

# ST. THOMAS COLLEGE

Ranni, Pathanamthitta, Kerala – 689673 ACCREDITED BY NAAC WITH 'B' GRADE

3.4.3: Number of extension and outreached Programmes conducted by the institution through organised forums including NSS / NCC with involvement of community

**REPORTS** 

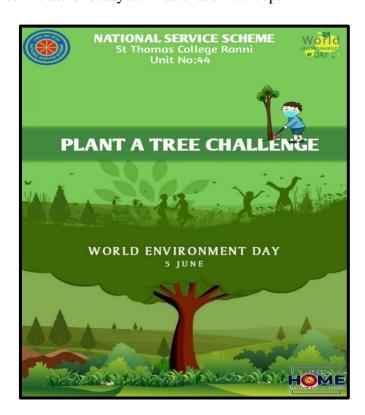
2021 - 2022

**CRITERION: 3** 

RESEARCH, INNOVATIONS AND EXTENSIONS

Name of the Activity	Plant a Tree Challenge
Academic Year	2021-2022
Organizing /	NSS Volunteers and Community
Collaborating agency	
Beneficiaries	Community
Date/ Duration	05.06.2021
No. of Staff	02
No. of Students	100

In order to practice the Theme of the National Environmental Day 2021, "The Ecosystem restoration", the NSS volunteers took a challenge to Plant a tree at home and neighbourhood home as an extension activity during the Covid pandemic period. Each NSS Volunteers planted 5 fruit trees at their own home or in the neighbourhood home. Thus the planting tree challenge was a great achievement that 500 new samplings were planned at various places by NSS Volunteers on World Environmental Day 2021. Due to Covid pandemic situation, digital Certificate was issued to the NSS volunteers for their enthusiasm to initiate of ecosystem restoration concept.











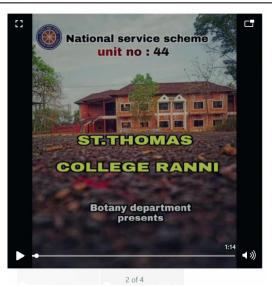
Planting the saplings of Fruit trees by NSS Volunteers



### NATIONAL SERVICE SCHEME UNIT No: 44

Name of the Activity	Making Covid awareness video
Academic year	2021-2022
Organizing / Collaborating agency	NSS Volunteers
Beneficiaries	Students and Public
Duration	10.06.2021
No. of Staff	2
No. of Students	50







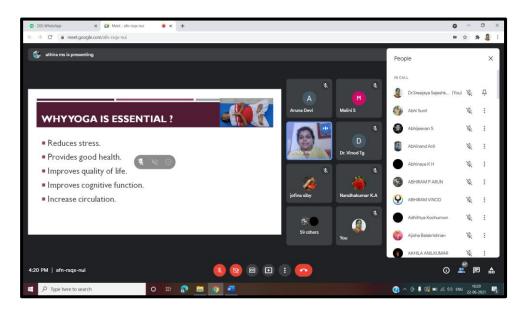


### **Participation List**

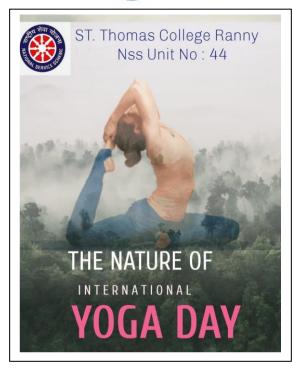
	T		1	1	1
1.	ABHINAYA K. H	B.Com	26.	AKHILA ANILKUMAR	BSc Chemistry
2.	AJISHA BALAKRISHNAN	B.Com	27.	ARATHIMOL. A	BSc Chemistry
3.	ARCHANA SASI	B.Com	28.	FEBA ANNA JOHN	BSc Chemistry
4.	DEVALEKSHMI A K	B.Com	29.	JOFINA SIBY	BSc Chemistry
5.	NANDHAKUMAR K.A	B.Com	30.	MEENAKSHI H	BSc Chemistry
6.	PRANAV HARIDAS	B.Com	31.	MITHILA M M	BSc Chemistry
7.	SACHU A NAIR	B.Com	32.	SULTHANA K A	BSc Chemistry
8.	ABHI SUNIL	BA Economics	33.	ARAVIND MOHANAN	BSc Chemistry
9.	ATHIRA RAGHU	BA Economics	34.	ARYA ASHOKAN	BSc Physics
10.	CHIKKU SURENDRAN	BA Economics	35.	ASWATHI R	BSc Physics
11.	FARHANA FATHIMA AYOOB	BA Economics	36.	LEKSHMI ANIL	BSc Physics
12.	IRFANA HANEEFA	BA Economics	37.	SHIKHA SAJEEV	BSc Physics
13.	LAKSHMI UDAYAN	BA Economics	38.	SILPA MOHAN	BSc Physics
14.	ADHITHYA KOCHUMON	BA English	39.	DHARMESH MS	BSc Physics
15.	ADITHYA ANIL	BA English	40.	SANDEEP VP	BSc Physics
16.	ARCHANA KRISHNAN	BA English	41.	ABITHA THOMAS	BSc Zoology
17.	ARYA.R	BA English	42.	ANAGHA.S.KURUP	BSc Zoology
18.	DHANYA T R	BA English	43.	APARNA K SASI	BSc Zoology
19.	ANJANA SASINDRAN	BA History	44.	ARUNYA RAJ A	BSc Zoology
20.	ATHIRA MOL K	BA History	45.	BIVINA SAMUEL	BSc Zoology
21.	ARCHANA K S	BA History	46.	LEKSHMI VINOD	BSc Zoology
22.	NANDANA. M	BA History	47.	RESHMA C RAJAPPAN	BSc Zoology
23.	ARCHANA VINOD	Bsc. Botany	48.	SREEMOL P	BSc Zoology
24.	FAZANA FEROSE	Bsc. Botany	49.	SURYA SANTHOSH	BSc Zoology
25.	VEENA S	Bsc. Botany	50.	VIPI SANKAR T	BSc Zoology

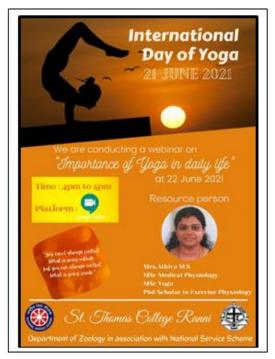
Name of the Activity	Practice of Yoga
Academic year	2021-2022
Organizing / Collaborating agency	NSS Volunteers & Dept of Zoology
Beneficiaries	Students and Public
Duration	22.06.2021
No. of Staff	2
No. of Students	100

During the period of Covid Pandemic, the year 2021-2022, all people lead a sedentary life at home due to Covid lockdown. Yoga become One of the best solutions for maintain a healthy life during this period. In order to aware the people in the society, the NSS unit No: 44 & Department of Zoology jointly scheduled a Yoga webinar for public on the topic "Importance of Yoga on daily Life" on 22<sup>nd</sup> June, 2021. The brochure was circulated among the public. The resource person of yoga webinar was Mrs. Athira M. S, PhD Scholar in exercise physiology at Believer's hospital, Thiruvalla. Her talk was from basics of yoga to its benefits in daily life and health well being especially during the covid pandemic situation. Seventy benefitted in this webinar. Dr. R. Aruna Devy, HOD, Dept of Zoology, welcomed the webinar and student volunteers expressed vote of Thanks to the resource person.











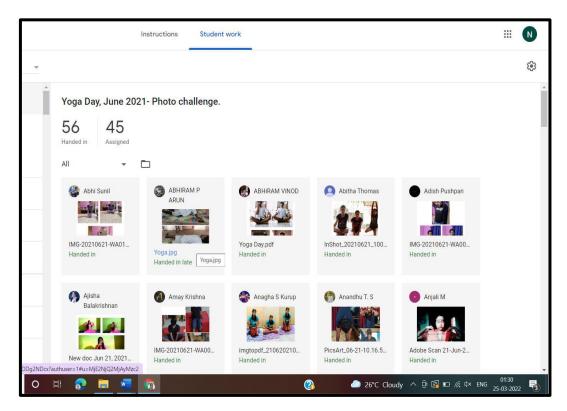
Mrs. Athira MS on Webinar session of "Importance of Yoga in daily Life"

Name of the Activity	Yoga Challenge
Academic year	2021-2022
Organizing /	NSS Volunteers
Collaborating agency	
Beneficiaries	Students & Family Members
Duration	18.07.2021
No. of Staff	2
No. of Students	60

During the mass spread of the Covid virus, society suffered a lot of health issues especially Children were at home completely due to lockdown and online classes from institutions. Obesity and lack of mobility result an overweight in Children during this period. So NSS volunteers planned to conduct a Yoga challenge in their own home along with family members. Based on the knowledge obtained in the previous seminar they attended the Yoga Day, practised yoga to their family members and decided to accept a Yoga challenge on 18th September 2021. Sixty NSS Volunteers participated in the challenge along with kids at home. Some students were willing to send the photos to the NSS classroom slot provided to them. Yoga Booklet issued by the Ministry of Ayurveda, Yoga & Naturopathy which give a detailed description of the different postures of yoga to be practised in daily life was circulated among the friends' circle of NSS Volunteers. NSS Volunteers took a decision to practise yoga in their daily life during entire Covid pandemic condition. Dr. Vinodkumar T G, NSS Program officer took the initiative to practise Yoga for volunteers and family members.







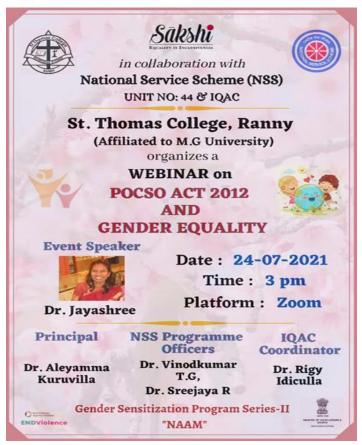
Name of the Activity	Webinar on POCSO Act & Gender Equality
Academic year	2021-2022
Organizing /	NSS Unit and Sakshi NGO
Collaborating agency	
Beneficiaries	Womens in the Society
Duration	24.07.2021
No. of Staff	02
No. of Students	181

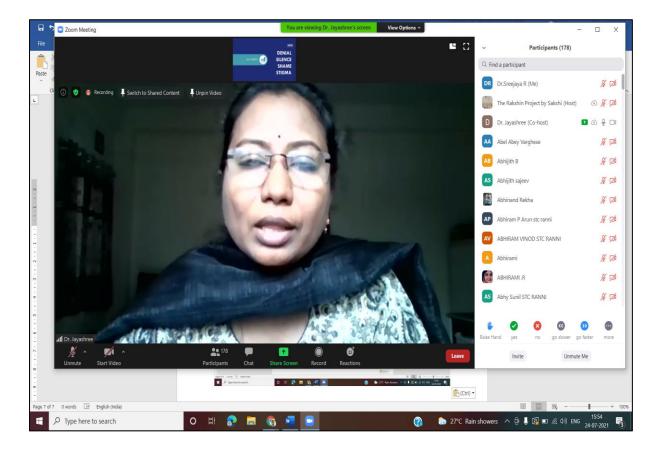
NSS and IQAC, St Thomas College, Ranni, in association with Sakshi' (NGO working for children) organized a webinar on 24/7/2021 on POCSO ACT 2012 AND GENDER EQUALITY, the programme was hosted and chief presentation was made by Dr Jayashree, HR and Talent development consultant of Sakshi. Apart from our college three other colleges participated in the webinar, representatives from all the 4 colleges contributed in the discussion after the presentation. The presentation gave an elaborate description of the evolution of POCSO ACT 2012 and the various provisions of the act; she also gave an account of the activities of Sakshi and measures taken by the organization for the protection of Children from being abused. She encouraged NSS volunteers to join their Rakshin project in order to provide safe space sessions for children. The presidential address was rendered by IQAC coordinator Dr Rigy Idiculla, NSS Programme Officer; Dr Sreejaya R coordinated the programme. 181 students attended in the webinar.

#### Meetinglink:

 $\underline{https://us06web.zoom.us/j/96452337338?pwd=SjA1REk0QzFKa1M4Z0Y2elFHdVd6}\\ \underline{dz09}$ 







Name of the Activity	Kanal Campaign
Academic year	2021-2022
Organizing /	NSS Unit and Kerala Govt. Women &
Collaborating agency	Child Dept, Pathanamthitta
Beneficiaries	Women & Child
Duration	8.9.2021 – 10.09.2021
No. of Staff	05
No. of Students	300

NSS Unit No. 44 and Gender Justice Forum of St. Thomas College, Ranni in association with Kerala Women and Child Welfare Department, Pathanamthitta organised gender awareness classes for 3 days from Sept 8-10, for all college students to create an awareness on various aspects of gender equality, laws for women and child and awareness on various aspects of gender justice. Dr. Aleyamma Kuruvilla, Principal delivered the presidential address to the program on the first day. Dr. Fr. Mathews Vazhakkunnam and Capt. John M George felicitated the programs on second and third day of the webinar. Students actively interacted with the resource persons and 300 students of the college benefitted by this webinar series of 3 days. Dr. Sreejaya R, NSS PO and Asst. Prof. Binimol Mathew, Coordinator of Gender Justice forum coordinated the program for three days to ensure maximum participation of students from the college. The NSS Volunteers created video and submitted it to the KANAL project.

MSK PTA is inviting you to a scheduled Zoom meeting.

Topic: KANAL CAMPAIGN - Batch 20. ST.THOMAS COLLEGE, RANNI

Time: Sep 8, 2021 02:00 PM Mumbai, Kolkata, New Delhi

Join Zoom Meeting

https://us02web.zoom.us/j/83136897705?pwd=bzR5eHBUb3pFK2NkMll2dDduVkpJUT09

Meeting ID: 831 3689 7705

Passcode: 855694

MSK PTA is inviting you to a scheduled Zoom meeting.

Topic: KANAL CAMPAIGN - BATCH 21, ST.THOMAS COLLEGE, RANNI

Time: Sep 9, 2021 02:30 PM Mumbai, Kolkata, New Delhi

Join Zoom Meeting

https://us02web.zoom.us/j/81755101709?pwd=WEFNK2JtblU2QTFyUjEyckk0UExUdz09

Meeting ID: 817 5510 1709 Passcode: 157083



MSK PTA is inviting you to a scheduled Zoom meeting.

