



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.









Name of the Activity	Flood relief collection of materials to the collection center at Thaluk Office ,Ranni
Academic Year	2019-2020
Organizing / Collaborating agency	Govt of Kerala & NSS Volunteers
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 agency	Erumeli Panchayath &NSS Volunteers
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. Emmanuel 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 ഫോളണ്ടിയേഴ്സ് അഭിനന്ദനങ്ങൾ..

NSS UNIT ST. THOMAS COLLEGE RANNI



പ്രളയം മൂലം തകർന്ന പാലത്തിന്റെ അപ്പോച്ച് റോഡ് ഗതാഗതയോഗ്യമാക്കുന്ന നന്നി
സെന്റ് തോമസ് കോളേജിലെ NSS ഫോളണ്ടിയേഴ്സ്.

Road reconstruction at Erumeli Panchayath by NSS Volunteers



NSS UNIT STC RANNI

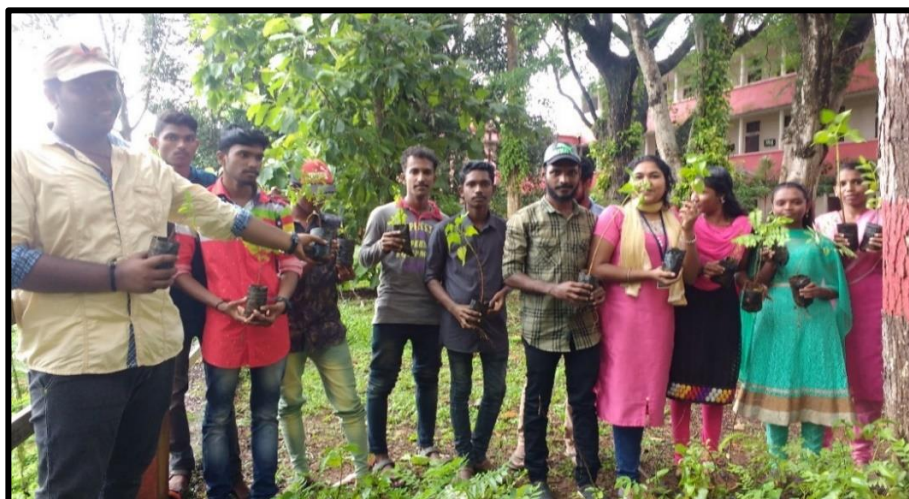


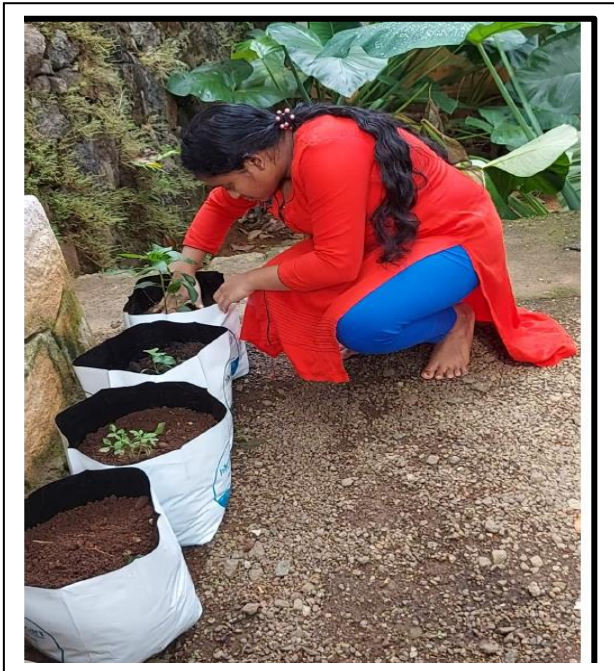


NATIONAL SERVICE SCHEME UNIT No: 44

Name of the Activity	“Plant a Tree plant a Volunteer Project”
Academic year	2019-20
Organizing / Collaborating agency	NSS Volunteers
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



NATIONAL SERVICE SCHEME UNIT No: 44

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 agency	Govt Hospital Pathanamthitta & NSS 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

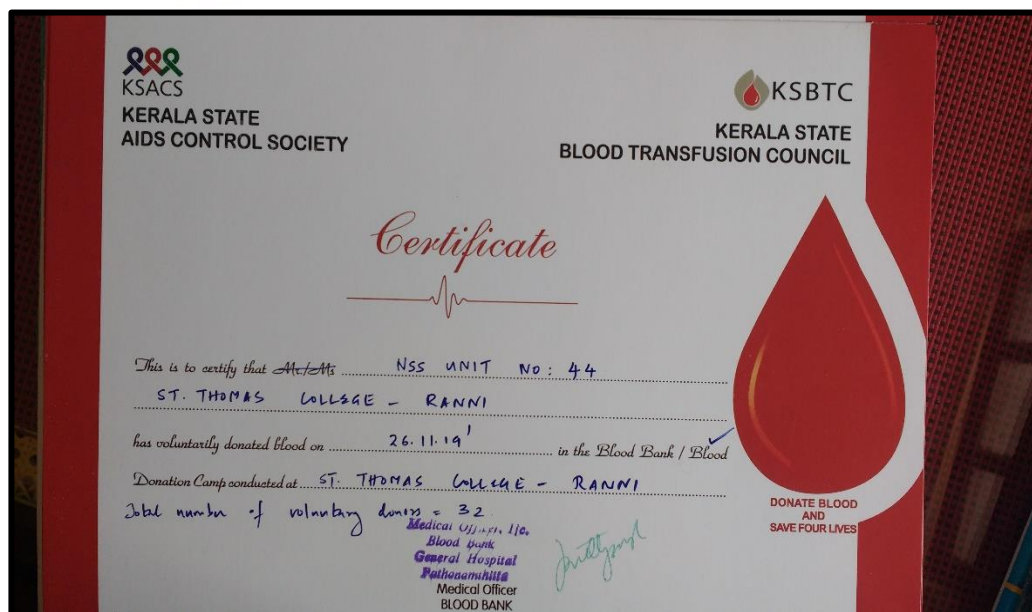
On the day of the camp, the venue was set up with different sections for registration, medical check-ups, and blood donation. A team of doctors and medical professionals from Thaluk Hospital Pathanamthitta were present to supervise the camp and ensure the safety and well-being of the donors. Adequate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



