



St Thomas College Kozhencherry

Extension Activities 2020-2021



**PROGRAMMES INITIATED BY
NSS UNIT,
ST. THOMAS COLLEGE,
KOZHENCHERRY
2020-2021**

➤ **NSS Day:**

NSS was formally launched on 24th September, 1969, the birth centenary year of the Father of the Nation. Therefore, 24th September is celebrated every year as NSS Day. Environment-friendly programmes were conducted by the NSS unit on NSS Day. A planting challenge was organised which is an ideal approach to support nature. Use of paper bags helps in conserving huge amounts of energy and can be reused and therefore generates no pollution. An online training on paper bag making was also conducted after which each volunteer was asked to make 5-10 paper bags which were distributed later.



➤ **World Suicide Prevention Day:**

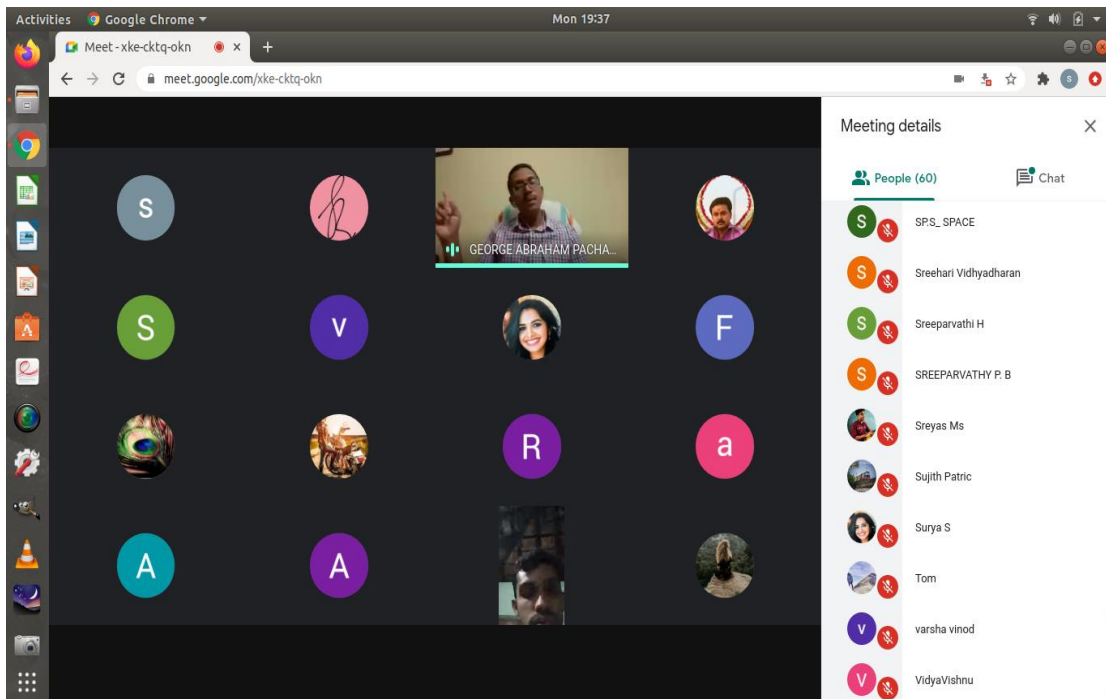
World Suicide Prevention Day is an awareness day observed on 10th September every year, in order to provide worldwide commitment and action to prevent suicides. An online meeting was conducted via Google Meet and a candle was lit by every volunteer in the dark which symbolized the ray of hope in all odds. An awareness video was also created.

➤ **World Postal Day:**

World Postal Day is celebrated on 9th October to raise awareness among people about the role of postal sector for people and business everyday. A letter writing competition was conducted and the winners received certificates. The most touching letter, that also won the first prize, was one that was written to Corona by one of our teachers, who was Covid positive.

