

MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)



3.4.3. and 3.4.4.

**Extension and Outreach Programmes Conducted by Institution
through NSS/NCC/Red Cross/YRC etc. and those Organised in
Collaboration with Industry, Community and NGOs**

2016-17

Criteria 3: Research, Innovations and Extension

MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA (MACFAST)

Tiruvalla, Pathanamthitta, Kerala 689 101

2016-2017



**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)**

MACFAST

Igniting wisdom since 2001

2016 - 2017			
Sl. No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme
1	Free Medical camp for diabetic related and ophthalmology diseases	Chaithanya Eye Hospital & Research Institute, Tiruvalla, YMCA Tiruvalla and NSS MACFAST	Health Awareness
2	Training Programme in Chocolate Making for Prospective Entrepreneurs	School of Biosciences	Entrepreneurship Promotion
3	Training Programme in Cake Making for Prospective Entrepreneurs	School of Biosciences	Entrepreneurship Promotion
4	Free Science Education to School children through Games and Activities	School of Biosciences	Science Education
5	Blood donation camp	NSS	Health Awareness
6	Cleaning of Govt. Higher Secondary School, Kuttoor, Pathanamthitta	NSS	Social Welfare
7	Free Homeopathic Medical Camp	Radio MACFAST 90.4 FM in association with Govt. Homeo dispensary Kuttapuzha	Health Awareness
8	Renovation of Anganavadi at Thukalassery, Tiruvalla	NSS	Social Welfare
9	Jackfruit - Mango - Papaya Fest	YMCA, Thiruvalla and School of Biosciences	Health Awareness
10	Cleaning of Sree Vallabhaa temple Pond	NSS	Social Welfare
11	Job Fair 2017	Placement Cell, MACFAST and employment exchange office, pathanamthitta Dist.	Social Welfare





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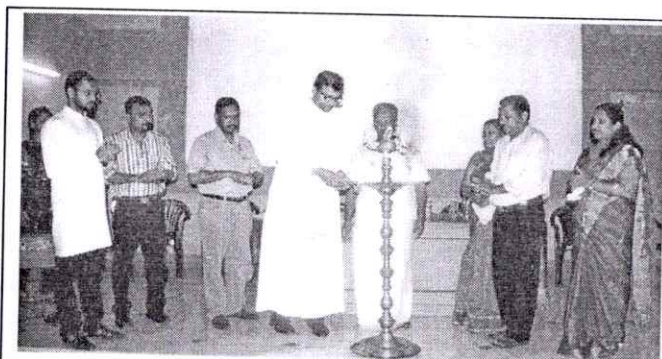
MACFAST
Igniting wisdom since 2001

2016 - 2017				
Sl. No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Number of student participation
1	Free Medical camp for diabetic related and ophthalmology diseases	Chaithanya Eye Hospital & Research Institute, Tiruvalla, YMCA Tiruvalla and NSS MACFAST	Health Awareness	50
2	Training Programme in Chocolate Making for Prospective Entrepreneurs	School of Biosciences	Entrepreneurship Promotion	18
3	Training Programme in Cake Making for Prospective Entrepreneurs	School of Biosciences	Entrepreneurship Promotion	2
4	Free Science Education to School children through Games and Activities	School of Biosciences	Science Education	114
5	Blood donation camp	NSS	Health Awareness	77
6	Cleaning of Govt. Higher Secondary School, Kuttoor, Pathanamthitta	NSS	Social Welfare	46
7	Free Homeopathic Medical Camp	Radio MACFAST 90.4 FM in association with Govt. Homeo dispensary Kuttapuzha	Health Awareness	38
8	Renovation of Anganavadi at Thukalassery, Tiruvalla	NSS	Social Welfare	46
9	Jackfruit - Mango - Papaya Fest	YMCA, Thiruvalla and School of Biosciences	Health Awareness	62
10	Cleaning of Sree Vallabha temple Pond	NSS	Social Welfare	40
11	Job Fair 2017	Placement Cell, MACFAST and employment exchange office, pathanamthitta Dist.	Social Welfare	44

Report on the Homeopathic Free Medical Camp

8th July 2016

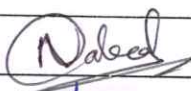

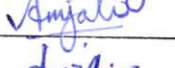
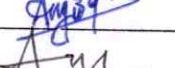
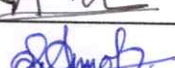
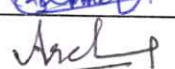


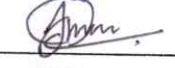



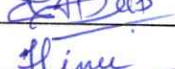
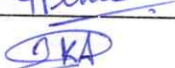
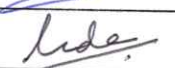

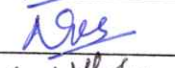
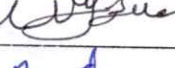
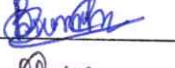
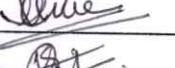



Radio MACFAST 90.4 FM in association with Govt. Homeopathic Dispensary, Kuttapuzha hosted a one-day free Homeopathic Medical Camp on 8th July 2016. The camp was organized at the MACFAST campus from 9:00 AM to 1:00 PM. 38 NSS volunteers participated in coordinating the program. The program was inaugurated by Rev. Fr. Pradeep Vazhatharamlayil (Principal, MACFAST, Chairman, Radio MACFAST 90.04). 30 villagers attended the camp and were given free medical check-ups. Medicines were also freely distributed among them. Students, faculty and staff members also participated in the camp. The volunteers also gave awareness on the importance of cleanliness within us and our surroundings. Different communicable diseases which are likely to spread in the rainy season were also addressed. The medical camp was a great success and the programme was very much appreciated by the villagers.



Activity: Homeopathic Medical Camp

Date : 8/7/2016

Attendance sheet

Sl. No.	Name of student	Signature	Remarks
1	Ahammed Nabeel M N		member
2	Aiswarya Vasanth		"
3	Anjali Pradeep		"
4	Anju A		"
5	Anuja A Nair		"
6	Anumol C James		"
7	Archana Kishor Kumar		"
8	Aswathy Remesh		"
9	Aswin Omanakuttan		"
10	Deepthi Slizabeth Johns		"
11	Denni K Thampi		"
12	Devika V A		"
13	Dibha P S		"
14	Feba Das		"
15	Hima Devadas		"
16	Joshna K Abraham		"
17	Lida Lalu		"
18	Linta Jose		"
19	Niss Mol Shajan		"
20	Nithya P		"
21	Ooshmala B		"
22	Osheen Oliver		"
23	Prasanth P		"



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24	Rajendraprasad N V	<i>Rajendraprasad N V</i>	member
25	Rajesh Sham	<i>Rajesh Sham</i>	"
26	Revathy V A	<i>Revathy V A</i>	"
27	Rinsy Mathew	<i>Rinsy Mathew</i>	"
28	Sajeesha S	<i>Sajeesha S</i>	"
29	Shafana Faruk	<i>Shafana Faruk</i>	"
30	Simi Sathar	<i>Simi Sathar</i>	"
31	Simon Thomas	<i>Simon Thomas</i>	"
32	Sindoor K Udayakumar	<i>Sindoor K Udayakumar</i>	"
33	Sofia Solomon	<i>Sofia Solomon</i>	"
34	Sumayya Abdul Rahim	<i>Sumayya Abdul Rahim</i>	"
35	Suriyagayathri V P	<i>Suriyagayathri V P</i>	"
36	Teena Daniel	<i>Teena Daniel</i>	"
37	Thejas Anil	<i>Thejas Anil</i>	Secretary
38	Ahammed Nabeel M N	<i>Ahammed Nabeel M N</i>	member.



Fr. Pradeep Vazhatharamalayil
Rev. Fr. Pradeep Vazhatharamalayil
Principal, MACFAST
Tiruvalla-689101



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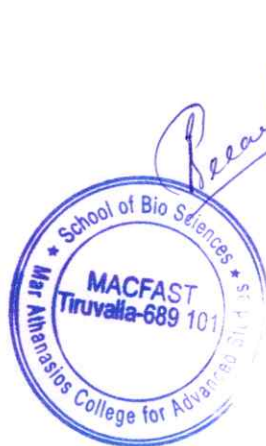
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Report on "Chocolate making for prospective entrepreneurs"

2016-2017

MACFAST always extended a helping hand to promote entrepreneurship in the small-scale food industry. With this motive, the School of Biosciences has been organizing different hands-on training programs related to cake baking and chocolate making under the coordination of Mr. Biju Dharmapalan. The training sessions were handled by Mrs. Pinchu Elizabeth Thomas. The programs are mainly aimed at students, businessmen, housewives, entrepreneurs, retired persons, and anyone with a passion for food making and baking. Our students were also a part of this program and assisted the coordinator and resource person right from program organization to volunteering and helping the participants. In 2016-2017, four training sections were conducted and the date of conduct and no of participants in each session are listed below.

Sl.No	Date	No of participants	No of student Volunteers
1	19 th -20 th Jul 2016.	44	10
2	31 st Aug-01 st Sep 2016.	7	3
3	8 th -9 th Nov 2016	7	3
4	10 th -11 th Feb 2017	6	2




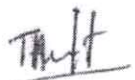
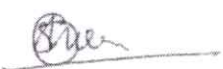

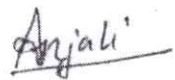





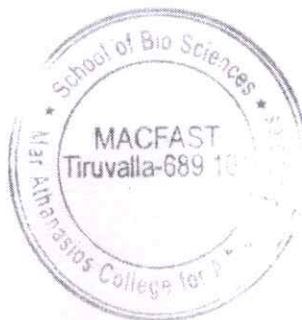
Beena Cherian
Beena Cherian
Dean, School of
Biosciences


Training Programme In Chocolate Making

19 & 20 July 2016

Student Participation

<u>name of student</u>	<u>Course</u>	<u>Signature</u>
1 Simon Thomas	FTAR	
2 Rajesh sham	"	
3 Aswin Manakulam	"	
4 Thejus Aril	"	
5 Ashcen Oliver	"	
6 Rincy Mathew	"	
7 Anjali Pondeep	"	
8 Feka Das	"	
9 Nayan shaji	"	
10 Nithya P.	"	






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 MARATHANASIOS COLLEGE
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 Beene Cherian
 Dean, School of
 Bio Sciences

Training Programme in chocolate making.

August 31 & September - 2016

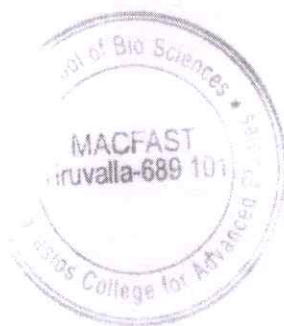
Student participation List

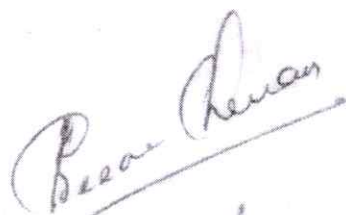
<u>name of student</u>	<u>course</u>	<u>signature</u>
Dhanu S. Lakshmi	FTQA	
Ansa Mary John)	
Renu John)	Absent
Meecy Jose)	Kerul Jose





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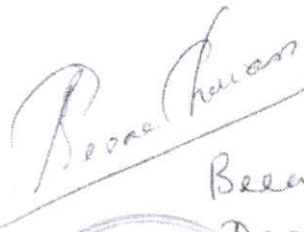
Training Programme in chocolate making

8 & 9 Nov. 2016

Name of student	Course	Signature
Diswanya Vasanth	FTQA	<u>Diswanya</u>
Linta Jose	"	<u>Linta</u>
Simi Sathar	"	<u>Simi</u>


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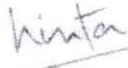



Beena Cherian

Dean School of
Biosciences



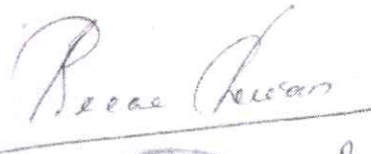
Training Programme in Chocolate making
10th & 11th Feb 2017

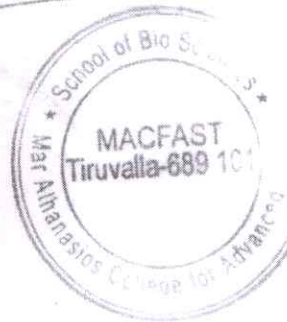
<u>Name of Student</u>	<u>Course</u>	<u>Signature</u>
Deepthi Elizabeth John	FTQA	
Amala Jose	FTQA	



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Dean, School of
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MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

Workshop on "Cake making for prospective entrepreneurs"

15-16 of December, 2016

The cake business in India has witnessed massive growth over the last few years due to the increased demand from consumers, the burgeoning cafe-culture and of course, social media. Home-based baking, in particular, has been taken up by a huge number of women entrepreneurs thanks to these reasons. There are many initiatives which are also being taken by the Government of India, which has further encouraged them to pursue their baking dreams. Not just women, quite a few men are also taking up home baking as a profession.

