



**MACFAST**<sup>TM</sup>  
igniting wisdom since 2001

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

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**BEYOND THE CAMPUS  
ENVIRONMENTAL  
PROMOTIONAL ACTIVITIES**





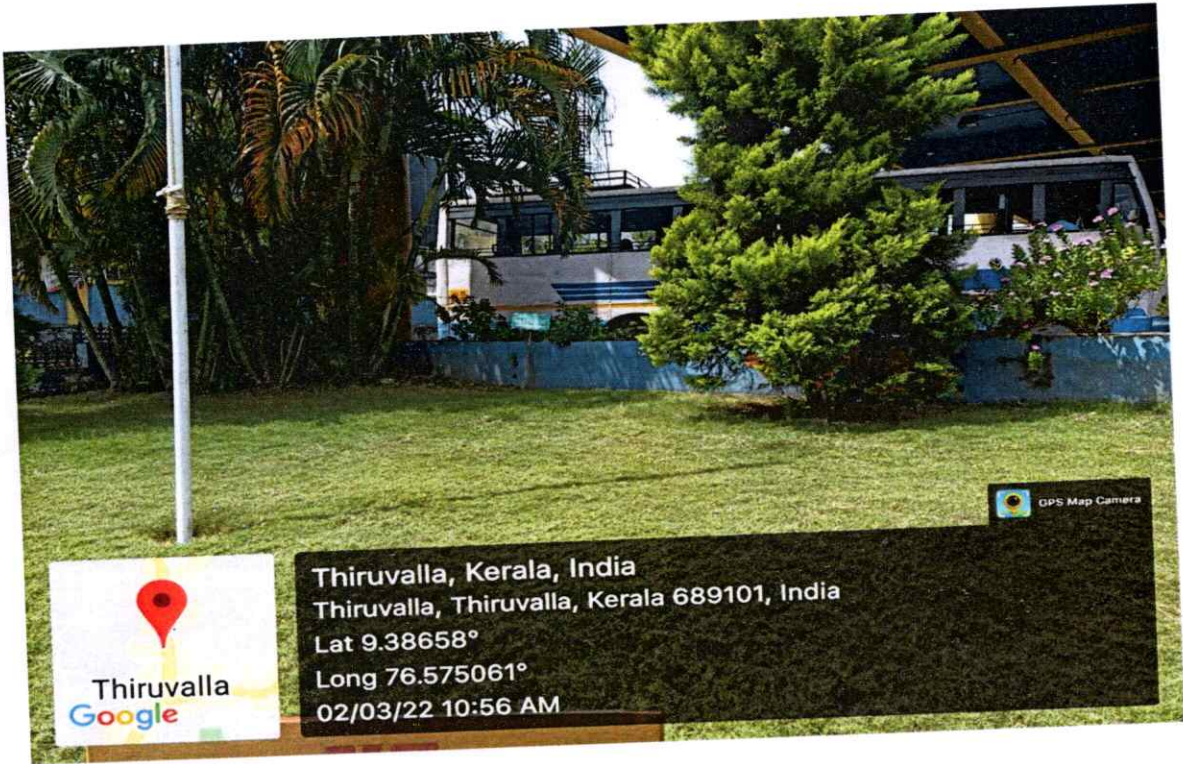
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**ENVIRONMENTAL PROMOTIONAL ACTIVITY**

MACFAST promotes beyond the campus environment promotional activity. The NSS unit of the college organizes various programmes to work towards environmental protection and sustainability. The college properly maintains a lawn in front of the KSRTC Bus Stand, Thiruvalla to spread the awareness about the importance of landscaping.

**Photographs of the lawn maintained by college at KSRTC bus terminal complex**





Thiruvalla, Kerala, India  
Thiruvalla, Thiruvalla, Kerala 689101, India  
Lat 9.38658°  
Long 76.575061°  
02/03/22 10:56 AM



Thiruvalla, Kerala, India  
9HPG+P8R, Thiruvalla, Kerala 689111, India  
Lat 9.386518°  
Long 76.575795°  
02/03/22 10:58 AM



# KERALA TRANSPORT DEVELOPMENT FINANCE CORPORATION LIMITED

A Government of Kerala undertaking  
( A Non Banking Financial Company registered under Reserve Bank of India )



