

## Extension Activities

2019-20

### Break the Chain Campaign

During the initial outbreak of COVID19 in Kerala, the sale of hand sanitizers have soared. It had become such a sought-after product that pharmacies and supermarkets have started limiting the number that people can buy at one time. Alarm over coronavirus has caused a run on hand sanitizers. This scenario created a huge scarcity of sanitizers in the market which made a panic situation among the people. And it was a vulnerable situation where people are highly exposed each other. In order to overcome this situation Chemistry Department of St Mary's College, Thrissur decided to prepare hand sanitizer in our Chemistry lab. Adhering to the UNO norms of preparing Hand Sanitizer about 5 Liter of Hand Sanitizer was prepared using ingredients like Isopropyl alcohol, Aloe vera Extract, Glycerin etc. Preparation was done between the dates 16/03/20 and 20/03/20 as planned. The prepared sanitizer sprays (50) were distributed among the students, parents, college staffs and also was kept for use in the common places of the college like canteen, library, etc. Also the excess sanitizer bottles were shared with nearby Govt. offices.



### Awareness Science Quiz

In association with National Science Day celebrations, Dept. of Chemistry conducted an awareness Science Quiz at Sacred Heart School and Government Model Higher Secondary School of boys on 11/02/2020. The quiz masters were Sreelakshmi P.S, Arya C Gokuldas, Husna, and Amrutha of 1<sup>st</sup> and 2<sup>nd</sup> PG Chemistry. The questions for the quiz were prepared by the student quiz masters under the guidance of Ms. Jain Philo and Ms. Anjana C S. In this competition 34 students from Sacred Heart School and Govt. Model H.S.S. of boys participated. To encourage maximum participation, each correct answer was awarded a prize on the spot.



### “Shastra Jyothi”

Chemistry department of St. Mary’s College conducted an extension activity, **SHASTRA JYOTHI** – distribution of Science books to school students on 28<sup>th</sup> June 2019. Teachers and 129 Students of chemistry dept. contributed 75 Science books to economically poor students of Zannana Mission L P School, Kolazhy. ZMLP School Head Master A.S Raveendran inaugurated the function. A group of students from our dept. presented cultural programmes to entertain the children.



### Story Telling Workshop

As part of Community Extension Activity, the Department of English conducted a Story Telling Workshop at Government School, Anchery on 28.06.2019. 5 students of English were trained to

narrate stories skillfully which helps in imparting new words and phrases to the listeners. Students interacted with the school students effectively and a competition was conducted to assess their speaking skills. Ms. Greeshma K.P and Ms. Aiswarya Sudarsan from the Department coordinated the activity.



### **Awareness on monsoon care**

On 2/ July/2019, 12 II PG students and faculty members including Dr C R Meera, Dr Dhanya K C, Dr Mabel Merlen Jacob and Mrs. Elizabeth P Thomas visited two Anganwadies. Anganwadies of Anchery and Valarkkavu divisions in Thrissur region were visited at 10.30 am and 12.30 pm respectively. An awareness class was conducted for parents of Anganwady students about monsoon diseases. Pamphlets describing monsoon diseases prevention tips were given to Anganwady workers and parents. Accessories like umbrella, handkerchief were distributed among students as part of preventive measures. Study materials including pencils, scales, sharpeners, drawing books, crayons and banana, sweets etc. were also gifted. We also contributed 10 pots with ornamental plants to each Anganwady unit.



## Free Eye Camp at Govt.L. P School, Puthoor

Department of Microbiology in association with Elder Marian and Department of Botany, conducted a Free Eye camp at Govt. L P School, Puthoor on 18/ October/2019. Free consultation was provided to faculty members, students and parents by doctors of Malabar Eye Clinic, Thrissur. 10 students from I MSc. (Jyothis, Sandra Damodaran, Libanath, Anjali and Rose) and faculty members Dr. Dhanya KC and Mrs. Elizabeth P Thomas were active volunteers in this programme.



## Blood Donation Camp

Red Ribbon Club in association with Department of Biotechnology and Indian Medical Association had conducted a blood donation camp on 15<sup>th</sup> January, 2020. Staff and students actively participated and donated blood. 59 Students from various departments had voluntarily donated blood.



## **Extended support programme**

In connection with the world Alzheimer's day, Department of biotechnology, St. Mary's College organized a visit to Dementia respite care center on 27<sup>th</sup> September 2019. 38 students accompanied by 2 staff had visited the inmates of Dementia care Centre at Ramavarmapuram, Thrissur and extended support to the inmates by providing essential amenities.



