



St Thomas College
Kozhencherry

Extension Activities 2019-2020



**PROGRAMMES INITIATED BY
NSS UNIT
ST. THOMAS COLLEGE, KOZHENCHERRY
2019-2020**

➤ **SNEHASPASHAM-SPONSORING A DIFFERENTLY ABLED STUDENT:**

NSS Unit of St. Thomas College, visited Thelliyoor MCRD, a special school which is a residential school for differently abled orphan students on 16th April'2019. Our NSS volunteers spent a full day with these students and conducted entertainment programmes for them. We also sponsored a student for one year and this helped to grow a social commitment among the students.



➤ **SWACH BHARATH ABHIYAN-SEED PEN AND PAPER PEN MAKING:**

On behalf of clean campus programme and Swachh Bharath Abhiyan we provided training for NSS Volunteers in seed pen and paper pen making on April 30, 2019. Our volunteers made 600 paperpens and 200 seed pens and distributed among the college students. We used small fruit-seedslike guava, custurd apple and pomegranate seeds to fill the seed pens. The paper pens helped us to reduce the use of plastic and seed pens in increasing the greenery in the college campus.



➤ **BIODIVERSITY PARK RENOVATION:**

NSS Volunteers renovated the college Biodiversity park on May first week (May 2-5). They cleaned the park and planted 15 variety of plants and made bamboo benches in the park which provided an eco-friendly environment for the college students to learn about ecological system of different plants and animals.



➤ **PAPER BAG MAKING**

On 16th May'2019, our NSS unit made paper bags and distributed it, in different shops in Kozhencherry and provided awareness about the cons of plastic usage. The shopkeepers were receptive and agreed to reduce the use of non-biodegradable plastic bags. This was a great move towards reduced plastic wastes in the town.

➤ **GOOD HABITS GOOD HEALTH-AWARENESS CLASS FOR SCHOOL STUDENTS & EDUCATION AID PROGRAMME:**

Our NSS volunteer secretaries took awareness programmes for students of MTLP School Kozhencherry on 3rd June, 2019. They shared their experiences and importance of good health habits in our life. We also distributed six ecofriendly bags and paper pens and pencils for the students.



➤ **ENVIRONMENTAL DAY - DISTRIBUTION OF SAPPLINGS:**

NSS Unit observed Environmental Day, our NSS unit conducted sapling distribution among the students and teaching and non-teaching staff of the college on 5th June. This programme was inaugurated by Dr. Sneha George Pachayil and helped our students to understand the importance of growing trees in the campus and also at homes. We distributed 480 saplings.



➤ **HARITHAM 2K19- GROW WITH YOUR CAMPUS SAPLING-06/06/2019**

We started a photographic programme- HARITHAM 2K19- Grow with your Campus Sapling. We also conducted an environmental seminar on behalf of environmental week celebrations. In this photographic programme, first and second prizes were given to those students who planted maximum number of trees and uploaded different stages of planted saplings in a span of four months. 52 students participated in this programme and this was inaugurated by the College Principal Dr. Mathew P. John. Mr. Amal Sundar of second year B.Sc. zoology won the first prize. 573 saplings were planted by participants. Through this programme students were able to maintain a growing relationship with the mother nature..



➤ **ONE VOLUNTEER ONE SAPLING- PLANTING 150 SAPLINGS IN COLLEGE:**

On behalf of 150th birth year of Mahatma Gandhiji, our NSS volunteers planted 150 saplings inside the campus on June 8, 2019. This was based on MG University's special programme 2019 called Gandhiji@150. In this we included the senior volunteers also. Each volunteer planted a sapling in the boundary of our college ground.



➤ **EDUEHELP- EDUCATIONAL AID DISTRIBUTION:**

Through the programme Eduehelp-educational aid distribution, we distributed study materials among the Lower and Upper Primary Students of Pazhayatheruvu Government HS, Kozhencherry on June 11, 2019. Most of the students in those school students were from our adopted village Kuragumala. Ward member, school Head Mistress and teachers were participated in this and 160 notebooks, 60copy books, pencils, paper pens, color boxes etc. were distributed.



➤ **VALICHERIYAL VIMUKTHA CAMPUS, GRAMAM, NAGARAM”:**

Our NSS unit conducted an awareness programme on *Valicheriyal Vimuktha Campus, Gramam, Nagaram* on 12th June 2019. Professor Jasy Thomas inaugurated the programme and 132 students participated. Awareness session was conducted by Prof. Jasy Thomas on the topic, “Littering”.



➤ **REUSE PLASTIC BOTTLES AS BUILDING BLOCK:**

We used plastic bottles as building material for campus beautification on June 15 on the basis of *Valicheriyal Vimuktha Campus, Gramam, Nagaram*. 80 volunteers took part in this programme and we collected used plastic bottles from different parts of the campus. These bottles were filled with waste materials and were used to make benches and bunds around trees and on the steep lands. It prevented soil erosion considerably and helped in water harvesting in the campus. Through this we could also reduce the habit of throwing the used plastic bottles in and around the campus.



➤ **MY CAMPUS TREE-WELCOMING NEW COMERS WITH SEED PENS AND SAPLINGS:**

Orientation programme for the first-year students of our college was conducted on June 17, 2019 and first year UG and PG students participated in this programme along with their parents. On that day our NSS unit welcomed all of them with saplings and seed pens. We also provided hot water and coffee for the parents. We distributed 358 saplings on that day. Through this programme we aimed at giving awareness about the use of eco-friendly paper or seed paper pens among the students. This programme also provided a good welcome for the newly joined students and improved the friendly environment of the campus.



➤ **INTERNATIONAL YOGA DAY OBSERVATION:**

We observed International Yoga Day on 21/06/2019 in college auditorium. College Principal Prof Dr. Mathew P. John inaugurated the function. Yoga Acharaya Prof. Dr R. S. Sindhu and Mr. Sujith S. took classes and lead the training section. Yoga Acharaya took classes on the topic "Importance of Yoga on Preventing Life Style Diseases". About 1200 NSS volunteers and NCC cadets were took part in this programme. It provided a good refreshment for the mind and body of the participated students.



➤ **MONSOON DISEASE AWARENESS CAMPAIGN & HEALTH SURVEY:**

On 22nd June 2019 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 285 families and carried out a Social Health Survey by which we got an idea about the current social health and sanitary situation of our adopted village and the records were handed over to the Asha Workers and PHC officials for follow up procedures.



➤ **ANTI DRUG ABUSE MAGIC PROGRAMME:**

On Anti-Drug Abuse Day on June, 26, 2019 our NSS Unit arranged an awareness programme, a Magic show and an Open-Air Quiz programme for the college students in association with Anti-Alcoholic Association Elanthoor. About 30 students took part. It was helpful in initiating an anti-drug abuse culture among the students.



➤ **ADIVASI OORU VISIT- HELP THE NEEDY -29/06/2019**

Our NSS volunteers visited five tribal colonies in Seetathodu- Angamoozhi forest area and gave aids to 25 families on August 29, 2019. In Adivasi Ooru Visit- 'Help the Needy' programme we distributed food items, sheets, study materials & books for students in the colony. In this journey we could arrange medical aid to a new born baby and mother. We distributed materials worth Rs.39,000 to the people of the village. 68 NSS Volunteers participated in this programme.





➤ **SAY NO TO DRUGS-2/07/2019**

On behalf of Anti-Drug Abuse week, we arranged 'Say No To Drug' campaign in our college campus on July 2, 2019. Our college Principal Dr. Mathew P. John inaugurated the programme. 320 students signed the 'No to Drug Board' and took an oath against Drug abuse.



➤ **WORLD POPULATION DAY OBSERVATION:**

On behalf of World Population Day Observation, our NSS Unit arranged a Flash Mob on 2019 July 11th. We also used placards on population control. 40 NSS volunteers participated in this programme.

➤ **RAIN WATER HARVESTING- MAZHAKKUZHI**

Volunteers made ten *mazhakuzhees* for rain water harvesting in different areas of the campus on 13th July. Pits with one meter width length and height were dug and filled with

coconut fibre for water absorption. 58 Volunteers participated in this programme.



➤ **INTERNATIONAL DAY FOR JUSTICE- EXHIBITION**

Our NSS unit arranged an Exhibition for college students on International Day for Justice. In this we introduced different international, national, state organizations and personalities related to social justice.

➤ **ANTI RAGGING AND LEGAL AWARENESS CLASS**

On 25th July 2019 our NSS unit conducted an anti-ragging and legal awareness class for the college community. The programme was inaugurated by the Principal Dr. Mathew P John and the District legal service society counsellor took classes.



➤ **ORIENTATION CAMP:**

Orientation camp for the first year students were conducted on 30th July to 1st August 2019. World Malayalam trainer Dr. Binu P. inaugurated the camp which was presided by the college Principal Dr. Mathew P John. 102 students participated in this camp. Session about NSS was taken by former NSS programme officer Dr. Libus Abraham. Yoga session in the morning were led by Mr. Sujith A.



