

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**

2019-20

Criteria 3: Research, Innovations and Extension

MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA (MACFAST)

Tiruvalla, Pathanamthitta, Kerala 689 101

2019 - 2020



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)

MACFAST
Igniting wisdom since 2001

2019 - 2020			
Sl. No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme
1	Training Programme in Chocolate Making for Prospective Entrepreneurs	School of Biosciences	Entrepreneurship Promotion
2	Stem cell donation registration camp	NSS MACFAST and DATRI's Blood Stem Cell Registry	Health Awareness
3	Noon meal program for patients at Taluk hospital	NSS	Social Welfare
4	Swachh Bharat Mission - Cleaning of Tiruvalla Railway station road and its premises	NSS	Social Welfare
5	Distribution of gifts and provisions to members of adopted village and old age home	NSS	Social Welfare
6	Cyber Security Awareness Campaign - Tiruvalla Mini Marathon	MACFAST	Social Welfare
7	Disha Job Fair 2019	Placement cell and Employment exchange Pathanamthitta	Social Welfare
8	Food kit distribution for flood relief activities at the adopted village - "Njavanamkuzhy"	NSS	Social Welfare
9	Food relief distribution to Waynad	NSS	Social Welfare
10	Blood donation camp	NSS	Health Awareness
11	Plastic-free Awareness Campaign at Thukalassery	NSS	Social Welfare
12	Lifestyle diseases awareness campaign and Distribution of organic vegetable seeds and tree sapling	NSS	Health Awareness





MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)

MACFAST
Igniting wisdom since 2001

2019 - 2020				
Sl. No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Number of students participated in such activities
1	Training Programme in Chocolate Making for Prospective Entrepreneurs	School of Biosciences	Entrepreneurship Promotion	5
2	Stem cell donation registration camp	NSS MACFAST and DATRI's Blood Stem Cell Registry	Health Awareness	68
3	Noon meal program for patients at Taluk hospital	NSS	Social Welfare	14
4	Swachh Bharat Mission - Cleaning of Tiruvalla Railway station road and its premises	NSS	Social Welfare	16
5	Distribution of gifts and provisions to members of adopted village and old age home	NSS	Social Welfare	35
6	Cyber Security Awareness Campaign - Tiruvalla Mini Marathon	MACFAST	Social Welfare	68
7	Disha Job Fair 2019	Placement cell and Employment exchange Pathanamthitta	Social Welfare	154
8	Food kit distribution for flood relief activities at the adopted village - "Njavanamkuzhy"	NSS	Social Welfare	35
9	Food relief distribution to Waynad	NSS	Social Welfare	21
10	Blood donation camp	NSS	Health Awareness	25
11	Plastic-free Awareness Campaign at Thukalassery	NSS	Social Welfare	60
12	Lifestyle diseases awareness campaign and Distribution of organic vegetable seeds and tree sapling	NSS	Health Awareness	60



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

School of Biosciences, MACFAST Tiruvalla

Report on the workshop "Chocolate making for prospective entrepreneurs"

14th of July 2019

MACFAST has conducted a training programme on Chocolate making on 12th and 13th of July 2019. Aspiring entrepreneurs, who are passionate about chocolates and can think innovatively and creatively, must definitely consider getting into the chocolate making business. The biggest advantage of chocolate making business is that it does not require a large space for the business or even several equipment and can be started from home too using the basic utensils available, thus making it a feasible and ideal business option for women entrepreneurs as well as for those who want to initially start small and not invest much in to the business. The homemade chocolate business is a great idea that can bring in profits too, provided the entrepreneur is familiar with the basics of how to start a chocolate making business.

In this program, the knowledge and skills to make amazing chocolates were delivered by hands on training session. The program was useful for those who are interested in chocolate as a hobby or starting a new business, our expert instructors can help you achieve your goals. The participants could learn the chemistry and recipe of chocolate development plus fundamental chocolate skills such as tempering, moulding, dipping and decorating. This program has enabled participants to develop products of their desire with their choice of flavours.

To exploit this gap and demand in market, MACFAST had conducted a training program on Chocolate making at MACFAST. The coordinator and the main resource person of the program was Mrs. Pinchu Elizabeth Thomas. The registration was handled by Mr. Biju Dharmapalan, School of Biosciences. A total of 5 participants attended the training programme to start chocolate making as a business venture.


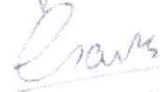



Fr. Dr. CHERIAN J KOTTAYIL
PRINCIPAL
Mar Athanasios College For Advanced Studies
Tiruvalla- 689101, Kerala



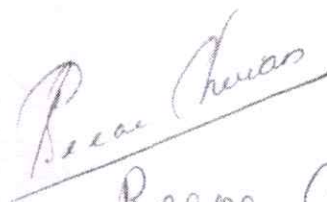
Beene Cheriyan
Beene Cheriyan
Dean, School of
Biosciences

Training Programme in chocolate making

12th & 13th July 2019

Name of Student	Course	Signature
Arojika S	FTAN	
Cranga S	"	
Anji Maria Jose	"	
Reni Chacko	"	
Chithra K R.	"	





Beene Cherian
Dean, School of Biosciences



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



Stem cell donation registration camp

24-07-2019

The MACFAST NSS Unit in association with the Dhathri Group conducted a blood stem cell registration at MACFAST College. The event was held on July 24, 2019 at the College Auditorium. In the welcome address, Principal Rev. Dr. Cherian J Kottayil inspired the students by sharing his experiences. Dhathri group activist Dr. Atulya gave an awareness class on blood stem cell donation registration for 68 students in the college auditorium.

Consequently, 122 samples were donated by MACFAST students and staff for the blood stem cell donation registration camp. Students who attended the awareness programme understood the need for the blood stem cell donation and cleared the myths on process delay and societal stigma. The officials clarified that the blood stem cell registration is a process that takes only about 5 minutes. Because of this campaign, many others volunteered to donate their blood stem cells and it turned out to be a successful campaign.



The brochure is orange and white. It features the NSS MACFAST logo at the top left, with 'UNIT NO. 124' below it. In the center, there is a heart icon with a pulse line. Below that, the text 'ജീവാംശം 2019' is written in Malayalam, followed by 'ദൈവമുഖകോശരണ രജിസ്ട്രേഷൻ ക്യാമ്പ്'. The English text reads 'GIFT A LIFE TO NIYA BE HER LIFE-SAVING MATCH'. A small paragraph follows: '5 year old Niya Fathima was diagnosed with Thalassemia Major and her only hope of cure is a Blood Stem Cell Transplant. They are in need of Superheroes, which could be you!'. Below this, it says 'Conducting by: DATRI's Blood Stem Cell Donors Registry'. At the bottom, the venue is 'MACFAST Thukalassery, Thiruvalla, Kerala 689101', the date is 'Wednesday, 24th July 2019', and the time is '10.00 am - 4.00 pm'. On the right side of the brochure is a photograph of a young girl in a pink dress. At the bottom right of the brochure are three small logos: a flower, a person, and a wheel.

