



## 7.2 Best Practices

*Describe at least two institutional best practices*

*Upload details of two best practices successfully implemented by the institution as per NAAC format in your institution website, provide the link*

### **Best Practices 2020-21**

#### **1. Holistic Development of Students Through Physical Education**

##### **Goal**

Create physical fitness and inner discipline for the overall development of students through Physical Education and thereby achieve National/International excellence in sports and games

##### **The Context**

Physical education creates an inner discipline that is essential for the student's holistic development and healthy and structured life. It also provides a platform for the students to excel in sports by which they can represent the college in various National and International events. The college has created a generation of students who are creative and active participants in all sports activities. The college has provided adequate infrastructure, the best trainers and coaches, incentives, and student scholarships.

##### **The Practice**

##### **Infrastructure facilities:**

The infrastructural facilities consisted of

1. Multipurpose Indoor Stadium
2. Football Field 110 x75 m,
3. Three Volleyball Courts (including Wooden,
4. Mud and Synthetic Multipurpose Stadium),
5. Three Basketball Courts (including Wooden, Concrete and Synthetic Multipurpose Stadium),
6. Three Badminton Courts (wooden),
7. 320 m Training Track with two Jumping Pits,
8. High Jump Mat and all Throwing Sectors with Fencing and floodlit facility,
9. Multi-purpose Indoor Stadium (11,000 sq. ft.),
10. Indoor Shooting Range 30 x 20 x 4m,
11. 10-Lane Swimming Pool with dimensions of 50 x 25 x 2m,
12. Fitness Centre and Weight Training Hall,
13. Cricket Field with Centre wicket
14. Two Cricket Indoor Nets,
15. Handball Court,
16. Two Hills for Training,
17. Boys and Girls Warm-up Area.

Apart from students, teachers and non-teaching staff utilize these facilities provided by the Department of Physical Education



## Details of existing sports facilities

(a) Multi - purpose Indoor Stadium – 11,000 sq. ft.



**M. A. Volleyball Academy**



(b) Indoor Shooting Range 30x 20x 4 m





©Indoor Badminton Courts (wooden)



(d) 10 Lane Swimming Pool of International Standards (Dimension of 50x 25x 2 m)





(e) 400 m Competition Track with 2 Jumping Pits, High Jump Mat and all Throwing Sectors with Fencing with floodlit facilities



(f) Football Field 110x75 m (Grass)





## M. A. Football Academy



(g) Volleyball Court (indoor wooden and mud courts)





**(h) Fitness Centre and Weight Training Hall**



- Medicine Balls – 25 nos
- Lifting Barbells – 08 nos
- Swiss Balls – 20 nos
- More than 2000 kg weight
- Barbell Sets
- Core Balancing Bars
- Horizontal bars, Wall Bars, Parallel Bars etc.
- Gymnastic mats
- Teak won do mats
- Yoga Mats
- Video analysis facilities
- Facilities for Recreation Games
- Facilities for Tennis and Chess
- Books for references



**Cricket Indoor Nets**



**Cricket Centre Wicket**

**Incentives:**

Several students won medals/trophies in International/National/State wise/Regional events in the past 4 years. The college management gives extra medals and honours to the winners at special functions every year. Those students who have talents in sports are given free accommodation and food provisions by the Management. In addition to this, College management again supports the needy and talented students by giving fee exemption.



**Coaches:**

The College Management has appointed three coaches in addition to the two faculty members of the Department of Physical Education supported by the government.

