

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

“ARIVUM ATHIJEEVANAVUM”

COVID-19 RELIEF ACTIVITIES

MACFAST support and conduct many socially responsible activities, and ensure the participation of students to mould them into responsible citizens. Apart from the usual activities, the College strives hard to support the Public during the pandemic situation we are facing since 2020.

“Access to knowledge is crucial to our well-being and survival” – through “Arivum Athijeevanavum”, the college organizes and conducts various activities, provide support to common people, help authorities in implementing initiatives thereby imparting knowledge to survive the pandemic situation.

Initiatives / Programmes conducted under Arivum Athijeevanavum:

HELPING AUTHORITIES IN IMPLEMENTING THEIR PROJECT/ SCHEMES/ INITIATIVES AGAINST SPREAD AND PREVENTION OF COVID 19

The college has helped various District Administrators and Police force to monitor and prevent the spread of COVID-19 by developing a bunch of Android applications. These applications have varied functions that include the coordination of the Disaster Response Teams (COM-BAT, ADM, CMS), Data collection/analysis/interpretation of migrant labourers (MLRC) and expatriate returnees (Thirike), GPS tracking of quarantined citizens (CGFAS)

Applications:

- **COMBAT: Corona Outbreak Management – Bringing Action Together**

COMBAT is a quick reference and communication application for the team members of Coronavirus Outbreak Management, Kerala State. It would facilitate speedy communication among various stakeholders. The project was conceptualized by Shri. P. B. Nooh, IAS, District Collector, Pathanamthitta and developed by MACFAST.

Project members:

Project Director	: Shri. P. B. Nooh IAS
Project Lead	: Mr. Pavin Raj Thadathil
Software Developer	: Mr. Jaimon James
Development Manager	: Mr. Ajay Kurien
Project Coordinator	: Dr. Sudeep B Chandramana
District Coordinators	: Mr, Gigi George, District Informatics Officer (NIC) Mr. Shavin Jose

- **CLUE: Covid-19 Live Updates for Everyone**

CLUE is a single platform for getting information and updates about Covid-19. This mobile application provides all the facts and figures about Covid-19 happening at the global, national, state and district level. The project was done under the guidance of Dr. Viswanathan K V, Joint Director E-health, National Health Mission.

Project members:

Project Director : Dr. Sudeep B Chandramana

Project Lead : Mr. Pavin Raj Thadathil

Software Developer : Mr. Jaimon James

Development Manager : Mr. Ajay Kurien

Development Advisors : Prof. Varghese Abraham, Mr. Sanesh P Varghese

District Coordinators : Mr. Tiji Thomas, Mr. Jibumon K G, Mr. Thomas Mathew, Mr. Jerin Jose, Mr. Saji C

- **MLRC: Migrant Labours Registration Covid-19**

An android based online registration portal for the migrant labourers across Kerala. This will help to collect details of every migrant labourers and will facilitate close monitoring in the anomalistic period of time. This project was conceptualized by Shri. Jaidev G IPS, District Police Chief, Kottayam.

Project members:

Project Director : Shri. Jaidev G IPS

Project Lead : Mr. Pavin Raj Thadathil

Software Developer : Mr. Jaimon James

Development Manager : Mr. Ajay Kurien

Project Coordinator : Dr. Sudeep B Chandramana

- **CMS: Covid-19 Monitoring System**

CMS is a communication application for the team members of Coronavirus Outbreak Management Alappuzha district. This project was conceptualized by Smt. M Anjana, IAS, District Collector, Alappuzha.

Project members:

Project Director : Smt. M Anjana, IAS
Project Lead : Mr. Pavin Raj Thadathil
Software Developer : Mr. Jaimon James
District Coordinators : Mrs. Asha C Abraham (Deputy Collector), Mr. Ansil V A (In charge C19 section, District Administration), Mrs. Chinthu C (Hazard Analyst, DDMA)

- **CGFAS: Covid-19 Geo Fensing Alert System**

CGFAS assists the Police force to prevent quarantine breaking by personnels by monitoring their accurate geo location. This project was conceptualized by Shri. Jaidev G IPS, District Police Chief, Kottayam and led by Mr. Manoj Kumar V.S, Cyber Cell, Kottayam.