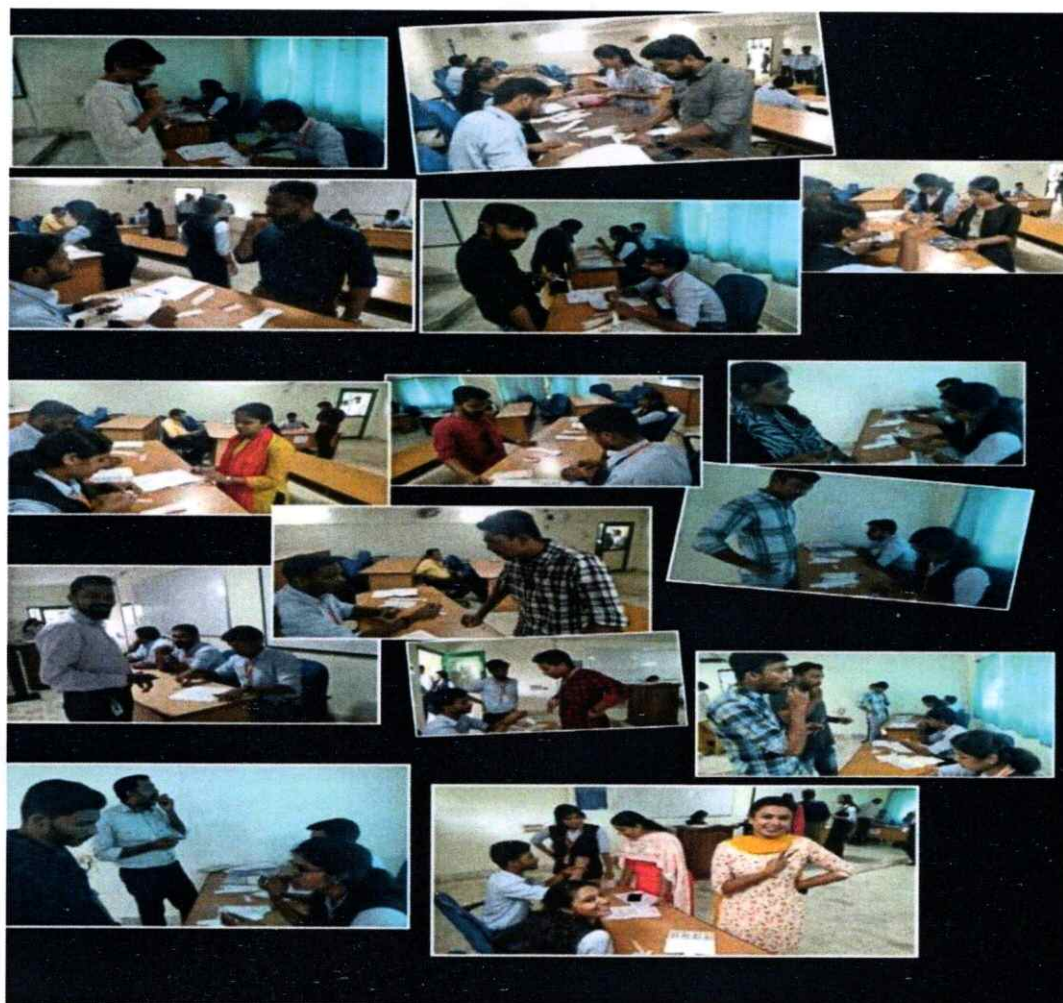


Brochure for the stem cell donation registration camp





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



A collection of photographs showing student and faculty participation at the stem cell registration camp.

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



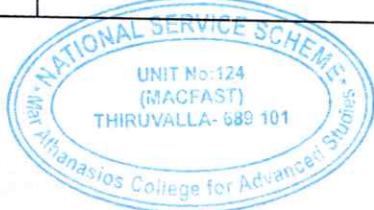
Fr. Dr. CHERIAN J KOTTAYIL
PRINCIPAL
Mar Athanasios College For Advanced Studies
Tiruvalla- 689101, Kerala



Stem cell donation registration camp
24-07-2019

Student Volunteers Attendance

Sl. No.	Name of student	Signature	Remark
1.	Blesson Shaji	<i>Blesson</i>	
2.	Vijil George	<i>Vijil</i>	
3.	Reshma S Raju	<i>Reshma</i>	
4.	Sibin Thomas	<i>Sibin</i>	
5.	S Seethalakshmi	<i>Seethalakshmi</i>	
6.	Anjitha P Kuriakose	<i>Anjitha</i>	
7.	Sreelakshmy S Nair	<i>Sreelakshmy</i>	
8.	Sajishna K	<i>Sajishna</i>	
9.	Akhil Kizhakkevila	<i>Akhil</i>	
10.	Binimol Sibi	<i>Binimol</i>	
11.	Shilpa P	<i>Shilpa</i>	
12.	Vineesh V	<i>Vineesh</i>	
13.	Anu Prasannan	<i>Anu</i>	
14.	Arjun B Ajith	<i>Arjun</i>	
15.	Riya Ealiyas	<i>Riya</i>	
16.	Melbi Biju	<i>Melbi</i>	
17.	Melvin C Thomas	<i>Melvin</i>	
18.	Renju R	<i>Renju</i>	
19.	Muhammed Roshan	<i>Muhammed</i>	
20.	Tom K Thomas	<i>Tom</i>	
21.	Kiran Das	<i>Kiran</i>	



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

Verified





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



22.	Athira R Thankam	<u>Athira</u>	
23.	Rakhith R	<u>Rakhith</u>	
24.	Aiswarya Lakshmi S	<u>Aiswarya</u>	
25.	Sini Mathew	<u>Sini</u>	
26.	Jito J Thomas Vaidyan	<u>Jito</u>	
27.	Jaina Jacob	<u>Jaina</u>	
28.	Blesson K Chandy	<u>Blesson</u>	
29.	Jibu Sunny	<u>Jibu</u>	
30.	Alisha Elsa Charly	<u>Alisha</u>	
31.	Jitheesh J B	<u>Jitheesh</u>	
32.	Jishnu J	<u>Jishnu</u>	
33.	Bobin Mathew	<u>Bobin</u>	
34.	Yameema Sabu	<u>Yameema</u>	
35.	Liji Mathew	<u>Liji</u>	
36.	Asna Anna James	<u>Asna</u>	
37.	Gokul S Das	<u>Gokul</u>	
38.	Nikhil Thomas	<u>Nikhil</u>	
39.	Jikson Thomas	<u>Jikson</u>	
40.	Jaison Joboy	<u>Jaison</u>	
41.	Mithin Madhu	<u>Mithin</u>	
42.	Sampath M Philip	<u>Sampath</u>	
43.	Jisha Raj	<u>Jisha</u>	
44.	Sneha Sebastian	<u>Sneha</u>	
45.	Aiswarya B S	<u>Aiswarya</u>	
46.	Nandu Gopal G	<u>Nandu</u>	