Topic: KANAL CAMPAIGN-BATCH 22, ST.THOMAS COLLEGE, RANNI

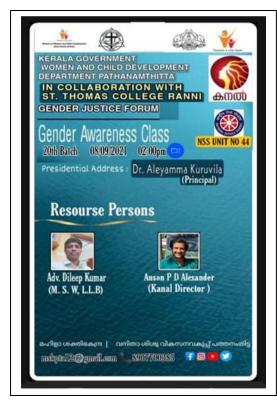
Time: Sep 10, 2021 02:00 PM Mumbai, Kolkata, New Delhi

Join Zoom Meeting

https://us02web.zoom.us/j/88380988230?pwd=dmlNRU9NeStIVVgzeDFjM2JFb1Ntdz09

Meeting ID: 883 8098 8230

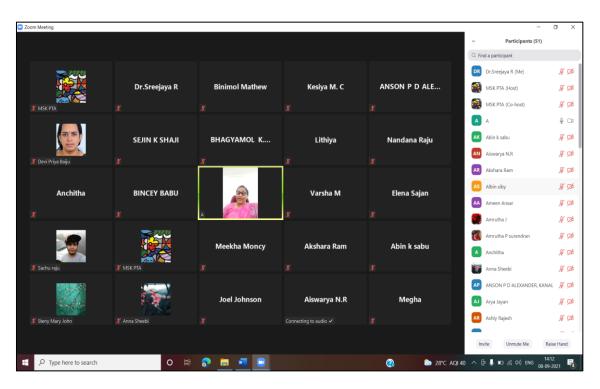
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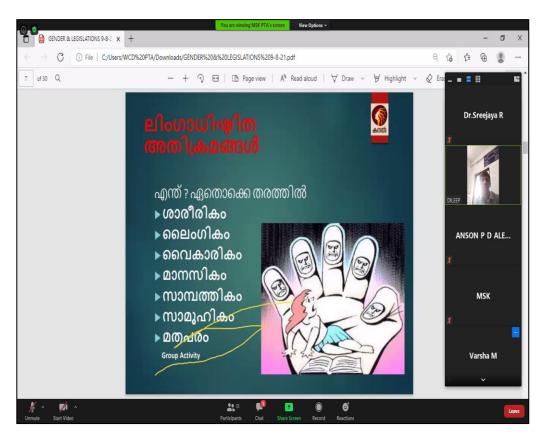








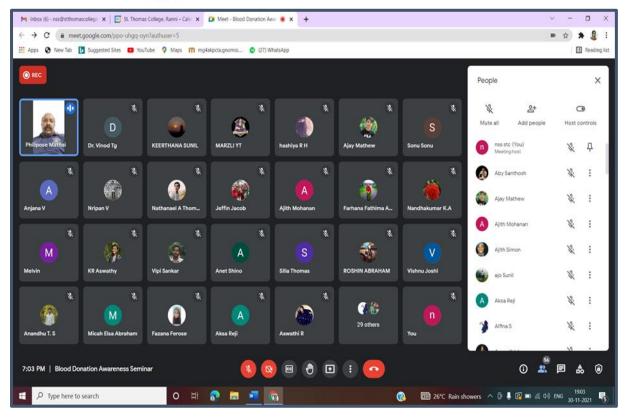


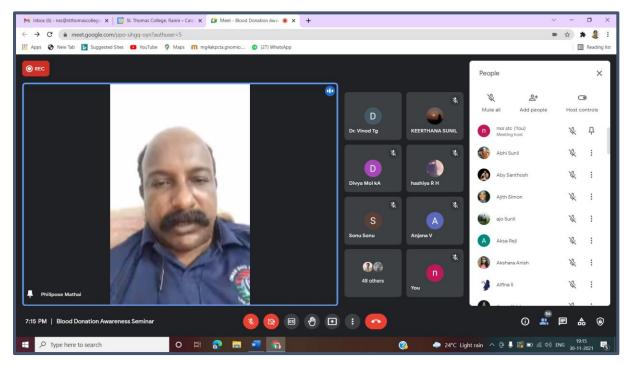


Name of the Activity	Webinar on Blood Donation
Academic year	2021-2022
Organizing /	NSS Unit and Blood donors Kerala (BDK),
Collaborating agency	Pathanamthitta Unit
Beneficiaries	Emergency patients at Thaluk Hospital
	Pathanamthitta
Duration	30.11.2021
No. of Staff	02
No. of Students	46

In Association with Blood Donors Kerala (BDK) an awareness seminar was conducted on 30.11.2021 at 7pm in the google platform in the seminar link: https://meet.google.com/ppo-uhgq-oyn . In order to create awareness\_among the public, the link was open for public also. Due to covid pandemic every hospitals were facing the shortage of stored blood at blood banks. People were also afraid of donating blood to others due to the fear of covid. Also there were so many doubts regarding the donation of blood in the post covid infection. Awareness class was handed by Mr. Biju, Kumpazha, the president of Blood Donors Kerala, Pathanamthitta district. He delivered a detailed doubt clearing session on Blood donation, its benefits, precautions taken before donating the blood and what are the rules that to be followed before and after donating the blood etc. The session was very interactive by the volunteers and informative to the students and their parents at home. Based on the knowledge obtained through this seminar many students showed their willingness to register in the BDKs and donating blood in emergency. Actually this orientation webinar was a pre awareness session for the Blood donation camp scheduled on the next day at St. Thomas College, Ranni. Dr. Vinodkumar T G and Dr. Sreejaya, the NSS program Officers took initiative to conduct a blood donation camp at college on next day.







Webinar on Awareness of Blood donation

Name of the Activity	Blood Donation Camp
Academic year	2021-2022
Organizing /	NSS Unit and Blood donors Kerala (BDK),
Collaborating agency	Pathanamthitta Unit
Beneficiaries	<b>Emergency patients at Thaluk Hospital</b>
	Pathanamthitta
Duration	01.12.2021
No. of Staff	02
No. of Students	40

Blood Donation camp was organized by the NSS Unit in association with the Thaluk Hospital, Pathanamthitta and Blood donors association Pathanamthitta on 1<sup>st</sup> December 2021. Out of 65 registration, 46 NSS Volunteers donated the blood. Dr. Vinodkumar T G , NSS Program officer guide the student coordinators to keep the camp place neat and tidy and to keep social distance due to covid threat. Dr. Sreejaya delivered the vote of thanks to Dr. Pretty, In charge of blood bank at Thaluk hospital Pathanamthitta for the valuable suggestions and help rendered during the blood donation.









Certificates issued by Blood Donors Kerala Association







Blood donation camp





Name of the Activity	Training Program on "Probation of Offenders Act & Nervazhi Project"
Academic year	2021-2022
Organizing /	District Probation Office, Pathanamthitta & NSS
Collaborating agency	Volunteers
Beneficiaries	The women which need protection by law
Duration	20.01.2022
No. of Staff	02
No. of Students	40

Nowadays women are suffering a lot inside the family. They need support and protection by law. To make them aware about these laws is the responsibility of the Society. To find out those women from the locality, the district probation office Pathanamthitta conducted a training program for NSS Volunteers on 20.01.2022 in the google meet platform. (Link meet.google,com/kuv-coba-vci.) Fourty NSS Volunteers participated and received certificate for Thaluk level Training Program on "Probation of offenders Act & Nervazhi Project organised by District Probation Office, Pathanamthitta.



Name of the Activity	Debate competition
Academic year	2021-2022
Organizing /	Women and Child Welfare department,
Collaborating agency	Pathanamthitta , NSS & IQAC of St. Thomas College
	Ranni
Beneficiaries	Women in the Society
Duration	03.03.2022
No. of Staff	03
No. of Students	15

NSS & IQAC of St. Thomas College Ranni in association with Women and Child Welfare department conducted a debate competition in the college level, which is the selection panel for District and State level Quiz competition in connection with International Women's day on March 8th, 2022. Fifteen students actively registered in the competition and finally Ten students selected for college level.

The Officials and Judges from Women and Child Welfare department evaluated the performance of the Team and the competition spirit and five students selected and awarded with cash prize 5000/-.











Debate competition

Name of the Activity	Debate competition
Academic year	2021-2022
Organizing /	Women and Child Welfare department,
Collaborating agency	Pathanamthitta,
Beneficiaries	Women in the Society
Duration	05.03.2022
No. of Staff	02
No. of Students	05

The Officials and Judges from Women and Child Welfare department evaluated the performance of the Team and the competition spirit and five students selected and awarded with cash prize 5000/-. The District level competition held on 5th March,2022 at Pathanamthitta and received the certificates from District collector. The students participated in district level competition are

- 1. Jeena M Saji
- 2. Alfina S
- 3. Rissanamol P A
- 4. Lakshmi Prakash V P
- 5. Farhana Fathima Ayoob

Kum. Farhana Fathima Ayoob selected as best debater from this Team and awarded with Rs 1000/- cash prize.



District level competition on 05.03.2022





#### Receiving the Certificate of district level competition



Certificate of participation

Name of the Activity	Campus Cleaning
Academic year	2021-2022
Organizing /	NSS Volunteers
Collaborating agency	
Beneficiaries	College students & Public
Duration	19.03.2022
No. of Staff	02
No. of Students	20

After the covid pandemic lockdown period, the whole courtyard of the campus was cleaned by NSS volunteers on March 19, 2022. The waste were sorted into plastic, paper , glass and metals and kept in safe place to hand over it to Clean Kerala Company. Twenty NSS Volunteers from the department of botany and economics participated in the cleaning activity.





Campus Cleaning by NSS Volunteers after lockdown period

Name of the Activity	First Aid & Rescue Operations
Academic year	2021-2022
Organising /	NSS Volunteers & Kerala State Fire Force
Collaborating agency	Department
Beneficiaries	Students & Community
Duration	28.12.2021
No. of Staff	02
No. of Students	100

The NSS Unit of St. Thomas College Ranni, in collaboration with the Kerala Fire Force Department, organized a demonstration class for NSS volunteers during a seven-day camp. The primary objective of this initiative was to provide hands-on training to the volunteers in the areas of first aid and emergency rescue operations. The program aimed to equip the volunteers with essential skills that would enable them to actively participate in community extension programs. The demonstration class conducted by the Kerala Fire Force Department was a significant opportunity for the NSS volunteers to learn and practice vital techniques related to first aid and emergency response. By participating in this training program, the NSS volunteers gained valuable skills that would be invaluable in emergency situations. They were empowered to provide immediate assistance and support to individuals in need within their communities. Equipped with these valuable skills, the NSS volunteers were better prepared to serve their communities and make a positive impact during emergencies and other critical situations. Five Officers from Kerala Fire force department, Ranni Division trained the NSS Volunteers in the session.



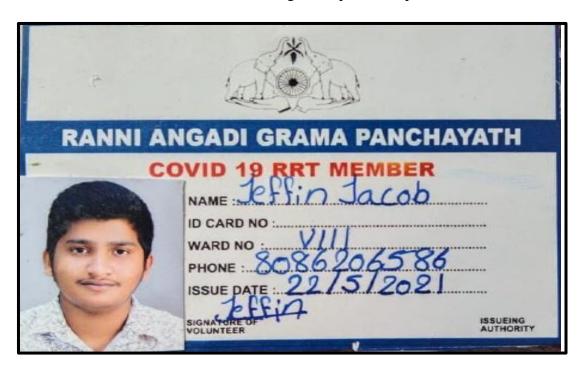




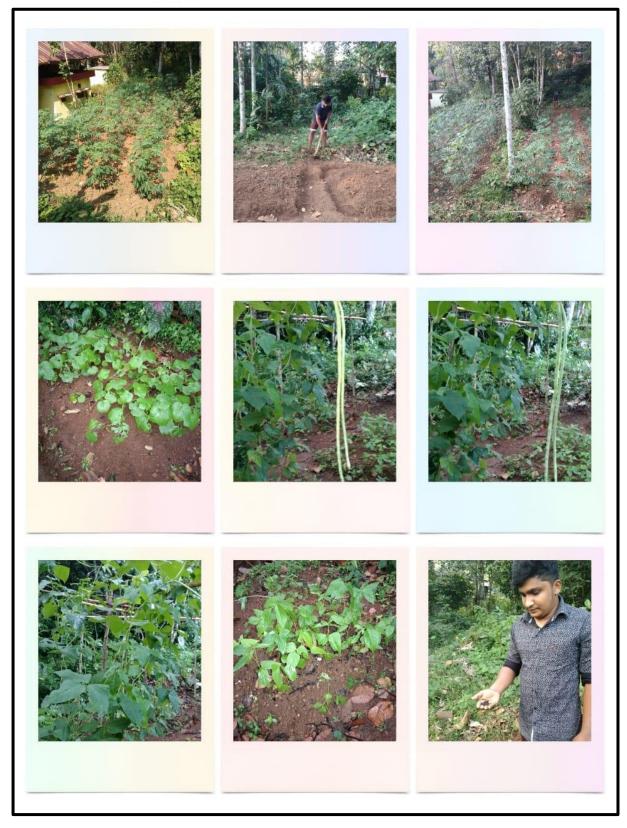


Name of the Activity	Community Service during Covid Pandemic period
Academic year	2021-2022
Organising /	NSS Volunteers
Collaborating agency	
Beneficiaries	Community
Duration	Covid period several days
No. of Staff	nil
No. of Students	25

During the covid pandemic period, so many community services were done by the NSS volunteers at various places of Ranni. Two NSS Volunteers, Jeffin Jacob From the department of Commerce and Vysakh Chandran from the Economics department done so many services in their respective panchayath and received appreciation certificate for their valuable services during covid pandemic period.







