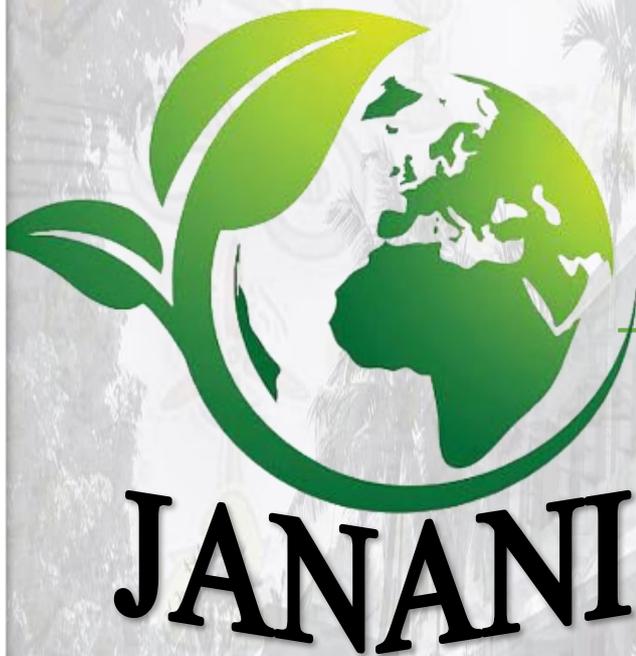


Best Practice - I



HARITHAPADAM

VIDYAVANAM

CHAITHANYA SAVERI

PRASHUDHI



Towards a Greener Horizon

Janani – A step Towards a Greener Horizon: The environmental conservation activities of the college have been operated in strict accordance with the Sustainable Development Goals and rapidly changing climatic conditions. The College has its own unique programmes in the name of *Harithapadam, Vidyavanam, Chaithanya Saveri* and *Prashudhi*.

Objectives:

- To generate awareness among the college community regarding the importance of leaving the beauty, bliss & bounty of nature to the future generations.
- To establish environmental footprints in all their operations.
- To equip the students to act as the ambassadors for ecological preservation and conservation

Context:

Today, the human race is currently undergoing the threat of a triple planetary crisis -that are climate change, biodiversity loss & pollution. These intertwined challenges are harming the well-being & survival of millions of people around the world and jeopardizing the sustainable development goals. We need urgent & determined action from everyone & everywhere to preserve the ecosystem.

The Sustainable Development Goals adopted by the UN addressed this grave issue & aimed at improving the planet and the quality of human life around the world. **Mahatma Gandhi University** also carries on the momentum generated by United Nations Organization's Sustainable Development Goals with several ambitious projects, initiatives and programmes. In the area of curriculum with a view to generate environmental consciousness among the students, a compulsory course has been added into all courses within the University Departments and affiliated colleges. From 2017 onwards, degree courses of our college are strictly following the newly added curriculum and each departments having a course on environmental history, ecology, environment and human rights. Apart from this, to enrich the curriculum numerous action-oriented programmes were organised to equip the younger generations to be the vanguards of protecting our planet and ecology. At this juncture special mention to be made regarding the novel initiative "**Jaivam2017**", where the NSS volunteers of the Mar Thoma College for Women actively took part. **Jaivam** 2017, a massive organic farming campaign, acted as an eye opener to the crucial challenges prevailing in Kerala's agricultural sector and to adopt organic practices to enrich the soil and preserve the environment for generations to come.

At this juncture, The Mar Thoma college for women moves forward to lead by example to establish environmental footprints in all their operations. The authorities of this institution internalised the concept of being with nature, and felt that it allows the students to tune into the infinite wisdom of their highest self. This self-knowledge will move them into the uncharted dimensions of their personal power.

Practice:

With an intention to promote sustainable life, Mar Thoma College for Women puts forth several measures to protect our ecosystem. We have introduced various programmes under different heads such as *Harithapadam, VidyaVanam, Chaitanya Saveri and Prashudhi*.

- Well curated plants in rows along the boundary; most of which are perineal have grown as mature trees; and many of which were planted way back in 1990's. Over 200 trees of various species spread round the 10-acre campus. The emphasis here is on floral diversity rather than monoculture. Our floral diversity bouquet has over 250 varieties of plants & trees.
- In collaboration with Kerala Forest Department, Mar Thoma college has branched out a mini forest initiative by name "*VidhyaVanam*". It hosts a great variety of plant species & herbs from many lands, representing all world regions. Educative signposts are erected there with QR code to help the users discover new plants in a fun & visual way.
- With an intention to promote local vegetation & farming, **the college hostel premises is surrounded with organic & local vegetables** such as tapioca, jackfruit, plantain, guava etc. These organic fresh vegetables are being cooked & served to our college community. It is an assurance of the quality of the organic produce, as it is devoid of any additives or fertilizers.
- Green symbolizes growth, prosperity & auspiciousness. In connection with the birth centenary celebrations of late Dr. Philipose Mar Chrysostom Mar Thoma Valiya Metropolitan Thirumeni, Mar Thoma college took an ingenious **step by planting 100 saplings on the campus in 2017**. Students were then given proper guidance & encouragement to nurture the plants by maintaining, watering and weeding etc.
- Our institution advances water stewardship and works to improve water security in our direct operations. **Water recharging facility** is made functional and it acts as a reservoir for the rain water collected from the campus catchment area.
- "If you have butterflies around, it means that biodiversity in the area is healthy & cheerful". Keeping this in mind our campus has initiated a **butterfly garden in collaboration with Kerala Forest Research Institute**. This garden helps students in understanding butterfly biology through observing various stages of a butterfly's development, their habits and habitat. Saplings of leafy as well as flower bearing plants had been planted to welcome the guests.
- In order to promote eco-friendly campus by reducing carbon dioxide emissions, we are promoting the use of cycles as an alternative to other means of transportation. As part of World Bicycle Day observance on June 3, the department of Zoology organized a cycle slow race competition. Our college has bicycles of its own to promote recreation and reduce the carbon footprints.
- To encourage a positive sustainable impact on our environment, the entire college community has introduced "*ChaitanyaSaveri*" to conserve energy and has switched over to LED lighting; apart from that students are given proper training on making LED bulbs, solar lamps etc. Moreover, the educative nameboards regarding the conservation of energy has been placed in the college campus.

