

EXTENSION
ACTIVITIES

2017-2018

MAR THOMA COLLEGE FOR
WOMEN, PERUMBAVOOR

CONTENTS

SL.NO	CONTENTS	PAGE NO.
1	Community Engagement -Blood Donation Camp	2
2	Camp -Jaivom Seven Day Camp	11
3	Helping The Destitute-Karunardram 2017	21
4	Awareness Drive-Energy Conservation Rally	26
5	Helping The Destitute -Children Orphanage Visit	32
6	Social Outreach Programme – Seedling Distribution	37



Community Engagement

Title of the programme	Blood donation camp
Date and year	02-Feb-18
Venue	College Seminar hall
Objective	Create awareness about the importance of blood donation
Organised by	NSS
Participants	40

Report

The NSS Unit of Mar Thoma College for Women, Perumbavoor, in association with Blood Donors Kerala and Lourde Hospital Ernakulam, organised a blood donation camp on 2 February 2018 at the college Seminar Hall. The camp was organised to create awareness about the importance of blood donation and to create an opportunity for the college students to actively participate in the noble cause. The main objective of the camp was to create awareness about the importance of blood donation and to create an opportunity for the college students to actively participate in the noble cause. The camp was organised with the help of the college NSS Unit and volunteers from Blood Donors Kerala and Lourde Hospital Ernakulam.

The camp was organised in the college seminar hall and the volunteers were briefed about the camp and their roles and responsibilities. The camp was attended by over 40 college students and staff members. They were briefed about the importance of blood donation and the procedure for donating blood. The camp started at 10 am and went on till 1 pm. During the camp, the volunteers provided information about the importance of blood donation, the procedure for



donating blood, and the safety measures to be taken while donating blood. They also conducted a quiz on blood donation and distributed gifts to the winners. The camp was a success and many students and staff members donated blood. The camp helped to create awareness about the importance of blood donation and encouraged the college students to actively participate in the noble cause.

The camp was a success and it helped to create awareness about the importance of blood donation and encouraged the college students to actively participate in the noble cause. The college NSS Unit and the volunteers from Blood Donors Kerala and Lourde Hospital Ernakulam deserve credit for organising the camp successfully.

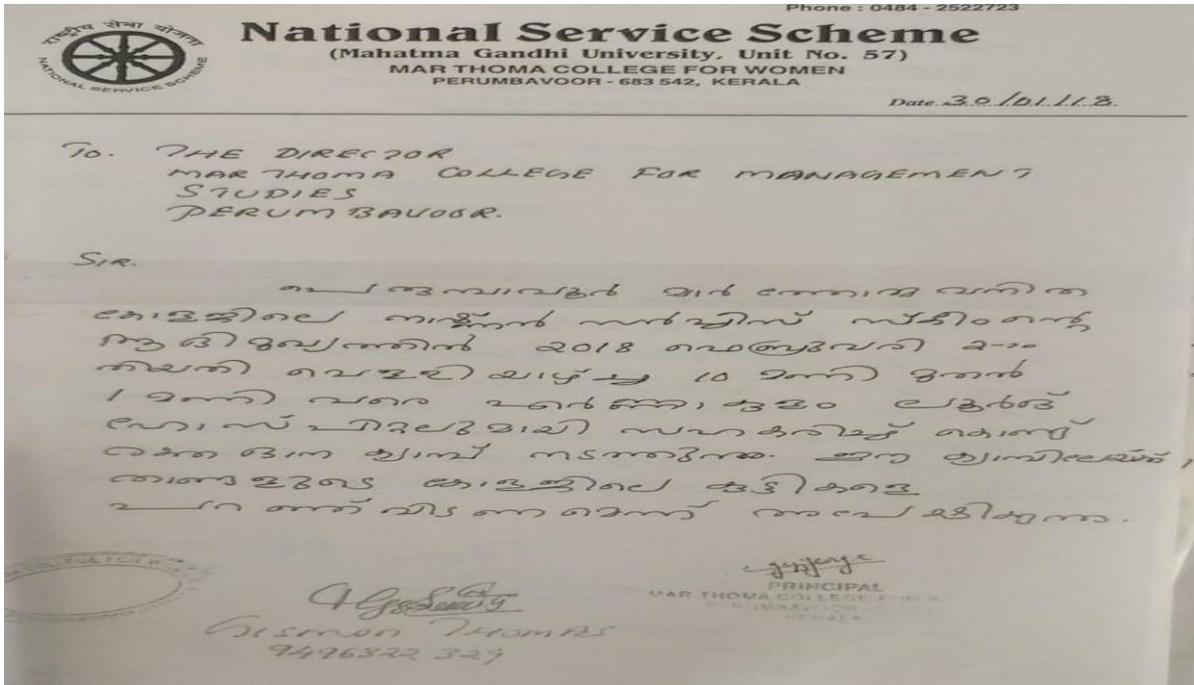
Blood Donation Camp at Mar Thoma College for Women, Perumbavoor on 2- February 2018





Students participating in Blood donation Camp organised by NSS unit of Mar Thoma College for Women, Perumbavoor





English translation

30-1-2018

To the Director,
 Mar Thoma College for Management Studies, Perumbavoor.
 Sir,

NSS unit ,Mar Thoma College for Women ,Perumbavoor in association with Lourde Hospital Ernakulam is conducting a Blood Donation Camp on 2 february 2018 Friday at 1.pm .We request you to kindly leave the students of your college to participate in Blood donation Camp.





Phone : 0484 - 2522723

National Service Scheme

(Mahatma Gandhi University, Unit No. 57)

MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR - 683 542, KERALA

Date 30/01/2018

To, THE DIRECTOR
EKM BLOODDONARS

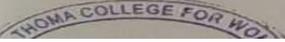
Sir,

ചെമ്പലമ്പലം വാർത്താജാല വനിതാ കോളേജിലെ നാഷണൽ സർവീസ് യൂണിറ്റ് സീനിയർ സെമിസ്റ്റർ വർഷത്തിൽ 2018 ഫെബ്രുവരി മാസം തുടങ്ങി നടത്തുന്ന സർവ്വീസ് ക്യാമ്പിന്റെ ഭാഗമായി ഏകദേശം 1000 രക്തദാതാക്കൾ ഉൾപ്പെടെയുള്ള സർവ്വീസ് ക്യാമ്പ് നടത്തുന്നതിനായി സഹായം നൽകാൻ അഭ്യർത്ഥിക്കുന്നു.

ചെമ്പലമ്പലം
30/01/18

PRINCIPAL
MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR - 683 547
KERALA

Gismon THOMAS
9101222222



English Translation

To, The Director,

30-01-2018

Blood Donors, Ernakulam.