Project members:

Project Director : Shri. Jaidev G IPS
Project Lead : Mr. Pavin Raj Thadathil
Software Developer : Mr. Jaimon James
Development Manager : Mr. Ajay Kurien
Project Coordinator : Dr. Sudeep B Chandramana
District Coordinator : Mr. Manoj Kumar V.S, Cyber Cell, Kottayam

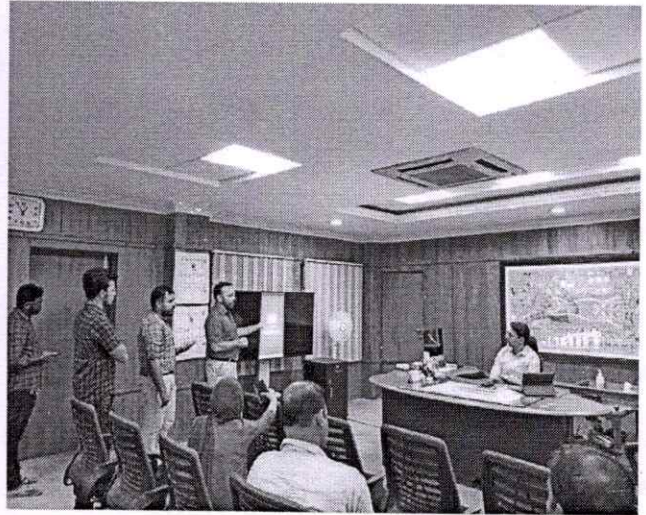
- **ADM: Alapuzha Disaster Management**

ADM is an application designed for the disaster management team Alappuzha. The project was conceptualized by Smt. M Anjana, IAS, District Collector, Alappuzha.

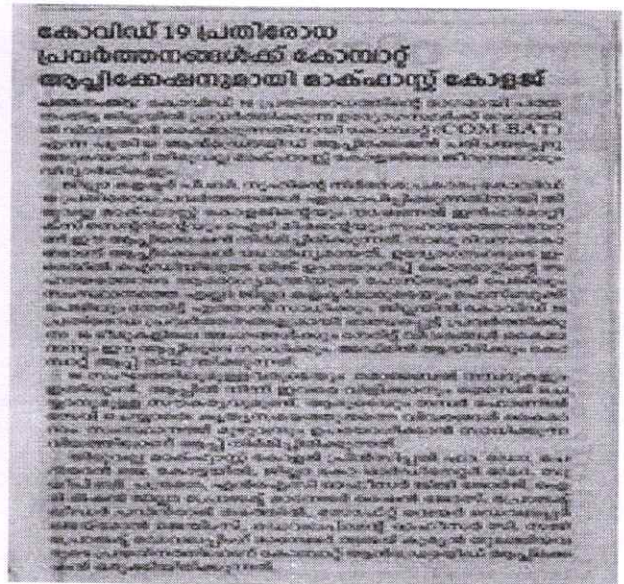
Project members:

Project Director : Smt. M Anjana, IAS
Project Lead : Mr. Pavin Raj Thadathil
Software Developer : Mr. Jaimon James
District Coordinators : Mrs. Asha C Abraham (Deputy Collector), Mr. Ansil V A (In charge C19 section, District Administration), Mrs. Chinthu C (Hazard Analyst, DDMA)

Introducing the Android Applications to the District Authority



Deepika dated 17/3/2020



Mangalam dated 17/3/2020

ONLINE AWARENESS PROGRAMMES

The college conducted many activities to create awareness among the public through Facebook campaigns and through our community FM. The IT Cell of our college has created posters and posted them on the official pages in Facebook and Instagram. Radio MACFAST 90.4 has played a pivotal role in identifying the key areas for creating awareness among the general public regarding COVID-19. Medi- Talk: Phone-in Interview conducted

by Radio MACFAST 90.4 FM - Interviews with medical professionals on-air helped in clearing doubts regarding Covid-19 especially for people staying in rural areas. Programmes like General awareness, daily updates regarding Covid-19, Preventive & Precautionary measures broadcasting through Radio MACFAST 90.4 is providing authentic information for about ten lakh listeners.

