in Lourdes Hall at 09.15 AM. The day started with a lord's prayer. The introduction about the day was given by one of our NSS volunteer. Also, a video was played to the students to know about the day.

**STELLA MATUTINA COLLEGE**  
RE-ACCREDITED BY NAAC  
AT 'A' GRADE WITH CGPA 3.48  
ASHOK NAGAR CHENNAI-600 083

**DATE: 06.02.2023** **TIME: 9.30AM**

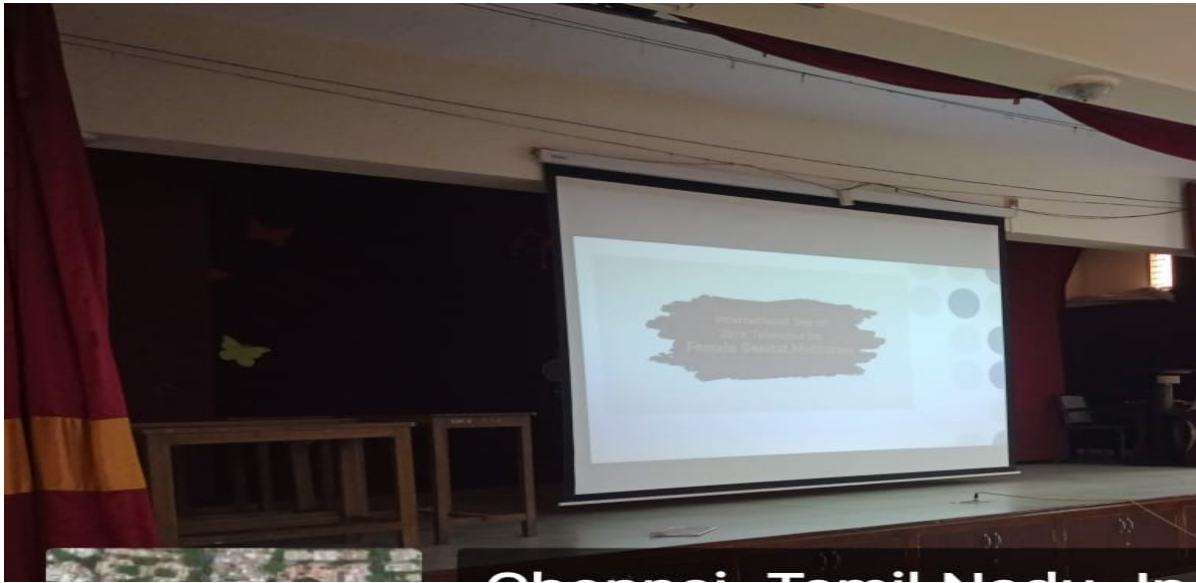
**International Day of Zero Tolerance to Female Genital Mutilation**

**PATRON**  
**REV. SR. PAULINE MARY,**  
**SECRETARY.**

**CONVENER**  
**DR. JOSEPH CATHERINE,**  
**PRINCIPAL.**



## Gender Sensitisation



### FEEDBACK

It gives us *awareness about the negative impact of FGM on girls and women* and mobilizes support for the elimination of the practice

## CLEANUP DRIVE

<b>DATE</b>	<b>IN THE MONTH OF FEBRUARY</b>
<b>ORGANIZER</b>	<b>Mrs.J.Rubina, NSS Coordinator of SMCE</b>
<b>NUMBER OF PARTICIPANTS INVOLVED</b>	<b>368</b>

NSS Volunteers of SMCE planned for the Cleanup drive along with Bhumi NGO. So, we were all divided among ourselves and went to nearby places like Shivan Park, Corporation Park, Bobbli Raja Salai Park, St Mathews Church, Beach, Railway station, etc., in February. All must get the participation certification from the Bhumi NGO organization.



STELLA MATUTINA COLLEGE OF EDUCATION  
ASHOK NAGAR, CHENNAI-83

**NATIONAL SERVICE SCHEME  
WITH  
BHUMI NGO  
CLEAN UP DRIVE**

In the month of february

**REGISTRATION LINK:**  
<https://bhumi.ngo/events/upcyclingmonth>

**Patron**  
Rev. Sr. Pauline Mary  
Secretary

**Convenor**  
Dr. Mrs. Joseph catherine  
Principal

**NSS Program Officers**  
Dr. Mrs. J.Jain Shanthini  
Mrs. J.Rubina



**CERTIFICATE OF PARTICIPATION**

PRESENTED TO  
**RUBIKA R**

FOR PARTICIPATING IN "CLEAN UP DRIVE" AS PART OF  
"BHUMI'S UPCYCLING MONTH CAMPAIGN HELD IN THE MONTH OF FEBRUARY-MARCH, 2023"

*K.P. Prabhakaran*  
**PRABHAKARAN KARUNAMOORTHI**  
ASSOCIATE DIRECTOR - CATALYSE, BHUMI

BHUMI IS ONE OF INDIA'S LARGEST NON-PROFIT VOLUNTEER ORGANISATIONS  
ENABLING THOUSANDS ACROSS INDIA TO VOLUNTEER FOR EDUCATION AND CIVIC ISSUES

## Clean Up Drive



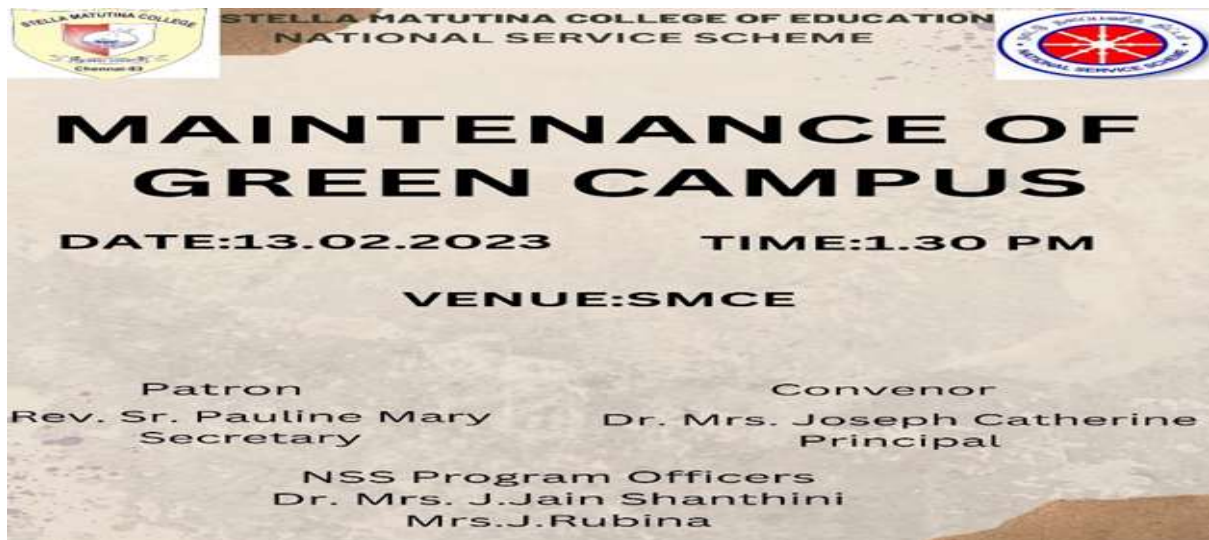
## FEEDBACK

It builds environmental stewardship and teaches us the importance of reducing, reusing, and recycling to decrease the amount of waste we produce. The volunteers enjoyed thoroughly cleaning the public places.