- Mar Thoma college for women takes immense pride in its initiatives to provide ample opportunities for students to understand finer nuances of ecological diversities. With this regard, we have conducted "*Ecosystem Walk*" to nearby *Iringole* sacred grove so as to equip our students to enhance their learning and visualize the floral & faunal diversity of the preserved area in our vicinity.
- Encourage different cells & clubs to work with the local community, public and private sector organizations to improve the local environment & promote sustainable development.
- We introduced "*Prashudhi*" to ensure measures for minimizing and managing proper disposal of all forms of waste. For proper waste management, our institution introduced *Vermicomposting* on campus since it is easy to handle at low cost.
- We follow green protocol on a strict basis at all occasions.
- Encourage different cells and clubs to work with the local community, public and private sector organizations to improve the local environment and promote sustainable development.
- The college has a proper sewage system to divert the liquid waste to the waste pits.

Evidence of Success

We ensure measures for minimizing and managing proper disposal of all forms of waste. The use of solar panels enables us to save electricity and get rid of huge electricity bills just by utilizing the natural energy resources

The methods to improve energy efficiency facilitate immense opportunities to share solutions that drive sustainability & help the community to decrease the environmental impacts of their energy use.

By undertaking all these steps, each and every member of the institution can internalize that small actions when taken regularly can transform the ecosystem in a better way and thereby can feel themselves as champions to support their colleagues and friends in addressing global ecological issues.

Problems Encountered

It is important that the youth of the world should awaken and come to this urgent realization, for the sake of our future. In this context the major problem we encountered is the lack of student's involvement.

Lack of sufficient funds to maintain that greenery.

Unexpected vagaries of nature and climate change is posing a major hurdle to maintain greenery on the campus.



HARITHAPADAM



Environment Week Celebrations

HARITHAPADAM

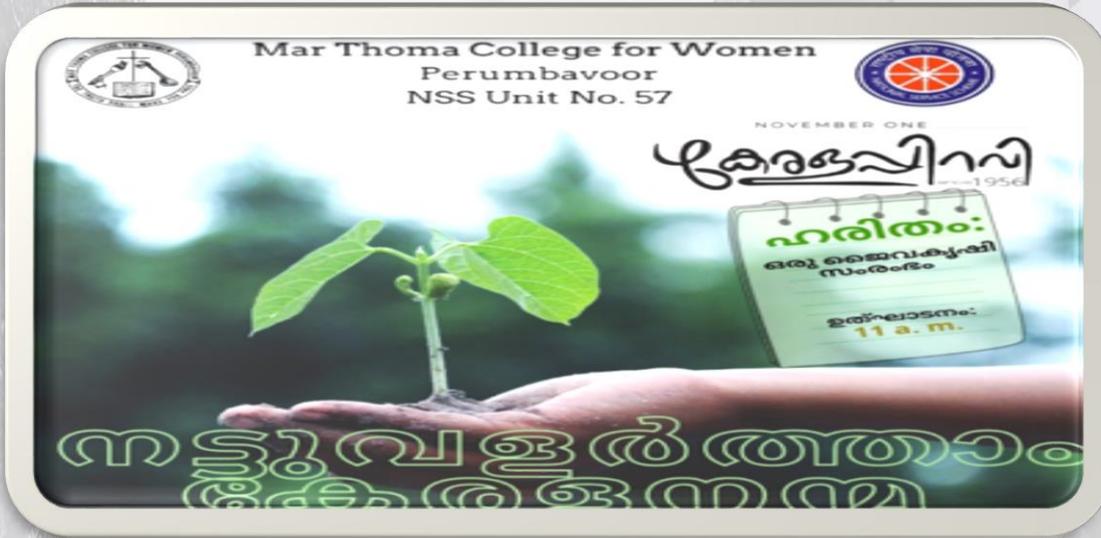


Ground Water Recharge Facility near College Canteen

HARITHPADAM



Campus Cleaning Drive



HARITHAMPADAM

Haritham-Inauguration of Organic Farming in the College Campus

HARITHAPADAM



Cleaning Activities of the Flood affected areas of Perumbavoor Municipality

HARITHAPADAM

Name of Camper & Enrolment No.				
01	SANDHYA M.S	KL 05-057-17-030		
02	SANDRA SURESH	KL 05-057-17-031		
03	SILBA K SAST	KL 05-057-18-029		
04	SILBA DAILY	KL 05-057-17-117		
05	SOJA MATHAI	KL 05-057-17-043		
06	SISIRA RADAN	KL 05-057-16-087		
07	SEELAKRISHNI RAVI	KL 05-057-17-079		
08	SHERIN K. RASU	KL 05-057-16-028		
09	SURYA K.R	KL 05-057-17-081		
10	SHAHABANATH AN	KL 05-057-16-056		
11	D.M. PAUSINIA	KL 05-057-16-104		
12	THANZBERA K.K.D	KL 05-057-16-103		
13	THAYYIRA JINANA	KL 05-057-16-089	M.K	
14	VARSHA M VIDAY	KL 05-057-17-106		
15	VISMAYA M.K	KL 05-057-17-084		
16	VARSHA D.V	KL 05-057-16-090		
17	HARITHA A.K	KL 05-057-16-008		
18	JOMAL JOY	KL 05-057-16-032		
19	NAYANA ASORAN	KL 05-057-16-038		
20	SHANEY SANDOSH	KL 05-057-16-020		

Name of Camper & Enrolment No.					
01	MARIA THOMAS	KL 05-057-17-013			
02	TRIDIA VARGHESE	KL 05-057-17-012			
03	MUMENA M.M	KL 05-057-17-024			
04	NEERU T.V	KL 05-057-17-022			
05	NEHA SARASADAN	KL 05-057-16-083			
06	NISHNA K.K	KL 05-057-16-026			
07	NEERASA KRISHNANRUPY	KL 05-057-16-024			
08	NAVYATH UM	KL 05-057-16-023			
09	KVIA SANKHOSH	KL 05-057-16-021			
10	REYANI M.A	KL 05-057-16-020			
11	KADANA A.A	KL 05-057-16-014			
12	KATHINA M	KL 05-057-16-012			
13	RESHMA SASI	KL 05-057-16-010			
14	RAHMAN T.A	KL 05-057-16-009			
15	RENYA SANTHOSH	KL 05-057-16-008			
16	R. MEENAKSHI	KL 05-057-16-007			
17	ROSE JOHN	KL 05-057-16-006			
18	ROSEMOI M SONNY	KL 05-057-16-005			
19	SARA	KL 05-057-16-004			
20	SARINA	KL 05-057-16-003			
21	SARINA	KL 05-057-16-002			

