

## Extension Activities

2015-16

### Awareness programs-children's Science congress

District Level Children's Science Congress was organized by National Green Corps Society and Department of Chemistry, St. Mary's College Thrissur on 13<sup>th</sup> November 2015. The Congress was inaugurated by Dr. James E.J. Former director of CWRDM Kozhikode and the inaugural session was presided over by Dr. Sr. Jacintha (Sr. Chrislin). Dr. K. R. Janarthanan, Coordinator, National Green Corps, welcomed the gathering. Mr. K G. Jayaraj Thrissur Educational District Coordinator delivered vote of thanks. The one day programme, funded by KSCSTE, was attended by around 150 students and teachers from various schools in Thrissur district. Each group consisted of five students and a teacher guide and they presented their projects on Understanding the Weather & Climate. Dr. Anil Kumar, Engineer ANERT, Dr. Raghunandan, KVASU and Dr. Litty Irimban, St. Mary's College Thrissur were the judges and five teams were selected to participate at the state level.



### Palliative care support to Abaya Sadan Mariapuram Thrissur

On 23<sup>rd</sup> November 2015, we headed off from St Mary's college Thrissur to our destination — Abhayasadan, Mariapuram. We, the students of 1<sup>st</sup> DC Chemistry (45 students), under the guidance of teachers of our department — Dr. T. Geetha and Smt. Nithya C.S. started off from our college at 10:30 am by local bus and reached Abayasadan by 11:00 am. The grandfathers were so eager to

talk to us that they started sharing their feelings with us. They spoke to us about their home and families and their new life in Abayasadan. Some of them were so emotional that they started shedding tears when they started speaking about their grandchildren. We handed over all the clothes, accessories, food and money that we had collected we had collected prior to the visit as a token of our love.



### **Support program for inmates of Carmel Mount Special School, Mullurkkara**

Third year students (37), 2<sup>nd</sup> year students (44) and 6 faculties of chemistry department, St. Mary's college Thrissur, visited the 'inhabitants of Carmel mount, Mullurkkara on 25<sup>th</sup> November 2015. The institution is run by CMC sisters and provides help to about 30 mentally retarded children. The students are provided basic education in subjects like Malayalam, English and Maths etc. They are also provided vocational training. Then we were shown the vocational training sections. The elder children were taught to make candles, crowns, paper plates etc. The products made by them was sold outside and the money was utilized for the children's welfare.



### **Cleaning of Chembukkavu locality**

Department of Microbiology participated in various cleaning activities. I DC and III DC students of our department cleaned the premises of Chembukkavu, a Corporation area 1 meter away from campus on 12/August/2015. Around 35 students and two faculty members participated in the activity. Equipments and gloves were kindly provided by the Botany department of St Mary's College.



### **Free eye camp at HRCLPS, Nadathara**

The alumni association of St Mary's college, Elder Marians organized a free eye camp in collaboration with the departments of Microbiology and Botany together with Vijayasree eye hospital, Thrissur. The programme was conducted at HRCLPS, Nadathara on 16<sup>th</sup> October 2015. The programme was inaugurated by Sri. Kiran C Lazar, Standing Committee Chairman & Councilor, Thrissur Corporation. Free consultation was done by Dr Vijayalakshmi and Assistants, Vijayasree Eye Hospital, Thrissur, Kerala for the students and parents of HRCLPS, Nadathara. I MSc Microbiology students assisted the Elder Marians as volunteers for smooth functioning of camp. Around two hundred Students and their parents attended the camp and received medical support. Those who diagnosed with eye vision issues were redirected to Vijayasree Eye Hospital for further consultation, free of charge. 10 students from both Botany and Microbiology departments were participated in this programme.





### **Free Cancer Detection Camp by RCC Palakkad Extension Centre**

Free Cancer Detection Camp was conducted in association with Regional Cancer Centre (RCC) Extension Centre, Palakkad. 51 members including teaching and non-teaching faculty members as well as public underwent preliminary screening for cancer.



### **“Exhibition on “Cancer among Women: Prevention & Treatment Strategies”**

An exhibition on “Cancer among Women: Prevention & Treatment Strategies” was conducted on 5-Feb-2015 in Combined class room-1 on 5-Feb-2016. Exhibition was inaugurated by our Principal, Sr Dr Jacintha C C, at 10 am. Around 250 people including students from other schools and public visited the stall.



## **Hair Donation Camp was conducted in association with Hair Bank, Thrissur Unit**

Hair Donation Camp was conducted in association with Hair Bank, Trichur Unit on 8-Feb-2016. Malayalam film actress Ms. Leona Leshoy inaugurated the programme at 10 am in the Jubilee hall. Around 20 donors including teaching staff and students donated hair (6 inch to 12 inch) for cancer patients.





