



**MACFAST**  
Igniting wisdom since 2001

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



# **Extension Activity Report**

## **NSS**

### **2020 - 2021**

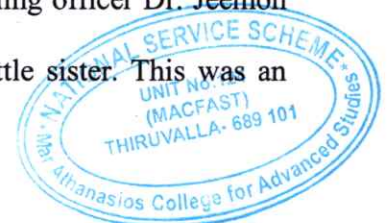
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## **Mobile Phone Distribution for Online Classes - PADANASAHAYI 2021**

25<sup>th</sup> June, 2021


Education is an important factor for everyone to achieve their dreams. So it is important to ensure that nothing will stop them from acquiring their education. As per government notification, the classes are made online; but many are devoid of the basic facilities to attend the online sessions. It is mandatory to have decent internet connectivity and devices such as laptop or smartphone with students to attend the sessions smoothly. But, in this Covid-19 pandemic era, many among us are facing several issues regarding their health and livelihood as well. In this background, NSS MACFAST unit has decided to support the poor and needy students. With this initiative, on 25<sup>th</sup> June 2021, NSS MACFAST unit initiated a project called “PADANASAHAYI 2021”. As part of this project, volunteers decided to give one smartphone to a poor and needy student. A student, who is excellent in her studies but cannot afford a smartphone, was identified for this project. Her name is Gopima K G, studying for plus one Science in SVRV NSS Higher Secondary school, Vazhoor. Her family comprises parents and 3 siblings. Gopima is the second daughter. Her father is suffering from renal problems and had a stroke recently. They live in a rented house with no other source of income. All three of them are students and have to attend their classes with a single smartphone, which is under repair most of the time. Her elder sister was an outstanding NSS volunteer who won a national award in 2020. Gopima is also a sincere NSS volunteer, a good student and is very proficient in cultural activities. To raise the fund for the smartphone, the NSS volunteers decided to collect a minimum 100 rupees per head equalling Rs.9300/- altogether. With this budget we could buy a good smartphone and a headset. With a happy heart, our programming officer Dr. Jeemon Joseph along with 5 NSS volunteers handed over our gift to our little sister. This was an



unforgettable moment in our life. We consider this activity as a precious one among several other activities in the history of NSS MACFAST unit. It was an inspiration to all other students in the college for initiating such campaigns to the needy people in the society.



**NSS volunteers giving away the smartphone to the selected student**



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



## Awareness on Fast-Food Hazards

21<sup>st</sup> July, 2021

In today's world the consumption of fast food has increased drastically, leading to several health issues. So, awareness regarding the health implications of fast food is the key for controlling its ill effects. So on 21<sup>st</sup> July 2021, the NSS MACFAST unit, with the help of 5 volunteers conducted an awareness programme in the adopted village in the presence of local ward councilor Ms. Sheena. NSS volunteers Gayathri, Vishnu and Poornima took an effective class and many local people actively participated in this awareness program. They were eager to listen to the class as it was a new experience to them. We believe this effort of sharing our knowledge and experience can make a positive impact in the society.



**NSS volunteers leading the session on fast food hazards in the adopted village**



**Dr. JEEMON JOSEPH**  
PROGRAM OFFICER  
NATIONAL SERVICE SCHEME  
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## **Plastic Awareness Campaign –Distribution of Stationary to Students in Adopted Village**

21st July, 2021

The use of plastic products has increased significantly in the recent past. Plastic products are harmful to the environment and there is a need to reduce its use. So, accordingly, on 21<sup>st</sup> July 2021, 15 NSS volunteers distributed eco-friendly pens made with paper in the adopted village, accompanied by the ward councillor Ms. Sheena. These paper pens were made by the food technology students themselves and we could distribute it to the villagers 17 households. They were happy to receive our gift. Though it was a small gift, it conveyed a good message to the society. In some way or other it could motivate them to use eco-friendly products and reduce the use of plastic products.



**NSS volunteers distribute eco-friendly paper pens in adopted village**



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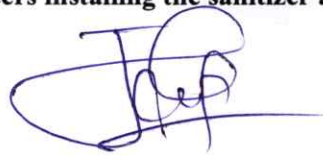
## Installation of Sanitizer in Public Bus stop at Thirumoolapuram

28th July, 2021

In this COVID pandemic, it is important to clean our hands frequently using soap or sanitizer. It is mandatory to keep a sanitizer in all institutions for the visitors. But all public places are not furnished with sanitizers. NSS MACFAST unit initiated and fixed one sanitizer in the nearest Thirumoolapuram bus stop. Under the leadership of our program officer Dr. Jeemon Joseph, 6 of our NSS volunteers visited the place and fixed one sanitizer there. NSS MACFAST unit sees this activity as necessary, because it may persuade people to use sanitizer with utmost care. We consider it as a small help for the common people to protect themselves. It will also serve as a reminder to travellers to use the sanitizer frequently to protect themselves from this pandemic.