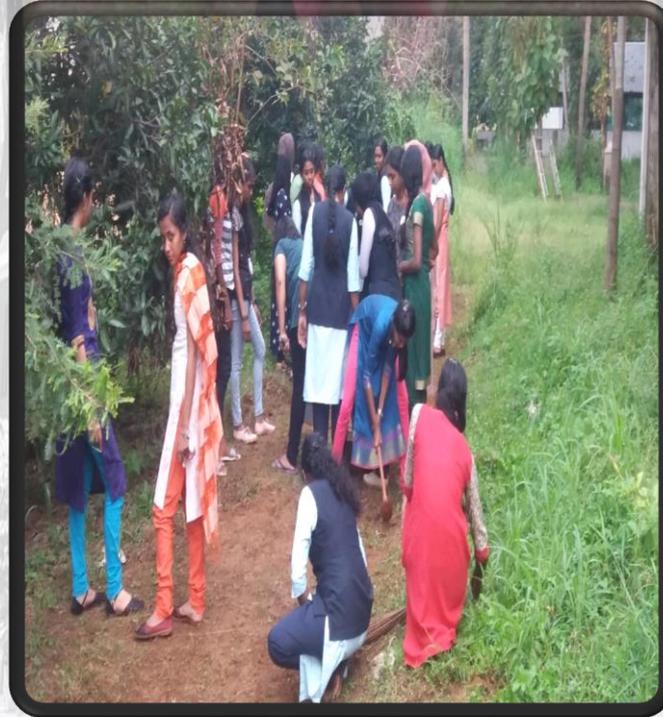
Name of Camper & Enrolment No.						
1	ARYA M KARINA	KL 05-057-17-041				
2	AKSHAYA SUNDARAN	KL 05-057-16-001				
3	ALESHYA ABRAMAN	KL 05-057-16-001				
4	AKSHARA SAIJU	KL 05-057-17-041				
5	ANITA JOSE	KL 05-057-16-029				
6	ANITA ROSE JOY	KL 05-057-16-028				
7	ANIL C SASTRI	KL 05-057-16-027				
8	ANIMU BABU	KL 05-057-16-022				
9	AMERA RAJSEED	KL 05-057-16-021				
10	ANASOYA KRISHNAN	KL 05-057-16-020				
11	ANASUA ANIL	KL 05-057-16-014				
12	ANU C SASTRI	KL 05-057-16-013				
13	ANUSHA MARINA SALLI	KL 05-057-16-012				
14	ANVITA SARDU	KL 05-057-16-010				
15	ANVITA SIDI	KL 05-057-16-009				
16	ANNA SADI	KL 05-057-16-008				
17	ANNA THARINATHAN	KL 05-057-16-007				
18	ANUSHA S.K	KL 05-057-16-006				
19	ANUSHA S.K	KL 05-057-16-005				
20	ANUSHA SASTRI	KL 05-057-16-004				

List of our Student Volunteers who participated in the Paddy Cultivation Programme



Biodiversity Loss Survey of nearby areas after floods

HARITHAPADAM

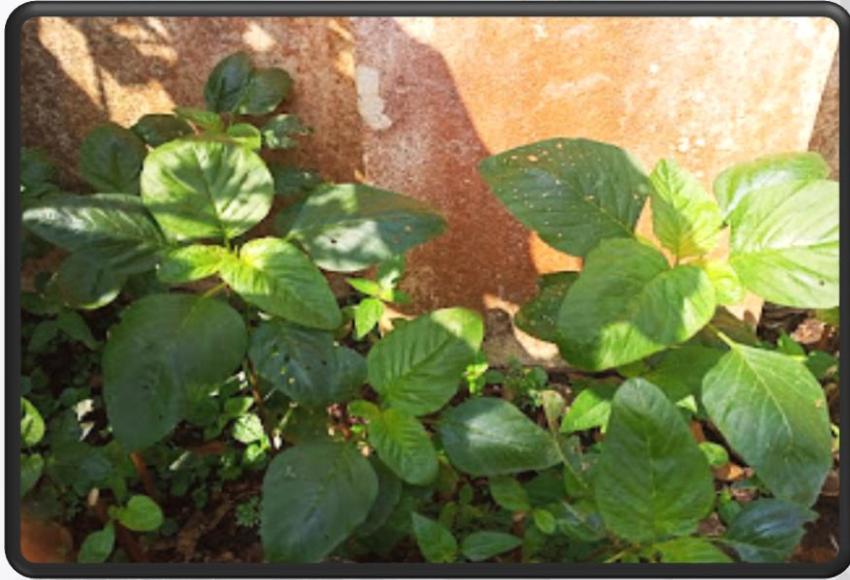


Environment conservation Programme-College Campus



Interaction of our Students with Organic Farmer and Activist

HARITHAPADAM



Organic Farming- Kitchen Garden



Organic Farming- Kitchen Garden

HARITHAPADAM

HARITHAPADAMI



**Mar Thoma College for Women
Perumbavoor**

Department of English
Invited Lecture
on
**Introduction to
Environmental Humanities**

Resource Person:

Dr. Raghul V. Rajan

Assistant Professor in English
Aligarh Muslim University Malapuram Center



10: 30 a. m.



Conference Hall

Lecture on Environmental Humanities

Mar Thoma College for Women

Perumbavoor

English Association

presents

***International Tigers
Day***

Events

*Compering :Amitha kareem
Prayer : Megha Elsa Biju
Welcome : Sruthy Suresh
Thought : Aleena Benny
About the day : Sruthy Suresh
Quiz : Megha Elsa Biju
Find him : Aleena Benny
Thanks : Sona Jabbar*

**Date : July 29
Time : 3 :30 pm
Platform: Google Meet**

HARITHAPADAM

International Tigers Day Celebration

**Mar Thoma College For Women
Perumbavoor**

*English Association
Presents*

World Ozone Day Celebration

16 SEPT 2021

- Prayer - Thasny A. A.
- Ozone Day Speech - Sumayya P. S.
Alia Basheer , Thansy A. A.
- Ozone Day Pledge - Anjana M. A.
- Recitation - Steny Mary Philip
- Quiz - Alia Basheer
- Vote Of Thanks - Sumayya P. S.
- Compering - Parvathy V. S.

2:30 p.m.



