# **Distribution of Plant Sapling on Environment Day**

On World Environment Day, the students of Mar Athanasius college (Autonomous) including NSS volunteers arranged an awareness programme at Government High School, Poika, Vadattupara on 4 June 2022. Around 55 plant saplings were distributed to the students. N.S.S. volunteer, Fathima Asharaf delivered a talk on the necessity of Environment conservation.





## **World Environment Day Celebrations**

On the World Environment Day, Mar Athanasius college (Autonomous) in association with Kerala forest department planted tree saplings on 05 June 2022.



### Seminar on no plastic campaign

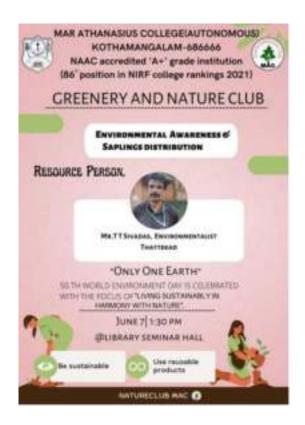
The NSS unit in association with Nature Club and Science Forum of Mar Athanasius college (Autonomous), inaugurated its 'No Plastic Campaign' to impart awareness in people on the harmful effects of plastic in nature, environment, and human life on 7 June 2022. Dr. Gigi K Joseph, Assistant Professor of Zoology, Nirmala College and a noted ecologist was the resource

person for the seminar titled "Environmental Issues of Kerala with Special reference to the usage of Plastic"



# Seminar on 'Only One Earth'

Mar Athanasius college (Autonomous) organized a webinar on 'Only One Earth' on 07 June 2022. Mr. T.T Sivadas, Environmentalist, Thattekad was the resource person.



# International Day Against Drug Abuse and Illicit Trafficking-Pledge

The NSS volunteers Mar Athanasius college (Autonomous) of participated in the pledge organized by the District Commissioner of Police and the Anti Narcotic Bureau in connection with International Day Against Drug Abuse on 16 June 2022.





# **International Yoga Day**

The students of Mar Athanasius college (Autonomous) including NSS and NCC volunteers of participated in international yoga day on 21 June 2022.



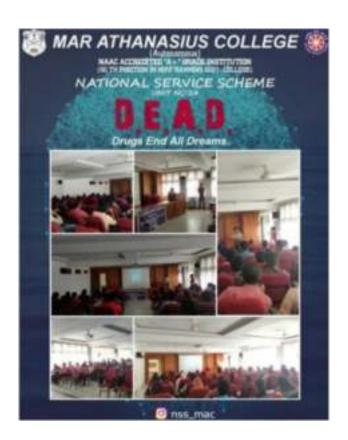




Student volunteers engaging in Yoga

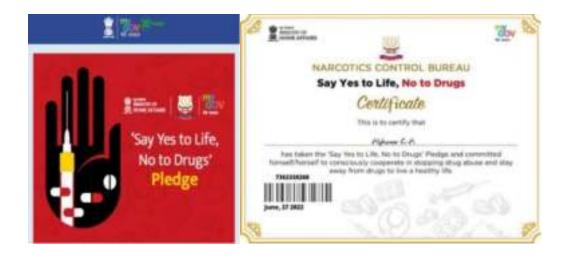
### **D.E.A.D** - Drugs End All Dreams

As part of International Day against Drug Abuse and Illicit Trafficking, the NSS volunteers of Mar Athanasius college (Autonomous) organized a talk D.E.A.D. - Drugs End All Dreams. Fathima Asharaf, N.S.S volunteer delivered a lecture on drugs, its types, psycho-social impact and health effects on 24 June 2022.



### Say Yes to Life, No to Drugs Pledge- E-Pledge

As part of spreading the awareness against the ill effects of drugs among citizens, in co-ordination with Narcotic Control Bureau (NCB), Government of India has uploaded an e-pledge titled "Say Yes to Life, No to drugs" on 27 June 2022. The NSS Volunteers took the Say Yes to Life, No to Drugs Pledge and received certificates for the same.



## Celebration of International day of tropics

Mar Athanasius college (Autonomous) conducted an intercollegiate nature photography competition to aim digital documentation of biodiversity on 29 June to 09 July 2022. About 100 students from various colleges participated in the competition and prizes were given to the best of two.





#### Seminar on the environmental issues of Kerala

Mar Athanasius college (Autonomous) organized a talk on the environmental issues of Kerala with special reference to the usage of plastic on 06 July 2022. Dr. Gigi K Joseph, Department of Zoology, Nirmala College, Muvattupuzha was the resource person.





