

EXTENSION ACTIVITIES

2020-2021

MAR THOMA COLLEGE FOR
WOMEN, PERUMBAVOOR

CONTENTS

SL. NO	CONTENTS	PAGE NO
1	Environment Conservation Programme-Tilling	2
2	Community Engagement-Blood Donation Camp	13
3	Awareness Drive –Mental Health Awareness	23
4	Awareness Drive- Mental Health Awareness	33
5	Social Outreach Programme – Lakshya Revision Series	46
6	Social Outreach Programme – Dental Camp	53
7	Social Outreach Programme – Plastic Free Drive	63
8	Social Outreach Programme – Mask making and distribution	74
9	Community Engagement – Issues and challenges in cyber security	80



Environment Conservation Programme

Title of the programme	Tilling
Date and year	25-April-2020
Venue	Near College Premises
Objective	To encourage environmental awareness and active lifestyle
Organized by	NSS
Participants	100

Report

On 25th of April 2020, NSS Mar Thoma College Perumbavoor organized a Tilling event premises to encourage environmental awareness and active lifestyle. About 100 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 Tilling 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.

Photos





On 25th of April 2020, NSS unit of Mar Thoma College Perumbavoor conducting Tilling event near college premises to encourage environmental awareness among students



Tilling event on 25 April 2020

Participant list:

Sl.No	Name of the Volunteer	E-mail Id	Phone No.
1.	Katheeja Nazeer	hadheejanazar@gmail.com	9048814369
2.	Aleena K A	aleenakaaleena@gmail.com	7592948302
3.	Josna P J	josnapj02@gmail.com	7025624467
4.	Amina Jalal	aminajalal26@gmail.com	9778216640
5.	Alfiya Muhammed	alfiyamuhammed500@gmail.com	9847617052
6.	Sarika Suresh	sarikasuresh2002@gmail.com	8606922515
7.	Punnya Biju	punnyabiju4@gmail.com	9074762646
8.	Roshna Anil	roshnaanil02@gmail.com	7736045518
9.	Aparna A S	aparnaasuresh01@gmail.com	8590544010
10.	Manju P B	psvidya8@gmail.com	6235628702
11.	Aznamol K M	aznakm75@gmail.com	9447924241



12.	Joseena Jose	joseenajose19102001@gmail.com	9605768146
13.	Mirsana Salim	mirsanasalim2002@gmail.com	9846392717
14.	Vidya S.L.	vidhyasl2002@gmail.com	9946900628
15.	Ashna Jiji	ashnapullayi@gmail.com	8281342883
16.	Esther P	estherpjames024@gmail.com	8301813875
17.	Fasnamol shereef	fasnazara002@gmail.com	8943379289
18.	Gopika T. G	gopikagirijan2002@gmail.com	6238145880
19.	ShahanasBeegum P. S	beegums216@gmail.com	9562087887
20.	Shimi George	shimigeorge2002@gmail.com	8943646183
21.	Varsha C	varshanilavu@gmail.com	8078915940
22.	HasanathM.A	hasanath2001@gmail.com	8289991755
23.	Adila Shereen V.U	adilashereen@gmail.com	9061492891
24.	Aleena mariya	aleenam763@gmail.com	9633693111
25.	Diya Supri	diyasupri2003@gmail.com	8921202078



26.	Sona Biju	sonabiju98@gmail.com	9562830956
27.	Anusha R	anushaanusha6431@gmail.com	8592943711
28.	Ansin Ajmal	ansinajmalajmal60538@gmail.com	9605223273
29.	Karthika S	karthika@gmail.com	9778155277
30.	Aiswarya Ramesh	aiswaryaaisu7112001@gmail. com	8547054989
31.	Meera Mahesh	meeramahesh11@gmail.com	8606499352
32.	Nithuna Rajan	nithunarajan@gmail.com	7561039105
33.	Treesa maria stanly	treesams7584@gmail. com	9400109659
34.	Salini M R	saliniradhakrishnan888@gmail.com	7736137609
35.	Ahalya M P	ahalyamudakkaril@gmail.com	7736300308
36.	Umayban K B	umaybanbasheer001@gmail.com	7594940453
37.	Gopika N V	gopikanv1999@gmail.com	9188490855
38.	Amala J	amala19.2001@gmail.com	7034517634
39.	Anaga T M	anagamanoharan@gmail.com	9061284238



40.	Meenu P P	meenuparutha02@gmail.com	9061191330
41.	Devika Dinu	devikadinu2000@gmail.com	9633216696
42.	Anjana j	anjana31323@gmail.com	7736805386
43.	Geethu K R	geethurajamohan11@gmail.com	7306049022
44.	Akhila Babu	akhilababu138@gmail.com	9048374613
45.	Zuha Adnan	zuhaadnan2@gmail.com	9995786906
46.	Sreelakshmi Sathyan	sreelakshmisathyan2001@gmail.com	9747199173
47.	Anugraha T S	bryphyt@gmail.com	7736554114
48.	Rahna T R	rahnathayalthudy@gmail.com	9778248841
49.	Sandra Subhash	sandrasubhash2002@gmail.com	9072105679
50.	AmalaJoshy	amalajoshy266@gmail.com	7034923033
51.	Swathylakshmiravi	swathyr03@gmail.com	9495736146
52.	Elizabeth Sunny	clsasunny@gmail.com	9074040501
53.	ShahabunnisaP.Jaleel	painadyshahabunnisa1102@gmail.com	9539349802



54.	Aswathy.V.A	aswathyva696@gmail.com	7025304392
55.	Devipriya KR	devipriyakr128@gmail.com	9048346117
56.	Nitha Krishnan	nithakrishnan070@gmail.com	9539320857
57.	Anjana Bhaskaran	anjanabhaskaran129@gmail.com	9446469331
58.	Gayathri M R	gayathrilakshmi46@gmail.com	9061218194
59.	Aisha Shiyas	aishashiyas262@gmail.com	7025963203
60.	Sneha Paul	paulsneha40@gmail.com	8606329203
61.	Sreethu V Nair	sreethuvnair002@gmail.com	8137920991
62.	Keerthi B Nair	keerthibaburaj14@gmail.com	8304079028
63.	Aleena Kochumon	aleenamalayattoor@gmail.com	6238544647
64.	Aleena Benny	bennyaleena431@gmail.com	9946920489
65.	Aleena Rachel Joy	aleenaracheljoy@gmail.com	8086360176
66.	Amitha Kareem	amithariza@gmail.com	7902629070
67.	Bhavna.S	sureshbhavna07@gmail.com	8593098020



68.	Megha Elsa Biju	meghaelsabiju@gmail.com	8075816610
69.	Parvathy V.S	vsparuvazhayil@gmail.com	9539158629
70.	Sona Jabbar	sonajabbar2002@gmail.com	7736646155
71.	Steny Mary Philip	philipsteny@gmail.com	8593925941
72.	Swara Vincent	bilbiswara32511@gmail.com	9778357087
73.	Vyshnavi Vinod	vyshnavikunju123@gmail.com	9847267297
74.	Christy Anna Varghese	christyannavarghese2019@gmail.com	8606171501
75.	Ameena E.A	ameenaea2020@gmail.com	9645377392
76.	Anviya Mariam Bobby	anviyabobby88@gmail.com	8129427103
77.	AbhiramiJ.S	abhiramijs2019@gmail.com	904856300
78.	Abhima Subash	abhimasubash@gmail.com	8330043983
79.	SifnaC.S	sifnachelappilly@gmail.com	9895067227
80.	Anagha Joy	anaghajoy285@gmail.com	9778244671



81.	AnaghaAsokan	anaghaas91@gmail.com	8594056813
82.	AsnaP.A	asnapa052@gmail.com	8592929172
83.	Jeseena Mol CM	jeseenamol8@gmail.com	9656137693
84.	Mumthaz K Sulaiman	mumthazksulaiman@gmail.com	7356676430
85.	ThaskeenaKoyan	thaskeenakoyan@gmail.com	8281341761
86.	Athulya Santhosh	athulyasanthosh416@gmail.com	8078146882
87.	Ancilinshiju	ancilinshinju@gmail.com	7510913001
88.	Resiya Mol M S	reziasiddiqq2001@gmail.com	9562265229
89.	Farzana P A	farzanapa25@gmail.com	8921782552
90.	Nivedida Velayudhan	nivedidavelayudhan@gmail.com	8921707798
91.	Sreeshmashaji	shreeshmashaji64@gmail.com	9072066509
92.	Alga Gigu	algagigu1@gmail.com	7736872581
93.	Arya Chandran	aryachandranks@gmail.com	9747032570



