

MAR THOMA COLLEGE FOR WOMEN, PERUMBAYOOR



EXTENSION AND OUTREACH PROGRAMMES DURING
2017 TO 2022

Extension & Outreach Programmes

Awareness Drive

Community Engagement

Energy Conservation

Helping the Destitute

Environment Conservation

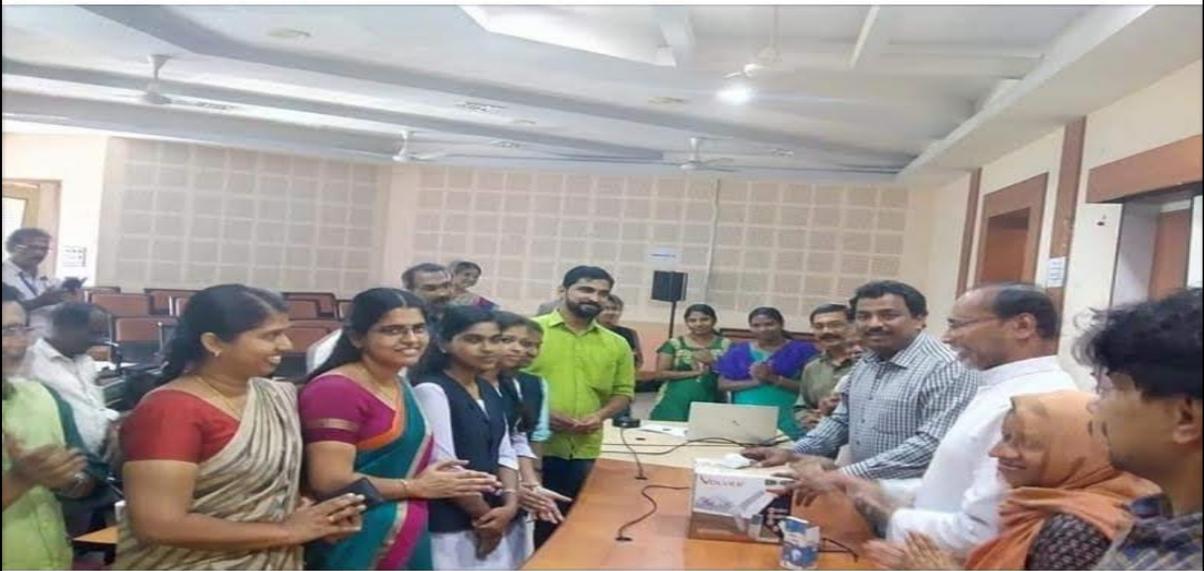
HANDED OVER 100 LED BULBS TO TRISSUR DISTRICT COLLECTOR



Thrissur District Collector

2 നംദിനേഴ്സ് · Facebook for Android · 🌐

ഇന്ന് പെരുമ്പാവൂർ മാർത്തോമാ വിമൻസ് കോളേജിലെ കുട്ടികൾ വന്ന് കാണുകയുണ്ടായി. അവരുടെ ഫിസിക്സ് ഡിപ്പാർട്ട്മെന്റ് നിർമ്മിച്ച അഞ്ഞൂറോളം എൽ ഇ ഡി ബൾബുകൾ പ്രളയ പുനരധിവാസത്തിനായി നൽകുകയുണ്ടായി. വളരെ നല്ലൊരു ഉദ്യമമാണ് എനർജി സേവിങ്ങിനായി വിദ്യാർത്ഥികളും മറ്റു സംഘടനകളും നടത്തുന്ന ഇത്തരം പ്രവർത്തികൾ. ഇത് അഭിനന്ദനാർഹമാണ്. മാർത്തോമാ കോളേജിലെ ഫിസിക്സ് ഡിപ്പാർട്ട്മെന്റിനും ഇതുമായി ബന്ധപ്പെട്ട എല്ലാ അധ്യാപകർക്കും ഒരുപാട് നന്മകൾ നേരുന്നു.





The students of Dept. of Physics made LED bulbs and handed over 100 LED bulbs to **Trissur District Collector** to distribute among the flood affected areas of Wayanad, in an Inter-Agency Group Meeting at Trissur Collectorate. The bulbs were made by the students of the department. The bulbs are also distributed in college and hostel.



The Vocational Educational Training Program on LED bulb making conducted by the teachers of the Physics Department during the 2017-2018 academic year was a successful endeavour. The program provided valuable hands-on experience to the nearby students, enhancing their practical skills, knowledge, and environmental awareness. The initiative fostered a positive learning environment and encouraged active engagement among the students.



TRAINING PROGRAM ON LED BULB MAKING

SKY WATCH PROGRAMME





The Department of Physics, in association with the Academy of Physics Teachers Kerala, organized a captivating Sky Watch Programme on 2nd March 2019. This event was conducted as part of the National Science Day celebrations, aiming to promote scientific curiosity and enhance public understanding of astronomy.

