



MACFAST™
Igniting wisdom since 2001

**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES
TIRUVALLA (MACFAST)
Thiruvalla - 689101**

NSS ACTIVITIES



Renovation work of “Anganavadi”, Thukalassery

20th January 2017

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



NSS volunteers cleaning the “Anganvadi” premises





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NSS volunteers cleaning the "Anganvadi" premises in groups





Cleaning Campaign at Sabarimala - Poonkavanam Poonkavanam 2017

15th to 19th December 2017

In association with Kerala Police, the NSS unit, Radio MACFAST 90.4 and forestry club in the college, participated in 'Poonkavanam' during "Mandala Kalam". This campaign is an initiative of the Kerala Police which intends to promote awareness among the devotees on not to bring plastic wastes and to abstain from dumping it at Sabarimala. The objective of this programme is to keep the pilgrimage site of Sabarimala clean, green, save forest, save wildlife, use dust bins and avoid plastics. The total NSS unit of 85 students and 7 faculty members actively participated in this campaign from 15th to 19th December 2017. The programme is coordinated by the Kerala Police in association with the National Service Scheme (NSS) unit of MACFAST during the "Mandala Kalam".



Poster for 'Poonkavanam' cleaning campaign conducted by NSS





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Faculty members and students at the Sabarimala site



Faculty members and students at the Sabarimala site





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NSS volunteers talking to pilgrims on harmful effects of plastics





Blood Donation Camp

11th October, 2017

In association with the HDFC bank and the District Hospital Pathanamthitta, the MACFAST NSS unit organized a blood donation camp on 11th October, 2017. The camp started at 10:00 AM with a short inaugural address by Rev. Fr. Pradeep Vazhatharamlayil Principal, MACFAST. 87 students actively participated in this programme and 42 blood samples were collected and handed over to District Hospital Pathanamthitta. The Principal and NSS programme officer appreciated the students who donated the blood.



NSS volunteers donating blood at the blood donation camp



Blood Donation Camp

1st December 2016

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



NSS Volunteers donating blood for the blood donation camp





Free Medical camp for diabetes and ophthalmology diseases

8th November 2016

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



The inauguration venue of the free eye testing camp

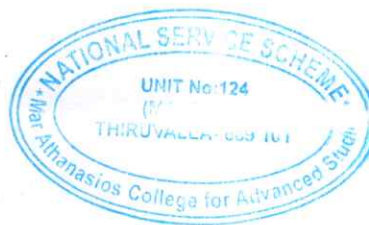




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Participants consulting at the free medical camp