➤ **National Legal Services Day:**

9th November commemorates the enactment of the Indian Legal Services Authorities Act, 1987 which aims at spreading legal awareness among people. A webinar was conducted on the topic 'Legal systems for Social Security'. Adv. George Abraham Pachayil, High Court of Kerala was the resource person.



➤ **Blood Donors Directory:**

Blood is the most precious gift that a person can give another person--the Gift of Life. Our NSS volunteers made an effort to find donors among the volunteers and the alumni and made a Blood Donors Directory. This helps to ensure that there is no delay in supplying blood when the need arises. We are able to lend timely help as and when required.



➤ **National Road Safety Awareness Month & Cleaning of Aranmula Traffic Park:**

As part of National Road Safety Month, from 18th January to 17th February 2021, a video was made raising awareness about traffic rules and signs by the NSS Unit of the college. The theme of this year was "*Sadak Suraksha- Jeevan Raksha*". The NSS student volunteers undertook the cleaning of the Aranmula Traffic Park.



➤ **SMRITHI - 7 Day Virtual Camp :**

SMRITHI' - Virtual seven day camp of our NSS unit was conducted from 22nd to 28th January 2021. The theme which the camp upheld was 'Youth For Prevention & Mitigation Of Covid -19'. Various activities were conducted which generated an awareness about the Pandemic as well as activities which help tackle the pandemic situation.

The camp was inaugurated on 22nd January by Rtd. Prof. Dr. M. S. Sunil who is a renowned social worker and philanthropist. Our Principal Dr. Mathew P. John along with the Programme Officers Mr. Laby Cherian Punnoose and Mrs. Susan George welcomed the honourable guest. The inaugural address was given by Dr. M. S. Sunil. The programme officers along with the volunteer secretaries Vimal Paul and Sneha S introduced the motives of the camp and gave necessary instructions as well. First year volunteers were grouped to facilitate efficient communication among them and to make them understand the importance of group work. Second year volunteers guided them in their group activities. It enabled them to know about how to behave or interact and conduct a programme successfully as a group. It also helped to build healthy relationships as well as team spirit in them. Each day started with a yoga session in the morning followed by the report presentation of the previous day and ended with interactive and ice breaking sessions. Cultural sessions were also conducted.

The following sessions were conducted every day from Day 2 onwards:

'Organic Vegetable Farming' by Dr. Rincy K. Abraham (Krishi Vigyan Kendra). This helped the students to understand the need for a kitchen garden and to develop the habit of cultivating organic vegetables in their homes rather than depending on the market.

'Healthy Aging' by Dr. Sindhu R. S., Head of Physical Education Department of our college. She shared her views and knowledge about healthy aging which created an awareness about developing and maintaining the functional ability that enables well-being in older age.

'Edapt- Educating oneself for the changing world' by Rini Eliza Anien, ASAP Trainer, who discussed about why and how we should prepare ourselves for the changing world.

Guidance class by Mr. Arun John, former Programme Officer of NSS in our college. He enlightened the volunteers about the motives and vision of NSS.

'Self-awareness' by Dr. Nelson P. Abraham. He talked about how to understand our strengths as well as weaknesses and the need for self-introspection.

As it was a Pandemic situation, the volunteers were advised to work in their locality. They were given activities every day. These involved their contribution in the society and environment like making and distribution of masks, making paper bags which emphasized the need of switching to eco-friendly methods, setting up a medicinal garden, conducting a survey in their locality about issues related to Covid which enabled them to know their locality better and making a compost pit in their yard to segregate biodegradable wastes and to utilize them effectively. On Republic Day, 26th January, a video was made by the volunteers and the National Anthem was sung during the morning assembly.

The camp concluded by a valedictory ceremony. An overall analysis of the camp was done by the Programme Officers. The volunteers came to understand the needs and aims of the seven-day camp and the values of cooperation, team effort and social service. Volunteers narrated their experiences about the camp and the values which they got from the interaction with society. Though it was a virtual camp, volunteers actively took part in it and had done all possible work which they can amidst the limitations.