National Science Day Celebrations 2019

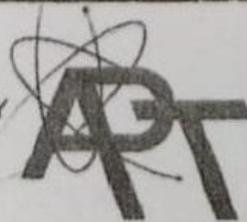
NSD 2K19

MARCH 1 - 2, 2019
ORGANIZED BY



DEPARTMENT OF PHYSICS
MAR THOMA COLLEGE FOR WOMEN,
PERUMBAVOOR

SUPPORTED BY



ACADEMY OF
PHYSICS
TEACHERS KERALA

2018-19

Venue : Conference Hall

Date : March 1-2 , 2019

01-03-2019

Morning Session

10 am : Inauguration

10:30 am : Talk by Dr. Lissy Cherian

Principal,

Marthoma College for Women

Perumbavoor

11:00 am : Poster Designing Competition

Evening Session

Sky Watch Programme

Resource Person : Dr. Shaji. N

Former Principal

T. M. Jacob Memorial College

Manimalakkunnu

6:00 pm to 8:00 pm

Sky Watch

Programme

02-03-2019

Morning Session

4:00 am to 6:00 am

Sky Watch

Programme



"I am the master of my failure... If I never fail how will I ever learn."

STUDENT SOLAR AMBASSADOR WORKSHOP

VOCATIONAL EDUCATIONAL TRAINING PROGRAMME STUDENT SOLAR AMBASSADOR PROGRAM



“Student Solar Ambassador Workshop” has been organized by the department in association with IIT, Mumbai and Energy Conservation Society as part of Gandhi global yathra. Training on Solar lamp assembling has been given to all the students of our de



**SOLAR AMBASSADOR PROGRAM ORGANISED IN
GOV.HIGHER SECONDARY SCHOOL KALLIL ON 30-10-2019**



SOLAR AMBASSADOR PROGRAM ORGANISED IN ASRAM HIGHER SECONDARY SCHOOL ,PERUMBAVOOR ON 30-10-2019



SOLAR AMBASSADOR PROGRAM ORGANISED IN GOVT BOYS SCHOOL SECONDARY ON 30-10-2019



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EMT GO GREEN (2019-20)

പ്രസംഗിച്ചു. മുഖ്യ രക്ഷാധികാരി സി.എ.മുസ മുഹലവി പ്രാർത്ഥനയ്ക്ക് നേതൃത്വം നൽകി.

ഇന്ന്. വൈകിട്ട് 5ന് കുർബാന, പ്രസംഗം, പ്രസുദേതി വാഴ്ച, പ്രദക്ഷിണം.



പെരുമ്പാവൂർ മാർത്തോമ്മാ വനിതാ കോളജിൽ ഫിസിക്കൽ വിഭാഗത്തിന്റെ നേതൃത്വത്തിൽ നടത്തുന്ന ഗോ ഗ്രീൻ ഇഎംടി 2019 പരിശീലന പരിപാടി എം.ജി സർവകലാശാല വൈസ്ചാൻസലർ ഡോ. സാബു തോമസ് ഉദ്ഘാടനം ചെയ്യുന്നു.

‘ഗോ ഗ്രീൻ ഇഎംടി 2019’ പരിശീലന പരിപാടി

പെരുമ്പാവൂർ • മാർത്തോമ്മാ വനിതാ കോളജിൽ ഫിസിക്കൽ വിഭാഗത്തിന്റെ നേതൃത്വത്തിൽ കേരള സ്റ്റേറ്റ് കൗൺസിൽ ഫോർ സയൻസ് എൻവയോൺമെന്റ് ആൻഡ് ടെക്നോളജി ‘ഗോ ഗ്രീൻ ഇഎംടി 2019’ പരിശീലന പരിപാടി തുടങ്ങി.

എം.ജി സർവകലാശാല വൈസ്ചാൻസലർ ഡോ.സാബു തോമസ് ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ ഡോ. ജിജി ജോർജ് അധ്യ

ക്ഷത വഹിച്ചു. ഡോ. പി.അനൂപമ, ചൈതന്യ എൽസ അച്ചൻകുഞ്ഞ്, ഡോ. പൗലോസ് തോമസ് എന്നിവർ പ്രസംഗിച്ചു.

കുടുംകുടും ന്യൂക്ലിയർ പവർ പ്ലാന്റ് സയന്റിഫിക് ഓഫീസർ എ.വി. സനീഷ് ക്ലാസെടുത്തു.

