



**MAR THOMA COLLEGE FOR WOMEN
PERUMBAAVOOR**

CRITERION 7

**Institutional Values &
Best Practices**

2017-2022

7.1.3 Clean & Green Campus Initiatives



List of Programmes

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Sybil Jay

Principal-in-charge
Mar Thoma College For Women
Perumbavoor - 683 542



Planting Tree Saplings

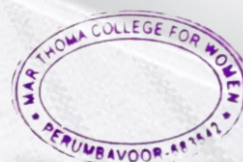
Title of the Activity	Planting Tree Saplings
Organising Agency/Department	Department of Chemistry
Date	5-June-2017
No. of Students Participated	76
Resource Person/Coordinator	Mrs.Suramya P.A.
Outcome	Awareness about the importance of nature conservation



The Department of Chemistry celebrated "World Environment Day " on 05/06/2017 by planting tree saplings in the department garden and in the campus. The programme was under the guidance of Ms. Sumayya P.A(Teacher-in-charge) and she delivered a passionate speech on the importance of biodiversity conservation.76 students participated in the program. 15 tree saplings were planted in the department garden and the campus with the active participation of students and teachers. The event was helpful for the students to understand the importance of conserving nature and making our surroundings green.

**Planting Tree Saplings
5/6/2017**

Sumayya P.A
Principal - in - charge
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Home Energy Audit

Title of the Activity	Home Energy Audit
Organising Agency/Department	Dept. of Physics
Date	28-June-2017
No. of Students Participated	40
Resource Person/Coordinator	Dr. Anupama P, HOD, Dept. of Physics
Outcome	Development of environmental consciousness, judicious use of energy and energy conservation

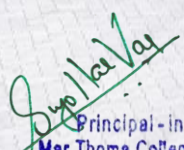
As part of the Physics Department association, on June 28, 2017, the students of the Physics department participated in seminar on home energy audit by Mr. Santhosh Managing Director, Atul Energy Consultant Pvt Limited.

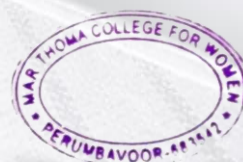
An energy audit is an inspection survey and an analysis of energy flows for energy conservation in a building. It may include a process or system to reduce the amount of energy input into the system without negatively affecting the output. In commercial and industrial real estate, an energy audit is the first step in identifying opportunities to reduce energy expense and carbon footprint.

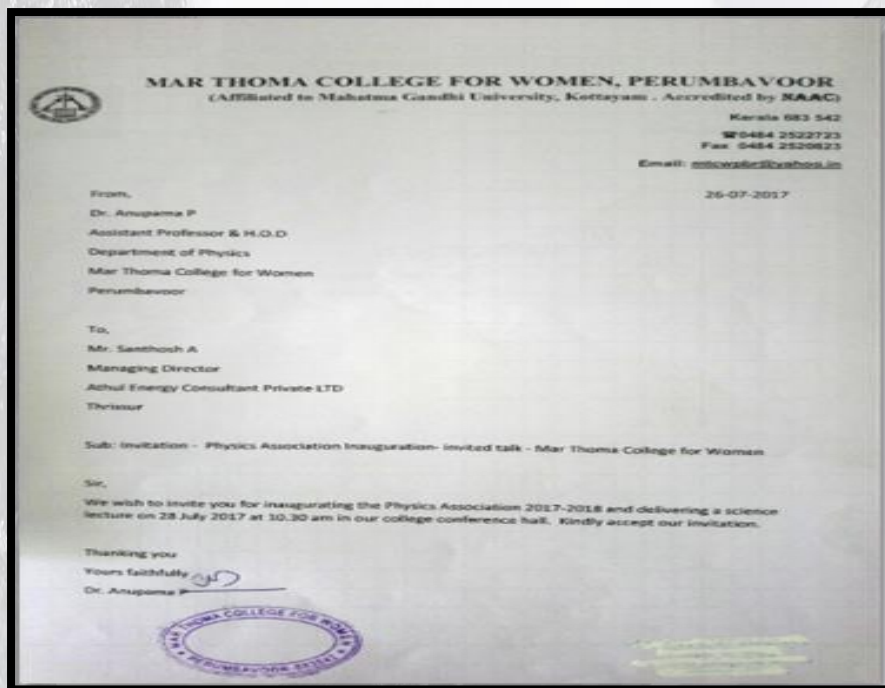
The primary objective of Energy Audit is to determine ways to reduce energy consumption per unit of product output or to lower operating costs.

