

EXTENSION ACTIVITIES

2019-2020

MAR THOMA COLLEGE FOR
WOMEN, PERUMBAVOOR

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Environment Conservation Programme

Title of the Programme	Water Pollution Survey
Date And Year	2019
Venue	Neighborhood Community
Objective	Cleaning Drive
Organized By	NCC
Participants	20

Report

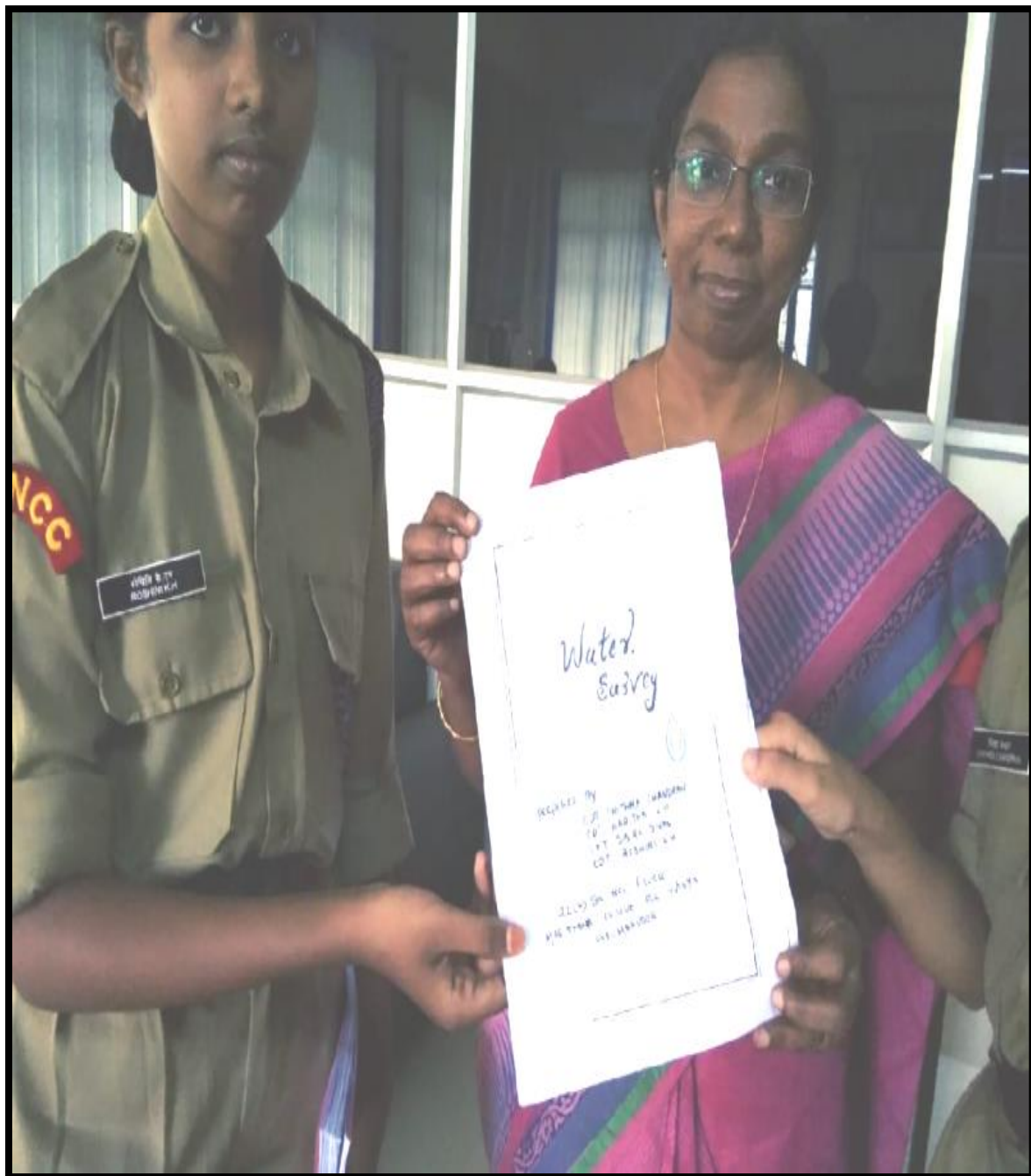
Water pollution is a significant environmental concern affecting ecosystems and human health. This report presents the findings of a survey conducted in First mile, Perumbavoor during the period 2019-2020. The study focused on assessing the tidiness of surroundings, rainwater harvesting practices, and the adequacy of the drainage system to identify potential sources of water pollution in the area.

Observations revealed that a significant portion of public spaces and residential areas suffered from poor tidiness. Littering, improper waste disposal, and inadequate maintenance were commonly observed issues. The lack of awareness and responsible waste management practices contributed to the accumulation of solid waste in open spaces and drains, increasing the risk of water pollution. The local authorities implemented sporadic clean-up drives, but a sustained effort and community involvement were necessary to maintain cleanliness. Based on the survey findings, the following recommendations are proposed to address water pollution in First mile, Perumbavoor:



Awareness Campaigns: Conduct public awareness campaigns to educate residents, businesses, and institutions about the importance of maintaining cleanliness, proper waste disposal, and rainwater harvesting. Community Participation: Encourage community participation in cleanliness drives, waste management initiatives, and the implementation of rainwater harvesting systems. c) Infrastructure Development: Invest in improving the drainage system, including regular maintenance and repair of drains, to prevent blockages and flooding during rainfall events. d) Policy Support: Enforce regulations and policies related to waste management, cleanliness, and rainwater harvesting, ensuring compliance from all stakeholders. The survey highlighted the challenges posed by poor tidiness, limited rainwater harvesting, and inadequate drainage system in First mile, Perumbavoor, contributing to water pollution. It is imperative to raise awareness, foster community involvement, and improve infrastructure to address these issues effectively. Implementing the recommended measures will contribute to a cleaner environment and safeguard water resources for future generations.





NCC Cadet submitting the water survey report to Principal Dr.Gigi George



NCC Cadet giving water survey report to neighbours

Participants list

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2	ADHITHYA ROY
3	ANITHA THOMAS
4	ARATHY KRISHNAN K S
5	SONA PAUL
6	ANAGHA JOY
7	CHITHRA CHANDRAN
8	HARITHA V H
9	ANJANA K MANOJ
10	ANN MARIA JOSE
11	GOPIKA VINOD
12	SISIRA SIVAN
13	M K DEVIGAYATHRI
14	KARTHIKA M G
15	RENJU K REJI
16	ROSHNI K H
17	DEVA RANJINI KAVISSERY
18	AATHIRA K KUMAR
19	MAYOORI M B
20	AKHILA ANN ZACHARIAH



Organic Farming

Title of the programme	Cleaning and Organic Farming awareness program
Date & Year	8-september-2019
Venue	Ganapathy Vilasam School, Thottuva
Objective	Discussion of the importance of organic farming
Organized by	NSS
participants	88

Report

The NSS unit of Mar Thoma College for Women, Perumbavoor conducted a cleaning and organic farming awareness programme at Ganapathy Vilasam School, Thottuva on 8/9/2019. The programme was conducted under the guidance of the NSS coordinators, Mrs. Preethi Sara Joseph and Dr. Vinod V with the help of the students of Mar Thoma College.

The programme began with a prayer and a brief introduction of the NSS unit and the purpose of the programme. The students then explained the importance and necessity of organic products. The students then discussed the importance of organic farming and its benefits to both the environment and the people. They also spoke about the various methods of organic farming and how to use natural resources for the benefit of the environment.

The students were able to ask questions and learn more about the importance of cleanliness and organic farming. The programme was a great success, and the students of Ganapathy Vilasam School were very appreciative of the efforts taken by the NSS unit of Mar Thoma College.