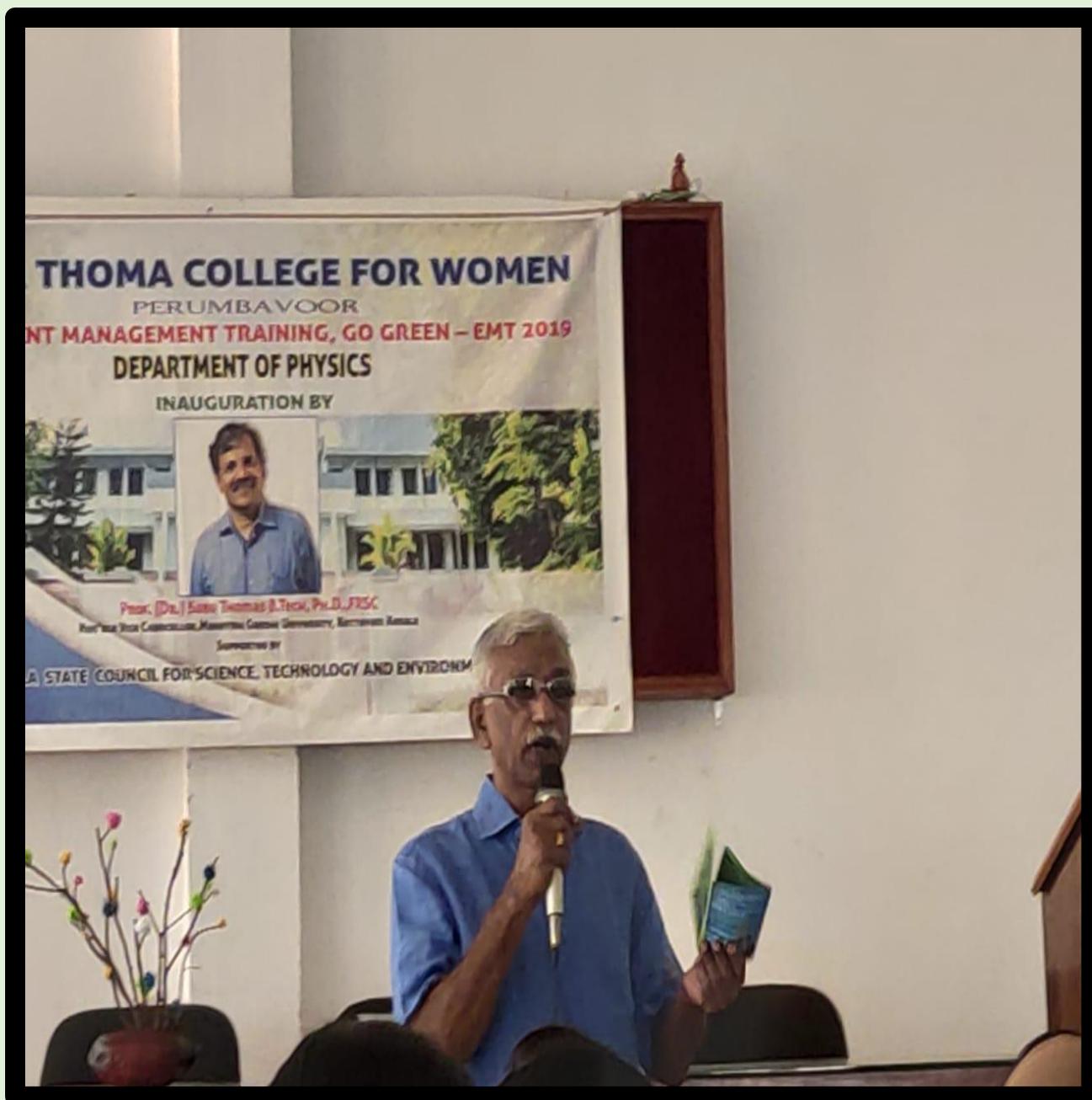
ബേബി കുര്യാക്കോസ്, ഡോ. കെ.സോമൻ, അലക്സാണ്ടർ എന്നിവർ 4 ദിവസം നീളുന്ന പരിശീലന പരിപാടിയിൽ ക്ലാസെടുക്കും.



“. As a part of GO GREEN Environment Management Training 2019, organized by Department of physics; Mar Thoma College for women, sponsored by Kerala State Council for Science Technology and Environment(KSCSTE), several sessions were taken on the topic. The Training programme lasted for four days and it was inaugurated by **Prof. Dr. Sabu Thomas, Hon’ble Vice Chancellor of Mahatma Gandhi University, Kottayam** on 11 January 2020.



On 11 January 2020, Mr. Santhosh A. Managing Director, Athul Energy Consultants Pvt.Ltd took the third session on “Waste Classification-How to Implement it”? Our waste is our responsibility. He effectively took class on management and disposal of waste and what we can do attain a clean and green environment. He spoke about the 3 R’s - Reuse, Reduce, Recycle and also introduced the importance of 4th R – Refuse. He encouraged us to use jute and paper bags and also to refuse taking plastic bags in domestic activities.



Mr. Alexander K.P Rtd. Farm Manager, Always Settlement handled the Hands-on training session on “Household Waste Management”. The session included student involvement in disposing the household waste. Taking inspiration from his talk we introduced pipe composting in our college premises. He also taught about Hybrid Waste Management System which uses Black fly.



