

# EXTENSION ACTIVITIES

## 2021-2022

MAR THOMA COLLEGE FOR  
WOMEN, PERUMBAVOOR

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# Energy conservation Programme

<b>Title</b>	<b>Energy conservation Campaign and Rally</b>
<b>Date</b>	<b>10-December-2021</b>
<b>Venue</b>	<b>Perumbavoor Town</b>
<b>Objective</b>	<b>To spread awareness among the public on the need to conserve energy.</b>
<b>Organized by</b>	<b>NSS and department of physics</b>
<b>Participants</b>	<b>59</b>

## REPORT

Department of physics and NSS unit in Mar Thoma College for Women in Perumbavoor has organised an Energy Conservation Campaign and Rally on December 10, 2021, in commemoration of Energy Conservation Day aimed to raise awareness about the importance of energy conservation.

The event was inaugurated by the honorable MLA, Adv. EldoseKunnappilly, who likely emphasized the significance of energy conservation in today's world. The two-day program featured various sessions to educate the participants about energy conservation techniques and practices. The energy conservation rally was flagged off by our Principal Dr.Sujo Mary Varghese.

E.R. Antony, a retired engineer from Kerala State Electricity Board (KSEB) and the principal of the Social Welfare Industrial Training Institute (ITI) in Aluva likely shared valuable insights and expertise on energy-saving strategies. His experience and knowledge would have contributed significantly to the campaign's objectives.



He also shared insights during the event, further enriching the knowledge of the participants.

By organizing such events, the physics department and the participants demonstrated their commitment to promoting sustainable practices and creating awareness about the responsible use of energy. Such initiatives play a crucial role in fostering a culture of energy conservation and environmental stewardship in society.

Urjakiran 2021-22, Go Electric campaign was organized in association with Urjamithra, Perumbavoor. As part of this, an awareness rally, energy conservation pledge taking, classes etc. were conducted in Perumbavoor municipality. Students actively participated in all the programmes conducted on 14 December 2021.





ENERGY  
MANAGEMENT  
CENTRE KERALA



75  
Azadi Ka  
Amrit Mahotsav



# ഊർജ്ജ സംരക്ഷണ പദ്ധതികൾ

— 2021 ഡിസംബർ 1-14 —

10 December 2021, 10 am, Venue: PG Seminar Hall



ജി.എസ്.എസ്. പാലം  
പെരുമ്പാവൂർ  
പെരുമ്പാവൂർ നഗരം



**MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR**

RE-ACCREDITED BY NAAC WITH B+ GRADE AFFILIATED TO M.S. UNIVERSITY, KOTTAYAM

**DEPARTMENT OF PHYSICS**







Energy Conservation Campaign inaugurated by Honourable MLA Adv.EldoseKunnappilly on 10 December 2021 at 10 am



E.R. Antony, a retired engineer from Kerala State Electricity Board (KSEB) and the principal of the Social Welfare Industrial Training Institute (ITI) in Aluva taking session about the Energy conservation on 10 December 2021







ENERGY  
MANAGEMENT  
CENTRE KERALA



75  
Azadi Ka  
Amrit Mahotsav



മുദ്രാശാസ്ത്രം

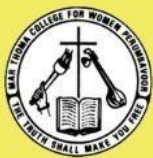


അദ്ധ്യ: എൽദോസ് പി.കുറുപ്പിള്ളി  
ബഹു.പെരുമ്പാവൂർ MLA

# ഊർജ്ജ സംരക്ഷണ പക്ഷാചരണം

2021 ഡിസംബർ 1-14

10 December 2021-10 am  
Venue: PG Seminar Hall



**MAR THOMA COLLEGE FOR WOMEN**  
**PERUMBAVOOR**  
DEPARTMENT OF PHYSICS

RE- ACCREDITED BY  
NAAC WITH B+ GRADE AFFILIATED TO  
M.G.UNIVERSITY,  
KOTTAYAM





Energy Conservation Campaign Rally on December 10, 2021, in commemoration of Energy Conservation Day aimed to raise awareness about the importance of energy conservation.







Energy Conservation Rally to Perumbavoor Town



# ഊർജ സംരക്ഷണ പക്ഷാചരണം



☉ മാർത്തോമ്മ വനിതാ കോളേജിൽ ഊർജ സംരക്ഷണ പക്ഷാചരണം എൽദോസ് കുറുപ്പിള്ളി എം.എൽ.എ. ഉദ്ഘാടനം ചെയ്യുന്നു

പെരുമ്പാവൂർ: മാർത്തോമ്മ വനിതാ കോളേജിലെ ഫിസിക്സ് വിഭാഗവും ഏനർജി മാനേജ്മെന്റ് സെൻറർ കേരളവുമായി ചേർന്ന് സംഘടിപ്പിച്ച ഊർജ സംരക്ഷണ പക്ഷാചരണം എൽദോസ് കുറുപ്പിള്ളി എം.എൽ.എ. ഉദ്ഘാടനം ചെയ്തു. ഫിസിക്സ് വിഭാഗത്തിലെ വിദ്യാർത്ഥിനി കും നിർമ്മിച്ച എൽ.ഇ.ഡി, സ്റ്റാറുകളും ഉദ്ഘാടനം ചെയ്തു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. സുജോ മേരി വർഗീസ് അധ്യക്ഷത വഹിച്ചു.

ഫിസിക്സ് വിഭാഗം മേധാവിയും പ്രോഗ്രാം കോ-ഓർഡിനേറ്ററുമായ ഡോ. അനൂപമ പി., ഇ.ആർ. ആന്റണി, പ്രൊഫ. ഡോ. രജനി ജേക്കബ്, അമീന എന്നിവർ സംസാരിച്ചു.

News report in Malayala Manorama Daily about the Energy Conservation campaign conducted by Mar Thoma College for Women, Perumbavoor on 10 December 2021







Honourable MLA Adv.EldoseKunnapilly inaugurates the LED star made by students of Mar Thoma College for Women,Perumbavoor.



### **List of Participants**

<b>Sl.No</b>	<b>Name of the Volunteer</b>
1	Sreethu V Nair
2.	Keerthi B Nair
3.	Aleena Kochumon
4.	Aleena Benny
5.	Aleena Rachel Joy
6.	Amitha Kareem
7.	Bhavna.S
8.	Megha Elsa Biju
9.	Parvathy V.S
10.	Sona Jabbar
11.	Steny Mary Philip





12.	Swara Vincent
13.	Vyshnavi Vinod
14.	Christy Anna Varghese
15.	Ameena E.A
16.	Anviya Mariam Bobby
17.	AbhiramiJ.S
18.	Abhima Subash
19.	SifnaC.S
20.	Anagha Joy
21.	AnaghaAsokan
22.	AsnaP.A
23.	Jeseena Mol CM
24.	Mumthaz K Sulaiman



25.	ThaskeenaKoyan
26.	Athulya Santhosh
27.	Ancilinshiju
28.	Resiya Mol M S
29.	Farzana P A
30.	NivedidaVelayudhan

Sl. No.	Name
1	AHASANA A. RAZAK
2	ANAGHA JOY
3	ANJIMA K.P
4	ANJU K. RAJAN
5	ANN MARIA JOSE
6	ASLAMIA K.S
7	FASNA T. MOOSA
8	KARTHIKA DAS
9	NAMITHA K.B
10	SARA ABEY
11	SMIJA REJI
12	SULFATH T.S
13	ALFINA JABBAR
14	ANITHA THOMAS
15	NAJWA K.A



16	SAMEENA PARVIN K.S
17	SHIFANA C.N
18	SOOFIYA SUDHEER
19	STEGI P.B



# Community Engagement

<b>Title of the programme</b>	<b>PreDiabetic Screening and Homeopathy Intervention</b>
<b>Date and year</b>	<b>24- February- 2022</b>
<b>Venue</b>	<b>Mar Thoma College for Women,Perumbavoor</b>
<b>Objectives</b>	<b>Awareness about pre diabetic screening</b>
<b>Organized by</b>	<b>NSS</b>
<b>Participants</b>	<b>100</b>

## Report



The NSS Unit of Mar Thoma College for Women, Perumbavoor, in association with the Government Homeo Dispensary, Perumbavoor, organized a pre-diabetic screening and homeopathy intervention programme on 24 February 2022. Following this, on 2 March 2022 a blood sample collection was held in campus for pre diabetes screening. The programme was held at the college. The programme was inaugurated by our Principal Dr. Sujo Mary Varghese. Dr Sinsin Joseph, a renowned homeopath, gave a talk on pre-diabetes.

He explained the symptoms, causes, and preventive measures for pre-diabetes. He also discussed the importance of early diagnosis and treatment of pre-diabetes. The programme was attended by more than 300 people from the college and local community. The participants were given an opportunity to get their blood sugar levels checked and to consult with the homeopaths present at the event. The homeopaths provided advice and guidance on how to manage pre-diabetes and how to prevent it from progressing to diabetes. The programme was a great success and was well received by the local community. The participants were very appreciative of the information and advice provided by the homeopaths.

The programme was a great opportunity for the local community to learn more about pre-diabetes and how to manage it. The NSS Unit of Mar Thoma College for Women, Perumbavoor, and the Government Homeo Dispensary, Perumbavoor, are to be commended for their efforts in




organising this successful programme. Dr. Melvi Chandy was the programme officer of NSS unit during the period.



**Mar Thoma College for Women**  
**Perumbavoor**  
NSS UNIT: 57


**"NO TO DIABETES"  
PREDIABETIC  
SCREENING &  
HOMEOPATHIC  
INTERVENTION**

Organized by Govt Homeo Dispensary  
Perumbavoor, in association with Perumbavoor  
Municipality & NSS Unit Marthoma College



**TALK ON PREDIABETES  
BY DR SINSEN JOSEPH  
MEDICAL OFFICER  
GOVT HOMEO DISPENSARY  
PERUMBAAVOOR**

**24 February 2022  
11:30 pm**





**Dr Sinsin Joseph, a renowned homeopath, giving a talk on Pre -diabetes to students on 24 February 2022**







Pre-diabetic screening and homeopathy intervention programme on 24 February 2022

### **Participants list**

<b>Sl.No</b>	<b>Name of the Volunteer</b>	<b>E-mail Id</b>	<b>Phone No.</b>
1.	Katheeja Nazeer	<a href="mailto:hadheejanazar@gmail.com">hadheejanazar@gmail.com</a>	9048814369
2.	Aleena K A	<a href="mailto:aleenakaaleena@gmail.com">aleenakaaleena@gmail.com</a>	7592948302
3.	Josna P J	<a href="mailto:josnapj02@gmail.com">josnapj02@gmail.com</a>	7025624467
4.	Amina Jalal	<a href="mailto:aminajalal26@gmail.com">aminajalal26@gmail.com</a>	9778216640
5.	Alfiya Muhammed	<a href="mailto:alfiyamuhammed500@gmail.com">alfiyamuhammed500@gmail.com</a>	9847617052
6.	Sarika Suresh	<a href="mailto:sarikasuresh2002@gmail.com">sarikasuresh2002@gmail.com</a>	8606922515
7.	Punnya Biju	<a href="mailto:punnyabiju4@gmail.com">punnyabiju4@gmail.com</a>	9074762646
8.	Roshna Anil	<a href="mailto:roshnaanil02@gmail.com">roshnaanil02@gmail.com</a>	7736045518