94.	Lakshmi Mohandas	lakshmidas851@gmail.com	7736877216
95.	Sumayya E A	sumayyaea02@gmail.com	9061863665
96.	Anugraha Justin	anugrahajustin36@gmail.com	8590331409
97.	Archana Mohanan	archanamohanan02@gmail.com	8086949879
98.	Fathima Shabana P M	shabanaf166@gmail.com	9747778197
99.	Ansiya Azeez	ansiyashahul989@gmail.com	9037700130
100.	Aiswarya Ashokan	aishwaryaashokan1212@gmail.com	7356819680



Community Engagement

Title	Blood Donation Camp
Organizer	NSS,NCC,YRC and Health Club
Beneficiary	79 Students
Year	1-July -2020
Scope	Healthy practices, fitness and health
Coordinator	Reemy Sara Mathai, Assistant Professor, Mar Thoma College for Women, Perumbavoor
Duration	1 session
Venue	Zoology lab
Objective	Generate healthy lifestyle among students
Outcome	Deliver social responsibility

Report

On July 1, in the Zoology lab in collaboration with YRC, NCC, NSS, the health club of Zoology department organised a blood donation camp in which 96 individuals registered and 41 gave blood under the auspices of IMA Aluva. Mrs.Reemy Sara Mathayi, Assistant professor Department of Zoology, Mar ThomaCollege for Woman Perumbavoor, Served as the program coordinator.



Photos



BLOOD DONATION CAMP ON JULY 1 2020



Blood Donation Camp On July 1 2020



Blood donation camp on July 1 2020





Blood Donation Camp on July 1 2020

Participants list

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



13.	Anjali Valsan	II B.Sc	B+	anjalivalsan2000@gmail.com	9745657014
14.	Anjaly Sivadasan	II B.Sc	A+	sivadasananjaly@gmail.com	8078036508
15.	AnjithaDevassy	I B.A.	O+	anjithadevassy2001@gmail.com	9744666150
16.	Anju K. Rajan	I B.Sc	A+	anjukizhakunnel@gmail.com	9495843431
17.	Anna Baby	I B.Sc	B+	annababy307@gmail.com	9497030326
18.	Anooja S.	I B Com	A+		8943224291
19.	Ansy Sebastian	II B.Sc	B+	ansysebastian699@gmail.com	9605757532
20.	Anugraha Jose	I B Com	O+	anugrahajose12345@gmail.com	9539356538
21.	Aparna Nair	I B.Sc	O+	aparnanair419@gmail.com	9496227208
22.	Arya Ravi		AB+	aryaponnu660@gmail.com	8943275698
23.	Arya T. A.	I B Com	B+		9747151065
24.	Ashna P. S.	I B.Sc	B+	getashnaps@gmail.com	9048793436
25.	Aswathi N. A.	II BA	A+		9048386516
26.	Aswathi Sabu	I BA	O+		9744159330
27.	Aswathy K. S.	I B Com	O+	aswathyks189@gmail.com	9526849547



28.	Aswathy Sivan	II B Com	O+	aswathyachu119977@gmail.com	8547802971
29.	Athira C. U.	I B Com		athiraudayan123@gmail.com	9562604266
30.	Athira P. R.	II B.Sc	A+	athirapr@gmail.com	9961973828
31.	AthulyaSasi	II B.A.	O+	athulyasasi2000@gmail.com	8891806882
32.	Ayana M. R.	I B Com	A+		9446277585
33.	BinsyaBinthBaquir C. K.	I B.A.	O+		9496355707
34.	Deepthi Rajendran	II B.Sc	O+	deepthirajendran4u@gmail.com	7510775643
35.	Delna Johny	I B Com	O+		9562638493
36.	Denaha Eliz George	I B.A	A+	denahaelizgeorge@gmail.com	9961644523
37.	Devika Anil	I B Com	A+		944712738
38.	Devika Chandran	I B Sc	A+		8547049211
39.	Devika Manoj	II B Sc	O+	devikamanoj99@gmail.com	9605140354
40.	Divega Mercy Kunju	I B Sc	AB+	lidiyamercykunju@gmail.com	9496068415



Sl.No	III DC
1	Ankitha Ayyappan
2	Ashna P.S.
3	Asna Abbas
4	AswathySajeevan
5	Athira C.M
6	Dona Eldhose
7	FebaEldhose
8	Gayathry J. Nair
9	HridhyaSurendran
10	Jinu James
11	Jisha Susan Shaji
12	Mahina P.M
13	Parvathy Salin Kumar
14	RaihanathC.A
15	Renju K. Reji
16	RizanaA.J
17	Sulfeena T.K.
18	Susan Cheriyan
19	Vismaya Raju

Sl.No	II DC
1	Aleena Mariya George
2	AlfiyaShaji
3	AmalendhuRajan
4	Anjana Sajeev
5	Ashlin Sabu
6	Fathima Farzana
7	Fathima Shaji
8	LeeshmaShaji
9	ManeeshaBeegum P.M
10	MayooriM.B



Sl.No	I DC
1	Amegha Satheesh
2	Anugraha Justin
3	Archana Mohanan
4	Arya Chandran
5	ElnaEldhose
6	Helen Mary V Paul
7	Kesia mol Mathew
8	Lakshmi Sankar Laiju
9	Merin Eldhose
10	Sandra T.C
11	Sreesha Gopi
12	AnjumolK.R
13	BismiRahmath
14	Fasila P.M
15	Fathima Shabana P.M
16	Fathimath Noora K.N
17	Lakshmi Mohandas
18	NeelimaReji
19	NivyaK.J
20	SumayyaE.A



Awareness Drive

Title of the programme	Mental Health Awareness Webinar for public
Organised By	Health club
Date and year	12-September-2020
Venue	Mar Thoma College for Women, Perumbavoor
Objective	Change your mind change your u7ylife: coping up with the Girls stress
Participants	102

Report

Health Club of Mar Thoma College for Women, Perumbavoor organized a national webinar on the 12 of Sept 2020. More than 100 individuals registered for the program from 46 different institutions. Housewives, students and teachers both school and College level benefitted from the session. Amathulwardha, Academic Administrator, System quest pvt Ltd distance education center, Bangalore served as the resource person.



**Mental health awareness session for public on september 12
2020**



Mrs. Amathull Wardha
Resource Person



Welcome note



Moderator



Vote of thanks

Change your mind, change your life:
coping up with the 'Girl- stress'

National Webinar





MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR

Re-accredited by NAAC with B+ grade (Affiliated to Mahatma Gandhi University)

IQAC & DEPT. OF ZOOLOGY

Present

NATIONAL WEBINAR ON

CHANGE YOUR MIND, CHANGE YOUR LIFE: COPING UP WITH THE-GIRL-STRESS

Resource person: **Mrs. Amathul Wardha**



Academic Co-ordinator,
Ssystems Quest Pvt. Ltd.,
Centre of excellence in distance & e-learning mode of education,
Bangalore

Date: September 12, 2020

-Saturday

Time: 11 A.M

Google Meet



WEBINAR SERIES-12

Late date for registration: on or before **11 September 2020, 3 P.M.**

Registration Fee: No

To register

CLICK HERE

Target audience: Girl Students- Senior Secondary (+1,+2),UG, PG.

Registered participants please join the group. Click **JOIN**

Registered participants will be e-mailed the link to attend webinar.

Kindly be present by **10.50 A.M** on 12/9/20.

E-certificates will be issued to participants after submission of Feedback form.