**NSS volunteers installing the sanitizer at the local Thukalassery bus stop**



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



## Cleaning of Public Bus Stop at Thukalassery

6th Aug, 2021

Bus stop is a common place where a lot of passengers wait for the bus. So the surroundings should be cleaned and cleared from any rubbish. NSS MACFAST unit found the nearest Thukalassery bus stop has become useless with overgrown weeds and foliage. So, 10 NSS volunteers under the leadership of our programme officer Dr. Jeemon Joseph cleaned the bus stop by clearing the weeds and other materials for the safety of the passengers. We expect that this cleaning activity will be an encouragement for the future generations to keep the public places clean and tidy.



**NSS volunteers at the cleaned Thukalassery bus stop**



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





## Vegetable Kit Distribution in Adopted Village

17<sup>th</sup> Aug, 2021

Onam is a festival of annual harvest in Kerala, and is celebrated by Malayalees wherever they live. It is a festival of harvest, abundance and prosperity. During Onam, everyone irrespective of rich or poor prepares the traditional meal called '*Onasadhya*'. The NSS volunteers of MACFAST offered a helping hand to poor families during Onam by distributing Onam kits. The most deserving families from various villages and colonies are selected for distributing kits. The volunteers did the packaging and door delivery. The vegetable kits were distributed in the NSS adopted village. Each volunteer contributed Rs.50 for gathering the essential vegetables for preparing the Onam kit. We are proud of using handmade cloth bags by our volunteers instead of plastic bags for distributing kits. 31 NSS MACFAST volunteers visited the adopted village and gave the onam kit as a gift. Besides, we also distributed LED bulbs for saving energy for future generations. Local ward councillor guided in this endeavour. NSS MACFAST unit is very happy to be a part of social welfare activities.



**NSS volunteers distribute vegetable kits in the adopted village**



**Dr. JEEMON JOSEPH**  
PROGRAM OFFICER  
NATIONAL SERVICE SCHEME  
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## **Cleaning of Road Safety Convex Mirror at Pushpagiri Road**

3rd September, 2021

Better visibility in the road is one of the essential factors for road safety. Many accidents have happened due to lack of proper road visibility. A convex mirror on the road will help the drivers to see the other end of the road clearly. But, it is also important to clean the mirrors frequently. As part of road safety, on 3<sup>rd</sup> September 2021, NSS MACFAST unit volunteers cleaned the convex mirror located nearby the Pushpagiri medical college hospital as the mirror was not clearly visible due to overgrown bushes and creepers. This mirror is a great help for those who drive to the hospital, especially ambulances. Hence, 10 NSS volunteers under the leadership of programme officer Dr. Jeemon Joseph and local ward councillor Ms. Sheeja Karimbunkalayil, cleaned the mirror. The volunteers were privileged to serve the society through this endeavour.



**NSS volunteers at the Cleaned Road Safety Mirror**



**Dr. JEEMON JOSEPH**  
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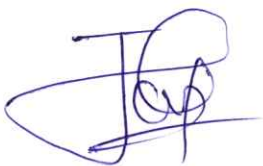
## Noon Meal Distribution Programme

10th September, 2021

Food and shelter are the basic needs of a human being and it should be provided for everyone in the society. So, as part of serving our fellow beings, on 10<sup>th</sup> September, 2021, NSS MACFAST unit initiated a Lunch Distribution at Taluk Hospital, Tiruvalla. 15 NSS volunteers under the leadership of our programme officer, Dr. Jeemon Joseph visited the hospital and distributed around 20 lunch boxes and snacks. The experience at the hospital was a great lesson to all volunteers. NSS MACFAST UNIT is proud for serving the society in all ways.



