



MACFASTTM
Igniting wisdom since 2001

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

**HEALTH AND ENVIRONMENTAL
AWARENESS**

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.



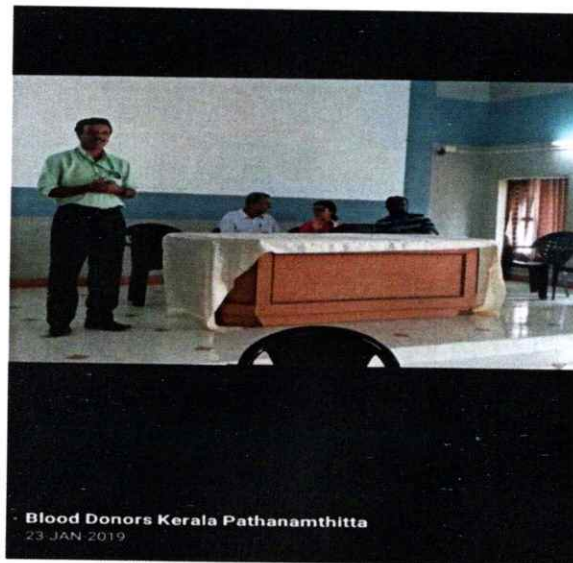
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Blood donation camp at NSS Unit MACFAST

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.

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.



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
രക്തമൂലകപുരോഗമ 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!

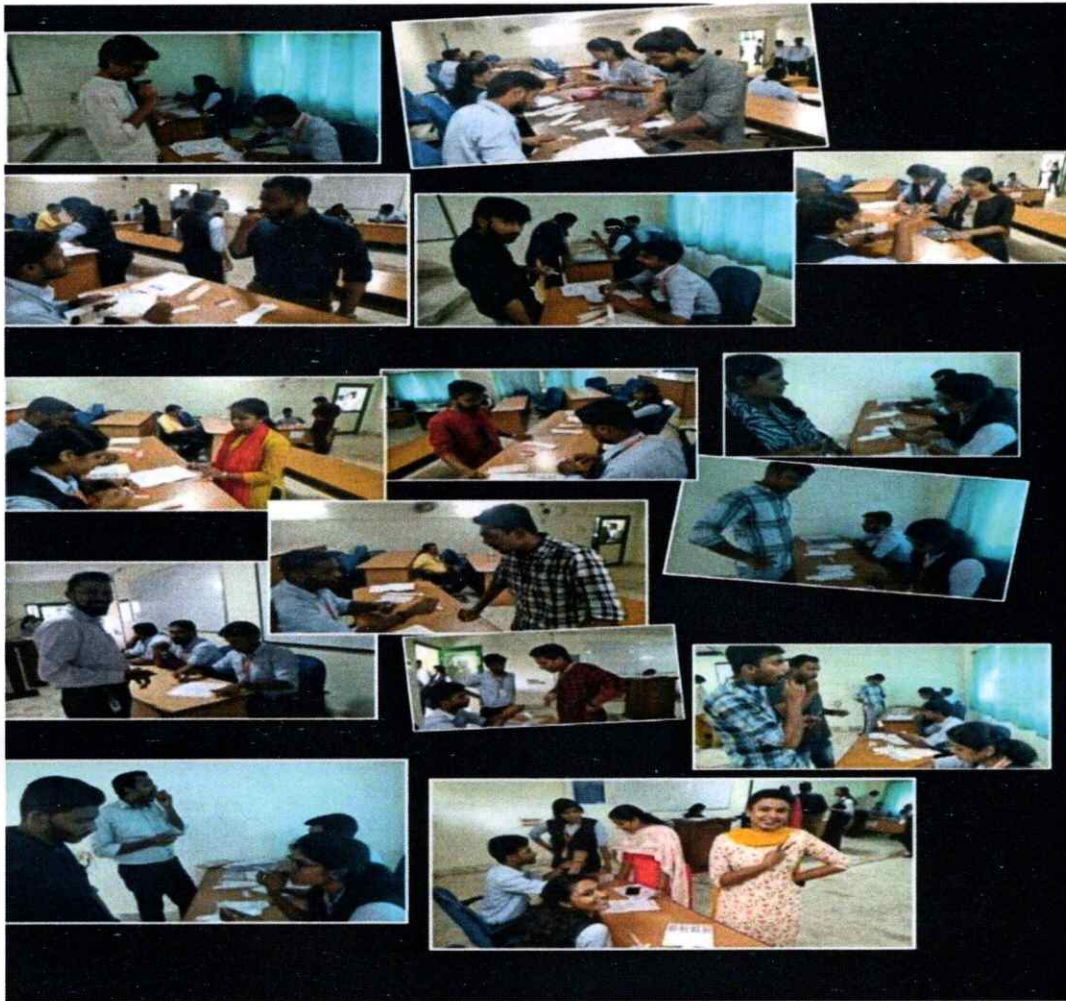
Conducting by: DATRI's Blood Stem Cell Donors Registry