## MAINTENANCE OF GREEN CAMPUS

<b>DATE</b>	<b>13.02.2023</b>
<b>TIME</b>	<b>1.30 PM</b>
<b>VENUE</b>	<b>SMCE</b>
<b>ORGANIZER</b>	<b>Mrs J Rubina,NSS Coordinator of SMCE</b>
<b>NUMBER OF PARTICIPANTS INVOLVED</b>	<b>05</b>

A Green Campus is a place where environmentally friendly practices and education combine to promote sustainable and eco-friendly practices. NSS unit of SMCE planned for maintenance of green campus on 13.02.2023. For that NSS volunteers of SMCE brought the samplings to the college and kept them in the college places and also talked about the importance of a green campus



### Eco friendly Campus



**FEEDBACK:**

NSS Volunteers were all very happy to plant the samplings in the college

## BIRD FEEDING

<b>DATE</b>	<b>In the month of february</b>
<b>ORGANIZER</b>	<b>Mrs J Rubina,NSS Coordinator of SMCE</b>
<b>NUMBER OF PARTICIPANTS INVOLVED</b>	<b>80</b>

Bird feeding is the activity of feeding wild birds, often using bird feeders. It can help provide a safe environment for birds to easily access a food source, water, and habitat. The NSS unit of SMCE planned for bird feeding along with Bhumi NGO. NSS volunteers of SMCE gave food, water, etc to the birds in the home and also to the roadside birds.



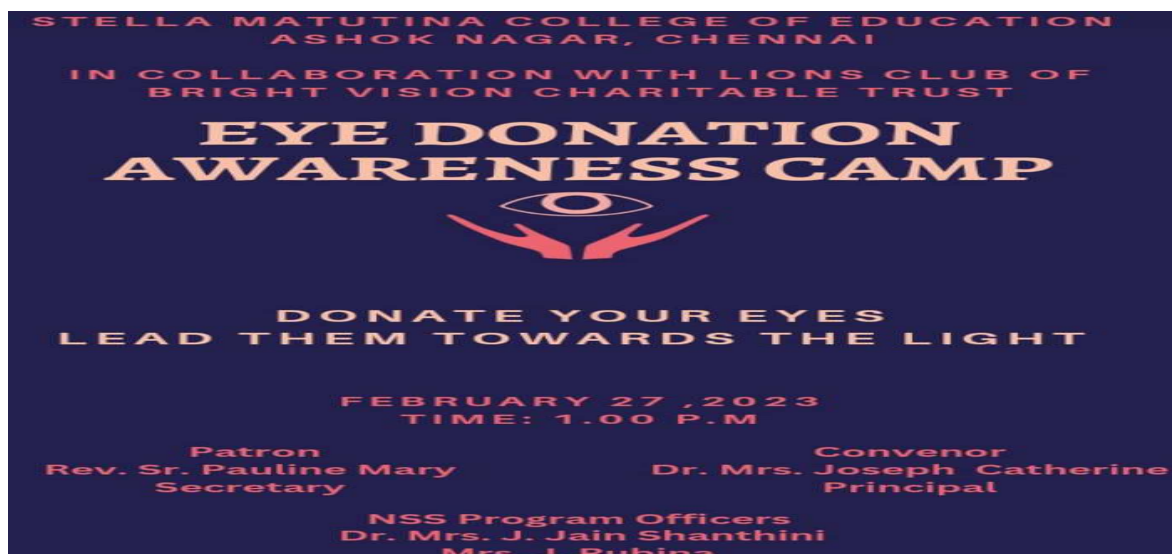
### FEEDBACK:

Feeding birds leads to 'happy and generous' feelings for our volunteers

## EYE DONATION AWARENESS

<b>DATE</b>	<b>27.02.2023</b>
<b>TIME</b>	<b>01.00-03.15 PM</b>
<b>ORGANIZER</b>	<b>Mrs. J.Rubina, NSS Coordinator of SMCE</b>
<b>NO. OF STUDENTS INVOLVED</b>	<b>158</b>
<b>NO. OF STAFF INVOLVED</b>	<b>3</b>
<b>VENUE</b>	<b>LOURDES HALL</b>

The session started by introducing the chief guest, Dr. Ganesh, a well-known eye specialist. The introduction was given by Dr. J. Jain Shanthini. It was followed by the lecture given by the chief guest. He started the lecture by explaining the structure of the eye and the functions of various parts of the eye. It was followed by a quiz, where a question was asked by Dr. Ganesh and the first one who answered correctly was provided with a gift. Furthermore, he talked about the significance and procedure of eye donation with the help of a few video clips. At the end of the lecture, 4 students gave feedback on the lecture. The program came to an end with the Vote of Thanks proposed by Christy Jacqueline.





## **FEEDBACK**

This gave us a deep understanding of the procedures followed in eye donation and also it helped us to gain knowledge about the steps that have to be properly followed for a successful eye donation.

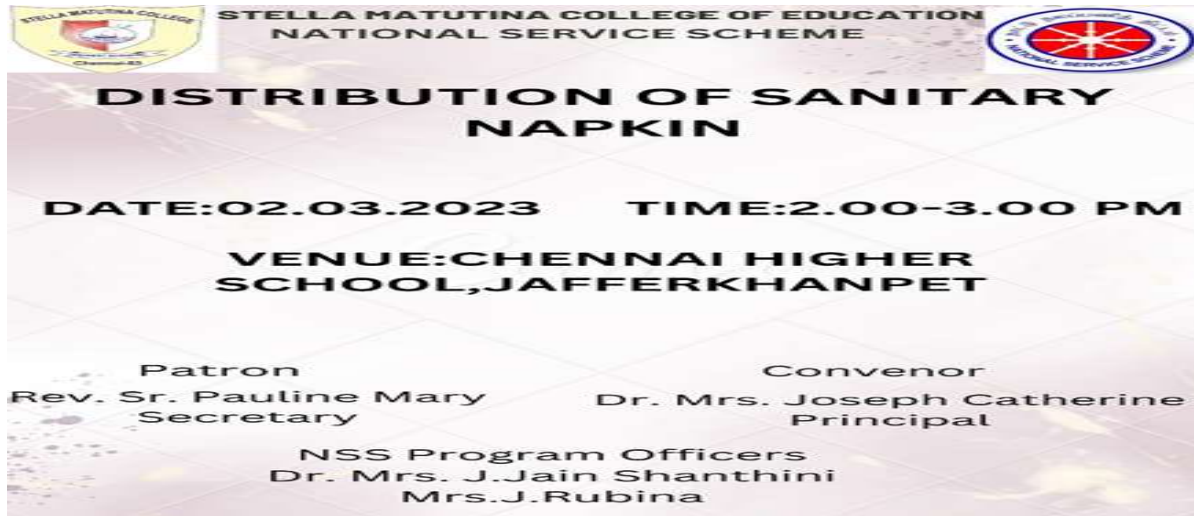


## DISTRIBUTION OF SANITARY NAPKIN

<b>DATE</b>	<b>02.03.2023</b>
<b>TIME</b>	<b>2-3 PM</b>
<b>VENUE</b>	<b>Chennai Higher School, Jafferkhanpet, Chennai - 600083</b>
<b>ORGANIZER</b>	<b>Mrs. J.Rubina,NSS Coordinator of SMCE</b>
<b>NO OF PARTICIPANTS INVOLVED</b>	<b>12</b>

The NSS Unit of Stella Matutina College for Education visited the Chennai Higher School, Jafferkhanpet, Chennai - 600 083. In honour of Women's Day, which was celebrated that week. The coordinator for the Stella Matutina College of Education, met with the principal of Chennai Higher School and volunteers of the NSS presented the principal with sanitary napkins for the school students.