MAR THOMA COLLEGE FOR WOMEN PERUMBAVOOR

NSS UNIT-57

ORGANIC FARMING

*Canapathy Vilasam
School Thottuva*

DATE

08/09/2019





The NSS unit of Mar Thoma College for Women, Perumbavoor conducting a cleaning and organic farming awareness programme at Ganapathy Vilasam School, Thottuva on 7/9/2019



Students attending organic farming awareness class from nearby farmers



Students attending organic farming awareness class from nearby farmers

Participants list

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1	Farsana Ashraf	Farsanaashraf094@gmail.com	8281685274
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Helping the Destitute

Title of the programme	Bethlehem Abhaya Bhavan Cleaning
Date and year	6 September 2019
Venue	Thottuva
Objective	To clean and organize the living spaces of the orphanage.
Organized by	NSS
Participants	88

Report

On 6th September 2019, the National Service Scheme (NSS) unit of Mar Thoma College, Perumbavoor organized a visit to Bethlehem Abhaya Bhavan, an orphanage located in the local area. The main objective of the visit was to clean and provide assistance to the orphanage in order to contribute to the well-being of the children residing there.

Activities:

- Cleaning and Organizing:** The NSS volunteers actively participated in cleaning the orphanage premises, including the dormitories, common areas, and bathrooms. They organized and tidied up the living spaces to provide a clean and hygienic environment for the children.
- Painting:** Some volunteers utilized their artistic skills by painting the walls of the orphanage with vibrant colors, creating a visually appealing and cheerful atmosphere for the children.
- Interacting with Children:** The volunteers engaged in various activities to interact and bond with the children. They played games, sang songs, shared stories, and participated in art and craft activities, bringing smiles to the faces of the children.
- Donation of Essential Items:** As a gesture of support, the NSS unit collected and donated essential items such as clothing, books, stationery, and toiletries to the orphanage. These items aimed to meet the immediate needs of the children and contribute to their overall well-being.

The orphanage visit organized by the NSS unit of Mar Thoma College, Perumbavoor to Bethlehem Abhaya Bhavan on 6th September 2019 was a successful event. The volunteers actively participated in cleaning, painting, and interacting with the children, making a positive impact on their living conditions and emotional well-being. The visit served as an opportunity



for the volunteers to extend their support and engage with the community, fostering a sense of empathy and social responsibility.



**MAR THOMA COLLEGE FOR
WOMEN PERUMBAVOOR**

NSS UNIT-57

Bethlehem
Abhaya bhavan
Cleaning
Thottuva

DATE

06/09/2019





NSS volunteers cleaning “Bethlehem Abhaya Bhavan” on 6 September 2019



NSS volunteers cleaning “Bethlehem Abhaya Bhavan” on 6 September 2019

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Organic Farming

Title of the programme	Kitchen garden dream project
Date and year	28-June-2019
Venue	Mar Thoma college for women Perumbavoor
Objectives	Promote organic kitchen gardening
Organized by	NSS and Department of zoology
Participants	113

Report

On 28th June 2019, the NSS unit of Mar Thoma College for Women, Perumbavoor and the Department of Zoology organized a Kitchen Garden Project for 37 students. The project was coordinated by Ms. Preethy Sara Joseph and Mrs. Reemy Sara Mathai, Assistant Professor from the college. The beneficiaries were provided with tools, pots and seeds to start their own kitchen gardens at their homes. The aim of project was to promote organic kitchen gardening as an effective means of healthy living and environmental conservation. The project was also aimed at inculcating the knowledge of natural resources among the young students. The NSS Unit of the college provided financial assistance to the students to purchase the necessary resources and tools for kitchen gardening. The Department of Zoology organised numerous workshops and seminars to educate the students on the basics of kitchen gardening, soil preparation, seed sowing, composting and other related topics. The students were also provided with a list of organic fertilizers which can be used in kitchen gardening. The students were motivated to go ahead and start their own kitchen gardens with the help of the resources provided. They were also encouraged to come up with innovative ideas to make their kitchen gardens look attractive. The project was a great success with most of the participants showing a keen interest in kitchen gardening. The project was a great way of teaching the students about the importance of growing their own food and lead a healthy lifestyle.



Photos



Kitchen Garden Made By The Students of Mar Thoma College For Women,Perumbavoor



Kitchen Garden Project



Kitchen garden made by students





KITCHEN GARDEN

List of Participants

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46	Aseena Abu	aseenaabu46@gmail.com	9747076934
47	Mariya FeminaP.J	mariyafemina10912@gmail.com	8138965876
48	Anu Peter	ap680275@gmail.com	7736927319
49	AnakhaAbee	abeeanakha@gmail.com	9188085928
50	Ancy George	ancyg46@gmail.com	8606890346
51	AjinaMahin	ajinamahin24@gmail.com	9747232036
52	Farhana Muhammed	farhanamammed14@gmail.com	9605078280
53	Karthika T M	karthikatm@gmail.com	7994657412
54	Mariya Jose Peter	mariyajosepeter4@gmail.com	9074415053
55	Navya Jose	nivyajose333@gmail.com	8157054487
56	Nivya Jose	nivyajose333@gmail.com	8157054487
57	Sona Joy	sonajoy19@gmail.com	9778259996
58	Soniya Saji	ssoniasaji@gmail.com	7558908682
59	Sila N.L	silanaranatt@gmail.com	7560804116
60	Madhumita Santhosh P	madhumitasanthosh@gmail.com	9061312663
61	Ruksana K.R	Ruksanarichu249@gmail.com	8086794464
62	Shibina K	shibinakshibinak25@gmail.com	9072201761
63	Anna Byju	annabyju7@gmail.com	9961649191
64	Athena R	athenaaleeta@gmail.com	8078854153
65	Gopika M.S	gopikams510@gmail.com	9188675233
66	Devi Santhosh	devisanthosh2000@gmail.com	9400846944
67	Anu Johny	anujohny696@gmail.com	7909184226
68	Meenu Sivan	meenuvsvivan@gmail.com	8943865610
69	Anjana Sajikumar	anjanasajikumar78@gmail.com	8592952338
70	Keerthi Babu	keerthibabu.032001	7356059181
71	Anjaly T.R	Trao74927@gmail.com	9072335640
72	Aleena Mariyam George	mariyamaleena14@gmail.com	7306205129
73	Sreekutty M.S	sreekuttycheeku183@gmail.com	9605681821



74	Jasmin C.M	jasmincm2002@gmail.com	8547806485
75	AnaswaraB.S	anaswaraammu408@gmail.com	7306256002
76	StefyPoulose	getstefy4u@gmail.com	9961591053
77	Anitta Shoji	anittashoji@gmail.com	8157050905
78	Farseen N.M	farseenanm2001@gmail.com	9778116319
79	Najuma Yousaf	najumayousaf2002@gmail.com	7994723113
80	Punya Lalu	punyalalu4632@gmail.com	7593938014
81	Dhanya S	dhanya6060@gmail.com	7736775060
82	SaramolSajan	saramolsajan123@gmail.com	9947473804
83	Anuchandra Santhosh	anuchandrakunju@gmail.com	8138092179
84	HannathE.K	hannathek2002@gmail.com	8156966449
85	Neha Joy	joyneha38@gmail.com	8590318345
86	Bhadra Sasidharan	pushpasasidharan19@gmail.com	9562972881
87	Anjana P.J	anjanapj34@gmail.com	9947373419
88	Aswathy Rani	aswathyrani4@gmail.com	6282234401
89	Alfia K Karim	alfiakkarim209@gmail.com	6282601321
90	LisnulMufsitha	lisnulmufsitha@gmail.com	7593918382
91	Hakima Mariyam	hakimahakz3474@gmail.com	7558840162
92	Beegam Sultana M.S	beegumsultana95@gmail.com	8089203600
93	ShimanaC.S	shimanacs@gmail.com	9562315801
95	Bijitha Babu	mynameisbijitha@gmail.com	9656303315