**Evidence of Success**

**LIST OF STUDENTS WON MEDALS IN THE INTERNATIONAL/ NATIONAL /  
INTER-UNIVERSITY COMPETITIONS 2020-21**

SL. NO	NAME	CATEGORY	COMPETITION	EVENT	POSITION
<b>NATIONAL POWER LIFTING CHAMPIONSHIPS</b>					
1	ARSHANA V V	84+ junior	National Power Lifting Championship at Kannur	Power Lifting	5th
2	ALFIROS M H	120+	National Power Lifting Championship at Kannur	Power Lifting	4th
3	ANJALI P R	57 Kg	National Power Lifting Championship at Kannur	Power Lifting	Silver
<b>SOUTH ZONE NATIONAL ATHLETICS CHAMPIONSHIP</b>					
4	VIGNESH R NAMBIAR	U-20 Boys	South Zone National Athletics Championship	Javelin Throw	Silver
5	JIBIN THOMAS	U-20 Boys	South Zone National Athletics Championship	Javelin Throw	Gold
6	SNOBIN BENNY	U-20 Boys	South Zone National Athletics Championship	5000M	Participation
7	ARJUN KRISHNA	U-18 Boys	South Zone National Athletics Championship	Hammer Throw	Participation
8	BLESSY DEVASIA	U-18 Girls	South Zone National Athletics Championship	Hammer Throw	Silver
9	ANJIMA K.C	U-18 Girls	South Zone National Athletics Championship	400MH	Silver
10	GOPIKA SUNIL	U-18 Girls	South Zone National Athletics Championship	Shot Put	Bronze
11	KESSIA MARIAM BENNY	U-20 Girls	South Zone National Athletics Championship	Hammer Throw Shot Put	Gold Silver
12	GAYATHRY SIVAKUMAR	U-20 Girls	South Zone National Athletics Championship	Long Jump Triple Jump	Silver Silver
<b>NATIONAL CROSS COUNTRY CHAMPIONSHIP</b>					
13	SNOBIN BENNY	U-20 Boys	National Cross Country Championship		Participation
14	ANAND KRISHNA K	MEN	National Cross Country Championship		Participation
15	ANSU JOSEPH	U-20 Girls	National Cross Country Championship		Participation
<b>POWER LIFTING STATE CHAMPIONSHIPS</b>					
SL. NO	NAME	CATEGORY	COMPETITION	EVENT	POSITION
1	YADHUKRISHNA K H	Junior	Kerala state power lifting championship at kannur	Power Lifting	Silver



2	NELSAMOL P SAJI	84+	Kerala State Power Lifting Championship at Kannur	Power Lifting	Silver
3	ADITH.A	Sub junior	Kerala State Power Lifting Championship at Kannur	Power Lifting	Participation
4	ARSHANA V V	84+ junior	Kerala State Power Lifting Championship at Kannur	Power Lifting	Silver
5	ALFIROS M H	120+	Kerala State Power Lifting Championship at Kannur	Power Lifting	Gold
6	SONA BENNY	47 Kg	Kerala State Power Lifting Championship at Kannur	Power Lifting	Gold
7	ANJALI P R	57 Kg	Kerala State Power Lifting Championship at Kannur	Power Lifting	Gold
<b>STATE SENIOR ATHLETICS CHAMPIONSHIP</b>					
8	SWETHA.K	WOMEN	State Senior Athletics Championship Held at Calicut	5000M	Gold
9	SNEHA.K	WOMEN	State Senior Athletics Championship Held at Calicut	400M 4X400 MR 4x400MMR	Gold Gold Gold
10	NELSA SAJI	WOMEN	State Senior Athletics Championship Held at Calicut	Shot Put	Silver
11	AISWARYA P R	WOMEN	State Senior Athletics Championship Held at Calicut	Triple Jump	Bronze
12	SARANYA G	WOMEN	State Senior Athletics Championship Held at Calicut	Hammer Discus Throw	Bronze Silver
13	KESSIA MARIAM BENNY	WOMEN	State Senior Athletics Championship Held at Calicut	Hammer	Gold
14	GAYATHRY SIVAKUMAR	WOMEN	State Senior Athletics Championship Held at Calicut	High Jump	Gold
15	BLESSY DEVASIA	WOMEN	State Senior Athletics Championship Held at Calicut	Hammer	Silver
16	HARISUBRAMANIAN K	MEN	State Senior Athletics Championship Held at Calicut	4X100MR	Gold
17	NIKHIL P SOMAN	MEN	State Senior Athletics Championship Held at Calicut	Participation	
18	DILSHITH T N	MEN	State Senior Athletics Championship Held at Calicut	High Jump	Gold
19	ANIRUDH C R	MEN	State Senior Athletics Championship Held at Calicut	4X400MR 4x400MMR 200M	Gold Gold Bronze
20	OMKAR NATH	MEN	State Senior Athletics Championship Held at Calicut	4X100MR	Gold



