



**MAR THOMA COLLEGE FOR WOMEN
PERUMBAAVOOR**

CRITERION 7

**Institutional Values &
Best Practices**

2017-2022

7.1.3 Beyond the Campus Environmental Promotion Activities

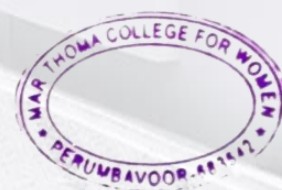


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Sybil

Principal-in-charge
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Distribution of Sweet Neem Saplings to local people

Title of the Activity	Distribution of Sweet Neem Saplings
Organising Agency/Department	Dept. of Zoology
Date	07-June-2017
No. of Students Participated	40
Resource Person/Coordinator	Dr. Biju Jacob Thomas, HoD, Department of Zoology
Outcome	Development of environmental consciousness



As part of the Environment Day observance, on June 7, 2017, the students of the department of Zoology distributed *Kariveppu* (Sweet Neem) saplings in the neighbourhood. Curry leaves are a rich source of iron and folic acid, helps in lowering blood cholesterol and sugar levels and also prevents premature greying of hair. As it is an unavoidable ingredient in most South Indian dishes, *Kariveppu* is a requirement in all households. But we see that many switch to buy curry leaves from groceries to meet their needs instead of buying. Being treated with chemical insecticides to prevent pest attacks, the ones brought from grocers do pose health risks. Recognizing the importance of curry leaves, 23 saplings were distributed as part of this extension activity. The extension activity was coordinated by Dr. Biju Jacob Thomas, Head of the Department, Zoology.

Distribution of Sweet Neem Saplings
7/6/2017

Post Flood Water –Quality Analysis

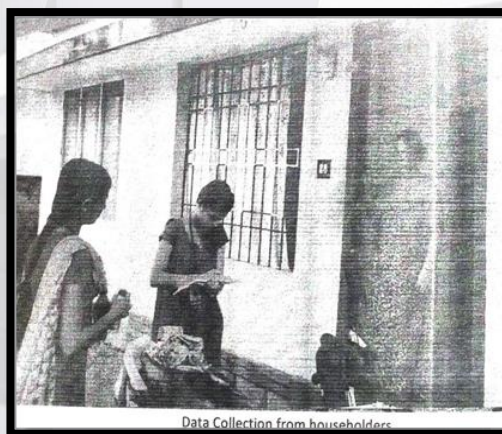
Title of the Activity	Post Flood Water –Quality Analysis
Organising Agency/Department	Dept. of Chemistry
Date	19-July-2017
No. of Students Participated	41
Resource Person/Coordinator	Sumayya P A. Guest Lecturer, Mar Thoma College for Women, Perumbavoor
Outcome	Soft Skill Enhancement of the participants in connection with ecology and environment



Department of Chemistry in collaboration with Department of Zoology collected water samples from 10 houses in the flood affected areas of Koovappady Panchayath (14th ward) under Perumbavoor Municipality on 19th July 2017. Third year students collected and analysed water samples, under the guidance of Ms. Sumayya P.A. Water samples were collected from the wells using clean plastic buckets. These samples were transferred to polypropylene bottles and immediately transported to the laboratory for analysis. We analysed the water quality parameters like pH, Alkalinity and Free CO₂ present

in the water samples in our laboratory. The pH and CO₂ content were analysed by using pH paper and titrimetric method respectively and communicated to the inhabitants of the neighbourhood

Students have taken this initiative to give the public a general idea of the possible problems associated with drinking water in the region near to the college. This type of initiative also enhances the experimental and analytical skills of students. The students were able to analyse the basic experimental test of water by themselves. They were very interested in collecting and analysing the samples. The experimental methods for analysing were demonstrated by the Chemistry teachers. The report of study was filed in the department.



Sample Collections
19/7/2017

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Paddy Cultivation Programme

Title of the Activity	Paddy Cultivation Programme
Organising Agency/Department	NSS
Date	3-September-2017
No. of Students Participated	101
Resource Person/Coordinator	Mrs.Chainthanya Elsa Achankunju (Dept Of English) And Mr.Gismon Thomas(Dept Of History)
Outcome	Developing an interest in their minds in organic farming and promote an interest in cultivation techniques.