**NSS volunteers distribute noon meal to patients at Taluk Hospital, Tiruvalla**



**Dr. JEEMON JOSEPH**  
PROGRAM OFFICER  
NATIONAL SERVICE SCHEME  
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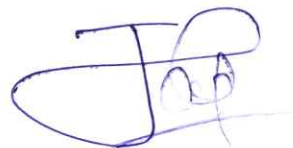
## Cleaning of Public Road at Adopted Village

24th September, 2021

Cleanliness is an important factor in the development of a place or a village. Being a public utility, roads deserve more cleanliness than anything else. NSS MACFAST unit observed that the roads of our adopted village are becoming worse due to overgrown weeds on both sides of the road. So, on 24<sup>th</sup> September 2021 during the afternoon session, 8 NSS volunteers under the leadership of our program officer Dr. Jeemon Joseph cleaned the road in the adopted village. The villagers were encouraged by our activity and they too were motivated. We were happy that we could change the face of our adopted village through our simple cleaning campaign.



**NSS volunteers engaged in cleaning the road in the adopted village**



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



## Noon Meal Distribution at Thiruvalla Taluk Hospital

8<sup>th</sup> Oct, 2021

Providing food is considered as the most valuable and virtuous thing in our life. As part of feeding our fellow beings, on 8<sup>th</sup> October 2021, NSS MACFAST unit distributed lunchboxes in Tiruvalla Taluk Hospital under the supervision of our programme officer, Dr. Jeemon Joseph. 15 NSS volunteers distributed around 25 lunchboxes in the different wards and hospital premises. These volunteers witnessed the thankful eyes of the needy people by sharing the meals.



**NSS volunteers distribute food at Taluk hospital Tiruvalla**



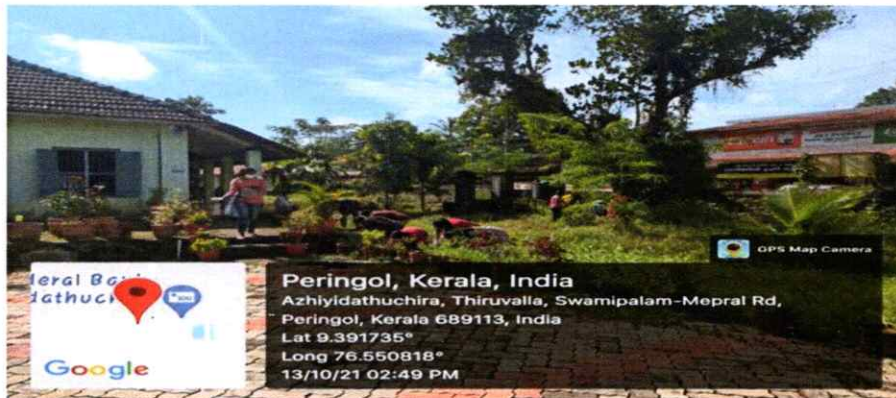
**Dr. JEEMON JOSEPH**  
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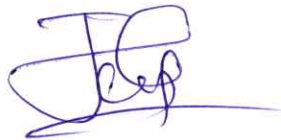
## Cleaning of Government School at Azhiyadathchira

13<sup>th</sup> Oct, 2021

COVID-19 Pandemic has badly affected the equilibrium of our environment and our life. The pandemic caused a big change in the educational sector where students are forced to stay at home and attend classes through online mode. The school and college premises are left behind and almost forgotten for about half and a year. As part of reopening of schools, the Government of Kerala started the process of cleaning and sanitizing the school premises. So, as part of serving our fellow beings, on 13<sup>th</sup> October 2021, NSS MACFAST unit cleaned and sanitized the GOVT School Azhiyadathchira, Tiruvalla. 45 NSS volunteers went to the school and cleaned the class rooms and compound wall of the school. NSS MACFAST unit actively participated in the cleaning process. They also cleared the bushes and wild plants present in the ground. The volunteers were motivated to work towards Gandhiji's dream of building a clean India.



**NSS volunteers sanitizing the Govt. School Azhiyadathchira, Tiruvalla**



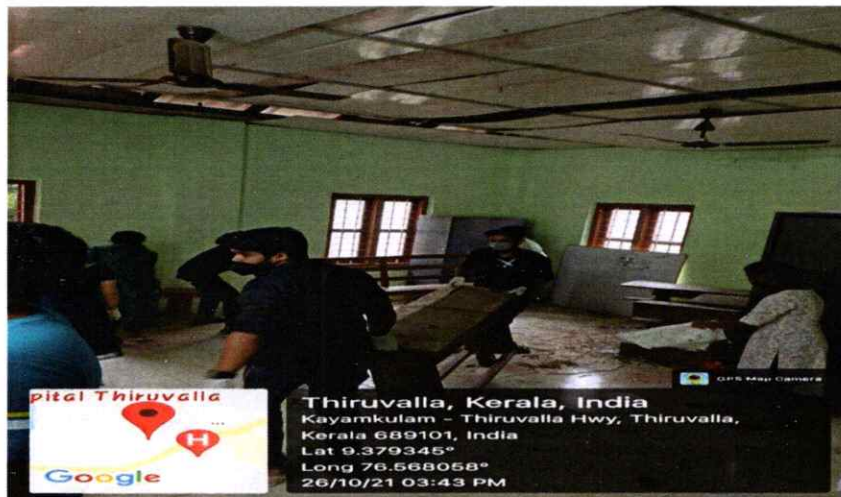
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PROGRAM OFFICER  
NATIONAL SERVICE SCHEME  
MACFAST  
THIRUVALLA- 689 101**



