



**St Thomas College**  
Kozhencherry

# Extension Activities 2017-2018



**PROGRAMMES INITIATED BY NSS UNIT,  
ST. THOMAS COLLEGE, KOZHENCHERRY  
2017-2018**

➤ **SNEHAVEEDU-KEY HANDING OVER:**

NSS Unit of St. Thomas College, Kozhencherry, completed our "*Snehaveedu project- Home for Homeless*"- on 3/6/2017. In summer vacation NSS volunteers themselves participated and finished the work and on 3<sup>rd</sup> June 2017 we conducted the Key handing over ceremony. College Manager, Most Rt. Rev. Dr. Joseph Marthoma Metropolitan handed over the key to Mrs. Reena Varghese, Chakanattu. Panchayat President Mrs. Mini Syam Mohan, Block Panchayat Member Mr. Bijily P Easow, Ward member Mr. Christopher Das, College Principal Prof. K. C. Zachariah, Programme officers Mrs Susanna Philip and Mr Arun John were present in this function.





➤ **STUDY MATERIAL DISTRIBUTION:**

NSS Unit distributed study materials including notebooks, copy books, pencils, pens, colour boxes to Kozhencherry AMMLP school students on 4<sup>th</sup> June'2017. Most of



these students were from our adopted village Kuragumala. Ward member, school H M and teachers participated in this programme.

➤ **ENVIRONMENT DAY CELEBRATION:**

On June 5<sup>th</sup>, 2017, we celebrated the Environmental day by planting 250 saplings in our college campus. The function was inaugurated by Panchayat President Mrs. Mini Syam Mohanby planting a Sapporta sapling in front of the college auditorium. Block Panchayat Member MrBijily P. Easow, College Principal Prof. K. C. Zachariah, Prof. Sneha George, Prof. Mathew P. John, Programme Officers and NSS volunteers took part in the celebrations. We also distributed 200 fruit bearing plants and 100 other saplings to our volunteers.



➤ **AWARENESS PROGRAMME ABOUT MONSOON DISEASES:**

On 10<sup>th</sup> June 2017 we conducted an awareness programme in our adopted village, Kuragumala about 'Monsoon Diseases and Precautions'. It was inaugurated by Ward member Mr. Christopher Das. Our volunteers visited 150 families and carried out a social survey which gave an idea about the current social health and sanitary situation of the adopted village and the records are handed over Asha Workers and PHC officials for follow up procedures.



➤ **RAIN WATER HARVESTING: MAZHAKKOYTHU**

On June 17<sup>th</sup>, 2017, St. Thomas College, NSS Unit conducted a rain water harvesting programme - "Mazhakkoythu". In Mazhakkoythu we took 20 mazhakkuzhy in different areas of the college campus and directed the flowing water to it. This program made NSS volunteers energetic and nature friendly.



➤ **INTERNATIONAL YOGA DAY OBSERVATION:**

We observed International Yoga Day on 21/06/2017 in college auditorium. College Principal Prof K. C. Zachariah inaugurated the function. Yoga Acharaya Prof. Dr R. S. Sindhu took classes and lead the training section. About 100 NSS volunteers and NCC cadets were part of this programme.



➤ **ANTI DRUG DAY OBSERVATION -POSTER COMPETITION:**

On behalf of antidrug abuse day observation, NSS conducted poster competition on 24/6/2017. The topic was on “Youth and Drug addiction”. 13 teams participated in this competition and Amal & team got the first prize.



➤ **BLOOD DONATION CAMP:**

On July 6<sup>th</sup> NSS unit conducted a blood donation camp in co-operation with the Rotary club and District blood bank, Pathanamthitta. The programme was inaugurated by college Principal Prof. K C Zachariah. Rotary club President Mr. Jick George, Secretary Bijo Mathew and NSS programme officers were present in this meeting. 68 students including NSS volunteers donated blood in this camp.





➤ **POPULATION DAY OBSERVATION:**

On behalf of International Population Day, NSS conducted an essay writing completion on July 11<sup>th</sup> 2017. The topic of this competition was “Population growth and related problems in developing countries”.

➤ **PIN NADATHAM (Back walk)- ANTI DRUG AWARENESS:**

NSS conducted an awareness campaigning against drug addiction on July 28<sup>th</sup>, 2017. In this campaign we arranged a rally, ‘PIN NADATHAM’ - a back walk from drugs. About 100 students participated in this back walk. Students held different posters and placards in PINNADATHAM.