ST. THOMAS COLLEGE
Kozhencherry

NATIONAL SERVICE SCHEME
UNIT No.:42

"SMRITHI"
'SEVEN DAY VIRTUAL CAMP -2021'
(2021 January 22-28)

INAUGURATION



PROF. DR. M S SUNIL
(Philanthropist & Social Worker)

Theme:
"YOUTH FOR PREVENTION & MITIGATION OF COVID-19"

Principal
Dr.Mathew P John

Program Officers:
Prof. Laby Cherian Punnoose
Prof. Susan George

Volunteer Secretaries:
Vimal Paul
Sneha

NATIONAL SERVICE SCHEME UNIT NO:42

- **A Hair Donation Campaign - 'Locks of Hope'** was set up by our NSS unit on February 5th in association with Chethana Integrated Development Society, Kayamkulam. About 30 people donated their hair. College NSS unit also received a Memento of Appreciation from Amala Cancer Centre for this activity.



➤ **World Radio Day:**

February 13th is celebrated as World Radio Day to raise awareness among the public about the importance of radio. In these modern times where the importance of radio is forgotten, our NSS team launched a radio programme 'Love FM 72.5 - Let's Hear The Voice Of Diversity' on our official YouTube channel and Instagram page.

➤ **World Consumer Rights Day:**

With the aim to raise global awareness about consumer rights and needs, World Consumer Rights Day is observed every year on March 15. The theme for this year was 'Tackling Plastic Pollution'. A rally was organized which was inaugurated by our college Principal and paper bags made by our volunteers were distributed among the masses.



➤ **National Vaccination Day:**

March 16th is celebrated as National Vaccination Day with an aim to highlight the importance of vaccination. A door-to-door awareness campaign was conducted by NSS in our adopted village, Korangumala. A survey was conducted to identify the needs of the villagers and steps were taken to tackle them. Masks were made by our volunteers and distributed to the people.



➤ **Angamuzhi Project :**

On 16th April, our volunteers went to the tribal colonies in Angamuzhi and Plappally. It was one of the major social activities of this year. Through one of our volunteers we got to know about the hardships of people living there. So our aim was to lend a helping hand and to do whatever we can to support them. A stall was organized to raise funds for providing necessary items in the tribal colony in Angamuzhi. Our volunteers collected essential items like rice, clothes and soaps. The whole college including the teachers and the students, along with our volunteers actively took part in it and gave their contributions. About 25 boxes of clothes, 5 sacks of rice and 100 soaps were distributed among the tribal people. The schoolmaster of a nearby school explained the prevailing conditions of the people living there. Our volunteers also interacted with the tribal people as far as possible even though they were reluctant to interact with outsiders. By interacting and observing, the volunteers got to know about the challenging situations that underprivileged people like them have to deal with every day. As we have interacted with the authorities and the people, we can do further activities to help them.



➤ **Community Work:**

Protein kits were distributed among pregnant ladies in the Melukara colony to support their health. Our NSS volunteers also came together to provide some necessary items for an old lady in the colony who was bed-ridden.

➤ **Flash Mob :**

In relation to SVEEP (Systematic Voters' Education and Electoral Participation) Awareness, a flash mob was arranged by the volunteers, in association with District Collectorate, Pathanamthitta and Election Commission, to raise awareness related to the election.

➤ **Financial Support:**

Our unit undertook a fund-raising initiative to provide a financial support to Sabari Balika Sadanam in Konni to help them support the kids there.



➤ **College Campus Beautification:**

As students are away from college during the lockdown, our NSS volunteers cleaned various parts of the campus and made necessary arrangements to beautify it. Two ponds of our college were cleaned on River Protection Day.