## Cleaning of Government DIET Model School, Thiruvalla

26<sup>th</sup> October, 2021

Covid-19 pandemic has affected the educational sector of our country. The students are forced to attend online classes for their safety. As part of the reopening the schools and colleges they are to be cleaned and sanitized for ensuring safety of the students and teachers. Accordingly, NSS MACFAST unit cleaned and sanitized the DIET Government Model School, Tiruvalla. 45 NSS volunteers went to the school and cleaned the class rooms, lab and the school compound. The clean-up involved removing weeds and sweeping the entire area. All sources of stagnant water such as tyres, plastic cups, coconut shells, plastic bottles, broken pots, etc were removed from the school premises and surroundings. By doing such activities each of the volunteers are being more socially active and are willing to serve the society in their needs.



**NSS volunteers sanitizing the DIET Govt Model School, Tiruvalla**



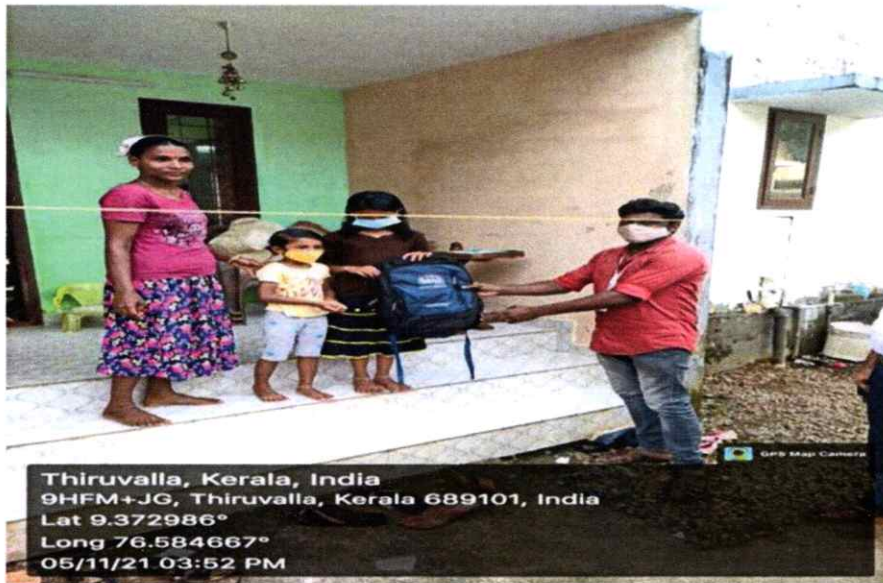
**Dr. JEEMON JOSEPH**  
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## Distribution of School Bags to Students at Adopted Village

5th November, 2021

Every student needs to have a good school bag to carry their books to school. A lot of students around us cannot even afford a school bag. Everyone is responsible to help and support our fellow beings in their needs. So, as a part of serving our fellow beings, the NSS MACFAST unit initiated a bag distribution program under the banner of “Padanasahai” project. 21 NSS volunteers under the leadership of our program officer Dr. Jeemon Joseph visited the village and distributed school bags. The beneficiaries included students of the adopted village.