Office of the Assistant Engineer  
KTDFC Maintenance Office  
Level 6<sup>th</sup>(4<sup>th</sup> floor), Space no: U2  
KTDFC Bus Terminal Complex  
Thiruvalla, Pin:689101  
Phone: 0469-2700265  
Email: ktdfc.tvla@gmail.com

Regd Office: Kerala Transport Development  
Finance corporation Limited  
Level 8<sup>th</sup>(6<sup>th</sup> Floor), Trans Towers  
Vazhuthacaud, Thiruvananthapuram  
Pin: 695014  
Phone: 0471-2327881, 2327882  
Email: bot@ktdfc.com

No: KTDFC/MACE/TVLA/2021/General

Date: 17/12/2021

## TO WHOM IT MAY CONCERN

This is to certify that the lawn at the KSRTC Bus Terminal Complex, Thiruvalla is well maintained by under the supervision of MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES, THIRUVALLA (MACFAST).

Yours faithfully

  
Assistant Engineer(Mace)

KTDFC Maintenance Office  
4th Floor, KSRTC, BUS TERMINAL COMPLEX  
THIRUVALLA

## MEDICINAL PLANTS DISTRIBUTION

The college distributed hundreds of Citrus, Pomegranates and Gooseberry plants as a part of “Arivum Athijeevanavum” (Covid-19 Activities) 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.





# MACFAST

the trendsetter in education

Ref No: 560/2018/MI

**MAR ATHANASIOS COLLEGE FOR  
ADVANCED STUDIES TIRUVALLA**  
ACCREDITED BY NAAC WITH 'A' GRADE  
2<sup>nd</sup> July 2018

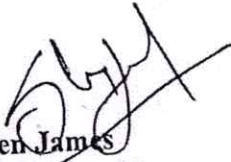
To  
General Convener  
JAIVAM Programme

Sir,

**Sub:** Proposal for institutional cultivation in MACFAST (VJKS) Reg.

Find the attached proposal for NSS Vidyarthi Jaiva Karshaka Samithi(VJKS), Institutional Farming from MACFAST NSS. Kindly consider our proposal.

Yours Faithfully

  
Stephen James  
NSS Program Officer,  
MACFAST



A Minority Institution of the  
Corporate Educational Agency of the  
Catholic Archdiocese of Tiruvalla

M,G University Approved  
Research & Development  
Centre

Courses @ Bio campus  
M.Sc Biochemistry, M.Sc Biotechnology  
M.Sc Bioinformatics, M.Sc Plant Biotechnology  
M.Sc Food Technology & Quality Assurance  
M.Sc Phytomedical Science & Technology

E-mail  
principal@macfast.org  
macfast@macfast.org

Website  
www.macfast.org  
www.macfast.in

KERALA, PIN-689 101, INDIA TEL : 0469 2730300, 2730301, 2730303. FAX: 0469 2730317

PROJECT PROPOSAL

FOR

Vidyarthi Jaiva Karshaka Samithi(VJKS)  
Institutional Farming

N.S.S UNIT (No:124)  
MACFAST  
Thiruvalla

### **College Profile**

MACFAST is a Post Graduate institution started in 2001, with the objective of offering specially designed courses in Biosciences such as Bioinformatics, Biochemistry, Plant Biotechnology, Biotechnology, Food Science and Technology and Phytomedical Science and Technology in addition to MBA and MCA. MACFAST is owned and managed by Corporate Educational Agency of the Catholic Archdiocese of Thiruvalla. The college is affiliated to Mahatma Gandhi University, Kottayam and located in the commercially active town of Thiruvalla. MACFAST owns an on campus Community Radio Station. Radio MACFAST 90.4 is the first on campus Community radio in the State and 46th in the Country. MACFAST College has reached yet another acme by decorating a position of First solar campus in India. It envisages to utilizing alternate sources of energy for a sustainable future. This solar project has a capacity of 30KW and 30-40% of the total energy requirement of the campus

### **N.S.S Unit MACFAST**

MACFAST N.S.S Unit commences its activity in the year 2012. Since its inception it has done various social activities in around Thiruvalla, which include Clean & Green Campaign, War against Drug, Blood Donation Campaign, Plastics Awareness Campaign, and Various cleaning activities in Temples & Nearby places in Thiruvalla. N.S.S Unit of MACFAST has participated in Puniyam Poonkavanam Cleaning project at Sabarimala, during the Mandala Kalam in December 2017. Presently it has a sanctioned strength of one unit.