9.	Aparna A S	<a href="mailto:aparnaasuresh01@gmail.com">aparnaasuresh01@gmail.com</a>	8590544010
10.	Manju P B	<a href="mailto:psvidya8@gmail.com">psvidya8@gmail.com</a>	6235628702
11.	Aznamol K M	<a href="mailto:aznakm75@gmail.com">aznakm75@gmail.com</a>	9447924241
12.	Joseena Jose	<a href="mailto:joseenajose19102001@gmail.com">joseenajose19102001@gmail.com</a>	9605768146
13.	Mirsana Salim	<a href="mailto:mirsanasalim2002@gmail.com">mirsanasalim2002@gmail.com</a>	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
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	<a href="mailto:swathyr03@gmail.com">swathyr03@gmail.com</a>	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	devipriyacr128@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	<a href="mailto:shabanaf166@gmail.com">shabanaf166@gmail.com</a>	9747778197
99.	Ansiya Azeez	ansiyashahul989@gmail.com	9037700130



# Social Outreach Programme

<b>Title</b>	<b>Pre-Diabetics Blood Screening</b>
<b>Date</b>	<b>02- March-2022</b>
<b>Venue</b>	<b>Mar Thoma College for Women, Perumbavoor</b>
<b>Organized by</b>	<b>NSS</b>
<b>Participants</b>	100

## Report

The National Service Scheme (NSS) in association with Govt Homeo dispensary Perumbavoor organized a Pre-Diabetic Screening Blood Screening event on 2/3/2022. A talk on pre diabetes was also taken by Dr.Sinsen Joseph, Medical officer Govt Homeo Dispensary Perumbavoor. This event aims to raise awareness about pre-diabetes and promote early detection and prevention measures. Whole students in the college attended the programme.

Pre-diabetes is a condition in which blood sugar levels are higher than normal but not yet high enough to be diagnosed as type 2 diabetes. Identifying pre-diabetes early on allows individuals to make necessary lifestyle changes to prevent or delay the onset of type 2 diabetes. The NSS, being a renowned organization, is taking the initiative to conduct blood screenings for pre-diabetes to support the well-being of its cadets and members. By organizing this event, they aim to educate and empower individuals to take charge of their health.

The screening event involved the following components:



**Blood Tests:** Participants will have their blood samples taken to measure fasting blood glucose levels. This test helps determine if someone has normal blood sugar levels, pre-diabetes, or diabetes.

**Education and Counselling:** Alongside the screening, educational materials and counselling sessions may be provided to participants. This will help them understand the significance of pre-diabetes, its risk factors, and the lifestyle changes they can adopt to prevent or manage it.

**Green Initiative:** The NSS event will also emphasize environmental consciousness by incorporating green practices. These may include utilizing sustainable resources, minimizing waste generation, and promoting eco-friendly habits throughout the event.

**Collaboration:** The NSS collaborated with healthcare professionals, medical institutions, or organizations specialized in diabetes prevention and management to ensure the event's success. Their expertise can contribute to accurate testing, proper interpretation of results, and provision of expert advice.

**Follow-Up Support:** After the screenings, participants who are identified as pre-diabetic received information on further diagnostic tests, lifestyle modifications, and support groups. This followup support is crucial for encouraging individuals to make positive changes in their lives and reducing the risk of developing diabetes.

The NSS Pre-Diabetic Screening Blood Screening event aligns with their commitment to the well-being of their cadets and members. By focusing on the prevention and early detection of pre-diabetes, they are taking proactive steps to promote a healthier future. Additionally, integrating green practices into the event demonstrates their dedication to sustainable initiatives and environmental responsibility.





The National Service Scheme (NSS) in association with Govt Homeo dispensary Perumbavoor organized a Pre-Diabetic Screening Blood Screening event on 2/3/2022







MAR THOMA COLLEGE FOR WOMEN  
PERUMBAVOOR  
NSS Unit No. 57



# BLOOD SAMPLE COLLECTION FOR PRE-DIABETIC SCREENING



- No food or drink except water for 8 to 12 hours before testing.
- Registration fees : ₹10

Date : 2 March, 2022

Time : 8:00 A.M. to 9:30 A.M.

Venue : Auditorium

## ALL ARE WELCOME



### **Participants List**

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



12.	Joseena Jose	<a href="mailto:joseenajose19102001@gmail.com">joseenajose19102001@gmail.com</a>	9605768146
13.	Mirsana Salim	<a href="mailto:mirsanasalim2002@gmail.com">mirsanasalim2002@gmail.com</a>	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	ahalyamudakkari@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	<a href="mailto:swathyr03@gmail.com">swathyr03@gmail.com</a>	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	devipriyacr128@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	ameena2020@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	<a href="mailto:shabanaf166@gmail.com">shabanaf166@gmail.com</a>	9747778197
99.	Ansiya Azeez	ansiyashahul989@gmail.com	9037700130
100.	Aishwarya Ashokan	aishwaryaashokan1212@gmail.com	7356819680



## Community Engagement

<b>Title</b>	<b>Blood donation camp</b>
<b>Date</b>	<b>7-July -2022</b>
<b>Venue</b>	<b>Zoology Lab</b>
<b>Objective</b>	<b>To save lives and to promote voluntary blood donation</b>
<b>Organized by</b>	<b>NSS,NCC,YRC and Health club</b>
<b>Participants</b>	<b>100</b>

### **BLOOD DONATION CAMP**

As a part of World Blood Donor Day YRC of the college in collaboration with NSS,NCCand Health Club arranged a blood donation in association with IMA Blood Bank, Aluva, camp on 7 July 2021. Many students came forward for donating blood and many actively participated in volunteering too.



PHOTO



**Students of Mar Thoma College for Women,Perumbavoor donating Blood on7 July 2022**





**Blood donation Camp**







**Blood Donation Camp at Mar Thoma College for Women,Perumbavoor**



### **Participants List**

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





11.	Aznamol K M	<a href="mailto:aznakm75@gmail.com">aznakm75@gmail.com</a>	9447924241
12.	Joseena Jose	<a href="mailto:joseenajose19102001@gmail.com">joseenajose19102001@gmail.com</a>	9605768146
13.	Mirsana Salim	<a href="mailto:mirsanasalim2002@gmail.com">mirsanasalim2002@gmail.com</a>	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



## Awareness Drive

<b>Title</b>	<b>Anaemia Campaign Activity</b>
<b>Date</b>	<b>12-June-2021</b>
<b>Venue</b>	<b>Neighbourhood ward of XII</b>
<b>Objective</b>	<b>Awareness to prevent Anaemia</b>
<b>Organized by</b>	<b>NSS</b>
<b>Participants</b>	<b>91</b>

### Report

The NSS Unit of Mar Thoma College for Women, Perumbavoor organised an Anaemia Campaign on 12 June 2021. The campaign was held in the neighbourhood ward of XII. The resource person for the campaign was Divya Unnikrishnan, a dietician from Taluk Hospital, Perumbavoor. The programme was coordinated by DrMelviChandy. The Campaigning was conducted by our students.

The campaign began with a brief introduction of the resource person and the programme coordinator. This was followed by a presentation on the causes and symptoms of anaemia. The resource person also discussed the importance of a balanced diet and regular exercise in preventing anaemia. She also highlighted the importance of taking iron supplements and other vitamins to prevent anaemia. The resource person also discussed the importance of regular blood tests to detect anaemia. She also highlighted the importance of seeking medical advice if any of the symptoms of anaemia are observed. The programme concluded with a question-and-answer session. The participants asked various questions related to anaemia and the resource person answered them in detail.

The programme was well received by the participants. They thanked the resource person and the programme coordinator for the informative session. They also expressed their gratitude for the opportunity to learn more about anaemia and its prevention.





# ANEMIA CAMPAIGN

Resource Person



Divya Unnikrishnan  
Dietician, Thaluk Hospital  
Perumbavoor

In Association With NSS unit



Mar Thoma college for women, Perumbavoor  
SCMS college, Vaykkara  
Rajagiri viswajyothy college, Vengoor

Moderator



Remya K S  
ICDS Supervisor



Google Meet

Date: 12.06.2021  
Time - 2PM

ICDS Koovappady  
Women & Child Development Department





**Anaemia Campaign by the students of Mar Thoma College for Women,Perumbavoor on 12June 2021.Students presenting the charts prepared to give awareness about the best diet plans to fight anaemia**





**Students giving awareness class on causes and symptoms of Anaemia**

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1.	Katheeja Nazeer	<a href="mailto:hadheejanazar@gmail.com">hadheejanazar@gmail.com</a>	9048814369
2.	Aleena K A	<a href="mailto:aleenakaaleena@gmail.com">aleenakaaleena@gmail.com</a>	7592948302
3.	Josna P J	<a href="mailto:josnapj02@gmail.com">josnapj02@gmail.com</a>	7025624467
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5.	Alfiya Muhammed	<a href="mailto:alfiyamuhammed500@gmail.com">alfiyamuhammed500@gmail.com</a>	9847617052
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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
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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	<a href="mailto:amala19.2001@gmail.com">amala19.2001@gmail.com</a>	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	<a href="mailto:swathyr03@gmail.com">swathyr03@gmail.com</a>	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



## Anti Drug Awareness Campaign

<b>Title</b>	<b>“KaikorkkamLaharikkedhire”</b>
<b>Date</b>	<b>10-August-/2021</b>
<b>Platform</b>	<b>Google meet</b>
<b>Objectives</b>	<b>To create awareness about drug abuse</b>
<b>Organized by</b>	<b>NSS</b>
<b>Participants</b>	<b>89</b>

### Report

An anti-drug awareness event organized by the Social Justice office Ernakulam under the NashaMukth Bharat Abhiyan “KaikorkkamLaharikkedhire–LahariVimuktha Ernakulam” initiative. The event was inaugurated on August 10, 2021, by Mr. Zakkir Hussain, the Chairman of the Municipality in Perumbavoor. AntiDrug awareness class was conducted by MMM IRCA Project Director, Sri. Francis Muthedan in association with NashaMukt Bharat Abhiyan.

This initiative is a part of the broader national campaign called “NashaMukth Bharat Abhiyan,” which aims to combat drug abuse and addiction across India. The event likely included various awareness programs, educational sessions, and activities to spread awareness about the harmful effects of drugs and to promote a drug-free society.

The involvement of local authorities, such as the Chairman of the Municipality, is crucial in such initiatives to create a greater impact at the grassroots level and mobilize community support against drug abuse.



It is commendable that the Social Justice office and the local government took the initiative to organize this event to raise awareness about the dangers of drug addiction and work towards a drug-free Ernakulam. Public awareness campaigns play a vital role in preventing drug abuse and providing support to those affected by addiction.”