Sl.No	Name
1	Carolin Ann George
2	Aparna Anil
3	Deepthi K. Surendran
4	Dona Joy
5	ElnaEldho
6	Fathima Fairouz
7	KallyaniSurendran
8	KarthikaRajan
9	Karthika S.
10	Lakshmi Narayanan
11	MariyaEmima Babu
12	Neeraja Ponnu
13	Ponnu Dileep
14	Saranya Bhadran
15	Shahina Basheer
16	Shilpa Kiran
17	Soya mol
18	Thasni K.M



Energy Conservation Programme

Title of the programme	Student Solar Ambassador Programme, Govt HSS Kallil
Date and year	30-October-2019
Venue	Higher Secondary School Kallil
Objective	To create awareness regarding solar energy among the students of the area.
Organized by	Department of Physics
Participants	93

Report

The Student Solar Ambassador Programme at Higher Secondary school Kallil, Perumbavoor was organised by the Physics Department of Mar Thoma College, Perumbavoor in collaboration with IIT Mumbai and Energy Conservation Society as part of Gandhi Global Yatra. The event was held on 30/10/2019. The main aim of this event was to create awareness regarding solar energy among the students of the area. The programme included lectures on solar energy, interactive sessions and exhibition. The teachers from the Department of Physics, Mar Thoma College, Perumbavoor, guided the students on how to make solar lamp and also provided them with the necessary materials. The experts also explained to the students the advantages and disadvantages of using solar energy and how it can be used for various applications. The students were also explained about the importance of using renewable energy sources and the impact of using conventional energy sources on the environment. The session was very informative and interesting. It featured the various solar energy systems, solar lamp and other related products. The students were able to gain knowledge about solar energy and its various applications. The



event was a great success. It created awareness about the importance of using renewable energy sources among the students and also helped them understand the various applications of solar energy. The event also helped to build a sense of responsibility among the students to protect the environment.

MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR



STUDENT SOLAR AMBASSADOR PROGRAMME

In association with
IIT Mumbai and ECS

Outreach Programme
@

GOVT HIGHER SECONDARY SCHOOL
KALLIL

Date:
30/10/2019





The Student Solar Ambassador Programme at Higher Secondary school Kallil, Perumbavoor was organised by the Physics Department of Mar Thoma College, Perumbavoor in collaboration with IIT Mumbai and Energy Conservation Society as part of Gandhi Global Yatra



Student Ambassador Programme at kallil school on 30-10-2019

VOCATIONAL EDUCATIONAL TRAINING PROGRAMME

STUDENT SOLAR AMBASSADOR PROGRAM



"Student Solar Ambassador Workshop" has been organized by the department in association with IIT, Mumbai and Energy Conservation Society as part of Gandhi global yathra. Training on Solar lamp assembling has been given to all the students of our de

Participants list of Govt Higher Secondary School ,Kallil

SL	NAME	AGE	GENDER
1.	ABHIJITH VINOJ	14	BOY
2.	GODSON NOBY	14	BOY
3.	NAVIN BIJU	14	BOY
4.	ABILA BINOY	14	GIRL
5.	AMRUTHA RAJESH	14	GIRL
6.	ANJANA RAJEEVAN	14	GIRL
7.	DEVANANDA K.R	14	GIRL
8.	DEVANANDA S	14	GIRL
9.	GOPIKA AJI	14	GIRL
10.	KEERTHANA MANOJ	14	GIRL
11.	LAKSHMI K.B	14	GIRL
12.	NIRMALA .L	14	GIRL
13.	PARVATHY MANOJ	14	GIRL
14.	SREELAKSHMI K.A	14	GIRL
15.	SRUTHI BALA MANOJ	14	GIRL
16.	SURYA P.R	14	GIRL
17.	AKSHAY KRISHNA	15	BOY
18.	ALAN ANTONY	15	BOY
19.	ELVIN ALIAS	15	BOY
20.	SANDEEP SAJI	15	BOY
21.	SHERVIN SANTHOSH A.S	15	BOY
22.	SREEHARI RAJ	15	BOY
23.	ATHUL DAS	15	BOY
24.	ATHUL VENUGOPAL	15	BOY
25.	HASHIM SUBEER K	15	BOY
26.	ADHITHYAN C S	15	BOY
27.	KESAV M	15	BOY
28.	GOKUL SANTHOSH	15	BOY
29.	AMITHA RAJ V R	15	GIRL
30.	ARYA JAYAN	15	GIRL
31.	ATHULLYA ANIL	15	GIRL
32.	FATHIMA ABDUL KAREEM	15	GIRL
33.	HIBA MUHAMMED	15	GIRL
34.	NANDANA SREEJU	15	GIRL
35.	SHABANAS ABOOBACKER	15	GIRL
36.	SHAHANAS ABOOBACKER	15	GIRL
37.	SHAMNAS ABOOBACKER	15	GIRL
38.	B SHIVENI	15	GIRL
39.	SONA SHAJI	15	GIRL



40.	SRUTHI SANTHOSH	15	GIRL
41.	DEVANAMPRIYA S	15	GIRL
42.	GAURI PARVATHY	15	GIRL
43.	USVATHUL HASNA A S	15	GIRL
44.	HASNIYA K ALIYAR	15	GIRL
45.	SAINABUL GAZZALI M S	15	GIRL
46.	SURUMY SAIDU MUHAMMED	15	GIRL
47.	ANN MARIYA RAJU	15	GIRL

Students of Mar Thoma College for Women, Perumbavoor

SL	NAME	AGE	GENDER
1.	AKHILENDU T. ANIL	17	FEMALE
2.	AKHINA K. SUDHEESH	17	FEMALE
3.	DURGA GOPAN	18	FEMALE
4.	FARSANA ASHRAF	18	FEMALE
5.	ADHILA K.S	18	FEMALE
6.	FATHIMA T.S	18	FEMALE
7.	AFRIN M.K	18	FEMALE
8.	ANNA DAVIS	18	FEMALE
9.	FATHIMA SHIRIL	18	FEMALE
10.	KHADEEJA M.H	18	FEMALE
11.	FATHIMA HAMSA	19	FEMALE
12.	ASLAMIA K.S	18	FEMALE
13.	KARTHIKA DAS	18	FEMALE
14.	NAMITHA K.B	19	FEMALE
15.	SMIJA REJI	19	FEMALE
16.	ANJU K. RAJAN	18	FEMALE
17.	ANITHA THOMAS	19	FEMALE
18.	SARA ABHEY	18	FEMALE
19.	ANAGHA JOY	19	FEMALE
20.	ANN MARIYA JOSE	19	FEMALE
21.	SHIFANA C.H	20	FEMALE
22.	SOOFIYA SUDHEER	19	FEMALE
23.	ALFINA JABBAR	19	FEMALE
24.	AHASANA A. RAZAK	19	FEMALE
25.	NAJWA K.A	19	FEMALE
26.	ANAJA K.K	17	FEMALE
27.	VINILA BIJU	18	FEMALE
28.	SNEHA ANAND	18	FEMALE
29.	SAIFUNNISA T.M	18	FEMALE



30.	RAJALAKSHMI P.R	17	FEMALE
31.	ANNA LAL	19	FEMALE
32.	NOORJAHAN K.S	17	FEMALE
33.	SIKHA K. BINOY	18	FEMALE
34.	ATHENA R.	18	FEMALE
35.	ANU PAUL	18	FEMALE
36.	FATHIMATH SANIYA	18	FEMALE
37.	SURYA M.C	18	FEMALE
38.	SULFATH T.S	18	FEMALE
39.	AKSA JOSE	20	FEMALE
40.	BINITHA BABY	20	FEMALE
41.	DEVIKA MANOJ	20	FEMALE
42.	JINU JOHN	20	FEMALE
43.	PRESTHUTHA PAVITHRAN	20	FEMALE
44.	ANJANA AJITH	20	FEMALE
45.	DONA MARIAM ROY	20	FEMALE
46.	NIYA MERRIN MATHEW	20	FEMALE