➤ **APJ ABDULKALAM'S MEMORY AND ANTIDRUG OATH TAKING**

Kozhencherry St. Thomas College NSS unit paid homage to former President of India, Dr.A.P.J. Abdul Kalam on July 27. Principal Dr. Mathew P John inaugurated this meeting with a message and by igniting the lamp in front of the photo of Dr. APJ. The volunteers ignited the candles from the lamp and took antidrug oath.



SWACH BHARATH WEEK PROGRAMMES

➤ SWACHTHA OATH TAKING

Our NSS unit conducted an oath taking ceremony on 1st August 2019 to keep the campus and the community clean. Former Principal of our college, Captain Dr Roys Mallassery inaugurated the function and delivered a talk on Clean campus and Clean Community.

➤ HIROSHIMA NAGASAKI DAY -AWARENESS RALLY

Kozhencherry St. Thomas College NSS unit conducted awareness rally on 6th August 2019 from Kozhencherry bus stand to our partner village Kuragumala holding placards on the importance of world peace.



➤ **KAZHCHA- MEDICAL & EYE CAMP**

Our unit conducted a medical and eye camp on August 17th in Ericadu Colony, Chengannur in cooperation with Kattanam Eye Hospital, Adoor. 61 patients with eye problems and 43 patients with general medical problems participated in this camp. 3 patients were diagnosed as having cataract and surgery was suggested for correction. This was a great help for the colony people.



➤ **PAINTING COMPETITION - WORLD SENIOR CITIZEN DAY AUGUST-21**

NSS Unit organized an Inter Collegiate painting competition on behalf of the World Senior Citizen Day on August 21st, 2019. 16 students participated in this programme and the creativity and imagination of students were appreciated.



➤ **BAMBOO CRAFT-BROOM MAKING:**

We gave training for our students in bamboo craft and Broom making on August 23rd. They were taught to make flower vase and pen stands and brooms using bamboo by trained volunteers. These were sold in the college campus and its profit used for the Mother And Child Project. This not only improved their imagination but also the skills.



➤ **UCHAKKU ORU POTHU - LUNCH PACKET COLLECTION & DISTRIBUTION**

Our NSS volunteers brought lunch packets from their home, collected in the college and was distributed to the refugees in the flood camp on August 24. We collected about 170 packets and distributed them in two Flood relief camps in Thiruvalla.



➤ **HELP OUR SIBLINGS IN VAYANADU- FLOOD RELIEF ACTIVITY**

NSS volunteers were gathered to collect and sort the food items, clothes, and cleaning items collected from students of our campus and also from different areas of Kozhencherry town on 30/08/2019 evening. These collected items were handed over to Kozhikodu and Vayanadu Collectorates (North Kerala) for distribution. Two pickup vans full of materials worth approximately 1.25 Lakh rupees was handed over to Kozhikodu district collector. Lt. Sujender Dattha flagged off the pickup vans.



➤ **'WASTE TO WORTH'-PROTECT ENVIRONMENT FROM GLASS WASTE**

To protect environmental from the hazards of Glass wastes, we introduced a new programme 'Waste to Worth' on 31st August'2019. We collected the waste glass bottles from the campus and Kozhencherry town and cleaned them and used for bottle crafts. The painted bottles were sold in the campus and the profit was used for the Mother



and Child Programme. Through this we could clean the campus off glass bottles and also improve the skills of the students.



➤ **'SAVE OUR PAMPA' BAMBOO PLANTING PROJECT**

On September 6th our NSS unit and Kozhencherry Gramapanchayath jointly conducted '*Save Our Pampa*' Bamboo planting project in Pamba river bank to prevent soil erosion. This Project was inaugurated by Kozhencherry Gramapanchayath President Mrs Mini. We planted 1500 Bamboo plants in the river bank in



Cherukolpuzha. 151 volunteers participated in this programme in the Onam holidays.



➤ **'ALAPPUZHAKKU ORU KAITHANGU'- FLOOD RELIEF ACTIVITY**

We collected food items, clothes, and cleaning items from students of our campus and handedover to Alappuzha District collection Centre on September 7th. Through this programme we collected one pickup full of materials approximately worth Rs.75, 000 rupees. 45 volunteers participated in this programme. Our college Principal Mathew P. John flagged off the pickup van.



➤ **'MIRAGE- A WATERY MEMORY'- ART EXHIBITION:**

We conducted an Art and Photo Exhibition on flood related photos and paintings on September 8th in Pathanamthitta Town hall. Aranmula MLA Mrs.Veena George inaugurated the programme. In the inauguration session municipal councilor, Mr. T M Jacob took a class on disaster management. 380 Photos were arranged for this exhibition.



➤ **ONAM FOOD STALL- HELP A HOMELESS FOR A HOME**

Our NSS unit conducted a food stall along with the exhibition on September 8th to 10th in Pathanamthitta town hall. Profit from this programme was used for the 'Help A Homeless for A Home' programme. Municipal councilor Mr.T M Jacob inaugurated the food fest. We donated Rs.50000 to Syamala P. Kochuveetil; a homeless in our adopted village Kuragumala.



➤ **BHOOMI SADYA- ONASADYA TO NATURE**

Onam is an annual harvest festival of Kerala irrespective of religion, caste and cred. This year our NSS unit, during onam, conducted a programme to feed the animals, insects and birds- '*A Bhoomi Sadya*' *Onasadya to nature*, on 10th September. It was a special experience to our NSS volunteers.



➤ **ONAM CELEBRATION IN CAMPUS**

Our NSS volunteers celebrated *onam* on September 13th in our campus. In this we arranged a lot of games and competitions for the students.

➤ **GREEN HOUSE CONSTRUCTION AND ORGANIC FARMING:**

In our vegetable cultivation organic farming programme, from September 21 our NSS volunteers constructed a green house and cultivated vegetables of different types. We cultivated pea, beans, cabbage, cauliflower, brinjal, ladyfinger and greenchilies. We also cultivated ginger, turmeric, tapioca, elephant yam etc. in different parts of the campus. The profit from selling crops from this organic farming was used for raising fund raising for senior citizen palliative care programme. For fulfilling this aim our volunteers actively participated in this farming programme and our senior citizen palliative programme was successfully completed by using this fund.



➤ 'GANDHI @ 150'- INAUGURATION OF ONE WEEK OBSERVATION.

➤ Pamper the Future- Mother and Child Project - Gandhi @ 150

Our NSS unit celebrated Mahatma Gandhi's 150th birth day through a one week project **Gandhi @ 150 one week programme** and was inaugurated by MLA Mrs.Veena George on September 26. On behalf of this programme our **Mother and Child Project 'Pamper The Future'** was inaugurated by Aranmula MLA Mrs.Veena George. Our college Principal Dr. Mathew P John and MLA Mrs.Veena George presented the logo for mother and child project. In this project we selected 6 financially recessive pregnant ladies from our Adopted Village and gave nutritious food and medicines during pregnancy. This was viewed as a socially relevant programme in moulding a healthy future generation.



➤ **OLD AGE HOME VISIT AND FOOD PACKET DISTRIBUTION- Gandhi @ 150**

On behalf of **Gandhi @ 150** programme our NSS volunteers visited a government old age home at Kozhencherry on September 27th. The students spent a lot of time with the senior citizens in the old age home and performed different entertaining and cultural programmes. We also distributed food packets for the old age home members. This was a unforgettable memory for our volunteers and they understood the importance of caring for the old generation.



➤ **Gandhi @ 150- QUIZ PROGRAMME**

We conducted a quiz programme on September 29th, at the end of **Gandhi @ 150** one week Gandhi Jayanthi celebration. 12 teams from different departments of the college participated in this programme. Team from Economics department, got the first prize and chemistry the second prize. This programme helped to improve the knowledge about our Father of Nation-Mahatma Gandhi and modern India history.



➤ **BLOOD DONATION CAMP- Gandhi @ 150**

On behalf of 150th birth day of Mahatma Gandhi, we conducted a Blood donation camp on September 30th. Our college principal presided the meeting which was inaugurated by Blood Donors DTO Dr. Nitheesh Kumar. 58 college students donated their blood. This programme was conducted in association with Blood Donors Kerala and Pathanamthitta district blood bank.

ആരംഭം.
ഗാന്ധി ജയന്തി
പാനിപിഴ • ഗാന്ധിജയന്തി ആഘോഷവും രാഷ്ട്രപിതാവിന്റെ 150-ാം ജന്മവാർഷികവും സന്തോഷ് വായനശാലയിൽ ഉന്നത നേതൃത്വം വാർഷിക കർമ്മാനുഷ്ഠാനമായി ചൊടിച്ചു വന്നുവന്നു. ഗാന്ധിജയന്തി പാഠനം ശ്രദ്ധിക്കുന്ന ആരംഭം സഹായകമായി ക്രിസ്റ്റ് സഹായനാടകം തയ്യാറാക്കി. അതിലൂടെ 4ന് അനുരോധിക്കുന്നു.

