

## Extension Activities

2018-19

### **Chekutty making to raise money for Chendamangalam Handloom Weavers**

The Chekutty making workshop was conducted by Department of Biochemistry on 22.11.2018 in connection with World Heritage Week-2018 and Quami Ekta Week-2018 organized by Archeological Survey of India, Thrissur Circle at St Mary's College as part of post flood rehabilitation. Nearly 500 students participated in the programme.



### **Supply of drinking water**

During flood, chemical fertilizer leakage had happened in Panamukku ward of Thrissur Corporation which had made the water in nearby wells non- portable. So drinking was supplied to these regions on 29/ 8/2018. 100 cans each of 10 litres were provided. 10 I DC students, Mrs. Elizabeth P Thomas and Dr Mabel Merlen Jacob (Faculty members) volunteered the packing, transportation and supply of drinking water in Panamukku area.



### Survey at Kolazhy

As part of Unnat Bharath Abhyan, St. Mary’s college conducted awareness programme and survey at Kolazhy gramapanchayath on monsoon diseases, importance of preserving water and waste management in the area. Steps were taken to know about the health of people in the area, geriatric care of the community. 100 students participated in the programme on July 2018.



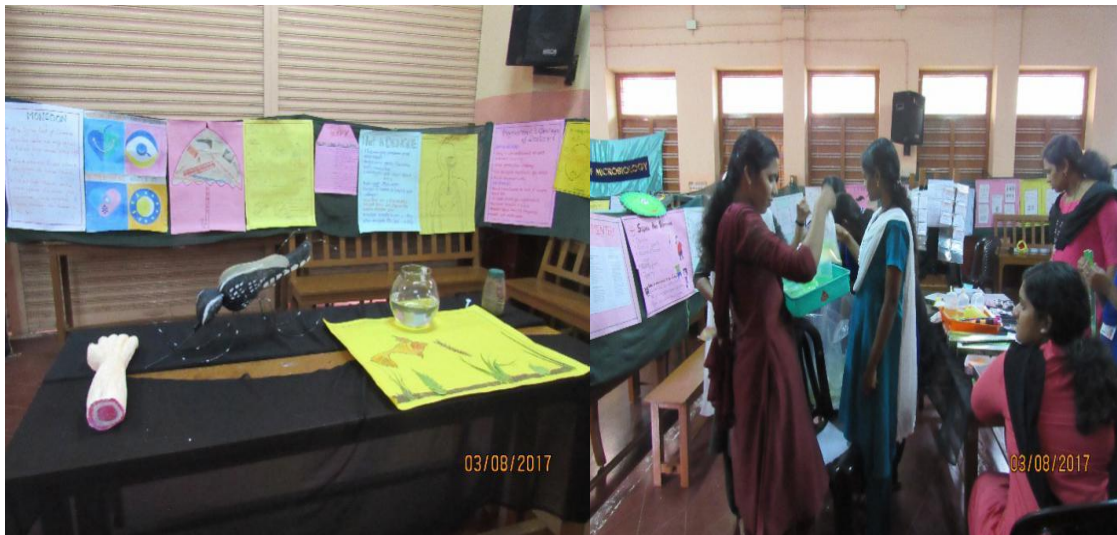
### An awareness programme on Monsoon diseases conducted at Sacred Heart School

An awareness programme on Monsoon diseases was conducted at Sacred Heart School, Thrissur on 26/7/2018 at 11 am. A detailed class was given to LP and UP students about different monsoon diseases, symptoms and treatment. An awareness was generated among young ones about the healthy habits to be followed in life to keep these diseases at bay. Awareness class was taken by Ms Swathy Nair and Ms Sandra, III UG Microbiology students of our department. The class was followed by a skit on the same theme by II PG and II UG students of our department. The skit was very interesting and informative which conveyed the need of following healthy habits to prevent the monsoon diseases in a humorous way. Also pamphlet was distributed among students. 15 students participated in the programme.