**NSS volunteers distribute school bags to children in the adopted village**

  
**Dr. JEEMON JOSEPH**  
PROGRAM OFFICER  
NATIONAL SERVICE SCHEME  
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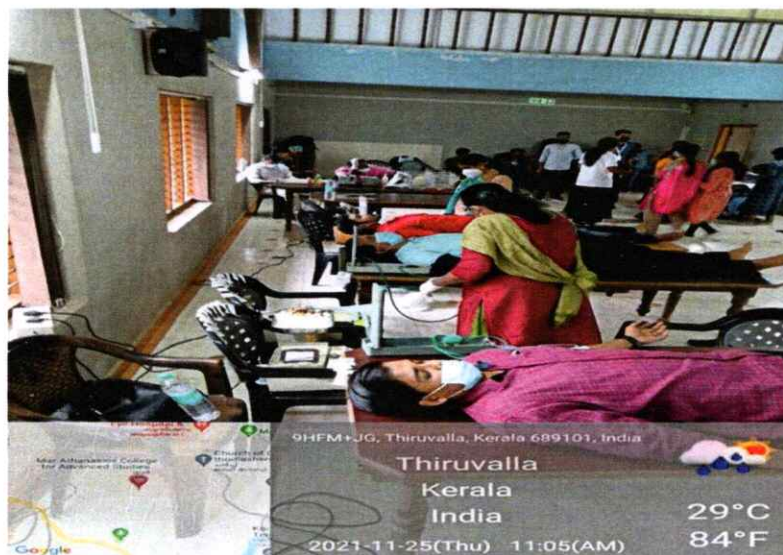




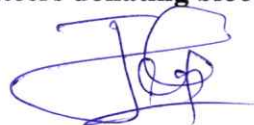
## Blood Donation Camp

25th November, 2021

By donating blood, we will be able to save the lives of people who are in need of blood. By organising blood donation camps, we will be able to control shortage of blood to some extent in the hospitals. There is no substitute for human blood. Each day, thousands of people need donated blood and blood products to keep them in good health or allow them to stay alive. So, as part of serving our fellow beings, NSS MACFAST unit decided to conduct a blood donation camp on 25<sup>th</sup> November 2021, in collaboration with the HDFC bank at MACFAST. 40 NSS volunteers participated in the camp where 30 participants donated their blood at the camp. Certificates were also given to those who donated blood at the event. It also becomes a motivation for others to do it so.



**NSS volunteers donating blood at the blood donation camp at MACFAST**



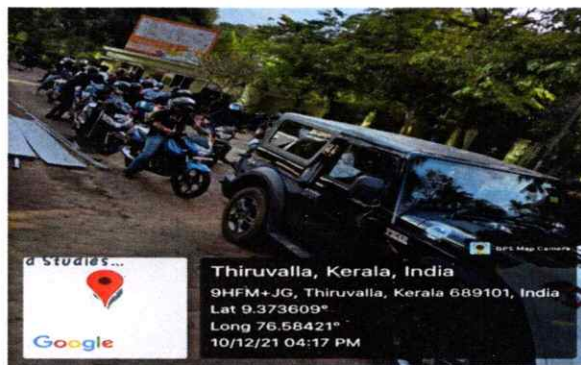
**Dr. JEEMON JOSEPH  
PROGRAM OFFICER  
NATIONAL SERVICE SCHEME  
MACFAST  
THIRUVALLA- 689 101**



## “Say No to Drugs”: Anti-Narcotics Awareness Campaign

10th December, 2021

Drug abuse and consumption of alcohol is ruining the young generation of the state. Even though efforts are on to wean away the youth from the twin evils, lack of will power among addicts and inadequate family support is coming in the way of their proper rehabilitation. An initiative to make them aware of the consequences of such activities is the need of the hour. Accordingly, the NSS MACFAST unit conducted an anti-narcotic bike rally in the Tiruvalla town. Principal Fr. Dr. Cherian J Kottayil flagged off the anti-narcotics awareness rally after the facilitation by Ms. Sheeja, Municipal Councillor. 50 students led by Dr. Jeemon Joseph, Programme Officer participated in the rally with a pilot jeep in the front carrying anti-narcotics banners. Students wore black dresses and pink ribbon in the hands and they were holding antinarcotics placards during the rally. The bike rally gave a strong message to the public especially to the young generation. Also, it reminded all the students that they should never go behind these destructive habits.



### NSS volunteers before the Bike Rally for Anti-Narcotics Campaign at MACFAST

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

**Dr. JEEMON JOSEPH**  
PROGRAM OFFICER  
NATIONAL SERVICE SCHEME  
MACFAST  
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National Service Scheme (NSS) Unit  
MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA  
(MACFAST)  
Thiruvalla - 689101



# **Extension Activity Report**

## **NSS**

**2019 - 2020**



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## 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  
ദത്തെമുലകോശമാന 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