MACFAST has successfully conducted training programmes on Cake making in this regard. A two day training program on cake making, for prospective entrepreneurs was conducted on 15 and 16th of December, 2016. The coordinator of the program was Mrs. Pinchu Elizabeth Thomas and the main sessions were handled by her. The registration was handled by Mr. Biju Dharmapalan, School of Biosciences and 2 students of the department functioned as the programme volunteers. A total of 7 participants attended the training programme.



Beene Cherian

Beene Cherian
Dean, School of Biosciences
MACFAST

Training Programme in Cake Making
15th + 16th December 2016

<u>Name of Student</u>	<u>Course</u>	<u>Signature</u>
hinta Jose	FTQA	hinta
Nessa Ann Varghese	FTQA	Nessa



Beeve Chennan

Beeve Chennan
Dean, School of
Biosciences

F. J. Joseph

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(MACFAST)

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Report on the Easy Science Learning Project School of Biosciences





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Agenda 21 of the Biodiversity Convention is intended in improving the conservation, sustainable use, and equitable sharing of benefits derived from the utilization of biological diversity in general of biodiversity. With the aim of supporting the goal put forward by the Biodiversity Convention, a science popularization program focussing on environment education was conducted by MACFAST college in the year July 2016- March 2017 under the funding of Kerala State Council for Science, Technology and Environment (KSCSTE). Invitations were sent to various schools in Pathanamthitta district for their participation and 22 schools accepted the invitation and communicated their willingness to participate in the program. A total of 829 students from class 6-8 participated in the program. The lesson plan modules and code of conduct was developed by Dr. S. Seeni (Principal Investigator). PI was assisted by four Co-PIs from the School of Biosciences. 3-6 student volunteers were also randomly selected from MACFAST college to assist the PI for each school. Co-PIs and student volunteers helped the PI in conveying the environmental message correctly to the students and teachers. The training included both indoor and outdoor activities. The games included in the modules are listed below

- Photosynthesis
- Island biodiversity game
- Food web game
- Seed survival race
- Biological Bazaar
- Successful city
- Debate on Waste management
- Biodiversity and development card game

Students from 6th to 8th standard were selected because of their playfulness, innocence, curiosity, keen learning attitude, and questioning nature. Students actively participated in the program and they also completed the simple assignments given to them on time. The program was highly appreciated and many of the students wanted us to organize such programs regularly in their schools and also suggested that we include poems and songs in the extra-curricular activities.



Beena Cherian
Beena Cherian
Dean, School of
Biosciences



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Table showing different schools where the workshop was organized

2016-2017

Sl No	Name of the School	Date of Conduct	Programme	Number of Students benefitted
1	Govt. HSS, Kuttloor	22/07/16 & 26/07/16	Photosynthesis Island game Survival of the fittest Seed dispersal Who am I? Successful city Debate on waste disposal Food chain Biological bazaar	<u>30</u>
2	Balikamadam HSS, Thirumoolapuram	18/08/16	Photosynthesis Debate Food chain Biological Bazaar	<u>32</u>
3	MGD HS, Puthussery	19/08/16	Photosynthesis Food chain Who am I? Biological bazaar	<u>40</u>
4	Govt. HSS, Kallupara	24/08/16	Debate on deforestation Photosynthesis Food chain Biological bazaar	<u>52</u>
5	SCS HS Thiruvalla (forenoon)	25/08/16	Photosynthesis Who am I? Food chain	<u>20</u>
6	St Theresia Bethany Convent, Chegaroor	25/08/16	Photosynthesis Food chain Who am I? Biological bazaar	<u>58</u>





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7	St Thomas UP School, Vennikulam	26/08/16	Photosynthesis Island game Survival of the fittest Seed dispersal Who am I? Successful city	<u>36</u>
8	Nicholson HS School, Thiruvalla	29/08/16	Who am I? Successful city Debate on waste disposal Food chain Biological bazaar	<u>50</u>
9	Mar Dionysius School, Rishey valley, Mallapally	08/09/2016	Photosynthesis Food web Who am I? Survival of the fittest Biological Bazaar Successful city	<u>40</u>
10	Thirumoola Vilasam UP School	20/09/2016	Island game Survival of the fittest Seed dispersal Who am I? Successful city Photosynthesis	<u>22</u>
11	Sankaramangalam Public School	07/10/2016	Photosynthesis Food Web Who Am I? Seed Dispersal Island Game Survival Of The Fittest Biological Bazaar Successful City Debate On Waste Management	<u>129</u>
12	St George HS, Chunkapara	23/09/2016	Photosynthesis Food Web Who Am I? Biological Bazaar Survival of the fittest	<u>42</u>





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13	MSM UP School , Niranam	07/11/2016	Photosynthesis Food web Who am I? Survival of the fittest Biological Bazaar Successful city Debate on Deforestation	<u>60</u>
14	Prince Marthanda Varma HS, Peringara	10/11/2016	Photosynthesis Food Web Who Am I? Island Game Biological Bazaar Successful City	<u>59</u>
15	Govt. LP & UP Girls School, Kadapra	16/11/2016	Photosynthesis Food Web Who Am I? Seed Dispersal Island Game Survival of The Fittest Biological Bazaar Successful City Debate on Waste Management	<u>19</u>
16	CMS School Nedumpuram	11/01/2017	Photosynthesis Food Web Who Am I? Seed Dispersal Island Game Survival of The Fittest Biological Bazaar	<u>34</u>
17	St. Thomas UP School, Vakayar, Konni	09/02/2017	Photosynthesis Food web Who am I? Survival of the fittest Biological Bazaar Successful city	<u>25</u>





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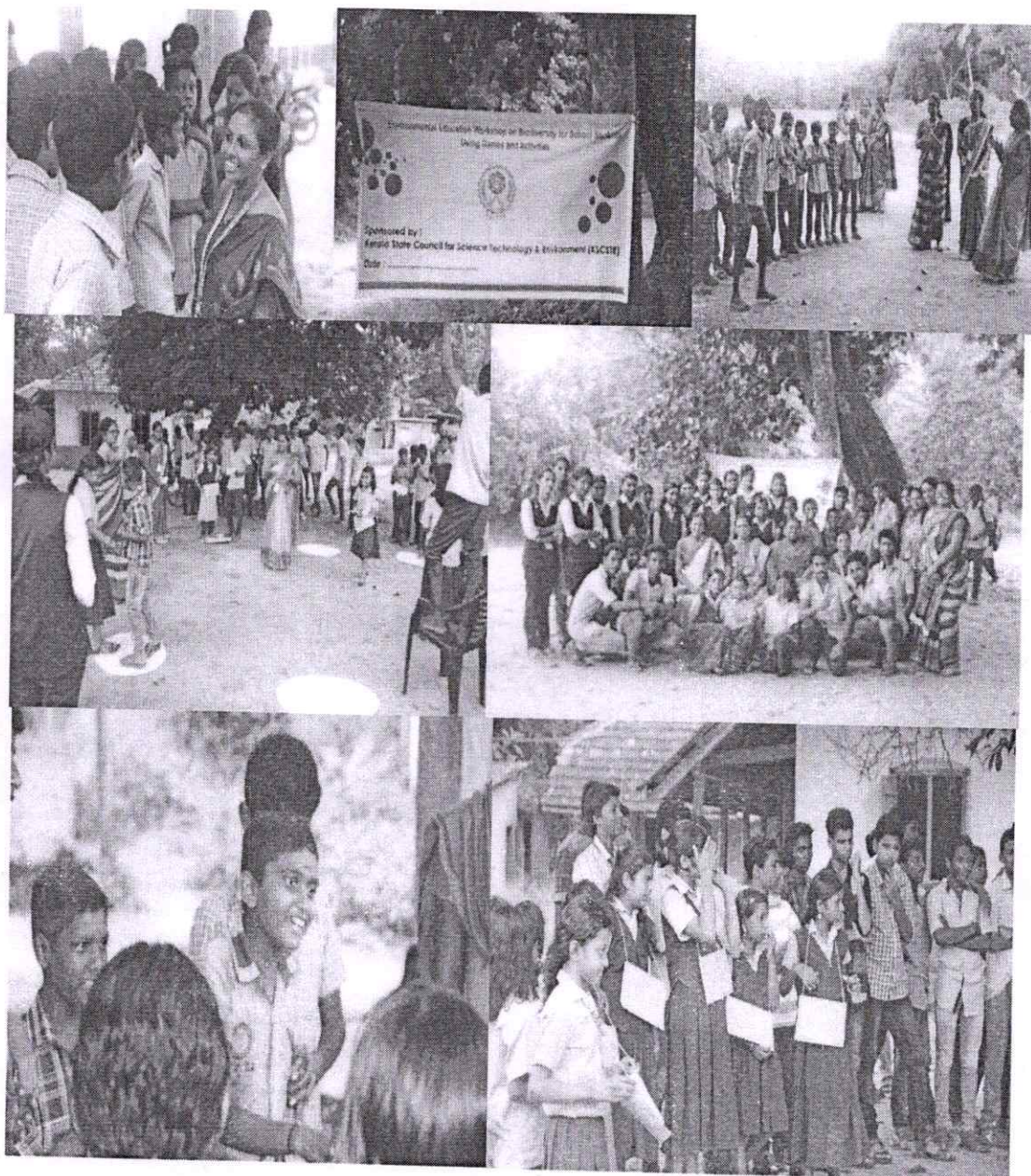
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18.	Amrita Vocational Higher Secondary School, Eliyarakal, Konni	09/02/2017	Photosynthesis Food Web Who am I? Seed Dispersal Island Game Survival of The Fittest Biological Bazaar Successful City Debate on Waste Management	<u>25</u>
19	Republican Vocational Higher Secondary School, Konni	13/02/2017	Photosynthesis Food Web Who am I? Seed Dispersal Island Game Survival of The Fittest Biological Bazaar Successful City Debate on Waste Management	<u>25</u>
20.	Govt. HS School, Konni	13/02/2017	Photosynthesis Food Web Who am I? Seed Dispersal Island Game Survival of The Fittest Biological Bazaar Successful City Debate on Waste Management	<u>25</u>
21	C.M.S LP School, Theppani	25/03/2017	Photosynthesis Food Web Who am I? Biological Bazaar Survival of the fittest	<u>15</u>
22.	Thirumoolavilasam High School, Thirummoola, Tiruvalla	25/03/2017	Photosynthesis Food Web Who am I? Island Game Biological Bazaar Successful City	<u>21</u>