## Documentary on the harmful effects of plastic usage

The Science forum, nature club and NSS of Mar Athanasius college (Autonomous) presented a documentary on the harmful effects of plastic usage on 08 July 2022.





# Scientia 2k22

An online project competition for the undergraduate students was organised by the department of Microbiology, Biotechnology and Biochemistry on 13 July 2022 on a hybrid mode. Dr. Anu Yamuna Joseph (Primordia Life Science, Cochin) and Dr. Vishnu K.V. (Project Scientist, BCMLRE, Cochin) were the judges of the competition. 102 students participated in the programme.





## **Flashmob**

The students of Mar Athanasius college (Autonomous) organized a Flashmob in connection with No Plastic Campaign on 13 July 2022.



## Election for or against plastic

The students of Mar Athanasius college (Autonomous) organized an election for or against plastic in campus on 15 July 2022.







# **Exhibition**

The students of Mar Athanasius college (Autonomous) organized an exhibition as part of No Plastic Campaign on 15 July 2022.





### **Class on Personal Branding**

The placement cell of Mar Athanasius College (Autonomous) organised a class on personal branding on 19 July 2022. Mr. Bimal Nair, Technology-enabled marketing expert and specialist in branding and positioning, was the resource person.



Class by Mr. Bimal Nair

### **Class on the Importance of Aptitude Test**

The placement cell of Mar Athanasius College (Autonomous) organised a session on the Importance of Aptitude Test on 26 July 2022. Mr. Mohanan Valiathan, Director, (Academics) IBS and the former Assistant Manager at State Bank of India, was the resource person.



Class on the Importance of Aptitude Test

#### **Red Dawn-Blood Donation**

A blood donation campaign was organized by Mar Athanasius college (Autonomous) in association with BIRK-Blood is Red Kootayma and IMA- Aluva on 27 July 2022. 60 units of blood were collected.









# **International Tiger Day Seminar**

Mar Athanasius College (Autonomous) conducted a seminar in association with Kerala Forest Department on 29 July 2022. Sri. Tiju C Thomas, Associate Co-ordinator- WWF was the resource person.













Sri. Tiju C Thomas addressing the audience

# Yoga: Attaining a Different Path for Healthy and Quality Life

The Induction Cell of Mar Athanasius College (Autonomous) organised a session on "Yoga: Attaining a Different Path for Healthy and Quality Life" on 10 August 2022. Ms. Swathy K K,

Department of Physical Education, Mar Athanasius College, Kothamangalam, was the resource person.



Yoga: Attaining a Different Path for Healthy and Quality Life

#### **Substance Abuse: Current Trend in Kerala**

As part of the student induction programme for PG students, the induction cell of Mar Athanasius College (Autonomous) organised a session on 'Substance Abuse: Current Trend in Kerala' on 10 August 2022. Dr. Vivan Abraham, Consultant Pediatrician and Intensivist, Lisle Hospital, Kochi and Sri. Vivek Vasudevan Nair, Superintendent of Customs were the resource persons.





#### **Mental Health Awareness Talk**

NSS unit of Mar Athanasius College (Autonomous) in association with Kerela State Youth Welfare Board organized a mental health awareness programme on 11 August 2022. The talk was on the topic "Are You Normal?. Dr Titus Lassar, Department of Psychology, Indira Gandhi College Kothamangalam and Campus student Psychologist was the resource person.







### A Prelude for Excellence

The induction cell of Mar Athanasius College (Autonomous) organized a session "A Prelude to Excellence" on 11 August 2022. Mr. Alex Mathew, Regional Manager and Chief Trainer, T-Horizon, Kochi was the resource person.

#### Make Yourself Employable

The induction cell of Mar Athanasius College (Autonomous) organized a class on Employability on 11 August 2022. Ms. D Suganya, Placement Co-ordinator, Mar Athanasius College of Engineering was the resource person.





# Har Khar Tirang

To commemorate the  $75^{th}$  Independence Day, the NSS unit of Mar Athanasius College organized wide variety of programs namely Freedom wall, Quiz Competition, Selfie with Flag and Independence Day Magazine from 9-15 August 2022. The students from various departments participated in the program.







# Seminar on Ayurveda and Health

The Nature club, Botany Department & The NSS Unit of Mar Athanasius College (Autonomous) jointly organized a talk on the topic "ഋതുഭേദം-ആരോഗ്യം-പരിസ്ഥിതി" on 22 August 2022. Dr. G. Rajasekharan Nair, State coordinator, Ayurveda medical association of India, was the resource person.