For more details/queries contact: 9746446231, 9447807162, 7025740499, 9387319294







Participant List

1. Jesna Muhammed C M
2. Vidhya Babu
3. Punya Sunil
4. Roshen Babu
5. Ashna P S
6. AmbilySasi
7. Abinsha Shereef
8. Rose Mary Joseph
9. Aleena Mariyam George
10. Nayan Devasia Varghese
11. Fathima Salim
12. AaminaMehzin K J
13. Annmariat Biju
14. Maneesha K
15. Nidhy Anna Sunny
16. Shamila K
17. Alfa Sherin
18. Vishnupriya C
19. Sandhra Maria



20. FebaEldhose

21. Mariya Mol Biju

22. Aysha Ra

Awareness Drive

23. IrshadaPv

24. Hiba Mundott

25. Thasbeha M M

26. Anu K Mathew

27. LeeshmaShaji

28. Rushda Lulu T

29. Jineesha P

30. Ashly Alex

31. Ansalna Ks

32. Divya Sasi

33. AnjithaDevassy

34. AkhilaSulthanaN.P

35. KhadeejaZiyan

36. Aswathi Cm

37. Ardhra Ramachandran

38. Dr. Radhika R

39. Anjana J S



40. AsnaMumthas. C
41. Niranjana Dilip
42. Jeena Kazim
43. VardhaNourin. P
44. Teena Shaji Thomas
45. Sneha. N
46. SuryasreeSunandan
47. Athulya Raju
48. Archa S Nair
49. Akhila Mathew
50. AthiraSasi
51. Liya Johnson
52. Catherine Benny
53. Megha Tresa Baby
54. Anamika. K. A
55. Jona Joby
56. Asna C
57. Fidha Kareem Ak
58. Sneha Santhosh
59. Sreenath.B.A



60. Dainy Benny E
61. Reshma.V
62. Sreekutty M R
63. Fathima Abdul Azeez
64. Sandra Elizabeth Wilson
65. Mridula. M
66. Nandana Santhosh
67. Anju A
68. Maria Johnson
69. Anjaly Krishnan
70. Sr. Irene
71. Henna Ayisha
72. Kavya Paul
73. Faiza K A
74. Gopika Raj M
75. Aswani. P. L
76. Anjana.T
77. Shriya Vijayan Nair
78. Chithra
79. Anu Joseph



80. Lakshmi K B
81. Abin Sabu
82. Athira C M
83. Anusha.M.S
84. Fathima Nasreen T. M
85. BismiShakkeer
86. Sreelakshmi A
87. Sruthi.M
88. Malavika Jayakrishnan
89. Aswathy.S
90. Sreethu.S.Vas
91. Vishnu Omanakuttan
92. Anupriya.S
93. Arya.M
94. Ananya C. Sabu

Title of the programme	Mental Health Awareness Webinar for public
Organised by	Zoology
Venue	Mar Thoma College for Women Perumbavoor



Date and year	19-September -2020
Objective	Generate healthy lifestyle among students
No. of Participants	154

Report

The department of Zoology hosted yet another National webinar on the 19th of September 2020, Saturday. There were 165 registrations of which there were participants from other states of India. Several faculty members from other Colleges, students both from schools and Colleges from different states, parents and others benefitted from. The session was led by Mrs. Sreeja Gopal, Assistant Professor, Department of Economics, NSS College, Ottapalam. Mrs. Reemy Sara Mathayi, Assistant professor Department of Zoology, Mar Thoma College for Women Perumbavoor, Served as the program Moderator. The participation helped creating awareness among students about Mental Health practices.



Brochure and photos



MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR, KERALA
Re-accredited by NMAC with B+ grade (Affiliated to Mahatma Gandhi University)

IQAC & DEPARTMENT OF ZOOLOGY
presents National Webinar on

"Know your worth : Unpaid labor-the Indian scenario"

WEDNESDAY 19/09/2020

Target audience: Students, Parents, Women

Last date for registrations: 18 September 2020

- ✓ Registered participants will be e-mailed the link to attend webinar.
- ✓ Kindly be present by 10:40 A.M on 19/9/20.
- ✓ Certificates will be issued*
- ✓ For more details/queries contact 9746446231, 7025740499

REGISTER HERE

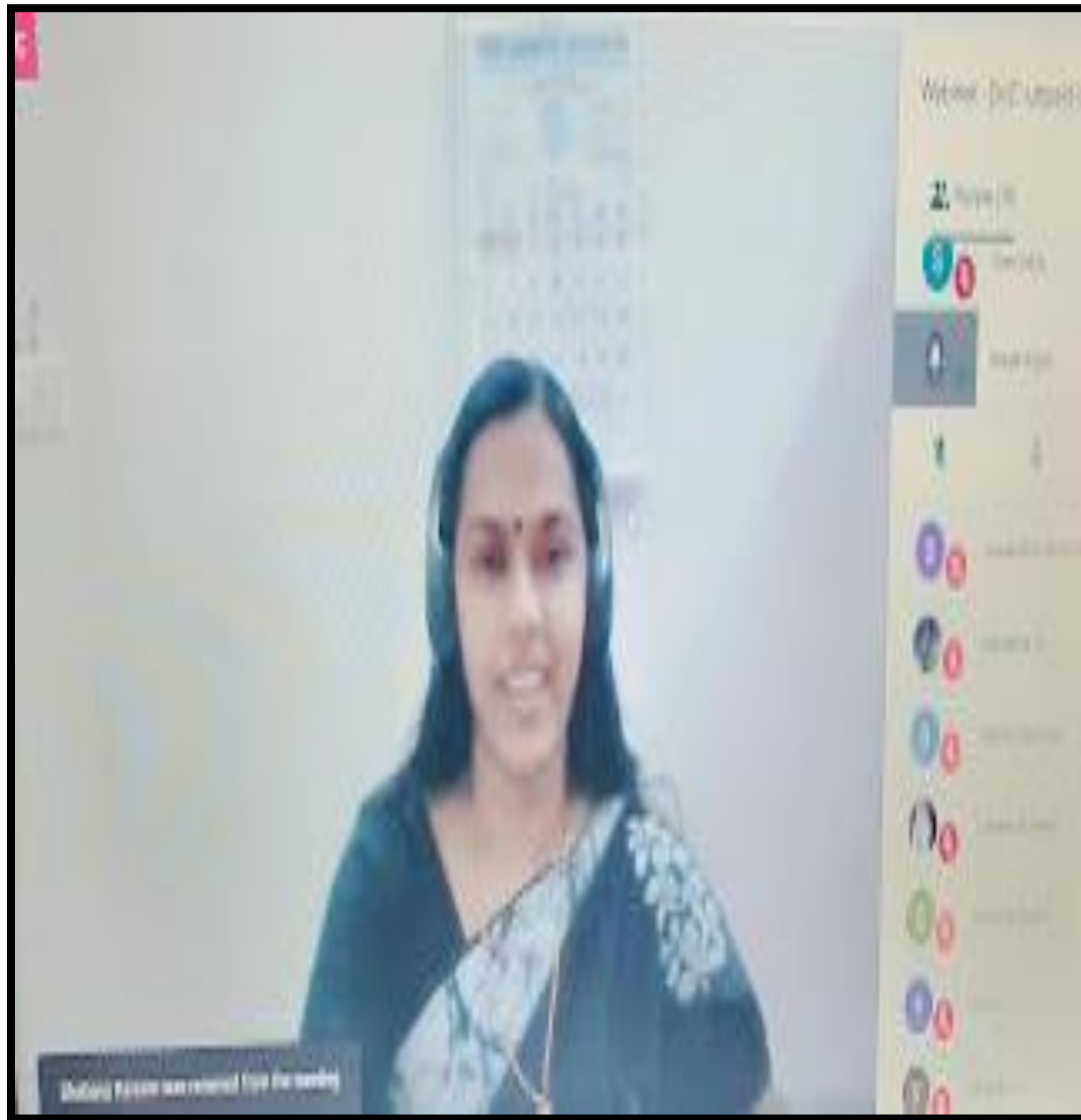
Resource person:
Mrs. Ireena Gopal
Assistant Professor,
Dept. of Economics
MTH College Group
Perumbavoor, Kerala

