

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**

2018-19

Criteria 3: Research, Innovations and Extension

MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA (MACFAST)

Tiruvalla, Pathanamthitta, Kerala 689 101

2018 - 2019



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

MACFAST

Igniting wisdom since 2001

2018 – 2019			
Sl. No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme
1	Public canal (Manakachira) cleaning	NSS	Social Welfare
2	Cleaning of Flood-Affected Nearby Areas	NSS	Social Welfare
3	Tree sapling distribution to public - World Environment Day awareness programme-2018	NSS	Social Welfare
4	Cancer Awareness and Hair Donation camp	NSS	Health Awareness
5	Blood donation Camp	NSS	Health Awareness
6	Rebuild Kerala Awareness Campaign - Tiruvalla Mini Marathon	Kerala Police Department and MACFAST College	Social Welfare
7	B-WALL - Water quality analysis for public	School of Biosciences	Health Awareness
8	Kisan Sahay - Soil Analysis for Farmers	School of Biosciences	Social Welfare
9	Exhibition of Value added Products from Jackfruit at St Joseph Central School Mundakayam	School of Biosciences	Health Awareness
10	Jackfruit - Mango fest – 2019	YMCA, Bodhana and School of Bio Sciences	Health Awareness





MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)

MACFAST

Igniting wisdom since 2001

2018 - 2019				
Sl. No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Number of student participation
1	Public canal (Manakachira) cleaning	NSS	Social Welfare	54
2	Cleaning of Flood-Affected Nearby Areas	NSS	Social Welfare	54
3	Tree sapling distribution to public - World Environment Day awareness programme-2018	NSS	Social Welfare	54
4	Cancer Awareness and Hair Donation camp	NSS	Health Awareness	10
5	Blood donation Camp	NSS	Health Awareness	27
6	Rebuild Kerala Awareness Campaign - Tiruvalla Mini Marathon	Kerala Police Department and MACFAST College	Social Welfare	116
7	B-WALL - Water quality analysis for public	School of Biosciences	Health Awareness	20
8	Kisan Sahay - Soil Analysis for Farmers	School of Biosciences	Social Welfare	27
9	Exhibition of Value added Products from Jackfruit at St Joseph Central School Mundakayam	School of Biosciences	Health Awareness	30
10	Jackfruit - Mango fest - 2019	YMCA, Bodhana and School of Bio Sciences	Health Awareness	79

Cleaning activity at Manakkachira Tourism Project field

21st December, 2018

The NSS unit of MACFAST conducted a one-day cleaning programme at Manakkachira Tourism Project, Changanacherry. The goal of the programme was to clean up the place and pathway included in the Manakkachira Tourism Project. Under the leadership of Dr. Jeemon Joseph, camp officer, 54 volunteers actively participated in this event.



NSS volunteers cleaning the Manakkachira Tourism Project.



NSS volunteers collectively engaged in cleaning activities.



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



NSS volunteers jointly remove the garbage from the Manakkachira site.

Dr. JEEMON JOSEPH
PROGRAM OFFICER
NATIONAL SERVICE SCHEME
MACFAST
THIRUVALLA- 689 101



Fr. Dr. CHERIAN J KOTTAYIL
PRINCIPAL
Mar Athanasios College For Advanced Studies
Tiruvalla- 689101, Kerala



MACFAST



NSS

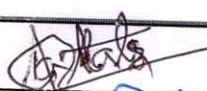
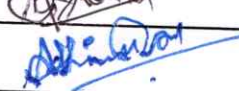

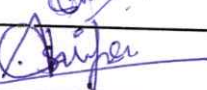
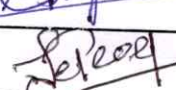


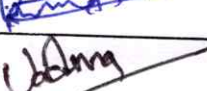
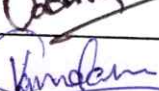

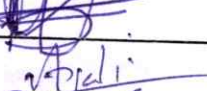
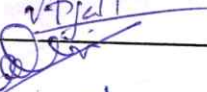

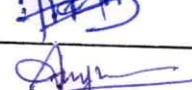



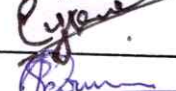
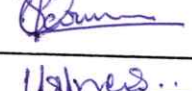
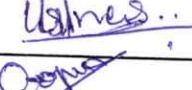




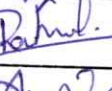
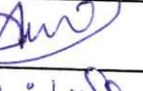
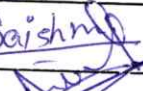


Activity: Manakachira Public canal cleaning

Date: 21-12-2018

Attendance Sheet for the NSS activity - Manakachira Public canal cleaning activity

NAME	COURSE	SIGNATURE
1 Melbin Francis	M.B.A	<i>Melbin</i>
2 Aevin K Wilson	M.C.A	<i>Aevin</i>
3 Bibin John Babu	M.B.A	<i>Bibin Babu</i>
4 Anjali B Joseph	M.B.A	<i>Anjali</i>
5 Christopher George	M.B.A	<i>Christopher</i>
6 Teenamol Antony	M.B.A	<i>Teenamol</i>
7 Abiya Babu	M.B.A	<i>Abiya</i>
8 Merin Anna Mathew	M.B.A	<i>Merin</i>
9 Jojo John Varughese	M.B.A	<i>Jojo</i>
10 Shany Thomas	M.B.A	<i>Shany</i>
11 Ajmi S	M.Sc.	<i>Ajmi</i>
12 Reshma R	M.Sc.	<i>Reshma</i>
13 Mohammed Saheed	M.Sc.	<i>Mohammed</i>
14 Abin George	M.Sc.	<i>Abin</i>
15 Ashifa N	M.Sc.	<i>Ashifa</i>
16 Arjun R Pillai	M.C.A	<i>Arjun</i>
17 Ribu Dilshad PP	M.Sc.	<i>Ribu</i>
18 Athira P Anil	M.Sc.	<i>Athira</i>
19 Kamalapriya M	M.Sc.	<i>Kamala</i>
20 Alma Mariam Abraham	M.B.A	<i>Alma</i>

21	Ashma C Das	M.B.A	
22	Athira V M	M.B.A	
23	C S Chitra	M.B.A	
24	Ashifa N	M.Sc.	
25	Jerrin George	M.B.A	
26	Remina M Shajahan	M.Sc.	
27	Tom Abraham	M.B.A	
28	Vandana V	M.B.A	
29	Vandana S Kumar	M.Sc.	
30	Fathima Rahim S R	M.Sc.	
31	Anjali Prakash	M.Sc.	
32	Vipin Dev	M.C.A	
33	Veenamol V	M.B.A	
34	Anju Jose K	M.Sc.	
35	Sreenath K P	M.C.A	
36	Thushara S	M.C.A	
37	Cyriac Stephen George	M.B.A	
38	Sarwar Iqbal	M.Sc.	
39	Unnimaya	M.Sc.	
40	Gopu G Nair	M.C.A	
41	Niji	M.C.A	
42	Shyju Varghese	M.C.A	
43	Jibin Prasannan	M.C.A	
44	Rahul Krishnan	M.Sc.	
45	Abhishek A	M.Sc.	
46	Saishma S Surendran	M.Sc.	
47	Ajith M Nair	M.C.A	