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

Verified
[Signature]



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



47.	Jack Antony	<i>Jack</i>	
48.	Mathew Jose	<i>Mathew</i>	
49.	Jinto Shaji	<i>Jinto</i>	
50.	Abin Thomas	<i>Abin</i>	
51.	Sijo Daniel	<i>S. Daniel</i>	
52.	Arvin Zachariah Johns	<i>Arvin</i>	
53.	Harikrishna	<i>Har</i>	
54.	Gokul Shaji	<i>Gokul</i>	
55.	Abhijith R S	<i>Abh</i>	
56.	Asheena Banu J	<i>Ashe</i>	
57.	Niya Benny	<i>Niya</i>	
58.	Jestin James	<i>Jestin</i>	
59.	Meera T S	<i>Meera</i>	
60.	Vineeth K V	<i>Vineeth</i>	
61.	Jency Rajan	<i>Jency</i>	
62.	Shanto V Thomas	<i>Shanto</i>	
63.	Reshmadas M	<i>Reshma</i>	
64.	Anju Mariam Sebastian	<i>Anju</i>	
65.	Sreelekshmi S	<i>Sreelekshmi</i>	
66.	Haritha K	<i>Haritha</i>	
67.	Abhirami S	<i>Abhirami</i>	
68.	Amal Joseph Varghese	<i>Amal</i>	



Fr. Dr. Cherman J Kottayil

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



Dr. Jeemon Joseph

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



Noon meal program for patients at Taluk hospital

25th July, 2019

On 25th July, 2019, the MACFAST NSS team participated in a humanitarian task by distributing lunch packs to patients & bystanders of Thiruvalla Taluk hospital. This idea came from the realisation that food is a necessity that cannot be afforded by everyone. Under the guidance of program officer Dr. Jeemon Joseph, 14 NSS volunteers gave out 105 lunch packs that they brought from their own homes. The present generation of today are more concerned about the taste of the food; often forgetting the fact that it is a means to stay alive. This activity motivated the whole team to carry on with more such activities.



NSS volunteers with the lunch boxes for distribution before moving to the hospital.





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



NSS volunteers arranging the lunch boxes for the noon meal programme.



NSS volunteers distributing noon meal for patients at Thiruvalla Taluk hospital.

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





Noon meal program for patients at Taluk hospital

Date: 25th July, 2019

Student Volunteers Attendance

Sl. No.	Name of student	Signature	Remark
1.	Jitto Thomas J Vaidyan		
2.	Reshma S Raju		
3.	Jaina Jacob		
4.	Anu Prasannan		
5.	Athira R Thankam		
6.	Rakhith R		
7.	Gokul Shaji		
8.	Abin Thomas Mathew		
9.	Rakhith Renjith		
10.	Abhijith R		
11.	Blesson Shaji		
12.	Renju R		
13.	Sini Mathew		
14.	Jibu Sunny		

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



Verified

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

Cleaning of the Thiruvalla railway station road

30th July 2019

The MACFAST NSS unit conducted a cleaning activity as part of the Swachh Bharath mission on 30th July 2019 at 3 pm. The NSS volunteers cleaned Thiruvalla railway station road and its surroundings under the coordination of program officer Dr. Jeemon Joseph. They cleared plastic waste and weeds from the sides of the road. 16 NSS volunteers completed the cleaning activity within 4 pm. The collected waste materials were handed over to the Tiruvalla Municipality. The NSS unit Secretary Blessan Chandy expressed gratitude to their fellow volunteers and pledged to continue such social activities. The cleaning activity was a needed one at railway station road and its premises as the accumulated waste was a burden for travellers.



NSS team after collecting the garbage at Tiruvalla Railway station road.






NSS team collecting the garbage in front of the Tiruvalla railway station road.



Students cleaning the road near the railway level cross.



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





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



Cleaning of Thiruvalla railway station public road

30th July 2019

Student Volunteers Attendance

Sl. No.	Name of student	Signature	Remark
1.	Tom K Thomas		
2.	Kiran Das		
3.	Athira R Thankam		
4.	Rakhith R		
5.	Aiswarya Lakshmi S		
6.	Sini Mathew		
9.	Jito J Thomas Vaidyan		
10.	Blesson K Chandy		
11.	Vineeth KV		
12.	Gokul Shaji		
13.	Aleena Sara Mathew		
14.	Anjali R		
15.	Anju Mariam Sebastian		
16.	Abin Thomas Mathew		

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



Verified

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

Distribution of gifts and provisions to adopted village and old age home

6th September 2019

The NSS unit of MACFAST celebrated Onam with a programme named - 'Thudithalam'. The NSS Programme officer Dr. Jeemon Joseph recited a poem and marked the beginning of the programme. The programme was celebrated along with the inmates of old age home Kunnamthanam, and the members of the adopted village - Njavanamkuzhi. A total of 372 people attended the programme in which 35 NSS volunteers took the responsibility of distributing Onam gifts. Charity programmes were also done in connection with Onam celebration. 7 members of Residents and senior citizen inmates of Mercy bhavan and 13 members of Njavanamkuzhi, the adopted village, were honoured in the celebration. Then the flood affected farmers were also remembered in the function. Gifts were distributed to everyone. Principal Fr. Dr. Cherian J. Kottayil, Administrator Mr. Varghese Abraham, Deputy Director Saneesh P Varghese, Radio MACFAST 90.4 Director, Fr. Thomaskutty Pathinettil was also present at the function. Along with the traditional "Shingarimelam", the NSS unit conveyed the essence and true spirit of Onam through these activities.



NSS volunteers receiving the invitees to the celebration.

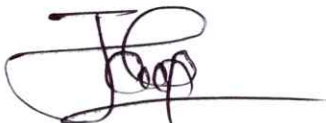


MACFAST Administrator, Prof. Varghese Abraham handing over the gifts to the invitees.



MACFAST Principal, Rev. Dr. Cherian J Kottayil blessing and gifting the invitees.