A home energy audit is a service where the energy efficiency of a house is evaluated by a person using professional equipment with the aim to suggest the best ways to improve energy efficiency in heating and cooling the house. A home energy audit is often used to identify cost effective ways to improve the comfort and efficiency of buildings. In addition, homes may qualify for energy efficiency grants from central government.

And the seminar on this relevant topic by our honourable guest was really helpful for students as it develops environmental consciousness and social responsibility among them and also about energy saving and its opportunities.


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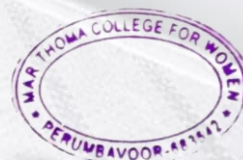




Invitation Letter 28/6/2017



Sybil Varghese
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Paper Bag Making and Distribution with in the College Campus

Title of the Activity	Paper Bag Making and Distribution
Organising Agency/Department	Department of Chemistry
Date	18- July-2017
No. of Students Participated	41
Resource Person/Coordinator	Mrs.Suramya P.A.
Outcome	Development of environmental consciousness



**Paper Bag Distribution
18/7/2017**

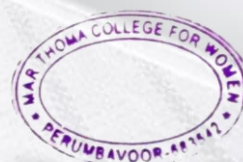
As a part of the green initiative the students of the Department of Chemistry have made 50 paper bags and distributed them among the teachers, to create awareness about the disadvantages of the usage of plastic bags and plastic products. This paper bag making takes a cursory look at plastic bags and some available alternatives in order to highlight their impact on the environment throughout their life cycle.

41 students of III DC Chemistry actively participated in this program on 18th July 2017, under the guidance of Mrs. Sumaya P.A. She divided the

students into five groups and demonstrated the making of paper bags. First paper bag was given to Dr. Lissy Cheriyan, principal of Mar Thoma college.

The objective of the drive was to include students in the habit of recycling by teaching them how to make paper bags and making them aware about the threat of plastic bags to the environment. This drive is quite useful as well as encouraging. It was a great success with positive remarks from both students and teachers.

Signature
Principal - in - charge
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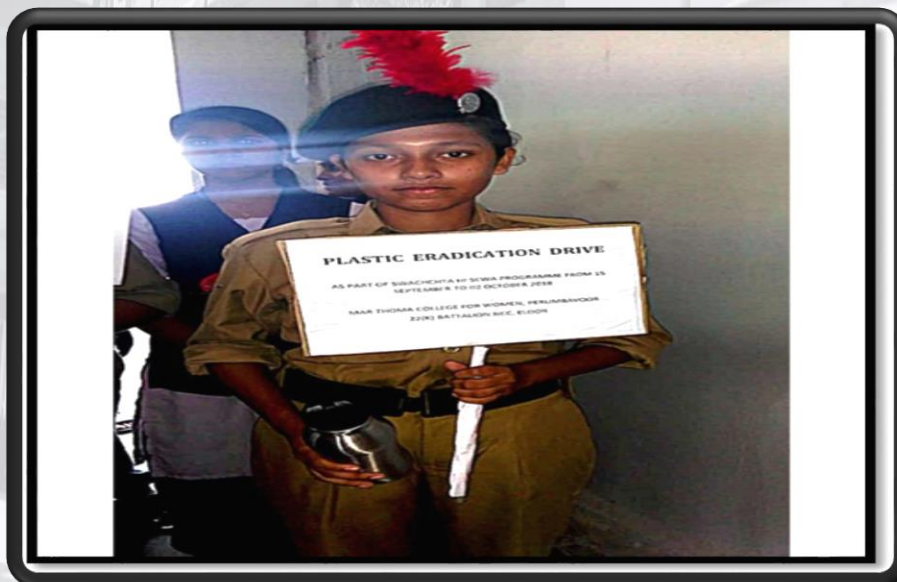


Plastic Eradication Drive

Title of the Activity	Plastic Eradication Drive
Organising Agency/Department	NCC
Date	09-September -2018 to 15-October -2018
No. of Students Participated	All Students of the College
Resource Person/Coordinator	Dr.Sangeetha Rachel Koruth
Outcome	Environmental Consiousness

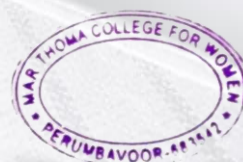


The National Cadet Corps of Mar Thoma College for Women, Perumbavoor organized a Plastic Eradication Drive as a part of Swachchtha Hi Seva Programme from 15/09/2018 to 02/10/2018, in the college campus, in which students from various departments were participated. The aim of the program was to create awareness among students on the hazards of single use of plastic and to motivate towards the use of more ecofriendly alternatives. It also aimed to create a plastic free campus. Students were actively participated in cleaning plastic wastes from the campus.