➤ **HIROSHIMA & NAGASAKI DAYS OBSERVATION:**

In memory of Hiroshima & Nagasaki days, NSS volunteers gathered on 12<sup>th</sup> August in the college. They lightened the candles and prayed for world peace. They also made “Sadako cranes” and hung on the trees in front of the college office



➤ **INDEPENDENCE DAY Celebration:**

We celebrated our nations Independence Day on August 15<sup>th</sup>. 112 NSS volunteers and 80 NCCcadets participated in flag hoisting ceremony. Principal Prof. KC Zachariah and Dr. Mathew PJohn were present in the programme.

➤ **KOZHENCHERRY BUS STAND CLEANING:**

On Independence Day August 15, we cleaned the Kozhencherry Bus stand and Auto stand. We conducted this programme in association with Kozhencherry panchayath. Auto drivers also helped for this great work. 99 volunteers were participated in this programme.



➤ **NADODI ONAM:**

We distributed food materials and cloth materials to Nadodi families on 24/08/2017. This was a very touching experience to the volunteers.



➤ **ROAD REPAIRING:**

On August 29<sup>th</sup> NSS volunteers cleaned and covered the dangerous pits on the road. We reformed 200 meters of the road. It is the road helps to enter to the college and is used by hundreds of students. It was a very effective programme because this road connects kozhencherry and our adopted village Kuragumala. It is the road used by them to go to hospital, market, and other uses.



➤ **SWACCH BHARATH ABHIYAN PROGRAMME**

Pledge was taken at college by NSS volunteers regarding clean India. Posters were put on the notice board for giving awareness to other students. We conducted campus cleaning programme on September 8<sup>th</sup>, November 18<sup>th</sup> and January 7<sup>th</sup>. As part of the awareness programme, the NSS volunteers cleaned Kozhencherry market on July 15<sup>th</sup> as well as bus stand on October 2<sup>nd</sup>.



➤ **WEAR YOUR HELMET- ROAD SAFETY AWARENESS PROGRAMME:**

We conducted a road safety awareness programme on September 12 in Kozhencherry town. We meet the two wheeler riders, give instruction and give palm lets. Kozhencherry traffic aid post help us to conduct this programme, 78 of our volunteers participated in this programme.



**Keep calm and wear your HELMET**

➤ **MARKET CLEANING:**

On Gandhi Jayanti day October 2<sup>nd</sup>, we organized a market cleaning programme in association with Kozhencherry Grama panchayath. 89 of our NSS volunteers participated in this programme. We cleaned the fish, vegetable markets and a market road.



➤ **NOVEMBER 1<sup>st</sup>- KERALA DAY OBSERVATION:**

NSS observed Kerala day on November 1<sup>st</sup> 2017. The female volunteers of our NSS unit arranged a "Mega Thiruvathira". 60 girls in Kerala saree participated in this thiruvathira. Boys presented 'Nadanpattu' and 'Vanchippattu'.



➤ **ORGANIC GREEN HOUSE:**

Our NSS unit maintained a greenhouse organic farm and planted new vegetable saplings on November 13. We arranged a modern irrigation technique, drip irrigation to water irrigation in the green house. This also helped the volunteers to study about the organic farming and different techniques in agriculture.



➤ **FOOD STALLS AND THATTUKADA- Mooppante chayakkada:**

On behalf of College day, Sports day, Inter college fest and Kerala day NSS unit set up food stalls on November 18<sup>th</sup>. We served different food especially Kerala food items in these stalls. The profit from those stalls was used for different charity projects.



➤ **MEDICAL CAMP AND AIDS DAY OBSERVATION:**

On behalf of the AIDS Day we conducted a medical camp in our college campus in association with the district medical office on December 1, 2017. In this general medical camp, a lot of students were participated in this camp. Patients from our adopted village also attended in the programme.



➤ **ROAD SAFETY WEEK OBSERVATIONS:**

As part of Road Safety Week Observation, NSS unit conducted a safety campaign on 11<sup>th</sup> January, 2018. We selected different petrol pumps in Kozhencherry for this road safety awareness programme. We met different people, including auto rickshaw, taxi, tipper lorry drivers and two wheeler riders. Volunteers distributed different printed instructions to these drivers.