Organic farming at home



#### RANNI ANGADI GRAMAPANCHAYAT

Angadi P.O, Ranni. Pathanamthitta Dist, Pin -689674 Phone - 9496042657 Email - ranniangadigp@gmail.com

#### CERTIFICATE OF APPRECIATION

Awarded to

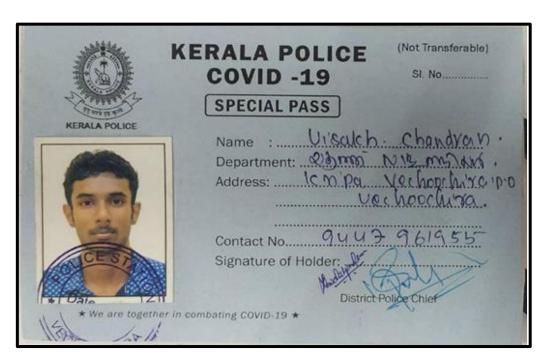
#### Mr. JEFFIN JACOB

(B.Com Student, St. Thomas College, Ranni)

For his Valuable efforts in environmental promotional activities (beyond the campus) as Covid-19 RRT Member in Ranni Angadi Gramapanchayat, Ranni, during 2021-22

Angadi Garage Pance

G. SUDHAKUMARI SECRETARY RANNI-ANGADI GRAMA PANCHAYAT ANGADI P.O., RANNI Ph: 04735-226275 BINDHU REGI President Ranni-Angadi Grama Panchayat Ranni-Angadi P.O., Pathanamthitta Kerala, India, Pin-689 674 Ph: 04735-226275



	Government of Kerala
	VECHOOCHIRA GRAMAPANCHAYAT
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വെച്ചച്ചിറ ഗ്രാമ പഞ്ചായത്ത് ആഫീസ്

ചേത്തയ്ക്കൽ കന്നം വെച്ചച്ചിറ.പി.ഓ പത്തനംതിട്ട Phone No:04735265238

തീയതി: 20/04/2023

പ്രേഷകൻ

സെക്രട്ടറി

സ്വീകർത്താവ്

Vaisakh Chandran Krupa, vcra, 13, Kunnam Vechoochira, 686511, Pathanamthitta, Kerala

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വിഷയം:-

Related to Environmental Promotional Activities.

Certificate Of Appreciation

Awarded to Vaisakh Chandran( B A Economics, Student St. Thomas College Ranni ) for his valuable performance in environmental promotional activities ( beyond the campus) as Covid 19 volunteer in Vechoochira GRamapanchayat, Ranni during 2021-2022.

COHIRA GRUE DE CHIRA GRUE DE C വിശ്വസ്തയോടെ,

Secretary Vechoochira Grama Panchaya.

Vechoochira P O Pathanamthitta (Diet)

Phone: 04735265238,(9496042669















### Services during Covid lockdown period



**Blood Donation** 



**Providing Food** 









School Renovation after covid June 2021- August 2021 (Govt HSS Kadumeenchira, MTVHSS Kunnam & Venkurinji HSS)











Road Cleaning & Peruthenaruvi Tourism Place cleaning

### Perunthenaruvi Tourism Development Co-operative Society Ltd. No. PT 225

Mannadisala P.O., Pin: 686 511
Pathanamthitta District- Kerala
E-mail: ptdcoops@gmail.com

President/Secretary

(2000m) 2 (100

പിയപ്പെട്ട വിവ്യർത്തികൾക് ശര്വിന്ത്യക്കൾ പ്രിയത്ത് വരുത്ത് പരുത്തെ പ്രവർത്ത്യത്തിയിൽ നേത്യത്യതിൽ പെറുന്നേത്യി ടക്കിസം ഒരുലേഖിൽ നേത്യത്യതിൽ പെറുന്നേത്യി ടക്കിസം ഒരുലേഖിൽ നടന്തിലെ പരിപ്പിൽ സംയാത്ത പ്രാർത്ത നടത്തില പ്രത്യിലെ വരുത്ത് പരായ ചരിപടിക്ക് നടത്തില പ്രിയമാട്ട വിവ്യർത്തികൾക്ക് ശര്ദിന്ത്യത്തെൾ







Date ....

#### CERTIFICATE OF APPRECIATION

Perunthenaruvi Tourism Development Co-operative Society appreciate and recognize the sincere and dedicated service rendered by the volunteers of NSS unit of St. Thomas College, Ranny in conducting activities related to environmental protection, cleaning of tourist spots and waste disposal.

# Perunthenaruvi Tourism Development Co-operative Society Ltd. No. PT 225

Mannadisala P.O., Pin: 686 511/ Pathanamthitta District- Kerala E-mail: ptdcoops@gmail.com

President/Secretary

CERTIFICATE OF APPRECIATION

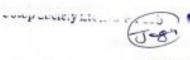
Awarded to

VAISAKH CHANDRAN (BA, Economics Student, St Thomas College Ronnig)

for his active involvement in environmental provodional addinition in the townist spods of perunthemeni snegion of vechesolira Panchayath in Renni Taluk during 2021-2022.







Secretary



### NATIONAL CADET CORPS (NCC) NCC-III COY, 14(K)BN

Name of the Activity	Distribution of medicinal plants- Awareness on traditional medicinal plants
Academic Year	2021-2022
Organizing / Collaborating agency	NCC Volunteers
Beneficiaries	Homes in Angadi Panchayath
Date/ Duration	05.06.2021
No. of Staff	01
No. of Students	34

On World Environment Day, June 5th, 2021, the National Cadet Corps (NCC) volunteers of St. Thomas College in Ranni organized a community initiative to distribute medicinal plants to households in the Angadi Panchayath. Principal Dr. Aleyamma Kuruvilla inaugurated the function, 25 students from the battalion participated.

The main objectives of the initiative were, To Promote the importance of medicinal plants in maintaining good health and well being and to raise awareness about the benefits of using medicinal plants for various diseases and to encourage the households to cultivate and nurture the medicinal plants within their premises.

The NCC volunteers, assembled at St. Thomas College and divided themselves into small groups to ensure efficient distribution across the entire Angadi Panchayath area. Each household in the Angadi Panchayath was visited by the volunteers, who explained the benefits and usage of the plants being distributed.





Distribution of medicinal plants

### NATIONAL CADET CORPS (NCC) NCC-III COY, 14(K)BN

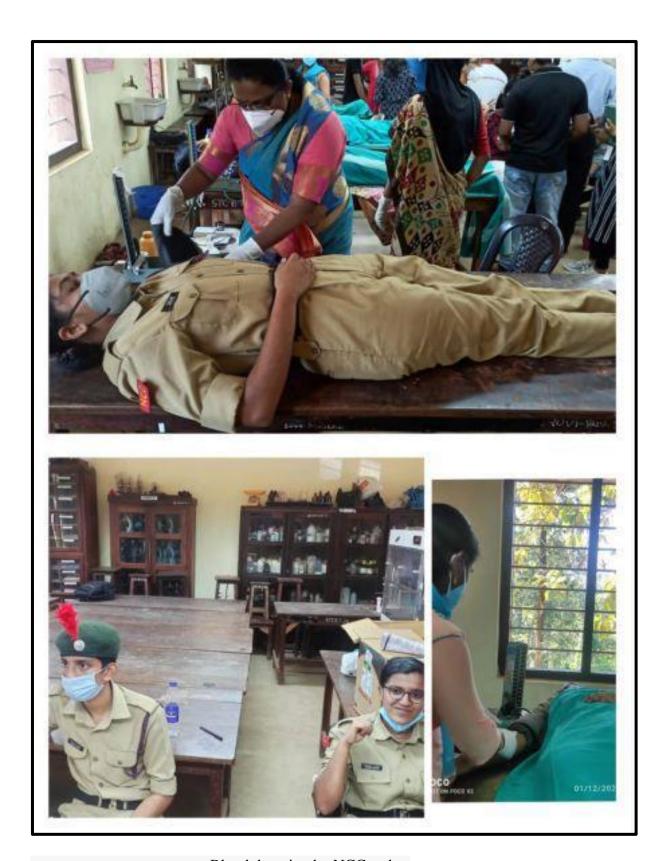
Name of the Activity	<b>Blood Donation Camp</b>
Academic Year	2021-2022
Organizing /	District Hospital Pathanamthitta & NCC
Collaborating agency	Volunteers
Beneficiaries	Patients at Thaluk hospital Pathanamthitta
Date/ Duration	26.11.2021
No. of Staff	01
No. of Students	30

NCC Unit of St. Thomas College, Ranni in association with Thaluk Hospital Pathanamthitta, organized a blood donation camp on 26th November 2021, at St. Thomas College, Ranni. The camp was conducted as part of the community extension program by the National Cadet Corps (NCC) volunteers. The event aimed to promote awareness about the importance of blood donation and encourage individuals to contribute towards saving lives.

Prior to the blood donation camp, extensive efforts were made to promote the event and create awareness about the significance of blood donation. The NCC volunteers utilized various communication channels, including social media platforms, college notice boards, and word-of-mouth, to spread the message among students, faculty, and the local community.

On the day of the camp, the venue was set up with different sections for registration, medical check-ups, and blood donation. A team of doctors and medical professionals from Thaluk Hospital Pathanamthitta were present to supervise the camp and ensure the safety and well-being of the donors.

Adequate arrangements for refreshments and rest areas were also made to ensure the comfort of the donors. The collective efforts of the NCC unit, Thaluk Hospital, and all the volunteers involved made this community extension program a worthy initiative.



Blood donation by NCC cadets

ASSESSMENT PERIOD 2017-2022

### NATIONAL CADET CORPS (NCC) NCC-III COY, 14(K)BN

Name of the Activity	"Miss A Meal and FEED The Poor"
Academic Year	2021-2022
Organizing /	NCC Volunteers
Collaborating agency	
Beneficiaries	Individuals at Thaluk hospital premises
Date/ Duration	20.12.2021
No. of Staff	01
No. of Students	95

The NCC cadets of St. Thomas College Ranni, in a compassionate effort to address the issue of hunger and support the needy, launched a program titled "Miss a Meal and Feed the Poor" on December 20<sup>th</sup> 2021.

The primary aim of this initiative was to provide food to needy individuals within the Taluk Hospital and premises of Ranny. The program was inaugurated by Capt. John M George, who not only graced the occasion but personally donating a meal. Volunteers, driven by the spirit of compassion, brought "pothichoru" meals from their own homes. They also collected the pothichoru from other students at college, who were willing to donate a meal on that day. Ninety five pothichoru collected and distributed to the needy individuals at hospital premises.

The "Miss a Meal and Feed the Poor" program by the NCC cadets of St. Thomas College Ranni stands as a shining example of how small acts of kindness can make a significant difference in the lives of those in need.





"Miss a Meal and Feed the Poor"



# ST. THOMAS COLLEGE

Ranni, Pathanamthitta, Kerala – 689673 ACCREDITED BY NAAC WITH 'B' GRADE

3.4.3: Number of extension and outreached Programmes conducted by the institution through organised forums including NSS / NCC with involvement of community

**REPORTS** 

2020 - 2021

**CRITERION: 3** 

RESEARCH, INNOVATIONS AND EXTENSIONS

#### NATIONAL SERVICE SCHEME UNIT NO: 44

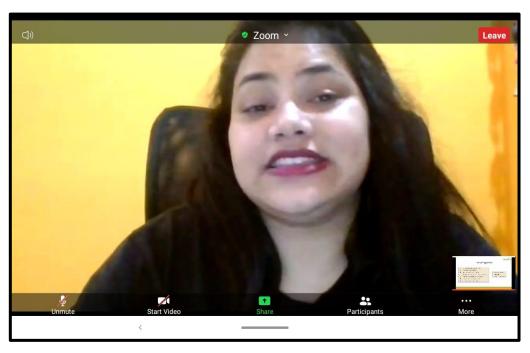
Name of the Activity	National Webinar on Cancer Awareness
Academic Year	2020-2021
Organizing /	NSS Unit & Sanjeevani Life beyond cancer,
Collaborating agency	Bangalore
Beneficiaries	Public
Date/ Duration	16.01.2021
No. of Staff	02
No. of Students	127

The National Service Scheme (NSS) organized a webinar on the topic "Cancer Prevention and Healthy Lifestyle" to create an awareness and educate participants on the importance of leading a healthy life and preventing cancer during the covid pandemic lockdown period. The webinar was held on the 16<sup>th</sup> of January 2021 on the Zoom platform. The session presented by Ms. Sumki Begum, Program Coordinator Outreach from Sanjeevani Life Beyond Cancer, Bangalore, as the keynote speaker. The presentation by Ms. Sumki Begum was engaging and provided a comprehensive understanding of cancer prevention and healthy lifestyle choices.

Total 127 participants attended the webinar. After the presentation, a question and answer session was conducted. The participants had the opportunity to clarify their doubts and seek further information from the speaker. The NSS aims to continue organizing such informative events in the future to empower individuals with knowledge and promote a healthier society.







### NATIONAL SERVICE SCHEME UNIT NO: 44

Name of the Activity	Awareness class on the disposal of waste
Academic year	2020- 2021
Organizing / Collaborating	NSS Unit & Suchitha Mission,
agency	Pathanamthitta
Beneficiaries	Students and Public
Duration	25.03.2021
No. of Staff	05
No. of Students	75

NSS Unit in association with State Suchitha Mission Pathanamthitta conducted an awareness class on the safe disposal of biowaste. Mr. Ajay K R, District Program officer, Suchitha Mission is the key speaker of the program. Suchitha Mission introduced a waste sorting unit in the college campus. 75 Students benefited from this seminar.











