



Best Practices 2021-22

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

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

SPORTS ACHIEVEMENTS -2021-2022

INTERNATIONALS

Three of our alumni were Represented India in World Athletics Championship and Commonwealth games 2022 and Secured Gold and Silver Medals in the Triple Jump in Commonwealth games for our country.

1. **Arshana V A** - Represented India in the Asian Equipped Power Lifting Championship and Secured Gold Medal (87 Kg)for the Country
2. **Anjaly P R** - Represented India in the Asian Equipped Power Lifting Championship and Secured Gold Medal (74 Kg)for the Country
3. **Sona Benny** - Represented India in the Asian Equipped Power Lifting Championship and Secured Gold Medal (44 Kg)for the Country

NATIONAL

1. 26 Athletes of MA College were represented Kerala State in the South Zone Junior National Athletics Championship and won 5 Gold, 6 Silver and 4 Broze Medals.
2. 2 of our students Represented Kerala Santosh trophy team and the team become champions in the national championship.
3. 6 Students from Mar Athanasius college were represented MG University and the team become the champions in Khelo India College Games Football men Section.
4. 6 Students from Mar Athanasius college were represented MG University and the team become the Second Runner up position in All India Inter University Football Championship.
5. 6 Students from Mar Athanasius college were represented MG University and the team become the Champions in South Zone Inter University Football Championship.
6. Shamil Shamnas represented Kerala Junior Football Team for Khelo India National Championship and the team secured Runner Up position.
7. **Arshana V A** secured Silver Medal in All India Inter University Power Lifting Championship in 87 Category

MG UNIVERSITY CHAMPIONSHIPS

1. MG University Inter collegiate Cross Country Champions (MEN)
4- Athletes selected to MG University Men Crosse Country Team
2. MG University Inter collegiate Cross Country Runner Up (WOMEN)
2- Athletes selected to MG University Women Crosse Country Team
3. MG University Inter collegiate Water Polo Championship (Men) Winner
10- Players from MA College Selected to MG University Water polo Team and participated in the All India Interuniversity Championship
4. MG University Inter collegiate Swimming (Men) Champions.
11 Swimmers from MA College Selected to MG University Swimming Team and participated in the All India Interuniversity Championship
5. MG University Inter collegiate Swimming (Women) Champions.



4 Swimmers from MA College Selected to MG University Swimming Team and participated in the All India Interuniversity Championship

6. MG University Inter Collegiate Football Runner Up

6 Players Selected to MG university football team for the south zone inter University football championship.

7. MG University Inter Collegiate Men Athletics Champions

8. MG University Inter Collegiate Athletics Women Champions

9. All India Interuniversity Athletics Championship

24 Athletes were selected to MG University team for All India Championship.

3-Silver 6- Bronze

10. MG University Inter Collegiate Weight Lifting Women Runner Up.

11. MG University Inter Collegiate Weight Lifting Men Champions

12. MG University Inter Collegiate Power Lifting Women Champions

13. University Inter Collegiate Power Lifting Men Champions

14. 34 Students (Athletics, Football, Swimming) were represented MG University for the Khelo India College games where held at Bangalore.

STATE

1. 11th Kerala College Games Athletics Men & Women Section Champions.

2. 11th Kerala College Games overall Runner Up 2021-22

3. Inter Club Athletics Champions 2021-22.

4. 25 Swimmers participated in the senior state aquatics championship and secured 5

Gold, 6 Silver and
5 Bronze.

5. Kerala Premier League Participation 2021-22

DISTRICT

1. Champions in junior District Athletics Championship

2. Champions in Senior District Athletics Championship

3. Champions in Ernakulam District Football League.

EVENTS ORGANIZED

1. All India Inter University Football Championship 2021-22

2. South Zone Inter University Football Championship 2021-22

3. Kerala College Games 2022.

4. Ernakulam District Football Association Academy League -2022.

5. Organized MG University Inter collegiate North Zone Football Championship

6. Organized MG University Inter collegiate North Zone Badminton Championship

7. Organized MG University Inter collegiate North Zone Cricket Championship

8. Organized MG University Inter collegiate Inter Zone Aquatics Championship

9. Organized MG University Inter collegiate Inter Zone Football Championship





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 thaluk 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:

The Greenery and Nature Club (2021-2022)

Mar Athanasius College Nature Club is a club intended to give awareness to protect environment and nature. The college was awarded with “One District One Green Champion Award“ instituted by Mahatma Gandhi National Council of Rural Education and Swachta Action Plan in view of the greenery, water conservation, waste management and energy conservation activities undertaken by the college

World Earth Day – April 22, 2021

In connection with the World Earth Day celebrations, an Online Slogan writing competition was conducted for the students to promote awareness on environmental protection and sustainable use of natural resources. Our students came out with inspiring and thought-provoking slogans where the core message was the protection of Mother Nature.