➤ **WOMEN'S DAY OBSERVATION- Street Play:**

Our unit conducted a Street Play on women's day on January 21, 2018. NSS volunteers lead the programme along with other students of the college and conducted the same in the Kozhencherry town. This street play was a grand success due to dedication and effort of our team.



➤ **REPUBLIC DAY OBSERVATION**

On Republic Day January 26, 2018, our volunteers participated in flag hosting ceremony in our college. 63 NSS volunteers and NCC volunteers were participated in this programme. We distributed sweets in our adopted village, Kuragumala on behalf of this programme.

➤ **TREATMENT AID TO STUDENT WITH KIDNEY DISEASE:**

Our NSS unit collected 25000 rupees on 18<sup>th</sup> April'2018, to support the kidney transplantation of a student in our college. Our college principal Prof. K. C. Zachariah handed over the collected money to Mr. Raju father of Ms.Riya Raju of History department who is affected with chronic kidney disease. NSS Programme officers Dr. Sneha George Pachayil, Mr. Arun John and NSS volunteers were present during this.



➤ **POND MAKING IN BIODIVERSITY PARK**

NSS Unit constructed a pond in our biodiversity park in the vacation period, on the first week of May starts from May 4. After completing the work, the mosquito controlling fish- Guppy and biofertilizer water plant Azolla were cultivated in this pond. 89 volunteers participated in this programme.



➤ **FIELD VISIT IN ORGANIC NURSERY**

We also conducted field visits to the Central Government Nursery in Thelliyoor, Pathanamthitta to study about the organic farming on May 16. The officials of the farm gave classes on different types of seed planting and different irrigation techniques.

➤ **NOTE BOOK MAKING AND PAPER-PEN MAKING -29/5/2018**

For a better future, usage of eco-friendly materials are required. Thus the National Service Scheme volunteers of St. Thomas college, Kozhencherry took an initiative of making paper pens from balance papers in old book. We made around 1000 pens, 100 books and donated it to Government L P School , College junction. It was a great initiative we got lot of appreciation from college and become a role model for other NSS units.



➤ **GREEN HOUSE COSTUCTION AND ORGANIC FARMING IN CAMPUS:**

NSS promoted organic farming and gave awareness to students about organic farming. Our NSS unit established two green houses within the campus on 30<sup>th</sup> May'2018. We cultivated tapioca, pea, bitter guard etc. We utilized barren land for a better treatment and we got great yield.



**PROGRAMMES INITIATED BY NCC  
UNIT, ST. THOMAS COLLEGE,  
KOZHENCHERRY**

**2017-2018**

**NATIONAL CADET CORPS**  
**REPORT OF ACTIVITIES 2017-18**

The National Cadet Corps (NCC) is an Indian military cadet corps engaged in grooming the youth of the country into disciplined and patriotic citizens. NCC is a voluntary organization which recruits cadets from high schools, colleges and universities all over India. The Cadets are given basic military training in small arms and parades. National Cadet Corps is a Tri-Services Organization, comprising the Army, Navy and Air Force. An Army unit of this organization functions in our college with a strength of 108 cadets of senior division Boys and Girls.

**Enrolment of new cadets.** The selection process to enrol new cadets to the unit was held on 12 July 2017. Col. N.P.S Toor, Commanding Officer, 14 K Bn. NCC, Pathanamthitta served as the recruiting board Chairman. 107 students participated in the selection process and 45 cadets got final selection.

**Achievements**

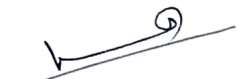
*Cadets*

1. U/O Arya Raj (DCIII Economics) represented Kerala& Lakshadweep NCC directorate in the All India G.V Mavalankar shooting camp held at West Bengal
2. Sgt. Arun Shaji (DCII Physics) represented Kerala& Lakshadweep NCC directorate in the All India Thal Sanik Camp New Delhi.
3. U/O Githin Gopi, CSM. Madhavadas P.M and Sgt. Akhil V Anil represented Kerala& Lakshadweep NCC directorate in the Republic Day Camp
4. SU/O Dheeraj S. Pillai represented Kerala& Lakshadweep NCC directorate in the IMA training held at IMA Dheradoon.
5. Four cadets participated both in National Integration Camp and Army attachment Camp.
6. The Unit hosted the Combined Annual Training Camp held from 20/4/2017 to 30/4/2017
7. As part of the NCC day celebrations a mass run (from Panchayat stadium to college) was conducted on 1 December 2017.
8. 16 cadets qualified the C Certificate examination and 34 cadets qualified the B certificate examination.