48	Job Justin	M.B.A	<i>Chakraborty</i>
49	Abhijith A	M.Sc.	<i>Chakraborty</i>
50	Akshay B Chandran	M.Sc.	<i>Chakraborty</i>
51	Appus M V	M.Sc.	<i>Chakraborty</i>
52	Amal P K	M.Sc.	<i>Chakraborty</i>
53	<i>Akhira Thomas</i>	<i>M.Sc.</i>	<i>Chakraborty</i>
54	<i>Beinamol Sibi</i>	<i>M.Sc</i>	<i>Beinamol</i>
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Principal

NSS Program Officer

Fr. Dr. Cherman J Kottayil
Principal
Mar Athanasios College for Advanced Studies
Thiruvalla- 689101, Kerala



Cleaning of Flood Affected Areas

22nd December, 2018

On 22nd December, 2018, NSS unit volunteers visited the flood-affected areas nearby MACFAST and cleaned some of the flood affected houses. They visited the flood relief camp and provided immediate help to them. Christmas gifts were given to the flood affected victims. Under the leadership of Dr. Jeemon Joseph, camp officer, 54 volunteers actively participated in this event.



NSS volunteers cleaning the cupboard of a flood affected house.



NSS volunteers cleaning the front of a flood affected house.



National Service Scheme (NSS) Unit
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NSS volunteers interacting with the inmates of the relief camp.


Fr. Dr. CHERIAN J KOTTAYIL
PRINCIPAL
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Thiruvalla-689101, Kerala



Dr. JEEMON JOSEPH
PROGRAM OFFICER
NATIONAL SERVICE SCHEME
MACFAST
THIRUVALLA-689 101



MACFAST



NSS


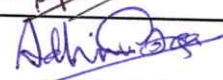

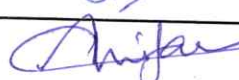
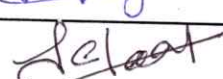


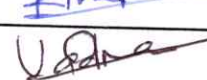
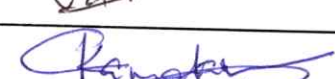

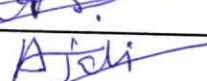
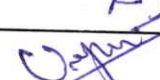

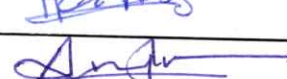


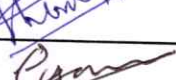
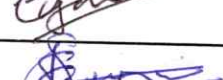
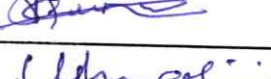




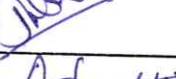
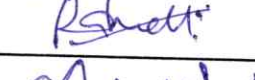




Activity: Public place and traffic sign board cleaning activity

Date: 22-12-2018

Attendance Sheet for the NSS activity - Public place and traffic sign board cleaning activity

NAME	COURSE	SIGNATURE
1 Melbin Francis	M.B.A	Melbin
2 Aevin K Wilson	M.C.A	Aevin
3 Bibin John Babu	M.B.A	Bibin John Babu
4 Anjali B Joseph	M.B.A	Anjali
5 Christopher George	M.B.A	Christopher George
6 Teenamol Antony	M.B.A	Teenamol
7 Abiya Babu	M.B.A	Abiya
8 Merin Anna Mathew	M.B.A	Merin Anna Mathew
9 Jojo John Varughese	M.B.A	Jojo
10 Shany Thomas	M.B.A	Shany
11 Ajmi S	M.Sc.	Ajmi
12 Reshma R	M.Sc.	Reshma
13 Mohammed Saheed	M.Sc.	Mohammed Saheed
14 Abin George	M.Sc.	Abin
15 Ashifa N	M.Sc.	Ashifa
16 Arjun R Pillai	M.C.A	Arjun
17 Ribu Dilshad PP	M.Sc.	Ribu
18 Athira P Anil	M.Sc.	Athira
19 Kamalapriya M	M.Sc.	Kamalapriya
20 Alma Mariam Abraham	M.B.A	Alma

21	Ashma C Das	M.B.A	
22	Athira V M	M.B.A	
23	C S Chitra	M.B.A	
24	Ashifa N	M.Sc.	
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27	Tom Abraham	M.B.A	
28	Vandana V	M.B.A	
29	Vandana S Kumar	M.Sc.	
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31	Anjali Prakash	M.Sc.	
32	Vipin Dev	M.C.A	
33	Veenamol V	M.B.A	
34	Anju Jose K	M.Sc.	
35	Sreenath K P	M.C.A	
36	Thushara S	M.C.A	
37	Cyriac Stephen George	M.B.A	
38	Sarwar Iqbal	M.Sc.	
39	Unnimaya	M.Sc.	
40	Gopu G Nair	M.C.A	
41	Niji	M.C.A	
42	Shyju Varghese	M.C.A	
43	Jibin Prasannan	M.C.A	
44	Rahul Krishnan	M.Sc.	
45	Abhishek A	M.Sc.	
46	Saishma S Surendran	M.Sc.	
47	Ajith M Nair	M.C.A	

48	Job Justin	M.B.A	<i>Job Justin</i>
49	Abhijith A	M.Sc.	<i>Abhijith A</i>
50	Akshay B Chandran	M.Sc.	<i>Akshay B Chandran</i>
51	Appus M V	M.Sc.	<i>Appus M V</i>
52	Amal P K	M.Sc.	<i>Amal P K</i>
53	<i>Alhira Thomas</i>	<i>M.Sc.</i>	<i>Alhira Thomas</i>
54	<i>Biniamol Sibi</i>	<i>M.Sc.</i>	<i>Biniamol Sibi</i>
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Principal

Fr. Dr. Cherman J Kottayil

Fr. Dr. CHERIAN J KOTTAYIL
PRINCIPAL
Mar Athanasios College For Advanced Studies
Tiruvalla- 689101, Kerala



NSS Program Officer

[Signature]



Distribution of Tree Saplings on World Environment Day

5th June 2018

On June 5th 2018, the NSS unit of MACFAST celebrated the world environment day. NSS Programme officer Dr. Jeemon Joseph coordinated the program and 54 NSS Volunteers participated in the program in 10 different groups. A total of 150 trees were planted in public places and at MACFAST campus by the volunteers. In addition, medicinal plants and fruit-bearing trees were distributed to college students. This new initiative by the NSS team as a part of an environment-related program aims to spread general awareness on the importance of planting trees and the impact of deforestation on global warming and climatic change among the students. All the volunteers actively participated in this program.