**Plastic eradication Drive
9/9/2018- 15/10/2018**

S. J. Varghese
Principal - in - charge
Mar Thoma College For Women
Perumbavoor - 683 542



Environment Month Observance

Title of the Activity	Environment Month Observance
Organising Agency/Department	Department of Zoology
Date	22-November-2018
No. of Students Participated	12
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	Enrichment of creative thinking, innovative ideas and environment protection awareness



Every year Environment Awareness Month is celebrated with a goal to raise awareness about environmental issues that need our attention, including human overpopulation, global warming, pollution and conservation. The Zoology Association conducted an inter departmental logo designing competition in connection with the Environment Week celebration on 22/11/2018, in the B.Sc. Zoology Lab, at 2.30 PM, in which 12 students from various departments participated. Duration of the competition was 1 hour. .

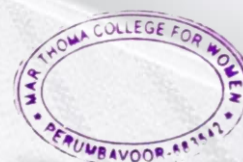
The judgment was done by the faculties of the

Zoology department. Athira Shaji (III B.Com Computer Application), Fathima Jamal (I B.Com Tax), Sharon Thomas (I M.Sc. Zoology) secured first, second and third positions respectively. A special appreciation prize was given to Rishika Ravi A. (I M.Sc. Zoology). The objective of the competition was to enhance the creativity among students along with environment consciousness which was achieved through the participation of the students.



**Environment Week Celebrations
22/11/2018**

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Environment Day Celebration

Title of the Activity	Environment Day Celebration
Organising Agency/Department	Department of Zoology
Date	20-June -2019
No. of Students Participated	30
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	The activity could instill responsible delivery of environmental consciousness.

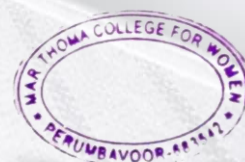


**Oath Taking
20/6/2019**

The Student and teachers of Department Of Zoology of Mar Thoma College For Women, Perumbavoor took an oath to safeguard the biodiversity of our land as a part of Environment Day observants on 20 June 2019. Instead of planting saplings the department made a decision to take good care of the trees and plants they had already planted. World Environment Day is celebrated annually on 5 June and encourages awareness and action for the protection of the environment. It was first celebrated in the year 1974. This day has created a platform to rise an awareness that the world is facing the problem such as air pollution, plastic pollution, global warming and sea level increasing day by day. The earth is our only home and we need to save it for

upcoming generations. It is our first and foremost responsibility to look after the usage of every resource. The environment has become extremely polluted and full of toxins which has harmful effect on our health. So, this day inspires every student to do something about it and improve the environment with necessary steps and protect it.

S. J. Varghese
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Kitchen Garden Project

Title of the Activity	Kitchen Garden Project
Organising Agency/Department	NSS
Date	28-June -2019
No. of Students Participated	90
Resource Person/Coordinator	Mrs.Preethi Sara Joseph(Dept.of English) and Dr.Vinod V(Dept.of History),MarThoma College For Women Perumbavoor.
Outcome	Promote Organic Kitchen Gardening



**Kitchen Garden
28/6/2019**

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 Dr Vinod V, 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.

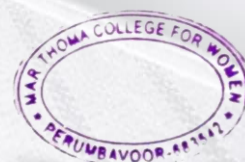
The project was also aimed at inculcating the knowledge of natural resources among the young students. The NSS Unit of the college provided financial assistance to the students to purchase the

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



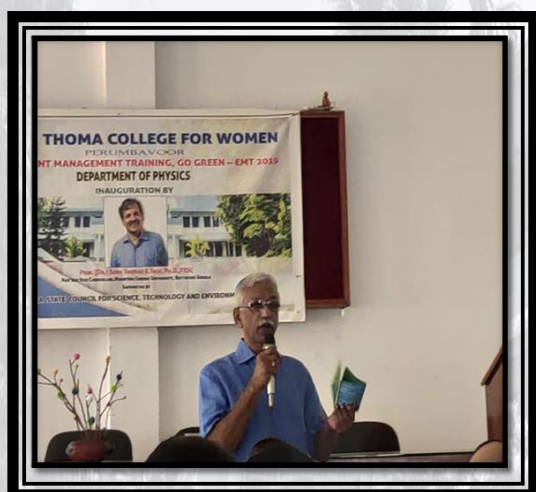
their own food and lead a healthy lifestyle.