1. RADIO PROGRAMMES

COVID-19 Special Programmes via Community FM Radio- Radio MACFAST 90.4

No	Date	Program	Topic	Duration	Time	Participation
1	27 /03/2020	Janahitham	Super Market	1 hr	11 am to 12 pm	6 Callers
2	01/04/2020	Janahitham	Bank	1 hr	11 am to 12 pm	8 Callers
3	03/04/2020	Janahitham	NRI	1 hr	11 am to 12 pm	7 Callers
4	14/04/2020	Janahitham	Vishu & Corona	1 hr	11 am to 12 pm	8 Callers
5	20/04/2020	Janahitham	Barber Shops	1 hr	11 am to 12 pm	5 Callers
6	22/04/2020	Janahitham	Dental Doctors	1 hr	11 am to 12 pm	5 Callers
7	12/05/2020	Janahitham	Nurses Day	1 hr	11 am to 12 pm	4 Callers

COVID-19 Special Live Programmes

No	Date	Program	Duration	Broadcasting Time
1	08/02/2020	SulaimaniKada (Corona)	3.00 minute	Every Hour

2	10/03/2020	Corona Tips	1.00 minute 6 Numbers	Every Fifteen minute (Daily)
3	13/03/2020	Medi Talk	30.00 minute	09.15 to 09.45
4	14/03/2020	SulaimaniKada (Covid 19)	3.00 minute	Every Hour
5	21/03/2020	SulaimaniKada (Janatha Curfew)	3.00 minute	Every Hour
6	22/03/2020	Corona Message (Tomy Calicut)	2.30 minute	Every Three Hours (Daily)
7	24/03/2020	Corona Tips	50 Sec 6 Numbers	Every Fifteen minute (Daily)
8	25/03/2020	Corona Tips	50 Sec 2 Numbers	Every Fifteen minute (Daily)
9	28/04/2020	SulaimaniKada (15 kg Rice Kit)	3.00 minute	Every Hour
10	29/03/2020	SulaimaniKada (Lock Down)	3.00 minute	Every Hour
11	29/03/2020	<u>Helpline no:</u> 1,Water 2,Electric 3,Police 4,Vanitha police 5,Hospital 6,Cyber cell	50 Sec 6 Numbers	Every Fifteen minute (Daily)
12	30/03/2020	Jagratha Interview (CI Vinodps)	23.00 minute	4.00 pm
13	30/03/2020	Message CI Vinodps	50 Sec	Every Hour (Daily)
14	31/03/2020	Message (LokNathBehra) 1,bengali 2,Hindi 3,Oriya	3.00 minute	Every Three Hours (Daily)

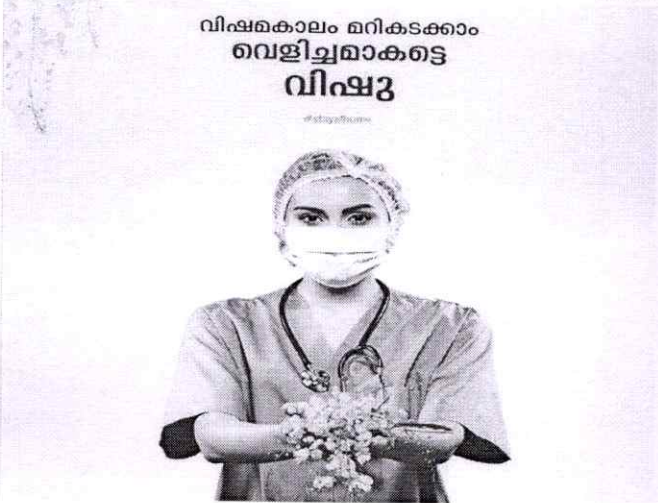
15	04/04/2020	SulaimaniKada (Deepam)	3.00 minute	Every Hour
16	05/04/2020	SulaimaniKada (Drone)	3.00 minute	Every Hour
17	05/04/2020	Message Dr.BG Gokulan	1.00 minute	Every Hour (Daily)
18	10/04/2020	Good Friday Message (Covid 19) Re.Fr.dr.Cherian J Kottayil	8.00 minute	Every Three Hours
19	11/04/2020	SulaimaniKada (Fake News)	3.00 minute	Every Hour
20	12/04/2020	SulaimaniKada (Online Insurance)	3.00 minute	Every Hour
21	12/04/2020	Message Covid 19 (Easter) Most.Re.Dr. Thomas Mar Koorilos	10.00 minute	9.30am 5.00 pm
22	14/04/2020	Karnnikaran Program Covid 19 (Vishu)	1.00 Hour	1.00 pm
23	14/04/2020	Message Covid 19 (Vishu) Most.Re.Dr. Thomas Mar Koorilos	2.30 minute	Every Three Hours
24	17/04/2020	Sasthrolsavam promo (Quiz)	1.00 minute	Every Hour (Daily) Up to 24/04/20
25	18/04/2020	SulaimaniKada (Electricity)	3.00 minute	Every Hour
26	19/04/2020	SulaimaniKada (Pension)	3.00 minute	Every Hour
27	20/04/2020	Sasthrolsavam (Quiz)	17.00 Minute	10.00 am 08.00 pm