**PROGRAMMES INITIATED BY
NCC UNIT,
ST. THOMAS COLLEGE,
KOZHENCHERRY
2020-2021**

➤ **International Yoga Day Celebration:**

In the light of prevailing Covid -19 situation, this year International Day of Yoga was celebrated digitally by cadets and staff of NCC Directorates with the theme “Yoga from home.” A total of 39,000 cadets, staff and their families took part in the event and also live-streamed the national event of International Day of Yoga -2020 on their Facebook page as part of AYUSH Ministry campaign ‘Be a true ambassador of Yoga’. As a prelude to the International Day of Yoga, cadets encouraged their family members, friends and neighbours for maximum participation in “Yoga from home” by making and uploading motivational videos of Yogasanas on social media platforms explaining their benefits for a healthy lifestyle. Cadets also enthusiastically participated in large numbers in the ‘My Life My Yoga’ video blogging contest launched by the Prime Minister Shri Narendra Modi and organized by Ministry of AYUSH and ICCR. Cadets from this company also participated in these events.

➤ **Fit India Campaign:**

To promote fitness and health among the people of India, Honourable Prime Minister Narendra Modi, launched the Fit India Campaign during 30th September 2020 to 2nd Oct’2020. Cadets from this company also participated the campaign by doing physical activities like running. Not only cadets, their family members also supported the campaign by running along with the cadets.

➤ **Swatch Bharath Abhiyan:**

Prime Minister Shri Narendra Modi launched the ambitious ‘Swachh Bharat Abhiyan’ (Clean India Mission) 2 October 2014. The ‘Abhiyan’ was launched on the occasion of Mahatma Gandhi’s 145th birth anniversary. This year NCC Cadets from Tte college contributed to this mission by cleaning P. Kesavan Square and its surroundings, Kozhencherry. NCC Cadets along with PI staff and SM Thampan under the supervision of Col. Manesh Gupta cleaned War Memorial located near Pathanamthitta Municipal Stadium.



➤ **Children's Day:**

Children's Day is celebrated across India to increase awareness of the rights, care and education of children. It is celebrated on 14th November every year as a tribute to India's First Prime Minister, Jawaharlal Nehru. A Caption Writing Competition was conducted on the occasion and prizes were distributed.

➤ **NCC Day Celebration:**

National Cadet Corps, the largest uniformed youth organisation in the world, celebrated its 72nd Raising Day on 22 Nov 2020. As a part of NCC Day celebration, cadets from this company planted tree saplings near their homes and cleaned their surroundings and public places.

**PROGRAMMES INITIATED BY
DEPARTMENT AND CLUBS,
ST. THOMAS COLLEGE,
KOZHENCHERRY
2020-2021**

➤ **Women's Equality Day:**

Women's Equality Day was observed on August 26th to commemorate the adoption of the Nineteenth Amendment to the United States Constitution, granting women the right to vote. An Online Quiz Competition was conducted and e-certificates were distributed.



➤ **Invited Talk:**

Department of English conducted an invited talk on the topic "Performing Masculinity: Body, Self and Identity" on 6th November 2020. The lecture was delivered by Prof. Dr Niladri Ranjan Chatterjee of the Dept of English, University of Kalyani, West Bengal. The seminar served to be an eye opener to the beginners regarding the different genders that exists today. The seminar also gave its listeners a briefing of masculinity studies, a branch of feminist studies , and how it can be explored further.



POSTGRADUATE AND RESEARCH DEPARTMENT OF ENGLISH,
ENGLISH ASSOCIATION & IQAC
ST. THOMAS COLLEGE, KOZHENCHERRY, KERALA

(Affiliated to Mahatma Gandhi University)

Reaccredited by NAAC with A Grade (3rd cycle)



INVITED LECTURE

PROF. DR NILADRI RANJAN CHATTERJEE

(Department of English, University of Kalyani, West Bengal)

PERFORMING MASCULINITY: BODY, SELF AND IDENTITY

DATE: NOVEMBER 6, 2020

via

GOOGLE MEET

TIME: 10:30 AM

Ms Elizabeth John
HOD

Dr Mathew P. John
PRINCIPAL

Dr Asha Susan Jacob
IQAC COORDINATOR

Dr Teena Rachel Thomas
CONVENOR

- "Tree of Letters" was donated to a nearby school in Kozhencherry by the Department of Hindi.
- **Awareness on energy conservation and distribution of LED bulbs to neighbourhood community:**