Google Meet



World Ozone Day Celebrations



World Environment Day Celebrations-Paper Craft Making

HARITHAPADAM

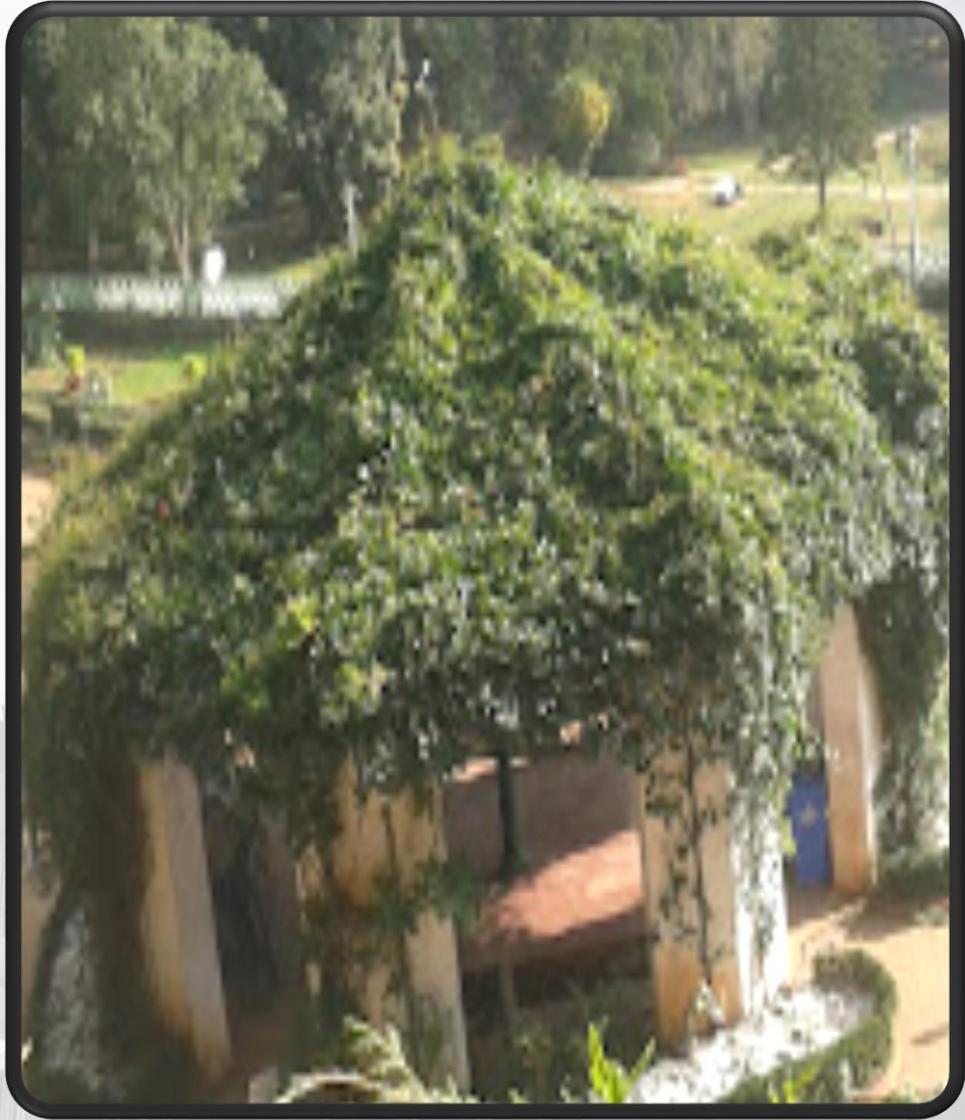


Planting Saplings in the Campus as a part of World Environment Day

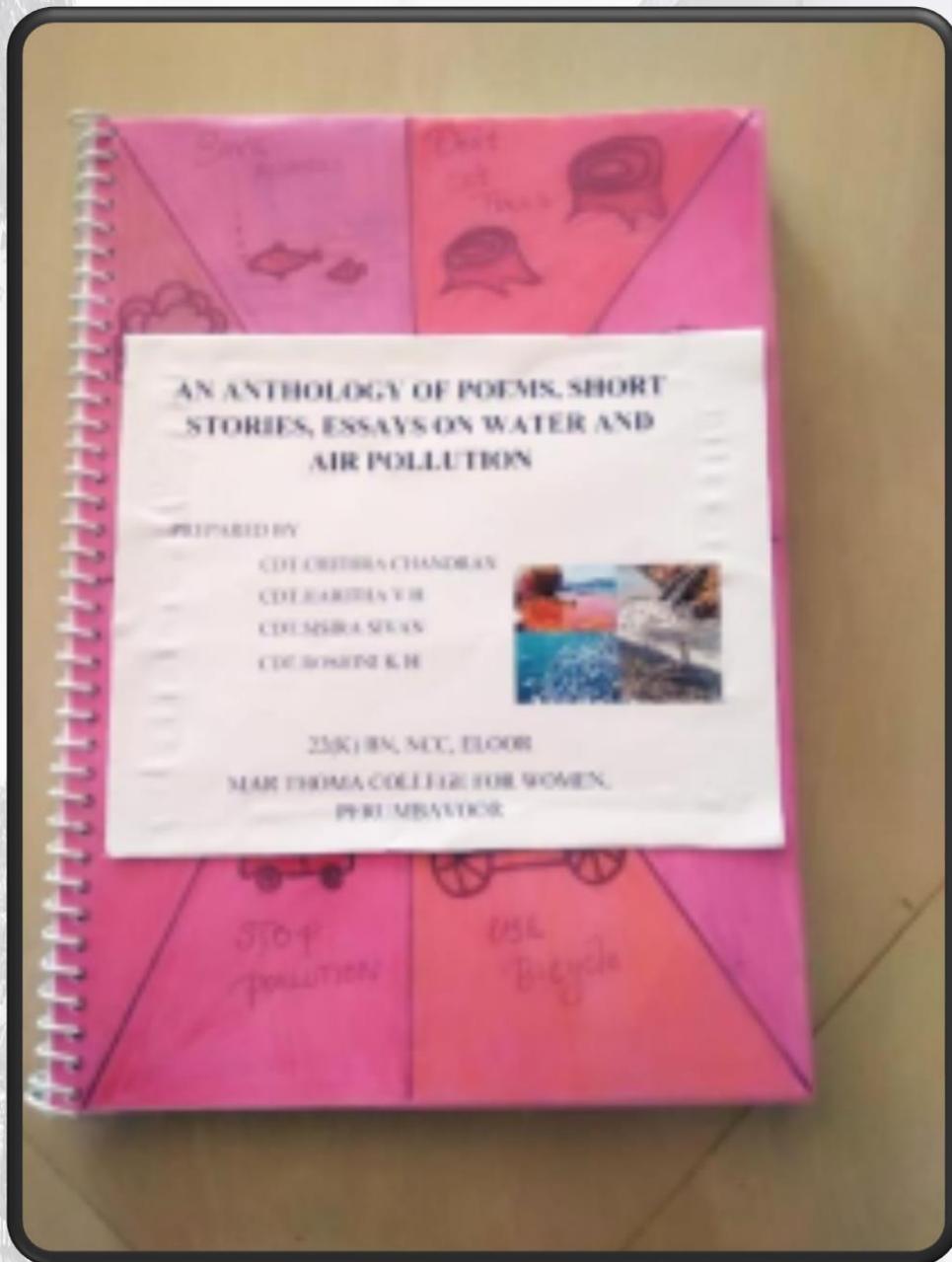


Staffs having electric vehicle

HARITHARPADAM



Botanical Garden Visit



HARITHAPADAM

Collection of Poems and Short Stories on Water and Air Pollution by our Students

HARITHAPADAM

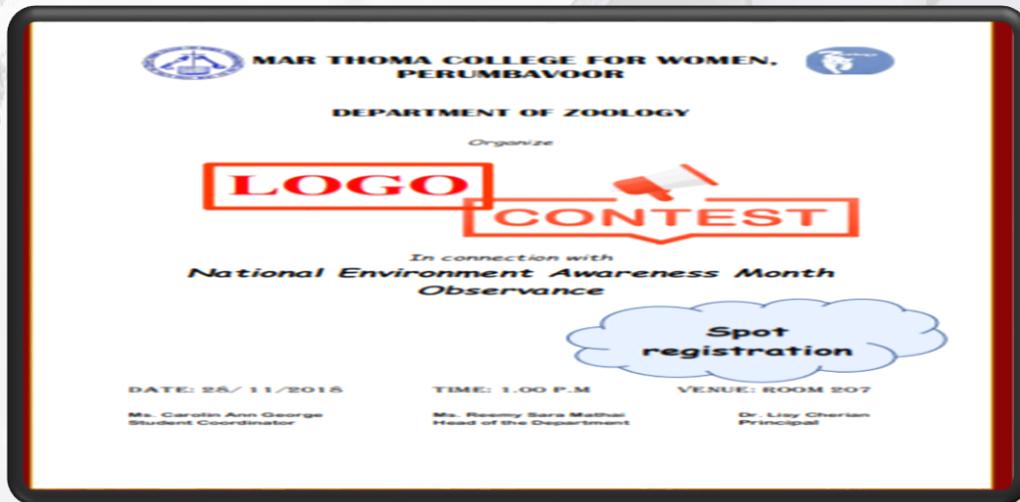


Veetil Oru Kariveppu-Distributing Sweet Neem Leaves to nearby Households