Local newspaper cutting showing MACFAST students distributing plant saplings at Tiruvalla Railway station.



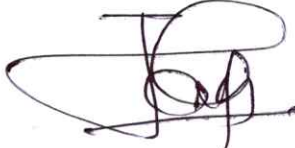


National Service Scheme (NSS) Unit
MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
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Thiruvalla - 689101



MACFAST students distributing plant saplings at Tiruvalla KSRTC Main Bus Station.


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Thiruvalla- 689101, Kerala



Dr. JEEMON JOSEPH
PROGRAM OFFICER
NATIONAL SERVICE SCHEME
MACFAST
THIRUVALLA- 689 101



MACFAST



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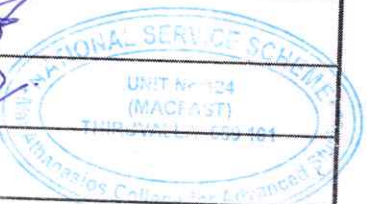


Activity: Environment day Awareness programme by public dist

Date: 05-06-2018

Attendance Sheet for Environment day Awareness programme by public distribution of trees

	NAME	COURSE	SIGNATURE
1	Melbin Francis	M.B.A	<i>Melbin</i>
2	Aevin K Wilson	M.C.A	<i>Aevin</i>
3	Bibin John Babu	M.B.A	<i>Bibin Babu</i>
4	Anjali B Joseph	M.B.A	<i>Anjali</i>
5	Christopher George	M.B.A	<i>Christopher</i>
6	Teenamol Antony	M.B.A	<i>Teenamol</i>
7	Abiya Babu	M.B.A	<i>Abiya</i>
8	Merin Anna Mathew	M.B.A	<i>Merin</i>
9	Jojo John Varughese	M.B.A	<i>Jojo</i>
10	Shany Thomas	M.B.A	<i>Shany</i>
11	Ajmi S	M.Sc.	<i>Ajmi</i>
12	Reshma R	M.Sc.	<i>Reshma</i>
13	Mohammed Saheed	M.Sc.	<i>Mohammed</i>
14	Abin George	M.Sc.	<i>Abin</i>
15	Ashifa N	M.Sc.	<i>Ashifa</i>
16	Arjun R Pillai	M.C.A	<i>Arjun</i>
17	Ribu Dilshad PP	M.Sc.	<i>Ribu</i>
18	Athira P Anil	M.Sc.	<i>Athira</i>
19	Kamalapriya M	M.Sc.	<i>Kamalapriya</i>
20	Alma Mariam Abraham	M.B.A	<i>Alma</i>



21	Ashma C Das	M.B.A	<i>Ashma</i>
22	Athira V M	M.B.A	<i>Athira</i>
23	C S Chitra	M.B.A	<i>chitra</i>
24	Ashifa N	M.Sc.	<i>Ashifa</i>
25	Jerrin George	M.B.A	<i>Jerrin</i>
26	Remina M Shajahan	M.Sc.	<i>Remina</i>
27	Tom Abraham	M.B.A	<i>Tom</i>
28	Vandana V	M.B.A	<i>Vandana</i>
29	Vandana S Kumar	M.Sc.	<i>Vandana</i>
30	Fathima Rahim S R	M.Sc.	<i>Fathima</i>
31	Anjali Prakash	M.Sc.	<i>Anjali</i>
32	Vipin Dev	M.C.A	<i>Vipin</i>
33	Veenamol V	M.B.A	<i>Veenamol</i>
34	Anju Jose K	M.Sc.	<i>Anju</i>
35	Sreenath K P	M.C.A	<i>Sreenath</i>
36	Thushara S	M.C.A	<i>Thushara</i>
37	Cyriac Stephen George	M.B.A	<i>Cyriac</i>
38	Sarwar Iqbal	M.Sc.	<i>Sarwar</i>
39	Unnimaya	M.Sc.	<i>Unnimaya</i>
40	Gopu G Nair	M.C.A	<i>Gopu</i>
41	Niji	M.C.A	<i>Niji</i>
42	Shyju Varghese	M.C.A	<i>Shyju</i>
43	Jibin Prasannan	M.C.A	<i>Jibin</i>
44	Rahul Krishnan	M.Sc.	<i>Rahul</i>
45	Abhishek A	M.Sc.	<i>Abhishek</i>
46	Saishma S Surendran	M.Sc.	<i>Saishma</i>
47	Ajith M Nair	M.C.A	<i>Ajith</i>



48	Job Justin	M.B.A	
49	Abhijith A	M.Sc.	
50	Akshay B Chandran	M.Sc.	
51	Appus M V	M.Sc.	
52	Amal P K	M.Sc.	
53	Athira Thomas	M.Sc.	
54	Binimol Sibi	M.C.A.	
55			

Principal

NSS Program Officer

Fr. Dr. CHERIAN J KOTTAYIL
PRINCIPAL
Mar Athanasios College For Advanced Studies
Tiruvalla- 689101, Kerala





Cancer Awareness and Hair Donation Camp

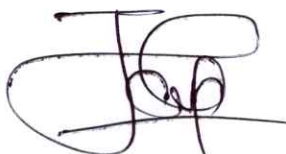
11th April, 2019

Hair donation camp was conducted on behalf of the NSS unit at MACFAST College. The prime aim was to empower cancer patients, especially women, who recede socially and mentally due to their hair loss. 10 Students of MACFAST college donated their hair and became a model for the society. The program in association with 'Taura' gave a good message to others. The hair was donated for making artificial hair. The provision of an alternative to the lost hair will help the patients overcome their dilemma. There was a doubt clearing section for the students during the program at the college conference hall. This program was conducted as part of the academic year 2019-20. The program was organized on 11th April, 2019 under the guidance of NSS program officer Dr. Jeemon Joseph for the social well-being.



A collection of photographs showing MACFAST volunteers after donating their hair.