“Don’t be greedy, it’s time to be greeny ;

When we refuse to reuse, it’s the Earth you abuse”

This slogan by Adheena Sony Antony was selected as the best slogan among the entries for its inspirational message.

World Environment Day- June 5, 2021

Amidst the restrictions imposed by the Covid pandemic, the students and coordinators joined hands and tried their best to make the campus and surrounding green and clean on the World Environment Day. Cleaning activities were undertaken in the campus and surroundings as suggested from the municipality. Tree saplings were planted by the principal.

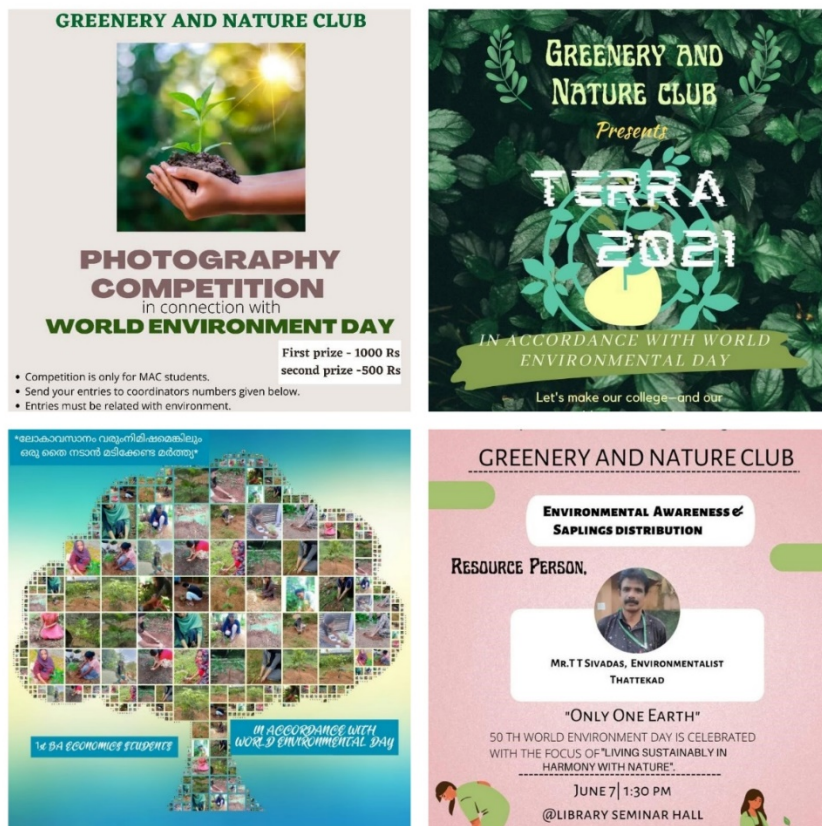
A Photography competition was conducted in accordance with the theme of 2021- Ecosystem conservation- Reimagine, Recreate, Restore. The students enthusiastically participated in the contest and a collage of the mesmerizing photo entries was made. In order to create awareness for the protection of the environment, the students were made to participate in a webinar organized by the Department of Botany, on Restoration of Ecosystems: Ways and Means by the eminent scientific advisor Dr. U.M.Chandrashekhara,



An online meeting was organized with awareness classes by the teacher coordinators and live discussions about the action plan to be undertaken during the current academic year. Student coordinators were selected to bring about active involvement in the environmental activities undertaken by the college in various spheres of life. Everyone participated in the meeting took a resolution to plant a sapling in their premises on their birthday as a small gesture from their part to make the earth greener.

The Nature Club logo of the college was introduced. An Instagram page was launched for highlighting and popularising the important activities of the club.

The students launched a beautiful video to create awareness on environmental issues among students.



Vriksha Raksha Bandhan- August 22, 2021- Tie Rakhi to our sibling species

As directed by MGNCRE, Ministry of Education, Government of India, the members of the nature club tied rakhi to trees to promote a sense of brotherhood towards nature and make a pledge to protect them.



Awareness class on the preservation of ozone layer - September 16. 2021

On the International Day for the Preservation of ozone layer, an online awareness session was conducted to make students realize about the consequences of the depletion of ozone layer and interactive discussions were made to find possible solutions to preserve it under the guidance of Dr. Sherin Joy, Asst. Prof., Dept. of Chemistry, M.A. College.