### **Background**

As part of N.S.S Activities under the direction of N.S.S Coordinator, Mahatma Gandhi University Kottayam, N.S.S of MACFAST has participated Jaivam



Literacy campaign in Payipad Panchayat during the September 2017 during Onam Holidays. During the process 50 N.S.S volunteers had visited more than 2000 houses in Payipad Panchayat and conducted the Jaivam Literacy survey. Most of the Ward members & Asha workers of the ward had helped the students and accompanied them during their visit in the houses of the Payipad Panchayat. The program was a great success with completing the survey in time bound manner. Payipad Panchayat had issued a completion certificate as well for the same.

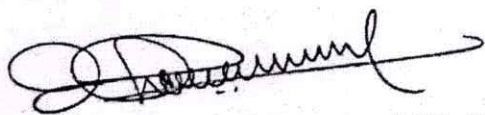
### **Vidyarthi Jaiva Karshaka Samithi (VJKS) Institutional Farming**

As a continuation of the Jaivam Campaign activities and as per the direction of Jaivam Organizing committee, we have decided to have a Vidyarthi Jaiva Karshaka Samithi(VJKS) , to introduce and encourage Jaivam farming among the students. The main focus will be the institutional farming to cultivate an Organic Farm in the MACFAST campus using Jaivam cultivation methods. The main aim of the program is to make involvement for the students in organic farming practices. MACFAST will provide a space for the students of about 12 cents in its campus for the students for the VJKS activities.


#### **Activities Planned**

1. Make an Organic Farm in the land of about 12 cents.
2. Sowing/ planting seeds & seedlings of selected vegetables & fruits
3. Construction of an aquaponics tank
4. Usage of Solar Energy in the farming

Name of Implementing Organization	N.S.S Unit MACFAST(NO : 124)
Contact Person1	Mr. Stephen James N.S.S Program Officer MACFAST 9746935363
Contact Person2	Rev. Dr. Cherian J Kotayil Principal MACFAST 0469 2730303
Contact Address	MACFAST Tholasserry Thiruvalla 689101 0469 2730301
Location of Project	MACFAST Campus
Total Area ear marked for the project	12 cents
Participants	Students & N.S.S Volunteers
Monitoring Authority	Jaivam Cell, M.G. University



Rev. Dr. Cherian J Kotayil  
Principal  
MACFAST



Stephen James  
N.S.S Program Officer  
MACFAST



## **Punyam Poonkavanam**

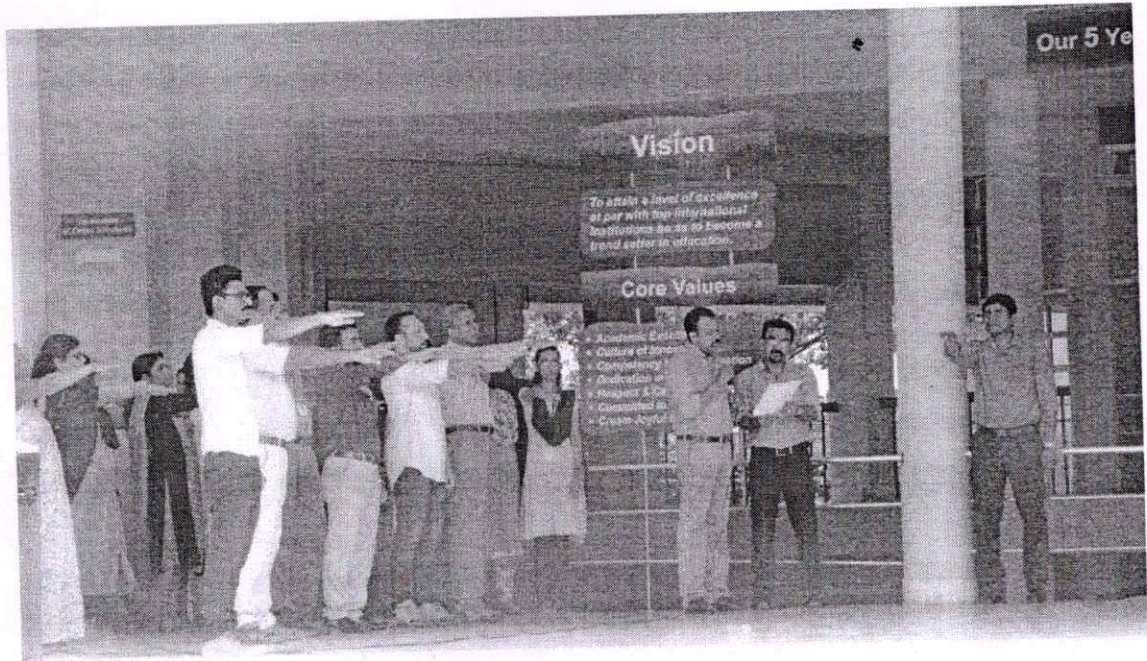
As part of our extension programme, the students and faculties of MACFAST participated in 'Punyam Poonkavanam'. The objective of this programme is to keep Sabarimala Clean, Green, save Forest, save Wild Life, use Dust Bins and avoid plastics. This campaign is an initiative of the Kerala Police which intends to promote awareness among the devotees on not to bring plastic wastes and to abstain from dumping it at Sabarimala. The programme is coordinated by Kerala Police in association with MACFAST, National Service Scheme (NSS) unit of MACFAST and forestry club during "Mandala Kalam" (15-12-2017 -19-12-2017)



