

EXTENSION ACTIVITIES

2018-2019

MAR THOMA COLLEGE FOR
WOMEN, PERUMBAVOOR

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Environment Conservation Programme

Title of the programme	“Water Quality Analysis”
Date and year	8-September- 2018
Venue	Poopani, Perumbavoor
Objectives	Study on water analysis from Poopani ward 8,9,10,11
Organized by	NSS unit, Department of Chemistry and Zoology
No. of the Participants	62

Report

On 8th of September 2018, the NSS Unit, and Dept of Chemistry and Zoology of Mar Thoma College for Women, Perumbavoor organized a water analysis in Poopani Ward 8,9,10,11. The objective of the program was to analyze the water quality from these wards and to educate the people about the importance of clean water and to provide solutions for better water management.

The program was attended by 62 students who were guided by Ms. Preethi Sara Joseph and Mrs. Reemy Sara Mathai, Assistant Professors, Mar Thoma College for Women, Perumbavoor. The students collected water samples from the wards and tested them for various parameters such as pH, hardness, alkalinity, turbidity and dissolved oxygen. The results of the water analysis showed that the water from Poopani wards 8,9,10,11 had a pH of 6.5-7.5, hardness of 150-300 ppm, alkalinity of 40-60 ppm, turbidity of 0.2 NTU and dissolved oxygen of 7-8 mg/l. On the basis of the water analysis, the students and the coordinators concluded that the water from these wards was safe for drinking and did not pose any health risks. The students were also educated about the importance of preserving clean water and maintaining good water management practices.

The students were also taught about the benefits of using water filters and water purification systems to ensure clean and safe drinking water. Overall, the water analysis program



was a successful one and the students were able to gain a better understanding of water quality and its importance in our daily lives.

Photos



Students conducting Water Analysis at Poopani on 8 September



MARTHOMA COLLEGE FOR WOMEN PERUMBAVOOR

WATER ANALYSIS REPORT

HOUSE No: X 200

Parameters Tested	Value	Inference
pH	5	Slightly acidic
Dissolved Co ₂	21.52	Slightly acidic
Hardness	40	Soft
Physical appearance	Pale yellow, Particles seen	<u>Filtration</u> needed

Recommendations:-

- CaCO₃ application in well/ water source
- Sedimentation/ Filtration required
- Water should be boiled before drinking

Participation list:

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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.



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60. Sherina K Y
61. Shilpa K S
62. Vismaya P R

Helping the Destitute

Title of the programme	Flood relief and cleaning (Supporting Students Affected by Flood)
Date and year	September-2018
Venue	Perumbavoor
Objectives	Helping the flood victims
Organized by	NSS
Participants	40

Report

The NSS Unit of Mar Thoma College for Women, Perumbavoor, organised a flood relief and cleaning programme in Perumbavoor on 2018. The programme was coordinated by Ms.Preethi Sara Joseph and Mrs.Reemi Sara Mathai. The programme was attended by 40 participants, including students and faculty members from the college. The participants were divided into teams and assigned different tasks.

The teams were responsible for cleaning the streets, collecting garbage, and helping the flood victims. The teams worked diligently to clean the streets and collect the garbage. They also distributed food and other essential items to the flood victims. The teams also provided medical assistance to the victims and helped them in rebuilding their homes. The programme was a success and the participants were able to make a difference in the lives of the flood victims. The programme was a great learning experience for the participants and it helped them understand the importance of helping those in need. The programme also helped to create awareness about the importance of cleanliness and hygiene. The programme was a great success and the participants were able to make a difference in the lives of the flood victims. The programme was a great learning experience for the participants and it helped them understand the importance of helping those in need.





NSS Unit of Mar Thoma College for Women, Perumbavoor, operating cleaning programme in Perumbavoor during Flood.



NSS Unit of Mar Thoma College for Women, Perumbavoor, performing cleaning programme in Perumbavoor on 2018.

Participants List

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Environment Conservation Programme

Title of the programme	Tree Plantation
Date and year	1-October-2018
Venue	Front of College Premises
Objective	Green campus initiative
Organized by	NCC&NSS
No. of the participants	118

Report

Tree plantation drive was held in association with NSS and NCC on 01 October 2018. The saplings of oxygen preserving trees were planted on the road side of the college. Students of all departments actively participated.

The Energy Conservation Programme initiated by the National Cadet Corps (NCC) and National Service Scheme (NSS) in collaboration with the college aimed to promote sustainability and create a green campus environment. October 1, 2018, a tree plantation drive was organized in front of the college premises as part of the Green Campus Initiative. A talk on conservation of trees and preventing deforestation was given by HOD of Zoology, Dr. Biju Thomas

The primary objective of the program was to raise awareness about energy conservation among students and staff members. Several native tree saplings were procured in advance for the event. On the designated day, participants gathered in the front area of the college to plant the saplings. Prior to the plantation, an educational session was conducted by environmental experts to



enlighten the participants about the significance of tree plantation and environmental conservation and NSS leaders demonstrated the correct way of planting saplings and provided instructions to ensure proper tree care. Cadets, volunteers, and college staff were divided into groups, each responsible for planting and nurturing a certain number of saplings. The Energy Conservation Programme through the Tree Plantation initiative on October 1, 2018, in front of the college premises, was a resounding success. The collaboration between NCC and NSS, along with the active participation of students and staff, resulted in a greener and environmentally conscious campus. The event not only promoted energy conservation but also left a lasting impact on the college community and set a positive example for others to follow in building a sustainable future.





Tree plantation drive was held in association with NSS and NCC on 01 October 2018. Saplings of oxygen trees planted on the road side of the college



Tree Plantation Drive

Participants List

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5	ANJANA AJITH
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Swachh Bharath Abhiyaan

Title of the programme	Steel Bottle distribution- Activity to promote Eco friendly product
Date and year	20&21- September-2018
Venue	1st mile,Perumbavoor
Objective	To eradicate the use of plastic bottles in the college campus
Organized by	NCC
No. of the participants	41

Report

The NCC unit of Mar Thoma College for Women, Perumbavoor held a steel water bottle drive from 20th to 21st September 2018. The purpose of the drive was to completely eradicate the use of plastic bottles in the college campus. The drive was coordinated by Sangeetha Raichel Koruth and was held at 1st Mile, Perumbavoor. The unit sold around 100 steel bottles on wholesale price to the students and staff members of the college.