As a part of the extension activities, the students and faculty of the department of Physics visited the Melukara colony on 4th January 2021. A meeting was organized in an open ground in the colony. Mr. Hariprasad M.S (DC3 student) gave a brief talk on the importance of energy conservation and the advantages of LED bulbs to the inhabitants of the colony. LED bulbs manufactured by the students in our lab were hand over to each family of the colony free of cost by the Head of the Department, Dr. Susan Mathew. The association president Dr. Jijoy P Mathew, Extension Activities Coordinator Dr. Arthur Varghese were also present. 15 post graduate students from St. Thomas College, Ranni, SAS SNDP Yogam College, Konni, D B College Parumala and Catholocate College, Pathanamthitta utilized the facility of the Department to carry out their M. Sc. project. Dr. Prathibha Vasudevan and Dr. Jijoy P Mathew were the project guides for these students.



➤ **Webinar on “New Woman in the New World “**

Dr. Divya S. Iyer IAS, Mission Director, Mahatma Gandhi National Rural Employment Guarantee Scheme and Director, National Ayush Mission, was the chief guest. In her inaugural address, she encouraged women to discover their own hidden strengths and talents and constantly work on them, which in turn helps them to enter the mainstream. She emphasized on the need of good education and said that women empowerment is actually attained at that time when women can fearlessly express their views in the society. Dr. Asha Susan Jacob, Co-ordinator of IQAC, offered felicitations. You tube link for the inaugural session <https://youtu.be/HWeUKsbg9fc>

About the College

St. Thomas College is a premier educational institution of the Mar Thoma Syrian Church, established in the year 1953. The college is affiliated to Mahatma Gandhi University, Kottayam and is reaccredited by NAAC with 'A' grade. The college imparts quality education and fosters moral integrity and social commitment in young minds. It has completed sixty six glorious years of service.

About Women's Cell

The Women's Cell of the College had its inception in 1989, in association with the All India Association for Christian Higher Education (AIACHE). It caters to the needs of the girl students of the college and equips them to face the challenges of the society and rise up to global standards in each field of life. Ample opportunities are provided for the holistic development of the women community of the college.

The Chief Guest



The chief guest on the occasion, **Dr. Divya S. Iyer, IAS**, is currently the Mission Director, Mahatma Gandhi National Rural Employment Guarantee Scheme & Director, National Ayush Mission. As an individual, she transcends all our notions of versatility by excelling in amazingly diverse fields of activity. She is an IAS Officer by profession, a Doctor by education, a singer, composer, dancer, actor and writer, all rolled into one. She is admired for her talents and loved for her simplicity and maturity. Dr. Divya S. Iyer is a role model and an unparalleled source of inspiration to every ambitious girl student.

WOMEN'S CELL

ST. THOMAS COLLEGE
KOZHENCHERRY



**INAUGURATION
2020-2021**

FRIDAY, JANUARY 22, 2021

TIME:
3 p.m. to 4 p.m.
Platform
 zoom

Dear Sir/ Madam:

As the world is opening up into a new dawn of hope after a long spell of darkness induced by the Covid pandemic, the Women's Cell of St. Thomas College Kozhencherry is beginning its activities for the academic year 2020-21, though belatedly, with a formal inauguration ceremony on **Friday, 22 January 2021 at 3 p.m.** in an online function to be hosted on the Zoom platform. The inauguration will be done by **Dr. Divya S. Iyer IAS**, Mission Director, Mahatma Gandhi National Rural Employment Guarantee Scheme & Director, National Ayush Mission.

You are requested to support and encourage us by joining the meeting using the ID which will be provided later.