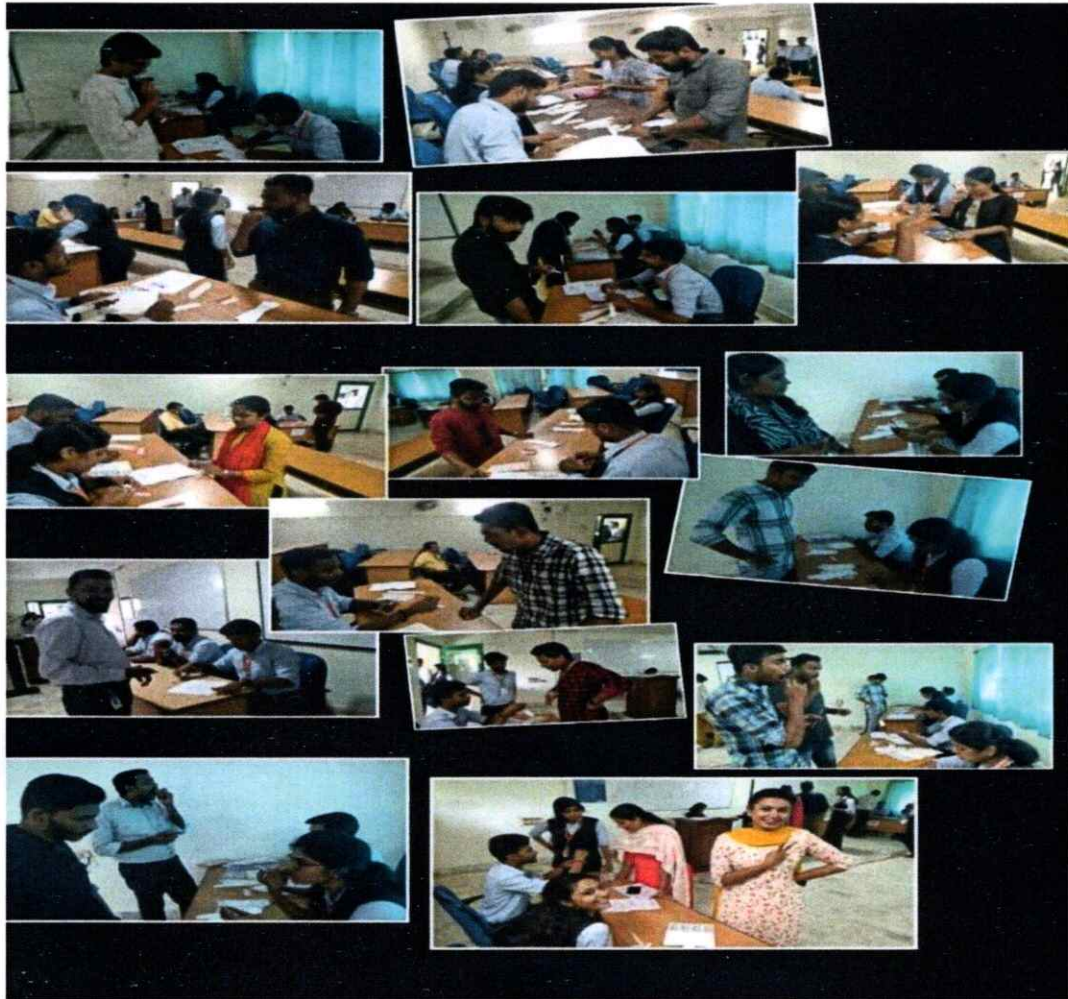
Time : 10.00 am - 4.00 pm

Brochure for the stem cell donation registration camp





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





## Noon meal program for patients at Taluk hospital

25<sup>th</sup> July, 2019

On 25<sup>th</sup> 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







## Cleaning of the Thiruvalla railway station road

30<sup>th</sup> July 2019

The MACFAST NSS unit conducted a cleaning activity as part of the Swachh Bharath mission on 30<sup>th</sup> 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.





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



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



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

6<sup>th</sup> 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.



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

Dr. JEEMON JOSEPH  
PROGRAM OFFICER  
NATIONAL SERVICE SCHEME  
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## Food kit distribution and flood relief activities at the adopted village

13th October 2019

On 13<sup>th</sup> 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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(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.

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  
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(MACFAST)  
Thiruvalla - 689101



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

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







## 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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(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



## Campaign for Plastic-free Environment at Thukalassery

21<sup>st</sup> December 2019

On 21<sup>st</sup> 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.



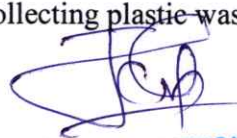
NSS volunteers with the plastic waste they collected from the college vicinity.



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



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

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



## Lifestyle diseases and organic vegetable gardening awareness campaign

23-12-2019

On 23<sup>rd</sup> 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 24<sup>th</sup> 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.