## **Postal Stamp Exhibition- Awareness programme on freedom fighters**

As a part of 73<sup>rd</sup> Independence Day Celebrations Department of History organized a Postal stamp exhibition at Govt. UP school karumatra on 22<sup>nd</sup> August 2019. This make an awareness among the students about the National Freedom Fighters and their contributions and scarifies for the attainment of the freedom of our Nation. 17 MSc. students and Smt.Swapna K.P from the department coordinated the program





### **Career awareness programme**

Department of management studies has conducted an exhibition for the commerce students (plus one and plus two) of Sacred Heart's C G H School, Thrissur about “the scope of commerce (opportunities of commerce and job) on 19<sup>th</sup> June, 2019. The event went so well as the students were very curious to know “what is commerce, what are its importance and what all they can do after leaving the school”. This career awareness programme made students aware of the recent advances and scope in the respective field. Well Without commerce, industry will find it difficult to keep the pace of production. It helps to increase demand for goods on one hand and on the other hand it helps industries by getting them the necessary raw materials and other services.



## Swachh Bharat Mission

As part of SWACHH BHARATH mission 26 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.



## Cleaning Mission at Adat Panchayat

A cleaning activity was organized by the Department of Management Studies on 15<sup>th</sup> of January 2020 at Adat Panchayat. A team of 45 students went to Adat Panchayat accompanied by two faculties from the department, Ms. Nikhila Tomy and Ms. Pessy Devassykutty. The cleaning session started at 10.am and continued till 2.00pm. After that refreshments were distributed among the students. They were all happy by their mind for being part of such a good deed.



## **Cleaning Activities at Model Anganwadi, Choorakattukara, Adat Panchayat**

A cleaning activity was organized by the Department of Management Studies on 17th of January 2020 at Model Anganwadi, Choorakattukara, Adat Panchayat. A team of 45 students went to Adat Panchayat accompanied by two faculties from the department, Ms. Nikhila Tomy and Ms. Pessy Devassykutty. This programme was arranged for developing the social responsibility of the students. The cleaning session started at 10.a m and continued till 2.00 pm.



## **Legal awareness workshop**

Recognizing the need for imparting legal awareness to children about their rights, ASAP in collaboration with the Department of English, St Mary's College, Thrissur conducted a workshop on "Children's Rights" at Sacred Heart C.G.H. School, Thrissur on June 14, 2019. Classes were taken to third and fourth standard students. The rights of children and rules for their protection were discussed. 29 students from the college coordinated the programme. Along with the classes, a quiz competition and drawing competition were conducted and the winners were awarded with certificates which were given by the PTA president and the Principal. The sessions were useful and productive for the students as serious social issues were handled effectively.





### **Cleaning activities at Public library Thrissur**

As part of Swachh Bharat Mission, the Department of Commerce organized a cleaning programme at Thrissur Public Library on 5th November 2019. The programme was for 3 hours from 12.15 P.M. to 3.15 P.M. A total of 29 students of 2nd year B. Com and 2 faculties (Sreeragi M and Leena K P) participated in this programme. The group was divided into 3 sections. 3 students were allotted work at library office, 12 in English section and 14 in Hindi section. The participants were provided tea and snacks by the library authorities. UBA, St. Mary's College Thrissur and Kolazhy gramapanchayath.



### **A supporting initiative for the Tribes at Palapilly colony**

On August 25<sup>th</sup> 2019, the first year students of BSW Department organized a tribal visit to Palapilly Tribal Colony and conducted an interactive session with the local people. Sr Jorzalin George, HOD and Ms. Sreedevi V M accompanied the students. The students visited the paddy workers in the colony and provided support to the society. 45 students participated.



### **Sharanabaalyam - awareness against Child Abuse**

As a part of Saranabalyam project, the BSW students conducted an awareness street play against child abuse at model boys' school, Thrissur on 25/11/2019. The first and second year BSW students were the participants. 19 students participated. The street play mainly focused on child labour and child abuse. All the high school and higher secondary students and teaching and non-teaching staff of the school were witnesses the performance. The executive members from Antihuman trafficking club also accompanied with the programme along with Ms. Anjana, HOD in Charge of Department of Social Work, St Mary's College, Thrissur.