This activity is intended to raise awareness for young girls who miss school during their periods to deal with their menstrual cycle. This serviette distribution is intended to assist deserving women in maintaining basic menstrual hygiene.





### **FEEDBACK:**

NSS volunteers were very happy to distribute napkins because it is the essential thing for girls.

## WEIGHT LOSS DIETS-HOW IT'S AFFECTING THE NUTRITION OF THE YOUNGSTERS

<b>DATE</b>	<b>03.03.2023</b>
<b>TIME</b>	<b>1.15-2.15 PM</b>
<b>ORGANIZER</b>	<b>Mrs. J. Rubina, NSS Coordinator</b>
<b>NO OF PARTICIPANTS INVOLVED</b>	<b>165</b>
<b>VENUE</b>	<b>Lourdes Hall,SMCE</b>
<b>RESOURCE PERSON</b>	<b>N. Vijayashree M.Sc.,M.Phil.,Rd Head and Chief dietitian, MGM Health care,Chennai</b>

NSS Unit of Stella Matutina College of Education conducted a session about weight loss diets-How they affect the nutrition of youngsters. The program starts at 1.15 PM. N. Vijayashree Head and chief dietitian from MGM Health Care was the resource person for this session. She started her talk with a question arose in “The Times of India” that “How many do you want to become healthy, thin, slim and good”. She talked about nutritional deficiency in Indian women, which is the current problem among women, and how to improve it. She also spoke about healthy eating, the importance of a balanced diet, how to manage stress and solve real-life problems without affecting health. Finally, she ends her talk with how to live a happy life. The program ended at 2.15 PM.



**STELLA MATUTINA COLLEGE OF EDUCATION  
ASHOK NAGAR, CHENNAI-83**



**NATIONAL SERVICE  
SCHEME**

**A Session on:  
Weight loss diets-How it's affecting the  
nutrition of the youngsters**

**Speaker:**  
**N.VIJAYASHREE M.Sc.,M.Phil.,Rd  
Head & Chief dietitian,  
MGM Health care,Chennai**



**03.03.2023  
1.15 -2.15 PM**



**Balance Diet &  
Healthy Living**

**Patron**  
Rev. Sr. Pauline Mary  
Secretary

**Convenor**  
Dr. Mrs. Joseph catherine  
Principal

**NSS Program Officers**  
Dr. Mrs. J.Jain Shanthini  
Mrs.J.Rubina

**N.VIJAYASHREE,**  
M.Sc.,M.Phil.,RD  
Head & Chief Dietitian ,  
MGM Healthcare,Chennai



**16 years of experience in clinical Nutrition.**  
Life Member and Executive committee member – IAPEN  
India, Chennai Chapter.  
Life Member of ESPEN & IDA

**SPECIALISATION**

- ✓ Critically Care and Surgical care Nutritionist
- ✓ Organ transplantation Nutritionist
- ✓ Metabolic Syndrome, Renal Nutrition, Cancer and pulmonary Nutritionist
- ✓ Geriatric & Pediatric Nutritionist
- ✓ Enteral Nutrition & Parenteral Nutrition care

**PRESENTATIONS & PUBLICATIONS**

- ✓ Organised 13 National and International Conferences in Clinical Nutrition
- ✓ 5 Publications in International Journals, Author of 2 Books
- ✓ 10 National Publications
- ✓ 15 Research Papers
- ✓ Regular programmes in Radio and many articles
- ✓ Presented many Corporate Nutrition Awareness Talks



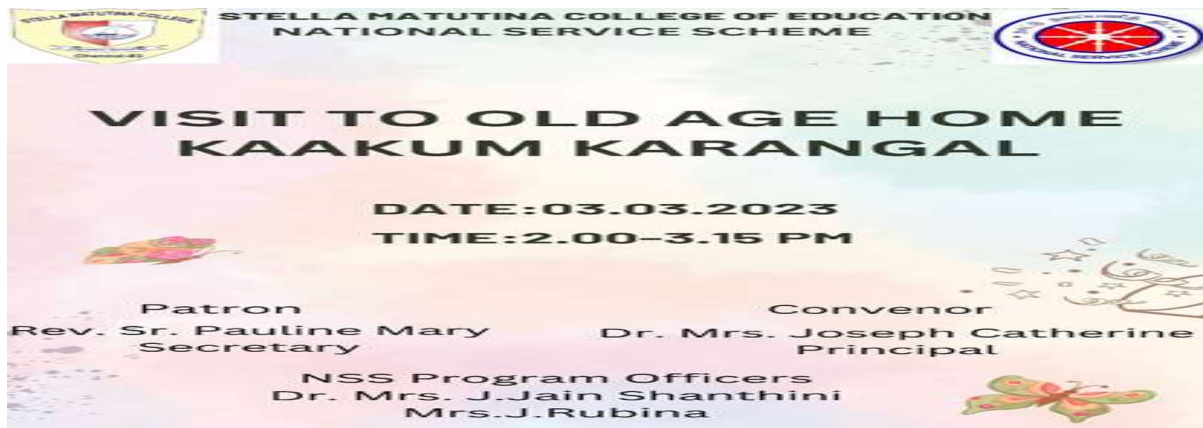
**FEEDBACK**

We enjoyed sessions with my Dietitian a lot and appreciate the knowledge she has and the help she gave me to look at things more healthily.

## VISIT TO OLD AGE HOME

<b>DATE</b>	<b>03.03.2023</b>
<b>TIME</b>	<b>2-3.15 PM</b>
<b>VENUE</b>	<b>KAAKUM KARANGAL</b>
<b>ORGANIZER</b>	<b>Mrs. J.Rubina, NSS Coordinator of SMCE</b>
<b>NO OF PARTICIPANTS INVOLVED</b>	<b>20</b>

The NSS Unit of Stella Matutina College of Education visited 'Kaakum Karangal ' an old age home located at West Mambalam around 2 pm. We distributed the grocery items which was donated by both 1<sup>st</sup> and 2<sup>nd</sup> year of NSS volunteers to the elderly women. The home consisted of around 45 old and innocent faces. We had a discussion on a one-to-one basis with the grannies about their health conditions, daily routine, and the quality of food provided. An elderly woman among them danced to entertain us. The members of NSS also joined in the dance and provided enjoyment to everyone. Finally, all of us sprayed together for good health and bid our goodbyes.