Date: September 19, 2020
-Saturday-
Time: 11 A.M



* Google Meet

Mental health awareness session to public on 19 september 2020





Participant List

<u>1. AaminaMehzin K J</u>
<u>2. Aswathy.S</u>
<u>3. Bhavya.P</u>
<u>4. Smitha C Kunjumon</u>
<u>5. Sreethu.S.Vas</u>
<u>6. AswathySajeewan</u>
<u>7. Mrs Maheswari Amma P</u>
<u>8. Hasna Muhammed</u>
<u>9. Sneha Thomas</u>
<u>10. Sneha Thomas</u>
<u>11. Varsha S</u>
<u>12. Sneha Tp</u>
<u>13. Chitra N Jayan</u>
<u>14. FarsanSulthana</u>
<u>15. Fathima A S</u>
<u>16. Rizana. A. J</u>
<u>17. Rohith ShajanKolamkanny</u>
<u>18. Sreenath.B.A</u>



<u>19. Dr Mumthas Yahiya</u>
<u>20. Anu Joseph</u>
<u>21. Anitha</u>
<u>22. Dr. _____</u>
<u>23. Dr. Raji. R</u>
<u>24. Punya Sunil</u>
<u>25. Anjana J S</u>
<u>26. Vrinda V</u>
<u>27. Vrinda V</u>
<u>28. Akhila Sandeep</u>
<u>29. Jasleema.K</u>
<u>30. Vrinda V</u>
<u>31. Gayathry J Nair</u>
<u>32. Varsha S</u>
<u>33. Sujith.M</u>
<u>34. Sumayya.M</u>
<u>35. Asna Abbas</u>
<u>36. Sandhra Maria</u>
<u>37. Bhavya.P</u>
<u>38. Vrinda V</u>

Social Outreach Programme



<u>39. Dr.P.Shylaja Kumari</u>
<u>40. Vidusha.K.V</u>
<u>41. Nisha.M</u>
<u>42. Athira M</u>
<u>43. Harishma.R</u>
<u>44. Manya.S</u>
<u>45. Anupriya.S</u>
<u>46. Fathima Kareem</u>
<u>47. Aleena Mariyam George</u>
<u>48. Sreya.K.J</u>
<u>49. Mayadevi. P</u>
<u>50. Akhila Saju</u>
<u>51. Gismon Thomas</u>
<u>52. Avani Jesudas</u>
<u>53. Megha-P.R</u>
<u>54. Anugraha -P R</u>
<u>55. Arya.M</u>
<u>56. Vrinda.T.V</u>
<u>57. Krithyaja K Das</u>
<u>58. Anjali. A</u>



<u>59. Gayathri S</u>
<u>60. Seeja V</u>
<u>61. Dr. Franco T. Francis</u>
<u>62. Meenu Raju</u>
<u>63. Gopalan. K</u>
<u>64. Nandini C Menon</u>
<u>65. Eleena Mathew</u>
<u>66. Sreelatha K T</u>
<u>67. Sujatha Satish</u>
<u>68. Sulfeena T.K</u>
<u>69. FebaEldhose</u>
<u>70. AthiraShaji</u>
<u>71. Sisira Baby</u>
<u>72. Gulabi</u>
<u>73. Alisha Benny</u>
<u>74. Sujith.M</u>
<u>75. Sneha Tp</u>
<u>76. Sneha Elizabeth Varghese</u>
<u>77. Ananya C. Sabu</u>
<u>78. Nandana Santhosh</u>



<u>79. Anusree K U</u>
<u>80. Shithu V Skaria</u>
<u>81. Bhavya.P</u>
<u>82. Aavani K S</u>
<u>83. AnaghaShaji</u>
<u>84. Nasreen Naseer</u>
<u>85. Keerthana M Babu</u>
<u>86. SalyEldho</u>
<u>87. Jensa Mariam Geogi</u>
<u>88. Anju Anil Kumar</u>
<u>89. Rithika R Nair</u>
<u>90. Anjana Anil Kumar</u>
<u>91. Raheema Karim</u>
<u>92. Abinsha Shereef</u>
<u>93. AnumolShaji</u>
<u>94. Pavithra Rajan</u>
<u>95. Anumol. M</u>
<u>96. Anaswara Sajeerv</u>
<u>97. Annmariat Biju</u>
<u>98. Sandhra Maria</u>



<u>99. Shalini P S</u>
<u>100.Aminu Salim</u>
<u>102.Alok Krishnan K S</u>
<u>103.Alok Krishnan K S</u>
<u>105.Helen Sara Roy</u>
<u>106.Aleena Davis</u>
<u>107.Mariya Mol Biju</u>
<u>108.Sruthi.M</u>
<u>109.Vardha Nourin. P</u>
<u>100. Dainy Benny E</u>
<u>101. Varsha Clara Varghese</u>
<u>102. Sumayya.M</u>
<u>103. Iris Jis</u>
<u>104. IbyJis</u>
<u>105. Sreelakshmi Anilkumar</u>
<u>106. JishmaAnilkumar</u>
<u>107. AnaghaShaji</u>
<u>108. Sreelakshmi Anilkumar</u>



<u>109.</u>	<u>K Leena Joseph</u>
<u>110.</u>	<u>Aswani. P. L</u>
<u>111.</u>	<u>Ditto Paulose</u>
<u>112.</u>	<u>Anjaly Krishnan</u>
<u>113.</u>	<u>Vrinda.T.V</u>
<u>114.</u>	<u>Saramma John</u>
<u>115.</u>	<u>Akshaya.M</u>
<u>116.</u>	<u>Karthika T</u>
<u>117.</u>	<u>Alitta Vincent</u>
<u>118.</u>	<u>BeebiAsoora K.</u>
<u>119.</u>	<u>Noufira V.C.</u>
<u>120.</u>	<u>Shifana. T N</u>
<u>121.</u>	<u>Dr. Radhika. R</u>
<u>122.</u>	<u>SouparnikaPn</u>
<u>123.</u>	<u>Aparna Pm</u>
<u>124.</u>	<u>Fathima Rizwana K S</u>
<u>125.</u>	<u>Fathima Rizwana K S</u>
<u>126.</u>	<u>Althaf Muhammed</u>
<u>127.</u>	<u>Sunu N V</u>
<u>128.</u>	<u>Hiba Fathima Pk</u>



<u>129.</u>	<u>Amritha Preman V</u>
<u>130.</u>	<u>Jintumol Raj P</u>
<u>131.</u>	<u>Sreerenjini Cn</u>
<u>132.</u>	<u>Sister/Daughter</u>
<u>133.</u>	<u>Jintumol Raj. P</u>
<u>134.</u>	<u>Joseph Rakesh Dsouza</u>
<u>135.</u>	<u>Sreevidya M</u>
<u>136.</u>	<u>Sunbula Kareem</u>
<u>137.</u>	<u>Aiswarya Raj</u>
<u>138.</u>	<u>Athira.S</u>
<u>139.</u>	<u>Gopika M G</u>
<u>140.</u>	<u>Aswathy Mg</u>
<u>141.</u>	<u>LeethuKunjumon</u>
<u>142.</u>	<u>Anu K Mathew</u>
<u>143.</u>	<u>Fathima Salha</u>
<u>144.</u>	<u>Binsa Jaffer</u>
<u>145.</u>	<u>Revathy Raju</u>
<u>146.</u>	<u>Manju Elsa George</u>
<u>147.</u>	<u>Annamma George</u>
<u>148.</u>	<u>Anju Johnson</u>



<u>149.</u>	<u>Haritha S</u>
<u>150.</u>	<u>Syamala Rajan</u>
<u>151.</u>	<u>Rajitha Ambili K C</u>
<u>152.</u>	<u>Fathima Fayaruz</u>
<u>153.</u>	<u>Dr. Biju Jacob Thomas</u>
<u>154.</u>	<u>Reemy Sara Mathai</u>

Title of the programme	Lakshya Revision Series -Education support to poor students
Date & Year	2021
Venue	Balika Mandir
Objectives	Provide guidance for their higher secondary studies
Organized by	NSS
No. of the Participants	40

Report

The Lakshya programme was organised by the NSS Unit of Mar Thoma College for Women, Perumbavoor and the Department of Zoology on 2021. The programme was held at Balika Mandir, Perumbavoor and was attended by 40 Higher Secondary students.

The main objective of the programme was to provide guidance and support to the students in their higher secondary studies. The programme was conducted by Mrs.Reemi Sara, the programme coordinator. The programme began with an introduction to the programme and its objectives. This



was followed by a lecture on the importance of higher secondary education and the various career options available after completing higher secondary studies. The lecture was followed by a question-and-answer session, where the students were encouraged to ask questions related to their studies. The students were also given tips on how to study effectively and how to manage their time. The programme concluded with a discussion on the importance of extracurricular activities and how they can help the students in their studies. The students were also encouraged to take part in various activities such as debates, essay writing competitions, etc.