Sybilca V
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Household Waste Management Training Session

Title of the Activity	Household Waste Management Training System
Organising Agency/Department	Department of Physics
Date	13-January-2020
No. of Students Participated	All students of the college
Resource Person/Coordinator	Mr. Alexander K.P (Rtd. Farm Manager, Always Settlement)
Outcome	Installation of pipe composting system in the campus.



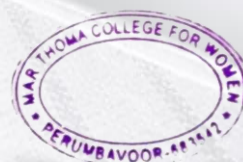
The Department of Physics conducted a “Hands on training session on household waste management” on 13/01/2020 in the P.G. Seminar Hall at 10.30am, in which students from various departments were participated. The session was handled by Mr. Alexander K.P (Retired. Farm Manager, Always Settlement). He introduced various innovative ideas for composting day today household wastes. The session included student involvement in disposing the household waste. Followed by the lecture, there was a training session for the students to learn the methods of waste disposal. He also taught about Hybrid Waste Management System which uses Black fly.

The aim of the program was to teach students about the significance of waste management and its strategies. Taking inspiration from the training session, Department of Physics introduced pipe composting in the college premises.



**Training Session
13/1/2020**

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Tilling Event

Title of the Activity	Tilling Event
Organising Agency/Department	NCC
Date	25-April -2020
No. of Students Participated	24
Resource Person/Coordinator	Dr.Sangeetha Rachel Koruth
Outcome	Encourage environmental awareness and active lifestyle

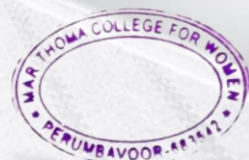


Tilling Event
25/4/2020

On 25th of April 2020, NCC Mar Thoma College Perumbavoor organized a Tilling event near college premises to encourage environmental awareness and active lifestyle. About 150 volunteers took part in the activity and collected around 1 ton of trash from the streets and the banks of the local canal. The volunteers also planted a few saplings in order to promote green cover in the area. The event was a great success and it was an eye-opener for the local community about the importance of a healthy and clean environment. The volunteers not only collected the trash but also spread awareness about the importance of avoiding plastic and other forms of non-biodegradable waste. The volunteers also made sure that the trash collected was disposed of properly. Overall, the Plogging event was a great success and it was a step forward in our journey towards creating a cleaner and healthier environment. We hope that

such initiatives will create a ripple effect and will encourage people to take up the responsibility towards our environment.

Sangeetha V
Principal - in - charge
Mar Thoma College For Women
Perumbavoor - 683 542



Plastic Free Campus Drive

Title of the Activity	Plastic Free Campus Drive
Organising Agency/Department	NSS
Date	09 – March-2021
No. of Students Participated	100
Resource Person/Coordinator	Dr Melvi Chandy & Ms Roshin T Roy
Outcome	Environmental Awareness

National Service Scheme of MarThoma College for Women, Perumbavoor conducted campus cleanliness drive under the supervision of NSS Programme Officer Dr.Melvi Chandy and Ms.Roshin T Roy. On march 9 2021.NSS volunteers collected plastic waste from all over the campus as part of the plastic-free campus drive. The students cleaned the college campus and collected plastic garbage from every nook and corner of the college premises. They raised slogans on 'Say No to Plastic' and emphasized making the campus plastic free. 100 NSS volunteers participated in this cleanliness drive.



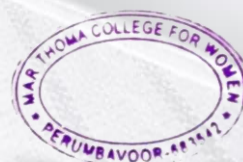
**Plastic Free Campus Drive
9/3/2021**

NSS volunteers were involved in mass cleaning in public places. Waste collection

drives were organized to impart the significance of plastic free and clean surroundings among the students. Students become aware about the consequences of