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PRINCIPAL
Mar Athanasios College For Advanced Studies
Tiruvalla- 689101, Kerala


Dr. JEEMON JOSEPH
PROGRAM OFFICER
NATIONAL SERVICE SCHEME
MACFAST
THIRUVALLA- 689 101





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

Thiruvalla - 689101



Cancer Awareness and Hair Donation Camp

Date: 11th April, 2019

Student Volunteers Attendance

Sl. No.	Name of student	Signature	Remark
1.	Sini Mathew		
2.	Bincy Mathew		
3.	Asna Anna James		
4.	Neethu Thomas		
5.	Thushara S		
6.	Aiswarya B S		
7.	Meera T S		
8.	Veenamol V		
9.	Anju Jose K		
10.	Liji Mathew		

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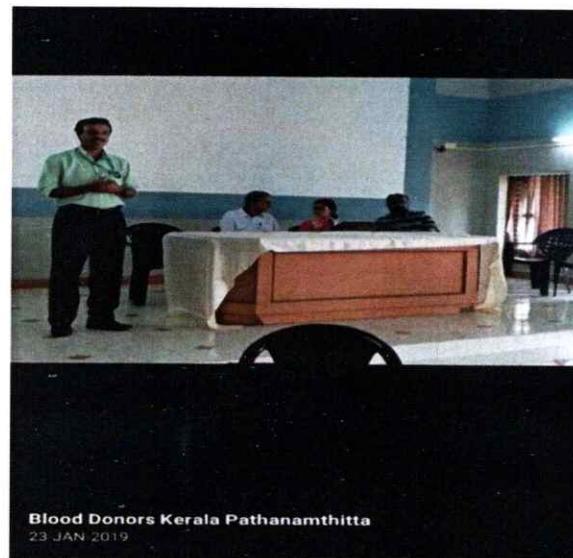
Dr. JEEMON JOSEPH
PROGRAM OFFICER
NATIONAL SERVICE SCHEME
MACFAST
THIRUVALLA- 689 101



Blood donation camp at NSS Unit MACFAST

23 January 2019

To bring a struggling life back to power one could help by donating their blood. The NSS team of MACFAST aspired to bring smiles to many faces through the blood donation camp. This helped them to realize that just these 15 mins of their life will be one of the most fruitful times. 27 NSS team members, in association with the Govt. Blood Bank Pathanamthitta, conducted a blood donation camp in the conference Hall of MACFAST on 23/01/2019 at 10 AM. The program was sponsored by HDFC bank. After giving certificates to every donor under the guidance of program officer Dr Jeemon Joseph, the program concluded by 1.00 P.M.



NSS program officer speaking on the occasion of blood donation camp at MACFAST.





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



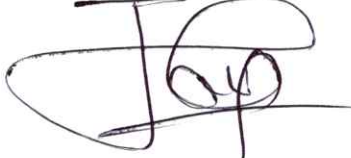
A NSS volunteer donating her blood.



A NSS volunteer donating her blood.


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Dr. JEEMON JOSEPH
PROGRAM OFFICER
NATIONAL SERVICE SCHEME
MACFAST
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National Service Scheme (NSS) Unit
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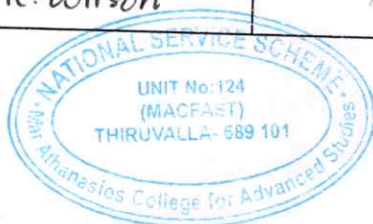


Attendance List of students

Activity : Blood donation camp at NSS Unit MACFAST

Date: 23rd January 2019

Sl. No.	Name of student	Course and Batch	Signature	Remark
1.	Abiya Babu	MBA		
2.	Ribu Dilshad.PP	MSc		
3.	Reshma. R	"		
4.	Ajmi. S	"		
5.	Kamalapriza	"		
6.	Ashifa. N	"		
7.	Unnimaya	"		
8.	Saishma. S. Surendran	"		
9.	Anjali Prakash	"		
10.	Amal. P. K	"		
11.	Abhijith. A	"		
12.	Rahul Krishnan	"		
13.	Remina. M-shahjahan	"		
14.	Melbin Francis	MBA		
15.	Cyriac Stephen George	"		
16.	Alma Mariam Abraham	"		
17.	Jerrin George	"		
18.	Vandhana. V	"		
19.	Jibin Prasannan	MCA		
20.	Aevin. K. Wilson	MCA		



Dr. JEEMON JOSEPH
PROGRAM OFFICER
NATIONAL SERVICE SCHEME
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21.	Arjun R. Pillai	MCA	<i>Arjun</i>	
22.	Chopu. G. Nair	"	<i>Chopu</i>	
23.	Sreenath K. P	"	<i>Sreenath</i>	
24.	Job Justin	MBA	<i>Job Justin</i>	
25.	Tom Abraham	"	<i>Tom</i>	
26.	Shany Thomas	"	<i>Shany</i>	
27.	Anjali B. Joseph	"	<i>Anjali</i>	


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MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

Rebuild Kerala Awareness Campaign - Tiruvalla Mini Marathon

Date : 31 December 2018

Mar Athanasios College For Advanced Studies Tiruvalla (MACFAST) and Kerala Police jointly organized "Thiruvalla Mini Marathon" on 3rd January 2019 with the theme "Rebuild Kerala". It was the first time in Pathanamthitta district, a mini marathon was organized with the motto "Rebuild People, Mind & Environment". This was organized with great interest to enlighten the people, the necessity to join hands together in order to reveal the importance of unity. An official meeting was conducted on 31st December, 2018 at 11.30am in the campus to discuss the conduct of a mini marathon. Representatives from Kerala Police, Decathlon, IIEMS, Physical Education trainer Dr. Reginold Varghese and Coordinators from MACFAST participated in the meeting in which major decisions regarding the mini marathon were taken and the required checklist was prepared. On 2nd January 2019 at 2.00pm a meeting was organized for the student coordinators to make them aware about their duties and responsibilities. Dr. Reginold Varghese and Mr. Prince from Decathlon headed the meeting.

Mr. T. Narayanan IPS, Pathanamthitta Superintendent of Police and Fr. Dr. Cherian J Kottayil, Principal, MACFAST were the main coordinators. Dr. Vinay Goyal IAS Thiruvalla Sub-Collector, Mr. J. Santhosh Kumar Thiruvalla DySP, Mr. P. R. Santhosh Thiruvalla CI, Mr. Sanesh Varghese Deputy Director MACFAST and Mr. Stephen James HoD School of Biosciences, MACFAST were the joint coordinators. Adv. Mathew T Thomas, MLA and Mr. Cherian Polachirackal, Thiruvalla Municipal Chairman took part in the event and encouraged the participants.

The mini marathon had 3 categories of run:

- Main Event – 14kms
- Under 17 – 5kms
- Dream Run- 3kms

Around 1000 participants including Kerala Police actively participated in this event. The mini marathon started from Thiruvalla Municipal Stadium at 7.00am and ended at the same location by covering a distance of 14kms. Dream Run was included as a part of this event for encouraging



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

the people to join not for the material reward but for the satisfaction of having accomplished a daunting task. 117 students reported as volunteers for the event.

Trained sportspeople from Decathlon, Kottayam provided professional support for the participants. Registration was open for all. Prizes amounting to 40,000 were distributed.