Energy Conservation

Title of the programme	Student Solar Ambassador Programme, Ashram Higher Secondary School, Perumbavoor
Date and year	30-October-2019
Venue	Ashram School, Perumbavoor
Objective	Aimed at introducing students to the importance of solar energy, its applications and its role in reducing carbon emissions.
Organized by	Department of Physics
Participants	92

Report

The Student Solar Ambassador Programme at Ashram School Perumbavoor was organised by the Physics Department of Mar Thoma College, Perumbavoor in collaboration with IIT Mumbai and Energy Conservation Society as part of Gandhi Global Yatra. The Student Solar Ambassador Programme was aimed at introducing students to the importance of solar energy, its applications and its role in reducing carbon emissions. The programme was attended by a total of 50 students from Ashram School Perumbavoor. The students were provided with an introductory lecture on solar energy and its applications. The lecture was followed by a hands-on practical session where the students were able to build a simple solar powered lamp. After the practical session, the students were asked to discuss the advantages and disadvantages of solar energy and how it can be used in our daily lives. The student was highly engaged throughout the session and they were eager to learn more about solar energy and its applications. The programme concluded with a quiz and a presentation by the students. The quiz was designed to test the knowledge of the students on solar energy. The programme was a great success and the students were highly motivated and enthusiastic about learning more about solar energy and its applications. The



programme was a great opportunity for the students to learn more about renewable energy and its applications in our daily lives. The programme has also helped to create more awareness about solar energy and its importance in reducing carbon emissions and conserving our environment.



MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR



STUDENT SOLAR AMBASSADOR PROGRAMME

In association with
IIT Mumbai and ECS

Outreach Programme

@

ASRAM HIGHER SECONDARY SCHOOL
PERUMBAVOOR

Date:
30/10/2019



The Student Solar Ambassador Programme at Ashram School Perumbavoor was organized by the Physics Department of Mar Thoma College, Perumbavoor in collaboration with IIT Mumbai and Energy Conservation Society as part of Gandhi Global Yatra





Student Ambassador Programme at Ashram school on 30-10-2019



Student Ambassador Programme at Asram school on 30-10-2019

Participants list of Ashram School,Perumbavoor

SL. NO.	NAME	AGE	GENDER
1	Jinsa Sara Jiju	16	Female
2	Abhirami Aravind	17	Female
3	Aysha Beevi	16	Female
4	Anjana Ajayaghosh	16	Female
5	Anjana Sajeev	15	Female
6	Anjana Joseph	16	Female
7	ChythannyaMuraleedharan	15	Female
8	Sagar Banu M	16	Female
9	Ashly Vigi	16	Female
10	Dheena Jabbar	16	Female
11	Suryadas K P	15	Male
12	Fahim T A	16	Male
13	Noufal Ismail	16	Male
14	Christo Jose	16	Male
15	Ananthukrishna M	16	Male
16	Ashwin H	16	Male
17	Yadhukrishna M A	16	Male
18	Hari Shanker K S	16	Male
19	Shiva K S	16	Male
20	Harikrishnan Ramesh	16	Male
21	Nandini T	17	Female
22	Binitha Babu	17	Female
23	Kesia Susan Reji	16	Female
24	Minha Fathima P S	16	Female
25	Anakha K M	15	Female
26	Bhadra Ratheesh	15	Female
27	Anagha Manoj	16	Female
28	Megha Manoj	16	Female
29	Aleena Pinhero	17	Female
30	Meenakshy Babu	16	Female
31	Aleena Benny	17	Female
32	Sreedevi N K	16	Female
33	Parvathy V S	17	Female
34	Vishnu Sathyan	16	Male
35	Athish G Nair	16	Male
36	Akhilesh T B	17	Male
37	Muhammed Adhil	17	Male
38	Ganesh K	16	Male
39	Afshan T M	18	Male



40	Arshad M I	17	Male
41	Sharookh Rahman	16	Male
42	Rijunas K R	16	Male
43	Albin Paul	17	Male
44	Vaishnav K S	17	Male
45	Linda Paul	17	Female
46	Sona Soman	17	Female

Participants of Mar Thoma College for Women, Perumbavoor

SL	NAME	AGE	GENDER
1.	AKHILENDU T. ANIL	17	FEMALE
2.	AKHINA K. SUDHEESH	17	FEMALE
3.	DURGA GOPAN	18	FEMALE
4.	FARSANA ASHRAF	18	FEMALE
5.	ADHILA K.S	18	FEMALE
6.	FATHIMA T.S	18	FEMALE
7.	AFRIN M.K	18	FEMALE
8.	ANNA DAVIS	18	FEMALE
9.	FATHIMA SHIRIL	18	FEMALE
10.	KHADEEJA M.H	18	FEMALE
11.	FATHIMA HAMSA	19	FEMALE
12.	ASLAMIA K.S	18	FEMALE
13.	KARTHIKA DAS	18	FEMALE
14.	NAMITHA K.B	19	FEMALE
15.	SMIJA REJI	19	FEMALE
16.	ANJU K. RAJAN	18	FEMALE
17.	ANITHA THOMAS	19	FEMALE
18.	SARA ABEY	18	FEMALE
19.	ANAGHA JOY	19	FEMALE
20.	ANN MARIYA JOSE	19	FEMALE
21.	SHIFANA C.H	20	FEMALE
22.	SOOFIYA SUDHEER	19	FEMALE
23.	ALFINA JABBAR	19	FEMALE
24.	AHASANA A. RAZAK	19	FEMALE
25.	NAJWA K.A	19	FEMALE
26.	ANAJA K.K	17	FEMALE
27.	VINILA BIJU	18	FEMALE
28.	SNEHA ANAND	18	FEMALE
29.	SAIFUNNISA T.M	18	FEMALE
30.	RAJALAKSHMI P.R	17	FEMALE



31.	ANNA LAL	19	FEMALE
32.	NOORJAHAN K.S	17	FEMALE
33.	SIKHA K. BINOY	18	FEMALE
34.	ATHENA R.	18	FEMALE
35.	ANU PAUL	18	FEMALE
36.	FATHIMATH SANIYA	18	FEMALE
37.	SURYA M.C	18	FEMALE
38.	SULFATH T.S	18	FEMALE
39.	AKSA JOSE	20	FEMALE
40.	BINITHA BABY	20	FEMALE
41.	DEVIKA MANOJ	20	FEMALE
42.	JINU JOHN	20	FEMALE
43.	PRESTHUTHA PAVITHRAN	20	FEMALE
44.	ANJANA AJITH	20	FEMALE
45.	DONA MARIAM ROY	20	FEMALE
46.	NIYA MERRIN MATHEW	20	FEMALE



Energy Conservation Programme

Title	Student Solar Ambassador Programme
Date	29-October-2019
Venue	Govt Boys School, Perumbavoor
Objective	Aimed at creating awareness among students about the importance of Solar Energy and its potential applications
Organized by	Department of Physics
Participants	96

The Student Solar Ambassador Programme at Govt Higher Secondary School, Perumbavoor was organised by the Physics Department of Mar Thoma College, Perumbavoor in collaboration with IIT Mumbai and Energy Conservation Society as part of Gandhi Global Yatra on 29/10/2019. The initiative was aimed at creating awareness among students about the importance of Solar Energy and its potential applications.

This program was conducted during the month of August 2020. Objectives:

1. To create awareness among students about the importance of Solar Energy and its potential applications.
2. To educate students about the latest advancements in solar energy technology.
3. To motivate students to pursue solar-related career paths and be a part of the green revolution.
4. To provide practical knowledge to students on the installation and maintenance of solar energy systems.