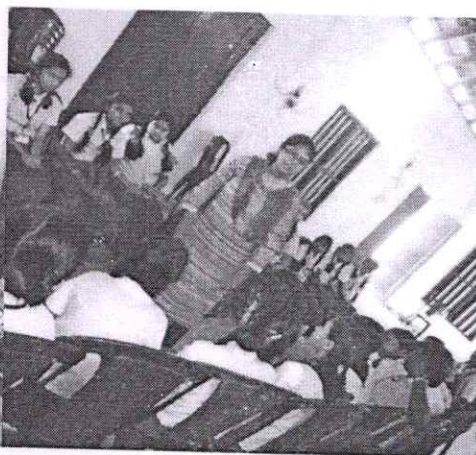
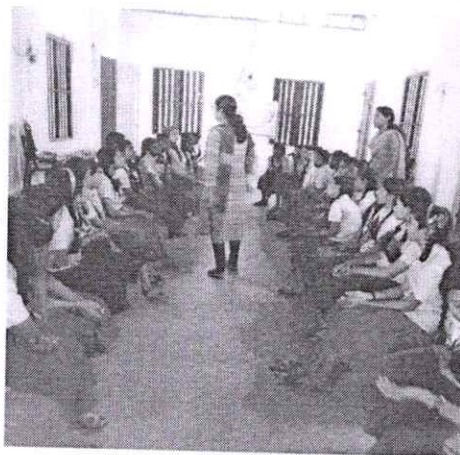


Imageries of the programs conducted in different schools are compiled and presented below:

Govt. HSS, Kuttoor



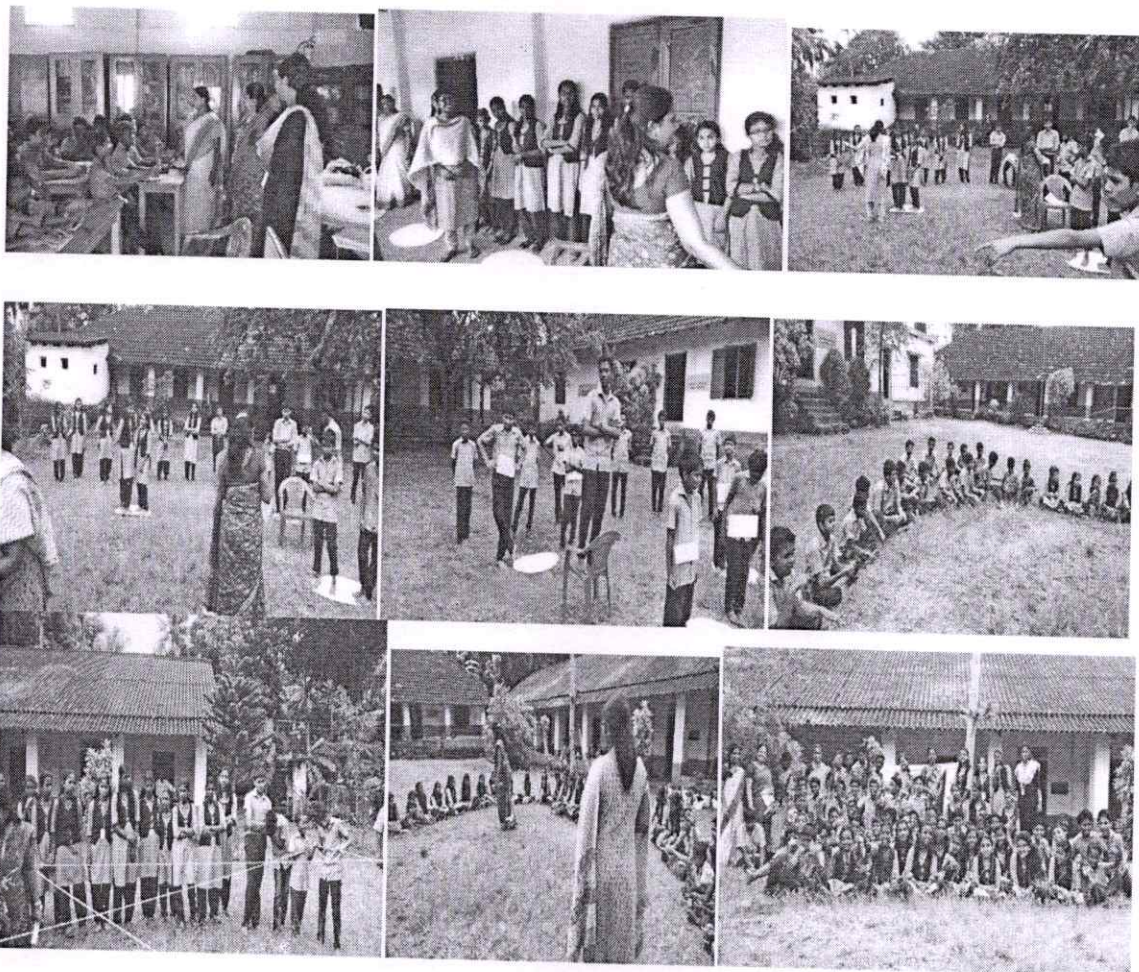
BALIKAMADAM HSS THIRUMOOLAPURAM



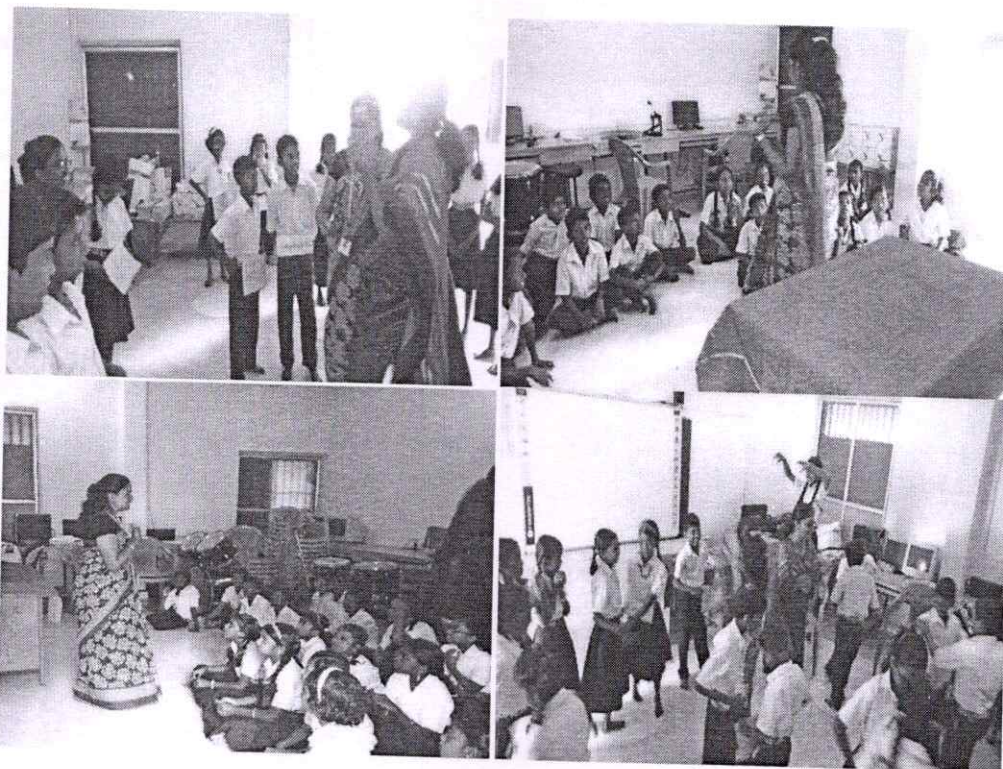
MGD HS, PUTHUSSERY



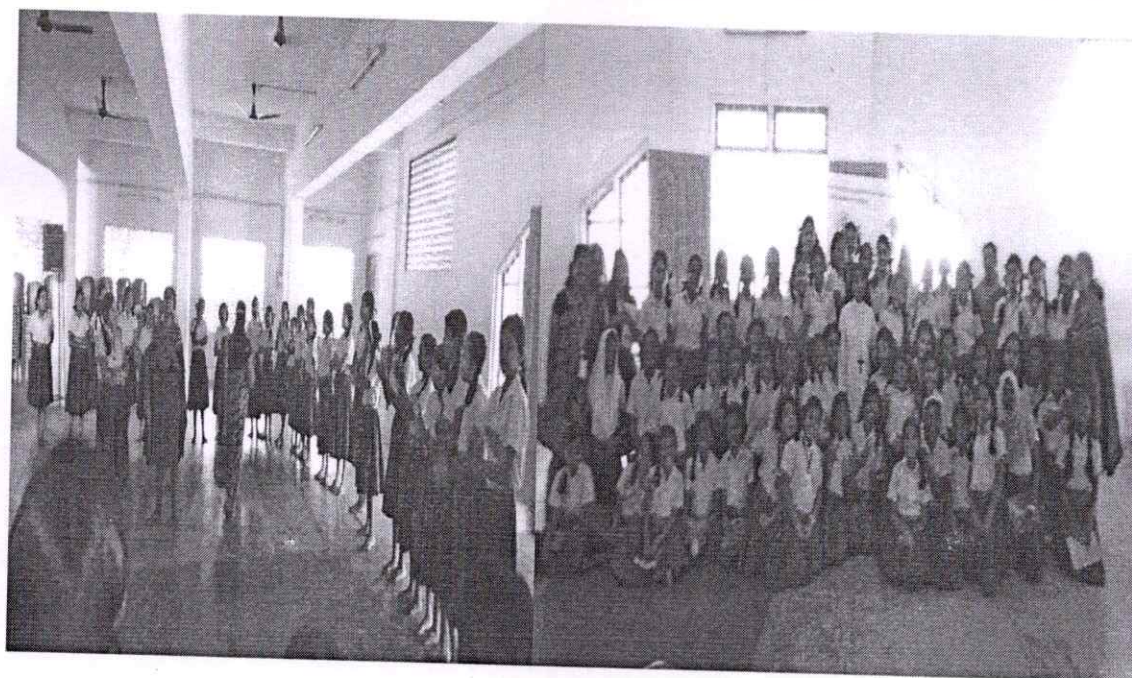
GOVT. HSS, KALLUPARA



SCS HS THIRUVALLA



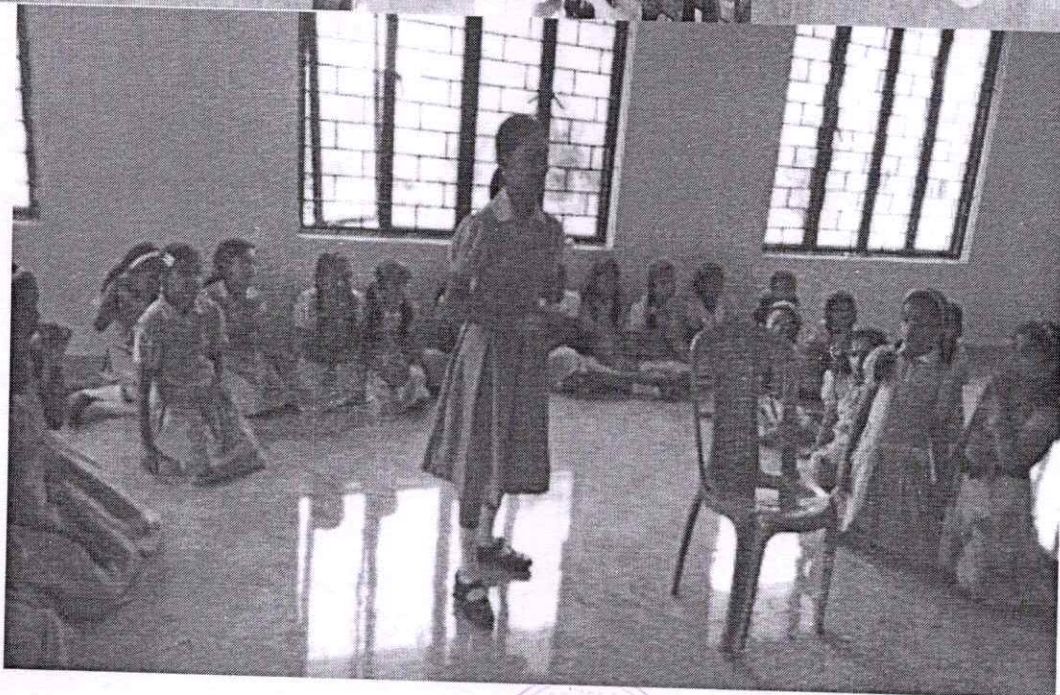
ST THERESIA BETHANY CONVENT, CHEGARROOR



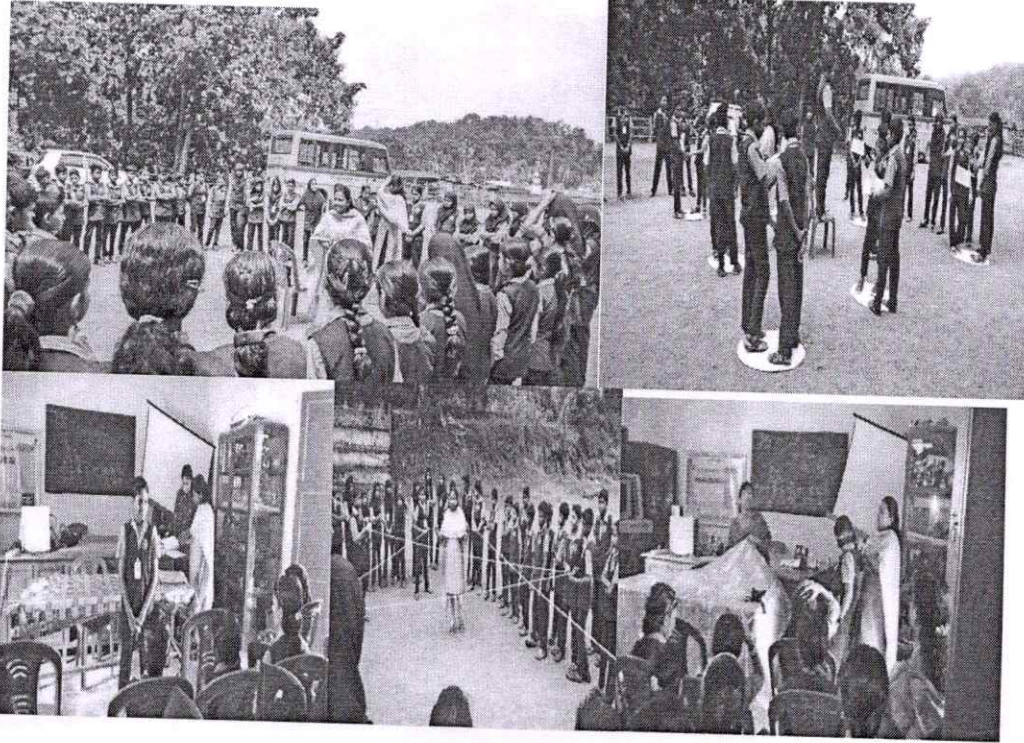
ST THOMAS UP SCHOOL, VENNIKULUM



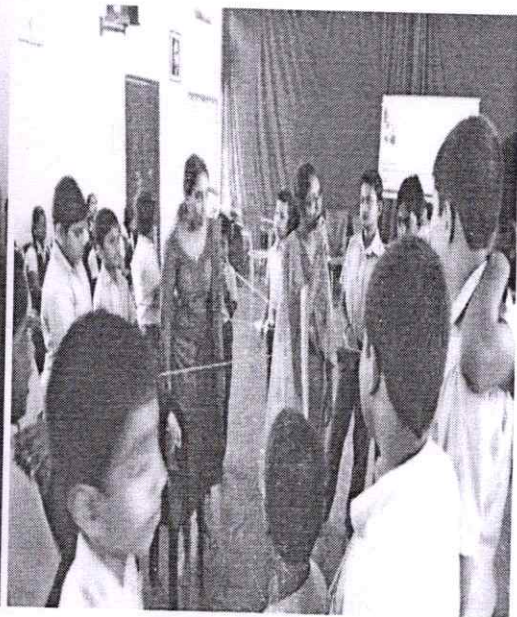
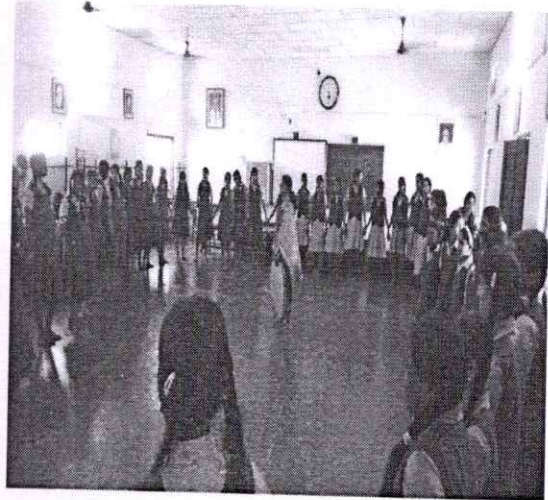
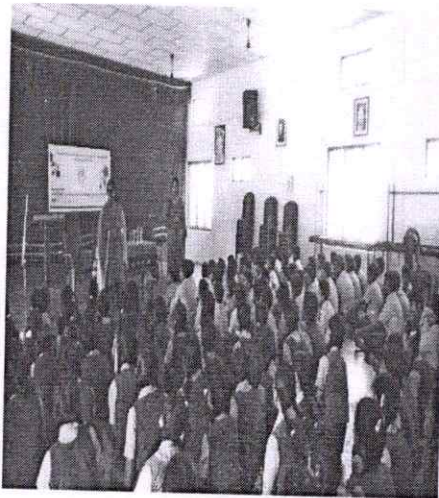
NICHOLSON HS SCHOOL, THIRUVALLA