21	ALBERT JAMES POULOSE	MEN	State Senior Athletics Championship Held at Calicut	400M 4x400MR	Bronze Gold
22	SHERIN JOSE	MEN	State Senior Athletics Championship Held at Calicut	10000M	Silver
23	ANAND KRISHNA K	MEN	State Senior Athletics Championship Held at Calicut	10000M	Gold
24	ANDRICK MICHAEL FERNANDEZ	MEN	State Senior Athletics Championship Held at Calicut	Discus Throw	Gold
25	ANANDHU Ayyappan	MEN	State Senior Athletics Championship Held at Calicut	Javelin Throw	Silver
26	MUHAMMED SHANOOB K M	MEN	State Senior Athletics Championship Held at Calicut	4X100MR	Gold
27	ANFAS A P	MEN	State Senior Athletics Championship Held at Calicut	Shot Put	Bronze
28	SUJEESH S	MEN	State Senior Athletics Championship Held at Calicut	1500M 800M	Gold Silver
29	SIDHARTH AK	MEN	State Senior Athletics Championship Held at Calicut	Pole Vault	Gold
30	THOMAS ABRAHAM	MEN	State Senior Athletics Championship Held at Calicut	10KMW	Silver
31	NIKHIL SUDHILAL	MEN	State Senior Athletics Championship Held at Calicut	10KMW	Bronze
32	ALEX JOSEPH	MEN	State Senior Athletics Championship Held at Calicut	Hammer	Gold
33	YEDHUKRISHNA K H	MEN	State Senior Athletics Championship Held at Calicut	Hammer	Silver
<b>STATE JUNIOR ATHLETICS CHAMPIONSHIP</b>					
34	KESSIA MARIAM BENNY	U-20 Girls	State Senior Athletics Championship Held at Calicut	Hammer Shot Put	Gold Gold
35	GAYATHRY SIVAKUMAR	U-20 Girls	State Senior Athletics Championship Held at Calicut	High Jump Triple Jump	Gold Silver
36	PRABHAVATHI PS	U-20 Girls	State Senior Athletics Championship Held at Calicut	Long Jump	Bronze
37	BETTY BENNY	U-20 Girls	State Senior Athletics Championship Held at Calicut	Participation	



38	AKSHAYA.K	U-20 Girls	State Senior Athletics Championship Held at Calicut	10KMRW	Silver
39	ANSU JOSEPH	U-20 Girls	State Senior Athletics Championship Held at Calicut	5000M	Bronze
40	RESHMA. R	U-20 Girls	State Senior Athletics Championship Held at Calicut	1500M	Bronze
41	ANUDHRA K R	U-20 Girls	State Senior Athletics Championship Held at Calicut	Heptathlon	Silver
42	HARI SANKAR R	U-20 Boys	State Senior Athletics Championship Held at Calicut	4x100MR	Gold
43	VIGNESH R NAMBIAR	U-20 Boys	State Senior Athletics Championship Held at Calicut	Javelin Throw	Silver
44	AKASH M VARGHESE	U-20 Boys	State Senior Athletics Championship Held at Calicut	Triple Jump	Bronze
45	JIBIN THOMAS	U-20 Boys	State Senior Athletics Championship Held at Calicut	Javelin Throw	Gold
46	SNOBIN BENNY	U-20 Boys	State Senior Athletics Championship Held at Calicut	1500M	Silver
47	BLESSY DEVASIA	U-18 Girls	State Senior Athletics Championship Held at Calicut	Hammer	Gold
48	ANJIMA K.C	U-18 Girls	State Senior Athletics Championship Held at Calicut	400MH	Silver
49	ALEENA GEORGE	U-18 Girls	State Senior Athletics Championship Held at Calicut	5KMW	Gold
50	ARJUN KRISHNA	U-18 Boys	State Senior Athletics Championship Held at Calicut	Shot Put	Silver
51	LINSO	U-18 Boys	State Senior Athletics Championship Held at Calicut	Participation	
52	ARCHANA SANTHOSH CP	U-16 Girls	State Senior Athletics Championship Held at Calicut	2000M	Gold
53	AAN MARIA TERIN	U-16 Girls	State Senior Athletics Championship Held at Calicut	Hammer	Bronze
<b>STATE CROSS COUNTRY CHAMPIONSHIP</b>					
54	DITHIMOS SIBY	U-18 Boys	State Cross country Championship held at Thrissur		Participation