ദേശീയ സന്നദ്ധത കർമ്മദാന ദിനം
കോഴഞ്ചേരി • സെന്റ് തോമസ് കോളേജിൽ സന്നദ്ധത കർമ്മദാന ദിനാചരണം. ജില്ലാതല ഉദ്യോഗസ്ഥന്മാർ, സെനിയർ ടീച്ചർമാർ, ജില്ലാ ഓഫീസർ ഓഫീസ്, ബ്ലഡ് ഡോണർ കേന്ദ്രം, ബ്ലഡ് ഡോണർ കേന്ദ്രം, കോളേജ് ഹെൽത്ത് കൺസൾട്ടന്റ് റെഫറൻസിംഗ്, സെന്റ് തോമസ് കോളേജ് ഹെൽത്ത് എൻ്റൻ്റ് എൻ്റിവ നേതൃത്വം നൽകി. കർമ്മദാന ബോധവൽക്കരണം സെനിയർ ടീച്ചർമാർ സന്നദ്ധ കർമ്മദാന ദിനാചരണം. ജില്ലാ അസിസ്റ്റന്റ് ഓഫീസർ ഓഫീസ് നന്ദി ഉദ്യോഗസ്ഥന്മാർ ചെയ്തു. കോളേജ് പ്രിൻസിപ്പൽ



➤ NATIONAL BLOOD DONATION DAY - DISTRICT LEVEL INAUGURATION AND ONE DAY SEMINAR- Gandhi @ 150

On behalf of the 150th birth day of Mahatma Gandhi, on October 1st we conduct a district level inauguration programme of Blood donation day. This programme was conducted in association with Arogya Keralam, Blood Donors Kerala, Kerala AIDS Control Society and District blood bank. This programme was presided by College principal Prof. Dr. Mathew P John and the main seminar sessions were led by District Medical Officer Dr Rekha, District Assistant Medical Officer Dr. P. R. Nandini and Kerala Blood Donors President Biju Kumbazha..



ദേശീയ സന്നദ്ധ രക്തദാന ദിനം
 കോഴഞ്ചേരി • സെന്റ് തോമസ് കോളജിൽ സന്നദ്ധ രക്തദാന ദിനാചരണം. ജില്ലാതല ഉദ്ഘാടനവും സെമിനാറും നടത്തി. ജില്ലാ മെഡിക്കൽ ഓഫീസ്, ബ്ലഡ് ബാങ്ക്, ആരോഗ്യകേരളം, ബ്ലഡ് ഡോണേഷൻ കേരളം, കേരള എയ്ഡ്സ് കൺട്രോൾ സൊസൈറ്റി, സെന്റ് തോമസ് കോളജ് എൻഎസ്എസ് യൂണിറ്റ് എന്നിവ നേതൃത്വം നൽകി. രക്തദാന ബോധവൽക്കരണ സെമിനാറും ദേശീയ സന്നദ്ധ രക്തദാന ദിനാചരണവും ജില്ലാ അസിസ്റ്റന്റ് മെഡിക്കൽ ഓഫീസർ നന്ദിനി ഉദ്ഘാടനം ചെയ്തു. കോളജ് പ്രിൻസിപ്പൽ ഡോ. മാത്യു പി. ജോൺ അധ്യക്ഷത വഹിച്ചു. കോളജ് എൻഎസ്എസ് യൂണിറ്റ് പ്രോഗ്രാം ഓഫീസർമാരായ പ്രഫ. അരുൺ ജോൺ, ഡോ. സ്നേഹാ ജേറ്റർജ്ജ് ഡോണേഷൻ കേരള പ്രസിഡന്റ് ബിജു കുഞ്ചു എന്നിവർ പ്രസംഗം



➤ **MEDICAL CAMP- Gandhi @ 150**

We conducted a medical camp in association with the Blood Donation Day district level inauguration on October 1st. This camp was organized for the students in our campus Blood group detection also done in this camp.



➤ **KSRTC BUS STAND CLEANING- Gandhi @ 150**

As the part of Gandhi Jayathi **Gandhi @ 150**, we cleaned Pathanamthitta KSRTC bus stand along with NCC cadets of our campus on October 2. We washed 15 KSRTC buses and cleaned the KSRTC ground, bus station, office buildings and surroundings. 83 NSS volunteers participated in this programme.



➤ **NAKSHATRAVANAM- PLANTED HUMAN STAR PLANTS- NSS @50**

We planted a *Nakshatranam*- a pool of trees associated with each birth-star, as the NSS Birth day present on October 24. We cleaned west dumping area near Kozhencherry Panchayath stadium and planted 28 varieties of plants. This was inaugurated by Jilla panchayath president Mr. Jerry Sam Mathew and the message given by chief guest Panchayath president Mrs. Mini Syam Mohan. College principal Prof. Dr. Mathew P. John participated in this programme.

➤ **MEDICINAL PLANT GARDEN- NSS @50**

We constructed a medicinal plants garden in our college campus with the hard work of our NSS volunteers on November 9. We planted about 35 varieties of ayurvedic medicinal plants like threfala, dasapushpa, tulasi, ginger, turmeric, brahmi, neelabringadi, brigaraj, sarpaganthi, adalodakam, muriga, hibiscus, aloe vera, etc. This project was very helpful for the students to know about different types of medicinal plants and their impotence and medicinal values. Herewe introduced a new method of scanning QR codes attached with the plants to know about the medicinal values of the plants in the garden.



➤ **CHILDREN'S DAY CELEBRATIONS**

On Children's day, November 14, our volunteers visited Kozhencherry LP school and distributed different gifts to the students and celebrate children's day with them.



➤ **FIRST AID AND RESCUE TRAINING**

Our college along with Pathanamthitta social justice department conducted a first aid training programme on November 16th in association with the district palliative care, health department, police and fire service departments. District Collector Mr. P. B. Nooh inaugurated this programme and was presided by the District Probation Officer Mr. Abin A. Classes were led by health officials and palliative care volunteers. 80 NSS volunteers participated in this programme. This was very effective and motivating for the students. On the basis of this programme we extended our palliative care works in adopted partner village.



➤ **SUDERSANAM- SABARIMALA; A PROJECT BY SOCIAL JUSTICE DEPARTMENT & NSS UNIT 42**

We organized a new project 'Sudershanam –Sabarimala' in association with District Collectorate, Health Department and Social Justice Department. In this, our volunteers helped the differently abled people, senior citizens and kids in Sabarimala journey and they also provided first aid for the people in need. In this project our 65 NSS volunteers were divided in to 6 groups and served from November 17 to January 16 and each team worked for 12 days in Sabarimala.



തീർത്ഥാടകർക്ക് കൈത്താങ്ങുകി എൻഎസ്എസ് സന്നദ്ധസേവകർ

ശബരിമല • ക്ഷീണിച്ചുതളർന്ന അയ്യപ്പന്മാർക്ക് കൈത്താങ്ങായി കോഴഞ്ചേരി സെന്റ് തോമസ് കോളജ് എൻഎസ്എസ് യൂണിറ്റ്. 'സുദർശനം' പദ്ധതിയുടെ ഭാഗമായിട്ടാണ് കോളജ് എൻഎസ്എസ് യൂണിറ്റ് അംഗങ്ങൾ പ്രവർത്തിക്കുന്നത്.

കാനനപാതയിൽ തളർന്നു വീഴുന്ന ഭക്തർക്ക് വൈദ്യസഹായം എത്തിക്കുന്നതും മലകയറാൻ ബുദ്ധിമുട്ടുന്നവരെയും പ്രായാധിക്യം കൊണ്ടും അംഗപരിമിതി മൂലവും പ്രയാസം അനുഭവിക്കുന്നവരെയും പമ്പയിൽ നിന്ന് സന്നിധാനം വരെയും തിരിച്ചും തോളിലേറ്റി നി്ബന്ധിക്കുന്നതും ഈ വൊളന്റിയർമാരാണ്. ചെങ്കുത്തായ പ്രദേശങ്ങളിൽ നടന്നു കയറുന്നതിന് അയ്യപ്പന്മാർക്ക് ഒരു കൈ സഹായമായിട്ട് ഇവരുണ്ട്.

● **സുദർശനം പദ്ധതി**

ജില്ലാ കലക്ടറേറ്റും സോഷ്യൽ ജസ്റ്റിസ് പ്രൊബേഷൻ ഓഫീസും പാലിയേറ്റീവ് കെയർ ആരോഗ്യ വകുപ്പ് വിഭാഗങ്ങളും സെന്റ് തോമസ് കോളജ് എൻഎസ്എസ് യൂണിറ്റുമായി ചേർന്ന് നടത്തുന്നതാണ് ഈ പദ്ധതി. അംഗപരിമിതിക്കും വയോജനങ്ങൾക്കും ബുദ്ധിമുട്ടില്ലാതെ ശബരിമല ക്ഷേത്രദർശനം സുഗമമായി സാധ്യമാക്കുകയെന്നതാണ് പദ്ധതിയുടെ ലക്ഷ്യം. ഈ വർഷ

മാണ് പദ്ധതി ആദ്യമായി നടപ്പാക്കിയത്. അയ്യപ്പന്മാർക്ക് കുപ്പിവെള്ളം എത്തിക്കാനും അംഗപരിമിതരും വയോജനങ്ങളുമായ അയ്യപ്പന്മാർക്ക് വരിയിൽ നിൽക്കാതെ സുഗമ ദർശനംനടത്താനുംകൂട്ടംതെറ്റിയ അയ്യപ്പന്മാരെ തിരികെ എത്തിക്കുവാനും സുദർശനം പദ്ധതി സഹായമാവുന്നുണ്ട്. നടൻ ഭിമൻ രഘുലൾപ്പെടെയുള്ളവർക്കും ഈ പദ്ധതിയുടെ ഗുണം ലഭിച്ചിട്ടുണ്ട്.