The drive was hugely successful and was appreciated by the college authorities. The students and staff members were more than happy to switch to steel bottles. The NCC unit also conducted a seminar on the importance of using steel water bottles. They also distributed leaflets containing information about the adverse effects of using plastic bottles.

The students were also made aware of the benefits of using steel water bottles. The drive was a great success and the college authorities have decided to completely ban the use of plastic bottles in the college campus. The NCC unit has also decided to conduct such drives in the future to



make the campus plastic free.



The NCC unit of Mar Thoma College for Women, Perumbavoor held a steel water bottle drive from 20th to 21st September 2018

Participants list

1	LAKSHMI INDUCHOODAN
2	SWETHA S KUMAR
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40	NANDHIYA KOCHUMON
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Swachh Bharath Abhiyaan

Title of the programme	Awareness Creation on Sanitation and Hygiene" Padayatra"
Date and year	6- January- 2019
Venue	Oushadhijn,Perumbavoor town to Mar Thoma College for Women Perumbavoor
Objective	Creating awareness among the public about the importance of sanitation and hygiene
Organized by	NSS
No of the participants	40

Report

The NSS Unit of Mar Thoma College for Women, Perumbavoor organised a march on foot as part of Sanitary Awareness on 6 January 2019. The march started from College Junction, 1st Mile, Perumbavoor and ended at the college campus. The march was attended by 40 participants, including students, faculty members and staff of the college. The march was led by Dr Melvi Chandy, Programme Coordinator of the NSS Unit.

The participants carried placards and banners with slogans related to sanitation and hygiene. The march was aimed at creating awareness among the public about the importance of sanitation and hygiene. The participants interacted with the public and distributed pamphlets containing information about the importance of sanitation and hygiene. The march was well received by the public and the participants were praised for their efforts in creating awareness



about the importance of sanitation and hygiene.

The march was a success and the NSS Unit of Mar Thoma College for Women, Perumbavoor is planning to organise similar marches in the future.



The NCC unit of Mar Thoma College for Women, Perumbavoor held a steel water bottle drive from 20th to 21st September 2018



Participant list

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Gender Equality and Women Empowerment Enhancement Programme

Title of the programme	Employability Enhancement Programme
Date and Year	23-September-2018
Venue	Mar Thoma College for Women, Perumbavoor
Objective	To increase the employability of local youth by imparting them with the necessary skills and knowledge required to succeed in the job market
Organized by	NSS
No. of the Participants	100

REPORT

The Employability Enhancement Programme conducted by the National Service Scheme (NSS) of Mar Thoma College Perumbavoor at Perumbavoor on 23 September 2018, was a huge success. This program was organized to increase the employability of local youth by imparting them with the necessary skills and knowledge required to succeed in the job market. The programme was conducted in two phases. The first phase focused on imparting knowledge and skills related to job searching, resume writing, and interview techniques. This was conducted by experts in the field of recruitment and career counseling. In the second phase, the participants were given practical training on how to make paper products such as paper bags, pen stands, and paper pens. This was done with the help of experienced craftsmen and artisans from the local area. The programme was well-received by the local youth and the response was overwhelming. 25 people participated in the programme and the feedback was very positive. Many of the



participants have already benefitted from the employability enhancement programme and have been able to find jobs in the local area. Overall, the Employability Enhancement Programme conducted by the NSS of Mar Thoma College Perumbavoor was a great success and has helped many local youth in finding employment and improving their employability.



Employability Enhancement Programme conducted by the National Service Scheme (NSS) of Mar Thoma College Perumbavoor at Perumbavoor on 23 September 2018



National Service Scheme (NSS) of Mar Thoma College Perumbavoor conducting Employability Enhancement Programme Perumbavoor on 23 September 2018



Mar Thoma College For Women, Perumbavoor

EMPLOYABILITY ENHANCEMENT PROGRAMME

Organized by

NSS Unit No : 57



Date : 23/09/2018

Venue.: mar Thoma College For Women, Perumbavoor



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Gender Equality and Women Empowerment

Title of the Programme	Self Employability Training Program - Learning "Embroidery"
Organizer	Women's Cell
Associating Partner	Kerala State Women's Development Corporation
Beneficiary	26 students of college
Date and Year	5- March -2019
Duration	1 day
Scope	Session on basic stitches and patterns
Coordinator	Dr.Minu Susan Koshy, Assistant Professor,
Resource Person	Ms. Anitta Benny, Assistant Professor, Dept. of Vocational Studies, Mar Thoma College for Women
Objective	• To train students in embroidery • To enable them to do the basic stitches • To produce patterns on their own
Outcome	Participants will be able to • Produce works using basic stitches • Design patterns using stitches • Develop interest in embroidering for business

Report

An embroidery workshop was held on 5 March 2019 by the Women's Cell in association with the Kerala State Women's Development Corporation. Ms. Anitta Benny, Assistant Professor, Dept. of Vocational Studies, Mar Thoma College for Women served as the resource person. The workshop aimed at familiarizing students with embroidery. The major aim was to enable



students to create patterns using basic stitches. As part of the workshop, students were also asked to produce small embroidered fabric pieces. The session concluded with the resource person responding to the doubts and queries of the participants and suggesting further activities to embroider for business purposes.

Ms.Anitta Benny handling embroidery workshop on 5 March 2019 organized by the Women's Cell in association with the Kerala State Women's Development Corporation.





An embroidery workshop was held on 5 March 2019 by the Women's Cell in association with the Kerala State Women's Development Corporation.