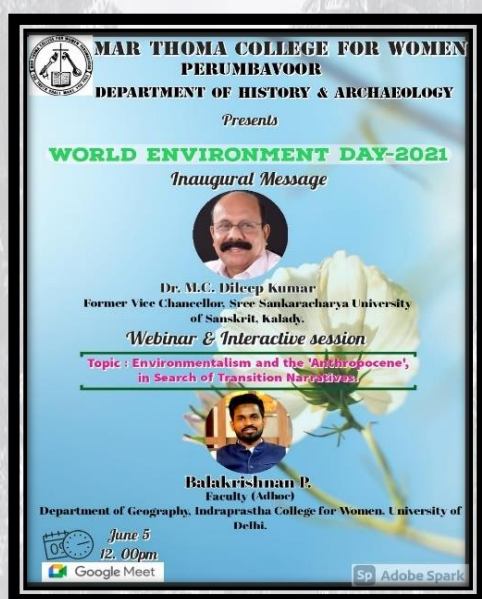
plastic wastes and they suggest alternatives for plastics among other students. It helps to maintain a green campus. Students makes this programme successful by collecting the whole plastic waste from the surroundings.

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World Environment Day Celebration

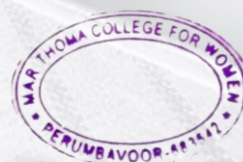
Title of the Activity	World Environment Day Celebration
Organising Agency/Department	Department of History
Date	5-June-2021
No. of Students Participated	81
Resource Person/Coordinator	Dr.Bibin Kuriakose, Assistant Professor, Department of History
Outcome	It helps to create awareness about how human activities have impacted the environment.



As a part of World Environment Day Celebration, a Webinar & Interactive Session was organized by the Department of History & Archaeology on 5th June 2021 through Google Platform at 12.00 pm. This was under the guidance of Dr.Bibin Kuriakose, Assistant Professor, Department of History. Students from various departments participated in the Session. The Inaugural message was done by Dr.M.C Dileep Kumar (Former Vice Chancellor, Sree Sankaracharya University, Kalady) and Session was carried out by Mr.Balakrishnan P. Faculty, Department of Geography, Indraprastha College For Women, University of Delhi. The Topic was Environmentalism and the Anthropocene, In Search of Transition Narratives.

Environment day Celebration
5/6/2021

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Vidyavanam Project

Title of the Activity	Vidyavanam Project
Organising Agency/Department	Department of Zoology
Date	01-July -2021
No. of Students Participated	52
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	Development of environmental consciousness

The Department of Zoology in collaboration with the Social forestry wing of the Keral Forests and Wildlife department launched a “Vidyavanam” project in the College campus. The program was inaugurated by Mr. Zakir Hissain(Municipal Chairman, Perumbavoor), in the presence of the DFO, Ernakulam, Ward Counsellor and Dr, Sujo Mary Varghese(Principal-in-charge) of on July 1, 2021.

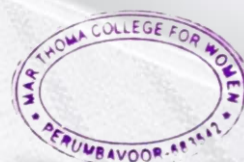
Vidyavanam is a mini forest project introduced by the Social Forestry wing based on Miyawaki concept. It is urban afforestation by creating dense and native forests which involves planting several native species in a small area and making it a self-sustaining green

space in 3-4 years. Land for setting up Vidyavanams is prepared by digging soil up to 1m and adding cow dung and other organic fertilizers. The saplings planted include that of fruit bearing and medicinal plants, among others.

The initiative has helped in increasing the green cover of the campus and definitely facilitated student centric learning especially in connection with Botany.



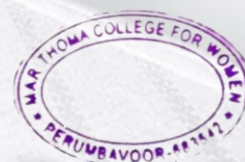
Sujoya Varghese
Principal-in-charge
Mar Thoma College For Women
Perumbavoor - 683 642





**Inauguration of Vidyavanam Project
1/7/2021**

S. J. Varghese
Principal - in - charge
Mar Thoma College For Women
Perumbavoor - 683 542



Seeded Paper Pen Distribution

Title of the Activity	Seeded Paper Pen Distribution
Organising Agency/Department	Department of Zoology
Date	9-July 2021
No. of Students Participated	57
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	Enhanced use of recyclable eco friendly products



**Distribution of Seeded Paper Pens
9/7/2021**

The department of Zoology, handed over a box of 250 seeded paper pens to the Principal Dr. Sujo Mary Varghese for office uses on 9 July 2021 at 1pm..Seeded paper pens are eco friendly products that are made of recycled paper.Once the pen has been used, it can be planted in to the soil.The seed will sprout from the bottom of the pen.