HARITTHAPADAM

Pomological Station Visit, Connor by our students



Environmental Month Observance-Logo Contest

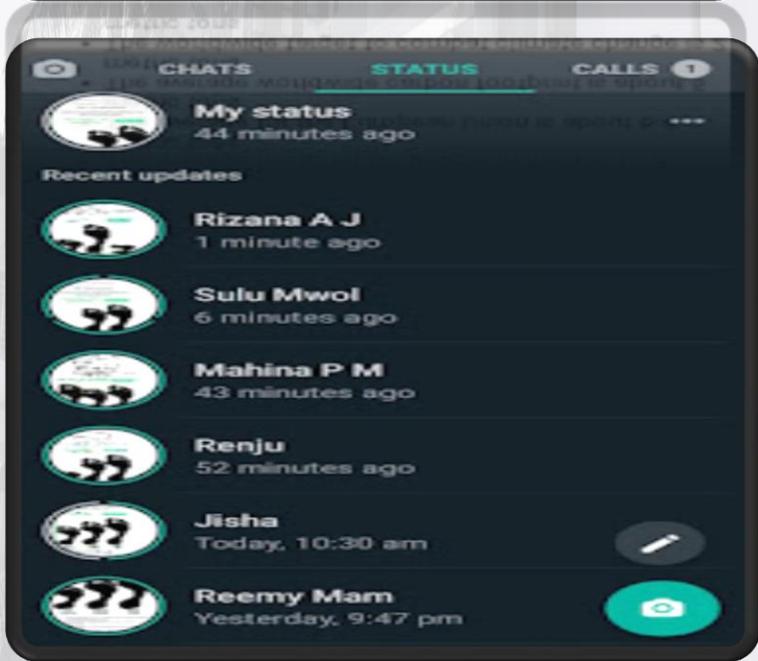
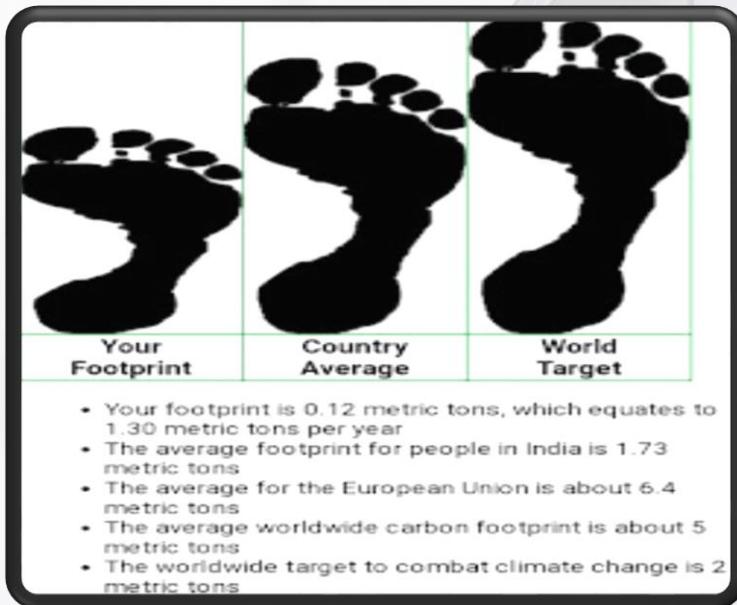


Environmental Month Observance

HARITHAPADAM



Environmental Oath Taking Ceremony



Environmental Day Celebration-Mapping Carbon Footprint

MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR
COLLEGE UNION AND DEPARTMENT OF ZOOLOGY
In collaboration with
SOCIAL FORESTRY DIVISION
KERALA FORESTS AND WILDLIFE DEPARTMENT