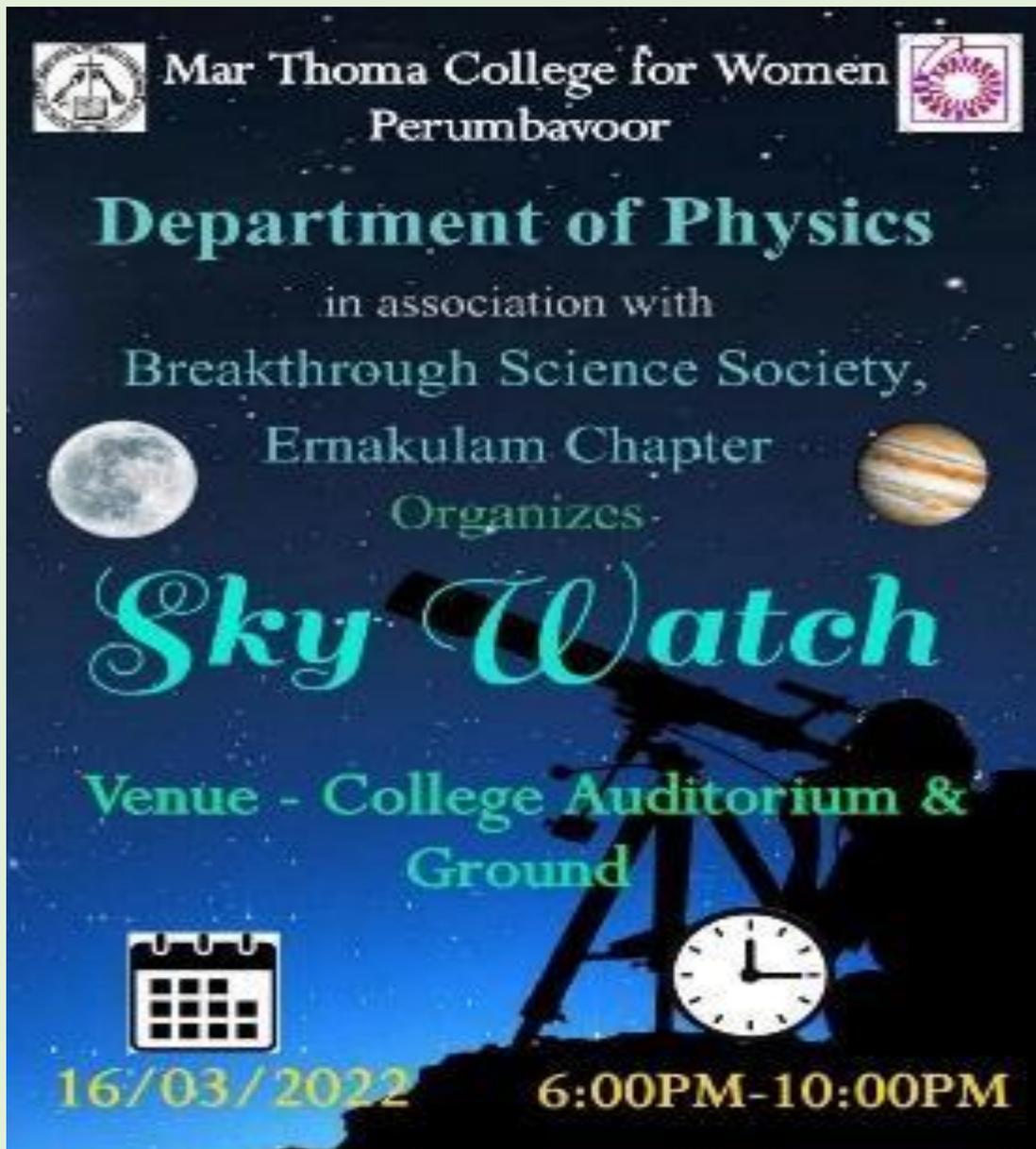
On 14 January 2020, Internal Faculty Dr. Rajani Jacob took the last session on “Thin Film Solar Cells” in which she discussed about three generations of solar cells and explained about the detailed characteristics and improvisations to make solar cells efficient. A Hands-on session on LED Bulb Making was also lead by her.



LED BULB MAKING TRAINING PROGRAMME

SKY WATCHPROGRAMME

(2021- 2022)



Mar Thoma College for Women
Perumbavoor

Department of Physics
in association with
Breakthrough Science Society,
Ernakulam Chapter
Organizes

Sky Watch

Venue - College Auditorium &
Ground

16/03/2022 6:00PM-10:00PM

The poster features a dark blue background with a starry sky. At the top, there are two logos: a circular emblem on the left and a square emblem on the right. The text is centered and uses various fonts and colors (white, teal, yellow). A silhouette of a telescope on a tripod is visible in the lower right, with a clock face integrated into its base. The date and time are displayed in yellow at the bottom.



On 16 March 2022 a **sky watch** programme has been arranged in our college and many students, teachers and neighbours with their families attended the programme. The programme was conducted in association with **Breakthrough Science Society, Ernakulam chapter** who arranged a telescope to watch the close view of Moon and other celestial bodies and arranged a very enthusiastic interactive session with students.



MOBILE PHONE DISTRIBUTION



During the Covid-19 pandemic in 2020-2021, students and teachers of the Department of Physics distributed two mobile phones to the needy students of Asram Higher Secondary School, Perumbavoor in order to attend their online classes.

OLD AGE HOME VISIT







As a part of Christmas celebration, the teachers and students of Physics department had visited “Deivadan”, an old age home, Malayattoor on 20 December 2017 and has given a contribution of Rs. 5500/-, that has been collected through LED star making. We celebrated Christmas with the inmates of Abhayabhavan in 2018. Students presented various dance and musical programmes. The Abhayabhavan inmates also presented their different abilities and it was a memorable experience. We celebrated Christmas at Old Age Home, Deivadan, Malayattoor on 18 December 2019. The entire staff and students celebrated Christmas with them as last years on that day.