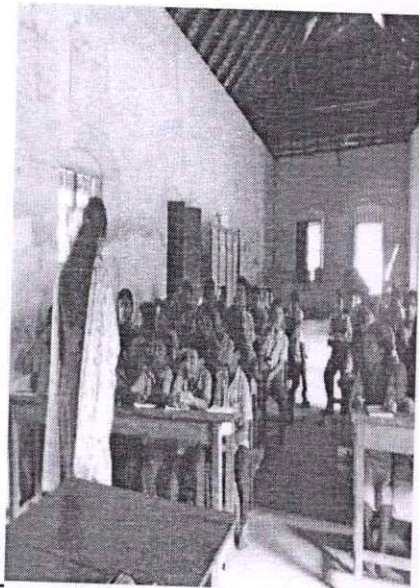
ST GEORGE HS CHUNKAPARA



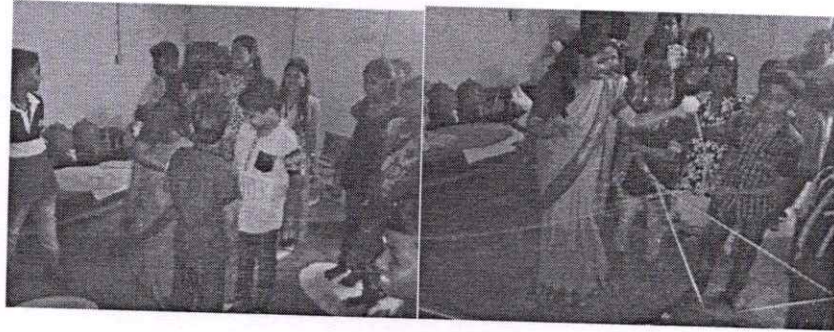
SANKARAMANGALAM PUBLIC SCHOOL



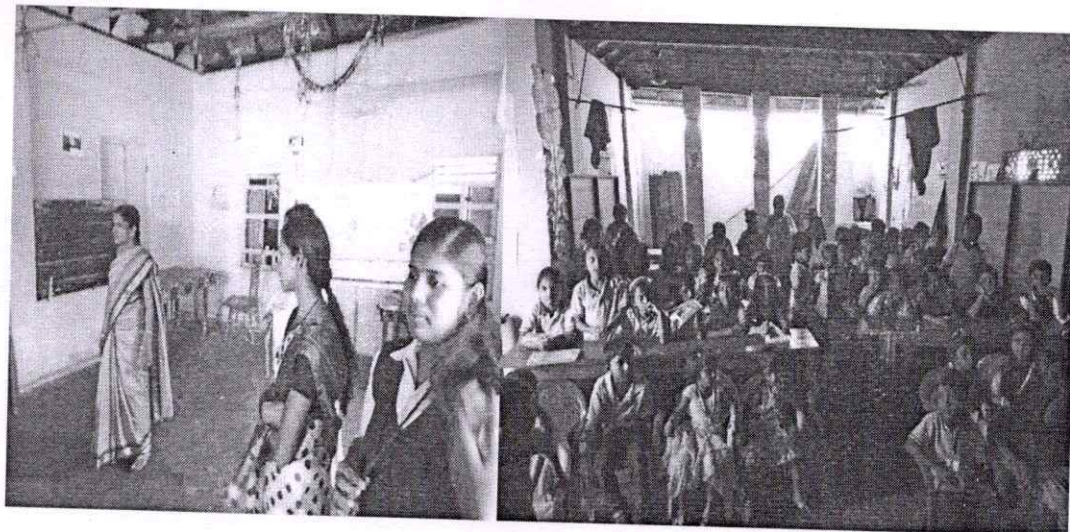
PRINCE MARTHANDAVARMA SCHOOL



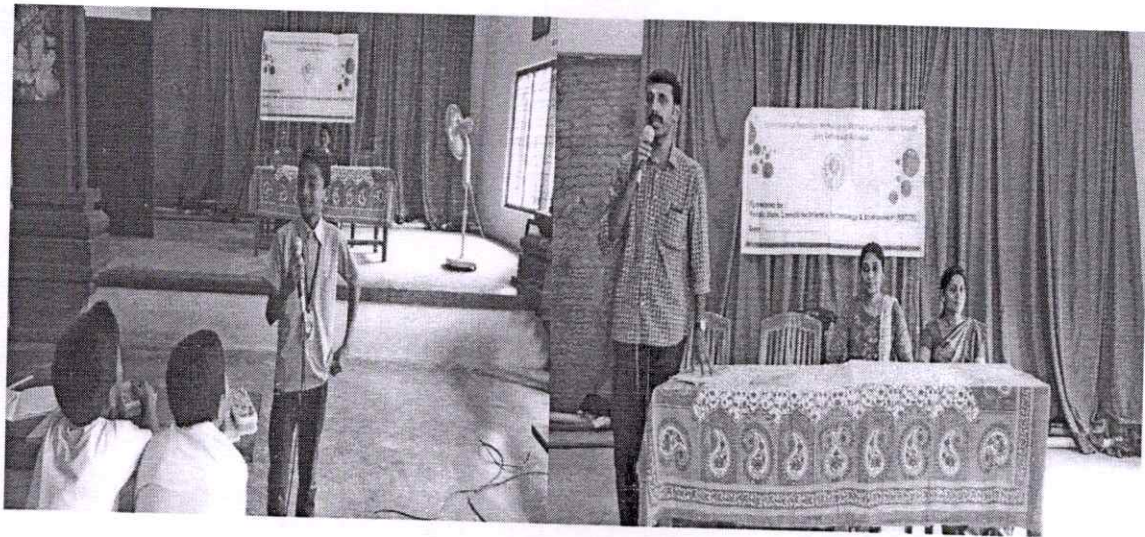
GOVT LP & UP SCHOOL KADAPPRA



CMS LP.SCHOOL, NEDUMPURAM



GOVT.HS, KONNI & REPUBLICAN HIGH SCHOOL, KONNI



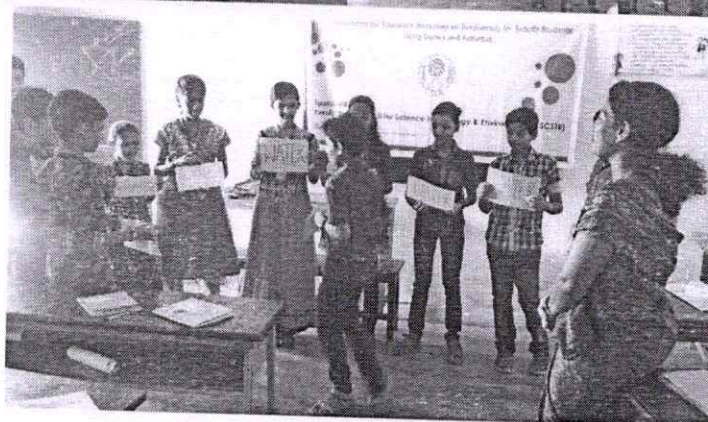
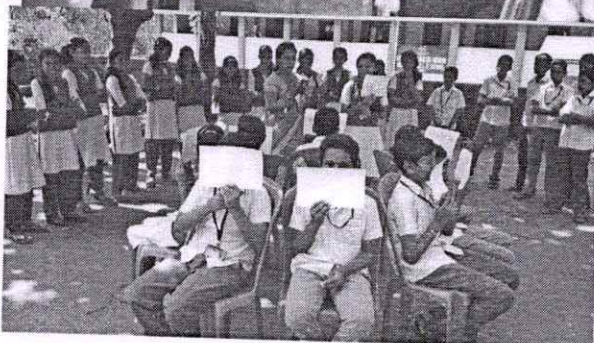
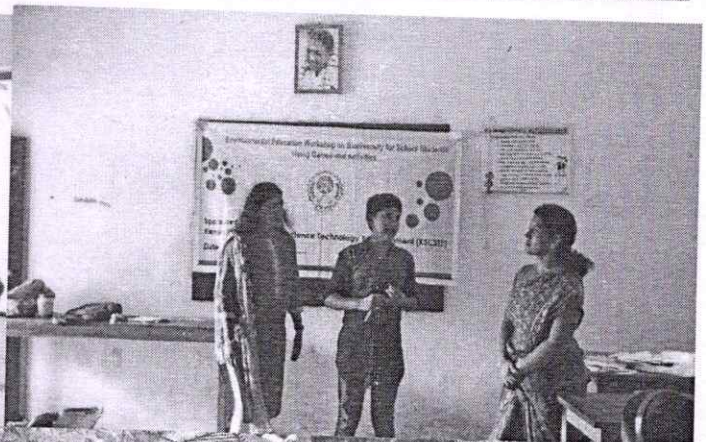
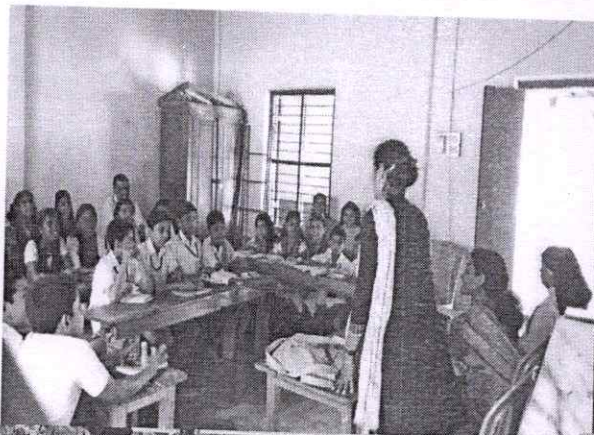
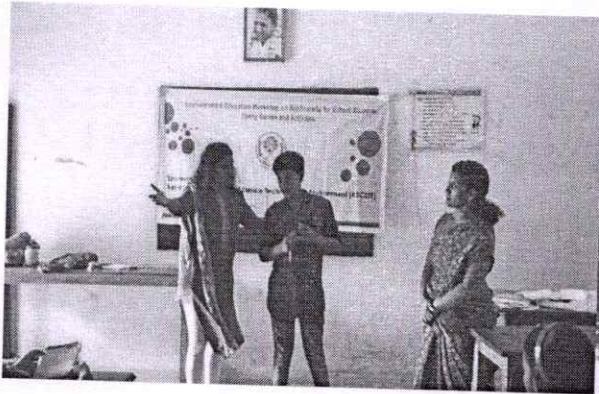
CMS LP SCHOOL, THEPPANI



THIRUMOOLAVILASAM HIGH SCHOOL, THIRUMMOOLA, TIRUVALLA



AMRITA HIGH SCHOOL, ELIYARAKAL & ST. THOMAS SCHOOL VAKAYAR



Beena Cherian
Beena Cherian
Dean, School of
Broscience



Crack. HSS, Kuttan

Date of Conduct : 22/07/16 & 26/07/16

Name of Volunteers :

Asha LP

Asha LP

Devika VA

Devika VA

Feba Das

Feba Das

Lintā Jose

Lintā Jose

Nilthya P

Nilthya P

Arreeshma S

Arreeshma S

Aswin

Aswin

Sini Sathar



Aswathy S

Aswathy Vargan

Aswathy S



Verified by
Cripkin

Balickamadam Hss, Thiruvananthapuram

Date of Conduct : 18/08/16

Name of Volunteers : Greeshma S ~~Greeshma~~
Sofia Solomon Sofia Sol.
Prasanthi P ~~Prasanthi~~
Aswathy S ~~Aswathy~~
Anjali Pradeep Anjali



Verified by
Cripplhi



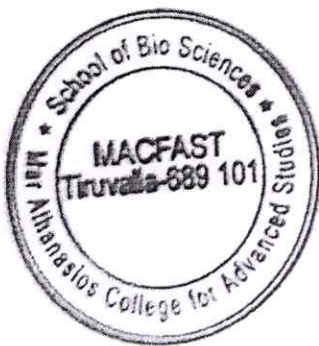
MAD H'S. Puthussery

Date of Conduct .. 17/08/16.

Name of Volunteers Scrutiny M's Sathy.
Aisha, Anubang Asha.
Meera TS Mura.
Soojya Ramesh Soumya.
P's Sivaikhi Sathya.



Verified by
Criptin



Govt. Hss Kallupara

Date of Conduct : 24/08/16

Name of Volunteers

Revathy V A

Pruthi

Sindooran K Udayakumar

Asst.

Niss mol Shajan

Nes

Sinu Sattar

Sinml.



Verified by
Cripk



SES HS Thiruvalla

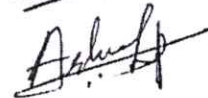
Date of Conduct : 25/08/16

Name of Volunteers

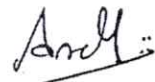
Dibha P S



Asha W P



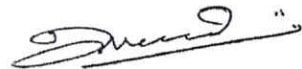
Archana Kishor Kumar



Simon Thomas

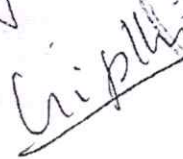


Denne K Thampi





Verified by





St. Theresa's Belthangal Convent
Chengannur.

Date of conduct : 25/08/16
Name of Volunteers

Archana Kishor Kumar Arch

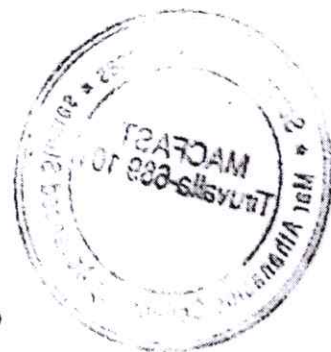
Ashwin Ash

Sini Sattar Sini

Rincy Mathew Rincy



Verified by
Cripplu



St Thomas UP School
Vennikulam

Date of Conduct: 26/08/16

Name of the Volunteers: Greeshma S

Aswathy S

Simon Thomas

Siswayer Vasanth

[Signature]

[Signature]

[Signature]

[Signature]



Verified by
Criptu



Nicholson HS School
Thiruvalla

Date of Conduct : 29/08/16

Name of Volunteers : Sree Lakshmi N. Muralakrishna

Denni K Thampi Denni

Asha W P Ashaf

Soumya Zachariah Soumya



Verified by
Aripthi

Mac Dionysius School, Pishay
Valley, Mallapally

Date of Conduct : 08/09/2016

Name of Volunteers :

Discreya Vasanth	<u>Discreya</u>
Simi Sallae	<u>Simi</u>
Rincy Mathew	<u>Rincy</u>
Feba Das	<u>Feba</u>



Verified by
Cripithu

Thirumoola vilagam . UP school

Date of conduct : 20/09/2016

Name of volunteers

Anuja A Naie Anuja

Sindoor K Udayakumar KSU

Sree Lakshmi N Sree Lakshmi



Verified by
Criptin

Sankaramangalam Public School

Date of Conduct: 07/10/2016

Name of Volunteers: Revathy VA
Aechana kishor Kumar
Noyal Shaji
vidyalakshmi V
Aswin

Rashid

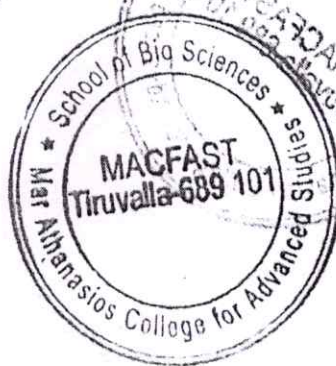
Amal

Neel

Vishal

Aravind

Verified by
Cripth



St. George Hs, Chennakapara

Date of Conduct: 23/07/2016

Name of Volunteers:

Lida hlu

Lida hlu

Prasanthi P

Prasanthi P

Dausana S

Dausana S

Santhya MS

Santhya MS

Soumya Zachariah

Soumya Zachariah

Aswathy Ramesh

Aswathy Ramesh



Verified by
Cipthi

MSM UP School, Nuanam

Date of conduct: 04/4/2016

Name of volunteers: Feber Das Feber Das
Sofia Solomon Sofia Solomon
Asha W P Asha W P
Teena Daniel Teena Daniel
hinter Jose hinter Jose
Thejas Anil Thejas Anil



Verified by
Cripplhi

Prince Mathanda Varma H S
Perungudi

Date of Conduct : 10/11/2016
Name of Volunteer :

Ashok LP

Ashok LP

Anjan A Nair

Anjan

Dibhen PS

Dibhen PS

Disa Vally Ramesh

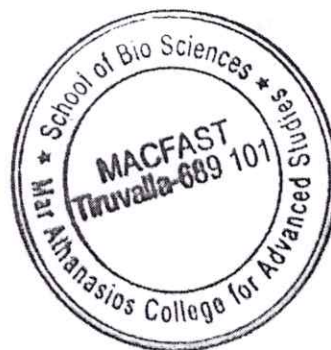
Disa Vally Ramesh

Vidya Lakshmi V

Vidya Lakshmi V

Princy Mathew

Princy Mathew



Verified by
Cripkhi

NOVE. LP & UP Clubs School
Kadapra

Date & Conduct: 16/11/2016

Name of volunteers:

Ajay Pradeep

Ajay

Santhya MS

Santhya

Asha Antony

Asha

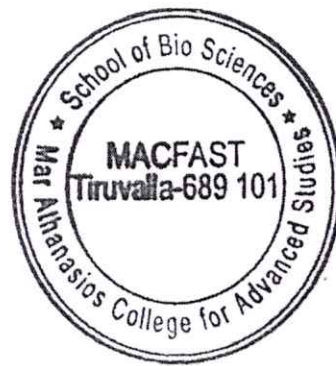
Meera TS

Meera

Soozya Ramesh

Soozya

Verified by
Cripplini



CMS School Nedumpanam

Date of conduct : 11/01/2014

Name of volunteers: Soumya Abraham Prof.

Aniya A Nair Am

Revathy V A Prof.