Earth's Music for Us
A Webinar on
Bird Conservation

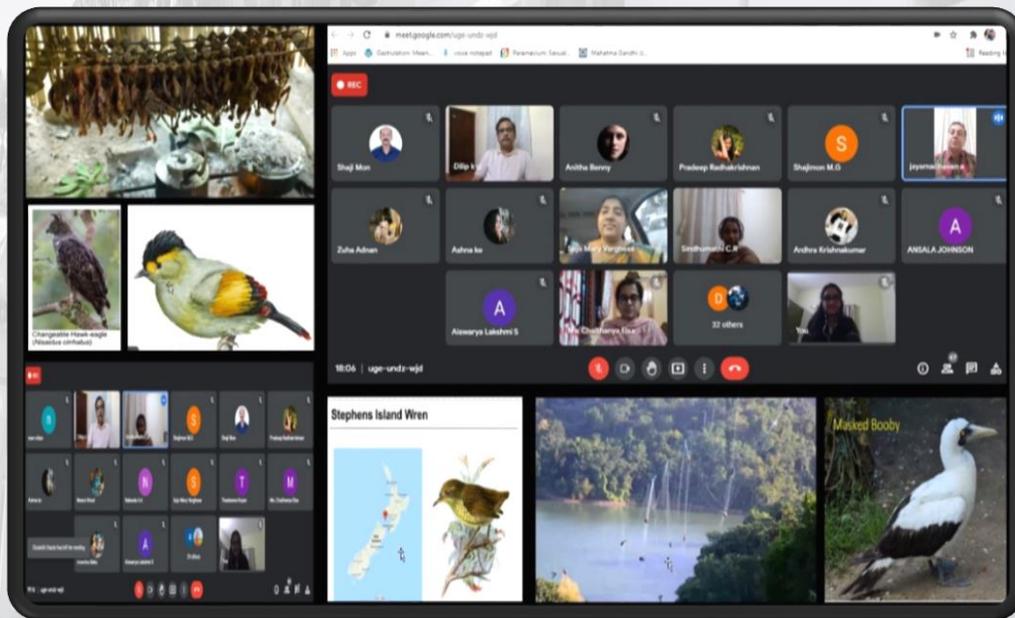
Oct 5, 2021 **6 PM**

 **Dr. Dilip K.G**
 Retired Professor
 Department of Sociology,
 Sree Sankaracharya University, Kalady
 CNHS Naturalist




 <https://meet.google.com/uge-undz-wjd>

Dr. Sujo Mary Varghese (Principal)	Programme Coordinators:	Mr. A. Jayamadhavan (ACF) Mr. Vinod K.S (Section Forest Officer)	Ms. Chaithanya Elsa Achankunju (College Union Staff Advisor) Ms. Reemy Sara Mathai (HoD, Department of Zoology)
--	--------------------------------	---	--



The screenshot displays a Google Meet session titled 'uge-undz-wjd'. The interface includes a 'REC' indicator, a grid of participant thumbnails, and a presentation slide. The slide features images of birds, including a 'Changpari Masked Eagle (Pteropus melanotis)', a 'Stephens Island Wren' with a map of India, and a 'Masked Booby'.

Webinar on Bird Conservation



Inauguration of Butterfly Garden near College Canteen



Students maintaining Butterfly Garden

VIDYAVANAMI



Inauguration of “Vidyavanam” project near NCC firing range in association with Kerala Forest Department

Planting saplings on the birth centenary celebrations of late Dr. Philipose Mar Chrysostom Mar Thoma Valiya Metropolitan *Thirumeni*



Planting of Saplings



CHAITANYA SAVERI

Student Solar Ambassador Workshop

നാലായണൻ നമ്പൂതിരി നിർവഹിക്കുന്നു

ഊർജസംരക്ഷണ ബോധവൽക്കരണ റാലി



പെരുമ്പാവൂർ മാർത്തോമ വനിതാ കോളേജിന്റെയും മൂവാറ്റുപുഴ സോഫിന്റെയും ആഭിമുഖ്യത്തിൽ പെരുമ്പാവൂർ ടൗണിൽ നടത്തിയ ഊർജസംരക്ഷണ ബോധവൽക്കരണ റാലി എൽദോസ് കുറുപ്പിള്ളി എം.എൽ.എ. ഫ്ലാഗ് ഓഫ് ചെയ്യുന്നു.

പെരുമ്പാവൂർ ▶ ദേശീയ ഊർജസംരക്ഷണ ദിനാചരണത്തിന്റെ ഭാഗമായി പെരുമ്പാവൂർ ടൗണിൽ ഊർജസംരക്ഷണ ബോധവൽക്കരണ റാലി സംഘടിപ്പിച്ചു.

പെരുമ്പാവൂർ മാർത്തോമ വനിതാ കോളേജിന്റെയും മൂവാറ്റുപുഴ സോഫിന്റെയും ആഭിമുഖ്യത്തിൽ തിരുവനന്തപുരം എനർജി മാനേജ്മെന്റ് സെന്ററിന്റെയും സെന്റർ ഫോർ എൻവയൺമെന്റ് ആൻഡ് ഡവലപ്മെന്റിന്റെയും സഹകരണത്തോടെയാണ് റാലി സംഘടിപ്പിച്ചത്.

പെരുമ്പാവൂർ സുഭാഷ് ബോസ് സ്റ്റേഡിയത്തിൽ നിന്നും രംഭിച്ച റാലി എൽദോസ് കുറുപ്പിള്ളി എം.എൽ.എ. ഫ്ലാഗ് ഓഫ് ചെയ്തു.

മുനിസിപ്പൽ ചെയർപേഴ്സൺ സതി ജയകൃഷ്ണൻ, വൈസ് ചെയർപേഴ്സൺ നിഷ വിനയൻ, മാർത്തോമ കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ലിസി ചെറിയാൻ, ഭൗതികശാസ്ത്ര വിഭാഗം മേധാവി ഡോ. പി. അനൂപമ തുടങ്ങിയവർ സംസാരിച്ചു.

Energy Conservation Awareness Rally

CHAITANYA SAVERI



LED Bulb making and handing over it to District Collector

CHAITANYA SAVERI



Student Solar Ambassador Programme



MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR
KERALA - 683542

ENERGY CONSERVATION DAY CELEBRATIONS 2020

Organized by Department of Physics

*Online Poster
Design Competition*

e-certificates
and prizes will be
given to the winners



Theme

ENERGY ADVICE FOR YOUR HOME

Guidelines:

1. The competition is open to all UG students..
2. Poster should be vertical A4 size with good resolution.
3. Submission format - JPG, JPEG or PNG format.
4. One poster per student.
5. **Entry deadline: 07/12/2020 before 6.00 PM**
6. Entries should be mailed to physicsmarthoma@gmail.com
7. The posters will be reviewed by experts and three will be declared winners.
8. Decision of judges will be final.

FOR MORE DETAILS CONTACT : 9746893701

Convenors

Dr. Anupama P (HoD)
Dr. Melvi Chandy (Association-in-charge)



Energy Conservation Day Celebration-Poster Designing Competition

CHAITANYA SAVERI

MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR
KERALA - 683542

ENERGY CONSERVATION DAY CELEBRATIONS 2020
Organized by
Department of Physics

In association with  ENERGY MANAGEMENT CENTRE KERALA

Webinar 1
Energy efficiency in domestic sectors

Resource Person
Mr. Ijas M A
Energy Technologist,
Energy Management Center
(EMC), Kerala.