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



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

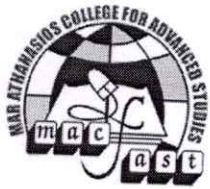


Distribution of gifts and provisions to members of adopted village and old age home

6th September 2019

Student Volunteers Attendance

Sl. No.	Name of student	Signature	Remark
1.	Muhammed Roshan	<i>Roshan</i>	
2.	Tom K Thomas	<i>Tom K Thomas</i>	
3.	Kiran Das	<i>Kiran Das</i>	
4.	Athira R Thankam	<i>Athira</i>	
5.	Rakhith R	<i>Rakhith R</i>	
6.	Aiswarya Lakshmi S	<i>Aiswarya</i>	
7.	Sini Mathew	<i>Sini Mathew</i>	
8.	Jito J Thomas Vaidyan	<i>Jito J Thomas Vaidyan</i>	
9.	Jaina Jacob	<i>Jaina Jacob</i>	
10.	Blesson K Chandy	<i>Blesson K Chandy</i>	
11.	Jibu Sunny	<i>Jibu Sunny</i>	
12.	Alisha Elsa Charly	<i>Alisha Elsa Charly</i>	
13.	Jitheesh J B	<i>Jitheesh J B</i>	
14.	Jishnu J	<i>Jishnu J</i>	
15.	Bobin Mathew	<i>Bobin Mathew</i>	
16.	Yameema Sabu	<i>Yameema Sabu</i>	
17.	Liji Mathew	<i>Liji Mathew</i>	
18.	Asna Anna James	<i>Asna Anna James</i>	
19.	Gokul S Das	<i>Gokul S Das</i>	
20.	Nikhil Thomas	<i>Nikhil Thomas</i>	
21.	Jikson Thomas	<i>Jikson Thomas</i>	
22.	Jaison Joboy	<i>Jaison Joboy</i>	



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



Thiruvalla - 689101

23.	Mithin Madhu	<i>Mithin</i>	
24.	Sampath M Philip	<i>Sampath</i>	
25.	Sneha Sebastian	<i>Sneha</i>	
26.	Aiswarya B S	<i>Aiswarya</i>	
27.	Nandu Gopal G	<i>Nandu</i>	
28.	Jack Antony	<i>Jack</i>	
29.	Mathew Jose	<i>Mathew</i>	
30.	Jinto Shaji	<i>Jinto</i>	
31.	Abin Thomas	<i>Abin</i>	
32.	Sijo Daniel	<i>Sijo</i>	
33.	Arvin Zachariah Johns	<i>Arvin</i>	
34.	Harikrishna	<i>Harikrishna</i>	
35.	Gokul Shaji	<i>Gokul</i>	

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



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





MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)

Thiruvalla - 689101

'Cyber Awareness' – Tiruvalla Mini marathon Report December 2019

To instill Cyber Safety and awareness, Mar Athanasios College For Advanced Studies Tiruvalla (MACFAST) and Kerala Police jointly organized 'Cyber Awareness', the second Tiruvalla Mini Marathon on 14th December 2019. Flag off ceremony for the same was conducted by Pathanamthitta District Superintendent of Police, Mr. G. Jayadev.

Mr. Mathew T. Thomas, MLA, Mr. Cherian Polachirackal, Municipal Chairman, Fr. Dr. Cherian J. Kottayil, Principal, MACFAST and Mr. Vinay Ghoyal, RDO, Tiruvalla have also participated. Around 1000 participants were part of this event. It includes 100 people from the Police department, Faculty members, 68 Student volunteers and the general public.

The Marathon started from Tiruvalla Municipal Stadium. The route for this mini marathon was SCS Junction - Tiruvalla KSRTC Bus Stand - Mahalakshmi Silks – Muthoor – Pushpagiri Medicity – Tiruvalla Municipal Stadium. Prizes were distributed to the winners. The NSS unit of MACFAST has rendered the necessary technical support for this event. Separate sections were there for Male and Female runners. A Thank you note for the event was done by the programme coordinator Prof. Stephen James.

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





MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)

Thiruvalla - 689101

Student Attendance for Thiruvalla Mini Marathon

14 December 2019

Sl. No.	Name of Student	Batch	Signature	Remarks
1.	Mejo George	BC.		
2.	Freedlia sebastian	BC		
3.	Ardra A.P.	"		
4.	Anjana Viswanath	"		
5.	Anjana S	"		
6.	Haritha MA	"		
7.	Anjali murali	"		
8.	Parvathy U.R.	"		
9.	Akshaya . P.T	PBT		
10.	Aleena Johnson	"		
11.	Rahmeth khadi	"		
12.	Behnam Akbar	"		
13.	Athira K Rajan	"		
14.	Fekim selen	"		
15.	Joveena Gracey	"		
16.	Rahmeth khadi	"		
17.	Sussen Issac	"		
18.	Swethika Ajith	"		
19.	Ashish Samuel	"		
20.	Nirmal Paulose	"		



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)

Thiruvalla - 689101

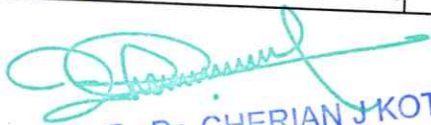
21.	Ahmad Tijeb Yosofi	FTQA		
22.	Anju Maria Jose	"		
23.	Anu Vijayan	"		
24.	Althia P.	"		
25.	Devadas. M.P	"		
26.	Cropika S	"		
27.	Cserin S Kurian	FTQA		
28.	Jeemol Thomas	"		
29.	Nidal Ibrahim P	"		
30.	Chithira KR	"		
31.	Anupama V	"		
32.	Revathy V.S	"		
33.	Wahidulla Faiz	"		
34.	Ryue Pereira	"		
35.	Reni Chacko	"		
36.	Cranga. S	"		
37.	Kevin John	BI		
38.	Bridget Jose	"		
39.	Sisira Prasad	"		
40.	Theresa George	"		
41.	Kusuma Priya H	"		
42.	Asathi Saji	BT		
43.	Teena Susan Sam	"		
44.	Jayalekshmi Th.	"		



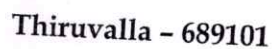
MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)

Thiruvalla - 689101

45	Blesson Shaji	MeA	Bless	
46	Anjitha P Kuriankose	"	Anjitha	
47	Vijil George	"	Vijil	
48	Tom K Thomas	MBA	Tom	
49	Muhammed Roshan	MBA	Roshan	
50	Melbi Biju	"	Melbi	
51	Vineesh V	"	Vineesh	
52	Shilpa P	"	Shilpa	
53	Akhil Kishan	"	Akhil	
54	S. Seethalakshmi S. Seethalakshmi	"	Seetha	
55	Bimol Sibi	"	Bimol	
56	Melvin C Thomas	"	Melvin	
57	Ranjit R	"	Ranjit	
58	Anjitha B	"	Anjitha	
59	Riya Chacko	"	Riya	
60	Anu Pragasnan	"	Anu	
61	Aiswarya B S	MBA	Aiswarya	
62	Alen Cherian Chacko	MBA	Alen	
63	Alisha Lisa Chacko	"	Alisha	
64	Dimple Rose Boban	"	Dimple	
65	Bilu Thomas	"	Bilu	
66	Jikheesh J B	"	Jikheesh	
67	Liji Joxson	"	Liji	
68	Joel Mathew Thomas	"	Joel	


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





09/ 11/2019

MACFAST believes in social responsibility and giving back to the general public. Keeping this in mind, the additional responsibility of organizing a free job fair for the general public was taken up with the Kerala State Employability centre. The college jointly organized a mega job fair- Disha 2019 with Kerala Academy for Skill Excellence (KASE), National Employment Services and Alappuzha Employability centre on 9th November 2019 at MACFAST campus.