KERALA FLOOD RELIEF



FLOOD RELIEF CAMPAIGN





DONATING BOOKS AND LEARNING AIDS TO POOR CHILDREN IN ASHRAM SCHOOL DURING FLOOD



COLLECTION DRIVE DURING FLOOD



FLOOD RELIEF COLLECTION DRIVE



FLOOD RELIEF COLLECTION DRIVE



FLOOD RELIEF COLLECTION DRIVE



FLOOD RELIEF CLEANING ACTIVITY



Department of Physics had organized widespread flood relief activities during 2018-19. Our final year students had actively participated in **cleaning program of flood affected houses**, organized by the college. To university flood relief fund, teachers and students had collectively contributed Rs 5250/-. Besides, the department had distributed bags, pens and books worth Rs 5000/- to flood affected students in the **Ashramam School**. Teachers and students had also contributed groceries to **NSS flood relief campaign**.

GREEN CAMPUS CAMPAIGN





PAPER PEN STAND MAKING



PAPER RECYCLING



PAPER BOX MAKING



PAPER BOW MAKING



PAPER BAG MAKING



PAPER BAG DISTRIBUTED TO NEARBY SHOPS



PAPER PEN

For promoting **Green Campus Campaign** of college, we motivated the students to use steel water bottles instead of plastic water bottles. Students of the department provide day to day necessities to the plants already planted in the campus. Department avoided all types of flex boards, disposable plastic plates and glasses from department initiated programmes.



STUDENTS INTERACTING AND LEARNING ORGANIC RICE FARMING TECHNIQUES FROM EXPERTS



IN JULY 2017, THE NATIONAL SERVICE SCHEME (NSS) UNIT OF MAR THOMA COLLEGE, PERUMBAVOOR, ORGANIZED A CHARITABLE EVENT CALLED "KARUNADRAM 2017."

BLOOD DONATION CAMP





Blood donation camp was organised by Mar Thoma College during 2018,2020.2022.

ORGANIC FARMING INITIATIVES





NSS unit of Mar Thoma College for Women, Perumbavoor and the Department of Zoology organized a Kitchen Garden Project for 37 students. The project was coordinated by Ms. Preethy Sara Joseph and Dr Vinod V, Assistant Professor from the college. The beneficiaries were provided with tools, pots and seeds to start their own kitchen gardens at their homes. The aim of project was to promote organic kitchen gardening as an effective means of healthy living and environmental conservation.

ANTI - DRUG AWARENESS



ANTIDRUG AWARENESS DRIVE BY NCC CADETS AT PERUMBAVOOR TOWN



**MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR
NCC UNIT
22 (K) BN., NCC, ELOOR**



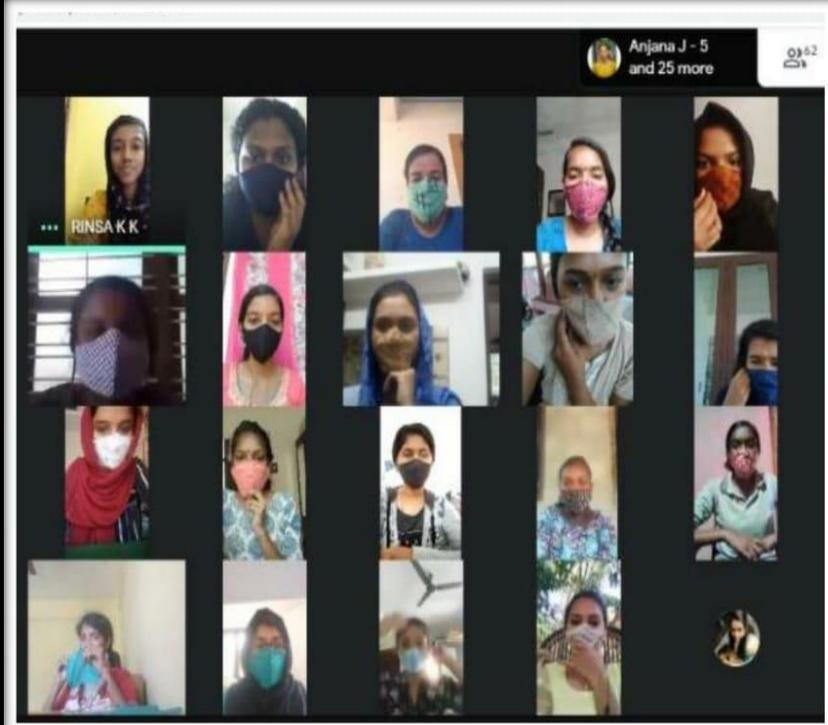
**INTERNATIONAL DAY AGAINST
DRUG ABUSE AND ILLICIT
TRAFFICKING**



Anti Drug street play conducted by NCC Cadets in Perumbavoor town to create awareness to the local community..