## Care for Elders



### FEEDBACK:

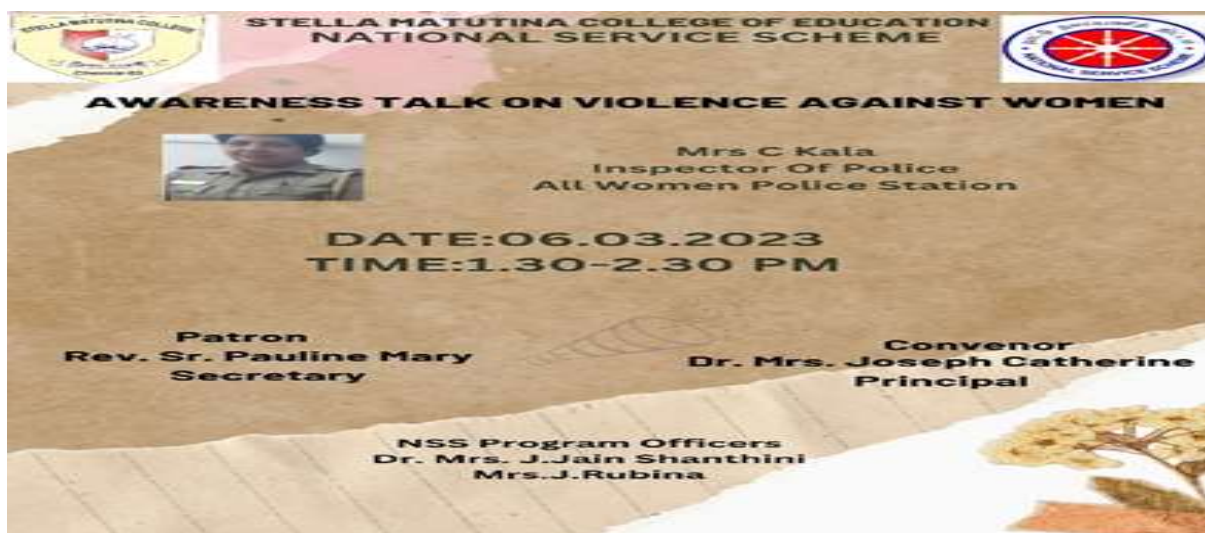
NSS Volunteers felt very happy and overwhelmed by visiting the place and the time spent with the people

## AWARENESS TALK ON VIOLENCE AGAINST WOMEN

<b>DATE</b>	<b>06.03.2023</b>
<b>TIME</b>	<b>1.30 -2.30 PM</b>
<b>VENUE</b>	<b>Lourdes Hall, SMCE</b>
<b>ORGANIZER</b>	<b>Mrs. J.Rubina, NSS Coordinator</b>
<b>NO OF PARTICIPANTS INVOLVED</b>	<b>369</b>
<b>RESOURCE PERSON</b>	<b>Mrs. C. Kala, Inspector of Police of All women police station</b>

The NSS Unit of Stella Matutina College of Education organized an awareness talk on violence against women on March 6<sup>th</sup>, 2023. One of our NSS volunteers gave a welcome speech for the Chief Guest Mrs C. KALA, [Inspector of Police of All Women Police Station], a vibrant women police officer and social reformer in Chennai, and was invited as the day's chief guest. She began her speech by quoting famous Tamil poets who have said things about women's empowerment, such as. "Mangayarai pirapatharkae nala mathavam seithidal vendum amma". Her strong words inspired and encouraged the audience.

Then she shared many firsthand accounts of child abuse in this society, as well as the procedures to be followed to rescue a child from abuse. She emphasized the importance of the teacher's role in it. It was a truly eye-opening experience for the student teachers. Following the interactive session, she encouraged us to download the SOS Kavalan app, which is currently being used as a technical tool for women's safety in Chennai. The event came to an end with a vote of thanks





**FEEDBACK:**

This speech gave awareness to the volunteers about how the child or women must be safe.

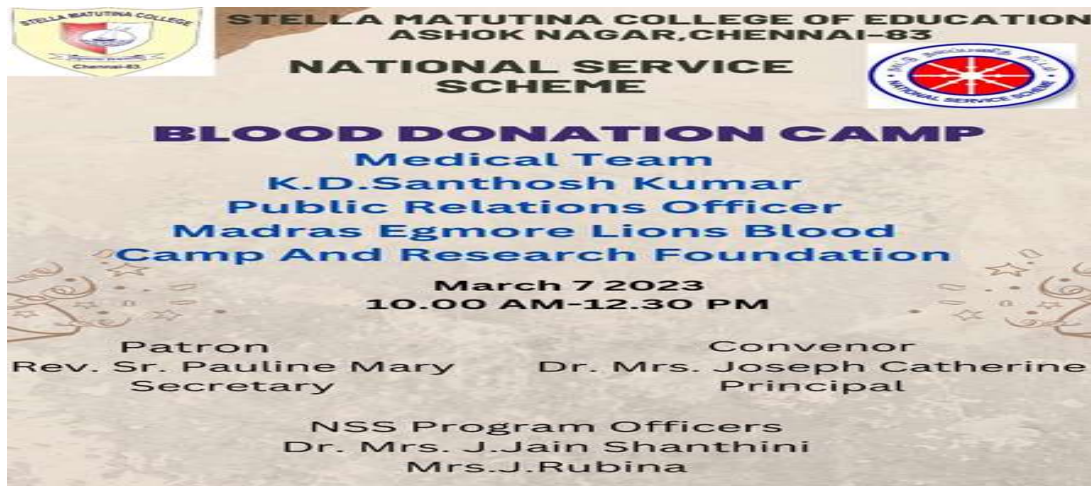


## BLOOD DONATION CAMPAIGN

<b>DATE</b>	<b>07.03.2023</b>
<b>TIME</b>	<b>10.00 AM- 12.00 PM</b>
<b>VENUE</b>	<b>Lourdes Hall</b>
<b>ORGANIZER</b>	<b>Mrs Rubina ,NSS Coordinator of SMCE</b>
<b>NO OF STUDENTS PARTICIPATED</b>	<b>75</b>

The NSS unit of Stella Matutina College of Education organized a blood donation campaign in collaboration with K.D. Santhosh Kumar, Public Relations Officer, Madras Egmore Lions Blood Bank and Research Foundation, Chennai. The campaign was held on campus, and with the prayer the camp was started, and the resource person was welcomed by one of our NSS Volunteers. Many student teachers came forward to donate blood after being encouraged to do so by the NSS Committee. The organization provided a certificate and refreshments to those who donated blood to motivate them. The teaching staff also donated blood, which inspired the students greatly. Blood donation is the practice of donating one's blood to help others with their medical problems.

Blood is one of the most important fluids in our bodies because it aids in the proper functioning of our organs. Following the completion of the blood donation, the coordinator thanked and appreciated everyone in the camp. The day concluded with a heartfelt vote of thanks.





## FEEDBACK:

Donating blood can give us a sense of pride because we know that we are helping save lives


## INTERNATIONAL WOMENS DAY CELEBRATION


<b>DATE</b>	<b>08.03.2023</b>
<b>TIME</b>	<b>11.00 AM-12.30 PM</b>
<b>VENUE</b>	<b>Lourdes Hall,SMCE</b>
<b>ORGANIZER</b>	<b>Mrs.Rubina,NSS Coordinator of SMCE</b>
<b>NO OF PARTICIPANTS INVOLVED</b>	<b>360</b>
<b>RESOURCE PERSON</b>	<b>Dr. S. Sheela, Founder and Director, Je Nesam Hospital</b> <b>And</b> <b>Ms. Rekha Glory, Secretary, Social Activist, Women Wing, NUF</b>

International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women. The NSS Unit of Stella Matutina College of Education celebrated Women's Day 2023 on March 8th, 2023. The MC of the event was done by Rubiyaa, who welcomed Dr. Sheela. S, Mrs. Rekha Glory were the chief guests for the day.