Overall, the Lakshya programme was a success and the students were able to gain valuable insights into their higher secondary studies. The programme was well-received by the students and they were able to gain a better understanding of the importance of higher secondary education.





Education support to poor students in Balika Mandir

Participants list

Sl.No	Name of the Volunteer	E-mail Id	Phone No.
1.	Katheeja Nazeer	hadheejanazar@gmail.com	9048814369
2.	Aleena K A	aleenakaaleena@gmail.com	7592948302
3.	Josna P J	josnapj02@gmail.com	7025624467
4.	Amina Jalal	aminajalal26@gmail.com	9778216640
5.	Alfiya Muhammed	alfiyamuhammed500@gmail.com	9847617052
6.	Sarika Suresh	sarikasuresh2002@gmail.com	8606922515
7.	Punnya Biju	punnyabiju4@gmail.com	9074762646
8.	Roshna Anil	roshnaanil02@gmail.com	7736045518
9.	Aparna A S	aparnaasuresh01@gmail.com	8590544010



10.	Manju P B	psvidya8@gmail.com	6235628702
11.	Aznamol K M	aznakm75@gmail.com	9447924241
12.	Joseena Jose	joseenajose19102001@gmail.com	9605768146
13.	Mirsana Salim	mirsanasalim2002@gmail.com	9846392717
14.	Vidya S.L.	vidhyasl2002@gmail.com	9946900628
15.	Ashna Jiji	ashnapullayi@gmail.com	8281342883
16.	Esther P	estherpjames024@gmail.com	8301813875
17.	Fasnamol shereef	fasnazara002@gmail.com	8943379289
18.	Gopika T. G	gopikagirijan2002@gmail.com	6238145880
19.	ShahanasBeegum P. S	beegums216@gmail.com	9562087887
20.	Shimi George	shimigeorge2002@gmail.com	8943646183
21.	Varsha C	varshanilavu@gmail.com	8078915940
22.	HasanathM.A	hasanath2001@gmail.com	8289991755



23.	Adila Shereen V.U	adilashereen@gmail.com	9061492891
24.	Aleena mariya	aleenam763@gmail.com	9633693111
25.	Diya Supri	diyasupri2003@gmail.com	8921202078
26.	Sona Biju	sonabiju98@gmail.com	9562830956
27.	Anusha R	anushaanusha6431@gmail.com	8592943711
28.	Ansin Ajmal	ansinajmalajmal60538@gmail.com	9605223273
29.	Karthika S	karthika@gmail.com	9778155277
30.	Aiswarya Ramesh	aiswaryaaaisu7112001@gmail. com	8547054989
31.	Meera Mahesh	meeramahesh11@gmail.com	8606499352
32.	Nithuna Rajan	nithunarajan@gmail.com	7561039105
33.	Treesa maria stanly	treesams7584@gmail. com	9400109659
34.	Salini M R	saliniradhakrishnan888@gmail.com	7736137609
35.	Ahalya M P	ahalyamudakkaril@gmail.com	7736300308



36.	Umayban K B	umaybanbasheer001@gmail.com	7594940453
37.	Gopika N V	gopikanv1999@gmail.com	9188490855
38.	Amala J	amala19.2001@gmail.com	7034517634
39.	Anaga T M	anagamanoharan@gmail.com	9061284238
40.	Meenu P P	meenuparutha02@gmail.com	9061191330



Social Outreach Programme

Title of the programme	Dental Camp
Date and year	18-November-2020
Venue	PG Seminar Hall
Organized by	Zoology association in collaboration with St. Gregorio dental College
Objective	Dental checkup for staff, students and people from neighborhood
Participants	100

Report

A free dental checkup camp was organised by Zoology association in collaboration with St. Gregorio dental College on November 18, 2020. The camp service was benefitted by staff, students and people from the neighbourhood. More than 100 checkups were done and reports given





Dental camp organised by Mar Thoma College for Women,Perumbavoor on November 18 2020







Dental camp on November 2020



<u>Participant list</u>
1. Carolin Ann George
2. Aparna Anil
3. Deepthi K. Surendran
4. Dona Joy
5. ElnaEldho
6. Fathima Fairouz
7. KallyaniSurendran
8. Karthika Rajan
9. Karthika S.
10. Lakshmi Narayanan
11. Mariya Emima Babu
12. Neeraja Ponnu
13. Ponnu Dileep
14. Saranya Bhadran
15. Shahina Basheer
16. Shilpa Kiran
17. Soya mol
18. Thasni K.M
19. Ankitha Ayyappan
20. Ashna P.S.
21. Asna Abbas
22. AswathySajeevan
23. Athira C.M
24. Dona Eldhose
25. FebaEldhose
26. Gayathry J. Nair
27. HridhyaSurendran
28. Jinu James
29. Jisha Susan Shaji
30. Mahina P.M



31. Parvathy Salin Kumar
32. RaihanathC.A
33. Renju K. Reji
34. RizanaA.J
35. Sulfeena T.K.
36. Susan Cheriyan
37. Vismaya Raju
38. Punya Sunil
39. Aleena Mariya George
40. Alfiya Shaji
41. Amalendhu Rajan
42. Anjana Sajeerv
43. Ashlin Sabu
44. Fathima Farzana
45. Fathima Shaji
46. LeeshmaShaji
47. Maneesha Beegum P.M
48. MayooreM.B
49. Nidhy Anna Sunny
50. Shabana Kareem
51. Fathima Kareem
52. Hindbeevi A.M
53. Nabeela A.A
54. Sandra P.S
55. Abhirami Ajayan
56. Aiswarya P
57. Akshara Mohan
58. Aneete George
59. Anmol George



60. Anusree T G
61. Ashitha Ajayan
62. Ashna Abbas
63. Aswan I
64. Ayana P S
65. Bibinu Kuriakose
66. Greeshma T R
67. Henna James
68. Jina Ferin M
69. Kripa Eldhose
70. Malavika S Devadas
71. Neethu C
72. Parvathy M
73. Rishika Ravi A
74. Sharon Thomas
75. Smrithi S
76. Sumisha P P
77. Thanseeha Jabeen P
78. VindyaSundaran
79. Aiswarya Raj
80. Aleena Davis
81. Amritha Preman V
82. Anaswara Sajeev
83. AnaxyClyson
84. Anju Anil Kumar
85. Anju Johnson
86. Aparna P M
87. Binta Rajan
88. Fathima Fayaruz
89. Gopika Mg
90. Hiba Fathima P K
91. LeethuKunjumon



92. Manju Elsa George
93. Nandhiniraj R
94. Nayana R
95. Priyanka Rajeev
96. Revathy Raju
97. RizvanaSakeer
98. VrindaValsan
99. Haritha S
100.Athira A.S



Social Outreach Programme

Title of the programme	Plastic Free Drive- Social Responsibility
Date and year	9- march-2021
Venue	Poopani
Objectives	Awareness about the ill effects of plastic
Organized by	NSS
No. of the participants	100

Report

The NSS Unit of Mar Thoma College for Women, Perumbavoor organised a Plastic Free campus drive on 9 March 2021 at Poopani. The programme was coordinated by Dr Melvi Chandy and Roshin T Roy NSS Programme Officers. The aim of the programme was to create awareness among the students about the ill-effects of plastic and to encourage them to reduce their plastic consumption.

The programme began with an introduction to the topic by Dr Melvi Chandy. She explained the importance of reducing plastic consumption and the need to adopt sustainable practices. She also highlighted the various initiatives taken by the College to reduce plastic waste. The students were then divided into groups and each group was given a task to collect plastic waste from the campus. The students collected plastic waste from the campus and segregated it into recyclable



and non-recyclable waste. The programme concluded with a discussion on the importance of reducing plastic consumption and the need to adopt sustainable practices. The students were also encouraged to take up initiatives to reduce plastic waste in their own lives.

Overall, the programme was a success and the students were able to gain a better understanding of the importance of reducing plastic consumption. The programme also helped to create awareness among the students about the ill-effects of plastic and the need to adopt sustainable practices.