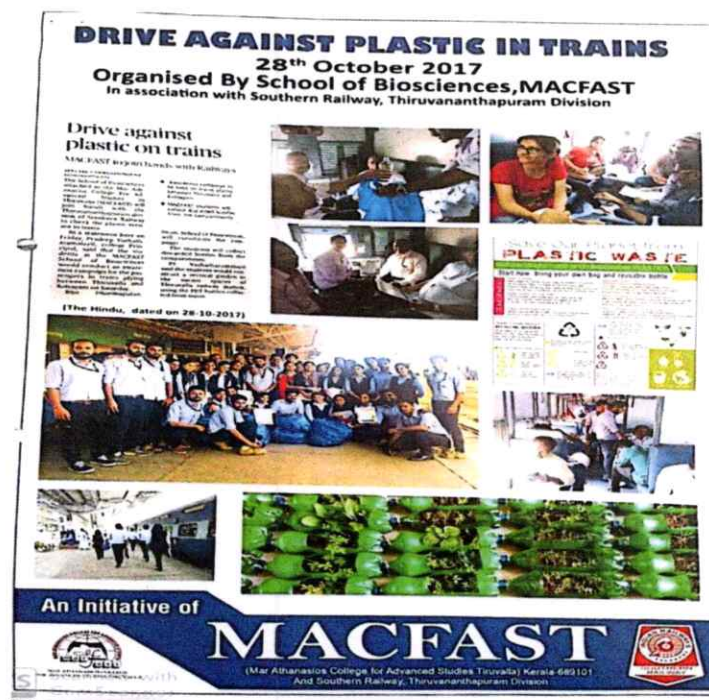




Plastic Awareness and Collection Campaign in Trains

28th October, 2017

The school of Biosciences, MACFAST College Thiruvalla in association with the Thiruvananthapuram division of Southern Railway conducted an awareness programme on the harmful effects of plastic on health. The awareness campaign was done for passengers in the trains plying between Thiruvalla and Kottayam on 28th October, 2017. Mr. Biju Dharmapalan, HoD, School of Biosciences coordinated the event and 41 students were actively involved in this programme. NSS volunteers and students from School of Biosciences collected the discarded plastic waste bottles from the train compartments and these were used to construct a vertical garden in the vacant space of Thiruvalla railway station and in the college campus.



Poster for the plastics awareness campaign conducted by NSS volunteers in the trains





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NSS volunteers donating blood at the blood donation camp





Organic Farming Awareness Programme - Jaivam 2017

4th to 9th September 2017

'Jaivam 2017' is an organic farming initiative launched by the Kerala state government. The MACFAST N.S.S unit organized a one week Jaivam Campaign activities based on this programme. Jaivam 2017 was basically organized to promote the culture of organic farming in the households of Kerala. The one week organic farming awareness was conducted during the Onam holidays from 4th to 9th September, 2017. In the campaign, the NSS volunteers went door to door and conducted a survey in the Payippad Panchayath, in Kottayam district. They also gave organic farming awareness classes to the housewives. 50 students actively participated in this programme.



NSS volunteers with the banner for the "Jaivam 2017" camp





ഹൊത്താശാസ്യ സർവ്വകലാശാല



കോട്ടയം ജില്ലാ
 ഭരണ സാക്ഷരതാ യജ്ഞം
 അഗസ്റ്റ് - ഡിസംബർ 2017

Jain
NSS

അഭിമുഖം | ഭരണനിരവഹനം | സുസ്ഥിരീകരണം
 പഠനം | കലാരംഗം | ഭരണ കേന്ദ്രം

വിവര ശേഖരണ ഫോറം

കുടുംബത്തെ സംബന്ധിച്ച പൊതുവിവരങ്ങൾ

ഗൃഹനാഥന്റെ പേര് : ജിജു തിരുമിഴിയൻ
 വീട്ടുപേര് : കുടുംബത്തു
 തദ്ദേശ സ്വയംഭരണ സ്ഥാപനം : പഞ്ചായത്ത് / മുനിസിപ്പാലിറ്റി
 വാർഡ് നമ്പർ : 6
 വീട്ടിലെ അംഗങ്ങളുടെ എണ്ണം : 4
 സ്ത്രീകൾ : 2
 പുരുഷന്മാർ : 2
 കുട്ടികൾ : 1
 ഗൃഹനാഥന്റെ തൊഴിൽ : കർഷകൻ
 ഭാര്യയുടെ ജന്മ കുടുംബാംഗങ്ങൾ എത്ര : 1