Then the cultural programs were conducted. It began with a classical dance. A tableau performance was given by the 2nd year students depicting the importance of women in various fields followed by a speech, Karagattam and Oyillattam, the traditional dance forms of Tamilnadu, were performed. The chief guest enlightened the students by sharing their experiences and answering all the questions put forward to them. NSS volunteers prepared sundal in honour of Women's Day and distributed it to their classmates and the teaching and non-teaching staff.



Our Rev. Sr. Pauline Mary then donated a saree and food to the elderly women. The program concluded with a vote of thanks.


**STELLA MATUTINA COLLEGE OF EDUCATION**  
**ASHOK NAGAR, CHENNAI-83**



**NATIONAL SERVICE SCHEME**

**International Womens Day Celebration**

**Dr.S.Sheela**  
**Director and Founder**  
**Je Nesam Hospital**

**Ms.Rekha Glory,**  
**Secretary, Social Activist,**  
**WomenWing, NUF**

**March 8, 2023**  
**11.00 AM-12.30 PM**

**Patron**  
**Rev. Sr. Pauline Mary**  
**Secretary**

**Convenor**  
**Dr. Mrs. Joseph Catherine**  
**Principal**

**NSS Program Officers**  
**Dr. Mrs. J.Jain Shanthini**  
**Mrs.J.Rubina**



**FEEDBACK:**

The chief guest inspired the volunteers.

## HEALTH TALK ABOUT BASIC LIFE SUPPORT

DATE	10.03.2023
TIME	1.30 PM
VENUE	LOURDES HALL, SMCE
ORGANIZER	Mrs.J.Rubina, NSS Coordinator of SMCE
NO OF STUDENTS INVOLVED	180

NSS Unit of SMCE planned for a health talk about basic life support on March 10<sup>th</sup>, 2023. Dr Rammohan from MGM Health Care was the resource person for this talk. He came up with their four assistants. He talked about essentials and the need of first aid during emergency periods or any accidents. He also highlighted the point of the golden hour and how it is useful for human beings in times of emergency. He demonstrated the golden hour to the NSS volunteers with their assistance. Then he asked two of our volunteers to repeat the same procedure. After that, the session came to an end with a vote of thanks.

**STELLA MATUTINA COLLEGE OF EDUCATION**  
**ASHOK NAGAR, CHENNAI-83**  
**NATIONAL SERVICE SCHEME**

**Health Talk About Basic Life Support**

**Dr Rammohan K R**  
Medical Education & Clinical Coordinator  
Department of Emergency Medicine  
MGM Health Care

MAR 10 2023  
TIME : 1.30 PM

Patron: Rev. Sr. Pauline Mary, Secretary  
Convenor: Dr. Mrs. Joseph Catherine, Principal

NSS Program Officers:  
Dr. Mrs. J.Jain Shanthini  
Mrs. J. Rubina





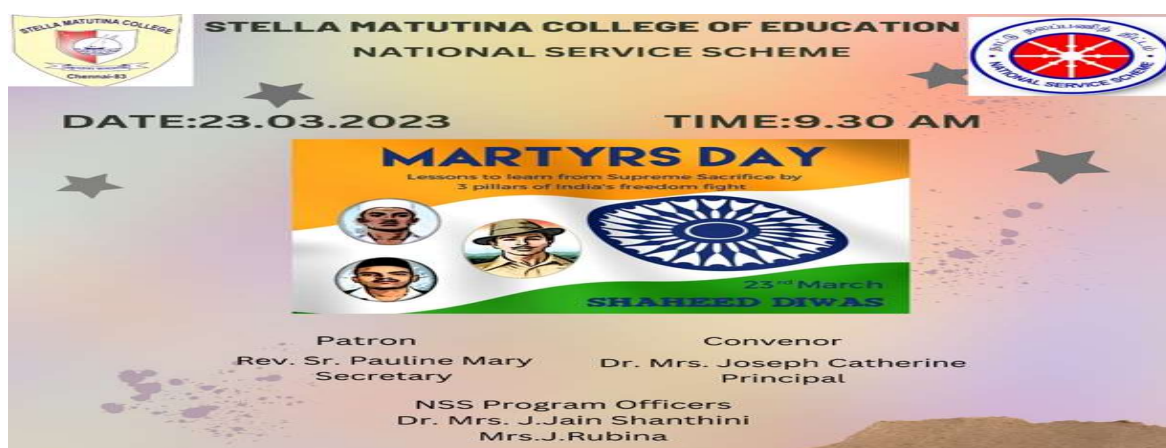
## **FEEDBACK:**

NSS volunteers were very happy to know about the golden hour during emergency health situations.

## MARTYR'S DAY

DATE	23.03.2023
TIME	9.15 AM
VENUE	Lourdes Hall, SMCE
ORGANIZER	Mrs.J.Rubina, NSS Coordinator of SMCE
NUMBER OF PARTICIPANTS INVOLVED	360

NSS Volunteers of SMCE assembled in the Lourdes Hall at 9.15 AM. The day started with a lord's prayer. Every year on March 23, India observes "Martyr's Day" or "Shaheed Diwas," to pay tribute to the three revolutionaries Bhagat Singh, Shivaram Rajguru, and Sukhdev Thapar, who were hanged by the British. To commemorate the Martyr's Day a video was played.



### FEEDBACK:

NSS Volunteers were delighted to know about the Shaheed Diwas Day

## REPORT ON RALLY

<b>DATE</b>	<b>25.03.2023</b>
<b>TIME</b>	<b>8-9.30 AM</b>
<b>NO OF STUDENTS PARTICIPATED</b>	<b>142</b>
<b>NO OF STAFFS PARTICIPATED</b>	<b>15</b>

The NSS unit of SMCE conducted a community rally on march 25<sup>th</sup> 2023 at 8.00 AM. The students of SMCE divided in to four groups. Each group went for the rally with the different theme like “ Don’t split”;“Tobacco Awareness”, “Awareness on H3N2” and “Blood Donation”. The Rally starts from our college SMCE-Ashok pillar-Shivan Park-SMCE. The rally ended successfully.



### FEEDBACK:

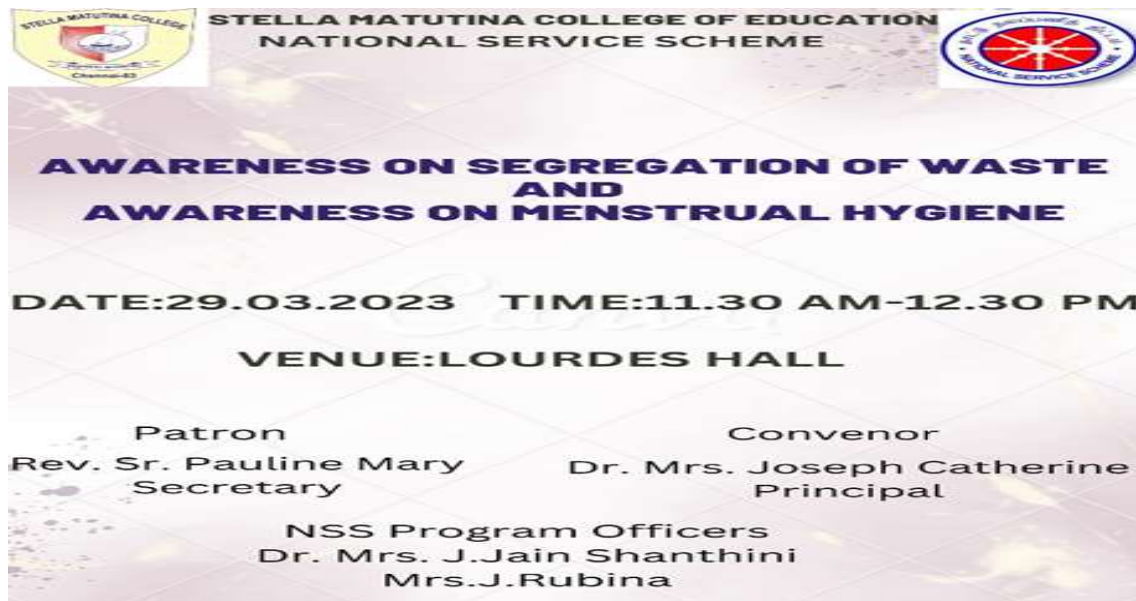
We were very happy to give awareness to the public through our rally.