ASSESSMENT PERIOD 2017-2022

#### NATIONAL SERVICE SCHEME UNIT NO: 44

Name of the Activity	Systematic Voters Education and Electoral Participation (SVEEP 2021)'Greater Participation for a Stronger Democracy'
Academic year	2020- 2021
Organizing /	Thaluk office Ranni & NSS Unit
Collaborating agency	
Beneficiaries	Students & Public
Duration	26.3,2021
No. of Staff	06
No. of Students	120

Voter Education Systematic Voters' Education and Electoral Participation 'Greater Participation for a Stronger Democracy' (SVEEP 2021)

NSS in association with Thaluk office Ranni conducted an awareness class on election 2021. 120 NSS volunteers participated actively throughout the program

















### NATIONAL SERVICE SCHEME UNIT NO: 44

Name of the Activity	Kerala Assembly Election 2021
Academic year	2020 - 2021
Organizing /	Election Office Pathanamthitta & NSS
Collaborating agency	Unit
Beneficiaries	Public
Duration	05.04.2021 & 06.04.2021
No. of Staff	02
No. of Students	05

Five NSS Volunteers voluntarily participated in the election duty at various Polling stations in Pathanamthitta District. The NSS Program Officer Dr. Vinod Kumar T G was also the presiding officer in this Assembly election



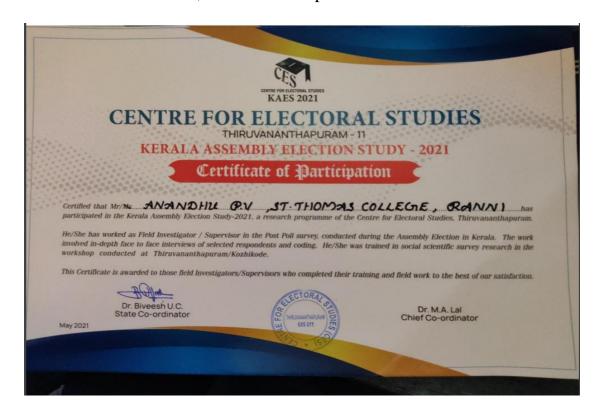


Volunteers at Polling Booth

### NATIONAL CADET CORPS (NCC) NCC-III COY, 14(K)BN

Name of the Activity	Kerala Assembly Election 2021
Academic year	2020 - 2021
Organizing /	Election Office Pathanamthitta & NCC
Collaborating agency	Unit
Beneficiaries	Public
Duration	05.04.2021 & 06.04.2021
No. of Staff	02
No. of Students	05

Five NCC cadets from St.Thomas College Ranni was selected for Kerala Assembly Election Study 2021 and worked as field investigator in the post poll survey conducted during the assembly election in Kerala. Five cadets were awarded with the participation certificate from Centre for Electoral Studies, Thiruvananthapuram.











### NATIONAL CADET CORPS (NCC) NCC-III COY, 14(K)BN

Name of the Activity	Covid Prevention and control measures
Academic year	2020-2021
Organizing /	NCC Cadets and Kerala State Police Force
Collaborating agency	
Beneficiaries	Public
Duration	13.05.2021 – 31.05.2021 (18days)
No. of Staff	01
No. of Students	09

The NCC cadets of St. Thomas College Ranni joined forces with the Kerala State Police Force took an effort to fight the ongoing Covid-19 pandemic and raise awareness about the importance of following to Covid prevention and control measures. Together, they took on the role of advocates for Covid prevention and control at public places, emphasizing the necessity of using masks, sanitizers, maintaining social distancing, and other safety measures. The NCC Officer Capt. John M George give directions and guidance to the volunteers throughout the activity period.

Throughout several days in June 2021, the NCC cadets and the Kerala State Police Force actively engaged in various activities to educate the public on Covid prevention and control measures. These activities included Awareness Campaigns, Demonstrations, Enforcement Support etc. In collaboration with the local authorities, the NCC cadets and police force assisted in enforcing Covid protocols at public places. They ensured compliance with mask-wearing, social distancing, and crowd control measures, thereby contributing to the overall safety and well-being of the community





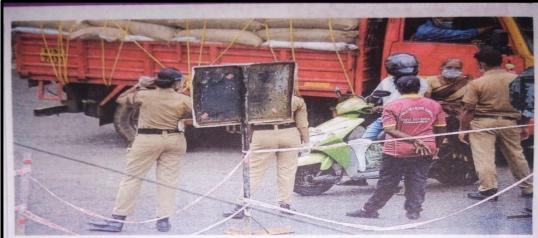












ഇട്ടിയപ്പാറ സെൻട്രൽ ജംക്ഷനിൽ വാഹനങ്ങൾ പൊലീസ് പരിശോധിക്കുന്നു.

## നിരത്തിൽ ഇറങ്ങിയവർക്കെതിരെ പിടിമുറുക്കി പൊലീസ്

യ്ക്കു ശേഷം ഇന്നലെ ജനം കുടു തലായി നിരത്തുകളിൽ ഇറങ്ങിയ ത് പൊലീസുകാർക്ക് പൊല്ലാപ്പാ യി. വാഹന പരിശോധനകൾ കടൂപ്പിച്ചും അനാവശ്യമായി ഇറ അൂന്നവരെ താക്കിത് ചെയ്തും ലോക്ഡൗണിൽ പൊലീസ് പിടി മുറുക്കി.

ലോക്ഡൗൺ ആരംഭിച്ച ശേഷം കാര്യമായ വാഹന, ജന തിരക്ക് നിരത്തുകളിൽ പ്രകടമാ യിരുന്നില്ല. റാന്നി, പെരുനാട്, ലോക്ഡൗൺ

വെച്ചൂച്ചിറ പൊലീസ് സ്റ്റേഷനു കളിൽ നിന്ന് കാര്യമായ ഇടപെ ടൽ നടത്തിയിരുന്നു. പിന്നീട് എൻസിസി കെഡറ്റുകളും അഗ്നി രക്ഷാസേനാ വൊളന്റിയർമാരും പൊലീസിനെ സഹായിക്കാനെ

പൊലീസിനെ സഹായിക്കാനെ ത്തിയിരുന്നു. ടൗണുകളിലെ പ്രധാന പോയ ന്റുകളിൽ പൊലീസ് പിക്കറ്റുകളു ങ്ങ്. അവിടങ്ങളിൽ കാര്യക്ഷമമാ യി പൊലീസ് പരിശോധന നട ത്തുന്നുണ്ട്. സത്യവാങ്മൂലം പരി ശോധിച്ചാണ് വാഹനങ്ങളെല്ലാം

കടത്തി വിടുന്നത്. എന്നിട്ടും ജന ത്തിരക്ക് കുറയുന്നില്ല. റാന്നി താലൂക്കിൽ റാന്നി, അങ്ങാടി, പഴവങ്ങാടി, ചെച്ചു ച്ചിറ, നാറാണംമുഴി, പെരുനാട്. വടശേരിക്കര എന്നീ പഞ്ചായത്തു കളിൽ കോവിഡ് ബാധിതരുടെ എണ്ണം ദിവസമെന്നോണം വർധി ക്കുകയാണ്. ഇതിനിടെയാണ് അനിയന്ത്രിതമായി ജനം നിരത്തു കളിൽ ഇറങ്ങുന്നത്. ഇത് കോവി ഡ് വ്യാപനം രൂക്ഷമാകാൻ ഇട യാക്കുമെന്ന് പരാതിയുണ്ട്.





# പരിശോധനയ്ക്ക് പോലിസിനൊഷം എൻ.സി.സി.കേഡറ്റുകളും



▶ റാന്നി ഇട്ടിയപ്പാറയിൽ പോലീസിനൊപ്പം വാഹനപരിശോധന നടത്തുന്ന എൻ.സി.സി.കേഡറ്റുകò

റാന്നി ▶ ലോക്ഡൗൺ നാളുക ളിൽ നിരത്തിലിറങ്ങുന്ന വാഹ നങ്ങാം പരിശോധിക്കാൻ പോലീ സിനെ സഹായിക്കാൻ എൻ.സി. സി.കേഡറ്റുകളും. റാന്നി സെൻറ് തോമസ് കോളേജിൽനിന്നുള്ള ഏഴ് കേഡറ്റുകളും റാന്നി സ്വദേ ശികളായ മരിയൻകോളേജിൽ നിന്നുള്ള രണ്ടുപേരുമാണ് നിര ത്തിലുള്ളത്.

രാവിലെ 8.30 മുതൽ 12.30 വരെയും തുടർന്ന് 5.30 വരെയും രണ്ട് ഷിഫ്റ്റുകളായി ഇവർ ഇട്ടി യപ്പാറയിലുണ്ട്.

കൃാപ്റ്റൻ ജോൺ മാത്യു,

ഹവിൽദാർ വാസുദേവ്, സീ നിയർ കേഡറ്റുകളായ എ.വി നായക്,പി.വി.അനന്ദു,ആദിതൃ സുനിൽകുമാർ,എസ്.അപർണ എന്നിവരുടെ നേതൃത്വത്തിൽ കേ ഡറ്റുകഠം റാന്നി ഇട്ടിയപ്പാറയിൽ പോലീസിനൊപ്പമുണ്ട്.കൂടാതെ പി.എ.ആകാശ്,നതേൽ എ.തോ മസ്,അലിന കെ.തോമസ്,അ ലീന ലിജോ,സോണി പി.മാത്യു എന്നിവരാണ് സംഘത്തിലുള്ളത്.

രാവിലെ നാല് വിദ്യാർഥിനിക ളടക്കം അഞ്ചുപേരും തുടർന്നു ള്ള ഷിഫ്റ്റിൽ നാല് പേരുമാണ് എത്തുന്നത്.

### 18/05/2021 THIRUVALLA Pg 07



# ST. THOMAS COLLEGE

Ranni, Pathanamthitta, Kerala – 689673 ACCREDITED BY NAAC WITH 'B' GRADE

3.4.3: Number of extension and outreached Programmes conducted by the institution through organised forums including NSS / NCC with involvement of community

**REPORTS** 

2019 - 2020

**CRITERION: 3** 

RESEARCH, INNOVATIONS AND EXTENSIONS

#### NATIONAL SERVICE SCHEME UNIT No: 44

Name of the Activity	Flood relief collection of materials to the collection center at Pathanamthitta
Academic Year	2019-2020
Organizing / Collaborating agency	Govt of Kerala & NSS& NCC Volunteers
Beneficiaries	Flood affected victims
Date/ Duration	14.08.2019
No. of Staff	40
No. of Students	100

Due to heavy rainfall in the monsoon season, severe flood affected in north district of Kerala and result in landslides and heavy damage to most of the houses. The college staff and students actively gathered food items and essential materials to support the flood-affected areas. The involvement of NSS and NCC volunteers ensured effective coordination of the relief efforts. The collected items were then transported to the Government flood relief collection center located at Pathanamthitta. Dr. Lata Marina Varghese, Principal, St. Thomas College Ranni presided over the collection of essential items. Mr. Raju Abraham MLA, who flagged off the vehicle loaded with materials. Collection items include cloths, food items such as Rice, wheat flour, sugar, coconut biscuits etc and mineral water bottle. Cap John M George NCC Officer and Dr. Sreejaya NSS program Officer assisted for the collection and sorting of the of things donated by staff and students.















#### NATIONAL SERVICE SCHEME UNIT No: 44

Name of the Activity	Flood relief collection of materials to the collection center at Thaluk Office ,Ranni
Academic Year	2019-2020
Organizing /	Govt of Kerala & NSS Volunteers
Collaborating agency	
Beneficiaries	Flood affected victims
Date/ Duration	18.08.2019
No. of Staff	03
No. of Students	15

Collection of food items such as Rice, Sugar, Biscuits, Wheat floor, coconut etc were again gathered at college NSS office by volunteers and handed over the items to flood relief centre at Thaluk office Ranni to distribute it to flood affected areas at northern Kerala. Dr.. Vinod Kumar T G and Dr. Sreejaya R (NSS Program officers) monitored the quality of items collected and for sorting the material in different cartons. The NSS Volunteer Sijo M Santhosh handed over the collected materials to Thaluk Officer at Ranni. Three teachers and 15 students donated things to the relief centre.



Donating Volunteers contribution of Flood relief to Thaluk office Ranni

### NATIONAL SERVICE SCHEME UNIT No: 44

Name of the Activity	Road reconstruction Project
Academic year	2019-20
Organizing / Collaborating	Erumeli Panchayath &NSS Volunteers
agency	
Beneficiaries	People at Erumeli
Duration	14.08.2019
No. of Staff	02
No. of Students	07

In response to the disturbing floods that affected Erumeli Panchayath, a team of National Service Scheme (NSS) volunteers undertook a road reconstruction project as an extension activity. Emmanual Tomy, Second year BA English student, lead a group of seven dedicated volunteers worked tirelessly to restore the damaged road infrastructure, providing essential support to the affected community. The project exemplified the spirit of service and the invaluable contributions of NSS volunteers towards the betterment of society. The NSS volunteers actively engaged with the local community, raising awareness about the importance of road safety to prevent the accidents.



Road reconstruction after flood



# പ്രളയ മേഖലയിൽ നേരിട്ടിറങ്ങി പ്രവർത്തിച്ച NSS വോളണ്ടിയേഴ്ലിന് അഭിനന്ദനങ്ങൾ..



Road reconstruction at Erumeli Panchayath by NSS Volunteers



#### NATIONAL SERVICE SCHEME UNIT No: 44

Name of the Activity	"Plant a Tree plant a Volunteer
	Project"
Academic year	2019-20
Organizing /	NSS Volunteers
Collaborating agency	
Beneficiaries	Students and their family
Duration	26.09.2019
No. of Staff	02
No. of Students	100

As the part of the "Plant a Tree, Plant a Volunteer" program each volunteers planted a tree. It is an initiative by the NSS Volunteers to plant trees in their own localities and promoting the environmental sustainability through community involvement. Supplying saplings to the Children in their localities is the way to involve younger generations. This will encourage the children to take care of the saplings and nurture them. In connection with this project, Organic farming unit started in the college campus by NSS volunteers on 26.09.2019 and the crop harvested in the November.









Plants ready for distribution

Name of the Activity	Planting the bamboo along the Pampa riverside
Academic year	2019 - 2020
Organizing / Collaborating agency	Pazhavangadi Panchayath NSS Volunteers
Beneficiaries	People at River bank side
Duration	03.08.2019
No. of Staff	02
No. of Students	20

Planting the bamboo along the Pampa riverside for protecting the river side from flood on 03.08.2019 in association with the pazhavangadi panchayath. collaborating effort of the NSS Unit with the Pazhavangadi Panchayath shows a coordinated effort between the community and local authorities to address environmental concerns.