● **25 വൊളന്റിയർമാർ**

25 വൊളന്റിയർമാർ 5 സംഘങ്ങളായിട്ടാണു പ്രവർത്തിക്കുന്ന

തി. തിരഞ്ഞെടുത്ത എൻഎസ്എസ് വൊളന്റിയർമാർക്ക് മണ്ഡലകാലം ആരംഭിക്കുന്നതിന് മുൻപ് തന്നെ പാലിയേറ്റീവ് കെയർ, ആരോഗ്യ വകുപ്പ്, ജില്ലാ ഭരണകൂടം, കലക്ടറേറ്റ് എന്നിവിടങ്ങളിൽ നിന്ന് പരിശീലനവും ആവശ്യമായ നിർദ്ദേശങ്ങളും നൽകിയിരുന്നു. അടുത്ത മണ്ഡലകാലം മുതൽ ഈ പദ്ധതി കൂടുതൽ വ്യാപിപ്പിക്കാനും ആലോചിക്കുന്നുണ്ട്. പ്രഫ. അരുൺ ജോൺ, ഡോ. സന്തോഷ് ജോൺ പച്ചയിൽ എന്നിവരാണ് കോളജ് എൻഎസ്എസ് യൂണിറ്റിന് ചീക്കൻ പിടിക്കുന്നത്.

➤ **RUN FOR SAFE CHILDHOOD**

Our volunteers participated in an awareness rally - 'Run for Safe Childhood' on November 20. This programme was conducted by District Child Protection Council to improve the awareness regarding child safety and to reduce the abuse against children.



➤ **KOOTTUKUDUBBAM- COMMUNITY LIVING IN PARTNER VILLAGE**

We conducted a community living programme- *Koottukubumbam* in our second adopted village Melukara lekshamveedu colony during the semester break, in November third week from November 21, 2019. 16 male volunteers stayed in the colony for 10 days. At that time, they did the works of Extension Education Centre (Thudar Vidyabhyasa Kendram). They could study the social and economic problems in the partner village during the stay.



➤ **NATURE ECO-STUDY CAMP IN PEECHI-VAZHANI WILD SANCTUARY**

Our NSS unit got an opportunity to attend a three day Nature camp in Peechi- Vazhani Wild Sanctuary from December 2 to December 4. It was a wonderful experience to our NSS volunteers. Tracking through the forest area was a good experience to know about the nature and forest, Forest ranger Mr P. Madhu gave guidance to the volunteers. Different classes about nature, butterflies, snakes, wild animals etc were very informative to the students.



➤ **TRANSFORM THE CULPRIT- INTERCOLLEGIATE POSTER TROLL COMPETITION**

We conducted an intercollegiate poster troll competition on December 5 in association with Social Justice Department in the subject *Transform the Culprit*. Nebu from Thiruvalla college got the first prize in troll competition and Jobin from St. Thomas college Kozhencherry got first in poster competition.



➤ **GREEN CORNER**

We constructed a green corner eco-friendly meeting space in our campus on December 12 and we made it plastic free. We planted a lot of saplings and constructed a garden. Now different club meetings and tutorial classes are conducted in this space. It also acts as a place to learn about the ecosystem and nature. Here we also constructed a small pond in this space and cultivated Guppy fishes. Teachers and students buy Guppy fish from here to reduce mosquito problems.



➤ **WATER QUALITY ANALYSIS IN KOZHENCHERRY PANCHAYATH**

We conducted a water quality analysis programme in Kozhencherry Gramapanchayath on December 23. 180 of our volunteers collected 110 samples from different water sources and gave water quality reports and remedies to the houses. We tested seven parameters, pH, chloride, fluoride, nitrate, iron, turbidity and presence of *E. coli* in water quality analysis. Water quality analysis program was very important and effective as our panchayath was affected by flood.



➤ **EDUHOME- SAKSHARATHA BHAVANAM CONSTRUCTION**

We constructed a *Eduhome-Saksharatha Bhavanamm* with a toilet in our partner village, that helps the saksharatha mission for taking classes and conduct Balavedi programs. Cost of construction was one lakh twenty thousand rupees. This program was inaugurated by Ranni MLAMr. Raju Abraham on December 27. Panchayath member Minisyam Mohan, Block Panchayath member Bijly P Eso, College Principal Dr. Mathew P John were participated in program.



➤ **TWO DAY INTER COLLEGIATE WORKSHOP AND CAMP - AVP Program**

We organized an Inter Collegiate workshop in 'Alternative to Violence Project(AVP)' on January 4th and 5th. It was a trainers training program in association with District Probation Office. We trained 46 volunteers from different colleges for this program. This program was inaugurated Aranmula MLA Mrs. Veena George.



➤ **PEACE BUILDING CLUB**

Peace building club is an initiation by our college NSS Unit for working among prisoners who come out from the prison and it was initiated on January 7. This project was supported by District Probation office and was under the guidance of Mr. Abben A, District Probation Officer. 50 of above trained volunteers were the members of this group, and Probation office in association with Social Justice Department gave some orientation classes to these club members. We completed a survey in different parts of Pathanamthitta district and gave counselling and information about government supports for their normal life. This programme helps persons who came out of prisons to lead a normal social and family life without bad intentions.



SOCIAL JUSTICE DEPARTMENT &
ST. THOMAS COLLEGE KOZHENCHERRY, NSS UNIT

➤ **CANCER DAY OBSERVATION- AWARENESS RALLY**

For observing World Cancer Day we conducted an awareness rally from Kozhencherry town Keshavan Square to college campus. 106 volunteers participated in this rally and college Principal flagged off the program.



➤ **TRAFIC PARK RENOVATION**

On behalf of traffic week observation we renovated the Kozhencherry Police station traffic park and cleaned the surrounding areas of the park on 11/01/2020. The park was very useful for society especially for driving students. The park was not in good condition and some areas were destroyed. 64 of our volunteers participated in this work.



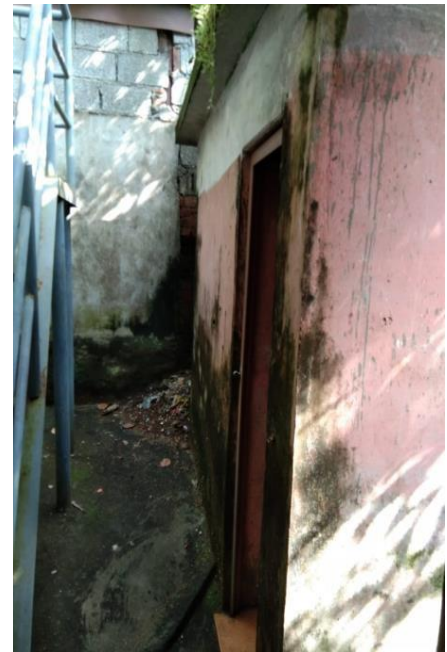
**ട്രാഫിക് പാർക്ക്
ശുചീകരിച്ചു**

ആറന്മുള • പൊലീസ് ട്രാഫിക് പാർക്ക് ശുചീകരിച്ച് സെന്റ് തോമസ് കോളജ് എൻഎസ്എസ് യൂണിറ്റ്. പൊതുജനങ്ങൾക്കും ഡ്രൈവിംഗ് പഠിതാക്കൾക്കും ഏറെ ഉപയോഗ പ്രദമായതാണ് പൊലീസ് സ്റ്റേഷൻ വളപ്പിലെ ട്രാഫിക് പാർക്ക്. 80 വെള്ളിപ്പന്തലാണ് പാർക്ക് ശുചീകരിച്ചത്. എസ്എച്ച്ജി. സി. സന്തോഷ് കുമാർ ഉദ്ഘാടനം ചെയ്തു. എസ്എ റിജേഷ്യ, എൻഎസ്എ പ്രസാദ്, എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസർ മാരായ ഡോ. സന്ദേഹ ജോർജ്ജ് പച്ചയിൽ, പ്രഫ. അരുൺ ജോൺ എന്നിവർ എന്നിവർ പ്രസംഗിച്ചു.



➤ **AGANAWADI ADOPTION AND AGANAVADI RENOVATION**

Our NSS unit adopted an Anganawadi in Kozhencherry Lekshmi Veedu Collony and renovated it, started the work on December 24, 2019 and completed in January 28, 2020. We completed the maintenance works and painted it. We also done the toilet and plumbing maintenance works in the aganawadi. Our volunteers drew different animals and cartoon characters in its wall.



➤ **LIBRARY RENOVATION & PUSTHAKAVANCHI**

We renovated an old library building in Melukara lekshamveed Colony and donated 1,500 books to this library which contain different categories like kids stories, novels, short stories, health specials, legal awareness, poems, drama, general knowledge books etc. we collected books from college and different parts of Kozhencherry panchayath. We collected books through Pusthaka Vnchi programme on February 10.