55	MATHUKUTTY SIBICHAN	U-18 Boys	State Cross country Championship held at Thrissur		Participation
56	LINSO JOHNY	U-18 Boys	State Cross country Championship held at Thrissur		Participation
57	SNOBIN BENNY	U-20 Boys	State Cross country Championship held at Thrissur		Silver
58	GEORGE JOSEPH	U-20 Boys	State Cross country Championship held at Thrissur		Participation
59	DEVARAJ	U-20 Boys	State Cross country Championship held at Thrissur		Participation
60	ANAND KRISHNA K	MEN	State Cross country Championship held at Thrissur		Bronze
61	SHERIN JOSE	MEN	State Cross country Championship held at Thrissur		Participation
62	SUJEESH S	MEN	State Cross country Championship held at Thrissur		Participation
63	MONICA JOSEPH	U-18 Girls	State Cross country Championship held at Thrissur		Participation
64	ALEENA GEORGE	U-18 Girls	State Cross country Championship held at Thrissur		Participation
65	ARCHANA SANTHOSH	U-16 Girls	State Cross country Championship held at Thrissur		Participation
67	NITHYA ELZA JACOB	U-16 Girls	State Cross country Championship held at Thrissur		Participation
68	SWEETHA K	WOMEN	State Cross country Championship held at Thrissur		Participation
69	ANITTA THOMAS	WOMEN	State Cross country Championship held at Thrissur		Participation
70	ATHIRA SREEDHARAN	WOMEN	State Cross country Championship held at Thrissur		Participation
71	ANSU JOSEPH	U-20 Girls	State Cross country Championship held at Thrissur		4 <sup>th</sup> Place
72	RESHMA R	U-20 Girls	State Cross country Championship held at Thrissur		Participation
73	KEZIYA JACOB	U-20 Girls	State Cross country Championship held at Thrissur		Participation



### MAR ATHANASIUS SPORTS ACADEMY

### 32<sup>ND</sup> SOUTH ZONE NATIONAL JUNIOR ATHLETICS CHAMPIONSHIP 2021



**KESIA MARIAM BENNY**  
Women U-20  
Hammer Throw – Gold  
(Record Performance)  
Shot Put – Silver



**BLESSY DEVASSY**  
Women U-18  
Hammer Throw – Silver



**ANJIMA K C**  
Women U-18  
High Jump – Silver



**GAYATHRY SIVA KUMAR**  
Women U-20  
High Jump – Silver  
Triple Jump – Silver



**GOPIKA SUNIL**  
Women U-18  
Shot Put – Bronze



**JIBIN THOMAS**  
Men U-20  
Javelin Throw – Gold



**VIGNESH R. NAIR**  
Men U-20  
Javelin Throw – Silver



## KERALA ROUND-UP

**MAFA blanks****Golden Threads**

KOCHI: Mar Athanasius Football Academy (MAFA), virtually Kothamangalam's MA College and the lone college team in the event, blanked Golden Threads 3-0 in the seventh Ramco Kerala Premier League football at the Maharaja's Stadium here on Sunday.

It was MAFA's second straight win in Group B while the Threads were playing their opener. All the goals came in the first-half. At Thrissur, Luca SC and SAT, Tirur, played out a goalless draw in Group A.

**The results:**

**Group A (Thrissur):** Luca SC, Malappuram O drew with SAT, Tirur O.

**Group B (Kochi):** Mar Athanasius FA, Kothamangalam 3 (S. Fajil 9, Mohammed Rafi 16, M. Junaid 45+1) bt Golden Threads, Kochi O.

**Palakkad wins overall****Greco Roman title****THIRUVANANTHAPURAM:**

Palakkad (39 points) won the overall title in the 442nd State junior Greco Roman wrestling championships held at the Central Stadium here on Sunday.

Palakkad won only one gold medal but its wrestlers finished third in almost all weight categories which enabled it to win the title ahead of host

Thiruvananthapuram which came second with 31 points.