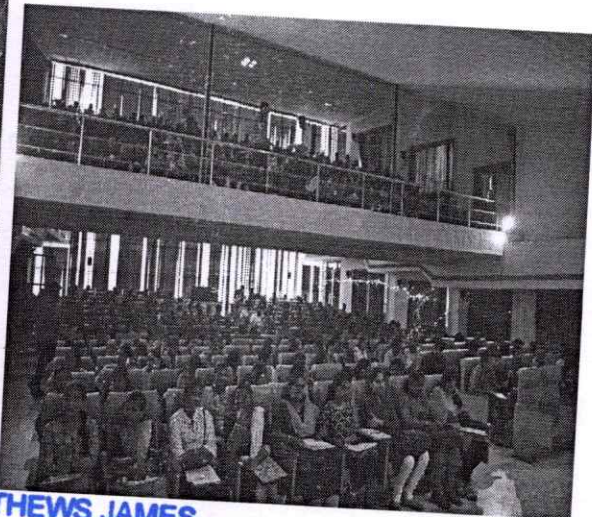
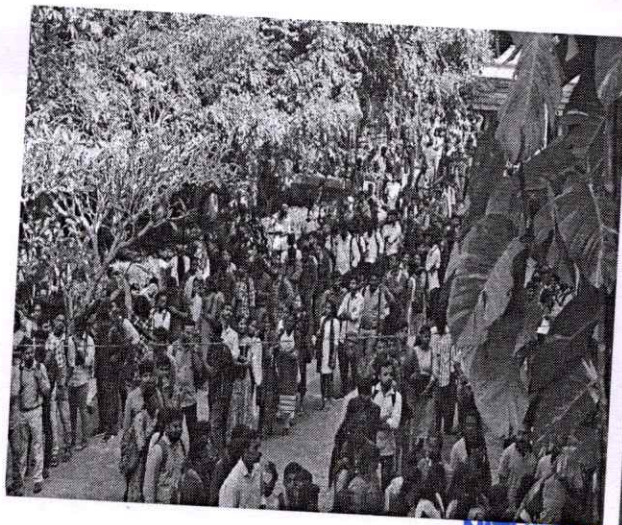
The official inauguration was done by the Pathanamthitta Member of Parliament, Sri. Antony. There were job openings in various sectors like telecom, Automobile, FMCG, Hospitals, BPO, IT, Builders, Manufacturer, Banking and Non Banking. The job fair was for diploma and degree holders with MBA, MCA, BSC, BCA and ITI qualification. A total of thirty seven companies linked up in the job fair. Approximately 4000 job seekers participated in the job fair, out of which 1012 job seekers were shortlisted and 323 of them were given offer letters. A set of 154 students from various departments were selected as volunteers for controlling the activities of the job fair.





MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)

Thiruvalla - 689101



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

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





MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)

Thiruvalla - 689101

Disha-2019 - Free Mega Job Fair

Date : 9th Nov 2019

Student Volunteer Attendance

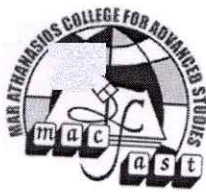
Sl. No.	Name of Student	Batch	Signature
1.	Aditya Varghese	MBA	
2.	Allen-V. Philip	"	
3.	Amalu Velappan. J	"	
4.	Aswin Ashok	"	
5.	Rejin Varghese Mathew	"	
6.	Justin Mathew	"	
7.	Jeny Maret Rajee	"	
8.	Divya Binu	"	
9.	Cherian. T. Mali	"	
10.	Bibin Babu	"	
11.	Athira. V	"	
12.	Ayush Joseph Jacob	"	
13.	Rintu Jose	"	
14.	Reshma.T.R	"	
15.	Raichel. K. Jays	"	
16.	Simi Monachan	"	
17.	Shesin Roy	"	
18.	Febin Samuel Eapen	"	
19.	Hrithya Sali	"	
20.	Ashna Rajan	"	



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)

Thiruvalla - 689101

21	Akash John Philip	MBA	Akash
22	Alpha T Joy	"	Alpha
23	Benilda Varghese	"	Benilda
24	Laxmi Prakash	"	Laxmi
25	Athira . S. Kumar	"	Athira
26	Johns . P. Thomas	"	John
27	Louis Mathew	"	Louis
28	Nikitha V. John	"	Nikitha
29	Meera Markose	"	Meera
30	Sona Mariam Eapen	"	Sona
31	Tinsu Johnson	"	Tinsu
32	Arshith . T.S	"	Arshith
33	Tojy George Thomas	"	Tojy
34	Sherin Philip	"	Sherin
35	Ansu . A. Titus	"	Ansu
36	Ayush Joseph Jacob	"	Ayush
37	Toice Elizabeth Johnson	"	Toice
38	Ligisha . P. Sabu	"	Ligisha
39	Pranav Satheeshan	"	Pranav
40	Stephen Mani	"	Stephen
41	Athira . S. Kumar	"	Athira
42	Jeswin . V. Thomas	"	Jeswin
43	Jobin Kurian John	"	Jobin
44	Nikila Mariam John	"	Nikila



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

45	Serin Anna Babu	<u>Serin Anna Babu</u>	
46	Merüya Elizabeth Cherian	<u>Merüya Elizabeth Cherian</u>	
47	Sruthi. P.G	<u>Sruthi. P.G</u>	
48	Anju John	<u>Anju John</u>	
49	Nidhin Raju	<u>Nidhin Raju</u>	
50	Arshit. T.S	<u>Arshit. T.S</u>	
51	Amala Elsa Alex	<u>Amala Elsa Alex</u>	
52	Soorya Narayanan K.R	<u>Soorya Narayanan K.R</u>	
53	Joel Joseph	<u>Joel Joseph</u>	
54	Kezhiah Kuttappan	<u>Kezhiah Kuttappan</u>	
55	Sruthy. K. Madhu	<u>Sruthy. K. Madhu</u>	
56	Jamuna John	<u>Jamuna John</u>	
57	Athira. S	<u>Athira. S</u>	
58	Aiswarya. S	<u>Aiswarya. S</u>	
59	Gopika. S. Pillai	<u>Gopika. S. Pillai</u>	
60	Jency Rajan	<u>Jency Rajan</u>	
61	Vishnu Priya. S.P	<u>Vishnu Priya. S.P</u>	
62	Fidamol. K.S	<u>Fidamol. K.S</u>	
63	Joel Tom Jose	<u>Joel Tom Jose</u>	
64	Ajo. J	<u>Ajo. J</u>	
65	Megha Sunny	<u>Megha Sunny</u>	
66	Ajith. P.A	<u>Ajith. P.A</u>	
67	Veena. C. Nair	<u>Veena. C. Nair</u>	
68	Anya. S. Kumar	<u>Anya. S. Kumar</u>	