➤ **SANITIZER MAKING AND BRAKE THE CHAIN CAMPAGIN**

Our NSS Unit along with Chemistry Department made hand sanitizer in the chemistry lab and distributed among the teachers on invigilation duty and all students in the examination hall during March 11 and 14, 2020. We also distributed the sanitizer to the Kozhencherry pancayath office and treasury office. 19 NSS volunteers participated in this programme. We also helped the Elanthoor block panchayath in making 300 litres of hand sanitizer for household distribution.



online.com/news മലയാള മനോരമ

സാനിറ്റൈസർ നിർമ്മിച്ച് ഇലന്തൂർ ബ്ലോക്ക് പഞ്ചായത്ത്

ഇലന്തൂർ കോടതി-19 പ്രതിരോധ പ്രവർത്തനങ്ങളുടെ ഭാഗമായി സൗജന്യ വിതരണത്തിന് സന്നദ്ധമായി സാനിറ്റൈസർ നിർമ്മിച്ച് ബ്ലോക്ക് പഞ്ചായത്ത്. കോടതി-19 പ്രതിരോധ പദ്ധതിയുടെ ഭാഗമായി സാനിറ്റൈസർ നിർമ്മിച്ച് ബ്ലോക്ക് പഞ്ചായത്ത്. കോടതി-19 പ്രതിരോധ പദ്ധതിയുടെ ഭാഗമായി സാനിറ്റൈസർ നിർമ്മിച്ച് ബ്ലോക്ക് പഞ്ചായത്ത്.

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സാനിറ്റൈസർ സ്വയം നിർമ്മിച്ച് കോളജുകളും ആശുപത്രിയും

സെന്റ് തോമസ് കോളേജ് നിർമ്മിച്ചത് 10 ലിറ്റർ സാനിറ്റൈസർ

കോടതി-19 പ്രതിരോധ പദ്ധതിയുടെ ഭാഗമായി സാനിറ്റൈസർ നിർമ്മിച്ച് ബ്ലോക്ക് പഞ്ചായത്ത്. കോടതി-19 പ്രതിരോധ പദ്ധതിയുടെ ഭാഗമായി സാനിറ്റൈസർ നിർമ്മിച്ച് ബ്ലോക്ക് പഞ്ചായത്ത്.

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➤ **LOCK DOWN- ADUKKALATHOTTAM**

Our volunteers made Lock down Adukalathottam from March 18. The seeds were obtained from the agricultural department and we participated in vegetable



cultivation challenge.



➤ **CLOTH MASK MAKING FOR FRIENDS**

Our students made 1000 masks for distributing among college students in the examination hall from March 24. 21 of our volunteers participated in this programme. They stitched cotton masks from their homes in the lock down period.



➤ **COVID RELEAF FUND TO CMDRF**

We collected five thousand rupees from the our volunteers and donated for Covid-19 relief activities of Chief Ministers Disaster Relief Fund(CMDRF). 46 of our volunteers participated in this fund collection programme.



➤ **NATIONAL PRE RD CAMP PARTICIPATION**

Our NSS volunteer Amal Sundar participated in National Pre RD camp in Thiruchirappalli. He was one of five students in MG University who is getting an opportunity to participate in the national camp.



**PROGRAMMES INITIATED BY
NCC UNIT
ST. THOMAS COLLEGE, KOZHENCHERRY
2019-2020
(Extracted from Newsletter)**

NCC

One infantry company of NCC is functioning in the college with a total strength of 108 cadets, including SD and SW cadets. Cadets enrolled are given institutional trainings and can participate in various adventure activities, national level camps, annual training camps, community development programmes etc. The NCC company of the college comes under 14 K BN NCC, Pathanamthitta, Kottayam group, Kerala & Lakshadweep Directorate. Lt. Shaju K John is the ANO of the company. SUO Noel Prakash Chandy, UO Sheena Nelson and UO Binz PB were appointed as the senior cadets for the year 2019-20. In the year 2019-20, 30 cadets passed C certificate examination and 32 cadets passed B certificate examination conducted during

February 2020. First year cadets were enrolled by Col. NPS Thoor on 19 August, 2019. 2 cadets (SGT Akhil V.S. & SGT Abhirami Devaraj) from this company attended Pre-RD camp conducted at CRPF Pallipuram on November 2020. 1 cadet (SGT Sreelekshmi S) from this company attended TSC-IGC camp conducted at Calicut in September 2020. 2 cadets attended EBSB camp. SGT Abhirami Devaraj attended EBSB PM Rally at New Delhi on January 2021 and CPL Abhijith Kumar KR attended EBSB Rajasthan on December 2020. 6 cadets attended Army Attachment camp conducted at Pangode, Trivandrum from 27 January- 10 February, 2020. Institutional training parades were conducted on all Saturdays in the college as per the syllabus. Cadets from this Coy helped in the smooth running of a job fair held

in May 2020 by collecting data and information of the job applicants. International Yoga Day was observed on 21 June 2019 by NCC cadets from this Coy by doing meditations, yogas and asanas in the college auditorium. An awareness class was conducted for the students of this college about the dangerous effects of drug usage was held on 26 June 2019, World Drug Day. A Blood Donation Campaign was held in the college during July 2020. Many cadets from this Coy donated blood. Cadets from this Coy under the supervision of ANO Lt. Shaju K. John provided relief services and material worth Rs 1.5 lakhs to the flood affected areas in Wayanad on 17 August 2019. As a part of Gandhi Jayanti, cadets from this Coy cleaned KSRTC bus stand Pathanamthitta and some KSRTC buses on 2 October 2019.



**PROGRAMMES INITIATED BY
DEPARTMENTS AND CLUBS,
ST. THOMAS COLLEGE, KOZHENCHERRY
2019-2020**

➤ **TRAINING ON STAR MAKING (ESTERLLA 2K19)**

Research and Postgraduate Department of Physics organized a workshop and training on LED star making (ESTERLLA 2k19) on 18th December 2019. The welcome and introduction of the workshop was given by the co-ordinator of the programme, Dr. Prathibha Vasudevan, Assistant Professor, Department of Physics, St. Thomas College. Hon. Principal, Dr. Mathew P. John inaugurated the programme. Head of the Department Dr. Susan Mathew, facilitated the occasion. Around 25 students from different streams of the college participated in the workshop to learn the working of LED stars and how to assemble it.



➤ **EXTENSION PROGRAMME AT ST. THOMAS HIGHER SECONDARY SCHOOL KOZHENCHERRY**

Dr. Arthur Varghese and Dr Jijoy P Mathew of Physics Department took the lead initiative in visiting St. Thomas Higher Secondary School Kozhencherry as part of the extension activity on 20th December 2019. They took a team of students from our department and gave intense training on the making of stars. Prior to that they provided a class on basic electronics and LED components to make students aware of the scientific parameters of the same.



➤ Break the chain making of sanitizer and mask by UBA(Unnat Bharat Abhiyan)

<p>Name of the Institute</p>	<p>St. Thomas College, Kozhencherry, Pathanamthitta, Kerala AISHE code- C-11652</p>	
		
<p>Sample Copy of completion Certificates from Government of India & Muhammad Bin Rashid university of medicine-community immunity awareness programme</p>	<p>Sanitizer Preparation by UBA & NSS under the support of chemistry department of our college</p>	
		
<p>Sanitizer distribution in Marthoma LP School under UBA</p>	<p>Awareness Campaigning through leaflets</p>	
<p>Description</p>	<ol style="list-style-type: none"> 1. Encouraged students and coordinators to do various online programmes on COVID 19 awareness programs. One being Muhammad Bin Rashid university of medicine-community immunity awareness programme & Other from Government of India 2. UBA in association with NSS unit of our college and Research and Post Graduate Department of Chemistry produced and distributed Hand 	

	<p>Sanitizers in near by UP schools(Marthoma LP School, Kozhencherry) and 2 villages adopted by UBA scheme.</p> <p>3. UBA handed over leaflets of how to fight COVID 19 (in local language) among School students and students of our college on march 18th, 2020. The leaflets contain the health and his gone protocols to be followed during the lockdown period</p> <p>4. Handed over mask to the adopted villages by UBA - UBA unit collected re-usable mask from district kudumbasree units and handed over it to the village officers of the respective villages.</p>
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<p>Name of the Institute</p>	<p>St. Thomas College, Kozhencherry, Pathanamthitta, Kerala AISHE code- C- 11652</p>
	