MASK AND SANITISER MAKING





MASK AND SANITISER MAKING BY STUDENTS FOR DISTRIBUTING TO POOR



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



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



**DISTRIBUTING THE COMPOST BINS TO PEOPLE IN NEIGHBOURHOOD COMMUNITY
AFTER THE LECTURES AND DEMONSTRATIONS ON COMPOSTING ON 28 DECEMBER
2021**

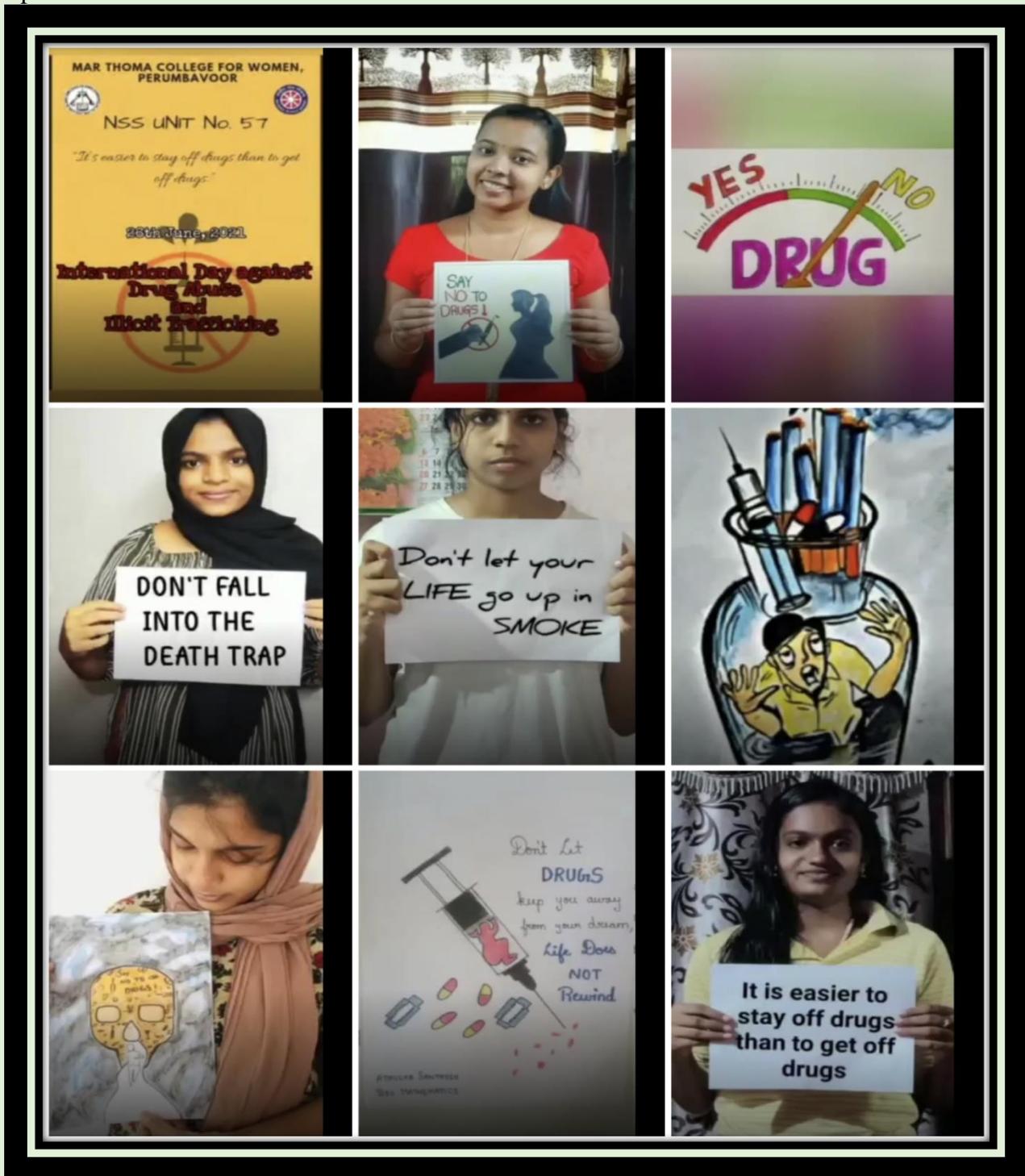


ANEMIA CAMPAIGN BY THE STUDENTS OF MAR THOMA COLLEGE FOR WOMEN,PERUMBAVOOR ON 12 JUNE 2021.STUDENTS PRESENTING THE CHARTS PREPARED TO GIVE AWARENESS ABOUT THE BEST DIET PLANS TO FIGHT ANEMIA