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

69	Aleena Sara Mathew	M.Sc	<u>Aleena</u>
70	Ajmal Kallar Moidu	M.Sc	<u>Ajmal</u>
71	Soumya Thomas	M.Sc	<u>Soumya</u>
72	Lakshmi Sivan	MCA	<u>Lakshmi</u>
73	Lithiya K Sebastian	"	<u>Lithiya</u>
74	molavika Raj	"	<u>Molavika</u>
75	meenukrishna B	"	<u>Meenu</u>
76	melbi Biju	"	<u>Melbi</u>
77	melvin c thomas	"	<u>Melvin</u>
78	Nibu Cherian	"	<u>Nibu</u>
79	Preethi K	"	<u>Preethi</u>
80	Rephma Raju	"	<u>Rephma</u>
81	Riya Sathya	"	<u>Riya</u>
82	S. seeha k kshmi	"	<u>Seeha</u>
83	Shani Raju	"	<u>Shani</u>
84	Shreeba Kuriakose	"	<u>Shreeba</u>
85	Shibu T.P	"	<u>Shibu</u>
86	Shilpa P	"	<u>Shilpa</u>
87	Shiney marian Xavier	"	<u>Shiney</u>
88	Sibin Thomas	"	<u>Sibin</u>
89	Soumya D'S K.S	"	<u>Soumya</u>
90	Sreelekshmi Sagar	"	<u>Sreelekshmi</u>
91	Snathi S Pillai	"	<u>Snathi</u>
92	Snathi Xavier	"	<u>Snathi</u>



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)

Thiruvalla - 689101

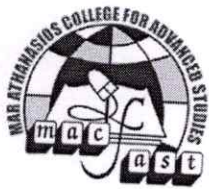
93	Soujhi C Krishna	MCA	<u>Soujhi</u>
94	Subi Maria Antony	"	<u>Subi</u>
95	Tabashu M.T	"	<u>Tabashu</u>
96	Tiji Thomas	"	<u>Tiji</u>
97	Vijil George	"	<u>Vijil</u>
98	Vineesh - V	"	<u>Vineesh</u>
99	Vini Anie Thomas	"	<u>Vini</u>
100	Vy shetch. B	"	<u>Vy shetch. B</u>
101	Abhishek Varghese	MCA	<u>Abhishek</u>
102	Abin A	"	<u>Abin</u>
103	Abin Thomas Mathao	"	<u>Abin</u>
104	Adheena A	"	<u>Adheena</u>
105	Akhil Kizakevila	"	<u>Akhil</u>
106	Anandhu. S. Kumar	"	<u>Anandhu</u>
107	Anaswara P Madan	"	<u>Anaswara</u>
108	Anisha Varghese	"	<u>Anisha</u>
109	Anjana P Nair	"	<u>Anjana</u>
110	Anjana S Nair	"	<u>Anjana</u>
111	Anjitha P Kuriakose	"	<u>Anjitha</u>
112	Anju. B	"	<u>Anju</u>
113	Ann Mary Anto	"	<u>Ann Mary</u>
114	Ana Prasannan	MCA	<u>Ana</u>
115	Archa M.S	"	<u>Archa</u>
116	Arjun B Ajith	"	<u>Arjun</u>



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)

Thiruvalla - 689101

117	Aswathy M Nair	MCA	Athy
118	Aswathy P	"	Aswath
119	Aswin P	"	Aswin
120	Akhya B's	"	Akhya
121	Balu R kumar	"	Balath
122	Blarath kumar	"	Blarath
123	Biniamol zibi	MCA	Biniola
124	Blesson shaji	"	Blessa
125	C. D Prnav	"	C.D Prnav
126	chippy Jacob	"	Chippy
127	Gemi Susan skara	"	Gemi
128	Gison Tom nethan	"	Gison
129	Gopika M chandran	"	Gopika
130	Jermon James	"	Jermon
131	Jito J Thomas Vicker	"	Jito
132	Lakshmi P Raju	"	Lakshmi
133	Akhil kishan U.M.	"	Akhil
134	Anjali may Philip	"	Anjali
135	Anjitha S. Pillai	"	Anjitha
136	Anavind A.S	"	Anavind
137	Athira kishan	"	Athira
138	Bijily may John.	"	Bijily



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)

Thiruvalla - 689101

139	Chindnu R	mca	<u>Chindnu</u>
140	Chithra Paabhakaran	"	<u>Chithra</u>
141	Ciohy Mathew	"	<u>Ciohy</u>
142	Devika R. Nair	"	<u>Devika</u>
143	Diya Elsa Thomas	"	<u>Diya</u>
144	Jusmio Lal	"	<u>Jusmio</u>
145	Kasthika Balakrishnan	"	<u>Kasthika</u>
146	Maseena Raji	"	<u>Maseena</u>
147	Nidhin Raj	"	<u>Nidhin</u>
148	Binoy Susan Thomas	"	<u>Binoy</u>
149	Riya Joice Shabu	"	<u>Riya</u>
150	Syano Kumar S	"	<u>Syano</u>
151	Skennia Thomas	"	<u>Skennia</u>
152	Rean Sosa Varghese	"	<u>Rean</u>
153	Yugma S.	"	<u>Yugma</u>
154	Shilpa s-mohan	"	<u>Shilpa</u>

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

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



Food kit distribution and flood relief activities at the adopted village

13th October 2019

On 13th October 2019, the MACFAST NSS team of 35 volunteers distributed food and essential provision kits to the adopted village of Njavanamkuzhi. The volunteers rendered their support during the difficult times of flood too. All essential commodities needed for a house were distributed to the people of the adopted village. Geriatric people were specially addressed in this programme.

The team of NSS volunteers made the place plastic-free by collecting them from every household. They also educated people about the disadvantages of using plastic and the harm that they can cause to the environment. Inmates promised about the reduced usage of plastics after this venture. The collected plastics were given for recycling and the money obtained from it was used for the welfare of an elderly man from the adopted village. The program was initiated under the guidance of program officer Dr. Jeemon Joseph.



NSS volunteers distribute provisions to the needy people.





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



NSS volunteers distribute provisions to the families of the adopted village.



NSS volunteers carrying the kits for distribution to the people of the adopted village.