# AWARENESS ON SEGREGATION OF WASTE AND MENSTRUAL HYGIENE

DATE	29.03.2023
TIME	11.30 AM-12.30 PM
VENUE	Lourdes Hall, SMCE
ORGANIZER	Mrs.J.Rubina, NSS Coordinator of SMCE
NUMBER OF STUDENTS INVOLVED	380

The NSS unit of SMCE planned for the segregation of waste and menstrual hygiene program. The program was started by Rev. Sr. Pauline Mary Secretary and Dr. Joseph Catherine principal of SMCE. One of our Volunteers welcomed the resource person Ms. S. Swetha, Law College Students, Project Co-Ordinator of Bhumi Eco Champs. For this event, we also invited the students of nearby schools. The session on Awareness of Waste Management drew the attention of the participants to the importance of safeguarding as well as enhancing the environment with ardent commitment as it is the only energy source for human sustainability. She stated it is important to communicate with the environment spending time in silence and to talk to the planets and trees which respond actively to human interactions. She also highlighted how to dispose of the napkins hygienically.



## Waste Management



### **FEEDBACK:**

NSS Volunteers were happy to attend this session

## WORLD HOMEOPATHY DAY

<b>DATE</b>	10.04.2023
<b>TIME</b>	9.15 AM
<b>VENUE</b>	Lourdes Hall, SMCE
<b>ORGANIZER</b>	Mrs.J.Rubina, NSS Coordinator of SMCE
<b>NUMBER OF PARTICIPANTS INVOLVED</b>	360

NSS Volunteers of SMCE gathered in Lourdes Hall at 9.15 PM. The day started with a lord's prayer. The world is celebrating World Homoeopathy Day (WHD) on 10 April. The day marks the birth anniversary of Dr. Samuel Hahnemann who is regarded as the founder of homeopathy. Concerning World Homeopathy Day, a video was played to enhance its importance.



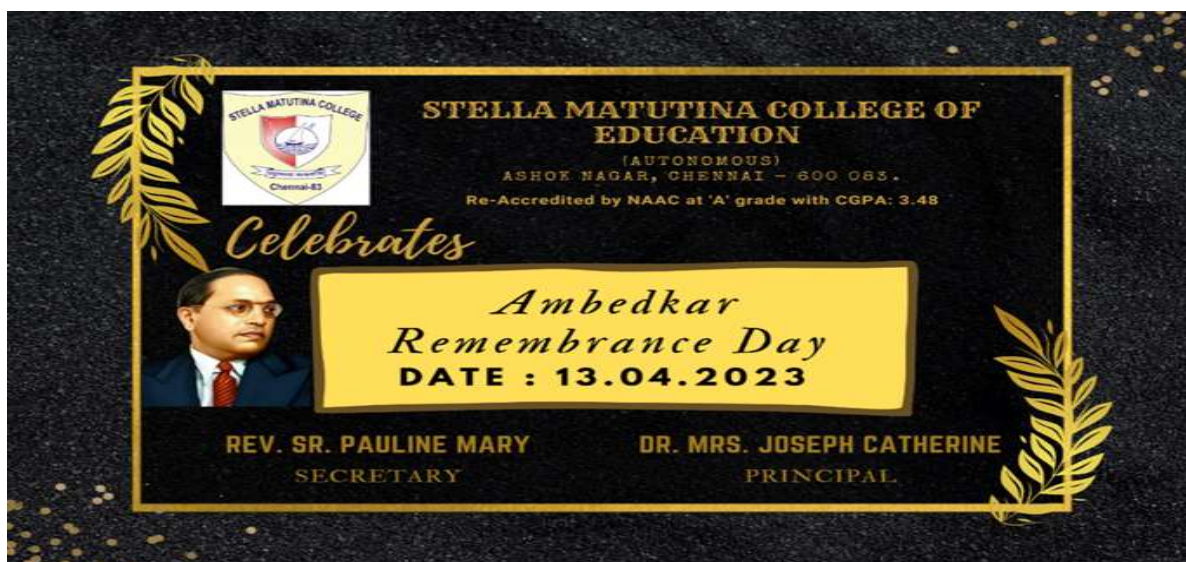
### FEEDBACK:

Our Volunteers were very happy to learn about the importance of homeopathy

## AMBEDKAR REMEMBRANCE DAY

<b>DATE</b>	<b>13.04.2023</b>
<b>TIME</b>	<b>9.15 AM</b>
<b>VENUE</b>	<b>Lourdes Hall, SMCE</b>
<b>ORGANIZER</b>	<b>Mrs.J.Rubina,NSS coordinator of SMCE</b>
<b>NUMBER OF STUDENTS PARTICIPATED</b>	<b>360</b>

NSS Volunteers of SMCE gathered in Lourdes Hall at 9.15 AM. The day started with a lord's prayer. Ambedkar Jayanti or Bhim Jayanti is observed on 14 April to commemorate the memory of B. R. Ambedkar, an Indian politician and social reformer. A speech was given to Dr. B. R. Ambedkar by one of our volunteers.




### FEEDBACK:

NSS Volunteers were all delighted to know the importance of Ambedkar Jayanthi

## DEATH ANNIVERSARY OF DR. SARVAPALLIRADHAKRISHNAN


<b>DATE</b>	<b>17.04.2023</b>
<b>TIME</b>	<b>9.15 AM</b>
<b>VENUE</b>	<b>LOURDES HALL,SMCE</b>
<b>ORGANIZER</b>	<b>Mrs.J.Rubina,NSS Coordinator of SMCE</b>
<b>NO OF STUDENTS PARTICIPATED</b>	<b>182</b>

NSS Volunteers of SMCE gathered at the Lourdes Hall at 9.15 AM. The day started with a lord's prayer. A video was presented on the remembrance of Dr. Sarvapalli Radhakrishnan on his Death Anniversary by recollecting all his great works and contributions.