### **Awareness program against child labour**

As a part of observing world Day against Child Labor, the department of Social Work organized a street play in collaboration with District Child Protection Unit (DCPU) Thrissur. The programme

was held at Railway station and Sakthan Bus stand Thrissur on 12<sup>th</sup> June 2019. Mr. Hareesh M P, Legal Probation Officer, DCPU Thrissur and Ms. Jenny K J, Coordinator of Thrissur Railway Child line were there to witness the programme. The street play was performed by 28 students from Bachelor of Social Work under the supervision of Ms. Sreedevi, Faculty of Department of Social Work. The street play performance of students could convey message against child labour among the public to a great extent.



### **Awareness Programme on Upholding Moral values towards the Aged People**

As a part of Old age Day observation, Social Justice Department and Social Security Mission of Kerala were conducted a one day programme for the old aged at Town Hall, Thrissur on 01/10/2019. The first year BSW students from St Mary's College performed a street play on the occasion. 10 students participated. The street play dealt with the deterioration of moral values in the fast growing society and the status of old aged in the present scenario. Ms Lakshmi from Department of Social Work accompanied the students. Justice Department and Social Security Mission of Kerala jointly honored the effort of the students by presenting a trophy.



### **Awareness Programme on the "Alternatives of Plastic"**

street play was conducted in various schools and colleges in Thrissur on the topic “Alternatives of plastic” by the second year students of BSW Department of St Mary’s College on 14/01/2020 and 16/01/2020. 28 students participated.



### **Awareness street play on “nutrition awareness for pregnant ladies”**

As a part of posh abhiyan, an ICDS project, third year students of BSW department of St. Mary’s college initiated a street play on the topic “nutrition awareness for pregnant ladies” and conducted it in various locations. 12 students participated.



### **Awareness street play on Child Abuse**

As a part of Saranabalyam project, the BSW students who are members in anti-human trafficking club were conducted a street play at model boys' school, Thrissur on 25/11/2019. 12 students participated. The first and second year BSW students were the participants. The street play mainly focused on child labour and child abuse. All the high school and higher secondary students and teaching and non- teaching staff of the school were witnesses the performance. The executive members from Antihuman trafficking club also accompanied with the programme along with Ms. Anjana, HOD in Charge of Department of Social Work, St Mary's College, Thrissur.



## Fund Raising for flood affected people

As a part of flood relief activities done in Kerala on 12<sup>th</sup> of August 2019, 20 BSW students of St Mary's College participated in collection camps. On 13<sup>th</sup> of the same month students were involved in cleaning activities in Holy Family and other affected premises. Fund raising activities were conducted on 16<sup>th</sup> August in which students participated.



## V Care

On 14th November 2019, First Year BCA students visited Anugraha Sadan, Koodapuzha, Chalakkudi as a part of their CUSSP. There were 21 students accompanied by their class tutors Ms. Betsy Chacko (HOD) and Ms. Anjana Jayan. They reached there at 10 a.m. Anugraha Sadan is a centre for cerebral palsied persons with multiple handicaps. There are 28 persons, mostly children, who are totally bedridden. The students interacted with them and entertained them with songs. The authorities told the students about their situations and how they have to be helped for their each and every basic need. The students also spent some time helping them. By 1:30 p.m., they returned back. The visit was very inspiring for them.



## No to Plastics

On 13th January 2020, the 1<sup>st</sup> year BCA students of St. Mary's College, Thrissur, conducted a paper bag making activity showing their voice against the use of plastic. The students bought the necessary materials required and made the paper carry bags out of newspapers. Being an easily available source they chose it. The bags were made in different sizes during the course of an hour. The bags were then distributed to nearby stores like medical shops, supermarkets, etc. by the students accompanied by their class tutor as well as their Head of Department.



## Volunteered in "PASS

On 24th February 2020, the First year BCA students served as volunteers for a program “Puberty & Adolescent Stimulation Solution (PASS)” organized by an association of PARIVAAR - Trissur (An Association of Parents for Persons with Intellectual and Developmental Disabilities.) at St Mary's College, Thrissur. The program was a One day Workshop for mothers of persons with special needs. There were 21 students of 1<sup>st</sup> BCA and two faculty members Mrs. Betsy Chacko and Mrs. Anjana Jayan to support the program organizers. Some of the students helped the mothers for registration purpose and a few guided them throughout the program which was held at Jubilee hall. Others often made them comfortable by fulfilling their needs. The program was very useful for those mothers.