Date- 3-12-2020
Time- 1:30 pm
Platform- Google Meet

Convenors
Dr. Anupama P (HoD)
Dr. Melvi Chandy (Association-in-charge)

2:08 PM

REC

DOMESTIC LIGHTING

1. Replacement of 15W CFL with 7W LED Bulbs

Appliance	Power (W)	Daily On Hour (hrs)	Annual Energy (kWh)	Rate per Unit (Rs./kWh)	Annual Excess Cost (Rs.)
CFL	15	8	40.80	3.74	153.72
LED Lamp	7	8	20.44	3.74	76.65
Savings per Unit (kWh)			20.36		77.07
Savings - Replacing 5 Nos / House			101.80 kWh		Rs. 377.35
Investment @ Rs. 100 / Unit x 5 Nos = Rs.500/-					Rs. 500
Carbon - Offset (kg / year) @ 0.85kg/kWh					85.34
Simple Payback Period = 500/377.35 = 1.3 Year					

2. Replacement of 80W FTL with 80W LED Tube

Appliance	Power (W)	Daily On Hour (hrs)	Annual Energy (kWh)	Rate per Unit (Rs./kWh)	Annual Excess Cost (Rs.)
FTL Tubelight	80	8	41.28	3.74	154.39
LED Bulb	20	8	10.32	3.74	38.80
Savings per Unit (kWh)			30.96		115.59
Savings - Replacing 5 Nos / House			154.80 kWh		Rs. 577.95
Investment @ Rs. 100 / Unit x 5 Nos = Rs.500/-					Rs. 500
Carbon - Offset (kg / year) @ 0.85kg/kWh					131.88
Simple Payback Period = 500/577.95 = 0.86 Year					

(55)

- Namitha KB
- NANDANA JAYAN
- Nasle jafer
- NASOOHA JALAL
- NITHUNA RAJAN
- parvathy Vs

MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR
KERALA - 683542

ENERGY CONSERVATION DAY CELEBRATIONS 2020
Organized by
Department of Physics

Webinar 3
Importance of Electrical Safety

Resource Person
Dr. F. R. Pazheri
Assistant Electrical Inspector
Electrical Inspectorate,
Malappuram

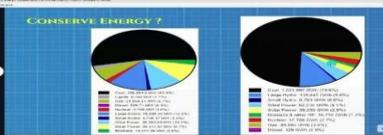
Date- 11-12-2020
Time- 2:30 pm
Platform- Google Meet

Convenors
Dr. Anupama P (HoD)
Dr. Melvi Chandy (Association-in-charge)

1:55 PM

REC

CONSERVE ENERGY ?



(54)

- Alfiya Kareem
- AMEENA KASIM
- Amitha Kareem
- ANAGHA JOY
- Anitha Thomas
- Anju K Rajan

Energy Conservation Day Celebrations-Online Webinars



CHAITYANYA SAVERI

LED Bulb Making Workshop and Training

CHAITANYA SAVERI



LED Star Making



Energy Conservation and Awareness Week-Student Rally, Perumbavoor Town

PRASHUDHI



Planting Tree Saplings as a part of Pollution *Pakhwada*



Paper Bag Making and Distribution

PRASHUDHI



Training Session on Household Waste Management-Go Green EMT



Plastic Free Campus Drive

PRASHUDHI

PRAASHUDHI



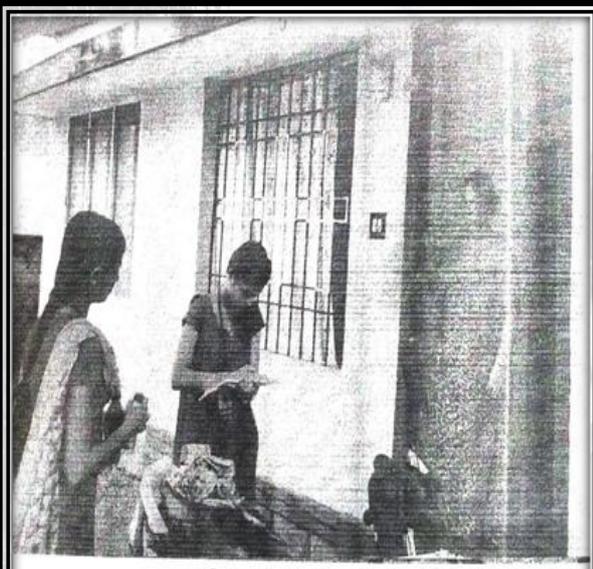
*Environmentally conscious social responsibility -
Department of Zoology*