Planting bamboo along the Pampa riverside in association with the Pazhavangadi Panchayath is an excellent initiative to protect the riverbank from floods. Bamboo is known for its strong root system, which helps in stabilizing soil and preventing erosion. Additionally, bamboo can absorb a significant amount of water, making it an ideal choice for flood-prone areas. By planting bamboo along the riverside, you are creating a natural barrier that can mitigate the impact of flooding. The dense growth of bamboo can slow down the flow of water, reducing the risk of soil erosion and protecting the riverbank from being washed away. Twenty NSS Volunteers and two teachers participated in the program. Panchayath President Mr. Joseph Kuriakose inaugurated the program by planting Bamboo in the Pampa riverside at Ranni.





**NATIONAL SERVICE SCHEME UNIT No: 44** 

Name of the Activity	Blood Donation Camp
Academic year	2019-2020
Organizing / Collaborating	Govt Hospital Pathanamthitta & NSS
agency	volunteers
Beneficiaries	Poor patients under treatment in Thaluk
	hospital
Duration	26.11.2019
No. of Staff	02
No. of Students registered	50

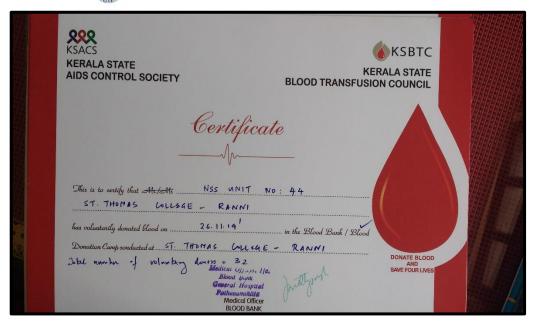
NSS Unit of St. Thomas College, Ranni in association with Thaluk Hospital Pathanamthitta, organized a blood donation camp on 26th November 2019, at St. Thomas College, Ranni as part of the community extension program. The collective efforts of the NSS unit, Thaluk Hospital, and all the volunteers involved made this community extension program a worthy initiative

On the day of the camp, the venue was set up with different sections for registration, medical check-ups, and blood donation. A team of doctors and medical professionals from Thaluk Hospital Pathanamthitta were present to supervise the camp and ensure the safety and well-being of the donors. Adequate arrangements for refreshments and rest areas were also made to ensure the comfort of the donors.



Fifty two students voluntarily registered for the blood donation. The event aimed to promote awareness about the importance of blood donation and encourage individuals to contribute towards saving lives





**NATIONAL SERVICE SCHEME UNIT No: 44** 

Name of the Activity	Cleaning The Pampa River on Pilgrim Season
Academic year	2019-2020
Organizing / Collaborating agency	Pollution Control Board & NSS volunteers
Beneficiaries	Pilgrim People at Pampa
Duration	07.12.2019 to 12.12.2019
No. of Staff	01
No. of Students	07

In association with the pollution control board, Pathanamthitta, NSS Volunteers of St. Thomas college Ranni actively engaged in the cleaning Pampa River campaign from 7<sup>th</sup> December 2019 to 12<sup>th</sup> December 2019 for six days. The program aims to create awareness about environmental conservation, particularly during the pilgrim season to maintain the cleanliness of the Pampa River. The program involved collecting and segregating waste, including plastic, used cloths, and other non-biodegradable items. Through their interactions with pilgrims, the volunteers were created an awareness about environmental conservation and the importance of maintaining cleanliness.



Volunteers involved in Pampa cleaning Project



Pampa During Pilgrim Season

ASSESSMENT PERIOD 2017-2022

Name of the Activity	Anti Narcotic Awareness Seminar
Academic year	2019-2020
Organizing /	Pazhavangadi Panchayath & NSS
Collaborating agency	volunteers
Beneficiaries	NSS Volunteers & Society
Duration	21.12.2019
No. of Staff	02
No. of Students	100

On December 22, 2019, a seminar program was initiated by Sri Santhosh Kumar, a Preventive Officer of the Excise Department in Ranni. The focus of his talk was on "Drug addiction in youth" and he discussed various aspects related to identifying addicted individuals in our society, During the seminar, Sri Santhosh Kumar effectively conveyed the seriousness of the issue of drug addiction among young people. He provided insightful information and statistics regarding the prevalence of drug abuse and its impact on individuals and society as a whole. Through his interactive approach, he engaged the audience and encouraged active participation. Additionally, Sri Santhosh Kumar emphasized the important role that NSS volunteers can play in addressing drug addiction within our society. He discussed various strategies and measures that could be employed by NSS volunteers to identify and support addicted individuals.



**NATIONAL SERVICE SCHEME UNIT No: 44** 

Name of the Activity	Anti Narcotic Awareness Campaign
Academic year	2019-2020
Organizing /	Pazhavangadi Panchayath & NSS
Collaborating agency	volunteers
Beneficiaries	People at Ward 10 of Pazhavangadi
	Panchayath, Mothiravayal 52 colony
Duration	21.12.2019
No. of Staff	02
No. of Students	100

A survey was conducted in the ward 10 of Pazhavangadi Panchayath *in Mothiravayal 52 colony* on 22.12.2019. The volunteers were pre oriented and trained for the collection of the data. The volunteers grouped into 10 groups and the survey was conducted. A total of 200 houses were surveyed by the volunteers. 100 volunteers actively engaged in this program for two days.

A sticker printed for motivating the youth to abstain from drug addiction were made by the NSS Unit No.44 were pasted at 35 houses in the colony.



Sticking the anti drug sticker at homes

Name of the Activity	Collection and safe disposal of Plastic
	wastes
Academic year	2019-2020
Organizing /	NSS volunteers
Collaborating agency	
Beneficiaries	People at Ward 10 of Pazhavangadi
	Panchayath
Duration	21.12.2019
No. of Staff	02
No. of Students	100

The pamphlets regarding the safe waste disposal practices various type of composting units was distributed in 50 homes of the ward 10. The pamphlets containing the rules and regulations of the waste disposal prepared by the Haritha Keralam was also distributed at homes during survey. 100 volunteers actively engaged in this program for two days.

The volunteers themselves collected the plastic waste from homes and collectively it was disposed at the common waste disposal place of the Pazhavagadi Panchayath. 100 volunteers actively engaged in this program.



Collection and disposal of plastic waste

Name of the Activity	Visit to Old age home
Academic year	2019-2020
Organizing /	NSS volunteers
Collaborating agency	
Beneficiaries	Inmates of Old age home
Duration	25.12.2019
No. of Staff	02
No. of Students	100

NSS Unit of St.Thomas College Ranni Organized a visit to the *Govt Old Age Home*, *Vayalathala P.O*, *Pathanamthitta district*" located 12km away from Ranni on the Christmas day of 25.12.2019. The purpose of the visit was to spend quality time with the elderly residents and celebrate Christmas with them. We also sponsored breakfast for the inmates on the same day.

The orphanage consists of 24 mens and 23 womens above 60 years of their age. We celebrated the Christmas in that esteemed institution along with those parents and conducted the Christmas celebration along with them. The inmates were very happy with the volunteers and they felt sadness on departure. It was a unique experience to most of the volunteers in their life, which they revealed in the feedback session. The volunteers, experienced a deep sense of fulfilment and gratitude. They realized the importance of spreading love and care to those in need. Hundred volunteers and program officers actively engaged in this program. Dr. Vinodkumar T G, Dr Sreejaya R and volunteers expressed a deep sense of gratitude to the authorities and inmates for providing such a great opportunity to the NSS Team.



Visit to the Govt Old Age Home, Vayalathala P.O, Pathanamthitta district"





Name of the Activity	Accident Prevention & Rescue Management
Academic year	2019-2020
Organizing /	NSS volunteers & Kerala Fire force
Collaborating agency	Department, Ranni division
Beneficiaries	Volunteers of rescue operations
Duration	23.12.2019
No. of Staff	02
No. of Students	100

The Fire force Officer, Sri Suboth, demonstrated the commonly occurring accidents through an arranged presentation and recommended its remedy. The fire extinguisher operation, rescue methods by rope and its various knot methods, how to remove a ring which is blocked in the finger, how to make a stretcher easily were the attractive topics of the session.







Name of the Activity	Green Gramam
Academic year	2019-2020
Organizing /	NSS volunteers & Rural Science &
Collaborating agency	Technology, Thuruthikkara
Beneficiaries	Villagers at volunteers' residence locality
Duration	24.12.2019
No. of Staff	02
No. of Students	100

Sri P. A. Thankachan, the Executive Director of the Rural Science and Technology Centre in Thuruthikkara, delivered a talk that on promoting the creation of an ecofriendly village and inspiring the students. During the talk, the students were particularly inspired by the cloth bags prepared by the stitching training centre in Thuruthikkara. He highlighted the positive impact that small individual actions can have on the environment and advised the students to take the initiative in their own communities. He motivated the students by explaining the various kinds of activities in the Thuruthikkara Panchayath for creating an ecofriendly environment for past few years and the people's contribution to achieve this goal. Later a visit to this Green Gramam was also arranged for the NSS volunteers to see the integrated culture practices of fishes, poultry, hydroponics, composting technology, rain harvest in each houses etc .All these motivated the students a lot.





Sri P A Thankachan, the Executive Director of the Rural Science and Technology Centre in Thuruthikkara, with NSS Volunteers







## NATIONAL SERVICE SCHEME UNIT No: 44 NATIONAL CADET CORPS (NCC)

Name of the Activity	Plogging on Plastic
Academic year	2019-2020
Organizing /	Pazhavangadi Panchayath & NSS
Collaborating agency	volunteers
Beneficiaries	People at Ranni Town
Duration	24.01.2020
No. of Staff	08
No. of Students	200

A Plogging on plastics was conducted in the public in the bus stand of Ranni on 24.01.2020. Members of the NCC/NSS/Bhoomitrasena clubs participated in the program in association with Pazhavangadi Grama Panchayath, Ranni. A rally was conducted from college and covered the entire town of Ranni. On the way the students collected all the plastic scattered in and around the path and finally dumped in the waste disposal plant in the Ranni Private bus stand. The program aimed to create awareness among public regarding the serious after effects of plastics and its safe disposal in town. The Principal Dr. Lata Marina Varghese, NCC Officer Capt. John M George, NSS Program Officers Dr. Vinod Kumar T G, Dr.Sreejaya R. Bhoomitrasena Officers Mrs. Swetha C and Dr. R Aruna Devy along with 200 students participated in this program.









റാണി സെത് തോമസ് കോളജിലെ എൻസിസി, എൻഎസ്എസ്, ഭൂമിത്രസ്നേ ക്ലബ്, കോളജ് യൂണിയൻ എന്നിവയുടെ നേതൃത്വത്തിൽ നടത്തിയ പരിസ്ഥിതി സംരക്ഷണ ബോധവൽക്കാണ പരിപാടി ഫാ. ഡോ. ബെൻസി മാത്യു കിഴക്കേതിൽ ഉദ്ഘാടനം ചെയ്യുന്നു.

### ശുചിത്വ സന്ദേശവുമായി വിദ്യാർഥികൾ

• നിരത്തുകളിലെയും ബസ് സ്റ്റാൻഡിലെയും പ്ലാസ്റ്റി ക് മലിനവസ്ത്വക്കൾ നീക്കി വി

തന്ത്രിലാണ് പരിസ്ഥിതി സംര വൽക്കരിക്കുകയും ചെയ്തു ക്ഷണ ബോധവൽക്കരണം നട ത്തിയത്.

ഇട്ടിയപ്പാറ ടൗണിൽ നിന്നാരം. ജീച്ച പരിപാടി ഫാ ഡോ. ബെൻ ടുാർഥികളും കേന്ദ്ര സർക്കാരി ആരോഗ്യ സംരക്ഷണത്തോ സി മാസ്റ്റ ക്രാത് ഉദ്യാടെ ഒറു സഥ്ചാഭാരത് പദ്ധതിയിൽ ടൊപ്പം പരിസ്ഥിതി പരിപാലന താണ് ചെയ്തു. പഴവങ്ങാടി പഞ്ചാ താണി വെർന്നു. നാണി സെന്റ് തോമസ് കോള ണിനെ ഗ്ലാസ്റ്റിക് വിമുക്തമാ വ്യാക്കോസ്, പ്രിൻസിപ്പൽ ഡോ. ജിലെ എൻസിസി, എൻഎസ്എ കോനാൺ പദ്ധതിനടപ്പാക്കിയത്. ലത മറിന വർഗീസ്, ക്യാപ്റ്റൻ വലിച്ചെറിഞ്ഞ പ്ലാസ്റ്റിക് ശേലരി നേതൃത്വം വഹിച്ചി.

Name of the Activity	Gender sensitization Program (NAAM II)
Academic year	2019-2020
Organizing /	IQAC and Women Cell & NSS volunteers
Collaborating agency	
Beneficiaries	Transgenders
Duration	04.02.020
No. of Staff	05
No. of Students	150

A "Gender Sensitization Program" was conducted on 04.02.2020 in association with the IQAC and Women Cell on the Topic "Transgender and intersex" by the Transgender activist Nakshatra V Kurup and Mrs Ramadevi, the district level facilitator, PTA and Razia Sujeesh. Nakshatra freely interacted with students and shared her experiences in life both in her own family and in the society. Total 150 students participated in the program.

Providing an awareness session on transgender issues for college students is significant because it is essential for supporting the transgenders in society and empowering the transgender community.





The Transgender Mrs. Nakshatra interacting with student community



Awareness session for College Students

### NATIONAL CADET CORPS (NCC) NCC-III COY, 14(K)BN

Name of the Activity	<b>Blood Donation Camp</b>
Academic year	2019-2020
Organizing /	NCC Unit & District hospital
Collaborating agency	
Beneficiaries	Patients at District hospital
Duration	01.07.2019
No. of Staff	01
No. of Students	50

NCC Unit of St. Thomas College, Ranni in association with Thaluk Hospital Pathanamthitta, organized a blood donation camp on 1<sup>st</sup> July 2019, at St. Thomas College, Ranni as part of the community extension program. The collective efforts of the NSS unit, Thaluk Hospital, and all the volunteers involved made this community extension program a worthy initiative. The event aimed to promote awareness about the importance of blood donation and encourage individuals to contribute towards saving lives. The Officials from NCC 14(K) BN, Pathanmthitta visited the camp and they also participated in donating the blood.