Niss Mol Shajan Niss

Sini mol philip Sini



verified by
Cripthi

St. Thomas UP School Vakayae
Konni

Date of Conduct: 09/02/2017

Name of students:

Lida helu

PS Swathi

Asha LP

Feba Das

Sreelakshmi N

Aswini

Discreet vasant

Lida helu

PS Swathi

Asha LP

Feba Das

Sreelakshmi

Aswini

Discreet vasant



Verified by
Cripin

Amrita Vocational Hgline Secondary
School, Eligarakal, Konni

Date of conduct : 09/02/2017

Name of volunteers

Soumya Zacharali

Smith

Sindooa K udayakumar

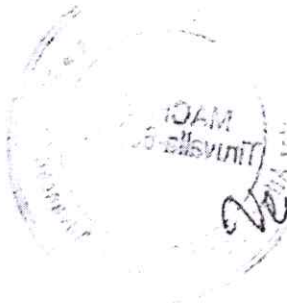
Sub

Thyais Anil

Sub

Vidhyalakshmi V

Sub



Verified by
Cripthin



Republican Vocational Higher
Secondary School, Kanner.

Date of conduct . 18/02/2017.

Name of volunteer Disha Ps

[Signature]

Aswathy Ramesh

[Signature]

Sini mol Philip

[Signature]

Noyal shaji

[Signature]

Aswin

[Signature]



Verified by
[Signature]

Croft HS School, Konni

Date of Conduct : 13/02/2017

Name of volunteers

Soumya Abraham

Soumya

Anuja A Nair

Anuja

Snidooza K Udayakumar

Snidooza

Aichana Kishor Kumar

Aichana

Siman Thomas

Siman



Verified by
Cripthin

CMS LP School, Theppani

Date of Conduct : 28/08/2014

Name of Volunteers

Asha LP

Ashaf

Teena Daniel

Teena

Santhya MS

Santhya

Soumya Zacharia

Soumya

Sini mol Johny

Sini Mol

Sini Seikale

Sini



Verified by
Cripthin



Thirumoolavilagam High School
Thirumoola, Tiruvalla.

Date of Contact : 25/03/2017

Name of Volunteers

Soumya abraham

Soumya

Mejia Anil

Anil

Noyal Shaji

Noyal

Vidya Lakshmi V

Vidya

Aiswarya Vasanth

Aiswarya



Verified by
Cripther



F. J. J. J.

PRINCIPAL
MAR ATHANASIOS COLLEGE
FOR ADVANCED STUDIES
TIRUVALLA



Free Medical camp for diabetes and ophthalmology diseases

8th November 2016

NSS MACFAST and the School of Biosciences initiated and organized an eye testing camp on 8th November 2016 in association with Chaithanya Eye Hospital & Research Institute, Tiruvalla and YMCA, Tiruvalla. The camp was organized at YMCA, Tiruvalla between 10.00 AM and 3.00 PM. The camp commenced with a short inaugural address by Mr Biju Dharmapalan, NSS co-coordinator. The general need for eye care and the importance of eye donation was the key highlight in his speech. 50 students and the general public attended the camp. The volunteers ensured the smooth conduct of the camp.



The inauguration venue of the free eye testing camp





National Service Scheme (NSS) Unit
MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)
Thiruvalla - 689101



Participants consulting at the free medical camp



Pradeep Vazhatharamalayil
Rev. Fr. Pradeep Vazhatharamalayil
Principal, MACFAST
Tiruvalla-689101



Free Medical camp for diabetic related and ophthalmology diseases

8 November 2016

School of Biosciences - Student Volunteer Attendance

Sl. No.	Name of student	Signature	Remarks
1	Anju Krishnan	Anju	member
2	Lijoy M Joseph	Lijoy Joseph	"
3	Dibha P S	Dibha	"
4	Alusha Susan Thomas	Alusha	"
5	Anju A	Anju	"
6	Asha Antony	Asha	"
7	Anumol C James	Anumol	"
8	Asha L P	Asha L P	"
9	Lida Lulu	Lida Lulu	"
10	Prasanthy P	Prasanthy	"
11	Revathy V A	Revathy	"
12	Ahammed Nabeel M N	Ahammed	"
13	Anuja A Nair	Anuja	"
14	Devika V A	Devika	"
15	Darsana S	Darsana	"
16	Lijina L N	Lijina	"
17	Niss Mol Shajan	Niss Mol	"
18	Sajeesh S	Sajeesh	"
19	Santhy M S	Santhy	"
20	Shone Thomas Mathew	Shone	Secretary
21	Sruthimol S Kumar	Sruthimol	member
22	Sreelekshmi N	Sreelekshmi	"





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23	Sofia Solomon	<i>Sofia Sch</i>	<i>member</i>
24	Soumya Zacchariah	<i>Soumya</i>	"
25	Suriyagayathri V P	<i>Suriya</i>	"
26	Teena Daniel	<i>Teena</i>	"
27	Sreeja S	<i>Sreeja</i>	"
28	Soumya Abraham	<i>Soumya</i>	"
29	Ooshmala B	<i>Ooshmala</i>	"
30	Aiswarya Vasanth	<i>Aiswarya</i>	"
31	Anjali Pradeep	<i>Anjali</i>	"
32	Archana Kishor Kumar	<i>Archana</i>	"
33	Aswathy Remesh	<i>Aswathy</i>	"
34	Aswathy S	<i>Aswathy</i>	"
35	Aswin Omanakuttan	<i>Aswin</i>	"
36	Deepthi Slizabeth Johns	<i>Deepthi</i>	"
37	Denni K Thampi	<i>Denni</i>	"
38	Feba Das	<i>Feba</i>	"
39	Greeshma S	<i>Greeshma</i>	"
40	Hima Devadas	<i>Hima</i>	"
41	Joshna K Abraham	<i>Joshna</i>	"
42	Linta Jose	<i>Linta</i>	"
43	Nikitha N Pillai	<i>Nikitha</i>	"
44	Nissa Ann Varughese	<i>Nissa</i>	"
45	Nithya P	<i>Nithya</i>	"
46	Noyal Shaji	<i>Noyal</i>	"
47	Osheen Oliver	<i>Osheen</i>	"
48	Rajendraprasad N V	<i>Rajendra</i>	"
49	Rajesh Sham	<i>Rajesh</i>	"
50	Rinsy Mathew	<i>Rinsy</i>	"



Rev. Fr. Pradeep Vazhatharamalayil
Principal, MACFAST
Thiruvalla-689101



Blood Donation Camp

1st December 2016

NSS unit MACFAST hosted a blood donation camp in association with the Red Ribbon Club and HDFC bank on 1st December 2016. The camp started at 10:00 AM with a short inaugural function by Fr. Pradeep Vazhatharamlayil, Principal, MACFAST, Tiruvalla. Mr Biju Dharmapalan, NSS co-ordinator, Suja P Simon, Manager of HDFC bank, and Red Ribbon club coordinators addressed the gathering on the importance of blood donation. 77 volunteers came forward to donate blood during the camp which included students as well as NSS Volunteers. A total of 51 units of blood was collected. The camp continued until 2. 30 PM and the blood donors were provided with a blood donation certificate card.



NSS Volunteers donating blood for the blood donation camp



Fr. Pradeep Vazhatharamlayil
Rev. Fr. Pradeep Vazhatharamalayil
Principal, MACFAST
Thiruvalla-689101



National Service Scheme (NSS) Unit
MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)
Thiruvalla - 689101



Blood Donation Camp

1st December 2016

Sl. No.	Name of student	Signature	Remarks
1	Anuja A Nair		member
2	Devika V A		"
3	Darsana S		"
4	Lijina L N		"
5	Niss Mol Shajan		"
6	Sajeesha S		"
7	Santhy M S		"
8	Shone Thomas Mathew		secretary
9	Sreelekshmi N		member
10	Sofia Solomon		"
11	Soumya Zacchariah		"
12	Suriyagayathri V P		"
13	Teena Daniel		"
14	Sreeja S		"





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Thiruvalla - 689101



15	Soumya Abraham	member	
16	Ooshmala B	"	
17	Aiswarya Vasanth	"	
18	Anjali Pradeep	"	
19	Archana Kishor Kumar	"	
20	Aswathy Remesh	"	
21	Aswathy S	"	
22	Aswin Omanakuttan	"	
23	Deepthi Slizabeth Johns	"	
24	Denni K Thampi	"	
25	Feba Das	"	
26	Greeshma S	"	
27	Hima Devadas	"	
28	Joshna K Abraham	"	
29	Linta Jose	"	
30	Nikitha N Pillai	"	
31	Nissa Ann Varughese	"	





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(MACFAST)

Thiruvalla - 689101



32	Nithya P	member	<i>Nithya</i>
33	Noyal Shaji	"	<i>Noyal</i>
34	Osheen Oliver	"	<i>Osheen</i>
35	Rajendraprasad N V	"	<i>Rajendraprasad</i>
36	Rajesh Sham	"	<i>Rajesh</i>
37	Rinsy Mathew	"	<i>Rinsy</i>
38	Rohithnath R R	"	<i>Rohithnath</i>
39	Shafana Faruk	"	<i>Shafana</i>
40	Simimol Philip	"	<i>Simimol</i>
41	Simi Sathar	"	<i>Simi</i>
42	Simon Thomas	"	<i>Simon</i>
43	Sindoor K Udayakumar	"	<i>Sindoor</i>
44	Sumayya Abdul Rahim	"	<i>Sumayya</i>
45	Thejas Anil	"	<i>Thejas</i>
46	Vidhyalakshmi V	"	<i>Vidhyalakshmi</i>
47	Akhilesh James	"	<i>Akhilesh</i>
48	Gokul R Nair	"	<i>Gokul</i>





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(MACFAST)
Thiruvalla - 689101



49	Shijin Sam Varghese		<i>Shijin</i>
50	Raiby Mathew		<i>Raiby</i>
51	Linda Ann Thomas		<i>Linda</i>
52	Afra Azad		<i>Afra</i>
53	Riya Mariyam Reji		<i>Riya</i>
54	Rakul Krishnan G		<i>Rakul</i>
55	Sebastian Philip		<i>Sebastian</i>
56	Amal Augustine		<i>Amal</i>
57	Vineetha Daniel		<i>Vineetha</i>
58	Aju Varghese		<i>Aju</i>
59	Vishnu Satheesan		<i>Vishnu</i>
60	Sherin Susan Jacob		<i>Sherin</i>
61	Swathi Satheesan		<i>Swathi</i>
62	Anu Rani M Rajan		<i>Anu</i>
63	Athira Satheendran		<i>Athira</i>
64	Baby Sruthi C.V		<i>Baby Sruthi</i>
65	Sooraj T S		<i>Sooraj</i>





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(MACFAST)
Thiruvalla - 689101



66	Dhanya Krishnan		mens
67	Elza Varghese		"
68	Hridya K S		"
69	Jeeja Gopinath		"
70	Anju S		"
71	Anu Saji		"
72	Gemini Chandy Wattacheril		"
73	Lavanya B		"
74	Nissy Sara Mathew		"
75	Praseetha C.P		"
76	Rixon Roy		"
77	Swathi K Raj		"



Rev. Fr. Pradeep Vazhatharamalayil
Principal, MACFAST
Thiruvalla-689101



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

Workshop on "Cake making for prospective entrepreneurs"

15-16 of December, 2016

The cake business in India has witnessed massive growth over the last few years due to the increased demand from consumers, the burgeoning cafe-culture and of course, social media. Home-based baking, in particular, has been taken up by a huge number of women entrepreneurs thanks to these reasons. There are many initiatives which are also being taken by the Government of India, which has further encouraged them to pursue their baking dreams. Not just women, quite a few men are also taking up home baking as a profession.

MACFAST has successfully conducted training programmes on Cake making in this regard. A two day training program on cake making, for prospective entrepreneurs was conducted on 15 and 16th of December, 2016. The coordinator of the program was Mrs. Pinchu Elizabeth Thomas and the main sessions were handled by her. The registration was handled by Mr. Biju Dharmapalan, School of Biosciences and 2 students of the department functioned as the programme volunteers. A total of 7 participants attended the training programme.