മലങ്കര കത്തോലിക്കാ സഭ പത്തനംതിട്ട രൂപതയുടെ കോ അഡ്ജന്റർ ബിഷപ്പ് ഡോ. സാമുവേൽ മാർ ഐറേനിയോസ് തണൽ വൃക്ഷത്തെ നടു ന്നു.

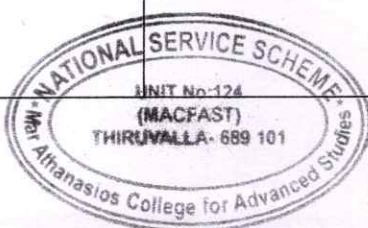


തിരുവല്ല മാക്ഡൊസ്റ്റ് കോളജിലെ വിദ്യാർത്ഥികൾ ഓയിൽവേ സ്റ്റേഷനിൽ വൃക്ഷത്തെകൾ വിതരണം ചെയ്യുന്നു.



## NSS Report for the year 2018-19, 2019-20, 2020-21

Sl. No	Event/ Day	Date	Report
1	National Handloom Day-Kaithari	7/8/2018	All members attended the meeting by wearing "Kaithari" dress. By this the importance of "Kaithari" was highlighted among students.
2	NSS golden Jubilee year day celebrations	24/9/2018	The message was delivered by Principal, Fr. Dr. Cherian J Kottayil in the meeting presided by the NSS program officer. Fr. Dr. Cherian J Kottayil emphasised the duties and responsibilities of an NSS volunteer for the society in his message.
3	Movie "Samaksham" produced by MGU	28-11-2018	This movie was exhibited to more than 300 students of MACFAST. The theme of the film was organic cultivation.
4	Special camp "Sukrutham" at MGM higher Secondary School Tiruvalla	21-12-2018 – 27-12-2018	The 7 days special camp consisted of cleaning public places, flood relief activities and discussions of rebuilding Kerala
5	Creation of organic vegetable garden at NSS unit	01-04-2019	NSS volunteers created an organic vegetable garden inside the campus to propagate the importance of organic vegetables to the public. The function was inaugurated by Mr.Rajesh, a state award winner for the best farmer.
6	Project "Happines"	06-04-2019	This training session was conducted on the need caring the old aged and isolated persons in the society. Two NSS



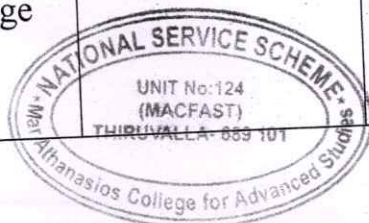
			volunteers attended the meeting at IHRD engineering college Adoor.
7	Hair donation camp	11-04-2019	10 girl students donated hair for the cancer patients. The activity was conducted in association with "Taura". The donation was a source of motivation for others.
8	Environment Day Celebration by planting trees	07-06-2019	A total of 150 trees was planted in public places, MACFAST campus by NSS volunteers. The plants were distributed by the Dept. of Agriculture of Tiruvalla.
9	Project "Harithamritham" – 1st rejuvenation of the vegetable garden	15-07-2019	The existing vegetable garden at MACFAST was rejuvenated by the student volunteers.
10	Counselling by Kerala AIDS society at NSS Unit, MACFAST	21-07-2019	A session was conducted for reducing the stress of students who are weak in studies and physical activities. Around 20 students benefitted from the camp.
11	Stem cell donation registration camp	24-07-2019	The camp was organized in association with "Dhatri" under the leadership of Dr. Athulya. The importance of sharing stem cells was explained by Fr. Dr. Cherian Kottayil. The ease of the task was explained in the session.