On the day of the camp, the venue was set up with different sections for registration, medical check-ups, and blood donation. Dr. Pretty from Blood bank at District hospital lead the medical professionals. A team of doctors and medical professionals from Thaluk Hospital Pathanamthitta were present to supervise the camp and ensure the safety and well-being of the donors. Adequate arrangements for refreshments and rest areas were also made to ensure the comfort of the donors.

### ST. THOMAS COLLEGE, RANNI







**Blood Donation Camp** 

### ST. THOMAS COLLEGE, RANNI





**Blood Donation Camp** 



### ST. THOMAS COLLEGE

Ranni, Pathanamthitta, Kerala – 689673 ACCREDITED BY NAAC WITH 'B' GRADE

3.4.3: Number of extension and outreached Programmes conducted by the institution through organised forums including NSS / NCC with involvement of community

**REPORTS** 

2018 - 2019

**CRITERION: 3** 

RESEARCH, INNOVATIONS AND EXTENSIONS

# NATIONAL SERVICE SCHEME UNIT N0: 44 & NATIONAL CADET CORPS (NCC) NCC-III COY, 14(K)BN

Name of the Activity	Medical camp
Academic Year	2018 - 2019
Organizing /	Thaluk Hospital Ranni, NSS & NCC Volunteers
Collaborating agency	
Beneficiaries	Flood affected victims
Date/ Duration	18.08.2018 (1day)
No. of Staff	02
No. of Students	10

In association with the Doctors of the Thaluk hospital, Ranny, NCC and NSS Volunteers also assisted the medical camp and distributed medicines at Mandirampadi and Adichippuzha tribal colony on 18.08.2018. Also helped the medical team at Ranny Thaluk hospital after the flood period. Two teachers from college and 5 NSS Volunteers and 5 NCC cadets were very active during this post flood period for renovating the homes.



Medical Camp at Adichipuzha





Medicine distribution at Mandirampadi



Medical Officers Team for medical camp

# ST. THOMAS COLLEGE, RANNI









Medical Camp at Adichipuzha after flood

Name of the Activity	Cleaning the Flooded homes at Ranni
Academic year	2018 - 2019
Organizing / Collaborating	Pazhavangadi Panchayath Ranny & NSS
agency	Volunteers
Beneficiaries	Flood affected victims
Duration	20.8.2018 - 30.8.2018 (10days)
No. of Staff	02
No. of Students	40

Ranny was the most flood affected area in flood 2018 and so many students from NSS group actively engaged in helping the people of their own places, who had affected with flood. They provide accommodation and food to the victims of flooded homes and helped them to clean the houses after flood. Mainly the house cleaning activities done by the NSS volunteers as a group activity after flood. Ten days they actively participated in the cleaning activities of 3 homes and extended their service to three more days to social work.



Cleaning of the flooded homes







Cleaning of the flooded homes

List of volunteers

# NATIONAL SERVICE SCHEME UNIT No 44 CLEANING THE FLOODED HOMES AT RANNI

1	Ajith Jose	BA History
2	Anna Roy	BA History
3	Archana K S	BA History
4	Aswathy Ramesh	BA History
5	Divya Soman	BA History
6	Harilal T.L	BA History
7	Joise Mathew	BA History
8	Meekhil Johnson	BA History
9	Nelbin Prakash	BA History
10	Niya A Varghese	BA History
11	Rincy Mary Felix	BA History
12	K. Saranya Satheesh	BA History
	Soorya Chandra	
13	Mohan	BA History
14	Subina T S	BA History
15	Syama P S	BA History
16	Vidhyamol V T	BA History
17	Vidhya Sunil	BA History
18	Joelmon Achankunju	BA History
19	Akhila Mol V A	BA Economics
20	Anandhu Krishna R	BA Economics

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21	Anju mol A	BA Economics
22	Ansu Cherian	BA Economics
23	Ashna Shajahan	BA Economics
24	Bhavya Viswanath	BA Economics
25	Josna Alphonsa Jose	BA Economics
26	Manju Mathew	BA Economics
27	Nadiya Nowshad	BA Economics
28	Riya John	BA Economics
29	Sajitha Mol P S	BA Economics
30	Salini Babu	BA Economics
31	Sreelakshmi Vikraman	BA Economics
32	Sujin K S	BA Economics
33	Sujithra S	BA Economics
34	Sumi Suresh	BA Economics
35	Supriya Sudhan	BA Economics
36	Vaishnavi Venugopal	BA Economics
37	Vishnu Biju	BA Economics
38	Stephy George	BA Economics
39	Anjaly Ashok	BA Economics
40	Geethu Linda	BA Economics

Name of the Activity	The quality analysis of water of the flood affected wells
Academic year	2018 - 2019
Organizing / Collaborating agency	Pollution Control Board Pathanamthitta, Harita Keralam Pathanamthitta & NSS Volunteers
Beneficiaries	Flood affected Homes at Ranni
Duration	06.09.2018
No. of Staff	02
No. of Students	60

In association with the Haritha Keralan Pathanamthitta, Pollution Control Board Trivandrum, Pollution Control Board Pathanamthitta and regional office of Pollution Control Board Cochin, Two Program officers and 60 NSS volunteers collected water samples from 600 wells for the analysis of water quality of the flood affected wells on 06.09.2018.



Involvement of NS volunteers for Sample collection from flood wells at Ranni









Training for water sample collection and Analysis

### Water Analysis after flood - Participants group

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### RANNI ANGADI GRAMAPANCHAYAT

Angadi P.O, Ranni. Pathanamthitta Dist, Pin -689674 Phone - 9496042657 Email - ranniangadigp@gmail.com

### CERTIFICATE OF RECOGNITION

Awarded to ST.THOMAS COLLEGE, RANNI

For the exemplary service of the volunteers of N.S.S unit of St.Thomas College, Ranni in collecting water samples for conducting water quality analysis in connection with the 2018 post- flood rehabilitation activities of Angadi Grama Panchayath in collaboration with pollution Control Board, Harithakeralam and Kudumbasree.

President

President
Ranni - Angadi Grama Panchayat
Ranni - Angadi P.O., Pathanamthitta
Karala, India, Pin - 689 674
Ph: 04735 - 226275

G. SUDHAKUMARI SECRETARY RANNI-ANGADI GRAMA PANCHAYAT ANGADI P.O., RANNI Ph: 04735-226275

Secretary

# NATIONAL SERVICE SCHEME UNIT NO: 44 & NATIONAL CADET CORPS (NCC) NCC-III COY, 14(K)BN

Name of the Activity	Donation of essential articles in Flood camps at Pramadam
Academic year	2018 - 2019
Organizing /	Flood relief camp at Pramadom & NSS
Collaborating agency	Volunteers
Beneficiaries	Flood affected Victims
Duration	13.09.2018
No. of Staff	02
No. of Students	120

The dress materials of total cost Rs. 17500/- necessary during the flooded period in the camp was purchased by the NSS program officer and distributed in the camp directly. The amount was the contribution from the NSS volunteers only . Sum of Rs. 11,500/- remitted in the State NSS Account on 13.09,2018.



Name of the Activity	Donation of essential articles in flooded homes at Ranni.
Academic year	2018 - 2019
Organizing / Collaborating	NSS Volunteers
agency	
Beneficiaries	Flood affected Victims and study aids for students
Duration	13.09.2018
No. of Staff	02
No. of Students contributed	120
donation	

NSS Unit of St. Thomas College Ranni donated the essential educational aids to those students whose homes are affected with flood. Donation of note books, bags, Tiffin box, pencil box, pens, pencil etc. All NSS volunteers (12nos) donated their contribution to this community work. Volunteers also collected the cloth items and extended their help to flood affected people at Ranni.















### Student contribute the donation for flood

### NATIONAL SERVICE SCHEME UNIT No 44 Flood contribution

1 Anupama Das Zoology 36 Emil S Philip English 2 Ashifa Y Zoology 37 Shilpa Sanal English 3 Athira P Zoology 38 S.Akshay English 4 Jeevana P Thankappan Zoology 39 Ajith Jose History 5 Jini Merin Mathew Zoology 40 Anna Roy History 6 Krupamol P J Zoology 41 Archana K S History 7 Nithamol P S Zoology 42 Aswathy Ramesh History 8 Reeba K Jacob Zoology 43 Divya Soman History 9 Reshma Rajan Zoology 44 Harilal T.L History 10 Salini Uthaman Zoology 45 Joise Mathew History 11 Sijo M Santhosh Zoology 45 Joise Mathew History 12 Sreelakshmi M nair Zoology 46 Meekhil Johnson History 13 Yamuna V B Zoology 47 Nelbin Prakash History 14 Akhila Mol V A Economics 49 Rincy Mary Felix History 15 Anandhu Krishna R Economics 50 K. Saranya Satheesh History 16 Anju mol A Economics 51 Sujithra S Economics 17 Ansu Cherian Economics 52 Sumi Suresh Economics 18 Ashna Shajahan Economics 54 Vaishnavi Venugopal Economics 19 Bhavya Viswanath Economics 55 Adithya R Physics 21 Manju Mathew Economics 56 Aravind R Kannan Physics 22 Nadiya Nowshad Economics 57 Aswathy R Physics 23 Riya John Economics 58 Sandeep S Physics 24 Ruby Jose Economics 60 Sooraj T S Physics 25 Sajitha Mol P S Economics 61 Vivekanand V H Physics 26 Salini Babu Economics 62 Vamuna Kochumon Physics 27 Siena Sam Economics 63 Ahil S Kumar Botany 28 Siji E J Economics 64 Anju C S Botany 39 Sujin K S Economics 66 Alfiya Latheef Botany 31 Vishnu Biju Economics 67 Athira Sunil Botany 31 Vishnu Biju Economics 68 Litha Mathew Botany 33 Anjaly Ashok Economics 69 Maria Thomas Botany 34 Geethu Linda Economics 69 Maria Thomas Botany 35 Bibin T Biju English 70 Megha G Nair							
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34 Geethu Linda Economics 69 Maria Thomas Botany	32	Stephy George	Economics	67	Athira Sunil	Botany	
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	35	Bibin T Biju	English	70	Megha G Nair	Botany	



## ST. THOMAS COLLEGE, RANNI

71	Rony Mol Roy	Botany	96	Aksa Biju	B Com
72	Sandra Benny	Botany	97	Aswathy P R	B Com
73	Sandra Sathyan	Botany	98	Elsa C John	B Com
74	Sruthy Rajeevan	Botany	99	Gopika Prasad	B Com
75	Anakha S	Botany	100	Kamal Harichandran	B Com
76	Soorya Chandra Mohan	History	101	Maria K Manoj	B Com
77	Subina T S	History	102	Neema K Biju	B Com
78	Syama P S	History	103	Radhika mol M.R	B Com
79	Vidhyamol V T	History	104	Stebin Markose	B Com
80	Vidhya Sunil	History	105	Shereena N S	B Com
81	Joelmon Achankunju	History	106	Smisha Mol C S	B Com
82	Ashok Thankaswamy	History	107	Saniya P S	B Com
83	Aneena Anil	Chemistry	108	Timiya Biju	B Com
84	Anjali Santhosh	Chemistry	109	Tom Thomas	B Com
85	Ashnamol P.S	Chemistry	110	Sreekutty P R	B Com
86	Divya S	Chemistry	111	Rinku Shibu	Zoology
87	Malavika Aji	Chemistry	112	Jayalakshmi M J	Zoology
88	Nasrin Jamal	Chemistry	113	Aswathy Sajikumar	Zoology
89	Sona Teres Kurian	Chemistry	114	Gowripriya A	Zoology
90	Abiya Thankam Ebey	Physics	115	Harilekshmi M	Botany
91	Abdul Basith	B Com	116	Swetha Sathish	Botany
92	Abhin Raj R	B Com	117	Aswathy MS	Botany
93	Angel Merlin Mathew	B Com	118	Lekshmi Omanakuttan	Botany
94	Aneesha Balakrishnan	B Com	119	Resiya Zhakkeer	Botany
95	Ahsa Achu Tomy	B Com	120	Akshaya K S	Botany

Name of the Activity	SME Survey on the industrial damage of the flood affected shops
Academic year	2018 - 2019
Organizing /	District Industries Office Pathanamthitta,
Collaborating agency	Pazhavangadi Panchayath & NSS Volunteers
Beneficiaries	Flood affected shop agencies in Ranni Town
Duration	29.10.2018 – 05.11.2018 (7Days)
No. of Staff	02
No. of Students	10

In collaboration with the Thaluk industries office, Pathanamthitta 10 NSS volunteers actively conducted a Survey work of the Govt of Kerala, SME Survey on the industrial damage of the flood affected shops in the ward 13 of the Pazhavangadi Panchayath from 29.10.2018 to 05.11.2018 for seven days. Students helped the District Industries officers for uploading the damage datas on the specially designed mobile app.



Volunteers entering the of the flood damage in Digital survey form

A/227/2018

Taluk Industries Office, Pathanamthitta P.O., Email Idadiopathanamthitta@gmail.com Date: 08.11.2018

From

Assistant District Industries Officer,

To

The Programme Officer, National Service Scheme, St. Thomas College, Ranni.

Sir,

Sub:- Industries- Survey of shops affected Flood-Participation of students-report- reg.

As per our request you have rendered the service of the following students of your college for SME Survey work of flood Affected shops in Ranni Town. They have attended the work on 29.10.2018 to 31.10.2018 and 05.11.2018. We are very thankful for their effective participation and sincere efforts in the survey work for Government of Kerala.

I express my sincere gratitude to Dr. Vinod Kumar T.G. Programme Officer, National Service Scheme for his co-operation in this regard .