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Community Engagement

Title of the programme	Sukrutham Medical camp
Date and year	30-December-2018
Venue	Jayakeralam HSS, Pulluvazhi
Objective	To provide free medical care and health education to the local community.
Organized by	NSS
No. of the participants	77

Report

The National Service Scheme (NSS) unit of Mar Thoma College Perumbavoor conducted a one-day medical camp on 30/12/2018 at Jayakeralam HSS Pulluvazhi. The main aim of the camp was to provide free medical care and health education to the students and local community. The camp was attended by a team of 10 volunteers from the NSS unit of Mar Thoma College. The team was led by the NSS coordinator. The volunteers provided basic medical check-ups and health education to the students. They also distributed brochures and pamphlets highlighting the importance of hygiene and health. The camp was well received by the students and local community as they were able to receive free medical treatment without having to visit the hospital. Overall, the medical camp was a success and the NSS unit of Mar Thoma College was able to serve the students and local community. The camp also helped to spread awareness among the locals about the importance of good health and hygiene.



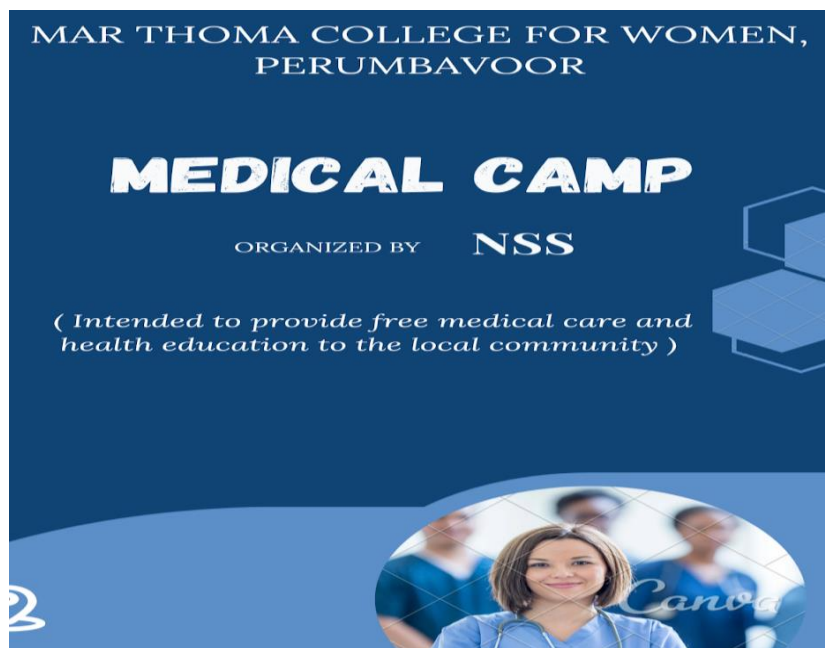


The National Service Scheme (NSS) unit of Mar Thoma College Perumbavoor conducting a one-day medical camp on 30/12/2018



Glimse of Suvarnam Camp organised by NSS unit of Mar Thoma College,Perumbavoor.

Brochure



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Community Engagement

Title of the programme	Drug Abuse Awareness Campaign
Date and year	26-July-2018
Venue	Mar Thoma College for Women Perumbavoor
Objective	To understand the lethal effects of the drugs
Organized by	NCC
No. of the participants	30

Report

This campaign was inaugurated by handing over the hand-outs, which give information on types of drugs and symptoms of those who are addicted to drugs, to the principal of the institution on 26 July 2018. The student cadets distributed these hand-outs to all the students of the college, nearby schools, colleges and shops. A talk on drug abuse and its symptoms was also delivered by the HOD of Zoology Department Ms. Reemy Sara Mathai, which helped the cadets to understand the lethal effects of the drugs.





Handing over the hand-outs, to the Principal Dr.Lisy Cherian on July 26 2018,



A talk on drug abuse and its symptoms delivered by the HOD of Zoology Department Ms. Reemy Sara Mathai.

BROCHURE



MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR

**DRUG ABUSE AWARENESS
CAMPAIGN**

Organized by **NCC**



Date : 26/07/2018



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21. ANITHA THOMAS
22. ARATHY KRISHNAN K S
23. SONA PAUL
24. ANAGHA JOY
25. CHITHRA CHANDRAN
26. HARITHA V H
27. ANJANA K MANOJ
28. ANN MARIA JOSE
29. GOPIKA VINOD
30. SISIRA SIVAN

Helping the Destitute

Title of the programme	Flood Relief activity - "KuttanaadinuoruKaithaangu"
Date and year	2-August- 2018
Venue	Kuttanad
Objective	Provide relief and assistance to the flood affected families of Kuttanad
Organized by	Kerala Red Cross Society Perumbavoor and local Self Govt. Body
Participants	101

Report

The NSS Unit of Mar Thoma College for Women, Perumbavoor conducted a flood relief assistance activity in Kuttanad from 2nd August 2018. The programme was organized in association with the Kerala Red Cross Society, Perumbavoor and the local self-government body. The camp was attended by the NSS volunteers and all the students of the college. The main objectives of the programme were to provide relief and assistance to the flood affected families of Kuttanad and to create awareness about the flood situation in the region. The volunteers distributed relief material such as food items, clothing, utensils and other essential items to the victims. The volunteers also provided medical assistance to the victims. The volunteers also organised several activities such as public meetings, poster campaigns, cultural programmes and street plays to spread awareness about the flood situation and the need for relief measures. The volunteers also encouraged the flood victims to take up alternate livelihood activities such as fishing and farming.

The programme was a successful one and was appreciated by the local people. The volunteers were able to make a positive impact on the lives of the flood victims. The camp was



also featured in the local newspapers and television channels. The NSS Unit of Mar Thoma College for Women, Perumbavoor is grateful to all the volunteers who participated in the camp and made it a success.