**The results (finals): 55kg:** V. Akshay (Knr) bt R.S. Vighnesh



**Keen tussle:** Golden Threads defender Bibin Ajayan, left, tries to thwart MAFA forward M. Junaid. ■SPECIAL ARRANGEMENT

(Tvm); **60kg:** Muhammed Shafi (Mlp) bt B. Devanand (Alp); **63kg:** C. Mufeed Ramin (Mlp) bt M. Abhilash (Wyd); **67kg:** P. Muhammed Rifan (Mlp) bt A.M. Muhammed Nihal (Mlp); **72kg:** Abhinav Ajith (Knr) bt C. Mohammed Naswith (Mlp); **77kg:** Alan Raj (Knr) bt B. Bijoy (Tvm); **82kg:** A. Alavudeen (Pkd) bt Y.R. Anojdas (Tvm); **87kg:** J.B. Jithin (Tvm) bt A. A. Adhith Aslam (Ekm); **97kg:** Sayyid Rinshid Ibnu Rasheed (Mlp) bt Ashick Soyan (Ekm); **130kg:** Anshadhu (Alp) bt K.K. Adhikrishna (Ekm).

**KBA to resume activities this month**

**THRISUR:** The Kerala Basketball Association (KBA) has decided to resume basketball activities in the State this month.

The annual general body of the KBA which met here on Sunday decided to conduct the junior and youth State championships to enable players to get grace marks. The tournaments will be held on a knock-out basis.

The 44th junior State championships will be held at Carmel CMI Public school floodlit court in Vazhakulam on March 25 and 26. Players born on or after 1-1-2002 are eligible to take part in this event.

The 37th State youth championships will be held at the St. Ephremes HSS, Mannanam, on March 27 and 28. Players born on or after 1-1-2004 are eligible to take part in this event.



## Mar Athanasius moves to the top of Group-B

SPECIAL CORRESPONDENT  
KOCHI

Mar Athanasius FA defeated Kovalam FC 3-1 and moved to the top of Group 'B' in the seventh Ramco Kerala Premier League football at the Maharaja's Stadium here on Saturday.

Athanasius completed its league engagements with 10 points from three wins, a draw and a loss in the six-team group and will now await the results of the other matches which will confirm the two semifinal berths from the group.

For Kovalam, it was its



**I'll take that:** Gokulam forward Lalrinzuala, right, tries to find a way up against a Luca SC defender. \*SPECIAL ARRANGEMENT

fourth straight loss.

Meanwhile, at Thirur Gokulam Kerala FC defeated Luca SC 1-0 and finished its

league phase in Group-A with an all-win record.

Substitute Nimshad Roshan sent a floater from the

edge of the box that sailed over the onrushing goalkeeper Shibin and went in a few minutes before the final whistle.

Gokulam, which had qualified for the semifinal earlier, topped the six-team group with 15 points while Luca stays in the fourth rung with four points from four games.

**The results: Group-A (at Thrissur):** Gokulam Kerala FC, Koz 1 (Nimshad Roshan 86) bt LUCA SC, Mlp 0.

**Group B (at Kochi):** Mar Athanasius FA, Kothamangalam 3 (K.B. Abil 45+2, Jibin Devassy 48, S. Abhijith 90+3) bt Kovalam FC 1 (J. Sherin 68-pen).

# Mar Athanasius FA cruise past Kovalam to keep semi hopes alive

EXPRESS NEWS SERVICE @ Kochi

Mar Athanasius FA kept their semi-final hopes alive by securing a 3-1 win over Kovalam FC in their Kerala Premier League match at the Maharajas College ground on Saturday. Mar Athanasius are top of the group while Kovalam are still winless in the campaign.

Abil KB opened the scoring for MA Football Academy in the added time of first half. They doubled their lead in the 48th minute when Jibin Devassy. Kovalam pulled one back

through J Sherin who scored from the spot in the 68th minute. MA Football Academy sealed all three points when scored in injury time. It was Kovalam's fourth straight defeat as they have exited the tournament. As for MA Football Academy, with three wins and a draw, they are firmly in contention to go through to the semifinals.

### Win for Gokulam

Gokulam Kerala FC secured a narrow 1-0 win over Luca SC. Nimshad Roshan scored the winner.