**STELLA MATUTINA COLLEGE OF EDUCATION  
NATIONAL SERVICE SCHEME**

**DEATH ANNIVERSARY OF DR. SARVAPALLI  
RADHAKRISHNAN**



**DATE:17.04.2023                      TIME:9.15 AM**

**VENUE:Lourdes Hall**

**Patron    Convenor**  
**Rev. Sr. Pauline Mary                      Dr. Mrs. Joseph Catherine**  
**Secretary    Principal**

**NSS Program Officers**  
**Dr. Mrs. J.Jain Shanthini**  
**Mrs.J.Rubina**



*Remembering*  
**Dr. Sarvapalli Radhakrishnan**  
 5 September 1898-17 April 1975  
 on his Death Anniversary



**GPS Map Camera**

**Chennai, Tamil Nadu, India**  
 71/32, 86th St, Sector 10, Sivalingapuram, Ashok Nagar, Chennai, Tamil Nadu, India  
 Lat 13.042121°  
 Long 80.209681°  
 17/04/23 09:23 AM GMT +05:30



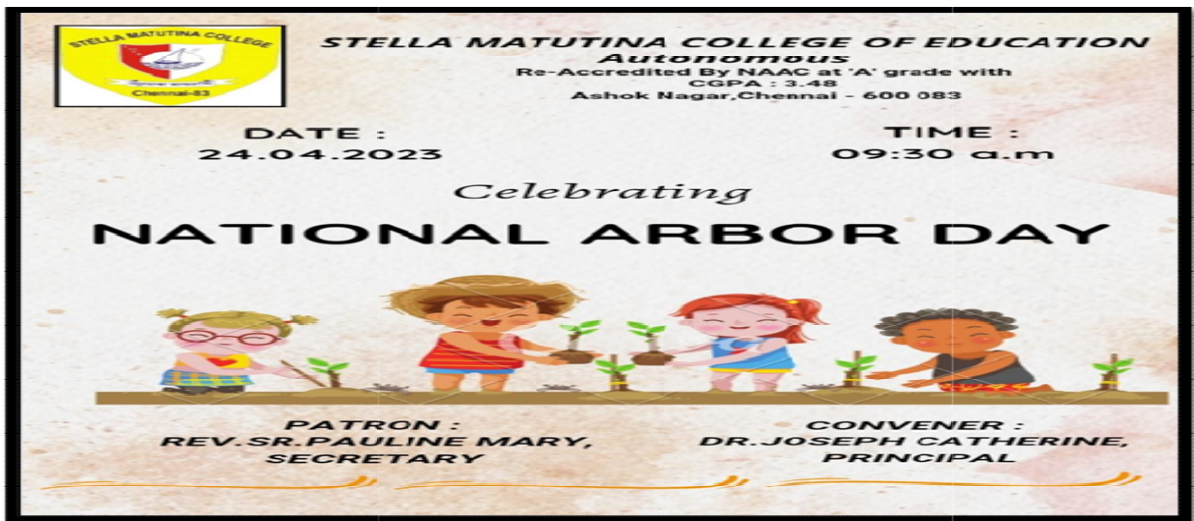
### FEEDBACK:

Our volunteers were very much delighted to know about Dr. Radhakrishnan

# NATIONAL ARBOR DAY

DATE	24.04.2023
TIME	9.15 AM
VENUE	LOURDES HALL,SMCE
ORGANIZER	Mrs.J.Rubina,NSS Coordinator OF SMCE
NO OF STUDENTS PARTICIPATED	182

NSS Volunteers of SMCE Assembled in the Lourdes Hall at 9.15 AM. The day started with a lord's prayer.A video was played to raise awareness about the importance of planting trees and motivate everyone to bring up a healthy nature



## FEEDBACK:

We happily spread awareness about the importance of tree planting.

## CERTIFICATE FOR RTE AWARENESS CAMPAIGN-2022

<b>DATE</b>	<b>02.05.2023</b>
<b>TIME</b>	<b>3.00-7.00 PM</b>
<b>VENUE</b>	<b>MADRAS SCHOOL OF SOCIAL WORK, EGMORE</b>
<b>RESOURCE PERSON</b>	<b>Mr.Mano Thangaraj T</b>
<b>NUMBER OF PARTICIPANTS INVOLVED</b>	<b>17</b>

NSS Coordinator and Volunteers of SMCE went to Madras School of Social Work (MSSW) on May 2<sup>nd</sup> at 3.00 PM. The NSS unit of SMCE collaborated with Bhumi NGO and participated in the Right to Education (RTE) Awareness campaign to support 2801 parents and ensured a final admission for a total of 1973 during 2022. For that, SMCE got the Certificate of Social Responsibility from Mr.Mano Thanagaraj T(Minister of Information Technology and digital services) who was the chief guest for the event SAMAAJ/SAMUGAM 3.5% Magizh, Conducted by Indus Action.





## FEEDBACK:

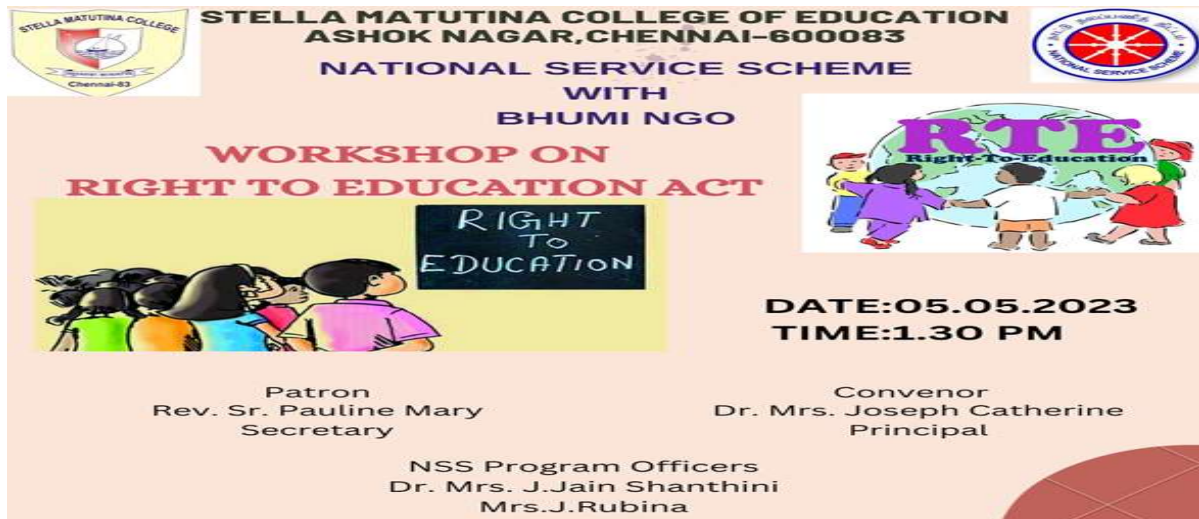
Visiting MSSW for the Magizh event was very exciting and we got to listen to Chief Guest Mano Thangaraj speech which was an amazing experience



## RIGHT TO EDUCATION WORKSHOP

<b>DATE</b>	<b>05.05.2023</b>
<b>TIME</b>	<b>1.30 PM-3.15 PM</b>
<b>VENUE</b>	<b>Lourdes Hall, SMCE</b>
<b>ORGANIZER</b>	<b>Mrs.J.Rubina,NSS Coordinator of SMCE</b>
<b>NO OF PARTICIPANTS INVOLVED</b>	<b>180</b>

The NSS unit of SMCE organized a Right to Education workshop in collaboration with Bhumi NGO. Ms.Sangeetha was the resource person for this program. She started her session with an introduction about Bhumi and their projects. She gave a brief explanation about RTE, and its eligibility criteria, benefits, and limitations. Also, she spoke about the admission procedure of this act and how to apply RTE Application form. She allotted phone numbers to the NSS volunteers and asked us to give the information about the RTE act to the parents, who are waiting to join their child at the school without fees for which certificates were issued.