## **Cleaning and arranging books in Public Library, Thrissur**

Our students also participated in the cleaning of Public Library, Trichur. 33 students of II DC along with two faculty members cleaned the Public Library on 8th October 2015. 35 students of III<sup>rd</sup> DC along with two faculty members also cleaned the Public library.



## **Distribution of basic amenities for the needy**

The project is aimed to serve the poor and needy so that the students too gets a realistic view of the society. Students of Economics Department collected cloths, books and other items of use and distributed it among the inmates of nearby orphanage on 23<sup>rd</sup> October 2015. Unused pages of used pages are bound and books were supplied to deserving. Collections were also done from staff of our department. Forty-nine students along with two staff took part in it.



## **Blood donation camps**

The Department of biotechnology, in association with KSACS and funded by IMA organized a voluntary blood donation camp on Wednesday, 6th January, 2016. The camp started at around 9:30 am and continued up to 2 pm, with a steady stream of donors throughout. Jubilee hall was utilized for a thorough medical check-up (weight, hemoglobin count and blood grouping) followed by consultation with the doctor for potential donors. They were provided with lime juice and food including biscuits and banana. The camp was successful with the active participation of more than 75 volunteers from among the students, faculty and staff members.



## **Extension class on illegal trade of wild life and screening of documentary**

There is an urgent need for knowledge and action to bring legal wildlife trade within sustainable levels and stop all illegal wildlife trade. With the intention to promote wild life conservation a class was given to the students of St. Mary's up school and a short film was screened.



## Synthesis and Sales of Herbal mosquito repellent

Department formulated the herbal mosquito repellent and sale of herbal mosquito repellent was conducted initially at Yuva Mastermind competition and exhibition at Maman Mapilla Hall Kottayam on 30 January 2016. Seven students participated in the programme. The mosquito repellent was sold to the public based on demand through postal service & also in College.



## Postal Stamp Exhibition of “Swathanrya Smriti” at St. Mary's UP School Chiyaram

As part of the extension programme the department of history conducted an exhibition “Swathanrya Smriti” in the St. Mary’s U P School Chiyaram on 11/08/2015. The Exhibition was inaugurated by Principal Sr. Suba Chacko. 20 students and two teachers participated in the programme.





## Swachh Bharat

As a part of Swachh Bharath, two faculty and students of 2nd & 3rd B.Com participated in the cleaning programme on 1<sup>st</sup> September 2015 at 10 am to 11:30 am at Bannet Road near to Sacred Heart C.G.H.S.S, Thrissur. The ultimate aim of the programme was to encourage students to participate in social activities. As a part of this, they took an oath to ensure a clean environment and society.



## **Cleaning Programme at Public Library Town hall, Thrissur**

The students of 3<sup>rd</sup> B.com went to town hall public library, Thrissur on 5<sup>th</sup> Feb 2016 at 2.00 as part of library management. The aim of the programme was to encourage students to take part in social activities and to make them aware of the importance of cleaning. The students left college at 1.30 pm with 2 teachers. The students individually cleared the book shelves. After the cleaning was completed they were provided with refreshment by the authorities of the Library.



## **Pain and palliative support at Christ Villa Cheroor**

Students of Department of Commerce extended their support to “Christ Villa”, Chevoor on 12<sup>th</sup> December 2015. This trip was comprised of fifty students, accompanied by two teachers. The students observed the life of the orphans, old age and mentally retarded people living there.

As a part of monetary support we contributed to them Rs.6000/- in cash and a cake as a Christmas gift to them. Students realized that happiness comes from little things in life and contentment in making others happy.



### **Ninakkai Oruchiraku Documentary film**

As part of the Multimedia project, the Students of Multimedia - 'Department of Vocational Studies' was arranged a Documentary CD releasing – "Ninakkai OruChirak "a True Story of Pain & Palliative Care unit under the Guidance of Smt. Deepa K C on 30<sup>th</sup> November 2015 at 2.30 PM. She made audience aware about the documentary of Pain & Palliative Care unit and also explained the objectives of Pain & Palliative Care unit and its activities. The inauguration was done with the CD Releasing by Dr. E Divakaran, Director, Institute of Palliative Care Unit, and Thrissur. He pointed out that, the history and growth of Pain & Palliative Care Unit and about those who really deserve the care of this society. Dr. K. Aravindakshan, Secretary, Pain and Palliative care society, Thrissur, mentioned about the importance of visual media and appreciated the effort of the students. Smt. Reena A R, Head, Department of Vocational Studies, handed over a donation of Rs.2000/- in remembrance of Smt. Lakshmikuttiyamma, mother of Unni Kottakkal, Chief



Photographer Malayala Manorama, Thrissur, to Smt. Susheela Counselling & Service, the Pain & Palliative Care Unit.