Beene Cherian

Beene Cherian
Dean, School of Biosciences
MACFAST

Training Programme in Cake Making
15th + 16th December 2016

<u>Name of Student</u>	<u>Course</u>	<u>Signature</u>
hinta Jose	FTQA	hinta
Nessa Ann Varghese	FTQA	Nessa



Beeve Chennan

Beeve Chennan
Dean, School of
Biosciences

F. J. Joseph

PRINCIPAL
MAR ATHANASIOS COLLEGE
FOR ADVANCED STUDIES
TIRUVALLA

Cleaning of Govt. H.S.S Kuttoor Secondary School, Pathanamthitta

23rd- 29th December 2016

According to the second phase of the cleanliness campaign associated with the Swachh Bharat Mission, MACFAST NSS team organized a one-week cleaning activity at Govt. HSS, Kuttoor on 23rd to 29th December 2016. The mission was coordinated by Mr. Biju Dharmapalan. The school headmaster addressed the gathering and appreciated the commendable act of social service and dedication shown by the NSS team. 46 volunteers took part in the campaign and cleaned the school premises. The students trimmed weeds, small trees, and other foliage around the campus along with plastic waste. After the reopening of the school, an awareness programme was also conducted for the students. Through this, the NSS volunteers tried to propagate the benefits and importance of cleanliness among the school children and also instructed the students to dispose of the waste in dustbins. An awareness of the ill effects of plastics on the environment was also emphasized.



Students at Govt. H.S.S Kuttoor Secondary School, Pathanamthitta for the cleaning activities



National Service Scheme (NSS) Unit
MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)
Thiruvalla - 689101



Students cleaning classrooms at Govt. H.S.S Kuttoor Secondary School, Pathanamthitta



Rev. Fr. Pradeep Vazhatharamalayil

Rev. Fr. Pradeep Vazhatharamalayil
Principal, MACFAST
Tiruvalla-689101



National Service Scheme (NSS) Unit
MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)
Thiruvalla - 689101



**Cleaning of Govt School Premises - Govt. H.S.S Kuttoor Secondary School,
Pathanamthitta** **23rd-29th December 2016**

Student Volunteer Attendance

Sl. No.	Name of student	Signature	Remarks
1	Anumol C James		Memo en
2	Niss Mol Shajan		"
3	Feba Das		"
4	Dibha P S		"
5	Anju A		"
6	Lida Lalu		"
7	Prasanth P		"
8	Revathy V A		"
9	Anuja A Nair		"
10	Ahammed Nabeel M N		"
11	Devika V A		"
12	Sajeesha S		"
13	Sofia Solomon		"
14	Suriyagayathri V P		"
15	Teena Daniel		"
16	Aiswarya Vasanth		"
17	Anjali Pradeep		"
18	Archana Kishor Kumar		"
19	Aswathy Remesh		"
20	Aswin Omanakuttan		"
21	Deepthi Elizabeth Johns		"
22	Denni K Thampi		"
23	Joshna K Abraham		"





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24	Lint Jose	<i>Lint</i>	member
25	Osheen Oliver	<i>Osheen</i>	
26	Rajesh Sham	<i>Rajesh</i>	
27	Rajendraprasad N V	<i>Raj M.</i>	
28	Nithya P	<i>Nithya</i>	
29	Shafana Faruk	<i>Shafana</i>	
30	Simi Sathar	<i>Simi</i>	
31	Simon Thomas	<i>Simon</i>	
32	Thejas Anil	<i>Thejas</i>	
33	Sumayya Abdul Rahim	<i>Sumayya</i>	
34	Akhil R	<i>Akhil</i>	
35	Chikku YS	<i>Chikku</i>	
36	Binu Das	<i>Binu</i>	
37	Hima Devadas	<i>Hima</i>	
38	Rinsy Mathew	<i>Rinsy</i>	
39	Ooshmala B	<i>Ooshmala</i>	
40	Sindoor K Udayakumar	<i>Sindoor</i>	
41	Pavin Thadathil	<i>Pavin</i>	
42	Noyal Shaji	<i>Noyal</i>	
43	Shone Thomas Mathew	<i>Shone</i>	secretary
44	Nino Joseph	<i>Nino</i>	member
45	Rohithnath R R	<i>Rohith</i>	
46	Lijoy M Joseph	<i>Lijoy</i>	



Fr. Pradeep Vazhatharamalayil
Rev. Fr. Pradeep Vazhatharamalayil
Principal, MACFAST
Thiruvalla-689101

Cleaning of Sree Vallabhha Temple Pond

12th January 2017

In the next phase of the cleanliness campaign associated with the Swachh Bharat Mission, our NSS team of 40 volunteers actively participated in the cleaning of the temple pond and premises of Sree Vallabhha temple on 12th January 2017. The volunteers also created an awareness of the health issues resulting from contaminated water and the need for water conservation among the people assembled there. The bushes and grass around the pond were cleaned. The plastic bags and containers around the premises were discarded properly and the NSS volunteers emphasized the need to reduce the use of plastic items and to promote the use of cloth or paper bags, steel bottles, etc. to the people over there. The relevance of cleanliness in rainy seasons and the need for the removal of containers that hold water to avoid the spread of diseases was also highlighted. Various placards with drawings and writings were also shown to create awareness among the general public.



NSS program officer leading the cleaning drive at Sree Vallabhha temple





National Service Scheme (NSS) Unit
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NSS Volunteers engaged in cleaning the Sree Vallabhha pond premises



Students and faculty members at the temple pond after the cleaning activities.



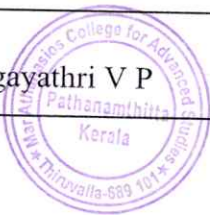
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Sl. No.	Name of student	Signature	Remarks
1	Anumol C James		member
2	Niss Mol Shajan		"
3	Feba Das		"
4	Dibha P S		"
5	Anju A		"
6	Lida Lalu		"
7	Prasanth P		"
8	Revathy V A		"
9	Anuja A Nair		"
10	Ahammed Nabeel M N		"
11	Devika V A		"
12	Sajeesha S		"
13	Sofia Solomon		"
14	Suriyagayathri V P		"





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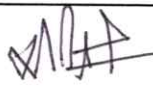

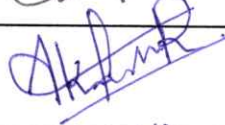
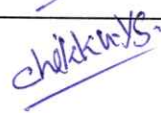



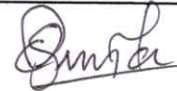

15	Teena Daniel	<i>Teena</i>	<i>Teena</i>
16	Aiswarya Vasanth	<i>Aiswarya</i>	<i>Aiswarya</i>
17	Anjali Pradeep	<i>Anjali</i>	<i>Anjali</i>
18	Archana Kishor Kumar	<i>Archana</i>	<i>Archana</i>
19	Aswathy Remesh	<i>Aswathy</i>	<i>Aswathy</i>
20	Aswin Omanakuttan	<i>Aswin</i>	<i>Aswin</i>
21	Deepthi Slizabeth Johns	<i>Deepthi</i>	<i>Deepthi</i>
22	Denni K Thampi	<i>Denni</i>	<i>Denni</i>
23	Joshna K Abraham	<i>Joshna</i>	<i>Joshna</i>
24	Lint Jose	<i>Lint Jose</i>	<i>Lint Jose</i>
25	Osheen Oliver	<i>Osheen Oliver</i>	<i>Osheen Oliver</i>
26	Rajesh Sham	<i>Rajesh</i>	<i>Rajesh</i>
27	Rajendraprasad N V	<i>Rajendraprasad</i>	<i>Rajendraprasad</i>
28	Nithya P	<i>Nithya</i>	<i>Nithya</i>
29	Shafana Faruk	<i>Shafana</i>	<i>Shafana</i>
30	Simi Sathar	<i>Simi</i>	<i>Simi</i>





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31	Simon Thomas		member
32	Thejas Anil		secretary
33	Sumayya Abdul Rahim		member
34	Akhil R		"
35	Chikku YS		"
36	Binu Das		"
37	Hima Devadas		"
38	Rinsy Mathew		"
39	Ooshmala B		"
40	Sindoora K Udayakumar		"




Rev. Fr. Pradeep Vazhatharamalayil
Principal, MACFAST
Tiruvalla-689101

Renovation work of “Anganavadi”, Thukalassery

20th January 2017

“Anganwadi” is a type of rural child care centre in India. They were started by the Indian government in 1975 as part of the Integrated Child Development Services program to combat child hunger and malnutrition. 46 NSS volunteers under the coordination of Mr. Biju Dharmapalan visited the “Anganwadi”, Thukalassery on 20th January 2017. Volunteers were thrilled to be part of the project and actively participated in cleaning the campus and painting the compound walls of the “Anganwadi”. Overgrown weeds and bushes around the campus were cleared and the garbage was removed. Plastic waste was also segregated and disposed of through the proper channel. Volunteers made an effort to draw child-friendly drawings and illustrations on the boundary walls to make the premise more lively and blissful for the kids. Volunteers also planted some flowering plants to make the campus more beautiful.



NSS volunteers cleaning the “Anganvadi” premises



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NSS volunteers cleaning the "Anganvadi" premises in groups



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Tiruvalla-689101



Renovation work of Anganavadi at Tholassery

23rd-29th December 2016

Student Volunteer Attendance

Sl. No.	Name of student	Signature	Remarks
1	Anumol C James		member.
2	Aiswarya Vasanth		"
3	Anjali Pradeep		"
4	Archana Kishor Kumar		"
5	Aswathy Remesh		"
6	Aswin Omanakuttan		"
7	Anju A		"
8	Anuja A Nair		"
9	Ahammed Nabeel M N		"
10	Deepthi Elizabeth Johns		"
11	Denni K Thampi		"
12	Joshna K Abraham		"
13	Lint Jose		"
14	Osheen Oliver		"
15	Rajesh Sham		"
16	Rajendraprasad N V		"
17	Nithya P		"
18	Shafana Faruk		"
19	Simi Sathar		"
20	Simon Thomas		"
21	Thejas Anil		secretary
22	Sumayya Abdul Rahim		member





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23	Akhil R	<i>Akhil R</i>	member
24	Chikku YS	<i>chikku.YS.</i>	"
25	Binu Das	<i>Binu</i>	"
26	Hima Devadas	<i>Hima</i>	"
27	Rinsy Mathew	<i>Rinsy</i>	"
28	Ooshmala B	<i>Ooshmala</i>	"
29	Niss Mol Shajan	<i>Niss</i>	"
30	Feba Das	<i>Feba Das</i>	"
31	Dibha P S	<i>Dibha</i>	"
32	Devika V A	<i>Devika</i>	"
33	Lida Lalu	<i>Lida</i>	"
34	Prasanth P	<i>Prasanth</i>	"
35	Revathy V A	<i>Revathy</i>	"
36	Sindoor K Udayakumar	<i>Sindoor</i>	"
37	Pavin Thadathil	<i>Pavin</i>	"
38	Noyal Shaji	<i>Noyal</i>	"
39	Shone Thomas Mathew	<i>Shone</i>	"
40	Nino Joseph	<i>Nino</i>	"
41	Rohithnath R R	<i>Rohithnath</i>	"
42	Lijoy M Joseph	<i>Lijoy M Joseph</i>	"
43	Sajeesh S	<i>Sajeesh</i>	"
44	Sofia Solomon	<i>Sofia Solomon</i>	"
45	Suriyagayathri V P	<i>Suriyagayathri</i>	"
46	Teena Daniel	<i>Teena</i>	"




Fr. Pradeep Vazhatharamalayil
Rev. Fr. Pradeep Vazhatharamalayil
Principal, MACFAST
Thiruvalla-689101

Report on the Job Fair 2017

Venue : MACFAST College

Date : 23rd February 2017

The Placement Cell of MACFAST was able to organize a job fair in Thiruvalla at its college campus in association with the District Employment Exchange Office, Pathanamthitta District. The mega Job fair was scheduled for the 23rd of February 2017. Twelve reputed companies were invited to the fair, and 9 companies were actively involved in the fair including Lazza Ice Cream, Voxbay Solutions, Aabasoft technologies India Private Limited, DC Books, SBI Life, Tutorwaves Solutions Private Limited, Faith Infosys, & Shriram City Union Finance. This job fair was organized for all graduates and postgraduates. Around 660 candidates from 42 different colleges were turned up for this job fair and 36 of them were given offer letters. The interviews were held in the classrooms and the faculty members served to supervise the 44 student volunteers in the process.