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MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

Rebuild Kerala Awareness Campaign - Tiruvalla Mini Marathon

31 December 2018

Sl. No.	Name of student	Batch	Signature	Remarks
1	Alma Maria Abraham	MBA	<i>Alma</i>	
2	Kamalepriya M	MSC	<i>KM</i>	
3	Ribu Dilshad PP	MSC	<i>Ribu</i>	
4	Athira P Amil	MSC	<i>Athira</i>	
5	Ashifa N	MSC	<i>Ashifa</i>	
6	Ajith R Pillai	MCA	<i>Ajith</i>	
7	Reshma R	MSC	<i>Reshma</i>	
8	Abhis George	MSC	<i>Abhis</i>	
9	Mohammed Saheer	MSC	<i>M. Saheer</i>	
10	Teenam Antony	MBA	<i>Teenam</i>	
11	Jejo John Varghese	MBA	<i>Jejo</i>	
12	Christopher George	MBA	<i>Chris</i>	
13	Aevio H Wilson	MCA	<i>Aevio</i>	
14	Melvin Francis	MBA	<i>Melvin</i>	
15	Aevio John Babu	MBA	<i>B. John</i>	
16	Anjali B Joseph	MBA	<i>Anjali</i>	
17	Mesio Anna Mathew	MBA	<i>Mesio</i>	
18	Ajmi S	MSC	<i>Ajmi</i>	
19	Abiya Babu	MBA	<i>Abiya</i>	
20	Shany Thomas	MBA	<i>Shany</i>	



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21	Jibin Pasannom	MCA		
22	Shyju Varghese	MCA		
23	Ajith M. Nair	MCA		
24	Niji	MCA		
25	Gopin C. Nair	MCA		
26	Sreenath KP	MCA		
27	Vipin Dev	MCA		
28	Ashma C Das	MBA		
29	Akhira V. M	MBA		
30	CS Chitra	MBA		
31	Terin George	"		
32	Tom Abraham	"		
33	Randana V	"		
34	Keenamol V	"		
35	Lyriac Stephen George	"		
36	Job Justin	"		
37	Amal P. K.	MSc		
38	Ajith M V	"		
39	Akshay B Chandran	"		
40	Abhijith A	"		
41	Saishma S Sureshkan			
42	Abhishek A			
43	Rahul Krishnan			
44	Unnimaya			



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45	Sarwar Iqbal	M.Sc	Sarwar	
46	Anju Jose k	"	Anju	
47	Anjali Prakash	"	Anjali	
48	Fathima Rahim SR	"	Fathima	
49	Vandana S kumar	"	Vandana	
50	Remina M shajahan	"	Remina	
51.	Abhisrani S Babu	M.CA	Abhisrani	
52.	Aishwarya Caleshmi	"	Aishwarya	
53.	Aleekha Shandus	"	Aleekha	
54.	Binisha Suresh Bj-	"	Binisha	
55.	Blewin K. chacky	"	Blewin	
56.	Blewin Benny	"	Blewin	
57.	Devika Pritamh	"	Devika	
58	Tarva Tarab	"	Tarva	
59.	Tirba M. Varghese	"	Tirba	
60	Tyothi V.	"	Tyothi	
61	Kezia Susan John	"	Kezia	
62	Manisha Elizabeth P	"	Manisha	
63	Majunol.	"	Majunol	
64.	Nikita Ajayan.	"	Nikita	
65	Nikitha Ajayan.	"	Nikitha	
66	Parvathy K.	"	Parvathy	
67	Rubin Joseph Chris	"	Rubin	
68	Rean Suresh Varghese	"	Rean	



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69	Reshma R	M CA	<u>Delia</u>	
70	Shilpa S. Mohan	"	<u>Shilpa</u>	
71	Stena Thomas		<u>Stena</u>	
72	Swathi Sajeer	"	<u>Swathi Sajeer</u>	
73	Yugma S	"	<u>Saja S</u>	
74	Analyth M. S	"	<u>Analyth M. S</u>	
75	Arya S. Kumar	"	<u>Arya S. Kumar</u>	
76	Dilna Basheer	"	<u>Dilna</u>	
77	Elza Varghese	"	<u>Elza</u>	
78	Sony Elza John	"	<u>Sony Elza John</u>	
79	Anu Elza Kodiy	"	<u>Anu Elza</u>	
80	Agil Sukan	"	<u>Agil Sukan</u>	
81	Aneena Susan Vajpay	"	<u>Aneena</u>	
82	Ann Susan Alexander	"	<u>Ann</u>	
83	Vignesh P. Vijay	"	<u>Vignesh</u>	
84	Tanu Martin	"	<u>Tanu</u>	
85	Thejus Krishna	"	<u>Thejus</u>	
86	Sumitha S	"	<u>Sumitha</u>	
87	Subin S	"	<u>Subin</u>	
88	Breedalakshmi S	"	<u>Breedalakshmi</u>	
89	Sueha M. L.	"	<u>Sueha</u>	
90	Joel V. Samuel	"	<u>Joel</u>	
91	Linto Thomas	ACA	<u>Linto</u>	
92	Mahesh M	"	<u>Mahesh</u>	



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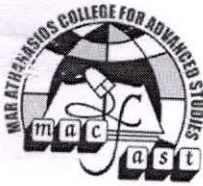
Thiruvalla - 689101

93.	Benitta Benny	M.Sc.	<u>Benitta</u>	
94.	Sumitha A.T.	M.Sc.	<u>Sumitha</u>	
95.	Neena Krishnan	M.Sc.	<u>Neena</u>	
96.	Basma Yousuf	M.Sc.	<u>Basma</u>	
97.	Surya B.S.	M.Sc.	<u>Surya</u>	
98.	Neha Lukose	M.Sc.	<u>Neha</u>	
99.	Aswathy A.S.	M.Sc.	<u>Aswathy</u>	
100.	Rineesh Milton	M.Sc.	<u>Rineesh</u>	
101.	Anu Anna Joy	M.Sc.	<u>Anu</u>	
102.	Jessy Jacob	M.Sc.	<u>Jessy</u>	
103.	Sona George	M.Sc.	<u>Sona</u>	
104.	Christeena Siby	M.Sc.	<u>Christeena</u>	
105.	Ahira Thomas	M.Sc.	<u>Ahira</u>	
106.	Sherin Sabu Thomas	M.Sc.	<u>Sherin</u>	
107.	Anjali G.	M.Sc.	<u>Anjali</u>	
108.	Vijesh V.	M.Sc.	<u>Vijesh</u>	
109.	Ratheesh G.	M.Sc.	<u>Ratheesh</u>	
110.	Linus Elias Jose	M.Sc.	<u>Linus</u>	
111.	Susamma Jay	M.Sc.	<u>Susamma</u>	
112.	Chippy Mathew	M.Sc.	<u>Chippy</u>	
113.	Durga Venugopal	M.Sc.	<u>Durga</u>	
114.	Keerthana Roop	M.Sc.	<u>Keerthana</u>	
115.	Arya C. Mitor	M.Sc.	<u>Arya</u>	
116.	Aryama Krishna	M.Sc.	<u>Aryama</u>	
117.	Twinkle Jose	M.Sc.	<u>Twinkle</u>	

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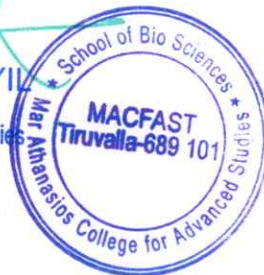
MACFAST BACTERIOLOGICAL WATER ANALYSIS FOR LAB TO LAND
(MAC B-WALL)

During the month of August 2018, Kerala faced the worst flood of the century and people residing in the flood-hit area started facing a drinking water crisis due to contamination of wells and damage to pumping stations in the flood-hit areas. With the aim of serving the society, MACFAST started a new initiative "MACFAST Bacteriological water analysis for lab to land (MAC B-WALL)" and the main objective behind this initiative was to extend the water analysis facility in MACFAST for the benefits of the general public in and around Tiruvalla who have been affected with flood.