28	21/04/2020	Sasthrolsavam (Quiz) LP	17.00 Minute	10.00 am 08.00 pm
29	22/04/2020	Sasthrolsavam (Quiz) UP	17.00 Minute	10.00 am 08.00 pm
30	23/04/2020	Sasthrolsavam (Quiz) HS	17.00 Minute	10.00 am 08.00 pm
31	24/04/2020	Sasthrolsavam (Quiz) HSS	17.00 Minute	10.00 am 08.00 pm
32	25/04/2020	SulaimaniKada (Thapal)	3.00 minute	Every Hour
33	26/04/2020	SulaimaniKada (60 Age)	3.00 minute	Every Hour
34	26/04/2020	Thapal Promo My Corona Warrior	1.00 minute	Every Hour
35	27/04/2020	Sasthrolsavam Quiz Answers to Question & Winner Promo	40. Sec	Every Hour
36	28/04/2020	Sasthrolsavam Quiz Answers to Question & Winner LP	15 minute	10.00 am 08.00 pm
37	29/04/2020	Sasthrolsavam Quiz Answers to Question & Winner UP	15 minute	10.00 am 08.00 pm
38	30/04/2020	Sasthrolsavam Quiz Answers to Question & Winner HS	15 minute	10.00 am 08.00 pm
39	01/05/2020	Sasthrolsavam Quiz Answers to Question & Winner HSS	15 minute	10.00 am 08.00 pm

40	02/05/2020	SulaimaniKada	3.00 minute	Every Hour
41	03/05/2020	SulaimaniKada (Electricity Bill)	3.00 minute	Every Hour
42	04/05/2020	Albert Einstein (Kathu) Covid 19	4.00 minute	8.00 am 4.45 pm 7.15 pm
43	05/05/2020	ArivumAthijeevanavum Free Data (Digital India) Promo	55.minute	Every Hour
44	05/05/2020	ArivumAthijeevanavum (Thoolika) Promo Short Story Competition	53.minute	Every Hour
45	09/05/2020	SulaimaniKada (Gulf Returnees)	3.00 minute	Every Hour
46	10/05/2020	SulaimaniKada (Pass)	3.00 minute	Every Hour

2. Awareness campaigns through Facebook and Instagram

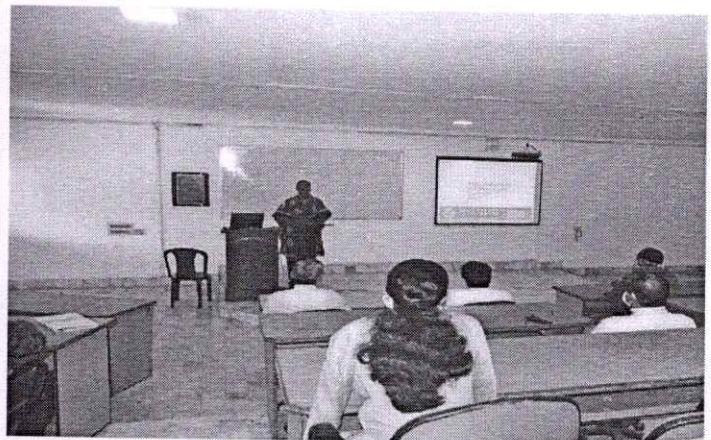
The world is facing the extensive spread of severe acute respiratory syndrome-coronavirus. This epidemic puts intensive pressure on healthcare, economic, and social structures. Commitment to implementing effective approaches for public health will take bold interventions by public health professionals and strong leadership by nation's governing bodies. During this crisis, lack of awareness, knowledge, and preparedness would put people and health care staff at risk. The dilemma is how to pass the knowledge of current disease statistics and its prevention to the general population at a rate equivalent to or better than the spreading epidemic. At the same time, a huge amount of health-threatening misinformation is spreading at a faster rate than the disease itself. The college is continuously delivering fast, accurate and reliable information addressing critical problems of infection control which is of key importance.