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



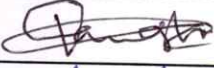
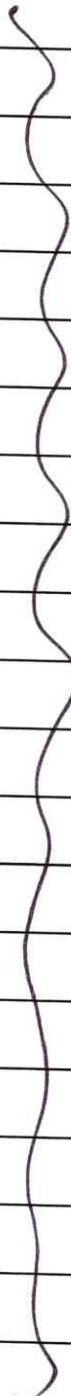

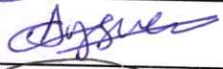


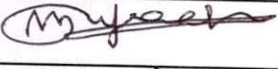

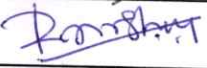
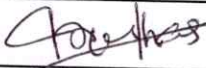




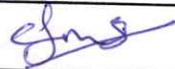
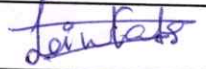


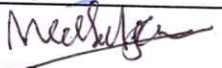
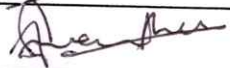
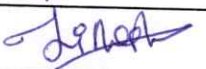

Dr. JEEMON JOSEPH
PROGRAM OFFICER
NATIONAL SERVICE SCHEME
MACFAST
THIRUVALLA- 689 101



Food kit distribution and flood relief activities at the adopted village

13th October 2019

Student Volunteers Attendance

Sl. No.	Name of student	Signature	Remark
1.	Vineesh V		
2.	Anu Prasannan		
3.	Arjun B Ajith		
4.	Riya Ealiyas		
5.	Melbi Biju		
6.	Melvin C Thomas		
7.	Renju R		
8.	Muhammed Roshan		
9.	Tom K Thomas		
10.	Kiran Das		
11.	Athira R Thankam		
12.	Rakhith R		
13.	Aiswarya Lakshmi S		
14.	Sini Mathew		
15.	Jito J Thomas Vaidyan		
16.	Jaina Jacob		
17.	Blesson K Chandy		
18.	Jibu Sunny		
19.	Alisha Elsa Charly		
20.	Jitheesh J B		
21.	Jishnu J		



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

Thiruvalla - 689101



22.	Bobin Mathew	<i>Bobin Mathew</i>	
23.	Yameema Sabu	<i>Yameema Sabu</i>	
24.	Liji Mathew	<i>Liji Mathew</i>	
25.	Asna Anna James	<i>Asna Anna James</i>	
26.	Gokul S Das	<i>Gokul S Das</i>	
27.	Nikhil Thomas	<i>Nikhil Thomas</i>	
28.	Jikson Thomas	<i>Jikson Thomas</i>	
29.	Jaison Joboy	<i>Jaison Joboy</i>	
30.	Jisha Raj	<i>Jisha Raj</i>	
31.	Sneha Sebastian	<i>Sneha Sebastian</i>	
32.	Aiswarya B S	<i>Aiswarya B S</i>	
33.	Nandu Gopal G	<i>Nandu Gopal G</i>	
34.	Jack Antony	<i>Jack Antony</i>	
35.	Mathew Jose	<i>Mathew Jose</i>	

Verified
JEP

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



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



Food commodity distribution to Wayanad for flood relief

14th and 19th October 2019

Under the leadership of the NSS unit of MACFAST College, essential commodities were collected and distributed among the flood relief camps. 21 volunteers from the unit along with the NSS program officer Dr. Jeemon Joseph collected essential commodities worth Rs. 73,226/- for helping the needy during the flood. The collected materials were handed over to District Institute of Education and Training (DIET), center, Thiruvalla. It was a great relief for the affected victims and volunteers were happy that the goods collected from students and staff members were distributed into deserving hands. It helped to support the people mentally and physically. The active participation of NSS volunteers made this programme a meaningful one.



NSS volunteers carrying the aid kits for distribution to the DIET centre.





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



NSS volunteers posing for photograph in front of the items collected for distribution.

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





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



Food commodity distribution to Wayanad for flood relief

14 October 2019

Student Volunteers Attendance

Sl. No.	Name of student	Signature	Remark
1.	Akhil Kizhakkevila		
2.	Binimol Sibi		
3.	Shilpa P		
4.	Vineesh V		
5.	Anu Prasannan		
6.	Arjun B Ajith		
7.	Riya Ealiyas		
8.	Melbi Biju		
9.	Melvin C Thomas		
10.	Renju R		
11.	Muhammed Roshan		
12.	Tom K Thomas		
13.	Kiran Das		
14.	Athira R Thankam		
15.	Rakhith R		
16.	Aiswarya Lakshmi S		
17.	Sini Mathew		
18.	Jito J Thomas Vaidyan		
19.	Jaina Jacob		
20.	Blesson K Chandy		
21.	Bobin Mathew		

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



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



Verified

Blood donation camp at NSS Unit MACFAST

12/11/2019

The NSS team of MACFAST organised a blood donation camp with the help of the Government Blood Bank, Pathanamthitta. The camp was sponsored by the HDFC bank and conducted at the conference hall of MACFAST on the 12th of November, 2019 at 10 A.M. with 25 NSS volunteers. The importance of blood donation was emphasised by the blood bank team. They emphasised that saving others life is a responsibility not an act of sympathy and the students responded well to this message. The NSS team aspired to bring smiles to many faces through the blood donation camp. 27 people including teachers and volunteers donated their blood. All donors were given appreciation certificates for their participation in the camp by the program officer, Dr Jeemon Joseph.



NSS volunteer donating blood at the donation camp at MACFAST.





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



A view of the Conference hall where volunteers donated blood for the camp.

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



Blood Donation camp at NSS Unit MACFAST

12/11/2019

Student Volunteers Attendance

Sl. No.	Name of student	Signature	Remark
1.	Mithin Madhu	<i>Mithin</i>	
2.	Sampath M Philip	<i>Sampath</i>	
3.	Jisha Raj	<i>Jisha</i>	
4.	Sneha Sebastian	<i>Sneha</i>	
5.	Aiswarya B S	<i>Aiswarya</i>	
6.	Nandu Gopal G	<i>Nandu</i>	
7.	Jack Antony	<i>Jack</i>	
8.	Mathew Jose	<i>Mathew</i>	
9.	Jinto Shaji	<i>Jinto</i>	
10.	Abin Thomas	<i>Abin</i>	
11.	Sijo Daniel	<i>Sijo</i>	
12.	Arvin Zachariah Johns	<i>Arvin</i>	
13.	Harikrishna	<i>Hg</i>	
14.	Gokul Shaji	<i>Gokul</i>	
15.	Abhijith R S	<i>Abhijith</i>	
16.	Asheena Banu J	<i>Asheena</i>	
17.	Niya Benny	<i>Niya</i>	
18.	Jestin James	<i>Jestin</i>	
19.	Meera T S	<i>Meera</i>	
20.	Vineeth K V	<i>Vineeth</i>	



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

Verified
[Signature]



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



Thiruvalla - 689101

21.	Jaina Jacob		
22.	Reshmadas M		
23.	Anju Mariam Sebastian		
24.	Sreelekshmi S		
25.	Haritha K		

Verified



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

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



Campaign for Plastic-free Environment at Thukalassery

21st December 2019

On 21st December 2019, the NSS team of MACFAST comprising 60 student volunteers and the programme officer visited different locations at Thukalassery, Thiruvalla. The volunteers collected plastic wastes from the public shops and houses and created awareness among the general public on the importance of a plastic-free environment. The students discussed the disadvantages of plastic waste particularly its non-biodegradability and soil retention. The campaign was organised in association with the Kerala Police Department and was inaugurated by the Thiruvalla Circle Inspector, Mr. Suresh M R. He pointed out that women in the society, particularly housewives have a role to play in spearheading the plastic-free awareness. The collected plastic waste was then passed on to the plastic shredding unit for recycling.



NSS volunteers with the plastic waste they collected from the locality.