### CHAMPIONSHIPS

1. MG University Inter Collegiate Cross Country Champions (MEN)
  - a. 3 - Athletes selected to MG University Men Crosse Country Team
2. MG University Inter Collegiate Cross Country Runner Up(WOMEN)
  - a. 3 - Athletes selected to MG University Women Crosse Country Team
3. Champions in Ernakulum District Athletics meet.
4. MG University Inter Collegiate Football Second Runner Up
  - a. 5 Players Selected to MG university football team for the south zone inter University football championship.
5. MG University Inter Collegiate Men Athletics Champions
6. MG University Inter Collegiate Athletics Women Runner Up
7. MG University Inter Collegiate Volleyball Second Runner Up
8. 3-Players Selected to MG University Volleyball team for the All India Inter University Volleyball championship and secured Bronze Medal
9. MG University Inter Collegiate Weight Lifting Women Runner Up.
10. MG University Inter Collegiate Weight Lifting Men Second Runner Up.
11. MG University Inter Collegiate Power Lifting Women Runner Up.
12. MG University Inter Collegiate Weight Lifting Men Champions.

### Events Organised

1. Organized MG University Inter Collegiate Inter Zone Power Lifting Championship
2. Organized a National Webinar in Collaboration with NCC in Connection with Fit India in 2020-21.
3. Organized Kerala Premier League Football Championship in Collaboration with Kerala Football Association, Kerala Blasters and Golden Threads Football Club in 2020-21.
4. Organized Ernakulum District Senior and Junior Athletics Championship 2020-21.



## Resources

- The Management has given scholarships of amount Rs 20,99,783/- in the year 2020-21 for the enhancement of sports in the campus.
- The salary of the Coaches (Rs 8,52,600/-) is being paid by the management
- An allowance of Rs 15,30,800/- received from Sports Authority of India as scholarship
- The facilities such as the indoor shooting range and swimming pool are created by the support of UGC.
- Multipurpose synthetic court and synthetic runway for jumping were built by the support of Govt. of Kerala. All other sports infrastructural facilities are created by the College Management itself.

## 2. Environmental Rejuvenation Programme - PUNARJANI

### Goal:

The aim of PUNARJANI is the planning and organisation of comprehensive programmes in Kothamangalam Taluk concerning waste disposal, food and water security, protection of water resources, planting and conservation of trees and sanitation literacy with an impetus on inculcating environmental awareness among the people, especially among the students. The programme intends to create awareness of different issues and challenges related to sustainability. It helps to cultivate a sense of **social responsibility** in students and inspires community engagement.

### The Context:

The pollution of water resources, improper waste management system, two consecutive floods and deforestation without reforestation created lots of environmental issues in Kothamangalam. The taluk also faces recurring viral and bacterial diseases due to improper waste management. The college is surrounded by more than 15 tribal colonies which are facing various environmental threats in recent times. All these things provoked the college to think and proactively intervene in environmental conservation activities.

### The Practice:

- Awareness programme on Rain Water Harvesting, Drinking Water Management and Water Quality Monitoring in the Schools
- Well Recharge through Roof Water Harvesting in our institutions
- Cleanliness Drive of Rivers/Streams/Public Ponds and Participative Awareness Programmes Communities
- Extension of college laboratory facility for the monitoring of drinking water quality
- Cloth/Jute/paper carry bag promotion (Reduce the use of Plastic)
- Awareness programme and cleaning of public places
- Mass awareness programme on Health & Hygiene
- Distribution of Biodigester Pots to households with the help of Municipality/Grama Panchayath and Suchithwa Mission.
- Collection of Plastic/E-wastes through educational institutions.