ST. THOMAS COLLEGE, RANNI

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 7th December 2019 to 12th 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

**NATIONAL SERVICE SCHEME UNIT No: 44**

Name of the Activity	Anti Narcotic Awareness Seminar
Academic year	2019-2020
Organizing / Collaborating agency	Pazhavangadi Panchayath & NSS 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 / Collaborating agency	Pazhavangadi Panchayath & NSS 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



NATIONAL SERVICE SCHEME UNIT No: 44

Name of the Activity	Collection and safe disposal of Plastic wastes
Academic year	2019-2020
Organizing / Collaborating agency	NSS volunteers
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



NATIONAL SERVICE SCHEME UNIT No: 44

Name of the Activity	Visit to Old age home
Academic year	2019-2020
Organizing / Collaborating agency	NSS volunteers
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"





NATIONAL SERVICE SCHEME UNIT No: 44

Name of the Activity	Accident Prevention & Rescue Management
Academic year	2019-2020
Organizing / Collaborating agency	NSS volunteers & Kerala Fire force 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.





NATIONAL SERVICE SCHEME UNIT No: 44

Name of the Activity	Green Gramam
Academic year	2019-2020
Organizing / Collaborating agency	NSS volunteers & Rural Science & 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 eco-friendly 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 / Collaborating agency	Pazhavangadi Panchayath & NSS 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.






റാന്നി സെന്റ് തോമസ് കോളജിലെ എൻസിസി, എൻഎസ്എസ്, ജൂനിയർ സേന കൂബ്, കോളജ് യൂണിയൻ എന്നിവരുടെ നേതൃത്വത്തിൽ നടത്തിയ പരിസ്ഥിതി സംരക്ഷണ ബോധവൽക്കരണ പരിപാടി ഫോ. ഡോ. ബേൽസി മാത്യു കീഴക്കേതിൽ ഉദ്ഘാടനം ചെയ്യുന്നു.

ശുചിത്വ സന്ദേശവുമായി വിദ്യാർത്ഥികൾ

റാന്നി • നിരത്തുകളിലെയും ബസ് സ്റ്റാന്റുകളിലെയും പ്ലാസ്റ്റിക് ജലീനവസ്തുക്കൾ നീക്കി വിദ്യാർത്ഥികളും കേന്ദ്ര സർക്കാരിന്റെ സഹകാരം പദ്ധതിയിൽ അണി പേർന്നു.

റാന്നി സെന്റ് തോമസ് കോളജിലെ എൻസിസി, എൻഎസ്എസ്, ജൂനിയർ സേന കൂബ്, കോളജ് യൂണിയൻ എന്നിവരുടെ നേതൃത്വത്തിലാണ് പരിസ്ഥിതി സംരക്ഷണ ബോധവൽക്കരണം നടത്തിയത്.

ആരോഗ്യ സംരക്ഷണത്തോടൊപ്പം പരിസ്ഥിതി പരിപാലനത്തെ ലക്ഷ്യവുമായി റാന്നി ടൗണിനെ പ്ലാസ്റ്റിക് വിമുക്തമാക്കാനാണ് പദ്ധതി നടപ്പാക്കിയത്. വലിച്ചെറിഞ്ഞ പ്ലാസ്റ്റിക് ശേഖരിച്ചതിനു പുറമെ ജനങ്ങളെ ബോധവൽക്കരിക്കുകയും ചെയ്തു.

ഇതിരപ്പാറ ടൗണിൽ നിന്നും രിച്ച പരിപാടി ഫോ. ഡോ. ബേൽസി മാത്യു കീഴക്കേതിൽ ഉദ്ഘാടനം ചെയ്തു. പഴവങ്ങാടി പഞ്ചായത്ത് പ്രസിഡന്റ് ജോസഫ് കുറുപ്പാക്കോസ്, പ്രിൻസിപ്പൽ ഡോ. ലതാ മനീന വർഗീസ്, ക്യാമ്പൂസ് ജോൺ എം. ജോർജ്ജ് എന്നിവർ നേതൃത്വം വഹിച്ചു.



NATIONAL SERVICE SCHEME UNIT No: 44

Name of the Activity	Gender sensitization Program (NAAM II)
Academic year	2019-2020
Organizing / Collaborating agency	IQAC and Women Cell & NSS volunteers
Beneficiaries	Transgenders
Duration	04.02.2020
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



ST. THOMAS COLLEGE, RANNI

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

Name of the Activity	Blood Donation Camp
Academic year	2019-2020
Organizing / Collaborating agency	NCC Unit & District hospital
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 1st 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, Pathanamthitta 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.



Blood Donation Camp



Blood Donation Camp