Awareness campaigns through social media

3. Covid-19 Awareness class for Staff Members on 25/06/2020

Awareness class for staff members - It is important to maintain health hygiene in work place. Awareness classes for all the staff members were arranged. The safety measures that should be followed in the work place, need for proper sanitization, etc., were discussed in detail.

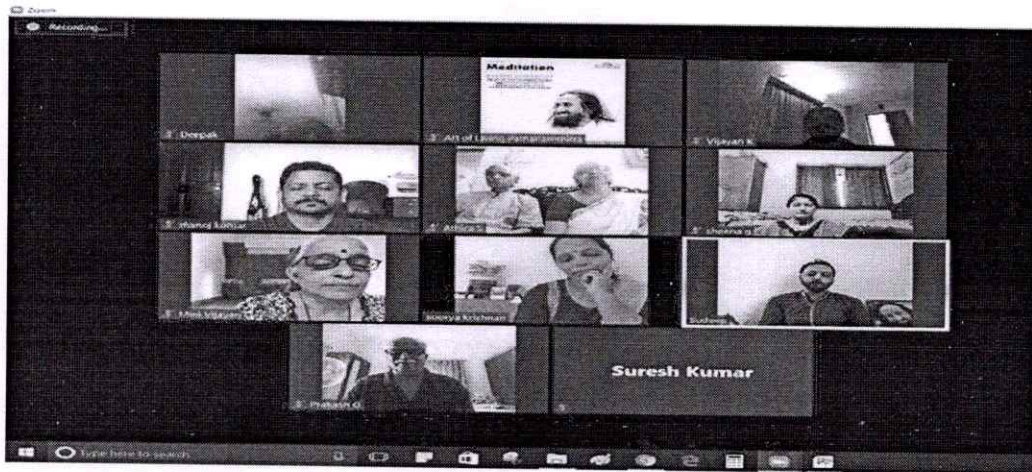


COUNSELLING/ TELE SUPPORT

The stress and anxiety of the general public was the major concern in organizing a joint online workshop on meditation where the participants were taught simple yoga, easy-to-do breathing exercises, the power of meditation and other tips related to their general well-being. In a spiritual society like Kerala, the words of wisdom and care from spiritual leaders also provides a greater sense of relief to the society. Youth Empowerment through Physical and Mental well-being was another activity done by the college.

1. Online Meditation and Breath Workshop offered by the Art of Living Foundation

Online Meditation & Breath Workshop - Irrespective of age and profession, people should be active as possible during this time. With the help of Art of Living, Online Meditation & Breath Workshop were organized.




2. Online Meditation and Stress relief Workshop offered by the Art of Living Foundation in Association with St. Teresa's College, Ernakulam

A promotional banner for a yoga webinar. The banner features a silhouette of a person in a yoga pose (Tree Pose) against a background of a sunset over water. The text on the banner includes:

- NSS UNIT 41**
- St. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM**
- Celebrates International Day of Yoga, 21st June 2020**
- Yoga@Home**
- Yoga with Family**
- WEBINAR**
- Dr. Sudeep S. Chandramani**
- Associate Professor**
- MBA Department**
- Mar Athanasios College for Advanced Studies, Thiruvalla**
- Sunday, 21st June 2020 at 10 am**
- <https://meet.google.com/uvr-jedt-hqu>**

The banner also includes logos for NSS (National Service Scheme) and St. Teresa's College.

3. Youth Empowerment through Physical and Mental well being



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THE ART OF LIVING

* Yesplus does not impose any ideology (dogmas) or change of lifestyle but presents facts for the youth so that they are empowered to make informed choices. It does not conflict with any faith/ religious beliefs/culture/spiritual practices/masters, but can actually compliment it.