The National Service Scheme unit of Mar Thoma College For Women Perumbavoor conducted a special camp at St. Joseph's High School Kudakkachira Kottayam from 31 August to 7 September 2017. Around 101 NSS volunteers attended the *Jaivam* camp. The main highlight of the camp was a organic paddy cultivation programme "*NjaaruNadal*". On 3 September 2017 Volunteers visited the paddy field named Kundoor Padam of Mr. Madhusudhanan Nair Sir. It was a very good experience for all the volunteers because it was the first experience in the lives of many of them. Sir conducted a detailed class of paddy cultivation and also extended a practical session for the same. After the *Njaru Nadal*

volunteers got highly motivated and it helped in developing an interest in their minds in farming especially organic farming. It also helps in examining the different farming approaches and the advantages of going in for organic farming.



NjaaruNadal
3/9/2017

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Energy Conservation Rally

Title of the Activity	Energy Conservation Rally
Organising Agency/Department	Department of Physics and Energy Conservation Cell
Date	17-December-2017
No. of Students Participated	40
Resource Person/Coordinator	Dr.Melvi Chandy, Assistant Professor, Mar Thoma College for Women, Perumbavoor
Outcome	Awareness about energy conservation



**Energy Conservation Rally
17/12/2017**

The Energy Conservation Rally was organised by the Department of Physics and Energy Conservation Cell as part of Science Day on 17 December 2017 at 1 st Mile, Perumbavoor. The rally was attended by 40 participants.

Dr Melvi Chandy was the Programme Coordinator. The rally was organised to create awareness about energy conservation and to encourage

people to adopt energy-saving practices. The participants were taken on a walk around the area to spread the message of energy

conservation. Students distributed pamphlets and posters to the public and interacted with them to explain the importance of energy conservation. The rally was a success as it was able to spread the message of energy conservation to the public. The participants were also able to learn more about the importance of energy conservation and the various ways in which it can be implemented. The rally was a great way to spread the message of energy conservation and to encourage people to adopt energy-saving practices.

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Flood Cleaning Activities

Title of the Activity	Flood Cleaning Activities
Organising Agency/Department	NSS
Date	22-August-2018
No. of Students Participated	41
Resource Person/Coordinator	Mrs.Preethi Sara Joseph and Dr.Vinod V Assistant Professor, Mar Thoma College for Women Perumbavoor.
Outcome	Developing social commitment among the student community



Cleaning Activities
22/8/2018

The NSS volunteers and Programme Officers of Mar Thoma College For Women, Perumbavoor involved in flood cleaning activities in the flood affected areas at *Kanjirakkad* near Perumbavoor.

Flood is a state of high-water level along a river channel or on coast that leads to inundation of land. Floods can be destructive to humans and natural

environment. It can have a negative effect on wildlife causing drowning disease proliferation, and habitat destruction. Unpredictable floods can be harmful even to aquatic life. Flood water can be contaminated with pollutants such as agricultural pesticides, industrial chemicals, debris and sewage. Floods are the leading cause of weather-related infectious disease outbreaks.

It is important to clean up after a flood to avoid mud and other moisture issues that are caused by water damage. Flood cleaning process aims students to achieve Soft Skill Enhancement of the participants in connection with Environment conscious development which was targeted was achieved through the participation.

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Rapid Survey of Biodiversity Loss

Title of the Activity	Rapid Survey Of Biodiversity loss
Organising Agency/Department	Dept Of Zoology
Date	20-October2018-27-October-2018
No. of Students Participated	7
Resource Person/Coordinator	Reemy Sara Mathai, Assistant Professor, Mar Thoma College for Women, Perumbavoor
Outcome	Assessment of the biodiversity loss in flood affected areas and analysis of its reasons.



Kerala State Biodiversity Board organized a rapid survey of biodiversity loss in flood affected areas in various parts of Kerala in which five students and two faculties from the Department of Zoology were given the privilege to work with. The Zoology team along with BMC Members, Ward Members, Block Officers and public participation conducted a week long rapid analysis of biodiversity loss of flood affected areas of Koovappady Panchayath from 20/10/2018 to 27/10/2018.

The program was aimed to assess the impact of flood on biodiversity of the affected areas and

analyse its possible reasons. It also aimed to increase the observation skills of participants. The participation in the biodiversity survey was a recognition for both students and faculties and it served to enhance domain specific observation skills.



**Survey in Flood affected areas
20/10/2018- 27/10/2018**

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Planting Saplings

Title of the Activity	Planting Saplings
Organising Agency/Department	NSS
Date	12-December-2018
No. of Students Participated	30
Resource Person/Coordinator	Mrs.Preethi Sara Joseph and Dr.VinodV,Assistant Professors, Mar Thoma College For Women Perumbavoor.
Outcome	To promote the goal of sustainable development.