12	Noon meal program for patients at Taluk hospital	25/7/19	Lunch was provided to outpatients at Tiruvalla Taluk hospital to nearly 105 people for this meal programme.
13	"Swach Bharaat" project at NSS Unit, MACFAST	30-07-2019	A cleaning campaign was organized by NSS unit. The nearby places of Tiruvalla railway station and the collected garbage was handed over to the municipality.
14	Dental Camp at NSS Unit, MACFAST	06-08-2019	The free dental care camp was organized in association with PIMS R&C Medical college hospital at MACFAST. 250 persons identified dental conditions at the camp. The team headed by Dr. Shaji from PIMS, Tiruvalla led the camp.
15	Onam Celebration with charity activities at NSS Unit, MACFAST	06-09-2019	The whole MACFAST family celebrated Onam with the old age home inmates from Kunnamthanam, and the members of the adopted village- Njvanamkuzhi. Around 20 members were present from both groups.
16	Gandhiji memorial Seminar at NSS Unit, MACFAST	20-09-2019	The seminar was inaugurated by Dr. C Thomas Abraham, former NSS coordinator MG University. The function was welcomed by Fr. Dr. Cherian J Kottayil and Dr. Thomas spoke on human metamorphosis in this seminar.



17	Free Medical camp for adopted village – “Njavanamkuzhy” members at NSS Unit, MACFAST	01-10-2019	Five members of the adopted village were present for testing their blood, pressure and sugar. This free medical camp was organised in association with Pushpagiri Medical college, Thiruvalla.
18	150th “Gandhi Jayanti” Celebration at NSS Unit, MACFAST by planting of trees	02-10-2019	MACFAST volunteers celebrated the 150th Gandhi Jayanti by planting trees in their home premises and public places as well. On the day, nearly more than 350 trees were planted.
19	Food kit distribution for flood relief activities at the adopted village – “Njavanamkuzhy”	13-10-2019	NSS volunteers distributed food and flood relief activities for affected people at “Njavanamkuzhy”.
20	Food commodity distribution to Waynad for flood relief - Phase 1	14-10-2019	NSS volunteers distributed food and flood relief activities for Waynad district through <b>District Institute of Education and Training (DIET)</b> , Tiruvalla. Food and items worth 55,226 were distributed in the first phase.
21	Emergency Medical Assistance coaching in association with PIMS R&C Medical College Hospital at “BODANA”	15-10-2019	The camp was conducted at 2.00 PM at Mar Thimodeous jubilee Auditorium, BODHANA. The camp was led by Dr. Rony Thomas, Puspagiri Medical College. The focus of the camp was to impart the first aid measures to be

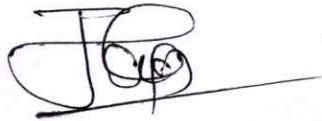




			administered for road accidents, burns, snake bites and drowning.
22	Food commodity distribution to Waynad for flood relief – Phase 2	19-10-2019	NSS volunteers distributed food and flood relief activities for Waynad district through <b>District Institute of Education and Training (DIET)</b> , Tiruvalla. In the 2 <sup>nd</sup> phase (19-10-2019) materials worth 18,000 were distributed.
23	Blood donation camp at NSS Unit, MACFAST	12-11-2019	The camp was conducted at the conference hall of MACFAST. The programme was sponsored by HDFC bank, Tiruvalla. 25 persons including MACFAST faculty members donated blood for the camp. Certificates were issued for participants.
24	Noon meal program for patients at Taluk hospital	10/12/2019	Lunch was provided to outpatients at Tiruvalla Taluk hospital to nearly 105 people for this meal programme.
25	Seven days special camp "Suvarnam" at St. Thomas Higher Secondary School, Eruvallipara,	20-12-2019 to 26-12-2019	The special camp focussed on 5 major areas viz: 1. health awareness 2. planting of trees 3. prevention of lifestyle diseases 4. Awareness on the consequences of drug usage, alcoholism and tobacco usage. 5. Plastic free