5. To encourage students to become ambassadors of solar energy and spread awareness amongst their peers and family.

The students were made aware of the importance of solar energy and the need to convert to renewable sources of energy. They were also given practical knowledge on the installation and maintenance of solar energy systems. The students were given a hands-on experience on the installation and maintenance of solar energy systems. They were taken to an on-site demonstration and were provided with the necessary tools and materials. The students were able to gain first-hand experience on the installation and maintenance of solar energy systems. The program was a success, with the students gaining a better understanding of the importance of solar energy and its potential applications. The students also gained practical knowledge on the installation and maintenance of solar energy systems. The Student Solar Ambassador Programme conducted at the Govt Higher Secondary School, Perumbavoor was a great success. The students were able to gain a better understanding of solar energy and its potential applications, as well as practical knowledge on the installation and maintenance of solar energy systems. The program also enabled the students to become ambassadors of solar energy and spread awareness amongst their peers and family.





The Student Solar Ambassador Programme at Govt Higher Secondary School, Perumbavoor was organised by the Physics Department of Mar Thoma College, Perumbavoor in collaboration with IIT Mumbai and Energy Conservation Society as part of Gandhi Global Yatra on 29/10/2019



Student Solar Ambassador Programme at Govt Higher Secondary School,Perumbavoo on 29-10-2019

MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR



STUDENT SOLAR AMBASSADOR PROGRAMME

In association with
IIT Mumbai and ECS

Outreach Programme

@

GOVT BOYS HIGHER SECONDARY SCHOOL
PERUMBAVOOR

Date:
29/10/2019



Participants List of Govt Boys School ,Perumbavoor

SL NO	NAME	GENDER	AGE
1	ELIZABETH ELDHO	F	17
2	ANUSREE .N	F	17
3	SRUTHY. S .SURESH	F	17
4	DHANYA GOPINATH	F	17
5	FATHIMA ALIYAR	F	17
6	FATHIMA THASNEEM P. S	F	17
7	ASHMIN K. H	F	17
8	AISWARYA UNNI	F	17
9	ABHIMANYU K B	M	17
10	HEMANTH V BABU	M	17
11	HECTOR ANDRIN D'CRUZ	M	17
12	NAVEED P N	M	17
13	AMEER HASSAN	M	17
14	C.A.MUHAMMED AMAN	M	17
15	ROHIT.R.KAMMATH	M	17
16	VINAYAK.S.PILLAI	M	17
17	RONY REGY	M	17
18	ALDHO PULIYELIL	M	17
19	ABHISHEK.V	M	17
20	CHRISTY P. VARGHESE	F	17
21	AJEESHA .T . NAVAS	F	17
22	AFILA MAHIN	F	17
23	NOORJAHAN S.B	F	17
24	MARIYA PETER	F	17
25	FATHIMA NASRIN	F	17
26	JOHANNA JOBI	F	17
27	FATHIMA C.ASEES	F	16
28	SAHEERA RAHIM	F	16
29	HASNA HUSSAIN	F	16
30	RUKSANA RIYAS	F	16
31	ANGEL BABU	F	16
32	HARSHANA E.S	F	16
33	TOBIYA ANISH	F	16
34	POOJA .P .RAJU	F	16
35	MUHAMMED SAHAL V A	M	16
36	ANANDAKRISHNAN N M	M	16
37	MUHAMMED SHAFEEK	M	16
38	ASHIK SUDHI	M	16
39	REVATHY N.B	F	16
40	HUNAINA ZAKARIYA	F	16



41	MEENAKSHI DINESH	F	16
42	SUHAILAMOL M .A	F	16
43	FAMINA RAZZAK	F	16
44	FAAYIZA HAROON	F	16
45	BEEMA FATHIMA N .B	F	16
46	ANANDU TT	M	16
47	NOYAL AUGUSTINE	M	16
48	KHALEEL NAHID C.N	M	16
49	KASIKRISHNAN F	M	16
50	ANJAL JAYAPRAKASH	M	16

Participants from Mar Thoma College Women,Perumbavoor

SL	NAME	AGE	GENDER
1.	AKHILENDU T. ANIL	17	FEMALE
2.	AKHINA K. SUDHEESH	17	FEMALE
3.	DURGA GOPAN	18	FEMALE
4.	FARSANA ASHRAF	18	FEMALE
5.	ADHILA K.S	18	FEMALE
6.	FATHIMA T.S	18	FEMALE
7.	AFRIN M.K	18	FEMALE
8.	ANNA DAVIS	18	FEMALE
9.	FATHIMA SHIRIL	18	FEMALE
10.	KHADEEJA M.H	18	FEMALE
11.	FATHIMA HAMSA	19	FEMALE
12.	ASLAMIA K.S	18	FEMALE
13.	KARTHIKA DAS	18	FEMALE
14.	NAMITHA K.B	19	FEMALE
15.	SMIJA REJI	19	FEMALE
16.	ANJU K. RAJAN	18	FEMALE
17.	ANITHA THOMAS	19	FEMALE
18.	SARA ABHEY	18	FEMALE
19.	ANAGHA JOY	19	FEMALE
20.	ANN MARIYA JOSE	19	FEMALE
21.	SHIFANA C.H	20	FEMALE
22.	SOOFIYA SUDHEER	19	FEMALE
23.	ALFINA JABBAR	19	FEMALE
24.	AHASANA A. RAZAK	19	FEMALE
25.	NAJWA K.A	19	FEMALE
26.	ANAJA K.K	17	FEMALE
27.	VINILA BIJU	18	FEMALE
28.	SNEHA ANAND	18	FEMALE



29.	SAIFUNNISA T.M	18	FEMALE
30.	RAJALAKSHMI P.R	17	FEMALE
31.	ANNA LAL	19	FEMALE
32.	NOORJAHAN K.S	17	FEMALE
33.	SIKHA K. BINOY	18	FEMALE
34.	ATHENA R.	18	FEMALE
35.	ANU PAUL	18	FEMALE
36.	FATHIMATH SANIYA	18	FEMALE
37.	SURYA M.C	18	FEMALE
38.	SULFATH T.S	18	FEMALE
39.	AKSA JOSE	20	FEMALE
40.	BINITHA BABY	20	FEMALE
41.	DEVIKA MANOJ	20	FEMALE
42.	JINU JOHN	20	FEMALE
43.	PRESTHUTHA PAVITHRAN	20	FEMALE
44.	ANJANA AJITH	20	FEMALE
45.	DONA MARIAM ROY	20	FEMALE
46.	NIYA MERRIN MATHEW	20	FEMALE



Gender Equality and Women Empowerment

Title of the programme	PSC Coaching Centre
Date and year	27-September-2019
Venue	Mar Thoma College for Women,Perumbavoor.
Objective	To help students in the local community to prepare for the Public Service Commission (PSC) examinations
Organized by	Mart homa college for women Perumbavoor
Participants	30

Report

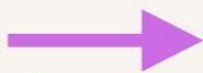
A PSC Coaching Centre at Mar Thoma College Perumbavoor was started in 2019. It was set up to help students prepare for the Public Service Commission (PSC) examinations. The center was coordinated by Ms. Avani T, and classes were taken by experts in various subjects. The center provided several benefits to the students in the form of guidance, material, and classes. The classes were conducted by experts in their respective fields and the material provided was of high quality. The experts provided guidance to the students on the topics that were being covered in the exam, along with tips and tricks for solving the questions. The center also provided mock tests and regular feedback sessions to the students. The feedback sessions provided a great platform for the students to share their experiences and learn from their peers. The mock tests helped the students to gain confidence and understand the exam pattern better. Overall, the PSC coaching center at MarThoma College Perumbavoor was a great success in 2019. The students benefitted greatly from the guidance provided by the experts, the material, and the mock tests.





MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR

PSC COACHING



**REGISTRATION BEGINS FOR 2019-2020
BATCH**

**For Further Details Contact
Co-ordinator
Ms. Avani T
Assistant Professor, Dept. Of Commerce
7356427898**





Trainer interacting with students

Participants List

Sl no	date	subject	Name of faculty
1	25/1/19	General English	M.U Paulose
2	2/2/19	Facts about Kerala	P S Panicker
3	9/2/19	Science	Shanumon.L
4	16/2/19	GK	PS Paniker
5	23/2/19	Current affairs	Benny
6	2/3/19	Idioms	M U Paulose
7	9/3/19	Tenses	P S Panicker
8	16/3/19	Facts about India	P S Panicker
9	22/04/19	Current affairs	P S Panicker
10	24/4/19	Reasoning	Kavitha S
11	25/4/19	Relationship and time related problems	Kavitha S
12	29/4/19	Tense, singular plural	M U Paulose



Mar Thoma College for women, Perumbavoor has organised a PSC Coaching Class during the years 2018-2019. Twelve sessions were organised during 2019-20. we focus to get successful results for our students. We started classes on 25/01/2019. Our mission is to secure our all students for government jobs. For that the classes are handled by qualified faculties in an outstanding method. We are conducting classes for various central, state PSC exams in a molded way from other institutions. In total 112 students enrolled for the PSC coaching class. The sessions were arranged in room number 104 on all Saturdays. Mar Thoma College for women, Perumbavoor has organised a PSC Coaching Class during the year 2019-2020. Six classes were given during the year. The fee structure was affordable to all financial background. Changes in question patterns of difficulty level will never affect students. Forty students were enrolled for the same.

SL NO	DATE	SUBJECT	FACULTY
1	2/5/2019	General knowledge	PS Panicker
2	4/1/2020	General Knowledge	PS Panicker
3	11/1/2020	English	Sandhya C
4	18/1/2020	Maths	M V Paulachan
5	25/1/2020	Malayalam	Rajappan S
6	1/2/2020	G K Parliament	PS Panicker



Participants List

SL NO	Name of the Volunteer	Class	E-Mail-ID	Mobile Number
1.	Ahila Hari	II B. Sc.	ahilahari1999@gmail.com	9544631885
2.	Ainu C. Sunny	I B. Com.	ainucsunny2000@gmail.com	7561050337
3.	Aiswarya K. Ashokan	I B. A.	aiswaryakashokan2001@gmail.com	7902971437
4.	Aksa Mol Sunny	I B. A.	aksamolsunny2001@gmail.com	9645573437
5.	Alfiya Sulthana	II B. A.	alfiyasulthana99@gmail.com	7902866086
6.	AmbilyAnilkumar	II B. Com.		9061944651
7.	Ammu Baby	II B. Com.		8606899796
8.	Ammu C. Vinod	I B. A.	ammucvinod@gmail.com	8111876459
9.	AnakhaP. M.	I B .Sc.	Anakhaammu00@gmail.com	8606326377
10.	Anakha Jose	II B.S.c	anakhajoseparayil@gmail.com	9847408155
11.	Aneena V. A.	II B.A.		9947689536
12.	Anisha Shijan	I B.Sc.	anishashijan@gmail.com	8547776035
13.	Anjali Valsan	II B.Sc	anjaliValsan2000@gmail.com	9745657014
14.	Anjaly Sivadasan	II B.Sc	sivadasananjaly@gmail.com	8078036508
15.	AnjithaDevassy	I B.A.	anjithadevassy2001@gmail.com	9744666150
16.	Anju K. Rajan	I B.Sc	anjukizhakunnel@gmail.com	9495843431
17.	Anna Baby	I B.Sc	annababy307@gmail.com	9497030326
18.	Anooja S.	I B Com		8943224291
19.	Ansy Sebastian	II B.Sc	ansysebastian699@gmail.com	9605757532
20.	Anugraha Jose	I B Com	anugrahajose12345@gmail.com	9539356538



21.	Aparna Nair	I B.Sc	aparnanair419@gmail.com	9496227208
22.	Arya Ravi		aryaponnu660@gamil.com	8943275698
23.	Arya T. A.	I B Com		9747151065
24.	Ashna P. S.	I B.Sc	getashnaps@gmail.com	9048793436
25.	Aswathi N. A.	II BA		9048386516
26.	Aswathi Sabu	I BA		9744159330
27.	Aswathy K. S.	I B Com	aswathyks189@gmail.com	9526849547
28.	Aswathy Sivan	II B Com	aswathyachu119977@gmail.com	8547802971
29.	Athira C. U.	I B Com	athiraudayan123@gmail.com	9562604266
30.	Athira P. R.	II B.Sc	athirapr@gmail.com	9961973828



Community Engagement

Title of the programme	Blood Screening
Venue	Govt.Taluk Hospital, Perumbavoor
Date & Year	2019-20
Objectives	Awareness about diabetes and its prevention
Organized by	NSS
Participants	98

Report

The event was organised by the NSS unit and the Department of Zoology of Mar Thoma College for Women, Perumbavoor in association with Government Taluk Hospital, Perumbavoor. The aim of the event was to spread awareness about diabetes and its prevention. The event was attended by around 100 people including college students and staff, local residents and patients from the hospital. The blood screening procedure was conducted by the hospital staff, with the help of the college NSS volunteers. The volunteers helped the participants to fill up the forms and guided them during the process. The participants were given a brief explanation about the symptoms and effects of diabetes and were also advised to follow a healthy lifestyle and diet. They were also informed about the facilities available at the hospital for diabetes management. The event was well received by the participants and the awareness about diabetes was successfully spread. The event was a great success and the organisers are already planning for more such events in the future.





NSS unit and the Department of Zoology of Mar Thoma College for Women, Perumbavoor in association with Government Taluk Hospital, Perumbavoor conducting Blood Screening

Participant list

1. Anaswara Sajeev
2. Aparna P.M
3. Devika Viju
4. Farzana Abdul Kalam
5. Ruksana K.A.
6. Shabana Nazrin T.M.
7. Amaya M.V.
8. Anjana Anil
9. Anjana Ravindran
10. Anju N. Mathew
11. Anu C. Gopi
12. Anulakshmi K.S.
13. Bijimol Mathew
14. Fathimabeevi P.J.
15. Haritha S.
16. JeenaA.J
17. Jomol Jose
18. KhowlathM.U
19. RizvanaSakeer
20. Sandra K.S.
21. Sherin K. Raju
22. Shilpa K. Sasi
23. Carolin Ann George
24. Aparna Anil
25. Deepthi K. Surendran
26. ElnaEldho
27. Fathima Fairooz
28. KallyaniSurendran
29. Karthika Rajan
30. Karthika S.
31. Lakshmi Narayanan
32. Mariya Emima Babu
33. Neeraja Ponnu
34. Ponnu Dileep
35. Saranya Bhadran
36. Shahina Basheer
37. Shilpa Kiran



38. Soya mol
39. Thasni K.M
40. Ankitha Ayyappan
41. Ashna P.S.
42. Asna Abbas
43. AswathySajeevan
44. Athira C.M
45. Dona Eldhose
46. FebaEldhose
47. Gayathry J. Nair
48. HridhyaSurendran
49. Jinu James
50. Jisha Susan Shaji
51. Mahina P.M
52. Parvathy Salin Kumar
53. RaihanathC.A
54. Renju K. Reji
55. RizanaA.J
56. Sulfeena T.K.
57. Susan Cheriyan
58. Vismaya Raju
59. Anigha Antony
60. Anjitha V R
61. Anna P Devassy
62. Aparna P
63. Arshana K Nazer
64. Arya K B
65. Athulya Radhakrishnan
66. Gayathri S
67. Gopika Pratap
68. Haritha K S
69. Jissmol K D
70. Krishna Asokan
71. Krishnendhu K S
72. Neethumolvarkey
73. Ranju Raju
74. Reshma M R
75. Shamitha Pankaj
76. Shilpa K S
77. Vismaya P R