### Visit Old age Home & Album “Ormakoodu

On 4<sup>th</sup> June 2016 Department of Vocational Studies (B.Voc) organized an Album Releasing ceremony- “OrmaKoodu” in connection with Govt. Old Age Home, Snehatheeram Visit. Sri Vargese Pottakal, owner of ‘BG Foods’ products handover the album to Mr. Jaikumar, Superintendent, Govt. old age home Ramavarmapuram. The activity of creating this album was a rare experience for the staff and students of the department as it was beyond a usual academic activity. In the album shared the experience of inmates at old age home. The visit provided mental support and happiness to the inmates.



### Care for aged support initiative

On 9<sup>th</sup> January 2016, Department of Vocational Studies (B.Voc) arranged an outing to snehatheeram with the inmates of Govt. Old Age Home, Ramavarmapuram. They spend a

lot of time with us and also made more relaxation for their minds. inmates were really enjoyed this gathering.



### Career guidance seminar

On 27<sup>th</sup> January 2016 Department of Vocational Studies took a career guidance class for the students of Sarvodayam Vocational Higher Secondary School, Aryampaadam. Ms. Mini, Principal, Sarvodayam VHSS Aryampadam delivered the welcome speech. Ms. Reena A. R, HOD Department of Vocational Studies (B. Voc), St Mary's College, Thrissur took a session on the topics "Computer Science and Information Technology" and "Accountancy and Auditing". Ms. Reena A. R also took a session about the B.Voc Courses and Colleges under the University of Calicut. The classes were very encouraging for the students. Mr. Joshi, Manager, Sarvodayam VHSS delivered the vote of thanks. The session came to an end by 3.30pm.





## Gender Issue

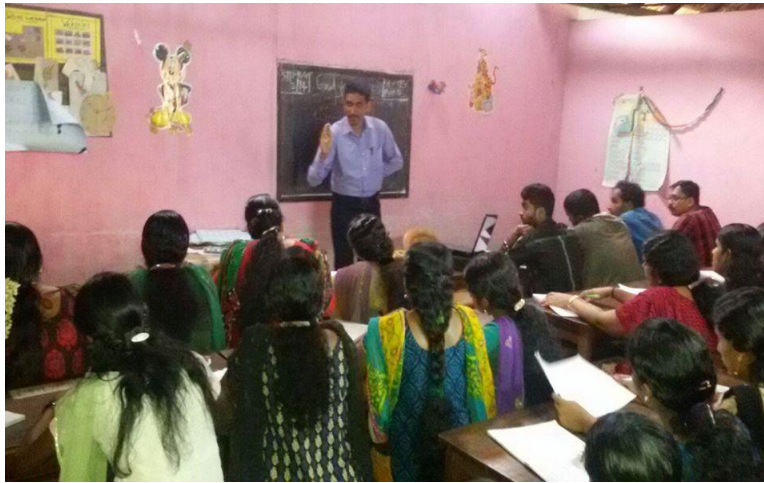
On March 8<sup>th</sup>, St Mary's College Celebrated International Women's Day with the Social Welfare Department at Thrissur Town Hall. The program started at 10:00 am. The welcome speech was delivered by Ms. Meera Mohanan, (Secretary, Social Justice Department District Coordinator). Mr. Ratheeshan, Thrissur District Collector, inaugurated the function by lightening the lamp. Ms. Reena. A. R, HOD, Department of Vocational Studies (B. Voc) and Bindu Thomas, DMO, Thrissur delivered the felicitation speech. The poster making and speech competition were started after the tea break. Students from various colleges were participated actively in both competitions. Prizes were distributed among the winners and participants of the competition. The meeting was dispersed by 3:30pm.





### **Lakshya: Free PSC coaching to marginalized**

Lakshya is free UPSC and PSC coaching Program to rural unemployed youth to help them to register and write competitive and civil Service. Our career guidance career cell is conducting extensive competitive examination coaching classes for selected candidates from selected villages of Thrissur district since 2012. This year classes were conducted in association with Kannamkulangara S N School. Mannamkadu Church and St Mary's College starting from 29 December to June 2016. 50 candidates registered for the course. Five candidates got placement.