നശാ മുക്ത ഭാരത് അഭിയാൻ  
സാമൂഹ്യ നീതി ഓഫീസ്, എറണാകുളം

സംഘടിപ്പിക്കുന്ന  
കൈകോർക്കും ലഹരിക്കെതിരെ  
ലഹരി വിമുക്ത എറണാകുളം

10 August 2021 at 2pm

ഉദ്ഘാടനം



**SRI. ZAKIR HUSSAIN**  
CHAIRMAN  
MUNICIPALITY  
PERUMBAVOOR

അദ്ധ്യക്ഷപ്രസംഗം



**DR. SUJO MARY VARGEHESE**  
PRINCIPAL  
MARTHOMA COLLEGE

സന്ദേശം



**SMT. MEGHA MARY KOSHY**  
SECRETARY, MUNICIPALITY,  
PERUMBAVOOR

ആശംസ



**SMT. MINI JOSHY**  
CHAIRPERSON  
W.S COMMITTEE  
MUNICIPALITY,  
PERUMBAVOOR

സ്വാഗതം



**SMT. SINCY ISSAC**  
COORDINATOR,  
VAYOMITHRAM  
MUNICIPALITY  
PERUMBAVOOR

കൃതജ്ഞത



**KUM. RESIYA MOL**  
BSC STUDENT  
MARTHOMA COLLEGE

നയിക്കുന്നത്



**SRI. FRANCIS MOOTHEDEAN**  
PROJECT DIRECTOR,  
MMM IRCA  
MOSCMCH, KOLENCHERY  
DISTRICT COORDINATOR-NMBA,  
EKM

സഹകരണം

**PERUMBAVOOR MUNICIPALITY**  
**NSS UNIT & LAHARI VIMUKTI CLUB**  
**MARTHOMA COLLEGE, PERUMBAVOOR**



### **Participants List**

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



12.	Joseena Jose	<a href="mailto:joseenajose19102001@gmail.com">joseenajose19102001@gmail.com</a>	9605768146
13.	Mirsana Salim	<a href="mailto:mirsanasalim2002@gmail.com">mirsanasalim2002@gmail.com</a>	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	ahalyamudakkari@gmail.com	7736300308
36.	Umayban K B	umaybanbasheer001@gmail.com	7594940453
37.	Gopika N V	gopikanv1999@gmail.com	9188490855
38.	Amala J	<a href="mailto:amala19.2001@gmail.com">amala19.2001@gmail.com</a>	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	<a href="mailto:sreelakshmisathyan2001@gmail.com">sreelakshmisathyan2001@gmail.com</a>	9747199173
47.	Anugraha T S	<a href="mailto:bryphyt@gmail.com">bryphyt@gmail.com</a>	7736554114
48.	Rahna T R	<a href="mailto:rahnathayalthudy@gmail.com">rahnathayalthudy@gmail.com</a>	9778248841
49.	Sandra Subhash	<a href="mailto:sandrasubhash2002@gmail.com">sandrasubhash2002@gmail.com</a>	9072105679
50.	AmalaJoshy	<a href="mailto:amalajoshy266@gmail.com">amalajoshy266@gmail.com</a>	7034923033
51.	Swathylakshmiravi	<a href="mailto:swathyr03@gmail.com">swathyr03@gmail.com</a>	9495736146
52.	Elizabeth Sunny	<a href="mailto:clsasunny@gmail.com">clsasunny@gmail.com</a>	9074040501



53.	Shahabunnisa P. Jaleel	<a href="mailto:painadyshahabunnisa1102@gmail.com">painadyshahabunnisa1102@gmail.com</a>	9539349802
54.	Aswathy. V. A	<a href="mailto:aswathyva696@gmail.com">aswathyva696@gmail.com</a>	7025304392
55.	Devipriya KR	<a href="mailto:devipriyacr128@gmail.com">devipriyacr128@gmail.com</a>	9048346117
56.	Nitha Krishnan	<a href="mailto:nithakrishnan070@gmail.com">nithakrishnan070@gmail.com</a>	9539320857
57.	Anjana Bhaskaran	<a href="mailto:anjanabhaskaran129@gmail.com">anjanabhaskaran129@gmail.com</a>	9446469331
58.	Gayathri M R	<a href="mailto:gayathrilakshmi46@gmail.com">gayathrilakshmi46@gmail.com</a>	9061218194
59.	Aisha Shiyas	<a href="mailto:aishashiyas262@gmail.com">aishashiyas262@gmail.com</a>	7025963203
60.	Sneha Paul	<a href="mailto:paulsneha40@gmail.com">paulsneha40@gmail.com</a>	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



## Social Outreach Programme

<b>Title</b>	<b>Lakshya- Revision Series – Education support to poor higher secondary students</b>
<b>Date</b>	<b>2021</b>
<b>Venue</b>	<b>Balika Mandir</b>
<b>Objectives</b>	<b>Provide guidance for their higher secondary studies</b>
<b>Organized by</b>	<b>NSS and zoology department</b>
<b>Participants</b>	<b>40</b>

### 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 Ms.Reemi Sara Mathai, 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.



**Students of Mar Thoma College for Women,Perumbaoor interacting with the children of Balikamandiras part of “Lakshya Programme”**



**Forming cluster of students as part of Education Support Programme-“Lakshya”**



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### **Participants List**

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



10.	Manju P B	<a href="mailto:psvidya8@gmail.com">psvidya8@gmail.com</a>	6235628702
11.	Aznamol K M	<a href="mailto:aznakm75@gmail.com">aznakm75@gmail.com</a>	9447924241
12.	Joseena Jose	<a href="mailto:joseenajose19102001@gmail.com">joseenajose19102001@gmail.com</a>	9605768146
13.	Mirsana Salim	<a href="mailto:mirsanasalim2002@gmail.com">mirsanasalim2002@gmail.com</a>	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



## Awareness Drive

Title	Kaikott - Waste disposal
Date	29- December- 2021
Venue	Mar Thoma College for Women Perumbavoor
Objectives	Awareness about waste disposal
Organized by	NSS
Participants	40

### Report

The Seven Day Camp of NSS Unit, Mar Thoma College for Women, Perumbavoor was organised from 23 to 29 December 2021. The camp was organised with the aim of creating awareness about waste disposal and its importance in the environment. The camp was attended by 40 participants and was coordinated by Dr Melvi Chandy.

The main objectives of the camp were to: 1. Create awareness about the importance of waste disposal in the environment. 2. Educate the participants about the various methods of waste disposal. 3. Encourage the participants to adopt sustainable waste disposal practices. 4. Promote the use of eco-friendly materials for waste disposal. Activities The camp included various activities to achieve the objectives. 1. Lectures and discussions were conducted to create awareness about the importance of waste disposal in the environment. 2. The participants were taken on a field visit to a nearby waste disposal site to understand the process of waste disposal. 3. The participants were also taken on a field visit to a nearby recycling plant to understand the process of recycling. 4. The participants were encouraged to adopt sustainable waste disposal



practices. 5. The participants were also encouraged to use eco-friendly materials for waste disposal.

The Seven Day Camp of NSS Unit, Mar Thoma College for Women, Perumbavoor was a successful event. The camp was able to create awareness about the importance of waste disposal in the environment and also encouraged the participants to adopt sustainable waste disposal practices. The camp was also able to promote the use of eco-friendly materials for waste disposal.

### Brochure











Mar Thoma College for Women  
Perumbavoor

# നൈക്കോട്ട

NSS 7day Camp 2021

Day 5







Mar Thoma College for Women  
Perumbavoor

# വൈകാരികത

NSS 7day Camp 2021

## DAY 6







**NSS Volunteers participating incleaning activity as part of the” Kaikott” 7 day camp on  
2December 2021**



### Participants List

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



11.	Aznamol K M	<a href="mailto:aznakm75@gmail.com">aznakm75@gmail.com</a>	9447924241
12.	Joseena Jose	<a href="mailto:joseenajose19102001@gmail.com">joseenajose19102001@gmail.com</a>	9605768146
13.	Mirsana Salim	<a href="mailto:mirsanasalim2002@gmail.com">mirsanasalim2002@gmail.com</a>	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

<b>Title</b>	<b>Distribution of Compost Bin</b>
<b>Date</b>	<b>28-December-2021</b>
<b>Venue</b>	<b>Mar Thoma College for Women, Perumbavoor</b>
<b>Objectives</b>	<b>Awareness about the importance of waste management and composting</b>
<b>Organized by</b>	<b>NSS</b>
<b>Participants</b>	<b>40</b>

### Report

The NSS Unit of Mar Thoma College for Women, Perumbavoor organised a seven-day camp from 23rd to 29th December 2021. The camp was organised with the aim of providing a platform for the students to engage in meaningful activities and to create awareness about the importance of waste management and composting.

The programme coordinator for the camp was Dr Melvi Chandy and Ms Roshin T Roy. The camp was held at the Residence Association First Mile, Perumbavoor. The camp was attended by a total of 40 students from the college. The camp was divided into two parts. The first part was dedicated to creating awareness about the importance of waste management and composting. The students were given lectures and demonstrations on composting and its benefits. They were also taken on field visits to nearby composting sites to get a better understanding of the process. The second part of the camp was dedicated to the distribution of compost bins. The students were divided into groups and each group was assigned a particular area in the locality. The students went door to door and distributed compost bins to the





households. They also educated the people about the importance of composting and how to use the compost bins. The camp was a great success and the students gained a lot of knowledge about composting and waste management.

The programme coordinators were very pleased with the enthusiasm and dedication of the students. The camp was a great learning experience for the students and it helped to create awareness about the importance of composting and waste management in the locality.



**Distributing the Compost Bins to people in neighbourhood community after the Lectures and demonstrations on composting on 28 December 2021**



### **Participants List**

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



11.	Aznamol K M	<a href="mailto:aznakm75@gmail.com">aznakm75@gmail.com</a>	9447924241
12.	Joseena Jose	<a href="mailto:joseenajose19102001@gmail.com">joseenajose19102001@gmail.com</a>	9605768146
13.	Mirsana Salim	<a href="mailto:mirsanasalim2002@gmail.com">mirsanasalim2002@gmail.com</a>	9846392717
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## Awareness Drive

<b>Title</b>	<b>FIT INDIA FREEDOM</b>
<b>Date</b>	<b>2-October-2021</b>
<b>Venue</b>	<b>Perumbavoor</b>
<b>Objectives</b>	<b>Awareness Drive</b>
<b>Organized by</b>	<b>NCC, NSS,YRC</b>
<b>Participants</b>	<b>120</b>

### Report

#### Fit India Freedom Run 2.0

The students participated in the Fit India Freedom Run held from 13 August 2021 to 02 October 2021. Approximately 14 cadets participated, and the maximum distance covered by them was 61km. On 01 October 2021, there was a run to celebrate the Fit India Freedom Run 2.0 initiated by IRCS and NSS along with the NCC. The cadets actively participated in the event.