### **Awareness programmes in association with Wild life week**

In Association with Social Forestry Division, Thrissur and Social Forestry Extension division Ernakulam, the Dept. of Botany celebrated Wild Life Week with a continuous 4 days programme from October 1<sup>st</sup> to 4<sup>th</sup> 2019. Inauguration of the celebration was held on 1<sup>st</sup> October 2019 by B. Jayachandran Nair, Asst. Conservator of Forests, Social Forestry Extension, Ernakulam. Prior to Inaugural ceremony a ‘Vilambarajatha’ was organized involving school and college students around Thrissur round. To inculcate awareness regarding wild life amongst the students and the public, the inauguration was followed by talks on various topics like: ‘Know the Elephants’ by Dr. David Abraham, Asst. Veterinary Officer, Thrissur ‘The world of Frogs’ by Sandeep Das, Research Scholar ‘Wild life photography and Forest Conservation’ by P.M. Prabhu, Asst. Forest



Conservator Social Forestry, Thrissur Various competitions for School and college students based on the theme 'Wild Life' was conducted as part of the celebration. Students belonging to LP, UP, HS, HSS, UG and PG levels from various schools and colleges participated in various competitions like essay writing, pencil drawing, colouring, speech etc. Finally, a Documentary film show related to Nature and Wild life were also screened as part of the celebration.



### **Extension Lecture**

Dr. Deepa G Muricken, Department of Biochemistry, St. Mary's College Thrissur delivered a lecture on Phytochemistry and plant derived compounds to the Vth and VII th semester B.tech Biotechnology students Sahrudaya College of Engineering and Technology on 8<sup>th</sup> August 2019. The students were mentored on different research aspects in the field through an interaction session.



### **Mentoring +2 students of Chinmaya Vidyalaya for the academic project**

Ist MSc Microbiology students under the guidance of Dr. Deepa G Muricken Department of Biochemistry mentored plus two students from Chinmaya Vidyalaya for their academic project on water analysis on 21<sup>st</sup> November 2019. Students were mentored on how to conduct the experiment and how to analyse the results.



## **Biotechnological enhancement of flood affected soil microbiome by the employment of microbial consortium**

The recent flood has washed out the natural soil microbiome in and around the project area that leads to a great loss in agricultural revenue. By this UBA funded project we are enriching the soil with conventional soil microorganism due to which the microbial ecosystem can be balanced. The bacterial consortium SMCNPK18 was developed by Dr. Kayeen Vadakkan and distributed to villagers in Kolazhy gramapanchayath.



## **Karunardram**

In Connection with Intercession of India, Viyyur, Thrissur St. Mary's College Thrissur supplied food packets to the needy people in streets. Departments and staff will get food packets in turn on every Fridays and supplied more than 100 food packets per day to the people in need. This year we had distributed 2117 food packets from 12/07/2019 to 07/02/2020.



## St. May's College employment generation programme

As part of women empowerment St. Mary's College Employment Generation Programme offered stitching classes to the employment seekers. Thirty hours of tailoring classes are being offered for each batch. 24-32 women were accommodated in each batch and such 2 batches were run each month. The stitched item will be worn by the employment seekers during the last day of the program.



## Caring hands at Covid Times

During the pandemic age of Covid 19, St. Mary's college Thrissur extended its responsibility towards the community by making masks and supplied it to public like students, traffic police and Jubilee mission hospital staff. 4000 masks were made by the administrative staff of the college during the month of May 2020. Masks were distributed from 19/ 5/2020 to 29/5/2020.

*St.Mary's College, Thrissur made & distributed safety Masks to R.T.O.-Thrissur, Jubilee Mission Hospital-Thrissur.*



## Hands of Help to santhuvanam special school

Administrative staff of our college visited Santhuvanum special school under Santhuvanum trust Thrissur on 3/8/2019. The school consisted of challenged people in our society. We extended our sincere support to them by providing food and helping hands to them by joining their santhuvanam project intended to help the people in need.



## Free eye camp

Administrative staff of St. Mary's college in collaboration with Drishyam Eye care Thrissur conducted a free eye camp on 17 July 2019, 9.30 am to 3.30 pm at Jubilee Hall. Camp was conducted by Dr. Soorya from the Drishyam Eye Care Hospital. 356 staff, students and public participated in the camp.