Sir

NSS Unit of Mar Thoma College for Women, Perumbavoor It is humbly requested that your kind arrangements be made for the smooth conduct of the Blood Donation Camp



scheduled to be held on Friday 2nd February 2018 under the auspices of the National Service Scheme of Mar Thoma Women's College, Perumbavoor.

**BLOOD DONORS KERALA & LOURDE HOSPITAL,
ERNAKULAM
IN ASSOCIATION WITH
MARTHOMA COLLEGE FOR WOMEN PERUMBAVOOR
NSS UNIT**

Organises

BLOOD DONATION CAMP

 |  | 

BE A HERO DONATE BLOOD

Place : COLLEGE SEMINAR HALL
Date : 2nd FEBRUARY 2018
Time : 10am TO 1pm

Participants List



Sl. No.	Name	Dept.
1	Aarya H. Kartha	Physics
2	Akshaya Sundaran	English
3	Aleeshya Abraham	Chemistry
4	Akshara Baiju	Commerce (FT)
5	Amala Jose	Commerce (FT)
6	Amitha Rose Joy	English
7	Amalu C. Shaji	History
8	Ammu Babu	Physics
9	Ameera Rasheed	Physics
10	Anasooya Krishnan	Chemistry
11	Anagha Anil	Chemistry
12	Anu C. Gopi	Zoology
13	Ann Mariya Philip	Physics
14	Anitta Saju	Chemistry
15	AnahaBiji	History
16	Anna Paul	Mathematics



17	Anuja Thankachan	History
18	Anjana T. K.	English
19	Anusree P. S.	English
20	Anjitha Ravi	History
21	Anjitha A. V.	Chemistry
22	Aparna Babu	Chemistry
23	Asna A. U.	English
24	Anjana Raveendran	Zoology
25	Asna A. A.	Commerce (FT)
26	Aparna Sasi	Commerce (FT)
27	Ashitha Kareem	Mathematics
28	Arsha S. Kumar	Physics
29	Athira K. T.	History
30	Fabisha K. P.	English
31	Arya Sivan	Physics
32	Axa Maria Joy	Commerce (FT)
33	Binitha Baby	Physics



34	Bini Eldhose	History
35	Bijimol Mathew	Zoology
36	Bintu Maria Paul	Physics
37	Binisha K. B.	Chemistry
38	Binitta B. Arackal	Physics
39	Dona Mariam Roy	Physics
40	Dona Mariam Joy	Mathematics



Jaivom

Title of the programme	JaivomSevenDays Camp
Date and year	31st Aug -7th Sept 2017
Venue	St. Joseph High School Kudakkachira
Objectives	Familiarize with the organic farming techniques
Organized by	NSS
Participants	96

Report

The NSS Unit of Mar Thoma College for Women, Perumbavoor in association with the District Organic Farming Campaign, Kottayam, organized a seven-day camp for NSS students called 'Jaivom 2017' from 31st August to 7th September 2017. The main focus of the camp was to impart training on organic farming and to make the students aware of the importance of organic farming. The camp was organized at St Joseph High School, Kudakkachira and was attended by a total of 40 NSS students from various colleges of Kerala.

The camp was coordinated by Mr. Gismon Thomas and Ms. Chaitanya Elsa Achan Kunju. The primary objective of the camp was to familiarize the students with organic farming techniques. During the camp, the students were trained in various aspects of organic farming such as soil preparation, composting, crop rotation, intercropping and pest management. They were also given an insight into traditional farming techniques and taught about the different varieties of crops and the benefits of organic farming. The camp also included field visits to nearby organic farms to give the students a practical exposure to organic farming. During the farm visits, the students interacted with the farmers and learnt about their experiences and challenges in organic farming.

The camp concluded with a visit to the District Agricultural Office, Kudakkachira, where the students were briefed about the government schemes and initiatives for organic farming.



Overall, the camp was a great success and the students gained valuable knowledge about organic farming.