The NSS Volunteers and Programme Officers of Mar Thoma College for Women, Perumbavoor planted Arali saplings outside the college compound is a commendable effort towards promoting environmental awareness and conservation. This was under the guidance of Mrs.Preethi Sara Joseph and Dr.VinodV,Assistant Professors, Mar Thoma College For Women Perumbavoor. By planting more trees, not only does the local environment benefit, but it also contributes to the global efforts of reforestation, which is crucial for repairing damaged ecosystems and combating climate change. Encouraging positive attitudes towards environmental awareness among students is an essential step in fostering a sustainable future. It's heartening to see such initiatives taken by educational institutions and communities to contribute to a healthier planet. Continued efforts in tree planting and environmental awareness will undoubtedly have a positive impact on the world around us.

**Planting Saplings
12/12/2018**

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Energy Conservation Awareness Rally

Title of the Activity	Energy Conservation Awareness Rally
Organising Agency/Department	Department of Physics and SAFE Muvattupuzha
Date	20-December-2018
No. of Students Participated	30
Resource Person/Coordinator	Dr. Anupama P
Outcome	Students with thought provoking messages conveyed the purpose of the rally to the public in Perumbavoor town

The Department of Physics and SAFE Muvattupuzha in association with Energy Management Centre and Centre for Environment Management and Development, Thiruvananthapuram conducted an "Energy Conservation Awareness Rally" in connection with Energy Conservation Day celebration on 14/12/2018 from Subhash Chandra Bose Stadium, Perumbavoor at 10.30am, in which students from various departments were participated. The rally flagging off was done by Mr. Eldhose Kunnappilly, M,L,A, Perumbavoor. Mrs. Sathi Jayakrishnan (Municipal Chairperson, Perumbavoor).



The program was aimed to create awareness among public about the need for energy conservation in our life. It also aimed to convey the concept of "Sustainable Energy". Students with their thought-provoking placards were goes around the Perumbavoor town, which clearly shows that the objective of the program was accomplished.

Energy Conservation Awareness Rally
20/12/2018

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Waste Management Technique

Title of the Activity	Waste Management Technique
Organising Agency/Department	NSS
Date	24-December-2018
No. of Students Participated	30
Resource Person/Coordinator	Mrs.Preethi Sara Joseph(Dept.of English) and Dr.Vinod V(Dept.of History),MarThoma College For Women Perumbavoor.
Outcome	To understand the impact of accumulation of waste in environment,different waste disposal techniques and effective management programs.



Survey(type of waste collected)

Paper Bag Making



The NSS Volunteers and Programme officers of Mar Thoma College for Women, Perumbavoor taken an initiative to conduct a survey in around 50 houses in Rayamangalam Grama Panchayath to gather data on waste disposal and management reflects a proactive approach towards understanding and addressing environmental issues at the grassroots level. By conducting this survey as a part of the seven day special camp, *Sukrutham* 2018, the students not only gained practical experience but also became more aware of the detrimental effects of improper waste disposal on the environment. Understanding the impact of waste on the environment is essential in encouraging responsible waste management practices among individuals and communities. The focus of 3R's of waste management – Reduce, Reuse and Recycle is crucial in promoting sustainable waste management practices. By spreading knowledge about waste management practices and their environmental impact, the students of Mar Thoma College for Women are making a positive contribution to both the local community and the broader environment.

Waste Management Techniques
24/12/2018

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Paper Bag Making & Distribution

Title of the Activity	Paper bag making and Distribution
Organising Agency/Department	NCC
Date	9-July-2019
No. of Students Participated	30
Resource Person/Coordinator	Dr.Sangeetha Rachel Karoth ,Mar Thoma College for Women, Perumbavoor
Outcome	Students and public get aware of the importance of reusable, recyclable and biodegradable and environment friendly paper bag

The National Cadet Corps of Mar Thoma College for Women, Perumbavoor conducted a paper bag making and distribution program on 09/07/2019., at 10 pm. Training were given to the students for making paper bags in the P.G. Seminar Hall. Inauguration of the program was done by distributing paper bag to Dr.Gigi George,Principal,Mar Thoma College for Women, Perumbavoor. Later the bags were distributed to the houses in the college premises and to the shop owners at *Onnammile*.



paper bags in our day today life. Paper bags are 100% reusable,recyclable and biodegradable and at the same time they are environment friendly and pose less threat to the wildlife.Paper bags are excellent alternative for plastic bags. It requires less energy for paper bags to be recycled the plastic bags.We can reduce the environmental problems caused by plastics to some extend by changing to paper bags. Distribution of paper bags created an awareness among the public about the importance of using environment friendly products for a sustainable future.