Following are the items collected towards the Kuttanad Flood Relief Camp (2018-19), as part of the initiative taken by the **NSS Unit (Unit No. 57 A and 57 B) of Mar Thoma College for Women, Perumbavoor**, in collaboration with various colleges of central Kerala:

1.	Rice	443.5 kgs
2.	Atta	9kg
3.	Rice Powder	5kg
4.	Kadala (Black)	22kg
5.	Moong Dal (Cherupayar)	17 kgs
6.	Indian Brown Lentil (Vanpayar)	17.5 kgs
7.	Green Peas	6 kgs
8.	Tuvar Dal	15.250 kgs
9.	Soya bean Chunks	17.50 kgs
10.	Turmeric Powder	600 g
11.	Chilli powder	2.10 kg
12.	Corriandre Powder	1.10kgs
13.	Crushed Red Chilly	100 gms



14.	Rava	5kgs
15.	Aval	15.5 kgs
16.	Salt	8 kgs
17.	Sugar	16.5 kgs
18.	Tea Dust	5.790 kgs
19.	Milk Powder	500 gms
20.	Oil	5.5 L + 3 L
21.	Pickle	1.4 kgs
22.	Biscuits	24.696 kgs
23.	Rusk	2.917 kgs
24.	Detergent Powder	500 gms
25.	Detergent Bar	150 gms
26.	Bathing Bar	125 gms

*Attached herewith is the list of items sponsored by the Kavumpuram South Residence Associaton, Aimury, under the leadership of the NSS Units of Mar Thoma College for Women, Perumbavoor.

NSS Programme Officers

1. Dr. Vinod V.
2. Ms. Preethi Sara Joseph

Principal

Dr. Lisy Cherian

Photos





NSS Unit of Mar Thoma College for Women, Perumbavoor conducting a flood relief assistance activity in Kuttanad from 2nd August 2018



Flood relief assistance activity in Kuttanad on 2 August 2018





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Helping the Destitute

Programme	Flood Relief Activityat Kaanjirakkadu
Organizer	Women's Cell
Associating Partner	MBITS, Kothamangalam, Perumbavoor Municipality, Dept. of English
Beneficiary	21 students of college
Date and Year	21 -August -2018
Duration	1 day
Scope	Cleaning houses affected by floods in low-income area - Kanjirakkad
Coordinator	Dr.Minu Susan Koshy, Assistant Professor (English) Ms. Chaithanya Elsa Achankunju, Assistant Professor (English)
Objective	• To provide support to people affected by floods • To clean houses of people who cannot afford aid services • To inculcate spirit of service in students
Outcome	• More than 15 houses were cleaned • Better rapport between residents and college