<p>1/9/2017 വെള്ളി</p> <p>8.00am : ഭവനസാക്ഷരതാ യജ്ഞം - നന്നാരിനം വിവിധ വാർഡുകളിലേയ്ക്ക്</p> <p>5.00pm : ക്ലബ്ബ് - ശ്രീ. ധന്യസുധനൻ നായർ വിഷയം - സിറോബെഡ്റ്റ് കൃഷിരീതി</p> <p>2/9/17 ഞായർ</p> <p>8.00am : ഭവനസാക്ഷരതാ യജ്ഞം - നന്നാരിനം വിവിധ വാർഡുകളിലേയ്ക്ക്</p> <p>6.00pm : ക്ലബ്ബ് - ശ്രീ. അലക്സ് കാന്റുകാട്ട് വിഷയം - സെന്റ് ജോസ് വിദ്യാലയം (പുഴ) വിഷയം - വെള്ളവിളകളെ അതിർത്തിയിൽ നേരയുത്തലിലേക്ക്</p> <p>3/9/17 ഞീക്കൂട്ടി</p> <p>9.00am : ഭവനകൃഷി - ഞാൻ നടത് കൊണ്ടുൾ പാടത്ത് ചർച്ച വിഷയം - ആയുർവ്വേദ ഊർവ്വകൃഷി നമ്മൾ ലംഘിക്കപ്പെടുന്നുണ്ടോ?</p> <p>4/9/17 ചൊവ്വ</p> <p>തിരുവോണം മാണാലോഷപരിപാടികൾ മാണസദ്യ</p> <p>5/9/17 ബുധൻ</p> <p>8.00am : ഭവനസാക്ഷരതാ യജ്ഞം - മുന്നാരിനം വിവിധ വാർഡുകളിലേയ്ക്ക്</p> <p>5.00pm : ക്ലബ്ബ് - Plante വിഷയം - ശ്രീ. എ.കെ.എ. അരുൺ</p>	<p>6/9/17 വ്യാഴം</p> <p>8.00am : ഭവനസാക്ഷരതാ യജ്ഞം - നന്നാരിനം വിവിധ വാർഡുകളിലേയ്ക്ക്</p> <p>7/9/17 വെള്ളി</p> <p>9.00am : ക്യാമ്പ് അവലോകനം</p> <p>10.00am : സമാപന സമ്മേളനം</p> <p>പ്രോഗ്രാം ഓഫീസേഴ്സ്</p> <p>ശ്രീ. ജി.നരേഷ് തോമസ് 9496322329 ശ്രീമതി ചൈതന്യ എസ് അച്ചൻകുത്ത് 9567062075</p> <p>വാളന്റിയർ സെക്രട്ടറിയർ</p> <p>കുമാരി. അമി ലിയാന B.Sc. Maths കുമാരി. കണ്യാമണി B.A. English</p> <p>ക്യാമ്പിലേക്കുള്ള വഴി</p> <p>കുത്താട്ടുകുളം 10km ഉഴവൂർ 5km കൂട്ടക്കച്ചിരി 10km പാലാ 6km വലവൂർ 3km കൂട്ടക്കച്ചിരി</p> <p>ക്യാമ്പ് സന്ദർശിക്കുന്ന വിശിഷ്ട വ്യക്തികൾ</p> <ol style="list-style-type: none"> 1. ശ്രീ. കെ.എം. മാണി എം.എൽ.എ 2. ശ്രീ. ഞാൻ ജോസഫ് എം.എൽ.എ 3. ശ്രീ. പി.സി. ജോർജ്ജ് എം.എൽ.എ 4. ശ്രീ. ജോസ് കെ. മാണി എം.പി. 5. ഡോ. എം.ആർ. ഉണ്ണി (ബുണി. മെൻ്റൽ) 6. ഡോ. റാജ സി. കൃഷ്ണപ്രസാദ് (വെട്ടിനെ) 	<p>മാർത്തോമ്മാ കോളേജ് ഫോർ വിമൻ പെരുമ്പാവൂർ മഹാത്മാഗാന്ധി സർവ്വകലാശാല നാഷണൽ സർവ്വീസ് സർകിംഗ് യൂണിറ്റ് നമ്പർ 57</p> <p>ജൈവം 2017</p> <p>ആഗസ്റ്റ് 31 മുതൽ സെപ്റ്റംബർ 7 വരെ സ്ഥലം: സെന്റ് ജോസഫ്സ് എച്ച്.എസ്. കൂട്ടക്കച്ചിരി (കോട്ടയം ജില്ല ഭവന സാക്ഷരതാ യജ്ഞം 2017)</p> <p>അതിർത്തിയിൽ ഭവനസാക്ഷരതാ യജ്ഞം സുസ്ഥിര ജീവനം</p> <p>ഫോൺ: 0484 2521721 0484 2186213</p>
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<p>സുഹൃത്തുക്കൾ, പെരുമ്പാവൂർ മാർത്തോമ്മാ വനിതാ കോളേജ് നാഷണൽ സർവ്വീസ് സർകിംഗിന്റെ ഈ വർഷത്തെ വാർഷിക ക്യാമ്പ് ആഗസ്റ്റ് മാസം 31 മുതൽ സെപ്റ്റംബർ 7 വരെ കോട്ടയം ജില്ലയിലെ തിരുവോണി താലൂക്കിൽ പെട്ടെന്നു കർച്ചി ഗ്രാമപഞ്ചായത്തിലെ കൂട്ടക്കച്ചിരി സെന്റ് ജോസഫ്സ് ഹൈസ്കൂളിൽ വെച്ച് നടത്തപ്പെടുകയുണ്ട്.</p> <p>ആരോഗ്യമുള്ള ഭാരതത്തിന് ആരോഗ്യമുള്ള യുവജനത എന്ന ആശയം സാക്ഷാത്കാരത്തിനായി ഭവനസാക്ഷരത സാരകർമ്മങ്ങളിലൂടെ പരിശീലന സൗകര്യം കൃഷിരീതിയും, നമ്മുടെ വായു, ജലം, മണ്ണ്, അവയെ വളം തലമുറക്കായി ശുദ്ധമായി കരുതി വെക്കാനുള്ള പ്രവേശന ഓരോ വ്യക്തിയിലും മുഖപ്പെടുത്തുവാനുള്ള ഒരു ഭവനസാക്ഷരതാ യജ്ഞം ആണ് ക്യാമ്പിന്റെ ലക്ഷ്യം.</p> <p>ക്യാമ്പിന്റെ ഭാഗമായി ഗ്രാമപഞ്ചായത്തിലെ പതിനഞ്ച് വാർഡുകളിലെ എല്ലാ വേനങ്ങളും സന്ദർശിച്ച് സുരക്ഷിത പച്ചക്കറി കൃഷിരീതിയെക്കുറിച്ചും, മാലിന്യസംസ്കരണത്തെ സംബന്ധിക്കുന്ന ഭവനമാലിന്യ സന്ദേശങ്ങളും പകർന്നു നൽകുന്നു. ഭവനകൃഷിപരിപാലനം, ക്യാമ്പ് ശുചീകരണം, ഞാൻ നടത്, വ്യക്തിത്വ വികസന ക്ലബ്ബുകൾ, ചർച്ച ക്ലബ്ബുകൾ, ഭവനകുറന്നങ്ങളിൽ കലാപരിപാടികൾ തുടങ്ങിയവയും സംഘടിപ്പിക്കപ്പെടുന്നു.</p> <p>ക്യാമ്പിന്റെ വിജയകരമായ നടത്തിപ്പിന് താങ്കളുടെ ഹേണിയ സാന്നിദ്ധ്യസഹായസഹകരണങ്ങൾ അഭ്യർത്ഥിക്കുന്നു.</p>	<p>ലോകത്തെ കമ്മിറ്റി</p> <p>രക്ഷാധികാരികൾ ഡോ. മാത്യു കാലായിൽ (മാണേജർ, സെന്റ് ജോസഫ്സ് എച്ച്.എസ്.) ശ്രീമതി വാണി ജോസ് കോയിക്കാട്ടിൽ (പ്രിൻസിപ്പൽ, കർച്ചി ഗ്രാമപഞ്ചായത്ത്) കൺവീനേഴ്സ് ഡോ. ലിസി ചെറിയാൻ (പ്രിൻസിപ്പൽ, മാർത്തോമ്മാ കോളേജ് പെരുമ്പാവൂർ) ശ്രീ. ജോർജ്ജ് സിറിയക് പുളിയംകോട്ട് (എച്ച്.എം. സെന്റ് ജോസഫ് എച്ച്.എസ്.) അംഗങ്ങൾ ശ്രീമതി ആനിമയമ്മ ജോസ് (വാർഡ് മെമ്പർ) ശ്രീമതി സിന്ധു ജോസ് ശ്രീ. ജയകുമാർ കെ. ആർ. ശ്രീ. എൻ. സുരേഷ് ശ്രീമതി റാമന രാജകുമാർ ശ്രീ. കുമാരകോസ് ശ്രീമതി പത്മസ് റാണി ശ്രീ. പി.എസ്. ജയകുമാർ ശ്രീ. ജയകുമാർ വി. ശ്രീമതി സന്ധ്യ ബിന്ദു ശ്രീമതി സുമതി ദേവി ശ്രീമതി റാമന രാജേന്ദ്രൻമാലിൽ ശ്രീമതി ബസ്മി ജോയി ശ്രീ. മാത്യു വേണാൽ ശ്രീ. റോമി തോമസ് (പി.റ്റി.എ. പ്രിൻസിപ്പൽ) ശ്രീമതി ജുലി ഐ. എലിസബത്ത് (ക്യാഷിയറ)</p>	<p>നൈമിഷ പരിപാടികൾ</p> <p>5.30am : ഉണർച്ച 6.30am : പ്രാർത്ഥന 7.00am : പാഠക ഉയർത്തൽ 7.30am : പ്രാർത്ഥന 8.00am : സർവ്വേക്ക് പുറപ്പെട്ടു 4.30pm : ചായ 7.00pm : കലാപരിപാടികൾ 8.00pm : അന്താരം 9.00pm : ക്യാമ്പ് അവലോകനം 10.30pm : സർവ്വപ്രാർത്ഥന</p> <p>31-08-2017 വെള്ളി ഉദ്ഘാടന സമ്മേളനം</p> <p>സ്ഥലം : സെന്റ് ജോസഫ്സ് ഹൈസ്കൂൾ, കൂട്ടക്കച്ചിരി സമയം : 4.30 പി.എം. സ്വന്തം : ശ്രീ. ജി.നരേഷ് തോമസ് (NSS പ്രോഗ്രാം ഓഫീസർ) അദ്ധ്യക്ഷ : ശ്രീമതി വാണി ജോസ് കോയിക്കാട്ടിൽ (പ്രിൻസിപ്പൽ, കർച്ചി ഗ്രാമപഞ്ചായത്ത്) ആദ്യപ്രസാധനം : ഡോ. ലിസി ചെറിയാൻ (പ്രിൻസിപ്പൽ) ഉദ്ഘാടനം : ശ്രീമതി പെണ്ണമ്മ ജോസഫ് (മെമ്പർ, കോട്ടയം ജില്ലാ പഞ്ചായത്ത്) അനുഗ്രഹപ്രദാക്ഷണം : ഡോ. മാത്യു കാലായിൽ (മാണേജർ, സെന്റ് ജോസഫ് എച്ച്.എസ്. കൂട്ടക്കച്ചിരി) ആശംസകൾ : ശ്രീ. ജോർജ്ജ് നടയത്ത് (പ്രിൻസിപ്പൽ, ഉഴവൂർ എച്ച്.എസ്. പഞ്ചായത്ത്) കൃതജ്ഞത : വാർഡ് മെമ്പർമാർ ചൈതന്യ എൽ സച്ചൻകുത്ത് (NSS പ്രോഗ്രാം ഓഫീസർ)</p>
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Students interacting and learning organic rice farming techniques from experts