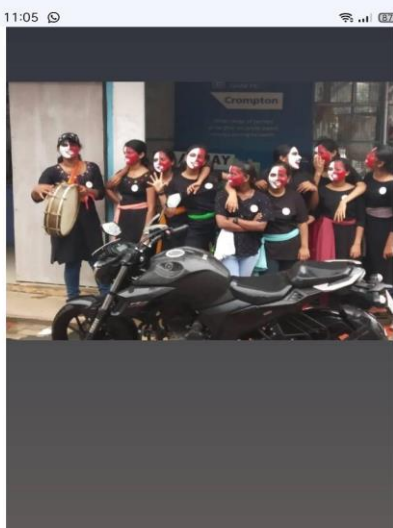
**Paper Bag Distribution
9/7/2019**

Sangeetha Karoth
Principal-in-charge
Mar Thoma College For Women
Perumbavoor - 683 642



Street Play to Create Awareness on Literacy

Title of the Activity	Street Play to Create Awareness on Literacy
Organising Agency/Department	NSS
Date/Year	8-August-2019
No. of Students Participated	30
Resource Person/Coordinator	Mrs.Preethi Sara Joseph(Dept.of English) and Dr.Vinod V(Dept.of History),MarThoma College For Women Perumbavoor.
Outcome	Create awareness among public on the importance of Literacy



**Street Play
8/8/2019**

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. 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.

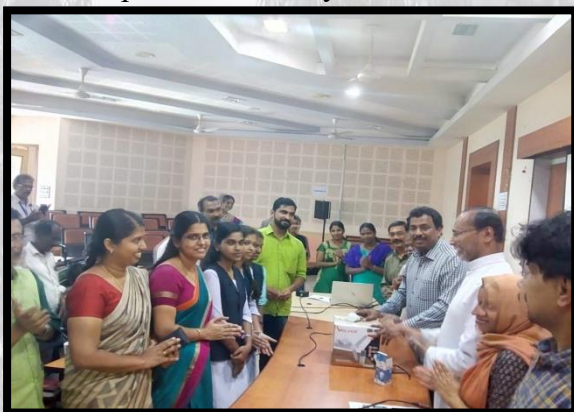
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Perumbavoor - 683 642



LED BULB MAKING AND DISTRIBUTION

Title of the Activity	LED Bulb making and Distribution
Organising Agency/Department	Dept. of Physics
Date	22-August-2019
No. of Students Participated	30
Resource Person/Coordinator	Dr. Paulose Thomas, Assistant Professor, Mar Thoma College for Women, Perumbavoor
Outcome	To encourage the use of energy efficient products among the public

The Department of Physics conducted a “LED bulb making and distribution program” in



**LED Bulb Making
22/8/2019**

order to encourage the use of energy efficient products. Training was given to the students for making LED bulbs by Dr. Paulose Thomas, Assistant Professor, Department of Physics. Students made a total of 100 bulbs. The bulbs were handed over to Thrissur District Collector to distribute among the flood affected areas of Wayanad, in an Inter-Agency Group Meeting at Thrissur District Collectorate.

The aim of the program was to encourage the use of energy efficient products among the public. LED bulbs are more energy efficient, improved environmental performance, no heat

or UV emissions, and long lifespan compared to normal bulbs. Hence LED bulbs are a good energy efficient alternative for light source. The program also aimed to help the people in flood affected areas which was accomplished by the distribution of the bulbs.

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Perumbavoor - 683 642



Bethlehem Abhaya Bhavan Cleaning

Title of the Activity	Street Play to Create Awareness on Literacy
Organising Agency/Department	NSS
Date/Year	6-September-2019
No. of Students Participated	30
Resource Person/Coordinator	Mrs.Preethi Sara Joseph(Dept.of English) and Dr.Vinod V(Dept.of History),MarThoma College For Women Perumbavoor.
Outcome	To clean and organize the living spaces of Orphanage