Water samples are collected from the drinking water sources of flood affected areas in clean, sterile sampling bottles and labeled accordingly. The samples were then subjected to presumptive testing for coliform bacteria by the most probable number (MPN) method and any variation (if any) in the water quality were suggested for periodic chlorination of water sources. Water analysis was performed by students of the school of Biosciences under the mentoring of two faculties.

The School of Biosciences was able to pinpoint the presence of bacteriological contamination in drinking resources and was able to take the necessary initiatives and suggestions to eliminate the contamination through proper sanitization and disinfection measures.


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JENNY JACOB



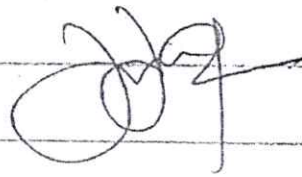
Water Analysis

Batches in Charge

2018

B-WALL.

This is an attendance of Bioscience students who have completed Water Analysis for outside samples.



DR. JENNY JACOB

Lab-In-Charge

Water Analysis.

8/10/18

Sample 01

-MrVaughere.

Gropilca Raj P

Christeena Siby

(Signature)
(Signature)

Result Verified

(Signature) 8/10/18



(Signature)
Fr. Dr. CHERIAN J KOTTAYIL
PRINCIPAL
Mar Athanasios College For Advanced Studies
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8/10/18


Sample 02

- Mr Reji P.

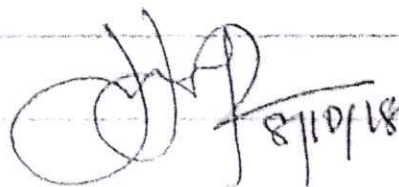
Ajmi S.



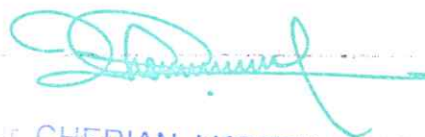
Aswathy A.S.



Result Verified



8/10/18



Dr. CHERIAN J KOTTAYIL
PRINCIPAL
Athanasios College For Advanced Studies
Tiruvalla-689101, Kerala



8/10/18

Sample 03

Mrs Julie K

Aflisa P Anil

~~X~~

Reshma K

Reshma

Result Verified



[Signature] 8/10/18

[Signature]

Fr. Dr. CHERIAN J KOTTAYIL
PRINCIPAL

Mar Athanasios College For Advanced Studies
Tiruvalla- 689101, Kerala



11/10/18

Sample 04

Mrs Jisu

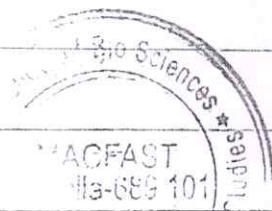
Anupama I

[Signature]

Shreya Antony

[Signature]

Result verified



[Signature] 12/10/18

[Signature]
Fr. Dr. CHERIAN J KOTTAYIL
PRINCIPAL
Mar Athanasios College For Advanced Studies
Tiruvalla- 689101, Kerala



11/10/18 Sample 05

Dr. Jenny Jacob

Basma Yousuf

Basma

Jeena S. Baby

Jeena



Result verified

[Signature] 11/10/18

[Signature]

Fr. Dr. CHERIAN J KOTTAYIL
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11/10/18

Sample 06

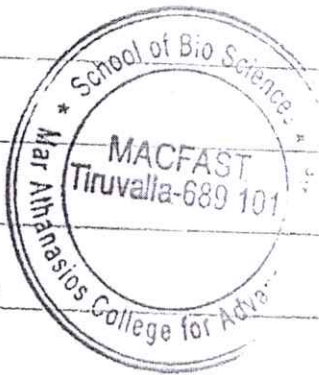
Mrs Giptu Mohan

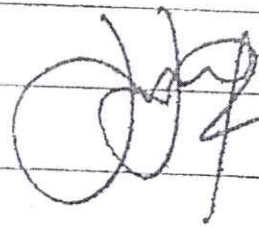
Arya C Mitra

Arya mitra

Aryana Krishna Ayanase

Result verified



 11/10/18


Fr. Dr. CHERIAN J KOTTAYIL
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Mar Athanasios College For Advanced Studies
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6/2/19

Sample 07

Mrs. Jinu (Repeat after
1 year)

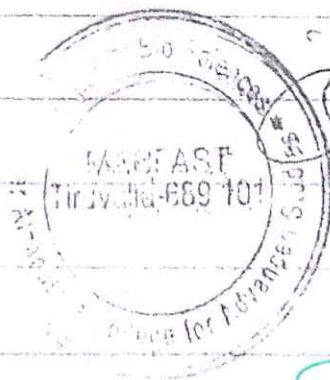
Aleena Sara Mathew

Signature:

Gopika S Pillai

Signature:

Result Verified



Signature 6/2/19

Fr. Dr. CHERIAN J KOTTAYIL
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10/7/19

Sample 08

Mr Jibunas KG

Chitra AM

tho

Ganga Jayakumar

Ganga

Result Verified



12/7/19

Fr. Dr. CHERIAN J KOTTAYIL
PRINCIPAL
Mar Athanasios College for Advanced Studies
Tiruvalla- 689101, Kerala



19/11/19

Sample 09/and 10.

Mr Sudeep B. Chandran

Christy Johnson. *Christy*

Grange S.

Grange

Result verified



[Signature] 20/11/19

[Signature]
Fr. Dr. CHERIAN J KOTTAYIL
PRINCIPAL
Mar Athanasios College For Advanced Studies
Tiruvalla- 689101, Kerala



21/12/20

Sample 11

Mr. Ramesh

Aishwarya M Paricheer Aisw

Sabomy KS.