### **Exhibition on Monsoon diseases prevention and treatment**

As part of Monsoon Fest conducted by our college, Microbiology Department arranged an exhibition on “Stay Healthy in Monsoon”. Still models, charts were displayed. Exhibition was open to Public. The exhibition was on 3<sup>rd</sup> August 2018. 110 participants attended the program.



### **Awareness on monsoon diseases at Punnamparambu village of Thekkumkara panchayat**

On 15<sup>th</sup> August 2018, in association with UBA, Department of Microbiology conducted Independence Day celebrations at Punnamparambu village of Thekkumkara panchayat. The students were accompanied by Dr. Meera C R, head of the microbiology department; Dr Mabel Merlen Jacob, assistant professor, microbiology department. The 34 students of the microbiology department performed a short skit which highlighted the necessity to be vigilant during the monsoon season.





### **Hands of Help**

The 34 students from microbiology department gifted the anganvadi children at Punnamparambu village of Thekkumkara panchayat with umbrellas and toffees, making the children smile with joy on AUGUST 2018.



### **Sorting and packing of various food items, grocery, stationary and cloths collected from whole college students and staff members**

Staff members and students of Department of Microbiology were active volunteers in different Flood relief related activities. On 14/8/2018, 30 students and Staff members Ruveena T N, participated in

sorting and packing various food items, grossery, stationary and cloths collected from whole college students and staff members to distribute among flood affected areas in Trichur.



### **Free Eye camp at Pattikkad GLP School, Thrissur.**

On 11<sup>th</sup> October 2018, Department of Microbiology in association with Eldermarian’s Association and Department of Botany organized a free eye camp in collaboration with Malabar eye hospital, Thrissur. The programme was conducted at Pattikkad GLP School. Free consultation was done by Dr. Ambili (MBBS, DO) and Assistants, Malabar eye hospital, Thrissur, Kerala for the students and parents. Those who diagnosed with eye vision issues were redirected to Malabar eye hospital for further consultation. 10 students participated in the event.





## **Flood relief related activities at Ayinikkad Grama panchayath**

On 22/8/2018, Anju P R and Niva Inasu (II M Sc Microbiology students), Najiya Noushad, Thrithy Thilakan, Hanna Abdul Kader, Ayana Raj and Bini Benny (I M Sc Microbiology students), Atly T A and Swathy B Nair, (III B Sc Microbiology students), Athira V P and Sree Lakshmi E M (Microbiology Alumni) and Dr C R Meera (Faculty) had participated in UBA cleaning mission carried out at Ayinikkad Gramapanchayath. Several houses and premises were cleaned, cleaning materials and disinfectants were distributed, and also chlorination of wells were done



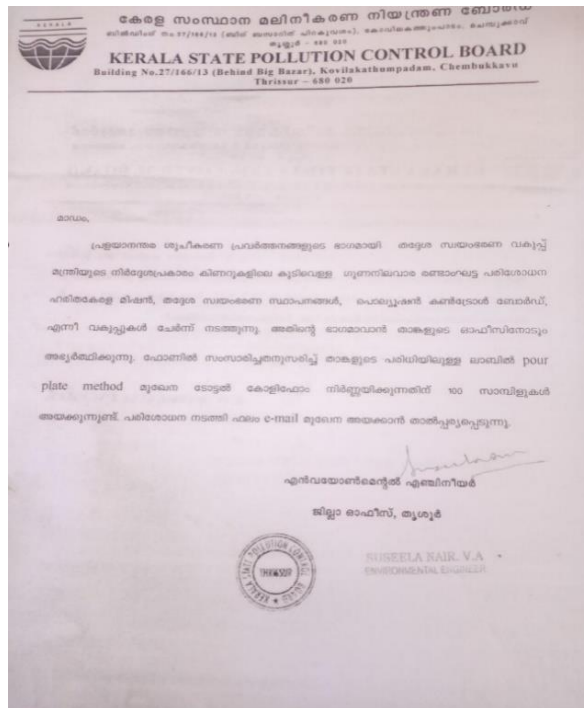
## **Flood relief related activities at Mulankunnathkavu**