Dr. G. Rajasekharan Nair addressing in the seminar

# Session on Students' Rights and Duties

The induction cell of Mar Athanasius College (Autonomous) organized a session on students' rights and duties on 23 August 2022. Dr. Unnikrishnan, Assistant Professor, Sree Sankaracharya University of Sanskrit, Kalady, was the resource person.



### **Introduction to Mental Health and Growth Mindset**

The Induction Cell of Mar Athanasius College (Autonomous) organised a session on mental health and growth mindset on 23 August 2022. Ms. Neha Elizabath Eldo, Student Counsellor, Mar Athanasius College, Kothamangalam, was the resource person.





Introduction to Mental Health and Growth Mindset

## Yoga: Breath of Life

The Induction Cell of Mar Athanasius College (Autonomous) organised a session on yoga on 24 August 2022. Ms. Swathy K.K., Assistant Professor, Department of Physical Education, Mar Athanasius College, Kothamangalam was the resource person.



Yoga: Breath of Life

# **Cyber Crime and Drug Abuse**

The Induction Cell of Mar Athanasius College o(Autonomous) rganised a session on 'Cyber Crime and Drug Abuse' on 24 August 2022. Mr. Paulose Kuttampuzha, Sub-Inspector of Police, Kothamangalam, was the resource person.



# Miyawaki Forest Inauguration

The NSS Unit & Forestry club of Mar Athanasius College (Autonomous) jointly planted the "Miyawaki Forest", the concept which promotes a forest in a limited space. It was inaugurated by the film director Renjith Shankar and actors Sarjano Khalid and Priya Warrier on 25 August 2022.







### BREAKING THE BIAS AND BUILDING GENDER CHAMPIONS IN THE CAMPUS

Gender Sensitisation Club of Mar Athanasius College(Autonomous) organised a one day seminar on 'Breaking The Bias And Building Gender Champions In The Campus' on 26<sup>th</sup> August 2022. Dr. Sheeba K.M.Professor and Head, Department of History, Sreesankaracharya University of Sanskrit was the resource person.



Breaking The Bias And Building Gender Champions In The Campus

## Training on cloth banner making

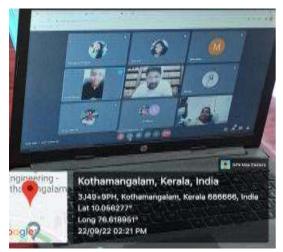
The nature cub of Mar Athanasius college (Autonomous) organized a training for the students on cloth banner making 27 August 2022.



# Almashine: Talk on Human Rights

Mar Athanasius College (Autonomous) organized a talk on Human Rights on 22 September 2022. Adv. Basil Chandi Vavachan, High Court of Kerala, was the resource person.





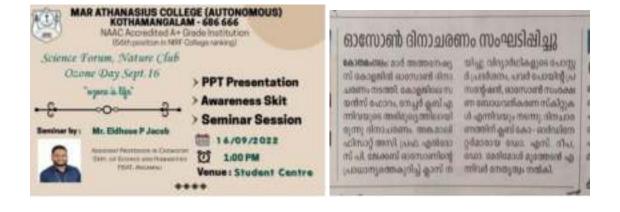
# Ozone day celebration

In connection with ozone day celebrations, Mar Athanasius college (Autonomous) organized various programmes like slogan writing competition, power point presentation, awareness skit and poster making on 16 September 2022.



## Talk on the Importance of Role of Ozone Layer to Prevent Global Warming

Mar Athanasius college (Autonomous) organized a talk on the importance of role of ozone layer to prevent global warming, ozone layer protection and the science behind the ozone layer on 16 September 2022. Mr. Eldhose P Jacob, Department of Science and Humanities, FISAT, Angamali was the resource person.





#### Class on Employability Factors and International Career Opportunities in Logistics

The placement cell of Mar Athanasius College (Autonomous) organized a class on Employability Factors and International Career Opportunities in Logistics on 19 September 2022. Mr Sandesh A S, Logistics career specialist at SCM Hub, was the resource person.



Class on Employability Factors and International Career Opportunities in Logistics

#### **Cognito- an Outreach Programme**

Department of Commerce (Model III), Mar Athanasius College (Autonomous) conducted an outreach programme 'Cognito' in 27 and 28 September 2022. As part of the programme, classes

were taken on 'Financial management' at Fr. Joseph memorial higher secondary school Puthuppady o and T.V. Joseph memorial higher secondary school Pindimana.