സർട്ടിഫിക്കറ്റ്

മഹാജാഗാധി സർവ്വകലാശാലയുടെ നാഷണൽ സർവ്വീസ് സ്കീമിന്റെ അഭിമുഖ്യത്തിൽ നടത്തിയ ജേജർ 2017 പദ്ധതിയുടെ ഭാഗമായി നാഷണൽ സർവ്വീസ് സ്കീം റോളങ്ങളിലേക്കാൾ _____
കിരോടി പഞ്ചായത്ത്/മുയ്യേപ്പിപ്പലിറ്റിയിൽ സർവ്വേ നടത്തുകയുണ്ടായി. ഇതിൽ പ്രകാരം _____ കിരോടി പഞ്ചായത്ത്/മുയ്യേപ്പിപ്പലിറ്റിയിലെ മുഴുവൻ റിസുകളിലും മാർ 2017 (20) _____
പ്രതിനിധി കിരോടി _____ കോളേജ്/കോളേജുകളിലെ റോളങ്ങളിലേക്കാൾ, പ്രോഗ്രാം ഓഫീസർമാരുടെ നേതൃത്വത്തിൽ സർവ്വേ പൂർത്തിയാക്കിയതായി സാക്ഷ്യപ്പെടുത്തുന്നു.

മുയ്യേപ്പിപ്പലിറ്റി പഞ്ചായത്ത്/സെൻ്ററൽ/പഞ്ചായത്ത് പ്രസിഡൻ്റ്

RANI JOSE
President
Karoo Grama Panchayat
Ponad, Karoor P.O.
Kattayam Dist.
PH: 9496044656



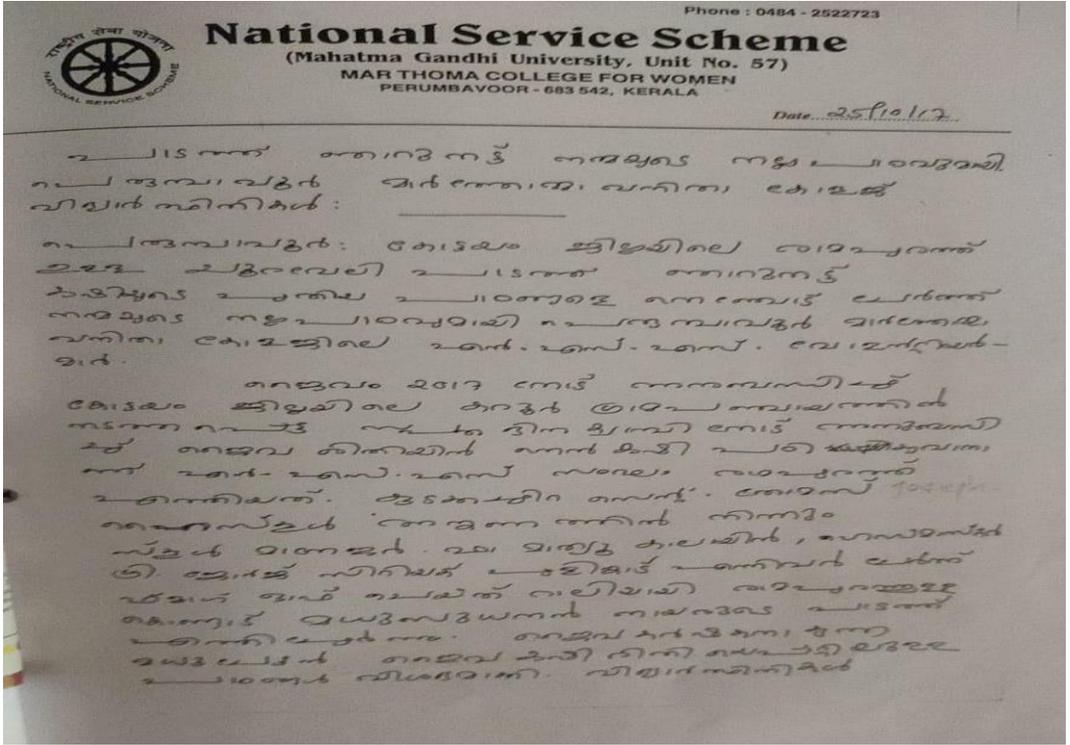
English translation is given below



CERTIFICATE

As a part of **"Jaivom 2017"** project conducted under the auspices of NSS of Mahatma Gandhi University, the volunteers conducted a survey in Karur Gram Panchayat as per this it is certified that all the houses in Karur Panchayat were completed by volunteers of **Mar Thoma College for Women, Perumbavoor** under the guidance of program officers.