**MAR THOMA COLLEGE FOR WOMEN  
PERUMBAVOOR**

RE-ACCREDITED BY NAAC B+ GRADE  
AFFILIATED TO MAHATMA GANDHI UNIVERSITY

**NSS UNIT NO. 57, NCC 22(K)BN., ELOOR AND  
YOUTH RED CROSS SOCIETY**

**in association with  
NEHRU YUVA KENDRA  
ERNAKULAM**



**1 OCTOBER, 2021**



**9:30 A.M.**

**at**

**Mar Thoma College for Women  
Perumbavoor**



**Flag off by :**



**Shri. T. M. Zakkir Hussain  
Municipal Chairman**



**Indian  
Red Cross Society  
Ernakulam District Branch**





*Mar Thoma College for Women Perumbavoor*

*22(K)BN.,NCC, ELOOR*

*Army Wing*







**Fit India Freedom Rally to Perumbavoor town by the students of Mar Thoma College for Women, Perumbavoor on 2 October 2021**







**Principal Dr.Sujo Mary Varghese flag off the Rally on 2 October 2021**







**Fit India Freedom Rally by the students of Mar Thoma College for Women, Perumbavoor**



### **List of Participants**

<b>Sl.No</b>	<b>Name of the Volunteer</b>
1.	Katheeja Nazeer
2.	Aleena K A
3.	Josna P J
4.	Amina Jalal
5.	Alfiya Muhammed
6.	Sarika Suresh
7.	Punnya Biju
8.	Roshna Anil
9.	Aparna A S





10.	Manju P B
11.	Aznamol K M
12.	Joseena Jose
13.	Mirsana Salim
14.	Vidya S.L.
15.	Ashna Jiji
16.	Esther P
17.	Fasnamol shereef
18.	Gopika T. G
19.	ShahanasBeegum P. S
20.	Shimi George



21.	Varsha C
22.	HasanathM.A
23.	Adila Shereen V.U
24.	Aleena mariya
25.	Diya Supri
26.	Sona Biju
27.	Anusha R
28.	Ansin Ajmal
29.	Karthika S
30.	Aiswarya Ramesh
31.	Meera Mahesh



32.	Nithuna Rajan
33.	Treesa maria stanly
34.	Salini M R
35.	Ahalya M P
36.	Umayban K B
37.	Gopika N V
38.	Amala J
39.	Anaga T M
40.	Meenu P P
41.	Devika Dinu
42.	Anjana j



43.	Geethu K R
44.	Akhila Babu
45.	Zuha Adnan
46.	Sreelakshmi Sathyan
47.	Anugraha T S
48.	Rahna T R
49.	Sandra Subhash
50.	AmalaJoshy
51.	Swathylakshmiravi
52.	Elizabeth Sunny
53.	ShahabunnisaP.Jaleel



54.	Aswathy.V.A
55.	Devipriya KR
56.	Nitha Krishnan
57.	Anjana Bhaskaran
58.	Gayathri M R
59.	Aisha Shiyas
60.	Sneha Paul
61.	Sreethu V Nair
62.	Keerthi B Nair
63.	Aleena Kochumon
64.	Aleena Benny



65.	Aleena Rachel Joy
66.	Amitha Kareem
67.	Bhavna.S
68.	Megha Elsa Biju
69.	Parvathy V.S
70.	Sona Jabbar
71.	Steny Mary Philip
72.	Swara Vincent
73.	Vyshnavi Vinod
74.	Christy Anna Varghese
75.	Ameena E.A





76.	Anviya Mariam Bobby
77.	AbhiramiJ.S
78.	Abhima Subash
79.	SifnaC.S
80.	Anagha Joy
81.	AnaghaAsokan
82.	AsnaP.A
83.	Jeseena Mol CM
84.	Mumthaz K Sulaiman
85.	ThaskeenaKoyan
86.	Athulya Santhosh



87.	Ancilinshiju
88.	Resiya Mol M S
89.	Farzana P A

1	LAKSHMI SANKAR LAIJU
2	DAYA DAS PK
3	GADHA G KARTHA
4	AMUDHA ALIAS
5	ABHISREE PRAKASH
6	ABHIRAMI PRAKASH
7	DIVYA SIVAN
8	MANJU MANI
9	SREESHMA RAJEEV
10	GODSY DEVASSEY
11	ARATHY SURENDRAN
12	ANJANA M A
13	ANJUMOL K R
14	NIRENJANA B NAIR



	LAKSHMI
15	SASIDHARAN
16	BINCIYA MUJEEB
17	SAFIYA T S
18	ALEENA ALEX
19	NAVYA SREEDHARAN
20	ANJALI KRISHNA
21	ALINA PAUL
22	DEVIPRIYA K B
23	AFNA E A
24	MARWA RAHIM
25	EATHAL K T
26	KRISHNA V S
27	ANJIMA D
28	UNNIMAYA P M
29	NANDHANA MOHAN
	SREEJA P
30	SREENIVASAN
31	JEENA JIJI



## Social Outreach Programme

<b>Title</b>	<b>Pre- Diabetics Screening</b>
<b>Date</b>	<b>14-November-2021</b>
<b>Venue</b>	<b>1st mile, perumbavoor</b>
<b>Objectives</b>	<b>Awareness about Diabetes Disease</b>
<b>Organized by</b>	<b>NSS</b>
<b>Participants</b>	<b>40</b>

### Report

The NSS Unit of Mar Thoma College for Women, Perumbavoor, organised an awareness screening programme on World Diabetes Day on 14 November 2021 for the nearby people of our college, Perumbavoor. The programme was coordinated by Dr Melvi Chandy and Roshin T Roy.

The programme was attended by 40 participants. The programme began with a brief introduction about diabetes and its causes. The participants were then given a questionnaire to assess their knowledge about diabetes. The questionnaire was followed by a discussion on the various risk factors associated with diabetes. The participants were then given a brief overview of the signs and symptoms of diabetes. They were also given tips on how to prevent and manage diabetes. The participants were also given information about the various tests available for diagnosing diabetes. The programme concluded with a question-and-answer session. The participants were encouraged to ask questions and seek clarifications on any aspect of diabetes.



Overall, the programme was a success and the participants were able to gain a better understanding of diabetes and its management. The programme was well-received by the participants and they expressed their appreciation for the efforts taken by the NSS Unit of Mar Thoma College for Women, Perumbavoor.





**MAR THOMA COLLEGE FOR WOMEN**

Perumbavoor , Ernakulam , Kerala



**NATIONAL SERVICE SOCIETY**

**UNIT NO : 57**



WORLD  
**DIABETES**  
DAY

**November 14**



Add your medication  
as prescribed  
by your doctor



Reach and  
maintain a  
healthy weight



Add more physical  
activity to your  
daily routine



Control your  
blood pressure  
and  
cholesterol  
levels



Kicks the  
smoking  
habit

**T**

**R**

**A**

**C**

**K**







**MAR THOMA COLLEGE FOR WOMEN**  
**PERUMBAVOOR**



**NSS UNIT-57**

November 14  
**World**  
**DIABETES**  
**DAY**

*Screening residents association*



**PRINCIPAL**

**Dr. Sujo Mary Varghese**



**COORDINATORS**

**Dr. Melvi chandi**  
**Ms.Roshin T Roy**



an



awareness screening programme on World Diabetes Day on 14 November 2021 for the nearby people of Mar Thoma College for Women, Perumbavoor. The participants were then given a questionnaire to assess their knowledge about diabetes.

### **Participants List**

<b>Sl.No</b>	<b>Name of the Volunteer</b>	<b>E-mail Id</b>	<b>Phone No.</b>
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4.	Amina Jalal	<a href="mailto:aminajalal26@gmail.com">aminajalal26@gmail.com</a>	9778216640
5.	Alfiya Muhammed	<a href="mailto:alfiyamuhammed500@gmail.com">alfiyamuhammed500@gmail.com</a>	9847617052
6.	Sarika Suresh	<a href="mailto:sarikasuresh2002@gmail.com">sarikasuresh2002@gmail.com</a>	8606922515
7.	Punnya Biju	<a href="mailto:punnyabiju4@gmail.com">punnyabiju4@gmail.com</a>	9074762646
8.	Roshna Anil	<a href="mailto:roshnaanil02@gmail.com">roshnaanil02@gmail.com</a>	7736045518



9.	Aparna A S	<a href="mailto:aparnaasuresh01@gmail.com">aparnaasuresh01@gmail.com</a>	8590544010
10.	Manju P B	<a href="mailto:psvidya8@gmail.com">psvidya8@gmail.com</a>	6235628702
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## Gender Sensitisation campaign

<b>Title</b>	<b>Gender sensitisation campaign</b>
<b>Date</b>	<b>1-september-2021 to 3-september-2021</b>
<b>Objectives</b>	<b>Awareness about gender equality</b>
<b>Organized by</b>	<b>NSS</b>
<b>Participants</b>	<b>40</b>

### Report

The NSS Unit and IQAC of Mar Thoma College for Women, Perumbavoor, in association with Women and Child Development Ernakulam organised a Gender Sensitisation Campaign on September 1 to 3 ,2021 via google meet. The campaign was attended by 40 participants. The programme was coordinated by Dr Melvi Chandy and Roshin T Roy. The objective of the campaign was to create awareness among the participants about gender equality and to sensitise them about the issues faced by women in the society. Prof. Dr.Shamshad KT Sree Sankara University of Sanskrit,Kalady and Adv.FerhaAzzez High Court of Kerala were the Resource Persons for the Campaign. They talked about General Relations and Gender and Law

The campaign was conducted in two parts.

In the first part, the participants were given an introduction to the concept of gender equality and the importance of respecting the rights of women. The participants were also made aware of the various laws that protect the rights of women. In the second part, the participants were divided into groups and asked to discuss the various issues faced by women in the society.



The participants discussed issues such as gender-based violence, unequal pay, lack of access to education and healthcare, and discrimination against women in the workplace. At the end of the campaign, the participants were asked to come up with solutions to the problems discussed.

The participants suggested that the government should take steps to ensure equal pay for women, provide access to education and healthcare, and create awareness about gender-based violence. Overall, the campaign was successful in creating awareness among the participants about gender equality and the issues faced by women in the society. The participants were also encouraged to take action to ensure that the rights of women are respected and protected. The Programme was attended by the entire students of the college.





## WOMEN AND CHILD DEVELOPMENT ERNAKULAM



in association with  
NSS Unit No. 57  
and



IQAC, Mar Thoma College for Women  
Perumbavoor



## GENDER SENSITISATION CAMPAIGN



# കനൽ

Sep 1-3  
2021



Google  
Meet

9 AM , 2 PM



Prof. Dr. Shamshad Hussain K. T.  
Sree Shankaracharya University of Sanskrit  
Kalady

*Gender Relations*



Adv. Ferha Azeez  
High Court of Kerala

*Gender & Law*



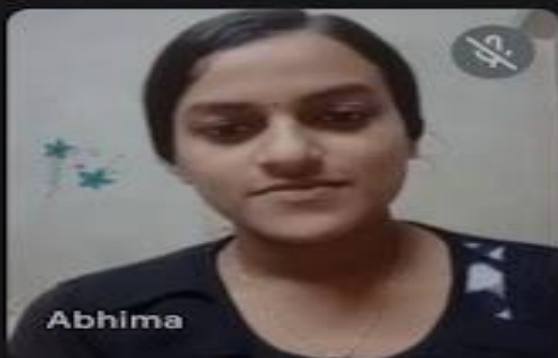
MAHILA SAKTHI KENDRA  
ERNAKULAM



REC



Sujo Mary



Abhima



Treesa Maria



You



Azna

79 others



### **Participants List**

Sl.No	Name of the Volunteer	E-mail Id	Phone No.
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9.	Aparna A S	<a href="mailto:aparnaasuresh01@gmail.com">aparnaasuresh01@gmail.com</a>	8590544010
10.	Manju P B	<a href="mailto:psvidya8@gmail.com">psvidya8@gmail.com</a>	6235628702





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<b>40.</b>	<b>Meenu P P</b>	<b>meenuparutha02@gmail.com</b>	<b>9061191330</b>



## Community Engagement

<b>Title</b>	<b>Inter Unit Sports Shooting Championship Camp</b>
<b>Date</b>	<b>24-March-2022</b>
<b>Venue</b>	<b>Mar Thoma College for Women, Perumbavoor.</b>
<b>Objective</b>	<b>To showcase the skills and talents in competitive environment</b>
<b>Organized by</b>	<b>NCC</b>
<b>Participants</b>	<b>25</b>

### **Inter Unit Sports Shooting Championship Camp for NCC Cadets 2022**

An Inter Unit Sports shooting camp was conducted by 22 (K) Battalion, Eloor in the Mar Thoma College for Women from 24 March 2022 to 30 March 2022. Lt.ColRajeevan served as Camp Commandant and Lt. Sangeetha Rachel Koruth served as Camp Adjutant. The Camp also witnessed the surprise visit of Group Commander Commodore. Hari Krishnan. Approximately 60 cadets participated in the camp. Two of the cadets of the college, SGT. Lakshmi and Laiju and LCPL. Divya Sivan won the first stage of the selection.