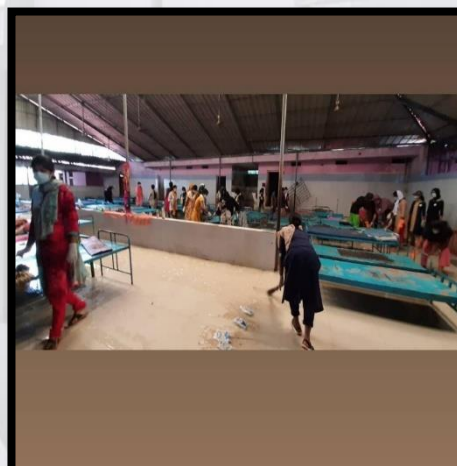


On 6th September 2019, the National Service Scheme (NSS) unit of Mar Thoma College, Perumbavoor organized a visit to Bethlehem Abhaya Bhavan, an orphanage located in the local area. The main objective of the visit was to clean and provide assistance to the orphanage in order to contribute to the well-being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

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. They create a green environment around the surroundings of the Orphanage. They also

cleared the wastes around the premises of the Orphanage. Some volunteers utilized their artistic skills by painting the walls of the orphanage with vibrant colours, creating a visually appealing and cheerful atmosphere for the children. The volunteers engaged in various activities to interact and bond with the children. As a gesture of support, the NSS unit collected and donated essential items such as clothing, books, stationery, and toiletries to the orphanage.

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.



**Cleaning activities
6/9/2019**

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Perumbavoor - 683 642



Organic Farming

Title of the Activity	Organic Farming
Organising Agency/Department	NSS
Date/Year	8-September-2019
No. of Students Participated	30
Resource Person/Coordinator	Mrs.Preethi Sara Joseph(Dept.of English) and Dr.Vinod V(Dept.of History),MarThoma College For Women Perumbavoor.
Outcome	Understand the importance of Organic Farming

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



**Organic Farming
8/9/2019**

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Student Solar Ambassador Programme

Title of the Activity	Student Solar Ambassador Programme
Organising Agency/Department	Department of Physics & NSS
Date/Year	30-October-2019
No. of Students Participated	100
Resource Person/Coordinator	Dr. Anupama P, Assistant Professor, Mar Thoma College for Women, Perumbavoor
Outcome	Create awareness regarding solar energy among students



The Student Solar Ambassador Programme at Kallil region in Perumbavoor, Kerala was organised by the National Service Scheme (NSS) and the Physics Department of Mar Thoma College, Perumbavoor. 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. A total of 100 students from various educational institutions in and around Perumbavoor attended the event. The programme included lectures on solar energy, interactive sessions and an exhibition. The experts from the Department of Physics, Mar Thoma College, Perumbavoor, guided the students on how to make solar panels 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 exhibition was very informative and interesting. It featured the various solar energy systems, solar panels 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.



Student Solar Ambassador Programme
30/10/2019

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Perumbavoor - 683 642



Student Solar Ambassador Programme

Title of the Activity	Student Solar Ambassador Programme
Organising Agency/Department	Department of Physics & NSS
Date/Year	30-October-2019
No. of Students Participated	50
Resource Person/Coordinator	Dr. Anupama P, Assistant Professor, Mar Thoma College for Women, Perumbavoor
Outcome	Create awareness regarding solar energy and its applications among students



The Student Solar Ambassador Programme at Asram School Perumbavoor was organised by the National Service Scheme (NSS) and Physics Department of Mar Thoma College Perumbavoor in 2019. 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 Asram 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 circuit.

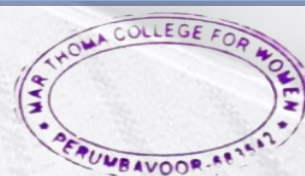
The students were highly engaged throughout the session and they were eager to learn more about solar energy and its applications. The programme concluded with a quiz and a presentation by the students. The quiz was designed to test the knowledge of the students on solar energy. The programme was a great 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



**Student Solar Ambassador Programme
30/10/2019**

and conserving our environment.

S. J. K. V. Jay
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Perumbavoor - 683 642



Water Pollution Survey

Title of the Activity	Water Pollution Survey
Organising Agency/Department	NCC
Date	16-December-2019
No. of Students Participated	20
Resource Person/Coordinator	Dr.Sangeetha Rachel Karoth ,Mar Thoma College for Women, Perumbavoor
Outcome	To create awareness on water pollution



**Survey
16/12/2019**

water pollution and related factors.

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. The survey highlighted the challenges posed by poor tidiness, limited rainwater harvesting, and inadequate drainage system in First mile, Perumbavoor, contributing to water pollution.

The National Cadet Corps of Mar Thoma College for Women, Perumbavoor conducted a water pollution survey program during 2019-2020. 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. 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. The survey includes observations, interviews, and data analysis to gather information about



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