English Translation

The students of Perumbavoor Mar Thoma Women's College planted gram in the field with a good lesson of goodness

Perumbavoor: The NSS volunteers of Mar Thoma Women's College, Perumbavoor, are learning new lessons of agriculture while ploughing in Churaveli paddy at Ramapuram in Kottayam district. The NSS team came to Ramapuram to learn organic rice farming in conjunction with the seven-day camp held at Karur village panchayat of Kottayam district in connection with Jivam 2018. From Kudukachira St. Thomas High School courtyard, School Manager Father Mathew Kalail and Headmaster Mr. George Cyriak Pulingad took off the flag and reached Kondad Madhusudanan Nair's field in Ramapuram as a rally. Mr. Madhusudhanan who is an organic farmer, explained the lessons about organic farming methods to our students



Name of Camper & Enrolement No.		I	II	III
1	AARYA. HI KARTHA KL-05-057-17-021	Aarya	Aarya	Aarya
2	AKSHAYA SUNDARAN KL-05-057-17-001	Akshaya	Akshaya	Akshaya
3	ALEESHYA ABRAHAM KL-05-057-16-001	Aleesha	Aleesha	Aleesha
4	AKSHARA BAIJU KL-05-057-17-047	Akshara	Akshara	Akshara
5	AMALA JOSE KL-05-057-17-049	Amala	Amala	Amala
6	AMITHA ROSE JOY KL-05-057-16-117	Amitha	Amitha	Amitha
7	AMALU C SHAJI KL-05-057-16-092	Amal	Amal	Amal
8	AMMU BABU KL-05-057-16-042	Ammu	Ammu	Ammu
9	AMEERA RASHEED KL-05-057-16-041	Amee	Amee	Amee
10	ANASOOYA KRISHNAN KL-05-057-16-003	Anasoo	Anasoo	Anasoo
11	ANAGHA ANIL KL-05-057-17-014	Anagha	Anagha	Anagha
12	ANU C GODI KL-05-057-16-022	Anu	Anu	Anu
13	ANN MARIYA PHILIP KL-05-057-17-097	Ann	Ann	Ann
14	ANITTA SAJU KL-05-057-17-109	Anitta	Anitta	Anitta
15	ANAHA BIJI KL-05-057-17-108	Anaha	Anaha	Anaha
16	ANNA DAUL KL-05-057-16-031	Anna	Anna	Anna
17	ANUJA THANKACHAN KL-05-057-16-043	Anuja	Anuja	Anuja
18	ANJANA T K KL-05-057-17-002	Anjana	Anjana	Anjana
19	ANUSREE P S KL-05-057-16-045	Anusree	Anusree	Anusree
20	ANDITHA RAVI KL-05-057-17-033	Anditha	Anditha	Anditha

Participants list of jaivom camp



Name of Camper & Enrolement No.		I	II	III
61	MARIA THOMAS KL 05-057-17-012	Maria	Maria	Maria
62	MIDHU VARGHESE KL 05-057-17-018	Midhu	Midhu	Midhu
63	MUHSINA M.M KL 05-057-17-019	Muhsina	Muhsina	Muhsina
64	NEETHU T.V KL 05-057-17-028	Neethu	Neethu	Neethu
65	NEHA GRACE SADAN KL 05-057-16-052	Neha	Neha	Neha
66	NISHNA E.K KL 05-057-17-006	Nishna	Nishna	Nishna
67	NEERAJA KRISHNANKUTTY KL 05-057-17-004	Neeraja	Neeraja	Neeraja
68	NAVJATH U.M KL 05-057-16-039	Navjath	Navjath	Navjath
69	RUTH SANTHOSH KL 05-057-17-007	Ruth	Ruth	Ruth
70	REVATHI M.A KL 05-057-16-100	Revathi	Revathi	Revathi
71	RAJANA A.R KL 05-057-16-014	Rajana	Rajana	Rajana
72	RATHNA .M KL 05-057-16-064	Rathna	Rathna	Rathna
73	RESHMA SASI KL 05-057-16-125	Reshma	Reshma	Reshma
74	RAHMATH T.A KL 05-057-17-134	Rahmath	Rahmath	Rahmath
75	REMYA SANTHOSH KL 05-057-17-092	Remya	Remya	Remya
76	R. MEENAKSHI KL 05-057-16-013	R. Meenakshi	R. Meenakshi	R. Meenakshi
77	ROSME JOHN KL 05-057-16-016	Rosme	Rosme	Rosme
78	ROSEMOL M SUNNY KL 05-057-17-013	Rosemol	Rosemol	Rosemol
79	SAIRA ABRAHAM KL 05-057-17-025	Saira	Saira	Saira
80	SALIMA P.S KL 05-057-17-116	Salima	Salima	Salima