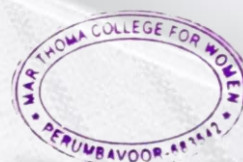
As the pens were bought from a physically challenged individual who makes his livelihood from the sale of these pens, this responsible act of love by the department of Zoology served 2

purposes-

- 1.An add-on to the Green campus initiative of the College.
2. An act of service to the needy

This act has reduced the usage and disposal of plastic pens in the office and departments and thereby helped to adhere to the green campus initiative of the college.

Sujoya Varghese
Principal - in - charge
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Perumbavoor - 683 542



Ozone Day Celebration

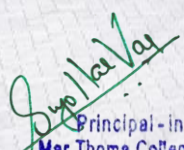
Title of the Activity	Ozone Day Celebration
Organising Agency/Department	Department of Chemistry
Date	16-September-2021
No. of Students Participated	75
Resource Person/Coordinator	Mrs.Kesia Susan K.
Outcome	Students understand about the consequences of ozone layer depletion and discussed the steps that can be taken up to reduce ozone layer depletion

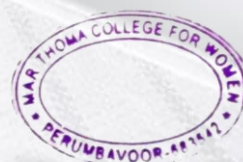
Department of Chemistry, Mar Thoma College for Women celebrated the World Ozone Day on 16 th September 2021. To highlight the importance of the ozone and to create awareness about its depletion, our students came out with a video on ozone day. Two videos were released on YouTube.

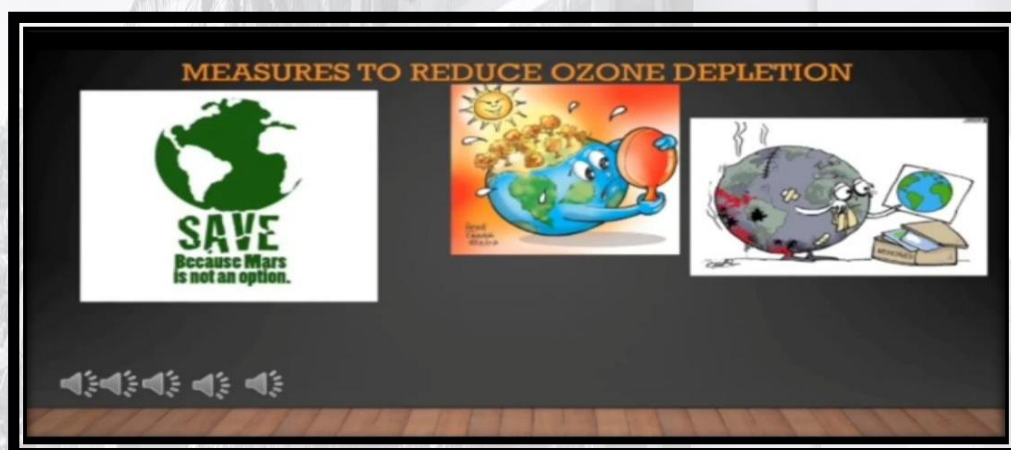
The resource person was Ms.Athira Krishnan, Doctoral Student, Ocean Engineering & Naval Architecture, IIT Kharagpur. We celebrated Ozone day to spread awareness among the students about how crucial the ozone shield is for the life of Earth, its gradual depletion and the need to search for possible solutions to preserve it. The theme of this year was "Montreal Protocol- Keeping us, our food and vaccines cool". Our students made posters and placards and it is included in this video. Through this video they discuss the cause of ozone layer depletion, consequences of ozone layer depletion and how to prevent ozone layer depletion. This video helps to create awareness about the importance of the ozone layer.

YouTube link: <https://youtu.be/5GpG-opS91U>
<https://youtu.be/jDT9b9BNHKU>

Through this programme, students became aware of ways to reduce the depletion of the ozone layer. They identified the reasons behind the ozone layer depletion and the detrimental effect on human life. They Pledged to spread awareness regarding this and discussed the steps that can be taken up to reduce the depletion of ozone layer.