Sl.no	Name	Class
1.	Aravind K Kannan	I <sup>St</sup> B.Sc Physics
2.	Yamuna Kochumon	I <sup>St</sup> B.Sc Physics
3.	Aneena Anil	I <sup>St</sup> B.Sc Chemistry
4.	Shilpa Sanal	I <sup>St</sup> B.A. English
5.	Sijio M Santhosh	I <sup>St</sup> B.Sc Zoology
6.	Amal S Raj	1 <sup>St</sup> B.Sc Zoology
7.	Renjith T R	I <sup>St</sup> B.A. History
8.	Sreelakshmi M Nair	I <sup>St</sup> B.Sc Zoology
9.	Nitha Mol T S	I <sup>St</sup> B.Sc Zoology
10.	Soorya Chandramohan	I <sup>St</sup> B.Sc Physics

Yours faithfully,

Assistant District Industries Officer

Name of the Activity	Public road cleaning and Campus cleaning
Academic year	2018 - 2019
Organizing /	NSS Unit & Pazhavangadi Panchayath
Collaborating agency	
Beneficiaries	Public
Duration	02.10.218
No. of Staff	02
No. of Students	100

The celebratory function of Gandhi Jayanthi was held on 2nd October 2018, and it was attended by all members of the National Service Scheme (NSS). The event took place in the college premises and was presided over by our respected Principal, Dr. Lata Marina Varghese. The inauguration of the clean campus green campus program was conducted by Mr. Joseph Kuriakose, the President of Ranni Panchayath. the NSS Program Officers, Dr. Vinodkumar T G and Dr. Sreejaya, provided guidance and support to the students. The NSS volunteers actively participated in cleaning the college campus and the adjacent public road.



Mr. Joseph Kuriakose, the President of Ranni Panchayath Inaugurating the Clean Green Campus Projec











Volunteers cleaning the Public road



# ST. THOMAS COLLEGE, RANNI

	NATIONAL SERVICE SCHEME UNIT No 44				
	Clean Green Campus				
1	Anupama Das	Zoology	36	Emil S Philip	English
2	Akhila Mol V A	Economics	37	Shilpa Sanal	English
3	Anandhu Krishna R	Economics	38	S.Akshay	English
4	Anju mol A	Economics	39	Sujithra S	Economics
5	Ansu Cherian	Economics	40	Sumi Suresh	Economics
6	Ashna Shajahan	Economics	41	Supriya Sudhan	Economics
7	Bhavya Viswanath	Economics	42	Vaishnavi Venugopal	Economics
8	Josna Alphonsa Jose	Economics	43	Adithya R	Physics
9	Manju Mathew	Economics	44	Aravind R Kannan	Physics
10	Nadiya Nowshad	Economics	45	Aswathy R	Physics
11	Riya John	Economics	46	Sandeep S	Physics
12	Ruby Jose	Economics	47	Shelcy Peus	Physics
13	Sajitha Mol P S	Economics	48	Sooraj T S	Physics
14	Salini Babu	Economics	49	Vivekanand V H	Physics
15	Siena Sam	Economics	50	Yamuna Kochumon	Physics
16	Siji E.J	Economics	51	Ajith Jose	History
17	Sreelakshmi Vikraman	Economics	52	Anna Roy	History
18	Sujin K S	Economics	53	Archana K S	History
19	Vishnu Biju	Economics	54	Aswathy Ramesh	History
20	Stephy George	Economics	55	Divya Soman	History
21	Anjaly Ashok	Economics	56	Harilal T.L	History
22	Geethu Linda	Economics	57	Joise Mathew	History
23	Ashifa Y	Zoology	58	Meekhil Johnson	History
24	Athira P	Zoology	59	Nelbin Prakash	History
25	Jeevana P Thankappan	Zoology	60	Niya A Varghese	History
26	Jini Merin Mathew	Zoology	61	Rincy Mary Felix	History
27	Krupamol P J	Zoology	62	K. Saranya Satheesh	History
28	Nithamol P S	Zoology	63	Ahil S Kumar	Botany
29	Reeba K Jacob	Zoology	64	Anju C S	Botany
30	Reshma Rajan	Zoology	65	Anju Mohan	Botany
31	Salini Uthaman	Zoology	66	Alfiya Latheef	Botany
32	Sijo M Santhosh	Zoology	67	Athira Sunil	Botany
33	Sreelakshmi M nair	Zoology	68	Litha Mathew	Botany
34	Yamuna V B	Zoology	69	Maria Thomas	Botany
35	Bibin T Biju	English	70	Megha G Nair	Botany



71	Rony Mol Roy	Botany	87	Malavika Aji	Chemistry
72	Sandra Benny	Botany	88	Nasrin Jamal	Chemistry
73	Sandra Sathyan	Botany	89	Sona Teres Kurian	Chemistry
74	Sruthy Rajeevan	Botany	90	Abiya Thankam Ebey	Physics
75	Anakha S	Botany	91	Abdul Basith	B Com
76	Soorya Chandra Mohan	History	92	Abhin Raj R	B Com
77	Subina T S	History	93	Angel Merlin Mathew	B Com
78	Syama P S	History	94	Aneesha Balakrishnan	B Com
79	Vidhyamol V T	History	95	Ahsa Achu Tomy	B Com
80	Vidhya Sunil	History	96	Aksa Biju	B Com
81	Joelmon Achankunju	History	97	Aswathy P R	B Com
82	Ashok Thankaswamy	History	98	Elsa C John	B Com
83	Aneena Anil	Chemistry	99	Gopika Prasad	B Com
84	Anjali Santhosh	Chemistry	100	Kamal Harichandran	B Com
85	Ashnamol P.S	Chemistry			
86	Divya S	Chemistry			

Name of the Activity	Food fest on Natural Balanced Diet
Academic year	2018 - 2019
Organizing /	Child welfare centre, Pathanamthitta & NSS
Collaborating agency	Volunteers
Beneficiaries	Women & students at Vadasserikkara panchayath
Duration	01.11.2018 (1day)
No. of Staff	02
No. of Students	10

Dr. Vinod Kumar T.G was one of the resource person of the food fest conducted by the child welfare centre, Pathanamthitta at CMS High school Vadasserikkara. He delivered a talk on the subject "Impact of the junk food and importance of the natural food in daily life especially for the children". Ten of the NSS volunteers accompanied him along with the natural home made food prepared by their own.



Inaugural Function of the Food Fest at CMS School Vadasserikkara





Food Fest at CMS School Vadasserikkara-Resource Person Dr. Vinod Kumar T G (NSS PO, STC Ranni)









Participation of NSS Volunteers in Food Fest

Name of the Activity	Blood Donation Camp
Academic year	2018 - 2019
Organizing /	Thaluk hospital Pathanamthitta & NSS Volunteers
Collaborating agency	
Beneficiaries	Emergency Patients at Pathanamthitta
Duration	14.11.2018 (1Day)
No. of Staff	02
No. of Students	45

NSS unit conducted a blood donation camp in association with Thaluk hospital Pathanamthitta and HDFC bank. The Ranni Block Panchayath President Sri. Anson Thomas inaugurated the function and Dr. Pretty Sacharia from District hospital provided a medical check up to the students. A blood donors club was organized in the college and about 150 students registered in that club. A total of 45 students donated their blood in this camp



Inaugural Function of Blood Donation Camp









Blood Donation Camp

Name of the Activity	Survey of the safe disposal of waste in Ward 13 of Pazhavangadi Panchayath
Academic year	2018 - 2019
Organizing /	NSS Volunteers at special camp
Collaborating agency	
Beneficiaries	250 Homes at Ward 13 of Pazhavangadi
	Panchayath
Duration	23.12.2018
No. of Staff	02
No. of Students	100

A survey was planned and in the ward 13 of Pazhavangadi Panchayath. The volunteers were pre oriented and trained for the collection of the data from the survey. The pamphlets regarding the safe waste disposal practices various type of composting units were distributed in 250 homes of the ward 13. The pamphlets containing the rules and regulations of the waste disposal supplied by the Haritha Keralan was also distributed at homes during survey.

- 1. Students trained for the safe disposal of the waste
- 2. Students were trained for various composting of the waste- Organic & Inorganic
- 3. Survey result produced on the Waste disposal methods in Ward 13 of Pazhavangadi Panchayath
- 4. Students trained the public for the safe disposal of wastes
- 5. Students introduces the Vermicomposting technique to the public during survey
- 6. Trained for Pit composting technique
- 7. Students trained for the importance of the Organic vegetable Garden
- 8. Students oriented for cleaning of the public spaces

Name of the Activity	"Rejuvenation of the Ranni Valiya Thodu
Academic year	2018 - 2019
Organising /	Pazhavangadi Panchayath & NSS Volunteers at
Collaborating agency	special camp
Beneficiaries	People at Ranni
Duration	22.12.2018
No. of Staff	05
No. of Students	100

The major attraction of the second day activity was the "Rejuvenation of the Ranni Valiya Thodu". The Program was inaugurated by the Honorable MLA Sri. Raju Abraham. The "Valiyathodu" flowing through the centre of the Ranni was a most flooded water body during the flood period. After that major flood it was again flooded more than two times during the rain obtained in the month of November (Thulam). The mission of the team was to clear the polluted situation of this water body as possible and to clear the weeds growing in the premises of the water body. The Kudumbasree unit of the Panchayath and also the Thozhilurappu people also jointed their hands along with the NSS Volunteers. The Haritha Kerala Mission Pathanamthitta gave full support for the Program. During cleaning the volunteers also identified the rich biodiversity of the water body including various insects, leeches, snakes, fishes, crabs, worms and certain other arthropods.











Involvement of NSS Volunteers in cleaning the water body and riverside

Name of the Activity	Construction of organic vegetable garden
Academic year	2018 - 2019
Organising /	NSS Volunteers at special camp
Collaborating agency	
Beneficiaries	Students at School
Duration	23.12.2018
No. of Staff	02
No. of Students	100

Construction of an organic vegetable garden at camp venue was the aim at third day of the camp. Invited guest was Sri. Joshi Joseph, Director, Prodomino foundation, Aruvithara, Kottayam. He took class on "Importance of Jaiva krishi, organic farming and kitchen garden" in the morning section. Hands on training on the bed preparation and seeding were carried out in the afternoon section. Krishi office Ranni supplied 250 seedlings to the camp as per special request by the NSS Program officer. Brinjal, Tomato, Cabbage, chilly, Ladys finger etc was the items that planted.







Construction of Organic Vegetable Garden at St.Thomas High School Ranni

Name of the Activity	Orphanage Visit "Manikanda Gurukulam, Koonamkara, Perunad, Pathanamthitta"
Academic year	2018 - 2019
Organising /	NSS Volunteers at special camp
Collaborating agency	
Beneficiaries	Kids at Manikanda Gurukulam, Koonamkara,
	Perunad, Pathanamthitta"
Duration	25.12.2018
No. of Staff	02
No. of Students	100

In order to create awareness among students about the children residing at orphanages, we planned a **visit to an orphanage** and spend a day along with the kids on Christmas day. We selected the orphanage "*Manikanda Gurukulam, Koonamkara, Perunad, Pathanamthitta*" for the one day service.

The orphanage consist of 24 boys below the age of 15. In that orphanage the kids are following strict discipline in routine life. All are students and the institution providing the facility for their education. We celebrated the Christmas in that esteemed institution along with kids and served them lunch which was prepared at the camp. All kids were very happy with the volunteers and they felt sadness on departure.











Volunteers at orphanage and serving the kids





NSS Volunteers interaction with Kids

ASSESSMENT PERIOD 2017-2022

Name of the Activity	"Preparation of the Value Added Products from Jack Fruit"
Academic year	2018 - 2019
Organising / Collaborating agency	NSS Volunteers at special camp
Beneficiaries	NSS Volunteers & Kudumbasree Unit
Duration	26.12.2018
No. of Staff	02
No. of Students	100

As the "Jack fruit" was declared as our State fruit, a program "Preparation of the Value Added Products from Jack Fruit" was organized for Womens in the camp locality and NSS Volunteers in the camp. The program was handled by the famous trainer of cookery Mrs. Annamma Peter. Dr. Sreejaya welcomed and introduced the invited guest to the volunteers. Mrs. Annamma Peter took classes and conduct hands on training for the natural preparation of squash from hibiscus, Jam from various fruits. She talked about the protein rich products hidden in jack fruit and how to make the valuable products from it. In addition to the lecturer classes, she trained the volunteers by hands on training regarding the squash, jam, Cutlet preparations. From the feed back obtained from the volunteers it was clear that the one day training program was very effective and enthusiastic for them.



# ST. THOMAS COLLEGE, RANNI









### NATIONAL CADET CORPS (NCC) NCC-III COY, 14(K)BN

Name of the Activity	Cleaning the District Hospital Premises
Academic year	2018-2019
Organizing /	NCC Unit
Collaborating agency	
Beneficiaries	District Hospital , Kozhencherry
Duration	05.05.2019
No. of Staff	01
No. of Students	25

On 5th May 2019, a community extension activity was organized by the National Cadet Corps (NCC) of St. Thomas College, Ranni. The objective of this activity was to clean the premises of the district hospital and promote cleanliness and hygiene in the community. A total of twenty-five NCC cadets actively participated in this initiative in the session. The cadets, under the guidance of their NCC officers, assembled at the district hospital premises in the morning. They were equipped with necessary cleaning tools such as brooms, mops, gloves, and garbage bags. The cadets divided themselves into smaller groups and assigned specific areas of the hospital premises to clean. The initiative received positive feedback from the hospital administration, staff, and visitors. They appreciated the efforts of the NCC cadets and acknowledged the impact of their work in enhancing the overall cleanliness and hygiene standards of the hospital premises.



# ST. THOMAS COLLEGE, RANNI



















### ST. THOMAS COLLEGE

Ranni, Pathanamthitta, Kerala – 689673 ACCREDITED BY NAAC WITH 'B' GRADE

3.4.3: Number of extension and outreached Programmes conducted by the institution through organised forums including NSS / NCC with involvement of community

**REPORTS** 

2017 - 2018

**CRITERION: 3** 

RESEARCH, INNOVATIONS AND EXTENSIONS

Name of the Activity	Ward Adoption
Academic Year	2017 - 2018
Organizing /	Pazhavangadi Panchayath & NSS Volunteers
Collaborating agency	
Beneficiaries	Ward 14 of pazhavangadi Panchayath
Date/ Duration	01.08.2017
No. of Staff	2
No. of Students	64

NSS Unit 44 of St. Thomas College Ranni organized a Ward Adoption Ceremony on August 1<sup>st</sup>, 2017 in collaboration with the Pazhavangadi Gramapanchayath. The aim of the event was to adopt some welfare programs on the adoption of Ward 14 of Pazhavangadi Panchayath by NSS Unit 44 of St. Thomas College Ranni for a period of one year. The adoption ceremony commenced with an inauguration by the ward member, Mrs. Anitha Anilkumar, who expressed her gratitude towards NSS Unit 44 for their willingness to support and work for the welfare of Ward 14. The Program Officers, Dr. Deepa Roselin Joseph and Dr. Suresh M.K., addressed the gathering, emphasizing the importance of community engagement and the role of NSS in social development.