The NSS Unit of Mar Thoma College for Women, Perumbavoor organised a Plastic Free campus drive on 9 March 2021 at Poopani

Participants List

Sl.No	Name of the Volunteer	E-mail Id	Phone No.
1.	Katheeja Nazeer	hadheejanazar@gmail.com	9048814369
2.	Aleena K A	aleenakaaleena@gmail.com	7592948302
3.	Josna P J	josnapj02@gmail.com	7025624467
4.	Amina Jalal	aminajalal26@gmail.com	9778216640
5.	Alfiya Muhammed	alfiyamuhammed500@gmail.com	9847617052
6.	Sarika Suresh	sarikasuresh2002@gmail.com	8606922515
7.	Punnya Biju	punnyabiju4@gmail.com	9074762646
8.	Roshna Anil	roshnaanil02@gmail.com	7736045518
9.	Aparna A S	aparnaasuresh01@gmail.com	8590544010
10.	Manju P B	psvidya8@gmail.com	6235628702
11.	Aznamol K M	aznakm75@gmail.com	9447924241



12.	Joseena Jose	joseenajose19102001@gmail.com	9605768146
13.	Mirsana Salim	mirsanasalim2002@gmail.com	9846392717
14.	Vidya S.L.	vidhyasl2002@gmail.com	9946900628
15.	Ashna Jiji	ashnapullayi@gmail.com	8281342883
16.	Esther P	estherpjames024@gmail.com	8301813875
17.	Fasnamol shereef	fasnazara002@gmail.com	8943379289
18.	Gopika T. G	gopikagirijan2002@gmail.com	6238145880
19.	ShahanasBeegum P. S	beegums216@gmail.com	9562087887
20.	Shimi George	shimigeorge2002@gmail.com	8943646183
21.	Varsha C	varshanilavu@gmail.com	8078915940
22.	HasanathM.A	hasanath2001@gmail.com	8289991755
23.	Adila Shereen V.U	adilashereen@gmail.com	9061492891
24.	Aleena mariya	aleenam763@gmail.com	9633693111
25.	Diya Supri	diyasupri2003@gmail.com	8921202078



26.	Sona Biju	sonabiju98@gmail.com	9562830956
27.	Anusha R	anushaanusha6431@gmail.com	8592943711
28.	Ansin Ajmal	ansinajmalajmal60538@gmail.com	9605223273
29.	Karthika S	karthika@gmail.com	9778155277
30.	Aiswarya Ramesh	aiswaryaaisu7112001@gmail. com	8547054989
31.	Meera Mahesh	meeramahesh11@gmail.com	8606499352
32.	Nithuna Rajan	nithunarajan@gmail.com	7561039105
33.	Treesa maria stanly	treesams7584@gmail. com	9400109659
34.	Salini M R	saliniradhakrishnan888@gmail.com	7736137609
35.	Ahalya M P	ahalyamudakkaril@gmail.com	7736300308
36.	Umayban K B	umaybanbasheer001@gmail.com	7594940453
37.	Gopika N V	gopikanv1999@gmail.com	9188490855
38.	Amala J	amala19.2001@gmail.com	7034517634
39.	Anaga T M	anagamanoharan@gmail.com	9061284238



40.	Meenu P P	meenuparutha02@gmail.com	9061191330
41.	Devika Dinu	devikadinu2000@gmail.com	9633216696
42.	Anjana j	anjana31323@gmail.com	7736805386
43.	Geethu K R	geethurajamohan11@gmail.com	7306049022
44.	Akhila Babu	akhilababu138@gmail.com	9048374613
45.	Zuha Adnan	zuhaadnan2@gmail.com	9995786906
46.	Sreelakshmi Sathyan	sreelakshmisathyan2001@gmail.com	9747199173
47.	Anugraha T S	bryphyt@gmail.com	7736554114
48.	Rahna T R	rahnathayalthudy@gmail.com	9778248841
49.	Sandra Subhash	sandrasubhash2002@gmail.com	9072105679
50.	AmalaJoshy	amalajoshy266@gmail.com	7034923033
51.	Swathylakshmiravi	swathyr03@gmail.com	9495736146
52.	Elizabeth Sunny	clsasunny@gmail.com	9074040501
53.	ShahabunnisaP.Jaleel	painadyshahabunnisa1102@gmail.com	9539349802



54.	Aswathy.V.A	aswathyva696@gmail.com	7025304392
55.	Devipriya KR	devipriyakr128@gmail.com	9048346117
56.	Nitha Krishnan	nithakrishnan070@gmail.com	9539320857
57.	Anjana Bhaskaran	anjanabhaskaran129@gmail.com	9446469331
58.	Gayathri M R	gayathrilakshmi46@gmail.com	9061218194
59.	Aisha Shiyas	aishashiyas262@gmail.com	7025963203
60.	Sneha Paul	paulsneha40@gmail.com	8606329203
61.	Sreethu V Nair	sreethuvnair002@gmail.com	8137920991
62.	Keerthi B Nair	keerthibaburaj14@gmail.com	8304079028
63.	Aleena Kochumon	aleenamalayattoor@gmail.com	6238544647
64.	Aleena Benny	bennyaleena431@gmail.com	9946920489
65.	Aleena Rachel Joy	aleenaracheljoy@gmail.com	8086360176
66.	Amitha Kareem	amithariza@gmail.com	7902629070
67.	Bhavna.S	sureshbhavna07@gmail.com	8593098020



68.	Megha Elsa Biju	meghaelsabiju@gmail.com	8075816610
69.	Parvathy V.S	vsparuvazhayil@gmail.com	9539158629
70.	Sona Jabbar	sonajabbar2002@gmail.com	7736646155
71.	Steny Mary Philip	philipsteny@gmail.com	8593925941
72.	Swara Vincent	bilbiswara32511@gmail.com	9778357087
73.	Vyshnavi Vinod	vyshnavikunju123@gmail.com	9847267297
74.	Christy Anna Varghese	christyannavarghese2019@gmail.com	8606171501
75.	Ameena E.A	ameenaea2020@gmail.com	9645377392
76.	Anviya Mariam Bobby	anviyabobby88@gmail.com	8129427103
77.	AbhiramiJ.S	abhiramijs2019@gmail.com	904856300
78.	Abhima Subash	abhimasubash@gmail.com	8330043983
79.	SifnaC.S	sifnachelappilly@gmail.com	9895067227
80.	Anagha Joy	anaghajoy285@gmail.com	9778244671



81.	AnaghaAsokan	anaghaas91@gmail.com	8594056813
82.	AsnaP.A	asnapa052@gmail.com	8592929172
83.	Jeseena Mol CM	jeseenamol8@gmail.com	9656137693
84.	Mumthaz K Sulaiman	mumthazksulaiman@gmail.com	7356676430
85.	ThaskeenaKoyan	thaskeenakoyan@gmail.com	8281341761
86.	Athulya Santhosh	athulyasanthosh416@gmail.com	8078146882
87.	Ancilinshiju	ancilinshinju@gmail.com	7510913001
88.	Resiya Mol M S	reziasiddiqq2001@gmail.com	9562265229
89.	Farzana P A	farzanapa25@gmail.com	8921782552
90.	Nivedida Velayudhan	nivedidavelayudhan@gmail.com	8921707798
91.	Sreeshmashaji	shreeshmashaji64@gmail.com	9072066509
92.	Alga Gigu	algagigu1@gmail.com	7736872581
93.	Arya Chandran	aryachandranks@gmail.com	9747032570



94.	Lakshmi Mohandas	lakshmidas851@gmail.com	7736877216
95.	Sumayya E A	sumayyaea02@gmail.com	9061863665
96.	Anugraha Justin	anugrahajustin36@gmail.com	8590331409
97.	Archana Mohanan	archanamohanan02@gmail.com	8086949879
98.	Fathima Shabana P M	shabanaf166@gmail.com	9747778197
99.	Ansiya Azeez	ansiyashahul989@gmail.com	9037700130
100.	Aishwarya Ashokan	aishwaryaashokan1212@gmail.com	7356819680



Social Outreach Programme

Title of the programme	Mask Making and Distribution Project
Date and year	1-September-2020
Venue	Mar Thoma College ,Perumbavoor
Objective	To promote health and safety in the region
Organized by	NSS
Participants	35

Report

This report provides an overview of the mask making and distribution project undertaken by NSS at Perumbavoor region in 2020. The project was undertaken to promote health and safety in the region by providing 250 sanitiser bottles and masks to nearby shops and offices. This report provides a detailed description of the project, including the objectives, target audience, budget, implementation timeline and results.