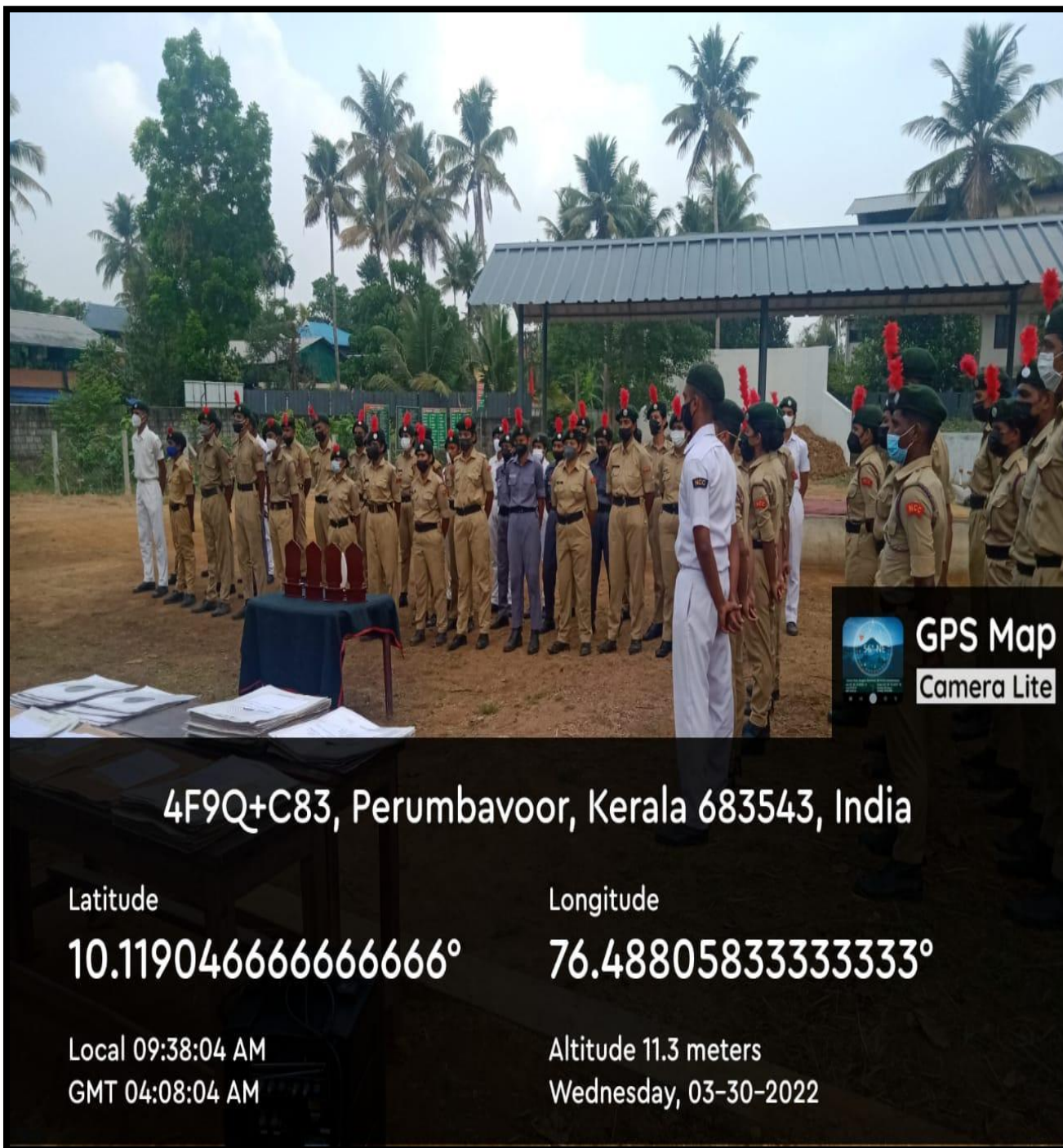




**An Inter Unit Sports shooting camp was conducted by 22 (K) Battalion, Eloor in the Mar Thoma College for Women from 24 March 2022 to 30 March 2022.**







4F9Q+C83, Perumbavoor, Kerala 683543, India

Latitude

10.119046666666666°

Longitude

76.48805833333333°

Local 09:38:04 AM

GMT 04:08:04 AM

Altitude 11.3 meters

Wednesday, 03-30-2022

**Inter Unit Sports Shooting Championship Camp for NCC Cadets 2022**





### **List of Participants**

1	AATHIRA K KUMAR
2	DEVA RANJINI KAVISSERY
3	MAYOORI M B
4	GOPIKA CA
5	AKHILA ANN ZACHARIAH
6	NANDHIYA KOCHUMON
7	SETHULAKSHMI C
8	ANAKHA C J
9	SREELAKSHMI SREEJI
10	SHIFANA C U
11	ANJANA BIJU
12	MERLIN P S
13	LAKSHMI SANKAR LAIJU
14	DAYA DAS PK
15	GADHA G KARTHA
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17	ABHISREE PRAKASH
18	ABHIRAMI PRAKASH
19	DIVYA SIVAN
20	MANJU MANI
21	SREESHMA RAJEEV
22	GODSY DEVASSEY
23	ARATHY SURENDRAN
24	ANJANA M A
25	ANJUMOL K R



## Promoting Green Initiative

<b>Title</b>	<b>“Haritham”-Organic Farming</b>
<b>Date</b>	<b>1-November 2021</b>
<b>Organized by</b>	<b>NSS</b>
<b>Participants</b>	<b>100</b>

### Report

“Haritam” is an organic farming initiative organised by NSS unit of Mar Thoma College for Women, Perumbavoor which aims to promote sustainable agricultural practices while celebrating Kerala Piravi Day. Kerala Piravi, meaning "Kerala Formation Day," is observed on November 1st every year to commemorate the birth of the southern Indian state of Kerala. The program was organised by NCC unit of Mar Thoma College. This report highlights the activities and impact of Haritam on Kerala Piravi Day, focusing on the promotion of organic farming and its significance in Kerala.

Haritam is a community-driven organic farming project initiated by a group of passionate individuals committed to environmental sustainability and the preservation of Kerala's agricultural heritage. The project emphasizes the importance of organic farming methods to ensure the long-term well-being of both farmers and the ecosystem.

**Raise Awareness:** Haritam seeks to create awareness among the general public about the benefits and importance of organic farming in Kerala. Kerala Piravi Day provides an excellent opportunity to educate people about sustainable agricultural practices and their impact on the environment and health.

**Encourage Participation:** The initiative aims to encourage more farmers to adopt organic farming techniques. By showcasing successful organic farming models and their positive outcomes, Haritam aims to inspire farmers to transition from conventional to organic farming methods.



Haritam's activities are designed to celebrate Kerala Piravi Day while promoting the state's rich agricultural heritage. The initiative intends to revive traditional farming practices and indigenous crop varieties that have been integral to Kerala's culture for centuries. The Haritham event organized by the NCC unit of Mar Thoma College for Women in Perumbavoor successfully raised awareness about organic farming and its numerous benefits. Through a combination of expert sessions, workshops, farm visits, and interactive activities, participants gained valuable knowledge and practical skills related to sustainable agricultural practices. The event's impact was evident in the increased awareness, knowledge enhancement, community engagement, and behavioural change



**Students planting trees in observance of Kerala Piravi day November 1-2021**







**“Haritam” is an organic farming initiative organised by NSS unit of Mar Thoma College for Women, Perumbavoor, to promote sustainable agricultural practices on Kerala Piravi Day. Kerala Piravi, meaning "Kerala Formation Day," is observed on November 1st every year to commemorate the birth of the southern Indian state of Kerala**





Mar Thoma College for Women  
Perumbavoor  
NSS Unit No. 57



NOVEMBER ONE

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നട്ടുവളർത്താം  
കേരളനന്മ





### **List of Participants**

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





12.	Joseena Jose	<a href="mailto:joseenajose19102001@gmail.com">joseenajose19102001@gmail.com</a>	9605768146
13.	Mirsana Salim	<a href="mailto:mirsanasalim2002@gmail.com">mirsanasalim2002@gmail.com</a>	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	ahalyamudakkari@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	<a href="mailto:swathyr03@gmail.com">swathyr03@gmail.com</a>	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	devipriyacr128@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	ameena2020@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	<a href="mailto:shabanaf166@gmail.com">shabanaf166@gmail.com</a>	9747778197
99.	Ansiya Azeez	ansiyashahul989@gmail.com	9037700130
100.	Aishwarya Ashokan	aishwaryaashokan1212@gmail.com	7356819680



## Community Engagement

<b>Title</b>	<b>Anti-Drug Awareness Talk</b>
<b>Date</b>	<b>07- July-2021</b>
<b>Platform</b>	<b>Google Meet</b>
<b>Organized by</b>	<b>NSS Unit, Lahari Vimukthy Club, District Legal Services Authority, and the Department of Social Justice.</b>
<b>Participants</b>	<b>50</b>

### Report

On 7th July 2021, an interactive session titled "KaikorkkamLaharikkethire – Lahari Vimuktha Ernakulam" was organized by Mar Thoma College for Women Perumbavoor in association with the NSS Unit and Lahari Vimukthi Club. The session aimed to promote awareness about mental health and the services provided by the District Legal Services Authority and the Department of Social Justice. The event was conducted online via Google Meet to ensure widespread participation.

The session commenced with an inaugural address by the principal of Mar Thoma College for Women, highlighting the importance of mental health and the role of legal and social services in supporting vulnerable individuals.

The organizers introduced the collaborating organizations, including the NSS Unit, Lahar Vimukthi Club, District Legal Services Authority, and the Department of Social Justice.



An esteemed speaker from the District Legal Services Authority delivered a keynote address on the legal aspects of mental health and the various initiatives taken by the authority to support individuals facing mental health challenges.

The speaker emphasized the importance of awareness, DE stigmatization, and access to legal aid for mental health-related issues.

Following the keynote session, an interactive discussion was held, allowing participants to ask questions and share their experiences or concerns related to mental health and legal issues.

The session facilitated an open and inclusive environment, encouraging participants to engage actively and seek guidance from the experts present.

A panel discussion was organized, featuring experts from the Department of Social Justice and mental health professionals from LahariVimuktha Ernakulam.

The panellists discussed various mental health challenges faced by individuals, particularly women, and the support available through government schemes and social justice initiatives.

The discussion also covered topics such as rehabilitation programs, counselling services, and legal aid provisions.