## "VILAVU"

Mar Athanasius College (Autonomous) started 'Vilavu' project, Organic vegetable farming funded by Kerala Agriculture Department on 26 September 2022. The project was inaugurated by

the Former Agricultural minister Sri. V. S. Sunil Kumar in the presence of Antony John MLA. Nature club received a grant of Rs. 92,100/-.





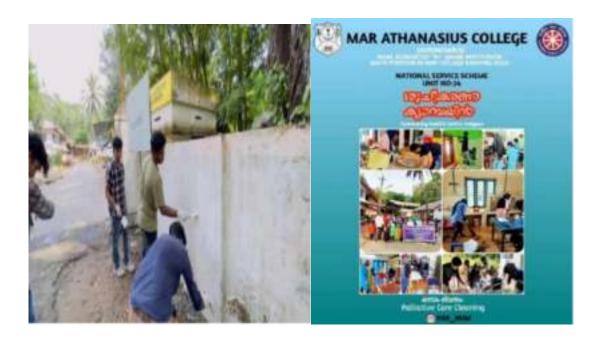


# **Community Health Centre and Palliative Care Cleaning**

The NSS volunteers of Mar Athanasius College (Autonomous) cleaned the community health center and palliative care, Vengoor on 3 to 4 October 2022. The programme was successfully completed with the participation of 45 volunteers.







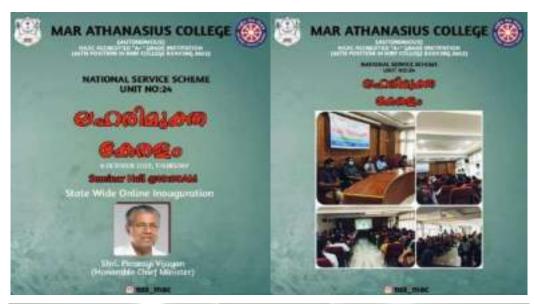
### Synergy with our Alumini 'Almashine'

Department of Commerce (Model III Taxation), Mar Athanasius College (Autonomous) conducted a programme "Almashine: Synergy with our Alumini" on 4 October 2022. The topic of the programme was sharing the experience of MBA from IIM and how a student can secure MBA from IIM. It was presented by Mr. Nabil Usman, Associate, Vivriti Asset Management was the resource person.



# Inauguration of anti-drug campaign

The students of Mar Athanasius College (Autonomous) took part in the state wide online inauguration of Anti-Drug Campaign by the Chief Minister Pinarayi Vijayan on 06 October 2.





## 'No to Drugs' Campaign

NCC cadets participated in the launching of the 'No to Drugs' Campaign of the Government of Kerala on 6 October 2022.



NCC cadets attended the live streaming



## **College Level Anti-Drug Quiz**

As the part of Anti-Drug Campaign, NSS volunteers of Mar Athanasius college (Autonomous) conducted an anti drug quiz competition in the college Student centre on 11 October 2022.







# **Human Chain Against Drug on 25 October 2022**

Cadets participated in the Human Chain Against Drugs organized by the Municipal Council, Kothamangalam on 25 October 2022 at Kothamangalam town. The Cadets took a pledge against the use of narcotic substances (no to drug pledge).





**Human Chain Against Drugs** 

In collaboration with Kothamangalam Municipality, Mar Athanasius college (Autonomous) organized a human chain against drugs on 25 October 2022. Students of various institutions took part in the chain. The chain started from near the municipality office and lasted long for kilometres and ended with a flash mob presented by the participants.

### **Human Chain Against Drug on 25 October 2022**

Cadets participated in the Human Chain Against Drugs organized by the Municipal Council, Kothamangalam on 25 October 2022 at Kothamangalam town. The Cadets took a pledge against the use of narcotic substances (no to drug pledge).



### Rashtriya – Ekta Diwas

As part of Sardar Vallabai Patel Jayanthi, a Unity Run was organized by the NCC and the Department of Physical Education to inculcate National Unity and Spirit of Rashtriya Ekta on 31 October 2022





#### **UDHYAMA**

The Department of Commerce Model 3 organized a program named "UDHYAMA – Identifying the problem and giving awareness classes among Kudumbasree Members" on October 30, 2022, at various Kudumbasree units near MA College Kothamangalam.