Objectives The primary objective of this project was to promote health and safety in the Perumbavoor region by providing 250 sanitiser bottles and masks to nearby shops and offices. The project was also intended to educate the public on the importance of wearing masks and the proper use of sanitiser to help prevent the spread of disease.

Target Audience The target audience for this project was the nearby shops and offices in the Perumbavoor region.

Budget The total budget for the project was Rs. 25,000. This was used to purchase the sanitiser and masks, as well as to cover administrative costs.

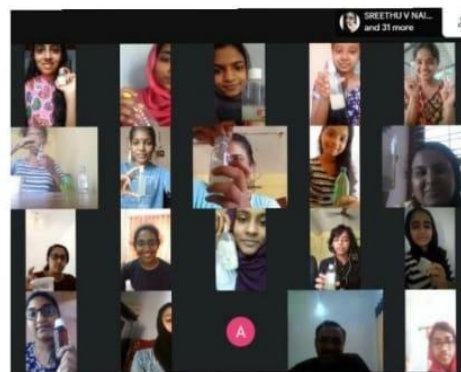
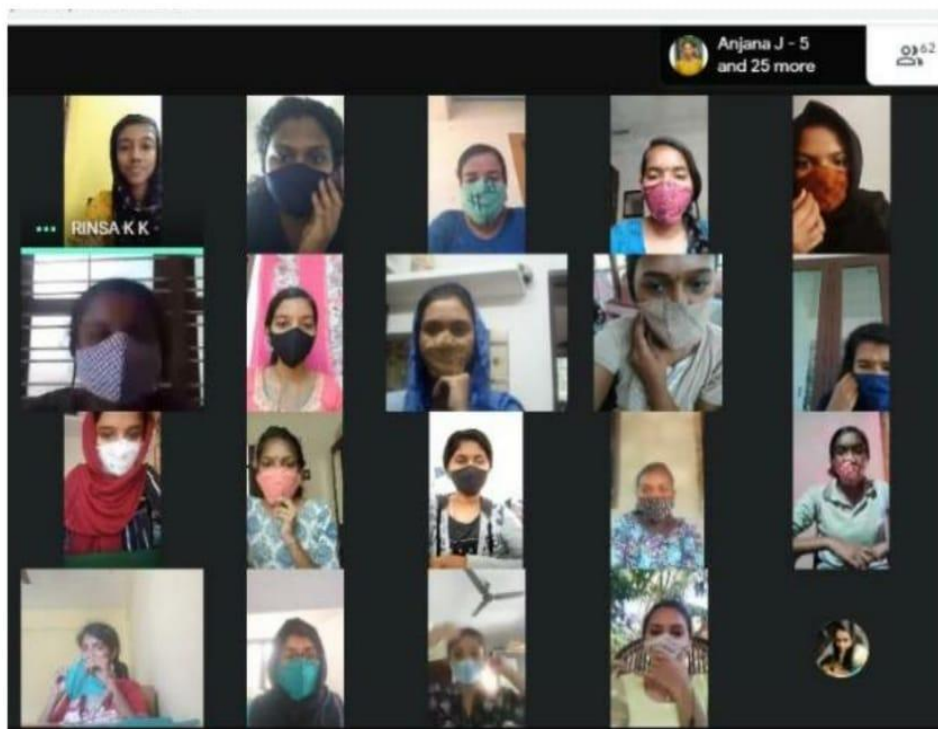
Implementation Timeline The project was implemented over a period of one month. During this period, the masks and sanitiser were purchased and distributed to the target audience.

Results The project was a success, with all 250



masks and sanitiser bottles distributed to the target audience. The project also achieved its objective of promoting health and safety in the region. Conclusion The mask making and distribution project undertaken by NSS at Perumbavoor region in 2020 was a success. The project achieved its objective of promoting health and safety in the region by providing 250 sanitiser bottles and masks to nearby shops and offices.





Mask making and distribution project undertaken by NSS at Perumbavoor region on September-01-2020.

Participants list

Sl.No	Name of the Volunteer	E-mail Id	Phone No.
1.	Katheeja Nazeer	hadheejanazar@gmail.com	9048814369
2.	Aleena K A	aleenakaaleena@gmail.com	7592948302
3.	Josna P J	josnapj02@gmail.com	7025624467
4.	Amina Jalal	aminajalal26@gmail.com	9778216640
5.	Alfiya Muhammed	alfiyamuhammed500@gmail.com	9847617052
6.	Sarika Suresh	sarikasuresh2002@gmail.com	8606922515
7.	Punnya Biju	punnyabiju4@gmail.com	9074762646
8.	Roshna Anil	roshnaanil02@gmail.com	7736045518
9.	Aparna A S	aparnaasuresh01@gmail.com	8590544010
10.	Manju P B	psvidya8@gmail.com	6235628702



11.	Aznamol K M	aznakm75@gmail.com	9447924241
12.	Joseena Jose	joseenajose19102001@gmail.com	9605768146
13.	Mirsana Salim	mirsanasalim2002@gmail.com	9846392717
14.	Vidya S.L.	vidhyasl2002@gmail.com	9946900628
15.	Ashna Jiji	ashnapullayi@gmail.com	8281342883
16.	Esther P	estherpjames024@gmail.com	8301813875
17.	Fasnamol shereef	fasnazara002@gmail.com	8943379289
18.	Gopika T. G	gopikagirijan2002@gmail.com	6238145880
19.	ShahanasBeegum P. S	beegums216@gmail.com	9562087887
20.	Shimi George	shimigeorge2002@gmail.com	8943646183
21.	Varsha C	varshanilavu@gmail.com	8078915940
22.	HasanathM.A	hasanath2001@gmail.com	8289991755
23.	Adila Shereen V.U	adilashereen@gmail.com	9061492891



24.	Aleena mariya	aleenam763@gmail.com	9633693111
25.	Diya Supri	diyasupri2003@gmail.com	8921202078
26.	Sona Biju	sonabiju98@gmail.com	9562830956
27.	Anusha R	anushaanusha6431@gmail.com	8592943711
28.	Ansin Ajmal	ansinajmalajmal60538@gmail.com	9605223273
29.	Karthika S	karthika@gmail.com	9778155277
30.	Aiswarya Ramesh	aiswaryaaaisu7112001@gmail. com	8547054989
31.	Meera Mahesh	meeramahesh11@gmail.com	8606499352
32.	Nithuna Rajan	nithunarajan@gmail.com	7561039105
33.	Treesa maria stanly	treesams7584@gmail. com	9400109659
34.	Salini M R	saliniradhakrishnan888@gmail.com	7736137609
35.	Ahalya M P	ahalyamudakkaril@gmail.com	7736300308



Community Engagement

Title of the programme	Issues and challenges in Cyber Security
Date and year	11-November- 2020
Venue	Mar Thoma College for Women Perumbavoor
Objectives	Awareness about cyber security
Organized By	NSS
Participants	95

Report

The NSS Unit of Mar Thoma College for Women, Perumbavoor, organised a webinar on 11 November 2020 to discuss the issues and challenges in cyber security. The resource person for the webinar was Ms...Achshh Annie Saji, a Cyber Security Instructor. The webinar was conducted through Google Meet and was attended by 100 participants. The programme coordinator for the webinar was Dr.Melvi Chandy. The webinar began with an introduction to cyber security and its importance in the current digital age. MsSaji discussed the various types of cyber threats and the need for cyber security measures to protect against them. She also highlighted the various challenges faced by organisations in implementing cyber security measures. Ms.Saji then discussed the various tools and techniques used to detect and prevent cyber threats. She also discussed the importance of user education and awareness in preventing cyber threats. She also highlighted the need for organisations to have a comprehensive cyber security policy in place. The webinar concluded with a discussion on the various measures that can be taken to protect against



cyber threats. Ms.Saji emphasized the need for organisations to have a robust cyber security policy in place and to ensure that all users are aware of the risks associated with cyber threats. She also highlighted the importance of regular security audits and the need for organisations to keep their systems updated with the latest security patches. Overall, the webinar was a great success and provided the participants with valuable insights into the issues and challenges in cyber security. The participants were able to gain a better understanding of the various tools and techniques used to detect and prevent cyber threats. They were also able to gain a better understanding of the importance of user education and awareness in preventing cyber threats.