MAR ATHANASIVUS COLLEGE(AUTONOMOUS)
 KOTHAMANGALAM
 NAAC ACCREDITED 'A+' GRADE INSTITUTION
 86TH POSITION IN NIRF RANKING 2021

GREENERY AND NATURE CLUB
 Presents
Interactive session in connection with ozone day

Resource person

Dr. Sherin Joy
 Guest lecturer
 Department of chemistry
 MA college, Kothamangalam

ON 16TH SEPT.
 3:00 PM

Join us
 Via 

@natureclub_mac

Seminar on Wildlife and satellites- September 27, 2021

A webinar on assessing primates diversity using remote sensing titled “Wildlife and satellites” was presented by Joseph J Erinjery, Asst Prof., Dept. of Zoology, Kannur University. A brief idea



about the monitoring of wild life, biodiversity and vegetation was imparted to the students. As our college is situated in a rural area, the topic was very relevant in the present scenario in the preservation of wildlife and forests.



Monthly meetings were conducted to discuss the relevant environmental issues like the Mullaperiyar Dam Issue, problems faced by farmers, pollution of water bodies etc.

Steps were taken by the students to popularise **organic farming**. As an initiative, it was decided that the students and teachers of the nature club will plant vegetables in their own premises in order to attain food sustainability.

Awareness programmes on plastic waste management

The members of the nature club took initiative to adopt the measures to be taken to minimise the use of plastics and make the campus plastic free. The issues of proper collection of plastic waste, segregation and disposal were addressed and emphasized the changes in individual behaviour as an effective way cut down the waste production.

Plastic Shredding:

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

Preservation of Biodiversity plots in college campus and 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. The nurturing of the plants in the biodiversity plots was undertaken by the members of the nature club along with the teachers-in-charge.



Tagging and repotting

Tagging and repotting of medicinal plants and star trees in the college campus and M.P. Varghese Tree Park was started with the help of department of Botany.

Planting of saplings near college canteen- November 2, 2021

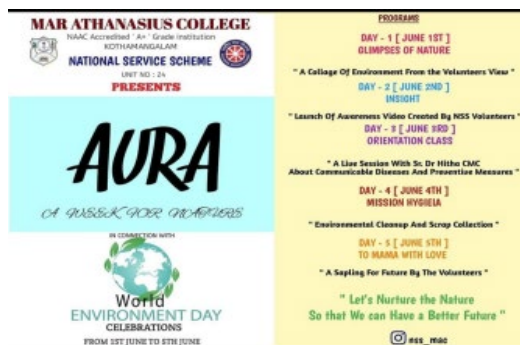
In order to make the college premises clean and green, saplings were planted by the Secretary near the college campus and the nurturing of the saplings were to be undertaken by the students of the nature club.

World Forestry Day- March 21, 2021

Intercollegiate Crafting Competition was conducted in connection with world clean-up day. Handmade craft items made using reusable/ recyclable materials were presented by students which showcased their talent to convert waste into new product. A video was made in popularising the theme Reduce, Reuse, Recycle.



For nature, from nature June 1-5: AURA, A WEEK FOR NATURE



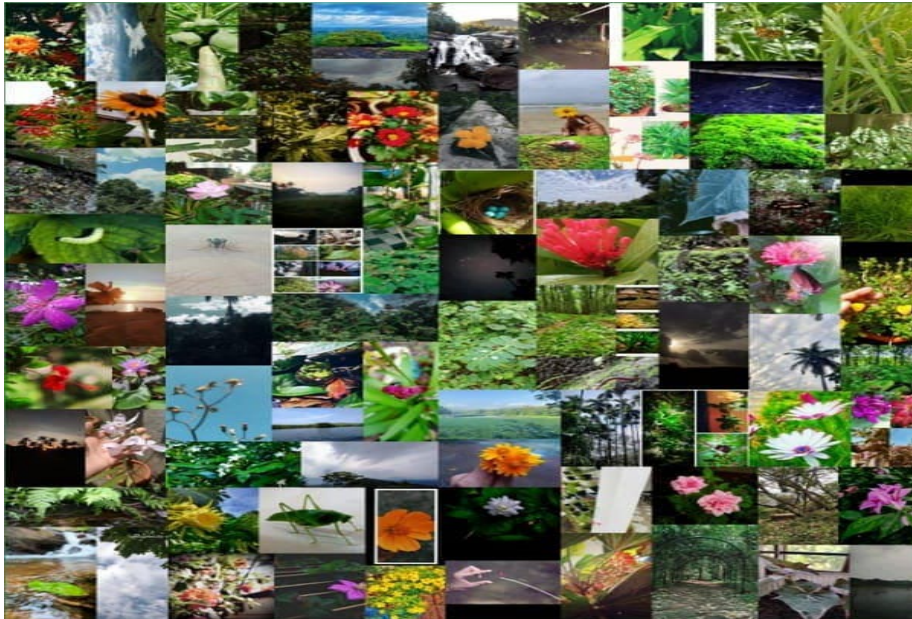
NSS Unit No:24 of Mar Athanasius College arranged a one-week programme in association with the World Environment Day on June 5 (Environment Week Celebration) to celebrate our Mother