RAPID LOSS SURVEY

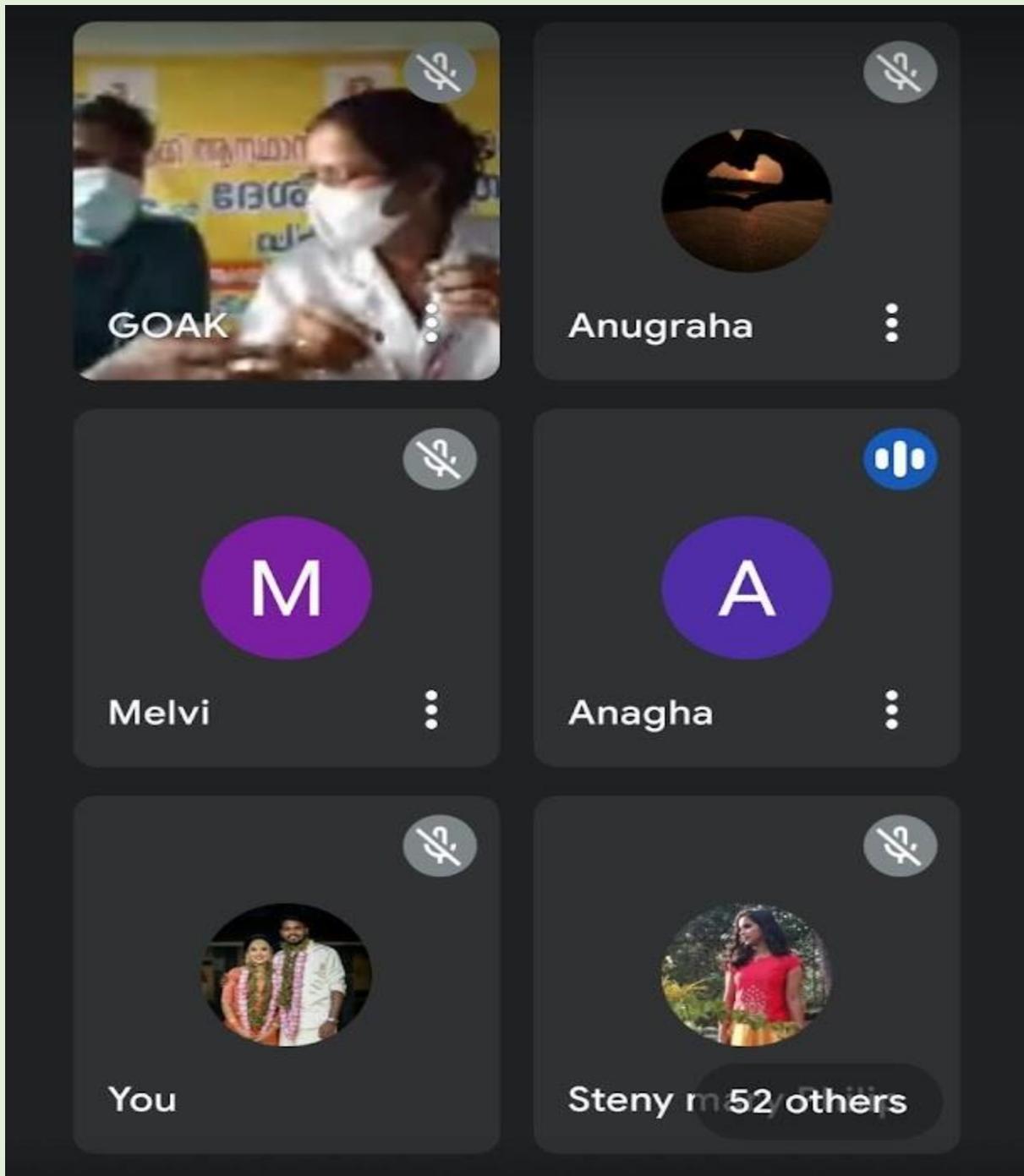
rapi



SCREENSHOT OF THE VIDEO MADE BY STUDENTS TO AWARE THE PEOPLE ABOUT THE DANGERS OF DRUGS



“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



SCREEN SHOT OF THE WEBINAR ON EYE BANKING CONDUCTED ON 7-SEPTEMBER 2021



ENERGY CONSERVATION CAMPAIGN INAUGURATED BY HONORABLE MLA ADV.ELDOSE KUNNAPILLY ON 10 DECEMBER 2021 AT 10 AM



AWARD PRESENTED TO MAR THOMA COLLEGE FOR WOMEN FOR THE BEST CONDUCT OF INTER GROUP SHOOTING COMPETITION IN MARCH 2022



ENERGY CONSERVATION CAMPAIGN RALLY ON DECEMBER 10, 2021, IN COMMEMORATION OF ENERGY CONSERVATION DAY AIMED TO RAISE AWARENESS ABOUT THE IMPORTANCE OF ENERGY CONSERVATION



KITCHEN GARDEN MADE BY STUDENTS



NSS VOLUNTEERS CLEANING BETHLEHEM ABHAYA BHAVAN ON 6 SEPTEMBER 2019



Blood donation camp



Jaivom Seven Days Camp



Energy Conservation Rally



Children orphanage visit - Balika mandir



Flood relief and cleaning



Seedling Distribution

Figure 1: Karivepu distribution

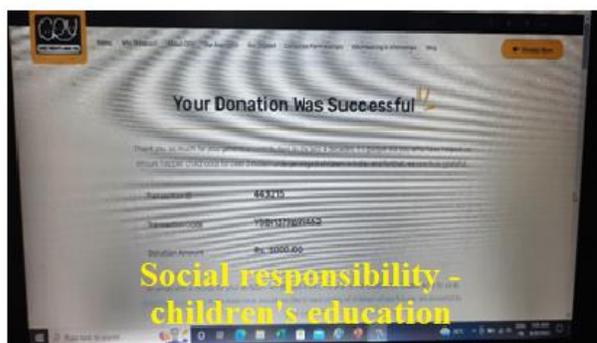




Self Employability Training Program - Learning "Embroidery"