The event concluded with a Q&A session, allowing participants to seek further clarification and guidance on the discussed topics.

The organizers expressed their gratitude to the speakers, panellists, and participants for their active involvement and support.

The event was deemed successful in achieving its objective of spreading awareness about mental health and the services available for those in need.

Conclusion:

The interactive session, "KaikorkkamLaharikkethire–LahariVimuktha Ernakulam," organized by Mar Thoma College for Women Perumbavoor in collaboration with the NSS Unit, Lahari



Vimukthy Club, District Legal Services Authority, and the Department of Social Justice, successfully brought attention to mental health issues and the legal and social services available for support. The event provided a platform for open discussions, enabling participants to gain insights, seek guidance, and engage with experts in the field. By fostering awareness and understanding, the session contributed to the overall well-being of the participants and the community at large.





**Mar Thoma College for Women  
Perumbavoor**



**NATIONAL SERVICE SCHEME (Unit No. 57)  
and  
LAHARI VIMUKTHI CLUB**

**NASHA MUKT BHARAT ABHIYAAN**

## **Interactive Session**

**" കൈക്കൊർക്കാം ലഹരിക്കെതിരെ ...  
ലഹരി വിമുക്ത ഹൃദയം .. "**

### **Chief Guest**



**Francis Moothedan Raphael**

*District Coordinator- NMBA &  
Project Director, MMMIRCA-  
MOSC Medical College  
Hospital, Kolenchery*

### **Resource Person**



**George E. P.**

*President  
Ramamangalam Panchayath*

### **Presidential Address**



**Dr. Sujo Mary Varghese**

*Principal  
Mar Thoma College  
for Women, Perumbavoor*



**7 JULY 2021**



**2 PM**

**Organised by**

**DISTRICT LEGAL SERVICES AUTHORITY AND DEPARTMENT OF  
SOCIAL JUSTICE**

**in association with**

**NSS AND LAHARI VIMUKTHI CLUB, MTCW**



### **Participants List**

<b>Sl.No</b>	<b>Name of the Volunteer</b>	<b>E-mail Id</b>	<b>Phone No.</b>
1.	Diya Supri	<a href="mailto:diyasupri2003@gmail.com">diyasupri2003@gmail.com</a>	8921202078
2.	Sona Biju	<a href="mailto:sonabiju98@gmail.com">sonabiju98@gmail.com</a>	9562830956
3.	Anusha R	anushaanusha6431@gmail.com	8592943711
4.	Ansin Ajmal	ansinajmalajmal60538@gmail.com	9605223273
5.	Karthika S	<a href="mailto:karthika@gmail.com">karthika@gmail.com</a>	9778155277
6.	Aiswarya Ramesh	aiswaryaaisu7112001@gmail.com	8547054989
7.	Meera Mahesh	<a href="mailto:meeramahesh11@gmail.com">meeramahesh11@gmail.com</a>	8606499352
8.	Nithuna Rajan	<a href="mailto:nithunarajan@gmail.com">nithunarajan@gmail.com</a>	7561039105
9.	Treesa maria stanly	treesams7584@gmail.Com	9400109659
10.	Salini M R	saliniradhakrishnan888@gmail.com	7736137609
11.	Ahalya M P	ahalyamudakkari@gmail.com	7736300308





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



24.	Aleena mariya	<a href="mailto:aleenam763@gmail.com">aleenam763@gmail.com</a>	9633693111
25.	SifnaC.S	sifnachelappilly@gmail.com	9895067227
26.	Anagha Joy	anaghajoy285@gmail.com	9778244671
27.	AnaghaAsokan	anaghaas91@gmail.com	8594056813
28.	AsnaP.A	asnapa052@gmail.com	8592929172
29.	Jeseena Mol CM	jeseenamol8@gmail.com	9656137693
30.	Mumthaz K Sulaiman	mumthazksulaiman@gmail.com	7356676430
31.	ThaskeenaKoyan	thaskeenakoyan@gmail.com	8281341761
32.	Athulya Santhosh	athulyasanthosh416@gmail.com	8078146882
33.	Ancilinshiju	ancilinshinju@gmail.com	7510913001
34.	Resiya Mol M S	reziasiddiqq2001@gmail.com	9562265229
35.	Farzana P A	farzanapa25@gmail.com	8921782552
36.	Umayban K B	umaybanbasheer001@gmail.com	7594940453



37.	Gopika N V	<a href="mailto:gopikanv1999@gmail.com">gopikanv1999@gmail.com</a>	9188490855
38.	Amala J	<a href="mailto:amala19.2001@gmail.com">amala19.2001@gmail.com</a>	7034517634
39.	Anaga T M	<a href="mailto:anagamanoharan@gmail.com">anagamanoharan@gmail.com</a>	9061284238
40.	Meenu P P	<a href="mailto:meenuparutha02@gmail.com">meenuparutha02@gmail.com</a>	9061191330
41	Katheeja Nazeer	<a href="mailto:hadheejanazar@gmail.com">hadheejanazar@gmail.com</a>	9048814369
42	Aleena K A	<a href="mailto:aleenakaaleena@gmail.com">aleenakaaleena@gmail.com</a>	7592948302
43	Josna P J	<a href="mailto:josnapj02@gmail.com">josnapj02@gmail.com</a>	7025624467
44	Amina Jalal	<a href="mailto:aminajalal26@gmail.com">aminajalal26@gmail.com</a>	9778216640
45	Alfiya Muhammed	<a href="mailto:alfiyamuhammed500@gmail.com">alfiyamuhammed500@gmail.com</a>	9847617052
46	Sarika Suresh	<a href="mailto:sarikasuresh2002@gmail.com">sarikasuresh2002@gmail.com</a>	8606922515
47	Punnya Biju	<a href="mailto:punnyabiju4@gmail.com">punnyabiju4@gmail.com</a>	9074762646
48	Roshna Anil	<a href="mailto:roshnaanil02@gmail.com">roshnaanil02@gmail.com</a>	7736045518
49	Aparna A S	<a href="mailto:aparnaasuresh01@gmail.com">aparnaasuresh01@gmail.com</a>	8590544010
50	Manju P B	<a href="mailto:psvidya8@gmail.com">psvidya8@gmail.com</a>	6235628702



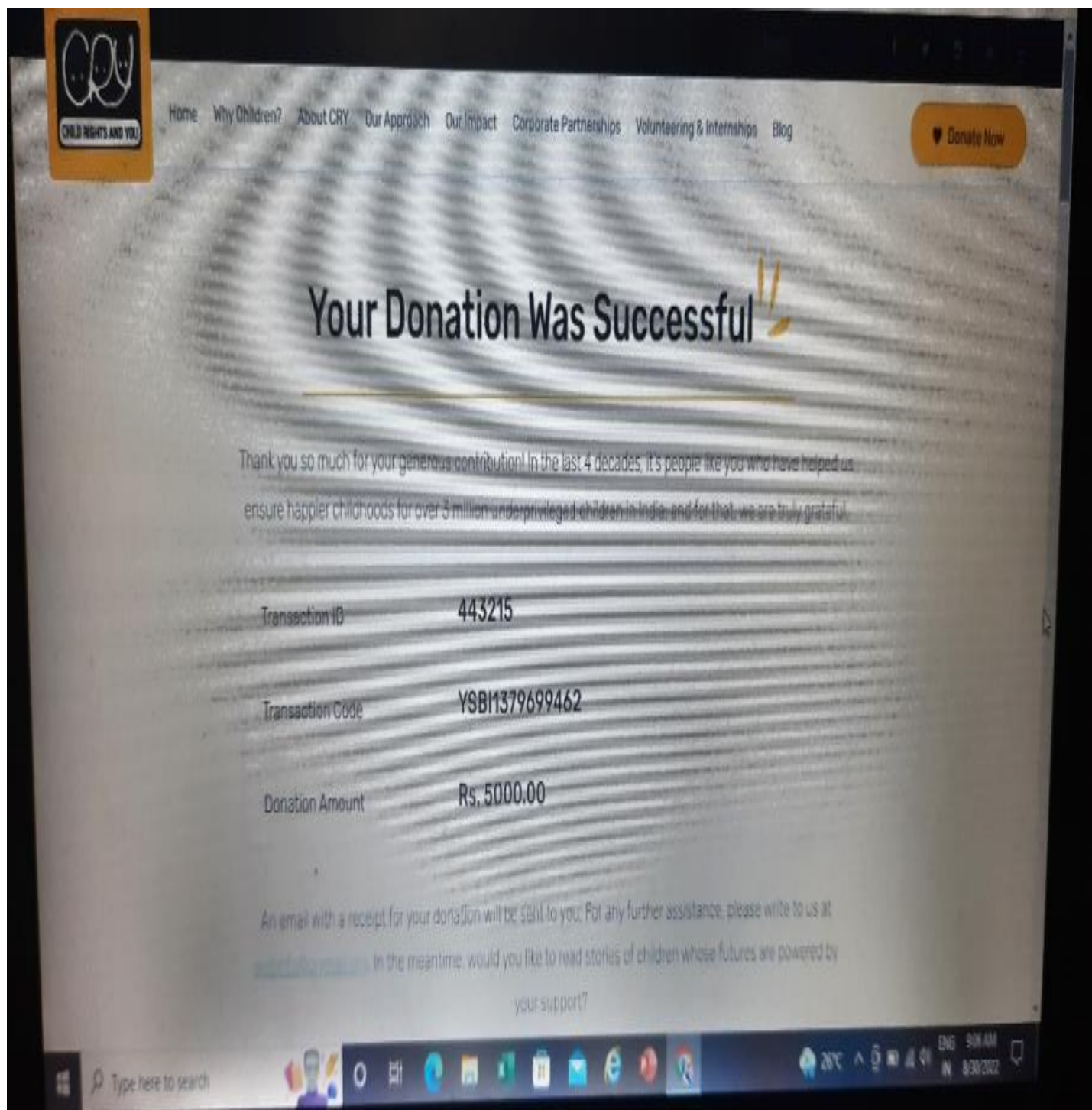
## Social Responsibility

Title	Supporting Children's Education
Organizer	Department of Zoology
Beneficiary	41 Students of the Department of Zoology
Year	2022
Scope	Social Organisation and Children support
Coordinator	Reemy Sara Mathai, Assistant Professor, Mar Thoma College for Women, Perumbavoor
Duration	1 session
Venue	Online
Objective	Generate healthy lifestyle among students
Outcome	Help to raise a social commitment and responsibility among individuals

### **Report**

Department of Zoology organized many programmes as part of social responsibility. About 41 students of Department of Zoology participated in the children support program out of which the most prominent was our extension activity to support children's education by contributing a sum of Rs. 5000 to the NGO CRY. Mrs. Reemy Sara Mathayi, Assistant professor Department of Zoology, Mar Thoma College for Woman Perumbavoor, Served as the program coordinator.





