



# MAR THOMA COLLEGE FOR WOMEN PERUMBAVOOR

3.4.3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organised in collaboration with industry, community and NGOs) during the last five years



## CRITERION 3

**RESEARCH, INNOVATIONS AND EXTENSION**



# MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR

(Affiliated to Mahatma Gandhi University, Kottayam. Re - Accredited by **NAAC** with 'B+')

Kerala 683 542

0484 2522723

Fax 0484 2520823

E mail : mtcwpbr@yahoo.in

## DECLARATION

This is to certify that the following extension and outreach programmes in collaboration with industry, community, and Non- Government Organizations through NSS/ NCC/ Red Cross/ YRC etc., were conducted in our college during the last five years. This document contains the number of programmes of each year and the list of students benefitted by the extension activities conducted during 2017-2022

### Number of participants & beneficiaries from extension activities conducted by Mar Thoma College for Women, Perumbavoor during 2017 to 2022

Year	2017-18	2018-19	2019-20	2020-21	2021-22
Number of Programmes	6	15	14	9	19
Number of Beneficiaries	360	810	897	751	1356
Percentage of Beneficiaries	96%	98%	97%	95%	98%

SL. NO.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of Beneficiaries
1	Blood donation Camp	NSS	Community Engagement Programme	2017-18	100
2	<i>Jaivom</i> Seven Day Camp	NSS	Camp	2017-18	40
3	<i>"Karunardram 2017"</i>	NSS	Helping the Destitute	2017-18	100
4	Energy Conservation Rally	ECS Dept of Physics	Awareness Drive	2017-18	40

5	Visit to Orphanage	NSS Dept of Zoology	Helping the Destitute	2017-18	40
6	Seedling Distribution	Health club	Social Outreach Programme	2017-18	40
7	Water pollution survey	Dept of Zoology and physics, NSS	Environment Conservation Programme	2018-19	62
8	Flood relief and cleaning activity	NSS	Helping the Destitute	2018-18	40
9	Tree plantation	NSS	Environment Conservation Programme	2018-19	118
10	Steel Bottle distribution- Activity to promote Eco friendly product	NCC	Swachh Bharath Abhiyaan	2018-19	41
11	Awareness Creation on Sensation and Hygiene" <i>Padayatra</i> "	NSS	Swachh Bharath Abhiyan	2018-19	40
12	Employability Enhancement Programme	NSS	Gender Equality and Women Empowerment	2018-19	100
13	Self Employability Trying Program - Learning "Embroidery"	Women Cell	Gender Equality and Women Empowerment	2018-19	26
14	<i>"Sukrutham"</i> Medical Camp	NSS	Community Engagement Programme	2018-19	77
15	Drug Abuse Awareness Campaign	NSS	Community Engagement Programme	2018-19	30
16	<i>"Kuttanaadinu oru Kaithangu"</i>	NSS	Helping the Destitute	2018-19	101
17	Flood Relief Activity Cleaning at Kaanjirakkadu	NSS	Helping the Destitute	2018-19	21
18	Flood Relief Activity –Super chlorination in 60 houses in Vallom	NSS	Helping the Destitute	2018-19	77
19	Flood Relief Donation to CM	IQAC	Helping the	2018-19	30