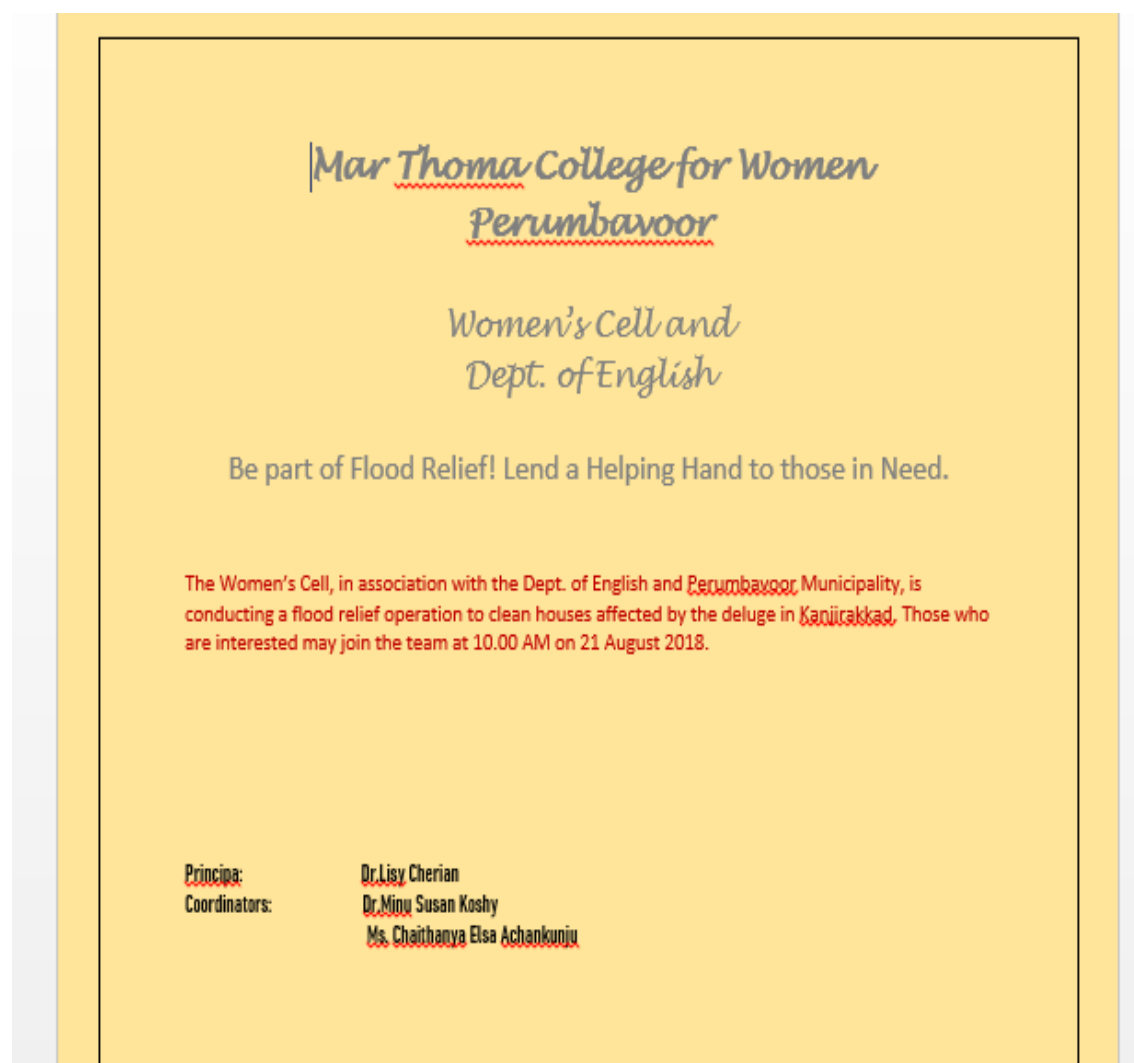
Report

Ms. Chaithanya Elsa Achankunju (Former NSS P.O. & Asst. Prof., Dept. of English) and Dr. MinuSusan Koshy (Faculty in charge of Women's Cell and Asst. Prof., Dept. of English) attended the meeting at the Municipality with the Principal with regard to the flood relief work here. The two teachers took the initiative to accompany the students to clean the flood affected homes inKanjirakkad, Perumbavoor, and worked with them along with MBITS, Kothamangalam



on 21Aug. 2018. More than 10 houses belonging to low-income families who could not afford paid services, were cleaned. The residents thanked the College authorities and expressed their desire to cooperate with the activities of the institution.

Brochure





Participants List

Sl.	Name of the Volunteer	Class	E-Mail-ID	Mobile Number
1.	Anakha Jose	II B.S.c	anakhajoseparayil@gmail.com	9847408155
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Helping the Destitute

Title of the programme	Flood Relief Activity -Superchlorination in 60 houses in Vallom
Date and year	10- October-2018
Venue	Vallom Region, Perumbavoor
Objective	To ensure the provision of safe and clean drinking water
Organised by	NSS
No. of the Participants	77

Report

The superchlorination activity was carried out in the Vallom region of Perumbavoor as part of the flood relief initiative coordinated by the National Service Scheme (NSS). The primary objective of the superchlorination was to ensure the provision of safe and clean drinking water to the affected population in the aftermath of the recent floods. The superchlorination process involved the addition of chlorine to the water supply system to disinfect and eliminate harmful microorganisms. The NSS volunteers collaborated with local authorities, water supply agencies, and health professionals to execute the superchlorination operation effectively.

Activities:

1. **Assessment and Planning:** Prior to the superchlorination, the NSS team conducted a thorough assessment of the water sources in the Vallom region. They identified the areas most affected by the flood and determined the required quantities of chlorine for treatment.



2. Procurement of Chlorine: NSS, in coordination with relevant authorities, procured an adequate amount of chlorine, ensuring it met the necessary safety standards and guidelines.
3. Training and Awareness: NSS volunteers organized training sessions and workshops to educate the local community about the importance of water disinfection and the proper usage of chlorinated water. They emphasized the need to follow safe practices to prevent waterborne diseases.
4. Chlorination Process: On 10th October 2028, the NSS volunteers, along with trained professionals, commenced the superchlorination process. They followed the recommended dosage and guidelines for chlorine application based on the water volume and quality.
5. Monitoring and Evaluation: Continuous monitoring of the chlorination process was carried out to ensure its effectiveness. Water samples were collected from various locations within the Vallom region and tested for residual chlorine levels to verify the success of the treatment.
6. Distribution of Treated Water: Once the chlorination process was complete and water quality met the safety standards, the treated water was distributed to the affected population in collaboration with local authorities. NSS volunteers actively participated in the distribution process to ensure equitable access to clean water.

Outcome: The superchlorination activity in the Vallom region of Perumbavoor was successful in providing safe and clean drinking water to the flood-affected population. By effectively disinfecting the water sources, the risk of waterborne diseases was significantly reduced, promoting public health and well-being.

Conclusion: The superchlorination carried out in the Vallom region as part of the flood relief activity coordinated by NSS demonstrated the collaborative efforts of various stakeholders to address the immediate needs of the affected population. The dedicated work of NSS volunteers, in conjunction with local authorities and water supply agencies, ensured the provision of clean water, mitigating health risks and contributing to the overall recovery process. This initiative highlights the importance of coordinated relief efforts and community engagement in post-disaster si





Superchlorination Activity at Vallom

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Helping the Destitute

Title of the programme	Flood Relief Donation to CM Fund
Date and year	19-September-2018
Venue	Mart Thoma College for Women
Objective	Providing essential relief to those affected by the floods
Organized by	NSS
No. of the participants	30

Report

The National Service Scheme (NSS) of Mar Thoma College Perumbavoor at Perumbavoor, under the leadership of the principal, made an important contribution to the Chief Minister's Distress Relief Fund (CMDRF) in 2018. The contribution was made as a part of our annual initiative to support relief efforts in response to the devastating floods that occurred in Kerala in 2018. The funds were collected through a donation drive which was conducted in our college. The funds raised through the donation drive were handed over to the CMDRF by the NSS volunteers. The fund was received by the CMDRF and put towards providing relief to the affected families in the state. The NSS volunteers also conducted relief activities in the affected areas, such as distributing clothing, food, and other essential items. They also helped in the construction of homes for the affected families and provided medical aid to the injured. The NSS volunteers were also actively involved in spreading awareness about the relief efforts and encouraging people to donate to the CMDRF. We are proud to have contributed to the relief efforts in response to the Kerala floods in 2018. Our contribution has helped in providing essential relief to those



affected by the floods and has made a difference in restoring the lives of the families affected by the flood.


MARTHOMACOLLEGE FOR WOMEN, PERUMBAVOOR
 (Affiliated to Mahatma Gandhi University, Kottayam . Accredited by NAAC)

Kerala 683 542
 ☎0484 2522723
 Fax 0484 2520823
 E mail : mtcwpbr@yahoo.in

Dr.Lisy Cherian
Principal

27 September 2018

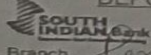
The Registrar,
MG University, Kottayam

Respected Madam/Sir,
I herewith, attach the details of the money collected and remitted in the Chief Minister's account (CMDRF) as part of flood relief drive conducted by our College during and after the recent flood in 2018. The detailed split up of the same is shown below in prescribed format for your perusal.