1 student from microbiology participated in the cleaning mission conducted in association with UBA in flooded regions of Mulankunnathkavu on 20<sup>th</sup> August 2018. Flood affected houses and premises were cleaned as part of the mission. Also wells in houses were chlorinated to prevent water borne diseases



## 100 water samples were determined as a part of post flood Well water analysis

Total coliform content in 100 water samples were analyzed as a part of post flood Well water analysis in association with Kerala state pollution control board on 15/10/2018. 12 students participated in analysis.



## Hair Donation camp

Hair Donation Camp for cancer patients was conducted on 8-2-2019 in association with Hair bank. 21 donors including students and faculty members





### **Workshop and Book Donation to School Library to Kalasamidhy School, Mulankunnathukavu**

As a part of Community Extension Activity, the Department of English, in connection with Reading Week celebration has been organizing a **WORKSHOP** on **ENGLISH STORY TELLING** for school students every year since 2017-18. This year the workshop was conducted in association with UBA at Kalasamidhy School, Mulankunnathukavu on 04.07.2018, in association with UBA. Nine students of II DC English were given training by the concerned teachers of the Department in narrative skills. The workshop was inaugurated by the Vice President, Kolazhy Panchayat. The workshop was conducted by the trained students under the supervision of teachers which was followed by an English Story Telling Competition for the students of classes 1 -IV. 15 students participated and the winners were awarded prizes. Ms Jency James was the Coordinator of the programme.



### **Exhibition cum sale of products developed by AMHA inmates**

Santhwanasparsham is a community extension activity of the English Department. In this year, the event was an exhibition cum sale by the members of AMHA, Association of Mentally Handicapped Adults, Puranattukara, on 7<sup>th</sup> March, 2019. The event was held at Kalajyothi open stage and was inaugurated by Dr. Sr. Magie Jose, Principal, St. Mary's College, Thrissur.





### **Gift a Book and Gift a Toy (July 4<sup>th</sup> 2018)**

The Department had taken up a humanitarian project “**Gift a Book**”, to encourage the students and the faculty of our college to donate as many books as they can to the library of deserving schools in the neighbourhood. Gift a Book programme was inaugurated by Smt.Beena Benny, President, Kolazhy Panchayat. The Department could donate more than 200 books to the library of Kalasamidhy School, Mulamkunnathukavu. Dr. Bindu Ann Philip was the Coordinator of the programme.



### **Blood donation camp**

A blood donation camp was also organized on 22<sup>nd</sup> January 2019 in connection with World AIDS Day, at St.Mary’s College, Thrissur in association with Red ribbon club and collaboration with Indian Medical Association. A strict diet chart was given to students before two weeks of blood campaign. In this camp overwhelming number of volunteers of different department of college has participated with vivacity. Refreshments were provided to the students who were part of the camp.



### **Collection and Handling over of household plastic waste**

Department of Biotechnology as part of solid waste management had collected used and worn out plastics from the campus and their homes for handing over to Thrissur corporation. This was carried out during 1<sup>st</sup> - 12<sup>th</sup> December 2018. 74 students participated.



### **Exhibition and Bio-bin distribution on Malinya Samskaranam**

As part of Science Popularization Programme, supported and sponsored by Kerala State Council for Science, Technology and Environment, Department of Biotechnology organized an awareness class and biobin distribution to selected apartments at Pushpagiri Brahmana Samooam, Poonkunnam, Thrissur on 16/1/2019. St. Mary's College Principal Sr. Dr. Magie Jose, Muncipal Councilor Smt. J. Lalithambika, Kerala Brahmana Samooam Town Secratory Sri. Vishwanatha Iyer, St. Mary's College Vice- Principal Sr. Dr. Meena K. Cheruvathoor attended the function. Awareness class on various methods of composting was carried out by Dr. D. Girija, Professor and Head, Department of Agricultural Microbiology, Kerala Agricultural University, Thrissur.