*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





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(MACFAST)  
Thiruvalla - 689101



# Extension Activity Report

## NSS

### 2018-19





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## Cleaning activity at Manakkachira Tourism Project field

21<sup>st</sup> December, 2018

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



NSS volunteers cleaning the Manakkachira Tourism Project.



NSS volunteers collectively engaged in cleaning activities.

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

A handwritten signature in blue ink, likely belonging to Dr. Jeemon Joseph, the Program Officer.



National Service Scheme (NSS) Unit  
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(MACFAST)  
Thiruvalla - 689101



NSS volunteers jointly remove the garbage from the Manakkachira site.

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



## Cleaning of Flood Affected Areas

22<sup>nd</sup> December, 2018

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



NSS volunteers cleaning the cupboard of a flood affected house.



NSS volunteers cleaning the front of a flood affected house.



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NSS volunteers interacting with the inmates of the relief camp.

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





## Distribution of Tree Saplings on World Environment Day

5th June 2018

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



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





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(MACFAST)  
Thiruvalla - 689101



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

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





## 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.

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



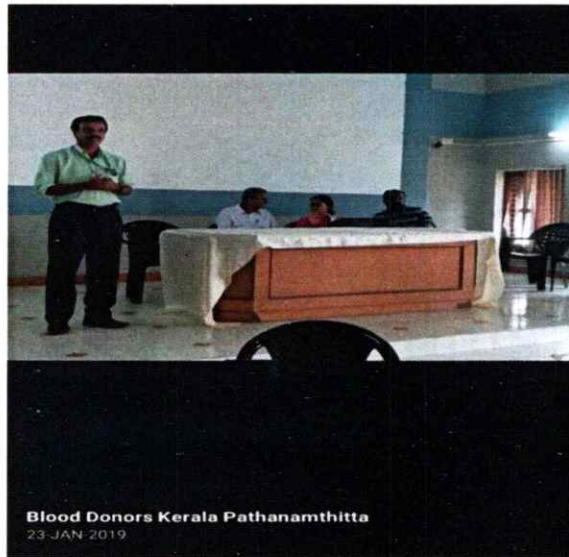




## Blood donation camp at NSS Unit MACFAST

23 January 2019

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



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

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





National Service Scheme (NSS) Unit  
MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA  
(MACFAST)  
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A NSS volunteer donating her blood.



A NSS volunteer donating her blood.



  
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



# Extension Activity Report

## NSS

2017-18



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## 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 4<sup>th</sup> to 9<sup>th</sup> 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



*Handwritten signature and text:*  
Steples Jayal  
Program off. in



ഹൊത്താഗാന്ധി സർവ്വകലാശാല  
 കോട്ടയം ജില്ലാ  
 ജൈവ സാക്ഷരതാ യജ്ഞം  
 ആഗസ്റ്റ് - ഡിസംബർ 2017

Jain  
 NSS

അഭിനവനം • ജൈവജീവനം • സുസ്ഥിരജീവനം  
 പരിസ്ഥിതി • സമത്വം • സമാധാനം

**വീവര ശേഖരണ ഫാറം**

**കുടുംബത്തെ സംബന്ധിച്ച പൊതുവീവരങ്ങൾ**

ഗൃഹനാഥന്റെ പേര് : ജിജി രാമചന്ദ്രൻ

വീട്ടുപേര് : കുടുംബത്തിൽ

തദ്ദേശ സ്വയംഭരണ സ്ഥാപനം : പഞ്ചായത്ത് / മുനിസിപ്പാലിറ്റി

വാർഡ് നമ്പർ : 6

വീട്ടിലെ അംഗങ്ങളുടെ എണ്ണം : 4

സ്ത്രീകൾ : 2

പുരുഷന്മാർ : 2

കുട്ടികൾ : 1

ഗൃഹനാഥന്റെ തൊഴിൽ : കർഷകൻ

ജോലിയുള്ള മറ്റ് കുടുംബാംഗങ്ങൾ എത്ര : 1

**ജൈവ കൃഷിയെ സംബന്ധിച്ച വീവരങ്ങൾ**

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

വിലക്കൊടുത്തു വാങ്ങുന്ന പച്ചക്കറികളിലെ കീടനാശിനികളെ പറ്റി താങ്കൾ ബോധവാനാണോ :  ഉണ്ട് /  ഇല്ല