Participants list of Jaivom Camp



Name of Camper & Enrolment No.		I	II	III
41	JUBWA K.S KL 05-057-16050 DELLA DEVASSYKUTTY	<i>Jubwa</i>	<i>Jubwa</i>	<i>Jubwa</i>
42	KL-05-057-16-007 FARSANA AZEEZ	<i>Farsana</i>	<i>Farsana</i>	<i>Farsana</i>
43	KL-05-057-16-095 FASNA YOUSAF	<i>Fasna</i>	<i>Fasna</i>	<i>Fasna</i>
44	KL-05-057-16-079 FARZANA P.S	<i>Farzana</i>	<i>Farzana</i>	<i>Farzana</i>
45	KL 05-057-17-010 FATHIMA M.S	<i>Fathima</i>	<i>Fathima</i>	<i>Fathima</i>
46	KL 05-057-17-011 FREEDIA SEBASTIAN	<i>Freedia</i>	<i>Freedia</i>	<i>Freedia</i>
47	KL-05-057-16-009 GODIKA RAMANAN	<i>Godika</i>	<i>Godika</i>	<i>Godika</i>
48	KL 05-057-17-017 HELEN THOMAS	<i>Helen</i>	<i>Helen</i>	<i>Helen</i>
49	KL-05-057-17-065 HASEENA K.S	<i>Haseena</i>	<i>Haseena</i>	<i>Haseena</i>
50	KL-05-057-17-103 JEEVA C.D	<i>Jeeva</i>	<i>Jeeva</i>	<i>Jeeva</i>
51	KL 05 057-17-029 JENY ROSE JOB	<i>Jeny</i>	<i>Jeny</i>	<i>Jeny</i>
52	KL-05-057-17-104 JOMOL GEORGE	<i>Jomol</i>	<i>Jomol</i>	<i>Jomol</i>
53	KL-05-057-17-113 JOBBIYA JOY	<i>Jobbiya</i>	<i>Jobbiya</i>	<i>Jobbiya</i>
54	KL-05-057-16-011 JYOTHI RAJAN.	<i>Jyothi</i>	<i>Jyothi</i>	<i>Jyothi</i>
55	KL-05-057-16-017 JASEELA K.A	<i>Jaseela</i>	<i>Jaseela</i>	<i>Jaseela</i>
56	KL-05-057-17-024 LINTA JOSE	<i>Linta</i>	<i>Linta</i>	<i>Linta</i>
57	KL-05-057-17-108 LAKSHMI MOHANAN	<i>Lakshmi</i>	<i>Lakshmi</i>	<i>Lakshmi</i>
58	KL-05-057-16-012 MARIYA IGNATIUS	<i>Mariya</i>	<i>Mariya</i>	<i>Mariya</i>
59	KL 05-057-17-005 MARIYA MUHSINA JALEEL	<i>Mariya</i>	<i>Mariya</i>	<i>Mariya</i>
60	KL-05-057-16-122	<i>Mariya</i>	<i>Mariya</i>	<i>Mariya</i>

Participants list of Jaivom Camp



Name of Camper & Enrolement No.		I	II
81	SANDHYA M.S KL05-057-17-020	Sand	Sand
82	SANDRA SURESH KL05-057-17-027	Sandra	Sandra
83	SHILPA K SASI KL05-057-16-029	Shilpa	Shilpa
84	SILPA PAIILY KL05-057-17-117	Silpa	Silpa
85	SOJA MATHAI KL05-057-17-043	Soja	Soja
86	SISIRA RADAN KL05-057-16-087	Sisira	Sisira
87	SREELAKSHMI RAVI KL05-057-17-079	Sreelakshmi	Sreelakshmi
88	SHERIN K. RAJU KL05-057-16-028	Sherin	Sherin
89	SURYA K.R KL-05-057-17-081	Surya	Surya
90	SHAHABANATH AN KL05-057-16-055	Shahab	Shahab
91	D. M. MUHSINA KL05-057-16-124	Muhsina	Muhsina
92	THANZEERA K.K.P KL-05-057-16-102	Thanssi	Thanssi
93	THAYYIBA JINANA M.K KL05-057-16-089	Thayyiba	Thayyiba
94	VARSHA M VIDAY KL05-057-17-106	Varsha	Varsha
95	VISMAYA M.A KL-05-057-17-084	Visma	Visma
96	VARSHA P.V KL-05-057-16-020	Varsha	Varsha
97	HARITHA N.K KL-05-057-16-008	Haritha	Haritha
98	JOMAL JOY KL-05-057-16-037	Jomal	Jomal
99	NAYANA ASOKAN KL05-057-16-038	Naya	Naya
100	SHONCY SANTOSH KL05-057-16-040	Shoncy	Shoncy

Participants list of Jaivom Camp



Helping The Destitute

Title of the programme	"Karunardram 2017"
Date and year	July 2017
Venue	ShishuBhavan,Pulluvazhi
Objectives	Familiarize with the organic farming techniques
Organized by	NSS
Participants	100

In July 2017, the National Service Scheme (NSS) unit of Mar Thoma College, Perumbavoor, organized a charitable event called "*Karunadram 2017.*" The primary aim of this event was to extend support and care to children and newborn babies residing in an orphanage Shishu Bhavan,Pulluvazhy led by Mrs. Chaithanya Elsa Achankunj and Mr. Gismon Thomas, the NSS program officers, the students and teachers involved actively participated and contributed financially and with essential supplies.The "*Karunadram 2017*" event was a touching and fulfilling experience for all the participants, as they eagerly dedicated their time and resources to brighten the lives of the underprivileged children at the orphanage. The event comprised the following key activities:

The NSS unit, along with generous contributions from the students and teachers, pooled together funds to provide financial assistance to the orphanage. This financial aid aimed to address the immediate needs of the children and the establishment's operational expenses.

Recognizing the importance of providing essential supplies for the children and newborn babies, the NSS unit and participants donated a variety of basic items. These included clothing, toiletries, school supplies, nutritious food items, and other daily necessities to enhance the children's quality of life. Apart from material contributions, the NSS volunteers engaged in interactive sessions with the children. They organized games, storytelling sessions, and



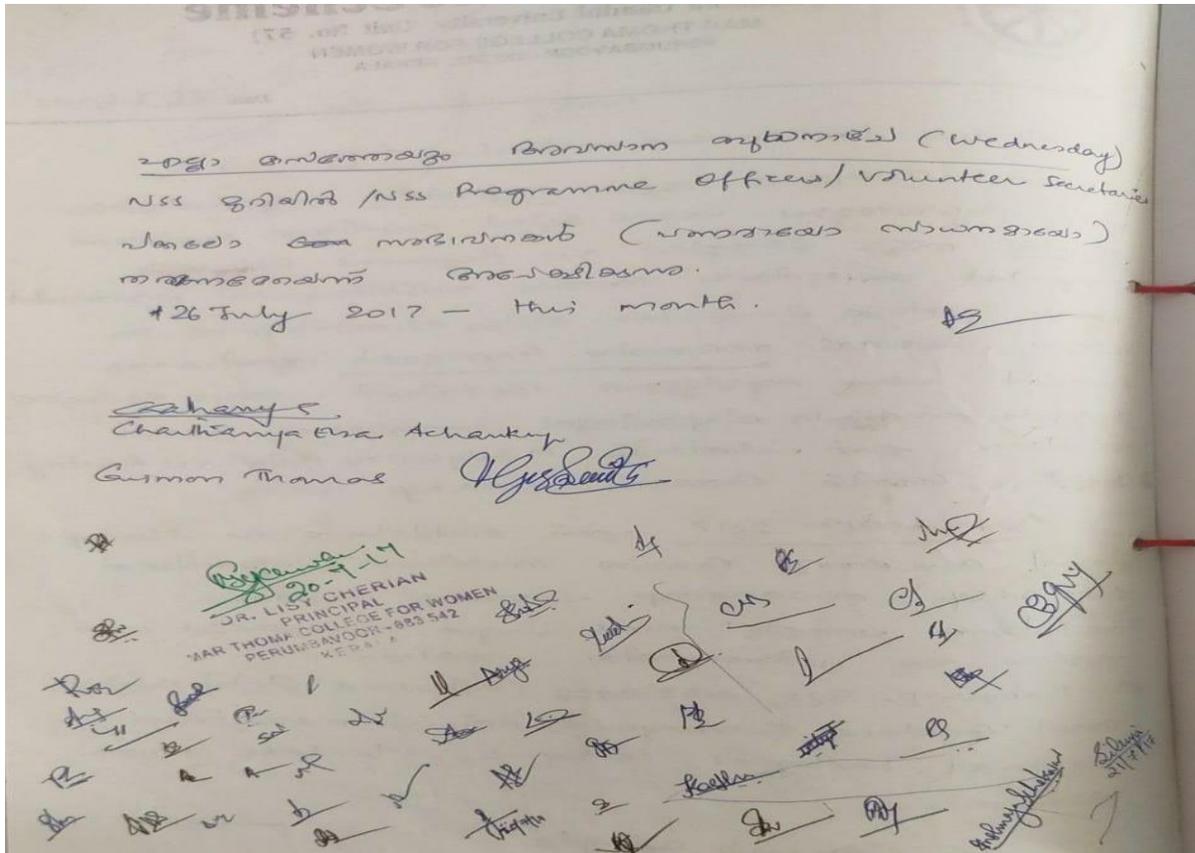
educational activities to create a joyful and stimulating environment for the children. The objective was to foster a sense of belonging and support among the young residents.