## Sparsam 2019

In connection with 74<sup>th</sup> year celebration of college the students and administrative staff of St. Marys College started a program 'Sparsam 2019' aimed at extending the helping hands to 74 dialysis patients. College collected an amount of Rs. 59200 and handed over it to the Director Dr. Fr. Francis Alappat, Mary Immaculate Mission Hospital Thrissur on 3/9/2019. The program was inaugurated by MLA Sri. V T Balram.



### **Flood relief activities at affected areas of Wayanad**

In connection with invasive destructions caused by the 2019 flood which affected many villages in Wayanad, St. Marys College Thrissur along with Nirmala Province and Oruma, a group of service minded people, collected various essentials for the flood affected people and distributed it on August 17 2019. College Staff and students along with oruma actively participated in the packing and distribution of items to the area.



### **Flood relief Collection Centre**

As a part of flood relief activities done in Kerala flood on August 2019 St Mary's College along with ORUMA group participated in collection camps. Several necessary items were collected in

the collection camp and was distributed to the affected areas. Several students participated in the collection camp.



### **Beat Plastic**

Students of Department of Economics distributed cloth bags made by them under Udhyammitra Center (Bhumika Bags) to public and shops in Thrissur on 27 June 2019, 28 June 2019 and 05 July 2019. The bags were distributed to create awareness on the hazards of improper disposal of plastic bags. The bags were also distributed free of cost to staff and students as an awareness drive to avoid plastics.







**Ability enhancement programme for elderly people at Govt old age home  
Ramavarmapuram**

As part of Ability Enhancement Course in M.Sc. Psychology Programme, 20 first PG students and a faculty of the Department of Psychology visited Govt Old Age Home, Ramavarmapuram on 28/10/2019. The aim of the visit was to enhance self-esteem and psychological wellbeing of older adults. There were 86 inmates and all of them were above 60 years. Students interacted with the inmates personally, and thus they could share their worries and anxieties and thus felt relaxed. Students also made the elderly to participate in various games like ball passing, picture and song identification which helps in their motor coordination and also improve and assess their memorising capacity. The half-day session was very fruitful and the staff and inmates of the old age home as well the students had a very good time.





### **Computer Literacy Workshop for Sister Candidates**

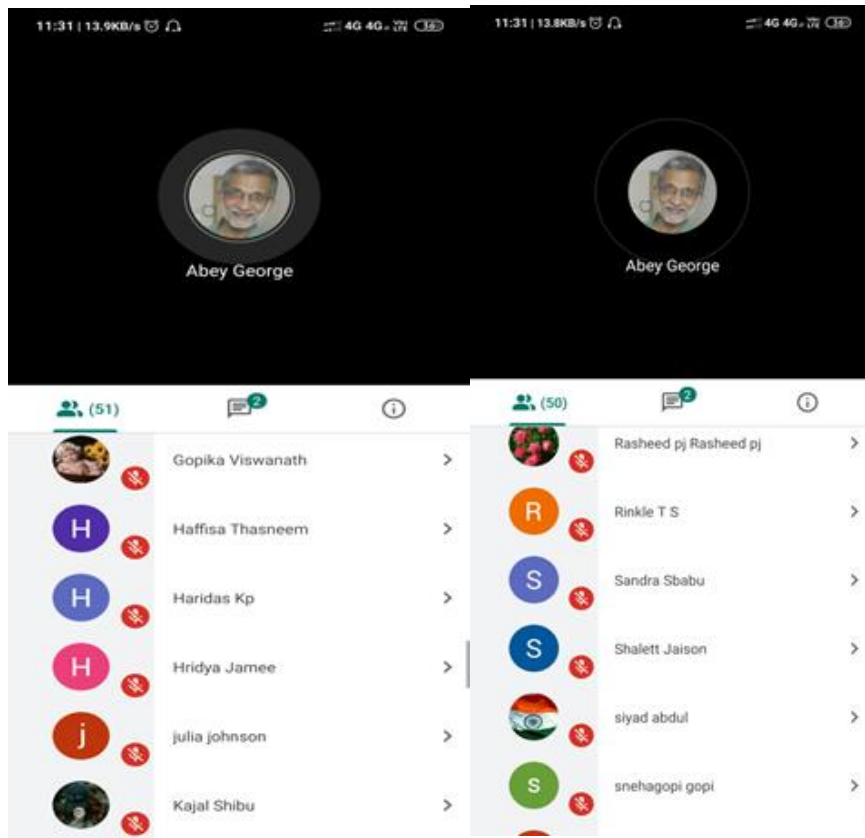
Department of Computer Science and Applications organized a two-day Computer Literacy workshop on 22-06-19 & 29-06-19 for sister candidates of Nirmala province. Most of the students who attended the sessions was not familiar with the basic usage of computer, preparing documents and presentations. So their Basic requirement was to acquaint with the use of computer and preparing documents and presentation slides for future use. Our objective was to give a basic awareness Computer Fundamentals and Microsoft Office. The students were able to create documents, manipulate and formatting documents, creation and formatting of beautiful slides, excel worksheets and solve problems using formulae in worksheets during the hands on training sessions.