	Fund		Destitute		
20	Flood cleaning project	NSS	Helping the Destitute	2018-19	40
21	Survey of Biodiversity Loss	Health Club and Koovappady panchayat, Kerala Biodiversity Survey	Environment Conservation Programme	2019-20	7
22	Water Pollution Survey	NCC	Environment Conservation Programme	2019-20	20
23	Cleaning and organic Farming awareness program	NSS	Organic Farming	2019-20	88
24	<b><i>Bathlehem Abhaya Bhavan</i></b> cleaning	NSS	Helping the Destitute	2019-20	88
25	<b><i>Kitchen garden dream project</i></b>	NSS, Dept of Zoology	Organic Farming	2019-20	113
26	Student Solar Ambassador Programme, Govt HSS Kallil	Department of Physics	Energy Conservation Programme	2019-20	93
27	Student Solar Ambassador Programme, Ashram Higher Secondary School, Perumbavoor	Department of Physics	Energy Conservation Programme	2019-20	92
28	Student Solar Ambassador Program - Govt Boys school Perumbavoor	Department of Physics	Energy conservation Programme	2019-20	96
29	PSC Coaching Centre	IQAC	Gender Equality and Women Empowerment	2019-20	30
30	Blood Screening	NSS	Community Engagement	2019-20	98
31	Paper Bag Making Session and Distribution	NCC	Social Outreach Programme	2019-20	13
32	Street play to create awareness on Literacy	NSS	Awareness Drive	2019-20	30

33	Visiting old age home <i>'Daivadhan'</i>	Department of Physics	Helping the Destitute	2019-20	36
34	Mask Making and Distribution Project	NSS	Social Outreach Programme	2019-20	33
35	Flood relief " <i>Oppamund</i> "	NSS	Helping the Destitute	2019-20	100
36	Tilling	NCC	Environment Conservation Programme	2020-21	100
37	Blood Donation camp	NSS, NCC, YRC, Health club	Community Engagement Programme	2020-21	41
38	Mental Health Awareness Webinar for public 1	Health Club	Awareness Drive	2020-21	102
39	Mental Health Awareness Webinar for public-2	Dept of Zoology	Awareness Drive	2020-21	154
40	<i>Lakshya</i> Revision Series 1 - Education support to poor students	NSS & Department of Zoology	Social Outreach Programme	2020-21	40
41	Dental Camp	Zoology and St. Gregorio dental college	Social Outreach Programme	2020-21	100
42	Plastic free drive	NSS	Social Outreach Programme	2020-21	100
43	Mask Making and distribution project	NSS	Social Outreach programme	2020-21	35
44	Issues and challenges in Cyber Security	NSS	Community Engagement	2020-21	79
45	Energy conservation campaign and rally	NSS &Departme nt of physics	Energy conservation Programme	2021-22	49
46	Pre -Diabetic Screening and Homeopathy Intervention	NSS	Social outreach Programme	2021-22	100
47	Pre -Diabetic Screening	NSS	Outreach	2021-22	100

			Programme		
48	Blood Donation camp	NSS, NCC, YRC, Health club	Community Engagement Programme	2021-22	100
49	Anemia Campaign Activity	NSS	Awareness Drive	2021-22	91
50	<b>Anti Drug "Kaikorkkam Lahari kkedire"</b>	NSS	Awareness Drive	2021-22	89
51	<b>Lakshya</b> - Revision Series 2- Education support to poor higher secondary students	NSS & Department of Zoology	Social Outreach Programme	2021-22	40
52	Distribution of composte bin - " <b>Kaikott</b> "	NSS	Outreach Programme	2021-22	40
53	Fit India Freedom	NCC	Awareness Drive	2021-22	120
54	Pre Diabetic Screening - Blood screening	NSS	Social Outreach Program	2021-22	40
55	Gender sensitisation Campaign 1 - Gender Sensitisation Campaign	NSS	Gender sensitisation Campaign	2021-22	40
56	Inter Unit Sports Shooting Championship Camp	NCC	Community Engagemet	2021-22	56
57	<b>"Haritham"</b> organic Farming	NSS	Promoting Green Initiatives	2020-21	100
58	Anti Drug Awareness	NSS lahahri vimukti club	Awareness drive	2020-21	50
59	Support children education	Department of Zoology	Social Responsibility	2021-22	41
60	Eye Banking	NSS	Awareness drive	2021-22	100
61	Combined annual Training Programme	NCC	Compained Annual Training	2021-22	100
62	Anti-Drug video Creation	NSS	Awareness Drive	2021-22	60



*S. J. V. V.*

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