### **Pralayanantharam Nammude Kinarukal, Social Survey and "Jalamithram" 20/11/2018- 27/11/2018**

Pralayanantharam Nammude Kinarukal, Social Survey and "Jalamithram" Mathrubhumi , Geologic Innovations and Department of Biotechnology. A social survey was conducted and 12 of our MSc.students participated.



### **Awareness class on Ecological importance to Teachers from various schools**

National green corps in association with Department of chemistry had organized a lectureserieson7-7-2018. The programme was inaugurated by Dr.K.R.Janardhanan National Green Corps Thrissur, District Coordinator. Dr. Sreekumar from Christ college presented the 1<sup>st</sup> topic that was about Disaster Management. The 2<sup>nd</sup> topic was Pollution and Recycling presented by Ragunathanan, Professor of Biotechnology, Veterinary College. Dr. K.G. Radhakrishnan of



Govt. Medical College presented Viral Disease Communicable Diseases. The one day Programme, was attended by around **108** students. The session concluded at 3.30 pm followed by tea and refreshments.



### **Blood Donation Camp**

A blood donation camp was organized on 12<sup>th</sup> July 2018 at St.Mary's College, Thrissur, in association with Red ribbon club and NSS in collaboration with Indian Medical Association, Thrissur. A strict diet chart was given to students before two weeks of blood campaign. In this camp overwhelming number of volunteers of different department of college has participated with vivacity. Refreshments were provided to the students who were part of the camp.



### **Street play on aids awareness at Thekkinkadu maidanam**

A blood donation camp and street play was organized in association with Red ribbon club and collaboration with Indian Medical Association. This was organized in collaboration with District Aids Prevention and Control Division, District Health and Welfare department. An average 50 students participated in different Aids Day awareness programme.



### **Postal Stamp Exhibition on “Swathanrya Smriti” at Govt.UP School Konathakunnu**

As part of extension activity, Department of History conducted postal stamp Exhibition on “National Freedom Fighters” at G.U.P.S Konnathakunnu, Vellangallur in connection with Republic day on 22<sup>nd</sup> January 2019.



**“Koodé St. Mary’s”**

40 students and 3 teachers from the department of social work, St. Mary’s College Thrissur along with Thrissur corporation started post flood cleaning of wells in Kaipamangalam panchayath. Students were given training to handle the situation at town Hall Thrissur on First September 2018. Along with the help of Health Instructors, Medical officers and panchayath authorities’ students inspected the wells of the area and taken necessary measures like super chlorination and done as required. The programme was named ‘Koodé’ St. Mary’s which explained our whole hearted support to the inmates of the area.





## **Plant trees, save nature & seed ball throw drive**

As part of “Plant trees, save nature” drive, Club members have prepared about 500 clay balls containing seeds of various trees on 3-11-2018 to disperse them to different localities



## **Cleaning and protection of Chettuva Wetlands**

The 3<sup>rd</sup> year UG and PG students were taken to the Chettuva Wetlands as part of the World Wetland day celebrations on 1-2-2019. The students got an opportunity to see the mangrove vegetation and took an oath on wetland protection.





### **Awareness programme on women empowerment**

As part of women empowerment, the dept. of Botany along with aluminae members conducted a programme on the topic-gender sensitization and entrepreneurship programme. The programme was scheduled at 2.15 pm on 18 September 2018 in St. Joseph Seminar hall. The talk was carried by Bindu Vincent, Community councilor and resource person of kudumbhasree units.