The poster features the Stella Matutina College logo on the top left and the NSS logo on the top right. The central text reads: "STELLA MATUTINA COLLEGE OF EDUCATION ASHOK NAGAR, CHENNAI-600083 NATIONAL SERVICE SCHEME WITH BHUMI NGO WORKSHOP ON RIGHT TO EDUCATION ACT". Below this, there is an illustration of children and a chalkboard with "RIGHT TO EDUCATION" written on it. To the right, another illustration shows children holding hands around a globe with "RTE Right to Education" written on it. The date and time are listed as "DATE:05.05.2023" and "TIME:1.30 PM". At the bottom, the names of the Patron (Rev. Sr. Pauline Mary, Secretary), Convenor (Dr. Mrs. Joseph Catherine, Principal), and NSS Program Officers (Dr. Mrs. J.Jain Shanthini, Mrs.J.Rubina) are provided.

**STELLA MATUTINA COLLEGE OF EDUCATION**  
**ASHOK NAGAR, CHENNAI-600083**

**NATIONAL SERVICE SCHEME**  
**WITH**  
**BHUMI NGO**

**WORKSHOP ON**  
**RIGHT TO EDUCATION ACT**

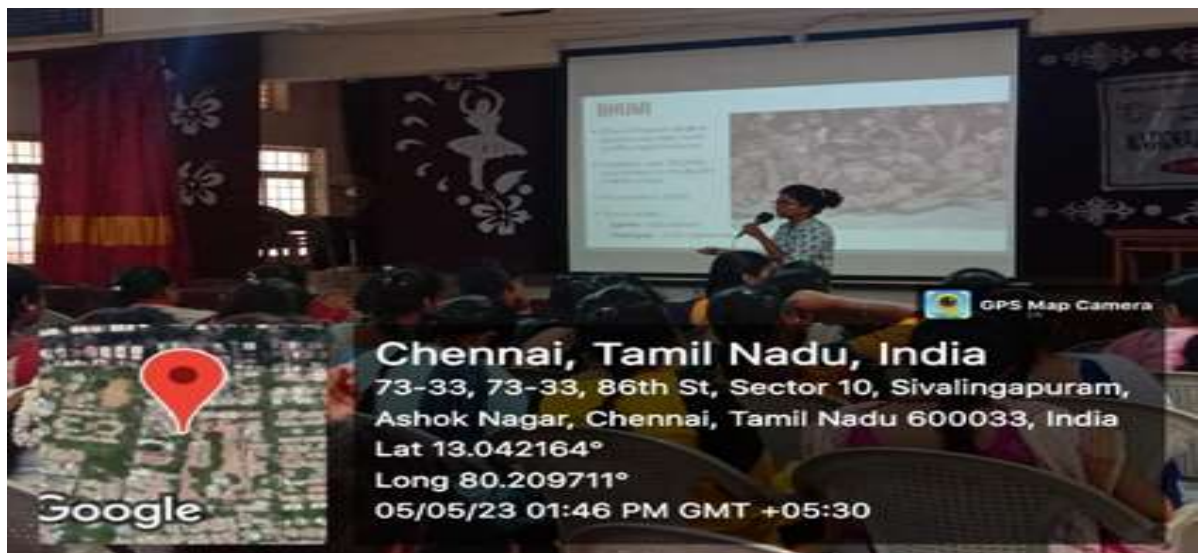
**RIGHT TO EDUCATION**

**DATE:05.05.2023**  
**TIME:1.30 PM**

**Patron**  
Rev. Sr. Pauline Mary  
Secretary

**Convenor**  
Dr. Mrs. Joseph Catherine  
Principal

**NSS Program Officers**  
Dr. Mrs. J.Jain Shanthini  
Mrs.J.Rubina



A photograph showing a woman presenting at a workshop. A large screen behind her displays a map of Chennai. In the foreground, a Google Maps overlay shows the location of the workshop in Chennai, Tamil Nadu, India, with coordinates and a timestamp.

**Chennai, Tamil Nadu, India**  
73-33, 73-33, 86th St, Sector 10, Sivalingapuram,  
Ashok Nagar, Chennai, Tamil Nadu 600033, India  
Lat 13.042164°  
Long 80.209711°  
05/05/23 01:46 PM GMT +05:30

**FEEDBACK:**

The session on the right to education was so good and we got a chance to help the students who are struggling to get education

## ORGANIZING QUIZ ON YRC DAY

DATE	08.05.2023
TIME	1.00-4.00 PM
MODE	ONLINE MODE
NUMBER OF STUDENTS INVOLVED	182

On behalf of Youth Red Cross Day on 08.05.2023. The NSS unit of Stella Matutina College of Education conducted the Online Quiz Competition for all student teachers. Everyone actively participated. Certificates are issued online for all participants.



LINK:

[https://docs.google.com/forms/d/e/1FAIpQLSfa3nThCfUITEjdNKdfLI27RMVwclOGJrzH07ArCUGwHptcsw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfa3nThCfUITEjdNKdfLI27RMVwclOGJrzH07ArCUGwHptcsw/viewform?usp=sf_link)



FEEDBACK LINK:

<https://forms.gle/StYQzZSA9cHH7HDV9>

## VOLUNTEERING WORK AND MUSIC THERAPY FOR CANCER PATIENTS

<b>DATE</b>	<b>MONTHLY TWICE, TOTALLY 10 SESSIONS</b>
<b>TIME</b>	<b>10.30 AM-1.30 PM(VOLUNTEERING WORK) 4.00-5.00 PM(MUSIC THERAPY)</b>
<b>VENUE</b>	<b>ADYAR CANCER INSTITUTE, CANAL BANK ROAD</b>
<b>ORGANIZER</b>	<b>Mrs.J.Rubina,NSS Coordinator of SMCE</b>
<b>NUMBER OF STUDENTS INVOLVED</b>	<b>10</b>

The NSS unit of SMCE planned for volunteering work and music therapy for cancer patients in collaboration with the Ashwin Maharaja Foundation(AMF). Six of our NSS Volunteers went to Adyar Cancer Institute and distributed the health mix powder to the cancer patients and four of our volunteers went to the institute for music therapy. Each session contains three hours for volunteer work and one hour for music therapy. 10 sessions were organized.

**STELLA MATUTINA COLLEGE OF EDUCATION**  
**NATIONAL SERVICE SCHEME**  
**WITH**  
**ASHWIN MAHARAJA FOUNDATION**

**VOLUNTEERING WORK AND MUSIC THERAPY FOR CANCER PATIENTS**  
**10 SESSIONS**

**TIME**  
**VOLUNTEER WORK :10.30 AM-1.30 PM**  
**MUSIC THERAPY:4.00-5.00 PM**

**VENUE:ADYAR CANCER INSTITUTE**  
**CANAL BANK ROAD**

Patron  
 Rev. Sr. Pauline Mary  
 Secretary

Convenor  
 Dr. Mrs. Joseph Catherine  
 Principal

NSS Program Officers  
 Dr. Mrs. J.Jain Shanthini  
 Mrs.J.Rubina

### Music Therapy- Cancer Patients



## **FEEDBACK:**

Our volunteers give their support to cancer patients through melodious songs.

*Catherine*

Principal  
Stella Malutina College  
of Education  
Ashok Nagar  
Chennai - 600 083.