



MACFASTTM
Igniting wisdom since 2001

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

NSS ACTIVITIES





Cancer Awareness and Hair Donation Camp

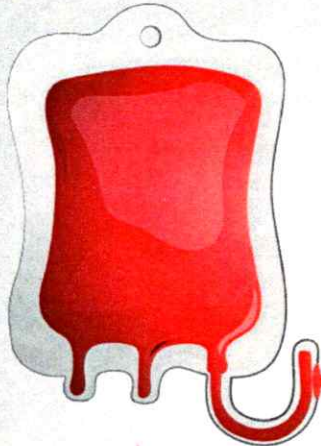
11th April, 2019

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.





BLOOD
DONATION

**Save a life before you
join the fight for survival**

Provide and Protect



We humbly request the people between the ages of 18 and 45 to prepare yourself and donate blood before receiving the COVID-19 vaccine. We may face a shortage of blood donors for 2-3 months as those who are aged 18 and above will undergo vaccination from May 1st. As a responsible citizen, please donate blood before receiving COVID -19 vaccine to get our blood banks ready to face the upcoming crisis.



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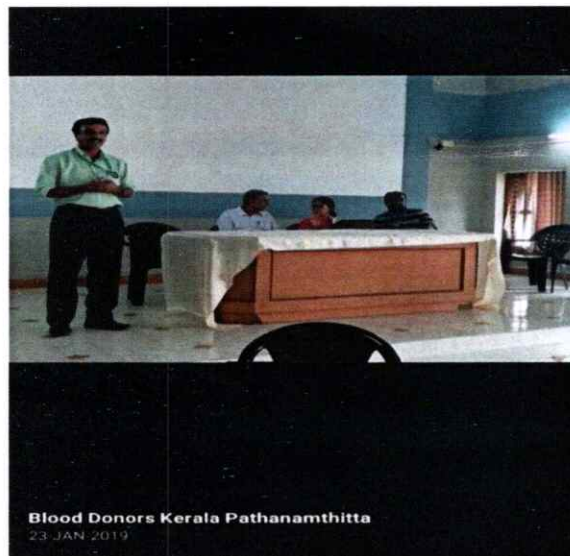
www.macfast.org



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.





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
ദത്തെമുലകുശരാന ദേശിസ്ട്രോൺ 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.





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.





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



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





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.





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



Students cleaning the road near the railway level cross.



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.



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.



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.



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.



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.





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.



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.

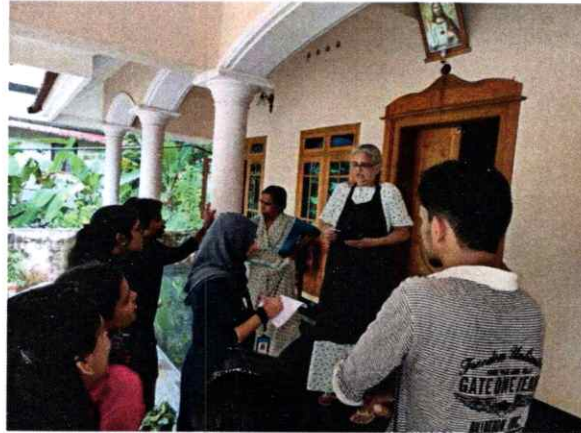


NSS volunteers discussing the impact of toxic vegetables with local population.





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





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Photo collage showing different views from the awareness campaign.





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



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





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

23rd- 29th December 2016

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



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





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



Cleaning of Sree Vallabha Temple Pond

12th January 2017

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



NSS program officer leading the cleaning drive at Sree Vallabhha temple



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NSS Volunteers engaged in cleaning the Sree Vallabhha pond premises



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