Yours sincerely,

Dr. Mathew P. John
Principal

Prof. Vineetha S.
President

Prof. Preethi Elsi Thomas
Secretary

Prof. Priya Mathews
Treasurer

Ms. Alisha Sali
Student Secretary

Programme

Prayer Song	Ms. Mekha Mathew PG I English
Welcome	Prof. Preethi Elsi Thomas Secretary, Women's Cell
Presidential Address	Prof. Vineetha S President, Women's Cell
Principal's Remarks	Dr. Mathew P. John Principal
Inaugural Address	Dr. Divya S. Iyer IAS (Mission Director, Mahatma Gandhi National Rural Employment Guarantee Scheme & Director, National Ayush Mission)
Felicitation	Dr. Asha Susan Jacob Co-ordinator, IQAC
Solo	Ms. Theertha Anish, DC III Hindi
Solo	Ms. Gayathri Gopi, DC II Maths
Vote of Thanks	Ms. Alisha Sali, PG II English Student Secretary

➤ Stress Management Class for Girl Students and Lady Teachers:

In connection with the celebration of International Women's Day on March 8th, the women cell organized a talk on stress management. The online session "Stress and Strain: How to Cope" was handled by Dr. Geethu Parvathy, Junior Resident, Department of Psychiatry, Govt. Medical College, Trivandrum. She explained different types of stress women are facing nowadays, especially during the covid scenario and how to overcome them.



WOMEN'S CELL

ST. THOMAS COLLEGE KOZHENCHERRY

Dear Sir/ Madam:

Modern life is inevitably characterised by stress and strain. And, the Covid-19 pandemic has now brought in new areas and levels of stress and strain. As always, women and girls find it more difficult to cope up with the situation.

In connection with the celebration of the International Women's Day on March 8, the Women's Cell of St. Thomas College, Kozhencherry is organizing a talk on stress management, for the benefit of the female population on the campus.

The online session '**Stress and Strain: How to Cope**' will be handled by **Dr. Geethu Parvathy**, Junior Resident, Department of Psychiatry, Govt. Medical College, Thiruvananthapuram on **Monday, 8 March 2021 at 5.00 p.m.** All are welcome.

Please join us on **GOOGLE** platform using the ID which will be provided later.

Thanks and regards.

Prof. Vineetha S, President, Women's Cell

Prof. Preethy Elsi Thomas, Secretary, Women's Cell

Prof. Priya Mathews, Treasurer, Women's Cell.

Ms Alisha Sali, Student Secretary, Women's Cell

➤ Workshop on First Aid and Emergency Care:

Health and Wellness Club in association with Physical Education Department organized a workshop on, "First Aid and Emergency Care." Lecture cum demonstration of various first aid techniques and practical sessions were led by experts from IIEMS (Indian Institute of Emergency Medical Services).



ST. THOMAS COLLEGE, KOZHENCHERRY

Reaccredited by NAAC with 'A' grade (3rd cycle)

HEALTH AND WELLNESS CLUB IN ASSOCIATION WITH
DEPARTMENT OF PHYSICAL EDUCATION
ORGANISES

WORKSHOP ON FIRST AID & EMERGENCY CARE

Venue : Physics Seminar Hall
(9:30am - 12:30pm)



Principal:

Dr. Mathew P John

Organising Team:

Dr. Cimi A Daniel,

Ms. Jeethu Rachel Mathew,

Dr. R S Sindhu, Ms. Ligi George,

Mr. Suresh Mathew George,

Dr. Dickson D Babu

Supported by NCC and NSS

About the Workshop:

- Session will be led by experts from Indian Institute of Emergency Medical Services (IEMS)
- Free Registration.
- Lectures and demonstrations of various first aid techniques and practical sessions.
- Interested attendees can avail certificates (having 2 years validity) from IEMS, on payment of ₹50.

23rd March, 2021



first-aid & emergency care



- Plastic bottles collected by the students were transferred to by Clean Kerala Company as a part of **No Plastic Campus Campaign** on 20 February 2021.