ഭരണ കൃഷിയെ സംബന്ധിച്ച വിവരങ്ങൾ

സ്വന്തമായുള്ള സ്ഥലത്തിന്റെ വിസ്തീർണ്ണം : 13
 കൃഷി ചെയ്യുന്നുണ്ടോ? : ഉണ്ട് / ഇല്ല
 ജലസേചനം ഉണ്ടോ? : ഉണ്ട് / ഇല്ല
 പച്ചക്കറികൾ വാങ്ങുകയാണോ അതോ സ്വയം കൃഷി ചെയ്യുകയാണോ? : വാങ്ങുന്നു / സ്വയം കൃഷി ചെയ്യുന്നു
 ഒരു ദിവസം പച്ചക്കറികൾ വാങ്ങുന്നതിനു മാത്രം ശരാശരി എത്ര രൂപ ചിലവഴിക്കുന്നുണ്ട്? : 50
 വിലകൊടുത്തു വാങ്ങുന്ന പച്ചക്കറികളിലെ കീടനാശിനികളെ പറ്റി താങ്കൾ ബോധവാനാണോ? : ഉണ്ട് / ഇല്ല
 പച്ചക്കറികൾ കൃഷി ചെയ്യാൻ താൽപര്യം ഉണ്ടോ? : ഉണ്ട് / ഇല്ല
 ഭരണ കൃഷിയെപ്പറ്റിയും ഭരണ പച്ചക്കറികളെപ്പറ്റിയും അറിവുണ്ടോ? : ഉണ്ട് / ഇല്ല
 ഭരണ കൃഷി ചെയ്തിട്ടുണ്ടോ? : ഉണ്ട് / ഇല്ല
 ഭരണ കൃഷി ചെയ്യാൻ താൽപര്യം ഉണ്ടോ? : ഉണ്ട് / ഇല്ല

അഭിപ്രായങ്ങൾ:

സ്ഥലം : പേര് (Handwritten)
 തീയതി : ഒപ്പ് (Handwritten)

Questionnaire of the survey conducted in the Payippad Panchayath by NSS volunteers





Cleaning of Government Higher Secondary School, Kuttoor, Thiruvalla

4th to 9th September 2017

In accordance with the cleanliness campaign associated with the Swachh Bharat Mission, NSS team organized a cleaning activity at Govt. HSS, Kuttoor from 4th to 9th September 2017. The programme was coordinated by Mr. Stephen James, programme coordinator and 50 student volunteers were actively involved in this programme. Classrooms, verandas, toilets, playground etc. were cleaned by the volunteers and the overgrown grass and weeds in the school premises were cleared along with the plastic waste. The school PTA secretary addressed the students and appreciated the efforts of members.



NSS volunteers cleaning the Govt. HSS, Kuttoor





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.





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





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.





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



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.



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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.



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.



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



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



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.





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



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





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.

N.S.S MACFAST
UNIT NO. 124

ജീവാംശം 2019
രക്തമൂലകദാനം രജിസ്ട്രേഷൻ ക്യാമ്പ്

GIFT A LIFE TO NIYA
BE HER LIFE-SAVING MATCH

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!

Conducting by: DATRI's Blood Stem Cell Donors Registry

Venue : MACFAST
Thukalassery, Thiruvalla, Kerala 689101.