### **Cleaning Programme at Regional Theatre, Thrissur**

On 11<sup>th</sup> January 2019 the Department of Commerce conducted a cleaning mission programme in the Regional Theatre, Thrissur as part of Swachh Bharat mission. Students from II<sup>nd</sup> DC B.Com gathered in the Regional Theatre. In this programme, 41 students & two faculties took part.





### **Cleaning, packing & distribution, fund**

As a part of flood relief activities students and a faculty member of Commerce department participated in the cleaning campaign conducted by St Mary's college Thrissur, in various places from 17<sup>th</sup> August 2018 to 23<sup>rd</sup> August 2018. They extended their helping hands to various areas in the Thrissur district, Vaka, Punkunnam, Thrissur town, Chevoor, Valakkavu and Ainikkad.



### **Community development programme**

On 7<sup>th</sup> March 2019 department of Commerce conducted a community development programme for Jerusalem Kudumbasree at cherpu panchayath. The programme mainly aimed at creating awareness among women's regarding Aadhar and its importance. The programme starts with a warm welcome by Mrs. Mary Mathew a member of Jerusalem Kudumbasree. Awareness



classes are taken by Miss Aleena Paulson and Miss Sruthy Sankar of of 2<sup>nd</sup> Mcom. Twenty members has participated in the class. They cleared their doubts regarding aadhar linkage and other matters regarding aadhar card.



### **Snehasparsham**

Department of Commerce organised a programme named “Snehasparsham” on 20/12/2018. 20 students and 2 teachers visited the first palliative care hospital in India at Santhi Bhavan, Urakam. They aimed at providing financial and mental support to the pain and palliative unit. They remarked this day as an unforgettable one.



### **Cleaning Ayyanthole Children’s Park**

Department of Vocational Studies organized a *Swachh Bharat* campaign on 21<sup>st</sup> March 2019, we 3 staff and 8 students went to Ayyanthole park and cleaned the premises. The main

goal of Swacch Bharat Abhiyan was to make the students feel the responsibility of keeping the country clean. It is not only applicable to the cities but even to the villages. Because we could avoid most of the diseases by keeping our surroundings clean.



### **Distributed coloring books and crayons to students and gave awareness class on personal hygiene to students**

A team each from BBA 3<sup>rd</sup> year and 2<sup>nd</sup> year visited Government Anganvadi at Venginissery and Pazhayannur on 18<sup>th</sup> January 2019. Our students distributed chocolates, colouring books and crayons to the kids. The motive of the team was to give awareness about personal hygiene to kids. It included the need for washing the hands properly before and after food and toileting, regular bath on every day, covering hands while coughing etc.

As a part of imparting knowledge to others, the grass root level was selected. Government Anganvadi was an apt selection for it. Students got to know how the small kids can be educated for the well-being of the future generations. They also recognized value of their contribution to the community health and hygiene.





## **Hands of help and entertainment programmes at Government Old age home, Ramavarmapuram, Thrissur**

As a part of social welfare activity, Department of Management Studies, St Mary's college Thrissur Visited St, Joseph's old age home, Pullazhi on 7th November 2018. A team of forty students and two faculties interacted with inmates. A contribution was collected and given to the authority. Students collected many daily usable items like toothpaste, soap, bath towels etc. Those were handed over to Sr.Saly, Mother Superior of St, Joseph's old age home Pullazhi. Small cultural programme was performed by our students for the inmates. The few hours spent there was a heart touching experience for the students.





## **Cleaning school premise at Chandra Memorial Govt.Higher Secondary School, Kuttur**

As part of Swachh Bharat Abhyan 3<sup>rd</sup> year BBA students of St. Mary's college, Thrissur along with one faculty from the department has carried out cleaning activities at Chandra Memorial Govt.Higher Secondary School, Kuttur, Thrissur on 26<sup>th</sup> June, 2019. All students have participated actively for the cleaning activities. It gave them an insight to make the premises clean and better.