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



NSS volunteers with the plastic waste they collected from the college vicinity.



NSS volunteers involved in collecting the plastic waste from a house.



NSS volunteers collecting plastic waste from a household in the locality.



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

Lifestyle diseases and organic vegetable gardening awareness campaign

23-12-2019

On 23rd December 2019, 60 NSS volunteers visited residents of different nearby localities and gave an awareness talk about the health and environmental impacts of persistent organic pollutants and use of toxic free vegetables. They also distributed organic vegetable seeds, and tree saplings to the farmers. This Phase I project was themed under toxic free vegetables.

As part of Phase II, on 24th December 2019, 60 NSS volunteers conducted an awareness programme on lifestyle diseases. As part of this, students divided into 10 groups and visited 10 nearby areas and gave classes about the foods causing lifestyle diseases & its impact.

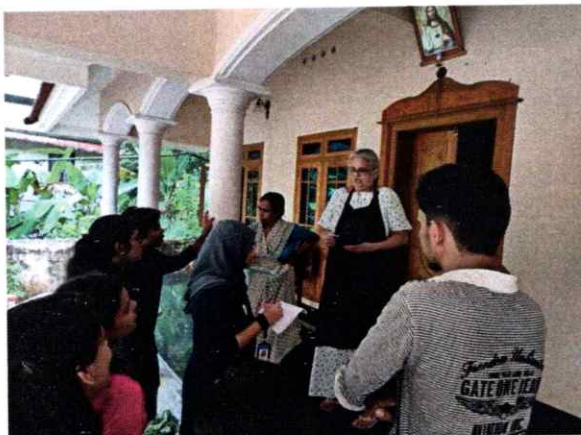


NSS volunteers discussing the impact of toxic vegetables with local population.





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



NSS volunteers exploring the scope for organic vegetable gardens in the local households.

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



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



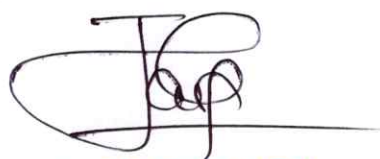


National Service Scheme (NSS) Unit
MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA
(MACFAST)
Thiruvalla - 689101



Photo collage showing different views from the awareness campaign.


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


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



MACFAST



NSS



Plastic free Awareness Campaign at Thukalassery

Date: 21-12-2019


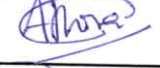
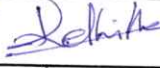

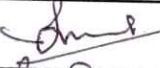



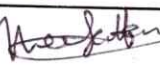
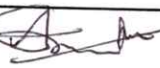


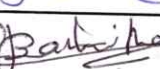
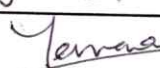
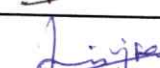

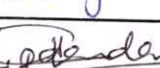
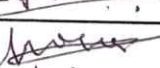

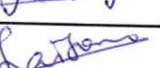

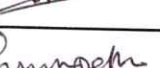
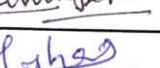
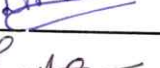
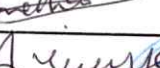
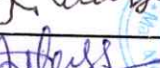

23-12-2019

Plastic free Awareness Campaign

Life Style Diseases and organic vegetable Gardening Awareness Campaign

NAME	COURSE	SIGNATURE
1 Blesson Shaji	M.C.A.	Blesson
2 Vijil George	M.C.A.	Vijil
3 Reshma S Raju	M.C.A.	Reshma
4 Sibin Thomas	M.C.A.	Sibin
5 S Seethalakshmi	M.C.A.	Seethalakshmi
6 Anjitha P Kuriakose	M.C.A.	Anjitha
7 Sreelakshmy S Nair	M.C.A.	Sreelakshmy
8 Sajishna K	M.C.A.	Sajishna
9 Akhil Kizhakkevila	M.C.A.	Akhil
10 Binimol Sibi	M.C.A.	Binimol
11 Shilpa P	M.C.A.	Shilpa
12 Vineesh V	M.C.A.	Vineesh
13 Anu Prasannan	M.C.A.	Anu
14 Arjun B Ajith	M.C.A.	Arjun
15 Riya Ealiyas	M.C.A.	Riya
16 Melbi Biju	M.C.A.	Melbi
17 Melvin C Thomas	M.C.A.	Melvin
18 Renju R	M.C.A.	Renju
19 Muhammed Roshan	M.B.A	Muhammed
20 Tom K Thomas	M.B.A	Tom



21	Kiran Das	M.B.A	
22	Athira R Thankam	M.Sc.	
23	Rakhith R	M.Sc.	
24	Aiswarya Lakshmi S	M.C.A.	
25	Sini Mathew	M.C.A.	
26	Jito J Thomas Vaidyan	M.C.A.	
27	Jaina Jacob	M.C.A.	
28	Blesson K Chandy	M.C.A.	
29	Jibu Sunny	M.B.A	
30	Alisha Elsa Charly	M.B.A	
31	Jitheesh J B	M.B.A	
32	Jishnu J	M.B.A	
33	Bobin Mathew	M.B.A	
34	Yameema Sabu	M.B.A	
35	Liji Mathew	M.B.A	
36	Asna Anna James	M.B.A	
37	Gokul S Das	M.B.A	
38	Nikhil Thomas	M.B.A	
39	Jikson Thomas	M.B.A	
40	Jaison Joboy	M.B.A	
41	Mithin Madhu	M.B.A	
42	Sampath M Philip	M.B.A	
43	Jisha Raj	M.B.A	
44	Sneha Sebastian	M.B.A	
45	Aiswarya B S	M.B.A	
46	Nandu Gopal G	M.B.A	
47	Jack Antony	M.B.A	



48	Mathew Jose	M.B.A	<i>Mathew</i>
49	Jinto Shaji	M.B.A	<i>Jinto</i>
50	Abin Thomas	M.B.A	<i>Abin</i>
51	Sijo Daniel	M.B.A	<i>S. Daniel</i>
52	Arvin Zachariah Johns	M.B.A	<i>Arvin</i>
53	Harikrishna	M.Sc.	<i>H.R.S</i>
54	Gokul Shaji	M.Sc.	<i>Gokul</i>
55	Abhijith R S	M.Sc.	<i>Abh</i>
56	Asheena Banu J	M.Sc.	<i>Asheena</i>
57	Niya Benny	M.Sc.	<i>Niya</i>
58	Jestin James	M.Sc.	<i>Jestin</i>
59	Meera T S	M.Sc.	<i>Meera</i>
60	Vineeth K V	M.Sc.	<i>Vineeth</i>
61			
62			
63			
64			
65			
66			
67			
68			
69			
70			



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

Principal

Fr. Dr. Cherman J Kottayil
FR. DR. CHERIAN J KOTTAYIL
PRINCIPAL
Mar Athanasios College For Advanced Studies
Thiruvalla- 689101, Kerala



NSS Program Officer

Jap