Department of Commerce

St Thomas college, Kozhencherry

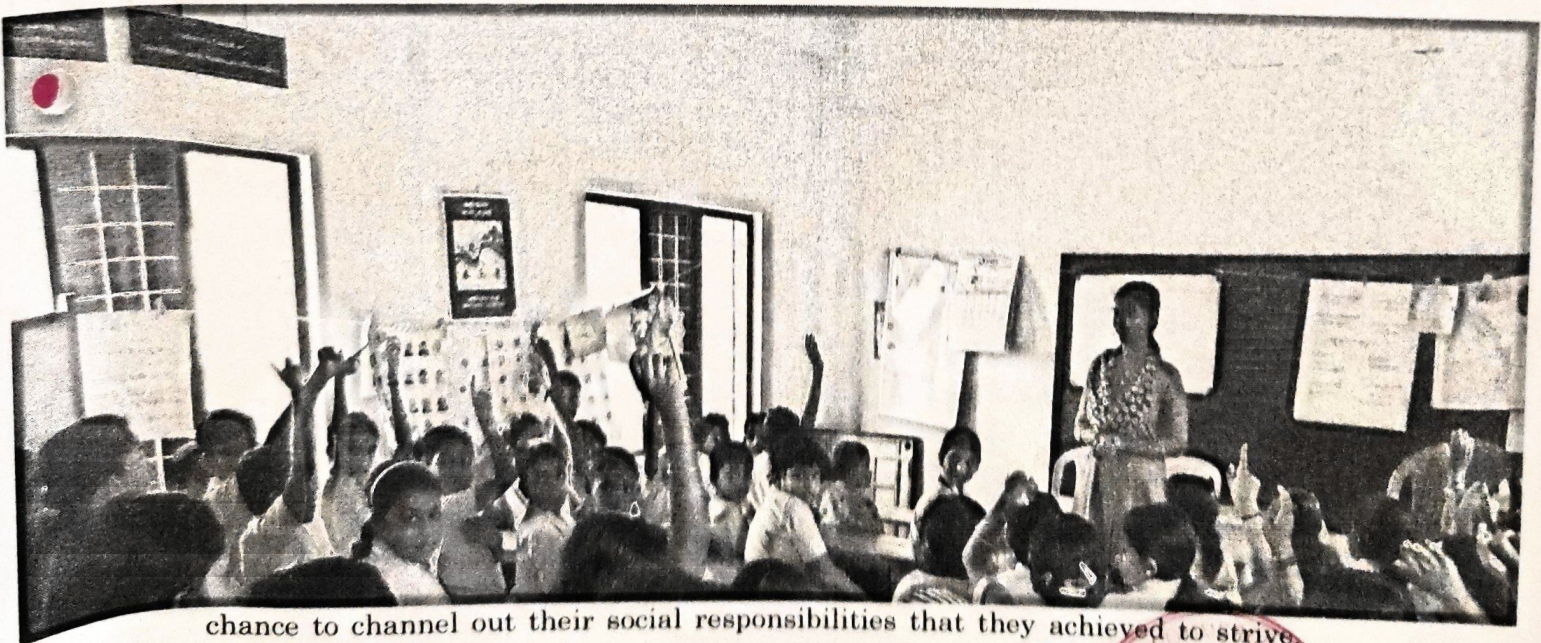
Report of Students outreach programme

This academic year, the department of commerce of St Thomas college, Kozhencherry conducted a Student out reach program, a community service program that promotes student interest in higher education by increasing awareness of college, career, and financial aid opportunities. This cultivates enjoyment of the learning process instead of struggle. Students learn to strengthen their brain's ability to learn in an easy and fun way. This program was conducted by the Final year B. Com students. On 6th December, 2019 we the students of B. Com - Computer Application under the guidance of Dr. Jaya Jacob M. went to Marthoma LP School, Pullad with an aim to visit the children of the school and to entertain them with some educational tips .

We reached there at 1 PM and the school teachers lead us to the class. We addressed the children and many programs were conducted by our students.

Children were entertained by singing songs, Teaching Action Songs, Quiz , Story telling and Drawing. We all had a quality time spending with the children .

They children enjoyed the company as well as the very interactive quiz session. The quiz session was conducted by Anjana and Krishnaja. The kids got a chance of healthy acquaintance with the student, that inspired them. Students, got to a



chance to channel out their social responsibilities that they achieved to strive



Jyoths 7
Anil P. N.



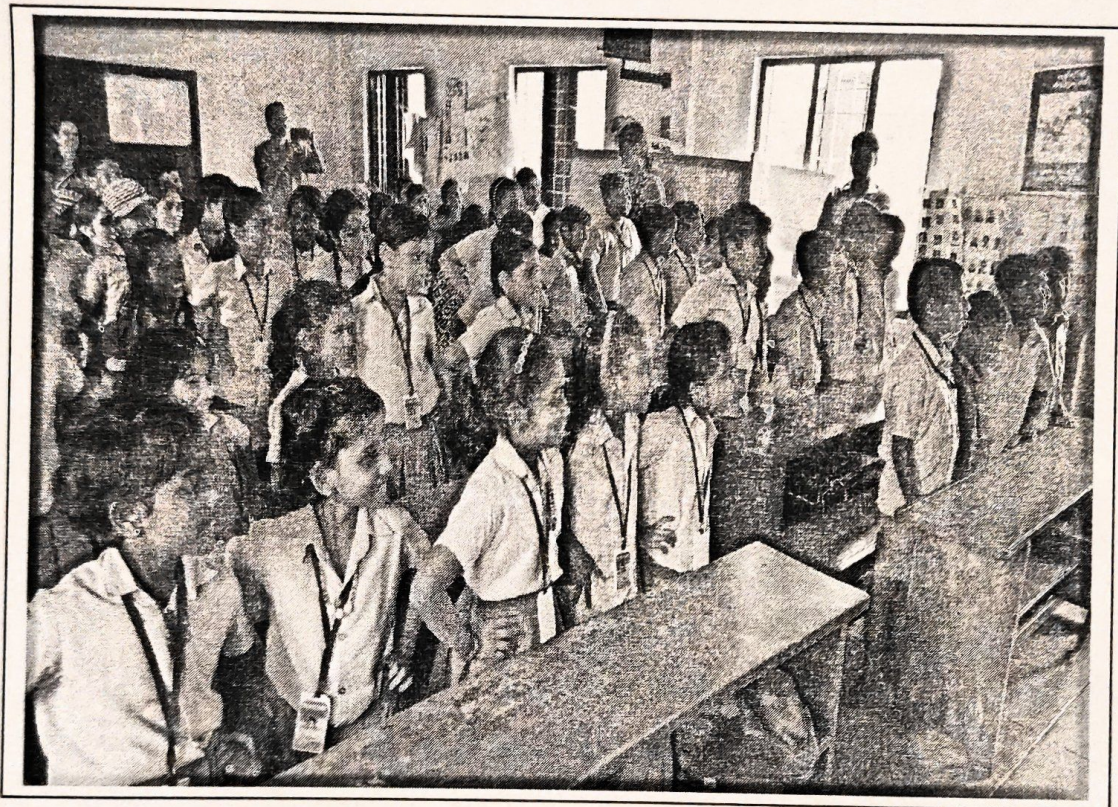
Both sides were inspired by very extend. The students worked hard for each program conducted in the school.

Students given gift after a song

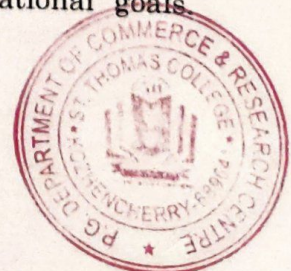
The children at the school also participated with the students quite heartily. There was quite good amount of help from the side of the staff at the school who helped us with uttermost care and consideration. The kids of the school entirely enjoyed the action song sessions that were conducted by Catherine and Anju and his group. The kids participated energetically and the anticipation was off the roof. It also helps improve the lives of others. Participating in a community project or volunteering is important because it helps to better your community, and also helps you as an individual. There are many ways to participate: volunteer your time, donating, shop locally, and promote your community activities. It does give a heart jumpstart of energy to fun way. It's not just a matter of resume improvement but also a leadership quality and let them know