Nature. The event started at June 1 and concluded on June 5, World Environment Day. Throughout the week all the volunteers wholeheartedly participated in all the programmes.

- **June 1- “GLIMPSES OF NATURE”**

On 01-06-2021, day 1 of Environment week celebration, all of the NSS volunteers took part in ‘GLIMPSES OF NATURE’. It was an opportunity for volunteers to share the pictures of things they found intriguing and beautiful in nature. With the pictures collected, a collage of environment from the volunteer’s view was formed. The vast variety of pictures and vivid colors reminded us of the complexity of nature.



- **June2 - “INSIGHT”**

On 02-06-2021, day 2 of Environment week celebration, NSS Unit No:24 launched an awareness video about the dangers humans are putting the nature through. The awareness video was made by the NSS volunteers and circulated in the all the NSS social media platforms which attracted a large amount of audience. It gave the viewers an insight on how our actions have an impact on nature and how nature retaliates.

- **June3- “ORIENTATION CLASS”**

On 03-06-2021, day 3 of Environment week celebration, NSS Unit No:24 organised an awareness class on ‘Rainy Season Diseases and their Prevention Methods’. The class was led by Sr.Dr.Hitha CMC (BHMS Darshana Homeo Clinic, Kothamangalam). The class was highly educative and informative to the volunteers and the interactive session helped to clear doubts. The session started by 3.30pm and ended at 4.30 pm.



- **June4- “MISSION HYGIEIA”**

On 04-06-2021, day 4 of Environment week celebration, all the NSS volunteers took part in ‘MISSION HYGIEIA’ which aimed at keeping your home and surroundings clean. The volunteers cleaned and tidied up their surroundings to make the nature waste-free. The pictures of the cleaning process were collected to encourage future endeavours.



- **June5- “TO MAMA WITH LOVE”**

05-06-2021 marked the last day of NSS Unit No:24’s Environmental week celebration. On World Environment Day the volunteers participated in the programme, “TO MAMA WITH



LOVE”-A sapling for the future by the volunteers. Each of the volunteers planted a sapling in their neighbourhood as a gift to nature. It was an opportunity to connect with nature and express our gratitude for all that we are given from nature.



‘LET’S NURURE OUR NATURE, SO THAT WE CAN HAVE A BETTER FUTURE’

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 before panedemic period. Also, the paper bags made by the students were distributed to the shops in Kothamangalam to replace conventional plastic carry bags.



MEDICINAL GARDEN

On 01-12-2021, the following day after the cleaning of Ayurvedic Hospital, Cheruvattoor, the doctors at the hospital took a class on the importance of medicinal plants, how to grow them, where they can be found and their medicinal purposes. The class was attended by the volunteers who took part in hospital cleaning, along with the programme officers.



On 17-12-2021, NSS volunteers of Unit No:24 cleaned the surroundings of MSM U.P. School, Mulavoor. Around 15 volunteers took part in cleaning and also set up a medicinal garden for the benefit of young students so that they may get familiar with the variety of medicinal plants.





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.

Thattekad Forest Visit

On 22-03-2022, in association with World Forest Day the volunteers of NSS Unit No:24 organised a forest visit with the participation of all the volunteers at Thattekad. The forest visit started by 10 am. The volunteers viewed a documentary, spent time at the museum and had a walk through the butterfly garden. It was altogether an enriching and fulfilling experience for all the volunteers to spend time with nature.



Energy Conservation Awareness Rally

On 14-12-2021, NSS Unit No:24 volunteers took part in a rally from college to Kothamangalam town. It was in association with GO ELECTRIC CAMPAIGN organised by URJAKIRAN 2021-22. All of the NSS volunteers took part in this rally and held up placards. Programme officers were also present and all the participants took an energy conservation pledge. The signs of all those who participated were also collected.



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.