**Screenshot of the Donation made by Mar Thoma College as part of Social Responsibility for Children support programme**



### Participants List

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. Neelima Reji
19. NivyaK.J
20. SumayyaE.A
21. Aiswarya Lakshmi S.
22. Anaswara Suresh
23. Diya S.
24. Fathima ZafrinK.A
25. Lakshmi Lalji
26. Liya Santhosh
27. SreekuttyV.S
28. Abhirami Arun
29. Afina Kasim
30. Ardhra Krishna Kumar
31. Aysha M.A
32. Jewel Joby
33. Maneesha Manoj
34. Nafiya Noor Fathima K.
35. Nazrin Usman



36. Nitha Fathima
37. Rifa Fathima A.J
38. SajanaMoideenkunju
39. SaramolM.A
40. Vismaya K.
41. Reemy Sara Mathai



## Awareness Drive

Title	Eye Banking
Organizer	NSS and Taluk Hospital, Perumbavoor
Beneficiary	100
Year	7-September-2021
Venue	Mar Thoma College, Perumbavoor
Objective	To give awareness about tips to reduce digital eye strain.
Outcome	To provide tips to reduce digital eye strain

On September 7, 2021, a webinar titled " Eye Banking-Tips to Reduce Digital Eye Strain" was organized by the NSS Unit in Mar Thoma College for Women Perumbavoor in association with Taluk Headquarters Hospital Perumbavoor. The webinar aimed to provide participants with practical tips and strategies to minimize eye strain associated with prolonged digital device usage. The session was presented by Smt. Sujatha P V, a senior optometrist from THQH.

The webinar took place virtually on the Google Meet platform from 2:00 pm to 3:00 pm. Participants were able to join the session by accessing the provided meeting link. The event was open to students, faculty members, and the general public, allowing for a diverse audience.

Tips to Reduce Digital Eye Strain: Smt. Sujatha P V shared several practical tips and strategies to minimize digital eye strain, including:

- Implementing the 20-20-20 rule: Every 20 minutes, take a 20-second break and focus on an object 20 feet away.
- Adjusting screen brightness and contrast levels.
- Maintaining an appropriate viewing distance from the screen.
- Using proper lighting and avoiding glare on the screen.



- Blinking regularly to prevent dry eyes.
- Practicing eye exercises and stretching techniques.
- Taking regular breaks from digital devices.
- Following proper ergonomics for posture and positioning.

Towards the end of the webinar, participants had the opportunity to ask questions and seek clarification on specific concerns related to digital eye strain. Smt. Sujatha P V expertly addressed these queries, providing further insights and suggestions.

The webinar on "Tips to Reduce Digital Eye Strain" presented by Smt. Sujatha P V, a senior optometrist from THQH, was a valuable and informative session. The participants gained practical knowledge on minimizing eye strain caused by excessive digital device usage. The event provided a platform for interaction and engagement, allowing individuals to enhance their understanding and take proactive measures to safeguard their eye health in the digital age. The organizers, NSS Unit in Mar Thoma College for Women Perumbavoor and Taluk Headquarters Hospital Perumbavoor, deserve appreciation for their efforts in organizing such a beneficial webinar. A poster was made on tips to remove eye strain was also shared in WhatsApp groups.



## 36th NATIONAL EYE DONATION FORTNIGHT

2021, AUGUST 25 - SEPTEMBER 8

**TALUK HEAD QUARTERS HOSPITAL  
PERUMBAVOOR**

in association with



**MAR THOMA COLLEGE FOR WOMEN  
PERUMBAVOOR  
NSS UNIT NO. 57**



Webinar on

**EYE  
BANKING**

-TIPS TO REDUCE DIGITAL EYE STRAIN

**07-09-2021**



**Google Meet**

**2 PM - 3 PM**

**NATIONAL PROGRAMME FOR CONTROL OF  
BLINDNESS & VISUAL IMPAIRMENT**



### Enlightening Messages



**Dr. Shani M. M.**  
Supdt. THQH Perumbavoor



**Dr. Liji Susan Thomas**



**Sri. Ajith Umayanalloor**  
Optometrist

### *Presentation :*



**Smt. Sujatha P. V.**  
Snr. Optometrist  
THQH Perumbavoor





## TIPS TO REDUCE DIGITAL EYE STRAIN

### **20-20-20 RULE**

*Take a break on every 20 minutes and look at least 20 feet away for 20 seconds.*

### **BLINK FREQUENTLY**

*Blinking helps moisten the eyes and improve comfort by forming a tear film over the eyeball.*

### **MAINTAIN A SAFE DISTANCE FROM THE DEVICE**

*8-10 feet away from television*

*Laptop, Computer 60 to 65 CM*

*Mobile phone 30 to 40 CM*

### **ADJUST THE SCREEN SETTINGS**

*Adjust the text size and contrast for your comfort.*

*Usually black print on white background is the best combination for comfort.*

### **ADJUST THE BRIGHTNESS**

*Brightness of the display and surroundings must be same.*

### **MINIMUM GLARE**

*Proper lighting.*

*Arc blue cut lenses.*

*Upgrade your display.*

### **LIMIT SCREEN TIME**

*It is especially important for children to limit screen time and encourage outdoor activities.*

### **MODIFY YOUR WORK STATION**

*Good posture helps to prevent headache, neck and shoulder pain and back pain.*

### **GET YOUR EYE CHECKED**

*Any underlying visual or ocular problem can exaggerate the digital eye strain.*

### **BLUE LIGHT EXPOSURE**

*Blue light exposure suppresses the production of melatonin, the hormone which is important for the sleep cycle.*

*Thus overtime, prolonged amount of artificial blue light exposure disturbs the sleep pattern.*

### **TEAR FILM**

*Keeps the eye moist.*

*Provides nourishment to cornea.*

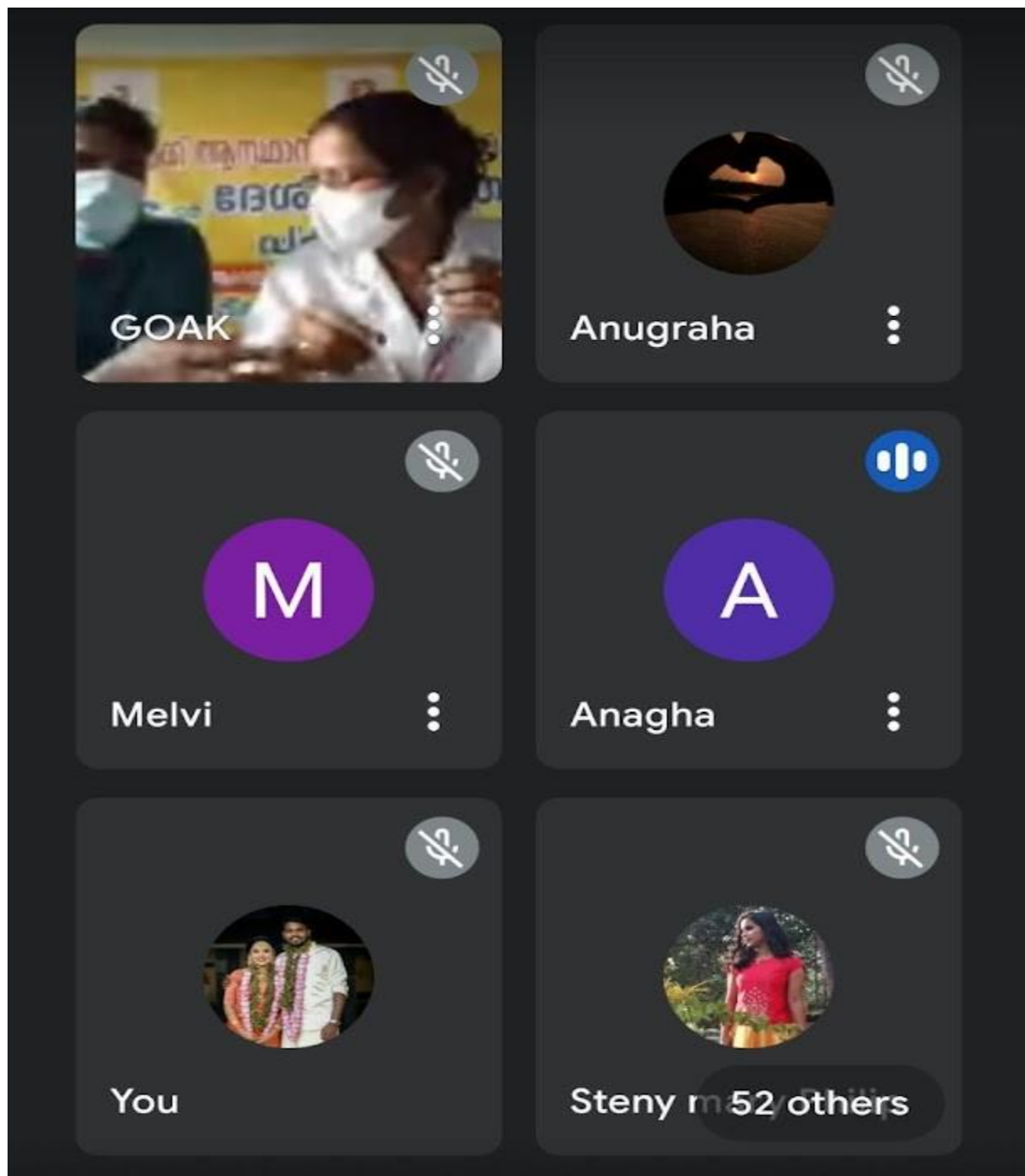
*Washes away noxious irritants.*

*Prevents bacterial infections.*

*Helps the movement of lid over the globe.*







Screen shot of the Webinar on Eye Banking conducted on 7-september 2021



### **List of Participants**

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



12.	Joseena Jose	<a href="mailto:joseenajose19102001@gmail.com">joseenajose19102001@gmail.com</a>	9605768146
13.	Mirsana Salim	<a href="mailto:mirsanasalim2002@gmail.com">mirsanasalim2002@gmail.com</a>	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.	Amala Joshy	amalajoshy266@gmail.com	7034923033
51.	Swathylakshmiravi	<a href="mailto:swathyr03@gmail.com">swathyr03@gmail.com</a>	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	devipriykr128@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	<a href="mailto:sreethuvnair002@gmail.com">sreethuvnair002@gmail.com</a>	8137920991
62.	Keerthi B Nair	<a href="mailto:keerthibaburaj14@gmail.com">keerthibaburaj14@gmail.com</a>	8304079028
63.	Aleena Kochumon	aleenamalayattoor@gmail.com	6238544647
64.	Aleena Benny	<a href="mailto:bennyaleena431@gmail.com">bennyaleena431@gmail.com</a>	9946920489
65.	Aleena Rachel Joy	<a href="mailto:aleenaracheljoy@gmail.com">aleenaracheljoy@gmail.com</a>	8086360176





66.	Amitha Kareem	<a href="mailto:amithariza@gmail.com">amithariza@gmail.com</a>	7902629070
67.	Bhavna.S	<a href="mailto:sureshbhavna07@gmail.com">sureshbhavna07@gmail.com</a>	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	<a href="mailto:shabanaf166@gmail.com">shabanaf166@gmail.com</a>	9747778197
99.	Ansiya Azeez	ansiyashahul989@gmail.com	9037700130
100.	Aishwarya Ashokan	aishwaryaashokan1212@gmail.com	7356819680



# Combined Annual Training Programme

Name of the Programme	Combined Annual Training Programme (CATC)
Associating Partner	22 (K) Battalion , NCC, Eloor
Beneficiary	Cadets from all the institutions of 22(K) Battalion
Year	13-December-2021 to 19-December-2021
Scope	Expose cadets to regimental way of life
Coordinator	Lt.Sangeetha Rachel Koruth
Duration	13 December 2021-19 December 2021
Objective	Practical manifestation of military training
Outcome	Cadets were able to experience the regimental way of life

## **REPORT**

### **NCC CATC 2021 (Combined Annual Training Camp)**

The first CATC camp at the college was held from 13 December 2021 to 19 December 2021. The camp was held for 7 days for 'C' certificate exam candidates and 5 days for 'B' certificate exam candidates. It was conducted under the aegis of 22(K) Battalion, Eloor. Approximately 312 students participated in the CATC Camp. Lt.Col.A. Rajeevan served as Camp Commandant, Maj. K. S. Narayanan served as Camp Adjutant, and Lt. Sangeetha Rachel Koruth served as



Coordinating Officer Cum Instructor. The cadets from around 20 institutions under 22 K and 21 K Battalions participated in the camp. The Associate NCC Officers Lt. Lisha C R, Lt. Akhil J, Lt.Nicy E.P, and Lt. Bindil also participated in the camp.