പച്ചക്കറികൾ കൃഷി ചെയ്യാൻ താൽപര്യം ഉണ്ടോ :  ഉണ്ട് /  ഇല്ല

ജൈവ കൃഷിയെപ്പറ്റിയും ജൈവ പച്ചക്കറികളെപ്പറ്റിയും അറിവുണ്ടോ? :  ഉണ്ട് /  ഇല്ല

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അഭിപ്രായങ്ങൾ:

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സമയം : പേര് : (Signature)

തീയതി : സ്ഥലം : (Signature)

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





## Cleaning of Government Higher Secondary School, Kuttoor, Thiruvalla

4<sup>th</sup> to 9<sup>th</sup> 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 4<sup>th</sup> to 9<sup>th</sup> 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



*Stephen James*  
Program Officer



## Blood Donation Camp

11<sup>th</sup> October, 2017

In association with the HDFC bank and the District Hospital Pathanamthitta, the MACFAST NSS unit organized a blood donation camp on 11<sup>th</sup> 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**



*Handwritten signature: Rev. Fr. Pradeep Vazhatharamlayil*

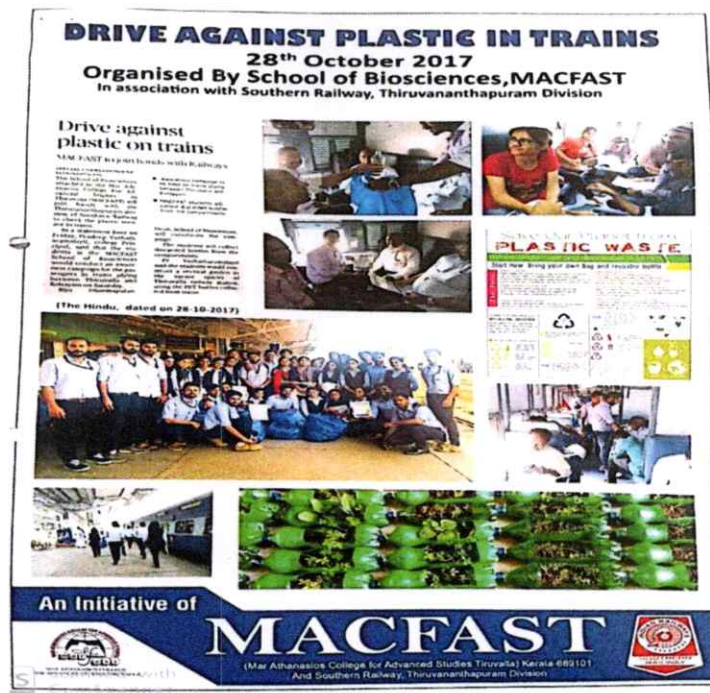




## Plastic Awareness and Collection Campaign in Trains

28<sup>th</sup> 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 28<sup>th</sup> 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



*Handwritten signature and text:*  
 Biju Dharmapalan  
 Head of Department  
 School of Biosciences



## Cleaning Campaign at Sabarimala - Poonkavanam Poonkavanam 2017

15<sup>th</sup> to 19<sup>th</sup> 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 15<sup>th</sup> to 19<sup>th</sup> 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



*Handwritten signature and name: Stephen Sanyal*



Faculty members and students at the Sabarimala site



Faculty members and students at the Sabarimala site



*Handwritten signature of the NSS Unit in blue ink.*



National Service Scheme (NSS) Unit  
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(MACFAST)  
Thiruvalla - 689101



**NSS volunteers talking to pilgrims on harmful effects of plastics**



*Stephan Jany  
Programs Officer*



National Service Scheme (NSS) Unit  
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(MACFAST)  
Thiruvalla - 689101



# **Extension Activity Report**

## **NSS**

### **2016-17**



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## 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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Thiruvalla - 689101



Participants consulting at the free medical camp





## Blood Donation Camp

1<sup>st</sup> December 2016

NSS unit MACFAST hosted a blood donation camp in association with the Red Ribbon Club and HDFC bank on 1<sup>st</sup> 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

23<sup>rd</sup>- 29<sup>th</sup> 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 23<sup>rd</sup> to 29<sup>th</sup> 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

12<sup>th</sup> 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 12<sup>th</sup> 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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Thiruvalla - 689101



NSS Volunteers engaged in cleaning the Sree Vallabhha pond premises



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



## Renovation work of “Anganavadi”, Thukalassery

20<sup>th</sup> 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 20<sup>th</sup> 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



**Rev. Fr. Pradeep Vazhatharamalayil**  
Principal, MACFAST  
Tiruvalla-689101