February 23

MACFAST

JOB FAIR 2017

Venue:
MACFAST (Mar Athanasios College for Advanced Studies), Tiruvalla

Participating Companies:

- LAZZA ICE CREAM
- VOXBAY SOLUTIONS
- DC BOOKS
- FAITH INFOSYS
- EVM
- SHRIRAM
- Tutorwaves
- UAE XCHANGE
- MDPC securities
- MANAPPURAM FINANCE LIMITED

All UG/PG 2015, 2016 & 2017 pass out batches are eligible.

No Registration Fee

For More Details:
9048890688
8547620373
04692730308

10+ Companies
100+ Vacancies
Salary ₹8000 to ₹30000

Visit: www.macfast.org for online registration

Brochure for Job Fair

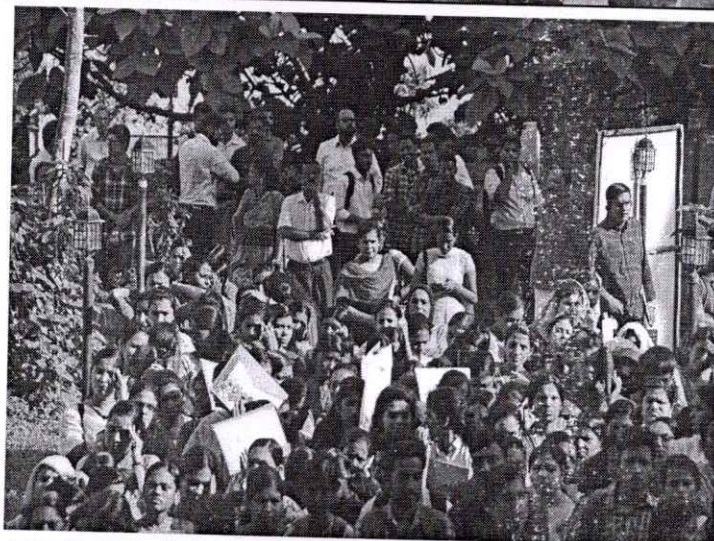
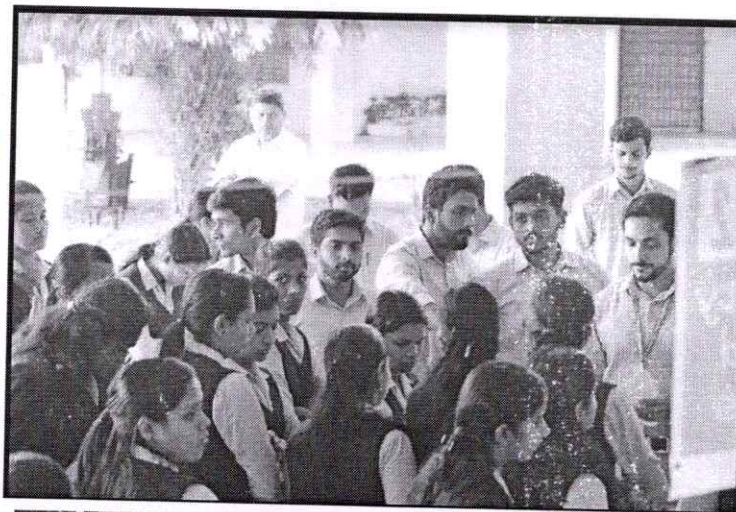
NITHIN MATHEWS JAMES
PLACEMENT OFFICER
Mar Athanasios College
For Advanced Studies
Tiruvalla - 689101, Kerala





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Thiruvalla - 689101





MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

Report on the Job Fair 2017

Venue : MACFAST College

Date : 23rd February 2017

Sl. No.	Name of Student	Batch	Signature
1	Aneena Sara Varghese	MCA-Reg	Aneena
2	Anu Vijay	"	Anu
3	Archana Mohanem	"	Archy
4	Binsu Dan Varghese	"	Binsu
5	Blessy Beena Sunny	"	Blessy
6	Blessy Elsa T. Damien	"	Blessy
26	Chinnu C. Babu	"	Chinnu
7	Femy Rose Shibu	"	Femy
8	Leethu Krishna CS	"	Leethu
9	George Pomikan	"	George
10	Gokul Krishna	"	Gokul
11	Weethu Elsa Varghese	"	Weethu
12	Pearly Varghese	"	Pearly
13	Reshma Madhu	"	Reshma
14	Rini Rajan	"	Rini
15	Silpa S. Kurup	"	Silpa
16	Sreelakshmi B	"	Sreelakshmi
17	Sreelakshmi R	"	Sreelakshmi
18	Tinu M	"	Tinu
19	Stephy John	"	Stephy

ITIN MATHIAS JAMES
EVENT OFFICER
Mar Athanasios College
Tiruvalla - 689101, Kerala





MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

20	Tiya Mary Alex	MCA-R	
21	Vipin K. Das	@mca R.	
22	Pkhal G Alex	MCA L	
23	Abdul Raj PR	"	
24	Tolson Lopez	"	
25	Mathew Abraham	"	
26	Liji Jacob	"	
27	Asya S Kumar	"	
28	Pravara P.	"	
29	Joshua K Jacob	"	
30	Vinni Varghese	"	
31	Deepa Mary Alex	"	
32	Rakul K.R	"	
33	Karthika Haridas	"	
34	Sooraj TS.	"	
35	Abhishek Parusothaman	MBA	
36	Abiya Babu	"	
37	Achu C Tampi	"	
38	Ajo Varghese Rajan	"	
39	Jayasree J	"	
40	Jikku Varghese Koruth	"	
41	Melbin Francis	"	
42	Nidhi Elizabeth Philip	"	
43	Riya Elizabeth	"	

44
NITHIN MATHEWS JAMES
PLACEMENT OFFICER
Mar Athanasios College
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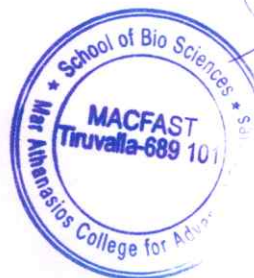
Report on the YMCA Jackfruit - Mango - Papaya Festival - 2017

9th -14th May 2017

Mar Athanasios College for Advanced Studies Tiruvalla in association with YMCA Thiruvalla organized a Jackfruit - Mango - Papaya Festival at YMCA Hall in Tiruvalla from 9th May to 14th May 2017. The event was inaugurated by the Most Rev Dr Philipose Mar Chrysostom, Bishop of Marthoma Church. The fest gave an opportunity for the current batch of students to develop value-added food products from cheap and locally available food materials such as Jackfruit, Mango and Papaya. The food materials were prepared by the students at the department and then later transported to the festival ground by them. At the festival, the food materials were exhibited at a food stall arranged by the students. More than 18 edible items were developed from these raw materials for the festival. 62 students from the School of Biosciences were actively involved in this programme.

List of value-added products developed from jackfruit, papaya and mango.

- | | |
|---|---------------------------------|
| 1. Jelly | 10. Pudding |
| 2. Jam | 11. Cutlet |
| 3. Squash | 12. Halwa |
| 4. Cool drinks from mango and jackfruit | 13. Jackfruit Biriyan |
| 5. Pickle | 14. Payasam |
| 6. Dried jackfruit bulb | 15. Jackfruit seed avalosu podi |
| 7. Jackfruit flour | 16. Dry Mix Snack |
| 8. Dried Jackfruit seed | 17. Chips |
| 9. Chakka Nirav | 18. Pakoda |



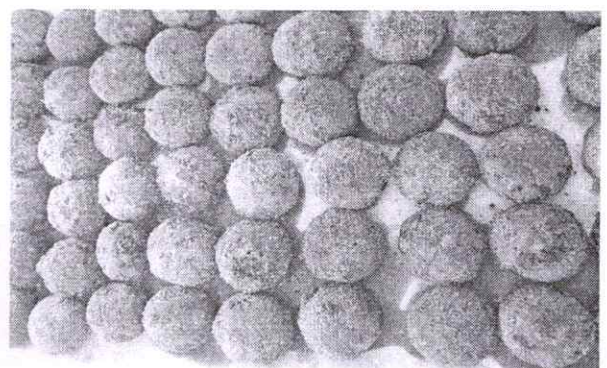
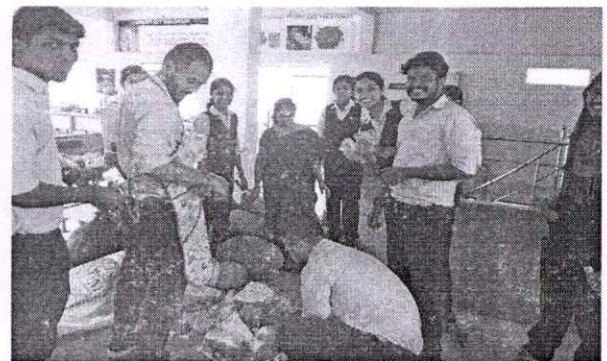
Beena Cherian
Beena Cherian
Dean, School of
Biosciences



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MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

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Attendance Sheet

Activity: Jackfruit - Mango - Papaya Fest 2017

Date: 9th -14th May 2017

Si No	Name of Student	Sign
1.	Abhirami S Nair	
2.	Akhil S	
3.	Aleena T Mathews	
4.	Ambili M Thomas	
5.	Ansu Mary John	
6.	Arathi Ben	
7.	Archa U L	
8.	Aswin Sanjeev	
9.	Athira Krishnan. R	
10.	Bhagya Vijayan	
11.	Binil Alias	
12.	Boby George	
13.	Deena Mary Tom	
14.	Dhanu S. Lakshmi	
15.	Fathimi Shamina N S	





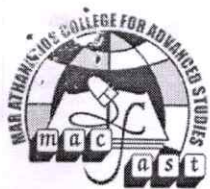
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16.	Jain Sara Jacob	
17.	Jesla John	
18.	Manija Madhu	
19.	Mathai Mathew	
20.	Mercy Jose	
21.	Muhammad Jasir M. T. K	
22.	Nadiya Nazer	
23.	Nikhil A N	
24.	Priya Elizabeth Francis	
25.	Renu John	
26.	Sera Treesa Mathew	
27.	Sibin Babu	
28.	Teena Joseph	
29.	Vishnu C	
30.	Ammu Bejoe	
31.	Anjumol K.P.	





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32	Elma Susam Reji	
33	Gayathri U.	
34	Litty Thomas	
35	Maria Joy P.	
36	Abhijith M. Anandan	
37	Annu S. George	
38	Daliya Simon	
39	Dilna T.	
40	Kesiya Joy	
41	Samuel Grace Anna Mathai	
42	Amal Anand	
43	Anaswara Syam	
44	Athira Rajan	
45	Leskshmi S kumar	
46	Parvathy J	
47	Parvathy Nandakumar	





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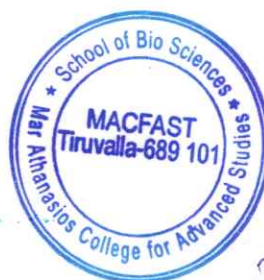
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48	Jubin J Kurichiyil	
49	Anjali S.	
50	Anju C. Anand	
51	Bhavya Xavier	
52	Binsu Bose	
53	Chinju Varghese	
54	Lekshmi Devi J.C.	
55	Ragimol M.R.	
56	Rahumath A.S.	
57	Reshma Shaji	
58	Ria Elza Varghese	
59	Sonia Philip	
60	Sujila S.P.	
61	Varsha S.S.	
62	Vinitha Francis	



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Beena Cherian
Dean, School of Biosciences
MACFAST, Tiruvalla