Sabomy

Result verified



23/12/20

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Mar Athanasios College For Advanced Studies
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Exhibition of Value-added Products from Jackfruit

Venue : St Joseph Central School Mundakayam

Date : 4th -5th June 2018

In connection with 'World Environmental Day', the School of Bioscience has organized a Jackfruit exhibition at St Joseph Central School Mundakayam on 5th June 2018. During this programme, more than 20 value-added products from Jackfruit such as Jackfruit halwa, Jackfruit seed pappad, Jackfruit bulb Pappad, Jackfruit mixture, Jackfruit Jaggery, Jackfruit pickle and herbal toothpaste etc. developed by students of School of Biosciences on 4th June 2018 were displayed. A special lecture on the topic "Value-added Products from Jackfruit" was also conducted on the same day. More than 2000 students attended the session and Mrs Beena Cherian, Dean, School of Biosciences was the resource person. 10 students from the School of Biosciences were selected as volunteers to attend this programme and 20 students were selected to prepare the products.

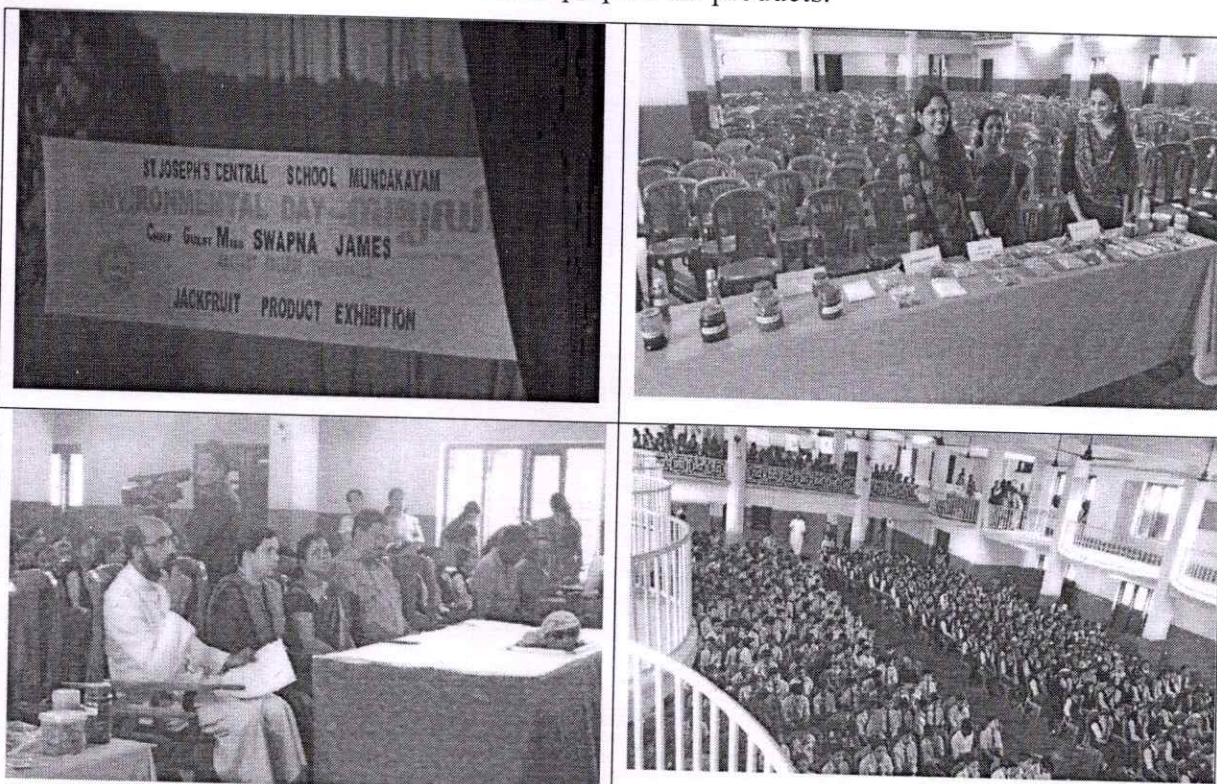
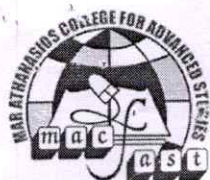


Figure: Jackfruit exhibition at St Joseph Central School Mundakayam

Exhibition of Value-added Products from Jackfruit

Venue : St Joseph Central School Mundakayam



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

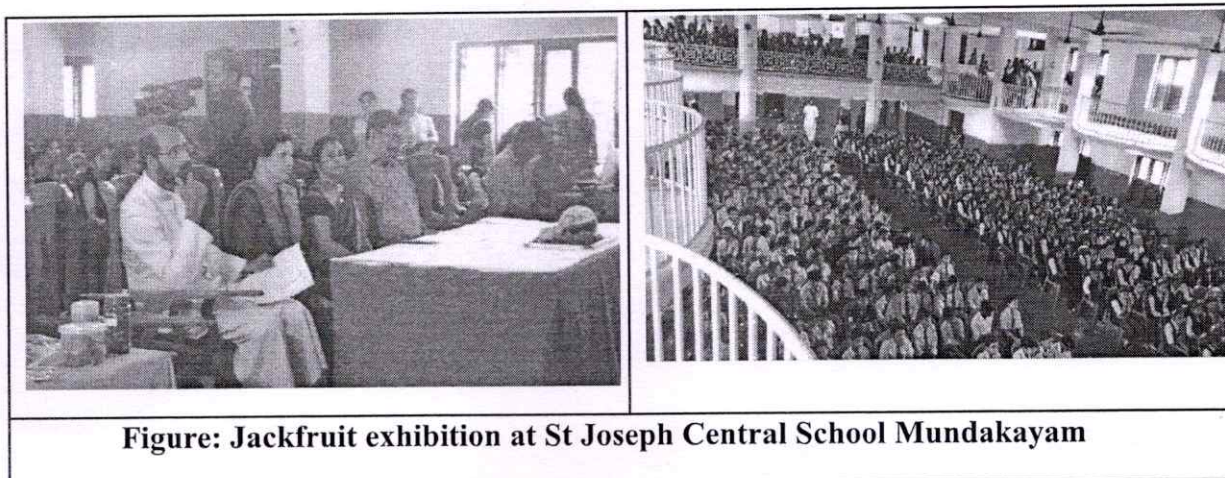
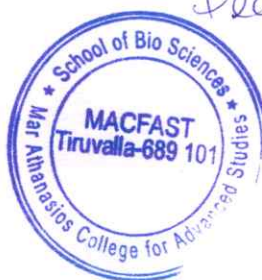
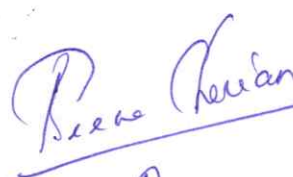


Figure: Jackfruit exhibition at St Joseph Central School Mundakayam


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Tiruvalla- 689101, Kerala





Beene Cherian
Dean, School of
Biosciences





MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)

Thiruvalla - 689101

Exhibition of Value-added Products from Jackfruit at St Joseph Central School Mundakayam