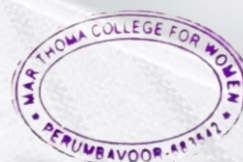

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You Tube Video
16/9/2021

S. J. Jayaraj
Principal - in - charge
Mar Thoma College For Women
Perumbavoor - 683 542



Campus Cleaning Drive

Title of the Activity	Campus Cleaning Drive
Organising Agency/Department	NSS
Date	27-October-2021
No. of Students Participated	100
Resource Person/Coordinator	Dr Melvi Chandy & Ms Roshin T Roy
Outcome	Students actively participated in cleaning the campus and get awareness about the importance of cleanliness and hygiene

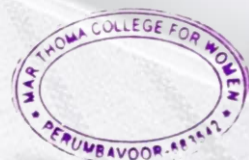


**Campus Cleaning
21/10/2021**

National Service Scheme of Mar Thoma College for Women organized a campus cleaning drive on 27 October 2021 as a part of Azadi Ka Amrit Mahotsav. 100 NSS volunteers participated in this drive. The program was conducted under the guidance of Dr.Melvi Chandy and Ms.Roshin T Roy. Students cleaned the college campus.

Cleanliness helps us to lead a healthy life and keeps us away from diseases that spread due to unhygienic lifestyle, diseases like malaria, dengue, etc. When we lead a clean life, it becomes easier for us to maintain an active lifestyle and keep fit. Through this event, students also motivate others to participate in the cleanliness drive and make their campus clean and beautiful.

S. J. Varghese
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Perumbavoor - 683 542



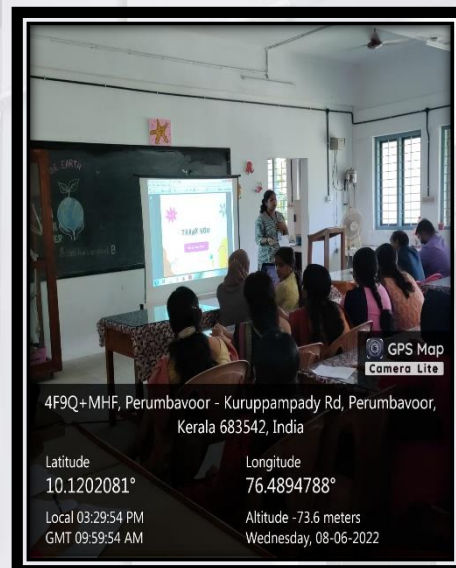
Powerpoint Presentation

Title of the Activity	Powerpoint Presentation
Organising Agency/Department	Department of Zoology
Date	8-June 2022
No. of Students Participated	10
Resource Person/Coordinator	Mrs. Sunu N. V., Assistant Professor
Outcome	Development of innovative ideas of students along with environmental consciousness.



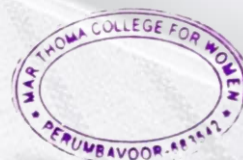
The Department of Zoology organized a powerpoint presentation competition on the theme “Best environmental practices that can be implemented in our campus” on 08/06/2022 in the M.Sc. Zoology Lab at 2.30 pm. Students participated in group consisting of two members. 10 students from various departments participated in the competition. Judgment was done by Dr. Vinod V. (Assistant Professor, Department of History and Archeology) and Mr. Jibin Shibu Sam (Assistant Professor, Department of Commerce). Varsha V. and Pooja Krishnan K (M.Sc. Zoology) and Chris T. Esther and Aleena Kochumon (B.Com Finance and Taxation) shared the first position. The aim of the program was to

encourage innovative ideas of the students along with developing environmental consciousness. Students came up with various ideas that can be implemented in the campus for making it more clean, green and eco friendly.



Powerpoint Presentation
8/6/2022

Sunil V
Principal - in - charge
Mar Thoma College For Women
Perumbavoor - 683 542



Butterfly Garden

Title of the Activity	Butterfly Garden
Organising Agency/Department	Department of Zoology & NSS
Date	1-July-2022
No. of Students Participated	50
Resource Person/Coordinator	Dr.Melvi Chandy&Mrs. Reemy Sara Mathai
Outcome	Development of environmental consciousness among students.



among students

The Social Forestry Wing of the Kerala Forests and Wildlife, joined hands with the department of Zoology to establish a Butterfly garden in the college premises. The NSS unit of our college also collaborates with the department in the successful maintenance of the butterfly garden. The Project was inaugurated by the Perumbavoor Municipal Chairman Sr. Zakkir Husain in the presence of the DFO Mr. Jayakrishnan, Ward Councillor Smt. Annie Martin, Principal in charge, Dr.Vineedkumar K. and Head of the Department of Zoology, Reemy Sara Mathai on July 1, 2022. The project has helped in raising environment consciousness and academic curiosity



Inauguration of Butterfly Garden
1/7/2022

Saja Mary Varghese
Principal - in - charge
Mar Thoma College For Women
Perumbavoor - 683 542