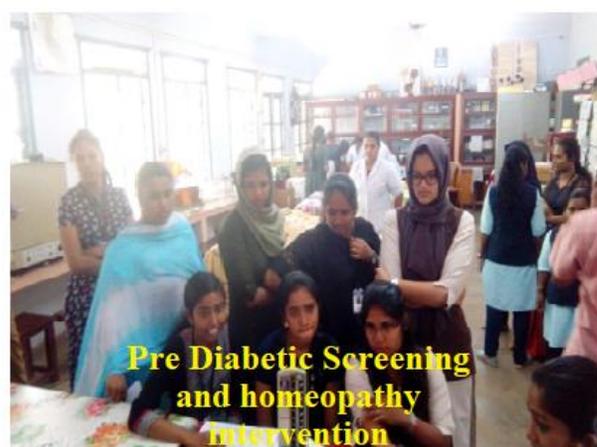
Screening Blood Samples



Social responsibility - children's education



Sukrutham Medical camp



Pre Diabetic Screening and homeopathy intervention



Drug Abuse Awareness Campaign



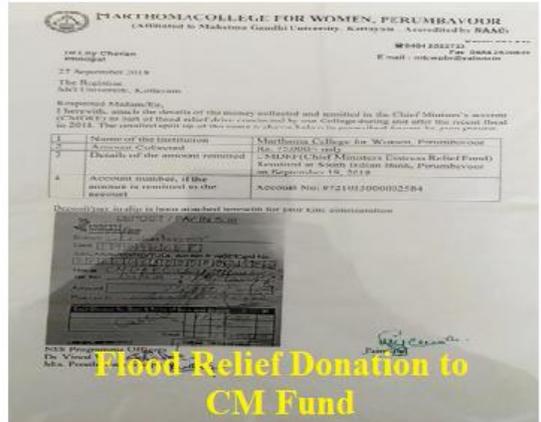
**Flood Relief activity
- "Kuttanaadinu oru
Kaithaangu"**



**Flood Relief Activity
Cleaning at
Kaanjirakkadu**



**Flood Relief Activity -
Superchlorination in 60
houses in Vallom**



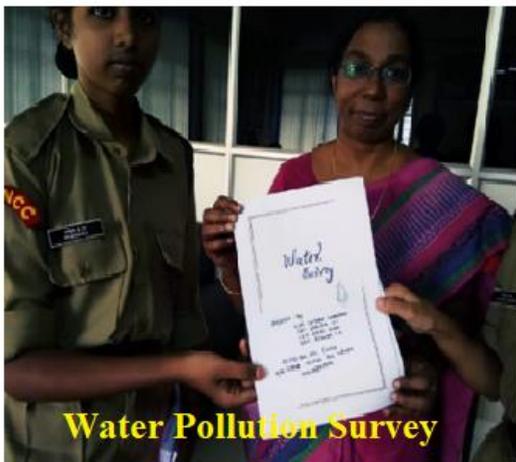
**Flood Relief Donation to
CM Fund**



Flood cleaning project



**Flood Relief Services
"Oppamund"**





MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR

STUDENT SOLAR AMBASSADOR PROGRAMME
In association with
IIT Mumbai and ECE

Outreach Programme
at

GOVT BOYS HIGHER SECONDARY SCHOOL,
PERUMBAVOOR

Date:
29/12/2019

**Student Solar Ambassador
Programme, Govt Boys
Higher Secondary School,
Perumbavoor**



Mrs. Amathul Wardha
Resource Person

Welcome note

Moderator

Vote of thanks

Change your mind, change your life:
Coping up with the 'girl-stress'

**Mental Health Awareness
Webinar for public-1**

Resource person, Mrs. Sangeeta Ant
Prof., Dept. of Economics, NSS Ottavolim

Welcome note
Mrs. Anu K. Mathew

Moderator

Voice of Thanks
Mrs. Pooja Das

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

**Mental Health Awareness
Webinar for public-2**





Lakshya Revision Series 1 - Education support to poor students



Dental Camp



Energy conservation rally



Perumbavoor, Kerala, India
4F9Q+MHF, Perumbavoor - Kuruppampady Rd, Perumbavoor, Kerala
683542, India
Lat: 10.32042°
Long: 76.53977°
01/07/22 10:30 AM
Blood donation camp



Anemia Campaign



Lakshya- Revision Series 2- Education support to poor higher secondary students





Anti-Drug Campaign



**Anti-Drugs Jeevitham
Thanne Lahari**



Waste disposal



FIT INDIA FREEDOM



Pre- Diabetics Screening



**Distribution of Compost
Bin**



Distribution of food packets



Inter Unit Sports Shooting Championship Camp



Seedling Distribution



Pre-Diabetics Blood Screening