78. Abhirami Ajayan
79. Aiswarya P
80. Akshara Mohan
81. Aneete George
82. Annmol George
83. Anusree T G
84. Ashitha Ajayan
85. Ashna Abbas
86. Aswani
87. Ayana P S
88. Bibinu Kuriakose
89. Greeshma T R
90. Kripa Eldhose
91. Malavika S Devadas
92. Neethu C
93. Parvathy M
94. Rishika Ravi A
95. Sharon Thomas
96. Smrithi S
97. Sumisha P P
98. VindyaSundar



Social Outreach Programme

Title of the programme	Paper bag making
Venue	Mar Thoma College ,Perumbavoor
Objectives	To reduce the usage of plastic bags
Organized by	NCC
Participants	13
Date & Year	2019-2020

Report

During the 2019-2020 period, the National Cadet Corps (NCC) organized a paper bag making session and distribution as part of their environmental awareness and community service activities. The NCC, being one of the largest youth organizations in India, often engages in various initiatives to promote sustainable practices and social responsibility.

The paper bag making session aimed to educate and involve NCC cadets in creating an eco-friendly alternative to plastic bags. The objective was to raise awareness about the harmful effects of plastic pollution on the environment and encourage the use of biodegradable materials.

Here's a general outline of how such a session might have been organized:

Planning and Preparation: NCC officials and volunteers would have planned the event, including selecting a suitable venue, gathering necessary materials (such as recycled paper, glue, scissors, and markers), and inviting cadets to participate.

Training Session: On the designated day, a training session would have been conducted to teach the cadets the techniques of making paper bags. Experienced individuals or instructors might have demonstrated the process, including folding, cutting, and assembling the bags. They would have also emphasized the importance of using eco-friendly materials.



Hands-on Workshop: After the training session, the cadets would have been provided with the necessary materials and tools to create paper bags. Under the guidance of instructors, they would have actively participated in making bags, following the demonstrated techniques.

Quality Control: NCC officials and volunteers would have ensured that the paper bags created during the workshop met the desired quality standards. This would involve checking the strength of the bags, ensuring proper adhesion of folds, and inspecting overall craftsmanship.

Distribution: Once the paper bags were made and checked, the NCC would have organized a distribution drive. Cadets might have been divided into teams and assigned specific areas or events where they would distribute the bags. This could include local markets, schools, public events, or other locations where plastic bag usage was prevalent.

Awareness Campaign: Alongside the distribution, the NCC would have conducted an awareness campaign to educate the general public about the hazards of plastic pollution. Cadets would have engaged in discussions, shared informational pamphlets, and encouraged people to switch to using paper bags instead.

The paper bag making session and distribution organized by the NCC during the 2019-2020 period would have aimed to reduce the consumption of single-use plastic bags and promote sustainable practices among the community. By involving the cadets in this initiative, the NCC fosters a sense of environmental responsibility and instills values of conservation and eco friendliness.





NCC Cadets Distributing the paper bags made by them in nearby shops as part of Social Responsibility

Participants List

1	AATHIRA K KUMAR
2	DEVA RANJINI KAVISSERY
3	MAYOORI M B
4	GOPIKA CA
5	AKHILA ANN ZACHARIAH
6	NANDHIYA KOCHUMON
7	SETHULAKSHMI C
8	ANAKHA C J
9	SREELAKSHMI SREEJI
10	SHIFANA C U
11	ANJANA BIJU
12	MERLIN P S
13	RAJALAKSHMI P R



Awareness Drive

Title of the programme	Street Play to Create Awareness on Literacy
Date and year	08-August-2019
Venue	Perumbavoor
Objective	Create awareness among the public on the importance of literacy
Organized by	NSS
No. of the participants	30

Report

The NSS Unit of Mar Thoma College for Women, Perumbavoor, organised a street play as part of the literacy campaign on 8/8/2019 at Perumbavoor. The programme was part of the college's effort to spread awareness on the importance of literacy among rural people. The programme was conducted in cooperation with local educational and social organisations.

The objective of the programme was to create awareness among the public on the importance of literacy. The programme aimed to spread the message among the public that education is essential for the development of the society. Programme Plan The programme began with an introductory speech by the programme coordinator Preethi Sara Joseph. This was followed by a street play on the subject of literacy. The play was performed by the NSS volunteers of the college. The performers highlighted the importance of literacy and the need for educating rural people through the play. At the end of the programme, the programme coordinator addressed the crowd and discussed the importance of literacy in the community. Impact The programme had a positive impact on the audience. People were motivated to send their children to school and get them educated. The programme also helped to create awareness on the importance of literacy in society. It also helped to spread the message that education is essential for the development of a society. The programme was successful in spreading the message of literacy among the people. The programme was well-received by the audience, and it created awareness on the importance of education in the community.





The NSS Unit of Mar Thoma College for Women, Perumbavoor, conducting a street play as part of the literacy campaign on 8/8/2019 at Perumbavoor.



Padayatra organized by NSS unit of Mar Thoma College for Women,Perumbavoor on 8-8-2019



NSS volunteers with program officers at Mar Thoma College for Women, Perumbavoor

Brochure



MAR THOMA COLLEGE FOR WOMEN



PERUMBAVOOR

NSS UNIT-57

STREET PLAY

literacy campaign

VENUE: PERUMBAVOOR

DATE:8/8/2019



PRINCIPAL

Dr. Gigi George

PROGRAMME CONVENOR

Ms. Preethi Sara Joseph



Participants List

Sl. No	Name of the Volunteer	E-mail Id	Phone No.
1	Farsana Ashraf	Farsanaashraf094@gmail.com	8281685274
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21	Amrutha Anilkumar	amruthaanil899@gmail.c om	812931 7636
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23	Athira Biju	aathira635@gmail.com	755909 8170



24	Soniya A.S	Soniyaas310@gmail.com	808628 9845
25	Sanoojabeegum T.A	sanoojabeegum2000@g mail.com	701283 7715
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27	Fathima Sherin M A	fsherinma@gmail.com	773623 6089
28	NikinaSaji	nikinaniki001@gmail.co m	854777 0636
29	Aswathy Sreekumar	aswathysree75@gmail.co m	944781 6562
30	Nathasha C S	Nathashasuju@gmail.co m	918804 3977



Helping the Destitute

Title of the programme	Visiting Old age home-“DAIVADHAAN”
Organized by	Department of Physics
Venue	Mar Thoma College for Women, Perumbavoor
Date and year	18-December-2019
Objectives	Create awareness about solar energy and promote its utilization among students.
No. of the participants	36

Report

In continuation from previous years, in 2019 also, students of Physics department made LED stars and the stars were put for sale. The profit amount was given to an Old Age Home, Deivadan, Malayattoor on 18 December 2019. The entire staff and students celebrated Christmas with them as last years on that day.