Jyoti 7
Assistant Professor

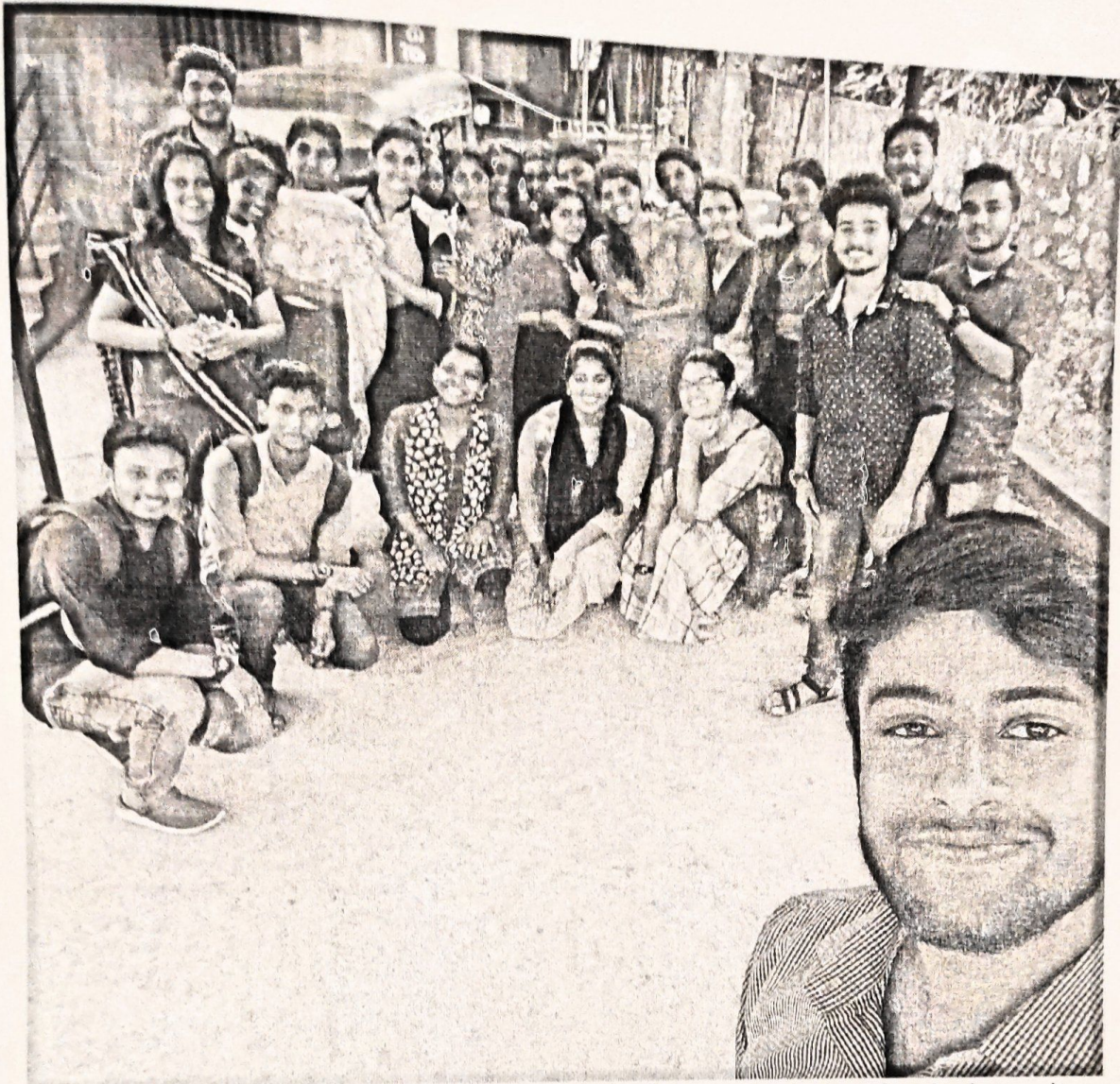
about their social responsibility that they should acknowledge later or early in life. Community help not only helps with the right match can help you to find friends, connect with the community but to learn new skills, and even advance your career. Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose



Children of the school were quite genial and happy about the student outreach program conducted in their school. They visit was not pompous one but that of humble genuine humanely essence. The feeling of love, responsibility and togetherness Student responsibility is demonstrated when students make choices and take actions which lead them toward their educational goals. Responsible students take ownership of their actions by



Jyoths . 7 Jyoths
Assistant Professor



exhibiting the following behaviors. They demonstrate academic integrity and honesty. In case of our B. Com students they did also are socially responsible about their responsibilities towards their own society. These kind of programs should be entertained more and in future we're looking forward to more programs like this. In the world of institutionalized rationality they were strikingly moral in frame.



Jyoti T
Assistant Professor



**MAR THOMA CENTRE FOR
REHABILITATION AND
DEVELOPMENT (MCRD)**

KOLABHAGOM P.O., THADIYOOR - 689 545
0469-2662269, 2669754
E-mail : mcrdnavaajyothischool@gmail.com

Patron
Most.Rev.Dr.Joseph
Mar Thoma Metropolitan
Tel 0469-2630313

President
Rt.Rev.Joseph Mar
Barnabas Episcopa
Tel 04734-229130

Director
Rev. Vinod Easow
Mob. 8075790441
Secretary
Dr.M.N.George
Mob. 9447592643
Treasurer
Dr.K.K.Johnson Ayroor
Mob 9446952248

12.10.2019

To,
The Head Of The Department
English Department
St Thomas College
Kozhencherry.

We would like to extend our sincere gratitude towards you for the support rendered, especially for the encouragement and warmth you showered on the children. The inmates cherished the time you spent with them. We look forward to more frequent visits from you.

With Regards and Prayers,

Rev. Vinod Easow

Director

MCRD



Director
Mar Thoma Centre For
Rehabilitation and Development
(M C R D)
Kolabhagom P. O. Thadiyoor
Pathanamthitta - 689545



2. VISIT TO MCRD, NAVAJYOTHI SCHOOL, THELLIYOOR

The Department of English, St Thomas College, Kozhencherry, under the auspices of the English Association visited the Mar Thoma Centre for Rehabilitation and Development (MCRD) Navajyothi School, Thelliyoor on 12th October 2019. It was a Saturday and the students, about 40 in number, were accompanied by Prof Elizabeth John, the Head of the Department and Prof Siby John, the teacher in charge of the Association.

The programmes for the day were conducted in two sessions. The session in the morning was engaged by Dr. Sam Skariah, former Principal, Wilson College, Mumbai. During the afternoon session, Rev. Vinod Easow, the Director of the Centre spoke about the institution, its objectives and vision to convey God's love to children who are mentally challenged, through focused attention, specialized care, and positive support. The inmates of the MCRD put up stage performances of songs and dances, displaying astonishing abilities in spite of their physical and mental challenges.



MGRD NAVAJYOTHI SCHOOL



2019-20

1. Govt. U.P.School, Kozhencherry has been adopted as part of the Extension activities of the department. As per schedule, several teachers from the department engaged classes for the students on various topic. The following classes were engaged by the teachers of the Department of English at Govt. UP School Kozhencherry East.

- | | | |
|---------------------|------------|-----------------------|
| 1. Elizabeth John | 19/09/2019 | Adjectives |
| 2. Annie George | 11/10/2019 | Questions and Answers |
| 3. Jeslin Mery John | 21/11/2019 | Nouns |





2019-20

List of books donated to Panchayath
Library, Kuringumala on 27-8-2019,

A project of the Golden Jubilee
celebrations of the Department.

Total no. of books: 125



St. Thomas College, Kozhencherry

26 July 2019

One-day Regional Workshop on

Historical Ecology

A Concise Study on Pamba River Basin

Venue: Juhanon Mathoma Hall
St. Thomas College, Kozhencherry



In association with
Pamba Parirakshana Samithi
Poovathoor
Thiruvalla
&
Department of Archaeology
University of Kerala



Organized by:
Department of History

**One-day Regional Workshop on
Historical Ecology:
A Concise Study on Pamba River Basin**

The Department of History, St. Thomas College Kozhencherry is proudly introducing a new research workshop intending to nurture a keen interest among the budding scholars to critically understand human interconnection with ecology. The self distinction of humans from nature has threatened the very existence of human species. A look at the mooring grounds of human civilizations teaches us a humble lesson of the inevitable submission of man to the verdict of nature.

The workshop entitled, **Historical Ecology: A Concise Study on Pamba River Basin**, aims to reorient the disciplinary understandings of history, as well as promoting UG and PG students to recourse their studies on deep past. Historical ecology concerns the historical interconnectedness of nature and human culture over a long period. The term denotes a broad definition of ecology that includes human as an active agent and component of all ecosystems. In the course of history, humans have adapted and shaped their environment, thereby continuously contributing to the transformation of ecological systems. Therefore historical ecology seeks to understand the cumulative effects of humans on ecological systems.

In the organization of this workshop, we are associating with the Pamba Padana Kendram, Poovathoor, Thiruvalla and the Department of Archaeology, Kerala University. We solicit your august presence and critical engagement in this course of study. Those who wish to join in this study may contact our course coordinator or project coordinator.

Thanking you!

Dr. George K. Alex
(HoD in Charge)

Project Coordinator
Prof. Tania Thomas

Course Coordinator:
Dr Martiz Kurian

PROGRAMME

26 July 2019

09:30 Registration

10: 00 – 11:00 Inaugural address:

Dr Jose Parakkadavil,

(Former Principal BAM College, Thuruthicadu)

11:10-11: 45

Lecture 1: Ecology and History

Mr. Mathew Sam,

(Assistant Professor, Mar Thoma College, Thiruvalla)

11: 45-12: 30

Lecture-II: The River Pamba & Ecology

Mr. N. K. Sukumaran Nair,

(Pamba Parirakshana Samithi, Poovathoor)

Lecture III: Understanding Social Ecology

Dr George K. Alex,

(Assistant Professor, Dept. Political Science,
St. Thomas College, Kozhencherry)

1:30-3:30

Lecture IV: Archeology & Ecology

Dr Rajesh S. V.,

(Assistant Professor, Department of Archaeology,
University of Kerala)

Lecture V: Zooarcheology

Dr. Abhayan G. S.,

(Assistant Professor, Department of Archaeology,
University of Kerala)

Organizing Committee

Dr. George K. Alex
N.K. Sukumaran Nair
Dr Martiz Kurian
Ms. Tania Thomas
Ms. Ancy Rajan
Jayakrishnan K.K.
Lance Thankam Lal
Abhiram Ashok
Akhil P.
Gilgi Varghese
Jerry Mathew Saji
Akhila
Ginu Philip
Akshaya Kumar P.A.