# **Two Day Seminar On Human Rights**

Two day webinar on Human Rights was organised by the department of Chemistry on 28<sup>th</sup> and 29 October 2022 at Library Seminar Hall, sponsored under DBT STAR College Scheme. Dr. Veena Roshan Jose, Assistant Professor of Law and Director of the Center for Research in Environmental Law, Dharmashastra NationaLaw University, Jaipur was the speaker.



### **Human Chain Against Drugs**

The students and staffs of Mar Athanasius college (Autonomous) worked for the spreading of a message against drug abuse by organizing a human chain at Mar Athanasius college under the state government directive on 1 November 2022.





Students forming chain against drugs

## **Burning The Effigy of Drug Monster**

Honourable MLA Sri. Antony John burned the effigy of drug monster with the Excise Officers of Kothamangalam range at Mar Athanasius college (Autonomous) on 1 November 2022. It was conducted as an awareness program for the students against drugs.







#### Palama

An ethnic day PALAMA -2022 was jointly organised by the IQAC and the Department of Malayalam of Mar Athanasius College, Kothamangalam on 1 November 2022, in connection with the 'Kerala Piravi Day'.



## **Twenty First Century Global Citizen Programme**

The placement cell of Mar Athanasius College (Autonomous) organized a Twenty First Century Global Citizen Programme on 2 November 2022. Mr. Babu Mathew and team, from Centre for Advanced Research in Socio-Emotional Learning, Ernakulam, was the resource person.





### The First Leap

The placement cell of Mar Athanasius College (Autonomous) organized a programme "The First Leap" on 11 November 2022. Mr. Alex Mathew, CEO and certified trainer at T-Horizon, Ernakulam, was the resource person.



Class by Mr. Alex Mathew

#### Bhasha Varacharanam

Literary club and Debate club of Mar Athanasius College (Autonomous) jointly celebrated language week from 2 to 10 of November 2022.



Bhashavaracharanam

## **One Day Training in Disaster Management**

The NSS volunteers of Mar Athanasius College (Autonomous) attended one day training in disaster management organized by Kothamangalam Municipality on 12 November 2022. 15 volunteers attended the session.



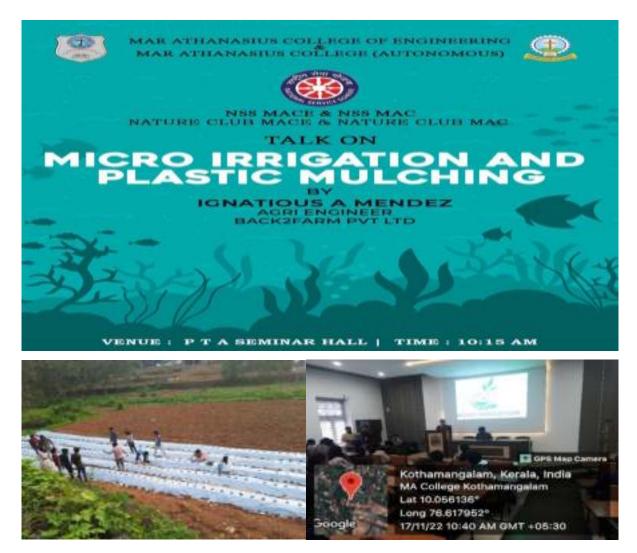






### Micro irrigation and plastic mulching

The NSS unit of Mar Athanasius College and Mar Athanasius College of Engineering jointly organized a talk on Micro Irrigation and Plastic Mulching- an effective technique for organic farming on 17 November 2022. A talk and demo was led by Ignatious A Mendez (Agri Engineer, Back 2 Farm Pvt. Ltd. And his team. The technique proved a great success in 'Vilavu' – Organic farming.



Talk on micro irrigation and plastic mulching





# Paper Bag Making Campaign

On November 11th, the Entrepreneurship Development Club of MA College organized a paper bag making campaign at the Mar Athanasius International School in connection with National Education Day. The campaign aimed to promote sustainability and entrepreneurship among the students.



#### 'Incendio' - Talk With Student Entrepreneurs

Department of Commerce has organised an invited talk by the young Student Entrepreneurs on 20<sup>th</sup> December 2022. Joyal Johny, Founder and CEO of Stores Nedumkandam and Georgi Saju were the speakers of the program, who ignite the entrepreneurial spark among students.



Incendio – Talk with Student Entrepreneurs

### **Workshop on Resume Preparation**

The Placement Cell of Mar Athanasius College (Autonomous) organized a workshop on resume preparation on 15 and 16 December 2022. Mr. Alex Mathew, CEO and Trainer, T-Horizon, was the resource person.



Workshop on Resume Preparation