- Orientation program to sensitize farmers on Organic Product Certification and marketing of Organic Products in collaboration with Kerala Agricultural Department (one program each in the adopted villages)
- Institutional level training for farmers on Apiculture (Model Apiculture and Meliponiculture (*cheruthen*) units will be made available in the campus using the RUSA fund)
- Provide Teaching Aids for schools in the adopted Municipality/Grama Panchayath/ village
- Institutional Workshop on Philosophy of Science for School Teachers
- Institutional Workshop on Conceptualization of Social Themes for School Science Teachers
- Conduct regular lab visits and training for school students
- Teaching support by providing human resources for special needs
- Provide infrastructure facilities to schools
- Initiatives to plant and conserve trees and medicinal plants

### Evidence of Success:

- **For nature, from nature**

To share the message of preserving and protecting our environment, Mar Athanasius College Association has begun the process of distributing eco-friendly cloth bags made by the college to all the homes in different panchayaths under Kothamangalam Taluk. Also, the paper bags made by the students were distributed to the shops in Kothamangalam to replace conventional plastic carry bags.





- **Green Campus - Clean Campus**

In view of completely avoiding the use of plastic, attempts were made by the members of the nature club to make students aware of the harmful effects of the continuous use of plastics. The nature club coordinators took classes to adopt the measures to be taken to minimise the use of plastics. The issues of proper collection, segregation and disposal were addressed and emphasized the changes in individual behaviour as an effective way to reduce the environmental repercussions of waste plastics.

The NSS volunteers implemented the “zero waste campus” project and the waste materials were collected separately as bio-degradable and non-biodegradable and installed display boards showing “Green campus clean campus”, Zero waste campus”, Plastic Free campus” etc at various places on the campus.

- **Preservation of Biodiversity plot at Thattekkad**

The college has taken on lease a biodiversity plot of over two acres at Thattekkad. The students have actively participated in planting many fruit trees and medicinal plants there and tended them.

- **Tagging and repotting**

Tagging and repotting of medicinal plants and star trees in the college campus and M.P. Varghese Tree Park are conducted with the help of the Department of Botany.

- **Plastic Shredding:**

Shredding of plastic wastes collected by the students and teachers of the college with the aid of a plastic shredding machine kept in the Chemistry Department.





- **Nakshathra Van**

A tree park was established and named 'M. P. Varghese Tree Park' in the College campus. The park aims to conserve the rare and endangered species of trees. Different species of 'Nakshathra' plants are also planted in the park.

- **Mask Making**

Due to the rapid spreading of the corona virus and the increasing demand for masks for protection, NSS volunteers conducted a mask making session. The session was shared in public through video on 05-05-2020, to help others learn the craft of mask making and become self-sufficient at a time of pandemic.



- **Covid Kit**

On 23-06-2020 NSS volunteers of Mar Athanasius College, arrived at the college for the production of sanitizer, soap, powder, liquid dish wash, bathroom cleaner, mask, hand wash etc, Rs.3000 was spend on buying the required raw materials for the production and about 30 kits were produced in 2 days for distribution.





- **Know Covid-19 for No Covid-19**

The cadets of Mar Athanasius College have been involved in the “Know Covid-19 for No Covid-19” campaign since June 2020. As part of the programme the cadets prepared 100L of hand sanitizer in collaboration with the Department of Chemistry on 6 January 2021. The activity was conducted under the leadership of Dr. Shanti A. Avirah, Principal and Capt. Aby P. Varghese, Associate NCC Officer.



### **National Pollution Control Day**

In connection with National Pollution control Day, the volunteers of Mar Athanasius College NSS unit no:24 collected the plastic wastes which was thrown around the home and surroundings and utilized effectively.





### Praveshanolsavam

NSS volunteers of Mar Athanasius college, Kothamangalam unit no:24 came together and decorated the walls of Kothamangalam Town U.P school with beautiful wall paintings. The wall painting were entirely done by the volunteers from 17-11-2020 – 26-11-2020.



- **Best Out of Waste Competition**

Department and Waste Management Cell of our College jointly organised a “**Best out of Waste**” Competition for first year PG students of the college.





## World Nature Conservation Day

On July 28, under Environment Protection Act, NSS unit no:24 of Mar Athanasius College conducted a photography competition. Several students participated and prizes were distributed to the winners.



## Problems Encountered and Resources Required:

The flood and Covid 19 pandemic created some constraints in our plan of action. The programme has encountered some difficulty due to covid 19 pandemic during the last quarter of the academic year. The programme is partly sponsored by RUSA and Unnat Bharat Abhiyan schemes under Govt. of India which is not sufficient to run the programme. Apart from these agencies, procuring funds from other sources has been a challenge for the organizers.