Associate NCC Officer

Lt. Shaju K. John Associate NCC officer of the unit participated in the Ref/ SD/DC32 refresher course for direct commissioned officers held at Officers Training Academy, Kamptee, Nagpur from 3 July 2017 to 30 September 2017 and secured A grade.



  
Lt. SHAJU K. JOHN  
NCC/SD/ARMY/07110195  
ASSOCIATE NCC OFFICER

**PROGRAMMES INITIATED BY  
DEPARTMENTS AND CLUBS,  
ST. THOMAS COLLEGE,  
KOZHENCHERRY  
2017-2018**

## **2017-18**

CMS UP School, Punnakkadu has been adopted as part of the Extension Activities of the English Department of ST. Thomas College Kozhencherry. As per the usual schedule, several teachers from the department engaged classes for the students on various topics of practical relevance.

Prof. Elizabeth John, Prof. Vineetha S and Prof. Siby John engaged sessions for the students on topics such as New Words, Prepositions and Tenses, among other things.

The activities that extended over an academic year proved to be rewarding for both the teachers as well as the students.





# C.M.S.L.P. & U.P. SCHOOL, PUNNAKKAD

PUNNAKKADU P.O., PIN-689652  
Kozhencherry Sub. Dist., School Code : 38440  
Phone: 9495806153

Ref:

Date .....

We appreciate the work done by  
Ms. Elizabeth John, Ms. Vineetha S and Ms Siby John  
of the Dept. of English, St. Thomas College,  
Kozhencherry in teaching the students of this  
school as part of the extension activities of  
the year 2017-18

Their dedicated work helped a  
lot in improving the language skills of  
our students. We look forward to more  
such support from them in the future.



  
BITTY ANNAMMA THOMAS  
HEADMISTRESS  
C.M.S. L.P. & U.P. SCHOOL  
PUNNAKKAD

# CMS UP School, Punnakkad

Pathanamthitta District, 689652

(Government aided school under the management of CSI Madhya Kerala Diocese)

Headmistress

Date: 7.12.2017

## CERTIFICATE

This is to certify that....*Ms. Rashmi T. Roy, Guest Faculty*....

Department of English, St. Thomas College, Kozhencherry, has taken a class in Communicative English for the students of Upper Primary classes of this school on....*7.12.2017*..



*BITTY ANNAMMA THOMAS*  
Headmistress

**BITTY ANNAMMA THOMAS**  
HEADMISTRESS  
C.M.S. L.P. & U.P. SCHOOL  
PUNNAKKAD





കോഴഞ്ചേരി സെന്റ് തോമസ് കോളജിൽ കാർഷിക വിളകളുടെ പ്രദർശനത്തിനും വിപണനത്തിനുമായി ഒരുക്കിയ 'വെജിറ്റോസ്-2017'.

## വിഷരഹിത കാർഷിക വിളകളുമായി

# 'വെജിറ്റോസ്-2017'

കോഴഞ്ചേരി • വെജിറ്റോസ് വാതിൽ തുറന്നു. വിഷമില്ലാത്ത കാർഷിക വിളകളുമായി. ലൈബ്രറിയിലെ പുസ്തകത്താളുകളിലോ, ലാബിലെ പരീക്ഷണ നിരീക്ഷണങ്ങളിലോ, കലാകായിക മേഖലകളിലോ മാത്രം ഒതുങ്ങുന്നതല്ല സെന്റ് തോമസ് കോളജിലെ വിദ്യാർത്ഥികളുടെ പ്രവർത്തനങ്ങൾ. സ്മാർട്ട് ഫോണിലെ ടച്ച് സ്ക്രീനുകളിൽ വിരൽതോണ്ടി തീർക്കുന്ന, കൃഷിയെന്തെന്ന് അറിയാത്ത പുതുതലമുറയ്ക്ക് നന്മയുടെ ജൈവ കൃഷിപാഠം മാത്രമല്ല, വിപണനത്തിന്റെ നൂതന മാർഗവും തുറന്നിടുകയായിരുന്നു 'വെജിറ്റോസ്-2017'ലൂടെ.