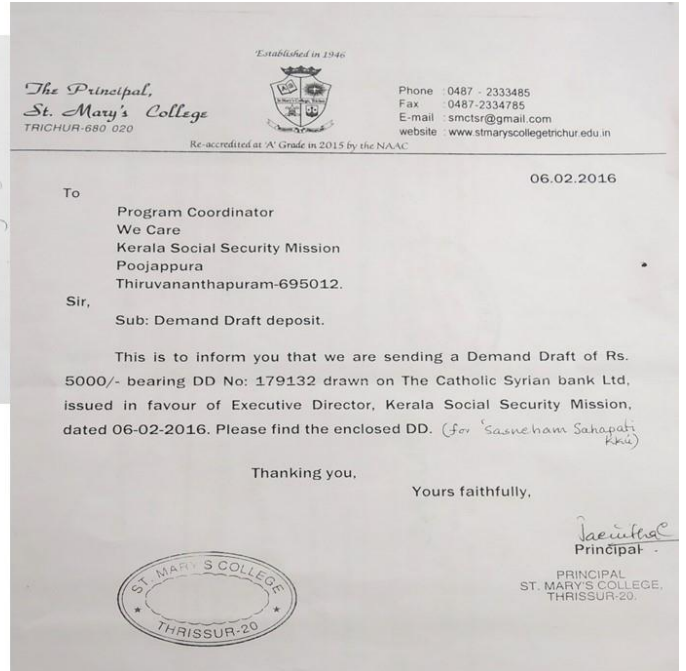
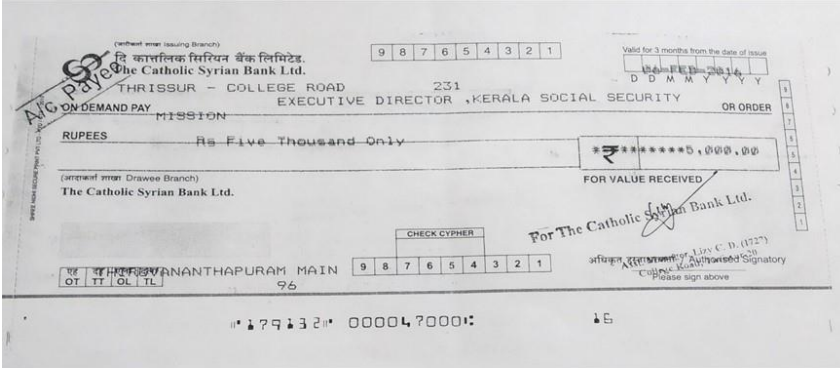
### **Karunardram**

To commemorate the year of the mercy of the catholic church the college has introduced Karunardram serving lunch to the people in the streets once in a week. All departments take turns to distribute more than 100 food packets to the destitute in the streets. This year we had distributed 1950 food packets from December to March this academic year.



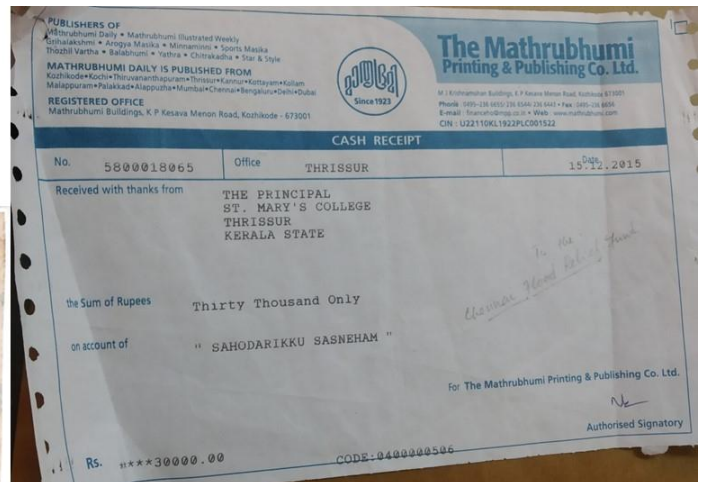
## Sasneham Sahapadikku

To enhance social commitment among students Kerala Suraksha Mission started Snehapoorvam sahapadikku. As part of this programme, St. Mary's College, Thrissur, donated Rs. 5000/- to Kerala Social Security Mission on 06/02/2016.



## Sahodarikku sasneham

The Chennai flood during December 2015 resulted in the death of many and many lost their livelihoods. St. Mary's College Thrissur extended their helping hands along with Mathrubhumi daily during this occasion. Owing to the great social responsibility to help our fellow beings college



collected an amount of Rs. 30,000/- and distributed it to the affected people as part of Sahodarikku sasneham program on 15<sup>th</sup> December 2015.

### **Computer Literacy Workshop at St. Mary's Convent School, Chiyaram**

On 20<sup>th</sup> Feb 2016 Department of Computer Science and Applications conducted a Computer Literacy Workshop for 30 students of St. Mary's Convent School, Chiyaram under the guidance of Teachers in-charge. The Session started at 9.30 am with prayer. Ms. Betsy Chacko, HOD of the Department of Computer Science and Applications welcomed the gathering. Ms. Sowparnika of II year BCA handled the sessions on 'How to Be Safe on Internet' and 'The Sixth Sense Technology' through interactive videos. The session was informative and enriching for the students. A brochure 'Bodhi' on the safety measures while using internet was distributed to them.

The session ended successfully at 11.30 am with all the co-operation and support of all the staff and students.