## **Planting of trees at Chandra Memorial Govt. Memorial School , Kuttur**

In relation to Environment Day Celebration, Department of Management Studies has planted trees at Chandra Memorial Govt. Higher Secondary School, Kuttur, and Thrissur on 26<sup>th</sup> June, 2019. Students of BBA department went for the event with our faculty, Ms. Blessy Varghese and UBA coordinator Dr. Binu K. As our planet is lacking with fresh air and oxygen, this is the right time to plant and protect more trees and plants. Students of our department took firm decision to plant trees and save our planet. It was an enlightenment for everyone that “We won't have a society if we destroy the environment”.



### **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 sleeted villages of Trissur district since 2012. This year classes were conducted in association with Mukkattukara Church and Kollamkode, Public library Palakkad starting from 26 th November 2018 to three months. 120 candidates registered for the course. Five candidates got placed.





## Flood relief collection centre

During the period of the largest natural catastrophe in the history of Kerala, St. Mary's College Thrissur had extended their helping hands sideways with Government of Kerala and other private and public organization. As St. Mary's College is located in prime location of Thrissur it had a natural advantage of being a supply collection and storage center. Campus premises and halls has been utilized for this cause since the inception of relief camps (16-08-2018) in and around Thrissur till the commencement of regular classes at college (29-08-2018). St Mary's College utilized its public and administrative relationships to put up their alliance with government bodies and private organizations to gear up the disaster management activates. We worked along with a group of service minded people who calls themselves "ORUMA" lead my Mr. and Mrs. Sandeep to steer the activities. This movement increased the rate of public involvement. Similarly, the members of Jesus Youth, Gajamithra the elephant lover's association, Sisters from Shandhidham had also actively participated in activities lead by St. Mary's College.





## Buttermilk distribution in summer

In connection with International Water day 22<sup>nd</sup> March 2019, Ministerial staff of St. Mary's college arranged Buttermilk for the passersby. The supply of buttermilk was continued during the summer holydays upto 17<sup>th</sup> April 2019. This was indeed a great relief to the society during the tiresome heavy sun during summer.



## Distribution of bacterial vials to the farmers

As a post flood initiative under UBA scheme Dr. Kayeen Vadakkan and team developed a bacterial culture to enhance soil fertility. The bacterial isolates were handed over to Kolazhy gramapanchayath. SMCNPK18 was launched by Adv V. S Sunil Kumar, Honourable Minister of Agriculture, Kerala. After the launch the consortium was given to panchayat authorities and distributed to villagers. Interaction with public during familiarization of technology was also done. Gramasaba meetings were utilized to give orientation to villagers.



## 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 2307 food packets from July to March this academic year.



## E-Literacy Workshop at St Joseph's Special School, Cheroor

Department of Computer Science & Application of St. Mary's College, Thrissur conducted a computer literacy workshop on 28-01-2019 for the differently abled students of St. Joseph's Special School, Cheroor. There were 10 students from the department accompanied with 2 teachers, the session was from 10:30am to 3:00pm. There was an individual session for the students and a common session. In individual session a class was conducted for the students on - MS Office. Then there was a common session for the entertainment of all students. Overall the workshop was really helpful to explore the talents of differently abled students and to spend a good amount of time with them.







## **E-Waste Clearance Mission**

Collection of e-waste from various villages and organisations of Thrissur district was conducted at Thrissur civil station on 07/06/2018 and it was inaugurated by Smt.P. Marykutty, Deputy Director of district Panchayat Thrissur in association with Clean Kerala Company limited which is a leading recycling organization under the Local Self Government Department, Government of Kerala. Our department conducted a class wise competition to collect e-waste from all the students and submitted those to the collectorate on 07/06/2018. The class with highest number of e-waste materials was awarded with a special prize. The main goal of the mission was to clean polluted Kerala and have a face of cleanliness. The venture was implemented successfully in the college and all the departments participated in the same to make it successful.