"Karunadram 2017" organized by the NSS unit of Mar Thoma College, Perumbavoor, was a successful and meaningful initiative. The students and teachers demonstrated commendable compassion and generosity in their efforts to support the orphanage and its young residents. Mrs. Chaithanya Elsa Achankunj and Mr. Gismon Thomas, the NSS program officers, deserve praise for their leadership and guidance throughout the event. The experience undoubtedly left a lasting impact on all involved and served as a reminder of the power of collective efforts in bringing positive change to the lives of those less fortunate.



In July 2017, the National Service Scheme (NSS) unit of Mar Thoma College, Perumbavoor, organized a charitable event called "Karunadram 2017."





English Transilation:

Sishu Bhavan is an institution that houses orphans, newborn babies and school students, in pulluvazhy ,Perumbavoor. NSS Program Officer and Voluntee Secretaries of our college also visited there. The institution, which is yet to receive funding from the government, is struggling to meet its day-to-day needs. As part of this project named “Karunardram 2017”, everyone's cooperation and support is cordially requested for the initiative to help them every month. Anyone can participate in this activity by donating money or the basic necessity items.(Lactogen 1&2 Baby soaps, eggs, oil, rice rice floor, wheat flour, vegetables, semolina ,coloring books, crayons, sketch pens, “Karunardram 2017” will be successful only with the support of teachers and non-teaching students of our college and the NSS Advisory Committee meeting on 19th July 2018 gave permission for the same.

Awareness Drive



Title of the programme	Awareness Drive - Energy Conservation Rally
Date and Year	17 -December-2017
Venue	Perumbavoor
Objectives	Awareness about energy conservation
Organized by	Dept. of physics and energy conservation cell
Participants	40

Report

It sounds like the "Energy Awareness Rally" was an event organized by the Department of Physics in association with the Energy Management Center and SAIF Muvattupuzha on December 17, 2017. The event likely aimed to raise awareness about energy conservation, renewable energy sources, and the importance of sustainable energy practices.

During the rally, participants might have engaged in various activities and programs to promote energy awareness. This could have included informative sessions, workshops, presentations, and possibly even a march or procession to draw attention to the cause. The event likely brought together students, faculty, professionals, and the local community to advocate for responsible energy usage and environmental conservation.

Organizing such events is essential to promote consciousness about energy consumption and to encourage the adoption of eco-friendly practices in our daily lives. These initiatives play a crucial role in fostering a sustainable future and mitigating the adverse impacts of climate change."



National energy conservation day awareness campaign in association with Energy management centre and SAIF Muvattupuzha.



National energy conservation day awareness campaign





Energy Conservation Rally conducted by Mar Thoma College for Women,Perumbavoor on 17 december 2017



Participants List

Sl. No.	Name	
1	Aarya H. Kartha	Physics
2	Akshaya Sundaran	English
3	Aleeshya Abraham	Chemistry
4	Akshara Baiju	Commerce (FT)
5	Amala Jose	Commerce (FT)
6	Amitha Rose Joy	English
7	Amalu C. Shaji	History
8	Ammu Babu	Physics
9	Ameera Rasheed	Physics
10	Anasooya Krishnan	Chemistry
11	Anagha Anil	Chemistry
12	Anu C. Gopi	Zoology
13	Ann Mariya Philip	Physics



14	Anitta Saju	Chemistry
15	AnahaBiji	History
16	Anna Paul	Mathematics
17	Anuja Thankachan	History
18	Anjana T. K.	English
19	Anusree P. S.	English
20	Anjitha Ravi	History
21	Anjitha A. V.	Chemistry
22	Aparna Babu	Chemistry
23	Asna A. U.	English
24	Anjana Raveendran	Zoology
25	Asna A. A.	Commerce (FT)
26	Aparna Sasi	Commerce (FT)
27	Ashitha Kareem	Mathematics
28	Arsha S. Kumar	Physics
29	Athira K. T.	History



30	Fabisha K. P.	English
31	Arya Sivan	Physics
32	Axa Maria Joy	Commerce (FT)
33	Binitha Baby	Physics
34	Bini Eldhose	History
35	Bijimol Mathew	Zoology
36	Bintu Maria Paul	Physics
37	Binisha K. B.	Chemistry
38	Binitta B. Arackal	Physics
39	Dona Mariam Roy	Physics
40	Dona Mariam Joy	Mathematics



Helping the Destitute

Title of the programme	Children orphanage visit - Balika mandir
Date and year	2018
Venue	Balika mandir
Objectives	Interact with the children
Organized by	NSS and Department of Zoology
Participants	87

Report

The NSS Unit of Mar Thoma College for Women, Perumbavoor, in association with the Department of Zoology, organised a visit to Balika Mandir, an orphanage for children, on 2018. The visit was attended by 40 participants, including students and faculty members from the college.