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



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



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



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 Vallabhha 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.

Renovation work of “Anganwadi”, 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 “Anganwadi” premises



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NSS volunteers cleaning the "Anganvadi" premises in groups

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



ഹോസ്താതാസി സർവ്വകലാശാല
 കോട്ടയം ഷീല്പാ
 ജൈവ സാക്ഷരതാ യജ്ഞം
 ആഗസ്റ്റ് - ഡിസംബർ 2017

Jain
 NSS

അരിവീരൻ • ജൈവവീരൻ • സുസ്ഥിരവീരൻ
 പരിമലേശ്വരൻ • ശബരീകൃഷ്ണൻ

വിവര ശേഖരണ ഫാറം

കുടുംബത്തെ സംബന്ധിച്ച പൊതുവിവരങ്ങൾ

ഗൃഹനാഥന്റെ പേര് : ജിജു തിരുമിഴിയം

വീട്ടുപേര് : കുടുംബത്തു

തദ്ദേശ സ്വയംഭരണ സ്ഥാപനം : പഞ്ചായത്ത് / മുനിസിപ്പാലിറ്റി

വാർഡ് നമ്പർ : 6

വീട്ടിലെ അംഗങ്ങളുടെ എണ്ണം : 4

സ്ത്രീകൾ : 2

പുരുഷന്മാർ : 2

കുട്ടികൾ : 1

ഗൃഹനാഥന്റെ തൊഴിൽ : മുതിർന്ന

ജോലിയുള്ള മറ്റ് കുടുംബാംഗങ്ങൾ എത്ര : 1

ജൈവ 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

ജൈവ കൃഷിയെപ്പറ്റിയും ജൈവ പച്ചക്കറികളെപ്പറ്റിയും അറിവുണ്ടോ? : ഉണ്ട് / ഇല്ല

ജൈവ കൃഷി ചെയ്തിട്ടുണ്ടോ? : ഉണ്ട് / ഇല്ല

ജൈവ 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



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



Cleaning Campaign at Sabarimala - Punyam 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 'Punyam 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 'Punyam 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

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.

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.

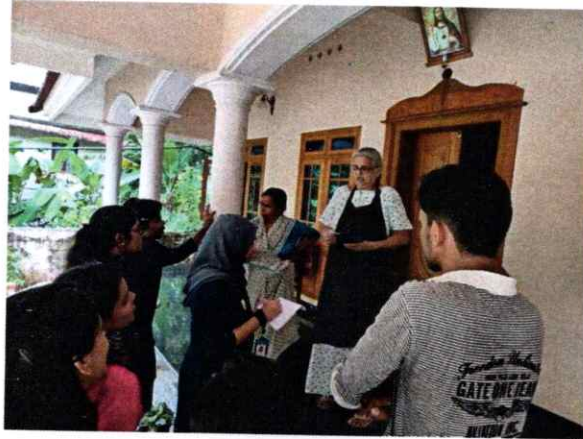
As part of Phase II, on 24th December 2019, 60 NSS volunteers conducted an awareness programme on lifestyle diseases. As part of this, students divided into 10 groups and visited 10 nearby areas and gave classes about the foods causing lifestyle diseases & its impact.



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.



Photo collage showing different views from the awareness campaign.

Cleaning activity at Manakkachira Tourism Project field

21st 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.



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NSS volunteers jointly remove the garbage from the Manakkachira site.

Cleaning of Flood Affected Areas

22nd December, 2018

On 22nd 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.



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 students distributing plant saplings at Tiruvalla KSRTC Main Bus Station.