1	Name of the Institution	Marthoma College for Women, Perumbavoor
2	Amount Collected	Rs. 75,000/- only
3	Details of the amount remitted	CMDRF(Chief Ministers Distress Relief Fund) Remitted at South Indian Bank, Perumbavoor on September 19, 2018
4	Account number, if the amount is remitted to the account	Account No: 0721053000002584

Deposit/pay in slip is been attached herewith for your kind consideration

DEPOSIT / PAY IN SLIP

 **SOUTH INDIAN Bank**

Branch Perumbavoor

Date 19/09/2018

SB/CA/OD/CC/RD/TL/DL A/c No./Credit Card No.
0721053000002584

Name CMDRF Chief Minister

Tel. No. Distress Relief Fund

Amount 75,000/-

Rupees in words Seventy five thousand

Cash/Cheque No Date & Name of Bank and Branch

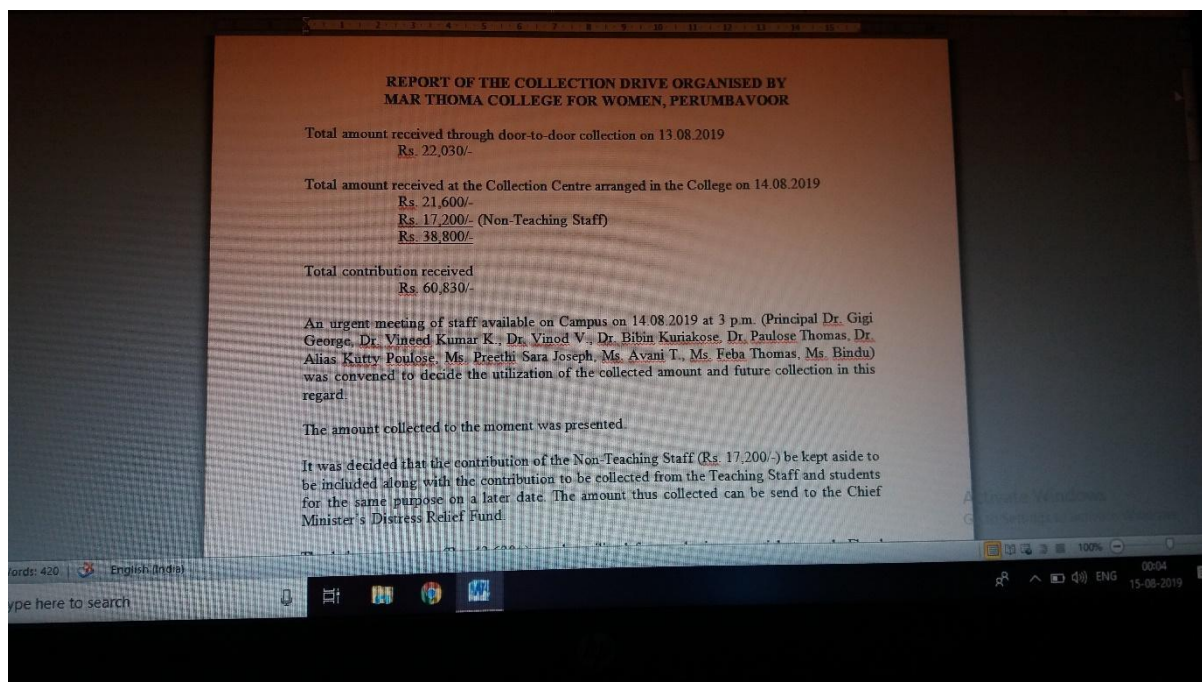
Cash	75,000/-
Total	75,000/-

Officer/Cashier/SWO [Signature] Tollfree 18005431800

NSS Programme Officers
Dr. Vinod V [Signature]
Mrs. Preethi Sara Joseph [Signature]

[Signature]
Principal





Students and Teachers collecting dress materials and necessary things from neighborhood locality for the flood victims.