The programme was coordinated by Mrs.Reemi Sara. The purpose of the visit was to provide the participants with an opportunity to interact with the children and understand their needs. The participants were given a tour of the orphanage and were briefed about the various activities and programmes conducted by the orphanage. They were also given an opportunity to interact with the children and understand their needs. The participants were also given a chance to donate items such as clothes, books, toys, and other items to the orphanage. The participants also organised a few fun activities for the children, such as drawing, singing, and dancing. The children were also given a few snacks and refreshments.

The visit was a great success and the participants were able to gain a better understanding of the needs of the children and the work done by the orphanage. The participants also expressed



their gratitude to the orphanage for providing them with an opportunity to interact with the children and understand their needs.

Students visiting orphanage visit - Balika mandir



Participants List

Sl.No	Name of the Volunteer	Department
1	Farsana Ashraf	Physics
2	Fathima Hamsa	Physics
3	Fathima Shiril	Physics
4	Fathima T.S	Physics
5	Khadeeja M.H	Physics
6	Sara Abey	Physics
7	Amy Abraham C	English
8	Bittu Sajeev	English
9	Fathima Salha	English
10	Mariya Vincent	Chemistry
11	Minciya Ummar	Chemistry
12	Ajumunnisa P.A	Chemistry
13	Rinsa K K	Chemistry
14	Kripa Elsa Kurian	Chemistry
15	Asma yoosaf	Chemistry
16	Sahala Khalid	Chemistry
17	Dona Pathrose	Chemistry
18	AmruthaLakshmimohanan	Chemistry
19	Anusree Anil	Chemistry
20	Aparna Thilak E. T	Chemistry
21	Amrutha Anilkumar	Chemistry
22	Akhila P S	Chemistry
23	Athira Biju	Chemistry
24	Soniya A.S	Chemistry
25	Sanoojabeegum T.A	Chemistry
26	Jennet Wilson	Chemistry
27	Fathima Sherin M A	Chemistry
28	NikinaSaji	Commerce (FT)
29	Aswathy Sreekumar	Commerce (FT)
30	Nathasha C S	Commerce (FT)
31	Merin Shaji	Commerce (FT)
32	Aleena Jose	Commerce (FT)
33	Raveena Ravi	Commerce (FT)
34	Fathima Nazrin C I	Commerce (FT)
35	Aksa Mary Thomas	Commerce (FT)
36	Annmary Thomas	Commerce (FT)
37	ArshaEldhose	Commerce (FT)



38	Nivya Rajan	Commerce (FT)
39	Sneha Alice Jiju	Commerce (FT)
40	Shilpa Sunny P	Commerce (FT)
41	Fahima Rafeequ	Commerce (FT)
42	Anu George	Commerce (FT)
43	Anjana P.R	Commerce (FT)
44	Aparna M.K	Commerce (FT)
45	Anju Wilson	Commerce (FT)
46	Aseena Abu	Commerce (FT)
47	Mariya Femina P.J	Commerce (FT)
48	Anu Peter	Commerce (CA)
49	AnakhaAbee	Commerce (CA)
50	Ancy George	Commerce (CA)
51	AjinaMahin	Commerce (CA)
52	Farhana Muhammed	Commerce (CA)
53	Karthika T M	Commerce (CA)
54	Mariya Jose Peter	Commerce (CA)
55	Navya Jose	Commerce (CA)
56	Nivya Jose	Commerce (CA)
57	Sona Joy	Commerce (CA)
58	Soniya Saji	B. Voc. FTM
59	Sila N.L	B. Voc. FTM
60	Madhumita Santhosh P	B. Voc. FTM
61	Ruksana K.R	B. Voc. FTM
62	Shibina K	B. Voc. THM
63	Anna Byju	B. Voc. THM
64	Athena R	B. Voc. RET
65	Aleena Mariyam George	Zoology
66	Sreekutty M.S	History
67	Jasmin C.M	History
68	Anaswara B.S	History
69	StefyPoulose	Mathematics
70	Anitta Shoji	Mathematics
71	Farseena N.M	Mathematics
72	Najuma Yousaf	Mathematics
73	Punya Lalu	Mathematics
74	Dhanya S	Mathematics
75	SaramolSajan	Mathematics
76	Anuchandra Santhosh	Mathematics
77	Hannath E.K	Mathematics
78	Neha Joy	Mathematics
79	Bhadra Sasidharan	Mathematics



80	Anjana P.J	Mathematics
81	Aswathy Rani	Mathematics
82	Alfia K Karim	Mathematics
83	LisnulMufsitha	Mathematics
84	Hakima Mariyam	Mathematics
85	Beegam Sultana M.S	Mathematics
86	Shimna C.S	Mathematics
87	Bijitha Babu	Mathematics



Social Outreach Program

Title of the programme	Seedling Distribution
Date and year	7 th June 2017
Venue	Neighbourhood of Mar Thoma College
Objective	Awareness on Health Benefits of curry leaves
Participants	40
Organised by	Health Club

Report

This activity helped to create awareness on the health benefits of curry leaves and encouraged them to plant a curry leaf in their houses as well as pass-on the knowledge gained. It all helped in developing environmental consciousness and social responsibilities among students.

As part of the Environment Day observance, on June 7, 2017, 40 students of the department of Zoology distributed curry leaves saplings in the neighborhood. 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, curry leaves 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 pet 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.

Mrs. Reemy Sara Mathayi, Assistant professor Department of Zoology, Mar Thoma College for Women, served as the program coordinator and handled the session.

The Session focused on Awareness on Health benefit on curry leaves and encouraged them to plant the same.





Figure 1: Kariveppu distribution

Participation list:

NAME LIST
Shilpa Sasi
1. Aparna Babu
2. Ashna A.G.
3. AthulliaSasi
4. FathimathuZuhara V.S
5. Hazna Jawahar
6. Akhila Gireesh
7. Anju Johnson
8. Anmol George



9. Ayana P.S.
10. Archana Jose
11. Bibinu Kuriakose
12. Fabiya Kareem
13. Farsana M.J.
14. Geeliya George
15. Noufira V.C.
16. Saliha K. Sidheekh
17. Sangeetha M.S.
18. Simna Fathima
19. Anaswara Sajeev
20. Aparna P.M
21. Devika Viju
22. Farzana Abdul Kalam
23. Ruksana K.A.
24. Shabana Nazrin T.M.
25. Amaya M.V.
26. Anjana Anil
27. Anjana Ravindran
28. Anju N. Mathew
29. Anu C. Gopi
30. Anulakshmi K.S.
31. Bijimol Mathew
32. Fathimabeevi P.J.
33. Haritha S.
34. Jeena A.J
35. Jomol Jose
36. Khowlath M.U
37. RizvanaSakeer
38. Sandra K.S.
39. Sherin K. Raju