*An act of love to conserve the
environment*



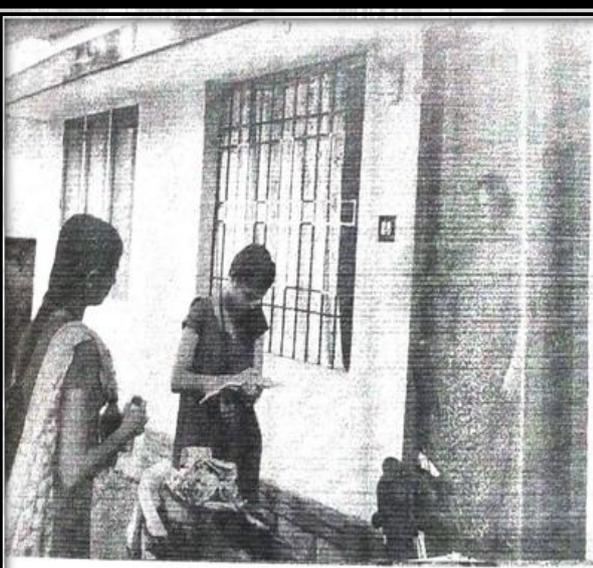
Distribution of Seeded Paper Pens



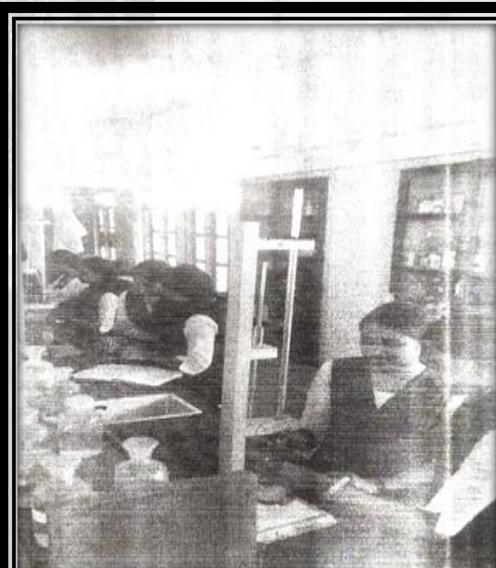
Data Collection from householders



Sample Collection



Data Collection from householders



Post Flood Water Quality Analysis

PRASHUDDHI

POLLUTION PAKHWADA PROGRAMME

22(K) BN NCC, ELLOR

**MARTHOMA COLLEGE FOR WOMEN
PERUMBAVOOR**

**LOGO DESIGN AND CAPTION
MAKING COMPETITION**



Topic

**Water Pollution and
Conservation of water**

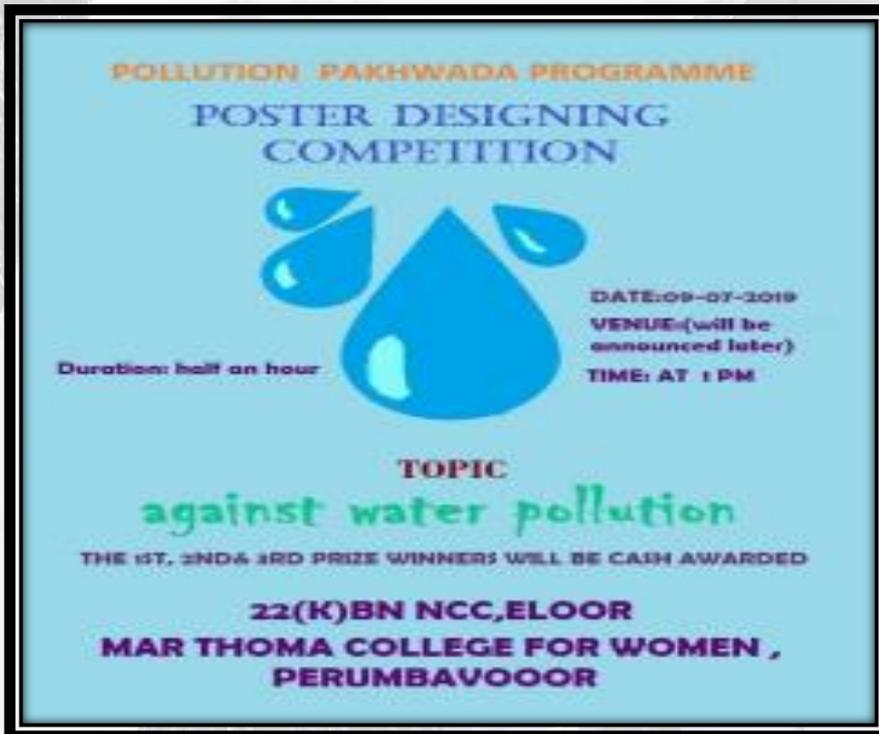
Venue Conference Hall

Date 10-07-2019

Time @ 12 pm

Prizes are awarded for the best 2 logos

Logo and Caption Designing Competition-Water Pollution



Mega Pollution Awareness *Pakhwada*

PRASHUDHI

POLLUTION PAKHWADA PROGRAMME

22(K) BN NCC, ELOOR

MARTHOMA COLLEGE FOR WOMEN
PERUMBAVOOR

PROUDLY PRESENTS

SHORT FILM

DATE-
11-07-
2019



VENUE -
LIBRARY

SHOW
TIME-1.00PM
ALL ARE WELCOME

Carbon – A Short Film Show on Pollution Control



PRASHUDDHI

Talk on *Swachta Pakhwada*-NCC Unit

PRAASHUDDHI

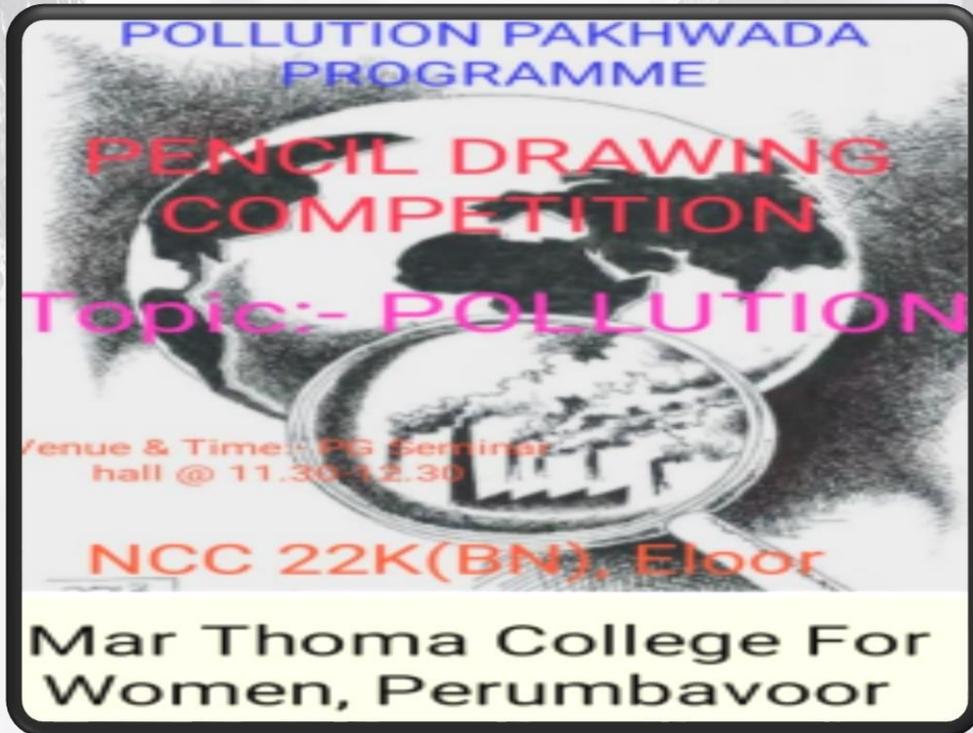


Plastic Eradication Drive



PRASHUDHI

Seminar Presentation on Air Pollution



Mega Pollution Awareness *Pakhwada*



**MAR THOMA COLLEGE
FOR WOMEN**



Perumbavoor
22 (K) BN.,NCC, ELOOR

**Swachhata
Pakhwada 2020**
INAUGURAL CEREMONY



Chief Guest

MAJ. K S NARAYANAN
ASSOCIATE NCC OFFICER
U C COLLEGE
ALUVA



एक कदम स्वच्छता की ओर

On 5 December 2020
@8 pm, via Google Meet

Online Webinar on *Swachhata Pakhwada*

PRASHUDDHI