Date : Wednesday, 24th July 2019

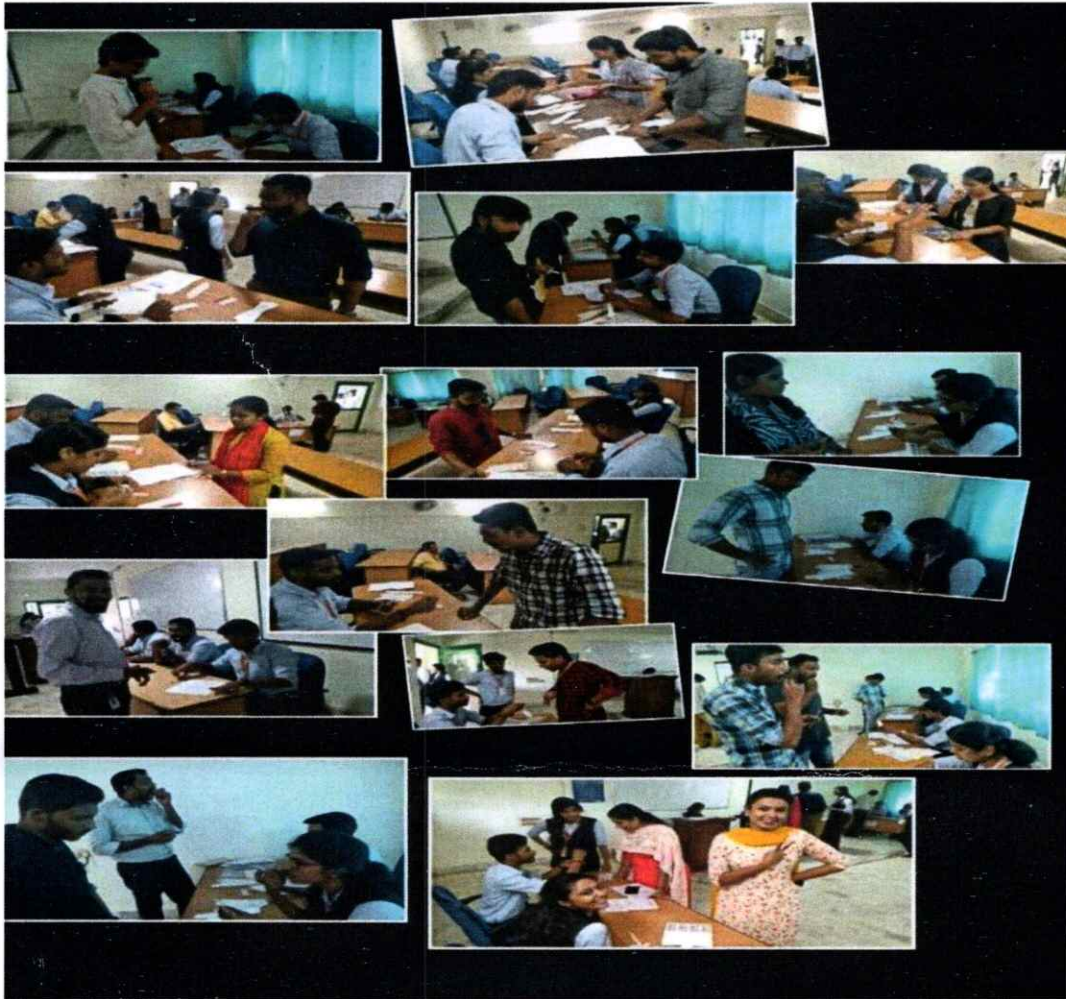
Time : 10.00 am - 4.00 pm

Brochure for the stem cell donation registration camp





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





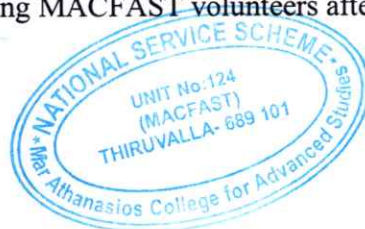
Cancer Awareness and Hair Donation Camp

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.





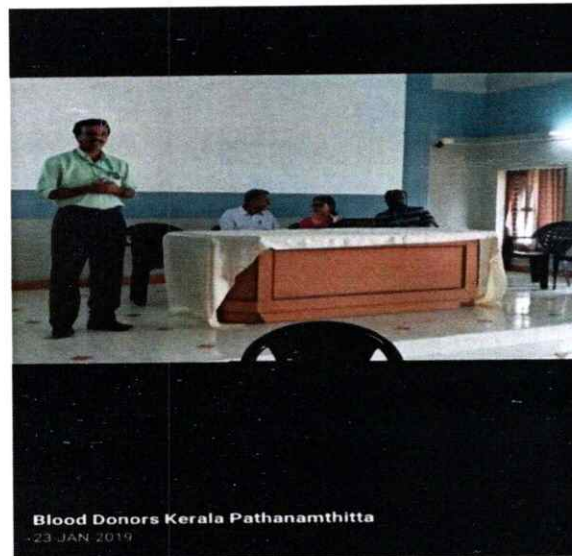
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Blood donation camp at NSS Unit MACFAST

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.





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A NSS volunteer donating her blood.



A NSS volunteer donating her blood.