Camp training is the practical manifestation of institutional training. The basic aim of Camps is to introduce cadets to a regimented way of life and helps in developing camaraderie, team work, leadership qualities, self-confidence, self-reliance and dignity of labour in the cadets. The cadets are exposed to the excitement of camp life where they apply the theoretical knowledge that they had gained in Institutional Training. It is mandatory for Junior Division/ Junior Wing cadets to attend at least one camp and Senior Division/ Senior Wing cadets to attend a minimum of two camps during the period of their enrolment. NCC conducts over 1450 camps annually at an average frequency of more than 100 camps in a month. Each NCC Camp is structured for approximately 400 – 600 cadets with Instructional staff comprising three to four officers and 15-20 Associate NCC Officers (ANOs)/ Permanent Instructors (PI) Staff/ Whole Time Lady Officers (WTLOs)/ Girl Cadet Instructors (GCIs)

Due to covid pandemic the camps were conducted under proper precaution where all the cadets report to the camp at early morning and went back home in the evening. The camp conducted different sessions like map reading, weapon training, drill practice, drill competitions, health and hygiene. The day usually begins with a warm up followed by drill practice for an hour, breakfast, and class sessions. The cadets usually have tea break in between the classes; lunch in the afternoon; snacks in the evening and end up with a combined drill class. During this camp the cadets were taught how to endure, be positive, bearing, uprightness and work in unity. On the first day the cadets had map reading class where the instructors taught about the directions, contours and taught how to handle the compass, defining the parts of liquid prismatic compass etc. On the second day the cadets were taught about weapon training defining the parts of 0.22 Rifle and teaching how to load and unload the rifle as well the position of firing. On the last day the cadets were taught about health and hygiene- precautions to be taken when an injury happens; and also, discussions about various types of common disease were conducted.





**First CATC camp at the Mar Thom college was held from 13 December 2021 to 19 December 2021**











**First CATC camp at the Mar Thom college was held from 13 December 2021 to 19 December 2021**





**First CATC camp at the Mar Thom college was held from 13 December 2021 to 19 December 2021**







**Award presented to Mar Thoma College for Women for the best conduct of CACT Camp,  
December 2021**





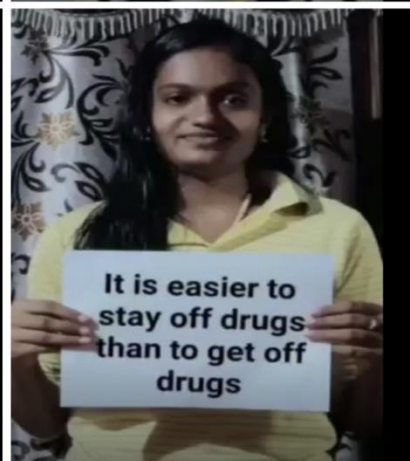
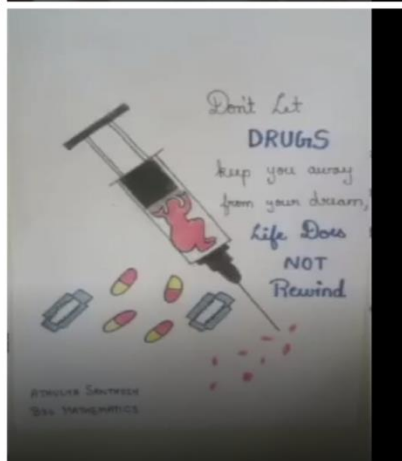
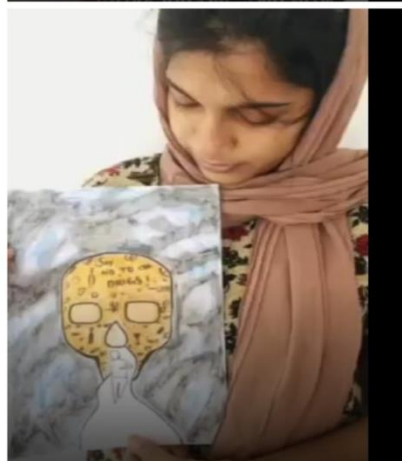
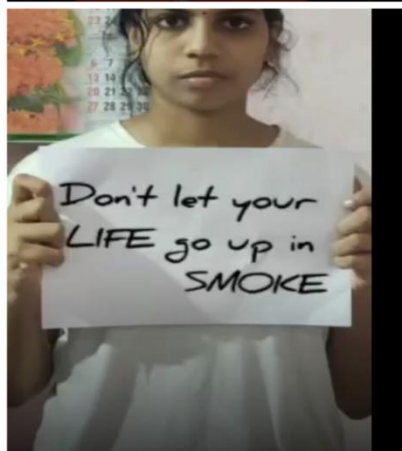
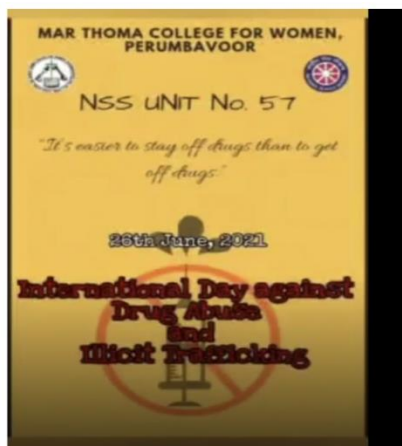
## Anti-Drug Awareness

Title	Anti-Drugs Awareness Video creation
Date	26 June 2021
Objectives	Awareness about drug abuse
Organized by	NSS
Participants	60

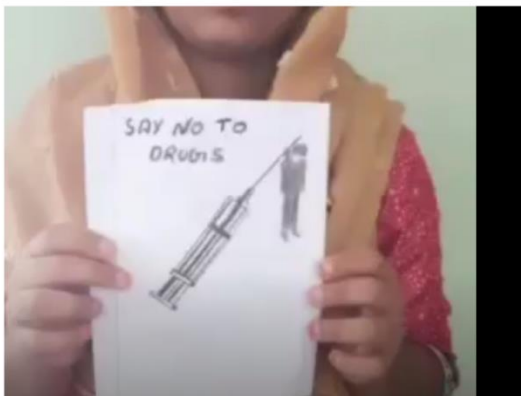
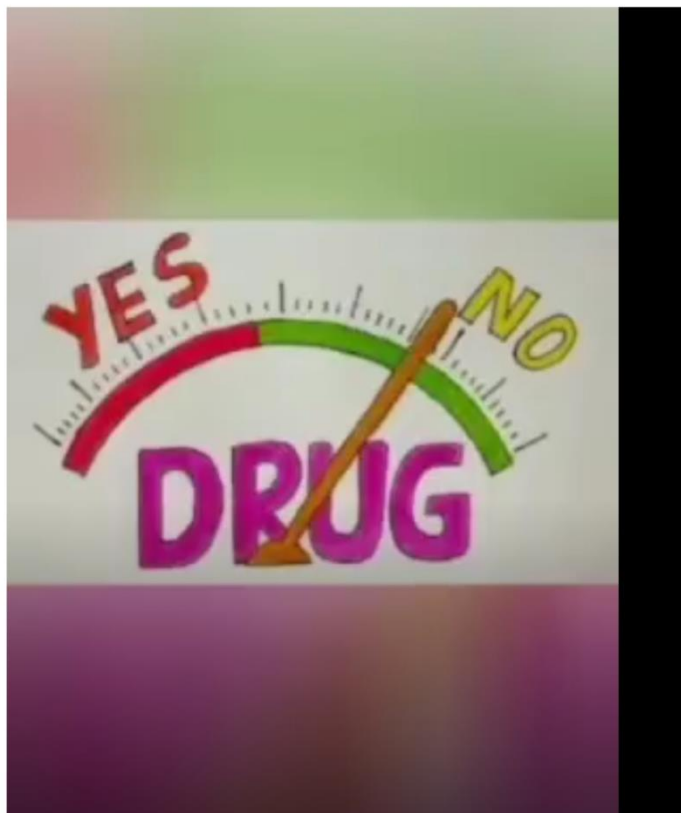
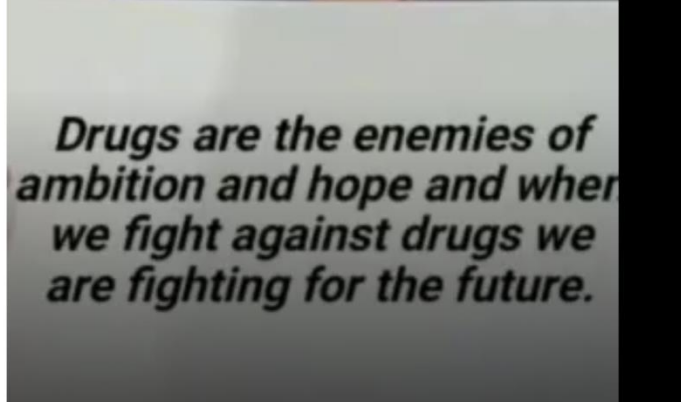
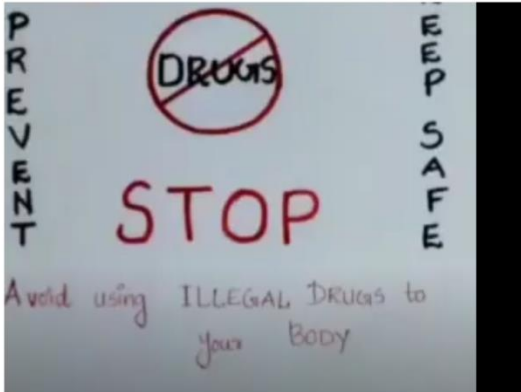
**NSS Volunteers created a short video about the Anti-Drug abuse to aware the people about the dangers of drug abuse and educate the students about consequences of drug use and to promote a drug free and healthy lifestyle among the students.**







Screenshot of the video made by students to aware the people about the dangers of drugs



### **List of Participants**

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



12.	Joseena Jose	<a href="mailto:joseenajose19102001@gmail.com">joseenajose19102001@gmail.com</a>	9605768146
13.	Mirsana Salim	<a href="mailto:mirsanasalim2002@gmail.com">mirsanasalim2002@gmail.com</a>	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.	Amala Joshy	amalajoshy266@gmail.com	7034923033
51.	Swathylakshmiravi	<a href="mailto:swathyr03@gmail.com">swathyr03@gmail.com</a>	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	devipriykr128@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