MAR THOMA COLLEGE FOR WOMEN PERUMBAVOOR

WEBINAR



In association with

*NSS Unit No 57 mar Thoma College of for Women
Perumbavoor*

TOPICS :

**INTRODUCTION TO WICS COMMUNITY AND
CYBERSECURITY CAREER OPPORTUNITIES**



Wafa Abdul Rasheed
Cybersecurity Instructor
RedTeam Hacker Academy,
WICS community coordinator

**DEFEND THE HACK
ISSUES AND CHALLENGES IN CYBER SECURITY**



Achsa Annjie Saji
Cyber Security Instructor
RedTeam Hacker Academy
Executive Member WICS community

Date : November 11 2020

Time : 3 pm to 4.30 pm

On :



Participants list

Sl.No	Name of the Volunteer	E-mail Id	Phone No.
1	Farsana Ashraf	Farsanaashraf094@gmail.com	8281685274
2	Fathima Hamsa	fathimahamsa2000@gmail.com	9539680141
3	Fathima Shiril	fshiril200@gmail.com	9562890671
4	Fathima T.S	tsfathima2001@gmail.com	8111890311
5	Khadeeja M.H	nejukhadi@gmail.com	9946330495
6	Sara Abey	saraabey2001@gmail.com	9447860709
7	Amy Abraham C	amyabraham376@gmail.com	9446370188
8	Bittu Sajeev	bittusajeev617@gmail.com	9207821975
9	Fathima Salha	salhafathima444@gmail.com	8848694542
10	Mariya Vincent	mariyakv99@gmail.com	8281645494
11	Minciya Ummar	minciyaummarkunnathan@gmail.com	9567853340
12	Ajumunnisap.a	psabbas777@gmail.com	9645968624
13	Rinsa k k	kkrintsa@gmail.com	9947459075
14	Kripa Elsa Kurian	kripaelsakurian@gmail.com	7306002389
15	Asma yoosaf	asmayoosaf2019@gmail.com	8891802966
16	Sahala Khalid	sahalakhalid2000@gmail.com	9645230204
17	Dona Pathrose	donapathrose2@gmail.com	7306471977
18	AmruthaLakshmimohanan	amruthalakshmimohanan123@gmail.com	7025242611
19	Anusree Anil	anusreeanil002@gmail.com	9656259881
20	Aparna Thilak E. T	aparnathilak77@gmail.com	9562132727
21	Amrutha Anilkumar	amruthaanil899@gmail.com	8129317636
22	Akhilaps	akhilaps53742@gmail.com	9946902867
23	Athira Biju	aathira635@gmail.com	7559098170
24	Soniya A.S	Soniyaas310@gmail.com	8086289845
25	SanoojabeegumT.A	sanoojabeegum2000@gmail.com	7012837715
26	Jennet Wilson	jennetwilson6@gmail.com	8590326946
27	Fathima Sherin M A	fsherinma@gmail.com	7736236089
28	NikinaSaji	nikinaniki001@gmail.com	8547770636



29	Aswathy Sreekumar	aswathysree75@gmail.com	9447816562
30	Nathasha C S	Nathashasuju@gmail.com	9188043977
31	Merin Shaji	merinshajimaniyara2001@gmail.com	7994522446
32	Aleena Jose	aleenapanackal@gmail.com	9447873867
33	Raveena Ravi	raveenaravi393@gmail.com	7510171466
34	Fathima Nazrin C I	fathimanazrin406@gmail.com	7994199864
35	Aksa Mary Thomas	aksamary2001@gmail.com	9188350802
36	Annmmary Thomas	annmaryt213@gmail.com	7902220024
37	ArshaEldhose	arshaeldhose28@gmail.com	8590334487
38	Nivya Rajan	nivyarajan121@gmail.com	9567652510
39	Sneha Alice Jiju	snehajiju28@gmail.com	9562032948
40	Shilpa Sunny P	shilpasunny428@gmail.com	9400705362
41	Fahima Rafeeque	rafeeqefahima@gmail.com	8078503096
42	Anu George	anugeorgepoonelil@gmail.com	9746234218
43	Anjana P.R	wwwkukku522@gmail.com	9207234554
44	Aparna M.K	aparnamk0301@gmail.com	7902398357
45	Anju Wilson	anjuanju92621@gmail.com	6282762208
46	Aseena Abu	aseenaabu46@gmail.com	9747076934
47	Mariya FeminaP.J	mariyafemina10912@gmail.com	8138965876
48	Anu Peter	ap680275@gmail.com	7736927319
49	AnakhaAbee	abeeanakha@gmail.com	9188085928
50	Ancy George	ancyg46@gmail.com	8606890346
51	AjinaMahin	ajinamahin24@gmail.com	9747232036
52	Farhana Muhammed	farhanamuhammed14@gmail.com	9605078280
53	Karthika T M	karthikatm@gmail.com	7994657412
54	Mariya Jose Peter	mariyajosepeter4@gmail.com	9074415053
55	Navya Jose	nivyajose333@gmail.com	8157054487
56	Nivya Jose	nivyajose333@gmail.com	8157054487
57	Sona Joy	sonajoy19@gmail.com	9778259996
58	Soniya Saji	ssoniasaji@gmail.com	7558908682
59	Sila N.L	silanaranatt@gmail.com	7560804116
60	Madhumita Santhosh P	madhumitasanthosh@gmail.com	9061312663



61	Ruksana K.R	Ruksanarichu249@gmail.com	8086794464
62	Shibina K	shibinakshibinak25@gmail.com	9072201761
63	Anna Byju	annabyju7@gmail.com	9961649191
64	Athena R	athenaaleeta@gmail.com	8078854153
65	Gopika M.S	gopikams510@gmail.com	9188675233
66	Devi Santhosh	devisanthosh2000@gmail.com	9400846944
67	Anu Johny	anujohny696@gmail.com	7909184226
68	Meenu Sivan	meenuvsivan@gmail.com	8943865610
69	Anjana Sajikumar	anjanasajikumar78@gmail.com	8592952338
70	Keerthi Babu	keerthibabu.032001	7356059181
71	Anjaly T.R	Trao74927@gmail.com	9072335640
72	Aleena Mariyam George	mariyamaleena14@gmail.com	7306205129
73	SreekuttyM.S	sreekuttycheeku183@gmail.com	9605681821
74	Jasmin C.M	jasmincm2002@gmail.com	8547806485
75	AnaswaraB.S	anaswaraammu408@gmail.com	7306256002
76	StefyPoulose	getstefy4u@gmail.com	9961591053
77	Anitta Shoji	anittashoji@gmail.com	8157050905
78	Farseeena N.M	farseenanm2001@gmail.com	9778116319
79	Najuma Yousaf	najumayousaf2002@gmail.com	7994723113
80	Punya Lalu	punyalalu4632@gmail.com	7593938014
81	Dhanya S	dhanya6060@gmail.com	7736775060
82	SaramolSajan	saramolsajan123@gmail.com	9947473804
83	Anuchandra Santhosh	anuchandrakunju@gmail.com	8138092179
84	HannathE.K	hannathek2002@gmail.com	8156966449
85	Neha Joy	joyneha38@gmail.com	8590318345
86	Bhadra Sasidharan	pushpasasidharan19@gmail.com	9562972881
87	Anjana P.J	anjanapj34@gmail.com	9947373419
88	Aswathy Rani	aswathyrani4@gmail.com	6282234401
89	Alfia K Karim	alfiakkarim209@gmail.com	6282601321
90	LisnulMufsitha	lisnulmufsitha@gmail.com	7593918382
91	Hakima Mariyam	hakimahakz3474@gmail.com	7558840162
92	Beegam Sultana M.S	beegumsultana95@gmail.com	8089203600



93	ShimanaC.S	shimanacs@gmail.com	9562315801
95	Bijitha Babu	mynameisbijitha@gmail.com	9656303315