### **Social Audit on Migrants and Differently abled**

Department of Social Work had conducted a Social Audit on 5th and 15th of June 2020. The event was based on Social Audit in which the resource person was Dr. Abey George who is an Associate Professor, KILA. On 5<sup>th</sup> June, the field work was based on the topic “Social Audit among Migrants and Differently Abled”. 51 students were attended in the session. They collected various news reports and YouTube videos related to the problems faced by migrant laborers and they shared that information in a Whatsapp group named “Migrant Workers” created by Dr. Abey George. The students were asked to find out a resource person within their village and they also collected a list

of differently abled persons in the respective village through that resource person. The field work was progressed on 15<sup>th</sup> June. On that day 50 students were attended the session and they analysed the collected data.



### **Awareness webseries on corona and monsoon diseases**

Department of Microbiology conducted an online awareness series for general public about the precautions and preventive measures for the pandemic COVID 19 and Monsoon Diseases, from 13/05/2020 to 18/05/ 2020, Six teachers from the department provided awareness talk. Videos were uploaded in YouTube platform of St. Mary's College, Thrissur in **Marian Webisode**. 45 Students of Department of Microbiology performed the online tribute program “A Tribute to Our Real Heroes” on 10<sup>th</sup> November, 2020, in honor of the sacrifice and efforts of frontline Corona warriors.



## Snehasparsham 2020

The Department of Commerce organized an extension programme named “Snehasparsham 2020” in collaboration with Swasraya Special School, Thrissur as a part of the World Handicapped day on 03/12/2020 through the Google meet platform. The session was inaugurated by Ms.Nafeesathul Mizriya, CEO, Minhaj Builders, Thrissur who was the chief guest of the programme. She herself is a women of courage who despite her physical disability not only managed to run a successful construction business but also became a well-known women entrepreneur. Swasraya special school was started with a vision to contribute to the full social recognition of rights of specially abled students. 45 students of the Department got the opportunity to meet virtually with a total of 20 mentally challenged students. An interactive session of one and half hour duration was planned by the students of Commerce department. The interactive session comprised of self-introduction sessions along with a mix of entertainment activities such as songs quizzes etc. The different abled students also got an opportunity to share their thoughts and their singing and intellectual abilities with us. With an activity of this nature all the participants concluded that there is no alternate to consistent hard work and co-operative efforts and disability is a matter of mere perception.



## Awareness competition on Independence

In connection with 74<sup>th</sup> Independence Day celebrations the Department of history organized a speech competition opened for the public participation on 18/8/2020. The competition was conducted on online platform. Cash Prizes also given to the participants who secured first three positions.

**ST.MARY'S COLLEGE THRISSUR**  
POST GRADUATE DEPARTMENT OF HISTORY  
COMMUNITY EXTENSION PROGRAMME

**പ്രസംഗ മത്സരം**  
വിഷയം  
'സ്വാതന്ത്ര്യം തന്നെ അമൃതം, സ്വാതന്ത്ര്യം തന്നെ ജീവിതം'

**74th INDEPENDENCE DAY CELEBRATION**

**നിബന്ധനകൾ**  
\* 20നും 45നും ഇടയിൽ പ്രായമുള്ളവരായിരിക്കണം  
\* 5മിനിറ്റിൽ കവിതയോ  
\* malayalam or English  
\* Video clip ആയി അയക്കണം  
[ayanaathoos96@gmail.com](mailto:ayanaathoos96@gmail.com)  
എന്ന email ലേക്ക് അയക്കുക  
\* മത്സരാർത്ഥികൾക്ക്- e certificate

**1000 CASH PRIZES 700**

**STUDENT CO ORDINATOR**  
**ATHULYA KV**

**LAST DATE**  
**18.8.2020**

**JJI FRANCIS E**  
**HEAD OF THE DEPARTMENT**