Mrs. Anitha Anilkumar, Ward member addressing the NSS Voluntees









Activities in Adopted Ward- Road cleaning



## ST. THOMAS COLLEGE, RANNI

### **Participants List**

	National service scheme UNIT No 44				
	ADOPTION	OF WARD 14	- MOTHIF	RAVAYAL 52 COLONY	
1	MANJU MANOHARAN	Zoology	34	MEERA NATH C V	History
2	MEGHA K M	Zoology	35	LIJIMOL S	History
3	BJILA VISWAN	Zoology	36	LIBIN VARGHESE	History
4	ABHINATH GOPI	Physics	37	GODVIN ABRAHAM	History
5	FAZAL ALI K J	Physics	38	BHAGHYA V PRASAD	History
6	ABHIRAM PRADEEP	Physics	39	APSA MOL V K	History
7	ARAVIND S	Physics	40	ANU K KURIAN	History
8	HARITHA KRISHNAN V K	Physics	41	ANU JOSE	History
9	LIBIN SANTHOSH	Physics	42	ANU CHACKO	History
10	ROHITH RAJ	Physics	43	AMAL C S	History
11	SELMA THOMAS	Physics	44	AKHIL K R	History
12	STALLY ANNA SIMON	Physics	45	LIJOMOL THOMAS	History
13	SYAMILI BAIJU	Physics	46	ROJIN TOM ALEX	History
14	ANJU A S	Chemistry	47	MUHAMMED ASSLAM	History
15	AISWARYA S	Chemistry	48	NISHANTH SAM THOMAS	History
16	ANANDU SAJI	Chemistry	49	NITHA P NAIR	History
17	ARSHA S	Chemistry	50	RAJEEV K R	History
18	GINTO TOM	Chemistry	51	RESHMITHA MOHAN	History
19	JILSE VARGHESE	Chemistry	52	SANDHYA T SOMAN	History
20	JINTA SARA JOSEPH	Chemistry	53	SRUHIMOL SUDHAKARAN	History
21	RAJALEKSHMI R NAIR	Chemistry	54	SUJIN DAS J	History
22	AKHILA SUSAN TOMY	Botany	55	SUVARNA C S	History
23	MEGHA MADHU	Botany	56	VIJITHA VIJAYAN	History
24	PARVATHY S UNNITHAN	Botany	57	SHAHEENA MUHAMMED	Economics
25	SACHIN V MATHEW	Botany	58	SARANYAMOL SASI	Economics
26	VISHNUNATH B	Botany	59	SUNITHA P S	Economics
27	NENA SABU PHILIP	B.Com	60	ELISA TOM	Economics
28	DIVYA LEKSHMI B	B.Com	61	ASWATHY K R	Economics
29	BIJO K THOMAS	B.Com	62	ANITTA ALPHONSE CHACKO	Economics
30	RESHMA REGHUNATHAN	B.Com	63	ANASWARA T S	Economics
31	VYSHNAVI V	History	64	JITHU PRAKASH	English
32	VISHNU RAJ K R	History			
33	MICAH THOMAS	History			

Name of the Activity	Renovation of Anganavadi
Academic Year	2017 - 2018
Organizing /	Anganvadi at Mothiravayal & NSS Volunteers
Collaborating agency	
Beneficiaries	Anganavadi people
Date/ Duration	02.10.2017
No. of Staff	2
No. of Students	23

NSS volunteers celebrated Gandhi Jayanthi week in the adopted colony of NSS at Mothiravayal in ward 14 of pazhavangadi Panchayath. A variety of activities were organized. One among them was the renovation of the Anganvady building situated there. Students, both boys and girls actively participated in the renovation process. They cleaned the road to Anganvady also.



Renovation of Anganavadi building









Anganavadi Renovation

### Volunteers List

### National Service Scheme Unit No: 44 Anganavadi Renovation- Mothiravayal 52 colony

1	MEGHA K M	Zoology
2	BJILA VISWAN	Zoology
3	ABHIRAM PRADEEP	Physics
4	ARAVIND S	Physics
5	HARITHA KRISHNAN V K	Physics
6	LIBIN SANTHOSH	Physics
7	ROHITH RAJ	Physics
8	ANANDU SAJI	Chemistry
9	MEGHA MADHU	Botany
10	PARVATHY S UNNITHAN	Botany
11	SACHIN V MATHEW	Botany
12	VISHNUNATH B	Botany
13	BIJO K THOMAS	B.Com
14	VYSHNAVI V	History
15	VISHNU RAJ K R	History
16	LIBIN VARGHESE	History
17	GODVIN ABRAHAM	History
18	BHAGHYA V PRASAD	History
19	APSA MOL V K	History
20	AMAL C S	History
21	AKHIL K R	History
22	SUJIN DAS J	History
23	ASWATHY K R	Economics
24	ANITTA ALPHONSE CHACKO	Economics
25	JITHU PRAKASH	English

Name of the Activity	Cleaning General Hospital premises.
Academic year	2017- 2018
Organizing / Collaborating agency	Govt Hospital Hospital, Ranni & NSS Volunteers
Beneficiaries	Govt Hospital Hospital, Ranni
Duration	05.10.2017
No. of Staff	02
No. of Students	25

NSS volunteers, as a part of Community extension programme cleaned the General Hospital premises and hospital road on Gandhi Jayanthi week this year. 25 students and 2 teachers were included in the programme.



Road cleaning





Hospital Premises cleaning



Hospital Road Cleaning

## ST. THOMAS COLLEGE, RANNI

# National service scheme UNIT No 44 Hospital Premises cleaning

1	MEERA NATH C V	History
2	LIJIMOL S	History
3	LIBIN VARGHESE	History
4	GODVIN ABRAHAM	History
5	BHAGHYA V PRASAD	History
6	APSA MOL V K	History
7	ANU K KURIAN	History
8	ANU JOSE	History
9	ANU CHACKO	History
10	AMAL C S	History
11	AKHIL K R	History
12	LIJOMOL THOMAS	History
13	ROJIN TOM ALEX	History
14	MUHAMMED ASSLAM	History
15	NISHANTH SAM THOMAS	History
16	MEGHA MADHU	Botany
17	PARVATHY S UNNITHAN	Botany
18	SACHIN V MATHEW	Botany
19	VISHNUNATH B	Botany
20	NENA SABU PHILIP	B.Com
21	DIVYA LEKSHMI B	B.Com
22	BIJO K THOMAS	B.Com
23	RESHMA REGHUNATHAN	B.Com
24	SHAHEENA MUHAMMED	Economics
25	SARANYAMOL SASI	Economics

Name of the Activity	Rainwater harvesting pits
Academic year	2017 - 2018
Organizing / Collaborating agency	Bethani School & NSS Volunteers
Beneficiaries	Bethani School Ranni
Duration	05.11.2017
No. of Staff	02
No. of Students	25

Shortage of water is a burning problem these days. Identifying the importance of storing water, NSS Volunteers constructed various rainwater harvesting pits in the school premises of Bethani School, Ranni.



Constructing a rain water harvesting pit







Rainwater Harvesting Pit

#### List of Volunteers

### National service scheme Unit No 44 Rainwater Harvesting Pit

1	LIBIN VARGHESE	History
2	GODVIN ABRAHAM	History
3	VYSHNAVI V	History
4	VISHNU RAJ K R	History
5	AMAL C S	History
6	AKHIL K R	History
7	SUJIN DAS J	History
8	BHAGHYA V PRASAD	History
9	APSA MOL V K	History
10	ANANDU SAJI	Chemistry
11	ABHIRAM PRADEEP	Physics
12	ARAVIND S	Physics
13	HARITHA KRISHNAN V K	Physics
14	LIBIN SANTHOSH	Physics
15	ROHITH RAJ	Physics
16	ASWATHY K R	Economics
17	ANITTA ALPHONSE CHACKO	Economics
18	JITHU PRAKASH	English
19	MEGHA MADHU	Botany
20	VISHNUNATH B	Botany
21	SACHIN V MATHEW	Botany
22	PARVATHY S UNNITHAN	Botany
23	BIJO K THOMAS	B.Com
24	MEGHA K M	Zoology
25	BJILA VISWAN	Zoology

#### NATIONAL SERVICE SCHEME UNIT NO: 44

Name of the Activity	Jaivam Organic Farming
Academic year	2017 - 2018
Organizing /	MG University, NSS volunteers & Poonjar
Collaborating agency	Thekkekara Panchayath
Beneficiaries	Poonjar Thekkekara Panchayath
Duration	31.08.2017 - 06.09.2017
No. of Staff	02
No. of Students	100

As part of Kerala Government's Haritha Keralam project, Jaivam special camps were decided to be conducted during Onam vacation for NSS volunteers to spread the message of Organic Farming in kottayam district as 'Jaiva Saksharathayajam - 2017'. On the basis of the geographical features and population density, panchayats in kottayam district were divided among NSS units of different colleges .St. Thomas College Ranni got Poonjar Thekkekara Panchayath. The hilly Poonjar Thekkekara panchayath has about 4250 houses in an area of 5562 hectors.

The camp started on August 31<sup>st</sup>, 2017 and ended on September 6<sup>th</sup> 2017 (7 days special camp). The Principal of the college Dr. Lata Marina Varghese flagged off the programme . the camp was inaugurated by Poonjar-Thekkekkara Grama Panchayath President Mrs. Shiny Santhosh. Each day was tightly scheduled with different programs like Yoga, Jaivam class, Field work for data collection and visiting farmlands, Data uploading, Cultural programmes etc. We finished our field visit in the evening of 5<sup>th</sup> September 2017 and finished the uploading by the next day morning. On 6<sup>th</sup> September we had a closing ceremony and it was inaugurated by the Block Panchayath President Mr. Premji. We reached back St. Thomas College, Ranni safely by noon.









JAIVAM CAMP

### സർട്ടിഫിക്കറ്റ് മഹാത്മാഗാന്ധി സർവൃകലാശാലയുടെ നാഷണൽ അഭിമുഖ്യത്തിൽ നടത്തിയ ജൈവം 2017 പദ്ധതിയുടെ ഭാഗ സ്കീമിന്റെ മായി നാഷണൽ സർവ്വീസ് സ്കീം വോളണ്ടിയർമാർ - 2- ച്ചിമ്മാർ----- $_{M}$ 6 $_{M}$ $_{$ 2 Bommed ansona ഇതിൻ പ്രകാരം യത്ത്/മുൻസിപ്പാലിറ്റിയിലെ മുഴുവൻ വീടുകളിലും \_425<u>% വിദ്യക്ക</u>ിൽ Dimil and con sin Bos com ac l concerd ്രം മെൽ എല്ലാൻ പ്രാമി. എയ്യും പ്രി വിവരെ അരം വൃശ്യമായിലെ പ്രക്യീയം ത്തിൽ സർവ്വെ പൂർത്തികരിച്ചതായി സാക്ഷ്യപ്പെടുത്തുന്നു. മുൻസിപ്പാൽ ചെയർപേഴ്സൺ/പഞ്ചായത്ത് പ്രസിഡന്റ് Laimhair പൂത്താർ തെക്കേട്ടെ ഗ്രാമപത്തായത്ത് പൂത്തോർ തെക്കോക്കർ പി ഒ - 686582

Certificate issued by the Panchayath President of Poonjar Thekkekara Panchayath to the NSS Unit No: 44 of St. Thomas College Ranni for the successful completion of the Survey conducted as the part of "Jaivam 2017" of Mahathma Gandhi University.

## സെന്റ് തോമസ് കോളേജ് റാന്നി









# NSS സപ്തദിന ക്വാമ്പ്



## രെജവ സാക്ഷരതാ യജ്ഞം - 2017

തീയതി:

2017 ആഗസ്റ്റ് 31 മുതൽ സെപ്റ്റംബർ 6 വരെ

സ്ഥലം:

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മാരില്രോമയ്യാ

സ്വാഗതം : ഡോ. വിനോദ് കുമാർ

(അസി. പ്രൊഫ. ഡിഷാർട്ടുമെന്റ് ഓഫ് ബോട്ടണി,

സെന്റ് തോമസ് കോളേജ്, റാന്നി)

അദ്ധ്യക്ഷൻ : ഫാ. ജയിംസ്

(മാനേജർ, സെന്റ് ആന്റണിസ് സ്കൂൾ)

ഉദ്ഘാടനം : ശ്രീമതി ഷൈനി സന്തോഷ്

(പ്രസിഡന്റ്, പൂഞ്ഞാർ തെക്കേക്കര ഗ്രാമപഞ്ചായത്ത്)

ആശംസകൾ : ശ്രീ. സ്നേഹാധനൻ റ്റി. എസ്.

(വൈസ് പ്രസിഡന്റ്, പൂഞ്ഞാർ തെക്കേക്കര ഗ്രാമപഞ്ചായത്ത്)

ശ്രീ. അനിൽകുമാർ

(13 - ാം വാർഡ് മെമ്പർ, പൂഞ്ഞാർ തെക്കേക്കര ഗ്രാമ

പഞ്ചായത്ത്)

ശ്രീമതി നിർമ്മല മോഹനൻ

(14 - ാം വാർഡ് മെമ്പർ, പൂഞ്ഞാർ തെക്കേക്കര

ഗ്രാമപഞ്ചായത്ത്)

കൃതജ്ഞത ശ്രീമതി മെറിൻ ജോസഫ്

(അസി. പ്രൊഫ. ഡിഷാർട്ടുമെന്റ് ഓഫ് ഫിസിക്സ്,

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**ഒദശീയഗാനം** 



## MAHATMA GANDHI UNIVERSITY

NATIONAL SERVICE SCHEME



### SPECIAL CAMPING PROGRAMME

### **ATTENDANCE REGISTER**

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