ഓരോ വിദ്യാർത്ഥിയും അവരവരുടെ വീടുകളിൽ ഉൽപാദിപ്പിച്ച ജൈവവിളകൾ കേരളപ്പിറവി ദിനത്തിൽ കോളജിൽ എത്തിച്ച് മറ്റ് വിദ്യാർത്ഥികൾക്കും അധ്യാപകർക്കും

മായി വിപണനം ചെയ്തു. വിഷപുരട്ടിയ ഉൽപന്നങ്ങൾ ചന്തയിൽ നിന്നും കടകളിൽ നിന്നും വാങ്ങി പണം നഷ്ടമാകുന്നതിനൊപ്പം മാർക്കറ്റിംഗ് ഉൽപന്നങ്ങളെക്കൂടി ക്ഷണിച്ചുവരുത്തുമ്പോൾ മിതമായ വിലയ്ക്ക് നാടൻ ഉൽപന്നങ്ങൾ വാങ്ങാൻ സാധിച്ചു എന്നതാണ് വെജിറ്റോസിന്റെ ഏറ്റവും വലിയ പ്രത്യേകത.

ഓരോ ഉൽപന്നങ്ങളും ആരോക്കെയാണ് കൊണ്ടുവന്നതെന്നും അതിന്റെ വില എത്രയെന്നും രേഖപ്പെടുത്തിയിട്ടുണ്ട്. മാർക്കറ്റ് വിലയേക്കാൾ താഴ്ന്നവിലയിലാണ് ഓരോ ഉൽപന്നങ്ങളും വിപണനം നടത്തിയത്. സ്റ്റാൾ തുറന്ന് ഒരുമണിക്കൂറിനകം മുഴുവൻ ഉൽപന്നങ്ങളും വിറ്റുപോയി.

വാഴക്കുമ്പുരകൾ മുതൽ പച്ചക്കറികൾ, കിഴങ്ങുവർഗങ്ങൾ, തേങ്ങ, വെളിച്ചെണ്ണ, കുരുമുളക്, പപ്പായ, ചക്കക്കുരു, കാന്താരി, വി

വിധയിനം മുളകുകൾ, വാഴക്കുലകൾ എന്നിവയെല്ലാം മേളയിൽ നിരത്തിയിരുന്നു.

ജൈവകൃഷി പ്രോത്സാഹനവും ക്ഷേത്രസന്ധ്യ പര്യായ്ക്കായും ലക്ഷ്യമിട്ട്, കോളജ് ബോട്ടണി വിഭാഗത്തിന്റെയും യൂണൈറ്റഡ് നേഷൻസ് അക്കാദമിക് ഇംപാക്ട് എന്നിവയുടെ നേതൃത്വത്തിലാണ് ജൈവ ഉൽപന്നങ്ങളുടെ പ്രദർശന-വിപണനമേളയായ 'വെജിറ്റോസ്-2017' സംഘടിപ്പിച്ചത്.

പ്രിൻസിപ്പൽ പ്രഫ. കെ.സി. സഖറിയ, വെജിറ്റോസ് പ്രോഗ്രാം കോഓർഡിനേറ്റർ ഡോ. ജാസി തോമസ്, ബോട്ടണി വിഭാഗം മേധാവി ഡോ. ആനി ജെ. മാത്യു, ഡോ. എലിസബത്ത് തോമസ് എന്നിവരാണ് മേളയ്ക്ക് ചുക്കാൻ പിടിച്ചത്. എല്ലാ മാസവും ഇത്തരം കാർഷിക-വിപണന മേളകൾ സംഘടിപ്പിക്കുന്നതിനുള്ള ശ്രമത്തിലാണ് കോളജ് അധികൃതർ.

Vegetos 2017 with non-toxic agricultural crops:

Kozhencherry: Students of St. Thomas College Kozhencherry proved that education is not confined within the walls of the classroom or pages of library books, or labs, or research.

Vegetos-2017 opened doors to organic farming and commerce of farm goods by students who brought the home grown organic vegetables on Kerala Pizavi day. The products were sold to teachers and students of other departments of the college. The programme aimed at encouraging the students for organic farming and attaining self food security. Department of Botany of St. Thomas College, Kozhencherry in association with United Nations Academic Impact conducted Vegetos-2017.

College Principal Prof. K.C. Zachariah, Vegetos Programme Coordinator <sup>Dr. Gary Thomas</sup> and Head of Department of Botany. Dr. Anne J Mathew and Dr. Elizabeth Thomas led the programme.



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