			<p>“Tholassery”.</p> <p>The valedictory function of the camp was chaired by Dr. Vinay Goyal, IAS , Sub collector, Pathanamthitta.</p>
26	Awareness program on “Covid free kerala – challenges and precautions”	19-03-2021	The seminar was led by Dr. Philip Mathew, Associate Professor, Dept. of Community Medicine, Puspagiri Medical College, Tiruvalla. The audience cleared their doubts in the question answer session.
27	Cleaning of public roads	30-03-2021	Students cleaned the approach road near MACFAST by cleaning mud, slit and sand from the road.



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

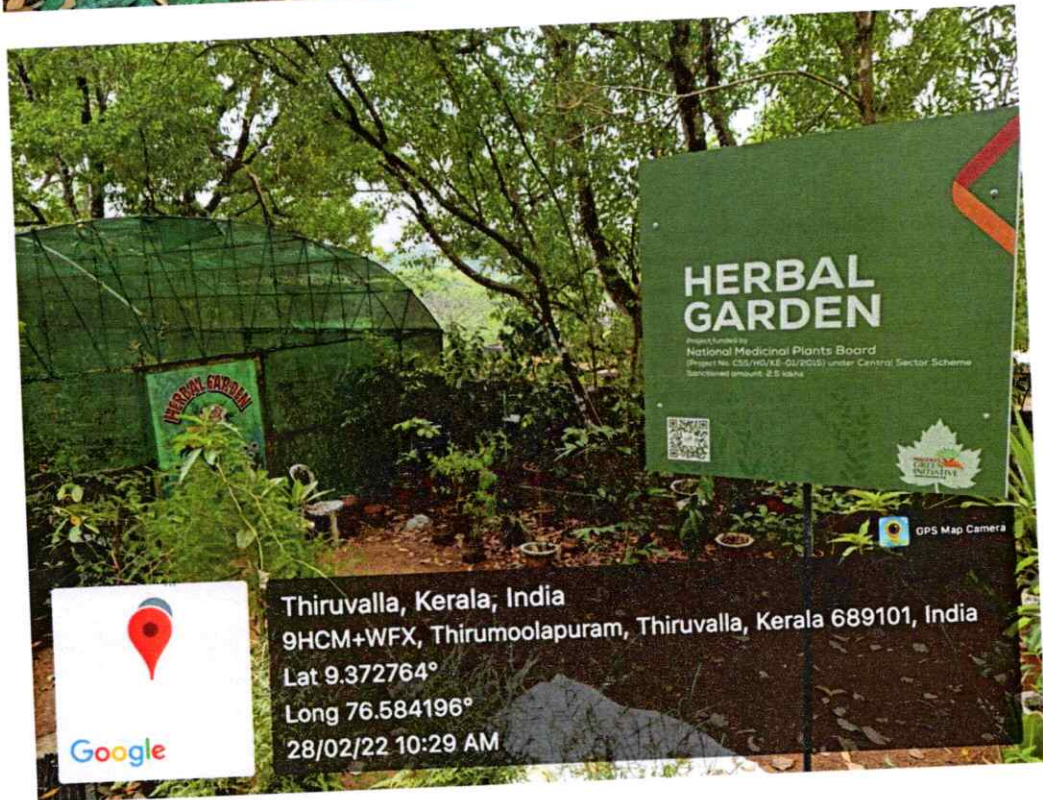


## HERBAL GARDEN

The Herbal Garden maintained by the college serves the purpose of education, research and conservation of germplasm of medicinal and aromatic plants, wide varieties of endangered species, dye-bearing plants and other species of ecological or economic interests. By maintaining the Herbal Garden, the College help young generation to learn the fascinating world of herbal plants. At present more than 500 indigenous medicinal plants, including rare and endangered species are maintained in the garden. The herbal garden of the college is funded by National Medicinal Plant Board. The garden is now maintained by the institute with sustainable garden management. Student interns help in the maintenance of herbal garden and that creates an opportunity for experimental learning on weeding, planting, supplying nutrition, creating garden beds and maintaining plants. Weekly allocation of green hour in the curriculum also helps the students to enhance the activities related to herbal garden.

### Photographs of herbal garden in the college





Photographs of Green & Energy Audit conducted in the campus