Pamba River

Contact Address:

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St. Thomas College
Kozhencherry 689641
www.stthomascollege.info
histstc@gmail.com
9745050981 || 9496339587
8510097935



Dr. MARTIZ KURIAN
Assistant Professor of History
Head, Department History & Political Science
St. Thomas College, Kochi
Pathanamthitta, Kerala-686341



ONE DAY WORKSHOP ON HISTORICAL ECOLOGY: A CASE STUDY ON THE PAMBA RIVER BASIN : REPORT

The One day regional workshop on 'Historical Ecology: A concise study on Pamba river basin' conducted by the Dept of History, St Thomas college Kozhencherry in association with Pamba Parirakshana Samiti and Department of Archaeology, University of Kerala was held on 26th July, 2019 at St Thomas College Kozhencherry. This workshop was organized with the aim to generate a keen interest and critical engagement of young scholars to understand human interconnection with ecology and the cumulative effects of humans on ecological systems with a special focus on the Pamba river basin.

The workshop began at 10 am and was presided by our respected Principal Dr. Mathew P John who delivered the Presidential address. Dr. Jose Parakkadavil, Former Principal, BAM College, Thuruthicadu then gave the inaugural speech. This was followed by the Felicitation address by Mr. N K Sukumaran Nair, General Secretary of Pamba Parirakshana Samiti.

The One day regional workshop was held in two sessions.

The first lecture of the morning session was delivered by Mr. Mathew Sam, Assistant professor, Mar Thoma College, Tiruvalla on 'Ecology and History'. He began by discussing the historical development of the discipline of environmental history, and then went on to highlight how the writings in environmental history transformed over a period of time. Sir also stressed that the history of Pamba is not its own, but it is also the history of the society and people who depend on it.

The 2nd lecture was delivered by Dr. George K Alex, Assistant professor, Dept of political science, St. Thomas college Kozhencherry on the topic 'Understanding Social Ecology'. Dr. Alex spoke about the relationship between culture and nature and pointed out that it cannot be seen as distinct from one another. He also highlighted how culture evolves from nature and how in turn culture transforms nature. Also concepts like social ecology, eco-fascism, deep-ecology, shallow-ecology, etc were discussed during the course of the lecture.

This was followed by a lecture on 'The River Pamba and Ecology' by Mr. NK Sukumaran Nair who exclusively focused on River Pamba by highlighting its history, and its transformation over a long period of time. He discussed how the river originates in the hills of Western ghats, considered as one of the eight biodiversity hotspots of the world and finally drains into Vembanad lake, an important Ramsar site. In the course of the lecture, he extensively discussed about the importance and significance of the Pamba river basin.

The 4th lecture of the day was delivered in the afternoon session and it was given by Dr Rajesh SV, Assistant Professor, Department of Archaeology, University of Kerala on 'An Introduction to Archaeological Methods and Practices'. In his lecture, Dr. Rajesh began by defining 'archaeology' and explaining what its study clearly encompasses. He highlighted the multidisciplinary nature of the study of archaeology and in particular discussed how data can be collected and the various methods that can be adopted to undertake the study on Pamba river basin.

The final lecture of the series was delivered on 'Zoo-archaeology' by Dr. Abhayan GS, Assistant Professor, Department of Archaeology, University of Kerala. He defined the concept of archaeo-zoology discuss various procedures involved in archaeological studies. He then covered various spectrums of

human-animal interactions in society and specifically dealt with and elaborated on human-animal or zoological aspects of archaeology.

Historical ecology is neither a discipline nor a theory. Rather it is a research framework for merging many kinds of evidence to reach new understanding of the past relationship between people and their environment. It requires an interdisciplinary approach as it draws from plethora of disciplines like geography, geological studies, earth sciences, archeology, anthropology, ecology, zoology, botany, etc

This workshop was primarily a search for methodology to undertake this study on the historical ecology of Pamba river basin. It was decided by the Department of History, St. Thomas college, Kozhencherry to undertake a cluster-based study along with Mar Thoma college, Tiruvalla and BAM college, Thurithicadu for this purpose. Moreover, the lectures delivered during this workshop gave us important insights on our topic of study and helped us gain better understanding of the concepts, theories, and methods involved. The vibrant academic lectures and ensuing discussions on the topic have definitely enabled us to gain greater clarity on the subject and has therefore helped us to reorient and systematize our study into a more effective one.



Dr. MARTIZ KURIAN
Assistant Professor of History
Head, Department History & Political Science
St. Thomas College, Kozhencherry
Pathanamthitta, Kerala-689641



St. Thomas College, Kozhencherry



DEPT. OF HISTORY & POLITICAL SCIENCE

One-day Regional Workshop on

Historical Ecology : A Concise Study on Pamba River Basin

Certificate

This is to certify that Mr./Ms./Dr.....
of.....
University/College has participated/ presented a paper/ served as a Resource Person in the Regional Workshop on "Historical Ecology : A Concise Study on Pamba River Basin" organized by Department of History in association with Pamba Parirakshana Samithi, Poovathoor, Thiruvalla on 26 July 2019 at St. Thomas College, Kozhencherry, Kerala, India.

Dr George K. Alex (HoD)
Department of History & Political Science
St. Thomas College, Kozhencherry

Dr Mathew P. John (Principal)
St. Thomas College,
Kozhencherry

N. K. Sukumaran Nair (General Secretary)
Pamba Parirakshana Samithi
Poovathoor, Thiruvalla



Historical Ecology: A ~~Study~~ Concise Study on Pamba River

- | | | |
|-----|-------------------|---------------------------------------|
| 1. | Lance Thankam Lal | DC ₃ History |
| 2. | Liby Sora chacko | " |
| 3. | Majeesh Manmadhan | " |
| 4. | Alithya | " |
| 5. | Pooya R | " |
| 6. | Retnakumar | " |
| 7. | Sandra | " |
| 8. | Sandhya | " |
| 9. | Jayakrishnan | " |
| 10. | Jeena George | " |
| 11. | Jestena Mathew | " |
| 12. | Jayasree | " |
| 13. | Bincy D | DC ₁ History |
| 14. | Anandhu k. Anil | DC ₂ History |
| 15. | Vishnu A | " |
| 16. | Abhijith | " |
| 17. | Chinchu | DC ₃ History |
| 18. | Gilgi Vaoghese | DC ₃ " |
| 19. | Dhanya M | " |
| 20. | Anagha | " |
| 21. | Aaya. | " |
| 22. | Reshmi R | DC ₁ History |
| 23. | Akshaykumar PA | DC ₁ History |
| 24. | Tom. T. Titus | DC DC ₁ History |
| 25. | Anoop. S | DC ₁ History. |



Name

Designation

Signature

Dr. Rajan K. V.

Asst. Professor

[Signature]

Dr. Abhayan G.S.

Asst. Prof

[Signature]

Dr. Jose Prakashadas.







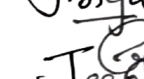

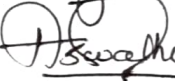

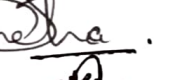






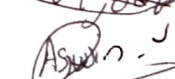

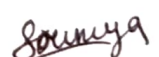


Asst. Principal

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DC3 History

Roll No.	Name	Signature.
347	Lance Thankam Lal	
323	Dhanya m	
344	Gilgi Vaoghese	
327	Liby Sasa Chacko	
339	Ancy John	
318	Anagha R	
331	Praya R	
325	Jeena George	
341	Arya mol. k shaji	
319	Aswathy Ashok	
338	Vaindha v	
358	Sneha chacko.	
343	Bitsu Vaoghese Babu	
338	Retnakumar N.B	
345	Jayakrishnan k.k	
337	Sumith Thomas	
322	Dennis v Das	
317	Akhil p	
316	Ajay	
328	Majeesh Mammathan	
342	Aswin v. kumar	
330	Manikandan	
349	Soumya S kumar	



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Abalya Sundaresan

Aswathy mol

Jesteen mathew

Yadh. T. Alummood

Dayasree P

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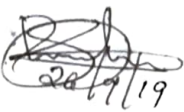
~~Abalya~~

Aswathy

Jesteen

Yadh.

Dayasree


20/7/19





VEGETOS-2019:

Department of Botany in association with Go Green Santhome Club organized Vegetos-2019 on 29th November 2019, to create awareness about importance of organic farming among the students. All the teaching/non teaching staff and students are invited to contribute and participate for the program. This year wherein each department of this college were given a stall to display and sale their home-grown vegetables, fruits, spices, tubers etc and also home-made delicacies. In total there were 12 stalls, which included 11 departments and 1 stall of administrative staff.

Items included in the sale for vegetos-2019

- Home grown fresh fruits, vegetables (Including leafy vegetables), tubers, stems etc.
- Dried items such as pepper, tamarind etc
- Saplings of commercial and ornamentals
- Home made snacks
- Value added products such jams, juice, pickles which are home made

A competition was held between the various stalls. However being the organizes, Botany Department did not put up a stall. The best stall was selected on the basis of variety of products/items, display of the products and management of the stall. Department of Commerce won first prize and a cash prize and Dept of Physics got the second prize.



SANTHOME KARSHIKA AWARD:

SANTHOME KARSHIKA AWARD was purely a green initiative concept in which the award was given to the best agriculturist of Kozhencherry Grama Panchayat along with a Ponnada as a token of honour and appreciation. 2019 Santhome Karshika Award goes to Sri. P.V.Varghese, who is the recipient of best Agriculturist of Pathanamthitta District.