LED stars made by students of Mar Thoma College for Women, Perumbavoor 18-December-2019

Students Explaining the benefits of LED lights to Junior peers







Students visiting Old age home-“DAIVADHAAN”

List of Participants

SL NO	Name
1.	HASEENA K.S
2.	KRISHNENDU M.K
3.	LINTA JOSE
4.	ANN MARIYA PHILIP
5.	ANEEJA GEORGE
6.	DEVIKA MANOJ
7.	JENY ROSE JOB
8.	DONA MARIAM ROY
9.	ARYA SIVAN
10.	AKSA JOSE
11.	PRASTHUTHA PAVITHRAN
12.	BINITHA BABY
13.	JINU JOHN
14.	VARSHA M VIJAY
15.	NIYA MERRIN MATHEW
16.	ANJANA AJITH
17.	ARSHA S KUMAR
18.	ARYA H KARTHA
19.	AKSHAYA SATHYAN
20.	ANJANA K S
21.	ANJU T M
22.	ARATHY SUKUMAR
23.	BINTU MARIA PAUL
24.	REMYA SATHYAN
25.	SAIRA ABRAHAM
26.	SANDRA KRISHNA
27.	SHIFANA E S
28.	AFNITHA KAREEM
29.	AISWARYA MURALEEDHARAN
30.	AMEERA RASHEED
31.	AMMU BABU
32.	ANCY MARY SUNIL
33.	ANUPAMA RAVIKUMAR
34.	BEEMAMOL M H
35.	BINITTA B ARACKAL
36.	JESEELA K A



Social Outreach Programme

Title of the Programme	Mask Making and Distribution
Date And Year	15-January-2020
Venue	Perumbavoor
Objective	Covid Support
Organized By	NCC
Participants	33

Report

On January 15, 2020, the National Cadet Corps (NCC) unit of Mar Thoma College, Perumbavoor, took a significant initiative to contribute to public health and safety by organizing a mask making and distribution drive in the Perumbavoor town area. This community service project aimed to create and distribute face masks as part of their commitment to support the local community during the COVID-19 pandemic.

The primary objective of this initiative was to help combat the spread of the COVID-19 virus by promoting the usage of face masks. Around 800 masks were distributed in Perumbavoor locality. With the outbreak of the pandemic, wearing masks became crucial in preventing the transmission of the virus, and the NCC unit recognized the importance of making masks accessible to the general public.

In conjunction with the distribution drive, the NCC unit conducted a public awareness campaign to educate people about the significance of wearing masks, proper mask usage, and other preventive measures against COVID-19. Pamphlets and posters with essential information were distributed alongside the masks.



The mask making and distribution drive conducted by the NCC unit of Mar Thoma College, Perumbavoor, on January 15, 2020, was a commendable effort to support public health during the COVID-19 pandemic. By providing free masks to the community and spreading awareness about their importance, the NCC unit played a crucial role in promoting a safe and healthy environment in the Perumbavoor town area. This initiative showcased the power of community service and the willingness of young individuals to contribute positively to society during challenging times. The event's success was a testament to the effectiveness of collaborative efforts and the NCC's commitment to serving the community.





On January 15, 2020, the National Cadet Corps (NCC) unit of Mar Thoma College, Perumbavoor, conducted mask distribution drive in the Perumbavoor town area



Mask distribution drive

List of Participants

1.	AATHIRA K KUMAR
2.	DEVA RANJINI KAVISSERY
3.	MAYOORI M B
4.	GOPIKA CA
5.	AKHILA ANN ZACHARIAH
6.	NANDHIYA KOCHUMON
7.	SETHULAKSHMI C
8.	ANAKHA C J
9.	SREELAKSHMI SREEJI
10.	SHIFANA C U
11.	ANJANA BIJU
12.	MERLIN P S
13.	
14.	LAKSHMI SANKAR LAIJU
15.	DAYA DAS PK
16.	GADHA G KARTHA
17.	AMUDHA ALIAS
18.	ABHISREE PRAKASH
19.	ABHIRAMI PRAKASH
20.	DIVYA SIVAN
21.	MANJU MANI
22.	SREESHMA RAJEEV
23.	GODSY DEVASSEY
24.	ARATHY SURENDRAN
25.	ANJANA M A
26.	ANJUMOL K R
27.	JISHA SUSAN SHAJI
28.	ADHITHYA ROY
29.	ANITHA THOMAS
30.	ARATHY KRISHNAN K S
31.	SONA PAUL
32.	ANAGHA JOY
33.	CHITHRA CHANDRAN



Helping the Destitute

Title of the programme	Flood Relief Services "Oppamund"
Date and year	August 2019
Venue	MarThoma College for Women Perumbavoor
Organised by	NSS
Objectives	Helping The Destitute Affected By The Floods.
No. of the participants	100

Report

The NSS unit of Mar Thoma College for Women in Perumbavoor offered various flood relief services in August 2019. The initiative named "Oppamund" shows their dedication to helping the destitute affected by the floods.

During times of natural disasters like floods, providing relief services is crucial to assist those who have been affected and to help them rebuild their lives. The National Service Scheme (NSS) is a government-sponsored program in India that aims to develop the personality and character of students through community service. It's wonderful to know that the NSS unit of Mar Thoma College for Women actively participated in such a meaningful cause by providing flood relief services.

Their efforts would have included various activities such as distributing food, clothing, and other essential supplies, organizing medical camps, offering shelter to the displaced, assisting in rescue operations, and providing support in rehabilitation efforts. Such initiatives demonstrate the



commitment of the college and its NSS unit towards social responsibility and helping those in need.

We are really proud that Mar Thoma College for Women's NSS unit took the initiative to support the destitute during the flood situation in 2018-19. Acts of service like these contribute to the welfare of society and inspire others to come forward and make a difference in times of crisis.



The NSS unit of Mar Thoma College for Women in Perumbavoor collecting necessary items for flood victims in nearby locality in August 2019.



Students collecting necessary items for flood relief victims



Flood Relief services offered by Mar Thoma College For Women,Perumbavoor



Mar Thoma College for Women,
Perumbavoor



OPPAMUND

FLOOD SUPPORT SERVICE

WHEN FLOOD
WATERS RISE,
WE RISE UP AS
A COMMUNITY.



Date : August 2019



Participants list

I. No.	Name of the Volunteer	Class	E-Mail-ID	Mobile Number
1	Ahila Hari	II B. Sc.	ahilahari1999@gmail.com	9544631885
2.	Ainu C. Sunny	I B. Com.	ainucsunny2000@gmail.com	7561050337
3.	Aiswarya K. Ashokan	I B. A.	aiswaryakashokan2001@gmail.com	7902971437
4.	Aksa Mol Sunny	I B. A.	aksamolsunny2001@gmail.com	9645573437
5.	Alfiya Sulthana	II B. A.	alfiyasulthana99@gmail.com	7902866086
6.	AmbilyAnilkumar	II B. Com.		9061944651
7.	Ammu Baby	II B. Com.		8606899796
8.	Ammu C. Vinod	I B. A.	ammucvinod@gmail.com	8111876459
9.	Anakha P. M.	I B .Sc.	Anakhaammu00@gmail.com	8606326377
10.	Anakha Jose	II B.S.c	anakhajoseparayil@gmail.com	9847408155
11.	Aneena V. A.	II B.A.		9947689536
12.	Anisha Shijan	I B.Sc.	anishashijan@gmail.com	8547776035
13.	Anjali Valsan	II B.Sc	anjaliValsan2000@gmail.com	9745657014
14.	Anjaly Sivadasan	II B.Sc	sivadasananjaly@gmail.com	8078036508
15.	AnjithaDevassy	I B.A.	anjithadevassy2001@gmail.com	9744666150



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18.	Anooja S.	I B Com		8943224291
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21.	Aparna Nair	I B.Sc	aparnanair419@gmail.com	9496227208
22.	Arya Ravi		aryaponnu660@gamil.com	8943275698
23.	Arya T. A.	I B Com		9747151065
24.	Ashna P. S.	I B.Sc	getashnaps@gmail.com	9048793436
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28.	Aswathy Sivan	II B Com	aswathyachu119977@gmail.com	8547802971
29.	Athira C. U.	I B Com	athiraudayan123@gmail.com	9562604266
30.	Athira P. R.	II B.Sc	athirapr@gmail.com	9961973828
31.	AthulyaSasi	II B.A.	athulyasasi2000@gmail.com	8891806882
32.	Ayana M. R.	I B Com		9446277585
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