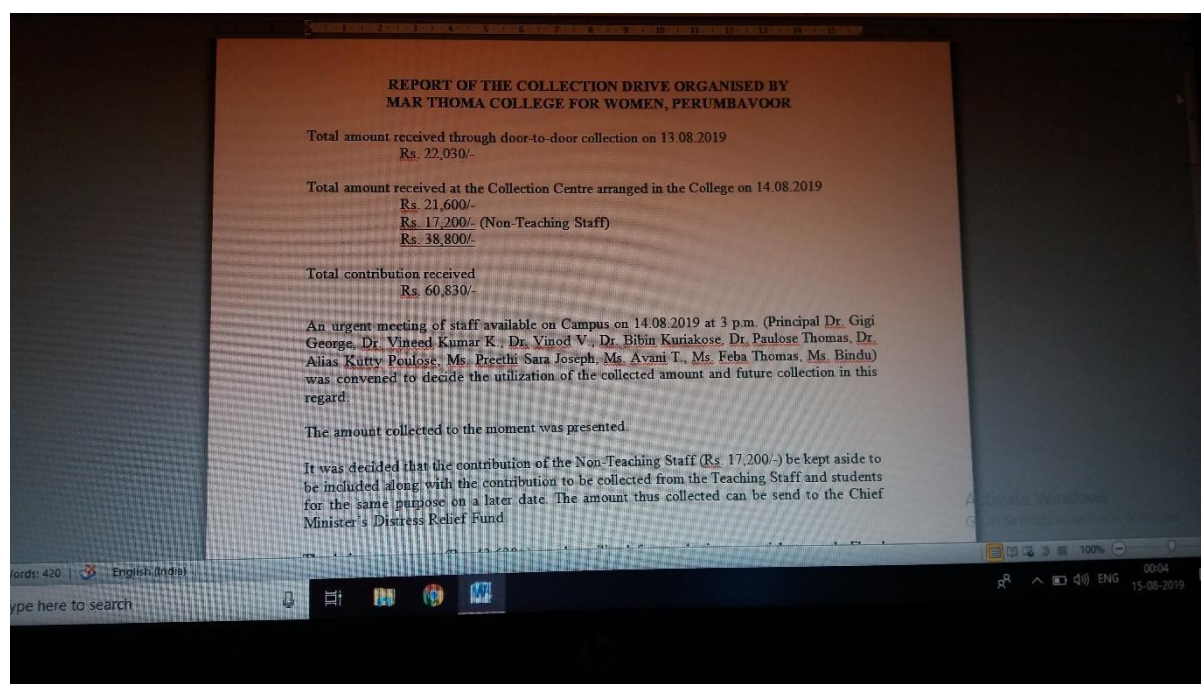
Flood Relief Initiatives

A two day '2019 Flood collection drive' was organized in the college under the effective leadership of NSS, NCC, YRC and the College Union. On 13 August, students and Teachers visited houses located in the neighborhood of the college, collecting donations towards the venture. On 14 August, a collection point was arranged in the campus which turned out to be a great success. Clothes, sanitary napkins, provisions, stationery and cleaning essentials worth almost 2 Lakh Rs. were collected. The drive and its fruition were reported by the Metro Channel. The items packed and sealed were handed over to the Assistant District Collector at the Govt. Collector's centre, Kakkanad.





Flood Collection Drive at Mar Thoma College,Perumbavoor



Report of the Collection drive organised by NSS UNIT



Participants list

Sl. No.	Name of the Volunteer	Class	E-Mail-ID	Mobile Number
1	Hena Ajayan	II B A		9847268955
2.	Jeena Johnson	II B A	Jeenajhonson.mtcw@gmail.com	9895224226
3.	Jeethu Paul	I B Com	jeethupauls@gmail.com	9961952952
4.	Josmy John	II B A	josmyjohn295@gmail.com	9747789390
5.	KallyaniSurendran	II B Sc		9526035856
6.				
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
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

Helping the Destitute

Title of the programme	Floodcleaning Activity
Date and year	27-September- 2018
Venue	Perumbavoor
Objectives	Cleaning the flood affected areas.
Organized by	NSS
No. of the participants	40

Report

The NSS Unit of Mar Thoma College for Women, Perumbavoor organised a flood cleaning activity on 27 september2018. The programme was held at Perumbavoor. A total of 40 participants took part in the programme. The programme was coordinated by Mrs.Preethi Sara Joseph, NSS Programme officer and Assistant Professor,Department of English.

The participants were divided into four groups and each group was assigned a specific area to clean. The programme was concluded with a short speech by Mrs.Preethi Sara Joseph, thanking the participants for their hard work and dedication. She also highlighted the importance of keeping the environment clean and urged the participants to take up similar initiatives in the future.

The programme was well received by the local community and the participants were praised for their efforts. The programme was a great success.







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.	Anakha P. M.	I B .Sc.	Anakhaammu00@gmail.com	8606326377
10.	AnakhaJose	II B.S.c	anakhajoseparayil@gmail.com	9847408155
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14.	Anjaly Sivadasan	II B.Sc	sivadasananjaly@gmail.com	8078036508
15.	AnjithaDevassy	I B.A.	anjithadevassy2001@gmail.com	9744666150

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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
33.	BinsyaBinhBaquir C. K.	I B.A.		9496355707

34.	Deepthi Rajendran	II B.Sc	deepthirajendran4u@gmail.com	7510775643
35.	Delna Johny	I B Com		9562638493
36.	Denaha Eliz George	I B.A	denahaelizgeorge@gmail.com	9961644523
37.	Devika Anil	I B Com		944712738
38.	Devika Chandran	I B Sc		8547049211
39.	Devika Manoj	II B Sc	devikamanoj99@gmail.com	9605140354
40.	Divega Mercy Kunju	I B Sc	lidiyamercykunju@gmail.com	9496068415

Environment Conservation Programme

Title of the programme	Survey of Biodiversity Loss
Date and year	20-October-2018 to 27- October-2018
Venue	Koovappady
Objectives	Assessing the extent of biodiversity loss
Organized by	NSS and Department of Zoology
No.of the participants	7

Report

The Rapid survey of post flood biodiversity loss organised by the NSS Unit and the Department of Zoology of Mar Thoma College for Women, Perumbavoor, in collaboration with the Kerala State Biodiversity Board was conducted from October 20 to 27, 2018.

The survey was aimed at assessing the extent of biodiversity loss due to the floods that had taken place in the area. Seven students from the college participated in the survey and the project was coordinated by Ms. Chaitanya Elsa Achankunju and Reemy Sara Mathai, Assistant Professor of Mar Thoma College for Women. The survey took place in the flood affected wards of the Koovappady Panchayath. The survey included a series of activities such as soil sampling to assess the effects of the floods on the soil as well as collection of taxonomic information. The survey team observed and recorded the presence of plants, animals and insects in the survey area. The data collected included the species type, scientific name, habitat and other related information. The survey revealed that the floods had caused considerable loss of biodiversity in the area. The survey team observed a large number of dead or dying fish and amphibians in the water bodies, suggesting a substantial loss of aquatic life due to the floods. Several species of plants were also found to be adversely affected due to the floods, with many of them not likely to



survive in the future. The survey team also found that the floods had caused a significant decrease in the number of plant and animal species in the area. The survey also revealed that the floods had caused a significant decrease in the soil fertility, leading to a decrease in the productivity of agricultural land in the area.

The survey team also observed a decrease in the number of insect species in the survey area. Overall, the rapid survey of post flood biodiversity loss revealed that the floods had caused a substantial loss of biodiversity in the area. The findings of the survey will help in developing strategies to mitigate the effects of the floods on the biodiversity in the area. The survey also revealed the need for greater conservation measures to protect the biodiversity in the area from further damage due to floods or other disasters.