MANUFACTURE / DEVELOPMENT OF COVID ESSENTIAL PRODUCTS

MACFAST has always tried to become the trendsetters not only in education but also in other non-academic matters of societal importance. Initiated by the School of Biosciences, we have produced more than 100 pet bottles of Hand sanitizers, produced as per the guidelines of WHO handrub formulations. 2000 Masks were also produced by the college as a preventive measure against the COVID-19 disease transmission. These measures have immensely helped the local governance in tackling the problem of providing sufficient materials required for mitigating the spread of the deadly virus.



Hand sanitizers produced by the college



Composition :
Isopropyl Alcohol 75% (v/v)
Glycerol 1.45% (v/v)
Hydrogen Peroxide 0.125% (v/v)
Lavender oil 0.25% (v/v)

Use:
Apply a palmful of alcohol-based handrub and cover all surfaces of the hands. Rub hands until dry.

Flammable :
Keep Away From Flame and Heat.

Produced and distributed by :
MACFAST College, Tiruvalla for use during COVID-19 pandemic in Pathanamthitta, Kerala

Date of manufacture : 17/3/2020

MACFAST College, Tiruvalla Supports

Break the Chain

Hand Sanitizer

WHO Recommended Formulation

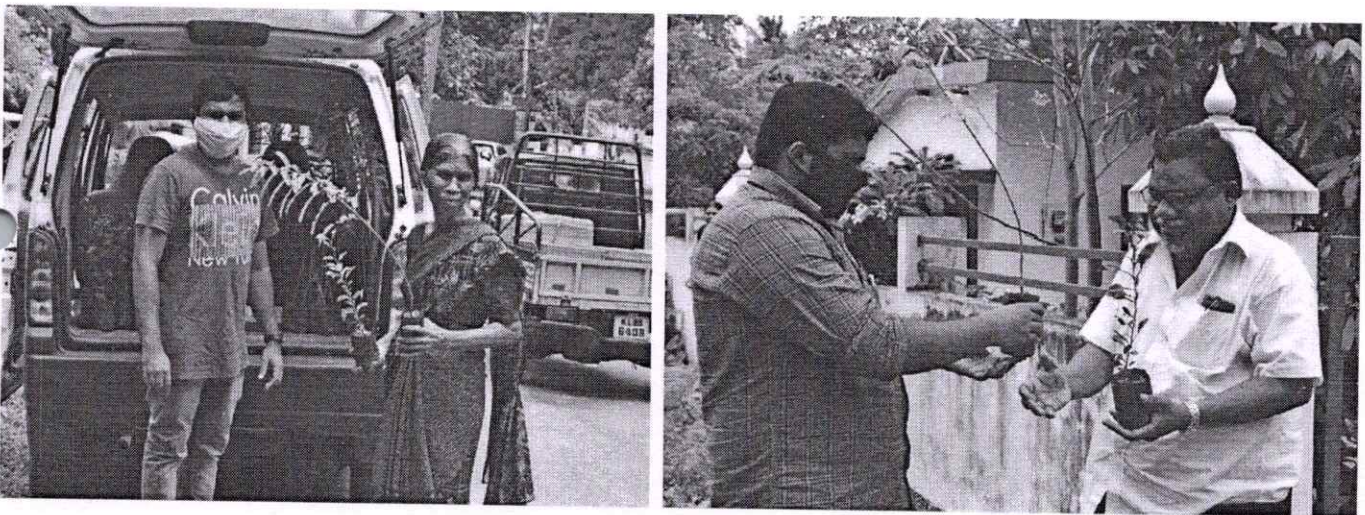
For External Use Only | Avoid Contact With Eyes
NOT FOR SALE | Keep Out of Reach of Children



Masks manufactured in the college

MEDICINAL PLANTS DISTRIBUTION

The college distributed hundreds of Citrus, Pomegranates and Gooseberry plants to different households in Thirumoolapuram and among the public (auto rickshaw drivers) in Tiruvalla to promote cultivation of medicinal plants to combat Covid-19. Citrus, Pomegranates and Gooseberry fruits have been widely recommended for boosting immunity as they are rich in vitamin C.



College staff distributing medicinal plants

TECHNICAL SUPPORT TO NEARBY SCHOOLS/COLLEGES

Since teaching and learning switched into online mode during this pandemic, technical support and assistance were provided to the nearby schools / colleges in need. Technical support was provided to K V L P School Pathanamthitta.