Date : 4th June 2018

Student Attendance for Preparation of Food

Sl No	Name of Student	Signature
1	Abhijith A	
2	Anil T Luke	
3	Aryama Krishna	
4	Gopika Raj P	
5	Ratheesh G	
6	Shan Elizabeth Sajan	
7	Sona George	
8	Susanna Joy	
9	Twinkle Jose	
10	Vijesh V	
11	Sreelekshmi BS	
12	Sherin Sabu Thomas	
13	Sarwar Iqbal	
14	Mishel Elizabeth	
15	Litty Elza Abraham	
16	Christeena Siby	
17	Chippy Mathew	
18	Ayana Ashok	
19	Arya C Mitra	
20	Athira Rajan	



Fr. Dr. CHERIAN J KOTTAYIL
PRINCIPAL
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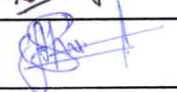
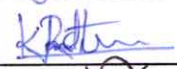
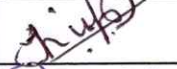
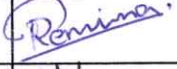



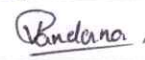
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Exhibition of Value-added Products from Jackfruit

Venue : St Joseph Central School Mundakayam

Date : 5th June 2018

List of Students Permitted to Attend

Sl No	Name of Student	Signature
1	Abin George	
2	Athira Rajan	
3	Fathima Rahim S R	
4	Keerthana Roop	
5	Mohammed Saheed	
6	Remina M Shajahan	
7	Ribu Dilshad P P	
8	S Fathima Nazeer	
9	Sarwar Iqbal	
10	Vandana S Kumar	


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Report on the Jackfruit - Mango Fest 2019

28th May-5th June, 2019

The School of Bioscience, Mar Athanasios College for Advanced Studies Tiruvalla in association with YMCA Thiruvalla and Bodhana organized a six days Jackfruit –Mango-fest at YMCA Hall in Tiruvalla from May 28th to 5th June 2019. This programme aims to give an opportunity for the students to develop value-added food products from cheap and locally available food materials. In this exhibition, a stall was arranged by our students. 79 students from the School of Bioscience actively participated in this programme. More than 20 value-added products from jackfruit and mango were displayed and sold in the fest. In addition to this, students were also actively involved in giving an awareness to the public on how to set up micro, small and medium scale industries utilizing these raw materials.

List of value-added products developed from jackfruit & mango

- | | |
|-------------------------|--|
| 1. Dried jackfruit bulb | 13. Cake |
| 2. Jackfruit flour | 14. Cool drinks from mango and jackfruit |
| 3. Dried Jackfruit seed | 15. Halwa |
| 4. Mango Candy | 16. Pakoda |
| 5. Jackfruit Preserve | 17. Payasam |
| 6. Jackfruit Mixture | 18. Cupcake |
| 7. Chips | 19. Chocolates |
| 8. Leather | 20. Chakka Nirav |
| 9. Jelly | 21. Jackfruit seed avalosu podi |
| 10. Pickle | 22. Jam |
| 11. Cutlet | 23. Squash |
| 12. Pudding | |



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PRINCIPAL

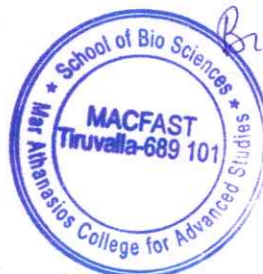
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Beeze Cherian

Beeze Cherian

Dean, School of
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MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

List of students permitted to attend

Activity: Jackfruit - Mango Fest 2019

Date: 28th May-5th June, 2019

Si No	Name of Student	Sign
1.	Acsah Varghese	Acsah
2.	Ajo J	Ajo
3.	Arya S Kumar	Arya
4.	Asheena Banu J	Asheena
5.	Aswani Lal	Aswani
6.	Fidamol K S	Fidamol
7.	Haritha K	Haritha
8.	Jenita J	Jenita
9.	Jisha Johnson	Jisha
10.	Megha Sunny	Megha
11.	Meghana Mariyam Cherian	Megha
12.	Nithya S	Nithya
13.	Niya Benny	Niya
14.	Tiny Chacko	Tiny
15.	Treesa Mary Varghese	Treesa
16.	Varna S Kumar	Varna
17.	Veena C Nair	Veena
18.	Vishnu Priya Sp	Vishnu
19.	Abhirami S	Abhirami
20.	Amala Antony	Amala
21.	Ancy Alfred	Ancy
22.	Anzila Asharaf	Anzila
23.	Athira R Thankam	Athira
24.	Jenie Mary Varghese	Jenie
25.	Pheba Ann Varghese	Pheba
26.	Tasneem	Tasneem
27.	Vineeth K V	Vineeth
28.	Amal Joseph Varghese	Amal
29.	Anisha Anto	Anisha
30.	Anjana J	Anjana
31.	Anooja P	Anooja
32.	Nibil Paul Varghese	Nibil
33.	Parvathy Sreekumar	Parvathy
34.	Preena S Parvathy	Preena
35.	Staicy Treesa Tommy	Staicy
36.	Vivek V Nair	Vivek
37.	Akhil R Chandran	Akhil
38.	Aneesha Susan Alexx	Aneesha



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39	Anjaly S Krishnan	Anjaly
40	Athira C K	Athira
41	Chithra A M	Chithra
42	Ganga Jayakumar	Ganga
43	Remya S	Remya S
44	Sophy Thomas	Sophy
45	Abhijith R S	Abhijith
46	Aishwarya S	Aishwarya
47	Ajith Pa	Ajith
48	Ajmal Kallar Moidu	Ajmal
49	Akshaya C	Akshaya
50	Aleena Sara Mathew	Aleena
51	Anjali R	Anjali
52	Anju Mariam Sebastian	Anju
53	Anooja Anilkumar	Anooja
54	Athira S	Athira
55	Gokul Shaji	Gokul
56	Gopika S Pillai	Gopika
57	Harikrishna	Harikrishna
58	Jency Rajan	Jency
59	Jerin V George	Jerin
60	Jestin James	Jestin
61	Jobin S	Jobin
62	Joel Tom Jose	Joel
63	Meera Ts	Meera
64	Naina Anna Oommen	Naina
65	Priya Aby Pynadath	Priya
66	Rakhith R	Rakhith
67	Reshmadas M	Reshmadas
68	Rowena Susan Pradeep	Rowena
69	Shanto V Thomas	Shanto
70	Silpa Mary John	Silpa
71	Soumya Thomas	Soumya
72	Sreelekshmi S	Sreelekshmi
73	Sruthy Devadas S	Sruthy
74	Archana Prakash	Archana
75	Banu T Babu	Banu
76	Caroline Xavier	Caroline
77	Merin Shaji	Merin
78	Siviya Varghese	Siviya
79	Soorya Ramesh	Soorya



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2



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