The Rapid survey of post flood biodiversity loss organised by the NSS Unit and the Department of Zoology of Mar Thoma College for Women, Perumbavoor, in collaboration with the Kerala State Biodiversity Board was conducted from October 20 to 27, 2018.



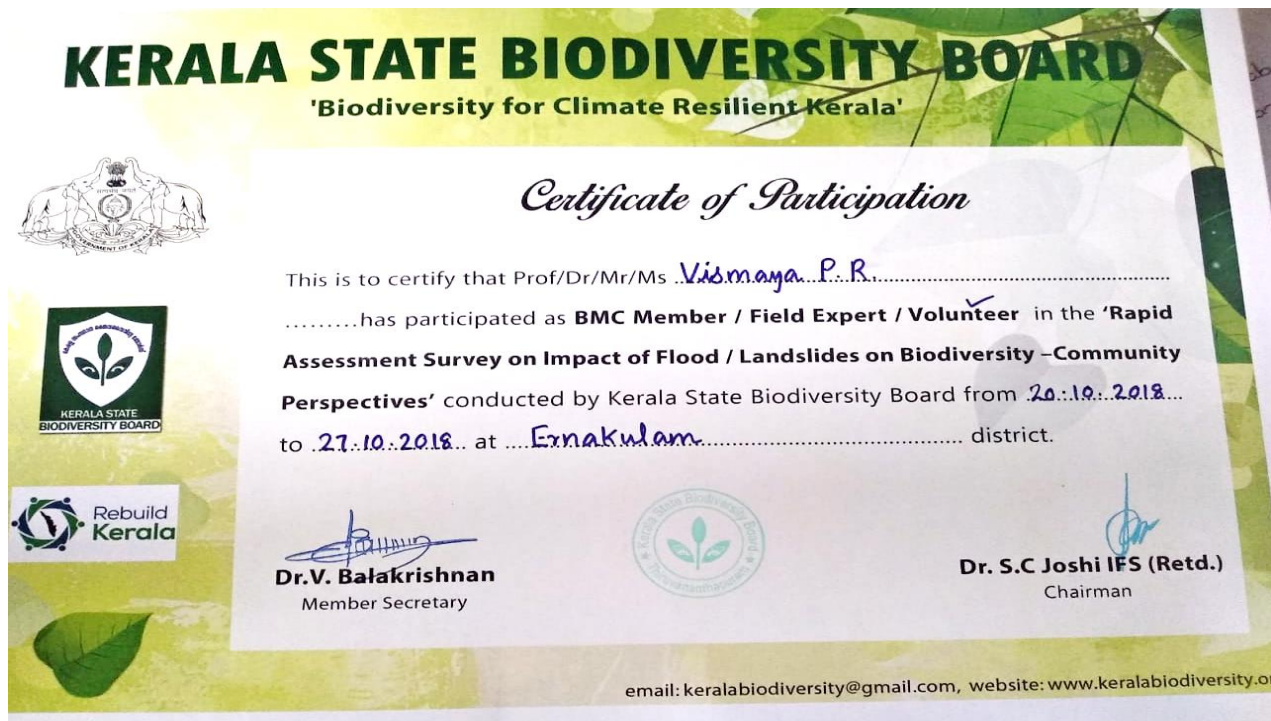


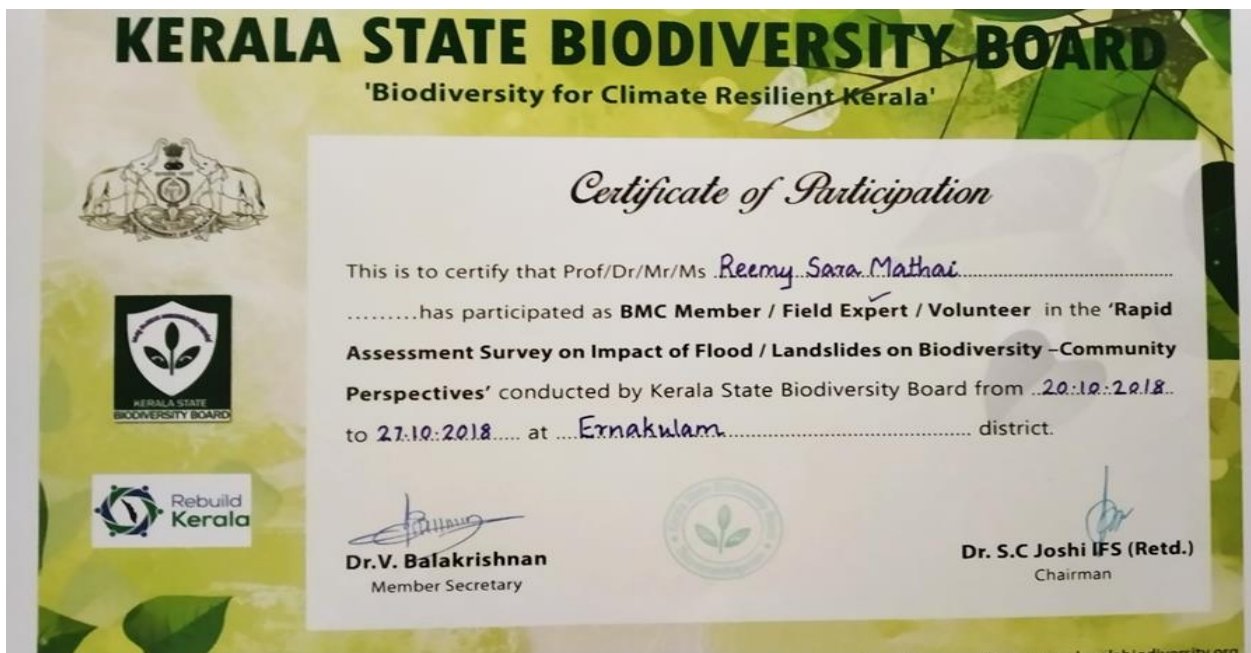


Figure 3: KSBB rapid loss survey



CERTIFICATES





Figure