PROVIDING CHANCE TO EXHIBIT CREATIVE TALENTS DURING LOCKDOWN

Radio MACFAST 90.4 FM along with MACFAST College organized a short story competition "Thoolika" for students. The competition was held to identify, develop creative talents of students and also to encourage them to utilize their time effectively during the lockdown

THE NEW INDIAN EXPRESS

Home > Cities > Kochi

MACFAST College to organise short story and short film competition

The entries should be based on how each contestant spent his or her leisure time during the lockdown.

Published: 14th May 2020 07:18 AM | Last Updated: 14th May 2020 07:18 AM

By Express News Service

KOCHI: As part of their community outreach programme, 'Arivum Athijeevanavum', Radio MACFAST 90.4 FM, along with MACFAST College, Thiruvalla, is organising a short story competition 'Thoolika' for students of Classes V to XII. "The competition is being held to develop creative talents of students and also to encourage them to utilise their time

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Latest

- UN human rights experts raise concern on over China's repression of its population
- LAC standoff: India warns China that attempts to alter status quo will have

New Indian Express dated 27/6/2020

EDUCATIONAL AID & DIGITAL INDIA CAMPAIGN

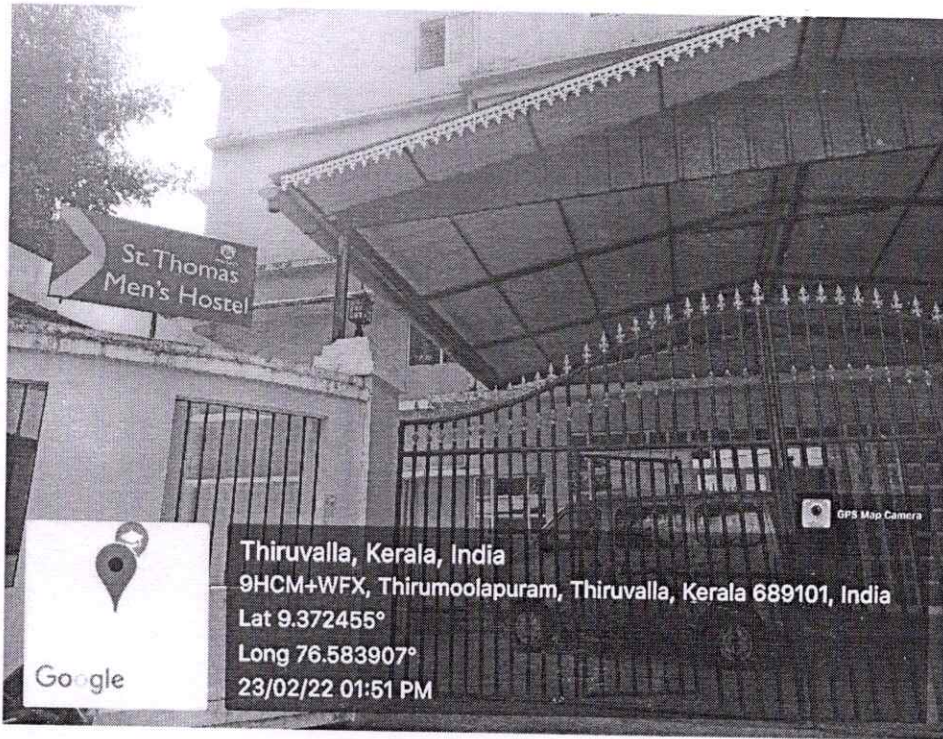
- Provided internet connection to 100 school students who are economically backward.
- Distributed 5 TVs for physically challenged students

DRINKING WATER AND SANITIZER KIOSK

A drinking water and hand sanitizer kiosk opened by MACFAST in Thiruvalla town was another major community service initiated during the lockdown period.

INSTITUTIONAL INFRASTRUCTURE/ FACILITY PROVIDED TO AUTHORITIES TO COMBAT COVID19

The college provided non-paid Hostel Facilities to quarantine people who are coming back from other States and Nations. Provided a six-storey building which has 100 rooms with attached toilets in it. Water supply and electricity expenses were paid by the college.



Seven storeyed St. Thomas Men's Hostel

Sundee B. Chandrasekhar
Dr. Sundee B. Chandrasekhar
Co-ordinators.

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

